

Workout #3959 - Monday, 02 January 2006

HighSchl - Breast

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	
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	
1,000	8 x 125 on 2:30 Pulls	EN1	
300	4 x 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 x 250 on 4:00 Drill alt 50fr 50br	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

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 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,250	1x{2 x 250 on 3:30 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

Workout #3956 - Monday, 02 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		
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 x 75 on 1:10 IM w/out alt.strokes	EN1	
1,950	1x{3 x 150 on 2:00 Freestyle	EN2	
	{4 x 50 on 1:00 Back 10k off ech wll	EN2	
	{3 x 150 on 2:00 Backstroke	EN2	
	{4 x 50 on :55 Back 10k off ech wll	EN2	

{3 x 150 on 2:00 Backstroke EN2
 {4 x 50 on :50 Back 10k off ech wll EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 10:02 AM 5,800 Yards - Stress Value = 81

Workout #3960 - Monday, 02 January 2006

HighSchl - All

1 minute rest between sets

2:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
450	9 x 50 on 1:00 Kick-des in 3's	EN1	
	1x{6 x 75 on 1:05 Pull no br L.12 yds	EN1	
	{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 x 75 on 1:10 IM w/out alt.strokes	EN1	
	1x{1 x 150 on 2:15 Freestyle	EN1	
	{1 x 150 on 2:10 Freestyle	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{1 x 150 on 2:00 Freestyle	EN1	
	{1 x 150 on 1:55 Freestyle	EN2	
	{1 x 150 on 1:50 Freestyle	EN2	
	{1 x 150 on 1:45 Freestyle	EN2	
	{1 x 150 on 1:40 Freestyle	EN2	
	{1 x 150 on 1:35 Freestyle	EN2	
	{1 x 150 on 1:30 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:05 Freestyle	EN2	
	{1 x 100 on 1:00 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN1	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

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

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	
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 2:45 Pulls	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
1,800	1x{3 x 150 on 2:15 Freestyle	EN1	
	{2 x 75 on :55 Freestyle	EN2	
	{3 x 150 on 2:10 Freestyle	EN1	
	{2 x 75 on 1:00 Freestyle	EN2	
	{3 x 150 on 2:05 Freestyle	EN1	
	{2 x 75 on 1:05 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 x 75 on 1:20 Breaststroke	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{4 x 75 on 1:25 Breaststroke	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{4 x 75 on 1:30 Breaststroke	EN3	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:59 AM 5,200 Yards - Stress Value = 117			

Workout #3961 - Tuesday, 03 January 2006

HighSchl - Distance

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	
2,400	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	
	{1 x 200 on 3:30 Stroke Drills	REC	
	{1 x 200 on 3:00 Freestyle	EN3	
	{2 x 100 on 1:30 Freestyle	EN3	
	{1 x 200 on 3:30 Stroke Drills	REC	
	1 on 10:00 Ice		
9:58 AM 5,950 Yards - Stress Value = 154			

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 x 150 on 3:00 Stroke Drills	REC	

{4 x 100 on 1:35 Alt. 25fly 25free	EN3
{1 x 150 on 3:00 Stroke Drills	REC
{4 x 75 on 1:10 Alt. 25fly 25free	EN3
{1 x 150 on 3:00 Stroke Drills	REC
{4 x 50 on :45 Alt.25fly 25free	EN3
{1 x 150 on 3:00 Stroke Drills	REC
{4 x 25 on :30 Butterfly	EN3
{1 x 200 on 3:00 Stroke Drills	REC
1 on 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

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 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 x 75 on 1:10 Freestyle	EN3	
	{1 x 150 on 3:00 Stroke Drills	REC	
	{4 x 50 on :45 Freestyle	EN3	
	{1 x 150 on 3:00 Stroke Drills	REC	
	{4 x 25 on :30 Freestyle	EN3	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
10:00 AM 5,850 Yards - Stress Value = 136			

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 x 250 on 3:45 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 x 250 on 3:25 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

Yards	Set Description	EGY	WOF
7:30 AM Start			
500	1x{1 on 40:00 Weights and Stretch 1 x 100 on 2:00 Freestyle 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	REC EN1 EN1 EN1 EN1	
150	10 x 15 on :45 Shooters	SP3	
1,050	3x{1 x 100 on 1:50 Kick no board BSLR 5 x 50 on :55 Kick	EN1 EN1	
1,500	12 x 125 on 1:40 Lungbuster pulls br 3-4-5-6-7	EN1	
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 4 x 100 on 1:30 Fly-3strks off walls 4 x 100 on 1:25 Fly-3strks off walls 4 x 100 on 1:20 Fly-3strks off walls 4 x 100 on 1:15 Fly-3strks off walls 4 x 100 on 1:10 Fly-3strks off walls	EN2 EN2 EN2 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
10:03 AM 6,000 Yards - Stress Value = 86			

Workout #3966 - Wednesday, 04 January 2006

HighSchl - Backstroke

1 minute rest between sets

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

Workout #3969 - Wednesday, 04 January 2006

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
400	1 on 35:00 Physio Balls/Stretch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
800	8 x 100 on 2:00 Kick	EN1	F
300	6 x 50 on :50 Descend in sets of 3	EN1	S
2,000	1x{1 x 100 on 1:30 Individual Medley 1 x 100 on 1:30 Butterfly 1 x 100 on 1:30 Backstroke 1 x 100 on 1:45 Breaststroke 1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Individual Medley	EN1 EN1 EN1 EN1 EN1 EN1	S S S S S S

{1 x 75 on 1:10 Butterfly	EN1	S
{1 x 75 on 1:10 Backstroke	EN1	S
{1 x 75 on 1:15 Breaststroke	EN1	S
{1 x 75 on 1:10 Freestyle	EN1	S
{1 x 300 on 4:30 Individual Medley	EN1	S
{1 x 50 on :50 Butterfly	EN1	S
{1 x 50 on :50 Backstroke	EN1	S
{1 x 50 on 1:00 Breaststroke	EN1	S
{1 x 50 on :50 Freestyle	EN1	S
{1 x 400 on 6:00 Individual Medley	EN1	S
{4 x 25 on :30 IM order	EN1	S
1 x 250 on 4:00 Stroke Drills	REC	I
1 on 10:00 Ice		M
4:59 PM 4,000 Yards - Stress Value = 40		

Workout #3967 - Wednesday, 04 January 2006

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:30 AM Start			
500	1x{1 on 40:00 Weights and Stretch 1 x 100 on 2:00 Freestyle 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	REC EN1 EN1 EN1 EN1	L S S S S
150	10 x 15 on :45 Shooters	SP3	S
700	2x{1 x 100 on 2:00 Kick no board BSLR 5 x 50 on 1:05 Kick	EN1 EN1	K 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 x 50 on :45 Freestyle 5 x 100 on 1:15 Freestyle	EN1 EN2	S S
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D M
10:04 AM 5,950 Yards - Stress Value = 76			

Workout #3970 - Friday, 06 January 2006

HighSchl - Breast

1 minute rest between sets

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

Workout #3971 - Friday, 06 January 2006

HighSchl - Distance

1 minute rest between sets

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	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	2 x 125 on 1:50 Pulls-nbbf&w + 2 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	
200	8 x 25 on :30 IM order-build	EN1	
1x{8	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

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 x 125 on 1:50 Pulls-nbbf&w + 2 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 x 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 x 100 on 1:15 Fly-3strks off walls	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
10:04 AM 5,700 Yards - Stress Value = 78			

Workout #3973 - Friday, 06 January 2006

HighSchl - Backstroke

1 minute rest between sets

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 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 125 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,000	4x{4 x 50 on :40 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	Set Description	EGY	WOF
	1 on 35:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills	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 x 50 on 1:00 Brst kick w/hands	EN1	
	{ by sides		
1x{5	x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
250	10 x 25 on :30 IM order-build	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

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	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	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		
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
3,600	2x{1 x 200 on 2:20 Freestyle	EN2	
	{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	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:05 Freestyle	EN2	
	{1 x 100 on 1:00 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		
10:03 AM 7,050 Yards - Stress Value = 90			

Workout #3976 - Saturday, 07 January 2006
HighSchl - Gold
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	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 x 200 on 2:30 Freestyle	EN2	
	{1 x 200 on 2:25 Freestyle	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{1 x 150 on 1:50 Freestyle	EN2	

{1 x 150 on 1:45 Freestyle	EN2
{1 x 150 on 1:40 Freestyle	EN2
{3 x 50 on 1:00 Stroke Drills	REC
{1 x 100 on 1:15 Freestyle	EN2
{1 x 100 on 1:10 Freestyle	EN2
{1 x 100 on 1:05 Freestyle	EN2
{2 x 50 on 1:00 Stroke Drills	REC
1 x 200 on 3:00 Freestyle	REC
1 on 10:00 Ice	
10:02 AM 6,750 Yards - 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	REC	
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 x 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 x 50 on 1:00 Stroke Drills	REC	
	{1 x 150 on 2:10 Freestyle	EN2	
	{1 x 150 on 2:05 Freestyle	EN2	
	{1 x 150 on 2:00 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			

Workout #3982 - Monday, 09 January 2006

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	===	===
	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 x 25 on :30 Kick no board BSLR	EN1	
	{6 x 50 on 1:00 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 x 75 on 1:10 IM w/out breast	EN1	
2,050	1x{1 x 100 on 1:45 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
3:00 PM	Start		
=====	=====	===	===
	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	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	===	===
	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 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
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

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	===	===
	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	
	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	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:33 PM	6,100 Yards - Stress Value = 75		

Workout #3978 - Monday, 09 January 2006

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 30:00 Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1 x 125 on 2:00 Pull no br L.5 yds	EN1	
	{1 x 125 on 1:55 Pull no br L.5 yds	EN1	
	{1 x 125 on 1:50 Pull no br L.5 yds	EN1	
	{1 x 125 on 1:45 Pull no br L.5 yds	EN1	
	{1 x 125 on 1:40 Pull no br L.5 yds	EN1	
	{1 x 125 on 1:35 Pull no br 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 Drills	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

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 x 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 x 50 on :30 Freestyle	EN2	S
	{1 x 50 on :45 Freestyle	REC	S
	1 on 10:00 Indvdl Prsrctps	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 = 60			

Workout #3984 - Wednesday, 11 January 2006

HighSchl - Gold

1 minute rest between sets

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 x 50 on 1:00 Kick no board BSLR	EN1	K
	{6 x 25 on :30 Kick	EN1	K
	1x{3 x 150 on 2:05 Lungbuster pulls	EN1	P
	{3 x 150 on 2:00 Lungbuster pulls	EN1	P
	{2 x 150 on 1:55 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 1:15 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
	{1 x 50 on :45 Freestyle	REC	S
	1 on 10:00 Indvdl Prsrctps	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 5:00 Ice		M
5:31 PM 5,450 Yards - Stress Value = 59			

Workout #3985 - Wednesday, 11 January 2006

HighSchl - Silver

1 minute rest between sets

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 x 50 on 1:00 Kick no board BSLR	EN1	K
	{6 x 25 on :30 Kick	EN1	K
	1x{3 x 150 on 2:20 Lungbuster pulls	EN1	P
	{3 x 150 on 2:15 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 x 50 on :40 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S

	1 on 10:00 Indvdl Prsrctps	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 5:00 Ice		M
5:33 PM 5,050 Yards - Stress Value = 53			

Workout #3986 - Thursday, 12 January 2006

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Team mtg/abs/stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	odd 100's free even		
	100'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

Yards	Set 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 = 44			

Workout #3987 - Friday, 13 January 2006

HighSchl - Platinum

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Reverse IM drill	REC	I
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
600	8 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
1x	{1 x 400 on 5:00 Freestyle	EN1	S
	{1 x 400 on 4:55 Freestyle	EN1	S
	{1 x 400 on 4:50 Freestyle	EN2	S
	{1 x 400 on 4:45 Freestyle	EN2	S
	{1 x 400 on 4:40 Freestyle	EN2	S
	{1 x 400 on 4:35 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 9:00 Ice		M

7:04 AM 3,850 Yards - Stress Value = 56

Workout #3989 - Friday, 13 January 2006

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Reverse IM drill	REC	I
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
600	8 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
1x	{1 x 400 on 5:15 Freestyle	EN1	S
	{1 x 400 on 5:10 Freestyle	EN1	S
	{1 x 400 on 5:05 Freestyle	EN2	S
	{1 x 400 on 5:00 Freestyle	EN2	S
	{1 x 400 on 4:55 Freestyle	EN2	S
	{1 x 250 on 3:00 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 9:00 Ice		M

7:04 AM 3,700 Yards - Stress Value = 53

Workout #3990 - Friday, 13 January 2006

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		I
300	1 x 300 on 6:00 Reverse IM drill	REC	I
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
600	8 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	F
1x	{1 x 400 on 6:00 Freestyle	EN1	S
	{1 x 400 on 5:55 Freestyle	EN2	S
	{1 x 400 on 5:50 Freestyle	EN2	S
	{1 x 400 on 5:45 Freestyle	EN2	S
	{1 x 250 on 3:30 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 9:00 Ice		M

7:04 AM 3,200 Yards - Stress Value = 49

Workout #3988 - Friday, 13 January 2006

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		I
300	1 x 300 on 6:00 Reverse IM drill	REC	I
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S

400	8 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
1x	{1 x 400 on 6:40 Freestyle	EN1	S
	{1 x 400 on 6:35 Freestyle	EN2	S
	{1 x 400 on 6:30 Freestyle	EN2	S
	{1 x 400 on 6:25 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 9:00 Ice		M

7:03 AM 2,750 Yards - Stress Value = 42

Workout #3992 - Saturday, 14 January 2006

HighSchl - Platinum

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 12minute abs/stretch		L I
800	1x{2 x 100 on 2:00 Stroke Drills	REC	D C
	{2 x 100 on 1:50 Stroke Drills	REC	D C
	{2 x 100 on 1:40 Stroke Drills	REC	D C
	{2 x 100 on 1:30 Stroke Drills	EN1	D C
150	10 x 15 on :45 Shooters	SP3	S C
1,400	1x{4 x 25 on :30 Kick no board BSLR	EN2	K F
	{1 x 100 on 1:50 Kick	EN2	K C
	{4 x 25 on :35 Kick no board BSLR	EN2	K F
	{2 x 100 on 1:45 Kick	EN2	K C
	{4 x 25 on :40 Kick no board BSLR	EN2	K F
	{3 x 100 on 1:40 Kick	EN2	K C
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{4 x 100 on 1:35 Kick	EN2	K C
1,500	5x{1 x 150 on 2:00 Pulls	EN1	P
	{1 x 50 on :35 Pulls	EN2	P
	{1 x 50 on :40 Pulls	EN1	P
	{1 x 50 on :45 Pulls-4 brths total	EN1	P
300	12 x 25 on :30 IM order-build	EN1	S
2,100	1x{6 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{5 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{2 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{1 x 100 on 1:05 Freestyle	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

10:04 AM 6,550 Yards - Stress Value = 98

Workout #3994 - Saturday, 14 January 2006

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	7:30 AM Start			
=====	=====	===	====	=
	1 on 30:00 12minute abs/stretch		L I	
150	1x{2 x 100 on 2:00 Stroke Drills	REC	D C	
	{2 x 100 on 1:50 Stroke Drills	REC	D C	
	{2 x 100 on 1:40 Stroke Drills	REC	D C	
	{2 x 100 on 1:30 Stroke Drills	EN1	D C	
	10 x 15 on :45 Shooters	SP3	S C	
150	1x{4 x 25 on :30 Kick no board BSLR	EN2	K F	
	{1 x 100 on 2:00 Kick	EN2	K C	
	{4 x 25 on :35 Kick no board BSLR	EN2	K F	
	{2 x 100 on 1:55 Kick	EN2	K C	
	{4 x 25 on :40 Kick no board BSLR	EN2	K F	
	{3 x 100 on 1:50 Kick	EN2	K C	
	{4 x 25 on :45 Kick no board BSLR	EN2	K F	
	{4 x 100 on 1:45 Kick	EN2	K C	
300	4x{1 x 150 on 2:00 Pulls	EN1	P	
	{1 x 50 on :40 Pulls	EN2	P	
	{1 x 50 on :45 Pulls	EN1	P	
	{1 x 50 on :50 Pulls-4 brths total	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
	1x{6 x 100 on 1:10 Freestyle	EN2	S	
	{1 on 1:00 Rest	M		
	{5 x 100 on 1:10 Freestyle	EN2	S	
	{1 on 1:00 Rest	M		
	{4 x 100 on 1:10 Freestyle	EN2	S	
	{1 on 1:00 Rest	M		
	{3 x 100 on 1:10 Freestyle	EN2	S	
	{1 on 1:00 Rest	M		
	{2 x 100 on 1:10 Freestyle	EN2	S	
	{1 on 1:00 Rest	M		
	{1 x 100 on 1:10 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	10:04 AM 6,200 Yards - Stress Value = 95			

Workout #3993 - Saturday, 14 January 2006

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	7:30 AM Start			
=====	=====	===	====	=
	1 on 30:00 12minute abs/stretch		L I	
150	1x{2 x 100 on 2:00 Stroke Drills	REC	D C	
	{2 x 100 on 1:50 Stroke Drills	REC	D C	
	{2 x 100 on 1:40 Stroke Drills	REC	D C	
	{2 x 100 on 1:30 Stroke Drills	EN1	D C	
	10 x 15 on :45 Shooters	SP3	S C	
150	1x{4 x 25 on :30 Kick no board BSLR	EN2	K F	
	{1 x 100 on 2:15 Kick	EN2	K C	
	{4 x 25 on :35 Kick no board BSLR	EN2	K F	
	{1 x 100 on 2:10 Kick	EN2	K C	
	{4 x 25 on :40 Kick no board BSLR	EN2	K F	
	{1 x 100 on 2:05 Kick	EN2	K C	
	{4 x 25 on :45 Kick no board BSLR	EN2	K F	
	{1 x 100 on 2:00 Kick	EN2	K C	
300	5x{1 x 150 on 2:20 Pulls	EN1	P	
	{1 x 50 on :45 Pulls	EN2	P	
	{1 x 50 on :50 Pulls	EN1	P	
	{1 x 50 on :55 Pulls-4 brths total	EN1	P	
300	12 x 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	
	{1 on 1:00 Rest	M		

{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
1 x 200 on 3:00 Stroke Drills	REC	D
1 on 10:00 Ice		M

10:04 AM 5,850 Yards - Stress Value = 86

Workout #3995 - Monday, 16 January 2006

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:30 AM Start		
=====	=====	===	====
	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 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	
200	{3 x 200 on 3:30 Pulls	EN1	
	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	
	{4 x 25 on :30 Breast 2X pullouts	EN2	
	{3 x 150 on 2:20 Breaststroke-descend	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 5,250 Yards - Stress Value = 80		

Workout #3998 - Monday, 16 January 2006

HighSchl - Distance

1 minute rest between sets

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	S
150	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 50 on 1:00 Kick no board B	EN2	F
	{4 x 25 on :30 Kick	EN2	F
	{1 x 50 on 1:00 Kick no board S	EN2	F
	{4 x 50 on :55 Kick	EN2	F
	{1 x 50 on 1:00 Kick no board L	EN2	F
	{4 x 75 on 1:20 Kick	EN2	F
	{1 x 50 on 1:00 Kick no board R	EN2	F
	1x{1 x 100 on 1:30 Pull no br L.12 yds	EN1	F
	{2 x 150 on 2:10 Pull no br L.12yds	EN1	F
	{3 x 200 on 2:50 Pull no br L.12yds	EN1	F
	{4 x 250 on 3:30 Pull no br L.12yds	EN1	F
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	S
	1x{1 x 500 on 6:40 Freestyle	EN2	S
	{1 x 400 on 5:20 Freestyle	EN2	S
	{1 x 100 on 1:30 Freestyle	EN3	S
	{1 x 300 on 4:00 Freestyle	EN2	S
	{2 x 100 on 1:30 Freestyle	EN3	S
	{1 x 200 on 2:40 Freestyle	EN2	S
	{3 x 100 on 1:30 Freestyle	EN3	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	10:04 AM 6,050 Yards - Stress Value = 109		

Workout #3996 - Monday, 16 January 2006

HighSchl - Backstroke

1 minute rest between sets

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	S
150	10 x 15 on :45 Shooters	SP3	S
1,200	1x{1 x 50 on 1:00 Kick no board B	EN2	F
	{4 x 25 on :30 Kick	EN2	F
	{1 x 50 on 1:00 Kick no board S	EN2	F
	{4 x 50 on :55 Kick	EN2	F
	{1 x 50 on 1:00 Kick no board L	EN2	F
	{4 x 75 on 1:20 Kick	EN2	F
	{1 x 50 on 1:00 Kick no board R	EN2	F
	{4 x 100 on 1:45 Kick	EN2	F
1,000	1x{1 x 100 on 1:20 Pull no br L.12 yds	EN1	F
	{2 x 150 on 2:00 Pull no br L.12yds	EN1	F
	{3 x 200 on 2:40 Pull no br L.12yds	EN1	F
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	S
2,250	1x{4 x 125 on 1:40 Backstroke	EN2	S
	{3 x 100 on 1:20 Backstroke	EN2	S
	{2 x 75 on 1:00 Backstroke	EN2	S
	{1 x 50 on :40 Backstroke	EN2	S
	{10 x 25 on :45 Back 15m underwater	EN3	S
	{1 x 50 on :45 Back L.25-100%	EN2	S
	{2 x 75 on 1:05 Back L.25-100%	EN2	S
	{3 x 100 on 1:25 Back L.25-100%	EN2	S
	{4 x 125 on 1:45 Back L.25-100%	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	10:03 AM 5,700 Yards - Stress Value = 98		

Workout #4001 - Monday, 16 January 2006

HighSchl - Platinum

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{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 x 75 on 1:05 Pull no br L.5yds	EN1	
	{3 x 75 on 1:00 Pull no br L.5yds	EN1	
	{3 x 75 on :55 Pull no br L.5yds	EN1	
	{3 x 75 on :50 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

Yards	Set Description	EGY	WC
	2:00 PM Start		
	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 1:05 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	1x{3 x 75 on 1:10 Pull no br L.5yds	EN1	
	{3 x 75 on 1:05 Pull no br L.5yds	EN1	
	{3 x 75 on 1:00 Pull no br L.5yds	EN1	
	{1 x 75 on :55 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 5,150 Yards - Stress Value = 80		

Workout #3999 - Monday, 16 January 2006

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	2:00 PM Start		
	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 x 75 on 1:15 Pull no br L.5yds	EN1	
	{3 x 75 on 1:10 Pull no br L.5yds	EN1	
	{2 x 75 on 1:05 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 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 1:30 Pull no br L.12 yds	EN1	
	{2 x 150 on 2:10 Pull no br L.12yds	EN1	
	{3 x 200 on 2:50 Pull no br L.12yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
2,250	3x{4 x 50 on :45 Freestyle L.25 2brth	EN2	
	{3 x 75 on 1:05 Freestyle L.25 2brth	EN2	
	{2 x 100 on 1:30 Freestyle L.25 2brth	EN2	
	{1 x 125 on 1:50 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 x 100 on 2:00 Kick no board BSLR	EN1	K
	{3 x 50 on 1:00 Kick	EN2	K
	1x{2 x 175 on 2:20 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		M
	5:04 PM 4,000 Yards - Stress Value = 67		

Workout #4006 - Thursday, 19 January 2006

HighSchl - Breast

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	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	
	1x{1 x 500 on 7:05 Pulls	EN1	

	{1 x 500 on 6:55 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	2x{3 x 100 on 1:50 Breaststroke	EN2	
	{4 x 25 on :45 Breast Fast TO drill	EN2	
	{3 x 100 on 1:45 Breaststroke	EN2	
	{4 x 25 on :45 Breast Fast TO drill	EN2	
	{3 x 100 on 1:40 Breaststroke	EN2	
	{4 x 25 on :45 Breast Fast TO drill	EN2	
200	1 x 200 on 3:00 Stroke Drills	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 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	
500	1x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,800	1x{1 x 600 on 8:15 Pulls	EN1	
	{1 x 600 on 8:00 Pulls	EN1	
	{1 x 600 on 7:45 Pulls	EN2	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
4,000	1x{2 x 500 on 6:00 Freestyle	EN2	
	{2 x 500 on 5:50 Freestyle	EN2	
	{2 x 500 on 5:40 Freestyle	EN2	
	{2 x 500 on 5:30 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:32 PM 7,550 Yards - Stress Value = 128		

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	
1,000	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,800	1x{1 x 600 on 8:15 Pulls	EN1	
	{1 x 600 on 8:00 Pulls	EN1	
	{1 x 600 on 7:45 Pulls	EN2	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,400	4x{4 x 50 on :45 Butterfly 2-2	EN2	
	{4 x 25 on :30 Fly lup ldown	EN2	
	{1 x 100 on 1:15 75 free 25 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

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	
	{3 x 50 on 1:00 Backstroke-100%	EN3	
	{3 x 100 on 1:15 Backstroke	EN2	
	{3 x 50 on 1:00 Backstroke-100%	EN3	
	{3 x 100 on 1:10 Backstroke	EN2	
	{3 x 50 on 1:00 Backstroke-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 6,750 Yards - Stress Value = 150		

	{1 x 100 on 1:20 Pulls-nbbf&w + 2 yds	EN1
	{1 x 100 on 1:15 Pulls-nbbf&w + 2 yds	EN2
	{1 x 100 on 1:10 Pulls-nbbf&w + 2 yds	EN2
	{1 x 100 on 1:05 Pulls-nbbf&w + 2 yds	EN2
200	8 x 25 on :30 IM order-build	EN1
	2x{1 x 125 on 1:40 Freestyle	EN1
	{1 x 125 on 1:25 Freestyle	EN2
	{1 x 125 on 1:40 Freestyle	EN1
	{1 x 125 on 1:20 Freestyle	EN2
	{1 x 125 on 1:40 Freestyle	EN1
	{1 x 125 on 1:15 Freestyle	EN2
	{1 x 125 on 1:40 Freestyle	EN1
	{1 x 125 on 1:10 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 3,600 Yards - Stress Value = 47	

Workout #4007 - Friday, 20 January 2006

HighSchl - Gold

1 minute rest between sets

Yards	Set 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 100 on 1:20 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 100 on 1:15 Pulls-nbbf&w + 2 yds	EN2	
	{1 x 100 on 1:10 Pulls-nbbf&w + 2 yds	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 #4011 - Friday, 20 January 2006

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 25:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
400	16 x 25 on :40 Kick no board BSLR	EN1	
600	12 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	1 on 4:00 Swim off	SP2	
	2x{1 x 100 on 1:30 Reverse IM drill	REC	
	{1 x 100 on 1:40 Reverse IM drill	REC	
	{1 x 100 on 1:50 Reverse IM drill	REC	
	{1 x 100 on 2:00 Reverse IM drill	REC	
	{1 x 75 on 1:05 Stroke Drills	REC	
	{1 x 75 on 1:10 Stroke Drills	REC	
	{1 x 75 on 1:15 Stroke Drills	REC	
	{1 x 75 on 1:20 Stroke Drills	REC	
	{1 x 50 on :45 Stroke Drills #1	REC	
	{1 x 50 on :50 Stroke Drills #1	REC	
	{1 x 50 on :55 Stroke Drills #1	REC	
	{1 x 50 on 1:00 Stroke Drills #1	REC	
	{1 x 25 on :25 Stroke Drills #4	REC	
	{1 x 25 on :30 Stroke Drills #4	REC	
	{1 x 25 on :35 Stroke Drills #4	REC	
	{1 x 25 on :40 Stroke Drills #4	REC	
	1 on 10:00 Ice		
	2:58 PM 3,950 Yards - Stress Value = 16		

Workout #4008 - Friday, 20 January 2006

HighSchl - Platinum

1 minute rest between sets

Yards	Set 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	

Workout #4009 - Friday, 20 January 2006

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set 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	
	{ 1 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN2	
	{ 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

