

Workout #4476 - Monday, 01 January 2007

Group 2 - Distance

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 2x{4 x 50 on 1:15 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 600 2x{1 x 100 on 1:50 Pull no br L.8 yds
 {1 x 100 on 1:45 Pull no br L.10 yds
 {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 finishes
 2,000 1x{1 x 400 on 7:00 Freestyle
 {2 x 300 on 5:10 Freestyle
 {3 x 200 on 3:25 Freestyle
 {4 x 100 on 1:40 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Techniques-starts
 2:02 PM 4,150 Yards - Stress Value = 70

Workout #4478 - Monday, 01 January 2007

HighSchl - Back

1 minute rest between sets

2:00 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim REC
 204 12 x 17 on :45 Starts/shooters/finishes SP3
 400 1x{4 x 25 on :45 Kick no board BSLR EN2
 {4 x 25 on :40 Kick no board BSLR EN2
 {4 x 25 on :35 Kick no board BSLR EN2
 {4 x 25 on :30 Kick no board BSLR EN2
 1,000 1x{4 x 50 on :45 Pulls-nbbf&w EN1
 {4 x 50 on :45 Pulls-nbbf&w + 1 yd EN1
 {4 x 50 on :45 Pulls-nbbf&w + 2 yds EN1
 {4 x 50 on :45 Pulls-nbbf&w + 3 yds EN1
 {4 x 50 on :45 Pulls-nbbf&w + 4 yds EN1
 200 4 x 50 on :45 Freestyle-descend EN1
 1,600 2x{4 x 25 on :45 Bathtub drill EN2
 {1 x 100 on 1:30 Backstroke w/fins EN2
 {4 x 25 on :45 Bathtub drill EN2
 {1 x 100 on 1:25 Backstroke w/fins EN2
 {4 x 25 on :45 Bathtub drill EN2
 {1 x 100 on 1:20 Backstroke w/fins EN2
 {1 x 200 on 3:00 Stroke Drill REC
 1 on 10:00 Ice
 4:01 PM 3,804 Yards - Stress Value = 52

Workout #4477 - Monday, 01 January 2007

HighSchl - Fly

1 minute rest between sets

2:00 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim REC
 204 12 x 17 on :45 Starts/shooters/finishes SP3
 400 1x{4 x 25 on :45 Kick no board BSLR EN2
 {4 x 25 on :40 Kick no board BSLR EN2
 {4 x 25 on :35 Kick no board BSLR EN2
 {4 x 25 on :30 Kick no board BSLR EN2
 1,000 1x{4 x 50 on :45 Pulls-nbbf&w EN1
 {4 x 50 on :45 Pulls-nbbf&w + 1 yd EN1
 {4 x 50 on :45 Pulls-nbbf&w + 2 yds EN1
 {4 x 50 on :45 Pulls-nbbf&w + 3 yds EN1
 {4 x 50 on :45 Pulls-nbbf&w + 4 yds EN1

300 6 x 50 on :45 Freestyle-descend in 3's EN1
 1,200 2x{8 x 25 on :30 Butterfly EN2
 {1 on 1:00 Rest
 {8 x 25 on :25 Butterfly EN2
 {1 on 1:00 Rest
 {8 x 25 on :20 Butterfly EN2
 {1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 4:01 PM 3,704 Yards - Stress Value = 53

Workout #4474 - Monday, 01 January 2007

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 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
 1,500 4x{1 x 125 on 1:40 Pull no br L.10 yds
 {1 x 125 on 1:35 Pull no br L.15 yds
 {1 x 125 on 1:30 Pull no br L.20 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 400 on 5:00 Freestyle
 {2 x 300 on 3:40 Freestyle
 {3 x 200 on 2:25 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:34 AM 5,700 Yards - Stress Value = 94

Workout #4472 - Monday, 01 January 2007

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 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
 1,500 4x{1 x 125 on 1:45 Pull no br L.10 yds
 {1 x 125 on 1:40 Pull no br L.15 yds
 {1 x 125 on 1:35 Pull no br L.20 yds
 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 400 on 5:10 Freestyle
 {2 x 300 on 3:50 Freestyle
 {3 x 200 on 2:30 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,650 Yards - Stress Value = 93

Workout #4473 - Monday, 01 January 2007

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 3x{4 x 50 on 1:00 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:50 Kick
 1,500 4x{1 x 125 on 1:50 Pull no br L.10 yds
 {1 x 125 on 1:45 Pull no br L.15 yds
 {1 x 125 on 1:40 Pull no br L.20 yds
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 400 on 5:30 Freestyle
 {2 x 300 on 4:00 Freestyle
 {3 x 200 on 2:35 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,450 Yards - Stress Value = 89

Workout #4475 - Monday, 01 January 2007

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 3x{4 x 50 on 1:00 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:00 Kick
 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 finishes
 1,600 1x{1 x 400 on 5:45 Freestyle
 {2 x 300 on 4:15 Freestyle
 {3 x 200 on 2:45 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:34 AM 5,300 Yards - Stress Value = 88

Workout #4481 - Tuesday, 02 January 2007

Group 2 - Breast

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 2x{1 x 25 on :40 Kick w/pd fins
 {1 x 50 on 1:15 Kick w/pd fins
 {1 x 75 on 1:45 Kick w/pd fins
 {1 x 100 on 2:10 Kick w/pd fins
 550 1x{2 x 150 on 4:00 Pulls
 {2 x 125 on 3:00 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{4 x 50 on 1:15 Breaststroke #4 100%
 {1 x 100 on 2:30 50 drill 50 build
 {3 x 50 on 1:10 Breaststroke #3 100%
 {1 x 100 on 2:30 50 drill 50 build
 {2 x 50 on 1:05 Breaststroke #2 100%
 {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

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

Workout #4479 - Tuesday, 02 January 2007

HighSchl - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 5x{1 x 25 on :30 Kick w/pd fins
 {1 x 50 on :55 Kick w/pd fins
 {1 x 75 on 1:20 Kick w/pd fins
 {1 x 100 on 1:45 Kick w/pd fins
 1,350 1x{3 x 150 on 3:00 Pulls w/ pddls and chutes
 {3 x 125 on 2:25 Pulls w/pddls and chutes
 {3 x 100 on 1:50 Pulls w/pddls and chutes
 {3 x 75 on 1:15 Pulls w/pddls and chutes
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{4 x 50 on 1:00 Breaststroke #4 100%
 {1 x 100 on 1:45 50 drill 50 build
 {3 x 50 on :55 Breaststroke #3 100%
 {1 x 100 on 1:45 50 drill 50 build
 {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%
 {1 x 100 on 1:45 50 drill 50 build
 200 1 x 200 on 3:00 Stroke Drill
 1 on 10:00 ice
 9:35 AM 5,550 Yards - Stress Value = 80

Workout #4480 - Tuesday, 02 January 2007

HighSchl - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 8:00 Underwater trn drill
 150 10 x 15 on :45 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 finishes
 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 500
 {1 x 750 on 9:00 Freestyle-descend by 250's
 {1 x 500 on 6:00 Freestyle-negative split
 {1 x 250 on 3:00 Free-fast as 2nd half of 500
 {1 x 750 on 8:45 Freestyle-descend by 250's
 {1 x 500 on 5:50 Freestyle-negative split
 {1 x 250 on 2:55 Free-fast as 2nd half of 500
 200 1 x 200 on 3:00 Stroke Drill
 1 on 10:00 ice
 9:35 AM 7,500 Yards - Stress Value = 129

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 x 50 on :55 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 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!!!!!!!!!!!!!!!!!!!!
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:34 AM 5,250 Yards - Stress Value = 96

Workout #4485 - Wednesday, 03 January 2007

HighSchl - Silver

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
 {1 x 50 on :55 Kick

{1 x 50 on :50 Kick
 900 2x{1 x 200 on 2:40 Lungbuster pulls
 { breathe 3-5-7-9 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 by the 50
 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 11 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:33 AM 5,200 Yards - Stress Value = 96

Workout #4484 - Wednesday, 03 January 2007

HighSchl - Bronze

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
 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 finishes
 1,925 11 x 175 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:34 AM 4,825 Yards - Stress Value = 86

Workout #4490 - Thursday, 04 January 2007

Group 2 - IM/Stroke

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 400 on 8:00 Individual Medley
 {8 x 25 on :30 Odds IM order evens free
 {1 x 300 on 6:00 Individual Medley
 {8 x 25 on :30 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

Workout #4487 - Thursday, 04 January 2007

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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
 150 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
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:45 Kick
 1,000 1 x 1000 on 12:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,200 1x{2 x 300 on 4:30 Individual Medley
 {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
 {4 x 100 on 1:30 Individual Medley
 {8 x 25 on :30 Odds IM order evens free
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:30 AM 5,550 Yards - Stress Value = 55

Workout #4488 - Thursday, 04 January 2007

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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
 150 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
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:45 Kick
 1,000 1 x 1000 on 12:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,200 1x{2 x 300 on 4:30 Individual Medley
 {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
 {4 x 100 on 1:30 Individual Medley
 {8 x 25 on :30 Odds IM order evens free
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:30 AM 5,550 Yards - Stress Value = 55

Workout #4489 - Thursday, 04 January 2007

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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
 150 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

{1 x 100 on 2:00 Kick
 {1 x 100 on 1:45 Kick
 1,000 1 x 1000 on 13:20 Pulls
 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
 {8 x 25 on :30 Odds IM order evens free
 {3 x 200 on 3:20 Individual Medley
 {8 x 25 on :30 Odds IM order evens free
 {4 x 100 on 1:40 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:30 AM 5,350 Yards - Stress Value = 53

Workout #4486 - Thursday, 04 January 2007

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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
 150 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
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:45 Kick
 1,000 1 x 1000 on 13:20 Pulls
 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
 {8 x 25 on :30 Odds IM order evens free
 {3 x 200 on 3:20 Individual Medley
 {8 x 25 on :30 Odds IM order evens free
 {4 x 100 on 1:40 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:30 AM 5,350 Yards - Stress Value = 53

Workout #4493 - Friday, 05 January 2007

Group 2 - Back

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 400 1 x 400 on 8:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 2x{3 x 50 on 1:00 Kick with flippers
 {2 x 50 on :55 Kick with flippers
 {1 x 50 on :50 Kick with flippers
 900 1x{1 x 225 on 4:00 Pulls-nbbf&w
 {1 x 225 on 3:55 Pulls-nbbf&w
 {1 x 225 on 3:50 Pulls-nbbf&w
 {1 x 225 on 3:45 Pulls-nbbf&w
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4x{4 x 25 on :45 Bath tub drill
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 300 6 x 50 on 1:15 Stroke Drills
 1:59 PM 4,150 Yards - Stress Value = 65

Workout #4492 - Friday, 05 January 2007

HighSchl - Back

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
 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 x 50 on :35 Kick with flippers
 1,350 1x{1 x 225 on 3:00 Pulls-nbbf&w + 2 yds
 {1 x 225 on 2:55 Pulls-nbbf&w + 2 yds
 {1 x 225 on 2:50 Pulls-nbbf&w + 2 yds
 {1 x 225 on 2:45 Pulls-nbbf&w + 2 yds
 {1 x 225 on 2:40 Pulls-nbbf&w + 2 yds
 {1 x 225 on 2:35 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,600 4x{4 x 25 on :45 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

{4 x 25 on :40 Kick no board BSLR
 {2 x 125 on 2:10 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
 600 6 x 100 on 6:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drill
 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

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 2x{1 x 100 on 2:30 Kick no board BSLR
 {2 x 50 on 1:10 Kick no board BSLR
 {4 x 25 on :30 Kick no board BSLR
 750 1x{1 x 250 on 4:15 Pulls
 {1 x 250 on 4:10 Pulls
 {1 x 250 on 4:05 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{1 x 100 on 2:00 Freestyle
 {1 x 400 on 6:40 Freestyle
 {2 x 50 on 1:00 Freestyle
 {1 x 100 on 1:40 Freestyle
 {1 x 100 on 2:00 Freestyle
 {1 x 300 on 5:00 Freestyle
 {2 x 50 on 1:00 Freestyle
 {1 x 200 on 3:20 Freestyle
 {1 x 100 on 2:00 Freestyle
 {1 x 200 on 3:20 Freestyle
 {2 x 50 on 1:00 Freestyle
 {1 x 300 on 5:00 Freestyle
 {1 x 100 on 2:00 Freestyle
 {1 x 100 on 1:40 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,600 Yards - Stress Value = 85

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 x 50 on 1:00 Kick w/pd fins
 {2 x 50 on :55 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 x 175 on 3:25 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 x 25 on :45 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
 9:33 AM 4,554 Yards - Stress Value = 75

Workout #4494 - Saturday, 06 January 2007

HighSchl - All

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 4x{1 x 75 on 1:15 Stroke Drills
 {1 x 75 on 1:10 2bk-4bk-6bk by 25's
 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

Workout #4499 - Monday, 08 January 2007

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 2x{1 x 100 on 2:00 Kick no board BSLR
 {2 x 50 on 1:00 Kick no board BSLR
 {4 x 25 on :30 Kick no board BSLR
 1,250 1x{1 x 250 on 3:40 Pull no br L.25 yds
 {1 x 250 on 3:30 Pull no br L.25 yds
 {1 x 250 on 3:20 Pull no br L.25 yds
 {1 x 250 on 3:10 Pull no br L.25 yds
 {1 x 250 on 3:00 Pull no br L.25 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,900 1x{1 x 100 on 1:30 Freestyle
 {1 x 400 on 4:40 Freestyle
 {2 x 50 on 1:00 Freestyle
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 300 on 3:30 Freestyle
 {2 x 50 on 1:00 Freestyle
 {1 x 200 on 2:20 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 2:20 Freestyle
 {2 x 50 on 1:00 Freestyle
 {1 x 300 on 3:30 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:10 Freestyle
 {2 x 50 on 1:00 Freestyle
 {1 x 400 on 4:40 Freestyle
 {1 x 100 on 1:30 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:33 PM 6,200 Yards - Stress Value = 110

Workout #4500 - Monday, 08 January 2007

HighSchl - Backstroke

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 100 on 2:00 Kick no board BSLR
 {2 x 50 on 1:00 Kick no board BSLR
 {4 x 25 on :30 Kick no board BSLR
 1,250 1x{1 x 250 on 3:40 Pull no br L.25 yds
 {1 x 250 on 3:30 Pull no br L.25 yds
 {1 x 250 on 3:20 Pull no br L.25 yds
 {1 x 250 on 3:10 Pull no br L.25 yds
 {1 x 250 on 3:00 Pull no br L.25 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{1 x 200 on 3:00 Backstroke
 {1 x 200 on 2:55 Backstroke L. 50 fast
 {1 x 200 on 2:50 Backstroke L.100 fast
 {1 x 200 on 2:45 Backstroke L.150 fast
 {1 x 200 on 4:00 Backstroke-100%
 {1 x 150 on 2:10 Backstroke
 {1 x 150 on 2:05 Backstroke L.50 fast
 {1 x 150 on 2:05 Backstroke L.100 fast
 {1 x 150 on 3:00 Backstroke-100%
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke L.50 fast
 {1 x 100 on 2:00 Backstroke-100%
 {1 x 50 on 1:00 Backstroke-100%
 200 1 x 200 on 4:00 Stroke Drills

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

Workout #4495 - Monday, 08 January 2007

HighSchl - Platinum

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 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 :45 Pulls
 {1 x 100 on 1:20 Pulls
 {1 x 150 on 1:55 Pulls
 1,600 1x{1 x 200 on 2:30 Freestyle
 {3 x 100 on 1:30 Individual Medley
 {2 x 175 on 2:10 Freestyle
 {2 x 100 on 1:30 Individual Medley
 {3 x 150 on 1:50 Freestyle
 {1 x 100 on 1:30 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 1 on 5:00 Ice
 7:05 AM 3,000 Yards - Stress Value = 34

Workout #4496 - Monday, 08 January 2007

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 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 :45 Pulls
 {1 x 100 on 1:20 Pulls
 {1 x 150 on 1:55 Pulls
 1,600 1x{1 x 200 on 2:30 Freestyle
 {3 x 100 on 1:30 Individual Medley
 {2 x 175 on 2:10 Freestyle
 {2 x 100 on 1:30 Individual Medley
 {3 x 150 on 1:50 Freestyle
 {1 x 100 on 1:30 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 1 on 5:00 Ice
 7:05 AM 3,000 Yards - Stress Value = 34

Workout #4497 - Monday, 08 January 2007

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set 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 :45 Pulls
 {1 x 100 on 1:25 Pulls
 {1 x 150 on 2:05 Pulls
 1,500 1x{1 x 200 on 2:45 Freestyle
 {2 x 100 on 1:30 Individual Medley
 {2 x 175 on 2:25 Freestyle
 {2 x 100 on 1:30 Individual Medley
 {3 x 150 on 2:05 Freestyle
 {1 x 100 on 1:30 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 1 on 5:00 Ice
 7:06 AM 2,900 Yards - Stress Value = 33

Workout #4498 - Monday, 08 January 2007

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set 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

5:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 450 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 x 150 on 2:15 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 finishes

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

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 Weights and Stretch
 600 1x{1 x 150 on 2:15 Freestyle
 {1 x 150 on 2:15 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
 600 1x{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%
 1,800 2x{3 x 150 on 2:00 Pulls with paddles
 {3 x 150 on 2:00 Pulls with snorkels
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{1 x 300 on 3:30 Freestyle
 {3 x 100 on 1:15 Freestyle-hold under 1:10
 {1 x 300 on 3:25 Freestyle
 {3 x 100 on 1:15 Freestyle-hold under 1:08
 {1 x 300 on 3:20 Freestyle
 {3 x 100 on 1:15 Freestyle-hold under 1:07
 {1 x 300 on 3:15 Freestyle
 {3 x 100 on 1:15 Freestyle-hold under 1:05
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 6,050 Yards - Stress Value = 121

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 x 150 on 2:15 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
 1,425 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

{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

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 180 12 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 6 x 125 on 2:15 Kick
 450 1x{2 x 75 on 1:00 3 strokes fly off the walls
 {2 x 75 on :55 3 strokes fly off the walls
 {2 x 75 on :50 3 strokes fly off the walls
 750 6 x 125 on 1:40 Lungbuster pulls
 300 1x{2 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 #4511 - Friday, 12 January 2007

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 400 1 x 400 on 8:00 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 #4509 - Friday, 12 January 2007

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 180 12 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 #4506 - Friday, 12 January 2007

HighSchl - All

1 minute rest between sets

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

Workout #4507 - Friday, 12 January 2007

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Reverse IM drill
180	12 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 {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	Set Description
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Reverse IM drill
180	12 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 {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 #4512 - Saturday, 13 January 2007

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 27:00 Stomach and Stretch		
500	1x{1 x 200 on 3:00 Stroke Drills {1 x 150 on 2:15 Stroke Drills {1 x 100 on 1:30 Stroke Drills {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 {3 x 50 on 1:00 Kick {1 x 100 on 2:00 Kick for time	EN2	EN1 EN3
1,100	4x{1 x 125 on 1:45 Pulls {2 x 75 on 1:10 Pulls middle 1 breath	EN1	EN1
200	8 x 25 on :30 IM order-build	EN1	
3,600	2x{1 x 200 on 2:20 Freestyle {1 x 200 on 2:15 Freestyle {1 x 200 on 2:10 Freestyle {4 x 50 on 1:00 Stroke Drills	EN2	EN2 EN2 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
1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Ice	

9:35 AM 6,800 Yards - Stress Value = 101

Workout #4513 - Saturday, 13 January 2007

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 27:00 Stomach and Stretch		
500	1x{1 x 200 on 3:00 Stroke Drills {1 x 150 on 2:15 Stroke Drills {1 x 100 on 1:30 Stroke Drills {1 x 50 on :45 Stroke Drills	REC	REC REC REC
150	10 x 15 on :45 Shooters	SP3	
1,050	3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick {1 x 100 on 2:00 Kick for time	EN2	EN1 EN3
1,100	4x{1 x 125 on 1:45 Pulls {2 x 75 on 1:10 Pulls middle 1 breath	EN1	EN1
200	8 x 25 on :30 IM order-build	EN1	
3,600	2x{1 x 200 on 2:30 Freestyle {1 x 200 on 2:25 Freestyle {1 x 200 on 2:20 Freestyle {4 x 50 on 1:00 Stroke Drills {1 x 150 on 1:50 Freestyle {1 x 150 on 1:45 Freestyle {1 x 150 on 1:40 Freestyle {3 x 50 on 1:00 Stroke Drills {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {1 x 100 on 1:05 Freestyle {2 x 50 on 1:00 Stroke Drills	EN2	EN2 EN2 EN2 REC EN2 EN2 EN2 REC EN2 EN2 EN2 REC
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	

9:37 AM 6,800 Yards - Stress Value = 101

Workout #4514 - Saturday, 13 January 2007

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
400	1 on 20:00 Stomach and Stretch		
150	1 x 400 on 8:00 Swim-kick-pull-swim		
600	10 x 15 on :45 Shooters		
500	3x{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:20 Kick		
150	1x{3 x 75 on 1:20 Pull no br L.12 yds	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	
700	12 x 25 on :40 12.5 ez 12.5 fast grt finishe	SP3	
1,000	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	
200	1x{1 x 100 on 1:30 Pulls	EN1	
	{2 x 75 on 1:10 Pulls middle 1 breath	EN1	
3,600	8 x 25 on :30 IM order-build	EN1	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{1 x 150 on 2:05 Freestyle	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
	{1 x 150 on 1:55 Freestyle	EN2	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
200	{2 x 50 on 1:00 Stroke Drills	REC	
	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	Set Description	EGY	WOF
7:00 AM	Start		
400	1 on 27:00 Stomach and Stretch		
150	1 x 400 on 8:00 Swim-kick-pull-swim		
600	12 x 15 on :45 Starts/shooters/finishes		
500	7 x 100 on 2:00 Kick-odds 100%		
150	7 x 100 on 1:20 Lungbuster pulls		
700	odds breathe 3-5-7-9 evens breathe 2-4-6-8		
1,000	8 x 25 on :40 12.5 ez 12.5 fast grt finishes	SP3	
1,300	2x{1 x 100 on 1:30 Backstroke	EN2	
	{2 x 25 on :40 Bathtub drill	EN1	
	{2 x 75 on 1:05 Backstroke	EN1	
	{2 x 25 on :40 Bathtub drill	EN1	
	{3 x 50 on :45 Backstroke	EN1	
	{2 x 25 on :40 Bathtub drill	EN1	
200	1 x 100 on 1:45 Backstroke for time	EN1	
1,000	1 x 200 on 3:00 Stroke Drills	EN2	
	1 on 9:00 Ice		
4:00 PM	3,680 Yards - Stress Value = 55		
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
400	1 on 20:00 Stomach and Stretch
150	1 x 400 on 8:00 Swim-kick-pull-swim
600	10 x 15 on :45 Shooters
600	3x{4 x 25 on :45 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 Freestyle
	{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

Workout #4521 - Monday, 15 January 2007

HighSchl - Back

1 minute rest between sets

2:00 PM Start

Yards	Set Description
400	1 on 32:00 Physio Balls/Stretch
180	1 x 400 on 7:00 Swim-kick-pull-swim
700	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
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	2x{1 x 100 on 1:30 Backstroke
	{2 x 25 on :40 Bathtub drill
	{2 x 75 on 1:05 Backstroke
	{2 x 25 on :40 Bathtub drill
	{3 x 50 on :45 Backstroke
	{2 x 25 on :40 Bathtub drill
200	1 x 100 on 1:45 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 finishe
 1,500 2x{1 x 100 on 1:30 75 2-2, 25 fly lup 1down
 {1 x 100 on 1:25 75 2-3, 25 fly lup 2down
 {1 x 100 on 1:20 75 2-4, 25 fly 2up 3down
 {1 x 75 on 1:10 50 2-2, 25 fly lup 1down
 {1 x 75 on 1:05 50 2-3, 25 fly lup 2down
 {1 x 75 on 1:00 50 2-4, 25 fly 2up 3down
 {1 x 50 on :45 25 2-2, 25 fly lup 1down
 {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
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 4:00 PM 3,980 Yards - Stress Value = 53

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
 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
 {6 x 75 on :55 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 x 250 on 3:10 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
 Yards 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
 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
 {6 x 75 on :55 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 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
 1 on 9:00 Ice
 9:35 AM 5,950 Yards - Stress Value = 94

7:00 AM Start
 Yards 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
 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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,700 1x{1 x 250 on 3:30 Freestyle
 {2 x 100 on 1:20 Freestyle
 {1 x 50 on :55 Stroke
 {1 x 250 on 3:25 Freestyle
 {2 x 100 on 1:20 Freestyle
 {1 x 50 on :55 Stroke
 {1 x 250 on 3:20 Freestyle
 {2 x 100 on 1:20 Freestyle
 {1 x 50 on :55 Stroke
 {1 x 200 on 2:35 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 #4519 - Monday, 15 January 2007

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====

Workout #4516 - Monday, 15 January 2007

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 45:00 Weights and Stretch
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,350	10 x 15 on :45 Shooters
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
1,050	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
	{2 x 75 on 1:00 Pull no br L.12 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 250 on 3:40 Freestyle
	{2 x 100 on 1:25 Freestyle
	{1 x 50 on :55 Stroke
	{1 x 250 on 3:35 Freestyle
	{2 x 100 on 1:25 Freestyle
	{1 x 50 on :55 Stroke
	{1 x 250 on 3:30 Freestyle
	{2 x 100 on 1:25 Freestyle
	{1 x 50 on :55 Stroke
	{1 x 250 on 3:25 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Ice
	9:35 AM 5,400 Yards - Stress Value = 84

Yards	Set Description
600	1 on 45:00 Weights and Stretch
1x	{1 x 200 on 3:00 Freestyle
	{1 x 200 on 3:00 Freestyle L.50 fast
	{1 x 200 on 3:00 Freestyle L.100 fast
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
	{4 x 25 on :35 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 Drill
	{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

HighSchl - Breast

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 45:00 Weights and Stretch
1x	{1 x 200 on 3:00 Freestyle
	{1 x 200 on 3:00 Freestyle L.50 fast
	{1 x 200 on 3:00 Freestyle L.100 fast
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
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on :50 Kick
900	1x{3 x 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 x 25 on :45 Breast TO drill
	{3 x 100 on 2:00 Kick
	{ descend to 100% effort
	{1 x 100 on 1:45 Breaststroke Drill
	{1 x 200 on 3:00 Stroke Drill
	{ 25 2k1p, 25 fly kick, 25 2k1p, 25 3 second
	{3 x 50 on 1:00 Breast-100%
	{1 x 100 on 1:45 Breaststroke Drill
	{ one set with PD fins one without
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 4,650 Yards - Stress Value = 76

Workout #4526 - Wednesday, 17 January 2007

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
600	1 on 20:00 Stomach and Stretch
1x	{1 x 200 on 4:00 Freestyle
	{1 x 200 on 3:45 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
	7:30 PM 4,100 Yards - Stress Value = 96

Workout #4525 - Wednesday, 17 January 2007

HighSchl - Back

1 minute rest between sets

3:00 PM Start

Workout #4523 - Wednesday, 17 January 2007

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 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 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
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on :50 Kick
 1,250 1x{3 x 125 on 1:45 Pulls w/snorkels
 {3 x 125 on 1:40 Pulls w/snorkels
 {4 x 125 on 1:35 Pulls w/snorkles
 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
 {3 x 150 on 2:00 Freestyle-descend
 {4 x 25 on :45 TchPddl/Tnns Ball drill
 {3 x 200 on 2:40 Freestyle-desecond
 {4 x 25 on :45 TchPddl/Tnns Ball drill
 {3 x 250 on 3:20 Freestyle-descend
 {4 x 25 on :45 TchPddl/Tnns Ball drill
 {1 x 300 on 4:00 Freestyle-for time
 200 1 x 200 on 3:00 Stroke Drill
 1 on 6:00 Ice
 5:35 PM 5,600 Yards - Stress Value = 102

1 on 30:00 Stomach and Stretch
 500 1 x 500 on 7:00 Underwater trn drill F
 180 12 x 15 on :45 Starts/shooters/finish S
 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
 {1 x 150 on 2:45 Kick E
 {1 x 100 on 1:50 Kick E
 {1 x 50 on :55 Kick E
 {1 x 150 on 2:30 Kick E
 {1 x 100 on 1:40 Kick E
 {1 x 50 on :50 kICK E
 {1 x 150 on 2:15 Kick E
 {1 x 100 on 1:30 Kick E
 {1 x 50 on :45 Kick E
 1,400 4x{1 x 125 on 1:40 Lungbuster pulls 2-3-4-5-6 E
 {1 x 100 on 1:20 Lungbuster pulls 3-4-5-6 E
 {1 x 75 on 1:00 Lungbuster pulls 4-5-6 E
 {1 x 50 on :40 Lungbuster pulls 5-6 E
 300 4 x 75 on 1:10 2bk-4bk-6bk by 25's E
 2,800 1x{6 x 25 on :25 Freestyle E
 {1 x 100 on 1:25 Individual Medley E
 {6 x 25 on :25 Odds free evens fly E
 {1 x 200 on 2:50 Individual Medley E
 {6 x 25 on :25 Odds free evens back E
 {1 x 300 on 4:15 Individual Medley E
 {6 x 25 on :25 Odds free evens breast E
 {1 x 400 on 5:40 Individual Medley E
 {6 x 25 on :20 Odds free evens breast E
 {1 x 300 on 4:00 Individual Medley E
 {6 x 25 on :20 Odds free evens breast E
 {1 x 200 on 2:40 Individual Medley E
 {6 x 25 on :20 Odds free evens fly E
 {1 x 100 on 1:20 Individual Medley E
 {6 x 25 on :20 Freestyle E
 300 1 x 300 on 5:00 Stroke Drills F
 1 on 10:00 Ice
 5:33 PM 6,680 Yards - Stress Value = 97

Workout #4531 - Thursday, 18 January 2007

Group 2 - IM/Stroke

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 20:00 Stomach and Stretch
 500 1 x 500 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 600 1x{1 x 150 on 3:30 Kick EN1
 {1 x 100 on 2:20 Kick EN1
 {1 x 50 on 1:10 Kick EN1
 {1 x 150 on 3:15 Kick 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 x 25 on :30 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
 {8 x 25 on :30 Odds free evens back EN2
 {1 x 300 on 6:00 Individual Medley EN2
 {8 x 25 on :30 Odds free evens breast EN2
 {1 x 400 on 8:00 Individual Medley 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

3:00 PM Start
 Yards Set Description E
 =====

Workout #4529 - Thursday, 18 January 2007

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 30:00 Stomach and Stretch	E
500	1 x 500 on 7:00 Underwater trn drill	F
180	12 x 15 on :45 Starts/shooters/finish	S
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
	{1 x 150 on 2:45 Kick	E
	{1 x 100 on 1:50 Kick	E
	{1 x 50 on :55 Kick	E
	{1 x 150 on 2:30 Kick	E
	{1 x 100 on 1:40 Kick	E
	{1 x 50 on :50 kICK	E
	{1 x 150 on 2:15 Kick	E
	{1 x 100 on 1:30 Kick	E
	{1 x 50 on :45 Kick	E
1,400	4x{1 x 125 on 1:40 Lungbuster pulls 2-3-4-5-6	E
	{1 x 100 on 1:20 Lungbuster pulls 3-4-5-6	E
	{1 x 75 on 1:00 Lungbuster pulls 4-5-6	E
	{1 x 50 on :40 Lungbuster pulls 5-6	E
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	E
2,800	1x{6 x 25 on :25 Freestyle	E
	{1 x 100 on 1:30 Individual Medley	E
	{6 x 25 on :25 Odds free evens fly	E
	{1 x 200 on 3:00 Individual Medley	E
	{6 x 25 on :25 Odds free evens back	E
	{1 x 300 on 4:30 Individual Medley	E
	{6 x 25 on :25 Odds free evens breast	E
	{1 x 400 on 6:00 Individual Medley	E
	{6 x 25 on :25 Odds free evens breast	E
	{1 x 300 on 4:15 Individual Medley	E
	{6 x 25 on :25 Odds free evens breast	E
	{1 x 200 on 2:50 Individual Medley	E
	{6 x 25 on :25 Odds free evens fly	E
	{1 x 100 on 1:30 Individual Medley	E
	{6 x 25 on :25 Freestyle	E
200	1 x 200 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
	5:35 PM 6,580 Yards - Stress Value = 97	

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

Workout #4528 - Thursday, 18 January 2007

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 30:00 Stomach and Stretch	E
500	1 x 500 on 7:00 Underwater trn drill	F
180	12 x 15 on :45 Starts/shooters/finish	S
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
	{1 x 150 on 2:50 Kick	E
	{1 x 100 on 1:50 Kick	E
	{1 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	E
	{4 x 25 on :30 Odds free evens back	E
	{1 x 300 on 5:00 Individual Medley	E
	{4 x 25 on :30 Odds free evens breast	E
	{1 x 400 on 6:40 Individual Medley	E
	{4 x 25 on :30 Odds free evens breast	E
	{1 x 300 on 5:00 Individual Medley	E
	{4 x 25 on :30 Odds free evens breast	E
	{1 x 200 on 3:20 Individual Medley	E
	{4 x 25 on :30 Odds free evens fly	E
	{1 x 100 on 1:40 Individual Medley	E
	{4 x 25 on :30 Freestyle	E
300	1 x 300 on 5:00 Stroke Drills	F
	1 on 10:00 Ice	
	5:34 PM 5,980 Yards - Stress Value = 83	

Workout #4530 - Thursday, 18 January 2007

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 30:00 Stomach and Stretch	E
500	1 x 500 on 7:00 Underwater trn drill	F
180	12 x 15 on :45 Starts/shooters/finish	S
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
	{1 x 150 on 2:50 Kick	E
	{1 x 100 on 1:50 Kick	E
	{1 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

Workout #4533 - Friday, 19 January 2007

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
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	
600	1 x 600 on 12:00 Vertical Kicking	EN2	
	1 on 10:00 Techniques-Relay starts		
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		
5:03 PM	2,900 Yards - Stress Value = 21		

Workout #4532 - Friday, 19 January 2007

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	SP
5:30 AM	Start			
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			
150	10 x 15 on :45 Shooters	SP3	S	C
1,500	5x{1 x 25 on :30 Freestyle	SP2	S	
	{1 x 25 on :40 Freestyle	SP2	S	
	{1 x 25 on :50 Freestyle	SP2	S	
	{1 x 25 on 1:00 Freestyle	SP2	S	
	{1 x 200 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
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
5:30 PM	Start
150	1 on 20:00 Stomach and Stretch
400	1 x 150 on 2:30 Pull mid 50 6 breaths
150	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 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
	{4 x 25 on :45 Kick no board ---R
450	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
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	2x{1 x 200 on 4:00 Breaststroke
	{3 x 50 on 1:10 Breaststroke
	{1 x 150 on 2:55 Breaststroke
	{2 x 50 on 1:10 Breaststroke
	{1 x 100 on 1:55 Breaststroke
400	{1 x 50 on 1:10 Breaststroke
	8 x 50 on 1:10 Stroke Drills
7:31 PM	3,950 Yards - Stress Value = 47

Workout #4538 - Monday, 22 January 2007

HighSchl - Back

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 30:00 Stomach and Stretch
150	1 x 600 on 9:00 Swim-kick-pull-swim
1,000	10 x 15 on :45 Shooters
	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 ---R
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 finishes
2,000	2x{1 x 200 on 3:00 Backstroke
	{4 x 50 on :45 Backstroke
	{1 x 150 on 2:15 Backstroke
	{3 x 50 on :45 Backstroke
	{1 x 100 on 1:30 Backstroke
	{2 x 50 on :45 Backstroke
	{4 x 25 on :45 Backstroke-100%
400	4 x 100 on 1:30 Freestyle-descend to ludicrc
	Speed
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
5:34 PM	5,900 Yards - Stress Value = 85

Workout #4539 - Monday, 22 January 2007

HighSchl - Breast

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 30:00 Stomach and Stretch
150	1 x 600 on 9:00 Swim-kick-pull-swim
1,000	10 x 15 on :45 Shooters
	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 ---R
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 finishes
1,800	2x{1 x 200 on 3:20 Breaststroke
	{4 x 50 on :55 Breaststroke
	{1 x 150 on 2:30 Breaststroke
	{3 x 50 on :55 Breaststroke
	{1 x 100 on 1:40 Breaststroke
	{2 x 50 on :55 Breaststroke
400	4 x 100 on 1:30 Freestyle-descend to ludicrc
	Speed
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
5:33 PM	5,700 Yards - Stress Value = 73

Workout #4535 - Monday, 22 January 2007

HighSchl - Platinum

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and Stretch
 400 1 x 400 on 6:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooter
 600 1x{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.15 yds
 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{3 x 200 on 2:30 Freestyle
 {3 x 200 on 2:25 Freestyle
 {2 x 200 on 2:20 Freestyle
 200 1 x 200 on 3:00 Stroke Drill
 1 on 5:00 Ice
 7:05 AM 3,100 Yards - Stress Value = 46

