Licensed To: South Bend SC/Riley HS		7/16/2011 Page 1
Workout #4476 Monday 01 January 2007	300	6 x 50 on :45 Freestyle-descend in 3's EN1
Workout #4476 - Monday, 01 January 2007		2x(8 x 25 on :30 Butterfly EN2
Group 2 - Distance	_,	{1 on 1:00 Rest
1 minute rest between sets		{8 x 25 on :25 Butterfly EN2
12:00 PM Start		{1 on 1:00 Rest
Yards Set Description		{8 x 25 on :20 Butterfly EN2 {1 on 1:00 Rest
	==== 200	•
1 on 20:00 Stomach and Stretch		1 on 10:00 Ice
400		4:01 PM 3,704 Yards - Stress Value = 53
150		
{1 x 100 on 2:15 Kick		Workout #4474 - Monday, 01 January 2007
600 $2x{1 x 100 on 1:50 Pull no br L.8 yds}$		HighSchl - Platinum
{1 x 100 on 1:45 Pull no br L.10 yds		1 minute rest between sets
{1 x 100 on 1:40 Pull no br L.12 yds 200 8 x 25 on :40 12.5 ez 12.5 fast grt fin:	ishor	
2,000 1x{1 x 400 on 7:00 Freestyle	Yards	7:00 AM Start
{2 x 300 on 5:10 Freestyle	=====	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
{3 x 200 on 3:25 Freestyle		1 on 45:00 Weights and Stretch
{4 x 100 on 1:40 Freestyle	600	<u> </u>
200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Techniques-starts	150	
2:02 PM 4,150 Yards - Stress Value = 70	1,350	3x{4 x 50 on 1:00 Kick no board BSLR {1 x 125 on 2:15 Kick
·		{1 x 125 on 2:00 Kick
Workout #4478 - Monday, 01 January 2007	1,500	$4x\{1 \times 125 \text{ on } 1:40 \text{ Pull no br L.10 yds}$
HighSchl - Back		$\{1 \times 125 \text{ on } 1:35 \text{ Pull no br L.}15 \text{ yds}$
1 minute rest between sets	200	$\{1 \times 125 \text{ on } 1:30 \text{ Pull no br L.20 yds} \\ 12 \times 25 \text{ on } :40 12.5 \text{ ez } 12.5 \text{ fast grt finishe} $
	300 1 - 600	12×25 on :40 12.3 ez 12.5 last grt linishe $1\times\{1\times400$ on 5:00 Freestyle
2:00 PM Start		{2 x 300 on 3:40 Freestyle
Yards Set Description	EGY	{3 x 200 on 2:25 Freestyle
1 on 30:00 Stomach and Stretch	200	
400 1 x 400 on 7:00 Swim-kick-pull-swim	REC	1 on 10:00 Ice 9:34 AM 5,700 Yards - Stress Value = 94
204 12 x 17 on :45 Starts/shooters/finishes	SP3	7.54 AM 5,700 laids Sciess value - 54
400 1x{4 x 25 on :45 Kick no board BSLR	EN2	Workout #4472 - Monday, 01 January 2007
{4 x 25 on :40 Kick no board BSLR	EN2	Workout #4472 - Monday, 01 January 2007 HighSchl - Gold
$\{4 \times 25 \text{ on :} 40 \text{ Kick no board BSLR} $ $\{4 \times 25 \text{ on :} 35 \text{ Kick no board BSLR} \}$		HighSchl - Gold
{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w	EN2 EN2	**
{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd	EN2 EN2 EN2 EN1	HighSchl - Gold
{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN2 EN2 EN2 EN1 EN1 EN1 Yards	HighSchl - Gold 1 minute rest between sets 7:00 AM Start Set Description
{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds	EN2 EN2 EN1 EN1	HighSchl - Gold 1 minute rest between sets 7:00 AM Start Set Description
{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN2 EN2 EN1 EN1 EN1 EN1 Yards EN1	HighSchl - Gold 1 minute rest between sets 7:00 AM Start Set Description 1 on 45:00 Weights and Stretch
{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds {4 x 50 on :45 Pulls-nbbf&w + 4 yds 200 4 x 50 on :45 Freestyle-descend 1,600 2x{4 x 25 on :45 Bathtub drill	EN2 EN2 EN2 EN1 EN1 EN1 EN1 Yards EN1 EN1 EN1 EN1 EN1 EN1 600 EN2	HighSchl - Gold 1 minute rest between sets 7:00 AM Start Set Description 1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim
{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds {4 x 50 on :45 Pulls-nbbf&w + 4 yds 200 4 x 50 on :45 Freestyle-descend 1,600 2x{4 x 25 on :45 Bathtub drill {1 x 100 on 1:30 Backstroke w/fins	EN2 EN2 EN1	HighSchl-Gold 1 minute rest between sets 7:00 AM Start Set Description
{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds {4 x 50 on :45 Pulls-nbbf&w + 4 yds 200 4 x 50 on :45 Freestyle-descend 1,600 2x{4 x 25 on :45 Bathtub drill {1 x 100 on 1:30 Backstroke w/fins {4 x 25 on :45 Bathtub drill	EN2 EN2 EN1	HighSchl-Gold 1 minute rest between sets 7:00 AM Start Set Description 1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 3x{4 x 50 on 1:00 Kick no board BSLR {1 x 125 on 2:15 Kick
{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds {4 x 50 on :45 Pulls-nbbf&w + 4 yds 200 4 x 50 on :45 Freestyle-descend 1,600 2x{4 x 25 on :45 Bathtub drill {1 x 100 on 1:30 Backstroke w/fins	EN2 EN2 EN1	HighSchl-Gold 1 minute rest between sets 7:00 AM Start Set Description 1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 3x{4 x 50 on 1:00 Kick no board BSLR {1 x 125 on 2:15 Kick {1 x 125 on 2:00 Kick
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{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds {4 x 50 on :45 Pulls-nbbf&w + 4 yds 200 4 x 50 on :45 Freestyle-descend 1,600 2x{4 x 25 on :45 Bathtub drill {1 x 100 on 1:30 Backstroke w/fins {4 x 25 on :45 Bathtub drill {1 x 100 on 1:25 Backstroke w/fins {4 x 25 on :45 Bathtub drill {1 x 100 on 1:20 Backstroke w/fins {4 x 25 on :45 Bathtub drill {1 x 200 on 3:00 Stroke Drill	EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2	HighSchl-Gold 1 minute rest between sets 7:00 AM Start Set Description 1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 3x{4 x 50 on 1:00 Kick no board BSLR {1 x 125 on 2:15 Kick {1 x 125 on 2:00 Kick 4x{1 x 125 on 1:45 Pull no br L.10 yds {1 x 125 on 1:40 Pull no br L.20 yds {1 x 125 on 1:35 Pull no br L.20 yds
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{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 1,000 1x{4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds {4 x 50 on :45 Pulls-nbbf&w + 4 yds 200 4 x 50 on :45 Freestyle-descend 1,600 2x{4 x 25 on :45 Bathtub drill {1 x 100 on 1:30 Backstroke w/fins {4 x 25 on :45 Bathtub drill {1 x 100 on 1:25 Backstroke w/fins {4 x 25 on :45 Bathtub drill {1 x 100 on 1:20 Backstroke w/fins {1 x 200 on 3:00 Stroke Drill 1 on 10:00 Ice 4:01 PM 3,804 Yards - Stress Value = 52 Workout #4477 - Monday,01 January 2007	EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2	HighSchl-Gold 1 minute rest between sets 7:00 AM Start Set Description
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4 x 25 on :40 Kick no board BSLR	EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2	HighSchl-Gold 1 minute rest between sets 7:00 AM Start Set Description
4 x 25 on :40 Kick no board BSLR	EN2 EN2 EN1	HighSchl-Gold 1 minute rest between sets 7:00 AM Start Set Description
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4 x 25 on :40 Kick no board BSLR	EN2 EN2 EN1	HighSchl-Gold 1 minute rest between sets 7:00 AM Start Set Description
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EN1 EN1 EN1

{4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds {4 x 50 on :45 Pulls-nbbf&w + 4 yds

Workout #4473 - Monday, 01 January 2007 HighSchl - Silver

1 minute rest between sets

{1 x 100 on 2:30 50 drill 50 build {1 x 50 on 1:00 Breaststroke 100% {1 x 100 on 2:30 50 drill 50 build

1 minute rest between sets	XV 1 4//4/70 T 1 03 1 2007
7.00 7% 01.1	Workout #4479 - Tuesday, 02 January 2007
7:00 AM Start Yards Set Description	HighSchl - Breast 1 minute rest between sets
===== =================================	1 influte Test between sets
1 on 45:00 Weights and Stretch	7:00 AM Start
600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters	Yards Set Description
1,200 3x{4 x 50 on 1:00 Kick no board BSLR	1 20.00 05
{1 x 100 on 2:00 Kick	1 on 30:00 Stomach and Stretch 500 1 x 500 on 8:00 Underwater trn drill
{1 x 100 on 1:50 Kick	150 10 x 15 on :45 Shooters
$1,500 4x\{1 x 125 \text{on } 1:50 \text{Pull } \text{no } \text{br } \text{L.}10 \text{yds}$	1,250 $5x\{1 \times 25 \text{ on } : 30 \text{ Kick w/pd fins} \right.$
$\{1 \times 125 \text{ on } 1:45 \text{ Pull no br L.}15 \text{ yds}$	{1 x 50 on :55 Kick w/pd fins
{1 x 125 on 1:40 Pull no br L.20 yds	$\{1 \times 75 \text{ on } 1:20 \text{ Kick w/pd fins}$
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,600 1x{1 x 400 on 5:30 Freestyle	{1 x 100 on 1:45 Kick w/pd fins
{2 x 300 on 4:00 Freestyle	1,350 $1x\{3 \times 150 \text{ on } 3:00 \text{ Pulls w/ pddls and chutes}$
{3 x 200 on 2:35 Freestyle	$\{3 \times 125 \text{ on } 2:25 \text{ Pulls w/pddls and chutes} $ $\{3 \times 100 \text{ on } 1:50 \text{ Pulls w/pddls and chutes} \}$
200 1 x 200 on 3:00 Stroke Drills	{3 x 75 on 1:15 Pulls w/pddls and chutes
1 on 10:00 Ice	300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
9:35 AM 5,450 Yards - Stress Value = 89	1,800 2x{4 x 50 on 1:00 Breaststroke #4 100%
	$\{1 \times 100 \text{ on } 1:45 50 \text{ drill } 50 \text{ build} $
Workout #4475 - Monday, 01 January 2007	{3 x 50 on :55 Breaststroke #3 100%
HighSchl - Bronze	{1 x 100 on 1:45 50 drill 50 build
1 minute rest between sets	{2 x 50 on :50 Breaststroke #2 100% {1 x 100 on 1:45 50 drill 50 build
	{1 x 50 on :45 Breaststroke 100%
7:00 AM Start	{1 x 100 on 1:45 50 drill 50 build
Yards Set Description	200 1 x 200 on 3:00 Stroke Drill
1 on 45:00 Weights and Stretch	1 on 10:00 ice
500 1 x 500 on 10:00 Swim-kick-pull-swim	9:35 AM 5,550 Yards - Stress Value = 80
150	
$1,200 3x{4 x 50 on 1:00 Kick no board BSLR}$	Workout #4480 - Tuesday, 02 January 2007
{1 x 100 on 2:10 Kick	HighSchl - Distance
{1 x 100 on 2:00 Kick	1 minute rest between sets
1,400 $4x\{1 \times 100 \text{ on } 1:30 \text{ Pull no br L.10 yds}$	
1,400 $4x\{1 \times 100 \text{ on } 1:30 \text{ Pull no br L.10 yds} $ $\{1 \times 125 \text{ on } 1:25 \text{ Pull no br L.15 yds} \}$	7:00 AM Start
1,400 $4x\{1 \times 100 \text{ on } 1:30 \text{ Pull no br L.10 yds}$	7:00 AM Start Yards Set Description
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds {1 x 125 on 1:25 Pull no br L.15 yds {1 x 125 on 1:20 Pull no br L.20 yds 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,600 1x{1 x 400 on 5:45 Freestyle	7:00 AM Start Yards Set Description
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds {1 x 125 on 1:25 Pull no br L.15 yds {1 x 125 on 1:20 Pull no br L.20 yds 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,600 1x{1 x 400 on 5:45 Freestyle {2 x 300 on 4:15 Freestyle	7:00 AM Start Yards Set Description
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters 500 2x{1 x 25 on :30 Kick
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters 500 2x{1 x 25 on :30 Kick {1 x 50 on :55 Kick
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters 500 2x{1 x 25 on :30 Kick {1 x 50 on :55 Kick {1 x 75 on 1:20 Kick
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters 500 2x{1 x 25 on :30 Kick {1 x 50 on :55 Kick
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters 500 2x{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 1,350 1x{2 x 225 on 3:00 Pulls w/snorkels {2 x 225 on 2:55 Pulls w/snorkels
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters 500 2x{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 1,350 1x{2 x 225 on 3:00 Pulls w/snorkels {2 x 225 on 2:55 Pulls w/snorkels {2 x 225 on 2:50 Pulls w/snorkels
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters 500 2x{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 1,350 1x{2 x 225 on 3:00 Pulls w/snorkels {2 x 225 on 2:55 Pulls w/snorkels {2 x 225 on 2:50 Pulls w/snorkels 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters 500 2x{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 x 100 on 1:45 Kick 1,350 1x{2 x 225 on 3:00 Pulls w/snorkels {2 x 225 on 2:55 Pulls w/snorkels {2 x 225 on 2:50 Pulls w/snorkels 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 4,500 1x{1 x 750 on 9:20 Freestyle-descend by 250's
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	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 Shooters 500 2x{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 1,350 1x{2 x 225 on 3:00 Pulls w/snorkels {2 x 225 on 2:55 Pulls w/snorkels {2 x 225 on 2:50 Pulls w/snorkels 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 2 on :45 Shooters 2 on 2 **1
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 20 1 x 500 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters 20 2x{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 1,350 1x{2 x 225 on 3:00 Pulls w/snorkels 2 x 225 on 2:55 Pulls w/snorkels 2 x 225 on 2:50 Pulls w/snorkels 2 x 225 on :40 12.5 ez 12.5 fast grt finishe 4,500 1x{1 x 750 on 9:20 Freestyle-descend by 250's 1 x 500 on 6:15 Freestyle-negative split 1 x 250 on 3:05 Free- fast as 2nd half of 50 1 x 750 on 9:00 Freestyle-descend by 250's 1 x 500 on 6:00 Freestyle-negative split
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards Set Description
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards Set Description
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards Set Description
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards Set Description
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards
1,400 4x{1 x 100 on 1:30 Pull no br L.10 yds	7:00 AM Start Yards

200

 1×200 on 4:00 Stroke Drill 2:02 PM 3,800 Yards - Stress Value = 52

7.00 AM Start

Workout #4482 - Wednesday, 03 January 2007 HighSchl - Platinum 1 minute rest between sets

	7:00 AM Start
Yards	Set Description
	1 on 45:00 Stomach and Stretch
600	1x{1 x 200 on 3:00 Freestyle L.50 fast
	{1 x 200 on 3:00 Freestyle L.100 fast
	{1 x 200 on 3:00 Freestyle L.50 fast
150	10 x 15 on :45 Shooters
1,000	$4x\{4 \ x \ 25 \ on : 45 \ Kick no board BSLR$
	$\{1 \times 50 \text{ on } :55 \text{ Kick}$
	{1 x 50 on :50 Kick
	{1 x 50 on :45 Kick
1,000	2x{1 x 200 on 2:20 Lungbuster pulls
	{ breathe 3-5-7-9 by the 50
	{1 x 150 on 1:45 Lungbuster pulls
	{ breathe 3-5-7 by the 50
	{1 x 100 on 1:10 Lungbuster pulls
	{ breathe 3-5 by the 50
	{1 x 50 on :35 Lungbuster pulls
	{ breathe every 3
	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	11 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	9:34 AM 5,350 Yards - Stress Value = 98

Workout #4483 - Wednesday, 03 January 2007 HighSchl - Gold 1 minute rest between sets

7:	00 AM Start
Yards	Set Description
=====	
	1 on 45:00 Stomach and Stretch
600 1x	{1 x 200 on 3:00 Freestyle L.50 fast
	{1 x 200 on 3:00 Freestyle L.100 fast
	{1 x 200 on 3:00 Freestyle L.50 fast
150	10 x 15 on :45 Shooters
1,000 4x	:{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on :55 Kick
	{1 x 50 on :50 Kick
	{1 x 50 on :45 Kick
900 2x	{1 x 200 on 2:30 Lungbuster pulls
	{ breathe 3-5-7-9 by the 50
	{1 x 150 on 1:55 Lungbuster pulls
	{ breathe 3-5-7 by the 50
	{1 x 100 on 1:15 Lungbuster pulls
	{ breathe 3-5 by the 50
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	11 x 200 on 3:00 Challenge Set!!!!!!!!!!!!

Workout #4485 - Wednesday, 03 January 2007 HighSchl - Silver

9:34 AM 5,250 Yards - Stress Value = 96

1 x 200 on 3:00 Stroke Drills

1 on 10:00 Ice

{1 x 50 on :55 Kick

200

1 minute rest between sets

```
7:00 AM Start
Yards Set Description

1 on 45:00 Stomach and Stretch
600 1x{1 x 200 on 3:00 Freestyle L.50 fast
{1 x 200 on 3:00 Freestyle L.100 fast
{1 x 200 on 3:00 Freestyle L.50 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
```

Workout #4484 - Wednesday, 03 January 2007 HighSchl - Bronze 1 minute rest between sets

	7.00 7M Ctont
	7:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 45:00 Stomach and Stretch
600	$1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast}$
	{1 x 200 on 3:00 Freestyle L.100 fast
	{1 x 200 on 3:00 Freestyle L.50 fast
150	10 x 15 on :45 Shooters
800	4x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{1 x 50 on :55 Kick
900	2x{1 x 200 on 2:50 Lungbuster pulls
	{ breathe 3-5-7-9 by the 50
	{1 x 150 on 2:05 Lungbuster pulls
	{ breathe 3-5-7 by the 50
	{1 x 100 on 1:25 Lungbuster pulls
	{ breathe 3-5 by the 50
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
	11 x 175 on 3:00 Challenge Set!!!!!!!!!!!!
-	1 x 200 on 3:00 Stroke Drills
200	
	1 on 10:00 Ice

Workout #4490 - Thursday, 04 January 2007 Group 2 - IM/Stroke 1 minute rest between sets

12:00 PM Start

9:34 AM 4,825 Yards - Stress Value = 86

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 10×15 on :45 Shooters 150 600 $1x{1 x 100 on 2:20 Kick}$ {1 x 100 on 2:15 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:05 Kick 750 1 x 750 on 13:20 Pulls 8×25 on :40 12.5 ez 12.5 fast grt finishes 200 1,600 1x{1 x 400 on 8:00 Individual Medley $\{8 \times 25 \text{ on } : 30 \text{ Odds IM order evens free}$ {1 x 300 on 6:00 Individual Medley $\{8 \times 25 \text{ on } : 30 \text{ Odds IM order evens free}$ {1 x 200 on 4:00 Individual Medley {8 x 25 on :30 Odds IM order evens free {1 x 100 on 2:00 Individual Medley 100 1 x 100 on 2:00 Freestyle-EZ 200 1 x 200 on 4:00 IM for time-100% effort 200 1 x 200 on 4:00 Stroke Drills

2:00 PM 4,200 Yards - Stress Value = 59

```
{1 x 100 on 2:00 Kick
           Workout #4487 - Thursday, 04 January 2007
                                                                  {1 x 100 on 1:45 Kick
                    HighSchl - Platinum
                                                         1,000
                                                                  1 x 1000 on 13:20 Pulls
                  1 minute rest between sets
                                                          300
                                                                  12 x 25 on :40 12.5 ez 12.5 fast grt finishe
                                                         2,000 1x{2 x 300 on 5:00 Individual Medley}
       7:00 AM Start
                                                                  {8 x 25 on :30 Odds IM order evens free
Yards
         Set Description
                                                                  {3 x 200 on 3:20 Individual Medley
_____
                                                                 {8 x 25 on :30 Odds IM order evens free
          1 on 35:00 Physio Balls/Stretch
                                                                 {4 x 100 on 1:40 Individual Medley
       1 x 500 on 8:00 Underwater trn drill odd 100's free even 100's back
  500
                                                         200 1 x 200 on 3:00 Stroke Drills
                                                                  1 on 10:00 Ice
  150
        10 x 15 on :45 Shooters
                                                                9:30 AM 5,350 Yards - Stress Value = 53
1,200 \ 2x\{1 \ x \ 100 \ on \ 2:00 \ Kick
         {1 x 100 on 1:55 Kick
                                                                    Workout #4486 - Thursday, 04 January 2007
         {1 x 100 on 2:00 Kick
         {1 x 100 on 1:50 Kick
                                                                              HighSchl - Bronze
         {1 x 100 on 2:00 Kick
                                                                           1 minute rest between sets
         {1 x 100 on 1:45 Kick
1,000
         1 x 1000 on 12:30 Pulls
                                                              7:00 AM Start
         12 x 25 on :40 12.5 ez 12.5 fast grt finishe Yards Set Description
  300
2,200 1x{2 x 300 on 4:30 Individual Medley ======
                                                                  ______
         {8 x 25 on :30 Odds IM order evens free
                                                                  1 on 35:00 Physio Balls/Stretch
         {3 x 200 on 3:00 Individual Medley
                                                          500 1 x 500 on 8:00 Underwater trn drill
         {8 x 25 on :30 Odds IM order evens free
                                                                  odd 100's free even 100's back
         {4 x 100 on 1:30 Individual Medley
                                                         1,200 2x{1 x 100 on 2:00 Kick
         {8 x 25 on :30 Odds IM order evens free
        1 x 200 on 3:00 Stroke Drills
  200
                                                                 {1 x 100 on 1:55 Kick
         1 on 10:00 Ice
                                                                  {1 x 100 on 2:00 Kick
       9:30 AM 5,550 Yards - Stress Value = 55
                                                                 {1 x 100 on 1:50 Kick
                                                                 {1 x 100 on 2:00 Kick
                                                                 {1 x 100 on 1:45 Kick
           Workout #4488 - Thursday, 04 January 2007
                                                                 1 x 1000 on 13:20 Pulls
12 x 25 on :40 12.5 ez 12.5 fast grt finishe
                                                         1,000
                     HighSchl - Gold
                  1 minute rest between sets
                                                         2,000 1x{2 x 300 on 5:00 Individual Medley}
                                                                 \{8 \times 25 \text{ on } : 30 \text{ Odds IM order evens free}
      7:00 AM Start
                                                                  {3 x 200 on 3:20 Individual Medley
        Set Description
Yards
                                                                 {8 x 25 on :30 Odds IM order evens free
=====
         ______
                                                                 {4 x 100 on 1:40 Individual Medley
          1 on 35:00 Physio Balls/Stretch
         1 x 500 on 8:00 Underwater trn drill
                                                           200
                                                                  1 x 200 on 3:00 Stroke Drills
  500
                                                                  1 on 10:00 Ice
          odd 100's free even 100's back
                                                              9:30 AM 5,350 Yards - Stress Value = 53
        10 x 15 on :45 Shooters
  150
1,200 \ 2x{1} \ x \ 100 \ on \ 2:00 \ Kick
                                                                     Workout #4493 - Friday, 05 January 2007
         {1 x 100 on 1:55 Kick
         {1 x 100 on 2:00 Kick
                                                                               Group 2 - Back
         {1 x 100 on 1:50 Kick
                                                                           1 minute rest between sets
         {1 x 100 on 2:00 Kick
         {1 x 100 on 1:45 Kick
                                                               12:00 PM Start
1,000
        1 x 1000 on 12:30 Pulls
                                                        Yards Set Description
        12 x 25 on :40 12.5 ez 12.5 fast grt finish\epsilon ======
  300
                                                                  ______
2,200 1x{2 x 300 on 4:30 Individual Medley
                                                                  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{3 x 50 on 1:00 Kick with flipper
         {8 x 25 on :30 Odds IM order evens free
         {3 x 200 on 3:00 Individual Medley
         {8 x 25 on :30 Odds IM order evens free
                                                           600 2x{3 x 50 on 1:00 Kick with flippers}
         {4 x 100 on 1:30 Individual Medley
                                                                 {2 x 50 on :55 Kick with flippers
         {8 x 25 on :30 Odds IM order evens free
                                                                 {1 x 50 on :50 Kick with flippers
          1 x 200 on 3:00 Stroke Drills
                                                          900 1x{1 x 225 on 4:00 Pulls-nbbf&w
          1 on 10:00 Ice
                                                                 \{1 \times 225 \text{ on } 3:55 \text{ Pulls-nbbf&w}
       9:30 AM 5,550 Yards - Stress Value = 55
                                                                  \{1 \times 225 \text{ on } 3:50 \text{ Pulls-nbbf&w}
                                                                  {1 x 225 on 3:45 Pulls-nbbf&w
                                                                 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
                                                          200
           Workout #4489 - Thursday, 04 January 2007
                                                         1,600 4x\{4 \times 25 \text{ on } : 45 \text{ Bath tub drill}
                     HighSchl - Silver
                                                                  \{1 \times 100 \text{ on } 2:00 \text{ Backstroke} \}
                  1 minute rest between sets
                                                                  {1 x 100 on 1:55 Backstroke
                                                                  \{1 \times 100 \text{ on } 1:50 \text{ Backstroke} \}
       7:00 AM Start
                                                           300
                                                                 6 x 50 on 1:15 Stroke Drills
         Set Description
Yards
                                                              1:59 PM 4,150 Yards - Stress Value = 65
=====
         _____
          1 on 35:00 Physio Balls/Stretch
  500
         1 x 500 on 8:00 Underwater trn drill
          odd 100's free even 100's back
         10 x 15 on :45 Shooters
1,200 \ 2x\{1 \ x \ 100 \ on \ 2:00 \ Kick
         {1 x 100 on 1:55 Kick
         {1 x 100 on 2:00 Kick
         {1 x 100 on 1:50 Kick
```

Workout #4492 - Friday, 05 January 2007 HighSchl - Back 1 minute rest between sets

Yards	7:00 AM Start Set Description
======	=======================================
	1 on 45:00 Weights and Stretch
600	1 x 600 on 10:00 Reverse IM drill
204	12 x 17 on :45 Starts/shooters/finishes
1,000	2x{4 x 50 on :50 Kick with flippers
	{3 x 50 on :45 Kick with flippers
	{2 x 50 on :40 Kick with flippers
	$\{1 \times 50 \text{ on } : 35 \text{ Kick with flippers} \}$
1,350	$1x\{1 \times 225 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 225 \text{ on } 2:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 225 \text{ on } 2:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 225 \text{ on } 2:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 225 \text{ on } 2:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 225 \text{ on } 2:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
1,600	$4x\{4 \times 25 \text{ on } : 45 \text{ Bath tub drill}$
	{1 x 100 on 1:30 Backstroke w/paddles
	{1 x 100 on 1:25 Backstroke w/paddles
	{1 x 100 on 1:20 Backstroke w/paddles
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:33 AM 5,304 Yards - Stress Value = 80

Workout #4491 - Friday, 05 January 2007 HighSchl - Breast 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
204	12 x 17 on :45 Starts/shooters/finishes
900	$3x{3 \times 50 \text{ on } 1:00 \text{ Kick w/pd fins}}$
	$\{2 \times 50 \text{ on :} 55 \text{ Kick w/pd fins}$
	{1 x 50 on :50 Kick w/pd fins
900	1x{1 x 200 on 4:00 Pulls with paddles
	$\{1 \times 175 \text{ on } 3:25 \text{ Pulls with paddles} \}$
	{1 x 150 on 2:50 Pulls with paddles
	{1 x 125 on 2:20 Pulls with paddles
	{1 x 100 on 1:50 Pulls with paddles
	{1 x 75 on 1:20 Pulls with paddles
	{1 x 50 on :45 Pulls with paddles
	{1 x 25 on :30 Pulls with paddles
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's
1,400	$4x\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill}$
	{1 x 200 on 3:30 Breast alt 50 2k1p 50 build
	{1 x 50 on 1:00 Breaststroke great effort!!!!
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice

Workout #4494 - Saturday, 06 January 2007 HighSchl - All

9:33 AM 4,554 Yards - Stress Value = 75

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=======================================
600	<pre>1 on 30:00 Stomach and Stretch 4x{1 x 75 on 1:15 Stroke Drills {1 x 75 on 1:10 2bk-4bk-6bk by 25's</pre>
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:30 Kick
	{4 x 25 on :35 Kick no board BSLR {2 x 125 on 2:20 Kick

```
\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}
      \{2 \times 125 \text{ on } 2:10 \text{ Kick} \}
      {4 x 25 on :45 Kick no board BSLR
      {2 x 125 on 2:00 Kick
900 1x{1 x 150 on 2:15 Pulls}
      {1 x 150 on 2:10 Pulls
      {1 x 150 on 2:05 Pulls
      {1 x 150 on 2:00 Pulls
      {1 x 150 on 1:55 Pulls
      {1 x 150 on 1:50 Pulls
200
       8 x 25 on :40 12.5 ez 12.5 fast grt finishes
        6 x 100 on 6:00 Freestyle
       1 x 250 on 4:00 Stroke Drill
250
       1 on 10:00 Ice
    9:31 AM 4,100 Yards - Stress Value = 105
```

Workout #4501 - Monday, 08 January 2007 Group 2 - Distance 1 minute rest between sets

Yards		PM Start et Description
		on 20:00 Stomach and Stretch
400	1	x 400 on 8:00 Swim-kick-pull-swim
150		0 x 15 on :45 Shooters
600	•	x 100 on 2:30 Kick no board BSLR
	•	x 50 on 1:10 Kick no board BSLR
	•	x 25 on :30 Kick no board BSLR
750		x 250 on 4:15 Pulls
	•	x 250 on 4:10 Pulls
	•	x 250 on 4:05 Pulls
200		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300		x 100 on 2:00 Freestyle
		x 400 on 6:40 Freestyle
		x 50 on 1:00 Freestyle
	-	x 100 on 1:40 Freestyle
	-	x 100 on 2:00 Freestyle
		x 300 on 5:00 Freestyle
		x 50 on 1:00 Freestyle
		x 200 on 3:20 Freestyle
	-	x 100 on 2:00 Freestyle x 200 on 3:20 Freestyle
		x 50 on 1:00 Freestyle
	-	x 300 on 5:00 Freestyle
		x 100 on 2:00 Freestyle
	-	x 100 on 1:40 Freestyle
200	•	x 200 on 4:00 Stroke Drills
200		PM 4,600 Yards - Stress Value = 85
		•

3:00 PM Start

1 x 200 on 4:00 Stroke Drills

Workout #4499 - Monday, 08 January 2007 HighSchl - Distance 1 minute rest between sets

1 on 10:00 Ice 5:33 PM 5,650 Yards - Stress Value = 111

Workout #4495 - Monday, 08 January 2007 HighSchl - Platinum

Yards Set Description	1 minute rest between sets
1 on 35:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim	5:30 AM Start
600	Yards Set Description
600 2x{1 x 100 on 2:00 Kick no board BSLR	1 on 40:00 Weights and Stretch
{2 x 50 on 1:00 Kick no board BSLR	400 1 x 400 on 7:00 Swim-kick-pull-swim
$\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$	200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
$1,250 1x\{1 x 250 \text{on } 3:40 \text{Pull no br } \text{L.}25 \text{yds}$	600 2x{1 x 50 on :45 Pulls
$\{1 \times 250 \text{ on } 3:30 \text{ Pull no br L.25 yds}$	{1 x 100 on 1:20 Pulls
{1 x 250 on 3:20 Pull no br L.25 yds	{1 x 150 on 1:55 Pulls
$\{1 \times 250 \text{ on } 3:10 \text{ Pull no br L.25 yds} $ $\{1 \times 250 \text{ on } 3:00 \text{ Pull no br L.25 yds} \}$	1,600 1x{1 x 200 on 2:30 Freestyle
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe	{3 x 100 on 1:30 Individual Medley
2,900 1x{1 x 100 on 1:30 Freestyle	{2 x 175 on 2:10 Freestyle {2 x 100 on 1:30 Individual Medley
{1 x 400 on 4:40 Freestyle	{3 x 150 on 1:50 Freestyle
$\{2 \times 50 \text{ on } 1:00 \text{ Freestyle}$	{1 x 100 on 1:30 Individual Medley
$\{1 \times 100 \text{ on } 1:10 \text{ Freestyle}$	200 1 x 200 on 3:00 Stroke Drills
{1 x 100 on 1:30 Freestyle	1 on 5:00 Ice
{1 x 300 on 3:30 Freestyle	7:05 AM 3,000 Yards - Stress Value = 34
{2 x 50 on 1:00 Freestyle {1 x 200 on 2:20 Freestyle	
{1 x 100 on 1:30 Freestyle	Workout #4496 - Monday, 08 January 2007
{1 x 200 on 2:20 Freestyle	HighSchl - Gold
$\{2 \times 50 \text{ on } 1:00 \text{ Freestyle}$	1 minute rest between sets
$\{1 \times 300 \text{ on } 3:30 \text{ Freestyle}$	
{1 x 100 on 1:30 Freestyle	5:30 AM Start
$\{1 \times 100 \text{ on } 1:10 \text{ Freestyle} $ $\{2 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	Yards Set Description
{1 x 400 on 4:40 Freestyle	1 on 40:00 Weights and Stretch
{1 x 100 on 1:30 Freestyle	400 1 x 400 on 7:00 Swim-kick-pull-swim
400 8 x 50 on 1:00 Stroke Drills	200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1 on 10:00 Ice	600 2x{1 x 50 on :45 Pulls
5:33 PM 6,200 Yards - Stress Value = 110	{1 x 100 on 1:20 Pulls
	{1 x 150 on 1:55 Pulls
Workout #4500 - Monday, 08 January 2007	1,600 1x{1 x 200 on 2:30 Freestyle {3 x 100 on 1:30 Individual Medley
HighSchl - Backstroke	{2 x 175 on 2:10 Freestyle
1 minute rest between sets	{2 x 100 on 1:30 Individual Medley
	{3 x 150 on 1:50 Freestyle
3:00 PM Start	{1 x 100 on 1:30 Individual Medley
Yards Set Description	200 1 x 200 on 3:00 Stroke Drills
1 on 35:00 Physio Balls/Stretch	1 on 5:00 Ice 7:05 AM 3,000 Yards - Stress Value = 34
600 1 x 600 on 10:00 Swim-kick-pull-swim	7:05 AM 3,000 larus - Stress value - 54
150	Workout #4407 Monday 08 January 2007
1,200 4x{1 x 100 on 2:00 Kick no board BSLR	Workout #4497 - Monday, 08 January 2007
{2 x 50 on 1:00 Kick no board BSLR	HighSchl - Silver
$\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR} $ 1,250 $1 \times \{1 \times 250 \text{ on } 3:40 \text{ Pull no br L.25 yds} \}$	1 minute rest between sets
{1 x 250 on 3:30 Pull no br L.25 yds	5:30 AM Start
{1 x 250 on 3:20 Pull no br L.25 yds	Yards Set Description
$\{1 \times 250 \text{ on } 3:10 \text{ Pull no br L.25 yds}$	======
$\{1 \times 250 \text{ on } 3:00 \text{ Pull no br L.25 yds}$	1 on 40:00 Weights and Stretch
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe	400 1 x 400 on 7:00 Swim-kick-pull-swim
1,950 $1x\{1 \times 200 \text{ on } 3:00 \text{ Backstroke} $ {1 x 200 on 2:55 Backstroke L. 50 fast	200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
{1 x 200 on 2:50 Backstroke L. 30 Tast {1 x 200 on 2:50 Backstroke L.100 fast	600 2x{1 x 50 on :45 Pulls {1 x 100 on 1:25 Pulls
{1 x 200 on 2:45 Backstroke L.150 fast	{1 x 100 on 1:25 Fulls {1 x 150 on 2:05 Pulls
{1 x 200 on 4:00 Backstroke-100%	1,500 1x{1 x 200 on 2:45 Freestyle
{1 x 150 on 2:10 Backstroke	{2 x 100 on 1:30 Individual Medley
$\{1 \times 150 \text{ on } 2:05 \text{ Backstroke L.50 fast}$	{2 x 175 on 2:25 Freestyle
{1 x 150 on 2:05 Backstroke L.100 fast	{2 x 100 on 1:30 Individual Medley
{1 x 150 on 3:00 Backstroke-100%	{3 x 150 on 2:05 Freestyle
{1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke L.50 fast	{1 x 100 on 1:30 Individual Medley
{1 x 100 on 1:20 Backstroke 1.30 Tast {1 x 100 on 2:00 Backstroke-100%	200 1 x 200 on 3:00 Stroke Drills 1 on 5:00 Ice
{1 x 50 on 1:00 Backstroke-100%	7:06 AM 2,900 Yards - Stress Value = 33
200 1 x 200 on 4:00 Stroke Drills	7.00 Im 2/300 Idids Scress value - 33

Workout #4498 - Monday, 08 January 2007 HighSchl - Bronze 1 minute rest between sets

	5:30	AM Start
Yards	Se	et Description
=====	==	
	1	on 40:00 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
600	2x{1	x 50 on :50 Pulls
	{ 1	x 100 on 1:35 Pulls
	{ 1	x 150 on 2:15 Pulls
1,300	1x{1	x 200 on 2:50 Freestyle
	{ 1	x 100 on 1:40 Individual Medley
	{ 2	x 175 on 2:30 Freestyle
	{ 1	x 100 on 1:40 Individual Medley
	{ 3	x 150 on 2:10 Freestyle
	{ 1	x 100 on 1:40 Individual Medley
200	1	x 200 on 3:00 Stroke Drills
	1	on 5:00 Ice
	7:05	AM 2,700 Yards - Stress Value = 31

Workout #4505 - Wednesday, 10 January 2007 Group 2 - Backstroke 1 minute rest between sets

Yards	5:30 PM Start Set Description
450	1 on 20:00 Stomach and Stretch 1x{1 x 150 on 3:00 Freestyle
	{1 x 150 on 2:50 Freestyle L.50 fast {1 x 150 on 2:40 Freestyle L.100 fast
150	10 x 15 on :45 Shooters
600	2x{1 x 150 on 3:30 Kick
	{3 x 50 on 1:10 Kick-100%
900	1x{3 x 125 on 2:10 Pulls
	{3 x 100 on 1:45 Pulls
	{3 x 75 on 1:15 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{3 x 125 on 2:30 Backstroke
	{4 x 25 on :45 Backstroke 12yds under water
	{3 x 125 on 2:25 Backstroke
	{4 x 25 on :45 Backstroke 12yds under water
	{3 x 125 on 2:20 Backstroke
	{4 x 25 on :45 Backstroke 12yds under water
	{3 x 125 on 2:15 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 4,300 Yards - Stress Value = 101

Workout #4503 - Wednesday, 10 January 2007 HighSchl - Breast

1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	=======================================
	1 on 45:00 Weights and Stretch
600	1x{1 x 150 on 2:15 Freestyle
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle L.50 fast}$
	{1 x 150 on 2:15 Freestyle L.100 fast
	{1 x 150 on 2:15 Freestyle
150	10 x 15 on :45 Shooters
1,200	2x{1 x 150 on 3:00 Kick
	{3 x 50 on 1:00 Kick-100%
	{1 x 150 on 2:50 Kick
	{3 x 50 on 1:00 Kick-100%
1,350	1x{3 x 150 on 2:00 Pulls
	{3 x 125 on 1:40 Pulls
	{3 x 100 on 1:20 Pulls
	{3 x 75 on 1:00 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe

1,350	1x{3	x 100 on 1:45 Breaststroke 2x pullouts
	{ 1	x 75 on 1:30 Breaststroke-100%
	{ 3	x 100 on 1:40 Breaststroke 2X pullouts
	{ 2	x 75 on 1:30 Breaststroke-100%
	{ 3	x 100 on 1:35 Breaststroke-2X pullouts
	{ 3	x 75 on 1:30 Breaststroke-100%
200	1	x 200 on 4:00 Stroke Drills
	1	on 10:00 Ice
	5:36	PM 5,150 Yards - Stress Value = 129

Workout #4504 - Wednesday, 10 January 2007 HighSchl - Distance 1 minute rest between sets

		PM S				
Yards			-	-		
=====		=====				======
600				_	nts and Stretch	
600					Freestyle	
					Freestyle L.50 fast	
					Freestyle L.100 fast	
1.50					Freestyle	
					Shooters	
600	•	x 150				
	•				Kick-100%	
	•	x 150				
	•				Kick-100%	
1,800					Pulls with paddles	
	•				Pulls with snorkels	
					l2.5 ez 12.5 fast grt	finishe
2,400					Freestyle	
					Freestyle-hold under	1:10
					Freestyle	
					Freestyle-hold under	1:08
					Freestyle	
					Freestyle-hold under	1:07
					Freestyle	
					Freestyle-hold under	1:05
200					Stroke Drills	
		on 10				
	5:35	PM 6,	050	Yards	s - Stress Value = 12	1

Workout #4502 - Wednesday, 10 January 2007 HighSchl - Backstroke 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	1 on 45:00 Weights and Stretch
600	1x{1 x 150 on 2:15 Freestyle
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle L.50 fast}$
	{1 x 150 on 2:15 Freestyle L.100 fast
	{1 x 150 on 2:15 Freestyle
150	10 x 15 on :45 Shooters
1,200	2x{1 x 150 on 3:00 Kick
	{3 x 50 on 1:00 Kick-100%
	{1 x 150 on 2:50 Kick
	{3 x 50 on 1:00 Kick-100%
1,350	1x{3 x 150 on 2:00 Pulls
	{3 x 125 on 1:40 Pulls
	{3 x 100 on 1:20 Pulls
	{3 x 75 on 1:00 Pulls
300	12×25 on :40 12.5 ez 12.5 fast grt finishe
1,425	1x{3 x 125 on 1:45 Backstroke
	{4 x 25 on :40 Backstroke 12yds under water
	{3 x 125 on 1:40 Backstroke
	{4 x 25 on :40 Backstroke 12yds under water
	{3 x 125 on 1:35 Backstroke
	{4 x 25 on :40 Backstroke 12yds under water
225	1 x 225 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 5,250 Yards - Stress Value = 126

Workout #4511 - Friday, 12 January 2007 Group 2 - Fly

1 minute rest between sets

	5:30	PM Start
Yards	Se	et Description
	==	
	1	on 20:00 Stomach and Stretch
400	1	x 400 on 8:00 Reverse IM drill
135	9	x 15 on :45 Starts/shooters/finish
900	1x{3	x 100 on 2:10 3 strokes fly off the walls
	{ 3	x 100 on 2:05 3 strokes fly off the walls
	{ 3	x 100 on 2:00 3 strokes fly off the walls
700	7	x 100 on 2:20 Kick
450	1x{2	x 75 on 1:35 3 strokes fly off the walls
	{ 2	x 75 on 1:30 3 strokes fly off the walls
	{ 2	x 75 on 1:25 3 strokes fly off the walls
700	7	x 100 on 1:55 Lungbuster pulls
300	1x{2	x 50 on 1:05 3 strokes fly off the walls
	{ 2	x 50 on 1:00 3 strokes fly off the walls
	{ 2	x 50 on :55 3 strokes fly off the walls
200	1	x 200 on 4:00 Stroke Drills
	1	on 9:00 Techniques-starts
	7:30	PM 3,785 Yards - Stress Value = 59

Workout #4506 - Friday, 12 January 2007 HighSchl - All

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10×15 on :45 Shooters	SP3	
750	$1x\{1 \times 25 \text{ on } : 30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	
	$\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1	
	$\{3 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
	$\{4 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
850	1x{1 x 100 on 1:20 Freestyle	EN1	
	{4 x 25 on :30 IM order	EN1	

	{2	x 75 on 1:00 Freestyle	EN1
	{ 4	x 25 on :25 IM order	EN1
	{ 3	x 100 on 1:20 Freestyle	EN1
	{ 4	x 25 on :20 IM order	EN1
200	1	x 200 on 4:00 Stroke Drills	REC
	1	on 8:00 Ice	
	7:05	AM 2,350 Yards - Stress Value = 22	

Workout #4510 - Friday, 12 January 2007 HighSchl - Platinum

1 minute rest between sets

Yards		PM Start et Description
=====	=:	20.00 Pl ' P 11 / C + 1
		on 30:00 Physio Balls/Stretch
600	1	x 600 on 10:00 Reverse IM drill
180	1:	2 x 15 on :45 Starts/shooters/finish
900	1x{3	x 100 on 1:20 3 strokes fly off the walls
	{ 3	x 100 on 1:15 3 strokes fly off the walls
	{3	x 100 on 1:10 3 strokes fly off the walls
750		x 125 on 2:15 Kick
		x 75 on 1:00 3 strokes fly off the walls
		x 75 on :55 3 strokes fly off the walls
		x 75 on :50 3 strokes fly off the walls
750		x 125 on 1:40 Lungbuster pulls
300		x 50 on :40 3 strokes fly off the walls
	{ 2	x 50 on :35 3 strokes fly off the walls
	{ 2	x 50 on :30 3 strokes fly off the walls
400	8	x 50 on 1:00 Stroke Drills
	1	on 10:00 Ice
	5:00	PM 4,330 Yards - Stress Value = 63

Workout #4509 - Friday, 12 January 2007 HighSchl - Gold 1 minute rest between sets

	3:00	PM Start
Yards	Se	et Description
	==	
	1	on 30:00 Physio Balls/Stretch
600	1	x 600 on 10:00 Reverse IM drill
180	1:	2 x 15 on :45 Starts/shooters/finish
900	1x{3	x 100 on 1:30 3 strokes fly off the walls
	{ 3	x 100 on 1:25 3 strokes fly off the walls
	{ 3	x 100 on 1:20 3 strokes fly off the walls
750	6	x 125 on 2:15 Kick
450	1x{2	x 75 on 1:10 3 strokes fly off the walls
	{ 2	x 75 on 1:05 3 strokes fly off the walls
	{ 2	x 75 on 1:00 3 strokes fly off the walls
750	6	x 125 on 1:45 Lungbuster pulls
300	1x{2	x 50 on :50 3 strokes fly off the walls
	{ 2	x 50 on :45 3 strokes fly off the walls
	{ 2	x 50 on :40 3 strokes fly off the walls
200	4	x 50 on 1:00 Stroke Drills
	1	on 10:00 Ice
	5:00	PM 4,130 Yards - Stress Value = 63

Workout #4507 - Friday, 12 January 2007 HighSchl - Silver 1 minute rest between sets

	3:00	PM Start
Yards	Se	et Description
	==	20.00.71
		on 30:00 Physio Balls/Stretch
600	1	x 600 on 10:00 Reverse IM drill
180	12	2 x 15 on :45 Starts/shooters/finish
900	1x{3	\times 100 on 1:40 3 strokes fly off the walls
	{ 3	x 100 on 1:35 3 strokes fly off the walls
	{ 3	x 100 on 1:30 3 strokes fly off the walls
500	4	x 125 on 2:30 Kick
450	1x{2	x 75 on 1:15 3 strokes fly off the walls
	{ 2	x 75 on 1:10 3 strokes fly off the walls
	{ 2	x 75 on 1:05 3 strokes fly off the walls
500	4	x 125 on 1:55 Lungbuster pulls
300	1x{2	x 50 on :55 3 strokes fly off the walls
	{ 2	x 50 on :50 3 strokes fly off the walls
	{ 2	x 50 on :45 3 strokes fly off the walls
450	9	x 50 on 1:00 Stroke Drills
	1	on 10:00 Ice
	5:00	PM 3,880 Yards - Stress Value = 55

Workout #4508 - Friday, 12 January 2007 HighSchl - Bronze 1 minute rest between sets

Yards		PM Start et Description
	1	on 20.00 Physic Polls/Chartch
C O O		on 30:00 Physio Balls/Stretch
600		x 600 on 10:00 Reverse IM drill
180	12	2 x 15 on :45 Starts/shooters/finish
900	1x{3	x 100 on 1:40 3 strokes fly off the walls
	{ 3	x 100 on 1:35 3 strokes fly off the walls
	{ 3	x 100 on 1:30 3 strokes fly off the walls
500	4	x 125 on 2:30 Kick
450	1x{2	x 75 on 1:15 3 strokes fly off the walls
	{2	x 75 on 1:10 3 strokes fly off the walls
	{ 2	x 75 on 1:05 3 strokes fly off the walls
500	4	x 125 on 1:55 Lungbuster pulls
300	1x{2	x 50 on :55 3 strokes fly off the walls
	{2	x 50 on :50 3 strokes fly off the walls
	-	x 50 on :45 3 strokes fly off the walls
450	-	x 50 on 1:00 Stroke Drills
100		on 10:00 Ice
	5:00	PM 3,880 Yards - Stress Value = 55

Workout #4512 - Saturday, 13 January 2007 HighSchl - Platinum 1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WOF
	1 on 27:00 Stomach and Stretch		
500	1x{1 x 200 on 3:00 Stroke Drills	REC	
	{1 x 150 on 2:15 Stroke Drills	REC	
	{1 x 100 on 1:30 Stroke Drills	REC	
	{1 x 50 on :45 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	3x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:00 Kick	EN1	
	$\{1 \times 100 \text{ on } 2:00 \text{ Kick for time}$	EN3	
1,100	4x{1 x 125 on 1:45 Pulls	EN1	
	$\{2 \times 75 \text{ on } 1:10 \text{ Pulls middle } 1 \text{ breath} \}$	EN1	
200	8 x 25 on :30 IM order-build	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	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	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 Stroke Drills	REC
	1	on 10:00 Ice	
9	9:35	AM 6,800 Yards - Stress Value =	101

Workout #4513 - Saturday, 13 January 2007 HighSchl - Gold 1 minute rest between sets

	7:00 7	AM Start		
Yards	Set	Description	EGY	WOF
=====			===	===
		on 27:00 Stomach and Stretch		
500	•	x 200 on 3:00 Stroke Drills		
	•		REC	
	•	x 100 on 1:30 Stroke Drills		
	•		REC	
150	10	x 15 on :45 Shooters	SP3	
1,050	3x{4 x	x 25 on :45 Kick no board BSLR	EN2	
	{3 2	k 50 on 1:00 Kick	EN1	
	•	x 100 on 2:00 Kick for time	EN3	
1,100		k 125 on 1:45 Pulls	EN1	
	{2 2	<pre>75 on 1:10 Pulls middle 1 breath</pre>	EN1	
200	8 2	<pre> 25 on :30 IM order-build </pre>	EN1	
3,600	2x{1 x	x 200 on 2:30 Freestyle	EN2	
	{1 2	x 200 on 2:25 Freestyle	EN2	
			EN2	
	{4 2	x 50 on 1:00 Stroke Drills	REC	
	{1 2	x 150 on 1:50 Freestyle	EN2	
	{1 >	x 150 on 1:45 Freestyle	EN2	
	{1 >	x 150 on 1:40 Freestyle	EN2	
	{3 2	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 2	x 100 on 1:05 Freestyle	EN2	
	{2 2	x 50 on 1:00 Stroke Drills	REC	
200	1 2	x 200 on 3:00 Stroke Drills	REC	
	1 0	on 10:00 Ice		
	9:37 A	AM 6,800 Yards - Stress Value = 103	L	

Workout #4514 - Saturday, 13 January 2007 HighSchl - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WOF
	1 on 27:00 Stomach and Stretch		
500	1x{1 x 200 on 3:00 Stroke Drills	REC	
	{1 x 150 on 2:15 Stroke Drills	REC	
	{1 x 100 on 1:30 Stroke Drills	REC	
	{1 x 50 on :45 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
700	2x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:05 Kick	EN1	
	$\{1 \times 100 \text{ on } 2:15 \text{ Kick for time}$	EN3	
1,000	4x{1 x 100 on 1:30 Pulls	EN1	
	$\{2 \times 75 \text{ on } 1:10 \text{ Pulls middle } 1 \text{ breath} \}$	EN1	
200	8 x 25 on :30 IM order-build	EN1	
3,600		EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
		REC	
	$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$	EN2	
	(EN2	
	(EN2	
	${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$	REC	
		EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	(EN2	
	$\{2 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$		
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:34 AM 6,350 Yards - Stress Value = 91		

Workout #4515 - Saturday, 13 January 2007 HighSchl - Bronze

1 minute rest between sets

Yards		AM Start et Description	EGY	WOF
=====	==		===	===
	1	on 27:00 Stomach and Stretch		
500	1x{1	x 200 on 3:00 Stroke Drills	REC	
	{ 1	x 150 on 2:15 Stroke Drills	REC	
	{ 1	x 100 on 1:30 Stroke Drills	REC	
	{ 1	x 50 on :45 Stroke Drills	REC	
150	10) x 15 on :45 Shooters	SP3	
700	2x{4	x 25 on :45 Kick no board BSLR	EN2	
	{ 3	x 50 on 1:05 Kick	EN1	
	{ 1	x 100 on 2:15 Kick for time	EN3	
1,000	4x{1	x 100 on 1:30 Pulls	EN1	
	{ 2	\times 75 on 1:10 Pulls middle 1 breath	EN1	
200	8	x 25 on :30 IM order-build	EN1	
3,600	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 1:30 Freestyle	EN2	
	{ 1	x 100 on 1:25 Freestyle	EN2	
	{ 1	x 100 on 1:20 Freestyle	EN2	
	{ 2	x 50 on 1:00 Stroke Drills	REC	
200	1	x 200 on 4:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	9:36	AM 6,350 Yards - Stress Value = 91		

Workout #4522 - Monday, 15 January 2007 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
$600 3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
{1 x 100 on 2:20 Kick
·
600 1x{3 x 75 on 1:20 Pull no br L.12 yds {3 x 75 on 1:15 Pull no br L.12 yds
· · · · · · · · · · · · · · · · · · ·
{2 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
2,000 1x{1 x 250 on 4:10 Freestyle
{2 x 100 on 1:35 Freestyle
{1 x 50 on 1:00 Stroke
{1 x 250 on 4:00 Stroke
{2 x 100 on 1:35 Freestyle
{1 x 50 on 1:00 Stroke
{1 x 250 on 3:50 Freestyle
{2 x 100 on 1:35 Freestyle
{1 x 50 on 1:00 Stoke
{1 x 250 on 3:40 Freestyle
{2 x 100 on 1:35 Freestyle
{1 x 50 on 1:00 Stroke
400 8 x 50 on 1:10 Stroke Drills
7:30 PM 4,450 Yards - Stress Value = 66
W 1 4/4521 W 1 15 Y 2007
Workout #4521 - Monday, 15 January 2007

HighSchl - Back 1 minute rest between sets

2:00 PM Start Yards Set Description ====== ______ 1 on 32:00 Physio Balls/Stretch 400 1 x 400 on 7:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes 700 7 x 100 on 2:00 Kick-odds 100% 7 x 100 on 1:20 Lungbuster pulls odds breathe 3-5-7-9 evens breathe 2-4-6-8 200 8×25 on :40 12.5 ez 12.5 fast grt finishes $1,300 \ 2x\{1 \ x \ 100 \ on \ 1:30 \ Backstroke$ $\{2 \times 25 \text{ on } : 40 \text{ Bathtub drill}$ $\{2 \times 75 \text{ on } 1:05 \text{ Backstroke} \}$ $\{2 \times 25 \text{ on } : 40 \text{ Bathtub drill}$ ${3 \times 50 \text{ on :} 45 \text{ Backstroke}}$ $\{2 \times 25 \text{ on } : 40 \text{ Bathtub drill} \}$ $\{1 \text{ x } 100 \text{ on } 1\text{:}45 \text{ Backstroke for time}$ 200 1 x 200 on 3:00 Stroke Drills 1 on 9:00 Ice 4:00 PM 3,680 Yards - Stress Value = 55

Workout #4520 - Monday, 15 January 2007 HighSchl - Fly

1 minute rest between sets

	2:00 PM Start
Yards	Set Description
=====	
	1 on 32:00 Physio Balls/Stretch
400	1 x 400 on 7:00 Swim-kick-pull-swim
180	12 x 15 on :45 Starts/shooters/finishes
700	7 x 100 on 2:00 Kick-odds 100%
700	7 x 100 on 1:20 Lungbuster pulls
	odds breathe 3-5-7-9 evens breathe 2-4-6-8
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish€
1,500	2x{1 x 100 on 1:30 75 2-2, 25 fly 1up 1down
	{1 x 100 on 1:25 75 2-3, 25 fly 1up 2down
	$\{1 \times 100 \text{ on } 1:20 \ 75 \ 2-4, \ 25 \text{ fly } 2\text{up } 3\text{down} \}$
	$\{1 \times 75 \text{ on } 1:10 50 2-2, 25 \text{ fly lup 1down} \}$
	$\{1 \times 75 \text{ on } 1:05 50 2-3, 25 \text{ fly lup } 2\text{down} \}$
	$\{1 \times 75 \text{ on } 1:00 50 2-4, 25 \text{ fly } 2\text{up } 3\text{down} \}$
	$\{1 \times 50 \text{ on } : 45 \ 25 \ 2-2, \ 25 \text{ fly lup ldown}$
	$\{1 \times 50 \text{ on } : 40 \ 25 \ 2-3, \ 25 \text{ fly lup 2down} $
	{1 x 50 on :35 25 2-4, 2up 3down
	{1 x 25 on :25 Fly 1up 1down
	{1 x 25 on :20 Fly 1up 2down
	{1 x 25 on :15 Fly 2up 3down
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	4:00 PM 3,980 Yards - Stress Value = 53
200	{1 x 50 on :40 25 2-3, 25 fly lup 2down {1 x 50 on :35 25 2-4, 2up 3down {1 x 25 on :25 Fly lup 1down {1 x 25 on :20 Fly lup 2down {1 x 25 on :15 Fly 2up 3down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice

Workout #4518 - Monday, 15 January 2007 HighSchl - Platinum 1 minute rest between sets

Yards =====	7:00 AM Start Set Description
	1 on 45:00 Weights and Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	2x{4 x 25 on :30 Kick no board BSLR w/flippers
	{1 x 125 on 2:00 Kick with flippers
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR w/flippers}$
	{1 x 125 on 1:55 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR w/flippers
	{1 x 125 on 1:50 Kick with flippers
1,350	1x{6 x 75 on 1:05 Pull no br L.12 yds
	{6 x 75 on 1:00 Pull no br L.12 yds
200	{6 x 75 on :55 Pull no br L.12 yds
300	
2,000	1x{1 x 250 on 3:00 Freestyle
	{2 x 100 on 1:10 Freestyle {1 x 50 on :45 Stroke
	{1 x 250 on 2:55 Freestyle
	{2 x 100 on 1:10 Freestyle
	{1 x 50 on :45 Stroke
	{1 x 250 on 2:50 Freestyle
	{2 x 100 on 1:10 Freestyle
	{1 x 50 on :45 Stroke
	{1 x 250 on 2:45 Freestyle
	{2 x 100 on 1:10 Freestyle
	{1 x 50 on :45 Stroke
200	1 x 200 on 3:00 Stroke Drills

Workout #4519 - Monday, 15 January 2007 HighSchl - Gold 1 minute rest between sets

9:35 AM 5,950 Yards - Stress Value = 94

7:00 AM Start
Yards Set Description

1 on 9:00 Ice

1 on 45:00 Weights and Stretch
600 1 x 600 on 10:00 Swim-kick-pull-swim
150
1,350 2x{4 x 25 on :30 Kick no board BSLR w/flippers
{1 x 125 on 2:00 Kick with flippers
{4 x 25 on :30 Kick no board BSLR w/flippers
{1 x 125 on 1:55 Kick with flippers
{4 x 25 on :30 Kick no board BSLR w/flippers
{1 x 125 on 1:50 Kick with flippers
1,350 1x{6 x 75 on 1:05 Pull no br L.12 yds
$\{6 \times 75 \text{ on } 1:00 \text{ Pull no br L.}12 \text{ yds}$
$\{6 \times 75 \text{ on } :55 \text{ Pull no br L.12 yds}$
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,850 1x{1 x 250 on 3:15 Freestyle
{2 x 100 on 1:15 Freestyle
{1 x 50 on :50 Stroke
$\{1 \times 250 \text{ on } 3:10 \text{ Freestyle}$
{2 x 100 on 1:15 Freestyle
{1 x 50 on :50 Stroke
{1 x 250 on 3:05 Freestyle
{2 x 100 on 1:15 Freestyle
{1 x 50 on :50 Stroke
{1 x 250 on 3:00 Freestyle
{1 x 100 on 1:15 Freestyle
200 1 x 200 on 3:00 Stroke Drills
1 on 9:00 Ice
9:35 AM 5,800 Yards - Stress Value = 92

Workout #4517 - Monday, 15 January 2007 HighSchl - Silver 1 minute rest between sets

7:00 AM Start Set Description Yards ===== ______ 1 on 45:00 Weights and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,350 $2x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR w/flippers}$ {1 x 125 on 2:00 Kick with flippers $\{4 \text{ x } 25 \text{ on } : 30 \text{ Kick no board BSLR w/flippers}$ $\{1 \times 125 \text{ on } 1:55 \text{ Kick with flippers} \}$ {4 x 25 on :30 Kick no board BSLR w/flippers $\{1 \text{ x } 125 \text{ on } 1\text{:}50 \text{ Kick with flippers}$ 1,200 1x{6 x 75 on 1:10 Pull no br L.12 yds {6 x 75 on 1:05 Pull no br L.12 yds {4 x 75 on 1:00 Pull no br L.12 yds 12 x 25 on :40 12.5 ez 12.5 fast grt finishe $1,700 \ 1x\{1 \ x \ 250 \ on \ 3:30 \ Freestyle$ $\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ {1 x 50 on :55 Stroke $\{1 \times 250 \text{ on } 3:25 \text{ Freestyle} \}$ {2 x 100 on 1:20 Freestyle {1 x 50 on :55 Stroke $\{1 \times 250 \text{ on } 3:20 \text{ Freestyle} \}$ $\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ {1 x 50 on :55 Stroke $\{1 \times 200 \text{ on } 2:35 \text{ Freestyle} \}$ 200 1 x 200 on 3:00 Stroke Drills 1 on 9:00 Ice 9:35 AM 5,500 Yards - Stress Value = 86

Workout #4516 - Monday, 15 January 2007 HighSchl - Bronze 1 minute rest between sets

Yards	7:00 AM Start Set Description
	=======================================
	1 on 45:00 Weights and Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	2x{4 x 25 on :30 Kick no board BSLR w/flippers
	{1 x 125 on 2:00 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR w/flippers
	{1 x 125 on 1:55 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR w/flippers
	{1 x 125 on 1:50 Kick with flippers

	V	Vork	out #	4526	5 - Wed	nesd	lay, 17	Jan	uary 200)7	
	9:35	AM	5,4	00	Yards	-	Stre	ess	Value	=	84
	1	on	9:0	0 I	ce						
00	1	X 2	200	on	3:00	Str	oke	Dri	ills		

 $\{1 \times 50 \text{ on } :55 \text{ Stroke}$ $\{1 \times 250 \text{ on } 3:25 \text{ Freestyle}$

Group 2 - Back 1 minute rest between sets

Yards	5:30 PM Start Set Description
	=======================================
	1 on 20:00 Stomach and Stretch
600	1x{1 x 200 on 4:00 Freestyle
	$\{1 \times 200 \text{ on } 3:45 \text{ Freestyle L.50 fast}$
	{1 x 200 on 3:30 Freestyle L.100 fast
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:05 Kick
800	1x{3 x 100 on 1:45 Pulls
	{3 x 100 on 1:40 Pulls
	{2 x 100 on 1:35 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	2x{1 x 50 on 1:00 Backstroke
,	{1 x 50 on 1:15 Backstroke Drill
	{2 x 50 on 1:00 Backstroke
	{1 x 50 on 1:15 Backstroke Drill
	{3 x 50 on 1:00 Backstroke
	{1 x 50 on 1:15 Backstroke Drill
	{4 x 50 on 1:00 Backstroke
	{1 x 50 on 1:15 Backstroke Drill
	{ All EN3 50's need a minimum of 6 kicks off
250	5 x 50 on 1:15 Stroke Drill

Workout #4525 - Wednesday, 17 January 2007 HighSchl - Back 1 minute rest between sets

7:30 PM 4,100 Yards - Stress Value = 96

Yards Set Description
1 on 45:00 Weights and Stretch
600 1x{1 x 200 on 3:00 Freestyle
{1 x 200 on 3:00 Freestyle L.50 fast
{1 x 200 on 3:00 Freestyle L.100 fast
150 10 x 15 on :45 Shooters
700 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
{1 x 100 on 1:45 Kick
{4 x 25 on :40 Kick no board BSLR
{2 x 75 on 1:20 Kick
$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$
{3 x 50 on :50 Kick
1,250 1x{3 x 125 on 1:45 Pulls
{3 x 125 on 1:40 Pulls
{4 x 125 on 1:35 Pulls
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100 3x{1 x 50 on 1:00 Backstroke w/Zoomers
{1 x 50 on 1:00 Backstroke Drill {2 x 50 on :55 Backstroke w/Zoomers
{1 x 50 on 1:00 Backstroke Drill
{3 x 50 on :50 Backstroke w/Zoomers
{1 x 50 on 1:00 Backstroke W/Zoomers
{4 x 50 on :45 Backstroke w/Zoomers
{1 x 50 on 1:00 Backstroke Drill
{ All EN3 50's need a minimum of 6 kicks off
200 1 x 200 on 3:00 Stroke Drill
1 on 9:00 Ice
5:35 PM 5,200 Yards - Stress Value = 134
Workout #4524 - Wednesday, 17 January 2007
High Schl - Breast

Workout #4524 - Wednesday, 17 January 2007 HighSchl - Breast 1 minute rest between sets

```
3:00 PM Start
Yards
          Set Description
           _____
           1 on 45:00 Weights and Stretch
  600 1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle}
         \{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast} \}
          \{1 \text{ x 200 on 3:00 Freestyle L.100 fast}
          10 x 15 on :45 Shooters
  700 1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
          \{1 \times 100 \text{ on } 1:45 \text{ Kick} \}
          {4 x 25 on :40 Kick no board BSLR
         \{2 \times 75 \text{ on } 1:20 \text{ Kick} \}
         \{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}
         {3 x 50 on :50 Kick
  900 1x{3 \times 100} on 1:50 Pulls with paddles
          {3 x 100 on 1:45 Pulls with paddles
         {3 x 100 on 1:40 Pulls with paddles
  200
          8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900 2x\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill}
          {3 x 100 on 2:00 Kick
          { descend to 100% effort
         {1 x 100 on 1:45 Breaststroke Drill
         \{1 \times 200 \text{ on } 3:00 \text{ Stroke Drill}
          { 25 2klp, 25 fly kick, 25 2klp, 25 3 second
          {3 \times 50 \text{ on } 1:00 \text{ Breast-100}}
         {1 x 100 on 1:45 Breaststroke Drill
          { one set with PD fins one without
          1 x 200 on 3:00 Stroke Drills
           1 on 10:00 Ice
       5:35 PM 4,650 Yards - Stress Value = 76
```

Workout #4523 - Wednesday, 17 January 2007 HighSchl - Distance 1 minute rest between sets

3:00 PM Start Yards Set Description		2.00 PM Ctont
1 on 45:00 Weights and Stretch 600 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast 150 10 x 15 on :45 Shooters 700 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:20 Kick	371	
1 on 45:00 Weights and Stretch 600 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast 10 x 15 on :45 Shooters 700 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:20 Kick	rards	±
600 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast 150 10 x 15 on :45 Shooters 700 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:20 Kick	=====	
{1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast 150		
{1 x 200 on 3:00 Freestyle L.100 fast 150	600	- ·
150		· · · · · · · · · · · · · · · · · · ·
700 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:20 Kick		•
$\{1 \times 100 \text{ on } 1:45 \text{ Kick} \}$ $\{4 \times 25 \text{ on } :40 \text{ Kick no board BSLR} \}$ $\{2 \times 75 \text{ on } 1:20 \text{ Kick} \}$		
$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR} $ $\{2 \times 75 \text{ on } 1 : 20 \text{ Kick} \}$	700	
{2 x 75 on 1:20 Kick		•
· ·		{4 x 25 on :40 Kick no board BSLR
{4 x 25 on :35 Kick no board BSLR		· ·
$\{3 \times 50 \text{ on } :50 \text{ Kick}$		{3 x 50 on :50 Kick
1,250 1x{3 x 125 on 1:45 Pulls w/snorkels	1,250	$1x{3 \times 125 \text{ on } 1:45 \text{ Pulls w/snorkels}}$
${3 \times 125 \text{ on } 1:40 \text{ Pulls w/snorkels}}$		$\{3 \times 125 \text{ on } 1:40 \text{ Pulls w/snorkels}$
$\{4 \times 125 \text{ on } 1:35 \text{ Pulls w/snorkles}$		$\{4 \times 125 \text{ on } 1:35 \text{ Pulls w/snorkles}$
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes	200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500 1x{4 x 25 on :45 TchPddl/Tnns Ball drill	2,500	1x{4 x 25 on :45 TchPddl/Tnns Ball drill
{3 x 150 on 2:00 Freestyle-descend		{3 x 150 on 2:00 Freestyle-descend
{4 x 25 on :45 TchPddl/Tnns Ball drill		{4 x 25 on :45 TchPddl/Tnns Ball drill
{3 x 200 on 2:40 Freestyle-desecnd		{3 x 200 on 2:40 Freestyle-desecnd
{4 x 25 on :45 TchPddl/Tnns Ball drill		{4 x 25 on :45 TchPddl/Tnns Ball drill
${3 \times 250 \text{ on } 3:20 \text{ Freestyle-descend}}$		{3 x 250 on 3:20 Freestyle-descend
{4 x 25 on :45 TchPddl/Tnns Ball drill		{4 x 25 on :45 TchPddl/Tnns Ball drill
$\{1 \times 300 \text{ on } 4:00 \text{ Freestyle-for time} \}$		{1 x 300 on 4:00 Freestyle-for time
200 1 x 200 on 3:00 Stroke Drill	200	1 x 200 on 3:00 Stroke Drill
1 on 6:00 Ice		1 on 6:00 Ice
5:35 PM 5,600 Yards - Stress Value = 102		5:35 PM 5,600 Yards - Stress Value = 102

Workout #4531 - Thursday, 18 January 2007 Group 2 - IM/Stroke 1 minute rest between sets

Yards	5:30 PM Start Set Description	EGY	WC
	1 on 20:00 Stomach and Stretch		
500		REC	
150		SP3	
		EN1	
000	·	EN1	
		EN1	
	•	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 50 on 1:05 Kick	EN1	
700	2x{1 x 125 on 2:15 Pulls	EN1	
	{1 x 100 on 1:45 Pulls	EN1	
	{1 x 75 on 1:15 Pulls	EN1	
	{1 x 50 on :50 Pulls	EN1	
300	4 x 75 on 1:20 2bk-4bk-6bk by 25's	EN1	
1,800	$1x\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	{1 x 100 on 2:00 Individual Medley	EN2	
	{8 x 25 on :30 Odds free evens fly	EN2	
	{1 x 200 on 4:00 Individual Medley	EN2	
	(EN2	
		EN2	
	()	EN2	
	,	EN2	
250	5 x 50 on 1:15 Stroke Drills	REC	
	7:30 PM 4,300 Yards - Stress Value = 56		

Workout #4527 - Thursday, 18 January 2007 HighSchl - Platinum 1 minute rest between sets

	1	on	30:00 Stomach and Stretch	
500			500 on 7:00 Underwater trn drill	F
180			15 on :45 Starts/shooters/finish	S
1,200			150 on 3:00 Kick	E
•			100 on 2:00 Kick	E
	{1	Х	50 on 1:00 Kick	E
	{ 1	Х	150 on 2:45 Kick	E
	{ 1	Х	100 on 1:50 Kick	E
	{ 1	Х	50 on :55 Kick	E
	{ 1	Х	150 on 2:30 Kick	E
	{ 1	Х	100 on 1:40 Kick	E
	{ 1	Х	50 on :50 kICK	E
			150 on 2:15 Kick	E
			100 on 1:30 Kick	E
			50 on :45 Kick	E
1,400				E
			100 on 1:20 Lungbuster pulls 3-4-5-6	E
			75 on 1:00 Lungbuster pulls 4-5-6	E
			50 on :40 Lungbuster pulls 5-6	E
300			75 on 1:10 2bk-4bk-6bk by 25's	E
2,800			25 on :25 Freestyle	E
			100 on 1:25 Individual Medley	E
			25 on :25 Odds free evens fly	E
			200 on 2:50 Individual Medley	E
			25 on :25 Odds free evens back	E
	-		300 on 4:15 Individual Medley	E
			25 on :25 Odds free evens breast	E
			400 on 5:40 Individual Medley	E
			25 on :20 Odds free evens breast	E
			300 on 4:00 Individual Medley	E
			25 on :20 Odds free evens breast	E
			200 on 2:40 Individual Medley	E
	-		25 on :20 Odds free evens fly	E
			100 on 1:20 Individual Medley 25 on :20 Freestyle	E E
300			25 on :20 freestyle 300 on 5:00 Stroke Drills	F
300			10:00 Ice	Г
	1	011	10:00 100	

5:33 PM 6,680 Yards - Stress Value = 97

Workout #4529 - Thursday, 18 January 2007 HighSchl - Gold 1 minute rest between sets

```
3:00 PM Start
Yards
      Set Description
                                         F
_____
      1 on 30:00 Stomach and Stretch
1 x 500 on 7:00 Underwater trn drill
  500
  180 12 x 15 on :45 Starts/shooters/finish
1,200 1x{1 x 150 on 3:00 Kick
                                             E
       {1 x 100 on 2:00 Kick
                                             E
       {1 x 50 on 1:00 Kick
                                             E
                                             E
       {1 x 150 on 2:45 Kick
       {1 x 100 on 1:50 Kick
       {1 x 50 on :55 Kick
                                             E
       {1 x 150 on 2:30 Kick
                                             E
       {1 x 100 on 1:40 Kick
                                             E
       \{1 \times 50 \text{ on } : 50 \text{ kICK} \}
       {1 x 150 on 2:15 Kick
       {1 x 100 on 1:30 Kick
       {1 x 50 on :45 Kick
2,800 \ 1x\{6 \ x \ 25 \ on : 25 \ Freestyle
        1 x 200 on 4:00 Stroke Drills
  200
        1 on 10:00 Ice
      5:35 PM 6,580 Yards - Stress Value = 97
```

Workout #4530 - Thursday, 18 January 2007 HighSchl - Silver

1 minute rest between sets

Yards		PM Start t Description	E =
	1	on 30:00 Stomach and Stretch	_
500		x 500 on 7:00 Underwater trn drill	F
180	12	x 15 on :45 Starts/shooters/finish	٤
900	1x{1	x 150 on 3:00 Kick	E
	{ 1	x 100 on 2:00 Kick	E
	{ 1	x 50 on 1:00 Kick	E
	{ 1	x 150 on 2:55 Kick	E
	{ 1	x 100 on 1:55 Kick	E
	{ 1	x 50 on :55 Kick	E
	•	x 150 on 2:50 Kick	E
	•	x 100 on 1:50 Kick	E
	-	x 50 on :50 Kick	E
1,400	4x{1	x 125 on 1:50 Lungbuster pulls 2-3-4-5-6	E
	{ 1	x 100 on 1:30 Lungbuster pulls 3-4-5-6	E
	{ 1	x 75 on 1:05 Lungbuster pulls 4-5-6	E
	{ 1	x 50 on :45 Lungbuster pulls 5-6	E
300	4	x 75 on 1:10 2bk-4bk-6bk by 25's	E
2,400	1x{4	x 25 on :30 Freestyle	E
	{ 1	x 100 on 1:40 Individual Medley	E
	{ 4	x 25 on :30 Odds free evens fly	E

```
{1 x 200 on 3:20 Individual Medley
        {4 x 25 on :30 Odds free evens back
        {1 x 300 on 5:00 Individual Medley
        {4 x 25 on :30 Odds free evens breast
       {1 x 400 on 6:40 Individual Medley
        {4 x 25 on :30 Odds free evens breast
       {1 x 300 on 5:00 Individual Medley
       \{4 \times 25 \text{ on } : 30 \text{ Odds free evens breast} \}
      {1 x 200 on 3:20 Individual Medley
      {4 x 25 on :30 Odds free evens fly
       {1 x 100 on 1:40 Individual Medley
        \{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}
300 1 x 300 on 5:00 Stroke Drills
1 on 10:00 Ice
    5:34 PM 5,980 Yards - Stress Value = 83
```

Workout #4528 - Thursday, 18 January 2007 HighSchl - Bronze

```
3:00 PM Start
                                     F Yards Set Description
E {1 x 100 on 1:40 Individual Medley F
                                                {4 x 25 on :30 Odds free evens fly
                                                {1 x 200 on 3:20 Individual Medley
                                                {4 x 25 on :30 Odds free evens back
                                                {1 x 300 on 5:00 Individual Medley
                                                {4 x 25 on :30 Odds free evens breast
                                                {1 x 400 on 6:40 Individual Medley
                                                \{4 \times 25 \text{ on } : 30 \text{ Odds free evens breast}
                                                {1 x 300 on 5:00 Individual Medley
                                                {4 x 25 on :30 Odds free evens breast
                                                {1 x 200 on 3:20 Individual Medley
                                                {4 x 25 on :30 Odds free evens fly
                                                 {1 x 100 on 1:40 Individual Medley
                                                \{4 \times 25 \text{ on } : 30 \text{ Freestyle } \}
                                           300
                                                1 x 300 on 5:00 Stroke Drills
                                                 1 on 10:00 Ice
                                               5:34 PM 5,980 Yards - Stress Value = 83
```

	Workout #4533 - Friday, 19 January 2007 HighSchl - All	3:00 PM Start Yards Set Description
	1 minute rest between sets	1 on 20.00 Chamach and Chaptah
Yards	3:00 PM Start Set Description EGY WOF	1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters
=====	=======================================	1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend
800	1 on 30:00 Physio Balls/Stretch 1 x 800 on 12:00 Swim-kick-pull-swim REC 1 on 15:00 Techniques-TN turn drills EN1 1 x 600 on 12:00 Vertical Kicking EN2 1 on 10:00 Techniques-Relay starts	{4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardL- {4 x 50 on :55 Kick-descend
1,500	6x{3 x 50 on :45 Freestyle EN1 {1 x 100 on 1:30 Stroke Drill REC 1 on 10:00 Sculling Drills REC 1 on 10:00 Ice	{4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths {1 x 150 on 2:05 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths
	5:03 PM 2,900 Yards - Stress Value = 21 Workout #4532 - Friday, 19 January 2007	300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,000 2x{1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke
	HighSchl - Sprint	{1 x 150 on 2:15 Backstroke
	1 minute rest between sets	{3 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :45 Backstroke
Yards	5:30 AM Start Set Description EGY WORK S	{4 x 25 on :45 Backstroke-100%
=====	======================================	400 4 x 100 on 1:30 Freestyle-descend to ludicro
400	1 on 35:00 Weights and Stretch L I 1 x 400 on 5:00 Free L.25 of each EN1 S 100 use a 6 beat kic	Speed 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
150	10 x 15 on :45 Shooters SP3 S (5:34 PM 5,900 Yards - Stress Value = 85
1,500	$5x\{1 \times 25 \text{ on } : 30 \text{ Freestyle} $ SP2 S	Workout #4539 - Monday, 22 January 2007
	{1 x 25 on :40 Freestyle SP2 S {1 x 25 on :50 Freestyle SP2 S	HighSchl - Breast
	{1 x 25 on 1:00 Freestyle SP2 S	1 minute rest between sets
	{1 x 200 on 4:00 Stroke Drills REC D (
	1 on 10:00 Ice M 7:05 AM 2,050 Yards - Stress Value = 58	3:00 PM Start Yards Set Description
	7:05 AM 2,050 Yards - Stress Value = 58	Yards Set Description
		Yards Set Description ====================================
	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007	Yards Set Description ====================================
	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets	Yards Set Description ====================================
Yards	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S
	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend
=====	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description 1 on 20:00 Stomach and Stretch	Yards Set Description
	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description ====================================	Yards Set Description
150 400 150	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 150 on 2:30 Pull mid 50 6 breaths 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardL- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardL- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths
150 400 150	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 150 on 2:30 Pull mid 50 6 breaths 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board B	Yards Set Description
150 400 150	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description ====================================	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths
150 400 150	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 150 on 2:30 Pull mid 50 6 breaths 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board B	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardL- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths
150 400 150	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description ====================================	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths
150 400 150	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 150 on 2:30 Pull mid 50 6 breaths 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board B {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board -S {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board -L- {2 x 50 on 1:10 Kick	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardL- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths {1 x 150 on 2:05 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:55 Breaststroke {4 x 50 on :55 Breaststroke {4 x 50 on :55 Breaststroke {4 x 50 on :55 Breaststroke}
150 400 150 700	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description ====================================	Yards Set Description
150 400 150 700	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description	Yards Set Description
150 400 150 700	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description	Yards Set Description
150 400 150 700 450	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardL- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardL- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths {1 x 150 on 2:05 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,800 2x{1 x 200 on 3:20 Breaststroke {4 x 50 on :55 Breaststroke {1 x 150 on 2:30 Breaststroke {1 x 150 on 1:40 Breaststroke {1 x 100 on 1:40 Breaststroke 400 4 x 100 on 1:30 Freestyle-descend to ludicre Speed
150 400 150 700 450	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 150 on 2:30 Pull mid 50 6 breaths 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board B {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board -S {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no boardL- {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no boardL- {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no boardR 1x{1 x 150 on 2:40 Pull mid 50 6 breaths {1 x 150 on 2:35 Pull mid 50 6 breaths {1 x 150 on 2:25 Pull mid 50 6 breaths 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2x{1 x 200 on 4:00 Breaststroke {3 x 50 on 1:10 Breaststroke	Yards Set Description
150 400 150 700 450	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 150 on 2:30 Pull mid 50 6 breaths 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board B {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board -S {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no boardL- {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no boardL- {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no boardR 1x{1 x 150 on 2:40 Pull mid 50 6 breaths {1 x 150 on 2:35 Pull mid 50 6 breaths {1 x 150 on 2:25 Pull mid 50 6 breaths 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2x{1 x 200 on 4:00 Breaststroke {3 x 50 on 1:10 Breaststroke {1 x 150 on 2:55 Breaststroke	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardL- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardL- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths {1 x 150 on 2:05 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,800 2x{1 x 200 on 3:20 Breaststroke {4 x 50 on :55 Breaststroke {1 x 150 on 2:30 Breaststroke {1 x 150 on 1:40 Breaststroke {1 x 100 on 1:40 Breaststroke 400 4 x 100 on 1:30 Freestyle-descend to ludicre Speed
150 400 150 700 450	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths {1 x 150 on 2:05 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,800 2x{1 x 200 on 3:20 Breaststroke {4 x 50 on :55 Breaststroke {1 x 150 on 2:30 Breaststroke {1 x 100 on 1:40 Breaststroke {1 x 100 on 1:55 Breaststroke {1 x 100 on 1:30 Freestyle-descend to ludicro Speed 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
150 400 150 700 450	7:05 AM 2,050 Yards - Stress Value = 58 Workout #4540 - Monday, 22 January 2007 Group 2 - Breast 1 minute rest between sets 5:30 PM Start Set Description 1 on 20:00 Stomach and Stretch 1 x 150 on 2:30 Pull mid 50 6 breaths 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board B {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board -S {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no boardL- {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no boardL- {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no boardR 1x{1 x 150 on 2:40 Pull mid 50 6 breaths {1 x 150 on 2:35 Pull mid 50 6 breaths {1 x 150 on 2:25 Pull mid 50 6 breaths 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2x{1 x 200 on 4:00 Breaststroke {3 x 50 on 1:10 Breaststroke {1 x 150 on 2:55 Breaststroke	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board B {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -S {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board -L- {4 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no boardR 1,200 2x{1 x 150 on 2:15 Pull mid 50 4 breaths {1 x 150 on 2:05 Pull mid 50 4 breaths {1 x 150 on 1:55 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths {1 x 150 on 1:45 Pull mid 50 4 breaths 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,800 2x{1 x 200 on 3:20 Breaststroke {4 x 50 on :55 Breaststroke {1 x 150 on 2:30 Breaststroke {1 x 100 on 1:40 Breaststroke {1 x 100 on 1:55 Breaststroke {1 x 100 on 1:30 Freestyle-descend to ludicro Speed 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice

Workout #4538 - Monday, 22 January 2007 HighSchl - Back 1 minute rest between sets

Workout #4535 - Monday, 22 January 2007 150 10 x 15 on :45 Shooter 600 1x{4 x 50 on :50 Pull no br L.5 yds HighSchl - Platinum {4 x 50 on :50 Pull no br L.10 yds 1 minute rest between sets {4 x 50 on :50 Pull no br L.15 yds 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes 5:30 AM Start 1,200 1x{2 x 200 on 3:00 Freestyle Yards Set Description Set Description {2 x 200 on 2:55 Freestyle 2 x 200 on 2:50 Freestyle _____ 1 on 35:00 Weights and Stretch 200 1 x 200 on 3:00 Stroke Drill 400 1 x 400 on 6:00 Swim-kick-pull-swim 1 on 5:00 Ice 7:04 AM 2,700 Yards - Stress Value = 38 600 1x{4 x 50 on :45 Pull no br L.5 yds {4 x 50 on :45 Pull no br L.10 yds Workout #4543 - Tuesday, 23 January 2007 {4 x 50 on :45 Pull no br L.15 yds 6 x 25 on :40 12.5 ez 12.5 fast grt finishes **Group 2 - Distance** 1,600 1x{3 x 200 on 2:30 Freestyle 1 minute rest between sets ${3 \times 200 \text{ on } 2:25 \text{ Freestyle}}$ {2 x 200 on 2:20 Freestyle 6:00 PM Start Yards Set Description 1 x 200 on 3:00 Stroke Drill 1 on 5:00 Ice 200 7:05 AM 3,100 Yards - Stress Value = 46 1 on 15:00 Stretch 400 1 x 400 on 8:00 Underwater trn d 150 10 x 15 on :45 Shooters 1 x 400 on 8:00 Underwater trn drill REC Workout #4536 - Monday, 22 January 2007 500 1x{1 x 125 on 2:55 Kick HighSchl - Gold {1 x 125 on 2:50 Kick 1 minute rest between sets {1 x 125 on 2:45 Kick {1 x 125 on 2:40 Kick 5:30 AM Start 600 1x{1 x 200 on 3:30 Pulls Yards Set Description $\{1 \times 200 \text{ on } 3:25 \text{ Pulls}$ ===== {1 x 200 on 3:20 Pulls 1 on 35:00 Weights and Stretch 1,800 1x $\{2 \times 200 \text{ on } 3:20 \text{ Pulls} \}$ 400 1 x 400 on 6:00 Swim-kick-pull-swim 1,800 1x $\{2 \times 225 \text{ on } 3:55 \text{ Freestyle} \}$ $\{2 \times 225 \text{ on } 3:55 \text{ Freestyle} \}$ EN2 {4 x 50 on :45 Pull no br L.5 yds {4 x 50 on :45 Pull no br L.10 yds {4 x 50 on :45 Pull no br L.10 yds {4 x 50 on :45 Pull no br L.15 yds {7:32 PM 3 550 Varda 25 cm :40 12 5 cm 10 6 x 25 cm :40 12 5 cm 10 600 $1x{4 \times 50}$ on :45 Pull no br L.5 yds 6 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,500 1x{3 x 200 on 2:40 Freestyle}$ Workout #4542 - Tuesday, 23 January 2007 ${3 \times 200 \text{ on } 2:35 \text{ Freestyle}}$ {2 x 150 on 1:55 Freestyle HighSchl - Distance 200 1 x 200 c... 1 on 5:00 Ice 1 x 200 on 3:00 Stroke Drill 1 minute rest between sets 7:05 AM 3,000 Yards - Stress Value = 44 3:00 PM Start Yards Set Description Workout #4534 - Monday, 22 January 2007 1 on 35:00 Physio Balls/Stretch HighSchl - Silver 500 1 x 500 on 7:30 Underwater trn drill 1 minute rest between sets 150 10 x 15 on :45 Shooters 750 1x{1 x 125 on 2:30 Kick 5:30 AM Start {1 x 125 on 2:20 Kick Yards Set Description {2 x 125 on 2:10 Kick _____ ===== {2 x 125 on 2:00 Kick 1 on 35:00 Weights and Stretch 1,200 2x{1 x 200 on 2:45 Pull w/parachutes 1 x 400 on 6:00 Swim-kick-pull-swim {1 x 200 on 2:35 Pull w/parachures 400 $\{1 \times 200 \text{ on } 2:35 \text{ Pull w/parachures}\}$ $\{1 \times 200 \text{ on } 2:25 \text{ Pull w/parachutes}\}$ 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 6 x 25 on :40 12.5 ez 12.5 fast grt finishes $\{2 \times 225 \text{ on } 3:00 \text{ Freestyle} \}$ $1,450 \ 1x{3} \ x \ 200 \ on \ 2:45 \ Freestyle$ $\{2 \times 225 \text{ on } 2:55 \text{ Freestyle} \}$ $\{3 \times 200 \text{ on } 2:40 \text{ Freestyle} \}$ {2 x 225 on 2:50 Freestyle {2 x 125 on 1:40 Freestyle {2 x 225 on 2:45 Freestyle 1 x 200 on 3:00 Stroke Drill 200 400 8 x 50 on :50 Stroke Drills 1 on 10:00 Ice 1 on 5:00 Ice 7:05 AM 2,950 Yards - Stress Value = 43 5:27 PM 6,000 Yards - Stress Value = 96

Workout #4537 - Monday, 22 January 2007 HighSchl - Bronze

	5:30 AM Start
Yards	Set Description
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	1 on 35:00 Weights and Stretch
400	1 x 400 on 6:00 Swim-kick-pull-swim

Set Description Workout #4541 - Tuesday, 23 January 2007 Yards ===== ______ HighSchl - Fly 1 on 40:00 Weights and Stretch 1 minute rest between sets 500 1 x 500 on 7:30 Choice 3:00 PM Start $1,400 \ 2x\{4 \ x \ 25 \ on \ :45 \ Kick no board BSLR$ Set Description Yards {1 x 100 on 2:00 Kick _____ _____ $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ 1 on 35:00 Physio Balls/Stretch {2 x 75 on 1:30 Kick 1 x 500 on 7:30 Underwater trn drill 500 {4 x 25 on :35 Kick no board BSLR 10 x 15 on :45 Shooters {3 x 50 on 1:00 Kick $1,000 \ 2x\{1 \ x \ 125 \ on \ 2:30 \ Kick$ 1,500 1x{1 x 150 on 2:00 Pulls {1 x 125 on 2:20 Kick {2 x 150 on 1:55 Pulls {1 x 125 on 2:10 Kick {3 x 150 on 1:50 Pulls {1 x 125 on 2:00 Kick {4 x 150 on 1:45 Pulls $1,200 \ 2x\{1 \ x \ 200 \ on \ 2:45 \ Pulls$ 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes $\{1 \times 200 \text{ on } 2:35 \text{ Pulls}$ $1,800 3x{4 x 100 on 1:15 Freestyle}$ $\{1 \ x \ 200 \ on \ 2:25 \ Pulls$ {3 x 50 on :45 #1 fly #2 back #3 breast 12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ {2 x 25 on :30 Freestyle 6bk breathe ev 5 2,650 $1x\{4 \times 75 \text{ on } 1:10 \text{ 3 strokes fly off the walls}$ 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice $\{4 \times 75 \text{ on } 1:05 \text{ 3 stokes fly off the walls}$ $\{4 \times 75 \text{ on } 1:00 \text{ 3 strokes fly off the walls}$ 5:37 PM 5,750 Yards - Stress Value = 79 $\{1 \times 50 \text{ on } : 45 \text{ Freestyle } \}$ $\{1 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$ Workout #4546 - Wednesday, 24 January 2007 ${3 \times 75 \text{ on } 1:10 \text{ 3 strokes fly off walls}}$ HighSchl - Gold $\{3 \times 75 \text{ on } 1:05 \text{ 3 strokes fly off walls}$ ${3 \times 75 \text{ on } 1:00 \text{ 3 strokes fly off walls}}$ 1 minute rest between sets $\{1 \times 50 \text{ on } : 45 \text{ Freestyle } \}$ $\{1 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$ 3:00 PM Start Yards Set Description $\{2 \times 75 \text{ on } 1:10 \text{ 3 strokes fly off walls}$ $\{2 \times 75 \text{ on } 1:05 \text{ 3 strokes fly off walls}$ ===== _____ {2 x 75 on 1:00 3 strokes fly off walls 1 on 40:00 Weights and Stretch 500 1 x 500 on 7:30 Choice 150 10 x 15 on :45 Shooters $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$ $\{1 \times 75 \text{ on } 1:10 \text{ 3 strokes fly off walls}$ 1,400 $2x{4}$ x 25 on :45 Kick no board BSLR $\{1 \times 75 \text{ on } 1:05 \text{ 3 strokes fly off walls}$ {1 x 100 on 2:00 Kick $\{1 \times 75 \text{ on } 1:00 \text{ 3 strokes fly off walls}$ $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ {2 x 75 on 1:30 Kick $\{1 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$ $\{4 \text{ x } 25 \text{ on } : 35 \text{ Kick no board BSLR}$ 200 1 x 200 on 3:00 Stroke Drills {3 x 50 on 1:00 Kick 1 on 10:00 Ice 1,200 1x{1 x 150 on 2:05 Pulls 5:32 PM 6,000 Yards - Stress Value = 103 {2 x 150 on 2:00 Pulls {3 x 150 on 1:55 Pulls Workout #4548 - Wednesday, 24 January 2007 {2 x 150 on 1:50 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes Group 2 - Backstroke 1,800 3x{4 x 100 on 1:20 Freestyle 1 minute rest between sets {3 x 50 on :50 #1 fly #2 back #3 breast {2 x 25 on :30 Freestyle 6bk breathe ev 5 5:30 PM Start 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice Yards Set Description ===== 5:36 PM 5,450 Yards - Stress Value = 73 1 on 20:00 Stomach and Stretch 400 1 x 400 on 8:00 Choice 10 x 15 on :45 Shooters 700 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 100 on 2:20 Kick {4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:45 Kick {4 x 25 on :35 Kick no board BSLR {3 x 50 on 1:10 Kick 900 $1x{1 x 150 on 2:40 Pulls}$ {2 x 150 on 2:35 Pulls ${3 \times 150 \text{ on } 2:30 \text{ Pulls}}$ 8 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,800 \ 3x{5} \ x \ 50 \ on \ 1:05 \ Backstroke$ {3 x 50 on 1:00 Backstroke $\{2 \times 50 \text{ on } :55 \text{ Backstroke} \}$ $\{1 \times 100 \text{ on } 2:30 \text{ Freestyle} \}$ 7:30 PM 4,150 Yards - Stress Value = 58