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights and Stretch		I
400	1 x 400 on 7:00 Reverse IM drill	REC	I
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	F
	{ 1 x 75 on 1:25 Pulls-nbbf&w + 2 yds	EN1	F
	{ 1 x 75 on 1:20 Pulls-nbbf&w + 2 yds	EN1	F
	{ 1 x 75 on 1:15 Pulls-nbbf&w + 2 yds	EN2	F
	{ 1 x 50 on 1:10 Pulls-nbbf&w + 2 yds	EN2	F
200	8 x 25 on :30 IM order-build	EN1	§
2x{	1 x 100 on 1:45 Freestyle	EN1	§
	{ 1 x 75 on 1:35 Freestyle	EN2	§
	{ 1 x 100 on 1:45 Freestyle	EN1	§
	{ 1 x 75 on 1:30 Freestyle	EN2	§
	{ 1 x 100 on 1:45 Freestyle	EN1	§
	{ 1 x 75 on 1:25 Freestyle	EN2	§
	{ 1 x 100 on 1:45 Freestyle	EN1	§
	{ 1 x 75 on 1:20 Freestyle	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N

7:06 AM 2,750 Yards - Stress Value = 36

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 x 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 x 50 on :55 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	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	
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

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 x 125 on 1:35 Pull no br L.5yds	EN1	
	{ 4 x 125 on 1:30 Pull no br L.5yds	EN2	
300	4 x 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 x 50 on 1:00 25 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

Yards	Set Description	EGY	WOLF
	1 on 30:00 Weights and Stretch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{3 x 100 on 1:20 Pull no br L.5yds	EN1	F
	{3 x 100 on 1:15 Pull no br L.5yds	EN1	F
	{3 x 100 on 1:10 Pull no br L.5yds	EN2	F
	1x{1 x 500 on 6:15 Freestyle	EN1	S
	{2 x 400 on 5:00 Freestyle	EN1	S
	{3 x 300 on 3:45 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 5:00 Ice		N
7:04 AM 3,950 Yards - Stress Value = 44			

Workout #4012 - Monday, 23 January 2006

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOLF
	1 on 30:00 Weights and Stretch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{3 x 100 on 1:25 Pull no br L.5yds	EN1	F
	{2 x 100 on 1:20 Pull no br L.5yds	EN1	F
	{2 x 100 on 1:15 Pull no br L.5yds	EN2	F
	1x{1 x 500 on 6:40 Freestyle	EN1	S
	{2 x 400 on 5:20 Freestyle	EN1	S
	{3 x 300 on 4:00 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	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

Yards	Set Description	EGY	WOLF
	1 on 30:00 Weights and Stretch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 100 on 1:35 Pull no br L.5yds	EN1	F
	{2 x 100 on 1:30 Pull no br L.5yds	EN1	F
	{1 x 100 on 1:25 Pull no br L.5yds	EN2	F
	1x{1 x 500 on 7:05 Freestyle	EN2	S
	{2 x 400 on 5:40 Freestyle	EN2	S
	{3 x 300 on 4:15 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 5:00 Ice		N
7:04 AM 3,550 Yards - Stress Value = 60			

Workout #4016 - Monday, 23 January 2006

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOLF
	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 1:55 Kick	EN1	

1,000	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
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1
3,000	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
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:33 PM 6,500 Yards - Stress Value = 91		

Workout #4022 - Tuesday, 24 January 2006

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOLF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{2 x 125 on 2:00 Breaststroke	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Breaststroke	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
1,200	4x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
100	4 x 25 on :30 12.5 ez 12.5 fast	SP3	
750	1x{2 x 125 on 2:00 Breaststroke	EN1	
	{2 x 100 on 1:30 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Breaststroke	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
	{ With PD fins		
1,500	1x{4 x 50 on :50 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :45 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
100	4 x 25 on :30 12.5 ez 12.5 fast	EN1	
750	1x{2 x 125 on 2:00 Breaststroke	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Breaststroke	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 6,100 Yards - Stress Value = 80			

Workout #4019 - Tuesday, 24 January 2006

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 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 x 700 on 8:45 Freestyle	EN2	
	{1 x 600 on 7:30 Freestyle	EN2	
	{1 x 500 on 6:15 Freestyle	EN2	
	{1 x 400 on 5:00 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 = 121		

Workout #4021 - Tuesday, 24 January 2006

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 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	
2,700	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	
	{2 x 75 on 1:10 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,150 Yards - Stress Value = 89		

Workout #4020 - Tuesday, 24 January 2006

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 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	
	{4 x 25 on :30 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN1	

{4 x 25 on :30 Freestyle	EN2
{3 x 75 on 1:00 Freestyle	EN1
{4 x 25 on :30 Freestyle	EN2
{3 x 50 on :40 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	
5:34 PM 6,350 Yards - Stress Value = 75	

Workout #4026 - Wednesday, 25 January 2006

Taper 1 - IM/Stroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	===	===
	1 on 40:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle L.25 6bk	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
800	2x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{4 x 75 on 1:30 Kick	EN1	F
1,100	11 x 100 on 1:25 Lungbuster pulls	EN1	F
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	S
3,000	2x{4 x 100 on 1:30 Backstroke	EN1	S
	{4 x 50 on :45 Freestyle	EN1	S
	{4 x 75 on 1:05 Backstroke	EN1	S
	{4 x 50 on :45 Freestyle	EN1	S
	{4 x 50 on :40 Backstroke	EN2	S
	{4 x 50 on :45 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 7:00 Ice		M
	5:34 PM 6,000 Yards - Stress Value = 65		

Workout #4025 - Wednesday, 25 January 2006

Taper 1 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	===	===
	1 on 40:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle L.25 6bk	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
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	P
	odds br 3-5-7-9		
	evens br 2-4-6-8		
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	S
3,200	2x{4 x 150 on 2:15 Freestyle	EN1	S
	{3 x 150 on 2:10 Freestyle	EN2	S
	{2 x 150 on 2:05 Freestyle	EN2	S
	{1 x 150 on 2:00 Freestyle	EN2	S
	{1 x 100 on 2:00 Freestyle	REC	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 5:00 Ice		M
	5:35 PM 5,950 Yards - Stress Value = 77		

Workout #4023 - Wednesday, 25 January 2006

Taper 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	====	====
	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 L.25 6bk	EN1	
150	10 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 75 on 1:25 Kick	EN1	
900	9 x 100 on 1:20 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
2,400	2x{4 x 25 on :25 Butterfly	EN2	
	{4 x 50 on :45 Choice-non free	EN2	
	{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 x 100 on 1:30 25free 75fly 1up2dwn	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,650 Yards - Stress Value = 82		

Workout #4024 - Wednesday, 25 January 2006

Taper 2 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	====	====
	1 on 40:00 Weights and Stretch		I
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle L.25 6bk	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
1,200	3x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{4 x 75 on 1:25 Kick	EN1	F
1,200	12 x 100 on 1:20 Lungbuster pulls	EN1	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,700	3x{4 x 125 on 1:40 Freestyle	EN2	S
	{1 x 50 on :40 Freestyle	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
	{1 x 50 on :30 Freestyle	EN2	S
	{1 x 50 on :25 Freestyle	EN2	S
	{1 x 200 on 3:00 Freestyle	REC	S
	1 on 10:00 Ice		M
	5:32 PM 6,050 Yards - Stress Value = 79		

Workout #4030 - Friday, 27 January 2006

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	====	====
	1 on 25:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{1 x 200 on 4:00 Kick	EN1	
	{1 x 175 on 3:30 Kick	EN1	
	{1 x 150 on 3:00 Kick	EN1	
	{1 x 125 on 2:30 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	

	{1 x 75 on 1:30 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 25 on :30 Kick	EN1	
1,000	2x{3 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1,400	1x{3 x 300 on 4:30 Alt 75drill 75choice	EN1	
	{2 x 200 on 3:00 Alt 50drill 50choice	EN1	
	{1 x 100 on 1:30 Alt 25drill 25choice	EN1	
	{ R.10s-15s after each		
	1 on 10:00 Ice		
	5:00 PM 4,450 Yards - Stress Value = 41		

Workout #4028 - Friday, 27 January 2006

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
=====	=====	====	====
	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
750	1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
	{5 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	P
2,050	1x{2 x 150 on 2:00 Freestyle	EN1	S
	{2 x 125 on 1:40 Freestyle	EN1	S
	{2 x 100 on 1:20 Freestyle	EN1	S
	{2 x 75 on 1:00 Freestyle	EN1	S
	{2 x 50 on :40 Freestyle	EN1	S
	{2 x 25 on :20 Freestyle	EN1	S
	{2 x 50 on :35 Freestyle	EN2	S
	{2 x 75 on :50 Freestyle	EN2	S
	{2 x 100 on 1:10 Freestyle	EN2	S
	{2 x 125 on 1:25 Freestyle	EN2	S
	{2 x 150 on 1:45 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 7:00 Ice		M
	7:04 AM 3,650 Yards - Stress Value = 46		

Workout #4029 - Friday, 27 January 2006

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
=====	=====	====	====
	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 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
	{5 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	P
	1x{2 x 150 on 2:00 Freestyle	EN1	S
	{2 x 125 on 1:40 Freestyle	EN1	S
	{2 x 100 on 1:20 Freestyle	EN1	S
	{2 x 75 on 1:00 Freestyle	EN1	S
	{2 x 50 on :40 Freestyle	EN1	S
	{2 x 25 on :20 Freestyle	EN1	S
	{2 x 50 on :35 Freestyle	EN2	S
	{2 x 75 on :55 Freestyle	EN2	S
	{2 x 100 on 1:15 Freestyle	EN2	S
	{2 x 125 on 1:30 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 6:00 Ice		M
	7:04 AM 3,650 Yards - Stress Value = 46		

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 x 50 on :45 Pulls-nbbf&w + 2 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 x 75 on 1:05 Freestyle	EN1	S
	{2 x 50 on :45 Freestyle	EN1	S
	{2 x 25 on :25 Freestyle	EN1	S
	{2 x 50 on :40 Freestyle	EN2	S
	{2 x 75 on 1:00 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 = 44

Workout #4034 - Monday, 30 January 2006

Taper 1 - Distance

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	
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

Workout #4032 - Monday, 30 January 2006

Taper 1 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	2x{1 x 150 on 2:15 Pull no br L.5yds	EN1	
	{1 x 125 on 1:50 Pull no br L.6yds	EN1	
	{1 x 100 on 1:25 Pull no br L.7yds	EN1	
	{1 x 75 on 1:00 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	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	
1,000	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

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	
1,000	4x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 50 on 1:00 Kick	EN1	
	{1 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	
2,000	1x{2 x 250 on 3:30 Freestyle	EN1	
	{2 x 250 on 3:25 Freestyle	EN1	
	{2 x 250 on 3:20 Freestyle	EN1	
	{2 x 250 on 3:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:21 PM 6,300 Yards - Stress Value = 72

Workout #4031 - Monday, 30 January 2006

Taper 2 - All

1 minute rest between sets

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	
900	2x{1 x 150 on 2:00 Pull no br L.5yds	EN1	
	{1 x 125 on 1:40 Pull no br L.6yds	EN1	
	{1 x 100 on 1:20 Pull no br L.7yds	EN1	
	{1 x 75 on 1:00 Pull no br L.8yds	EN1	
1,750	1x{3 x 200 on 2:40 Freestyle	EN1	
	{2 x 225 on 2:55 Freestyle	EN1	
	{1 x 250 on 3:10 Freestyle	EN1	
	{9 x 50 on :45 Descend in sets of 3	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Ice		
	7:04 AM 3,750 Yards - Stress Value = 37		

Workout #4033 - Monday, 30 January 2006

Taper 2 - Sprint and Stroke

1 minute rest between sets

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	
1,000	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 1:25 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 1:10 IM w/out alt.strokes	EN1	
3,000	2x{4 x 125 on 1:40 Alt. 25free 25stroke	EN1	
	{4 x 100 on 1:20 Alt 25free 25stroke	EN1	
	{4 x 75 on 1:00 Alt. 25free 25stroke	EN1	
	{4 x 50 on :40 Alt. 25free 25stroke	EN1	
	{4 x 25 on :20 Your Stroke	EN1	
400	1 x 400 on 6:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:23 PM 6,450 Yards - Stress Value = 62		

Workout #4037 - Wednesday, 01 February 2006

Taper 1 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
400	2x{2 x 50 on 1:00 Kick no board BSLR	EN1	
	{2 x 50 on 1:00 Kick	EN1	
1,500	2x{2 x 125 on 1:50 Lungbuster pulls	EN1	
	{2 x 125 on 1:45 Lungbuster pulls	EN1	
	{2 x 125 on 1:40 Lungbuster pulls	EN1	
	{ br 2-3-4-5-6		
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,800	3x{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{ each set drop 10sec		
	{ off 300		

300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:21 PM 5,000 Yards - Stress Value = 56		

Workout #4038 - Wednesday, 01 February 2006

Taper 1 - Sprint and Stroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
	4x{2 x 50 on 1:00 Kick no board BSLR	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	1x{2 x 125 on 1:50 Lungbuster pulls	EN1	
	{2 x 125 on 1:45 Lungbuster pulls	EN1	
	{2 x 125 on 1:40 Lungbuster pulls	EN1	
	{ br 2-3-4-5-6		
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	3x{1 x 200 on 3:30 Individual Medley	EN1	
	{2 x 100 on 1:40 Your Stroke	EN1	
	{3 x 50 on :50 25 free 25 stroke	EN1	
	{4 x 25 on :30 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:26 PM 4,800 Yards - Stress Value = 49		

Workout #4040 - Wednesday, 01 February 2006

Taper 2 - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	5x{2 x 50 on :55 Kick no board BSLR	EN1	
	{2 x 50 on :55 Kick	EN1	
1,000	1x{2 x 125 on 1:45 Lungbuster pulls	EN1	
	{2 x 125 on 1:40 Lungbuster pulls	EN1	
	{2 x 125 on 1:35 Lungbuster pulls	EN1	
	{2 x 125 on 1:30 Lungbuster pulls	EN1	
	{ br 2-3-4-5-6		
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,950	3x{1 x 200 on 3:00 Individual Medley	EN1	
	{2 x 100 on 1:30 Your Stroke	EN1	
	{3 x 50 on :50 25 free 25 stroke	EN1	
	{4 x 25 on :30 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:29 PM 5,250 Yards - Stress Value = 53		

Workout #4039 - Wednesday, 01 February 2006

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

Taper 2 - Eric Blue Man

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:00 PM Start				
600	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 x 50 on :55 Kick no board BSLR	EN1	K FI	
	{2 x 50 on :55 Kick	EN1	K CF	
1,500	2x{2 x 125 on 1:45 Lungbuster pulls	EN1	P F	
	{2 x 125 on 1:40 Lungbuster pulls	EN1	P F	
	{2 x 125 on 1:35 Lungbuster pulls	EN1	P F	
	{ 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 x 300 on 4:20 Freestyle	EN1	S F	
	{1 x 100 on 1:25 Freestyle	EN1	S F	
	{1 x 100 on 1:20 Freestyle	EN1	S F	
	{1 x 100 on 1:15 Freestyle	EN2	S F	
	{ 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				

Workout #4041 - Thursday, 02 February 2006

Taper 2 - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM Start			
600	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	2x{1 x 100 on :00 Freestyle	SP2	
	{1 x 200 on 6:00 Freestyle	REC	
600	4x{1 x 50 on :00 Freestyle	SP2	
	{1 x 100 on 3:00 Freestyle	REC	
500	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

Yards	Set Description	EGY	WC
3:00 PM Start			
600	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	
600	12 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			

Workout #4044 - Thursday, 02 February 2006

Taper 2 - Eric Blue Man

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM Start			
600	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 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	
500	10 x 50 on 1:00 Stroke Drills	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

Yards	Set Description	EGY	WC
3:00 PM Start			
600	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 x 50 on :45 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 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		

Workout #4047 - Friday, 03 February 2006

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 25:00 Physio Balls/Stretch		
500	1 x 500 on 9:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
3x{	1 x 100 on 2:00 Kick	EN1	
	{1 x 75 on 1:30 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 25 on :30 Kick	EN1	
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	
1x{	1 x 150 on 2:15 Freestyle	EN1	
	{2 x 50 on :55 Stroke Drills	REC	
	{2 x 125 on 1:50 Freestyle	EN1	
	{2 x 50 on :55 Freestyle	REC	
	{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 50 on :55 Stroke Drills	REC	
	{4 x 75 on 1:05 Freestyle	EN1	
	{2 x 50 on :55 Stroke Drills	REC	
	{5 x 50 on :45 Freestyle	EN1	
	{2 x 50 on :55 Stroke Drills	REC	
	{6 x 25 on :25 Freestyle	EN1	
	{1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:59 PM	4,500 Yards - Stress Value = 38		

Workout #4046 - Friday, 03 February 2006

Taper 1 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	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	F
	{1 x 300 on 4:10 Freestyle	EN1	S	F
	{1 x 300 on 4:05 Freestyle	EN1	S	F
	{1 x 300 on 4:00 Freestyle	EN2	S	F
	{1 x 300 on 3:55 Freestyle	EN2	S	F
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

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights and Stretch		
400	1 x 400 on 7:00 Reverse IM drill	REC	I
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	€
600	1x{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
	{2 x 75 on :55 Pulls-nbbf&w + 2 yds	EN1	F
	{2 x 75 on :50 Pulls-nbbf&w + 2 yds	EN2	F
2,100	1x{1 x 300 on 4:00 Freestyle	EN1	€
	{1 x 300 on 3:55 Freestyle	EN1	€
	{1 x 300 on 3:50 Freestyle	EN1	€
	{1 x 300 on 3:45 Freestyle	EN1	€
	{1 x 300 on 3:40 Freestyle	EN2	€
	{1 x 300 on 3:35 Freestyle	EN2	€
	{1 x 300 on 3:30 Freestyle	EN2	€
200	1 x 200 on 3:00 Stroke Drills	REC	I

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

N

Workout #4051 - Saturday, 04 February 2006

Taper 1 - Distance

1 minute rest between sets

Yards	Set 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	10 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		M
9:31 AM	4,600 Yards - Stress Value = 43		

Workout #4050 - Saturday, 04 February 2006

Taper 1 - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 25:00 8 min abs/stretch		
500	1x{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 1:50 Stroke Drills	REC	
	{1 x 100 on 1:40 Stroke Drills	REC	
	{1 x 100 on 1:30 Stroke Drills	REC	
	{1 x 100 on 1:20 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
800	2x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 75 on 1:20 Kick	EN1	
750	1x{2 x 125 on 1:40 Pulls	EN1	
	{2 x 125 on 1:35 Pulls	EN1	
	{2 x 125 on 1:30 Pulls	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
2,150	1x{4 x 50 on :40 Freestyle	EN1	
	{3 x 200 on 2:40 150 free 50 non free	EN1	
	{4 x 50 on :35 Freestyle	EN1	
	{3 x 150 on 2:05 75 free 75 non free	EN1	
	{4 x 50 on :40 Freestyle	EN1	
	{3 x 100 on 1:25 Your Stroke	EN1	
	{4 x 50 on :35 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:31 AM	4,900 Yards - Stress Value = 44		

Workout #4048 - Saturday, 04 February 2006

Taper 1 - Sprint and Stroke

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 8 min abs/stretch		
500	1x{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 1:50 Stroke Drills	REC	
	{1 x 100 on 1:40 Stroke Drills	REC	
	{1 x 100 on 1:30 Stroke Drills	REC	
	{1 x 100 on 1:20 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
800	2x{4 x 25 on :40 Kick no board BSLR	EN1	
	{4 x 75 on 1:30 Kick	EN1	
1,250	2x{2 x 125 on 1:50 Pulls	EN1	
	{2 x 125 on 1:45 Pulls	EN1	
	{1 x 125 on 1:40 Pulls	EN1	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
1,250	1x{1 x 200 on 3:00 150 free 50 non free	EN1	
	{3 x 50 on :40 Freestyle	EN1	
	{2 x 150 on 2:25 75 free 75 non free	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{3 x 100 on 1:40 Your Stroke	EN1	
	{3 x 50 on :50 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:33 AM 4,500 Yards - Stress Value = 43

Workout #4049 - Saturday, 04 February 2006

Taper 1 - Eric Blue Man

1 minute rest between sets

7:30 AM Start

Yards	Set 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	10 x 15 on :45 Shooters	SP3	S
400	1x{4 x 25 on :30 Kick no board BSLR	EN1	K
	{4 x 75 on 1:25 Kick	EN1	K
1,500	2x{2 x 125 on 1:50 Pulls	EN1	P
	{2 x 125 on 1:45 Pulls	EN1	P
	{2 x 125 on 1:40 Pulls	EN1	P
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
1,800	1x{1 x 600 on 8:00 Freestyle	EN1	S
	{1 x 600 on 7:50 Freestyle	EN1	S
	{1 x 600 on 7:40 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:29 AM 4,850 Yards - Stress Value = 46

Workout #4053 - Monday, 06 February 2006

Taper 1 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 Weights and Stretch		L I
400	1 x 400 on 7:00 Choice	REC	S C
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S C
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	S
	1 on 10:00 Set up for the meet		M
	1 on 10:00 Ice		M

6:57 AM 1,500 Yards - Stress Value = 12

Workout #4052 - Monday, 06 February 2006

Taper 2 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 Weights		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
600	1x{1 x 200 on 2:45 Pull no br L.12yds	EN1	F
	{1 x 200 on 2:40 Pull no br L.12yds	EN1	F
	{1 x 200 on 2:35 Pull no br L.12yds	EN1	F
1,500	1x{5 x 100 on 1:20 Freestyle	EN1	S
	{4 x 125 on 1:40 Freestyle	EN1	S
	{2 x 250 on 3:20 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 5:00 Ice		M

7:03 AM 3,000 Yards - Stress Value = 33

Workout #4055 - Tuesday, 07 February 2006

Taper 1 - All

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WC
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{1 x 125 on 2:30 Kick	EN1	
	{1 x 125 on 2:25 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 75 on 1:30 Kick	EN1	
	{1 x 75 on 1:25 Kick	EN1	
600	2 x 300 on 4:15 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,500	1x{3 x 200 on 3:00 Freestyle	EN1	
	{3 x 150 on 2:15 Freestyle	EN1	
	{3 x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	

12:38 PM 4,000 Yards - Stress Value = 35

Workout #4054 - Tuesday, 07 February 2006

Taper 2 - All

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WC
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{1 x 125 on 2:20 Kick	EN1	
	{1 x 125 on 2:15 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN1	
	{1 x 75 on 1:25 Kick	EN1	
	{1 x 75 on 1:20 Kick	EN1	
900	3 x 300 on 3:55 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	EN1	
2,000	1x{4 x 200 on 2:35 Freestyle	EN1	
	{4 x 150 on 1:55 Freestyle	EN1	
	{4 x 100 on 1:15 Freestyle	EN1	
	{4 x 50 on :40 Freestyle	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	

12:43 PM 4,800 Yards - Stress Value = 43

Workout #4056 - Wednesday, 08 February 2006

Taper 1 - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	§
500	1 on 40:00 Weights and Stretch		L I	
500	1 x 500 on 8:00 Free L.25 of each 100 use a 6bk	EN1	S	
150	10 x 15 on :45 Shooters	SP3	S	
500	2x{4 x 25 on :40 Kick no board BSLR	EN1	K F	
	{1 x 75 on 1:30 Freestyle	EN1	K C	
	{1 x 50 on 1:00 Kick	EN1	K C	
	{1 x 25 on :30 Kick	EN1	K C	
1,000	2x{1 x 125 on 2:00 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:55 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:50 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:45 Lungbuster pulls	EN1	P	
	{ breathe 3-4-5-6-7			
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S C	
1,400	2 x 700 on 10:00 Freestyle	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:08 PM 4,000 Yards - Stress Value = 60				

	{1 x 50 on 1:00 Kick	EN1	K C
	{1 x 25 on :30 Kick	EN1	K C
1,000	2x{1 x 125 on 1:55 Lungbuster pulls	EN1	P
	{1 x 125 on 1:50 Lungbuster pulls	EN1	P
	{1 x 125 on 1:45 Lungbuster pulls	EN1	P
	{1 x 125 on 1:40 Lungbuster pulls	EN1	P
	{ breathe 3-4-5-6-7		
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S C
1,800	2x{1 x 225 on 3:00 Freestyle	EN2	S
	{1 x 225 on 2:55 Freestyle	EN2	S
	{1 x 225 on 2:50 Freestyle	EN2	S
	{1 x 225 on 2:45 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:11 PM 4,400 Yards - Stress Value = 68			

Workout #4058 - Wednesday, 08 February 2006

Taper 2 - State Champions

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	§
500	1 on 40:00 Weights and Stretch		L I	
500	1 x 500 on 8:00 Free L.25 of each 100 use a 6bk	EN1	S	
150	10 x 15 on :45 Shooters	SP3	S	
500	2x{4 x 25 on :40 Kick no board BSLR	EN1	K F	
	{1 x 75 on 1:30 Freestyle	EN1	K C	
	{1 x 50 on 1:00 Kick	EN1	K C	
	{1 x 25 on :30 Kick	EN1	K C	
1,000	2x{1 x 125 on 1:50 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:45 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:40 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:35 Lungbuster pulls	EN1	P	
	{ breathe 3-4-5-6-7			
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S C	
1,400	2 x 700 on 10:00 Freestyle	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:08 PM 4,000 Yards - Stress Value = 60				

Yards	Set Description	EGY	WORK	§
500	1 on 40:00 Weights and Stretch		L I	
500	1 x 500 on 8:00 Free L.25 of each 100 use a 6bk	EN1	S	
150	10 x 15 on :45 Shooters	SP3	S	
500	2x{4 x 25 on :40 Kick no board BSLR	EN1	K F	
	{1 x 75 on 1:30 Freestyle	EN1	K C	
	{1 x 50 on 1:00 Kick	EN1	K C	
	{1 x 25 on :30 Kick	EN1	K C	
1,000	2x{1 x 125 on 1:50 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:45 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:40 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:35 Lungbuster pulls	EN1	P	
	{ breathe 3-4-5-6-7			
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S C	
500	2x{1 x 75 on 1:00 Your Stroke	EN2	S S	
	{3 x 25 on :20 Freestyle-descend	EN2	S	
	{2 x 75 on 1:00 Your Stroke	EN2	S S	
	{3 x 25 on :20 Freestyle-descend	EN2	S	
	{3 x 75 on 1:00 Your Stroke	EN2	S S	
	{3 x 25 on :20 Freestyle-descend	EN2	S	
	{4 x 75 on 1:00 Your Stroke	EN2	S S	
	{3 x 25 on :20 Freestyle-descend	EN2	S	
300	1 x 300 on 6:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:16 PM 4,750 Yards - Stress Value = 74				

Workout #4060 - Thursday, 09 February 2006

Taper 1 - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	§
500	1 on 40:00 Weights and Stretch		L I	
500	1 x 500 on 8:00 Free L.25 of each 100 use a 6bk	EN1	S	
150	10 x 15 on :45 Shooters	SP3	S	
500	2x{4 x 25 on :40 Kick no board BSLR	EN1	K F	
	{1 x 75 on 1:30 Freestyle	EN1	K C	
	{1 x 50 on 1:00 Kick	EN1	K C	
	{1 x 25 on :30 Kick	EN1	K C	
1,000	2x{1 x 125 on 1:55 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:50 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:45 Lungbuster pulls	EN1	P	
	{1 x 125 on 1:40 Lungbuster pulls	EN1	P	
	{ breathe 3-4-5-6-7			
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S C	
1,425	1x{1 x 75 on 1:10 Your Stroke	EN2	S S	
	{3 x 25 on :25 Freestyle-descend	EN2	S	
	{2 x 75 on 1:10 Your Stroke	EN2	S S	
	{3 x 25 on :25 Freestyle-descend	EN2	S	
	{3 x 75 on 1:10 Your Stroke	EN2	S S	
	{3 x 25 on :25 Freestyle-descend	EN2	S	
	{4 x 75 on 1:10 Your Stroke	EN2	S S	
	{3 x 25 on :25 Freestyle-descend	EN2	S	
	{5 x 75 on 1:10 Your Stroke	EN2	S S	
225	1 x 225 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:10 PM 4,000 Yards - Stress Value = 63				

