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Workout #3959 - Monday, 02 January 2006 HighSchl - Breast 1 minute rest between sets 7:30 AM Start			{3 x 150 on 2:00 Backstroke {4 x 50 on :50 Back 10k off ech wll 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:02 AM 5,800 Yards - Stress Value =	REC	
Yards	Set Description	EGY	WOF	Workout #3960 - Monday, 02 January 2006	
800	1 on 40:00 Weights and Stretch 1 x 800 on 13:00 Swim-kick-pull-swim	REC		HighSchl - All 1 minute rest between sets	

=====	=======================================	===	==:
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	$3x{4 \times 25}$ on :30 Kick no board BSLR	EN1	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
1,000	8 x 125 on 2:30 Pulls	EN1	
300	4×75 on 1:15 IM w/out alt.strokes	EN1	
1,450	$1x{3 x 100 on 1:40 Breaststroke}$	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{1 x 100 on 1:30 Breaststroke	EN2	
	$\{1 \times 250 \text{ on } 4:00 \text{ Drill alt } 50\text{fr } 50\text{br}$	REC	
	{1 x 100 on 1:40 Breaststroke	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{3 x 100 on 1:30 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:01 AM 5,100 Yards - Stress Value = 64	1	

Workout #3958 - Monday, 02 January 2006 HighSchl - Distance 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
800	2x{4 x 25 on :30 Kick no board BSLR	EN1	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
1,500	2 x 750 on 10:00 Pulls	EN1	
300	4×75 on 1:15 IM w/out alt.strokes	EN1	
2,250	$1x\{2 \times 250 \text{ on } 3:30 \text{ Freestyle}$	EN1	
	{2 x 125 on 1:30 Freestyle	EN2	
	{2 x 250 on 3:35 Freestyle	EN1	
	{2 x 125 on 1:35 Freestyle	EN2	
	{2 x 250 on 3:30 Freestyle	EN1	
	{2 x 125 on 1:40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:01 AM 6,000 Yards - Stress Value = 68	3	

Workout #3956 - Monday, 02 January 2006 HighSchl - Backstroke 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
1,200	6 x 200 on 2:30 Pulls	EN1	
300	4×75 on 1:10 IM w/out alt.strokes	EN1	
1,950	$1x{3 x 150 on 2:00 Freestyle}$	EN2	
	$\{4 \times 50 \text{ on } 1:00 \text{ Back } 10\text{k off ech wll}$	EN2	
	{3 x 150 on 2:00 Backstroke	EN2	
	$\{4 \times 50 \text{ on :} 55 \text{ Back 10k off ech wll}$	EN2	

2:00 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	n REC	٤
250	SP3	٤
450 9 x 50 on 1:00 Kick-des in 3's	EN1	F
1v(6 v 75 on 1.05 Pull no hr I 12 vdc	EN11	т

1x{6 x 75 on 1:05 Pull no br L.12 yds {6 x 75 on 1:00 Pull no br L.12 yds EN1 {6 x 75 on :55 Pull no br L.12 yds EN1 300 4×75 on 1:10 IM w/out alt.strokes EN1 $1x{1 \times 150}$ on 2:15 Freestyle EN1 $\{1 \times 150 \text{ on } 2:10 \text{ Freestyle} \}$ EN1 $\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$ EN1 $\{1 \times 150 \text{ on } 2:00 \text{ Freestyle} \}$ EN1 $\{1 \times 150 \text{ on } 1:55 \text{ Freestyle} \}$ EN2 $\{1 \times 150 \text{ on } 1:50 \text{ Freestyle} \}$ EN2 $\{1 \times 150 \text{ on } 1:45 \text{ Freestyle} \}$ EN2 $\{1 \times 150 \text{ on } 1:40 \text{ Freestyle} \}$ EN2 $\{1 \times 150 \text{ on } 1:35 \text{ Freestyle} \}$ EN2 $\{1 \times 150 \text{ on } 1:30 \text{ Freestyle} \}$ EN2 $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ EN1

 $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ EN1 S $\{1 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ EN1 $\{1 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ EN2 $\{1 \times 100 \text{ on } 1:10 \text{ Freestyle} \}$ EN2 $\{1 \times 100 \text{ on } 1:05 \text{ Freestyle} \}$ EN2 $\{1 \times 100 \text{ on } 1:00 \text{ Freestyle} \}$ EN2 S $\{1 \times 50 \text{ on } : 45 \text{ Freestyle } \}$ EN2 $\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ EN1 S $\{1 \times 50 \text{ on } : 35 \text{ Freestyle } \}$ EN2 $\{1 \times 50 \text{ on } : 30 \text{ Freestyle} \}$ S EN2 200 1 x 200 on 3:00 Stroke Drills REC Γ 1 on 10:00 Ice N 4:02 PM 5,350 Yards - Stress Value = 69

Workout #3957 - Monday, 02 January 2006 HighSchl - Sprint 1 minute rest between sets

7:30 AM Start

Set Description Yards EGY WOF ===== 1 on 40:00 Weights and Stretch 800 1 x 800 on 13:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters $1,200 3x\{4 \times 25 \text{ on } :30 \text{ Kick no board BSLR}$ EN1 {1 x 150 on 2:45 Kick EN2 {1 x 100 on 1:50 Kick EN2 {1 x 50 on :55 Kick 1,200 6 x 200 on 2:45 Pulls EN1 4×75 on 1:15 IM w/out alt.strokes EN1 $1,800 \ 1x{3} \ x \ 150 \ on \ 2:15 \ Freestyle$ EN1 $\{2 \times 75 \text{ on } :55 \text{ Freestyle} \}$ EN2 ${3 \times 150 \text{ on } 2:10 \text{ Freestyle}}$ EN1 $\{2 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ EN2 ${3 \times 150 \text{ on } 2:05 \text{ Freestyle}}$ EN1 $\{2 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ EN2 200 1 x 200 on 3:00 Stroke Drills REC 1 on 10:00 Ice

10:01 AM 5,650 Yards - Stress Value = 63

Workout #3964 - Tuesday, 03 January 2006 HighSchl - Breast 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	6 x 100 on 1:45 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	2x{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
1,300	$4x{1 x 175 on 3:10 Pulls with paddles}$	EN1	
	{1 x 125 on 2:25 Pulls with paddles	EN1	
	{1 x 25 on :30 Pulls with paddles	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,700	$1x{4 x 75 on 1:15 Breaststroke}$	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	$\{4 \times 75 \text{ on } 1:20 \text{ Breaststroke} \}$	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	$\{4 \times 75 \text{ on } 1:25 \text{ Breaststroke} \}$	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	$\{4 \times 75 \text{ on } 1:30 \text{ Breaststroke} \}$	EN3	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:59 AM 5,200 Yards - Stress Value = 11	7	

Workout #3961 - Tuesday, 03 January 2006 HighSchl - Distance 1 minute rest between sets

	7:30	AM Start		
Yards	Se	et Description	EGY	WOE
=====	==	20.00.01	===	===
600		on 30:00 Stomach and Stretch	DEC	
		x 100 on 1:45 Underwater trn drill		
		0 x 15 on :45 Shooters	SP3	
1,200	2x{4	x 75 on 1:30 Kick	EN2	
	{ 4	x 75 on 1:25 Kick	EN2	
1,350	3x{1	x 250 on 3:20 Pulls	EN1	
	{ 1	x 150 on 2:00 Pulls	EN1	
	{ 1	x 50 on :40 Pulls	EN1	
250	10	0 x 25 on :30 12.5 ez 12.5 fast	EN1	
2,400	1x{1	x 400 on 6:00 Freestyle	EN3	
	{ 4	x 100 on 1:30 Freestyle	EN3	
	{1	x 200 on 3:30 Stroke Drills	REC	
	{1	x 300 on 4:30 Freestyle	EN3	
	{ 3	x 100 on 1:30 Freestyle	EN3	
		x 200 on 3:30 Stroke Drills	REC	
			EN3	
		<u>-</u>	EN3	
		-	REC	
			KEC	
		on 10:00 Ice		
	9:58	AM 5,950 Yards - Stress Value = 15	4	

Workout #3963 - Tuesday, 03 January 2006 HighSchl - Fly 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	6 x 100 on 1:45 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	2x{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
1,350	$3x{1 x 250 on 3:20 Pulls}$	EN1	
	{1 x 150 on 2:00 Pulls	EN1	
	{1 x 50 on :40 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	EN1	
2,300	1x{4 x 125 on 2:00 Alt. 25fly 25free	EN3	
	$\{1 \times 150 \text{ on } 3:00 \text{ Stroke Drills}\}$	REC	

{ 4	Х	100 on 1:35 Alt. 25fly 25free	EN3
{ 1	Х	150 on 3:00 Stroke Drills	REC
{ 4	Х	75 on 1:10 Alt. 25fly 25free	EN3
{ 1	Х	150 on 3:00 Stroke Drills	REC
{ 4	Х	50 on :45 Alt.25fly 25free	EN3
{ 1	Х	150 on 3:00 Stroke Drills	REC
{ 4	Х	25 on :30 Butterfly	EN3
{ 1	Х	200 on 3:00 Stroke Drills	REC
1	or	n 10:00 Ice	
10:00)]	AM 5,850 Yards - Stress Value =	136

Workout #3962 - Tuesday, 03 January 2006 HighSchl - Sprint 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	6 x 100 on 1:45 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	2x{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
1,350	$3x{1 x 250 on 3:20 Pulls}$	EN1	
	{1 x 150 on 2:00 Pulls	EN1	
	{1 x 50 on :40 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	EN1	
2,300	$1x{4 x 125 on 2:00 Freestyle}$	EN3	
	{1 x 150 on 3:00 Stroke Drills	REC	
	{4 x 100 on 1:35 Freestyle	EN3	
	{1 x 150 on 3:00 Stroke Drills	REC	
	$\{4 \times 75 \text{ on } 1:10 \text{ Freestyle}$	EN3	
	{1 x 150 on 3:00 Stroke Drills	REC	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle}$	EN3	
	{1 x 150 on 3:00 Stroke Drills	REC	
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN3	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:00 AM 5,850 Yards - Stress Value = 13	36	

Workout #3965 - Wednesday, 04 January 2006 HighSchl - Distance 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 40:00 Weights and Stretch		L
	$1x{1 x 100 on 2:00 Freestyle}$	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
	$2x{1 x 100 on 2:00 Kick no board BSLR}$	EN1	K
	{5 x 50 on 1:05 Kick	EN1	K
1,600	4 x 400 on 6:00 Pulls	EN1	P
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	S
	$1x{1 \times 250 \text{ on } 3:45 \text{ Freestyle}}$	EN1	S
	{2 x 250 on 3:40 Freestyle	EN1	S
	{3 x 250 on 3:35 Freestyle	EN2	S
	{2 x 250 on 3:30 Freestyle	EN2	S
	$\{1 \times 250 \text{ on } 3:25 \text{ Freestyle} \}$	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	10:02 AM 5,600 Yards - Stress Value =	72	

Workout #3968 - Wednesday, 04 January 2006 HighSchl - Fly 1 minute rest between sets

	7:30 AM Start	
Yards	Set Description	EGY WOF
	=======================================	=== ===
	1 on 40:00 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.25 6bk	EN1
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1
	{1 x 100 on 1:20 Freestyle	EN1
150	10 x 15 on :45 Shooters	SP3
1,050	$3x{1 x 100 on 1:50 Kick no board BSLR}$	EN1
	{5 x 50 on :55 Kick	EN1
1,500	12 x 125 on 1:40 Lungbuster pulls	EN1
	br 3-4-5-6-7	
200	8 x 25 on :30 Free 12.5y tuck spin	EN1
2,400	$1x{4 x 100 on 1:35 Fly-3strks off walls}$	EN2
	$\{4 \times 100 \text{ on } 1:30 \text{ Fly-3strks off walls}$	EN2
	$\{4 \times 100 \text{ on } 1:25 \text{ Fly-3strks off walls}$	EN2
	$\{4 \times 100 \text{ on } 1:20 \text{ Fly-3strks off walls}$	EN2
	$\{4 \times 100 \text{ on } 1:15 \text{ Fly-3strks off walls}$	EN2
	$\{4 \times 100 \text{ on } 1:10 \text{ Fly-3strks off walls}$	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	10:03 AM 6,000 Yards - Stress Value = 8	6

Workout #3966 - Wednesday, 04 January 2006 HighSchl - Backstroke 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WOE
	1 on 40:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	
300	{1 x 100 on 1:50 Freestyle L.25 6bk		
	{1 x 100 on 1:40 Freestyle L.25 6bk		
	{1 x 100 on 1:30 Freestyle L.25 6bk		
	{1 x 100 on 1:20 Freestyle	EN1	
150	10 x 15 on :45 Shooters	SP3	
900	$3x{1 x 100 on 2:00 Kick no board BSLR}$	EN1	
	{4 x 50 on 1:00 Kick	EN1	
1,200	12 x 100 on 1:25 Lungbuster pulls	EN1	
200	8×25 on :30 Free 12.5y tuck spin	EN1	
2,400	$4x{4 \times 50 \text{ on } :50 \text{ Backstroke}}$	EN1	
	{4 x 100 on 1:30 25free 50back 25free	EN2	
	{ drop 100's by 5 sec		
	{ after each set		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:03 AM 5,550 Yards - Stress Value = 73	3	

Workout #3969 - Wednesday, 04 January 2006 HighSchl - All

1 minute rest between sets

	3:00	PN	1 St	car	t			
Yards	Se	et	Desc	crip	ption		EGY	WORF
=====	==	===	-===				===	====
	1	or	1 35:	:00	Physi	lo Balls/Stretch		I
400	1	Х	400	on	7:00	Swim-kick-pull-swim	REC	٤
250	10) >	25	on	:30 1	12.5 ez 12.5 fast	SP3	٤
800	8	Х	100	on	2:00	Kick	EN1	ľ
300	6	Х	50 0	on	:50 De	escend in sets of 3	EN1	٤
2,000	1x{1	Х	100	on	1:30	Individual Medley	EN1	٤
	{ 1	Х	100	on	1:30	Butterfly	EN1	٤
	{ 1	Х	100	on	1:30	Backstroke	EN1	٤
	{ 1	Х	100	on	1:45	Breaststroke	EN1	٤
	{ 1	Х	100	on	1:30	Freestyle	EN1	٤
	{ 1	x	200	on	3:00	Individual Medlev	EN1	ç

	{ 1	Х	75	on	1:10	Butterfly	EN1	5
	{ 1	Х	75	on	1:10	Backstroke	EN1	5
	{ 1	Х	75	on	1:15	Breaststroke	EN1	5
	{ 1	Х	75	on	1:10	Freestyle	EN1	5
	{ 1	Х	300	or	4:30	O Individual Medley	EN1	5
	{ 1	Х	50	on	:50 1	Butterfly	EN1	S
	{ 1	Х	50	on	:50 1	Backstroke	EN1	S
	{ 1	Х	50	on	1:00	Breaststroke	EN1	5
	{ 1	Х	50	on	:50 1	Freestyle	EN1	5
	{ 1	Х	400	or	n 6:00	O Individual Medley	EN1	S
	{ 4	Х	25	on	:30	IM order	EN1	S
250	1	Х	250	or	4:00	O Stroke Drills	REC	Ι
	1	or	10	:00) Ice			N
	4:59	PN	14,	000) Yar	ds - Stress Value =	40	

Workout #3967 - Wednesday, 04 January 2006 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
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle L.25 6bk} \}$	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
700	$2x{1 x 100 on 2:00 Kick no board BSLR}$	EN1	K
	{5 x 50 on 1:05 Kick	EN1	K
1,200	12 x 100 on 1:25 Lungbuster pulls	EN1	P
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	S
3,000	$3x{10 \times 50 \text{ on :} 45 \text{ Freestyle}}$	EN1	S
	{5 x 100 on 1:15 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	10:04 AM 5,950 Yards - Stress Value =	76	

Workout #3970 - Friday, 06 January 2006 HighSchl - Breast 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY WOF
	=======================================	=== ===
	1 on 40:00 Weights and Stretch	
600	1 x 600 on 10:00 Reverse IM drill	REC
150	10 x 15 on :45 Shooters	SP3
	1x{2 x 100 on 2:15 Kick	EN1
	{2 x 100 on 2:10 Kick	EN2
	{2 x 100 on 2:05 Kick	EN2
	{2 x 100 on 2:00 Kick	EN2
	$1x{4 x 100 on 1:35 Pulls-nbbf&w + 2 yds}$	EN1
	$\{4 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1
	$\{4 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	
300	12×25 on :30 IM order-build	EN1
	$1x{5 x 75 on 1:25 Breaststroke}$	EN1
	{6 x 50 on :55 Breaststroke	EN1
	$\{7 \times 25 \text{ on } : 30 \text{ Breaststroke} \}$	EN1
	$\{7 \times 25 \text{ on } : 25 \text{ Breaststroke} \}$	EN2
	{6 x 50 on :50 Breaststroke	EN2
	$\{5 \times 75 \text{ on } 1\text{:}15 \text{ Breaststroke} \}$	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	10:04 AM 5,150 Yards - Stress Value = 62	2

Workout #3971 - Friday, 06 January 2006 HighSchl - Distance 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN1	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	$1x\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	
	$\{4 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	
	$\{4 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	
200	8 x 25 on :30 IM order-build	EN1	
	1x{8 x 100 on 1:15 Freestyle	EN2	
	{4 x 200 on 2:25 Freestyle	EN2	
	{2 x 400 on 4:45 Freestyle	EN2	
	{1 x 800 on 9:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 6,400 Yards - Stress Value = 96)	

Workout #3972 - Friday, 06 January 2006 HighSchl - Fly

1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
		===	===
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 125 on 2:30 Kick	EN1	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
1,250	$1x\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	
	{4 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,000	$1x{4 \times 100}$ on 1:35 Fly-3 strks off wlls	EN2	
	{4 x 100 on 1:30 Fly 3strks off walls	EN2	
	{4 x 100 on 1:25 Fly-3strks off walls	EN2	
	{4 x 100 on 1:20 Fly-3strks off walls	EN2	
	$\{4 \times 100 \text{ on } 1:15 \text{ Fly-3strks off walls}$		
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 5,700 Yards - Stress Value = 78	3	

Workout #3973 - Friday, 06 January 2006 HighSchl - Backstroke 1 minute rest between sets

	7:30 AM Start						
Yards	Set Description	EGY	WOF				
=====	=======================================	===	===				
	1 on 40:00 Weights and Stretch						
600	1 x 600 on 10:00 Reverse IM drill	REC					
150	10 x 15 on :45 Shooters	SP3					
1,000	1x{2 x 125 on 2:30 Kick	EN1					
	{2 x 125 on 2:25 Kick	EN2					
	{2 x 125 on 2:20 Kick	EN2					
	{2 x 125 on 2:15 Kick	EN2					
1,500	$1x{4 x 125 on 1:40 Pulls-nbbf&w + 2 yds}$	EN1					
	$\{4 \times 125 \text{ on } 1:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1					
	$\{4 \times 125 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1					
300	12 x 25 on :30 IM order-build	EN1					
2,000	$4x\{4 \times 50 \text{ on } : 40 \text{ Backstroke}$	EN1					
	{3 x 100 on 1:20 25free 50back 25free	EN2					
{ drop 100's by 5 sec							

{ each set 400 8 x 50 on 1:00 Stroke Drills REC 1 on 10:00 Ice 10:03 AM 5,950 Yards - Stress Value = 73

Workout #3974 - Friday, 06 January 2006 HighSchl - All

1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	MOE
	1 on 35:00 Physio Balls/Stretch		
800	-	REC	
	2fly 2back 2brst 2fr		
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	concentrate on good		
	finishes		
	$5x{1 x 50 on 1:00 Kick w/board}$	EN1	
	{1 x 50 on 1:00 Brst kick on back	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Brst kick w/hands} \}$	EN1	
	{ by sides		
	$1x{5 x 50 on :55 Pulls-nbbf&w + 2 yds}$		
	$\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $		
	$\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $		
		EN1	
400	4 x 100 on 1:30 Freestyle-descend to	EN1	
	ludicrous speed!!!!!		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:59 PM 3,700 Yards - Stress Value = 28		

Workout #3975 - Saturday, 07 January 2006 HighSchl - Platinum 1 minute rest between sets

Yards	1	EGY	
	1 on 25:00 Stomach and Stretch		
600	12 x 50 on 1:00 Stroke Drills 3 on E	REC	
150	10 x 15 on :45 Shooters	SP3	
	1x{1 x 200 on 4:00 Kick	EN1	
•	{1 x 200 on 3:45 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN1	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 50 on :45 Kick	EN2	
1,200	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{ br 3-4-5-6		
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{ br 4-5-6-7		
	{3 x 100 on 1:20 Lungbuster pulls	EN1	
	{ br $5-6-7-8$ {3 x 100 on 1:15 Lungbuster pulls	EN1	
	{ br 6-7-8-9	ENI	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	2x{1 x 200 on 2:20 Freestyle	EN2	
0,000	{1 x 200 on 2:15 Freestyle	EN2	
	{1 x 200 on 2:10 Freestyle	EN2	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{1 x 150 on 1:45 Freestyle	EN2	
	{1 x 150 on 1:40 Freestyle	EN2	
	{1 x 150 on 1:35 Freestyle	EN2	
	{3 x 50 on 1:00 Stroke Drills	REC	
		EN2	
	`	EN2	
		EN2	
	·	REC	
200	1 x 200 on 3:00 Freestyle	REC	
	1 on 10:00 Ice	`	
	10:03 AM 7,050 Yards - Stress Value = 90	J	

Workout #3976 - Saturday, 07 January 2006 HighSchl - Gold 1 minute rest between sets

Yards Set Description EGY	
1 on 25:00 Stomach and Stretch	
600 12 x 50 on 1:00 Stroke Drills 3 on E REC	
150 10 x 15 on :45 Shooters SP3	
1x{1 x 200 on 4:00 Kick EN1	
{1 x 200 on 3:50 Kick EN2	
{1 x 150 on 3:00 Kick EN1	
{1 x 150 on 2:50 Kick EN2	
{1 x 100 on 2:00 Kick EN1	
{1 x 100 on 1:50 Kick EN2	
{1 x 50 on 1:00 Kick EN1	
{1 x 50 on :50 Kick EN2	
1x{3 x 100 on 1:30 Lungbuster pulls EN1	
{ br 3-4-5-6	
{3 x 100 on 1:25 Lungbuster pulls EN1	
{ br 4-5-6-7	
{3 x 100 on 1:20 Lungbuster pulls EN1	
{ br 5-6-7-8	
300 4 x 75 on 1:10 2bk-4bk-6bk by 25's EN1	
$2x\{1 \times 200 \text{ on } 2:30 \text{ Freestyle}$ EN2	
$\{1 \times 200 \text{ on } 2:25 \text{ Freestyle} $ EN2	
$\{1 \times 200 \text{ on } 2:20 \text{ Freestyle} $ EN2	
{4 x 50 on 1:00 Stroke Drills REC	
$\{1 \times 150 \text{ on } 1:50 \text{ Freestyle} $ EN2	

	{ 1	Х	150	on	1:45	Freestyle		EN2
	{ 1	Х	150	on	1:40	Freestyle		EN2
	{ 3	Х	50 c	on 1	1:00 5	Stroke Dril	ls	REC
	{ 1	Х	100	on	1:15	Freestyle		EN2
	{ 1	Х	100	on	1:10	Freestyle		EN2
	{ 1	Х	100	on	1:05	Freestyle		EN2
	{ 2	Х	50 c	on 1	1:00 5	Stroke Dril	ls	REC
200	1	Х	200	on	3:00	Freestyle		REC
	1	or	n 10:	:00	Ice			
	10:02	2 7	AM 6,	750) Yard	ds - Stress	Value =	87

Workout #3977 - Saturday, 07 January 2006 HighSchl - Silver 1 minute rest between sets

	7:30 AM Start	
Yards	Set Description	EGY WOF
=====		=== ===
	1 on 25:00 Stomach and Stretch	
600	12 x 50 on 1:00 Stroke Drills 3 on E	
150	10 x 15 on :45 Shooters	SP3
	1x{1 x 200 on 4:15 Kick	EN1
	{1 x 200 on 4:00 Kick	EN2
	{1 x 150 on 3:15 Kick	EN1
	{1 x 150 on 3:00 Kick	EN2
	{1 x 100 on 2:15 Kick	EN1
	{1 x 100 on 2:00 Kick	EN2
	1x{2 x 100 on 1:40 Lungbuster pulls	EN1
	{ br 3-4-5-6	
	{2 x 100 on 1:35 Lungbuster pulls	EN1
	{ br 4-5-6-7	
	{2 x 100 on 1:30 Lungbuster pulls	EN1
	{ br 5-6-7-8	
300	4×75 on 1:15 $2bk-4bk-6bk$ by $25's$	EN1
	2x{1 x 200 on 2:55 Freestyle	EN2
	{1 x 200 on 2:50 Freestyle	EN2
	{1 x 200 on 2:45 Freestyle	EN2
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC
	{1 x 150 on 2:10 Freestyle	EN2
	{1 x 150 on 2:05 Freestyle	EN2
	$\{1 \times 150 \text{ on } 2:00 \text{ Freestyle}$	EN2
	{3 x 50 on 1:00 Stroke Drills	REC
	{1 x 100 on 1:25 Freestyle	EN2
	{1 x 100 on 1:20 Freestyle	EN2
	{1 x 100 on 1:15 Freestyle	EN2
	{2 x 50 on 1:00 Stroke Drills	REC
200	1 x 200 on 3:00 Freestyle	REC
	1 on 10:00 Ice	
	10:04 AM 6,350 Yards - Stress Value = 83	3

3:00 PM Start

Workout #3982 - Monday, 09 January 2006 Group 3 - 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 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	$3x{4 \times 25}$ on :30 Kick no board BSLR	EN1	
	$\{6 \times 50 \text{ on } 1:00 \text{ Kick-descend in } 3's$	EN2	
1,050	3x{1 x 125 on 2:15 Pulls	EN1	
	{1 x 125 on 2:10 Pulls	EN1	
	{1 x 100 on 1:30 Pulls-free	EN1	
300	4×75 on 1:10 IM w/out breast	EN1	
2,050	$1x\{1 x 100 \text{ on } 1:45 \text{ Breaststroke}$	EN1	
	{4 x 25 on :25 Breaststroke	EN2	
	{2 x 150 on 2:35 Breaststroke	EN1	
	{4 x 25 on :25 Breaststroke	EN1	
	{3 x 200 on 3:15 Breaststroke	EN1	
	{4 x 25 on :25 Breaststroke	EN2	
	{3 x 250 on 4:00 Breaststroke	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM $5,600$ Yards - Stress Value = 64		

Workout #3979 - Monday, 09 January 2006 Group 3 - Distance 1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 35:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :30 Kick no board BSLR	EN1	
	{6 x 50 on 1:00 Kick-descend in 3's	EN2	
	2x{1 x 150 on 2:15 Pull no br L.5 yds	EN1	
	{1 x 150 on 2:05 Pull no br L.10 yds	EN1	
	{1 x 150 on 1:55 Pull no br L.15 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
	1x{1 x 250 on 3:35 Freestyle	EN1	
	{4 x 150 on 1:50 Freestyle	EN2	
	{2 x 250 on 3:25 Freestyle	EN1	
	{3 x 150 on 2:00 Freestyle	EN1	
	{3 x 250 on 3:15 Freestyle	EN2	
	{2 x 150 on 2:10 Freestyle	EN1	
	{4 x 250 on 3:05 Freestyle	EN2	
	{1 x 150 on 2:20 Freestyle	REC	
	1 on 10:00 Ice		
	5:34 PM $6,750$ Yards - Stress Value = 93		

Workout #3981 - Monday, 09 January 2006 Group 3 - Backstroke 1 minute rest between sets

Yards		1 Start Description	EGY	WOF
=====	====		===	===
	1 or	n 35:00 Physio Balls/Stretch		
600	1 x	600 on 10:00 Swim-kick-pull-swim	REC	
150	10 2	15 on :45 Shooters	SP3	
1,200	3x{4 x	25 on :30 Kick no board BSLR	EN1	
	{6 x	50 on :55 Kick-descend in 3's	EN2	
1,800	2x{1 x	150 on 2:05 Pull no br L.5 yds	EN1	
	{2 x	150 on 1:55 Pull no br L.10 yds	EN1	
	{3 x	150 on 1:45 Pull no br L.15 yds	EN2	
300	4 x	75 on 1:10 IM w/out alt.strokes	EN1	
2,150	1x{4 x	125 on 1:40 Backstroke	EN1	
	{3 x	50 on :45 Backstroke-descend	EN1	
	{3 x	125 on 1:45 Backstroke	EN1	

	{ 4	x 50 on :45 Back des 1-3,#4 fast	EN2
	{ 2	x 125 on 1:50 Backstroke	EN1
	{ 5	x 50 on :45 Bck des1-3, #4&5fast	EN2
	{ 1	x 125 on 1:55 Backstroke	EN1
	{ 6	x 50 on :45 Back des in 3's	EN2
200	1	x 200 on 3:00 Stroke Drills	REC
	1	on 10:00 Ice	
	5:34	PM 6,400 Yards - Stress Value = 86	

Workout #3980 - Monday, 09 January 2006 Group 3 - Sprint 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 35:00 Physio Balls/Stretch		
600	1	x 600 on 10:00 Swim-kick-pull-swim	REC	
150	1(0 x 15 on :45 Shooters	SP3	
	3x{4	x 25 on :30 Kick no board BSLR	EN1	
	{ 6	x 50 on 1:00 Kick-descend in 3's	EN2	
	2x{1	x 150 on 2:15 Pull no br L.5 yds	EN1	
	{ 1	x 150 on 2:05 Pull no br L.10 yds	EN1	
	{ 1	x 150 on 1:55 Pull no br L.15 yds	EN2	
300	4	x 75 on 1:10 IM w/out alt.strokes	EN1	
	1x{1	x 100 on 1:30 Freestyle	EN1	
	{ 2	x 50 on :45 Freestyle #2 fast	EN2	
	{ 2	x 150 on 2:10 Freestyle	EN1	
	{ 3	x 50 on :45 Freestyle-descend	EN1	
	{ 3	x 200 on 2:45 Freestyle	EN1	
	{ 4	x 50 on :45 Free des 1-3, #4fast	EN2	
	{ 4	x 250 on 3:20 Freestyle	EN1	
	{ 5	x 50 on :45 Fr.des 1-3 #4fast</td><td>EN2</td><td></td></tr><tr><td>250</td><td>1</td><td>x 250 on 4:00 Stroke Drills</td><td>REC</td><td></td></tr><tr><td></td><td>1</td><td>on 10:00 Ice</td><td></td><td></td></tr></tbody></table>		

Workout #3978 - Monday, 09 January 2006 HighSchl - All

5:33 PM 6,100 Yards - Stress Value = 75

1 minute rest between sets

	5:30	AM Start			
Yards	Se	t Description		EGY	WOF
=====	==			===	===
	1	on 30:00 Weights			
600	1	x 600 on 10:00 Swim-kid	ck-pull-swim	REC	
250	10	x 25 on :30 12.5 ez 12	2.5 fast	SP3	
	1x{1	x 125 on 2:00 Pull no b	or L.5 yds	EN1	
	{ 1	x 125 on 1:55 Pull no b	or L.5 yds	EN1	
	{ 1	x 125 on 1:50 Pull no k	or L.5 yds	EN1	
	{ 1	x 125 on 1:45 Pull no b	or L.5 yds	EN1	
	{ 1	x 125 on 1:40 Pull no k	or L.5 yds	EN1	
	{ 1	x 125 on 1:35 Pull no k	or L.5 yds	EN1	
	1x{3	x 225 on 3:00 Freestyle)	EN2	
	{ 3	x 225 on 2:50 Freestyle)	EN2	
	{ 3	x 225 on 2:40 Freestyle)	EN2	
200	1	x 200 on 3:00 Stroke Dr	cills	REC	
	1	on 5:00 Ice			
	7:04	AM 3,825 Yards - Stress	value = 58		

Workout #3983 - Wednesday, 11 January 2006 HighSchl - Platinum 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 40:00 Weights and Stretch		L
600	1 x 600 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	$3x{4 \times 50}$ on 1:00 Kick no board BSLR	EN1	K
	{6 x 25 on :30 Kick	EN1	K
	1x{3 x 150 on 2:00 Lungbuster pulls	EN1	P
	{3 x 150 on 1:55 Lungbuster pulls	EN1	P
	{3 x 150 on 1:50 Lungbuster pulls	EN1	P
	{ odds br 3-5-7, evens		
	{ breathe 4-6-8		
250	10 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	10x{1 x 100 on 1:10 Individual Medley	EN2	S
	$\{1 \times 50 \text{ on } : 30 \text{ Freestyle} \}$	EN2	S
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	REC	S
	1 on 10:00 Indvdl Prsrcptns	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 5:00 Ice		M
	5:31 PM 5,600 Yards - Stress Value = 6	50	

Workout #3984 - Wednesday, 11 January 2006 HighSchl - Gold

1 minute rest between sets

3:00 PM Start			
Yards Set Description	า	EGY	WORK
=======================================		===	====
1 on 40:00 Weig	ghts and Stretch		L
600 1 x 600 on 10:0	00 Choice	REC	S
150 10 x 15 on :45	Shooters	SP3	S
$3x{4 \times 50 \text{ on } 1:00}$	Kick no board BSLR	EN1	K
{6 x 25 on :30 l	Kick	EN1	K
$1x{3 \times 150 \text{ on } 2:0}$	Lungbuster pulls	EN1	P
{3 x 150 on 2:00) Lungbuster pulls	EN1	P
{2 x 150 on 1:5	Lungbuster pulls	EN1	P
{ odds br 3-5-7	, evens		
{ breathe 4-6-8			
250 10 x 25 on :30	12.5 ez 12.5 fast	EN1	S
$10x\{1 \times 100 \text{ on } 1:1:$	5 Individual Medley	EN2	S
{1 x 50 on :35 }	Freestyle	EN2	S
{1 x 50 on :45 }	Freestyle	REC	S
1 on 10:00 Ind	vdl Prsrcptns	EN2	S
200 1 x 200 on 3:00) Stroke Drills	REC	D
1 on 5:00 Ice			M
5:31 PM 5,450 Yard:	s - Stress Value = 5	59	

Workout #3985 - Wednesday, 11 January 2006 HighSchl - Silver 1 minute rest between sets

1 mmate rest between

3:00 PM Start

Yards	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
	1 on 40:00 Weights and Stretch		L	Ι
600	1 x 600 on 10:00 Choice	REC	S	(
150	10 x 15 on :45 Shooters	SP3	S	
	$3x{4 \times 50}$ on 1:00 Kick no board BSLR	EN1	K	E
	{6 x 25 on :30 Kick	EN1	K	Ε
	$1x{3 x 150 on 2:20 Lungbuster pulls}$	EN1	P	
	${3 \times 150 \text{ on } 2:15 \text{ Lungbuster pulls}}$	EN1	P	
	{2 x 150 on 2:10 Lungbuster pulls	EN1	P	
	{ odds br 3-5-7, evens			
	{ breathe 4-6-8			
250	10 x 25 on :30 12.5 ez 12.5 fast	EN1	S	
	$8x{1 x 100 on 1:35 Individual Medley}$	EN2	S	
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	S	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC	S	

	1	on 10:00 Indvdl Prsrcptns EN2	S
200	1	x 200 on 3:00 Stroke Drills REC	D
	1	on 5:00 Ice	M
	5 • 3 3	PM 5.050 Yards - Stress Value = 53	

Workout #3986 - Thursday, 12 January 2006 HighSchl - All

1 minute rest between sets

	3:30	PM Start	
Yards	Se	et Description	EGY WC
	==		=== ==
	1	on 40:00 Team mtg/abs/stretch	
600	1	x 600 on 10:00 Underwater trn drill	REC
	C	odd 100's free even	
	1	.00's backstroke	
150	10	x 15 on :45 Shooters	SP3
	1x{2	x 100 on 2:00 Kick	EN1
	{ 2	x 100 on 1:55 Kick	EN1
	{ 1	x 100 on 1:50 Kick	EN2
	{ 1	x 100 on 1:45 Kick	EN2
	1x{3	x 50 on :55 Pulls	EN1
	{ 3	x 50 on :50 Pulls	EN1
	{ 3	x 50 on :45 Pulls	EN1
	{ 3	x 50 on :40 Pulls	EN1
200	8	x 25 on :30 12.5ez 12.5fast-2onE	EN1
	1x{4	x 75 on 1:10 2bk-4bk-6bk by 25's	EN1
	{ 4	x 75 on 1:10 Free descend 1-4	EN1
	{ 4	x 75 on 1:15 IM w/out alt.strokes	EN1
	{ 4	x 75 on 1:15 IM w/out fr-descend	EN1
100	4	x 25 on 1:00 OTB-walk backs	EN1
200	1	x 200 on 3:00 Stroke Drills	REC
	5:28	PM 3,650 Yards - Stress Value = 37	

Workout #3991 - Friday, 13 January 2006 HighSchl - All 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 35:00 Physio Balls/Stretch		L
600	1	x 600 on 10:00 Reverse IM drill	REC	D
150	10) x 15 on :45 Shooters	SP3	S
	1x{6	x 75 on 1:30 Kick	EN1	K
	{ 1	x 100 on 2:00 Kick for time	EN3	K
	1x{1	x 400 on 5:00 Pulls	EN1	P
	{ 1	x 300 on 4:00 Pulls	EN1	P
	{ 1	x 200 on 2:50 Pulls	EN1	P
	{ 1	x 100 on 1:30 Pulls	EN1	P
300	4	x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
	1x{3	x 200 on 2:40 Freestyle	EN1	S
	{ 3	x 150 on 2:00 Freestyle	EN1	S
	{ 3	x 100 on 1:20 Freestyle	EN1	S
	{ 3	x 50 on :40 Freestyle	EN1	S
300	1	x 300 on 5:00 Stroke Drills	REC	D
	1	on 10:00 Ice		M
	5:04	PM 4,400 Yards - Stress Value = 4	14	

Workout #3987 - Friday, 13 January 2006 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 Reverse IM drill	REC	Γ
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
600	8×75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	E
	1x{1 x 400 on 5:00 Freestyle	EN1	٤
	$\{1 \times 400 \text{ on } 4:55 \text{ Freestyle} \}$	EN1	٤
	{1 x 400 on 4:50 Freestyle	EN2	٤
	$\{1 \times 400 \text{ on } 4:45 \text{ Freestyle} \}$	EN2	٤
	{1 x 400 on 4:40 Freestyle	EN2	٤
	{1 x 400 on 4:35 Freestyle	EN2	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 9:00 Ice		N
	7:04 AM 3,850 Yards - Stress Value = 56	6	

Workout #3989 - Friday, 13 January 2006 HighSchl - Gold 1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Weights		I
400	1	x 400 on 6:00 Reverse IM drill	REC	Ι
250	10	0 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
600	8	x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	Ε
	1x{1	x 400 on 5:15 Freestyle	EN1	٤
	{ 1	x 400 on 5:10 Freestyle	EN1	٤
	{ 1	x 400 on 5:05 Freestyle	EN2	٤
	{ 1	x 400 on 5:00 Freestyle	EN2	٤
	{ 1	x 400 on 4:55 Freestyle	EN2	٤
	{ 1	x 250 on 3:00 Freestyle	EN2	٤
200	1	x 200 on 3:00 Stroke Drills	REC	Ι
	1	on 9:00 Ice		N
	7:04	AM $3,700$ Yards - Stress Value = 53	ó	

Workout #3990 - Friday, 13 January 2006 HighSchl - Silver 1 minute rest between sets

	5:30	ΑM	1 S	tart	t			
Yards	Se	et	Des	crip	otion		EGY	WORF
=====	==	===					===	====
	1	on	30	:00	Weigl	nts		I
300	1	Х	300	on	6:00	Reverse IM drill	REC	Ι
250	10) x	25	on	:30	12.5 ez 12.5 fast	SP3	٤
600	8	Х	75	on 1	1:10	Pulls-nbbf&w + 2 yds	EN1	E
	1x{1	Х	400	on	6:00	Freestyle	EN1	٤
	{ 1	Х	400	on	5:55	Freestyle	EN2	٤
	{ 1	Х	400	on	5:50	Freestyle	EN2	٤
	{ 1	Х	400	on	5:45	Freestyle	EN2	٤
	{ 1	Х	250	on	3:30	Freestyle	EN2	٤
200	1	Х	200	on	3:00	Stroke Drills	REC	Γ
	1	on	9:	00	Ice			N
	7:04	AM	13,	200	Yard	s - Stress Value = 4	9	

Workout #3988 - Friday, 13 January 2006 HighSchl - Bronze 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 Reverse IM drill	REC	Γ
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤

400	8	Х	50	on 1	L:00	Pulls-nbbf&w + 2	yds	EN1	F
	1x{1	Х	400	on	6:40	Freestyle		EN1	٤
	{ 1	Х	400	on	6:35	Freestyle		EN2	٤
	{ 1	Х	400	on	6:30	Freestyle		EN2	٤
	{ 1	Х	400	on	6:25	Freestyle		EN2	٤
200	1	Х	200	on	4:00	Stroke Drills		REC	Γ
	1	or	n 9:	00	Гсе				N
	7:03	ΑN	12,	750	Yard	s - Stress Value	= 42	2	

Workout #3992 - Saturday, 14 January 2006 HighSchl - Platinum 1 minute rest between sets

Yards	7:30 AM Start Set Description		WORK S	
	1 on 30:00 12minute abs/stretch		L I	
800	1x{2 x 100 on 2:00 Stroke Drills	REC		
000	{2 x 100 on 1:50 Stroke Drills			_
	{2 x 100 on 1:40 Stroke Drills			
	{2 x 100 on 1:30 Stroke Drills			
150			S	
1,400	$1x{4 \times 25}$ on :30 Kick no board BSLR	EN2	KI	F
	{1 x 100 on 1:50 Kick	EN2	K (C
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$	EN2	KI	F
	{2 x 100 on 1:45 Kick	EN2	K (C
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$	EN2	KI	F
	·		K (
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$			
	·		K (C
1,500	5x{1 x 150 on 2:00 Pulls		P	
	$\{1 \times 50 \text{ on } : 35 \text{ Pulls}$		P	
	$\{1 \times 50 \text{ on } : 40 \text{ Pulls}$		P	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls-4 brths total} \}$			
300				
2,100	`	EN2		
	{1 on 1:00 Rest		M	
	{5 x 100 on 1:05 Freestyle	EN2		
	{1 on 1:00 Rest		М	
		EN2		
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:05 Freestyle {1 on 1:00 Rest	EN2	S M	
	{2 x 100 on 1:05 Freestyle	רוחים		
	{1 on 1:00 Rest	LNZ	S M	
	•	EN2		
300			D	
500	1 on 10:00 Ice	1/11/	M	
	10:04 AM 6,550 Yards - Stress Value =	= 98		

Workout #3994 - Saturday, 14 January 2006 HighSchl - Gold 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORK S
		===	
	1 on 30:00 12minute abs/stretch		LΙ
	$1x{2 x 100 on 2:00 Stroke Drills}$	REC	D (
	$\{2 \times 100 \text{ on } 1:50 \text{ Stroke Drills}$	REC	D (
	{2 x 100 on 1:40 Stroke Drills	REC	D (
	$\{2 \times 100 \text{ on } 1:30 \text{ Stroke Drills}$	EN1	D (
150	10 x 15 on :45 Shooters	SP3	S (
	$1x{4 \times 25 \text{ on } :30 \text{ Kick no board BSLR}}$	EN2	K E
	{1 x 100 on 2:00 Kick	EN2	K (
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$	EN2	K E
	{2 x 100 on 1:55 Kick	EN2	K (
	· ·	EN2	
	{3 x 100 on 1:50 Kick	EN2	K (
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	EN2	K E
	{4 x 100 on 1:45 Kick	EN2	K (
	$4x{1 x 150 on 2:00 Pulls}$	EN1	P
	$\{1 \times 50 \text{ on } : 40 \text{ Pulls}$	EN2	P
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	
	$\{1 \times 50 \text{ on } :50 \text{ Pulls-4 brths total} \}$		
300		EN1	
	$1x{6 x 100 on 1:10 Freestyle}$	EN2	S
	{1 on 1:00 Rest		M
	(EN2	
	{1 on 1:00 Rest		M
	•	EN2	S
	{1 on 1:00 Rest		M
	• 2	EN2	
	{1 on 1:00 Rest		M
		EN2	
	{1 on 1:00 Rest		M
	{1 x 100 on 1:10 Freestyle		
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice	٥٢	М
	10:04 AM 6,200 Yards - Stress Value =	- 93	

Workout #3993 - Saturday, 14 January 2006 HighSchl - Silver 1 minute rest between sets

Yards	7:30 AM Start Set Description		WORK 5
	1 on 30:00 12minute abs/stretch		L I
	1x{2 x 100 on 2:00 Stroke Drills	REC	
			D (
	{2 x 100 on 1:40 Stroke Drills		
	{2 x 100 on 1:30 Stroke Drills		
150	10 x 15 on :45 Shooters	SP3	S (
	$1x{4 \times 25}$ on :30 Kick no board BSLR	EN2	K F
	{1 x 100 on 2:15 Kick	EN2	K (
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$	EN2	K F
	{1 x 100 on 2:10 Kick	EN2	K (
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$	EN2	K F
	{1 x 100 on 2:05 Kick	EN2	K (
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{1 x 100 on 2:00 Kick	EN2	K (
	5x{1 x 150 on 2:20 Pulls	EN1	P
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	EN2	P
	$\{1 \times 50 \text{ on } : 50 \text{ Pulls}$	EN1	P
	$\{1 \times 50 \text{ on } :55 \text{ Pulls-4 brths total} \}$	EN1	P
300	12×25 on :30 IM order-build	EN1	S
	1x{6 x 100 on 1:20 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{5 x 100 on 1:20 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:20 Freestyle	EN2	S

Μ

{1 on 1:00 Rest

{ 3	x 100 on 1:20	Freestyle	EN2	S
{ 1	on 1:00 Rest			M
{ 2	x 100 on 1:20	Freestyle	EN2	S
{ 1	on 1:00 Rest			M
{ 1	x 100 on 1:20	Freestyle	EN2	S
200 1	x 200 on 3:00	Stroke Drills	REC	D
1	on 10:00 Ice			M
10.0	4 AM 5 850 Yard	ds - Stress Value	= 86	

Workout #3995 - Monday, 16 January 2006 HighSchl - Breast 1 minute rest between sets

	7:30 AM Start	
	Set Description	EGY WOF
=====	1 40.00 M-inht 1 05.05	=== ===
600	1 on 40:00 Weights and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim	REC
150	-	SP3
	1x{1 x 50 on 1:00 Kick no board B	EN2
1,200	{4 x 25 on :30 Kick	EN2
	{1 x 50 on 1:00 Kick no board S	EN2
	{4 x 50 on :55 Kick	EN2
	{1 x 50 on 1:00 Kick no board L	EN2
	{4 x 75 on 1:20 Kick	EN2
	{1 x 50 on 1:00 Kick no board R	EN2
	{4 x 100 on 1:45 Kick	EN2
1,000	1x{1 x 100 on 2:00 Pulls	EN1
•	{2 x 150 on 2:45 Pulls	EN1
	{3 x 200 on 3:30 Pulls	EN1
200	1 x 200 on 3:00 Choice	EN1
1,900	$1x{3 x 50 on 1:00 Breaststroke-descend}$	EN2
	{4 x 25 on :30 Breast 2X pullouts	EN2
	{3 x 75 on 1:25 Breaststroke-descend	EN2
	{4 x 25 on :30 Breast 2X pullouts	EN2
	{3 x 100 on 1:45 Breaststroke-descend	EN2
	{4 x 25 on :30 Breast 2X pullouts	EN2
	{3 x 125 on 2:05 Breaststroke-descend	EN2
		EN2
	{3 x 150 on 2:20 Breaststroke-descend	
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	_
	10:04 AM 5,250 Yards - Stress Value = 8	O

Workout #3998 - Monday, 16 January 2006 HighSchl - Distance 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 40:00 Weights and Stretch		I
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
	$1x\{1 \times 50 \text{ on } 1:00 \text{ Kick no board B}$	EN2	ľ
	{4 x 25 on :30 Kick	EN2	ľ
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board S}$	EN2	ľ
	{4 x 50 on :55 Kick	EN2	ľ
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board L}$	EN2	ľ
	{4 x 75 on 1:20 Kick	EN2	ľ
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board R}$	EN2	ľ
	$1x{1 x 100 on 1:30 Pull no br L.12 yds}$		
	$\{2 \times 150 \text{ on } 2:10 \text{ Pull no br L.}12\text{yds}$	EN1	
	$\{3 \times 200 \text{ on } 2:50 \text{ Pull no br L.} 12\text{yds}$		
	$\{4 \times 250 \text{ on } 3:30 \text{ Pull no br L.}12\text{yds}$		
300	4×75 on 1:10 IM w/out alt.strokes		
	$1x{1 x 500 on 6:40 Freestyle}$	EN2	
	$\{1 \times 400 \text{ on } 5:20 \text{ Freestyle} \}$	EN2	
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$	EN3	
	$\{1 \times 300 \text{ on } 4:00 \text{ Freestyle}$	EN2	
	{2 x 100 on 1:30 Freestyle	EN3	
	$\{1 \times 200 \text{ on } 2:40 \text{ Freestyle} \}$	EN2	
	{3 x 100 on 1:30 Freestyle	EN3	
200		REC	Ι
	1 on 10:00 Ice		N
	10:04 AM 6,050 Yards - Stress Value = 1	109	

Workout #3996 - Monday, 16 January 2006 HighSchl - Backstroke 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WORF
======	=======================================	===	====
	1 on 40:00 Weights and Stretch		I
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	٤
150		SP3	٤
1,200	$1x{1 \times 50}$ on 1:00 Kick no board B	EN2	ľ
	{4 x 25 on :30 Kick	EN2	ŀ
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board S}$	EN2	ř
	{4 x 50 on :55 Kick	EN2	ř
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board L}$	EN2	ř
	{4 x 75 on 1:20 Kick	EN2	ľ
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board R}$	EN2	ľ
	{4 x 100 on 1:45 Kick	EN2	ľ
1,000	1x{1 x 100 on 1:20 Pull no br L.12 yds		
	$\{2 \times 150 \text{ on } 2:00 \text{ Pull no br L.} 12\text{yds}$	EN1	
	$\{3 \times 200 \text{ on } 2:40 \text{ Pull no br L.} 12\text{yds}$		
300			
2,250	1x{4 x 125 on 1:40 Backstroke	EN2	
	{3 x 100 on 1:20 Backstroke	EN2	
	{2 x 75 on 1:00 Backstroke	EN2	
	{1 x 50 on :40 Backstroke	EN2	-
	{10 x 25 on :45 Back 15m underwater		
	{1 x 50 on :45 Back L.25-100%	EN2	
	{2 x 75 on 1:05 Back L.25-100%	EN2	-
	(EN2	
		EN2	
200		REC	Γ
	1 on 10:00 Ice		N

Workout #4001 - Monday, 16 January 2006 HighSchl - Platinum 1 minute rest between sets

10:03 AM 5,700 Yards - Stress Value = 98

Yards	Set Description	EGY	V
=====	=======================================	===	=
	1 on 25:00 Physio Balls/Stretch		
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{3 x 50 on 1:00 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	{3 x 50 on :45 Kick	EN2	
	$1x{3 \times 75}$ on 1:05 Pull no br L.5yds	EN1	
	$\{3 \times 75 \text{ on } 1:00 \text{ Pull no br L.5yds}$	EN1	
	$\{3 \times 75 \text{ on } :55 \text{ Pull no br L.5yds}$	EN1	
	$\{3 \times 75 \text{ on } :50 \text{ Pull no br L.5yds}$	EN1	
300	3 x 100 on 1:40 Individual Medley	EN1	
2,400	12 x 200 on 3:00 Challenge set!!!!!!	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:03 PM 5,300 Yards - Stress Value = 81		

Workout #4000 - Monday, 16 January 2006 HighSchl - Gold

1 minute rest between sets

2:00 PM Start

5	Yards	Set Description	EGY	WC
č	=====	=======================================	===	==
٤		1 on 25:00 Physio Balls/Stretch		
٤	600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	
٤	250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
Ι		1x{3 x 50 on 1:05 Kick	EN2	
N		{3 x 50 on 1:00 Kick	EN2	
		{3 x 50 on :55 Kick	EN2	
		{3 x 50 on :50 Kick	EN2	
		$1x{3 \times 75}$ on 1:10 Pull no br L.5yds	EN1	
		$\{3 \times 75 \text{ on } 1:05 \text{ Pull no br L.5yds}$	EN1	
		$\{3 \times 75 \text{ on } 1:00 \text{ Pull no br L.5yds}$	EN1	
		$\{1 \times 75 \text{ on } :55 \text{ Pull no br L.5yds}$	EN1	
	300	3 x 100 on 1:40 Individual Medley	EN1	
D.	2,400	12 x 200 on 3:00 Challenge set!!!!!!	EN2	
Rŀ	250	1 x 250 on 4:00 Stroke Drills	REC	
==		1 on 10:00 Ice		
Ι		4:03 PM 5,150 Yards - Stress Value = 80		

Workout #3999 - Monday, 16 January 2006 HighSchl - Silver 1 minute rest between sets

	2:00 PM Start		
Yards	Set Description	EGY	WC
	=======================================	===	==
	1 on 25:00 Physio Balls/Stretch		
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	$1x{3 \times 75}$ on 1:15 Pull no br L.5yds	EN1	
	$\{3 \times 75 \text{ on } 1:10 \text{ Pull no br L.5yds}$	EN1	
	$\{2 \times 75 \text{ on } 1:05 \text{ Pull no br L.5yds}$	EN1	
300	3 x 100 on 1:45 Individual Medley	EN1	
2,100	12 x 175 on 3:00 Challenge set!!!!!!	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:03 PM 4,700 Yards - Stress Value = 73		

Workout #3997 - Monday, 16 January 2006 HighSchl - Sprint 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 50 on 1:00 Kick no board B	EN2	
	{4 x 25 on :30 Kick	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board S}$	EN2	
	{4 x 50 on :55 Kick	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board L}$	EN2	
	{4 x 75 on 1:20 Kick	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board R}$	EN2	
	{4 x 100 on 1:45 Kick	EN2	
1,000	1x{1 x 100 on 1:30 Pull no br L.12 yds	EN1	
	$\{2 \times 150 \text{ on } 2:10 \text{ Pull no br L.}12\text{yds}$	EN1	
	$\{3 \times 200 \text{ on } 2:50 \text{ Pull no br L.}12\text{yds}$	EN1	
300	4×75 on 1:10 IM w/out alt.strokes	EN1	
2,250	$3x\{4 \times 50 \text{ on } : 45 \text{ Freestyle L.25 2brth}$	EN2	
	$\{3 \times 75 \text{ on } 1:05 \text{ Freestyle L.25 2brth}$	EN2	
	{2 x 100 on 1:30 Freestyle L.25 2brth	EN2	
	$\{1 \times 125 \text{ on } 1:50 \text{ Freestyle L.25 2brth}$	EN2	
	{ 1st 25 of each brth		
	{ every 3 w/great form		
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:03 AM 5,700 Yards - Stress Value = 89)	

Workout #4002 - Wednesday, 18 January 2006 HighSchl - All

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 40:00 Weights and Stretch		L
400	1 x 400 on 7:00 Free L.25 of each	EN1	S
	100 6bk		
150	10 x 15 on :45 Shooters	SP3	S
	$2x{1 \times 100}$ on 2:00 Kick no board BSLR	EN1	K
	{3 x 50 on 1:00 Kick	EN2	K
	$1x\{2 \times 175 \text{ on } 2:20 \text{ Lungbuster pulls}$	EN1	P
	{2 x 175 on 2:10 Lungbuster pulls	EN2	P
	{ br2-3-4-5-6-7-8by 25		
250	10 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	1x{3 x 150 on 2:15 Freestyle-descend	EN2	S
	{3 x 150 on 2:10 Freestyle-descend	EN2	S
	{3 x 150 on 2:05 Freestyle-descend	EN2	S
	{3 x 150 on 2:00 Freestyle-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		М
	5:04 PM 4,000 Yards - Stress Value = 6	57	

Workout #4006 - Thursday, 19 January 2006 HighSchl - Breast 1 minute rest between sets

3:00 PM Start

 $1x{1 x 500 on 7:05 Pulls}$

Yards	Set Descripti	on	EGY	WOF
			===	===
	1 on 30:00 St	comach and Stretch		
600	1 x 600 on 9:	00 Underwater trn drill	REC	
150	10 x 15 on :4	5 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	EN2	
	{1 x 100 on 1:	45 Kick	EN2	
	{1 x 100 on 1:	40 Kick	EN2	

EN1

$\{1 \times 500 \text{ on } 6:55 \text{ Pulls}$	EN1
250 10 x 25 on :30 12.5 ez 12.5 fast	SP3
$2x{3 \times 100 \text{ on } 1:50 \text{ Breaststroke}}$	EN2
$\{4 \times 25 \text{ on } : 45 \text{ Breast Fast TO drill}$	EN2
${3 \times 100 \text{ on } 1:45 \text{ Breaststroke}}$	EN2
$\{4 \times 25 \text{ on } : 45 \text{ Breast Fast TO drill}$	EN2
${3 \times 100 \text{ on } 1:40 \text{ Breaststroke}}$	EN2
$\{4 \times 25 \text{ on } : 45 \text{ Breast Fast TO drill}$	EN2
200	REC
1 on 10:00 Ice	
5:34 PM 5,600 Yards - Stress Value = 90	

Workout #4003 - Thursday, 19 January 2006 HighSchl - Distance 1 minute rest between sets

	3:00	PM	St	tart	5				
Yards	Se	et	Des	crip	otion			EGY	WOI
=====	==	-==	====	====				===	===
	1	on	30	:00	Stoma	ach and Stre	etch		
600	1	Х	600	on	9:00	Underwater	trn drill	REC	
150	1() x	15	on	:45 \$	Shooters		SP3	
500	1x{1	Х	100	on	2:00	Kick		EN1	
	{ 1	Х	100	on	1:55	Kick		EN1	
	{ 1	Х	100	on	1:50	Kick		EN2	
	{ 1	Х	100	on	1:45	Kick		EN2	
	{ 1	Х	100	on	1:40	Kick		EN2	
1,800	1x{1	Х	600	on	8:15	Pulls		EN1	
	{ 1	Х	600	on	8:00	Pulls		EN1	
	{ 1	Х	600	on	7:45	Pulls		EN2	
250	1() x	25	on	:30	12.5 ez 12.5	fast	SP3	
4,000	1x{2	Х	500	on	6:00	Freestyle		EN2	
	{ 2	Х	500	on	5:50	Freestyle		EN2	
	{ 2	Х	500	on	5:40	Freestyle		EN2	
	{ 2	Х	500	on	5:30	Freestyle		EN2	
250	1	Х	250	on	4:00	Stroke Dril	lls	REC	
	1	on	10	:00	Ice				
	5:32	PM	7,	550	Yards	s - Stress V	7alue = 12	8	

Workout #4004 - Thursday, 19 January 2006 HighSchl - Fly 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

150 $1,000 \ 2x{1} \ x \ 100 \ on \ 2:00 \ Kick$ EN1 $\{1 \times 100 \text{ on } 1:55 \text{ Kick} \}$ EN1 $\{1 \times 100 \text{ on } 1:50 \text{ Kick} \}$ EN2 {1 x 100 on 1:45 Kick EN2 {1 x 100 on 1:40 Kick EN2 $1,800 \ 1x\{1 \ x \ 600 \ on \ 8:15 \ Pulls$ $\{1 \times 600 \text{ on } 8:00 \text{ Pulls}$ EN1 {1 x 600 on 7:45 Pulls EN2 10 x 25 on :30 12.5 ez 12.5 fast 250 SP3 $2,400 4x{4 x 50 on :45 Butterfly 2-2}$ EN2 {4 x 25 on :30 Fly lup ldown $\{1 \times 100 \text{ on } 1:15 \ 75 \text{ free } 25 \text{ fly}$ EN2 {1 x 100 on 1:20 50 free 50 fly EN2 {1 x 100 on 1:25 25 free 75 fly EN2 250 1 x 250 on 4:00 Stroke Drills REC 1 on 10:00 Ice

5:31 PM 6,450 Yards - Stress Value = 104

Workout #4005 - Thursday, 19 January 2006 HighSchl - Backstroke 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	
1,000	2x{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:35 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
1,800	1x{1 x 600 on 7:45 Pulls	EN1	
·	{1 x 600 on 7:30 Pulls	EN1	
	{1 x 600 on 7:15 Pulls	EN2	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,700	2x{3 x 100 on 1:20 Backstroke	EN2	
,		EN3	
	•	EN2	
	{3 x 50 on 1:00 Backstroke-100%	EN3	
	•	EN2	
		EN3	
250	•	REC	
200	1 on 10:00 Ice		
	5:33 PM 6,750 Yards - Stress Value = 15	0	
	10110 111 1, 111 111 111 111 1111 1111	-	

Workout #4011 - Friday, 20 January 2006 HighSchl - All

1 minute rest between sets

1:00 PM Start		
Yards Set Description		WORF
	===	
1 on 25:00 Physio Balls/Stretch		I
	REC	-
	SP3	
400 16×25 on :40 Kick no board BSLR	EN1	F
600 12 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	E
1 on 4:00 Swim off	SP2	٤
$2x{1 x 100 on 1:30 Reverse IM drill}$	REC	Ι
{1 x 100 on 1:40 Reverse IM drill	REC	Ι
{1 x 100 on 1:50 Reverse IM drill	REC	Ι
{1 x 100 on 2:00 Reverse IM drill	REC	Ι
$\{1 \times 75 \text{ on } 1:05 \text{ Stroke Drills}$	REC	Ι
{1 x 75 on 1:10 Stroke Drills	REC	Ι
{1 x 75 on 1:15 Stroke Drills		
{1 x 75 on 1:20 Stroke Drills		
{1 x 50 on :45 Stroke Drills #1		
{1 x 50 on :50 Stroke Drills #1		
{1 x 50 on :55 Stroke Drills #1		
{1 x 50 on 1:00 Stroke Drills #1		
{1 x 25 on :25 Stroke Drills #4		
{1 x 25 on :30 Stroke Drills #4		
{1 x 25 on :30 Stroke Drills #4		
· ·		
{1 x 25 on :40 Stroke Drills #4	KEC	
1 on 10:00 Ice	_	N
2:58 PM 3,950 Yards - Stress Value = 10	٥	

Workout #4008 - Friday, 20 January 2006 HighSchl - Platinum 1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Weights and Stretch		
400	1	x 400 on 7:00 Reverse IM drill	REC	
200	8	x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1	x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{ 1	x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1	

								_		
	{ 1	Х	100	on	1:20	Pulls-nbbf&w	+	2	yds	EN1
	{ 1	Х	100	on	1:15	Pulls-nbbf&w	+	2	yds	EN2
	{ 1	Х	100	on	1:10	Pulls-nbbf&w	+	2	yds	EN2
	{ 1	Х	100	on	1:05	Pulls-nbbf&w	+	2	yds	EN2
200	8	Х	25 0	on :	:30 IN	4 order-build				EN1
	2x{1	Х	125	on	1:40	Freestyle				EN1
	{ 1	Х	125	on	1:25	Freestyle				EN2
	{ 1	Х	125	on	1:40	Freestyle				EN1
	{ 1	Х	125	on	1:20	Freestyle				EN2
	{ 1	Х	125	on	1:40	Freestyle				EN1
	{ 1	Х	125	on	1:15	Freestyle				EN2
	{ 1	Х	125	on	1:40	Freestyle				EN1
	{ 1	Х	125	on	1:10	Freestyle				EN2
200	1	Х	200	on	3:00	Stroke Drill	S			REC
	1	OI	10	:00	Ice					
	7:05	Αl	4 3,6	600	Yards	s - Stress Va	lue	= é	47	

Workout #4007 - Friday, 20 January 2006 HighSchl - Gold

1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description I	EGY	WOI
	==		===	===
	1	on 30:00 Weights and Stretch		
400	1	x 400 on 7:00 Reverse IM drill	REC	
200	8	x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1	x 100 on 1:30 Pulls-nbbf&w + 2 yds H	EN1	
	{ 1	x 100 on 1:25 Pulls-nbbf&w + 2 yds H	EN1	
	{ 1	x 100 on 1:20 Pulls-nbbf&w + 2 yds H	EN1	
	{ 1	x 100 on 1:15 Pulls-nbbf&w + 2 yds H	EN2	
	{ 1	x 100 on 1:10 Pulls-nbbf&w + 2 yds H	EN2	
200	8	x 25 on :30 IM order-build	EN1	
	2x{1	x 125 on 1:45 Freestyle	EN1	
	{ 1	x 125 on 1:35 Freestyle	EN2	
	{ 1	x 125 on 1:45 Freestyle	EN1	
	{ 1	x 125 on 1:30 Freestyle	EN2	
	{ 1	x 125 on 1:45 Freestyle	EN1	
	{ 1	x 125 on 1:25 Freestyle	EN2	
	{ 1	x 125 on 1:45 Freestyle	EN1	
	{ 1	x 125 on 1:20 Freestyle	EN2	
200	1	x 200 on 3:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	7:06	AM 3,500 Yards - Stress Value = 45		

Workout #4009 - Friday, 20 January 2006 HighSchl - Silver 1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Weights and Stretch		
400	1	x 400 on 7:00 Reverse IM drill	REC	
200	8	x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1	x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{ 1	x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1	
	{ 1	x 75 on 1:20 Pulls-nbbf&w + 2 yds	EN1	
	{1	x 75 on 1:15 Pulls-nbbf&w + 2 yds	EN2	
		x 75 on 1:10 Pulls-nbbf&w + 2 yds		
	{ 1	x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN2	
200	8	x 25 on :30 IM order-build	EN1	
	2x{1	x 100 on 1:40 Freestyle	EN1	
	{ 1	x 100 on 1:25 Freestyle	EN2	
	{ 1	x 100 on 1:40 Freestyle	EN1	
	{ 1	x 100 on 1:20 Freestyle	EN2	
	{ 1	x 100 on 1:40 Freestyle	EN1	
	{ 1	x 100 on 1:15 Freestyle	EN2	
	{1	x 100 on 1:40 Freestyle	EN1	
	{ 1	x 100 on 1:10 Freestyle	EN2	
200	1	x 200 on 3:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	7:05	AM 3,100 Yards - Stress Value = 43		

Workout #4010 - Friday, 20 January 2006 HighSchl - Bronze 1 minute rest between sets

		AM Start		
Yards	Se	et Description	EGY	WORF
	==		===	====
		on 30:00 Weights and Stretch		I
400		x 400 on 7:00 Reverse IM drill		
200	8	x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1	x 75 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{ 1	x 75 on 1:25 Pulls-nbbf&w + 2 yds	EN1	
	{ 1	x 75 on 1:20 Pulls-nbbf&w + 2 yds	EN1	
	{ 1	x 75 on 1:15 Pulls-nbbf&w + 2 yds	EN2	
	{ 1	x 50 on 1:10 Pulls-nbbf&w + 2 yds	EN2	
200	8	x 25 on :30 IM order-build	EN1	٤
	2x{1	x 100 on 1:45 Freestyle	EN1	٤
	{ 1	x 75 on 1:35 Freestyle	EN2	٤
	{1	x 100 on 1:45 Freestyle	EN1	
	{ 1	x 75 on 1:30 Freestyle	EN2	٤
	{ 1	x 100 on 1:45 Freestyle	EN1	٤
	{1	x 75 on 1:25 Freestyle	EN2	٤
	{1	x 100 on 1:45 Freestyle	EN1	٤
	{1	x 75 on 1:20 Freestyle	EN2	٤
200	-	x 200 on 3:00 Stroke Drills	REC	Γ
		on 10:00 Ice		N
		AM 2,750 Yards - Stress Value = 3	5	•

Workout #4018 - Monday, 23 January 2006 HighSchl - Breast 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 25:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	$3x{4 \times 25}$ on :30 Kick no board BSLR	EN1	
	{3 x 100 on 1:55 Kick	EN1	
1,350	1x{4 x 125 on 2:30 Pulls	EN1	
	{3 x 100 on 1:55 Pulls	EN1	
	{4 x 75 on 1:25 Pulls	EN1	
	$\{5 \times 50 \text{ on :} 55 \text{ Pulls}$	EN2	

300	4	x 75 on 1:10 IM w/out alt.strokes	EN1
2,300	4x{1	x 100 on 1:35 Breaststroke	EN2
	{ 1	x 75 on 1:10 Breaststroke	EN2
	{ 1	x 50 on :45 Breaststroke	EN2
	{ 5	x 25 on :30 Breast 2X pullouts	EN2
	{ 1	x 50 on :40 Breaststroke	EN2
	{ 1	x 75 on 1:05 Breaststroke	EN2
	{ 1	x 100 on 1:30 Breaststroke	EN2
200	1	x 200 on 3:00 Stroke Drills	REC
	1	on 10:00 Ice	
	5:34	PM 6,100 Yards - Stress Value = 83	

Workout #4015 - Monday, 23 January 2006 HighSchl - Distance 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 25:00 Physio Balls/Stretch		
600	1	x 600 on 10:00 Swim-kick-pull-swim	REC	
150	1(0 x 15 on :45 Shooters	SP3	
400	1x{4	x 25 on :30 Kick no board BSLR	EN1	
	{ 3	x 100 on 1:55 Kick	EN1	
1,500	1x{4	x 125 on 1:50 Pull no br L.5yds	EN1	
	{ 4	x 125 on 1:40 Pull no br L.5yds	EN1	
	{ 4	x 125 on 1:35 Pull no br L.5yds	EN1	
300	4	x 75 on 1:10 IM w/out alt.strokes	EN1	
3,600	2x{1	x 400 on 6:00 Freestyle	EN3	
	{ 1	x 400 on 5:00 Freestyle	EN2	
	{ 1	x 300 on 4:30 Freestyle	EN3	
	{ 1	x 300 on 3:45 Freestyle	EN2	
	{ 1	x 200 on 3:00 Freestyle	EN3	
	{ 1	x 200 on 2:30 Freestyle	EN2	
450	9	x 50 on 1:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	5:32	PM 7,000 Yards - Stress Value = 172	2	

Workout #4017 - Monday, 23 January 2006 HighSchl - Backstroke 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 25:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 1:45 Kick	EN1	
1,500	$1x{4 x 125 on 1:40 Pull no br L.5yds}$	EN1	
	$\{4 \times 125 \text{ on } 1:35 \text{ Pull no br L.5yds}$	EN1	
	$\{4 \times 125 \text{ on } 1:30 \text{ Pull no br L.5yds}$	EN2	
300	4×75 on 1:10 IM w/out alt.strokes	EN1	
2,400	$4x{1 x 100 on 1:30 Backstroke}$	EN2	
	{1 x 100 on 1:25 Backstroke	EN2	
	{1 x 100 on 1:20 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{ hold 100's under1:05		
	$\{4 \times 50 \text{ on } 1:00 25 \text{ bath tub drill}$	EN2	
	{ rest 10sec/25clsdfst		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 6,650 Yards - Stress Value = 89		

Workout #4014 - Monday, 23 January 2006 HighSchl - Platinum 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 Swim-kick-pull-swim	REC	٤
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	1x{3 x 100 on 1:20 Pull no br L.5yds	EN1	E
	$\{3 \times 100 \text{ on } 1:15 \text{ Pull no br L.5yds}$	EN1	E
	$\{3 \times 100 \text{ on } 1:10 \text{ Pull no br L.5yds}$	EN2	E
	1x{1 x 500 on 6:15 Freestyle	EN1	٤
	{2 x 400 on 5:00 Freestyle	EN1	٤
	{3 x 300 on 3:45 Freestyle	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 5:00 Ice		N
	7:04 AM 3,950 Yards - Stress Value = 44	Ł	