Workout #4545 - Wednesday, 24 January 2007 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 7:30 Choice
150	10 x 15 on :45 Shooters
1,400	2x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:00 Kick
1,050	1x{1 x 150 on 2:15 Pulls
	{2 x 150 on 2:10 Pulls
	{2 x 150 on 2:05 Pulls
	{2 x 150 on 2:00 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{4 x 100 on 1:25 Freestyle
	{3 x 50 on :55 #1 fly #2 back #3 breast
	{2 x 25 on :30 Freestyle 6bk breathe ev 5
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	5:37 PM 5,300 Yards - Stress Value = 72

Workout #4544 - Wednesday, 24 January 2007 HighSchl - Bronze

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 40:00 Weights and Stretch
500	1 x 500 on 7:30 Choice
	10 x 15 on :45 Shooters
1,400	2x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	$\{4 \text{ x } 25 \text{ on } : 35 \text{ Kick no board BSLR}$
	{3 x 50 on 1:00 Kick
900	1x{1 x 150 on 2:20 Pulls
	{2 x 150 on 2:15 Pulls
	{3 x 150 on 2:10 Pulls
	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{4 x 100 on 1:30 Freestyle
	{3 x 50 on 1:00 #1 fly #2 back #3 breast
	{2 x 25 on :30 Freestyle 6bk breathe ev 5
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	5:37 PM 5,150 Yards - Stress Value = 67
	Workout #4550 Friday 26 January 2007

Workout #4550 - Friday, 26 January 2007 Generic - All

1 minute rest between sets

	3:00 PM Start	
Yards	Set Description	E
=====	=======================================	=
	1 on 45:00 Physio Balls/Strtch & Team mtg	
800	1 x 800 on 12:00 Choice	F
150	10 x 15 on :45 Shooters	Ę
1,000	$2x\{1 \ x \ 200 \ on \ 4:00 \ Alt \ 50 \ Kick \ w/brd \ 50 \ w/out$	E
	$\{1 \times 150 \text{ on } 3:00 \text{ Alt } 50 \text{ kick w/brd } 50 \text{ w/out} \}$	E
	{1 x 100 on 2:00 Alt 50 kick w/brd 50 w/out	E
	{1 x 50 on 1:00 Kick	E
1,500	3x{1 x 125 on 1:50 100 swim 25 drill	E
	$\{1 \times 125 \text{ on } 1:50 75 \text{ swim } 50 \text{ drill}$	E
	$\{1 \times 125 \text{ on } 1:50 \text{ 50 swim } 75 \text{ drill}$	E
	$\{1 \times 125 \text{ on } 1:50 25 \text{ swim } 100 \text{ drill}$	E

1 on 10:00 Ice
5:00 PM 3,450 Yards - Stress Value = 32

Workout #4551 - Friday, 26 January 2007 Group 2 - Breast

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	4x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 Kick-100%!!!
600	2x{1 x 100 on 1:45 Pulls-nbbf&w
	{1 x 100 on 1:40 Pulls-nbbf&w
	{1 x 100 on 1:35 Pulls-nbbf&w
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	$3x{4 \times 75}$ on 1:30 Breaststroke 2X pullouts
	{3 x 50 on 1:05 Breaststroke 2X pullouts
	{2 x 25 on :40 Breaststroke 2X pullouts
	{1 x 100 on 3:00 Breaststroke-100% effort
200	1 x 200 on 5:00 Stroke Drills
	7:31 PM 3,950 Yards - Stress Value = 82

Workout #4549 - Friday, 26 January 2007 HighSchl - All

1 minute rest between sets

** 1	5:30 AM Start	501		0.5
Yards	Set Description	EGY	WORK	51
	=======================================	= ===	====	==
	1 on 35:00 Weights and Stretch		L	DF
400	1 x 400 on 7:00 Reverse IM dril	l REC	D	I
150	10×15 on :45 Shooters	SP3	S	CF
1,000	$1x{4 \times 100}$ on 1:30 Lungbuster pull	s EN1	P	F
	{3 x 100 on 1:25 Lungbuster pull	s EN1	P	E
	{2 x 100 on 1:20 Lungbuster pull	s EN1	P	E
	{1 x 100 on 1:15 Lungbuster pull	s EN2	P	F
600	24 x 25 on :30 IM order	EN1	S	I
250	1 x 250 on 4:00 Stroke Drill	REC	D	C
	1 on 10:00 Ice		M	
	7:05 AM 2,400 Yards - Stress Value	= 23		

Workout #4553 - Monday, 29 January 2007 HighSchl - Platinum 1 minute rest between sets

	5:30 AM Start	
Yards	Set Description	EGY
	=======================================	===
	1 on 35:00 Weights and Stretch	
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC
150	10×15 on :45 Shooters	SP3
1,650	1x{3 x 225 on 2:55 Freestyle	EN1
	{2 x 225 on 2:50 Freestyle	EN1
	{1 x 225 on 2:45 Freestyle	EN2
	{6 x 50 on :40 Freestyle 25 build 25 90%	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 12:00 Ice	
	7:00 AM 2.400 Yards - Stress Value = 27	

Workout #4559 - Monday, 29 January 2007 HighSchl - Platinum 1 minute rest between sets	400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,500 1x{3 x 225 on 3:15 Freestyle EN1 {2 x 225 on 3:10 Freestyle EN1
3:20 PM Start Yards Set Description	{1 x 225 on 3:05 Freestyle EN2 {3 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC
1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes	1 on 12:00 Ice 7:00 AM 2,250 Yards - Stress Value = 24
800 $4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	Workout #4556 - Monday, 29 January 2007
{1 x 100 on 1:40 Kick 1,000 2x{1 x 125 on 1:40 Pull no br L.12 yds	HighSchl - Silver 1 minute rest between sets
{1 x 125 on 1:35 Pull no br L.12 yds {1 x 125 on 1:30 Pull no br L.12 yds	3:20 PM Start
$\{1 \times 125 \text{ on } 1:25 \text{ Pull no br L.12 yds} \\ 200 8 \times 25 \text{ on } :40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} $	Yards Set Description
2,000 1x{3 x 400 on 5:00 Freestyle {2 x 300 on 3:45 Freestyle	1 on 30:00 Stomach and Stretch
{1 x 200 on 2:30 Freestyle	600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes
250	800 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:55 Kick
.,	750 $2x\{1 \ x \ 125 \ on \ 1:55 \ Pull \ no \ br \ L.12 \ yds$
Workout #4555 - Monday, 29 January 2007	{1 x 125 on 1:50 Pull no br L.12 yds
HighSchl - Gold 1 minute rest between sets	{1 x 125 on 1:45 Pull no br L.12 yds 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1 minute Test between sets	2,000 1x{3 x 400 on 5:40 Freestyle {2 x 300 on 4:15 Freestyle
5:30 AM Start	{1 x 200 on 2:50 Freestyle
Yards Set Description EGY	250 1 x 250 on 4:00 Stroke Drills 5:25 PM 4,780 Yards - Stress Value = 54
1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC	3.23 In 1,700 Idias Sciess value 31
150 10 x 15 on :45 Shooters SP3	Workout #4552 - Monday, 29 January 2007
1,600 1x{3 x 225 on 3:05 Freestyle EN1 {2 x 225 on 3:00 Freestyle EN1	HighSchl - Bronze
{1 x 225 on 2:55 Freestyle EN2	1 minute rest between sets
{5 x 50 on :40 Freestyle 25 build 25 90% EN2	5:30 AM Start
200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice	Yards Set Description EGY
	1 on 35:00 Weights and Stretch
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26	
1 on 12:00 Ice	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1
<pre>1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007</pre>	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Yards Set Description	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2
<pre>1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007</pre>	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Yards Set Description ===== 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Yards Set Description ===================================	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Yards Set Description 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes 800 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Yards Set Description ===================================	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Yards Set Description ===================================	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets 3:20 PM Start Yards Set Description
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Set Description ===================================	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Set Description ===================================	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets 3:20 PM Start Yards Set Description
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Set Description ===================================	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets 3:20 PM Start Yards Set Description
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets 3:20 PM Start Yards Set Description 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes 800 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:55 Kick}
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Set Description ===================================	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets 3:20 PM Start Yards Set Description 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes 800 4x{4 x 25 on :45 Kick no board BSLR
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold I minute rest between sets 3:20 PM Start Set Description	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets 3:20 PM Start Yards Set Description 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes 800 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:55 Kick 750 2x{1 x 125 on 1:55 Pull no br L.12 yds {1 x 125 on 1:45 Pull no br L.12 yds {1 x 125 on 1:45 Pull no br L.12 yds {1 x 125 on 1:45 Pull no br L.12 yds {1 x 125 on 1:45 Pull no br L.12 yds
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold 1 minute rest between sets 3:20 PM Start Yards Set Description 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes 800 4x{4 x 25 on :45 Kick no board BSLR 1 x 100 on 1:45 Kick 1,000 2x{1 x 125 on 1:45 Pull no br L.12 yds 1 x 125 on 1:35 Pull no br L.12 yds 1 x 125 on 1:35 Pull no br L.12 yds 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2,000 1x{3 x 400 on 5:10 Freestyle 2 x 300 on 3:55 Freestyle 1 x 200 on 2:35 Freestyle 250 1 x 250 on 4:00 Stroke Drills 5:23 PM 5,030 Yards - Stress Value = 59 Workout #4554 - Monday, 29 January 2007 HighSchl - Silver	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze I minute rest between sets 3:20 PM Start Yards Set Description 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes 800 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:55 Kick 750 2x{1 x 125 on 1:55 Pull no br L.12 yds {1 x 125 on 1:45 Pull no br L.12 yds
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007 HighSchl - Gold I minute rest between sets 3:20 PM Start Set Description	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN2 {2 x 50 on :45 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets 3:20 PM Start Yards Set Description ====================================
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets 3:20 PM Start Yards Set Description ====================================
1 on 12:00 Ice 7:00 AM 2,350 Yards - Stress Value = 26 Workout #4558 - Monday, 29 January 2007	1 on 35:00 Weights and Stretch 400 1 x 400 on 6:00 Swim-kick-pull-swim REC 150 10 x 15 on :45 Shooters SP3 1,450 1x{3 x 225 on 3:25 Freestyle EN1 {2 x 225 on 3:20 Freestyle EN1 {1 x 225 on 3:15 Freestyle EN2 {2 x 50 on :45 Freestyle 25 build 25 90% EN2 200 1 x 200 on 4:00 Stroke Drills REC 1 on 12:00 Ice 7:00 AM 2,200 Yards - Stress Value = 23 Workout #4557 - Monday, 29 January 2007 HighSchl - Bronze 1 minute rest between sets 3:20 PM Start Yards Set Description ==== 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Starts/shooters/finishes 800 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:55 Kick 750 2x{1 x 125 on 1:55 Pull no br L.12 yds {1 x 125 on 1:45 P

Workout #4560 - Tuesday, 30 January 2007 HighSchl - All

1 minute rest between sets

3	3:15 PM Start
Yards	Set Description
	=======================================
	1 on 30:00 Stomach and Stretch
800	1 x 800 on 12:00 Underwater trn drill/strk c
150	10 x 15 on :45 Shooters
1,200	12 x 100 on 2:00 Kick-odds fast
1,200 1	lx{1 x 200 on 2:45 Pulls
	{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
	{1 x 200 on 2:20 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish€
1,200 1	$lx{1 x 200 on 8:00 Broken at each 50, 10-20-30}$
	{ seconds rest
	{1 x 400 on 6:00 Stroke Drills
	$\{1 \times 200 \text{ on } 8:00 \text{ Broken at each } 25 10 \text{ seconds} \}$
	{ rest at 25 for first 100, 15 seconds rest f
	{1 x 400 on 6:00 Stroke Drill
5	5:26 PM 4,850 Yards - Stress Value = 87

Workout #4561 - Wednesday, 31 January 2007 Generic - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	STF
	=======================================	===	====	===
	1 on 30:00 Weights and Stretch		L	DRY
600	1 x 600 on 10:00 Choice	REC	S	CHC
150	10×15 on :45 Shooters	SP3	S	CHC
600	3x{3 x 50 on 1:00 Kick	EN1	K	CHC
	{2 x 25 on :30 Kick-good effort	EN2	K	CHC
450	$2x{1 x 75 on 1:10 Lungbuster pulls}$	EN1	P	FF
	$\{1 \times 75 \text{ on } 1:05 \text{ Lungbuster pulls}$	EN1	P	FF
	$\{1 \times 75 \text{ on } 1:00 \text{ Lungbuster pulls}$	EN2	P	FF
900	$1x{3 x 100 on 1:30 Freestyle}$	EN1	S	FF
	{3 x 50 on :50 Stroke	EN1	S	STF
	{2 x 100 on 1:25 Freestyle	EN1	S	FF
	{2 x 50 on :50 Stroke	EN1	S	STF
	$\{1 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$	EN1	S	FF
	{1 x 50 on :50 Stroke	EN1	S	STF
200	1 x 200 on 3:00 Stroke Drills	REC	D	CI
	1 on 5:00 Ice		M	
	7:04 AM 2,900 Yards - Stress Value	= 29	9	

Workout #4562 - Wednesday, 31 January 2007 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 Stroke Drill
150	10 x 15 on :45 Shooters
750	$3x{4 \times 25}$ on :45 Kick no board BSLR
	{2 x 75 on 1:40 Kick
750	1x{1 x 250 on 4:15 Pulls L.50 fast
	$\{1 \times 250 \text{ on } 4:10 \text{ Pulls L.50 fast} \}$
	$\{1 \times 250 \text{ on } 4:05 \text{ Pulls L.50 fast} \}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
1,800	$1x\{1 x 400 \text{ on } 7:00 \text{ Freestyle}$
	{1 x 100 on 1:45 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 300 on 5:15 Freestyle

```
{1 x 100 on 1:40 Freestyle

{1 x 100 on 1:35 Freestyle

{1 x 100 on 1:30 Freestyle

{1 x 200 on 3:30 Freestyle

{1 x 100 on 1:35 Freestyle

{1 x 100 on 1:30 Freestyle

300 6 x 50 on 1:10 Stroke Drills

7:30 PM 4,450 Yards - Stress Value = 72
```

Workout #4569 - Friday, 02 February 2007 Group 2 - Back

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	2x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
750	2x{1 x 125 on 2:10 Pulls-nbbf&w
	{1 x 125 on 2:05 Pulls-nbbf&w
	{1 x 125 on 2:00 Pulls-nbbf&w
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,650	$3x\{4 \times 25 \text{ on :} 45 \text{ Bathtub drill w/fins}$
	{1 x 125 on 2:25 Backstroke
	{1 x 100 on 1:55 Backstroke
	{1 x 75 on 1:25 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 100 on 2:30 Freestyle
250	5 x 50 on 1:10 Stroke Drills
	7:30 PM 4,100 Yards - Stress Value = 66

Workout #4568 - Friday, 02 February 2007 HighSchl - Back

```
3:00 PM Start
           Set Description
Yards
           ______
=====
           1 on 15:00 Stretching
   600
           1 x 600 on 10:00 Reverse IM drill
   180
           12 x 15 on :45 Starts/Shooters/Finishes
1,000 \ 2x{1} \ x \ 100 \ on \ 2:00 \ Kick
          \{1 \times 100 \text{ on } 1:55 \text{ Kick} \}
          {1 x 100 on 1:50 Kick
          {1 x 100 on 1:45 Kick
          {1 x 100 on 1:40 Kick
1,000 \ 2x{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds}
          \{1 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
          {1 x 125 on 1:40 Pulls-nbbf&w + 2 yds
          \{1 \times 125 \text{ on } 1:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
   300
           12 x 25 on :40 12.5 ez 12.5 fast grt finish\epsilon
1,650 3x\{4 \ x \ 25 \ on \ :45 \ Bathtub \ drill \ w/fins
          {1 x 125 on 1:40 Backstroke
          {1 x 100 on 1:20 Backstroke
          \{1 \times 75 \text{ on } 1:00 \text{ Backstroke} \}
          {1 x 50 on :40 Backstroke
          \{1 \text{ x } 100 \text{ on } 2\text{:}00 \text{ Freestyle}
   200
           1 x 200 on 3:00 Stroke Drills
           1 on 10:00 Ice
        5:03 PM 4,930 Yards - Stress Value = 77
```

Workout #4567 - Friday, 02 February 2007 HighSchl - Breast 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 15:00 Stretching
600	1 x 600 on 10:00 Reverse IM drill
180	12 x 15 on :45 Starts/Shooters/Finishes
750	$1x\{2 x 125 \text{ on } 2:00 \text{ Breaststroke}$
	{2 x 100 on 1:35 Breaststroke
	{2 x 75 on 1:05 Breaststroke
	{2 x 50 on :45 Breaststroke
	{2 x 25 on :25 Breaststroke
	{ use PD fins
1,000	2x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick

	{2:	x 25	on :25 B	reaststr	oke			
	{ u	se PD	fins					
1,000	2x{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:	x 100	on 1:40	Kick				
1,000	2x{1:	x 125	on 2:10	Pulls				
	{1:	x 125	on 2:05	Pulls				
	{1:	x 125	on 2:00	Pulls				
	{1:	x 125	on 1:55	Pulls				
300	12	x 25	on :40	12.5 ez	12.5	fast	grt	finish∈
750	1x{2:	x 125	on 2:00	Breasts	troke)		
	{2:	x 100	on 1:35	Breasts	troke	9		
	{2:	x 75	on 1:05	Breastst	roke			
	{2:	x 50	on :45 B	reaststr	oke			
	12 .	x 25	on •25 B	reaststr	oke			

Workout #4566 - Friday, 02 February 2007 HighSchl - Platinum 1 minute rest between sets

5:02 PM 4,780 Yards - Stress Value = 77

1 x 200 on 3:00 Stroke Drills

1 on 10:00 Ice

Yards	5:30 AM Start Set Description	EGY
	=======================================	===
	1 on 40:00 Weights and Stretch	
400	1 x 400 on 6:00 Choice	REC
180	12 x 15 on :45 Starts/Shooters/Finishes	SP3
450	$1x\{1 \times 150 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1
	$\{1 \times 150 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1
	$\{1 \times 150 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN2
750	1x{1 x 200 on 2:30 Freestyle	EN1
	{1 x 175 on 2:10 Freestyle	EN1
	{1 x 150 on 1:50 Freestyle	EN1
	{1 x 125 on 1:30 Freestyle	EN2
	{1 x 100 on 1:11 Freestyle	EN2
300	$1x{4 x 25 on :30 Freestyle}$	EN1
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN1
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN1
200	1 x 200 on 3:00 Freestyle	REC
	1 on 10:00 Ice	
	7:04 AM 2,280 Yards - Stress Value = 27	

Workout #4565 - Friday, 02 February 2007 HighSchl - Gold

1 minute rest between sets

	5:30 AM Start	
Yards	Set Description	EGY
=====	=======================================	===
	1 on 40:00 Weights and Stretch	
400	1 x 400 on 6:00 Choice	REC
180	12 x 15 on :45 Starts/Shooters/Finishes	SP3
450	$1x\{1 x 150 \text{ on } 2:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1
	$\{1 \times 150 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1
	$\{1 \times 150 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN2

750	1x{1	x 200 on 2:40 Freestyle	EN1
	{ 1	x 175 on 2:15 Freestyle	EN1
	{ 1	x 150 on 1:55 Freestyle	EN1
	{ 1	x 125 on 1:35 Freestyle	EN2
	{ 1	x 100 on 1:15 Freestyle	EN2
300	1x{4	x 25 on :30 Freestyle	EN1
	{ 4	x 25 on :25 Freestyle	EN1
	{ 4	x 25 on :20 Freestyle	EN1
200	1	x 200 on 3:00 Freestyle	REC
	1	on 10:00 Ice	
	7:04	AM 2,280 Yards - Stress Value = 27	

Workout #4563 - Friday, 02 February 2007 HighSchl - Silver 1 minute rest between sets

	5:30 AM Start	
Yards		EGY
=====	=======================================	
	1 on 40:00 Weights and	d Stretch
400	1 x 400 on 6:00 Choice	e REC
180	12 x 15 on :45 Starts	/Shooters/Finishes SP3
450	1x{1 x 150 on 2:15 Pulls	-nbbf&w + 2 yds EN1
	{1 x 150 on 2:10 Pulls	-nbbf&w + 2 yds EN1
	{1 x 150 on 2:05 Pulls	-nbbf&w + 2 yds EN2
750	1x{1 x 200 on 2:55 Frees	tyle EN1
	{1 x 175 on 2:30 Frees	tyle EN1
	{1 x 150 on 2:05 Frees	tyle EN1
	{1 x 125 on 1:40 Frees	tyle EN2
	{1 x 100 on 1:20 Frees	tyle EN2
150	$1x\{2 \times 25 \text{ on } : 30 \text{ Freesty} $	le EN1
	$\{2 \times 25 \text{ on :} 25 \text{ Freesty.}$	le EN1
	{2 x 25 on :20 Freesty	le EN1
200	1 x 200 on 3:00 Frees	tyle REC
	1 on 10:00 Ice	
	7:04 AM 2,130 Yards - St	ress Value = 24

Workout #4564 - Friday, 02 February 2007 HighSchl - Bronze

1 minute rest between sets

	5:30	AM Start	
Yards	Se	et Description	EGY
=====	==		===
	1	on 40:00 Weights and Stretch	
400	1	x 400 on 6:00 Choice	REC
180	12	2 x 15 on :45 Starts/Shooters/Finishes	SP3
450	1x{1	x 150 on 2:20 Pulls-nbbf&w + 2 yds	EN1
	{ 1	x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1
	{ 1	x 150 on 2:10 Pulls-nbbf&w + 2 yds	EN2
750	1x{1	x 200 on 3:00 Freestyle	EN1
	{ 1	x 175 on 2:35 Freestyle	EN1
	{ 1	x 150 on 2:10 Freestyle	EN1
	{ 1	x 125 on 1:45 Freestyle	EN2
	{ 1	x 100 on 1:25 Freestyle	EN2
150	1x{2	x 25 on :30 Freestyle	EN1
	{ 2	x 25 on :25 Freestyle	EN1
	{ 2	x 25 on :20 Freestyle	EN1
200	1	x 200 on 3:00 Freestyle	REC
	1	on 10:00 Ice	

7:04 AM 2,130 Yards - Stress Value = 24

Workout #4570 - Saturday, 03 February 2007 HighSchl - All 1 minute rest between sets

	7:00 AM Start
Yards	Set Description
=====	
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 9:00 Choice
150	10 x 15 on :45 Shooters
1,000	4x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick-1 & 2 100%, 3 just make
1,500	1x{1 x 500 on 6:30 Pulls, odd 100's br ev 5
•	{1 x 500 on 6:15 Pulls, odd 100's b ev 4
	{1 x 500 on 6:00 Pulls, odd 100's br ev 3
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	1x{1 x 200 on 5:00 Broken at each 50 rest 10
000	{ 20, and 30 seconds, free or back to turn to
	{1 x 100 on 3:00 Stroke Drill
	$\{1 \times 100 \text{ on } 3:00 \text{ Broken at each } 25 \text{ 10 seconds}\}$
	•
	{ rest at turn wall, 5 seconds at start wall,
	{ turn to the feet
	{1 x 100 on 3:00 Stroke Drills
	$\{1 \times 100 \text{ on } 2:00 \text{ Broken at the } 50, 10-15 \text{ secc} \}$
	{ rest, free and back turn to the feet
400	4 x 100 on 1:40 Stroke Drills
	1 on 10:00 Ice
	9:16 AM 4,550 Yards - Stress Value = 94

Workout #4577 - Monday, 05 February 2007 HighSchl - Fly

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 35:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	$2x{4 x 25 on :30 Kick no board BSLR}$
	{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
750	$1x\{2 \times 125 \text{ on } 1:50 \text{ Pull no br L.}12 \text{ yds}$
	$\{2 \times 125 \text{ on } 1:45 \text{ Pull no br L.}12 \text{ yds}$
	$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.}12 \text{ yds}$
300	12×25 on :40 12.5 ez 12.5 fast grt finishe
1,800	$3x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$
	{1 on 1:00 Rest
	{6 x 25 on :25 Butterfly
	{1 on :45 Rest
	{4 x 25 on :20 Butterfly
	{1 on :30 Rest
	{2 x 25 on :15 Butterfly
	{1 x 100 on 1:45 Freestyle
200	1 x 200 on 3:00 Stroke Drills

Workout #4576 - Monday, 05 February 2007 HighSchl - Backstroke 1 minute rest between sets

5:21 PM 4,500 Yards - Stress Value = 53

1 on 10:00 Ice

	3:00 PM Start
Yards	Set Description
	=======================================
	1 on 35:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	2x{4 x 25 on :30 Kick no board BSLR
	{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
750 $1x\{2 \times 125 \text{ on } 1:50 \text{ Pull no br L.}12 \text{ yds}$
$\{2 \times 125 \text{ on } 1:45 \text{ Pull no br L.}12 \text{ yds}$
$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.}12 \text{ yds}$
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,800 2x{6 x 50 on :50 Backstroke
{4 x 25 on :30 Backstroke-descend
{4 x 50 on :45 Backstroke
{4 x 25 on :30 Backstroke-descend
{2 x 50 on :40 Backstroke
{4 x 25 on :30 Backstroke-descend
200 1 x 200 on 3:00 Stroke Drills
1 on 10:00 Ice
5:15 PM 4,500 Yards - Stress Value = 60

Workout #4575 - Monday, 05 February 2007 HighSchl - Freestylers 1 minute rest between sets

3:00 PM Start

Set Description

Yards

- 4- 40	See Seconiporen
=====	
	1 on 35:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	2x{4 x 25 on :30 Kick no board BSLR
	{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
750	1x{2 x 125 on 1:50 Pull no br L.12 yds
	{2 x 125 on 1:45 Pull no br L.12 yds
	$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.}12 \text{ yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,800	1x{1 x 150 on 2:00 Freestyle
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle}$
	{2 x 125 on 2:00 Freestyle
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle} \}$
	{3 x 100 on 1:20 Freestyle
	{4 x 50 on :40 Freestyle
	$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$
	{4 x 50 on :40 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:10 PM 4,500 Yards - Stress Value = 70

Workout #4573 - Monday, 05 February 2007 HighSchl - Platinum 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description		EGY
=====	=======================================		===
	1 on 35:00 Weights and Stretch		
400	1 x 400 on 8:00 Swim-kick-pull-swim	n	REC
204	12 x 17 on :45 Starts/Shooters/Fini	shes	SP3
1,350	$1x{3 x 200 on 2:30 #1, #2 just make, #}$	‡3 90%	EN1
	{3 x 150 on 1:50 #1, #2 just make, #	‡3 90%	EN1
	{3 x 100 on 1:15 #1, #2 just make, #	‡3 90%	EN1
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	8:26 AM 2,154 Yards - Stress Value = 2	21	

Workout #4574 - Monday, 05 February 2007 HighSchl - Gold 1 minute rest between sets

	7:00 AM Start	
Yards	Set Description	ΞGΥ
=====	=======================================	===
	1 on 35:00 Weights and Stretch	
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC
204	12 x 17 on :45 Starts/Shooters/Finishes S	SP3
1,350	$1x{3 \times 200 \text{ on } 2:40 \#1, \#2 \text{ just make, } \#3 90\% }$	EN1
	{3 x 150 on 2:00 #1, #2 just make, #3 90% B	EN1
	{3 x 100 on 1:20 #1, #2 just make, #3 90% B	EN1
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	-
	8:27 AM 2,154 Yards - Stress Value = 21	

Workout #4572 - Monday, 05 February 2007 HighSchl - Silver 1 minute rest between sets

	7:00 AM Start	
Yards	Set Description EG	ζĘ
=====	=======================================	==
	1 on 35:00 Weights and Stretch	
400	1 x 400 on 8:00 Swim-kick-pull-swim RE	ΞC
204	12 x 17 on :45 Starts/Shooters/Finishes SE	23
1,350	1x{3 x 200 on 2:50 #1, #2 just make, #3 90% EN	11
	{3 x 150 on 2:05 #1, #2 just make, #3 90% EN	11
	{3 x 100 on 1:25 #1, #2 just make, #3 90% EN	11
200	1 x 200 on 4:00 Stroke Drills RE	ΞC
	1 on 10:00 Ice	
	8:28 AM 2,154 Yards - Stress Value = 21	

Workout #4571 - Monday, 05 February 2007 HighSchl - Bronze

1 minute rest between sets

	7:00 AM Start	
Yards	Set Description EG	Y
=====	=======================================	=
	1 on 35:00 Weights and Stretch	
400	1 x 400 on 8:00 Swim-kick-pull-swim RE	C
204	12 x 17 on :45 Starts/Shooters/Finishes SP	3
1,350	1x{3 x 200 on 3:00 #1, #2 just make, #3 90% EN	1
	{3 x 150 on 2:15 #1, #2 just make, #3 90% EN	1
	{3 x 100 on 1:30 #1, #2 just make, #3 90% EN	1
200	1 x 200 on 4:00 Stroke Drills RE	(
	1 on 10:00 Ice	
	8:30 AM 2,154 Yards - Stress Value = 21	

Workout #4580 - Tuesday, 06 February 2007 HighSchl - Platinum 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	
0.00	1 on 30:00 Stomach and Stretch
800	
	even 100's non freestyle drill
150	10 x 15 on :45 Shooters
1,200	4x{1 x 50 on 1:00 Kick
	{1 x 100 on 1:50 Kick
	{1 x 150 on 2:30 Kick
1,200	1x{2 x 75 on 1:05 Pulls
	{1 x 100 on 1:20 Pulls br 5-6-7-8
	{4 x 75 on 1:00 Pulls
	{1 x 100 on 1:20 Pulls br 6-7-8-9
	{6 x 75 on :55 Pulls
	{1 x 100 on 1:20 Pulls br 7-8-9-9
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe

Workout #4581 - Tuesday, 06 February 2007 HighSchl - 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 Odd 100's underwater turn c
	even 100's non freestyle drill
150	10 x 15 on :45 Shooters
1,200	4x{1 x 50 on 1:00 Kick
	{1 x 100 on 1:50 Kick
	{1 x 150 on 2:30 Kick
1,200	1x{2 x 75 on 1:05 Pulls
	{1 x 100 on 1:25 Pulls br 5-6-7-8
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls}$
	{1 x 100 on 1:25 Pulls br 6-7-8-9
	{6 x 75 on 1:00 Pulls
	$\{1 \times 100 \text{ on } 1:25 \text{ Pulls br } 7-8-9-9$
	10 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
400	1x{1 x 200 on 5:00 Broken at each 50 rest 10
	{ 20, and 30 seconds rest (free or back turn
	$\{1 \times 100 \text{ on } 3:00 \text{ Stroke Drill}$
	$\{1 \times 100 \text{ on } 3:00 \text{ Broken at the 50, } 10-15 \text{ secc} \}$
500	5 x 100 on 1:30 Stroke Drills
	1 on 10:00 Ice
	5:11 PM 4,500 Yards - Stress Value = 76

Workout #4579 - Tuesday, 06 February 2007 HighSchl - Silver

Yards	3:00 PM Start Set Description
=====	1 on 30:00 Stomach and Stretch
800	1 x 800 on 13:00 Odd 100's underwater turn ceven 100's non freestyle drill
150	10 x 15 on :45 Shooters
1,200	4x{1 x 50 on 1:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 150 on 3:00 Kick
950	1x{2 x 75 on 1:05 Pulls
	{1 x 100 on 1:30 Pulls br 5-6-7-8
	{4 x 75 on 1:05 Pulls
	{1 x 100 on 1:30 Pulls br 6-7-8-9
	{4 x 75 on 1:05 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
400	1x{1 x 200 on 5:00 Broken at each 50 rest 10
	{ 20, and 30 seconds rest (free or back turn
	{1 x 100 on 3:00 Stroke Drill
	$\{1 \times 100 \text{ on } 3:00 \text{ Broken at the } 50, 10-15 \text{ secc} \}$
500	5 x 100 on 1:30 Stroke Drills
	1 on 10:00 Ice
	5:11 PM 4,300 Yards - Stress Value = 72

EN1 REC

Workout #4578 - Tuesday, 06 February 200	07
HighSchl - Bronze	
1 minute rest between sets	

HighSchl - Bronze	1,050 3x{4 x 50 on :40 Freestyle
minute rest between sets	<pre>{6 x 25 on :30 Stroke Drills 1 on 10:00 Ice</pre>
art	5:13 PM 4,104 Yards - Stress Value

	3:00 PM Start	5:13 PM 4,104 Yards - Stress Value = 44
Yards	Set Description	Workout #4588 - Thursday, 08 February 2007
800	<pre>1 on 30:00 Stomach and Stretch 1 x 800 on 13:00 Odd 100's underwater turn c even 100's non freestyle drill</pre>	Group 2 - Breast 1 minute rest between sets
150 1,200	10 x 15 on :45 Shooters 4x{1 x 50 on 1:05 Kick {1 x 100 on 2:05 Kick	5:30 PM Start Yards Set Description
950	{1 x 150 on 3:00 Kick 1x{2 x 75 on 1:10 Pulls {1 x 100 on 1:30 Pulls br 5-6-7-8	1 on 13:00 Stretch 300 1 x 300 on 6:00 Underwater trn drill 150 10 x 15 on :45 Shooters
	{4 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls br 6-7-8-9 {4 x 75 on 1:05 Pulls	600 1x{2 x 100 on 2:20 Kick {2 x 100 on 2:15 Kick {2 x 100 on 2:10 Kick
	10×25 on :40 12.5 ez 12.5 fast grt finishe $1 \times \{1 \times 200 \text{ on } 5:00 \text{ Broken at each } 50 \text{ rest } 10$	600 6 x 100 on 1:50 Pulls-nbbf&w
100	$\{$ 20, and 30 seconds rest (free or back turn $\{1 \times 100 \text{ on } 3\text{:}00 \text{ Stroke Drill} \}$ $\{1 \times 100 \text{ on } 3\text{:}00 \text{ Broken at the } 50, 10\text{-}15 \text{ seconds} \}$	200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,100 2x{4 x 25 on :45 Turnover Drill
500	5 x 100 on 1:30 Stroke Drills 1 on 10:00 Ice 5:11 PM 4,250 Yards - Stress Value = 71	{2 x 100 on 1:50 Breaststroke 200 1 x 200 on 3:00 Stroke Drills 7:00 PM 3,150 Yards - Stress Value = 48

Workout #4583 - Wednesday, 07 February 2007 Group 2 - Distance

1 minute rest between sets

Workout #4585 - Thursday, 08 February 2007 HighSchl - Breast 1 minute rest between sets

 $\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$

5:30 PM Start Yards Set Description	3:00 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 750 3x{1 x 100 on 2:20 Kick {1 x 75 on 1:45 Kick {1 x 50 on 1:10 Kick {1 x 25 on :35 Kick 750 3x{1 x 25 on :30 Pulls {1 x 50 on 1:45 Pulls {1 x 75 on 1:20 Pulls {1 x 100 on 1:45 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,600 4 x 400 on 6:30 Freestyle 400 8 x 50 on 1:10 Stroke Drills 7:33 PM 4,350 Yards - Stress Value = 57	1 on 30:00 Stomach and Stretch 400 1 x 400 on 7:00 Underwater trn drill 150 10 x 15 on :45 Shooters 750 1x{2 x 125 on 2:20 Kick {2 x 125 on 2:15 Kick {2 x 125 on 2:10 Kick 600 6 x 100 on 1:50 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,650 3x{4 x 25 on :45 Turnover Drill {2 x 50 on :45 Breaststroke {2 x 75 on 1:10 Breaststroke {2 x 100 on 1:35 Breaststroke 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:05 PM 3,950 Yards - Stress Value = 62

Workout #4582 - Wednesday, 07 February 2007 HighSchl - All

1 minute rest between sets

Workout #4586 - Thursday, 08 February 2007 HighSchl - Distance 1 minute rest between sets

3:00 PM Start Yards Set Description	EGY	3:00 PM Start Yards Set Description
<pre>1 on 45:00 Weights/Stretch/Team Mtg. 800 1x{1 x 100 on 1:30 Freestyle</pre>	REC REC EN1 EN2 EN1 REC REC SP3 EN1 EN2 EN1 EN1 EN1	400 1 x 400 on 7:00 Underwater trn drill 150 10 x 15 on :45 Shooters 750 1x{2 x 125 on 2:20 Kick {2 x 125 on 2:15 Kick {2 x 125 on 2:10 Kick {2 x 125 on 10:00 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,500 3x{1 x 250 on 3:15 Freestyle {5 x 50 on :45 Freestyle-pace 300 3 x 100 on 1:40 Stroke Drills 1 on 10:00 Ice 4:27 PM 4,050 Yards - Stress Value = 61

Workout #4587 - Thursday, 08 February 2007 HighSchl - Fly

1 minute rest between sets

Workout #4589 - Friday, 09 February 2007 HighSchl - All 1 minute rest between sets

3:00 PM Start Yards Set Description	6:00 AM Start Yards Set Description F
<pre>1 on 30:00 Stomach and Stretch 400 1 x 400 on 7:00 Underwater trn drill 150 10 x 15 on :45 Shooters 750 1x{2 x 125 on 2:20 Kick {2 x 125 on 2:15 Kick {2 x 125 on 2:10 Kick 700 7 x 100 on 1:20 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,525 1x{3 x 125 on 1:45 Alt. 25 fly 25 free</pre>	<pre>1 on 30:00 Weights and Stretch 400 1 x 400 on 6:00 Choice</pre>
{1,323 1x{3 x 123 on 1:43 Art. 23 1ry 23 1ree {1 x 100 on 1:15 Freestyle	Workout #4590 - Friday, 09 February 2007
{3 x 125 on 1:40 Alt. 25 fly 25 free {2 x 100 on 1:15 Freestyle	HighSchl - All 1 minute rest between sets
{3 x 125 on 1:35 Alt.25 fly 25 free	
{1 x 100 on 1:15 Freestyle 300 3 x 100 on 1:40 Stroke Drills	3:00 PM Start Yards Set Description
1 on 10:00 Ice	===== =================================
4:56 PM 4,025 Yards - Stress Value = 62	1 on 15:00 Stretch 800 1 x 800 on 13:00 Choice
Workout #4584 - Thursday, 08 February 2007	204 12 x 17 on :45 Starts/shooters/finishes
HighSchl - Backstroke	1,000 2x{2 x 100 on 1:55 Kick {2 x 75 on 1:25 Kick
1 minute rest between sets	{2 x 50 on :55 Kick
3:00 PM Start	{2 x 25 on :25 Kick 1 on 10:00 Techniques-Relay Starts
Yards Set Description	1,000 1x{2 x 200 on 2:45 Pulls
1 on 30:00 Stomach and Stretch	$\{2 \times 200 \text{ on } 2:40 \text{ Pulls} $ $\{1 \times 200 \text{ on } 2:35 \text{ Pulls} \}$
400 1 x 400 on 7:00 Underwater trn drill	300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
150	700 $2x\{1 \times 100 \text{ on } 3:00 \text{ Broken at your choice } 5-15 \text{ s}$ $\{1 \times 250 \text{ on } 5:00 \text{ Stroke Drills}$
{2 x 125 on 2:15 Kick	1 on 10:00 Ice
{2 x 125 on 2:10 Kick 700 7 x 100 on 1:20 Pulls	4:59 PM 4,004 Yards - Stress Value = 54
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes	Workout #4592 - Saturday, 10 February 2007
1,500 $3x\{4 \times 25 \text{ on } :45 \text{ Bath tub drill w/ fins} $ {1 on :30 Take off fins	HighSchl - All
{1 x 100 on 1:30 Backstroke	1 minute rest between sets
{2 x 75 on 1:05 Backstroke {3 x 50 on :40 Backstroke	7:00 AM Start
13 X 30 OII :40 DackStioke	
{1 on :30 Put on fins	Yards Set Description
{1 on :30 Put on fins 300 3 x 100 on 1:40 Stroke Drills	===== :
{1 on :30 Put on fins	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim
{1 on :30 Put on fins 300 3 x 100 on 1:40 Stroke Drills 1 on 10:00 Ice 5:05 PM 4,000 Yards - Stress Value = 52	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes
{1 on :30 Put on fins 300 3 x 100 on 1:40 Stroke Drills 1 on 10:00 Ice 5:05 PM 4,000 Yards - Stress Value = 52 Workout #4591 - Friday, 09 February 2007	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board
{1 on :30 Put on fins 300 3 x 100 on 1:40 Stroke Drills 1 on 10:00 Ice 5:05 PM 4,000 Yards - Stress Value = 52	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board {1 x 100 on 2:00 Kick w/out board
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board {1 x 100 on 2:00 Kick w/out board 800 16 x 50 on :45 Pulls-nbbf&w 500 5 x 100 on 1:30 #1, #3, #5 Pace, #2, #4 easy
{1 on :30 Put on fins 300 3 x 100 on 1:40 Stroke Drills 1 on 10:00 Ice 5:05 PM 4,000 Yards - Stress Value = 52 Workout #4591 - Friday, 09 February 2007 Group 2 - Backstroke 1 minute rest between sets 5:30 PM Start	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board {1 x 100 on 2:00 Kick w/out board 800 16 x 50 on :45 Pulls-nbbf&w 500 5 x 100 on 1:30 #1, #3, #5 Pace, #2, #4 easy 300 1 x 300 on 5:00 Stroke Drill
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board {1 x 100 on 2:00 Kick w/out board 800 16 x 50 on :45 Pulls-nbbf&w 500 5 x 100 on 1:30 #1, #3, #5 Pace, #2, #4 easy 300 1 x 300 on 5:00 Stroke Drill 1 on 10:00 200 free relay starts
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board {1 x 100 on 2:00 Kick w/out board 800 16 x 50 on :45 Pulls-nbbf&w 500 5 x 100 on 1:30 #1, #3, #5 Pace, #2, #4 easy 300 1 x 300 on 5:00 Stroke Drill 1 on 10:00 200 free relay starts 1 on 10:00 Ice 9:04 AM 3,504 Yards - Stress Value = 33
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board {1 x 100 on 2:00 Kick w/out board 800 16 x 50 on :45 Pulls-nbbf&w 500 5 x 100 on 1:30 #1, #3, #5 Pace, #2, #4 easy 300 1 x 300 on 5:00 Stroke Drill 1 on 10:00 200 free relay starts 1 on 10:00 Ice 9:04 AM 3,504 Yards - Stress Value = 33 Workout #4593 - Monday, 12 February 2007
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board {1 x 100 on 2:00 Kick w/out board 800 16 x 50 on :45 Pulls-nbbf&w 500 5 x 100 on 1:30 #1, #3, #5 Pace, #2, #4 easy 300 1 x 300 on 5:00 Stroke Drill 1 on 10:00 200 free relay starts 1 on 10:00 Ice 9:04 AM 3,504 Yards - Stress Value = 33 Workout #4593 - Monday, 12 February 2007 Group 3 - All 1 minute rest between sets 6:30 AM Start Yards Set Description EGY WORK STK PF
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board {1 x 100 on 2:00 Kick w/out board 800 16 x 50 on :45 Pulls-nbbf&w 500 5 x 100 on 1:30 #1, #3, #5 Pace, #2, #4 easy 300 1 x 300 on 5:00 Stroke Drill 1 on 10:00 200 free relay starts 1 on 10:00 Ice 9:04 AM 3,504 Yards - Stress Value = 33 Workout #4593 - Monday, 12 February 2007 Group 3 - All 1 minute rest between sets 6:30 AM Start Yards Set Description
{1 on :30 Put on fins 300	1 on 30:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 204 12 x 17 on :45 Starts/shooters/finishes 900 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick w/ board {1 x 100 on 2:00 Kick w/out board 800 16 x 50 on :45 Pulls-nbbf&w 500 5 x 100 on 1:30 #1, #3, #5 Pace, #2, #4 easy 300 1 x 300 on 5:00 Stroke Drill 1 on 10:00 200 free relay starts 1 on 10:00 Ice 9:04 AM 3,504 Yards - Stress Value = 33 Workout #4593 - Monday, 12 February 2007 Group 3 - All 1 minute rest between sets 6:30 AM Start Yards Set Description

Workout #4598 - Monday, 12 February 2007 **Group 2 - Freestylers**

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 20:00 Stomach and Stretch
100	
400	1 x 400 on 8:00 Swim-kick-pull-swim
204	12 x 17 on :45 Starts/shooters/finishes
750	$3x{4 \times 25 \text{ on } :45 \text{ Kick no board BSLR}}$
	{3 x 50 on 1:10 Kick-descend
750	10 x 75 on 1:20 Lungbuster pulls
	odds breathe 3-5-3, evens breathe 2-42
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,500	1x{4 x 125 on 2:15 Freestyle
	{4 x 125 on 2:10 Freestyle
	{4 x 125 on 2:05 Freestyle
	{ Odds L.25 6bk, evens L.25 4 breaths
350	7 x 50 on 1:10 Stroke Drills
	7:30 PM 4,254 Yards - Stress Value = 59

Workout #4597 - Monday, 12 February 2007 HighSchl - Back

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 30:00 Physio Balls/Stretch/Team Mtg
400	
	12 x 17 on :45 Starts/shooters/finishes
750	3x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick-descend
750	10 x 75 on 1:05 Lungbuster pulls
	odds breathe 3-5-7, evens breathe 2-4-6
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	$2x{4 x 75 on 1:10 Backstroke}$
	{ #1 4kow, #2 5kow, #3 6kow, #4 7kow
	{4 x 50 on :50 Backstroke-descend
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	4:56 PM 3,504 Yards - Stress Value = 48

Workout #4596 - Monday, 12 February 2007 HighSchl - Breast 1 minute rest between sets

3:00 PM Start

	0.00 111 00010
Yards	Set Description
=====	
	1 on 30:00 Physio Balls/Stretch/Team Mtg
400	1 x 400 on 7:00 Swim-kick-pull-swim
204	12×17 on :45 Starts/shooters/finishes
750	$3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{3 x 50 on 1:00 Kick-descend
750	10 x 75 on 1:05 Lungbuster pulls
	odds breathe 3-5-7, evens breathe 2-4-6
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{1 x 100 on 1:40 Breast 2X pullouts
	{1 x 100 on 1:35 Breast 2X pullouts
	{1 x 100 on 1:45 Breast-strong effort
	{2 x 75 on 1:10 Breast 2X pullouts
	{1 x 75 on 1:05 Breast 2X pullouts
	$\{1 \times 75 \text{ on } 1:20 \text{ Breast-strong effort} \}$
	{3 x 50 on :50 Breast 2X pullouts
	{1 x 50 on :45 Breast 2X pullouts
	{1 x 50 on :55 Breast-strong effort
	{4 x 25 on :30 Breast-2X pullouts
	{1 x 25 on :25 Breast-2X pullouts
	{1 x 25 on :30 Breast-strong effort
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice

4:57 PM 3,504 Yards - Stress Value = 48

Workout #4594 - Monday, 12 February 2007 HighSchl - Fly

1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch/Team Mtg
400	1 x 400 on 7:00 Swim-kick-pull-swim
204	12 x 17 on :45 Starts/shooters/finishes
750	$3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{3 x 50 on 1:00 Kick-descend
750	10 x 75 on 1:05 Lungbuster pulls
	odds breathe 3-5-7, evens breathe 2-4-6
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	4x{1 x 50 on :55 Butterfly 2-2
	{2 x 25 on :30 Butterfly 1up 2down
	{3 x 50 on :45 3 stroke fly off walls-descend
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	4:57 PM 3,504 Yards - Stress Value = 48

Workout #4595 - Monday, 12 February 2007 HighSchl - Freestylers 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch/Team Mtg
400	1 x 400 on 7:00 Swim-kick-pull-swim
204	12 x 17 on :45 Starts/shooters/finishes
750	3x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick-descend
750	10 x 75 on 1:05 Lungbuster pulls
	odds breathe 3-5-7, evens breathe 2-4-6
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	8 x 125 on 1:40 Odd's L.25 6bk, evens L.25 3
	breaths
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	4:54 PM 3,504 Yards - Stress Value = 48

Workout #4599 - Tuesday, 13 February 2007 HighSchl - All

3:00 PM Start Set Description
1 on 30:00 Stomach and Stretch/Team mtg
1 x 800 on 13:00 200 under water turn drill 200 (50 easy, 2 X75's 2bk,4bk,6bk by 25)-Re
12 x 17 on :45 Starts/Shooters/Finishes
3x{3 x 50 on 1:00 Kick, #3 90%
{1 x 100 on 2:00 Kick
$1x\{2 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
$\{2 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
$\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
$\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
$\{2 \times 25 \text{ on } : 30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1 x 100 on 2:00 Broken at your choice
1 x 500 on 7:30 Stroke Drills
4:42 PM 3,404 Yards - Stress Value = 35

Workout #4600 - Wednesday, 14 February 2007 ===== 1 on 20:00 Stomach and Stretch HighSchl - All 400 1 x 400 on 8:00 Swim-kick-pull-swim 1 minute rest between sets 600 $2x{4 \times 25}$ on :45 Kick no board BSLR 3:00 PM Start {2 x 100 on 2:20 Kick-#2 fast Set Description ΕC Yards 750 2x{1 x 125 on 2:15 Pull no br L.8 yds _____ {1 x 125 on 2:10 Pull no br L.8 yds 1 on 30:00 Weights and Stretch 1 x 800 on 14:00 Choice 10 x 15 on :45 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:15 Stroke Drills {1 x 125 on 2:05 Pull no br L.8 yds 800 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 600 2x{1 x 150 on 3:00 Kick {3 x 50 on 1:00 Breaststroke 2X pullouts {1 x 50 on 1:00 Kick RE {4 x 75 on 1:30 Breaststroke-descend RE 600 $2x\{1 \times 50 \text{ on } : 45 \text{ Pulls}$ 8 x 50 on 1:15 Stroke Drills {1 x 100 on 1:30 Pulls RE 7:30 PM 3,900 Yards - Stress Value = 49 {1 x 150 on 2:15 Pulls RE 800 8 x 100 on 1:30 #1 easy #1 easy #1 turns #1Workout #4603 - Monday, 19 February 2007 #2 75-80%, #3 faster then #2, #4-#8 25 clos **HighSchl - State Champions** hook em horns, 25 ok drill, 25 perfect form 1 on 10:00 Techniques-starts/relay starts 1 minute rest between sets 1 on 10:00 Ice 4:49 PM 2,950 Yards - Stress Value = 14 7:00 AM Start Yards Set Description Workout #4602 - Friday, 16 February 2007 _____ 1 on 30:00 Weights and Stretch Group 2 - Backstroke 800 1 x 800 on 13:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1 minute rest between sets 600 $2x{4 \times 25}$ on :45 Kick no board BSLR 5:30 PM Start {2 x 50 on 1:00 Kick #1 good effort Yards Set Description {2 x 50 on :55 Kick #2 good effort -750 1x{3 x 125 on 1:50 Pull no br L.12 yds 1 on 20:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim {2 x 125 on 1:45 Pull no br L.12 yds 400 {1 x 125 on 1:40 Pull no br L.12 yds 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 10 x 15 on :45 Shooters 150 7 x 100 on 2:15 Kick-odds fast 25 on :40 12.5 ez 12.5 fast 1,000 1x{4 x 50 on :50 25 easy 25 build 700 750 5x{1 x 50 on 1:00 Pulls-nbbf&w {1 x 100 on 1:35 Stroke Drill {1 x 50 on :55 Pulls-nbbf&w $\{3 \times 50 \text{ on } : 45 \ 25 \text{ easy } 25 \text{ build}$ {1 x 50 on :50 Pulls-nbbf&w $\{2 \times 75 \text{ on } 1:10 \text{ Stroke Drill}$ 12 x 25 on :40 12.5 ez 12.5 fast grt finishe {2 x 50 on :40 25 easy 25 build 1,800 3x{4 x 25 on :30 Backstroke 5kow $\{3 \times 50 \text{ on } : 45 \text{ Stroke Drills}\}$ {1 x 100 on 2:00 Freestyle $\{1 \times 50 \text{ on } : 35 \text{ Choice-good effort} \}$ {4 x 25 on :30 Backstroke 6kow $\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ {1 x 100 on 2:00 Freestyle 1 on 10:00 Relay Starts-Medley/200 Free {4 x 25 on :30 Backstroke 7kow 8:52 AM 3,500 Yards - Stress Value = 30 $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$ 1 x 200 on 4:00 Stroke Drills 200 Workout #4606 - Tuesday, 20 February 2007 7:30 PM 4,300 Yards - Stress Value = 41 **Group 2 - Distance** 1 minute rest between sets Workout #4601 - Friday, 16 February 2007 HighSchl - All 5:30 PM Start 1 minute rest between sets Yards Set Description ===== ______ 3:00 PM Start 1 on 20:00 Stomach and Stretch Yards Set Description EGY V 400 1 x 400 on 8:00 Underwater trn drill ______ 204 12 x 17 on :45 Shooters 1 on 25:00 Stretching/Team Mtg $500 1x{1 x 125 on 2:50 Kick}$ 800 1 x 800 on 13:00 Choice REC {1 x 125 on 2:45 Kick 150 10 x 15 on :45 Shooters SP3 150 10 x 15 on .45 bhootels 600 1 x 600 on 12:00 Social Kick {1 x 125 on 2:40 Kick REC {1 x 125 on 2:35 Kick 600 12 x 50 on :45 Pulls-nbbf&w REC 750 1x{1 x 200 on 3:30 Pulls 250 1 x 250 on 10:00 Techniques-TN turn drill REC {1 x 175 on 3:00 Pulls 400 8 x 50 on :50 Mid Pool swims REC 200 1 x 200 on 4:00 Stroke Drill REC {1 x 150 on 2:30 Pulls {1 x 125 on 2:00 Pulls 1 on 10:00 Techniques-Relay Starts 400 fr {1 x 100 on 1:30 Pulls 1 on 10:00 Ice 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 4:54 PM 3,000 Yards - Stress Value = 6 2,000 1x{1 x 400 on 7:00 Freestyle $\{2 \times 300 \text{ on } 5:10 \text{ Freestyle}$ Workout #4604 - Monday, 19 February 2007 ${3 \times 200 \text{ on } 3:20 \text{ Freestyle}}$ $\{4 \times 100 \text{ on } 1:35 \text{ Freestyle} \}$ **Group 2 - Breast** 400 8 x 50 on 1:15 Stroke Drills 1 minute rest between sets 7:29 PM 4,554 Yards - Stress Value = 64

Workout #4605 - Tuesday, 20 February 2007 HighSchl - State Champions 1 minute rest between sets

Group 3 - All 1 minute rest between sets

		= 00
3:00 PM Start Yards Set Description	Yards	5:00 PM Start Set Description
1 on 30:00 Stomach and Stretch/Tm mtg	400	1 on 15:00 Physio Balls/Stretch 1 x 400 on 8:00 Underwater trn drill
700 1 x 700 on 10:30 Odd 100's Underwater trn dr even 100's non freestyle drill	600	1 on 10:00 Techniques-Stanford turn drill 4x{4 x 25 on :45 Kick no board
150 10 x 15 on :45 Shooters		{1 x 50 on 1:00 Freestyle
800 2x{1 x 100 on 2:00 Kick 1st 25 fast	600	1x{3 x 50 on 1:00 Pulls-nbbf&w {3 x 50 on :55 Pulls-nbbf&w
{1 x 100 on 2:00 Kick 2nd 25 fast {1 x 100 on 2:00 Kick 3rd 25 fast		{3 x 50 on :50 Pulls-nbbf&w
{1 x 100 on 2:00 Kick 4th 25 fast	450	{3 x 50 on :45 Pulls-nbbf&w
1,000 $2x\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{2 \times 50 \text{ on } :40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	450 200	1
{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds {2 x 50 on :45 Pulls-nbbf&w + 2 yds		6:15 PM 2,250 Yards - Stress Value = 20
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe		Workout #4610 - Tuesday, 10 April 2007
100		Group 2 - All
1 on 10:00 Ice		1 minute rest between sets
4:49 PM 3,250 Yards - Stress Value = 37		5:30 PM Start
Workout #4608 - Wednesday, 21 February 2007	Yards	Set Description
Group 2 - Back		1 on 15:00 Physio Balls/Stretch
1 minute rest between sets	250	
5:30 PM Start	300	1 on 8:00 Techniques-Stanford turn drill 2x{4 x 25 on :45 Kick no board
Yards Set Description		{1 x 50 on 1:00 Freestyle
1 00 00 01 1 01 1 1	450	1x{3 x 50 on 1:00 Pulls-nbbf&w {3 x 50 on :55 Pulls-nbbf&w
1 on 20:00 Stomach and Stretch 400 1 x 400 on 8:00 Freestyle L.25 of each 100 ({3 x 50 on :50 Pulls-nbbf&w
150	450	6 x 75 on 1:15 Freestyle mid 25 strong effor
750 $3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ $\{3 \times 50 \text{ on } 1 : 10 \text{ Kick-descend}$	200	1 x 200 on 4:00 Stroke Drill 6:31 PM 1,650 Yards - Stress Value = 14
700 7 x 100 on 1:45 Lungbuster pulls		,
odds breathe 3-5-5-3, evens breathe 2-4-4-2		Workout #4611 - Thursday, 12 April 2007
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,600 1x $\{3 \times 100 \text{ on } 2:00 \text{ Backstroke} \}$		Group 3 - All
{4 x 25 on :30 Backstroke-100%		1 minute rest between sets
{3 x 100 on 1:55 Backstroke {4 x 25 on :30 Backstroke-100%		5:00 PM Start
{3 x 100 on 1:50 Backstroke	Yards	J.00 FM Start
{4 x 25 on :30 Backstroke-100%		Set Description
	=====	
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100%	400	Set Description 1 on 15:00 Scooter Boards/Stretch 1 x 400 on 8:00 Stoke Drill L25 of eah 100 6
(3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 5 x 50 on 1:10 Stroke Drills	400	Set Description 1 on 15:00 Scooter Boards/Stretch 1 x 400 on 8:00 Stoke Drill L25 of eah 100 (1 on 10:00 Techniques-Stanford Turn drill
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100%	400	Set Description
(3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 5 x 50 on 1:10 Stroke Drills	400 600	Set Description
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 250 5 x 50 on 1:10 Stroke Drills 7:30 PM 4,150 Yards - Stress Value = 84	400	Set Description
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 250 5 x 50 on 1:10 Stroke Drills 7:30 PM 4,150 Yards - Stress Value = 84 Workout #4607 - Wednesday, 21 February 2007	400 600 100	Set Description
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 250 5 x 50 on 1:10 Stroke Drills 7:30 PM 4,150 Yards - Stress Value = 84 Workout #4607 - Wednesday, 21 February 2007 HighSchl - State Champions 1 minute rest between sets	400 600 100	Set Description
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 250 5 x 50 on 1:10 Stroke Drills 7:30 PM 4,150 Yards - Stress Value = 84 Workout #4607 - Wednesday, 21 February 2007 HighSchl - State Champions 1 minute rest between sets 3:00 PM Start Yards Set Description	400 600 100	Set Description
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 250 5 x 50 on 1:10 Stroke Drills 7:30 PM 4,150 Yards - Stress Value = 84 Workout #4607 - Wednesday, 21 February 2007 HighSchl - State Champions 1 minute rest between sets 3:00 PM Start Yards Set Description EG	400 600 100	Set Description
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 5 x 50 on 1:10 Stroke Drills 7:30 PM 4,150 Yards - Stress Value = 84 Workout #4607 - Wednesday, 21 February 2007 HighSchl - State Champions 1 minute rest between sets 3:00 PM Start Yards Set Description EC ===== 1 on 30:00 Weights and Stretch/Team mtg 800 1 x 800 on 12:00 Choice RE	400 600 100	Set Description
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 5 x 50 on 1:10 Stroke Drills 7:30 PM 4,150 Yards - Stress Value = 84 Workout #4607 - Wednesday, 21 February 2007 HighSchl - State Champions 1 minute rest between sets 3:00 PM Start Yards Set Description EC ===== 1 on 30:00 Weights and Stretch/Team mtg 800 1 x 800 on 12:00 Choice RE 1 on 10:00 Techniques-starts/relay starts	400 600 100	Set Description
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 5 x 50 on 1:10 Stroke Drills 7:30 PM 4,150 Yards - Stress Value = 84 Workout #4607 - Wednesday, 21 February 2007 HighSchl - State Champions 1 minute rest between sets 3:00 PM Start Yards Set Description EC ===== 1 on 30:00 Weights and Stretch/Team mtg 800 1 x 800 on 12:00 Choice RE	400 600 100 350	Set Description
{3 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% 250 5 x 50 on 1:10 Stroke Drills 7:30 PM 4,150 Yards - Stress Value = 84 Workout #4607 - Wednesday, 21 February 2007	400 600 100 350 Yards	Set Description
{3 x 100 on 1:45 Backstroke	400 600 100 350 Yards =====	Set Description
{3 x 100 on 1:45 Backstroke	400 600 100 350 Yards =====	Set Description
{3 x 100 on 1:45 Backstroke	400 600 100 350 Yards =====	Set Description
{3 x 100 on 1:45 Backstroke	400 600 100 350 Yards ===== 300 600	Set Description

E.20 DM Chamb

Workout #4613 - Monday, 16 April 2007 Group 3 - All

1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	
=====		
	1 on 20:00 Abs and stretch	
400	1 x 400 on 8:00 Swim-kick-pull-swim	
	1 on 10:00 Techniques-TN turns	
500	2x{4 x 25 on :45 Kick no board BSLR	
	{3 x 50 on 1:00 Kick	
500	1x{1 x 125 on 2:00 Pull no br L.5 yds	
	{1 x 125 on 1:55 Pull no br L.5 yds	
	{1 x 125 on 1:50 Pull no br L.5 yds	
	{1 x 125 on 1:45 Pull no br L.5 yds	
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,000	4 x 250 on 3:30 3:00 swims :30 rest	
•	7 x 50 on 1:00 Stroke Drills	
	6:30 PM 2,950 Yards - Stress Value = 36	

Workout #4614 - Monday, 16 April 2007 Group 2 - All

1 minute rest between sets

	5:30	PM Start
Yards	Se	et Description
	==	
	1	on 15:00 Abs and stretch
300	1	x 300 on 7:00 Swim-kick-pull-swim
	1	on 10:00 Techniques-TN turns
250	1x{4	x 25 on :45 Kick no board BSLR
	{ 3	x 50 on 1:00 Kick
500	1x{1	x 125 on 2:10 Pull no br L.5 yds
	{ 1	x 125 on 2:05 Pull no br L.5 yds
	{ 1	x 125 on 2:00 Pull no br L.5 yds
	{ 1	x 125 on 1:55 Pull no br L.5 yds
150	6	x 25 on :40 12.5 ez 12.5 fast grt finishes
800	4	x 200 on 3:30 3:00 swims :30 rest
200	1	x 200 on 5:00 Stroke Drills
	6:45	PM 2,200 Yards - Stress Value = 27

Workout #4615 - Tuesday, 17 April 2007 Group 3 - Back

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	
	1 on 20:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Underwater trn drill
	1 on 10:00 Techniques-TN turn drills
500	2x{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
600	6 x 100 on 1:30 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
1,200	1x{6 x 75 on 1:15 Backstroke
,	{6 x 75 on 1:10 Backstroke
	{4 x 75 on 1:05 Backstroke
200	1 x 200 on 3:00 Stroke Drills
_00	6:30 PM 3,100 Yards - Stress Value = 24

Workout #4616 - Tuesday, 17 April 2007 Group 2 - Back

1 minute rest between sets

5:30 PM Start
Yards Set Description

1 on 20:00 Physio Balls/Stretch 300 1 x 300 on 6:00 Underwater trn drill
1 on 10:00 Techniques-TN turn drills
250 1x{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
400 4 x 100 on 1:50 Lungbuster pulls
odds breathe 3-5-3-5, evens breathe 2-4-2-4
150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
750 1x{4 x 75 on 1:25 Backstroke
{4 x 75 on 1:20 Backstroke
{2 x 75 on 1:15 Backstroke
200 1 x 200 on 3:00 Stroke Drills
6:46 PM 2,050 Yards - Stress Value = 16

Workout #4617 - Thursday, 19 April 2007 Group 3 - Breast

1 minute rest between sets

Yards	Set Description
400	1 on 20:00 Scooter Boards/Stretch 1 x 400 on 8:00 Stroke Drills alt 100fr 100 non free
	1 on 10:00 Techniques-TN turn drills
600	6 x 100 on 2:00 Kick-Odds great effort
500	1 x 500 on 7:30 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	$1x\{2 \times 100 \text{ on } 1:45 \text{ Breaststroke}$
	{2 x 50 on 1:00 Breaststroke Drill
	{2 x 100 on 1:40 Breaststroke
	{2 x 50 on 1:00 Breaststroke Drill
	{2 x 100 on 1:35 Breaststroke
	{2 x 50 on 1:00 Breaststroke Drill
	{2 x 100 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	6:31 PM 3,000 Yards - Stress Value = 34

Workout #4618 - Thursday, 19 April 2007 Group 2 - Breast 1 minute rest between sets

5:30 PM Start

5:00 PM Start

Yards	Se	et Description
	==	
	1	on 20:00 Scooter Boards/Stretch
300	1	x 300 on 6:00 Stroke Drills alt 50 free
	Į.	0 non free
400	4	x 100 on 2:20 Kick-Odds great effort
400	1	x 400 on 7:00 Pulls
150	6	\times 25 on :40 12.5 ez 12.5 fast grt finishes
950	1x{2	x 100 on 2:10 Breaststroke
	{ 2	x 25 on :45 Breaststroke Drill
	{ 2	x 100 on 2:05 Breaststroke
	{ 2	x 25 on :45 Breaststroke Drill
	{ 2	x 100 on 2:00 Breaststroke
	{ 2	x 25 on :45 Breaststroke Drill
	{ 2	x 100 on 1:55 Breaststroke
200	1	x 200 on 3:00 Stroke Drills
	6:46	PM 2,400 Yards - Stress Value = 26

Workout #4619 - Friday, 20 April 2007 Group 3 - Fly

1 minute rest between sets

	5:00	PM Start	
Yards	Se	et Description	EGY
	==		===
	1	on 20:00 Stomach and Stretch	
400	1	x 400 on 8:00 Reverse IM drill	REC
	1	on 10:00 Techniques-Starts w/ the TIvo	
400	2x{4	x 25 on :45 Kick no board BSLR	EN2
	{ 1	x 100 on 2:15 Kick	EN2
750	2x{1	x 75 on 1:20 Pulls-nbbf&w + 2 yds	EN1
	{ 1	x 75 on 1:15 Pulls-nbbf&w + 2 yds	EN1
	{ 1	x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1
	{ 1	x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1
	{ 1	x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1
150	2	x 75 on 1:15 2bk-4bk-6bk by 25's	EN1
650	1x{2	x 25 on :30 Butterfly	EN1
	{ 1	x 50 on 1:30 Freestyle	REC
	{ 4	x 25 on :30 Butterfly	EN1
	{ 1	x 50 on 1:30 Freestyle	REC
	{ 6	x 25 on :30 Butterfly	EN1
	{ 1	x 50 on 1:30 Freestyle	REC
	8 }	x 25 on :30 Butterfly	EN2
300	6	x 50 on 1:00 Stroke Drills	REC
	6:30	PM 2,650 Yards - Stress Value = 27	

Workout #4620 - Monday, 23 April 2007 Group 3 - Distance 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 25:00 Dryland and stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR
750	$3x{1 \times 25 \text{ on :} 30 \text{ Pull no br L.}12 \text{ yds}}$
	$\{1 \times 50 \text{ on } :50 \text{ Pull no br L.}12 \text{ yds}$
	{1 x 75 on 1:10 Pull no br L.12 yds
	{1 x 100 on 1:30 Pull no br L.12 yds
	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{2 x 225 on 3:15 Freestyle
	{2 x 200 on 2:50 Freestyle
	{2 x 175 on 2:25 Freestyle
200	{2 x 150 on 2:05 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	6:46 PM 3,900 Yards - Stress Value = 59

Workout #4621 - Monday, 23 April 2007 Group 2 - Distance 1 minute rest between sets

Yards	5:30 PM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 20:00 Dryland and stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
450	$1x{4 \times 25}$ on :45 Kick no board BSLR	EN2	F
	{1 x 50 on 1:10 Kick	EN1	F
	{4 x 25 on :40 Kick no board BSLR	EN2	F
	{2 x 50 on 1:10 Kick	EN2	F
	{4 x 25 on :35 Kick no board BSLR	EN2	ľ
450	$3x{1 \times 25 \text{ on : 30 Pull no br L.12 yds}}$	EN1	E

{ 1	x 50 on :55 Pull no br L.12 yds EN1	E
{ 1	x 75 on 1:20 Pull no br L.12 yds EN1	E
1	on 15:00 Technques-Starts	Γ
6:44	PM 1,450 Yards - Stress Value = 19	

Workout #4624 - Wednesday, 25 April 2007 Group 3 - Breast

1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Stroke Drill
150	10 x 15 on :45 Shooters
600	2x{1 x 50 on 1:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 150 on 2:45 Kick
600	1x{3 x 100 on 1:30 Lungbuster pulls
	{2 x 100 on 1:25 Lungbuster pulls
	{1 x 100 on 1:20 Lungbuster pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 finishes for each stroke
1,200	3x{1 x 50 on 1:00 Breaststroke 2X pullouts
	{2 x 50 on :55 Breaststroke 2X pullouts
	{3 x 50 on :50 Breaststroke 2X pullouts
	{1 x 100 on 2:00 Freestyle-ez
400	16 x 25 on :30 4 on each stroke-descend
	each set of 4
250	1 x 250 on 5:00 Stroke Drills
	6:45 PM 3,800 Yards - Stress Value = 44

Workout #4622 - Wednesday, 25 April 2007 Group 3 - Gold

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Stroke Drill
150	10 x 15 on :45 Shooters
600	2x{1 x 50 on 1:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 150 on 3:00 Kick
600	1x{3 x 100 on 1:35 Lungbuster pulls
	{2 x 100 on 1:30 Lungbuster pulls
	{1 x 100 on 1:25 Lungbuster pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 finishes for each stroke
1,050	3x{2 x 50 on 1:00 Breaststroke 2X pullouts
	{2 x 50 on :55 Breaststroke 2X pullouts
	{1 x 50 on :50 Breaststroke 2X pullouts
	{1 x 100 on 2:00 Freestyle-ez
400	16×25 on :30 4 on each stroke-descend
	each set of 4
250	1 x 250 on 5:00 Stroke Drills
	6:44 PM 3,650 Yards - Stress Value = 39

Workout #4623 - Wednesday, 25 April 2007 Group 3 - Silver

1 minute rest between sets

5 • 0 0	DM	Start

	J:00 PM Start
Yards	Set Description
=====	
	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Stroke Drill
150	10 x 15 on :45 Shooters
600	2x{1 x 50 on 1:10 Kick
	{1 x 100 on 2:15 Kick
	{1 x 150 on 3:15 Kick
600	1x{3 x 100 on 1:45 Lungbuster pulls
	{2 x 100 on 1:40 Lungbuster pulls
	{1 x 100 on 1:35 Lungbuster pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 finishes for each stroke
1,200	3x{3 x 50 on 1:05 Breaststroke 2X pullouts
	{2 x 50 on 1:00 Breaststroke 2X pullouts
	{1 x 50 on :55 Breaststroke 2X pullouts
	{1 x 100 on 2:00 Freestyle-ez
250	1 x 250 on 5:00 Stroke Drills
	6:43 PM 3,400 Yards - Stress Value = 36

Workout #4625 - Wednesday, 25 April 2007 Group 3 - Bronze

1 minute rest between sets

5:00 PM Start Yards Set Description _____ 1 on 20:00 Stomach and Stretch 300 1 x 300 on 8:00 Stroke Drill 10 x 15 on :45 Shooters 600 $2x{1 x 50 on 1:10 Kick}$ $\{1 \times 100 \text{ on } 2:15 \text{ Kick} \}$ $\{1 \times 150 \text{ on } 3:15 \text{ Kick} \}$ 500 $1x\{2 \times 100 \text{ on } 2:00 \text{ Lungbuster pulls}$ $\{2 \times 100 \text{ on } 1:55 \text{ Lungbuster pulls}$ $\{1 \times 100 \text{ on } 1:50 \text{ Lungbuster pulls}$ 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 finishes for each stroke $1,200 3x{3 x 50 on 1:15 Breaststroke 2X pullouts}$ {2 x 50 on 1:10 Breaststroke 2X pullouts {1 x 50 on 1:05 Breaststroke 2X pullouts $\{1 \times 100 \text{ on } 2:30 \text{ Freestyle-ez} \}$ 1 x 200 on 4:00 Stroke Drills 6:45 PM 3,150 Yards - Stress Value = 35

Workout #4628 - Thursday, 26 April 2007 Group 3 - Fly

1 minute rest between sets

Yards		M Start Description
	===:	
	1 01	n 25:00 Physio Balls/Stretch
400		400 on 7:00 Underwater trn drill
	al.	t 100 free 100 back
150		x 15 on :45 Shooters
800	4x{1 x	100 on 1:45 Freestyle
		100 on 2:00 Kick
900	1x{2 x	225 on 3:00 Pull
	{2 x	225 on 2:50 Pull
200	8 x	25 on :40 12.5 ez 12.5 fast grt finishes
1,500	2x{2 x	75 on 1:10 Butterfly 2-3
	{1 x	100 on 1:30 Freestyle
	{2 x	75 on 1:10 Butterfly 2-4
	{1 x	100 on 1:30 Freestyle
	{2 x	75 on 1:10 Butterfly 2-5
	{1 x	100 on 1:30 Freestyle
200	1 x	200 on 3:00 Stroke Drills

6:45 PM 4,150 Yards - Stress Value = 48

Workout #4626 - Thursday, 26 April 2007 Group 3 - Gold

1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 25:00 Physio Balls/Stretch
400	1 x 400 on 7:00 Underwater trn drill
	alt 100 free 100 back
150	10 x 15 on :45 Shooters
800	$4x\{1 \times 100 \text{ on } 1:55 \text{ Freestyle}$
	{1 x 100 on 2:15 Kick
800	1x{2 x 200 on 3:00 Pull
	{2 x 200 on 2:50 Pull
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	2x{2 x 75 on 1:15 Butterfly 2-3
	{1 x 100 on 1:30 Freestyle
	{2 x 75 on 1:15 Butterfly 2-4
	{1 x 100 on 1:30 Freestyle
	$\{2 \times 75 \text{ on } 1:15 \text{ Butterfly } 2-5$
	{1 x 100 on 1:30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	6:46 PM 4,000 Yards - Stress Value = 47

Workout #4627 - Thursday, 26 April 2007 Group 3 - Silver

	5:00	PM Start
Yards	Se	et Description
	==	
	1	on 25:00 Physio Balls/Stretch
400	1	x 400 on 7:00 Underwater trn drill
	á	alt 100 free 100 back
150	10	0 x 15 on :45 Shooters
600	3x{1	x 100 on 2:05 Freestyle
	{ 1	x 100 on 2:25 Kick
800	1x{2	x 200 on 3:30 Pull
	{ 2	x 200 on 3:20 Pull
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	2x{2	x 75 on 1:25 Butterfly 2-3
	{ 1	x 50 on :55 Freestyle
	{ 2	x 75 on 1:25 Butterfly 2-4
	{ 1	x 50 on :55 Freestyle
	{ 2	x 75 on 1:25 Butterfly 2-5
	{ 1	x 50 on :55 Freestyle
200	1	x 200 on 3:00 Stroke Drills
	6:46	PM 3,550 Yards - Stress Value = 41

Workout #4629 - Thursday, 26 April 2007 Group 3 - Bronze 1 minute rest between sets

6:45 PM 3,100 Yards - Stress Value = 45

Workout #4632 - Friday, 27 April 2007 Group 3 - IM'ers 1 minute rest between sets

5:00 PM Start Yards Set Description	1 minute rest between sets	
1 on 25:00 Physio Balls/Stretch 400 1 x 400 on 7:00 Underwater trn drill	5:30 PM Start Yards Set Description EGY W	IORF
alt 100 free 100 back 150	1 on 18:00 Stomach and Stretch 300 1 x 300 on 6:00 Choice REC 1 on 10:00 Relays	I S I
{1 x 50 on 1:30 Kick 700 1x{2 x 175 on 3:30 Pull	300 $2x\{1 \times 75 \text{ on } 1:30 \text{ Kick with flippers} EN2 $ $\{1 \times 75 \text{ on } 1:30 \text{ Kick with flippers} EN2 \}$	F F
{2 x 175 on 3:20 Pull 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,200 2x{2 x 75 on 1:40 Butterfly 2-3	400 1x{2 x 50 on 1:00 Pulls-nbbf&w EN2 {2 x 50 on 1:00 Pulls-nbbf&w + 1 yd EN2 {2 x 50 on 1:00 Pulls-nbbf&w + 2 yds EN2	E E F
$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	{2 x 50 on 1:00 Pulls-nbbf&w + 3 yds EN2 150 2 x 75 on 1:30 2bk-4bk-6bk by 25's EN1	E S
{1 x 50 on 1:00 Freestyle {2 x 75 on 1:40 Butterfly 2-5 {1 x 50 on 1:00 Freestyle	800 $4 \times \{1 \times 100 \text{ on } 2:00 \text{ Individual Medley} \\ \{1 \times 50 \text{ on } :50 \text{ Freestyle} \\ \{1 \times 50 \text{ on } 1:10 \text{ Freestyle} \}$ REC	יס יס
200 1 x 200 on 3:00 Stroke Drills 6:45 PM 3,250 Yards - Stress Value = 39	200 1 x 200 on 3:00 Sculling drills REC 6:45 PM 2,150 Yards - Stress Value = 28	Ī

Workout #4630 - Thursday, 26 April 2007 Group 2 - Fly

1 minute rest between sets

Workout #4635 - Monday, 30 April 2007 Group 3 - Distance 1 minute rest between sets

Yards =====	5:30 PM Start Set Description	5:00 PM Start Yards Set Description
300 2 400 1 150	<pre>1 on 20:00 Physio Balls/Stretch 1 x 300 on 6:00 Underwater trn drill alt 100 free 100 back 100 free 10 x 15 on :45 Shooters 2x{1 x 100 on 2:15 Freestyle {1 x 50 on 1:30 Kick 1x{1 x 200 on 3:30 Pull {1 x 200 on 3:20 Pull 6 x 25 on :40 12.5 ez 12.5 fast grt finishes 1x{2 x 75 on 1:40 Butterfly 2-3 {1 x 50 on 1:00 Freestyle {2 x 75 on 1:40 Butterfly 2-4 {1 x 50 on 1:00 Freestyle {2 x 75 on 1:40 Butterfly 2-5</pre>	1 on 25:00 Dryland and stretch 400 1 x 400 on 8:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 4x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick-descend} 1,000 1x{4 x 100 on 1:30 Pull no br L.5 yds {3 x 100 on 1:25 Pull no br L.6 yds {2 x 100 on 1:20 Pull no br L.7 yds {1 x 100 on 1:15 Pull no br L.8 yds 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 rest 350 7 x 50 on 1:00 Stroke Drills 7:00 PM 4,600 Yards - Stress Value = 71
	{1 x 50 on 1:00 Freestyle 1 x 200 on 3:00 Stroke Drills 6:45 PM 2,100 Yards - Stress Value = 25	Workout #4633 - Monday, 30 April 2007 Group 3 - Gold I minute rest between sets

Workout #4631 - Friday, 27 April 2007 Group 3 - IM'ers

1 minute rest between sets

	5:00	PM Start		
Yards			EGY	WORF
=====	==		===	====
	1	on 25:00 Stomach and Stretch		I
400	1	x 400 on 8:00 Choice	REC	٤
	1	on 10:00 Techniques-open turns		Ι
600	4x{1	x 75 on 1:30 Kick with flippers	EN2	ľ
	{ 1	x 75 on 1:30 Kick with flippers	EN2	ľ
600	1x{2	x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN2	E
	{ 2	x 50 on 1:00 Pulls-nbbf&w + 3 yds	EN2	E
	{ 2	x 50 on 1:00 Pulls-nbbf&w + 4 yds	EN2	E
	{ 2	x 50 on 1:00 Pulls-nbbf&w + 5 yds	EN2	E
	{ 2	x 50 on 1:00 Pulls-nbbf&w + 6 yds	EN2	E
	{ 2	x 50 on 1:00 Pulls-nbbf&w + 7 yds	EN2	E
300	4	x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	٤
1,200	6x{1	x 100 on 1:30 Individual Medley	EN2	٤
	{ 1	x 50 on :40 Freestyle	EN2	٤
	{ 1	x 50 on 1:00 Freestyle	REC	٤
	1	on 10:00 Sculling Drills	REC	Γ

1 minute rest between sets 5:00 PM Start

	5.00	In Scare
Yards	Se	et Description
	==	
	1	on 25:00 Dryland and stretch
400	1	x 400 on 8:00 Swim-kick-pull-swim
150	10) x 15 on :45 Shooters
1,000	4x{4	x 25 on :45 Kick no board BSLR
	{ 3	x 50 on 1:05 Kick-descend
900	1x{4	x 100 on 1:35 Pull no br L.5 yds
	{ 3	x 100 on 1:30 Pull no br L.6 yds
	{ 2	x 100 on 1:25 Pull no br L.7 yds
200	8	\times 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	6	x 225 on 3:30 3:00 swims :30 rest
350	7	x 50 on 1:00 Stroke Drills
	7:00	PM 4,350 Yards - Stress Value = 66

Workout #4634 - Monday, 30 April 2007 Group 3 - Silver 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 25:00 Dryland and stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	$4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{3 x 50 on 1:05 Kick-descend
900	1x{4 x 100 on 1:40 Pull no br L.5 yds
	{3 x 100 on 1:35 Pull no br L.6 yds
	{2 x 100 on 1:30 Pull no br L.7 yds
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6 x 200 on 3:30 3:00 swims :30 rest
350	7 x 50 on 1:00 Stroke Drills
	6:59 PM 4,150 Yards - Stress Value = 63

Workout #4636 - Monday, 30 April 2007 Group 3 - Bronze 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 25:00 Dryland and stretch
300	1 x 300 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	4x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:10 Kick-descend
800	1x{3 x 100 on 1:50 Pull no br L.5 yds
	$\{3 \times 100 \text{ on } 1:45 \text{ Pull no br L.6 yds}$
	{2 x 100 on 1:40 Pull no br L.7 yds
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6 x 200 on 3:30 3:00 swims :30 rest
350	7 x 50 on 1:00 Stroke Drills
	7:00 PM 3,950 Yards - Stress Value = 62

Workout #4637 - Monday, 30 April 2007 Group 2 - Distance 1 minute rest between sets

Yards	5:30 PM Start Set Description
=====	=======================================
	1 on 20:00 Dryland and stretch
300	1 x 300 on 6:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
F 0 0	0 (4 05 45 77 1 1 1 1 7 7 7 7

	1	on 20:00 Dryland and stretch
300	1	x 300 on 6:00 Swim-kick-pull-swim
150	10	0 x 15 on :45 Shooters
500	2x{4	x 25 on :45 Kick no board BSLR
	{ 3	x 50 on 1:05 Kick-descend
600	1x{2	x 100 on 1:45 Pull no br L.5 yds
	{ 2	x 100 on 1:40 Pull no br L.6 yds
	{ 2	x 100 on 1:35 Pull no br L.7 yds
100	4	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6	x 200 on 3:30 3:00 swims :30 rest
200	1	x 200 on 3:00 Stroke Drills
	7 • 0 0	PM 3 050 Yards - Stress Value = 49

Workout #4641 - Tuesday, 01 May 2007 Group 3 - Breast 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Scooter Boards/stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	2x{1 x 100 on 2:00 Kick

 $\{2 \times 75 \text{ on } 1:30 \text{ Kick} \}$

	{ 3	Х	50 on 1:00 Kick
	{ 4	Х	25 on :30 Kick
1,200	4	Х	300 on 4:30 Pulls
200	8	Х	25 on :40 12.5 ez 12.5 fast grt finishes
1,600	2x{2	Х	125 on 2:20 Breaststroke
	{ 2	Х	100 on 1:50 Breaststroke
	{ 2	Х	75 on 1:20 Breaststroke
	{ 2	Х	50 on :50 Breaststroke
	{ (odo	ds just make, evens build to 100%
	{ 1	Х	100 on 2:00 Freestyle
250	1	Х	250 on 5:00 Stroke Drills
	7:01	ΡN	4 4,800 Yards - Stress Value = 63

Workout #4640 - Tuesday, 01 May 2007 Group 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
	=======================================
	1 on 20:00 Scooter Boards/stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	2x{1 x 100 on 2:10 Kick
	{2 x 75 on 1:35 Kick
	{3 x 50 on 1:05 Kick
	{4 x 25 on :30 Kick
900	3 x 300 on 4:45 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	$2x\{2 \ x \ 125 \ on \ 2:30 \ Breaststroke$
	{2 x 100 on 1:55 Breaststroke
	$\{2 \times 75 \text{ on } 1:25 \text{ Breaststroke} \}$
	{2 x 50 on :55 Breaststroke
	{ odds just make, evens build to 100%
	{1 x 100 on 2:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	7:01 PM 4,500 Yards - Stress Value = 60

Workout #4639 - Tuesday, 01 May 2007 Group 3 - Silver

Yards	5:00 PM Start Set Description
	1 on 20:00 Scooter Boards/stretch
400	1 x 400 on 8:00 Underwater trn drill
	10 x 15 on :45 Shooters
800	2x{1 x 100 on 2:20 Kick
	{2 x 75 on 1:45 Kick
	{3 x 50 on 1:10 Kick
900	3 x 300 on 5:15 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	$2x\{2 \ x \ 125 \ on \ 2:40 \ Breaststroke$
	{2 x 100 on 2:05 Breaststroke
	{2 x 75 on 1:30 Breaststroke
	{2 x 50 on 1:00 Breaststroke
	{ odds just make, evens build to 100%
	{1 x 100 on 2:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	7:01 PM 4,300 Yards - Stress Value = 56

Workout #4638 - Tuesday, 01 May 2007 Group 3 - Bronze

		-			
1 min	ute	rest	betw	een	sets

	5:00 PM Start
Yards	Set Description
	-
	1 on 20:00 Scooter Boards/stretch
300	1 x 300 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
800	2x{1 x 100 on 2:30 Kick
	{2 x 75 on 1:50 Kick
	{3 x 50 on 1:15 Kick
750	3 x 250 on 5:00 Pulls
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	$2x\{2 \times 125 \text{ on } 2:45 \text{ Breaststroke}$
	{2 x 100 on 2:10 Breaststroke
	{2 x 75 on 1:35 Breaststroke
	{2 x 50 on 1:00 Breaststroke
	{ odds just make, evens build to 100%
	{1 x 100 on 2:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 4,000 Yards - Stress Value = 55

Workout #4642 - Tuesday, 01 May 2007 Group 2 - Breast

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 20:00 Scooter Boards/stretch
300	1 x 300 on 6:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 2:10 Kick
	{2 x 75 on 1:35 Kick
	{3 x 50 on 1:05 Kick
600	3 x 200 on 3:30 Pulls w/snorkels
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	$1x\{2 x 125 on 2:40 Breaststroke$
	{2 x 100 on 2:05 Breaststroke
	{2 x 75 on 1:30 Breaststroke
	{2 x 50 on 1:00 Breaststroke
	{ odds just make, evens build to 100%
	{1 x 100 on 2:00 Freestyle
250	5 x 50 on 1:10 Stroke Drills
	6:59 PM 2,700 Yards - Stress Value = 33

Workout #4647 - Wednesday, 02 May 2007 Group 3 - Back

1 minute rest between sets

```
5:00 PM Start
      Set Description
Yards
        _____
        1 on 20:00 Dryland and stretch
       1 x 400 on 8:00 Reverse IM drill
  400
        10 x 15 on :45 Shooters
1,000 5x{1 x 100 on 2:00 Kick}
       {1 x 100 on 1:45 Kick
1,000 \ 2x\{1 \ x \ 200 \ on \ 2:40 \ Lungbuster pulls
        \{ Breathe 3-5-7-5 by the 50
        {1 x 150 on 2:00 Lungbuster pulls
        \{ breathe 3-5-7 by the 50
        {1 x 100 on 1:20 Lungbuster pulls
        { breathe 3-5-7-9 by the 25
        \{1 \times 50 \text{ on } : 40 \text{ Lungbuster pulls}
        { breathe 5-7 by the 25
        8 x 25 on :40 12.5 ez 12.5 fast grt finishes
         2 on each stroke
1,650 3x{4} x 25 on :45 Bathtub drill w/fins
        {1 x 100 on 1:30 Backstroke
        {1 x 100 on 1:25 Backstroke
```

```
{1 x 100 on 1:20 Backstroke
       \{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}
      {1 x 50 on 2:00 Back-100%, min 8 kicks off
      { each wall
300
       6 x 50 on 1:00 Stroke Drills
    7:00 PM 4,700 Yards - Stress Value = 69
```

Workout #4646 - Wednesday, 02 May 2007 Group 3 - Gold

1 minute rest between sets

	5:00 PM Start
	Set Description
	1 on 20.00 Develond and at not ab
400	1 on 20:00 Dryland and stretch 1 x 400 on 8:00 Reverse IM drill
	1 x 400 on 6:00 Reverse im drill 10 x 15 on :45 Shooters
	4x{1 x 100 on 2:05 Kick
000	{1 x 100 on 1:50 Kick
1.000	2x{1 x 200 on 3:00 Lungbuster pulls
1,000	{ Breathe 3-5-7-5 by the 50
	{1 x 150 on 2:15 Lungbuster pulls
	{ breathe 3-5-7 by the 50
	{1 x 100 on 1:30 Lungbuster pulls
	{ breathe 3-5-7-9 by the 25
	{1 x 50 on :45 Lungbuster pulls
	{ breathe 5-7 by the 25
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
1,650	$3x\{4 \times 25 \text{ on } : 45 \text{ Bathtub drill w/fins}$
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:45 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 kicks off
	{ each wall
300	6 x 50 on 1:00 Stroke Drills
	7:00 PM 4,500 Yards - Stress Value = 66

Workout #4645 - Wednesday, 02 May 2007 Group 3 - Silver

1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Dryland and stretch
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	4x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:00 Kick
700	2x{1 x 200 on 3:20 Lungbuster pulls
	{ Breathe 3-5-7-5 by the 50
	{1 x 150 on 2:30 Lungbuster pulls
	$\{$ breathe 3-5-7 by the 50
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
1,650	$3x{4 \times 25 \text{ on :} 45 \text{ Bathtub drill w/fins}}$
	{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 2:00 Freestyle
	$\{1 \times 50 \text{ on } 2:00 \text{ Back-}100\%, \text{ min } 8 \text{ kicks off} \}$
	{ each wall
250	5 x 50 on 1:00 Stroke Drills