Workout #4536 - Monday, 22 January 2007

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and Stretch
 400 1 x 400 on 6:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooter
 600 1x{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.15 yds
 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{3 x 200 on 2:40 Freestyle
 {3 x 200 on 2:35 Freestyle
 {2 x 150 on 1:55 Freestyle
 200 1 x 200 on 3:00 Stroke Drill
 1 on 5:00 Ice
 7:05 AM 3,000 Yards - Stress Value = 44

Workout #4534 - Monday, 22 January 2007

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and Stretch
 400 1 x 400 on 6:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooter
 600 1x{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.15 yds
 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{3 x 200 on 2:45 Freestyle
 {3 x 200 on 2:40 Freestyle
 {2 x 125 on 1:40 Freestyle
 200 1 x 200 on 3:00 Stroke Drill
 1 on 5:00 Ice
 7:05 AM 2,950 Yards - Stress Value = 43

Workout #4537 - Monday, 22 January 2007

HighSchl - Bronze

1 minute rest between sets

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

150 10 x 15 on :45 Shooter
 600 1x{4 x 50 on :50 Pull no br L.5 yds
 {4 x 50 on :50 Pull no br L.10 yds
 {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
 1,200 1x{2 x 200 on 3:00 Freestyle
 {2 x 200 on 2:55 Freestyle
 {2 x 200 on 2:50 Freestyle
 200 1 x 200 on 3:00 Stroke Drill
 1 on 5:00 Ice
 7:04 AM 2,700 Yards - Stress Value = 38

Workout #4543 - Tuesday, 23 January 2007

Group 2 - Distance

1 minute rest between sets

6:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 Stretch
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 500 1x{1 x 125 on 2:55 Kick EN1
 {1 x 125 on 2:50 Kick EN2
 {1 x 125 on 2:45 Kick EN2
 {1 x 125 on 2:40 Kick EN2
 600 1x{1 x 200 on 3:30 Pulls EN1
 {1 x 200 on 3:25 Pulls EN2
 {1 x 200 on 3:20 Pulls EN2
 1,800 1x{2 x 225 on 4:00 Freestyle EN2
 {2 x 225 on 3:55 Freestyle EN2
 {2 x 225 on 3:50 Freestyle EN2
 {2 x 225 on 3:45 Freestyle EN2
 100 1 x 100 on 2:00 Stroke Drill REC
 7:32 PM 3,550 Yards - Stress Value = 59

Workout #4542 - Tuesday, 23 January 2007

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 500 1 x 500 on 7:30 Underwater trn drill
 150 10 x 15 on :45 Shooters
 750 1x{1 x 125 on 2:30 Kick
 {1 x 125 on 2:20 Kick
 {2 x 125 on 2:10 Kick
 {2 x 125 on 2:00 Kick
 1,200 2x{1 x 200 on 2:45 Pull w/ parachutes
 {1 x 200 on 2:35 Pull w/parachures
 {1 x 200 on 2:25 Pull w/parachures
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,700 1x{2 x 225 on 3:10 Freestyle
 {2 x 225 on 3:05 Freestyle
 {2 x 225 on 3:00 Freestyle
 {2 x 225 on 2:55 Freestyle
 {2 x 225 on 2:50 Freestyle
 {2 x 225 on 2:45 Freestyle
 400 8 x 50 on :50 Stroke Drills
 1 on 10:00 Ice
 5:27 PM 6,000 Yards - Stress Value = 96

Workout #4541 - Tuesday, 23 January 2007

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 35:00 Physio Balls/Stretch
500	1 x 500 on 7:30 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	2x{1 x 125 on 2:30 Kick {1 x 125 on 2:20 Kick {1 x 125 on 2:10 Kick {1 x 125 on 2:00 Kick
1,200	2x{1 x 200 on 2:45 Pulls {1 x 200 on 2:35 Pulls {1 x 200 on 2:25 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,650	1x{4 x 75 on 1:10 3 strokes fly off the walls {4 x 75 on 1:05 3 strokes fly off the walls {4 x 75 on 1:00 3 strokes fly off the walls {1 x 50 on :45 Freestyle {1 x 50 on 1:00 Butterfly {3 x 75 on 1:10 3 strokes fly off walls {3 x 75 on 1:05 3 strokes fly off walls {3 x 75 on 1:00 3 strokes fly off walls {1 x 50 on :45 Freestyle {1 x 50 on 1:00 Butterfly {2 x 75 on 1:10 3 strokes fly off walls {2 x 75 on 1:05 3 strokes fly off walls {2 x 75 on 1:00 3 strokes fly off walls {1 x 50 on :45 Freestyle {1 x 50 on 1:00 Butterfly {1 x 75 on 1:10 3 strokes fly off walls {1 x 75 on 1:05 3 strokes fly off walls {1 x 75 on 1:00 3 strokes fly off walls {1 x 50 on :45 Freestyle {1 x 50 on 1:00 Butterfly
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
5:32 PM 6,000 Yards - Stress Value = 103	

Workout #4548 - Wednesday, 24 January 2007

Group 2 - Backstroke

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	1 on 20:00 Stomach and Stretch
400	1 x 400 on 8:00 Choice
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 1:45 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 x 150 on 2:30 Pulls
200	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 x 50 on :55 Backstroke {1 x 100 on 2:30 Freestyle
7:30 PM 4,150 Yards - Stress Value = 58	

Workout #4547 - Wednesday, 24 January 2007

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	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
1,500	1x{1 x 150 on 2:00 Pulls {2 x 150 on 1:55 Pulls {3 x 150 on 1:50 Pulls {4 x 150 on 1:45 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{4 x 100 on 1:15 Freestyle {3 x 50 on :45 #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 5,750 Yards - Stress Value = 79	

Workout #4546 - Wednesday, 24 January 2007

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	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
1,200	1x{1 x 150 on 2:05 Pulls {2 x 150 on 2:00 Pulls {3 x 150 on 1:55 Pulls {2 x 150 on 1:50 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{4 x 100 on 1:20 Freestyle {3 x 50 on :50 #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
5:36 PM 5,450 Yards - Stress Value = 73	

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

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
 900 1x{1 x 150 on 2:20 Pulls
 {2 x 150 on 2:15 Pulls
 {3 x 150 on 2:10 Pulls
 200 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

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 S
 1,000 2x{1 x 200 on 4:00 Alt 50 Kick w/brd 50 w/out E
 {1 x 150 on 3:00 Alt 50 kick w/brd 50 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 x 125 on 1:50 75 swim 50 drill E
 {1 x 125 on 1:50 50 swim 75 drill E
 {1 x 125 on 1:50 25 swim 100 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 x 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

5:30 AM Start
 Yards Set Description EGY WORK SI
 =====
 1 on 35:00 Weights and Stretch L DF
 400 1 x 400 on 7:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S CF
 1,000 1x{4 x 100 on 1:30 Lungbuster pulls EN1 P F
 {3 x 100 on 1:25 Lungbuster pulls EN1 P F
 {2 x 100 on 1:20 Lungbuster pulls EN1 P F
 {1 x 100 on 1:15 Lungbuster pulls 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 x 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

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 1:40 Kick
 1,000 2x{1 x 125 on 1:40 Pull no br L.12 yds
 {1 x 125 on 1:35 Pull no br L.12 yds
 {1 x 125 on 1:30 Pull no br L.12 yds
 {1 x 125 on 1:25 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 5:00 Freestyle
 {2 x 300 on 3:45 Freestyle
 {1 x 200 on 2:30 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:22 PM 5,030 Yards - Stress Value = 59

Workout #4555 - Monday, 29 January 2007

HighSchl - Gold

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 x 15 on :45 Shooters SP3
 1,600 1x{3 x 225 on 3:05 Freestyle EN1
 {2 x 225 on 3:00 Freestyle EN1
 {1 x 225 on 2:55 Freestyle EN2
 {5 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 2,350 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 1:40 Pull no br L.12 yds
 {1 x 125 on 1:35 Pull no br L.12 yds
 {1 x 125 on 1:30 Pull no br L.12 yds
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{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 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 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
 {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 12:00 Ice
 7:00 AM 2,250 Yards - Stress Value = 24

Workout #4556 - Monday, 29 January 2007

HighSchl - Silver

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 1:50 Pull no br L.12 yds
 {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
 2,000 1x{3 x 400 on 5:40 Freestyle
 {2 x 300 on 4:15 Freestyle
 {1 x 200 on 2:50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:25 PM 4,780 Yards - Stress Value = 54

Workout #4552 - Monday, 29 January 2007

HighSchl - Bronze

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 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 1:50 Pull no br L.12 yds
 {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
 1,800 1x{3 x 400 on 6:00 Freestyle
 {2 x 300 on 4:30 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:23 PM 4,580 Yards - Stress Value = 52

Workout #4560 - Tuesday, 30 January 2007

HighSchl - All

1 minute rest between sets

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 1x{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 finishe
 1,200 1x{1 x 200 on 8:00 Broken at each 50, 10-20-30
 { seconds rest
 {1 x 400 on 6:00 Stroke Drills
 {1 x 200 on 8:00 Broken at each 25 10 seconds
 { rest at 25 for first 100, 15 seconds rest f
 {1 x 400 on 6:00 Stroke Drill
 5:26 PM 4,850 Yards - Stress Value = 72

{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

5:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 400 1 x 400 on 8:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 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 x 25 on :45 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 #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 x 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 x 75 on 1:05 Lungbuster pulls EN1 P FF
 {1 x 75 on 1:00 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 x 100 on 1:20 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

Workout #4568 - Friday, 02 February 2007

HighSchl - Back

1 minute rest between sets

3:00 PM Start
 Yards 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
 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 1:50 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:35 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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 x 75 on 1:00 Backstroke
 {1 x 50 on :40 Backstroke
 {1 x 100 on 2:00 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 #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 x 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 x 250 on 4:10 Pulls L.50 fast
 {1 x 250 on 4:05 Pulls L.50 fast
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 1x{1 x 400 on 7:00 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

Workout #4567 - Friday, 02 February 2007

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY
	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 on 2:00 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	
	{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 finishe	
750	1x{2 x 125 on 2:00 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	
200	1 x 200 on 3:00 Stroke Drills	
	1 on 10:00 Ice	
	5:02 PM 4,780 Yards - Stress Value = 77	

Workout #4566 - Friday, 02 February 2007

HighSchl - Platinum

1 minute rest between sets

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 on 2:00 Pulls-nbbf&w + 2 yds	EN1
	{1 x 150 on 1:55 Pulls-nbbf&w + 2 yds	EN1
	{1 x 150 on 1:50 Pulls-nbbf&w + 2 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 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 #4565 - Friday, 02 February 2007

HighSchl - Gold

1 minute rest between sets

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 on 2:05 Pulls-nbbf&w + 2 yds	EN1
	{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds	EN1
	{1 x 150 on 1:55 Pulls-nbbf&w + 2 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

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 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 Freestyle	EN1
	{1 x 175 on 2:30 Freestyle	EN1
	{1 x 150 on 2:05 Freestyle	EN1
	{1 x 125 on 1:40 Freestyle	EN2
	{1 x 100 on 1:20 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 #4564 - Friday, 02 February 2007

HighSchl - Bronze

1 minute rest between sets

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 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
 600 1x{1 x 200 on 5:00 Broken at each 50 rest 10
 { 20, and 30 seconds, free or back to turn to
 {1 x 100 on 3:00 Stroke Drill
 {1 x 100 on 3:00 Broken at each 25 10 seconds
 { rest at turn wall, 5 seconds at start wall,
 { turn to the feet
 {1 x 100 on 3:00 Stroke Drills
 {1 x 100 on 2:00 Broken at the 50, 10-15 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

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 x 125 on 1:50 Pull no br L.12 yds
 {2 x 125 on 1:45 Pull no br L.12 yds
 {2 x 125 on 1:40 Pull no br L.12 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 3x{8 x 25 on :30 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
 1 on 10:00 Ice
 5:21 PM 4,500 Yards - Stress Value = 53

Workout #4576 - Monday, 05 February 2007

HighSchl - Backstroke

1 minute rest between sets

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 x 125 on 1:50 Pull no br L.12 yds
 {2 x 125 on 1:45 Pull no br L.12 yds
 {2 x 125 on 1:40 Pull no br L.12 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
 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 x 125 on 1:50 Pull no br L.12 yds
 {2 x 125 on 1:45 Pull no br L.12 yds
 {2 x 125 on 1:40 Pull no br L.12 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 x 50 on :40 Freestyle
 {2 x 125 on 2:00 Freestyle
 {4 x 50 on :40 Freestyle
 {3 x 100 on 1:20 Freestyle
 {4 x 50 on :40 Freestyle
 {4 x 75 on 1:00 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 REC
 204 12 x 17 on :45 Starts/Shooters/Finishes 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 = 21

Workout #4574 - Monday, 05 February 2007

HighSchl - Gold

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 REC
 204 12 x 17 on :45 Starts/Shooters/Finishes SP3
 1,350 1x{3 x 200 on 2:40 #1, #2 just make, #3 90% EN1
 {3 x 150 on 2:00 #1, #2 just make, #3 90% EN1
 {3 x 100 on 1:20 #1, #2 just make, #3 90% 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 EGY
 =====
 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 SP3
 1,350 1x{3 x 200 on 2:50 #1, #2 just make, #3 90% EN1
 {3 x 150 on 2:05 #1, #2 just make, #3 90% EN1
 {3 x 100 on 1:25 #1, #2 just make, #3 90% EN1
 200 1 x 200 on 4:00 Stroke Drills REC
 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 EGY
 =====
 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 SP3
 1,350 1x{3 x 200 on 3:00 #1, #2 just make, #3 90% EN1
 {3 x 150 on 2:15 #1, #2 just make, #3 90% EN1
 {3 x 100 on 1:30 #1, #2 just make, #3 90% EN1
 200 1 x 200 on 4:00 Stroke Drills REC
 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 EGY
 =====
 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 1:20 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

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 x 100 on 3:00 Broken at the 50, 10-15 secc
 500 5 x 100 on 1:30 Stroke Drills
 1 on 10:00 Ice
 5:11 PM 4,550 Yards - Stress Value = 77

Workout #4581 - Tuesday, 06 February 2007

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 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 x 75 on 1:05 Pulls
 {1 x 100 on 1:25 Pulls br 6-7-8-9
 {6 x 75 on 1:00 Pulls
 {1 x 100 on 1:25 Pulls br 7-8-9-9
 250 10 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 x 100 on 3:00 Broken at the 50, 10-15 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

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 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 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 x 100 on 3:00 Broken at the 50, 10-15 secc
 500 5 x 100 on 1:30 Stroke Drills
 1 on 10:00 Ice
 5:11 PM 4,300 Yards - Stress Value = 72

Workout #4578 - Tuesday, 06 February 2007

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
800	1 x 800 on 13:00 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 1:05 Kick {1 x 100 on 2:05 Kick {1 x 150 on 3:00 Kick
950	1x{2 x 75 on 1:10 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
250	10 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 x 100 on 3:00 Broken at the 50, 10-15 secc
500	5 x 100 on 1:30 Stroke Drills 1 on 10:00 Ice
	5:11 PM 4,250 Yards - Stress Value = 71

Workout #4583 - Wednesday, 07 February 2007

Group 2 - Distance

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
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 :55 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

Workout #4582 - Wednesday, 07 February 2007

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
	1 on 45:00 Weights/Stretch/Team Mtg.	
800	1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:30 Freestyle L.25 fast {1 x 100 on 1:30 Freestyle L.50 fast {2 x 100 on 1:30 Freestyle L.75 fast {1 x 100 on 1:30 Freestyle L.50 fast {1 x 100 on 1:30 Freestyle L.25 fast {1 x 100 on 1:30 Freestyle	REC REC EN1 EN2 EN1 REC REC
204	12 x 17 on :45 Starts/Shooters/Finishes	SP3
1,050	3x{2 x 125 on 2:30 Kick {1 x 100 on 1:45 Kick	EN1 EN2
1,000	2x{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds {1 x 100 on 1:25 Pulls-nbbf&w + 2 yds {1 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1 EN1 EN1 EN1

	{1 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1
1,050	3x{4 x 50 on :40 Freestyle	EN1
	{6 x 25 on :30 Stroke Drills	REC
	1 on 10:00 Ice	
	5:13 PM 4,104 Yards - Stress Value = 44	

Workout #4588 - Thursday, 08 February 2007

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 13:00 Stretch
300	1 x 300 on 6:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{2 x 100 on 2:20 Kick {2 x 100 on 2:15 Kick {2 x 100 on 2:10 Kick
600	6 x 100 on 1:50 Pulls-nbbf&w
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,100	2x{4 x 25 on :45 Turnover Drill {2 x 50 on 1:00 Breaststroke {2 x 75 on 1:25 Breaststroke {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 #4585 - Thursday, 08 February 2007

HighSchl - Breast

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	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 finishe
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 #4586 - Thursday, 08 February 2007

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	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
750	1 x 750 on 10:00 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishe
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

Yards	Set Description
	3:00 PM Start
400	1 on 30:00 Stomach and Stretch
150	1 x 400 on 7:00 Underwater trn drill
750	10 x 15 on :45 Shooters
	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
	{1 x 100 on 1:15 Freestyle
	{3 x 125 on 1:40 Alt. 25 fly 25 free
	{2 x 100 on 1:15 Freestyle
	{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
	1 on 10:00 Ice
	4:56 PM 4,025 Yards - Stress Value = 62

Workout #4584 - Thursday, 08 February 2007

HighSchl - Backstroke

1 minute rest between sets

Yards	Set Description
	3:00 PM Start
400	1 on 30:00 Stomach and Stretch
150	1 x 400 on 7:00 Underwater trn drill
750	10 x 15 on :45 Shooters
	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
1,500	3x{4 x 25 on :45 Bath tub drill w/ fins
	{1 on :30 Take off fins
	{1 x 100 on 1:30 Backstroke
	{2 x 75 on 1:05 Backstroke
	{3 x 50 on :40 Backstroke
	{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

Yards	Set Description
	5:30 PM Start
400	1 on 20:00 Stomach and Stretch
150	1 x 400 on 8:00 Choice
450	10 x 15 on :45 Shooters
	1x{2 x 75 on 1:45 Kick
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:35 Kick
800	16 x 50 on :55 Pulls-nbbf&w
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	3x{4 x 25 on 1:00 Bath tub drill
	{1 x 100 on 1:55 Backstroke
	{2 x 75 on 1:25 Backstroke
	{3 x 50 on :55 Backstroke
400	8 x 50 on 1:10 Stroke Drills
	7:30 PM 4,000 Yards - Stress Value = 48

Workout #4589 - Friday, 09 February 2007

HighSchl - All

1 minute rest between sets

Yards	Set Description	
	6:00 AM Start	
400	1 on 30:00 Weights and Stretch	E
150	1 x 400 on 6:00 Choice	F
500	10 x 15 on :45 Shooters	S
200	10 x 50 on :40 Your choice of stroke/interval	E
	1 x 200 on 3:00 Stroke Drills	F
	1 on 8:00 Ice	
	7:05 AM 1,250 Yards - Stress Value = 11	

Workout #4590 - Friday, 09 February 2007

HighSchl - All

1 minute rest between sets

Yards	Set Description
	3:00 PM Start
800	1 on 15:00 Stretch
204	1 x 800 on 13:00 Choice
1,000	12 x 17 on :45 Starts/shooters/finishes
	2x{2 x 100 on 1:55 Kick
	{2 x 75 on 1:25 Kick
	{2 x 50 on :55 Kick
	{2 x 25 on :25 Kick
	1 on 10:00 Techniques-Relay Starts
1,000	1x{2 x 200 on 2:45 Pulls
	{2 x 200 on 2:40 Pulls
	{1 x 200 on 2:35 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	2x{1 x 100 on 3:00 Broken at your choice 5-15 s
	{1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Ice
	4:59 PM 4,004 Yards - Stress Value = 54

Workout #4592 - Saturday, 10 February 2007

HighSchl - All

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
800	1 on 30:00 Stomach and Stretch
204	1 x 800 on 14:00 Swim-kick-pull-swim
900	12 x 17 on :45 Starts/shooters/finishes
	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

Yards	Set Description	EGY	WORK	STK	PF
	6:30 AM Start				
700	1 on 20:00 Weights and stretch			L	WTS
	1 x 700 on 10:30 Choice	REC		S	CHO 1:
	7:01 AM 700 Yards				

Workout #4598 - Monday, 12 February 2007

Group 2 - Freestylers

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
 204 12 x 17 on :45 Starts/shooters/finishes
 750 3x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:10 Kick-descend
 750 10 x 75 on 1:20 Lungbuster pulls
 odds breathe 3-5-3, evens breathe 2-4--2
 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

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 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
 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 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 x 75 on 1:20 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 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 4x{1 x 50 on :55 Butterfly 2-2
 {2 x 25 on :30 Butterfly lup 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

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch/Team mtg
 800 1 x 800 on 13:00 200 under water turn drill
 200 (50 easy, 2 X75's 2bk,4bk,6bk by 25)-Re
 204 12 x 17 on :45 Starts/Shooters/Finishes
 750 3x{3 x 50 on 1:00 Kick, #3 90%
 {1 x 100 on 2:00 Kick
 750 1x{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {2 x 50 on :45 Pulls-nbbf&w + 2 yds
 {2 x 25 on :30 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 100 1 x 100 on 2:00 Broken at your choice
 500 1 x 500 on 7:30 Stroke Drills
 4:42 PM 3,404 Yards - Stress Value = 35

Workout #4600 - Wednesday, 14 February 2007

HighSchl - All

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY V
 =====
 1 on 30:00 Weights and Stretch
 800 1 x 800 on 14:00 Choice RE
 150 10 x 15 on :45 Shooters SE
 600 2x{1 x 150 on 3:00 Kick RE
 {1 x 100 on 2:00 Kick RE
 {1 x 50 on 1:00 Kick RE
 600 2x{1 x 50 on :45 Pulls RE
 {1 x 100 on 1:30 Pulls RE
 {1 x 150 on 2:15 Pulls RE
 800 8 x 100 on 1:30 #1 easy w/fast turns EN
 #2 75-80%, #3 faster then #2, #4-#8 25 clos
 hook em horns, 25 ok drill, 25 perfect form
 1 on 10:00 Techniques-starts/relay starts
 1 on 10:00 Ice
 4:49 PM 2,950 Yards - Stress Value = 14

Workout #4602 - Friday, 16 February 2007

Group 2 - Backstroke

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
 700 7 x 100 on 2:15 Kick-odds fast
 750 5x{1 x 50 on 1:00 Pulls-nbbf&w
 {1 x 50 on :55 Pulls-nbbf&w
 {1 x 50 on :50 Pulls-nbbf&w
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 3x{4 x 25 on :30 Backstroke 5kow
 {1 x 100 on 2:00 Freestyle
 {4 x 25 on :30 Backstroke 6kow
 {1 x 100 on 2:00 Freestyle
 {4 x 25 on :30 Backstroke 7kow
 {1 x 100 on 2:00 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 41

Workout #4601 - Friday, 16 February 2007

HighSchl - All

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY V
 =====
 1 on 25:00 Stretching/Team Mtg
 800 1 x 800 on 13:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 600 1 x 600 on 12:00 Social Kick REC
 600 12 x 50 on :45 Pulls-nbbf&w REC
 250 1 x 250 on 10:00 Techniques-TN turn drill REC
 400 8 x 50 on :50 Mid Pool swims REC
 200 1 x 200 on 4:00 Stroke Drill REC
 1 on 10:00 Techniques-Relay Starts 400 fr
 1 on 10:00 Ice
 4:54 PM 3,000 Yards - Stress Value = 6

Workout #4604 - Monday, 19 February 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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 2x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick-#2 fast
 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 x 125 on 2:05 Pull no br L.8 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,300 2x{4 x 25 on 1:00 Breast TO drill
 {3 x 50 on 1:00 Breaststroke 2X pullouts
 {1 x 100 on 2:15 Stroke Drills
 {4 x 75 on 1:30 Breaststroke-descend
 400 8 x 50 on 1:15 Stroke Drills
 7:30 PM 3,900 Yards - Stress Value = 49

Workout #4603 - Monday, 19 February 2007

HighSchl - State Champions

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 800 1 x 800 on 13:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 2x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:00 Kick #1 good effort
 {2 x 50 on :55 Kick #2 good effort
 750 1x{3 x 125 on 1:50 Pull no br L.12 yds
 {2 x 125 on 1:45 Pull no br L.12 yds
 {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
 1,000 1x{4 x 50 on :50 25 easy 25 build
 {1 x 100 on 1:35 Stroke Drill
 {3 x 50 on :45 25 easy 25 build
 {2 x 75 on 1:10 Stroke Drill
 {2 x 50 on :40 25 easy 25 build
 {3 x 50 on :45 Stroke Drills
 {1 x 50 on :35 Choice-good effort
 {4 x 25 on :30 Stroke Drills
 1 on 10:00 Relay Starts-Medley/200 Free
 8:52 AM 3,500 Yards - Stress Value = 30

Workout #4606 - Tuesday, 20 February 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 Underwater trn drill
 204 12 x 17 on :45 Shooters
 500 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
 750 1x{1 x 200 on 3:30 Pulls
 {1 x 175 on 3:00 Pulls
 {1 x 150 on 2:30 Pulls
 {1 x 125 on 2:00 Pulls
 {1 x 100 on 1:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 1x{1 x 400 on 7:00 Freestyle
 {2 x 300 on 5:10 Freestyle
 {3 x 200 on 3:20 Freestyle
 {4 x 100 on 1:35 Freestyle
 400 8 x 50 on 1:15 Stroke Drills
 7:29 PM 4,554 Yards - Stress Value = 64

Workout #4605 - Tuesday, 20 February 2007

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
700	1 on 30:00 Stomach and Stretch/Tm mtg 1 x 700 on 10:30 Odd 100's Underwater trn dr even 100's non freestyle drill
150	10 x 15 on :45 Shooters
800	2x{1 x 100 on 2:00 Kick 1st 25 fast {1 x 100 on 2:00 Kick 2nd 25 fast {1 x 100 on 2:00 Kick 3rd 25 fast {1 x 100 on 2:00 Kick 4th 25 fast
1,000	2x{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds {2 x 50 on :40 Pulls-nbbf&w + 2 yds {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds {2 x 50 on :45 Pulls-nbbf&w + 2 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
100	1 x 100 on 2:00 Broken at your choice
200	1 x 200 on 4:00 Stroke Drill 1 on 10:00 Ice
4:49 PM	3,250 Yards - Stress Value = 37

Workout #4608 - Wednesday, 21 February 2007

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
400	1 on 20:00 Stomach and Stretch 1 x 400 on 8:00 Freestyle L.25 of each 100 €
150	10 x 15 on :45 Shooters
750	3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:10 Kick-descend
700	7 x 100 on 1:45 Lungbuster pulls odds breathe 3-5-5-3, evens breathe 2-4-4-2
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,600	1x{3 x 100 on 2:00 Backstroke {3 x 25 on :30 Backstroke-100% {3 x 100 on 1:55 Backstroke {4 x 25 on :30 Backstroke-100% {3 x 100 on 1:50 Backstroke {4 x 25 on :30 Backstroke-100% {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

Yards	Set Description	EC
3:00 PM	Start	
800	1 on 30:00 Weights and Stretch/Team mtg 1 x 800 on 12:00 Choice	RE
600	3x{1 on 10:00 Techniques-starts/relay starts {1 x 100 on 2:00 Kick {1 x 100 on 2:00 Kick w/out board	EN
600	6 x 100 on 1:30 Lungbuster pulls odds breathe 3-5-7-3, evens breathe 2-4-6-2	EN
150	10 x 15 on :45 Shooters	SE
300	6 x 50 on :45 Choice-controlled speed	EN
400	4 x 100 on 1:30 Stroke Drills 1 on 10:00 Ice	RE
4:47 PM	2,850 Yards - Stress Value = 21	

Workout #4609 - Tuesday, 10 April 2007

Group 3 - All

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
400	1 on 15:00 Physio Balls/Stretch 1 x 400 on 8:00 Underwater trn drill
600	4x{4 x 25 on :45 Kick no board {1 x 50 on 1:00 Freestyle
600	1x{3 x 50 on 1:00 Pulls-nbbf&w {3 x 50 on :55 Pulls-nbbf&w {3 x 50 on :50 Pulls-nbbf&w {3 x 50 on :45 Pulls-nbbf&w
450	6 x 75 on 1:10 Freestyle mid 25 strong effor
200	1 x 200 on 4:00 Stroke Drill
6:15 PM	2,250 Yards - Stress Value = 20

Workout #4610 - Tuesday, 10 April 2007

Group 2 - All

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 15:00 Physio Balls/Stretch 1 x 250 on 5:00 Underwater trn drill
300	2x{4 x 25 on :45 Kick no board {1 x 50 on 1:00 Freestyle
450	1x{3 x 50 on 1:00 Pulls-nbbf&w {3 x 50 on :55 Pulls-nbbf&w {3 x 50 on :50 Pulls-nbbf&w
450	6 x 75 on 1:15 Freestyle mid 25 strong effor
200	1 x 200 on 4:00 Stroke Drill
6:31 PM	1,650 Yards - Stress Value = 14

Workout #4611 - Thursday, 12 April 2007

Group 3 - All

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
400	1 on 15:00 Scooter Boards/Stretch 1 x 400 on 8:00 Stoke Drill L25 of eah 100 €
600	4x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:15 Kick 1 on 10:00 Sculling Drills
100	1 x 100 on 5:00 Sculling drill relay
350	7 x 50 on 1:00 Stroke Drills
6:15 PM	1,450 Yards - Stress Value = 6

Workout #4612 - Thursday, 12 April 2007

Group 2 - All

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 15:00 Scooter Boards/Stretch 1 x 300 on 6:00 Stoke Drill L25 of eah 100 €
600	4x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:15 Kick 1 on 10:00 Sculling Drills
100	1 x 100 on 5:00 Sculling drill relay
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	1,200 Yards - Stress Value = 6

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
 350 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 Set 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

5:00 PM Start
 Yards 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
 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

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Scooter Boards/Stretch
 400 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 x 100 on 1:45 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
 Yards Set Description
 =====
 1 on 20:00 Scooter Boards/Stretch
 300 1 x 300 on 6:00 Stroke Drills alt 50 free
 50 non free
 400 4 x 100 on 2:20 Kick-Odds great effort
 400 1 x 400 on 7:00 Pulls
 150 6 x 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

Yards	Set 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	Set Description	EGY
	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 x 25 on :30 Pull no br L.12 yds	
	{1 x 50 on :50 Pull no br L.12 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	
200	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	
	{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	Set Description	EGY	WORK
	1 on 20:00 Dryland and stretch		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	§
150	10 x 15 on :45 Shooters	SP3	§
450	1x{4 x 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	F
450	3x{1 x 25 on :30 Pull no br L.12 yds	EN1	F

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

Workout #4624 - Wednesday, 25 April 2007

Group 3 - Breast

1 minute rest between sets

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

1 minute rest between sets

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 x 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

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

Group 3 - Silver

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 1:10 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 #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 x 100 on 1:55 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 x 75 on 1:15 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 #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
 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
 500 1x{2 x 100 on 2:00 Lungbuster pulls
 {2 x 100 on 1:55 Lungbuster pulls
 {1 x 100 on 1:50 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 x 100 on 2:30 Freestyle-ez
 200 1 x 200 on 4:00 Stroke Drills
 6:45 PM 3,150 Yards - Stress Value = 35

Workout #4627 - Thursday, 26 April 2007

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 alt 100 free 100 back
 150 10 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 #4628 - Thursday, 26 April 2007

Group 3 - Fly

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 x 100 on 1:45 Freestyle
 {1 x 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

Workout #4629 - Thursday, 26 April 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
400	1 on 25:00 Physio Balls/Stretch 1 x 400 on 7:00 Underwater trn drill alt 100 free 100 back
150	10 x 15 on :45 Shooters
450	3x{1 x 100 on 2:15 Freestyle {1 x 50 on 1:30 Kick
700	1x{2 x 175 on 3:30 Pull {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 {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 {1 x 50 on 1:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
6:45 PM	3,250 Yards - Stress Value = 39

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

Workout #4632 - Friday, 27 April 2007

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM	Start		
400	1 on 18:00 Stomach and Stretch		I
300	1 x 300 on 6:00 Choice	REC	S
300	1 on 10:00 Relays		I
300	2x{1 x 75 on 1:30 Kick with flippers {1 x 75 on 1:30 Kick with flippers	EN2	F
400	1x{2 x 50 on 1:00 Pulls-nbbf&w {2 x 50 on 1:00 Pulls-nbbf&w + 1 yd {2 x 50 on 1:00 Pulls-nbbf&w + 2 yds {2 x 50 on 1:00 Pulls-nbbf&w + 3 yds	EN2	F
150	2 x 75 on 1:30 2bk-4bk-6bk by 25's	EN1	S
800	4x{1 x 100 on 2:00 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:10 Freestyle	EN2	S
200	1 x 200 on 3:00 Sculling drills	REC	I
6:45 PM	2,150 Yards - Stress Value = 28		

Workout #4630 - Thursday, 26 April 2007

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 20:00 Physio Balls/Stretch 1 x 300 on 6:00 Underwater trn drill alt 100 free 100 back 100 free
150	10 x 15 on :45 Shooters
300	2x{1 x 100 on 2:15 Freestyle {1 x 50 on 1:30 Kick
400	1x{1 x 200 on 3:30 Pull {1 x 200 on 3:20 Pull
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	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 {1 x 50 on 1:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
6:45 PM	2,100 Yards - Stress Value = 25

Workout #4635 - Monday, 30 April 2007

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
400	1 on 25:00 Dryland and stretch 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

Workout #4633 - Monday, 30 April 2007

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
400	1 on 25:00 Dryland and stretch 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 x 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 #4631 - Friday, 27 April 2007

Group 3 - IM'ers

1 minute rest between sets

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

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 x 25 on :45 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 x 100 on 1:45 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

5:30 PM Start
 Yards 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
 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
 7:00 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 x 75 on 1:30 Kick

{3 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick
 1,200 4 x 300 on 4:30 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 2x{2 x 125 on 2:20 Breaststroke
 {2 x 100 on 1:50 Breaststroke
 {2 x 75 on 1:20 Breaststroke
 {2 x 50 on :50 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 4,800 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 x 75 on 1:25 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

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
 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 minute rest between 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 x 125 on 2:45 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

5:30 PM Start
 Yards 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
 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
 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 x 50 on :40 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 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 x 100 on 1:30 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
 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 2:05 Kick
 {1 x 100 on 1:50 Kick
 1,000 2x{1 x 200 on 3:00 Lungbuster pulls
 { 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 x 25 on :45 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 x 25 on :45 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 x 50 on 2:00 Back-100%, min 8 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

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Dryland and stretch
 300 1 x 300 on 8:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 4x{1 x 100 on 2:45 Kick
 {1 x 100 on 2:30 Kick
 700 2x{1 x 200 on 4:00 Lungbuster pulls
 { Breathe 3-5-7-5 by the 50
 {1 x 150 on 3:00 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
 1,000 2x{4 x 25 on 1:00 Bathtub drill w/fins
 {1 x 100 on 2:15 Backstroke
 {1 x 100 on 2:10 Backstroke
 {1 x 100 on 2:05 Backstroke
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 kicks off
 { each wall
 300 6 x 50 on 1:10 Stroke Drills
 6:58 PM 3,450 Yards - Stress Value = 51

Workout #4643 - Wednesday, 02 May 2007

Group 2 - Backstroke

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Dryland and stretch
 300 1 x 300 on 6:00 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
 900 2x{1 x 200 on 3:20 Lungbuster pulls
 { Breathe 3-5-5-3 by the 50
 {1 x 150 on 2:30 Lungbuster pulls
 { breathe 3-5-3 by the 50
 {1 x 100 on 1:40 Lungbuster pulls
 { breathe 3-5 by the 50
 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2 on each stroke (no freestyle)
 1,650 3x{4 x 25 on :45 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 x 50 on 2:00 Back-100%, min 8 kicks off
 { each wall
 250 5 x 50 on 1:00 Stroke Drills
 6:59 PM 4,200 Yards - Stress Value = 65

Workout #4649 - Thursday, 03 May 2007

Group 3 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch
 400 1 x 400 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 1:40 Kick
 {4 x 25 on :45 Sprint kick
 {1 x 100 on 1:45 Kick
 {4 x 25 on :45 Sprint kick
 {1 x 100 on 1:50 Kick

{4 x 25 on :45 Sprint kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Sprint Kick
 1,000 1x{4 x 25 on :30 Pulls w/snorkels
 {4 x 50 on :45 Pulls w/snorkels
 {4 x 75 on 1:05 Pulls w/snorkels
 {4 x 100 on 1:25 Pulls w/snorkels
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4x{1 x 200 on 3:00 Individual Medley
 {8 x 25 on :30 Stroke
 250 1 x 250 on 5:00 Stroke Drills
 7:01 PM 4,400 Yards - Stress Value = 53

Workout #4648 - Thursday, 03 May 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 8:00 Stroke Drills
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 1:50 Kick
 {4 x 25 on :45 Sprint kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Sprint kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :45 Sprint kick
 {1 x 100 on 2:05 Kick
 1,000 1x{4 x 25 on :30 Pulls w/snorkels
 {4 x 50 on :45 Pulls w/snorkels
 {4 x 75 on 1:05 Pulls w/snorkels
 {4 x 100 on 1:25 Pulls w/snorkels
 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
 {8 x 25 on :30 Stroke
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 4,300 Yards - Stress Value = 51

