

Workout #5185 - Tuesday, 01 January 2008

HighSchl - Fly

1 minute rest between sets

8:40 AM Start

| Yards | Set Description | EGY |
|---|---|-----|
| 2,250 | 1x{4 x 100 on 1:30 3 strokes fly off wall | EN2 |
| | {4 x 25 on :30 Fly lup 2down | EN2 |
| | {3 x 50 on :45 Freestyle-Great effort | EN2 |
| | {1 x 100 on 1:45 Freestyle | REC |
| | {4 x 100 on 1:30 4 strokes fly off wall | EN2 |
| | {4 x 25 on :30 Butterfly lup 3down | EN2 |
| | {3 x 50 on :45 Freestyle-great effort | EN2 |
| | {1 x 100 on 1:45 Freestyle | REC |
| | {4 x 100 on 1:30 5 strokes fly off wall | EN2 |
| | {4 x 25 on :30 Butterfly lup 4down | EN2 |
| | {3 x 50 on :45 Freestyle-great effort | EN2 |
| | {1 x 100 on 1:45 Freestyle | REC |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC |
| | 1 on 14:00 Stretch and Ice | |
| 9:35 AM 2,450 Yards - Stress Value = 39 | | |

Workout #5184 - Tuesday, 01 January 2008

HighSchl - All

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY |
|---|---|-----|
| | 1 on 35:00 Physio Balls/Abs/Stretch | |
| 500 | 1 x 500 on 8:00 Choice | |
| 240 | 16 x 15 on :45 Shooters | |
| 800 | 8 x 100 on 1:30 Kick w/fins | |
| 800 | 1x{2 x 150 on 2:15 Lungbuster pulls | |
| | {3 x 100 on 1:30 Lungbuster pulls | |
| | {4 x 50 on :45 Lungbuster pulls | |
| 450 | 9x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | |
| 450 | 3x{6 x 25 on :30 Butterfly | |
| | {1 on 1:00 Rest | |
| 750 | 6 x 125 on 2:00 Backstroke descend in 3's | |
| 200 | 1x{1 x 100 on 2:00 Breaststroke | |
| | {2 x 50 on 1:00 Breaststroke 25 drill 25-100 | |
| 900 | 4 x 225 on 3:00 Freestyle | |
| 200 | 1 x 200 on 3:00 Stroke Drills | |
| | 1 on 12:00 Stretch and Ice | |
| 9:35 AM 5,290 Yards - Stress Value = 70 | | |

Workout #5189 - Wednesday, 02 January 2008

HighSchl - Distance

1 minute rest between sets

8:40 AM Start

| Yards | Set Description | EGY |
|---|---|-----|
| 3,000 | 1x{1 x 750 on 9:20 Freestyle-descend by 250's | |
| | {1 x 500 on 6:15 Freestyle-neg 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-neg split | |
| | {1 x 250 on 3:00 Free-fast as 2nd half of 500 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | |
| | 1 on 14:00 Stretch and Ice | |
| 9:35 AM 3,200 Yards - Stress Value = 60 | | |

Workout #5187 - Wednesday, 02 January 2008

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY |
|-------|-----------------|-----|
|-------|-----------------|-----|

| Yards | Set Description | EGY |
|---|---|-----|
| | 1 on 35:00 Weights and Stretch | |
| 500 | 1 x 500 on 8:00 Underwater trn drill | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,200 | 6x{1 x 100 on 1:30 Kick | |
| | {1 x 100 on 2:00 Kick | |
| 1,200 | 1x{1 x 300 on 4:00 Pull w/snorkels | |
| | {2 x 150 on 2:00 Pull w/snorkels | |
| | {1 x 300 on 4:00 Pull w/snorkels | |
| | {4 x 75 on 1:00 Pulls | |
| 250 | 5x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | |
| 8:39 AM 3,300 Yards - Stress Value = 37 | | |

Workout #5186 - Wednesday, 02 January 2008

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY |
|---|---|-----|
| | 1 on 35:00 Weights and Stretch | |
| 450 | 1 x 450 on 8:00 Underwater trn drill | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,000 | 5x{1 x 100 on 1:45 Kick | |
| | {1 x 100 on 2:15 Kick | |
| 1,050 | 1x{1 x 300 on 4:30 Pull w/snorkels | |
| | {2 x 150 on 2:15 Pull w/snorkels | |
| | {1 x 300 on 4:30 Pull w/snorkels | |
| | {2 x 75 on 1:05 Pulls | |
| 250 | 5x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | |
| 8:38 AM 2,900 Yards - Stress Value = 33 | | |

Workout #5188 - Wednesday, 02 January 2008

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 Underwater trn drill | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,000 | 5x{1 x 100 on 1:55 Kick | |
| | {1 x 100 on 2:20 Kick | |
| 900 | 1x{1 x 300 on 5:00 Pull w/snorkels | |
| | {2 x 150 on 2:30 Pull w/snorkels | |
| | {1 x 300 on 5:00 Pull w/snorkels | |
| 250 | 5x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | |
| 8:39 AM 2,700 Yards - Stress Value = 31 | | |

Workout #5190 - Thursday, 03 January 2008

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY |
|---|--|-----|
| | 1 on 30:00 Physio Balls/Abs/Stretch | |
| 500 | 1x{1 x 100 on 2:00 Stroke Drills | RE |
| | {1 x 100 on 1:50 Stroke Drills | RE |
| | {1 x 100 on 1:40 Stroke Drills | RE |
| | {1 x 100 on 1:30 Stroke Drills | RE |
| | {1 x 100 on 1:20 Stroke Drills | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,000 | 5x{4 x 25 on 1:00 Kick no board BSLR w/shoes | EN |
| | {2 x 50 on 1:20 Kick | EN |
| 1,000 | 20 x 50 on :40 Pulls-nbbf&w + 2 yds | EN |
| 8:38 AM 2,650 Yards - Stress Value = 46 | | |

Workout #5191 - Thursday, 03 January 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EC |
|---------|--|----|
| 7:00 AM | Start | |
| 500 | 1 on 30:00 Physio BallsAbs/Stretch | RE |
| | 1x{1 x 100 on 2:00 Stroke Drills | RE |
| | {1 x 100 on 1:50 Stroke Drills | RE |
| | {1 x 100 on 1:40 Stroke Drills | RE |
| | {1 x 100 on 1:30 Stroke Drills | RE |
| | {1 x 100 on 1:20 Stroke Drills | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,000 | 5x{4 x 25 on 1:00 Kick no board BSLR w/shoes | EN |
| | {2 x 50 on 1:20 Kick | EN |
| 900 | 18 x 50 on :45 Pulls-nbbf&w + 2 yds | EN |
| 8:38 AM | 2,550 Yards - Stress Value = 44 | |

Workout #5192 - Thursday, 03 January 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EC |
|---------|--|----|
| 7:00 AM | Start | |
| 450 | 1 on 30:00 Physio BallsAbs/Stretch | RE |
| | 1x{1 x 100 on 2:00 Stroke Drills | RE |
| | {1 x 100 on 1:50 Stroke Drills | RE |
| | {1 x 100 on 1:40 Stroke Drills | RE |
| | {1 x 75 on 1:30 Stroke Drills | RE |
| | {1 x 75 on 1:20 Stroke Drills | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,000 | 5x{4 x 25 on 1:00 Kick no board BSLR w/shoes | EN |
| | {2 x 50 on 1:30 Kick | EN |
| 800 | 16 x 50 on :50 Pulls-nbbf&w + 2 yds | EN |
| 8:39 AM | 2,400 Yards - Stress Value = 42 | |

Workout #5193 - Friday, 04 January 2008

HighSchl - IM'ers

1 minute rest between sets

| Yards | Set Description | EC |
|---------|---|----|
| 7:00 AM | Start | |
| 500 | 1 on 35:00 Weights and Stretch | |
| 150 | 1 x 500 on 8:00 Reverse IM drill | |
| 500 | 10 x 15 on :45 Shooters | |
| 500 | 20 x 25 on :45 Sprint kick w/shoes | |
| 500 | 5 x 100 on 2:00 Kick-dscnd to ludicrous spee | |
| 1,500 | 2x{1 x 125 on 1:40 Pulls w/snorkels | |
| | {2 x 100 on 1:20 Pulls w/snorkels | |
| | {3 x 75 on 1:00 Pulls w/snorkels | |
| | {4 x 50 on 1:00 Pulls-limited breathing | |
| 250 | 5x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | |
| 2,100 | 1x{1 x 400 on 5:40 Individual Medley | |
| | {3 x 100 on 1:20 50 fly 50 back | |
| | {1 x 400 on 5:30 Individual Medley | |
| | {3 x 100 on 1:25 50 back 50 breast | |
| | {1 x 400 on 5:20 Individual Medley | |
| | {3 x 100 on 1:20 50 breast 50 free | |
| 200 | 1 x 200 on 3:00 Stroke Drills | |
| | 1 on 10:00 Stretch and Ice | |
| 9:35 AM | 5,700 Yards - Stress Value = 104 | |

Workout #5196 - Friday, 04 January 2008

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|-----------------|-----|
| 3:00 PM | Start | |

| Yards | Set Description | EC |
|------------|--|-----|
| 1 on 13:00 | Stretching | |
| 500 | 1 x 500 on 8:00 Choice | REC |
| 400 | 1 x 400 on 12:00 Vertical Kicking w/shoes | EN2 |
| 150 | 10 x 15 on :45 Cross pool sprints | SP3 |
| 100 | 1 x 100 on 5:00 Individual Medley for time | SP2 |
| 400 | 1 x 400 on 25:00 Relay Game | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC |
| 1 on 15:00 | Stretch and Ice | |
| 4:35 PM | 1,750 Yards - Stress Value = 24 | |

Workout #5194 - Friday, 04 January 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EC |
|---------|---|----|
| 7:00 AM | Start | |
| 450 | 1 on 35:00 Weights and Stretch | |
| 150 | 1 x 450 on 8:00 Reverse IM drill | |
| 500 | 10 x 15 on :45 Shooters | |
| 500 | 20 x 25 on :45 Sprint kick w/shoes | |
| 500 | 5 x 100 on 2:00 Kick-dscnd to ludicrous spee | |
| 1,400 | 2x{1 x 125 on 1:50 Pulls w/snorkels | |
| | {2 x 100 on 1:30 Pulls w/snorkels | |
| | {3 x 75 on 1:10 Pulls w/snorkels | |
| | {3 x 50 on 1:00 Pulls-limited breathing | |
| 250 | 5x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | |
| 1,800 | 1x{1 x 400 on 6:30 Individual Medley | |
| | {3 x 100 on 1:35 50 fly 50 back | |
| | {1 x 400 on 6:20 Individual Medley | |
| | {3 x 100 on 1:40 50 back 50 breast | |
| | {1 x 200 on 3:05 Individual Medley | |
| | {2 x 100 on 1:40 50 breast 50 free | |
| 200 | 1 x 200 on 3:00 Stroke Drills | |
| | 1 on 10:00 Stretch and Ice | |
| 9:35 AM | 5,250 Yards - Stress Value = 92 | |

Workout #5195 - Friday, 04 January 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EC |
|---------|---|----|
| 7:00 AM | Start | |
| 500 | 1 on 35:00 Weights and Stretch | |
| 400 | 1 x 400 on 8:00 Reverse IM drill | |
| 150 | 10 x 15 on :45 Shooters | |
| 500 | 20 x 25 on :45 Sprint kick w/shoes | |
| 500 | 5 x 100 on 2:10 Kick-dscnd to ludicrous spee | |
| 1,300 | 2x{1 x 125 on 2:00 Pulls w/snorkels | |
| | {2 x 100 on 1:35 Pulls w/snorkels | |
| | {3 x 75 on 1:15 Pulls w/snorkels | |
| | {2 x 50 on 1:00 Pulls-limited breathing | |
| 250 | 5x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | |
| 1,600 | 1x{1 x 400 on 7:00 Individual Medley | |
| | {2 x 100 on 1:45 50 fly 50 back | |
| | {1 x 300 on 5:10 Individual Medley | |
| | {2 x 100 on 1:50 50 back 50 breast | |
| | {1 x 200 on 3:25 Individual Medley | |
| | {3 x 100 on 1:45 50 breast 50 free | |
| 200 | 1 x 200 on 4:00 Stroke Drills | |
| | 1 on 10:00 Stretch and Ice | |
| 9:35 AM | 4,900 Yards - Stress Value = 82 | |

Workout #5198 - Saturday, 05 January 2008

HighSchl - Freestylers

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| 600 | 1 on 30:00 Abs and Stretch |
| 150 | 1 x 600 on 9:00 Choice |
| 1,600 | 10 x 15 on :45 Shooters |
| 2x | {1 x 100 on 1:30 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:35 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 1:40 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 1:45 Kick |
| 1,750 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {4 x 125 on 1:45 Lungbuster pulls |
| | {1 x 50 on :30 Pulls |
| | {3 x 125 on 1:45 Lungbuster pulls |
| | {2 x 50 on :35 Pulls |
| | {2 x 125 on 1:45 Lungbuster pulls |
| | {3 x 50 on :40 Pulls |
| | {1 x 125 on 1:45 Lungbuster pulls |
| | {4 x 50 on :45 Pulls |
| | { Lungbuster pulls breathe 3-5-7-9 continuous |
| 250 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,200 | 16 x 75 on 1:30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 10:00 Stretch and Ice |
| | 9:35 AM 5,750 Yards - Stress Value = 135 |