7:00 PM 4,150 Yards - Stress Value = 63

Workout #4644 - Wednesday, 02 May 2007

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

{1 x 100 on 1:55 Kick Group 3 - Bronze $\{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}$ 1 minute rest between sets $1,000 1x{4 x 25 on :30 Pulls w/snorkels}$ $\{4 \times 50 \text{ on } : 45 \text{ Pulls w/snorkels} \}$ 5:00 PM Start {4 x 75 on 1:05 Pulls w/snorkels Set Description Yards {4 x 100 on 1:25 Pulls w/snorkels _____ 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 on 20:00 Dryland and stretch 1,600 4x{1 x 200 on 3:00 Individual Medley 1 x 300 on 8:00 Reverse IM drill 300 {8 x 25 on :30 Stroke 150 10 x 15 on :45 Shooters 1 x 250 on 5:00 Stroke Drills 250 $800 \ 4x\{1 \ x \ 100 \ on \ 2:45 \ Kick$ 7:01 PM 4,400 Yards - Stress Value = 53 {1 x 100 on 2:30 Kick 700 $2x\{1 \times 200 \text{ on } 4:00 \text{ Lungbuster pulls}$ Workout #4648 - Thursday, 03 May 2007 { Breathe 3-5-7-5 by the 50 {1 x 150 on 3:00 Lungbuster pulls Group 3 - Gold { breathe 3-5-7 by the 50 1 minute rest between sets 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 on each stroke 5:00 PM Start 1,000 $2x\{4 \times 25 \text{ on } 1:00 \text{ Bathtub drill w/fins}$ Yards Set Description {1 x 100 on 2:15 Backstroke ===== ______ {1 x 100 on 2:10 Backstroke 1 on 25:00 Physio Balls/Stretch {1 x 100 on 2:05 Backstroke 400 1 x 400 on 8:00 Stroke Drills $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ {1 x 50 on 2:00 Back-100%, min 8 kicks off 700 1x{1 x 100 on 1:50 Kick { each wall $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ 6 x 50 on 1:10 Stroke Drills 300 $\{1 \times 100 \text{ on } 1:55 \text{ Kick} \}$ 6:58 PM 3,450 Yards - Stress Value = 51 $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ {1 x 100 on 2:00 Kick $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ Workout #4643 - Wednesday, 02 May 2007 {1 x 100 on 2:05 Kick Group 2 - Backstroke $1,000 1x{4 x 25 on :30 Pulls w/snorkels}$ 1 minute rest between sets {4 x 50 on :45 Pulls w/snorkels $\{4 \times 75 \text{ on } 1:05 \text{ Pulls w/snorkels}\}$ 5:00 PM Start {4 x 100 on 1:25 Pulls w/snorkels Yards Set Description 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,600 4x{1 x 200 on 3:20 Individual Medley ====== 1 on 20:00 Dryland and stretch {8 x 25 on :30 Stroke 1 x 300 on 6:00 Reverse IM drill 300 1 x 250 on 5:00 Stroke Drills 10 x 15 on :45 Shooters 7:00 PM 4,300 Yards - Stress Value = 51 800 4x{1 x 100 on 2:15 Kick {1 x 100 on 2:00 Kick Workout #4650 - Thursday, 03 May 2007 900 2x{1 x 200 on 3:20 Lungbuster pulls Group 3 - Silver { Breathe 3-5-5-3 by the 50 {1 x 150 on 2:30 Lungbuster pulls 1 minute rest between sets { breathe 3-5-3 by the 50 {1 x 100 on 1:40 Lungbuster pulls 5:00 PM Start { breathe 3-5 by the 50 Yards Set Description 6 x 25 on :40 12.5 ez 12.5 fast grt finishes ======_____ 2 on each stroke (no freestyle) 2 on each scroke the IIII w/fins $3x\{4 \times 25 \text{ on } : 45 \text{ Bathtub drill w/fins} \}$ 1 on 25:00 Physio Balls/Stretch 400 1 x 400 on 8:00 Stroke Drills $\{1 \times 100 \text{ on } 1:55 \text{ Backstroke} \}$ 150 10 x 15 on :45 Shooters {1 x 100 on 1:50 Backstroke 700 $1x{1 x 100 on 2:05 Kick}$ {1 x 100 on 1:45 Backstroke $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ {1 x 100 on 2:00 Freestyle {1 x 100 on 2:10 Kick {1 x 50 on 2:00 Back-100%, min 8 kicks off $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ { each wall {1 x 100 on 2:15 Kick 5 x 50 on 1:00 Stroke Drills 250 $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ 6:59 PM 4,200 Yards - Stress Value = 65 {1 x 100 on 2:20 Kick 800 $1x\{4 \times 25 \text{ on } : 30 \text{ Pulls w/snorkels}$ {4 x 50 on :55 Pulls w/snorkels Workout #4649 - Thursday, 03 May 2007 {4 x 75 on 1:15 Pulls w/snorkels Group 3 - IM'ers $\{2 \times 100 \text{ on } 1:35 \text{ Pulls w/snorkel} \}$ 1 minute rest between sets 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,600 $4x{1}$ x 200 on 3:45 Individual Medley 5:00 PM Start {8 x 25 on :30 Stroke Set Description Yards 200 1 x 200 on 4:00 Stroke Drills ===== _____ 7:00 PM 4,050 Yards - Stress Value = 49 1 on 25:00 Physio Balls/Stretch 1 x 400 on 8:00 Stroke Drills 400 10×15 on :45 Shooters 150 800 1x{1 x 100 on 1:40 Kick $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ {1 x 100 on 1:45 Kick $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ {1 x 100 on 1:50 Kick

Workout #4651 - Thursday, 03 May 2007 Group 3 - Bronze

1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 05 00 D1 1 D 11 /G1 1 1
200	1 on 25:00 Physio Balls/Stretch
	1 x 300 on 8:00 Stroke Drills
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:20 Kick
	{4 x 25 on :45 Sprint kick
	{1 x 100 on 2:25 Kick
	{4 x 25 on :45 Sprint kick
	{1 x 100 on 2:30 Kick
	{4 x 25 on :45 Sprint kick
600	1x{4 x 25 on :30 Pulls w/snorkels
	{4 x 50 on 1:00 Pulls w/snorkels
	{4 x 75 on 1:30 Pulls w/snorkels
200	8×25 on :40 12.5 ez 12.5 fast grt finishes
	$4x\{1 \times 200 \text{ on } 4:30 \text{ Individual Medley} $
1,200	-
0.50	{4 x 25 on :45 Stroke
250	
	6:58 PM 3,300 Yards - Stress Value = 41

Workout #4652 - Thursday, 03 May 2007 Group 2 - IM'ers 1 minute rest between sets

	5:30 PM Start	
Yards	Set Description	EGY
		===
	1 on 20:00 Physio Balls/Stretch	
300	1 x 300 on 6:00 Stroke Drills	REC
150	10 x 15 on :45 Shooters	SP3
400	2x{1 x 100 on 2:15 Kick	EN2
	{4 x 25 on :45 Sprint kick	EN2
300	1x{2 x 25 on :30 Pulls	EN1
	{2 x 50 on :55 Pulls	EN1
	{2 x 75 on 1:20 Pulls	EN1
200	1 x 200 on 4:00 Freestyle-build each 50	EN1
1,400	4x{1 x 200 on 3:30 Individual Medley	EN1
	{6 x 25 on :30 Stroke	EN1
200	1 x 200 on 4:00 Stroke Drills	REC
	7:01 PM 2,950 Yards - Stress Value = 33	

Workout #4653 - Monday, 07 May 2007 Group 3 - Freestylers 1 minute rest between sets

	5:00	4 Start	
Yards	Se	Description	
=====	==		
	1	n 20:00 10 min abs-wall sits/stretch	
400	1	400 on 8:00 Swim-kick-pull-swim	
150	10	k 15 on :45 Shooters	
900	6	150 on 2:15 Freestyle-descend in 3's	
1,000	1x{4	25 on :30 Kick no board BSLR	
	{ 2	75 on 1:30 Kick	
	{ 4	25 on :35 Kick no board BSLR	
	{ 2	75 on 1:25 Kick	
	{ 4	25 on :40 Kick no board BSLR	
	{ 2	75 on 1:20 Kick	
	{ 4	25 on :45 Kick no board BSLR	
	{ 2	75 on 1:15 Kick	
100	4	25 on :40 12.5 ez 12.5 fast grt finishes	
900	6	150 on 2:15 Freestyle-descend in 3's	
1,200	2x{2	75 on 1:05 Pull no br L.12 yds	
	{ 2	75 on 1:00 Pull no br L.12 yds	
	{ 2	75 on :55 Pull no br L.12 yds	
	{ 2	75 on :50 Pull no br L.12 yds	
100	4	25 on :40 12.5 ez 12.5 fast grt finishes	
900	6	150 on 2:15 Freestyle descend in 3's	

0 1 x 250 on 5:00 Stroke Drills 7:15 PM 5,900 Yards - Stress Value = 208

Workout #4654 - Monday, 07 May 2007 Group 3 - Gold

1 minute rest between sets

	5:00	PM Start
	Se	et Description
	==	
		on 20:00 10 min abs-wall sits/stretch
400	1	x 400 on 8:00 Swim-kick-pull-swim
150	10) x 15 on :45 Shooters
900	6	x 150 on 2:15 Freestyle-descend in 3's
		x 25 on :30 Kick no board BSLR
,		x 75 on 1:30 Kick
		x 25 on :35 Kick no board BSLR
	-	x 75 on 1:30 Kick
	{ 4	x 25 on :40 Kick no board BSLR
	{ 2	x 75 on 1:30 Kick
	{ 4	x 25 on :45 Kick no board BSLR
	{ 2	x 75 on 1:30 Kick
150	6	\times 25 on :40 12.5 ez 12.5 fast grt finishes
900	6	x 150 on 2:15 Freestyle-descend in 3's
900	2x{2	x 75 on 1:10 Pull no br L.12 yds
	{ 2	x 75 on 1:05 Pull no br L.12 yds
	{2	x 75 on 1:00 Pull no br L.12 yds
150	-	x 25 on :40 12.5 ez 12.5 fast grt finishes
		x 150 on 2:15 Freestyle descend in 3's
		x 250 on 5:00 Stroke Drills
230		
	/:15	PM 5,700 Yards - Stress Value = 204

Workout #4655 - Monday, 07 May 2007 Group 3 - Silver

	5:00	PM Start
Yards	Se	et Description
	==	
	1	on 20:00 10 min abs-wall sits/stretch
400	1	x 400 on 8:00 Swim-kick-pull-swim
150	10	0 x 15 on :45 Shooters
900	6	x 150 on 2:30 Freestyle-descend in 3's
850	1x{4	x 25 on :45 Kick no board BSLR
	{ 2	x 75 on 1:45 Kick
	{ 4	x 25 on :45 Kick no board BSLR
	{ 2	x 75 on 1:40 Kick
	{ 4	x 25 on :40 Kick no board BSLR
	{ 2	x 75 on 1:35 Kick
	{ 4	x 25 on :35 Kick no board BSLR
100	4	x 25 on :40 12.5 ez 12.5 fast grt finishes
900	6	x 150 on 2:30 Freestyle-descend in 3's
750	2x{2	x 75 on 1:20 Pull no br L.12 yds
	{ 2	x 75 on 1:15 Pull no br L.12 yds
	{ 1	x 75 on 1:05 Pull no br L.12 yds
100	4	\times 25 on :40 12.5 ez 12.5 fast grt finishes
900	6	x 150 on 2:30 Freestyle descend in 3's
250	1	x 250 on 5:00 Stroke Drills
	7:15	PM 5,300 Yards - Stress Value = 196

Workout #4656 - Monday, 07 May 2007 Group 3 - Bronze 1 minute rest between sets

200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes

{1 x 50 on 1:00 Backstroke drill 1 x 200 on 4:00 Stroke Drill 7:15 PM 5,750 Yards - Stress Value = 106

 $\{6 \times 25 \text{ on :} 30 \text{ Odds ez free, evens back dscnc}$ $\{1 \times 100 \text{ on } 2\text{:}00 \text{ Backstroke for time}$

2,400 $3x{4 \times 125}$ on 1:45 Backstroke

Workout #4660 - Tuesday, 08 May 2007 Group 3 - Gold 1 minute rest between sets

Yards	5:00 PM Start Set Description	5:00 PM Start Yards Set Description
300 150 900 750	<pre>1 on 20:00 10 min abs-wall sits/stretch 1 x 300 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 6 x 150 on 3:00 Freestyle-descend in 3's 3x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:50 Kick 4 x 25 on :40 12.5 ez 12.5 fast grt finishes</pre>	1 on 25:00 Scooters and Stretch 400
900 750 100 450	6 x 150 on 3:00 Freestyle-descend in 3's 2x{2 x 75 on 1:30 Pull no br L.12 yds {2 x 75 on 1:25 Pull no br L.12 yds {1 x 75 on 1:20 Pull no br L.12 yds 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 3 x 150 on 3:00 Freestyle descend in 3's	{1 x 100 on 1:55 Kick 900 1x{2 x 150 on 2:20 Lungbuster pulls {2 x 150 on 2:15 Lungbuster pulls {2 x 150 on 2:10 Lungbuster pulls { odds breathe 3-5-7, evens breathe 2-4-6 all 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	1 x 200 on 4:00 Stroke Drills 7:15 PM 4,600 Yards - Stress Value = 167 Workout #4657 - Monday, 07 May 2007	2,400 $3x\{4 \times 125 \text{ on } 1:55 \text{ Backstroke}$ $\{6 \times 25 \text{ on } :30 \text{ Odds ez free, evens back dscnc}$ $\{1 \times 100 \text{ on } 2:00 \text{ Backstroke for time}$ $\{1 \times 50 \text{ on } 1:15 \text{ Backstroke drill}$
	Group 2 - Silver 1 minute rest between sets	200 1 x 200 on 4:00 Stroke Drill 7:14 PM 5,250 Yards - Stress Value = 96
	5:30 PM Start	Workout #4661 - Tuesday, 08 May 2007
Yards	Set Description EGY	Group 3 - Silver 1 minute rest between sets
450	1 on 15:00 8 min abs-wall sits/stretch 1 x 300 on 6:00 Swim-kick-pull-swim REC 3 x 150 on 2:30 Freestyle-descend in 3's EN3 2x{4 x 25 on :45 Kick no board BSLR EN2 {2 x 75 on 1:45 Kick EN2 3 x 150 on 2:30 Freestyle-descend in 3's EN3 1x{2 x 75 on 1:20 Pull no br L.12 yds EN1 {2 x 75 on 1:15 Pull no br L.12 yds EN1	5:00 PM Start Yards Set Description 1 on 25:00 Scooters and Stretch 400 1 x 400 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters 800 2x{1 x 100 on 2:25 Kick
450		
250	3 x 150 on 2:30 Freestyle descend in 3's EN3 1 x 250 on 5:00 Stroke Drills REC 1 on 15:00 Techniques-TiVo Starts 7:00 PM 2,700 Yards - Stress Value = 95 Workout #4659 - Tuesday 08 May 2007	{1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick 750 1x{2 x 150 on 2:35 Lungbuster pulls {2 x 150 on 2:30 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls
250	1 x 250 on 5:00 Stroke Drills REC 1 on 15:00 Techniques-TiVo Starts	{1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick 750 1x{2 x 150 on 2:35 Lungbuster pulls {2 x 150 on 2:30 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls { odds breathe 3-5-7, evens breathe 2-4-6 all
250	1 x 250 on 5:00 Stroke Drills REC 1 on 15:00 Techniques-TiVo Starts 7:00 PM 2,700 Yards - Stress Value = 95 Workout #4659 - Tuesday, 08 May 2007	{1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick 750 1x{2 x 150 on 2:35 Lungbuster pulls {2 x 150 on 2:30 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls
250 Yards	1 x 250 on 5:00 Stroke Drills REC 1 on 15:00 Techniques-TiVo Starts 7:00 PM 2,700 Yards - Stress Value = 95 Workout #4659 - Tuesday, 08 May 2007 Group 3 - Back	{1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick 750 1x{2 x 150 on 2:35 Lungbuster pulls {2 x 150 on 2:30 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls { odds breathe 3-5-7, evens breathe 2-4-6 all 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #4658 - Tuesday, 08 May 2007 Group 3 - Bronze

1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 25:00 Scooters and Stretch
300	1 x 300 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
800	2x{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
750	1x{2 x 150 on 3:00 Lungbuster pulls
	{2 x 150 on 2:55 Lungbuster pulls
	{1 x 150 on 2:50 Lungbuster pulls
	{ odds breathe 3-5-7, evens breathe 2-4-6 all
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	3x{4 x 100 on 2:30 Backstroke
	{6 x 25 on :30 Odds ez free, evens back dscnc
	{1 x 50 on 2:00 Backstroke for time
	{1 x 50 on 1:15 Backstroke drill
200	1 x 200 on 4:00 Stroke Drill
200	7:17 PM 4,200 Yards - Stress Value = 74
	,

Workout #4662 - Tuesday, 08 May 2007 Group 2 - Backstroke 1 minute rest between sets

5:30 PM Start Yards Set Description

Tarus	Set Description	
=====	=======================================	
	1 on 15:00 Scooters and Stretch	
300	1 x 300 on 6:00 Underwater trn drill	
150	10×15 on :45 Shooters	=
400	2x{1 x 100 on 2:25 Kick	
	{1 x 100 on 2:20 Kick	
450	1x{1 x 150 on 2:35 Lungbuster pulls	
	{1 x 150 on 2:30 Lungbuster pulls	
	{1 x 150 on 2:25 Lungbuster pulls	
	{ odds breathe 3-5-7, evens breathe 2-4-6 all	
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,600	2x{4 x 125 on 2:15 Backstroke	
	{6 x 25 on :30 Odds ez free, evens back dscnc	
	{1 x 100 on 2:15 Backstroke for time	
	{1 x 50 on 1:15 Backstroke drill	
200	1 x 200 on 4:00 Stroke Drill	
	7:01 PM 3,200 Yards - Stress Value = 60	

Workout #4663 - Wednesday, 09 May 2007 Group 3 - Breast

1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 25:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Free 12.5y tuck spin
	10 x 15 on :45 Shooters
900	3x{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Sprint kick
1,200	1x{1 x 400 on 6:00 Pulls
	{1 x 400 on 5:50 Pulls
	{1 x 400 on 5:40 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	$1x\{1 \times 100 \text{ on } 1:45 \text{ Breaststroke}$
	$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}$
	{2 x 100 on 1:40 Breaststroke
	$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}$
	{3 x 100 on 1:35 Breaststroke
	$\{8 \times 25 \text{ on } 1:00 \text{ From dive}/10 \text{ pushups}$
	{4 x 100 on 1:30 Breaststroke

Workout #4664 - Wednesday, 09 May 2007 Group 2 - Fly

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 15:00 Physio Balls/Stretch
300	1 x 300 on 6:00 Free 12.5y tuck spin
	10 x 15 on :45 Shooters
450	3x{1 x 100 on 2:00 Kick-100% effort
	{1 x 50 on 1:30 Kick
500	1x{1 x 200 on 3:20 Pulls with paddles
	{1 x 150 on 2:30 Pulls with paddles
	{1 x 100 on 1:40 Pulls with paddles
	{1 x 50 on :50 Pulls with paddles
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	$3x\{1 \times 50 \text{ on } 1:00 \text{ Fly w/zoomers } 2-2$
	$\{1 \times 50 \text{ on } 1:00 \text{ Fly w/zoomers } 2-3$
	$\{1 \times 50 \text{ on } 1:00 \text{ Fly w/zoomers } 2-4$
	$\{1 \times 50 \text{ on } 1:00 \text{ Fly w/zoomers } 2-5$
	{4 x 25 on :30 Fly 10 underwater kicks
	$\{1 \times 50 \text{ on } 1:30 \text{ Freestyle}$
300	
	7:01 PM 2,950 Yards - Stress Value = 35

Workout #4665 - Thursday, 10 May 2007 Group 3 - Freestylers 1 minute rest between sets

	5:00 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
1,200	8 x 150 on 3:00 Kick-odds fast
1,250	1x{1 x 250 on 3:30 Pulls
	{1 x 250 on 3:25 Pulls
	{1 x 250 on 3:20 Pulls
	{1 x 250 on 3:15 Pulls
	{1 x 250 on 3:10 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	6 x 400 on 5:20 Freestyle
400	16 x 25 on :30 4 on each stroke des in 4's
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 6,250 Yards - Stress Value = 104

5.00 PM Start

Workout #4666 - Thursday, 10 May	2007
Group 3 - Gold	

1	minute	rest	between	sets

	5:00 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
1,200	8 x 150 on 3:00 Kick-odds fast
1,200	1x{1 x 250 on 3:30 Pulls
	{1 x 250 on 3:25 Pulls
	{1 x 250 on 3:20 Pulls
	{1 x 225 on 3:15 Pulls
	{1 x 225 on 3:10 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	6 x 375 on 5:20 Freestyle
400	16×25 on :30 4 on each stroke des in 4's
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 6,050 Yards - Stress Value = 99

Workout #4670 - Friday, 11 May 2007 Group 3 - IM'ers 1 minute rest between sets

1 on 20:00 Dryland and stretch

{1 x 50 on 1:00 Kick-100% effort

10 x 15 on :45 Shooters

1 x 400 on 8:00 Reverse IM drill

 $\{2 \times 75 \text{ on } 1:30 \text{ Breaststroke } \#2 \text{ fast} \}$ $\{3 \text{ x } 50 \text{ on } 1\text{:}00 \text{ Breaststroke descend}$ {4 x 25 on :30 Breaststroke-100%

1 on 15:00 Stomach and Stretch

10 x 15 on :45 Shooters 400 $2x\{4 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}$

{2 x 50 on 1:10 Kick $450 1x\{2 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w}$ {2 x 75 on 1:15 Pulls-nbbf&w {2 x 75 on 1:10 Pulls-nbbf&w

1,100 $2x{1 x 100 on 2:00 Breaststroke}$

5:00 PM Start

Set Description

 $750 5x{1 x 100 on 2:00 Kick}$

 $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$

6 x 50 on 1:10 Stroke Drills 7:00 PM 2,900 Yards - Stress Value = 36

1 x 300 on 6:00 Underwater trn drill

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

300

150

200

300

Yards

400

150

200

200

=====

Workout #4667 - Thursday, 10 May 2007 Group 3 - Silver 1 minute rest between sets

Yards	5:00 PM Start Set Description
400 150	1 on 20:00 Stomach and Stretch 1 x 400 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters
1,000	8 x 125 on 3:00 Kick-odds fast $1x\{1 \times 200 \text{ on 3:30 Pulls}$
	{1 x 200 on 3:25 Pulls {1 x 200 on 3:20 Pulls {1 x 200 on 3:15 Pulls
	{1 x 200 on 3:10 Pulls 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 6 x 325 on 5:20 Freestyle
	16 x 25 on :30 4 on each stroke des in 4's 1 x 250 on 5:00 Stroke Drills 7:15 PM 5,350 Yards - Stress Value = 89

800 $2x\{6 \times 25 \text{ on : 30 Pulls w/snorkels}$ {5 x 50 on :50 Pulls w/snorkel 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2,450 $1x{4}$ x 125 on 2:00 Individual Medley w/50 fly $\{3 \times 50 \text{ on } : 45 \text{ Freestyle-descend} \}$ $\{4 \times 125 \text{ on } 2:00 \text{ Individual Medley w/50 back}$ ${3 \times 50 \text{ on } :45 \text{ Freestyle-descend}}$ $\{4 \text{ x } 125 \text{ on } 2:00 \text{ Individual Medley w/50 breas}$ ${3 \times 50 \text{ on } :} 45 \text{ Freestyle-descend}$ {4 x 125 on 2:00 Individual Medley w/50 free 1 x 200 on 3:00 Stroke Drills 7:00 PM 4,950 Yards - Stress Value = 85

Workout #4668 - Thursday, 10 May 2007 Group 3 - Bronze

1 minute rest between sets

	5:00 PM Start	_
Yards	Set Description	
=====	=======================================	
	1 on 20:00 Stomach and Stretch	
300	1 x 300 on 8:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
1,000	8 x 125 on 3:00 Kick-odds fast	
750	1x{1 x 150 on 3:30 Pulls	
	{1 x 150 on 3:25 Pulls	
	{1 x 150 on 3:20 Pulls	
	{1 x 150 on 3:15 Pulls	
	{1 x 150 on 3:10 Pulls	
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500	6 x 250 on 5:20 Freestyle	
400	16 x 25 on :30 Freestyle	
200	1 x 200 on 5:00 Stroke Drills	
	7:15 PM 4,500 Yards - Stress Value = 78	

Workout #4671 - Friday, 11 May 2007 Group 2 - IM'ers 1 minute rest between sets

	Yards	5:30 PM Start Set Description
		=======================================
=	300	1 on 15:00 Dryland and stretch 1 x 300 on 6:00 Reverse IM drill
		1 x 200 on 11:00 Shooter Relays
	200	1 on 10:00 Vertical Kicking
	400	16 x 25 on :45 Pulls w/snorkels
	1,300	$1x\{2 \ x \ 125 \ on \ 2:20 \ Individual \ Medley \ w/50 \ fly$
		$\{2 \times 50 \text{ on } : 50 \text{ Freestyle} \}$
		$\{2 \times 125 \text{ on } 2:20 \text{ Individual Medley w/50 back}$
		$\{2 \times 50 \text{ on } : 50 \text{ Freestyle}$
		{2 x 125 on 2:20 Individual Medley w/50 breas
		$\{2 \times 50 \text{ on } :50 \text{ Freestyle} \}$
٤		{2 x 125 on 2:20 Individual Medley w/50 free
		1 on 10:00 Sculling Drills
		7:00 PM 2,200 Yards - Stress Value = 38

Workout #4669 - Thursday, 10 May 2007 Group 2 - Breast 1 minute rest between sets

5:30 PM Start Yards Set Description 5:00 PM Start

Workout #4672 - Monday, 14 May 2007 Group 3 - Distance 1 minute rest between sets

Yards	Set Description
=====	
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:00 Kick
1,300	•
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 100 on 1:45 Kick
1,350	$6x{1 x 75 on 1:05 Pulls L.25 3 breaths}$
	{1 x 75 on 1:05 Pulls L.25 2 breaths
	{1 x 75 on 1:05 Pulls L.25 1 breath
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	12 x 200 on 3:00 Challenge set!!!!!!!!!!!!!
	8 x 50 on 1:00 Stroke Drills
400	
	7:30 PM 6,200 Yards - Stress Value = 97

Workout #4673 - Monday, 14 May 2007 Group 3 - Gold 1 minute rest between sets

5:00 PM Start Yards Set Description _____ 1 on 30:00 Physio Balls/Stretch 400 1 x 400 on 8:00 Swim-kick-pull-swim 150 10×15 on :45 Shooters $1,200 \ 1x{1 x 100 on 2:00 Kick}$ $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {2 x 100 on 2:00 Kick $\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {3 x 100 on 2:00 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ ${3 \times 100 \text{ on } 2:00 \text{ Kick}}$ 1,350 $6x\{1 \times 75 \text{ on } 1:10 \text{ Pulls L.25 } 3 \text{ breaths}$ $\{1 \times 75 \text{ on } 1:10 \text{ Pulls L.25 2 breaths}$ {1 x 75 on 1:10 Pulls L.25 1 breath 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2,400 12 x 200 on 3:00 Challenge set!!!!!!!!!!!! 400 8 x 50 on 1:00 Stroke Drills 7:30 PM 6,100 Yards - Stress Value = 95

Workout #4674 - Monday, 14 May 2007 Group 3 - Silver

1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
1,350	$6x{1 x 75 on 1:15 Pulls L.25 3 breaths}$
	$\{1 \times 75 \text{ on } 1:15 \text{ Pulls L.25 2 breaths}$
	$\{1 \times 75 \text{ on } 1:15 \text{ Pulls L.25 1 breath}$
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	12 x 175 on 3:00 Challenge set!!!!!!!!!!!!
400	8 x 50 on 1:00 Stroke Drills

7:29 PM 5,600 Yards - Stress Value = 85

Workout #4675 - Monday, 14 May 2007 Group 3 - Bronze 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Physio Balls/Stretch
300	1 x 300 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
1,350	$6x\{1 \times 75 \text{ on } 1:25 \text{ Pulls L.25 } 3 \text{ breaths}$
	$\{1 \times 75 \text{ on } 1:25 \text{ Pulls L.25 2 breaths}$
	$\{1 \times 75 \text{ on } 1:25 \text{ Pulls L.25 1 breath}$
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	12 x 150 on 3:00 Challenge set!!!!!!!!!!!!
400	8 x 50 on 1:00 Stroke Drills
	7:30 PM 5,000 Yards - Stress Value = 75

Workout #4676 - Monday, 14 May 2007 Group 2 - Freestylers 1 minute rest between sets

Yards	5:30 PM Start Set Description
	=======================================
	1 on 20:00 Physio Balls/Stretch
300	1 x 300 on 6:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,000	10 x 200 on 3:30 Challenge set!!!!!!!!!!!!!
600	3x{1 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	1 on 10:00 Techniques-TiVo Starts
250	5 x 50 on 1:10 Stroke Drills
	7:15 PM 3,300 Yards - Stress Value = 58

5:00 PM Start

Set Description

 $1,200 4x{1 x 150 on 3:00 Kick}$

10 x 15 on :45 Shooters

{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1,500 1x{1 x 500 on 6:40 Pulls

{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

Yards

400

1.50

200

Workout #4678 - Tuesday, 15 May 2007 Group 3 - Back 1 minute rest between sets

1 on 30:00 Scooter Boards/Stretch

2,500 $1x\{6 \times 50 \text{ on } 1:00 \text{ Backstroke-descend in } 3\text{'s}$ $\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drill}$ $\{6 \times 50 \text{ on } :55 \text{ Backstroke-descend}$ $\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills} \}$

 $\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$

{1 x 100 on 1:45 Stroke Drills {3 x 50 on :45 Backstroke-descend {1 x 50 on 1:00 Stroke Drills {3 x 50 on :50 Backstroke-descend {1 x 50 on 1:00 Stroke Drills {3 x 50 on :55 Backstroke-descend {1 x 50 on 1:00 Stroke Drills {3 x 50 on 1:00 Backstroke-descend {1 x 50 on 1:00 Stroke Drills {1 x 50 on 1:00 Stroke Drills {1 x 100 on 2:00 Backstroke for time 1 x 200 on 3:00 Stroke Drills 7:30 PM 6,150 Yards - Stress Value = 92

1 x 400 on 8:00 Underwater trn drill

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

{6 x 50 on :50 Backstroke-descend in 3's

{6 x 50 on :45 Backstroke-descend in 3's

Workout #4677 - Tuesday, 15 May 2007 Group 3 - Silver 1 minute rest between sets

Yards	5:00 PM Start Set Description
400	1 on 30:00 Scooter Boards/Stretch 1 x 400 on 8:00 Underwater trn drill
	10 x 15 on :45 Shooters
	3x{1 x 150 on 3:30 Kick
200	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
1 ////	1x{1 x 500 on 8:20 Pulls
1,400	{1 x 400 on 6:40 Pulls
	{1 x 300 on 5:00 Pulls
	{1 x 200 on 3:20 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{6 x 50 on 1:05 Backstroke-descend in 3's
,	{1 x 100 on 2:00 Stroke Drill
	{6 x 50 on 1:00 Backstroke-descend
	{1 x 100 on 2:00 Stroke Drills
	{6 x 50 on :55 Backstroke-descend in 3's
	{1 x 100 on 2:00 Stroke Drills
	<pre>{6 x 50 on :50 Freestyle-descend in 3's</pre>
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on :50 Freestyle-descend
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on :55 Backstroke-descend
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on 1:00 Backstroke-descend
	{1 x 50 on 1:00 Stroke Drills
	{1 x 100 on 2:00 Backstroke for time
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 5,500 Yards - Stress Value = 81

Workout #4679 - Tuesday, 15 May 2007 Group 3 - Gold

1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	=======================================
	1 on 30:00 Scooter Boards/Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	4x{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
1,400	1x{1 x 500 on 7:05 Pulls
	{1 x 400 on 5:40 Pulls
	{1 x 300 on 4:15 Pulls
	{1 x 200 on 2:50 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{6 x 50 on 1:00 Backstroke-descend in 3's
	{1 x 100 on 1:45 Stroke Drill
	{6 x 50 on :55 Backstroke-descend
	{1 x 100 on 1:45 Stroke Drills
	<pre>{6 x 50 on :50 Backstroke-descend in 3's</pre>
	{1 x 100 on 1:45 Stroke Drills
	<pre>{6 x 50 on :45 Freestyle-descend in 3's</pre>
	{1 x 100 on 1:45 Stroke Drills
	{3 x 50 on :45 Freestyle-descend
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on :50 Backstroke-descend
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on :55 Backstroke-descend
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on 1:00 Backstroke-descend
	$\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}\}$

Workout #4680 - Tuesday, 15 May 2	2007
Group 3 - Bronze	
1 minute rest between sets	

Yards	5:00 PM Start Set Description
200	1 on 30:00 Scooter Boards/Stretch
300	
	10 x 15 on :45 Shooters
900	3x{1 x 150 on 4:00 Kick
	{1 x 100 on 2:30 Kick
	{1 x 50 on 1:10 Kick
1,000	1x{1 x 400 on 8:00 Pulls
	{1 x 300 on 6:00 Pulls
	{1 x 100 on 2:00 Pulls
	{1 x 200 on 4:00 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{6 x 50 on 1:15 Backstroke-descend in 3's
	{1 x 50 on 1:30 Stroke Drill
	{6 x 50 on 1:10 Backstroke-descend
	{1 x 50 on 1:30 Stroke Drills
	{6 x 50 on 1:05 Backstroke-descend in 3's
	{1 x 50 on 1:30 Stroke Drills
	<pre>{6 x 50 on 1:00 Freestyle-descend in 3's</pre>
	{1 x 50 on 1:30 Stroke Drills
	{3 x 50 on 1:00 Freestyle-descend
	{1 x 50 on 1:30 Stroke Drills
	{3 x 50 on 1:05 Backstroke-descend
	{1 x 50 on 1:30 Stroke Drills
	{1 x 100 on 2:00 Backstroke for time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,650 Yards - Stress Value = 74

Workout #4681 - Tuesday, 15 May 2007 Group 2 - Back 1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 20:00 Scooter Boards/Stretch
300	1 x 300 on 6:00 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
1,000	1x{1 x 400 on 6:40 Pulls
	{1 x 300 on 5:00 Pulls
	{1 x 200 on 3:20 Pulls
	{1 x 100 on 1:40 Pulls
	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{3 x 50 on 1:05 Backstroke-descend in 3's
	{1 x 50 on 1:00 Stroke Drill
	{3 x 50 on 1:00 Backstroke-descend
	{1 x 50 on 1:00 Stroke Drills {3 x 50 on :55 Backstroke-descend in 3's
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on :50 Freestyle-descend in 3's
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on :50 Freestyle-descend
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on :55 Backstroke-descend
	{1 x 50 on 1:00 Stroke Drills
	{3 x 50 on 1:00 Backstroke-descend
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,750 Yards - Stress Value = 53

Workout #4682 - Wednesday, 16 May 2007 Group 3 - Breast 1 minute rest between sets

Yards Set Description	
1 on 30:00 Stomach and Stretch	
400 1 x 400 on 8:00 Free 12.5y tuck spin	
150	
$1,000 4x\{4 \times 25 \text{ on } :45 \text{ Kick no board BSLR}$	
{3 x 50 on 1:00 Kick- 100% effort	
$1,500 3x\{1 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}$	
{1 x 125 on 1:45 Lungbuster pulls	
{1 x 125 on 1:40 Lungbuster pulls	
{1 x 125 on 1:35 Lungbuster pulls	
{ 1st & 3rd set br. 2-3-4-5-6, 2nd set br 3-4	
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2 on each stroke	
$2,350$ 1x{5 x 50 on 1:00 Breast under/overs	
{5 x 100 on 1:40 25 breast 75 free	
{5 x 50 on 1:00 Breast under/overs	
{5 x 100 on 1:35 50 free 50 breast	
{5 x 50 on 1:00 100 Breast under/overs	
{5 x 100 on 1:30 75 Breast 25 free	
{1 x 100 on 2:00 Freestyle	
100 1 x 100 on 2:00 Breaststroke OTB for time	
200 1 x 200 on 3:00 Stroke Drills	
7:30 PM 5,900 Yards - Stress Value = 102	
W	
Workout #4683 - Wednesday, 16 May 2007	
Group 3 - Gold	
1 minute rest between sets	

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	
	1 on 30:00 Stomach and Stretch
	1 x 400 on 8:00 Free 12.5y tuck spin
	10 x 15 on :45 Shooters
1,000	$4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{3 x 50 on 1:00 Kick- 100% effort
1,350	$3x\{1 \times 125 \text{ on } 1:55 \text{ Lungbuster pulls}$
	{1 x 125 on 1:50 Lungbuster pulls
	{2 x 100 on 1:25 Lungbuster pulls
	{ 1st & 3rd set br. 2-3-4-5-6, 2nd set br 3-4
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
2,200	1x{4 x 50 on 1:00 Breast under/overs
	{5 x 100 on 1:50 25 breast 75 free
	{4 x 50 on 1:00 Breast under/overs
	{5 x 100 on 1:45 50 free 50 breast
	{4 x 50 on 1:00 100 Breast under/overs
	{5 x 100 on 1:40 75 Breast 25 free
	{1 x 100 on 2:00 Freestyle
100	1 x 100 on 2:00 Breaststroke OTB for time
200	1 x 200 on 3:00 Stroke Drills
	7:29 PM 5,600 Yards - Stress Value = 95

5.00 PM Start

Workout #4684 - Wednesday, 16 May 2007 Group 3 - Silver 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	
	1 on 30:00 Stomach and Stretch
400	1 x 400 on 8:00 Free 12.5y tuck spin
	10 x 15 on :45 Shooters
1,000	4x{4 x 25 on :45 Kick no board BSLR
	${3 \times 50 \text{ on } 1:10 \text{ Kick- } 100\% \text{ effort}}$
1,050	3x{1 x 125 on 2:10 Lungbuster pulls
	{1 x 125 on 2:05 Lungbuster pulls
	{1 x 100 on 1:40 Lungbuster pulls
	{ 1st & 3rd set br. 2-3-4-5-6, 2nd set br 3-4
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
2,100	1x{4 x 50 on 1:10 Breast under/overs
	{5 x 100 on 1:50 25 breast 75 free
	{4 x 50 on 1:10 Breast under/overs
	{5 x 100 on 1:50 50 free 50 breast
	{4 x 50 on 1:10 100 Breast under/overs
	{4 x 100 on 1:40 75 Breast 25 free
	•
	{1 x 100 on 2:00 Freestyle
	1 x 100 on 2:00 Breaststroke OTB for time
200	1 x 200 on 3:00 Stroke Drills
	7:29 PM 5,200 Yards - Stress Value = 87

Workout #4685 - Wednesday, 16 May 2007 Group 3 - Bronze 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
300	1 x 300 on 8:00 Free 12.5y tuck spin
150	10 x 15 on :45 Shooters
1,000	$4x\{4 \ x \ 25 \ on \ : 45 \ Kick no board BSLR$
	${3 \times 50 \text{ on } 1:10 \text{ Kick- } 100\% \text{ effort}}$
900	3x{1 x 100 on 2:05 Lungbuster pulls
	{1 x 100 on 2:00 Lungbuster pulls
	{1 x 100 on 1:55 Lungbuster pulls
	{ 1st & 3rd set br. 2-3-4-5, 2nd set br 3-4-5
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
1,750	1x{3 x 50 on 1:20 Breast under/overs
	{4 x 100 on 2:10 25 breast 75 free
	{3 x 50 on 1:20 Breast under/overs
	{4 x 100 on 2:15 50 free 50 breast
	{3 x 50 on 1:20 100 Breast under/overs
	{4 x 100 on 2:20 25 Breast 75 free
	{1 x 100 on 3:00 Freestyle
100	
200	1 x 200 on 3:00 Stroke Drills

Workout #4686 - Wednesday, 16 May 2007 Group 2 - Breast 1 minute rest between sets

7:30 PM 4,600 Yards - Stress Value = 79

Yards	5:30 PM Start Set Description
	=======================================
	1 on 20:00 Stomach and Stretch
300	1 x 300 on 6:00 Free 12.5y tuck spin
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- 100% effort
500	2x{1 x 125 on 2:10 Lungbuster pulls
	{1 x 125 on 2:05 Lungbuster pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes

```
2 on each stroke
1,450 1x{3 \times 50} on 1:15 Breast under/overs
         {3 x 100 on 2:00 25 breast 75 free
         {3 \times 50 \text{ on } 1:10 \text{ Breast under/overs}}
         \{3 \times 100 \text{ on } 2:00 50 \text{ free } 50 \text{ breast} \}
         {3 x 50 on 1:10 100 Breast under/overs
         {3 x 100 on 2:00 75 Breast 25 free
         {1 x 100 on 2:00 Freestyle
         1 x 100 on 2:00 Breaststroke OTB for time
        1 x 200 on 3:00 Stroke Drills
      7:15 PM 3,400 Yards - Stress Value = 56
```

Workout #4687 - Thursday, 17 May 2007 Group 3 - IM'ers 1 minute rest between sets

Yards	5:00 PM Start Set Description								
400 150	<pre>1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters</pre>								
1,500	3x{1 x 100 on 2:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {4 x 25 on :30 Kick								
1,800	$3\times \{1\times 150 \text{ on } 2:15 \text{ Pulls with paddles} \\ \{1\times 150 \text{ on } 2:10 \text{ Pulls with paddles} \\ \{1\times 150 \text{ on } 2:05 \text{ Pulls with paddles} \\ \{1\times 150 \text{ on } 2:00 \text{ Pulls with paddles} \\ \}$								
	{ 3rd set do not use paddles								
	8 x 25 on :40 12.5 ez 12.5 fast grt finishes								
2,000	1x{1 x 100 on 2:00 Individual Medley								
	{1 x 100 on 2:00 Stroke Drills								
	{2 x 100 on 1:55 Individual Medley								
	{2 x 100 on 2:00 Stroke Drills {3 x 100 on 1:50 Individual Medley								
	{3 x 100 on 1:30 individual mediey {3 x 100 on 2:00 Stroke Drills								
	{4 x 100 on 1:45 Individual Medley								
	{4 x 100 on 1:45 individual Mediey {4 x 100 on 2:00 Stroke Drills								
	7:26 PM 5,600 Yards - Stress Value = 65								
	131000 14140 00								
Workout #4688 - Thursday, 17 May 2007									
	Group 2 - IM'ers								

Group 2 - IM'ers 1 minute rest between sets

Yards	5:30 PM Start Set Description
======	======================================
	1 on 19:00 Stomach and Stretch
300	1 x 300 on 6:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:20 Kick
	{2 x 75 on 1:40 Kick
	{3 x 50 on 1:05 Kick
	{4 x 25 on :30 Kick
600	1x{1 x 150 on 2:40 Pulls with paddles
	$\{1 \times 150 \text{ on } 2:35 \text{ Pulls with paddles} \}$
	$\{1 \times 150 \text{ on } 2:30 \text{ Pulls with paddles} \}$
	$\{1 \times 150 \text{ on } 2:25 \text{ Pulls with paddles} \}$
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	1x{1 x 100 on 2:00 Individual Medley
	{1 x 100 on 2:00 Stroke Drills
	{2 x 100 on 1:55 Individual Medley
	{2 x 100 on 2:00 Stroke Drills
	{3 x 100 on 1:50 Individual Medley
	{3 x 100 on 2:00 Stroke Drills
	{4 x 100 on 1:45 Individual Medley
	{4 x 100 on 2:00 Stroke Drills
	7:15 PM 3,750 Yards - Stress Value = 38

Workout #4692 - Monday, 21 May 2007

 $1,050 3x{1 x 125 on 2:10 Pull no br L.12 yds$

{1 x 125 on 2:05 Pull no br L.12 yds

{1 x 100 on 1:40 Pull no br L.12 yds **Group 3 - Freestylers** 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1 minute rest between sets 2,000 1x{6 x 100 on 1:30 Freestyle {1 on 1:00 Rest 5:00 PM Start $\{5 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ Yards Set Description {1 on 1:00 Rest {4 x 100 on 1:30 Freestyle _____ 7:30 PM 5,500 Yards - Stress Value = 91 {1 x 125 on 1:35 Pull no br L.12 yds Workout #4690 - Monday, 21 May 2007 12 x 25 on :40 12.5 ez 12.5 fast grt finish€ $2,100 1x{6 x 100 on 1:10 Freestyle}$ Group 3 - Bronze {1 on 1:00 Rest 1 minute rest between sets $\{5 \times 100 \text{ on } 1:10 \text{ Freestyle} \}$ {1 on 1:00 Rest 5:00 PM Start {4 x 100 on 1:10 Freestyle Yards Set Description {1 on 1:00 Rest _____ ${3 \times 100 \text{ on } 1:10 \text{ Freestyle}}$ 1 on 30:00 Stomach and Stretch {1 on 1:00 Rest 600 1 x 600 on 12:00 Swim-kick-pull-swim {2 x 100 on 1:10 Freestyle {1 on 1:00 Rest 1,000 $4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ 8 x 50 on 1:00 Stroke Drills {1 x 100 on 1:10 Freestyle {3 x 50 on 1:15 Kick L.25 of each 100% 400 1,050 3x{1 x 125 on 2:30 Pull no br L.12 yds 7:30 PM 6,250 Yards - Stress Value = 100 {1 x 125 on 2:25 Pull no br L.12 yds {1 x 100 on 1:55 Pull no br L.12 yds Workout #4691 - Monday, 21 May 2007 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,800 1x{6 x 100 on 1:50 Freestyle Group 3 - Gold {1 on 1:00 Rest 1 minute rest between sets $\{5 \times 100 \text{ on } 1:50 \text{ Freestyle} \}$ {1 on 1:00 Rest 5:00 PM Start {4 x 100 on 1:50 Freestyle Yards Set Description {1 on 1:00 Rest 1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1 3 x 100 on 1:50 Freestyle 200 1 x 200 on 4:00 Stroke Drills 7:32 PM 5,100 Yards - Stress Value ===== 1 x 600 on 12:00 Swim-kick-pull-swim 600 7:32 PM 5,100 Yards - Stress Value = 83 1,200 $4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ Workout #4693 - Monday, 21 May 2007 {2 x 100 on 2:00 Kick L.50 of each 100% 1,500 4x{1 x 125 on 1:55 Pull no br L.12 yds Group 2 - Freestylers {1 x 125 on 1:50 Pull no br L.12 yds 1 minute rest between sets {1 x 125 on 1:45 Pull no br L.12 yds 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 5:30 PM Start 2,100 1x{6 x 100 on 1:20 Freestyle Yards Set Description {1 on 1:00 Rest $\{5 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ 1 on 15:00 Stomach and Stretch {1 on 1:00 Rest 300 1 x 300 on 6:00 Swim-kick-pull-swim {4 x 100 on 1:20 Freestyle 150 10 x 15 on :45 Shooters {1 on 1:00 Rest 300 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ ${3 \times 100 \text{ on } 1:20 \text{ Freestyle}}$ {2 x 100 on 2:10 Kick L.50 of each 100% {1 on 1:00 Rest 350 1x{1 x 125 on 2:10 Pull no br L.12 yds $\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ {1 x 125 on 2:05 Pull no br L.12 yds {1 on 1:00 Rest {1 x 100 on 1:40 Pull no br L.12 yds 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 100 on 1:20 Freestyle 5 x 50 on 1:00 Stroke Drills 7:30 PM 6,000 Yards - Stress Value = 99 $2,100 1x{6 x 100 on 1:30 Freestyle}$ {1 on 1:00 Rest $\{5 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ Workout #4689 - Monday, 21 May 2007 {1 on 1:00 Rest {4 x 100 on 1:30 Freestyle Group 3 - Silver {1 on 1:00 Rest 1 minute rest between sets {3 x 100 on 1:30 Freestyle {1 on 1:00 Rest 5:00 PM Start {2 x 100 on 1:30 Freestyle 100 10 x 15 on :45 Shooters 1,200 $4x\{4 \ x \ 25 \ on \ :45 \ Kick \ no \ board \ BSLR$ 7:15 PM 3,550 Yards - Stress Value = 61 {2 x 100 on 2:10 Kick L.50 of each 100%

```
{1 x 100 on 1:40 Pulls
            Workout #4694 - Tuesday, 22 May 2007
                                                200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
                     Group 3 - Back
                                                      1,725 \ 1x{5} \ x \ 75 \ on \ 1:25 \ Backstroke
                 1 minute rest between sets
                                                               {3 x 50 on 1:05 Backstroke 10kow
                                                               \{5 \times 75 \text{ on } 1:20 \text{ Backstroke} \}
      5:00 PM Start
                                                               {3 x 50 on 1:05 Backstroke 10kow
Yards Set Description
                                                            {5 x 75 on 1:15 Backstroke {2 x 50 on 1:05 Backstroke 10kow
  _____
  1,500 3x{1 x 125 on 2:30 Kick}
                                                                    Workout #4697 - Tuesday, 22 May 2007
        {1 x 125 on 2:25 Kick
        {1 x 125 on 2:20 Kick
                                                                           Group 3 - Bronze
        {1 x 125 on 2:15 Kick
                                                                        1 minute rest between sets
2,000 1x{1 x 400 on 5:20 Pulls}
        {2 x 300 on 4:00 Pulls
                                                             5:00 PM Start
        {3 \times 200 \text{ on } 3:20 \text{ Pulls}}
                                                      Yards Set Description
        {4 x 100 on 1:20 Pulls
                                                      -
         8 x 25 on :40 12.5 ez 12.5 fast grt finishes
        8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 on 30:00 Dryland and stretch (6 x 75 on 1:15 Backstroke 400 1 x 400 on 10:00 Underwater trn drill (3 x 50 on 1:00 Backstroke 10kow 150 10 x 15 on :45 Shooters
2,000 1x{6 x 75 on 1:15 Backstroke}
        {6 x 75 on 1:10 Backstroke {3 x 50 on 1:00 Backstroke 10kow
                                                        900 3x{1 x 100 on 2:30 Kick
                                                              {1 x 100 on 2:25 Kick
        \{6 \times 75 \text{ on } 1:05 \text{ Backstroke} \}
                                          {1 x 100 on 2:20 Kick
1,800 1x{1 x 400 on 8:00 Pulls
        {3 x 50 on 1:00 Backstroke 10kow
        {1 x 200 on 3:00 Stroke Drills
                                                              {2 x 300 on 6:00 Pulls
      7:30 PM 6,450 Yards - Stress Value = 106
                                                               {3 x 200 on 4:00 Pulls
                                                               {2 x 100 on 2:00 Pulls
            Workout #4695 - Tuesday, 22 May 2007
                                                        200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
                                                      1,500 1x{4 x 75 on 1:40 Backstroke
                     Group 3 - Gold
                                                               {3 x 50 on 1:10 Backstroke 10kow
                 1 minute rest between sets
                                                               \{4 \times 75 \text{ on } 1:35 \text{ Backstroke} \}
                                                               {3 x 50 on 1:10 Backstroke 10kow
      5:00 PM Start
                                                               {4 x 75 on 1:30 Backstroke
Yards Set Description
  {2 x 50 on 1:10 Backstroke 10kow
=====
         10 x 15 on :45 Shooters
                                                                   Workout #4698 - Tuesday, 22 May 2007
1,500 3x{1 x 125 on 2:30 Kick}
        {1 x 125 on 2:25 Kick
                                                                          Group 2 - Backstroke
        {1 x 125 on 2:20 Kick
                                                                        1 minute rest between sets
        {1 x 125 on 2:15 Kick
1,900 1x{1 x 400 on 6:00 Pulls}
                                                            5:30 PM Start
        {2 x 300 on 4:30 Pulls
                                                      Yards Set Description
        {3 x 200 on 3:00 Pulls
                                                      ____
                                                                _____
        {3 x 100 on 1:30 Pulls
                                                                1 on 15:00 Dryland and stretch
       8 \times 25 on :40 12.5 ez 12.5 fast grt finishes 300 \times 1 \times 300 on 6:00 Underwater trn drill
  200
2,000 1x\{6 \times 75 \text{ on } 1:15 \text{ Backstroke} \}
                                                       {3 x 50 on 1:00 Backstroke 10kow
                                                        500 1x{1 x 125 on 2:55 Kick
         {6 x 75 on 1:10 Backstroke
                                                               {1 x 125 on 2:50 Kick
        {3 x 50 on 1:00 Backstroke 10kow
                                                               {1 x 125 on 2:45 Kick
        {6 x 75 on 1:05 Backstroke
                                          {1 x 125 on 2:40 Kick 1,000 1x{1 x 300 on 5:15 Pulls
        {3 x 50 on 1:00 Backstroke 10kow
        {1 x 200 on 3:00 Stroke Drills
                                                       {2 x 200 on 3:30 Pulls
      7:30 PM 6,350 Yards - Stress Value = 104
                                                              {3 x 100 on 1:45 Pulls
                                                        200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
            Workout #4696 - Tuesday, 22 May 2007 1,525 1x{6 x 75 on 1:25 Backstroke
                                                               {3 x 50 on 1:05 Backstroke 10kow
                     Group 3 - Silver
                                                               \{5 \times 75 \text{ on } 1:20 \text{ Backstroke} \}
                 1 minute rest between sets
                                                               {3 x 50 on 1:05 Backstroke 10kow
                                                               \{4 \times 75 \text{ on } 1:15 \text{ Backstroke} \}
         Set Description 250 1 x 250 on 1:05 Backstroke 10kow 250 1 x 250 on 5:00 Stroke Drills 7.15 DM 2 005 W
      5:00 PM Start
Yards Set Description
                                                          7:15 PM 3,925 Yards - Stress Value = 55
         1 on 30:00 Dryland and stretch
       1 x 500 on 10:00 Underwater trn drill
  500
  1,350 3x{1 x 125 on 2:45 Kick}
        {1 x 125 on 2:40 Kick
        {1 x 100 on 2:05 Kick
        {1 x 100 on 2:00 Kick
1,700 1x{1 x 400 on 6:40 Pulls}
        {2 x 300 on 5:00 Pulls
        {3 x 200 on 3:20 Pulls
```

Workout #4700 - Wednesday, 23 May 2007 Group 3 - Breast 1 minute rest between sets

Yards		PM Start et Description	
	1	on 30:00 Stomach and Stretch	
600	1	x 600 on 9:00 Freestyle L.25 of each 100 6	100
150	10	0 x 15 on :45 Shooters	800
800		x 200 on 3:30 Breaststroke	
		x 25 on :25 Odds free, evens breast	
		x 150 on 2:35 Breaststroke	100
		x 25 on :25 Odds free, evens breast	750
	-	x 100 on 1:45 Breaststroke	
		x 25 on :25 Odds free, evens breast	
100	-	x 50 on :50 Breaststroke	
100		x 100 on 2:00 Freestyle	
1,100		x 100 on 2:00 Kick	
	-	x 50 on 1:00 Kick-100%	200
	-	x 100 on 2:00 Kick	
	-	x 50 on 1:00 Kick-100%	
		x 100 on 2:00 Freestyle x 50 on 1:00 Kick-100%	
	-	x 100 on 2:00 Kick	
	-	x 50 on 1:00 Kick-100%	
	ر ب	X 30 OH 1.00 KICK-100%	
1 0 0	Δ	v 25 on •40 12 5 ez 12 5 fast art finishes	
100		x 25 on :40 12.5 ez 12.5 fast grt finishes	
	1x{1	x 200 on 3:30 Breaststroke	V
	1x{1 {4	x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast	Yards
	1x{1 {4 {1	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke</pre>	Yards =====
	1x{1 {4 {1 {4	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast</pre>	=====
	1x{1 {4 {1 {4 {1	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke</pre>	400
	1x{1 {4 {1 {4 {1	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast</pre>	400 150
	1x{1 {4 {1 {4 {1 {4	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast</pre>	400
100	1x{1 {4 {1 {4 {1 {4 {1 1	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke</pre>	400 150
100	1x{1 {4 {1 {4 {1 {1 1x{1	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls</pre>	400 150
100	1x{1 {4 {1 {4 {1 {4 {1 1 1x{1 {2 {3	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 100 on 1:25 Pulls</pre>	400 150
100	1x{1 {4 {1 {4 {1 {1 1x{1 2 {3 {4	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 100 on 1:25 Pulls x 50 on :40 Pulls</pre>	400 150
100 1,000	1x{1 {4 {1 {4 {1 {1 1x{1 1x{1 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 100 on 1:25 Pulls x 50 on :40 Pulls x 25 on :40 12.5 ez 12.5 fast grt finishes</pre>	400 150
100 1,000	1x{1 {4 {1 {4 {1 1x{1 1x{1 4 4 4 1x{1 1x{1	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 150 on 1:25 Pulls x 100 on 1:25 Pulls x 50 on :40 Pulls x 25 on :40 12.5 ez 12.5 fast grt finishes x 200 on 3:30 Breaststroke</pre>	400 150 600
100 1,000	1x{1 {4 {1 {4 {1 1x{1 1x{1 4 4 4 4 1x{1 4 4	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 150 on 1:25 Pulls x 100 on 1:25 Pulls x 50 on :40 Pulls x 25 on :40 12.5 ez 12.5 fast grt finishes x 200 on 3:30 Breaststroke x 25 on :25 Odds breast, evens free</pre>	400 150 600
100 1,000	1x{1 {4 {1 {4 {1 1x{1 2 {3 4 4 1x{1 {4 4	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 150 on 1:25 Pulls x 50 on :40 Pulls x 25 on :40 12.5 ez 12.5 fast grt finishes x 200 on 3:30 Breaststroke x 25 on :25 Odds breast, evens free x 150 on 2:35 Breaststroke</pre>	400 150 600
100 1,000	1x{1 {4 {1 {4 {1 1x{1 2 {3 4 4 1x{1 {4 4	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 150 on 1:25 Pulls x 100 on 1:25 Pulls x 50 on :40 Pulls x 25 on :40 12.5 ez 12.5 fast grt finishes x 200 on 3:30 Breaststroke x 25 on :25 Odds breast, evens free x 150 on 2:35 Breaststroke x 25 on :25 Odds breast, evens free</pre>	400 150 600
100 1,000	1x{1 {4 {1 {4 {1 1x{1 1x{1 4 4 1x{1 4 4 1x{1 4 4 1x{1 4 4 1x{1 4 4 1x{1 4 4 1 4 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 150 on 1:25 Pulls x 50 on :40 Pulls x 25 on :40 12.5 ez 12.5 fast grt finishes x 200 on 3:30 Breaststroke x 25 on :25 Odds breast, evens free x 150 on 2:35 Breaststroke x 25 on :25 Odds breast, evens free x 100 on 1:45 Breaststroke</pre>	400 150 600
100 1,000	1x{1 {4 {1 {4 {1 1x{1 1x{1 4 4 4 1x{1 {4 4 4 1x{1 4 4 4 4 4 4 4 1 4 4 4 4 4 4 4 4 4 4 4	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 150 on 2:10 Pulls x 100 on 1:25 Pulls x 50 on :40 Pulls x 25 on :40 12.5 ez 12.5 fast grt finishes x 200 on 3:30 Breaststroke x 25 on :25 Odds breast, evens free x 150 on 2:35 Breaststroke x 25 on :25 Odds breast, evens free x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast</pre>	400 150 600
100 1,000	1x{1 {4 {1 {4 {1 1x{1 1x{1 4 4 1x{1 {4 4 1x{1 4 4 1x{1 4 4 1x{1 4 4 1x{1 4 4 1x{1 4 4 1 4 1 4 1 4 1 4 1 1 1 1 1 1 1 1 1	<pre>x 200 on 3:30 Breaststroke x 25 on :25 Odds free, evens breast x 150 on 2:35 Breaststroke x 25 on :25 Odds free, evens breast x 100 on 1:45 Breaststroke x 25 on :25 Odds free, evens breast x 50 on :50 Breaststroke x 100 on 2:00 Freestyle x 200 on 3:00 Pulls x 150 on 2:10 Pulls x 150 on 1:25 Pulls x 50 on :40 Pulls x 25 on :40 12.5 ez 12.5 fast grt finishes x 200 on 3:30 Breaststroke x 25 on :25 Odds breast, evens free x 150 on 2:35 Breaststroke x 25 on :25 Odds breast, evens free x 100 on 1:45 Breaststroke</pre>	400 150 600

Workout #4701 - Wednesday, 23 May 2007 Group 3 - Silver

7:30 PM 5,850 Yards - Stress Value = 114

1 minute rest between sets

Yards			M Start Description
	1	OT	n 30:00 Stomach and Stretch
500			500 on 9:00 Freestyle L.25 of each 100 (
150	10) 2	k 15 on :45 Shooters
750	1x{1	Х	200 on 3:50 Breaststroke
	{ 4	Х	25 on :30 Odds free, evens breast
	{ 1	Х	150 on 2:50 Breaststroke
	{ 4	Х	25 on :30 Odds free, evens breast
	{ 1	Х	100 on 1:55 Breaststroke
	{ 4	Х	25 on :30 Odds free, evens breast
100	1	Х	100 on 2:00 Freestyle
900	1x{1	Х	100 on 2:15 Kick
	{ 1	Х	50 on 1:05 Kick-100%
	{ 1	Х	100 on 2:15 Kick
	{ 2	Х	50 on 1:05 Kick-100%
	{ 1	Х	100 on 2:15 Freestyle
	{ 3	Х	50 on 1:05 Kick-100%

```
{1 x 100 on 2:15 Kick
        \{4 \times 50 \text{ on } 1:05 \text{ Kick-}100\%
         4 x 25 on :40 12.5 ez 12.5 fast grt finishes
100
750 1x{1 \times 200} on 3:50 Breaststroke
        \{4 \times 25 \text{ on } : 30 \text{ Odds free, evens breast}
        {1 x 150 on 2:50 Breaststroke
        \{4 \times 25 \text{ on } : 30 \text{ Odds free, evens breast}
        \{1 \times 100 \text{ on } 1:55 \text{ Breaststroke} \}
        \{4 \times 25 \text{ on } : 30 \text{ Odds free, evens breast}
100
        1 x 100 on 2:00 Freestyle
800 1x{1 x 200 on 3:10 Pulls}
        {2 x 150 on 2:25 Pulls
        {3 x 100 on 1:35 Pulls
        4 x 25 on :40 12.5 ez 12.5 fast grt finishes
100
750 1x{1 \times 200} on 3:50 Breaststroke
        \{4 \text{ x } 25 \text{ on } : 30 \text{ Odds breast, evens free}
        \{1 \text{ x } 150 \text{ on } 2\text{:}50 \text{ Breaststroke} \}
        \{4 \times 25 \text{ on } : 30 \text{ Odds breast, evens free}
        \{1 \times 100 \text{ on } 1:55 \text{ Breaststroke} \}
        {4 x 25 on :30 Odds free, evens breast
         1 x 200 on 4:00 Stroke Drills
     7:30 PM 5,200 Yards - Stress Value = 97
            Workout #4699 - Wednesday, 23 May 2007
                        Group 3 - Bronze
                    1 minute rest between sets
```

1 on 30:00 Stomach and Stretch

10 x 15 on :45 Shooters

600 1x{1 x 150 on 3:15 Breaststroke $\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ $\{1 \times 100 \text{ on } 2:10 \text{ Breaststroke} \}$ $\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ $\{1 \text{ x } 50 \text{ on } 1\text{:}05 \text{ Breaststroke} \}$

1 x 400 on 9:00 Freestyle L.25 of each 100 6

5:00 PM Start

Set Description

	{ 4	x 25 on :30 Freestyle
50	1	x 50 on 2:00 Freestyle
900	1x{1	x 100 on 2:30 Kick
	{ 1	x 50 on 1:15 Kick-100%
	{ 1	x 100 on 2:30 Kick
	{ 2	x 50 on 1:15 Kick-100%
	{ 1	x 100 on 2:30 Freestyle
	{ 3	x 50 on 1:15 Kick-100%
	{ 1	x 100 on 2:30 Kick
	{ 4	x 50 on 1:15 Kick-100%
100	4	x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{1	x 150 on 3:15 Breaststroke
	{ 4	x 25 on :30 Freestyle
	{ 1	x 100 on 2:10 Freestyle
	{ 4	x 25 on :30 Freestyle
	{ 1	x 50 on 1:05 Breaststroke
	{ 4	x 25 on :30 Freestyle
100		x 100 on 2:00 Freestyle
800	1x{1	x 200 on 4:00 Pulls
	-	x 150 on 3:00 Pulls
	•	x 100 on 2:00 Pulls
100		x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{1	x 150 on 3:15 Breaststroke
	-	x 25 on :30 Freestyle
	{ 1	x 100 on 2:10 Breaststroke
	{ 4	x 25 on :30 Freestyle
	-	x 50 on 1:05 Breaststroke
	{ 4	x 25 on :30 Freestyle
200		x 200 on 4:00 Stroke Drills
	7:30	PM 4,600 Yards - Stress Value = 88

Workout #4702 - Wednesday, 23 May 2007 **Group 2 - Breast** 1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	
	1 on 15:00 Stomach and Stretch
300	1 x 300 on 6:00 Freestyle L.25 of each 100 (
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick-100%
	{1 x 100 on 2:15 Kick
	{2 x 50 on 1:05 Kick-100%
	{1 x 100 on 2:15 Freestyle
	{3 x 50 on 1:05 Kick-100%
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
7.50	1 (1 000 0 FO D)

1 On 15:00 Stomath and Stretch
300 1 x 300 on 6:00 Freestyle L.25 of each 100 (
150
600 1x{1 x 100 on 2:15 Kick
{1 x 50 on 1:05 Kick-100%
{1 x 100 on 2:15 Kick
{2 x 50 on 1:05 Kick-100%
{1 x 100 on 2:15 Freestyle
{3 x 50 on 1:05 Kick-100%
100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
750 1x{1 x 200 on 3:50 Breaststroke
$\{4 \times 25 \text{ on } : 30 \text{ Odds free, evens breast}$
{1 x 150 on 2:50 Breaststroke
$\{4 \times 25 \text{ on } : 30 \text{ Odds free, evens breast}$

$\{4 \times 25 \text{ on } : 30 \text{ Odds free, evens breast}$
$\{1 \times 100 \text{ on } 1:55 \text{ Breaststroke} \}$
$\{4 \times 25 \text{ on } : 30 \text{ Odds free, evens breast}$
100 1 x 100 on 2:00 Freestyle
450 1x{1 x 200 on 3:10 Pulls
{1 x 150 on 2:30 Pulls
{1 x 100 on 1:40 Pulls
100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
750 1x{1 x 200 on 3:50 Breaststroke
$\{4 \times 25 \text{ on } : 30 \text{ Odds breast, evens free}$

	{ 1	Х	150	on 2:5	50 Bre	eaststi	roke	
	{ 4	Х	25 o	n :30	Odds	breast	c, ever	ns free
	{ 1	Х	100	on 1:5	55 Bre	eaststi	roke	
	{ 4	Х	25 o	n :30	Odds	free,	evens	breast
300	6	Х	50 o	n 1:10	Str	oke Dri	ills	
	7:15	PI	1 3.6	00 Yai	rds -	Stress	s Value	= 66

Workout #4704 - Thursday, 24 May 2007 Group 3 - Fly

1 minute rest between sets

Yards	5:00 PM Start Set Description	EGY	WC
=====		===	==
600	<pre>1 on 30:00 Scooter Boards/stretch 1 x 600 on 10:00 Underwater trn drill alt 100 free and 100 back</pre>	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	12 x 100 on 2:00 Kick-odds fast	EN2	
1,200	2x{1 x 150 on 2:15 Lungbuster pulls	EN1	
	{1 x 150 on 2:10 Lungbuster pulls	EN1	
	{1 x 150 on 2:05 Lungbuster pulls	EN1	
	{1 x 150 on 2:00 Lungbuster pulls	EN1	
	{ odds br 3-5-7, evens br 2-4-6		
300	4 x 75 on 1:20 2bk-4bk-6bk by 25's	EN1	
1,600	8x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
450	9 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 5,500 Yards - Stress Value = 77		

Workout #4705 - Thursday, 24 May 2007 Group 3 - Silver

1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	\mathbb{W} C
=====	=======================================	===	==
	1 on 30:00 Scooter Boards/stretch		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	alt 100 free and 100 back		
150	10 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	
1,000	2x{1 x 125 on 2:15 Lungbuster pulls	EN1	

{1 x 125 on 2:10 Lungbuster pulls {1 x 125 on 2:05 Lungbuster pulls {1 x 125 on 2:00 Lungbuster pulls	EN1 EN1 EN1
{ odds br 3-5-7, evens br 2-4-6 300 4 x 75 on 1:20 2bk-4bk-6bk by 25's	EN1
1,600 8x{8 x 25 on :30 Alt 1 fly 1 free	EN2
{1 on 1:00 Rest	
450 9 x 50 on 1:00 Stroke Drills	REC

Workout #4703 - Thursday, 24 May 2007 Group 3 - Bronze

7:29 PM 5,000 Yards - Stress Value = 69

1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	МC
	=======================================	===	==
	1 on 30:00 Scooter Boards/stretch		
400	1 x 400 on 10:00 Underwater trn drill	REC	
	alt 100 free and 100 back		
150	10 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	
800	2x{1 x 100 on 2:15 Lungbuster pulls	EN1	
	{1 x 100 on 2:10 Lungbuster pulls	EN1	
	{1 x 100 on 2:05 Lungbuster pulls	EN1	
	{1 x 100 on 2:00 Lungbuster pulls	EN1	
	$\{ \text{ odds br } 3-5-7-3, \text{ evens br } 2-4-6-2 \}$		
300	4 x 75 on 1:20 2bk-4bk-6bk by 25's	EN1	
1,600	8x{8 x 25 on :30 Alt 1 fly 1 free	EN2	
	{1 on 1:00 Rest		
450	9 x 50 on 1:00 Stroke Drills	REC	
	7:29 PM 4,700 Yards - Stress Value = 69		

Workout #4706 - Thursday, 24 May 2007 Group 2 - Fly

1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 15:00 Scooter Boards/stretch		
300	1 x 300 on 6:00 Underwater trn drill	REC	
	alt 50 free and 50 back		
150	10 x 15 on :45 Shooters	SP3	
500	5 x 100 on 2:15 Kick-odds fast	EN2	
500	1x{1 x 125 on 2:15 Lungbuster pulls	EN1	
	$\{1 \times 125 \text{ on } 2:10 \text{ Lungbuster pulls}$	EN1	
	$\{1 \times 125 \text{ on } 2:05 \text{ Lungbuster pulls} \}$	EN1	
	{1 x 125 on 2:00 Lungbuster pulls	EN1	
	{ odds br 3-5-7, evens br 2-4-6		
300	4×75 on 1:20 $2bk-4bk-6bk$ by $25's$	EN1	
1,600	8x{8 x 25 on :30 Alt 1 fly 1 free	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 3,550 Yards - Stress Value = 55		

Workout #4707 - Friday, 25 May 2007 Group 3 - All

1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Physio Balls Abs/Stretch		I
600	1 x 600 on 12:00 Reverse IM drill	REC	Ι
150	10 x 15 on :45 Shooters	SP3	٤
800	1 x 800 on 16:00 Vertical Kicking	EN2	F
800	$4x\{4 \times 25 \text{ on :} 30 \text{ Pulls w/ snorkels}$	EN1	E
	$\{1 \times 100 \text{ on } 2:00 \text{ Pulls w/ snorkels}\}$	EN1	E
	1 on 15:00 Techniques-TiVo starts		Ι
200	4 x 50 on 3:00 1 on each stroke OTB	SP2	٤
200	8 x 25 on :45 Sculling Drills	REC	Ι
	7:00 PM 2,750 Yards - Stress Value = 50)	

Workout #4708 - Friday, 25 May 2007 Group 2 - All 1 minute rest between sets

5:30 PM Start Yards Set Description EGY WORK SI 1 on 18:00 Physio Balls Abs/Stretch L DF 300 1 x 300 on 6:00 Reverse IM drill REC D I 150 10 x 15 on :45 Shooters SP3 800 1 x 800 on 16:00 Vertical Kicking EN2 K CN D CN = 240 12 x 20 on 1:30 Sculling Drills REC Verical kicking and sculling drills w/ zoomers 200 4 x 50 on 3:00 1 on each stroke OTB SP2 s I 300 6 x 50 on 1:10 Stroke Drills 7:00 PM 1,990 Yards - Stress Value = 42

Workout #4709 - Tuesday, 29 May 2007 Group 3 - Back 1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill
	10 x 15 on :45 Shooters
	3x{1 x 125 on 2:30 Kick
1,000	{1 x 125 on 2:25 Kick
	{1 x 125 on 2:20 Kick
	{1 x 125 on 2:15 Kick
1,600	1x{1 x 400 on 6:00 Pulls
,	{1 x 400 on 5:50 Pulls
	{1 x 400 on 5:40 Pulls
	{1 x 400 on 5:30 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{4 x 50 on 1:00 Backstroke 10 KOW
	{1 x 100 on 1:30 Backstroke
	{3 x 50 on 1:00 Backstroke 10 KOW
	{2 x 100 on 1:30 Backstroke
	{2 x 50 on 1:00 Backstroke 10 KOW
	{3 x 100 on 1:30 Backstroke
	{1 x 50 on 1:00 Backstroke 10 KOW
	{4 x 100 on 1:30 Backstroke
500	20 x 25 on :30 IM order Back-100%
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 6,200 Yards - Stress Value = 100

Workout #4710 - Tuesday, 29 May 2007 Group 3 - Gold 1 minute rest between sets

5:00 PM Start

Set Description

Yards

1,500 1x{4 x 50 on 1:00 Backstroke 10 KOW		
150		1 on 30:00 Stomach and Stretch
1,350 3x{1 x 125 on 2:30 Kick	500	1 x 500 on 8:00 Underwater trn drill
{1 x 125 on 2:25 Kick {2 x 100 on 1:50 Kick 1,600 1x{1 x 400 on 6:00 Pulls {1 x 400 on 5:55 Pulls {1 x 400 on 5:50 Pulls {1 x 400 on 5:45 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finis 1,500 1x{4 x 50 on 1:00 Backstroke 10 KOW {1 x 100 on 1:40 Backstroke {3 x 50 on 1:00 Backstroke 10 KOW {2 x 100 on 1:40 Backstroke {2 x 50 on 1:00 Backstroke 10 KOW {3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on 1:40 Backstroke	150	10 x 15 on :45 Shooters
{2 x 100 on 1:50 Kick 1,600 1x{1 x 400 on 6:00 Pulls {1 x 400 on 5:55 Pulls {1 x 400 on 5:50 Pulls {1 x 400 on 5:45 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finis 1,500 1x{4 x 50 on 1:00 Backstroke 10 KOW {1 x 100 on 1:40 Backstroke {3 x 50 on 1:00 Backstroke 10 KOW {2 x 100 on 1:40 Backstroke {2 x 50 on 1:00 Backstroke 10 KOW {3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on 1:40 Backstroke	1,350	3x{1 x 125 on 2:30 Kick
1,600 1x{1 x 400 on 6:00 Pulls		{1 x 125 on 2:25 Kick
{1 x 400 on 5:55 Pulls {1 x 400 on 5:50 Pulls {1 x 400 on 5:45 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finis 1,500 1x{4 x 50 on 1:00 Backstroke 10 KOW {1 x 100 on 1:40 Backstroke {3 x 50 on 1:00 Backstroke 10 KOW {2 x 100 on 1:40 Backstroke {2 x 50 on 1:00 Backstroke 10 KOW {3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills		{2 x 100 on 1:50 Kick
{1 x 400 on 5:50 Pulls {1 x 400 on 5:45 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finis 1,500 1x{4 x 50 on 1:00 Backstroke 10 KOW {1 x 100 on 1:40 Backstroke {3 x 50 on 1:00 Backstroke 10 KOW {2 x 100 on 1:40 Backstroke {2 x 50 on 1:00 Backstroke 10 KOW {3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills	1,600	1x{1 x 400 on 6:00 Pulls
{1 x 400 on 5:45 Pulls 200 8 x 25 on :40 12.5 ez 12.5 fast grt finis 1,500 1x{4 x 50 on 1:00 Backstroke 10 KOW {1 x 100 on 1:40 Backstroke {3 x 50 on 1:00 Backstroke 10 KOW {2 x 100 on 1:40 Backstroke {2 x 50 on 1:00 Backstroke 10 KOW {3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke 10 KOW {4 x 100 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills		{1 x 400 on 5:55 Pulls
200 8 x 25 on :40 12.5 ez 12.5 fast grt fini: 1,500 1x{4 x 50 on 1:00 Backstroke 10 KOW		{1 x 400 on 5:50 Pulls
1,500 1x{4 x 50 on 1:00 Backstroke 10 KOW		{1 x 400 on 5:45 Pulls
{1 x 100 on 1:40 Backstroke {3 x 50 on 1:00 Backstroke 10 KOW {2 x 100 on 1:40 Backstroke {2 x 50 on 1:00 Backstroke 10 KOW {3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke 10 KOW {4 x 100 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills	200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
{3 x 50 on 1:00 Backstroke 10 KOW {2 x 100 on 1:40 Backstroke {2 x 50 on 1:00 Backstroke 10 KOW {3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke 10 KOW {4 x 100 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 1 x 250 on 4:00 Stroke Drills	1,500	1x{4 x 50 on 1:00 Backstroke 10 KOW
{2 x 100 on 1:40 Backstroke {2 x 50 on 1:00 Backstroke 10 KOW {3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke 10 KOW {4 x 100 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills		{1 x 100 on 1:40 Backstroke
{2 x 50 on 1:00 Backstroke 10 KOW {3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke 10 KOW {4 x 100 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills		{3 x 50 on 1:00 Backstroke 10 KOW
{3 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke 10 KOW {4 x 100 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills		{2 x 100 on 1:40 Backstroke
{1 x 50 on 1:00 Backstroke 10 KOW {4 x 100 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills		{2 x 50 on 1:00 Backstroke 10 KOW
{4 x 100 on 1:40 Backstroke 500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills		{3 x 100 on 1:40 Backstroke
500 20 x 25 on :30 IM order Back-100% 250 1 x 250 on 4:00 Stroke Drills		{1 x 50 on 1:00 Backstroke 10 KOW
250 1 x 250 on 4:00 Stroke Drills		{4 x 100 on 1:40 Backstroke
	500	20 x 25 on :30 IM order Back-100%
7.30 PM 6 050 Vards - Stross Value - 96	250	1 x 250 on 4:00 Stroke Drills
7.30 FM 0,030 Talus - Scless Value - 90		7:30 PM 6,050 Yards - Stress Value = 96

Workout #4711 - Tuesday, 29 May 2007 Group 3 - Silver 1 minute rest between sets

5:00 PM Start

	0.00 111 00010
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 Shooters
1,200	3x{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
1,200	1x{1 x 400 on 7:00 Pulls
	{1 x 400 on 6:45 Pulls
	{1 x 400 on 6:30 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 50 on 1:00 Backstroke 10 KOW
	{1 x 100 on 1:50 Backstroke
	{3 x 50 on 1:00 Backstroke 10 KOW
	{2 x 100 on 1:50 Backstroke
	{2 x 50 on 1:00 Backstroke 10 KOW
	{3 x 100 on 1:50 Backstroke
	{1 x 50 on 1:00 Backstroke 10 KOW
	{4 x 100 on 1:50 Backstroke
400	16 x 25 on :30 IM order Back-100%
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,300 Yards - Stress Value = 82

Workout #4712 - Tuesday, 29 May 2007 Group 3 - Bronze

1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
300	1 x 300 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	3x{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
1,200	1x{1 x 400 on 7:30 Pulls
	{1 x 400 on 7:20 Pulls
	{1 x 400 on 7:10 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 50 on 1:10 Backstroke 10 KOW
	{1 x 100 on 2:00 Backstroke
	{3 x 50 on 1:10 Backstroke 10 KOW
	{2 x 100 on 2:00 Backstroke
	{2 x 50 on 1:10 Backstroke 10 KOW
	{3 x 100 on 2:00 Backstroke
	{1 x 50 on 1:10 Backstroke 10 KOW
	{4 x 100 on 2:00 Backstroke
200	8 x 25 on :30 IM order Back-100%
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,950 Yards - Stress Value = 78
	NV 1 4 //4512 TO 1 20 NE 2005

Workout #4713 - Tuesday, 29 May 2007 Group 2 - Back 1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=======================================
	1 on 20:00 Stomach and Stretch
300	1 x 300 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	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
800	1x{1 x 400 on 7:00 Pulls
	{1 x 400 on 6:45 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 50 on 1:00 Backstroke 10 KOW
	{1 x 100 on 1:50 Backstroke
	{3 x 50 on 1:00 Backstroke 10 KOW
	{2 x 100 on 1:50 Backstroke
	{2 x 50 on 1:00 Backstroke 10 KOW
	{3 x 100 on 1:50 Backstroke
	{1 x 50 on 1:00 Backstroke 10 KOW
	{4 x 100 on 1:50 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	1 on 15:00 Game
	7:30 PM 3,600 Yards - Stress Value = 50

Workout #4714 - Wednesday, 30 May 2007 Group 3 - IM'ers 1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Free L.25 of each 100 6bk
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:00 Kick

$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR} \}$		
{4 x 25 on :30 Kick no board BSLR		
1,500 15 x 100 on 1:30 Lungbuster pulls		
odds breathe 3-5-7-9 evens breathe 2-4-6-8		
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe		
2,000 1x{1 x 200 on 3:00 Individual Medley		
$\{4 \times 75 \text{ on } 1:10 \text{ IM w/out fly}$		
{1 x 200 on 3:00 Individual Medley		
$\{4 \times 75 \text{ on } 1:10 \text{ IM w/out back}$		
{1 x 200 on 3:00 Individual Medley		
$\{4 \times 75 \text{ on } 1:10 \text{ IM w/out breast}$		
{1 x 200 on 3:00 Individual Medley		
$\{4 \times 75 \text{ on } 1:10 \text{ IM w/out free}$		
100 1 x 100 on 2:00 Stroke Drills		
400 4 x 100 on 1:30 Freestyle-descend to		
ludicrous speed!!!!!!		
200 1 x 200 on 4:00 Stroke Drills		
8:30 AM 6,150 Yards - Stress Value = 87		
Workout #4715 - Wednesday, 30 May 2007		
Group 3 - Gold		
1 minute rest between sets		

Yards	6:00 AM Start Set Description
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Free L.25 of each 100 6bk
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$
	{1 x 100 on 2:00 Kick
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$
1,500	15 x 100 on 1:35 Lungbuster pulls
	odds breathe 3-5-7-9 evens breathe 2-4-6-8
250	
2,000	1x{1 x 200 on 3:10 Individual Medley
	$\{4 \times 75 \text{ on } 1:15 \text{ IM w/out fly}$
	{1 x 200 on 3:10 Individual Medley
	$\{4 \times 75 \text{ on } 1:15 \text{ IM w/out back}$
	{1 x 200 on 3:10 Individual Medley
	$\{4 \times 75 \text{ on } 1:15 \text{ IM w/out breast}$
	{1 x 200 on 3:10 Individual Medley
	$\{4 \times 75 \text{ on } 1:15 \text{ IM w/out free}$
50	
300	
	ludicrous speed!!!!!!
200	
	8:30 AM 5,950 Yards - Stress Value = 84

Workout #4716 - Wednesday, 30 May 2007 Group 3 - Silver 1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Free L.25 of each 100 6bk
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR
	{3 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 :35 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR
1,300	13 x 100 on 1:45 Lungbuster pulls
	odds breathe 3-5-7-9 evens breathe 2-4-6-8
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	1x{1 x 200 on 3:20 Individual Medley
	$\{4 \times 75 \text{ on } 1:20 \text{ IM w/out fly}$
	{1 x 200 on 3:20 Individual Medley
	$\{4 \times 75 \text{ on } 1:20 \text{ IM w/out back}$
	{1 x 200 on 3:20 Individual Medley
	$\{4 \times 75 \text{ on } 1:20 \text{ IM w/out breast}$
	{1 x 200 on 3:20 Individual Medley
	$\{4 \times 75 \text{ on } 1:20 \text{ IM w/out free}$
300	3 x 100 on 1:45 Freestyle-descend to
	ludicrous speed!!!!!!
150	1 x 150 on 3:00 Stroke Drills
	8:30 AM 5,550 Yards - Stress Value = 82

Workout #4717 - Wednesday, 30 May 2007 Group 3 - Bronze 1 minute rest between sets

6:00 AM Start

	Set Description
	1 on 30:00 Physio Balls/Stretch 1 x 300 on 8:00 Free L.25 of each 100 6bk 10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:30 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:10 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR} $ $\{1 \times 100 \text{ on } 2 : 30 \text{ Kick} \}$
1,100	11 x 100 on 2:00 Lungbuster pulls
	odds breathe 3-5-7-9 evens breathe 2-4-6-8
	10 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,000	1x{1 x 200 on 4:15 Individual Medley
	$\{4 \times 75 \text{ on } 1:30 \text{ IM w/out fly}$
	{1 x 200 on 4:15 Individual Medley
	{4 x 75 on 1:30 IM w/out back
	{1 x 200 on 4:15 Individual Medley
	{4 x 75 on 1:30 IM w/out breast
	{1 x 200 on 4:15 Individual Medley
	{4 x 75 on 1:30 IM w/out free
150	1 x 150 on 4:00 Stroke Drills
	8:30 AM 4,850 Yards - Stress Value = 72

Workout #4718 - Thursday, 31 May 2007 **Group 3 - Breast**

1 minute rest between sets

Yards	6:00 AM Start Set Description
500	1 on 30:00 Physio Ball Abs and Stretch 1 x 500 on 8:00 Underwater trn drill alt 100 free 100 back

50	1 x 50 on 2:00 Breaststroke for time
	from a push
150	10 x 15 on :45 Shooters
400	8 x 50 on 1:00 Breast hold time I give
1,200	2x{4 x 50 on 1:00 Kick with flippers
	{4 x 50 on :55 Kick with flippers
	{4 x 50 on :50 Kick with flippers
	{ odds 100%
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	6 x 50 on 1:00 Breast hold time I give
1,200	1x{6 x 50 on 1:00 Pulls-nbbf&w
	$\{6 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 1 \text{ yd}$
	$\{6 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{6 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 3 \text{ yds} \}$
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	4 x 50 on 1:00 Breast-hold time I give
1,450	$1x{1 x 200 on 4:00 Breaststroke}$
	{3 x 50 on 1:00 Breast 2X pullouts
	{2 x 175 on 3:25 Breaststroke
	{3 x 50 on 1:00 Breast 2X pullouts
	{3 x 150 on 2:50 Breaststroke
	{3 x 50 on 1:00 Breast 2X pullouts
500	5 x 100 on 1:45 Stroke Drills
	8:30 AM 5,350 Yards - Stress Value = 103
	Workout #4719 - Thursday, 31 May 2007
	Group 3 - Speed Acquisition

Group 3 - Speed Acquisition 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	=======================================
	1 on 15:00 Dryland and stretch
500	1 x 500 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	10 x 50 on 1:15 Kick-odds 100% all out effor
1,800	$6x{1 x 25 on :30 Freestyle}$
	{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 Drills
	6:30 PM 2,950 Yards - Stress Value = 61

Workout #4720 - Thursday, 31 May 2007 **Group 2 - Breast** 1 minute rest between sets

Yards	5:30 PM Start Set Description	
300		
50	alt 75 free 75 back 1 x 50 on 2:00 Breaststroke for time	
	from a push	
150	10×15 on :45 Shooters	
200	4 x 50 on 1:15 Breast hold time I give	
600	$1x\{4 \times 50 \text{ on } 1:15 \text{ Kick -descend}$	
	{4 x 50 on 1:10 Kick-descend	
	{4 x 50 on 1:05 Kick-descend	
100		
200		
400	$1x\{2 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf\&w}$	
	$\{2 \times 50 \text{ on } :55 \text{ Pulls-nbbf\&w} + 1 \text{ yd} $	
	$\{2 \times 50 \text{ on } :50 \text{ Pulls-nbbf\&w} + 2 \text{ yds}$	
	$\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf\&w} + 3 \text{ yds} $	
	4 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4 x 50 on 1:15 Breast-hold time I give	
900	$1x\{1 \times 150 \text{ on } 3:00 \text{ Breaststroke}$	
	{2 x 50 on 1:00 Breast 2X pullouts	
	{1 x 150 on 2:55 Breaststroke	
	{2 x 50 on 1:00 Breast 2X pullouts	
	{1 x 150 on 2:50 Breaststroke	
	{2 x 50 on 1:00 Breast 2X pullouts	=
0.00	{1 x 150 on 2:45 Breaststroke	
200	1 x 200 on 3:00 Stroke Drills	
	1 on 15:00 Game	
	7:30 PM 3,400 Yards - Stress Value = 82	

Workout #4721 - Friday, 01 June 2007 **Group 3 - Freestylers** 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
1,400	2x{1 x 100 on 2:00 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$
	{2 x 75 on 1:30 Kick
	{4 x 25 on :45 Sprint kick
	{3 x 50 on 1:00 Kick
	{4 x 25 on :45 Sprint kick
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 finish ϵ
1,200	16 x 75 on 1:30 Freestyle
250	1 x 250 on 9:00 Sculling drills
	8:30 AM 5,300 Yards - Stress Value = 116

Workout #4723 - Monday, 04 June 2007 Group 3 - Silver

1 minute rest between sets

Yards	6:00 AM Start Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:10 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$

{2 x 100 on 2:10 Kick		
{4 x 25 on :45 Kick no board BSLR		
{1 x 100 on 2:10 Kick		
{4 x 25 on :45 Kick no board BSLR		
100 1 x 100 on 2:00 Kick for time		
1,250 1x{1 x 50 on 1:00 Pull no br L.16 yds		
{2 x 50 on :55 Pull no br L.14 yds		
{3 x 50 on :50 Pull no br L.12 yds		
•		
{4 x 50 on :45 Pull no br L.10 yds		
{1 x 75 on 1:20 Pull no br L.16 yds		
{2 x 75 on 1:15 Pull no br L.14 yds		
{3 x 75 on 1:10 Pull no br L.12 yds		
{4 x 75 on 1:05 Pull no br L.10 yds		
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe		
2,550 1x{3 x 200 on 3:00 Freestyle		
{1 x 50 on 1:30 Freestyle		
{3 x 200 on 2:55 Freestyle		
{1 x 50 on 1:30 Freestyle		
{3 x 200 on 2:50 Freestyle		
{1 x 50 on 1:30 Freestyle		
{3 x 200 on 2:45 Freestyle		
250 1 x 250 on 4:00 Stroke Drills		
8:31 AM 6,100 Yards - Stress Value = 102		
Workout #4722 - Monday, 04 June 2007		
Group 3 - Bronze		
1 minute rest between sets		

1 minute rest between sets

6:00 AM Start

	Set Description
400 150	<pre>1 on 30:00 Physio Balls/Stretch 1 x 400 on 8:00 Swim-kick-pull-swim</pre>
1,000	1x{4 x 25 on :45 Kick no board BSLR
	$\{1 \times 100 \text{ on } 2:00 \text{ Kick for time}$
	{3 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{1 x 100 on 2:30 Kick
950	1x{1 x 50 on 1:10 Pull no br L.16 yds
	{2 x 50 on 1:05 Pull no br L.14 yds
	{3 x 50 on 1:00 Pull no br L.12 yds
	{4 x 50 on :55 Pull no br L.10 yds
	{1 x 75 on 1:30 Pull no br L.16 yds
	{2 x 75 on 1:25 Pull no br L.14 yds {3 x 75 on 1:20 Pull no br L.12 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	1x{3 x 200 on 3:50 Freestyle
1,300	{1 x 50 on 1:30 Freestyle
	{3 x 200 on 3:45 Freestyle
	{1 x 50 on 1:30 Freestyle
	{3 x 200 on 3:40 Freestyle
	{1 x 50 on 1:30 Freestyle
200	1 x 200 on 5:00 Stroke Drills
	8:29 AM 4,950 Yards - Stress Value = 82