Workout #4650 - Thursday, 03 May 2007

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch
 400 1 x 400 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:05 Kick
 {4 x 25 on :45 Sprint kick
 {1 x 100 on 2:10 Kick
 {4 x 25 on :45 Sprint kick
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Sprint kick
 {1 x 100 on 2:20 Kick
 800 1x{4 x 25 on :30 Pulls w/snorkels
 {4 x 50 on :55 Pulls w/snorkels
 {4 x 75 on 1:15 Pulls w/snorkels
 {2 x 100 on 1:35 Pulls w/snorkel
 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
 {8 x 25 on :30 Stroke
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 4,050 Yards - Stress Value = 49

Workout #4651 - Thursday, 03 May 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
	1 on 25:00 Physio Balls/Stretch
300	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 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	4x{1 x 200 on 4:30 Individual Medley
	{4 x 25 on :45 Stroke
250	1 x 250 on 6:00 Stroke Drills
	6:58 PM 3,300 Yards - Stress Value = 41

Workout #4652 - Thursday, 03 May 2007

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
	5:30 PM Start	
	=====	=====
	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

Yards	Set Description
	5:00 PM Start
	=====
	1 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
1,000	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :35 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
100	4 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{2 x 75 on 1:05 Pull no br L.12 yds
	{2 x 75 on 1:00 Pull no br L.12 yds
	{2 x 75 on :55 Pull no br L.12 yds
	{2 x 75 on :50 Pull no br L.12 yds
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	6 x 150 on 2:15 Freestyle descend in 3's

250 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

Yards	Set Description
	5:00 PM Start
	=====
	1 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
1,000	1x{4 x 25 on :30 Kick no board BSLR
	{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
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	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
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 5,700 Yards - Stress Value = 204

Workout #4655 - Monday, 07 May 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
	1 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 2:30 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 x 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

Yards	Set Description
	5:00 PM Start
	1 on 20:00 10 min abs-wall sits/stretch
300	1 x 300 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	6 x 150 on 3:00 Freestyle-descend in 3's
750	3x{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:50 Kick
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	6 x 150 on 3:00 Freestyle-descend in 3's
750	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
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	3 x 150 on 3:00 Freestyle descend in 3's
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 4,600 Yards - Stress Value = 167

Workout #4657 - Monday, 07 May 2007

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
	5:30 PM Start	
	1 on 15:00 8 min abs-wall sits/stretch	===
300	1 x 300 on 6:00 Swim-kick-pull-swim	REC
450	3 x 150 on 2:30 Freestyle-descend in 3's	EN3
500	2x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 75 on 1:45 Kick	EN2
450	3 x 150 on 2:30 Freestyle-descend in 3's	EN3
300	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
450	3 x 150 on 2:30 Freestyle descend in 3's	EN3
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

Group 3 - Back

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	1 on 25:00 Scooters and Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	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 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
1,200	1x{2 x 150 on 2:15 Lungbuster pulls
	{2 x 150 on 2:10 Lungbuster pulls
	{2 x 150 on 2:05 Lungbuster pulls
	{2 x 150 on 2:00 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
2,400	3x{4 x 125 on 1:45 Backstroke
	{6 x 25 on :30 Odds ez free, evens back dscnc
	{1 x 100 on 2:00 Backstroke for time
	{1 x 50 on 1:00 Backstroke drill
200	1 x 200 on 4:00 Stroke Drill
	7:15 PM 5,750 Yards - Stress Value = 106

Workout #4660 - Tuesday, 08 May 2007

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	1 on 25:00 Scooters and 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 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
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
2,400	3x{4 x 125 on 1:55 Backstroke
	{6 x 25 on :30 Odds ez free, evens back dscnc
	{1 x 100 on 2:00 Backstroke for time
	{1 x 50 on 1:15 Backstroke drill
200	1 x 200 on 4:00 Stroke Drill
	7:14 PM 5,250 Yards - Stress Value = 96

Workout #4661 - Tuesday, 08 May 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	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
	{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
2,400	3x{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
	7:14 PM 4,850 Yards - Stress Value = 91

Workout #4658 - Tuesday, 08 May 2007

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards 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
 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
 =====
 1 on 15:00 Scooters and Stretch
 300 1 x 300 on 6:00 Underwater trn drill
 150 10 x 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

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch
 400 1 x 400 on 8:00 Free 12.5y tuck spin
 150 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 x 100 on 1:45 Breaststroke
 {8 x 25 on 1:00 From dive/10 pushups
 {2 x 100 on 1:40 Breaststroke
 {8 x 25 on 1:00 From dive/10 pushups
 {3 x 100 on 1:35 Breaststroke
 {8 x 25 on 1:00 From dive/10 pushups
 {4 x 100 on 1:30 Breaststroke

200 1 x 200 on 3:00 Choice
 7:15 PM 4,650 Yards - Stress Value = 70

Workout #4664 - Wednesday, 09 May 2007

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Physio Balls/Stretch
 300 1 x 300 on 6:00 Free 12.5y tuck spin
 150 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 x 50 on 1:00 Fly w/zoomers 2-2
 {1 x 50 on 1:00 Fly w/zoomers 2-3
 {1 x 50 on 1:00 Fly w/zoomers 2-4
 {1 x 50 on 1:00 Fly w/zoomers 2-5
 {4 x 25 on :30 Fly 10 underwater kicks
 {1 x 50 on 1:30 Freestyle
 300 6 x 50 on 1:10 Stroke Drills
 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

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 x 25 on :30 4 on each stroke des in 4's
 250 1 x 250 on 5:00 Stroke Drills
 7:15 PM 6,050 Yards - Stress Value = 99

Workout #4667 - Thursday, 10 May 2007

Group 3 - Silver

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
 1,000 8 x 125 on 3:00 Kick-odds fast
 1,000 1x{1 x 200 on 3:30 Pulls
 {1 x 200 on 3:25 Pulls
 {1 x 200 on 3:20 Pulls
 {1 x 200 on 3:15 Pulls
 {1 x 200 on 3:10 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 6 x 325 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 5,350 Yards - Stress Value = 89

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 #4669 - Thursday, 10 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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 2x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:10 Kick
 450 1x{2 x 75 on 1:20 Pulls-nbbf&w
 {2 x 75 on 1:15 Pulls-nbbf&w
 {2 x 75 on 1:10 Pulls-nbbf&w
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 2x{1 x 100 on 2:00 Breaststroke
 {2 x 75 on 1:30 Breaststroke #2 fast
 {3 x 50 on 1:00 Breaststroke descend
 {4 x 25 on :30 Breaststroke-100%
 {1 x 50 on 1:30 Freestyle
 300 6 x 50 on 1:10 Stroke Drills
 7:00 PM 2,900 Yards - Stress Value = 36

Workout #4670 - Friday, 11 May 2007

Group 3 - IM's

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
 750 5x{1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick-100% effort
 800 2x{6 x 25 on :30 Pulls w/snorkels
 {5 x 50 on :50 Pulls w/snorkel
 200 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 x 50 on :45 Freestyle-descend
 {4 x 125 on 2:00 Individual Medley w/50 back
 {3 x 50 on :45 Freestyle-descend
 {4 x 125 on 2:00 Individual Medley w/50 breas
 {3 x 50 on :45 Freestyle-descend
 {4 x 125 on 2:00 Individual Medley w/50 free
 200 1 x 200 on 3:00 Stroke Drills
 7:00 PM 4,950 Yards - Stress Value = 85

Workout #4671 - Friday, 11 May 2007

Group 2 - IM's

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dryland and stretch
 300 1 x 300 on 6:00 Reverse IM drill
 200 1 x 200 on 11:00 Shooter Relays
 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 x 50 on :50 Freestyle
 {2 x 125 on 2:20 Individual Medley w/50 back
 {2 x 50 on :50 Freestyle
 {2 x 125 on 2:20 Individual Medley w/50 breas
 {2 x 50 on :50 Freestyle
 {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 #4672 - Monday, 14 May 2007

Group 3 - Distance

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 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:00 Kick
 {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!!!!!!!!!!!!!!!!!!!!
 400 8 x 50 on 1:00 Stroke Drills
 7:30 PM 6,200 Yards - Stress Value = 97

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

Workout #4675 - Monday, 14 May 2007

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards 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 x 75 on 1:25 Pulls L.25 3 breaths
 {1 x 75 on 1:25 Pulls L.25 2 breaths
 {1 x 75 on 1:25 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 #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 x 15 on :45 Shooters
 1,200 1x{1 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
 {3 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 1,350 6x{1 x 75 on 1:10 Pulls L.25 3 breaths
 {1 x 75 on 1:10 Pulls L.25 2 breaths
 {1 x 75 on 1:10 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!!!!!!!!!!!!!!!!!!!!
 400 8 x 50 on 1:00 Stroke Drills
 7:30 PM 6,100 Yards - Stress Value = 95

Workout #4676 - Monday, 14 May 2007

Group 2 - Freestylers

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 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

Workout #4674 - Monday, 14 May 2007

Group 3 - Silver

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 x 15 on :45 Shooters
 1,000 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 x 75 on 1:15 Pulls L.25 2 breaths
 {1 x 75 on 1:15 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

Workout #4678 - Tuesday, 15 May 2007

Group 3 - Back

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
 1,500 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
 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
 {6 x 50 on :50 Backstroke-descend in 3's
 {1 x 100 on 1:45 Stroke Drills
 {6 x 50 on :45 Backstroke-descend in 3's
 {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 100 on 2:00 Backstroke for time
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 6,150 Yards - Stress Value = 92

{1 x 100 on 2:00 Backstroke for time
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 6,050 Yards - Stress Value = 90

Workout #4677 - Tuesday, 15 May 2007

Group 3 - Silver

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
 900 3x{1 x 150 on 3:30 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:05 Kick
 1,400 1x{1 x 500 on 8:20 Pulls
 {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
 2,250 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
 {6 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
 {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
 {6 x 50 on :50 Backstroke-descend in 3's
 {1 x 100 on 1:45 Stroke Drills
 {6 x 50 on :45 Freestyle-descend in 3's
 {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 x 50 on 1:00 Stroke Drills

Workout #4680 - Tuesday, 15 May 2007

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 30:00 Scooter Boards/Stretch
150	1 x 300 on 8:00 Underwater trn drill
900	10 x 15 on :45 Shooters
1,000	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
	{6 x 50 on 1:00 Freestyle-descend in 3's
	{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

5:30 PM Start

Yards	Set Description
300	1 on 20:00 Scooter Boards/Stretch
150	1 x 300 on 6:00 Underwater trn drill
600	10 x 15 on :45 Shooters
1,000	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
150	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

5:00 PM Start

Yards	Set Description
400	1 on 30:00 Stomach and Stretch
150	1 x 400 on 8:00 Free 12.5y tuck spin
1,000	10 x 15 on :45 Shooters
1,500	4x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick- 100% effort
	3x{1 x 125 on 1:50 Lungbuster pulls
	{1 x 125 on 1:45 Lungbuster pulls
	{1 x 125 on 1:40 Lungbuster pulls
	{1 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

Workout #4683 - Wednesday, 16 May 2007

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 30:00 Stomach and Stretch
150	1 x 400 on 8:00 Free 12.5y tuck spin
1,000	10 x 15 on :45 Shooters
1,350	4x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick- 100% effort
	3x{1 x 125 on 1:55 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

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
 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- 100% 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
 100 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

5:00 PM Start
 Yards 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 x 50 on 1:10 Kick- 100% 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 1 x 100 on 2:00 Breaststroke OTB for time
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 4,600 Yards - Stress Value = 79

Workout #4686 - Wednesday, 16 May 2007

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards 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 x 50 on 1:15 Breast under/overs
 {3 x 100 on 2:00 25 breast 75 free
 {3 x 50 on 1:10 Breast under/overs
 {3 x 100 on 2:00 50 free 50 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
 100 1 x 100 on 2:00 Breaststroke OTB for time
 200 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

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 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 3x{1 x 150 on 2:15 Pulls with paddles
 {1 x 150 on 2:10 Pulls with paddles
 {1 x 150 on 2:05 Pulls with paddles
 {1 x 150 on 2:00 Pulls with paddles
 { 3rd set do not use paddles
 200 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 2:00 Stroke Drills
 {4 x 100 on 1:45 Individual Medley
 {4 x 100 on 2:00 Stroke Drills
 7:26 PM 5,600 Yards - Stress Value = 65

Workout #4688 - Thursday, 17 May 2007

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards 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 x 150 on 2:35 Pulls with paddles
 {1 x 150 on 2:30 Pulls with paddles
 {1 x 150 on 2:25 Pulls with paddles
 200 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 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

Group 3 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 12:00 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 2:00 Kick L.50 of each 100%
 1,500 4x{1 x 125 on 1:45 Pull no br L.12 yds
 {1 x 125 on 1:40 Pull no br L.12 yds
 {1 x 125 on 1:35 Pull no br L.12 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,100 1x{6 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:10 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 7:30 PM 6,250 Yards - Stress Value = 100

Workout #4691 - Monday, 21 May 2007

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 12:00 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 2:00 Kick L.50 of each 100%
 1,500 4x{1 x 125 on 1:55 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:20 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 7:30 PM 6,000 Yards - Stress Value = 99

Workout #4689 - Monday, 21 May 2007

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 12:00 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 2:10 Kick L.50 of each 100%
 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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 1x{6 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,500 Yards - Stress Value = 91

Workout #4690 - Monday, 21 May 2007

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 12:00 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 1:15 Kick L.25 of each 100%
 1,050 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
 {1 x 100 on 1:55 Pull no br L.12 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 1x{6 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:50 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:32 PM 5,100 Yards - Stress Value = 83

Workout #4693 - Monday, 21 May 2007

Group 2 - Freestylers

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 300 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:10 Kick L.50 of each 100%
 350 1x{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
 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 1 on 11:00 Techniques-Tivo Starts
 7:15 PM 3,550 Yards - Stress Value = 81

Workout #4694 - Tuesday, 22 May 2007

Group 3 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,500 3x{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
 2,000 1x{1 x 400 on 5:20 Pulls
 {2 x 300 on 4:00 Pulls
 {3 x 200 on 3:20 Pulls
 {4 x 100 on 1:20 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{6 x 75 on 1:15 Backstroke
 {3 x 50 on 1:00 Backstroke 10kow
 {6 x 75 on 1:10 Backstroke
 {3 x 50 on 1:00 Backstroke 10kow
 {6 x 75 on 1:05 Backstroke
 {3 x 50 on 1:00 Backstroke 10kow
 {1 x 200 on 3:00 Stroke Drills
 7:30 PM 6,450 Yards - Stress Value = 106

Workout #4695 - Tuesday, 22 May 2007

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,500 3x{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
 1,900 1x{1 x 400 on 6:00 Pulls
 {2 x 300 on 4:30 Pulls
 {3 x 200 on 3:00 Pulls
 {3 x 100 on 1:30 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{6 x 75 on 1:15 Backstroke
 {3 x 50 on 1:00 Backstroke 10kow
 {6 x 75 on 1:10 Backstroke
 {3 x 50 on 1:00 Backstroke 10kow
 {6 x 75 on 1:05 Backstroke
 {3 x 50 on 1:00 Backstroke 10kow
 {1 x 200 on 3:00 Stroke Drills
 7:30 PM 6,350 Yards - Stress Value = 104

Workout #4696 - Tuesday, 22 May 2007

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 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

{1 x 100 on 1:40 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,725 1x{5 x 75 on 1:25 Backstroke
 {3 x 50 on 1:05 Backstroke 10kow
 {5 x 75 on 1:20 Backstroke
 {3 x 50 on 1:05 Backstroke 10kow
 {5 x 75 on 1:15 Backstroke
 {2 x 50 on 1:05 Backstroke 10kow
 {1 x 200 on 3:00 Stroke Drills
 7:29 PM 5,625 Yards - Stress Value = 93

Workout #4697 - Tuesday, 22 May 2007

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 3x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 1,800 1x{1 x 400 on 8:00 Pulls
 {2 x 300 on 6:00 Pulls
 {3 x 200 on 4:00 Pulls
 {2 x 100 on 2:00 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{4 x 75 on 1:40 Backstroke
 {3 x 50 on 1:10 Backstroke 10kow
 {4 x 75 on 1:35 Backstroke
 {3 x 50 on 1:10 Backstroke 10kow
 {4 x 75 on 1:30 Backstroke
 {2 x 50 on 1:10 Backstroke 10kow
 {1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,950 Yards - Stress Value = 80

Workout #4698 - Tuesday, 22 May 2007

Group 2 - Backstroke

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dryland and stretch
 300 1 x 300 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1x{1 x 125 on 2:55 Kick
 {1 x 125 on 2:50 Kick
 {1 x 125 on 2:45 Kick
 {1 x 125 on 2:40 Kick
 1,000 1x{1 x 300 on 5:15 Pulls
 {2 x 200 on 3:30 Pulls
 {3 x 100 on 1:45 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,525 1x{6 x 75 on 1:25 Backstroke
 {3 x 50 on 1:05 Backstroke 10kow
 {5 x 75 on 1:20 Backstroke
 {3 x 50 on 1:05 Backstroke 10kow
 {4 x 75 on 1:15 Backstroke
 {2 x 50 on 1:05 Backstroke 10kow
 250 1 x 250 on 5:00 Stroke Drills
 7:15 PM 3,925 Yards - Stress Value = 55

Workout #4700 - Wednesday, 23 May 2007

Group 3 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 9:00 Freestyle L.25 of each 100 (()
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 3:30 Breaststroke
 {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
 100 1 x 100 on 2:00 Freestyle
 1,100 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 Freestyle
 {4 x 50 on 1:00 Kick-100%
 {1 x 100 on 2:00 Kick
 {5 x 50 on 1:00 Kick-100%
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{1 x 200 on 3:30 Breaststroke
 {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
 100 1 x 100 on 2:00 Freestyle
 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
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{1 x 200 on 3:30 Breaststroke
 {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
 {4 x 25 on :25 Odds free, evens breast
 {1 x 50 on :50 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 5,850 Yards - Stress Value = 114

Workout #4701 - Wednesday, 23 May 2007

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 9:00 Freestyle L.25 of each 100 (()
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 3:50 Breaststroke
 {4 x 25 on :30 Odds free, evens breast
 {1 x 150 on 2:50 Breaststroke
 {4 x 25 on :30 Odds free, evens breast
 {1 x 100 on 1:55 Breaststroke
 {4 x 25 on :30 Odds free, evens breast
 100 1 x 100 on 2:00 Freestyle
 900 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%

{1 x 100 on 2:15 Kick
 {4 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 x 25 on :30 Odds free, evens breast
 {1 x 150 on 2:50 Breaststroke
 {4 x 25 on :30 Odds free, evens breast
 {1 x 100 on 1:55 Breaststroke
 {4 x 25 on :30 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
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 1x{1 x 200 on 3:50 Breaststroke
 {4 x 25 on :30 Odds breast, evens free
 {1 x 150 on 2:50 Breaststroke
 {4 x 25 on :30 Odds breast, evens free
 {1 x 100 on 1:55 Breaststroke
 {4 x 25 on :30 Odds free, evens breast
 200 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

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 9:00 Freestyle L.25 of each 100 (()
 150 10 x 15 on :45 Shooters
 600 1x{1 x 150 on 3:15 Breaststroke
 {4 x 25 on :30 Freestyle
 {1 x 100 on 2:10 Breaststroke
 {4 x 25 on :30 Freestyle
 {1 x 50 on 1:05 Breaststroke
 {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 1 x 100 on 2:00 Freestyle
 800 1x{1 x 200 on 4:00 Pulls
 {2 x 150 on 3:00 Pulls
 {3 x 100 on 2:00 Pulls
 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 Breaststroke
 {4 x 25 on :30 Freestyle
 {1 x 50 on 1:05 Breaststroke
 {4 x 25 on :30 Freestyle
 200 1 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

Yards	Set Description	EGY	WC
5:30 PM	Start		
300	1 on 15:00 Stomach and Stretch		
150	1 x 300 on 6:00 Freestyle L.25 of each 100		
600	10 x 15 on :45 Shooters		
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 x 25 on :30 Odds free, evens breast		
	{ 1 x 150 on 2:50 Breaststroke		
	{ 4 x 25 on :30 Odds free, evens breast		
	{ 1 x 100 on 1:55 Breaststroke		
	{ 4 x 25 on :30 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 x 25 on :30 Odds breast, evens free		
	{ 1 x 150 on 2:50 Breaststroke		
	{ 4 x 25 on :30 Odds breast, evens free		
	{ 1 x 100 on 1:55 Breaststroke		
	{ 4 x 25 on :30 Odds free, evens breast		
300	6 x 50 on 1:10 Stroke Drills		
7:15 PM	3,600 Yards - Stress Value = 66		

{ 1 x 125 on 2:10 Lungbuster pulls	EN1
{ 1 x 125 on 2:05 Lungbuster pulls	EN1
{ 1 x 125 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 Alt 1 fly 1 free	EN2
{ 1 on 1:00 Rest	
450 9 x 50 on 1:00 Stroke Drills	REC
7:29 PM	5,000 Yards - Stress Value = 69

Workout #4703 - Thursday, 24 May 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
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
	{ odds br 3-5-7-3, 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

Yards	Set Description	EGY	WOF
5:30 PM	Start		
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 x 125 on 2:10 Lungbuster pulls		EN1
	{ 1 x 125 on 2:05 Lungbuster pulls		EN1
	{ 1 x 125 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 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 #4704 - Thursday, 24 May 2007

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
1 on	30:00 Scooter Boards/stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	alt 100 free and 100 back		
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

Yards	Set Description	EGY	WC
5:00 PM	Start		
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

Workout #4707 - Friday, 25 May 2007

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls Abs/Stretch		I
600	1 x 600 on 12:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters	SP3	S
800	1 x 800 on 16:00 Vertical Kicking	EN2	F
800	4x{4 x 25 on :30 Pulls w/ snorkels	EN1	F
	{1 x 100 on 2:00 Pulls w/ snorkels	EN1	F
	1 on 15:00 Techniques-TiVo starts		I
200	4 x 50 on 3:00 1 on each stroke	OTB SP2	S
200	8 x 25 on :45 Sculling Drills	REC	I

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	ST
	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	S	F
800	1 x 800 on 16:00 Vertical Kicking	EN2	K	CM
240	12 x 20 on 1:30 Sculling Drills	REC	D	CM
	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	REC	D	C

7:00 PM 1,990 Yards - Stress Value = 42

Workout #4709 - Tuesday, 29 May 2007

Group 3 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,500	3x{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
1,600	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
1,500	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

Yards	Set Description
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=====

	1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,350	3x{1 x 125 on 2:30 Kick
	{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 finishes
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

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

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

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 x 25 on :35 Kick no board BSLR
 {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
 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 finishes
 2,000 1x{1 x 200 on 3:00 Individual Medley
 {4 x 75 on 1:10 IM w/out fly
 {1 x 200 on 3:00 Individual Medley
 {4 x 75 on 1:10 IM w/out back
 {1 x 200 on 3:00 Individual Medley
 {4 x 75 on 1:10 IM w/out breast
 {1 x 200 on 3:00 Individual Medley
 {4 x 75 on 1:10 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

6:00 AM Start
 Yards 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 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {4 x 25 on :30 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 10 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 200 on 3:10 Individual Medley
 {4 x 75 on 1:15 IM w/out fly
 {1 x 200 on 3:10 Individual Medley
 {4 x 75 on 1:15 IM w/out back
 {1 x 200 on 3:10 Individual Medley
 {4 x 75 on 1:15 IM w/out breast
 {1 x 200 on 3:10 Individual Medley
 {4 x 75 on 1:15 IM w/out free
 50 1 x 50 on 1:00 Stroke Drills
 300 3 x 100 on 1:35 Freestyle-descend to
 ludicrous speed!!!!!!
 200 1 x 200 on 4:00 Stroke Drills
 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 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 x 200 on 3:20 Individual Medley
 {4 x 75 on 1:20 IM w/out breast
 {1 x 200 on 3:20 Individual Medley
 {4 x 75 on 1:20 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
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 300 1 x 300 on 8:00 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 2:30 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 2:30 Kick
 1,100 11 x 100 on 2:00 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 4:15 Individual Medley
 {4 x 75 on 1:30 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

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs and Stretch
 500 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 x 50 on :55 Pulls-nbbf&w + 1 yd
 {6 x 50 on :50 Pulls-nbbf&w + 2 yds
 {6 x 50 on :45 Pulls-nbbf&w + 3 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

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

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Physio Ball Abs and Stretch
 300 1 x 300 on 6:00 Underwater trn drill
 alt 75 free 75 back
 50 1 x 50 on 2:00 Breaststroke for time
 from a push
 150 10 x 15 on :45 Shooters
 200 4 x 50 on 1:15 Breast hold time I give
 600 1x{4 x 50 on 1:15 Kick -descend
 {4 x 50 on 1:10 Kick-descend
 {4 x 50 on 1:05 Kick-descend
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 200 4 x 50 on 1:15 Breast hold time I give
 400 1x{2 x 50 on 1:00 Pulls-nbbf&w
 {2 x 50 on :55 Pulls-nbbf&w + 1 yd
 {2 x 50 on :50 Pulls-nbbf&w + 2 yds
 {2 x 50 on :45 Pulls-nbbf&w + 3 yds
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 200 4 x 50 on 1:15 Breast-hold time I give
 900 1x{1 x 150 on 3:00 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
 {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 x 25 on :45 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 finishes
 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

6:00 AM 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
 1,000 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
 {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 finishes
 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

6:00 AM Start
 Yards 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
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 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 x 25 on :45 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 finishes
 1,950 1x{3 x 200 on 3:50 Freestyle
 {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

Workout #4724 - Monday, 04 June 2007

Group 2 - Distance

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 300 1 x 300 on 6:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 400 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 100 1 x 100 on 2:00 Kick for time
 500 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
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{4 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
 {2 x 200 on 2:50 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 200 on 2:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 15:00 TiVo Starts
 7:29 PM 3,950 Yards - Stress Value = 69

Workout #4727 - Tuesday, 05 June 2007

Group 3 - Back

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 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 1:50 Backstroke-des in 3's
 1,000 1x{1 x 125 on 2:40 Kick
 {1 x 125 on 2:35 Kick
 {1 x 125 on 2:30 Kick
 {1 x 125 on 2:25 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:25 Kick
 {1 x 50 on :55 Kick
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 1:45 Backstroke-des in 3's
 1,500 1x{1 x 200 on 3:00 Pulls
 {2 x 175 on 2:40 Pulls
 {3 x 150 on 2:15 Pulls
 {4 x 125 on 1:55 Pulls
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 300 3 x 100 on 1:40 Backstroke-descend
 300 12 x 25 on :30 Odds free evens #1
 250 1 x 250 on 5:00 Stroke Drills
 8:30 AM 5,700 Yards - Stress Value = 83

Workout #4726 - Tuesday, 05 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 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 9 x 100 on 2:00 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
 {1 x 100 on 2:10 Kick
 {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 3:20 Pulls
 {2 x 175 on 2:55 Pulls
 {3 x 150 on 2:30 Pulls
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 300 3 x 100 on 1:50 Backstroke-descend
 300 12 x 25 on :30 Odds free evens #1
 250 1 x 250 on 6:00 Stroke Drills
 8:29 AM 5,050 Yards - Stress Value = 77

Workout #4725 - Tuesday, 05 June 2007

Group 3 - Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls Abs/Stretch
 300 1 x 300 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 9 x 100 on 2:30 Backstroke-des in 3's
 750 1x{1 x 125 on 3:05 Kick
 {1 x 125 on 3:00 Kick
 {1 x 125 on 2:55 Kick
 {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 1:45 Kick
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 2:30 Backstroke-des in 3's
 600 3 x 200 on 4:00 Pulls
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 300 3 x 100 on 2:30 Backstroke-descend
 300 12 x 25 on :30 Odds free evens #1
 200 1 x 200 on 5:00 Stroke Drills
 8:30 AM 4,300 Yards - Stress Value = 69

Workout #4728 - Tuesday, 05 June 2007

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 20:00 Med balls/stretch L I
 400 1 x 400 on 8:00 Underwater trn drill REC D
 150 10 x 15 on :45 Shooters SP3 S C
 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 #4729 - Tuesday, 05 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
 400 4 x 100 on 2:00 Backstroke-descend
 500 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
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 400 4 x 100 on 1:55 Backstroke-descend
 650 1x{1 x 200 on 3:20 Pulls
 {1 x 175 on 2:55 Pulls
 {1 x 150 on 2:30 Pulls
 {1 x 125 on 2:05 Pulls
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 400 4 x 100 on 1:50 Backstroke-descend
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Techniques-Relay Starts
 1 on 10:00 Game
 7:30 PM 3,250 Yards - Stress Value = 47

Workout #4732 - Wednesday, 06 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 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 1:55 Lungbuster pulls
 {4 x 150 on 2:15 Lungbuster pulls
 300 12 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 1:40 Individual Medley
 {4 x 50 on 1:00 25 back 25 free
 {2 x 100 on 1:40 Individual Medley
 {4 x 50 on 1:00 25 breast 25 free
 {3 x 100 on 1:40 Individual Medley
 {4 x 50 on :45 Freestyle
 {4 x 100 on 1:40 Individual Medley
 200 1 x 200 on 4:00 Stroke Drills
 8:30 AM 5,700 Yards - Stress Value = 67

Workout #4731 - Wednesday, 06 June 2007

Group 3 - Silver

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 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 2:00 Individual Medley

{4 x 50 on 1:00 25 back 25 free
 {2 x 100 on 1:55 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 1 x 200 on 4:00 Stroke Drills
 8:32 AM 5,350 Yards - Stress Value = 64

Workout #4730 - Wednesday, 06 June 2007

Group 3 - Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 9:00 Free L.25 of each 100 6bk
 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
 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 finishes
 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
 200 1 x 200 on 4:00 Stroke Drills
 8:29 AM 4,800 Yards - Stress Value = 58

Workout #4735 - Thursday, 07 June 2007

Group 3 - Breast

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 1,500 1x{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
 {1 x 100 on 1:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 {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
 8:30 AM 5,900 Yards - Stress Value = 84

Workout #4734 - Thursday, 07 June 2007

1 minute rest between sets

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 150 on 3:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:05 Kick
 1,200 1x{1 x 500 on 8:20 Pulls
 {1 x 400 on 6:40 Pulls
 {1 x 300 on 5:00 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,950 1x{3 x 125 on 2:30 Breaststroke
 {3 x 50 on 1:00 25 breast 25 free-descend
 {3 x 125 on 2:25 Breaststroke
 {3 x 50 on 1:00 25 breast 25 free-descend
 {3 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:00 25 breast 25 free-descend
 {3 x 125 on 2:15 Breaststroke
 250 1 x 250 on 5:00 Stroke Drills
 8:29 AM 5,450 Yards - Stress Value = 78

5:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Physio Balls/Stretch
 300 1 x 300 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 1x{1 x 150 on 3:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:05 Kick
 600 1x{1 x 300 on 5:00 Pulls
 {1 x 200 on 3:20 Pulls
 {1 x 100 on 1:40 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,950 1x{3 x 125 on 2:30 Breaststroke
 {3 x 50 on 1:00 25 breast 25 free-descend
 {3 x 125 on 2:25 Breaststroke
 {3 x 50 on 1:00 25 breast 25 free-descend
 {3 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:00 25 breast 25 free-descend
 {3 x 125 on 2:15 Breaststroke
 250 1 x 250 on 5:00 Stroke Drills
 1 on 5:00 Techniques-Relay starts
 1 on 9:00 Game
 7:30 PM 3,750 Yards - Stress Value = 53

Workout #4733 - Thursday, 07 June 2007

Workout #4739 - Friday, 08 June 2007

Group 3 - Bronze

Group 3 - Fly

1 minute rest between sets

1 minute rest between sets

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
 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
 {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
 8:29 AM 4,800 Yards - Stress Value = 66

6:00 AM Start
 Yards Set Description
 =====
 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 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
 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

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 x 15 on :45 Shooters
 125 1 x 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

Group 3 - Silver

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 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,000 5x{1 x 100 on 2:10 Kick
 {2 x 50 on 1:05 Kick-100%
 1,350 1x{6 x 75 on 1:20 Pulls-nbbf&w + 2 yds
 {6 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {6 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,600 4x{1 x 25 on :35 Butterfly lup 1down
 {1 x 25 on :35 Butterfly lup 2down
 {1 x 25 on :35 Butterfly lup 3 down
 {1 x 25 on :35 Butterfly lup 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 1:30 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 8:29 AM 5,050 Yards - Stress Value = 61

Workout #4740 - Friday, 08 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
 350 1 x 350 on 8:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,000 5x{1 x 100 on 2:20 Kick
 {2 x 50 on 1:10 Kick-100%
 1,050 1x{4 x 75 on 1:30 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:25 Pulls-nbbf&w + 2 yds
 {6 x 75 on 1:20 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,400 4x{1 x 25 on :40 Butterfly lup 1down
 {1 x 25 on :40 Butterfly lup 2down
 {1 x 25 on :40 Butterfly lup 3 down
 {1 x 25 on :40 Butterfly lup 4down
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 1:15 Butterfly 2-2
 {1 x 50 on 1:15 Butterfly 2-3
 {1 x 50 on 1:15 Butterfly 2-4
 {1 x 50 on 1:30 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 8:27 AM 4,500 Yards - Stress Value = 55

Workout #4742 - Monday, 11 June 2007

Group 3 - Distance

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shootes
 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
 {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
 {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 4:00 Stroke Drills
 8:30 AM 6,150 Yards - Stress Value = 87

Workout #4741 - Monday, 11 June 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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shootes
 1,200 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 1,350 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 125 on 2:00 Pull no br L.12 yds
 {1 x 75 on 1:10 Pull no br L.12 yds
 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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
 {1 x 400 on 6:00 Freestyle
 {2 x 100 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 8:30 AM 5,750 Yards - Stress Value = 86

Workout #4743 - Monday, 11 June 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 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shootes
 1,000 2x{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 100 on 2:20 Kick
 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
 {1 x 125 on 2:20 Pull no br L.12 yds
 {1 x 75 on 1:20 Pull no br L.12 yds
 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,900 1x{1 x 400 on 7:20 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 400 on 7:10 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 400 on 7:00 Freestyle
 {1 x 100 on 1:50 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 8:30 AM 5,250 Yards - Stress Value = 76

Workout #4744 - Monday, 11 June 2007

Group 2 - Distance

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shootes
 600 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 750 2x{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 125 on 2:00 Pull no br L.12 yds
 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 400 on 6:40 Freestyle
 {2 x 100 on 1:40 Freestyle
 {1 x 400 on 6:20 Freestyle
 {2 x 100 on 1:35 Freestyle
 {1 x 400 on 6:00 Freestyle
 {2 x 100 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Techniques-TiVo Starts
 7:30 PM 3,950 Yards - Stress Value = 58

Workout #4747 - Tuesday, 12 June 2007

Group 3 - Back

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 1:40 Kick with flippers
 Odds 100% effort
 1,200 2x{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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 2x{1 x 125 on 2:15 Backstroke
 {3 x 50 on 1:00 Backstroke
 {2 x 125 on 2:10 Backstroke
 {3 x 50 on :55 Backstroke
 {3 x 125 on 2:05 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 2:00 Backstroke for time
 {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
 Odds 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

{1 x 150 on 2:20 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 2x{1 x 125 on 2:30 Backstroke
 {2 x 50 on 1:00 Backstroke
 {2 x 125 on 2:25 Backstroke
 {2 x 50 on 1:00 Backstroke
 {3 x 125 on 2:20 Backstroke
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 3:00 Backstroke for time
 {1 x 100 on 2:00 Stroke Drills
 8:30 AM 5,650 Yards - Stress Value = 94

Workout #4745 - Tuesday, 12 June 2007

Group 3 - Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 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
 1,200 12 x 100 on 2:00 Kick with flippers
 Odds 100% effort
 1,200 2x{1 x 150 on 2:55 Pulls
 {1 x 150 on 2:50 Pulls
 {1 x 150 on 2:45 Pulls
 {1 x 150 on 2:15 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{1 x 100 on 2:20 Backstroke
 {3 x 50 on 1:10 Backstroke
 {1 x 100 on 2:15 Backstroke
 {2 x 50 on 1:10 Backstroke
 {1 x 100 on 2:10 Backstroke
 {3 x 50 on 1:10 Backstroke
 {1 x 50 on 1:30 Freestyle
 {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

Workout #4748 - Tuesday, 12 June 2007

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 20:00 Med balls/stretch L I
 400 1 x 400 on 8:00 Underwater trn drill REC D
 150 10 x 15 on :45 Shooters SP3 S C
 800 1 x 800 on 16:00 Vertical Kicking EN2 K C
 1 on 10:00 Techniques-Relay Starts D
 1 on 20:00 Killer Relays SP2 S
 250 1 x 250 on 5:00 Stroke Drills REC D
 6:30 PM 1,600 Yards - Stress Value = 22

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
 Odds 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
 1,850 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 x 200 on 3:00 Stroke Drills
 1 on 15:00 Relays
 7:30 PM 3,950 Yards - Stress Value = 69