Workout #5200 - Saturday, 05 January 2008

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| 550 | 1 on 30:00 Abs and Stretch |
| 150 | 1 x 550 on 9:00 Choice |
| 1,500 | 10 x 15 on :45 Shooters |
| 2x | {1 x 100 on 1:45 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:50 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 1:55 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:00 Kick |
| | {2 x 25 on :30 Kick no board BSLR |
| 1,650 | 1x{4 x 125 on 1:50 Lungbuster pulls |
| | {1 x 50 on :40 Pulls |
| | {3 x 125 on 1:50 Lungbuster pulls |
| | {2 x 50 on :45 Pulls |
| | {2 x 125 on 1:50 Lungbuster pulls |
| | {3 x 50 on :50 Pulls |
| | {1 x 125 on 1:50 Lungbuster pulls |
| | {2 x 50 on :45 Pulls |
| | { Lungbuster pulls breathe 3-5-7-9 continuous |
| 250 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,200 | 16 x 75 on 1:30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 10:00 Stretch and Ice |
| | 9:35 AM 5,500 Yards - Stress Value = 132 |

Workout #5199 - Saturday, 05 January 2008

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 30:00 Abs and Stretch |
| 150 | 1 x 500 on 9:00 Choice |
| 1,400 | 10 x 15 on :45 Shooters |
| 2x | {1 x 100 on 1:50 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:55 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 2:05 Kick |
| 1,450 | 1x{4 x 125 on 2:05 Lungbuster pulls |
| | {1 x 50 on :45 Pulls |
| | {3 x 125 on 2:05 Lungbuster pulls |
| | {2 x 50 on :50 Pulls |
| | {2 x 125 on 2:05 Lungbuster pulls |
| | {1 x 50 on :55 Pulls |
| | {1 x 125 on 2:05 Lungbuster pulls |
| | { Lungbuster pulls breathe 3-5-7-9 continuous |
| 250 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,200 | 16 x 75 on 1:30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 10:00 Stretch and Ice |
| | 9:34 AM 5,150 Yards - Stress Value = 127 |

Workout #5197 - Saturday, 05 January 2008

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| 400 | 1 on 30:00 Abs and Stretch |
| 150 | 1 x 400 on 9:00 Choice |
| 1,300 | 10 x 15 on :45 Shooters |
| 2x | {1 x 100 on 2:30 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 2:25 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 2:20 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 50 on 1:00 Kick |
| 1,200 | 1x{2 x 125 on 2:30 Lungbuster pulls |
| | {1 x 50 on 1:10 Pulls |
| | {2 x 125 on 2:30 Lungbuster pulls |
| | {2 x 50 on 1:05 Pulls |
| | {2 x 125 on 2:30 Lungbuster pulls |
| | {1 x 50 on 1:00 Pulls |
| | {2 x 125 on 2:30 Lungbuster pulls |
| | { Lungbuster pulls breathe 3-5-7-9 continuous |
| 250 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,200 | 16 x 75 on 1:30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 10:00 Stretch and Ice |
| | 9:35 AM 4,700 Yards - Stress Value = 123 |

Workout #5205 - Monday, 07 January 2008

HighSchl - Distance

1 minute rest between sets

| 3:00 PM Start | | 3:00 PM Start | |
|---------------|---|---------------|---|
| Yards | Set Description | Yards | Set Description |
| 550 | 1 on 30:00 Physio Balls/Stretch | 550 | 1 x 550 on 9:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters | 150 | 10 x 15 on :45 Shooters |
| 1,250 | 5x{4 x 25 on :45 Kick no board BSLR | 1,250 | 5x{4 x 25 on :45 Kick no board BSLR |
| 600 | {1 x 50 on 1:00 Kick | 600 | {1 x 50 on 1:00 Kick |
| 150 | {1 x 100 on 2:00 Kick | 150 | {1 x 100 on 2:00 Kick |
| 1,200 | 1x{2 x 150 on 2:00 Pull no br L.10 yds | 1,050 | 1x{2 x 150 on 2:10 Pull no br L.10 yds |
| | {2 x 150 on 2:00 Pull no br L.12 yds | | {2 x 150 on 2:10 Pull no br L.12 yds |
| | {2 x 150 on 2:00 Pull no br L.14 yds | | {2 x 150 on 2:10 Pull no br L.14 yds |
| | {2 x 150 on 2:00 Pull no br L.16 yds | | {1 x 150 on 2:10 Pull no br L.16 yds |
| 250 | 5x{1 x 25 on :50 Sculling drills | 250 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,500 | 1x{1 x 300 on 4:00 Freestyle | 2,300 | 1x{1 x 300 on 4:30 Freestyle |
| | {2 x 275 on 3:40 Freestyle | | {2 x 275 on 4:05 Freestyle |
| | {3 x 250 on 3:20 Freestyle | | {3 x 250 on 3:45 Freestyle |
| | {4 x 225 on 3:00 Freestyle | | {4 x 175 on 2:35 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills | 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 11:00 Stretch and Ice | | 1 on 11:00 Stretch and Ice |
| 5:35 PM | 6,200 Yards - Stress Value = 63 | 5:35 PM | 5,750 Yards - Stress Value = 60 |

Workout #5203 - Monday, 07 January 2008

HighSchl - Silver

1 minute rest between sets

| 5:30 AM Start | | 5:30 AM Start | | EGY WORK | |
|---------------|-------------------------------------|---------------|-------------------------------------|----------|------|
| Yards | Set Description | Yards | Set Description | EGY | WORK |
| 300 | 1 on 35:00 Weights and Stretch | 300 | 1 on 35:00 Weights and Stretch | | I |
| 150 | 1 x 300 on 7:00 Swim-kick-pull-swim | 150 | 1 x 300 on 7:00 Swim-kick-pull-swim | REC | S |
| 600 | 10 x 15 on :45 Shooters | 600 | 10 x 15 on :45 Shooters | SP3 | S |
| 1,050 | 6 x 100 on 1:35 Pull no br L.12 yds | 1,050 | 6 x 100 on 1:35 Pull no br L.12 yds | EN1 | F |
| 400 | 1x{1 x 175 on 3:00 Freestyle | 400 | 1x{1 x 175 on 3:00 Freestyle | EN2 | S |
| 150 | {1 x 175 on 2:55 Freestyle | 150 | {1 x 175 on 2:55 Freestyle | EN2 | S |
| 750 | {1 x 175 on 2:50 Freestyle | 750 | {1 x 175 on 2:50 Freestyle | EN2 | S |
| 1,350 | 1x{1 x 225 on 3:00 Freestyle | 1,350 | 1x{1 x 225 on 3:00 Freestyle | EN2 | S |
| | {1 x 225 on 2:55 Freestyle | | {1 x 225 on 2:55 Freestyle | EN2 | S |
| | {1 x 225 on 2:50 Freestyle | | {1 x 225 on 2:50 Freestyle | EN2 | S |
| | {1 x 225 on 2:45 Freestyle | | {1 x 225 on 2:45 Freestyle | EN2 | S |
| | {1 x 225 on 2:40 Freestyle | | {1 x 225 on 2:40 Freestyle | EN2 | S |
| | {1 x 225 on 2:35 Freestyle | | {1 x 225 on 2:35 Freestyle | EN2 | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | 200 | 1 x 200 on 3:00 Stroke Drills | REC | I |
| | 1 on 11:00 Stretch and Ice | | 1 on 11:00 Stretch and Ice | | M |
| 7:05 AM | 2,850 Yards - Stress Value = 38 | 7:05 AM | 2,300 Yards - Stress Value = 36 | | |

Workout #5207 - Monday, 07 January 2008

HighSchl - Silver

1 minute rest between sets

| 3:00 PM Start | | 3:00 PM Start | |
|---------------|---|---------------|---|
| Yards | Set Description | Yards | Set Description |
| 500 | 1 on 30:00 Physio Balls/Stretch | 500 | 1 on 30:00 Physio Balls/Stretch |
| 150 | 1 x 500 on 9:00 Swim-kick-pull-swim | 150 | 1 x 500 on 9:00 Swim-kick-pull-swim |
| 1,250 | 10 x 15 on :45 Shooters | 1,250 | 10 x 15 on :45 Shooters |
| 900 | 5x{4 x 25 on :45 Kick no board BSLR | 900 | 5x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:05 Kick | | {1 x 50 on 1:05 Kick |
| | {1 x 100 on 2:10 Kick | | {1 x 100 on 2:10 Kick |
| 250 | 1x{2 x 150 on 2:20 Pull no br L.10 yds | 250 | 1x{2 x 150 on 2:20 Pull no br L.10 yds |
| | {2 x 150 on 2:20 Pull no br L.12 yds | | {2 x 150 on 2:20 Pull no br L.12 yds |
| | {2 x 150 on 2:20 Pull no br L.14 yds | | {2 x 150 on 2:20 Pull no br L.14 yds |
| 2,200 | 5x{1 x 25 on :50 Sculling drills | 2,200 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 200 | 1x{1 x 300 on 4:45 Freestyle | 200 | 1x{1 x 300 on 4:45 Freestyle |
| | {2 x 275 on 4:25 Freestyle | | {2 x 275 on 4:25 Freestyle |
| | {3 x 250 on 4:00 Freestyle | | {3 x 250 on 4:00 Freestyle |
| | {3 x 200 on 3:15 Freestyle | | {3 x 200 on 3:15 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills | 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 11:00 Stretch and Ice | | 1 on 11:00 Stretch and Ice |
| 7:05 AM | 2,600 Yards - Stress Value = 37 | 5:36 PM | 5,450 Yards - Stress Value = 57 |

Workout #5206 - Monday, 07 January 2008

HighSchl - Gold

1 minute rest between sets

Workout #5204 - Monday, 07 January 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORF |
|---------|-------------------------------------|-----|------|
| 5:30 AM | Start | | |
| 300 | 1 on 35:00 Weights and Stretch | | I |
| 150 | 1 x 300 on 7:00 Swim-kick-pull-swim | REC | S |
| 450 | 10 x 15 on :45 Shooters | SP3 | S |
| 900 | 6 x 75 on 1:35 Pull no br L.12 yds | EN1 | F |
| | 1x{1 x 150 on 3:00 Freestyle | EN2 | S |
| | {1 x 150 on 2:55 Freestyle | EN2 | S |
| | {1 x 150 on 2:50 Freestyle | EN2 | S |
| | {1 x 150 on 2:45 Freestyle | EN2 | S |
| | {1 x 150 on 2:40 Freestyle | EN2 | S |
| | {1 x 150 on 2:35 Freestyle | EN2 | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | I |
| | 1 on 11:00 Stretch and Ice | | N |
| 7:05 AM | 2,000 Yards - Stress Value = 28 | | |

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description |
|----------------------------------|---|
| 3:00 PM | Start |
| 700 | 1 on 30:00 Physio Ball Abs/Stretch |
| 150 | 1 x 700 on 12:00 400 SKPS 300 Drill |
| 500 | 10 x 15 on :45 Shooters |
| 900 | 5 x 100 on 1:30 Freestyle-Hold 1:20 |
| 500 | 1 x 900 on 19:00 Social Kick |
| 750 | 5 x 100 on 1:35 Freestyle-hold 120 |
| 500 | 5 x 150 on 2:20 Pulls |
| 200 | 5 x 100 on 1:40 Freestyle-hold 1:20 |
| 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 500 | 5 x 100 on 1:45 Freestyle-hold 120 |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 1 on 9:00 Techniques-Relay Starts |
| | 1 on 12:00 Stretch and Ice |
| 5:35 PM | 4,900 Yards - Stress Value = 45 |

Workout #5208 - Monday, 07 January 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:00 PM | Start |
| 400 | 1 on 30:00 Physio Balls/Stretch |
| 150 | 1 x 400 on 9:00 Swim-kick-pull-swim |
| 1,000 | 10 x 15 on :45 Shooters |
| | 4x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:15 Kick |
| | {1 x 100 on 2:30 Kick |
| 1,050 | 1x{2 x 150 on 2:30 Pull no br L.10 yds |
| | {2 x 150 on 2:30 Pull no br L.12 yds |
| | {2 x 150 on 2:30 Pull no br L.14 yds |
| | {1 x 150 on 2:30 Pull no br L.16 yds |
| 250 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,800 | 1x{1 x 300 on 5:30 Freestyle |
| | {2 x 275 on 5:00 Freestyle |
| | {3 x 250 on 4:30 Freestyle |
| | {1 x 200 on 3:35 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 1 on 11:00 Stretch and Ice |
| 5:34 PM | 4,900 Yards - Stress Value = 52 |

Workout #5212 - Wednesday, 09 January 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description |
|----------------------------------|---|
| 3:00 PM | Start |
| 650 | 1 on 30:00 Physio Ball Abs/Stretch |
| 150 | 1 x 650 on 12:00 400 SKPS 250 Drill |
| 500 | 10 x 15 on :45 Shooters |
| 800 | 5 x 100 on 1:40 Freestyle-Hold 125 |
| 500 | 1 x 800 on 18:00 Social Kick |
| 600 | 5 x 100 on 1:45 Freestyle-hold 125 |
| 500 | 4 x 150 on 2:30 Pulls |
| 200 | 5 x 100 on 1:45 Freestyle-hold 125 |
| 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 500 | 5 x 100 on 1:50 Freestyle-hold 125 |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 1 on 8:00 Techniques-Relay Starts |
| | 1 on 12:00 Stretch and Ice |
| 5:34 PM | 4,600 Yards - Stress Value = 42 |

Workout #5209 - Wednesday, 09 January 2008

HighSchl - Bronze

1 minute rest between sets

Workout #5210 - Wednesday, 09 January 2008

HighSchl - Platinum

1 minute rest between sets

| Yards | Set Description |
|----------------------------------|---|
| 3:00 PM | Start |
| 800 | 1 on 30:00 Physio Ball Abs/Stretch |
| 150 | 1 x 800 on 12:00 400 SKPS 400 Drill |
| 500 | 10 x 15 on :45 Shooters |
| 1,000 | 5 x 100 on 1:20 Freestyle-Hold 1:10 |
| 500 | 1 x 1000 on 20:00 Social Kick |
| 900 | 5 x 100 on 1:25 Freestyle-hold 110 |
| 500 | 6 x 150 on 2:05 Pulls |
| 200 | 5 x 100 on 1:30 Freestyle-hold 1:10 |
| 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 500 | 5 x 100 on 1:35 Freestyle-hold 1:10 |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 1 on 10:00 Techniques-Relay Starts |
| | 1 on 12:00 Stretch and Ice |
| 5:35 PM | 5,250 Yards - Stress Value = 47 |