Workout #4012 - Monday, 23 January 2006 HighSchl - Gold 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 Swim-kick-pull-swim	REC	٤
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	1x{3 x 100 on 1:25 Pull no br L.5yds	EN1	E
	$\{2 \times 100 \text{ on } 1:20 \text{ Pull no br L.5yds}$	EN1	E
	$\{2 \times 100 \text{ on } 1:15 \text{ Pull no br L.5yds}$	EN2	E
	1x{1 x 500 on 6:40 Freestyle	EN1	٤
	$\{2 \times 400 \text{ on } 5:20 \text{ Freestyle} \}$	EN1	٤
	{3 x 300 on 4:00 Freestyle	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 5:00 Ice		N
	7:04 AM 3,750 Yards - Stress Value = 41	_	

Workout #4013 - Monday, 23 January 2006 HighSchl - Silver 1 minute rest between sets

	5:30	ΑN	1 St	art	t			
Yards	Se	et	Desc	crip	otion		EGY	WORF
=====	==	===	-===				===	====
	1	or	1 30:	:00	Weig	hts and Stretch		I
400	1	Х	400	on	7:00	Swim-kick-pull-swim	REC	٤
250	10) s	25	on	:30	12.5 ez 12.5 fast	SP3	٤
	1x{2	Х	100	on	1:35	Pull no br L.5yds	EN1	Ε
	{ 2	Х	100	on	1:30	Pull no br L.5yds	EN1	E
	{ 1	Х	100	on	1:25	Pull no br L.5yds	EN2	Ε
	1x{1	Х	500	on	7:05	Freestyle	EN2	٤
	{ 2	Х	400	on	5:40	Freestyle	EN2	٤
	{ 3	Х	300	on	4:15	Freestyle	EN2	٤
200	1	Х	200	on	3:00	Stroke Drills	REC	Ι
	1	or	n 5:0	00	Ice			ľ
	7:04	ΑN	13,5	550	Yard	s - Stress Value = 60)	

Workout #4016 - Monday, 23 January 2006 HighSchl - Sprint 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 25:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10×15 on :45 Shooters	SP3	
1,200	$3x{4 \times 25}$ on :30 Kick no board BSLR	EN1	
	{3 x 100 on 1:55 Kick	EN1	

1x{4	x 125 on 1:50 Pull no br L.5yds	EN1
{ 4	x 125 on 1:40 Pull no br L.5yds	EN1
4	x 75 on 1:10 IM w/out alt.strokes	EN1
2x{4	x 100 on 1:30 Freestyle-descend	EN2
{ 4	x 25 on :30 Freestyle-1 breath	EN2
{ 4	x 100 on 1:25 Freestyle-descend	EN2
{ 4	x 25 on :30 Freestyle-1 breath	EN2
{ 4	x 100 on 1:20 Freestyle-descend	EN2
{ 4	x 25 on :30 Freestyle-1 breath	EN2
5	x 50 on 1:00 Stroke Drills	REC
1	on 10:00 Ice	
5:33	PM 6,500 Yards - Stress Value = 91	
	{ 4 4 4 4 4 4 4 4 4 4 4 4 4 5 1 1 1 1 1 1	<pre>{4 x 125 on 1:40 Pull no br L.5yds 4 x 75 on 1:10 IM w/out alt.strokes 2x{4 x 100 on 1:30 Freestyle-descend {4 x 25 on :30 Freestyle-1 breath {4 x 100 on 1:25 Freestyle-descend {4 x 25 on :30 Freestyle-1 breath {4 x 100 on 1:20 Freestyle-descend {4 x 25 on :30 Freestyle-descend {4 x 25 on :30 Freestyle-1 breath</pre>

Workout #4022 - Tuesday, 24 January 2006 HighSchl - Breast 1 minute rest between sets

	Se	PM Start et Description	EGY	
			===	===
		on 30:00 Stomach and Stretch		
600	1	x 600 on 9:00 Underwater trn drill		
		0 x 15 on :45 Shooters	SP3	
750			EN2	
			EN2	
	-		EN2	
			EN2	
1 000	-		EN2	
1,200		x 150 on 3:00 Kick	EN1	
			EN1	
1.00			EN1	
100		x 25 on :30 12.5 ez 12.5 fast		
/50	-	x 125 on 2:00 Breaststroke		
	-	x 100 on 1:30 Breaststroke		
	-	x 75 on 1:10 Breaststroke x 50 on :45 Breaststroke		
			EN2	
1 500	-	With PD fins x 50 on :50 Pulls	EN1	
1,300	•	x 100 on 1:20 Pulls	EN1	
	,	x 50 on :45 Pulls	EN1	
		x 100 on 1:20 Pulls	EN1	
	•	x 50 on :40 Pulls	EN1	
	•	x 100 on 1:20 Pulls	EN1	
100			EN1	
			EN2	
750	,		EN2	
	•		EN2	
	-		EN2	
			EN2	
200	-		REC	
200		on 10:00 Ice	KEC	
		PM 6,100 Yards - Stress Value = 80		

Workout #4019 - Tuesday, 24 January 2006 HighSchl - Distance 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	
600	1x{4 x 75 on 1:30 Kick	EN1	
	{4 x 75 on 1:25 Kick	EN1	
1,500	1x{1 x 500 on 6:50 Pulls	EN1	
	{1 x 500 on 6:40 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
4,200	1x{1 x 900 on 11:15 Freestyle	EN2	
	{1 x 800 on 10:00 Freestyle	EN2	
	$\{1 \times 700 \text{ on } 8:45 \text{ Freestyle} \}$	EN2	
	$\{1 \times 600 \text{ on } 7:30 \text{ Freestyle} \}$	EN2	
	{1 x 500 on 6:15 Freestyle	EN2	
	$\{1 \times 400 \text{ on } 5:00 \text{ Freestyle} \}$	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 8:00 Ice		
	5:34 PM 7,500 Yards - Stress Value = 12	1	

Workout #4021 - Tuesday, 24 January 2006 HighSchl - Fly

1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
600		on 30:00 Stomach and Stretch		
		x 600 on 9:00 Underwater trn drill		
150	10) x 15 on :45 Shooters	SP3	
1,200	2x{4	x 75 on 1:30 Kick	EN1	
	{ 4	x 75 on 1:25 Kick	EN1	
1,000	1x{1	x 500 on 6:40 Pulls	EN1	
	{ 1	x 500 on 6:30 Pulls	EN1	
250	10) x 25 on :30 12.5 ez 12.5 fast	SP3	
2,700	2x{8	x 25 on :25 Butterfly	EN2	
	{ 1	x 100 on 1:30 Free L.25 fly	EN2	
	{ 8	x 25 on :25 Butterfly	EN2	
	{1	x 100 on 1:30 Free L.50 fly	EN2	
	8 }	x 25 on :25 Butterfly	EN2	
	{ 1	x 100 on 1:30 25free 75fly	EN2	
	{ 8	x 25 on :25 Butterfly	EN2	
	{1	x 100 on 1:30 Butterfly	EN2	
	-	x 75 on 1:10 Freestyle	EN1	
250		x 250 on 4:00 Stroke Drills	REC	
250		on 10:00 Ice	11110	
	5:34	PM 6,150 Yards - Stress Value = 89		

Workout #4020 - Tuesday, 24 January 2006 HighSchl - Sprint 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	
1,200	2x{4 x 75 on 1:30 Kick	EN1	
	{4 x 75 on 1:25 Kick	EN1	
1,000	1x{1 x 500 on 6:40 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,900	$2x{3 x 125 on 1:40 Freestyle}$	EN1	

EN2

EN1

 $\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$

{3 x 100 on 1:20 Freestyle

	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN2
	${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	EN1
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN2
	${3 \times 50 \text{ on :} 40 \text{ Freestyle}}$	EN1
	{4 x 25 on :30 Freestyle	EN2
	{ 25's 1-TO, 2-1 brth	
	{ 3-6bk br5, 4-100%	
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	

Workout #4026 - Wednesday, 25 January 2006 Taper 1 - IM/Stroke 1 minute rest between sets

3:00 PM Start

3:00 PM Start

5:34 PM 6,350 Yards - Stress Value = 75

Vards	Set Description	EGY	WORK
=====	-	===	====
	1 on 40:00 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	٤
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	٤
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	
	{1 x 100 on 1:20 Freestyle L.25 6bk	EN1	
150	10 x 15 on :45 Shooters	SP3	٤
800	$2x{4 \times 25}$ on :30 Kick no board BSLR	EN1	F
	{4 x 75 on 1:30 Kick	EN1	
1,100	11 x 100 on 1:25 Lungbuster pulls	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
3,000	2x{4 x 100 on 1:30 Backstroke	EN1	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	$\{4 \times 75 \text{ on } 1:05 \text{ Backstroke} \}$	EN1	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	{4 x 50 on :40 Backstroke	EN2	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 7:00 Ice		N
	5:34 PM 6,000 Yards - Stress Value = 6	5	

Workout #4025 - Wednesday, 25 January 2006 Taper 1 - Freestylers 1 minute rest between sets

Yards		et Description	EGY	WORK
=====			===	====
		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	0 x 15 on :45 Shooters	SP3	S
800	2x{4	x 25 on :30 Kick no board BSLR	EN1	K
	{ 4	x 75 on 1:40 Kick	EN1	K
900	9	x 100 on 1:30 Lungbuster pulls	EN1	Р
		odds br 3-5-7-9		
	6	evens br 2-4-6-8		
200	8	x 25 on :30 Free 12.5y tuck spin	EN1	S
			EN1	
•		-	EN2	S
		-	EN2	S
		-	EN2	S
		-	REC	
200	-	x 200 on 3:00 Stroke Drills		D
200		on 5:00 Ice		М
		PM 5,950 Yards - Stress Value = 7	7	

{1 x 125 on 2:30 Kick

{1 x 100 on 2:00 Kick

$\{1 \times 75 \text{ on } 1:30 \text{ Kick} \}$ Workout #4023 - Wednesday, 25 January 2006 {1 x 50 on 1:00 Kick EN1 Taper 2 - Fly {1 x 25 on :30 Kick 1 minute rest between sets 1,000 2x{3 x 100 on 1:30 Pulls-nbbf&w + 2 yds EN1 $\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \text{ EN1}$ 3:00 PM Start $\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} = \text{EN1}$ Yards Set Description EGY WOF 200 8 x 25 on :30 IM order-build _____ ______ ___ 1,400 1x{3 x 300 on 4:30 Alt 75drill 75choice EN1 1 on 40:00 Weights and Stretch {2 x 200 on 3:00 Alt 50drill 50choice EN1 500 1x{1 x 100 on 2:00 Freestyle REC {1 x 100 on 1:30 Alt 25drill 25choice EN1 {1 x 100 on 1:50 Freestyle L.25 6bk EN1 { R.10s-15s after each 1 on 10:00 Ice 5:00 PM 4,450 Yards - Stress Value = 41 {1 x 100 on 1:40 Freestyle L.25 6bk EN1 {1 x 100 on 1:30 Freestyle L.25 6bk EN1 {1 x 100 on 1:20 Freestyle L.25 6bk EN1 10×15 on :45 Shooters 150 SP3 EN1 Workout #4028 - Friday, 27 January 2006 $1,200 3x{4 x 25 on :30 Kick no board BSLR}$ HighSchl - Platinum {4 x 75 on 1:25 Kick 900 9 x 100 on 1:20 Lungbuster pulls EN1 1 minute rest between sets 12 x 25 on :30 Free 12.5y tuck spin EN1 300 $2,400 \ 2x\{4 \ x \ 25 \ on : 25 \ Butterfly$ 2 (4 x 25 on :25 Butterfly EN2 {4 x 50 on :45 Choice-non free EN2 5:30 AM Start Yards Set Description EGY WORK {1 x 100 on 1:30 75free 25fly 1up4dwn EN2 ______________________________________ {4 x 25 on :25 Butterfly EN2 {4 x 50 on :45 Choice-non free EN2 {1 x 100 on 1:30 50free 50fly 1up3dwn EN2 {4 x 25 on :25 Butterfly EN2 {4 x 50 on :45 Choice-non free EN2 1 on 30:00 Weights 400 1 x 400 on 7:00 Reverse IM drill REC 250 10 x 25 on :30 12.5 ez 12.5 fast SP3 750 $1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds EN1}$ {5 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {1 x 100 on 1:30 25free 75fly lup2dwn EN2 $\{5 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}$ 200 5:34 PM 5,650 Yards - Stress Value = 82 {2 x 100 on 1:20 Freestyle EN1 {2 x 75 on 1:00 Freestyle EN1 S $\{2 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ Workout #4024 - Wednesday, 25 January 2006 EN1 EN1 $\{2 \times 25 \text{ on } : 20 \text{ Freestyle } \}$ Taper 2 - Sprint {2 x 50 on :35 Freestyle {2 x 75 on :50 Freestyle EN2 1 minute rest between sets EN2 EN2 {2 x 100 on 1:10 Freestyle EN2 3:00 PM Start {2 x 125 on 1:25 Freestyle {2 x 150 on 1:45 Freestyle Yards Set Description EGY WORF EN2 S 200 1 x 200 on 3:00 Stroke Drills REC 1 on 7:00 Ice D 1 on 40:00 Weights and Stretch I (1 x 100 on 2:00 Freestyle REC S 1 on 7:00 Ice 7:04 AM 3,650 Yards - Stress Value = 46 500 1x{1 x 100 on 2:00 Freestyle {1 x 100 on 1:50 Freestyle L.25 6bk EN1 } {1 x 100 on 1:40 Freestyle L.25 6bk EN1 \S {1 x 100 on 1:40 Freestyle 1.25 obx 2.12 {1 x 100 on 1:30 Freestyle L.25 6bk EN1 \$ {1 x 100 on 1:20 Freestyle L.25 6bk EN1 \$ 10 x 15 on :45 Shooters SP3 \$ Workout #4029 - Friday, 27 January 2006 HighSchl - Gold 10 x 15 on :45 Shooters SP3 1 minute rest between sets 1,200 3x{4 x 25 on :30 Kick no board BSLR EN1 F {4 x 75 on 1:25 Kick EN1 F 5:30 AM Start 12 x 100 on 1:20 Lungbuster pulls EN1 F Yards Set Description 1,200 {1 x 50 on :30 Freestyle {1 x 50 on :25 Freestyle {1 x 200 on 3:00 Freestyle REC 5 1 on 10:00 Ice {5 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {5 x 50 on :40 Pulls-nbbf&w + 2 yds EN1 1x{2 x 150 on 2:00 Freestyle EN1 S N 1 on 10:00 Ice 5:32 PM 6,050 Yards - Stress Value = 79 $\{2 \times 125 \text{ on } 1:40 \text{ Freestyle} \}$ EN1 {2 x 100 on 1:20 Freestyle EN1 EN1 $\{2 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ Workout #4030 - Friday, 27 January 2006 $\{2 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ HighSchl - All $\{2 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ EN1 1 minute rest between sets $\{2 \times 50 \text{ on } : 35 \text{ Freestyle} \}$ EN2 S $\{2 \times 75 \text{ on } :55 \text{ Freestyle } \}$ EN2 3:00 PM Start EN2 {2 x 100 on 1:15 Freestyle Yards Set Description EGY WOF {2 x 125 on 1:30 Freestyle {2 x 150 on 1:50 Freestyle EN2 ===== EN2 1 on 25:00 Physio Balls/Stretch 200 1 x 200 on 3:00 Stroke Drills REC 1 on 6:00 Ice D 800 1 x 800 on 14:00 Reverse IM drill REC 10 x 15 on :45 Shooters SP3 7:04 AM 3,650 Yards - Stress Value = 46 900 1x{1 x 200 on 4:00 Kick EN1 EN1 {1 x 175 on 3:30 Kick EN1 {1 x 150 on 3:00 Kick

EN1

EN1

Workout #4027 - Friday, 27 January 2006 HighSchl - Silver

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 30:00 Weights		L
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
	$1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds}$	EN1	P
	$\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	P
	1x{2 x 150 on 2:15 Freestyle	EN1	S
	{2 x 125 on 1:50 Freestyle	EN1	S
	{2 x 100 on 1:30 Freestyle	EN1	S
	$\{2 \times 75 \text{ on } 1:05 \text{ Freestyle}$	EN1	S
	$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S
	$\{2 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN1	S
	$\{2 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN2	S
	$\{2 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2	S
	{2 x 100 on 1:20 Freestyle	EN2	S
	{2 x 125 on 1:40 Freestyle	EN2	S
	{2 x 150 on 1:50 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 8:00 Ice		M
	7:04 AM 3,400 Yards - Stress Value = 4	14	

Workout #4034 - Monday, 30 January 2006 **Taper 1 - Distance** 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 25:00 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{4	x 25 on :30 Kick no board BSLR	EN1	
	{ 1	x 50 on 1:05 Kick	EN1	
	{ 1	x 50 on 1:00 Kick	EN1	
	{ 1	x 50 on :55 Kick	EN2	
1,000	1x{4	x 100 on 1:35 Pull no br L.5yds	EN1	
	{ 3	x 100 on 1:30 Pull no br L.5yds	EN1	
	{ 2	x 100 on 1:25 Pull no br L.5yds	EN1	
	{ 1	x 100 on 1:20 Pull no br L.5yds	EN2	
300	4	x 75 on 1:20 IM w/out alt.strokes	EN1	
2,000	1x{2	x 250 on 3:45 Freestyle	EN1	
	{ 2	x 250 on 3:40 Freestyle	EN1	
	{ 2	x 250 on 3:35 Freestyle	EN1	
	{ 2	x 250 on 3:30 Freestyle	EN2	
250	1	x 250 on 4:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	5:08	PM 5,050 Yards - Stress Value = 55		

Taper 1 - All

5:30 AM Start

1 minute rest between sets

Workout #4032 - Monday, 30 January 2006

Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	2x{1 x 150 on 2:15 Pull no br L.5yds	EN1	
	$\{1 \times 125 \text{ on } 1:50 \text{ Pull no br L.6yds}$	EN1	
	$\{1 \times 100 \text{ on } 1:25 \text{ Pull no br L.7yds}$	EN1	
	$\{1 \times 75 \text{ on } 1:00 \text{ Pull no br L.8yds}$	EN1	
	1x{3 x 200 on 3:00 Freestyle	EN1	
	{2 x 225 on 3:15 Freestyle	EN1	
	{1 x 250 on 3:30 Freestyle	EN1	
	{4 x 50 on :45 Freestyle-descend	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	

1 on 5:00 Ice 7:03 AM 3,500 Yards - Stress Value = 35

Workout #4036 - Monday, 30 January 2006 Taper 1 - Sprint and Stroke 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 25:00 Physio Balls/Stretch		
600	1	x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10	x 15 on :45 Shooters	SP3	
1,000	4x{4	x 25 on :30 Kick no board BSLR	EN1	
	{ 1	x 50 on 1:00 Kick	EN1	
	{ 1	x 50 on :55 Kick	EN1	
	{ 1	x 50 on :50 Kick	EN2	
1,000	1x{4	x 100 on 1:30 Pull no br L.5yds	EN1	
	{ 3	x 100 on 1:25 Pull no br L.5yds	EN1	
	{ 2	x 100 on 1:20 Pull no br L.5yds	EN1	
	{ 1	x 100 on 1:15 Pull no br L.5yds	EN2	
300	4	x 75 on 1:10 IM w/out alt.strokes	EN1	
1,750	1x{5	x 125 on 2:00 Alt. 25free 25stroke	EN1	
	{ 5	x 100 on 1:35 Alt 25free 25stoke	EN1	
	{ 5	x 75 on 1:10 Alt. 25free 25stroke	EN1	
	{ 5	x 50 on :50 Alt. 25free 25stroke	EN1	
250	1	x 250 on 4:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	5:10	PM 5,050 Yards - Stress Value = 49		

Workout #4035 - Monday, 30 January 2006 **Taper 2 - Distance** 1 minute rest between sets

Yards		PM Start et Description	EGY	WOF
=====	1	OF - OO Ph	===	===
600		on 25:00 Physio Balls/Stretch	DEC	
		x 600 on 10:00 Swim-kick-pull-swim) x 15 on :45 Shooters	SP3	
1,000	-		EN2	
		x 50 on 1:00 Kick	EN1	
		x 50 on :55 Kick	EN1	
	{ 1	x 50 on :50 Kick	EN2	
2,000	2x{4	x 100 on 1:25 Pull no br L.5yds	EN1	
	{ 3	x 100 on 1:20 Pull no br L.5yds	EN1	
	{ 2	x 100 on 1:15 Pull no br L.5yds	EN1	
	{ 1	x 100 on 1:10 Pull no br L.5yds	EN2	
300	4	x 75 on 1:05 IM w/out alt.strokes	EN1	
		x 250 on 3:30 Freestyle	EN1	
,		-	EN1	
		x 250 on 3:20 Freestyle	EN1	
		-	EN2	
250	-	x 250 on 4:00 Stroke Drills	REC	
250			REC	
		on 10:00 Ice		
	5:21	PM 6,300 Yards - Stress Value = 72		

5:30 AM Start

Set Description

1 on 30:00 Weights

 $1,750 \ 1x{3} \ x \ 200 \ on \ 2:40 \ Freestyle$

1 on 5:00 Ice

 $\{2 \times 225 \text{ on } 2:55 \text{ Freestyle } \{1 \times 250 \text{ on } 3:10 \text{ Freestyle } \}$

Yards

600

200

Workout #4031 - Monday, 30 January 2006 Taper 2 - All 1 minute rest between sets

1 x 600 on 10:00 Swim-kick-pull-swim REC

300 12 x 25 on :30 12.5 ez 12.5 fast 900 $2x\{1 \text{ x } 150 \text{ on } 2:00 \text{ Pull no br L.5yds}$ $\{1 \text{ x } 125 \text{ on } 1:40 \text{ Pull no br L.6yds} \}$

{1 x 100 on 1:20 Pull no br L.7yds

{1 x 75 on 1:00 Pull no br L.8yds

EGY WOF

EN1

EN1

EN1

EN1

EN1

EN1

REC

300	6	X	50	on	1:00	S.	tro	ke	Dri:	lls		REC	D
	1	on	10	:00) Ice	2							Μ
5:	21	PM	5,	000) Yar	ds	-	Stı	cess	Value	=	56	

Workout #4038 - Wednesday, 01 February 2006 Taper 1 - Sprint and Stroke 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 40:00 Weights and Stretch		L	Γ
600	1 x 600 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	C
	$4x{2 \times 50}$ on 1:00 Kick no board BSLR	EN1	K	F
	{2 x 50 on 1:00 Kick	EN1	K	\subset
	$1x{2 x 125 on 1:50 Lungbuster pulls}$	EN1	P	
	{2 x 125 on 1:45 Lungbuster pulls	EN1	P	
	{2 x 125 on 1:40 Lungbuster pulls	EN1	P	
	{ br 2-3-4-5-6			
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S	\subset
	$3x{1 \times 200 \text{ on } 3:30 \text{ Individual Medley}}$	EN1	S	
	{2 x 100 on 1:40 Your Stroke	EN1	S	٤
	${3 \times 50 \text{ on } :50 \ 25 \text{ free } 25 \text{ stroke}}$	EN1	S	\subset
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	5:26 PM 4,800 Yards - Stress Value =	49		

Workout #4040 - Wednesday, 01 February 2006 Taper 2 - State Champions 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===		=
	1 on 40:00 Weights and Stretch		L	Γ
600	1 x 600 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	C
1,000	$5x{2 x 50 on :55 Kick no board BSLR}$	EN1	K	F
	{2 x 50 on :55 Kick	EN1	K	C
1,000	$1x{2 x 125 on 1:45 Lungbuster pulls}$	EN1	P	
	{2 x 125 on 1:40 Lungbuster pulls	EN1	P	
	{2 x 125 on 1:35 Lungbuster pulls	EN1	P	
	{2 x 125 on 1:30 Lungbuster pulls	EN1	P	
	{ br 2-3-4-5-6			
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S	C
1,950	$3x{1 \times 200 \text{ on } 3:00 \text{ Individual Medley}}$	EN1	S	
	{2 x 100 on 1:30 Your Stroke	EN1	S	S
	{3 x 50 on :50 25 free 25 stroke	EN1	S	C
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	5:29 PM $5,250$ Yards - Stress Value =	53		

Workout #4033 - Monday, 30 January 2006 Taper 2 - Sprint and Stroke 1 minute rest between sets

7:04 AM 3,750 Yards - Stress Value = 37

 $\{9 \times 50 \text{ on } : 45 \text{ Descend in sets of } 3$

1 x 200 on 3:00 Stroke Drills

	3:00	PN	1 Start		
Yards	Se	et	Description	EGY	WOF
=====	==	===		===	===
	1	or	n 25:00 Physio Balls/Stretch		
600	1	Х	600 on 10:00 Swim-kick-pull-swim	REC	
150	10) >	x 15 on :45 Shooters	SP3	
1,000	4x{4	Х	25 on :30 Kick no board BSLR	EN1	
	{ 1	Х	50 on 1:00 Kick	EN1	
	{ 1	Х	50 on :55 Kick	EN1	
	{ 1	Х	50 on :50 Kick	EN2	
1,000	1x{4	Х	100 on 1:25 Pull no br L.5yds	EN1	
	{ 3	Х	100 on 1:20 Pull no br L.5yds	EN1	
	{ 2	Х	100 on 1:15 Pull no br L.5yds	EN1	
	{ 1	Х	100 on 1:10 Pull no br L.5yds	EN2	
300	4	Х	75 on 1:10 IM w/out alt.strokes	EN1	
3,000	2x{4	Х	125 on 1:40 Alt. 25free 25stroke	EN1	
	{ 4	Х	100 on 1:20 Alt 25free 25stoke	EN1	
	{ 4	Х	75 on 1:00 Alt. 25free 25stroke	EN1	
	{ 4	Х	50 on :40 Alt. 25free 25stroke	EN1	
	{ 4	X	25 on :20 Your Stroke	EN1	
400	1	Х	400 on 6:00 Stroke Drills	REC	

Workout #4037 - Wednesday, 01 February 2006 Taper 1 - Distance 1 minute rest between sets

5:23 PM 6,450 Yards - Stress Value = 62

1 on 10:00 Ice

3:00 PM Start Yards Set Description EGY WORK S ===== 1 on 40:00 Weights and Stretch 600 S (10 x 15 on :45 Shooters 150 400 $2x\{2 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR EN1}$ K F {2 x 50 on 1:00 Kick EN1 K (1,500 2x{2 x 125 on 1:50 Lungbuster pulls EN1 {2 x 125 on 1:45 Lungbuster pulls EN1 Ρ $\{2 \text{ x } 125 \text{ on } 1\text{:}40 \text{ Lungbuster pulls } \text{EN1}$ { br 2-3-4-5-6 10 x 25 on :30 12.5 ez 12.5 fast SP3 S (1,800 3x{1 x 300 on 4:30 Freestyle EN1 S {1 x 100 on 1:30 Freestyle EN1 S $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ EN1 S {1 x 100 on 1:20 Freestyle EN2 S { each set drop 10sec { off 300

3:00 PM Start

Workout #4039 - Wednesday, 01 February 2006 Taper 2 - Eric Blue Man 1 minute rest between sets

Workout #4041 - Thursday, 02 February 2006

5:14 PM 4,500 Yards - Stress Value = 76

Taper 2 - State Champions 1 minute rest between sets

	5.00 III Deale				
Yards	Set Description	EGY	WORK	Sī	
=====	=======================================	===	====	==	
	1 on 40:00 Weights and Stretch		L	DF	
600	1 x 600 on 10:00 Choice	REC	S	CF	=
150	10 x 15 on :45 Shooters	SP3	S	CF	
600	$3x{2 \times 50}$ on :55 Kick no board BSLR	EN1	K	FI	
	{2 x 50 on :55 Kick	EN1	K	CF	
1,500	$2x{2 \times 125}$ on 1:45 Lungbuster pulls	EN1	P	E	
	$\{2 \times 125 \text{ on } 1:40 \text{ Lungbuster pulls}$	EN1	P	E	
	$\{2 \times 125 \text{ on } 1:35 \text{ Lungbuster pulls}$	EN1	P	E	
	{ br 2-3-4-5-6				
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S	CF	
1,800	$3x{1 \times 300 \text{ on } 4:20 \text{ Freestyle}}$	EN1	S	E	
	{1 x 100 on 1:25 Freestyle	EN1	S	E	
	{1 x 100 on 1:20 Freestyle	EN1	S	E	
	$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle}$	EN2	S	E	
	{ each set drop 10sec				
	{ off 300				
300	6 x 50 on 1:00 Stroke Drills	REC	D	C	
	1 on 10:00 Ice		M		
	5:21 PM 5,200 Yards - Stress Value =	= 58			

3:00 PM Start Yards Set Description EGY WO ===== 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 800 16 x 50 on :55 Kick $1,400 \ 1x\{4 \ x \ 125 \ on \ 1:40 \ Pulls$ EN1 {4 x 100 on 1:20 Pulls EN1 {4 x 75 on 1:00 Pulls EN1 {4 x 50 on :40 Pulls EN1 10 x 25 on :30 12.5 ez 12.5 fast 600 2x{1 x 100 on :00 Freestyle SP2 $\{1 \times 200 \text{ on } 6:00 \text{ Freestyle} \}$ REC $600 4x\{1 \times 50 \text{ on } :00 \text{ Freestyle}$ SP2 $\{1 \times 100 \text{ on } 3:00 \text{ Freestyle} \}$ REC 10 x 50 on 1:00 Stroke Drills REC 1 on 10:00 Ice 5:18 PM 4,900 Yards - Stress Value = 78

Workout #4042 - Thursday, 02 February 2006 Taper 1 - Distance 1 minute rest between sets

Workout #4044 - Thursday, 02 February 2006 Taper 2 - Eric Blue Man 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WC
=====	==		===	==
	1	on 30:00 Stomach and Stretch		
600	1	x 600 on 10:00 Underwater trn drill	REC	
150	10	0 x 15 on :45 Shooters	SP3	
600	12	2 x 50 on 1:00 Kick	EN1	
1,400	2x{2	x 125 on 2:00 Pulls	EN1	
	{ 2	x 100 on 1:35 Pulls	EN1	
	{ 2	x 75 on 1:10 Pulls	EN1	
	{ 2	x 50 on :45 Pulls	EN1	
200	8	x 25 on :30 12.5 ez 12.5 fast	SP3	
600	1x{1	x 200 on :00 Freestyle	SP2	
	{ 1	x 400 on 12:00 Freestyle	REC	
600	4x{1	x 50 on :00 Freestyle	SP2	
	{ 1	x 100 on 3:00 Freestyle	REC	
350	7	x 50 on 1:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	5:14	PM 4,500 Yards - Stress Value = 74		

_	Yards	3:00 PM Start Set Description	EGY	WC
C	=====	=======================================	===	==
=		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	
	800	16 x 50 on :55 Kick	EN1	
	1,400	1x{4 x 125 on 1:40 Pulls	EN1	
		{4 x 100 on 1:20 Pulls	EN1	
		{4 x 75 on 1:00 Pulls	EN1	
		{4 x 50 on :40 Pulls	EN1	
	250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	600	$1x\{1 \times 200 \text{ on } :00 \text{ Freestyle}$	SP2	
		{1 x 400 on 12:00 Freestyle	REC	
	600	$4x\{1 \times 50 \text{ on } : 00 \text{ Freestyle} $	SP2	
		{1 x 100 on 3:00 Freestyle	REC	
	500	· •	REC	
		1 on 10:00 Ice		
		5:18 PM 4,900 Yards - Stress Value = 78		

Workout #4043 - Thursday, 02 February 2006 Taper 1 - Sprint and Stroke 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WC
		===	==
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	16 x 50 on 1:00 Kick	EN1	
1,150	2x{2 x 125 on 1:50 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{1 x 75 on 1:05 Pulls	EN1	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
600	$2x{1 x 100 on :00 Freestyle}$	SP2	
	{1 x 200 on 6:00 Freestyle	REC	
600	$4x\{1 \times 50 \text{ on } :00 \text{ Freestyle}$	SP2	
	$\{1 \times 100 \text{ on } 3:00 \text{ Freestyle}$	REC	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

3:00 PM Start

Set Description

Yards

500

Workout #4047 - Friday, 03 February 2006 HighSchl - All

1 minute rest between sets

1 on 25:00 Physio Balls/Stretch

1 x 500 on 9:00 Reverse IM drill

1x{2 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {2 x 100 on 1:25 Pulls-nbbf&w + 2 yds EN1 {2 x 150 on 2:05 Pulls-nbbf&w + 2 yds EN1 {2 x 200 on 2:45 Pulls-nbbf&w + 2 yds EN1

10 x 15 on :45 Shooters 3x{1 x 100 on 2:00 Kick

 $1x{1 \times 150 \text{ on } 2:15 \text{ Freestyle}}$ {2 x 50 on :55 Stroke Drills

{2 x 125 on 1:50 Freestyle {2 x 50 on :55 Freestyle

 ${3 \times 100 \text{ on } 1:30 \text{ Freestyle}}$

 $\{2 \times 50 \text{ on } :55 \text{ Stroke Drills}$ $\{4 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$

 $\{2 \times 50 \text{ on } :55 \text{ Stroke Drills} \}$

 $\{2 \times 50 \text{ on } :55 \text{ Stroke Drills}$

 $\{1 \times 200 \text{ on } 4:00 \text{ Stroke Drills}\}$

 $\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$

 $\{6 \times 25 \text{ on } : 25 \text{ Freestyle} \}$

1 on 10:00 Ice

 $\{1 \times 75 \text{ on } 1:30 \text{ Kick} \}$

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

 $\{1 \times 25 \text{ on } : 30 \text{ Kick} \}$

EGY WOF

REC

EN1

EN1

EN1

EN1

REC

REC

EN1

EN1

REC

EN1

REC

EN1

REC

1 on 10:00 Ice 7:03 AM 3,500 Yards - Stress Value = 46

Workout #4051 - Saturday, 04 February 2006 Taper 1 - Distance 1 minute rest between sets

=		7.20	AM Start		
	Yards		am Start et Description	EGY	WORK
		==		===	
		1	on 25:00 8 min abs/stretch		L
	500	1x{1	x 100 on 2:00 Stroke Drills	REC	D
		{ 1	x 100 on 1:50 Stroke Drills	REC	D
		{ 1	x 100 on 1:40 Stroke Drills	REC	D
		{ 1	x 100 on 1:30 Stroke Drills	REC	D
		{ 1	x 100 on 1:20 Stroke Drills	REC	D
	150	1	0 x 15 on :45 Shooters	SP3	S
	400	1x{4	x 25 on :40 Kick no board BSLR	EN1	K
		{ 4	x 75 on 1:30 Kick	EN1	K
	1,250	2x{2	x 125 on 1:55 Pulls	EN1	P
		{2	x 125 on 1:50 Pulls	EN1	P
		{1	x 125 on 1:45 Pulls	EN1	P
	300	4	x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
	1,800	1x{1	x 600 on 9:00 Freestyle	EN1	S
		{1	x 600 on 8:45 Freestyle	EN1	S
		{1	x 600 on 8:30 Freestyle	EN1	S
	200	1	x 200 on 3:00 Stroke Drills	REC	D
		1	on 10:00 Ice		М
		9:31	AM 4,600 Yards - Stress Value = 4	13	

Workout #4050 - Saturday, 04 February 2006 Taper 1 - State Champions 1 minute rest between sets

		7:30 AM Start		
	Yards	Set Description	EGY	WOF
	=====		===	===
		1 on 25:00 8 min abs/stretch		
SI	500	1x{1 x 100 on 2:00 Stroke Drills	REC	
==		{1 x 100 on 1:50 Stroke Drills	REC	
DF		{1 x 100 on 1:40 Stroke Drills	REC	
1		{1 x 100 on 1:30 Stroke Drills	REC	
CF		{1 x 100 on 1:20 Stroke Drills	REC	
F	150	10 x 15 on :45 Shooters	SP3	
E	800	2x{4 x 25 on :30 Kick no board BSLR	EN1	
E		{4 x 75 on 1:20 Kick	EN1	
E	750	1x{2 x 125 on 1:40 Pulls	EN1	
E		{2 x 125 on 1:35 Pulls	EN1	
C		{2 x 125 on 1:30 Pulls	EN1	
	300	4×75 on 1:10 $2bk-4bk-6bk$ by 25 's	EN1	
	2,150	$1x{4 \times 50 \text{ on } :40 \text{ Freestyle}}$	EN1	
		{3 x 200 on 2:40 150 free 50 non free	EN1	
		$\{4 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN1	
		{3 x 150 on 2:05 75 free 75 non free	EN1	
		$\{4 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN1	
		{3 x 100 on 1:25 Your Stroke	EN1	
		$\{4 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN1	
	250	1 x 250 on 4:00 Stroke Drills	REC	
Rľ		1 on 10:00 Ice		
== T		9:31 AM $4,900$ Yards - Stress Value = 44		

Workout #4046 - Friday, 03 February	2006
Taper 1 - All	

4:59 PM 4,500 Yards - Stress Value = 38

1 minute rest between se	ts
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	E.20	AM Chart				=
Yards		AM Start et Description	FCV	WORK	Сī	
iaius	56	ec beactiperon	БСІ	WOIN	01	
	==		===	====	==	
	1	on 40:00 Weights and Stretch		L	DF	
300	1	x 300 on 5:00 Reverse IM drill	REC	D	I	
150	6	x 25 on :30 12.5 ez 12.5 fast	SP3	S	CF	
	1x{1	x 300 on 4:15 Freestyle	EN1	S	E	
	{ 1	x 300 on 4:10 Freestyle	EN1	S	E	
	{ 1	x 300 on 4:05 Freestyle	EN1	S	E	
	{ 1	x 300 on 4:00 Freestyle	EN2	S	E	
	{ 1	x 300 on 3:55 Freestyle	EN2	S	E	
200	1	x 200 on 3:00 Stroke Drills	REC	D	C	
	1	on 15:00 Ice		M		
	7:00	AM 2,150 Yards - Stress Value =	= 27			

Workout #4045 - Friday, 03 February 2006 Taper 2 - All

1 minute rest between sets

	5:30	Αl	4 St	tart	t			
Yards	Se	et	Des	crip	otion		EGY	WORF
=====	==	-=-					===	====
	1	01	n 30	:00	Weigh	nts and Stretch		I
400	1	Х	400	on	7:00	Reverse IM drill	REC	Ι
200	8	Х	25 (on :	:30 12	2.5 ez 12.5 fast	SP3	٤
600	1x{4	Х	75 (on i	1:00 H	Pulls-nbbf&w + 2 yds	EN1	E
	{ 2	Х	75 (on :	:55 Pı	ulls-nbbf&w + 2 yds	EN1	E
	{ 2	Х	75 (on :	:50 Pı	ulls-nbbf&w + 2 yds	EN2	E
2,100	1x{1	Х	300	on	4:00	Freestyle	EN1	٤
	{ 1	Х	300	on	3:55	Freestyle	EN1	٤
	{ 1	Х	300	on	3:50	Freestyle	EN1	٤
	{ 1	Х	300	on	3:45	Freestyle	EN1	٤
	{ 1	Х	300	on	3:40	Freestyle	EN2	٤
	{ 1	Х	300	on	3:35	Freestyle	EN2	٤
	{ 1	Х	300	on	3:30	Freestyle	EN2	٤
200	1	Х	200	on	3:00	Stroke Drills	REC	Ι

Workout #4048 - Saturday, 04 February 2006 Taper 1 - Sprint and Stroke 1 minute rest between sets

Workout #4052 - Monday, 06 February 2006 Taper 2 - All 1 minute rest between sets

7:30 AM Start Yards Set Description	EGY WOF	Yards	5:30 AM Start Set Description	EGY WO	
1 on 25:00 8 min abs/stretch 500 1x{1 x 100 on 2:00 Stroke Drills {1 x 100 on 1:50 Stroke Drills {1 x 100 on 1:40 Stroke Drills {1 x 100 on 1:30 Stroke Drills {1 x 100 on 1:20 Stroke Drills 150 10 x 15 on :45 Shooters 800 2x{4 x 25 on :40 Kick no board BSLR {4 x 75 on 1:30 Kick 1,250 2x{2 x 125 on 1:45 Pulls {2 x 125 on 1:40 Pulls 300 4 x 75 on 1:15 2bk-4bk-6bk by 25's	REC REC REC REC SP3 EN1 EN1 EN1 EN1 EN1	400 300 600	1 on 40:00 Weights 1 x 400 on 7:00 Swim-kick-pull-swim R 12 x 25 on :30 12.5 ez 12.5 fast S 1x{1 x 200 on 2:45 Pull no br L.12yds R {1 x 200 on 2:40 Pull no br L.12yds R {1 x 200 on 2:35 Pull no br L.12yds R {1 x 200 on 1:20 Freestyle R {4 x 125 on 1:40 Freestyle R {2 x 250 on 3:20 Freestyle R		
1,250 1x{1 x 200 on 3:00 150 free 50 non fr {3 x 50 on :40 Freestyle	ee EN1 EN1		Workout #4055 - Tuesday, 07 February 2006		
{2 x 150 on 2:25 75 free 75 non fre {3 x 50 on :45 Freestyle	e EN1 EN1		Taper 1 - All 1 minute rest between sets		
{3 x 100 on 1:40 Your Stroke {3 x 50 on :50 Freestyle 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 9:33 AM 4,500 Yards - Stress Value =	EN1 EN1 REC	Yards =====	11:00 AM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 600 on 10:00 Underwater trn dril	l REC	
Workout #4049 - Saturday, 04 February 2006		150 600	10 x 15 on :45 Shooters 1x{1 x 125 on 2:30 Kick	SP3 EN1	
Taper 1 - Eric Blue Man 1 minute rest between sets			{1 x 125 on 2:25 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick	EN1 EN1 EN1	
7:30 AM Start Yards Set Description	EGY WORK		{1 x 75 on 1:30 Kick {1 x 75 on 1:25 Kick	EN1 EN1	
1 on 25:00 8 min abs/stretch	=== ==== L	600 250		EN1 EN1	
500 1x{1 x 100 on 2:00 Stroke Drills {1 x 100 on 1:50 Stroke Drills {1 x 100 on 1:40 Stroke Drills {1 x 100 on 1:30 Stroke Drills {1 x 100 on 1:20 Stroke Drills 150 10 x 15 on :45 Shooters	REC D REC D REC D REC D REC D REC D SP3 S		1x{3 x 200 on 3:00 Freestyle {3 x 150 on 2:15 Freestyle {3 x 100 on 1:30 Freestyle {3 x 50 on :45 Freestyle	EN1 EN1 EN1 EN1 REC	
400 1x{4 x 25 on :30 Kick no board BSLR {4 x 75 on 1:25 Kick	EN1 K		·	J	
1,500 2x{2 x 125 on 1:50 Pulls	EN1 P		Workout #4054 - Tuesday, 07 February 2006 Taper 2 - All		
{2 x 125 on 1:45 Pulls {2 x 125 on 1:40 Pulls	EN1 P EN1 P		1 minute rest between sets		
300 4 x 75 on 1:10 2bk-4bk-6bk by 25's 1,800 1x{1 x 600 on 8:00 Freestyle {1 x 600 on 7:50 Freestyle	EN1 S EN1 S	Yards	±	EGY	
{1 x 600 on 7:40 Freestyle 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 9:29 AM 4,850 Yards - Stress Value =	EN1 S REC D M	600 150 600			
Workout #4053 - Monday, 06 February 2006			{1 x 125 on 2:15 Kick {1 x 100 on 1:50 Kick	EN1 EN1	
Taper 1 - All			{1 x 100 on 1:45 Kick	EN1	
1 minute rest between sets			{1 x 75 on 1:25 Kick {1 x 75 on 1:20 Kick	EN1 EN1	
5:30 AM Start		900	3 x 300 on 3:55 Pulls	EN1	
Yards Set Description	EGY WORK S	250 2,000	10 x 25 on :30 12.5 ez 12.5 fast 1x{4 x 200 on 2:35 Freestyle	EN1 EN1	
300 12 x 25 on :30 12.5 ez 12.5 fast 800 1 x 800 on 12:00 Swim-kick-pull-swim 1 on 10:00 Set up for the meet	М	300	{4 x 150 on 1:55 Freestyle {4 x 100 on 1:15 Freestyle {4 x 50 on :40 Freestyle	EN1 EN1 EN1 REC	
1 on 10:00 Ice 6:57 AM 1,500 Yards - Stress Value =	M 12				

K C

K C

Р

EN1

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

{1 x 25 on :30 Kick EN1 1,000 2x{1 x 125 on 1:55 Lungbuster pulls EN1

Workout #4056 - Wednesday, 08 February 2006 Taper 1 - Distance 1 minute rest between sets

 $\{1 \times 75 \text{ on } 1:30 \text{ Freestyle} \}$

	1 minute rest between sets				1,000		EN1	P
						-	EN1	P
	3:00 PM Start					-	EN1	P
Yards	Set Description		WORK			{ breathe 3-4-5-6-7		
=====	1 on 40:00 Weights and Stretch	===		= [200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S C
500	1 x 500 on 8:00 Free L.25 of each	EN1	S	L	1,800	2x{1 x 225 on 3:00 Freestyle	EN2	S
000	100 use a 6bk		~			, ,	EN2	S
150	10 x 15 on :45 Shooters	SP3	S			{1 x 225 on 2:50 Freestyle {1 x 225 on 2:45 Freestyle	EN2 EN2	S S
500	2x{4 x 25 on :40 Kick no board BSLR	EN1	K	E	250		REC	D
	$\{1 \times 75 \text{ on } 1:30 \text{ Freestyle} \}$	EN1		(200	1 on 10:00 Ice	1.20	M
	{1 x 50 on 1:00 Kick	EN1		C		5:11 PM 4,400 Yards - Stress Value =	68	
1 000	{1 x 25 on :30 Kick	EN1		C				
1,000	<pre>2x{1 x 125 on 2:00 Lungbuster pulls {1 x 125 on 1:55 Lungbuster pulls</pre>	EN1	P P			Workout #4058 - Wednesday, 08 February 2006		
	-	EN1	P			Taper 2 - State Champions		
		EN1	P			1 minute rest between sets		
	{ breathe 3-4-5-6-7							
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3		(3:00 PM Start		
1,400	2 x 700 on 10:00 Freestyle	EN2	S		Yards	Set Description	EGY	WORK S
250	1 x 250 on 5:00 Stroke Drills	REC	D		=====		===	==== =
	1 on 10:00 Ice 5:08 PM 4,000 Yards - Stress Value =	60	М		= 0.0	1 on 40:00 Weights and Stretch		LΙ
	J:00 FM 4,000 Talus - Stress value -	00			500	1 x 500 on 8:00 Free L.25 of each	EN1	S
	Workent #4050 Wednesday 08 February 2006				150	100 use a 6bk 10 x 15 on :45 Shooters	SP3	S
	Workout #4059 - Wednesday, 08 February 2006				130		EN1	K F
	Taper 1 - Sprint and Stroke					•	EN1	K C
	1 minute rest between sets					{1 x 50 on 1:00 Kick	EN1	K C
	3:00 PM Start						EN1	K C
Yards	Set Description	EGY	WORK	ç		,	EN1	P
=====	=======================================					`	EN1 EN1	P P
	1 on 40:00 Weights and Stretch		L	Ι			EN1	P
500	1×500 on $8:00$ Free L.25 of each	EN1	S			{ breathe 3-4-5-6-7		=
1.50	100 use a 6bk	252	0		200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S C
150	10×15 on :45 Shooters $2x\{4 \times 25$ on :40 Kick no board BSLR	SP3	S	т		$2x{1 x 75 on 1:00 Your Stroke}$	EN2	S S
300				E		{3 x 25 on :20 Freestyle-descend	EN2	S
	11×75 on 1.30 Freestyle		K	(
	{1 x 75 on 1:30 Freestyle {1 x 50 on 1:00 Kick	EN1 EN1	K K			{2 x 75 on 1:00 Your Stroke	EN2	S S
	{1 x 75 on 1:30 Freestyle {1 x 50 on 1:00 Kick {1 x 25 on :30 Kick	EN1 EN1	K	({2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend	EN2	S
1,000	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls	EN1 EN1	K	C		{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke	EN2 EN2	S S £
1,000	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls	EN1 EN1 EN1 EN1	K K P P	C		{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend	EN2	S
1,000	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls	EN1 EN1 EN1 EN1	K K P P	C		{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend	EN2 EN2 EN2	S S S
1,000	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls	EN1 EN1 EN1 EN1	K K P P	C	300	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills	EN2 EN2 EN2 EN2	S S S S S D
·	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7	EN1 EN1 EN1 EN1 EN1	K K P P P	(300	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice	EN2 EN2 EN2 EN2 EN2 EN2 REC	S S S S S
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls	EN1 EN1 EN1 EN1	K K P P P	C	300	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills	EN2 EN2 EN2 EN2 EN2 EN2 REC	S S S S S D
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast	EN1 EN1 EN1 EN1 EN1 EN1	K K P P P	C C	300	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value =	EN2 EN2 EN2 EN2 EN2 EN2 REC	S S S S S D
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke	EN1 EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2	K K P P P P S S S	C C	300	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value =	EN2 EN2 EN2 EN2 EN2 EN2 REC	S S S S S D
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend	EN1 EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2	K K P P P P S S S S S	C C 2.	300	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value =	EN2 EN2 EN2 EN2 EN2 EN2 REC	S S S S S D
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 75 on 1:10 Your Stroke	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S	C C C E	300	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value =	EN2 EN2 EN2 EN2 EN2 EN2 REC	S S S S S D
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S	C C C C C C C C C C C C C C C C C C C	300	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets	EN2 EN2 EN2 EN2 EN2 EN2 REC	S S S S S D
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 2 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 3 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 3 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 4 x 75 on 1:10 Your Stroke	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S	C C 2.		{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start	EN2 EN2 EN2 EN2 REC	S S S S S D M
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S S	C C C C C C C C C C C C C C C C C C C	300 Yards	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start Set Description	EN2 EN2 EN2 EN2 REC	S S S S S D M
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S S	C C C C C C C C C C C C C C C C C C C	Yards	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start	EN2 EN2 EN2 EN2 REC	S S S S S D M
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 2 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 3 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 4 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke 1 x 225 on 4:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S S	C C C C C C C C C C C C C C C C C C C	Yards	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start Set Description ====================================	EN2 EN2 EN2 EN2 EN2 REC	S S S S S D M
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 2 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 3 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 4 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke 1 x 225 on 4:00 Stroke Drills	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S D	C C C C C C C C C C C C C C C C C C C	Yards ===== 600 150	<pre>{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006</pre>	EN2 EN2 EN2 EN2 EN2 74	S S S S S D M
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 2 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 3 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 4 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 4 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke 1 x 225 on 4:00 Stroke Drills 1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value =	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S D	C C C C C C C C C C C C C C C C C C C	Yards ===== 600 150	<pre>{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006</pre>	EN2 EN2 EN2 EN2 EN2 TA4	S S S S S S D M
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke 1 x 225 on 4:00 Stroke Drills 1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value =	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S D	C C C C C C C C C C C C C C C C C C C	Yards ===== 600 150 600	<pre>{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006</pre>	EN2 EN2 EN2 EN2 EN2 74	S S S S S D M M SEC SP3 EN1 EN1
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke 1 x 225 on 4:00 Stroke Drills 1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value =	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S D	C C C C C C C C C C C C C C C C C C C	Yards ===== 600 150 600	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006	EN2 EN2 EN2 EN2 EN2 74	S S S S S D M M SEC SP3 SEN1 SEN1 SEN1 SEN1 SEN1 SEN1 SEN1 SEN1
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke 1 x 225 on 4:00 Stroke Drills 1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value =	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S D	C C C C C C C C C C C C C C C C C C C	Yards ===== 600 150 600	<pre>{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006</pre>	EN2 EN2 EN2 EN2 EN2 74	S S S S S D M M SEC SP3 EN1 EN1
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {1 x 225 on 4:00 Stroke Drills {1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value = Workout #4057 - Wednesday, 08 February 2006	EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	K K P P P P S S S S S S S S S D	C C C C C C C C C C C C C C C C C C C	Yards ===== 600 150 600	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start Set Description ===================================	EN2 EN2 EN2 EN2 EN2 74	S S S S S S D M M S S S S S S S S S S S
200 1,425 225	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {1 x 225 on 4:00 Stroke Drills {1 on 10:00 Ice {5:10 PM 4,000 Yards - Stress Value = Workout #4057 - Wednesday, 08 February 2006	EN1 EN1 EN1 EN1 EN1 EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN3 EN2 EN3 EN3 EN3 EN3 EN3 EN4 EN4 EN5 EN5 EN5 EN5 EN5 EN5 EN5 EN5 EN5 EN5	K K P P P P S S S S S S S S S D M		Yards ====== 600 150 600 900 200 200	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start Set Description ====================================	EN2 EN2 EN2 EN2 EN2 AFC 74	S S S S S S D M M S S S S S S S S S S S
200	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {1 x 225 on 4:00 Stroke Drills {1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value = Workout #4057 - Wednesday, 08 February 2006	EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN3 EN3 EN4 EN6 EN6 EGY	K K P P P P P S S S S S S S S S S S S S	to to to to to CO	Yards ====== 600 150 600 900	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start Set Description ====================================	EN2 EN2 EN2 EN2 EN2 AFC 74	S S S S S S D M M S S S S S S S S S S S
200 1,425 225 Yards	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {1 x 225 on 4:00 Stroke Drills {1 on 10:00 Ice {5:10 PM 4,000 Yards - Stress Value = Workout #4057 - Wednesday, 08 February 2006	EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN3 EN3 EN4 EN6 EN6 EGY	KKPPPPPSSSSSSSSSSDMM	to to to to to CO	Yards ====== 600 150 600 900 200 200	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006	EN2 EN2 EN2 EN2 EN2 AFC 74	S S S S S S D M M S S S S S S S S S S S
200 1,425 225 Yards	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 2 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 3 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 4 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 4 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke 1 x 225 on 4:00 Stroke Drills 1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value = Workout #4057 - Wednesday, 08 February 2006	EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN3 EN3 EN4 EN6 EN6 EN7	KKPPPPPSSSSSSSSSSDMM	וויס ריז איז איז איז איז וויס	Yards ====== 600 150 600 900 200 200	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 600 on 9:00 Underwater trn dri 10 x 15 on :45 Shooters 1x{4 x 100 on 2:00 Freestyle {4 x 50 on :50 Pulls {6 x 50 on :45 Pulls {6 x 50 on :45 Pulls {6 x 50 on :40 Pulls 8 x 25 on :30 12.5 ez 12.5 fast 1 x 200 on 6:00 Varies by your eve 6 x 100 on 2:00 Techniques-Choice 1 on 10:00 Ice	EN2 EN2 EN2 EN2 EN2 T4	S S S S S S D M M S S S S S S S S S S S
200 1,425 225 Yards ===== 500	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke 1 x 225 on 4:00 Stroke Drills 1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value = Workout #4057 - Wednesday, 08 February 2006	EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN3 EN3 EN4 EN6 EN6 EN7	KKPPPPPSSSSSSSSSSSDMM	וויס ריז איז איז איז איז וויס	Yards ====== 600 150 600 900 200 200	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006	EN2 EN2 EN2 EN2 EN2 T4	S S S S S S D M M S S S S S S S S S S S
200 1,425 225 Yards ===== 500 150	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {2 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {4 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {3 x 25 on :25 Freestyle-descend {5 x 75 on 1:10 Your Stroke {1 x 225 on 4:00 Stroke Drills {1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value = Workout #4057 - Wednesday, 08 February 2006	EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN3 EN4 EN5 EN5 EN6 EST EST EN1 EST EN1	K K P P P P P S S S S S S S S S S S S S		Yards ====== 600 150 600 900 200 200	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 600 on 9:00 Underwater trn dri 10 x 15 on :45 Shooters 1x{4 x 100 on 2:00 Freestyle {4 x 50 on :50 Pulls {6 x 50 on :45 Pulls {6 x 50 on :45 Pulls {6 x 50 on :40 Pulls 8 x 25 on :30 12.5 ez 12.5 fast 1 x 200 on 6:00 Varies by your eve 6 x 100 on 2:00 Techniques-Choice 1 on 10:00 Ice	EN2 EN2 EN2 EN2 EN2 T4	S S S S S S D M M S S S S S S S S S S S
200 1,425 225 Yards ===== 500 150	{1 x 50 on 1:00 Kick {1 x 25 on :30 Kick 2x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 2 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 3 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 4 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke { 3 x 25 on :25 Freestyle-descend { 5 x 75 on 1:10 Your Stroke 1 x 225 on 4:00 Stroke Drills 1 on 10:00 Ice 5:10 PM 4,000 Yards - Stress Value = Workout #4057 - Wednesday, 08 February 2006	EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN3 EN4 EN5 EN5 EN6 EST EST EN1 EST EN1	K K P P P P P S S S S S S S S S S S S S		Yards ====== 600 150 600 900 200 200	{2 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {3 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend {4 x 75 on 1:00 Your Stroke {3 x 25 on :20 Freestyle-descend 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 5:16 PM 4,750 Yards - Stress Value = Workout #4060 - Thursday, 09 February 2006 Taper 1 - All 1 minute rest between sets 3:00 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 600 on 9:00 Underwater trn dri 10 x 15 on :45 Shooters 1x{4 x 100 on 2:00 Freestyle {4 x 50 on :50 Pulls {6 x 50 on :45 Pulls {6 x 50 on :45 Pulls {6 x 50 on :40 Pulls 8 x 25 on :30 12.5 ez 12.5 fast 1 x 200 on 6:00 Varies by your eve 6 x 100 on 2:00 Techniques-Choice 1 on 10:00 Ice	EN2 EN2 EN2 EN2 EN2 T4	S S S S S S D M M S S S S S S S S S S S

EN1

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Licensed To: South Bend SC/Riley HS			//16/	2011	Page 23
Workout #4061 - Thursday, 09 February 2006 Taper 2 - All		Yards	3:00 PM Start Set Description		EGY WOF
1 on 20:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill REG 150 10 x 15 on :45 Shooters SP3 750 1x{5 x 100 on 1:45 Freestyle EN3 {5 x 50 on :55 Kick EN3 1,350 1x{6 x 75 on 1:05 Pulls EN3 {6 x 75 on 1:00 Pulls EN3 {6 x 75 on :55 Pulls 250 10 x 25 on :30 12.5 ez 12.5 fast EN3 300 1 x 300 on 6:00 Varies by your event SP3 600 6 x 100 on 2:00 Stroke Drills REG 1 on 10:00 Techniques-choice 1 on 10:00 Ice	C 3 1 1 1 1 1 1 1	150 1,200 250	<pre>1 on 25:00 Physio Balls/Stretch 1x{2 x 100 on 1:30 Stroke Drills {2 x 100 on 1:50 Stroke Drills {2 x 100 on 1:40 Stroke Drills {2 x 100 on 1:40 Stroke Drills 10 x 15 on :40 Shooters 6x{1 x 50 on :55 Kick {1 x 50 on :55 Kick</pre>	yds	REC REC REC REC EN1 EN1 EN1 SP3 REC REC REC REC
4:58 PM 4,000 Yards - Stress Value = 57			Workout #4069 - Saturday, 11 February 2006		
Workout #4064 - Friday, 10 February 2006			Taper 1 - Distance 1 minute rest between sets		
Taper 1 - All 1 minute rest between sets			7:30 AM Start		
3:00 PM Start		Yards			WORK SI
Yards Set Description EGY 1 on 40:00 1 set of weights/ physio ball/stretch 800 1x{2 x 100 on 1:30 Stroke Drills REGY {2 x 100 on 2:00 Stroke Drills REGY {2 x 100 on 1:45 Stroke Drills REGY {1 x 50 on 1:00 Kick ENT {1 x 50 on 1:00 Kick W/out a board ENT {1 x 50 on 1:00 Kick W/out a board ENT {2 x 100 on 9:00 Pulls-nbbf&w + 2 yds ENT {2 x 100 on 9:00 Pulls-nbbf&w + 2 yds ENT {2 x 100 on 1:00 Kick W/out a board ENT {4 x 50 on 1:00 Stroke Drills REGY {4 x 50 on 1:55 Stroke Drills REGY {4 x 50 on 1:50 Stroke Drills REGY {4 x 50 on 1:50 Stroke Drills REGY {4 x 50 on 1:50 Stroke Drills REGY {5:05 PM 3,150 Yards - Stress Value = 20 Workout #4062 - Friday, 10 February 2006 Taper 2 - All	C C C C C C C C C C C C C C C C C C C	500 150 250 600 200 1,600	<pre>1 on 20:00 Stomach and Stretch 10 x 50 on 1:00 Stroke Drills 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:00 Kick 1x{1 x 200 on 3:00 Pulls {1 x 200 on 2:50 Pulls {1 x 200 on 2:45 Pulls 8 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 400 on 5:50 Freestyle {1 x 400 on 5:45 Freestyle {1 x 400 on 5:45 Freestyle {1 x 400 on 5:35 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Techniques-Choice 1 on 10:00 Ice 9:20 AM 3,500 Yards - Stress Value = Workout #4068 - Saturday, 11 February 2006 Taper 1 - Sprint and Stroke 1 minute rest between sets</pre>	REC SP3 EN1 EN1 EN1 EN2 SP3 EN1 EN1 EN1 EN2 REC	L DF D CF S CF F F F S CF S F S F D D
1 minute rest between sets		Yards	7:30 AM Start Set Description		WORK S
5:30 AM Start Yards Set Description EGY WOR 1 on 35:00 Weights and Stretch 1 x 300 on 5:00 Reverse IM drill REC 150 10 x 15 on :45 Shooters SP3 1,000 4x{1 x 100 on 1:20 Lungbuster pulls EN1 { br 3-4-5-6	L DF D I S CF P F		1 on 20:00 Stomach and Stretch 10 x 50 on 1:00 Stroke Drills 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board BSLR {6 x 50 on 1:00 Kick-not all free 1x{2 x 75 on 1:10 Pulls {2 x 75 on 1:05 Pulls {2 x 75 on 1:00 Pulls	REC SP3 EN1	L I D C S C K E K C P
{1 x 75 on 1:00 Freestyle EN1 {1 x 50 on :40 Freestyle EN1 {1 x 25 on :20 Freestyle EN1 200 1 x 200 on 3:00 Stroke Drills REC 1 on 10:00 Techniques-Relay Str 1 on 10:00 Ice 6:58 AM 1,650 Yards - Stress Value = 16	S F S F D C D I	200 1,500	8 x 25 on :30 12.5 ez 12.5 fast 1x{4 x 125 on 1:55 Freestyle-descend {4 x 100 on 1:30 Freestyle-descend {4 x 75 on 1:10 Freestyle-descend {4 x 50 on :45 Freestyle-descend {4 x 25 on :30 Freestyle-descend 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Techniques-Choice	EN1	S S S S

9:22 AM 3,400 Yards - Stress Value = 40

Μ

1 on 10:00 Ice

Workout #4063 - Friday, 10 February 2006 Taper 2 - All

1 minute rest between sets

Workout #4067 - Saturday, 11 February 2006 Taper 2 - Sprint and Stroke 1 minute rest between sets

	7:30 AM Start			
Yards	Set Description]	EGY	WORF
	=======================================		===	
	1 on 20:00 Stomach an	d Stretch		I
500	10 x 50 on 1:00 Strok	e Drills	REC	Ι
150	10 x 15 on :45 Shoote	rs	SP3	
	$1x{8 \times 25}$ on :30 Kick no	board BSLR	EN1	ŀ
	$\{2 \times 125 \text{ on } 2:15 \text{ Kick} \}$]	EN1	
	{1 x 100 on 2:00 Kick-	Great effort	EN2	ľ
	$1x{3 x 75 on 1:10 Pulls}$]	EN1	E
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls}$]	EN1	E
	$\{5 \times 75 \text{ on } 1:00 \text{ Pulls}$]	EN2	E
200	8 x 25 on :30 12.5 ez	12.5 fast	SP3	
	$1x{4 x 125 on 1:55 Alt 2}$	5stroke 25free 1	EN1	
	{1 x 100 on 1:15 Frees	tyle	EN1	
	{4 x 100 on 1:30 Alt 2	5stroke 25free 1	EN1	
	{1 x 100 on 1:15 Frees	tyle	EN1	S
	{4 x 75 on 1:10 Alt 25	stroke 25free	EN1	Ę
	{1 x 100 on 1:15 Frees	tyle	EN1	٤
	$\{4 \times 50 \text{ on } : 45 \text{ Choice}$	1	EN1	
	{1 x 100 on 1:15 Frees	tyle	EN1	Ę
	$\{4 \times 25 \text{ on } : 30 \text{ Choice}$]	EN1	٤
200	1 x 200 on 4:00 Strok	e Drills	REC	Ι
	1 on 10:00 Techniques	-Choice		Ι
	1 on 10:00 Ice			N
	9:35 AM 4,400 Yards - St	ress Value = 52		

Workout #4066 - Saturday, 11 February 2006 Taper 2 - Eric Blue Man 1 minute rest between sets

	7:30	AM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 20:00 Stomach and Stretch		I
500	1() x 50 on 1:00 Stroke Drills	REC	Γ
150	10) x 15 on :45 Shooters	SP3	٤
350	1x{4	x 25 on :30 Kick no board BSLR	EN1	ŀ
	{ 2	x 125 on 2:30 Kick	EN1	ŀ
450	1x{2	x 75 on 1:10 Pulls	EN1	E
	{ 2	x 75 on 1:05 Pulls	EN1	E
	{ 2	x 75 on 1:00 Pulls	EN2	E
200	8	x 25 on :30 12.5 ez 12.5 fast	SP3	٤
2,200	1x{1	x 400 on 5:30 Freestyle	EN1	٤
	{ 2	x 100 on 1:20 Free-build each one	EN1	٤
	{ 1	x 400 on 5:20 Freestyle	EN1	٤
	{ 2	x 100 on 1:20 Free-build each one	EN1	٤
	{ 1	x 400 on 5:10 Freestyle	EN1	٤
	{ 2	x 100 on 1:20 Free-build each one	EN1	٤
	{ 1	x 400 on 5:00 Freestyle	EN2	٤
200	1	x 200 on 4:00 Stroke Drills	REC	Γ
	1	on 10:00 Techniques-Choice		Γ
	1	on 10:00 Ice		N
	9:25	AM 4,050 Yards - Stress Value = 5	Э	

Workout #4065 - Saturday, 11 February 2006 **Taper 2 - Miguel Santos** 1 minute rest between sets

	/:30 AM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 20:00 Stomach and Stretch		L	DF
500	10 x 50 on 1:00 Stroke Drills	REC	D	CF
150	10×15 on :45 Shooters	SP3	S	CF
700	$2x{4 x 25 on :30 Kick no board BSLR}$	EN1	K	FI
	{2 x 125 on 2:30 Kick	EN1	K	CF
750	$1x{2 x 125 on 2:05 Breaststroke}$	EN1	S	E
	$\{2 \times 100 \text{ on } 1:40 \text{ Breaststroke} \}$	EN1	S	Ε

{2 x 50 on :50 Breaststroke EN1 S	E E
	F
$\{2 \times 25 \text{ on } : 30 \text{ Breaststroke} $ EN1 S	_
{ w/PositiveDrive fins	
450 1x{2 x 75 on 1:10 Pulls EN1 P	F
$\{2 \times 75 \text{ on } 1:05 \text{ Pulls} $ EN1 P	F
$\{2 \times 75 \text{ on } 1:00 \text{ Pulls} $ EN2 P	F
200 8 x 25 on :30 12.5 ez 12.5 fast SP3 S C	CF.
750 $1x\{2 \times 125 \text{ on } 2:05 \text{ Breaststroke} $ EN1 S	Ε
$\{2 \times 100 \text{ on } 1:40 \text{ Breaststroke} \text{EN1} \text{S}$	Ε
$\{2 \times 75 \text{ on } 1:10 \text{ Breaststroke} $ EN1 S	Ε
$\{2 \times 50 \text{ on } : 50 \text{ Breaststroke} $ EN1 S	Ε
$\{2 \times 25 \text{ on } : 30 \text{ Breaststroke} $ EN1 S	Ε
200 1 x 200 on 4:00 Stroke Drills REC D	C
1 on 10:00 Techniques-Choice D	
1 on 10:00 Ice M	
9:30 AM 3,700 Yards - Stress Value = 42	

Workout #4071 - Monday, 13 February 2006 Taper 1 - All 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WORK	SI
=====		===	====	==
	1 on 30:00 1set of weights/abs		L	DF
	stretching			
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	CF
500	5 x 100 on 2:00 Kick	EN1	K	CF
500	4 x 125 on 1:55 Pulls	EN1	P	F
1,350	18 x 75 on 1:05 Choice	EN1	S	CF
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Techniques-		D	CF
	1 on 10:00 Ice		М	
	4:51 PM 3,100 Yards - Stress Value	= 30		

Workout #4070 - Monday, 13 February 2006 Taper 2 - All

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====		===	====
	1 on 30:00 Weights and Stretch		L
1,000	1 x 1000 on 15:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	1 on 10:00 Techniques-Choice		D
	1 on 10:00 Ice		M
	6:43 AM 1,150 Yards - Stress Value = 6	5	

Workout #4073 - Monday, 13 February 2006 **Taper 2 - State Champions** 1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	=======================================	===	====
	<pre>1 on 30:00 1set of weights/abs stretching</pre>		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
600	6 x 100 on 1:50 Kick-descend in 3's	EN1	F
750	6×125 on $1:40$ Pull no br L.7yds	EN1	E
1,800	$3x{4 \times 75}$ on 1:05 Your Stroke	EN1	٤
	$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN1	٤
300	1 x 300 on 5:00 Stroke Drills	REC	Γ
	1 on 10:00 Techniques-		Γ
	1 on 10:00 Ice		N
	5:01 PM 4,000 Yards - Stress Value = 38	3	

Workout #4072 - Monday, 13 February 2006 Taper 2 - Eric Blue Man 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WORK	S1
	1 on 30:00 1set of weights/abs		L	DF
	stretching			
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	E
150	10 x 15 on :45 Shooters	SP3	S	CF
500	5 x 100 on 2:00 Kick	EN1	K	CF
500	4 x 125 on 1:45 Pulls	EN1	P	E
1,500	20 x 75 on 1:00 Choice	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	(
	1 on 10:00 Techniques-		D	CF
	1 on 10:00 Ice		M	
	4:50 PM 3,250 Yards - Stress Value =	= 31		

Workout #4074 - Monday, 13 February 2006 Taper 2 - Miguel Santos 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 1set of weights/abs		I
	stretching		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
500	5 x 100 on 2:00 Kick	EN1	F
500	4 x 125 on 1:45 Pulls	EN1	E
1,400	2x{1 x 125 on 1:40 Freestyle	EN1	٤
	{1 x 100 on 1:20 Freestyle	EN1	٤
	$\{1 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN1	٤
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	٤
	{1 x 50 on :50 Breaststroke	EN1	٤
	{1 x 75 on 1:15 Breaststroke	EN1	۶
	{1 x 100 on 1:40 Breaststroke	EN1	۶
	{1 x 125 on 2:05 Breaststroke	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	1 on 10:00 Techniques-		Ι
	1 on 10:00 Ice		N
	4:51 PM 3,150 Yards - Stress Value = 30		

Workout #4075 - Wednesday, 03 May 2006 HighSchl - All

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 5 00 01 1 1
	1 on 5:00 Stretching
600	1 x 600 on 10:00 Underwater trn drill Alt
	100 back 100 free
600	1x{4 x 25 on :40 Kick no board BSLR
	{5 x 100 on 2:00 Kick-odds 100%
750	1 x 750 on 10:30 Pulls br 50 normal 50 br 5-
1,650	2x{1 x 125 on 1:50 Backstroke
	{1 x 125 on 1:45 Backstroke
	{1 x 125 on 1:40 Backstroke
	{1 x 125 on 1:35 Backstroke
	{1 x 125 on 1:30 Backstroke
	{1 x 200 on 3:00 EZ-free
500	20 x 25 on :30 IM order odd sets swim 90%
	Even sets drill
	4:16 PM 4,100 Yards - Stress Value = 50