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
 150 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 finishes
 3 on each stroke
 2,800 1x{1 x 400 on 7:00 Individual Medley
 {4 x 100 on 1:30 Freestyle w/25 stroke
 {2 x 300 on 5:00 Individual Medley
 {4 x 100 on 1:30 Freestyle w/25 stroke
 {3 x 200 on 3:15 Individual Medley
 {4 x 100 on 1:30 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
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 9:00 Freestyle Drill L.25 of each
 100 6bk
 150 10 x 15 on :45 Shooters
 1,050 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 finishes
 3 on each stroke
 2,500 1x{1 x 400 on 7:30 Individual Medley
 {4 x 100 on 1:40 Freestyle w/25 stroke
 {2 x 300 on 5:30 Individual Medley
 {4 x 100 on 1:40 Freestyle w/25 stroke
 {2 x 200 on 3:35 Individual Medley
 {3 x 100 on 1:40 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

Group 3 - Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 9:00 Freestyle Drill L.25 of each
 100 6bk
 150 10 x 15 on :45 Shooters
 1,050 3x{4 x 25 on :45 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 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3 on each stroke
 2,100 1x{1 x 400 on 9:00 Individual Medley
 {3 x 100 on 2:00 Freestyle w/25 stroke
 {2 x 300 on 6:30 Individual Medley
 {3 x 100 on 2:00 Freestyle w/25 stroke
 {1 x 200 on 4:20 Individual Medley
 {3 x 100 on 2:00 Freestyle w/25 stroke
 200 1 x 200 on 3:00 Stroke Drills
 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
 1,250 1x{4 x 125 on 2:30 Kick
 {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

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 x 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

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 #4754 - Thursday, 14 June 2007

Group 3 - Silver

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
 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 finishe
 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 x 100 on 1:45 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
 8:30 AM 5,350 Yards - Stress Value = 84

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 x 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

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

Workout #4760 - Friday, 15 June 2007

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
500	1 x 500 on 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 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 x 25 on :45 Kick no board BSLR {3 x 100 on 2:00 Kick
1,250	5x{1 x 25 on :30 Pulls-nbbf&w + 2 yds {1 x 50 on :45 Pulls-nbbf&w + 2 yds {1 x 75 on 1:05 Pulls-nbbf&w + 2 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 finishes
1,800	1x{1 x 200 on 4:30 Pulls {4 x 25 on :45 Breast TO drill {4 x 50 on 1:00 Breaststroke 2X pullouts {2 x 150 on 3:15 Pulls {4 x 25 on :45 Breast TO drill {4 x 50 on :55 Breaststroke 2X pullouts {3 x 100 on 2:05 Pulls {4 x 25 on :45 Breast TO drill {4 x 50 on :50 Breaststroke 2X pullouts {1 x 100 on 2:00 Freestyle
50	1 x 50 on 2:00 Breast for time OTB
200	1 x 200 on 3:00 Stroke Drill
8:30 AM	5,250 Yards - Stress Value = 80

6:00 AM Start

Yards	Set Description
400	1 on 30:00 Physio Balls/Stretch
150	10 x 15 on 9:00 Reverse IM drill
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 x 50 on 1:00 Pulls-nbbf&w + 2 yds {1 x 75 on 1:25 Pulls-nbbf&w + 2 yds {1 x 100 on 1:50 Pulls-nbbf&w + 2 yds
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 200 on 5:30 Pulls {4 x 25 on :45 Breast TO drill {4 x 50 on 1:10 Breaststroke 2X pullouts {2 x 150 on 4:00 Pulls {4 x 25 on :45 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

Workout #4763 - Monday, 18 June 2007

Group 3 - Distance

1 minute rest between sets

6:00 AM Start

Yards	Set Description
500	1 on 30:00 Physio Balls/Stretch
150	10 x 15 on 9:00 Swim-kick-pull-swim
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
100	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 {3 x 100 on 1:20 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 125 on 2:10 Freestyle {1 on 1:00 Rest {4 x 125 on 2:05 Freestyle {1 on 1:00 Rest {4 x 125 on 2:00 Freestyle {1 on 1:00 Rest {4 x 125 on 1:55 Freestyle
400	4 x 100 on 2:15 Stroke Drills
8:30 AM	5,700 Yards - Stress Value = 179

Workout #4759 - Friday, 15 June 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
500	1 x 500 on 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:15 Kick {4 x 25 on :45 Kick no board BSLR {2 x 125 on 2:40 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:05 Kick
1,250	5x{1 x 25 on :30 Pulls-nbbf&w + 2 yds {1 x 50 on :50 Pulls-nbbf&w + 2 yds {1 x 75 on 1:15 Pulls-nbbf&w + 2 yds {1 x 100 on 1:40 Pulls-nbbf&w + 2 yds
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 200 on 5:00 Pulls {4 x 25 on :45 Breast TO drill {4 x 50 on 1:00 Breaststroke 2X pullouts {2 x 150 on 3:30 Pulls {4 x 25 on :45 Breast TO drill {4 x 50 on 1:00 Breaststroke 2X pullouts {3 x 100 on 2:20 Pulls {4 x 25 on :45 Breast TO drill {2 x 50 on 1:00 Breaststroke 2X pullouts {1 x 100 on 2:00 Freestyle
50	1 x 50 on 2:00 Breast for time OTB
200	1 x 200 on 3:00 Stroke Drill
8:29 AM	5,000 Yards - Stress Value = 77

Workout #4758 - Friday, 15 June 2007

Group 3 - Bronze

1 minute rest between sets

Workout #4762 - Monday, 18 June 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
400	1 on 30:00 Physio Balls/Stretch
150	1 x 400 on 9:00 Swim-kick-pull-swim
750	10 x 15 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
{1 x 50	on 1:05 Kick
{4 x 25	on :45 Kick
{2 x 75	on 1:35 Kick
{4 x 25	on :45 Kick
{2 x 100	on 2:10 Kick
{2 x 25	on :45 Kick
100	1 x 100 on 2:00 Kick for time
1,250	1x{2 x 125 on 2:10 Pull no br L.20 yds
{1 x 100	on 1:40 Pulls
{2 x 125	on 2:10 Pull no br L.20 yds
{2 x 100	on 1:35 Pulls
{2 x 125	on 2:10 Pull no br L.20 yds
{2 x 100	on 1:30 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 100 on 2:10 Freestyle
{1 on 1:00	Rest
{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
400	4 x 100 on 2:15 Stroke Drills
8:30 AM	4,950 Yards - Stress Value = 150

Workout #4761 - Monday, 18 June 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
400	1 on 30:00 Physio Balls/Stretch
150	1 x 400 on 9:00 Swim-kick-pull-swim
750	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
{2 x 75	on 1:45 Kick
{4 x 25	on :45 Kick
{2 x 100	on 2:20 Kick
{2 x 25	on :45 Kick no board BSLR
100	1 x 100 on 2:00 Kick for time
950	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
{3 x 50	on 1:00 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 100 on 2:10 Freestyle
{1 on 1:00	Rest
{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
400	4 x 100 on 2:15 Stroke Drills
8:29 AM	4,650 Yards - Stress Value = 144

Workout #4764 - Monday, 18 June 2007

Group 2 - Distance

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 20:00 Physio Balls/Stretch
150	1 x 300 on 6:00 Swim-kick-pull-swim
500	10 x 15 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
{1 x 50	on 1:05 Kick
{4 x 25	on :45 Kick
{2 x 75	on 1:35 Kick
{4 x 25	on :45 Kick
100	1 x 100 on 2:00 Kick for time
450	1x{1 x 125 on 2:10 Pull no br L.20 yds
{1 x 100	on 1:40 Pulls
{1 x 125	on 2:10 Pull no br L.20 yds
{1 x 100	on 1:35 Pulls
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 125 on 2:20 Freestyle
{1 on 1:00	Rest
{4 x 125	on 2:15 Freestyle
{1 on 1:00	Rest
{4 x 125	on 2:10 Freestyle
300	6 x 50 on 1:10 Stroke Drills
1 on 15:00	TiVo Starts
7:30 PM	3,450 Yards - Stress Value = 121

Workout #4766 - Tuesday, 19 June 2007

Group 3 - Back

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
400	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 400 on 8:00 Underwater trn drill
1,200	10 x 15 on :45 Shooters
1x{4	x 75 on 1:30 Kick with flippers
{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
1,500	1 x 1500 on 22:30 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	2x{1 x 200 on 3:20 Backstroke
{8 x 25	on :30 Backstroke 10 kow
{1 x 150	on 2:30 Backstroke
{6 x 25	on :30 Backstroke 10 kow
{1 x 100	on 1:40 Backstroke
{4 x 25	on :30 Backstroke 10 kow
{1 x 50	on :50 Backstroke
{2 x 25	on :30 Backstroke 10 kow
400	8 x 50 on 1:00 Stroke Drills
8:30 AM	5,950 Yards - Stress Value = 88

Workout #4765 - Tuesday, 19 June 2007

Group 3 - Silver

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
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 75 on 1:30 Kick with flippers
 {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
 1,350 1 x 1350 on 22:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,900 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 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
 8:30 AM 5,700 Yards - Stress Value = 85

{1 x 50 on :01 Freestyle SE
 {1 x 50 on 3:00 Freestyle RE
 {1 x 75 on :01 Freestyle SE
 {1 x 75 on 4:00 Freestyle RE
 {1 x 100 on :01 Freestyle SE
 {1 x 100 on 5:00 Freestyle RE
 1 on 20:00 Rabbit Game SE
 1 x 200 on 3:00 Stroke Drills RE
 6:32 PM 1,600 Yards - Stress Value = 40

Workout #4769 - Tuesday, 19 June 2007

Group 2 - Back

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
 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
 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 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

Workout #4767 - Tuesday, 19 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
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 75 on 1:30 Kick with flippers
 {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
 {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 #4772 - Wednesday, 20 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 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,400 12x{1 x 100 on 1:35 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :55 Freestyle
 400 4 x 100 on 2:00 Stroke Drills
 8:31 AM 6,050 Yards - Stress Value = 89

Workout #4768 - Tuesday, 19 June 2007

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EC
 =====
 1 on 20:00 Med balls/stretch
 400 1 x 400 on 8:00 Underwater trn drill RE
 1 on 10:00 Techniques-Stanford turn drills SE
 1,000 1x{1 x 100 on :01 Freestyle SE
 {1 x 100 on 5:00 Freestyle RE
 {1 x 75 on :01 Freestyle SE
 {1 x 75 on 4:00 Freestyle RE
 {1 x 50 on :01 Freestyle SE
 {1 x 50 on 3:00 Freestyle RE
 {1 x 25 on :01 Freestyle SE
 {1 x 25 on 2:00 Freestyle RE
 {1 x 25 on :01 Freestyle SE
 {1 x 25 on 2:00 Freestyle RE

Workout #4771 - Wednesday, 20 June 2007

Group 3 - Silver

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 450 1 x 450 on 9:00 Freestyle L.25 of each 100
 150 10 x 15 on :45 Shooters
 1,200 2x{1 x 100 on 2:10 Kick no board BSLR
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {4 x 25 on :35 Kick no board BSLR
 1,000 1x{4 x 100 on 1:45 Lungbuster pulls
 {4 x 100 on 1:40 Lungbuster pulls
 {2 x 100 on 1:35 Lungbuster pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 10x{1 x 100 on 1:50 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on 1:00 Freestyle
 400 4 x 100 on 2:00 Stroke Drills
 8:29 AM 5,400 Yards - Stress Value = 78

Workout #4770 - Wednesday, 20 June 2007

Group 3 - Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 9:00 Freestyle L.25 of each 100
 150 10 x 15 on :45 Shooters
 1,000 2x{1 x 100 on 2:20 Kick no board BSLR
 {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 x 50 on :55 Freestyle
 {1 x 50 on 1:05 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

6:00 AM Start
 Yards 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
 {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
 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

{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
 {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

Workout #4774 - Thursday, 21 June 2007

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
 1,750 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 x 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

Workout #4775 - Thursday, 21 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
 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 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
 {1 x 50 on 1:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 2:05 75 free 25 breast
 {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
 250 5 x 50 on 1:00 Stroke Drills
 8:30 AM 4,650 Yards - Stress Value = 90

Workout #4776 - Thursday, 21 June 2007

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 20:00 10 min abs/stretch
 500 1 x 500 on 9:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 700 1x{1 x 50 on 1:00 Kick with flippers SP2
 {1 x 100 on 2:00 Kick with flippers REC
 {2 x 75 on 1:30 Kick with flippers SP2
 {1 x 100 on 2:00 Kick with flippers REC
 {3 x 100 on 2:00 Kick with flippers SP2
 1,200 1x{8 x 30 on 1:00 Freestyle SP2
 {1 x 120 on 3:00 Freestyle (8 LAPS) REC
 {6 x 30 on 1:00 Freestyle SP2
 {1 x 120 on 3:00 Freestyle REC
 {4 x 30 on 1:00 Freestyle SP2
 {1 x 120 on 3:00 Freestyle REC
 {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

Workout #4777 - Thursday, 21 June 2007

Group 2 - Breast

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 100's free even 100's back
 150 10 x 15 on :45 Shooters
 550 1x{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
 1,050 1x{1 x 200 on 3:20 Pulls
 {3 x 50 on 1:20 Pulls
 {1 x 200 on 3:15 Pulls
 {3 x 50 on 1:20 Pulls
 {1 x 200 on 3:10 Pulls
 {3 x 50 on 1:20 Pulls
 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Game
 7:31 PM 3,500 Yards - Stress Value = 66

Workout #4778 - Friday, 22 June 2007

Group 3 - Fly

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 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 ffly 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 #4779 - Friday, 22 June 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 x 200 on 3:20 Pulls-nbbf&w + 2 yds
 {4 x 50 on 1:00 Pulls 4 breaths each
 {3 x 100 on 1:40 Pulls-nbbf&w + 2 yds
 {2 x 50 on 1:00 Pulls 4 breaths each
 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
 {4 x 50 on 1:00 Free-2 strokes fly off walls
 {4 x 75 on 1:25 Free-3 strokes ffly 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 #4780 - Friday, 22 June 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
=====	=====
	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 ffly 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 #4783 - Monday, 25 June 2007

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
=====	=====
	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
900	6 x 150 on 2:15 Freestyle-descend in 3's
1,000	1x{4 x 25 on :30 Kick no board BSLR
	{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	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
250	1 x 250 on 5:00 Stroke Drills
8:30 AM	6,000 Yards - Stress Value = 206

Workout #4781 - Monday, 25 June 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
=====	=====
	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 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:35 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	6 x 25 on :40 12.5 ez 12.5 fast grt finishes

750	6 x 125 on 2:15 Freestyle-descend in 3's
1,050	2x{3 x 75 on 1:20 Pull no br L.12 yds
	{3 x 75 on 1:15 Pull no br L.12 yds
	{1 x 75 on 1:10 Pull no br L.12 yds
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	6 x 125 on 2:15 Freestyle descend in 3's
250	1 x 250 on 5:00 Stroke Drills
8:30 AM	5,250 Yards - Stress Value = 173

Workout #4782 - Monday, 25 June 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
=====	=====
	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
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
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:35 Kick
	{4 x 25 on :45 Kick no board BSLR
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	6 x 100 on 2:15 Freestyle-descend in 3's
900	2x{3 x 75 on 1:25 Pull no br L.12 yds
	{2 x 75 on 1:20 Pull no br L.12 yds
	{1 x 75 on 1:15 Pull no br L.12 yds
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	6 x 100 on 2:15 Freestyle descend in 3's
250	1 x 250 on 5:00 Stroke Drills
8:29 AM	4,550 Yards - Stress Value = 145

Workout #4786 - Tuesday, 26 June 2007

Group 3 - Back

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
=====	=====
	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
1,200	2x{4 x 50 on 1:05 Kick
	{4 x 50 on 1:00 Kick
	{4 x 50 on :55 Kick
1,200	1x{1 x 300 on 4:30 Pulls
	{2 x 150 on 2:15 Pulls
	{3 x 100 on 1:30 Pulls
	{4 x 75 on 1:05 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	1x{1 x 100 on 3:00 Backstroke for time
	{1 x 200 on 4:00 Freestyle
2,200	1x{3 x 150 on 2:35 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 10 secs
	{3 x 150 on 2:30 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 8 secs
	{3 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

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
 150 10 x 15 on :45 Shooters
 1,100 2x{4 x 50 on 1:10 Kick
 {4 x 50 on 1:05 Kick
 {3 x 50 on 1:00 Kick
 1,050 1x{1 x 300 on 5:00 Pulls
 {2 x 150 on 2:30 Pulls
 {3 x 100 on 1:40 Pulls
 {2 x 75 on 1:15 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 300 1x{1 x 100 on 3:00 Backstroke for time
 {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 1 x 250 on 4:00 Stroke Drills
 8:31 AM 5,400 Yards - Stress Value = 98

Workout #4785 - Tuesday, 26 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
 150 10 x 15 on :45 Shooters
 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 x 100 on 1:55 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 300 1x{1 x 100 on 3:00 Backstroke for time
 {1 x 200 on 4:00 Freestyle
 1,650 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
 {3 x 150 on 3:20 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 6 secs
 250 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
 600 1 x 600 on 12:00 Indian File Kick
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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

6:00 AM Start
 Yards Set 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
 1,200 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 x 25 on :30 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 8:30 AM 5,950 Yards - Stress Value = 92

Workout #4789 - Wednesday, 27 June 2007

1 minute rest between sets

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
450	1 on 30:00 Stomach and Stretch
150	1 x 450 on 9:00 Free L.25 of each 100 6bk
1,000	10 x 15 on :45 Shooters
900	4x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
200	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
2,600	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{4 x 25 on :30 Freestyle
	{1 x 100 on 1:50 Individual Medley
	{4 x 25 on :30 odds free evens fly
	{1 x 200 on 3:40 Individual Medley
	{4 x 25 on :30 odds free evens back
	{1 x 300 on 5:30 Individual Medley
	{4 x 25 on :30 odds free evens brst
	{1 x 400 on 7:20 Individual Medley
	{6 x 25 on :30 odds free evens fly
	{1 x 300 on 5:30 Individual Medley
	{6 x 25 on :30 odds free evens back
	{1 x 200 on 3:40 Individual Medley
	{6 x 25 on :30 odds free evens brst
	{1 x 100 on 1:50 Individual Medley
	{6 x 25 on :30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
8:29 AM	5,500 Yards - Stress Value = 84

Yards	Set Description
6:00 AM	Start
500	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 500 on 9:00 Underwater trn drill
1,400	odd 100's free even 100's back
	10 x 15 on :45 Shooters
	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 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 100 on 2:00 Kick
1,500	2x{1 x 125 on 2:05 Pulls
	{1 x 125 on 2:00 Pulls
	{1 x 125 on 1:55 Pulls
	{1 x 125 on 1:50 Pulls
	{1 x 125 on 1:45 Pulls
	{1 x 125 on 1:40 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{2 x 25 on :30 Breaststroke
	{1 x 100 on 1:30 Freestyle
	{4 x 50 on :55 Breaststroke
	{1 x 100 on 1:30 Freestyle
	{6 x 75 on 1:20 Breaststroke
	{1 x 100 on 1:30 Freestyle
	{8 x 100 on 1:45 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
8:30 AM	5,800 Yards - Stress Value = 79

Workout #4792 - Thursday, 28 June 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
400	1 on 30:00 Stomach and Stretch
150	1 x 400 on 9:00 Free L.25 of each 100 6bk
1,000	10 x 15 on :45 Shooters
700	4x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
200	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
2,300	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 fly
	{1 x 300 on 6:30 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 100 on 2:10 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
8:30 AM	4,950 Yards - Stress Value = 77

Yards	Set Description
6:00 AM	Start
450	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 450 on 9:00 Underwater trn drill
1,300	odd 100's free even 100's back
	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{4 x 25 on :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
1,250	2x{1 x 125 on 2:20 Pulls
	{1 x 125 on 2:15 Pulls
	{1 x 125 on 2:10 Pulls
	{1 x 125 on 2:05 Pulls
	{1 x 125 on 2:00 Pulls
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{2 x 25 on :30 Breaststroke
	{1 x 100 on 1:40 Freestyle
	{4 x 50 on 1:00 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
250	1 x 250 on 4:00 Stroke Drills
8:30 AM	5,300 Yards - Stress Value = 70

Workout #4791 - Thursday, 28 June 2007

Group 3 - Breast

Workout #4793 - Thursday, 28 June 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 AM	Start		
400	1 on 30:00 Physio Ball Abs/Stretch		
400	1 x 400 on 9:00 Underwater trn drill odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
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 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick	EN2	
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	EN2	
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN1	
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	EN1	
250	1 x 250 on 4:00 Stroke Drills	EN2	
8:30 AM	4,850 Yards - Stress Value = 64		

(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 8x{8 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

Yards	Set Description	EGY	WOF
6:00 AM	Start		
400	1 on 30:00 Physio Balls/Stretch		
150	1 x 400 on 8:00 Reverse IM drill	REC	
1,600	1x{4 x 100 on 1:45 Kick with flippers {4 x 100 on 1:40 Kick with flippers {4 x 100 on 1:35 Kick with flippers {4 x 100 on 1:30 Kick with flippers	EN2	
1,100	1x{1 x 100 on 1:40 Pulls-nbbf&w + 2 yds {1 x 100 on 1:35 Pulls-nbbf&w + 2 yds {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds {2 x 100 on 1:40 Pulls-nbbf&w + 2 yds {2 x 100 on 1:35 Pulls-nbbf&w + 2 yds {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds {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 {1 on 1:00 Rest	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
8:30 AM	5,350 Yards - Stress Value = 83		

Workout #4794 - Thursday, 28 June 2007

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
400	1 on 20:00 10 min abs/stretch		
150	1 x 400 on 8:00 Underwater trn drill	REC	
800	4x{10 x 15 on :45 Shooters {1 x 50 on 1:15 12.5 fast 37.5 ez {1 x 50 on 1:15 25 fast 25 ez {1 x 50 on 1:15 37.5 fast 25 ez {1 x 50 on 1:15 All fast	SP3	
225	1 x 225 on 4:00 Freestyle	SP2	
400	8x{1 x 25 on 1:30 10 seconds vertical kick {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 #4796 - Friday, 29 June 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 AM	Start		
350	1 on 30:00 Physio Balls/Stretch		
150	1 x 350 on 8:00 Reverse IM drill	REC	
1,600	1x{10 x 15 on :45 Shooters {4 x 100 on 1:45 Kick with flippers {4 x 100 on 1:40 Kick with flippers {4 x 100 on 1:35 Kick with flippers {4 x 100 on 1:30 Kick with flippers	SP3	
900	1x{1 x 100 on 1:55 Pulls-nbbf&w + 2 yds {1 x 100 on 1:50 Pulls-nbbf&w + 2 yds {1 x 100 on 1:45 Pulls-nbbf&w + 2 yds {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds {2 x 100 on 1:50 Pulls-nbbf&w + 2 yds {2 x 100 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
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 {1 on 1:00 Rest	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
8:29 AM	5,100 Yards - Stress Value = 81		

Workout #4795 - Friday, 29 June 2007

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 AM	Start		
400	1 on 30:00 Physio Balls/Stretch		
150	1 x 400 on 8:00 Reverse IM drill	REC	
1,600	1x{10 x 15 on :45 Shooters {4 x 100 on 1:45 Kick with flippers {4 x 100 on 1:40 Kick with flippers {4 x 100 on 1:35 Kick with flippers {4 x 100 on 1:30 Kick with flippers	SP3	
1,200	1x{1 x 100 on 1:30 Pulls-nbbf&w + 2 yds {1 x 100 on 1:25 Pulls-nbbf&w + 2 yds {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	

Workout #4798 - Tuesday, 03 July 2007

Group 3 - Distance

1 minute rest between sets

6:00 AM 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
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {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
 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 300 6 x 50 on 1:00 Stroke Drills
 8:30 AM 6,050 Yards - Stress Value = 101

Workout #4800 - Tuesday, 03 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 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 2:20 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
 {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
 1,950 1x{3 x 200 on 3:50 Freestyle
 {1 x 50 on 1:30 Freestyle
 {3 x 200 on 3:45 Freestyle
 {1 x 50 on 1:30 Freestyle
 {2 x 200 on 3:40 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 200 on 3:35 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 8:30 AM 5,050 Yards - Stress Value = 83

Workout #4799 - Tuesday, 03 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 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 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
 100 1 x 100 on 2:00 Kick for time
 1,100 1x{1 x 50 on 1:05 Pull no br L.16 yds
 {2 x 50 on 1:00 Pull no br L.14 yds
 {3 x 50 on :55 Pull no br L.12 yds
 {4 x 50 on :50 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.10 yds
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,550 1x{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 3:10 Freestyle
 {1 x 50 on 1:30 Freestyle
 {3 x 200 on 3:05 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 8:35 AM 5,850 Yards - Stress Value = 98

Workout #4801 - Tuesday, 03 July 2007

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 20:00 Med balls/stretch L I
 400 1 x 400 on 8:00 Underwater trn drill REC D
 150 10 x 15 on :45 Shooters SP3 S C
 800 1 x 800 on 16:00 Vertical Kicking EN2 K C
 1 on 10:00 Techniques-Relay Starts D
 1 on 20:00 Killer Relays SP2 S
 250 1 x 250 on 5:00 Stroke Drills REC D
 6:30 PM 1,600 Yards - Stress Value = 22

Workout #4802 - Tuesday, 03 July 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 6:00 Swim-kick-pull-swim
 1 on 10:00 Techniques-TN turn drills
 150 10 x 15 on :45 Shooters
 600 2x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 400 1x{4 x 50 on :55 Pulls
 {4 x 50 on :50 Pulls
 150 6 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 3x{2 x 100 on 1:45 Backstroke w/fins
 {2 x 75 on 1:20 Backstroke w/fins
 {2 x 50 on :50 Backstroke w/fins
 200 1 x 200 on 3:30 Stroke Drills
 1 on 15:00 Relays
 7:28 PM 3,150 Yards - Stress Value = 51

{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 1:50 Backstroke-des in 3's
 1,000 1x{1 x 200 on 3:20 Pulls
 {2 x 175 on 2:55 Pulls
 {3 x 150 on 2:25 Pulls
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 300 3 x 100 on 1:45 Backstroke-descend
 300 12 x 25 on :30 Odds free evens #1
 350 7 x 50 on 1:00 Stroke Drills
 8:29 AM 5,200 Yards - Stress Value = 77

Workout #4803 - Thursday, 05 July 2007

Group 3 - Back

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 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
 1,000 1x{1 x 125 on 2:40 Kick
 {1 x 125 on 2:35 Kick
 {1 x 125 on 2:30 Kick
 {1 x 125 on 2:25 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:25 Kick
 {1 x 50 on :55 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
 1,500 1x{1 x 200 on 3:00 Pulls
 {2 x 175 on 2:35 Pulls
 {3 x 150 on 2:15 Pulls
 {4 x 125 on 1:50 Pulls
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 300 3 x 100 on 1:35 Backstroke-descend
 300 12 x 25 on :30 Odds free evens #1
 350 7 x 50 on 1:00 Stroke Drills
 8:30 AM 5,800 Yards - Stress Value = 83

6:00 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 2:20 Backstroke-des in 3's
 750 1x{1 x 125 on 2:55 Kick
 {1 x 125 on 2:55 Kick
 {1 x 125 on 2:55 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:20 Kick
 {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
 {2 x 150 on 2:45 Pulls
 {3 x 100 on 1:45 Pulls
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 300 3 x 100 on 2:20 Backstroke-descend
 300 12 x 25 on :30 Odds free evens #1
 300 6 x 50 on 1:00 Stroke Drills
 8:30 AM 4,700 Yards - Stress Value = 71

Workout #4806 - Thursday, 05 July 2007

Group 3 - Speed Acquisition

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls Abs/Stretch
 450 1 x 450 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 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
 {1 x 100 on 2:10 Kick

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Dryland and stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 10 x 50 on 1:00 Kick with fins-100% effort
 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
 6:31 PM 2,850 Yards - Stress Value = 61

Workout #4804 - Thursday, 05 July 2007

Group 3 - Silver

1 minute rest between sets

Workout #4807 - Thursday, 05 July 2007

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 20:00 10 minute abs/stretch
300	1 x 300 on 6:00 reverse im
150	10 x 15 on :45 Shooters
1,200	1 x 1200 on 12:00 Vertical Kicking
600	4 x 150 on 2:30 Lungbuster pulls
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{2 x 100 on 1:40 Breaststroke {4 x 50 on 1:00 Breaststroke double pull-outs {1 x 100 on 1:35 Breaststroke {4 x 25 on :35 Breaststroke double pull-outs
200	1 x 200 on 3:30 Stroke Drills
	1 on 16:00 Game
7:29 PM	4,400 Yards - Stress Value = 74

Workout #4809 - Friday, 06 July 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 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick
1,500	1x{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 {1 x 100 on 1:30 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
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 {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

Workout #4810 - Friday, 06 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 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	4x{1 x 150 on 3:15 Kick {1 x 100 on 2:10 Kick {1 x 50 on 1:05 Kick
1,200	1x{1 x 500 on 8:20 Pulls {1 x 400 on 6:40 Pulls {1 x 300 on 5:00 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{3 x 125 on 2:30 Breaststroke {3 x 50 on 1:00 25 breast 25 free-descend {3 x 125 on 2:25 Breaststroke {3 x 50 on 1:00 25 breast 25 free-descend {3 x 125 on 2:20 Breaststroke

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

{3 x 125 on 2:15 Breaststroke

250 1 x 250 on 5:00 Stroke Drills

8:30 AM 5,500 Yards - Stress Value = 78

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 {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 finishes
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
250	1 x 250 on 5:00 Stroke Drills
8:30 AM	4,900 Yards - Stress Value = 66

Workout #4812 - Monday, 09 July 2007

Group 3 - Distance

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	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 {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 finishes
2,400	1x{1 x 400 on 6:00 Freestyle {4 x 100 on 1:20 Freestyle {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

Workout #4811 - Monday, 09 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 10 x 15 on :45 Shootes
 1,200 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 1,350 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 125 on 2:00 Pull no br L.12 yds
 {1 x 75 on 1:10 Pull no br L.12 yds
 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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
 {1 x 400 on 6:00 Freestyle
 {2 x 100 on 1:35 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 8:30 AM 5,800 Yards - Stress Value = 86

Workout #4813 - Monday, 09 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 Shootes
 1,000 2x{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 100 on 2:15 Kick
 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
 {1 x 125 on 2:20 Pull no br L.12 yds
 {1 x 75 on 1:20 Pull no br L.12 yds
 250 10 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,900 1x{1 x 400 on 7:20 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 400 on 7:10 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 400 on 7:00 Freestyle
 {1 x 100 on 1:50 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 8:29 AM 5,250 Yards - Stress Value = 76

Workout #4816 - Tuesday, 10 July 2007

Group 3 - Back

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 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
 1,200 12 x 100 on 1:30 Kick with flippers
 Odds 100% effort
 1,200 2x{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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 3,000 2x{1 x 125 on 2:05 Backstroke
 {3 x 50 on 1:00 Backstroke
 {2 x 125 on 2:00 Backstroke
 {3 x 50 on :55 Backstroke
 {3 x 125 on 1:55 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 50 on 1:00 Freestyle
 {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
 8:31 AM 6,450 Yards - Stress Value = 108

Workout #4815 - Tuesday, 10 July 2007

Group 3 - Silver

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls Abs/Stretch
 450 1 x 450 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 1:40 Kick with flippers
 Odds 100% effort
 900 2x{1 x 150 on 2:35 Pulls
 {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
 {3 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
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 3:00 Backstroke for time
 {1 x 100 on 2:00 Stroke Drills
 100 1 x 100 on 1:30 Freestyle
 8:31 AM 5,700 Yards - Stress Value = 90

Workout #4814 - Tuesday, 10 July 2007

Group 3 - Bronze

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 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 1:50 Kick with flippers
 Odds 100% effort
 900 2x{1 x 150 on 2:55 Pulls
 {1 x 150 on 2:50 Pulls
 {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
 {2 x 100 on 2:15 Backstroke
 {2 x 50 on 1:10 Backstroke
 {3 x 100 on 2:10 Backstroke
 {2 x 50 on 1:10 Backstroke
 {1 x 50 on 1:30 Freestyle
 {1 x 100 on 3:00 Backstroke for time
 {1 x 50 on 1:30 Stroke Drills
 100 1 x 100 on 1:30 Freestyle
 8:31 AM 5,100 Yards - Stress Value = 85

Workout #4817 - Tuesday, 10 July 2007

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 20:00 Med balls/stretch L I
 400 1 x 400 on 8:00 Underwater trn drill REC D
 150 10 x 15 on :45 Shooters SP3 S C
 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

6:00 AM Start
 Yards Set 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 x 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

6:00 AM Start
 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 1 x 200 on 4:00 Stroke Drills
 8:32 AM 5,400 Yards - Stress Value = 64

Workout #4818 - Wednesday, 11 July 2007

Group 3 - Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 9:00 Free L.25 of each 100 6bk
 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
 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
 8:30 AM 4,850 Yards - Stress Value = 58

Workout #4822 - Thursday, 12 July 2007

Group 3 - Breast

1 minute rest between sets

6:00 AM Start
 Yards 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 x 100 on 1:45 Breaststroke
 {8 x 25 on 1:00 From dive/10 pushups
 {2 x 100 on 1:40 Breaststroke
 {8 x 25 on 1:00 From dive/10 pushups
 {3 x 100 on 1:35 Breaststroke
 {8 x 25 on 1:00 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

Workout #4821 - Thursday, 12 July 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
450	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 450 on 9:00 Underwater trn drill
900	10 x 15 on :45 Shooters
300	3x{2 x 100 on 2:10 Kick
1,300	{4 x 25 on :45 Sprint kick
1,300	1x{1 x 400 on 6:40 Pulls
	{1 x 400 on 6:35 Pulls
	{1 x 400 on 6:30 Pulls
	{1 x 100 on 1:40 Freestyle
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,600	1x{1 x 100 on 1:45 Freestyle
	{8 x 25 on 1:00 From dive/10 pushups
	{2 x 100 on 1:40 Freestyle
	{8 x 25 on 1:00 From dive/10 pushups
	{3 x 100 on 1:35 Freestyle
	{8 x 25 on 1:00 From dive/10 pushups
	{4 x 100 on 1:30 Freestyle
300	1 x 300 on 5:00 Stroke Drills
8:30 AM	5,000 Yards - Stress Value = 76

Workout #4823 - Thursday, 12 July 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
400	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 400 on 9:00 Underwater trn drill
900	10 x 15 on :45 Shooters
300	3x{2 x 100 on 2:20 Kick
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 x 75 on 1:45 Freestyle
	{8 x 25 on 1:00 From dive/10 pushups
	{2 x 75 on 1:40 Freestyle
	{8 x 25 on 1:00 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	1 x 300 on 5:00 Stroke Drills
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	E
5:00 PM	Start	
400	1 on 20:00 10 min abs/stretch	
400	1 x 400 on 8:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
1,000	10 x 100 on 2:00 Challenge Kick Set w/fins	E
1,200	1x{8 x 30 on 1:00 Freestyle	S
	{1 x 120 on 3:00 Freestyle (8 LAPS)	F
	{6 x 30 on 1:00 Freestyle	S
	{1 x 120 on 3:00 Freestyle	F
	{4 x 30 on 1:00 Freestyle	S
	{1 x 120 on 3:00 Freestyle	F
	{2 x 30 on 1:00 Freestyle	S
	{1 x 240 on 6:00 Stroke Drills	F

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
6:00 AM	Start
400	1 on 30:00 Physio Ball/Stretch
150	1 x 400 on 8:00 Reverse IM drill
900	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 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
250	1 x 250 on 5:00 Stroke Drills
8:30 AM	6,650 Yards - Stress Value = 64

Workout #4827 - Friday, 13 July 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
400	1 on 30:00 Physio Balls/Stretch
150	1 x 400 on 8:00 Reverse IM drill
900	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 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{6 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,600	4x{1 x 25 on :35 Butterfly lup 1down
	{1 x 25 on :35 Butterfly lup 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 x 75 on 1:30 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:25 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:20 Pulls-nbbf&w + 2 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,400 4x{1 x 25 on :40 Butterfly lup 1down
 {1 x 25 on :40 Butterfly lup 2down
 {1 x 25 on :40 Butterfly lup 3 down
 {1 x 25 on :40 Butterfly lup 4down
 {1 x 50 on 1:50 Freestyle
 {1 x 50 on 1:15 Butterfly 2-2
 {1 x 50 on 1:15 Butterfly 2-3
 {1 x 50 on 1:15 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

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
 900 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 100 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
 {3 x 100 on 1:20 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 1x{4 x 125 on 2:05 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 2:00 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:55 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:50 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 8:30 AM 5,800 Yards - Stress Value = 179

Workout #4828 - Monday, 16 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 10 x 15 on :45 Shooters

750 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 {2 x 25 on :45 Kick no board BSLR
 100 1 x 100 on 2:00 Kick for time
 1,250 1x{2 x 125 on 2:10 Pull no br L.20 yds
 {1 x 100 on 1:40 Pulls
 {2 x 125 on 2:10 Pull no br L.20 yds
 {2 x 100 on 1:35 Pulls
 {2 x 125 on 2:10 Pull no br L.20 yds
 {2 x 100 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 2:05 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
 8:30 AM 5,100 Yards - Stress Value = 150