950 1x{1 x 125 on 2:50 Kick Workout #4724 - Monday, 04 June 2007 {1 x 125 on 2:45 Kick **Group 2 - Distance** {1 x 125 on 2:40 Kick 1 minute rest between sets {1 x 125 on 2:35 Kick {1 x 100 on 2:15 Kick 5:30 PM Start {1 x 100 on 2:10 Kick Set Description Yards {1 x 100 on 2:05 Kick _____ {1 x 75 on 1:40 Kick {1 x 75 on 1:35 Kick 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 600 6 x 100 on 1:55 Backstroke-des in 3's 1,000 1x{1 x 200 on 3:00 p.33 1 on 20:00 Stomach and Stretch 1 x 300 on 6:00 Swim-kick-pull-swim 300 400 2x{4 x 25 on :45 Kick no board BSLR 1,000 1x{1 x 200 on 3:20 Pulls {1 x 100 on 2:10 Kick {2 x 175 on 2:55 Pulls 1 x 100 on 2:00 Kick for time {3 x 150 on 2:30 Pulls 500 1x{1 x 50 on 1:00 Pull no br L.16 yds 4 x 25 on :40 12.5 ez 12.5 fast grt finishes {2 x 50 on :55 Pull no br L.14 yds 300 3 x 100 on 1:50 Backstroke-descend {3 x 50 on :50 Pull no br L.12 yds {4 x 50 on :45 Pull no br L.10 yds {3 x 50 on :50 Pull no br L.12 yds 300 12 x 25 on :30 Odds free evens #1 {4 x 50 on :45 Pull no br L.10 yds 250 12.5 fast grt finishes {4 x 25 on :40 12.5 ez 12.5 fast grt finishes {4 x 200 on 3:00 Freestyle 38:29 AM 5,050 Yards - Stress Value = 77 100 $2,150 1x{4 x 200 on 3:00 Freestyle}$ $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ Workout #4725 - Tuesday, 05 June 2007 $\{3 \times 200 \text{ on } 2:55 \text{ Freestyle} \}$ Group 3 - Bronze $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ $\{2 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$ 1 minute rest between sets $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ $\{1 \times 200 \text{ on } 2:45 \text{ Freestyle} \}$ 6:00 AM Start 1 x 250 on 4:00 Stroke Drills 250 Yards Set Description 1 on 15:00 TiVo Starts ====== ______ 7:29 PM 3,950 Yards - Stress Value = 69 1 on 30:00 Physio Balls Abs/Stretch 300 1 x 300 on 9:00 Underwater trn drill Workout #4727 - Tuesday, 05 June 2007 900 9 x 100 on 2:30 Backstroke-des in 3's Group 3 - Back 750 1x{1 x 125 on 3:05 Kick 1 minute rest between sets {1 x 125 on 3:00 Kick {1 x 125 on 2:55 Kick 6:00 AM Start {1 x 100 on 2:30 Kick Set Description Yards {1 x 100 on 2:25 Kick ====== {1 x 100 on 2:20 Kick 1 on 30:00 Physio Balls Abs/Stretch $\{1 \times 75 \text{ on } 1:45 \text{ Kick} \}$ 1 x 500 on 9:00 Underwater trn drill 100 4×25 on :40 12.5 ez 12.5 fast grt finishes 10 x 15 on :45 Shooters 600 6×100 on 2:30 Backstroke-des in 3's 500 10 x 15 on :45 Shooters 150 9 x 100 on 1:50 Backstroke-des in 3's 900 600 3 x 200 on 4:00 Pulls $1,000 1x{1 x 125 on 2:40 Kick}$ 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes $\{1 \times 125 \text{ on } 2:35 \text{ Kick} \}$ 300 3 x 100 on 2:30 Backstroke-descend {1 x 125 on 2:30 Kick 300 12 x 25 on :30 Odds free evens #1 {1 x 125 on 2:25 Kick 200 1 x 200 on 5:00 Stroke Drills $\{1 \times 100 \text{ on } 2:05 \text{ Kick} \}$ 8:30 AM 4,300 Yards - Stress Value = 69 {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick Workout #4728 - Tuesday, 05 June 2007 {1 x 75 on 1:30 Kick $\{1 \times 75 \text{ on } 1:25 \text{ Kick} \}$ **Group 3 - Speed Acquisition** $\{1 \times 50 \text{ on } :55 \text{ Kick} \}$ 1 minute rest between sets 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 6 x 100 on 1:45 Backstroke-des in 3's 5:00 PM Start $1,500 1x{1 x 200 on 3:00 Pulls}$ Yards Set Description {2 x 175 on 2:40 Pulls _____ ${3 \times 150 \text{ on } 2:15 \text{ Pulls}}$

4 x 25 on :40 12.5 ez 12.5 fast grt finishes 150 10 x 15 on :45 Shooters

3 x 100 on 1:40 Backstroke-descend
300 12 x 25 on :45 Sprint Kick
12 x 25 on :30 Odds free evens #1
1 x 250 on 5:00 Stroke Drills
8:30 AM 5,700 Yards - Stress Value = 83

1 x 250 on 4:00 Stroke Drills
8:30 AM 5,700 Yards - Stress Value = 83

1 x 250 on 4:00 Stroke Drills
8:30 AM 5,700 Yards - Stress Value = 62

1 on 20:00 Med balls/stretch

150 10 x 15 on :45 Shooters SP3 300 12 x 25 on :45 Sprint Kick EN2

400 1 x 400 on 8:00 Underwater trn drill REC D

6:33 PM 1,850 Yards - Stress Value = 62

Workout #4726 - Tuesday, 05 June 2007 Group 3 - Silver

{4 x 125 on 1:55 Pulls

300 300 250

1 minute rest between sets

6	5:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls Abs/Stretch
400	1 x 400 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	9 x 100 on 2:00 Backstroke-des in 3's

{4 x 50 on 1:00 25 back 25 free Workout #4729 - Tuesday, 05 June 2007 {2 x 100 on 1:55 Individual Medley Group 2 - Back {4 x 50 on 1:00 25 breast 25 free 1 minute rest between sets {3 x 100 on 1:50 Individual Medley $\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ 5:30 PM Start {4 x 100 on 1:45 Individual Medley Set Description Yards 200 1 x 200 on 4:00 Stroke Drills _____ 8:32 AM 5,350 Yards - Stress Value = 64 1 on 20:00 Physio Balls Abs/Stretch 1 x 300 on 6:00 Underwater trn drill 300 Workout #4730 - Wednesday, 06 June 2007 Group 3 - Bronze 400 4 x 100 on 2:00 Backstroke-descend $500 \ 1x\{1 \ x \ 125 \ on \ 2:50 \ Kick$ 1 minute rest between sets {1 x 125 on 2:45 Kick {1 x 125 on 2:40 Kick 6:00 AM Start {1 x 125 on 2:35 Kick Yards Set Description 4 x 25 on :40 12.5 ez 12.5 fast grt finishes ====== 100 ______ 4 x 100 on 1:55 Backstroke-descend 1 on 30:00 Stomach and Stretch 650 1x{1 x 200 on 3:20 Pulls 400 1 x 400 on 9:00 Free L.25 of each 100 6bk $\{1 \times 175 \text{ on } 2:55 \text{ Pulls}$ 150 10 x 15 on :45 Shooters {1 x 150 on 2:30 Pulls 1,000 $4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 125 on 2:05 Pulls {3 x 50 on 1:10 Kick 4×25 on :40 12.5 ez 12.5 fast grt finishes 1,350 1x $\{4 \times 100 \text{ on } 1:55 \text{ Lungbuster pulls} \}$ 100 4 x 100 on 1:50 Backstroke-descend 400 {4 x 125 on 2:20 Lungbuster pulls 250 1 x 250 on 5:00 Stroke Drills {3 x 150 on 2:45 Lungbuster pulls 1 on 10:00 Techniques-Relay Starts 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1 on 10:00 Game 1,400 1x{3 x 50 on 1:15 25 Fly 25 Free 7:30 PM 3,250 Yards - Stress Value = 47 {1 x 100 on 2:15 Individual Medley {3 x 50 on 1:15 25 back 25 free {2 x 100 on 2:15 Individual Medley Workout #4732 - Wednesday, 06 June 2007 {3 x 50 on 1:15 25 breast 25 free Group 3 - IM'ers {3 x 100 on 2:15 Individual Medley 1 minute rest between sets ${3 \times 50 \text{ on } :55 \text{ Freestyle}}$ {2 x 100 on 2:15 Individual Medley 6:00 AM Start 200 1 x 200 on 4:00 Stroke Drills Yards Set Description 8:29 AM 4,800 Yards - Stress Value = 58 _____ ====== 1 on 30:00 Stomach and Stretch 1 x 500 on 9:00 Free L.25 of each 100 6bk Workout #4735 - Thursday, 07 June 2007 500 10 x 15 on :45 Shooters Group 3 - Breast 150 1,250 $5x{4}$ x 25 on :45 Kick no board BSLR 1 minute rest between sets {3 x 50 on 1:00 Kick 1,500 1x{4 x 100 on 1:30 Lungbuster pulls 6:00 AM Start 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1 on 30:00 Physio Balls/Stretch 1 x 400 on 8:00 Underwater trn drill $1,800 \ 1x\{4 \ x \ 50 \ on \ 1:00 \ 25 \ Fly \ 25 \ Free$ 400 150 {1 x 100 on 1:40 Individual Medley 10 x 15 on :45 Shooters 150 10 x 15 on :45 Shoot 1,200 $4x\{1 \times 150 \text{ on } 3:00 \text{ Kick} \}$ {4 x 50 on 1:00 25 back 25 free {2 x 100 on 1:40 Individual Medley {1 x 100 on 2:00 Kick {4 x 50 on 1:00 25 breast 25 free {1 x 50 on 1:00 Kick {3 x 100 on 1:40 Individual Medley 1,500 1x{1 x 500 on 7:30 Pulls $\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ {1 x 400 on 6:00 Pulls {4 x 100 on 1:40 Individual Medley {1 x 300 on 4:30 Pulls 1 x 200 on 4:00 Stroke Drills 200 {1 x 200 on 3:00 Pulls 8:30 AM 5,700 Yards - Stress Value = 67 {1 x 100 on 1:30 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe $2,100 1x{3 x 125 on 2:15 Breaststroke}$ Workout #4731 - Wednesday, 06 June 2007 {3 x 50 on 1:00 Breast-descend Group 3 - Silver {3 x 125 on 2:10 Breaststroke 1 minute rest between sets {3 x 50 on 1:00 Breast-descend $\{3 \times 125 \text{ on } 2:05 \text{ Breaststroke} \}$ 6:00 AM Start {3 x 50 on 1:00 Breast-descend Yards Set Description {3 x 125 on 2:00 Breaststroke ===== ______ {3 x 50 on 1:00 Breast-descend 250 1 x 250 on 5:00 Stroke Drills 1 on 30:00 Stomach and Stretch 1 on 30:00 Stomach and Stretch 1 x 400 on 9:00 Free L.25 of each 100 6bk 400 8:30 AM 5,900 Yards - Stress Value = 84 10×15 on :45 Shooters 150 1,250 $5x{4}$ x 25 on :45 Kick no board BSLR ${3 \times 50 \text{ on } 1:05 \text{ Kick}}$ 1,350 $1x\{4 \times 100 \text{ on } 1:40 \text{ Lungbuster pulls}$ $\{4 \times 125 \text{ on } 2:05 \text{ Lungbuster pulls}$ {3 x 150 on 2:30 Lungbuster pulls 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,800 1x{4 x 50 on 1:00 25 Fly 25 Free {1 x 100 on 2:00 Individual Medley

250

Workout #4734 - Thursday, 07 June 2007

Group 3 - Silver

	1 minute rest between sets	,	J:30 I	
		Yards	Set	Desc
	6:00 AM Start	=====		
Yards	Set Description			on 20:
=====			1 2	
	1 on 30:00 Physio Balls/Stretch	150	10	x 15
400	1 x 400 on 8:00 Underwater trn drill	300	1x{1 x	k 150
	10 x 15 on :45 Shooters		{1 2	k 100
	4x{1 x 150 on 3:15 Kick		{1 >	s 50 c
1,200	{1 x 100 on 2:10 Kick	600	1x{1 x	300
	{1 x 50 on 1:05 Kick		{1 >	x 200
1 200	1x{1 x 500 on 8:20 Pulls		{1 >	k 100
1,200	{1 x 400 on 6:40 Pulls	200	8 2	k 25 d
	{1 x 300 on 5:00 Pulls	1,950	1x{3 x	125
200	·		{3 2	s 50 d
	12 x 25 on :40 12.5 ez 12.5 fast grt finishe		{3 2	x 125
1,950	1x{3 x 125 on 2:30 Breaststroke		{3 :	s 50 d
	{3 x 50 on 1:00 25 breast 25 free-descend		-	125
	{3 x 125 on 2:25 Breaststroke		•	z 50 c

Workout #4733 - Thursday, 07 June 2007 Group 3 - Bronze

8:29 AM 5,450 Yards - Stress Value = 78

 ${3 \times 125 \text{ on } 2:20 \text{ Breaststroke}}$

 ${3 \times 125 \text{ on } 2:15 \text{ Breaststroke}}$

1 x 250 on 5:00 Stroke Drills

{3 x 50 on 1:00 25 breast 25 free-descend

 $\{3 \times 50 \text{ on } 1:00 \text{ 25 breast 25 free-descend}$

1 minute rest between sets

1 minute rest between sets

	5:30	PM Start
Yards	Se	et Description
=====	==	20.00 Physic Polls (2thorth)
200		on 20:00 Physio Balls/Stretch x 300 on 6:00 Underwater trn drill
		0 x 15 on :45 Shooters
300		x 150 on 3:15 Kick
		x 100 on 2:10 Kick
600	-	x 50 on 1:05 Kick
600		x 300 on 5:00 Pulls
	•	x 200 on 3:20 Pulls
000		x 100 on 1:40 Pulls
		x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950		x 125 on 2:30 Breaststroke
		x 50 on 1:00 25 breast 25 free-descend
	•	x 125 on 2:25 Breaststroke
	•	x 50 on 1:00 25 breast 25 free-descend
	•	x 125 on 2:20 Breaststroke
	•	x 50 on 1:00 25 breast 25 free-descend
	•	x 125 on 2:15 Breaststroke
250		x 250 on 5:00 Stroke Drills
		on 5:00 Techniques-Relay starts
		on 9:00 Game
	7:30	PM 3,750 Yards - Stress Value = 53

Workout #4739 - Friday, 08 June 2007 Group 3 - Fly

1 minute rest between sets

6:00 AM Start Yards Set Description	6:00 AM Start Yards Set Description
1 on 30:00 Physio Balls/Stretch 300 1 x 300 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters 900 3x{1 x 150 on 3:40 Kick {1 x 100 on 2:30 Kick {1 x 50 on 1:10 Kick } 1,250 1x{1 x 500 on 9:30 Pulls {1 x 400 on 7:30 Pulls {1 x 300 on 5:30 Pulls {1 x 50 on 1:00 Pulls } 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,650 1x{3 x 100 on 2:30 Breaststroke {3 x 50 on 1:00 Freestyle-descend {3 x 100 on 2:25 Breaststroke {3 x 50 on 1:00 Freestyle-descend {3 x 100 on 2:20 Breaststroke {3 x 50 on 1:00 Freestyle-descend {3 x 100 on 2:15 Breaststroke } 3 x 100 on 2:15 Breaststroke 250 1 x 250 on 5:00 Stroke Drills 8:29 AM 4,800 Yards - Stress Value = 66	1 on 30:00 Physio Ball Abs/Stretch 400 1 x 400 on 8:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 6x{1 x 100 on 2:00 Kick {2 x 50 on 1:00 Kick-100% 1,350 1x{6 x 75 on 1:15 Pulls-nbbf&w + 2 yds {6 x 75 on 1:10 Pulls-nbbf&w + 2 yds {6 x 75 on 1:05 Pulls-nbbf&w + 2 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,000 4x{1 x 25 on :30 Butterfly lup 1down {1 x 25 on :30 Butterfly lup 2down {1 x 25 on :30 Butterfly lup 3 down {1 x 25 on :30 Butterfly lup 4down {1 x 25 on :30 Butterfly 2-2 {1 x 50 on 1:00 Butterfly 2-3 {1 x 50 on 1:00 Butterfly 2-4 {1 x 50 on 1:00 Butterfly 2-5 {1 x 100 on 2:00 Freestyle 250 1 x 250 on 5:00 Stroke Drills
	8:30 AM 5,650 Yards - Stress Value = 64

Workout #4736 - Thursday, 07 June 2007 **Group 3 - Speed Acquisition** 1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	
	1 on 20:00 Med balls/stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
125	1×125 on $3:00$ Freestyle-From a push for time
750	10 x 75 on 2:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:13 PM 1,925 Yards - Stress Value = 78

Workout #4737 - Thursday, 07 June 2007 Group 2 - Breast

Workout #4738 - Friday, 08 June 2007 1,500 3x{1 x 125 on 2:00 Pull no br L.12 yds {1 x 125 on 1:55 Pull no br L.12 yds Group 3 - Silver {1 x 125 on 1:50 Pull no br L.12 yds 1 minute rest between sets {1 x 125 on 1:45 Pull no br L.12 yds 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 300 6:00 AM Start $2,400 \ 1x{1} \ x \ 400 \ on \ 6:00 \ Freestyle$ Yards Set Description {4 x 100 on 1:20 Freestyle _____ $\{1 \times 400 \text{ on } 5:50 \text{ Freestyle} \}$ 1 on 30:00 Physio Ball Abs/Stretch {4 x 100 on 1:25 Freestyle 400 1 x 400 on 8:00 Reverse IM drill $\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$ {4 x 100 on 1:30 Freestyle 200 1 x 200 on 4:00 Stroke Drills $1,000 5x{1 x 100 on 2:10 Kick}$ {2 x 50 on 1:05 Kick-100% 8:30 AM 6,150 Yards - Stress Value = 87 $1,350 \ 1x{6} \ x \ 75 \ on \ 1:20 \ Pulls-nbbf&w + 2 \ yds$ $\{6 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ Workout #4741 - Monday, 11 June 2007 {6 x 75 on 1:10 Pulls-nbbf&w + 2 yds 12 x 25 on :40 12.5 ez 12.5 fast grt finishe Group 3 - Silver 1,600 $4x\{1 \times 25 \text{ on :} 35 \text{ Butterfly lup 1down}\right]$ 1 minute rest between sets {1 x 25 on :35 Butterfly lup 2down {1 x 25 on :35 Butterfly lup 3 down {1 x 25 on :35 Butterfly 1up 3 down {1 x 25 on :35 Butterfly 1up 4down {1 x 25 on :35 Butterfly 1up 4down {1 x 50 on 1:30 Freestyle {1 x 50 on 1:05 Butterfly 2-2 {1 x 50 on 1:05 Butterfly 2-3 {1 x 50 on 1:05 Butterfly 2-4 {1 x 50 on 1:05 Butterfly 2-5 {1 x 50 on 1:05 Butterfly 2-5 {1 x 50 on 1:30 Freestyle {1 x 100 on 2:10 Kick no board BSLR} _____ 400 1 x 400 on 8:00 Swim-kick-pull-swim $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ {1 x 100 on 2:10 Kick 1 x 250 on 5:00 Stroke Drills $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ 8:29 AM 5,050 Yards - Stress Value = 61 {1 x 100 on 2:10 Kick {4 x 25 on :35 Kick no board BSLR Workout #4740 - Friday, 08 June 2007 {1 x 100 on 2:10 Kick 1,350 3x{1 x 125 on 2:10 Pull no br L.12 yds Group 3 - Bronze {1 x 125 on 2:05 Pull no br L.12 yds 1 minute rest between sets {1 x 125 on 2:00 Pull no br L.12 yds {1 x 75 on 1:10 Pull no br L.12 yds 6:00 AM Start 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,200 1x{1 x 400 on 6:40 Freestyle Yards Set Description ===== {4 x 100 on 1:35 Freestyle 1 on 30:00 Physio Ball Abs/Stretch $\{1 \times 400 \text{ on } 6:20 \text{ Freestyle} \}$ 1 x 350 on 8:00 Reverse IM drill 10 x 15 on :45 Shooters {4 x 100 on 1:35 Freestyle 150 $\{1 \times 400 \text{ on } 6:00 \text{ Freestyle} \}$ $1,000 5x{1 x 100 on 2:20 Kick}$ {2 x 100 on 1:30 Freestyle 8:30 AM 5,750 Yards - Stress Value = 86 $\{4 \times 75 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{6 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ Workout #4743 - Monday, 11 June 2007 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,400 4x{1 x 25 on :40 Butterfly 1up 1down Group 3 - Bronze $\{1 \times 25 \text{ on } : 40 \text{ Butterfly 1up 2down} \}$ 1 minute rest between sets | 1 x 25 on :40 Butterfly lup 2 down | 1 minute reserved | 1 x 25 on :40 Butterfly lup 3 down | 1 x 25 on :40 Butterfly lup 4 down | 6:00 AM Start | 1 x 50 on 1:30 Freestyle | Yards Set Description | 1 x 50 on 1:15 Butterfly 2-2 | 1 on 30:00 Physi | 1 x 50 on 1:15 Butterfly 2-3 | 1 on 30:00 Physi | 1 x 50 on 1:15 Butterfly 2-4 | 400 | 1 x 400 on 8:00 | _____ 1 on 30:00 Physio Balls/Stretch 400 1 x 400 on 8:00 Swim-kick-pull-swim $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ 150 10 x 15 on :45 Shootes 1 x 250 on 5:00 Stroke Drills 1,000 $2x\{4 \times 25 \text{ on } :45 \text{ Kick no board BSLR}\}$ 8:27 AM 4,500 Yards - Stress Value = 55 {1 x 100 on 2:20 Kick $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ {2 x 100 on 2:20 Kick Workout #4742 - Monday, 11 June 2007 1,350 3x{1 x 125 on 2:30 Pull no br L.12 yds **Group 3 - Distance** {1 x 125 on 2:25 Pull no br L.12 yds 1 minute rest between sets {1 x 125 on 2:20 Pull no br L.12 yds {1 x 75 on 1:20 Pull no br L.12 yds 6:00 AM Start 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe Yards Set Description 1,900 1x{1 x 400 on 7:20 Freestyle _____ {3 x 100 on 1:50 Freestyle 1 on 30:00 Physio Balls/Stretch $\{1 \times 400 \text{ on } 7:10 \text{ Freestyle} \}$ {3 x 100 on 1:50 Freestyle 10 x 15 on :45 Shootes {1 x 400 on 7:00 Freestyle 1,200 2x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:50 Freestyle 200 1 x 200 on 4:00 Stroke Drills {1 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR 8:30 AM 5,250 Yards - Stress Value = 76 {1 x 100 on 2:00 Kick {4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:00 Kick

{1 x 150 on 2:20 Pulls Workout #4744 - Monday, 11 June 2007 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe **Group 2 - Distance** 2,400 2x{1 x 125 on 2:30 Backstroke 1 minute rest between sets {2 x 50 on 1:00 Backstroke {2 x 125 on 2:25 Backstroke 5:30 PM Start {2 x 50 on 1:00 Backstroke Yards Set Description {3 x 125 on 2:20 Backstroke 11×50 on 1:00 Freestyle {1 x 100 on 3:00 Backstroke for time {1 x 100 on 2:00 Stroke for time ===== 1 on 20:00 Physio Balls/Stretch 300 1 x 300 on 6:00 Swim-kick-pull-swim 8:30 AM 5,650 Yards - Stress Value = 94 600 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 100 on 2:10 Kick Workout #4745 - Tuesday, 12 June 2007 {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:10 Kick Group 3 - Bronze {4 x 25 on :35 Kick no board BSLR 1 minute rest between sets {1 x 100 on 2:10 Kick 1 x 125 on 2:00 Pull no br L.12 yds 6:00 AM Start 125 on 2:05 Pull no br L.12 yds Yards Set Description 6 x 25 on 40 12 5 co 10 5 c 750 $2x\{1 \ x \ 125 \ on \ 2:10 \ Pull \ no \ br \ L.12 \ yds$ _____ 6 x 25 on :40 12.5 ez 12.5 fast grt finishes 150 1 on 30:00 Physio Balls Abs/Stretch 300 1 x 300 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,800 1x{1 x 400 on 6:40 Freestyle 1 x 300 on 8:00 Underwater trn drill {2 x 100 on 1:40 Freestyle {1 x 400 on 6:20 Freestyle 1,200 12 x 100 on 2:00 Kick with flippers $\{2 \times 100 \text{ on } 1:35 \text{ Freestyle} \}$ 0dds 100% effort {1 x 400 on 6:00 Freestyle 1,200 2x{1 x 150 on 2:55 Pulls {2 x 100 on 1:30 Freestyle {1 x 150 on 2:50 Pulls 200 1 x 200 on 4:00 Stroke Drills {1 x 150 on 2:45 Pulls 1 on 15:00 Techniques-TiVo Starts {1 x 150 on 2:15 Pulls 7:30 PM 3,950 Yards - Stress Value = 58 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,800 2x{1 x 100 on 2:20 Backstroke {3 x 50 on 1:10 Backstroke Workout #4747 - Tuesday, 12 June 2007 {1 x 100 on 2:15 Backstroke Group 3 - Back $\{2 \times 50 \text{ on } 1:10 \text{ Backstroke} \}$ 1 minute rest between sets {1 x 100 on 2:10 Backstroke {3 x 50 on 1:10 Backstroke 6:00 AM Start $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ 1 on 30:00 Physio Balls Abs/Stretch 1 x 400 on 8:00 Underwater trn drill 1 x 100 on 3:00 Backstroke for time {1 x 50 on 1:30 Stroke Drills 8:30 AM 4,950 Yards - Stress Value = 84 Yards Set Description ===== 400 10 x 15 on :45 Shooters 150 Workout #4748 - Tuesday, 12 June 2007 1,200 12 x 100 on 1:40 Kick with flippers **Group 3 - Speed Acquisition** 0dds 100% effort 1,200 2x{1 x 150 on 2:15 Pulls 1 minute rest between sets {1 x 150 on 2:10 Pulls {1 x 150 on 2:05 Pulls 5:00 PM Start {1 x 150 on 2:00 Pulls Yards Set Description 12 x 25 on :40 12.5 ez 12.5 fast grt finishe _____ = = = = = $3,000 \ 2x{1 x 125 on 2:15 Backstroke}$ 1 on 20:00 Med balls/stretch {3 x 50 on 1:00 Backstroke 400 1 x 400 on 8:00 Underwater trn drill REC D {2 x 125 on 2:10 Backstroke 150 10 x 15 on :45 Shooters {3 x 50 on :55 Backstroke 800 1 x 800 on 16:00 Vertical Kicking $\,$ EN2 $\,$ K C 1 on 10:00 Techniques-Relay Starts 1 on 20:00 Killer Relays SP2 250 1 x 250 on 5:00 Stroke Drills REC {3 x 125 on 2:05 Backstroke D {3 x 50 on :50 Backstroke S $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ {1 x 100 on 2:00 Backstroke for time {1 x 150 on 3:00 Stroke Poil! D 6:30 PM 1,600 Yards - Stress Value = 22 {1 x 150 on 3:00 Stroke Drills 8:31 AM 6,250 Yards - Stress Value = 102

Workout #4746 - Tuesday, 12 June 2007 Group 3 - Silver

1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls Abs/Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	12 x 100 on 1:50 Kick with flippers
	0dds 100% effort
1,200	2x{1 x 150 on 2:35 Pulls
	{1 x 150 on 2:30 Pulls
	{1 x 150 on 2:25 Pulls

Workout #4749 - Tuesday, 12 June 2007 Group 2 - Back 1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	=======================================
	1 on 20:00 Physio Balls Abs/Stretch
300	1 x 300 on 6:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	7 x 100 on 1:50 Kick with flippers
	0dds 100% effort
600	1x{1 x 150 on 2:35 Pulls
	{1 x 150 on 2:30 Pulls
	{1 x 150 on 2:25 Pulls
	{1 x 150 on 2:20 Pulls
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 125 on 2:30 Backstroke
	{2 x 50 on 1:00 Backstroke
	{2 x 125 on 2:25 Backstroke
	{3 x 50 on 1:00 Backstroke
	{3 x 125 on 2:20 Backstroke
	{4 x 50 on 1:00 Backstroke
	{4 x 125 on 2:10 Backstroke
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 2:00 Backstroke for time
200	·
	1 on 15:00 Relays
	7:30 PM 3,950 Yards - Stress Value = 69
	7.00 III 0,500 IaIab Solobb value 05

Workout #4751 - Wednesday, 13 June 2007 Group 3 - IM'ers 1 minute rest between sets

	6:00 AM Start
Yards	Set Description
	=======================================
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 9:00 Freestyle Drill L.25 of each
	100 6bk
	10 x 15 on :45 Shooters
1,050	3x{4 x 25 on :45 Kick no board BSLR
	{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
1,200	8x{1 x 75 on 1:10 Lungbuster pulls
	{ Breathe 3-5-7by the 25
	{1 x 75 on 1:05 Lungbuster pulls
	{ Breathe 2-4-6 by the 25
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
	3 on each stroke
2,800	1x{1 x 400 on 7:00 Individual Medley
	$\{4 \times 100 \text{ on } 1:30 \text{ Freestyle w/25 stroke} \}$
	{2 x 300 on 5:00 Individual Medley
	$\{4 \times 100 \text{ on } 1:30 \text{ Freestyle w/25 stroke} \}$
	{3 x 200 on 3:15 Individual Medley
	$\{4 \times 100 \text{ on } 1:30 \text{ Freestyle w/25 stroke} \}$
200	1 x 200 on 3:00 Stroke Drills
	8:31 AM 6,200 Yards - Stress Value = 98

Workout #4750 - Wednesday, 13 June 2007 Group 3 - Silver

1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
500	<pre>1 on 30:00 Stomach and Stretch 1 x 500 on 9:00 Freestyle Drill L.25 of each 100 6bk</pre>
150 1,050	10 x 15 on :45 Shooters 3x{4 x 25 on :45 Kick no board BSLR

{1 x 100 on 2:10 Kick {1 x 75 on 1:40 Kick {1 x 50 on 1:05 Kick {1 x 25 on :35 Kick 900 6x{1 x 75 on 1:20 Lungbuster pulls { Breathe 3-5-7by the 25
{1 x 75 on 1:15 Lungbuster pulls
{ Breathe 2-4-6 by the 25
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
3 on each stroke
2,500 1x{1 x 400 on 7:30 Individual Medley
$\{4 \times 100 \text{ on } 1:40 \text{ Freestyle w/25 stroke}$
{2 x 300 on 5:30 Individual Medley
$\{4 \times 100 \text{ on } 1:40 \text{ Freestyle w/25 stroke}$
{2 x 200 on 3:35 Individual Medley
$\{3 \times 100 \text{ on } 1:40 \text{ Freestyle w/25 stroke}$
200 1 x 200 on 3:00 Stroke Drills
8:30 AM 5,600 Yards - Stress Value = 88
Workout #4752 - Wednesday, 13 June 2007

Workout #4752 - Wednesday, 13 June 2007 Group 3 - Bronze 1 minute rest between sets

Yards	6:00 AM Start Set Description
400	1 on 30:00 Stomach and Stretch 1 x 400 on 9:00 Freestyle Drill L.25 of each 100 6bk
150	10 x 15 on :45 Shooters
1,050	$3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
•	1 x 100 on 2:20 Kick
	1 x 75 on 1:45 Kick
	{1 x 50 on 1:10 Kick
	{1 x 25 on :35 Kick
750	$5x{1 x 75 on 1:30 Lungbuster pulls}$
	{ Breathe 3-5-7by the 25
	{1 x 75 on 1:25 Lungbuster pulls
	{ Breathe 2-4-6 by the 25
300	12×25 on :40 12.5 ez 12.5 fast grt finishe
	3 on each stroke
2,100	1x{1 x 400 on 9:00 Individual Medley
	$\{3 \times 100 \text{ on } 2:00 \text{ Freestyle w/25 stroke} \}$
	{2 x 300 on 6:30 Individual Medley
	$\{3 \times 100 \text{ on } 2:00 \text{ Freestyle w/25 stroke}\}$
	{1 x 200 on 4:20 Individual Medley
	$\{3 \times 100 \text{ on } 2:00 \text{ Freestyle w/25 stroke}\}$
200	
	8:31 AM 4,950 Yards - Stress Value = 80

Workout #4753 - Thursday, 14 June 2007 Group 3 - Fly

1 minute rest between sets

	6:00 AM Start
Yards	Set Description
	1 on 30:00 Physio Ball Abs/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
	1x{4 x 125 on 2:30 Kick
1,250	•
	{3 x 125 on 2:25 Kick
	{2 x 125 on 2:20 Kick
	{1 x 125 on 2:15 Kick
1,200	1x{1 x 400 on 6:00 Pulls
	{1 x 400 on 5:50 Pulls
	{1 x 400 on 5:40 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,250	$1x{9 x 100 on 1:50 3 strokes fly off each wall}$
	{3 x 50 on 1:00 Stroke Drills
	{6 x 100 on 1:40 3 strokes fly off each wall
	{3 x 50 on 1:00 Stroke Drills
	{3 x 100 on 1:30 3 strokes fly off each wall
	{3 x 50 on 1:00 Stroke Drills
100	•
	1 x 100 on 2:00 Butterfly for time OTB
200	1 x 200 on 4:00 Stroke Drills
	8:30 AM 5,850 Yards - Stress Value = 91

Workout #4754 - Thursday, 14 June 2007 Group 3 - Silver

1 minute rest between sets

Vards	6:00 AM Start Set Description
======	=======================================
	1 on 30:00 Physio Ball Abs/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
1,150	1x{3 x 125 on 2:45 Kick
	{3 x 125 on 2:40 Kick
	{2 x 100 on 2:05 Kick
	{2 x 100 on 2:00 Kick
1,050	1x{1 x 350 on 6:00 Pulls
	{1 x 350 on 5:50 Pulls
	{1 x 350 on 5:40 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,000	$1x{9 x 100 on 2:05 3 strokes fly off each wall}$
	{3 x 50 on 1:00 Stroke Drills
	{6 x 100 on 1:55 3 strokes fly off each wall
	{3 x 50 on 1:00 Stroke Drills
	$\{1 \times 100 \text{ on } 1:45 \text{ 3 strokes fly off each wall}$
	{2 x 50 on 1:00 Stroke Drills
	1 x 100 on 2:00 Butterfly for time OTB
200	1 x 200 on 4:00 Stroke Drills
	8:30 AM 5,350 Yards - Stress Value = 84

Workout #4755 - Thursday, 14 June 2007 Group 3 - Bronze

1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Ball Abs/Stretch
300	1 x 300 on 8:00 Underwater trn drill
	odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,000	1x{4 x 100 on 2:30 Kick
	{3 x 100 on 2:25 Kick
	{2 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick

900	1x{1	x 300 on 6:00 Pulls
	{ 1	x 300 on 5:50 Pulls
	{ 1	x 300 on 5:40 Pulls
300	12	2×25 on :40 12.5 ez 12.5 fast grt finishe
1,650	1x{4	x 100 on 2:20 3 strokes fly off each wall
	{ 3	x 50 on 1:10 Stroke Drills
	{ 4	x 100 on 2:15 3 strokes fly off each wall
	{ 3	x 50 on 1:10 Stroke Drills
	{ 4	x 100 on 2:10 3 strokes fly off each wall
	{ 3	x 50 on 1:10 Stroke Drills
100	1	x 100 on 2:00 Butterfly for time OTB
200	1	x 200 on 5:00 Stroke Drills
	8:29	AM 4,600 Yards - Stress Value = 74
		Workout #4756 - Thursday, 14 June 2007

Workout #4756 - Thursday, 14 June 2007 Group 3 - Speed Acquisition 1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	EGY
		===
	1 on 20:00 10 min abs/stretch	
400	1 x 400 on 8:00 Underwater trn drill	REC
	1 on 10:00 Techniques-TN turn drills	
1,000	10 x 100 on 2:00 Challenge Kick Set $w/fins$	EN3
	1 on 10:00 Techniques-Relay starts	
200	1 x 200 on 15:00 Shooter Relays	SP2
250	1 x 250 on 4:00 Stroke Drills	REC
	6:30 PM 1,850 Yards - Stress Value = 80	

Workout #4757 - Thursday, 14 June 2007 Group 2 - Fly 1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	=======================================
	1 on 20:00 Physio Ball Abs/Stretch
300	1 x 300 on 6:00 Underwater trn drill
	odd 50's free even 50's back
150	10 x 15 on :45 Shooters
500	1x{1 x 125 on 2:45 Kick
	{1 x 125 on 2:40 Kick
	{1 x 125 on 2:35 Kick
	{1 x 125 on 2:30 Kick
750	1x{1 x 250 on 4:15 Pulls
	{1 x 250 on 4:00 Pulls
	{1 x 250 on 3:45 Pulls
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	$1x{4 \times 100}$ on 2:00 3 strokes fly off each wall
	{3 x 50 on 1:00 Stroke Drills
	{4 x 100 on 1:55 3 strokes fly off each wall
	{3 x 50 on 1:00 Stroke Drills
	{4 x 100 on 1:50 3 strokes fly off each wall
	{2 x 50 on 1:00 Stroke Drills
100	1 x 100 on 2:00 Butterfly for time OTB
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Relays
	7:30 PM 3,750 Yards - Stress Value = 58
1,600	1x{4 x 100 on 2:00 3 strokes fly off each wal {3 x 50 on 1:00 Stroke Drills {4 x 100 on 1:55 3 strokes fly off each wal {3 x 50 on 1:00 Stroke Drills {4 x 100 on 1:50 3 strokes fly off each wal {2 x 50 on 1:00 Stroke Drills 1 x 100 on 2:00 Butterfly for time OTB 1 x 200 on 4:00 Stroke Drills 1 on 15:00 Relays

Workout #4760 - Friday, 15 June 2007 **Group 3 - Breast** 1 minute rest between sets

6:00 AM Start Yards Set Description	
1 on 30:00 Physio Balls/Stretch	
500 1 x 500 on 9:00 Reverse IM drill	
150	
$1,000 1x\{4 \times 25 \text{ on } :45 \text{ Kick no board BSLR}$	
{1 x 150 on 3:00 Kick	
{4 x 25 on :45 Kick no board BSLR	
{2 x 125 on 2:30 Kick	
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR} \}$	
$\{3 \times 100 \text{ on } 2:00 \text{ Kick} \\ 1,250 5x\{1 \times 25 \text{ on } :30 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	
$\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	
$\{1 \times 75 \text{ on } 1.45 \text{ rulls hibblew} + 2 \text{ yds} $	
{1 x 100 on 1:30 Pulls-nbbf&w + 2 yds	
300 12 x 25 on :40 12.5 ez 12.5 fast grt	
1,800 1x{1 x 200 on 4:30 Pulls	
$\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill}$	
{4 x 50 on 1:00 Breaststroke 2X pullo	uts
$\{2 \times 150 \text{ on } 3:15 \text{ Pulls}$	
$\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill}$	
{4 x 50 on :55 Breaststroke 2X pullou	ts
{3 x 100 on 2:05 Pulls	
{4 x 25 on :45 Breast TO drill	+ -
$\{4 \times 50 \text{ on } : 50 \text{ Breaststroke } 2X \text{ pullou} \}$	LS
50 1 x 50 on 2:00 Breast for time OTB	
200 1 x 200 on 3:00 Stroke Drill	

Workout #4759 - Friday, 15 June 2007 Group 3 - Silver 1 minute rest between sets

8:30 AM 5,250 Yards - Stress Value = 80

	Se	et	1 Start Description
	==	===	
	1	or	n 30:00 Physio Balls/Stretch
500	1	Х	500 on 9:00 Reverse IM drill
150	1() 2	k 15 on :45 Shooters
			25 on :45 Kick no board BSLR
,			150 on 3:15 Kick
	-		25 on :45 Kick no board BSLR
			125 on 2:40 Kick
			25 on :45 Kick no board BSLR
	-		100 on 2:05 Kick
1 250			
1,230			25 on :30 Pulls-nbbf&w + 2 yds
	-		50 on :50 Pulls-nbbf&w + 2 yds
			75 on 1:15 Pulls-nbbf&w + 2 yds
			100 on 1:40 Pulls-nbbf&w + 2 yds
150	6	Х	25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1	Х	200 on 5:00 Pulls
	{ 4	Х	25 on :45 Breast TO drill
	{ 4	Х	50 on 1:00 Breaststroke 2X pullouts
	{ 2	Х	150 on 3:30 Pulls
	{ 4	Х	25 on :45 Breast TO drill
			50 on 1:00 Breaststroke 2X pullouts
			100 on 2:20 Pulls
			25 on :45 Breast TO drill
	-		50 on 1:00 Breaststroke 2X pullouts
	(-		too on 1:00 bloadobolone in palloaco

	0.00 Thi Deale
	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 125 on 2:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
1,250	$5x{1 x 25 on :30 Pulls-nbbf&w + 2 yds}$
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 75 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 100 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,500	1x{1 x 200 on 5:30 Pulls
	$\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill}$
	{4 x 50 on 1:10 Breaststroke 2X pullouts
	{2 x 150 on 4:00 Pulls
	$\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill}$
	{4 x 50 on 1:10 Breaststroke 2X pullouts
	{3 x 100 on 2:35 Pulls
	{1 x 100 on 3:00 Freestyle
50	1 x 50 on 2:00 Breast for time OTB
200	1 x 200 on 3:00 Stroke Drill
	8:30 AM 4,550 Yards - Stress Value = 69

6:00 AM Start

6:00 AM Start

Workout #4763 - Monday, 18 June 2007 **Group 3 - Distance**

1 minute rest between sets

	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
900	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{4 x 25 on :35 Kick
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick
	{3 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick
	1×100 on $2:00$ Kick for time
1,350	1x{2 x 125 on 2:00 Pull no br L.20 yds
	{1 x 100 on 1:30 Pulls
	{2 x 125 on 2:00 Pull no br L.20 yds
	{2 x 100 on 1:25 Pulls
	{2 x 125 on 2:00 Pull no br L.20 yds
200	{3 x 100 on 1:20 Pulls
	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	1x{4 x 125 on 2:10 Freestyle {1 on 1:00 Rest
	$\{4 \times 125 \text{ on } 2:05 \text{ Freestyle} \}$
	{1 on 1:00 Rest
	$\{4 \times 125 \text{ on } 2:00 \text{ Freestyle} \}$
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
400	· · · · · · · · · · · · · · · · · · ·
	8:30 AM 5,700 Yards - Stress Value = 179

Workout #4758 - Friday, 15 June 2007 Group 3 - Bronze 1 minute rest between sets

1 x 50 on 2:00 Breast for time OTB

 $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$

1 x 200 on 3:00 Stroke Drill 8:29 AM 5,000 Yards - Stress Value = 77

50

Workout #4762 - Monday, 18 June 2007

5:30 PM Start Group 3 - Silver Yards Set Description 1 minute rest between sets _____ 1 on 20:00 Physio Balls/Stretch 6:00 AM Start 300 1 x 300 on 6:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters Set Description Yards _____ 500 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ 1 on 30:00 Physio Balls/Stretch {1 x 50 on 1:05 Kick 400 1 x 400 on 9:00 Swim-kick-pull-swim {4 x 25 on :45 Kick {2 x 75 on 1:35 Kick 750 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {4 x 25 on :45 Kick {1 x 50 on 1:05 Kick 100 1 x 100 on 2:00 Kick for time {4 x 25 on :45 Kick 450 1x{1 x 125 on 2:10 Pull no br L.20 vds {2 x 75 on 1:35 Kick {1 x 100 on 1:40 Pulls {4 x 25 on :45 Kick $\{1 \times 125 \text{ on } 2:10 \text{ Pull no br L.20 yds}$ {2 x 100 on 2:10 Kick {1 x 100 on 1:35 Pulls $\{2 \times 25 \text{ on } : 45 \text{ Kick} \}$ 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 x 100 on 2:00 Kick for time 100 1,500 1x{4 x 125 on 2:20 Freestyle 1,250 1x{2 x 125 on 2:10 Pull no br L.20 yds {1 on 1:00 Rest {1 x 100 on 1:40 Pulls $\{4 \times 125 \text{ on } 2:15 \text{ Freestyle} \}$ {2 x 125 on 2:10 Pull no br L.20 yds {1 on 1:00 Rest {2 x 100 on 1:35 Pulls {4 x 125 on 2:10 Freestyle {2 x 125 on 2:10 Pull no br L.20 yds 6 x 50 on 1:10 Stroke Drills 1 on 15:00 TiVo Starts 300 {2 x 100 on 1:30 Pulls $12 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finish}$ 7:30 PM 3,450 Yards - Stress Value = 121 $1,600 \ 1x\{4 \ x \ 100 \ on \ 2:10 \ Freestyle$ {1 on 1:00 Rest Workout #4766 - Tuesday, 19 June 2007 $\{4 \times 100 \text{ on } 2:05 \text{ Freestyle}$ {1 on 1:00 Rest Group 3 - Back $\{4 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$ 1 minute rest between sets {1 on 1:00 Rest {4 x 100 on 1:55 Freestyle 4 x 100 on 2:15 Stroke Drills 6:00 AM Start 400 1 on 30:00 Physio Ball Abs/Stretch 1 x 400 on 8:00 Underwater trn drill 400 Workout #4761 - Monday, 18 June 2007 150 10 x 15 on :45 Shooters Group 3 - Bronze $1,200 1x{4 x 75 on 1:30 Kick with flippers}$ 1 minute rest between sets {4 x 75 on 1:25 Kick with flippers {4 x 75 on 1:20 Kick with flippers 6:00 AM Start $\{4\ x\ 75\ on\ 1:15\ Kick\ with\ flippers$ Yards Set Description { 1st 2 of each set w/board, 2nd 2 without a _____ ====== 1,500 1 x 1500 on 22:30 Pulls 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1 on 30:00 Physio Balls/Stretch 300 400 1 x 400 on 9:00 Swim-kick-pull-swim 2,000 2x{1 x 200 on 3:20 Backstroke 10×15 on :45 Shooters 150 {8 x 25 on :30 Backstroke 10 kow 750 1x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 2:30 Backstroke {1 x 50 on 1:10 Kick {6 x 25 on :30 Backstroke 10 kow $\{4 \times 25 \text{ on } : 45 \text{ Kick} \}$ $\{1 \text{ x } 100 \text{ on } 1\text{:}40 \text{ Backstroke} \}$ $\{2 \times 75 \text{ on } 1:45 \text{ Kick} \}$ {4 x 25 on :30 Backstroke 10 kow $\{4 \times 25 \text{ on } : 45 \text{ Kick} \}$ {1 x 50 on :50 Backstroke {2 x 100 on 2:20 Kick {2 x 25 on :30 Backstroke 10 kow {2 x 25 on :45 Kick no board BSLR 400 8 x 50 on 1:00 Stroke Drills 1 x 100 on 2:00 Kick for time 8:30 AM 5,950 Yards - Stress Value = 88 950 1x{2 x 100 on 2:10 Pull no br L.20 yds $\{2 \times 50 \text{ on } 1:00 \text{ Pulls} \}$ {2 x 100 on 2:10 Pull no br L.20 yds {2 x 50 on 1:00 Pulls {2 x 100 on 2:10 Pull no br L.20 yds {3 x 50 on 1:00 Pulls 12 x 25 on :40 12.5 ez 12.5 fast grt finishe $1,600 \ 1x\{4 \ x \ 100 \ on \ 2:10 \ Freestyle$ {1 on 1:00 Rest $\{4 \times 100 \text{ on } 2:05 \text{ Freestyle} \}$ {1 on 1:00 Rest $\{4 \times 100 \text{ on } 2:00 \text{ Freestyle}$

Workout #4764 - Monday, 18 June 2007 Group 2 - Distance

{1 on 1:00 Rest

 $\{4 \times 100 \text{ on } 1:55 \text{ Freestyle} \}$ 4 x 100 on 2:15 Stroke Drills 8:29 AM 4,650 Yards - Stress Value = 144

1 minute rest between sets

Workout #4765 - Tuesday, 19 June 2007 Group 3 - Silver 1 minute rest between sets	
6:00 AM Start Yards Set Description	{1 x 100 on :01 Freestyle SF
150	Workout #4769 - Tuesday, 19 June 2007 Group 2 - Back 1 minute rest between sets
{4 x 75 on 1:15 Kick with flippers { 1st 2 of each set w/board, 2nd 2 without a 1,350	5:30 PM Start Yards Set Description
{8 x 25 on :30 Backstroke 10 kow {1 x 150 on 2:45 Backstroke {6 x 25 on :30 Backstroke 10 kow {1 x 100 on 1:50 Backstroke {4 x 25 on :30 Backstroke 10 kow {1 x 50 on :55 Backstroke 400 8 x 50 on 1:00 Stroke Drills	1 on 20:00 Physio Ball Abs/Stretch 300 1 x 300 on 6:00 Underwater trn drill 150 10 x 15 on :45 Shooters 600 1x{4 x 75 on 1:30 Kick with flippers {4 x 75 on 1:25 Kick with flippers { 1st 2 of each set w/board, 2nd 2 without a 800 1 x 800 on 13:20 Pulls 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:30 AM 5,700 Yards - Stress Value = 85 Workout #4767 - Tuesday, 19 June 2007 Group 3 - Bronze	1,800 2x{1 x 200 on 3:40 Backstroke {8 x 25 on :30 Backstroke 10 kow {1 x 150 on 2:45 Backstroke {6 x 25 on :30 Backstroke 10 kow
1 minute rest between sets 6:00 AM Start Yards Set Description	{1 x 100 on 1:50 Backstroke {4 x 25 on :30 Backstroke 10 kow 200 1 x 200 on 4:00 Stroke Drills 1 on 11:00 Game 7:30 PM 4,000 Yards - Stress Value = 64
1 on 30:00 Physio Ball Abs/Stretch 300 1 x 300 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters	Workout #4772 - Wednesday, 20 June 2007 Group 3 - IM'ers
1,200 $1x\{4 \times 75 \text{ on } 1:30 \text{ Kick with flippers} $ $\{4 \times 75 \text{ on } 1:25 \text{ Kick with flippers} $ $\{4 \times 75 \text{ on } 1:20 \text{ Kick with flippers} $ $\{4 \times 75 \text{ on } 1:15 \text{ Kick with flippers} \}$	1 minute rest between sets 6:00 AM Start Yards Set Description
{4 x 75 on 1:25 Kick with flippers {4 x 75 on 1:20 Kick with flippers {4 x 75 on 1:15 Kick with flippers { 1st 2 of each set w/board, 2nd 2 without a 1,200 1 x 1200 on 22:30 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,800 2x{1 x 200 on 4:20 Backstroke {8 x 25 on :35 Backstroke 10 kow {1 x 150 on 3:15 Backstroke {6 x 25 on :30 Backstroke 10 kow {1 x 100 on 2:10 Backstroke	1 minute rest between sets 6:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 500 1 x 500 on 9:00 Freestyle L.25 of each 100 150 10 x 15 on :45 Shooters 1,200 2x{1 x 100 on 2:00 Kick no board BSLR {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR
{4 x 75 on 1:25 Kick with flippers {4 x 75 on 1:20 Kick with flippers {4 x 75 on 1:15 Kick with flippers { 1st 2 of each set w/board, 2nd 2 without a 1,200 1 x 1200 on 22:30 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,800 2x{1 x 200 on 4:20 Backstroke {8 x 25 on :35 Backstroke 10 kow {1 x 150 on 3:15 Backstroke {6 x 25 on :30 Backstroke 10 kow	1 minute rest between sets 6:00 AM Start Yards
{4 x 75 on 1:25 Kick with flippers {4 x 75 on 1:20 Kick with flippers {4 x 75 on 1:15 Kick with flippers {1 st 2 of each set w/board, 2nd 2 without a 1,200 1 x 1200 on 22:30 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,800 2x{1 x 200 on 4:20 Backstroke {8 x 25 on :35 Backstroke 10 kow {1 x 150 on 3:15 Backstroke {6 x 25 on :30 Backstroke 10 kow {1 x 100 on 2:10 Backstroke {4 x 25 on :35 Backstroke 10 kow 250 5 x 50 on 1:00 Stroke Drills 8:30 AM 5,200 Yards - Stress Value = 81 Workout #4768 - Tuesday, 19 June 2007	1 minute rest between sets 6:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 500 1 x 500 on 9:00 Freestyle L.25 of each 100 150 10 x 15 on :45 Shooters 1,200 2x{1 x 100 on 2:00 Kick no board BSLR {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:00 Kick {4 x 25 on :35 Kick no board BSLR 1,200 1x{4 x 100 on 1:35 Lungbuster pulls {4 x 100 on 1:30 Lungbuster pulls {4 x 100 on 1:25 Lungbuster pulls

Workout #4771 - Wednesday, 20 June 2007 Group 3 - Silver 1 minute rest between sets

Yards			Start Description
	1	or	n 30:00 Stomach and Stretch
450	1	Х	450 on 9:00 Freestyle L.25 of each 100
150	10) 2	<pre>15 on :45 Shooters</pre>
1,200	2x{1	Х	100 on 2:10 Kick no board BSLR
	{ 4	Х	25 on :45 Kick no board BSLR
	{ 1	Х	100 on 2:10 Kick
	{ 4	Х	25 on :40 Kick no board BSLR
	{ 1	Х	100 on 2:10 Kick
	{ 4	Х	25 on :35 Kick no board BSLR
1,000	1x{4	Х	100 on 1:45 Lungbuster pulls
	{ 4	Х	100 on 1:40 Lungbuster pulls
	{ 2	Х	100 on 1:35 Lungbuster pulls
200	8	Х	25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,000	10x{1	Х	100 on 1:50 Individual Medley
	{1	Х	50 on :45 Freestyle

Workout #4770 - Wednesday, 20 June 2007 Group 3 - Bronze

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

4 x 100 on 2:00 Stroke Drills 8:29 AM 5,400 Yards - Stress Value = 78

400

1 minute rest between sets

Yards	6:00 AM Start Set Description
	1 on 30:00 Stomach and Stretch
400	1 x 400 on 9:00 Freestyle L.25 of each 100 (
	10 x 15 on :45 Shooters
	2x{1 x 100 on 2:20 Kick no board BSLR
1,000	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:20 Kick
1,000	1x{4 x 100 on 2:00 Lungbuster pulls
	{3 x 100 on 1:55 Lungbuster pulls
	{3 x 100 on 1:50 Lungbuster pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	9x{1 x 100 on 2:10 Individual Medley
	$\{1 \times 50 \text{ on } :55 \text{ Freestyle}$
	$\{1 \times 50 \text{ on } 1:05 \text{ Freestyle}$
400	4 x 100 on 2:00 Stroke Drills
	8:31 AM 4,950 Yards - Stress Value = 72

Workout #4773 - Thursday, 21 June 2007 Group 3 - Breast 1 minute rest between sets

Yards	6:00 AM Start Set Description
	1 on 30:00 Physio Ball Abs/Stretch
500	1 x 500 on 9:00 Underwater trn drill odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	2x{1 x 150 on 3:00 Kick
1,800	{4 x 25 on :45 Sprint kick {1 x 100 on 2:00 Kick {4 x 25 on :45 Sprint kick {1 x 50 on 1:00 Kick {4 x 25 on :45 Sprint kick 1x{1 x 200 on 3:00 Pulls {4 x 50 on 1:15 Pulls {2 x 200 on 2:55 Pulls {4 x 50 on 1:15 Pulls {3 x 200 on 2:50 Pulls

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{4 x 50 on 1:15 Pulls
  300
           12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,200 1x{3 x 100 on 1:30 75 free 25 breast
          \{4 \times 25 \text{ on } : 30 \text{ Breaststroke-descend} \}
          \{3 \text{ x } 100 \text{ on } 1\text{:}40 \text{ 50 free } 50 \text{ breast}
          \{4 \times 25 \text{ on } : 30 \text{ Breaststroke-descend} \}
          {3 x 100 on 1:50 25 free 75 breast
          \{4 \text{ x } 25 \text{ on } : 30 \text{ Breaststroke-descend}
           5 x 50 on 1:00 Stroke Drills
        8:30 AM 5,400 Yards - Stress Value = 107
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Workout #4774 - Thursday, 21 June 2007 Group 3 - Silver

1 minute rest between sets

6:00 AM Start

Set Description

Yards

	1 20 00 71 1 7 71 72
	1 on 30:00 Physio Ball Abs/Stretch
450	1 x 450 on 9:00 Underwater trn drill
	odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,100	2x{1 x 150 on 3:15 Kick
,	{4 x 25 on :45 Sprint kick
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Sprint kick
	-
	{1 x 50 on 1:05 Kick
	{2 x 25 on :45 Sprint kick
1,750	1x{1 x 200 on 3:20 Pulls
	{4 x 50 on 1:20 Pulls
	{2 x 200 on 3:15 Pulls
	{4 x 50 on 1:20 Pulls
	{3 x 200 on 3:10 Pulls
	{3 x 50 on 1:20 Pulls
300	12×25 on :40 12.5 ez 12.5 fast grt finishe
	-
1,100	1x{3 x 100 on 1:40 75 free 25 breast
	{4 x 25 on :35 Breaststroke-descend
	{3 x 100 on 1:50 50 free 50 breast
	{4 x 25 on :35 Breaststroke-descend
	{3 x 100 on 2:00 25 free 75 breast
250	5 x 50 on 1:00 Stroke Drills
	8:30 AM 5,100 Yards - Stress Value = 98
	0.00 III 0,100 Iaiao 001000 vaiac 90

{1 x 50 on 1:05 Kick

$\{2 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ Workout #4775 - Thursday, 21 June 2007 1,050 1x{1 x 200 on 3:20 Pulls Group 3 - Bronze {3 x 50 on 1:20 Pulls 1 minute rest between sets {1 x 200 on 3:15 Pulls {3 x 50 on 1:20 Pulls 6:00 AM Start {1 x 200 on 3:10 Pulls Yards Set Description {3 x 50 on 1:20 Pulls _____ 1 on 30:00 Physio Ball Abs/Stretch 1 x 400 on 9:00 Underwater trn drill 1,100 1x{3 x 100 on 1:40 75 free 25 breast 1,100 1x{3 x 25 on :35 Prosststretch-descent 400 {4 x 25 on :35 Breaststroke-descend odd 100's free even 100's back $\{3 \times 100 \text{ on } 1:50 50 \text{ free } 50 \text{ breast} \}$ 150 10 x 15 on :45 Shooters {4 x 25 on :35 Breaststroke-descend $1,100 \ 2x\{1 \ x \ 150 \ on \ 3:30 \ Kick$ {3 x 100 on 2:00 25 free 75 breast $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ 200 1 x 200 on 4:00 Stroke Drills {1 x 100 on 2:20 Kick 1 on 15:00 Game $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ 7:31 PM 3,500 Yards - Stress Value = 66 $\{1 \times 50 \text{ on } 1:10 \text{ Kick} \}$ $\{2 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ Workout #4778 - Friday, 22 June 2007 $1,550 1x{1 x 200 on 4:00 Pulls}$ ${3 \times 50 \text{ on } 1:30 \text{ Pulls}}$ Group 3 - Fly {2 x 200 on 3:50 Pulls 1 minute rest between sets {3 x 50 on 1:30 Pulls {3 x 200 on 3:40 Pulls 6:00 AM Start {1 x 50 on 1:30 Pulls Yards Set Description 12 x 25 on :40 12.5 ez 12.5 fast grt finishe _____ 300 12 x 25 on :40 12.5 e2 12.5 last ground in the second {4 x 25 on :40 Breaststroke-descend {3 x 100 on 2:15 50 free 50 breast {4 x 25 on :40 Breaststroke-descend {1 x 100 on 2:20 25 free 75 breast {1 x 100 on 2:20 25 free 75 breast {1 x 500 on 2:00 Challenge Kick set w/fins {1 x 100 on 2:20 25 free 75 breast {1 x 300 on 4:30 Pulls-nbbf&w + 2 yds {4 x 50 on 1:00 Pulls 4 breaths each $\{4 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths each }$ 8:30 AM 4,650 Yards - Stress Value = 90 $\{2 \times 200 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{4 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths each} \}$ ${3 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ Workout #4776 - Thursday, 21 June 2007 $\{4 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths each} \}$ Group 3 - Speed Acquisition 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 minute rest between sets $2,200 2x\{4 \times 25 \text{ on } :30 \text{ Free- } 1 \text{ stroke fly off wall}$ {4 x 50 on :55 Free-2 strokes fly off walls 5:00 PM Start $\{4 \times 75 \text{ on } 1:15 \text{ Free-3 strokes flly off walls}$ Set Description Yards $\{4\ x\ 100\ on\ 1:30\ Free-4\ strokes\ fly\ off\ walls$ _____ $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$ 1 on 20:00 10 min abs/stretch 200 1 x 200 on 3:00 Stroke Drills 500 1 x 500 on 9:00 Underwater trn drill REC 8:31 AM 6,050 Yards - Stress Value = 76 SP3 700 $1x\{1 \times 50 \text{ on } 1:00 \text{ Kick with flippers}$ SP2 Workout #4779 - Friday, 22 June 2007 {1 x 100 on 2:00 Kick with flippers REC {2 x 75 on 1:30 Kick with flippers Group 3 - Silver SP2 {1 x 100 on 2:00 Kick with flippers REC 1 minute rest between sets {3 x 100 on 2:00 Kick with flippers SP2 {1 x 120 on 1:00 Freestyle (8 LAPS) REC {6 x 30 on 1:00 Freestyle (8 LAPS) 1,200 1x{8 x 30 on 1:00 Freestyle 6:00 AM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 450 450 1 x 450 on 9:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 12 x 100 on 2:00 Challenge Kick set w/fins 1,500 1x{1 x 300 on 5:00 Pulls-nbbf&w + 2 yds 1 x 450 on 9:00 Reverse IM drill {2 x 30 on 1:00 Freestyle SP2 {1 x 240 on 6:00 Stroke Drills REC 6:29 PM 2,550 Yards - Stress Value = 116 $\{4 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths each} \}$ $\{2 \times 200 \text{ on } 3:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{4 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths each} \}$ Workout #4777 - Thursday, 21 June 2007 $\{3 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ Group 2 - Breast {2 x 50 on 1:00 Pulls 4 breaths each 1 minute rest between sets 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes $2,000 \ 2x\{4 \ x \ 25 \ on : 30 \ Free- 1 \ stroke fly off wall$ 5:30 PM Start $\{4 \times 50 \text{ on } 1:00 \text{ Free-2 strokes fly off walls}$ Set Description Yards {4 x 75 on 1:25 Free-3 strokes flly off walls _____ _____ {3 x 100 on 1:50 Free-4 strokes fly off walls 1 on 20:00 Physio Ball Abs/Stretch $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \ 200 \ 1 \times 200 \text{ on } 3:00 \text{ Stroke Drills} \$ 1 x 300 on 6:00 Underwater trn drill odd 100's free even 100's back 8:32 AM 5,700 Yards - Stress Value = 71 10×15 on :45 Shooters 150 550 1x{1 x 150 on 3:15 Kick $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ {1 x 100 on 2:10 Kick $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$

6:00 AM Start

Workout #4780 - Friday, 22 June 2007 Group 3 - Bronze 1 minute rest between sets

Yards		AM Start et Description
=====	==	
	1	on 30:00 Physio Balls/Stretch
400	1	x 400 on 9:00 Reverse IM drill
150	10	0 x 15 on :45 Shooters
1,200	12	2 x 100 on 2:00 Challenge Kick set w/fins
1,400	1x{1	x 300 on 5:40 Pulls-nbbf&w + 2 yds
	{ 4	x 50 on 1:00 Pulls
	{2	x 200 on 3:45 Pulls-nbbf&w + 2 yds
	{ 4	x 50 on 1:00 Pulls
	{ 3	x 100 on 1:50 Pulls-nbbf&w + 2 yds
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	2x{4	x 25 on :30 Free- 1 stroke fly off wall
	{ 4	x 50 on 1:05 Free-2 strokes fly off walls
	{ 2	x 75 on 1:40 Free-3 strokes flly off walls
	{ 3	x 100 on 2:15 Free-4 strokes fly off walls
		x 50 on 2:00 Freestyle
200	1	x 200 on 3:00 Stroke Drills
	8:30	AM 5,150 Yards - Stress Value = 67

Workout #4783 - Monday, 25 June 2007 Group 3 - Distance 1 minute rest between sets

Yards	Set Description					
=====	=======================================					
	1 on 30:00 Physio Balls/Stretch					
400	<u> -</u>					
	10 x 15 on :45 Shooters					
	6 x 150 on 2:15 Freestyle-descend in 3's					
	1x{4 x 25 on :30 Kick no board BSLR					
1,000						
	{2 x 75 on 1:30 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					
	{2 x 75 on 1:30 Kick					
	{4 x 25 on :45 Kick no board BSLR					
	{2 x 75 on 1:30 Kick					
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes					
900	6 x 150 on 2:15 Freestyle-descend in 3's					
1,200	2x{3 x 75 on 1:10 Pull no br L.12 yds					
•	{3 x 75 on 1:05 Pull no br L.12 yds					
	{2 x 75 on 1:00 Pull no br L.12 yds					
150	-					
900						
	<u> -</u>					
250	1 x 250 on 5:00 Stroke Drills					

Workout #4781 - Monday, 25 June 2007 Group 3 - Silver

8:30 AM 6,000 Yards - Stress Value = 206

1 minute rest between sets

Yards	6:00 AM Start Set Description			
	1 20 00 Pl ' P 11 /G + 1			
	1 on 30:00 Physio Balls/Stretch			
400	1 x 400 on 8:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
750	6 x 125 on 2:15 Freestyle-descend in 3's			
850	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 75 on 1:40 Kick			
	$\{4 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}$			
	{2 x 75 on 1:35 Kick			
	$\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$			
	{2 x 75 on 1:30 Kick			
	{4 x 25 on :45 Kick no board BSLR			
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes			

Workout #4782 - Monday, 25 June 2007 Group 3 - Bronze 1 minute rest between sets

1 minute Test between s

Yards		AM Start et Description
	1	on 30:00 Physio Balls/Stretch
300		x 300 on 8:00 Swim-kick-pull-swim
150	10	0 x 15 on :45 Shooters
600	6	x 100 on 2:15 Freestyle-descend in 3's
850	1x{4	x 25 on :45 Kick no board BSLR
	{ 2	x 75 on 1:45 Kick
	{ 4	x 25 on :45 Kick no board BSLR
	{ 2	x 75 on 1:40 Kick
	•	x 25 on :45 Kick no board BSLR
		x 75 on 1:35 Kick
	•	x 25 on :45 Kick no board BSLR
		x 25 on :40 12.5 ez 12.5 fast grt finishes
		x 100 on 2:15 Freestyle-descend in 3's
900		x 75 on 1:25 Pull no br L.12 yds
		x 75 on 1:20 Pull no br L.12 yds
	-	x 75 on 1:15 Pull no br L.12 yds
		x 25 on :40 12.5 ez 12.5 fast grt finishes
		x 100 on 2:15 Freestyle descend in 3's
250		x 250 on 5:00 Stroke Drills
	8:29	AM 4,550 Yards - Stress Value = 145
		W

Workout #4786 - Tuesday, 26 June 2007 Group 3 - Back

1 minute rest between sets

	Se	AM Start et Description	
=====		on 20.00 Physic Poll The/Streetsh	==
400		on 30:00 Physio Ball Abs/Stretch x 400 on 8:00 Underwater trn drill	
		x 400 on 8:00 underwater trn ariii x 15 on :45 Shooters	
1,200	-	x 50 on 1:05 Kick	
		x 50 on 1:00 Kick	
1 000		x 50 on :55 Kick	
1,200	-	x 300 on 4:30 Pulls	
	-	x 150 on 2:15 Pulls	
	-	x 100 on 1:30 Pulls	
000	-	x 75 on 1:05 Pulls	
		x 25 on :40 12.5 ez 12.5 fast grt finish	9.5
300	-	x 100 on 3:00 Backstroke for time	
		x 200 on 4:00 Freestyle	
2,200		x 150 on 2:35 Backstroke	
		x 100 on 2:00 Backstroke w/in 10 secs	
	-	x 150 on 2:30 Backstroke	
		x 100 on 2:00 Backstroke w/in 8 secs	
		x 150 on 2:25 Backstroke	
	{ 1	x 100 on 2:00 Backstroke w/in 6 secs	
	{ 3	x 150 on 2:20 Backstroke	
	{ 1	x 100 on 2:00 Backstroke w/in 4 secs	
250	1	x 250 on 4:00 Stroke Drills	
	8:30	AM 5,900 Yards - Stress Value = 110	

Workout #4784 - Tuesday, 26 June 2007 Group 3 - Silver

1 minute rest between sets

Yards	6:00 AM Start Set Description
	1 on 30:00 Physio Ball Abs/Stretch
400	1 x 400 on 8:00 Underwater trn drill
	10 x 15 on :45 Shooters
	2x{4 x 50 on 1:10 Kick
1,100	{4 x 50 on 1:05 Kick
	{3 x 50 on 1:00 Kick
1 050	1x{1 x 300 on 5:00 Pulls
1,000	{2 x 150 on 2:30 Pulls
	{3 x 100 on 1:40 Pulls
	{2 x 75 on 1:15 Pulls
200	
	8×25 on :40 12.5 ez 12.5 fast grt finishes $1 \times \{1 \times 100 \text{ on } 3:00 \text{ Backstroke for time} \}$
300	
1 050	{1 x 200 on 4:00 Freestyle
1,950	1x{3 x 150 on 3:00 Backstroke
	{1 x 100 on 2:15 Backstroke w/in 10 secs
	{3 x 150 on 2:55 Backstroke
	{1 x 100 on 2:15 Backstroke w/in 8 secs
	{3 x 150 on 2:50 Backstroke
	{1 x 100 on 2:15 Backstroke w/in 6 secs
	{2 x 150 on 2:45 Backstroke
250	
	8:31 AM 5,400 Yards - Stress Value = 98

Workout #4785 - Tuesday, 26 June 2007 Group 3 - Bronze 1 minute rest between sets

Yards	6:00 AM Start Set Description
	<pre>1 on 30:00 Physio Ball Abs/Stretch 1 x 300 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters</pre>
1,000	2x{4 x 50 on 1:15 Kick {3 x 50 on 1:10 Kick {3 x 50 on 1:05 Kick
900	1x{1 x 300 on 6:00 Pulls {2 x 150 on 2:55 Pulls
	$\{3 \times 100 \text{ on } 1:55 \text{ Pulls} \\ 8 \times 25 \text{ on } :40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \\ 1x\{1 \times 100 \text{ on } 3:00 \text{ Backstroke for time} \}$
1,650	{1 x 200 on 4:00 Freestyle 1x{3 x 150 on 3:30 Backstroke {1 x 100 on 2:30 Backstroke w/in 10 secs
	{3 x 150 on 3:25 Backstroke {1 x 100 on 2:30 Backstroke w/in 8 secs
250	{3 x 150 on 3:20 Backstroke {1 x 100 on 2:30 Backstroke w/in 6 secs 1 x 250 on 4:00 Stroke Drills
	8:31 AM 4,750 Yards - Stress Value = 88

Workout #4787 - Tuesday, 26 June 2007 **Group 3 - Speed Acquisition** 1 minute rest between sets

```
5:00 PM Start
Yards
        Set Description
=====
        ______
        1 on 20:00 Med balls/stretch
  200
        1 x 200 on 4:00 Underwater trn drill
  150
        10 x 15 on :45 Shooters
        1 x 600 on 12:00 Indian File Kick
        8 x 25 on :40 12.5 ez 12.5 fast grt finishes
  200
1,600 8x{1 x 200 on 3:15 10/50 20/40 30/30
       {1 on 1:00 Rest
  250
        1 x 250 on 4:00 Stroke Drills
```

6:33 PM 3,000 Yards - Stress Value = 36

Workout #4788 - Wednesday, 27 June 2007 Group 3 - IM'ers 1 minute rest between sets

Yards	6:00 AM Start Set Description				
500	1 on 30:00 Stomach and Stretch 1 x 500 on 9:00 Free L.25 of each 100 6bk 10 x 15 on :45 Shooters				
	10 x 13 on :43 Shooters 00 4x{1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick				
900	{1 x 100 on 1:55 Kick 1x{3 x 200 on 3:00 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls				
200	{ 200's br 2-3-4-5 { 100's br 3-5-7-9 8 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	$1 \times \{6 \times 25 \text{ on } : 30 \text{ Freestyle} $ {1 x 100 on 1:35 Individual Medley				
	<pre>{6 x 25 on :30 odds free evens fly {1 x 200 on 3:10 Individual Medley {6 x 25 on :30 odds free evens back</pre>				
	{1 x 300 on 4:45 Individual Medley {6 x 25 on :30 odds free evens brst				
	{1 x 400 on 6:20 Individual Medley {6 x 25 on :30 odds free evens fly {1 x 300 on 4:45 Individual Medley				
	{6 x 25 on :30 odds free evens back {1 x 200 on 3:10 Individual Medley				
	<pre>{6 x 25 on :30 odds free evens brst {1 x 100 on 1:35 Individual Medley {6 x 25 on :30 Freestyle</pre>				
200	1 x 200 on 3:00 Stroke Drills 8:30 AM 5,950 Yards - Stress Value = 92				

Workout #4789 - Wednesday, 27 June 2007 Group 3 - Silver

1 minute rest between sets

Workout #4792 - Thursday, 28 June 2007

Group 3 - Silver

1 minute rest between sets

6:00 AM Start

Group 3 - Suver			6:00 AM Start
	1 minute rest between sets	Yards	Set Description
		10105	set bescription
	6:00 AM Start		1 on 30:00 Physio Ball Abs/Stretch
Yards	Set Description	500	<u> -</u>
		300	odd 100's free even 100's back
450	1 on 30:00 Stomach and Stretch	150	
450		1,400	1x{4 x 25 on :45 Kick no board BSLR
150		,	{1 x 100 on 2:00 Kick
1,000	4x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick		{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:05 Kick		{2 x 100 on 2:00 Kick
900	1x{3 x 200 on 3:20 Lungbuster pulls		{4 x 25 on :45 Kick no board BSLR
300	{3 x 100 on 1:40 Lungbuster pulls		{3 x 100 on 2:00 Kick
	{ 200's br 2-3-4-5		{4 x 25 on :45 Kick no board BSLR
	{ 100's br 3-5-7-9		{4 x 100 on 2:00 Kick
200	•	1,500	2x{1 x 125 on 2:05 Pulls
2,600	$1x\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$		{1 x 125 on 2:00 Pulls
	{1 x 100 on 1:50 Individual Medley		{1 x 125 on 1:55 Pulls
	$\{4 \times 25 \text{ on } : 30 \text{ odds free evens fly}$		{1 x 125 on 1:50 Pulls {1 x 125 on 1:45 Pulls
	{1 x 200 on 3:40 Individual Medley		{1 x 125 on 1:45 Pulls {1 x 125 on 1:40 Pulls
	{4 x 25 on :30 odds free evens back	200	·
	{1 x 300 on 5:30 Individual Medley		1x{2 x 25 on :30 Breaststroke
	$\{4 \times 25 \text{ on } : 30 \text{ odds free evens brst}$	1,000	{1 x 100 on 1:30 Freestyle
	{1 x 400 on 7:20 Individual Medley		{4 x 50 on :55 Breaststroke
	(6 x 25 on :30 odds free evens fly		{1 x 100 on 1:30 Freestyle
	{1 x 300 on 5:30 Individual Medley		{6 x 75 on 1:20 Breaststroke
	{6 x 25 on :30 odds free evens back		{1 x 100 on 1:30 Freestyle
	{1 x 200 on 3:40 Individual Medley {6 x 25 on :30 odds free evens brst		{8 x 100 on 1:45 Breaststroke
	{1 x 100 on 1:50 Individual Medley	250	1 x 250 on 4:00 Stroke Drills
	{6 x 25 on :30 Freestyle		8:30 AM 5,800 Yards - Stress Value = 79
200	· ·		
			XX 1

Workout #4790 - Wednesday, 27 June 2007 Group 3 - Bronze

8:29 AM 5,500 Yards - Stress Value = 84

1 minute rest between sets

	1 minute rest between sets	Yards	Set Description
Yards	6:00 AM Start Set Description	450	1 on 30:00 Physio Ball Abs/Stretch 1 x 450 on 9:00 Underwater trn drill
700 200 2,300	<pre>1 on 30:00 Stomach and Stretch 1 x 400 on 9:00 Free L.25 of each 100 6bk 10 x 15 on :45 Shooters 4x{1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 50 on 1:05 Kick 1x{2 x 200 on 3:50 Lungbuster pulls {3 x 100 on 1:50 Lungbuster pulls { 200's br 2-3-4-5 { 100's br 3-5-7-9 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1x{4 x 25 on :35 Freestyle {1 x 100 on 2:10 Individual Medley {4 x 25 on :35 odds free evens fly {1 x 200 on 4:20 Individual Medley {4 x 25 on :35 odds free evens back {1 x 300 on 6:30 Individual Medley {4 x 25 on :35 odds free evens brst {1 x 400 on 8:40 Individual Medley {4 x 25 on :35 odds free evens back {1 x 300 on 6:30 Individual Medley {4 x 25 on :35 odds free evens brst {1 x 400 on 8:40 Individual Medley {4 x 25 on :35 odds free evens back {1 x 200 on 4:20 Individual Medley {4 x 25 on :35 odds free evens back {1 x 200 on 4:20 Individual Medley {4 x 25 on :35 odds free evens brst {1 x 200 on 4:20 Individual Medley {4 x 25 on :35 odds free evens brst {1 x 100 on 2:10 Individual Medley }</pre>	1,250	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:10 Kick 2x{1 x 125 on 2:20 Pulls {1 x 125 on 2:15 Pulls {1 x 125 on 2:15 Pulls {1 x 125 on 2:10 Pulls {1 x 125 on 2:00 Pulls {1 x 125 on 2:00 Pulls {1 x 125 on :30 Breaststroke {1 x 100 on 1:40 Freestyle {4 x 50 on 1:30 Breaststroke {1 x 100 on 1:40 Freestyle {6 x 75 on 1:30 Breaststroke {1 x 100 on 1:40 Freestyle {7 x 100 on 2:00 Breaststroke {1 x 100 on 1:40 Freestyle {6 x 75 on 1:30 Breaststroke {1 x 100 on 2:00 Breaststroke
200	1 x 200 on 3:00 Stroke Drills		

8:30 AM 4,950 Yards - Stress Value = 77

250

Workout #4793 - Thursday, 28 June 2007 Group 3 - Bronze 1 minute rest between sets

Yards	6:00 AM Start Set Description
=====	
400	<pre>1 on 30:00 Physio Ball Abs/Stretch 1 x 400 on 9:00 Underwater trn drill odd 100's free even 100's back</pre>
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick

Yards	Set Description							
	=======================================							
400	<pre>1 on 30:00 Physio Ball Abs/Stretch 1 x 400 on 9:00 Underwater trn drill odd 100's free even 100's back</pre>							
150	10 x 15 on :45 Shooters							
1,200	1x{4 x 25 on :45 Kick no board BSLR							
	{1 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							
	{3 x 100 on 2:20 Kick							
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$							
	12 v 100 on 2·20 Kick							

$\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$
{2 x 100 on 2:20 Kick
1,250 2x{1 x 125 on 2:30 Pulls
{1 x 125 on 2:25 Pulls
{1 x 125 on 2:20 Pulls
{1 x 125 on 2:15 Pulls
{1 x 125 on 2:10 Pulls
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400 1x{2 x 25 on :35 Breaststroke
{1 x 100 on 1:50 Freestyle
{4 x 50 on 1:10 Breaststroke
{1 x 100 on 1:50 Freestyle
{6 x 75 on 1:45 Breaststroke
{1 x 100 on 1:50 Freestyle
{4 x 100 on 2:20 Breaststroke

Workout #4794 - Thursday, 28 June 2007 **Group 3 - Speed Acquisition** 1 minute rest between sets

1 x 250 on 4:00 Stroke Drills 8:30 AM 4,850 Yards - Stress Value = 64

	5:00 PM Start	
Yards	Set Description	EGY
=====	=======================================	===
	1 on 20:00 10 min abs/stretch	
400	1 x 400 on 8:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	$4x{1 x 50 on 1:15 12.5 fast 37.5 ez}$	SP2
	{1 x 50 on 1:15 25 fast 25 ez	SP2
	{1 x 50 on 1:15 37.5 fast 25 ez	SP2
	{1 x 50 on 1:15 All fast	SP2
225	1 x 225 on 4:00 Freestyle	REC
400	$8x{1 x 25 on 1:30 10 seconds vertical kick}$	SP2
	{1 x 25 on 1:30 Sculling Drill	REC
200	1 x 200 on 3:00 Stroke Drill	REC
	6:32 PM 2,175 Yards - Stress Value = 106	

Workout #4795 - Friday, 29 June 2007 Group 3 - Fly 1 minute rest between sets

Yards	6:00 AM Start Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Physio Balls/Stretch		
400	1 x 400 on 8:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shootes	SP3	
1,600	1x{4 x 100 on 1:45 Kick with flippers	EN2	
	{4 x 100 on 1:40 Kick with flippers	EN2	
	{4 x 100 on 1:35 Kick with flippers	EN2	
	{4 x 100 on 1:30 Kick with flippers	EN2	

1,200 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 EN2 {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds EN1

	{2	x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1
	{ 2	x 100 on 1:20 Pulls-nbbf&w + 2 yds	EN2
	{ 3	x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1
300	4	x 75 on 1:20 2bk-4bk-6bk by 25's	EN1
1,600	8x8	x 25 on :30 Butterfly	EN2
	{ 1	on 1:00 Rest	
400	8	x 50 on 1:00 Stroke Drills	REC
	8:30	AM 5,650 Yards - Stress Value = 88	

Workout #4797 - Friday, 29 June 2007 Group 3 - Silver 1 minute rest between sets

		AM Start		
Yards	Se	et Description	EGY	WOF
=====	==	=======================================	===	===
	1	on 30:00 Physio Balls/Stretch		
400	1	x 400 on 8:00 Reverse IM drill	REC	
150	1	0 x 15 on :45 Shootes	SP3	
1,600	1x{4	x 100 on 1:45 Kick with flippers	EN2	
	{ 4	x 100 on 1:40 Kick with flippers	EN2	
	{ 4	x 100 on 1:35 Kick with flippers	EN2	
	{ 4	x 100 on 1:30 Kick with flippers	EN2	
1,100	1x{1	x 100 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{ 1	x 100 on 1:35 Pulls-nbbf&w + 2 yds	EN1	
	{ 1	x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN2	
	{ 2	x 100 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{ 2	x 100 on 1:35 Pulls-nbbf&w + 2 yds	EN1	
	{2	x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN2	
	{ 2	x 100 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
300	4	x 75 on 1:20 2bk-4bk-6bk by 25's	EN1	
1,400	7x{8	x 25 on :35 Butterfly	EN2	
		on 1:00 Rest		
400	8	x 50 on 1:00 Stroke Drills	REC	

Workout #4796 - Friday, 29 June 2007 Group 3 - Bronze 1 minute rest between sets

8:30 AM 5,350 Yards - Stress Value = 83

	6:00	AM Start	
Yards	Se	t Description	EGY
=====	==		===
	1	on 30:00 Physio Balls/Stretch	
350	1	x 350 on 8:00 Reverse IM drill	REC
150	10	x 15 on :45 Shootes	SP3
1,600	1x{4	x 100 on 1:45 Kick with flippers	EN2
	{ 4	x 100 on 1:40 Kick with flippers	EN2
	{ 4	x 100 on 1:35 Kick with flippers	EN2
	{ 4	x 100 on 1:30 Kick with flippers	EN2
900	1x{1	x 100 on 1:55 Pulls-nbbf&w + 2 yds	EN1
	{ 1	x 100 on 1:50 Pulls-nbbf&w + 2 yds	EN1
	{ 1	x 100 on 1:45 Pulls-nbbf&w + 2 yds	EN2
	{ 2	x 100 on 1:55 Pulls-nbbf&w + 2 yds	EN1
	{ 2	x 100 on 1:50 Pulls-nbbf&w + 2 yds	EN1
	{ 2	x 100 on 1:45 Pulls-nbbf&w + 2 yds	EN2
300	4	x 75 on 1:30 2bk-4bk-6bk by 25's	EN1
1,400	7x{8	x 25 on :35 1-3 & 5-6 fly, 4 & 8 free	EN2
	{ 1	on 1:00 Rest	
400	8	x 50 on 1:00 Stroke Drills	REC
	8:29	AM 5,100 Yards - Stress Value = 81	

6:00 AM Start

Workout #4798 - Tuesday, 03 July 2007 Group 3 - Distance 1 minute rest between sets

Workout #4800 - Tuesday, 03 July 2007 Group 3 - Bronze 1 minute rest between sets

Yards Set Description	6:00 AM Start
1 on 20.00 Physic Palls/Ctrotch	Yards Set Description
1 on 30:00 Physio Balls/Stretch 500 1 x 500 on 8:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 1x{4 x 25 on :45 Kick no board BSLR	1 on 30:00 Physio Balls/Stretch 400 1 x 400 on 8:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters
{3 x 100 on 2:00 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:00 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {4 x 25 on :45 Kick no board BSLR	1,000 1x{4 x 25 on :45 Kick no board BSLR {3 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
100 1 x 100 on 2:00 Kick for time 1,250 1x{1 x 50 on 1:00 Pull no br L.16 yds {2 x 50 on :55 Pull no br L.14 yds {3 x 50 on :50 Pull no br L.12 yds {4 x 50 on :45 Pull no br L.10 yds {1 x 75 on 1:20 Pull no br L.16 yds {2 x 75 on 1:15 Pull no br L.14 yds {3 x 75 on 1:10 Pull no br L.12 yds {4 x 75 on 1:05 Pull no br L.10 yds {4 x 75 on 1:05 Pull no br L.10 yds	{1 x 100 on 2:20 kick {4 x 25 on :45 Kick no board BSLR 100 1 x 100 on 2:00 Kick for time 950 1x{1 x 50 on 1:10 Pull no br L.16 yds {2 x 50 on 1:05 Pull no br L.14 yds {3 x 50 on 1:00 Pull no br L.12 yds {4 x 50 on :55 Pull no br L.10 yds {1 x 75 on 1:25 Pull no br L.16 yds {2 x 75 on 1:20 Pull no br L.14 yds {3 x 75 on 1:15 Pull no br L.12 yds
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2,550 1x{3 x 200 on 3:00 Freestyle	200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,950 1x{3 x 200 on 3:50 Freestyle

Workout #4799 - Tuesday, 03 July 2007 Group 3 - Silver

1 minute rest between sets

Workout #4801 - Tuesday, 03 July 2007 Group 3 - Speed Acquisition 1 minute rest between sets

			1 minute Test between sets		
Yards	6:00 AM Start Set Description	Yards	5:00 PM Start Set Description		WORK S
450 150 1,000 1,000	10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR 1 x 100 on 2:00 Kick for time 1x{1 x 50 on 1:05 Pull no br L.16 yds {2 x 50 on 1:00 Pull no br L.12 yds {4 x 50 on :55 Pull no br L.12 yds {4 x 50 on :55 Pull no br L.10 yds {1 x 75 on 1:25 Pull no br L.16 yds {2 x 75 on 1:20 Pull no br L.14 yds {3 x 75 on 1:15 Pull no br L.12 yds {2 x 75 on 1:10 Pull no br L.12 yds {3 x 75 on 1:15 Pull no br L.10 yds {1 x 75 on 1:25 Pull no br L.10 yds {3 x 200 on 3:20 Freestyle {1 x 50 on 1:30 Freestyle {3 x 200 on 3:15 Freestyle {1 x 50 on 1:30 Freestyle {3 x 200 on 3:05 Freestyle {1 x 50 on 1:30 Freestyle {3 x 200 on 3:05 Freestyle {3 x 200 on 3:05 Freestyle {3 x 200 on 3:05 Freestyle	400 150 800	1 on 20:00 Med balls/stretch 1 x 400 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters 1 x 800 on 16:00 Vertical Kicking 1 on 10:00 Techniques-Relay Starts 1 on 20:00 Killer Relays 1 x 250 on 5:00 Stroke Drills 6:30 PM 1,600 Yards - Stress Value =	REC SP3 EN2 SP2 REC	L I D S C K C D S
	8:35 AM 5,850 Yards - Stress Value = 98				

{1 x 100 on 2:10 Kick

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{1 x 100 on 2:05 Kick Workout #4802 - Tuesday, 03 July 2007 {1 x 75 on 1:40 Kick Group 2 - Back {1 x 75 on 1:35 Kick 1 minute rest between sets 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 600 6 x 100 on 1:50 Backstroke-des in 3's 5:30 PM Start 1,000 1x{1 x 200 on 3:20 Pulls Set Description Yards {2 x 175 on 2:55 Pulls _____ {3 x 150 on 2:25 Pulls | 1 on 20:00 Stomach and Stretch | 100 | 4 x 25 on :40 12.5 ez 12.5 fast grt finishes | 300 | 1 x 300 on 6:00 Swim-kick-pull-swim | 300 | 3 x 100 on 1:45 Backstroke-descend | 1 on 10:00 Techniques-TN turn drills | 300 | 12 x 25 on :30 Odds free evens #1 | 10 x 15 on :45 Shooters | 350 | 7 x 50 on 1:00 Stroke Drills | 350 | 3 x 200 Yards - Stress Value = 77 | 350 Odds | 350 | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Odds | 350 Yards - Stress Value = 77 | 350 Yards 8:29 AM 5,200 Yards - Stress Value = 77 {2 x 100 on 2:10 Kick $400 \ 1x\{4 \ x \ 50 \ on :55 \ Pulls$ Workout #4805 - Thursday, 05 July 2007 $\{4 \times 50 \text{ on } : 50 \text{ Pulls}$ Group 3 - Bronze 6 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,350 $3x\{2 \times 100 \text{ on } 1:45 \text{ Backstroke w/fins}$ 1 minute rest between sets {2 x 75 on 1:20 Backstroke w/fins {2 x 50 on :50 Backstroke w/fins 1 x 200 on 3:30 Stroke Drills 6:00 AM Start Yards Set Description 200 1 on 15:00 Relays ===== _____ 7:28 PM 3,150 Yards - Stress Value = 51 1 on 30:00 Physio Balls Abs/Stretch 400 1 x 400 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 900 9 x 100 on 2:20 Backstroke-des in 3's Workout #4803 - Thursday, 05 July 2007 Group 3 - Back 750 1x{1 x 125 on 2:55 Kick 1 minute rest between sets {1 x 125 on 2:55 Kick {1 x 125 on 2:55 Kick 6:00 AM Start {1 x 100 on 2:30 Kick Yards Set Description {1 x 100 on 2:20 Kick _____ 1 on 30:00 Physio Balls Abs/Stretch 500 1 x 500 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 900 9 x 100 on 1:45 Backstroke-des in 3's 800 1x{1 x 200 on 3:45 Pulls 150 10 x 15 on 2:20 Rick {1 x 75 on 1:45 Kick 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 600 6 x 100 on 2:20 Backstroke-des in 3's 800 1x{1 x 200 on 3:45 Pulls {1 x 100 on 2:20 Kick $1,000 1x{1 x 125 on 2:40 Kick}$ {2 x 150 on 2:45 Pulls {1 x 125 on 2:35 Kick {3 x 100 on 1:45 Pulls $\{1 \times 125 \text{ on } 2:30 \text{ Kick} \}$ 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 125 on 2:25 Kick 3 x 100 on 2:20 Backstroke-descend 300 {1 x 100 on 2:05 Kick 300 12 x 25 on :30 Odds free evens #1 {1 x 100 on 2:00 Kick 300 6 x 50 on 1:00 Stroke Drills $\{1 \times 100 \text{ on } 1:55 \text{ Kick} \}$ 8:30 AM 4,700 Yards - Stress Value = 71 $\{1 \times 75 \text{ on } 1:30 \text{ Kick} \}$ {1 x 75 on 1:25 Kick Workout #4806 - Thursday, 05 July 2007 {1 x 50 on :55 Kick Group 3 - Speed Acquisition 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 6 x 100 on 1:40 Backstroke-des in 3's 1 minute rest between sets $1,500 1x{1 x 200 on 3:00 Pulls}$ {2 x 175 on 2:35 Pulls 5:00 PM Start {3 x 150 on 2:15 Pulls Yards Set Description {4 x 125 on 1:50 Pulls 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 on 20:00 Dryland and stretch 400 1 x 400 on 8:00 Underwater trn drill F 3 x 100 on 1:35 Backstroke-descend 12 \times 25 on :30 Odds free evens #1 7 \times 50 on 1:00 Stroke Drills 300 350 7 x 50 on 1:00 Stroke Drills 500 10 x 50 on 1:00 kick with lins-100% ellow 8:30 AM 5,800 Yards - Stress Value = 83 1,800 6x{1 x 25 on :30 Freestyle $\{1 \times 25 \text{ on } : 40 \text{ Freestyle} \}$ Workout #4804 - Thursday, 05 July 2007 {1 x 25 on 1:00 Freestyle $\{1 \times 25 \text{ on } : 50 \text{ Freestyle } \}$ Group 3 - Silver {1 x 200 on 4:00 Stroke Drills 1 minute rest between sets 6:31 PM 2,850 Yards - Stress Value = 61 6:00 AM Start Yards Set Description _____ 1 on 30:00 Physio Balls Abs/Stretch 1 x 450 on 9:00 Underwater trn drill 450 10 x 15 on :45 Shooters 9 x 100 on 1:55 Backstroke-des in 3's 950 $1x{1 x 125 on 2:50 Kick}$ {1 x 125 on 2:45 Kick {1 x 125 on 2:40 Kick {1 x 125 on 2:35 Kick {1 x 100 on 2:15 Kick

Workout #4807 - Thursday, 05 July 2007 Group 2 - Breast 1 minute rest between sets

 $\{3 \times 50 \text{ on } 1\text{:}00 \text{ } 25 \text{ breast } 25 \text{ free-descend} \\ \{3 \times 125 \text{ on } 2\text{:}20 \text{ Breaststroke} \}$

	{ 3	х	50	on	1:00	25	breas	st :	25	free	e-d	esce	end
	{ 3	Х	125	or or	2:1	5 B:	reasts	str	oke	9			
250	1	Х	250	or	5:00	0 St	croke	Dr	il1	S			
	8:30	ΑN	45,	500	Yard	ds -	- Stre	ess	Va	lue	=	78	