Yards	Set Description	EGY	WOF
600	1 on 20:00 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 100 on 2:00 Freestyle	EN1	
	{4 x 50 on 1:00 Kick	EN1	
900	1x{6 x 50 on :50 Pulls	EN1	
	{6 x 50 on :45 Pulls	EN1	
	{6 x 50 on :40 Pulls	EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	EN1	
200	1 x 200 on 6:00 Varies by your event	SP2	
600	6 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Choice		
	1 on 10:00 Ice		
4:51 PM 3,250 Yards - Stress Value = 43			

Workout #4057 - Wednesday, 08 February 2006

Taper 1 - Eric Blue Man

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	§
500	1 on 40:00 Weights and Stretch		L I	
500	1 x 500 on 8:00 Free L.25 of each 100 use a 6bk	EN1	S	
150	10 x 15 on :45 Shooters	SP3	S	
500	2x{4 x 25 on :40 Kick no board BSLR	EN1	K F	
	{1 x 75 on 1:30 Freestyle	EN1	K C	

Workout #4061 - Thursday, 09 February 2006

Taper 2 - All

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{5 x 100 on 1:45 Freestyle	EN1	
	{5 x 50 on :55 Kick	EN1	
1,350	1x{6 x 75 on 1:05 Pulls	EN1	
	{6 x 75 on 1:00 Pulls	EN1	
	{6 x 75 on :55 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	EN1	
300	1 x 300 on 6:00 Varies by your event	SP2	
600	6 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Techniques-choice		
	1 on 10:00 Ice		
4:58 PM 4,000 Yards - Stress Value = 57			

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Physio Balls/Stretch		
1x{2 x 100 on 1:30 Stroke Drills		REC	
{2 x 100 on 1:50 Stroke Drills		REC	
{2 x 100 on 1:40 Stroke Drills		REC	
{2 x 100 on 1:40 Stroke Drills		REC	
150	10 x 15 on :40 Shooters	REC	
6x{1 x 50 on :55 Kick		EN1	
{1 x 50 on :55 Kick w/out a board		EN1	
1,200	2 x 600 on 8:00 Pulls-nbbf&w + 2 yds	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
1x{4 x 50 on :55 Stroke Drills		REC	
{4 x 50 on :55 Stroke Drills		REC	
{4 x 50 on 1:00 Stroke Drills		REC	
{4 x 50 on :50 Stroke Drills		REC	
	1 on 10:00 Techniques-		
	1 on 10:00 Ice		
4:57 PM 3,800 Yards - Stress Value = 28			

Workout #4069 - Saturday, 11 February 2006

Taper 1 - Distance

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 40:00 1 set of weights/physio ball/stretch		
800	1x{2 x 100 on 1:30 Stroke Drills	REC	
	{2 x 100 on 2:00 Stroke Drills	REC	
	{2 x 100 on 1:45 Stroke Drills	REC	
	{2 x 100 on 1:45 Stroke Drills	REC	
150	10 x 15 on :40 Shooters	REC	
600	6x{1 x 50 on 1:00 Kick	EN1	
	{1 x 50 on 1:00 Kick w/out a board	EN1	
600	1 x 600 on 9:00 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
800	1x{4 x 50 on :55 Stroke Drills	REC	
	{4 x 50 on :55 Stroke Drills	REC	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{4 x 50 on :50 Stroke Drills	REC	
	1 on 10:00 Techniques-		
	1 on 10:00 Ice		
5:05 PM 3,150 Yards - Stress Value = 20			

7:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 20:00 Stomach and Stretch			L DF
500	10 x 50 on 1:00 Stroke Drills	REC		D CF
150	10 x 15 on :45 Shooters	SP3		S CF
250	1x{4 x 25 on :45 Kick no board BSLR	EN1		K FI
	{1 x 150 on 3:00 Kick	EN1		K CF
600	1x{1 x 200 on 3:00 Pulls	EN1		P F
	{1 x 200 on 2:50 Pulls	EN1		P F
	{1 x 200 on 2:45 Pulls	EN2		P F
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3		S CF
1,600	1x{1 x 400 on 5:50 Freestyle	EN1		S F
	{1 x 400 on 5:45 Freestyle	EN1		S F
	{1 x 400 on 5:40 Freestyle	EN1		S F
	{1 x 400 on 5:35 Freestyle	EN2		S F
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
9:20 AM 3,500 Yards - Stress Value = 45				

Workout #4068 - Saturday, 11 February 2006

Taper 1 - Sprint and Stroke

1 minute rest between sets

5:30 AM Start				
Yards	Set Description	EGY	WORK	ST
	1 on 35:00 Weights and Stretch			L DF
300	1 x 300 on 5:00 Reverse IM drill	REC		D I
150	10 x 15 on :45 Shooters	SP3		S CF
1,000	4x{1 x 100 on 1:20 Lungbuster pulls	EN1		P F
	{ br 3-4-5-6			
	{1 x 75 on 1:00 Freestyle	EN1		S F
	{1 x 50 on :40 Freestyle	EN1		S F
	{1 x 25 on :20 Freestyle	EN1		S F
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Techniques-Relay Str			D I
	1 on 10:00 Ice			M
6:58 AM 1,650 Yards - Stress Value = 16				

7:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 20:00 Stomach and Stretch			L I
500	10 x 50 on 1:00 Stroke Drills	REC		D C
150	10 x 15 on :45 Shooters	SP3		S C
400	1x{4 x 25 on :45 Kick no board BSLR	EN1		K F
	{6 x 50 on 1:00 Kick-not all free	EN1		K C
450	1x{2 x 75 on 1:10 Pulls	EN1		P
	{2 x 75 on 1:05 Pulls	EN1		P
	{2 x 75 on 1:00 Pulls	EN2		P
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3		S C
1,500	1x{4 x 125 on 1:55 Freestyle-descend	EN1		S
	{4 x 100 on 1:30 Freestyle-descend	EN1		S
	{4 x 75 on 1:10 Freestyle-descend	EN1		S
	{4 x 50 on :45 Freestyle-descend	EN1		S
	{4 x 25 on :30 Freestyle-descend	EN1		S
200	1 x 200 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Techniques-Choice			D
	1 on 10:00 Ice			M
9:22 AM 3,400 Yards - Stress Value = 40				

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

Yards	Set Description	EGY	WORK
7:30 AM Start			
=====	=====	===	=====
	1 on 20:00 Stomach and Stretch		I
500	10 x 50 on 1:00 Stroke Drills	REC	I
150	10 x 15 on :45 Shooters	SP3	S
1x{	8 x 25 on :30 Kick no board BSLR	EN1	F
	{ 2 x 125 on 2:15 Kick	EN1	F
	{ 1 x 100 on 2:00 Kick-Great effort	EN2	F
1x{	3 x 75 on 1:10 Pulls	EN1	F
	{ 4 x 75 on 1:05 Pulls	EN1	F
	{ 5 x 75 on 1:00 Pulls	EN2	F
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1x{	4 x 125 on 1:55 Alt 25stroke 25free	EN1	S
	{ 1 x 100 on 1:15 Freestyle	EN1	S
	{ 4 x 100 on 1:30 Alt 25stroke 25free	EN1	S
	{ 1 x 100 on 1:15 Freestyle	EN1	S
	{ 4 x 75 on 1:10 Alt 25stroke 25free	EN1	S
	{ 1 x 100 on 1:15 Freestyle	EN1	S
	{ 4 x 50 on :45 Choice	EN1	S
	{ 1 x 100 on 1:15 Freestyle	EN1	S
	{ 4 x 25 on :30 Choice	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Techniques-Choice		I
	1 on 10:00 Ice		M
9:35 AM 4,400 Yards - Stress Value = 52			

Workout #4066 - Saturday, 11 February 2006

Taper 2 - Eric Blue Man

1 minute rest between sets

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

Workout #4065 - Saturday, 11 February 2006

Taper 2 - Miguel Santos

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
7:30 AM Start				
=====	=====	===	=====	=====
	1 on 20:00 Stomach and Stretch		L DF	
500	10 x 50 on 1:00 Stroke Drills	REC	D CF	
150	10 x 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 x 100 on 1:40 Breaststroke	EN1	S E	

	{ 2 x 75 on 1:10 Breaststroke	EN1	S E	
	{ 2 x 50 on :50 Breaststroke	EN1	S E	
	{ 2 x 25 on :30 Breaststroke	EN1	S E	
	{ w/PositiveDrive fins			
450	1x{2 x 75 on 1:10 Pulls	EN1	P F	
	{ 2 x 75 on 1:05 Pulls	EN1	P F	
	{ 2 x 75 on 1:00 Pulls	EN2	P F	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S CF	
750	1x{2 x 125 on 2:05 Breaststroke	EN1	S E	
	{ 2 x 100 on 1:40 Breaststroke	EN1	S E	
	{ 2 x 75 on 1:10 Breaststroke	EN1	S E	
	{ 2 x 50 on :50 Breaststroke	EN1	S E	
	{ 2 x 25 on :30 Breaststroke	EN1	S E	
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	Set Description	EGY	WORK	ST
3:00 PM Start				
=====	=====	===	=====	=====
	1 on 30:00 1set of weights/abs stretching		L DF	
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		M	
4:51 PM 3,100 Yards - Stress Value = 30				

Workout #4070 - Monday, 13 February 2006

Taper 2 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM Start				
=====	=====	===	=====	=====
	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				

Workout #4073 - Monday, 13 February 2006

Taper 2 - State Champions

1 minute rest between sets

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

Workout #4072 - Monday, 13 February 2006

Taper 2 - Eric Blue Man

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	3:00 PM Start			
	1 on 30:00 1set of weights/abs stretching			L DF
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 1:45 Pulls	EN1	P	F
1,500	20 x 75 on 1:00 Choice	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Techniques-		D	CF
	1 on 10:00 Ice			M
	4:50 PM 3,250 Yards - Stress Value = 31			

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
	1 on 15:00 Techniques-free turns	EN1	I
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	F
	{2 x 125 on 1:50 Pulls	EN1	F
	{2 x 125 on 1:45 Pulls	EN1	F
150	10 x 15 on :45 Shooters	SP3	S
1,000	10 x 100 on 1:30 free	EN1	S
300	12 x 25 on :30 IM order	EN1	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	6:46 PM 3,450 Yards - Stress Value = 31		

Workout #4077 - Monday, 08 May 2006

Group 2 - All

1 minute rest between sets

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

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

Yards	Set Description	EGY	WORK
	3:00 PM Start		
	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		

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 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 12.5 easy 12.5 fast Concentrate on great finishes!!	EN1	
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 x 75 on 1:00 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 #4076 - Monday, 08 May 2006

Group 3 - All

1 minute rest between sets

Workout #4079 - Tuesday, 09 May 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 PM Start		
	1 on 15:00 Stomach and Stretch		
300	6 x 50 on 1:30 Stroke Drills		REC
	1 on 10:00 Techniques-Freestyle turns		
300	1x{1 x 100 on 3:00 Kick		EN2
	{4 x 25 on 1:00 Kick		EN2
	{1 x 50 on 1:30 Kick		EN2
	{2 x 25 on 1:30 Kick		EN2
300	3 x 100 on 2:00 Freestyle-descend		EN2
200	4 x 50 on 1:30 Stroke Drills		REC
	6:31 PM 1,100 Yards - Stress Value = 12		

Workout #4080 - Tuesday, 09 May 2006

Group 1 - All

1 minute rest between sets

Yards	Set Description	EGY	WORF
	6:00 PM Start		
	1 on 10:00 Stomach and Stretch		
	1 on 15:00 Water adjustment/streamline practice/breathing drills		
	1 on 5:00 Game		
	6:30 PM 0 Yards		

Workout #4081 - Wednesday, 10 May 2006

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:00 PM Start		
	1 on 20:00 Stomach and Stretch		L
600	12 x 50 on 1:00 Stroke Drills		REC D
150	10 x 15 on :45 Shooters		SP3 S
800	1x{1 x 100 on 2:00 Kick		EN2 K
	{4 x 25 on :30 Sprint kick		EN2 K
	{2 x 100 on 1:50 Kick		EN2 K
	{4 x 25 on :30 Kick		EN2 K
	{3 x 100 on 1:40 Kick		EN2 K
1,000	1x{1 x 100 on 1:30 Pulls		EN1 P
	{1 x 200 on 2:50 Pulls		EN1 P
	{1 x 300 on 4:00 Pulls		EN1 P
	{1 x 400 on 5:00 Pulls		EN2 P
250	10 x 25 on :30 12.5 easy 12.5 fast		EN1 S
1,350	1x{1 x 250 on 3:00 Freestyle		EN2 S
	{8 x 25 on :30 Butterfly		EN1 S
	{1 x 250 on 2:55 Freestyle		EN2 S
	{8 x 25 on :30 Backstroke		EN1 S
	{1 x 250 on 2:50 Freestyle		EN2 S
	{8 x 25 on :30 Breaststroke		EN1 S
250	1 x 250 on 5:00 Stroke Drills		REC S
	6:46 PM 4,400 Yards - Stress Value = 59		

Workout #4082 - Thursday, 11 May 2006

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:00 PM Start		
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim		REC
	1 on 10:00 Techniques-TN turn drills		
800	1x{2 x 100 on 2:00 Kick		EN2
	{2 x 100 on 1:55 Kick		EN2

	{2 x 100 on 1:50 Kick		EN2
	{2 x 100 on 1:45 Kick		EN2
800	8 x 100 on 1:30 Lungbuster pulls		EN1
150	10 x 15 on :45 Shooters		SP3
1,500	1x{4 x 125 on 1:50 Freestyle		EN1
	{4 x 125 on 1:45 Freestyle		EN1
	{4 x 125 on 1:40 Freestyle		EN2
250	1 x 250 on 5:00 Stroke Drills		REC
	6:46 PM 4,100 Yards - Stress Value = 50		

Workout #4083 - Thursday, 11 May 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
	5:30 PM Start			
	1 on 15:00 Stomach and Stretch			L
200	1 x 200 on 5:00 Swim-kick-pull		REC	S F
	1 on 10:00 Techniques-Free turns			D F
600	1x{1 x 200 on 6:00 Kick		EN2	K CF
	{2 x 100 on 2:45 Kick		EN2	K CF
	{4 x 50 on 1:15 Kick		EN2	K CF
900	1x{4 x 100 on 2:00 Pulls		EN1	P F
	{3 x 100 on 1:55 Puls		EN1	P F
	{2 x 100 on 1:50 Pulls		EN1	P F
200	4 x 50 on 1:30 Stroke Drills		REC	D C
	6:44 PM 1,900 Yards - Stress Value = 21			

Workout #4084 - Thursday, 11 May 2006

Group 1 - All

1 minute rest between sets

Yards	Set Description	EGY
	6:00 PM Start	
	1 on 10:00 Stomach and Stretch	
	1 on 5:00 Review Tuesdays Work	
25	1 x 25 on 10:00 Stroke Drill-introduce 1st Freestyle drill (thumb drag)	
	1 on 10:00 Technique-Starts in deep end	
	1 on 10:00 Game	
	6:45 PM 25 Yards	

Workout #4085 - Friday, 12 May 2006

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:00 PM Start		
	1 on 20:00 Stomach and Stretch		
600	6 x 100 on 2:00 Stroke Drills		REC D
150	10 x 15 on :45 Shooters		SP3 S
800	1 x 800 on 16:00 Vertical Kicking		EN2 K
750	6x{1 x 25 on :30 Pulls-5 breaths		EN1 P
	{1 x 25 on :30 Pulls-4 breaths		EN1 P
	{1 x 25 on :30 Pulls-3 breaths		EN2 P
	{1 x 25 on :30 Pulls-2 breaths		EN2 P
	{1 x 25 on :30 Pulls-1 breath		EN2 P
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's		EN1 S
1,200	1x{1 x 200 on 3:00 Individual Medley		EN2 S
	{1 x 100 on 1:30 Freestyle		EN1 S
	{1 x 200 on 2:55 Individual Medley		EN2 S
	{1 x 100 on 1:25 Freestyle		EN1 S
	{1 x 200 on 2:50 Individual Medley		EN2 S
	{1 x 100 on 1:20 Freestyle		EN2 S
	{1 x 200 on 2:45 Individual Medley		EN2 S
	{1 x 100 on 1:15 Freestyle		EN2 S
250	1 x 250 on 5:00 Stroke Drills		REC D
	6:44 PM 4,050 Yards - Stress Value = 60		

Workout #4086 - Friday, 12 May 2006

Group 2 - All

1 minute rest between sets

5:30 PM Start				5:00 PM Start			
Yards	Set Description	EGY	WORK	Yards	Set Description	EGY	
	1 on 15:00 Stomach and Stretch		L		1 on 20:00 Stomach and Stretch		
400	4 x 100 on 2:15 Stroke Drills	REC	D	600	1 x 600 on 10:00 Swim-kick-pull-swim		REC
150	10 x 15 on :45 Shooters	SP3	S	150	10 x 15 on :45 Shooters		SP3
600	1 x 600 on 16:00 Vertical Kicking	EN2	K	600	2x{1 x 150 on 3:30 Kick		EN2
700	1x{1 x 100 on 2:15 Individual Medley	EN2	S		{1 x 100 on 2:20 Kick		EN2
	{1 x 100 on 2:10 Individual Medley	EN2	S	900	1x{2 x 150 on 2:40 Pulls-mid 50 br every 5		EN1
	{1 x 100 on 2:05 Individual Medley	EN2	S		{2 x 150 on 2:40 Pulls-mid 50 br every 7		EN1
	{1 x 100 on 2:00 Individual Medley	EN2	S	200	{2 x 150 on 2:40 Pulls-mid 50 br every 9		EN1
	{1 x 100 on 1:55 Individual Medley	EN2	S		8 x 25 on :30 12.5 easy 12.5 fast		EN1
	{1 x 100 on 1:50 Individual Medley	EN2	S	1,050	Concentrate on great finishes		
	{1 x 100 on 1:45 Individual Medley	EN2	S	450	6 x 175 on 3:30 3min swims 30sec rest		EN2
	1 on 10:00 Techniques-Starts		D	250	18 x 25 on :30 Decend in 3's		EN1
6:45 PM	1,850 Yards - Stress Value = 32				1 x 250 on 5:00 Stroke Drill		REC
					1 on 6:00 Technique-Starts		
				7:00 PM	4,200 Yards - Stress Value = 54		

Workout #4089 - Monday, 15 May 2006

Group 3 - Platinum

1 minute rest between sets

5:00 PM Start				5:30 PM Start			
Yards	Set Description	EGY		Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch				1 on 15:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		400	1 x 400 on 8:00 Swim-kick-pull-swim		REC
150	10 x 15 on :45 Shooters	SP3		150	10 x 15 on :45 Shooters		SP3
900	3x{1 x 150 on 2:35 Kick	EN2		600	2x{1 x 150 on 3:45 Kick		EN2
	{1 x 100 on 1:45 Kick	EN2			{1 x 100 on 2:30 Kick		EN2
	{1 x 50 on :50 Kick	EN2			{1 x 50 on 1:15 Kick		EN2
900	1x{2 x 150 on 2:00 Pulls-mid 50 br every 5	EN1		600	2x{1 x 50 on :50 Pulls-nbbf&w		EN1
	{2 x 150 on 2:00 Pulls-mid 50 br every 7	EN1			{1 x 100 on 1:40 Pulls-nbbf&w		EN1
	{2 x 150 on 2:00 Pulls-mid 50 br every 9	EN1			{1 x 150 on 2:30 Pulls-nbbf&w		EN1
250	10 x 25 on :30 12.5 easy 12.5 fast	EN1		200	8 x 25 on :40 12.5 easy 12.5 fast		EN1
	Concentrate on great finishes				Concentrate on good finishes		
1,500	6 x 250 on 3:30 3min swims 30sec rest	EN2		800	4 x 200 on 3:30 3min swim 30sec rest		EN2
450	18 x 25 on :30 Decend in 3's	EN1		300	6 x 50 on 1:30 Stroke Drills		REC
250	1 x 250 on 5:00 Stroke Drill	REC		7:01 PM	3,050 Yards - Stress Value = 42		
	1 on 6:00 Technique-Starts						
6:59 PM	5,000 Yards - Stress Value = 69						

Workout #4090 - Monday, 15 May 2006

Group 2 - All

1 minute rest between sets

Workout #4091 - Tuesday, 16 May 2006

Group 3 - Platinum

1 minute rest between sets

Workout #4088 - Monday, 15 May 2006

Group 3 - Gold

1 minute rest between sets

5:00 PM Start				5:00 PM Start			
Yards	Set Description	EGY		Yards	Set Description	EGY	
	1 on 20:00 Stomach and Stretch				1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters	SP3		150	10 x 15 on :45 Shooters		
900	3x{1 x 150 on 3:00 Kick	EN2		750	1x{1 x 125 on 2:30 Kick		
	{1 x 100 on 2:00 Kick	EN2			{1 x 125 on 2:25 Kick		
	{1 x 50 on 1:00 Kick	EN2			{1 x 125 on 2:20 Kick		
750	1x{2 x 150 on 2:15 Pulls-mid 50 br every 5	EN1			{1 x 125 on 2:15 Kick		
	{2 x 150 on 2:15 Pulls-mid 50 br every 7	EN1			{1 x 125 on 2:10 Kick		
	{1 x 150 on 2:15 Pulls-mid 50 br every 9	EN1			{1 x 125 on 2:05 Kick		
200	8 x 25 on :30 12.5 easy 12.5 fast	EN1		800	1 x 800 on 10:00 Pulls-nbbf&w + 2 yds		
	Concentrate on great finishes			300	12 x 25 on :30 12.5 easy 12.5 fast-grt fnshe		
1,200	6 x 200 on 3:30 3min swims 30sec rest	EN2		2,300	1x{1 x 200 on 2:50 Backstroke		
450	18 x 25 on :30 Decend in 3's	EN1			{4 x 50 on :50 Backstroke-descend		
250	1 x 250 on 5:00 Stroke Drill	REC			{2 x 175 on 2:25 Backstroke		
	1 on 6:00 Technique-Starts				{4 x 50 on :50 Backstroke-descend		
7:00 PM	4,500 Yards - Stress Value = 62				{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		
				100	1 x 100 on 10:00 Sculling drills		
				6:59 PM	5,000 Yards - Stress Value = 75		

Workout #4087 - Monday, 15 May 2006

Group 3 - Silver

1 minute rest between sets

Workout #4092 - Tuesday, 16 May 2006

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 20:00 Stomach and Stretch
150	1 x 600 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
700	6 x 125 on 2:30 Kick
300	1 x 700 on 10:00 Pulls-nbbf&w + 2 yds
1,900	12 x 25 on :30 12.5 easy 12.5 fast-grt fnshe
	1x{2 x 175 on 3:00 Backstroke
	{4 x 50 on :55 Backstroke-descend
	{3 x 150 on 2:35 Backstroke
	{4 x 50 on :55 Backstroke-descend
	{4 x 125 on 2:10 Backstroke
	{4 x 50 on :55 Backstroke-descend
100	1 x 100 on 10:00 Sculling drills
6:59 PM	4,500 Yards - Stress Value = 69

Workout #4093 - Tuesday, 16 May 2006

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
500	1 on 20:00 Stomach and Stretch
150	1 x 500 on 10:00 Underwater trn drill
600	10 x 15 on :45 Shooters
550	6 x 100 on 2:30 Kick
300	1 x 550 on 10:00 Pulls-nbbf&w + 2 yds
1,600	12 x 25 on :30 12.5 easy 12.5 fast-grt fnshe
	1x{3 x 50 on 1:15 Backstroke-descend
	{4 x 150 on 3:00 Backstroke
	{4 x 50 on 1:15 Backstroke-descend
	{4 x 125 on 2:30 Backstroke
	{3 x 50 on 1:15 Backstroke-descend
100	1 x 100 on 10:00 Sculling drills
7:00 PM	3,800 Yards - Stress Value = 59

Workout #4094 - Tuesday, 16 May 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
500	1 on 15:00 Stomach and Stretch	EGY
150	1 x 500 on 10:00 Underwater trn drill	REC
600	10 x 15 on :45 Shooters	SP3
750	6 x 100 on 2:20 Kick-odds 100% effort	EN2
	1x{1 x 250 on 4:30 Pulls	EN1
	{1 x 250 on 4:20 Pull no br L.	EN1
	{1 x 250 on 4:10 Pulls	EN1
150	3 x 50 on 1:00 Freestyle-descend	EN2
600	2x{2 x 125 on 2:30 Backstroke	EN2
	{2 x 25 on :45 Back-8 kicks off the wall	EN2
50	1 x 50 on 1:30 Backstroke-100% effort	EN3
200	4 x 50 on 1:15 Stroke Drills	REC
7:00 PM	3,000 Yards - Stress Value = 42	

Workout #4095 - Tuesday, 16 May 2006

Group 1 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
6:00 PM	Start		
1	on 10:00 Stomach and Stretch		

1	on 5:00 Warm-up with water bobs
100	1 x 100 on 10:00 Kicking drills
100	1 x 100 on 5:00 Review thumb drag drill
100	1 x 100 on 10:00 High Elbow Drill
1	on 10:00 Techniques-starts in deep end
1	on 8:00 Game
7:00 PM	300 Yards

Workout #4096 - Wednesday, 17 May 2006

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 20:00 Stomach and Stretch
	2x{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:30 Freestyle-L. 25 fast
	{1 x 100 on 1:30 Freestyle L.50 fast
150	10 x 15 on :45 Shooters
750	3x{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:15 Kick
800	1x{1 x 200 on 2:40 Lungbuster pulls br 3-4-5-6
	{1 x 200 on 2:35 Lungbuster pulls br 2-3-4-5
	{1 x 200 on 2:30 Lungbuster pulls br 3-4-5-6
	{1 x 200 on 2:25 Lungbuster pulls br 2-3-4-5
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's
1,600	1x{1 x 100 on 1:45 Breaststroke
	{6 x 25 on 1:00 Breast from dive/10 pushups
	{2 x 100 on 1:40 Breaststroke
	{6 x 25 on 1:00 Breast from dive/10 pushups
	{3 x 100 on 1:35 Breaststroke
	{6 x 25 on 1:00 Breast from dive/10 pushups
	{4 x 100 on 1:30 Breaststroke
	{6 x 25 on 1:00 Breast from dive/10 pushups
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	4,450 Yards - Stress Value = 72

Workout #4097 - Wednesday, 17 May 2006

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
500	1 on 20:00 Stomach and Stretch
	2x{1 x 100 on 1:40 Freestyle
	{1 x 100 on 1:40 Freestyle-L. 25 fast
	{1 x 50 on :50 Freestyle -all fast
150	10 x 15 on :45 Shooters
750	3x{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:30 Kick
650	1x{1 x 200 on 3:00 Lungbuster pulls br 3-4-5-6
	{1 x 200 on 2:55 Lungbuster pulls br 2-3-4-5
	{1 x 200 on 2:50 Lungbuster pulls br 3-4-5-6
	{1 x 50 on :40 Lungbuster pulls br 4-5
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's
1,600	1x{1 x 100 on 1:45 Breaststroke
	{6 x 25 on 1:00 Breast from dive/10 pushups
	{2 x 100 on 1:40 Breaststroke
	{6 x 25 on 1:00 Breast from dive/10 pushups
	{3 x 100 on 1:35 Breaststroke
	{6 x 25 on 1:00 Breast from dive/10 pushups
	{4 x 100 on 1:30 Breaststroke
	{6 x 25 on 1:00 Breast from dive/10 pushups
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	4,200 Yards - Stress Value = 67

Workout #4098 - Wednesday, 17 May 2006

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set 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 x 15 on :45 Shooters	S
600	3x{4 x 25 on :40 Kick no board BSLR	E
	{2 x 50 on 1:30 Kick	E
600	1x{1 x 150 on 3:00 Lungbuster pulls br 3-4-5	E
	{1 x 150 on 2:55 Lungbuster pulls br 2-3-4	E
	{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	E
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 x 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 x 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	E
	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 PM Start

Yards	Set Description	E
	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 1:45 Kick	
	{1 x 100 on 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	