Workout #4829 - Monday, 16 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
 750 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
 {2 x 25 on :45 Kick no board BSLR
 100 1 x 100 on 2:00 Kick for time
 950 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
 {3 x 50 on 1:00 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,600 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

Group 3 - Back

1 minute rest between sets

6:00 AM Start
 Yards 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
 1,200 1x{4 x 75 on 1:30 Kick with flippers
 {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
 1,500 3 x 500 on 7:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 2x{1 x 200 on 3:20 Backstroke
 {8 x 25 on :30 Backstroke 10 kow
 {1 x 150 on 2:30 Backstroke
 {6 x 25 on :30 Backstroke 10 kow
 {1 x 100 on 1:40 Backstroke
 {4 x 25 on :30 Backstroke 10 kow
 {1 x 50 on :50 Backstroke
 {2 x 25 on :30 Backstroke 10 kow
 400 8 x 50 on 1:00 Stroke Drills
 8:31 AM 6,050 Yards - Stress Value = 88

Workout #4832 - Tuesday, 17 July 2007

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
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 75 on 1:30 Kick with flippers
 {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
 1,350 3 x 450 on 7:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,900 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 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
 8:31 AM 5,750 Yards - Stress Value = 85

Workout #4831 - Tuesday, 17 July 2007

Group 3 - Bronze

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 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 75 on 1:30 Kick with flippers
 {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 3 x 400 on 7:30 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
 5 x 50 on 1:00 Stroke Drills
 8:31 AM 5,300 Yards - Stress Value = 81

Workout #4834 - Tuesday, 17 July 2007

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 20:00 Med balls/stretch
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 1,000 1x{1 x 100 on :01 Freestyle SP1
 {1 x 100 on 5:00 Freestyle REC
 {1 x 75 on :01 Freestyle SP1
 {1 x 75 on 4:00 Freestyle REC
 {1 x 50 on :01 Freestyle SP1
 {1 x 50 on 3:00 Freestyle REC
 {1 x 25 on :01 Freestyle SP1
 {1 x 25 on 2:00 Freestyle REC
 {1 x 25 on :01 Freestyle SP1
 {1 x 25 on 2:00 Freestyle REC
 {1 x 50 on :01 Freestyle SP1
 {1 x 50 on 3:00 Freestyle REC
 {1 x 75 on :01 Freestyle SP1
 {1 x 75 on 4:00 Freestyle REC
 {1 x 100 on :01 Freestyle SP1
 {1 x 100 on 5:00 Freestyle REC
 1 on 20:00 Rabbit Game SP3
 1 x 200 on 3:00 Stroke Drills REC
 6:31 PM 1,750 Yards - Stress Value = 46

Workout #4836 - Wednesday, 18 July 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 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 x 25 on :35 Kick no board BSLR
 {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
 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 3:10 Individual Medley
 {4 x 75 on 1:15 IM w/out fly
 {1 x 200 on 3:10 Individual Medley
 {4 x 75 on 1:15 IM w/out back
 {1 x 200 on 3:10 Individual Medley
 {4 x 75 on 1:15 IM w/out breast
 {1 x 200 on 3:10 Individual Medley
 {4 x 75 on 1:15 IM w/out free
 50 1 x 50 on 1:00 Stroke Drills
 400 4 x 100 on 1:30 Freestyle-descend to
 ludicrous speed!!!!!!
 200 1 x 200 on 4:00 Stroke Drills
 8:31 AM 6,050 Yards - Stress Value = 86

Workout #4835 - Wednesday, 18 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 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 finishes
 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 x 200 on 3:20 Individual Medley
 {4 x 75 on 1:20 IM w/out breast
 {1 x 200 on 3:20 Individual Medley
 {4 x 75 on 1:20 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
 8:31 AM 5,600 Yards - Stress Value = 82

Workout #4837 - Wednesday, 18 July 2007

Group 3 - Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 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 finishes
 2,000 1x{1 x 200 on 4:15 Individual Medley
 {4 x 75 on 1:30 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 4,950 Yards - Stress Value = 72

Workout #4838 - Thursday, 19 July 2007

Group 3 - Breast

1 minute rest between sets

6:00 AM Start
 Yards 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 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 x 50 on :55 Pulls-nbbf&w + 1 yd
 {6 x 50 on :50 Pulls-nbbf&w + 2 yds
 {6 x 50 on :45 Pulls-nbbf&w + 3 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

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs and Stretch
 450 1 x 450 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 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 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
 250 5 x 50 on 1:10 Breast hold time I give
 1,000 2x{4 x 50 on 1:00 Pulls-nbbf&w
 {3 x 50 on :55 Pulls-nbbf&w + 1 yd
 {3 x 50 on :50 Pulls-nbbf&w + 2 yds
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 200 on 4:00 Breaststroke
 {3 x 50 on 1:05 Breast 2X pullouts
 {2 x 175 on 3:25 Breaststroke
 {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 3 x 50 on 1:10 Breast-hold time I give
 375 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

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs and Stretch
 400 1 x 400 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 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 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
 250 5 x 50 on 1:10 Breast hold time I give
 1,000 2x{4 x 50 on 1:00 Pulls-nbbf&w
 {3 x 50 on :55 Pulls-nbbf&w + 1 yd
 {3 x 50 on :50 Pulls-nbbf&w + 2 yds
 100 4 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{1 x 200 on 4:20 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
 {3 x 50 on 1:05 Breast 2X pullouts
 150 3 x 50 on 1:10 Breast-hold time I give
 375 5 x 75 on 1:45 Stroke Drills
 8:29 AM 4,625 Yards - Stress Value = 91

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 x 15 on :45 Shooters
 450 6 x 75 on 1:30 Kick-odds 100%
 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 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
 400 1x{4 x 25 on :30 Butterfly
 {4 x 25 on :25 Backstroke
 {4 x 25 on :30 Breaststroke
 {4 x 25 on :20 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 3,300 Yards - Stress Value = 54

Workout #4843 - Friday, 20 July 2007

Group 3 - Fly

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 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 fly 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

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 x 200 on 3:20 Pulls-nbbf&w + 2 yds
 {4 x 50 on 1:00 Pulls 4 breaths each
 {3 x 100 on 1:40 Pulls-nbbf&w + 2 yds
 {2 x 50 on 1:00 Pulls 4 breaths each
 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
 {4 x 50 on 1:00 Free-2 strokes fly off walls
 {4 x 75 on 1:25 Free-3 strokes fly 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 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
 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 fly 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

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 3x{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
 1,250 1x{1 x 50 on :45 Pull no br L.5 yds
 {2 x 100 on 1:30 Pull no br L.5 yds
 {3 x 150 on 2:15 Pull no br L.5 yds
 {3 x 125 on 1:50 Pull no br L.5 yds
 {2 x 75 on 1:05 Pull no br L.5 yds
 {1 x 25 on :25 Pull no br L.5 yds
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 200 1 x 200 on 4:00 Stroke Drills
 8:31 AM 6,500 Yards - Stress Value = 101

Workout #4845 - Monday, 23 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 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
 1,050 1x{2 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 1 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 x 150 on 2:45 Pull no br L.5 yds
 {2 x 125 on 2:20 Pull no br L.5 yds
 {1 x 75 on 1:20 Pull no br L.5 yds
 {1 x 25 on :30 Pull no br L.5 yds

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

Group 3 - Bronze

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
 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 12 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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 1 x 250 on 4:00 Stroke Drills
 8:35 AM 5,300 Yards - Stress Value = 79

Workout #4849 - Tuesday, 24 July 2007

Group 3 - Back

1 minute rest between sets

Yards	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{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick
1,500	1x{2 x 250 on 3:35 Pulls {2 x 200 on 2:50 Pulls {2 x 150 on 2:05 Pulls {2 x 100 on 1:25 Pulls {2 x 50 on :45 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
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 {6 x 50 on :50 Backstroke-descend in 3's {1 x 100 on 1:45 Stroke Drills {6 x 50 on :45 Backstroke-descend in 3's {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 100 on 2:00 Backstroke for time
250	1 x 250 on 4:00 Stroke Drills
	8:30 AM 6,100 Yards - Stress Value = 87

	{2 x 200 on 3:20 Pulls
	{1 x 150 on 2:30 Pulls
	{2 x 100 on 1:40 Pulls
300	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 {1 x 100 on 2:00 Stroke Drill {6 x 50 on :55 Backstroke-descend {1 x 100 on 2:00 Stroke Drills {6 x 50 on :50 Freestyle-descend in 3's {1 x 100 on 2:00 Stroke Drills {6 x 50 on :45 Freestyle-descend in 3's {1 x 100 on 2:00 Stroke Drills {3 x 50 on :45 Freestyle-descend {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 on 1:00 Rest {1 x 100 on 2:00 Backstroke for time
250	1 x 250 on 4:00 Stroke Drills
	8:31 AM 5,750 Yards - Stress Value = 84

Workout #4851 - Tuesday, 24 July 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EC
	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	SE
1,000	1 x 1000 on 20:00 Indian File Kick w/fins	EN
1,650	1x{4 x 100 on 1:30 Freestyle {4 x 50 on 1:00 Freestyle {4 x 100 on 1:29 Freestyle {4 x 50 on 1:00 Freestyle {4 x 100 on 1:28 Freestyle {1 x 50 on 1:00 Freestyle	EN EN EN EN EN EN
250	1 x 250 on 4:00 Stroke Drills	RE
	6:31 PM 3,450 Yards - Stress Value = 77	

Workout #4853 - Tuesday, 24 July 2007

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
	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	SE
1,000	1 x 1000 on 20:00 Indian File Kick w/fins	EN
1,700	1x{4 x 100 on 1:22 Freestyle {4 x 50 on 1:00 Freestyle {4 x 100 on 1:21 Freestyle {4 x 50 on 1:00 Freestyle {4 x 100 on 1:20 Freestyle {2 x 50 on 1:00 Freestyle	EN EN EN EN EN EN
250	1 x 250 on 4:00 Stroke Drills	RE
	6:31 PM 3,500 Yards - Stress Value = 80	

Workout #4854 - Tuesday, 24 July 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EC
	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	SE
1,000	1 x 1000 on 20:00 Indian File Kick w/fins	EN
1,600	1x{4 x 100 on 1:35 Freestyle {4 x 50 on 1:00 Freestyle {4 x 100 on 1:34 Freestyle {4 x 50 on 1:00 Freestyle {4 x 100 on 1:33 Freestyle	EN EN EN EN EN
250	1 x 250 on 4:00 Stroke Drills	RE
	6:31 PM 3,400 Yards - Stress Value = 74	

Workout #4850 - Tuesday, 24 July 2007

Group 3 - Silver

1 minute rest between sets

Yards	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 2:05 Kick {1 x 50 on 1:00 Kick
1,250	1x{2 x 250 on 4:10 Pulls

Workout #4852 - Tuesday, 24 July 2007

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	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	SE
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 x 50 on 1:00 Freestyle	EN
	{4 x 100 on 1:14 Freestyle	EN
	{4 x 50 on 1:00 Freestyle	EN
	{4 x 100 on 1:13 Freestyle	EN
	{4 x 50 on 1:00 Freestyle	EN
250	1 x 250 on 4:00 Stroke Drills	RE
6:31 PM	3,600 Yards - Stress Value = 86	

200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{4 x 25 on :30 Freestyle
	{1 x 100 on 1:50 Individual Medley
	{4 x 25 on :30 odds free evens fly
	{1 x 200 on 3:40 Individual Medley
	{4 x 25 on :30 odds free evens back
	{1 x 300 on 5:30 Individual Medley
	{4 x 25 on :30 odds free evens brst
	{1 x 400 on 7:20 Individual Medley
	{6 x 25 on :30 odds free evens fly
	{1 x 300 on 5:30 Individual Medley
	{6 x 25 on :30 odds free evens back
	{1 x 200 on 3:40 Individual Medley
	{6 x 25 on :30 odds free evens brst
	{1 x 100 on 1:50 Individual Medley
	{6 x 25 on :30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
8:29 AM	5,500 Yards - Stress Value = 84

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
500	1 x 500 on 9:00 Free L.25 of each 100 6bk
150	10 x 15 on :45 Shooters
1,200	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 x 25 on :30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
8:30 AM	5,950 Yards - Stress Value = 92

6:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 Stomach and Stretch
400	1 x 400 on 9:00 Free L.25 of each 100 6bk
150	10 x 15 on :45 Shooters
1,000	4x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
700	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
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 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 fly
	{1 x 300 on 6:30 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 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 #4856 - Wednesday, 25 July 2007

Group 3 - Silver

1 minute rest between sets

6:00 AM Start

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
1,000	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

Workout #4860 - Thursday, 26 July 2007

Group 3 - Breast

1 minute rest between sets

6:00 AM Start
 Yards 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
 {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
 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
 {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
 {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

Workout #4859 - Thursday, 26 July 2007

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
 1,750 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 x 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

Workout #4858 - Thursday, 26 July 2007

Group 3 - Bronze

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 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 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
 {1 x 50 on 1:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 900 1x{3 x 100 on 2:05 75 free 25 breast
 {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
 250 5 x 50 on 1:00 Stroke Drills
 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
 Yards Set Description
 =====
 1 on 20:00 8 min abs/stretch
 400 1 x 400 on 8:00 Underwater trn drill RE
 150 10 x 15 on :45 Shooters SE
 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 SE
 500 1 x 500 on 20:00 Game SE
 250 1 x 250 on 4:00 Stroke Drills RE
 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
 =====
 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
 {2 x 200 on 2:40 Pull
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 3,000 4x{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 1:25 Freestyle
 {2 x 75 on 1:15 Butterfly 2-5
 {1 x 100 on 1:20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:30 AM 6,400 Yards - Stress Value = 74

Workout #4862 - Friday, 27 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
 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 finishe
 2,250 3x{2 x 75 on 1:30 Butterfly 2-3
 {1 x 100 on 1:55 Freestyle
 {2 x 75 on 1:30 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 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:30 Kick
 {4 x 25 on :45 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 x 100 on 1:30 Pull no br L.5 yds
 {3 x 75 on 1:05 Pull no br L.5 yds
 {4 x 50 on :45 Pull no br L.5 yds
 {4 x 50 on :40 Pull no br L.5 yds
 {3 x 75 on 1:05 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 x 100 on 1:30 Freestyle L.25 good effort
 {1 x 100 on 1:30 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
 200 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 10 x 15 on :45 Shooters
 1,100 1x{4 x 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
 {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
 {2 x 100 on 1:40 Pull no br L.5 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 4x{1 x 100 on 1:45 Freestyle
 {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

Workout #4867 - Monday, 30 July 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	6:00 AM Start		
	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		
	{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		
	{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		
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe		
2,000	4x{1 x 100 on 1:55 Freestyle		
	{1 x 100 on 1:55 Freestyle L.25 good effort		
	{1 x 100 on 1:55 Freestyle L.50 good effort		
	{1 x 100 on 1:55 Freestyle L.75 good effort		
	{1 x 100 on 1:55 Freestyle good effort		
200	1 x 200 on 4:00 Stroke Drills		
	8:32 AM 5,250 Yards - Stress Value = 64		

Workout #4868 - Tuesday, 31 July 2007

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	6:00 AM Start		
	1 on 30:00 Physio Ball Abs/Stretch		
500	1 x 500 on 9:00 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
600	6 x 100 on 2:15 Kick	EN1	
450	6 x 75 on 1:15 Pulls-nbbf&w	EN1	
600	6 x 100 on 1:45 #1-#3 free descend	EN1	
	#4-#6 non freestyle		
400	8 x 50 on 1:00 All down easy back fast	EN1	
	#1-#4 all free, #5-#8 25 free 25 non free		
50	2 x 25 on 2:00 OTB-your choice-walk backs	SP3	
250	1 x 250 on 5:00 Stroke Drill	REC	
300	3 x 100 on 10:00 Your choice OTB	SP2	
200	1 x 200 on 5:00 Stroke Drill	REC	
	1 on 9:00 Clean-up		
	8:30 AM 3,500 Yards - Stress Value = 58		

Workout #4869 - Tuesday, 04 September 2007

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:30 PM Start		
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 8:00 Underwater turn drill	REC	
	1 on 10:00 TN turn drills	REC	
500	2x{1 x 100 on 2:30 Kick	EN1	
	{1 x 75 on 1:50 Kick	EN1	
	{1 x 50 on 1:10 Kick	EN1	
	{1 x 25 on :30 Kick	EN1	
750	1x{2 x 125 on 2:30 Pulls	EN1	
	{2 x 125 on 2:20 Pulls	EN1	
	{2 x 125 on 2:10 Pulls	EN1	
150	10 x 15 on :45 Shooters	SP3	

500	10 x 50 on 1:00 Freestyle-hold at :?	EN1
200	1 x 200 on 4:00 Stroke Drill	REC
	5:01 PM 2,500 Yards - Stress Value = 22	

Workout #4870 - Wednesday, 05 September 2007

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:30 PM Start		
	1 on 15:00 6 min abs/stretch		
400	1 x 400 on 8:00 Stroke Drill	REC	
	1 on 10:00 Techniques-TN turn drills		
600	3x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:30 Kick	EN1	
600	8 x 75 on 1:20 Pulls-nbbf&w	EN1	
150	10 x 15 on :45 Shooters	SP3	
750	3 x 250 on 3:30 3:00 swims, :30 rest	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	5:00 PM 2,750 Yards - Stress Value = 29		

Workout #4871 - Thursday, 06 September 2007

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:30 PM Start		
	1 on 16:00 Stomach and Stretch		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-TN turn drills		
600	6x{1 x 50 on 1:20 Kick	EN1	
	{1 x 50 on 1:10 Kick-good effort	EN1	
600	3 x 200 on 3:30 Lungbuster pulls	EN1	
	breathe 2-3-4-5		
150	10 x 15 on :45 Shooters	SP3	
750	1x{1 x 200 on 3:00 Freestyle rest :10	EN1	
	{1 x 175 on 2:45 Freestyle rest :10	EN1	
	{1 x 150 on 2:15 Freestyle rest :10	EN1	
	{1 x 100 on 1:30 Freestyle rest :10	EN1	
	{1 x 75 on 1:15 Freestyle rest :10	EN1	
	{1 x 50 on :45 Freestyle rest :10	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	5:00 PM 2,750 Yards - Stress Value = 26		

Workout #4872 - Monday, 10 September 2007

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:30 PM Start		
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 8:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
800	2x{1 x 100 on 2:30 Kick		
	{1 x 100 on 2:20 Kick		
	{1 x 100 on 2:10 Kick		
	{1 x 100 on 2:00 Kick		
750	1x{2 x 125 on 2:00 Pulls-nbbf&w		
	{2 x 125 on 1:55 Pulls-nbbf&w		
	{2 x 125 on 1:50 Pulls-nbbf&w		
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes		
600	1x{1 x 150 on 2:15 Freestyle		
	{1 x 150 on 2:10 Freestyle		
	{1 x 150 on 2:05 Freestyle		
	{1 x 150 on 2:00 Freestyle		
250	1 x 250 on 5:00 Stroke Drills		
	1 on 13:00 Techniques-Starts		
	5:15 PM 3,150 Yards - Stress Value = 31		

Workout #4873 - Tuesday, 11 September 2007

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EC
3:30 PM	Start	
425	1 on 20:00 Stomach and Stretch	RE
	1 x 425 on 8:00 Underwater trn drill	EN
	1 on 10:00 Techniques-Stanford trn drills	EN
750	3x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 50 on 1:10 Kick	EN
	{1 x 50 on 1:05 Kick	EN
	{1 x 50 on 1:00 Kick	EN
750	1 x 750 on 10:30 Lungbuster pulls	EN
	breathe 3-4-5-6 repeat cycle	
150	10 x 15 on :45 Shooters	SE
1,100	1x{2 x 25 on :30 Backstroke	EN
	{1 x 100 on 1:30 Freestyle	EN
	{4 x 25 on :30 Backstroke	EN
	{2 x 100 on 1:30 Freestyle	EN
	{6 x 25 on :30 Backstroke	EN
	{3 x 100 on 1:30 Freestyle	EN
	{8 x 25 on :30 Backstroke-very good effort	EN
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

Yards	Set Description	EC
3:30 PM	Start	
400	1 on 20:00 8 min abs and stretch	RE
	1 x 400 on 8:00 Stroke Drills	
	75 choice 25 free w/6bk X 4	
	1 on 10:00 Techniques-Stanford Turn Drill	EN
750	1x{2 x 125 on 2:45 Kick	EN
	{2 x 125 on 2:35 Kick	EN
	{2 x 125 on 2:25 Kick	EN
750	1x{2 x 125 on 1:50 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	SE
1,300	2x{3 x 50 on 1:00 Fly 2-2	EN
	{1 x 50 on :50 Freestyle	EN
	{3 x 50 on :55 Fly 2-3	EN
	{1 x 50 on :50 Freestyle	EN
	{3 x 50 on :50 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	Set Description	EC
3:30 PM	Start	
425	1 on 20:00 8 min abs/stretch	
	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	
8 x 25 on :40 12.5 ez 12.5 fast grt finishes	200
1x{1 x 200 on 3:45 Breaststroke	1,250
{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	
1 x 250 on 5:00 Stroke Drills	250
5:15 PM	3,725 Yards - Stress Value = 44

Workout #4879 - Monday, 17 September 2007

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EC
3:30 PM	Start	
400	1 on 20:00 Stomach and Stretch	EN
	1 x 400 on 8:00 Swim-kick-pull-swim	EN
150	10 x 15 on :45 Shooters	SE
900	3x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:00 Kick	EN
	{2 x 50 on 1:00 Kick #2-100%	EN
900	1x{2 x 150 on 2:15 Pull no br L.10 yds	EN
	{2 x 150 on 2:05 Pull no br L.10 yds	EN
	{2 x 150 on 1:55 Pull no br L.10 yds	EN
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes	SE
500	1 x 500 on 10:00 Freestyle-for time	RE
250	1 x 250 on 5:00 Stroke Drills	RE
1,200	1x{2 x 200 on 2:40 Freestyle	EN
	{2 x 200 on 2:35 Freestyle	EN
	{2 x 200 on 2:30 Freestyle	EN
250	1 x 250 on 5:00 Freestyle	RE
5:30 PM	4,750 Yards - Stress Value = 86	

Workout #4877 - Monday, 17 September 2007

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
3:30 PM	Start	
400	1 on 20:00 Stomach and Stretch	EN
	1 x 400 on 8:00 Swim-kick-pull-swim	EN
150	10 x 15 on :45 Shooters	SE
900	3x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:10 Kick	EN
	{2 x 50 on 1:05 Kick #2-100%	EN
750	1x{2 x 150 on 2:20 Pull no br L.10 yds	EN
	{2 x 150 on 2:15 Pull no br L.10 yds	EN
	{1 x 150 on 2:10 Pull no br L.10 yds	EN
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes	SE
500	1 x 500 on 10:00 Freestyle-for time	RE
250	1 x 250 on 5:00 Stroke Drills	RE
1,000	1x{2 x 200 on 3:00 Freestyle	EN
	{2 x 200 on 2:55 Freestyle	EN
	{1 x 200 on 2:50 Freestyle	EN
250	1 x 250 on 5:00 Freestyle	RE
5:29 PM	4,400 Yards - Stress Value = 81	

Workout #4878 - Monday, 17 September 2007

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 350 1 x 350 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:10 Kick-100%
 750 1x{2 x 150 on 2:40 Pull no br L.10 yds
 {2 x 150 on 2:35 Pull no br L.10 yds
 {1 x 150 on 2:30 Pull no br L.10 yds
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 500 1 x 500 on 10:00 Freestyle-for time
 200 1 x 200 on 5:00 Stroke Drills
 950 1x{2 x 200 on 3:30 Freestyle
 {2 x 200 on 3:25 Freestyle
 {1 x 150 on 2:30 Freestyle
 200 1 x 200 on 5:00 Freestyle
 5:30 PM 4,050 Yards - Stress Value = 77

Workout #4876 - Monday, 17 September 2007

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 300 1 x 300 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Kick
 {1 x 50 on 1:15 Kick-100%
 600 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 500 1 x 500 on 10:00 Freestyle-for time
 200 1 x 200 on 5:00 Stroke Drills
 800 1x{2 x 200 on 4:00 Freestyle
 {2 x 200 on 3:50 Freestyle
 200 1 x 200 on 5:00 Freestyle
 5:29 PM 3,700 Yards - Stress Value = 72

Workout #4882 - Tuesday, 18 September 2007

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 23:00 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 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 x 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
 {4 x 25 on :30 Backstroke 10 KOW
 200 1 x 200 on 4:00 Stroke Drills
 5:30 PM 4,650 Yards - Stress Value = 63

Workout #4880 - Tuesday, 18 September 2007

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 23:00 Stomach and Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 8 x 100 on 2:10 Kick-odds 100%
 950 1x{1 x 200 on 3:10 Pulls
 {2 x 150 on 2:20 Pulls
 {3 x 100 on 1:30 Pulls
 {3 x 50 on :45 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 2x{1 x 200 on 3:20 Backstroke
 {8 x 25 on :30 Backstroke 10 KOW
 {1 x 150 on 2:30 Backstroke
 {6 x 25 on :30 Backstroke 10 KOW
 {1 x 100 on 1:40 Backstroke
 {2 x 25 on :30 Backstroke 10 KOW
 200 1 x 200 on 4:00 Stroke Drills
 5:29 PM 4,400 Yards - Stress Value = 60

Workout #4883 - Tuesday, 18 September 2007

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 23:00 Stomach and Stretch
 350 1 x 350 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 8 x 100 on 2:20 Kick-odds 100%
 800 1x{1 x 200 on 3:30 Pulls
 {2 x 150 on 2:35 Pulls
 {3 x 100 on 1:45 Pulls
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 2x{1 x 200 on 3:50 Backstroke
 {8 x 25 on :30 Backstroke 10 KOW
 {1 x 150 on 2:50 Backstroke
 {4 x 25 on :30 Backstroke 10 KOW
 {1 x 100 on 1:50 Backstroke
 {2 x 25 on :30 Backstroke 10 KOW
 200 1 x 200 on 4:00 Stroke Drills
 5:29 PM 4,100 Yards - Stress Value = 57

Workout #4881 - Tuesday, 18 September 2007

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
	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		
	{1 x 100 on 2:10 Backstroke		
	{2 x 25 on :30 Backstroke 10 KOW		
200	1 x 200 on 4:00 Stroke Drills		
	5:29 PM 3,750 Yards - Stress Value = 56		

Workout #4885 - Wednesday, 19 September 2007

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		L
425	1 x 425 on 8:00 Stroke Drills	REC	D
150	10 x 15 on :45 Shooters	SP3	S
800	4x{8 x 25 on :30 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 x 150 on 2:10 Lungbuster pulls	EN1	P
	{1 x 150 on 2:05 Lungbuster pulls	EN1	P
	{1 x 150 on 2:00 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 x 25 on :30 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 = 53		

Workout #4884 - Wednesday, 19 September 2007

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	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 x 25 on :30 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 x 50 on :45 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	Set 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 2-4-6 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 = 50		

Workout #4886 - Wednesday, 19 September 2007

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
	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 x 25 on :30 #1 & #5 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 x 150 on 3:00 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 x 25 on :30 #1 & #5 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

3:30 PM Start

Yards	Set Description
425	1 on 20:00 Stomach and Stretch
150	1 x 425 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	1x{4 x 50 on 1:00 Kick
	{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 x 125 on 1:45 Pulls-nbbf&w + 2 yds
	{1 x 50 on 1:00 Pulls 4 breaths total
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
	{2 x 50 on 1:00 Pulls-4 breaths total
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
	{3 x 50 on 1:00 Pulls 4 breaths total
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	2x{4 x 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
	{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
425	1 on 20:00 Stomach and Stretch
150	1 x 425 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	1x{4 x 50 on 1:05 Kick
	{1 x 100 on 2:00 Kick-100%
	{3 x 50 on 1:05 Kick
	{1 x 100 on 2:00 Kick-100%
	{2 x 50 on 1:05 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 x 50 on 1:00 Pulls 4 breaths total
	{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds
	{1 x 50 on 1:00 Pulls-4 breaths total
	{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds
	{2 x 50 on 1:00 Pulls 4 breaths total
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	2x{4 x 75 on 1:30 Breaststroke 2X pullouts
	{3 x 75 on 1:25 Breaststroke 2X pullouts
	{2 x 75 on 1:20 Breaststroke 2X pullouts
	{1 x 75 on 1:15 Breaststroke 2X pullouts
	{1 x 50 on 1:00 Freestyle
	{4 x 25 on :40 Breaststroke-100% Fast TO
200	1 x 200 on 1:00 Stroke Drills
	5:30 PM 4,625 Yards - Stress Value = 97

Workout #4889 - Thursday, 20 September 2007

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

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%
	{1 x 50 on 1:10 Kick
850	1x{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
	{2 x 50 on 1:00 Pulls-4 breaths total
	{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds
	{1 x 50 on 1:00 Pulls 4 breaths total
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	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	1 x 200 on 1:00 Stroke Drills
	5:30 PM 4,225 Yards - Stress Value = 82

Workout #4890 - Thursday, 20 September 2007

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set 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

Yards	Set Description	E
	3:30 PM Start	
1	on 20:00 Stomach and Stretch	
400	1 x 400 on 8:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
800	1 x 800 on 16:00 Vertical Kicking	E
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes	E
400	1 x 400 on 20:00 Killer Relays	S
250	5 x 50 on 1:00 Stroke Drills	F
	5:00 PM 2,300 Yards - Stress Value = 57	

Workout #4893 - Monday, 24 September 2007

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
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
900	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{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%
900	1x{1 x 225 on 3:20 Pull no br L.12 yds
	{1 x 225 on 3:10 Pull no br L.12 yds
	{2 x 225 on 3:00 Pull no br L.12 yds
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	1x{1 x 500 on 6:40 Freestyle
	{2 x 400 on 5:20 Freestyle
	{3 x 300 on 4:00 Freestyle
	{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

Workout #4896 - Monday, 24 September 2007

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
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
	{2 x 400 on 5:45 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

Workout #4894 - Monday, 24 September 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
1	on 25:00 Stomach and Stretch
350	1 x 350 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Kick
	{2 x 50 on 1:10 Kick
	{3 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{5 x 50 on 1:05 Kick-descend to 100%
750	1x{1 x 200 on 3:30 Pull no br L.12 yds
	{1 x 200 on 3:25 Pull no br L.12 yds
	{2 x 175 on 3:00 Pull no br L.12 yds
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 500 on 9:00 Freestyle
	{2 x 400 on 7:00 Freestyle
	{3 x 300 on 5:10 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	5:42 PM 4,800 Yards - Stress Value = 76

Workout #4895 - Monday, 24 September 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
1	on 25:00 Stomach and Stretch
325	1 x 325 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 1:20 Kick
	{2 x 50 on 1:15 Kick
	{3 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:15 Kick-descend to 100%
650	1x{1 x 175 on 3:30 Pull no br L.12 yds
	{1 x 175 on 3:25 Pull no br L.12 yds
	{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
2,050	1x{1 x 500 on 9:30 Freestyle
	{2 x 400 on 7:40 Freestyle
	{2 x 300 on 5:45 Freestyle
	{1 x 150 on 2:50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	5:43 PM 4,475 Yards - 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

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 1:40 Backstroke-des in 3's
950	1x{1 x 125 on 2:35 Kick {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 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	3 x 100 on 1:40 Backstroke-descend
500	10 x 50 on 1:00 Stroke Drills
	5:44 PM 5,250 Yards - Stress Value = 73

Workout #4897 - Tuesday, 25 September 2007

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	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 x 100 on 1:50 Backstroke-des in 3's
750	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 {1 x 100 on 2:10 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 1:50 Backstroke-des in 3's
1,000	1x{1 x 200 on 3:30 Pulls {2 x 175 on 3:05 Pulls {3 x 150 on 2:40 Pulls
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	3 x 100 on 1:50 Backstroke-descend
450	9 x 50 on 1:00 Stroke Drills
	5:44 PM 4,725 Yards - Stress Value = 66

Workout #4899 - Tuesday, 25 September 2007

Group 3 - Bronze

1 minute rest between sets

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
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

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch/Team mtg
 425 1 x 425 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:00 Kick
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 1:50 Kick
 {4 x 25 on :45 Sprint kick
 {3 x 100 on 1:40 Kick
 {4 x 25 on :45 Sprint kick
 {4 x 100 on 1:30 Kick
 1,200 6 x 200 on 2:45 Lungbuster pulls
 breathe 3-4-5-6 by the 50
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 2x{4 x 75 on 1:15 3 strokes fly off each wall
 { hold breath 1st stroke
 {4 x 75 on 1:10 3 strokes fly off each wall
 { hold breath 2 strokes off walls
 {4 x 75 on 1:05 3 strokes fly off walls
 { hold breath all 3 strokes
 {1 x 200 on 3:00 Freestyle
 5:44 PM 5,475 Yards - Stress Value = 105

Workout #4901 - Wednesday, 26 September 2007

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch/Team mtg
 425 1 x 425 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:05 Kick
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 2:00 Kick
 {4 x 25 on :45 Sprint kick
 {3 x 100 on 1:55 Kick
 {4 x 25 on :45 Sprint kick
 {3 x 100 on 1:50 Kick
 1,000 5 x 200 on 3:00 Lungbuster pulls
 breathe 3-4-5-6 by the 50
 200 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
 { hold breath 1st stroke
 {4 x 75 on 1:15 3 strokes fly off each wall
 { hold breath 2 strokes off walls
 {4 x 75 on 1:10 3 strokes fly off walls
 { hold breath all 3 strokes
 {1 x 200 on 3:00 Freestyle
 5:45 PM 5,175 Yards - Stress Value = 99

Workout #4902 - Wednesday, 26 September 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
 375 1 x 375 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:20 Kick
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 2:15 Kick
 {4 x 25 on :45 Sprint kick
 {3 x 100 on 2:10 Kick

{4 x 25 on :45 Sprint kick
 {1 x 100 on 2:05 Kick
 1,000 5 x 200 on 3:30 Lungbuster pulls
 breathe 3-4-5-6 by the 50
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{4 x 75 on 1:30 3 strokes fly off each wall
 { hold breath 1st stroke
 {4 x 75 on 1:25 3 strokes fly off each wall
 { hold breath 2 strokes off walls
 {2 x 75 on 1:20 3 strokes fly off walls
 { hold breath all 3 strokes
 {1 x 150 on 3:00 Freestyle
 5:45 PM 4,525 Yards - Stress Value = 89

Workout #4903 - Wednesday, 26 September 2007

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch/Team mtg
 325 1 x 325 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:40 Kick
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 2:30 Kick
 {4 x 25 on :45 Sprint kick
 {3 x 100 on 2:20 Kick
 {4 x 25 on :45 Sprint kick
 1,000 5 x 200 on 4:00 Lungbuster pulls
 breathe 3-4-5-6 by the 50
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 2x{4 x 75 on 1:45 3 strokes fly off each wall
 { hold breath 1st stroke
 {2 x 75 on 1:40 3 strokes fly off each wall
 { hold breath 2 strokes off walls
 {2 x 75 on 1:35 3 strokes fly off walls
 { hold breath all 3 strokes
 {1 x 100 on 3:00 Freestyle
 5:44 PM 3,975 Yards - Stress Value = 84

Workout #4905 - Thursday, 27 September 2007

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 425 1 x 425 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 5x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 1,200 24 x 50 on :40 Pull
 odds br every 5
 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
 {5 x 50 on :55 Breast under/over
 {5 x 100 on 1:25 50 breast 50 free
 {5 x 50 on :55 Breast under/over
 {5 x 100 on 1:20 75 breast 25 free
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 5,725 Yards - Stress Value = 90

Workout #4906 - Thursday, 27 September 2007

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	1 on 25:00 Stomach and Stretch
425	1 x 425 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,250	5x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:00 Kick
900	18 x 50 on :45 Pull odds br every 5
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{5 x 50 on 1:00 Breast under/over {5 x 100 on 1:40 25 breast 75 free {5 x 50 on 1:00 Breast under/over {4 x 100 on 1:35 50 breast 50 free {4 x 50 on 1:00 Breast under/over {4 x 100 on 1:30 75 breast 25 free
250	1 x 250 on 4:00 Stroke Drills
	5:46 PM 5,175 Yards - Stress Value = 82

Workout #4907 - Thursday, 27 September 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	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 {4 x 100 on 1:50 50 breast 50 free {4 x 50 on 1:10 Breast under/over {3 x 100 on 1:45 75 breast 25 free
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 4,625 Yards - Stress Value = 72

Workout #4908 - Thursday, 27 September 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	1 on 25:00 Stomach and Stretch
325	1 x 325 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
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 {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

Workout #4909 - Friday, 28 September 2007

Group 3 - All

1 minute rest between sets

Yards	Set Description	EC
	3:30 PM Start	
	1 on 20:00 Stomach and Stretch	
400	1 x 400 on 8:00 Reverse IM drill	RE
150	10 x 15 on :45 Shooters	SE
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	SE
200	1 x 200 on 4:00 Stroke Drill	RE
	1 on 20:00 IM Relays	SE
250	1 x 250 on 5:00 Stroke Drill	RE
	5:00 PM 1,800 Yards - Stress Value = 23	