5:30 PM Start Yards	Workout #4808 - Friday, 06 July 2007 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 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 900 3x{1 x 150 on 3:40 Kick {1 x 100 on 2:30 Kick {1 x 50 on 1:10 Kick 1,250 1x{1 x 500 on 9:30 Pulls {1 x 400 on 7:30 Pulls
Workout #4809 - Friday, 06 July 2007 Group 3 - Breast 1 minute rest between sets	{1 x 300 on 5:30 Pulls {1 x 50 on :55 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,650 1x{3 x 100 on 2:30 Breaststroke {3 x 50 on 1:00 Freestyle-descend
6:00 AM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 500 1 x 500 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick	{3 x 100 on 2:25 Breaststroke {3 x 50 on 1:00 Freestyle-descend {3 x 100 on 2:20 Breaststroke {3 x 50 on 1:00 Freestyle-descend {3 x 100 on 2:15 Breaststroke 250 1 x 250 on 5:00 Stroke Drills 8:30 AM 4,900 Yards - Stress Value = 66
{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1,500 1x{1 x 500 on 7:30 Pulls {1 x 400 on 6:00 Pulls {1 x 300 on 4:30 Pulls {1 x 200 on 3:00 Pulls	Workout #4812 - Monday, 09 July 2007 Group 3 - Distance 1 minute rest between sets
{1 x 200 on 3:00 Pulls {1 x 100 on 1:30 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,100 1x{3 x 125 on 2:15 Breaststroke {3 x 50 on 1:00 Breast-descend {3 x 125 on 2:10 Breaststroke {3 x 50 on 1:00 Breast-descend	1 on 30:00 Physio Balls/Stretch 500 1 x 500 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shootes
{3 x 125 on 2:05 Breaststroke {3 x 50 on 1:00 Breast-descend {3 x 125 on 2:00 Breaststroke {3 x 50 on 1:00 Breast-descend 250 1 x 250 on 5:00 Stroke Drills 8:31 AM 6,000 Yards - Stress Value = 84	1,200 2x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:00 Kick {4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:00 Kick 1,500 3x{1 x 125 on 2:00 Pull no br L.12 yds {1 x 125 on 1:55 Pull no br L.12 yds
Workout #4810 - Friday, 06 July 2007 Group 3 - Silver 1 minute rest between sets	{1 x 125 on 1:50 Pull no br L.12 yds {1 x 125 on 1:50 Pull no br L.12 yds {1 x 125 on 1:45 Pull no br L.12 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,400 1x{1 x 400 on 6:00 Freestyle {4 x 100 on 1:20 Freestyle
6:00 AM Start Yards Set Description	<pre>{1 x 400 on 5:50 Freestyle {4 x 100 on 1:25 Freestyle {1 x 400 on 5:40 Freestyle {4 x 100 on 1:30 Freestyle 200 1 x 200 on 3:00 Stroke Drills 8:30 AM 6,250 Yards - Stress Value = 87</pre>

{1 x 150 on 2:05 Pulls

300 {1 x 150 on 2:00 Pulls Workout #4811 - Monday, 09 July 2007 12 x 25 on :40 12.5 ez 12.5 fast grt finishe Group 3 - Silver $3,000 \ 2x\{1 \ x \ 125 \ on \ 2:05 \ Backstroke$ 1 minute rest between sets {3 x 50 on 1:00 Backstroke {2 x 125 on 2:00 Backstroke 6:00 AM Start {3 x 50 on :55 Backstroke Yards Set Description {3 x 125 on 1:55 Backstroke _____ {3 x 50 on :50 Backstroke 1 on 30:00 Physio Balls/Stretch $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ 1 x 450 on 9:00 Swim-kick-pull-swim {1 x 100 on 2:00 Backstroke for time {1 x 150 on 3:00 Stroke Drills 100 1 x 100 on 1:30 Freestyle 1,200 2x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Kick 8:31 AM 6,450 Yards - Stress Value = 108 {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:10 Kick Workout #4815 - Tuesday, 10 July 2007 {4 x 25 on :35 Kick no board BSLR Group 3 - Silver {1 x 100 on 2:10 Kick $1,350 3x{1 x 125 on 2:10 Pull no br L.12 yds$ 1 minute rest between sets ______ 2,200 1x{1 x 400 on 6:40 Freestyle {4 x 100 on 1:35 Freestyle {1 x 400 on 6:20 Freestyle {4 x 100 on 1:35 Freestyle {4 x 100 on 1:35 Freestyle 1,200 12 x 100 on 1:40 Kick with flippers 1,200 12 x 100 on 1:40 Kick with flippers 450 1 x 450 on 9:00 Underwater trn drill {2 x 100 on 1:35 Freestyle 1 x 200 on 3:00 Stroke Drills 8:30 AM 5,800 Yards - Stress Value = 86 900 2x{1 x 150 on 2:35 Pulls 200 {1 x 150 on 2:30 Pulls {1 x 150 on 2:25 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,600 2x{1 x 125 on 2:30 Backstroke Workout #4813 - Monday, 09 July 2007 $\{3 \times 50 \text{ on } 1:00 \text{ Backstroke} \}$ Group 3 - Bronze {2 x 125 on 2:25 Backstroke 1 minute rest between sets {3 x 50 on 1:00 Backstroke {3 x 125 on 2:20 Backstroke 6:00 AM Start $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ Yards Set Description {1 x 100 on 3:00 Backstroke for time 1 on 30:00 Physio Balls/Stretch 1 x 400 on 9:00 Swim-kick-pull-swim 10 x 15 on :45 Shootes 1 x 100 on 2:00 Stroke Drills 1 x 100 on 1:30 Freestyle 8:31 AM 5,700 Yards - Stress Value ===== 400 8:31 AM 5,700 Yards - Stress Value = 90 1,000 2x{4 x 25 on :45 Kick no board BSLR Workout #4814 - Tuesday, 10 July 2007 {1 x 100 on 2:20 Kick {4 x 25 on :40 Kick no board BSLR Group 3 - Bronze {2 x 100 on 2:15 Kick 1 minute rest between sets 1,350 3x{1 x 125 on 2:30 Pull no br L.12 yds {1 x 125 on 2:25 Pull no br L.12 yds 6:00 AM Start 10 x 25 on :40 12.5 ez 12.5 fast grt finish€ 1 on 30:00 Physio Balls Abs/Stretch 1,900 1x{1 x 400 on 7:20 Freestyle 400 1 x 400 on 9:00 Underwater trn drill {3 x 100 on 1:50 Freestyle {1 x 400 on 7:10 Freestyle ${3 \times 100 \text{ on } 1:50 \text{ Freestyle}}$ 0dds 100% effort $\{1 \times 400 \text{ on } 7:00 \text{ Freestyle} \}$ 900 2x{1 x 150 on 2:55 Pulls $\{1 \times 100 \text{ on } 1:50 \text{ Freestyle} \}$ {1 x 100 on 1:50 Freestyle 1 x 200 on 3:00 Stroke Drills 8:29 AM 5,250 Yards - Stress Value = 76 {1 x 150 on 2:50 Pulls 200 1 x 150 on 2:45 Pulls 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes 2,200 2x{1 x 100 on 2:20 Backstroke {2 x 50 on 1:10 Backstroke Workout #4816 - Tuesday, 10 July 2007 {2 x 100 on 2:15 Backstroke Group 3 - Back $\{2 \times 50 \text{ on } 1:10 \text{ Backstroke} \}$ 1 minute rest between sets {3 x 100 on 2:10 Backstroke {2 x 50 on 1:10 Backstroke 6:00 AM Start $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ Yards Set Description {1 x 100 on 3:00 Backstroke for time ===== 500 8:31 AM 5,100 Yards - Stress Value = 85 10×15 on :45 Shooters 150 1,200 12 x 100 on 1:30 Kick with flippers 0dds 100% effort 1,200 2x{1 x 150 on 2:15 Pulls {1 x 150 on 2:10 Pulls

6:00 AM Start

6:00 AM Start

Workout #4817 - Tuesday, 10 July 2007 Group 3 - Speed Acquisition 1 minute rest between sets

	5:00 PM Start			
Yards	Set Description	EGY	WORK	Š
		===	====	=
	1 on 20:00 Med balls/stretch		L	Ι
400	1 x 400 on 8:00 Underwater trn drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	(
300	12 x 25 on :45 Sprint Kick	EN2	K	
150	2 x 75 on 1:20 2bk-4bk-6bk by 25's	EN1	S	
600	6 x 100 on 6:00 Freestyle-OTB	SP1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:33 PM 1,850 Yards - Stress Value =	62		

Workout #4820 - Wednesday, 11 July 2007 Group 3 - IM'ers

1 minute rest between sets

Yards	Se	et Description
=====	==	
	1	on 30:00 Stomach and Stretch
500	1	x 500 on 9:00 Free L.25 of each 100 6bk
150	10) x 15 on :45 Shooters
1,250	5x{4	x 25 on :45 Kick no board BSLR
	{ 3	x 50 on 1:00 Kick
1,500	1x{4	x 100 on 1:30 Lungbuster pulls
	{ 4	x 125 on 1:50 Lungbuster pulls
	{ 4	x 150 on 2:15 Lungbuster pulls
300	12	2×25 on :40 12.5 ez 12.5 fast grt finishe
1,800	1x{4	x 50 on 1:00 25 Fly 25 Free
	{ 1	x 100 on 1:35 Individual Medley
	{ 4	x 50 on 1:00 25 back 25 free
	{ 2	x 100 on 1:35 Individual Medley
	{ 4	x 50 on 1:00 25 breast 25 free
	{ 3	x 100 on 1:35 Individual Medley
	{ 4	x 50 on :45 Freestyle
	{ 4	x 100 on 1:35 Individual Medley
250	1	x 250 on 5:00 Stroke Drills
	8:30	AM 5,750 Yards - Stress Value = 67

Workout #4819 - Wednesday, 11 July 2007 Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	1 on 30:00 Stomach and Stretch
450	1 x 450 on 9:00 Free L.25 of each 100 6bk
150	10 x 15 on :45 Shooters
1,250	$5x{4 x 25 on :45 Kick no board BSLR}$
	{3 x 50 on 1:05 Kick
1,350	1x{4 x 100 on 1:40 Lungbuster pulls
	{4 x 125 on 2:05 Lungbuster pulls
	{3 x 150 on 2:30 Lungbuster pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{4 x 50 on 1:00 25 Fly 25 Free
	{1 x 100 on 1:55 Individual Medley
	{4 x 50 on 1:00 25 back 25 free
	{2 x 100 on 1:50 Individual Medley
	{4 x 50 on 1:00 25 breast 25 free
	{3 x 100 on 1:50 Individual Medley
	{4 x 50 on :45 Freestyle
	{4 x 100 on 1:45 Individual Medley
200	
	8:32 AM 5,400 Yards - Stress Value = 64

Workout #4818 - Wednesday, 11 July 2007 Group 3 - Bronze

1 minute rest between sets

Yards	6:00 AM Start Set Description			
======	=======================================			
	1 on 30:00 Stomach and Stretch			
400				
400				
	10 x 15 on :45 Shooters			
1,000	4x{4 x 25 on :45 Kick no board BSLR			
	{3 x 50 on 1:10 Kick			
1,350	1x{4 x 100 on 1:55 Lungbuster pulls			
	{4 x 125 on 2:20 Lungbuster pulls			
	{3 x 150 on 2:45 Lungbuster pulls			
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe			
1,400	1x{3 x 50 on 1:15 25 Fly 25 Free			
	{1 x 100 on 2:15 Individual Medley			
	{3 x 50 on 1:15 25 back 25 free			
	{2 x 100 on 2:15 Individual Medley			
	{3 x 50 on 1:15 25 breast 25 free			
	{3 x 100 on 2:15 Individual Medley			
	{3 x 50 on :55 Freestyle			
	{2 x 100 on 2:15 Individual Medley			
250	1 x 250 on 5:00 Stroke Drills			
230	8:30 AM 4,850 Yards - Stress Value = 58			
	0.30 AM 4,030 Talus - Scless value - 30			
	YY 1			
Workout #4822 - Thursday, 12 July 2007				

Workout #4822 - Thursday, 12 July 2007 Group 3 - Breast 1 minute rest between sets

Yards	6:00 AM Start Set Description
	1 on 30:00 Physio Ball Abs/Stretch
500	1 x 500 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Sprint kick
1,600	1x{1 x 400 on 6:00 Pulls
	{1 x 400 on 5:50 Pulls
	{1 x 400 on 5:40 Pulls
	{1 x 400 on 5:30 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,600	$1x\{1 \times 100 \text{ on } 1:45 \text{ Breaststroke}$
	$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}$
	$\{2 \times 100 \text{ on } 1:40 \text{ Breaststroke} \}$
	$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}$
	{3 x 100 on 1:35 Breaststroke
	$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}$
	{4 x 100 on 1:30 Breaststroke
300	1 x 300 on 5:00 Stroke Drills
	8:30 AM 5,350 Yards - Stress Value = 83

6:00 AM Start

Workout #4821 - Thursday, 12 July 2007 Group 3 - Silver 1 minute rest between sets

6:34 PM 2,750 Yards - Stress Value = 86

Workout #4826 - Friday, 13 July 2007 Group 3 - Fly

1 minute rest between sets

Yards Set Description	1 infinite Test between sets
1 on 30:00 Physio Ball Abs/Stretch 450 1 x 450 on 9:00 Underwater trn drill	6:00 AM Start Yards Set Description
150 10 x 15 on :45 Shooters 900 3x{2 x 100 on 2:10 Kick	1 on 30:00 Physio Ball/Stretch 400 1 x 400 on 8:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,200 6x{1 x 100 on 2:00 Kick {2 x 50 on 1:00 Kick-100%
{1 x 400 on 6:30 Pulls	1,350 1x{6 x 75 on 1:15 Pulls-nbbf&w + 2 yds
8:30 AM 5,000 Yards - Stress Value = 76 Workout #4823 - Thursday, 12 July 2007 Group 3 - Bronze 1 minute rest between sets	{1 x 50 on 1:00 Butterfly 2-4 {1 x 50 on 1:00 Butterfly 2-5 {1 x 100 on 2:00 Freestyle 250 1 x 250 on 5:00 Stroke Drills 8:30 AM 5,650 Yards - Stress Value = 64

1 minute rest between sets

Yards	6:00 AM Start Set Description	
=====	=======================================	
	1 on 30:00 Physio Ball Abs/Stretch	
400	1 x 400 on 9:00 Underwater trn drill	
	10 x 15 on :45 Shooters	
	3x{2 x 100 on 2:20 Kick	
900	•	=
1 050	{4 x 25 on :45 Sprint kick	
1,050	1x{1 x 300 on 6:00 Pulls	
	{1 x 300 on 5:50 Pulls	
	{1 x 300 on 5:40 Pulls	
	{1 x 150 on 3:00 Pulls	
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe	
1,350	$1x\{1 \times 75 \text{ on } 1:45 \text{ Freestyle}$	
	{8 x 25 on 1:00 From dive/10 pushups	
	{2 x 75 on 1:40 Freestyle	
	$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$	
	{3 x 75 on 1:35 Freestyle	
	· ·	
	{8 x 25 on 1:00 From dive/10 pushups	
	{4 x 75 on 1:30 Freestyle	
300		
	8:30 AM 4,450 Yards - Stress Value = 68	

Workout #4824 - Thursday, 12 July 2007 Group 3 - Speed Acquisition 1 minute rest between sets

Yards Set Description	=
1 on 20:00 10 min abs/stretch 400 1 x 400 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,000 10 x 100 on 2:00 Challenge Kick Set w/fins 1,200 1x{8 x 30 on 1:00 Freestyle {1 x 120 on 3:00 Freestyle (8 LAPS) {6 x 30 on 1:00 Freestyle {1 x 120 on 3:00 Freestyle {4 x 30 on 1:00 Freestyle {1 x 120 on 3:00 Freestyle {2 x 30 on 1:00 Freestyle {1 x 120 on 3:00 Freestyle {1 x 240 on 6:00 Stroke Drills	F S F S F S F S F

Workout #4827 - Friday, 13 July 2007 Group 3 - Silver 1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	6x{1 x 100 on 2:10 Kick
	{2 x 50 on 1:05 Kick-100%
1,050	$1x\{6 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{6 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
	$\{2 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,600	$4x\{1 \times 25 \text{ on } : 35 \text{ Butterfly lup ldown}$
	{1 x 25 on :35 Butterfly 1up 2down
	{1 x 25 on :35 Butterfly lup 3 down
	{1 x 25 on :35 Butterfly lup 4down
	{1 x 50 on 1:40 Freestyle
	{1 x 50 on 1:05 Butterfly 2-2
	{1 x 50 on 1:05 Butterfly 2-3
	{1 x 50 on 1:05 Butterfly 2-4
	{1 x 50 on 1:05 Butterfly 2-5
	{1 x 50 on 1:40 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	8:29 AM 4,950 Yards - Stress Value = 58
	,

Workout #4825 - Friday, 13 July 2007 Group 3 - Bronze 1 minute rest between sets

	6:00 AM Start
Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
350	1 x 350 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	6x{1 x 100 on 2:10 Kick
	{2 x 50 on 1:05 Kick-100%
900	$1x\{4 \times 75 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{4 \times 75 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{4 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,400	4x{1 x 25 on :40 Butterfly 1up 1down
	{1 x 25 on :40 Butterfly 1up 2down
	{1 x 25 on :40 Butterfly lup 3 down
	{1 x 25 on :40 Butterfly lup 4down
	$\{1 \times 50 \text{ on } 1:50 \text{ Freestyle}$
	$\{1 \times 50 \text{ on } 1:15 \text{ Butterfly } 2-2$
	$\{1 \times 50 \text{ on } 1:15 \text{ Butterfly } 2-3$
	$\{1 \times 50 \text{ on } 1:15 \text{ Butterfly } 2-4$
	{1 x 50 on 1:45 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	8:28 AM 4,550 Yards - Stress Value = 55

$Workout\,\#4830-Monday,\,16\,July\ 2007$

Group 3 - Distance

1 minute rest between sets

Yards	6:00 AM Start Set Description
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	$1x{4 \times 25}$ on :30 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	1 x 100 on 2:00 Kick for time
1,350	1x{2 x 125 on 2:00 Pull no br L.20 yds
	{1 x 100 on 1:30 Pulls
	{2 x 125 on 2:00 Pull no br L.20 yds
	{2 x 100 on 1:25 Pulls
	{2 x 125 on 2:00 Pull no br L.20 yds
200	{3 x 100 on 1:20 Pulls
	12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1x{4 x 125 on 2:05 Freestyle
2,000	{1 on 1:00 Rest
	$\{4 \times 125 \text{ on } 2:00 \text{ Freestyle} \}$
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	$\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$
500	10 x 50 on 1:00 Stroke Drills

Workout~#4828-Monday, 16~July~2007

8:30 AM 5,800 Yards - Stress Value = 179

Group 3 - Silver

1 minute rest between sets

Yards	6:00 AM Start Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
450	1 x 450 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters

750	1x{4	х	25 on :45 Kick no board BSLR	
	{ 1	Х	50 on 1:05 Kick	
	{ 4	Х	25 on :45 Kick no board BSLR	
	{2	Х	75 on 1:35 Kick	
	{ 4	Х	25 on :45 Kick no board BSLR	
	{2	Х	100 on 2:10 Kick	
	{2	Х	25 on :45 Kick no board BSLR	
100	1	Х	100 on 2:00 Kick for time	
1,250	1x{2	Х	125 on 2:10 Pull no br L.20 yds	
	{ 1	Х	100 on 1:40 Pulls	
	{ 2	Х	125 on 2:10 Pull no br L.20 yds	
	{ 2	Х	100 on 1:35 Pulls	
	{ 2	Х	125 on 2:10 Pull no br L.20 yds	
	{ 2	Х	100 on 1:30 Pulls	
300	12	2 x	25 on :40 12.5 ez 12.5 fast grt finis	she
1,600	1x{4	Х	100 on 2:05 Freestyle	
	{ 1	or	1:00 Rest	
	{ 4	Х	100 on 2:00 Freestyle	
	{ 1	or	1:00 Rest	
	{ 4	Х	100 on 1:55 Freestyle	
	{ 1	or	1:00 Rest	
	{ 4	Х	100 on 1:50 Freestyle	
500	10) >	50 on 1:00 Stroke Drills	
	8:30	ΑM	5,100 Yards - Stress Value = 150	

Workout #4829 - Monday, 16 July 2007

Group 3 - Bronze

1 minute rest between sets

Yards =====	6:00 AM Start Set Description
400	1 on 30:00 Physio Balls/Stretch 1 x 400 on 9:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick
100 950	{2 x 25 on :45 Kick no board BSLR 1 x 100 on 2:00 Kick for time 1x{2 x 100 on 2:10 Pull no br L.20 yds
	{2 x 50 on 1:00 Pulls {2 x 100 on 2:10 Pull no br L.20 yds
	{2 x 50 on 1:00 Pulls {2 x 100 on 2:10 Pull no br L.20 yds
300	$\{3 \times 50 \text{ on } 1:00 \text{ Pulls} \\ 12 \times 25 \text{ on } :40 \text{ 12.5 ez } 12.5 \text{ fast grt finishe} $
	1x{4 x 100 on 2:05 Freestyle
	{1 on 1:00 Rest
	{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
500	10 x 50 on 1:00 Stroke Drills
	8:29 AM 4,750 Yards - Stress Value = 144

Workout #4833 - Tuesday, 17 July 2007

{8 x 25 on :35 Backstroke 10 kow

```
{1 x 150 on 3:15 Backstroke
                    Group 3 - Back
                                                             {6 x 25 on :30 Backstroke 10 kow
                1 minute rest between sets
                                                             {1 x 100 on 2:10 Backstroke
                                                      {4 x 25 on :35 Backstroke 10 kow 250 5 x 50 on 1:00 Stroke Drills
      6:00 AM Start
Yards Set Description
                                                       8:31 AM 5,300 Yards - Stress Value = 81
_____
         1 on 30:00 Physio Ball Abs/Stretch
                                                                 Workout #4834 - Tuesday, 17 July 2007
  500 1 x 500 on 9:00 Underwater trn drill
  Group 3 - Speed Acquisition
1,200 \text{ lx} \{ 4 \text{ x } 75 \text{ on } 1:30 \text{ Kick with flippers} \}
                                                                      1 minute rest between sets
        {4 x 75 on 1:25 Kick with flippers
        EGY WOF
                                                              3 x 500 on 7:30 Pulls
                                                             1 on 20:00 Med balls/stretch
       12 x 25 on :40 12.5 ez 12.5 fast grt finishe 400 1 x 400 on 8:00 Underwater trn drill REC
2,000 2x{1 x 200 on 3:20 Backstroke
{8 x 25 on :30 Backstroke 10 kow
                                                      1,000 1x{1 x 100 on :01 Freestyle {1 x 100 on 5:00 Freestyle
        {1 x 150 on 2:30 Backstroke
                                                             {1 x 100 on 5:00 Freestyle
        {6 x 25 on :30 Backstroke 10 kow
                                                             \{1 \times 75 \text{ on } : 01 \text{ Freestyle} \}
        {1 x 100 on 1:40 Backstroke
                                                             \{1 \times 75 \text{ on } 4:00 \text{ Freestyle} \}
        {4 x 25 on :30 Backstroke 10 kow
                                                             {1 x 50 on :01 Freestyle
        {1 x 50 on :50 Backstroke
                                                            \{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}
        \{2 \times 25 \text{ on } : 30 \text{ Backstroke } 10 \text{ kow} \}
                                                            \{1 \times 25 \text{ on } : 01 \text{ Freestyle} \}
       8 x 50 on 1:00 Stroke Drills
                                                          \{1 \times 25 \text{ on } 2:00 \text{ Freestyle} \}
      8:31 AM 6,050 Yards - Stress Value = 88
                                                            {1 x 25 on :01 Freestyle {1 x 25 on 2:00 Freestyle
                                                            \{1 \times 50 \text{ on } : 01 \text{ Freestyle} \}
            Workout #4832 - Tuesday, 17 July 2007
                                                            \{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}
                    Group 3 - Silver
                                                            \{1 \times 75 \text{ on } : 01 \text{ Freestyle} \}
                1 minute rest between sets
                                                             \{1 \times 75 \text{ on } 4:00 \text{ Freestyle} \}
                                                             \{1 \times 100 \text{ on } : 01 \text{ Freestyle } \}
      6:00 AM Start
        Yards Set Description
=====
        1 on 30:00 Physio Ball Abs/Stretch 6:31 PM 1,750 Yards - Stress Value = 46
  450 1 x 450 on 9:00 Underwater trn drill
        10 x 15 on :45 Shooters
                                                                Workout #4836 - Wednesday, 18 July 2007
1,200 \text{ } 1 \times \{4 \text{ } \text{x } 75 \text{ on } 1:30 \text{ Kick with flippers}
        {4 x 75 on 1:25 Kick with flippers
                                                                         Group 3 - IM'ers
        {4 x 75 on 1:20 Kick with flippers
                                                                     1 minute rest between sets
        {4 x 75 on 1:15 Kick with flippers
        { 1st 2 of each set w/board, 2nd 2 without a 6:00 AM Start
         3 x 450 on 7:30 Pulls
                                                  Yards Set Description
12 x 25 on :40 12.5 ez 12.5 fast grt finishe ======
                                                             _____
                                                      500 1 x 500 on 9:00 Free L.25 of each 100 6bk
                                                             {2 x 100 on 2:00 Kick
       8 x 50 on 1:00 Stroke Drills
                                                             \{4 \text{ x } 25 \text{ on } : 35 \text{ Kick no board BSLR}
      8:31 AM 5,750 Yards - Stress Value = 85
                                                             {1 x 100 on 2:00 Kick
                                                             {4 x 25 on :30 Kick no board BSLR
                                           1,500 15 x 100 on 1:30 Lungbuster pulls
            Workout #4831 - Tuesday, 17 July 2007
                                                               odds breathe 3-5-7-9 evens breathe 2-4-6-8
                   Group 3 - Bronze
                                                      250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe
                1 minute rest between sets
                                                     2,000 1x{1 x 200 on 3:10 Individual Medley
                                                             \{4 \times 75 \text{ on } 1:15 \text{ IM w/out fly}\}
      6:00 AM Start
                                                             {1 x 200 on 3:10 Individual Medley
Yards Set Description
                                                            \{4 \times 75 \text{ on } 1:15 \text{ IM w/out back}\}
        _____
=====
                                                             {1 x 200 on 3:10 Individual Medley
        1 on 30:00 Physio Ball Abs/Stretch
1 x 400 on 9:00 Underwater trn drill
                                                             \{4 \times 75 \text{ on } 1:15 \text{ IM w/out breast}\}
  400
                                                            {1 x 200 on 3:10 Individual Medley
  300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,800 2x{1 x 200 on 4:20 Backstroke
```

Workout #4835 - Wednesday, 18 July 2007 Group 3 - Silver 1 minute rest between sets

Yards	6:00 AM Start Set Description
=====	1 20.00 Phanis Palls (Chartak
450	1 on 30:00 Physio Balls/Stretch 1 x 450 on 9:00 Free L.25 of each 100 6bk
150	
	1x{4 x 25 on :45 Kick no board BSLR
1,000	{3 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 :35 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR
1,300	13 x 100 on 1:45 Lungbuster pulls
	odds breathe 3-5-7-9 evens breathe 2-4-6-8
250	
2,000	1x{1 x 200 on 3:20 Individual Medley
	{4 x 75 on 1:20 IM w/out fly
	{1 x 200 on 3:20 Individual Medley
	{4 x 75 on 1:20 IM w/out back
	$\{1 \times 200 \text{ on } 3:20 \text{ Individual Medley} \}$
	{1 x 200 on 3:20 Individual Medley
	$\{4 \times 75 \text{ on } 1:20 \text{ IM w/out free}\}$
300	
	ludicrous speed!!!!!!
150	1 x 150 on 3:00 Stroke Drills
	8:31 AM 5,600 Yards - Stress Value = 82

Workout #4837 - Wednesday, 18 July 2007 Group 3 - Bronze 1 minute rest between sets

Yards	6:00 AM Start Set Description
=====	
	1 on 30:00 Stomach and Stretch
	1 x 400 on 9:00 Free L.25 of each 100 6bk
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:15 Kick
1,100	11 x 100 on 1:55 Lungbuster pulls
	odds breathe 3-5-7-9 evens breathe 2-4-6-8
250	10 x 25 on :40 12.5 ez 12.5 fast grt finishe
	1x{1 x 200 on 4:15 Individual Medley
,	$\{4 \times 75 \text{ on } 1:30 \text{ IM w/out fly}\}$
	{1 x 200 on 4:15 Individual Medley
	$\{4 \times 75 \text{ on } 1:30 \text{ IM w/out back}\}$
	{1 x 200 on 4:15 Individual Medley
	$\{4 \times 75 \text{ on } 1:30 \text{ IM w/out breast}\}$
	{1 x 200 on 4:15 Individual Medley
	_
1 = 0	{4 x 75 on 1:30 IM w/out free
150	1 x 150 on 4:00 Stroke Drills
	8:30 AM 4,950 Yards - Stress Value = 72

Workout #4838 - Thursday, 19 July 2007 **Group 3 - Breast**

1 minute rest between sets

Yards	6:00 AM Start Set Description
	1 on 30:00 Physio Ball Abs and Stretch
500	1 x 500 on 9:00 Underwater trn drill
	alt 100 free 100 back

50 1 x 50 on 2:00 Breaststroke for time					
from a push					
150					
400 8 x 50 on 1:00 Breast hold time I give					
1,200 2x{4 x 50 on 1:00 Kick with flippers					
{4 x 50 on :55 Kick with flippers					
{4 x 50 on :50 Kick with flippers					
{ odds 100%					
100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes					
300 6 x 50 on 1:00 Breast hold time I give					
1,200 1x{6 x 50 on 1:00 Pulls-nbbf&w					
$\{6 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 1 \text{ yd}$					
$\{6 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$					
$\{6 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 3 \text{ yds}$					
100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes					
200 4 x 50 on 1:00 Breast-hold time I give					
1,450 1x{1 x 200 on 3:30 Breaststroke					
{3 x 50 on 1:00 Breast 2X pullouts					
{2 x 175 on 3:00 Breaststroke					
{3 x 50 on 1:00 Breast 2X pullouts					
{3 x 150 on 2:30 Breaststroke					
{3 x 50 on 1:00 Breast 2X pullouts					
600 6 x 100 on 1:45 Stroke Drills					
8:30 AM 5,450 Yards - Stress Value = 103					
Workout #4840 - Thursday, 19 July 2007					
Group 3 - Silver					

Group 3 - Silver 1 minute rest between sets

Yards	6:00 AM Start Set Description
450	1 on 30:00 Physio Ball Abs and Stretch 1 x 450 on 9:00 Underwater trn drill alt 100 free 100 back
50	
	from a push
150	10 x 15 on :45 Shooters
350	7×50 on 1:10 Breast hold time I give
1,200	2x{4 x 50 on 1:00 Kick with flippers
	{4 x 50 on :55 Kick with flippers
	$\{4 \times 50 \text{ on } :50 \text{ Kick with flippers}$
	{ odds 100%
100	9
250	
1,000	2x{4 x 50 on 1:00 Pulls-nbbf&w
	{3 x 50 on :55 Pulls-nbbf&w + 1 yd
100	{3 x 50 on :50 Pulls-nbbf&w + 2 yds
100	
1,450	1x{1 x 200 on 4:00 Breaststroke {3 x 50 on 1:05 Breast 2X pullouts
	$\{2 \times 175 \text{ on } 3:25 \text{ Breast } 2x \text{ pullouts} \}$
	{3 x 50 on 1:05 Breast 2X pullouts
	{3 x 150 on 2:50 Breaststroke
	{3 x 50 on 1:05 Breast 2X pullouts
150	•
	5 x 75 on 1:45 Stroke Drills
	8:31 AM 4,825 Yards - Stress Value = 92

Workout #4839 - Thursday, 19 July 2007 Group 3 - Bronze 1 minute rest between sets

Yards	6:00 AM Start Set Description				
======	======================================				
400	1 on 30:00 Physio Ball Abs and Stretch 1 x 400 on 9:00 Underwater trn drill alt 100 free 100 back				
50	<pre>1 x 50 on 2:00 Breaststroke for time from a push</pre>				
150	10 x 15 on :45 Shooters				
350	7 x 50 on 1:10 Breast hold time I give				
1,200	2x{4 x 50 on 1:00 Kick with flippers				
	$\{4 \times 50 \text{ on :} 55 \text{ Kick with flippers}$				
	{4 x 50 on :50 Kick with flippers				
	{ odds 100%				
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes				
250					
1,000	$2x\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$				
	${3 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 1 \text{ yd}}$				
	${3 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$				
100					
1,300	$1x\{1 \times 200 \text{ on } 4:20 \text{ Breaststroke}$				
	{3 x 50 on 1:05 Breast 2X pullouts				
	{2 x 175 on 3:45 Breaststroke				
	{3 x 50 on 1:05 Breast 2X pullouts				
	{2 x 150 on 3:10 Breaststroke				
150	{3 x 50 on 1:05 Breast 2X pullouts				
375					
373	8:29 AM 4,625 Yards - Stress Value = 91				
	0.29 Am 4,025 Tatus - Sciess Value - 91				
Workout #4841 - Thursday, 19 July 2007					

Workout #4841 - Thursday, 19 July 2007 Group 3 - Speed Acquisition 1 minute rest between sets

5:00 PM Start

```
Yards
          Set Description
=====
           _____
           1 on 20:00 Med balls/stretch
   400
           1 x 400 on 8:00 Underwater trn drill
   150
           10 \times 15 on :45 Shooters
           6 x 75 on 1:30 Kick-odds 100%
   450
   150
           6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 \ 1x{5} \ x \ 100 \ on \ 1:15 \ Freestyle
          {1 on 1:00 Rest
          \{4 \times 100 \text{ on } 1:15 \text{ Freestyle} \}
          {1 on 1:00 Rest
          {3 \times 100 \text{ on } 1:15 \text{ Freestyle}}
          {1 on 1:00 Rest
          \{2 \times 100 \text{ on } 1:15 \text{ Freestyle} \}
          {1 on 1:00 Rest
          \{1 \times 100 \text{ on } 1:15 \text{ Freestyle} \}
   400 1x{4 x 25 on :} 30 Butterfly
          {4 x 25 on :25 Backstroke
```

Workout #4843 - Friday, 20 July 2007 Group 3 - Fly 1 minute rest between sets

I minute Test between st

{4 x 25 on :30 Breaststroke
{4 x 25 on :20 Freestyle
 1 x 250 on 5:00 Stroke Drills
6:30 PM 3,300 Yards - Stress Value = 54

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	12 x 100 on 2:00 Challenge Kick set w/fins

1,600	1x{1	x 300 on 4:30 Pulls-nbbf&w + 2 yds			
	{ 4	x 50 on 1:00 Pulls 4 breaths each			
	{ 2	x 200 on 3:00 Pulls-nbbf&w + 2 yds			
	{ 4	x 50 on 1:00 Pulls 4 breaths each			
	{ 3	x 100 on 1:30 Pulls-nbbf&w + 2 yds			
	{ 4	x 50 on 1:00 Pulls 4 breaths each			
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,200	2x{4	x 25 on :30 Free- 1 stroke fly off wall			
	{ 4	x 50 on :55 Free-2 strokes fly off walls			
	{ 4	x 75 on 1:15 Free-3 strokes flly off walls			
	{ 4	x 100 on 1:30 Free-4 strokes fly off walls			
	{ 1	x 100 on 2:00 Freestyle			
200	1	x 200 on 3:00 Stroke Drills			
	8:31	AM 6,050 Yards - Stress Value = 76			
	Workout #4844 - Friday, 20 July, 2007				

Workout #4844 - Friday, 20 July 2007 Group 3 - Silver 1 minute rest between sets

_ _____

6:00 AM Start

Yards	Set Description
=====	
	1 on 30:00 Physio Balls/Stretch
450	1 x 450 on 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	12 x 100 on 2:00 Challenge Kick set w/fins
1,500	$1x{1 x 300 on 5:00 Pulls-nbbf&w + 2 yds}$
	{4 x 50 on 1:00 Pulls 4 breaths each
	$\{2 \times 200 \text{ on } 3:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	{4 x 50 on 1:00 Pulls 4 breaths each
	${3 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
	$\{2 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths each} \}$
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	$2x\{4 \times 25 \text{ on } : 30 \text{ Free- } 1 \text{ stroke fly off wall}$
	$\{4 \times 50 \text{ on } 1:00 \text{ Free-2 strokes fly off walls}$
	$\{4 \times 75 \text{ on } 1:25 \text{ Free-3 strokes flly off walls}$
	{3 x 100 on 1:50 Free-4 strokes fly off walls
	{1 x 100 on 2:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:32 AM 5,700 Yards - Stress Value = 71

Workout #4842 - Friday, 20 July 2007 Group 3 - Bronze 1 minute rest between sets

	6:00	AM Start
Yards	Se	t Description
	==	
	1	on 30:00 Physio Balls/Stretch
400	1	x 400 on 9:00 Reverse IM drill
150	10	x 15 on :45 Shooters
1,200	12	x 100 on 2:00 Challenge Kick set w/fins
1,400	1x{1	x 300 on 5:40 Pulls-nbbf&w + 2 yds
	{ 4	x 50 on 1:00 Pulls
	{ 2	x 200 on 3:45 Pulls-nbbf&w + 2 yds
	{ 4	x 50 on 1:00 Pulls
	{ 3	x 100 on 1:50 Pulls-nbbf&w + 2 yds
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	2x{4	x 25 on :30 Free- 1 stroke fly off wall
	{ 4	x 50 on 1:05 Free-2 strokes fly off walls
	{ 2	x 75 on 1:40 Free-3 strokes flly off walls
	{ 3	x 100 on 2:15 Free-4 strokes fly off walls
	{1	x 50 on 2:00 Freestyle
200	1	x 200 on 3:00 Stroke Drills
	8:30	AM 5,150 Yards - Stress Value = 67

Workout #4848 - Monday, 23 July 2007 Group 3 - Distance 1 minute rest between sets

Yards			1 Start Description
=====	==	===	
	1	01	n 30:00 Physio Balls/Stretch
500	1	Х	500 on 9:00 Swim-kick-pull-swim
150	10) 2	x 15 on :45 Shooters
1,200	3x{4	Х	25 on :45 Kick no board BSLR
	{ 1	Х	100 on 2:00 Kick
	{ 1	Х	100 on 1:55 Kick
	{ 1	Х	100 on 1:50 Kick
1,250	1x{1	Х	50 on :45 Pull no br L.5 yds
	{ 2	Х	100 on 1:30 Pull no br L.5 yds
	{ 3	Х	150 on 2:15 Pull no br L.5 yds
	{ 3	Х	125 on 1:50 Pull no br L.5 yds
	{ 2	Х	75 on 1:05 Pull no br L.5 yds
	{ 1	Х	25 on :25 Pull no br L.5 yds
200	8	Х	25 on :40 12.5 ez 12.5 fast grt finishes

Workout #4845 - Monday, 23 July 2007 Group 3 - Silver 1 minute rest between sets

 $3,000 1x{1 x 500 on 7:05 Freestyle}$

{2 x 400 on 5:35 Freestyle {3 x 300 on 4:10 Freestyle {4 x 200 on 2:45 Freestyle 1 x 200 on 4:00 Stroke Drills 8:31 AM 6,500 Yards - Stress Value = 101

Yards		AM Start et Description
	1	on 30:00 Physio Balls/Stretch
450		x 450 on 9:00 Swim-kick-pull-swim
		0 x 15 on :45 Shooters
		x 25 on :45 Kick no board BSLR
1,200	•	
	,	x 100 on 2:10 Kick
	•	x 100 on 2:05 Kick
	•	x 100 on 2:00 Kick
1,050	-	x 100 on 1:40 Pull no br L.5 yds
	{ 3	x 150 on 2:30 Pull no br L.5 yds
	{ 2	x 125 on 2:05 Pull no br L.5 yds
	{ 2	x 75 on 1:15 Pull no br L.5 yds
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1	x 500 on 8:20 Freestyle
	{ 2	x 400 on 6:35 Freestyle
	{ 3	x 300 on 4:50 Freestyle
	{1	x 200 on 3:10 Freestyle
200		x 200 on 4:00 Stroke Drills
	8:29	AM 5,650 Yards - Stress Value = 87

Workout #4846 - Monday, 23 July 2007 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 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
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
1,000	1x{2 x 100 on 1:50 Pull no br L.5 yds
	$\{3 \times 150 \text{ on } 2:45 \text{ Pull no br L.5 yds}$
	$\{2 \times 125 \text{ on } 2:20 \text{ Pull no br L.5 yds}$
	$\{1 \times 75 \text{ on } 1:20 \text{ Pull no br L.5 yds}$
	$\{1 \times 25 \text{ on } : 30 \text{ Pull no br I.5 vds}\}$

```
2,300 1x{1 x 500 on 9:00 Freestyle
    {2 x 400 on 7:05 Freestyle
    {2 x 300 on 5:15 Freestyle
    {2 x 200 on 3:30 Freestyle
    200 1 x 200 on 4:00 Stroke Drills
    8:31 AM 5,450 Yards - Stress Value = 84

Workout #4847 - Monday 23 July 2007
```

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

200

Workout #4847 - Monday, 23 July 2007 Group 3 - Bronze 1 minute rest between sets

	6:00 AM Start Set Description
=====	1 on 30:00 Physio Ball Abs/Stretch
450	1 x 450 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{1 x 150 on 3:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
1,050	1x{2 x 250 on 4:35 Pulls
	{2 x 200 on 3:40 Pulls
	{1 x 150 on 2:45 Pulls
300	
2,200	1x{6 x 50 on 1:10 Backstroke-descend in 3's
	{1 x 50 on 1:30 Stroke Drill
	{6 x 50 on 1:05 Backstroke-descend
	{1 x 50 on 1:30 Stroke Drills
	{6 x 50 on 1:00 Backstroke-descend in 3's
	{1 x 50 on 1:30 Stroke Drills
	{6 x 50 on :55 Freestyle-descend in 3's
	{1 x 50 on 1:30 Stroke Drills
	{3 x 50 on :55 Freestyle-descend
	{1 x 50 on 1:30 Stroke Drills
	{3 x 50 on 1:00 Backstroke-descend
	{1 x 50 on 1:30 Stroke Drills {3 x 50 on 1:05 Backstroke-descend
	{1 x 50 on 1:30 Stroke Drills
	{2 x 50 on 1:10 Backstroke-descend
	{1 on 1:00 Rest
	{1 x 100 on 2:00 Backstroke for time
250	·
250	8:35 AM 5,300 Yards - Stress Value = 79

Yards Set Description

900 3x{1 x 150 on 3:15 Kick {1 x 100 on 2:05 Kick {1 x 50 on 1:00 Kick 1,250 1x{2 x 250 on 4:10 Pulls

450

1 on 30:00 Physio Ball Abs/Stretch
1 x 450 on 9:00 Underwater trn drill
10 x 15 on :45 Shooters

{2 x 200 on 3:20 Pulls Workout #4849 - Tuesday, 24 July 2007 {1 x 150 on 2:30 Pulls Group 3 - Back {2 x 100 on 1:40 Pulls 1 minute rest between sets 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,450 $1x\{6$ x 50 on 1:00 Backstroke-descend in 3's 6:00 AM Start {1 x 100 on 2:00 Stroke Drill Yards Set Description {6 x 50 on :55 Backstroke-descend _____ {1 x 100 on 2:00 Stroke Drills 1 on 30:00 Physio Ball Abs/Stretch {6 x 50 on :50 Freestyle-descend in 3's 1 x 500 on 9:00 Underwater trn drill 500 {1 x 100 on 2:00 Stroke Drills {6 x 50 on :45 Freestyle-descend in 3's 900 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Stroke Drills {1 x 100 on 2:00 Kick $\{3 \times 50 \text{ on } : 45 \text{ Freestyle-descend} \}$ {1 x 50 on 1:00 Kick {1 x 50 on 1:00 Stroke Drills $1,500 1x{2 x 250 on 3:35 Pulls}$ ${3 \times 50 \text{ on } :50 \text{ Freestyle-descend}}$ {2 x 200 on 2:50 Pulls {1 x 50 on 1:00 Stroke Drills $\{2 \times 150 \text{ on } 2:05 \text{ Pulls}$ {3 x 50 on :55 Backstroke-descend {2 x 100 on 1:25 Pulls {1 x 50 on 1:00 Stroke Drills (2 x 50 on :45 Pulls 12 x 25 on :40 12.5 ez 12.5 fast grt finishe {1 on 1:00 Rest 12 x 100 on 2:00 $\{2 \times 50 \text{ on } : 45 \text{ Pulls}$ {3 x 50 on 1:00 Backstroke-descend 2,500 1x{6 x 50 on 1:00 Backstroke-descend in 3's {1 x 100 on 2:00 Backstroke for time {1 x 100 on 1:45 Stroke Drill 250 1 x 250 on 4:00 Stroke Drills {6 x 50 on :55 Backstroke-descend 8:31 AM 5,750 Yards - Stress Value = 84 {1 x 100 on 1:45 Stroke Drills {6 x 50 on :50 Backstroke-descend in 3's Workout #4851 - Tuesday, 24 July 2007 {1 x 100 on 1:45 Stroke Drills Group 3 - Silver {6 x 50 on :45 Backstroke-descend in 3's {1 x 100 on 1:45 Stroke Drills 1 minute rest between sets {3 x 50 on :45 Backstroke-descend {1 x 50 on 1:00 Stroke Drills 5:00 PM Start Yards Set Description 5:00 PM Start {3 x 50 on ::00 Stroke Dills {3 x 50 on :50 Backstroke-descend {1 x 50 on 1:00 Stroke Drills {3 x 50 on :55 Backstroke-descend ===== 1 on 20:00 Med balls/stretch {1 x 50 on 1:00 Stroke Drills 400 1 x 400 on 8:00 Underwater trn drill RE {3 x 50 on 1:00 Backstroke-descend 150 10 x 15 on :45 Shooters SE {1 x 50 on 1:00 Stroke Drills 1,000 1 x 1000 on 20:00 Indian File Kick w/fins EN {1 x 100 on 2:00 Backstroke for time 1 x 250 on 4:00 Stroke Drills 1,650 1x 4 x 100 on 1:30 Freestyle EN 1 x 250 on 4:00 Stroke Drills $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ 8:30 AM 6,100 Yards - Stress Value = 87 {4 x 100 on 1:29 Freestyle $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ {4 x 100 on 1:28 Freestyle Workout #4853 - Tuesday, 24 July 2007 250 1 x 250 on 4:00 Stroke Drills Group 3 - Gold 1 minute rest between sets 6:31 PM 3,450 Yards - Stress Value = 77 5:00 PM Start Workout #4854 - Tuesday, 24 July 2007 Yards Set Description EC Group 3 - Bronze 1 on 20:00 Med balls/stretch 1 minute rest between sets 1 x 400 on 8:00 Underwater trn drill RF 400 10 x 15 on :45 Shooters SI 5:00 PM Start 150 1 x 1000 on 20:00 Indian File Kick w/fins EN Yards Set Description 1,000 1,700 1x{4 x 100 on 1:22 Freestyle $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ EN $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ {4 x 100 on 1:33 Freestyle Workout #4850 - Tuesday, 24 July 2007 250 1 x 250 on 4:00 Stroke Drills Group 3 - Silver 6:31 PM 3,400 Yards - Stress Value = 74 1 minute rest between sets 6:00 AM Start

Workout #4852 - Tuesday, 24 July 2007 Group 3 - Speed Acquisition 1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	ΕG
=====	=======================================	==
	1 on 20:00 Med balls/stretch	
400	1 x 400 on 8:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SI
1,000	1 x 1000 on 20:00 Indian File Kick w/fins	EN
1,800	1x{4 x 100 on 1:15 Freestyle	EN
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN
	{4 x 100 on 1:14 Freestyle	EN
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN
	{4 x 100 on 1:13 Freestyle	EN
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	6:31 PM 3,600 Yards - Stress Value = 86	

Workout #4857 - Wednesday, 25 July 2007 Group 3 - IM'ers

1 minute rest between sets

Yards	6:00 AM Start Set Description
500 150	
	4x{1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick
900	1x{3 x 200 on 3:00 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls { 200's br 2-3-4-5
	{ 100's br 3-5-7-9
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{6 x 25 on :30 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{6 x 25 on :30 odds free evens fly {1 x 200 on 3:10 Individual Medley
	{6 x 25 on :30 odds free evens back
	{1 x 300 on 4:45 Individual Medley
	{6 x 25 on :30 odds free evens brst
	{1 x 400 on 6:20 Individual Medley
	{6 x 25 on :30 odds free evens fly
	{1 x 300 on 4:45 Individual Medley
	{6 x 25 on :30 odds free evens back
	{1 x 200 on 3:10 Individual Medley
	{6 x 25 on :30 odds free evens brst
	{1 x 100 on 1:35 Individual Medley
	$\{6 \times 25 \text{ on } : 30 \text{ Freestyle} \}$
200	1 x 200 on 3:00 Stroke Drills
	8:30 AM 5,950 Yards - Stress Value = 92

Workout #4856 - Wednesday, 25 July 2007 Group 3 - Silver

1 minute rest between sets

Yards	6:00 AM Start Set Description
=====	=======================================
	1 on 30:00 Stomach and Stretch
450	1 x 450 on 9:00 Free L.25 of each 100 6bk
150	10 x 15 on :45 Shooters
1,000	4x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
900	1x{3 x 200 on 3:20 Lungbuster pulls
	{3 x 100 on 1:40 Lungbuster pulls
	{ 200's br 2-3-4-5
	{ 100's br 3-5-7-9

200	8	х	25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{4	Х	25 on :30 Freestyle
	{ 1	X	100 on 1:50 Individual Medley
	{ 4	х	25 on :30 odds free evens fly
	{1	х	200 on 3:40 Individual Medley
	{ 4	х	25 on :30 odds free evens back
	{1	Х	300 on 5:30 Individual Medley
	{ 4	х	25 on :30 odds free evens brst
	{1	Х	400 on 7:20 Individual Medley
	{ 6	х	25 on :30 odds free evens fly
	{ 1	х	300 on 5:30 Individual Medley
	{ 6	Х	25 on :30 odds free evens back
	{ 1	х	200 on 3:40 Individual Medley
	{ 6	Х	25 on :30 odds free evens brst
	{1	х	100 on 1:50 Individual Medley
			25 on :30 Freestyle
200	1	х	200 on 3:00 Stroke Drills
	8:29	Αl	4 5,500 Yards - Stress Value = 84

2,

Workout #4855 - Wednesday, 25 July 2007 Group 3 - Bronze 1 minute rest between sets

```
6:00 AM Start
Yards
          Set Description
          ______
          1 on 30:00 Stomach and Stretch
          1 x 400 on 9:00 Free L.25 of each 100 6bk
  400
  150
          10 x 15 on :45 Shooters
1,000 4x{1 x 100 on 2:20 Kick}
         {1 x 100 on 2:15 Kick
         {1 x 50 on 1:05 Kick
  700 1x\{2 \times 200 \text{ on } 3:50 \text{ Lungbuster pulls}
         {3 \times 100 \text{ on } 1:50 \text{ Lungbuster pulls}}
         { 200's br 2-3-4-5
         { 100's br 3-5-7-9
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2,300 1x{4 x 25 on :35 Freestyle
         {1 x 100 on 2:10 Individual Medley
         \{4 \times 25 \text{ on } : 35 \text{ odds free evens fly}
         {1 x 200 on 4:20 Individual Medley
         \{4 \times 25 \text{ on :} 35 \text{ odds free evens back}
         {1 x 300 on 6:30 Individual Medley
         {4 x 25 on :35 odds free evens brst
         {1 x 400 on 8:40 Individual Medley
         \{4 \times 25 \text{ on } : 35 \text{ odds free evens fly}
         {1 x 300 on 6:30 Individual Medley
         {4 x 25 on :35 odds free evens back
         \{1 \times 200 \text{ on } 4:20 \text{ Individual Medley} \}
         \{4 \times 25 \text{ on } : 35 \text{ odds free evens brst}
         {1 x 100 on 2:10 Individual Medley
  200
          1 x 200 on 3:00 Stroke Drills
       8:30 AM 4,950 Yards - Stress Value = 77
```

Workout #4860 - Thursday, 26 July 2007 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Yards Set Description	400 1 x 400 on 9:00 Underwater trn drill odd 100's free even 100's back 150 10 x 15 on :45 Shooters 1,100 2x{1 x 150 on 3:30 Kick {4 x 25 on :45 Sprint kick {1 x 100 on 2:20 Kick {4 x 25 on :45 Sprint kick
1 on 30:00 Physio Ball Abs/Stretch 500 1 x 500 on 9:00 Underwater trn drill odd 100's free even 100's back 150 10 x 15 on :45 Shooters 1,200 2x{1 x 150 on 3:00 Kick {4 x 25 on :45 Sprint kick {1 x 100 on 2:00 Kick	{1 x 50 on 1:10 Kick {2 x 25 on :45 Sprint kick 1,550 1x{1 x 200 on 4:00 Pulls {3 x 50 on 1:30 Pulls {2 x 200 on 3:50 Pulls {3 x 50 on 1:30 Pulls {3 x 200 on 3:40 Pulls
{4 x 25 on :45 Sprint kick {1 x 50 on 1:00 Kick {4 x 25 on :45 Sprint kick 1,800 1x{1 x 200 on 3:00 Pulls {4 x 50 on 1:15 Pulls {2 x 200 on 2:55 Pulls {4 x 50 on 1:15 Pulls {3 x 200 on 2:50 Pulls	{1 x 50 on 1:30 Pulls 300
{4 x 50 on 1:15 Pulls 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1,200 1x{3 x 100 on 1:30 75 free 25 breast {4 x 25 on :30 Breaststroke-descend {3 x 100 on 1:40 50 free 50 breast {4 x 25 on :30 Breaststroke-descend {3 x 100 on 1:50 25 free 75 breast	8:30 AM 4,650 Yards - Stress Value = 90 Workout #4861 - Thursday, 26 July 2007 Group 3 - Speed Acquisition 1 minute rest between sets 5:00 PM Start
{4 x 25 on :30 Breaststroke-descend 250 5 x 50 on 1:00 Stroke Drills 8:30 AM 5,400 Yards - Stress Value = 107	Yards Set Description EC 1 on 20:00 8 min abs/stretch 400 1 x 400 on 8:00 Underwater trn drill RE
Workout #4859 - Thursday, 26 July 2007 Group 3 - Silver 1 minute rest between sets	150 10 x 15 on :45 Shooters SF 800 1 x 800 on 16:00 Vertical Kick EN 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes EN
· · · · · · · · · · · · · · · · · · ·	150 10 x 15 on :45 Shooters SF 800 1 x 800 on 16:00 Vertical Kick EN
Group 3 - Silver 1 minute rest between sets 6:00 AM Start Yards Set Description 1 on 30:00 Physio Ball Abs/Stretch 450 1 x 450 on 9:00 Underwater trn drill odd 100's free even 100's back 150 10 x 15 on :45 Shooters 1,100 2x{1 x 150 on 3:15 Kick {4 x 25 on :45 Sprint kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick }	150 10 x 15 on :45 Shooters SF 800 1 x 800 on 16:00 Vertical Kick EN 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes EN 200 1 x 200 on 4:00 Individual Medley for time SF 500 1 x 500 on 20:00 Game SF 250 1 x 250 on 4:00 Stroke Drills RF 6:30 PM 2,450 Yards - Stress Value = 94 Workout #4863 - Friday, 27 July 2007 Group 3 - Fly 1 minute rest between sets 6:00 AM Start Yards Set Description
Group 3 - Silver 1 minute rest between sets 6:00 AM Start Yards Set Description 1 on 30:00 Physio Ball Abs/Stretch 450 1 x 450 on 9:00 Underwater trn drill odd 100's free even 100's back 150 10 x 15 on :45 Shooters 1,100 2x{1 x 150 on 3:15 Kick {4 x 25 on :45 Sprint kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Sprint kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Sprint kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Sprint kick {1 x 50 on 1:20 Pulls {4 x 50 on 1:20 Pulls {3 x 200 on 3:10 Pulls }	150 10 x 15 on :45 Shooters 800 1 x 800 on 16:00 Vertical Kick 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes EN 200 1 x 200 on 4:00 Individual Medley for time SF 500 1 x 500 on 20:00 Game SF 250 1 x 250 on 4:00 Stroke Drills RF 6:30 PM 2,450 Yards - Stress Value = 94 Workout #4863 - Friday, 27 July 2007 Group 3 - Fly I minute rest between sets 6:00 AM Start Yards Set Description ===== 1 on 30:00 Physio Balls/Stretch 500 1 x 500 on 9:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,000 5x{1 x 100 on 1:55 Kick {1 x 100 on 2:15 Kick 1,200 1x{2 x 200 on 3:00 Pull {2 x 200 on 2:50 Pull
Group 3 - Silver 1 minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Physio Ball Abs/Stretch 450 1 x 450 on 9:00 Underwater trn drill odd 100's free even 100's back 150 10 x 15 on :45 Shooters 1,100 2x{1 x 150 on 3:15 Kick {4 x 25 on :45 Sprint kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Sprint kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Sprint kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Sprint kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Sprint kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Sprint kick }4 x 50 on 1:20 Pulls {4 x 50 on 1:20 Pulls }5 x 200 on 1:20 Pulls }6 x 5 x 200 on 1:20 Pulls }6 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x	150 10 x 15 on :45 Shooters 800 1 x 800 on 16:00 Vertical Kick 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes EN 200 1 x 200 on 4:00 Individual Medley for time SF 500 1 x 500 on 20:00 Game SF 250 1 x 250 on 4:00 Stroke Drills RF 6:30 PM 2,450 Yards - Stress Value = 94 Workout #4863 - Friday, 27 July 2007 Group 3 - Fly I minute rest between sets 6:00 AM Start Yards Set Description ===== 1 on 30:00 Physio Balls/Stretch 500 1 x 500 on 9:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1,000 5x{1 x 100 on 1:55 Kick {1 x 100 on 2:15 Kick 1,200 1x{2 x 200 on 3:00 Pull}

Workout #4858 - Thursday, 26 July 2007 Group 3 - Bronze

1 minute rest between sets

6:00 AM Start Set Description Yards _____ 1 on 30:00 Physio Ball Abs/Stretch

Workout #4862 - Friday, 27 July 2007 Group 3 - Silver

		-		
1 r	ninute	rest	between	sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
450	1 x 450 on 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	4x{1 x 100 on 2:00 Kick
	{1 x 100 on 2:20 Kick
1,200	1x{2 x 200 on 3:20 Pull
	{2 x 200 on 3:15 Pull
	{2 x 200 on 3:10 Pull
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
3,000	4x{2 x 75 on 1:20 Butterfly 2-3
	{1 x 100 on 1:40 Freestyle
	{2 x 75 on 1:20 Butterfly 2-4
	{1 x 100 on 1:35 Freestyle
	{2 x 75 on 1:20 Butterfly 2-5
	{1 x 100 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	8:34 AM 6,150 Yards - Stress Value = 71

Workout #4864 - Friday, 27 July 2007 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 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	4x{1 x 100 on 2:00 Kick
	{1 x 100 on 2:20 Kick
1,100	1x{2 x 200 on 3:40 Pull
	{2 x 200 on 3:35 Pull
	{2 x 150 on 2:35 Pull
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,250	3x{2 x 75 on 1:30 Butterfly 2-3
	{1 x 100 on 1:55 Freestyle
	$\{2 \times 75 \text{ on } 1:30 \text{ Butterfly } 2-4 \}$
	{1 x 100 on 1:50 Freestyle
	{2 x 75 on 1:30 Butterfly 2-5
	{1 x 100 on 1:45 Freestyle
	{1 on :30 Rest
250	1 x 250 on 4:00 Stroke Drills
	8:28 AM 5,250 Yards - Stress Value = 60

Workout #4865 - Monday, 30 July 2007 **Group 3 - Freestylers** 1 minute rest between sets

	6:00 AM 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	$1x{4 x 25 on :45 Kick no board BSLR}$
	{4 x 50 on 1:00 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{4 x 75 on 1:30 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{4 x 100 on 2:00 Kick
1,500	1x{1 x 125 on 1:50 Pull no br L.5 yds
	$\{2 \times 100 \text{ on } 1:30 \text{ Pull no br L.5 yds}$
	$\{3 \times 75 \text{ on } 1:05 \text{ Pull no br L.5 yds}$
	$\{4 \times 50 \text{ on } : 45 \text{ Pull no br L.5 yds}$
	$\{4 \times 50 \text{ on } : 40 \text{ Pull no br L.5 yds}$
	$\{3 \times 75 \text{ on } 1:05 \text{ Pull no br L.5 yds}$

```
{2 x 100 on 1:25 Pull no br L.5 yds
         {1 x 125 on 1:45 Pull no br L.5 yds
  300
         12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,500 5x{1 x 100 on 1:30 Freestyle}
         \{1 \times 100 \text{ on } 1:30 \text{ Freestyle L.25 good effort}\}
         \{1 \text{ x } 100 \text{ on } 1\text{:}30 \text{ Freestyle L.50 good effort} \}
         {1 x 100 on 1:30 Freestyle L.75 good effort
         {1 x 100 on 1:30 Freestyle good effort
        1 x 200 on 3:00 Stroke Drills
      8:31 AM 6,350 Yards - Stress Value = 75
```

Workout #4866 - Monday, 30 July 2007 Group 3 - Silver 1 minute rest between sets

	6:00 AM Start
Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
450	1 x 450 on 9:00 Swim-kick-pull-swim
150	
1,100	$1x{4 \times 25}$ on :45 Kick no board BSLR
	{4 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 1:40 Kick
	{4 x 25 on :45 Kick no board BSLR
1 200	{3 x 100 on 2:10 Kick
1,300	1x{1 x 125 on 2:05 Pull no br L.5 yds
	{2 x 100 on 1:40 Pull no br L.5 yds
	{3 x 75 on 1:15 Pull no br L.5 yds
	{4 x 50 on :50 Pull no br L.5 yds
	{4 x 50 on :45 Pull no br L.5 yds
	{2 x 75 on 1:15 Pull no br L.5 yds
300	$\{2 \times 100 \text{ on } 1:40 \text{ Pull no br L.5 yds} $ 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	4x{1 x 100 on 1:45 Freestyle
2,000	{1 x 100 on 1:45 Freestyle L.25 good effort
	{1 x 100 on 1:45 Freestyle L.50 good effort
	{1 x 100 on 1:45 Freestyle L.75 good effort
	{1 x 100 on 1:45 Freestyle good effort
300	1 x 300 on 5:00 Stroke Drills
	8:30 AM 5,600 Yards - Stress Value = 66

{2 x 125 on 2:10 Pulls

150

10 x 15 on :45 Shooters

Workout #4867 - Monday, 30 July 2007 Group 3 - Bronze 1 minute rest between sets		500 200	<pre>10 x 50 on 1:00 Freestyle-hold at :? 1 x 200 on 4:00 Stroke Drill 5:01 PM 2,500 Yards - Stress Value = 22</pre>	EN1 REC
6:00 AM Start			Workout #4870 - Wednesday, 05 September 2007	
Yards Set Description			Group 3 - All	
1 on 30.00 Physic Palls/Strotch	======		1 minute rest between sets	
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 1,100 1x{4 x 25 on :45 Kick no board BSLR		Yards	3:30 PM Start Set Description	EGY WC
{4 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:40 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:10 Kick 1,100 1x{1 x 125 on 2:20 Pull no br L.5 yds		400 600	<pre>1 on 15:00 6 min abs/stretch 1 x 400 on 8:00 Stroke Drill 1 on 10:00 Techniques-TN turn drills 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Kick 8 x 75 on 1:20 Pulls-nbbf&w</pre>	REC EN2 EN1 EN1
{2 x 100 on 1:55 Pull no br L.5 yds {3 x 75 on 1:25 Pull no br L.5 yds {3 x 50 on 1:00 Pull no br L.5 yds {3 x 50 on :55 Pull no br L.5 yds {2 x 75 on 1:20 Pull no br L.5 yds {1 x 100 on 1:50 Pull no br L.5 yds		150 750 250	10 x 15 on :45 Shooters 3 x 250 on 3:30 3:00 swims, :30 rest 1 x 250 on 5:00 Stroke Drills 5:00 PM 2,750 Yards - Stress Value = 29	SP3 EN1 REC
300 12 x 25 on :40 12.5 ez 12.5 fast grt	finishe		Workout #4871 - Thursday, 06 September 2007	
2,000 4x{1 x 100 on 1:55 Freestyle			Group 3 - All	
{1 x 100 on 1:55 Freestyle L.25 good e: {1 x 100 on 1:55 Freestyle L.50 good e:			1 minute rest between sets	
{1 x 100 on 1:55 Freestyle 1.35 good end of the first freestyle 1.75 good end of the first freestyle 1.35 good end of the first freestyle		Yards	1	EGY WOF
8:32 AM 5,250 Yards - Stress Value = 64		=====	1 on 16:00 Stomach and Stretch	=== ===
Workout #4868 - Tuesday, 31 July 2007		400	1 x 400 on 8:00 Swim-kick-pull-swim 1 on 10:00 Techniques-TN turn drills	REC EN1
Group 3 - All		000	•	EN1
1 minute rest between sets		600	3 x 200 on 3:30 Lungbuster pulls	EN1
6:00 AM Start		150	breathe $2-3-4-5$ 10 x 15 on :45 Shooters	SP3
Yards Set Description	EGY V			EN1
1 20:00 Physic Poll 3h - / Other toh			`	EN1
1 on 30:00 Physio Ball Abs/Stretch 500 1 x 500 on 9:00 Stroke Drills	REC		· ·	EN1 EN1
150 10 x 15 on :45 Shooters	SP3		`	EN1
600 6 x 100 on 2:15 Kick	EN1		$\{1 \times 50 \text{ on } : 45 \text{ Freestyle rest } : 10$	EN1
450 6 x 75 on 1:15 Pulls-nbbf&w 600 6 x 100 on 1:45 #1-#3 free descend	EN1 EN1	250		REC
#4-#6 non freestyle	FINT		5:00 PM 2,750 Yards - Stress Value = 26	
400 8 x 50 on 1:00 All down easy back fast #1-#4 all free, #5-#8 25 free 25 non fre 50 2 x 25 on 2:00 OTB-your choice-walk backs			Workout #4872 - Monday, 10 September 2007 Group 3 - All	
250 1 x 250 on 5:00 Stroke Drill	REC		1 minute rest between sets	
300 3 x 100 on 10:00 Your choice OTB	SP2			
200 1 x 200 on 5:00 Stroke Drill 1 on 9:00 Clean-up 8:30 AM 3,500 Yards - Stress Value = 58	REC	Yards	3:30 PM Start Set Description	======
			1 on 20:00 Stomach and Stretch	
Workout #4869 - Tuesday, 04 September 2007		400 150	1 \times 400 on 8:00 Swim-kick-pull-swim 10 \times 15 on :45 Shooters	
Group 3 - All 1 minute rest between sets			2x{1 x 100 on 2:30 Kick {1 x 100 on 2:20 Kick	
3:30 PM Start			{1 x 100 on 2:10 Kick	
Yards Set Description	EGY WC	750	{1 x 100 on 2:00 Kick 1x{2 x 125 on 2:00 Pulls-nbbf&w	
1 on 20:00 Stomach and Stretch		750	{2 x 125 on 1:55 Pulls-nbbf&w {2 x 125 on 1:50 Pulls-nbbf&w	
400 1 x 400 on 8:00 Underwater turn drill 1 on 10:00 TN turn drills	REC REC	200	8 x 25 on :40 12.5 ez 12.5 fast grt f	inishes
500 2x{1 x 100 on 2:30 Kick	EN1	600	1x{1 x 150 on 2:15 Freestyle	
{1 x 75 on 1:50 Kick	EN1		{1 x 150 on 2:10 Freestyle {1 x 150 on 2:05 Freestyle	
{1 x 50 on 1:10 Kick	EN1		{1 x 150 on 2:00 Freestyle	
{1 x 25 on :30 Kick	EN1	250	1 x 250 on 5:00 Stroke Drills	
750 1x{2 x 125 on 2:30 Pulls	EN1		1 on 13:00 Techniques-Starts	
{2 x 125 on 2:20 Pulls	EN1		5:15 PM 3,150 Yards - Stress Value = 31	

EN1

SP3

Workout #4873 - Tuesday, 11 September 2007 Group 3 - Back

1 minute rest between sets

	3:30 PM Start	
Yards	Set Description	ΕC
=====	=======================================	==
	1 on 20:00 Stomach and Stretch	
425	1 x 425 on 8:00 Underwater trn drill	RE
	1 on 10:00 Techniques-Stanford trn drills	ΕN
750	3x{4 x 25 on :45 Kick no board BSLR	ΕN
	{1 x 50 on 1:10 Kick	ΕN
	{1 x 50 on 1:05 Kick	ΕN
	{1 x 50 on 1:00 Kick	ΕN
750	1 x 750 on 10:30 Lungbuster pulls	ΕN
	breathe 3-4-5-6 repeat cycle	
150	10 x 15 on :45 Shooters	SI
1,100	$1x\{2 \times 25 \text{ on } : 30 \text{ Backstroke}$	ΕN
	{1 x 100 on 1:30 Freestyle	ΕN
	{4 x 25 on :30 Backstroke	EN
	{2 x 100 on 1:30 Freestyle	EN
	{6 x 25 on :30 Backstroke	ΕN
	{3 x 100 on 1:30 Freestyle	EN
	{8 x 25 on :30 Backstroke-very good effort	ΕN
250	5 x 50 on 1:00 Stroke Drills	RE
	5:15 PM 3,425 Yards - Stress Value = 39	

Workout #4874 - Wednesday, 12 September 2007 Group 3 - Fly

1 minute rest between sets

	3:30 PM Start	
Yards	Set Description	EG
=====	1 on 20:00 8 min abs and stretch	== ==
400	1 x 400 on 8:00 Stroke Drills	RF
400	75 choice 25 free w/6bk X 4	KE
	1 on 10:00 Techniques-Stanford Turn Dri	11
750	1x{2 x 125 on 2:45 Kick	EN
700	{2 x 125 on 2:35 Kick	EN
	{2 x 125 on 2:25 Kick	EN
750	$1x\{2 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}$	EN
	{2 x 125 on 1:45 Lungbuster pulls	EN
	{2 x 125 on 1:40 Lungbuster pulls	EN
	odds breathe 3-5-7-3 by 25's evens br	2-4-6
150	10 x 15 on :45 Shooters	SI
1,300	2x{3 x 50 on 1:00 Fly 2-2	EN
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN
	${3 \times 50 \text{ on } :55 \text{ Fly } 2-3}$	EN
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN
	${3 \times 50 \text{ on } :}50 \text{ Fly } 2-4$	EN
	{1 x 100 on 1:45 Freestyle	RE
200	1 x 200 on 4:00 Stroke Drills	RE
	5:16 PM 3,550 Yards - Stress Value = 29	

Workout #4875 - Thursday, 13 September 2007 Group 3 - Breast

1 minute rest between sets

Yards	3:30 PM Start
iaius	Set Description
	1 on 20:00 8 min abs/stretch
425	1 x 425 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{1 x 150 on 3:30 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 on 1:10 Kick
	{1 x 150 on 3:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
100	1 x 100 on 2:00 Kick for time
750	1x{1 x 125 on 1:50 Pull no br L.5 yds

```
{1 x 125 on 1:50 Pull no br L.6 yds
{1 x 125 on 1:50 Pull no br L.7 yds
{1 x 125 on 1:50 Pull no br L.8 yds
{1 x 125 on 1:50 Pull no br L.9 yds
{1 x 125 on 1:50 Pull no br L.10 yds
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250 1x{1 x 200 on 3:45 Breaststroke
{3 x 50 on 1:00 Breast 2kick 1pull
{2 x 150 on 2:45 Breaststroke
{3 x 50 on 1:00 Breast w/ fly kick
{3 x 100 on 1:45 Breaststroke
{3 x 50 on 1:00 Breast 25 TO drill 25 3 sec c
250 1 x 250 on 5:00 Stroke Drills
5:15 PM 3,725 Yards - Stress Value = 44
```

Workout #4879 - Monday, 17 September 2007 Group 3 - Distance

1 minute rest between sets

	3:30	Pl	4 St	cart	Ē.	
Yards	Se	et	Desc	crip	otion	
=====	==	===				
	1	01	n 20	:00	Stoma	ach and Stretch
400	1	Х	400	on	8:00	Swim-kick-pull-swim
150	10) 2	x 15	on	:45 \$	Shooters
900	3x{4	Х	25 (on :	:45 K:	ick no board BSLR
	{ 1	Х	100	on	2:00	Kick
	{ 2	Х	50 0	on I	1:00 H	Kick #2-100%
900	1x{2	Х	150	on	2:15	Pull no br L.10 yds
	{ 2	Х	150	on	2:05	Pull no br L.10 yds
	{ 2	Х	150	on	1:55	Pull no br L.10 yds
200	8	Х	25 (on :	:40 12	2.5 ez 12.5 fast grt finishes
500	1	Х	500	on	10:00	O Freestyle-for time
250	1	Х	250	on	5:00	Stroke Drills
1,200	1x{2	Х	200	on	2:40	Freestyle
	{ 2	Х	200	on	2:35	Freestyle
	{ 2	Х	200	on	2:30	Freestyle
250	1	Х	250	on	5:00	Freestyle
	5:30	Pl	4,	750	Yards	s - Stress Value = 86
			_			

Workout #4877 - Monday, 17 September 2007 Group 3 - Gold

1 minute rest between sets

```
3:30 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 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}
          \{1 \times 100 \text{ on } 2:10 \text{ Kick} \}
          {2 x 50 on 1:05 Kick #2-100%
   750 1x{2 x 150 on 2:20 Pull no br L.10 yds
         {2 x 150 on 2:15 Pull no br L.10 yds
          {1 x 150 on 2:10 Pull no br L.10 yds
   200
           8 x 25 on :40 12.5 ez 12.5 fast grt finishes
           1 \times 500 on 10:00 Freestyle-for time
   500
          1 x 250 on 5:00 Stroke Drills
   250
 1,000 \ 1x\{2 \ x \ 200 \ on \ 3:00 \ Freestyle
          \{2 \times 200 \text{ on } 2:55 \text{ Freestyle} \}
         \{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}
   250
          1 x 250 on 5:00 Freestyle
       5:29 PM 4,400 Yards - Stress Value = 81
```

Workout #4878 - Monday, 17 September 2007 Group 3 - Silver 1 minute rest between sets

Workout #4880 - Tuesday, 18 September 2007 Group 3 - Gold

1 minute rest between sets

Workout #4876 - Monday, 17 September 2007 Group 3 - Bronze

1 minute rest between sets

Workout #4883 - Tuesday, 18 September 2007 Group 3 - Silver 1 minute rest between sets

	3:30 PM Start	I minute Test between sets
Yards	Set Description	3:30 PM Start
300	1 on 20:00 Stomach and Stretch 1 x 300 on 8:00 Swim-kick-pull-swim	Yards Set Description ===== 1 on 23:00 Stomach and Stretch
	10 x 15 on :45 Shooters $3x\{4 \times 25 \text{ on :45 Kick no board BSLR}$	350 1 x 350 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters
	{1 x 100 on 2:30 Kick {1 x 50 on 1:15 Kick-100%	800 8 x 100 on 2:20 Kick-odds 100% 800 1x{1 x 200 on 3:30 Pulls
	1x{2 x 150 on 3:00 Pull no br L.10 yds {2 x 150 on 2:50 Pull no br L.10 yds	{2 x 150 on 2:35 Pulls {3 x 100 on 1:45 Pulls
	<pre>8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 x 500 on 10:00 Freestyle-for time 1 x 200 on 5:00 Stroke Drills</pre>	200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,600 $2x\{1 \times 200 \text{ on } 3:50 \text{ Backstroke} \}$
	1 x 200 on 3:00 Stroke Dillis 1x{2 x 200 on 4:00 Freestyle {2 x 200 on 3:50 Freestyle	{8 x 25 on :30 Backstroke 10 KOW {1 x 150 on 2:50 Backstroke
	1 x 200 on 5:00 Freestyle 5:29 PM 3,700 Yards - Stress Value = 72	{4 x 25 on :30 Backstroke 10 KOW {1 x 100 on 1:50 Backstroke {2 x 25 on :30 Backstroke 10 KOW
	Workout #4882 - Tuesday 18 Sentember 2007	200 1 x 200 on 4:00 Stroke Drills 5:29 PM 4.100 Yards - Stress Value = 57

Workout #4882 - Tuesday, 18 September 2007 Group 3 - Back

1 minute rest between sets

Yards		PM Start et Description
	1	on 23:00 Stomach and Stretch
400		x 400 on 8:00 Underwater trn drill
) x 15 on :45 Shooters
		x 100 on 2:00 Kick-odds 100%
1,000	1x{1	x 200 on 3:00 Pulls
	{ 2	x 150 on 2:10 Pulls
	{ 3	x 100 on 1:25 Pulls
	{ 4	x 50 on :40 Pulls
200	8	\times 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	2x{1	x 200 on 3:00 Backstroke
	8 }	x 25 on :30 Backstroke 10 KOW
	{ 1	x 150 on 2:15 Backstroke
	{ 6	x 25 on :30 Backstroke 10 KOW
	{ 1	x 100 on 1:30 Backstroke
	•	x 25 on :30 Backstroke 10 KOW
200		x 200 on 4:00 Stroke Drills
	5:30	PM 4,650 Yards - Stress Value = 63

200

Workout #4881 - Tuesday, 18 September 2007 Group 3 - Bronze 1 minute rest between sets

Yards	3:30 PM Start Set Description	
=====		
	1 on 23:00 Stomach and Stretch	
300	1 x 300 on 8:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
700	7 x 100 on 2:30 Kick-odds 100%	
700	1x{1 x 200 on 4:00 Pulls	
	{2 x 150 on 2:50 Pulls	
	{2 x 100 on 1:55 Pulls	
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500	2x{1 x 200 on 4:20 Backstroke	
	{6 x 25 on :30 Backstroke 10 KOW	
	{1 x 150 on 3:15 Backstroke	
	{4 x 25 on :30 Backstroke 10 KOW	

Workout #4885 - Wednesday, 19 September 2007 Group 3 - Fly

{1 x 100 on 2:10 Backstroke {2 x 25 on :30 Backstroke 10 KOW

 1×200 on 4:00 Stroke Drills 5:29 PM 3,750 Yards - Stress Value = 56

1 minute rest between sets

Vards	3:30 PM Start Set Description	ECY	WORK
======	=======================================	===	====
	1 on 20:00 Stomach and Stretch		L
425	1 x 425 on 8:00 Stroke Drills	REC	D
		SP3	
800	$4x\{8 \times 25 \text{ on } : 30 \text{ Butterfly} $	EN2	S
	{1 on 1:00 Rest		M
800	2x{4 x 25 on :45 Kick no board BSLR	EN2	K
	{1 x 100 on 2:00 Kick	EN1	K
	{1 x 100 on 1:55 Kick	EN2	K
	{1 x 100 on 1:50 Kick	EN1	K
600	$1x{1 x 150 on 2:15 Lungbuster pulls}$	EN1	P
	$\{1 \times 150 \text{ on } 2:10 \text{ Lungbuster pulls}$	EN1	P
	$\{1 \times 150 \text{ on } 2:05 \text{ Lungbuster pulls}$	EN1	P
	$\{1 \times 150 \text{ on } 2:00 \text{ Lungbuster pulls}$	EN1	P
	odds br 3-5-7 by the 50 evens br	2-4-6	by t
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
800	$4x\{8 \times 25 \text{ on :} 30 \text{ Butterfly}$	EN1	S
	{1 on 1:00 Rest		M
250	1 x 250 on 5:00 Stroke Drills	REC	D
	5:30 PM 4,125 Yards - Stress Value = 5	53	

Workout #4884 - Wednesday, 19 September 2007 Group 3 - Gold

1 minute rest between sets

Yards	3:30 PM Start Set Description	EGY WC
=====	=======================================	=== ==
	1 on 20:00 Stomach and Stretch	
425	1 x 425 on 8:00 Stroke Drills	REC
150	10 x 15 on :45 Shooters	SP3
800	$4x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN2
	{1 on 1:00 Rest	
800	2x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:10 Kick	EN1
	{1 x 100 on 2:05 Kick	EN2
	{1 x 100 on 2:00 Kick	EN1
500	1x{1 x 150 on 2:25 Lungbuster pulls	EN1
	{1 x 150 on 2:20 Lungbuster pulls	EN1
	{1 x 150 on 2:15 Lungbuster pulls	EN1
	$\{1 \times 50 \text{ on } : 45 \text{ Lungbuster pulls br } 4-6$	EN1
	odds br 3-5-7 by the 50 evens br 2-4-	-6 by t
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1

800	4x{8	x 25 on :30 Butterfly	EN1
	{ 1	on 1:00 Rest	
250	1	x 250 on 5:00 Stroke Drills	REC
	5:30	PM 4,025 Yards - Stress Value = 51	

Workout #4887 - Wednesday, 19 September 2007 Group 3 - Silver

1 minute rest between sets

	3:30	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 20:00 Stomach and Stretch		L
375	1	x 375 on 8:00 Stroke Drills	REC	D
150	10) x 15 on :45 Shooters	SP3	S
800	4x{8	x 25 on :30 Odds fly evens free	EN2	S
	{ 1	on 1:00 Rest		M
700	2x{4	x 25 on :45 Kick no board BSLR	EN2	K
	{ 1	x 100 on 2:20 Kick	EN1	K
	{ 1	x 100 on 2:15 Kick	EN2	K
	{ 1	x 50 on 1:05 Kick	EN1	K
450	1x{1	x 150 on 2:35 Lungbuster pulls	EN1	P
	{ 1	x 150 on 2:30 Lungbuster pulls	EN1	P
	{1	x 150 on 2:25 Lungbuster pulls	EN1	P
		odds br 3-5-7 by the 50 evens br 2	2-4-6	by t
300	4	x 75 on 1:25 2bk-4bk-6bk by 25's	EN1	S
800	4x{8	x 25 on :30 Odds fly evens free	EN1	S
	{1	on 1:00 Rest		M
250	1	x 250 on 5:00 Stroke Drills	REC	D
	5:30	PM 3,825 Yards - Stress Value = 5	50	

Workout #4886 - Wednesday, 19 September 2007 Group 3 - Bronze 1 minute rest between sets

	3:30 PM Start	
Yards	Set Description	EGY
		===
	1 on 20:00 Stomach and Stretch	
325	1 x 325 on 8:00 Stroke Drills	REC
150	10 x 15 on :45 Shooters	SP3
800	$4x\{8 \times 25 \text{ on } : 30 \#1 \& \#5 \text{ fly the rest free}$	EN2
	{1 on 1:00 Rest	
600	2x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:30 Kick	EN1
500	$1x\{1 \times 150 \text{ on } 3:00 \text{ Lungbuster pulls}$	EN1
	{1 x 150 on 2:55 Lungbuster pulls	EN1
	{1 x 150 on 2:50 Lungbuster pulls	EN1
	{1 x 50 on 1:00 Pulls	EN1
	odds br 3-5-7 by the 50 evens br 2-4-6	by t
300	4 x 75 on 1:30 2bk-4bk-6bk by 25's	EN1
800	$4x\{8 \times 25 \text{ on } : 30 \#1 \& \#5 \text{ fly the rest free}$	EN1
	{1 on 1:00 Rest	
200	1 x 200 on 5:00 Stroke Drills	REC
	5:30 PM 3,675 Yards - Stress Value = 47	

Workout #4891 - Thursday, 20 September 2007 Group 3 - Breast 1 minute rest between sets

Yards	3:30 PM Start Set Description
	1 on 20:00 Stomach and Stretch
425	
150	
	1x{4 x 50 on 1:00 Kick
300	{1 x 100 on 2:00 Kick-100%
	{3 x 50 on 1:00 Kick
	{1 x 100 on 1:55 Kick-100%
	{2 x 50 on 1:00 Kick
	{1 x 100 on 1:50 Kick-100%
	{1 x 50 on 1:00 Kick
	{1 x 100 on 1:45 Kick-100%
1,050	$1x\{2 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths total} \}$
	$\{2 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 50 \text{ on } 1:00 \text{ Pulls-4 breaths total}$
	$\{2 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	${3 \times 50 \text{ on } 1:00 \text{ Pulls 4 breaths total}}$
	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	$2x{4 \times 75}$ on 1:20 Breaststroke 2X pullouts
	{3 x 75 on 1:15 Breaststroke 2X pullouts
	{2 x 75 on 1:10 Breaststroke 2X pullouts
	{1 x 75 on 1:05 Breaststroke 2X pullouts
	{1 x 100 on 2:00 Freestyle
0.00	{4 x 25 on :40 Breaststroke-100% Fast TO
200	1 x 200 on 2:00 Stroke Drills
	5:30 PM 4,825 Yards - Stress Value = 99

Workout #4888 - Thursday, 20 September 2007 Group 3 - Gold

1 minute rest between sets

```
3:30 PM Start
Yards
            Set Description
=====
             _____
            1 on 20:00 Stomach and Stretch
   425
            1 x 425 on 8:00 Underwater trn drill
   150
            10 \times 15 on :45 Shooters
   900 1x{4 \times 50} on 1:05 Kick
           {1 x 100 on 2:00 Kick-100%
            {3 \times 50 \text{ on } 1:05 \text{ Kick}}
            {1 x 100 on 2:00 Kick-100%
           \{2 \times 50 \text{ on } 1:05 \text{ Kick} \}
            {1 x 100 on 1:50 Kick-100%
           {1 x 50 on 1:05 Kick
           {1 x 100 on 2:00 Kick-100%
   950 1x\{2 \ x \ 125 \ on \ 1:55 \ Pulls-nbbf&w + 2 \ yds
            \{1 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths total} \}
            \{2 \times 125 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
            \{1 \times 50 \text{ on } 1:00 \text{ Pulls-4 breaths total}
           {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds
           \{2 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths total} \}
   200
             8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x\{4 \times 75 \text{ on } 1:30 \text{ Breaststroke } 2X \text{ pullouts}
            \{3\ x\ 75\ on\ 1:25\ Breaststroke\ 2X\ pullouts
            \{2 \times 75 \text{ on } 1:20 \text{ Breaststroke } 2X \text{ pullouts}
           {1 x 75 on 1:15 Breaststroke 2X pullouts
            \{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
           \{4 \times 25 \text{ on } : 40 \text{ Breaststroke-100\% Fast TO} \}
   200
            1 x 200 on 1:00 Stroke Drills
```

Workout #4889 - Thursday, 20 September 2007 Group 3 - Silver 1 minute rest between sets

5:30 PM 4,625 Yards - Stress Value = 97

Yards	Set Description					
	1 on 20:00 Stomach and Stretch					
375	1 x 375 on 8:00 Underwater trn drill					
150	10 x 15 on :45 Shooters					
800	1x{4 x 50 on 1:10 Kick					
	{1 x 100 on 2:20 Kick-100%					
	{3 x 50 on 1:10 Kick					
	{1 x 100 on 2:15 Kick-100%					
	{2 x 50 on 1:10 Kick					
	{1 x 100 on 2:00 Kick-100%					
0.50	{1 x 50 on 1:10 Kick					
850	$1x\{2 \times 100 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$					
	{2 x 50 on 1:00 Pulls 4 breaths total					
	{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds					
	{2 x 50 on 1:00 Pulls-4 breaths total					
	{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds					
200	{1 x 50 on 1:00 Pulls 4 breaths total					
	8 x 25 on :40 12.5 ez 12.5 fast grt finishes					
1,000	2x{5 x 75 on 1:40 Breaststroke 2X pullouts {3 x 75 on 1:30 Breaststroke 2X pullouts					
	{1 x 75 on 1:25 Breaststroke 2X pullouts					
	{1 x 50 on 1:00 Freestyle					
	{4 x 25 on :40 Breaststroke-100% Fast TO					
200	•					
200	5:30 PM 4,225 Yards - Stress Value = 82					
	,					
	Workout #4890 - Thursday, 20 September 2007					
	Workout #4090 - Thursday, 20 September 2007					

Workout #4890 - Thursday, 20 September 2007 Group 3 - Bronze 1 minute rest between sets

3:30 PM Start

	3.30	L. I
Yards	Se	t Description
=====	==	
	1	on 20:00 Stomach and Stretch
325	1	x 325 on 8:00 Underwater trn drill
150	10	x 15 on :45 Shooters
750	1x{4	x 50 on 1:15 Kick
	{ 1	x 100 on 2:30 Kick-100%
	{ 3	x 50 on 1:15 Kick
	{ 1	x 100 on 2:30 Kick-100%
	{ 2	x 50 on 1:15 Kick
	{ 1	x 100 on 2:30 Kick-100%
750	1x{2	x 100 on 2:00 Pulls-nbbf&w + 2 yds
	{ 2	x 50 on 1:10 Pulls 4 breaths total
	{ 2	x 100 on 2:00 Pulls-nbbf&w + 2 yds
	{ 1	x 50 on 1:10 Pulls-4 breaths total
	{ 2	x 100 on 2:00 Pulls-nbbf&w + 2 yds
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	2x{4	x 50 on 1:20 Breaststroke 2X pullouts
	{ 3	x 50 on 1:15 Breaststroke 2X pullouts
	{ 2	x 50 on 1:10 Breaststroke 2X pullouts
	{ 1	x 50 on 1:05 Breaststroke 2X pullouts
	{ 1	x 50 on 2:00 Freestyle
	{ 4	x 25 on :40 Breaststroke-100% Fast TO
200	1	x 200 on 2:00 Stroke Drills
	5:30	PM 3,675 Yards - Stress Value = 76

Workout #4892 - Friday, 21 September 2007 Group 3 - All

1 minute rest between sets

Workout #4894 - Monday, 24 September 2007 Group 3 - Silver 1 minute rest between sets

1	3:30 PM Start E Yards Set Description
150 10 x 15 on :45 Shooters 800 1 x 800 on 16:00 Vertical Kicking 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 400 1 x 400 on 20:00 Killer Relays	1 on 25:00 Stomach and Stretch 350
Workout #4893 - Monday, 24 September 2007	750 1x{1 x 200 on 3:30 Pull no br L.12 yds
Group 3 - Distance	$\{1 \times 200 \text{ on } 3:25 \text{ Pull no br L.12 yds} $ $\{2 \times 175 \text{ on } 3:00 \text{ Pull no br L.12 yds} \}$
1 minute rest between sets	200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2,200 1x{1 x 500 on 9:00 Freestyle
3:30 PM Start Yards Set Description ===== 1 on 25:00 Stomach and Stretch	{2 x 400 on 7:00 Freestyle {3 x 300 on 5:10 Freestyle = 400 8 x 50 on 1:00 Stroke Drills
400 1 x 400 on 8:00 Swim-kick-pull-swim	5:42 PM 4,800 Yards - Stress Value = 76
150	Workout #4895 - Monday, 24 September 2007
{1 x 50 on 1:00 Kick	Group 3 - Bronze
{2 x 50 on :55 Kick {3 x 50 on :50 Kick {4 x 50 on :45 Kick {4 x 25 on :45 Kick no board BSLR {4 x 50 on 1:00 Kick-descend to 100%	1 minute rest between sets 3:30 PM Start Yards Set Description ====================================
900 1x{1 x 225 on 3:20 Pull no br L.12 yds	{1 x 50 on 1:20 Kick {2 x 50 on 1:15 Kick {3 x 50 on 1:10 Kick
{4 x 200 on 2:40 Freestyle 400 8 x 50 on 1:00 Stroke Drills 5:43 PM 5,950 Yards - Stress Value = 97	$\{1 \times 175 \text{ on } 3:25 \text{ Pull no br L.}12 \text{ yds}$
Workout #4896 - Monday, 24 September 2007	{2 x 150 on 2:55 Pull no br L.12 yds 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
Group 3 - Gold	2,050 1x{1 x 500 on 9:30 Freestyle
1 minute rest between sets	{2 x 400 on 7:40 Freestyle {2 x 300 on 5:45 Freestyle
3:30 PM Start Yards Set Description	$\{1 \times 150 \text{ on } 2\text{:}50 \text{ Freestyle} $ 400 8 x 50 on 1:00 Stroke Drills
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 850 1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:10 Kick {2 x 50 on 1:05 Kick {3 x 50 on 1:00 Kick {4 x 50 on :55 Kick {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick-descend to 100% 850 1x{1 x 225 on 3:30 Pull no br L.12 yds {1 x 225 on 3:25 Pull no br L.12 yds {2 x 200 on 3:00 Pull no br L.12 yds 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2,800 1x{1 x 500 on 7:15 Freestyle {3 x 300 on 4:15 Freestyle {3 x 200 on 2:50 Freestyle 400 8 x 50 on 1:00 Stroke Drills 5:43 PM 5,650 Yards - Stress Value = 91	3.43 FM 4,473 Tarus - Stress value - 71

Workout #4898 - Tuesday, 25 September 2007 Group 3 - Back

1 minute rest between sets

	3:30 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
900	9 x 100 on 1:30 Backstroke-des in 3's
1,000	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 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 75 on 1:30 Kick
	{1 x 75 on 1:25 Kick
	{1 x 50 on 1:00 Kick
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	6 x 100 on 1:30 Backstroke-des in 3's
1,500	1x{1 x 200 on 2:50 Pulls
	{2 x 175 on 2:25 Pulls
	{3 x 150 on 2:05 Pulls
	{4 x 125 on 1:45 Pulls
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	3 x 100 on 1:30 Backstroke-descend
500	10 x 50 on 1:00 Stroke Drills
	5:45 PM 5,550 Yards - Stress Value = 77