Workout #4076 - Monday, 08 May 2006 Group 3 - All 1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 20:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
	1 on 15:00 Techniques-free turns	EN1	Γ
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	EN1	F
750	1x{2 x 125 on 1:55 Pulls	EN1	E
	{2 x 125 on 1:50 Pulls	EN1	E
	{2 x 125 on 1:45 Pulls	EN1	E
150	10 x 15 on :45 Shooters	SP3	٤
1,000	10 x 100 on 1:30 free	EN1	٤
300	12 x 25 on :30 IM order	EN1	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Γ
	6:46 PM 3,450 Yards - Stress Value = 3	1	

Workout #4077 - Monday, 08 May 2006 Group 2 - All 1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 15:00 Stomach and Stretch		
200	1 x 200 on 5:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-freestyle turns		
300	1x{2 x 50 on 1:30 Kick	EN1	
	{2 x 50 on 1:20 Kick	EN1	
	{2 x 50 on 1:10 Kick	EN1	
300	1x{1 x 100 on 2:15 Pulls	EN1	
	{1 x 100 on 2:05 Pulls	EN1	
	{1 x 100 on 1:55 Pulls	EN1	
200	8 x 25 on :40 IM order	EN1	
200	1 x 200 on 5:00 Stroke Drills	REC	
	6:30 PM 1,200 Yards - Stress Value = 8		

Workout #4078 - Tuesday, 09 May 2006 Group 3 - All 1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-Freestyle turns		
600	8 x 75 on 1:30 Kick-odds fast	EN2	
600	8×75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 12.5 easy 12.5 fast	EN1	
	Concentrate on great finishes!!		
1,500	1x{3 x 150 on 2:15 Freestyle	EN1	
	{3 x 125 on 1:50 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN2	
	${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	EN2	
	{3 x 50 on :35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	6:45 PM 3,650 Yards - Stress Value = 42		

Workout #4079 - Tuesday, 09 May 2006 Group 2 - All 1 minute rest between sets 5:30 PM Start Yards Set Description ====================================	REC		800 150 1,500	{2 x 100 on 1:45 Kick E 8 x 100 on 1:30 Lungbuster pulls E 10 x 15 on :45 Shooters S 1x{4 x 125 on 1:50 Freestyle E {4 x 125 on 1:45 Freestyle E {4 x 125 on 1:40 Freestyle E	N2 N1 P3 N1 N1 N1 N2 EC
1 on 10:00 Techniques-Freestyle turns 300 1x{1 x 100 on 3:00 Kick	EN2			Workout #4083 - Thursday, 11 May 2006	
{4 x 25 on 1:00 Kick	EN2			Group 2 - All	
{1 x 50 on 1:30 Kick {2 x 25 on 1:30 Kick	EN2 EN2			1 minute rest between sets	
300 3 x 100 on 2:00 Freestyle-descend	EN2			5:30 PM Start	
200 4 x 50 on 1:30 Stroke Drills 6:31 PM 1,100 Yards - Stress Value = 12	REC		Yards	Set Description EGY W	ORK SI
Workout #4080 - Tuesday, 09 May 2006 Group 1 - All 1 minute rest between sets			200	1 on 15:00 Stomach and Stretch 1 x 200 on 5:00 Swim-kick-pull REC 1 on 10:00 Techniques-Free turns 1x{1 x 200 on 6:00 Kick EN2 {2 x 100 on 2:45 Kick EN2 {4 x 50 on 1:15 Kick EN2	L S F D F K CF K CF K CF
6:00 PM Start			900	1x{4 x 100 on 2:00 Pulls EN1	P F
Yards Set Description E 1 on 10:00 Stomach and Stretch 1 on 15:00 Water adjustment/streamline practice/breathing drills 1 on 5:00 Game	GY W0		200	{3 x 100 on 1:55 Puls EN1 {2 x 100 on 1:50 Pulls EN1 4 x 50 on 1:30 Stroke Drills REC 6:44 PM 1,900 Yards - Stress Value = 21	P F P F D C
6:30 PM 0 Yards				Workout #4084 - Thursday, 11 May 2006	
				Group 1 - All	
Workout #4081 - Wednesday, 10 May 2006				1 minute rest between sets	
Group 3 - All 1 minute rest between sets				6:00 PM Start	
1 innute 16st between sets				Set Description	EGY = ===
1 on 20:00 Stomach and Stretch 600 12 x 50 on 1:00 Stroke Drills RE 150 10 x 15 on :45 Shooters SP 800 1x{1 x 100 on 2:00 Kick EN {4 x 25 on :30 Sprint kick EN	C 23 12		25	<pre>1 on 10:00 Stomach and Stretch 1 on 5:00 Review Tuesdays Work 1 x 25 on 10:00 Stroke Drill-introduce 1s Freestyle drill (thumb drag) 1 on 10:00 Technique-Starts in deep end 1 on 10:00 Game 6:45 PM 25 Yards</pre>	t
{2 x 100 on 1:50 Kick EN {4 x 25 on :30 Kick EN	12 12	K K		Workout #4085 - Friday, 12 May 2006	
{3 x 100 on 1:40 Kick EN	12	K		Group 3 - All	
1,000 1x{1 x 100 on 1:30 Pulls EN {1 x 200 on 2:50 Pulls EN		P P		1 minute rest between sets	
{1 x 300 on 4:00 Pulls EN		P		5:00 PM Start	
{1 x 400 on 5:00 Pulls EN 250 10 x 25 on :30 12.5 easy 12.5 fast EN		P S	Yards	±	WORK
1,350 1x{1 x 250 on 3:00 Freestyle EN {8 x 25 on :30 Butterfly EN {1 x 250 on 2:55 Freestyle EN {8 x 25 on :30 Backstroke EN {1 x 250 on 2:50 Freestyle EN {8 x 25 on :30 Backstroke EN {8 x 25 on :30 Breaststroke EN {8 x 25 on :30 Breaststroke EN 250 1 x 250 on 5:00 Stroke Drills RE 6:46 PM 4,400 Yards - Stress Value = 59	12 11 12 11 12	5 5 5 5 5 5 5 5 5	600 150 800 750	1 on 20:00 Stomach and Stretch 6 x 100 on 2:00 Stroke Drills REC 10 x 15 on :45 Shooters SP3 1 x 800 on 16:00 Vertical Kicking EN2 6x{1 x 25 on :30 Pulls-5 breaths EN1 {1 x 25 on :30 Pulls-4 breaths EN2 {1 x 25 on :30 Pulls-3 breaths EN2 {1 x 25 on :30 Pulls-2 breaths EN2	D S K P P
				$\{1 \times 25 \text{ on } : 30 \text{ Pulls-2 breaths} \}$ EN2	
Workout #4082 - Thursday, 11 May 2006			300	4 x 75 on 1:10 2bk-4bk-6bk by 25's EN1	
Group 3 - All			1,200	1x{1 x 200 on 3:00 Individual Medley EN2 {1 x 100 on 1:30 Freestyle EN1	
1 minute rest between sets				{1 x 200 on 2:55 Individual Medley EN2	S
5:00 PM Start				{1 x 100 on 1:25 Freestyle EN1 {1 x 200 on 2:50 Individual Medley EN2	
Yards Set Description	EGY V			{1 x 100 on 1:20 Freestyle EN2	S
1 on 20:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 1 on 10:00 Techniques-TN turn drills 800 1x{2 x 100 on 2:00 Kick		=	250	{1 x 200 on 2:45 Individual Medley EN2 {1 x 100 on 1:15 Freestyle EN2 1 x 250 on 5:00 Stroke Drills REC 6:44 PM 4,050 Yards - Stress Value = 60	S

EN2

EN1

REC

Workout #4086 - Friday, 12 May 2006 Group 2 - All

1 minute rest between sets

	5:30	PM Start			
Yards	Se	et Descrip	tion	EGY	WORK
=====	==	-======		===	====
	1	on 15:00	Stomach and Stretch		L
400	4	x 100 on	2:15 Stroke Drills	REC	D
150	10) x 15 on	:45 Shooters	SP3	S
600	1	x 600 on	16:00 Vertical Kicking	EN2	K
700	1x{1	x 100 on	2:15 Individual Medley	EN2	S
	{ 1	x 100 on	2:10 Individual Medley	EN2	S
	{ 1	x 100 on	2:05 Individual Medley	EN2	S
	{ 1	x 100 on	2:00 Individual Medley	EN2	S
	{ 1	x 100 on	1:55 Indidvidual Medley	EN2	S
	{ 1	x 100 on	1:50 Individual Medley	EN2	S
	{ 1	x 100 on	1:45 Individual Medley	EN2	S
	1	on 10:00	Techniques-Starts		D
	6:45	PM 1,850	Yards - Stress Value = 3	32	

Workout #4089 - Monday, 15 May 2006 Group 3 - Platinum

1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	EGY
	=======================================	===
	1 on 20:00 Stomach and Stretch	
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
900	3x{1 x 150 on 2:35 Kick	EN2
	{1 x 100 on 1:45 Kick	EN2
	{1 x 50 on :50 Kick	EN2
900	1x{2 x 150 on 2:00 Pulls-mid 50 br every 5	EN1
	{2 x 150 on 2:00 Pulls-mid 50 br every 7	EN1
	{2 x 150 on 2:00 Pulls-mid 50 br every 9	EN1
250	10 x 25 on :30 12.5 easy 12.5 fast	EN1
	Concentrate on great finishes	
1,500	6 x 250 on 3:30 3min swims 30sec rest	EN2
450	18 x 25 on :30 Decend in 3's	EN1
250	1 x 250 on 5:00 Stroke Drill	REC
	1 on 6:00 Technique-Starts	
	6:59 PM 5,000 Yards - Stress Value = 69	

Workout #4088 - Monday, 15 May 2006 Group 3 - Gold

1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	EGY
=====	=======================================	===
	1 on 20:00 Stomach and Stretch	
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
900	3x{1 x 150 on 3:00 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
750	$1x\{2 \ x \ 150 \ on \ 2:15 \ Pulls-mid \ 50 \ br \ every \ 5$	EN1
	{2 x 150 on 2:15 Pulls-mid 50 br every 7	EN1
	{1 x 150 on 2:15 Pulls-mid 50 br every 9	EN1
200	8 x 25 on :30 12.5 easy 12.5 fast	EN1
	Concentrate on great finishes	
1,200	6 x 200 on 3:30 3min swims 30sec rest	EN2
450	18 x 25 on :30 Decend in 3's	EN1
250	1 x 250 on 5:00 Stroke Drill	REC
	1 on 6:00 Technique-Starts	
	7:00 PM 4,500 Yards - Stress Value = 62	

Workout #4087 - Monday, 15 May 2006 Group 3 - Silver 1 minute rest between sets

Yards	Set Description	EGY
	=======================================	===
	1 on 20:00 Stomach and Stretch	
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	2x{1 x 150 on 3:30 Kick	EN2
	{1 x 100 on 2:20 Kick	EN2
	{1 x 50 on 1:10 Kick	EN2
900	$1x{2 x 150 on 2:40 Pulls-mid 50 br every 5}$	EN1
	{2 x 150 on 2:40 Pulls-mid 50 br every 7	EN1
	{2 x 150 on 2:40 Pulls-mid 50 br every 9	EN1
200	8 x 25 on :30 12.5 easy 12.5 fast	EN1
	Concentrate on great finishes	

6 x 175 on 3:30 3min swims 30sec rest

18 x 25 on :30 Decend in 3's

1 x 250 on 5:00 Stroke Drill

1 on 6:00 Technique-Starts 7:00 PM 4,200 Yards - Stress Value = 54

5:00 PM Start

1,050

450

250

300

Workout #4090 - Monday, 15 May 2006 Group 2 - All 1 minute rest between sets

	5:30 PM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
	1 on 15:00 Stomach and Stretch	
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	2x{1 x 150 on 3:45 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 50 on 1:15 Kick	EN2
600	$2x{1 x 50 on :50 Pulls-nbbf&w}$	EN1
	{1 x 100 on 1:40 Pulls-nbbf&w	EN1
	{1 x 150 on 2:30 Pulls-nbbf&w	EN1
200	8 x 25 on :40 12.5 easy 12.5 fast	EN1
	Concentrate on good finishes	
800	4 x 200 on 3:30 3min swim 30sec rest	EN2

Workout #4091 - Tuesday, 16 May 2006 Group 3 - Platinum 1 minute rest between sets

7:01 PM 3,050 Yards - Stress Value = 42

6 x 50 on 1:30 Stroke Drills

5:00 PM Start Yards Set Description ===== ______ 1 on 20:00 Stomach and Stretch 600 1 x 600 on 10:00 Underwater trn drill 150 10 x 15 on :45 Shooters 750 1x{1 x 125 on 2:30 Kick {1 x 125 on 2:25 Kick {1 x 125 on 2:20 Kick {1 x 125 on 2:15 Kick {1 x 125 on 2:10 Kick $\{1 \times 125 \text{ on } 2:05 \text{ Kick} \}$ 800 1 x 800 on 10:00 Pulls-nbbf&w + 2 yds 12 x 25 on :30 12.5 easy 12.5 fast-grt fnshe $2,300 1x{1 x 200 on 2:50 Backstroke}$ $\{4 \times 50 \text{ on } : 50 \text{ Backstroke-descend} \}$ $\{2 \times 175 \text{ on } 2:25 \text{ Backstroke} \}$ {4 x 50 on :50 Backstroke-descend {3 x 150 on 2:05 Backstroke $\{4\ x\ 50\ on\ :50\ Backstroke-descend$ {4 x 125 on 1:45 Backstroke {4 x 50 on :50 Backstroke-descend 1 x 100 on 10:00 Sculling drills

6:59 PM 5,000 Yards - Stress Value = 75

{6 x 25 on 1:00 Breast from dive/10 pushups

7:00 PM 4,200 Yards - Stress Value = 67

250 1 x 250 on 5:00 Stroke Drills

1 on 5:00 Warm-up with water bobs Workout #4092 - Tuesday, 16 May 2006 100 1 x 100 on 10:00 Kicking drills Group 3 - Gold 100 1 x 100 on 5:00 Review thumb drag drill 1 minute rest between sets 100 1 x 100 on 10:00 High Elbow Drill 1 on 10:00 Techniques-starts in deep end 5:00 PM Start 1 on 8:00 Game Yards Set Description 7:00 PM 300 Yards _____ 1 on 20:00 Stomach and Stretch Workout #4096 - Wednesday, 17 May 2006 1 x 600 on 10:00 Underwater trn drill 600 10 x 15 on :45 Shooters **Group 3 - Platinum** 750 6 x 125 on 2:30 Kick 1 minute rest between sets 1 x 700 on 10:00 Pulls-nbbf&w + 2 yds 700 12 x 25 on :30 12.5 easy 12.5 fast-grt fnsh€ 5:00 PM Start 300 $1,900 1x{2 x 175 on 3:00 Backstroke}$ Yards Set Description {4 x 50 on :55 Backstroke-descend _____ {3 x 150 on 2:35 Backstroke 1 on 20:00 Stomach and Stretch {4 x 50 on :55 Backstroke-descend 600 $2x{1 x 100 on 1:30 Freestyle}$ {4 x 125 on 2:10 Backstroke $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle-L. } 25 \text{ fast}$ $\{4 \times 50 \text{ on } :55 \text{ Backstroke-descend} \\ 1 \times 100 \text{ on } 10:00 \text{ Sculling drills}$ $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle L.50 fast} \}$ 100 6:59 PM 4,500 Yards - Stress Value = 69 150 10 x 15 on :45 Shooters 750 $3x\{4 \times 25 \text{ on :} 40 \text{ Kick no board BSLR}$ {2 x 75 on 1:15 Kick Workout #4093 - Tuesday, 16 May 2006 800 $1x\{1 \times 200 \text{ on } 2:40 \text{ Lungbuster pulls br } 3-4-5-6$ $\{1 \times 200 \text{ on } 2:35 \text{ Lungbuster pulls br } 2-3-4-5$ Group 3 - Silver $\{1 \times 200 \text{ on } 2:30 \text{ Lungbuster pulls br } 3-4-5-6$ 1 minute rest between sets $\{1 \times 200 \text{ on } 2:25 \text{ Lungbuster pulls br } 2-3-4-5$ 300 4 x 75 on 1:10 2bk-4bk-6bk by 25's 5:00 PM Start 1,600 1x{1 x 100 on 1:45 Breaststroke Yards Set Description {6 x 25 on 1:00 Breast from dive/10 pushups -===== {2 x 100 on 1:40 Breaststroke 1 on 20:00 Stomach and Stretch {6 x 25 on 1:00 Breast from dive/10 pushups 1 x 500 on 10:00 Underwater trn drill 500 {3 x 100 on 1:35 Breaststroke 150 10 x 15 on :45 Shooters {6 x 25 on 1:00 Breast from dive/10 pushups 6 x 100 on 2:30 Kick 600 {4 x 100 on 1:30 Breaststroke 1 x 550 on 10:00 Pulls-nbbf&w + 2 yds 550 12 x 25 on :30 12.5 easy 12.5 fast-grt fnshe 250 1 x 250 on 5:00 Stroke Drills {6 x 25 on 1:00 Breast from dive/10 pushups 300 1,600 1x{3 x 50 on 1:15 Backstroke-descend 7:00 PM 4,450 Yards - Stress Value = 72 {4 x 150 on 3:00 Backstroke {4 x 50 on 1:15 Backstroke-descend Workout #4097 - Wednesday, 17 May 2006 {4 x 125 on 2:30 Backstroke {3 x 50 on 1:15 Backstroke-descend Group 3 - Gold 1 x 100 on 10:00 Sculling drills 1 minute rest between sets 7:00 PM 3,800 Yards - Stress Value = 59 5:00 PM Start Workout #4094 - Tuesday, 16 May 2006 Yards Set Description ====== _____ Group 2 - All 1 on 20:00 Stomach and Stretch 1 minute rest between sets $500 2x{1 x 100 on 1:40 Freestyle}$ {1 x 100 on 1:40 Freestyle-L. 25 fast 5:30 PM Start $\{1 \times 50 \text{ on } : 50 \text{ Freestyle -all fast} \}$ Yards Set Description 150 10 x 15 on :45 Shooters ________________________________ ===== 750 $3x\{4 \times 25 \text{ on : } 40 \text{ Kick no board BSLR}$ 1 on 15:00 Stomach and Stretch {2 x 75 on 1:30 Kick 1 x 500 on 10:00 Underwater trn drill REC 500 650 $1x\{1 \times 200 \text{ on } 3:00 \text{ Lungbuster pulls br } 3-4-5-6$ 150 10×15 on :45 Shooters SP3 $\{1 \times 200 \text{ on } 2:55 \text{ Lungbuster pulls br } 2-3-4-5$ 6 x 100 on 2:20 Kick-odds 100% effort EN2 600 $\{1 \times 200 \text{ on } 2:50 \text{ Lungbuster pulls br } 3-4-5-6$ 750 1x{1 x 250 on 4:30 Pulls $\{1 \times 50 \text{ on } : 40 \text{ Lungbuster pulls br } 4-5$ 1 x 250 on 4:20 Pull no br L. EN1 4 x 75 on 1:10 2bk-4bk-6bk by 25's {1 x 250 on 4:10 Pulls EN1 1,600 $1x\{1 \times 100 \text{ on } 1:45 \text{ Breaststroke}$ 3 x 50 on 1:00 Freestyle-descend EN2 {6 x 25 on 1:00 Breast from dive/10 pushups 600 2x{2 x 125 on 2:30 Backstroke EN2 {2 x 100 on 1:40 Breaststroke {2 x 25 on :45 Back-8 kicks off the wall EN2 {6 x 25 on 1:00 Breast from dive/10 pushups 1 x 50 on 1:30 Backstroke-100% effort EN3 {3 x 100 on 1:35 Breaststroke 4 x 50 on 1:15 Stroke Drills REC {6 x 25 on 1:00 Breast from dive/10 pushups 7:00 PM 3,000 Yards - Stress Value = 42 $\{4 \times 100 \text{ on } 1:30 \text{ Breaststroke} \}$

6:00 PM Start
Yards Set Description EGY WC

Workout #4095 - Tuesday, 16 May 2006

Group 1 - All
1 minute rest between sets

1 on 10:00 Stomach and Stretch

Workout #4098 - Wednesday, 17 May 2006 Group 3 - Silver 1 minute rest between sets

	5:00	PM Start	
Yards	Se	et Description	E
=====	==	=======================================	=
	1	on 20:00 Stomach and Stretch	
300	1x{1	x 100 on 2:15 Freestyle	F
	{ 1	x 100 on 2:15 Freestyle-L. 25 fast	E
	{ 1	x 100 on 2:15 Freestyle -L. 50 fast	E
150	10	0 x 15 on :45 Shooters	Ę
600	3x{4	x 25 on :40 Kick no board BSLR	E
		x 50 on 1:30 Kick	E
600		x 150 on 3:00 Lungbuster pulls br 3-4-5	
		x 150 on 2:55 Lungbuster pulls br 2-3-4	
	{ 1	x 150 on 2:50 Lungbuster pulls br 3-4-5	E
	{ 1	x 150 on 2:45 Lungbuster pulls br 3-4-5	
300	4	x 75 on 1:10 2bk-4bk-6bk by 25's	E
1,350	1x{1	x 100 on 1:45 Freestyle	E
	{ 6	x 25 on 1:00 Breast from dive/10 pushups	E
	{ 2	x 75 on 1:40 Breaststroke	E
	{ 6	\times 25 on 1:00 Breast from dive/10 pushups	E
	{ 1	x 50 on 1:35 Breaststroke	E
	{ 2	x 75 on 1:35 Breaststroke	E
	{ 6	\times 25 on 1:00 Breast from dive/10 pushups	E
	{ 4	x 75 on 1:30 Breaststroke	E
	{ 6	x 25 on 1:00 Breast from dive/10 pushups	E
250	1	x 250 on 5:00 Stroke Drills	F
	7:00	PM 3,550 Yards - Stress Value = 58	

Workout #4101 - Thursday, 18 May 2006 Group 3 - Platinum 1 minute rest between sets

	5:00 PM Start		
Yards	Set Description		
=====	=======================================		
	1 on 20:00 Stomach and Stretch		
600	6 x 100 on 1:45 Underwater trn drill		
	odds free evens back		
150	10 x 15 on :45 Shooters		
1,000	5x{1 x 100 on 1:30 Kick		
	{1 x 100 on 1:50 Kick		
1,200	1x{1 x 300 on 4:15 Pulls		
	{1 x 300 on 4:00 Pulls		
	{1 x 300 on 3:45 Pulls		
	{1 x 300 on 3:30 Pulls		
200	8 x 25 on :30 12.5 ez 12.5 fast grt finishes		
1,600	4x{1 x 25 on :30 Butterfly 2-2		
	{1 x 50 on :55 Butterfly 2-2		
	{1 x 75 on 1:15 Butterfly 2-2		
	{1 x 100 on 1:30 Butterfly 2-2		
	{1 x 150 on 2:15 Freestyle-hold under 148		
500	10 x 50 on 1:00 Stroke Drills		
	6:58 PM 5,250 Yards - Stress Value = 57		

Workout #4100 - Thursday, 18 May 2006 Group 3 - Gold 1 minute rest between sets

	5:00 P	M Star	t
Yards	Set	Descri	ption
=====	===		
			Stomach and Stretch
600	6 x	100 on	n 1:45 Underwater trn drill
	od	ds free	e evens back
150	10	x 15 on	1 :45 Shooters
1,000	5x{1 x	100 on	1:45 Kick
	{1 x	100 on	1 2:00 Kick
1,200	1x{1 x	300 on	4:30 Pulls
	{1 x	300 on	4:20 Pulls
	{1 x	300 on	4:10 Pulls

	,, -v,v u,g
1,600	{1 x 300 on 4:00 Pulls 8 x 25 on :30 12.5 ez 12.5 fast grt finishes 4x{1 x 25 on :30 Butterfly 2-2 {1 x 50 on :55 Butterfly 2-2 {1 x 75 on 1:20 Butterfly 2-2 {1 x 100 on 1:45 Butterfly 2-2 {1 x 150 on 2:15 Freestyle-hold under 200 6 x 50 on 1:00 Stroke Drills
	6:58 PM 5,050 Yards - Stress Value = 57
	Workout #4099 - Thursday, 18 May 2006 Group 3 - Silver 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Stomach and Stretch
450	6 x 75 on 1:45 Underwater trn drill
	odds free evens back
150	10 x 15 on :45 Shooters
800	4x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:30 Kick
800	1x{1 x 200 on 4:30 Pulls
	{1 x 200 on 4:20 Pulls
	{1 x 200 on 4:10 Pulls
	{1 x 200 on 4:00 Pulls
200	8 x 25 on :45 12.5 ez 12.5 fast grt finishes
1,050	$3x\{1 \times 25 \text{ on } : 45 \text{ Butterfly } 2-2$
	$\{1 \times 50 \text{ on } 1:25 \text{ Butterfly } 2-2$
	$\{1 \times 75 \text{ on } 2:00 \text{ Butterfly } 2-2$
	{1 x 100 on 2:30 Butterfly 2-2
	{1 x 100 on 2:30 Freestyle-hold under 200
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 3,650 Yards - Stress Value = 43

Workout #4102 - Thursday, 18 May 2006 Group 2 - All 1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	=======================================
400	<pre>1 on 15:00 Stomach and Stretch 4 x 100 on 2:15 Underwater trn drill odds free evens backstroke</pre>
150	10 x 15 on :45 Shooters
500	5x{1 x 50 on 1:00 Kick
	{1 x 50 on 1:15 Kick
600	1x{1 x 200 on 4:00 Pulls
	{1 x 200 on 3:55 Pulls
	{1 x 200 on 3:50 Pulls
150	6 x 25 on :30 12.5 ez 12.5 fast grt finishes
800	4x{1 x 25 on :40 Butterfly 2-2
	{1 x 50 on 1:15 Butterfly 2-2
	$\{1 \times 75 \text{ on } 2:00 \text{ Butterfly } 2-2 \}$
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle hold under } :45$
200	1 x 200 on 5:00 Stroke Drills
	7:00 PM 2,800 Yards - Stress Value = 29

6:59 PM 2,700 Yards - Stress Value = 52

Workout #4106 - Monday, 22 May 2006

Workout #4103 - Thursday, 18 May 2006 Group 1 - All

1 minute rest between sets

{2 x 50 on 1:10 Freestyle-ez {1 x 50 on 1:30 Freestyle-100% {2 x 50 on 1:10 Freestyle-ez {1 x 25 on 1:15 Freestyle-100% {2 x 50 on 1:10 Freestyle-ez

Group 3 - Platinum 6:00 PM Start 1 minute rest between sets Yards Set Description F 5:00 PM Start 1 on 10:00 Stomach and Stretch Yards Set Description 1 on 5:00 Warm-up with water bobs _____ 100 1 x 100 on 10:00 Kicking drills 1 on 25:00 Physio Balls/Stretch 100 1 x 100 on 15:00 Steamline/kick/3 strokes/add 600 1 x 600 on 12:00 Swim-kick-pull-swim breath/3strokes/breath 150 10 x 15 on :45 Shooters 1 on 10:00 Techniques-free turns $1,000 \ 2x\{4 \ x \ 25 \ on : 35 \ Kick no board BSLR$ 1 on 8:00 Game ${3 \times 50 \text{ on } :50 \text{ Kick}}$ 6:59 PM 200 Yards {2 x 75 on 1:15 Kick {1 x 100 on 1:40 Kick 1,000 1x{5 x 50 on :50 Pull no br L. 12 yds Workout #4104 - Friday, 19 May 2006 {5 x 50 on :45 Pull no br L.10 yds Group 3 - All $\{5 \times 50 \text{ on } : 40 \text{ Pull no br L.8 yds}$ 1 minute rest between sets $\{5 \times 50 \text{ on } : 35 \text{ Pull no br L.6 yds}$ 12 x 25 on :30 12.5 ez 12.5 fast grt finishe 5:00 PM Start $3,000 1x{1 x 500 on 6:00 Freestyle}$ Set Description $\{2 \times 400 \text{ on } 4:45 \text{ Freestyle} \}$ _____ ______ {3 x 300 on 3:30 Freestyle 1 on 20:00 Stomach and Stretch {4 x 200 on 2:18 Freestyle 400 8 x 50 on 1:00 Stroke Drills 600 1 x 600 on 12:00 Reverse IM drill 10 x 15 on :45 Shooters 150 7:14 PM 6,450 Yards - Stress Value = 100 $1,250 1x{1 x 125 on 2:30 Kick}$ {1 x 125 on 2:25 Kick Workout #4108 - Monday, 22 May 2006 {1 x 125 on 2:20 Kick {1 x 125 on 2:15 Kick Group 3 - Gold {1 x 125 on 2:10 Kick 1 minute rest between sets {1 x 125 on 2:05 Kick {1 x 125 on 2:00 Kick 5:00 PM Start {1 x 125 on 1:55 Kick Yards Set Description {1 x 125 on 1:50 Kick _____ {1 x 125 on 1:45 Kick 1 on 25:00 Physio Balls/Stretch 600 1 x 600 on 9:00 Pulls 1 x 600 on 12:00 Swim-kick-pull-swim $1,500 5x{1 x 25 on :30 Freestyle}$ $\{1 \times 25 \text{ on } : 40 \text{ Freestyle} \}$ 1,000 $2x\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$ $\{1 \times 25 \text{ on } : 50 \text{ Freestyle} \}$ {3 x 50 on :55 Kick $\{1 \times 25 \text{ on } 1:00 \text{ Freestyle} \}$ {2 x 75 on 1:25 Kick {1 x 200 on 4:00 Stroke Drill {1 x 100 on 1:50 Kick 4 x 100 on 1:30 Freestyle-descend to ludicro 1,000 1x{5 x 50 on :55 Pull no br L. 12 yds 1 x 200 on 3:00 Stroke Drill {5 x 50 on :50 Pull no br L.10 yds 400 {5 x 50 on :50 Pull no br L.10 yds 7:01 PM 4,700 Yards - Stress Value = 48 {5 x 50 on :45 Pull no br L.8 yds $\{5 \times 50 \text{ on } : 40 \text{ Pull no br L.6 yds}$ 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe Workout #4105 - Friday, 19 May 2006 $2,600 \ 1x\{1 \ x \ 500 \ on \ 7:05 \ Freestyle$ Group 2 - All $\{2 \times 400 \text{ on } 5:35 \text{ Freestyle} \}$ 1 minute rest between sets ${3 \times 300 \text{ on } 4:10 \text{ Freestyle}}$ {2 x 200 on 2:45 Freestyle 250 5 x 50 on 1:00 Stroke Drills 5:30 PM Start Set Description Yards 7:15 PM 5,900 Yards - Stress Value = 92 ===== 1 on 20:00 Stomach and Stretch 1 x 400 on 8:00 Reverse IM drill 10 x 15 on :45 Shooters 550 1x{1 x 100 on 2:30 Kick {2 x 25 on :45 Sprint kick {1 x 100 on 2:20 Kick {2 x 25 on :45 Sprint kick {1 x 100 on 2:10 Kick $\{2 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ {1 x 100 on 2:00 Kick 6 x 125 on 2:00 Pulls-descend in sets of 3 F 8 x 25 on :30 IM order 650 1x{1 x 100 on 3:00 Freestyle-100% $\{2 \times 50 \text{ on } 1:10 \text{ Freestyle-ez} \}$ {1 x 75 on 2:15 Freestyle-100%

Workout #4107 - Monday, 22 May 2006 Group 3 - Silver 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	1 on 25:00 Physio Balls/Stretch
400	1 x 400 on 12:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:10 Kick
	{2 x 75 on 1:45 Kick
	{1 x 100 on 2:20 Kick
750	1x{5 x 50 on 1:05 Pull no br L. 12 yds
	$\{5 \times 50 \text{ on } 1:00 \text{ Pull no br L.}10 \text{ yds}$
	$\{5 \times 50 \text{ on } :55 \text{ Pull no br L.8 yds}$
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,200	1x{1 x 500 on 9:30 Freestyle
	{2 x 400 on 7:30 Freestyle
	{3 x 300 on 5:30 Freestyle
250	5 x 50 on 1:15 Stroke Drills
	7:14 PM 4,500 Yards - Stress Value = 68

Workout #4109 - Monday, 22 May 2006 Group 2 - All

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 20:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
000	{3 x 50 on 1:10 Kick
	{2 x 75 on 1:45 Kick
	{1 x 100 on 2:20 Kick
750	1x{5 x 50 on 1:00 Pull no br L.5 yds
, 00	{5 x 50 on :55 Pull no br L.5 yds
	{5 x 50 on :50 Pull no br L.5 yds
250	10 x 25 on :30 12.5 ez 12.5 fast grt finishe
	1x{1 x 500 on 7:30 Freestyle
,	{1 x 400 on 6:00 Freestyle
	{1 x 300 on 4:30 Freestyle
	{1 x 200 on 3:00 Freestyle
	{1 x 100 on 1:30 Freestyle
350	7 x 50 on 1:15 Stroke Drills
	7:15 PM 3,900 Yards - Stress Value = 54

Workout #4112 - Tuesday, 23 May 2006 Group 3 - Platinum

1 minute rest between sets

5:00 PM Start Yards Set Description 1 on 25:00 Stomach and Stretch

IULUD	bee beberrperon
=====	=======================================
	1 on 25:00 Stomach and Stretch
600	1 x 600 on 12:00 Choice
150	10 x 15 on :45 Shooters
900	3x{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
1,000	1x{2 x 125 on 1:40 Pulls
	{2 x 125 on 1:35 Pulls
	{2 x 125 on 1:30 Pulls
	{2 x 125 on 1:25 Pulls
300	12 x 25 on :30 12.5 ez 12.5 fast grt finish
2,250	$1x\{1 \times 200 \text{ on } 3:00 \text{ Backstroke}$
	{1 x 200 on 2:55 Backstroke
	{1 x 200 on 2:50 Backstroke
	{1 x 175 on 2:30 Backstroke
	{1 x 175 on 2:25 Backstroke

	{1 x	150 on 2:05 Backstroke
	{1 x	150 on 2:00 Backstroke
	{1 x	150 on 1:55 Backstroke
	{1 x	125 on 1:40 Backstroke
	{1 x	125 on 1:35 Backstroke
	{1 x	125 on 1:30 Backstroke
	{1 x	100 on 1:15 Backstroke
	{1 x	100 on 1:10 Backstroke
	{1 x	100 on 1:05 Backstroke
500	10x{1 x	25 on :30 Stroke Drills
	{1 x	25 on :20 Freestyle
300	6 x	50 on 1:00 Stroke Drills
	7:15 PM	6,000 Yards - Stress Value = 85

{1 x 175 on 2:20 Backstroke

Workout #4111 - Tuesday, 23 May 2006 Group 3 - Gold

5:00 PM Start

1 minute rest between sets

Yards		Description
		n 25:00 Stomach and Stretch
600	1 x	600 on 12:00 Choice
150	10 2	x 15 on :45 Shooters
900	3x{1 x	150 on 3:00 Kick
	{1 x	100 on 2:00 Kick
	{1 x	50 on 1:00 Kick
1,000	1x{2 x	125 on 1:55 Pulls
	{2 x	125 on 1:50 Pulls
	{2 x	125 on 1:45 Pulls
	{2 x	125 on 1:40 Pulls
300	12 :	x 25 on :30 12.5 ez 12.5 fast grt finish
1,950	1x{1 x	200 on 3:20 Backstroke
	{1 x	200 on 3:15 Backstroke
	{1 x	200 on 3:10 Backstroke
	{1 x	175 on 2:50 Backstroke
	•	175 on 2:45 Backstroke
	{1 x	175 on 2:40 Backstroke
	{1 x	150 on 2:20 Backstroke
		150 on 2:15 Backstroke
	{1 x	150 on 2:10 Backstroke
	{1 x	125 on 1:50 Backstroke
	{1 x	125 on 1:45 Backstroke
	{1 x	125 on 1:40 Backstroke
500	10x{1 x	25 on :30 Stroke Drills
		25 on :20 Freestyle
300		50 on 1:00 Stroke Drills
	7:16 PM	5,700 Yards - Stress Value = 79

Workout #4110 - Tuesday, 23 May 2006 Group 3 - Silver 1 minute rest between sets

Yards	5:00 PM Start Set Description	
	1 on 25:00 Stomach and Stretch	
600	1 x 600 on 12:00 Choice	
150	10 x 15 on :45 Shooters	
900	3x{1 x 150 on 3:30 Kick	
	{1 x 100 on 2:20 Kick	
	{1 x 50 on 1:10 Kick	7
1,000	1x{2 x 125 on 2:30 Pulls	==
	{2 x 125 on 2:25 Pulls	
	{2 x 125 on 2:20 Pulls	

 $\{2 \times 125 \text{ on } 2:15 \text{ Pulls}$

Workout #4113 - Tuesday, 23 May 2006 Group 2 - All

7:15 PM 4,650 Yards - Stress Value = 67

1 minute rest between sets

5:30 PM Start

Yards	Se	et	Des	crip	otion				
	==	===							
	1	01	n 20	:00	Stoma	ach and Stre	etch		
400	1	Х	400	on	8:00	Choice			
150	10) 2	k 15	on	:45 \$	Shooters			
600	2x{1	Х	150	on	3:30	Kick			
	{ 1	Х	100	on	2:20	Kick			
	{ 1	Х	50 0	on I	l:10 F	Kick			
500	1x{1	Х	125	on	2:15	Pulls			
	{ 1	Х	125	on	2:10	Pulls			
	{ 1	Х	125	on	2:05	Pulls			
	{ 1	Х	125	on	2:00	Pulls			
200	8	Х	25 (on :	:40 12	2.5 ez 12.5	fast	grt	finishes
1,500	1x{1	Х	200	on	4:00	Backstroke			
	{ 1	Х	200	on	3:55	Backstroke			
	{ 1	Х	175	on	3:25	Backstroke			
	{ 1	Х	175	on	3:20	Backstroke			
	{ 1	Х	150	on	2:50	Backstroke			
	{ 1	Х	150	on	2:45	Backstroke			
	{ 1	Х	125	on	2:20	Backstroke			
	{ 1	Х	125	on	2:15	Backstroke			

Workout #4114 - Tuesday, 23 May 2006 Group 1 - All

1 minute rest between sets

		===	=
Yards	Set Description	EGY	V
	6:00 PM Start		

- 1 on 10:00 Dryland
- 1 on 10:00 Water Bobs/Streamlines

{1 x 100 on 1:50 Backstroke {1 x 100 on 1:45 Backstroke 1 x 200 on 5:00 Stroke Drills 7:15 PM 3,550 Yards - Stress Value = 52

1 on 15:00 Kicking drills//do a set with
 the pace clock

```
1 on 10:00 Review freestyle
1 on 15:00 Backstroke Progression/Test w/
  Coach VanDriessche
1 on 5:00 Backstroke starts in deep end
1 on 10:00 Game
7:15 PM 0 Yards
```

Workout #4117 - Thursday, 25 May 2006 Group 3 - Platinum

1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	1 on 25:00 Dryland and stretch
	1 x 600 on 10:00 Underwater trn drill
	10 x 15 on :45 Shooters
900	6x{1 x 50 on 1:00 Kick
	{1 x 50 on :55 Kick
	{1 x 50 on :50 Kick-100% Effort
1,200	1x{2 x 250 on 3:00 Pulls
	{2 x 200 on 2:20 Pulls
	{2 x 150 on 1:40 Pulls
	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
3,000	1x{1 x 200 on 3:00 Individual Medley
	$\{4 \times 75 \text{ on } 1:05 \text{ Breaststroke} \}$
	{1 x 100 on 1:00 Freestyle
	{3 x 50 on 1:00 Breaststroke-100%
	{2 x 200 on 2:55 Individual Medley
	{4 x 75 on 1:10 Breaststroke
	{2 x 100 on 1:05 Freestyle
	{2 x 50 on 1:00 Breaststroke-100%
	{3 x 200 on 2:50 Individual Medley
	{4 x 75 on 1:15 Breaststroke
	{3 x 100 on 1:10 Freestyle
	{1 x 50 on 1:00 Breaststroke-100%
250	1 x 250 on 5:00 Stroke Drills

Workout #4118 - Thursday, 25 May 2006 Group 3 - Gold

7:15 PM 6,400 Yards - Stress Value = 120

1 minute rest between sets

	1 minute rest between sets
Yards	5:00 PM Start Set Description
150	1 on 25:00 Dryland and stretch 1 x 600 on 10:00 Underwater trn drill 10 x 15 on :45 Shooters 6x{1 x 50 on 1:05 Kick {1 x 50 on 1:00 Kick
·	{1 x 50 on :55 Kick-100% Effort 1x{2 x 250 on 3:30 Pulls {2 x 200 on 2:45 Pulls {2 x 150 on 2:00 Pulls
	12 x 25 on :30 12.5 ez 12.5 fast grt finishe 1x{1 x 200 on 3:20 Individual Medley {4 x 75 on 1:10 Breaststroke {1 x 100 on 1:10 Freestyle {3 x 50 on 1:00 Breaststroke-100% {1 x 200 on 3:15 Individual Medley {4 x 75 on 1:15 Breaststroke
	{2 x 100 on 1:15 Freestyle {2 x 50 on 1:00 Breaststroke-100% {1 x 200 on 3:00 Individual Medley {4 x 75 on 1:20 Breaststroke {3 x 100 on 1:20 Freestyle

{1 x 50 on 1:00 Breaststroke-100% 1 x 250 on 6:00 Stroke Drills 7:15 PM 5,800 Yards - Stress Value = 108

Workout #4115 - Thursday, 25 May 2006 Group 3 - Silver 1 minute rest between sets

5:00	PM	Start
~		

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 25:00 Dryland and stretch
500	1 x 500 on 10:00 Underwater trn drill
	10 x 15 on :45 Shooters
	6x{1 x 50 on 1:10 Kick
200	{1 x 50 on 1:10 Kick
	•
1 200	{1 x 50 on 1:00 Kick-100% Effort
1,200	1x{2 x 250 on 3:50 Pulls
	{2 x 200 on 3:00 Pulls
	{2 x 150 on 2:10 Pulls
	12×25 on :30 12.5 ez 12.5 fast grt finishe
1,950	1x{1 x 200 on 3:45 Individual Medley
	$\{4 \times 75 \text{ on } 1:15 \text{ Breaststroke} \}$
	{1 x 100 on 1:20 Freestyle
	{1 x 50 on 1:15 Breaststroke-100%
	{1 x 200 on 3:40 Individual Medley w/out back
	{4 x 75 on 1:20 Breaststroke
	{1 x 100 on 1:25 Freestyle
	{1 x 50 on 1:15 Breaststroke-100%
	{1 x 200 on 3:35 Individual Medley w/out free
	{4 x 75 on 1:25 Breaststroke
	{1 x 100 on 1:30 Freestyle
	{1 x 50 on 1:15 Breaststroke-100%
250	1 x 250 on 6:00 Stroke Drills
200	7:14 PM 5,250 Yards - Stress Value = 93
	7.11 III 0,200 Tarao Octobo Varae 90

Workout #4116 - Thursday, 25 May 2006 Group 3 - Bronze 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 25:00 Dryland and stretch
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	6x{1 x 50 on 1:15 Kick
	{1 x 50 on 1:10 Kick
	{1 x 50 on 1:05 Kick-100% Effort
1,050	1x{2 x 250 on 5:00 Pulls
	{2 x 200 on 3:50 Pulls
	{1 x 150 on 2:45 Pulls
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
1,350	1x{1 x 150 on 3:45 Individual Medley w/out fly
	{2 x 75 on 1:30 Breaststroke
	{1 x 100 on 1:55 Freestyle
	{1 x 50 on 1:30 Breaststroke-100%
	{1 x 150 on 3:45 Individual Medley w/out back
	{2 x 75 on 1:30 Breaststroke

Workout #4119 - Thursday, 25 May 2006 Group 2 - All

{1 x 50 on 1:30 Breaststroke-100%

 1×250 on 6:00 Stroke Drills 7:14 PM 4,400 Yards - Stress Value = 78

 $\{1 \text{ x } 150 \text{ on } 3\text{:}45 \text{ Individual Medley w/out free}\}$

{1 x 100 on 1:50 Freestyle {1 x 50 on 1:30 Breaststroke-100%

 $\{2 \times 75 \text{ on } 1:30 \text{ Breaststroke}$ $\{1 \times 100 \text{ on } 1:45 \text{ Freestyle}$

250

1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	=======================================
	1 on 20:00 Dryland and stretch
400	1 x 400 on 8:00 Underwater trn drill

150	10	0 x 15 on :45 Shooters
750	5x{1	x 50 on 1:10 Kick
	{ 1	x 50 on 1:05 Kick
	{ 1	x 50 on 1:00 Kick-100% Effort
850	1x{2	x 250 on 4:00 Pulls
	{ 1	x 200 on 3:10 Pulls
	{ 1	x 150 on 2:15 Pulls
200	8	x 25 on :30 12.5 ez 12.5 fast grt finishes
1,200	1x{1	x 100 on 2:00 Individual Medley
	{ 2	x 75 on 1:30 Breaststroke
	{ 1	x 100 on 1:25 Freestyle
	{ 1	x 50 on 1:15 Breaststroke-100%
	{ 1	x 100 on 1:55 Individual Medley w/out back
	{ 2	x 75 on 1:25 Breaststroke
	{ 1	x 100 on 1:25 Freestyle
	{ 1	x 50 on 1:15 Breaststroke-100%
	{ 1	x 100 on 1:50 Individual Medley w/out free
	{ 2	x 75 on 1:20 Breaststroke
	{ 1	x 100 on 1:25 Freestyle
	{ 1	x 50 on 1:15 Breaststroke-100%
200	1	x 200 on 4:00 Stroke Drills
	7:14	PM 3,750 Yards - Stress Value = 67

Workout #4122 - Friday, 26 May 2006 Group 3 - Platinum 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	
	1 on 25:00 Stomach and Stretch
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:45 Kick
900	$1x\{4 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{4 \times 25 \text{ on } : 25 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
250	10 x 25 on :30 12.5 ez 12.5 fast grt finish ϵ
2,600	2x{8 x 25 on :30 Butterfly-1up 2down
	{1 x 250 on 5:00 Stroke Drills
	{6 x 25 on :30 Butterfly 1up 3down
	{1 x 200 on 4:00 Stroke Drills
	{4 x 25 on :30 Butterfly lup 4down
	{1 x 150 on 3:00 Stroke Drills
	{2 x 25 on :30 Butterfly lup 5down
	{1 x 200 on 4:00 Stroke Drills
	7:16 PM 5,400 Yards - Stress Value = 48

{4 x 25 on :40 Kick no board BSLR

{1 x 100 on 2:20 Kick

Workout #4123 - Friday, 26 May 2006 650 1x{4 x 125 on 2:20 Pulls-nbbf&w + 2 yds Group 3 - Gold {2 x 75 on 1:25 Pulls-nbbf&w + 2 yds 1 minute rest between sets 10 x 25 on :30 12.5 ez 12.5 fast grt finishe $2,200 \ 2x\{8 \ x \ 25 \ on : 30 \ alt. 1 \ fly-lup \ 2down 1 \ free$ 5:00 PM Start {1 x 200 on 5:00 Stroke Drills Set Description Yards {6 x 25 on :30 Alt. 1fly 1up 3down 1 free _____ {1 x 150 on 4:00 Stroke Drills 1 on 25:00 Stomach and Stretch $\{4 \times 25 \text{ on } : 30 \text{ alt.} 1 \text{fly } 1 \text{up } 4 \text{down } 1 \text{free}$ 1 x 500 on 10:00 Reverse IM drill 500 {1 x 100 on 3:00 Stroke Drills {2 x 25 on :30 Alt. 1fly 1up 5down 1 free 100 10 x 15 on :45 Shooters 900 $1x\{4 \times 25 \text{ on :40 Kick no board BSLR}$ {1 x 150 on 4:00 Stroke Drills {1 x 100 on 1:55 Kick 7:16 PM 4,350 Yards - Stress Value = 42 {4 x 25 on :35 Kick no board BSLR {2 x 100 on 1:55 Kick Workout #4124 - Friday, 26 May 2006 {4 x 25 on :30 Kick no board BSLR Group 2 - All {3 x 100 on 1:55 Kick 800 $1x{4 x 125 on 1:45 Pulls-nbbf&w + 2 yds}$ 1 minute rest between sets $\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe 5:30 PM Start 2,600 2x{8 x 25 on :30 Butterfly-lup 2down {1 x 250 on 5:00 Stroke Drills } Set Description } _____ {6 x 25 on :30 Butterfly 1up 3down 1 on 20:00 Stomach and Stretch {1 x 200 on 4:00 Stroke Drills {4 x 25 on :30 Butterfly lup 4down 400 1 x 400 on 8:00 Reverse IM drill {1 x 150 on 3:00 Stroke Drills 600 1x{4 x 25 on :40 Kick no board BSLR {2 x 25 on :30 Butterfly 1up 5down {1 x 100 on 2:15 Kick {1 x 200 on 4:00 Stroke Drills {4 x 25 on :40 Kick no board BSLR 7:16 PM 5,200 Yards - Stress Value = 47 {1 x 100 on 2:15 Kick {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:15 Kick Workout #4121 - Friday, 26 May 2006 600 $1x{3 \times 125}$ on 2:05 Pulls-nbbf&w + 2 yds Group 3 - Silver $\{3 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 1 minute rest between sets 8 x 25 on :30 12.5 ez 12.5 fast grt finishes 1,500 $2x\{6 \times 25 \text{ on } : 30 \text{ Butterfly lup 1down}$ 5:00 PM Start {1 x 150 on 3:00 Stroke Drills Yards Set Description {4 x 25 on :30 Butterfly 1up 2down ====== _____ {1 x 150 on 3:00 Stroke Drills 1 on 25:00 Stomach and Stretch $\{2 \times 25 \text{ on } : 30 \text{ Butterfly 1up 3down} \}$ 1×500 on 10:00 Reverse IM drill 10×15 on :45 Shooters {1 x 150 on 3:00 Stroke Drills 150 1 on 5:00 Techniques-starts 800 1x{4 x 25 on :40 Kick no board BSLR 7:15 PM 3,450 Yards - Stress Value = 35 {1 x 100 on 2:10 Kick {4 x 25 on :40 Kick no board BSLR Workout #4125 - Tuesday, 30 May 2006 {2 x 100 on 2:10 Kick Group 3 - Platinum $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ {2 x 100 on 2:10 Kick 1 minute rest between sets 800 $1x\{4 \times 125 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ 5:00 PM Start 10 x 25 on :30 12.5 ez 12.5 fast grt finish€ Yards Set Description 2,200 2x{8 x 25 on :30 Butterfly-lup 2down _____ {1 x 200 on 5:00 Stroke Drills 1 on 30:00 Stomach and Stretch {6 x 25 on :30 Butterfly 1up 3down 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters {1 x 150 on 4:00 Stroke Drills 1,200 1x{4 x 25 on :30 Kick no board BSLR {4 x 25 on :30 Butterfly lup 4down {1 x 100 on 3:00 Stroke Drills {3 x 100 on 1:50 Kick {2 x 25 on :30 Butterfly lup 5down {4 x 25 on :30 Kick no board BSLR {1 x 150 on 4:00 Stroke Drills {3 x 100 on 1:45 Kick 7:16 PM 4,700 Yards - Stress Value = 45 {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:40 Kick 1,200 2x{4 x 50 on :50 Pull no br L. 12 yds Workout #4120 - Friday, 26 May 2006 {4 x 50 on :45 Pull no br L. 8 yds Group 3 - Bronze $\{4 \times 50 \text{ on } : 40 \text{ Pull no br L.4 yds}$ 1 minute rest between sets 12 x 25 on :30 12.5 ez 12.5 fast grt finishe $3,000 1x{1 x 1000 on 12:30 Freestyle}$ 5:00 PM Start $\{2 \times 500 \text{ on } 6:15 \text{ Freestyle} \}$ Set Description Yards $\{4 \times 250 \text{ on } 3:10 \text{ Freestyle} \}$ ===== _____ 1 x 250 on 4:00 Stroke Drills 250 1 on 25:00 Stomach and Stretch 1 on 8:00 Techniques-starts 1 x 400 on 10:00 Reverse IM drill 400 7:30 PM 6,700 Yards - Stress Value = 75 10×15 on :45 Shooters 700 $1x\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ {1 x 100 on 2:20 Kick $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ {2 x 100 on 2:20 Kick

Workout #4126 - Tuesday, 30 May 2006 Group 3 - Gold 1 minute rest between sets	300
5:00 PM Start Yards Set Description	150
1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters	Workout #4129 - Tuesday, 30 May 2006 Group 2 - All
1,000 1x{4 x 25 on :35 Kick no board BSLR {3 x 100 on 2:05 Kick	1 minute rest between sets
$\{4 \times 25 \text{ on :} 35 \text{ Kick no board BSLR} $ $\{3 \times 100 \text{ on } 2\text{:} 00 \text{ Kick} $ $\{4 \times 25 \text{ on :} 35 \text{ Kick no board BSLR} \}$	5:30 PM Start Yards Set Description
$\{1 \times 100 \text{ on } 1:55 \text{ Kick} $ 1,200 $2x\{4 \times 50 \text{ on } :50 \text{ Pull no br L. } 12 \text{ yds} $ $\{4 \times 50 \text{ on } :45 \text{ Pull no br L. } 8 \text{ yds} $ $\{4 \times 50 \text{ on } :40 \text{ Pull no br L. } 4 \text{ yds} $	1 on 20:00 Stomach and Stretch 400
300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe 2,700 1x{1 x 900 on 12:30 Freestyle {2 x 450 on 6:15 Freestyle {4 x 225 on 3:10 Freestyle	{4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:10 Kick {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:05 Kick
250 1 x 250 on 4:00 Stroke Drills 1 on 8:00 Techniques-starts 7:30 PM 6,200 Yards - Stress Value = 68	900 2x{3 x 50 on :55 Pull no br L. 12 yds {3 x 50 on :50 Pull no br L. 8 yds {3 x 50 on :45 Pull no br L.4 yds
Workout #4127 - Tuesday, 30 May 2006	200 8 x 25 on :30 12.5 ez 12.5 fast grt finishes 2,400 1x{1 x 800 on 12:00 Freestyle {2 x 400 on 5:55 Freestyle
Group 3 - Silver 1 minute rest between sets 5:00 PM Start	{4 x 200 on 2:55 Freestyle 200 1 x 200 on 4:00 Stroke Drills 7:30 PM 5,050 Yards - Stress Value = 57
Yards Set Description	Workout #4130 - Tuesday, 30 May 2006
1 on 30:00 Stomach and Stretch 500 1 x 500 on 10:00 Swim-kick-pull-swim	Group 1 - All 1 minute rest between sets
150	6:00 PM Start Yards Set Description EGY WOF 1 on 15:00 Stomach and Stretch
· · · · · · · · · · · · · · · · · · ·	
{4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:05 Kick 1,000 2x{4 x 50 on :55 Pull no br L. 12 yds {3 x 50 on :50 Pull no br L. 8 yds	1 on 10:00 Water Bobs 1 on 10:00 Streamlining front and back 1 on 20:00 Kicking drills w/ actual set
{1 x 100 on 2:05 Kick 1,000 2x{4 x 50 on :55 Pull no br L. 12 yds {3 x 50 on :50 Pull no br L. 8 yds {3 x 50 on :45 Pull no br L.4 yds 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe 2,400 1x{1 x 800 on 12:30 Freestyle {2 x 400 on 6:15 Freestyle	1 on 10:00 Water Bobs 1 on 10:00 Streamlining front and back
{1 x 100 on 2:05 Kick 1,000 2x{4 x 50 on :55 Pull no br L. 12 yds {3 x 50 on :50 Pull no br L. 8 yds {3 x 50 on :45 Pull no br L.4 yds 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe 2,400 1x{1 x 800 on 12:30 Freestyle	<pre>1 on 10:00 Water Bobs 1 on 10:00 Streamlining front and back 1 on 20:00 Kicking drills w/ actual set 1 on 10:00 Into to breast kick 1 on 10:00 Flip turns 1 on 10:00 Starts in deep end 1 on 5:00 Game 7:30 PM 0 Yards Workout #4131 - Wednesday, 31 May 2006 Group 3 - Gold</pre>
{1 x 100 on 2:05 Kick 1,000 2x{4 x 50 on :55 Pull no br L. 12 yds {3 x 50 on :50 Pull no br L. 8 yds {3 x 50 on :45 Pull no br L.4 yds 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe 2,400 1x{1 x 800 on 12:30 Freestyle {2 x 400 on 6:15 Freestyle {4 x 200 on 3:10 Freestyle 200 1 x 200 on 4:00 Stroke Drills 1 on 8:00 Techniques-starts	<pre>1 on 10:00 Water Bobs 1 on 10:00 Streamlining front and back 1 on 20:00 Kicking drills w/ actual set 1 on 10:00 Into to breast kick 1 on 10:00 Flip turns 1 on 10:00 Starts in deep end 1 on 5:00 Game 7:30 PM 0 Yards Workout #4131 - Wednesday, 31 May 2006 Group 3 - Gold 1 minute rest between sets</pre>
{1 x 100 on 2:05 Kick 1,000 2x{4 x 50 on :55 Pull no br L. 12 yds {3 x 50 on :50 Pull no br L. 8 yds {3 x 50 on :45 Pull no br L.4 yds 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe 2,400 1x{1 x 800 on 12:30 Freestyle {2 x 400 on 6:15 Freestyle {4 x 200 on 3:10 Freestyle 200 1 x 200 on 4:00 Stroke Drills 1 on 8:00 Techniques-starts 7:29 PM 5,450 Yards - Stress Value = 61	<pre>1 on 10:00 Water Bobs 1 on 10:00 Streamlining front and back 1 on 20:00 Kicking drills w/ actual set 1 on 10:00 Into to breast kick 1 on 10:00 Flip turns 1 on 10:00 Starts in deep end 1 on 5:00 Game 7:30 PM 0 Yards Workout #4131 - Wednesday, 31 May 2006 Group 3 - Gold</pre>
{1 x 100 on 2:05 Kick 1,000 2x{4 x 50 on :55 Pull no br L. 12 yds	1 on 10:00 Water Bobs 1 on 10:00 Streamlining front and back 1 on 20:00 Kicking drills w/ actual set 1 on 10:00 Into to breast kick 1 on 10:00 Flip turns 1 on 10:00 Starts in deep end 1 on 5:00 Game 7:30 PM 0 Yards Workout #4131 - Wednesday, 31 May 2006 Group 3 - Gold 1 minute rest between sets 5:00 PM Start Yards Set Description
{1 x 100 on 2:05 Kick 1,000 2x{4 x 50 on :55 Pull no br L. 12 yds	1 on 10:00 Water Bobs 1 on 10:00 Streamlining front and back 1 on 20:00 Kicking drills w/ actual set 1 on 10:00 Into to breast kick 1 on 10:00 Flip turns 1 on 10:00 Starts in deep end 1 on 5:00 Game 7:30 PM 0 Yards Workout #4131 - Wednesday, 31 May 2006 Group 3 - Gold 1 minute rest between sets 5:00 PM Start Yards Set Description ===== 1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 11:00 Choice 150 10 x 15 on :45 Shooters
{1 x 100 on 2:05 Kick 1,000 2x{4 x 50 on :55 Pull no br L. 12 yds	1 on 10:00 Water Bobs 1 on 10:00 Streamlining front and back 1 on 20:00 Kicking drills w/ actual set 1 on 10:00 Into to breast kick 1 on 10:00 Flip turns 1 on 10:00 Starts in deep end 1 on 5:00 Game 7:30 PM 0 Yards Workout #4131 - Wednesday, 31 May 2006 Group 3 - Gold I minute rest between sets 5:00 PM Start Yards 5:00 PM Start Yards Set Description

5:00 PM Start

Workout #4133 - Wednesday, 31 May 2006 Group 3 - Silver 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 11:00 Choice
150	10 x 15 on :45 Shooters
1,000	10 x 100 on 2:30 Kick-odds 100%
1,000	10 x 100 on 1:40 Lungbuster pulls
300	12 x 25 on :30 12.5 ez 12.5 fast grt finish
2,200	11x{1 x 100 on 1:45 Individual Medley
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
	$\{1 \times 50 \text{ on } : 55 \text{ Freestyle}$
450	1 x 450 on 9:00 Stroke Drills
	7:30 PM 5,600 Yards - Stress Value = 72

Workout #4132 - Wednesday, 31 May 2006 Group 3 - Bronze 1 minute rest between sets

Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 11:00 Choice
150	10 x 15 on :45 Shooters
1,000	10 x 100 on 2:30 Kick-odds 100%
1,000	10 x 100 on 1:55 Lungbuster pulls
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
1,800	9x{1 x 100 on 2:15 Individual Medley
	$\{1 \times 50 \text{ on } :50 \text{ Freestyle}$
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$
300	1 x 300 on 7:00 Stroke Drills
	7:30 PM 4,950 Yards - Stress Value = 66

Workout #4136 - Thursday, 01 June 2006 Group 3 - Gold 1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	
	1 on 30:00 Dryland and stretch
600	1 x 600 on 11:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	2x{3 x 50 on 1:05 Kick-descend
	{3 x 50 on 1:00 Kick-descend
	{3 x 50 on :55 Kick-descend
2,000	4 x 500 on 7:30 Pull-Last 25 of each 100
	breaststroke pull
250	10 x 25 on :30 12.5 ez 12.5 fast grt finishe
2,100	1x{6 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
	{5 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
	{4 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
	{3 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
	{2 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
	{1 x 100 on 1:30 Your Stroke
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 6,250 Yards - Stress Value = 88

Workout #4135 - Thursday, 01 June 2006 Group 3 - Silver 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Dryland and stretch
600	1 x 600 on 11:00 Underwater trn drill
	10 x 15 on :45 Shooters
	3x{3 x 50 on 1:05 Kick-descend
	${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$
1,700	4 x 425 on 7:30 Pull-Last 25 of each 100
	breaststroke pull
250	10 x 25 on :30 12.5 ez 12.5 fast grt finish ϵ
2,100	1x{6 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
	{5 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
	{4 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
	{3 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
	{2 x 100 on 1:30 Your Stroke
	{1 on 1:00 Rest
0.50	{1 x 100 on 1:30 Your Stroke
250	1 x 250 on 5:00 Stroke Drills
	7:31 PM 5,950 Yards - Stress Value = 85

Workout #4134 - Thursday, 01 June 2006 Group 3 - Bronze 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Dryland and stretch
400	<u> </u>
	1 x 400 on 11:00 Underwater trn drill
	10 x 15 on :45 Shooters
900	2x{3 x 50 on 1:15 Kick-descend
	{3 x 50 on 1:10 Kick-descend
	{3 x 50 on 1:05 Kick-descend
1,400	4 x 350 on 7:00 Pull-Last 25 of each 100
	breaststroke pull
250	10 x 25 on :30 12.5 ez 12.5 fast grt finishe
1,800	1x{6 x 100 on 2:00 Your Stroke
	{1 on 1:00 Rest
	{5 x 100 on 2:00 Your Stroke
	{1 on 1:00 Rest
	{4 x 100 on 2:00 Your Stroke
	{1 on 1:00 Rest
	3 x 100 on 2:00 Your Stroke
250	1 x 250 on 5:00 Stroke Drills
250	7:33 PM 5,150 Yards - Stress Value = 76
	7.33 IF 3, 130 Idius - Scress value - 70

Workout #4137 - Thursday, 01 June 2006 Group 2 - All

1 minute rest between sets

Workout #4140 - Friday, 02 June 2006 Group 3 - Gold 1 minute rest between sets

5	:30 PM Start		1 influte Test between sets
Yards	Set Description		5:00 PM Start
	1 on 20:00 Dryland and stretch	Yards	Set Description ====================================
150	1 x 400 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters x{3 x 50 on 1:15 Kick-descend {3 x 50 on 1:10 Kick-descend {3 x 50 on 1:05 Kick-descend {3 x 50 on 1:05 Kick-descend	600 150 600	
900 200	<pre>3 x 300 on 6:00 Pull-Last 25 of each 100 breaststroke pull 8 x 25 on :30 12.5 ez 12.5 fast grt finishes x{5 x 100 on 2:00 Your Stroke</pre>	1,000	{1 x 50 on 1:00 Butterfly 1x{1 x 50 on 1:00 Kick {2 x 75 on 1:30 Kick
1,300 1	{1 on 1:00 Rest {4 x 100 on 2:00 Your Stroke {1 on 1:00 Rest	100	{3 x 100 on 2:00 Kick {4 x 125 on 2:30 Kick 1 x 100 on 3:00 Kick for time 1x{4 x 125 on 1:50 Pulls-nbbf&w + 2 yds
	{3 x 100 on 2:00 Your Stroke {1 on 1:00 Rest {2 x 100 on 2:00 Your Stroke	1,000	{3 x 100 on 1:25 Pulls-nbbf&w + 2 yds {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds {1 x 50 on :40 Pulls-nbbf&w + 2 yds
	{1 on 1:00 Rest {1 x 100 on 2:00 Your Stroke 6 x 50 on 1:15 Stroke Drills 2:30 PM 4,050 Yards - Stress Value = 59	250 2,400 200	10 x 25 on :30 12.5 ez 12.5 fast grt finishe 12 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!

Workout #4138 - Thursday, 01 June 2006 Group 1 - All

1 minute rest between sets

Workout #4139 - Friday, 02 June 2006 Group 3 - Silver 1 minute rest between sets

6:00 PM Start Yards Set Description EGY WOF	5:00 PM Start Yards Set Description
1 on 15:00 Stomach and Stretch 1 on 10:00 Water Bobs 1 on 10:00 Streamlining front and back 1 on 20:00 Kicking drills w/ actual set 1 on 10:00 Brst kick drill 1 on 10:00 Flip turns 1 on 10:00 Starts in deep end 1 on 5:00 Game 7:30 PM 0 Yards	1 on 30:00 Stomach and Stretch 500 1 x 500 on 10:00 Reverse IM drill 150 10 x 15 on :45 Shooters 600 3x{1 x 50 on 1:00 37.5 free 12.5 free {1 x 50 on 1:00 25 free 25 fly {1 x 50 on 1:00 12.5 free 37.5 fly {1 x 50 on 1:00 Butterfly 950 1x{2 x 75 on 1:35 Kick {3 x 100 on 2:05 Kick {4 x 125 on 2:35 Kick
Workout #4142 - Friday, 02 June 2006 Group 3 - Platinum 1 minute rest between sets	100 1 x 100 on 3:00 Kick for time 950 1x{4 x 125 on 2:05 Pulls-nbbf&w + 2 yds {3 x 100 on 1:40 Pulls-nbbf&w + 2 yds
5:00 PM Start Yards Set Description	{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds 200 8 x 25 on :30 12.5 ez 12.5 fast grt finishes 2,100 12 x 175 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Reverse IM drill 150 10 x 15 on :45 Shooters 600 3x{1 x 50 on 1:00 37.5 free 12.5 free {1 x 50 on 1:00 25 free 25 fly {1 x 50 on 1:00 12.5 free 37.5 fly {1 x 50 on 1:00 Butterfly 1,000 1x{1 x 50 on 1:00 Kick	7:30 PM 5,700 Yards - Stress Value = 90
{2 x 75 on 1:25 Kick {3 x 100 on 1:50 Kick {4 x 125 on 2:15 Kick 100 1 x 100 on 3:00 Kick for time 1,000 1x{4 x 125 on 1:50 Pulls-nbbf&w + 2 yds {3 x 100 on 1:25 Pulls-nbbf&w + 2 yds {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds {1 x 50 on :35 Pulls-nbbf&w + 2 yds 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe 2,400 12 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!	