Workout #5211 - Wednesday, 09 January 2008

| Yards | Set Description |
|----------------------------------|---|
| 3:00 PM | Start |
| 600 | 1 on 30:00 Physio Ball Abs/Stretch |
| 150 | 1 x 600 on 12:00 400 SKPS 200 Drill |
| 400 | 10 x 15 on :45 Shooters |
| 800 | 4 x 100 on 2:00 Freestyle-Hold 145 |
| 400 | 1 x 800 on 19:00 Social Kick |
| 600 | 4 x 100 on 2:05 Freestyle-hold 145 |
| 400 | 4 x 150 on 2:50 Pulls |
| 200 | 4 x 100 on 2:10 Freestyle-hold 145 |
| 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 400 | 4 x 100 on 2:15 Freestyle-hold 145 |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 1 on 8:00 Techniques-Relay Starts |
| | 1 on 12:00 Stretch and Ice |
| 5:35 PM | 4,150 Yards - Stress Value = 38 |

Workout #5211 - Wednesday, 09 January 2008

Workout #5213 - Friday, 11 January 2008

HighSchl - IM'ers

1 minute rest between sets

| Yards | Set Description | EC |
|---|---|----|
| 5:30 AM Start | | |
| 400 | 1 on 35:00 Weights and Stretch | RE |
| 150 | 1 x 400 on 7:00 Reverse IM drill | SE |
| 600 | 10 x 15 on :45 Shooters | EN |
| 1,200 | 6 x 100 on 1:20 Lungbuster pulls breathe 3-5-7-9 by the 25 | EN |
| 300 | 3x{1 x 100 on 1:25 Individual Medley {1 x 100 on 1:20 Individual Medley {1 x 100 on 1:15 Individual Medley {4 x 25 on :30 Free-great effort no breath { last half of pool-GREAT FINISHES!!! | EN |
| 300 | 1 x 300 on 5:00 Stroke Drills | RE |
| | 1 on 10:00 Stretch and Ice | |
| 7:05 AM 2,650 Yards - Stress Value = 33 | | |

Workout #5219 - Friday, 11 January 2008

HighSchl - Platinum

1 minute rest between sets

| Yards | Set Description | EC |
|---|---|----|
| 3:00 PM Start | | |
| 500 | 1 on 25:00 10 min abs/stretch | |
| 150 | 1 x 500 on 8:00 Choice | |
| 800 | 10 x 15 on :45 Shooters | |
| 600 | 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 | |
| 1,125 | 12 x 50 on 1:00 Pulls-nbbf&w + 1 on 15:00 Techniques-TN turn drills | |
| 250 | 3x{1 x 75 on 1:10 Free 1-2-3 fly kick off walls {1 x 75 on 1:10 Free 2-3-4 fly kick off walls {1 x 75 on 1:10 Free 3-4-5 fly kick off walls {1 x 75 on 1:10 Free 4-5-6 fly kick off walls {1 x 75 on 1:10 Free 5-6-7 fly kick off walls { all breakouts to be 100% | |
| | 1 x 250 on 4:00 Stroke Drills | |
| | 1 on 12:00 Stretch and Ice | |
| 5:05 PM 3,425 Yards - Stress Value = 42 | | |

Workout #5215 - Friday, 11 January 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EC |
|---|---|----|
| 5:30 AM Start | | |
| 350 | 1 on 35:00 Weights and Stretch | RE |
| 150 | 1 x 350 on 7:00 Reverse IM drill | SE |
| 500 | 10 x 15 on :45 Shooters | EN |
| 1,050 | 5 x 100 on 1:30 Lungbuster pulls breathe 3-5-7-9 by the 25 | EN |
| 300 | 3x{1 x 100 on 1:40 Individual Medley {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:30 Individual Medley {2 x 25 on :30 Free-great effort no breath { last half of pool-GREAT FINISHES!!! | EN |
| 300 | 1 x 300 on 5:00 Stroke Drills | RE |
| | 1 on 10:00 Stretch and Ice | |
| 7:05 AM 2,350 Yards - Stress Value = 29 | | |

Workout #5216 - Friday, 11 January 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EC |
|---|---|----|
| 5:30 AM Start | | |
| 300 | 1 on 35:00 Weights and Stretch | RE |
| 150 | 1 x 300 on 7:00 Reverse IM drill | SE |
| 400 | 10 x 15 on :45 Shooters | EN |
| 1,050 | 3 x 100 on 1:45 Lungbuster pulls breathe 3-5-7-9 by the 25 | EN |
| 200 | {1 x 100 on 1:50 Individual Medley {1 x 100 on 1:45 Individual Medley {1 x 100 on 1:40 Individual Medley {2 x 25 on :30 Free-great effort no breath { last half of pool-GREAT FINISHES!!! | EN |
| | 1 x 200 on 4:00 Stroke Drills | RE |
| | 1 on 10:00 Stretch and Ice | |
| 7:04 AM 2,100 Yards - Stress Value = 28 | | |

Workout #5217 - Friday, 11 January 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EC |
|---|--|----|
| 3:00 PM Start | | |
| 400 | 1 on 25:00 10 min abs/stretch | |
| 150 | 1 x 400 on 8:00 Choice | |
| 800 | 10 x 15 on :45 Shooters | |
| 600 | 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 | |
| 975 | 12 x 50 on 1:00 Pulls-nbbf&w + 1 on 15:00 Techniques-TN turn drills | |
| 250 | 3x{1 x 75 on 1:20 Free 1-2-3 fly kick off walls {1 x 75 on 1:20 Free 2-3-4 fly kick off walls {1 x 75 on 1:20 Free 3-4-5 fly kick off walls {1 x 75 on 1:20 Free 4-5-6 fly kick off walls {1 x 25 on :30 Free 7 fly kick off walls { all breakouts to be 100% | |
| | 1 x 250 on 4:00 Stroke Drills | |
| | 1 on 12:00 Stretch and Ice | |
| 5:05 PM 3,175 Yards - Stress Value = 41 | | |

Workout #5214 - Friday, 11 January 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EC |
|---|---|----|
| 5:30 AM Start | | |
| 300 | 1 on 35:00 Weights and Stretch | |
| 150 | 1 x 300 on 7:00 Rev IM drill-100 free dr | |
| 300 | 10 x 15 on :45 Shooters | |
| 800 | 3 x 100 on 2:00 Lungbuster pulls breathe 3-5-7-9 by the 25 | |
| 200 | 2x{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 Free-great effort no breath { last half of pool-GREAT FINISHES!!! | |
| | 1 x 200 on 5:00 Stroke Drills | |
| | 1 on 10:00 Stretch and Ice | |
| 7:04 AM 1,750 Yards - Stress Value = 23 | | |

Workout #5218 - Friday, 11 January 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 10 min abs/stretch
 350 1 x 350 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 400 8x{1 x 25 on :40 Heads Ups Kicking
 {1 x 25 on 1:30 10sec vert kick 20 yard sprir
 { IM order
 600 12 x 50 on 1:00 Pulls-nbbf&w +
 1 on 15:00 Techniques-TN turn drills
 900 3x{1 x 75 on 1:30 Free 1-2-3 fly kick off walls
 {1 x 75 on 1:30 Free 2-3-4 fly kick off walls
 {1 x 75 on 1:30 Free 3-4-5 fly kick off walls
 {1 x 75 on 1:30 Free 4-5-6 fly kick off walls
 250 1 x 250 on 4:00 Stroke Drills
 1 on 12:00 Stretch and Ice
 5:05 PM 2,650 Yards - Stress Value = 40

{2 x 125 on 2:05 Kick w/fins
 {2 x 25 on :30 Undr Wtr Fly Kck
 {3 x 125 on 2:00 Kick w/fins
 {2 x 25 on :30 Undr Wtr Fly Kck
 {4 x 125 on 1:55 Kick w/fins
 1,150 1x{1 x 150 on 2:20 Pulls with snorkels
 {2 x 125 on 1:55 Pulls with snorkels
 {3 x 100 on 1:30 Pulls with snorkels
 {2 x 100 on 1:25 Pulls with snorkels
 {2 x 125 on 1:45 Pulls with snorkels
 250 5x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 2,050 1x{1 x 100 on 1:20 Freestyle
 {4 x 125 on 2:30 Freestyle
 {2 x 100 on 1:20 Freestyle
 {3 x 125 on 2:30 Freestyle
 {3 x 100 on 1:20 Freestyle
 {2 x 125 on 2:30 Freestyle
 {2 x 100 on 1:20 Freestyle
 {1 x 125 on 2:30 Freestyle
 300 1 x 300 on 6:00 Stroke Drills
 1 on 14:00 Stretch and Ice
 9:36 AM 5,775 Yards - Stress Value = 141

Workout #5220 - Saturday, 12 January 2008

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 525 1 x 525 on 8:30 L.25 of each 100 nonfree
 150 10 x 15 on :45 Cross pool sprints
 1,450 1x{1 x 125 on 2:00 Kick w/fins
 {2 x 25 on :30 Undr Wtr Fly Kck
 {2 x 125 on 1:55 Kick w/fins
 {2 x 25 on :30 Undr Wtr Fly Kck
 {3 x 125 on 1:50 Kick w/fins
 {2 x 25 on :30 Undr Wtr Fly Kck
 {4 x 125 on 1:45 Kick w/fins
 {2 x 25 on :30 Undr Wtr Fly Kck
 1,400 1x{1 x 150 on 2:00 Pulls with snorkels
 {2 x 125 on 1:35 Pulls with snorkels
 {3 x 100 on 1:15 Pulls with snorkels
 {3 x 100 on 1:10 Pulls with snorkels
 {2 x 125 on 1:25 Pulls with snorkels
 {1 x 150 on 1:40 Pulls with snorkels
 250 5x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 2,250 1x{1 x 100 on 1:10 Freestyle
 {4 x 125 on 2:20 Freestyle
 {2 x 100 on 1:10 Freestyle
 {3 x 125 on 2:20 Freestyle
 {3 x 100 on 1:10 Freestyle
 {2 x 125 on 2:20 Freestyle
 {4 x 100 on 1:10 Freestyle
 {1 x 125 on 2:20 Freestyle
 400 1 x 400 on 6:00 Stroke Drills
 1 on 14:00 Stretch and Ice
 9:35 AM 6,425 Yards - Stress Value = 153

Workout #5222 - Saturday, 12 January 2008

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 375 1 x 375 on 8:30 L.25 of each 100 nonfree
 150 10 x 15 on :45 Cross pool sprints
 1,200 1x{1 x 125 on 2:20 Kick w/fins
 {2 x 25 on :35 Undr Wtr Fly Kck
 {2 x 125 on 2:15 Kick w/fins
 {2 x 25 on :35 Undr Wtr Fly Kck
 {3 x 125 on 2:10 Kick w/fins
 {2 x 25 on :35 Undr Wtr Fly Kck
 {2 x 125 on 2:05 Kick w/fins
 {2 x 25 on :35 Undr Wtr Fly Kck
 900 1x{1 x 150 on 2:50 Pulls with snorkels
 {2 x 125 on 2:20 Pulls with snorkels
 {3 x 100 on 1:50 Pulls with snorkels
 {2 x 100 on 1:45 Pulls with snorkels
 250 5x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 75 on 1:10 Freestyle
 {4 x 100 on 2:20 Freestyle
 {2 x 75 on 1:10 Freestyle
 {3 x 100 on 2:20 Freestyle
 {3 x 75 on 1:10 Freestyle
 {2 x 100 on 2:20 Freestyle
 {4 x 75 on 1:10 Freestyle
 {1 x 100 on 2:20 Freestyle
 300 1 x 300 on 6:00 Stroke Drills
 1 on 14:00 Stretch and Ice
 9:35 AM 4,925 Yards - Stress Value = 120

Workout #5221 - Saturday, 12 January 2008

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 475 1 x 475 on 8:30 L.25 of each 100 nonfree
 150 10 x 15 on :45 Cross pool sprints
 1,400 1x{1 x 125 on 2:10 Kick w/fins
 {2 x 25 on :30 Undr Wtr Fly Kck

Workout #5231 - Monday, 14 January 2008

HighSchl - Back

1 minute rest between sets

4:32 PM Start

| Yards | Set Description | EGY W |
|---|---|-------|
| 2,600 | 1x{2 x 25 on :45 Bathtub drill 16 strokes | EN2 |
| | {3 x 100 on 1:25 Backstroke | EN2 |
| | {4 x 25 on :45 Bathtub drill 14 strokes | EN2 |
| | {3 x 100 on 1:20 Backstroke | EN2 |
| | {6 x 25 on :45 Bathtub drill 12 strokes | EN2 |
| | {3 x 100 on 1:15 Backstroke | EN2 |
| | {8 x 25 on :45 Bathtub drill 10 strokes | EN2 |
| | {6 x 50 on :38 Backstroke | EN2 |
| | {6 x 25 on :45 Bathtub drill 8 strokes | EN2 |
| | {6 x 50 on :40 Backstroke | EN2 |
| | {4 x 25 on :45 Bathtub drill 6 strokes | EN2 |
| | {6 x 50 on :42 Backstroke | EN2 |
| | {2 x 25 on :45 Bathtub drill 4 strokes | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 1 on 10:00 Stretch and Ice | |
| 5:35 PM 2,850 Yards - Stress Value = 52 | | |