Workout #4900 - Tuesday, 25 September 2007 Group 3 - Gold

1 minute rest between sets

Yards	3:30 PM Start Set Description
======	=======================================
	1 on 25:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
	10 x 15 on :45 Shooters
	9 x 100 on 1:40 Backstroke-des in 3's
	1x{1 x 125 on 2:35 Kick
930	·
	{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 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 75 on 1:30 Kick
	{1 x 75 on 1:25 Kick
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	6 x 100 on 1:40 Backstroke-des in 3's
1,250	1x{1 x 200 on 3:00 Pulls
	{2 x 175 on 2:35 Pulls
	{3 x 150 on 2:15 Pulls
	{2 x 125 on 1:50 Pulls
100	4×25 on :40 12.5 ez 12.5 fast grt finishes
	3 x 100 on 1:40 Backstroke-descend
	10 x 50 on 1:00 Stroke Drills
300	5:44 PM 5,250 Yards - Stress Value = 73

Workout #4897 - Tuesday, 25 September 2007 Group 3 - Silver

1 minute rest between sets

Yards	3:30 PM Start Set Description
=====	=======================================
	1 on 25:00 Stomach and Stretch
375	1 x 375 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters

900	9	Х	100	on	1:50	Backstroke-des in 3's
750	1x{1	Х	125	on	2:50	Kick
	{ 1	Х	125	on	2:45	Kick
	{ 1	Х	125	on	2:40	Kick
	{ 1	Х	125	on	2:35	Kick
	{ 1	Х	100	on	2:15	Kick
	{ 1	Х	100	on	2:10	Kick
	{ 1	Х	50 0	on 1	1:00 H	Kick
100	4	Х	25 (on :	:40 12	2.5 ez 12.5 fast grt finishes
600	6	Х	100	on	1:50	Backstroke-des in 3's
1,000	1x{1	Х	200	on	3:30	Pulls
	{ 2	Х	175	on	3:05	Pulls
	{ 3	Х	150	on	2:40	Pulls
100	4	Х	25 (on :	:40 12	2.5 ez 12.5 fast grt finishes
300	3	Х	100	on	1:50	Backstroke-descend
450	9	Х	50	on 1	1:00 3	Stroke Drills
	5:44	PN	4,	725	Yards	s - Stress Value = 66
	•	Wo	rkout	#489	9 - Tue	sday, 25 September 2007
					Group	3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Se	et Description
=====	==	
	1	on 25:00 Stomach and Stretch
325	1	x 325 on 8:00 Underwater trn drill
150	10	0 x 15 on :45 Shooters
600	6	x 100 on 2:15 Backstroke-des in 3's
750	1x{1	x 125 on 3:15 Kick
	{ 1	x 125 on 3:10 Kick
	{ 1	x 125 on 3:05 Kick
	{ 1	x 125 on 3:00 Kick
	{ 1	x 100 on 2:30 Kick
	{ 1	x 100 on 2:25 Kick
	{ 1	x 50 on 1:15 Kick
100	4	x 25 on :40 12.5 ez 12.5 fast grt finishes
400	4	x 100 on 2:15 Backstroke-des 1-4
850	1x{1	x 200 on 4:00 Pulls
	{ 2	x 175 on 3:30 Pulls
	{ 2	x 150 on 3:00 Pulls
100	4	x 25 on :40 12.5 ez 12.5 fast grt finishes
300	3	x 100 on 2:15 Backstroke-descend
450	9	x 50 on 1:00 Stroke Drills
	5:41	PM 4,025 Yards - Stress Value = 55

Workout #4904 - Wednesday, 26 September 2007

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

$\{1 \times 100 \text{ on } 2:05 \text{ Kick} \}$ Group 3 - Fly 5 x 200 on 3:30 Lungbuster pulls 1,000 1 minute rest between sets breathe 3-4-5-6 by the 50 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 3:30 PM Start $1,800 \ 2x\{4 \ x \ 75 \ on \ 1:30 \ 3 \ strokes fly off each wall$ Yards Set Description { hold breath 1st stroke _____ $\{4 \times 75 \text{ on } 1:25 \text{ 3 strokes fly off each wall}$ 1 on 30:00 Stomach and Stretch/Team mtg { hold breath 2 strokes off walls 425 1 x 425 on 8:00 Stroke Drills {2 x 75 on 1:20 3 strokes fly off walls 10 x 15 on :45 Shooters { hold breath all 3 strokes 1,300 1x{1 x 100 on 2:00 Kick $\{1 \times 150 \text{ on } 3:00 \text{ Freestyle} \}$ $\{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}$ 5:45 PM 4,525 Yards - Stress Value = 89 {2 x 100 on 1:50 Kick $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ Workout #4903 - Wednesday, 26 September 2007 {3 x 100 on 1:40 Kick Group 3 - Bronze $\{4 \times 25 \text{ on :} 45 \text{ Sprint kick}$ {4 x 100 on 1:30 Kick 1 minute rest between sets 1,200 6 x 200 on 2:45 Lungbuster pulls breathe 3-4-5-6 by the 50 3:30 PM Start 8 x 25 on :40 12.5 ez 12.5 fast grt finishes Yards Set Description 200 $2,200 \ 2x\{4 \ x \ 75 \ on \ 1:15 \ 3 \ strokes fly off each wall ======$ _____ { hold breath 1st stroke 1 on 30:00 Stomach and Stretch/Team mtg {4 x 75 on 1:10 3 strokes fly off each wall 325 1 x 325 on 8:00 Stroke Drills { hold breath 2 strokes off walls 900 1x{1 x 100 on 2:40 Kick { hold breath all 3 strokes $\{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}$ $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$ {2 x 100 on 2:30 Kick 5:44 PM 5,475 Yards - Stress Value = 105 $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ {3 x 100 on 2:20 Kick Workout #4901 - Wednesday, 26 September 2007 $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ 1,000 5 x 200 on 4:00 Lungbuster pulls Group 3 - Gold breathe 3-4-5-6 by the 50 1 minute rest between sets 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,400 $2x\{4 \times 75 \text{ on } 1:45 \text{ 3 strokes fly off each wall}$ 3:30 PM Start { hold breath 1st stroke Set Description Yards {2 x 75 on 1:40 3 strokes fly off each wall ===== ______ { hold breath 2 strokes off walls 1 on 30:00 Stomach and Stretch/Team mtg $\{2 \times 75 \text{ on } 1:35 \text{ 3 strokes fly off walls}$ 1 x 425 on 8:00 Stroke Drills 425 { hold breath all 3 strokes 10 x 15 on :45 Shooters 150 $\{1 \times 100 \text{ on } 3:00 \text{ Freestyle} \}$ $1,200 1x{1 x 100 on 2:05 Kick}$ 5:44 PM 3,975 Yards - Stress Value = 84 $\{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}$ {2 x 100 on 2:00 Kick Workout #4905 - Thursday, 27 September 2007 $\{4 \times 25 \text{ on :} 45 \text{ Sprint kick}$ Group 3 - Breast ${3 \times 100 \text{ on } 1:55 \text{ Kick}}$ $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ 1 minute rest between sets {3 x 100 on 1:50 Kick 1,000 5 x 200 on 3:00 Lungbuster pulls 3:30 PM Start breathe 3-4-5-6 by the 50 Yards Set Description 8 x 25 on :40 12.5 ez 12.5 fast grt finishes _____ $2,200 2x{4 x 75 on 1:20 3 strokes fly off each wall}$ 1 on 25:00 Stomach and Stretch 425 { hold breath 1st stroke 1 x 425 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters {4 x 75 on 1:15 3 strokes fly off each wall 150 { hold breath 2 strokes off walls 1,250 5x{4 x 25 on :45 Kick no board BSLR $\{4 \times 75 \text{ on } 1:10 \text{ 3 strokes fly off walls}$ {1 x 150 on 2:30 Kick { hold breath all 3 strokes 1,200 24 x 50 on :40 Pull $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$ odds br every 5 5:45 PM 5,175 Yards - Stress Value = 99 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2,250 1x{5 x 50 on :55 Breast under/over {5 x 100 on 1:30 25 breast 75 free Workout #4902 - Wednesday, 26 September 2007 {5 x 50 on :55 Breast under/over Group 3 - Silver {5 x 100 on 1:25 50 breast 50 free 1 minute rest between sets {5 x 50 on :55 Breast under/over {5 x 100 on 1:20 75 breast 25 free 3:30 PM Start 1 x 250 on 4:00 Stroke Drills 250 Yards Set Description 5:46 PM 5,725 Yards - Stress Value = 90 ===== _____ 1 on 30:00 Stomach and Stretch/Team mtg 375 1 x 375 on 8:00 Stroke Drills 10 x 15 on :45 Shooters 150 $1,000 1x{1 x 100 on 2:20 Kick}$ $\{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}$ {2 x 100 on 2:15 Kick $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ {3 x 100 on 2:10 Kick

Workout #4906 - Thursday, 27 September 2007 Group 3 - Gold

1 minute rest between sets

Workout #4909 - Friday, 28 September 2007 Group 3 - All 1 minute rest between sets

3:30 PM Start Yards Set Description	3:30 PM Start Yards Set Description EG
1 on 25:00 Stomach and Stretch 425	1 on 20:00 Stomach and Stretch 400 1 x 400 on 8:00 Reverse IM drill RF 150 10 x 15 on :45 Shooters SF 500 1 x 500 on 10:00 Kick EN 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes EN 100 1 x 100 on 3:00 IM for time from a push SF 200 1 x 200 on 4:00 Stroke Drill RF 1 on 20:00 IM Relays SF 250 1 x 250 on 5:00 Stroke Drill RF 5:00 PM 1,800 Yards - Stress Value = 23 Workout #4911 - Monday, 01 October 2007 Group 3 - Distance 1 minute rest between sets
Workout #4907 - Thursday, 27 September 2007	3:30 PM Start Yards Set Description
Group 3 - Silver	1 on 30:00 Stomach and Stretch/Team mtg
1 minute rest between sets 3:30 PM Start Yards Set Description ====================================	400
<pre>1 on 25:00 Stomach and Stretch 375 1 x 375 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,000 4x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:20 Kick 950 19 x 50 on :55 Pull odds br every 5 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,700 1x{4 x 50 on 1:10 Breast under/over {4 x 100 on 1:50 25 breast 75 free {4 x 50 on 1:10 Breast under/over {3 x 100 on 1:45 75 breast 25 free</pre>	{2 x 100 on 1:40 kick no board BSLR {4 x 25 on :45 kick no board BSLR {2 x 100 on 1:40 kick {4 x 25 on :45 kick {2 x 100 on 1:40 kick {4 x 25 on :45 kick {2 x 100 on 1:40 kick {1,500 1x{1 x 250 on 3:30 Pull no br L.12 yds {2 x 250 on 3:20 Pull no br L.12 yds {3 x 250 on 3:10 Pull no br L.12 yds 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 2,250 15 x 150 on 2:15 Freestyle-descend in 3's 300 6 x 50 on 1:00 Stroke Drills 6:00 PM 6,250 Yards - Stress Value = 120
250	Workout #4912 - Monday, 01 October 2007
	Group 3 - Gold 1 minute rest between sets
Workout #4908 - Thursday, 27 September 2007 Group 3 - Bronze	3:30 PM Start
1 minute rest between sets	Yards Set Description
3:30 PM Start Yards Set Description 1 on 25:00 Stomach and Stretch 325 1 x 325 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters	1 on 30:00 Stomach and Stretch/Team mtg 400
800 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Kick 900 18 x 50 on 1:10 Pull odds br every 5 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,500 1x{4 x 50 on 1:20 Breast under/over	{4 x 25 on :45 Kick no board BSLR {2 x 100 on 1:55 Kick {4 x 25 on :45 Kick {2 x 100 on 1:50 Kick {4 x 25 on :45 Kick {1 x 100 on 1:45 Kick
{3 x 100 on 2:15 25 breast 75 free {4 x 50 on 1:20 Breast under/over {3 x 100 on 2:15 50 breast 50 free {4 x 50 on 1:20 Breast under/over {3 x 100 on 2:15 75 breast 25 free 200 1 x 200 on 3:00 Stroke Drills 5:46 PM 4,075 Yards - Stress Value = 63	1,350 1x{1 x 250 on 3:45 Pull no br L.12 yds

3:30 PM Start

Workout #4913 - Monday, 01 October 2007 Group 3 - Silver 1 minute rest between sets

	3:30 PM Start	
Yards	Set Description	
	=======================================	
	1 on 30:00 Stomach and Stretch/Team mtg	
350	1 x 350 on 8:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
125	1 x 125 on 3:00 Freestyle from a push for ti	
1,000	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	
	{2 x 100 on 2:15 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:10 Kick	=
	{4 x 25 on :45 Kick	
	{2 x 100 on 2:05 Kick	
	{4 x 25 on :45 Kick	
1,150	1x{1 x 150 on 2:40 Pull no br L.12 yds	
	$\{2 \times 200 \text{ on } 3:25 \text{ Pull no br L.}12 \text{ yds}$	
	${3 \times 200 \text{ on } 3:20 \text{ Pull no br L.12 yds}}$	
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ	
1,875	15 x 125 on 2:15 Freestyle-descend in 3's	
300	6 x 50 on 1:00 Stroke Drills	
	5:59 PM 5,250 Yards - Stress Value = 101	

Workout #4910 - Monday, 01 October 2007 Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
=====	
	1 on 30:00 Stomach and Stretch/Team mtg
300	1 x 300 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
100	1 x 100 on 3:00 Freestyle from a push for ti
900	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{2 x 100 on 2:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:40 Kick
	{4 x 25 on :45 Kick
	{1 x 100 on 2:35 Kick
	{4 x 25 on :45 Kick
900	1x{1 x 150 on 3:00 Pull no br L.12 yds
	$\{2 \times 150 \text{ on } 2:55 \text{ Pull no br L.}12 \text{ yds}$
	${3 \times 150 \text{ on } 2:50 \text{ Pull no br L.12 yds}}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
1,500	15 x 100 on 2:15 Freestyle-descend in 3's
300	6 x 50 on 1:00 Stroke Drills
	5:58 PM 4,450 Yards - Stress Value = 84

Workout #4914 - Tuesday, 02 October 2007 Group 3 - Back

1 minute rest between sets

Yards	6:00 PM Start Set Description
=====	1 20 00 00 00 00 00 00 00 00 00 00 00 00
	1 on 30:00 Stomach stretch/team meeting
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	4x{1 x 150 on 2:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 50 on :55 Kick
1,400	1x{4 x 125 on 1:40 Pulls
	{4 x 100 on 1:20 Pulls
	{4 x 75 on 1:00 Pulls
	{4 x 50 on :40 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,400	1x{4 x 100 on 1:35 Backstroke
	{4 x 50 on 1:00 Backstroke-descend to 100%
	{4 x 100 on 1:30 Backstroke

```
{4 x 50 on 1:00 Backstroke-descend to 100%

{4 x 100 on 1:25 Backstroke

{4 x 50 on 1:00 Backstroke-descend to 100%

{4 x 100 on 1:20 Backstroke

{4 x 50 on 1:00 Backstroke-descend to 100%

9 x 50 on 1:00 Stroke Drills

8:30 PM 6,300 Yards - Stress Value = 132
```

Workout #4915 - Tuesday, 02 October 2007 Group 3 - Gold

1 minute rest between sets

Yards	6:00 PM Start Set Description
	1 on 30:00 Stomach stretch/team meeting
400	1 x 400 on 8:00 Underwater trn drill
150	10×15 on :45 Shooters
1,200	4x{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
1,100	1x{4 x 125 on 1:55 Pulls
	{3 x 100 on 1:30 Pulls
	{4 x 75 on 1:05 Pulls
300	12×25 on :40 12.5 ez 12.5 fast grt finishe
2,300	1x{4 x 100 on 1:45 Backstroke
	{4 x 50 on 1:00 Backstroke-descend to 100%
	{4 x 100 on 1:40 Backstroke
	{4 x 50 on 1:00 Backstroke-descend to 100%
	{4 x 100 on 1:35 Backstroke
	{4 x 50 on 1:00 Backstroke-descend to 100%
	{4 x 100 on 1:30 Backstroke
	{2 x 50 on 1:00 Backstroke-descend to 100%
450	9 x 50 on 1:00 Stroke Drills
	8:30 PM 5,900 Yards - Stress Value = 121

Workout #4916 - Tuesday, 02 October 2007 Group 3 - Silver

1 minute rest between sets

Yards	6:00 PM Start Set Description
=====	=======================================
	<pre>1 on 30:00 Stomach stretch/team meeting 1 x 350 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters</pre>
900	3x{1 x 150 on 3:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
1,200	1x{4 x 125 on 2:15 Pulls
	{4 x 100 on 1:45 Pulls
	{4 x 75 on 1:15 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,900	1x{4 x 100 on 2:00 Backstroke
	{4 x 50 on 1:10 Backstroke-descend to 100%
	{4 x 100 on 1:55 Backstroke
	{4 x 50 on 1:10 Backstroke-descend to 100%
	{4 x 100 on 1:50 Backstroke
	$\{4 \times 50 \text{ on } 1:10 \text{ Backstroke-descend to } 100\%$

8:29 PM 5,250 Yards - Stress Value = 104

{1 x 100 on 1:45 Backstroke 9 x 50 on 1:00 Stroke Drills

Workout #4917 - Tuesday, 02 October 2007 Group 3 - Bronze 1 minute rest between sets

	6:00 PM Start	1,60
Yards	Set Description	-, -
	1 on 30:00 Stomach stretch/team meeting	
	1 x 300 on 8:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
900	3x{1 x 150 on 3:45 Kick	3(
	{1 x 100 on 2:30 Kick	1,50
	{1 x 50 on 1:15 Kick	1,50
850	1x{2 x 125 on 2:30 Pulls	
	{3 x 100 on 2:00 Pulls	
	{4 x 75 on 1:30 Pulls	
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe	
1,600	1x{4 x 100 on 2:30 Backstroke	
	{4 x 50 on 1:15 Backstroke-descend to 100%	
	{4 x 100 on 2:25 Backstroke	
	{4 x 50 on 1:15 Backstroke-descend to 100%	
	{4 x 100 on 2:20 Backstroke	4 (
450	9 x 50 on 1:00 Stroke Drills	4(
	8:28 PM 4,550 Yards - Stress Value = 86	

Workout #4918 - Wednesday, 03 October 2007 Group 3 - Fly

1 minute rest between sets

Yards	3:30 PM Start Set Description
400	1 on 25:00 Stomach and Stretch 1 x 400 on 8:00 Stroke Drills
150	
1,500	2x{4 x 25 on :30 Kick no board BSLR
	{3 x 50 on :50 Kick
	{4 x 25 on :35 Kick
	{3 x 50 on :55 Kick
	{4 x 25 on :40 Kick
	{3 x 50 on 1:00 Kick
1,800	1x{1 x 400 on 5:00 Pulls with paddles
	{4 x 100 on 1:30 Lungbuster pulls
	{1 x 300 on 3:45 Pulls
	{3 x 100 on 1:30 Lungbuster pulls
	{1 x 200 on 2:30 Pulls
	{2 x 100 on 1:30 Lungbuster pulls
	100's-breathe 3-5-7-9 by the 25
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish€
2,000	$4x\{1 \times 25 \text{ on } : 30 \text{ Butterfly lup 1down}$
	{1 x 25 on :30 Butterfly lup 2down
	{1 x 25 on :30 Butterfly 1up 3down
	{1 x 25 on :30 Butterfly lup 4down
	{1 x 100 on 1:30 Freestyle
	{1 x 50 on :50 Butterfly 2-2
	{1 x 50 on :50 Butterfly 2-3
	{1 x 50 on :50 Butterfly 2-4
	{1 x 50 on :50 Butterfly 2-5
	{1 x 100 on 1:30 Freestyle
250	1 x 250 on 5:00 Stroke Drills

Workout #4919 - Wednesday, 03 October 2007 Group 3 - Gold

6:00 PM 6,400 Yards - Stress Value = 82

1 minute rest between sets

	3:30 PM Start
Yards	Set Description
	=======================================
	1 on 25:00 Stomach and Stretch
400	1 x 400 on 8:00 Stroke Drills
150	10 x 15 on :45 Shooters
1,400	$2x{4 x 25 on :35 Kick no board BSLR}$

	(0 11 00 011 1:00 111011
	{4 x 25 on :40 Kick
	{3 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick
	{2 x 50 on 1:00 Kick
1,600	$1x\{1 \times 400 \text{ on } 5:40 \text{ Pulls with paddles}$
	{4 x 100 on 1:35 Lungbuster pulls
	{1 x 300 on 4:15 Pulls
	{3 x 100 on 1:35 Lungbuster pulls
	{1 x 200 on 2:50 Pulls
	100's-breathe 3-5-7-9 by the 25
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,500	3x{1 x 25 on :30 Butterfly 1up 1down
	{1 x 25 on :30 Butterfly 1up 2down
	{1 x 25 on :30 Butterfly 1up 3down
	{1 x 25 on :30 Butterfly 1up 4down
	{1 x 100 on 2:00 Freestyle
	{1 x 50 on 1:00 Butterfly 2-2
	{1 x 50 on 1:00 Butterfly 2-3
	{1 x 50 on 1:00 Butterfly 2-4
	{1 x 50 on 1:00 Butterfly 2-5
	{1 x 100 on 2:00 Freestyle
400	1 x 400 on 8:00 Stroke Drills

{3 x 50 on 1:00 Kick

Workout #4920 - Wednesday, 03 October 2007 Group 3 - Silver 1 minute rest between sets

5:59 PM 5,750 Yards - Stress Value = 77

	3:30 PM Start
Yards	Set Description
	1 on 25:00 Stomach and Stretch
	1 x 350 on 8:00 Stroke Drills
	10 x 15 on :45 Shooters
1,200	2x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick
	{2 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick
	{1 x 50 on 1:10 Kick
1,300	1x{1 x 400 on 6:40 Pulls with paddles
	{3 x 100 on 1:50 Lungbuster pulls
	{1 x 300 on 5:00 Pulls
	{3 x 100 on 1:50 Lungbuster pulls
	100's-breathe 3-5-7-9 by the 25
300	
1,350	3x{1 x 25 on :35 Butterfly lup ldown
	{1 x 25 on :35 Butterfly lup 2down
	{1 x 25 on :35 Butterfly lup 3down
	{1 x 25 on :35 Butterfly lup 4down
	{1 x 50 on 1:30 Freestyle {1 x 50 on 1:10 Butterfly 2-2
	{1 x 50 on 1:10 Butterfly 2-2 {1 x 50 on 1:10 Butterfly 2-3
	{1 x 50 on 1:10 Butterfly 2-4
	{1 x 50 on 1:10 Butterfly 2-4
	{1 x 100 on 2:00 Freestyle
400	1 x 400 on 8:00 Stroke Drills
100	6:00 PM 5,050 Yards - Stress Value = 71
	o. oo iii o, ooo lalab belebb valae 71

Workout #4921 - Wednesday, 03 October 2007 Group 3 - Bronze

1 minute	rest	between	set
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	3:30 PM Start
Yards	Set Description
=====	=======================================
	1 on 25:00 Stomach and Stretch
300	1 x 300 on 8:00 Stroke Drills
150	10 x 15 on :45 Shooters
1,100	2x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick
	{2 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick
1,150	1x{1 x 300 on 6:00 Pulls with paddles
	{3 x 100 on 2:10 Lungbuster pulls
	{1 x 200 on 4:00 Pulls
	{1 x 50 on 1:00 Pulls
	{3 x 100 on 2:10 Lungbuster pulls
200	100's-breathe 3-5-7-9 by the 25
	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,050	3x{1 x 25 on :45 Butterfly 1up 1down
	{1 x 25 on :45 Butterfly 1up 2down
	{1 x 25 on :45 Butterfly 1up 3down
	{1 x 25 on :45 Butterfly lup 4down {1 x 50 on 1:30 Freestyle
	{1 x 50 on 1:30 Freestyle {1 x 50 on 1:20 Butterfly 2-2
	{1 x 50 on 1:20 Butterfly 2-3
	{1 x 50 on 1:20 Butterfly 2-4
	{1 x 50 on 1:30 Freestyle
400	1 x 400 on 10:00 Stroke Drills
	6:00 PM 4,450 Yards - Stress Value = 63
	,

Workout #4925 - Thursday, 04 October 2007 Group 3 - Breast

1 minute rest between sets

6:00 PM Start

```
Yards
            Set Description
=====
             _____
            1 on 30:00 Stomach and Stretch
   400
            1 x 400 on 8:00 Underwater trn drill
   150
             10 \times 15 on :45 Shooters
   800 1x\{1 \times 200 \text{ on } 3:20 \text{ Breaststroke}
           {4 x 25 on :25 Odds free, evens breast
            \{1 \times 150 \text{ on } 2:30 \text{ Breaststroke} \}
            \{4 \times 25 \text{ on } : 25 \text{ Odds free, evens breast}
            \{1 \times 100 \text{ on } 1:40 \text{ Breaststroke} \}
            \{4 \times 25 \text{ on } : 25 \text{ Odds free, evens breast}
           \{1 \times 50 \text{ on } : 50 \text{ Breaststroke} \}
   100
            1 x 100 on 2:00 Freestyle
 1,200 1x{1 x 100 on 1:45 Kick
            {2 x 50 on 1:00 Kick-100%
            {1 x 100 on 1:45 Kick
           {3 x 50 on 1:00 Kick-100%
           {1 x 100 on 1:45 Kick
           {4 x 50 on 1:00 Kick-100%
           \{1 \times 100 \text{ on } 1:45 \text{ Kick} \}
            {5 x 50 on 1:00 Kick-100%
            \{1 \times 100 \text{ on } 1:45 \text{ Freestyle} \}
            4 x 25 on :40 12.5 ez 12.5 fast grt finishes
   800 1x\{1 \times 200 \text{ on } 3:15 \text{ Breaststroke}
            {4 x 25 on :25 Odds free, evens breast
            \{1 \times 150 \text{ on } 2:25 \text{ Breaststroke} \}
            \{4 \times 25 \text{ on } : 25 \text{ Odds free, evens breast}
            \{1 \times 100 \text{ on } 1:35 \text{ Breaststroke} \}
           {4 x 25 on :25 Odds free, evens breast
            \{1 \times 50 \text{ on } : 45 \text{ Breaststroke} \}
            1 x 100 on 2:00 Freestyle
   100
 1,000 1x{1 x 200 on 3:00 Pulls}
            {2 x 150 on 2:10 Pulls
            {3 \times 100 \text{ on } 1:25 \text{ Pulls}}
```

```
{4 x 50 on :40 Pulls

100     4 x 25 on :40 12.5 ez 12.5 fast grt finishes

800 1x{1 x 200 on 3:15 Breaststroke
    {4 x 25 on :25 Odds breast, evens free
    {1 x 150 on 2:25 Breaststroke
    {4 x 25 on :25 Odds breast, evens free
    {1 x 100 on 1:35 Breaststroke
    {4 x 25 on :25 Odds free, evens breast
    {1 x 50 on :45 Breaststroke

250     5 x 50 on 1:00 Stroke Drills
    8:30 PM 5,800 Yards - Stress Value = 118
```

Workout #4924 - Thursday, 04 October 2007 Group 3 - Gold

1 minute rest between sets

Yards	6:00 PM Start Set Description
=====	=======================================
400 150 800	<pre>1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Underwater trn drill 10 x 15 on :45 Shooters 1x{1 x 200 on 3:30 Breaststroke</pre>
000	$\{4 \times 25 \text{ on :} 25 \text{ Odds free, evens breast} \\ \{1 \times 150 \text{ on } 2\text{:} 35 \text{ Breaststroke} \}$
	<pre>{4 x 25 on :25 Odds free, evens breast {1 x 100 on 1:45 Breaststroke {4 x 25 on :25 Odds free, evens breast</pre>
100 1,200	{1 x 50 on :50 Breaststroke 1 x 100 on 2:00 Freestyle 1x{1 x 100 on 2:00 Kick
	{2 x 50 on 1:00 Kick-100% {1 x 100 on 2:00 Kick {3 x 50 on 1:00 Kick-100% {1 x 100 on 2:00 Kick
100	{4 x 50 on 1:00 Kick-100% {1 x 100 on 2:00 Kick {5 x 50 on 1:00 Kick-100% {1 x 100 on 2:00 Freestyle
100 800	4 x 25 on :40 12.5 ez 12.5 fast grt finishes $1 \times \{1 \times 200 \text{ on } 3:30 \text{ Breaststroke} \}$
	<pre>{4 x 25 on :25 Odds free, evens breast {1 x 150 on 2:35 Breaststroke {4 x 25 on :25 Odds free, evens breast {1 x 100 on 1:45 Breaststroke {4 x 25 on :25 Odds free, evens breast {1 x 50 on :50 Breaststroke</pre>
100	1 x 100 on 2:00 Freestyle
1,000	1x{1 x 200 on 3:00 Pulls {2 x 150 on 2:15 Pulls {3 x 100 on 1:30 Pulls {4 x 50 on :45 Pulls
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes $1x\{1 \times 200 \text{ on } 3:30 \text{ Breaststroke} \}$
800	<pre>{4 x 25 on :25 Odds breast, evens free {1 x 150 on 2:35 Breaststroke {4 x 25 on :25 Odds breast, evens free {1 x 100 on 1:45 Breaststroke</pre>
200	<pre>{4 x 25 on :25 Odds free, evens breast {1 x 50 on :50 Breaststroke 1 x 200 on 3:00 Stroke Drills 8:31 PM 5,750 Yards - Stress Value = 118</pre>

{1 x 100 on 2:30 Kick

Workout #4922 - Thursday, 04 October 2007 {5 x 50 on 1:10 Kick-100% Group 3 - Silver 1,000 1x{1 x 200 on 4:00 Pulls 1 minute rest between sets {2 x 150 on 3:00 Pulls {3 x 100 on 2:00 Pulls 6:00 PM Start {4 x 50 on 1:00 Pulls Set Description Yards 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 800 1x{1 x 200 on 4:30 Breaststroke _____ 1 on 30:00 Stomach and Stretch {4 x 25 on :40 Odds breast, evens free 1 x 350 on 8:00 Underwater trn drill 350 {1 x 150 on 3:20 Breaststroke $\{4 \times 25 \text{ on } : 40 \text{ Odds breast, evens free}$ 800 1x{1 x 200 on 3:50 Breaststroke {1 x 100 on 2:15 Breaststroke $\{4 \times 25 \text{ on :} 30 \text{ Odds free, evens breast}$ $\{4 \times 25 \text{ on } : 40 \text{ Odds free, evens breast}$ {1 x 150 on 2:50 Breaststroke $\{1 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$ {1 x 150 ON 2:50 Breaststroke {4 x 25 on :30 Odds free, evens breast 200 1 x 200 on 4:00 Stroke Drills {1 x 100 on 1:55 Breaststroke 8:30 PM 4,500 Yards - Stress Value = 99 $\{4 \times 25 \text{ on } : 30 \text{ Odds free, evens breast}$ $\{1 \text{ x } 50 \text{ on } :55 \text{ Breaststroke} \}$ Workout #4926 - Friday, 05 October 2007 1 x 50 on 1:30 Freestyle Group 3 - All 900 1x{1 x 100 on 2:15 Kick {2 x 50 on 1:05 Kick-100% 1 minute rest between sets {1 x 100 on 2:15 Kick {3 x 50 on 1:05 Kick-100% 3:30 PM Start {1 x 100 on 2:15 Kick Yards Set Description {4 x 50 on 1:05 Kick-100% 1 on 30:00 Stomach and Stretch L DF {1 x 100 on 2:15 Kick {1 x 50 on 1:10 Kick-100% 400 1 x 400 on 8:00 Reverse IM drill D I 150 10 x 15 on :45 Shooters SP3 S E 800 1 x 800 on 16:00 Verical Kick EN2 K CP .500 5x{1 x 25 on :30 Exception 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 150 800 1x{1 x 200 on 3:50 Breaststroke {1 x 200 on 3:50 Breaststroke 800 1 x 800 on 16:00 Verical Kick ENZ K CN {4 x 25 on :30 Odds free, evens breast 1,500 5x{1 x 25 on :30 Freestyle REC S F {1 x 25 on :40 Freestyle SP2 S F {1 x 25 on :50 Freestyle SP2 S F {1 x 25 on :100 Freestyle SP2 S F {1 x 25 on :30 Odds free, evens breast {1 x 25 on 1:00 Freestyle SP2 S F {1 x 25 on :30 Odds free, evens breast {1 x 200 on 4:00 Stroke Drills REC D CF {1 x 50 on :55 Breaststroke 250 1 x 250 on 4:00 Stroke Drills REC D CF 1 x 50 on :55 Breaststroke 250 1 x 250 on 4:00 Stroke Drills REC D CF 1 x 50 on 1:30 Freestyle 5:15 PM 3,100 Yards - Stress Value = 58 $500 1x{1 x 150 on 2:35 Pulls}$ {2 x 100 on 1:40 Pulls Workout #4928 - Monday, 08 October 2007 ${3 \times 50 \text{ on } :50 \text{ Freestyle}}$ **Group 3 - Distance** 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 800 $1x\{1 \times 200 \text{ on } 3:50 \text{ Breaststroke} \}$ 1 minute rest between sets {4 x 25 on :30 Odds breast, evens free {1 x 150 on 2:50 Breaststroke 250 {2 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick Workout #4923 - Thursday, 04 October 2007 {2 x 100 on 1:45 Kick Group 3 - Bronze 1,350 1x{2 x 125 on 1:50 Pull no br L.20 yds 1 minute rest between sets {1 x 100 on 1:25 Pulls {2 x 125 on 1:50 Pull no br L.20 yds 6:00 PM Start {2 x 100 on 1:20 Pulls Yards Set Description {2 x 125 on 1:50 Pull no br L.20 yds 3 x 100 on 1:15 Pulls 1 on 30:00 Stomach and Stretch 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe _____ ===== 1 x 300 on 8:00 Underwater trn drill 2,000 1x{4 x 125 on 2:00 Freestyle 300 10×15 on :45 Shooters {1 on 1:00 Rest 800 1x{1 x 200 on 4:30 Breaststroke $\{4 \times 125 \text{ on } 1:55 \text{ Freestyle} \}$ {4 x 25 on :40 Odds free, evens breast {1 on 1:00 Rest {1 x 150 on 3:20 Breaststroke $\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$ {4 x 25 on :40 Odds free, evens breast {1 on 1:00 Rest {1 x 50 on 1:00 Breaststroke 8:30 PM 5,400 Yards - Stress Value = 171 1×50 on 1:30 Freestyle $1,100 1x{1 x 100 on 2:30 Kick}$ {2 x 50 on 1:10 Kick-100% {1 x 100 on 2:30 Kick {3 x 50 on 1:10 Kick-100% {1 x 100 on 2:30 Kick {4 x 50 on 1:10 Kick-100%

Workout #4929 - Monday, 08 October 2007 Group 3 - Gold

1 minute rest between sets

	6:30 PM Start
Yards	Set Description
	=======================================
	1 on 15:00 Stretching
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{2 x 100 on 2:10 Kick
	{2 x 100 on 2:05 Kick
	{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
1,050	1x{2 x 125 on 2:00 Pull no br L.20 yds
	{1 x 100 on 1:30 Pulls
	$\{2 \times 125 \text{ on } 2:00 \text{ Pull no br L.20 yds}$
	{2 x 100 on 1:30 Pulls
	$\{2 \times 125 \text{ on } 2:00 \text{ Pull no br L.20 yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	$1x\{4 \times 125 \text{ on } 2:00 \text{ Freestyle}$
	{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
400	8 x 50 on 1:00 Stroke Drills
	8:30 PM 5,100 Yards - Stress Value = 165

Workout #4930 - Monday, 08 October 2007 Group 3 - Silver

1 minute rest between sets 6:30 PM Start

Yards	Set Description
	====================================
	1 on 15:00 Stretching
350	1 x 350 on 8:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
700	1x{2 x 100 on 2:20 Kick
	{2 x 100 on 2:15 Kick
	{2 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
950	1x{2 x 125 on 2:15 Pull no br L.20 yds
	{1 x 100 on 1:45 Pulls
	$\{2 \times 125 \text{ on } 2:15 \text{ Pull no br L.20 yds}$
	{1 x 100 on 1:45 Pulls
	$\{2 \times 125 \text{ on } 2:15 \text{ Pull no br L.20 yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
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
400	8 x 50 on 1:00 Stroke Drills
	8:29 PM 4,450 Yards - Stress Value = 137

Workout #4927 - Monday, 08 October 2007 Group 3 - Bronze

1 minute rest between sets

Yards	6:30 PM Start Set Description
14140	000 200011601011
=====	
	1 on 15:00 Stretching
300	1 x 300 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{2 x 100 on 2:35 Kick
	{2 x 100 on 2:30 Kick
	{2 x 100 on 2:25 Kick

900 1x{2 x 125 on 2:35 Pull no br L.20 yds
{1 x 50 on 1:10 Pulls
{2 x 125 on 2:35 Pull no br L.20 yds
{2 x 50 on 1:10 Pulls
$\{2 \times 125 \text{ on } 2:35 \text{ Pull no br L.20 yds}$
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,400 1x{4 x 100 on 2:00 Freestyle
{1 on 1:00 Rest
{4 x 100 on 1:55 Freestyle
{1 on 1:00 Rest
$\{4 \times 75 \text{ on } 1:50 \text{ Freestyle}$
{1 on 1:00 Rest
$\{4 \times 75 \text{ on } 1:45 \text{ Freestyle} \}$
400 8 x 50 on 1:00 Stroke Drills
8:30 PM 4,050 Yards - Stress Value = 122

Workout #4934 - Tuesday, 09 October 2007 Group 3 - Back

1 minute rest between sets

6:00 PM Start
Yards Set Description

=====	==	
		on 30:00 Stomach and Stretch
400	1	x 400 on 8:00 Underwater trn drill
150	1	0 x 15 on :45 Shooters
1,250	5x{4	x 25 on :45 Kick no board BSLR
	{ 1	x 100 on 1:30 Kick
	{ 1	x 50 on 1:00 Kick
1,600	1x{1	x 400 on 5:20 Pulls
	{ 4	x 50 on :45 Pulls-5 breaths total
	{ 1	x 300 on 4:00 Pulls
	{ 4	x 50 on :45 Pulls-5 breaths total
	{ 1	x 200 on 2:40 Pulls
	{ 4	x 50 on :45 Pulls-5 breaths total
	{ 1	x 100 on 1:20 Pulls
300	4	x 75 on 1:15 2bk-4bk-6bk by 25's
1,500	1x{8	x 50 on :45 Backstroke
	{ 2	x 25 on :45 Backstroke-100%
	{ 6	x 50 on :45 Backstroke
	{ 4	x 25 on :45 Backstroke-100%
	{ 4	x 50 on :45 Backstroke
	{ 6	x 25 on :45 Backstroke-100%
	{2	x 50 on :45 Backstroke
	{ 8	x 25 on :45 Backstroke-100%
400	4	x 100 on 1:30 Freestyle-descend to Ludicro
		x 250 on 5:00 Stroke Drills
	8:30	PM 5,850 Yards - Stress Value = 119
		•

Workout #4933 - Tuesday, 09 October 2007 Group 3 - Gold 1 minute rest between sets

	6:00	PM Start
Yards	Se	et Description
=====	==	
	1	on 30:00 Stomach and Stretch
400	1	x 400 on 8:00 Underwater trn drill
150	10	0 x 15 on :45 Shooters
1,250	5x{4	x 25 on :45 Kick no board BSLR
	{ 1	x 100 on 1:50 Kick
	{ 1	x 50 on 1:10 Kick
1,350	1x{1	x 400 on 6:00 Pulls
	{ 3	x 50 on :50 Pulls-5 breaths total
	{ 1	x 300 on 4:30 Pulls
	{ 3	x 50 on :50 Pulls-5 breaths total
	{ 1	x 200 on 3:00 Pulls
	{ 3	x 50 on :50 Pulls-5 breaths total
300	4	x 75 on 1:15 2bk-4bk-6bk by 25's
1,400	1x{8	x 50 on :50 Backstroke
	{ 2	x 25 on :45 Backstroke-100%
	{ 6	x 50 on :50 Backstroke
	{ 4	x 25 on :45 Backstroke-100%
	{ 4	x 50 on :50 Backstroke
	{ 6	x 25 on :45 Backstroke-100%
	{ 2	x 50 on :50 Backstroke
	{ 4	x 25 on :45 Backstroke-100%
400	4	x 100 on 1:30 Freestyle-descend to Ludicro
250	1	x 250 on 5:00 Stroke Drills
	8:29	PM 5,500 Yards - Stress Value = 112

Workout #4932 - Tuesday, 09 October 2007 Group 3 - Silver 1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	
	1 on 30:00 Stomach and Stretch
350	1 x 350 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	4x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:10 Kick
1,450	1x{1 x 400 on 6:40 Pulls
	$\{4 \times 50 \text{ on } :55 \text{ Pulls-5 breaths total}$
	{1 x 300 on 5:00 Pulls
	$\{4 \times 50 \text{ on } :55 \text{ Pulls-5 breaths total}$
	{1 x 200 on 3:20 Pulls
	{3 x 50 on :55 Pulls-5 breaths total
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's
1,300	1x{8 x 50 on 1:00 Backstroke
	{2 x 25 on :45 Backstroke-100%
	{6 x 50 on 1:00 Backstroke
	{4 x 25 on :45 Backstroke-100%
	{4 x 50 on 1:00 Backstroke
	6 x 25 on :45 Backstroke-100%
	{2 x 50 on 1:00 Backstroke
400	4 x 100 on 1:45 Freestyle-descend to Ludicro
	1 x 250 on 5:00 Stroke Drills
200	8:30 PM 5,200 Yards - Stress Value = 102

Workout #4931 - Tuesday, 09 October 2007 Group 3 - Bronze

1 minute rest between sets

```
6:00 PM Start
Yards Set Description

1 on 30:00 Stomach and Stretch
300 1 x 300 on 8:00 Underwater trn drill
150 10 x 15 on :45 Shooters
```

1 000		05 45 71' 1 1 1 2 7 7 7 7			
1,000		x 25 on :45 Kick no board BSLR			
	•	x 100 on 2:30 Kick			
		x 50 on 1:30 Kick			
1,100	1x{1	x 400 on 8:00 Pulls			
	{ 2	x 50 on 1:15 Pulls-5 breaths total			
	{ 1	x 300 on 6:00 Pulls			
	{ 2	x 50 on 1:10 Pulls-5 breaths total			
	{ 1	x 200 on 4:00 Pulls			
200	4	x 50 on 1:15 2bk-6bk by 25's			
1,050	1x{6	x 50 on 1:15 Backstroke			
	{ 2	x 25 on :45 Backstroke-100%			
	{ 6	x 50 on 1:15 Backstroke			
	{2	x 25 on :45 Backstroke-100%			
	{ 4	x 50 on 1:15 Backstroke			
	{2	x 25 on :45 Backstroke-100%			
	{2	x 50 on 1:15 Backstroke			
400	4	x 100 on 2:00 Freestyle-descend to Ludicro			
		x 250 on 6:00 Stroke Drills			
	8:30	PM 4,450 Yards - Stress Value = 86			
		,			
	,	Norkout #4938 - Wednesday, 10 October 2007			
	,	•			
	Group 3 - Fly				
1 minute rest between sets					

1 minute rest between sets

	2.20	DM O+		_						
371		PM St								
Yards		et Desc	-							
						====		======		
400		on 30: x 400								
400							Dri	IIS		
150		0 x 15					1 .1 .	1000		
1,200		2 x 100								
1,600	-	x 100				_		-		
	-	x 100				_		-		
		x 100				_		-		
		x 100				_		-		
	-	x 100				_		-		
	,	x 100				_		-		
		x 100				_		-		
300									grt	finishe
2,100	-	x 100				_				
	{ 2	x 100	on	1:30	50	fly	50	free		
	{ 1	x 100	on	1:30	75	fly	25	free		
	{ 1	x 100	on	1:15	Fre	esty	/le			
	{ 3	x 100	on	1:25	25	fly	75	free		
	{ 2	x 100	on	1:25	50	fly	50	free		
	{ 1	x 100	on	1:25	75	fly	25	free		
	{ 1	x 100	on	1:15	Fre	esty	/le			
	{ 3	x 100	on	1:20	25	fly	75	free		
	{ 2	x 100	on	1:20	50	fly	50	free		
	{ 1	x 100	on	1:20	75	fly	25	free		
	{ 1	x 100	on	1:15	Fre	esty	/le			
100	1	x 100	on	2:00	Fre	esty	/le			
250	10	0 x 25	on	:45 E	Butt	erf]	Ly-1	.00%		
200	1	x 200	on	4:00	Sti	roke	Dri	.11		
	6:02	PM 6,3	00	Yards	s –	Stre	ess	Value	= 118	3

```
=====
                      Workout #4937 - Wednesday, 10 October 2007
                                                                                                                                         _____
                                                                                                                                        1 on 30:00 Stomach and Stretch
                                             Group 3 - Gold
                                                                                                                       300 1 x 300 on 8:00 Stroke Drills
                                     1 minute rest between sets
                                                                                                                        900 6x{1 x 75 on 2:00 Kick
              3:30 PM Start
                                                                                                                                      {1 x 75 on 2:00 Kick
 Yards Set Description
                                                                                                                   1,100 1x\{1 \times 100 \text{ on } 2:05 \text{ Lungbuster pulls}
=====
                                                                                                                       \{2 \times 100 \text{ on } 2:00 \text{ Lungbuster pulls}
                    1 on 30:00 Stomach and Stretch
                                                                                                                                      {3 x 100 on 1:55 Lungbuster pulls
     400 1 x 400 on 8:00 Stroke Drills
                                                                                                                                      {3 x 100 on 2:00 Lungbuster pulls
    {1 x 100 on 2:05 Lungbuster pulls
                  {4 x 100 on 1:25 Lungbuster pulls
                                                                                                                                      {1 x 100 on 2:15 75 fly 25 free
                  {3 x 100 on 1:30 Lungbuster pulls
                                                                                                                                      {1 x 100 on 1:45 Freestyle
                  {1 x 100 on 1:35 Lungbuster pulls
                   {1 x 100 on 1:35 Lungbuster purposed 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
                                                                                                                                      {3 x 100 on 2:10 25 fly 75 free
                                                                                                                                    {2 x 100 on 2:10 50 fly 50 free
 1,900 1x{3 x 100 on 1:40 25 fly 75 free
                                                                                                                                      {1 x 100 on 2:10 75 fly 25 free
                  {2 x 100 on 1:40 50 fly 50 free
                  {2 x 100 on 1:40 50 fly 50 free

{1 x 100 on 1:45 Freestyle

{1 x 100 on 1:45 Freestyle

{1 x 100 on 1:25 Freestyle

{3 x 100 on 1:35 25 fly 75 free

{2 x 100 on 1:35 50 fly 50 free

{2 x 100 on 1:35 75 fly 25 free

{3 x 100 on 1:35 75 fly 25 free

{4 x 100 on 1:35 50 fly 50 free

{5 x 200 on 4:00 Stroke Drill

6:02 PM 4,650 Yards - Stress Value
                                                                                                                                     {1 x 100 on 1:45 Freestyle
                                                                                                                          6:02 PM 4,650 Yards - Stress Value = 80
                  {1 x 100 on 1:35 75 fly 25 free
                  {1 x 100 on 1:25 Freestvle
                                                                                                                                            Workout #4941 - Thursday, 11 October 2007
                  {3 x 100 on 1:30 25 fly 75 free
                  {2 x 100 on 1:30 50 fly 50 free
                                                                                                                                                                 Group 3 - Breast
                   1 x 100 on 2:00 Freestyle
                                                                                                                                                          1 minute rest between sets
              10 x 25 on :45 Butterrry-room
1 x 200 on 4:00 Stroke Drill
6:02 PM 5,900 Yards - Stress Value = 111

Yards

Set Description

======

1 on 30:00 Stoma
                10 x 25 on :45 Butterfly-100%
      250
      200
                                                                                                                                        ______
                                                                                                                                       1 on 30:00 Stomach and Stretch
                      Workout #4936 - Wednesday, 10 October 2007
                                                                                                                       400 1 x 400 on 8:00 Underwater trn drill
                                            Group 3 - Silver
                                                                                                                       1 minute rest between sets
                                                                                                                     1,200 1x{1 x 150 on 3:00 Kick
                                                                                                                                       {1 x 100 on 2:00 Kick
            3:30 PM Start
                                                                                                                                       {1 x 50 on 1:00 Kick
Yards Set Description
                                                                                                                                      {1 x 100 on 2:00 Kick for time
                   ______
                                                                                                                                    {1 x 150 on 2:45 Kick
                  1 on 30:00 Stomach and Stretch
                                                                                                                                      {1 x 100 on 1:50 Kick
      350 1 x 350 on 8:00 Stroke Drills
                                                                                                                                       {1 x 50 on :55 Kick
     {1 x 100 on 2:00 Kick for time
 1,050 6x{1 x 100 on 2:00 Kick}
                                                                                                                                      {1 x 150 on 2:30 Kick
                \{1 \times 75 \text{ on } 2:00 \text{ Kick} \}
                                                                                                                                      {1 x 100 on 1:40 Kick
 1,200 1x{1 x 100 on 1:55 Lungbuster pulls
{2 x 100 on 1:50 Lungbuster pulls
{3 x 100 on 1:45 Lungbuster pulls
{3 x 100 on 1:40 Lungbuster pulls
{3 x 100 on 1:40 Lungbuster pulls
{3 x 100 on 1:40 Lungbuster pulls
{2 x 100 on 1:45 Lungbuster pulls
{2 x 100 on 1:40 Lungbuster pulls
{3 x 100 on 1:40 Lungbuster pulls
{4 x 100 on 1:40 Lungbuster pulls
{4 x 100 on 1:40 Lungbuster pulls
{5 x 100 on 1:40 Lungbuster pulls
{6 x 100 on 1:40 Lungbuster pulls
{6 x 100 on 1:40 Kick
{1 x 100 on 
                                                                                                                        \{1 \times 50 \text{ on } : 50 \text{ Kick} 
\{1 \times 100 \text{ on } 2 : 00 \text{ Kick for time} 
                   {2 x 100 on 1:45 Lungbuster pulls
                                                                                                                                      {3 x 100 on 1:20 Pulls
                  {1 x 100 on 1:50 Lungbuster pulls
                                                                                                                      (6 x 50 on :40 Pulls
                                                                                                                                      {4 x 75 on 1:00 Pulls
                  12 x 25 on :40 12.5 ez 12.5 fast grt finish€
 1,600 1x{3 x 100 on 1:55 25 fly 75 free

{2 x 100 on 1:55 75 fly 25 free

{1 x 100 on 1:55 75 fly 25 free

{2 x 25 on :40 12.5 expression of the control of 
                                                                                                                                        12 x 25 on :40 12.5 ez 12.5 fast grt finishe
                                                                                                                                      {4 x 25 on :45 Breast TO drill
                  {1 x 100 on 1:35 Freestyle
                                                                                                                                      {4 x 50 on :45 Breaststroke 2X pullouts
                  {3 x 100 on 1:50 25 fly 75 free {2 x 100 on 1:50 50 fly 50 free
                                                                                                                                      {2 x 150 on 3:00 Pulls
                                                                                                                                      {4 x 25 on :45 Breast TO drill
                  {1 x 100 on 1:50 75 fly 25 free
                                                                                                                                      {4 x 50 on :45 Breaststroke 2X pullouts
                  {1 x 100 on 1:35 Freestyle
                                                                                                                                      {3 x 100 on 2:00 Pulls
                  {1 x 100 on 1:45 25 fly 75 free
                  {1 x 100 on 1:45 50 fly 50 free
                                                                                                                                      {4 x 25 on :45 Breast TO drill
                                                                                                                                      {4 x 50 on :45 Breaststroke 2X pullouts
                  1 x 100 on 2:00 Freestyle
                                                                                                                                      {4 x 50 on 1:00 Pulls
               10 x 25 on :45 Butterfly-100%
1 x 200 on 4:00 Stroke Drill
      250
                                                                                                                                       \{4 \times 25 \text{ on } : 45 \text{ Breast TO drill}
                   1 x 200 on 4:00 Stroke Drill
      200
                                                                                                                                      {4 x 50 on :45 Breaststroke
              8:31 PM 6,000 Yards - Stress Value = 101
```

Workout #4935 - Wednesday, 10 October 2007 Group 3 - Bronze 1 minute rest between sets

3:30 PM Start Yards Set Description

Workout #4939 - Thursday, 11 October 2007 Group 3 - Gold

1 minute rest between sets

6:00	1 minute rest between sets O PM Start	{4 x 25 on :45 Breast TO drill 250 1 x 250 on 4:00 Stroke Drills 8:30 PM 5,000 Yards - Stress Value = 83
	Get Description	·
-	l on 30:00 Stomach and Stretch L x 400 on 8:00 Underwater trn drill	Workout #4940 - Thursday, 11 October 2007 Group 3 - Bronze
150	10 x 15 on :45 Shooters	1 minute rest between sets
{	L x 150 on 3:15 Kick L x 100 on 2:10 Kick L x 50 on 1:05 Kick L x 100 on 2:30 Kick for time	6:00 PM Start Yards Set Description
1,300 1x{3 1,300 1x{3 4 300 1,950 1x{3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	<pre>1 x 100 on 2:30 kTck 1 x 150 on 3:00 Kick 1 x 100 on 2:00 Kick 1 x 100 on 2:30 Kick for time 1 x 150 on 2:55 Kick 1 x 100 on 2:55 Kick 1 x 100 on 1:55 Kick 1 x 300 on 4:30 Pulls 2 x 150 on 2:15 Pulls 3 x 100 on 1:30 Pulls 2 x 150 on 1:30 Pulls 2 x 50 on :45 Pulls 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1 x 200 on 4:20 Pulls 1 x 25 on :45 Breast TO drill 1 x 50 on 1:00 Breaststroke 2X pullouts 2 x 150 on 3:15 Pulls 2 x 25 on :45 Breast TO drill 4 x 50 on :55 Breast TO drill 4 x 50 on :55 Breast TO drill 5 x 25 on :45 Breast TO drill 6 x 25 on :45 Breast TO drill 7 x 50 on :50 Breaststroke 2X pullouts 8 x 100 on 2:10 Pulls 9 x 25 on :45 Breast TO drill 9 x 50 on :50 Breaststroke 2X pullouts 9 x 50 on :50 Breaststroke 2X pullouts 9 x 50 on :50 Breaststroke 2X pullouts 9 x 50 on :50 Breaststroke 1 x 250 on :50 Breaststroke 1 x 250 on :50 Breaststroke 1 x 250 on 4:00 Stroke Drills 1 DPM 5,400 Yards - Stress Value = 87</pre>	1 on 30:00 Stomach and Stretch 300 1 x 300 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters 950 1x{1 x 150 on 3:45 Kick {1 x 100 on 2:30 Kick {1 x 50 on 1:15 Kick {1 x 100 on 2:30 Kick for time {1 x 150 on 3:35 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick {1 x 50 on 2:30 Kick for time

Workout #4942 - Thursday, 11 October 2007 Group 3 - Silver

1 minute rest between sets

6:00 PM Start Yards Set Description ===== 1 on 30:00 Stomach and Stretch 350 1 x 350 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters $1,000 1x{1 x 150 on 3:30 Kick}$ {1 x 100 on 2:20 Kick $\{1 \times 50 \text{ on } 1:10 \text{ Kick} \}$ $\{1 \times 100 \text{ on } 2:30 \text{ Kick for time} \}$ $\{1 \times 150 \text{ on } 3:20 \text{ Kick} \}$ {1 x 100 on 2:15 Kick $\{1 \times 50 \text{ on } 1:05 \text{ Kick} \}$ $\{1 \times 100 \text{ on } 2:30 \text{ Kick for time}$ {1 x 150 on 3:10 Kick $\{1 \times 50 \text{ on } 1:00 \text{ Kick} \}$ 1,150 1x{1 x 300 on 5:00 Pulls {2 x 150 on 2:30 Pulls {3 x 100 on 1:40 Pulls $\{2 \times 75 \text{ on } 1:15 \text{ Pulls}$ $\{2 \times 50 \text{ on } : 50 \text{ Pulls}$ 12 x 25 on :40 12.5 ez 12.5 fast grt finish€ 300 1,800 1x{1 x 200 on 4:40 Pulls $\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill}$ $\{4 \text{ x } 50 \text{ on } 1\text{:}05 \text{ Breaststroke 2X pullouts}$ {2 x 150 on 3:30 Pulls $\{4 \text{ x } 25 \text{ on } : 45 \text{ Breast TO drill}$ $\{4\ x\ 50\ on\ 1:00\ Breaststroke\ 2X\ pullouts$

Workout #4944 - Friday, 12 October 2007 Group 3 - IM'ers

8:31 PM 4,600 Yards - Stress Value = 76

{3 x 100 on 2:20 Pulls

 $\{4 \times 25 \text{ on :} 45 \text{ Breast TO drill}$

 $\{4 \times 50 \text{ on } : 55 \text{ Breaststroke 2X pullouts}$

1 minute rest between sets

	3:30 PM Start				
Yards	Set Description		EGY	WORK	S
	=======================================		===	====	=
	1 on 10:00 Stretch			L	Γ
400	1 x 400 on 8:00 L.2	25 of each 6bk	REC	S	
150	10 x 15 on :45 Shoo	oters	SP3	S	
600	$1x{4 \times 25 \text{ on :} 45 \text{ Sprin}}$	nt Kick	EN3	K	
	{1 x 150 on 3:00 Ki	ck	EN1	K	C
	{4 x 25 on :45 Sprin	nt kick	EN3	K	
	{1 x 150 on 3:00 Ki	ck	EN1	K	C
	{4 x 25 on :45 Sprin	nt Kick	EN3	K	C
500	1 x 500 on 6:15 Pu	lls	EN1	P	
1,600	8x{1 x 100 on 1:15 Inc	dividual Medley	EN2	S	
	{1 x 50 on :35 Free:	style	EN2	S	
	{1 x 50 on :45 Free:	style	EN1	S	
	1 on 15:00 Rabbit (Game	SP3	S	
200	1 x 200 on 3:00 St	roke Drills	REC	D	
	5:02 PM 3,450 Yards -	Stress Value =	61		

Workout #4946 - Friday, 12 October 2007 Group 3 - Gold

1 minute rest between sets

	3:30 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 10:00 Stretch		L	Ι
400	1×400 on $8:00 \text{ L.25}$ of each $6bk$	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
600	$1x{4 \times 25 \text{ on :}45 \text{ Sprint Kick}}$	EN3	K	
	{1 x 150 on 3:00 Kick	EN2	K	(
	{4 x 25 on :45 Sprint kick	EN3	K	
	{1 x 150 on 3:00 Kick	EN2	K	(
	{4 x 25 on :45 Sprint Kick	EN3	K	(
450	1 x 450 on 6:15 Pulls	EN1	P	
1,200	$6x{1 x 100 on 1:35 Individual Medley}$	EN2	S	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	S	
	$\{1 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	S	
	1 on 15:00 Rabbit Game	SP3	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	5:01 PM 3,000 Yards - Stress Value =	55		

Workout #4943 - Friday, 12 October 2007 Group 3 - Silver 1 minute rest between sets

3:30 PM Start Yards EGY WORK S Set Description 1 on 10:00 Stretch Т. Т 350 1 x 350 on 8:00 L.25 of each 6bk REC 150 $550 1x{4 x 25 on :45 Sprint Kick}$ K {1 x 125 on 3:00 Kick EN1 К (EN3 {4 x 25 on :45 Sprint kick K EN1 {1 x 125 on 3:00 Kick K (EN3 $\{4 \times 25 \text{ on :} 45 \text{ Sprint Kick}$ K (

EN1

EN1

SP3

REC

Ρ

S

S

1 x 350 on 6:15 Pulls

 $\{1 \times 50 \text{ on } :55 \text{ Freestyle } \}$ 1 on 15:00 Rabbit Game

1,200 $6x\{1 \times 100 \text{ on } 1:50 \text{ Individual Medley EN2}$ $\{1 \times 50 \text{ on } : 50 \text{ Freestyle } \}$

1 x 200 on 3:00 Stroke Drills

Workout #4945 - Friday, 12 October 2007 Group 3 - Bronze 1 minute rest between sets

5:03 PM 2,800 Yards - Stress Value = 51

3:30 PM Start

350

200

	J.JU FM Start			
Yards	Set Description	EGY	WORK	ξ
=====	=======================================	===	====	=
	1 on 10:00 Stretch		L	Γ
300	1 x 300 on 8:00 L.25 of each 6bk	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
500	$1x{4 \times 25 \text{ on :}45 \text{ Sprint Kick}}$	EN3	K	
	{1 x 100 on 3:00 Kick	EN1	K	(
	{4 x 25 on :45 Sprint kick	EN3	K	
	{1 x 100 on 3:00 Kick	EN1	K	(
	{4 x 25 on :45 Sprint Kick	EN3	K	(
350	1 x 350 on 6:15 Pulls	EN1	P	
1,000	$5x{1 x 100 on 2:15 Individual Medley}$	EN2	S	
	$\{1 \times 50 \text{ on } :55 \text{ Freestyle}$	EN2	S	
	$\{1 \times 50 \text{ on } 1:10 \text{ Freestyle}$	EN1	S	
	1 on 15:00 Rabbit Game	SP3	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	5:03 PM 2,500 Yards - Stress Value =	47		

Workout #4949 - Wednesday, 17 October 2007 Group 3 - Freestylers 1 minute rest between sets

Yards	3:30 PM Start Set Description
	1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters
1,400	2x{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 x 100 on 1:40 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:30 Kick
•	10 x 150 on 2:05 Lungbuster pulls Odds breathe 3-5-7, evens breathe 2-4-6 by
300 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
500	10 x 50 on 1:00 Stroke Drills 5:58 PM 6,350 Yards - Stress Value = 88

Workout #4950 - Wednesday, 17 October 2007 Group 3 - Gold

1 minute rest between sets

Yards	3:30 PM Start Set Description
	1 on 30:00 Stomach and Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	2x{1 x 100 on 2:10 Kick
1,200	{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 x 100 on 1:45 Kick
1,350	9 x 150 on 2:20 Lungbuster pulls
	Odds breathe 3-5-7, evens breathe 2-4-6 by
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,100	1x{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 ${3 \times 100 \text{ on } 1:25 \text{ Freestyle}}$ {1 on 1:00 Rest $\{2 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ {1 on 1:00 Rest $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ 10 x 50 on 1:00 Stroke Drills 6:00 PM 6,000 Yards - Stress Value = 85

EN2

EN2

Workout #4948 - Wednesday, 17 October 2007 150 10 x 15 on :45 Shooters-non free 1,400 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ Group 3 - Silver {1 x 100 on 1:30 Kick 1 minute rest between sets {4 x 25 on :45 Kick no board BSLR EN2 {2 x 100 on 1:35 Kick 3:30 PM Start {4 x 25 on :45 Kick no board BSLR Set Description Yards {3 x 100 on 1:40 Kick _____ {4 x 25 on :45 Kick no board BSLR EN2 1 on 30:00 Stomach and Stretch {4 x 100 on 1:45 Kick 350 1 x 350 on 8:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters {4 x 100 on 1:45 Kick 1,500 1x{1 x 200 on 2:45 Pulls 1,500 1x{1 x 200 on 2:20 Pulls} {2 x 175 on 2:20 Pulls $1,200 \ 2x{1} \ x \ 100 \ on \ 2:15 \ Kick$ {3 x 150 on 1:55 Pulls {1 x 100 on 2:10 Kick {4 x 125 on 1:35 Pulls {1 x 100 on 2:05 Kick 300 6 x 50 on :50 Freestyle-descend EN1 {1 x 100 on 2:00 Kick 2,600 2x{6 x 25 on :30 Butterfly 1up 1down EN2 {2 x 100 on 1:55 Kick {1 x 100 on 1:25 Freestyle {1 x 100 on 1:25 freestyre {6 x 25 on :30 Butterfly 1up 2down EN2 1,200 8 x 150 on 2:35 Lungbuster pulls Odds breathe 3-5-7, evens breathe 2-4-6 by {2 x 100 on 1:20 Freestyle {6 x 25 on :30 Butterfly 1up 3down 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 300 $2,100 1x{6 x 100 on 1:35 Freestyle}$ $\{3 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ {1 on 1:00 Rest {1 x 250 on 4:00 Stroke Drills REC $\{5 \times 100 \text{ on } 1:35 \text{ Freestyle} \}$ 5:57 PM 6,350 Yards - Stress Value = 102 {1 on 1:00 Rest $\{4 \times 100 \text{ on } 1:35 \text{ Freestyle} \}$ Workout #4953 - Thursday, 18 October 2007 {1 on 1:00 Rest Group 3 - Gold ${3 \times 100 \text{ on } 1:35 \text{ Freestyle}}$ {1 on 1:00 Rest 1 minute rest between sets $\{2 \times 100 \text{ on } 1:35 \text{ Freestyle} \}$ {1 on 1:00 Rest 3:30 PM Start 5 x 50 on 1:00 Stroke Drills 00 PM 5.550 Vanda {1 x 100 on 1:35 Freestyle Yards Set Description 250 ===== 6:00 PM 5,550 Yards - Stress Value = 85 1 on 30:00 Stomach and Stretch 400 1 x 400 on 8:00 Underwater trn drill REC 150 10 x 15 on :45 Shooters-non free SP3 1,300 1x{4 x 25 on :45 Kick no board BSLR EN2 Workout #4947 - Wednesday, 17 October 2007 Group 3 - Bronze {1 x 100 on 1:50 Kick 1 minute rest between sets {4 x 25 on :45 Kick no board BSLR EN2 {2 x 100 on 1:55 Kick ENZ {4 x 25 on :45 Kick no board BSLR EN2 EN2 EN2 3:30 PM Start Set Description Yards -----===== {4 x 25 on :45 Kick no board BSLR EN2 1 on 30:00 Stomach and Stretch {3 x 100 on 2:05 Kick 300 1 x 300 on 8:00 Swim-kick-pull-swim 1,200 1x{1 x 200 on 3:00 Pulls} 10 x 15 on :45 Shooters 1,200 1x{1 x 200 on 3:00 Pulls} {2 x 175 on 2:35 Pulls} {2 x 175 on 2:35 Pulls {3 x 150 on 2:10 Pulls $1,000 \ 2x{1} \ x \ 100 \ on \ 2:40 \ Kick$ $\{1 \times 100 \text{ on } 2:35 \text{ Kick} \}$ {2 x 100 on 1:30 Pulls {1 x 100 on 2:20 Kick 300 6 x 50 on :50 Freestyle-descend EN1 2x{6 x 25 on :30 Butterfly rup rul {1 x 100 on 1:30 Freestyle EN1 'C " 25 on :30 Butterfly rup 2down EN2 EN2 {1 x 100 on 2:15 Kick 2,500 2x{6 x 25 on :30 Butterfly 1up 1down EN2 {1 x 100 on 2:10 Kick 1,050 7 x 150 on 3:00 Lungbuster pulls Odds breathe 3-5-7, evens breathe 2-4-6 by Odds breathe 3-5-7, evens breathe 2-4-6 by 12×25 on :40 12.5 ez 12.5 fast grt finishe $\{2 \times 100 \text{ on } 1:30 \text{ Freestyle}$ 300 {6 x 25 on :30 Butterfly lup 3down EN2 2,100 1x{6 x 100 on 1:50 Freestyle {3 x 100 on 1:30 Freestyle {1 on 1:00 Rest {1 x 200 on 4:00 Stroke Drills $\{5 \times 100 \text{ on } 1:50 \text{ Freestyle} \}$ 5:58 PM 5,850 Yards - Stress Value = 94 {1 on 1:00 Rest $\{4 \times 100 \text{ on } 1:50 \text{ Freestyle} \}$ {1 on 1:00 Rest $\{3 \times 100 \text{ on } 1:50 \text{ Freestyle} \}$ {1 on 1:00 Rest $\{2 \times 100 \text{ on } 1:50 \text{ Freestyle} \}$ {1 on 1:00 Rest $\{1 \times 100 \text{ on } 1:50 \text{ Freestyle} \}$ 5 x 50 on 1:00 Stroke Drills 6:04 PM 5,150 Yards - Stress Value = 79 Workout #4954 - Thursday, 18 October 2007 Group 3 - Fly 1 minute rest between sets 3:30 PM Start Yards Set Description

1 x 400 on 8:00 Underwater trn drill REC

1 on 30:00 Stomach and Stretch

=====

400

Workout #4952 - Thursday, 18 October 2007 Group 3 - Silver 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
350	1 x 350 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters-non free	SP3	
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:25 Kick	EN2	
1,100	1x{1 x 200 on 3:30 Pulls	EN1	
	{2 x 175 on 3:00 Pulls	EN1	
	{3 x 150 on 2:35 Pulls	EN2	
	{1 x 100 on 1:40 Pulls	EN2	
300		EN1	
2,100	2x{6 x 25 on :35 Butterfly lup ldown	EN2	
	{1 x 100 on 1:45 Freestyle	EN1	
	{6 x 25 on :35 Butterfly lup 2down	EN2	
	{2 x 100 on 1:40 Freestyle	EN2	
	{6 x 25 on :35 Butterfly lup 3down	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 200 on 4:00 Stroke Drills	REC	
	5:57 PM 5,100 Yards - Stress Value = 80		

Workout #4951 - Thursday, 18 October 2007 Group 3 - Bronze 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 30:00 Stomach and Stretch		
300	1 x 300 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters-non free	SP3	
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:00 Kick	EN2	
1,000	1x{1 x 200 on 4:00 Pulls	EN1	
	{2 x 175 on 3:30 Pulls	EN1	
	{3 x 150 on 3:00 Pulls	EN2	
200	4 x 50 on 1:00 Freestyle-descend	EN1	
1,800	2x{4 x 25 on :45 Butterfly lup ldown	EN2	
	{1 x 100 on 2:00 Freestyle	EN1	
	{4 x 25 on :45 Butterfly lup 2down	EN2	
	{2 x 100 on 2:00 Freestyle	EN2	
	{4 x 25 on :45 Butterfly lup 3down	EN2	
	{1 x 100 on 2:00 Freestyle	EN2	
	$\{1 \times 200 \text{ on } 4:30 \text{ Stroke Drills}$	REC	
	5:57 PM 4,550 Yards - Stress Value = 71		

Workout #4955 - Friday, 19 October 2007 Advanced

1 minute rest between sets

Yards	5:00 PM Start Set Description
600	1 x 600 on 9:00 75fr dr/25fly dr per each 10
150	10 x 15 on :45 Shooters
800	2x{1 x 100 on 1:50 Kick

750	{1 {1 1x{5	x x	100 100 50 c	on on on :	1:50 1:50) Kio) Kio Pulla	ck I ck I s-nb	.50 .75 bf&v	fast fast fast v + 2	-		
	-								v + 2 v + 2	-		
200										-	fir	nishes
	2	2 (on ea	ach	str	oke						
1,750	1x{1	Х	125	on	1:50) Fr	eest	yle				
	{ 5	Х	25 c	on :	:30 5	Strk	Drl	IM	order	+1	fly	drill
	{ 2	Х	125	on	1:50) Fr	eest	yle				
	{ 5	Х	25 c	on :	:30 5	Strk	Drl	IM	order	+1	fly	drill
	{ 3	Х	125	on	1:50) Fr	eest	yle				
	{ 5	Х	25 c	on :	:30 5	Strk	Drl	IM	order	+1	fly	drill
	{ 4	Х	125	on	1:50) Fr	eest	yle				
	{ 5	Х	25 c	on :	:30 5	Strk	Drl	. IM	order	+1	fly	drill
250	1	Х	250	on	5:00	Ea:	sy S	Swimr	ning			
	6:30	ΡN	1 4,5	500	Yard	ds -	Str	ess	Value	: = 3	38	

Workout #4956 - Monday, 22 October 2007 Group 3 - Freestylers 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	1 on 10:00 Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	10 x 100 on 2:00 Kick-odds 100%
1,400	1x{4 x 125 on 1:45 Pulls
	{4 x 100 on 1:25 Pulls
	{4 x 75 on 1:05 Pulls
	{4 x 50 on :40 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 on each stroke
2,200	$1x\{1 \times 500 \text{ on } 7:30 \text{ Freestyle}$
	{2 x 400 on 6:00 Freestyle 2 ez 1 fast
	{3 x 300 on 4:30 Freestyle 2ez 1 fast
350	7 x 50 on 1:00 Stroke Drills
	7:00 PM 5,800 Yards - Stress Value = 65
	Workout #4958 - Monday, 22 October 2007
	Workout #4750 - Monday, 22 October 2007

Workout #4958 - Monday, 22 October 2007 Group 3 - Silver

1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 10:00 Stretch
350	1 x 350 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	9 x 100 on 2:15 Kick-odds 100%
1,200	1x{4 x 125 on 2:05 Pulls
	{4 x 100 on 1:40 Pulls
	{4 x 75 on 1:15 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 on each stroke
1,900	1x{2 x 400 on 6:40 Freestyle 2 ez 1 fast
	{3 x 300 on 5:00 Freestyle 2ez 1 fast
	{1 x 200 on 3:20 Freestyle-100%
350	7 x 50 on 1:00 Stroke Drills
	7:00 PM 5,150 Yards - Stress Value = 60

Workout #4957 - Monday, 22 October 2007 Group 3 - Bronze

	1	minute	rest	between	sets
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Yards	5:00 PM Start Set Description
	1 10:00 @
200	1 on 10:00 Stretch
300	±
150	
750	10 x 75 on 2:00 Kick-odds 100%
1,000	1x{4 x 100 on 2:00 Pulls
	{4 x 75 on 1:30 Pulls
	{4 x 50 on 1:00 Pulls
	{4 x 25 on :30 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 on each stroke
1,750	$1x\{2 \times 400 \text{ on } 7:30 \text{ Freestyle } 2 \text{ ez } 1 \text{ fast}$
	{3 x 300 on 5:30 Freestyle 2ez 1 fast
	{1 x 50 on 1:00 Freestyle-100%
350	· · · · · · · · · · · · · · · · · · ·
330	7:00 PM 4,600 Yards - Stress Value = 52
	7.00 IN 4,000 Idias Doless value - 32

Workout #4960 - Wednesday, 24 October 2007 Group 3 - Fly

1 minute rest between sets

```
7:15 PM Start
Yards
          Set Description
           ______
           1 on 15:00 Stretching
  400
          1 x 400 on 8:00 Underwater trn drill
  150
          10 x 15 on :45 Shooters
  500 2x{4 \times 25} on :45 Kick no board BSLR
         {3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}
  800 1x{1 x 200 on 3:00 Pulls
          \{1 \times 200 \text{ on } 2:50 \text{ Pulls}
          {1 x 200 on 2:40 Pulls
          {1 x 200 on 2:30 Pulls
           8 x 25 on :40 12.5 ez 12.5 fast grt finishes
  200
            2 on each stroke
2,350 1x\{4 \times 100 \text{ on } 1:40 \text{ 3 strkes fly off walls-desce}
          {3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}
          \{4 \times 100 \text{ on } 1:35 \text{ 3 strks fly off walls-descer} ==
          {3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}
          \{4 \times 100 \text{ on } 1:30 \text{ 3 strks fly off walls-descer}\}
          {3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}
          \{4 \text{ x } 100 \text{ on } 1\text{:}25 \text{ 3 strks fly off walls-descer}
          {6 x 50 on 1:00 Stroke Drills
       9:00 PM 4,400 Yards - Stress Value = 62
```

Workout #4959 - Wednesday, 24 October 2007 Group 3 - Platinum

1 minute rest between sets

	5:30 PM Start
Yards	Set Description
=====	=======================================
	1 on 15:00 Stretching
400	1 x 400 on 6:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	4x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on :55 Kick-descend
1,000	1x{1 x 200 on 3:00 Pulls
	{1 x 200 on 2:50 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 200 on 2:30 Pulls
	{1 x 200 on 2:20 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 on each stroke
2,100	$1x\{4 \times 100 \text{ on } 1:35 \text{ 3 strkes fly off walls-desce}$
	{3 x 50 on 1:00 Stroke Drills
	{4 x 100 on 1:30 3 strks fly off walls-descer

```
 \{3 \text{ x } 50 \text{ on } 1:00 \text{ Stroke Drills} \\ \{4 \text{ x } 100 \text{ on } 1:25 \text{ 3 strks fly off walls-descer} \\ \{3 \text{ x } 50 \text{ on } 1:00 \text{ Stroke Drills} \\ \{4 \text{ x } 100 \text{ on } 1:20 \text{ 3 strks fly off walls-descer} \\ \{1 \text{ on } 1:00 \text{ Rest} \\ \{1 \text{ x } 50 \text{ on } :30 \text{ Butterfly from a push for time} \\ \{ \text{ with great mechanics underwater and on breaduting of the model of the
```

Workout #4961 - Wednesday, 24 October 2007 Group 3 - Silver

1 minute rest between sets

	7:15 PM Start
Yards	Set Description
	=======================================
	1 on 15:00 Stretching
350	1 x 350 on 8:00 Underwater trn drill
150	10×15 on :45 Shooters
500	2x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:10 Kick-descend
600	1x{1 x 200 on 3:30 Pulls
	{1 x 200 on 3:20 Pulls
	{1 x 200 on 3:10 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
2,050	$1x{3 x 100 on 2:00 3 strkes fly off walls-desce}$
	{3 x 50 on 1:00 Stroke Drills
	$\{3 \times 100 \text{ on } 1:55 \text{ 3 strks fly off walls-descen} \}$
	{3 x 50 on 1:00 Stroke Drills
	$\{3 \times 100 \text{ on } 1:50 \text{ 3 strks fly off walls-descen} \}$
	{3 x 50 on 1:00 Stroke Drills
	$\{4 \times 100 \text{ on } 1:45 \text{ 3 strks fly off walls-descen} \}$
	{6 x 50 on 1:00 Stroke Drills
	9:00 PM 3,850 Yards - Stress Value = 52
	Workout #4962 - Wednesday, 24 October 2007

Workout #4962 - Wednesday, 24 October 2007 Group 3 - Bronze

1 minute rest between sets

7:15 PM Start

		et Description
=====		on 15:00 Stretching
300		x 300 on 8:00 Underwater trn drill
		0 x 15 on :45 Shooters
		x 25 on :45 Kick no board BSLR
400 2	•	x 100 on 3:00 Kick-100% effort
600 1	•	
600 1		x 150 on 3:00 Pulls
	•	x 150 on 2:50 Pulls
		x 150 on 2:40 Pulls
	{ 1	x 150 on 2:30 Pulls
200	8	x 25 on :40 12.5 ez 12.5 fast grt finishes
	2	2 on each stroke
1,950 1	x{4	x 75 on 1:40 3 strkes fly off walls-descer
	{ 3	x 50 on 1:00 Stroke Drills
	{ 4	x 75 on 1:35 3 strks fly off walls-descend
	{3	x 50 on 1:00 Stroke Drills
		x 75 on 1:30 3 strks fly off walls-descend
		x 50 on 1:00 Stroke Drills
	•	x 75 on 1:25 3 strks fly off walls-descend
		x 50 on 1:00 Stroke Drills
C	•	PM 3,600 Yards - Stress Value = 50

Workout #4966 - Thursday, 25 October 2007 Group 3 - IM'ers

1 minute rest between sets

	5:00 PM Start
Yards	Set Description
	1 on 15:00 Stretching
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,000	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
1,000	1×1000 on $15:00$ Pulls-nbbf&w + 2 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish€
	3 on each stroke
2,000	$4x\{4 \times 50 \text{ on } : 45 \text{ Freestyle}$
	{ each set of 4 faster avg. the previous set
	{6 x 50 on 1:00 25 stroke 25 free
	{ 1-2=25fly 25fr, 3-4 25=bk 25fr, 5-6=25br 25
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 5,100 Yards - Stress Value = 53

Workout #4965 - Thursday, 25 October 2007 Group 3 - Platinum

1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	1 on 15.00 Chaptabing
	1 on 15:00 Stretching
400	1 x 400 on 6:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,000	2x{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
1,000	1 x 1000 on 13:00 Pulls-nbbf&w + 2 yds
	Hold under 12:15
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
	3 on each stroke
2,650	$5x{4 \times 50 \text{ on } :45 \text{ Freestyle}}$
	{ each set of 4 faster avg. the previous set
	{6 x 55 on 1:00 25 stroke 25 free
	{ 1-2=25fly 25fr, 3-4=25bk 25fr, 5-6=25br 25
0.00	· · · · · · · · · · · · · · · · · · ·
200	1 x 200 on 3:00 Stroke Drills
	7:01 PM 5,700 Yards - Stress Value = 59

Workout #4963 - Thursday, 25 October 2007 Group 3 - Silver

1 minute rest between sets

5:00 PM Start

	0.00 111 55416
Yards	Set Description
	1 on 15:00 Stretching
350	1 x 350 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	2x{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
900	1×900 on $15:00$ Pulls-nbbf&w + 2 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
	3 on each stroke
1,600	$4x\{4 \times 25 \text{ on } : 45 \text{ IM order-great effort}$
	{6 x 50 on 1:00 Freestyle
	{ each set of 6 faster avg. the previous set
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 4,350 Yards - Stress Value = 46

Workout #4964 - Thursday, 25 October 2007 Group 3 - Bronze 1 minute rest between sets

	5:00 PM Start
Yards	Set Description
=====	
	1 on 15:00 Stretching
300	1 x 300 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	2x{1 x 100 on 2:30 Kick
	{1 x 100 on 2:25 Kick
	{1 x 100 on 2:20 Kick
	{1 x 75 on 2:15 Kick
750	1×750 on $15:00$ Pulls-nbbf&w + 2 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	3 on each stroke
1,600	$4x\{4 \times 25 \text{ on } : 45 \text{ IM order-great effort}$
	{6 x 50 on 1:00 Freestyle
	{ each set of 6 faster avg. the previous set
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 4,100 Yards - Stress Value = 44

Workout #4967 - Friday, 26 October 2007 Group 3 - All 1 minute rest between sets

5:00 PM Start Yards Set Description _____ 1 on 15:00 Stretching 500 1 x 500 on 10:00 Choice 150 10 x 15 on :45 Shooters 750 $3x\{4 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}$ {1 x 150 on 4:00 Kick 750 $1x{5 x 50 on 1:00 Pulls}$ $\{4 \times 50 \text{ on :} 55 \text{ Pulls}$ {3 x 50 on :50 Pulls {2 x 50 on :45 Pulls $\{1 \times 50 \text{ on } : 40 \text{ Pulls}$ 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe $1,300 \ 1x{1 x 100 on 1:45 Freestyle}$ $\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ $\{2 \times 100 \text{ on } 1:40 \text{ Freestyle} \}$ $\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ ${3 \times 100 \text{ on } 1:35 \text{ Freestyle}}$ $\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ {4 x 100 on 1:30 Freestyle 1 x 250 on 5:00 Stroke Drills 6:49 PM 4,000 Yards - Stress Value = 33

Workout #4968 - Monday, 29 October 2007 Group 3 - Distance

1	minute	rest	between	set

Varda	4:00 PM Start Set Description
Ialus	Set Description
=====	
	1 on 30:00 Stomach and Stretch
800	1 x 800 on 12:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR
1 200	•
1,200	2x{1 x 150 on 2:15 Pull no br L.12 yds
	{1 x 150 on 2:10 Pull no br L.12 yds
	$\{1 \times 150 \text{ on } 2:05 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 150 \text{ on } 2:00 \text{ Pull no br L.}12 \text{ yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	Fast part on odds-free, on evens fly
2,400	1x{2 x 400 on 5:30 Freestyle
	{2 x 400 on 5:20 Freestyle
	{2 x 400 on 5:10 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	6:21 PM 6,100 Yards - Stress Value = 65
	1011 101 101 101 101 101 101 101 101 10

Workout #4970 - Monday, 29 October 2007 Group 3 - Gold

1 minute rest between sets

Yards	5:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	$\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{2 x 100 on 2:00 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{3 x 100 on 2:00 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
1,200	2x{1 x 150 on 2:30 Pull no br L.12 yds
	$\{1 \times 150 \text{ on } 2:25 \text{ Pull no br L.12 yds}$
	$\{1 \text{ x } 150 \text{ on } 2:20 \text{ Pull no br L.}12 \text{ yds}$
	{1 x 150 on 2:15 Pull no br L.12 yds
300	
	Fast part on odds-free, on evens fly
2,400	1x{2 x 400 on 6:10 Freestyle
	$\{2 \times 400 \text{ on } 6:00 \text{ Freestyle} \}$
	{2 x 400 on 5:50 Freestyle
450	9 x 50 on 1:00 Stroke Drills
	7:30 PM 6,100 Yards - Stress Value = 65

Workout #4971 - Monday, 29 October 2007 Group 3 - Silver

1 minute rest between sets

Yards	5:00 PM Start 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
950	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:10 Kick
	$\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$

{3 x 100 on 2:10 Kick
{2 x 25 on :45 Kick no board BSLR
1,100 2x{1 x 150 on 2:40 Pull no br L.12 yds
{1 x 150 on 2:35 Pull no br L.12 yds
{1 x 150 on 2:30 Pull no br L.12 yds
{1 x 100 on 1:45 Pull no br L.12 yds
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
Fast part on odds-free, on evens fly
2,000 1x{2 x 400 on 7:00 Freestyle
{2 x 400 on 6:55 Freestyle
$\{1 \times 400 \text{ on } 6:50 \text{ Freestyle} \}$
450 9 x 50 on 1:00 Stroke Drills
7:29 PM 5,450 Yards - Stress Value = 59
Workout #4969 - Monday, 29 October 2007

Workout #4969 - Monday, 29 October 2007 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
900	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:30 Kick
900	2x{1 x 150 on 3:00 Pull no br L.12 yds
	$\{1 \times 150 \text{ on } 2:50 \text{ Pull no br L.12 yds}$
	$\{1 \text{ x } 150 \text{ on } 2:45 \text{ Pull no br L.}12 \text{ yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	Fast part on odds-free, on evens fly
1,800	1x{2 x 400 on 8:00 Freestyle
	{2 x 400 on 7:45 Freestyle
	{1 x 200 on 3:40 Freestyle
450	9 x 50 on 1:00 Stroke Drills
	7:29 PM 4,900 Yards - Stress Value = 54

Workout #4972 - Tuesday, 30 October 2007 Group 3 - Fly

1 minute rest between sets

```
4:00 PM Start
Yards
        Set Description
_____
           1 on 30:00 Stomach and Stretch
   500 1 x 500 on 8:00 Underwater trn drill
  1,200 \ 1x\{1 \ x \ 150 \ on \ 3:00 \ Kick
          {1 x 100 on 2:00 Kick
          {1 x 50 on 1:00 Kick
          {1 x 150 on 2:45 Kick
          {1 x 100 on 1:50 Kick
          {1 x 50 on :55 Kick
          {1 x 150 on 2:30 Kick
          {1 x 100 on 1:40 Kick
          {1 x 50 on :50 Kick
          {1 x 150 on 2:15 Kick
          {1 x 100 on 1:30 Kick
          {1 x 50 on :45 Kick
1,200 1x{1 x 150 on 2:15 Pulls}
          {1 x 100 on 1:30 Pulls
          {1 x 50 on :45 Pulls
          {1 x 150 on 2:00 Pulls
          {1 x 100 on 1:20 Pulls
          {1 x 50 on :40 Pulls
          {2 x 150 on 1:45 Pulls
          {2 x 100 on 1:10 Pulls
          {2 x 50 on :35 Pulls
          12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,500 \ 2x{2} \ x \ 100 \ on \ 1:30 \ Butterfly
          \{2 \times 100 \text{ on } 1:15 \text{ Freestyle} \}
          \{2 \times 75 \text{ on } 1:10 \text{ Butterfly} \}
          \{2 \times 75 \text{ on } : 55 \text{ Freestyle} \}
          \{2 \times 50 \text{ on } : 45 \text{ Butterfly} \}
          \{2 \times 50 \text{ on } : 40 \text{ Freestyle} \}
          \{2 \times 25 \text{ on : } 30 \text{ Butterfly} \}
          \{2 \times 25 \text{ on } : 20 \text{ Freestyle} \}
          {1 x 250 on 4:00 Stroke Drills
        6:13 PM 5,850 Yards - Stress Value = 82
            Workout #4973 - Wednesday, 31 October 2007
                      Group 3 - IM/Stroke
                    1 minute rest between sets
       4:00 PM Start
        Set Description
Yards
=====
   600 1x{1 x 200 on 3:00 Freestyle
          10 x 15 on :45 Shooters
1,000 1x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}
          {2 x 75 on 1:30 Kick
          \{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}
          {2 x 75 on 1:25 Kick
          {4 x 25 on :40 Kick no board BSLR
          {2 x 75 on 1:20 Kick
          {4 x 25 on :45 Kick no board BSLR
```

{2 x 75 on 1:15 Kick $1,600 \ 2x\{1 \ x \ 200 \ on \ 2:50 \ Lungbuster pulls$

> $\{1 \times 200 \text{ on } 2:45 \text{ Lungbuster pulls}$ $\{1 \times 200 \text{ on } 2:40 \text{ Lungbuster pulls}$ $\{1 \times 200 \text{ on } 2:35 \text{ Lungbuster pulls}$

 $2,600 1x{4 x 100 on 1:30 Individual Medley}$ $\{4 \times 25 \text{ on } : 30 \text{ Closed fist fly} \}$

12 x 25 on :40 12.5 ez 12.5 fast grt finishe

{4 x 125 on 1:50 Individual Medley w/50 fly $\{4 \text{ x } 25 \text{ on } : 30 \text{ Closed fist backstroke}$ $\{4 \times 150 \text{ on } 2:15 \text{ Individual Medley w/75 fly}$

```
\{4 \times 25 \text{ on } : 30 \text{ Closed fist breast} \}
                                                            \{4 \times 175 \text{ on } 2:40 \text{ Individual Medley w/100 fly}
                                                            \{4 \times 25 \text{ on } : 30 \text{ Closed fist freestyle} \}
                                                      250
                                                             1 x 250 on 4:00 Stroke Drills
                                                          6:30 PM 6,500 Yards - Stress Value = 105
                                                             Workout #4974 - Thursday, 01 November 2007
                                                                        Group 3 - Freestylers
                                                                      1 minute rest between sets
                                                         4:00 PM Start
                                                  Yards Set Description
                                                           1 on 30:00 Stomach and Stretch
                                                             1 x 500 on 7:30 Underwater trn drill
                                                     1,000 1x{1 x 100 on 1:40 Kick
                                                            {1 x 100 on 2:00 Kick
                                                            {1 x 100 on 1:35 Kick
                                                            {1 x 100 on 2:00 Kick
                                                            {1 x 100 on 1:30 Kick
                                                            {1 x 100 on 2:00 Kick
                                                            {1 x 100 on 1:25 Kick
                                                            {1 x 100 on 2:00 Kick
                                                            \{1 \times 100 \text{ on } 1:20 \text{ Kick} \}
                                                            {1 x 100 on 2:00 Kick
                                                            1 x 1000 on 13:00 Pull-every 4th 50 bckstrk
                                                   1,000
                                                          12 x 25 on :40 12.5 ez 12.5 fast grt finishe
                                                    300
                                                   1,200 16 x 75 on 1:30 Freestyle
                                                     600 6 x 100 on 1:45 Stroke Drills
                                                             25 fly drill 75 free drill
                                                        6:05 PM 4,750 Yards - Stress Value = 106
                                                              Workout #4975 - Thursday, 01 November 2007
                                                                          Group 3 - Gold
                                                                     1 minute rest between sets
                                                        5:00 PM Start
                                                 Yards Set Description
                                                 =====
                                                             ______
                                                             1 on 30:00 Stomach and Stretch
                                                    400 1 x 400 on 8:00 Underwater trn drill
                                                    1,200 2x{1 x 100 on 1:55 Kick
                                                            {1 x 100 on 2:00 Kick
                                                            {1 x 100 on 1:50 Kick
                                                            {1 x 100 on 2:00 Kick
                                                            {1 x 100 on 1:45 Kick
                                                           {1 x 100 on 2:00 Kick
 1 on 30:00 Dryland and stretch
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1 x 200 on 3:15 Freestyle L.50 fast
1 x 200 on 3:00 Freestyle L.100 fast
1,200 6 x 200 on 3:10 Full-every 4th 50 Bckstrk pt
1,200 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,200 16 x 75 on 1:30 Freestyle
800 8 x 100 on 1:45 Stroke Drills
7:20 PM 5,250 Yards - Stress Value = 111
```

Workout #4976 - Thursday, 01 November 2007 Group 3 - Silver

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	
	1 on 30:00 Stomach and Stretch
350	1 x 350 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	2x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:10 Kick
1,000	5 x 200 on 3:30 Pull-every 4th 50 bckstrk pu
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,200	16 x 75 on 1:30 Freestyle
800	8 x 100 on 1:45 Stroke Drills
	7:19 PM 4,800 Yards - Stress Value = 107