Workout #4141 - Friday, 02 June 2006 Group 3 - Bronze 1 minute rest between sets	{3 x 100 on 1:30 Freestyle hold under 1:00 {1 x 500 on 5:50 Freestyle {3 x 100 on 1:30 Freestyle hold under 1:00 {1 x 500 on 5:40 Freestyle {3 x 100 on 1:30 Freestyle hold under 1:00
5:00 PM Start Yards Set Description	{1 x 500 on 5:30 Freestyle {3 x 100 on 1:30 Freestyle hold under 1:00
1 on 30:00 Stomach and Stretch	250 1 x 250 on 5:00 Stroke Drills
400	7:30 PM 7,150 Yards - Stress Value = 111
150	Workout #4147 - Monday, 05 June 2006
{1 x 50 on 1:15 25 free 25 fly {1 x 50 on 1:20 12.5 free 37.5 fly	Group 3 - Gold
800 1x{3 x 75 on 1:45 Kick	1 minute rest between sets
{2 x 100 on 2:15 Kick {3 x 125 on 2:45 Kick	5:00 PM Start Yards Set Description
100 1 x 100 on 3:00 Kick for time	===== ================================
800 $1x\{4 \times 100 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{4 \times 75 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim
$\{2 \times 50 \text{ on } : 50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe	150
1,800 12 x 150 on 3:00 Challenge Set!!!!!!!!!!!!!!	1,400 2x{4 x 25 on :30 Kick no board BSLR-8 kicks {1 x 100 on 1:55 Kick
150	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR-10 kicks} \}$
	{4 x 25 on :40 Kick no board BSLR-12 kicks
Workout #4143 - Friday, 02 June 2006	$\{3 \times 50 \text{ on } :55 \text{ Kick} \\ 1,250 \text{ 1x} \{4 \times 125 \text{ on } 1:50 \text{ Pull no br L. 7 yds} \}$
Group 2 - All 1 minute rest between sets	$\{3 \times 125 \text{ on } 1:45 \text{ Pull no br L.7 yds}$
	$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.7 yds} $ $\{1 \times 125 \text{ on } 1:35 \text{ Pull no br L.7 yds} \}$
5:30 PM Start Yards Set Description	300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe 2,800 1x{1 x 400 on 5:15 Freestyle
1 on 20:00 Stomach and Stretch	${3 \times 100 \text{ on } 1:30 \text{ Freestyle hold under } 1:10}$
400 1 x 400 on 8:00 Reverse IM drill	$\{1 \times 400 \text{ on } 5:10 \text{ Freestyle} $ $\{3 \times 100 \text{ on } 1:30 \text{ Freestyle hold under } 1:10 $
150	$\{1 \times 400 \text{ on } 5:05 \text{ Freestyle}$
{1 x 50 on 1:00 25 free 25 fly	$\{3 \times 100 \text{ on } 1:30 \text{ Freestyle hold under } 1:10 $ $\{1 \times 400 \text{ on } 5:00 \text{ Freestyle } \}$
$\{1 \times 50 \text{ on } 1:00 12.5 \text{ free } 37.5 \text{ fly} $ $\{1 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$	{3 x 100 on 1:30 Freestyle hold under 1:10 200 1 x 200 on 4:00 Stroke Drills
500 1x{1 x 50 on 1:10 Kick {2 x 75 on 1:40 Kick	7:30 PM 6,700 Yards - Stress Value = 103
{3 x 100 on 2:10 Kick	W-sh-sa444146 M-salas 05 Lana 2006
100 1 x 100 on 3:00 Kick for time 500 $1x{3 x 100 on 1:40 Pulls-nbbf&w + 2 yds}$	Workout #4146 - Monday, 05 June 2006 Group 3 - Silver
$\{2 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	1 minute rest between sets
{1 x 50 on :50 Pulls-nbbf&w + 2 yds 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes	5:00 PM Start
2,000 10 x 200 on 3:30 Challenge Set!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!	Yards Set Description
7:31 PM 4,500 Yards - Stress Value = 70	1 on 30:00 Stomach and Stretch
Washerst #4145 - Manday 05 Ivor 2007	500 1 x 500 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters
Workout #4145 - Monday, 05 June 2006 Group 3 - Platinum	1,050 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR-8 kicks}$
1 minute rest between sets	$\{3 \times 100 \text{ on } 2:10 \text{ Kick}$ $\{4 \times 25 \text{ on } :45 \text{ Kick no board BSLR-}10 \text{ kicks}$
5:00 PM Start	{4 x 75 on 1:35 Kick
Yards Set Description	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR-}12 \text{ kicks} $ $\{3 \times 50 \text{ on } 1 : 00 \text{ Kick} \}$
1 on 30:00 Stomach and Stretch	1,000 1x{3 x 125 on 2:05 Pull no br L. 7 yds {3 x 125 on 2:00 Pull no br L.7 yds
600	$\{2 \times 125 \text{ on } 1:55 \text{ Pull no br L.7 yds}$
1,400 2x{4 x 25 on :30 Kick no board BSLR-8 kicks	250 10 x 25 on :35 12.5 ez 12.5 fast grt finishe $2,800 \text{ 1x} \{1 \text{ x } 400 \text{ on } 6:00 \text{ Freestyle} \}$
{1 x 100 on 1:30 Kick {4 x 25 on :35 Kick no board BSLR-10 kicks	$\{3 \times 100 \text{ on } 1:40 \text{ Freestyle hold under } 1:20$
{2 x 75 on 1:10 Kick	$\{1 \times 400 \text{ on } 5:55 \text{ Freestyle} $ $\{3 \times 100 \text{ on } 1:40 \text{ Freestyle hold under } 1:20 \}$
$\{4 \times 25 \text{ on :} 40 \text{ Kick no board BSLR-} 12 \text{ kicks} $ $\{3 \times 50 \text{ on :} 55 \text{ Kick} \}$	{1 x 400 on 5:50 Freestyle {3 x 100 on 1:40 Freestyle hold under 1:20
$1,250 \ 1x\{4 \ x \ 125 \ on \ 1:40 \ Pull \ no \ br \ L. \ 7 \ yds$	$\{1 \times 400 \text{ on } 5:45 \text{ Freestyle}$
$\{3 \times 125 \text{ on } 1:35 \text{ Pull no br L.7 yds} $ $\{2 \times 125 \text{ on } 1:30 \text{ Pull no br L.7 yds} \}$	$\{3 \times 100 \text{ on } 1:40 \text{ Freestyle hold under } 1:20 \\ 200 \qquad 1 \times 200 \text{ on } 4:00 \text{ Stroke Drills}$
$\{1 \times 125 \text{ on } 1:25 \text{ Pull no br L.7 yds} \}$ 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe	7:30 PM 5,950 Yards - Stress Value = 98
3,200 $1x\{1 \times 500 \text{ on } 6:00 \text{ Freestyle} $	

Workout #4144 - Monday, 05 June 2006 Group 3 - Bronze

1	minute	rest	between	sets

Yards	5:00 PM Start Set Description	
	1 on 30:00 Stomach and Stretch	
400	1 x 400 on 10:00 Swim-kick-pull-swim	
	10 x 15 on :45 Shooters	
	Lx{4 x 25 on :45 Kick no board BSLR-8 kicks	
1,000	{3 x 100 on 2:10 Kick	
	{4 x 25 on :45 Kick no board BSLR-10 kicks	
	{4 x 75 on 1:35 Kick	
	{4 x 25 on :45 Kick no board BSLR-12 kicks	
	{3 x 50 on 1:00 Kick	
800	x{3 x 100 on 2:05 Pull no br L. 7 yds	
	{3 x 100 on 2:00 Pull no br L.7 yds	
	$\{2 \times 100 \text{ on } 1:55 \text{ Pull no br L.7 yds}$	
250	10 x 25 on :35 12.5 ez 12.5 fast grt finish	16
2,100	lx{1 x 300 on 6:00 Freestyle	
	$\{3 \times 75 \text{ on } 1:30 \text{ Freestyle hold under } 1:15$	
	{1 x 300 on 5:55 Freestyle	
	$\{3 \times 75 \text{ on } 1:30 \text{ Freestyle hold under } 1:15$	
	{1 x 300 on 5:50 Freestyle	
	{3 x 75 on 1:30 Freestyle hold under 1:15	
	{1 x 300 on 5:45 Freestyle	
0.00	{3 x 75 on 1:30 Freestyle hold under 1:15	
200	1 x 200 on 5:00 Stroke Drills	
	7:29 PM 4,950 Yards - Stress Value = 79	

Workout #4148 - Monday, 05 June 2006 Group 2 - All

1 minute rest between sets

	5:30	PM Start
Yards	Se	et Description
=====	==	
	1	on 20:00 Stomach and Stretch
400	1	x 400 on 8:00 Swim-kick-pull-swim
150	10	0 x 15 on :45 Shooters
650	1x{4	x 25 on :45 Kick no board BSLR-8 kicks
	{2	x 100 on 2:10 Kick
	{ 4	x 25 on :45 Kick no board BSLR-10 kicks
	{ 2	x 75 on 1:35 Kick
	{ 4	x 25 on :45 Kick no board BSLR-12 kicks
750	1x{2	x 125 on 2:05 Pull no br L. 7 yds
	{ 2	x 125 on 2:00 Pull no br L.7 yds
	{ 2	x 125 on 1:55 Pull no br L.7 yds
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1	x 300 on 5:00 Freestyle
	{ 3	x 100 on 1:40 Freestyle hold under 1:30
	{ 1	x 300 on 4:50 Freestyle
	{ 3	x 100 on 1:40 Freestyle hold under 1:28
	{ 1	x 300 on 4:40 Freestyle
	{ 3	x 100 on 1:40 Freestyle hold under 1:26
	{ 1	x 300 on 4:30 Freestyle
	{ 3	x 100 on 1:40 Freestyle hold under 1:24
200	1	x 200 on 4:00 Stroke Drills
	7:30	PM 4,750 Yards - Stress Value = 72

Workout #4149 - Tuesday, 06 June 2006 **Group 3 - Platinum** 1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick

	{1 x 50 on 1:00 Kick
2,000	2 x 1000 on 13:00 Pulls
	#1 break at 500 rest 15 seconds
	#2 break at each 250 rest 10 seconds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,100	3x{4 x 125 on 1:45 Backstroke
	{4 x 25 on :45 Backstroke 12yds under water
	{1 x 100 on 2:00 Stroke Drills
400	8 x 50 on 1:00 Stroke Drills
	7:30 PM 6,450 Yards - Stress Value = 83

Workout #4151 - Tuesday, 06 June 2006 Group 3 - Gold

1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
2,000	2 x 1000 on 15:00 Pulls
	#1 break at 500 rest 15 seconds
	#2 break at each 250 rest 10 seconds
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,725	3x{3 x 125 on 2:05 Backstroke
	{4 x 25 on :45 Backstroke 12yds under water
	{1 x 100 on 2:00 Stroke Drills
400	8 x 50 on 1:00 Stroke Drills
	7:31 PM 6,025 Yards - Stress Value = 74

Workout #4152 - Tuesday, 06 June 2006 Group 3 - Silver

	5:00 PM Start
Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{1 x 150 on 3:30 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
1,800	2 x 900 on 15:00 Pulls
	#1 break at 450 rest 15 seconds
	#2 break at each 225 rest 10 seconds
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,400	2x{4 x 125 on 2:15 Backstroke
	{4 x 25 on :45 Backstroke 12yds under water
	{1 x 100 on 2:00 Stroke Drills
500	10 x 50 on 1:00 Stroke Drills
	7:30 PM 5,500 Yards - Stress Value = 68

Workout #4150 - Tuesday, 06 June 2006 Group 3 - Bronze 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{1 x 150 on 3:30 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
1,500	2 x 750 on 15:00 Pulls
	#1 break at 400 rest 15 seconds
	#2 break at each 200 rest 10 seconds
250	10 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
1,100	2x{4 x 100 on 2:15 Backstroke
	{4 x 25 on :45 Backstroke 12yds under water
	{1 x 50 on 2:00 Stroke Drills
500	10 x 50 on 1:00 Stroke Drills
	7:30 PM 4,800 Yards - Stress Value = 61

Workout #4153 - Tuesday, 06 June 2006 Group 2 - All

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 20:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	2x{1 x 150 on 3:30 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
1,200	2 x 600 on 10:00 Pulls
	#1 break at 300 rest 15 seconds
	#2 break at each 150 rest 10 seconds
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,575	3x{3 x 125 on 2:15 Backstroke
	{4 x 25 on :45 Backstroke 12yds under water
	{1 x 50 on 1:30 Stroke Drills
225	1 x 225 on 4:00 Stroke Drills
	7:30 PM 4,350 Yards - Stress Value = 60

Workout #4154 - Tuesday, 06 June 2006 Group 1 - All

1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	1
	1 on 15:00 Dryland and stretch		
	1 On 13:00 Dryland and Stretch		
	1 on 10:00 Water bobs/kick on wall		
	1 on 10:00 Review Streamlines-free & back		
	1 on 15:00 Kicking drills 1/2 on breast		
	1 on 10:00 Swim set of 50's		
	1 on 15:00 Intro to fly kick side/wall/		
	with a board/without a board		

Workout #4157 - Wednesday, 07 June 2006 Group 3 - Platinum

1 on 15:00 Starts with clean entry game

7:30 PM 0 Yards

1 minute rest between sets

Vanda	5:00 PM Start
Yards	Set Description
=====	=======================================
600	1 on 30:00 Stomach and Stretch

150
1,000 1x{4 x 25 on :30 Kick no board BSLR-12 kicks
{3 x 50 on 1:00 Kick
{4 x 25 on :35 Kick no board BSLR-10 kicks
{3 x 50 on 1:00 Kick
{4 x 25 on :40 Kick no board BSLR-8 kicks
{3 x 50 on 1:00 Kick
{4 x 25 on :45 Kick no board BSLR-8 kicks
{3 x 50 on 1:00 Kick
1,800 2x{2 x 150 on 2:00 Lungbuster pulls
{ breathe 3-5-7 by the 50
{2 x 125 on 1:40 Lungbuster pulls
{ breathe 3-4-5-6-7 by the 25
{2 x 100 on 1:20 Lungbuster pulls
{ Breathe 3-5-7-9 by the 25
$\{2 \times 75 \text{ on } 1:00 \text{ Lungbuster pulls}$
{ breathe 3-5-7 by the 25
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
3 finishes for each stroke
2,200 4x{1 x 100 on 1:25 25 breast 75 free
{1 x 100 on 1:30 50 breast 50 free
{1 x 100 on 1:35 75 breast 25 free
{1 x 100 on 1:40 Breaststroke
{3 x 50 on 1:00 Breaststroke-descend
250 1 x 250 on 5:00 Stroke Drills
7:30 PM 6,300 Yards - Stress Value = 83

Workout #4156 - Wednesday, 07 June 2006 Group 3 - Gold

Yards	5:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Choice 10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR-12 kicks {3 x 50 on 1:00 Kick
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR-10 kicks} \}$
	{4 x 25 on :40 Kick no board BSLR-8 kicks {3 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board BSLR-8 kicks
4 = 0.0	(3 x 50 on 1:00 Kick
1,500	2x{2 x 150 on 2:15 Lungbuster pulls { breathe 3-5-7 by the 50 {2 x 125 on 1:50 Lungbuster pulls
	{ breathe $3-4-5-6-7$ by the 25 {2 x 100 on 1:30 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 finishes for each stroke
2,200	4x{1 x 100 on 1:25 25 breast 75 free
	{1 x 100 on 1:30 50 breast 50 free
	{1 x 100 on 1:35 75 breast 25 free
	{1 x 100 on 1:40 Breaststroke {3 x 50 on 1:00 Breaststroke-descend
250	1 x 250 on 5:00 Stroke Drills
200	7:29 PM 6,000 Yards - Stress Value = 80

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Workout #4155 - Wednesday, 07 June 2006

1 on 30:00 Dryland and stretch

600 1 x 600 on 10:00 Underwater trn drill Group 3 - Silver 150 10 x 15 on :45 Shooters 1 minute rest between sets $1,200 1x{3 x 100 on 1:50 Kick}$ {3 x 100 on 1:45 Kick 5:00 PM Start {2 x 100 on 1:40 Kick Yards Set Description {2 x 100 on 1:35 Kick _____ {2 x 100 on 1:30 Kick 1 on 30:00 Stomach and Stretch 1,200 2x{1 x 200 on 2:40 Pulls 1 x 500 on 10:00 Choice 500 {1 x 200 on 2:35 Pulls 10 x 15 on :45 Shooters {1 x 200 on 2:30 Pulls 850 $1x\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR-}12 \text{ kicks}$ 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe {3 x 50 on 1:10 Kick 2,000 $4x{2}$ x 25 on :30 Kick with or without board {4 x 25 on :40 Kick no board BSLR-10 kicks {3 x 50 on :55 Stroke Drills-descend {3 x 50 on 1:05 Kick $\{4 \times 75 \text{ on } 1:45 \text{ Butterfly-broken at each } 25$ {4 x 25 on :40 Kick no board BSLR-8 kicks { rest 5 seconds 1st 25 lup 1down 2nd 25 lup {3 x 50 on 1:00 Kick { 3rd 25 1up 3down {4 x 25 on :40 Kick no board BSLR-8 kicks 8 x 50 on 1:00 Stroke drills 400 1,300 2x{2 x 150 on 2:30 Lungbuster pulls 7:30 PM 5,850 Yards - Stress Value = 82 { breathe 3-5-7 by the 50 $\{2 \times 125 \text{ on } 2:05 \text{ Lungbuster pulls} \}$ Workout #4162 - Thursday, 08 June 2006 { breathe 3-4-5-6-7 by the 25 Group 3 - Gold {1 x 100 on 1:40 Lungbuster pulls $\{$ Breathe 3-5-7-9 by the 25 1 minute rest between sets 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 finishes for each stroke 5:00 PM Start | Yards | Set Description | Yards | Yards | Set Description | Yards | Set Description | Yards | Set Description | Yards | Set Description | Yards | Yards | Yards | Yards | Set Description | Yards | National Yards | National Yards | Yards | Set Description | Yards | National Yards | National Yards | Yards Yards Set Description 2,200 4x{1 x 100 on 1:45 25 breast 75 free ______ 1 on 30:00 Dryland and stretch 600 1 x 600 on 10:00 Underwater trn drill 150 10 x 15 on :45 Shooters {2 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick Workout #4158 - Wednesday, 07 June 2006 1,200 2x{1 x 200 on 3:00 Pulls Group 3 - Bronze {1 x 200 on 2:55 Pulls 1 minute rest between sets {1 x 200 on 2:50 Pulls 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 300 5:00 PM Start $2,000 4x{2 x 25 on :30 Kick with or without board}$ Yards Set Description {3 x 50 on :55 Stroke Drills-descend _____ ===== $\{4 \times 75 \text{ on } 2:00 \text{ Butterfly-broken at each } 25$ 1 on 30:00 Stomach and Stretch { rest 5 seconds 1st 25 lup ldown 2nd 25 lup 400 1 x 400 on 10:00 Choice { 3rd 25 1up 3down 150 10 x 15 on :45 Shooters 200 1 x 200 on 4:00 Stroke Drills 850 $1x\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR-}12 \text{ kicks}$ 7:31 PM 5,450 Yards - Stress Value = 78 {3 x 50 on 1:10 Kick {4 x 25 on :40 Kick no board BSLR-10 kicks Workout #4159 - Thursday, 08 June 2006 {3 x 50 on 1:05 Kick Group 3 - Silver {4 x 25 on :40 Kick no board BSLR-8 kicks ${3 \times 50 \text{ on } 1:00 \text{ Kick}}$ 1 minute rest between sets $\{4 \text{ x } 25 \text{ on } : 40 \text{ Kick no board BSLR-8 kicks}$ 1,300 2x{2 x 150 on 2:50 Lungbuster pulls 5:00 PM Start Yards Set Description { breathe 3-5-7 by the 50 {2 x 125 on 2:20 Lungbuster pulls ______ { breathe 3-4-5-6-7 by the 25 1 on 30:00 Dryland and stretch {1 x 100 on 1:50 Lungbuster pulls 500 1 x 500 on 10:00 Underwater trn drill 10 x 15 on :45 Shooters 2 finishes for each stroke {2 x 100 on 2:10 Kick 1,800 3x{1 x 100 on 1:55 25 breast 75 free {2 x 100 on 2:05 Kick {1 x 100 on 2:00 50 breast 50 free {1 x 100 on 2:05 75 breast 25 free {1 x 100 on 2:00 Kick 1,200 2x{1 x 200 on 3:30 Pulls {1 x 100 on 2:10 Breaststroke {1 x 200 on 3:20 Pulls {4 x 50 on 1:10 Breaststroke-descend {1 x 200 on 3:10 Pulls 1 x 200 on 4:00 Stroke Drills 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 7:29 PM 4,900 Yards - Stress Value = 68 $1,500 3x\{2 \times 25 \text{ on } :40 \text{ Kick with or without board}$ {3 x 50 on 1:05 Stroke Drills-descend $\{4 \times 75 \text{ on } 2:15 \text{ Butterfly-broken at each } 25$ Workout #4161 - Thursday, 08 June 2006 { rest 5 seconds 1st 25 lup ldown 2nd 25 lup Group 3 - Platinum { 3rd 25 1up 3down 1 minute rest between sets 8 x 50 on 1:00 Stroke Drills 7:29 PM 4,850 Yards - Stress Value = 67 5:00 PM Start Yards Set Description

Yards

200

Workout #4160 - Thursday, 08 June 2006 Group 3 - Bronze 1 minute rest between sets

5:00 PM Start Set Descrip	
	Dryland and stretch 10:00 Underwater trn drill

	1 on 30:00 Dryland and stretch	
500	1 x 500 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
800	1x{3 x 100 on 2:15 Kick	
	{2 x 100 on 2:10 Kick	
	{2 x 100 on 2:05 Kick	
	{1 x 100 on 2:00 Kick	
1,200	2x{1 x 200 on 3:50 Pulls	
	{1 x 200 on 3:40 Pulls	
	{1 x 200 on 3:30 Pulls	
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe	
1,500	$3x\{2 \times 25 \text{ on :} 45 \text{ Kick with or without board}$	
	{3 x 50 on 1:10 Stroke Drills-descend	
	$\{4 \times 75 \text{ on } 2:20 \text{ Butterfly-broken at each } 25$	
	{ rest 5 seconds 1st 25 1up 1down 2nd 25 1up	

Workout #4163 - Thursday, 08 June 2006 Group 2 - All

1 x 200 on 5:00 Stroke Drills 7:30 PM 4,650 Yards - Stress Value = 67

{ 3rd 25 1up 3down

5:30 PM Start

1 minute rest between sets

Yards Set Description ====== ===== 1 on 20:00 Dryland and stretch 1 x 400 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters 700 $1x{3 x 100 on 2:15 Kick}$

{2 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick 800 1x{1 x 200 on 3:30 Pulls {1 x 200 on 3:20 Pulls {1 x 200 on 3:10 Pulls {1 x 200 on 3:00 Pulls 8 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,500 3x\{2 \times 25 \text{ on } :40 \text{ Kick with or without board}$ {3 x 50 on 1:05 Stroke Drills-descend $\{4 \times 75 \text{ on } 2:15 \text{ Butterfly-broken at each } 25$ { rest 5 seconds 1st 25 lup 1down 2nd 25 lup { 3rd 25 1up 3down 1 x 200 on 4:00 Stroke Drills 7:32 PM 3,950 Yards - Stress Value = 56

Workout #4164 - Thursday, 08 June 2006 Group 1 - All

1 minute rest between sets

	6:00 PM Start		
Yards	Set Description E	EGY	V
	=======================================	===	=
	1 on 15:00 Dryland and stretch		
	1 on 10:00 Water bobs/kick on wall		
	1 on 10:00 Review Streamlines-free & back		

1 on 10:00 Swim set of 50's 1 on 15:00 Intro to fly kick side/wall/ with a board/without a board

1 on 15:00 Kicking drills 1/2 on breast

1 on 15:00 Starts with clean entry game 7:30 PM 0 Yards

Workout #4165 - Friday, 09 June 2006 Group 3 - Platinum 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	4x{2 x 100 on 2:00 Kick
1,000	·
1 050	{1 x 50 on 1:00 Kick for time
1,050	$1x\{2 \times 150 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds
	$\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 25 \text{ on } : 25 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
1,800	$4x\{1 \times 25 \text{ on } : 01 \text{ Stroke}$
	{1 x 125 on 3:00 Freestyle
	$\{1 \times 50 \text{ on } : 01 \text{ Stk} $
	{1 x 100 on 3:00 Freestyle
	{1 x 75 on :01 Stroke
	$\{1 \times 75 \text{ on } 3:00 \text{ Freestyle} \}$
200	1 x 200 on 4:00 Choice
400	4 x 100 on 1:30 Freestyle-descend to ludicro
	1 x 200 on 4:00 Stroke Drill
	7:29 PM 5,700 Yards - Stress Value = 107

Workout #4166 - Friday, 09 June 2006 Group 3 - Gold 1 minute rest between sets

5:00 PM Start Yards Set Description _____ 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Reverse IM drill 150 10 x 15 on :45 Shooters $1,000 4x{2 x 100 on 2:00 Kick}$ $\{1 \times 50 \text{ on } 1:00 \text{ Kick for time} \}$ $1,050 \ 1x\{2 \ x \ 150 \ on \ 2:15 \ Pulls-nbbf&w + 2 \ yds$ $\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{2 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{2 \times 25 \text{ on } : 25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe $1,800 4x{1 x 25 on :01 Stroke}$ $\{1 \times 125 \text{ on } 3:00 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } : 01 \text{ Stk}$ $\{1 \times 100 \text{ on } 3:00 \text{ Freestyle} \}$ {1 x 75 on :01 Stroke

4 x 100 on 1:30 Freestyle-descend to ludicro

 $\{1 \times 75 \text{ on } 3:00 \text{ Freestyle} \}$

1 x 200 on 4:00 Stroke Drill

7:29 PM 5,700 Yards - Stress Value = 107

1 x 200 on 4:00 Choice

200

200

Workout #4167 - Friday, 09 June 2006 Group 3 - Silver 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	3x{2 x 100 on 2:15 Kick
750	$\{1 \times 50 \text{ on } 1:15 \text{ Kick for time}\}$
1 050	1x{2 x 150 on 2:30 Pulls-nbbf&w + 2 yds
1,000	_
	{2 x 125 on 2:05 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:40 Pulls-nbbf&w + 2 yds
	$\{2 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 50 \text{ on } : 50 \text{ Pulls-nbbf}\&w + 2 \text{ yds} $
	$\{2 \times 25 \text{ on } : 25 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
1,800	4x{1 x 25 on :01 Stroke
	{1 x 125 on 3:00 Freestyle
	{1 x 50 on :01 Stk
	{1 x 100 on 3:00 Freestyle
	{1 x 75 on :01 Stroke
	$\{1 \times 75 \text{ on } 3:00 \text{ Freestyle} \}$
200	1 x 200 on 4:00 Choice
	4 x 100 on 1:40 Freestyle-descend to ludicro
	1 x 200 on 4:00 Stroke Drill
200	7:30 PM 5,350 Yards - Stress Value = 102
	7.00 111 0,000 14140 001000 14140 102

Workout #4168 - Friday, 09 June 2006 Group 3 - Bronze 1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	3x{2 x 100 on 2:15 Kick
	{1 x 50 on 1:15 Kick for time
1,060	1x{2 x 150 on 2:50 Pulls-nbbf&w + 2 yds
•	{2 x 125 on 2:20 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:50 Pulls-nbbf&w + 2 yds
	$\{2 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 30 \text{ on } : 25 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
200	8 x 25 on :30 12.5 ez 12.5 fast grt finishes
1,200	4x{1 x 25 on :01 Stroke
	$\{1 \times 75 \text{ on } 3:00 \text{ Freestyle} \}$
	{1 x 50 on :01 Stk
	$\{1 \times 50 \text{ on } 3:00 \text{ Freestyle}$
	{1 x 75 on :01 Stroke
	$\{1 \times 25 \text{ on } 3:00 \text{ Freestyle}$
150	1 x 150 on 4:00 Choice
300	4 x 75 on 1:30 Freestyle-descend to ludicrou
150	1 x 150 on 4:00 Stroke Drill
	7:29 PM 4,460 Yards - Stress Value = 100

Workout #4169 - Friday, 09 June 2006 Group 2 - All

1 minute rest between sets

Yards	5:30 PM Start Set Description
=====	=======================================
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	3x{2 x 100 on 2:15 Kick
	$\{1 \times 50 \text{ on } 1:15 \text{ Kick for time}$
900	$1x\{2 \times 150 \text{ on } 2:30 \text{ Pulls-nbbf&w} + 2 \text{ vds}$

-	x 125 on 2:05 Pulls-nbbf&w + 2 yds
{ 2	x 100 on 1:40 Pulls-nbbf&w + 2 yds
{ 2	x 75 on 1:15 Pulls-nbbf&w + 2 yds
200 8	\times 25 on :40 12.5 ez 12.5 fast grt finishes
900 2x{1	x 25 on :01 Stroke
{ 1	x 125 on 3:00 Freestyle
{1	x 50 on :01 Stk
{ 1	x 100 on 3:00 Freestyle
{ 1	x 75 on :01 Stroke
{ 1	x 75 on 3:00 Freestyle
200 1	x 200 on 4:00 Choice
300 3	x 100 on 1:45 Freestyle-descend to ludicro
300 6	x 50 on 1:10 Stroke Drill
7:29	PM 4,100 Yards - Stress Value = 68
7:29	PM 4,100 Yards - Stress Value = 68

Workout #4174 - Monday, 12 June 2006 Group 3 - All

1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WORK
		===	====
	1 on 15:00 Stretching		I
400	1 x 400 on 8:00 Stroke Drills	REC	Γ
400	8 x 50 on 1:00 Down easy back fast	EN1	٤
300	3 x 100 on 2:00 Kick	EN1	F
100	1 x 100 on 5:00 Freestyle-OTB for time	SP2	٤
200	1 x 200 on 3:00 Freestyle	REC	Γ
750	10 x 75 on 2:00 Freestyle	SP1	۶
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	6:14 PM 2,350 Yards - Stress Value = 7	7	

Workout #4172 - Monday, 12 June 2006 Group 3 - Platinum 1 minute rest between sets

	6:00 AM Start Set Description
=====	1 20.00 0+
600	1 on 30:00 Stomach and Stretch
	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,200	4x{4 x 25 on :30 Kick no board BSLR-12 kicks
	{2 x 100 on 1:45 Kick
1,800	$2x\{1 \times 200 \text{ on } 2:30 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 175 \text{ on } 2:10 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 150 \text{ on } 1:50 \text{ Pull no br L.}12 \text{ yds}$
	{1 x 125 on 1:30 Pull no br L.12 yds
	$\{1 \times 100 \text{ on } 1:15 \text{ Pull no br L.12 yds}$
	{1 x 75 on :55 Pull no br L.12 yds
	{1 x 50 on :35 Pull no br L.12 yds
	{1 x 25 on :20 Pull no br L.12 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	1x{2 x 500 on 6:15 Freestyle
-,	{2 x 500 on 6:00 Freestyle
	{2 x 500 on 5:45 Freestyle
350	7 x 50 on 1:00 Stroke Drills
330	8:30 AM 7,400 Yards - Stress Value = 136
	0.30 Am /, 400 laids - Stless value - 130

Workout #4173 - Monday, 12 June 2006 Group 3 - Gold 1 minute rest between sets

Workout #4175 - Monday, 12 June 2006 Group 2 - All 1 minute rest between sets

6:00 AM Start Yards Set Description	5:30 PM Start
1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 4x{4 x 25 on :30 Kick no board BSLR-12 kicks {2 x 100 on 2:00 Kick 1,750 2x{1 x 200 on 2:50 Pull no br L.12 yds	Yards Set Description 1 on 20:00 Stomach and Stretch 400 1 x 400 on 8:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 900 3x{4 x 25 on :40 Kick no board BSLR-12 kicks {2 x 100 on 2:15 Kick}
{1 x 175 on 2:25 Pull no br L.12 yds {1 x 150 on 2:05 Pull no br L.12 yds {1 x 125 on 1:45 Pull no br L.12 yds {1 x 100 on 1:25 Pull no br L.12 yds {1 x 75 on 1:05 Pull no br L.12 yds {1 x 50 on :40 Pull no br L.12 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,500 1x{2 x 500 on 6:50 Freestyle {2 x 500 on 6:40 Freestyle {1 x 500 on 6:30 Freestyle 250 5 x 50 on 1:00 Stroke Drills 8:30 AM 6,750 Yards - Stress Value = 123	750 1x{1 x 200 on 3:20 Pull no br L.12 yds

Workout #4171 - Monday, 12 June 2006 Group 3 - Silver

1 minute rest between sets

Workout #4178 - Tuesday, 13 June 2006 **Group 3 - Platinum** 1 minute rest between sets

6:00 AM Start Yards Set Description	6:00 AM Start Yards Set Description
1 on 30:00 Stomach and Stretch 500 1 x 500 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 4x{4 x 25 on :40 Kick no board BSLR-12 kicks {2 x 100 on 2:15 Kick 1,650 2x{1 x 200 on 3:05 Pull no br L.12 yds {1 x 175 on 2:40 Pull no br L.12 yds {1 x 150 on 2:15 Pull no br L.12 yds {1 x 125 on 1:55 Pull no br L.12 yds {1 x 100 on 1:30 Pull no br L.12 yds {1 x 75 on 1:05 Pull no br L.12 yds {1 x 75 on 1:05 Pull no br L.12 yds {1 x 75 on 1:05 Pull no br L.12 yds } 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,000 1x{2 x 500 on 7:20 Freestyle {2 x 500 on 7:20 Freestyle 300 6 x 50 on 1:00 Stroke Drills	1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,000 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:30 Kick {1 x 50 on 1:00 Kick {1 x 25 on :30 Kick {1 x 25 on :30 Kick 1,500 1x{4 x 125 on 1:40 Pulls {4 x 125 on 1:35 Pulls {4 x 125 on 1:30 Pulls 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe 3,000 3x{6 x 100 on 1:30 Backstroke-descend in 3's {8 x 50 on 1:00 Stroke Drills 8:30 AM 6,500 Yards - Stress Value = 97
8:30 AM 6,000 Yards - Stress Value = 111	Workout #4177 Tuesday 12 June 2006

Workout #4170 - Monday, 12 June 2006 Group 3 - Bronze

1 minute rest between sets

	6:00 AM Start	=
Yards	Set Description	
=====	=======================================	
	1 on 30:00 Stomach and Stretch	
400	1 x 400 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
900	3x{4 x 25 on :40 Kick no board BSLR-12 kicks	
	{2 x 100 on 2:15 Kick	
1,300	$2x\{1 \times 200 \text{ on } 3:40 \text{ Pull no br L.12 yds}$	
	$\{1 \times 175 \text{ on } 3:10 \text{ Pull no br L.12 yds}$	
	$\{1 \times 150 \text{ on } 2:45 \text{ Pull no br L.}12 \text{ yds}$	
	$\{1 \times 125 \text{ on } 2:15 \text{ Pull no br L.}12 \text{ yds}$	
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,000	1x{1 x 500 on 9:00 Freestyle	
	{1 x 500 on 8:45 Freestyle	
	{1 x 500 on 8:30 Freestyle	
	{1 x 500 on 8:15 Freestyle	
300	6 x 50 on 1:15 Stroke Drills	

8:29 AM 5,250 Yards - Stress Value = 92

Workout #4177 - Tuesday, 13 June 2006 Group 3 - Gold 1 minute rest between sets

		6:00 AM Start
	Yards	Set Description
	=====	=======================================
		1 on 30:00 Physio Balls/Stretch
=	600	1 x 600 on 10:00 Underwater trn drill
	150	10 x 15 on :45 Shooters
	1,000	4x{1 x 100 on 2:00 Kick
		{1 x 75 on 1:30 Kick
		{1 x 50 on 1:00 Kick
		{1 x 25 on :30 Kick
	1,500	1x{4 x 125 on 1:55 Pulls
		{4 x 125 on 1:50 Pulls
		{4 x 125 on 1:45 Pulls
	250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
٤	2,700	3x{6 x 100 on 1:40 Backstroke-descend in 3's
		{6 x 50 on 1:00 Stroke Drills
		8:30 AM 6,200 Yards - Stress Value = 97

Workout #4176 - Tuesday, 13 June 2006 Group 3 - Silver 1 minute rest between sets

	6:00 AM Start	
Yards	Set Description	2,
=====	=======================================	-,
	1 on 30:00 Physio Balls/Stretch	
500	1 x 500 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
1,000	4x{1 x 100 on 2:15 Kick	
	{1 x 75 on 1:40 Kick	
	{1 x 50 on 1:05 Kick	
	{1 x 25 on :30 Kick	
1,000	1x{4 x 125 on 2:05 Pulls	
	{4 x 125 on 2:00 Pulls	Υa
250	10 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ	===
2,700	3x{6 x 100 on 1:50 Backstroke-descend in 3's	
	{6 x 50 on 1:00 Stroke Drills	
	8:30 AM 5,600 Yards - Stress Value = 87	

Workout #4179 - Tuesday, 13 June 2006 Group 3 - Bronze 1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
450	1 x 450 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	4x{1 x 100 on 2:15 Kick
	{1 x 75 on 1:40 Kick
	{1 x 50 on 1:05 Kick
	{1 x 25 on :30 Kick
1,000	1x{4 x 125 on 2:20 Pulls
	{4 x 125 on 2:15 Pulls
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,400	3x{4 x 100 on 2:05 Backstroke-descend
	{8 x 50 on 1:00 Stroke Drills
	8:30 AM 5,250 Yards - Stress Value = 75

Workout #4180 - Tuesday, 13 June 2006 **Group 3 - Speed Acquisition** 1 minute rest between sets

	5:00	PN	1 3	Stai	rt			
Yards	Se	et	Des	scri	iption	n		ΕGΊ
=====	==	===	-==	-===				===
	1	or	1 2 (0:00	Dry	land	and stretch	
400	1	Х	400	or O	7:00) Und	derwater trn drill	REC
150	10) >	15	o or	n :45	Shoo	oters	SP3
1,200	1x{4	Х	50	on	2:00	15m	under/back	EN2
	{ 4	Х	50	on	2:00	15m	under/stomach	EN2
	{ 4	Х	50	on	2:00	15m	under/back/zoomers	EN2
	{ 4	Х	50	on	2:00	15m	under/stomach/zoomers	EN2
	{ 4	Х	50	on	2:00	15m	under/back/fins	EN2
	{ 4	Х	50	on	2:00	15m	under/stomach/fins	EN2
200	1	Х	200	or (1 4:00) Sci	ılling drills	REC
	6:30	ΡN	11,	950) Yard	ds -	Stress Value = 30	

Workout #4181 - Tuesday, 13 June 2006 Group 2 - All

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 20:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	3x{1 x 100 on 2:15 Kick

	{ 1	x 75 on 1:40 Kick
	{ 1	x 50 on 1:05 Kick
	{ 1	x 25 on :30 Kick
750	1x{3	x 125 on 2:05 Pulls
	{ 3	x 125 on 2:00 Pulls
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	3x{6	x 100 on 1:50 Backstroke-descend in 3's
	{ 4	x 50 on 1:00 Stroke Drills
	7:32	PM 4,650 Yards - Stress Value = 77
		Workout #4182 - Tuesday, 13 June 2006

Group 1 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description						
		===	==				
	1 on 15:00 Dryland and stretch						
	1 on 10:00 Warm-up/water bobs						
	1 on 10:00 Kick set-breast kick						
	1 on 15:00 Techniques-open turns						
	introduce breast pullout						
	1 on 10:00 Streamline back and free						
	1 on 20:00 Techniques-Starts in deep end						
	spend at least 5:00 on backstroke starts	S					
	1 on 10:00 Organized game						
	7:30 PM 0 Yards						

Workout #4184 - Wednesday, 14 June 2006 **Group 3 - Platinum** 1 minute rest between sets

	6:00 AM Start
Yards	Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Choice L.25 of each 100 bui
	to 90% effort
150	10 x 15 on :45 Shooters
1,200	3x{8 x 25 on :30 Kick no board BSLR-10 kicks
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
1,200	1x{2 x 200 on 2:45 Lungbuster pulls
	{2 x 200 on 2:40 Lungbuster pulls
	{2 x 200 on 2:35 Lungbuster pulls
	Odds breathe 3-4-5-6 Evens breathe 2-3-4-5
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,100	$3x\{6 \times 25 \text{ on } : 45 \text{ Breast-fast TO drill}$
	{3 x 50 on 1:00 Breaststroke
	{3 x 50 on :55 Breaststroke
	{3 x 50 on :50 Breaststroke
	{1 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	8:31 AM 5,800 Yards - Stress Value = 85

Workout #4183 - Wednesday, 14 June 2006 Group 3 - Gold

1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Choice L.25 of each 100 bui
	to 90% effort
150	10 x 15 on :45 Shooters
1,200	3x{8 x 25 on :30 Kick no board BSLR-10 kicks
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
1,000	1x{2 x 200 on 3:00 Lungbuster pulls
	{2 x 200 on 2:55 Lungbuster pulls
	{1 x 200 on 2:50 Lungbuster pulls
	Odds breathe 3-4-5-6 Evens breathe 2-3-4-5
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,100	3x{6 x 25 on :45 Breast-fast TO drill
	{3 x 50 on 1:00 Breaststroke
	{3 x 50 on :55 Breaststroke
	{3 x 50 on :50 Breaststroke
	{1 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	8:30 AM 5,600 Yards - Stress Value = 81

Workout #4185 - Wednesday, 14 June 2006 Group 3 - Silver

1 minute rest between sets

6:00 AM Start

Yards	Set Description
F00	1 on 30:00 Stomach and Stretch
300	1 x 500 on 10:00 Choice L.25 of each 100 bui to 90% effort
150	10 x 15 on :45 Shooters
800	2x{8 x 25 on :40 Kick no board BSLR-10 kicks
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
1,000	1x{2 x 200 on 3:20 Lungbuster pulls
	{2 x 200 on 3:15 Lungbuster pulls
	{1 x 200 on 3:10 Lungbuster pulls
	Odds breathe 3-4-5-6 Evens breathe 2-3-4-5
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
1,950	3x{6 x 25 on :45 Breast-fast TO drill
	{3 x 50 on 1:10 Breaststroke
	{3 x 50 on 1:05 Breaststroke
	{3 x 50 on 1:00 Breaststroke
	$\{1 \times 50 \text{ on } 1:30 \text{ Freestyle}$
200	1 x 200 on 4:00 Stroke Drills
	8:31 AM 4,900 Yards - Stress Value = 73

Workout #4186 - Wednesday, 14 June 2006 Group 3 - Bronze

1 minute rest between sets

Yards	6:00 AM Start Set Description						
400	<pre>1 on 30:00 Stomach and Stretch 1 x 400 on 10:00 Choice L.25 of each 100 bui to 90% effort</pre>						
150	10 x 15 on :45 Shooters						
800	2x{8 x 25 on :40 Kick no board BSLR-10 kicks						
	{1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick						
800	1x{2 x 200 on 3:40 Lungbuster pulls						
	{1 x 200 on 3:35 Lungbuster pulls						
	{1 x 200 on 3:30 Lungbuster pulls						
Odds breathe 3-4-5-6 Evens breathe 2-3-4-5							
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe						

L , 950	3x{6	Х	25	on	:45 Breast-fast TO drill
	{ 3	Х	50	on	1:15 Breaststroke
	{ 3	Х	50	on	1:10 Breaststroke
	{ 3	Х	50	on	1:05 Breaststroke
	{ 1	Х	50	on	1:30 Freestyle
200	1	Х	200	or O	n 4:00 Stroke Drills
	8:31	ΑN	14,	600	O Yards - Stress Value = 71

Workout #4190 - Thursday, 15 June 2006 Group 3 - Platinum

1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
600	6 x 100 on 2:00 Underwater trn drill
	Odds freestyle evens backstroke
150	10 x 15 on :45 Shooters
1,250	5x{1 x 25 on :30 Kick
	{1 x 50 on :55 Kick
	{1 x 75 on 1:20 KIck
	{1 x 100 on 1:45 Kick
1,250	5x{1 x 100 on 1:10 Pulls
	{1 x 75 on :55 Pulls
	{1 x 50 on :40 Pulls
	{1 x 25 on :25 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,700	6x{8 x 25 on :20 Butterfly
	{1 on 1:00 Rest
	{3 x 50 on :50 Fly #1 12.5 yds under off turn
	{ #2 2up 1 down, #3 2up 3down
	{1 x 100 on 2:00 Freestyle
	8:31 AM 6,250 Yards - Stress Value = 97
	Workout #4189 - Thursday, 15 June 2006

Workout #4189 - Thursday, 15 June 2006 Group 3 - Gold

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
600	6 x 100 on 2:00 Underwater trn drill
	Odds freestyle evens backstroke
150	10 x 15 on :45 Shooters
	4x{1 x 25 on :30 Kick
_,	{1 x 50 on 1:00 Kick
	{1 x 75 on 1:30 Kick
	{1 x 100 on 2:00 Kick
1 000	4x{1 x 100 on 1:25 Pulls
1,000	{1 x 75 on 1:05 Pulls
	{1 x 50 on :45 Pulls
	{1 x 25 on :30 Pulls
300	$12 \times 25 \text{ on } : 30 \text{ Fulls}$ $12 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishe}$
	-
2,230	5x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
	{3 x 50 on :55 Fly #1 12.5 yds under off turn
	{ #2 2up 1 down, #3 2up 3down
100	{1 x 100 on 2:00 Freestyle
100	1 x 100 on 2:00 Stroke drill
	8:30 AM 5,400 Yards - Stress Value = 81

Workout #4187 - Thursday, 15 June 2006 Group 3 - Silver

1 minute rest between sets

Yards	6:00 AM Start Set Description
600	1 on 30:00 Physio Balls/Stretch 6 x 100 on 2:00 Underwater trn drill Odds freestyle evens backstroke
150	-
1,000	4x{1 x 25 on :35 Kick
	{1 x 50 on 1:05 Kick
	{1 x 75 on 1:40 Kick
1 000	{1 x 100 on 2:15 Kick 4x{1 x 100 on 1:40 Pulls
1,000	1 x 75 on 1:10 Pulls
	{1 x 50 on :50 Pulls
	{1 x 25 on :30 Pulls
300	12×25 on :40 12.5 ez 12.5 fast grt finishe
1,800	$4x\{8 \times 25 \text{ on } :35 \text{ Butterfly}$
	{1 on 1:00 Rest
	{3 x 50 on 1:05 Fly #1 12.5 yds under off tur
	{ #2 2up 1 down, #3 2up 3down
100	{1 x 100 on 2:00 Freestyle 1 x 100 on 2:00 Stroke drill
100	8:30 AM 4,950 Yards - Stress Value = 74
	, , , , , , , , , , , , , , , , , , , ,

Workout #4188 - Thursday, 15 June 2006 Group 3 - Bronze

1 minute rest between sets

	6:00 AM Start	Yards
Yards	Set Description	=====
=====		
	1 on 30:00 Physio Balls/Stretch	
450	6 x 75 on 2:00 Underwater trn drill	
	Odds freestyle evens backstroke	
150	10 x 15 on :45 Shooters	
1,000	$4x{1 x 25 on :35 Kick}$	
	{1 x 50 on 1:05 Kick	
	{1 x 75 on 1:40 Kick	
	{1 x 100 on 2:15 Kick	
1,000	4x{1 x 100 on 1:50 Pulls	
	{1 x 75 on 1:20 Pulls	
	{1 x 50 on :55 Pulls	
	{1 x 25 on :30 Pulls	
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ	
1,400	$4x\{6 \times 25 \text{ on } :35 \text{ Butterfly}$	
	{1 on 1:00 Rest	
	$\{3 \times 50 \text{ on } 1:15 \text{ Fly } \#1 12.5 \text{yds } \text{under } \text{off } \text{tur} \}$	
	{ #2 2up 1 down, #3 2up 3down	
	$\{1 \times 50 \text{ on } 2:00 \text{ Freestyle}$	
100	1 x 100 on 2:00 Stroke drill	
	8:29 AM 4,400 Yards - Stress Value = 70	

Workout #4191 - Thursday, 15 June 2006 Group 3 - Speed Acquisition 1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	E
=====		=
	1 on 20:00 Dryland and stretch	
400	8×50 on 1:00 Stroke Drills 2 on each stroke	F
600	1 x 600 on 12:00 Vertical Kicking	E
150	10 x 15 on :45 Shooter	٤
600	6 x 100 on 6:00 Freestyle-OTB for time	٤
250	5 x 50 on 1:00 Stroke Drills	F
	6:33 PM 2,000 Yards - Stress Value = 66	

Group 2 - All 1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	
	1 on 20:00 Stomach and Stretch
400	4 x 100 on 2:00 Underwater trn drill
	Odds freestyle evens backstroke
150	10 x 15 on :45 Shooters
500	2x{1 x 25 on :35 Kick
	{1 x 50 on 1:05 Kick
	{1 x 75 on 1:40 Kick
	{1 x 100 on 2:15 Kick
500	2x{1 x 100 on 1:40 Pulls
	{1 x 75 on 1:15 Pulls
	{1 x 50 on :50 Pulls
	{1 x 25 on :30 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	$4x\{8 \times 25 \text{ on :} 35 \text{ Butterfly}$
	{1 on 1:00 Rest
	$\{3 \times 50 \text{ on } 1:10 \text{ Fly } \#1 \text{ 12.5 yds under off tur} \}$
	{ #2 2up 1 down, #3 2up 3down
	{1 x 100 on 2:00 Freestyle
300	1 x 300 on 6:00 Stroke drill
	7:30 PM 3,850 Yards - Stress Value = 54

Workout #4197 - Friday, 16 June 2006 Group 3 - All 1 minute rest between sets

5:00	PM	Star	t						
Se	Set Description						EGY	WORK	STF
==			=====	====		=====	===	====	===
1	on	20:00	Dryla	nd a	and st	retch		L	DRY
1	on	5:00	Freest	yle-	-EZ		REC	S	FF
1x{1	on	10:00	Vrtcl	Kck	k w/ou	t zmmr	SP3	K	FF
{ 1	on	10:00	Runni	ng E	Pit Sp	rints	SP3	S	FF
{ 1	on	10:00	Strth	Crdz	z-shll	w-deep	SP3	S	FF
{ 1	on	10:00	12X25	@45	chts/	pb/pdl	SP3	S	STF
{ 1	on	10:00	12X25	@45	undrw	tr fly	SP3	K	FLY
{ ₩	{ without fins								
{ 1	on	10:00	Off t	he k	olock	sprint	SP3	S	STF
1	on	5:00	Freest	yle-	-EZ		REC	S	CI
6:30	PM	0 Yar	ds						
	Se == 1	Set I ===== 1 on 1 on 1 x {1 on {1on {1	Set Descrip 1 on 20:00 1 on 5:00 1x{1 on 10:00 {1 on 10:00 { without f: {1 on 5:00 1 on 5:00 }	1 on 20:00 Dryla 1 on 5:00 Freest 1x{1 on 10:00 Vrtcl} {1 on 10:00 Runni {1 on 10:00 Strth {1 on 10:00 12X25 {1 on 10:00 12X25 { without fins {1 on 10:00 Off t	Set Description	Set Description	Set Description 1 on 20:00 Dryland and stretch 1 on 5:00 Freestyle-EZ 1x{1 on 10:00 Vrtcl Kck w/out zmmr {1 on 10:00 Running Pit Sprints {1 on 10:00 StrthCrdz-shllw-deep {1 on 10:00 12X25@45 chts/pb/pdl {1 on 10:00 12X25@45 undrwtr fly { without fins {1 on 10:00 Off the block sprint 1 on 5:00 Freestyle-EZ	Set Description EGY	Set Description

Workout #4193 - Friday, 16 June 2006 Group 3 - Platinum 1 minute rest between sets

	6:00 AM Start
	Set Description
=====	
	1 on 30:00 Stomach and Stretch
	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	6x{1 x 100 on 1:30 Kick
	{1 x 100 on 2:00 Kick
1,300	$1x\{2 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 150 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	{2 x 175 on 2:20 Pulls-nbbf&w + 2 yds
	{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:45 Freestyle
	{1 x 200 on 3:00 Freestyle
400	4 x 100 on 1:30 Freestyle-descend to ludicro
	6 x 50 on 1:00 Stroke Drills
200	8:30 AM 6,450 Yards - Stress Value = 168

Workout #4194 - Friday, 16 June 2006 Group 3 - Gold

1 minute rest between sets

Yards	6:00 AM Start Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
1,000	5x{1 x 100 on 1:50 Kick
	{1 x 100 on 2:10 Kick
1,300	$1x\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	{2 x 150 on 2:10 Pulls-nbbf&w + 2 yds
	$\{2 \times 175 \text{ on } 2:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 200 \text{ on } 2:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,200	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:45 Freestyle
	{1 x 200 on 3:00 Freestyle
400	4 x 100 on 1:30 Freestyle-descend to ludicro
300	6 x 50 on 1:00 Stroke Drills

Workout #4195 - Friday, 16 June 2006 Group 3 - Silver

8:30 AM 6,250 Yards - Stress Value = 165

1 minute rest between sets

```
6:00 AM Start
Yards
         Set Description
          ______
=====
          1 on 30:00 Stomach and Stretch
   500
        1 x 500 on 10:00 Reverse IM drill
         10 x 15 on :45 Shooters
   150
1,000 5x{1 x 100 on 2:00 Kick}
         {1 x 100 on 2:20 Kick
1,100 1x{2 x 125 on 2:05 Pulls-nbbf&w + 2 yds}
         \{2 \times 150 \text{ on } 2:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
         \{2 \times 175 \text{ on } 2:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
```

```
\{1 \times 200 \text{ on } 3:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
  250
          10 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,700 \ 1x\{4 \ x \ 100 \ on \ 2:00 \ Freestyle
          {1 on 1:00 Rest
          {4 x 100 on 1:55 Freestyle
          {1 on 1:00 Rest
          \{4 \times 100 \text{ on } 1:50 \text{ Freestyle} \}
          {1 on 1:00 Rest
          {4 x 100 on 1:45 Freestyle
          \{1 \times 100 \text{ on } 3:00 \text{ Freestyle} \}
  400
          4 x 100 on 1:30 Freestyle-descend to ludicro
         4 x 100 on 1:00 Stroke Drills
       8:30 AM 5,400 Yards - Stress Value = 138
```

Workout #4196 - Friday, 16 June 2006 Group 3 - Bronze 1 minute rest between sets

6:00 AM Start

Set Description

Yards

=====	
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
1,000	5x{1 x 100 on 2:00 Kick
	{1 x 100 on 2:20 Kick
900	$1x\{2 \times 125 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 150 \text{ on } 2:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 175 \text{ on } 3:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	12×25 on :40 12.5 ez 12.5 fast grt finishe
1,700	1x{4 x 100 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:55 Freestyle
	{1 on 1:00 Rest
	$\{4 \times 100 \text{ on } 1:50 \text{ Freestyle}$
	{1 on 1:00 Rest
	{4 x 100 on 1:45 Freestyle
	{1 x 100 on 3:00 Freestyle
	4 x 75 on 1:30 Freestyle-descend to ludicrou
300	6 x 50 on 1:00 Stroke Drills
	8:29 AM 5,150 Yards - Stress Value = 135
	Workout #4198 - Friday, 16 June 2006

Workout #4198 - Friday, 16 June 2006 Group 2 - All

```
5:30 PM Start
Yards Set Description
          _____
          1 on 20:00 Stomach and Stretch
  400
          1 x 400 on 8:00 Reverse IM drill
  150
          10 x 15 on :45 Shooters
  600 3x{1 x 100 on 1:50 Kick}
         {1 x 100 on 2:20 Kick
  650 1x\{1 \times 125 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}
         \{1 \times 150 \text{ on } 2:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
         \{1 \times 175 \text{ on } 2:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
         \{1 \times 200 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
         8 x 25 on :40 12.5 ez 12.5 fast grt finishes
  200
2,000 4x{4 x 125 on 2:00 Freestyle}
         {1 on 1:00 Rest
  400
          16 x 25 on :30 IM order
           1-8 drill 9-16 fast
          1 x 200 on 4:00 Stroke Drills
  200
      7:30 PM 4,600 Yards - Stress Value = 152
```

Licensed To: South Bend SC/Riley HS Workout #4203 - Monday, 19 June 2006 Group 3 - All 1 minute rest between sets 5:00 PM Start Yards Set Description _____ 1 on 15:00 Dryland and stretch 1 x 400 on 7:00 Swim-kick-pull-swim 400 10 x 15 on :45 Shooters 150 10 x 100 on 1:45 Kick w/ flippers challenge 1,000 100 1 x 100 on 2:00 Freestyle 1,800 $1x{4}$ x 25 on :30 One on each stroke {1 x 200 on 3:00 Freestyle Υa $\{4 \times 50 \text{ on } 1:15 \text{ One on each stroke}\}$ $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$ $\{4 \text{ x } 75 \text{ on } 2:00 \text{ One on each stroke}$ $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$ $\{4 \times 100 \text{ on } 2:30 \text{ One on each stroke}$ $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$ 1 6:31 PM 3,450 Yards - Stress Value = 106 Workout #4200 - Monday, 19 June 2006 Group 3 - Platinum 1 minute rest between sets 1 6:00 AM Start Yards Set Description ______ ===== 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 900 6 x 150 on 2:00 Freestyle-descend in sets of 1,200 $2x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR-12 kicks}$ {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR-10 kicks $\{2 \times 50 \text{ on } : 50 \text{ Kick} \}$ {4 x 25 on :30 Kick no board BSLR-8 kicks ${3 \times 50 \text{ on :55 Kick}}$ 6 x 150 on 2:00 Freestyle-descend in sets of \pm $1,500 4x{1 x 125 on 1:40 Pull no br L.6 yds$ $\{1 \times 125 \text{ on } 1:40 \text{ Pull no br L.}10 \text{ yds}$ {1 x 125 on 1:40 Pull no br L.14 yds 900 6 x 150 on 2:00 Freestyle-descend in sets of 1 x 200 on 3:00 Freestyle 200 400 1x{4 x 25 on :30 Freestyle $\{4 \times 25 \text{ on :} 25 \text{ Freestyle}$ $\{4 \times 25 \text{ on :} 20 \text{ Freestyle}$ $\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$ 5 x 50 on 1:00 Stroke Drills 8:30 AM 7,000 Yards - Stress Value = 115

	Workout #4202 - Monday, 19 June 2006 Group 3 - Gold 1 minute rest between sets
Yards	6:00 AM Start Set Description
600 150 900 1,400	1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 6 x 150 on 2:15 Freestyle-descend in sets of 2x{4 x 25 on :30 Kick no board BSLR-12 kicks {1 x 50 on :55 Kick 4 x 25 on :30 Kick no board BSLR-10 kicks {2 x 100 on :50 Kick 4 x 25 on :30 Kick no board BSLR-8 kicks {3 x 50 on 1:05 Kick 6 x 150 on 2:15 Freestyle-descend in sets of 3x{1 x 125 on 1:50 Pull no br L.6 yds {1 x 125 on 1:50 Pull no br L.10 yds {1 x 125 on 1:50 Pull no br L.14 yds

900	6	\times 150 on 2:15 Freestyle-descend in sets of
100	1	x 100 on 2:00 Freestyle
300	1x{4	x 25 on :30 Freestyle
	{ 4	x 25 on :25 Freestyle
	{ 4	x 25 on :20 Freestyle
200	1	x 200 on 3:00 Stroke Drills
	8:30	AM 6,575 Yards - Stress Value = 112

Workout #4201 - Monday, 19 June 2006 Group 3 - Silver

1 minute rest between sets

6:00 AM Start

Yards	Se	t Description
	1	on 30:00 Stomach and Stretch
500		x 500 on 10:00 Swim-kick-pull-swim
		x 15 on :45 Shooters
		x 150 on 2:30 Freestyle-descend in sets of
		x 25 on :40 Kick no board BSLR-12 kicks
•	{1	x 50 on 1:00 Kick
	{ 4	x 25 on :40 Kick no board BSLR-10 kicks
	{ 2	x 50 on 1:05 Kick
	{ 4	x 25 on :30 Kick no board BSLR-8 kicks
	{ 3	x 50 on 1:10 Kick
900	6	x 150 on 2:30 Freestyle-descend in sets of
1,125	3x{1	x 125 on 1:50 Pull no br L.6 yds
	{ 1	x 125 on 1:50 Pull no br L.10 yds
	{ 1	x 125 on 1:50 Pull no br L.14 yds
900	6	x 150 on 2:30 Freestyle-descend in sets of
250	5	x 50 on 1:00 Stroke Drills
	8:30	AM 5,925 Yards - Stress Value = 104

Workout #4199 - Monday, 19 June 2006 Group 3 - Bronze 1 minute rest between sets

Yards		AM Start et Description
400		on 30:00 Stomach and Stretch
		x 400 on 10:00 Swim-kick-pull-swim
		0 x 15 on :45 Shooters
900	6	x 150 on 2:45 Freestyle-descend in sets of
1,200	2x{4	x 25 on :40 Kick no board BSLR-12 kicks
	{ 1	x 50 on 1:00 Kick
	{ 4	x 25 on :40 Kick no board BSLR-10 kicks
	{2	x 50 on 1:05 Kick
	{ 4	x 25 on :30 Kick no board BSLR-8 kicks
	13	x 50 on 1:10 Kick
900	•	x 150 on 2:45 Freestyle-descend in sets of
900	3x{1	x 100 on 1:50 Pull no br L.6 yds
	{1	x 100 on 1:50 Pull no br L.10 yds
		x 100 on 1:50 Pull no br L.14 yds
450		x 150 on 2:45 Freestyle-descend in sets of
		x 50 on 1:00 Stroke Drills
330		AM 5,250 Yards - Stress Value = 90
	0.50	An J, 250 ratus Scress value - 90

Workout #4204 - Monday, 19 June 2006 Group 2 - All 1 minute rest between sets

up 2 - All Workout #4207 - Tuesday, 20 June 2006 est between sets Group 3 - Silver

1 minute rest between sets

		1 influte Test between sets
	5:30 PM Start	
Yards	Set Description	6:00 AM Start
=====	=======================================	Yards Set Description
	1 on 20:00 Stomach and Stretch	
400	1 x 400 on 8:00 Swim-kick-pull-swim	1 on 30:00 Physio Balls/Stretch
150	10 x 15 on :45 Shooters	500 1 x 500 on 10:00 Underwater trn drill
900	6 x 150 on 2:30 Freestyle-descend in sets of	150
600	1x{4 x 25 on :40 Kick no board BSLR-12 kicks	1,000 10 x 100 on 2:30 Kick
	{1 x 50 on 1:00 Kick	odds freestyle evens breaststroke
	{4 x 25 on :40 Kick no board BSLR-10 kicks	1,600 1x{1 x 400 on 6:30 Pulls
	{2 x 50 on 1:05 Kick	{2 x 300 on 4:50 Pulls
	{4 x 25 on :40 Kick no board BSLR-8 kicks	{3 x 200 on 3:10 Pulls
	{3 x 50 on 1:10 Kick	300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
900	6 x 150 on 2:30 Freestyle-descend in sets of	$1,500 \ 3x\{3 \ x \ 100 \ on \ 1:50 \ Back-3-5-7-9 \ kicks \ off \ walls$
600	2x{1 x 100 on 1:45 Pull no br L.6 yds	{1 x 50 on 1:00 Backstroke
	$\{1 \times 100 \text{ on } 1:45 \text{ Pull no br L.}10 \text{ yds}$	{1 x 50 on :55 Backstroke
	{1 x 100 on 1:45 Pull no br L.14 yds	{1 x 50 on :50 Backstroke
900	6 x 150 on 2:30 Freestyle-descend in sets of	
300		350 7 x 50 on 1:00 Stroke Drills
	7:30 PM 4,750 Yards - Stress Value = 82	8:30 AM 5,400 Yards - Stress Value = 78

Workout #4205 - Tuesday, 20 June 2006 Group 3 - Platinum 1 minute rest between sets

Workout #4208 - Tuesday, 20 June 2006 Group 3 - Bronze 1 minute rest between sets

Yards	6:00 AM Start Set Description	6:00 AM Start Yards Set Description
300	odds freestyle evens breaststroke 1x{1 x 400 on 5:00 Pulls} {2 x 300 on 3:45 Pulls} {3 x 200 on 2:30 Pulls} {4 x 100 on 1:15 Pulls} 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 4x{3 x 100 on 1:30 Back-3-5-7-9 kicks off walls} {1 x 50 on :45 Backstroke} {1 x 50 on :35 Backstroke} {1 x 50 on 1:15 Backstroke}	1 on 30:00 Physio Balls/Stretch 400 1 x 400 on 10:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,000 10 x 100 on 2:30 Kick odds freestyle evens breaststroke 1,600 1x{1 x 400 on 7:00 Pulls {2 x 300 on 5:20 Pulls {3 x 200 on 3:40 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,500 3x{3 x 100 on 2:05 Back-3-5-7-9 kicks off walls {1 x 50 on 1:10 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:30 Backstroke {1 x 50 on 1:30 Backstroke Drill 200 1 x 200 on 4:00 Stroke Drills 8:31 AM 5,050 Yards - Stress Value = 77

Workout #4206 - Tuesday, 20 June 2006 Group 3 - Gold

1 minute rest between sets

	6:00 AM Start	Y
Yards	Set Description	==:
	=======================================	
	1 on 30:00 Physio Balls/Stretch	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	1
1,250	10 x 125 on 2:30 Kick	
	odds freestyle evens breaststroke	
1,600	1x{1 x 400 on 5:30 Pulls	
	{2 x 300 on 4:05 Pulls	
	{3 x 200 on 2:45 Pulls	
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ	
2,000	$4x{3 \times 100 \text{ on } 1:40 \text{ Back-}3-5-7-9 \text{ kicks off walls}}$	
	{1 x 50 on :50 Backstroke	
	{1 x 50 on :45 Backstroke	
	{1 x 50 on :40 Backstroke	
	{1 x 50 on 1:15 Backstroke Drill	
350	7 x 50 on 1:00 Stroke Drills	
	8:30 AM 6,250 Yards - Stress Value = 88	

Workout #4209 - Tuesday, 20 June 2006 Group 3 - Speed Acquisition 1 minute rest between sets

Yards	5:00 PM Start Set Description	EGY	WOF
=====		===	===
	1 on 30:00 Dryland and stretch		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	$6x{1 x 25 on :30 Freestyle}$	REC	
	$\{1 \times 25 \text{ on } : 40 \text{ Freestyle} \}$	SP2	
	$\{1 \times 25 \text{ on } : 50 \text{ Freestyle} \}$	SP2	
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle} \}$	SP2	
	{1 x 200 on 4:00 Stroke Drills	REC	
	6:29 PM 2,350 Yards - Stress Value = 51		

Workout #4210 - Tuesday, 20 June 2006 Group 2 - All

1 minute rest between sets

	5:30 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	6 x 100 on 2:15 Kick
	odds freestyle evens breaststroke
900	1x{1 x 400 on 6:30 Pulls
	{1 x 300 on 4:50 Pulls
	{1 x 200 on 3:10 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
1,500	$3x{3 \times 100 \text{ on } 1:50 \text{ Back-}3-5-7-9 \text{ kicks off walls}}$
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on 1:30 Backstroke Drill
400	8 x 50 on 1:10 Stroke Drills
	7:29 PM 4,250 Yards - Stress Value = 56

Workout #4211 - Wednesday, 21 June 2006 Group 3 - Platinum

1 minute rest between sets

Yards	6:00 AM Start Set Description
150	1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Freestyle L.25 of each 100 10 x 15 on :45 Shooters
1,250	<pre>5x{1 x 100 on 2:00 Kick no board BSLR {3 x 50 on 1:00 Kick { 1st set 8 kicks, 2nd-9 kicks, 3rd-10 kicks,</pre>
1,000	{ 5th-12 kicks
300	,
3,100	3 finishes on each stroke 2x{3 x 50 on 1:00 Breaststroke-2X Pullouts {1 x 125 on 1:50 Individual Medley w/100 brea
	{3 x 50 on :55 Breaststroke-2X pullouts {1 x 250 on 3:40 Individual Medley-w/100 brea
	$\{3 \times 50 \text{ on } :50 \text{ Breaststroke-2X pullouts} \\ \{1 \times 375 \text{ on } 5:30 \text{ Individual Medley w/150 break} \}$
	{3 x 50 on :45 Breaststroke 2X pullouts {1 x 200 on 4:00 Stroke Drills 8:30 AM 6,400 Yards - Stress Value = 101

Workout #4212 - Wednesday, 21 June 2006 Group 3 - Gold

1 minute rest between sets

Yards	6:00 AM Start Set Description
======	=======================================
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Freestyle L.25 of each 100
150	10 x 15 on :45 Shooters
1,250	5x{1 x 100 on 2:00 Kick no board BSLR
	{3 x 50 on 1:00 Kick
	{ 1st set 8 kicks, 2nd-9 kicks, 3rd-10 kicks,
	{ 5th-12 kicks
1,000	5 x 200 on 2:45 Lungbuster pulls-odd breathe
,	3-5-5-7 by the 50, evens breathe $2-4-4-6$ by
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 fly, 3 back, 3 breast, 1 free finish
3,100	2x{3 x 50 on 1:00 Breaststroke-2X Pullouts
	{1 x 125 on 1:50 Individual Medley w/100 brea
	{3 x 50 on :55 Breaststroke-2X pullouts

{ 1	x 250 on 3:40 Individual Medley-w/100 brea
{ 3	x 50 on :50 Breaststroke-2X pullouts
{ 1	x 375 on 5:30 Individual Medley w/150 brea
{ 3	x 50 on :45 Breaststroke 2X pullouts
{ 1	x 200 on 4:00 Stroke Drills
8:30	AM 6,350 Yards - Stress Value = 100

Workout #4213 - Wednesday, 21 June 2006 Group 3 - Silver

6:00 AM Start

1 minute rest between sets

Yards	Set Description
=====	
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Freestyle L.25 of each 100
150	10 x 15 on :45 Shooters
1,000	$4x\{1 \text{ x } 100 \text{ on } 2:10 \text{ Kick no board BSLR}$
	{3 x 50 on 1:05 Kick
	{ 1st set 8 kicks, 2nd-9 kicks, 3rd-10 kicks,
1,000	5 x 200 on 3:15 Lungbuster pulls-odd breaths
	3-5-5-7 by the 50, evens breathe $2-4-4-6$ by
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 fly, 3 back, 3 breast, 1 free finish
2,550	1x{4 x 50 on 1:10 Breaststroke-2X Pullouts
	{2 x 125 on 2:20 Individual Medley w/100 brea
	{4 x 50 on 1:05 Breaststroke-2X pullouts
	{2 x 250 on 4:40 Individual Medley-w/100 brea
	{4 x 50 on 1:00 Breaststroke-2X pullouts
	$\{2 \times 375 \text{ on } 7:00 \text{ Individual Medley w/150 break}\}$
	{4 x 50 on :55 Breaststroke 2X pullouts
	{1 x 250 on 5:00 Stroke Drills
	8:29 AM 5,450 Yards - Stress Value = 87

Workout #4214 - Wednesday, 21 June 2006 Group 3 - Bronze 1 minute rest between sets

Yards	6:00 AM Start Set Description
	1 on 30:00 Stomach and Stretch
400	
150	10 x 15 on :45 Shooters
1,000	4x{1 x 100 on 2:10 Kick no board BSLR
	{3 x 50 on 1:05 Kick
	{ 1st set 8 kicks, 2nd-9 kicks, 3rd-10 kicks,
800	
	3-5-5-7 by the 50, evens breathe $2-4-4-6$ by
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 fly, 3 back, 3 breast, 1 free finish
2,500	1x{4 x 50 on 1:10 Breaststroke-2X Pullouts
	{2 x 125 on 2:40 Individual Medley w/100 brea
	{4 x 50 on 1:05 Breaststroke-2X pullouts
	{2 x 250 on 5:20 Individual Medley-w/100 brea
	{4 x 50 on 1:00 Breaststroke-2X pullouts
	{2 x 375 on 8:00 Individual Medley w/150 brea
	{4 x 50 on :55 Breaststroke 2X pullouts
	{1 x 200 on 4:00 Stroke Drills
	8:30 AM 5,100 Yards - Stress Value = 84

6:00 AM Start

Workout #4220 - Thursday, 22 June 2006 **Group 3 - Platinum** 1 minute rest between sets

Yards		AM Start t Description
	1	on 30:00 Physio Balls/Stretch
600		x 600 on 10:00 Underwater trn drill
000		odd 100's free Even 100's back
150		x 15 on :45 Shooters
1,200		x 75 on 1:30 Kick x 75 on 1:25 Kick
	-	x 75 on 1:20 Kick
		x 75 on 1:15 Kick
1 400	-	x 125 on 1:35 Pulls
1,400	•	
	-	x 100 on 1:15 Pulls
	-	x 75 on :55 Pulls
200	-	x 50 on :35 Pulls
		\times 25 on :40 12.5 ez 12.5 fast grt finishe
3,000		x 25 on :30 Butterfly 2-2
		x 100 on 1:10 Freestyle
		x 50 on :45 Butterfly 2-3
		x 100 on 1:10 Freestyle
		x 75 on 1:05 Butterfly 2-4
	-	x 100 on 1:10 Freestyle
		x 100 on 1:25 Butterfly 2-5
	-	x 100 on 1:10 Freestyle
		x 50 on :50 Freestyle
300	6	x 50 on 1:00 Stroke Drills

Workout #4216 - Thursday, 22 June 2006 Group 3 - Gold 1 minute rest between sets

8:30 AM 6,950 Yards - Stress Value = 97

Yards	Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	3x{1 x 100 on 2:05 Kick
1,200	
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
1,500	1 x 1500 on 21:00 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,700	1x{7 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{6 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
230	
	8:30 AM 6,700 Yards - Stress Value = 93

Workout #4219 - Thursday, 22 June 2006 Group 3 - Gold

1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
600	<pre>1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill</pre>
	Odd 100's free Even 100's back
150	10 x 15 on :45 Shooters

1,350	6x{1	x 75 on 1:35 Kick
	{ 1	x 75 on 1:30 Kick
	{ 1	x 75 on 1:25 Kick
1,400	2x{2	x 125 on 1:45 Pulls
	{ 2	x 100 on 1:25 Pulls
	{ 2	x 75 on 1:05 Pulls
	{ 2	x 50 on :40 Pulls
300	12	2×25 on :40 12.5 ez 12.5 fast grt finishe
2,325	3x{2	x 25 on :30 Butterfly 2-2
	{ 1	x 75 on 1:00 Freestyle
	{ 2	x 50 on :50 Butterfly 2-3
	{ 1	x 75 on 1:00 Freestyle
	{ 2	x 75 on 1:10 Butterfly 2-4
	{ 1	x 75 on 1:00 Freestyle
	{ 2	x 100 on 1:35 Butterfly 2-5
	{ 1	x 50 on 1:00 Freestyle
225	1	x 225 on 4:00 Stroke Drills
	8:30	AM 6,350 Yards - Stress Value = 88
		Workout #4215 - Thursday, 22 June 2006
		Group 3 - Silver

Group 3 - Silver 1 minute rest between sets

Yards	6:00 AM Start Set Description
	1 on 30:00 Stomach and Stretch
	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,050	3x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:00 Kick
1,400	1 x 1400 on 22:00 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,500	1x{7 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{6 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:25 Freestyle
200	- ·
_00	8:30 AM 6,100 Yards - Stress Value = 85
	o.so in o, ioo iaiao seless value os