Workout #5226 - Monday, 14 January 2008

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY W |
|---|--|-------|
| | 1 on 35:00 Weights and Stretch | === |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 600 | 1x{2 x 75 on :50 Pull no br L.6 yds | EN2 |
| | {2 x 75 on :55 Pull no br L.9 yds | EN2 |
| | {2 x 75 on 1:00 Pull no br L.12 yds | EN1 |
| | {2 x 75 on 1:05 Pull no br L.15 yds | EN1 |
| 1,600 | 8 x 200 on 2:30 Freestyle-descend in 4's | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 1 on 10:00 Stretch and Ice | |
| 7:06 AM 3,000 Yards - Stress Value = 48 | | |

Workout #5227 - Monday, 14 January 2008

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY W |
|---|---|-------|
| | 1 on 30:00 Physio Balls/Stretch | === |
| 500 | 1 x 500 on 8:00 Swim-kick-pull-swim | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 900 | 1x{4 x 25 on :45 Kick no board BSLR | EN2 |
| | {2 x 75 on 1:10 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 |
| | {2 x 125 on 2:00 Kick | EN2 |
| 100 | 1 x 100 on 2:00 Kick for Time | EN2 |
| 900 | 1x{1 x 150 on 2:00 Pull no br L.6 yds | EN2 |
| | {2 x 150 on 1:55 Pull no br L.9 yds | EN2 |
| | {3 x 150 on 1:50 Pull no br L.12 yds | EN2 |
| 250 | 5x{1 x 25 on :50 Sculling drills | EN2 |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | EN2 |
| 4:31 PM 2,800 Yards - Stress Value = 48 | | |

Workout #5224 - Monday, 14 January 2008

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY W |
|---|--|-------|
| | 1 on 35:00 Weights and Stretch | === |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 500 | 1x{2 x 75 on 1:00 Pull no br L.6 yds | EN2 |
| | {2 x 75 on 1:05 Pull no br L.9 yds | EN2 |
| | {2 x 75 on 1:10 Pull no br L.12 yds | EN1 |
| | {1 x 50 on :45 Pull no br L.15 yds | EN1 |
| 1,400 | 7 x 200 on 2:50 Freestyle-descend in 3's | EN2 |
| | hold #7 as fast as #6 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 1 on 10:00 Stretch and Ice | |
| 7:06 AM 2,700 Yards - Stress Value = 42 | | |

Workout #5228 - Monday, 14 January 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY W |
|---|---|-------|
| | 1 on 30:00 Physio Balls/Stretch | === |
| 450 | 1 x 450 on 8:00 Swim-kick-pull-swim | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 850 | 1x{4 x 25 on :45 Kick no board BSLR | EN2 |
| | {2 x 75 on 1:20 Kick | EN2 |
| | {4 x 25 on :45 Kick no board BSLR | EN2 |
| | {2 x 100 on 1:50 Kick | EN2 |
| | {4 x 25 on :45 Kick no board BSLR | EN2 |
| | {2 x 100 on 1:50 Kick | EN2 |
| 100 | 1 x 100 on 2:00 Kick for Time | EN2 |
| 800 | 1x{1 x 150 on 2:10 Pull no br L.6 yds | EN2 |
| | {2 x 150 on 2:05 Pull no br L.9 yds | EN2 |
| | {2 x 125 on 1:40 Pull no br L.12 yds | EN2 |
| | {1 x 100 on 1:20 Pull no br L.15 yds | EN2 |
| 250 | 5x{1 x 25 on :50 Sculling drills | EN2 |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | EN2 |
| 4:30 PM 2,600 Yards - Stress Value = 47 | | |

Workout #5232 - Monday, 14 January 2008

HighSchl - Gold

1 minute rest between sets

4:32 PM Start

| Yards | Set Description | EGY W |
|---|---|-------|
| | 1 on 30:00 Physio Balls/Stretch | === |
| 2,300 | 1x{2 x 25 on :45 Bathtub drill 16 strokes | EN2 |
| | {3 x 100 on 1:40 Backstroke | EN2 |
| | {4 x 25 on :45 Bathtub drill 14 strokes | EN2 |
| | {3 x 100 on 1:35 Backstroke | EN2 |
| | {6 x 25 on :45 Bathtub drill 12 strokes | EN2 |
| | {3 x 100 on 1:30 Backstroke | EN2 |
| | {8 x 25 on :45 Bathtub drill 10 strokes | EN2 |
| | {4 x 50 on :45 Backstroke | EN2 |
| | {6 x 25 on :45 Bathtub drill 8 strokes | EN2 |
| | {4 x 50 on :47 Backstroke | EN2 |
| | {4 x 25 on :45 Bathtub drill 6 strokes | EN2 |
| | {4 x 50 on :50 Backstroke | EN2 |
| | {2 x 25 on :45 Bathtub drill 4 strokes | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 1 on 10:00 Stretch and Ice | |
| 5:35 PM 2,550 Yards - Stress Value = 46 | | |

Workout #5223 - Monday, 14 January 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 5:30 AM | Start | | |
| 300 | 1 on 35:00 Weights and Stretch | | |
| 150 | 1 x 300 on 7:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 450 | 1x{2 x 75 on 1:15 Pull no br L.6 yds | EN2 | |
| | {2 x 75 on 1:20 Pull no br L.9 yds | EN2 | |
| | {2 x 75 on 1:25 Pull no br L.12 yds | EN1 | |
| 1,000 | 5 x 200 on 3:40 Freestyle-descend 1-4 | EN2 | |
| | hold #5 as fast as #4 | | |
| 200 | 1 x 200 on 5:00 Stroke Drills | REC | |
| | 1 on 10:00 Stretch and Ice | | |
| | 7:06 AM 2,100 Yards - Stress Value = 34 | | |

Workout #5230 - Monday, 14 January 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 3:00 PM | Start | | |
| 300 | 1 on 30:00 Physio Balls/Stretch | | |
| 150 | 1 x 300 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 | | |
| | {2 x 75 on 1:45 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 50 on 1:10 Kick | | |
| 100 | 1 x 100 on 2:00 Kick for Time | | |
| 600 | 1x{1 x 150 on 2:30 Pull no br L.6 yds | | |
| | {2 x 150 on 2:40 Pull no br L.9 yds | | |
| | {1 x 150 on 2:50 Pull no br L.12 yds | | |
| 250 | 5x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | |
| | 4:30 PM 2,100 Yards - Stress Value = 42 | | |

Workout #5234 - Monday, 14 January 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 4:32 PM | Start | | |
| 1,850 | 1x{2 x 25 on :45 Bathtub drill 16 strokes | EN2 | |
| | {2 x 100 on 2:10 Backstroke | EN2 | |
| | {4 x 25 on :45 Bathtub drill 14 strokes | EN2 | |
| | {2 x 100 on 2:05 Backstroke | EN2 | |
| | {6 x 25 on :45 Bathtub drill 12 strokes | EN2 | |
| | {2 x 100 on 2:00 Backstroke | EN2 | |
| | {8 x 25 on :45 Bathtub drill 10 strokes | EN2 | |
| | {5 x 50 on :55 Backstroke | EN2 | |
| | {6 x 25 on :45 Bathtub drill 8 strokes | EN2 | |
| | {3 x 50 on 1:00 Backstroke | EN2 | |
| | {4 x 25 on :45 Bathtub drill 6 strokes | EN2 | |
| | {1 x 50 on 1:05 Backstroke | EN2 | |
| | {2 x 25 on :45 Bathtub drill 4 strokes | EN2 | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | |
| | 1 on 10:00 Stretch and Ice | | |
| | 5:34 PM 2,100 Yards - Stress Value = 37 | | |

Workout #5233 - Monday, 14 January 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 4:32 PM | Start | | |
| 2,150 | 1x{2 x 25 on :45 Bathtub drill 16 strokes | EN2 | |
| | {3 x 100 on 1:50 Backstroke | EN2 | |
| | {4 x 25 on :45 Bathtub drill 14 strokes | EN2 | |
| | {3 x 100 on 1:45 Backstroke | EN2 | |
| | {6 x 25 on :45 Bathtub drill 12 strokes | EN2 | |
| | {3 x 100 on 1:40 Backstroke | EN2 | |
| | {8 x 25 on :45 Bathtub drill 10 strokes | EN2 | |
| | {3 x 50 on :50 Backstroke | EN2 | |
| | {6 x 25 on :45 Bathtub drill 8 strokes | EN2 | |
| | {3 x 50 on :52 Backstroke | EN2 | |
| | {4 x 25 on :45 Bathtub drill 6 strokes | EN2 | |
| | {3 x 50 on :54 Backstroke | EN2 | |
| | {2 x 25 on :45 Bathtub drill 4 strokes | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Stretch and Ice | | |
| | 5:35 PM 2,400 Yards - Stress Value = 43 | | |

Workout #5225 - Monday, 14 January 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Workout #5240 - Wednesday, 16 January 2008

HighSchl - Breast

1 minute rest between sets

4:39 PM Start

| Yards | Set Description | EGY | WORK | § |
|-------|--------------------------------------|-----|------|---|
| 2,600 | 4x{1 x 100 on 1:30 75 free 25 breast | EN1 | S | C |
| | {1 x 100 on 1:35 50 free 50 breast | EN1 | S | |
| | {1 x 100 on 1:40 25 free 75 breast | EN1 | S | |
| | {4 x 25 on :30 Breaststroke-100% | EN2 | S | |
| | {3 x 50 on :50 Breast 2X pullouts | EN2 | S | |
| | {1 x 100 on 1:40 Freestyle | REC | S | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |
| | 1 on 8:00 Stretch and Ice | | M | |

5:35 PM 2,800 Yards - Stress Value = 32

5:35 PM 2,600 Yards - Stress Value = 32

Workout #5236 - Wednesday, 16 January 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | § |
|-------|---|-----|------|---|
| | 1 on 35:00 Weights and Stretch | | | |
| 500 | 1 x 500 on 9:00 L.25 of each 100 non free | | | |
| 150 | 10 x 15 on :45 Shooters | | | |
| 900 | 3x{4 x 25 on :40 Kick no board BSLR | | | |
| | {1 x 100 on 2:00 Kick | | | |
| | {1 x 100 on 1:55 Kick | | | |
| 875 | 7 x 125 on 2:05 Lungbuster pulls | | | |
| | Odds breathe 2-5-7-9 cont. evens 2-4-6-8 | | | |
| 250 | 5x{1 x 25 on :50 Sculling drills | | | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | | |

4:38 PM 2,675 Yards - Stress Value = 35

Workout #5235 - Wednesday, 16 January 2008

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | § |
|-------|---|-----|------|---|
| | 1 on 35:00 Weights and Stretch | | | |
| 600 | 1 x 600 on 9:00 L.25 of each 100 non free | | | |
| 150 | 10 x 15 on :45 Shooters | | | |
| 1,200 | 3x{4 x 25 on :30 Kick no board BSLR | | | |
| | {1 x 100 on 1:50 Kick | | | |
| | {1 x 100 on 1:40 Kick | | | |
| | {1 x 100 on 1:30 Kick | | | |
| 1,000 | 8 x 125 on 1:45 Lungbuster pulls | | | |
| | Odds breathe 2-5-7-9 cont. evens 2-4-6-8 | | | |
| 250 | 5x{1 x 25 on :50 Sculling drills | | | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | | |

4:38 PM 3,200 Yards - Stress Value = 42

Workout #5242 - Wednesday, 16 January 2008

HighSchl - Silver

1 minute rest between sets

4:39 PM Start

| Yards | Set Description | EGY | WORK | § |
|-------|--------------------------------------|-----|------|---|
| 2,200 | 4x{1 x 100 on 1:45 75 free 25 breast | EN1 | S | C |
| | {1 x 100 on 1:50 50 free 50 breast | EN1 | S | |
| | {1 x 100 on 1:55 25 free 75 breast | EN1 | S | |
| | {4 x 25 on :30 Breaststroke-100% | EN2 | S | |
| | {2 x 50 on 1:00 Breast 2X pullouts | EN2 | S | |
| | {1 x 50 on 1:00 Freestyle | REC | S | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | |
| | 1 on 8:00 Stretch and Ice | | M | |

5:34 PM 2,400 Yards - Stress Value = 28

Workout #5238 - Wednesday, 16 January 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | § |
|-------|---|-----|------|---|
| | 1 on 35:00 Weights and Stretch | | | |
| 550 | 1 x 550 on 9:00 L.25 of each 100 non free | | | |
| 150 | 10 x 15 on :45 Shooters | | | |
| 1,050 | 3x{4 x 25 on :30 Kick no board BSLR | | | |
| | {1 x 100 on 2:00 Kick | | | |
| | {1 x 100 on 1:55 Kick | | | |
| | {1 x 50 on :55 Kick | | | |
| 875 | 7 x 125 on 1:55 Lungbuster pulls | | | |
| | Odds breathe 2-5-7-9 cont. evens 2-4-6-8 | | | |
| 250 | 5x{1 x 25 on :50 Sculling drills | | | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | | |

4:38 PM 2,875 Yards - Stress Value = 38

Workout #5237 - Wednesday, 16 January 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | § |
|-------|---|-----|------|---|
| | 1 on 35:00 Weights and Stretch | | | |
| 500 | 1 x 500 on 9:00 L.25 of each 100 non free | | | |
| 150 | 10 x 15 on :45 Shooters | | | |
| 900 | 3x{4 x 25 on :45 Kick no board BSLR | | | |
| | {1 x 100 on 2:15 Kick | | | |
| | {2 x 50 on 1:05 Kick | | | |
| 600 | 6 x 100 on 1:50 Lungbuster pulls | | | |
| | Odds breathe 2-5-7-9 cont. evens 2-4-6-8 | | | |
| 250 | 5x{1 x 25 on :50 Sculling drills | | | |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | | |

4:37 PM 2,400 Yards - Stress Value = 32

Workout #5241 - Wednesday, 16 January 2008

HighSchl - Gold

1 minute rest between sets

4:39 PM Start

| Yards | Set Description | EGY | WORK | § |
|-------|--------------------------------------|-----|------|---|
| 2,400 | 4x{1 x 100 on 1:35 75 free 25 breast | EN1 | S | C |
| | {1 x 100 on 1:40 50 free 50 breast | EN1 | S | |
| | {1 x 100 on 1:45 25 free 75 breast | EN1 | S | |
| | {4 x 25 on :30 Breaststroke-100% | EN2 | S | |
| | {3 x 50 on :55 Breast 2X pullouts | EN2 | S | |
| | {1 x 50 on 1:00 Freestyle | REC | S | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | |
| | 1 on 8:00 Stretch and Ice | | M | |

Workout #5239 - Wednesday, 16 January 2008

HighSchl - Bronze

1 minute rest between sets

4:39 PM Start
 Yards Set Description EGY WORK S
 =====
 1,950 3x{1 x 100 on 2:00 75 free 25 breast EN1 S C
 {1 x 100 on 2:10 50 free 50 breast EN1 S
 {1 x 100 on 2:20 25 free 75 breast EN1 S
 {4 x 25 on :30 Breaststroke-100% EN2 S
 {3 x 50 on 1:10 Breast 2X pullouts EN2 S
 {1 x 100 on 2:30 Freestyle REC S
 200 1 x 200 on 4:00 Stroke Drills REC D
 1 on 8:00 Stretch and Ice M
 5:36 PM 2,150 Yards - Stress Value = 24

{1 x 50 on 1:00 Pulls 3 breaths total
 {2 x 200 on 2:55 Pulls
 {2 x 100 on 1:20 Pulls
 {1 x 50 on 1:00 Pulls 2 breaths total
 250 5x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 2,900 2x{3 x 100 on 1:40 3 strokes fly off walls
 { no breath on 1st stroke off wall-flip truns
 { 2nd set-7 kicks under water-breathe on all
 {2 x 25 on :30 Butterfly-breathe every stroke
 {1 x 50 on 1:00 Freestyle
 {3 x 100 on 1:35 3 strokes fly off walls
 { no brth on 1st 2 strokes off wall-flip turr
 { 2nd set-7 kicks under water breathe on all
 {2 x 25 on :30 Butterfly lup ldown
 {1 x 50 on 1:00 Freestyle
 {3 x 100 on 1:30 3 strokes fly off walls
 { no breath on fly strokes-all open turns
 { 2nd set-7 kicks under water breathe on all
 {4 x 25 on :30 Butterfly lup 2 down
 {1 x 250 on 5:00 Freestyle
 1 on 13:00 Stretch and Ice
 5:34 PM 5,950 Yards - Stress Value = 90

Workout #5246 - Thursday, 17 January 2008

HighSchl - Fly

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
 1,000 1x{1 x 400 on 6:00 Kick with flippers
 {1 x 300 on 4:15 Kick with flippers
 {1 x 200 on 2:40 Kick with flippers
 {1 x 100 on 1:15 Kick with flippers
 1,300 1x{1 x 200 on 2:45 Pulls
 {3 x 100 on 1:10 Pulls
 {1 x 50 on 1:00 Pulls 3 breaths total
 {2 x 200 on 2:45 Pulls
 {3 x 100 on 1:10 Pulls
 {1 x 50 on 1:00 Pulls 2 breaths total
 250 5x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 3,100 2x{3 x 100 on 1:30 3 strokes fly off walls
 { no breath on 1st stroke off wall-flip truns
 { 2nd set-7 kicks under water-breathe on all
 {4 x 25 on :30 Butterfly-breathe every stroke
 {1 x 50 on 1:00 Freestyle
 {3 x 100 on 1:25 3 strokes fly off walls
 { no brth on 1st 2 strokes off wall-flip turr
 { 2nd set-7 kicks under water breathe on all
 {4 x 25 on :30 Butterfly lup ldown
 {1 x 50 on 1:00 Freestyle
 {3 x 100 on 1:20 3 strokes fly off walls
 { no breath on fly strokes-all open turns
 { 2nd set-7 kicks under water breathe on all
 {4 x 25 on :30 Butterfly lup 2 down
 {1 x 250 on 5:00 Freestyle
 1 on 13:00 Stretch and Ice
 5:35 PM 6,300 Yards - Stress Value = 95

Workout #5243 - Thursday, 17 January 2008

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 950 1x{1 x 400 on 6:00 Kick with flippers
 {1 x 300 on 4:30 Kick with flippers
 {1 x 200 on 3:00 Kick with flippers
 {1 x 50 on :45 Kick with flippers
 1,100 1x{1 x 200 on 3:15 Pulls
 {2 x 100 on 1:30 Pulls
 {1 x 50 on 1:00 Pulls 3 breaths total
 {2 x 200 on 3:10 Pulls
 {2 x 100 on 1:30 Pulls
 {1 x 50 on 1:00 Pulls 2 breaths total
 250 5x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 2,800 2x{3 x 100 on 1:50 3 strokes fly off walls
 { no breath on 1st stroke off wall-flip truns
 { 2nd set-7 kicks under water-breathe on all
 {2 x 25 on :30 Butterfly-breathe every stroke
 {1 x 50 on 1:00 Freestyle
 {3 x 100 on 1:45 3 strokes fly off walls
 { no brth on 1st 2 strokes off wall-flip turr
 { 2nd set-7 kicks under water breathe on all
 {2 x 25 on :30 Butterfly lup ldown
 {1 x 50 on 1:00 Freestyle
 {3 x 100 on 1:40 3 strokes fly off walls
 { no breath on fly strokes-all open turns
 { 2nd set-7 kicks under water breathe on all
 {2 x 25 on :30 Butterfly lup 2 down
 {1 x 250 on 5:00 Freestyle
 1 on 13:00 Stretch and Ice
 5:35 PM 5,650 Yards - Stress Value = 85

Workout #5244 - Thursday, 17 January 2008

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 400 on 6:00 Kick with flippers
 {1 x 300 on 4:15 Kick with flippers
 {1 x 200 on 2:40 Kick with flippers
 {1 x 100 on 1:15 Kick with flippers
 1,200 1x{1 x 200 on 3:00 Pulls
 {3 x 100 on 1:20 Pulls

Workout #5245 - Thursday, 17 January 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| | 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 | | |
| 900 | 1x{1 x 400 on 6:20 Kick with flippers {1 x 300 on 4:45 Kick with flippers {1 x 200 on 3:10 Kick with flippers | | |
| 900 | 1x{1 x 200 on 4:00 Pulls {2 x 100 on 1:45 Pulls {1 x 50 on 1:10 Pulls 3 breaths total {1 x 200 on 4:00 Pulls {2 x 100 on 1:45 Pulls {1 x 50 on 1:10 Pulls 2 breaths total | | |
| 250 | 5x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | |
| 2,400 | 2x{2 x 100 on 2:05 3 strokes fly off walls { no breath on 1st stroke off wall-flip truns { 2nd set-7 kicks under water-breathe on all {4 x 25 on :35 Butterfly-breathe every stroke {1 x 50 on 1:00 Freestyle {2 x 100 on 2:00 3 strokes fly off walls { no brth on 1st 2 strokes off wall-flip turr { 2nd set-7 kicks under water breathe on all {4 x 25 on :35 Butterfly lup 1down {1 x 50 on 1:00 Freestyle {2 x 100 on 1:55 3 strokes fly off walls { no breath on fly strokes-all open turns { 2nd set-7 kicks under water breathe on all {2 x 25 on :35 Butterfly lup 2 down {1 x 250 on 6:00 Freestyle 1 on 13:00 Stretch and Ice | | |
| 5:35 PM | 4,950 Yards - Stress Value = 73 | | |

| | | | |
|---------|--|--|--|
| | {3 x 50 on 1:00 Kick | | |
| | {1 x 50 on 1:00 Kick-Great Effort | | |
| 600 | 12 x 50 on :50 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 | | |
| 600 | 6 x 100 on 1:30 #1 strke, IM, or fr-15sec re | | |
| 500 | 1x{1 x 200 on 3:00 Stroke Drills {1 x 150 on 2:30 Stroke Drills {1 x 100 on 1:50 Stroke Drills {1 x 50 on 1:00 Stroke Drills 1 on 20:00 Full stretch and Ice | | |
| 4:59 PM | 2,950 Yards - Stress Value = 32 | | |

Workout #5249 - Friday, 18 January 2008

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|---------|---|-----|---------------------------------|
| | 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 |
| 700 | 1 x 700 on 10:00 Pulls-nbbf&w + 2 yds | | EN1 |
| 1,100 | 1x{2 x 125 on 2:00 IM with 50 fly {3 x 50 on :50 Freestyle-descend {2 x 125 on 2:00 IM with 50 back {3 x 50 on :45 Freestyle-descend {2 x 125 on 2:00 IM with 50 breast {1 x 50 on :40 Freestyle-descend | | EN1 EN1 EN2 EN2 EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| | 1 on 10:00 Stretch and Ice | | |
| 7:05 AM | 2,550 Yards - Stress Value = 31 | | |

Workout #5250 - Friday, 18 January 2008

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|---------|---|-----|---------------------------------|
| | 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 | 1 x 600 on 10:00 Pulls-nbbf&w + 2 yds | | EN1 |
| 1,000 | 1x{2 x 125 on 2:10 IM with 50 fly {2 x 50 on :55 Freestyle-descend {2 x 125 on 2:10 IM with 50 back {2 x 50 on :50 Freestyle-descend {2 x 125 on 2:10 IM with 50 breast {1 x 50 on :45 Freestyle-descend | | EN1 EN1 EN2 EN2 EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| | 1 on 10:00 Stretch and Ice | | |
| 7:05 AM | 2,300 Yards - Stress Value = 28 | | |

Workout #5248 - Friday, 18 January 2008

HighSchl - IM'ers

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|---------|---|-----|---------------------------------|
| | 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 | 1 x 750 on 10:00 Pulls-nbbf&w + 2 yds | | EN1 |
| 1,200 | 1x{2 x 125 on 1:50 IM with 50 fly {3 x 50 on :45 Freestyle-descend {2 x 125 on 1:50 IM with 50 back {3 x 50 on :40 Freestyle-descend {2 x 125 on 1:50 IM with 50 breast {3 x 50 on :35 Freestyle-descend | | EN1 EN1 EN2 EN2 EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | | REC |
| | 1 on 10:00 Stretch and Ice | | |
| 7:05 AM | 2,750 Yards - Stress Value = 34 | | |

Workout #5251 - Friday, 18 January 2008

HighSchl - All

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 25:00 10 min abs/stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| | 1 on 10:00 Techniques-Relay Starts |
| 500 | 1x{3 x 50 on 1:00 Kick {3 x 50 on 1:00 Kick |

Workout #5247 - Friday, 18 January 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|---------|---------------------------------------|-----|----|
| | 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 | 1 x 500 on 10:00 Pulls-nbbf&w + 2 yds | EN1 | |
| 950 | 1x{2 x 100 on 2:10 Individual Medley | EN1 | |
| | {3 x 50 on 1:00 Freestyle-descend | EN1 | |
| | {2 x 100 on 1:00 Individual Medley | EN2 | |
| | {2 x 50 on :55 Freestyle-descend | EN2 | |
| | {2 x 100 on 2:00 Individual Medley | EN2 | |
| | {2 x 50 on :50 Freestyle-descend | EN2 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Stretch and Ice | | |
| 7:05 AM | 2,100 Yards - Stress Value = 27 | | |

Workout #5252 - Monday, 21 January 2008

HighSchl - Distance

1 minute rest between sets

7:00 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 |
| 1,200 | 2x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on :55 Kick |
| | {2 x 75 on 1:20 Kick |
| | {3 x 100 on 1:45 Kick |
| 1,000 | 1x{2 x 125 on 1:45 Pull no br L.8 yds |
| | {2 x 125 on 1:40 Pull no br L.10 yds |
| | {2 x 125 on 1:35 Pull no br L.12 yds |
| | {2 x 125 on 1:30 Pull no br L.14 yds |
| 250 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,000 | 5x{1 x 300 on 4:00 Free-hold time I give you |
| | {1 x 100 on 1:30 Free breathe 3-5-7-3 by 25's |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| | 1 on 10:00 Stretch and Ice |
| 9:30 AM | 5,750 Yards - Stress Value = 99 |

Workout #5259 - Monday, 21 January 2008

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|---------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 800 | 1 x 800 on 12:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,600 | 4x{1 x 300 on 4:00 Free-hold time I give you |
| | {1 x 100 on 1:30 Free breathe 3-5-7-3 by 25's |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 15:00 Stretch and Ice |
| 4:33 PM | 2,750 Yards - Stress Value = 54 |

Workout #5255 - Monday, 21 January 2008

HighSchl - Gold

1 minute rest between sets

7:00 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 |
| 1,200 | 2x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:00 Kick |
| | {2 x 75 on 1:25 Kick |
| | {3 x 100 on 1:50 Kick |
| 800 | 1x{2 x 125 on 1:55 Pull no br L.8 yds |
| | {2 x 125 on 1:50 Pull no br L.10 yds |
| | {2 x 125 on 1:45 Pull no br L.12 yds |
| | {1 x 50 on :40 Pull no br L.14 yds |
| 250 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,000 | 5x{1 x 300 on 4:30 Free-hold time I give you |
| | {1 x 100 on 1:40 Free breathe 3-5-7-3 by 25's |
| 200 | 4 x 50 on 1:00 Stroke Drills |
| | 1 on 10:00 Stretch and Ice |
| 9:30 AM | 5,350 Yards - Stress Value = 94 |

Workout #5256 - Monday, 21 January 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|---------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 750 | 1 x 750 on 12:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,600 | 4x{1 x 300 on 4:30 Free-hold time I give you |
| | {1 x 100 on 1:40 Free breathe 3-5-7-3 by 25's |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 12:00 Stretch and Ice |
| 4:33 PM | 2,700 Yards - Stress Value = 54 |