	{1 x 300 on 4:00 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 1:20 Butterfly 2-2	
	{1 x 100 on 1:45 Butterfly 2-2	
	{1 x 150 on 2:15 Freestyle-hold under 200	
300	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	E
	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 x 25 on :45 Butterfly 2-2	
	{1 x 50 on 1:25 Butterfly 2-2	
	{1 x 75 on 2:00 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	E
	1 on 15:00 Stomach and Stretch	
400	4 x 100 on 2:15 Underwater trn drill	
	odds free evens backstroke	
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 x 75 on 2:00 Butterfly 2-2	
	{1 x 50 on 1:00 Freestyle hold under :45	
200	1 x 200 on 5:00 Stroke Drills	
	7:00 PM 2,800 Yards - Stress Value = 29	

Workout #4103 - Thursday, 18 May 2006

Group 1 - All

1 minute rest between sets

Yards	Set Description	E
	6:00 PM Start	
	=====	
	1 on 10:00 Stomach and Stretch	
	1 on 5:00 Warm-up with water bobs	
100	1 x 100 on 10:00 Kicking drills	
100	1 x 100 on 15:00 Steamline/kick/3 strokes/add breath/3strokes/breath/3 strokes/breath	
	1 on 10:00 Techniques-free turns	
	1 on 8:00 Game	
	6:59 PM 200 Yards	

Workout #4104 - Friday, 19 May 2006

Group 3 - All

1 minute rest between sets

Yards	Set Description	E
	5:00 PM Start	
	=====	
	1 on 20:00 Stomach and Stretch	
600	1 x 600 on 12:00 Reverse IM drill	
150	10 x 15 on :45 Shooters	
1,250	1x{1 x 125 on 2:30 Kick	
	{1 x 125 on 2:25 Kick	
	{1 x 125 on 2:20 Kick	
	{1 x 125 on 2:15 Kick	
	{1 x 125 on 2:10 Kick	
	{1 x 125 on 2:05 Kick	
	{1 x 125 on 2:00 Kick	
	{1 x 125 on 1:55 Kick	
	{1 x 125 on 1:50 Kick	
	{1 x 125 on 1:45 Kick	
600	1 x 600 on 9:00 Pulls	
1,500	5x{1 x 25 on :30 Freestyle	
	{1 x 25 on :40 Freestyle	
	{1 x 25 on :50 Freestyle	
	{1 x 25 on 1:00 Freestyle	
	{1 x 200 on 4:00 Stroke Drill	
400	4 x 100 on 1:30 Freestyle-descend to ludicrc	
200	1 x 200 on 3:00 Stroke Drill	
	7:01 PM 4,700 Yards - Stress Value = 48	

Workout #4105 - Friday, 19 May 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description	E
	5:30 PM Start	
	=====	
	1 on 20:00 Stomach and Stretch	
400	1 x 400 on 8:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
550	1x{1 x 100 on 2:30 Kick	E
	{2 x 25 on :45 Sprint kick	E
	{1 x 100 on 2:20 Kick	E
	{2 x 25 on :45 Sprint kick	E
	{1 x 100 on 2:10 Kick	E
	{2 x 25 on :45 Sprint kick	E
	{1 x 100 on 2:00 Kick	E
750	6 x 125 on 2:00 Pulls-descend in sets of 3	E
200	8 x 25 on :30 IM order	E
650	1x{1 x 100 on 3:00 Freestyle-100%	S
	{2 x 50 on 1:10 Freestyle-ez	F
	{1 x 75 on 2:15 Freestyle-100%	S
	{2 x 50 on 1:10 Freestyle-ez	F
	{1 x 50 on 1:30 Freestyle-100%	S
	{2 x 50 on 1:10 Freestyle-ez	F
	{1 x 25 on 1:15 Freestyle-100%	S
	{2 x 50 on 1:10 Freestyle-ez	F

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

Workout #4106 - Monday, 22 May 2006

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	E
	5:00 PM Start	
	=====	
	1 on 25:00 Physio Balls/Stretch	
600	1 x 600 on 12:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,000	2x{4 x 25 on :35 Kick no board BSLR	
	{3 x 50 on :50 Kick	
	{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	
	{5 x 50 on :45 Pull no br L.10 yds	
	{5 x 50 on :40 Pull no br L.8 yds	
	{5 x 50 on :35 Pull no br L.6 yds	
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe	
3,000	1x{1 x 500 on 6:00 Freestyle	
	{2 x 400 on 4:45 Freestyle	
	{3 x 300 on 3:30 Freestyle	
	{4 x 200 on 2:18 Freestyle	
400	8 x 50 on 1:00 Stroke Drills	
	7:14 PM 6,450 Yards - Stress Value = 100	

Workout #4108 - Monday, 22 May 2006

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	E
	5:00 PM Start	
	=====	
	1 on 25:00 Physio Balls/Stretch	
600	1 x 600 on 12:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,000	2x{4 x 25 on :35 Kick no board BSLR	
	{3 x 50 on :55 Kick	
	{2 x 75 on 1:25 Kick	
	{1 x 100 on 1:50 Kick	
1,000	1x{5 x 50 on :55 Pull no br L. 12 yds	
	{5 x 50 on :50 Pull no br L.10 yds	
	{5 x 50 on :45 Pull no br L.8 yds	
	{5 x 50 on :40 Pull no br L.6 yds	
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe	
2,600	1x{1 x 500 on 7:05 Freestyle	
	{2 x 400 on 5:35 Freestyle	
	{3 x 300 on 4:10 Freestyle	
	{2 x 200 on 2:45 Freestyle	
250	5 x 50 on 1:00 Stroke Drills	
	7:15 PM 5,900 Yards - Stress Value = 92	

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 x 50 on 1:00 Pull no br L.10 yds
 {5 x 50 on :55 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

{1 x 175 on 2:20 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

Workout #4111 - Tuesday, 23 May 2006

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards 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 3:00 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
 {1 x 175 on 2:45 Backstroke
 {1 x 175 on 2:40 Backstroke
 {1 x 150 on 2:20 Backstroke
 {1 x 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
 {1 x 25 on :20 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 7:16 PM 5,700 Yards - Stress Value = 79

Workout #4109 - Monday, 22 May 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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 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 1:00 Pull no br L.5 yds
 {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
 1,500 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
 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 x 200 on 3:00 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

Workout #4110 - Tuesday, 23 May 2006

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards 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
 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 x 125 on 2:15 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,500 1x{1 x 200 on 4:30 Backstroke
 {1 x 200 on 4:20 Backstroke
 {1 x 175 on 3:45 Backstroke
 {1 x 175 on 3:40 Backstroke
 {1 x 150 on 3:10 Backstroke
 {1 x 150 on 3:05 Backstroke
 {1 x 125 on 2:35 Backstroke
 {1 x 125 on 2:30 Backstroke
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 4,650 Yards - Stress Value = 67

Workout #4113 - Tuesday, 23 May 2006

Group 2 - All

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 Choice
 150 10 x 15 on :45 Shooters
 600 2x{1 x 150 on 3:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:10 Kick
 500 1x{1 x 125 on 2:15 Pulls
 {1 x 125 on 2:10 Pulls
 {1 x 125 on 2:05 Pulls
 {1 x 125 on 2:00 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 200 on 4:00 Backstroke
 {1 x 200 on 3:55 Backstroke
 {1 x 175 on 3:25 Backstroke
 {1 x 175 on 3:20 Backstroke
 {1 x 150 on 2:50 Backstroke
 {1 x 150 on 2:45 Backstroke
 {1 x 125 on 2:20 Backstroke
 {1 x 125 on 2:15 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 200 1 x 200 on 5:00 Stroke Drills
 7:15 PM 3,550 Yards - Stress Value = 52

Workout #4114 - Tuesday, 23 May 2006

Group 1 - All

1 minute rest between sets

6:00 PM Start
 Yards Set Description EGY V
 =====
 1 on 10:00 Dryland
 1 on 10:00 Water Bobs/Streamlines
 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
 600 1 x 600 on 10:00 Underwater trn drill
 150 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
 300 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 x 75 on 1:05 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
 7:15 PM 6,400 Yards - Stress Value = 120

Workout #4118 - Thursday, 25 May 2006

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Dryland and stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 6x{1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick-100% Effort
 1,200 1x{2 x 250 on 3:30 Pulls
 {2 x 200 on 2:45 Pulls
 {2 x 150 on 2:00 Pulls
 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe
 2,400 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%
 250 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
 Yards Set Description
 =====
 1 on 25:00 Dryland and stretch
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 6x{1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {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
 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe
 1,950 1x{1 x 200 on 3:45 Individual Medley
 {4 x 75 on 1:15 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
 7:14 PM 5,250 Yards - Stress Value = 93

Workout #4116 - Thursday, 25 May 2006

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards 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
 {1 x 100 on 1:50 Freestyle
 {1 x 50 on 1:30 Breaststroke-100%
 {1 x 150 on 3:45 Individual Medley w/out free
 {2 x 75 on 1:30 Breaststroke
 {1 x 100 on 1:45 Freestyle
 {1 x 50 on 1:30 Breaststroke-100%
 250 1 x 250 on 6:00 Stroke Drills
 7:14 PM 4,400 Yards - Stress Value = 78

Workout #4119 - Thursday, 25 May 2006

Group 2 - All

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 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 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 25 on :25 Pulls-nbbf&w + 2 yds
 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe
 2,600 2x{8 x 25 on :30 Butterfly-lup 2down
 {1 x 250 on 5:00 Stroke Drills
 {6 x 25 on :30 Butterfly lup 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

Workout #4123 - Friday, 26 May 2006

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 500 1 x 500 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 1:55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:55 Kick
 800 1x{4 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe
 2,600 2x{8 x 25 on :30 Butterfly-lup 2down
 {1 x 250 on 5:00 Stroke Drills
 {6 x 25 on :30 Butterfly lup 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 5,200 Yards - Stress Value = 47

Workout #4121 - Friday, 26 May 2006

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {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
 {2 x 100 on 2:10 Kick
 800 1x{4 x 125 on 1:55 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe
 2,200 2x{8 x 25 on :30 Butterfly-lup 2down
 {1 x 200 on 5:00 Stroke Drills
 {6 x 25 on :30 Butterfly lup 3down
 {1 x 150 on 4:00 Stroke Drills
 {4 x 25 on :30 Butterfly lup 4down
 {1 x 100 on 3:00 Stroke Drills
 {2 x 25 on :30 Butterfly lup 5down
 {1 x 150 on 4:00 Stroke Drills
 7:16 PM 4,700 Yards - Stress Value = 45

Workout #4120 - Friday, 26 May 2006

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Kick
 {4 x 25 on :40 Kick no board BSLR

{1 x 100 on 2:20 Kick
 650 1x{4 x 125 on 2:20 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:25 Pulls-nbbf&w + 2 yds
 250 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
 {1 x 200 on 5:00 Stroke Drills
 {6 x 25 on :30 Alt. 1fly lup 3down 1 free
 {1 x 150 on 4:00 Stroke Drills
 {4 x 25 on :30 alt.1fly lup 4down 1free
 {1 x 100 on 3:00 Stroke Drills
 {2 x 25 on :30 Alt. 1fly lup 5down 1 free
 {1 x 150 on 4:00 Stroke Drills
 7:16 PM 4,350 Yards - Stress Value = 42

Workout #4124 - Friday, 26 May 2006

Group 2 - All

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 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 600 1x{3 x 125 on 2:05 Pulls-nbbf&w + 2 yds
 {3 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 200 8 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,500 2x{6 x 25 on :30 Butterfly lup 1down
 {1 x 150 on 3:00 Stroke Drills
 {4 x 25 on :30 Butterfly lup 2down
 {1 x 150 on 3:00 Stroke Drills
 {2 x 25 on :30 Butterfly lup 3down
 {1 x 150 on 3:00 Stroke Drills
 1 on 5:00 Techniques-starts
 7:15 PM 3,450 Yards - Stress Value = 35

Workout #4125 - Tuesday, 30 May 2006

Group 3 - Platinum

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:45 Kick
 {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
 {4 x 50 on :45 Pull no br L. 8 yds
 {4 x 50 on :40 Pull no br L.4 yds
 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe
 3,000 1x{1 x 1000 on 12:30 Freestyle
 {2 x 500 on 6:15 Freestyle
 {4 x 250 on 3:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 8:00 Techniques-starts
 7:30 PM 6,700 Yards - Stress Value = 75

Workout #4126 - Tuesday, 30 May 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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 100 on 2:05 Kick
 {4 x 25 on :35 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 1,200 2x{4 x 50 on :50 Pull no br L. 12 yds
 {4 x 50 on :45 Pull no br L. 8 yds
 {4 x 50 on :40 Pull no br L.4 yds
 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
 250 1 x 250 on 4:00 Stroke Drills
 1 on 8:00 Techniques-starts
 7:30 PM 6,200 Yards - Stress Value = 68

Workout #4127 - Tuesday, 30 May 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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:15 Kick
 {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
 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

Workout #4128 - Tuesday, 30 May 2006

Group 3 - Bronze

1 minute rest between sets

5:00 PM 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
 800 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Kick
 900 2x{3 x 50 on 1:05 Pull no br L. 12 yds
 {3 x 50 on 1:00 Pull no br L. 8 yds
 {3 x 50 on :55 Pull no br L.4 yds

300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe
 1,800 1x{1 x 600 on 12:30 Freestyle
 {2 x 300 on 6:15 Freestyle
 {4 x 150 on 3:10 Freestyle
 150 1 x 150 on 4:00 Stroke Drills
 1 on 8:00 Techniques-starts
 7:29 PM 4,500 Yards - Stress Value = 52

Workout #4129 - Tuesday, 30 May 2006

Group 2 - All

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{3 x 100 on 2:15 Kick
 {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
 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
 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
 {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

Workout #4130 - Tuesday, 30 May 2006

Group 1 - All

1 minute rest between sets

6:00 PM Start
 Yards Set Description EGY WOF
 =====
 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 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
 1,250 10 x 125 on 2:30 Kick-odds 100%
 1,200 12 x 100 on 1:30 Lungbuster pulls
 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishe
 2,400 12x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 500 1 x 500 on 10:00 Stroke Drills
 7:30 PM 6,400 Yards - Stress Value = 82

Workout #4133 - Wednesday, 31 May 2006

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	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 finis
2,200	11x{1 x 100 on 1:45 Individual Medley {1 x 50 on :45 Freestyle {1 x 50 on :55 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

5:00 PM Start

Yards	Set Description
400	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 x 50 on :50 Freestyle {1 x 50 on 1:00 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

5:00 PM Start

Yards	Set Description
600	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

5:00 PM Start

Yards	Set Description
600	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	3x{3 x 50 on 1:05 Kick-descend {3 x 50 on 1:00 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 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

7:31 PM 5,950 Yards - Stress Value = 85

Workout #4134 - Thursday, 01 June 2006

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 30:00 Dryland and stretch
400	1 x 400 on 11:00 Underwater trn drill
150	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

7:33 PM 5,150 Yards - Stress Value = 76

Workout #4137 - Thursday, 01 June 2006

Group 2 - All

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 x 15 on :45 Shooters
 600 1x{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 1:00 Kick-descend
 900 3 x 300 on 6:00 Pull-Last 25 of each 100
 breaststroke pull
 200 8 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,500 1x{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
 {1 on 1:00 Rest
 {2 x 100 on 2:00 Your Stroke
 {1 on 1:00 Rest
 {1 x 100 on 2:00 Your Stroke
 300 6 x 50 on 1:15 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 59

Workout #4140 - Friday, 02 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
 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
 {2 x 75 on 1:30 Kick
 {3 x 100 on 2:00 Kick
 {4 x 125 on 2:30 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 1:05 Pulls-nbbf&w + 2 yds
 {1 x 50 on :40 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!!!!!!!!!!!!!!!!!!!!
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 6,300 Yards - Stress Value = 97

Workout #4138 - Thursday, 01 June 2006

Group 1 - All

1 minute rest between sets

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

Workout #4139 - Friday, 02 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
 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
 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
 {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!!!!!!!!!!!!!!!!!!!!
 150 1 x 150 on 3:00 Stroke Drills
 7:30 PM 5,700 Yards - Stress Value = 90

Workout #4142 - Friday, 02 June 2006

Group 3 - Platinum

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
 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
 {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!!!!!!!!!!!!!!!!!!!!
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 6,350 Yards - Stress Value = 97

Workout #4141 - Friday, 02 June 2006

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 30:00 Stomach and Stretch
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
450	3x{1 x 50 on 1:10 37.5 free 12.5 free
	{1 x 50 on 1:15 25 free 25 fly
	{1 x 50 on 1:20 12.5 free 37.5 fly
800	1x{3 x 75 on 1:45 Kick
	{2 x 100 on 2:15 Kick
	{3 x 125 on 2:45 Kick
100	1 x 100 on 3:00 Kick for time
800	1x{4 x 100 on 2:00 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:25 Pulls-nbbf&w + 2 yds
	{2 x 50 on :50 Pulls-nbbf&w + 2 yds
250	10 x 25 on :30 12.5 ez 12.5 fast grt finishe
1,800	12 x 150 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!
150	1 x 150 on 3:00 Stroke Drills
7:29 PM	4,900 Yards - Stress Value = 79

Workout #4143 - Friday, 02 June 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
400	2x{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
500	1x{1 x 50 on 1:10 Kick
	{2 x 75 on 1:40 Kick
	{3 x 100 on 2:10 Kick
100	1 x 100 on 3:00 Kick for time
500	1x{3 x 100 on 1:40 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{1 x 50 on :50 Pulls-nbbf&w + 2 yds
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	10 x 200 on 3:30 Challenge Set!!!!!!!!!!!!!!!!!!!!
250	1 x 250 on 5:00 Stroke Drills
7:31 PM	4,500 Yards - Stress Value = 70

Workout #4145 - Monday, 05 June 2006

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description
5:00 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
1,400	2x{4 x 25 on :30 Kick no board BSLR-8 kicks
	{1 x 100 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR-10 kicks
	{2 x 75 on 1:10 Kick
	{4 x 25 on :40 Kick no board BSLR-12 kicks
	{3 x 50 on :55 Kick
1,250	1x{4 x 125 on 1:40 Pull no br L. 7 yds
	{3 x 125 on 1:35 Pull no br L.7 yds
	{2 x 125 on 1:30 Pull no br L.7 yds
	{1 x 125 on 1:25 Pull no br L.7 yds
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
3,200	1x{1 x 500 on 6:00 Freestyle

{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
{1 x 500 on 5:30 Freestyle
{3 x 100 on 1:30 Freestyle hold under 1:00
1 x 250 on 5:00 Stroke Drills
7:30 PM 7,150 Yards - Stress Value = 111

Workout #4147 - Monday, 05 June 2006

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:00 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
1,400	2x{4 x 25 on :30 Kick no board BSLR-8 kicks
	{1 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR-10 kicks
	{2 x 75 on 1:25 Kick
	{4 x 25 on :40 Kick no board BSLR-12 kicks
	{3 x 50 on :55 Kick
1,250	1x{4 x 125 on 1:50 Pull no br L. 7 yds
	{3 x 125 on 1:45 Pull no br L.7 yds
	{2 x 125 on 1:40 Pull no br L.7 yds
	{1 x 125 on 1:35 Pull no br L.7 yds
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
2,800	1x{1 x 400 on 5:15 Freestyle
	{3 x 100 on 1:30 Freestyle hold under 1:10
	{1 x 400 on 5:10 Freestyle
	{3 x 100 on 1:30 Freestyle hold under 1:10
	{1 x 400 on 5:05 Freestyle
	{3 x 100 on 1:30 Freestyle hold under 1:10
	{1 x 400 on 5:00 Freestyle
	{3 x 100 on 1:30 Freestyle hold under 1:10
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	6,700 Yards - Stress Value = 103

Workout #4146 - Monday, 05 June 2006

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	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
1,050	1x{4 x 25 on :45 Kick no board BSLR-8 kicks
	{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
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
	{2 x 125 on 1:55 Pull no br L.7 yds
250	10 x 25 on :35 12.5 ez 12.5 fast grt finishe
2,800	1x{1 x 400 on 6:00 Freestyle
	{3 x 100 on 1:40 Freestyle hold under 1:20
	{1 x 400 on 5:55 Freestyle
	{3 x 100 on 1:40 Freestyle hold under 1:20
	{1 x 400 on 5:50 Freestyle
	{3 x 100 on 1:40 Freestyle hold under 1:20
	{1 x 400 on 5:45 Freestyle
	{3 x 100 on 1:40 Freestyle hold under 1:20
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	5,950 Yards - Stress Value = 98

Workout #4144 - Monday, 05 June 2006

Group 3 - Bronze

1 minute rest between sets

5:00 PM 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
 1,050 1x{4 x 25 on :45 Kick no board BSLR-8 kicks
 {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 1x{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 x 100 on 1:55 Pull no br L.7 yds
 250 10 x 25 on :35 12.5 ez 12.5 fast grt finishe
 2,100 1x{1 x 300 on 6:00 Freestyle
 {3 x 75 on 1:30 Freestyle hold under 1:15
 {1 x 300 on 5:55 Freestyle
 {3 x 75 on 1:30 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
 {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 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
 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

1 minute rest between sets

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 finishe
 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

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 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

6:00 PM Start
 Yards Set Description 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 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
 1 on 15:00 Starts with clean entry game
 7:30 PM 0 Yards

Workout #4157 - Wednesday, 07 June 2006

Group 3 - Platinum

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

150 10 x 15 on :45 Shooters
 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 x 75 on 1:00 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

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
 150 10 x 15 on :45 Shooters
 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
 1,500 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
 7:29 PM 6,000 Yards - Stress Value = 80

Workout #4155 - Wednesday, 07 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 Choice
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :40 Kick no board BSLR-12 kicks
 {3 x 50 on 1:10 Kick
 {4 x 25 on :40 Kick no board BSLR-10 kicks
 {3 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR-8 kicks
 {3 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board BSLR-8 kicks
 1,300 2x{2 x 150 on 2:30 Lungbuster pulls
 { breathe 3-5-7 by the 50
 {2 x 125 on 2:05 Lungbuster pulls
 { breathe 3-4-5-6-7 by the 25
 {1 x 100 on 1:40 Lungbuster pulls
 { Breathe 3-5-7-9 by the 25
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2 finishes for each stroke
 2,200 4x{1 x 100 on 1:45 25 breast 75 free
 {1 x 100 on 1:50 50 breast 50 free
 {1 x 100 on 1:55 75 breast 25 free
 {1 x 100 on 2:00 Breaststroke
 {3 x 50 on 1:10 Breaststroke-descend
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 5,400 Yards - Stress Value = 74

Workout #4158 - Wednesday, 07 June 2006

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :40 Kick no board BSLR-12 kicks
 {3 x 50 on 1:10 Kick
 {4 x 25 on :40 Kick no board BSLR-10 kicks
 {3 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR-8 kicks
 {3 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board BSLR-8 kicks
 1,300 2x{2 x 150 on 2:50 Lungbuster pulls
 { 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 x 100 on 1:50 Lungbuster pulls
 { Breathe 3-5-7-9 by the 25
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2 finishes for each stroke
 1,800 3x{1 x 100 on 1:55 25 breast 75 free
 {1 x 100 on 2:00 50 breast 50 free
 {1 x 100 on 2:05 75 breast 25 free
 {1 x 100 on 2:10 Breaststroke
 {4 x 50 on 1:10 Breaststroke-descend
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 4,900 Yards - Stress Value = 68

Workout #4161 - Thursday, 08 June 2006

Group 3 - Platinum

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====

1 on 30:00 Dryland and stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 1x{3 x 100 on 1:50 Kick
 {3 x 100 on 1:45 Kick
 {2 x 100 on 1:40 Kick
 {2 x 100 on 1:35 Kick
 {2 x 100 on 1:30 Kick
 1,200 2x{1 x 200 on 2:40 Pulls
 {1 x 200 on 2:35 Pulls
 {1 x 200 on 2:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 4x{2 x 25 on :30 Kick with or without board
 {3 x 50 on :55 Stroke Drills-descend
 {4 x 75 on 1:45 Butterfly-broken at each 25
 { rest 5 seconds 1st 25 lup 1down 2nd 25 lup
 { 3rd 25 lup 3down
 400 8 x 50 on 1:00 Stroke drills
 7:30 PM 5,850 Yards - Stress Value = 82

Workout #4162 - Thursday, 08 June 2006

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1x{3 x 100 on 2:05 Kick
 {3 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 1,200 2x{1 x 200 on 3:00 Pulls
 {1 x 200 on 2:55 Pulls
 {1 x 200 on 2:50 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 4x{2 x 25 on :30 Kick with or without board
 {3 x 50 on :55 Stroke Drills-descend
 {4 x 75 on 2:00 Butterfly-broken at each 25
 { rest 5 seconds 1st 25 lup 1down 2nd 25 lup
 { 3rd 25 lup 3down
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 5,450 Yards - Stress Value = 78

Workout #4159 - Thursday, 08 June 2006

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 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 3:30 Pulls
 {1 x 200 on 3:20 Pulls
 {1 x 200 on 3:10 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 3x{2 x 25 on :40 Kick with or without board
 {3 x 50 on 1:05 Stroke Drills-descend
 {4 x 75 on 2:15 Butterfly-broken at each 25
 { rest 5 seconds 1st 25 lup 1down 2nd 25 lup
 { 3rd 25 lup 3down
 400 8 x 50 on 1:00 Stroke Drills
 7:29 PM 4,850 Yards - Stress Value = 67

Workout #4160 - Thursday, 08 June 2006

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 30:00 Dryland and stretch
150	1 x 500 on 10:00 Underwater trn drill
800	10 x 15 on :45 Shooters
1,000	3 x 100 on 2:15 Kick
1,050	{ 2 x 100 on 2:10 Kick
1,200	{ 2 x 100 on 2:05 Kick
1,500	{ 1 x 100 on 2:00 Kick
1,800	2x{ 1 x 200 on 3:50 Pulls
300	{ 1 x 200 on 3:40 Pulls
1,500	{ 1 x 200 on 3:30 Pulls
1,500	3x{ 2 x 25 on :40 12.5 ez 12.5 fast grt finishe
200	{ 3 x 50 on 1:10 Stroke Drills-descend
200	{ 4 x 75 on 2:20 Butterfly-broken at each 25
200	{ rest 5 seconds 1st 25 lup ldown 2nd 25 lup
200	{ 3rd 25 lup 3down
200	1 x 200 on 5:00 Stroke Drills

7:30 PM 4,650 Yards - Stress Value = 67

5:00 PM Start

Yards	Set Description
600	1 on 30:00 Stomach and Stretch
150	1 x 600 on 10:00 Reverse IM drill
1,000	10 x 15 on :45 Shooters
1,050	4x{ 2 x 100 on 2:00 Kick
1,800	{ 1 x 50 on 1:00 Kick for time
200	1x{ 2 x 150 on 2:15 Pulls-nbbf&w + 2 yds
400	{ 2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
400	{ 2 x 100 on 1:30 Pulls-nbbf&w + 2 yds
400	{ 2 x 75 on 1:05 Pulls-nbbf&w + 2 yds
400	{ 2 x 50 on :45 Pulls-nbbf&w + 2 yds
400	{ 2 x 25 on :25 Pulls-nbbf&w + 2 yds
200	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
1,800	4x{ 1 x 25 on :01 Stroke
200	{ 1 x 125 on 3:00 Freestyle
200	{ 1 x 50 on :01 Stk
200	{ 1 x 100 on 3:00 Freestyle
200	{ 1 x 75 on :01 Stroke
200	{ 1 x 75 on 3:00 Freestyle
200	1 x 200 on 4:00 Choice
400	4 x 100 on 1:30 Freestyle-descend to ludicrc
200	1 x 200 on 4:00 Stroke Drill

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

Workout #4163 - Thursday, 08 June 2006

Group 2 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	1 on 20:00 Dryland and stretch
150	1 x 400 on 8:00 Underwater trn drill
700	10 x 15 on :45 Shooters
800	3 x 100 on 2:15 Kick
800	{ 2 x 100 on 2:10 Kick
800	{ 2 x 100 on 2:05 Kick
1,500	1x{ 1 x 200 on 3:30 Pulls
200	{ 1 x 200 on 3:20 Pulls
1,500	{ 1 x 200 on 3:10 Pulls
200	{ 1 x 200 on 3:00 Pulls
1,500	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	3x{ 2 x 25 on :40 Kick with or without board
200	{ 3 x 50 on 1:05 Stroke Drills-descend
200	{ 4 x 75 on 2:15 Butterfly-broken at each 25
200	{ rest 5 seconds 1st 25 lup ldown 2nd 25 lup
200	{ 3rd 25 lup 3down
200	1 x 200 on 4:00 Stroke Drills