Workout #4218 - Thursday, 22 June	2006
Group 3 - Silver	
1 minute rest between sets	

Yards	6:00 AM Start Set Description
500	<pre>1 on 30:00 Physio Balls/Stretch 1 x 500 on 10:00 Underwater trn drill Odd 100's free Even 100's back</pre>

	Odd	100's	free	Even	100
150	10 x	15 on	:45	Shoote	ers
1,350	6x{1 x '	75 on 1	L:40	Kick	

1,350 6x{1 x 75 on 1:40 Kick {1 x 75 on 1:35 Kick {1 x 75 on 1:30 Kick

1,200 $2x\{2 \times 125 \text{ on } 1:55 \text{ Pulls}$ $\{2 \times 100 \text{ on } 1:30 \text{ Pulls}$ $\{2 \times 75 \text{ on } 1:10 \text{ Pulls}$

{2 x 75 on 1:10 Freestyle {2 x 75 on 1:20 Butterfly 2-4 {2 x 75 on 1:10 Freestyle {2 x 100 on 1:45 Butterfly 2-5 {1 x 50 on 1:00 Freestyle 300 6 x 50 on 1:00 Stroke Drills 8:30 AM 5,800 Yards - Stress Value = 83

Workout #4217 - Thursday, 22 June 2006 Group 3 - Bronze

1 minute rest between sets

6:00 AM Start

Yards	Set Description
	=======================================
500	1 on 30:00 Physio Balls/Stretch 1 x 500 on 10:00 Underwater trn drill Odd 100's free Even 100's back
1	
	10 x 15 on :45 Shooters
900	$4x\{1 \times 75 \text{ on } 1:40 \text{ Kick}$
	{1 x 75 on 1:35 Kick
	{1 x 75 on 1:30 Kick
1,200	2x{2 x 125 on 2:15 Pulls
	{2 x 100 on 1:50 Pulls
	{2 x 75 on 1:20 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	2x{2 x 25 on :30 Butterfly 2-2
	{2 x 75 on 1:20 Freestyle
	{2 x 50 on 1:05 Butterfly 2-3
	{2 x 75 on 1:20 Freestyle
	{2 x 75 on 1:35 Butterfly 2-4
	{2 x 75 on 1:20 Freestyle
	{2 x 100 on 2:10 Butterfly 2-5

Workout #4221 - Thursday, 22 June 2006 Group 3 - Bronze

8:29 AM 5,350 Yards - Stress Value = 74

 $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$

6 x 50 on 1:00 Stroke Drills

300

1 minute rest between sets

Yards	6:00 AM Start Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,050	3x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:00 Kick
1,200	1 x 1200 on 22:00 Pulls

300	12	x 25	on	:40 1	12.5 ez 12.5	fast	grt	finish∈
2,000	1x{7	x 100	on	1:45	Freestyle			
	{ 1	on 1:0	00 E	Rest				
	{ 6	x 100	on	1:45	Freestyle			
	{ 1	on 1:0	00 E	Rest				
	{ 5	x 100	on	1:45	Freestyle			
	{ 1	on 1:0	00 E	Rest				
	{ 2	x 100	on	1:45	Freestyle			
250	1	x 250	on	5:00	Stroke Dril:	ls		

Workout #4222 - Thursday, 22 June 2006 Group 3 - Speed Acquisition 1 minute rest between sets

8:30 AM 5,350 Yards - Stress Value = 73

	5:00 PM Start
Yards	Set Description
	=======================================
	1 on 15:00 Dryland
400	8 x 50 on 1:00 Stroke Drills 2 on each strok
900	3x{4 x 50 on 1:00 Kick
	{1 x 100 on 3:00 Kick for time
180	12 x 15 on :45 Shooters
800	4 x 200 on 8:00 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:32 PM 2,480 Yards - Stress Value = 111

Workout #4223 - Thursday, 22 June 2006 Group 2 - All

5:30 PM Start

Yards	Set Description
======	
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
	Odd 100's free Even 100's back
150	10 x 15 on :45 Shooters
600	2x{1 x 75 on 1:45 Kick
	{1 x 75 on 1:40 Kick
	{1 x 75 on 1:35 Kick
	{1 x 75 on 1:30 Kick
600	1x{2 x 125 on 1:55 Pulls
	{2 x 100 on 1:30 Pulls
	{2 x 75 on 1:10 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	2x{2 x 25 on :30 Butterfly 2-2
	{2 x 100 on 1:30 Freestyle
	{2 x 50 on 1:00 Butterfly 2-3
	{2 x 100 on 1:30 Freestyle
	{2 x 75 on 1:30 Butterfly 2-4
	{2 x 100 on 1:30 Freestyle
	{2 x 100 on 2:00 Butterfly 2-5
	{1 x 50 on 1:00 Freestyle
400	8 x 50 on 1:10 Stroke Drills
	7:31 PM 4,650 Yards - Stress Value = 65

Workout #4224 - Friday, 23 June 2006 Group 3 - Platinum

1 minute rest between sets

	6:00 AM Start
Yards	Set Description
	=======================================
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	3x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
1,650	1 x 1650 on 22:00 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,800	$1x{7 x 100 on 1:05 Freestyle}$
	{1 on 1:00 Rest
	{6 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	$\{4 \times 100 \text{ on } 1:05 \text{ Freestyle}$
	{1 on 1:00 Rest
	${3 \times 100 \text{ on } 1:05 \text{ Freestyle}}$
	{1 on 1:00 Rest
	$\{2 \times 100 \text{ on } 1:05 \text{ Freestyle}$
	{1 on 1:00 Rest
	{1 x 100 on 1:05 Freestyle
400	
	8:30 AM 7,100 Yards - Stress Value = 99

Workout #4225 - Monday, 17 July 2006 Group 3 - Platinum

1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 15:00 Stretching		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooter	SP3	
600	6×100 on $2:00$ Kick w/out board	EN1	
2,000	$5x{1 x 100 on 1:20 Freestyle}$	EN1	
	{4 x 25 on :30 Non free	EN1	
	$\{4 \times 50 \text{ on } : 50 \text{ Stroke Drills}$	REC	
	8:26 AM 3,550 Yards - Stress Value = 22		

Workout #4228 - Monday, 17 July 2006 Group 3 - Gold

1 minute rest between sets

1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooter 1,200 2x{4 x 25 on :40 Kick no board BSLR-12 kicks {1 x 100 on 2:00 Kick {4 x 25 on :35 Kick no board BSLR-10 kicks {1 x 100 on 2:00 Kick
600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooter 1,200 2x{4 x 25 on :40 Kick no board BSLR-12 kicks {1 x 100 on 2:00 Kick {4 x 25 on :35 Kick no board BSLR-10 kicks
150
1,200 2x{4 x 25 on :40 Kick no board BSLR-12 kicks {1 x 100 on 2:00 Kick {4 x 25 on :35 Kick no board BSLR-10 kicks
$\{1 \times 100 \text{ on } 2:00 \text{ Kick} $ $\{4 \times 25 \text{ on } :35 \text{ Kick no board BSLR-}10 \text{ kicks} \}$
{4 x 25 on :35 Kick no board BSLR-10 kicks
•
•
{4 x 25 on :30 Kick no board BSLR-8 kicks
{1 x 100 on 2:00 Kick
·
1,200 $2x\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
$\{4 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
{4 x 50 on :40 Pulls
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,800 1x{1 x 800 on 11:00 Freestyle
{4 x 200 on 3:00 Freestyle-descend
{1 x 600 on 8:00 Freestyle
{3 x 200 on 3:00 Freestyle-descend
250 1 x 250 on 4:00 Stroke Drills

8:30 PM 6,500 Yards - Stress Value = 97

Workout #4229 - Monday, 17 July 2006 Group 3 - Silver 1 minute rest between sets

	6:00 PM Start
Yards	Set Description
	=======================================
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooter
1,200	2x{4 x 25 on :45 Kick no board BSLR-12 kicks
	{1 x 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR-10 kicks
	{1 x 100 on 2:10 Kick
	{4 x 25 on :35 Kick no board BSLR-8 kicks
	{1 x 100 on 2:10 Kick
600	$1x{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
	$\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	{4 x 50 on :50 Pulls
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,800	1x{1 x 800 on 12:00 Freestyle
	{4 x 200 on 3:20 Freestyle-descend
	$\{1 \times 600 \text{ on } 9:00 \text{ Freestyle}$
	{3 x 200 on 3:20 Freestyle-descend
250	1 x 250 on 4:00 Stroke Drills
	8:30 PM 5,850 Yards - Stress Value = 88

Workout #4227 - Monday, 17 July 2006 Group 3 - Bronze 1 minute rest between sets

	6:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooter
1,200	2x{4 x 25 on :45 Kick no board BSLR-12 kicks
	{1 x 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR-10 kicks
	{1 x 100 on 2:10 Kick
	{4 x 25 on :35 Kick no board BSLR-8 kicks
	{1 x 100 on 2:10 Kick
1,000	$2x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds}$
	$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	1x{1 x 600 on 10:30 Freestyle
	{3 x 200 on 3:40 Freestyle-descend
	{1 x 400 on 7:00 Freestyle
	{2 x 200 on 3:40 Freestyle-#1 80%, #2 90%
250	1 x 250 on 4:00 Stroke Drills
	8:30 PM 5,350 Yards - Stress Value = 76

Workout #4226 - Monday, 17 July 2006 Group 2 - All 1 minute rest between sets

Yards Set Description EG
1 on 20:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim RE 150 10 x 15 on :45 Shooter SE
600 1 x 600 on 10:00 Swim-kick-pull-swim RE 150 10 x 15 on :45 Shooter SE
150
600 1v/4 v 25 on ·45 Kick no board BSIR-12 kicks EN
13 SASIA SI-ALED DIBOD ON ASIA CF. NO CS A FJAI 000
{1 x 100 on 2:15 Kick EN
{4 x 25 on :40 Kick no board BSLR-10 kicks EN
{1 x 100 on 2:15 Kick EN
{4 x 25 on :35 Kick no board BSLR-8 kicks EN
{1 x 100 on 2:15 Kick EN
600 $1x\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf\&w} + 2 \text{ yds}$
$\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ EN
{4 x 50 on :50 Pulls EN
250 5 x 50 on :55 25 free 25 non-free EN
1,750 $1x\{18 \times 25 \text{ on } : 30 \text{ Freestyle-descend in } 3's $ EN
{16 x 25 on :35 IM order EN
$\{14 \times 25 \text{ on } : 40 \text{ Your worst stoke} \}$ EN
$\{12 \times 25 \text{ on } : 30 \text{ Your best stroke}\}$ EN
{10 x 25 on :40 Your 2nd best stroke EN
200 1 x 200 on 4:00 Stroke Drills RE
7:30 PM 4,150 Yards - Stress Value = 45

Workout #4230 - Tuesday, 18 July 2006 Group 3 - Gold 1 minute rest between sets

	6:00	AM Start		
Yards	Se	et Description	EGY	WC
=====	==		===	==
	1	on 35:00 Physio Balls/Stretch		
600	1	x 600 on 10:00 Underwater trn drill	REC	
150	10	0 x 15 on :45 Shooters	SP3	
1,000	1	x 1000 on 20:00 Kick	EN1	
1,500	1x{4	x 125 on 1:50 Pulls	EN1	
	{ 4	x 125 on 1:45 Pulls	EN1	
	{ 4	x 125 on 1:40 Pulls	EN1	
300	6	x 50 on :50 Freestyle-descend	EN1	
1,500	1x{5	x 100 on 1:30 Backstroke	EN1	
	{ 4	x 100 on 1:25 Backstroke	EN1	
	{ 3	x 100 on 1:20 Backstroke	EN2	
	{ 2	x 100 on 1:15 Backstroke	EN2	
	{ 1	x 100 on 1:10 Backstroke	EN2	
200	1	x 200 on 4:00 Freestyle	REC	
750	3x{3	x 50 on :45 Backstroke	EN3	
	{ 1	x 100 on 3:00 Freestyle	REC	
100	1	x 100 on 2:00 Freestyle	REC	
	8:30	AM 6,100 Yards - Stress Value = 82		

Workout #4231 - Tuesday, 18 July 2006 Group 3 - Silver 1 minute rest between sets

	6:00	ΑN	1 St	art	Ξ.					
Yards	Se	et	Desc	crip	otion				EGY	WC
=====	==	-=-							===	==
	1	or	n 35:	00	Physi	io Balls/Stre	etch			
600	1	Х	600	on	10:00) Underwater	trn	drill	REC	
150	10) 2	15	on	:45 8	Shooters			SP3	
950	1	Х	950	on	20:00) Kick			EN1	
1,250	1x{4	Х	125	on	2:00	Pulls			EN1	
	{ 4	Х	125	on	1:55	Pulls			EN1	
	{ 2	Х	125	on	1:50	Pulls			EN1	
300	6	Х	50 0	on :	:50 Fi	reestyle-des	cend		EN1	
1,000	1x{4	Х	100	on	1:40	Backstroke			EN1	
	{ 3	Х	100	on	1:35	Backstroke			EN2	
	{ 2	Х	100	on	1:30	Backstroke			EN2	
	{ 1	Х	100	on	1:25	Backstroke			EN2	

200	1	x 200 on 4:00 Freestyle	REC
900	3x{4	x 50 on 1:00 Backstroke	EN3
	{ 1	x 100 on 3:00 Freestyle	REC
100	1	x 100 on 2:00 Freestyle	REC
	8.29	AM 5.450 Yards - Stress Value = 83	

Workout #4232 - Tuesday, 18 July 2006 Group 3 - Bronze 1 minute rest between sets

	6:00 AM Start			
Yards	Set Description			
=====	=======================================	===	==	
	1 on 35:00 Physio Balls/Stretch			
500	1 x 500 on 10:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters	SP3		
900	1 x 900 on 20:00 Kick	EN1		
1,200	1x{4 x 100 on 1:50 Pulls	EN1		
	{4 x 100 on 1:45 Pulls	EN1		
	{4 x 100 on 1:40 Pulls	EN1		
300	6 x 50 on :50 Freestyle-descend	EN1		
1,125	1x{5 x 75 on 1:30 Backstroke	EN1		
	{4 x 75 on 1:25 Backstroke	EN1		
	{3 x 75 on 1:20 Backstroke	EN2		
	{2 x 75 on 1:15 Backstroke	EN2		
	{1 x 75 on 1:10 Backstroke	EN2		
150	1 x 150 on 4:00 Freestyle	REC		
600	3x{2 x 50 on 1:10 Backstroke	EN3		
	{1 x 100 on 3:00 Freestyle	REC		
100	1 x 100 on 2:00 Freestyle	REC		
	8:30 AM 5,025 Yards - Stress Value = 64			

Workout #4233 - Wednesday, 06 September 2006 Group 3 - All 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	=======================================
	1 on 15:00 Stomach and Stretch
400	1 x 400 on 7:00 Underwater trn drill
	1 on 10:00 Techniques-TN turns
600	12 x 50 on 1:05 Kick-odds good effort
750	1x{3 x 100 on 1:30 Pulls-nbbf&w
	${3 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w}}$
	{3 x 50 on :45 Pulls-nbbf&w
	$\{3 \times 25 \text{ on } : 25 \text{ Pulls-nbbf&w}$
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	1 x 200 on 3:00 Stroke Drills
1,200	12 x 100 on 1:30 Freestyle
	6:29 PM 3,350 Yards - Stress Value = 28

Workout #4234 - Thursday, 07 September 2006 Group 3 - All

1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
500	1 on 15:00 Stomach and Stretch 10 x 50 on 1:00 Stroke Drills 1 on 10:00 Techniques-TN turn drills	REC	
1,000	1x{4 x 125 on 2:30 Kick	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	{2 x 75 on 1:30 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
120	8 x 15 on :45 Shooters	SP3	
1,650	$2x{4 x 75 on 1:10 Freestyle}$	EN1	
	${3 \times 75 \text{ on } 1:05 \text{ Freestyle}}$	EN1	
	$\{2 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN1	
	$\{1 \times 150 \text{ on } 3:00 \text{ Stroke Drill}$	REC	
	6:30 PM 3,270 Yards - Stress Value = 28		

Workout #4235 - Thursday, 07 September 2006 Group 2 - All

1 minute rest between sets

	5:30 PM Start			
Yards	Set Description EGY W			STK
	=======================================	===	====	===
	1 on 15:00 Stomach and Stretch		L	DRY
400	8 x 50 on 1:15 Stroke Drills	REC	D	CHO
700	1x{2 x 125 on 2:45 Kick	EN1	K	CHO
	{2 x 100 on 2:15 Kick	EN1	K	CHO
	$\{2 \times 75 \text{ on } 1:40 \text{ Kick} \}$	EN1	K	CHO
	{2 x 50 on 1:05 Kick	EN1	K	CHO
150	10 x 15 on :45 Shooters	SP3	S	FR
1,650	$2x{4 x 75 on 1:20 Freestyle}$	EN1	S	FR
	${3 \times 75 \text{ on } 1:15 \text{ Freestyle}}$	EN1	S	FR
	$\{2 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1	S	FR
	$\{1 \times 150 \text{ on } 3:00 \text{ Stroke Drill}$	REC	D	CHO
	1 on 10:00 Techniques-Starts		D	
	7:00 PM 2,900 Yards - Stress Value	= 2	26	

Workout #4236 - Friday, 08 September 2006 Group 2 - All

1 minute rest between sets

5:30 PM Start EGY WOR Yards Set Description ===== 1 on 15:00 Stomach and Stretch 400 1 x 400 on 8:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 600 $1x{3 \times 50}$ on 1:15 Kick EN1 {3 x 50 on 1:10 Kick EN1 {3 x 50 on 1:05 Kick EN1 {3 x 50 on 1:00 Kick EN1 800 $1x{1 x 200 on 3:30 Pulls}$ EN1 {2 x 150 on 2:35 Pulls EN1 {3 x 100 on 1:40 Pulls EN1 200 1 x 200 on 4:00 Stroke Drill REC 800 $4x\{1 \times 100 \text{ on } 2:00 \text{ Individual Medley} \text{ EN1}$ EN2 $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ {2 x 25 on :45 Stroke Drills REC 1 x 200 on 5:00 Stroke Drills REC {2 x 25 on :45 Stroke Drills 7:01 PM 3,150 Yards - Stress Value = 30

Workout #4237 - Tuesday, 12 September 2006 Group 3 - All

1 minute rest between sets

5:00 PM Start Yards Set Description

150	
1,050 2x{1 x 150 on 3:00 Kick	
{1 x 125 on 2:30 Kick	
{1 x 100 on 2:00 Kick	
{1 x 75 on 1:30 Kick	
{1 x 50 on 1:00 Kick	
{1 x 25 on :30 Kick	
1,000	
odds breathe 3-5-3-5, evens breathe 2-4-2-	4
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishe:	٤
1,200 1x{2 x 200 on 3:00 Freestyle	
{2 x 200 on 2:50 Freestyle	
{2 x 200 on 2:40 Freestyle	
150 1 x 150 on 3:00 Stroke Drill	
6:46 PM 4,350 Yards - Stress Value = 55	

1 on 20:00 Stomach and Stretch

1 x 600 on 10:00 Swim-kick-pull-swim

600

Workout #4238 - Tuesday, 12 September 2006 Group 2 - All

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 15:00 Stomach and Stretch
400	1 x 400 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	1x{1 x 150 on 3:45 Kick
	{1 x 125 on 3:00 Kick
	{1 x 100 on 2:30 Kick
	{1 x 75 on 1:50 Kick
	{1 x 50 on 1:15 Kick
800	8 x 100 on 2:00 Lungbuster pulls
	odds breathe 3-5-3-5, evens breathe 2-4-2-4
200	8 x 25 on :45 12.5 ez 12.5 fast grt finishes
600	1x{1 x 200 on 3:50 Freestyle
	{1 x 200 on 3:40 Freestyle
	{1 x 200 on 3:30 Freestyle
200	4 x 50 on 1:15 Stroke Drill
	7:00 PM 2,850 Yards - Stress Value = 34

Workout #4239 - Thursday, 14 September 2006 Group 3 - All 1 minute rest between sets

RF Yards	5:00 PM Start Set Description
S 150 F 750 F F F F E 1,000 F E 1,000	1 on 20:00 Stomach and Stretch 1 x 500 on 9:00 L.25 of each 100 6-b-k 10 x 15 on :45 Shooters 1x{1 x 125 on 2:25 Kick {2 x 100 on 1:55 Kick {3 x 75 on 1:25 Kick {4 x 50 on :55 Kick } 1x{1 x 250 on 3:45 Pulls {1 x 250 on 3:25 Pulls {1 x 250 on 3:15 Pul

6:46 PM 4,350 Yards - Stress Value = 48

REC

Workout #4240 - Thursday, 14 September 2006 Group 2 - All

1 minute rest between sets

Workout #4243 - Monday, 18 September 2006 Group 3 - All 1 minute rest between sets

	5:30 PM Start			
Yards	Set Description	EGY	5:00 PM Start	
=====		===	Yards Set Description	EGY V
	1 on 15:00 Stomach and Stretch			
400	1 x 400 on 10:00 L.25 of each 100 6-b-k	EN1	1 on 20:00 Stomach and Stretch	
120	8 x 15 on :45 Shooters-non freestyle	SP3	400 1 x 400 on 7:00 Swim-kick-pull-swim	REC
750	1x{1 x 125 on 2:45 Kick	EN1	153 9 x 17 on :45 Starts/shooters/finishes	SP3
	{2 x 100 on 2:15 Kick	EN2	900 3x{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 75 on 1:40 Kick	EN2	•	EN2
	{4 x 50 on 1:10 Kick	EN2	•	EN1
750	$1x{1 x 250 on 4:30 Pulls}$	EN1	· · · · · · · · · · · · · · · · · · ·	EN2
	{1 x 250 on 4:25 Pulls	EN1	•	EN2
	{1 x 250 on 4:20 Pulls	EN1	•	EN1
800	$2x{4 x 25 on :40 Stroke Drills}$	REC	, , , , , , , , , , , , , , , , , , , ,	EN2
	$\{4 \times 75 \text{ on } 1:30 \text{ IM w/out free}$	EN1		EN2
200	1 x 200 on 4:00 Stroke Drill	REC	,	EN2
	6:59 PM 3,020 Yards - Stress Value = 34		· · · · · · · · · · · · · · · · · · ·	REC

300 on 3:45 Freestyle 200 on 2:30 Freestyle 4 x 100 on 1:45 Stroke Drills 6:47 PM 4,653 Yards - Stress Value = 72 Workout #4241 - Friday, 15 September 2006 Group 3 - All Workout #4244 - Monday, 18 September 2006

	5:00 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Stomach and Stretch =
500	1 x 500 on 9:00 Underwater trn drill
	alternate 100 free 100 back
450	9 x 50 on :45 Starts/Shooters/Finishes
800	2x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
500	1x{1 x 150 on 2:15 Pulls
	{1 x 125 on 1:50 Pulls
	{1 x 100 on 1:30 Pulls
	{1 x 75 on 1:05 Pulls
	{1 x 50 on :45 Pulls
	{ Only 1 breath the last 25 of each swim
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	5 x 300 on 4:30 Freestyle
	1 on 10:00 Techniques-TiVo Starts
	6:44 PM 3,950 Yards - Stress Value = 54

1 minute rest between sets

Workout #4242 - Friday, 15 September 2006 Group 2 - All 1 minute rest between sets

Yards	5:30 PM Start Set Description
400	1 on 15:00 Stomach and Stretch
400	1 x 400 on 9:00 Underwater trn drill alternate 100 free 100 back
120	8 x 15 on :45 Shooters
400	1x{1 x 100 on 2:30 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:00 Kick
500	1x{1 x 150 on 2:45 Pulls
	{1 x 125 on 2:20 Pulls
	{1 x 100 on 1:50 Pulls
	{1 x 75 on 1:20 Pulls
	{1 x 50 on 1:00 Pulls
	{ Only 1 breath the last 25 of each swim
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	5 x 250 on 4:30 Freestyle
	1 on 8:00 Techniques-TiVo Starts
	7:00 PM 2,870 Yards - Stress Value = 31

	5:30	PM Start	
Yards	Se	et Description	EGY
=====	==		===
	1	on 15:00 Stomach and Stretch	
400	1	x 400 on 8:00 Swim-kick-pull-swim	REC
150	1() x 15 on :45 Starts/shooters/finishes	SP3
600	2x{4	x 25 on :45 Kick no board BSLR	EN2
	{ 2	x 100 on 2:00 Kick-90% effort	EN2
525	1x{3	x 75 on 1:20 Pull no br L.8 yds	EN1
	{ 3	x 75 on 1:15 Pull no br L.12 yds	EN2
	{ 1	x 75 on 1:10 Pull no br L.16 yds	EN2
300	4	x 75 on 1:15 IM w/out alt.strokes	EN1
1,000	1x{1	x 300 on 5:30 Freestyle	EN2
	{ 2	x 200 on 3:40 Freestyle	EN2
	{ 3	x 100 on 1:50 Freestyle	EN2
200	1	x 200 on 5:00 Stroke Drills	REC
	6:59	PM 3,175 Yards - Stress Value = 49	

Group 2 - All 1 minute rest between sets

Workout #4245 - Tuesday, 19 September 2006 Group 3 - Back

Yards		PM Start et Description	EGY	N
	1	on 20:00 Stomach and Stretch		_
500		x 500 on 8:00 Underwater trn drill	REC	
		x 17 on :45 Starts/shooters/finishes		
		x 50 on 1:05 Kick	EN2	
	{2	x 50 on 1:00 Kick	EN2	
	{ 1	x 50 on :55 Kick	EN2	
1,000	1x{1	x 200 on 3:00 Pulls	EN1	
	{ 2	x 150 on 2:10 Pulls	EN1	
	{ 3	x 100 on 1:25 Pulls	EN1	
	{ 4	x 50 on :40 Pulls	EN2	
300	3	x 100 on 1:30 Freestyle-descend	EN1	
1,400	1x{4	x 125 on 2:00 Backstroke	EN1	
	{ 4	x 100 on 1:35 Backstroke	EN2	
	{ 4	x 75 on 1:10 Backstroke	EN2	
	{ 4	x 50 on :45 Kick	EN2	
200		x 200 on 4:00 Stroke Drills	REC	
	6:46	PM 4,453 Yards - Stress Value = 62		

Workout #4246 - Tuesday, 19 September 2006 Group 2 - Back

1 minute rest between sets

	5:30	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 15:00 Stomach and Stretch		
400	1	\times 400 on 8:00 Underwater trn drill	REC	
150	10) x 15 on :45 Shooters	SP3	
600	2x{3	x 50 on 1:15 Kick	EN2	
	{ 2	x 50 on 1:10 Kick	EN2	
	{ 1	x 50 on 1:05 Kick	EN2	
450	1x{1	x 200 on 3:30 Pulls	EN1	
	{ 1	x 150 on 2:35 Pulls	EN1	
	{ 1	x 100 on 1:40 Pulls	EN1	
300	3	x 100 on 1:50 Freestyle-descend	EN1	
1,050	1x{3	x 125 on 2:30 Backstroke	EN1	
	{ 3	x 100 on 1:55 Backstroke	EN2	
	{ 3	x 75 on 1:25 Backstroke	EN2	
	{ 3	x 50 on :55 Backstroke	EN2	
200	1	x 200 on 4:00 Stroke Drills	REC	
	7:01	PM 3,150 Yards - Stress Value = 43		

Workout #4247 - Wednesday, 20 September 2006 Group 3 - Breast

1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 20:00 Stomach and Stretch
500	5×100 on 1:45 Stroke Drills-L. 25 swim w/6
	10 x 15 on :45 Shooters
750	3x{4 x 25 on :40 Kick no board BSLR
	{1 x 25 on :30 Kick
	{1 x 50 on 1:00 Kick
	{1 x 75 on 1:30 Kick
900	1x{6 x 50 on 1:15 Pull
	{6 x 50 on 1:10 Pulls
	{6 x 50 on 1:05 Pulls
	{ NO KICKING DURING PULL SET!!!
	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{4 x 100 on 1:50 Breaststroke
	{3 x 100 on 1:45 Breaststroke
	{2 x 100 on 1:40 Breaststroke
	{1 x 100 on 1:30 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	6:49 PM 3,700 Yards - Stress Value = 61

Workout #4248 - Thursday, 21 September 2006 Group 3 - Fly

1 minute rest between sets

Yards	5:00 Se			Star		n						
	1	O 1	20		Sto	m=	ach and	Stre	et ch			
500							Underw			drill	alt	100
	ć	ano	d 10	00 b	ack							
153	9	Х	17	on	:45	St	tarts/s	hoote	ers/i	finish	es	
1,000	1x{2	Х	125	on	2:3	30	Kick					
	{ 2	Х	125	on	2:2	25	Kick					
	{ 2	Х	125	on	2:1	. 5	Kick					
	{ 2	Х	125	on	2:2	20	Kick					
1,000	1x{2	Х	125	on	1:5	0	Pulls					
	{ 2	Х	125	on	1:4	15	Pulls					
	{ 2	Х	125	on	1:4	10	Pulls					
	{2	Х	125	on	1:3	35	Pulls					
300	6	Х	50	on	:50	De	escend	in se	ets o	of 3		
1,050	3x{1	Х	25	on	:30	Вι	utterfl	V				
•							reestyl	-				
							utterfl					

```
{1 x 25 on :30 Freestyle

{3 x 25 on :30 Butterfly

{1 x 25 on :30 Freestyle

{4 x 25 on :30 Butterfly

{1 x 25 on :30 Freestyle

{1 on 1:00 Rest

200 1 x 200 on 3:00 Stroke Drill

6:46 PM 4,203 Yards - Stress Value = 65
```

Workout #4249 - Thursday, 21 September 2006 Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Se	t Description					
	==	15.00 Ot					
400		on 15:00 Stomach and Stretch					
400		x 400 on 8:00 Underwater trn drill alt 100					
1.50	7	and 100 back					
		0 x 15 on :45 Shooters					
600		x 100 on 2:30 Kick					
	•	x 100 on 2:25 Kick					
	{ 2	x 100 on 2:15 Kick					
600	1x{2	x 100 on 1:55 Pulls					
	{ 2	x 100 on 1:50 Pulls					
	{ 2	x 100 on 1:45 Pulls					
300	6	x 50 on 1:00 Descend in sets of 3					
700	2x{1	x 25 on :40 Butterfly					
	{ 1	x 25 on :30 Freestyle					
	{2	x 25 on :40 Butterfly					
		x 25 on :30 Freestyle					
		x 25 on :40 Butterfly					
		x 25 on :30 Freestyle					
		x 25 on :40 Butterfly					
	-	x 25 on :40 Butterity x 25 on :30 Freestyle					
		on 1:00 Rest					
200	•	x 200 on 3:00 Stroke Drill					
200							
	1:02	PM 2,950 Yards - Stress Value = 41					

Workout #4250 - Friday, 22 September 2006 Group 3 - Sprint

	5:00 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Stomach and Stretch
500	1 x 500 on 8:00 Choice
150	10 x 15 on :45 Shooters
800	8 x 100 on 2:15 Kick-odds 100% for time
1,000	$4x\{1 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 25 \text{ on } : 25 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	$5x{1 x 50 on :01 Choice-off the blocks for time}$
	{1 x 200 on 5:00 Freestyle-ez
	6:46 PM 3,900 Yards - Stress Value = 60

Workout #4251 - Friday, 22 September 2006 Group 2 - Sprint 1 minute rest between sets

Yards	5:30 PM Start Set Description
=====	
	1 on 15:00 Stomach and Stretch
400	1 x 400 on 8:00 Choice
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:30 Kick-odds 100% for time
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	$5x\{1\ x\ 50\ on\ :01\ Choice-off\ the\ blocks\ for\ time$
	{1 x 200 on 5:00 Freestyle-ez
	1 on 14:00 Techniques-Starts
	7:00 PM 2,400 Yards - Stress Value = 41

Workout #4252 - Monday, 25 September 2006 Group 3 - Distance 1 minute rest between sets

	5:00 PM	Start		
Yards	Set	Description	EGY	WORF
=====	====		===	====
	1 on	20:00 Stomach and Stretch		I
500	1 x	500 on 8:00 Swim-kick-pull-swim	REC	٤
204	12 x	17 on :45 Start/shooter/finish	SP3	٤
700	1x{4 x	25 on :45 Kick no board BSLR	EN2	ř
	{2 x	100 on 2:00 Kick	EN2	ŀ
	{4 x	25 on :40 Kick no board BSLR	EN2	ŀ
	{2 x	100 on 1:55 Kick	EN2	ŀ
	{4 x	25 on :35 Kick no board BSLR	EN2	F
1,200	1x{2 x	200 on 3:00 Pull no br L.12 yds	EN1	E
	{2 x	200 on 2:50 Pull no br L.12 yds	EN2	E
	{2 x	200 on 2:40 Pull no br L.12 yds	EN2	E
300	4 x	75 on 1:10 IM w/out alt.strokes	EN1	٤

EN2

٤

Ι

Workout #4253 - Monday, 25 September 2006 Group 2 - Distance 1 minute rest between sets

6:45 PM 4,754 Yards - Stress Value = 77

2 x 800 on 10:00 Freestyle

1 x 250 on 4:00 Stroke Drill

1,600

250

	5:30 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 15:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
600	2x{4 x 25 on :45 Kick no board BSLR	EN2	ľ
	{2 x 100 on 2:30 Kick	EN2	ľ
650	1x{1 x 200 on 3:50 Pull no br L.12 yds	EN1	E
	$\{1 \times 250 \text{ on } 3:40 \text{ Pull no br L.}12 \text{ yds}$	EN2	E
	{1 x 200 on 3:30 Pull no br L.12 yds	EN2	Ε
300	4 x 75 on 1:30 IM w/out alt.strokes	EN1	٤
1,000	2 x 500 on 9:00 Freestyle	EN2	٤
200	1 x 200 on 3:00 Stroke Drill	REC	Γ
	7:01 PM 3,300 Yards - Stress Value = 52	2	

Workout #4254 - Tuesday, 26 September 2006 Group 3 - Back

1 minute rest between sets

	5:00 PM Start	
Yards	Set Descrip	otion
	1 on 20:00	Stomach and Stretch
500	1 x 500 on	8:00 Underwater trn drill
204	12 x 17 on	:45 Starts/shooters/finish
900	$1 \times 12 \times 100 \text{ on}$	2.00 Kick

{2 x 150 on 2:55 Kick

	{ 2	Х	200 on 3:50 Kick
1,000	1x{1	Х	400 on 5:40 Pulls
	{ 1	Х	300 on 4:15 Pulls
	{ 1	Х	200 on 2:50 Pulls
	{ 1	Х	100 on 1:25 Pulls
300	3	Х	100 on 1:30 Freestyle-descend
1,250	1x{1	Х	200 on 3:00 Backstorke
	{ 4	Х	50 on 1:00 Backstroke 8kicks off walls
	{ 2	Х	150 on 2:15 Backstroke
	{ 3	Х	50 on 1:00 Backstroke 10kicks off walls
	{ 3	Х	100 on 1:30 Backstroke
	{ 2	Х	50 on 1:00 Backstroke 12kicks off walls
200	1	Х	200 on 4:00 Stroke Drills
	6:46	ΡĬ	1 4,354 Yards - Stress Value = 64

Workout #4255 - Tuesday, 26 September 2006 Group 2 - Back

1 minute rest between sets

Yards		PM Start et Description
	==	
	1	on 15:00 Stomach and Stretch
400	1	x 400 on 8:00 Underwater trn drill
150	10	0 x 15 on :45 Shooters
500	1x{2	x 100 on 2:30 Kick
	{2	x 150 on 3:30 Kick
600	1x{1	x 300 on 5:15 Pulls
	{1	x 200 on 3:30 Pulls
	{1	x 100 on 1:45 Pulls
300	3	x 100 on 1:45 Freestyle-descend
1,100	1x{1	x 200 on 3:50 Backstorke
	{2	x 50 on 1:10 Backstroke 8kicks off walls
	{2	x 150 on 2:50 Backstroke
	{2	x 50 on 1:10 Backstroke 10kicks off walls
	{ 3	x 100 on 1:55 Backstroke
	{2	x 50 on 1:00 Backstroke 12kicks off walls
200	•	x 200 on 4:00 Stroke Drills
		PM 3,250 Yards - Stress Value = 47

Workout #4256 - Wednesday, 27 September 2006 Group 3 - Breast 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 20:00 Stomach and Stretch
500	1 x 500 on 8:00 Freestyle L.25 of each 6bk
150	10 x 15 on :45 Shooters
750	$1x\{2 x 125 on 2:05 Breaststroke$
	$\{2 \times 100 \text{ on } 1:40 \text{ Breaststroke} \}$
	{2 x 75 on 1:15 Breaststroke
	{2 x 50 on :50 Breaststroke
	{2 x 25 on :25 Breaststroke
600	3x{1 x 100 on 2:00 Kick no board BSLR
7.50	{4 x 25 on :40 Sprint Kick
/50	6 x 125 on 1:50 Lungbuster pulls
000	odds breathe 3-5-7-9-3, evens breathe 2-4-6
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	2 on each stroke
750	1x{2 x 125 on 2:05 Breaststroke {2 x 100 on 1:40 Breaststroke
	{2 x 75 on 1:15 Breaststroke
	{2 x 50 on :50 Breaststroke
	{2 x 25 on :25 Breaststroke
300	·
000	6:45 PM 4,000 Yards - Stress Value = 63
	332000 (4240 00

{2 x 100 on 2:05 Kick

{1 x 100 on 2:00 Kick

200 8 x 25 on :30 IM order-build 1,000 1x{1 x 200 on :01 Freestyle

{6 x 50 on 1:00 Kick-no board

	To: South Bend SC/Riley HS	7//16/2011 Pa	age oo
	Workout #4257 - Thursday, 28 September 2006 Group 3 - Fly 1 minute rest between sets	{1 x 200 on 8:00 Freestyle REC {1 x 150 on :01 Freestyle SP1 {1 x 150 on 6:00 Freestyle REC {1 x 100 on :01 Freestyle SP1 {1 x 100 on 4:00 Freestyle REC	
Yards	5:00 PM Start Set Description	{1 x 50 on :01 Freestyle SP1 {1 x 50 on 2:00 Freestyle REC	C S
1,200 200 1,200	1 on 20:00 Stomach and Stretch 1 x 500 on 8:00 Underwater trn drill-alt 100 freestyle with 100 backstroke 12 x 17 on :45 Starts/shooters/finish 1x{4 x 50 on 1:10 Kick {1 x 100 on 2:30 Kick for time {4 x 50 on 1:05 Kick {1 x 100 on 2:15 Kick for time {4 x 50 on 1:00 Kick {1 x 100 on 2:15 Fick for time {4 x 50 on 1:00 Kick {1 x 100 on 2:15 Pull-descend in 3's 4 x 50 on :50 Freestyle-descend 1x{3 x 100 on 1:30 3 strokes fly off each wall {3 x 100 on 1:25 3 strokes fly off each wall {3 x 100 on 1:15 3 strokes fly off each wall {3 x 100 on 1:15 3 strokes fly off each wall {3 x 250 on 4:00 Stroke Drills 6:46 PM 4,454 Yards - Stress Value = 70 Workout #4258 - Thursday, 28 September 2006 Group 2 - Breast	250	wall wall wall
	1 minute rest between sets	200 1 x 200 on 5:00 Stroke Drills 7:00 PM 3,050 Yards - Stress Value = 47	
Yards	5:30 PM Start Set Description	Workout #4261 - Monday, 02 October 2006 Group 3 - Distance	
400	1 on 15:00 Stomach and Stretch 1 x 400 on 8:00 Freestyle L.25 of each 6bk	1 minute rest between sets	
150		5:00 PM Start Yards Set Description E ====================================	
150 400	<pre>1 x 400 on 8:00 Freestyle L.25 of each 6bk 10 x 15 on :45 Shooters 1x{1 x 125 on 2:30 Breaststroke {1 x 100 on 2:00 Breaststroke {1 x 75 on 1:30 Breaststroke</pre>	5:00 PM Start Yards Set Description E 1 on 25:00 Stomach and Stretch 500 1 x 500 on 8:00 Swim-kick-pull-swim R 204 12 x 17 on :45 Starts/shooters/finish S 900 1x{4 x 25 on :40 Kick no board BSLR E	REC SP3 EN2
150 400	<pre>1 x 400 on 8:00 Freestyle L.25 of each 6bk 10 x 15 on :45 Shooters 1x{1 x 125 on 2:30 Breaststroke {1 x 100 on 2:00 Breaststroke {1 x 75 on 1:30 Breaststroke {1 x 50 on 1:00 Breaststroke {2 x 25 on :30 Breaststroke 3x{1 x 100 on 2:30 Kick no board BSLR</pre>	5:00 PM Start Yards Set Description E 1 on 25:00 Stomach and Stretch 500 1 x 500 on 8:00 Swim-kick-pull-swim R 204 12 x 17 on :45 Starts/shooters/finish S 900 1x{4 x 25 on :40 Kick no board BSLR E {3 x 100 on 2:00 Kick E {4 x 25 on :35 Kick no board BSLR E {2 x 100 on 1:50 Kick E	=== == REC SP3
150 400 600 600 200	<pre>1 x 400 on 8:00 Freestyle L.25 of each 6bk 10 x 15 on :45 Shooters 1x{1 x 125 on 2:30 Breaststroke {1 x 100 on 2:00 Breaststroke {1 x 75 on 1:30 Breaststroke {1 x 50 on 1:00 Breaststroke {2 x 25 on :30 Breaststroke {2 x 25 on :30 Breaststroke } 3x{1 x 100 on 2:30 Kick no board BSLR {4 x 25 on :45 Sprint kick 6 x 100 on 1:50 Lungbuster pulls odds breathe 3-5-7-5, evens breathe 2-4-6-4 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 on each stroke 1x{1 x 125 on 2:30 Breaststroke {1 x 100 on 2:00 Breaststroke {1 x 75 on 1:30 Breaststroke {1 x 50 on 1:00 Breaststroke }</pre>	5:00 PM Start Yards Set Description E 1 on 25:00 Stomach and Stretch 500 1 x 500 on 8:00 Swim-kick-pull-swim R 204 12 x 17 on :45 Starts/shooters/finish S 900 1x{4 x 25 on :40 Kick no board BSLR E {3 x 100 on 2:00 Kick E {4 x 25 on :35 Kick no board BSLR E {2 x 100 on 1:50 Kick E {4 x 25 on :30 Kick E {4 x 25 on :30 Kick E {4 x 75 on 1:10 Pull no br L.12 yds E {3 x 75 on 1:00 Pull no br L.12 yds E {2 x 75 on :55 Pull no br L.12 yds E	REC SP3 EN2
150 400 600 600 200 400	<pre>1 x 400 on 8:00 Freestyle L.25 of each 6bk 10 x 15 on :45 Shooters 1x{1 x 125 on 2:30 Breaststroke {1 x 100 on 2:00 Breaststroke {1 x 75 on 1:30 Breaststroke {1 x 50 on 1:00 Breaststroke {2 x 25 on :30 Breaststroke {2 x 25 on :30 Breaststroke {3x{1 x 100 on 2:30 Kick no board BSLR {4 x 25 on :45 Sprint kick 6 x 100 on 1:50 Lungbuster pulls odds breathe 3-5-7-5, evens breathe 2-4-6-4 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 on each stroke 1x{1 x 125 on 2:30 Breaststroke {1 x 75 on 1:30 Breaststroke {1 x 75 on 1:30 Breaststroke }</pre>	5:00 PM Start Yards Set Description E 1 on 25:00 Stomach and Stretch 500 1 x 500 on 8:00 Swim-kick-pull-swim R 204 12 x 17 on :45 Starts/shooters/finish S 900 1x{4 x 25 on :40 Kick no board BSLR E {3 x 100 on 2:00 Kick E {4 x 25 on :35 Kick no board BSLR E {2 x 100 on 1:50 Kick E {4 x 25 on :30 Kick E {1 x 100 on 1:40 Kick E {1 x 100 on 1:40 Kick E {1 x 5 on 1:10 Pull no br L.12 yds E {3 x 75 on 1:00 Pull no br L.12 yds E {3 x 75 on 1:55 Pull no br L.12 yds E {2 x 75 on :55 Pull no br L.12 yds E {2 x 75 on 1:15 IM w/out alt.strokes E 2,000 8 x 250 on 3:30 3:00 swims :30 rest E	REC SP3 EN2
150 400 600 600 200 400	<pre>1 x 400 on 8:00 Freestyle L.25 of each 6bk 10 x 15 on :45 Shooters 1x{1 x 125 on 2:30 Breaststroke {1 x 100 on 2:00 Breaststroke {1 x 75 on 1:30 Breaststroke {1 x 50 on 1:00 Breaststroke {2 x 25 on :30 Breaststroke {3x{1 x 100 on 2:30 Kick no board BSLR {4 x 25 on :45 Sprint kick 6 x 100 on 1:50 Lungbuster pulls odds breathe 3-5-7-5, evens breathe 2-4-6-4 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 on each stroke 1x{1 x 125 on 2:30 Breaststroke {1 x 100 on 2:00 Breaststroke {1 x 75 on 1:30 Breaststroke {1 x 50 on 1:00 Breaststroke {1 x 25 on :30 Breaststroke {1 x 200 on 4:00 Stroke Drills 7:02 PM 2,950 Yards - Stress Value = 46</pre>	5:00 PM Start Yards Set Description E 1 on 25:00 Stomach and Stretch 500 1 x 500 on 8:00 Swim-kick-pull-swim R 204 12 x 17 on :45 Starts/shooters/finish S 900 1x{4 x 25 on :40 Kick no board BSLR E {3 x 100 on 2:00 Kick E {4 x 25 on :35 Kick no board BSLR E {2 x 100 on 1:50 Kick E {4 x 25 on :30 Kick E {4 x 25 on :10 Pull no br L.12 yds E {3 x 75 on 1:10 Pull no br L.12 yds E {3 x 75 on 1:00 Pull no br L.12 yds E {3 x 75 on 1:15 IM w/out alt.strokes E 2,000 8 x 250 on 3:30 3:00 swims :30 rest E 200 1 x 200 on 4:00 Stroke Drills R	REC 5P3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1
150 400 600 200 400	<pre>1 x 400 on 8:00 Freestyle L.25 of each 6bk 10 x 15 on :45 Shooters 1x{1 x 125 on 2:30 Breaststroke {1 x 100 on 2:00 Breaststroke {1 x 75 on 1:30 Breaststroke {1 x 50 on 1:00 Breaststroke {2 x 25 on :30 Breaststroke 3x{1 x 100 on 2:30 Kick no board BSLR {4 x 25 on :45 Sprint kick 6 x 100 on 1:50 Lungbuster pulls odds breathe 3-5-7-5, evens breathe 2-4-6-4 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 on each stroke 1x{1 x 125 on 2:30 Breaststroke {1 x 100 on 2:00 Breaststroke {1 x 75 on 1:30 Breaststroke {1 x 50 on 1:00 Breaststroke {1 x 200 on 4:00 Stroke Drills 7:02 PM 2,950 Yards - Stress Value = 46 Workout #4259 - Friday, 29 September 2006 Group 3 - Sprint</pre>	5:00 PM Start Yards Set Description E 1 on 25:00 Stomach and Stretch 500 1 x 500 on 8:00 Swim-kick-pull-swim R 204 12 x 17 on :45 Starts/shooters/finish S 900 1x{4 x 25 on :40 Kick no board BSLR E {3 x 100 on 2:00 Kick E {4 x 25 on :35 Kick no board BSLR E {2 x 100 on 1:50 Kick E {4 x 25 on :30 Kick E {4 x 25 on :10 Pull no br L.12 yds E {3 x 75 on 1:10 Pull no br L.12 yds E {3 x 75 on 1:00 Pull no br L.12 yds E {3 x 75 on 1:15 IM w/out alt.strokes E 2,000 8 x 250 on 3:30 3:00 swims :30 rest E 200 1 x 200 on 4:00 Stroke Drills R	REC 5P3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1

EN2

EN2

EN2

SP1

č

Workout #4262 - Monday, 02 October 2006 Group 2 - Distance 1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 20:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
600	$2x{4 \times 25}$ on :45 Kick no board BSLR	EN2	ľ
	{2 x 100 on 2:30 Kick	EN2	F
900	1x{5 x 75 on 1:25 Pull no br L.12 yds	EN1	E
	$\{4 \times 75 \text{ on } 1:20 \text{ Pull no br L.}12 \text{ yds}$	EN1	E
	${3 \times 75 \text{ on } 1:15 \text{ Pull no br L.}12 \text{ yds}}$	EN2	E
200	1 x 200 on 4:30 Reverse IM drill	EN1	Γ
1,200	6 x 200 on 3:30 3:00 swims :30 rest	EN2	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Γ
	7:15 PM 3,650 Yards - Stress Value = 55	5	

Workout #4263 - Wednesday, 04 October 2006 Group 3 - Fly

1 minute rest between sets

	5:00 PM Start Set Description	EGY
=====	=======================================	===
	1 on 21:00 Stomach and Stretch	
500		EN1
	build to 90%	
150		SP3
700	$2x{4 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR}}$	EN2
	{2 x 75 on 1:30 Kick	EN2
750	$1x{1 x 150 on 2:10 Lungbuster pulls}$	EN1
	$\{1 \times 150 \text{ on } 2:05 \text{ Lungbuster pulls}$	EN1
	$\{1 \times 150 \text{ on } 2:00 \text{ Lungbuster pulls}$	EN2
	{1 x 150 on 1:55 Lungbuster pulls	EN2
	{1 x 150 on 1:50 Lungbuster pulls	EN2
250	10 x 25 on :30 Tuck spin drill	EN1
1,900	1x{3 x 125 on 2:00 Alt. 25 fly 25 free	EN3
	{1 x 150 on 3:00 Stroke Drills	REC
	{3 x 100 on 1:35 Alt. 25 fly 25 free	EN2
	{1 x 150 on 3:00 Stroke Drills	REC
	{3 x 75 on 1:10 Alt. 25 fly 25 free	EN2
	{1 x 150 on 3:00 Stroke Drills	REC
	{3 x 50 on :45 Alt. 25 fly 25 free	EN2
	{1 x 150 on 3:00 Stroke Drill	EN2
	{4 x 25 on :30 Butterfly	EN2
	{1 x 150 on 3:00 Stroke Drills	REC
	6:45 PM 4,250 Yards - Stress Value = 80	

Workout #4264 - Thursday, 05 October 2006 Group 3 - Freestylers 1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	EGY
=====		===
	1 on 23:00 Stomach and Stretch	
500	1 x 500 on 8:00 Underwater trn drill	REC
	odd 100's free even 100's back	
204	12 x 17 on :45 Starts/shooters/finishes	SP3
1,000	1x{1 x 100 on 2:00 Kick	EN1
	{2 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:55 Kick	EN1
	{2 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:50 Kick	EN2
	{2 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:45 Kick	EN2
	{2 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:40 Kick	EN2
	{2 x 50 on 1:00 Kick	EN1
1,000	1x{1 x 200 on 2:40 Pulls	EN2

	()	150 on 2.00 Dulla	EN2
	1 4	x 150 on 2:00 Pulls	ENZ
	{ 3	x 100 on 1:20 Pulls	EN2
	{ 4	x 50 on :40 Pulls	EN1
200	4	x 50 on :50 Choice-descend	EN1
2,000	1x{4	x 125 on 2:00 Freestyle	EN3
	{ 1	on 1:00 Rest	REC
	{ 4	x 125 on 1:55 Freestyle	EN3
	{ 1	on 1:00 Rest	REC
	{ 4	x 125 on 1:50 Freestyle	EN3
	{ 1	on 1:00 Rest	REC
	{ 4	x 125 on 1:45 Freestyle	EN3
200	1	x 200 on 3:00 Stroke Drills	REC
	7:00	PM 5,104 Yards - Stress Value = 161	

Workout #4265 - Thursday, 05 October 2006 Group 2 - Freestylers 1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 15:00 Stomach and Stretch		
400	1 x 400 on 8:00 Underwater trn drill	REC	
	odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
500	2x{1 x 100 on 2:20 Kick	EN1	
	{1 x 50 on 1:15 Kick	EN1	
	{1 x 50 on 1:10 Kick	EN1	
	{1 x 50 on 1:05 Kick	EN1	
800	1x{1 x 200 on 3:40 Pulls	EN2	
	{2 x 150 on 2:45 Pulls	EN2	
	{3 x 100 on 1:50 Pulls	EN2	
200	4 x 50 on 1:00 Choice-descend	EN1	
1,600	1x{4 x 100 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest	REC	
	{4 x 100 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest	REC	
	{4 x 100 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest	REC	
	{4 x 100 on 1:45 Freestyle	EN3	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:15 PM 3,850 Yards - Stress Value = 125	5	

Workout #4266 - Friday, 06 October 2006 Group 3 - Breast 1 minute rest between sets

5:00 PM Start Yards Set Description ===== ______ 1 on 20:00 Stomach and Stretch 500 1 x 500 on 8:00 Choice 12 x 17 on :45 Starts/shooter/finish 204 $1,050 3x{2 x 125 on 2:30 Kick}$ $\{4 \times 25 \text{ on } : 30 \text{ Kick-no board}$ 1,000 4×250 on 3:30 Pulls-nbbf&w + 2 yds 300 12×25 on :30 IM order-build $2,000 1x{4 x 100 on 1:45 Breaststroke}$ {3 x 100 on 1:40 Breaststroke $\{2 \times 100 \text{ on } 1:35 \text{ Breaststroke} \}$ $\{1 \times 100 \text{ on } 1:30 \text{ Breaststroke} \}$ {1 x 100 on 2:00 Freestyle $\{1 \times 50 \text{ on } : 45 \text{ Breaststroke} \}$ $\{2 \times 50 \text{ on } : 50 \text{ Breaststroke} \}$ {3 x 50 on :55 Breaststroke $\{4 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$ $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$ {1 x 100 on 3:00 Breaststroke-OTB for time!!! $\{1 \times 200 \text{ on } 4:00 \text{ Stroke Drills}$ 7:00 PM 5,054 Yards - Stress Value = 65

5:00 PM Start

5:30 PM Start

Workout #4267 - Friday, 06 October 2006 **Group 2 - Breast** 1 minute rest between sets

	5:30	PM Start	
Yards	Se ⁻	t Description	E
	==:		=
	1 (on 15:00 Stomach and Stretch	
400	1 :	x 400 on 8:00 Choice	F
50	1 :	x 50 on 1:30 Freestyle-OTB for time	٤
150	10	x 15 on :45 Shooters	٤
600	2x{2	x 100 on 2:20 Kick	E
	{ 4	x 25 on :30 Kick-no board	Ε
50	1 :	x 50 on 1:30 Backstroke-OTB for time	٤
750	3 :	x 250 on 4:30 Pulls-nbbf&w	E
50	1 :	x 50 on 1:30 Butterfly	č
200	8 :	x 25 on :30 IM order-build	E
450	6 :	x 75 on 1:30 Breaststroke-descend in 3's	E
50	1 :	x 50 on 1:30 Breaststroke-OTB for time	٤
100	1 :	x 100 on 2:00 Freestyle	F
	1 (on 13:00 Techniques-Starts	
	7:15	PM 2,850 Yards - Stress Value = 51	

Workout #4268 - Monday, 09 October 2006 **Group 3 - Distance** 1 minute rest between sets

Yards	Set Description	EGY WC
======	=======================================	=== ==
	1 on 25:00 Stomach and Stretch	
500		REC
204	111111111111111111111111111111111111111	
	$1\times 4 \times 25$ on :45 Kick no board BSLR	EN2
1,100	{2 x 50 on 1:00 Kick	EN2
	· ·	
		EN2
	{2 x 75 on 1:25 Kick	EN2
		EN2
		EN2
		EN2
	{2 x 125 on 2:15 Kick	EN2
1,200	1x{3 x 100 on 1:30 Pull no br L.8 yds	EN1
	$\{3 \times 100 \text{ on } 1:25 \text{ Pull no br L.8 yds}$	EN1
	$\{3 \times 100 \text{ on } 1:20 \text{ Pull no br L.8 yds}$	EN1
	$\{3 \times 100 \text{ on } 1:15 \text{ Pull no br L.8 yds}$	EN2
300	4×75 on 1:15 IM w/out alt.strokes	EN1
2,400	$1x\{1 \times 400 \text{ on } 5:30 \text{ Freestyle}$	EN2
	{1 x 400 on 5:25 Freestyle	EN2
	{1 x 400 on 5:20 Freestyle	EN2
	{1 x 400 on 5:15 Freestyle	EN2
	{1 x 400 on 5:10 Freestyle	EN2
	{1 x 400 on 5:05 Freestyle	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	7:15 PM 6,204 Yards - Stress Value = 96	

Workout #4269 - Monday, 09 October 2006 **Group 2 - Distance** 1 minute rest between sets

Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 15:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
750	1x{4 x 25 on :45 Kick no board BSLR	EN2	F
	{2 x 50 on 1:10 Kick	EN2	F
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	EN2	F
	{2 x 75 on 1:40 Kick	EN2	F
	{4 x 25 on :45 Kick no board BSLR	EN2	F
	{2 x 100 on 2:15 Kick	EN2	F
600	1x{2 x 100 on 1:55 Pulls	EN1	E
	{2 x 100 on 1:50 Pulls	EN1	E

	{ 2	Х	100	on	1:45	Pulls	EN1	E
300	4	Х	75 (on 1	1:20	<pre>IM w/out alt.strokes</pre>	EN1	٤
1,600	1x{1	Х	400	on	7:00	Freestyle	EN2	٤
	{ 1	Х	400	on	6:50	Freestyle	EN2	٤
	{ 1	Х	400	on	6:40	Freestyle	EN2	٤
	{ 1	Х	400	on	6:30	Freestyle	EN2	٤
200	1	Х	200	on	4:00	Stroke Drills	REC	Γ
	7:15	PN	л 4.(ากก	Yards	s - Stress Value = 63	2	

Workout #4270 - Tuesday, 10 October 2006 Group 3 - Back

1 minute rest between sets

5:00 PM Start

Yards	Se	et	Des	crip	ption			EGY
=====	==	-=-						===
	1	or	n 23	:00	Stoma	ach and Stretch		
500	1	Х	500	on	8:00	Underwater trn	drill	REC
180	12	2 >	15	on	:45	Starts/shooters/	finishes/	SP3
1,000	1x{2	Х	100	on	2:10	Kick		EN1
	{ 2	Х	100	on	2:05	Kick		EN2
	{ 2	Х	100	on	2:00	Kick		EN2
	{ 2	Х	100	on	1:55	Kick		EN2
	{ 2	Х	100	on	1:50	Kick		EN2
	(odo	ds f	ast	!!!			
1,100	1x{1	Х	300	on	4:00	Pulls		EN2
	{ 6	Х	50	on :	:45 Pi	ulls		EN1
	{ 1	Х	250	on	3:20	Pulls		EN2
	{ 5	Х	50	on :	:45 Pi	ulls		EN1
300	3	Х	100	on	1:45	Choice-descend	(non fr)	EN1
2,850	3x{6	Х	125	on	2:00	Backstroke		EN2
	{ 1	Х	200	on	4:00	Stroke Drills		REC
	7:15	PN	15.	930	Yard:	s - Stress Value	= 89	

Workout #4271 - Tuesday, 10 October 2006 Group 2 - Back 1 minute rest between sets

	5:30 PM Start	
Yards	Set Description	EGY
	=======================================	===
	1 on 20:00 Stomach and Stretch	
400	1 x 400 on 8:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{2 x 100 on 2:25 Kick	EN1
	{2 x 100 on 2:20 Kick	EN2
	{2 x 100 on 2:15 Kick	EN2
	odds fast!!!	
700	1x{1 x 200 on 3:40 Pulls	EN2
	{4 x 50 on :55 Pulls	EN1
	{1 x 150 on 2:45 Pulls	EN2
	{3 x 50 on :55 Pulls	EN1
300	3 x 100 on 1:45 Choice-descend (non fr)	EN1
1,500	3x{4 x 100 on 2:00 Backstroke	EN2
	{1 x 100 on 2:30 Stroke Drills	REC
	7:16 PM 3,650 Yards - Stress Value = 54	

Workout #4272 - Wednesday, 11 October 2006 Group 3 - Breast 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 21:00 Stomach and Stretch
	1 x 500 on 8:00 Freestyle-L.25 of each 100 (
150	
900	2x{4 x 25 on :35 Kick no board BSLR
	$\{2 \times 50 \text{ on } 1:05 \text{ Kick no board BSLR}$
	{1 x 100 on 2:05 Kick no board BSLR
	{6 x 25 on :40 Kick-odds fly fast evens free
1,000	1x{2 x 200 on 2:50 Lungbuster pulls
	{ breathe 3-5-7-9 by the 50
	{2 x 150 on 2:05 Lungbuster pulls
	$\{$ breathe 5-7-9 by the 50
	{ 1 breath per lap
	{2 x 100 on 1:20 Lungbuster pulls
	{ breathe 7-9 by the 50
	{2 x 50 on 1:00 Lungbuster pulls
250	10 x 25 on :30 Backstroke
2,700	1x{6 x 50 on 1:00 Under/overs
	{6 x 100 on 1:40 75 free 25 breast des in 3s
	{6 x 50 on 1:00 Under/overs
	{6 x 100 on 1:35 50 free 50 breast des in 3s
	{6 x 50 on 1:00 Under/overs
	{6 x 100 on 1:30 25 free 75 breast des in 3s
200	1 x 200 on 3:00 Stroke Drills
	7:15 PM 5,700 Yards - Stress Value = 91

Workout #4273 - Thursday, 12 October 2006 Group 3 - Fly

1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	EGY WC
=====	=======================================	====== ==
	1 on 25:00 Stomach and Stretch	
500	1 x 500 on 8:00 Underwater trn	drill REC
204	12 x 17 on :45 Starts/shooters/	finish SP3
1,000	2x{2 x 100 on 2:00 Kick	EN2
	{2 x 75 on 1:25 Kick	EN2
	{3 x 50 on :50 Kick	EN2
1,500	3 x 500 on 6:30 Pulls	EN2
300	6 x 50 on :50 Freestyle-descend	EN1
2,200	$2x\{2 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN1
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1
	{1 x 50 on :55 Butterfly-lup 1do	wn EN2
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	REC
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1
	{1 x 50 on :55 Butterfly 1up 2do	wn EN2
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	REC
	$\{6 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1
	$\{1 \times 50 \text{ on } :55 \text{ Butterfly 1up 3 de} \}$	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	REC
	$\{8 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1
	{1 x 50 on :55 Butterfly-lup 4do	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	REC
200	1 x 200 on 3:00 Stroke Drill	REC
	7:17 PM 5,904 Yards - Stress Value	= 83

Workout #4274 - Thursday, 12 October 2006 Group 2 - Fly

1 minute rest between sets

5:30 PM Start
Yards Set Description EGY WOF

	1	or	1 20	:00) Stomach and Stretch	
400	1	Х	400	or	8:00 Underwater trn drill	REC
150	1() x	15	or or	1 :45 Shooters	SP3
500	1x{2	Х	100	or or	n 2:20 Kick	EN2
	{ 2	Х	75	on	1:40 Kick	EN2
	{ 3	Х	50	on	1:05 Kick	EN2
750	1	Х	750	or or	n 14:00 Pulls	EN2
200	4	Х	50	on	1:00 Freestyle-descend	EN1
1,100	1x{2	Х	25	on	:40 Butterfly	EN1
	{ 1	Х	50	on	:55 Freestyle	EN1
	{ 1	Х	50	on	1:05 Butterfly-lup ldown	EN2
	{ 1	Х	50	on	1:00 Freestyle	REC
	{ 4	Х	25	on	:40 Butterfly	EN1
	{ 1	Х	50	on	:55 Freestyle	EN1
	{ 1	Х	50	on	1:05 Butterfly 1up 2down	EN2
	{ 1	Х	50	on	1:00 Freestyle	REC
	-				:40 Butterfly	EN1
	{ 1	Х	50	on	:55 Freestyle	EN1
	{ 1	Х	50	on	1:05 Butterfly 1up 3 down	EN2
	-				1:00 Freestyle	REC
					:40 Butterfly	EN1
	-				:55 Freestyle	EN1
					1:05 Butterfly-1up 4down	
					1:00 Freestyle	REC
250					n 5:00 Stroke Drill	REC
	7:13	PM	13,	350) Yards - Stress Value = 42	

Workout #4275 - Friday, 13 October 2006 Group 3 - IM'ers

	5:00 PM	Start	
Yards	Set	Description	EGY
=====	====		===
	1 or	n 25:00 Stomach and Stretch	
500	1 x	500 on 8:00 Reverse IM drill	REC
204	12 >	<pre>x 17 on :45 Starts/shooters/finishes</pre>	SP3
900	3x{4 x	50 on 1:00 Kick	EN2
	{1 x	100 on 2:30 Kick-great effort	ENG
1,400	1x{4 x	125 on 1:50 Pulls-nbbf&w + 2 yds	EN1
	{4 x	100 on 1:30 Pulls-nbbf&w + 2 yds	EN1
	{4 x	75 on 1:05 Pulls-nbbf&w + 2 yds	EN1
	{4 x	50 on :45 Pulls-nbbf&w + 2 yds	EN1
300	4 x	75 on 1:15 2bk-4bk-6bk by 25's	EN1
2,400	12x{1 x	100 on 1:20 Individual Medley	EN2
	{1 x	50 on :35 Freestyle	EN2
	{1 x	50 on :50 Freestyle	REC
400	8 x	50 on 1:00 Stroke Drills	REC
	7:15 PM	6,104 Yards - Stress Value = 91	

EN2

REC

Workout #4276 - Friday, 13 October 2006 Group 2 - IM'ers 1 minute rest between sets

Workout #4279 - Tuesday, 17 October 2006 Group 3 - Back 1 minute rest between sets

1,350 3x{3 x 100 on 2:15 Backstroke

1 x 200 on 5:00 Stroke Drills

7:15 PM 3,450 Yards - Stress Value = 53

 $\{3 \times 50 \text{ on } 1:00 \text{ Backstroke-10k of walls EN2} \}$

1 on 20:00 Stomach and Stretch 400 1 x 400 on 8:00 Reverse IM drill REC 150 10 x 15 on :45 Shooters SP3 600 2x{4 x 50 on 1:10 Kick EN2 {1 x 100 on 3:00 Kick-great effort EN3 350 1x{1 x 125 on 2:30 Pulls-nbbf&w + 2 yds EN1 {1 x 100 on 1:50 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Freestyle EN2 {2 x 150 on 2:10 Backstroke-10k off walls EN2 {4 x 50 on :55 Backstroke-10k off walls EN2 {3 x 150 on 2:00 Backstroke-10k off walls EN2 {4 x 50 on :55 Backstroke-10k off walls EN2 {3 x 150 on 2:00 Backstroke-10k off walls EN2 {4 x 50 on :55 Backstroke-10k off walls EN2 {3 x 150 on 2:00 Backstroke-10k off walls EN2 {4 x 50 on :55 Backstroke-10k off walls EN2 {4 x 50 on :55 Backstroke-10k off walls EN2 {4 x 50 on :50 Backstroke-10k off walls EN2 {4 x 50 on :50 Backstroke-10k off walls EN2 {4 x 50 on :50 Backstroke-10k off walls EN2 {5 x 150 on 2:00 Backstroke-10k off walls EN2 {5 x 150 on 2:00 Backstroke-10k off walls EN2 {5 x 150 on 2:00 Backstroke-10k off walls EN2 {5 x 150 on 2:00 Backstroke-10k off walls EN2 {5 x 150 on 2:00 Backstroke-10k off walls EN2 {5 x 150 on 2:00 Backstroke-10k off walls EN2 {5 x 150 on 2:00 Backstroke-10k off walls EN2 {5 x 150 on 2:00 Backstroke-10k off	5:00 PM Start
1 on 20:00 Stomach and Stretch 400 1 x 400 on 8:00 Reverse IM drill REC 150 10 x 15 on :45 Shooters SP3 204 12 x 17 on :45 Starts/shooters/finish SP3 600 2x{4 x 50 on 1:10 Kick EN2	EGY WOF Yards Set Description EGY W
400	=== === === ===== =====================
150	
600 2x{4 x 50 on 1:10 Kick	REC 500 1 x 500 on 8:00 Underwater trn drill REC
{1 x 100 on 3:00 Kick-great effort EN3 350 1x{1 x 125 on 2:30 Pulls-nbbf&w + 2 yds EN1 {1 x 100 on 1:50 Pulls-nbbf&w + 2 yds EN1 {1 x 75 on 1:15 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 {1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 1,200 6x{1 x 100 on 2:00 Individual Medley EN2 {1 x 50 on :45 Freestyle EN2 {1 x 50 on 1:15 Freestyle REC {1 on 10:00 Techniques-starts 200 1 x 200 on 4:00 Stroke Drills REC 7:16 PM 3,050 Yards - Stress Value = 49 Workout #4277 - Monday, 16 October 2006 Group 3 - Distance 1 minute rest between sets	SP3 204 12 x 17 on :45 Starts/shooters/finish SP3
350 1x{1 x 125 on 2:30 Pulls-nbbf&w + 2 yds EN1 {	EN2 800 1x{1 x 200 on 4:00 Kick EN2
{1 x 100 on 1:50 Pulls-nbbf&w + 2 yds EN1	EN3 {2 x 100 on 2:00 Kick EN2
1 x 75 on 1:15 Pulls-nbbf&w + 2 yds EN1 1,200 1x{1 x 300 on 4:30 Pulls EN1 1200 1x{1 x 300 on 4:30 Pulls EN1 150 2 x 75 on 1:30 2bk-4bk-6bk by 25's EN1 1,200 6x{1 x 100 on 2:00 Individual Medley EN2 {6 x 50 on :40 Pulls EN2 100 x 1:15 Freestyle EN2 100 x 1:15 Freestyle EN2 2,600 1x{3 x 100 on 1:30 Freestyle-descend EN1 100 x 1:30 Freestyle-descend EN1 100 x 1:30 Freestyle-descend EN2 100 x 1:30 Freestyle-d	yds EN1 {4 x 50 on 1:00 Kick EN2
{1 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 150 2 x 75 on 1:30 2bk-4bk-6bk by 25's EN1 1,200 6x{1 x 100 on 2:00 Individual Medley EN2 {1 x 50 on :45 Freestyle EN2 {1 x 50 on :45 Freestyle EN2 {1 x 50 on :45 Freestyle EN2 1 on 10:00 Techniques-starts 200 1 x 200 on 4:00 Stroke Drills REC 7:16 PM 3,050 Yards - Stress Value = 49 Workout #4277 - Monday, 16 October 2006 Group 3 - Distance 1 minute rest between sets 1 minute rest between sets EN1 {2 x 150 on 2:10 Pulls EN1 {3 x 100 on 1:25 Pulls EN2 {6 x 50 on :40 Pulls EN2 {7:10 on 1:30 Freestyle-descend EN1 {8 x 150 on 2:10 Backstroke EN2 {9 x 150 on 2:10 Backstroke-10k off walls EN2 {1 x 50 on :55 Backstroke-10k off walls EN2 {1 x 50 on :50 Backstroke-10k off walls EN2 {1 x 50 on :45 Backstroke-10k off	yds EN1 {8 x 25 on :30 Kick EN2
150	ds EN1 1,200 1x{1 x 300 on 4:30 Pulls EN1
1,200 6x{1 x 100 on 2:00 Individual Medley	ls EN1 {2 x 150 on 2:10 Pulls EN1
{1 x 50 on :45 Freestyle	s EN1 {3 x 100 on 1:25 Pulls EN1
{1 x 50 on 1:15 Freestyle REC 1 on 10:00 Techniques-starts	
1 on 10:00 Techniques-starts 200 1 x 200 on 4:00 Stroke Drills REC 7:16 PM 3,050 Yards - Stress Value = 49 Workout #4277 - Monday, 16 October 2006 Group 3 - Distance 1 minute rest between sets 400 8 x 50 on 1:00 Backstroke-10k of walls EN2 {3 x 150 on 2:10 Backstroke-10k off walls EN2} {4 x 50 on 2:05 Freestyle EN2} {4 x 50 on 2:05 Backstroke-10k off walls EN2} {3 x 150 on 2:06 Backstroke-10k off walls EN2} {4 x 50 on 2:06 Backstroke-10k off walls EN2} {3 x 150 on 2:06 Backstroke-10k off walls EN2} {3 x 150 on 2:06 Backstroke-10k off walls EN2} {3 x 50 on 1:06 Stroke Drills REC} {4 x 50 on 2:07 Backstroke-10k off walls EN2} {5 x 150 on 2:08 Backstroke-10k off walls EN2} {6 x 50 on 1:08 Stroke Drills REC} {7:15 PM 6,004 Yards - Stress Value = 92}	EN2 300 3 x 100 on 1:30 Freestyle-descend EN1
200 1 x 200 on 4:00 Stroke Drills REC	REC 2,600 $1 \times \{3 \times 150 \text{ on } 2:15 \text{ Backstroke} \}$ EN2
7:16 PM 3,050 Yards - Stress Value = 49 Workout #4277 - Monday, 16 October 2006 Group 3 - Distance 1 minute rest between sets 400 4 x 50 on :55 Backstroke-10k off walls EN2 {4 x 50 on :50 Backstroke-10k off walls EN2 {3 x 150 on 2:00 Backstroke {4 x 50 on :45 Backstroke-10k off walls EN1 {4 x 50 on :45 Backstroke-10k off walls EN1 {5 x 150 on :45 Backstroke-10k off walls EN1 {6 x 50 on :55 Backstroke-10k off walls EN2 {7 x 15 PM 6,004 Yards - Stress Value = 92	· ·
\begin{align*} \{3 \times 150 \text{ on 2:05 Freestyle} \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\	· ·
Workout #4277 - Monday, 16 October 2006 {4 x 50 on :50 Backstroke-10k off walls EN2 {3 x 150 on 2:00 Backstroke EN2 {3 x 150 on 2:00 Backstroke EN2 {4 x 50 on :45 Backstroke-10k off walls EN1 } EN1 {4 x 50 on :45 Backstroke-10k off walls EN1 } EN1 {4 x 50 on :1:00 Stroke Drills REC } {7:15 PM 6,004 Yards - Stress Value = 92}	· ·
3 x 150 on 2:00 Backstroke EN2	{3 x 150 on 2:05 Freestyle EN2
\$\ \frac{\frac{3 \times 150 \text{ on } 2:00 \text{ Backstroke}}{\frac{4 \times 50 \text{ on } :45 \text{ Backstroke} - 10k \text{ off walls EN1}}{\frac{1 \text{ minute rest between sets}}{\frac{400}{5} \text{ so on } 1:00 \text{ Stroke Drills}}{\frac{7:15}{5} \text{ PM } 6,004 \text{ Yards - Stress Value} = 92} \end{array}	{4 x 50 on :50 Backstroke-10k off walls EN2
1 minute rest between sets 400 8 x 50 on 1:00 Stroke Drills REC 7:15 PM 6,004 Yards - Stress Value = 92	{3 x 150 on 2:00 Backstroke EN2
7:15 PM 6,004 Yards - Stress Value = 92	{4 x 50 on :45 Backstroke-10k off walls EN1
	7:15 PM 6,004 Yards - Stress Value = 92
5:00 PM Start	
Yards Set Description Workout #4280 - Tuesday, 17 October 2006	Workout #4280 - Tuesday, 17 October 2006
Crown 1. Rode	======================================
1 On 25.00 Scomach and Screech	
The sound of the state of the s	v IIII
204 12 x 17 on :45 Starts/shooters/finishes	
1,000 5x{4 x 25 on :40 Kick no board BSLR 5:30 PM Start	
1,350 1x{8 x 75 on 1:05 Pull no br L.10 yds 1 on 20:00 Stomach and Stretch	
{6 x 75 on 1:00 Pull no br L.10 yds 400 1 x 400 on 8:00 Underwater trn drill REC	
{4 x 75 on :55 Pull no br L.10 yds	
300 4 x 75 on 1:15 IM w/out alt.strokes 600 1x{2 x 100 on 2:20 Kick EN2	
1,800 1x{3 x 200 on 2:30 Freestyle	· ·
{3 x 200 on 2:25 Freestyle {8 x 25 on :35 Kick EN2	· ·
{3 x 200 on 2:20 Freestyle	· ·
250 1 x 250 on 5:00 Stroke Drills {3 x 100 on 1:45 Pulls EN1	•
400 4 x 100 on 1:30 Freestyle-descend to ludicro 150 3 x 50 on :55 Freestyle-descend EN1	· ·