Workout #4911 - Monday, 01 October 2007

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Stomach and Stretch/Team mtg
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
150	1 x 150 on 3:00 Freestyle from a push for ti
1,200	1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 1:40 Kick {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

Workout #4912 - Monday, 01 October 2007

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Stomach and Stretch/Team mtg
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
150	1 x 150 on 3:00 Freestyle from a push for ti
1,100	1x{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 {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
1,350	1x{1 x 250 on 3:45 Pull no br L.12 yds {2 x 250 on 3:40 Pull no br L.12 yds {3 x 200 on 2:55 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 6,000 Yards - Stress Value = 115

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 x 25 on :45 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 x 200 on 3:25 Pull no br L.12 yds
 {3 x 200 on 3:20 Pull no br L.12 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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

3:30 PM Start
 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 x 25 on :45 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 x 150 on 2:55 Pull no br L.12 yds
 {3 x 150 on 2:50 Pull no br L.12 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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

6:00 PM Start
 Yards Set Description
 =====
 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%
 450 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

6:00 PM Start
 Yards Set Description
 =====
 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 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 x 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

6:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach stretch/team meeting
 350 1 x 350 on 8:00 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
 1,200 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 x 50 on 1:10 Backstroke-descend to 100%
 {1 x 100 on 1:45 Backstroke
 450 9 x 50 on 1:00 Stroke Drills
 8:29 PM 5,250 Yards - Stress Value = 104

Workout #4917 - Tuesday, 02 October 2007

Group 3 - Bronze

1 minute rest between sets

6:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach stretch/team meeting
 300 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
 {1 x 100 on 2:30 Kick
 {1 x 50 on 1:15 Kick
 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
 450 9 x 50 on 1:00 Stroke Drills
 8:28 PM 4,550 Yards - Stress Value = 86

{3 x 50 on 1:00 Kick
 {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 x 400 on 5:40 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 lup 1down
 {1 x 25 on :30 Butterfly lup 2down
 {1 x 25 on :30 Butterfly lup 3down
 {1 x 25 on :30 Butterfly lup 4down
 {1 x 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
 5:59 PM 5,750 Yards - Stress Value = 77

Workout #4918 - Wednesday, 03 October 2007

Group 3 - Fly

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
 1,500 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 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 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
 6:00 PM 6,400 Yards - Stress Value = 82

Workout #4920 - Wednesday, 03 October 2007

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 350 1 x 350 on 8:00 Stroke Drills
 150 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 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,350 3x{1 x 25 on :35 Butterfly lup 1down
 {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 2-3
 {1 x 50 on 1:10 Butterfly 2-4
 {1 x 50 on 1:10 Butterfly 2-5
 {1 x 100 on 2:00 Freestyle
 400 1 x 400 on 8:00 Stroke Drills
 6:00 PM 5,050 Yards - Stress Value = 71

Workout #4919 - Wednesday, 03 October 2007

Group 3 - Gold

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

Workout #4921 - Wednesday, 03 October 2007

Group 3 - Bronze

1 minute rest between sets

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 100's-breathe 3-5-7-9 by the 25
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	3x{1 x 25 on :45 Butterfly lup 1down {1 x 25 on :45 Butterfly lup 2down {1 x 25 on :45 Butterfly lup 3down {1 x 25 on :45 Butterfly lup 4down {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 x 15 on :45 Shooters
800	1x{1 x 200 on 3:20 Breaststroke {4 x 25 on :25 Odds free, evens breast {1 x 150 on 2:30 Breaststroke {4 x 25 on :25 Odds free, evens breast {1 x 100 on 1:40 Breaststroke {4 x 25 on :25 Odds free, evens breast {1 x 50 on :50 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 x 100 on 1:45 Kick {5 x 50 on 1:00 Kick-100% {1 x 100 on 1:45 Freestyle
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 free, evens breast {1 x 150 on 2:25 Breaststroke {4 x 25 on :25 Odds free, evens breast {1 x 100 on 1:35 Breaststroke {4 x 25 on :25 Odds free, evens breast {1 x 50 on :45 Breaststroke
100	1 x 100 on 2:00 Freestyle
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
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

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 x 15 on :45 Shooters
800	1x{1 x 200 on 3:30 Breaststroke {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
100	1 x 100 on 2:00 Freestyle
1,200	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 {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	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 200 on 3:30 Breaststroke {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
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
800	1x{1 x 200 on 3:30 Breaststroke {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 {4 x 25 on :25 Odds free, evens breast {1 x 50 on :50 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	8:31 PM 5,750 Yards - Stress Value = 118

Workout #4922 - Thursday, 04 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
800	1x{1 x 200 on 3:50 Breaststroke {4 x 25 on :30 Odds free, evens breast {1 x 150 on 2:50 Breaststroke {4 x 25 on :30 Odds free, evens breast {1 x 100 on 1:55 Breaststroke {4 x 25 on :30 Odds free, evens breast {1 x 50 on :55 Breaststroke
50	1 x 50 on 1:30 Freestyle
900	1x{1 x 100 on 2:15 Kick {2 x 50 on 1:05 Kick-100% {1 x 100 on 2:15 Kick {3 x 50 on 1:05 Kick-100% {1 x 100 on 2:15 Kick {4 x 50 on 1:05 Kick-100% {1 x 100 on 2:15 Kick {1 x 50 on 1:10 Kick-100%
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 200 on 3:50 Breaststroke {4 x 25 on :30 Odds free, evens breast {1 x 150 on 2:50 Breaststroke {4 x 25 on :30 Odds free, evens breast {1 x 100 on 1:55 Breaststroke {4 x 25 on :30 Odds free, evens breast {1 x 50 on :55 Breaststroke
50	1 x 50 on 1:30 Freestyle
500	1x{1 x 150 on 2:35 Pulls {2 x 100 on 1:40 Pulls {3 x 50 on :50 Freestyle
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 200 on 3:50 Breaststroke {4 x 25 on :30 Odds breast, evens free {1 x 150 on 2:50 Breaststroke {4 x 25 on :30 Odds breast, evens free {1 x 100 on 1:55 Breaststroke {4 x 25 on :30 Odds free, evens breast {1 x 50 on :55 Breaststroke
250	5 x 50 on 1:00 Stroke Drills
	8:29 PM 4,850 Yards - Stress Value = 100

Workout #4923 - Thursday, 04 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
800	1x{1 x 200 on 4:30 Breaststroke {4 x 25 on :40 Odds free, evens breast {1 x 150 on 3:20 Breaststroke {4 x 25 on :40 Odds free, evens breast {1 x 100 on 2:15 Breaststroke {4 x 25 on :40 Odds free, evens breast {1 x 50 on 1:00 Breaststroke
50	1 x 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%

	{1 x 100 on 2:30 Kick
	{5 x 50 on 1:10 Kick-100%
1,000	1x{1 x 200 on 4:00 Pulls {2 x 150 on 3:00 Pulls {3 x 100 on 2:00 Pulls {4 x 50 on 1:00 Pulls
100	4 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 200 on 4:30 Breaststroke {4 x 25 on :40 Odds breast, evens free {1 x 150 on 3:20 Breaststroke {4 x 25 on :40 Odds breast, evens free {1 x 100 on 2:15 Breaststroke {4 x 25 on :40 Odds free, evens breast {1 x 50 on 1:00 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	8:30 PM 4,500 Yards - Stress Value = 99

Workout #4926 - Friday, 05 October 2007

Group 3 - All

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	SI
	1 on 30:00 Stomach and Stretch			L DF
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 CM
1,500	5x{1 x 25 on :30 Freestyle {1 x 25 on :40 Freestyle {1 x 25 on :50 Freestyle {1 x 25 on 1:00 Freestyle {1 x 200 on 4:00 Stroke Drills	REC		S F
250	1 x 250 on 4:00 Stroke Drills	REC		D C
	5:15 PM 3,100 Yards - Stress Value = 58			

Workout #4928 - Monday, 08 October 2007

Group 3 - Distance

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 2:00 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick
1,350	1x{2 x 125 on 1:50 Pull no br L.20 yds {1 x 100 on 1:25 Pulls {2 x 125 on 1:50 Pull no br L.20 yds {2 x 100 on 1:20 Pulls {2 x 125 on 1:50 Pull no br L.20 yds {3 x 100 on 1:15 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 125 on 2:00 Freestyle {1 on 1:00 Rest {4 x 125 on 1:55 Freestyle {1 on 1:00 Rest {4 x 125 on 1:50 Freestyle {1 on 1:00 Rest {4 x 125 on 1:45 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	8:30 PM 5,400 Yards - Stress Value = 171

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 x 125 on 2:00 Pull no br L.20 yds
 {2 x 100 on 1:30 Pulls
 {2 x 125 on 2:00 Pull no br L.20 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 1x{4 x 125 on 2:00 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:55 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:45 Freestyle
 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
 150 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 x 125 on 2:15 Pull no br L.20 yds
 {1 x 100 on 1:45 Pulls
 {2 x 125 on 2:15 Pull no br L.20 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,600 1x{4 x 100 on 2:00 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:55 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Freestyle
 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

6:30 PM Start
 Yards Set Description
 =====
 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 x 125 on 2:35 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 x 75 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 75 on 1:45 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
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 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 Ludicrc
 250 1 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 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
 1,250 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 Ludicrc
 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 x 50 on :55 Pulls-5 breaths total
 {1 x 300 on 5:00 Pulls
 {4 x 50 on :55 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 Ludicrc
 250 1 x 250 on 5:00 Stroke Drills
 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 4x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Kick
 {1 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 Ludicrc
 250 1 x 250 on 6:00 Stroke Drills
 8:30 PM 4,450 Yards - Stress Value = 86

Workout #4938 - Wednesday, 10 October 2007

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shootes
 1,200 12 x 100 on 2:00 Kick-odds 100%
 1,600 1x{1 x 100 on 1:30 Lungbuster pulls
 {2 x 100 on 1:25 Lungbuster pulls
 {3 x 100 on 1:20 Lungbuster pulls
 {4 x 100 on 1:15 Lungbuster pulls
 {3 x 100 on 1:20 Lungbuster pulls
 {2 x 100 on 1:25 Lungbuster pulls
 {1 x 100 on 1:30 Lungbuster pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,100 1x{3 x 100 on 1:30 25 fly 75 free
 {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 Freestyle
 {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 Freestyle
 {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 Freestyle
 100 1 x 100 on 2:00 Freestyle
 250 10 x 25 on :45 Butterfly-100%
 200 1 x 200 on 4:00 Stroke Drill
 6:02 PM 6,300 Yards - Stress Value = 118

Workout #4937 - Wednesday, 10 October 2007

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shootes
 1,200 12 x 100 on 2:00 Kick-odds 100%
 1,400 1x{1 x 100 on 1:40 Lungbuster pulls
 {2 x 100 on 1:35 Lungbuster pulls
 {3 x 100 on 1:30 Lungbuster pulls
 {4 x 100 on 1:25 Lungbuster pulls
 {3 x 100 on 1:30 Lungbuster pulls
 {1 x 100 on 1:35 Lungbuster pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,900 1x{3 x 100 on 1:40 25 fly 75 free
 {2 x 100 on 1:40 50 fly 50 free
 {1 x 100 on 1:40 75 fly 25 free
 {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
 {1 x 100 on 1:35 75 fly 25 free
 {1 x 100 on 1:25 Freestyle
 {3 x 100 on 1:30 25 fly 75 free
 {2 x 100 on 1:30 50 fly 50 free
 100 1 x 100 on 2:00 Freestyle
 250 10 x 25 on :45 Butterfly-100%
 200 1 x 200 on 4:00 Stroke Drill
 6:02 PM 5,900 Yards - Stress Value = 111

Workout #4936 - Wednesday, 10 October 2007

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 350 1 x 350 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shootes
 1,050 6x{1 x 100 on 2:00 Kick
 {1 x 75 on 2:00 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
 {2 x 100 on 1:45 Lungbuster pulls
 {1 x 100 on 1:50 Lungbuster pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,600 1x{3 x 100 on 1:55 25 fly 75 free
 {2 x 100 on 1:55 50 fly 50 free
 {1 x 100 on 1:55 75 fly 25 free
 {1 x 100 on 1:35 Freestyle
 {3 x 100 on 1:50 25 fly 75 free
 {2 x 100 on 1:50 50 fly 50 free
 {1 x 100 on 1:50 75 fly 25 free
 {1 x 100 on 1:35 Freestyle
 {1 x 100 on 1:45 25 fly 75 free
 {1 x 100 on 1:45 50 fly 50 free
 100 1 x 100 on 2:00 Freestyle
 250 10 x 25 on :45 Butterfly-100%
 200 1 x 200 on 4:00 Stroke Drill
 6:02 PM 5,200 Yards - Stress Value = 89

Workout #4935 - Wednesday, 10 October 2007

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description

=====

1 on 30:00 Stomach and Stretch
 300 1 x 300 on 8:00 Stroke Drills
 150 10 x 15 on :45 Shootes
 900 6x{1 x 75 on 2:00 Kick
 {1 x 75 on 2:00 Kick
 1,100 1x{1 x 100 on 2:05 Lungbuster pulls
 {2 x 100 on 2:00 Lungbuster pulls
 {3 x 100 on 1:55 Lungbuster pulls
 {3 x 100 on 2:00 Lungbuster pulls
 {1 x 100 on 2:05 Lungbuster pulls
 {1 x 100 on 1:50 Lungbuster pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,400 1x{3 x 100 on 2:15 25 fly 75 free
 {2 x 100 on 2:15 50 fly 50 free
 {1 x 100 on 2:15 75 fly 25 free
 {1 x 100 on 1:45 Freestyle
 {3 x 100 on 2:10 25 fly 75 free
 {2 x 100 on 2:10 50 fly 50 free
 {1 x 100 on 2:10 75 fly 25 free
 {1 x 100 on 1:45 Freestyle
 50 1 x 50 on 2:00 Freestyle
 250 10 x 25 on :45 Butterfly-100%
 200 1 x 200 on 4:00 Stroke Drill
 6:02 PM 4,650 Yards - Stress Value = 80

Workout #4941 - Thursday, 11 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 x 15 on :45 Shooters
 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 100 on 2:00 Kick for time
 {1 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 {1 x 100 on 2:00 Kick for time
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 {1 x 100 on 2:00 Kick for time
 1,500 1x{1 x 300 on 4:00 Pulls
 {2 x 150 on 2:00 Pulls
 {3 x 100 on 1:20 Pulls
 {4 x 75 on 1:00 Pulls
 {6 x 50 on :40 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,200 1x{1 x 200 on 4:00 Pulls
 {4 x 25 on :45 Breast TO drill
 {4 x 50 on :45 Breaststroke 2X pullouts
 {2 x 150 on 3:00 Pulls
 {4 x 25 on :45 Breast TO drill
 {4 x 50 on :45 Breaststroke 2X pullouts
 {3 x 100 on 2:00 Pulls
 {4 x 25 on :45 Breast TO drill
 {4 x 50 on :45 Breaststroke 2X pullouts
 {4 x 50 on 1:00 Pulls
 {4 x 25 on :45 Breast TO drill
 {4 x 50 on :45 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:31 PM 6,000 Yards - Stress Value = 101

Workout #4939 - Thursday, 11 October 2007

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	6:00 PM Start
	1 on 30:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,050	1x{1 x 150 on 3:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
	{1 x 100 on 2:30 Kick for time
	{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
	{1 x 100 on 2:30 Kick for time
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
1,300	1x{1 x 300 on 4:30 Pulls
	{2 x 150 on 2:15 Pulls
	{3 x 100 on 1:30 Pulls
	{4 x 75 on 1:05 Pulls
	{2 x 50 on :45 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,950	1x{1 x 200 on 4:20 Pulls
	{4 x 25 on :45 Breast TO drill
	{4 x 50 on 1:00 Breaststroke 2X pullouts
	{2 x 150 on 3:15 Pulls
	{4 x 25 on :45 Breast TO drill
	{4 x 50 on :55 Breaststroke 2X pullouts
	{3 x 100 on 2:10 Pulls
	{4 x 25 on :45 Breast TO drill
	{4 x 50 on :50 Breaststroke 2X pullouts
	{2 x 50 on 1:05 Pulls
	{2 x 25 on :45 Breast TO drill
	{2 x 50 on :50 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	8:30 PM 5,400 Yards - Stress Value = 87

Workout #4942 - Thursday, 11 October 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	6:00 PM Start
	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 x 50 on 1:10 Kick
	{1 x 100 on 2:30 Kick for time
	{1 x 150 on 3:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
	{1 x 100 on 2:30 Kick for time
	{1 x 150 on 3:10 Kick
	{1 x 50 on 1:00 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 x 75 on 1:15 Pulls
	{2 x 50 on :50 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,800	1x{1 x 200 on 4:40 Pulls
	{4 x 25 on :45 Breast TO drill
	{4 x 50 on 1:05 Breaststroke 2X pullouts
	{2 x 150 on 3:30 Pulls
	{4 x 25 on :45 Breast TO drill
	{4 x 50 on 1:00 Breaststroke 2X pullouts

	{3 x 100 on 2:20 Pulls
	{4 x 25 on :45 Breast TO drill
	{4 x 50 on :55 Breaststroke 2X pullouts
	{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

Workout #4940 - Thursday, 11 October 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	6:00 PM Start
	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 100 on 2:30 Kick for time
	{1 x 150 on 3:25 Kick
1,000	1x{1 x 300 on 6:00 Pulls
	{2 x 150 on 3:00 Pulls
	{3 x 100 on 2:00 Pulls
	{2 x 50 on 1:00 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,650	1x{1 x 200 on 5:10 Pulls
	{4 x 25 on :45 Breast TO drill
	{4 x 50 on 1:20 Breaststroke 2X pullouts
	{2 x 150 on 3:50 Pulls
	{4 x 25 on :45 Breast TO drill
	{4 x 50 on 1:15 Breaststroke 2X pullouts
	{3 x 100 on 2:30 Pulls
	{4 x 25 on :45 Breast TO drill
	{3 x 50 on 1:10 Breaststroke 2X pullouts
250	1 x 250 on 4:00 Stroke Drills
	8:31 PM 4,600 Yards - Stress Value = 76

Workout #4944 - Friday, 12 October 2007

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	3:30 PM Start			
	1 on 10:00 Stretch			L I
400	1 x 400 on 8:00 L.25 of each 6bk	REC		S
150	10 x 15 on :45 Shooters	SP3		S
600	1x{4 x 25 on :45 Sprint Kick	EN3		K
	{1 x 150 on 3:00 Kick	EN1		K C
	{4 x 25 on :45 Sprint kick	EN3		K
	{1 x 150 on 3:00 Kick	EN1		K C
	{4 x 25 on :45 Sprint Kick	EN3		K C
500	1 x 500 on 6:15 Pulls	EN1		P
1,600	8x{1 x 100 on 1:15 Individual Medley	EN2		S
	{1 x 50 on :35 Freestyle	EN2		S
	{1 x 50 on :45 Freestyle	EN1		S
	1 on 15:00 Rabbit Game	SP3		S
200	1 x 200 on 3:00 Stroke 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

Yards	Set Description	EGY	WORK	§
3:30 PM	Start			
400	1 x 400 on 8:00 L.25 of each 6bk	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
600	1x{4 x 25 on :45 Sprint Kick	EN3	K	
	{1 x 150 on 3:00 Kick	EN2	K C	
	{4 x 25 on :45 Sprint kick	EN3	K	
	{1 x 150 on 3:00 Kick	EN2	K C	
	{4 x 25 on :45 Sprint Kick	EN3	K C	
450	1 x 450 on 6:15 Pulls	EN1	P	
1,200	6x{1 x 100 on 1:35 Individual Medley	EN2	S	
	{1 x 50 on :45 Freestyle	EN2	S	
	{1 x 50 on :55 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			

3:30 PM Start

Yards	Set Description
400	1 on 30:00 Stomach and Stretch
150	1 x 400 on 8:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Shooters
	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
1,500	10 x 150 on 2:05 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 1:15 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 #4943 - Friday, 12 October 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
3:30 PM	Start			
350	1 x 350 on 8:00 L.25 of each 6bk	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
550	1x{4 x 25 on :45 Sprint Kick	EN3	K	
	{1 x 125 on 3:00 Kick	EN1	K C	
	{4 x 25 on :45 Sprint kick	EN3	K	
	{1 x 125 on 3:00 Kick	EN1	K C	
	{4 x 25 on :45 Sprint Kick	EN3	K C	
350	1 x 350 on 6:15 Pulls	EN1	P	
1,200	6x{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 50 on :50 Freestyle	EN2	S	
	{1 x 50 on :55 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	2,800 Yards - Stress Value = 51			

Workout #4950 - Wednesday, 17 October 2007

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
3:30 PM	Start			
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 x 25 on :45 Sprint Kick	EN3	K	
	{1 x 100 on 3:00 Kick	EN1	K C	
	{4 x 25 on :45 Sprint kick	EN3	K	
	{1 x 125 on 3:00 Kick	EN1	K C	
	{4 x 25 on :45 Sprint Kick	EN3	K C	
350	1 x 350 on 6:15 Pulls	EN1	P	
1,200	6x{1 x 100 on 2:15 Individual Medley	EN2	S	
	{1 x 50 on :55 Freestyle	EN2	S	
	{1 x 50 on :55 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			

Yards	Set Description
3:30 PM	Start
400	1 on 30:00 Stomach and Stretch
150	1 x 400 on 8:00 Swim-kick-pull-swim
1,200	10 x 15 on :45 Shooters
	2x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{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 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:25 Freestyle
500	10 x 50 on 1:00 Stroke Drills
6:00 PM	6,000 Yards - Stress Value = 85

Workout #4949 - Wednesday, 17 October 2007

Group 3 - Freestylers

1 minute rest between sets

Workout #4948 - Wednesday, 17 October 2007

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 350 1 x 350 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 2x{1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 1,200 8 x 150 on 2:35 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 1:35 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
 {1 on 1:00 Rest
 {2 x 100 on 1:35 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:35 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 5,550 Yards - Stress Value = 85

Workout #4947 - Wednesday, 17 October 2007

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 300 1 x 300 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 2x{1 x 100 on 2:40 Kick
 {1 x 100 on 2:35 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,100 1x{6 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:50 Freestyle
 250 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 EGY WOF
 =====
 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
 1,400 1x{4 x 25 on :45 Kick no board BSLR EN2
 {1 x 100 on 1:30 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {2 x 100 on 1:35 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {3 x 100 on 1:40 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {4 x 100 on 1:45 Kick EN2
 1,500 1x{1 x 200 on 2:45 Pulls EN1
 {2 x 175 on 2:20 Pulls EN1
 {3 x 150 on 1:55 Pulls EN2
 {4 x 125 on 1:35 Pulls EN2
 300 6 x 50 on :50 Freestyle-descend EN1
 2,600 2x{6 x 25 on :30 Butterfly lup 1down EN2
 {1 x 100 on 1:25 Freestyle EN1
 {6 x 25 on :30 Butterfly lup 2down EN2
 {2 x 100 on 1:20 Freestyle EN2
 {6 x 25 on :30 Butterfly lup 3down EN2
 {3 x 100 on 1:15 Freestyle EN2
 {1 x 250 on 4:00 Stroke Drills REC
 5:57 PM 6,350 Yards - Stress Value = 102

Workout #4953 - Thursday, 18 October 2007

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WOF
 =====
 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
 {1 x 100 on 1:50 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {2 x 100 on 1:55 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {3 x 100 on 2:00 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {3 x 100 on 2:05 Kick EN2
 1,200 1x{1 x 200 on 3:00 Pulls EN1
 {2 x 175 on 2:35 Pulls EN1
 {3 x 150 on 2:10 Pulls EN2
 {2 x 100 on 1:30 Pulls EN2
 300 6 x 50 on :50 Freestyle-descend EN1
 2,500 2x{6 x 25 on :30 Butterfly lup 1down EN2
 {1 x 100 on 1:30 Freestyle EN1
 {6 x 25 on :30 Butterfly lup 2down EN2
 {2 x 100 on 1:30 Freestyle EN2
 {6 x 25 on :30 Butterfly lup 3down EN2
 {3 x 100 on 1:30 Freestyle EN2
 {1 x 200 on 4:00 Stroke Drills REC
 5:58 PM 5,850 Yards - Stress Value = 94

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	6 x 50 on :50 Freestyle-descend	EN1	
2,100	2x{6 x 25 on :35 Butterfly lup 1down	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 1down	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 x 200 on 4:30 Stroke Drills	REC	
	5:57 PM 4,550 Yards - Stress Value = 71		

Workout #4955 - Friday, 19 October 2007

Advanced

1 minute rest between sets

5:00 PM Start

Yards	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

	{1 x 100 on 1:50 Kick L.25 fast
	{1 x 100 on 1:50 Kick L.50 fast
	{1 x 100 on 1:50 Kick L.75 fast
750	1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds
	{5 x 50 on :40 Pulls-nbbf&w + 2 yds
200	8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2 on each stroke
1,750	1x{1 x 125 on 1:50 Freestyle
	{5 x 25 on :30 Strk Drl IM order +1 fly drill
	{2 x 125 on 1:50 Freestyle
	{5 x 25 on :30 Strk Drl IM order +1 fly drill
	{3 x 125 on 1:50 Freestyle
	{5 x 25 on :30 Strk Drl IM order +1 fly drill
	{4 x 125 on 1:50 Freestyle
	{5 x 25 on :30 Strk Drl IM order +1 fly drill
250	1 x 250 on 5:00 Easy Swimming
	6:30 PM 4,500 Yards - Stress Value = 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 finishes
	3 on each stroke
2,200	1x{1 x 500 on 7:30 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

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	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 finishes
	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

5:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 Stretch
 300 1 x 300 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 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 x 400 on 7:30 Freestyle 2 ez 1 fast
 {3 x 300 on 5:30 Freestyle 2ez 1 fast
 {1 x 50 on 1:00 Freestyle-100%
 350 7 x 50 on 1:00 Stroke Drills
 7:00 PM 4,600 Yards - Stress Value = 52

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 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:00 Kick-descend
 800 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
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2 on each stroke
 2,350 1x{4 x 100 on 1:40 3 strkes fly off walls-desce
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:35 3 strks fly off walls-descer
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:30 3 strks fly off walls-descer
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:25 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 x 100 on 1:35 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 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:25 3 strks fly off walls-desce
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:20 3 strks fly off walls-desce
 {1 on 1:00 Rest
 {1 x 50 on :30 Butterfly from a push for time
 { with great mechanics underwater and on brea
 6 x 50 on 1:00 Stroke Drills
 7:30 PM 5,250 Yards - Stress Value = 82

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 x 15 on :45 Shooters
 500 2x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:10 Kick-descend
 600 1x{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 x 100 on 1:55 3 strks fly off walls-descer
 {3 x 50 on 1:00 Stroke Drills
 {3 x 100 on 1:50 3 strks fly off walls-descer
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:45 3 strks fly off walls-descer
 {6 x 50 on 1:00 Stroke Drills
 9:00 PM 3,850 Yards - Stress Value = 52

Workout #4962 - Wednesday, 24 October 2007

Group 3 - Bronze

1 minute rest between sets

7:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 300 1 x 300 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 3:00 Kick-100% effort
 600 1x{1 x 150 on 3:00 Pulls
 {1 x 150 on 2:50 Pulls
 {1 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 on each stroke
 1,950 1x{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-descenc
 {3 x 50 on 1:00 Stroke Drills
 {4 x 75 on 1:30 3 strks fly off walls-descenc
 {3 x 50 on 1:00 Stroke Drills
 {4 x 75 on 1:25 3 strks fly off walls-descenc
 {6 x 50 on 1:00 Stroke Drills
 9:00 PM 3,600 Yards - Stress Value = 50

Workout #4966 - Thursday, 25 October 2007

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
	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 x 1000 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
2,000	4x{4 x 50 on :45 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 #4964 - Thursday, 25 October 2007

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
	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 x 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 x 25 on :45 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 #4965 - Thursday, 25 October 2007

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
	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 finishe
	3 on each stroke
2,650	5x{4 x 50 on :45 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
200	1 x 200 on 3:00 Stroke Drills
	7:01 PM 5,700 Yards - Stress Value = 59

Workout #4967 - Friday, 26 October 2007

Group 3 - All

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
	1 on 15:00 Stretching
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
750	3x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 4:00 Kick
750	1x{5 x 50 on 1:00 Pulls
	{4 x 50 on :55 Pulls
	{3 x 50 on :50 Pulls
	{2 x 50 on :45 Pulls
	{1 x 50 on :40 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 x 25 on :30 Stroke Drills
	{2 x 100 on 1:40 Freestyle
	{4 x 25 on :30 Stroke Drills
	{3 x 100 on 1:35 Freestyle
	{4 x 25 on :30 Stroke Drills
	{4 x 100 on 1:30 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	6:49 PM 4,000 Yards - Stress Value = 33

Workout #4963 - Thursday, 25 October 2007

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
	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 x 900 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 x 25 on :45 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 #4968 - Monday, 29 October 2007

Group 3 - Distance

1 minute rest between sets

4:00 PM Start
 Yards 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 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 x 150 on 2:05 Pull no br L.12 yds
 {1 x 150 on 2:00 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
 2,400 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

{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 x 400 on 6:50 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

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 x 150 on 2:50 Pull no br L.12 yds
 {1 x 150 on 2:45 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
 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 #4970 - Monday, 29 October 2007

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {1 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
 {3 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 1,200 2x{1 x 150 on 2:30 Pull no br L.12 yds
 {1 x 150 on 2:25 Pull no br L.12 yds
 {1 x 150 on 2:20 Pull no br L.12 yds
 {1 x 150 on 2:15 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
 2,400 1x{2 x 400 on 6:10 Freestyle
 {2 x 400 on 6:00 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

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 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 x 25 on :45 Kick no board BSLR

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
 150 10 x 15 on :45 Shooters
 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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,500 2x{2 x 100 on 1:30 Butterfly
 {2 x 100 on 1:15 Freestyle
 {2 x 75 on 1:10 Butterfly
 {2 x 75 on :55 Freestyle
 {2 x 50 on :45 Butterfly
 {2 x 50 on :40 Freestyle
 {2 x 25 on :30 Butterfly
 {2 x 25 on :20 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
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 600 1x{1 x 200 on 3:00 Freestyle
 {1 x 200 on 3:15 Freestyle L.50 fast
 {1 x 200 on 3:00 Freestyle L.100 fast
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 {4 x 25 on :35 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 x 200 on 2:45 Lungbuster pulls
 {1 x 200 on 2:40 Lungbuster pulls
 {1 x 200 on 2:35 Lungbuster pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,600 1x{4 x 100 on 1:30 Individual Medley
 {4 x 25 on :30 Closed fist fly
 {4 x 125 on 1:50 Individual Medley w/50 fly
 {4 x 25 on :30 Closed fist backstroke
 {4 x 150 on 2:15 Individual Medley w/75 fly

{4 x 25 on :30 Closed fist breast
 {4 x 175 on 2:40 Individual Medley w/100 fly
 {4 x 25 on :30 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
 500 1 x 500 on 7:30 Underwater trn drill
 150 10 x 15 on :45 Shooters
 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 x 100 on 1:20 Kick
 {1 x 100 on 2:00 Kick
 1,000 1 x 1000 on 13:00 Pull-every 4th 50 bckstrk
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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
 150 10 x 15 on :45 Shooters
 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
 1,200 6 x 200 on 3:10 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
 7:20 PM 5,250 Yards - Stress Value = 111

Workout #4976 - Thursday, 01 November 2007

Group 3 - Silver

1 minute rest between sets

5:00 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 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

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
 150 10 x 15 on :45 Shooters
 1,200 4x{8 x 25 on :45 Kick no board BSLR
 {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 ther
 {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
 { 100% effort-know your time!
 250 1 x 250 on 4:00 Stroke Drills
 6:32 PM 6,900 Yards - Stress Value = 107

Workout #4977 - Friday, 02 November 2007

Group 3 - Fly

1 minute rest between sets

4:00 PM Start
 Yards 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 x 75 on 1:15 Butterfly
 {3 x 100 on 1:25 Freestyle
 {4 x 50 on :55 Butterfly
 {3 x 100 on 1:20 Freestyle
 {4 x 25 on :30 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 #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 x 75 on 1:00 Pull no br L.6 yds
 {1 x 75 on :55 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 #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 SP2
 800 1 x 800 on 16:00 Vertical Kicking EN2
 1,200 1x{12 x 25 on :30 IM order EN1
 {12 x 25 on :30 Freestyle EN1
 {8 x 25 on :30 IM order EN1
 {8 x 25 on :30 Freestyle EN1
 {4 x 25 on :30 IM order EN1
 {4 x 25 on :30 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

Workout #4987 - Monday, 05 November 2007

Group 3 - Distance

Workout #4981 - Monday, 05 November 2007

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
5:30 AM Start	
400	1 on 30:00 Weights and Stretch
150	1 x 400 on 8:00 Swim-kick-pull-swim
800	10 x 15 on :45 Shooters
1,000	1x{1 x 200 on 3:00 Pulls
	{2 x 150 on 2:15 Pulls
	{3 x 100 on 1:30 Pulls
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{2 x 125 on 1:55 Freestyle
	{2 x 125 on 1:50 Freestyle
	{2 x 125 on 1:45 Freestyle
	{2 x 125 on 1:40 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice/Team meeting
7:05 AM 2,700 Yards - Stress Value = 27	

1 minute rest between sets

Yards	Set Description
5:30 AM Start	
	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 #4979 - Monday, 05 November 2007

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
5:30 AM Start	
	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 x 150 on 2:30 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 x 125 on 2:10 Freestyle
	{2 x 125 on 2:05 Freestyle
	{2 x 125 on 2:00 Freestyle
	{1 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 2,450 Yards - Stress Value = 23	

Workout #4985 - Monday, 05 November 2007

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM Start	
	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 x 75 on 1:15 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 finishes
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 #4984 - Monday, 05 November 2007

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM Start	
	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 x 75 on 1:10 Pull no br L.6 yds
	{1 x 75 on 1:05 Pull no br L.6 yds
	{1 x 50 on :45 Pull no br L.6 yds
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishes
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	

Workout #4982 - Monday, 05 November 2007

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
5:30 AM Start	
	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 x 100 on 1:50 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

Workout #4986 - Monday, 05 November 2007

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 350 1 x 350 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 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 50 on 1:10 Kick
 600 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
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,400 1x{1 x 400 on 8:00 Freestyle
 {2 x 300 on 6:00 Freestyle
 {2 x 200 on 4:00 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice/team meeting
 5:17 PM 3,900 Yards - Stress Value = 44

Workout #4992 - Tuesday, 06 November 2007

Group 3 - Back

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:00 Challenge Kick Set
 900 4x{1 x 75 on 1:10 Pulls
 {1 x 75 on 1:05 Pulls
 {1 x 75 on 1:00 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 1x{4 x 50 on :50 Backstroke
 {1 x 100 on 2:00 Backstroke-7 kow
 {4 x 50 on :50 Backstroke
 {2 x 100 on 1:50 Backstroke 8 kow
 {4 x 50 on :50 Backstroke
 {3 x 100 on 1:40 Backstroke 9 kow
 {4 x 50 on :50 Backstroke
 {4 x 100 on 1:30 Backstroke 10 kow
 200 1 x 200 on 4:00 Freestyle
 200 1 x 200 on 3:00 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 6:27 PM 5,750 Yards - Stress Value = 84

Workout #4988 - Tuesday, 06 November 2007

HighSchl - Freestylers

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 12 x 100 on 2:00 Challenge Kick Set
 1,200 1x{1 x 300 on 4:15 Pulls
 {6 x 50 on :45 Pulls
 {1 x 200 on 2:50 Pulls
 {4 x 50 on :45 Pulls
 {1 x 100 on 1:25 Pulls
 {2 x 50 on :45 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,500 6 x 250 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 5,250 Yards - Stress Value = 75

Workout #4989 - Tuesday, 06 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
 1,200 12 x 100 on 2:00 Challenge Kick Set
 1,100 1x{1 x 300 on 4:30 Pulls
 {6 x 50 on :50 Pulls
 {1 x 200 on 3:00 Pulls
 {4 x 50 on :50 Pulls
 {1 x 100 on 1:30 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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 #4990 - Tuesday, 06 November 2007

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards 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
 1,200 12 x 100 on 2:00 Challenge Kick Set
 1,000 1x{1 x 300 on 5:00 Pulls
 {6 x 50 on :55 Pulls
 {1 x 200 on 3:30 Pulls
 {4 x 50 on :55 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,200 6 x 200 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 4,650 Yards - Stress Value = 67

Workout #4991 - Tuesday, 06 November 2007

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards 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
 1,200 12 x 100 on 2:00 Challenge Kick Set
 900 1x{1 x 300 on 5:30 Pulls
 {6 x 50 on 1:00 Pulls
 {1 x 200 on 3:40 Pulls
 {2 x 50 on 1:00 Pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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 #4994 - Wednesday, 07 November 2007