7:32 PM 3,950 Yards - Stress Value = 56

Workout #4166 - Friday, 09 June 2006

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 30:00 Stomach and Stretch
150	1 x 600 on 10:00 Reverse IM drill
1,000	10 x 15 on :45 Shooters
1,050	4x{ 2 x 100 on 2:00 Kick
1,800	{ 1 x 50 on 1:00 Kick for time
200	1x{ 2 x 150 on 2:15 Pulls-nbbf&w + 2 yds
400	{ 2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
400	{ 2 x 100 on 1:30 Pulls-nbbf&w + 2 yds
400	{ 2 x 75 on 1:05 Pulls-nbbf&w + 2 yds
400	{ 2 x 50 on :45 Pulls-nbbf&w + 2 yds
400	{ 2 x 25 on :25 Pulls-nbbf&w + 2 yds
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
1,800	4x{ 1 x 25 on :01 Stroke
200	{ 1 x 125 on 3:00 Freestyle
200	{ 1 x 50 on :01 Stk
200	{ 1 x 100 on 3:00 Freestyle
200	{ 1 x 75 on :01 Stroke
200	{ 1 x 75 on 3:00 Freestyle
200	1 x 200 on 4:00 Choice
400	4 x 100 on 1:30 Freestyle-descend to ludicrc
200	1 x 200 on 4:00 Stroke Drill

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

Workout #4164 - Thursday, 08 June 2006

Group 1 - All

1 minute rest between sets

6:00 PM Start

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

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
 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
 1,050 1x{2 x 150 on 2:30 Pulls-nbbf&w + 2 yds
 {2 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
 {2 x 50 on :50 Pulls-nbbf&w + 2 yds
 {2 x 25 on :25 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishes
 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 x 75 on 3:00 Freestyle
 200 1 x 200 on 4:00 Choice
 400 4 x 100 on 1:40 Freestyle-descend to ludicrc
 200 1 x 200 on 4:00 Stroke Drill
 7:30 PM 5,350 Yards - Stress Value = 102

{2 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 x 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 ludicrc
 300 6 x 50 on 1:10 Stroke Drill
 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 I
 400 8 x 50 on 1:00 Down easy back fast EN1 S
 300 3 x 100 on 2:00 Kick EN1 F
 100 1 x 100 on 5:00 Freestyle-OTB for time SP2 S
 200 1 x 200 on 3:00 Freestyle REC I
 750 10 x 75 on 2:00 Freestyle SP1 S
 200 1 x 200 on 3:00 Stroke Drills REC I
 6:14 PM 2,350 Yards - Stress Value = 77

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 x 75 on 1:20 Pulls-nbbf&w + 2 yds
 {2 x 50 on :55 Pulls-nbbf&w + 2 yds
 {2 x 30 on :25 Pulls-nbbf&w + 2 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 x 75 on 3:00 Freestyle
 {1 x 50 on :01 Stk
 {1 x 50 on 3:00 Freestyle
 {1 x 75 on :01 Stroke
 {1 x 25 on 3:00 Freestyle
 150 1 x 150 on 4:00 Choice
 300 4 x 75 on 1:30 Freestyle-descend to ludicrc
 150 1 x 150 on 4:00 Stroke Drill
 7:29 PM 4,460 Yards - Stress Value = 100

Workout #4172 - Monday, 12 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 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 1:45 Kick
 1,800 2x{1 x 200 on 2:30 Pull no br L.12 yds
 {1 x 175 on 2:10 Pull no br L.12 yds
 {1 x 150 on 1:50 Pull no br L.12 yds
 {1 x 125 on 1:30 Pull no br L.12 yds
 {1 x 100 on 1:15 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 finishes
 3,000 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
 8:30 AM 7,400 Yards - Stress Value = 136

Workout #4169 - Friday, 09 June 2006

Group 2 - All

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 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
 900 1x{2 x 150 on 2:30 Pulls-nbbf&w + 2 yds

Workout #4173 - Monday, 12 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 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
 {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

Workout #4175 - Monday, 12 June 2006

Group 2 - All

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 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
 750 1x{1 x 200 on 3:20 Pull no br L.12 yds
 {1 x 175 on 2:50 Pull no br L.12 yds
 {1 x 150 on 2:20 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 500 on 7:50 Freestyle
 {1 x 500 on 7:40 Freestyle
 {1 x 500 on 7:30 Freestyle
 {1 x 500 on 7:20 Freestyle
 250 5 x 50 on 1:15 Stroke Drills
 7:30 PM 4,650 Yards - Stress Value = 86

Workout #4171 - Monday, 12 June 2006

Group 3 - Silver

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 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{2 x 500 on 7:30 Freestyle
 {2 x 500 on 7:20 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 8:30 AM 6,000 Yards - Stress Value = 111

Workout #4178 - Tuesday, 13 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 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 1:40 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

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 x 200 on 3:40 Pull no br L.12 yds
 {1 x 175 on 3:10 Pull no br L.12 yds
 {1 x 150 on 2:45 Pull no br L.12 yds
 {1 x 125 on 2:15 Pull no br L.12 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
 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
 =====
 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
 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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

{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 EGY WC
 =====
 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
 1 on 10:00 Organized game
 7:30 PM 0 Yards

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 #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 finishe
 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
 8:31 AM 5,800 Yards - Stress Value = 85

Workout #4180 - Tuesday, 13 June 2006

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 20:00 Dryland and stretch
 400 1 x 400 on 7:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 1,200 1x{4 x 50 on 2:00 15m under/back EN2
 {4 x 50 on 2:00 15m under/stomach EN2
 {4 x 50 on 2:00 15m under/back/zoomers EN2
 {4 x 50 on 2:00 15m under/stomach/zoomers EN2
 {4 x 50 on 2:00 15m under/back/fins EN2
 {4 x 50 on 2:00 15m under/stomach/fins EN2
 200 1 x 200 on 4:00 Sculling drills REC
 6:30 PM 1,950 Yards - Stress Value = 30

Workout #4181 - Tuesday, 13 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
 750 3x{1 x 100 on 2:15 Kick

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 finishe
 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
 =====
 1 on 30:00 Stomach and Stretch
 500 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 finishe
 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 x 50 on 1:30 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

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 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
 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

1,950 3x{6 x 25 on :45 Breast-fast TO drill
 {3 x 50 on 1:15 Breaststroke
 {3 x 50 on 1:10 Breaststroke
 {3 x 50 on 1:05 Breaststroke
 {1 x 50 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 8:31 AM 4,600 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 turr
 { #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

Group 3 - Gold

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
 1,000 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 x 75 on 1:05 Pulls
 {1 x 50 on :45 Pulls
 {1 x 25 on :30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,250 5x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {3 x 50 on :55 Fly #1 12.5 yds under off turr
 { #2 2up 1 down, #3 2up 3down
 {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

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
 1,000 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 1:40 Pulls
 {1 x 75 on 1:10 Pulls
 {1 x 50 on :50 Pulls
 {1 x 25 on :30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 4x{8 x 25 on :35 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
 {1 x 100 on 2:00 Freestyle
 100 1 x 100 on 2:00 Stroke drill
 8:30 AM 4,950 Yards - Stress Value = 74

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 finishe
 1,800 4x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {3 x 50 on 1:10 Fly #1 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

6:00 AM Start
 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 finishe
 1,400 4x{6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {3 x 50 on 1:15 Fly #1 12.5 yds under off tur
 { #2 2up 1 down, #3 2up 3down
 {1 x 50 on 2:00 Freestyle
 100 1 x 100 on 2:00 Stroke drill
 8:29 AM 4,400 Yards - Stress Value = 70

5:00 PM Start
 Yards Set Description EGY WORK STF
 =====
 1 on 20:00 Dryland and stretch L DRY
 1 on 5:00 Freestyle-EZ REC S FF
 1x{1 on 10:00 Vrtcl Kck w/out zmmr SP3 K FF
 {1 on 10:00 Running Pit Sprints SP3 S FF
 {1 on 10:00 StrthCrdz-shllw-deep SP3 S FF
 {1 on 10:00 12X25@45 chts/pb/pdl SP3 S STF
 {1 on 10:00 12X25@45 undrwtr fly SP3 K FLY
 { without fins
 {1 on 10:00 Off the block sprint SP3 S STF
 1 on 5:00 Freestyle-EZ REC S CI
 6:30 PM 0 Yards

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 x 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 S
 600 6 x 100 on 6:00 Freestyle-OTB for time S
 250 5 x 50 on 1:00 Stroke Drills F
 6:33 PM 2,000 Yards - Stress Value = 66

Workout #4192 - Thursday, 15 June 2006

Workout #4193 - Friday, 16 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 6x{1 x 100 on 1:30 Kick
 {1 x 100 on 2:00 Kick
 1,300 1x{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:00 Pulls-nbbf&w + 2 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
 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 ludicrc
 300 6 x 50 on 1:00 Stroke Drills
 8:30 AM 6,450 Yards - Stress Value = 168

Workout #4194 - Friday, 16 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 Reverse IM drill
 150 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 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:10 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:30 Pulls-nbbf&w + 2 yds
 {2 x 200 on 2:50 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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 ludicrc
 300 6 x 50 on 1:00 Stroke Drills
 8:30 AM 6,250 Yards - Stress Value = 165

Workout #4195 - Friday, 16 June 2006

Group 3 - Silver

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
 150 10 x 15 on :45 Shooters
 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 x 150 on 2:25 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:50 Pulls-nbbf&w + 2 yds

{1 x 200 on 3:15 Pulls-nbbf&w + 2 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 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Freestyle
 {1 x 100 on 3:00 Freestyle
 400 4 x 100 on 1:30 Freestyle-descend to ludicrc
 300 6 x 50 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
 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
 1,000 5x{1 x 100 on 2:00 Kick
 {1 x 100 on 2:20 Kick
 900 1x{2 x 125 on 2:15 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:40 Pulls-nbbf&w + 2 yds
 {2 x 175 on 3:05 Pulls-nbbf&w + 2 yds
 300 12 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 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Freestyle
 {1 x 100 on 3:00 Freestyle
 300 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

Group 2 - All

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 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 x 125 on 2:00 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:20 Pulls-nbbf&w + 2 yds
 {1 x 175 on 2:40 Pulls-nbbf&w + 2 yds
 {1 x 200 on 3:00 Pulls-nbbf&w + 2 yds
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,600 Yards - Stress Value = 152

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
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 10 x 100 on 1:45 Kick w/ flippers challenge
 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
 {4 x 50 on 1:15 One on each stroke
 {1 x 200 on 3:00 Freestyle
 {4 x 75 on 2:00 One on each stroke
 {1 x 200 on 3:00 Freestyle
 {4 x 100 on 2:30 One on each stroke
 {1 x 200 on 3:00 Freestyle
 6:31 PM 3,450 Yards - Stress Value = 106

Workout #4200 - Monday, 19 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 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 x 25 on :30 Kick no board BSLR-12 kicks
 {1 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR-10 kicks
 {2 x 50 on :50 Kick
 {4 x 25 on :30 Kick no board BSLR-8 kicks
 {3 x 50 on :55 Kick
 900 6 x 150 on 2:00 Freestyle-descend in sets of
 1,500 4x{1 x 125 on 1:40 Pull no br L.6 yds
 {1 x 125 on 1:40 Pull no br L.10 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
 200 1 x 200 on 3:00 Freestyle
 400 1x{4 x 25 on :30 Freestyle
 {4 x 25 on :25 Freestyle
 {4 x 25 on :20 Freestyle
 {4 x 25 on :15 Freestyle
 250 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

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 2:15 Freestyle-descend in sets of
 1,400 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
 900 6 x 150 on 2:15 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 2:15 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 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
 900 6 x 150 on 2:30 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
 {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

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 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
 {3 x 50 on 1:10 Kick
 900 6 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
 {1 x 100 on 1:50 Pull no br L.14 yds
 450 3 x 150 on 2:45 Freestyle-descend in sets of
 350 7 x 50 on 1:00 Stroke Drills
 8:30 AM 5,250 Yards - Stress Value = 90

Workout #4204 - Monday, 19 June 2006

Group 2 - All

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 6 x 150 on 2:30 Freestyle-descend in sets of
 600 1x{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 :40 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
 600 2x{1 x 100 on 1:45 Pull no br L.6 yds
 {1 x 100 on 1:45 Pull no br L.10 yds
 {1 x 100 on 1:45 Pull no br L.14 yds
 900 6 x 150 on 2:30 Freestyle-descend in sets of
 300 6 x 50 on 1:00 Stroke Drills
 7:30 PM 4,750 Yards - Stress Value = 82

Workout #4207 - Tuesday, 20 June 2006

Group 3 - Silver

1 minute rest between sets

6:00 AM 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
 1,000 10 x 100 on 2:30 Kick
 odds freestyle evens breaststroke
 1,600 1x{1 x 400 on 6:30 Pulls
 {2 x 300 on 4:50 Pulls
 {3 x 200 on 3:10 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,500 3x{3 x 100 on 1:50 Back-3-5-7-9 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
 350 7 x 50 on 1:00 Stroke Drills
 8:30 AM 5,400 Yards - Stress Value = 78

Workout #4205 - Tuesday, 20 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 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 10 x 125 on 2:30 Kick
 odds freestyle evens breaststroke
 2,000 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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 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 :40 Backstroke
 {1 x 50 on :35 Backstroke
 {1 x 50 on 1:15 Backstroke Drill
 350 7 x 50 on 1:00 Stroke Drills
 8:30 AM 6,650 Yards - Stress Value = 96

Workout #4208 - Tuesday, 20 June 2006

Group 3 - Bronze

1 minute rest between sets

6:00 AM 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
 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 1:00 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
 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
 1,250 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 finishe
 2,000 4x{3 x 100 on 1:40 Back-3-5-7-9 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

5:00 PM Start
 Yards 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 x 25 on :40 Freestyle SP2
 {1 x 25 on :50 Freestyle SP2
 {1 x 25 on 1:00 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 finishe
 1,500 3x{3 x 100 on 1:50 Back-3-5-7-9 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

6:00 AM Start
 Yards 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 2:30 Lungbuster pulls-odd breathe
 3-5-5-7 by the 50, evens breathe 2-4-4-6 by
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 3 finishes on each stroke
 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 6,400 Yards - Stress Value = 101

Workout #4212 - Wednesday, 21 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 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

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 Freestyle L.25 of each 100
 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,
 1,000 5 x 200 on 3:15 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
 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 x 375 on 7:00 Individual Medley w/150 brea
 {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

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 10:00 Freestyle L.25 of each 100
 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 4 x 200 on 3:40 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
 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

Workout #4220 - Thursday, 22 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 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free Even 100's back
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 75 on 1:30 Kick
 {1 x 75 on 1:25 Kick
 {1 x 75 on 1:20 Kick
 {1 x 75 on 1:15 Kick
 1,400 2x{2 x 125 on 1:35 Pulls
 {2 x 100 on 1:15 Pulls
 {2 x 75 on :55 Pulls
 {2 x 50 on :35 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 3,000 3x{2 x 25 on :30 Butterfly 2-2
 {1 x 100 on 1:10 Freestyle
 {2 x 50 on :45 Butterfly 2-3
 {1 x 100 on 1:10 Freestyle
 {2 x 75 on 1:05 Butterfly 2-4
 {1 x 100 on 1:10 Freestyle
 {2 x 100 on 1:25 Butterfly 2-5
 {1 x 100 on 1:10 Freestyle
 {2 x 50 on :50 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 8:30 AM 6,950 Yards - Stress Value = 97

Workout #4216 - Thursday, 22 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 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,200 3x{1 x 100 on 2:05 Kick
 {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 finishe
 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
 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
 =====
 1 on 30:00 Physio Balls/Stretch
 600 1 x 600 on 10:00 Underwater trn drill
 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 x 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

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
 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 1 x 200 on 3:00 Stroke Drills
 8:30 AM 6,100 Yards - Stress Value = 85

Workout #4218 - Thursday, 22 June 2006

Group 3 - Silver

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free Even 100's back
 150 10 x 15 on :45 Shooters
 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 x 125 on 1:55 Pulls
 {2 x 100 on 1:30 Pulls
 {2 x 75 on 1:10 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 1:10 Freestyle
 {2 x 50 on :55 Butterfly 2-3
 {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
 =====
 1 on 30:00 Physio Balls/Stretch
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free Even 100's back
 150 10 x 15 on :45 Shooters
 900 4x{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 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
 {1 x 50 on 1:00 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 8:29 AM 5,350 Yards - Stress Value = 74

Workout #4221 - Thursday, 22 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 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 12.5 ez 12.5 fast grt finishe
 2,000 1x{7 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {6 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:45 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 8:30 AM 5,350 Yards - Stress Value = 73

Workout #4222 - Thursday, 22 June 2006

Group 3 - Speed Acquisition

1 minute rest between sets

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

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 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 finishe
 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 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
 400 1 x 400 on 6:00 Stroke Drills
 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 x 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 x 50 on :50 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

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 :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
 {4 x 25 on :30 Kick no board BSLR-8 kicks
 {1 x 100 on 2:00 Kick
 1,200 2x{4 x 50 on :50 Pulls-nbbf&w + 2 yds
 {4 x 50 on :45 Pulls-nbbf&w + 2 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 x 50 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 50 on :55 Pulls-nbbf&w + 2 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 x 600 on 9:00 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 x 50 on :55 Pulls-nbbf&w + 2 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	EC
600	1 x 600 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooter	SE
600	1x{4 x 25 on :45 Kick no board BSLR-12 kicks	EN
	{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 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN
	{4 x 50 on :55 Pulls-nbbf&w + 2 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 x 25 on :30 Freestyle-descend in 3's	EN
	{16 x 25 on :35 IM order	EN
	{14 x 25 on :40 Your worst stroke	EN
	{12 x 25 on :30 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

Yards	Set Description	EGY	WC
	1 on 35:00 Physio Balls/Stretch	===	==
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 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

Yards	Set Description	EGY	WC
	1 on 35:00 Physio Balls/Stretch	===	==
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1 x 950 on 20:00 Kick	EN1	
1,250	1x{4 x 125 on 2:00 Pulls	EN1	
	{4 x 125 on 1:55 Pulls	EN1	
	{2 x 125 on 1:50 Pulls	EN1	
300	6 x 50 on :50 Freestyle-descend	EN1	
1,000	1x{4 x 100 on 1:40 Backstroke	EN1	
	{3 x 100 on 1:35 Backstroke	EN2	
	{2 x 100 on 1:30 Backstroke	EN2	
	{1 x 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

Yards	Set Description	EGY	WC
	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

Yards	Set Description	EGY	WC
	1 on 15:00 Stomach and Stretch	===	==
400	1 x 400 on 7:00 Underwater trn drill	REC	
	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 x 75 on 1:10 Pulls-nbbf&w		
	{3 x 50 on :45 Pulls-nbbf&w		
	{3 x 25 on :25 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
	1 on 15:00 Stomach and Stretch		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Techniques-TN turn drills		
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 x 75 on 1:05 Freestyle	EN1	
	{2 x 75 on 1:00 Freestyle	EN1	
	{1 x 150 on 3:00 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	WORK	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 x 75 on 1:40 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 x 75 on 1:15 Freestyle	EN1	S	FR
	{2 x 75 on 1:10 Freestyle	EN1	S	FR
	{1 x 150 on 3:00 Stroke Drill	REC	D	CHO
	1 on 10:00 Techniques-Starts		D	
7:00 PM	2,900 Yards - Stress Value = 26			

Workout #4236 - Friday, 08 September 2006

Group 2 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 15:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
600	1x{3 x 50 on 1:15 Kick	EN1	F
	{3 x 50 on 1:10 Kick	EN1	F
	{3 x 50 on 1:05 Kick	EN1	F
	{3 x 50 on 1:00 Kick	EN1	F
800	1x{1 x 200 on 3:30 Pulls	EN1	F
	{2 x 150 on 2:35 Pulls	EN1	F
	{3 x 100 on 1:40 Pulls	EN1	F
200	1 x 200 on 4:00 Stroke Drill	REC	I
800	4x{1 x 100 on 2:00 Individual Medley	EN1	S
	{1 x 50 on :45 Freestyle	EN2	S
	{2 x 25 on :45 Stroke Drills	REC	I
200	1 x 200 on 5:00 Stroke Drills	REC	I
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
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=====

Yards	Set Description
	1 on 20:00 Stomach and Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
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	10 x 100 on 1:30 Lungbuster pulls
	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 finishes
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

Workout #4238 - Tuesday, 12 September 2006

Group 2 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 15:00 Stomach and Stretch
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
500	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

5:00 PM Start

Yards	Set Description
	1 on 20:00 Stomach and Stretch
500	1 x 500 on 9:00 L.25 of each 100 6-b-k
150	10 x 15 on :45 Shooters
750	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
1,000	1x{1 x 250 on 3:45 Pulls
	{1 x 250 on 3:35 Pulls
	{1 x 250 on 3:25 Pulls
	{1 x 250 on 3:15 Pulls
300	6 x 50 on :50 Freestyle descend in sets of 3
1,400	2x{8 x 25 on :40 Stroke Drills
	{4 x 125 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drill
6:46 PM	4,350 Yards - Stress Value = 48

Workout #4237 - Tuesday, 12 September 2006

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description
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Workout #4240 - Thursday, 14 September 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY
	1 on 15:00 Stomach and Stretch	
400	1 x 400 on 10:00 L.25 of each 100 6-b-k	EN1
120	8 x 15 on :45 Shooters-non freestyle	SP3
750	1x{1 x 125 on 2:45 Kick	EN1
	{2 x 100 on 2:15 Kick	EN2
	{3 x 75 on 1:40 Kick	EN2
	{4 x 50 on 1:10 Kick	EN2
750	1x{1 x 250 on 4:30 Pulls	EN1
	{1 x 250 on 4:25 Pulls	EN1
	{1 x 250 on 4:20 Pulls	EN1
800	2x{4 x 25 on :40 Stroke Drills	REC
	{4 x 75 on 1:30 IM w/out free	EN1
200	1 x 200 on 4:00 Stroke Drill	REC
6:59 PM 3,020 Yards - Stress Value = 34		

Workout #4241 - Friday, 15 September 2006

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY
	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		

Workout #4242 - Friday, 15 September 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY
	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		

Workout #4243 - Monday, 18 September 2006

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	W
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	
153	9 x 17 on :45 Starts/shooters/finishes	SP3	
900	3x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:00 Kick-90% effort	EN2	
900	1x{6 x 75 on 1:10 Pull no br L.8 yds	EN1	
	{4 x 75 on 1:05 Pull no br L.12 yds	EN2	
	{2 x 75 on 1:00 Pull no br L.16 yds	EN2	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
1,600	1x{1 x 400 on 5:00 Freestyle	EN2	
	{2 x 300 on 3:45 Freestyle	EN2	
	{3 x 200 on 2:30 Freestyle	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
6:47 PM 4,653 Yards - Stress Value = 72			

Workout #4244 - Monday, 18 September 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY
	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 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		

Workout #4245 - Tuesday, 19 September 2006

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY	W
	1 on 20:00 Stomach and Stretch		
500	1 x 500 on 8:00 Underwater trn drill	REC	
153	9 x 17 on :45 Starts/shooters/finishes	SP3	
900	3x{3 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	1 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	Set Description	EGY	WOF
	1 on 15:00 Stomach and Stretch		
400	1 x 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

5:00 PM Start

Yards	Set Description
	1 on 20:00 Stomach and Stretch
500	5 x 100 on 1:45 Stroke Drills-L. 25 swim w/6
150	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!!!
200	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

5:00 PM Start

Yards	Set Description
	1 on 20:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill alt 100 and 100 back
153	9 x 17 on :45 Starts/shooters/finishes
1,000	1x{2 x 125 on 2:30 Kick
	{2 x 125 on 2:25 Kick
	{2 x 125 on 2:15 Kick
	{2 x 125 on 2:20 Kick
1,000	1x{2 x 125 on 1:50 Pulls
	{2 x 125 on 1:45 Pulls
	{2 x 125 on 1:40 Pulls
	{2 x 125 on 1:35 Pulls
300	6 x 50 on :50 Descend in sets of 3
1,050	3x{1 x 25 on :30 Butterfly
	{1 x 25 on :30 Freestyle
	{2 x 25 on :30 Butterfly

{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	Set Description
	1 on 15:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill alt 100 and 100 back
150	10 x 15 on :45 Shooters
600	1x{2 x 100 on 2:30 Kick
	{2 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
	{1 x 25 on :30 Freestyle
	{3 x 25 on :40 Butterfly
	{1 x 25 on :30 Freestyle
	{4 x 25 on :40 Butterfly
	{1 x 25 on :30 Freestyle
	{1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drill

7:02 PM 2,950 Yards - Stress Value = 41

Workout #4250 - Friday, 22 September 2006

Group 3 - Sprint

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
150	10 x 15 on :45 Shooters
800	8 x 100 on 2:15 Kick-odds 100% for time
1,000	4x{1 x 100 on 1:30 Pulls-nbbf&w + 2 yds
	{1 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{1 x 50 on :45 Pulls-nbbf&w + 2 yds
	{1 x 25 on :25 Pulls-nbbf&w + 2 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

5:30 PM Start
 Yards 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

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

Workout #4255 - Tuesday, 26 September 2006

Group 2 - Back

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 Underwater trn drill
 150 10 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 Backstroke
 {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 1 x 200 on 4:00 Stroke Drills
 7:02 PM 3,250 Yards - Stress Value = 47

Workout #4252 - Monday, 25 September 2006

Group 3 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 20:00 Stomach and Stretch I
 500 1 x 500 on 8:00 Swim-kick-pull-swim REC S
 204 12 x 17 on :45 Start/shooter/finish SP3 S
 700 1x{4 x 25 on :45 Kick no board BSLR EN2 F
 {2 x 100 on 2:00 Kick EN2 F
 {4 x 25 on :40 Kick no board BSLR EN2 F
 {2 x 100 on 1:55 Kick EN2 F
 {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 F
 {2 x 200 on 2:50 Pull no br L.12 yds EN2 F
 {2 x 200 on 2:40 Pull no br L.12 yds EN2 F
 300 4 x 75 on 1:10 IM w/out alt.strokes EN1 S
 1,600 2 x 800 on 10:00 Freestyle EN2 S
 250 1 x 250 on 4:00 Stroke Drill REC I
 6:45 PM 4,754 Yards - Stress Value = 77

Workout #4256 - Wednesday, 27 September 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 Freestyle L.25 of each 6bk
 150 10 x 15 on :45 Shooters
 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
 600 3x{1 x 100 on 2:00 Kick no board BSLR
 {4 x 25 on :40 Sprint Kick
 750 6 x 125 on 1:50 Lungbuster pulls
 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
 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 1 x 300 on 5:00 Stroke Drills
 6:45 PM 4,000 Yards - Stress Value = 63

Workout #4254 - Tuesday, 26 September 2006

Group 3 - Back

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 Underwater trn drill
 204 12 x 17 on :45 Starts/shooters/finish
 900 1x{2 x 100 on 2:00 Kick
 {2 x 150 on 2:55 Kick

Workout #4257 - Thursday, 28 September 2006

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
	1 on 20:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill-alt 100 freestyle with 100 backstroke
204	12 x 17 on :45 Starts/shooters/finish
900	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 2:00 Kick for time
1,200	8 x 150 on 2:15 Pull-descend in 3's
200	4 x 50 on :50 Freestyle-descend
1,200	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 1:20 3 strokes fly off each wall
	{3 x 100 on 1:15 3 strokes fly off each wall
250	1 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

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	=====
	1 on 15:00 Stomach and Stretch
400	1 x 400 on 8:00 Freestyle L.25 of each 6bk
150	10 x 15 on :45 Shooters
400	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
600	3x{1 x 100 on 2:30 Kick no board BSLR
	{4 x 25 on :45 Sprint kick
600	6 x 100 on 1:50 Lungbuster pulls
	odds breathe 3-5-7-5, evens breathe 2-4-6-4
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
400	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
200	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