200

Workout #4278 - Monday, 16 October 2006 Group 2 - Distance

7:15 PM 6,054 Yards - Stress Value = 93

1 x 250 on 4:00 Stroke Drills

speed

250

	5:30 PM Start	
Yards	Set Description	EGY
=====	=======================================	===
	1 on 20:00 Stomach and Stretch	
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Starts/shooters/finishes	SP3
600	$3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	EN2
	{1 x 100 on 2:20 Kick	EN2
750	$1x\{4 \times 75 \text{ on } 1:20 \text{ Pull no br L.}10 \text{ yds}$	EN1
	$\{4 \times 75 \text{ on } 1:15 \text{ Pull no br L.}10 \text{ yds}$	EN2
	$\{2 \times 75 \text{ on } 1:10 \text{ Pull no br L.}10 \text{ yds}$	EN1
300	4×75 on 1:30 IM w/out alt.strokes	EN1
1,200	1x{2 x 200 on 3:40 Freestyle	EN2
	{2 x 200 on 3:35 Freestyle	EN2
	{2 x 200 on 3:30 Freestyle	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:14 PM 3,650 Yards - Stress Value = 56	

Workout #4281 - Wednesday, 18 October 2006 Group 3 - Breast 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 20:00 Stomach and Stretch-no pushups
500	1 x 500 on 8:00 Choice-L.25 of each 90% effc
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$
	{1 x 125 on 2:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick
	{1 x 75 on 1:30 Kick
	{4 x 25 on :45 Kick
	{1 x 50 on 1:00 Kick
1,200	12 x 100 on 1:30 Lungbuster pulls
	odds br 3-5-7-9 evens br 2-4-6-8
300	
1,600	1x{1 x 100 on 1:45 Breaststroke
	{8 x 25 on 1:00 From dive/10 pushups
	{2 x 100 on 1:40 Freestyle
	$\{8 \times 25 \text{ on } 1:00 \text{ Breast from a dive/10 pushups}\}$
	{3 x 100 on 1:35 Breaststroke
	$\{8 \times 25 \text{ on } 1:00 \text{ Breast from a dive/10 pushups } \{4 \times 100 \text{ on } 1:30 \text{ Breaststroke} \}$
300	•
300	7:15 PM 5,050 Yards - Stress Value = 77
	7.15 1m 5,050 tatas 501e55 value - 77

Workout #4282 - Thursday, 19 October 2006 Group 3 - Fly

1 minute rest between sets

	5:00 PM Start Set Description	EGY	V
	1 on 25:00 Stomach and Stretch	===	=
500	1 x 500 on 8:00 Underwater trn drill	REC	
204	12 x 17 on :45 Starts/shooters/finsh		
	2x{1 x 125 on 2:30 Kick	EN2	
1,000	1 x 100 on 2:00 Kick	EN2	
	{1 x 125 on 2:20 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 125 on 2:00 Kick	EN2	
1 200	1x{1 x 300 on 4:00 Pulls	EN1	
1,200	{2 x 200 on 2:45 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
	$\{4 \times 50 \text{ on } 1:30 \text{ Pulls } 4 \text{ breaths total} \}$	EN2	
450	•		
	9 x 50 on :50 Freestyle-descend in 3's $3x\{2 \times 50 \text{ on } :50 \text{ Butterfly } 2-2$	EN2	
1,000	1 x 50 on :45 Freestyle	EN2	
	•	EN2	
	$\{2 \times 50 \text{ on } :50 \text{ Butterfly } 2-3 $ $\{1 \times 50 \text{ on } :45 \text{ Freestyle} \}$	ENZ EN1	
	$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} $	EN2	
	{2 x 50 on :50 Butterliy 2-4 {1 x 50 on :45 Freestyle	EN1	
	•	EN2	
	$\{2 \times 50 \text{ on } : 50 \text{ Butterfly } 2-5 $ $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
200	7:16 PM 5,954 Yards - Stress Value = 90	KEC	

Workout #4283 - Thursday, 19 October 2006 Group 2 - Fly

1 minute rest between sets

1 on 20:00 Stomach and Stretch	
400 1 x 400 on 8:00 Underwater trn dr	cill REC
150	SP3
600 1x{1 x 100 on 2:30 Kick	EN2
{1 x 100 on 2:00 Kick	EN2
{1 x 100 on 2:20 Kick	EN2
{1 x 100 on 2:00 Kick	EN2
{1 x 100 on 2:10 Kick	EN2
{1 x 100 on 2:00 Kick	EN2
600 $1x\{1 \times 300 \text{ on } 5:30 \text{ Pulls}$	EN1
{1 x 200 on 3:40 Pulls	EN1
{1 x 100 on 1:50 Pulls	EN1
300 6 x 50 on 1:00 Freestyle-descend	in 3's EN1
1,350 3x{2 x 50 on 1:00 Butterfly 2-2	EN2
$\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	EN1
$\{2 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-3$	EN2
$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1
$\{2 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-4$	EN2
$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1
250 1 x 250 on 6:00 Stroke Drills	REC
7:14 PM 3,650 Yards - Stress Value =	= 51

Workout #4284 - Monday, 23 October 2006 Group 3 - Distance 1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 9:00 Swim-kick-pull-swim
	12 x 17 on :45 Starts/shooters/finish
1,200	2x{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on 1:10 Kick 25 EZ 25 Fast
	{2 x 50 on 1:00 Kick no board BSLR
	{2 x 50 on 1:10 Kick 25 EZ 25 Fast
	{1 x 100 on 2:00 Kick no board BSLR
	{2 x 50 on 1:10 Kick 25 EZ 25 Fast
100	1 x 100 on 2:00 Freestyle
	9 x 150 on 2:15 Freestyle-desecned in 3's ea
,	set's avg. time should be faster then the p
1 350	1x{2 x 75 on 1:10 Pull no br L. 15 yds
1,550	{4 x 75 on 1:05 Pull no br L.12 yds
	{6 x 75 on 1:00 Pull no br L.9 yds
	$\{4 \times 75 \text{ on } 1:05 \text{ Pull no br L.}12 \text{ yds}$
	$\{2 \times 75 \text{ on } 1:10 \text{ Pull no br L.}15 \text{ yds}$
100	1 x 100 on 2:00 Freestyle
1,350	9 x 150 on 2:15 Same as 1st set of 150's, wi
	each set of 3 at least :01 faster then cor
	set of 3 from the 1st set
200	1 x 200 on 3:00 Stroke Drills
	7:31 PM 6,454 Yards - Stress Value = 107
	,,01 111 0,101 14140 001000 (4140 10)

Workout #4285 - Monday, 23 October 2006 Group 2 - Distance 1 minute rest between sets

	5:30 PM Start							
Yards	Set Description							
	1 on 15:00 Stomach and Stretch							
400	1 x 400 on 8:00 Swim-kick-pull-swim							
150	10 x 15 on :45 Shooters							
600	1x{4 x 25 on :45 Kick no board BSLR							
	{2 x 50 on 1:15 Kick 25 EZ 25 Fast							
	{2 x 50 on 1:30 Kick no board BSLR							
	{2 x 50 on 1:15 Kick 25 EZ 25 Fast							
	{1 x 100 on 2:30 Kick no board BSLR							
	{2 x 50 on 1:15 Kick 25 EZ 25 Fast							
100	1 x 100 on 2:00 Freestyle							
900	6 x 150 on 2:45 Freestyle-desecned in 3's ea							
	set's avg. time should be faster then the p							
400	1 x 400 on 7:00 Pulls							
100	1 x 100 on 2:00 Freestyle							
900	6 x 150 on 2:45 Same as 1st set of 150's, wi							
	each set of 3 at least :01 faster then cor							
	set of 3 from the 1st set							
250	1 x 250 on 5:00 Stroke Drills							
	7:15 PM 3,800 Yards - Stress Value = 60							

Workout #4286 - Tuesday, 24 October 2006 Group 3 - Back 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Underwater trn drill 12 x 17 on :45 Starts/shooters/finish 1x{1 x 200 on 4:00 Kick
1,000	{8 x 25 on :45 Kick-odds underwater evens on
	{ back streamlined {1 x 150 on 3:00 Kick
	{6 x 25 on :45 Kick-odds underwater evens on
	{ on back streamlined {1 x 100 on 2:00 Kick
	$\{4\ x\ 25\ on\ : 45\ Kick\ odds\ underwater\ evens\ on\ $
	{ back streamlined {1 x 50 on 1:00 Kick
	{2 x 25 on :45 Kick-odds underwater evens on
	{ back streamlined
1,000	1x{1 x 100 on 1:30 Pulls
	{2 x 100 on 1:25 Pulls
	{3 x 100 on 1:20 Pulls
	{4 x 100 on 1:15 Pulls

Workout #4287 - Tuesday, 24 October 2006 Group 2 - Back

3 x 100 on 1:30 Freestyle-descend

 $\{4 \times 150 \text{ on } 2\text{:}15 \text{ Backstroke-descend} \\ \{4 \times 100 \text{ on } 1\text{:}30 \text{ Backstroke-descend} \\ \{4 \times 50 \text{ on } \text{:}45 \text{ Backstroke-descend} \\ \}$

 $2,000 1x\{4 \times 200 \text{ on } 3:00 \text{ Backstroke-descend}$

 8×50 on 1:00 Stroke Drills 7:16 PM 5,504 Yards - Stress Value = 85

300

400

1 minute rest between sets

	5:30 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters

{6 x 25 on :45 Kick-odds underwater evens on

600 $1x{1 x 150 on 3:30 Kick}$

```
{ on back streamlined
        {1 x 100 on 2:20 Kick
        {4 x 25 on :45 Kick odds underwater evens on
        { back streamlined
        {1 x 50 on 1:10 Kick
        {2 x 25 on :45 Kick-odds underwater evens on
        { back streamlined
 600 1x{1 x 100 on 1:55 Pulls
        {2 x 100 on 1:50 Pulls
        {3 x 100 on 1:45 Pulls
         3 \times 100 on 1:50 Freestyle-descend
1,200 1x{4 x 150 on 3:00 Backstroke-descend
        {4 x 100 on 2:00 Backstroke-descend
        {4 x 50 on 1:00 Backstroke-descend
        1 x 250 on 6:00 Stroke Drills
     7:15 PM 3,500 Yards - Stress Value = 51
```

Workout #4288 - Wednesday, 25 October 2006 Group 3 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Choice L.25 of each 100 fas
150	10 x 15 on :45 Shooters
1,200	3x{1 x 100 on 2:00 Kick no board BSLR
	{1 x 100 on 1:55 Kick no board BSLR
	{1 x 100 on 1:50 Kick no board BSLR
	{4 x 25 on :30 Kick
1,500	1x{3 x 125 on 2:00 Lungbuster pulls
	{3 x 125 on 1:55 Lungbuster pulls
	{3 x 125 on 1:50 Lungbuster pulls
	{3 x 125 on 1:45 Lungbuster pulls
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's
1,600	8x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,600 Yards - Stress Value = 91

Workout #4289 - Thursday, 26 October 2006 Group 3 - Breast

1 minute rest between sets

Yards	5:00 PM Start Set Description
600	<pre>1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Underwater trn drill</pre>
	odd 100's freestyle evens 100's backstroke 12 x 17 on :45 Starts/shooters/finishes
1,100	11 x 100 on 2:00 Challenge Kick Set, with fi
1,500	2x{1 x 75 on 1:10 Pulls
	{1 x 50 on :35 Pulls
	{2 x 75 on 1:05 Pulls
	{2 x 50 on :35 Pulls
	{3 x 75 on 1:00 Pulls
	{3 x 50 on :35 Pulls
450	9 x 50 on :50 Freestyle-descend
1,800	$3x{1 x 125 on 2:10 Breaststroke}$
	{1 x 100 on 1:40 Breaststroke
	{1 x 75 on 1:10 Breaststroke
	{1 x 50 on :45 Breaststroke
	{8 x 25 on :45 Breaststroke w/paddles
	{1 x 50 on 1:30 Breaststroke 100% effort
300	3 x 100 on 2:00 Stroke Drills

7:30 PM 5,954 Yards - Stress Value = 94

Workout #4290 - Thursday, 26 October 2006 Group 2 - Breast 1 minute rest between sets

Group 3 - Distance 1 minute rest between sets

	1 minute Test Detween sets			5 00 700 00
				5:00 PM Start
	5:30 PM Start		Yards	Set Description
Yards	Set Description	EGY		
=====	=======================================	===		1 on 30:00 Stomach and Stretch
	1 on 20:00 Stomach and Stretch		600	1 x 600 on 9:00 Swim-kick-pull-swim
400	1 x 400 on 8:00 Underwater trn drill	REC	204	12 x 17 on :45 Starts/shooters/finishes
	odd 100's freestyle evens 100's backst	roke	1,200	6x{1 x 100 on 2:00 Kick
150	<u>-</u>	SP3		{1 x 100 on 2:00 Kick no board BSLR
800	8 x 100 on 2:30 Kick-100% effort	EN2	1,200	1x{1 x 150 on 2:15 Pulls
600	1x{1 x 75 on 1:20 Pulls	EN1		{3 x 50 on :45 Pulla
	{1 x 50 on :45 Pulls	EN2		{1 x 150 on 2:10 Pulls
	{2 x 75 on 1:15 Pulls	EN1		{3 x 50 on :45 Pulls
	{2 x 50 on :45 Pulls	EN1		{1 x 150 on 2:05 Pulls
	(3 x 75 on 1:10 Pulls	EN1		{3 x 50 on :45 Pulls
450	9 x 50 on :50 Freestyle-descend	EN1		{1 x 150 on 2:00 Pulls
700	1x{1 x 125 on 2:30 Breaststroke	EN1		{3 x 50 on :45 Pulls
	{1 x 100 on 1:55 Breaststroke	EN1	300	4×75 on 1:15 IM w/out alt.strokes
	{1 x 75 on 1:25 Breaststroke	EN2	2,400	12 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!
	{1 x 50 on :55 Breaststroke	EN2	200	1 x 200 on 4:00 Stroke Drill
	{8 x 25 on :45 Breaststroke	EN2	400	4 x 100 on 1:30 Descend to Ludicrous speed!!
	{3 x 50 on 1:30 Breaststroke 100% effort	SP2	200	1 x 200 on 3:00 Stroke Drill
300	6 x 50 on 1:10 Stroke Drills	REC		7:32 PM 6,704 Yards - Stress Value = 101
	7:15 PM 3,400 Yards - Stress Value = 57			

Yards

400

150

100

200

2,000

Varde

Workout #4291 - Friday, 27 October 2006 Group 3 - All

1 minute rest between sets

Workout #4294 - Monday, 30 October	2006
Group 2 - Distance	
1 minute rest between sets	

1 on 20:00 Stomach and Stretch 1×400 on 8:00 Swim-kick-pull-swim

{1 x 100 on 2:20 Kick no board BSLR

10 x 15 on :45 Shooters

1 x 100 on 2:00 Choice

10 x 200 on 4:00 Challenge Set!!!!!!!!!!!!

5:30 PM Start

5:00 PM Start

Set Description

Set Description

 $400 \ 2x\{1 \ x \ 100 \ on \ 2:20 \ Kick$

 $300 1x{1 x 150 on 2:40 Pulls}$ {3 x 50 on :55 Pulla

Yards	5:00 PM Start Set Description =
	1 20 00 01 1 1 2
800	1 on 30:00 Stomach and Stretch 1 x 800 on 12:00 Choice 1 on 10:00 Techniques-starts
204	12 x 17 on :45 Shooters
1,000	10 x 100 on 2:00 Kick-odds good effort
1,000	2x{1 x 150 on 2:15 Pulls
	{1 x 125 on 1:50 Pulls
	{1 x 100 on 1:30 Pulls
	{1 x 75 on 1:05 Pulls
	{1 x 50 on :45 Pulls
	1 on 10:00 Techniques-Stanford Trn Drills
800	32 x 25 on :30 IM order-12.5 drill 12.5 buil
500	1 x 500 on 8:00 Stroke Drill
	7:15 PM 4,304 Yards - Stress Value = 36

Workout #4295 - Tuesday, 31 October 2006 Group 3 - Back 1 minute rest between sets

7:14 PM 3,550 Yards - Stress Value = 57

1 x 200 on 4:00 Stroke Drill

Workout #4292 - Friday, 27 October 2006 Group 2 - All

1 minute rest between sets

Yards	5:30 PM Start Set Description	
	1 on 20:00 Stomach and Stretch	
600	1 x 600 on 12:00 Choice	1
	1 on 8:00 Techniques-starts	1
153	9 x 17 on :45 Starts/shooters/finish	
600	6 x 100 on 2:30 Kick-odds good effort	
500	1x{1 x 150 on 2:45 Pulls	
	{1 x 125 on 2:15 Pulls	2
	{1 x 100 on 1:50 Pulls	
	{1 x 75 on 1:20 Pulls	
	{1 x 50 on :50 Pulls	
	1 on 8:00 Techniques-Stanford Trn Drills	
600	24 x 25 on :40 IM order-12.5 drill 12.5 buil	

	iarus	56	3 L	Desc	SLIF	DCTOH
	=====	==	===			
		1	or	1 30	:00	Stomach and Stretch
	600	1	Х	600	on	9:00 Underwater trn drill
	204	12	2 >	x 17	on	:45 Starts/shooters/finish
=	900	1x{2	Х	100	on	2:00 Kick
		{ 2	Х	150	on	2:55 Kick
		{ 2	Х	200	on	3:50 Kick
	1,600	1x{2	Х	300	on	4:15 Pulls
		{ 3	Х	200	on	2:50 Pulls
		{ 4	Х	100	on	1:25 Pulls
	300	3	Х	100	on	1:30 Freestyle-descend
	2,800	2x{1	Х	200	on	3:00 Backstorke
		{ 4	Х	50 0	on 1	1:00 Backstroke 8kicks off walls
		{ 2	Х	150	on	2:15 Backstroke

{3 x 100 on 1:30 Backstroke

1 x 200 on 4:00 Stroke Drills

7:32 PM 6,604 Yards - Stress Value = 101

 $\{4 \text{ x 50 on 1:00 Backstroke 10kicks off walls}$

 $\{4\ x\ 50\ on\ 1:00\ Backstroke\ 12kicks\ off\ walls$

1 x 200 on 5:00 Stroke Drill

Workout #4296 - Tuesday, 31 October 2006 Group 2 - Back

1 minute rest between sets

	5:30	PM Start
Yards	Se	et Description
=====	==	
	1	on 20:00 Stomach and Stretch
400	1	x 400 on 8:00 Underwater trn drill
150	10	0 x 15 on :45 Starts/shooters/finish
450	1x{1	x 100 on 2:20 Kick
	{ 1	x 150 on 3:30 Kick
	{ 1	x 200 on 4:40 Kick
1,000	1x{1	x 300 on 5:15 Pulls
	{ 2	x 200 on 3:30 Pulls
	{ 3	x 100 on 1:45 Pulls
150	3	x 50 on 1:00 Freestyle-descend
1,250	1x{1	x 200 on 4:00 Backstorke
	{ 3	x 50 on 1:15 Backstroke 8kicks off walls
	{ 2	x 150 on 2:55 Backstroke
	{ 3	x 50 on 1:15 Backstroke 10kicks off walls
	{ 3	x 100 on 1:55 Backstroke
	{ 3	x 50 on 1:15 Backstroke 12kicks off walls
200	1	x 200 on 4:00 Stroke Drills
	7:15	PM 3,600 Yards - Stress Value = 52

Workout #4297 - Wednesday, 01 November 2006 Group 3 - Breast

1 minute rest between sets

Yards	5:00 PM Start Set Description
======	=======================================
	1 on 30:00 Stomach and Stretch
600	3 x 200 on 3:20 Freestyle $\#1$ L. 50 fast, $\#2$
	L. 100 fast, #3 L. 150 fast
204	12 x 17 on :45 Starts/turns/shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:00 Kick
1,600	4x{1 x 100 on 1:15 Lungbuster pulls
	{4 x 50 on 1:00 Pulls-1 breath
	{1 x 100 on 1:20 Lungbuster pulls
300	12 x 25 on :30 Tuck spin drill
1,800	4x{5 x 50 on :50 Breastroke w/ 2X pullouts
•	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 2:00 Breastroke-100% effort
250	1 x 250 on 5:00 Stroke Drill
_30	7:30 PM 5,954 Yards - Stress Value = 107

Workout #4298 - Thursday, 02 November 2006 Group 3 - Fly

1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	EGY
=====	=======================================	===
	1 on 30:00 Stomach and Stretch	
600	6 x 100 on 1:45 Underwater trn drill	REC
	odds freestyle evens back stroke	
204	12 x 17 on :45 Starts/shooters/finishes	SP3
750	1x{1 x 125 on 2:30 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 75 on 1:30 Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
	{1 x 25 on :30 Kick	EN2
	{1 x 125 on 2:20 Kick	EN2
	{1 x 100 on 1:50 Kick	EN2

1 500	{ 1 { 1	x 75 on 1:20 Kick x 50 on :50 Kick x 25 on :20 Kick	EN2 EN2 EN2
1,500		x 300 on 4:00 Pulls	EN2
	•	x 300 on 4:05 Pulls	EN2
	{ 1	x 300 on 4:10 Pulls	EN1
	{ 1	x 300 on 4:15 Pulls	EN1
	{ 1	x 300 on 4:20 Pulls	EN1
450	9	x 50 on :50 Freestyle-descend	EN1
3,300	2x{4	x 25 on :30 Butterfly 1up 1 down	EN2
	{ 1	x 100 on 1:30 Freestyle	EN1
	{ 4	x 25 on :30 Butterfly 1up 2down	EN2
	{ 2	x 100 on 1:25 Freestyle	EN1
	{ 4	x 25 on :30 Butterfly 1up 3 down	EN2
	{ 3	x 100 on 1:20 Freestyle	EN2
	{ 4	x 25 on :30 Butterfly 1up 4down	EN2
	{ 4	x 100 on 1:15 Freestyle	EN2
	{ 1	x 250 on 4:00 Stroke Drills	REC
	7:30	PM 6,804 Yards - Stress Value = 97	

Workout #4299 - Thursday, 02 November 2006 Group 2 - Fly

	5:30 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 20:00 Stomach and Stretch		
400	4 x 100 on 2:10 Underwater trn drill	REC	
	odds freestyle evens back stroke		
150	10 x 15 on :45 Shooters	SP3	
750	1x{2 x 125 on 2:55 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 75 on 1:45 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{2 x 25 on :35 Kick	EN2	
900	1x{1 x 300 on 5:15 Pulls	EN1	
	{1 x 300 on 5:10 Pulls	EN1	
	{1 x 300 on 5:05 Pulls	EN1	
200	4 x 50 on 1:00 Freestyle-descend	EN1	
1,600	$1x\{6 \times 25 \text{ on } : 40 \text{ Butterfly lup 1 down}$	EN2	
	{1 x 100 on 1:45 Freestyle	EN1	
	{6 x 25 on :40 Butterfly lup 2down	EN2	
	{2 x 100 on 1:45 Freestyle	EN1	
	$\{6 \times 25 \text{ on } : 40 \text{ Butterfly lup } 3 \text{ down} \}$	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
	{6 x 25 on :40 Butterfly lup 4down	EN2	
	{4 x 100 on 1:45 Freestyle	EN2	
200	1 x 200 on 5:00 Stroke Dril	REC	
	7:30 PM 4,200 Yards - Stress Value = 61		

	Workout #4300 - Friday, 03 November 2006	Yards	±	EGY	
	Group 2 - All 1 minute rest between sets 5:30 PM Start	400	<pre>1 on 30:00 Physio Balls/Stretch 1 on 10:00 Athlete only team meeting 1 x 400 on 6:00 Swim-kick-pull-swim</pre>	REC	
Yards	Set Description	150 1,200	$3x{4 \times 25}$ on :45 Kick no board BSLR	SP3 EN2	
400 150 900	<pre>1 on 20:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 6 x 150 on 2:45 Freestyle-descend in sets of 1x{4 x 25 on :40 Kick no board BSLR-12 kicks {1 x 50 on 1:00 Kick</pre>	1,250 300	{1 x 100 on 1:50 Kick {1 x 100 on 1:40 Kick 1x{4 x 125 on 1:40 Pull no br L.5 yds {4 x 125 on 1:40 Pull no br L.10 yds {2 x 125 on 1:40 Pull no br L.15 yds	EN1 EN2 EN2 EN1 EN2 EN2 EN2	
	{4 x 25 on :40 Kick no board BSLR-10 kicks {2 x 50 on 1:05 Kick {4 x 25 on :30 Kick no board BSLR-8 kicks {3 x 50 on 1:10 Kick	3,000	{2 x 400 on 5:00 Freestyle {3 x 300 on 3:45 Freestyle	EN2 EN2 EN2 EN2	
900 600	<pre>6 x 150 on 2:45 Freestyle-descend in sets of 2x{1 x 100 on 1:50 Pull no br L.6 yds {1 x 100 on 1:50 Pull no br L.10 yds {1 x 100 on 1:50 Pull no br L.14 yds 1 on 15:00 Techniques-Starts</pre>	200	1 x 200 on 4:00 Stroke Drills 1 on 5:00 Ice 5:35 PM 6,500 Yards - Stress Value = 110	REC	
200	1 x 200 on 4:00 Stroke Drills 7:30 PM 3,750 Yards - Stress Value = 64		Workout #4301 - Monday, 06 November 2006 HighSchl - Gold		
	Western #4200 Menden Of Neurosky 2007		1 minute rest between sets		
	Workout #4309 - Monday, 06 November 2006 Group 2 - Distance		5:30 AM Start		
	1 minute rest between sets	Yards	±		:===
	5:30 PM Start Set Description	400 300 900 1,000 200	12 x 25 on :30 12.5 ez 12.5 fast grt 1x{5 x 75 on 1:05 Pulls-nbbf&w {4 x 75 on 1:00 Pulls-nbbf&w {3 x 75 on :55 Pulls-nbbf&w 4 x 250 on 3:30 3 minute swims 30 sec		
300	<pre>1x{2 x 125 on 2:15 Pull no br L.5 yds EN1</pre>		Workout #4307 - Monday, 06 November 2006 HighSchl - Gold 1 minute rest between sets		
200	{4 x 100 on 1:40 Freestyle EN2 §	Yards		EGY	
300	6 x 50 on 1:15 Stroke Drills REC I 7:29 PM 4,500 Yards - Stress Value = 71 Workout #4304 - Monday, 06 November 2006 HighSchl - Platinum	400	<pre>1 on 30:00 Physio Balls/Stretch 1 on 10:00 Athlete only team meeting 1 x 400 on 6:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters</pre>	REC SP3	===
	1 minute rest between sets	1,200	•	EN2 EN1	
Yards =====	5:30 AM Start Set Description ====================================	1,250	{1 x 100 on 1:50 Kick {1 x 100 on 1:40 Kick 1x{4 x 125 on 1:45 Pull no br L.5 yds {4 x 125 on 1:45 Pull no br L.10 yds	EN2 EN2 EN1 EN2	
	<pre>1 x 400 on 6:00 Swim-kick-drill-swim 12 x 25 on :30 12.5 ez 12.5 fast grt finishe 1x{5 x 75 on 1:05 Pulls-nbbf&w {4 x 75 on 1:00 Pulls-nbbf&w {3 x 75 on :55 Pulls-nbbf&w</pre>	300 2,600	4 x 75 on 1:15 IM w/out alt.strokes 1x{1 x 500 on 6:40 Freestyle {2 x 400 on 5:20 Freestyle {3 x 300 on 4:00 Freestyle	EN2 EN2 EN2 EN2 EN2 EN2	
1,100 200	4 x 275 on 3:30 3 minute swims 30 sec rest 1 x 200 on 3:00 Stroke Drills	300	-	REC	

5:35 PM 6,200 Yards - Stress Value = 102

Workout #4308 - Monday, 06 November 2006 HighSchl - Platinum 1 minute rest between sets

7:05 AM 2,900 Yards - Stress Value = 32

1 on 9:00 Ice

Workout #4303 - Monday, 06 November 2006 HighSchl - Silver 1 minute rest between sets

Yards	5:30 AM Start Set Description
	=======================================
	1 on 40:00 Weights and Stretch
300	1 x 300 on 6:00 Swim-kick-drill-swim
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
900	$1x\{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w}$
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w}$
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w}$
900	4 x 225 on 3:30 3 minute swims 30 sec rest
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Ice
	7:05 AM 2,600 Yards - Stress Value = 33

Workout #4306 - Monday, 06 November 2006 HighSchl - Silver

1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 Physio Balls/Stretch		
	1	on 10:00 Athlete only team meeting		
350	1	x 350 on 6:00 Swim-kick-pull-swim	REC	
150	10	0 x 15 on :45 Shooters	SP3	
800	2x{4	x 25 on :45 Kick no board BSLR	EN2	
	{ 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{3	x 125 on 1:50 Pull no br L.5 yds	EN1	
	{ 3	x 125 on 1:50 Pull no br L.10 yds	EN2	
	{ 2	x 125 on 1:50 Pull no br L.15 yds	EN2	
300	4	x 75 on 1:15 IM w/out alt.strokes	EN1	
1,600	1x{1	x 400 on 5:40 Freestyle	EN2	
	{ 2	x 300 on 4:15 Freestyle	EN2	
	{ 3	x 200 on 2:50 Freestyle	EN2	
300	1	x 300 on 6:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	5:17	PM 4,500 Yards - Stress Value = 72		

Workout #4302 - Monday, 06 November 2006 HighSchl - Bronze

1 minute rest between sets

Yards	5:30 AM Start Set Description
	1 on 40:00 Weights and Stretch
200	1 x 300 on 6:00 Swim-kick-drill-swim
300	1 x 300 on 6:00 Swim-kick-driii-swim
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
750	$1x\{4 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w}$
	$\{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w}$
	$\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w}$
800	4 x 200 on 3:30 3 minute swims 30 sec rest
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Tce
	7:04 AM 2,350 Yards - Stress Value = 29

Workout #4305 - Monday, 06 November 2006 HighSchl - Bronze

1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Physio Balls/Stretch		
	1 on 10:00 Athlete only team meeting		
300	1 x 300 on 6:00 Swim-kick-pull-swim	REC	

800	2x{4 {1 {1 {1	x 25 or x 100 o x 100 o x 100 o	n:45 Shooters :45 Kick no board n 2:10 Kick n 2:05 Kick n 2:00 Kick n 2:00 Pull no br	EN1 EN2 EN2
750	{2	x 125 d	n 2:00 Pull no br n 2:00 Pull no br	L.10 yds EN2
300	4	x 75 or	1:30 IM w/out alt	.strokes EN1
1,600	1x{1	x 400 c	n 6:20 Freestyle	EN2
	{ 2	x 300 c	n 4:45 Freestyle	EN2
	{ 3	x 200 d	n 3:10 Freestyle	EN2
300	1	x 300 d	n 6:00 Stroke Dril	ls REC
	1	on 10:0	0 Ice	
	5:19	PM 4,20	0 Yards - Stress V	'alue = 67

Workout #4314 - Tuesday, 07 November 2006 Group 2 - Back

1 minute rest between sets

	5:30 PM Start
Yards	Set Description
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{4 x 50 on 1:10 Kick
	{4 x 50 on 1:05 Kick
	{4 x 50 on 1:00 Kick
750	1x{1 x 250 on 4:15 Pulls
	{1 x 250 on 4:10 Pulls
	{1 x 250 on 4:05 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	2x{3 x 100 on 2:00 Backstroke-descend
	{3 x 100 on 1:55 Backstroke-descend
	{3 x 100 on 1:50 Backstroke-descend
	{ 1st 3 4kicks, 2nd 3 5kicks, 3rd 3 6kicks
	{1 x 100 on 3:00 Freestyle
250	5 x 50 on 1:00 Stroke Drills
	7:30 PM 4,350 Yards - Stress Value = 62

Workout #4313 - Tuesday, 07 November 2006 HighSchl - Back 1 minute rest between sets

3:00 PM Start Yards Set Description ===== _____ 1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters $1,200 \ 2x{6} \ x \ 50 \ on \ 1:00 \ Kick$ {4 x 50 on :55 Kick {2 x 50 on :50 Kick 1,200 1x{1 x 400 on 5:15 Pulls $\{1 \times 400 \text{ on } 5:10 \text{ Pulls}$ {1 x 400 on 5:05 Pulls 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe 3,200 2x{3 x 100 on 1:30 Backstroke-descend {3 x 100 on 1:25 Backstroke-descend $\{3 \ x \ 100 \ on \ 1:20 \ Backstroke-descend$ {3 x 100 on 1:15 Backstroke-descend { 1st 6:8 kicks off each wall, 2nd 6:6 kicks {1 x 400 on 8:00 Stroke Drills 1 on 9:00 Ice 5:35 PM 6,650 Yards - Stress Value = 93

Workout #4312 - Tuesday, 07 November 2006 HighSchl - Fly

1 minute rest between sets

3:00 PM Start
Yards Set Description
1 on 30:00 Stomach and Stretch
600 1 x 600 on 9:00 Underwater trn drill
150
1,200 2x{6 x 50 on 1:00 Kick
$\{4 \times 50 \text{ on } :55 \text{ Kick} \}$
{2 x 50 on :50 Kick
1,200 1x{1 x 400 on 5:15 Pulls
{1 x 400 on 5:10 Pulls
{1 x 400 on 5:05 Pulls
300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe
$3,200 2x{3 x 100 on 1:30 3 strks fly off walls-descer}$
$\{3 \times 100 \text{ on } 1:25 \text{ 3 strks fly off walls-descen} \}$
${3 \times 100 \text{ on } 1:20 \text{ 3 strks fly off walls-descer}}$
{3 x 100 on 1:15 3 strks fly off walls-descer
$\{1 \times 400 \text{ on } 8:00 \text{ Stroke Drills}$
1 on 9:00 Ice
5:35 PM 6,650 Yards - Stress Value = 93

Workout #4310 - Tuesday, 07 November 2006 HighSchl - Silver

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
550	1 x 550 on 9:00 Underwater trn drill
	10 x 15 on :45 Shooters
900	1x{6 x 50 on 1:10 Kick
	{6 x 50 on 1:05 Kick
	{6 x 50 on 1:00 Kick
900	1x{1 x 300 on 4:30 Pulls
	{1 x 300 on 4:25 Pulls
	{1 x 300 on 4:20 Pulls
300	12 x 25 on :30 12.5 ez 12.5 fast grt finish ϵ
1,800	2x{3 x 100 on 1:40 Backstroke-descend
	{3 x 100 on 1:35 Backstroke-descend
	{3 x 100 on 1:30 Backstroke-descend
	{ 1st 3 4kicks, 2nd 3 5kicks, 3rd 3 6kicks
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:16 PM 4,800 Yards - Stress Value = 72

Workout #4311 - Tuesday, 07 November 2006 HighSchl - Bronze

1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	1 20.00 0+
F 0 0	1 on 30:00 Stomach and Stretch
	1 x 500 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	1x{6 x 50 on 1:10 Kick
	{6 x 50 on 1:05 Kick
	{6 x 50 on 1:00 Kick
750	1x{1 x 250 on 4:05 Pulls
	{1 x 250 on 4:00 Pulls
	{1 x 250 on 3:55 Pulls
200	8 x 25 on :30 12.5 ez 12.5 fast grt finishes
1,800	2x{3 x 100 on 1:50 Backstroke-descend
	{3 x 100 on 1:45 Backstroke-descend
	{3 x 100 on 1:40 Backstroke-descend
	{ 1st 3 4kicks, 2nd 3 5kicks, 3rd 3 6kicks
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Ice

5:15 PM 4,500 Yards - Stress Value = 68

Workout #4316 - Wednesday, 08 November 2006 HighSchl - Back

Yards	11:00 AM Start Set Description
=====	
500	<pre>1 on 45:00 Weights and Stretch 1x{1 x 200 on 3:00 Freestyle L. 50 fast {1 x 150 on 2:15 Freestyle L. 50 fast</pre>
	{1 x 100 on 1:30 Freestyle L. 50 fast
	{1 x 50 on :45 Freestyle 25 build 25 fast
150	· · · · · · · · · · · · · · · · · · ·
1,000	4x{4 x 25 on :45 Kick no board BSLR
,	{1 x 50 on 1:00 Kick on stomach hands by side
	{1 x 50 on 1:00 Kick on stomach streamlined
	{1 x 50 on 1:00 Kick on back streamlined
	{ each set drop 5 seconds off interval for 25
1,500	3x{1 x 150 on 2:15 Lungbuster pulls
	{ breathe 3-5-7 by the 50
	{2 x 100 on 1:25 Lungbuster pulls
	{ breathe 3-5-7-9 by the 25
	{3 x 50 on :40 Lungbuster pulls
	{ breathe every 9
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
	3 finishes for each stroke
1,500	1x{1 x 200 on 3:00 Backstroke
	{4 x 25 on :25 Backstroke odds 100%
	{2 x 175 on 2:30 Backstroke
	{4 x 50 on :45 Backstroke
	{3 x 150 on 2:05 Backstroke
	{2 x 100 on 1:10 Backstroke
200	
	1 on 10:00 Ice
	1:36 PM 5,150 Yards - Stress Value = 71

Workout #4315 - Wednesday, 08 November 2006 HighSchl - Breast

1 minute rest between sets

	11:00 AM Start
Yards	Set Description
	1 on 45:00 Weights and Stretch
500	$1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L. } 50 \text{ fast}$
	{1 x 150 on 2:15 Freestyle L. 50 fast
	{1 x 100 on 1:30 Freestyle L. 50 fast
	{1 x 50 on :45 Freestyle 25 build 25 fast
150	10 x 15 on :45 Shooters
1,000	4x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick on stomach hands by side
	{1 x 50 on 1:00 Kick on stomach streamlined
	{1 x 50 on 1:00 Kick on back streamlined
	{ each set drop 5 seconds off interval for 25
1,500	$3x\{1 \times 150 \text{ on } 2:15 \text{ Lungbuster pulls}$
	{ breathe 3-5-7 by the 50
	{2 x 100 on 1:25 Lungbuster pulls
	{ breathe 3-5-7-9 by the 25
	{3 x 50 on :40 Lungbuster pulls
	{ breathe every 9
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 finishes for each stroke
1,200	$1x\{1 \times 200 \text{ on } 3:30 \text{ Breaststroke}$
	{8 x 25 on :30 Breaststroke-odds 100%
	{1 x 200 on 3:20 Breaststroke
	{4 x 50 on 1:00 Breast 2x pullouts
	{1 x 200 on 3:10 Breaststroke
	{2 x 100 on 1:35 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	1:36 PM 4,850 Yards - Stress Value = 66

Workout #4317 - Wednesday, 08 November 2006 HighSchl - Silver

1 minute rest between sets

Yards	11:00 AM Start Set Description
	1 on 45:00 Weights and Stretch 1x{1 x 200 on 3:00 Freestyle L. 50 fast {1 x 150 on 2:15 Freestyle L. 50 fast {1 x 100 on 1:30 Freestyle L. 50 fast {1 x 50 on :45 Freestyle 25 build 25 fast
150	10 x 15 on :45 Shooters
	$3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
730	$\{1 \times 50 \text{ on } 1:05 \text{ Kick on stomach hands by side} $ $\{1 \times 50 \text{ on } 1:05 \text{ Kick on stomach streamlined} $ $\{1 \times 50 \text{ on } 1:05 \text{ Kick on back streamlined} $
1,000	2x{1 x 150 on 2:15 Lungbuster pulls
	{ breathe 3-5-7 by the 50
	{2 x 100 on 1:30 Lungbuster pulls
	{ breathe 3-5-7-9 by the 25
	{3 x 50 on :45 Lungbuster pulls
	{ breathe every 9
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
	3 finishes for each stroke
1,200	$1x\{1 \times 200 \text{ on } 3:30 \text{ Breaststroke}$
	{8 x 25 on :30 Breaststroke-odds 100%
	{1 x 200 on 3:30 Breaststroke
	{4 x 50 on 1:00 Breast 2x pullouts
	{1 x 200 on 3:30 Breaststroke
	{2 x 100 on 1:40 Breaststroke
200	
	1 on 10:00 Ice
	1:24 PM 4,100 Yards - Stress Value = 57

1 minute rest between sets

Yards	11:00 AM Start Set Description
400	<pre>1 on 45:00 Weights and Stretch 1x{1 x 175 on 3:00 Freestyle L. 50 fast {1 x 125 on 2:15 Freestyle L. 50 fast {1 x 75 on 1:30 Freestyle L. 50 fast</pre>
150 750	$\{1 \times 25 \text{ on } : 45 \text{ Freestyle- } 25 \text{ fast} \}$
1,000	{1 x 50 on 1:05 Kick on stomach streamlined {1 x 50 on 1:05 Kick on back streamlined 2x{1 x 150 on 2:30 Lungbuster pulls { breathe 3-5-7 by the 50
	{2 x 100 on 1:40 Lungbuster pulls { breathe 3-5-7-9 by the 25 {3 x 50 on :50 Lungbuster pulls { breathe every 9
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	3 finishes for each stroke 1x{1 x 200 on 3:40 Breaststroke} {8 x 25 on :30 Breaststroke-odds 100%} {1 x 200 on 3:40 Breaststroke
0.00	{4 x 50 on 1:00 Breast 2x pullouts {1 x 200 on 3:40 Breaststroke {1 x 100 on 1:50 Breaststroke
200	1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 1:24 PM 3,800 Yards - Stress Value = 53
	Workert #4222 Thursday 00 November 2006

Workout #4323 - Thursday, 09 November 2006 Group 2 - Fly

	5:30 PM Start
Yards	Set Description
=====	=======================================
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
800	8 x 100 on 2:20 Kick-odds 100% effort
800	1x{1 x 200 on 3:30 Pulls
	{1 x 200 on 3:25 Pulls
	{1 x 200 on 3:20 Pulls
	{1 x 200 on 3:15 Pulls
250	10 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
1,800	$2x\{2 \times 25 \text{ on } : 30 \text{ Butterfly}$
	{1 x 100 on 1:40 Freestyle
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$
	{1 x 100 on 1:40 Freestyle
	$\{6 \times 25 \text{ on } : 30 \text{ Butterfly} \}$
	{1 x 100 on 1:40 Freestyle
	$\{8 \times 25 \text{ on } : 30 \text{ Butterfly} \}$
	{1 x 100 on 1:40 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,400 Yards - Stress Value = 74

1 on 9:00 Ice

5:35 PM 4,200 Yards - Stress Value = 58

Workout #4319 - Thursday, 09 November 2006 HighSchl - Distance 1 minute rest between sets

Workout #4322 - Thursday, 09 November 2006 HighSchl - Bronze 1 minute rest between sets

2.00 74 01	1 minute rest between sets
3:00 PM Start Yards Set Description	2.00 PM (4
rards Set Description	3:00 PM Start
1 on 59:59 Hand out gear/stretch/team pic 500 1 x 500 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters	Yards Set Description ======= 1 on 59:59 Hand out gear/stretch/team pic 1 x 400 on 8:00 Underwater trn drill
1,200	150 10 x 15 on :45 Shooters
800 1x{1 x 200 on 2:40 Pulls	900 9 x 100 on 2:10 Kick-odds 100% effort
{1 x 200 on 2:35 Pulls	600 1x{1 x 200 on 3:15 Pulls
{1 x 200 on 2:30 Pulls {1 x 200 on 2:25 Pulls	{1 x 200 on 3:10 Pulls
250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe	{1 x 200 on 3:05 Pulls
1,600 4 x 400 on 5:00 Freestyle-hold under 4:20	250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe $1,200 \ 2x\{2 \ x \ 25 \ on \ :30 \ Butterfly$
300 1 x 300 on 5:00 Stroke Drills	{1 x 100 on 1:30 Freestyle
1 on 9:00 Ice	{4 x 25 on :30 Butterfly
5:35 PM 4,800 Yards - Stress Value = 78	{1 x 100 on 1:30 Freestyle
	$\{6 \times 25 \text{ on } : 30 \text{ Butterfly} \}$
Workout #4321 - Thursday, 09 November 2006	{1 x 100 on 1:30 Freestyle
HighSchl - Fly	300 1 x 300 on 5:00 Stroke Drills 1 on 9:00 Ice
1 minute rest between sets	5:35 PM 3,800 Yards - Stress Value = 52
	3.33 IN 3,000 laids beless value 32
3:00 PM Start	Workout #4326 - Friday, 10 November 2006
Yards Set Description	Group 2 - Breast
1 on 59:59 Hand out gear/stretch/team pic	1 minute rest between sets
500 1 x 500 on 8:00 Underwater trn drill	1 minute Test between sets
150	5:30 PM Start
1,200	Yards Set Description
800 1x{1 x 200 on 2:40 Pulls	
{1 x 200 on 2:35 Pulls {1 x 200 on 2:30 Pulls	1 on 20:00 Stomach and Stretch
{1 x 200 on 2:25 Pulls	450 1x{1 x 200 on 4:00 Freestyle L. 50 fast
250	$\{1 \times 150 \text{ on } 3:00 \text{ Freestyle L. } 50 \text{ fast} $ $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle L. } 50 \text{ fast} $
1,200 2x{2 x 25 on :30 Butterfly	150 10 x 15 on :45 Shooters
{1 x 100 on 1:10 Freestyle	500 2x{4 x 25 on :45 Kick no board BSLR
{4 x 25 on :30 Butterfly	$\{1 \text{ x } 50 \text{ on } 1\text{:}10 \text{ Kick on stomach hands by side}\}$
{1 x 100 on 1:10 Freestyle {6 x 25 on :30 Butterfly	{1 x 50 on 1:10 Kick on stomach streamlined
{1 x 100 on 1:10 Freestyle	{1 x 50 on 1:10 Kick on back streamlined
300 1 x 300 on 5:00 Stroke Drills	$500 1 \times \{1 \times 150 \text{ on } 2:40 \text{ Lungbuster pulls} \}$ { breathe 3-5-3 by the 50
1 on 10:00 Ice	{2 x 100 on 1:45 Lungbuster pulls
5:35 PM 4,400 Yards - Stress Value = 62	{ breathe 3-5 by the 50
	${3 \times 50 \text{ on :} 50 \text{ Lungbuster pulls}}$
Workout #4320 - Thursday, 09 November 2006	{ breathe every 5
HighSchl - Silver	200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 finishes for each stroke
1 minute rest between sets	1,200 1x{1 x 200 on 4:00 Breaststroke
	{8 x 25 on :40 Breaststroke-odds 100%
3:00 PM Start Yards Set Description	$\{1 \times 200 \text{ on } 3:55 \text{ Breaststroke} \}$
Yards Set Description	{4 x 50 on 1:05 Breast 2x pullouts
1 on 59:59 Hand out gear/stretch/team pic	{1 x 200 on 3:50 Breaststroke
500 1 x 500 on 8:00 Underwater trn drill	{2 x 100 on 2:00 Breaststroke 200 1 x 200 on 3:00 Stroke Drills
150	1 on 20:00 Game
1,000	7:30 PM 3,200 Yards - Stress Value = 47
800 1x{1 x 200 on 3:00 Pulls {1 x 200 on 2:55 Pulls	
{1 x 200 on 2:55 Pulls {1 x 200 on 2:50 Pulls	
{1 x 200 on 2:45 Pulls	
250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe	
1,200 2x{2 x 25 on :30 Butterfly	
{1 x 100 on 1:20 Freestyle	
{4 x 25 on :30 Butterfly	
{1 x 100 on 1:20 Freestyle {6 x 25 on :30 Butterfly	
{1 x 100 on 1:20 Freestyle	
300 1 x 300 on 5:00 Stroke Drills	
1 on 9:00 Ice	

Workout #4324 - Friday, 10 November 2006 HighSchl - All 1 minute rest between sets

5:30 AM Start EGY WORK STK Yards Set Description _____ 1 on 45:00 Weights and Stretch 1 x 800 on 13:00 Choice REC S CHO $4x\{1 \times 25 \text{ on : } 30 \text{ Freestyle}$ SP2 S FR 800 $1,200 4x{1 x 25 on :30 Freestyle}$ SP2 S FR $\{1 \times 25 \text{ on } : 40 \text{ Freestyle } \}$ SP2 SP2 $\{1 \times 25 \text{ on } : 50 \text{ Freestyle } \}$ S FR $\{1 \times 25 \text{ on } 1:00 \text{ Freestyle} \}$ S FR {1 x 200 on 4:00 Stroke Drills REC D CHO 1 on 8:00 Ice 7:05 AM 2,000 Yards - Stress Value = 40

Workout #4325 - Friday, 10 November 2006 HighSchl - Sprint 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	MOT
latus	set bescription	EG1	WOF
000	1 on 30:00 Physio Balls/Stretch	DEG	
800	1		
800	$2x{1 x 100 on 1:50 Stroke Drills}$	REC	
	(REC	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 1:30 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1 x 750 on 15:00 Kick	SP1	
200	1 x 200 on 4:00 Freestyle-EZ	REC	
550	-	SP2	
	{1 x 125 on 3:00 Freestyle	REC	
	{1 x 50 on :01 Choice-OTB	SP2	
	•	REC	
	· · ·	SP2	
	{1 x 75 on 3:00 Freestyle	REC	
	{1 x 100 on :01 Choice-OTB	SP2	
500	•	REC	
300		KEC	
	1 on 10:00 Ice		
	4:59 PM 3,750 Yards - Stress Value = 91		

Workout #4327 - Saturday, 11 November 2006 HighSchl - Platinum 1 minute rest between sets

Yards	7:30 AM Start Set Description
	1 on 30:00 Stomach and Stretch
	12 x 50 on 1:00 Stroke Drills 3 on each stro
	12 x 17 on :45 Starts/shooter/finishes
1,000	4x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{1 x 50 on :55 Kick
	1 x 800 on 12:00 Pulls w/tech paddles
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's
1,500	1x{5 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:05 Freestyle
200	1 x 200 on 4:00 Freestyle
	1 x 500 on 20:00 Killer Relays
	1 x 200 on 3:00 Stroke Drills
	1 on 8:00 Ice
	10:05 AM 5,304 Yards - Stress Value = 117

Workout #4329 - Saturday, 11 November 2006 HighSchl - Gold 1 minute rest between sets

	1 minute Test between sets	
Yards	7:30 AM Start Set Description	
600 204	<pre>1 on 30:00 Stomach and Stretch 12 x 50 on 1:00 Stroke Drills 3 on each</pre>	
800 300 1,400	1x{5 x 100 on 1:10 Freestyle {1 on 1:00 Rest	
200 500 200	{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest {3 x 100 on 1:10 Freestyle {1 on 1:00 Rest {2 x 100 on 1:10 Freestyle 1 x 200 on 4:00 Freestyle 1 x 500 on 20:00 Killer Relays 1 x 200 on 3:00 Stroke Drills 1 on 8:00 Ice 10:04 AM 5,204 Yards - Stress Value = 115	
	Workout #4330 - Saturday, 11 November 2006	
	HighSchl - Silver 1 minute rest between sets	
	I minute Test between sets	
Yards	7:30 AM Start Set Description	
600 204 1,000	12 x 17 on :45 Starts/shooter/finishes 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Kick	strc
650 300 1,300	4 x 75 on 1:15 2bk-4bk-6bk by 25's 1x{5 x 100 on 1:20 Freestyle {1 on 1:00 Rest {4 x 100 on 1:20 Freestyle	
200 500 200	{1 on 1:00 Rest {3 x 100 on 1:20 Freestyle {1 on 1:00 Rest {1 x 100 on 1:20 Freestyle 1 x 200 on 4:00 Freestyle 1 x 500 on 20:00 Killer Relays 1 x 200 on 3:00 Stroke Drills 1 on 8:00 Ice 10:05 AM 4,954 Yards - Stress Value = 110	

Workout #4328 - Saturday, 11 November 2006 HighSchl - Bronze 1 minute rest between sets

```
7:30 AM Start
Yards
          Set Description
=====
           1 on 30:00 Stomach and Stretch
   600
         12 x 50 on 1:00 Stroke Drills 3 on each stro
         12 x 17 on :45 Starts/shooter/finishes
   204
 1,000 4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
          \{1 \times 100 \text{ on } 2:15 \text{ Kick} \}
          \{1 \times 50 \text{ on } 1:05 \text{ Kick} \}
           1 \times 500 on 9:00 Pulls w/ tennis balls
   500
   300
          4 x 75 on 1:15 2bk-4bk-6bk by 25's
 1,100 \ 1x\{4 \ x \ 100 \ on \ 1:30 \ Freestyle
          {1 on 1:00 Rest
          {3 x 100 on 1:30 Freestyle
          {1 on 1:00 Rest
          \{2 \times 100 \text{ on } 1:30 \text{ Freestyle} \}
          {1 on 1:00 Rest
          {2 x 100 on 1:30 Freestyle
   200
           1 x 200 on 4:00 Freestyle
           1 x 500 on 20:00 Killer Relays
   500
           1 x 200 on 3:00 Stroke Drills
   200
           1 on 8:00 Ice
        10:04 AM 4,604 Yards - Stress Value = 103
```

Workout #4339 - Monday, 13 November 2006 Group 2 - Distance 1 minute rest between sets

```
5:30 PM Start
Yards
        Set Description
======
          _____
          1 on 20:00 Stomach and Stretch
          1 x 400 on 8:00 Swim-kick-pull-swim
   400
          10 \times 15 on :45 Shooters
   600 1x\{2 \times 50 \text{ on } 1:05 \text{ Kick no board BSLR}
         {1 x 100 on 2:05 Kick
         \{2 \times 50 \text{ on } 1:05 \text{ Kick no board BSLR}
         {1 x 100 on 2:10 Kick
         \{2 \times 50 \text{ on } 1:05 \text{ Kick no board BSLR}
         {1 x 100 on 2:15 Kick
   600 1x{4 \times 75} on 1:15 Pull no br L.12 yds
         {4 x 75 on 1:10 Pull no br L.12 yds
   200
          8 x 25 on :40 12.5 ez 12.5 fast grt finishes ==
```

Workout #4331 - Monday, 13 November 2006 HighSchl - Platinum 1 minute rest between sets

7:30 PM 4,550 Yards - Stress Value = 69

 $1,700 \ 1x\{2 \ x \ 250 \ on \ 4:10 \ Freestyle$

500

300

{2 x 225 on 3:40 Freestyle {2 x 200 on 3:10 Freestyle {2 x 175 on 2:45 Freestyle 1 x 100 on 3:00 Freestyle

1 x 500 on 9:00 Freestyle 6 x 50 on 1:10 Stroke Drills

```
5:30 AM Start

Yards Set Description

1 on 45:00 Weights and Stretch

400 1 x 400 on 6:00 Swim-kick-pull-swim

250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe

2,600 1x{1 x 200 on 2:30 Freestyle

{2 x 100 on 1:30 Freestyle-hold under 1:05

{1 x 200 on 2:30 Freestyle

{2 x 100 on 1:25 Freestyle-hold under 1:04

{1 x 200 on 2:30 Freestyle

{2 x 100 on 1:20 Freestyle-hold under 1:03

{1 x 200 on 2:30 Freestyle-hold under 1:03
```

```
{2 x 100 on 1:15 Freestyle-hold under 1:02

{1 x 200 on 2:30 Freestyle

{2 x 100 on 1:10 Freestyle-hold under 1:01

{1 x 200 on 2:30 Freestyle

{2 x 100 on 1:05 Freestyle-hold under 1:00

{1 x 200 on 3:00 Stroke Drill

1 on 5:00 Ice

7:06 AM 3,250 Yards - Stress Value = 50
```

Workout #4337 - Monday, 13 November 2006 HighSchl - Platinum

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 30:00 Physio Balls/Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters
	2x{2 x 50 on 1:00 Kick no board BSLR
	{1 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick no board BSLR {1 x 100 on 1:35 Kick
	{2 x 50 on 1:00 Kick no board BSLR {1 x 100 on 1:40 Kick
1,400	2x{4 x 75 on 1:00 Pull no br L.12 yds
	{4 x 75 on :55 Pull no br L.12 yds
300	$\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \\ 12 \times 25 \text{ on } :40 12.5 \text{ ez } 12.5 \text{ fast } \text{grt } \text{finishe} \}$
300	3 fly, 3 back, 3 breast, 3 free
2,750	1x{3 x 250 on 3:00 Freestyle
	{3 x 225 on 2:40 Freestyle
	{3 x 200 on 2:20 Freestyle
	${3 \times 175 \text{ on } 2:00 \text{ Freestyle}}$
	{1 x 200 on 4:00 Freestyle
	1 x 500 on 8:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 6:00 Ice
	5:35 PM 7,100 Yards - Stress Value = 118
	Workout #4332 - Monday, 13 November 2006

Workout #4332 - Monday, 13 November 2006 HighSchl - Gold 1 minute rest between sets

5:30 AM Start

Yards	Se	et 	Des	crip	otion		
	1	or	1 45	:00	Weigh	nts and Stretch	
400	1	Х	400	on	6:00	Swim-kick-pull-swim	
250	10) _{>}	25	on	:30 1	L2.5 ez 12.5 fast grt	finish
						Freestyle	
	{ 2	Х	100	on	1:30	Freestyle-hold under	1:10
	{ 1	Х	200	on	2:30	Freestyle	
	{2	Х	100	on	1:25	Freestyle-hold under	1:09
	{ 1	Х	200	on	2:30	Freestyle	
	{2	Х	100	on	1:20	Freestyle-hold under	1:08
	{ 1	Х	200	on	2:30	Freestyle	
	{ 2	Х	100	on	1:15	Freestyle-hold under	1:07
	{ 1	Х	200	on	2:30	Freestyle	
	{ 2	Х	100	on	1:10	Freestyle-hold under	1:06
	{ 1	Х	200	on	2:30	Freestyle	
	{ 2	Х	100	on	1:05	Freestyle	
	{ 1	Х	200	on	3:00	Stroke Drill	
	1	or	n 5:0	00	[ce		
	7:06	ΑN	1 3,2	250	Yards	s - Stress Value = 50	

Workout #4338 - Monday, 13 November 2006 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	=======================================
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	2x{2 x 50 on 1:00 Kick no board BSLR
	{1 x 100 on 1:40 Kick
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR}$
	{1 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick no board BSLR
	{1 x 100 on 1:50 Kick
1,400	2x{4 x 75 on 1:05 Pull no br L.12 yds
	$\{4 \times 75 \text{ on } 1:00 \text{ Pull no br L.}12 \text{ yds}$
	{1 x 100 on 2:00 Freestyle
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
	3 fly, 3 back, 3 breast, 3 free
2,400	1x{3 x 250 on 3:15 Freestyle
	{3 x 225 on 2:50 Freestyle

Workout #4333 - Monday, 13 November 2006 HighSchl - Silver 1 minute rest between sets

5:35 PM 6,750 Yards - Stress Value = 112

 ${3 \times 200 \text{ on } 2:30 \text{ Freestyle}}$ $\{1 \times 175 \text{ on } 2:10 \text{ Freestyle} \}$ $\{1 \times 200 \text{ on } 4:00 \text{ Freestyle} \}$

1 x 500 on 8:00 Freestyle

1 on 6:00 Ice

1 x 200 on 3:00 Stroke Drills

500

200

```
5:30 AM Start
Yards
           Set Description
            1 on 45:00 Weights and Stretch
            1 x 300 on 6:00 Swim-kick-pull-swim
  300
           10 x 25 on :30 12.5 ez 12.5 fast grt finish€
2,200 1x{1 x 200 on 2:45 Freestyle}
           \{2 \text{ x } 100 \text{ on } 1:35 \text{ Freestyle-hold under } 1:15
           \{1 \times 200 \text{ on } 2:45 \text{ Freestyle} \}
           \{2 \times 100 \text{ on } 1:30 \text{ Freestyle-hold under } 1:14
           \{1 \times 200 \text{ on } 2:45 \text{ Freestyle} \}
           \{2 \times 100 \text{ on } 1:25 \text{ Freestyle-hold under } 1:13
           \{1 \times 200 \text{ on } 2:45 \text{ Freestyle} \}
           \{2 \times 100 \text{ on } 1:20 \text{ Freestyle-hold under } 1:12
           \{1 \times 200 \text{ on } 2:45 \text{ Freestyle} \}
           \{2 \times 100 \text{ on } 1:15 \text{ Freestyle-hold under } 1:11
           {1 x 200 on 4:00 Stroke Drill
            1 on 7:00 Ice
        7:06 AM 2,750 Yards - Stress Value = 42
```

Workout #4335 - Monday, 13 November 2006 HighSchl - Silver 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	$2x\{2 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR}$
	{1 x 100 on 1:50 Kick
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR}$
	{1 x 100 on 1:55 Kick
	{2 x 50 on 1:00 Kick no board BSLR
	{1 x 100 on 2:00 Kick
1,200	2x{4 x 75 on 1:10 Pull no br L.12 yds

{4 x 75 on 1:05 Pull no br L.12 yds

```
300
           12 x 25 on :40 12.5 ez 12.5 fast grt finishe
             3 fly, 3 back, 3 breast, 3 free
2,400 \ 1x{3} \ x \ 250 \ on \ 3:25 \ Freestyle
          {3 \times 225 \text{ on } 3:00 \text{ Freestyle}}
          {3 \times 200 \text{ on } 2:35 \text{ Freestyle}}
          \{1 \times 175 \text{ on } 2:15 \text{ Freestyle} \}
          \{1 \times 200 \text{ on } 4:00 \text{ Freestyle} \}
           1 x 500 on 8:00 Freestyle
           1 x 200 on 3:00 Stroke Drills
           1 on 6:00 Ice
        5:35 PM 6,450 Yards - Stress Value = 112
             Workout #4334 - Monday, 13 November 2006
                          HighSchl - Bronze
                      1 minute rest between sets
```

Yards		AM Start Description
	==	
	1	on 45:00 Weights and Stretch
300	1	x 300 on 6:00 Swim-kick-pull-swim
250	10) x 25 on :30 12.5 ez 12.5 fast grt finishe
2,000	1x{1	x 200 on 3:10 Freestyle
	{ 2	x 100 on 1:30 Freestyle-hold under 1:20
	{ 1	x 200 on 3:10 Freestyle
	{ 2	x 100 on 1:30 Freestyle-hold under 1:19
	{ 1	x 200 on 3:10 Freestyle
	{ 2	x 100 on 1:30 Freestyle-hold under 1:18
	{ 1	x 200 on 3:10 Freestyle
	{ 2	x 100 on 1:30 Freestyle-hold under 1:17
	{ 1	x 200 on 3:10 Freestyle
	{ 1	x 200 on 4:00 Stroke Drill
	1	on 7:00 Ice
	7:06	AM 2,550 Yards - Stress Value = 38

Workout #4336 - Monday, 13 November 2006 HighSchl - Bronze 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	2x{2 x 50 on 1:05 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{2 x 50 on 1:05 Kick no board BSLR
	{1 x 100 on 2:10 Kick
1,200	2x{4 x 75 on 1:15 Pull no br L.12 yds
	$\{4 \times 75 \text{ on } 1:10 \text{ Pull no br L.}12 \text{ yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 fly, 3 back, 3 breast, 3 free
1,900	1x{3 x 250 on 3:45 Freestyle
	{2 x 225 on 3:20 Freestyle
	{3 x 200 on 2:55 Freestyle
	{1 x 100 on 3:00 Freestyle
500	1 x 500 on 8:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 6:00 Ice
	5:35 PM 5,850 Yards - Stress Value = 103

Workout #4343 - Tuesday, 14 November 2006 Group 2 - Back

1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	=======================================
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	2x{1 x 100 on 2:20 Kick
	$\{3 \times 50 \text{ on } 1:05 \text{ Kick-descend}$
900	3x{1 x 100 on 1:45 Pulls
	{1 x 100 on 1:40 Pulls
	{1 x 100 on 1:35 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	2x{3 x 50 on 1:00 Backstroke 5 yds off start
	{1 x 100 on 2:00 Stroke Drills
	{3 x 50 on 1:00 Backstroke 5 yds off turn
	{1 x 100 on 2:00 Stroke Drills
	{3 x 50 on 1:00 Backstroke 5 yds off walls
	{1 x 100 on 2:00 Stroke Drills
	{3 x 50 on 1:30 Backstroke 100% effort
	{1 x 100 on 2:00 Stroke Drills
200	1 x 200 on 4:00 Stroke Drills
	7:32 PM 4,350 Yards - Stress Value = 80

Workout #4341 - Tuesday, 14 November 2006 HighSchl - Back

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 9:00 Underwater trn drill
	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:50 Kick
	{3 x 50 on :55 Kick-descend
	{2 x 125 on 2:10 Kick
	{3 x 50 on :55 Kick
	{3 x 150 on 2:30 Kick
	{3 x 50 on :55 Kick-descend
1,400	4x{1 x 100 on 2:00 Pulls w/tech paddles
	{1 x 100 on 1:15 Pulls
	{3 x 50 on :45 Pulls only 3 breaths for each
	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
2,400	2x{4 x 50 on :45 Backstroke 12.5 yds off start
	{1 x 100 on 1:30 Stroke Drills
	{4 x 50 on :45 Backstroke 12.5yds off turn
	{1 x 100 on 1:30 Stroke Drills
	$\{4 \times 50 \text{ on } 1:00 \text{ Backstroke } 12.5 \text{yds off walls} $ $\{1 \times 100 \text{ on } 1:30 \text{ Stroke Drills} $
	{4 x 50 on :45 Backstroke 100% effort
	{1 x 100 on 1:30 Stroke Drills
250	1 x 250 on 4:00 Stroke Drills
200	1 on 10:00 Ice
	5:35 PM 6,250 Yards - Stress Value = 118

Workout #4342 - Tuesday, 14 November 2006 HighSchl - Fly

1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	=======================================
150	<pre>1 on 30:00 Stomach and Stretch 1 x 500 on 9:00 Underwater trn drill 10 x 15 on :45 Shooters 1x{1 x 100 on 2:00 Kick {3 x 50 on 1:00 Kick-descend {2 x 125 on 2:20 Kick {3 x 50 on 1:00 Kick</pre>

{3 x 150 on 2:45 Kick {3 x 50 on 1:00 Kick-descend 1,250 1x{1 x 400 on 5:20 Pulls {1 x 300 on 4:00 Pulls {1 x 200 on 2:40 Pulls			
{1 x 100 on 1:20 Pulls			
$\{5 \times 50 \text{ on } : 55 \text{ Pulls only 3 breaths for each} \}$			
400 16 x 25 on :30 Tech paddles			
2,400 2x{4 x 50 on 1:00 Butterfly lup 1down			
{1 x 100 on 1:30 Stroke Drills			
{4 x 50 on :55 Butterfly lup 2down			
{1 x 100 on 1:30 Stroke Drills			
{4 x 50 on :50 Butterfly lup 3down			
{1 x 100 on 1:30 Stroke Drills			
{4 x 50 on :45 Butterfly lup 4 down			
{1 x 100 on 1:30 Stroke Drills			
200 1 x 200 on 3:00 Stroke Drills			
1 on 10:00 Ice			
5:36 PM 6,150 Yards - Stress Value = 96			
Workout #4340 - Tuesday, 14 November 2006			
HighSchl - Freestylers			