Workout #5253 - Monday, 21 January 2008

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---------|---|
| | 1 on 35:00 Weights and Stretch |
| 700 | 1 x 700 on 12:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:05 Kick |
| | {2 x 75 on 1:35 Kick |
| | {2 x 100 on 2:05 Kick |
| 850 | 1x{2 x 125 on 2:05 Pull no br L.8 yds |
| | {2 x 125 on 2:00 Pull no br L.10 yds |
| | {2 x 100 on 1:35 Pull no br L.12 yds |
| | {3 x 50 on :45 Pull no br L.14 yds |
| 250 | 5x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,750 | 5x{1 x 250 on 4:00 Free-hold time I give you |
| | {1 x 100 on 1:50 Free breathe 3-5-7-3 by 25's |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 1 on 10:00 Stretch and Ice |
| 9:30 AM | 4,950 Yards - Stress Value = 88 |

Workout #5257 - Monday, 21 January 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 700 1 x 700 on 12:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 4x{1 x 250 on 4:00 Free-hold time I give you
 {1 x 100 on 1:50 Free breathe 3-5-7-3 by 25's
 200 1 x 200 on 3:00 Stroke Drills
 1 on 13:00 Stretch and Ice
 4:33 PM 2,450 Yards - Stress Value = 50

{1 x 75 on 2:00 Kick w/shoes
 {1 x 50 on 1:30 Kick w/shoes
 {1 x 25 on 1:00 Kick w/shoes
 {5 x 100 on 1:40 Kick
 1,200 1x{2 x 150 on 2:05 Pulls
 {2 x 150 on 2:00 Pulls
 {2 x 150 on 1:55 Pulls
 {2 x 150 on 1:50 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 400 1 x 400 on 6:00 Stroke Drills
 1 on 12:00 Stretch and Ice
 5:35 PM 5,050 Yards - Stress Value = 78

Workout #5254 - Monday, 21 January 2008

HighSchl - Bronze

1 minute rest between sets

7:00 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
 1,000 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {2 x 75 on 1:40 Kick
 {2 x 100 on 2:10 Kick
 650 1x{2 x 100 on 2:05 Pull no br L.8 yds
 {2 x 100 on 2:00 Pull no br L.10 yds
 {2 x 100 on 1:55 Pull no br L.12 yds
 {1 x 50 on :50 Pull no br L.14 yds
 250 5x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,500 5x{1 x 200 on 4:00 Free-hold time I give you
 {1 x 100 on 2:00 Free breathe 3-5-7-3 by 25's
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Stretch and Ice
 9:30 AM 4,400 Yards - Stress Value = 81

Workout #5261 - Tuesday, 22 January 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 450 1 x 450 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{1 x 25 on 1:00 Kick w/shoes
 {1 x 50 on 1:30 Kick w/shoes
 {1 x 75 on 2:00 Kick w/shoes
 {2 x 100 on 2:30 Kick w/shoes
 {1 x 75 on 2:00 Kick w/shoes
 {1 x 50 on 1:30 Kick w/shoes
 {1 x 25 on 1:00 Kick w/shoes
 {4 x 100 on 1:55 Kick
 1,200 1x{2 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 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 400 1 x 400 on 6:00 Stroke Drills
 1 on 12:00 Stretch and Ice
 5:35 PM 4,900 Yards - Stress Value = 76

Workout #5258 - Monday, 21 January 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 600 1 x 600 on 12:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 200 on 4:00 Free-hold time I give you
 {1 x 100 on 2:00 Free breathe 3-5-7-3 by 25's
 200 1 x 200 on 3:00 Stroke Drills
 1 on 13:00 Stretch and Ice
 4:33 PM 2,150 Yards - Stress Value = 46

Workout #5260 - Tuesday, 22 January 2008

HighSchl - Fly

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 25 on 1:00 Kick w/shoes
 {1 x 50 on 1:30 Kick w/shoes
 {1 x 75 on 2:00 Kick w/shoes
 {2 x 100 on 2:30 Kick w/shoes

Workout #5262 - Tuesday, 22 January 2008

HighSchl - Silver

1 minute rest between sets

3:00 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
 900 1x{1 x 25 on 1:00 Kick w/shoes
 {1 x 50 on 1:30 Kick w/shoes
 {1 x 75 on 2:00 Kick w/shoes
 {2 x 100 on 2:30 Kick w/shoes
 {1 x 75 on 2:00 Kick w/shoes
 {1 x 50 on 1:30 Kick w/shoes
 {1 x 25 on 1:00 Kick w/shoes
 {4 x 100 on 2:00 Kick
 1,100 1x{2 x 150 on 2:20 Pulls
 {2 x 150 on 2:15 Pulls
 {2 x 150 on 2:10 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
 1,600 8x{8 x 25 on :30 Butterfly #4 freestyle
 {1 on 1:00 Rest
 300 1 x 300 on 6:00 Stroke Drills
 1 on 12:00 Stretch and Ice
 5:35 PM 4,650 Yards - Stress Value = 74

Workout #5263 - Tuesday, 22 January 2008

HighSchl - Bronze

1 minute rest between sets

3:00 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 25 on 1:15 Kick w/shoes
 {1 x 50 on 1:45 Kick w/shoes
 {1 x 75 on 2:15 Kick w/shoes
 {1 x 100 on 2:45 Kick w/shoes
 {1 x 75 on 2:15 Kick w/shoes
 {1 x 50 on 1:45 Kick w/shoes
 {1 x 25 on 1:15 Kick w/shoes
 {4 x 100 on 2:15 Kick
 850 1x{2 x 125 on 2:20 Pulls
 {2 x 125 on 2:15 Pulls
 {2 x 125 on 2:10 Pulls
 {1 x 100 on 1:45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :30 Odds fly evens free
 {1 on 1:00 Rest
 300 1 x 300 on 6:00 Stroke Drills
 1 on 12:00 Stretch and Ice
 5:35 PM 4,250 Yards - Stress Value = 67

Workout #5266 - Wednesday, 23 January 2008

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Weights
 500 1 x 500 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 1:20 Freestyle-Good effort
 or 5 X 75 Stroke or IM@ 1:10 + 1 X 25 choic
 1,000 1 x 1000 on 20:00 Social Kick

500 5 x 100 on 1:25 Freestyle-good effort
 Or 5 X 75 Stroke or IM@ 1:15 + 1 X 25 choic
 1,000 8 x 125 on 1:50 Pulls
 500 5 x 100 on 1:30 Freestyle-good effort
 Or 5 X 75 Stroke of IM @ 1:20 + 1 X 25 choi
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 500 5 x 100 on 1:35 Freestyle-good effort
 Or 5 X 75 Stroke or IM@ 1:25 + 1 X 25 choic
 400 8 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:35 PM 5,250 Yards - Stress Value = 48

Workout #5264 - Wednesday, 23 January 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Weights
 450 1 x 450 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 1:30 Freestyle-Good effort
 or 5 X 75 Stroke or IM@ 1:20 + 1 X 25 choic
 1,000 1 x 1000 on 19:00 Social Kick
 500 5 x 100 on 1:35 Freestyle-good effort
 Or 5 X 75 Stroke or IM@ 1:25 + 1 X 25 choic
 1,000 8 x 125 on 1:50 Pulls
 500 5 x 100 on 1:40 Freestyle-good effort
 Or 5 X 75 Stroke of IM @ 1:30 + 1 X 25 choi
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 400 4 x 100 on 1:40 Freestyle-good effort
 Or 4 X 75 Stroke or IM@ 1:35 + 1 X 50 choic
 400 8 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:35 PM 5,100 Yards - Stress Value = 47

Workout #5265 - Wednesday, 23 January 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Weights
 400 1 x 400 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 1:40 Freestyle-Good effort
 or 5 X 75 Stroke or IM@ 1:30 + 1 X 25 choic
 1,000 1 x 1000 on 16:00 Social Kick
 500 5 x 100 on 1:45 Freestyle-good effort
 Or 5 X 75 Stroke or IM@ 1:35+ 1 X 25 choice
 750 6 x 125 on 2:05 Pulls
 500 5 x 100 on 1:50 Freestyle-good effort
 Or 5 X 75 Stroke of IM @ 1:40 + 1 X 25 choi
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 500 5 x 100 on 1:55 Freestyle-good effort
 Or 5 X 75 Stroke or IM@ 1:45+ 1 X 25 choice
 350 7 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:35 PM 4,850 Yards - Stress Value = 46

Workout #5267 - Wednesday, 23 January 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 1 on 35:00 Weights | | |
| 350 | 1 x 350 on 8:00 Choice | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 400 | 4 x 100 on 2:00 Freestyle-Good effort or 4 X 75 Stroke or IM@ 1:30+ 2 X 50 choice | | |
| 1,000 | 1 x 1000 on 19:00 Social Kick | | |
| 400 | 4 x 100 on 2:05 Freestyle-good effort Or 4 X 75 Stroke or IM@ 1:35+ 2 X 50 choic | | |
| 600 | 6 x 100 on 2:05 Pulls | | |
| 400 | 4 x 100 on 2:10 Freestyle-good effort Or 4 X 75 Stroke of IM @ 1:40 + 2 X 50 choi | | |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | |
| 400 | 4 x 100 on 2:15 Freestyle-good effort Or 4 X 75 Stroke or IM@ 1:45+ 2 X 50 choice | | |
| 350 | 7 x 50 on 1:00 Stroke Drills | | |
| | 1 on 15:00 Stretch and Ice | | |

5:35 PM 4,250 Yards - Stress Value = 40

Workout #5268 - Friday, 25 January 2008

HighSchl - IM'ers

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|-------|---|-----|-----|
| | 1 on 35:00 Weights and Stretch | | |
| 500 | 1 x 500 on 9:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 600 | 4x{1 x 75 on 1:05 Pulls {1 x 75 on 1:10 Pulls | EN1 | EN1 |
| 900 | 3x{4 x 25 on :30 Stroke Drills {1 x 200 on 3:15 IM-Alt 25 stroke 25 free | REC | EN1 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Stretch and Ice | | |

7:05 AM 2,400 Yards - Stress Value = 18

Workout #5272 - Friday, 25 January 2008

HighSchl - All

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 1 on 40:00 Physio Balls/Stretch-Team Mtg | | |
| 3,000 | 1 x 3000 on 45:00 Swim-kick-pull-swim | REC | |
| | 1 on 15:00 Stretch and Ice | | |

4:40 PM 3,000 Yards

Workout #5269 - Friday, 25 January 2008

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|-------|---|-----|-----|
| | 1 on 35:00 Weights and Stretch | | |
| 450 | 1 x 450 on 9:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 500 | 4x{1 x 75 on 1:05 Pulls {1 x 50 on :50 Pulls | EN1 | EN1 |
| 900 | 3x{4 x 25 on :30 Stroke Drills {1 x 200 on 3:30 IM-Alt 25 stroke 25 free | REC | EN1 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Stretch and Ice | | |

7:05 AM 2,250 Yards - Stress Value = 17

Workout #5270 - Friday, 25 January 2008

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|-------|---|-----|-----|
| | 1 on 35:00 Weights and Stretch | | |
| 400 | 1 x 400 on 9:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 400 | 4x{1 x 50 on :50 Pulls {1 x 50 on :55 Pulls | EN1 | EN1 |
| 900 | 3x{4 x 25 on :30 Stroke Drills {1 x 200 on 3:45 IM-Alt 25 stroke 25 free | REC | EN1 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Stretch and Ice | | |

7:05 AM 2,100 Yards - Stress Value = 16

Workout #5271 - Friday, 25 January 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|-------|---|-----|-----|
| | 1 on 35:00 Weights and Stretch | | |
| 350 | 1 x 350 on 9:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 400 | 4x{1 x 50 on 1:00 Pulls {2 x 25 on :30 Pulls | EN1 | EN1 |
| 750 | 3x{4 x 25 on :45 Stroke Drills {1 x 150 on 3:00 IM-Alt 25 stroke 25 free | REC | EN1 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Stretch and Ice | | |

7:06 AM 1,900 Yards - Stress Value = 14

Workout #5280 - Monday, 28 January 2008

Group 3 - Distance

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|---|-----|----|
| | 1 on 30:00 Physio Balls/Stretch | | |
| 600 | 1 x 600 on 9:00 Swim-kick-pull-swim | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 1,100 | 1x{2 x 100 on 2:00 Kick {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:55 Kick {4 x 25 on :35 Kick no board BSLR {2 x 100 on 1:50 Kick {4 x 25 on :40 Kick no board BSLR {2 x 100 on 1:45 Kick | | |
| 1,250 | 1x{4 x 125 on 1:40 Pull no br L.12 yds {3 x 125 on 1:40 Pull no br L.18 yds {2 x 125 on 1:40 Pull no br L.25 yds {1 x 125 on 1:40 Pulls | | |
| 200 | 4x{1 x 25 on :50 12.5 ez 12.5 fast grt finishes {1 x 25 on :30 12.5 ez 12.5 fast grt finishes alt fly and free for the fast part | | |
| 2,400 | 3x{1 x 200 on 2:30 Freestyle {1 x 200 on 2:45 Free L.25 br ev 5, w/6bk {1 x 200 on 3:00 Free-R 10 sec @100 negsplit {1 x 200 on 3:30 Stroke Drill | | |
| 250 | 5 x 50 on 1:00 Stroke Drills | | |
| | 1 on 15:00 Stretch and Ice | | |