1 minute rest between sets

Yards	Set Description	EGY	WORF
	5:00 PM Start		
	=====		
	1 on 20:00 Stomach and Stretch		I
500	1 x 500 on 8:30 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters	SP3	£
900	1x{3 x 100 on 2:10 Kick	EN2	F
	{2 x 100 on 2:05 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{6 x 50 on 1:00 Kick-no board	EN2	F
	1&2 strmlnd, 3&4, hands by side, 5&6 on bac		
800	16 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
200	8 x 25 on :30 IM order-build	EN1	£
1,000	1x{1 x 200 on :01 Freestyle	SP1	£

{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	£
{1 x 50 on :01 Freestyle	SP1	£
{1 x 50 on 2:00 Freestyle	REC	£
250 10 x 25 on :40 Stroke Drills	REC	£
6:46 PM 3,800 Yards - Stress Value = 74		

Workout #4260 - Friday, 29 September 2006

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	=====
	1 on 15:00 Stomach and Stretch
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	2x{4 x 50 on 1:10 Kick
	{1 x 100 on 2:30 Kick for time
600	6 x 100 on 1:55 Pull-descend in 3's
300	6 x 50 on 1:00 Freestyle-descend
800	1x{2 x 100 on 2:00 3 strokes fly off each wall
	{2 x 100 on 1:55 3 strokes fly off each wall
	{2 x 100 on 1:50 3 strokes fly off each wall
	{2 x 100 on 1:45 3 strokes fly off each wall
200	1 x 200 on 5:00 Stroke Drills
	7:00 PM 3,050 Yards - Stress Value = 47

Workout #4261 - Monday, 02 October 2006

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
	=====		
	1 on 25:00 Stomach and Stretch		
500	1 x 500 on 8:00 Swim-kick-pull-swim	REC	
204	12 x 17 on :45 Starts/shooters/finish	SP3	
900	1x{4 x 25 on :40 Kick no board BSLR	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :30 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,050	1x{5 x 75 on 1:10 Pull no br L.12 yds	EN1	
	{4 x 75 on 1:05 Pull no br L.12 yds	EN1	
	{3 x 75 on 1:00 Pull no br L.12 yds	EN2	
	{2 x 75 on :55 Pull no br L.12 yds	EN2	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,000	8 x 250 on 3:30 3:00 swims :30 rest	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:59 PM 5,154 Yards - Stress Value = 83		

Workout #4262 - Monday, 02 October 2006

Group 2 - Distance

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
600	2x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:30 Kick	EN2	F
900	1x{5 x 75 on 1:25 Pull no br L.12 yds {4 x 75 on 1:20 Pull no br L.12 yds {3 x 75 on 1:15 Pull no br L.12 yds	EN1	F
200	1 x 200 on 4:30 Reverse IM drill	EN1	I
1,200	6 x 200 on 3:30 3:00 swims :30 rest	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I

7:15 PM 3,650 Yards - Stress Value = 55

	{2 x 150 on 2:00 Pulls	EN2
	{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 {1 on 1:00 Rest	EN3
	{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 #4263 - Wednesday, 04 October 2006

Group 3 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
	1 on 21:00 Stomach and Stretch	
500	1 x 500 on 8:00 Choice-L.25 of each 100 build to 90%	EN1
150	10 x 15 on :45 shooters	SP3
700	2x{4 x 50 on 1:00 Kick no board BSLR {2 x 75 on 1:30 Kick	EN2
750	1x{1 x 150 on 2:10 Lungbuster pulls {1 x 150 on 2:05 Lungbuster pulls {1 x 150 on 2:00 Lungbuster pulls {1 x 150 on 1:55 Lungbuster pulls {1 x 150 on 1:50 Lungbuster pulls	EN1
250	10 x 25 on :30 Tuck spin drill	EN1
1,900	1x{3 x 125 on 2:00 Alt. 25 fly 25 free {1 x 150 on 3:00 Stroke Drills {3 x 100 on 1:35 Alt. 25 fly 25 free {1 x 150 on 3:00 Stroke Drills {3 x 75 on 1:10 Alt. 25 fly 25 free {1 x 150 on 3:00 Stroke Drills {3 x 50 on :45 Alt. 25 fly 25 free {1 x 150 on 3:00 Stroke Drill {4 x 25 on :30 Butterfly {1 x 150 on 3:00 Stroke Drills	EN3

6:45 PM 4,250 Yards - Stress Value = 80

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 odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
500	2x{1 x 100 on 2:20 Kick {1 x 50 on 1:15 Kick {1 x 50 on 1:10 Kick {1 x 50 on 1:05 Kick	EN1	
800	1x{1 x 200 on 3:40 Pulls {2 x 150 on 2:45 Pulls {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 {1 on 1:00 Rest {4 x 100 on 1:55 Freestyle {1 on 1:00 Rest {4 x 100 on 1:50 Freestyle {1 on 1:00 Rest {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

Workout #4266 - Friday, 06 October 2006

Group 3 - Breast

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 odd 100's free even 100's back	REC
204	12 x 17 on :45 Starts/shooters/finishes	SP3
1,000	1x{1 x 100 on 2:00 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:55 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:50 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:40 Kick {2 x 50 on 1:00 Kick	EN1
1,000	1x{1 x 200 on 2:40 Pulls	EN2

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
500	1 x 500 on 8:00 Choice		
204	12 x 17 on :45 Starts/shooter/finish		
1,050	3x{2 x 125 on 2:30 Kick {4 x 25 on :30 Kick-no board		
1,000	4 x 250 on 3:30 Pulls-nbbf&w + 2 yds		
300	12 x 25 on :30 IM order-build		
2,000	1x{4 x 100 on 1:45 Breaststroke {3 x 100 on 1:40 Breaststroke {2 x 100 on 1:35 Breaststroke {1 x 100 on 1:30 Breaststroke {1 x 100 on 2:00 Freestyle {1 x 50 on :45 Breaststroke {2 x 50 on :50 Breaststroke {3 x 50 on :55 Breaststroke {4 x 50 on 1:00 Breaststroke {1 x 100 on 2:00 Freestyle {1 x 100 on 3:00 Breaststroke-OTB for time!!! {1 x 200 on 4:00 Stroke Drills		

7:00 PM 5,054 Yards - Stress Value = 65

Workout #4267 - Friday, 06 October 2006

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set 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	S
150	10 x 15 on :45 Shooters	S
600	2x{2 x 100 on 2:20 Kick	E
	{4 x 25 on :30 Kick-no board	E
50	1 x 50 on 1:30 Backstroke-OTB for time	S
750	3 x 250 on 4:30 Pulls-nbbf&w	E
50	1 x 50 on 1:30 Butterfly	S
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	S
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

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 Stomach and Stretch		
500	1 x 500 on 8:00 Swim-kick-pull-swim	REC	
204	12 x 17 on :45 Starts/shooters/finish	SP3	
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{4 x 25 on :40 Kick no board BSLR	EN2	
	{2 x 75 on 1:25 Kick	EN2	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	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 x 100 on 1:25 Pull no br L.8 yds	EN1	
	{3 x 100 on 1:20 Pull no br L.8 yds	EN1	
	{3 x 100 on 1:15 Pull no br L.8 yds	EN2	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,400	1x{1 x 400 on 5:30 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

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 15:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
750	1x{4 x 25 on :45 Kick no board BSLR	EN2	F
	{2 x 50 on 1:10 Kick	EN2	F
	{4 x 25 on :45 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	F
	{2 x 100 on 1:50 Pulls	EN1	F

	{2 x 100 on 1:45 Pulls	EN1	F
300	4 x 75 on 1:20 IM w/out alt.strokes	EN1	S
1,600	1x{1 x 400 on 7:00 Freestyle	EN2	S
	{1 x 400 on 6:50 Freestyle	EN2	S
	{1 x 400 on 6:40 Freestyle	EN2	S
	{1 x 400 on 6:30 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	7:15 PM 4,000 Yards - Stress Value = 62		

Workout #4270 - Tuesday, 10 October 2006

Group 3 - Back

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
180	12 x 15 on :45 Starts/shooters/finishes	SP3
1,000	1x{2 x 100 on 2:10 Kick	EN1
	{2 x 100 on 2:05 Kick	EN2
	{2 x 100 on 2:00 Kick	EN2
	{2 x 100 on 1:55 Kick	EN2
	{2 x 100 on 1:50 Kick	EN2
	odds fast!!!	
1,100	1x{1 x 300 on 4:00 Pulls	EN2
	{6 x 50 on :45 Pulls	EN1
	{1 x 250 on 3:20 Pulls	EN2
	{5 x 50 on :45 Pulls	EN1
300	3 x 100 on 1:45 Choice-descend (non fr)	EN1
2,850	3x{6 x 125 on 2:00 Backstroke	EN2
	{1 x 200 on 4:00 Stroke Drills	REC
	7:15 PM 5,930 Yards - 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
 500 1 x 500 on 8:00 Freestyle-L.25 of each 100
 150 10 x 15 on :45 Shooters
 900 2x{4 x 25 on :35 Kick no board BSLR
 {2 x 50 on 1:05 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 x 25 on :30 Butterfly EN1
 {1 x 50 on :45 Freestyle EN1
 {1 x 50 on :55 Butterfly-lup 1down EN2
 {1 x 50 on 1:00 Freestyle REC
 {4 x 25 on :30 Butterfly EN1
 {1 x 50 on :45 Freestyle EN1
 {1 x 50 on :55 Butterfly lup 2down EN2
 {1 x 50 on 1:00 Freestyle REC
 {6 x 25 on :30 Butterfly EN1
 {1 x 50 on :45 Freestyle EN1
 {1 x 50 on :55 Butterfly lup 3 down EN2
 {1 x 50 on 1:00 Freestyle REC
 {8 x 25 on :30 Butterfly EN1
 {1 x 50 on :45 Freestyle EN1
 {1 x 50 on :55 Butterfly-lup 4down EN2
 {1 x 50 on 1:00 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 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
 500 1x{2 x 100 on 2:20 Kick EN2
 {2 x 75 on 1:40 Kick EN2
 {3 x 50 on 1:05 Kick EN2
 750 1 x 750 on 14:00 Pulls EN2
 200 4 x 50 on 1:00 Freestyle-descend EN1
 1,100 1x{2 x 25 on :40 Butterfly EN1
 {1 x 50 on :55 Freestyle EN1
 {1 x 50 on 1:05 Butterfly-lup 1down EN2
 {1 x 50 on 1:00 Freestyle REC
 {4 x 25 on :40 Butterfly EN1
 {1 x 50 on :55 Freestyle EN1
 {1 x 50 on 1:05 Butterfly lup 2down EN2
 {1 x 50 on 1:00 Freestyle REC
 {6 x 25 on :40 Butterfly EN1
 {1 x 50 on :55 Freestyle EN1
 {1 x 50 on 1:05 Butterfly lup 3 down EN2
 {1 x 50 on 1:00 Freestyle REC
 {8 x 25 on :40 Butterfly EN1
 {1 x 50 on :55 Freestyle EN1
 {1 x 50 on 1:05 Butterfly-lup 4down EN2
 {1 x 50 on 1:00 Freestyle REC
 250 1 x 250 on 5:00 Stroke Drill REC
 7:13 PM 3,350 Yards - Stress Value = 42

Workout #4275 - Friday, 13 October 2006

Group 3 - IM's

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 25:00 Stomach and Stretch
 500 1 x 500 on 8:00 Reverse IM drill REC
 204 12 x 17 on :45 Starts/shooters/finishes SP3
 900 3x{4 x 50 on 1:00 Kick EN2
 {1 x 100 on 2:30 Kick-great effort EN3
 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

Workout #4276 - Friday, 13 October 2006

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WOF
	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 75 on 1:15 Pulls-nbbf&w + 2 yds	EN1	
	{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 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

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
500	1 x 500 on 8:00 Swim-kick-pull-swim		
204	12 x 17 on :45 Starts/shooters/finishes		
1,000	5x{4 x 25 on :40 Kick no board BSLR		
	{1 x 100 on 2:00 Kick		
	Odd 100's hold under 1:30		
1,350	1x{8 x 75 on 1:05 Pull no br L.10 yds		
	{6 x 75 on 1:00 Pull no br L.10 yds		
	{4 x 75 on :55 Pull no br L.10 yds		
300	4 x 75 on 1:15 IM w/out alt.strokes		
1,800	1x{3 x 200 on 2:30 Freestyle		
	{3 x 200 on 2:25 Freestyle		
	{3 x 200 on 2:20 Freestyle		
250	1 x 250 on 5:00 Stroke Drills		
400	4 x 100 on 1:30 Freestyle-descend to ludicrc speed		
250	1 x 250 on 4:00 Stroke Drills		
	7:15 PM 6,054 Yards - Stress Value = 93		

Workout #4278 - Monday, 16 October 2006

Group 2 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	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 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:20 Kick	EN2	
750	1x{4 x 75 on 1:20 Pull no br L.10 yds	EN1	
	{4 x 75 on 1:15 Pull no br L.10 yds	EN2	
	{2 x 75 on 1:10 Pull no br L.10 yds	EN1	
300	4 x 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 #4279 - Tuesday, 17 October 2006

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
	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	
800	1x{1 x 200 on 4:00 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{8 x 25 on :30 Kick	EN2	
1,200	1x{1 x 300 on 4:30 Pulls	EN1	
	{2 x 150 on 2:10 Pulls	EN1	
	{3 x 100 on 1:25 Pulls	EN1	
	{6 x 50 on :40 Pulls	EN2	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
2,600	1x{3 x 150 on 2:15 Backstroke	EN2	
	{4 x 50 on 1:00 Backstroke-10k of walls	EN2	
	{3 x 150 on 2:10 Backstroke	EN2	
	{4 x 50 on :55 Backstroke-10k off walls	EN2	
	{3 x 150 on 2:05 Freestyle	EN2	
	{4 x 50 on :50 Backstroke-10k off walls	EN2	
	{3 x 150 on 2:00 Backstroke	EN2	
	{4 x 50 on :45 Backstroke-10k off walls	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:15 PM 6,004 Yards - Stress Value = 92		

Workout #4280 - Tuesday, 17 October 2006

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
	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 2:20 Kick	EN2	
	{4 x 50 on 1:10 Kick	EN2	
	{8 x 25 on :35 Kick	EN2	
600	1x{2 x 150 on 2:40 Pulls	EN1	
	{3 x 100 on 1:45 Pulls	EN1	
150	3 x 50 on :55 Freestyle-descend	EN1	
1,350	3x{3 x 100 on 2:15 Backstroke	EN2	
	{3 x 50 on 1:00 Backstroke-10k of walls	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
	7:15 PM 3,450 Yards - Stress Value = 53		

Workout #4281 - Wednesday, 18 October 2006

Group 3 - Breast

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	1 on 20:00 Stomach and Stretch-no pushups
150	1 x 500 on 8:00 Choice-L.25 of each 90% effc
1,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{4 x 25 on :35 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	12 x 25 on :30 Tuck spin drill @12.5 yds
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 x 25 on 1:00 Breast from a dive/10 pushups
	{3 x 100 on 1:35 Breaststroke
	{8 x 25 on 1:00 Breast from a dive/10 pushups
	{4 x 100 on 1:30 Breaststroke
300	6 x 50 on 1:00 Stroke Drills
	7:15 PM 5,050 Yards - Stress Value = 77

Workout #4282 - Thursday, 19 October 2006

Group 3 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
500	1 on 25:00 Stomach and Stretch	
204	1 x 500 on 8:00 Underwater trn drill	REC
1,600	12 x 17 on :45 Starts/shooters/finsh	SP3
	2x{1 x 125 on 2:30 Kick	EN2
	{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 2:00 Kick	EN2
	{1 x 125 on 2:00 Kick	EN2
1,200	1x{1 x 300 on 4:00 Pulls	EN1
	{2 x 200 on 2:45 Pulls	EN1
	{3 x 100 on 1:30 Pulls	EN1
	{4 x 50 on 1:00 Pulls 4 breaths total	EN2
450	9 x 50 on :50 Freestyle-descend in 3's	EN1
1,800	3x{2 x 50 on :50 Butterfly 2-2	EN2
	{1 x 50 on :45 Freestyle	EN1
	{2 x 50 on :50 Butterfly 2-3	EN2
	{1 x 50 on :45 Freestyle	EN1
	{2 x 50 on :50 Butterfly 2-4	EN2
	{1 x 50 on :45 Freestyle	EN1
	{2 x 50 on :50 Butterfly 2-5	EN2
	{1 x 50 on :45 Freestyle	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	7:16 PM 5,954 Yards - Stress Value = 90	

Workout #4283 - Thursday, 19 October 2006

Group 2 - Fly

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{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 x 300 on 5:30 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 x 50 on :50 Freestyle	EN1
	{2 x 50 on 1:00 Butterfly 2-3	EN2
	{1 x 50 on :50 Freestyle	EN1
	{2 x 50 on 1:00 Butterfly 2-4	EN2
	{1 x 50 on :50 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

5:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 9:00 Swim-kick-pull-swim
204	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
1,350	9 x 150 on 2:15 Freestyle-desecond 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
	{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 x 75 on 1:05 Pull no br L.12 yds
	{2 x 75 on 1:10 Pull no br L.15 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

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-desecond 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

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 9:00 Underwater trn drill
 204 12 x 17 on :45 Starts/shooters/finish
 1,000 1x{1 x 200 on 4:00 Kick
 {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
 300 3 x 100 on 1:30 Freestyle-descend
 2,000 1x{4 x 200 on 3:00 Backstroke-descend
 {4 x 150 on 2:15 Backstroke-descend
 {4 x 100 on 1:30 Backstroke-descend
 {4 x 50 on :45 Backstroke-descend
 400 8 x 50 on 1:00 Stroke Drills
 7:16 PM 5,504 Yards - Stress Value = 85

Workout #4287 - Tuesday, 24 October 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{1 x 150 on 3:30 Kick
 {6 x 25 on :45 Kick-odds underwater evens on

{ 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
 300 3 x 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
 250 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

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 9:00 Underwater trn drill
 odd 100's freestyle evens 100's backstroke
 204 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

Yards	Set Description	EGY
5:30 PM Start		
400	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
800	8 x 100 on 2:30 Kick-100% effort	EN2
600	1x{1 x 75 on 1:20 Pulls	EN1
	{1 x 50 on :45 Pulls	EN2
	{2 x 75 on 1:15 Pulls	EN1
	{2 x 50 on :45 Pulls	EN1
	{3 x 75 on 1:10 Pulls	EN1
450	9 x 50 on :50 Freestyle-descend	EN1
700	1x{1 x 125 on 2:30 Breaststroke	EN1
	{1 x 100 on 1:55 Breaststroke	EN1
	{1 x 75 on 1:25 Breaststroke	EN2
	{1 x 50 on :55 Breaststroke	EN2
	{8 x 25 on :45 Breaststroke	EN2
	{3 x 50 on 1:30 Breaststroke 100% effort	SP2
300	6 x 50 on 1:10 Stroke Drills	REC
7:15 PM 3,400 Yards - Stress Value = 57		

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 9:00 Swim-kick-pull-swim
204	12 x 17 on :45 Starts/shooters/finishes
1,200	6x{1 x 100 on 2:00 Kick
	{1 x 100 on 2:00 Kick no board BSLR
1,200	1x{1 x 150 on 2:15 Pulls
	{3 x 50 on :45 Pulla
	{1 x 150 on 2:10 Pulls
	{3 x 50 on :45 Pulls
	{1 x 150 on 2:05 Pulls
	{3 x 50 on :45 Pulls
	{1 x 150 on 2:00 Pulls
	{3 x 50 on :45 Pulls
300	4 x 75 on 1:15 IM w/out alt.strokes
2,400	12 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!!!
200	1 x 200 on 4:00 Stroke Drill
400	4 x 100 on 1:30 Descend to Ludicrous speed!!
200	1 x 200 on 3:00 Stroke Drill
7:32 PM 6,704 Yards - Stress Value = 101	

Workout #4291 - Friday, 27 October 2006

Group 3 - All

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
	1 on 30:00 Stomach and Stretch
800	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 #4294 - Monday, 30 October 2006

Group 2 - Distance

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
	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
400	2x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:20 Kick no board BSLR
300	1x{1 x 150 on 2:40 Pulls
	{3 x 50 on :55 Pulla
100	1 x 100 on 2:00 Choice
2,000	10 x 200 on 4:00 Challenge Set!!!!!!!!!!!!!!!
200	1 x 200 on 4:00 Stroke Drill
7:14 PM 3,550 Yards - Stress Value = 57	

Workout #4295 - Tuesday, 31 October 2006

Group 3 - Back

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 9:00 Underwater trn drill
204	12 x 17 on :45 Starts/shooters/finish
900	1x{2 x 100 on 2:00 Kick
	{2 x 150 on 2:55 Kick
	{2 x 200 on 3:50 Kick
1,600	1x{2 x 300 on 4:15 Pulls
	{3 x 200 on 2:50 Pulls
	{4 x 100 on 1:25 Pulls
300	3 x 100 on 1:30 Freestyle-descend
2,800	2x{1 x 200 on 3:00 Backstorke
	{4 x 50 on 1:00 Backstroke 8kicks off walls
	{2 x 150 on 2:15 Backstroke
	{4 x 50 on 1:00 Backstroke 10kicks off walls
	{3 x 100 on 1:30 Backstroke
	{4 x 50 on 1:00 Backstroke 12kicks off walls
200	1 x 200 on 4:00 Stroke Drills
7:32 PM 6,604 Yards - Stress Value = 101	

Workout #4292 - Friday, 27 October 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
	1 on 20:00 Stomach and Stretch
600	1 x 600 on 12:00 Choice
	1 on 8:00 Techniques-starts
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
	{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
200	1 x 200 on 5:00 Stroke Drill
7:15 PM 2,653 Yards - Stress Value = 23	

Workout #4293 - Monday, 30 October 2006

Workout #4296 - Tuesday, 31 October 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 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 Backstroke {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

5:00 PM Start

Yards	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
	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 {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 125 on 2:20 Kick {1 x 100 on 1:50 Kick	EN2 EN2 EN2 EN2 EN2 EN2 EN2

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

Workout #4299 - Thursday, 02 November 2006

Group 2 - Fly

1 minute rest between sets

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 {2 x 100 on 2:20 Kick {2 x 75 on 1:45 Kick {2 x 50 on 1:10 Kick {2 x 25 on :35 Kick	EN2 EN2 EN2 EN2 EN2	
900	1x{1 x 300 on 5:15 Pulls {1 x 300 on 5:10 Pulls {1 x 300 on 5:05 Pulls	EN1 EN1 EN1	
200	4 x 50 on 1:00 Freestyle-descend	EN1	
1,600	1x{6 x 25 on :40 Butterfly lup 1 down {1 x 100 on 1:45 Freestyle {6 x 25 on :40 Butterfly lup 2down {2 x 100 on 1:45 Freestyle {6 x 25 on :40 Butterfly lup 3 down {3 x 100 on 1:45 Freestyle {6 x 25 on :40 Butterfly lup 4down {4 x 100 on 1:45 Freestyle	EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2	
200	1 x 200 on 5:00 Stroke Drill	REC	
	7:30 PM 4,200 Yards - Stress Value = 61		

Workout #4300 - Friday, 03 November 2006

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
400	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 Shooters	SP3	
900	6 x 150 on 2:45 Freestyle-descend in sets of		
600	1x{4 x 25 on :40 Kick no board BSLR-12 kicks	EN2	
	{1 x 50 on 1:00 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR-10 kicks	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR-8 kicks	EN2	
	{3 x 50 on 1:10 Kick	EN2	
900	6 x 150 on 2:45 Freestyle-descend in sets of		
600	2x{1 x 100 on 1:50 Pull no br L.6 yds	EN2	
	{1 x 100 on 1:50 Pull no br L.10 yds	EN2	
	{1 x 100 on 1:50 Pull no br L.14 yds	EN2	
	1 on 15:00 Techniques-Starts	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:30 PM 3,750 Yards - Stress Value = 64			

Yards	Set Description	EGY	WOF
5:30 PM Start			
	1 on 30:00 Physio Balls/Stretch		
	1 on 10:00 Athlete only team meeting		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,250	1x{4 x 125 on 1:40 Pull no br L.5 yds	EN1	
	{4 x 125 on 1:40 Pull no br L.10 yds	EN2	
	{2 x 125 on 1:40 Pull no br L.15 yds	EN2	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
3,000	1x{1 x 500 on 6:15 Freestyle	EN2	
	{2 x 400 on 5:00 Freestyle	EN2	
	{3 x 300 on 3:45 Freestyle	EN2	
	{4 x 200 on 2:30 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 5:00 Ice		
5:35 PM 6,500 Yards - Stress Value = 110			

Workout #4301 - Monday, 06 November 2006

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
400	1 on 20:00 Stomach and Stretch	I	
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	I
150	10 x 15 on :45 Shooters	SP3	S
600	2x{4 x 25 on :45 Kick no board BSLR	EN2	F
	{1 x 100 on 2:20 Kick	EN1	F
	{1 x 100 on 2:15 Kick	EN2	F
750	1x{2 x 125 on 2:15 Pull no br L.5 yds	EN1	F
	{2 x 125 on 2:10 Pull no br L.5 yds	EN2	F
	{2 x 125 on 2:05 Pull no br L.15 yds	EN2	F
300	4 x 75 on 1:20 IM w/out alt.strokes	EN1	S
2,000	1x{1 x 400 on 6:40 Freestyle	EN2	S
	{2 x 300 on 5:00 Freestyle	EN2	S
	{3 x 200 on 3:20 Freestyle	EN2	S
	{4 x 100 on 1:40 Freestyle	EN2	S
300	6 x 50 on 1:15 Stroke Drills	REC	I
7:29 PM 4,500 Yards - Stress Value = 71			

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 6:00 Swim-kick-drill-swim		
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe		
900	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		
1,000	4 x 250 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 2,800 Yards - Stress Value = 31			

Workout #4307 - Monday, 06 November 2006

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
	1 on 10:00 Athlete only team meeting		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,250	1x{4 x 125 on 1:45 Pull no br L.5 yds	EN1	
	{4 x 125 on 1:45 Pull no br L.10 yds	EN2	
	{2 x 125 on 1:45 Pull no br L.15 yds	EN2	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,600	1x{1 x 500 on 6:40 Freestyle	EN2	
	{2 x 400 on 5:20 Freestyle	EN2	
	{3 x 300 on 4:00 Freestyle	EN2	
	{2 x 200 on 2:40 Freestyle	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC	
	1 on 5:00 Ice		
5:35 PM 6,200 Yards - Stress Value = 102			

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
	1 on 10:00 Athlete only team meeting		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,250	1x{4 x 125 on 1:45 Pull no br L.5 yds	EN1	
	{4 x 125 on 1:45 Pull no br L.10 yds	EN2	
	{2 x 125 on 1:45 Pull no br L.15 yds	EN2	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,600	1x{1 x 500 on 6:40 Freestyle	EN2	
	{2 x 400 on 5:20 Freestyle	EN2	
	{3 x 300 on 4:00 Freestyle	EN2	
	{2 x 200 on 2:40 Freestyle	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC	
	1 on 5:00 Ice		
5:35 PM 6,200 Yards - Stress Value = 102			

Workout #4308 - Monday, 06 November 2006

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Workout #4303 - Monday, 06 November 2006

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	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 x 75 on 1:10 Pulls-nbbf&w {4 x 75 on 1:05 Pulls-nbbf&w {4 x 75 on 1:00 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

150	10 x 15 on :45 Shooters	SP3
800	2x{4 x 25 on :45 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	EN2 EN1 EN2 EN2
750	1x{2 x 125 on 2:00 Pull no br L.5 yds {2 x 125 on 2:00 Pull no br L.10 yds {2 x 125 on 2:00 Pull no br L.15 yds	EN1 EN2 EN2
300	4 x 75 on 1:30 IM w/out alt.strokes	EN1
1,600	1x{1 x 400 on 6:20 Freestyle {2 x 300 on 4:45 Freestyle {3 x 200 on 3:10 Freestyle	EN2 EN2 EN2
300	1 x 300 on 6:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:19 PM 4,200 Yards - Stress Value = 67	