1 minute rest between sets

3:00 PM Start

	5.00 IM Beare
Yards	-
=====	
	1 on 30:00 Stomach and Stretch
	1 x 500 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	$4x\{1 \times 100 \text{ on } 2:00 \text{ Pulls w/ tech paddles}$
	$\{1 \times 100 \text{ on } 1:40 \text{ Pulls w/ regular paddles} \}$
	{1 x 100 on 1:30 Pulls
1,250	1x{1 x 100 on 2:10 Kick
	{3 x 50 on 1:05 Kick-descend
	{2 x 125 on 2:35 Kick
	{3 x 50 on 1:05 Kick
	{3 x 150 on 3:00 Kick
	{3 x 50 on 1:05 Kick-descend
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
	1x{4 x 50 on :45 Freestyle L.12yds 1 breath 6bk
	{1 x 200 on 2:30 Freestyle
	{1 x 100 on 1:45 Stroke Drills
	{4 x 50 on :45 Freestyle L.25 yds 2 brths 6bk
	{1 x 200 on 2:40 Freestyle
	{1 x 100 on 1:45 Stroke Drills
	{4 x 50 on :45 Freestyle L.38 yds 3 brths 6bk
	{1 x 200 on 2:50 Freestyle
	{1 x 100 on 1:45 Stroke Drills
	{4 x 50 on :45 Freestyle 4 brths total 6bk
	{1 x 200 on 3:00 Freestyle
	{1 x 100 on 1:30 Stroke Drills
400	
	1 on 10:00 Ice
	5:35 PM 5,800 Yards - Stress Value = 82
	,

Workout #4346 - Wednesday, 15 November 2006 HighSchl - Breast 1 minute rest between sets

	3:00	PM Start
Yards	Se	t Description
=====	==	
	1	on 45:00 Weights and Stretch
500	1x{1	x 200 on 3:00 Freestyle L.50 fast
	{ 1	x 150 on 1:30 Freestyle L.50 fast
	{ 1	x 100 on 1:30 Freestyle L.50 fast
	{ 1	x 50 on :45 Freestyle
150	10	x 15 on :45 Shooters
1,050	3x{4	x 25 on :45 Kick no board BSLR
	{ 2	x 75 on 1:30 Kick
	{ 2	x 50 on 1:00 Kick
800	1x{4	x 100 on 2:00 Pulls with paddles
	{ 4	x 100 on 1:50 Pulls with paddles
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishe
	2	on each stroke
2,250	1x{1	x 125 on 2:05 Breaststroke
	{ 2	x 125 on 2:00 Breaststroke
	{ 3	x 125 on 1:55 Breaststroke
	{ 4	x 125 on 1:50 Breaststroke
	{ 4	x 100 on 1:35 Breaststroke
	{ 3	x 100 on 1:30 Breaststroke
	{ 2	x 100 on 1:25 Breaststroke
	{ 1	x 100 on 1:20 Breaststroke
200	1	x 200 on 3:00 Stroke Drills
	1	on 5:00 ice
	5:35	PM 5,150 Yards - Stress Value = 96

Workout #4345 - Wednesday, 15 November 2006 HighSchl - Backstroke 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 45:00 Weights and Stretch
500	1x{1 x 200 on 3:00 Freestyle L.50 fast
	{1 x 150 on 1:30 Freestyle L.50 fast
	{1 x 100 on 1:30 Freestyle L.50 fast
	{1 x 50 on :45 Freestyle
150	10 x 15 on :45 Shooters
1,050	$3x{4 \times 25}$ on :45 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{2 x 50 on 1:00 Kick
1,200	$1x\{4 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}$
	{4 x 100 on 1:20 Lungbuster pulls
	{4 x 100 on 1:10 Lungbuster pulls
200	odds br 3-5-7-9 evens br 2-4-6-8
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke
1 750	1x{1 x 200 on 3:00 Backstroke
1,750	{1 x 200 on 2:55 Backstroke
	{1 x 200 on 2:50 Backstroke
	{1 x 200 on 2:45 Backstroke
	{1 x 175 on 2:30 Backstroke
	{1 x 175 on 2:25 Backstroke
	{1 x 175 on 2:20 Backstroke
	{1 x 150 on 2:05 Backstroke
	{1 x 150 on 2:00 Backstroke
	{1 x 125 on 1:40 Freestyle
300	6 x 50 on 1:00 Stroke Drills

Workout #4344 - Wednesday, 15 November 2006 HighSchl - Freestylers 1 minute rest between sets

5:35 PM 5,250 Yards - Stress Value = 92

Yards	Set Description		
	1 on 45:00 Weights and Stretch		
500	1x{1 x 200 on 3:00 Freestyle L.50 fast		
	{1 x 150 on 1:30 Freestyle L.50 fast		
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle L.50 fast}$		
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$		
	10 x 15 on :45 Shooters		
1,050	$3x{4 \times 25}$ on :45 Kick no board BSLR		
	{2 x 75 on 1:30 Kick		
	{2 x 50 on 1:00 Kick		
1,200	1x{4 x 100 on 1:30 Lungbuster pulls		
	{4 x 100 on 1:20 Lungbuster pulls		
	{4 x 100 on 1:10 Lungbuster pulls		
300	odds br $3-5-7-9$ evens br $2-4-6-8$ 12 x 25 on :40 12.5 ez 12.5 fast grt finishe		
300	3 on each stroke		
2 000	1x{1 x 225 on 3:00 Freestyle		
2,000	{1 x 225 on 2:55 Freestyle		
	{1 x 225 on 2:50 Freestyle		
	{1 x 225 on 2:45 Freestyle		
	{1 x 200 on 2:30 Freestyle		
	{1 x 200 on 2:25 Freestyle		
	{1 x 200 on 2:20 Freestyle		
	{1 x 175 on 2:05 Freestyle		
	{1 x 175 on 2:00 Freestyle		
	{1 x 150 on 1:45 Freestyle		
300			
	1 on 10:00 Ice		
	5:35 PM 5,500 Yards - Stress Value = 95		
Workout #4350 - Thursday, 16 November 2006			

Group 2 - Fly

1 minute rest between sets

	5:30 PM Start
Yards	Set Description
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
	odd 100's free even 100's backstroke
150	10 x 15 on :45 Shooters
600	$2x\{1 \times 50 \text{ on } 1:05 \text{ Kick}$
	{1 x 100 on 2:15 Kick
	{1 x 150 on 3:30 Kick
	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 200 on 4:00 Butterfly 2-2
	$\{6 \times 50 \text{ on } 1:00 \ 25 \text{ fly } 25 \text{ free-hold at } :45$
	{1 x 200 on 4:00 Butterfly 2-3
	{6 x 50 on 1:00 25 fly 25 free-hold at :45
	{1 x 200 on 4:00 Butterfly 2-4
	{6 x 50 on 1:00 25 fly 25 free-hold at :45
100	
900	1x{1 x 300 on 5:00 Pulls mid 100 90%
	{1 x 300 on 4:50 Pulls mid 100 90%
000	{1 x 300 on 4:40 Pulls mid 100-90%
200	
	1 on 10:00 Techniques-starts
	7:31 PM 4,000 Yards - Stress Value = 67

1 on 10:00 Ice

3:00 PM Start

Workout #4348 - Thursday, 16 November 2006 HighSchl - Breast 1 minute rest between sets

Workout #4349 - Thursday, 16 November 2006 HighSchl - Freestylers 1 minute rest between sets

Yards Set Description	3:00 PM Start
======	Yards Set Description
1 on 30:00 Stomach and Stretch	====== ================================
500 1 x 500 on 8:00 Underwater trn drill	1 on 30:00 Stomach and Stretch
odd 100's free even 100's backstroke	500 1 x 500 on 8:00 Underwater trn drill
150	odd 100's free even 100's backstroke
900 3x{1 x 50 on 1:00 Kick	150
{1 x 100 on 1:55 Kick	900 $3x\{1 \times 50 \text{ on } 1:00 \text{ Kick}$
{1 x 150 on 2:45 Kick	{1 x 100 on 1:50 Kick
150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes	{1 x 150 on 2:30 Kick
1,050 1x{3 x 50 on 1:00 Under/over	150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
{1 x 100 on 2:00 Breast 2X pullouts 100%	1,500 1x{1 x 500 on 6:00 Freestyle
{3 x 50 on 1:00 Under/over	$\{2 \times 250 \text{ on } 3:00 \text{ Freestyle 2nd one faster} \}$
{2 x 100 on 2:00 Breast 2X pullouts 100%	$\{1 \times 200 \text{ on } 2:10 \text{ Freestyle}$
{3 x 50 on 1:00 Under/over	{1 x 100 on 2:00 Freestyle-ez
{3 x 100 on 2:00 Breast 2X pullouts 100%	{1 x 200 on 3:00 Freestyle-Broken at 50's 10s
100 1 x 100 on 2:00 Freestyle	150 1 x 150 on 3:00 Freestyle
1,200 1x{1 x 300 on 4:15 Pulls mid 100 90% {1 x 300 on 4:10 Pulls mid 100 90%	1,200 1x{1 x 300 on 4:15 Pulls mid 100 90%
{1 x 300 on 4:10 Pulls mid 100 90%	{1 x 300 on 4:10 Pulls mid 100 90%
{1 x 300 on 4:03 Pulls mid 100 90% {1 x 300 on 4:00 Pulls mid 100 90%	{1 x 300 on 4:05 Pulls mid 100 90%
150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes	{1 x 300 on 4:00 Pulls mid 100 90%
1,050 1x{3 x 50 on 1:00 Under/over	150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
{3 x 100 on 2:00 Breast 2X pullouts 100%	1,500 1x{1 x 500 on 6:20 Freestyle
{3 x 50 on 1:00 Under/over	{2 x 250 on 3:10 Freestyle 2nd one faster
{2 x 100 on 2:00 Breast 2X pullouts 100%	{1 x 200 on 2:10 Freestyle
{3 x 50 on 1:00 Under/over	{1 x 100 on 2:00 Freestyle-ez
{1 x 100 on 2:00 Breast 2X pullouts	{1 x 200 on 3:00 Freestyle-Broken at 50's 10s
250 1 x 250 on 4:00 Stroke Drills	300 1 x 300 on 6:00 Stroke Drills
1 on 10:00 Ice	1 on 10:00 Ice
5:35 PM 5,500 Yards - Stress Value = 93	5:35 PM 6,500 Yards - Stress Value = 123

Workout #4347 - Thursday, 16 November 2006 HighSchl - Fly

1 minute rest between sets

{1 x 300 on 3:50 Pulls mid 100 90% {1 x 300 on 3:45 Pulls mid 100 90%

 $\{1 \times 200 \text{ on } 2:50 \text{ Butterfly } 2-3$

 $\{1 \times 200 \text{ on } 2:50 \text{ Butterfly } 2-4$

1 x 200 on 3:00 Stroke Drills

5:35 PM 6,350 Yards - Stress Value = 111

1,500 $1x{1 \times 200}$ on 2:50 Butterfly 2-2

1 on 10:00 Ice

6 x 25 on :40 12.5 ez 12.5 fast grt finishes

{6 x 50 on :40 25 fly 25 free-hold at :30

{6 x 50 on :45 25 fly 25 free-hold at :30

{6 x 50 on :50 25 fly 25 free-hold at :30

3:00 PM Start Yards Set Description Yards Set Description _____ _____ 1 on 30:00 Physio Balls/Stretch 1 on 30:00 Stomach and Stretch 800 1 x 800 on 13:00 Reverse IM drill RF 500 1 x 500 on 8:00 Underwater trn drill 204 12 x 17 on :45 Shooters SE odd 100's free even 100's backstroke 800 1 x 800 on 16:00 Vertical Kicking EN 150 10 x 15 on :45 Shooters 1 on 10:00 Techniques-TN turns RF $900 \ 3x\{1 \ x \ 50 \ on \ 1:00 \ Kick$ 800 16 x 50 on 1:00 Mid pool swims {1 x 100 on 1:50 Kick 1 on 10:00 Techniques-Relay Starts {1 x 150 on 2:30 Kick 250 1 x 250 on 5:00 Drill-Closed fist/thumb drag RE 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 on 10:00 Ice 1,500 $1x\{1 \times 200 \text{ on } 3:00 \text{ Butterfly } 2-2$ 5:03 PM 2,854 Yards - Stress Value = 24 $\{6 \times 50 \text{ on } :50 \text{ 25 fly 25 free-hold at } :30$ $\{1 \times 200 \text{ on } 3:00 \text{ Butterfly } 2-3$ Workout #4354 - Friday, 17 November 2006 {6 x 50 on :45 25 fly 25 free-hold at :30 HighSchl - Platinum {1 x 200 on 3:00 Butterfly 2-4 {6 x 50 on :40 25 fly 25 free-hold at :30 1 minute rest between sets 100 1 x 100 on 2:00 Freestyle 1,200 1x{1 x 300 on 4:00 Pulls mid 100 90% 5:30 AM Start {1 x 300 on 3:55 Pulls mid 100 90%

	5:30 AM Start		
Yards	Set Description	EGY	WOF
		===	===
	1 on 45:00 Weights and Stretch		
400	1 x 400 on 7:00 Reverse IM drill	REC	
204	12 x 17 on :45 Starts/shooters/finishes	SP3	
1,800	18 x 100 on 1:10 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 7:00 Ice		
	7:05 AM 2,604 Yards - Stress Value = 44		

Workout #4355 - Friday, 17 November 2006

HighSchl - All

1 minute rest between sets

3:00 PM Start

Workout #4353 - Friday, 17 November 2006 HighSchl - Gold

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
204 1,700	<pre>1 on 45:00 Weights and Stretch 1 x 400 on 7:00 Reverse IM drill 12 x 17 on :45 Starts/shooters/finishes 17 x 100 on 1:15 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 6:00 Ice 7:05 AM 2,504 Yards - Stress Value = 42</pre>	REC SP3 EN2 REC	

Workout #4351 - Friday, 17 November 2006 HighSchl - Silver

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
=====		===	===
	1 on 45:00 Weights and Stretch		
400	1 x 400 on 7:00 Reverse IM drill	REC	
204	12 x 17 on :45 Starts/shooters/finishes	SP3	
1,600	16 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 6:00 Ice		
	7:05 AM 2,404 Yards - Stress Value = 40		

Workout #4352 - Friday, 17 November 2006 HighSchl - Bronze

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
=====		===	===
	1 on 45:00 Weights and Stretch		
400	1 x 400 on 7:00 Reverse IM drill	REC	
204	12 x 17 on :45 Starts/shooters/finishes	SP3	
1,500	15 x 100 on 1:25 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 6:00 Ice		
	7:05 AM 2,304 Yards - Stress Value = 38		

Workout #4356 - Saturday, 18 November 2006 HighSchl - Platinum

1 minute rest between sets

Yards	7:30 AM Start Set Description
	1 20.00 2+
	1 on 30:00 Stomach and Stretch 16 x 50 on 1:00 Stroke Drills 4 on each stro 12 x 17 on :45 Starts/shooters/finishes
1,250	5x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Sprint Kick
1,500	3x{1 x 100 on 1:30 Pulls
	{1 x 100 on 1:25 Pulls
	{1 x 100 on 1:20 Pulls
	{1 x 100 on 1:15 Pulls
	{1 x 100 on 1:10 Pulls
300	12 x 25 on :30 IM order-build
1,200	16 x 75 on 1:30 Freestyle
250	1 x 250 on 5:00 Drill-Closed fist-thmb drag
	1 on 10:00 Ice
	10:06 AM 5,504 Yards - Stress Value = 129

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	3x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:10 Kick-descend
600	3 x 200 on 3:40 Pulls-nbbf&w
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 400 on 7:10 Freestyle
	{2 x 300 on 5:20 Freestyle
	{3 x 200 on 3:30 Freestyle
	{4 x 100 on 1:40 Freestyle
250	5 x 50 on 1:10 Stroke Drills
	7:30 PM 4,350 Yards - Stress Value = 69

Workout #4362 - Monday, 20 November 2006 HighSchl - Back

1 minute rest between sets

3:00 PM Start

Yards Set Description	
1 on 30:00 Physio Balls/Stretch	
500 1 x 500 on 9:00 Swim-kick-pull-swim	
150	
1,200 3x{4 x 25 on :45 Kick no board BSLR	
{2 x 50 on 1:00 Kick	
{2 x 50 on :55 Kick	
{2 x 50 on :50 Kick	
500 1x{1 x 200 on 4:00 Backstroke 25drill 25bu	ild
{1 x 100 on 2:00 Freestyle-ez	
{8 x 25 on :30 Backstroke-100% effort	
100	
1,200 1x{1 x 200 on 2:45 Pull no br L.5 yds	
$\{1 \times 200 \text{ on } 2:45 \text{ Pull no br L.}10 \text{ yds}$	
$\{1 \times 200 \text{ on } 2:45 \text{ Pull no br L.15 yds}$	
$\{1 \times 200 \text{ on } 2:45 \text{ Pull no br L.20 yds}$	
$\{1 \times 200 \text{ on } 2:45 \text{ Pull no br L.25 yds}$	
$\{1 \times 200 \text{ on } 2:45 \text{ Pull no br L.30 yds}$	
300 12 x 25 on :40 12.5 ez 12.5 fast grt fi	nish∈
3 on each stroke	
1,600 1x{1 x 100 on 1:30 Backstroke	
{2 x 100 on 1:25 Backstroke	
{3 x 100 on 1:20 Backstroke	
{4 x 100 on 1:15 Backstroke	
{3 x 50 on 1:00 Backstroke-descend	
{3 x 50 on :55 Backstroke-descend	
{3 x 50 on :50 Backstroke-descend	
{3 x 50 on :45 Backstroke-descend	
200 1 x 200 on 3:00 Stroke Drill	
1 on 10:00 Ice	
5:35 PM 5,750 Yards - Stress Value = 86	

Workout #4364 - Monday, 20 November 2006 **Group 2 - Distance**

3.00 PM Start

Workout #4361 - Monday, 20 November 2006 HighSchl - Breast 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,200	3x{4 x 25 on :45 Kick no board BSLR
•	{2 x 50 on 1:00 Kick
	{2 x 50 on :55 Kick
	{2 x 50 on :50 Kick
1,200	1x{1 x 200 on 2:45 Pull no br L.5 yds
•	{1 x 200 on 2:45 Pull no br L.10 yds
	{1 x 200 on 2:45 Pull no br L.15 yds
	{1 x 200 on 2:45 Pull no br L.20 yds
	{1 x 200 on 2:45 Pull no br L.25 yds
	{1 x 200 on 2:45 Pull no br L.30 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 on each stroke
1,700	2x{3 x 50 on 1:00 Breaststroke 25 drill 25 buil
	{1 x 25 on 1:00 Breaststroke-100%
	{3 x 50 on 1:00 Breaststroke 25drill 25build
	{1 x 50 on 1:30 Breaststroke-100%
	{3 x 50 on 1:00 Breaststroke 25drill 25build
	{1 x 75 on 2:00 Breaststroke-100%
	{3 x 50 on 1:00 Breastroke 25drill 25build
	{1 x 100 on 2:30 Breastroke-100%
200	1 x 200 on 3:00 Stroke Drill
	1 on 10:00 Ice
	5:35 PM 5,250 Yards - Stress Value = 116

Workout #4363 - Monday, 20 November 2006 HighSchl - Fly 1 minute rest between sets

```
3:00 PM Start
Yards
          Set Description
           ______
           1 on 30:00 Physio Balls/Stretch
  500
           1 x 500 on 9:00 Swim-kick-pull-swim
  150
           10 x 15 on :45 Shooters
1,200 3x{4} x 25 on :45 Kick no board BSLR
          {2 x 50 on 1:00 Kick
          \{2 \times 50 \text{ on } :55 \text{ Kick} \}
          {2 x 50 on :50 Kick
  300 2x\{1 \times 25 \text{ on } : 30 \text{ Butterfly lup ldown}
           \{1 \times 25 \text{ on } : 30 \text{ Butterfly 1up 2down} \}
          {1 x 25 on :30 Butterfly lup 3down
          \{1 \times 25 \text{ on } : 30 \text{ Butterly lup 4down} \}
          {1 x 25 on :30 Butterfly lup 5down
          \{1 \text{ x } 25 \text{ on } : 30 \text{ Butterfly lup 6down} \}
           1 x 100 on 2:00 Freestyle
1,200 1x{1 x 200 on 2:45 Pull no br L.5 yds
          {1 x 200 on 2:45 Pull no br L.10 yds
           {1 x 200 on 2:45 Pull no br L.15 yds
          {1 x 200 on 2:45 Pull no br L.20 yds
          {1 x 200 on 2:45 Pull no br L.25 yds
           \{1 \times 200 \text{ on } 2:45 \text{ Pull no br L.30 yds}
           12 x 25 on :40 12.5 ez 12.5 fast grt finishe
  300
             3 on each stroke
1,800 \ 2x\{4 \ x \ 25 \ on : 30 \ Butterfly
           \{2 \times 50 \text{ on } 1:00 \text{ Fly } 2-2 \text{ 1st } 25, 2-3 \text{ 2nd } 25
           \{4 \times 25 \text{ on :} 25 \text{ Butterfly}\}
          {2 x 50 on :55 Fly 2-3 1st 25, 2-4 2nd 25
          \{4 \times 25 \text{ on } : 20 \text{ Butterfly} \}
          \{2 \times 50 \text{ on } : 50 \text{ Fly } 2-4 \text{ 1st } 25, 2-5 \text{ 2nd } 25
          \{4 \times 25 \text{ on :} 15 \text{ Butterfly} \}
          \{2 \times 50 \text{ on } : 45 \text{ Fly } 2-5 \text{ 1st } 25, 2-6 \text{ 2nd } 25
           \{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}
           1 x 200 on 3:00 Stroke Drill
  200
```

1 on 8:00 Ice 5:35 PM 5,750 Yards - Stress Value = 83

Workout #4358 - Monday, 20 November 2006 HighSchl - Platinum 1 minute rest between sets

5.30 AM Start

	5.50 In Scarc
Yards	Set Description
	=======================================
	1 on 40:00 Weights and Stretch
400	1 x 400 on 6:00 Swim-kick-drill-swim
250	10 x 25 on :30 12.5 ez 12.5 fast grt finish ϵ
2,250	1x{3 x 300 on 3:30 Freestyle
	{3 x 250 on 2:55 Freestyle
	{3 x 200 on 2:20 Freestyle
	1st two of each 3 just make, #3 fast
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 ICE
	7:04 AM 3,100 Yards - Stress Value = 47

Workout #4357 - Monday, 20 November 2006 HighSchl - Gold 1 minute rest between sets

	5:30 AM Start
Yards	Set Description
=====	=======================================
	1 on 40:00 Weights and Stretch
400	1 x 400 on 6:00 Swim-kick-drill-swim
250	10 x 25 on :30 12.5 ez 12.5 fast grt finishe
2,250	1x{3 x 300 on 3:50 Freestyle
	{3 x 250 on 3:10 Freestyle
	{3 x 200 on 2:30 Freestyle
	1st two of each 3 just make, #3 fast
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Ice
	7:05 AM 3,100 Yards - Stress Value = 47

Workout #4360 - Monday, 20 November 2006 HighSchl - Silver 1 minute rest between sets

	5:30 AM Start
Yards	Set Description
	=======================================
	1 on 40:00 Weights and Stretch
350	1 x 350 on 6:00 Swim-kick-drill-swim
250	10 x 25 on :30 12.5 ez 12.5 fast grt finishe
2,250	1x{3 x 300 on 4:10 Freestyle
	$\{3 \times 250 \text{ on } 3:25 \text{ Freestyle} \}$
	{3 x 200 on 2:40 Freestyle
	1st two of each 3 just make, #3 fast
200	1 x 200 on 3:00 Stroke Drills
	1 on 7:00 Ice
	7:05 AM 3,050 Yards - Stress Value = 47

Workout #4359 - Monday, 20 November 2006 HighSchl - Bronze 1 minute rest between sets

Yards	5:30 AM Start Set Description
=====	=======================================
	1 on 40:00 Weights and Stretch
300	1 x 300 on 6:00 Swim-kick-drill-swim
250	10 x 25 on :30 12.5 ez 12.5 fast grt finish ϵ
1,800	1x{3 x 250 on 3:45 Freestyle
	{3 x 200 on 2:55 Freestyle
	{3 x 150 on 2:10 Freestyle
	1st two of each 3 just make, #3 fast
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Ice
	7:05 AM 2.550 Yards - Stress Value = 38

Workout #4368 - Tuesday, 21 November 2006 Group 2 - Breast

1 minute rest between sets

Yards		PM Start et Description
=====	==	
		on 25:00 Stomach and Stretch
400	1	x 400 on 8:00 Underwater trn drill
150		0 x 15 on :45 Shooters
600	2x{1	x 150 on 3:30 Kick
		x 100 on 2:20 Kick
	{ 1	x 50 on 1:10 Kick
600	2x{1	x 50 on 1:00 Pulls
	{ 1	x 100 on 1:50 Pulls
	{ 1	x 150 on 2:30 Freestyle
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{1	x 100 on 2:15 Breaststroke
	{ 2	x 100 on 2:05 Breaststroke
	{ 3	x 100 on 1:55 Breaststroke
	{ 1	x 50 on 2:00 Freestyle
	{ 1	x 75 on 1:35 Breaststroke
	{ 2	x 75 on 1:30 Breaststroke
	{ 3	x 75 on 1:25 Breaststroke
	{ 1	x 50 on 2:00 Freestyle
	{ 1	x 50 on 1:05 Breaststroke
	{ 2	x 50 on 1:00 Breaststroke
	{ 3	x 50 on :55 Breaststroke
	{ 1	x 50 on 2:00 Freestyle
	{ 1	x 25 on :35 Breaststroke
	{ 2	x 25 on :30 Breaststroke
	{ 3	x 25 on :25 Breaststroke
250	5	x 50 on 1:10 Stroke Drills
	7:30	PM 3,850 Yards - Stress Value = 53

Workout #4365 - Tuesday, 21 November 2006 HighSchl - Back

1 minute rest between sets

```
3:00 PM Start
Yards
       Set Description
=====
        _____
        1 on 5:00 Stretch
  500
       1 x 500 on 8:00 Underwater trn drill
  150
        10 \times 15 on :45 Shooters
  300
        12 x 25 on :40 12.5 ez 12.5 fast grt finishe
  900 3x{1 x 150 on 3:00 Kick
        {1 x 100 on 2:00 Kick
        {1 x 50 on 1:00 Kick
1,200 1x{1 x 150 on 2:15 Pulls}
        {1 x 150 on 2:10 Pulls
        {1 x 150 on 2:05 Pulls
        {1 x 150 on 2:00 Pulls
        {1 x 150 on 1:55 Pulls
        {1 x 150 on 1:50 Pulls
```

200	{1	<pre>x 150 on 1:45 Pulls x 150 on 1:40 Pulls x 25 on :40 12.5 ez 12.5 fast grt finishes</pre>
200		2 on each stroke
2.100	-	x 125 on 2:00 Backstroke
2,100	•	x 100 on 1:35 Backstroke
		x 75 on 1:05 Backstroke
	•	
	•	x 50 on :50 Backstroke
	{ 2	x 50 on :45 Backstroke
	{ 2	x 75 on 1:05 Backstroke
	{ 2	x 100 on 1:30 Backstroke
	{2	x 125 on 1:55 Backstroke
	{ 3	x 125 on 1:50 Backstroke
	{ 3	x 100 on 1:25 Backstroke
	{ 3	x 75 on 1:05 Backstroke
	{ 3	x 50 on :40 Backstroke
200	1	x 200 on 3:00 Stroke Drills
	1	on 10:00 Ice

Workout #4367 - Tuesday, 21 November 2006 HighSchl - Fly

5:00 PM 5,550 Yards - Stress Value = 71

1 minute rest between sets

3:00 PM Start

200

	0.00 111 00010
Yards	Set Description
=====	
	1 on 5:00 Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	4x{1 x 150 on 3:00 Kick
,	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
1,200	1x{1 x 150 on 2:15 Pulls
•	{1 x 150 on 2:10 Pulls
	{1 x 150 on 2:05 Pulls
	{1 x 150 on 2:00 Pulls
	{1 x 150 on 1:55 Pulls
	{1 x 150 on 1:50 Pulls
	{1 x 150 on 1:45 Pulls
	{1 x 150 on 1:40 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	2 on each stroke
1 000	
1,800	$2x{4 x 100 on 1:30 3 strokes fly off walls}$
	$\{4 \times 75 \text{ on } 1:05 \text{ 3 strokes fly off walls}$
	{4 x 50 on :45 3 strokes fly off walls

1 x 200 on 3:00 Stroke Drills

5:00 PM 5,550 Yards - Stress Value = 73

1 on 8:00 Ice

Workout #4366 - Tuesday, 21 November 2006 HighSchl - Freestylers 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	1 on 5:00 Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	4x{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
1,200	1x{1 x 150 on 2:15 Pulls
	{1 x 150 on 2:10 Pulls
	{1 x 150 on 2:05 Pulls
	{1 x 150 on 2:00 Pulls
	{1 x 150 on 1:55 Pulls
	{1 x 150 on 1:50 Pulls
	{1 x 150 on 1:45 Pulls
	{1 x 150 on 1:40 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
1,950	2x{5 x 125 on 1:40 Freestyle
	{3 x 50 on 1:00 Freestyle-6bk-great effort
	{1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:01 PM 5,500 Yards - Stress Value = 85

Workout #4376 - Wednesday, 22 November 2006 Group 2 - Back

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 25:00 Stomach and Stretch
400	1 x 400 on 8:00 Free L.25 of each 100 fast
	10 x 15 on :45 Shooters
	2x{4 x 25 on :45 Kick no board BSLR
300	{3 x 50 on 1:10 Kick-descend
600	1x{4 x 50 on 1:05 Pulls-nbbf&w
000	{4 x 50 on 1:00 Pulls-nbbf&w
	{4 x 50 on :55 Pulls-nbbf&w
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 200 on 4:15 Breaststroke
1,200	{2 x 100 on 2:00 Breaststroke
	{1 x 200 on 4:05 Breaststroke
	•
	{4 x 50 on 1:00 Breaststroke
	$\{1 \times 200 \text{ on } 3:55 \text{ Breaststroke} \}$
0.00	{8 x 25 on :30 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	1 on 13:00 Free time/Game
	7:30 PM 3,250 Yards - Stress Value = 50

Workout #4374 - Wednesday, 22 November 2006 HighSchl - Back

1 minute rest between sets

Yards	3:00 PM Start Set Description
	4
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Choice L.25 of each 100 fast
180	12 x 15 on :45 Shooters
800	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR

1 500 1 (4 105 1 50 5 1 1 1	
1,500 $1x\{4 \times 125 \text{ on } 1:50 \text{ Lungbuster pul}$	
{4 x 125 on 1:45 Lungbuster pul	.ls
{4 x 125 on 1:40 Lungbuster pul	.ls
300 12 x 25 on :40 12.5 ez 12.5 fa	st grt finishe
3 on each stroke	
$2,800 1x{1 x 500 on 7:30 25 backstroke}$	25 free
{5 x 100 on 1:30 Backstroke hol	d under 112
{1 x 400 on 6:00 25 backstroke	25 free
{4 x 100 on 1:30 Backstroke-hol	d under 1:10
{1 x 300 on 4:30 25 backstroke	25 free
{3 x 100 on 1:30 Backstroke-hol	d under 1:08
{1 x 200 on 3:00 25 backstroke	25 free
{2 x 100 on 1:30 Backstroke hol	d under 1:06
200 1 x 200 on 3:00 Stroke Drills	
1 on 10:00 Ice	
5:35 PM 6,280 Yards - Stress Valu	ie = 93
Workout #4375 - Wednesday, 22 November	2006
workout #4575 - Wednesday, 22 November	2000

Workout #4375 - Wednesday, 22 November 2006 HighSchl - Breast 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Choice L.25 of each 100 fast
180	12 x 15 on :45 Shooters
800	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR
1,500	1x{4 x 125 on 1:50 Lungbuster pulls
	{4 x 125 on 1:45 Lungbuster pulls
	{4 x 125 on 1:40 Lungbuster pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
	3 on each stroke
2,500	4x{3 x 100 on 1:40 Breaststroke-2X pullouts
	{2 x 100 on 1:30 Individual Medley
	{1 x 50 on :35 Breaststroke
	{3 x 25 on :40 Breaststroke-great effort
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Ice

5:35 PM 5,980 Yards - Stress Value = 101

Workout #4373 - Wednesday, 22 November 2006

HighSchl - Freestylers

1 minute rest between sets

1 minute met between sets	5:30 AM Start
1 minute rest between sets	Yards Set Description
2 00 PW 01	===== =================================
3:00 PM Start	1 on 40:00 Weights and Stretch
Yards Set Description	600 1x{1 x 200 on 3:00 Freestyle L.50 fast
1 on 30:00 Physio Balls/Stretch	{1 x 200 on 3:10 Freestyle L.100 fast
500 1 x 500 on 8:00 Choice L.25 of each 100 fast	$\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.150 fast}$
180 12 x 15 on :45 Shooters	250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe
800 1x{4 x 25 on :30 Kick no board BSLR	1,650 1x{3 x 150 on 2:15 Freestyle-descend
{1 x 100 on 2:00 Kick	{3 x 150 on 2:10 Freestyle-descend
{4 x 25 on :35 Kick no board BSLR	${3 \times 150 \text{ on } 2:05 \text{ Freestyle-descend}}$
{2 x 75 on 1:30 Kick	{2 x 150 on 2:00 Freestyle-descend
{4 x 25 on :40 Kick no board BSLR	200 1 x 200 on 3:00 Stroke Drills
{3 x 50 on 1:00 Kick	1 on 10:00 Ice
{4 x 25 on :45 Kick no board BSLR	7:05 AM 2,700 Yards - Stress Value = 41
$1,500 \text{ 1x} \{4 \text{ x } 125 \text{ on } 1:50 \text{ Lungbuster pulls}$	
{4 x 125 on 1:45 Lungbuster pulls	Workout #4369 - Wednesday, 22 November 2006
$\{4 \text{ x } 125 \text{ on } 1\text{:}40 \text{ Lungbuster pulls}$	HighSchl - Bronze
300 12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ	1 minute rest between sets
3 on each stroke	Timmate Test between sets
2,850 3x{1 x 400 on 5:20 Freestyle	5:30 AM Start
$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle-under } 1:05$	Yards Set Description
$\{4 \times 50 \text{ on } : 45 \text{ Free descend 1st 1 under } : 33$	===== =================================
{1 x 100 on 2:30 Freestyle-100% effort	1 on 40:00 Weights and Stretch
{1 x 150 on 3:00 Stroke Drill	550 1x{1 x 175 on 3:00 Freestyle L.50 fast
1 on 10:00 Ice	{1 x 175 on 3:10 Freestyle L.100 fast
5:35 PM 6,130 Yards - Stress Value = 135	{1 x 200 on 3:20 Freestyle L.150 fast
	250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe
Workout #4372 - Wednesday, 22 November 2006	1,500 1x{3 x 150 on 2:25 Freestyle-descend
HighSchl - Platinum	{3 x 150 on 2:20 Freestyle-descend
1 minute rest between sets	{3 x 150 on 2:15 Freestyle-descend
1 mmute 1650 between 5005	$\{1 \times 150 \text{ on } 2:10 \text{ Freestyle}$
5:30 AM Start	200 1 x 200 on 3:00 Stroke Drills
Yards Set Description	1 on 10:00 Ice
====== ================================	7:05 AM 2,500 Yards - Stress Value = 38
40.00 1.1.	
I on 40:00 Weights and Stretch	
1 on 40:00 Weights and Stretch 600 $1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast}$	Workout #4379 - Friday, 24 November 2006
	•
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	HighSchl - Breast
600 $1 \times \{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast} $ $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.100 fast} $ $\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.150 fast} $ 250 $10 \times 25 \text{ on } :30 12.5 \text{ ez } 12.5 \text{ fast grt finishe} $	•
600 $1 \times \{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast} $ $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.100 fast} $ $\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.150 fast} $ 250 $10 \times 25 \text{ on } :30 12.5 \text{ ez } 12.5 \text{ fast grt finish} $ 1,800 $1 \times \{3 \times 150 \text{ on } 2:00 \text{ Freestyle-descend} $	HighSchl - Breast 1 minute rest between sets
600 $1 \times \{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast} $ $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.100 fast} $ $\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.150 fast} $ $250 \text{ 10} \times 25 \text{ on } :30 \text{ 12.5 ez } 12.5 \text{ fast grt finish} $ $1,800 \text{ 1x} \{3 \times 150 \text{ on } 2:00 \text{ Freestyle-descend} $ $\{3 \times 150 \text{ on } 1:55 \text{ Freestyle-descend} $	HighSchl - Breast 1 minute rest between sets 7:00 AM Start
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	HighSchl - Breast 1 minute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	HighSchl - Breast 1 minute rest between sets 7:00 AM Start Yards Set Description
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	HighSchl - Breast 1 minute rest between sets 7:00 AM Start Yards Set Description
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	HighSchl-Breast 1 minute rest between sets 7:00 AM Start Yards Set Description ===== 1 on 45:00 Weights and Stretch
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	HighSchl-Breast 1 minute rest between sets 7:00 AM Start Yards Set Description 1 on 45:00 Weights and Stretch 800 1 x 800 on 13:00 Reverse IM drill
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl-Breast 1 minute rest between sets 7:00 AM Start Yards Set Description 1 on 45:00 Weights and Stretch 800 1 x 800 on 13:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 3x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick}
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl-Breast 1 minute rest between sets 7:00 AM Start Yards Set Description 1 on 45:00 Weights and Stretch 800 1 x 800 on 13:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 3x{1 x 100 on 2:00 Kick
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl-Breast 1 minute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	#ighSchl-Breast I minute rest between sets 7:00 AM Start Yards Set Description 1 on 45:00 Weights and Stretch 800 1 x 800 on 13:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 3x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {4 x 25 on :45 Sprint Kick 1,000 1x{1 x 250 on 5:00 Pulls with paddles}
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	#ighSchl-Breast I minute rest between sets 7:00 AM Start Yards Set Description 1 on 45:00 Weights and Stretch 800 1 x 800 on 13:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 3x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {4 x 25 on :45 Sprint Kick 1,000 1x{1 x 250 on 5:00 Pulls with paddles {1 x 250 on 4:50 Pulls with paddles
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl-Breast 1 minute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl-Breast 1 minute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl-Breast 1 minute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl-Breast 1 minute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	#ighSchl-Breast #I minute rest between sets 7:00 AM Start Yards Set Description 1 on 45:00 Weights and Stretch 800 1 x 800 on 13:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 3x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {4 x 25 on :45 Sprint Kick 1,000 1x{1 x 250 on 5:00 Pulls with paddles {1 x 250 on 3:40 Pulls with paddles {1 x 250 on 3:30 Pulls with paddles 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,100 1x{1 x 100 on 1:45 Breaststroke
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	#ighSchl-Breast #I minute rest between sets 7:00 AM Start Yards Set Description 1 on 45:00 Weights and Stretch 800 1 x 800 on 13:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 3x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {4 x 25 on :45 Sprint Kick 1,000 1x{1 x 250 on 5:00 Pulls with paddles {1 x 250 on 3:40 Pulls with paddles {1 x 250 on 3:30 Pulls with paddles } 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,100 1x{1 x 100 on 1:45 Breaststroke {2 x 50 on :40 Breaststroke}
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	#ighSchl-Breast Timinute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl - Breast 1 minute rest between sets 7:00 AM Start Yards Set Description 1 on 45:00 Weights and Stretch 800 1 x 800 on 13:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 3x{1 x 100 on 2:00 Kick
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl - Breast 1 minute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl - Breast 1 minute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl - Breast 1 minute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### Timinute rest between sets 7:00 AM Start Yards Set Description 1 on 45:00 Weights and Stretch 800 1 x 800 on 13:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 3x{1 x 100 on 2:00 Kick
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### Timinute rest between sets 7:00 AM Start Yards
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl - Breast Timinute rest between sets
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### Timinute rest between sets 7:00 AM Start Yards
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### Timinute rest between sets 7:00 AM Start Yards
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl - Breast ### I minute rest between sets 7:00 AM Start Yards
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	### HighSchl - Breast ### I minute rest between sets 7:00 AM Start Yards

HighSchl - Platinum
1 minute rest between sets

7:30 AM Start

Set Description

Yards

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1 on 30:00 Stomach and Stretch Workout #4378 - Friday, 24 November 2006 800 8 x 100 on 1:45 Strke Drlls odds fr evns str HighSchl - Fly 204 12 x 17 on :45 Starts/shooters/finishes 1 minute rest between sets $1,200 6x{1 x 100 on 1:30 Kick}$ {1 x 100 on 1:50 Kick 7:00 AM Start 1,200 4×300 on 4:00 Pulls-nbbf&w + 2 yds Yards Set Description 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe _____ $2,000 1x{4 x 125 on 2:00 Freestyle}$ 1 on 45:00 Weights and Stretch {1 on 1:00 Rest 1 x 800 on 13:00 Reverse IM drill 800 $\{4 \times 125 \text{ on } 1:55 \text{ Freestyle} \}$ 10 x 15 on :45 Shooters {1 on 1:00 Rest $1,200 3x{1 x 100 on 2:00 Kick}$ $\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$ {1 x 100 on 1:55 Kick {1 on 1:00 Rest {1 x 100 on 1:50 Kick {4 x 125 on 1:45 Freestvle {4 x 25 on :45 Sprint Kick 500 10 x 50 on 1:00 Rest 750 $1x\{2 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}$ 1 on 9:00 Ice {2 x 125 on 1:45 Lungbuster pulls 10:05 AM 6,204 Yards - Stress Value = 167 {2 x 125 on 1:40 Lungbuster pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes Workout #4383 - Saturday, 25 November 2006 2 on each stroke 1,500 $1x\{2 \times 75 \text{ on } 1:30 \text{ Butterfly } 2-4$ HighSchl - Gold {2 x 50 on 1:00 Butterfly lup ldown 1 minute rest between sets $\{2 \times 75 \text{ on } 1:25 \text{ Butterfly } 2-5 \}$ $\{2 \times 50 \text{ on } 1:00 \text{ Butterfly 1up 2down} \}$ 7:30 AM Start $\{2 \times 75 \text{ on } 1:20 \text{ Butterfly } 2-6 \}$ Yards Set Description $\{2 \times 50 \text{ on } 1:00 \text{ Butterfly 1up 3down} \}$ ===== ______ {2 x 75 on 1:15 Butterfly 2-7 1 on 30:00 Stomach and Stretch {2 x 50 on 1:00 Butterfly 2up 4down 800 8 x 100 on 1:45 Strke Drlls odds fr evns str $\{2 \times 75 \text{ on } 1:10 \text{ Butterfly } 2-6 \}$ 12 x 17 on :45 Starts/shooters/finishes 204 $\{2 \times 50 \text{ on } 1:00 \text{ Butterfly 2up 5down}\}$ 1,200 6x{1 x 100 on 1:40 Kick $\{2 \times 75 \text{ on } 1:05 \text{ Butterfly } 2-5$ {1 x 100 on 2:00 Kick {2 x 50 on 1:00 Butterfly 2up 6down 4×250 on 3:30 Pulls-nbbf&w + 2 yds 12×25 on :40 12.5 ez 12.5 fast grt finishe 1,000 1 x 200 on 3:00 Stroke Drills 300 1 on 8:00 Ice $2,000 1x{4 x 125 on 2:00 Freestyle}$ 9:35 AM 4,800 Yards - Stress Value = 69 {1 on 1:00 Rest {4 x 125 on 1:55 Freestyle {1 on 1:00 Rest Workout #4377 - Friday, 24 November 2006 $\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$ **HighSchl** - Freestylers {1 on 1:00 Rest 1 minute rest between sets $\{4 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$ 500 10 x 50 on 1:00 Rest 7:00 AM Start 1 on 9:00 Ice Yards Set Description 10:05 AM 6,004 Yards - Stress Value = 165 _____ ===== 1 on 45:00 Weights and Stretch Workout #4382 - Saturday, 25 November 2006 800 1 x 800 on 13:00 Reverse IM drill 10×15 on :45 Shooters HighSchl - Silver 150 $1,200 3x{1 x 100 on 2:00 Kick}$ 1 minute rest between sets {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick 7:30 AM Start $\{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}$ Yards Set Description 750 $1x\{2 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}$ {2 x 125 on 1:45 Lungbuster pulls 1 on 30:00 Stomach and Stretch {2 x 125 on 1:40 Lungbuster pulls 800 8 x 100 on 1:45 Strke Drlls odds fr evns str 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 204 12 x 17 on :45 Starts/shooters/finishes 200 2 on each stroke 1,200 6x{1 x 100 on 1:50 Kick 1,600 1x{3 x 100 on 1:30 Freestyle hold time I give {1 x 100 on 2:05 Kick {4 x 25 on :25 Freestyle-descend 900 4×225 on 3:10 Pulls-nbbf&w + 2 yds900 250 {3 x 100 on 1:25 Freestyle hold time I give 10 x 25 on :40 12.5 ez 12.5 fast grt finishe $\{4 \times 25 \text{ on } : 25 \text{ Freestyle-descend} \}$ $2,000 1x{4 x 125 on 2:00 Freestyle}$ {3 x 100 on 1:20 Freestyle hold time I give {1 on 1:00 Rest $\{4 \times 25 \text{ on } : 25 \text{ Freestyle-descend} \}$ $\{4 \times 125 \text{ on } 1:55 \text{ Freestyle} \}$ {3 x 100 on 1:15 Freestyle hold time I give {1 on 1:00 Rest $\{4 \times 25 \text{ on :} 25 \text{ Freestyle-descend}\}$ $\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$ 1 x 300 on 5:00 Stroke Drills {1 on 1:00 Rest 1 on 10:00 Ice {4 x 125 on 1:45 Freestyle 9:35 AM 5,000 Yards - Stress Value = 73 500 10 x 50 on 1:00 Rest 1 on 9:00 Ice 10:05 AM 5,854 Yards - Stress Value = 143 Workout #4380 - Saturday, 25 November 2006

Workout #4381 - Saturday, 25 November 2006	1 20-00 Physic Polls (About the
HighSchl - Bronze	1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim
1 minute rest between sets	150 10 x 15 on :45 Shooters
7:30 AM Start	$1,200 2x{4 x 25 on :45 Kick no board BSLR}$
Yards Set Description	{1 x 50 on :45 Kick
===== ================================	{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick
1 on 30:00 Stomach and Stretch	{4 x 25 on :35 Kick no board BSLR
800 8 x 100 on 1:45 Strke Drlls odds fr evns str	{1 x 50 on :45 Kick
204 12 x 17 on :45 Starts/shooters/finishes 1,000 5x{1 x 100 on 1:55 Kick	$\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$
1,000 5X(1 X 100 on 1.55 Kick {1 x 100 on 2:10 Kick	{1 x 50 on :45 Kick
1,000 5 x 200 on 3:05 Pulls-nbbf&w + 2 yds	1,500 $1x\{4 \times 125 \text{ on } 1:50 \text{ Pulls no br L.5 yds}$ $\{4 \times 125 \text{ on } 1:40 \text{ Pulls no br L.10 yds}$
250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe	{4 x 125 on 1:30 Pulls no br L.20 yds
1,600 1x{4 x 100 on 2:00 Freestyle	300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
{1 on 1:00 Rest {4 x 100 on 1:55 Freestyle	3 on each stroke
{1 on 1:00 Rest	2,050 1x{4 x 25 on :25 Butterfly
{4 x 100 on 1:50 Freestyle	{1 x 100 on 1:15 Freestyle {3 x 50 on :45 Butterfly
{1 on 1:00 Rest	{1 x 100 on 1:15 Freestyle
{4 x 100 on 1:45 Freestyle 500 10 x 50 on 1:00 Rest	$\{2 \times 75 \text{ on } 1:05 \text{ Butterfly} \}$
1 on 9:00 Ice	{1 x 100 on 1:15 Freestyle
10:05 AM 5,354 Yards - Stress Value = 120	{1 x 100 on 1:25 Butterfly {1 x 100 on 1:15 Freestyle
	{1 x 25 on :25 Butterfly
Workout #4388 - Monday, 27 November 2006	{1 x 100 on 1:15 Freestyle
HighSchl - Back	$\{2 \times 50 \text{ on } : 45 \text{ Butterfly} \}$
1 minute rest between sets	{1 x 100 on 1:15 Freestyle
	{3 x 75 on 1:05 Butterfly {1 x 100 on 1:15 Freestyle
3:00 PM Start	{4 x 100 on 1:25 Butterfly
Yards Set Description	{1 x 100 on 1:15 Freestyle
1 on 30:00 Physio Balls/Stretch	400 8 x 50 on 1:00 Stroke Drills
600 1 x 600 on 10:00 Swim-kick-pull-swim	1 on 10:00 Ice 5:35 PM 6,200 Yards - Stress Value = 96
150	5.55 III 5/200 Iulub Belebb value 50
1,200 2x{4 x 25 on :45 Kick no board BSLR	
11 x 50 on •45 Kick	Workout #4389 - Monday, 27 November 2006
{1 x 50 on :45 Kick {4 x 25 on :40 Kick no board BSLR	Workout #4389 - Monday, 27 November 2006 HighSchl - Freestylers
$\{1 \times 50 \text{ on :} 45 \text{ Kick} $ $\{4 \times 25 \text{ on :} 40 \text{ Kick no board BSLR} $ $\{1 \times 50 \text{ on :} 45 \text{ Kick} $	HighSchl - Freestylers
$\{4 \times 25 \text{ on : } 40 \text{ Kick no board BSLR} $ $\{1 \times 50 \text{ on : } 45 \text{ Kick} $ $\{4 \times 25 \text{ on : } 35 \text{ Kick no board BSLR} $	• •
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick	HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR	HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick	HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds	HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds	HighSchl-Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds	### HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 2x{4 x 25 on :45 Kick no board BSLR
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe	### HighSchl-Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :45 Kick
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,875 1x{1 x 125 on 1:55 Backstroke {3 x 50 on 1:00 Backstroke	### HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 2x{4 x 25 on :45 Kick no board BSLR
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,875 1x{1 x 125 on 1:55 Backstroke {3 x 50 on 1:00 Backstroke 12 yds under	### HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1 x 50 on :45 Kick 1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,875 1x{1 x 125 on 1:55 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke {2 x 100 on 1:30 Backstroke	### HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick }
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,875 1x{1 x 125 on 1:55 Backstroke {3 x 50 on 1:00 Backstroke 12 yds under	### HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :36 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :37 Kick no board BSLR {1 x 50 on :47 Kick {4 x 25 on :38 Kick no board BSLR {1 x 50 on :48 Kick {4 x 25 on :38 Kick no board BSLR {1 x 50 on :48 Kick {4 x 25 on :38 Kick no board BSLR {1 x 50 on :48 Kick {4 x 25 on :38 Kick no board BSLR }
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,875 1x{1 x 125 on 1:55 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke	### HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick }
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,875 1x{1 x 125 on 1:55 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke	### HighSchl - Freestylers 1 minute rest between sets
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,875 1x{1 x 125 on 1:55 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {4 x 25 on :30 Backstroke {5 x 25 on :30 Backstroke {6 x 25 on :30 Backstroke {7 x 25 on :30 Backstroke {8 x 25 on :30 Backstroke {1 x 25 on :30 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {4 x 25 on :30 Backstroke {5 x 25 on :30 Backstroke {6 x 25 on :30 Backstroke {7 x 25 on :30 Backstroke {1 x 25 on :30 Backstroke {1 x 25 on :30 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on :30 Backstroke {4 x 25 on	### HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,875 1x{1 x 125 on 1:55 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke	### HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards Set Description
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke 1,875 1x{1 x 125 on 1:55 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:05 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke {4 x 50 on :40 Backstroke {3 x 50 on 1:00 Backstroke {4 x 50 on :40 Backstroke {3 x 50 on 1:00 Backstroke {4 x 50 on :40 Backstroke {5 x 25 on :30 Backstroke {6 x 25 on :30 Backstroke {6 x 25 on :30 Backstroke {7 x 25 on :30 Backstroke {8 x 50 on :40 Backstroke {1 x 25 on :30 Backstroke {1 x	### HighSchl - Freestylers 1 minute rest between sets 3:00 PM Start Yards
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<pre>{4</pre>	### HighSchl - Freestylers 1 minute rest between sets
{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick } 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke 12 yds under {2 x 100 on 1:30 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke {4 x 50 on :40 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {4 x 50 on :40 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {4 x 50 on 5:00 Backstroke {5 x 25 on	### HighSchl-Freestylers ### I minute rest between sets 3:00 PM Start Yards
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{4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Kick } 1,500 1x{4 x 125 on 1:50 Pulls no br L.5 yds {4 x 125 on 1:40 Pulls no br L.10 yds {4 x 125 on 1:30 Pulls no br L.20 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke 12 yds under {2 x 100 on 1:30 Backstroke {3 x 50 on 1:00 Backstroke {3 x 75 on 1:05 Backstroke {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke {4 x 50 on :40 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {3 x 50 on 1:00 Backstroke {4 x 50 on :40 Backstroke {2 x 25 on :30 Backstroke {3 x 50 on 1:00 Backstroke {4 x 50 on 5:00 Backstroke {5 x 25 on	### HighSchl-Freestylers ### I minute rest between sets 3:00 PM Start Yards
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3:00 PM Start Yards Set Description

Workout #4387 - Monday, 27 November 2006 HighSchl - Platinum 1 minute rest between sets

Yards	5:30 AM Start Set Description
	1 on 40.00 Weights and Strotch
	1 on 40:00 Weights and Stretch
400	1 x 400 on 6:00 Swim-kick-drill-swim
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	6 x 275 on 3:30 3:00 swims, :30 seconds rest
400	4 x 100 on 1:30 Freestyle-descend to ludicrous
	speed!! (#1 REC)
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Ice
	7:05 AM 2,850 Yards - Stress Value = 43

Workout #4386 - Monday, 27 November 2006 HighSchl - Gold

1 minute rest between sets

	5:30 AM Start
Yards	Set Description
=====	
	1 on 40:00 Weights and Stretch
400	1 x 400 on 6:00 Swim-kick-drill-swim
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	6 x 250 on 3:30 3:00 swims, :30 seconds rest
400	4 x 100 on 1:30 Freestyle-descend to ludicrous
	speed!! (#1 REC)
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Ice
	7:05 AM 2,700 Yards - Stress Value = 40

Workout #4385 - Monday, 27 November 2006 HighSchl - Silver

1 minute rest between sets

Yards	5:30 AM Start Set Description
200 1,350 400	1 on 40:00 Weights and Stretch 1 x 350 on 6:00 Swim-kick-drill-swim 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 6 x 225 on 3:30 3:00 swims, :30 seconds rest 4 x 100 on 1:30 Freestyle-descend to ludicrous speed!! (#1 REC) 1 x 200 on 3:00 Stroke Drills 1 on 9:00 Ice 7:05 AM 2,500 Yards - Stress Value = 37

Workout #4384 - Monday, 27 November 2006 HighSchl - Bronze

1 minute rest between sets

Yards	5:30 AM Start Set Description
	1 on 40:00 Weights and Stretch
300	1 x 300 on 6:00 Swim-kick-drill-swim
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6 x 200 on 3:30 3:00 swims, :30 seconds rest
400	4 x 100 on 1:30 Freestyle-descend to ludicrous
	speed!! (#1 REC)
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Ice
	7:05 AM 2,300 Yards - Stress Value = 34

Workout #4391 - Tuesday, 28 November 2006 HighSchl - Back 1 minute rest between sets

Varde	5:30 PM Start Set Description	
=====	======================================	===
	1 on 20:00 Stomach and Stretch	
400	1 x 400 on 8:00 Underwater trn drill	
	10 x 15 on :45 Shooters	
600	1x{1 x 100 on 2:30 Kick	
	{1 x 100 on 2:25 Kick	
	{1 x 100 on 2:20 Kick	
	{1 x 100 on 2:15 Kick	
	{1 x 100 on 2:10 Kick	
	{1 x 100 on 2:05 Kick	
600	1x{4 x 50 on 1:00 Pulls	
	{4 x 50 on :55 Pulls	
	{4 x 50 on :50 Pulls	
200	8 x 25 on :40 12.5 ez 12.5 fast grt finis	hes
	2 on each stroke	
1,500	1x{1 x 100 on 1:55 Backstroke	
	{3 x 50 on 1:00 Backstroke	
	{4 x 25 on :45 Backstroke 12 yds under	
	{2 x 75 on 1:25 Backstroke	
	{3 x 50 on 1:00 Backstroke	
	{4 x 25 on :45 Backstroke 12 yds under {3 x 50 on :55 Backstroke	
	{3 x 50 on 1:00 Backstroke	
	{4 x 25 on :45 Backstroke 12 yds under	
	{4 x 25 on :30 Backstroke 12 yas under	
	{3 x 50 on 1:00 Backstroke	
	{4 x 25 on :45 Backstroke 12 yds under	
400	8 x 50 on 1:00 Stroke Drills	
	7:25 PM 3,850 Yards - Stress Value = 82	
	Workout #4395 - Wednesday, 29 November 2006	

Workout #4395 - Wednesday, 29 November 2006 Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=======================================
	1 on 24:00 Stomach and Stretch
400	1 x 400 on 8:00 Choice L.25 of each 100 fast
150	10 x 15 on :45 Shooters
600	3x{4 x 25 on :45 Kick no board BSLR
	{4 x 25 on :40 Kick
600	1x{2 x 100 on 2:00 Pulls
	{2 x 100 on 1:55 Pulls
	{2 x 100 on 1:50 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
1,600	1x{4 x 25 on :45 Breaststroke-descend
	{2 x 175 on 3:30 Breaststroke
	{4 x 25 on :45 Breaststroke-descend
	{3 x 150 on 2:50 Breaststroke
	{4 x 25 on :40 Breaststroke-descend
	{4 x 100 on 1:50 Breaststroke
	{4 x 25 on :45 Breaststroke-descend
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,750 Yards - Stress Value = 49

3.00 DM Start

3:00 PM Start

Workout #4392 - Wednesday, 29 November 2006 HighSchl - Back 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	=======================================
	1 on 45:00 Weights and Stretch
500	1 x 500 on 8:00 Choice L.25 of each 100 fast
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 25 on :30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 25 on :30 Kick
	{4 x 25 on :40 Kick no board BSLR
	{4 x 25 on :30 Kick
1,500	1x{6 x 100 on 1:30 Lungbuster pulls
_,	{5 x 100 on 1:25 Lungbuster pulls
	{4 x 100 on 1:20 Lungbuster pulls
300	12×25 on :40 12.5 ez 12.5 fast grt finishe
300	3 on each stroke
1 600	2x{3 x 150 on 2:15 Backstroke
1,000	{4 x 50 on 1:15 Backstroke-w/tech paddles
	{6 x 25 on :35 Backstroke-descend in 3's
250	1 x 250 on 4:00 Stroke Drills
230	1 on 10:00 Ice
	5:35 PM 4,900 Yards - Stress Value = 57

Workout #4394 - Wednesday, 29 November 2006 HighSchl - Breast 1 minute rest between sets

Yards	Set Description
=====	=======================================
	1 on 45:00 Weights and Stretch
500	1 x 500 on 8:00 Choice L.25 of each 100 fast
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :30 Kick no board BSLR
000	{4 x 25 on :30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 25 on :30 Kick
	•
	{4 x 25 on :40 Kick no board BSLR
	{4 x 25 on :30 Kick
1,200	1x{4 x 100 on 2:00 Pulls
	{4 x 100 on 1:55 Pulls
	{4 x 100 on 1:50 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
	3 on each stroke
1,800	$1x\{1 \times 200 \text{ on } 3:30 \text{ Breaststroke}$
	{4 x 25 on :30 Breaststroke-descend
	{2 x 175 on 3:00 Breaststroke
	{4 x 25 on :35 Breaststroke-descend
	{3 x 150 on 2:30 Breaststroke
	{4 x 25 on :40 Breaststroke-descend
	{4 x 100 on 1:35 Breaststroke
	{4 x 25 on :45 Breaststroke-descend
200	•
∠00	1 x 200 on 3:00 Stroke Drills

Workout #4393 - Wednesday, 29 November 2006 HighSchl - Freestylers 1 minute rest between sets

5:35 PM 4,750 Yards - Stress Value = 61

1 on 7:00 Ice

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 45:00 Weights and Stretch
500	1 x 500 on 8:00 Choice L.25 of each 100 fast
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 25 on :30 Kick

$\{4 \times 25 \text{ on } : 35 \text{ Kick no bo}$	ard BSLR
$\{4 \times 25 \text{ on } : 30 \text{ Kick} \}$	
{4 x 25 on :40 Kick no bo	ard BSLR
$\{4 \times 25 \text{ on } : 30 \text{ Kick} \}$	
300 12 x 25 on :40 12.5 ez 1	2.5 fast grt finishe
3 on each stroke	
1,800 $3x\{4 \times 25 \text{ on } : 30 \text{ Freestyle} :$	w/tech paddles
{4 x 100 on 1:30 Freestyl	e-build each to 80%
$\{2 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	w/ great technique
1,500 1x{6 x 100 on 1:30 Lungbust	er pulls
{5 x 100 on 1:25 Lungbust	er pulls
{4 x 100 on 1:20 Lungbust	er pulls
300 1 x 300 on 5:00 Stroke D	rills
1 on 10:00 Ice	
5:35 PM 5,150 Yards - Stres	s Value = 57
Workout #4396 - Friday Ol Daca	mher 2006

Workout #4396 - Friday, 01 December 2006 HighSchl - All 1 minute rest between sets

i minute rest between

5.30 AM Start

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 40:00 Weights and Stretch		L
800	1 x 800 on 13:00 Choice-drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,000	$2x{1 x 50 on :40 Pulls-nbbf&w + 2 yds}$	EN1	P
	$\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1	P
	${3 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1	P
	$\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	REC	P
	2nd time through the set is swim r	not p	oull
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:05 AM 2,200 Yards - Stress Value = 1	L2	

Workout #4397 - Friday, 01 December 2006 HighSchl - All 1 minute rest between sets

3:00 PM Start Yards Set Description ______ ===== 1 on 30:00 Physio Balls/Stretch 800 1 x 800 on 13:00 Reverse IM drill 150 10 x 15 on :45 Shooters 900 $3x{1 x 150 on 3:00 Kick}$ {1 x 100 on 2:00 Kick $\{1 \times 50 \text{ on } 1:00 \text{ Kick} \}$ $1,050 1x{1 x 50 on :45 Pulls}$ $\{1 \ x \ 100 \ on \ 1:30 \ Pulls$ {1 x 150 on 2:15 Pulls $\{1 \times 200 \text{ on } 3:00 \text{ Pulls}$ {1 x 250 on 3:45 Pulls {1 x 300 on 4:30 Pulls 200 8×25 on :40 12.5 ez 12.5 fast grt finishes 800 $4x\{1 \text{ x } 100 \text{ on } 1\text{:}40 \text{ Stroke Drills}$ $\{4 \times 25 \text{ on } : 30 \text{ Stroke} \}$ 200 1 x 200 on 4:00 Closed fist/thumb drag 1 on 10:00 Ice

5:06 PM 4,100 Yards - Stress Value = 31

E - 20 7M C+ c - c+

Workout #4406 - Monday, 04 December 2006 Group 2 - All

1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	=======================================
	1 on 25:00 Stomach and Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	2x{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:10 Kick
450	$1x\{2 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	5 x 400 on 7:15 300 free 100 stroke
	#1-#3 descend, #4 drill #5 fast
200	1 x 200 on 5:00 Stroke Drills
	7:29 PM 4,000 Yards - Stress Value = 62

Workout #4399 - Monday, 04 December 2006 Beat Penn - Platinum 1 minute rest between sets

	5:30 AM Start	
Yards	Set Description	EGY
=====		===
	1 on 40:00 Weights and Stretch	
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC
150	10 x 15 on :45 Shooters	SP3
750	1 x 750 on 10:00 Pulls-nbbf&w + 2 yds	EN1
800	4 x 200 on 3:00 50fr 50strk 50fr 25stk 25fr	EN1
200	1 x 200 on 3:00 Stroke Drill	REC
	1 on 8:00 Ice	
	7:05 AM 2,500 Yards - Stress Value = 22	

Workout #4405 - Monday, 04 December 2006 Beat Penn - Platinum 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 20 00 00 00 00 00 00 00 00 00 00 00 00
	1 on 30:00 Stomach and Stretch
800	1 x 800 on 13:00 Swim-kick-pull-swim
180	12 x 15 on :45 Starts/shooters/turns
900	$3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{4 x 50 on 1:00 Kick
1,200	$1x\{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{6 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{4 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,400	6 x 400 on 5:30 300 free 100 stroke
400	8 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 6,180 Yards - Stress Value = 81

Workout #4400 - Monday, 04 December 2006 Beat Penn - Gold

1 minute rest between sets

	5:30 AM Start	
Yards	Set Description	EGY
=====		===
	1 on 40:00 Weights and Stretch	
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC
150	10 x 15 on :45 Shooters	SP3
700	1 x 700 on 10:00 Pulls-nbbf&w + 2 yds	EN1
800	4 x 200 on 3:00 50fr 50strk 50fr 25stk 25fr	EN1
200	1 x 200 on 3:00 Stroke Drill	REC
	1 on 8:00 Ice	

7:05 AM 2,450 Yards - Stress Value = 21

Workout #4404 - Monday, 04 December 2006 Beat Penn - Gold 1 minute rest between sets

Yards	3:00 PM Start Set Description	
	1 20:00 0+	
	1 on 30:00 Stomach and Stretch	
	1 x 800 on 13:00 Swim-kick-pull-swim	
180	12 x 15 on :45 Starts/shooters/turns	
900	3x{4 x 25 on :45 Kick no board BSLR	
	{4 x 50 on 1:00 Kick	
1,050	$1x\{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	
	$\{6 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	
	$\{2 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	
300	12 x 25 on :40 12.5 ez 12.5 fast grt	finishe
2,400	6 x 400 on 5:45 300 free 100 stroke	
400	8 x 50 on 1:00 Stroke Drills	
	1 on 10:00 Ice	
	5:35 PM 6,030 Yards - Stress Value = 78	

Workout #4401 - Monday, 04 December 2006 Beat Penn - Silver 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY
=====		===
	1 on 40:00 Weights and Stretch	
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC
150	10 x 15 on :45 Shooters	SP3
650	1×650 on $10:00$ Pulls-nbbf&w + 2 yds	EN1
800	4 x 200 on 3:10 50fr 50strk 50fr 25stk 25fr	EN1
200	1 x 200 on 3:00 Stroke Drill	REC
	1 on 8:00 Ice	
	7:06 AM 2,400 Yards - Stress Value = 20	

Workout #4403 - Monday, 04 December 2006 Beat Penn - Silver 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
800	1 x 800 on 13:00 Swim-kick-pull-swim
180	12 x 15 on :45 Starts/shooters/turns
900	3x{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:00 Kick
900	$1x\{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{6 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,400	6 x 400 on 6:00 300 free 100 stroke
400	8 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:34 PM 5,880 Yards - Stress Value = 80

Workout #4398 - Monday, 04 December 2006 Beat Penn - Bronze 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY
=====	=======================================	===
	1 on 40:00 Weights and Stretch	
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 10:00 Pulls-nbbf&w + 2 yds	EN1
800	4 x 200 on 3:30 50fr 50strk 50fr 25stk 25fr	EN1
150	1 x 150 on 2:30 Stroke Drill	REC
	1 on 8:00 Ice	
	7:06 AM 2,300 Yards - Stress Value = 20	

Workout #4402 - Monday, 04 December 2006 Beat Penn - Bronze

1 minute rest between sets

```
3:00 PM Start
          Set Description
Yards
_____
          _____
          1 on 30:00 Stomach and Stretch
   800
        1 x 800 on 13:00 Swim-kick-pull-swim
         12 x 15 on :45 Starts/shooters/turns
   180
   900 3x{4 x 25 on :45 Kick no board BSLR
         {4 x 50 on 1:05 Kick
1,050 \ 1x\{6 \ x \ 75 \ on \ 1:10 \ Pulls-nbbf&w + 2 \ yds
         \{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
         \{2 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
          12 x 25 on :40 12.5 ez 12.5 fast grt finish\epsilon
   300
2,000
          5 x 400 on 6:30 300 free 100 stroke
          8 x 50 on 1:00 Stroke Drills
   400
          1 on 10:00 Ice
       5:35 PM 5,630 Yards - Stress Value = 75
```

Workout #4407 - Tuesday, 05 December 2006 HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards

```
Set Description
       _____
      1 on 30:00 Stomach and Stretch
800
      1 x 800 on 13:00 Choice
      12 x 17 on :45 Starts/shooters/finishes
400 1x{1 x 100 on 2:00 Kick
      {1 x 100 on 1:55 Kick
      {1 x 100 on 1:50 Kick
      {1 x 100 on 1:45 Kick
      8 x 50 on :55 DEB 1-4 free 5-8 25fr 25nonfr
400
600 1x{1 x 100 on 1:30 Freestyle}
      \{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}
      \{1 \times 100 \text{ on } 1:20 \text{ Freestyle} \}
      {1 x 100 on 1:40 Stroke/IM
      {1 x 100 on 1:30 Stroke/IM
      {1 x 100 on 1:20 Stroke/IM
400
       8 x 50 on 1:00 Stroke Drills
      1 on 10:00 Techniques-Starts
       1 on 10:00 In team room
       1 on 5:00 Meeting with coaches
```

Workout #4412 - Wednesday, 06 December 2006 Group 2 - All

4:55 PM 2,804 Yards - Stress Value = 26

1 minute rest between sets

5:30 PM Start Yards Set Description _____ =====

400 1 x 400 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters 150 $600 3x{4 x 25 on :45 Kick no board BSLR}$ {2 x 50 on 1:10 Kick $1,000 1x{1 x 400 on 7:00 Pulls}$ {1 x 300 on 5:15 Pulls $\{1 \times 200 \text{ on } 3:30 \text{ Pulls}$ {1 x 100 on 1:45 Pulls 10 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,600 8x{1 x 100 on 2:00 Individual Medley $\{1 \times 50 \text{ on } : 50 \text{ Freestyle } \}$ $\{1 \times 50 \text{ on } 1:15 \text{ Freestyle} \}$ 200 1 x 200 on 4:00 Stroke Drills 7:30 PM 4,200 Yards - Stress Value = 54

Workout #4411 - Wednesday, 06 December 2006 HighSchl - Platinum

1 minute rest between sets

```
3:00 PM Start
 Yards
          Set Description
=====
          _____
          1 on 40:00 Weights and Stretch
  500
        1 x 500 on 9:00 Freestyle L.25 of each 100 6
  1.5.0
          10 x 15 on :45 Shooters
1,200 3x{4 x 25 on :45 Kick no board BSLR}
          {1 x 150 on 2:45 Kick
          {1 x 100 on 1:50 Kick
         {1 x 50 on :55 Kick
1,000 1x{2} x 125 on 1:45 Lungbuster pulls
          \{2 \times 125 \text{ on } 1:40 \text{ Lungbuster pulls}
          \{2 \times 125 \text{ on } 1:35 \text{ Lungbuster pulls}
          \{2 \times 125 \text{ on } 1:30 \text{ Lungbuster pulls}
          12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,300 2x{3 x 100 on 1:20 Backstroke
          {2 x 100 on 1:15 Backstoke
          {1 x 100 on 1:10 Backstroke
          {3 x 50 on :40 Backstroke
         \{2 \times 50 \text{ on } : 35 \text{ Backstroke} \}
         {1 x 50 on :30 Backstroke
         \{1 \times 250 \text{ on } 4:00 \text{ Stroke Drill} \}
           1 on 10:00 Ice
       5:29 PM 5,450 Yards - Stress Value = 80
```