HighSchl - Gold

1 minute rest between sets

11:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 Stretch
 450 1 x 450 on 8:00 Freestyle L.25 of each 100 f
 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
 1,500 4x{1 x 100 on 1:50 Individual Medley
 {1 x 100 on 1:45 Individual Medley
 {1 x 100 on 1:40 Individual Medley
 {3 x 25 on :35 Stroke Drills
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Stretch and Ice
 12:34 PM 3,200 Yards - Stress Value = 38

Workout #4995 - Wednesday, 07 November 2007

HighSchl - Silver

1 minute rest between sets

11:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 Stretch
 400 1 x 400 on 8:00 Freestyle L.25 of each 100 f
 150 10 x 15 on :45 Shootes
 650 1x{6 x 100 on 2:20 Kick-odds 100%
 {1 x 50 on 1:10 Kick-all out
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2 on each stroke
 1,200 3x{1 x 100 on 2:00 Individual Medley
 {1 x 100 on 1:55 Individual Medley
 {1 x 100 on 1:50 Individual Medley
 {4 x 25 on :40 Stroke Drills
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Stretch and Ice
 12:32 PM 2,800 Yards - Stress Value = 34

Workout #4996 - Wednesday, 07 November 2007

HighSchl - Bronze

1 minute rest between sets

11:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 #2 stroke
 350 1 x 350 on 8:00 Freestyle L.25 of each 100 f
 150 10 x 15 on :45 Shootes
 600 6 x 100 on 2:30 Kick-odds 100%
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2 on each stroke
 1,200 3x{1 x 100 on 2:15 Individual Medley
 {1 x 100 on 2:10 Individual Medley
 {1 x 100 on 2:05 Individual Medley
 {4 x 25 on :40 Stroke Drills
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Stretch and Ice
 12:33 PM 2,700 Yards - Stress Value = 33

Workout #4993 - Wednesday, 07 November 2007

HighSchl - Eric Blue Man

1 minute rest between sets

11:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 Stomach and Stretch

500 1 x 500 on 8:00 Freestyle L.25 of each 100 f
 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
 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
 {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

Workout #5001 - Thursday, 08 November 2007

Group 3 - Fly

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 200 on 3:15 Butterfly
 {1 x 175 on 2:50 Butterfly
 {1 x 150 on 2:20 Butterfly
 {1 x 125 on 1:55 Butterfly
 {4 x 100 on 1:30 Butterfly-descend
 100 1 x 100 on 2:00 Freestyle
 1,200 4x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:00 Kick-desend to 100%
 900 1x{3 x 100 on 1:30 Lungbuster pulls
 {3 x 100 on 1:25 Lungbuster pulls
 {3 x 100 on 1:20 Lungbuster pulls
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,050 1x{1 x 200 on 3:15 Butterfly
 {1 x 175 on 2:50 Butterfly
 {1 x 150 on 2:20 Butterfly
 {1 x 125 on 1:55 Butterfly
 {4 x 100 on 1:30 Butterfly-descend
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 5,850 Yards - Stress Value = 84

Workout #4997 - Thursday, 08 November 2007

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 10 min abs/4cnt pshps/stretch
 550 1 x 550 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick-hold under 1:30
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:00 Kick-hold under 1:35
 {4 x 25 on :35 Kick no board BSLR
 {3 x 100 on 2:00 Kick-hold under 1:40
 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 finishe
 2,200 4x{1 x 200 on 2:45 Free +1 kicks off each wall
 {3 x 50 on :45 Freestyle-hold under :35
 {2 x 100 on 1:20 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
 5:16 PM 5,050 Yards - Stress Value = 64

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 x 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 x 25 on :35 Kick no board BSLR
 {3 x 100 on 2:00 Kick-hold under 1:50
 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 finishe
 2,200 4x{1 x 200 on 3:00 Free +1 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

3:00 PM Start
 Yards 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 2:10
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Kick-hold under 2:15
 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 x 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 x 50 on :55 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
 350 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 2:15
 {4 x 25 on :45 Kick no board BSLR

{1 x 100 on 2:30 Kick-hold under 2:15
 500 1x{1 x 150 on 3:00 Lungbuster pulls
 {2 x 125 on 2:25 Lungbuster pulls
 {1 x 100 on 1:55 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 x 50 on 1:05 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's

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 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,100 3x{1 x 100 on 2:00 10 strokes bathtub drill, be
 { rest of 1st 25, rest 10 seconds, 75 free br
 {2 x 125 on 1:50 100 free 25 fly lup 2down
 {4 x 50 on 1:00 25 breast under water
 { 25 freestyle with 6 beat kick
 {1 x 25 on :20 Freestyle
 {1 x 25 on :30 Freestyle
 {1 x 25 on :20 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 SI
 =====
 1 on 35:00 Weights and Stretch L WI
 500 1 x 500 on 8:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S E
 1,500 5x{1 x 25 on :30 Freestyle EN2 S F
 {1 x 25 on :40 Freestyle EN2 S F
 {1 x 25 on :50 Freestyle EN2 S F
 {1 x 25 on 1:00 Freestyle EN2 S F
 {1 x 200 on 4:00 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 x 125 on 1:55 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:25 Pulls-nbbf&w + 2 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, ba
 { rest of 1st 25, rest 10 seconds, 75 free br
 {2 x 125 on 1:50 100 free 25 fly lup 2down
 {4 x 50 on 1:00 25 breast under water
 { 25 freestyle with 6 beat kick
 {1 x 25 on :20 Freestyle
 {1 x 25 on :30 Freestyle
 {1 x 25 on :20 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 4,400 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 x 100 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:45 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:40 Pulls-nbbf&w + 2 yds
 200 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, ba
 { rest of 1st 25, rest 10 seconds, 75 free br
 {2 x 125 on 2:20 100 free 25 fly lup 2down
 {4 x 50 on 1:15 25 breast under water
 { 25 freestyle with 6 beat kick
 {1 x 25 on :25 Freestyle
 {1 x 25 on :35 Freestyle
 {1 x 25 on :25 Freestyle
 {1 x 25 on :35 Freestyle
 {1 x 25 on :25 Freestyle
 {1 x 25 on :35 Freestyle
 200 1 x 200 on 5:00 IM for time
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:01 PM 3,650 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 x 100 on 2:05 Pulls-nbbf&w + 2 yds
 {2 x 100 on 2:00 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:55 Pulls-nbbf&w + 2 yds
 200 8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 2x{1 x 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 lup 2down
 {4 x 50 on 1:15 25 breast under water
 { 25 freestyle with 6 beat kick
 {1 x 25 on :25 Freestyle
 {1 x 25 on :35 Freestyle
 {1 x 25 on :25 Freestyle
 {1 x 25 on :35 Freestyle
 200 1 x 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 minute rest between sets

8:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretchjng
 800 1 x 800 on 12:00 Choice
 150 10 x 15 on :45 Shooters
 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 x 125 on 2:00 Kick
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 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 x 50 on :40 Pulls-nbbf&w + 2 yds
 250 1 x 250 on 4:00 Stroke Drills
 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
 =====
 600 1 on 30:00 Abs/Stretch
 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
 9:32 AM 4,900 Yards - Stress Value = 53

Workout #5008 - Saturday, 10 November 2007

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 30:00 Abs/Stretch
 1 x 550 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
 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
 {1 x 100 on 2:00 Stroke Drills
 1 on 10:00 Ice
 9:33 AM 4,650 Yards - Stress Value = 50

Workout #5009 - Saturday, 10 November 2007

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 Abs/Stretch
 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

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 450 1 on 30:00 Abs/Stretch
 1 x 450 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
 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
 =====
 400 1 on 35:00 Weights and Stretch I
 1 x 400 on 6:00 Swim-kick-pull-swim REC S
 150 10 x 15 on :45 Shooters SP3 S
 300 3 x 100 on 2:00 50 scull 50 drill EN1 I
 1,800 1x{3 x 200 on 2:40 Freestyle EN1 S
 {3 x 200 on 2:35 Freestyle EN2 S
 {3 x 200 on 2:30 Freestyle EN2 S
 1st and 3rd of each set are just make it, #
 200 1 x 200 on 3:00 Stroke Drills REC I
 1 on 10:00 Stretch and Ice M
 7:06 AM 2,850 Yards - Stress Value = 39

Workout #5009 - Saturday, 10 November 2007

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 Abs/Stretch
 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

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 x 225 on 3:15 Pull no br L.5 yds
 {1 x 225 on 3:10 Pull no br L.7 yds
 {1 x 225 on 3:05 Pull no br L.9 yds
 {1 x 225 on 3:00 Pull no br L.11 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
 2,500 1x{1 x 500 on 6:00 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
 { Best effort. Meet quality swim.
 200 1 x 200 on 6:00 50 scull/50 drill
 1 on 10:00 Stretch/Ice
 5:25 PM 5,550 Yards - Stress Value = 86

{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 x 500 on 7:30 Freestyle
 { Best effort. Meet quality swim.
 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 WORK
 =====
 1 on 35:00 Weights and Stretch I
 300 1 x 300 on 6:00 Swim-kick-pull-swim REC S
 150 10 x 15 on :45 Shooters SP3 S
 300 3 x 100 on 2:00 25 scull 75 drill EN1 I
 1,400 1x{2 x 200 on 3:30 Freestyle EN1 S
 {2 x 200 on 3:20 Freestyle EN2 S
 {3 x 200 on 3:10 Freestyle EN2 S
 200 1 x 200 on 3:30 Stroke Drills REC I
 1 on 10:00 Stretch and Ice M
 7:06 AM 2,350 Yards - Stress Value = 33

Workout #5017 - Monday, 12 November 2007

HighSchl - Silver

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
 1,000 5x{4 x 25 on :45 Kick no board BSLR
 {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
 { 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 #5014 - Monday, 12 November 2007

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 Weights and Stretch I
 350 1 x 350 on 6:00 Swim-kick-pull-swim REC S
 150 10 x 15 on :45 Shooters SP3 S
 300 3 x 100 on 2:00 50 scull 50 drill EN1 I
 1,600 1x{3 x 200 on 3:00 Freestyle EN1 S
 {3 x 200 on 2:55 Freestyle EN2 S
 {2 x 200 on 2:50 Freestyle EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC I
 1 on 10:00 Stretch and Ice M
 7:06 AM 2,600 Yards - Stress Value = 35

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 x 200 on 3:10 Pull no br L.7 yds
 {1 x 200 on 3:05 Pull no br L.9 yds
 {1 x 150 on 2:15 Pull no br L.11 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
 2,000 1x{1 x 500 on 7:00 Freestyle
 { Just make

Workout #5012 - Monday, 12 November 2007

HighSchl - Bronze

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	S
150	10 x 15 on :45 Shooters	SP3	S
150	3 x 50 on 2:00 25 scull 25 drill	EN1	I
1,200	1x{2 x 200 on 4:00 Freestyle	EN1	S
	{2 x 200 on 3:50 Freestyle	EN2	S
	{2 x 200 on 3:40 Freestyle	EN2	S
200	1 x 200 on 4:30 Stroke Drills	REC	I
	1 on 10:00 Stretch and Ice		M
	7:06 AM 2,000 Yards - Stress Value = 28		

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 x 25 on :45 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 th
	{ fast breakouts to mid pool
200	1 x 200 on 6:00 50 scull/50 drill
	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 x 50 on :45 Pulls-#1-8brths, -1 brth #2-#5
300	1x{1 x 50 on 1:30 Sculling Drill
	{8 x 25 on :40 12.5 ez 12.5 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 x 50 on :50 Pulls-#1-8brths, -1 brth #2-#4
300	1x{1 x 50 on 1:30 Sculling Drill
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 50 on 1:30 Sculling drills
1,900	1x{4 x 100 on 1:50 Backstroke
	{4 x 50 on 1:00 Backstroke-descend
	{2 x 25 on :45 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 rest between sets

Yards	Set Description
3:00 PM	Start
400	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 400 on 8:00 Underwater trn drill
850	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:15 Kick
	{2 x 50 on 1:10 Kick
	{1 x 100 on 2:15 Kick
	{2 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-#1-8brths, -1 brth #2-#5
300	1x{1 x 50 on 1:30 Sculling Drill
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 50 on 1:30 Sculling drills
1,800	1x{4 x 100 on 2:00 Backstroke
	{4 x 50 on 1:00 Backstroke-descend
	{2 x 25 on :45 Bath Tub Drill
	{4 x 100 on 1:55 Backstroke
	{4 x 50 on 1:00 Backstroke-descend
	{2 x 25 on :45 Bath Tub Drill
	{4 x 100 on 1:50 Backstroke
	{2 x 50 on 1:00 Backstroke-descend
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
5:27 PM	4,650 Yards - Stress Value = 57

Workout #5023 - Tuesday, 13 November 2007

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
350	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 350 on 8:00 Underwater trn drill
800	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:30 Kick
	{2 x 50 on 1:15 Kick
	{1 x 100 on 2:30 Kick
	{1 x 50 on 1:10 Kick
	{1 x 100 on 2:30 Kick
	{2 x 50 on 1:05 Kick
	{1 x 100 on 2:30 Kick
	{1 x 50 on 2:00 Kick-EZ
	{1 x 100 on 2:00 Kick for time
800	2x{1 x 200 on 3:45 Pulls
	{4 x 50 on 1:00 Pulls-#1-8brths, -1 brth #2-#5
250	1x{1 x 25 on 1:30 Sculling Drill
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 25 on 1:30 Sculling drills
1,500	1x{3 x 100 on 2:20 Backstroke
	{4 x 50 on 1:10 Backstroke-descend
	{2 x 25 on :45 Bath Tub Drill
	{3 x 100 on 2:15 Backstroke
	{4 x 50 on 1:10 Backstroke-descend
	{2 x 25 on :45 Bath Tub Drill
	{4 x 100 on 2:10 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
5:26 PM	4,100 Yards - Stress Value = 51

Workout #5026 - Thursday, 15 November 2007

HighSchl - Fly

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
	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

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
	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

Workout #5024 - Thursday, 15 November 2007

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
	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 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	3,650 Yards - Stress Value = 56

Workout #5025 - Thursday, 15 November 2007

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 350 1 x 350 on 8:00 Underwater trn drill
 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 WOF
 =====
 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 x 25 on :25 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 WOF
 =====
 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 x 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 x 200 on 3:00 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 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 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
 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
 5:05 PM 4,650 Yards - Stress Value = 68

Workout #5029 - Friday, 16 November 2007

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 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 x 15 on :45 Shooters SP3
 750 6 x 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 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 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
 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
 5:05 PM 4,600 Yards - Stress Value = 68

Workout #5030 - Friday, 16 November 2007

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	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

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stretching/Team meeting		
400	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 Challenge 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

5:30 AM Start

Yards	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 x 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 x 200 on 3:00 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

3:00 PM Start

Yards	Set Description

Yards	Set Description	EGY	WOF
	1 on 20:00 Stretching/Team meeting		
300	1 x 300 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 1:20 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 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		
1,650	11 x 150 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!		
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

7:00 AM Start

Yards	Set Description	EGY	WOF	STK	PF
	1 on 30:00 Dryland and stretch				
500	1 x 500 on 8:00 Choice				
150	10 x 15 on :45 Shooters				
900	3x{1 x 100 on 1:50 Kick				
	{1 x 100 on 1:40 Kick				
	{2 x 50 on :45 Kick				
900	1x{1 x 300 on 4:00 Pulls				
	{2 x 200 on 2:50 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				
	{8 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	{1 x 50 on 1:30 Sculling drills				
2,800	1x{6 x 25 on :30 Freestyle				
	{1 x 100 on 1:30 Individual Medley				
	{6 x 25 on :30 odds free evens fly				
	{1 x 200 on 3:00 Individual Medley				
	{6 x 25 on :30 odds free evens back				
	{1 x 300 on 4:30 Individual Medley				
	{6 x 25 on :30 odds free evens brst				
	{1 x 400 on 5:40 Individual Medley				
	{6 x 25 on :25 odds free evens fly				
	{1 x 300 on 4:15 Individual Medley				
	{6 x 25 on :25 odds free evens back				
	{1 x 200 on 2:50 Individual Medley				
	{6 x 25 on :25 odds free evens brst				
	{1 x 100 on 1:25 Individual Medley				
	{6 x 25 on :25 Freestyle				
200	1 x 200 on 3:00 Stroke Drills				
	1 on 12:00 Stretch and Ice				
9:30 AM	5,750 Yards - Stress Value = 86				

Workout #5038 - Saturday, 17 November 2007

HighSchl - All

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK	PF
	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 10 x 15 on :45 Shooters
 900 3x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:50 Kick
 {2 x 50 on :50 Kick
 700 1x{1 x 300 on 4:30 Pulls
 {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
 {8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 {1 x 50 on 1:30 Sculling drills
 2,650 1x{6 x 25 on :30 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {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 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 1 x 200 on 3:00 Stroke Drills
 1 on 12:00 Stretch and Ice
 9:30 AM 5,350 Yards - Stress Value = 82

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
 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 1:00 Kick
 700 1x{1 x 300 on 5:00 Pulls
 {1 x 200 on 3:20 Lungbuster pulls
 {2 x 100 on 1:40 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
 {8 x 25 on :40 12.5 ez 12.5 fast grt finishes
 {1 x 50 on 1:30 Sculling drills
 2,400 1x{6 x 25 on :30 Freestyle
 {1 x 100 on 1:50 Individual Medley
 {6 x 25 on :30 odds free evens fly
 {1 x 200 on 3:40 Individual Medley
 {6 x 25 on :30 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 x 25 on :30 odds free evens fly
 {1 x 300 on 5:15 Individual Medley
 {4 x 25 on :30 odds free evens back
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :30 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

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 350 1 x 350 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 750 3x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:05 Kick
 500 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
 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
 1,900 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
 {1 x 100 on 2:15 Individual Medley
 {4 x 25 on :35 odds free evens brst
 200 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

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
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:50 Kick
 {4 x 25 on :40 Kick no board BSLR
 {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.13 yds
 {1 x 125 on 1:45 Pull no br L.14 yds
 300 12 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,800 1x{8 x 75 on 1:05 Backstroke
 {8 x 75 on 1:00 Backstroke
 {8 x 75 on :55 Backstroke
 250 1 x 250 on 5:00 Stroke Drills
 6:08 PM 5,300 Yards - Stress Value = 67

Workout #5053 - Monday, 19 November 2007

HighSchl - Back

1 minute rest between sets

4:24 PM Start
 Yards Set Description
 =====
 200 4x{1 x 25 on :45 Sculling drills
 {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
 {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
 5:32 PM 2,850 Yards - Stress Value = 43

Workout #5051 - Monday, 19 November 2007

HighSchl - Breast

1 minute rest between sets

4:24 PM Start
 Yards Set Description
 =====
 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
 {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 #5042 - Monday, 19 November 2007

HighSchl - Distance

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 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
 {1 x 250 on 3:45 Free 50 build 200 good effort
 150 1 x 150 on 3:00 50 scull/50 drill/ 50 scull
 1 on 10:00 Stretch/ice
 7:05 AM 2,600 Yards - Stress Value = 22

Workout #5052 - Monday, 19 November 2007

HighSchl - Fly

1 minute rest between sets

4:24 PM Start
 Yards Set Description
 =====
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :45 12.5 ez 12.5 fast grt finishes
 2,100 1x{4 x 100 on 1:50 3 strokes fly off each wall
 {4 x 100 on 1:45 3 strokes fly off each wall
 {4 x 100 on 1:40 3 strokes fly off each wall
 {3 x 75 on 1:20 4 strokes fly off each wall
 {3 x 75 on 1:15 4 strokes fly off each wall
 {3 x 75 on 1:10 4 strokes fly off each wall
 {2 x 50 on :55 5 strokes fly off each wall
 {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
 5:31 PM 2,700 Yards - Stress Value = 41

Workout #5046 - Monday, 19 November 2007

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 Physio Balls/Stretch I
 500 1 x 500 on 8:00 Swim-kick-pull-swim REC S
 150 10 x 15 on :45 Shooters SP3 S
 900 1x{4 x 25 on :30 Kick no board BSLR EN2 F
 {2 x 100 on 2:00 Kick EN1 F
 {4 x 25 on :35 Kick no board BSLR EN2 F
 {2 x 100 on 1:55 Kick EN1 F
 {4 x 25 on :40 Kick no board BSLR EN2 F
 {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
 {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
 4:24 PM 2,300 Yards - Stress Value = 26

Workout #5043 - Monday, 19 November 2007

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	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	WORK
	1 on 35:00 Physio Balls/Stretch		I
450	1 x 450 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
850	1x{4 x 25 on :30 Kick no board BSLR	EN2	F
	{2 x 100 on 2:10 Kick	EN1	F
	{4 x 25 on :35 Kick no board BSLR	EN2	F
	{2 x 100 on 2:05 Kick	EN1	F
	{4 x 25 on :40 Kick no board BSLR	EN2	F
	{1 x 150 on 3:00 Kick	EN2	F
700	1x{1 x 125 on 2:00 Pull no br L.6 yds	EN1	F
	{1 x 125 on 2:00 Pull no br L.7 yds	EN1	F
	{1 x 125 on 2:00 Pull no br L.8 yds	EN1	F
	{1 x 125 on 2:00 Pull no br L.9 yds	EN1	F
	{1 x 100 on 1:30 Pull no br L.10 yds	EN1	F
	{1 x 100 on 1:30 Pull no br L.11 yds	EN1	F
	4:24 PM 2,150 Yards - Stress Value = 25		

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 x 250 on 4:20 Freestyle L.50 #1 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

3:00 PM Start

Yards	Set Description	EGY	WORK
	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	S

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	F
	{1 x 100 on 1:50 Pull no br L.7 yds	EN1	F
	{1 x 100 on 1:50 Pull no br L.8 yds	EN1	F
	{1 x 100 on 1:50 Pull no br L.9 yds	EN1	F
	{1 x 100 on 1:50 Pull no br L.10 yds	EN1	F
	{1 x 100 on 1:50 Pull no br L.11 yds	EN1	F
	4:24 PM 1,850 Yards - Stress Value = 22		

Workout #5045 - Monday, 19 November 2007

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	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 x 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 x 250 on 5:00 Freestyle L.50 #1 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	Set Description	EGY	WORK
	1 on 35:00 Physio Balls/Stretch		I
350	1 x 350 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
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	F
	{1 x 100 on 1:50 Pull no br L.7 yds	EN1	F
	{1 x 100 on 1:50 Pull no br L.8 yds	EN1	F
	{1 x 100 on 1:50 Pull no br L.9 yds	EN1	F
	{1 x 100 on 1:50 Pull no br L.10 yds	EN1	F
	{1 x 100 on 1:50 Pull no br L.11 yds	EN1	F
	4:24 PM 1,800 Yards - Stress Value = 22		

Workout #5058 - Tuesday, 20 November 2007

Group 3 - Fly

1 minute rest between sets

4:00 PM Start

Yards	Set Description
	1 on 20:00 Stomach and Stretch
600	1 x 600 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	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
200	4 x 50 on 1:00 Kick w/board-100%
1,200	1x{1 x 200 on 3:00 Pulls
	{4 x 50 on :40 Pulls
	{1 x 200 on 2:50 Pulls
	{4 x 50 on :40 Pulls
	{1 x 200 on 2:40 Pulls
	{4 x 50 on :40 Pulls
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,500	5x{3 x 100 on 1:30 3 strokes fly off walls
	{ descend each set of 3
	{4 x 25 on :30 Fly lup 2down
	{ 4th 25 no breath last half of pool-be disci
	{1 x 100 on 2:00 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	6:17 PM 6,050 Yards - Stress Value = 87

Workout #5054 - Tuesday, 20 November 2007

Group 3 - Platinum

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 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick-100%
1,000	1x{1 x 300 on 4:30 Pulls
	{1 x 250 on 3:45 Pulls
	{1 x 200 on 3:00 Pulls
	{1 x 150 on 2:15 Pulls
	{1 x 100 on 1:30 Pulls
200	4x{1 x 25 on :45 Sculling drills
	{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
	4:29 PM 2,750 Yards - Stress Value = 28

Workout #5055 - Tuesday, 20 November 2007

Group 3 - 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 Underwater trn drill
150	10 x 15 on :45 Shooters
900	3x{1 x 150 on 3:10 Kick
	{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
	{1 x 200 on 3:10 Pulls

	{1 x 100 on 1:35 Pulls
200	4x{1 x 25 on :45 Sculling drills
	{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
	4:29 PM 2,550 Yards - Stress Value = 26

Workout #5056 - Tuesday, 20 November 2007

Group 3 - Silver

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 Underwater trn drill
150	10 x 15 on :45 Shooters
750	3x{1 x 125 on 2:55 Kick
	{1 x 100 on 2:20 Kick
	{1 x 25 on :35 Kick-100%
850	1x{1 x 300 on 5:10 Pulls
	{1 x 250 on 4:15 Pulls
	{1 x 200 on 3:25 Pulls
	{1 x 100 on 1:40 Pulls
200	4x{1 x 25 on :45 Sculling drills
	{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
	4:29 PM 2,350 Yards - Stress Value = 25

Workout #5057 - Tuesday, 20 November 2007

Group 3 - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Physio Balls Abs/Stretch
350	1 x 350 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	3x{1 x 100 on 2:30 Kick
	{1 x 75 on 1:55 Kick
	{1 x 25 on :45 Kick-100%
850	1x{1 x 300 on 6:00 Pulls
	{1 x 250 on 5:00 Pulls
	{1 x 200 on 4:00 Pulls
	{1 x 100 on 2:00 Pulls
200	4x{1 x 25 on :45 Sculling drills
	{1 x 25 on :45 12.5 ez 12.5 fast grt finishes
	4:29 PM 2,150 Yards - Stress Value = 23

Workout #5060 - Tuesday, 20 November 2007

HighSchl - Back

1 minute rest between sets

4:29 PM Start

Yards	Set Description	EGY	WOF
	1,800 1x{4 x 50 on 1:00 Back w/zoomers 10 kow	EN2	
	{1 x 250 on 4:00 Backstroke	EN1	
	{1 x 200 on 3:20 Backstroke	EN1	
	{1 x 150 on 2:30 Backstroke	EN1	
	{4 x 50 on :55 Back w/zoomers 9 kow	EN2	
	{1 x 200 on 3:20 Backstroke	EN1	
	{1 x 150 on 2:30 Backstroke	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
	{4 x 50 on :50 Back w/zoomers 8 kow	EN2	
	{1 x 100 on 1:40 Backstroke	EN1	
	{1 x 50 on :50 Backstroke	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Stretch/Ice		
	5:16 PM 2,050 Yards - Stress Value = 24		

Workout #5061 - Tuesday, 20 November 2007

HighSchl - Breast

1 minute rest between sets

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 {5 x 50 on 1:00 Breast w/pd fins {1 x 100 on 2:00 Breast alt 25 reg 25 fly kic {5 x 50 on 1:00 Breast w/pd fins
250	1 x 250 on 5:00 Stroke Drills 1 on 10:00 Stretch/Ice
5:14 PM	1,700 Yards - Stress Value = 13

Workout #5059 - Tuesday, 20 November 2007

HighSchl - Distance

1 minute rest between sets

4:29 PM Start

Yards	Set Description
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 {4 x 150 on 2:15 Freestyle-breathe every 5 {3 x 50 on :45 Free-100% effort w/6bk
250	1 x 250 on 5:00 Stroke Drills 1 on 10:00 Stretch/Ice
5:15 PM	2,200 Yards - Stress Value = 26

Workout #5070 - Wednesday, 21 November 2007

HighSchl - Distance

1 minute rest between sets

4:39 PM Start

Yards	Set Description	EGY	WORK	STP
2,125	1x{1 x 225 on 3:00 Freestyle {2 x 100 on 1:30 Freestyle {1 x 225 on 2:55 Freestyle {2 x 100 on 1:30 Freestyle {1 x 225 on 2:50 Freestyle {2 x 100 on 1:30 Freestyle {1 x 225 on 2:45 Freestyle {2 x 100 on 1:30 Freestyle {1 x 225 on 2:40 Freestyle {2 x 100 on 1:30 Freestyle	EN2	S	FF
400	8 x 50 on 1:15 25scull 25 drill 1 on 15:00 Stretch and Ice	REC	D	CI
5:35 PM	2,525 Yards - Stress Value = 40	M		

Workout #5063 - Wednesday, 21 November 2007

HighSchl - Freestylers

1 minute rest between sets

5:30 AM Start

Yards	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 x 50 on 1:00 Freestyle w/fins 5 brths tota {3 x 100 on 1:11 Freestyle w/fins {4 x 50 on 1:00 Freestyle w/fins 5 brths tota {3 x 100 on 1:10 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
500	1 on 30:00 Dryland and stretch 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 x 25 on :45 Sculling drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes
4:39 PM	3,050 Yards - Stress Value = 40

Workout #5064 - Wednesday, 21 November 2007

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	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
150	10 x 15 on :45 Shooters
1,400	1x{3 x 100 on 1:22 Freestyle w/fins {4 x 50 on 1:00 Freestyle w/fins 5 brths tota {3 x 100 on 1:21 Freestyle w/fins {4 x 50 on 1:00 Freestyle w/fins 5 brths tota {3 x 100 on 1:20 Freestyle w/fins {2 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	2,250 Yards - Stress Value = 38

Workout #5066 - Wednesday, 21 November 2007

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
450	1 on 30:00 Dryland and stretch 1 x 450 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
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 x 25 on :45 Sculling drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes
4:39 PM	2,950 Yards - Stress Value = 40

Workout #5065 - Wednesday, 21 November 2007

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 35:00 Weights and Stretch
400	1 x 400 on 8:00 Freestyle 100 ez 50 build 100 ez 50 fast, 100 IM
150	10 x 15 on :45 Shooters
1,350	1x{3 x 100 on 1:34 Freestyle w/fins {4 x 50 on 1:00 Freestyle w/fins 5 brths tota {3 x 100 on 1:33 Freestyle w/fins {3 x 50 on 1:00 Freestyle w/fins 5 brths tota {3 x 100 on 1:32 Freestyle w/fins {2 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 2,150 Yards - Stress Value = 37	

Workout #5067 - Wednesday, 21 November 2007

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Dryland and stretch
400	1 x 400 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
800	1x{2 x 100 on 1:55 Lungbuster pulls {2 x 100 on 1:50 Lungbuster pulls {2 x 100 on 1:45 Lungbuster pulls {2 x 100 on 1:40 Lungbuster pulls breathe 3-5-7continuous
200	4x{1 x 25 on :45 Sculling drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes
4:39 PM 2,750 Yards - Stress Value = 40	

Workout #5062 - Wednesday, 21 November 2007

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 35:00 Weights and Stretch
350	1 x 350 on 8:00 Freestyle 100 ez 50 build 100 ez, 100 IM
150	10 x 15 on :45 Shooters
1,250	1x{3 x 100 on 1:44 Freestyle w/fins {3 x 50 on 1:00 Freestyle w/fins 5 brths tota {3 x 100 on 1:43 Freestyle w/fins {3 x 50 on 1:00 Freestyle w/fins 5 brths tota {3 x 100 on 1:42 Freestyle w/fins {1 x 50 on 1:00 Freestyle w/fins 5 brths tota
200	1 x 200 on 6:00 Alt 50 drill 50 scull 1 on 12:00 Stretch and Ice
7:05 AM 1,950 Yards - Stress Value = 35	

Workout #5068 - Wednesday, 21 November 2007

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Dryland and stretch
350	1 x 350 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
750	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 breathe 3-5-7continuous
200	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

HighSchl - Sprint

1 minute rest between sets

4:39 PM Start

Yards	Set Description	EGY	WORK
1,600	1x{4 x 50 on :45 Free #1 100% {6 x 25 on :30 Free-breathe every 7 {4 x 50 on :45 Free #2 100% {6 x 25 on :30 Free-breathe every 7 {4 x 50 on :45 Free #3 100% {6 x 25 on :30 Free breathe every 7 {4 x 50 on :45 Free #4 100% {6 x 25 on :30 Freestyle {4 x 50 on :45 Freestyle-all 100%	EN2	S
450	9 x 50 on 1:15 25scull 25 drill 1 on 15:00 Stretch and Ice	REC	D
5:33 PM 2,050 Yards - Stress Value = 29			

Workout #5076 - Friday, 23 November 2007

HighSchl - Back

1 minute rest between sets

8:45 AM Start

Yards	Set Description	EGY
1,950	3x{4 x 25 on :45 Bath Tub drill -12 strokes {1 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 50 on 1:00 Freestyle {3 x 50 on 1:00 Backstroke-descend { Turns: #1 7kow, #2 8kow, #3 12.5 yards- {1 x 50 on 1:00 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch/ice	REC
9:36 AM 2,150 Yards - Stress Value = 30		

Workout #5078 - Friday, 23 November 2007

HighSchl - Breast

1 minute rest between sets

8:45 AM Start

Yards	Set Description	EGY
1,700	2x{4 x 25 on :45 Breast TO drill {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 {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	EN2
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch/ice	REC
9:33 AM 1,900 Yards - Stress Value = 26		

Workout #5077 - Friday, 23 November 2007

HighSchl - Distance

1 minute rest between sets

8:45 AM Start
 Yards Set Description EGY WORK STK
 =====
 2,800 2x{1 x 200 on 2:30 Freestyle EN2 S FR
 {2 x 200 on 2:35 Freestyle EN2 S FR
 {3 x 200 on 2:40 Freestyle EN2 S FR
 {1 x 200 on 3:30 Stroke Drills REC D FR
 1 on 10:00 Stretch/ice M
 9:33 AM 2,800 Yards - Stress Value = 48

{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 #5072 - Friday, 23 November 2007

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 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 x 25 on :30 Kick no board BSLR w/fins
 { At least 12.5 yards under water
 {4 x 50 on :50 Kick w/fins
 1,200 1x{2 x 50 on :45 Pulls-nbbf&w + 2 yds
 {3 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {3 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:05 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 3,450 Yards - Stress Value = 46

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and stretch
 400 1 x 400 on 10:00 Alt. 100 drill 50 scull
 150 10 x 15 on :45 Shooters
 1,000 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 x 50 on 1:00 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:30 Pulls-nbbf&w + 2 yds
 {2 x 100 on 2:00 Pulls-nbbf&w + 2 yds
 {2 x 125 on 2:30 Pulls-nbbf&w + 2 yds
 {1 x 150 on 3:00 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 2,700 Yards - Stress Value = 39

Workout #5080 - Saturday, 24 November 2007

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and stretch
 600 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 200 on 4:00 Reverse IM drill
 150 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 x 100 on 2:00 Kick for time
 {2 x 100 on 1:45 Kick
 {1 x 100 on 2:00 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 x 25 on :45 12.5 ez 12.5 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 #5074 - Friday, 23 November 2007

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards 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 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
 1,000 1x{3 x 50 on :50 Pulls-nbbf&w + 2 yds

Workout #5081 - Saturday, 24 November 2007

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and stretch
 600 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 200 on 4:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,100 1x{2 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick-for time
 {2 x 100 on 2:00 Kick
 {1 x 100 on 2:10 Kick for time
 {2 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick for time
 {1 x 100 on 1:50 Kick
 {1 x 100 on 2:10 Kick for time
 1,200 3x{1 x 200 on 3:10 Lungbuster pulls
 {2 x 100 on 1:20 Pulls
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :45 12.5 ez 12.5 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 4,950 Yards - Stress Value = 119

Workout #5082 - Saturday, 24 November 2007

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and stretch
 550 1x{1 x 100 on 2:00 Stroke Drills
 {1 x 100 on 1:50 Stroke Drills
 {1 x 75 on 1:40 Stroke Drills
 {1 x 75 on 1:30 Stroke Drills
 {1 x 200 on 4:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,050 1x{2 x 100 on 2:15 Kick
 {1 x 100 on 2:15 Kick-for time
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick for time
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:15 Kick for time
 {3 x 50 on 1:00 Kick
 1,050 3x{1 x 200 on 3:30 Lungbuster pulls
 {2 x 75 on 1:10 Pulls
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :45 12.5 ez 12.5 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 4,700 Yards - Stress Value = 116

Workout #5079 - Saturday, 24 November 2007

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and stretch
 450 1x{1 x 75 on 2:00 Stroke Drills
 {1 x 75 on 1:50 Stroke Drills
 {1 x 75 on 1:40 Stroke Drills
 {1 x 75 on 1:30 Stroke Drills

{1 x 150 on 4:00 Reverse IM drill w/out free
 150 10 x 15 on :45 Shooters
 950 1x{2 x 100 on 2:30 Kick
 {1 x 100 on 2:30 Kick-for time
 {2 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick for time
 {2 x 100 on 2:20 Kick
 {1 x 100 on 2:30 Kick for time
 {1 x 50 on 1:00 Kick
 900 3x{1 x 200 on 4:00 Lungbuster pulls
 {1 x 100 on 1:45 Pulls
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :45 12.5 ez 12.5 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 4,350 Yards - Stress Value = 113

Workout #5086 - Monday, 26 November 2007

Group 3 - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 Weights and Stretch I
 500 1 x 500 on 8:00 Swim-kick-pull-swim REC S
 150 10 x 15 on :45 Shooters SP3 S
 450 1x{3 x 50 on :50 Pull no br L.8 yds EN1 F
 {3 x 50 on :45 Pull no br L.10 yds EN1 F
 {3 x 50 on :40 Pull no br L.12 yds EN2 F
 1,300 1x{1 x 250 on 3:30 Freestyle EN2 S
 {2 x 225 on 3:05 Freestyle EN2 S
 {3 x 200 on 2:40 Freestyle EN2 S
 250 1 x 250 on 4:00 Stroke Drills REC I
 1 on 10:00 Stretch and Ice M
 7:04 AM 2,650 Yards - Stress Value = 39