Workout #4977 - Friday, 02 November 2007 Group 3 - Fly

1 minute rest between sets

Yards	4:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
800	1 x 800 on 12:00 Choice
150	10 x 15 on :45 Shooters
800	1 x 800 on 15:00 Kick-4th 25 of each 100-100
	the fast 25 should alternate between fly ar
1,000	$1x{5 x 50 on 1:00 Pulls with paddles 5-breaths}$
	{5 x 50 on :55 Pulls with paddles 4 breaths
	{5 x 50 on :50 Pulls with paddles 4 breaths
	{5 x 50 on :45 Pulls with paddles 3 breaths
300	12 x 25 on :30 12.5 ez 12.5 fast grt finishe
3,000	2x{3 x 100 on 1:30 Freestyle
	$\{4 \times 75 \text{ on } 1:15 \text{ Butterfly} \}$
	{3 x 100 on 1:25 Freestyle
	{4 x 50 on :55 Butterfly
	{3 x 100 on 1:20 Freestyle
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$
	{1 on 1:00 Rest
300	6 x 50 on 1:00 Stroke Drills
	6:30 PM 6,350 Yards - Stress Value = 69

Workout #4978 - Friday, 02 November 2007 Group 3 - All

1 minute rest between sets

	5:00 PM Start	
Yards	Set Description	EGY
=====	=======================================	===
	1 on 30:00 Stomach and Stretch	
800	1 x 800 on 15:00 Reverse IM drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1 x 800 on 16:00 Vertical Kicking	EN2
1,200	1x{12 x 25 on :30 IM order	EN1
	$\{12 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1
	{8 x 25 on :30 IM order	EN1
	$\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1
	{4 x 25 on :30 IM order	EN1
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1
100	1 x 100 on 3:00 Your Choice for time-OTB	SP2
500	10 x 50 on 1:00 Stroke Drills	REC
	6:51 PM 3,550 Yards - Stress Value = 44	

1 minute rest between sets

	4:00 PM Start
Yards	Set Description
	1 on 30:00 Dryland and stretch
600	1 x 600 on 9:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	4x{8 x 25 on :45 Kick no board BSLR
1,200	{1 x 100 on 1:45 Kick
1.200	3x{1 x 100 on 1:30 Pull no br L.12 yds
-,	{1 x 100 on 1:25 Pull no br L.12 yds
	{1 x 100 on 1:20 Pull no br L.12 yds
	{1 x 100 on 1:15 Pull no br L.12 yds
300	12 x 25 on :04 12.5 ez 12.5 fast grt finishe
3,200	1x{1 x 800 on 12:00 Freestyle
	{ 10 seconds rest at 400, 2nd 400 faster then
	{1 x 800 on 12:00 Freestyle
	{ by 200's 1 & 2 fast rest 5 seconds after ea
	{ #4 faster then #1 or #2
	{1 x 800 on 12:00 Freestyle
	{ do slightly faster then a recovery swim
	{1 x 800 on 9:30 Freestyle
0.50	{ 100% effort-know your time!
∠50	1 x 250 on 4:00 Stroke Drills
	6:32 PM 6,900 Yards - Stress Value = 107

Workout #4983 - Monday, 05 November 2007 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 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
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
900	4x{1 x 75 on 1:05 Pull no br L.6 yds
	$\{1 \times 75 \text{ on } 1:00 \text{ Pull no br L.6 yds}$
	$\{1 \times 75 \text{ on } :55 \text{ Pull no br L.6 yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	1x{1 x 400 on 5:30 Freestyle
	{2 x 300 on 4:10 Freestyle
	{3 x 200 on 2:45 Freestyle
	{4 x 100 on 1:25 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/team meeting
	5:16 PM 5,050 Yards - Stress Value = 57

Workout #4987 - Monday, 05 November 2007 **Group 3 - Distance**

150

200

Workout #4981 - Monday, 05 November 2007

HighSchl - Platinum

1 minute rest between sets

	5:30 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Weights and Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{1 x 200 on 3:00 Pulls

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

7:05 AM 2,700 Yards - Stress Value = 27 Workout #4979 - Monday, 05 November 2007

{2 x 150 on 2:15 Pulls {3 x 100 on 1:30 Pulls

HighSchl - Gold 1 minute rest between sets

5:30 AM Start Yards Set Description ______ ===== 1 on 30:00 Weights and Stretch 400 1 x 400 on 8:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 700 $1x\{2 \times 150 \text{ on } 2:30 \text{ Pulls}$ {3 x 100 on 1:40 Pulls {2 x 50 on :50 Pulls 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes 850 $1x\{2 \times 125 \text{ on } 2:10 \text{ Freestyle}$ $\{2 \times 125 \text{ on } 2:05 \text{ Freestyle} \}$ $\{2 \times 125 \text{ on } 2:00 \text{ Freestyle} \}$ $\{1 \times 100 \text{ on } 1:40 \text{ Freestyle} \}$

Workout #4984 - Monday, 05 November 2007 HighSchl - Gold

1 x 200 on 3:00 Stroke Drills
1 on 10:00 Ice/Team meeting
7:05 AM 2,450 Yards - Stress Value = 23

1 minute rest between sets

3:00 PM Start Yards Set Description

Yards	Set Description
=====	
	1 on 30:00 Physio Balls/Stretch
450	1 x 450 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	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 75 on 1:35 Kick
800	$4x\{1 \times 75 \text{ on } 1:10 \text{ Pull no br L.6 yds}$
	$\{1 \times 75 \text{ on } 1:05 \text{ Pull no br L.6 yds}$
	$\{1 \times 50 \text{ on } : 45 \text{ Pull no br L.6 yds}$
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish€
1,900	1x{1 x 400 on 6:00 Freestyle
	{2 x 300 on 4:30 Freestyle
	{3 x 200 on 3:00 Freestyle
	{3 x 100 on 1:30 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/team meeting
	5:17 PM 4,750 Yards - Stress Value = 53

1 minute rest between sets

	5:30 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Weights and Stretch
350	1 x 350 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
650	1x{2 x 150 on 2:40 Pulls
	{3 x 100 on 1:45 Pulls
	{1 x 50 on :50 Pulls
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{2 x 100 on 1:55 Freestyle
	{2 x 100 on 1:50 Freestyle
	{2 x 100 on 1:45 Freestyle
	{2 x 100 on 1:40 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice/Team meeting
	7:05 AM 2,300 Yards - Stress Value = 24

Workout #4985 - Monday, 05 November 2007 HighSchl - Silver

1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	2x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:10 Kick
675	3x{1 x 75 on 1:20 Pull no br L.6 yds
	$\{1 \times 75 \text{ on } 1:15 \text{ Pull no br L.6 yds}$
	{1 x 75 on 1:10 Pull no br L.6 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,600	1x{1 x 400 on 7:00 Freestyle
	{2 x 300 on 5:15 Freestyle
	{3 x 200 on 3:30 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/team meeting
	5:16 PM 4,225 Yards - Stress Value = 47

Workout #4982 - Monday, 05 November 2007 HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	
	1 on 30:00 Weights and Stretch
300	1 x 300 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{1 x 150 on 3:00 Pulls
	{3 x 100 on 2:00 Pulls
	{3 x 50 on 1:00 Pulls
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{2 x 100 on 2:10 Freestyle
	{2 x 100 on 2:05 Freestyle
	{2 x 100 on 2:00 Freestyle
	$\{1 \times 100 \text{ on } 1:50 \text{ Freestyle}$
150	1 x 150 on 3:00 Stroke Drills
	1 on 10:00 Ice/Team meeting
	7:05 AM 2,050 Yards - Stress Value = 23

Workout #4980 - Monday, 05 November 2007 HighSchl - Silver

1,200

300

400

1,500

1 on 10:00 Stretch and Ice

5:21 PM 5,250 Yards - Stress Value = 75

Workout #4989 - Tuesday, 06 November 2007

Workout #4990 - Tuesday, 06 November 2007

HighSchl - Silver

1 minute rest between sets

400 8 x 50 on 1:00 Stroke Drills

1 on 10:00 Stretch and Ice

4:59 PM 3,350 Yards - Stress Value = 42

Workout #4986 - Monday, 05 November 2007

High	Schl - Bronze
1 minute	rest between sets

Yards	3:00 PM Start Set Description	HighSchl - Gold 1 minute rest between sets
350 150	<pre>1 on 30:00 Physio Balls/Stretch 1 x 350 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters</pre>	3:00 PM Start Yards Set Description
700	2x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 50 on 1:10 Kick	1 on 30:00 Physio Ball Abs/Stretch 450
	3x{1 x 75 on 1:30 Pull no br L.6 yds {1 x 75 on 1:25 Pull no br L.6 yds {1 x 50 on 1:00 Pull no br L.6 yds	1,100 1x{1 x 300 on 4:30 Pulls {6 x 50 on :50 Pulls {1 x 200 on 3:00 Pulls
	12 x 25 on :40 12.5 ez 12.5 fast grt finishe 1x{1 x 400 on 8:00 Freestyle {2 x 300 on 6:00 Freestyle	$\{4 \times 50 \text{ on } : 50 \text{ Pulls} $ $\{1 \times 100 \text{ on } 1: 30 \text{ Pulls} $ $300 12 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishe} $
400	<pre>{2 x 200 on 4:00 Freestyle 8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice/team meeting 5:17 PM 3,900 Yards - Stress Value = 44</pre>	1,350 6 x 225 on 3:30 3:00 swims :30 rest 400 8 x 50 on 1:00 Stroke Drills 1 on 10:00 Stretch and Ice 5:21 PM 4,950 Yards - Stress Value = 71

Workout #4992 - Tuesday, 06 November 2007 Group 3 - Back

1 minute rest between sets

12 x 100 on 2:00 Challenge Kick Set

6 x 250 on 3:30 3:00 swims :30 rest

8 x 50 on 1:00 Stroke Drills

12 x 25 on :40 12.5 ez 12.5 fast grt finish€

 $1,200 1x{1 x 300 on 4:15 Pulls}$

{6 x 50 on :45 Pulls {1 x 200 on 2:50 Pulls $\{4 \times 50 \text{ on } : 45 \text{ Pulls}$ {1 x 100 on 1:25 Pulls {2 x 50 on :45 Pulls

4:00 PM Start 3:00 PM Start Yards Set Description Yards Set Description _____ 1 on 30:00 Stomach and Stretch 1 on 30:00 Physio Ball Abs/Stretch 500 1 x 500 on 9:00 Underwater trn drill 400 1 x 400 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters 150 10×15 on :45 Shooters 1,200 12 x 100 on 2:00 Challenge Kick Set 1,200 12 x 100 on 2:00 Challenge Kick Set 900 $4x\{1 \times 75 \text{ on } 1:10 \text{ Pulls}$ 1,000 1x{1 x 300 on 5:00 Pulls $\{1 \times 75 \text{ on } 1:05 \text{ Pulls}$ {6 x 50 on :55 Pulls $\{1 \times 75 \text{ on } 1:00 \text{ Pulls}$ {1 x 200 on 3:30 Pulls 12 x 25 on :40 12.5 ez 12.5 fast grt finishe $\{4 \times 50 \text{ on :} 55 \text{ Pulls}$ $1,800 \ 1x\{4 \ x \ 50 \ on : 50 \ Backstroke$ 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe {1 x 100 on 2:00 Backstroke-7 kow 6 x 200 on 3:30 3:00 swims :30 rest 1,200 {4 x 50 on :50 Backstroke 400 8 x 50 on 1:00 Stroke Drills {2 x 100 on 1:50 Backstroke 8 kow 1 on 10:00 Stretch and Ice {4 x 50 on :50 Backstroke 5:21 PM 4,650 Yards - Stress Value = 67 {3 x 100 on 1:40 Backstroke 9 kow $\{4 \times 50 \text{ on } : 50 \text{ Backstroke} \}$ Workout #4991 - Tuesday, 06 November 2007 {4 x 100 on 1:30 Backstroke 10 kow HighSchl - Bronze 1×200 on 4:00 Freestyle 200 1 x 200 on 3:00 Backstroke 1 minute rest between sets 500 10 x 50 on 1:00 Stroke Drills 6:27 PM 5,750 Yards - Stress Value = 84 3:00 PM Start Yards Set Description ______ Workout #4988 - Tuesday, 06 November 2007 1 on 30:00 Physio Ball Abs/Stretch **HighSchl** - Freestylers 400 1 x 400 on 8:00 Underwater trn drill 1 minute rest between sets 10×15 on :45 Shooters 150 3:00 PM Start 900 1x{1 x 300 on 5:30 Pulls Yards Set Description {6 x 50 on 1:00 Pulls ===== _____ {1 x 200 on 3:40 Pulls 1 on 30:00 Physio Ball Abs/Stretch {2 x 50 on 1:00 Pulls 500 1 x 500 on 8:00 Underwater trn drill 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe 150 10×15 on :45 Shooters

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Workout #4994 - Wednesday, 07 November 2007 HighSchl - Gold 1 minute rest between sets	500 1 x 500 on 8:00 Freestyle L.25 of each 100 6 150 10 x 15 on :45 Shootes 800 8 x 100 on 2:00 Kick-odds 100% 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 on each stroke
11:00 AM Start Yards Set Description	1,600 4x{1 x 100 on 1:40 Individual Medley {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:30 Individual Medley
1 on 10:00 Stretch 450 1 x 450 on 8:00 Freestyle L.25 of each 100 6 150 10 x 15 on :45 Shootes 700 7 x 100 on 2:10 Kick-odds 100% 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes 2 on each stroke	{4 x 25 on :30 Stroke Drills 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch and Ice 12:33 PM 3,450 Yards - Stress Value = 41
1,500 4x{1 x 100 on 1:50 Individual Medley	Workout #5001 - Thursday, 08 November 2007
{1 x 100 on 1:45 Individual Medley	Group 3 - Fly
{1 x 100 on 1:40 Individual Medley {3 x 25 on :35 Stroke Drills	1 minute rest between sets
200 1 x 200 on 3:00 Stroke Drills	4:00 PM Start
1 on 10:00 Stretch and Ice	Yards Set Description
12:34 PM 3,200 Yards - Stress Value = 38	
	1 on 30:00 Stomach and Stretch
Workout #4995 - Wednesday, 07 November 2007	1 x 600 on 9:00 Underwater trn drill
HighSchl - Silver	150
1 minute rest between sets	1,050 1x{1 x 200 on 3:15 Butterfly {1 x 175 on 2:50 Butterfly
11:00 AM Start	$\{1 \times 150 \text{ on } 2:20 \text{ Butterfly} \}$
Yards Set Description	$\{1 \times 125 \text{ on } 1:55 \text{ Butterfly} \}$
===== ================================	$\{4 \times 100 \text{ on } 1:30 \text{ Butterfly-descend} \}$
1 on 10:00 Stretch	100 1 x 100 on 2:00 Freestyle
400 1 x 400 on 8:00 Freestyle L.25 of each 100 (1,200 4x{4 x 25 on :45 Kick no board BSLR
150 10 x 15 on :45 Shootes	{4 x 50 on 1:00 Kick-desend to 100%
650 1x{6 x 100 on 2:20 Kick-odds 100%	900 1x{3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls
{1 x 50 on 1:10 Kick-all out	{3 x 100 on 1:25 Lungbuster pulls
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes	300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2 on each stroke	1,050 1x{1 x 200 on 3:15 Butterfly
$1,200 3x{1 x 100 on 2:00 Individual Medley}$	{1 x 175 on 2:50 Butterfly
{1 x 100 on 1:55 Individual Medley	{1 x 150 on 2:20 Butterfly
{1 x 100 on 1:50 Individual Medley	{1 x 125 on 1:55 Butterfly
{4 x 25 on :40 Stroke Drills	{4 x 100 on 1:30 Butterfly-descend
200 1 x 200 on 3:00 Stroke Drills	500
1 on 10:00 Stretch and Ice 12:32 PM 2,800 Yards - Stress Value = 34	6:30 PM 5,850 Yards - Stress Value = 84
12.32 rm 2,000 laius - Stiess value - 34	
XV 1 4/4007 XV 1 1 07 XV 1 2007	Workout #4997 - Thursday, 08 November 2007
Workout #4996 - Wednesday, 07 November 2007	HighSchl - Platinum
HighSchl - Bronze	1 minute rest between sets
1 minute rest between sets	
	3:00 PM Start
11:00 AM Start	Yards Set Description
Yards Set Description	=======================================
1 on 10:00 #2 stroke	1 on 30:00 10 min abs/4cnt pshps/stretch
350 1 x 350 on 8:00 Freestyle L.25 of each 100 (550 1 x 550 on 8:00 Underwater trn drill
150 10 x 15 on :45 Shootes	150
600 6 x 100 on 2:30 Kick-odds 100%	900 1x{4 x 25 on :45 Kick no board BSLR
200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes	{1 x 100 on 2:00 Kick-hold under 1:30

300

250

 $\{4 \times 25 \text{ on :} 40 \text{ Kick no board BSLR}$

{4 x 25 on :35 Kick no board BSLR

 $\{2 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}$

{3 x 100 on 1:25 Lungbuster pulls

1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice and Stretch

5:16 PM 5,050 Yards - Stress Value = 64

2,200 $4 \times \{1~\times~200~\text{on}~2\text{:}45~\text{Free}~+1~\text{kicks off}~\text{each wall}~\{3~\times~50~\text{on}~\text{:}45~\text{Freestyle-hold under}~\text{:}35$

700 $1x\{1 \times 150 \text{ on } 2:15 \text{ Lungbuster pulls}$

{2 x 100 on 2:00 Kick-hold under 1:35

{3 x 100 on 2:00 Kick-hold under 1:40

12 x 25 on :40 12.5 ez 12.5 fast grt finishe

 $\{2 \text{ x } 100 \text{ on } 1\text{:}20 \text{ Free } \#1 \text{ 80\% effort, } \#2 \text{ feet} \}$ must break the plane of the flags prior to

{ armstroke, and #2 must be as fast as #1

1 on 10:00 Stomach and Stretch

2 on each stroke

11:00 AM Start

Set Description

1,200 $3x{1 x 100 on 2:15}$ Individual Medley

 $\{4 \times 25 \text{ on } : 40 \text{ Stroke Drills}$

1 on 10:00 Stretch and Ice

1 x 200 on 3:00 Stroke Drills

{1 x 100 on 2:10 Individual Medley

{1 x 100 on 2:05 Individual Medley

12:33 PM 2,700 Yards - Stress Value = 33

Workout #4993 - Wednesday, 07 November 2007

HighSchl - Eric Blue Man

1 minute rest between sets

200

Yards

=====

Workout #5000 - Thursday, 08 November 2007 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	
	1 on 30:00 10 min abs/4cnt pshps/stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	$1x{4 \times 25}$ on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick-hold under 1:45
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:00 Kick-hold under 1:50
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}\}$
	{3 x 100 on 2:00 Kick-hold under 1:50
700	•
700	1x{1 x 150 on 2:15 Lungbuster pulls
	{2 x 125 on 1:50 Lungbuster pulls
	{3 x 100 on 1:25 Lungbuster pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finish ϵ
2,200	$4x\{1 \times 200 \text{ on } 3:00 \text{ Free } +1 \text{ kicks off each wall}$
	{3 x 50 on :50 Freestyle-hold under :38
	{2 x 100 on 1:30 Free #1 80% effort, #2 feet
	{ must break the plane of the flags prior to
	{ armstroke, and #2 must be as fast as #1
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice and Stretch
	5:19 PM 5,000 Yards - Stress Value = 64
	·

Workout #4999 - Thursday, 08 November 2007 HighSchl - Silver 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 30:00 10 min abs/4cnt pshps/stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick-hold under 2:00
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:20 Kick-hold under 210
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick-hold under 215
600	1x{1 x 150 on 2:35 Lungbuster pulls
	{2 x 125 on 2:10 Lungbuster pulls
	{2 x 100 on 1:45 Lungbuster pulls
300	12×25 on :40 12.5 ez 12.5 fast grt finishe
1,650	$3x{1 x 200 on 3:30 Free +1 kicks off each wall}$
	$\{3 \times 50 \text{ on } :55 \text{ Freestyle-hold under } :45$
	{2 x 100 on 1:45 Free #1 80% effort, #2 feet
	{ must break the plane of the flags prior to
	{ armstroke, and $\#2$ must be as fast as $\#1$
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice and Stretch
	5:14 PM 4,050 Yards - Stress Value = 51

Workout #4998 - Thursday, 08 November 2007 HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
Yards Set Description

1 on 30:00 10 min abs/4cnt pshps/stretch
1 x 350 on 8:00 Underwater trn drill
150 10 x 15 on :45 Shooters
700 1x{4 x 25 on :45 Kick no board BSLR
{1 x 100 on 2:30 Kick-hold under 2:10
{4 x 25 on :45 Kick no board BSLR
{2 x 100 on 2:30 Kick-hold under 215
{4 x 25 on :45 Kick no board BSLR

{1 x 100 on 2:30 Kick-hold under 215
$500 1x\{1 x 150 \text{ on } 3:00 \text{ Lungbuster pulls}$
{2 x 125 on 2:25 Lungbuster pulls
$\{1 \times 100 \text{ on } 1:55 \text{ Lungbuster pulls}$
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,500 3x{1 x 200 on 4:00 Free +1 kicks off each wall
$\{2 \times 50 \text{ on } 1:05 \text{ Freestyle-hold under } :52$
{2 x 100 on 2:00 Free #1 80% effort, #2 feet
{ must break the plane of the flags prior to
$\{$ armstroke, and $\#2$ must be as fast as $\#1$
200 1 x 200 on 4:00 Stroke Drills
1 on 10:00 Ice and Stretch
5:14 PM 3,700 Yards - Stress Value = 49

Workout #5004 - Friday, 09 November 2007 HighSchl - IM'ers 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	1 on 20:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	2x{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
750	$1x\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	$3x\{1 \ x \ 100 \ on \ 2:00 \ 10 \ strokes \ bathtub \ drill, \ batht$
	{ rest of 1st 25, rest 10 seconds, 75 free br
	{2 x 125 on 1:50 100 free 25 fly 1up 2down
	{4 x 50 on 1:00 25 breast under water
	{ 25 freestyle with 6 beat kick
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$
	{1 x 25 on :30 Freestyle
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$
	{1 x 25 on :30 Freestyle
	{1 x 25 on :20 Freestyle
	{1 x 25 on :30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	5:01 PM 4,500 Yards - Stress Value = 64
Workout #5002 - Friday, 09 November 2007	
HighSchl - All	
	1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 35:00 Weights and Stretch		L	WП
500	1 x 500 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	Ε
1,500	$5x{1 x 25 on :30 Freestyle}$	EN2	S	F
	$\{1 \times 25 \text{ on } : 40 \text{ Freestyle} \}$	EN2	S	F
	$\{1 \times 25 \text{ on } : 50 \text{ Freestyle} \}$	EN2	S	F
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle}$	EN2	S	F
	$\{1 \times 200 \text{ on } 4:00 \text{ Freestyle} \}$	EN2	S	F
	1 on 8:00 Ice		M	
	7:06 AM 2,150 Yards - Stress Value =	= 34		

Workout #5005 - Friday, 09 November 2007 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 20:00 Physio Balls/Stretch
450	1 x 450 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	2x{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
700	$1x\{2 \times 125 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	$3x\{1 \ x \ 100 \ on \ 2:00 \ 10 \ strokes \ bathtub \ drill, \ batht$
	{ rest of 1st 25, rest 10 seconds, 75 free br
	{2 x 125 on 1:50 100 free 25 fly 1up 2down
	$\{4 \times 50 \text{ on } 1:00 25 \text{ breast under water}$
	{ 25 freestyle with 6 beat kick
	{1 x 25 on :20 Freestyle
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle}$
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle}$
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$
	{1 x 25 on :30 Freestyle
200	
	1 on 10:00 Ice
	5:01 PM 4,400 Yards - Stress Value = 63

Workout #5003 - Friday, 09 November 2007 HighSchl - Silver 1 minute rest between sets

3:00 PM Start

```
Yards
          Set Description
=====
            _____
            1 on 20:00 Physio Balls/Stretch
   400
          1 x 400 on 8:00 Reverse IM drill
   150
            10 x 15 on :45 Shooters
   500 1x{2 x 150 on 3:30 Kick
           {1 x 100 on 2:20 Kick
           {2 x 50 on 1:10 Kick
   600 1x\{2 \times 100 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}
           \{2 \times 100 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
           \{2 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
            8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400 2x\{1 \ x \ 100 \ on \ 2:20 \ 10 \ strokes \ bathtub \ drill, \ b\epsilon
           { rest of 1st 25, rest 10 seconds, 75 free br
           {2 x 125 on 2:20 100 free 25 fly 1up 2down
           \{4 \times 50 \text{ on } 1:15 \text{ 25 breast under water}
           { 25 freestyle with 6 beat kick
           \{1 \times 25 \text{ on :} 25 \text{ Freestyle} \}
           \{1 \times 25 \text{ on } : 35 \text{ Freestyle } \}
           \{1 \times 25 \text{ on } : 25 \text{ Freestyle} \}
           \{1 \times 25 \text{ on } : 35 \text{ Freestyle } \}
           \{1 \times 25 \text{ on :} 25 \text{ Freestyle} \}
           \{1 \times 25 \text{ on } : 35 \text{ Freestyle} \}
   200
            1 x 200 on 5:00 IM for time
            1 x 200 on 4:00 Stroke Drills
   200
            1 on 10:00 Ice
         5:01 PM 3,650 Yards - Stress Value = 68
```

Workout #5006 - Friday, 09 November 2007 HighSchl - Bronze 1 minute rest between sets

```
3:00 PM Start
Yards
    Set Description
    _____
```

1 on 20:00 Physio Balls/Stretch

350	1 x 350 on 8:00 Reverse IM drill	
150	10 x 15 on :45 Shooters	
450	1x{2 x 150 on 3:45 Kick	
	{1 x 100 on 2:30 Kick	
	{1 x 50 on 1:10 Kick	
500	$1x\{2 \times 100 \text{ on } 2:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	
	$\{2 \times 100 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	
	$\{1 \times 100 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,300	$2x{1 \times 100}$ on 2:30 10 strokes bathtub drill, ba	
	{ rest of 1st 25, rest 10 seconds, 75 free br	
	{2 x 125 on 2:40 100 free 25 fly 1up 2down	
	$\{4 \times 50 \text{ on } 1:15 \text{ 25 breast under water}$	
	{ 25 freestyle with 6 beat kick	
	$\{1 \times 25 \text{ on } : 25 \text{ Freestyle}$	
	$\{1 \times 25 \text{ on } : 35 \text{ Freestyle} \}$	
	$\{1 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	
	{1 x 25 on :35 Freestyle	
200	1×200 on $5:00$ IM for time	
200	1 x 200 on 4:00 Stroke Drills	
	1 on 10:00 Ice	
	5:01 PM 3,350 Yards - Stress Value = 64	
Workout #5011 - Saturday, 10 November 2007		
Group 3 - Middle Distance		
1		

1 minute rest between sets

```
8:00 PM Start
Yards
        Set Description
=====
         _____
         1 on 15:00 Stretching
  800
         1 x 800 on 12:00 Choice
         10 x 15 on :45 Shooters
  150
1,500 3x{1 x 125 on 2:15 Kick}
        {1 x 125 on 2:10 Kick
        {1 x 125 on 2:05 Kick
        \{1 \times 125 \text{ on } 2:00 \text{ Kick} \}
         12 x 25 on :40 12.5 ez 12.5 fast grt finishe
  300
1,800 1x{3 x 200 on 2:45 Freestyle L.25 fly
        {3 x 200 on 2:40 Freestyle L.25 fly
        {3 x 200 on 2:35 Freestyle L.25 fly
  100
         1 x 100 on 1:30 Freestyle
1,000
         20 \times 50 on :40 Pulls-nbbf&w + 2 yds
         1 x 250 on 4:00 Stroke Drills
  250
      10:00 PM 5,900 Yards - Stress Value = 87
```

Workout #5007 - Saturday, 10 November 2007 HighSchl - Freestylers 1 minute rest between sets

	7:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Abs/Stretch
600	1 x 600 on 9:00 Choice
	1 on 10:00 Sculling drills
800	1 x 800 on 16:00 Vertical Kicking
	1 on 15:00 Techniques-TN turn drills
800	2 x 400 on 5:15 Pulls with paddles
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	finishes:3 on each stroke
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
300	1x{1 x 200 on 4:00 Sculling drill
	{1 x 100 on 2:00 Stroke Drills
	1 on 10:00 Ice

Workout #5008 - Saturday, 10 November 2007 HighSchl - Gold

9:32 AM 4,900 Yards - Stress Value = 53

1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 30:00 Abs/Stretch
550	
000	1 on 10:00 Sculling drills
800	1 x 800 on 16:00 Vertical Kicking
	1 on 15:00 Techniques-TN turn drills
700	2 x 350 on 5:15 Pulls with paddles
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	finishes:3 on each stroke
2,000	1x{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
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Freestyle
300	1x{1 x 200 on 4:00 Sculling drill

Workout #5009 - Saturday, 10 November 2007 HighSchl - Silver

9:33 AM 4,650 Yards - Stress Value = 50

{1 x 100 on 2:00 Stroke Drills

1 on 10:00 Ice

1 minute rest between sets

	7:00 AM Start
Yards	Set Description
	=======================================
	1 on 30:00 Abs/Stretch
500	1 x 500 on 9:00 Choice
	1 on 10:00 Sculling drills
800	1 x 800 on 16:00 Vertical Kicking
	1 on 15:00 Techniques-TN turn drills
600	2 x 300 on 5:15 Pulls with paddles

300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
	finishes:3 on each stroke
1,800	1x{6 x 100 on 1:35 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:35 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:35 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:35 Freestyle
300	1x{1 x 200 on 4:00 Sculling drill
	{1 x 100 on 2:00 Stroke Drills
	1 on 10:00 Ice
(9:32 AM 4,300 Yards - Stress Value = 45
	Workout #5010 - Saturday, 10 November 2007
	High Cold Dungs

Workout #5010 - Saturday, 10 November 2007 HighSchl - Bronze 1 minute rest between sets

7:00 AM Start

Set Description

Yards

	1 on 30:00 Abs/Stretch	
450		
450		
	1 on 10:00 Sculling drills	
800	1 x 800 on 16:00 Vertical Kicking	
	1 on 15:00 Techniques-TN turn drills	
500	2 x 250 on 5:15 Pulls with paddles	
300	12 x 25 on :40 12.5 ez 12.5 fast grt	finishe
	finishes:3 on each stroke	
1,500	$1x{6 x 100 on 1:55 Freestyle}$	
	{1 on 1:00 Rest	
	{5 x 100 on 1:55 Freestyle	
	{1 on 1:00 Rest	
	{4 x 100 on 1:55 Freestyle	
300	1x{1 x 200 on 4:00 Sculling drill	
	{1 x 100 on 2:00 Stroke Drills	
	1 on 10:00 Ice	
	9:31 AM 3,850 Yards - Stress Value = 38	
	•	

Workout #5013 - Monday, 12 November 2007 HighSchl - Distance 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
300	3 x 100 on 2:00 50 scull 50 drill	EN1	Γ
1,800	1x{3 x 200 on 2:40 Freestyle	EN1	٤
	{3 x 200 on 2:35 Freestyle	EN2	٤
	{3 x 200 on 2:30 Freestyle	EN2	٤
	1st and 3rd of each set are just ma	ake i	it, #
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 10:00 Stretch and Ice		N
	7:06 AM 2,850 Yards - Stress Value = 39	9	

Workout #5018 - Monday, 12 November 2007 HighSchl - Distance 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Abs/Stretch
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	5x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:45 Kick
900	$1x\{1 \times 225 \text{ on } 3:15 \text{ Pull no br L.5 yds}$
	$\{1 \times 225 \text{ on } 3:10 \text{ Pull no br L.7 yds}$
	$\{1 \times 225 \text{ on } 3:05 \text{ Pull no br L.9 yds}$
	$\{1 \times 225 \text{ on } 3:00 \text{ Pull no br L.11 yds}$
300	1x{1 x 50 on 1:30 Sculling drills
	$\{8 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} = 12.5 \text{ fast grt finishes} = 12.5 \text{ fast grt finishes}$
	{1 x 50 on 1:30 Sculling drills
2,500	$1x\{1 \times 500 \text{ on } 6:00 \text{ Freestyle}$
	{ Just make
	{1 x 500 on 6:05 Freestyle
	{ Last 25 of each 100 breathe every 5
	{1 x 500 on 6:10 Freestyle
	{ 3rd turn of each 100 8 dolphin kicks off th
	{ fast breakouts to mid pool
	{1 x 500 on 6:15 Freestyle
	{ descend 100's 2,3 and 4
	{1 x 500 on 6:20 Freestyle
200	{ Best effort. Meet quality swim. 1 x 200 on 6:00 50 scull/50 drill
200	1 x 200 on 6:00 30 scull/30 dfill 1 on 10:00 Stretch/Ice
	5:25 PM 5,550 Yards - Stress Value = 86
	3.23 In 3,330 latus - Scress value - 00

Workout #5014 - Monday, 12 November 2007 HighSchl - Gold 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORF
	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
350	1 x 350 on 6:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
300	3 x 100 on 2:00 50 scull 50 drill	EN1	Γ
1,600	$1x{3 x 200 on 3:00 Freestyle}$	EN1	٤
	${3 \times 200 \text{ on } 2:55 \text{ Freestyle}}$	EN2	٤
	{2 x 200 on 2:50 Freestyle	EN2	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 10:00 Stretch and Ice		N
	7:06 AM 2,600 Yards - Stress Value = 3	5	

Workout #5019 - Monday, 12 November 2007 HighSchl - Gold

1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Abs/Stretch
450	1 x 450 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	5x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
750	1x{1 x 200 on 3:15 Pull no br L.5 yds
	$\{1 \times 200 \text{ on } 3:10 \text{ Pull no br L.7 yds}$
	$\{1 \times 200 \text{ on } 3:05 \text{ Pull no br L.9 yds}$
	$\{1 \times 150 \text{ on } 2:15 \text{ Pull no br L.11 yds}$
300	1x{1 x 50 on 1:30 Sculling drills
	$\{8 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
	{1 x 50 on 1:30 Sculling drills
2,000	1x{1 x 500 on 7:00 Freestyle
	{ Just make

{1 x 500 on 7:10 Freestyle { Last 25 of each 100 breathe every 5 {1 x 500 on 7:20 Freestyle
{ 3rd turn of each 100 8 dolphin kicks off th
{ fast breakouts to mid pool
$\{1 \times 500 \text{ on } 7:30 \text{ Freestyle}$
{ Best effort. Meet quality swim.
200 1 x 200 on 6:00 50 scull/50 drill
1 on 10:00 Stretch/Ice
5:23 PM 4,850 Yards - Stress Value = 76

Workout #5015 - Monday, 12 November 2007 HighSchl - Silver 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
300	1 x 300 on 6:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
300	3 x 100 on 2:00 25 scull 75 drill	EN1	Γ
1,400	$1x{2 x 200 on 3:30 Freestyle}$	EN1	٤
	{2 x 200 on 3:20 Freestyle	EN2	٤
	{3 x 200 on 3:10 Freestyle	EN2	٤
200	1 x 200 on 3:30 Stroke Drills	REC	Γ
	1 on 10:00 Stretch and Ice		ľ
	7:06 AM 2,350 Yards - Stress Value = 3	3	

Workout #5017 - Monday, 12 November 2007 HighSchl - Silver 1 minute rest between sets

Varda	3:00 PM Start Set Description
Tarus	======================================
	1 on 30:00 Physio Balls/Abs/Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	$5x{4 \times 25}$ on :45 Kick no board BSLR
1,000	{1 x 100 on 2:15 Kick
550	1x{1 x 200 on 3:30 Pull no br L.5 yds
	{1 x 200 on 3:25 Pull no br L.7 yds
	{1 x 150 on 2:30 Pull no br L.9 yds
300	1x{1 x 50 on 1:30 Sculling drills
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 50 on 1:30 Sculling drills
1,800	1x{1 x 500 on 8:00 Freestyle
	{ Just make
	{1 x 500 on 8:10 Freestyle
	{ Last 25 of each 100 breathe every 5
	{1 x 500 on 8:20 Freestyle
	{ 3rd turn of each 100 8 dolphin kicks off th
	{ fast breakouts to mid pool
	{1 x 300 on 5:30 Freestyle
000	{ Best effort. Meet quality swim.
200	1 x 200 on 6:00 50 scull/50 drill
	1 on 10:00 Stretch/Ice
	5:24 PM 4,400 Yards - Stress Value = 70

Workout #5012 - Monday, 12 November 2007 HighSchl - Bronze 1 minute rest between sets

	5:30	AM	Star	t					
Yards	Se	et De	scri	ption				EGY	WORF
=====	==							===	====
	1	on 3	5:00	Weigl	nts and	Stre	etch		I
300	1	x 30	0 on	6:00	Swim-ki	.ck-p	oull-swim	n REC	٤
150	10) x 1	.5 on	:45	Shooters	3		SP3	٤
150	3	x 50	on :	2:00 2	25 scull	. 25	drill	EN1	Γ
1,200	1x{2	x 20	0 on	4:00	Freesty	/le		EN1	٤
	{ 2	x 20	0 on	3:50	Freesty	/le		EN2	٤
	{ 2	x 20	0 on	3:40	Freesty	/le		EN2	٤
200	1	x 20	0 on	4:30	Stroke	Dril	lls	REC	Γ
	1	on 1	0:00	Stre	tch and	Ice			N
	7:06	AM 2	,000	Yard:	s - Stre	ess V	7alue = 2	:8	

Workout #5016 - Monday, 12 November 2007 HighSchl - Bronze 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Abs/Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	$4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{1 x 100 on 2:30 Kick
750	1x{1 x 200 on 4:00 Pull no br L.5 yds
	{1 x 200 on 3:55 Pull no br L.7 yds
	{1 x 200 on 3:50 Pull no br L.9 yds
	{1 x 150 on 2:45 Pull no br L.11 yds
250	1x{1 x 25 on 1:30 Sculling drills
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 25 on 1:30 Sculling drills
1,500	1x{1 x 500 on 9:00 Freestyle
•	{ Just make
	{1 x 500 on 9:30 Freestyle
	{ Last 25 of each 100 breathe every 5
	{1 x 500 on 10:00 Freestyle
	{ 3rd turn of each 100 8 dolphin kicks off the
	{ fast breakouts to mid pool
200	1 x 200 on 6:00 50 scull/50 drill
200	1 on 10:00 Stretch/Ice
	5:23 PM 4,050 Yards - Stress Value = 62

Workout #5020 - Tuesday, 13 November 2007 HighSchl - Back

1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	=======================================
	1 on 30:00 Physio Ball Abs/Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 2:00 Kick
	{2 x 50 on :55 Kick
	{1 x 100 on 2:00 Kick
	{2 x 50 on :50 Kick
	{1 x 100 on 2:00 Kick
	{2 x 50 on :45 Kick
	{1 x 100 on 2:00 Kick
	{2 x 50 on :40 Kick
	{1 x 100 on 3:00 Kick-EZ
	{1 x 100 on 2:00 Kick for time
1,000	2x{1 x 250 on 3:30 Pulls
	$\{5 \times 50 \text{ on } : 45 \text{ Pulls-}\#1-8 \text{brths, } -1 \text{ brth } \#2-\#5$
300	1x{1 x 50 on 1:30 Sculling Drill
	$\{8 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
	{1 x 50 on 1:30 Sculling drills

1,950	1x{4	x 100 on 1:40 Backstroke
	{ 4	x 50 on 1:00 Backstroke-descend
	{ 2	x 25 on :45 Bath Tub Drill
	{ 4	x 100 on 1:35 Backstroke
	{ 4	x 50 on 1:00 Backstroke-descend
	{ 2	x 25 on :45 Bath Tub Drill
	{ 4	x 100 on 1:30 Backstroke
	{ 4	x 50 on 1:00 Backstroke-descend
	{ 2	x 25 on :45 Bath Tub Drill
250	1	x 250 on 4:00 Stroke Drills
	1	on 10:00 Ice
	5:26	PM 5,150 Yards - Stress Value = 63

Workout #5021 - Tuesday, 13 November 2007 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	1 on 30:00 Physio Ball Abs/Stretch
450	1 x 450 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 2:05 Kick
	{2 x 50 on 1:05 Kick
	{1 x 100 on 2:05 Kick
	{2 x 50 on 1:00 Kick
	{1 x 100 on 2:05 Kick
	{2 x 50 on :50 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 3:00 Kick-EZ
	{1 x 100 on 2:00 Kick for time
900	2x{1 x 250 on 3:45 Pulls
	$\{4 \times 50 \text{ on } : 50 \text{ Pulls-}\#1-8 \text{ brths, } -1 \text{ brth } \#2-\#4$
300	$1x\{1 \times 50 \text{ on } 1:30 \text{ Sculling Drill}$
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	$\{1 \times 50 \text{ on } 1:30 \text{ Sculling drills}$
1,900	1x{4 x 100 on 1:50 Backstroke
	{4 x 50 on 1:00 Backstroke-descend
	$\{2 \times 25 \text{ on } : 45 \text{ Bath Tub Drill}$
	{4 x 100 on 1:45 Backstroke
	{4 x 50 on 1:00 Backstroke-descend
	{2 x 25 on :45 Bath Tub Drill
	{4 x 100 on 1:40 Backstroke
	{4 x 50 on 1:00 Backstroke-descend
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:26 PM 4,850 Yards - Stress Value = 59

Workout #5022 - Tuesday, 13 November 2007

HighSchl - Silver

1 minute rost hotwoon sets

		1 minute rest between sets
Yards		PM Start et Description
	1	on 30:00 Physio Ball Abs/Stretch
400		x 400 on 8:00 Underwater trn drill
150		0 x 15 on :45 Shooters
		x 100 on 2:15 Kick
	•	x 50 on 1:10 Kick
	•	x 100 on 2:15 Kick
	•	x 50 on 1:05 Kick
	{1	x 100 on 2:15 Kick
	{ 2	x 50 on 1:00 Kick
	{ 1	x 100 on 2:15 Kick
	{ 1	x 50 on 2:00 Kick-EZ
	{ 1	x 100 on 2:00 Kick for time
900	2x{1	x 200 on 3:20 Pulls
	{ 5	x 50 on :55 Pulls- $\#1-8$ brths, -1 brth $\#2-\#5$
300	1x{1	x 50 on 1:30 Sculling Drill
	-	x 25 on :40 12.5 ez 12.5 fast grt finishes
	-	x 50 on 1:30 Sculling drills
1,800	-	x 100 on 2:00 Backstroke
	•	x 50 on 1:00 Backstroke-descend
	•	x 25 on :45 Bath Tub Drill
	•	x 100 on 1:55 Backstroke
		x 50 on 1:00 Backstroke-descend
	•	x 25 on :45 Bath Tub Drill
	•	x 100 on 1:50 Backstroke
250	•	x 50 on 1:00 Backstroke-descend
250	1	x 250 on 4:00 Stroke Drills

Workout #5023 - Tuesday, 13 November 2007 HighSchl - Bronze

5:27 PM 4,650 Yards - Stress Value = 57

1 on 10:00 Ice

1 minute rest between sets

```
3:00 PM Start
Yards
                                                    Set Description
                                                      _____
                                                      1 on 30:00 Physio Ball Abs/Stretch
           350
                                                     1 x 350 on 8:00 Underwater trn drill
                                                    10 x 15 on :45 Shooters
           800 1x\{1 \times 100 \text{ on } 2:30 \text{ Kick}
                                                {2 x 50 on 1:15 Kick
                                                {1 x 100 on 2:30 Kick
                                                 \{1 \times 50 \text{ on } 1:10 \text{ Kick} \}
                                                {1 x 100 on 2:30 Kick
                                                {2 x 50 on 1:05 Kick
                                                 {1 x 100 on 2:30 Kick
                                                \{1 \times 50 \text{ on } 2:00 \text{ Kick-EZ}
                                                \{1 \times 100 \text{ on } 2:00 \text{ Kick for time}
           800 2x{1 x 200 on 3:45 Pulls}
                                               \{4 \times 50 \text{ on } 1:00 \text{ Pulls-}\#1-8 \text{brths, } -1 \text{ brth } \#2-\#1-8 \text{ brths, } -1 \text{ brth, } -1 
           250 1x\{1 \times 25 \text{ on } 1:30 \text{ Sculling Drill}
                                                \{8 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}
```

 $\{1 \times 25 \text{ on } 1:30 \text{ Sculling drills}$

1 x 250 on 4:00 Stroke Drills

 $\{4 \times 50 \text{ on } 1:10 \text{ Backstroke-descend} \}$ {2 x 25 on :45 Bath Tub Drill {3 x 100 on 2:15 Backstroke $\{4 \times 50 \text{ on } 1:10 \text{ Backstroke-descend} \}$ $\{2 \times 25 \text{ on } : 45 \text{ Bath Tub Drill}$ {4 x 100 on 2:10 Backstroke

 $1,500 1x{3 x 100 on 2:20 Backstroke}$

1 on 10:00 Ice

250

Workout #5026 - Thursday, 15 November 2007 HighSchl - Fly

5:26 PM 4,100 Yards - Stress Value = 51

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 15:00 Stretching
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:30 Kick
750	1 x 750 on 10:00 Lungbuster pulls
300	1x{1 x 50 on 1:30 Sculling drills
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 50 on 1:30 Sculling drills
1,200	$6x{8 x 25 on :30 Butterfly w/fins}$
	{1 on 1:00 Rest
250	1 x 250 on 8:00 Alt 50 scull/50 drill
	1 on 10:00 Ice
	5:00 PM 4,050 Yards - Stress Value = 62
	Workout #5027 - Thursday, 15 November 2007
	WIGH GH

HighSchl - Gold

1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	
	1 on 15:00 Stretching
450	1 x 450 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{1 x 100 on 2:05 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:45 Kick
550	1 x 550 on 8:00 Lungbuster pulls
300	1x{1 x 50 on 1:30 Sculling drills
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 50 on 1:30 Sculling drills
1,200	6x{8 x 25 on :30 Butterfly w/fins
•	{1 on 1:00 Rest
250	1 x 250 on 8:00 Alt 50 scull/50 drill
	1 on 10:00 Ice
	5:00 PM 3,800 Yards - Stress Value = 58
	101000 14140 00

Workout #5024 - Thursday, 15 November 2007 HighSchl - Silver

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 15:00 Stretching
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	3x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on :55 Kick
600	1 x 600 on 10:00 Lungbuster pulls
300	1x{1 x 50 on 1:30 Sculling drills
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 50 on 1:30 Sculling drills
1,200	$6x\{8 \times 25 \text{ on } : 30 \text{ Butterfly w/fins}$
•	{1 on 1:00 Rest
250	1 x 250 on 8:00 Alt 50 scull/50 drill
	1 on 10:00 Ice
	5:00 PM 3,650 Yards - Stress Value = 56
	3.00 IM 3,000 Tatus Scress value - 30

Workout #5025 - Thursday, 15 November 2007 HighSchl - Bronze 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 15 00 01 1 1
250	1 on 15:00 Stretching
350	
150	10 x 15 on :45 Shooters
675	3x{1 x 75 on 2:00 Kick
	{1 x 75 on 1:45 Kick
	{1 x 75 on 1:30 Kick
500	1 x 500 on 10:00 Lungbuster pulls
250	1x{1 x 25 on 1:30 Sculling drills
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 25 on 1:30 Sculling drills
1,200	6x{8 x 25 on :30 Alt 1 fly 1 free w/fins
	{1 on 1:00 Rest
200	1 x 200 on 8:00 Alt 50 scull/50 drill
	1 on 10:00 Ice
	5:00 PM 3,325 Yards - Stress Value = 52

Workout #5036 - Friday, 16 November 2007 Group 3 - Fly

1 minute rest between sets

	4:00 PM Start		
Yards	Set Description	EGY	WOI
	=======================================	===	===
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	4x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
1,200	4 x 300 on 4:00 Lungbuster pulls	EN2	
	Breathe 3-5-7-9 continuous		
300	1 x 300 on 5:00 Reverse IM drill	REC	
1,600	$8x{8 \times 25 \text{ on :} 25 \text{ Butterfly w/fins}}$	EN2	
	{1 on 1:00 Rest		
500	10 x 50 on 1:00 Stroke Drills	REC	
	6:20 PM 5.550 Yards - Stress Value = 82		

Workout #5028 - Friday, 16 November 2007 HighSchl - Breast 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WO
=====		===	==
	1 on 35:00 Weights and Stretch		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	6×125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
1,350	1x{1 x 150 on 2:35 Breaststroke	EN1	
	{3 x 50 on :50 25 breast 25 free	EN2	
	{2 x 125 on 2:05 Breaststroke	EN2	
	{3 x 50 on :50 25 breast 25 free	EN2	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{3 x 50 on :50 25 breast 25 free	EN2	
	$\{1 \times 200 \text{ on } 3:00 \text{ Stroke Drills}$	REC	
	1 on 10:00 Ice/stretch		
	7:06 AM 2,650 Yards - Stress Value = 36		

Workout #5032 - Friday, 16 November 2007 HighSchl - Platinum 1 minute rest between sets

3:00 PM Start
Yards Set Description

	1 on 20:00 Stretching/Team meeting
500	1 x 500 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
500 2	2x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{1 x 50 on :55 Kick
	{1 x 50 on :50 Kick
750	15 x 50 on 1:00 Pulls with paddles
	Great effort on all 15
300 1	<pre>Lx{1 x 50 on 1:30 Sculling drills</pre>
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 50 on 1:30 Sculling drills
2,200	11 x 200 on 3:00 Challeng Set!!!!!!!!!!!!!!!
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Stretch and Ice
5	5:05 PM 4,650 Yards - Stress Value = 68
	Workout #5029 - Friday, 16 November 2007

Workout #5029 - Friday, 16 November 2007 HighSchl - Gold

5:30 AM Start

1 minute rest between sets

Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 35:00 Weights and Stretch		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10×15 on :45 Shooters	SP3	
750	6×125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
1,250	$1x{1 x 150 on 2:45 Breaststroke}$	EN1	
	{3 x 50 on :50 25 breast 25 free	EN2	
	{2 x 125 on 2:10 Breaststroke	EN2	
	{3 x 50 on :50 25 breast 25 free	EN2	
	{2 x 100 on 1:40 Breaststroke	EN2	
	{3 x 50 on :50 25 breast 25 free	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice/stretch		
	7:04 AM 2,550 Yards - Stress Value = 34		

Workout #5033 - Friday, 16 November 2007 HighSchl - Gold 1 minute rest between sets

3:00 PM Start Yards Set Description _____ 1 on 20:00 Stretching/Team meeting 450 1 x 450 on 8:00 Reverse IM drill 150 10 x 15 on :45 Shooters $500 \ 2x\{4 \ x \ 25 \ on \ :45 \ Kick no board BSLR$ {1 x 50 on 1:00 Kick $\{1 \times 50 \text{ on } :55 \text{ Kick} \}$ {1 x 50 on :50 Kick 15 x 50 on 1:00 Pulls with paddles 750 Great effort on all 15 300 $1x\{1 \times 50 \text{ on } 1:30 \text{ Sculling drills}$ $\{8 \text{ x } 25 \text{ on } : 40 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$ $\{1 \times 50 \text{ on } 1:30 \text{ Sculling drills} \}$ 2,200 11 x 200 on 3:00 Challeng Set!!!!!!!!!!!!! 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Stretch and Ice 5:05 PM 4,600 Yards - Stress Value = 68

Workout #5030 - Friday, 16 November 2007 HighSchl - Silver 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 35:00 Weights and Stretch		
350	1 x 350 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	6 x 100 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
1,250	1x{1 x 150 on 3:00 Breaststroke	EN1	
	{3 x 50 on :55 25 breast 25 free	EN2	
	{2 x 125 on 2:25 Breaststroke	EN2	
	{3 x 50 on :55 25 breast 25 free	EN2	
	{2 x 100 on 1:50 Breaststroke	EN2	
	{3 x 50 on :55 25 breast 25 free	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice/stretch		
	7:06 AM 2,350 Yards - Stress Value = 32		

Workout #5034 - Friday, 16 November 2007 HighSchl - Silver

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 20:00 Stretching/Team meeting
	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
450	2x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 Kick
	{1 x 50 on 1:05 Kick
	{1 x 25 on :30 Sprint Kick
750	15 x 50 on 1:00 Pulls with paddles
	Great effort on all 15
300	1x{1 x 50 on 1:30 Sculling drills
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 50 on 1:30 Sculling drills
1,925	11 x 175 on 3:00 Challeng Set!!!!!!!!!!!!!
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Stretch and Ice
	5:05 PM 4,225 Yards - Stress Value = 61

Workout #5031 - Friday, 16 November 2007 HighSchl - Bronze 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 35:00 Weights and Stretch		
300	1 x 300 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	5×100 on $2:00$ Pulls-nbbf&w + 2 yds	EN1	
1,150	$1x{1 x 150 on 3:30 Breaststroke}$	EN1	
	{3 x 50 on 1:00 25 breast 25 free	EN2	
	{2 x 125 on 2:20 Breaststroke	EN2	
	{3 x 50 on 1:00 25 breast 25 free	EN2	
	{1 x 100 on 2:20 Breaststroke	EN2	
	{3 x 50 on 1:00 25 breast 25 free	EN2	
	$\{1 \times 200 \text{ on } 3:00 \text{ Stroke Drills}$	REC	
	1 on 10:00 Ice/stretch		
	7:05 AM 2,100 Yards - Stress Value = 29		

Workout #5035 - Friday, 16 November 2007 HighSchl - Bronze 1 minute rest between sets

$450 2x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$			
{1 x 50 on 1:20 Kick			
{1 x 50 on 1:10 Kick			
{1 x 25 on :30 Sprint Kick			
750 15 x 50 on 1:00 Pulls with paddles			
Great effort on all 15			
250 $1x\{1 \times 25 \text{ on } 1:30 \text{ Sculling drills}$			
{8 x 25 on :40 12.5 ez 12.5 fast grt finishes			
$\{1 \times 25 \text{ on } 1:30 \text{ Sculling drills}$			
1,650			
250 1 x 250 on 4:00 Stroke Drills			
1 on 10:00 Stretch and Ice			
5:05 PM 3,800 Yards - Stress Value = 56			
Workout #5039 - Saturday, 17 November 2007			
HighSchl - IM'ers			

1 minute rest between sets

1 on 20:00 Stretching/Team meeting

1 x 300 on 8:00 Reverse IM drill

 10×15 on :45 Shooters

300

150

Yards	Set	AM Start t Description
	1 0	on 30:00 Dryland and stretch
500 150		<pre> 500 on 8:00 Choice 15 on 145 Chootens </pre>
		x 15 on :45 Shooters < 100 on 1:50 Kick
900		k 100 on 1:30 kick k 100 on 1:40 Kick
	-	
900	•	300 on 4:00 Pulls
300	•	x 200 on 2:50 Lungbuster pulls
		100 on 1:30 Lungbuster pulls
	{ 2(00's br 2-3-4-5
		00's br 3-5-7-9
300	1x{1 x	x 50 on 1:30 Sculling drills
	{8 2	x 25 on :40 12.5 ez 12.5 fast grt finishes
		x 50 on 1:30 Sculling drills
2,800		k 25 on :30 Freestyle
		k 100 on 1:30 Individual Medley
	-	x 25 on :30 odds free evens fly
		<pre>< 200 on 3:00 Individual Medley</pre>
	-	x 25 on :30 odds free evens back
		x 300 on 4:30 Individual Medley
	•	x 25 on :30 odds free evens brst
	-	400 on 5:40 Individual Medley
		<pre>x 25 on :25 odds free evens fly x 300 on 4:15 Individual Medley</pre>
		x 25 on :25 odds free evens back
		x 200 on 2:50 Individual Medley
	•	x 25 on :25 odds free evens brst
	•	k 100 on 1:25 Individual Medley
	-	<pre>x 25 on :25 Freestyle</pre>
200		x 200 on 3:00 Stroke Drills
	1 0	on 12:00 Stretch and Ice

Workout #5038 - Saturday, 17 November 2007 HighSchl - All 1 minute rest between sets

9:30 AM 5,750 Yards - Stress Value = 86

Varde	7:00 AM Start Set Description	EGY	WORK	STK	ÞΖ
Idius	Sec Description	БОТ	WOIN	DIK	LF
=====		===	====	===	===
	1 on 45:00 Dryland and stretch		L	DRY	
	7:45 AM 0 Yards				

Workout #5041 - Saturday, 17 November 2007 HighSchl - Gold

1 minute rest between sets

	7:00 AM Start	
Yards	Set Description	
=====		
	1 on 30:00 Dryland and stretch	
450	1 x 450 on 8:00 Choice	
150		Yaı
900	3x{1 x 100 on 2:00 Kick	====
300	{1 x 100 on 1:50 Kick	
	{2 x 50 on :50 Kick	
700	1x{1 x 300 on 4:30 Pulls	
700	{1 x 200 on 3:00 Lungbuster pulls	
	{2 x 100 on 1:30 Lungbuster pulls	
	{ 200's br 2-3-4-5	
	{ 100's br 3-5-7-9	
300	1x{1 x 50 on 1:30 Sculling drills	;
300	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	{1 x 50 on 1:30 Sculling drills	
2 650	1×30 on 1.30 Sculling utilis $1 \times \{6 \times 25 \text{ on : } 30 \text{ Freestyle} \}$	
2,000	{1 x 100 on 1:40 Individual Medley	2
	{6 x 25 on :30 odds free evens fly	
	{1 x 200 on 3:20 Individual Medley	
	{6 x 25 on :30 odds free evens back	1,
	{1 x 300 on 5:00 Individual Medley	
	{6 x 25 on :30 odds free evens brst	
	{1 x 400 on 6:20 Individual Medley	
	{6 x 25 on :25 odds free evens fly	
	{1 x 300 on 4:45 Individual Medley	
	{6 x 25 on :25 odds free evens back	
	{1 x 200 on 3:10 Individual Medley	
	{6 x 25 on :25 odds free evens brst	
	{1 x 100 on 1:35 Individual Medley	
200	· · · · · · · · · · · · · · · · · · ·	
∠00		
	1 on 12:00 Stretch and Ice	
	9:30 AM 5,350 Yards - Stress Value = 82	2

Workout #5037 - Saturday, 17 November 2007 HighSchl - Silver

1 minute rest between sets

```
7:00 AM Start
Yards
         Set Description
           _____
           1 on 30:00 Dryland and stretch
  400
           1 x 400 on 8:00 Choice
           10 x 15 on :45 Shooters
  750 3x{1 x 100 on 2:15 Kick}
          {1 x 100 on 2:05 Kick
          {1 x 50 on 1:00 Kick
  700 1x{1 x 300 on 5:00 Pulls
          \{1 \times 200 \text{ on } 3:20 \text{ Lungbuster pulls}
          \{2 \times 100 \text{ on } 1:40 \text{ Lungbuster pulls}
          { 200's br 2-3-4-5
          { 100's br 3-5-7-9
  300 1x\{1 \times 50 \text{ on } 1:30 \text{ Sculling drills}
          \{8 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}
          \{1 \times 50 \text{ on } 1:30 \text{ Sculling drills}
2,400 \ 1x{6} \ x \ 25 \ on :30 \ Freestyle
          {1 x 100 on 1:50 Individual Medley
          \{6 \times 25 \text{ on } : 30 \text{ odds free evens fly}
          {1 x 200 on 3:40 Individual Medley
          \{6 \times 25 \text{ on } : 30 \text{ odds free evens back}\}
          {1 x 300 on 5:30 Individual Medley
          {6 x 25 on :30 odds free evens brst
          {1 x 400 on 7:20 Individual Medley
          \{4 \times 25 \text{ on } : 30 \text{ odds free evens fly}
          {1 x 300 on 5:15 Individual Medley
          \{4 \times 25 \text{ on } : 30 \text{ odds free evens back}
          {1 x 200 on 3:30 Individual Medley
          \{4 \text{ x } 25 \text{ on } : 30 \text{ odds free evens brst}
```

200 1 x 200 on 3:00 Stroke Drills 1 on 12:00 Stretch and Ice 9:30 AM 4,900 Yards - Stress Value = 74

Workout #5040 - Saturday, 17 November 2007 HighSchl - Bronze 1 minute rest between sets

Yards	7:00 AM Start Set Description
350 150	
	{1 x 100 on 2:30 kick {1 x 50 on 1:05 Kick 1x{2 x 200 on 4:00 Lungbuster pulls
	{1 x 100 on 1:50 Lungbuster pulls { 200's br 2-3-4-5 { 100's br 3-5-7-9
	1x{1 x 25 on 1:30 Sculling drills $\{8 \text{ x 25 on :40 12.5 ez 12.5 fast grt finishes} \\ \{1 \text{ x 25 on 1:30 Sculling drills} \}$
1,900	1x{4 x 25 on :30 Freestyle {1 x 100 on 2:15 Individual Medley {4 x 25 on :35 odds free evens fly {1 x 200 on 4:30 Individual Medley
	{4 x 25 on :35 odds free evens back {1 x 300 on 6:45 Individual Medley {4 x 25 on :35 odds free evens brst {1 x 300 on 6:45 Individual Medley
	{4 x 25 on :35 odds free evens fly {1 x 200 on 4:30 Individual Medley {4 x 25 on :35 odds free evens back
200	{1 x 100 on 2:15 Individual Medley {4 x 25 on :35 odds free evens brst 1 x 200 on 5:00 Stroke Drills 1 on 12:00 Stretch and Ice 9:29 AM 4,100 Yards - Stress Value = 62

Workout #5050 - Monday, 19 November 2007 Group 3 - Back 1 minute rest between sets

Workout #5042 - Monday, 19 November 2007 HighSchl - Distance 1 minute rest between sets

4:00 PM Start	Timmate Test between sets
Yards Set Description	5:30 AM Start
	Yards Set Description
1 on 30:00 Dryland and stretch 600	1 on 35:00 Weights and Stretch 800 1 x 800 on 12:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 500 10 x 50 on :45 Pull no br L.12 yds 1,000 1x{1 x 250 on 3:45 Freestyle {1 x 250 on 3:45 Freestyle L.50 weak stroke {1 x 250 on 3:45 Freestyle L.50 #1 stroke
{2 x 100 on 1:40 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 1:30 Kick 1,000 1x{1 x 125 on 1:45 Pull no br L.7 yds {1 x 125 on 1:45 Pull no br L.8 yds {1 x 125 on 1:45 Pull no br L.9 yds {1 x 125 on 1:45 Pull no br L.10 yds {1 x 125 on 1:45 Pull no br L.11 yds {1 x 125 on 1:45 Pull no br L.12 yds {1 x 125 on 1:45 Pull no br L.12 yds {1 x 125 on 1:45 Pull no br L.13 yds	{1 x 250 on 3:45 Free 50 build 200 good effor 150
{1 x 125 on 1:45 Pull no br L.14 yds	4:24 PM Start
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe	Yards Set Description
1,800 1x{8 x 75 on 1:05 Backstroke	200 4x{1 x 25 on :45 Sculling drills
HighSchl - Back	$\{3 \times 75 \text{ on } 1:15 \text{ 4 strokes fly off each wall}$
o de la companya de	{3 x 75 on 1:10 4 strokes fly off each wall
1 minute rest between sets	$\{2 \times 50 \text{ on } :55 \text{ 5 strokes fly off each wall}$
4:24 PM Start Yards Set Description ===== 200 4x{1 x 25 on :45 Sculling drills	{2 x 50 on :50 5 strokes fly off each wall {1 x 25 on :30 Butterfly 400 8 x 50 on 1:30 25 scull/25 drill 1 on 10:00 Stretch/Ice
{1 x 25 on :45 Sculling dills} {1 x 25 on :45 12.5 ez 12.5 fast grt finishes} 2,250 1x{6 x 75 on 1:15 Backstroke descend in 3s {6 x 50 on :50 Backstroke {6 x 75 on 1:10 Backstroke descend in 3's {6 x 50 on :55 Backstroke-descend in 3s	5:31 PM 2,700 Yards - Stress Value = 41 Workout #5046 - Monday, 19 November 2007 HighSchl - Platinum 1 minute rest between sets
{6 x 75 on 1:05 Backstroke descend in 3's	
{6 x 50 on 1:00 Backstroke descend in 3s 400 8 x 50 on 1:30 25 scull/25 drill 1 on 10:00 Stretch/Ice	3:00 PM Start Yards Set Description EGY WORF
5:32 PM 2,850 Yards - Stress Value = 43	1 on 35:00 Physio Balls/Stretch I
	500 1 x 500 on 8:00 Swim-kick-pull-swim REC S
Workout #5051 - Monday, 19 November 2007	150
HighSchl - Breast	900 1x{4 x 25 on :30 Kick no board BSLR EN2 F
1 minute rest between sets	$\{2 \times 100 \text{ on } 2:00 \text{ Kick} $ EN1 F $\{4 \times 25 \text{ on } :35 \text{ Kick no board BSLR} $ EN2 F
	{2 x 100 on 1:55 Kick EN1 F
4:24 PM Start	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR} \text{EN2} \}$
Yards Set Description	{2 x 100 on 1:50 Kick EN2 F
=====	750 1x{1 x 125 on 1:50 Pull no br L.6 yds EN1 F
200 4x{1 x 25 on :45 Sculling drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes 1,900 1x{4 x 100 on 2:00 Breaststroke 2x pullouts {3 x 100 on 1:55 Breaststroke 2x pullouts {2 x 100 on 1:50 Breaststroke 2x pullouts {1 x 100 on 1:45 Breaststroke 2x pullouts {1 x 75 on 1:35 Breaststroke {2 x 75 on 1:30 Breaststroke {3 x 75 on 1:25 Breaststroke	{1 x 125 on 1:50 Pull no br L.7 yds EN1 F {1 x 125 on 1:50 Pull no br L.8 yds EN1 F {1 x 125 on 1:50 Pull no br L.9 yds EN1 F {1 x 125 on 1:50 Pull no br L.10 yds EN1 F {1 x 125 on 1:50 Pull no br L.11 yds EN1 F {1 x 125 on 1:50 Pull no br L.11 yds EN1 F 4:24 PM 2,300 Yards - Stress Value = 26
{4 x 75 on 1:20 Breaststroke {4 x 75 on 1:20 Breaststroke {1 x 150 on 4:00 Breaststroke Pull 400 8 x 50 on 1:30 25 scull/25 drill 1 on 10:00 Stretch/Ice 5:32 PM 2,500 Yards - Stress Value = 39	

Workout #5043 - Monday, 19 November 2007 HighSchl - Gold 1 minute rest between sets

Yards	5:30 AM Start Set Description
	1 on 35:00 Weights and Stretch
750	1 x 750 on 12:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
450	9 x 50 on :50 Pull no br L.12 yds
950	1x{1 x 250 on 4:00 Freestyle
	{1 x 250 on 4:00 Freestyle L.50 weak stroke
	{1 x 250 on 4:00 Freestyle L.50 #1 stroke
	{1 x 200 on 3:00 Free good effort
150	1 x 150 on 3:00 50 scull/50 drill/ 50 scull
	1 on 10:00 Stretch/ice
	7:05 AM 2,450 Yards - Stress Value = 20

Workout #5047 - Monday, 19 November 2007 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Physio Balls/Stretch		I
450	1 x 450 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	5
850	1x{4 x 25 on :30 Kick no board BSLR	EN2	ľ
	{2 x 100 on 2:10 Kick	EN1	F
	{4 x 25 on :35 Kick no board BSLR	EN2	ľ
	{2 x 100 on 2:05 Kick	EN1	F
	{4 x 25 on :40 Kick no board BSLR	EN2	ŀ
	{1 x 150 on 3:00 Kick	EN2	F
700	1x{1 x 125 on 2:00 Pull no br L.6 yds	EN1	E
	$\{1 \times 125 \text{ on } 2:00 \text{ Pull no br L.7 yds}$	EN1	E
	$\{1 \times 125 \text{ on } 2:00 \text{ Pull no br L.8 yds}$	EN1	E
	$\{1 \times 125 \text{ on } 2:00 \text{ Pull no br L.9 yds}$	EN1	E
	{1 x 100 on 1:30 Pull no br L.10 yds	EN1	E
	{1 x 100 on 1:30 Pull no br L.11 yds	EN1	E
	4:24 PM 2,150 Yards - Stress Value = $2!$	5	

Workout #5044 - Monday, 19 November 2007 HighSchl - Silver 1 minute rest between sets

	5:30 AM Start	
Yards	Set Description	
=====	=======================================	
	1 on 35:00 Weights and Stretch	
650	1 x 650 on 12:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
400	8 x 50 on :55 Pull no br L.12 yds	
850	1x{1 x 250 on 4:20 Freestyle	
	{1 x 250 on 4:20 Freestyle L.50 weak stroke	
	$\{1 \times 250 \text{ on } 4:20 \text{ Freestyle L.50 } \#1 \text{ stroke} \}$	
	{1 x 100 on 2:00 Free good effort	
150	1 x 150 on 3:00 50 scull/50 drill/ 50 scull	
	1 on 10:00 Stretch/ice	
	7:05 AM 2,200 Yards - Stress Value = 18	

Workout #5049 - Monday, 19 November 2007 HighSchl - Silver 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Physio Balls/Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	٤

700	1x{4	Х	25 on	:45 Ki	.ck no	bo	oard	d BSI	ιR	EN2	F
	{ 2	Х	100 on	2:20	Kick					EN1	F
	{ 4	Х	25 on	:45 Ki	.ck no	bo	oard	d BSI	LR	EN2	F
	{ 1	Х	100 on	2:15	Kick					EN1	F
	{ 4	Х	25 on	:45 Ki	.ck no	bo	oard	d BSI	LR	EN2	F
	{ 1	Х	100 on	2:10	Kick					EN1	F
600	1x{1	Х	100 on	1:50	Pull	no	br	L.6	yds	EN1	Ε
	{ 1	Х	100 on	1:50	Pull	no	br	L.7	yds	EN1	E
	{ 1	Х	100 on	1:50	Pull	no	br	L.8	yds	EN1	Ε
	{ 1	Х	100 on	1:50	Pull	no	br	L.9	yds	EN1	E
	{ 1	Х	100 on	1:50	Pull	no	br	L.10	yds)	EN1	Ε
	{ 1	Х	100 on	1:50	Pull	no	br	L.11	. yds	EN1	E
	4:24	Ρľ	4 1,850	Yards	s - St	res	ss V	/alue	= 22	2	

Workout #5045 - Monday, 19 November 2007 HighSchl - Bronze 1 minute rest between sets

Yards	5:30 AM Start Set Description
=====	
	1 on 35:00 Weights and Stretch
600	1 x 600 on 12:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
350	7×50 on 1:00 Pull no br L.12 yds
750	1x{1 x 250 on 5:00 Freestyle
	{1 x 250 on 5:00 Freestyle L.50 weak stroke
	$\{1 \times 250 \text{ on } 5:00 \text{ Freestyle L.50 } \#1 \text{ stroke} \}$
150	1 x 150 on 4:00 50 scull/50 drill/ 50 scull
	1 on 10:00 Stretch/ice
	7:05 AM 2,000 Yards - Stress Value = 16

Workout #5048 - Monday, 19 November 2007 HighSchl - Bronze 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WORF
	==		===	
	1	on 35:00 Physio Balls/Stretch		I
350	1	x 350 on 8:00 Swim-kick-pull-swim	REC	٤
150	1(0 x 15 on :45 Shooters	SP3	٤
700	1x{4	x 25 on :45 Kick no board BSLR	EN2	F
	{ 2	x 100 on 2:20 Kick	EN1	F
	{ 4	x 25 on :45 Kick no board BSLR	EN2	F
	{ 1	x 100 on 2:15 Kick	EN1	F
	{ 4	x 25 on :45 Kick no board BSLR	EN2	F
	{ 1	x 100 on 2:10 Kick	EN1	F
600	1x{1	x 100 on 1:50 Pull no br L.6 yds	EN1	E
	{ 1	x 100 on 1:50 Pull no br L.7 yds	EN1	E
	{ 1	x 100 on 1:50 Pull no br L.8 yds	EN1	E
	{ 1	x 100 on 1:50 Pull no br L.9 yds	EN1	E
	{ 1	x 100 on 1:50 Pull no br L.10 yds	EN1	E
	{ 1	x 100 on 1:50 Pull no br L.11 yds	EN1	E
	4:24	PM 1,800 Yards - Stress Value = 22	2	

Workout #5058 - Tuesday, 20 November 2007 Group 3 - Fly

1 minute rest between sets

{1 x 250 on 3:55 Pulls {1 x 200 on 3:10 Pulls

Workout #5058 - Tuesday, 20 November 2007	$\{1 \times 100 \text{ on } 1:35 \text{ Pulls}$ 200 $4\times\{1 \times 25 \text{ on } :45 \text{ Sculling drills}$
Group 3 - Fly	$\{1 \times 25 \text{ on } : 45 \text{ Sculling drills} \}$
1 minute rest between sets	4:29 PM 2,550 Yards - Stress Value = 26
4:00 PM Start	Workout #5056 Tuesday 20 November 2007
Yards Set Description	Workout #5056 - Tuesday, 20 November 2007
1 on 20:00 Stomach and Stretch	Group 3 - Silver 1 minute rest between sets
600 1 x 600 on 9:00 Underwater trn drill	1 initiate Test between sets
150	3:00 PM Start
900 1x{1 x 150 on 3:00 Kick	Yards Set Description
{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick	
{1 x 150 on 1:00 kick {1 x 150 on 2:45 Kick	1 on 30:00 Physio Balls Abs/Stretch
{1 x 100 on 1:50 Kick	400
$\{1 \times 50 \text{ on } :55 \text{ Kick}$	750 3x{1 x 125 on 2:55 Kick
{1 x 150 on 2:30 Kick	{1 x 100 on 2:20 Kick
{1 x 100 on 1:40 Kick {1 x 50 on :50 Kick	{1 x 25 on :35 Kick-100%
200 4 x 50 on 1:00 Kick w/board-100%	850 1x{1 x 300 on 5:10 Pulls {1 x 250 on 4:15 Pulls
1,200 1x{1 x 200 on 3:00 Pulls	{1 x 200 on 4:13 Pulls
$\{4 \times 50 \text{ on } : 40 \text{ Pulls}$	{1 x 100 on 1:40 Pulls
{1 x 200 on 2:50 Pulls	200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$
{4 x 50 on :40 Pulls {1 x 200 on 2:40 Pulls	$\{1 \times 25 \text{ on } : 45 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
{4 x 50 on :40 Pulls	4:29 PM 2,350 Yards - Stress Value = 25
300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe	NV 1 (15055 TO 1 20 N 1 2005
$2,500$ $5x{3}$ x 100 on $1:30$ 3 strokes fly off walls	Workout #5057 - Tuesday, 20 November 2007
{ descend each set of 3	Group 3 - Bronze
{4 x 25 on :30 Fly 1up 2down { 4th 25 no breath last half of pool-be disci	1 minute rest between sets
{1 x 100 on 2:00 Freestyle	3:00 PM Start
200 1 x 200 on 4:00 Stroke Drills	Yards Set Description
6:17 PM 6,050 Yards - Stress Value = 87	
	1 on 30:00 Physio Balls Abs/Stretch
Workout #5054 - Tuesday, 20 November 2007	350 1 x 350 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters
Group 3 - Platinum	600 3x{1 x 100 on 2:30 Kick
1 minute rest between sets	{1 x 75 on 1:55 Kick
3:00 PM Start	{1 x 25 on :45 Kick-100%
Yards Set Description	850 1x{1 x 300 on 6:00 Pulls {1 x 250 on 5:00 Pulls
====== ================================	{1 x 200 on 4:00 Pulls
1 on 30:00 Physio Balls Abs/Stretch	{1 x 100 on 2:00 Pulls
500	200 4x{1 x 25 on :45 Sculling drills
900 3x{1 x 150 on 3:00 Kick	{1 x 25 on :45 12.5 ez 12.5 fast grt finishes 4:29 PM 2,150 Yards - Stress Value = 23
{1 x 100 on 2:00 Kick	4.29 FM 2,130 Tatus - Stress value - 23
{1 x 50 on 1:00 Kick-100%	Workout #5060 - Tuesday, 20 November 2007
1,000 1x{1 x 300 on 4:30 Pulls	HighSchl - Back
{1 x 250 on 3:45 Pulls {1 x 200 on 3:00 Pulls	1 minute rest between sets
{1 x 150 on 2:15 Pulls	1 million 1000 per need sets
{1 x 100 on 1:30 Pulls	4:29 PM Start
200 4x{1 x 25 on :45 Sculling drills	Yards Set Description EGY WOF
$\{1 \times 25 \text{ on } : 45 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} $ 4:29 PM 2,750 Yards - Stress Value = 28	1,800 1x{4 x 50 on 1:00 Back w/zoomers 10 kow EN2
1.25 III 2,700 IuIuo Seless value 20	{1 x 250 on 4:00 Backstroke EN1
Workout #5055 - Tuesday, 20 November 2007	{1 x 200 on 3:20 Backstroke EN1
Group 3 - Gold	{1 x 150 on 2:30 Backstroke EN1
1 minute rest between sets	{4 x 50 on :55 Back w/zoomers 9 kow EN2 {1 x 200 on 3:20 Backstroke EN1
	{1 x 200 on 3:20 Backstroke EN1 {1 x 150 on 2:30 Backstroke EN1
3:00 PM Start	{1 x 100 on 1:40 Backstroke EN1
Yards Set Description	$\{4 \times 50 \text{ on } : 50 \text{ Back w/zoomers } 8 \text{ kow} \text{ EN2}$
1 on 30:00 Physio Balls Abs/Stretch	{1 x 100 on 1:40 Backstroke EN1
450 1 x 450 on 8:00 Underwater trn drill	{1 x 50 on :50 Backstroke EN1 250 1 x 250 on 5:00 Stroke Drills REC
150	1 on 10:00 Stretch/Ice
900 3x{1 x 150 on 3:10 Kick	5:16 PM 2,050 Yards - Stress Value = 24
{1 x 100 on 2:05 Kick	
{1 x 50 on 1:00 Kick-100% 850 1x{1 x 300 on 4:45 Pulls	
{1 x 250 on 3:55 Pulls	

250

Workout #5061 - Tuesday, 20 November 2007 HighSchl - Breast 1 minute rest between sets

1 minute rest between sets		7
4:29 PM Start Yards Set Description		
1,450 1x{5 x 50 on 1:00 Breast w/ pd fins {1 x 200 on 4:00 Breast alt 25 reg 25 fly kic {5 x 50 on 1:00 Breast w/pd fins {1 x 150 on 3:00 Breast alt 25 reg 25 fly kic	Yards	3
$\{5 \times 50 \text{ on } 1:00 \text{ Breast w/pd fins} \}$ $\{1 \times 100 \text{ on } 2:00 \text{ Breast alt } 25 \text{ reg } 25 \text{ fly kic} \}$ $\{5 \times 50 \text{ on } 1:00 \text{ Breast w/pd fins} \}$ $\{5 \times 250 \text{ on } 5:00 \text{ Stroke Drills} \}$	500 150 1,200	
1 on 10:00 Stretch/Ice 5:14 PM 1,700 Yards - Stress Value = 13	1,000	1
Workout #5059 - Tuesday, 20 November 2007 HighSchl - Distance		
1 minute rest between sets	200	4
4:29 PM Start Yards Set Description		4
1,950 1x{1 x 600 on 9:00 Freestyle-descend by 150's {2 x 300 on 4:30 #1 drill, #2 no kicking off { turns until feet break plane of flags		

Workout #5070 - Wednesday, 21 November 2007 HighSchl - Distance 1 minute rest between sets

5:15 PM 2,200 Yards - Stress Value = 26

 1×250 on 5:00 Stroke Drills

1 on 10:00 Stretch/Ice

{4 x 150 on 2:15 Freestyle-breathe every 5 {3 x 50 on :45 Free-100% effort w/6bk

	4:39	Pl	4 St	cart	5				
Yards	Se	et	Desc	crip	otion		EGY	WORK	STF
=====	==	-==					===	====	===
2,125	1x{1	Х	225	on	3:00	Freestyle	EN2	S	FF
	{ 2	Х	100	on	1:30	Freestyle	EN2	S	FF
	{ 1	Х	225	on	2:55	Freestyle	EN2	S	FF
	{ 2	Х	100	on	1:30	Freestyle	EN2	S	FF
	{ 1	Х	225	on	2:50	Freestyle	EN2	S	FF
	{ 2	Х	100	on	1:30	Freestyle	EN2	S	FF
	{ 1	Х	225	on	2:45	Freestyle	EN2	S	FF
	{ 2	Х	100	on	1:30	Freestyle	EN2	S	FF
	{ 1	Х	225	on	2:40	Freestyle	EN2	S	FF
	{ 2	Х	100	on	1:30	Freestyle	EN2	S	FF
400	8	Х	50 0	on 1	L:15 2	25scull 25 drill	REC	D	CI
	1	01	n 15:	:00	Stret	ch and Ice		M	
	5:35	Pl	1 2,5	525	Yards	s - Stress Value	= 40)	

Workout #5063 - Wednesday, 21 November 2007 HighSchl - Freestylers 1 minute rest between sets

Yards	5:30 AM Start Set Description
=====	=======================================
500	1 on 35:00 Weights and Stretch 1 x 500 on 8:00 Freestyle 100 ez 50 build
	100 ez 50 fast, 100ez 100 IM
150	10 x 15 on :45 Shooters
1,500	1x{3 x 100 on 1:12 Freestyle w/fins
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle w/fins 5 brths tota}\}$
	${3 \times 100 \text{ on } 1:11 \text{ Freestyle w/fins}}$
	$\{4 \text{ x } 50 \text{ on } 1\text{:}00 \text{ Freestyle w/fins 5 brths tota} \}$
	${3 \times 100 \text{ on } 1:10 \text{ Freestyle w/fins}}$
	$\{4\ x\ 50\ on\ 1:00\ Freestyle\ w/fins\ 5\ brths\ tota$

250 1 x 250 on 6:00 Alt 50 drill 50 scull 1 on 12:00 Stretch and Ice 7:05 AM 2,400 Yards - Stress Value = 41

Workout #5069 - Wednesday, 21 November 2007 HighSchl - Platinum 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	1 on 30:00 Dryland and stretch
500	1 x 500 on 8:00 Choice
150	10 x 15 on :45 Shooters
1,200	4x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:00 Kick
1,000	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 125 on 1:40 Lungbuster pulls
	breathe 3-5-7continuous
200	$4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 45 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
	4:39 PM 3,050 Yards - Stress Value = 40
	Workout #5064 - Wednesday, 21 November 2007

Workout #5064 - Wednesday, 21 November 2007 HighSchl - Gold

1 minute rest between sets

Yards	5:30 AM Start Set Description
450	1 on 35:00 Weights and Stretch 1 x 450 on 8:00 Freestyle 100 ez 50 build 100 ez 50 fast, 50ez 100 IM
	10 x 15 on :45 Shooters 1x{3 x 100 on 1:22 Freestyle w/fins
1,400	{4 x 50 on 1:22 Freestyle w/fins 5 brths tota {3 x 100 on 1:21 Freestyle w/fins
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle w/fins } 5 \text{ brths tota} $ $\{3 \times 100 \text{ on } 1:20 \text{ Freestyle w/fins} \}$
	$\{2 \times 50 \text{ on } 1:00 \text{ Freestyle w/fins 5 brths tota}\}$
250	1 x 250 on 6:00 Alt 50 drill 50 scull
	1 on 12:00 Stretch and Ice 7:05 AM 2,250 Yards - Stress Value = 38

Workout #5066 - Wednesday, 21 November 2007 HighSchl - Gold 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	
	1 on 30:00 Dryland and stretch
450	1 x 450 on 8:00 Choice
150	10 x 15 on :45 Shooters
1,200	$4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{1 x 200 on 4:00 Kick
950	$1x\{2 \ x \ 125 \ on \ 2:05 \ Lungbuster pulls$
	{2 x 125 on 2:00 Lungbuster pulls
	{2 x 125 on 1:55 Lungbuster pulls
	{2 x 100 on 1:30 Lungbuster pulls
	breathe 3-5-7continuous
200	$4x\{1 \times 25 \text{ on :} 45 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 45 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
	4:39 PM 2,950 Yards - Stress Value = 40

5:30 <i>I</i>	rkout #5065 - Wednesday, 21 November 2007 HighSchl - Silver 1 minute rest between sets AM Start Description		10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 200 on 4:00 Kick 1x{2 x 100 on 2:05 Lungbuster pulls {2 x 100 on 2:00 Lungbuster pulls {2 x 100 on 1:55 Lungbuster pulls {2 x 75 on 1:30 Lungbuster pulls
1 c 400 1 x 10 150 10 1,350 1x{3 x {4 x {3 x	on 35:00 Weights and Stretch 400 on 8:00 Freestyle 100 ez 50 build 00 ez 50 fast, 100 IM x 15 on :45 Shooters 100 on 1:34 Freestyle w/fins 50 on 1:00 Freestyle w/fins 5 brths tota 100 on 1:33 Freestyle w/fins	200	breathe 3-5-7continuous 4x{1 x 25 on :45 Sculling drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes 4:39 PM 2,650 Yards - Stress Value = 40 Workout #5071 - Wednesday, 21 November 2007
{3 x {2 x 250 1 x 1 c	x 50 on 1:00 Freestyle w/fins 5 brths total 100 on 1:32 Freestyle w/fins 5 brths total 50 on 1:00 Freestyle w/fins 5 brths total 250 on 6:00 Alt 50 drill 50 scull on 12:00 Stretch and Ice MM 2,150 Yards - Stress Value = 37	Yards ===== 1,600	I a a
Wo	rkout #5067 - Wednesday, 21 November 2007 HighSchl - Silver 1 minute rest between sets		{4 x 50 on :45 Free #2 100% EN2 S {6 x 25 on :30 Free-breathe every 7 EN2 S {4 x 50 on :45 Free #3 100% EN2 S {6 x 25 on :30 Free breathe every 7 EN2 S {4 x 50 on :45 Free #4 100% EN2 S
Yards Set ==== 1 c	PM Start Description The second of the secon	450	$\{6 \times 25 \text{ on : 30 Freestyle} \ \text{REC} \ \text{S} \\ \{4 \times 50 \text{ on : 45 Freestyle-all 100\%} \ \text{EN2} \ \text{S} \}$
150 10 1,200 4x{4 x {1 x	<pre>x 400 on 8:00 Choice x 15 on :45 Shooters x 25 on :45 Kick no board BSLR x 200 on 4:00 Kick x 100 on 1:55 Lungbuster pulls</pre>		5:33 PM 2,050 Yards - Stress Value = 29 Workout #5076 - Friday, 23 November 2007 HighSchl - Back
{2 } {2 } br	100 on 1:50 Lungbuster pulls 100 on 1:45 Lungbuster pulls 100 on 1:40 Lungbuster pulls 100 eathe 3-5-7continuous 125 on :45 Sculling drills	Yards	1
{1 × 4:39 E	x 25 on :45 12.5 ez 12.5 fast grt finishes PM 2,750 Yards - Stress Value = 40 rkout #5062 - Wednesday, 21 November 2007	1,950	3x{4 x 25 on :45 Bath Tub drill -12 strokes EN2 {1 x 100 on 1:30 Backstroke EN1 {1 x 100 on 1:25 Backstroke EN2 {1 x 100 on 1:20 on 1:
	HighSchl - Bronze 1 minute rest between sets		{1 x 50 on 1:00 Freestyle REC {3 x 50 on 1:00 Backstroke-descend EN2 { Turns: #1 7kow, #2 8kow, #3 12.5 yards- SFE {1 x 50 on 1:00 Freestyle REC
Yards Set ===== === 1 c	Description on 35:00 Weights and Stretch 350 on 8:00 Freestyle 100 ez 50 build	200	1 on 10:00 Stretch/ice 9:36 AM 2,150 Yards - Stress Value = 30
150 10 1,250 1x{3 x {3 x	00 ez, 100 IM x 15 on :45 Shooters x 100 on 1:44 Freestyle w/fins x 50 on 1:00 Freestyle w/fins 5 brths tota		Workout #5078 - Friday, 23 November 2007 HighSchl - Breast 1 minute rest between sets
{3	<pre>x 100 on 1:43 Freestyle w/fins x 50 on 1:00 Freestyle w/fins 5 brths tota x 100 on 1:42 Freestyle w/fins x 50 on 1:00 Freestyle w/fins 5 brths tota x 200 on 6:00 Alt 50 drill 50 scull</pre>	Yards ===== 1,700	2x{4 x 25 on :45 Breast TO drill
1 c 7:05 A	on 12:00 Stretch and Ice MM 1,950 Yards - Stress Value = 35 rkout #5068 - Wednesday, 21 November 2007		{1 x 100 on 1:45 Breaststroke {1 x 100 on 1:40 Breaststroke {1 x 100 on 1:35 Breaststroke {1 x 100 on 1:30 Breaststroke {1 x 50 on 1:00 Freestyle
	HighSchl - Bronze 1 minute rest between sets		{1 x 100 on 2:00 25-fly kick, 25 2k1p, 50-3sc {8 x 25 on :30 Breaststroke { #1-#4 Max distance on pullouts #5-#8 all ou {1 on :30 Put fins and paddles on
Yards Set ===== 1 c	PM Start Description On 30:00 Dryland and stretch 350 on 8:00 Choice	200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch/ice 9:33 AM 1,900 Yards - Stress Value = 26

7:00 AM Start

Workout #5077 - Friday, 23 November 2007 HighSchl - Distance 1 minute rest between sets

	8:45	AM	I St	tart	5					
Yards	Se	et	Desc	crip	otion		EGY	WORK	STK	
=====	==		====				===	====	===	=
2,800	2x{1	Х	200	on	2:30	Freestyle	EN2	S	FR	
	{ 2	Х	200	on	2:35	Freestyle	EN2	S	FR	
	{ 3	Х	200	on	2:40	Freestyle	EN2	S	FR	
	{ 1	Х	200	on	3:30	Stroke Drills	REC	D	FR	
	1	on	10:	:00	Stret	tch/ice		M		
	9:33	AM	1 2,8	300	Yards	s - Stress Valu	ıe =	48		

Workout #5072 - Friday, 23 November 2007 HighSchl - Platinum 1 minute rest between sets

Yards	Set Description
=====	
	1 on 35:00 Weights and stretch
600	1 x 600 on 10:00 Alt. 100 drill 50 scull
150	10 x 15 on :45 Shooters
1,200	$4x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR w/fins}$
	{ At least 12.5 yards under water
	$\{4 \times 50 \text{ on } : 50 \text{ Kick } w/\text{fins}$
1,200	$1x\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{3 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
	$\{2 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{3 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
	$\{2 \times 150 \text{ on } 2:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	6x{1 x 25 on :45 Sculling drills
	{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
	8:45 AM 3,450 Yards - Stress Value = 46

Workout #5073 - Friday, 23 November 2007 HighSchl - Gold 1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 35:00 Weights and stretch
550	1 x 550 on 10:00 Alt. 100 drill 50 scull
150	10 x 15 on :45 Shooters
1,200	$4x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR w/fins}$
	{ At least 12.5 yards under water
	$\{4 \times 50 \text{ on } : 50 \text{ Kick w/fins}$
1,100	$1x{3 \times 50 \text{ on } :45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
	${3 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
	$\{2 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	${3 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
	$\{1 \times 150 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	6x{1 x 25 on :45 Sculling drills
	{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
	8:45 AM 3,300 Yards - Stress Value = 46

Workout #5074 - Friday, 23 November 2007 HighSchl - Silver 1 minute rest between sets

1 minute 1 cst

Yards	7:00 AM Start Set Description
=====	=======================================
	1 on 35:00 Weights and stretch
450	1 x 450 on 10:00 Alt. 100 drill 50 scull
150	10 x 15 on :45 Shooters
1,000	$4x\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR w/fins}$
	{ At least 12.5 yards under water
	${3 \times 50 \text{ on :} 55 \text{ Kick w/fins}}$
1,000	$1x{3 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$

	{ 3	x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{ 1	x 100 on 1:40 Pulls-nbbf&w + 2 yds
	{ 3	x 125 on 2:05 Pulls-nbbf&w + 2 yds
	{ 1	x 150 on 2:30 Pulls-nbbf&w + 2 yds
300	6x{1	x 25 on :45 Sculling drills
	{ 1	x 25 on :45 12.5 ez 12.5 fast grt finishes
	8:45	AM 2,900 Yards - Stress Value = 41

Workout #5075 - Friday, 23 November 2007 HighSchl - Bronze 1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 35:00 Weights and stretch
400	1 x 400 on 10:00 Alt. 100 drill 50 scull
	10 x 15 on :45 Shooters
	4x{4 x 25 on :40 Kick no board BSLR w/fins
,	{ At least 12.5 yards under water
	{3 x 50 on :55 Kick w/fins
850	$1x\{2 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 75 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 100 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 125 \text{ on } 2:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 150 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
300	$6x{1 x 25 on :45 Sculling drills}$
	$\{1 \times 25 \text{ on } : 45 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	8:45 AM 2,700 Yards - Stress Value = 39
	Workout #5080 - Saturday, 24 November 2007

Workout #5080 - Saturday, 24 November 2007 HighSchl - Platinum 1 minute rest between sets