Workout #4314 - Tuesday, 07 November 2006

Group 2 - Back

1 minute rest between sets

3:00 PM Start

Yards	Set 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 x 15 on :45 Shooters	SP3	
800	2x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick	EN2 EN1 EN2 EN2	
1,000	1x{3 x 125 on 1:50 Pull no br L.5 yds {3 x 125 on 1:50 Pull no br L.10 yds {2 x 125 on 1:50 Pull no br L.15 yds	EN1 EN2 EN2	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
1,600	1x{1 x 400 on 5:40 Freestyle {2 x 300 on 4:15 Freestyle {3 x 200 on 2:50 Freestyle	EN2 EN2 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		

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

5:30 AM Start

Yards	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
750	1x{4 x 75 on 1:15 Pulls-nbbf&w {4 x 75 on 1:10 Pulls-nbbf&w {2 x 75 on 1:05 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 Ice
	7:04 AM 2,350 Yards - Stress Value = 29

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 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 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 #4305 - Monday, 06 November 2006

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	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	

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 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 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 x 100 on 1:25 3 strks fly off walls-descer
 {3 x 100 on 1:20 3 strks fly off walls-descer
 {3 x 100 on 1:15 3 strks fly off walls-descer
 {1 x 400 on 8:00 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

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 550 1 x 550 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
 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 finishe
 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

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 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

1 minute rest between sets

11:00 AM Start
 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 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 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 finishe
 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 x 200 on 3:00 Stroke Drills
 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 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
 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 finishe
 3 finishes for each stroke
 1,200 1x{1 x 200 on 3:30 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

1 minute rest between sets

11:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 400 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
 {1 x 25 on :45 Freestyle- 25 fast
 150 10 x 15 on :45 Shooters
 750 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick on stomach hands by side
 {1 x 50 on 1:05 Kick on stomach streamlined
 {1 x 50 on 1:05 Kick on back streamlined
 1,000 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 finishe
 3 finishes for each stroke
 1,100 1x{1 x 200 on 3:40 Breaststroke
 {8 x 25 on :30 Breaststroke-odds 100%
 {1 x 200 on 3:40 Breaststroke
 {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

Workout #4323 - Thursday, 09 November 2006

Group 2 - Fly

1 minute rest between sets

11:00 AM Start
 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 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
 750 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick on stomach hands by side
 {1 x 50 on 1:05 Kick on stomach streamlined
 {1 x 50 on 1:05 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 finishe
 3 finishes for each stroke
 1,200 1x{1 x 200 on 3:30 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 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 1:24 PM 4,100 Yards - Stress Value = 57

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 finishe
 1,800 2x{2 x 25 on :30 Butterfly
 {1 x 100 on 1:40 Freestyle
 {4 x 25 on :30 Butterfly
 {1 x 100 on 1:40 Freestyle
 {6 x 25 on :30 Butterfly
 {1 x 100 on 1:40 Freestyle
 {8 x 25 on :30 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

Workout #4318 - Wednesday, 08 November 2006

HighSchl - Bronze

Workout #4319 - Thursday, 09 November 2006

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 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
 1,200 12 x 100 on 1:45 Kick-odds 100% effort
 800 1x{1 x 200 on 2:40 Pulls
 {1 x 200 on 2:35 Pulls
 {1 x 200 on 2:30 Pulls
 {1 x 200 on 2:25 Pulls
 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,600 4 x 400 on 5:00 Freestyle-hold under 4:20
 300 1 x 300 on 5:00 Stroke Drills
 1 on 9:00 Ice
 5:35 PM 4,800 Yards - Stress Value = 78

Workout #4321 - Thursday, 09 November 2006

HighSchl - Fly

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 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
 1,200 12 x 100 on 1:45 Kick-odds 100% effort
 800 1x{1 x 200 on 2:40 Pulls
 {1 x 200 on 2:35 Pulls
 {1 x 200 on 2:30 Pulls
 {1 x 200 on 2:25 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 1:10 Freestyle
 {4 x 25 on :30 Butterfly
 {1 x 100 on 1:10 Freestyle
 {6 x 25 on :30 Butterfly
 {1 x 100 on 1:10 Freestyle
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,400 Yards - Stress Value = 62

Workout #4320 - Thursday, 09 November 2006

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 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
 1,000 10 x 100 on 2:00 Kick-odds 100% effort
 800 1x{1 x 200 on 3:00 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
 5:35 PM 4,200 Yards - Stress Value = 58

Workout #4322 - Thursday, 09 November 2006

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:59 Hand out gear/stretch/team pic
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 9 x 100 on 2:10 Kick-odds 100% effort
 600 1x{1 x 200 on 3:15 Pulls
 {1 x 200 on 3:10 Pulls
 {1 x 200 on 3:05 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 1:30 Freestyle
 {4 x 25 on :30 Butterfly
 {1 x 100 on 1:30 Freestyle
 {6 x 25 on :30 Butterfly
 {1 x 100 on 1:30 Freestyle
 300 1 x 300 on 5:00 Stroke Drills
 1 on 9:00 Ice
 5:35 PM 3,800 Yards - Stress Value = 52

Workout #4326 - Friday, 10 November 2006

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 450 1x{1 x 200 on 4:00 Freestyle L. 50 fast
 {1 x 150 on 3:00 Freestyle L. 50 fast
 {1 x 100 on 2:00 Freestyle L. 50 fast
 150 10 x 15 on :45 Shooters
 500 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:10 Kick on stomach hands by side
 {1 x 50 on 1:10 Kick on stomach streamlined
 {1 x 50 on 1:10 Kick on back streamlined
 500 1x{1 x 150 on 2:40 Lungbuster pulls
 { breathe 3-5-3 by the 50
 {2 x 100 on 1:45 Lungbuster pulls
 { breathe 3-5 by the 50
 {3 x 50 on :50 Lungbuster pulls
 { breathe every 5
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2 finishes for each stroke
 1,200 1x{1 x 200 on 4:00 Breaststroke
 {8 x 25 on :40 Breaststroke-odds 100%
 {1 x 200 on 3:55 Breaststroke
 {4 x 50 on 1:05 Breast 2x pullouts
 {1 x 200 on 3:50 Breaststroke
 {2 x 100 on 2:00 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 20:00 Game
 7:30 PM 3,200 Yards - Stress Value = 47

Workout #4324 - Friday, 10 November 2006

HighSchl - All

1 minute rest between sets

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

Workout #4325 - Friday, 10 November 2006

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 Physio Balls/Stretch
 800 1 x 800 on 12:00 Swim-kick-pull-swim REC
 800 2x{1 x 100 on 1:50 Stroke Drills REC
 {1 x 100 on 1:40 Stroke Drills 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 1x{1 x 25 on :01 Choice OTB SP2
 {1 x 125 on 3:00 Freestyle REC
 {1 x 50 on :01 Choice-OTB SP2
 {1 x 100 on 3:00 Freestyle REC
 {1 x 75 on :01 Choice-OTB SP2
 {1 x 75 on 3:00 Freestyle REC
 {1 x 100 on :01 Choice-OTB SP2
 500 10 x 50 on 1:00 Stroke Drills REC
 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

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 strc
 204 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
 800 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
 500 1 x 500 on 20:00 Killer Relays
 200 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

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 strc
 204 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
 800 1 x 800 on 12:00 Pulls w/tech paddles
 300 4 x 75 on 1:15 2bk-4bk-6bk by 25's
 1,400 1x{5 x 100 on 1:10 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
 200 1 x 200 on 4:00 Freestyle
 500 1 x 500 on 20:00 Killer Relays
 200 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

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 strc
 204 12 x 17 on :45 Starts/shooter/finishes
 1,000 4x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:05 Kick
 650 1 x 650 on 10:00 Pulls w/ tennis balls
 300 4 x 75 on 1:15 2bk-4bk-6bk by 25's
 1,300 1x{5 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:20 Freestyle
 200 1 x 200 on 4:00 Freestyle
 500 1 x 500 on 20:00 Killer Relays
 200 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 strc
 204 12 x 17 on :45 Starts/shooter/finishes
 1,000 4x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:05 Kick
 500 1 x 500 on 9:00 Pulls w/ tennis balls
 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 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Freestyle
 200 1 x 200 on 4:00 Freestyle
 500 1 x 500 on 20:00 Killer Relays
 200 1 x 200 on 3:00 Stroke Drills
 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
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 1x{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
 {2 x 50 on 1:05 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 600 1x{4 x 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
 1,700 1x{2 x 250 on 4:10 Freestyle
 {2 x 225 on 3:40 Freestyle
 {2 x 200 on 3:10 Freestyle
 {2 x 175 on 2:45 Freestyle
 100 1 x 100 on 3:00 Freestyle
 500 1 x 500 on 9:00 Freestyle
 300 6 x 50 on 1:10 Stroke Drills
 7:30 PM 4,550 Yards - Stress Value = 69

Workout #4331 - Monday, 13 November 2006

HighSchl - Platinum

1 minute rest between sets

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 finishes
 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

{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

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 1:30 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
 {1 x 100 on 2:00 Freestyle
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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 x 175 on 2:00 Freestyle
 {1 x 200 on 4:00 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 7,100 Yards - Stress Value = 118

Workout #4332 - Monday, 13 November 2006

HighSchl - Gold

1 minute rest between sets

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 finishes
 2,600 1x{1 x 200 on 2:30 Freestyle
 {2 x 100 on 1:30 Freestyle-hold under 1:10
 {1 x 200 on 2:30 Freestyle
 {2 x 100 on 1:25 Freestyle-hold under 1:09
 {1 x 200 on 2:30 Freestyle
 {2 x 100 on 1:20 Freestyle-hold under 1:08
 {1 x 200 on 2:30 Freestyle
 {2 x 100 on 1:15 Freestyle-hold under 1:07
 {1 x 200 on 2:30 Freestyle
 {2 x 100 on 1:10 Freestyle-hold under 1:06
 {1 x 200 on 2:30 Freestyle
 {2 x 100 on 1:05 Freestyle
 {1 x 200 on 3:00 Stroke Drill
 1 on 5:00 Ice
 7:06 AM 3,250 Yards - 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 x 50 on 1:00 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 x 75 on 1:00 Pull no br L.12 yds {1 x 100 on 2:00 Freestyle
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 3:15 Freestyle {3 x 225 on 2:50 Freestyle {3 x 200 on 2:30 Freestyle {1 x 175 on 2:10 Freestyle {1 x 200 on 4:00 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 6,750 Yards - Stress Value = 112

Workout #4333 - Monday, 13 November 2006

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set 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
2,200	1x{1 x 200 on 2:45 Freestyle {2 x 100 on 1:35 Freestyle-hold under 1:15 {1 x 200 on 2:45 Freestyle {2 x 100 on 1:30 Freestyle-hold under 1:14 {1 x 200 on 2:45 Freestyle {2 x 100 on 1:25 Freestyle-hold under 1:13 {1 x 200 on 2:45 Freestyle {2 x 100 on 1:20 Freestyle-hold under 1:12 {1 x 200 on 2:45 Freestyle {2 x 100 on 1:15 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

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	2x{2 x 50 on 1:00 Kick no board BSLR {1 x 100 on 1:50 Kick {2 x 50 on 1:00 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 x 225 on 3:00 Freestyle {3 x 200 on 2:35 Freestyle {1 x 175 on 2:15 Freestyle {1 x 200 on 4:00 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 6,450 Yards - Stress Value = 112

Workout #4334 - Monday, 13 November 2006

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set 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 x 75 on 1:10 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
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 x 50 on 1:05 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

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 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
 300 12 x 25 on :30 12.5 ez 12.5 fast grt finishes
 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 x 50 on 1:00 Backstroke 12.5yds off walls
 {1 x 100 on 1:30 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
 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

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 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

{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 x 50 on :55 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
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 100 on 2:00 Pulls w/ tech paddles
 {1 x 100 on 1:40 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 finishes
 2,000 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 x 400 on 8:00 Stroke Drills
 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 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 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 finishes
 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

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 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
 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
 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 finishes
 3 on each stroke
 2,000 1x{1 x 225 on 3:00 Freestyle
 {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 6 x 50 on 1:00 Stroke Drills
 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

3:00 PM Start
 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 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
 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
 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 finishes
 3 on each stroke
 1,750 1x{1 x 200 on 3:00 Backstroke
 {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
 1 on 10:00 Ice
 5:35 PM 5,250 Yards - Stress Value = 92

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 x 50 on 1:05 Kick
 {1 x 100 on 2:15 Kick
 {1 x 150 on 3:30 Kick
 150 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 x 50 on 1:00 25 fly 25 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 1 x 100 on 2:00 Freestyle
 900 1x{1 x 300 on 5:00 Pulls mid 100 90%
 {1 x 300 on 4:50 Pulls mid 100 90%
 {1 x 300 on 4:40 Pulls mid 100-90%
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Techniques-starts
 7:31 PM 4,000 Yards - Stress Value = 67

Workout #4344 - Wednesday, 15 November 2006

HighSchl - Freestylers

1 minute rest between sets

3:00 PM Start

Workout #4348 - Thursday, 16 November 2006

HighSchl - Breast

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 odd 100's free even 100's backstroke
150	10 x 15 on :45 Shooters
900	3x{1 x 50 on 1:00 Kick {1 x 100 on 1:55 Kick {1 x 150 on 2:45 Kick
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{3 x 50 on 1:00 Under/over {1 x 100 on 2:00 Breast 2X pullouts 100% {3 x 50 on 1:00 Under/over {2 x 100 on 2:00 Breast 2X pullouts 100% {3 x 50 on 1:00 Under/over {3 x 100 on 2:00 Breast 2X pullouts 100%
100	1 x 100 on 2:00 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 x 300 on 4:05 Pulls mid 100 90% {1 x 300 on 4:00 Pulls mid 100 90%
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{3 x 50 on 1:00 Under/over {3 x 100 on 2:00 Breast 2X pullouts 100% {3 x 50 on 1:00 Under/over {2 x 100 on 2:00 Breast 2X pullouts 100% {3 x 50 on 1:00 Under/over {1 x 100 on 2:00 Breast 2X pullouts
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
	5:35 PM 5,500 Yards - Stress Value = 93

Workout #4347 - Thursday, 16 November 2006

HighSchl - Fly

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 odd 100's free even 100's backstroke
150	10 x 15 on :45 Shooters
900	3x{1 x 50 on 1:00 Kick {1 x 100 on 1:50 Kick {1 x 150 on 2:30 Kick
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 200 on 3:00 Butterfly 2-2 {6 x 50 on :50 25 fly 25 free-hold at :30 {1 x 200 on 3:00 Butterfly 2-3 {6 x 50 on :45 25 fly 25 free-hold at :30 {1 x 200 on 3:00 Butterfly 2-4 {6 x 50 on :40 25 fly 25 free-hold at :30
100	1 x 100 on 2:00 Freestyle
1,200	1x{1 x 300 on 4:00 Pulls mid 100 90% {1 x 300 on 3:55 Pulls mid 100 90% {1 x 300 on 3:50 Pulls mid 100 90% {1 x 300 on 3:45 Pulls mid 100 90%
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 200 on 2:50 Butterfly 2-2 {6 x 50 on :40 25 fly 25 free-hold at :30 {1 x 200 on 2:50 Butterfly 2-3 {6 x 50 on :45 25 fly 25 free-hold at :30 {1 x 200 on 2:50 Butterfly 2-4 {6 x 50 on :50 25 fly 25 free-hold at :30
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
	5:35 PM 6,350 Yards - Stress Value = 111

Workout #4349 - Thursday, 16 November 2006

HighSchl - Freestylers

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 odd 100's free even 100's backstroke
150	10 x 15 on :45 Shooters
900	3x{1 x 50 on 1:00 Kick {1 x 100 on 1:50 Kick {1 x 150 on 2:30 Kick
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 500 on 6:00 Freestyle {2 x 250 on 3:00 Freestyle 2nd one faster {1 x 200 on 2:10 Freestyle {1 x 100 on 2:00 Freestyle-ez {1 x 200 on 3:00 Freestyle-Broken at 50's 10s
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 x 300 on 4:05 Pulls mid 100 90% {1 x 300 on 4:00 Pulls mid 100 90%
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 500 on 6:20 Freestyle {2 x 250 on 3:10 Freestyle 2nd one faster {1 x 200 on 2:10 Freestyle {1 x 100 on 2:00 Freestyle-ez {1 x 200 on 3:00 Freestyle-Broken at 50's 10s
300	1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice
	5:35 PM 6,500 Yards - Stress Value = 123

Workout #4355 - Friday, 17 November 2006

HighSchl - All

1 minute rest between sets

Yards	Set Description	EC
	1 on 30:00 Physio Balls/Stretch	
800	1 x 800 on 13:00 Reverse IM drill	RE
204	12 x 17 on :45 Shooters	SE
800	1 x 800 on 16:00 Vertical Kicking	EN
	1 on 10:00 Techniques-TN turns	RE
800	16 x 50 on 1:00 Mid pool swims	RE
	1 on 10:00 Techniques-Relay Starts	
250	1 x 250 on 5:00 Drill-Closed fist/thumb drag	RE
	1 on 10:00 Ice	
	5:03 PM 2,854 Yards - Stress Value = 24	

Workout #4354 - Friday, 17 November 2006

HighSchl - Platinum

1 minute rest between sets

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 #4353 - Friday, 17 November 2006

1 minute rest between sets

HighSchl - Gold

1 minute rest between sets

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
 1,700 17 x 100 on 1:15 Freestyle EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 6:00 Ice
 7:05 AM 2,504 Yards - Stress Value = 42

5:30 PM Start
 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
 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 #4351 - Friday, 17 November 2006

HighSchl - Silver

1 minute rest between sets

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
 1,600 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 #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 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
 500 1x{1 x 200 on 4:00 Backstroke 25drill 25build
 {1 x 100 on 2:00 Freestyle-ez
 {8 x 25 on :30 Backstroke-100% effort
 100 1 x 100 on 2:00 Freestyle-ez
 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
 1,600 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 #4352 - Friday, 17 November 2006

HighSchl - Bronze

1 minute rest between sets

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
 1,500 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

7:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 Stomach and Stretch
 800 16 x 50 on 1:00 Stroke Drills 4 on each strc
 204 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

Workout #4364 - Monday, 20 November 2006

Group 2 - Distance

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
 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 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 Breaststroke 25drill 25build
 {1 x 100 on 2:30 Breaststroke-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 x 50 on :55 Kick
 {2 x 50 on :50 Kick
 300 2x{1 x 25 on :30 Butterfly lup 1down
 {1 x 25 on :30 Butterfly lup 2down
 {1 x 25 on :30 Butterfly lup 3down
 {1 x 25 on :30 Butterfly lup 4down
 {1 x 25 on :30 Butterfly lup 5down
 {1 x 25 on :30 Butterfly lup 6down
 100 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 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
 1,800 2x{4 x 25 on :30 Butterfly
 {2 x 50 on 1:00 Fly 2-2 1st 25, 2-3 2nd 25
 {4 x 25 on :25 Butterfly
 {2 x 50 on :55 Fly 2-3 1st 25, 2-4 2nd 25
 {4 x 25 on :20 Butterfly
 {2 x 50 on :50 Fly 2-4 1st 25, 2-5 2nd 25
 {4 x 25 on :15 Butterfly
 {2 x 50 on :45 Fly 2-5 1st 25, 2-6 2nd 25
 {1 x 100 on 2:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drill

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
 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 3:30 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 x 250 on 3:25 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

5:30 AM Start
 Yards 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 finishe
 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

{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
 2,100 1x{1 x 125 on 2:00 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 75 on 1:05 Backstroke
 {1 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
 5:00 PM 5,550 Yards - Stress Value = 71

Workout #4368 - Tuesday, 21 November 2006

Group 2 - Breast

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
 150 10 x 15 on :45 Shooters
 600 2x{1 x 150 on 3:30 Kick
 {1 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 #4367 - Tuesday, 21 November 2006

HighSchl - Fly

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
 1,200 4x{1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 1,200 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
 1,800 2x{4 x 100 on 1:30 3 strokes fly off walls
 {4 x 75 on 1:05 3 strokes fly off walls
 {4 x 50 on :45 3 strokes fly off walls
 200 1 x 200 on 3:00 Stroke Drills
 1 on 8:00 Ice
 5:00 PM 5,550 Yards - Stress Value = 73

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 x 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

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
 1,200 4x{1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 1,200 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

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 400 1 x 400 on 8:00 Free L.25 of each 100 fast
 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-descend
 600 1x{4 x 50 on 1:05 Pulls-nbbf&w
 {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
 1,200 1x{1 x 200 on 4:15 Breaststroke
 {2 x 100 on 2:00 Breaststroke
 {1 x 200 on 4:05 Breaststroke
 {4 x 50 on 1:00 Breaststroke
 {1 x 200 on 3:55 Breaststroke
 {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

3:00 PM Start
 Yards 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 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 hold under 112
 {1 x 400 on 6:00 25 backstroke 25 free
 {4 x 100 on 1:30 Backstroke-hold under 1:10
 {1 x 300 on 4:30 25 backstroke 25 free
 {3 x 100 on 1:30 Backstroke-hold under 1:08
 {1 x 200 on 3:00 25 backstroke 25 free
 {2 x 100 on 1:30 Backstroke hold under 1:06
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 6,280 Yards - Stress Value = 93

Workout #4375 - Wednesday, 22 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 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 finishe
 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

3:00 PM Start
 Yards 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 finishe
 3 on each stroke
 2,850 3x{1 x 400 on 5:20 Freestyle
 {1 x 100 on 1:30 Freestyle-under 1:05
 {4 x 50 on :45 Free descend 1st 1 under :33
 {1 x 100 on 2:30 Freestyle-100% effort
 {1 x 150 on 3:00 Stroke Drill
 1 on 10:00 Ice
 5:35 PM 6,130 Yards - Stress Value = 135

Workout #4372 - Wednesday, 22 November 2006

HighSchl - Platinum

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 600 1x{1 x 200 on 3:00 Freestyle L.50 fast
 {1 x 200 on 3:10 Freestyle L.100 fast
 {1 x 200 on 3:20 Freestyle L.150 fast
 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe
 1,800 1x{3 x 150 on 2:00 Freestyle-descend
 {3 x 150 on 1:55 Freestyle-descend
 {3 x 150 on 1:50 Freestyle-descend
 {3 x 150 on 1:45 Freestyle-descend
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,900 Yards - Stress Value = 44

Workout #4371 - Wednesday, 22 November 2006

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 600 1x{1 x 200 on 3:00 Freestyle L.50 fast
 {1 x 200 on 3:10 Freestyle L.100 fast
 {1 x 200 on 3:20 Freestyle L.150 fast
 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe
 1,800 1x{3 x 150 on 2:05 Freestyle-descend
 {3 x 150 on 2:00 Freestyle-descend
 {3 x 150 on 1:55 Freestyle-descend
 {3 x 150 on 1:50 Freestyle-descend
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,850 Yards - Stress Value = 44

Workout #4370 - Wednesday, 22 November 2006

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 600 1x{1 x 200 on 3:00 Freestyle L.50 fast
 {1 x 200 on 3:10 Freestyle L.100 fast
 {1 x 200 on 3:20 Freestyle L.150 fast
 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe
 1,650 1x{3 x 150 on 2:15 Freestyle-descend
 {3 x 150 on 2:10 Freestyle-descend
 {3 x 150 on 2:05 Freestyle-descend
 {2 x 150 on 2:00 Freestyle-descend
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,700 Yards - Stress Value = 41

Workout #4369 - Wednesday, 22 November 2006

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 550 1x{1 x 175 on 3:00 Freestyle L.50 fast
 {1 x 175 on 3:10 Freestyle L.100 fast
 {1 x 200 on 3:20 Freestyle L.150 fast
 250 10 x 25 on :30 12.5 ez 12.5 fast grt finishe
 1,500 1x{3 x 150 on 2:25 Freestyle-descend
 {3 x 150 on 2:20 Freestyle-descend
 {3 x 150 on 2:15 Freestyle-descend
 {1 x 150 on 2:10 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,500 Yards - Stress Value = 38

Workout #4379 - Friday, 24 November 2006

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
 {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
 {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
 {2 x 50 on :40 Breaststroke
 {1 x 100 on 1:40 Breaststroke
 {2 x 50 on :45 Breaststroke
 {1 x 100 on 1:35 Breaststroke
 {2 x 50 on :50 Breaststroke
 {1 x 100 on 1:30 Breaststroke
 {2 x 50 on :55 Breaststroke
 {1 x 100 on 1:25 Breaststroke
 {2 x 50 on 1:00 Breaststroke
 {1 x 100 on 1:20 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,750 Yards - Stress Value = 62

Workout #4378 - Friday, 24 November 2006

HighSchl - Fly

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
 {1 x 100 on 1:50 Kick
 {4 x 25 on :45 Sprint Kick
 750 1x{2 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2 on each stroke
 1,500 1x{2 x 75 on 1:30 Butterfly 2-4
 {2 x 50 on 1:00 Butterfly 1up 1down
 {2 x 75 on 1:25 Butterfly 2-5
 {2 x 50 on 1:00 Butterfly 1up 2down
 {2 x 75 on 1:20 Butterfly 2-6
 {2 x 50 on 1:00 Butterfly 1up 3down
 {2 x 75 on 1:15 Butterfly 2-7
 {2 x 50 on 1:00 Butterfly 2up 4down
 {2 x 75 on 1:10 Butterfly 2-6
 {2 x 50 on 1:00 Butterfly 2up 5down
 {2 x 75 on 1:05 Butterfly 2-5
 {2 x 50 on 1:00 Butterfly 2up 6down
 200 1 x 200 on 3:00 Stroke Drills
 1 on 8:00 Ice
 9:35 AM 4,800 Yards - Stress Value = 69

Workout #4377 - Friday, 24 November 2006

HighSchl - Freestylers

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
 {1 x 100 on 1:50 Kick
 {4 x 25 on :45 Sprint Kick
 750 1x{2 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2 on each stroke
 1,600 1x{3 x 100 on 1:30 Freestyle hold time I give
 {4 x 25 on :25 Freestyle-descend
 {3 x 100 on 1:25 Freestyle hold time I give
 {4 x 25 on :25 Freestyle-descend
 {3 x 100 on 1:20 Freestyle hold time I give
 {4 x 25 on :25 Freestyle-descend
 {3 x 100 on 1:15 Freestyle hold time I give
 {4 x 25 on :25 Freestyle-descend
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,000 Yards - Stress Value = 73

Workout #4380 - Saturday, 25 November 2006

HighSchl - Platinum

1 minute rest between sets

7:30 AM Start
 Yards Set Description
 =====

1 on 30:00 Stomach and Stretch
 800 8 x 100 on 1:45 Strke Drills odds fr evns str
 204 12 x 17 on :45 Starts/shooters/finishes
 1,200 6x{1 x 100 on 1:30 Kick
 {1 x 100 on 1:50 Kick
 1,200 4 x 300 on 4:00 Pulls-nbbf&w + 2 yds
 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 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
 500 10 x 50 on 1:00 Rest
 1 on 9:00 Ice
 10:05 AM 6,204 Yards - Stress Value = 167

Workout #4383 - Saturday, 25 November 2006

HighSchl - Gold

1 minute rest between sets

7:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 800 8 x 100 on 1:45 Strke Drills odds fr evns str
 204 12 x 17 on :45 Starts/shooters/finishes
 1,200 6x{1 x 100 on 1:40 Kick
 {1 x 100 on 2:00 Kick
 1,000 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds
 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 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
 500 10 x 50 on 1:00 Rest
 1 on 9:00 Ice
 10:05 AM 6,004 Yards - Stress Value = 165

Workout #4382 - Saturday, 25 November 2006

HighSchl - Silver

1 minute rest between sets

7:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 800 8 x 100 on 1:45 Strke Drills odds fr evns str
 204 12 x 17 on :45 Starts/shooters/finishes
 1,200 6x{1 x 100 on 1:50 Kick
 {1 x 100 on 2:05 Kick
 900 4 x 225 on 3:10 Pulls-nbbf&w + 2 yds
 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 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
 500 10 x 50 on 1:00 Rest
 1 on 9:00 Ice
 10:05 AM 5,854 Yards - Stress Value = 143