Workout #5090 - Monday, 26 November 2007

Group 3 - Fly

1 minute rest between sets

4:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 Dryland and stretch
 800 1 x 800 on 13:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 300 6 x 50 on :45 Butterfly EN1
 900 3x{4 x 25 on :45 Kick no board BSLR EN2
 {2 x 100 on 2:00 Kick-50 fly 50 free EN1
 250 5 x 50 on :50 Butterfly EN1
 750 3 x 250 on 3:30 Pulls-nbbf&w EN1
 200 4 x 50 on :55 Butterfly EN1
 600 1x{1 x 100 on 1:30 Stroke Drills REC
 {1 x 100 on 1:35 Stroke Drills REC
 {1 x 100 on 1:40 Stroke Drills REC
 {1 x 100 on 1:45 Stroke Drills REC
 {1 x 100 on 1:50 Stroke Drills REC
 {1 x 100 on 1:55 Stroke Drills REC
 5:55 PM 3,950 Yards - Stress Value = 33

Workout #5084 - Monday, 26 November 2007

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Weights and Stretch		I
450	1 x 450 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
450	1x{4 x 50 on :50 Pull no br L.8 yds	EN1	F
	{4 x 50 on :45 Pull no br L.10 yds	EN1	F
	{1 x 50 on :40 Pull no br L.12 yds	EN2	F
1,300	1x{1 x 250 on 3:40 Freestyle	EN2	S
	{2 x 225 on 3:15 Freestyle	EN2	S
	{3 x 200 on 2:50 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Stretch and Ice		M

7:05 AM 2,600 Yards - Stress Value = 37

Workout #5083 - Monday, 26 November 2007

Group 3 - Silver

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 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
350	1x{2 x 50 on 1:00 Pull no br L.8 yds	EN1	F
	{3 x 50 on :55 Pull no br L.10 yds	EN1	F
	{2 x 50 on :50 Pull no br L.12 yds	EN2	F
1,100	1x{1 x 250 on 4:05 Freestyle	EN2	S
	{2 x 225 on 3:40 Freestyle	EN2	S
	{2 x 200 on 3:15 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Stretch and Ice		M

7:05 AM 2,250 Yards - Stress Value = 33

Workout #5085 - Monday, 26 November 2007

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Weights and Stretch		I
350	1 x 350 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
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 x 50 on :55 Pull no br L.12 yds	EN2	F
950	1x{1 x 250 on 4:30 Freestyle	EN2	S
	{2 x 225 on 4:00 Freestyle	EN2	S
	{1 x 250 on 4:30 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Stretch and Ice		M

7:04 AM 2,050 Yards - Stress Value = 30

Workout #5091 - Monday, 26 November 2007

HighSchl - Back

1 minute rest between sets

4:52 PM Start

Yards	Set Description	EGY	WORK
1,700	1x{1 x 100 on 1:40 Backstroke	EN1	F
	{2 x 50 on 1:00 #1-100% #2 easy	EN1	F
	{2 x 100 on 1:35 Backstroke	EN1	F
	{3 x 50 on 1:00 #1-100% #2 & #3 easy	EN2	F
	{3 x 100 on 1:30 Backstroke	EN1	F

	{4 x 50 on 1:00 #1-100% #2-#4 easy	EN2	F
	{4 x 100 on 1:25 Backstroke	EN2	F
	{5 x 50 on 1:00 #1 & #3-100% the rest easy	EN2	F
250	1 x 250 on 4:00 Stroke Drill	REC	I
	1 on 10:00 Stretch and Ice		M

5:36 PM 1,950 Yards - Stress Value = 27

Workout #5093 - Monday, 26 November 2007

HighSchl - Breast

1 minute rest between sets

4:52 PM Start

Yards	Set Description	EGY	WORK	STK	F
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 e				
	{2 x 75 on 1:25 Breast 2X pullouts at turn er				
	{3 x 50 on :55 Breast 2X pullouts at turn enc				
	{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	Set Description	EGY	WORK	STK	F
1,700	1x{1 x 50 on 1:00 Fly 2-2	EN1	S	DPS	2
	{4 x 25 on :30 Fly lup 1down	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 lup 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 lup 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 Value = 24

Workout #5087 - Monday, 26 November 2007

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 45:00 Physio Balls/Abs/Stretch/Mtg		
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 2:00 Kick-hold under ?????		
1,000	8 x 125 on 1:45 Pulls-odds no breath L25 eve		
	breathe every 5 the entire 125-wrap around		
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 2,900 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

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
 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 2:00 Pulls-odds no breath L25 eve
 { 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

4:47 PM Start
 Yards Set 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 Value = 38

Workout #5095 - Wednesday, 28 November 2007

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards 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 x 75 on 1:10 Kick with flippers
 {4 x 50 on :45 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 x 100 on 1:15 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

3:00 PM Start
 Yards 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 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 5x{1 x 25 on :45 Sculling drills
 {1 x 25 on :45 12.5 ez 12.5 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

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and Stretch
 500 1 x 500 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
 1,300 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
 {2 x 50 on :55 Kick with flippers
 1,050 3x{1 x 100 on 1:45 Lungbuster pulls
 { 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
 {1 x 50 on :50 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
 4:46 PM 3,250 Yards - Stress Value = 50

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

3:00 PM Start

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
800	1 x 800 on 16:00 Vertical Kicking
1,000	5x{2 x 50 on 1:15 Breast Pull-no fly kicking {1 x 100 on 1:30 Pulls
200	4x{1 x 25 on :45 Sculling drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes
1,000	10 x 100 on 1:20 Freestyle-descend in sets c hold #10 as fast as #9
250	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
800	1 x 800 on 16:00 Vertical Kicking
1,000	5x{2 x 50 on 1:15 Breast Pull-no fly kicking {1 x 100 on 1:30 Pulls
200	4x{1 x 25 on :45 Sculling drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes
1,000	10 x 100 on 1:30 Freestyle-descend in sets c hold #10 as fast as #9
250	1 x 250 on 4:00 Stroke Drills 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
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	1 x 800 on 16:00 Vertical Kicking
800	4x{2 x 50 on 1:30 Breast Pull-no fly kicking {1 x 100 on 1:40 Pulls
200	4x{1 x 25 on :45 Sculling drills {1 x 25 on :45 12.5 ez 12.5 fast grt finishes

1,000	10 x 100 on 1:40 Freestyle-descend in sets c hold #10 as fast as #9
250	1 x 250 on 4:00 Stroke 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 x 15 on :45 Shooters
1,600	8x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 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 x 50 on :40 Freestyle {1 x 50 on :50 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
1,200	6x{1 x 100 on 1:45 Individual Medley {1 x 50 on :45 Freestyle {1 x 50 on :55 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

Workout #5112 - Monday, 03 December 2007

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
	4:00 PM Start		
600	1 on 30:00 Dryland and stretch		
150	1 x 600 on 9:00 Swim-kick-pull-swim		
1,200	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		
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		
300	12 x 25 on :12 12.5 ez 12.5 fast grt finishe		
3,200	1x{2 x 400 on 5:00 Freestyle		
	{2 x 400 on 6:00 Individual Medley		
	{2 x 400 on 4:45 Freestyle		
	{2 x 400 on 5:45 Individual Medley		
250	1 x 250 on 5:00 Stroke Drills		
	6:27 PM 6,900 Yards - Stress Value = 115		

Workout #5117 - Monday, 03 December 2007

Group 2 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 PM Start		
	1 on 20:00 Physioballs and Stretching	REC	
400	1 x 400 on 8:00 Swim-kick-pull-swim	EN1	
150	10 x 15 on :45 Shooters	SP2	
800	1x{4 x 25 on :45 BSLR	EN1	
	{3 x 100 on 2:20 Kick	EN1	
	{4 x 25 on :45 BSLR	EN1	
	{3 x 100 on 2:20 Kick	EN1	
750	1x{2 x 150 on 2:15 Pull	EN1	
	{2 x 100 on 1:30 Pull	EN1	
	{2 x 75 on 1:10 Pull	EN1	
	{2 x 50 on :45 Pull	EN1	
200	8 x 25 on :40 12.5 Easy 12.5 Fast	EN1	
1,200	16 x 75 on 1:30 Freestyle	EN3	
200	1 x 200 on 3:30 Stroke Drill	REC	
	1 on 12:00 TIVO Starts	EN1	
	7:29 PM 3,700 Yards - Stress Value = 109		

Workout #5116 - Monday, 03 December 2007

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 PM Start		
	1 on 20:00 Physioballs and Stretching	REC	
300	1 x 300 on 8:00 Swim-kick-pull-swim	EN1	
150	10 x 15 on :45 Shooters	SP2	
800	1x{4 x 25 on :45 BSLR	EN1	
	{3 x 100 on 2:20 Kick	EN1	
	{4 x 25 on :45 BSLR	EN1	
	{3 x 100 on 2:20 Kick	EN1	
500	1x{2 x 100 on 2:15 Pull	EN1	
	{2 x 75 on 1:30 Pull	EN1	
	{2 x 50 on 1:10 Pull	EN1	
	{1 x 50 on :45 Pull	EN1	
200	8 x 25 on :40 12.5 Easy 12.5 Fast	EN1	
1,050	14 x 75 on 1:45 Freestyle	EN3	
200	1 x 200 on 3:30 Stroke Drill	REC	
	1 on 12:00 TIVO Starts	EN1	
	7:29 PM 3,200 Yards - Stress Value = 96		

Workout #5113 - Monday, 03 December 2007

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	W
	4:44 PM Start		
2,000	1x{4 x 125 on 2:00 Backstroke	EN1	
	{4 x 25 on :45 Bathtub drill-12 strokes	EN2	
	{1 x 50 on 1:00 Backstroke-100%	EN3	
	{4 x 100 on 1:35 Backstroke	EN1	
	{4 x 25 on :45 Bathtub drill-11 strokes	EN2	
	{1 x 50 on 1:00 Backstroke-100%	EN3	
	{4 x 75 on 1:10 Backstroke	EN1	
	{4 x 25 on :45 Bathtub drill-10 strokes	EN2	
	{1 x 50 on 1:00 Backstroke-100%	EN3	
	{4 x 50 on :45 Backstroke	EN1	
	{4 x 25 on :45 Bathtub drill-9 strokes	EN2	
	{1 x 50 on 1:00 Backstroke-100%	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch and Ice		
	5:36 PM 2,200 Yards - Stress Value = 34		

Workout #5114 - Monday, 03 December 2007

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
	4:44 PM Start		
1,900	2x{1 x 50 on 1:15 Under/over	EN2	S
	{1 x 50 on 1:10 Under/over	EN2	S
	{1 x 50 on 1:05 Under/over	EN2	S
	{4 x 25 on :40 5 second glide drill	EN1	D
	{2 x 125 on 2:15 Breaststroke	EN2	S
	{2 x 100 on 1:45 Breaststroke	EN2	S
	{2 x 75 on 1:15 Breaststroke	EN2	S
	{2 x 50 on :45 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Stretch and Ice		M
	5:35 PM 2,100 Yards - Stress Value = 36		

Workout #5115 - Monday, 03 December 2007

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	4:44 PM Start			
2,800	2x{1 x 400 on 5:00 Freestyle w/fins	EN2	S	
	{1 x 400 on 4:55 Freestyle w/fins	EN2	S	
	{1 x 300 on 3:40 Freestyle w/fins	EN2	S	
	{3 x 100 on 1:30 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Stretch and Ice		M	
	5:35 PM 3,000 Yards - Stress Value = 56			

Workout #5105 - Monday, 03 December 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 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
2,000	1x{2 x 100 on 1:25 Freestyle	EN1	S
	{2 x 200 on 2:45 Freestyle	EN1	S
	{2 x 300 on 4:00 Freestyle	EN1	S
	{2 x 400 on 5:10 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Stretch and Ice		M

7:04 AM 2,750 Yards - Stress Value = 26

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 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 3,050 Yards - Stress Value = 49

Workout #5106 - Monday, 03 December 2007

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Weights and Stretch		I
350	1 x 350 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,600	1x{2 x 100 on 1:35 Freestyle	EN1	S
	{2 x 200 on 3:10 Freestyle	EN1	S
	{2 x 300 on 4:45 Freestyle	EN1	S
	{1 x 400 on 6:20 Freestyle	EN1	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Stretch and Ice		M

7:05 AM 2,350 Yards - Stress Value = 22

Workout #5109 - Monday, 03 December 2007

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Physio Balls/Stretch		I
400	1 x 400 on 9:00 Swim-kick-pull-swim		S
150	10 x 15 on :45 Shooters		S
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 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 2,800 Yards - Stress Value = 42

Workout #5107 - Monday, 03 December 2007

HighSchl - Gold

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 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,800	1x{2 x 100 on 1:30 Freestyle	EN1	S
	{3 x 200 on 2:55 Freestyle	EN1	S
	{2 x 300 on 4:20 Freestyle	EN1	S
	{1 x 400 on 5:40 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Stretch and Ice		M

7:05 AM 2,600 Yards - Stress Value = 24

Workout #5111 - Monday, 03 December 2007

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Physio Balls/Stretch		I
450	1 x 450 on 9:00 Swim-kick-pull-swim		S
150	10 x 15 on :45 Shooters		S

Workout #5108 - Monday, 03 December 2007

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 300 1 x 300 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 4x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 2:30 Kick
 600 1x{3 x 100 on 2:25 Pulls
 {2 x 100 on 2:20 Pulls
 {1 x 100 on 2:15 Pulls
 150 3x{1 x 25 on 1:00 Sculling drills
 {1 x 25 on :45 12.5 ez 12.5 fast grt finishes
 { odd sd head first, odd finish free, even sc
 { even finish fly
 4:43 PM 2,000 Yards - Stress Value = 30

Workout #5120 - Wednesday, 05 December 2007

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and Stretch
 500 1 x 500 on 8:00 Freestyle L.25 of each 100 f
 150 10 x 15 on :45 Shooters
 1,000 2x{2 x 100 on 2:00 Kick
 {2 x 75 on 1:30 Kick
 {2 x 50 on 1:00 Kick
 {2 x 25 on :30 Kick
 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
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 2,100 3x{1 x 200 on 2:40 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 {1 x 150 on 2:00 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 {1 x 100 on 1:20 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 {1 x 50 on :40 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 150 1 x 150 on 3:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:28 PM 5,100 Yards - Stress Value = 43

Workout #5118 - Wednesday, 05 December 2007

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and Stretch
 500 1 x 500 on 8:00 Freestyle L.25 of each 100 f
 150 10 x 15 on :45 Shooters
 1,000 2x{2 x 100 on 2:00 Kick
 {2 x 75 on 1:30 Kick
 {2 x 50 on 1:00 Kick
 {2 x 25 on :30 Kick
 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
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes

1,800 3x{1 x 200 on 2:50 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 {1 x 150 on 2:10 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 {1 x 100 on 1:25 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 150 1 x 150 on 3:00 Stroke Drills
 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 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and Stretch
 450 1 x 450 on 8:00 Freestyle L.25 of each 100 f
 150 10 x 15 on :45 Shooters
 1,000 2x{2 x 100 on 2:10 Kick
 {2 x 75 on 1:35 Kick
 {2 x 50 on 1:05 Kick
 {2 x 25 on :35 Kick
 800 2x{2 x 25 on :30 Pulls-nbbf&w + 2 yds
 {2 x 50 on :50 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:40 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,800 3x{1 x 200 on 3:20 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 {1 x 150 on 2:30 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 {1 x 100 on 1:40 Freestyle
 {1 x 50 on 1:00 Stroke Drills
 150 1 x 150 on 3:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:28 PM 4,550 Yards - Stress Value = 39

Workout #5121 - Thursday, 06 December 2007

Beat Penn - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 Dryland and Team mtg
 500 1 x 500 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 3x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :55 Kick
 900 1x{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 1:20 Lungbuster pulls
 {2 x 50 on :45 Pulls
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,300 1x{1 x 100 on 1:20 Freestyle
 {4 x 25 on :30 IM order
 {2 x 100 on 1:20 Freestyle
 {4 x 25 on :30 IM order
 {3 x 100 on 1:20 Freestyle
 {4 x 25 on :30 IM order
 {4 x 100 on 1:20 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 4,150 Yards - Stress Value = 45

Workout #5122 - Thursday, 06 December 2007

Beat Penn - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 Dryland and Team mtg
 500 1 x 500 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 3x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :55 Kick
 850 1x{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 x 50 on :45 Pulls
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,300 1x{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
 {4 x 25 on :30 IM order
 {4 x 100 on 1:25 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Relay Starts
 1 on 15:00 Stretch and Ice
 5:36 PM 4,100 Yards - Stress Value = 44

Workout #5123 - Thursday, 06 December 2007

Beat Penn - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 Dryland and Team mtg
 450 1 x 450 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 750 3x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:05 Kick
 800 1x{1 x 100 on 1:45 Lungbuster pulls
 {2 x 50 on :50 Pulls
 {2 x 100 on 1:40 Lungbuster pulls
 {2 x 50 on :50 Pulls
 {3 x 100 on 1:35 Lungbuster pulls
 200 4x{1 x 25 on :45 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,100 1x{1 x 100 on 1:40 Freestyle
 {4 x 25 on :30 IM order
 {2 x 100 on 1:40 Freestyle
 {4 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

350 1x{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {1 x 75 on 1:03 Pulls-nbbf&w + 2 yds
 {1 x 50 on :41 Pulls-nbbf&w + 2 yds
 700 7 x 100 on 1:30 Choice of back, or 25fly 50f
 25 fly
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Stretch and Ice
 7:06 AM 2,050 Yards - Stress Value = 16

Workout #5127 - Friday, 07 December 2007

Beat Penn - Platinum

1 minute rest between sets

3:00 PM Start
 Yards 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 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 1:20 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 3,500 Yards - Stress Value = 31

Workout #5125 - Friday, 07 December 2007

Beat Penn - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 475 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
 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 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

Workout #5126 - Friday, 07 December 2007

Beat Penn - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
425	1x{1 x 100 on 2:00 Stroke Drills {1 x 100 on 1:50 Stroke Drills {1 x 75 on 1:40 Stroke Drills {1 x 75 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
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 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 {4 x 25 on :30 Your Stroke {1 x 100 on 1:40 Freestyle {1 x 200 on 4:00 Stroke Drills 1 on 10:00 Relay Starts 1 on 10:00 Stretch and Ice
	5:04 PM 3,225 Yards - Stress Value = 30

Workout #5133 - Saturday, 08 December 2007

Beat Penn - Distance

1 minute rest between sets

7:53 AM Start

Yards	Set Description
	1,350 3x{1 x 200 on 3:00 Freestyle-Pace of 3rd and 4t { Rest 10 seconds after 1st 100 {1 x 250 on 4:30 Freestyle-EZ
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Stretch and Ice 1 on 23:00 Team Meeting
	9:00 AM 1,850 Yards - Stress Value = 12

Workout #5129 - Saturday, 08 December 2007

Beat Penn - Platinum

1 minute rest between sets

6:30 AM Start

Yards	Set Description
	1 on 35:00 Physio Balls/Abs/Stretch
500	1 x 500 on 8:00 Choice
150	10 x 15 on :45 Shooters
600	1x{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
600	1 x 600 on 8:00 Pulls
200	4x{1 x 25 on :45 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
	7:52 AM 2,050 Yards - Stress Value = 23

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

150	10 x 15 on :45 Shooters
600	1x{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
550	1 x 550 on 8:00 Pulls
200	4x{1 x 25 on :45 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
	7:52 AM 1,950 Yards - Stress Value = 23

Workout #5130 - Saturday, 08 December 2007

Beat Penn - Silver

1 minute rest between sets

6:30 AM Start

Yards	Set Description
	1 on 35:00 Physio Balls/Abs/Stretch
400	1 x 400 on 8:00 Choice
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 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
450	1 x 450 on 8:00 Pulls
200	4x{1 x 25 on :45 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
	7:52 AM 1,700 Yards - Stress Value = 20

Workout #5132 - Saturday, 08 December 2007

Beat Penn - Sprint

1 minute rest between sets

7:53 AM Start

Yards	Set Description	EC
	1,200 3x{4 x 50 on 1:00 Freestyle-hold time I give EN {1 x 200 on 4:00 Freestyle-EZ RE	
450	9 x 50 on 1:00 Stroke Drills RE	
	1 on 10:00 Stretch and Ice	
	1 on 23:00 Team Meeting	
	9:00 AM 1,650 Yards - Stress Value = 12	

Workout #5131 - Saturday, 08 December 2007

Beat Penn - Stokers

1 minute rest between sets

7:53 AM Start

Yards	Set Description
	1,200 2x{1 x 200 on 3:15 IM w/100 best and no wk strk {4 x 25 on :30 Your #1 great effort {1 x 100 on 1:45 Stroke Drills {4 x 25 on :30 Weak Stroke-great effort {1 x 100 on 1:45 Stroke Drills
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Stretch and Ice 1 on 23:00 Team Meeting
	8:59 AM 1,700 Yards - Stress Value = 12

Workout #5134 - Monday, 10 December 2007

Beat Penn - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stretch/Team meeting
800	1 x 800 on 13:00 Swim-kick-pull-swim
	1 on 10:00 Techniques-Relay Starts
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 x 25 on :30 12.5 ez 12.5 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

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 8:00 swim kick pull swim	REC	
150	10 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

3:00 PM Start

Yards	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 x 25 on :30 12.5 ez 12.5 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

Yards	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 x 25 on :30 12.5 ez 12.5 fast grt finishes
1,925	1x{1 x 275 on 4:00 Freestyle
	{1 x 275 on 3:55 Freestyle
	{1 x 275 on 3:50 Freestyle
	{1 x 275 on 3:45 Freestyle
	{1 x 275 on 3:40 Freestyle
	{1 x 275 on 3:35 Freestyle
	{1 x 275 on 3:30 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 #5136 - Wednesday, 12 December 2007

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 45:00 Weights and Stretch
500	1 x 500 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%
1,050	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

Workout #5142 - Thursday, 13 December 2007

HighSchl - Back

1 minute rest between sets

4:38 PM Start
 Yards Set Description EGY V
 =====
 1,850 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
 400 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

Workout #5144 - Thursday, 13 December 2007

HighSchl - Breast

1 minute rest between sets

4:38 PM Start
 Yards Set 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 PM Start
 Yards Set Description EGY
 =====
 2,700 6x{1 x 150 on 1:50 Freestyle EN2
 {1 x 150 on 2:00 Freestyle w/1 parachute EN2
 {1 x 150 on 2:10 Freestyle w/2 parachutes EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 12:00 Stretch and Ice
 5:35 PM 3,100 Yards - Stress Value = 44

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 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
 1,600 2x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:35 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:30 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:25 Pulls-nbbf&w + 2 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 3,650 Yards - Stress Value = 61

Workout #5141 - Thursday, 13 December 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
 1,200 6x{1 x 50 on 1:00 Kick w/zoomers
 {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 x 200 on 3:00 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:55 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:50 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:45 Pulls-nbbf&w + 2 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

3:00 PM Start
 Yards 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 x 50 on 1:00 Kick w/zoomers
 {1 x 50 on :55 Kick w/zoomers
 {1 x 50 on :50 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 x 200 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 200 on 3:05 Pulls-nbbf&w + 2 yds
 {1 x 50 on :45 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 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	W
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,800	1x{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 100 on 1:30 Butterfly	EN2	S	F
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{2 x 50 on :45 Butterfly	EN2	S	F
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{4 x 25 on :25 Butterfly	EN2	S	F
	{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 x 25 on :25 Backstroke	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 100 on 1:40 Breaststroke	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{2 x 50 on :50 Breaststroke	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{4 x 25 on :25 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

3:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stretch and Team meeting			
750	1 x 750 on 10:00 50 choice 25 sculling drill			
150	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 x 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			
1,600	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	S
	1 on 35:00 Weights and Stretch		L	W
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 x 50 on :50 Butterfly	EN2	S	F

{1 x 100 on 1:40 Individual Medley	EN2	S
{4 x 25 on :30 Butterfly	EN2	S
{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
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

Yards	Set Description	EGY	WORK	S
	1 on 35:00 Weights and Stretch		L	W
350	1 x 350 on 7:00 Reverse IM drill	REC	D	
150	10 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	Set Description
7:00 AM Start	
500	1x{1 on 30:00 Abs/Stretch 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
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
1,500	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 1 x 25 on :30 12.5 ez 12.5 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 x 50 on 1:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Stretch and Ice
9:35 AM	6,250 Yards - Stress Value = 116

7:00 AM Start

Yards	Set Description
450	1x{1 on 30:00 Abs/Stretch 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 75 on 1:30 Stroke Drills 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 x 25 on :50 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

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

Yards	Set Description
7:00 AM Start	
500	1x{1 on 30:00 Abs/Stretch 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
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 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 1 on 10:00 Stretch and Ice
9:35 AM	6,050 Yards - Stress Value = 112

7:00 AM Start

Yards	Set Description
250	1x{1 on 30:00 Abs/Stretch 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 Drills 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 x 25 on 1:00 Sculling drills 1 x 25 on :45 12.5 ez 12.5 fast grt finishes
1,850	1x{4 x 100 on 2:00 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

Workout #5152 - Saturday, 15 December 2007

HighSchl - Silver

1 minute rest between sets

Workout #5155 - Monday, 17 December 2007

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and Stretch
 400 1 x 400 on 6:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,400 1x{1 x 400 on 6:00 Free L.25 of each 100 build
 {1 x 400 on 5:00 Freestyle
 {1 x 400 on 4:50 Freestyle
 {1 x 400 on 4:40 Freestyle
 {1 x 400 on 4:30 Freestyle
 {1 x 400 on 4:20 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Stretch and Ice
 7:05 AM 3,150 Yards - Stress Value = 50

Workout #5154 - Monday, 17 December 2007

HighSchl - Gold

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
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Stretch and Ice
 7:05 AM 2,800 Yards - Stress Value = 44

Workout #5153 - Monday, 17 December 2007

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 Weights and Stretch
 300 1 x 300 on 6:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,900 1x{1 x 400 on 7:00 Free L.25 of each 100 build
 {1 x 400 on 6:00 Freestyle
 {1 x 400 on 5:55 Freestyle
 {1 x 400 on 5:50 Freestyle
 {1 x 300 on 4:15 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Stretch and Ice
 7:04 AM 2,550 Yards - Stress Value = 40

Workout #5159 - Tuesday, 18 December 2007

HighSchl - Fly

1 minute rest between sets

4:35 PM Start
 Yards Set Description
 =====
 1,500 2x{10 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {10 x 25 on :30 Butterfly w/zoozers lup 2dowr
 {1 on 1:00 Rest
 {10 x 25 on :30 Butterfly w/fins lup 3down
 {1 on 1:00 Rest

400 8 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:35 PM 1,900 Yards - Stress Value = 30

Workout #5160 - Tuesday, 18 December 2007

HighSchl - Freestylers

1 minute rest between sets

4:35 PM Start
 Yards Set Description EGY WORK STK F
 =====
 2,700 1x{1 x 200 on 2:40 Freestyle EN2 S FR 1
 {2 x 100 on 1:20 Freestyle EN2 S FR 1
 {4 x 50 on :40 Freestyle EN2 S FR 1
 {1 x 300 on 4:00 Freestyle EN2 S FR 1
 {3 x 100 on 1:20 Freestyle EN2 S FR 1
 {6 x 50 on :40 Freestyle EN2 S FR 1
 {1 x 400 on 5:20 Freestyle EN2 S FR 1
 {4 x 100 on 1:20 Freestyle EN2 S FR 1
 {8 x 50 on :40 Freestyle EN2 S FR 1
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 15:00 Stretch and Ice M
 5:35 PM 3,100 Yards - Stress Value = 54

Workout #5156 - Tuesday, 18 December 2007

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set 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 3x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:30 Kick
 1,350 1x{2 x 125 on 1:40 Pulls
 {2 x 125 on 1:35 Pulls
 {2 x 125 on 1:30 Pulls
 {2 x 100 on 1:20 Pulls
 {2 x 100 on 1:15 Pulls
 {2 x 100 on 1:10 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 3,400 Yards - Stress Value = 47

Workout #5157 - Tuesday, 18 December 2007

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set 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 Set 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

4:53 PM Start
 Yards Set 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 Value = 34

Workout #5164 - Wednesday, 19 December 2007

HighSchl - Breast

1 minute rest between sets

4:53 PM Start
 Yards Set Description EGY WORK S
 =====
 1,500 1x{2 x 125 on 2:15 Breaststroke EN2 S
 {2 x 50 on 1:00 Under/Overs EN2 S
 {2 x 125 on 2:10 Breaststroke EN2 S
 {2 x 50 on 1:00 Under/Overs EN2 S
 {2 x 125 on 2:05 Breaststroke EN2 S
 {2 x 50 on 1:00 Under/Overs EN2 S
 {2 x 125 on 2:00 Breaststroke EN2 S
 {2 x 50 on 1:00 Under/Overs EN2 S
 {1 x 100 on 3:00 Breaststroke-100% EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 10:00 Stretch and Ice M
 5:35 PM 1,700 Yards - Stress Value = 30

Workout #5163 - Wednesday, 19 December 2007

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 500 1 x 500 on 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 x 50 on :50 Kick

{1 x 50 on :45 Freestyle-EZ

1,200 1 x 1200 on 15:00 Lungbuster pulls

200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :30 12.5 ez 12.5 fast grt finishes

4:53 PM 3,550 Yards - Stress Value = 62

Workout #5161 - Wednesday, 19 December 2007

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 450 1 x 450 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 :50 Kick
 {1 x 50 on :55 Kick
 {1 x 50 on :50 Freestyle-EZ
 1,000 1 x 1000 on 13:00 Lungbuster pulls
 200 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

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 x 25 on :30 12.5 ez 12.5 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 W
 =====
 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 x 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

Yards	Set Description
7:00 AM	Start
500	1 on 35:00 Weight and Stretch 1 x 500 on 8:00 Choice
150	10 x 15 on :45 Shooters
1,200	2x{4 x 25 on :45 Kick no board BSLR { 15 kicks off the wall { 1 x 100 on 1:40 Kick { 4 x 25 on :40 Kick no board BSLR { 12 kicks off the wall { 1 x 100 on 1:40 Kick { 4 x 25 on :35 Kick no board BSLR { 9 kicks off the wall { 1 x 100 on 1:40 Kick
2,000	2x{2 x 150 on 2:00 Pulls w/snorkel { 2 x 125 on 1:35 Pulls w/snorkel { 2 x 100 on 1:15 Pulls w/snorkels { 2 x 75 on :55 Pulls w/snorkels { 2 x 50 on :35 Pulls w/snorkels
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :30 12.5 ez 12.5 fast grt finishes
1,650	3x{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 { 4 x 100 on 1:15 Freestyle { 1 x 50 on 1:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch and Ice
9:35 AM	5,900 Yards - Stress Value = 105

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	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 100 on 1:35 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 12.5 ez 12.5 fast grt finishes
1,350	3x{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 { 3 x 100 on 1:30 Freestyle { 1 x 50 on :45 Freestyle { 1 on :45 Rest
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch and Ice
9:34 AM	4,900 Yards - Stress Value = 90

Workout #5170 - Monday, 24 December 2007

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
7:00 AM	Start				
10,000	100 x 100 on 1:15 Freestyle	EN2	S	FR	1:15
450	1 on 35:00 Weight and Stretch 1 x 450 on 8:00 Choice				
150	10 x 15 on :45 Shooters				
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 { 4 x 25 on :35 Kick no board BSLR { 9 kicks off the wall { 1 x 50 on 1:00 Kick				
1,800	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				
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :30 12.5 ez 12.5 fast grt finishes				
1,500	3x{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 { 3 x 100 on 1:20 Freestyle { 1 x 50 on :40 Freestyle { 1 x 50 on 1:20 Freestyle				
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch and Ice				
9:22 AM	10,000 Yards - Stress Value = 200				

Workout #5174 - Wednesday, 26 December 2007

HighSchl - All

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 15:00 Stretch 1 x 500 on 8:00 Choice
150	10 x 15 on :45 Shooters
800	8x{1 x 25 on :40 Heads Ups Kicking { 1 x 25 on :01 10sec vert kick 20 yard sprint { IM order { 1 x 50 on 1:29 Freestyle
900	6x{1 x 50 on 1:00 Shoe Kick no board { 1 x 50 on 1:00 Shoe Kick w/board { 1 x 50 on 1:15 Shoe/Tombstone kick
400	1 x 400 on 7:00 Easy Swim 1 on 15:00 Stretch and Ice
4:35 PM	2,750 Yards - Stress Value = 44

Workout #5166 - Friday, 21 December 2007

Workout #5173 - Wednesday, 26 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 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 :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
250	1 x 250 on 4:00 Stroke Drills 1 on 12:00 Stretch and Ice
	9:35 AM 6,350 Yards - Stress Value = 100

Workout #5171 - Wednesday, 26 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 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 1:00 Kick {1 x 50 on :55 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 x 50 on :45 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 x 300 on 4:00 Freestyle {3 x 200 on 2:40 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 11:00 Stretch and Ice
	9:35 AM 5,900 Yards - Stress Value = 94

Workout #5172 - Wednesday, 26 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 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 x 50 on :45 Pulls
250	5x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes

2,600	1x{1 x 500 on 7:20 Freestyle {2 x 400 on 5:50 Freestyle {3 x 300 on 4:20 Freestyle {2 x 200 on 2:50 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 11:00 Stretch and Ice
	9:35 AM 5,550 Yards - Stress Value = 89

Workout #5179 - Friday, 28 December 2007

HighSchl - Back

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{4 x 100 on 1:30 Backstroke {1 on 1:00 Rest {4 x 100 on 1:25 Backstroke {1 on 1:00 Rest {4 x 100 on 1:20 Backstroke {1 on 1:00 Rest {4 x 100 on 1:15 Backstroke {1 on 1:00 Rest {4 x 100 on 1:10 Backstroke	EN2	S	BK
300	1 x 300 on 5:00 Stroke Drills 1 on 15:00 Stretch and Ice	REC	D	CD
	9:35 AM 2,300 Yards - Stress Value = 40		M	

Workout #5178 - Friday, 28 December 2007

HighSchl - Breast

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK
1,700	1x{4 x 100 on 1:45 Backstroke {1 on 1:00 Rest {4 x 100 on 1:40 Backstroke {1 on 1:00 Rest {4 x 100 on 1:35 Backstroke {1 on 1:00 Rest {4 x 100 on 1:30 Backstroke {1 on 1:00 Rest {1 x 100 on 1:25 Backstroke	EN2	S	BK
300	1 x 300 on 5:00 Stroke Drills 1 on 15:00 Stretch and Ice	REC	D	CD
	9:36 AM 2,000 Yards - Stress Value = 34		M	

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 x 150 on 2:00 Pulls w/snorkels {2 x 125 on 1:40 Pulls w/snorkels {3 x 100 on 1:20 Pulls w/snorkels {4 x 75 on 1:00 Pulls w/snorkels {5 x 50 on :40 Pulls w/snorkels
250	5x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 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

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 x 125 on 1:50 Pulls w/snorkels
	{3 x 100 on 1:30 Pulls w/snorkels
	{4 x 75 on 1:10 Pulls w/snorkels
	{2 x 50 on :45 Pulls w/snorkels
250	5x{1 x 25 on :50 Sculling drills
	{1 x 25 on :30 12.5 ez 12.5 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

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 x 150 on 2:30 Pulls w/snorkels
	{2 x 125 on 2:05 Pulls w/snorkels
	{3 x 100 on 1:40 Pulls w/snorkels
	{4 x 75 on 1:15 Pulls w/snorkels
250	5x{1 x 25 on :50 Sculling drills
	{1 x 25 on :30 12.5 ez 12.5 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	Set Description
	1 on 35:00 Weights and Stretch
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	6 x 150 on 2:00 Freestyle-descend in 3's
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on :50 Kick
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 2:00 Freestyle-descend in 3's
1,000	2x{1 x 125 on 1:50 Pull no br L.12 yds
	{1 x 125 on 1:50 Pull no br L.14 yds
	{1 x 125 on 1:50 Pull no br L.16 yds
	{1 x 125 on 1:50 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
900	6 x 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	Set Description	EGY	WORK
	1 on 15:00 Stretching		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
200	10 x 20 on :45 Cross pool sprints	SP3	S
500	1 x 500 on 7:30 Pull w/snorkel	EN1	F
500	10 x 50 on 1:15 Kick w/shoes	EN2	F
500	1 x 500 on 20:00 Killer Relays w/shoes	SP2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	1 on 12:00 Stretch and Ice		M
	4:35 PM 2,500 Yards - Stress Value = 73		

Workout #5181 - Monday, 31 December 2007

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
	1 on 35:00 Weights and Stretch
450	1 x 450 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
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
900	6 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

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 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
700	2x{1 x 100 on 1:40 Pull no br L.12 yds
	{1 x 100 on 1:40 Pull no br L.14 yds
	{1 x 100 on 1:40 Pull no br L.16 yds
	{1 x 50 on :45 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
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