Workout #4410 - Wednesday, 06 December 2006 HighSchl - Gold

aat bat

	1 minute rest between sets
Yards	3:00 PM Start Set Description
150	1 on 40:00 Weights and Stretch 1 x 500 on 9:00 Freestyle L.25 of each 100 6 10 x 15 on :45 Shooters 3x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 2:50 Kick {1 x 100 on 1:55 Kick {1 x 50 on :55 Kick
950	1x{2 x 125 on 1:45 Lungbuster pulls {2 x 125 on 1:40 Lungbuster pulls {2 x 125 on 1:35 Lungbuster pulls {2 x 100 on 1:15 Lungbuster pulls
	12 x 25 on :40 12.5 ez 12.5 fast grt finishe $2x\{3 \times 100 \text{ on } 1:20 \text{ Freestyle} $ {2 x 100 on 1:15 Freestyle
	{1 x 100 on 1:10 Freestyle {3 x 50 on :40 Freestyle {2 x 50 on :35 Freestyle {1 x 50 on :30 Freestyle {1 x 250 on 4:00 Stroke Drill
	1 on 10:00 Ice

5:29 PM 5,400 Yards - Stress Value = 79

1 on 20:00 Stomach and Stretch

===

2

Workout #4409 - Wednesday, 06 December 2006 HighSchl - Silver 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	=======================================
	1 on 40:00 Weights and Stretch
500	1 x 500 on 9:00 Freestyle L.25 of each 100 (
150	10 x 15 on :45 Shooters
1,200	$3x{4 \times 25}$ on :45 Kick no board BSLR
	(1 1EO 2.00 Ki-cl-

500 1 x 500 on 9:00 Freestyle L.25 of each 100 (6
150	
,200 3x{4 x 25 on :45 Kick no board BSLR	
{1 x 150 on 3:00 Kick	
{1 x 100 on 2:00 Kick	
{1 x 50 on 1:00 Kick	
950 1x{2 x 125 on 1:55 Lungbuster pulls	
{2 x 125 on 1:50 Lungbuster pulls	
{2 x 125 on 1:45 Lungbuster pulls	
{2 x 100 on 1:20 Lungbuster pulls	
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes	5
,300 2x{3 x 100 on 1:25 Freestyle	
{2 x 100 on 1:20 Freestyle	
{1 x 100 on 1:15 Freestyle	
$\{3 \times 50 \text{ on } : 50 \text{ Freestyle}$	
$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	
$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	

Workout #4408 - Wednesday, 06 December 2006 HighSchl - Bronze

5:32 PM 5,300 Yards - Stress Value = 78

1 minute rest between sets

{1 x 250 on 4:00 Stroke Drill

1 on 10:00 Ice

Yards	3:00 PM Start Set Description
	1 on 40:00 Weights and Stretch
500	1 x 500 on 9:00 Freestyle L.25 of each 100 (
	10 x 15 on :45 Shooters
	$3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
1,200	{1 x 150 on 3:15 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:00 Kick
750	1x{2 x 125 on 2:05 Lungbuster pulls
	{2 x 125 on 2:00 Lungbuster pulls
	{2 x 125 on 1:55 Lungbuster pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	2x{3 x 100 on 1:35 Freestyle
•	{2 x 100 on 1:30 Freestyle
	{1 x 100 on 1:25 Freestyle
	{3 x 50 on :50 Freestyle
	$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
	{1 x 50 on :40 Freestyle
	{1 x 250 on 4:00 Stroke Drill
	1 on 10:00 Ice
	5:33 PM 5,100 Yards - Stress Value = 74

Workout #4413 - Thursday, 07 December 2006 Beat Penn - Platinum 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	
600	1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Underwater trn drill
600	
	Alternate 100's free and back
150	10 x 15 on :45 Shooters
900	12×75 on $1:25$ Kick-odds fast
900	$2x{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds}$
	$\{1 \times 150 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 150 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe

2,000	5x{2	x 125 on 1:40 Freestyle
	{ 3	x 50 on :50 Your stroke
200	1	x 200 on 4:00 Stroke Drills
	1	on 10:00 Ice
	5:15	PM $5,050$ Yards - Stress Value = 56

3 on each stroke

Workout #4415 - Thursday, 07 December 2006 Beat Penn - Gold 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 20.00 Stomach and Streetch
600	1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Underwater trn drill Alternate 100's free and back
150	10 x 15 on :45 Shooters
	12 x 75 on 1:30 Kick-odds fast
	2x{1 x 150 on 2:10 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	$\{1 \times 150 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 on each stroke
2,000	5x{2 x 125 on 1:45 Freestyle
	{3 x 50 on :50 Your stroke
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:17 PM 5,050 Yards - Stress Value = 56

Workout #4414 - Thursday, 07 December 2006 Beat Penn - Silver 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 Alternate 100's free and back 10×15 on :45 Shooters 12×75 on 1:30 Kick-odds fast 900 900 $2x\{1 \times 150 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{1 \times 150 \text{ on } 2:10 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{1 \text{ x } 150 \text{ on } 2\text{:}05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 3 on each stroke $2,000 5x{2 x 125 on 1:50 Freestyle}$ ${3 \times 50 \text{ on } :50 \text{ Your stroke}}$ 1 x 200 on 4:00 Stroke Drills 200 1 on 10:00 Ice 5:18 PM 5,050 Yards - Stress Value = 56

Workout #4416 - Thursday, 07 December 2006 Beat Penn - Bronze 1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	=======================================
400	<pre>1 on 25:00 Stomach and Stretch 1 x 400 on 10:00 Underwater trn drill Alternate 100's free and back</pre>
150	10 x 15 on :45 Shooters
600	8 x 75 on 1:40 Kick-odds fast
600	2x{1 x 150 on 2:50 Pulls-nbbf&w
	$\{1 \times 150 \text{ on } 2:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
1,500	3x{2 x 125 on 2:15 Freestyle
	{3 x 50 on 1:00 Breaststroke
	{4 x 25 on :45 Breastroke 2X pullouts
250	1 x 250 on 6:00 Stroke Drills
	7:28 PM 3,700 Yards - Stress Value = 44

Workout #4419 - Friday, 08 December 2006 Group 2 - All

1 minute rest between sets

Yards	5:30 PM Start Set Description
	=======================================
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Choice
204	12 x 17 on :45 Starts/shooters/finishes
700	1 x 700 on 16:00 Vertical Kicking
	1 on 10:00 Techniques-TN turn drills
600	1x{4 x 50 on 1:00 Pulls
	{4 x 50 on :55 Pulls
	{4 x 50 on :50 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	8x{1 x 50 on 1:00 Stroke Drill
	{4 x 25 on :30 Stroke
	{ 1st and 5th set fly, 2nd and 6th set back,
	{ set breast, 4th and 8th set free
400	8 x 50 on 1:10 Stroke Drill
	7:30 PM 3,704 Yards - Stress Value = 42

Workout #4417 - Friday, 08 December 2006 Beat Penn - All 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 35:00 Weights and Stretch		L	DRY
400	1 x 400 on 7:00 Choice	REC	S	CHO
150	10×15 on :45 Shooters	SP3	S	CHO
1,700	1x{3 x 200 on 3:00 Pulls	EN1	P	FR
	{3 x 200 on 4:00 Kick	EN1	K	CHO
	{2 x 100 on 1:30 Pulls	EN1	P	FR
	{2 x 100 on 2:00 Kick	EN1	K	CHO
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	P	FR
	{1 x 50 on 1:00 Kick	EN1	K	CHO
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 9:00 Ice		M	
	7:05 AM 2,450 Yards - Stress Value	= 2	22	

Workout #4418 - Friday, 08 December 2006 Beat Penn - All 1 minute rest between sets

	3:00 PM	Start
Yards	Set D	escription

	1	on 30:00 Physio Balls/Stretch
800	1	x 800 on 13:00 Choice
153	9	x 17 on :45 Starts/shooters/finishes
500	2x{1	x 100 on 2:00 Kick
	{ 3	x 50 on 1:00 Kick no board #2 good effort
600	1x{4	x 50 on :50 Pulls
	{ 4	x 50 on :45 Pulls
	{ 4	x 50 on :40 Pulls
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	8x{1	x 50 on :55 Stroke Drill
	{ 4	x 25 on :30 Stroke
	{ (odd sets free even sets non free
200	1	x 200 on 3:00 Stroke Drill
	1	on 12:00 Ice
	5:00	PM 3,653 Yards - Stress Value = 31

Workout #4420 - Monday, 11 December 2006 Beat Penn - All 1 minute rest between sets

	Test seem sees

Yards	5:30 AM Start Set Description	E
=====		=
	1 on 35:00 Weights and Stretch	
1,000	1 x 1000 on 15:00 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	S
600	12 x 50 on 1:00 Kick	E
	#4, #8, and #12 good effort	
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes	E
	1-3 fly, 4-6 back, 7-9 breast, 10-12 free	
200	1 x 200 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
	7:06 AM 2,250 Yards - Stress Value = 15	

Workout #4421 - Monday, 11 December 2006 Beat Penn - All 1 minute rest between sets

Yards		PM Start et Description
	==	====================================
	1	on 59:59 Physio Balls/Stretch/Team Mtg
800	1	x 800 on 13:00 Swim-kick-pull-swim
150	1	0 x 15 on :45 Shooters
400	4	x 100 on 2:00 Kick
600	1x{1	x 100 on 1:40 Stroke Drills
	{ 1	x 100 on 1:30 Freestyle
	{ 1	x 100 on 1:20 Freestyle-good effort
	{ 1	x 100 on 1:50 Stroke Drill
	{ 1	x 100 on 1:40 Stroke or IM
	{ 1	x 100 on 1:30 Stroke or IM-good effort
500	1x{5	x 50 on :55 Down ez, back build
	{ 5	x 50 on 1:00 Down ez, back build non free
500	5	x 100 on 1:45 Stroke Drills
	1	on 10:00 Ice
	5:12	PM 2,950 Yards - Stress Value = 18

Workout #4426 - Wednesday, 13 December 2006 Group 2 - Breast

1 minute rest between sets

Yards	5:30 PM Start Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
500	2x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:10 Kick
800	2x{1 x 100 on 2:00 Pulls
	{1 x 100 on 1:55 Pulls
	{1 x 100 on 1:50 Pulls
	{1 x 100 on 1:45 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
1,050	1x{1 x 200 on 4:30 Breastroke
	{8 x 25 on :40 Breaststroke 2X pullouts
	{1 x 150 on 3:20 Breaststroke
	{6 x 25 on :40 Breaststroke 2X pullouts
	{1 x 100 on 2:10 Breaststroke
	{4 x 25 on :40 Breaststroke 2X pullouts
	{1 x 50 on 1:00 IM order-build
0.50	{4 x 25 on :40 Breastroke 2X pullouts
250	
	7:28 PM 3,350 Yards - Stress Value = 39

Workout #4422 - Wednesday, 13 December 2006 HighSchl - Platinum

1 minute rest between sets

Yards		PM Start et Description
	1	on 59:00 Weights/stretch/team mtg
600		x 600 on 10:00 Swim-kick-pull-swim
		0 x 15 on :45 Shooters
		x 25 on :45 Kick no board BSLR
_,	-	x 100 on 2:00 Kick
		x 25 on :40 Kick no board BSLR
	{2	x 100 on 1:55 Kick
	-	x 25 on :35 Kick no board BSLR
	{ 2	x 100 on 1:50 Kick
	{ 4	x 25 on :30 Kick
900	1x{4	x 50 on :45 Lungbuster pulls
	{ 4	x 75 on 1:05 Lungbuster pulls
	{ 4	x 100 on 1:20 Lungbuster pulls
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1	x 400 on 5:00 Freestyle
	{ 4	x 100 on 1:15 Freestyle
	{ 1	x 300 on 3:45 Freestyle
	{ 3	x 100 on 1:15 Freestyle
	-	x 200 on 2:30 Freestyle
200		x 200 on 3:00 Stroke Drills
		on 8:00 Ice
	5:35	PM 4,650 Yards - Stress Value = 69

Workout #4425 - Wednesday, 13 December 2006 HighSchl - Gold

1 minute rest between sets

Yards	3:00 PM Start Set Description	
=====	=======================================	
150	1 on 59:00 Weights/stretch/team mtg 1 x 600 on 10:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Kick {4 x 25 on :40 Kick no board BSLR	
	{1 x 100 on 2:05 Kick	

```
\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}
          {1 x 100 on 2:00 Kick
          \{4 \times 25 \text{ on } : 30 \text{ Kick} \}
  900 1x{4 \times 50} on :50 Lungbuster pulls
          \{4\ x\ 75\ on\ 1:10\ Lungbuster\ pulls
          {4 x 100 on 1:30 Lungbuster pulls
  200
           8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600 \ 1x{1 x 400 on 5:40 Freestyle}
          {4 x 100 on 1:25 Freestyle
          \{1 \times 300 \text{ on } 4:15 \text{ Freestyle} \}
          {3 \times 100 \text{ on } 1:25 \text{ Freestyle}}
          \{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}
           1 x 200 on 3:00 Stroke Drills
  200
           1 on 9:00 Ice
        5:35 PM 4,350 Yards - Stress Value = 63
```

Workout #4424 - Wednesday, 13 December 2006 HighSchl - Silver

1 minute rest between sets

3:00 PM Start

	0.00	111 00010
Yards	Se	et Description
=====	==	
	1	on 59:00 Weights/stretch/team mtg
600	1	x 600 on 10:00 Swim-kick-pull-swim
150	10	0 x 15 on :45 Shooters
700	1x{4	x 25 on :45 Kick no board BSLR
	{ 1	x 100 on 2:10 Kick
	{ 4	x 25 on :40 Kick no board BSLR
	{ 1	x 100 on 2:05 Kick
	{ 4	x 25 on :35 Kick no board BSLR
	{ 1	x 100 on 2:00 Kick
	{ 4	x 25 on :30 Kick
900	1x{4	x 50 on :50 Lungbuster pulls
	{ 4	x 75 on 1:10 Lungbuster pulls
	{ 4	x 100 on 1:30 Lungbuster pulls
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1	x 400 on 5:40 Freestyle
	{ 4	x 100 on 1:25 Freestyle
	{ 1	x 300 on 4:15 Freestyle
	{ 3	x 100 on 1:25 Freestyle
	{ 1	x 200 on 2:50 Freestyle
200	1	x 200 on 3:00 Stroke Drills
	1	on 9:00 Ice
	5:35	PM 4,350 Yards - Stress Value = 63

Workout #4423 - Wednesday, 13 December 2006 HighSchl - Bronze 1 minute rest between sets

Yards		PM Start et Description
	==	
	1	on 59:00 Weights/stretch/team mtg
500	1	x 500 on 10:00 Swim-kick-pull-swim
150	10	0 x 15 on :45 Shooters
700	1x{4	x 25 on :45 Kick no board BSLR
	{ 1	x 100 on 2:10 Kick
	{ 4	x 25 on :40 Kick no board BSLR
	{ 1	x 100 on 2:05 Kick
	{ 4	x 25 on :35 Kick no board BSLR
	{ 1	x 100 on 2:00 Kick
	{ 4	x 25 on :30 Kick
900	1x{4	x 50 on :50 Lungbuster pulls
	{ 4	x 75 on 1:10 Lungbuster pulls
	{ 4	x 100 on 1:30 Lungbuster pulls
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1	x 400 on 6:00 Freestyle
	{ 4	x 100 on 1:30 Freestyle
	{ 1	x 300 on 4:30 Freestyle
	{ 3	x 100 on 1:30 Freestyle
	{ 1	x 200 on 3:00 Freestyle
200	1	x 200 on 3:00 Stroke Drills
	1	on 8:00 Ice
	5:35	PM 4,250 Yards - Stress Value = 63

Workout #4430 - Thursday, 14 December 2006 Group 2 - Fly 1 minute rest between sets

5:30 PM Start Yards Set Description ===== ______ 1 on 25:00 Stomach and Stretch 400 1 x 400 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters 150 600 $1x{1 \times 100}$ on 2:20 Freestyle {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick $\{1 \times 100 \text{ on } 2:05 \text{ Kick} \}$ {1 x 100 on 1:55 Kick 700 $1x{1 \times 250}$ on 4:30 Pull L.50 fast {1 x 200 on 3:30 Pulls L.50 fast {1 x 150 on 2:35 Pulls L.50 fast $\{1 \times 100 \text{ on } 1:40 \text{ Pulls L.50 fast}$ 8 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,200 1x{3 x 100 on 2:10 3 strokes fly off each wall}$ ${3 \times 100 \text{ on } 2:05 \text{ 3 strokes fly off each wall}}$ ${3 \times 100 \text{ on } 2:00 \text{ 3 strokes fly off each wall}}$ {3 x 100 on 1:55 3 strokes fly off each wall 250 1 x 250 on 5:00 Stroke Drills 1 on 10:00 Techniques-starts 7:29 PM 3,500 Yards - Stress Value = 51

Workout #4428 - Thursday, 14 December 2006 HighSchl - Breast 1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
500	1 x 500 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	$1x{2 x 125 on 2:00 Breaststroke}$	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	$\{2 \times 75 \text{ on } 1:10 \text{ Breaststroke} \}$	EN2	
	{2 x 50 on :45 Breaststroke	EN2	

{2 x 25 on :25 Breaststroke E	EN2
1,200 4x{1 x 150 on 3:00 Kick	EN1
{1 x 100 on 2:00 Kick E	EN1
{1 x 50 on 1:00 Kick E	EN1
100 4 x 25 on :40 12.5 ez 12.5 fast S	SP3
750 1x{2 x 125 on 2:00 Breaststroke E	EN1
{2 x 100 on 1:30 Breaststroke E	EN2
$\{2 \times 75 \text{ on } 1:10 \text{ Breaststroke} \}$	EN2
$\{2 \times 50 \text{ on } : 45 \text{ Breaststroke} \}$	EN2
$\{2 \times 25 \text{ on } : 25 \text{ Breaststroke} \}$	EN2
{ With PD fins	
1,500 1x{4 x 50 on :50 Pulls	EN1
{3 x 100 on 1:20 Pulls E	EN1
{4 x 50 on :45 Pulls E	EN1
{3 x 100 on 1:20 Pulls E	EN1
{4 x 50 on :40 Pulls E	EN1
{3 x 100 on 1:20 Pulls E	EN1
100 4 x 25 on :40 12.5 ez 12.5 fast E	EN1
750 1x{2 x 125 on 2:00 Breaststroke E	EN2
{2 x 100 on 1:30 Breaststroke E	EN2
$\{2 \times 75 \text{ on } 1:10 \text{ Breaststroke} \}$	EN2
$\{2 \times 50 \text{ on } : 45 \text{ Breaststroke} \}$	EN2
{2 x 25 on :25 Breaststroke	EN2
200 1 x 200 on 3:00 Stroke Drills R	REC
1 on 10:00 Ice	
5:35 PM 6,000 Yards - Stress Value = 80	

Workout #4427 - Thursday, 14 December 2006 HighSchl - Distance 1 minute rest between sets

	3:00 PM Star	t
Yards	Set Descri	ption
=====	========	
	1 on 30:00	Stomach and Stretch
500	1 x 500 on	8:00 Underwater trn drill
150	10 x 15 on	:45 Shooters
500	5 x 100 on	2:00 Kick-descend 1-3 #4 ez #5fa
3,000	$1x{2 x 500 on}$	7:00 Pulls w/paddles & parachutes
	{2 x 500 on	6:30 Pulls w/ paddles
	{2 x 500 on	6:15 Pulls
300	12 x 25 on	:40 12.5 ez 12.5 fast grt finishe
2,250	1x{2 x 225 on	3:10 Freestyle
	{2 x 225 on	3:05 Freestyle
	{2 x 225 on	3:00 Freestyle
	{2 x 225 on	2:55 Freestyle
	{2 x 225 on	2:50 Freestyle
250	1 x 250 on	5:00 Stroke Drills
	1 on 10:00	Ice
	5:35 PM 6,950	Yards - Stress Value = 124

3:00 PM Start

Workout #4429 - Thursday, 14 December 2006 HighSchl - Backstroke 1 minute rest between sets

Yards	Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	6x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:30 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
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
3,200	1x{1 x 150 on 2:15 Backstroke

{3 x 50 on :45 Backstroke-descend

 $\{3 \text{ x } 50 \text{ on } : 45 \text{ Backstroke-descend} \}$

{2 x 150 on 2:10 Ice

5:30 PM Start

${3 \times 150 \text{ on } 2:05 \text{ Backstroke}}$ {3 x 50 on :45 Backstroke-descend {4 x 150 on 2:00 Backstroke {3 x 50 on :45 Backstroke-descend $\{5 \times 150 \text{ on } 1:55 \text{ Backstroke} \}$ {3 x 50 on :45 Backstroke-descend { The entire set done with fins {1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:35 PM 6,850 Yards - Stress Value = 102

Workout #4434 - Friday, 15 December 2006 Group 2 - Back 1 minute rest between sets

Yards	Se	et Description
	1	on 25:00 Stomach and Stretch
400	1	x 400 on 8:00 Choice
204	12	2 x 17 on :45 Starts/shooters/finishes
600	1x{4	x 50 on 1:15 Kick
	{ 4	x 50 on 1:10 Kick
	{ 4	x 50 on 1:05 Kick
600	1x{1	x 200 on 3:45 Pulls
	{ 1	x 200 on 3:35 Pulls
	{ 1	x 200 on 3:25 Pulls
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	2x{1	x 100 on 2:15 Backstroke
	{ 4	x 25 on :45 Backstroke-6 kicks underwater
	{ 1	x 100 on 2:05 Backstroke
	{ 4	x 25 on :45 Backstroke-8 kicks underwater
	{ 1	x 100 on 1:55 Backstroke
	{ 4	x 25 on :45 Backstroke 10 kicks underwater
400	8	x 50 on 1:10 Stroke drills
	7:30	PM 3,604 Yards - Stress Value = 48

Workout #4432 - Friday, 15 December 2006 HighSchl - Distance 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 35:00 Physio Balls/Stretch
400	1 x 400 on 6:00 Choice
153	9×17 on :45 Starts/shooters/finishes
500	10 x 50 on :55 Kick 1-4, 9&10 just make, 5-8
	100% effort
900	$1x\{1 \times 300 \text{ on } 4:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$

Workout #4433 - Friday, 15 December 2006 HighSchl - Fly 1 minute rest between sets

5:02 PM 4,453 Yards - Stress Value = 65

 $\{1 \times 300 \text{ on } 3:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$

 $\{1 \times 300 \text{ on } 3:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$

 $1,600 \ 1x\{1 \ x \ 400 \ on \ 5:00 \ Freestyle$

1 on 10:00 Ice

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

 $\{1 \times 400 \text{ on } 4:50 \text{ Freestyle} \}$ $\{1 \times 400 \text{ on } 4:45 \text{ Freestyle} \}$ 750 $1x\{1 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ {2 x 50 on :55 Stroke Drills ${3 \times 75 \text{ on } 1:20 \text{ Stroke Drills}}$ {4 x 100 on 1:45 Stroke Drills

150

3 x 50 on :45 Freestyle 25ez 25 build

Yards	3:00 PM Start Set Description
	1 on 35:00 Physio Balls/Stretch
400	1 x 400 on 6:00 Choice
153	9 x 17 on :45 Starts/shooters/finishes
500	10 x 50 on :55 Kick
	odds 100% effort
900	$1x\{1 \times 300 \text{ on } 4:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 300 \text{ on } 3:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 300 \text{ on } 3:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	3 x 50 on :45 Freestyle 25ez 25 build
1,350	$3x\{4 \times 25 \text{ on } : 30 \text{ Butterfly}$
	{2 x 50 on :50 Butterfly 2-2
	{1 x 100 on 1:30 3 strokes fly off each wall
	{ no breath during fly
	{1 x 150 on 2:05 25 fly 25 free
	{ 25 free br ev 5, 25 fly 1up 2 down
/50	1x{1 x 25 on :30 Stroke Drills
	{2 x 50 on :55 Stroke Drills
	$\{3 \times 75 \text{ on } 1:20 \text{ Stroke Drills} \}$
	1 on 10:00 Tce
	5:04 PM 4,203 Yards - Stress Value = 60
	0.01 111 1,200 1a1a0 201000 value 00

Workout #4431 - Friday, 15 December 2006 HighSchl - All 1 minute rest between sets

5:30 AM Start

	3:30 AM	Start
Yards	Set	Description
=====	===	
	1 0	n 40:00 Weights and Stretch
400	1 x	400 on 6:00 Choice
200	8 x	25 on :40 12.5 ez 12.5 fast grt finishe
2,000	10x{1 x	100 on 1:15 Individual Medley
	{1 x	50 on :35 Freestyle
	{1 x	50 on :45 Freestyle
300	1 x	300 on 5:00 Stroke Drills
	1 0	n 9:00 Ice
	7:05 AM	2.900 Yards - Stress Value = 32

Workout #4437 - Saturday, 16 December 2006 HighSchl - Platinum 1 minute rest between sets

6:00 AM Start Set Description
1 on 30:00 Stomach and Stretch
2x{1 x 100 on 2:00 Stroke Drills {1 x 100 on 1:50 Stroke Drills
{1 x 100 on 1:30 Stroke Drills
{1 x 100 on 1:30 Stroke Drills
{ 1st set all free 2nd set all non-free
10 x 15 on :45 Shooters
$1x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$
{4 x 50 on :45 Kick-100%
{4 x 25 on :35 Kick no board BSLR {4 x 50 on :50 Kick-100%
{4 x 25 on :40 Kick no board BSLR
{4 x 50 on :55 Kick-100%
{4 x 25 on :45 Kick no board BSLR
{4 x 50 on 1:00 Kick-100%
1x{4 x 125 on 1:40 Pulls {4 x 125 on 1:35 Pulls
{4 x 125 on 1:30 Pulls
12×25 on :40 12.5 ez 12.5 fast grt finishe
1x{6 x 100 on 1:05 Freestyle
{1 on 1:00 Rest
{5 x 100 on 1:05 Freestyle
{1 on 1:00 Rest {4 x 100 on 1:05 Freestyle
{1 on 1:00 Rest
{3 x 100 on 1:05 Freestyle
{1 on 1:00 Rest
{2 x 100 on 1:05 Freestyle
{1 on 1:00 Rest {1 x 100 on 1:05 Freestyle
1 x 400 on 7:00 Stroke Drills
1 on 10:00 Ice
8:34 AM 6,450 Yards - Stress Value = 100

Workout #4435 - Saturday, 16 December 2006 HighSchl - Gold

1 minute rest between sets

```
6:00 AM Start
 Yards
         Set Description
           ______
=====
           1 on 30:00 Stomach and Stretch
   800 2x\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}
          {1 x 100 on 1:50 Stroke Drills
          {1 x 100 on 1:40 Stroke Drills
          {1 x 100 on 1:30 Stroke Drills
          { 1st set all free 2nd set all non-free
           10 \times 15 on :45 Shooters
 1,200 1x\{4 \times 25 \text{ on :} 30 \text{ Kick no board BSLR}
          {4 x 50 on :45 Kick-100%
          \{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}
          \{4 \text{ x } 50 \text{ on } :50 \text{ Kick-}100\%
          {4 x 25 on :40 Kick no board BSLR
          {4 x 50 on :55 Kick-100%
          {4 x 25 on :45 Kick no board BSLR
          {4 x 50 on 1:00 Kick-100%
 1,500 1x{4 x 125 on 1:40 Pulls}
          \{4 \times 125 \text{ on } 1:35 \text{ Pulls}
          \{4 \times 125 \text{ on } 1:30 \text{ Pulls}
           12 x 25 on :40 12.5 ez 12.5 fast grt finish€
 2,100 1x{6 x 100 on 1:10 Freestyle}
          {1 on 1:00 Rest
          \{5 \times 100 \text{ on } 1:10 \text{ Freestyle} \}
          {1 on 1:00 Rest
          {4 x 100 on 1:10 Freestyle
          {1 on 1:00 Rest
```

```
{3 x 100 on 1:10 Freestyle

{1 on 1:00 Rest

{2 x 100 on 1:10 Freestyle

{1 on 1:00 Rest

{1 x 100 on 1:10 Freestyle

300 1 x 300 on 5:00 Stroke Drills

1 on 10:00 Ice

8:34 AM 6,350 Yards - Stress Value = 100

Workout #4438 - Saturday, 16 December 2006

HighSchl - Silver
```

1 minute rest between sets

6:00 AM Start Yards Set Description ===== ______ 1 on 30:00 Stomach and Stretch 800 $2x\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$ {1 x 100 on 1:50 Stroke Drills {1 x 100 on 1:40 Stroke Drills {1 x 100 on 1:30 Stroke Drills { 1st set all free 2nd set all non-free 10 x 15 on :45 Shooters 1,000 $1x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$ {3 x 50 on 1:00 Kick-100% {4 x 25 on :35 Kick no board BSLR {3 x 50 on 1:00 Kick-100% {4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-100% {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick-100% $1,500 1x{4 x 125 on 1:50 Pulls}$ {4 x 125 on 1:45 Pulls {4 x 125 on 1:40 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe $2,100 1x{6 x 100 on 1:15 Freestyle}$ {1 on 1:00 Rest $\{5 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ {1 on 1:00 Rest {4 x 100 on 1:15 Freestyle {1 on 1:00 Rest ${3 \times 100 \text{ on } 1:15 \text{ Freestyle}}$ {1 on 1:00 Rest $\{2 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ {1 on 1:00 Rest $\{1 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice

8:35 AM 6,100 Yards - Stress Value = 96

$\{1 \times 250 \text{ on } 3:45 \text{ Freestyle} \}$ Workout #4436 - Saturday, 16 December 2006 400 4 x 100 on 1:30 Freestyle-descend to ludicro HighSchl - Bronze 200 1 x 200 on 3:00 Stroke Drills 1 minute rest between sets 1 on 10:00 Ice 7:05 AM 2,600 Yards - Stress Value = 24 6:00 AM Start Yards Set Description Workout #4443 - Tuesday, 19 December 2006 **Group 2 - Distance** 1 on 30:00 Stomach and Stretch 700 $2x\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$ 1 minute rest between sets {1 x 100 on 1:50 Stroke Drills {1 x 100 on 1:40 Stroke Drills 5:30 PM Start {1 x 50 on 1:30 Stroke Drills Yards Set Description { 1st set all free 2nd set all non-free ______ ===== 150 10 x 15 on :45 Shooters 1 on 25:00 Stomach and Stretch $1,000 1x\{4 \times 25 \text{ on } :30 \text{ Kick no board BSLR}$ 400 1 x 400 on 8:00 Underwater trn drill ${3 \times 50 \text{ on } 1:00 \text{ Kick-}100}$ 10 x 15 on :45 Shooters 150 $\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR} \}$ 700 1x{3 x 100 on 2:20 Kick {3 x 50 on 1:00 Kick-100% {2 x 100 on 2:15 Kick {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:10 Kick {3 x 50 on 1:00 Kick-100% {1 x 100 on 3:00 Kick-for time {4 x 25 on :45 Kick no board BSLR 750 $1x{1 x 250 on 4:30 Pulls}$ {3 x 50 on 1:00 Kick-100% {1 x 250 on 4:25 Pulls $1,500 1x{4 x 125 on 1:55 Pulls}$ {1 x 250 on 4:20 Pulls {4 x 125 on 1:50 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes {4 x 125 on 1:45 Pulls 1,400 $2x\{4 \times 25 \text{ on } : 45 \text{ TnnsBlls drills}$ {3 x 200 on 3:45 Freestyle-descend 10 x 25 on :40 12.5 ez 12.5 fast grt finishe $2,100 1x{6 x 100 on 1:20 Freestyle}$ 6 x 50 on 1:10 Closed fist drill {1 on 1:00 Rest 7:30 PM 3,900 Yards - Stress Value = 58 $\{5 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ {1 on 1:00 Rest Workout #4442 - Tuesday, 19 December 2006 $\{4 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ HighSchl - Back {1 on 1:00 Rest ${3 \times 100 \text{ on } 1:20 \text{ Freestyle}}$ 1 minute rest between sets {1 on 1:00 Rest $\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ 3:00 PM Start {1 on 1:00 Rest Set Description Yards {1 x 100 on 1:20 Freestyle ===== 200 1 x 200 on 3:00 Stroke Drills 1 on 30:00 Stomach and Stretch 1 on 10:00 Ice 500 1 x 500 on 8:00 Underwater trn drill 8:35 AM 5,900 Yards - Stress Value = 95 10 x 15 on :45 Shooters 150 $1,100 1x{4 x 100 on 1:45 Kick}$ {3 x 100 on 1:50 Kick Workout #4440 - Monday, 18 December 2006 {2 x 100 on 1:55 Kick HighSchl - Platinum {1 x 100 on 2:00 Kick 1 minute rest between sets $\{1 \times 100 \text{ on } 3:00 \text{ Kick-for time} \}$ $1,500 1x{1 x 250 on 3:30 Pulls}$ 5:30 AM Start {2 x 250 on 3:20 Pulls Yards Set Description ${3 \times 250 \text{ on } 3:10 \text{ Pulls}}$ _____ ===== 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1 on 37:00 Weights and Stretch 2,800 $4x\{4 \times 50 \text{ on } : 45 \text{ Backstroke w/fins}$ 400 1 x 400 on 7:00 Swim-kick-pull-swim ${3 \times 50 \text{ on } :}40 \text{ Backstroke w/fins}$ 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 200 $\{2 \times 50 \text{ on } : 35 \text{ Backstroke w/fins} \}$ $1,600 \ 1x\{8 \ x \ 50 \ on \ :40 \ Freestyle$ {1 x 50 on :30 Backstroke w/fins $\{4 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ {2 x 100 on 1:40 Stroke Drill 25 free 25 back $\{2 \times 200 \text{ on } 2:40 \text{ Freestyle} \}$ 200 1 x 200 on 4:00 Closed fist drill $\{1 \times 400 \text{ on } 5:20 \text{ Freestyle} \}$ 1 on 10:00 Ice 400 4 x 100 on 1:30 Freestyle-descend to ludicro 5:36 PM 6,550 Yards - Stress Value = 94 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,800 Yards - Stress Value = 26 Workout #4439 - Monday, 18 December 2006 HighSchl - Silver 1 minute rest between sets

5:30 AM Start

_ _____

Yards	Set Description
	=======================================
	1 on 37:00 Weights and Stretch
350	1 x 350 on 7:00 Swim-kick-pull-swim
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	$1x\{8 \times 50 \text{ on } : 45 \text{ Freestyle}$
	{4 x 100 on 1:30 Freestyle
	{2 x 200 on 3:00 Freestyle

Workout #4441 - Tuesday, 19 December 2006 HighSchl - Distance 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,100	1x{4 x 100 on 1:45 Kick
	{3 x 100 on 1:50 Kick
	{2 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	$\{1 \times 100 \text{ on } 3:00 \text{ Kick-for time}$
1,500	$1x\{1 \times 250 \text{ on } 3:30 \text{ Pulls w/ snorkels}$
	$\{2 \times 250 \text{ on } 3:20 \text{ Pulls w/snorkels} $
	${3 \times 250 \text{ on } 3:10 \text{ Pulls w/snorkels}}$
	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,500	1x{4 x 25 on :45 TchPddls/TnnsBlls drills
	{3 x 150 on 2:00 Freestyle-descend
	{4 x 25 on :45 TchPddls/TnnsBlls drills
	{3 x 200 on 2:40 Freestyle-descend
	{4 x 25 on :45 TchPddls/TnnsBlls drills
	{3 x 250 on 3:20 Freestyle-descend
	{4 x 25 on :45 TchPddls/TnnsBlls drill
	{1 x 300 on 4:00 Freestyle for time
200	1 x 200 on 4:00 Closed fist drill
	1 on 10:00 Ice
	5:36 PM 6,250 Yards - Stress Value = 112

Workout #4446 - Wednesday, 20 December 2006 Group 2 - Breast

1 minute rest between sets

```
5:30 PM Start
       Set Description
Yards
         1 on 25:00 Stomach and Stretch
  400
         1 x 400 on 8:00 Freestyle L.25 of each 100 (
  150
        10 x 15 on :45 Shooters
  600 1x{1 x 100 on 2:20 Kick w/pd fins}
        \{2 \times 50 \text{ on } 1:10 \text{ Kick w/pd fins } 100\%
        \{1 \times 100 \text{ on } 2:15 \text{ Kick w/pd fins } \}
        {2 x 50 on 1:10 Kick w/pd fins 100%
        {1 x 100 on 2:10 Kick w/pd fins
        {2 x 50 on 1:10 Kick w/pd fins 100%
  500 1x{1 x 200 on 3:30 Pulls}
        {1 x 150 on 2:35 Pulls
        {1 x 100 on 1:40 Pulls
        {1 x 50 on :50 Pulls
  200
         8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500
         15 x 100 on 2:00 Breastroke
  200
         1 x 200 on 3:00 Stroke Drills
         1 on 10:00 Techniques-starts
      7:29 PM 3,550 Yards - Stress Value = 47
```

Workout #4444 - Wednesday, 20 December 2006 HighSchl - Breast

1 minute rest between sets

```
3:00 PM Start
Yards Set Description

1 on 30:00 Physio Balls/Stretch
1 x 500 on 8:00 Freestyle L.25 of each 100 6
150 10 x 15 on :45 Shooters
1,200 2x{1 x 100 on 2:00 Kick w/pd fins
{2 x 50 on 1:00 Kick w/pd fins 100%
{1 x 100 on 1:55 Kick w/pd fins 100%
{1 x 100 on 1:50 Kick w/pd fins 100%
{1 x 100 on 1:50 Kick w/pd fins 100%
{1 x 100 on 1:50 Kick w/pd fins {2 x 50 on 1:00 Kick w/pd fins 100%
```

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300 1,500	<pre>1x{1 x 200 on 3:30 Pulls {2 x 150 on 2:35 Pulls {3 x 100 on 1:40 Pulls {4 x 50 on :50 Pulls 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 15 x 100 on 1:30 Breastroke 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:17 PM 4,850 Yards - Stress Value = 71</pre>
	Workout #4445 - Wednesday, 20 December 2006
	HighSchl - Distance
	1 minute rest between sets
Yards	3:00 PM Start Set Description
	1 on 30:00 Physio Balls/Stretch

	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Freestyle L.25 of each 100 6
150	10 x 15 on :45 Shooters
1,200 2	2x{1 x 100 on 1:30 Kick with flippers
	{2 x 50 on 1:00 Kick with flippers-100%
	{1 x 100 on 1:25 Kick with flippers
	{2 x 50 on 1:00 Kick with flippers-100%
	{1 x 100 on 1:20 Kick with flippers
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick with flippers-} 100\%$
1,400 2	2x{1 x 200 on 3:00 Pulls with paddles
	{2 x 150 on 2:05 Pulls with paddles
	{2 x 100 on 1:20 Pulls with paddles
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,600	8 x 200 on 2:40 Freestyle w/snorkels
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
!	5:17 PM 5,400 Yards - Stress Value = 72

Workout #4449 - Thursday, 21 December 2006 Group 2 - Fly

1 minute rest between sets

		PM Start
Yards	Se	et Description
=====	1	
400		on 25:00 Stomach and Stretch x 400 on 8:00 Underwater trn drill
400		x 400 on 8:00 underwater trn drill odd 100's free even 100's back
204		
		2 x 17 on :45 Starts/turns/finishes
600	1x{4	x 25 on :45 Kick no board BSLR
	{ 4	x 25 on :40 Kick no board BSLR
	{ 4	x 100 on 2:15 Kick-100% effort
750	1x{2	x 75 on 1:30 Pulls
	{2	x 75 on 1:25 Pulls
	{2	x 75 on 1:20 Pulls
	{ 2	x 50 on 1:00 Pulls
	{2	x 50 on :55 Pulls
	•	x 50 on :50 Pulls
200	•	x 25 on :40 12.5 ez 12.5 fast grt finishes
		x 200 on 4:00 Butterfly w/fins
-,	-	x 50 on 1:00 Butterfly w/fins
300	-	x 50 on 1:15 Stroke Drills
300		
	1:25	PM 3,654 Yards - Stress Value = 58

Workout #4447 - Thursday, 21 December 2006 HighSchl - Distance 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
	1 on 15:00 Team meeting
500	
	odd 100's free even 100's back
204	12 x 17 on :45 Starts/turns/finishes
800	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 25 on :40 Kick no board BSLR
	{4 x 25 on :35 Kick no board BSLR
	{4 x 25 on :30 Kick no board BSLR
	{4 x 100 on 1:45 Kick-100% effort
1,300	1x{1 x 100 on 1:30 Lungbuster pulls
	{1 x 100 on 1:25 Lungbuster pulls
	{1 x 100 on 1:20 Lungbuster pulls
	{1 x 100 on 1:15 Lungbuster pulls
	{2 x 75 on 1:05 Lungbuster pulls
	{2 x 75 on 1:00 Lungbuster pulls
	{2 x 75 on :55 Lungbuster pulls
	{3 x 50 on :45 Lungbuster pulls
	{3 x 50 on :40 Lungbuster pulls
	{3 x 50 on :35 Lungbuster pulls
300	
2,000	$1x{1 x 600 on 8:00 Freestyle}$
	$\{1 \times 500 \text{ on } 6:40 \text{ Freestyle} \}$
	$\{1 \times 400 \text{ on } 5:20 \text{ Freestyle}$
	{1 x 300 on 4:00 Freestyle

Workout #4448 - Thursday, 21 December 2006 HighSchl - Fly

5:35 PM 5,454 Yards - Stress Value = 88

neg split each swim rest 10 seconds at the

 $\{1 \times 200 \text{ on } 2:40 \text{ Freestyle} \}$

1 on 10:00 Ice

 7×50 on 1:00 Stroke Drills

350

1 minute rest between sets

```
3:00 PM Start
             Set Description
 Yards
=====
             ______
             1 on 30:00 Stomach and Stretch
             1 on 15:00 Team meeting
             1 \times 500 on 8:00 Underwater trn drill
   500
              odd 100's free even 100's back
   204
             12 x 17 on :45 Starts/turns/finishes
   800 1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
            {4 x 25 on :40 Kick no board BSLR
            {4 x 25 on :35 Kick no board BSLR
            \{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}
            {4 x 100 on 1:45 Kick-100% effort
 1,300 1x\{1 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}
            {1 x 100 on 1:25 Lungbuster pulls
            \{1 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}
            \{1 \times 100 \text{ on } 1:15 \text{ Lungbuster pulls}
            \{2 \times 75 \text{ on } 1:05 \text{ Lungbuster pulls}
            \{2 \times 75 \text{ on } 1:00 \text{ Lungbuster pulls}
            \{2 \times 75 \text{ on } : 55 \text{ Lungbuster pulls}
            \{3 \times 50 \text{ on } : 45 \text{ Lungbuster pulls}
            {3 \times 50 \text{ on } :}40 \text{ Lungbuster pulls}
            {3 \times 50 \text{ on } :35 \text{ Lungbuster pulls}}
             12 x 25 on :40 12.5 ez 12.5 fast grt finish€
 1,600 1x\{1 \times 200 \text{ on } 3:30 \text{ Butterfly w/fins}
            \{4 \times 50 \text{ on } : 45 \text{ Butterfly w/fins} \}
            \{1 \times 200 \text{ on } 3:20 \text{ Butterfly w/fins} \}
            \{4 \times 50 \text{ on } : 50 \text{ Butterfly w/fins} \}
            {1 x 200 on 3:10 Butterfly w/fins
            \{4 \times 50 \text{ on } :55 \text{ Buttefly w/fins} \}
            \{1 \times 200 \text{ on } 3:00 \text{ Buttefly w/fins} \}
```

```
{ 4 x 50 on 1:00 Butterfly w/fins

{ All the 50's will be 25 kick under water, 2

350 7 x 50 on 1:00 Stroke Drills

1 on 10:00 Ice

5:35 PM 5,054 Yards - Stress Value = 80
```

Workout #4454 - Friday, 22 December 2006 Group 2 - All 1 minute rest between sets

			I minute Test between sets
	5:30	PI	M Start
Yards	Se	et	Description
	==	===	
	1	OI	n 20:00 Stomach and Stretch
400	1	Х	400 on 8:00 Reverse IM drill
150	1) 2	x 15 on :45 Shooters
600	3x{1	Х	100 on 2:30 Kick
	{ 4	Х	25 on :30 Sprint kick
200	8	Х	25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2	Х	100 on 1:50 Freestyle
	{2	Х	50 on 1:00 Freestyle
	{2	Х	100 on 1:45 Freestyle
	{2	Х	50 on 1:00 Freestyle
	{2	Х	100 on 1:40 Freestyle
	{2	Х	50 on 1:00 Freestyle
500	1x{2	Х	125 on 2:20 Pulls
	{2	Х	125 on 2:15 Pulls
200	8	Х	25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2	Х	100 on 1:45 Freestyle
	{ 2	Х	50 on 1:00 Freestyle
	{2	Х	100 on 1:40 Freestyle
	{2	Х	50 on 1:00 Freestyle
	{ 2	Х	100 on 1:35 Freestyle
	{2	Х	50 on 1:00 Freestyle
250	5	Х	50 on 1:15 Stroke Drills

7:30 PM 4,100 Yards - Stress Value = 83

Workout #4450 - Friday, 22 December 2006 HighSchl - Platinum 1 minute rest between sets

	7:00 AM Start				
Yards	Set Description				
=====	=======================================				
	1 on 45:00 Weights and Stretch				
600	1 x 600 on 10:00 Reverse IM drill				
150	10 x 15 on :45 Shooters				
800	1x{1 x 100 on 2:00 Kick				
	{4 x 25 on :30 Sprint kick				
	{1 x 100 on 1:50 Kick				
	$\{4 \times 25 \text{ on } : 35 \text{ Sprint kick}$				
	{1 x 100 on 1:40 Kick				
	{4 x 25 on :40 Sprint Kick				
	{1 x 100 on 1:30 Kick				
	{4 x 25 on :45 Sprint Kick				
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes				
1,350	1x{3 x 100 on 1:08 Freestyle				
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$				
	{3 x 100 on 1:07 Freestyle				
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$				
	{3 x 100 on 1:06 Freestyle				
	{3 x 50 on 1:00 Freestyle				
1,000	1x{3 x 125 on 1:45 Pulls				
	{3 x 125 on 1:40 Pulls				
	{2 x 125 on 1:35 Pulls				
200					
1,350	1x{3 x 100 on 1:06 Freestyle				
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$				
	{3 x 100 on 1:05 Freestyle				
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$				
	{3 x 100 on 1:04 Freestyle				
	{3 x 50 on 1:00 Freestyle				
1,000	2x{1 x 100 on 1:40 Stroke Drills				
	{2 x 75 on 1:15 Stroke Drills				
	{3 x 50 on :50 Stroke Drills				
	{4 x 25 on :40 Stroke Drills				
	1 on 10:00 Ice				
	10:01 AM 6,650 Yards - Stress Value = 128				

Workout #4451 - Friday, 22 December 2006 HighSchl - Gold

1 minute rest between sets

```
7:00 AM Start
           Set Description
 Yards
_____
              1 on 45:00 Weights and Stretch
    600
             1 x 600 on 10:00 Reverse IM drill
    150
            10 x 15 on :45 Shooters
    800 1x\{1 \times 100 \text{ on } 2:00 \text{ Kick}
            \{4 \times 25 \text{ on } : 30 \text{ Sprint kick} \}
             {1 x 100 on 1:50 Kick
            \{4 \times 25 \text{ on :} 35 \text{ Sprint kick}
            {1 x 100 on 1:40 Kick
            \{4 \times 25 \text{ on :} 40 \text{ Sprint Kick}
             {1 x 100 on 1:30 Kick
            \{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}
    200
             8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 \ 1x{3} \ x \ 100 \ on \ 1:12 \ Freestyle
            \{3 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
             \{3 \times 100 \text{ on } 1:11 \text{ Freestyle} \}
            {3 \times 50 \text{ on } 1:00 \text{ Freestyle}}
            {3 \times 100 \text{ on } 1:10 \text{ Freestyle}}
            {3 \times 50 \text{ on } 1:00 \text{ Freestyle}}
 1.000 1x{3 x 125 on 1:50 Pulls}
            {3 x 125 on 1:45 Pulls
            \{2 \text{ x } 125 \text{ on } 1:40 \text{ Pulls}
             8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{3 x 100 on 1:10 Freestyle}
            {3 \times 50 \text{ on } 1:00 \text{ Freestyle}}
```

```
7/16/2011 Page 100
           {3 \times 100 \text{ on } 1:09 \text{ Freestyle}}
           {3 \times 50 \text{ on } 1:00 \text{ Freestyle}}
          {3 x 100 on 1:08 Freestyle
          {3 \times 50 \text{ on } 1:00 \text{ Freestyle}}
1,000 2x\{1 \times 100 \text{ on } 1:40 \text{ Stroke Drills}
           \{2 \times 75 \text{ on } 1:15 \text{ Stroke Drills} \}
           {3 x 50 on :50 Stroke Drills
           \{4 \times 25 \text{ on } : 40 \text{ Stroke Drills}
            1 on 10:00 Ice
        10:03 AM 6,650 Yards - Stress Value = 128
               Workout #4452 - Friday, 22 December 2006
                           HighSchl - Silver
                      1 minute rest between sets
        7:00 AM Start
Yards
         Set Description
           1 on 45:00 Weights and Stretch
  600
            1 x 600 on 10:00 Reverse IM drill
  150
           10 x 15 on :45 Shooters
```

800 $1x{1 \times 100}$ on 2:00 Kick {4 x 25 on :30 Sprint kick {1 x 100 on 1:55 Kick $\{4 \times 25 \text{ on } : 35 \text{ Sprint kick} \}$ {1 x 100 on 1:50 Kick $\{4 \times 25 \text{ on :} 40 \text{ Sprint Kick}$ {1 x 100 on 1:45 Kick $\{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}$ 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,350 1x{3 x 100 on 1:15 Freestyle}$ $\{3 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ ${3 \times 100 \text{ on } 1:14 \text{ Freestyle}}$ ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ {3 x 100 on 1:13 Freestyle ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ 750 $1x{3} \times 125$ on 1:50 Pulls ${3 \times 125 \text{ on } 1:45 \text{ Pulls}}$ 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 200 $1,350 \ 1x{3} \ x \ 100 \ on \ 1:13 \ Freestyle$ ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ {3 x 100 on 1:12 Freestyle ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ ${3 \times 100 \text{ on } 1:11 \text{ Freestyle}}$ $\{3 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ 1,000 $2x\{1 \times 100 \text{ on } 1:40 \text{ Stroke Drills}$ $\{2 \times 75 \text{ on } 1:15 \text{ Stroke Drills}$ ${3 \times 50 \text{ on } :50 \text{ Stroke Drills}}$ $\{4 \times 25 \text{ on } : 40 \text{ Stroke Drills}$

10:01 AM 6,400 Yards - Stress Value = 123

1 on 10:00 Ice

 $\{1 \times 100 \text{ on } 2:10 \text{ Kick} \}$

{1 x 100 on 2:05 Kick Workout #4453 - Friday, 22 December 2006 600 $2x{1 x 150 on 2:45 Pulls}$ HighSchl - Bronze $\{3 \times 50 \text{ on } :55 \text{ Pullls- 6 breaths each} \}$ 1 minute rest between sets 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes $2,400 \ 1x{3} \ x \ 200 \ on \ 3:30 \ Freestyle$ 7:00 AM Start $\{4 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ Yards Set Description ${3 \times 200 \text{ on } 3:25 \text{ Freestyle}}$ _____ $\{4 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ 1 on 45:00 Weights and Stretch ${3 \times 200 \text{ on } 3:20 \text{ Freestyle}}$ 1 x 500 on 10:00 Reverse IM drill 500 $\{4 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ 10 x 15 on :45 Shooters 250 1 x 250 on 6:00 Stroke Drills 800 1x{1 x 100 on 2:05 Kick 2:00 PM 4,600 Yards - Stress Value = 74 $\{4 \times 25 \text{ on } : 30 \text{ Sprint kick} \}$ {1 x 100 on 2:00 Kick Workout #4457 - Tuesday, 26 December 2006 $\{4 \times 25 \text{ on :} 35 \text{ Sprint kick}$ {1 x 100 on 1:55 Kick HighSchl - Platinum $\{4 \times 25 \text{ on :} 40 \text{ Sprint Kick}$ 1 minute rest between sets $\{1 \times 100 \text{ on } 1:50 \text{ Kick} \}$ $\{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}$ 7:00 AM Start 8 x 25 on :40 12.5 ez 12.5 fast grt finishes Yards Set Description 200 1,350 1x{3 x 100 on 1:22 Freestyle ===== $\{3 \times 50 \text{ on } 1:00 \text{ Freestyle}\}$ 1 on 30:00 Stomach and Stretch {3 x 100 on 1:21 Freestyle 500 1 x 500 on 8:00 Underwater trn drill ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ 10 x 15 on :45 Shooter 150 ${3 \times 100 \text{ on } 1:20 \text{ Freestyle}}$ $1,500 \ 2x\{1 \ x \ 125 \ on \ 2:30 \ Kick$ ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ {1 x 125 on 2:25 Kick 750 $1x{2} \times 125$ on 1:55 Pulls {1 x 125 on 2:20 Kick {2 x 125 on 1:45 Pulls {1 x 125 on 2:15 Kick {2 x 125 on 1:50 Pulls {1 x 125 on 2:10 Kick 8 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 125 on 2:05 Kick $1,350 1x{3 x 100 on 1:19 Freestyle}$ 1,200 4x{1 x 150 on 2:00 Pulls ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ $\{3 \times 50 \text{ on } : 45 \text{ Pullls- 4 breaths each} \}$ {3 x 100 on 1:18 Freestyle 12 x 25 on :40 12.5 ez 12.5 fast grt finishe ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ $2,400 \ 1x{3} \ x \ 200 \ on \ 2:30 \ Freestyle$ ${3 \times 100 \text{ on } 1:17 \text{ Freestyle}}$ $\{4 \text{ x } 50 \text{ on } : 40 \text{ Freestyle } 200 \text{ Pace}$ ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ ${3 \times 200 \text{ on } 2:25 \text{ Freestyle}}$ 1,000 2x{1 x 100 on 1:40 Stroke Drills $\{4 \times 50 \text{ on } : 40 \text{ Freestyle at } 200 \text{ pace} \}$ {2 x 75 on 1:15 Stroke Drills {3 x 200 on 2:20 Freestyle ${3 \times 50 \text{ on } :50 \text{ Stroke Drills}}$ $\{4\ x\ 50\ on\ : 40\ Freestyle\ at\ 200\ pace$ $\{4 \times 25 \text{ on } : 40 \text{ Stroke Drills}$ 8 x 50 on 1:00 Stroke drills 400 1 on 10:00 Ice 1 on 10:00 Ice 10:03 AM 6,300 Yards - Stress Value = 121 9:33 AM 6,450 Yards - Stress Value = 96 Workout #4455 - Saturday, 23 December 2006 Workout #4458 - Tuesday, 26 December 2006 HighSchl - All HighSchl - Gold 1 minute rest between sets 1 minute rest between sets

	9:30 AM Start Set Description	EGY V	Yards	7:00 AM Start Set Description
400 400 500 Yards =====	<pre>1 on 15:00 Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 4 x 100 on 2:15 Kick w/out a board 10 x 50 on 1:00 Stroke Drills 1 on 10:00 Techniques-starts(if you want) 1 on 18:00 Get dressed 1 on 59:59 Bus Trip To Highland 12:14 PM 1,500 Yards Workout #4460 - Tuesday, 26 December 2006</pre>	REC REC REC	1,200	10 x 15 on :45 Shooter 2x{1 x 125 on 2:30 Kick {1 x 125 on 2:25 Kick {1 x 125 on 2:20 Kick {1 x 125 on 2:15 Kick {1 x 125 on 2:15 Kick {1 x 125 on 2:10 Kick {1 x 125 on 2:10 Kick {1 x 125 on 2:05 Kick {4x{1 x 150 on 2:05 Pulls {3 x 50 on :45 Pullls- 4 breaths each 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1x{3 x 200 on 2:40 Freestyle {4 x 50 on :45 Freestyle 200 Pace {3 x 200 on 2:35 Freestyle {4 x 50 on :45 Freestyle at 200 pace {3 x 200 on 2:30 Freestyle {4 x 50 on :45 Freestyle at 200 pace {3 x 200 on 2:30 Freestyle {4 x 50 on :45 Freestyle at 200 pace {3 x 200 on 2:30 Freestyle {4 x 50 on :45 Freestyle at 200 pace {3 x 200 on 2:30 Freestyle {4 x 50 on :45 Freestyle at 200 pace {3 x 200 on 2:30 Freestyle at 200 pace }
	{1 x 100 on 2:15 Kick			

Workout #4459 - Tuesday, 26 December 2006 HighSchl - Silver 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description		
=====			
	1 on 30:00 Stomach and Stretch		
450	1 x 450 on 8:00 Underwater trn drill		
150	10 x 15 on :45 Shooter		
1,500	2x{1 x 125 on 2:30 Kick		
	{1 x 125 on 2:25 Kick		
	{1 x 125 on 2:20 Kick		
	{1 x 125 on 2:15 Kick		
	{1 x 125 on 2:10 Kick		
	{1 x 125 on 2:05 Kick		
1,200	4x{1 x 150 on 2:15 Pulls		
	{3 x 50 on :50 Pullls- 4 breaths each		
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe		
2,400	1x{3 x 200 on 2:50 Freestyle		
	{4 x 50 on :50 Freestyle 200 Pace		
	{3 x 200 on 2:45 Freestyle		
	{4 x 50 on :50 Freestyle at 200 pace		
	{3 x 200 on 2:40 Freestyle		
	{4 x 50 on :50 Freestyle at 200 pace		
250	5 x 50 on 1:00 Stroke Drills		
	1 on 8:00 Ice		
	9:35 AM 6,250 Yards - Stress Value = 96		
Workout #4456 - Tuesday, 26 December 2006			
William Political Politica			

Workout #4456 - Tuesday, 26 December 2000 HighSchl - Bronze 1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 30:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooter
1,350	2x{1 x 125 on 2:30 Kick
	{1 x 125 on 2:25 Kick
	{1 x 125 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
1,200	4x{1 x 150 on 2:20 Pulls
	{3 x 50 on :50 Pullls- 4 breaths each
	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{3 x 200 on 3:00 Freestyle
	{4 x 50 on :50 Freestyle 200 Pace
	{3 x 200 on 2:55 Freestyle
	{4 x 50 on :50 Freestyle at 200 pace
	$\{3 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle at } 200 \text{ pace} \}$
250	5 x 50 on 1:00 Stroke Drills
	1 on 7:00 Ice
	9:35 AM 5,950 Yards - Stress Value = 92

Workout #4463 - Wednesday, 27 December 2006 Group 2 - Fly

1 minute rest between sets

	12:00 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Freestyle L.25 of each 100 (
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:20 Kick no board BSLR
	{1 x 100 on 2:20 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick

	{1	x 100 on 2:00 Kick
600	1x{1	x 200 on 4:00 Pulls with paddles
	{ 1	x 200 on 3:50 Pulls with paddles
	{ 1	x 200 on 3:40 Pulls with paddles
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	2x{1	x 100 on 2:10 Butterfly 2-2
	{ 2	x 50 on :55 25 fly 25 free
	{ 2	x 100 on 2:05 Butterfly 2-3
	{ 2	x 50 on :55 25 fly 25 free
	{ 3	x 100 on 2:00 Butterfly 2-4
	{ 2	x 50 on :55 25 fly 25 free
400	8	x 50 on 1:10 Stroke Drills
	2:01	PM 4,150 Yards - Stress Value = 62

Workout #4464 - Wednesday, 27 December 2006 HighSchl - Back 1 minute rest between sets

2:00 PM Start

Yards	Se	et Description	EGY W
	==		=== =
	1	on 30:00 Physio Balls/Stretch	
600	1x{1	x 200 on 3:15 Freestyle L50 fast	EN1
	{ 1	x 200 on 3:15 Freestyle L.100 Fast	EN1
	{ 1	x 200 on 3:15 Freestyle L50 fast	EN1
150	10	0 x 15 on :45 Shooters	SP3
800	4x{4	x 25 on :45 Kick no board BSLR	EN2
	{ 1	x 100 on 2:00 Kick 100% effort	EN3
	-	1st-8 kicks, 2nd-10 kicks, 3rd-12 kick	ks, 4t
800	2x{1	x 100 on 1:30 Pulls w/parachute	EN1
	{ 1	x 100 on 1:25 Pulls w/parachute	EN1
	{ 1	x 100 on 1:20 Pulls w/parachute	EN2
	{ 1	x 100 on 1:15 Pulls w/parachute	EN2
300	6	x 50 on :45 Freestyle-descend in 3's	EN1
1,350	1x{3	x 125 on 1:40 Backstroke w/fins	EN2
	{ 1	x 50 on :45 Backstroke 25 yds under	EN2
	{ 3	x 100 on 1:15 Backstroke w/fins	EN2
	{ 2	x 50 on :50 Backstroke 25yds under	EN2
	{ 3	x 75 on 1:00 Backstroke w/fins	EN2
	{ 3	x 50 on :55 Backstroke 25yds under	EN2
	{ 3	x 50 on :40 Backstroke w/fins	EN2
250	1	x 250 on 4:00 Stroke Drills	REC
	1	on 10:00 Ice	
	4:03	PM 4,250 Yards - Stress Value = 86	

Workout #4465 - Wednesday, 27 December 2006 HighSchl - Breast 1 minute rest between sets

	2:00 PM Start	
Yards	Set Description	EGY V
	=======================================	=== =
	1 on 30:00 Physio Balls/Stretch	
600	$1x{1 x 200 on 3:15 Freestyle L50 fast}$	EN1
	$\{1 \times 200 \text{ on } 3:15 \text{ Freestyle L.100 Fast} \}$	EN1
	$\{1 \times 200 \text{ on } 3:15 \text{ Freestyle L50 fast} \}$	EN1
150	10 x 15 on :45 Shooters	SP3
800	$4x{4 \times 25}$ on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:00 Kick 100% effort	EN3
	1st-8 kicks, 2nd-10 kicks, 3rd-12 kic	ks, 4t
600	2x{1 x 100 on 1:50 Pulls	EN1
	{1 x 100 on 1:45 Pulls	EN1
	{1 x 100 on 1:40 Pulls	EN2
300	6 x 50 on :45 Freestyle-descend in 3's	EN1
1,100	$1x\{2 x 125 \text{ on } 2:05 \text{ Breaststroke}$	EN2
	{4 x 25 on :45 Breaststroke TO dril	EN2
	{3 x 100 on 1:35 Breaststroke	EN2
	{4 x 25 on :45 Breaststroke TO drill	EN2
	$\{4 \times 75 \text{ on } 1:10 \text{ Breaststroke} \}$	EN2
	{2 x 25 on :45 Breaststroke TO drill	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 8:00 Ice	
	4:03 PM 3,750 Yards - Stress Value = 77	

Workout #4461 - Wednesday, 27 December 2006 HighSchl - Distance 1 minute rest between sets

		AM Start
raras	56	et Description
=====	==	45.00 1.1 1.2 1.3.
		on 45:00 Weights and Stretch
500		x 500 on 8:00 Freestyle L.25 of each 100 (
		0 x 15 on :45 Shooters
600	•	x 25 on :40 Kick no board BSLR
	{ 2	x 50 on 1:10 Kick no board BSLR
	{ 1	x 100 on 2:00 Kick no board BSLR
	{ 1	x 100 on 1:50 Kick
	{ 1	x 100 on 1:40 Kick
	{ 1	x 100 on 1:30 Kick
1,500	1x{2	x 300 on 4:00 Pulls with paddles
	{ 2	x 250 on 3:20 Pulls with paddles
	{ 2	x 200 on 2:40 Pulls with paddles
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	1x{1	x 500 on 7:00 Freestyle w/snorkel
	{ 2	x 400 on 4:40 Freestyle
	{ 1	x 400 on 6:00 Freestyle w/snorkel
	{ 2	x 300 on 3:30 Freestyle
	{ 1	x 300 on 4:30 Freestyle w/snorkel
	{2	x 200 on 2:20 Freestyle
200	1	x 200 on 3:00 Stroke Drills
	1	on 8:00 Ice
	9:35	AM 6,150 Yards - Stress Value = 98

Workout #4462 - Wednesday, 27 December 2006 HighSchl - Fly

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=======================================
	1 on 45:00 Weights and Stretch
500	1 x 500 on 8:00 Freestyle L.25 of each 100 (
150	10 x 15 on :45 Shooters
1,200	2x{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:10 Kick no board BSLR
	{1 x 100 on 2:00 Kick no board BSLR
	{1 x 100 on 1:50 Kick

	{ 1	x 100 on 1:40 Kick
	{ 1	x 100 on 1:30 Kick
1,500 1	1x{2	x 300 on 4:00 Pulls with paddles
	{ 2	x 250 on 3:20 Pulls with paddles
	{ 2	x 200 on 2:40 Pulls with paddles
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800 2	2x{1	x 100 on 1:30 Butterfly 2-2
	{ 2	x 50 on :40 25 fly 25 free
	{ 2	x 100 on 1:25 Butterfly 2-3
	{ 2	x 50 on :40 25 fly 25 free
	{ 3	x 100 on 1:20 Butterfly 2-4
	{ 2	x 50 on :40 25 fly 25 free
200	1	x 200 on 3:00 Stroke Drills
	1	on 10:00 Ice
9	9:35	AM 5,550 Yards - Stress Value = 92

Workout #4470 - Friday, 29 December 2006 Group 2 - Freestylers 1 minute rest between sets

```
12:00 PM Start
          Set Description
 Yards
=====
           _____
           1 on 20:00 Stomach and Stretch
   400
           1 x 400 on 8:00 Reverse IM drill
   150
           10 x 15 on :45 Shooters
   600 2x{1 x 100 on 2:20 Kick}
          {2 x 100 on 2:05 Kick
   600 1x{1 x 250 on 4:20 Pulls-nbbf&w
          \{1 \times 200 \text{ on } 3:30 \text{ Pulls-nbbf&w}
          \{1 \times 150 \text{ on } 2:35 \text{ Pulls-nbbf&w}
   200
           8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 \ 1x{3} \ x \ 150 \ on \ 2:45 \ Freestyle
          \{3 \times 150 \text{ on } 2:40 \text{ Freestyle} \}
          {3 \times 150 \text{ on } 2:35 \text{ Freestyle}}
          {3 \times 150 \text{ on } 2:30 \text{ Freestyle}}
   300
           1 x 300 on 5:00 Stroke Drills
           1 on 10:00 Techniques-Starts
        1:59 PM 4,050 Yards - Stress Value = 66
```

Workout #4469 - Friday, 29 December 2006 7:00 AM Start HighSchl - Platinum Yards Set Description 1 minute rest between sets ===== 1 on 45:00 Weights and Stretch 7:00 AM Start 500 1 x 500 on 10:00 Reverse IM drill Yards Set Description _____ 900 3x{1 x 100 on 2:00 Kick 1 on 45:00 Weights and Stretch 1 On 45:00 weights and 55:00. 1 x 600 on 10:00 Reverse IM drill {2 x 100 on 1:45 Kick $1,250 1x\{1 \times 300 \text{ on } 4:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{1 \times 275 \text{ on } 4:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 900 1x{1 x 100 on 2:00 Kick $\{1 \times 250 \text{ on } 3:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {2 x 100 on 1:30 Kick $\{1 \times 225 \text{ on } 3:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {1 x 100 on 1:55 Kick {1 x 200 on 2:50 Pulls-nbbf&w + 2 vds {2 x 100 on 1:35 Kick 12 x 25 on :40 12.5 ez 12.5 fast grt finishe {1 x 100 on 1:50 Kick $1,800 \ 1x{3} \ x \ 150 \ on \ 2:10 \ Freestyle$ {2 x 100 on 1:40 Kick $\{3 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$ $1,250 1x{1 x 300 on 4:00 Pulls-nbbf&w + 2 yds}$ {3 x 150 on 2:00 Freestyle {1 x 275 on 3:35 Pulls-nbbf&w + 2 yds {3 x 150 on 1:55 Freestyle $\{1 \times 250 \text{ on } 3:10 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ 300 1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice {1 x 225 on 2:45 Pulls-nbbf&w + 2 yds {1 x 200 on 2:25 Pulls-nbbf&w + 2 yds 9:33 AM 5,200 Yards - Stress Value = 82 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 300 $1,800 \ 1x{3} \ x \ 150 \ on \ 1:50 \ Freestyle$ Workout #4467 - Friday, 29 December 2006 ${3 \times 150 \text{ on } 1:45 \text{ Freestyle}}$ ${3 \times 150 \text{ on } 1:40 \text{ Freestyle}}$ HighSchl - Bronze {3 x 150 on 1:35 Freestyle 1 minute rest between sets 200 1 x 200 on 3:00 Freestyle $400 1x{4 x 25 on :30 Freestyle}$ 7:00 AM Start $\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ Yards Set Description $\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ ______ ====== $\{4 \times 25 \text{ on :} 15 \text{ Freestyle}\}$ 1 on 45:00 Weights and Stretch 1 x 200 on 3:00 Stroke Drills 500 1 x 500 on 10:00 Reverse IM drill 1 on 10:00 Ice 10 x 15 on :45 Shooters 150 9:34 AM 5,800 Yards - Stress Value = 89 900 3x{1 x 100 on 2:00 Kick {2 x 100 on 1:45 Kick Workout #4468 - Friday, 29 December 2006 1,250 1x{1 x 300 on 4:30 Pulls-nbbf&w + 2 yds $\{1 \times 275 \text{ on } 4:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ HighSchl - Gold {1 x 250 on 3:40 Pulls-nbbf&w + 2 yds 1 minute rest between sets $\{1 \times 225 \text{ on } 3:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{1 \times 200 \text{ on } 2:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 7:00 AM Start 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 300 Yards Set Description 1,800 1x{3 x 150 on 2:20 Freestyle · ====== {3 x 150 on 2:15 Freestyle 1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Reverse IM drill 10 x 15 on :45 Shooters ${3 \times 150 \text{ on } 2:10 \text{ Freestyle}}$ 600 {3 x 150 on 2:05 Freestyle 10 x 15 on :45 Shooters 150 300 1 x 300 on 5:00 Stroke Drills 900 1x{1 x 100 on 2:00 Kick 1 on 10:00 Ice $\{2 \times 100 \text{ on } 1:30 \text{ Kick} \}$ 9:35 AM 5,200 Yards - Stress Value = 82 $\{1 \times 100 \text{ on } 1:55 \text{ Kick} \}$ {2 x 100 on 1:35 Kick Workout #4471 - Saturday, 30 December 2006 {1 x 100 on 1:50 Kick {2 x 100 on 1:40 Kick HighSchl - All $1,250 \ 1x\{1 \ x \ 300 \ on \ 4:00 \ Pulls-nbbf&w + 2 \ yds$ 1 minute rest between sets $\{1 \times 275 \text{ on } 3:35 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ {1 x 250 on 3:10 Pulls-nbbf&w + 2 yds 7:00 AM Start 12 x 25 on :40 12.5 ez 12.5 fast grt finish€ 10,000 100 x 100 on 1:20 Freestyle EN2 S FR 1:20 $1,800 \ 1x{3} \ x \ 150 \ on \ 2:00 \ Freestyle$ 9:14 AM 10,000 Yards - Stress Value = 200 ${3 \times 150 \text{ on } 1:55 \text{ Freestyle}}$ {3 x 150 on 1:50 Freestyle ${3 \times 150 \text{ on } 1:45 \text{ Freestyle}}$ 1 x 100 on 2:00 Freestyle 400 $1x\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$ $\{4 \times 25 \text{ on :} 25 \text{ Freestyle}$ $\{4 \times 25 \text{ on :} 20 \text{ Freestyle}$ $\{4 \times 25 \text{ on :} 15 \text{ Freestyle} \}$

Workout #4466 - Friday, 29 December 2006 HighSchl - Silver 1 minute rest between sets

9:35 AM 5,700 Yards - Stress Value = 89

1 x 200 on 3:00 Stroke Drills

1 on 10:00 Ice

200