Varde	7:00 AM Start Set Description
=====	=======================================
	1 on 30:00 Abs and stretch
600	1x{1 x 100 on 2:00 Stroke Drills
000	{1 x 100 on 1:50 Stroke Drills
	{1 x 100 on 1:30 Stroke Drills
	{1 x 100 on 1:40 Stroke Drills {1 x 100 on 1:30 Stroke Drills
	•
1 = 0	{1 x 200 on 4:00 Reverse IM drill
	10 x 15 on :45 Shooters
1,200	1x{2 x 100 on 2:00 Kick
	{1 x 100 on 2:00 Kick-for time
	{2 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick for time
	{2 x 100 on 1:50 Kick
	$\{1 \times 100 \text{ on } 2:00 \text{ Kick for time}$
	{2 x 100 on 1:45 Kick
	$\{1 \times 100 \text{ on } 2:00 \text{ Kick for time}$
1,350	3x{1 x 250 on 3:30 Lungbuster pulls
	{2 x 100 on 1:15 Pulls
200	4x{1 x 25 on :45 Sculling drills
	$\{1 \times 25 \text{ on } : 45 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
1,200	16 x 75 on 1:30 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 14:00 Stretch and Ice
	9:30 AM 5,200 Yards - Stress Value = 123

Workout #5081 - Saturday, 24 November 2007 {1 x 150 on 4:00 Reverse IM drill w/out free 150 10 x 15 on :45 Shooters HighSchl - Gold 950 1x{2 x 100 on 2:30 Kick 1 minute rest between sets $\{1 \times 100 \text{ on } 2:30 \text{ Kick-for time}$ {2 x 100 on 2:25 Kick 7:00 AM Start {1 x 100 on 2:30 Kick for time Yards Set Description {2 x 100 on 2:20 Kick {1 x 100 on 2:30 Kick for time 1 on 30:00 Abs and stretch {1 x 50 on 1:00 Kick 600 1x{1 x 100 on 2:00 Stroke Drills 900 $3x\{1 \times 200 \text{ on } 4:00 \text{ Lungbuster pulls}$ {1 x 100 on 1:50 Stroke Drills {1 x 100 on 1:45 Pulls {1 x 100 on 1:40 Stroke Drills 200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$ {1 x 100 on 1:30 Stroke Drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes {1 x 200 on 4:00 Reverse IM drill 16 x 75 on 1:30 Freestyle 1,200 10 x 15 on :45 Shooters 150 10 x 50 on 1:00 Stroke Drills $1,100 \ 1x\{2 \ x \ 100 \ on \ 2:05 \ Kick$ 1 on 14:00 Stretch and Ice $\{1 \times 100 \text{ on } 2:10 \text{ Kick-for time}$ 9:30 AM 4,350 Yards - Stress Value = 113 {2 x 100 on 2:00 Kick {1 x 100 on 2:10 Kick for time Workout #5086 - Monday, 26 November 2007 {2 x 100 on 1:55 Kick **Group 3 - Distance** $\{1 \times 100 \text{ on } 2:10 \text{ Kick for time} \}$ {1 x 100 on 1:50 Kick 1 minute rest between sets {1 x 100 on 2:10 Kick for time $1,200 3x{1 x 200 on 3:10 Lungbuster pulls}$ 5:30 AM Start {2 x 100 on 1:20 Pulls 200 4x{1 x 25 on :45 Sculling drills Yards Set Description ====== {1 x 25 on :45 12.5 ez 12.5 fast grt finishes 1 on 35:00 Weights and Stretch 16 x 75 on 1:30 Freestyle 10 x 50 on 1:00 Stroke Drills 1 on 14:00 Stretch and Ice 1 x 500 on 8:00 Swim-kick-pull-swim REC 500 500 450 1x{3 x 50 on :50 Pull no br L.8 yds EN1 F 9:30 AM 4,950 Yards - Stress Value = 119 {3 x 50 on :45 Pull no br L.10 yds EN1 {3 x 50 on :40 Pull no br L.12 yds EN2 $\{2 \times 225 \text{ on } 3:05 \text{ Freestyle} \}$ HighSchl - Silver {3 x 200 on 2:40 Freestyle EN2 1 minute rest between sets REC I 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Stretch and Ice 7:00 AM Start 7:04 AM 2,650 Yards - Stress Value = 39 Set Description Yards _____ Workout #5090 - Monday, 26 November 2007 1 on 30:00 Abs and stretch $550 1x{1 x 100 on 2:00 Stroke Drills}$ Group 3 - Fly {1 x 100 on 1:50 Stroke Drills 1 minute rest between sets $\{1 \times 75 \text{ on } 1:40 \text{ Stroke Drills}\}$ {1 x 75 on 1:30 Stroke Drills 4:00 PM Start {1 x 200 on 4:00 Reverse IM drill Yards Set Description 10 x 15 on :45 Shooters 150 ====== 1,050 1x{2 x 100 on 2:15 Kick 1 on 30:00 Dryland and stretch {1 x 100 on 2:15 Kick-for time 800 1 x 800 on 13:00 Swim-kick-pull-swim REC {2 x 100 on 2:10 Kick 150 10 x 15 on :45 Shooters {1 x 100 on 2:15 Kick for time 300 6 x 50 on :45 Butterfly {2 x 100 on 2:05 Kick 900 3x{4 x 25 on :45 Kick no board BSLR EN2 {1 x 100 on 2:15 Kick for time {2 x 100 on 2:00 Kick-50 fly 50 free EN1 {3 x 50 on 1:00 Kick 250 5×50 on :50 Butterfly 1,050 $3x\{1 \times 200 \text{ on } 3:30 \text{ Lungbuster pulls}$ 3×250 on 3:30 Pulls-nbbf&w 750 {2 x 75 on 1:10 Pulls 200 4 x 50 on :55 Butterfly 200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$ 600 1x{1 x 100 on 1:30 Stroke Drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes {1 x 100 on 1:35 Stroke Drills 16 x 75 on 1:30 Freestyle {1 x 100 on 1:40 Stroke Drills 10 x 50 on 1:00 Stroke Drills {1 x 100 on 1:45 Stroke Drills 1 on 14:00 Stretch and Ice {1 x 100 on 1:50 Stroke Drills 9:30 AM 4,700 Yards - Stress Value = 116 {1 x 100 on 1:55 Stroke Drills 5:55 PM 3,950 Yards - Stress Value = 33

Workout #5079 - Saturday, 24 November 2007 HighSchl - Bronze 1 minute rest between sets

Yards	7:00 Se				ct iptior	า		
	==	===						
	1	01	n 30	0:0) Abs	and st	retch	
450	1x{1	Х	75	on	2:00	Stroke	Drills	
	{ 1	Х	75	on	1:50	Stroke	Drills	
	{ 1	Х	75	on	1:40	Stroke	Drills	
	{ 1	Х	75	on	1:30	Stroke	Drills	

Workout #5084 - Monday, 26 November 2007 Group 3 - Gold 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
450	1 x 450 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
450	1x{4 x 50 on :50 Pull no br L.8 yds	EN1	E
	$\{4 \times 50 \text{ on } : 45 \text{ Pull no br L.} 10 \text{ yds}$	EN1	E
	$\{1 \times 50 \text{ on } : 40 \text{ Pull no br L.12 yds}$	EN2	E
1,300	$1x{1 x 250 on 3:40 Freestyle}$	EN2	٤ :
	{2 x 225 on 3:15 Freestyle	EN2	٤
	{3 x 200 on 2:50 Freestyle	EN2	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	1 on 10:00 Stretch and Ice		N
	7:05 AM 2,600 Yards - Stress Value = 37	7	

Workout #5083 - Monday, 26 November 2007 Group 3 - Silver 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
350	1x{2 x 50 on 1:00 Pull no br L.8 yds	EN1	E
	$\{3 \times 50 \text{ on } :55 \text{ Pull no br L.10 yds}$	EN1	E
	$\{2 \times 50 \text{ on } :50 \text{ Pull no br L.} 12 \text{ yds}$	EN2	E
1,100	$1x\{1 \times 250 \text{ on } 4:05 \text{ Freestyle}$	EN2	٤
	{2 x 225 on 3:40 Freestyle	EN2	٤
	{2 x 200 on 3:15 Freestyle	EN2	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Γ
	1 on 10:00 Stretch and Ice		ŀ
	7:05 AM 2,250 Yards - Stress Value = 33	3	

Workout #5085 - Monday, 26 November 2007 Group 3 - Bronze 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
350	1 x 350 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
350	1x{2 x 50 on 1:05 Pull no br L.8 yds	EN1	F
	{2 x 50 on 1:00 Pull no br L.10 yds	EN1	F
	$\{3 \times 50 \text{ on } :55 \text{ Pull no br L.12 yds}$	EN2	E
950	$1x{1 x 250 on 4:30 Freestyle}$	EN2	٤
	{2 x 225 on 4:00 Freestyle	EN2	٤
	{1 x 250 on 4:30 Freestyle	EN2	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Ι
	1 on 10:00 Stretch and Ice		ľ
	7:04 AM 2,050 Yards - Stress Value = 30	C	

Workout #5091 - Monday, 26 November 2007 HighSchl - Back

1 minute rest between sets

	4:52	ΡN	1 Start	
Yards	Se	et	Description	EGY
======	==	===		===
1,700	1x{1	х	100 on 1:40 Backstroke	EN1
	{ 2	Х	50 on 1:00 #1-100% #2 easy	EN1
	{ 2	Х	100 on 1:35 Backstroke	EN1
	{ 3	Х	50 on 1:00 #1-100% #2 & #3 easy	EN2
	{ 3	Х	100 on 1:30 Backstroke	EN1

	{ 4	x 50 on 1:00 #1-100% #2-#4 easy	EN2
	{ 4	x 100 on 1:25 Backstroke	EN2
	{ 5	x 50 on 1:00 #1 -100% the rest easy	EN2
250	1	x 250 on 4:00 Stroke Drill	REC
	1	on 10:00 Stretch and Ice	
	5:36	PM 1,950 Yards - Stress Value = 27	

Workout #5093 - Monday, 26 November 2007 HighSchl - Breast 1 minute rest between sets

Yards		PM Start et Description
1,400	2x{1	x 50 on 1:05 Breast w/pd fins
	{ 1	x 50 on 1:00 Breast w/pd fins
	{ 1	x 50 on :55 Breast w/pd fins
	{ 1	x 50 on :50 Breast w/pd fins
	{ 1	x 100 on 2:00 Freestyle
	{ 1	x 100 on 1:55 Breast 2x pullouts at turn ε
	{ 2	x 75 on 1:25 Breast 2X pullouts at turn er
	{ 3	x 50 on :55 Breast 2X pullouts at turn end
	{ 1	on :30 Put PD fins on
250	1	x 250 on 4:00 Stroke Drill
	1	on 10:00 Stretch and Ice
	5:35	PM 1,650 Yards - Stress Value = 21

Workout #5092 - Monday, 26 November 2007 HighSchl - Fly

1 minute rest between sets

	4:52	PM Start				
Yards	Se	et Description	EGY	WORK	STK	E
=====	==		===	====	===	==
1,700	1x{1	x 50 on 1:00 Fly 2-2	EN1	S	DPS	2
	{ 4	x 25 on :30 Fly lup ldown	EN1	S	FLY	2
	{ 1	x 100 on 1:30 Freestyle	EN1	S	FR	1
	{ 2	x 50 on :55 Fly 2-3	EN1	S	FLY	1
	{ 4	x 25 on :30 Fly 1up 2down	EN1	S	FLY	2
	{ 2	x 100 on 1:25 Freestyle	EN1	S	FR	1
	{ 3	x 50 on :50 Fly 2-4	EN2	S	FLY	1
	{ 4	x 25 on :30 Fly 1up 3down	EN2	S	FLY	2
	{ 3	x 100 on 1:20 Freestyle	EN1	S	FR	1
	{ 4	x 50 on :45 Fly 2-5	EN2	S	FLY	1
	{ 4	x 25 on :30 Fly 2up 4down	EN2	S	FLY	2
	{ 2	x 100 on 1:15 Freestyle	EN2	S	FR	1
250	1	x 250 on 4:00 Stroke Drill	REC	D	CD	1
	1	on 10:00 Stretch and Ice		M		
	5:35	PM 1,950 Yards - Stress Va	lue =	= 24		

Workout #5087 - Monday, 26 November 2007 HighSchl - Platinum 1 minute rest between sets

3:00 PM Start
Set Description
=======================================
1 on 45:00 Physio Balls/Abs/Stretch/Mtg
1 x 500 on 8:00 Swim-kick-pull-swim
10 x 15 on :45 Shooters
5x{4 x 25 on :45 Kick no board BSLR
{1 x 100 on 2:00 Kick-hold under ????
8 x 125 on 1:45 Pulls-odds no breath L25 eve
breathe every 5 the entire 125-wrap around
5x{1 x 25 on :45 Sculling drills
{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
4:52 PM 2,900 Yards - Stress Value = 38

Workout #5088 - Monday, 26 November 2007 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 45:00 Physio Balls/Abs/Stretch/Mtg
450	1 x 450 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	5x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick-hold under ????
950	$1x{7 x 125 on 1:50 Pulls-odds no breath L25 eve}$
	{ breathe every 5 the entire 125-wrap around
	{1 x 75 on 1:05 Pulls
250	5x{1 x 25 on :45 Sculling drills
	{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
	4:52 PM 2,800 Yards - Stress Value = 38

Workout #5089 - Monday, 26 November 2007 HighSchl - Silver 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	=======================================
	1 on 45:00 Physio Balls/Abs/Stretch/Mtg
450	1 x 450 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	4x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:15 Kick-hold under ????
1,075	$1x\{8\ x\ 125\ on\ 2\text{:}00\ \text{Pulls-odds}\ no\ breath\ \text{L25}\ ev}\varepsilon$
	{ breathe every 5 the entire 125-wrap around
	{1 x 75 on 1:15 Pulls
250	5x{1 x 25 on :45 Sculling drills
	{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
	4:52 PM 2,725 Yards - Stress Value = 35

Workout #5097 - Wednesday, 28 November 2007 HighSchl - Distance 1 minute rest between sets

Yards		PM Start et Description	EGY	WORK	STK
===== =================================			===	====	=== =
2,300	1x{1	x 200 on 2:30 Freestyle	EN2	S	FR
	{ 4	x 50 on :45 Freestyle	EN1	S	FR
	{ 2	x 175 on 2:15 Freestyle	EN2	S	FR
	{ 4	x 50 on :45 Freestyle	EN1	S	FR
	{ 3	x 150 on 2:00 Freestyle	EN2	S	FR
	{ 4	x 50 on :45 Freestyle	EN1	S	FR
	{ 4	x 125 on 1:45 Freestyle	EN2	S	FR
	{ 4	x 50 on :45 Freestyle	EN1	S	FR
250	1	x 250 on 4:00 Stroke Drills	REC	D	CD
	1	on 10:00 Stretch and Ice		M	
	5:34	PM 2,550 Yards - Stress Valu	ie =	38	

Workout #5095 - Wednesday, 28 November 2007 HighSchl - Platinum 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	=======================================
	1 on 35:00 Weights and Stretch
600	1 x 600 on 9:00 Swim-3rd 25 of each 100 non
	4th 25 of each 100 6bk or breathe on 5
150	10 x 15 on :45 Shooters
1,500	$2x{1 x 125 on 2:00 Kick with flippers}$
	{2 x 100 on 1:35 Kick with flippers
	${3 \times 75 \text{ on } 1:10 \text{ Kick with flippers}}$
	$\{4 \times 50 \text{ on } : 45 \text{ Kick with flippers}$

1,200 3x{1 x 100 on 1:30 Lungbuster pulls
{ Breathe 5-6-7
{1 x 100 on 1:25 Lungbuster pulls
{ Breathe 4-5-6
{1 x 100 on 1:20 Lungbuster pulls
{ Breathe 3-4-5
$\{1 \times 100 \text{ on } 1:15 \text{ Lungbuster pulls}$
{ Breathe 2-3-4
250 $5x{1 x 25 on :45 Sculling drills}$
{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
4:45 PM 3,700 Yards - Stress Value = 57

Workout #5094 - Wednesday, 28 November 2007 HighSchl - Gold 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	
	1 on 35:00 Weights and Stretch
550	1 x 550 on 9:00 Swim-3rd 25 of each 100 non
	4th 25 of each 100 6bk or breathe on 5
150	10 x 15 on :45 Shooters
1,500	2x{1 x 125 on 2:00 Kick with flippers
•	{2 x 100 on 1:35 Kick with flippers
	{3 x 75 on 1:10 Kick with flippers
	{4 x 50 on :45 Kick with flippers
1 200	• • • • • • • • • • • • • • • • • • • •
1,200	3x{1 x 100 on 1:35 Lungbuster pulls
	{ Breathe 5-6-7
	{1 x 100 on 1:30 Lungbuster pulls
	{ Breathe 4-5-6
	{1 x 100 on 1:25 Lungbuster pulls
	{ Breathe 3-4-5
	{1 x 100 on 1:20 Lungbuster pulls
	{ Breathe 2-3-4
250	•
250	5x{1 x 25 on :45 Sculling drills
	$\{1 \times 25 \text{ on } : 45 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
	4:46 PM 3,650 Yards - Stress Value = 57

Workout #5096 - Wednesday, 28 November 2007 HighSchl - Silver 1 minute rest between sets

Yards	3:00 PM Start Set Description
500	1 on 35:00 Weights and Stretch 1 x 500 on 9:00 Swim-3rd 25 of each 100 non
	4th 25 of each 100 6bk or breathe on 5 10 x 15 on :45 Shooters
1,300	2x{1 x 125 on 2:15 Kick with flippers {2 x 100 on 1:45 Kick with flippers {3 x 75 on 1:20 Kick with flippers
1 050	{2 x 50 on :55 Kick with flippers 3x{1 x 100 on 1:45 Lungbuster pulls
1,000	{ Breathe 5-6-7 {1 x 100 on 1:40 Lungbuster pulls
	{ Breathe 4-5-6
	{1 x 100 on 1:35 Lungbuster pulls { Breathe 3-4-5
250	{1 x 50 on :50 Lungbuster pulls { Breathe 2-3-4
250	$5 \times \{1 \times 25 \text{ on : } 45 \text{ Sculling drills} $ $\{1 \times 25 \text{ on : } 45 12.5 \text{ ez } 12.5 \text{ fast grt finishes} $ $4 \cdot 46 \text{ PM } 3,250 \text{ Yards} - \text{Stress Value} = 50$

3:00 PM Start

Workout #5098 - Wednesday, 28 November 2007 HighSchl - Sprint 1 minute rest between sets

4:47 PM Start Yards Set Description $1,875 \ 3x{3} \ x \ 125 \ on \ 2:00 \ Freestyle L.25 \ #1 fast$ {6 x 25 on :30 Freestyle-breathe every 4 or 5 { good effort {1 x 100 on 1:45 Freestyle 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Stretch and Ice 5:35 PM 2,125 Yards - Stress Value = 26

Workout #5099 - Thursday, 29 November 2007 HighSchl - Platinum 1 minute rest between sets

Yards Set Description _____ _____ 1 on 30:00 Physio Ball Abs/Stretch 500 1 x 500 on 8:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1 x 800 on 16:00 Vertical Kicking 800 1,000 5x{2 x 50 on 1:15 Breast Pull-no fly kicking {1 x 100 on 1:30 Pulls 200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$ $\{1 \times 25 \text{ on :} 45 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes } ======$ 1,000 10 x 100 on 1:20 Freestyle-descend in sets c hold #10 as fast as #9 1 x 250 on 4:00 Stroke Drills 1 on 13:00 Stretch and Ice 5:05 PM 3,900 Yards - Stress Value = 51

Workout #5100 - Thursday, 29 November 2007 HighSchl - Gold

1 minute rest between sets

3:00 PM Start Yards Set Description ===== ______ 1 on 30:00 Physio Ball Abs/Stretch 450 1 x 450 on 8:00 Reverse IM drill 150 10 x 15 on :45 Shooters 1 x 800 on 16:00 Vertical Kicking 1,000 $5x\{2 \times 50 \text{ on } 1:15 \text{ Breast Pull-no fly kicking}$ {1 x 100 on 1:30 Pulls 200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 45 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ 1,200 6x $\{1 \times 100 \text{ on } 1: 45 \text{ Individual Medley}\}$ 1,000 10 x 100 on 1:30 Freestyle-descend in sets chold #10 as fast as #9 1 x 250 on 4:00 Stroke Drills 250 1 on 12:00 Stretch and Ice 5:05 PM 3,850 Yards - Stress Value = 51

Workout #5101 - Thursday, 29 November 2007 HighSchl - Silver

1 minute rest between sets

3:00 PM Start Yards Set Description _____ _____ 1 on 30:00 Physio Ball Abs/Stretch 1 x 400 on 8:00 Reverse IM drill 400 10 x 15 on :45 Shooters 800 1 x 800 on 16:00 Vertical Kicking 800 $4x\{2 \times 50 \text{ on } 1:30 \text{ Breast Pull-no fly kicking}$ {1 x 100 on 1:40 Pulls 200 $4x\{1 \times 25 \text{ on :} 45 \text{ Sculling drills}$ {1 x 25 on :45 12.5 ez 12.5 fast grt finishes

1,000	10) х 100 or	n 1:40 Fi	reestyle-desc	end	in	sets	C
	r	nold #10 a	as fast a	as #9				
250	1	x 250 on	4:00 St	roke Drills				
	1	on 10:00	Stretch	and Ice				
	5:04	PM 3,600	Yards -	Stress Value	= -	48		

Workout #5102 - Friday, 30 November 2007 HighSchl - IM'ers 1 minute rest between sets

5:30 AM Start Yards Set Description ______ 1 on 35:00 Weights and Stretch 800 1 x 800 on 12:00 400 Rev IM drill 400 choice 150 10×15 on :45 Shooters 1,600 8x{1 x 100 on 1:15 Individual Medley $\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ 250 1 x 250 on 4:00 Stroke Drills 1 on 12:00 Stretch and Ice 7:05 AM 2,800 Yards - Stress Value = 34

Workout #5103 - Friday, 30 November 2007 HighSchl - Gold 1 minute rest between sets

5:30 AM Start Yards Set Description _____ 1 on 35:00 Weights and Stretch 700 1 x 700 on 12:00 400 Rev IM drill 300 choice 150 10 x 15 on :45 Shooters 1,400 7x{1 x 100 on 1:25 Individual Medley $\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ 250 1 x 250 on 4:00 Stroke Drills 1 on 12:00 Stretch and Ice 7:05 AM 2,500 Yards - Stress Value = 31

Workout #5104 - Friday, 30 November 2007 HighSchl - Silver 1 minute rest between sets

5:30 AM Start Yards Set Description ===== _____ 1 on 35:00 Weights and Stretch 650 1 x 650 on 12:00 400 Rev IM drill 250 choice 150 10 x 15 on :45 Shooters {1 x 50 on :45 Freestyle $\{1 \times 50 \text{ on } :55 \text{ Freestyle} \}$ 250 1 x 250 on 4:00 Stroke Drills 1 on 12:00 Stretch and Ice 7:05 AM 2,250 Yards - Stress Value = 27

200

1 x 200 on 3:30 Stroke Drill

1 on 12:00 TIVO Starts 7:29 PM 3,200 Yards - Stress Value = 96

Workout #5112 - Monday, 03 December 2007 Group 3 - Distance 1 minute rest between sets

Workout #5113 - Monday, 03 December 2007 HighSchl - Back 1 minute rest between sets

4:00 PM Start			1 minute rest between sets	
Yards Set Description			4:44 PM Start	
1 on 30:00 Dryland and stretch	=====	Yards	Set Description	EGY W
600 1 x 600 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,200 4x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 1:45 Kick		2,000	1x{4 x 125 on 2:00 Backstroke {4 x 25 on :45 Bathtub drill-12 strokes {1 x 50 on 1:00 Backstroke-100% {4 x 100 on 1:35 Backstroke	EN1 EN2 EN3 EN1
1,200 1x{1 x 200 on 2:55 Pulls {1 x 200 on 2:50 Pulls {1 x 200 on 2:45 Pulls {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 2:30 Pulls 300 12 x 25 on :12 12.5 ez 12.5 fast grt f	inish∈		{4 x 25 on :45 Bathtub drill-11 strokes {1 x 50 on 1:00 Backstroke-100% {4 x 75 on 1:10 Backstroke {4 x 25 on :45 Bathtub drill-10 strokes {1 x 50 on 1:00 Backstroke-100% {4 x 50 on :45 Backstroke {4 x 25 on :45 Bathtub drill-9 strokes	EN3 EN1
3,200 1x{2 x 400 on 5:00 Freestyle		200	{1 x 50 on 1:00 Backstroke-100% 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch and Ice 5:36 PM 2,200 Yards - Stress Value = 34	EN3 REC
0127 212 07500 14240 002000 14240 120			Workout #5114 - Monday, 03 December 2007	
Workout #5117 - Monday, 03 December 2007			HighSchl - Breast	
Group 2 - Distance			1 minute rest between sets	
1 minute rest between sets		Yards	4:44 PM Start Set Description EGY	WORK
5:30 PM Start		=====	======================================	
Yards Set Description	EGY WC	1,500	2x{1 x 50 on 1:15 Under/over EN2 {1 x 50 on 1:10 Under/over EN2	
1 on 20:00 Physioballs and Stretching			{1 x 50 on 1:05 Under/over EN2	S
<u> -</u>	EN1 SP2		{4 x 25 on :40 5 second glide drill EN1	
	EN1		{2 x 125 on 2:15 Breaststroke EN2 {2 x 100 on 1:45 Breaststroke EN2	
·	EN1		{2 x 75 on 1:15 Breaststroke EN2	
	EN1 EN1	000	{2 x 50 on :45 Breaststroke EN2	
·	EN1	200	1 x 200 on 3:00 Stroke Drills REC 1 on 10:00 Stretch and Ice	D M
•	EN1 EN1		5:35 PM 2,100 Yards - Stress Value = 36	
{2 x 50 on :45 Pull	EN1		Workout #5115 - Monday, 03 December 2007	
2	EN1 EN3		HighSchl - Breast	
200 1 x 200 on 3:30 Stroke Drill	REC EN1		1 minute rest between sets	
7:29 PM 3,700 Yards - Stress Value = 109	DIVI		4:44 PM Start	
		Yards	-	WORK S
Workout #5116 - Monday, 03 December 2007		2 800	2x{1 x 400 on 5:00 Freestyle w/fins EN2	==== = S
Group 2 - Gold 1 minute rest between sets		2,000	{1 x 400 on 4:55 Freestyle w/fins EN2 {1 x 300 on 3:40 Freestyle w/fins EN2	S S
5.20 DM Obout			{3 x 100 on 1:30 Freestyle-descend EN2	S
5:30 PM Start Yards Set Description	EGY WC	200	1 x 200 on 3:00 Stroke Drills REC 1 on 10:00 Stretch and Ice	D M
1 on 20:00 Physioballs and Stretching	=== ==		5:35 PM 3,000 Yards - Stress Value = 56	М
	EN1			
	SP2			
	EN1 EN1			
•	EN1			
·	EN1			
•	EN1 EN1			
	EN1			
{1 x 50 on :45 Pull	EN1			
2	EN1 EN3			
	EN3 REC			

REC

EN1

Workout #5105 - Monday, 03 December 2007 HighSchl - Distance 1 minute rest between sets

	5:30	AM Sta	rt		
Yards	Se	et Descr	iption	EGY	WORF
=====	==	-======		===	====
	1	on 35:0) Weights and Stretch		I
400	1	x 400 o	n 8:00 Swim-kick-pull-swim	REC	٤
150	10) x 15 o:	n :45 Shooters	SP3	٤
2,000	1x{2	x 100 o	n 1:25 Freestyle	EN1	٤
	{ 2	x 200 o	n 2:45 Freestyle	EN1	٤
	{ 2	x 300 o	n 4:00 Freestyle	EN1	٤
	{ 2	x 400 o	n 5:10 Freestyle	EN1	٤
200	1	x 200 o	n 3:00 Stroke Drills	REC	Ι
	1	on 10:0) Stretch and Ice		N
	7:04	AM 2.75) Yards - Stress Value = 26		

Workout #5110 - Monday, 03 December 2007 HighSchl - Platinum 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	=======================================
	1 on 35:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	4x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:40 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	4x{1 x 25 on :45 Sculling drills
	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
	{ odd sd head first, odd finish free, even sc
	{ even finish fly
	4:43 PM 3,250 Yards - Stress Value = 52

Workout #5107 - Monday, 03 December 2007 HighSchl - Gold 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
1,800	1x{2 x 100 on 1:30 Freestyle	EN1	٤
	{3 x 200 on 2:55 Freestyle	EN1	٤
	{2 x 300 on 4:20 Freestyle	EN1	٤
	$\{1 \times 400 \text{ on } 5:40 \text{ Freestyle}$	EN1	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	1 on 10:00 Stretch and Ice		ľ
	7:05 AM 2.600 Yards - Stress Value = 24	1	

Workout #5111 - Monday, 03 December 2007 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 35:00 Physio Balls/Stretch
450	1 x 450 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters

1,200	4x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:50 Kick
1,050	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
	{2 x 150 on 1:50 Pulls
200	4x{1 x 25 on :45 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	{ odd sd head first, odd finish free, even sc
	{ even finish fly
	4:43 PM 3,050 Yards - Stress Value = 49
	Workout #5106 - Monday, 03 December 2007

Workout #5106 - Monday, 03 December 2007 HighSchl - Silver 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
350	1 x 350 on 8:00 Swim-kick-pull-swim	REC	٤
150	10×15 on :45 Shooters	SP3	٤
1,600	1x{2 x 100 on 1:35 Freestyle	EN1	٤
	{2 x 200 on 3:10 Freestyle	EN1	٤
	{2 x 300 on 4:45 Freestyle	EN1	٤
	{1 x 400 on 6:20 Freestyle	EN1	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Γ
	1 on 10:00 Stretch and Ice		N
	7:05 AM 2,350 Yards - Stress Value = 2	2	

Workout #5109 - Monday, 03 December 2007 HighSchl - Silver 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 35:00 Physio Balls/Stretch
400	1 x 400 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	4x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:05 Kick
850	1x{1 x 150 on 2:25 Pulls
	{2 x 150 on 2:20 Pulls
	{2 x 150 on 2:15 Pulls
	{1 x 100 on 1:25 Pulls
200	$4x\{1 \times 25 \text{ on :} 45 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
	{ odd sd head first, odd finish free, even sc
	{ even finish fly
	4:43 PM 2,800 Yards - Stress Value = 42

200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$

 $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$

Workout #5108 - Monday, 03 December 2007 $1,800 3x{1 x 200 on 2:50 Freestyle}$ $\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$ HighSchl - Bronze {1 x 150 on 2:10 Freestyle 1 minute rest between sets {1 x 50 on 1:00 Stroke Drills $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ 3:00 PM Start {1 x 50 on 1:00 Stroke Drills Set Description Yards 150 1 x 150 on 3:00 Stroke Drills 1 on 15:00 Stretch and Ice ===== 1 on 35:00 Physio Balls/Stretch 1 on 15:00 Stretch and Ice 5:25 PM 4,800 Yards - Stress Value = 41 Workout #5119 - Wednesday, 05 December 2007 HighSchl - Silver {1 x 100 on 2:30 Kick 600 $1x{3 \times 100}$ on 2:25 Pulls 1 minute rest between sets {2 x 100 on 2:20 Pulls {1 x 100 on 2:15 Pulls 3:00 PM Start { odd sd head first, odd finish free, even sc 1 on 35:00 Weights and Stretch { even finish fly 450 1 x 450 on 8:00 Freestyle L.25 of each 100 \in 150 10 x 15 on :45 Shooters 4:43 PM 2,000 Yards - Stress Value = 30 1,000 2x{2 x 100 on 2:10 Kick {2 x 75 on 1:35 Kick Workout #5120 - Wednesday, 05 December 2007 {2 x 50 on 1:05 Kick HighSchl - Platinum {2 x 25 on :35 Kick 1 minute rest between sets 800 $2x\{2 \times 25 \text{ on } :30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{2 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 3:00 PM Start $\{2 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ Yards Set Description {1 x 100 on 1:40 Pulls-nbbf&w + 2 yds 200 4x{1 x 25 on :45 Sculling drills ===== 1 on 35:00 Weights and Stretch {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 500 1 x 500 on 8:00 Freestyle L.25 of each 100 (1,800 $3x\{1 \times 200 \text{ on } 3:20 \text{ Freestyle} \}$ {1 x 50 on 1:00 Stroke Drills $1,000 \ 2x{2} \ x \ 100 \ on \ 2:00 \ Kick$ $\{1 \times 150 \text{ on } 2:30 \text{ Freestyle} \}$ {2 x 75 on 1:30 Kick {1 x 50 on 1:00 Stroke Drills {2 x 50 on 1:00 Kick {1 x 100 on 1:40 Freestyle {2 x 25 on :30 Kick {1 x 50 on 1:00 Stroke Drills 1,000 2x{2 x 25 on :30 Pulls-nbbf&w + 2 yds {2 x 50 on :45 Pulls-nbbf&w + 2 yds {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds {3 x 50 on 1:00 Stroke Drills 1 x 150 on 3:00 Stroke Drills 1 on 15:00 Stroke Drills 1 on 15:00 Stroke Drills 2 x 150 on 3:00 Stroke Drills 5:28 PM 4,550 Yards - Stress Value = 39 200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$ Workout #5121 - Thursday, 06 December 2007 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes Beat Penn - Platinum $2,100 3x{1 x 200 on 2:40 Freestyle}$ {1 x 50 on 1:00 Stroke Drills 1 minute rest between sets _____ 1 on 45:00 Dryland and Team mtg {1 x 50 on 1:00 Stroke Drills 500 1 x 500 on 9:00 Underwater trn drill 1 x 150 on 3:00 Stroke Drills 150 10 x 15 on :45 Shooters 900 3x{4 x 25 on :45 Kick no board BSLR 5:28 PM 5,100 Yards - Stress Value = 43 {4 x 50 on :55 Kick 150 900 1x{1 x 100 on 1:30 Lungbuster pulls Workout #5118 - Wednesday, 05 December 2007 {2 x 50 on :45 Pulls {2 x 100 on 1:25 Lungbuster pulls HighSchl - Gold {2 x 50 on :45 Pulls 1 minute rest between sets {3 x 100 on 1:20 Lungbuster pulls {2 x 50 on :45 Pulls 3:00 PM Start 200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$ Yards Set Description {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1,300 1x{1 x 25 on :30 12.5 ez ===== {4 x 25 on :30 IM order 500 1 x 500 on 8:00 Freestyle L.25 of each 100 (150 10 x 15 on :45 Shooters {2 x 100 on 1:20 Freestyle {4 x 25 on :30 IM order $1,000 \ 2x{2} \ x \ 100 \ on \ 2:00 \ Kick$ $\{3 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ {2 x 75 on 1:30 Kick {4 x 25 on :30 IM order {2 x 50 on 1:00 Kick {2 x 25 on :30 Kick 1,000 2x{2 x 25 on :30 Pulls-nbbf&w + 2 yds {2 x 50 on :45 Pulls-nbbf&w + 2 yds {2 x 75 on 1:30 Pulls-nbbf&w + 2 yds {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds 200 4x{1 x 25 on :45 Sculling drill-{4 x 100 on 1:20 Freestyle

Workout #5122 - Thursday, 06 December 2007 Beat Penn - Gold 1 minute rest between sets

Yards	3:00 PM Start Set Description	
	1 on 45:00 Dryland and Team mtg	
500	1 x 500 on 9:00 Underwater trn drill	
	10 x 15 on :45 Shooters	
	3x{4 x 25 on :45 Kick no board BSLR	
	{4 x 50 on :55 Kick	
850	lx{1 x 100 on 1:30 Lungbuster pulls	
	{2 x 50 on :45 Pulls	
	{2 x 100 on 1:25 Lungbuster pulls	
	{2 x 50 on :45 Pulls	
	{3 x 100 on 1:25 Lungbuster pulls	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	
200	4x{1 x 25 on :45 Sculling drills	
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$	
1,300	lx{1 x 100 on 1:25 Freestyle	
	{4 x 25 on :30 IM order	
	{2 x 100 on 1:25 Freestyle	
	{4 x 25 on :30 IM order	
	{3 x 100 on 1:25 Freestyle	

Workout #5123 - Thursday, 06 December 2007 Beat Penn - Silver 1 minute rest between sets

5:36 PM 4,100 Yards - Stress Value = 44

1 x 200 on 4:00 Stroke Drills 1 on 10:00 Relay Starts 1 on 15:00 Stretch and Ice

{4 x 25 on :30 IM order {4 x 100 on 1:25 Freestyle

200

Yards		PM Start et Description
	1	on 45:00 Dryland and Team mtg
450		x 450 on 9:00 Underwater trn drill
		x 15 on :45 Shooters
		x 25 on :45 Kick no board BSLR
750	,	x 50 on 1:05 Kick
800		x 100 on 1:45 Lungbuster pulls
000	-	x 50 on :50 Pulls
		x 100 on 1:40 Lungbuster pulls
		x 50 on :50 Pulls
	-	x 100 on 1:35 Lungbuster pulls
200	-	x 25 on :45 Sculling drills
		x 25 on :30 12.5 ez 12.5 fast grt finishes
1,100		x 100 on 1:40 Freestyle
,		x 25 on :30 IM order
		x 100 on 1:40 Freestyle
		x 25 on :30 IM order
	{2	x 100 on 1:40 Freestyle
	{ 4	x 25 on :30 IM order
	{ 3	x 100 on 1:40 Freestyle
200	1	x 200 on 4:00 Stroke Drills
	1	on 10:00 Relay Starts
	1	on 15:00 Stretch and Ice
	5:35	PM 3,650 Yards - Stress Value = 40

Workout #5124 - Friday, 07 December 2007 Beat Penn - IM'ers 1 minute rest between sets

	6:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 15:00 Stretch
600	1 x 600 on 9:00 100 free drill, 400 Rev IM c
150	10 x 15 on :45 Shooters

{ 1	\times 75 on 1:03 Pulls-nbbf&w + 2 yds
{ 1	x 50 on :41 Pulls-nbbf&w + 2 yds
700 7	<pre>7 x 100 on 1:30 Choice of back, or 25fly 50f</pre>
	25 fly
250 1	x 250 on 4:00 Stroke Drills
1	on 10:00 Stretch and Ice
7:06	5 AM 2,050 Yards - Stress Value = 16
	Workout #5127 - Friday, 07 December 2007
	Beat Penn - Platinum

1 minute rest between sets

 $\{1 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$

 $350 1x{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds}$

Yards	3:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
500	1x{1 x 100 on 2:00 Stroke Drills
	{1 x 100 on 1:50 Stroke Drills
	{1 x 100 on 1:40 Stroke Drills
	{1 x 100 on 1:30 Stroke Drills
	{1 x 100 on 1:20 Stroke Drills
150	10 x 15 on :45 Shooters
600	1 x 600 on 12:00 Vertical Kicking
750	15 x 50 on 1:00 Pulls-nbbf&w + 2 yds
	#3,6,9, &12-very good effort
200	4x{1 x 25 on :45 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,300	2x{1 x 150 on 2:30 50 free 50#1 50 free
	{6 x 25 on :30 Your stroke
	{1 x 100 on 1:20 Freestyle
	{1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Relay Starts
	1 on 10:00 Stretch and Ice

Workout #5125 - Friday, 07 December 2007 Beat Penn - Gold 1 minute rest between sets

5:05 PM 3,500 Yards - Stress Value = 31

Vards	3:00 PM Start Set Description
	1 on 30:00 Stomach and Stretch
475	
4/5	1x{1 x 100 on 2:00 Stroke Drills
	{1 x 100 on 1:50 Stroke Drills
	{1 x 100 on 1:40 Stroke Drills
	{1 x 100 on 1:30 Stroke Drills
	{1 x 75 on 1:20 Stroke Drills
150	10 x 15 on :45 Shooters
600	1 x 600 on 12:00 Vertical Kicking
	15 x 50 on 1:00 Pulls-nbbf&w + 2 yds
	#3,6,9, &12-very good effort
200	4x{1 x 25 on :45 Sculling drills
200	
1 200	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
1,300	2x{1 x 150 on 2:30 50 free 50#1 50 free
	{6 x 25 on :30 Your stroke
	{1 x 100 on 1:25 Freestyle
	{1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Relay Starts
	1 on 10:00 Stretch and Ice
	5:05 PM 3,475 Yards - Stress Value = 31

150 10 x 15 on :45 Shooters Workout #5126 - Friday, 07 December 2007 600 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ Beat Penn - Silver {1 x 100 on 2:00 Kick 1 minute rest between sets $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ {1 x 100 on 2:00 Kick 3:00 PM Start {4 x 25 on :35 Kick no board BSLR Yards Set Description {1 x 100 on 2:00 Kick 550 1 x 550 on 8:00 Pulls 1 on 30:00 Stomach and Stretch 200 4x{1 x 25 on :45 Sculling drills 425 1x{1 x 100 on 2:00 Stroke Drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes {1 x 100 on 1:50 Stroke Drills 7:52 AM 1,950 Yards - Stress Value = 23 {1 x 75 on 1:40 Stroke Drills $\{1 \times 75 \text{ on } 1:30 \text{ Stroke Drills}\}$ Workout #5130 - Saturday, 08 December 2007 $\{1 \times 75 \text{ on } 1:20 \text{ Stroke Drills}$ Beat Penn - Silver 10 x 15 on :45 Shooters 150 1 x 600 on 12:00 Vertical Kicking 1 minute rest between sets 750 15×50 on 1:00 Pulls-nbbf&w + 2 yds #3,6,9, &12-very good effort 6:30 AM Start Yards Set Description 200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$ {1 x 25 on :30 12.5 ez 12.5 fast grt finishes _____ 1,100 2x{1 x 150 on 2:45 50 free 50#1 50 free 1 on 35:00 Physio Balls/Abs/Stretch {4 x 25 on :30 Your Stroke 400 1 x 400 on 8:00 Choice 10 x 15 on :45 Shooters {1 x 100 on 1:40 Freestyle 150 {1 x 200 on 4:00 Stroke Drills 500 1x{4 x 25 on :45 Kick no board BSLR 1 on 10:00 Relay Starts {1 x 100 on 2:15 Kick 1 on 10:00 Stretch and Ice $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ 5:04 PM 3,225 Yards - Stress Value = 30 {1 x 100 on 2:10 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ 450 1 x 450 on 8:00 Pulls Workout #5133 - Saturday, 08 December 2007 200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$ **Beat Penn - Distance** $\{1 \text{ x } 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 1 minute rest between sets 7:52 AM 1,700 Yards - Stress Value = 20 7:53 AM Start Set Description Workout #5132 - Saturday, 08 December 2007 Yards Beat Penn - Sprint ===== ______ 1,350 $3x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle-Pace of 3rd and 4t}$ 1 minute rest between sets { Rest 10 seconds after 1st 100 {1 x 250 on 4:30 Freestyle-EZ 10 x 50 on 1:00 Stroke Drills 1 on 10:00 Stretch and Ice 7:53 AM Start Yards Set Description ____ 1 on 23:00 Team Meeting 1,200 3x{4 x 50 on 1:00 Freestyle-hold time I give EN 9:00 AM 1,850 Yards - Stress Value = 12 {1 x 200 on 4:00 Freestyle-EZ 9 x 50 on 1:00 Stroke Drills 1 on 10:00 Stretch and Ice Workout #5129 - Saturday, 08 December 2007 1 on 23:00 Team Meeting Beat Penn - Platinum 9:00 AM 1,650 Yards - Stress Value = 12 1 minute rest between sets Workout #5131 - Saturday, 08 December 2007 6:30 AM Start Reat Penn - Strokers Yards Set Description ===== ______ 1 minute rest between sets 1 on 35:00 Physio Balls/Abs/Stretch 500 1 x 500 on 8:00 Choice 7:53 AM Start 150 10 x 15 on :45 Shooters Yards Set Description 600 1x{4 x 25 on :45 Kick no board BSLR _____ {1 x 100 on 2:00 Kick $1,200 \ 2x\{1 \ x \ 200 \ on \ 3:15 \ IM \ w/100 \ best \ and \ no \ wk \ strk$ {4 x 25 on :40 Kick no board BSLR {4 x 25 on :30 Your #1 great effort {1 x 100 on 2:00 Kick {1 x 100 on 1:45 Stroke Drills $\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR} \}$ {4 x 25 on :30 Weak Stroke-great effort {1 x 100 on 2:00 Kick {1 x 100 on 1:45 Stroke Drills 1 x 600 on 8:00 Pulls 200 $4x\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$ 1 on 10:00 Stretch and Ice 1 on 23:00 Team Meeting {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 7:52 AM 2,050 Yards - Stress Value = 23 8:59 AM 1,700 Yards - Stress Value = 12

Workout #5128 - Saturday, 08 December 2007 Beat Penn - Gold

1 minute rest between sets

	6:30 AM Start
Yards	Set Description
	=======================================
	1 on 35:00 Physio Balls/Abs/Stretch
450	1 x 450 on 8:00 Choice

5:30 PM Start

Workout #5134 - Monday, 10 December 2007 Beat Penn - All 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
800	1 on 30:00 Stretch/Team meeting 1 x 800 on 13:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Relay Starts
	<u> </u>
150	10 x 15 on :45 Shooters
600	6 x 100 on 2:15 Kick-odds no board
600	6 x 100 on 1:30 Pulls-10 seconds rest
150	3x{1 x 25 on :45 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
600	2x{1 x 100 on 1:45 Stroke Drills
	{4 x 50 on 1:00 25 stroke 25 free
200	1 x 200 on 4:00 Choice
	1 on 15:00 Stretch and ice
	5:05 PM 3,100 Yards - Stress Value = 24

Workout #5135 - Tuesday, 11 December 2007 Age Group - Breast 1 minute rest between sets

Yards	S.S.	et Description	EGY	WOF
	==	· 		===
	1	on 20:00 Stomach and Stretch		
400	1	x 400 on 8:00 swim kick pull swim	REC	
150	1(0 x 15 on :45 Shooters	SP3	
600	2x{3	x 100 on 2:20 Kick-descend to 100%	EN1	
800	1x{1	x 200 on 4:00 Breaststroke	EN1	
	{ 4	x 25 on :30 Odds free evens brst	EN1	
	{ 1	x 150 on 3:00 Breaststroke	EN1	
	{ 4	x 25 on :30 Odds free evens brst	EN1	
	{ 1	x 100 on 2:00 Breaststroke	EN2	
	{ 4	x 25 on :30 Odds free evens brst	EN1	
	{ 1	x 50 on 1:00 Breaststroke	EN2	
500	1x{1	x 300 on 5:15 Pulls	EN1	
	{ 1	x 200 on 3:30 Pulls	EN1	
100	4	x 25 on :40 12.5 ez 12.5 fast	EN1	
800	1x{1	x 200 on 3:45 Breaststroke	EN1	
	{ 4	x 25 on :30 Odds free evens brst	EN1	
	{ 1	x 150 on 2:45 Breaststroke	EN2	
	{ 4	x 25 on :30 Odds free evens brst	EN1	
	{ 1	x 100 on 1:50 Breaststroke	EN2	
	{ 4	x 25 on :35 Odds free evens brst	EN1	
	{ 1	x 50 on :55 Breaststroke	EN2	
200	1	x 200 on 4:00 Stroke Drills	REC	
	1	on 15:00 Relays		
	7:30	PM 3,550 Yards - Stress Value = 39		

Workout #5138 - Wednesday, 12 December 2007 HighSchl - Distance 1 minute rest between sets

Yards	3:00 PM Start Set Description
======	=======================================
	1 on 45:00 Weights and Stretch
600	1 x 600 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	12 x 100 on 1:45 Kick w/flns odds 100%
1,350	1x{6 x 75 on 1:05 Pulls
	{6 x 75 on 1:00 Pulls
	{6 x 75 on :55 Pulls
200	4x{1 x 25 on :45 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
2,100	1x{1 x 300 on 4:00 Freestyle
	{1 x 300 on 3:55 Freestyle
	{1 x 300 on 3:50 Freestyle
	{1 x 300 on 3:45 Freestyle

```
{1 x 300 on 3:40 Freestyle

{1 x 300 on 3:35 Freestyle

{1 x 300 on 3:30 Freestyle

200 1 x 200 on 4:00 Stroke Drills

1 on 12:00 Stretch and Ice

5:35 PM 5,800 Yards - Stress Value = 88
```

Workout #5137 - Wednesday, 12 December 2007 HighSchl - Gold

1 minute rest between sets

3:00 PM Start

	Set Description
=====	1 on 45:00 Weights and Stretch
550	1 x 550 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	12 x 100 on 1:45 Kick w/flns odds 100%
1,200	1x{6 x 75 on 1:10 Pulls
	{6 x 75 on 1:05 Pulls
	{4 x 75 on 1:00 Pulls
200	$4x{1 x 25 on :45 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,925	$1x\{1 \times 275 \text{ on } 4:00 \text{ Freestyle}$
	$\{1 \times 275 \text{ on } 3:55 \text{ Freestyle} \}$
	$\{1 \times 275 \text{ on } 3:50 \text{ Freestyle} \}$
	$\{1 \times 275 \text{ on } 3:45 \text{ Freestyle} \}$
	$\{1 \times 275 \text{ on } 3:40 \text{ Freestyle} \}$
	$\{1 \times 275 \text{ on } 3:35 \text{ Freestyle} \}$
	$\{1 \times 275 \text{ on } 3:30 \text{ Freestyle} \}$
200	1 x 200 on 4:00 Stroke Drills
	1 on 12:00 Stretch and Ice
	5:35 PM 5,425 Yards - Stress Value = 85
	Workout #5126 Wadnesday 12 December 2007

Workout #5136 - Wednesday, 12 December 2007 HighSchl - Silver 1 minute rest between sets

	3:00	PM Start
Yards	Se	et Description
	==	
	1	on 45:00 Weights and Stretch
500	1	x 500 on 9:00 Underwater trn drill
150	10	0 x 15 on :45 Shooters
1,200	1:	2 x 100 on 1:45 Kick w/flns odds 100%
1,050	1x{5	x 75 on 1:15 Pulls
	{ 5	x 75 on 1:10 Pulls
	{ 4	x 75 on 1:05 Pulls
200	4x{1	x 25 on :45 Sculling drills
	{ 1	x 25 on :30 12.5 ez 12.5 fast grt finishes
1,750	1x{1	x 250 on 4:00 Freestyle
	{ 1	x 250 on 3:55 Freestyle
	{ 1	x 250 on 3:50 Freestyle
	{ 2	x 250 on 3:45 Freestyle
	{ 2	x 250 on 3:40 Freestyle
200	1	x 200 on 4:00 Stroke Drills
	1	on 12:00 Stretch and Ice

5:34 PM 5,050 Yards - Stress Value = 78

4:38 PM Start

Workout #5142 - Thursday, 13 December 2007 HighSchl - Back

1 minute rest between sets

4:38	PM Start		
Se	et Description	EGY	V
==		===	=
1x{6	x 25 on :45 Bathtub drill	EN2	
{ 6	x 75 on 1:00 Backstroke	EN2	
{ 1	on :30 Put on Zoomers		
{ 6	x 25 on :45 Bathtub Drill w/zoomers	EN2	
{ 6	x 75 on 1:00 Backstroke w/zoomers	EN2	
{ 1	on 1:00 Take off zoomers put on fins		
{ 6	x 25 on :45 Bathtub drill w/fins	EN2	
{ 6	x 75 on 1:00 Backstroke w/fins	EN2	
{ 1	on 2:00 Take off fins		
{ 1	x 50 on 1:00 Backstroke for time	SP1	
8	x 50 on 1:00 Stroke Drills	REC	
1	on 12:00 Stretch and Ice		
5:35	PM 2,250 Yards - Stress Value = 40		
	Se ==== 1x{6	4:38 PM Start Set Description	Set Description EGY ===================================

Workout #5144 - Thursday, 13 December 2007 HighSchl - Breast 1 minute rest between sets

Yards	Se	et Description	EGY
	==		===
1,700	2x{6	x 25 on :45 Turnover drill w/paddles	EN2
	{ 1	on :30 Put on PD fins	
	{ 4	x 75 on 1:20 Breast 2kick 1pull	EN2
	{ 4	x 75 on 1:10 Breaststroke	EN2
	{ 2	x 50 on :45 Breaststroke	EN2
	{ 1	on 1:00 Take off pd fins put on paddle	
400	8	x 50 on 1:00 Stroke Drills	REC
	1	on 12:00 Stretch and Ice	
	5:34	PM 2,100 Yards - Stress Value = 34	

Workout #5143 - Thursday, 13 December 2007 HighSchl - Distance

1 minute rest between sets

	4:38	PN	4 St	cart	t					
Yards	Se	et	Desc	crip	ption					EGY
	==	===		-==		====				===
2,700	6x{1	Х	150	on	1:50	Fre	estyl	е		EN2
	{ 1	Х	150	on	2:00	Fre	estyl	e w/1	parachute	EN2
	{ 1	Х	150	on	2:10	Fre	estyl	e w/2	parachutes	EN2
400	8	Х	50 0	on I	1:00 3	Stro	ke Dr	ills		REC
	1	or	n 12:	:00	Stret	tch	and I	ce		
	5:35	ΡN	4 3,1	100	Yards	s -	Stres	s Val	ue = 54	

Workout #5140 - Thursday, 13 December 2007 HighSchl - Platinum 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
	=======================================
	1 on 30:00 Physio Ball Abs/Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	$6x{1 x 50 on 1:00 Kick w/zoomers}$
	$\{1 \times 50 \text{ on } :55 \text{ Kick w/zoomers}$
	$\{1 \times 50 \text{ on } : 50 \text{ Kick w/zoomers}$
	$\{1 \times 50 \text{ on } : 45 \text{ Kick w/zoomers}$
	odd sets with a board, even sets without
1,600	$2x\{1 \times 200 \text{ on } 2:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 200 \text{ on } 2:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 200 \text{ on } 2:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 200 \text{ on } 2:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	$4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$

 $\{1 \times 25 \text{ on } : 30 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$ 4:38 PM 3,650 Yards - Stress Value = 61

Workout #5141 - Thursday, 13 December 2007 HighSchl - Gold

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 30:00 Physio Ball Abs/Stretch
450	-
	10 x 15 on :45 Shooters
	6x{1 x 50 on 1:00 Kick w/zoomers
1,200	{1 x 50 on :55 Kick w/zoomers
	{1 x 50 on :50 Kick w/zoomers
	·
	{1 x 50 on :45 Kick w/zoomers
	odd sets with a board, even sets without
1,450	$2x\{1 \times 200 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 200 \text{ on } 2:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 200 \text{ on } 2:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
	4:38 PM 3,450 Yards - Stress Value = 58

Workout #5139 - Thursday, 13 December 2007 HighSchl - Silver 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	
	1 on 30:00 Physio Ball Abs/Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,050	$7x\{1 \times 50 \text{ on } 1:00 \text{ Kick w/zoomers}$
	{1 x 50 on :55 Kick w/zoomers
	$\{1 \times 50 \text{ on } : 50 \text{ Kick w/zoomers}$
	odd sets with a board, even sets without
1,300	$2x{1 x 200 on 3:15 Pulls-nbbf&w + 2 yds}$
	$\{1 \times 200 \text{ on } 3:10 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 200 \text{ on } 3:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	4x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	4:37 PM 3,100 Yards - Stress Value = 52

Workout #5145 - Friday, 14 December 2007 HighSchl - IM'ers 1 minute rest between sets

5:30 AM Start		
Yards Set Description	EGY	WORK S
	===	==== =
1 on 35:00 Weights and Stretch		L V
400 1 x 400 on 7:00 Reverse IM drill	REC	D
150		
1,800 1x{1 x 100 on 1:30 Individual Medley	EN2	S
$\{1 \times 100 \text{ on } 1:30 \text{ Butterfly} \}$	EN2	SE
{1 x 100 on 1:30 Individual Medley	EN2	S
$\{2 \times 50 \text{ on } : 45 \text{ Butterfly} \}$	EN2	SE
{1 x 100 on 1:30 Individual Medley	EN2	S
$\{4 \times 25 \text{ on :} 25 \text{ Butterfly}\}$	EN2	SE
{1 x 100 on 1:30 Individual Medley	EN2	S
{1 x 100 on 1:25 Backstroke	EN2	S
{1 x 100 on 1:30 Individual Medley	EN2	S
{2 x 50 on :40 Backstroke	EN2	S
{1 x 100 on 1:30 Individual Medley	EN2	S
$\{4 \times 25 \text{ on } : 25 \text{ Backstroke} \}$	EN2	S
{1 x 100 on 1:30 Individual Medley	EN2	S
$\{1 \times 100 \text{ on } 1:40 \text{ Breaststroke} \}$	EN2	S
{1 x 100 on 1:30 Individual Medley	EN2	S
$\{2 \times 50 \text{ on } :50 \text{ Breaststroke} \}$	EN2	S
{1 x 100 on 1:30 Individual Medley	EN2	S
$\{4 \times 25 \text{ on } : 25 \text{ Breaststroke} \}$	EN2	S
250 1 x 250 on $4:00$ Stroke Drills	REC	D
1 on 10:00 Stretch and Ice		M
7:05 AM 2,600 Yards - Stress Value =	42	

Workout #5148 - Friday, 14 December 2007 HighSchl - All

1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	1 00 00 01 1 3 7
550	1 on 20:00 Stretch and Team meeting
750	
	10 x 15 on :45 Shooters
700	7 x 100 on 2:30 50 reg kick 25 tombstone kic
	25 face in the water
700	14×50 on 1:00 Pulls-odds breathe 3 or 5
	evens NBBF&W
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2x{1 x 100 on 1:45 Reg IM
•	{4 x 25 on :30 Stroke Drills
	{1 x 100 on 1:45 IM start with back
	{4 x 25 on :30 Stroke Drills
	{1 x 100 on 1:45 IM start with breast
	•
	{4 x 25 on :30 Stroke Drills
	{1 x 100 on 1:45 IM start with free
	{4 x 25 on :30 Stroke Drills
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Stretch and Ice
	5:06 PM 4,300 Yards - Stress Value = 30

Workout #5146 - Friday, 14 December 2007 HighSchl - Gold 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 35:00 Weights and Stretch		L	∇
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,600	$1x{1 x 100 on 1:40 Individual Medley}$	EN2	S	
	{1 x 100 on 1:40 Butterfly	EN2	S	F
	{1 x 100 on 1:40 Individual Medley	EN2	S	
	$\{2 \times 50 \text{ on } : 50 \text{ Butterfly} \}$	EN2	S	E

{ 1	x 100 on 1:40 Individual Medley	EN2	S
{ 4	x 25 on :30 Butterfly	EN2	SE
{ 1	x 100 on 1:40 Individual Medley	EN2	S
{ 1	x 100 on 1:35 Backstroke	EN2	S
{ 1	x 100 on 1:40 Individual Medley	EN2	S
{2	x 50 on :50 Backstroke	EN2	S
{ 1	x 100 on 1:40 Individual Medley	EN2	S
{ 4	x 25 on :30 Backstroke	EN2	S
{ 1	x 100 on 1:40 Individual Medley	EN2	S
{ 1	x 100 on 1:50 Breaststroke	EN2	S
{ 1	x 100 on 1:40 Individual Medley	EN2	S
{ 2	x 50 on :55 Breaststroke	EN2	S
250 1	x 250 on 4:00 Stroke Drills	REC	D
1	on 10:00 Stretch and Ice		M
7:05	AM 2,400 Yards - Stress Value =	38	

Workout #5147 - Friday, 14 December 2007 HighSchl - Silver 1 minute rest between sets

5:30 AM Start

		IN DEGLE	DO11	HODI	_
		et Description		WORK	٤
=====					=
	1	on 35:00 Weights and Stretch		L	N
350	1	x 350 on 7:00 Reverse IM drill	REC	D	
150	1	0 x 15 on :45 Shooters	SP3	S	
1,400	1x{1	x 100 on 1:50 Individual Medley	EN2	S	
	{ 1	x 100 on 2:00 Butterfly	EN2	S	F
	{ 1	x 100 on 1:50 Individual Medley	EN2	S	
	{ 1	x 50 on 1:00 Butterfly	EN2	S	F
	{ 1	x 100 on 1:50 Individual Medley	EN2	S	
	{ 2	x 25 on :30 Butterfly	EN2	S	F
	{ 1	x 100 on 1:50 Individual Medley	EN2	S	
	{ 1	x 100 on 1:45 Backstroke	EN2	S	
	{ 1	x 100 on 1:50 Individual Medley	EN2	S	
	{ 1	x 50 on :55 Backstroke	EN2	S	
	{ 1	x 100 on 1:50 Individual Medley	EN2	S	
	{ 2	x 25 on :30 Backstroke	EN2	S	
	{ 1	x 100 on 1:50 Individual Medley	EN2	S	
	{ 1	x 100 on 1:55 Breaststroke	EN2	S	
	{ 1	x 100 on 1:50 Individual Medley	EN2	S	
	{ 2	x 50 on 1:00 Breaststroke	EN2	S	
250	1	x 250 on 5:00 Stroke Drills	REC	D	
	1	on 10:00 Stretch and Ice		M	
	7:05	AM 2,150 Yards - Stress Value =	34		

Workout #5149 - Saturday, 15 December 2007 HighSchl - Platinum 1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 30:00 Abs/Stretch
500	$1x{1 x 100 on 2:00 Stroke Drills}$
	{1 x 100 on 1:50 Stroke Drills
	{1 x 100 on 1:40 Stroke Drills
	{1 x 100 on 1:30 Stroke Drils
	{1 x 100 on 1:20 Stroke Drills
	10×15 on :45 Shooters
1,250	5x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:30 Kick
1 500	{1 x 50 on 1:00 Kick
1,500	1x{1 x 100 on 1:20 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls {3 x 150 on 2:00 Lungbuster pulls
	{4 x 175 on 2:20 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
200	$\{1 \times 25 \text{ on } : 30 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
2.650	1x{4 x 100 on 1:10 Freestyle
_,	{4 x 50 on 1:00 Freestyle
	{4 x 100 on 1:09 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 100 on 1:08 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 100 on 1:07 Freestyle
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$
	{1 x 250 on 4:00 Stroke Drills

7:00 AM Start

_	7.00 AM State
Yards	Set Description
	1 on 30:00 Abs/Stretch
450	$1x\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$
	{1 x 100 on 1:50 Stroke Drills
	{1 x 100 on 1:40 Stroke Drills
	{1 x 75 on 1:30 Stroke Drils
	{1 x 75 on 1:20 Stroke Drills
150	10 x 15 on :45 Shooters
1,000	4x{4 x 25 on :45 Kick no board BSLR
•	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:10 Kick
1,500	1x{1 x 100 on 1:30 Lungbuster pulls
	{2 x 125 on 1:55 Lungbuster pulls
	{3 x 150 on 2:15 Lungbuster pulls
	{4 x 175 on 2:40 Lungbuster pulls
200	$4x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$
	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
2,450	1x{4 x 100 on 1:25 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 100 on 1:24 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 100 on 1:23 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 100 on 1:22 Freestyle
	{1 x 250 on 4:00 Stroke Drills
	{1 on 10:00 Stretch and Ice
	9:35 AM 5,750 Yards - Stress Value = 100
	3.00 III 0, 700 IdIdo 501000 Value 100

Workout #5151 - Saturday, 15 December 2007 HighSchl - Rookies 1 minute rest between sets

Workout #5150 - Saturday, 15 December 2007 HighSchl - Gold 1 minute rest between sets

9:35 AM 6,250 Yards - Stress Value = 116

{1 on 10:00 Stretch and Ice

	7:00 A	M Start
Yards	Set	Description
=====	===	
	1 0	on 30:00 Abs/Stretch
500	1x{1 x	: 100 on 2:00 Stroke Drills
	{1 x	: 100 on 1:50 Stroke Drills
	{1 x	: 100 on 1:40 Stroke Drills
	{1 x	: 100 on 1:30 Stroke Drils
	{1 x	: 100 on 1:20 Stroke Drills
150	10	x 15 on :45 Shooters
1,250	5x{4 x	: 25 on :45 Kick no board BSLR
	{1 x	: 100 on 1:45 Kick
	{1 x	: 50 on 1:00 Kick
1,350	1x{3 x	: 100 on 1:25 Lungbuster pulls
	{2 x	: 125 on 1:45 Lungbuster pulls
	{3 x	: 150 on 2:05 Lungbuster pulls
	{2 x	: 175 on 2:25 Lungbuster pulls
200	4x{1 x	: 25 on :50 Sculling drills
	{1 x	25 on :30 12.5 ez 12.5 fast grt finishes
2,600	1x{4 x	: 100 on 1:15 Freestyle
	{4 x	50 on 1:00 Freestyle
	{4 x	: 100 on 1:14 Freestyle
	{4 x	50 on 1:00 Freestyle
	{4 x	: 100 on 1:13 Freestyle

7:00 AM Start
Yards Set Description
===== 1 on 30:00 Abs/Stretch
250 1x{1 x 50 on 2:00 Stroke Drills
{1 x 50 on 1:50 Stroke Drills
{1 x 50 on 1:40 Stroke Drills

{1 x 50 on 1:30 Stroke Drils {1 x 50 on 1:20 Stroke Drills 150 10 x 15 on :45 Shooters 750 3x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 2:15 Kick {1 x 50 on 1:30 Kick 1,150 1x{1 x 100 on 2:00 Lungbuster pulls {2 x 125 on 2:25 Lungbuster pulls {3 x 150 on 2:50 Lungbuster pulls {2 x 175 on 3:15 Lungbuster pulls

150 $3x\{1 \times 25 \text{ on } 1:00 \text{ Sculling drills}$

{1 x 25 on :45 12.5 ez 12.5 fast grt finishes 1,850 $1x\{4 \times 100 \text{ on } 2:00 \text{ Freestyle}$ {3 x 50 on 1:15 Freestyle {4 x 100 on 1:55 Freestyle {3 x 50 on 1:15 Freestyle {4 x 100 on 1:50 Freestyle}

{3 x 50 on 1:15 Freestyle {1 x 200 on 4:00 Stroke Drills {1 on 10:00 Stretch and Ice 9:33 AM 4,300 Yards - Stress Value = 78

 $\{1 \text{ on } 10:00 \text{ Stretch and Ice}$ 9:35 AM 6,050 Yards - Stress Value = 112

{4 x 50 on 1:00 Freestyle {4 x 100 on 1:12 Freestyle {3 x 50 on 1:00 Freestyle {1 x 250 on 4:00 Stroke Drills

Workout #5152 - Saturday, 15 December 2007 HighSchl - Silver 1 minute rest between sets 5:30 AM Start

Set Description

Yards

200

Workout #5155 - Monday, 17 December 2007 HighSchl - Distance 1 minute rest between sets

400	8	X	50	on	1:00	Str	oke	Dri	lls		
	1	on	15	:00	Stre	etch	and	lIce	9		
	5:35	PM	1,	900	Yard	ls -	Str	ess	Value	=	30

Workout #5160 - Tuesday, 18 December 2007 HighSchl - Freestylers

=====	====================================	1 minute rest between sets	
	1 on 35:00 Weights and Stretch	1 minute Test between sets	
400 150	1 x 400 on 6:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters	4:35 PM Start Yards Set Description EGY WORK STK F	
2,400	1x{1 x 400 on 6:00 Free L.25 of each 100 build	====== ================================	
	$\{1 \times 400 \text{ on } 5:00 \text{ Freestyle}$	2,700 1x{1 x 200 on 2:40 Freestyle EN2 S FR 1	
	{1 x 400 on 4:50 Freestyle	$\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} \text{EN2} \text{S} \text{FR} 1$	
	$\{1 \times 400 \text{ on } 4:40 \text{ Freestyle}$	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle} $ EN2 S FR 1	
	{1 x 400 on 4:30 Freestyle	{1 x 300 on 4:00 Freestyle EN2 S FR 1	
	$\{1 \times 400 \text{ on } 4:20 \text{ Freestyle}$	{3 x 100 on 1:20 Freestyle EN2 S FR 1	
200	1 x 200 on 3:00 Stroke Drills	{6 x 50 on :40 Freestyle EN2 S FR 1	
	1 on 10:00 Stretch and Ice	{1 x 400 on 5:20 Freestyle EN2 S FR 1	
	7:05 AM 3,150 Yards - Stress Value = 50	{4 x 100 on 1:20 Freestyle EN2 S FR 1	
		$\{8 \times 50 \text{ on } : 40 \text{ Freestyle} \text{ EN2} \text{ S FR } 1$	
	Workout #5154 - Monday, 17 December 2007	400 8 x 50 on 1:00 Stroke Drills REC D CD 2	
	HighSchl - Gold	1 on 15:00 Stretch and Ice M	
	1 ' 4 Al 4	5:35 PM 3,100 Yards - Stress Value = 54	

1 minute rest between sets

	5:30 AM Start
Yards	Set Description
=====	=======================================
	1 on 35:00 Weights and Stretch
350	1 x 350 on 6:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,100	1x{1 x 400 on 6:30 Free L.25 of each 100 build
	{1 x 400 on 5:45 Freestyle
	{1 x 400 on 5:35 Freestyle
	{1 x 400 on 5:25 Freestyle
	{1 x 400 on 5:15 Freestyle
	{1 x 100 on 1:15 Freestyle

Workout #5153 - Monday, 17 December 2007 HighSchl - Silver 1 minute rest between sets

7:05 AM 2,800 Yards - Stress Value = 44

1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch and Ice

	5:30	AM St	cart	5						
Yards	Se	et Desc	crip	otion						
=====	==					-===	-==			
	1	on 35	:00	Weigh	nts and	Str	eto	ch		
300	1	x 300	on	6:00	Swim-ki	ick-	-pul	l-swi	m	
150	10	0 x 15	on	:45 8	Shooters	3				
1,900	1x{1	x 400	on	7:00	Free L.	.25	of	each	100	build
	{ 1	x 400	on	6:00	Freesty	yle				
	{ 1	x 400	on	5:55	Freesty	yle				
	{ 1	x 400	on	5:50	Freesty	yle				
	{ 1	x 300	on	4:15	Freesty	yle				
200	1	x 200	on	3:00	Stroke	Dri	.11s	3		
	1	on 10:	:00	Stret	ch and	Ice	9			
	7:04	AM 2,5	550	Yards	s - Stre	ess	Va]	ue =	40	

Workout #5159 - Tuesday, 18 December 2007 HighSchl - Fly

1 minute rest between sets

Yards	4:35 PM Start Set Description
	=======================================
1,500	$2x{10 \times 25 \text{ on :} 30 \text{ Butterfly}}$
	{1 on 1:00 Rest
	{10 x 25 on :30 Butterfly w/zoomers lup 2dowr
	{1 on 1:00 Rest
	$\{10 \times 25 \text{ on } : 30 \text{ Butterfly w/fins lup } 3\text{down} \}$
	{1 on 1:00 Rest

Workout #5156 - Tuesday, 18 December 2007 HighSchl - Platinum 1 minute rest between sets

Yards	3:00 Se							
	==	==:	====:	====			=====	=========
						in abs/stre		
						Underwater	trn	drill
150	10) :	x 15	on	:45	Shooters		
1,200	3x{1	Х	100	on	2:00	Kick		
	{ 1	Х	100	on	1:50	Kick		
	{ 1	Х	100	on	1:40	Kick		
	{ 1	Х	100	on	1:30	Kick		
1,350	1x{2	Х	125	on	1:40	Pulls		
	{ 2	Х	125	on	1:35	Pulls		
	{2	Х	125	on	1:30	Pulls		
	{2	Х	100	on	1:20	Pulls		
	{2	Х	100	on	1:15	Pulls		
	{2	х	100	on	1:10	Pulls		
200	•					culling dri	lls	
								t grt finishes
						s - Stress '		_
			/					

Workout #5157 - Tuesday, 18 December 2007 HighSchl - Gold

1 minute rest between sets

	3:00	PM Start
Yards	Se	et Description
	==	
	1	on 30:00 10 min abs/stretch
500	1	x 500 on 8:00 Underwater trn drill
150	10) x 15 on :45 Shooters
1,200	4x{1	x 100 on 2:00 Kick
	{ 1	x 100 on 1:55 Kick
	{ 1	x 100 on 1:50 Kick
1,050	1x{2	x 125 on 1:50 Pulls
	{ 2	x 125 on 1:45 Pulls
	{ 2	x 125 on 1:40 Pulls
	{ 1	x 100 on 1:30 Pulls
	{ 2	x 100 on 1:25 Pulls
200	4x{1	x 25 on :50 Sculling drills
	{ 1	x 25 on :30 12.5 ez 12.5 fast grt finishes
	4:34	PM 3,100 Yards - Stress Value = 43

Workout #5158 - Tuesday, 18 December 2007 HighSchl - Silver 1 minute rest between sets

	3:00	PM Start
Yards	Se	et Description
	==	
	1	on 30:00 10 min abs/stretch
400	1	x 400 on 8:00 Underwater trn drill
150	10) x 15 on :45 Shooters
900	3x{1	x 100 on 2:10 Kick
	{ 1	x 100 on 2:05 Kick
	{ 1	x 100 on 2:00 Kick
1,150	1x{2	x 125 on 2:05 Pulls
	{ 2	x 125 on 2:00 Pulls
	{ 2	x 125 on 1:55 Pulls
	{ 2	x 100 on 1:30 Pulls
	{ 2	x 100 on 1:25 Pulls
200	4x{1	x 25 on :50 Sculling drills
	{ 1	x 25 on :30 12.5 ez 12.5 fast grt finishes
	4:33	PM 2,800 Yards - Stress Value = 39

Workout #5165 - Wednesday, 19 December 2007 HighSchl - Back

1 minute rest between sets

Yards		PM Start et Description	EGY	WORK	STK
======	==	·	===	====	=== =
1,700	1x{1	x 200 on 3:00 Backstroke	EN2	S	BK
	{ 2	x 25 on :45 Turnover Drill	EN2	D	BK
	{ 2	x 175 on 2:35 Backstroke	EN2	S	BK
	{ 2	x 25 on :45 Turnover Drill	EN2	D	BK
	{ 3	x 150 on 2:10 Backstroke	EN2	S	BK
	{ 2	x 25 on :45 Turnover Drill	EN2	D	BK
	{ 4	x 125 on 1:45 Backstroke	EN2	S	BK
	{ 2	x 25 on :45 Turnover Drill	EN2	D	BK
200	1	x 200 on 3:00 Stroke Drills	REC	D	CD
	1	on 10:00 Stretch and Ice		M	
	5:35	PM 1,900 Yards - Stress Val	ue =	34	

Workout #5164 - Wednesday, 19 December 2007 HighSchl - Breast 1 minute rest between sets

	4:53	ΡN	4 Start			
Yards	Se	et	Description	EGY	WORK	٤
=====	==	===		===	====	=
1,500	1x{2	Х	125 on 2:15 Breaststroke	EN2	S	
	{ 2	Х	50 on 1:00 Under/Overs	EN2	S	
	{ 2	Х	125 on 2:10 Breaststroke	EN2	S	
	{ 2	Х	50 on 1:00 Under/Overs	EN2	S	
	{ 2	Х	125 on 2:05 Breaststroke	EN2	S	
	{ 2	Х	50 on 1:00 Under/Overs	EN2	S	
	{ 2	Х	125 on 2:00 Breaststroke	EN2	S	
	{ 2	Х	50 on 1:00 Under/Overs	EN2	S	
	{ 1	Х	100 on 3:00 Breaststroke-100%	EN2	S	
200	1	Х	200 on 3:00 Stroke Drills	REC	D	
	1	or	n 10:00 Stretch and Ice		М	

Workout #5163 - Wednesday, 19 December 2007 HighSchl - Platinum 1 minute rest between sets

5:35 PM 1,700 Yards - Stress Value = 30

	3:00 PM Start
Yards	Set Description
======	=======================================
	1 on 40:00 Weights and Stretch
500	1 x 500 on 8:00 L.25 of each 100 build
150	10 x 15 on :45 Shooters
1,500	6x{4 x 25 on :45 Kick no board BSLR

	{ 1	X	50	on	:45	Kick
	{ 1	Х	50	on	:50	Kick
	{ 1	Х	50	on	:45	Freestyle-EZ
,200	1	Х	120	0 C	on 15	5:00 Lungbuster pulls
200	4x{1	Х	25	on	:50	Sculling drills
	{ 1	Х	25	on	:30	12.5 ez 12.5 fast grt finishes
	4:53	PN	4 3,	, 550) Yaı	rds - Stress Value = 62

Workout #5161 - Wednesday, 19 December 2007 HighSchl - Gold

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 40:00 Weights and Stretch 1 x 450 on 8:00 L.25 of each 100 build 10 x 15 on :45 Shooters
	6x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :50 Kick {1 x 50 on :55 Kick
1,000	{1 x 50 on :55 kTek {1 x 50 on :50 Freestyle-EZ 1 x 1000 on 13:00 Lungbuster pulls
200	<pre>4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 4:53 PM 3,300 Yards - Stress Value = 57</pre>

Workout #5162 - Wednesday, 19 December 2007 HighSchl - Silver

1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 40:00 Weights and Stretch
400	1 x 400 on 8:00 L.25 of each 100 build
150	10 x 15 on :45 Shooters
1,500	6x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:00 Kick
	{1 x 50 on 1:00 Freestyle-EZ
750	1 x 750 on 11:00 Lungbuster pulls
200	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
	4:53 PM 3,000 Yards - Stress Value = 52

Workout #5169 - Friday, 21 December 2007 HighSchl - All 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	V
		===	=
	1 on 29:00 Physio Ball/stretch		
600	1 x 600 on 9:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1 x 600 on 12:00 Vertical Kicking	EN2	
600	12 x 50 on :55 Mid Pool Swims w/snorkel	EN1	
150	3×50 on :45 Choice-descend to very fast	EN2	
200	1 x 200 on 3:00 Stroke Drill	REC	
	1 on 10:00 Stretch/Ice?		
	4:30 PM 2,300 Yards - Stress Value = 27		

Workout #5167 - Friday, 21 December 2007 HighSchl - Platinum 1 minute rest between sets

HighSchl - Silver 1 minute rest between sets

Workout #5170 - Monday, 24 December 2007

HighSchl - All

1 minute rest between sets

7.00 AM Start
Yards Set Description
7:00 AM Start Yards Set Description 1 on 35:00 Weight and Stretch 1 x 400 on 8:00 Choice 150 10 x 15 on :45 Shooters 1,000 2x{4 x 25 on :45 Kick no board BSLR { 15 kicks off the wall { 1 x 100 on 2:05 Kick { 4 x 25 on :40 Kick no board BSLR { 12 kicks off the wall { 1 x 100 on 2:05 Kick { 2 x 25 on :35 Kick no board BSLR { 9 kicks off the wall { 1 x 50 on 1:30 Kick-100% effort 1,600 2x{2 x 150 on 2:25 Pulls w/snorkel { 2 x 125 on 2:00 Pulls w/snorkel { 2 x 125 on 2:00 Pulls w/snorkels { 1 x 50 on :45 Pulls w/snorkels 200 4x{1 x 25 on :50 Sculling drills { 1 x 25 on :30 Freestyle { 1 x 25 on :40 Freestyle { 1 x 25 on :50 Freestyle { 1 x 25 on :50 Freestyle { 1 x 50 on :45 Freestyle { 1 x 50 on :45 Freestyle { 1 x 50 on :45 Freestyle { 1 x 50 on :50 Freestyle { 1 x 50 on :45 Freest
{3 x 100 on 1:30 Freestyle {1 x 50 on :45 Freestyle {1 on :45 Rest

Workout #5168 - Friday, 21 December 2007 HighSchl - Gold

1 minute rest between sets

Yards	7:00 AM Start Set Description		7:00 AM Start Set Description	===		=== :	
1 on 35:00 Weight and Stretch 450 1 x 450 on 8:00 Choice 150 10 x 15 on :45 Shooters			1 on 17:00 Stretch and Ice 9:22 AM 10,000 Yards - Stre	ss Vá	M alue =	= 200	
1,100	2x{4 x 25 on :45 Kick no board BSLR { 15 kicks off the wall {1 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR { 12 kicks off the wall {1 x 100 on 2:00 Kick	Yards	Workout #5174 - Wednesday, 26 De HighSchl - All 1 minute rest between so 3:00 PM Start Set Description		er 2007		
200	{4 x 25 on :35 Kick no board BSLR { 9 kicks off the wall {1 x 50 on 1:00 Kick 2x{2 x 150 on 2:15 Pulls w/snorkel {2 x 125 on 1:50 Pulls w/snorkel {2 x 100 on 1:25 Pulls w/snorkels {2 x 75 on 1:00 Pulls w/snorkels 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 Freestyle {1 x 25 on :40 Freestyle {1 x 25 on :50 Freestyle {1 x 25 on :40 Freestyle {1 x 25 on :40 Freestyle {1 x 25 on :40 Freestyle {1 x 50 on :40 Freestyle {1 x 50 on :20 Freestyle {1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch and Ice 9:35 AM 5,400 Yards - Stress Value = 96	500 150 800	1 on 15:00 Stretch 1 x 500 on 8:00 Choice 10 x 15 on :45 Shooters 8x{1 x 25 on :40 Heads Ups I {1 x 25 on :01 10sec vert { IM order {1 x 50 on 1:29 Freestyle 6x{1 x 50 on 1:00 Shoe Kick {1 x 50 on 1:00 Shoe Kick {1 x 50 on 1:15 Shoe/Tombs	Kick: kick no k w/bostone n ce	ing k 20 y coard card e kicl	yard :	

250

Workout #5173 - Wednesday, 26 December	2007					
HighSchl - Platinum						
1 minute rest between sets						

	7:00 AM Start	5
Yards	Set Descrip	ption
=====	========	
	1 on 35:00	Weights and Stretch
500	1 x 500 on	8:00 Free L.25 of each 100 build
150	10 x 15 on	:45 Shooters
1 000	4 (4 05	45

150	10	x 15 on :45 Shooters
1,000	4x{4 x	25 on :45 Kick no board BSLR
	{1 x	50 on :55 Kick
	{1 x	50 on :50 Kick
	{1 x	50 on :45 Kick
1,200	2x{1 x	200 on 2:30 Pulls
	{2 x	100 on 1:15 Pulls
	{4 x	50 on :40 Pulls
250	5x{1 x	25 on :50 Sculling drills
	{1 x	25 on :30 12.5 ez 12.5 fast grt finishes
3,000	1x{1 x	500 on 6:15 Freestyle
	{2 x	400 on 4:55 Freestyle
	{3 x	300 on 3:40 Freestyle
	{4 x	200 on 2:25 Freestyle

Workout #5171 - Wednesday, 26 December 2007 HighSchl - Gold

9:35 AM 6,350 Yards - Stress Value = 100

1 x 250 on 4:00 Stroke Drills 1 on 12:00 Stretch and Ice

1 minute rest between sets

7:00 AM Start

Set Description Yards ===== ______ 1 on 35:00 Weights and Stretch 450 1 x 450 on 8:00 Free L.25 of each 100 build 150 10 x 15 on :45 Shooters 1,000 $4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 50 on 1:00 Kick $\{1 \times 50 \text{ on } :55 \text{ Kick} \}$ {1 x 50 on :50 Kick $1,000 2x{1 x 200 on 2:45 Pulls}$ {2 x 100 on 1:25 Pulls $\{2 \times 50 \text{ on } : 45 \text{ Pulls}$ 250 $5x{1 x 25 on :50 Sculling drills}$ {1 x 25 on :30 12.5 ez 12.5 fast grt finishes $2,800 \ 1x\{1 \ x \ 500 \ on \ 6:40 \ Freestyle$ {2 x 400 on 5:20 Freestyle ${3 \times 300 \text{ on } 4:00 \text{ Freestyle}}$ ${3 \times 200 \text{ on } 2:40 \text{ Freestyle}}$ 250 1 x 250 on 4:00 Stroke Drills 1 on 11:00 Stretch and Ice

Workout #5172 - Wednesday, 26 December 2007 HighSchl - Silver 1 minute rest between sets

9:35 AM 5,900 Yards - Stress Value = 94

Yards	7:00 AM Start Set Description
	=======================================
	1 on 35:00 Weights and Stretch
400	1 x 400 on 8:00 Free L.25 of each 100 build
150	10 x 15 on :45 Shooters
1,000	4x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:05 Kick
	{1 x 50 on 1:00 Kick
	{1 x 50 on :55 Kick
900	2x{1 x 200 on 3:00 Pulls
	{2 x 100 on 1:30 Pulls

 $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$

,600	1x{1	Х	500	on	7:20	Freestyle
	{ 2	Х	400	on	5:50	Freestyle
	{ 3	Х	300	on	4:20	Freestyle
	{ 2	х	200	on	2:50	Freestyle
250	1	х	250	on	4:00	Stroke Drills
	1	or	11:	:00	Stret	ch and Ice
	9:35	ΑN	15,5	550	Yards	s - Stress Value = 89

Workout #5179 - Friday, 28 December 2007 HighSchl - Back

1 minute rest between sets

Yards		AM Start et Description EGY WOR	RK	STK
2 000	1 22 (/	x 100 on 1:30 Backstroke EN2	 C	BK
2,000		on 1:00 Rest	۵	DIV
	•	x 100 on 1:25 Backstroke EN2	C	DV
	•	on 1:00 Rest	۵	DI
	•		~	DI
	•	x 100 on 1:20 Backstroke EN2	5	BK
	•	on 1:00 Rest		
	•		S	BK
	{ 1	on 1:00 Rest		
	{ 4	x 100 on 1:10 Backstroke EN2	S	BK
300	1	x 300 on 5:00 Stroke Drills REC	D	CD
	1	on 15:00 Stretch and Ice	Μ	
	9:35	AM 2,300 Yards - Stress Value = 40		

Workout #5178 - Friday, 28 December 2007 HighSchl - Breast 1 minute rest between sets

	8:43	AM Start			
Yards	Se	et Description EGY WO	RK	STK	
	==		==	===	=
1,700	1x{4	x 100 on 1:45 Backstroke EN2	S	BK	
	{ 1	on 1:00 Rest			
	{ 4	x 100 on 1:40 Backstroke EN2	S	BK	
	{ 1	on 1:00 Rest			
	{ 4	x 100 on 1:35 Backstroke EN2	S	BK	
	{ 1	on 1:00 Rest			
	{ 4	x 100 on 1:30 Backstroke EN2	S	BK	
	{ 1	on 1:00 Rest			
	{ 1	x 100 on 1:25 Backstroke EN2	S	BK	
300	1	x 300 on 5:00 Stroke Drills REC	D	CD	
	1	on 15:00 Stretch and Ice	Μ		
	9:36	AM 2,000 Yards - Stress Value = 34			

Workout #5177 - Friday, 28 December 2007 HighSchl - Platinum 1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=======================================
	1 on 35:00 Weights and Stretch
500	1 x 500 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,250	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
1,250	$1x\{1 \times 150 \text{ on } 2:00 \text{ Pulls w/snorkels}$
	$\{2 \times 125 \text{ on } 1:40 \text{ Pulls w/snorkels} \}$
	{3 x 100 on 1:20 Pulls w/snorkels
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls w/snorkels}$
	{5 x 50 on :40 Pulls w/snorkels
250	$5x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	8:43 AM 3,400 Yards - Stress Value = 45

Workout #5176 - Friday, 28 December 2007 HighSchl - Gold

1 minute rest between sets

	7:00 AM Start	
Yards	Set Description	
=====	=======================================	
	1 on 35:00 Weights and Stretch	
450	1 x 450 on 8:00 Reverse IM drill	
150	10 x 15 on :45 Shooters	:
1,150	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-100%	
	{1 x 100 on 2:10 Kick-100%	
1,100	$1x{1 x 150 on 2:15 Pulls w/snorkels}$	
	$\{2 \times 125 \text{ on } 1:50 \text{ Pulls w/snorkels} \}$	
	${3 \times 100 \text{ on } 1:30 \text{ Pulls w/snorkels}}$	
	$\{4 \times 75 \text{ on } 1:10 \text{ Pulls w/snorkels}$	
	{2 x 50 on :45 Pulls w/snorkels	
250	5x{1 x 25 on :50 Sculling drills	
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$	
	8:43 AM 3,100 Yards - Stress Value = 42	

Workout #5175 - Friday, 28 December 2007 HighSchl - Silver

1 minute rest between sets

	7:00 AM Start
Yards	Set Description
=====	=======================================
	1 on 35:00 Weights and Stretch
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,125	3x{1 x 125 on 2:40 Kick
	{1 x 125 on 2:35 Kick
	{1 x 125 on 2:30 Kick
1,000	$1x\{1 \times 150 \text{ on } 2:30 \text{ Pulls w/snorkels}$
	$\{2 \times 125 \text{ on } 2:05 \text{ Pulls w/snorkels}$
	${3 \times 100 \text{ on } 1:40 \text{ Pulls w/snorkels}}$
	$\{4 \times 75 \text{ on } 1:15 \text{ Pulls w/snorkels}$
250	$5x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
	8:43 AM 2,925 Yards - Stress Value = 42

Workout #5182 - Monday, 31 December 2007 HighSchl - Distance

1 minute rest between sets

Yards		M Start Description
	1 0	n 35:00 Weights and Stretch
500		500 on 8:00 Swim-kick-pull-swim
		x 15 on :45 Shooters
		150 on 2:00 Freestyle-descend in 3's
		25 on :45 Kick no board BSLR
700	•	100 on 1:40 Kick
		25 on :45 Kick no board BSLR
	•	75 on 1:15 Kick
	•	25 on :45 Kick no board BSLR
	-	50 on :50 Kick
150	•	25 on :50 Sculling drills
130		25 on :30 12.5 ez 12.5 fast grt finishes
0.00	-	150 on 2:00 Freestyle-descend in 3's
		125 on 1:50 Pull no br L.12 yds
1,000		
	-	125 on 1:50 Pull no br L.14 yds
	-	125 on 1:50 Pull no br L.16 yds
1 5 0	-	125 on 1:50 Pull no br L.18 yds
150	-	25 on :50 Sculling drills
	-	25 on :30 12.5 ez 12.5 fast grt finishes
		150 on 2:00 Freestyle-descend in 3's
400	8 x	50 on 1:00 Stroke Drills

1 on 12:00 Stretch and Ice 9:35 AM 5,750 Yards - Stress Value = 90

Workout #5183 - Monday, 31 December 2007 HighSchl - All 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WORF
=====		===	====
	1 on 15:00 Stretching		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
200	10 x 20 on :45 Cross pool sprints	SP3	٤
500	1 x 500 on 7:30 Pull w/snorkel	EN1	E
500	10 x 50 on 1:15 Kick w/shoes	EN2	F
500	1 x 500 on 20:00 Killer Relays w/shoes	SP2	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
	1 on 12:00 Stretch and Ice		N
	4:35 PM 2,500 Yards - Stress Value = 73	3	

Workout #5181 - Monday, 31 December 2007 HighSchl - Gold 1 minute rest between sets

	7:00	AM Start
Yards	Se	et Description
	==	
	1	on 35:00 Weights and Stretch
450	1	x 450 on 8:00 Swim-kick-pull-swim
150	10	0 x 15 on :45 Shooters
900	6	x 150 on 2:15 Freestyle-descend in 3's
550	1x{4	x 25 on :45 Kick no board BSLR
	{ 1	x 100 on 2:00 Kick
	{ 4	x 25 on :45 Kick no board BSLR
	{ 2	x 75 on 1:30 Kick
	{ 4	x 25 on :45 Kick no board BSLR
150	3x{1	x 25 on :50 Sculling drills
	{ 1	x 25 on :30 12.5 ez 12.5 fast grt finishes
900	6	x 150 on 2:15 Freestyle-descend in 3's
800	2x{1	x 100 on 1:35 Pull no br L.12 yds
	{ 1	x 100 on 1:35 Pull no br L.14 yds
	{ 1	x 100 on 1:35 Pull no br L.16 yds
	{ 1	x 100 on 1:35 Pull no br L.18 yds
150	3x{1	x 25 on :50 Sculling drills
	{ 1	x 25 on :30 12.5 ez 12.5 fast grt finishes
		x 150 on 2:15 Freestyle-descend in 3's
300	6	x 50 on 1:00 Stroke Drills
	1	on 12:00 Stretch and Ice
	9:35	AM 5,250 Yards - Stress Value = 86

Workout #5180 - Monday, 31 December 2007 HighSchl - Silver 1 minute rest between sets

7:00 AM Start

	7.00 In Scarc
Yards	Set Description
=====	
	1 on 35:00 Weights 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 2:25 Freestyle-descend in 3's
500	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:35 Kick
	{2 x 25 on :45 Kick no board BSLR
150	$3x{1 \times 25 \text{ on :} 50 \text{ Sculling drills}}$
	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
900	6 x 150 on 2:25 Freestyle-descend in 3's
700	2x{1 x 100 on 1:40 Pull no br L.12 yds
	$\{1 \times 100 \text{ on } 1:40 \text{ Pull no br L.} 14 \text{ yds}$
	{1 x 100 on 1:40 Pull no br L.16 yds
	$\{1 \times 50 \text{ on } : 45 \text{ Pull no br L.} 18 \text{ yds}$
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
900	6 x 150 on 2:25 Freestyle-descend in 3's
250	5 x 50 on 1:00 Stroke Drills
	1 on 12:00 Stretch and Ice
	9:35 AM 5,000 Yards - Stress Value = 83