5:34 PM 5,950 Yards - Stress Value = 87

Workout #5277 - Monday, 28 January 2008

Group 3 - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 550 1 x 550 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{2 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 1,125 1x{4 x 125 on 1:50 Pull no br L.12 yds
 {3 x 125 on 1:50 Pull no br L.18 yds
 {2 x 100 on 1:30 Pull no br L.25 yds
 {1 x 50 on 1:00 Pulls
 200 4x{1 x 25 on :50 12.5 ez 12.5 fast grt finishes
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 alt fly and free for the fast part
 2,250 3x{1 x 200 on 2:40 Freestyle
 {1 x 200 on 3:00 Free L.25 br ev 5, w/6bk
 {1 x 200 on 3:20 Free-R 10 sec @100 negsplit
 {1 x 150 on 3:00 Stroke Drill
 250 5 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:34 PM 5,575 Yards - Stress Value = 82

Workout #5278 - Monday, 28 January 2008

Group 3 - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 500 1 x 500 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 100 on 2:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 950 1x{4 x 125 on 2:00 Pull no br L.12 yds
 {3 x 125 on 2:00 Pull no br L.18 yds
 {1 x 75 on 1:10 Pull no br L.25 yds
 200 4x{1 x 25 on :50 12.5 ez 12.5 fast grt finishes
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 alt fly and free for the fast part
 2,100 3x{1 x 200 on 2:50 Freestyle
 {1 x 200 on 3:10 Free L.25 br ev 5, w/6bk
 {1 x 200 on 3:30 Free-R 10 sec @100 negsplit
 {1 x 100 on 2:30 Stroke Drill
 250 5 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:33 PM 5,150 Yards - Stress Value = 78

Workout #5279 - Monday, 28 January 2008

Group 3 - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters

900 1x{2 x 100 on 2:20 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
 {3 x 100 on 2:10 Kick
 850 1x{4 x 100 on 2:00 Pull no br L.12 yds
 {3 x 100 on 2:00 Pull no br L.18 yds
 {2 x 75 on 1:30 Pulls
 200 4x{1 x 25 on :50 12.5 ez 12.5 fast grt finishes
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 alt fly and free for the fast part
 1,800 3x{1 x 200 on 3:40 Freestyle
 {1 x 150 on 2:50 Free L.25 br ev 5, w/6bk
 {1 x 200 on 4:00 Free-R 10 sec @100 negsplit
 {1 x 50 on 1:30 Stroke Drill
 250 5 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:34 PM 4,550 Yards - Stress Value = 70

Workout #5274 - Monday, 28 January 2008

HighSchl - 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
 600 1x{4 x 50 on :50 Pull no br L.12 yds EN1 F
 {4 x 50 on :45 Pull no br L.10 yds EN1 F
 {4 x 50 on :40 Pull no br L.8 yds EN1 F
 1,250 1x{4 x 125 on 1:40 Freestyle EN1 S
 {3 x 125 on 1:35 Freestyle EN2 S
 {2 x 125 on 1:30 Freestyle EN2 S
 {1 x 125 on 1:25 Freestyle EN2 S
 250 1 x 250 on 4:00 Stroke Drills REC I
 1 on 11:00 Stretch and Ice M
 7:05 AM 2,750 Yards - Stress Value = 32

Workout #5275 - Monday, 28 January 2008

HighSchl - 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
 550 1x{2 x 50 on :55 Pull no br L.12 yds EN1 F
 {4 x 50 on :50 Pull no br L.10 yds EN1 F
 {5 x 50 on :45 Pull no br L.8 yds EN1 F
 1,125 1x{4 x 125 on 1:50 Freestyle EN1 S
 {3 x 125 on 1:45 Freestyle EN2 S
 {2 x 125 on 1:40 Freestyle EN2 S
 225 1 x 225 on 4:00 Stroke Drills REC I
 1 on 11:00 Stretch and Ice M
 7:05 AM 2,500 Yards - Stress Value = 29

Workout #5276 - Monday, 28 January 2008

HighSchl - 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 |
| 500 | 1x{2 x 50 on 1:00 Pull no br L.12 yds | EN1 | F |
| | {4 x 50 on :55 Pull no br L.10 yds | EN1 | F |
| | {4 x 50 on :50 Pull no br L.8 yds | EN1 | F |
| 1,125 | 1x{4 x 125 on 1:55 Freestyle | EN1 | S |
| | {3 x 125 on 1:50 Freestyle | EN2 | S |
| | {2 x 125 on 1:45 Freestyle | EN2 | S |
| 225 | 1 x 225 on 4:00 Stroke Drills | REC | I |
| | 1 on 10:00 Stretch and Ice | | N |

7:05 AM 2,400 Yards - Stress Value = 29

Workout #5273 - Monday, 28 January 2008

HighSchl - 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 |
| 450 | 1x{3 x 50 on 1:05 Pull no br L.12 yds | EN1 | F |
| | {3 x 50 on 1:00 Pull no br L.10 yds | EN1 | F |
| | {3 x 50 on :55 Pull no br L.8 yds | EN1 | F |
| 900 | 1x{4 x 100 on 1:55 Freestyle | EN1 | S |
| | {3 x 100 on 1:50 Freestyle | EN2 | S |
| | {2 x 100 on 1:45 Freestyle | EN2 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| | 1 on 10:00 Stretch and Ice | | N |

7:05 AM 2,050 Yards - Stress Value = 26

Workout #5283 - Thursday, 31 January 2008

HighSchl - Breast

1 minute rest between sets

4:15 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--------------------------------------|-----|------|
| 1,500 | 1x{1 x 100 on 1:30 25 breast 75 free | EN1 | S C |
| | {6 x 25 on :30 Breast 2X pullouts | EN1 | S |
| | {2 x 100 on 1:35 50 breast 50 free | EN1 | S C |
| | {6 x 25 on :30 Breast 2X pullouts | EN1 | S |
| | {3 x 100 on 1:40 75 breast 25 free | EN2 | S C |
| | {4 x 25 on :30 Breast 2X pullouts | EN2 | S |
| | {4 x 100 on 1:45 Breaststroke | EN2 | S |
| | {4 x 25 on :30 Breast 2X pullouts | EN1 | S |
| 400 | 1x{4 x 25 on :30 Freestyle | EN1 | S |
| | {4 x 25 on :25 Freestyle | EN1 | S |
| | {4 x 25 on :20 Freestyle | EN2 | S |
| | {4 x 25 on :15 Freestyle | EN2 | S |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | D |

4:55 PM 2,200 Yards - Stress Value = 30

Workout #5282 - Thursday, 31 January 2008

HighSchl - Distance

1 minute rest between sets

4:15 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| 2,000 | 1x{1 x 400 on 5:20 Free L.25 of each 100 6bk | EN | |
| | {2 x 300 on 4:00 Free-middle 100 br ev 5 | EN | |
| | {3 x 200 on 2:40 Freestyle-desend | EN | |

| | | |
|-----|--|----|
| | {4 x 100 on 1:20 Freestyle L.25 one breath | EN |
| 400 | 1x{4 x 25 on :30 Freestyle | EN |
| | {4 x 25 on :25 Freestyle | EN |
| | {4 x 25 on :20 Freestyle | EN |
| | {4 x 25 on :15 Freestyle | EN |
| 300 | 1 x 300 on 5:00 Stroke Drills | RE |

4:55 PM 2,700 Yards - Stress Value = 46

Workout #5281 - Thursday, 31 January 2008

HighSchl - All

1 minute rest between sets

3:15 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretch |
| 500 | 1 x 500 on 8:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Cross pool sprints |
| 400 | 1x{2 x 25 on :30 Kick no board BSLR-12 kicks |
| | {2 x 25 on :35 Kick no board BSLR-11 kicks |
| | {2 x 25 on :40 Kick no board BSLR-10 kicks |
| | {2 x 25 on :45 Kick no board BSLR-9 kicks |
| | {4 x 50 on :50 Kick no board BSLR-? |
| | 1 on 10:00 Techniques-Relay Starts |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |

4:14 PM 1,250 Yards - Stress Value = 16

Workout #5286 - Friday, 01 February 2008

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 6 x 100 on 2:00 Kick-descend in 3's |
| 900 | 1x{6 x 75 on 1:10 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds |
| | {2 x 75 on 1:00 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 |
| | 1 on 10:00 Techniques-Relay Starts |
| 800 | 1x{4 x 25 on :25 Butterfly |
| | {1 x 100 on 1:15 Freestyle |
| | {3 x 50 on :50 Butterfly |
| | {1 x 100 on 1:15 Freestyle |
| | {2 x 75 on 1:10 Butterfly |
| | {1 x 100 on 1:15 Freestyle |
| | {1 x 100 on 1:40 Butterfly |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 12:00 Stretch and Ice |

5:05 PM 3,250 Yards - Stress Value = 41

Workout #5284 - Friday, 01 February 2008

HighSchl - IM'ers

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:30 AM Start | | | |
| 400 | 1 on 35:00 Weights and Stretch | | |
| 150 | 1 x 400 on 8:00 Reverse IM drill | REC | |
| 600 | 10 x 15 on :45 Shooters | SP3 | |
| 1,200 | 1 x 600 on 9:00 Pulls-nbbf&w + 2 yds | EN1 | |
| | {3 x 100 on 1:35 Individual Medley | EN2 | |
| | {3 x 100 on 1:30 Individual Medley | EN2 | |
| | {3 x 100 on 1:25 Individual Medley | EN2 | |
| | {3 x 100 on 1:20 Individual Medley | EN2 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| | 1 on 10:00 Stretch and Ice | | |
| 7:05 AM 2,550 Yards - Stress Value = 36 | | | |

Workout #5285 - Friday, 01 February 2008

HighSchl - All

1 minute rest between sets

| Yards | Set Description |
|---|---|
| 3:00 PM Start | |
| 400 | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 150 | 1 x 400 on 7:00 Reverse IM drill |
| 600 | 10 x 15 on :45 Shooters |
| 900 | 6 x 100 on 2:00 Kick-descend in 3's |
| | 1x{6 x 75 on 1:10 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds |
| | {2 x 75 on 1:00 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 |
| | 1 on 10:00 Techniques-Relay Starts |
| 800 | 1x{1 x 200 on 3:00 175 Free 25 non free drill |
| | {1 x 175 on 2:40 150 Free 25 non free drill |
| | {1 x 150 on 2:15 125 Free 25 non free drill |
| | {1 x 125 on 1:50 100 Free 25 non free drill |
| | {3 x 50 on :50 Freestyle-descend to ludicrous |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 11:00 Stretch and Ice |
| 5:05 PM 3,250 Yards - Stress Value = 31 | |

Workout #5289 - Saturday, 02 February 2008

HighSchl - Platinum

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 6:00 AM Start | |
| 500 | 1 on 25:00 10 Min Abs and Stretch |
| | 1 x 500 on 8:00 Choice-must be a variety of things-kick, scull, drill, 6bk, breaching p |
| 150 | 10 x 15 on :45 Shooters |
| | 1 on 10:00 Techniques-Relay Starts |
| 750 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:00 Kick |
| 1,200 | 2x{1 x 150 on 2:15 Lungbuster pulls |
| | {1 x 150 on 2:10 Lungbuster pulls |
| | {1 x 150 on 2:05 Lungbuster pulls |
| | {1 x 150 on 2:00 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,000 | 1x{4 x 125 on 2:00 Freestyle |
| | {1 on 1:00 Rest |
| | {4 x 125 on 1:55 Freestyle |
| | {1 on 1:00 Rest |
| | {4 x 125 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {4 x 125 on 1:45 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drills |

1 on 14:00 Stretch and Ice
8:35 AM 5,300 Yards - Stress Value = 150

Workout #5290 - Saturday, 02 February 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description |
|--|---|
| 6:00 AM Start | |
| 450 | 1 on 25:00 10 Min Abs and Stretch |
| | 1 x 450 on 8:00 Choice-must be a variety of things-kick, scull, drill, 6bk, breaching p |
| 150 | 10 x 15 on :45 Shooters |
| | 1 on 10:00 Techniques-Relay Starts |
| 750 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:00 Kick |
| 1,100 | 2x{1 x 150 on 2:20 Lungbuster pulls |
| | {1 x 150 on 2:15 Lungbuster pulls |
| | {1 x 150 on 2:10 Lungbuster pulls |
| | {1 x 100 on 1:30 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,000 | 1x{4 x 125 on 2:00 Freestyle |
| | {1 on 1:00 Rest |
| | {4 x 125 on 1:55 Freestyle |
| | {1 on 1:00 Rest |
| | {4 x 125 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {4 x 125 on 1:45 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 1 on 14:00 Stretch and Ice |
| 8:35 AM 5,150 Yards - Stress Value = 149 | |

Workout #5288 - Saturday, 02 February 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description |
|--|---|
| 6:00 AM Start | |
| 400 | 1 on 25:00 10 Min Abs and Stretch |
| | 1 x 400 on 8:00 Choice-must be a variety of things-kick, scull, drill, 6bk, breaching p |
| 150 | 10 x 15 on :45 Shooters |
| | 1 on 10:00 Techniques-Relay Starts |
| 750 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:00 Kick |
| 1,000 | 2x{1 x 150 on 2:30 Lungbuster pulls |
| | {1 x 150 on 2:25 Lungbuster pulls |
| | {1 x 150 on 2:20 Lungbuster pulls |
| | {1 x 50 on :45 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,800 | 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 100 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {4 x 100 on 1:45 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 1 on 14:00 Stretch and Ice |
| 8:34 AM 4,800 Yards - Stress Value = 136 | |

Workout #5287 - Saturday, 02 February 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---|-----|------|
| 6:00 AM | Start | | |
| 350 | 1 on 25:00 10 Min Abs and Stretch | | I |
| 150 | 1 x 350 on 8:00 Choice-must be a variety of things-kick, scull, drill, 6bk, breaching p | REC | S |
| 150 | 10 x 15 on :45 Shooters | SP3 | S |
| 600 | 3x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:30 Kick | EN1 | S |
| 800 | 2x{1 x 100 on 2:15 Lungbuster pulls {1 x 100 on 2:10 Lungbuster pulls {1 x 100 on 2:05 Lungbuster pulls {1 x 100 on 2:00 Lungbuster pulls | EN1 | S |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | EN1 | S |
| 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 | EN1 | S |
| 500 | 10 x 50 on 1:00 Stroke Drills | EN1 | S |
| | 1 on 14:00 Stretch and Ice | REC | I |
| | 8:35 AM 4,200 Yards - Stress Value = 121 | | M |