Workout #4381 - Saturday, 25 November 2006

HighSchl - Bronze

1 minute rest between sets

7:30 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
800	8 x 100 on 1:45 Strke Drills odds fr evns str
204	12 x 17 on :45 Starts/shooters/finishes
1,000	5x{1 x 100 on 1:55 Kick {1 x 100 on 2:10 Kick
1,000	5 x 200 on 3:05 Pulls-nbbf&w + 2 yds
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,600	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 x 100 on 1:50 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle
500	10 x 50 on 1:00 Rest 1 on 9:00 Ice

10:05 AM 5,354 Yards - Stress Value = 120

Workout #4388 - Monday, 27 November 2006

HighSchl - Back

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 {2 x 25 on :30 Backstroke 12 yds under {2 x 100 on 1:30 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke 12 yds under {3 x 75 on 1:05 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke 12 yds under {4 x 50 on :40 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke 12 yds under {5 x 25 on :20 Backstroke {3 x 50 on 1:00 Backstroke {2 x 25 on :30 Backstroke 12 yds under
200	4 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice

5:35 PM 5,825 Yards - Stress Value = 121

Workout #4390 - Monday, 27 November 2006

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description
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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
2,050	1x{4 x 25 on :25 Butterfly {1 x 100 on 1:15 Freestyle {3 x 50 on :45 Butterfly {1 x 100 on 1:15 Freestyle {2 x 75 on 1:05 Butterfly {1 x 100 on 1:15 Freestyle {1 x 100 on 1:25 Butterfly {1 x 100 on 1:15 Freestyle {1 x 25 on :25 Butterfly {1 x 100 on 1:15 Freestyle {2 x 50 on :45 Butterfly {1 x 100 on 1:15 Freestyle {3 x 75 on 1:05 Butterfly {1 x 100 on 1:15 Freestyle {4 x 100 on 1:25 Butterfly {1 x 100 on 1:15 Freestyle
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice

5:35 PM 6,200 Yards - Stress Value = 96

Workout #4389 - Monday, 27 November 2006

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
2,350	1x{1 x 200 on 2:50 Freestyle w/snorkels {3 x 100 on 1:15 Freestyle w/snorkels {1 x 200 on 2:45 Freestyle w/snorkels {3 x 100 on 1:20 Freestyle w/snorkels {1 x 200 on 2:40 Freestyle w/snorkels {3 x 100 on 1:25 Freestyle w/snorkels {1 x 200 on 2:35 Freestyle w/snorkels {3 x 100 on 1:30 Freestyle w/snorkels {1 x 200 on 2:30 Freestyle w/snorkels {3 x 50 on 1:00 Backstroke
200	4 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice

5:35 PM 6,300 Yards - Stress Value = 109

Workout #4387 - Monday, 27 November 2006

HighSchl - Platinum

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
 1,650 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

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{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 finishes
 2 on each stroke

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

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
 {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

Group 2 - Breast

1 minute rest between sets

Workout #4385 - Monday, 27 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 6 x 225 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 2,500 Yards - Stress Value = 37

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

Workout #4384 - Monday, 27 November 2006

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start
 Yards 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

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 x 25 on :40 12.5 ez 12.5 fast grt finishe
 3 on each stroke
 1,600 2x{3 x 150 on 2:15 Backstroke
 {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
 1 on 10:00 Ice
 5:35 PM 4,900 Yards - Stress Value = 57

{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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 3 on each stroke
 1,800 3x{4 x 25 on :30 Freestyle w/tech paddles
 {4 x 100 on 1:30 Freestyle-build each to 80%
 {2 x 50 on 1:00 Freestyle w/ great technique
 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 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,150 Yards - Stress Value = 57

Workout #4396 - Friday, 01 December 2006

HighSchl - All

1 minute rest between sets

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 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 P
 {3 x 50 on :50 Pulls-nbbf&w + 2 yds EN1 P
 {4 x 50 on :55 Pulls-nbbf&w + 2 yds REC P
 2nd time through the set is swim not pull
 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 = 12

Workout #4394 - Wednesday, 29 November 2006

HighSchl - Breast

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
 1,200 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 finishe
 3 on each stroke
 1,800 1x{1 x 200 on 3:30 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 1 x 200 on 3:00 Stroke Drills
 1 on 7:00 Ice
 5:35 PM 4,750 Yards - Stress Value = 61

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 x 50 on 1:00 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 x 200 on 3:00 Pulls
 {1 x 250 on 3:45 Pulls
 {1 x 300 on 4:30 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 4x{1 x 100 on 1:40 Stroke Drills
 {4 x 25 on :30 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

Workout #4393 - Wednesday, 29 November 2006

HighSchl - Freestylers

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

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 x 75 on 1:20 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:10 Pulls-nbbf&w + 2 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

3:00 PM Start
 Yards 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
 1,200 1x{6 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {6 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 75 on :55 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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

3:00 PM Start
 Yards 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
 1,050 1x{6 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {6 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {2 x 75 on :55 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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

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
 650 1 x 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

3:00 PM Start
 Yards 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 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {6 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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

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
 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
 Yards 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 1:05 Kick
 1,050 1x{6 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 {6 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 5 x 400 on 6:30 300 free 100 stroke
 400 8 x 50 on 1:00 Stroke Drills
 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
 204 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
 400 8 x 50 on :55 DEB 1-4 free 5-8 25fr 25nonfr
 600 1x{1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:20 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
 4:55 PM 2,804 Yards - Stress Value = 26

Workout #4412 - Wednesday, 06 December 2006

Group 2 - All

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 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 x 200 on 3:30 Pulls
 {1 x 100 on 1:45 Pulls
 250 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 x 50 on :50 Freestyle
 {1 x 50 on 1:15 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 f
 150 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 x 125 on 1:40 Lungbuster pulls
 {2 x 125 on 1:35 Lungbuster pulls
 {2 x 125 on 1:30 Lungbuster pulls
 300 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 x 50 on :35 Backstroke
 {1 x 50 on :30 Backstroke
 {1 x 250 on 4:00 Stroke Drill
 1 on 10:00 Ice
 5:29 PM 5,450 Yards - Stress Value = 80

Workout #4410 - Wednesday, 06 December 2006

HighSchl - Gold

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 f
 150 10 x 15 on :45 Shooters
 1,200 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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,300 2x{3 x 100 on 1:20 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

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 f
 150 10 x 15 on :45 Shooters
 1,200 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
 2,300 2x{3 x 100 on 1:25 Freestyle
 {2 x 100 on 1:20 Freestyle
 {1 x 100 on 1:15 Freestyle
 {3 x 50 on :50 Freestyle
 {2 x 50 on :45 Freestyle
 {1 x 50 on :40 Freestyle
 {1 x 250 on 4:00 Stroke Drill
 1 on 10:00 Ice
 5:32 PM 5,300 Yards - Stress Value = 78

Workout #4408 - Wednesday, 06 December 2006

HighSchl - Bronze

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 f
 150 10 x 15 on :45 Shooters
 1,200 3x{4 x 25 on :45 Kick no board BSLR
 {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 x 50 on :45 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

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
 150 10 x 15 on :45 Shooters
 900 12 x 75 on 1:25 Kick-odds fast
 900 2x{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 {1 x 150 on 1:55 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes

3 on each stroke
 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

Workout #4415 - Thursday, 07 December 2006

Beat Penn - Gold

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
 150 10 x 15 on :45 Shooters
 900 12 x 75 on 1:30 Kick-odds fast
 900 2x{1 x 150 on 2:10 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 150 10 x 15 on :45 Shooters
 900 12 x 75 on 1:30 Kick-odds fast
 900 2x{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:10 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3 on each stroke
 2,000 5x{2 x 125 on 1:50 Freestyle
 {3 x 50 on :50 Your stroke
 200 1 x 200 on 4:00 Stroke Drills
 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
 =====
 1 on 25:00 Stomach and Stretch
 400 1 x 400 on 10:00 Underwater trn drill
 Alternate 100's free and back
 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 x 150 on 2:40 Pulls-nbbf&w + 2 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 Breaststroke 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

5:30 PM Start
 Yards 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 x 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 x 50 on :45 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 = 22

Workout #4418 - Friday, 08 December 2006

Beat Penn - 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 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

5:30 AM Start
 Yards 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

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:59 Physio Balls/Stretch/Team Mtg
 800 1 x 800 on 13:00 Swim-kick-pull-swim
 150 10 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

5:30 PM Start
 Yards 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 Breaststroke
 {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
 {4 x 25 on :40 Breaststroke 2X pullouts
 250 1 x 250 on 6:00 Stroke Drills
 7:28 PM 3,350 Yards - Stress Value = 39

{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 #4424 - Wednesday, 13 December 2006

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:00 Weights/stretch/team mtg
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 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 #4422 - Wednesday, 13 December 2006

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:00 Weights/stretch/team mtg
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 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 1:55 Kick
 {4 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
 {1 x 200 on 2:30 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 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

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:00 Weights/stretch/team mtg
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 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

Workout #4423 - Wednesday, 13 December 2006

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:00 Weights/stretch/team mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 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

{2 x 25 on :25 Breaststroke EN2
 1,200 4x{1 x 150 on 3:00 Kick EN1
 {1 x 100 on 2:00 Kick EN1
 {1 x 50 on 1:00 Kick EN1
 100 4 x 25 on :40 12.5 ez 12.5 fast SP3
 750 1x{2 x 125 on 2:00 Breaststroke EN1
 {2 x 100 on 1:30 Breaststroke EN2
 {2 x 75 on 1:10 Breaststroke EN2
 {2 x 50 on :45 Breaststroke EN2
 {2 x 25 on :25 Breaststroke EN2
 { With PD fins
 1,500 1x{4 x 50 on :50 Pulls EN1
 {3 x 100 on 1:20 Pulls EN1
 {4 x 50 on :45 Pulls EN1
 {3 x 100 on 1:20 Pulls EN1
 {4 x 50 on :40 Pulls EN1
 {3 x 100 on 1:20 Pulls EN1
 100 4 x 25 on :40 12.5 ez 12.5 fast EN1
 750 1x{2 x 125 on 2:00 Breaststroke EN2
 {2 x 100 on 1:30 Breaststroke EN2
 {2 x 75 on 1:10 Breaststroke EN2
 {2 x 50 on :45 Breaststroke EN2
 {2 x 25 on :25 Breaststroke EN2
 200 1 x 200 on 3:00 Stroke Drills 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 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
 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

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
 150 10 x 15 on :45 Shooters
 600 1x{1 x 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 x 100 on 2:05 Kick
 {1 x 100 on 1:55 Kick
 700 1x{1 x 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 x 100 on 1:40 Pulls L.50 fast
 200 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 x 100 on 2:05 3 strokes fly off each wall
 {3 x 100 on 2:00 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 x 75 on 1:10 Breaststroke EN2
 {2 x 50 on :45 Breaststroke EN2

Workout #4429 - Thursday, 14 December 2006

HighSchl - Backstroke

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
 1,200 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 finishe
 3,200 1x{1 x 150 on 2:15 Backstroke
 {3 x 50 on :45 Backstroke-descend
 {2 x 150 on 2:10 Ice
 {3 x 50 on :45 Backstroke-descend
 {3 x 150 on 2:05 Backstroke
 {3 x 50 on :45 Backstroke-descend
 {4 x 150 on 2:00 Backstroke
 {3 x 50 on :45 Backstroke-descend
 {5 x 150 on 1:55 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

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 400 1 x 400 on 8:00 Choice
 204 12 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 x 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 x 300 on 4:00 Pulls-nbbf&w + 2 yds

{1 x 300 on 3:55 Pulls-nbbf&w + 2 yds
 {1 x 300 on 3:30 Pulls-nbbf&w + 2 yds
 150 3 x 50 on :45 Freestyle 25ez 25 build
 1,600 1x{1 x 400 on 5:00 Freestyle
 {1 x 400 on 4:55 Freestyle
 {1 x 400 on 4:50 Freestyle
 {1 x 400 on 4:45 Freestyle
 750 1x{1 x 25 on :30 Stroke Drills
 {2 x 50 on :55 Stroke Drills
 {3 x 75 on 1:20 Stroke Drills
 {4 x 100 on 1:45 Stroke Drills
 1 on 10:00 Ice
 5:02 PM 4,453 Yards - Stress Value = 65

Workout #4433 - Friday, 15 December 2006

HighSchl - Fly

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 x 17 on :45 Starts/shooters/finishes
 500 10 x 50 on :55 Kick
 odds 100% effort
 900 1x{1 x 300 on 4:00 Pulls-nbbf&w + 2 yds
 {1 x 300 on 3:55 Pulls-nbbf&w + 2 yds
 {1 x 300 on 3:30 Pulls-nbbf&w + 2 yds
 150 3 x 50 on :45 Freestyle 25ez 25 build
 1,350 3x{4 x 25 on :30 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 lup 2 down
 750 1x{1 x 25 on :30 Stroke Drills
 {2 x 50 on :55 Stroke Drills
 {3 x 75 on 1:20 Stroke Drills
 {4 x 100 on 1:45 Stroke Drills
 1 on 10:00 Ice
 5:04 PM 4,203 Yards - Stress Value = 60

Workout #4431 - Friday, 15 December 2006

HighSchl - All

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 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 on 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
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 800 2x{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
 { 1st set all free 2nd set all non-free
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :30 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%
 1,500 1x{4 x 125 on 1:40 Pulls
 {4 x 125 on 1:35 Pulls
 {4 x 125 on 1:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,100 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
 400 1 x 400 on 7:00 Stroke Drills
 1 on 10:00 Ice
 8:34 AM 6,450 Yards - Stress Value = 100

{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 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
 { 1st set all free 2nd set all non-free
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :30 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 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
 {1 on 1:00 Rest
 {1 x 100 on 1:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 8:35 AM 6,100 Yards - Stress Value = 96

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 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
 { 1st set all free 2nd set all non-free
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :30 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%
 1,500 1x{4 x 125 on 1:40 Pulls
 {4 x 125 on 1:35 Pulls
 {4 x 125 on 1:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,100 1x{6 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest

Workout #4436 - Saturday, 16 December 2006

HighSchl - Bronze

1 minute rest between sets

6:00 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
700	2x{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 50 on 1:30 Stroke Drills { 1st set all free 2nd set all non-free
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :30 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 1:55 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 finishes
2,100	1x{6 x 100 on 1:20 Freestyle {1 on 1:00 Rest {5 x 100 on 1:20 Freestyle {1 on 1:00 Rest {4 x 100 on 1:20 Freestyle {1 on 1:00 Rest {3 x 100 on 1:20 Freestyle {1 on 1:00 Rest {2 x 100 on 1:20 Freestyle {1 on 1:00 Rest {1 x 100 on 1:20 Freestyle
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
	8:35 AM 5,900 Yards - Stress Value = 95

Workout #4440 - Monday, 18 December 2006

HighSchl - Platinum

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 37:00 Weights and Stretch
400	1 x 400 on 7:00 Swim-kick-pull-swim
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{8 x 50 on :40 Freestyle {4 x 100 on 1:20 Freestyle {2 x 200 on 2:40 Freestyle {1 x 400 on 5:20 Freestyle
400	4 x 100 on 1:30 Freestyle-descend to ludicrc
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 x 50 on :45 Freestyle {4 x 100 on 1:30 Freestyle {2 x 200 on 3:00 Freestyle

	{1 x 250 on 3:45 Freestyle
400	4 x 100 on 1:30 Freestyle-descend to ludicrc
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
	7:05 AM 2,600 Yards - Stress Value = 24

Workout #4443 - Tuesday, 19 December 2006

Group 2 - Distance

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
150	10 x 15 on :45 Shooters
700	1x{3 x 100 on 2:20 Kick {2 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 3:00 Kick-for time
750	1x{1 x 250 on 4:30 Pulls {1 x 250 on 4:25 Pulls {1 x 250 on 4:20 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	2x{4 x 25 on :45 TnnsBlls drills {3 x 200 on 3:45 Freestyle-descend
300	6 x 50 on 1:10 Closed fist drill
	7:30 PM 3,900 Yards - Stress Value = 58

Workout #4442 - Tuesday, 19 December 2006

HighSchl - Back

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 x 100 on 3:00 Kick-for time
1,500	1x{1 x 250 on 3:30 Pulls {2 x 250 on 3:20 Pulls {3 x 250 on 3:10 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	4x{4 x 50 on :45 Backstroke w/fins {3 x 50 on :40 Backstroke w/fins {2 x 50 on :35 Backstroke w/fins {1 x 50 on :30 Backstroke w/fins {2 x 100 on 1:40 Stroke Drill 25 free 25 back
200	1 x 200 on 4:00 Closed fist drill 1 on 10:00 Ice
	5:36 PM 6,550 Yards - Stress Value = 94

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 x 100 on 3:00 Kick-for time
 1,500 1x{1 x 250 on 3:30 Pulls w/ snorkels
 {2 x 250 on 3:20 Pulls w/snorkels
 {3 x 250 on 3:10 Pulls w/snorkels
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 400 1 x 400 on 8:00 Freestyle L.25 of each 100 f
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:20 Kick w/pd fins
 {2 x 50 on 1:10 Kick w/pd fins 100%
 {1 x 100 on 2:15 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 Breaststroke
 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
 500 1 x 500 on 8:00 Freestyle L.25 of each 100 f
 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
 {2 x 50 on 1:00 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%

1,000 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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,500 15 x 100 on 1:30 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:17 PM 4,850 Yards - Stress Value = 71

Workout #4445 - Wednesday, 20 December 2006

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 500 1 x 500 on 8:00 Freestyle L.25 of each 100 f
 150 10 x 15 on :45 Shooters
 1,200 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 x 50 on 1:00 Kick with flippers-100%
 1,400 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

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 odd 100's free even 100's back
 204 12 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
 {2 x 50 on :50 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 3x{1 x 200 on 4:00 Butterfly w/fins
 {4 x 50 on 1:00 Butterfly w/fins
 300 6 x 50 on 1:15 Stroke Drills
 7:25 PM 3,654 Yards - Stress Value = 58

Workout #4447 - Thursday, 21 December 2006

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
	1 on 15:00 Team meeting
500	1 x 500 on 8:00 Underwater trn drill 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	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	1x{1 x 600 on 8:00 Freestyle {1 x 500 on 6:40 Freestyle {1 x 400 on 5:20 Freestyle {1 x 300 on 4:00 Freestyle {1 x 200 on 2:40 Freestyle neg split each swim rest 10 seconds at the
350	7 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
	5:35 PM 5,454 Yards - Stress Value = 88

{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

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 2:30 Kick {4 x 25 on :30 Sprint kick
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 100 on 1:50 Freestyle {2 x 50 on 1:00 Freestyle {2 x 100 on 1:45 Freestyle {2 x 50 on 1:00 Freestyle {2 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Freestyle
500	1x{2 x 125 on 2:20 Pulls {2 x 125 on 2:15 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 100 on 1:45 Freestyle {2 x 50 on 1:00 Freestyle {2 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Freestyle {2 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Freestyle
250	5 x 50 on 1:15 Stroke Drills
	7:30 PM 4,100 Yards - Stress Value = 83

Workout #4448 - Thursday, 21 December 2006

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
	1 on 15:00 Team meeting
500	1 x 500 on 8:00 Underwater trn drill 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	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,600	1x{1 x 200 on 3:30 Butterfly w/fins {4 x 50 on :45 Butterfly w/fins {1 x 200 on 3:20 Butterfly w/fins {4 x 50 on :50 Butterfly w/fins {1 x 200 on 3:10 Butterfly w/fins {4 x 50 on :55 Buttefly w/fins {1 x 200 on 3:00 Buttefly w/fins

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 x 25 on :35 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 x 50 on 1:00 Freestyle
 {3 x 100 on 1:07 Freestyle
 {3 x 50 on 1:00 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 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{3 x 100 on 1:06 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:05 Freestyle
 {3 x 50 on 1:00 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
 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 x 25 on :35 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 1:12 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:11 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:10 Freestyle
 {3 x 50 on 1:00 Freestyle
 1,000 1x{3 x 125 on 1:50 Pulls
 {3 x 125 on 1:45 Pulls
 {2 x 125 on 1:40 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{3 x 100 on 1:10 Freestyle
 {3 x 50 on 1:00 Freestyle

{3 x 100 on 1:09 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:08 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

10:03 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 x 100 on 2:00 Kick
 {4 x 25 on :30 Sprint kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :35 Sprint kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :40 Sprint Kick
 {1 x 100 on 1:45 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 1:15 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:14 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:13 Freestyle
 {3 x 50 on 1:00 Freestyle
 750 1x{3 x 125 on 1:50 Pulls
 {3 x 125 on 1:45 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{3 x 100 on 1:13 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:12 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:11 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 6,400 Yards - Stress Value = 123

Workout #4453 - Friday, 22 December 2006

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:05 Kick
 {4 x 25 on :30 Sprint kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :35 Sprint kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :40 Sprint Kick
 {1 x 100 on 1:50 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 1:22 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:21 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:20 Freestyle
 {3 x 50 on 1:00 Freestyle
 750 1x{2 x 125 on 1:55 Pulls
 {2 x 125 on 1:45 Pulls
 {2 x 125 on 1:50 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{3 x 100 on 1:19 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:18 Freestyle
 {3 x 50 on 1:00 Freestyle
 {3 x 100 on 1:17 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
 10:03 AM 6,300 Yards - Stress Value = 121

{1 x 100 on 2:05 Kick
 600 2x{1 x 150 on 2:45 Pulls
 {3 x 50 on :55 Pulls- 6 breaths each
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{3 x 200 on 3:30 Freestyle
 {4 x 50 on :50 Freestyle
 {3 x 200 on 3:25 Freestyle
 {4 x 50 on :50 Freestyle
 {3 x 200 on 3:20 Freestyle
 {4 x 50 on :50 Freestyle
 250 1 x 250 on 6:00 Stroke Drills
 2:00 PM 4,600 Yards - Stress Value = 74

Workout #4457 - Tuesday, 26 December 2006

HighSchl - Platinum

1 minute rest between sets

7:00 AM 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 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 2:00 Pulls
 {3 x 50 on :45 Pulls- 4 breaths each
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{3 x 200 on 2:30 Freestyle
 {4 x 50 on :40 Freestyle 200 Pace
 {3 x 200 on 2:25 Freestyle
 {4 x 50 on :40 Freestyle at 200 pace
 {3 x 200 on 2:20 Freestyle
 {4 x 50 on :40 Freestyle at 200 pace
 400 8 x 50 on 1:00 Stroke drills
 1 on 10:00 Ice
 9:33 AM 6,450 Yards - Stress Value = 96

Workout #4455 - Saturday, 23 December 2006

HighSchl - All

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 400 4 x 100 on 2:15 Kick w/out a board
 500 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

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 == =

Workout #4458 - Tuesday, 26 December 2006

HighSchl - Gold

1 minute rest between sets

7:00 AM 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 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 2:05 Pulls
 {3 x 50 on :45 Pulls- 4 breaths each
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 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
 400 8 x 50 on 1:00 Stroke Drills
 1 on 8:00 Ice
 9:35 AM 6,450 Yards - Stress Value = 96

Workout #4460 - Tuesday, 26 December 2006

Group 2 - All

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 Underwater trn drill
 150 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

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 Pulls- 4 breaths each
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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

{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 Set 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 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 kicks, 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 #4456 - Tuesday, 26 December 2006

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards 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 Pulls- 4 breaths each
 200 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 x 200 on 2:50 Freestyle
 {4 x 50 on :50 Freestyle at 200 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 f
 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

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 x 200 on 3:15 Freestyle L.100 Fast EN1
 {1 x 200 on 3:15 Freestyle L50 fast EN1
 150 10 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 kicks, 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 on 2:05 Breaststroke EN2
 {4 x 25 on :45 Breaststroke TO drill EN2
 {3 x 100 on 1:35 Breaststroke EN2
 {4 x 25 on :45 Breaststroke TO drill EN2
 {4 x 75 on 1:10 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

{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
 1,800 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
 9:35 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
 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 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 x 200 on 3:30 Pulls-nbbf&w
 {1 x 150 on 2:35 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 x 150 on 2:40 Freestyle
 {3 x 150 on 2:35 Freestyle
 {3 x 150 on 2:30 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 #4461 - Wednesday, 27 December 2006

HighSchl - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 500 1 x 500 on 8:00 Freestyle L.25 of each 100 (6
 150 10 x 15 on :45 Shooters
 600 1x{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 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

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 500 1 x 500 on 8:00 Freestyle L.25 of each 100 (6
 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

Workout #4469 - Friday, 29 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
 900 1x{1 x 100 on 2:00 Kick
 {2 x 100 on 1:30 Kick
 {1 x 100 on 1:55 Kick
 {2 x 100 on 1:35 Kick
 {1 x 100 on 1:50 Kick
 {2 x 100 on 1:40 Kick
 1,250 1x{1 x 300 on 4:00 Pulls-nbbf&w + 2 yds
 {1 x 275 on 3:35 Pulls-nbbf&w + 2 yds
 {1 x 250 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 225 on 2:45 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:25 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 1x{3 x 150 on 1:50 Freestyle
 {3 x 150 on 1:45 Freestyle
 {3 x 150 on 1:40 Freestyle
 {3 x 150 on 1:35 Freestyle
 200 1 x 200 on 3:00 Freestyle
 400 1x{4 x 25 on :30 Freestyle
 {4 x 25 on :25 Freestyle
 {4 x 25 on :20 Freestyle
 {4 x 25 on :15 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:34 AM 5,800 Yards - Stress Value = 89

Workout #4468 - Friday, 29 December 2006

HighSchl - Gold

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
 900 1x{1 x 100 on 2:00 Kick
 {2 x 100 on 1:30 Kick
 {1 x 100 on 1:55 Kick
 {2 x 100 on 1:35 Kick
 {1 x 100 on 1:50 Kick
 {2 x 100 on 1:40 Kick
 1,250 1x{1 x 300 on 4:00 Pulls-nbbf&w + 2 yds
 {1 x 275 on 3:35 Pulls-nbbf&w + 2 yds
 {1 x 250 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 225 on 2:45 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:25 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 1x{3 x 150 on 2:00 Freestyle
 {3 x 150 on 1:55 Freestyle
 {3 x 150 on 1:50 Freestyle
 {3 x 150 on 1:45 Freestyle
 100 1 x 100 on 2:00 Freestyle
 400 1x{4 x 25 on :30 Freestyle
 {4 x 25 on :25 Freestyle
 {4 x 25 on :20 Freestyle
 {4 x 25 on :15 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,700 Yards - Stress Value = 89

Workout #4466 - Friday, 29 December 2006

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 900 3x{1 x 100 on 2:00 Kick
 {2 x 100 on 1:45 Kick
 1,250 1x{1 x 300 on 4:30 Pulls-nbbf&w + 2 yds
 {1 x 275 on 4:05 Pulls-nbbf&w + 2 yds
 {1 x 250 on 3:40 Pulls-nbbf&w + 2 yds
 {1 x 225 on 3:15 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:50 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 1x{3 x 150 on 2:10 Freestyle
 {3 x 150 on 2:05 Freestyle
 {3 x 150 on 2:00 Freestyle
 {3 x 150 on 1:55 Freestyle
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 9:33 AM 5,200 Yards - Stress Value = 82

Workout #4467 - Friday, 29 December 2006

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 900 3x{1 x 100 on 2:00 Kick
 {2 x 100 on 1:45 Kick
 1,250 1x{1 x 300 on 4:30 Pulls-nbbf&w + 2 yds
 {1 x 275 on 4:05 Pulls-nbbf&w + 2 yds
 {1 x 250 on 3:40 Pulls-nbbf&w + 2 yds
 {1 x 225 on 3:15 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:50 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 1x{3 x 150 on 2:20 Freestyle
 {3 x 150 on 2:15 Freestyle
 {3 x 150 on 2:10 Freestyle
 {3 x 150 on 2:05 Freestyle
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,200 Yards - Stress Value = 82

Workout #4471 - Saturday, 30 December 2006

HighSchl - All

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WORK STK PACE
 =====
 10,000 100 x 100 on 1:20 Freestyle EN2 S FR 1:20
 9:14 AM 10,000 Yards - Stress Value = 200