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| 350 | 1 on 35:00 Weights and Stretch | | I |
| 150 | 1 x 350 on 8:00 Swim-kick-pull-swim | REC | S |
| 1,800 | 10 x 15 on :45 Shooters | SP3 | S |
| | 1x{2 x 100 on 1:40 Freestyle | EN1 | S |
| | {2 x 200 on 3:10 Freestyle | EN1 | S |
| | {2 x 300 on 4:35 Freestyle | EN1 | S |
| | {1 x 400 on 6:00 Freestyle | EN1 | S |
| 200 | {1 x 200 on 3:00 Freestyle | EN1 | S |
| | 1 x 200 on 3:00 Stroke Drills | REC | I |
| | 1 on 10:00 Stretch and Ice | | M |
| | 7:05 AM 2,500 Yards - Stress Value = 24 | | |

Workout #5294 - Monday, 04 February 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 5:30 AM | Start | | |
| | 1 on 35:00 Weights and Stretch | | I |
| 300 | 1 x 300 on 8:00 Swim-kick-pull-swim | REC | S |
| 150 | 10 x 15 on :45 Shooters | SP3 | S |
| 1,400 | 1x{2 x 100 on 2:00 Freestyle {2 x 200 on 3:50 Freestyle {2 x 300 on 5:40 Freestyle {1 x 200 on 3:40 Freestyle | EN1 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| | 1 on 10:00 Stretch and Ice | | M |
| | 7:05 AM 2,050 Yards - Stress Value = 20 | | |

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| 300 | 1 on 35:00 Weights and Stretch | | I |
| 150 | 1 x 300 on 8:00 Swim-kick-pull-swim | REC | S |
| 1,400 | 10 x 15 on :45 Shooters | SP3 | S |
| | 1x{2 x 100 on 2:00 Freestyle {2 x 200 on 3:50 Freestyle {2 x 300 on 5:40 Freestyle {1 x 200 on 3:40 Freestyle | EN1 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| | 1 on 10:00 Stretch and Ice | | M |
| | 7:05 AM 2,050 Yards - Stress Value = 20 | | |

Workout #5291 - Monday, 04 February 2008

HighSchl - Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 5:30 AM | Start | | |
| 400 | 1 on 35:00 Weights and Stretch | | I |
| 150 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | S |
| 2,000 | 10 x 15 on :45 Shooters | SP3 | S |
| | 1x{2 x 100 on 1:25 Freestyle {2 x 200 on 2:45 Freestyle {2 x 300 on 4:00 Freestyle {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 | | |

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 3:00 PM | Start | | |
| 400 | 1 on 30:00 Physio Balls/Stretch | | I |
| 150 | 1 x 400 on 6:00 Swim-kick-pull-swim | REC | S |
| 600 | 10 x 15 on :45 Shooters | SP3 | S |
| 600 | 2x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 1:45 Kick | EN1 | S |
| 600 | 8 x 75 on 1:00 Pull no br L.10 yds | EN1 | S |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | EN1 | S |
| 1,350 | 1x{1 x 225 on 3:00 Freestyle {1 x 225 on 2:55 Freestyle {1 x 225 on 2:50 Freestyle {1 x 225 on 2:45 Freestyle {1 x 225 on 2:40 Freestyle {1 x 225 on 2:35 Freestyle | EN1 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| | 1 on 15:00 Stretch and Ice | | M |
| | 4:50 PM 3,400 Yards - Stress Value = 48 | | |

Workout #5292 - Monday, 04 February 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 5:30 AM | Start | | |
| 400 | 1 on 35:00 Weights and Stretch | | I |
| 150 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | S |
| 2,000 | 10 x 15 on :45 Shooters | SP3 | S |
| | 1x{2 x 100 on 1:30 Freestyle {2 x 200 on 2:50 Freestyle {2 x 300 on 4:10 Freestyle {2 x 400 on 5:30 Freestyle | EN1 | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | I |
| | 1 on 10:00 Stretch and Ice | | M |
| | 7:05 AM 2,750 Yards - Stress Value = 26 | | |

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| 400 | 1 on 35:00 Weights and Stretch | | I |
| 150 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | S |
| 2,000 | 10 x 15 on :45 Shooters | SP3 | S |
| | 1x{2 x 100 on 1:30 Freestyle {2 x 200 on 2:50 Freestyle {2 x 300 on 4:10 Freestyle {2 x 400 on 5:30 Freestyle | EN1 | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | I |
| | 1 on 10:00 Stretch and Ice | | M |
| | 7:05 AM 2,750 Yards - Stress Value = 26 | | |

Workout #5293 - Monday, 04 February 2008

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Workout #5297 - Tuesday, 05 February 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 350 1 x 350 on 6:00 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 1:55 Kick
 525 7 x 75 on 1:05 Pull no br L.10 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,125 1x{1 x 225 on 3:20 Freestyle
 {1 x 225 on 3:15 Freestyle
 {1 x 225 on 3:10 Freestyle
 {1 x 225 on 3:05 Freestyle
 {1 x 225 on 3:00 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 4:50 PM 3,050 Yards - Stress Value = 43

Workout #5298 - Tuesday, 05 February 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 350 1 x 350 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
 {2 x 75 on 1:35 Kick
 450 6 x 75 on 1:15 Pull no br L.10 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 200 on 3:10 Freestyle
 {1 x 200 on 3:05 Freestyle
 {1 x 200 on 3:00 Freestyle
 {1 x 200 on 2:55 Freestyle
 {1 x 200 on 2:50 Freestyle
 {1 x 200 on 2:45 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 1 on 14:00 Stretch and Ice
 4:50 PM 2,950 Yards - Stress Value = 44

Workout #5295 - Tuesday, 05 February 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/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
 {2 x 75 on 1:45 Kick
 450 6 x 75 on 1:20 Pull no br L.10 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,025 1x{1 x 175 on 3:10 Freestyle
 {1 x 175 on 3:05 Freestyle
 {1 x 175 on 3:00 Freestyle
 {1 x 175 on 2:55 Freestyle
 {1 x 175 on 2:50 Freestyle
 {1 x 150 on 2:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 1 on 14:00 Stretch and Ice
 4:50 PM 2,725 Yards - Stress Value = 43

Workout #5301 - Thursday, 07 February 2008

HighSchl - Back

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 8 min abs/stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{2 x 125 on 2:30 Kick
 {2 x 125 on 2:15 Kick
 {1 x 100 on 1:45 Kick
 600 1x{1 x 250 on 3:30 Pulls
 {1 x 200 on 2:45 Pulls
 {1 x 150 on 2:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,000 1x{4 x 75 on 1:15 Backstroke
 {3 x 100 on 1:35 Backstroke
 {2 x 125 on 1:55 Backstroke
 {1 x 150 on 2:15 Backstroke
 100 4 x 25 on :30 Back-10 yds under water
 exploisve breakouts-GREAT EFFORT!!!!
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 4:48 PM 3,150 Yards - Stress Value = 37

Workout #5303 - Thursday, 07 February 2008

HighSchl - Breast

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 8 min abs/stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{2 x 125 on 2:30 Kick
 {2 x 125 on 2:15 Kick
 {1 x 100 on 1:45 Kick
 600 1x{1 x 250 on 3:30 Pulls
 {1 x 200 on 2:45 Pulls
 {1 x 150 on 2:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,100 1x{1 x 200 on 3:30 Breaststroke
 {3 x 100 on 1:45 Breaststroke 2X pullouts
 {6 x 50 on :55 Breaststroke-descend in 3's
 {12 x 25 on :40 Odds under evens-build to
 { GREAT FINISHES
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 4:44 PM 2,850 Yards - Stress Value = 35

Workout #5302 - Thursday, 07 February 2008

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 8 min abs/stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 125 on 2:30 Kick {2 x 125 on 2:15 Kick {1 x 100 on 1:45 Kick |
| 600 | 1x{1 x 250 on 3:30 Pulls {1 x 200 on 2:45 Pulls {1 x 150 on 2:00 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,200 | 4 x 300 on 4:00 Freestyle-descend 1-3 hold 4 as fast as 3 |
| 200 | 1 x 200 on 4:00 Stroke Drills 1 on 15:00 Stretch and Ice |
| | 4:45 PM 3,250 Yards - Stress Value = 45 |

Workout #5299 - Thursday, 07 February 2008

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 25:00 8 min abs/stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 125 on 2:30 Kick {2 x 125 on 2:15 Kick {1 x 100 on 1:45 Kick |
| 600 | 1x{1 x 250 on 3:30 Pulls {1 x 200 on 2:45 Pulls {1 x 150 on 2:00 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,200 | 1x{3 x 100 on 1:35 3 strokes fly off walls {3 x 100 on 1:30 3 strokes fly off walls {3 x 100 on 1:25 3 strokes fly off walls {3 x 100 on 1:20 3 strokes fly off walls |
| 200 | 1 x 200 on 4:00 Stroke Drills 1 on 15:00 Stretch and Ice |
| | 4:47 PM 3,250 Yards - Stress Value = 36 |

Workout #5300 - Thursday, 07 February 2008

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 25:00 8 min abs/stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 125 on 2:30 Kick {2 x 125 on 2:15 Kick {1 x 100 on 1:45 Kick |
| 600 | 1x{1 x 250 on 3:30 Pulls {1 x 200 on 2:45 Pulls {1 x 150 on 2:00 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,200 | 1x{3 x 100 on 1:35 Freestyle {3 x 100 on 1:30 Freestyle {3 x 100 on 1:25 Freestyle {3 x 100 on 1:20 Freestyle |
| | #1 of each set perfect form concentrate on |

#2 of each set build with great turns- hold
#3 of each set GREAT EFFORT
200 1 x 200 on 4:00 Stroke Drills
1 on 15:00 Stretch and Ice
4:47 PM 3,250 Yards - Stress Value = 36

Workout #5307 - Friday, 08 February 2008

HighSchl - Back

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 525 | 1x{5 x 25 on :45 Kick no board BSLRC {1 x 400 on 8:00 Vertical Kicking |
| 600 | 1x{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds {2 x 50 on :45 Pulls-nbbf&w + 2 yds 1 on 10:00 Techniques-Relay Starts |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,000 | 1x{4 x 75 on 1:15 Backstroke {3 x 100 on 1:35 Backstroke {2 x 125 on 1:55 Backstroke {1 x 150 on 2:15 Backstroke |
| 100 | 4 x 25 on :30 Back-10 yds under water exploisve breakouts-GREAT EFFORT!!!! |
| 200 | 1 x 200 on 4:00 Stroke Drills 1 on 15:00 Stretch and Ice |
| | 5:03 PM 3,075 Yards - Stress Value = 37 |

Workout #5306 - Friday, 08 February 2008

HighSchl - Breast

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 925 | 1x{5 x 25 on :45 Kick no board BSLRC {2 x 400 on 8:00 Vertical Kicking |
| 600 | 1x{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds {2 x 50 on :45 Pulls-nbbf&w + 2 yds 1 on 10:00 Techniques-Relay Starts |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 900 | 1x{1 x 200 on 3:30 Breaststroke {2 x 100 on 1:45 Breaststroke 2X pullouts {6 x 50 on :55 Breaststroke-descend in 3's {8 x 25 on :40 Odds under evens-build to { GREAT FINISHES |
| 200 | 1 x 200 on 4:00 Stroke Drills 1 on 15:00 Stretch and Ice |
| | 5:05 PM 3,075 Yards - Stress Value = 41 |

Workout #5304 - Friday, 08 February 2008

HighSchl - Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|---|-----|------|-----|
| 3:00 PM | Start | | | |
| ===== | ===== | | | |
| | 1 on 30:00 Physio Balls/Stretch | | | L W |
| 400 | 1 x 400 on 7:00 Reverse IM drill | REC | | D |
| 150 | 10 x 15 on :45 Shooters | SP3 | | S C |
| 525 | 1x{5 x 25 on :45 Kick no board BSLRC | | | S |
| | {1 x 400 on 8:00 Vertical Kicking | | | S |
| 600 | 1x{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds | | | S |
| | {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds | | | S |
| | {2 x 50 on :45 Pulls-nbbf&w + 2 yds | | | S |
| | 1 on 10:00 Techniques-Relay starts | | | S |
| 100 | 2x{1 x 25 on :50 Sculling drills | | | D |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | | M |
| 1,400 | 1 x 1400 on 20:00 100 Build-100 drill, 200 k | | | |
| | 100 drill, 300 build 100 drill, 400 build, | | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | | D |
| | 1 on 15:00 Stretch and Ice | | | M |
| 5:04 PM | 3,375 Yards - Stress Value = 49 | | | |

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|--------------------------------------|-----|------|-----|
| 6:00 PM | Start | | | |
| ===== | ===== | | | |
| | 1 on 25:00 Weights and Stretch | | | L W |
| 350 | 1 x 350 on 6:00 Reverse IM drill | REC | | D |
| 150 | 10 x 15 on :45 Shooters | SP3 | | S C |
| 600 | 1x{1 x 100 on 1:25 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:30 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:35 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:40 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:45 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:50 Individual Medley | EN2 | | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | | D |
| | 1 on 9:00 Stretch and Ice | | | M |
| 7:05 PM | 1,300 Yards - Stress Value = 14 | | | |

Workout #5309 - Friday, 08 February 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|--------------------------------------|-----|------|-----|
| 6:00 PM | Start | | | |
| ===== | ===== | | | |
| | 1 on 25:00 Weights and Stretch | | | L W |
| 350 | 1 x 350 on 6:00 Reverse IM drill | REC | | D |
| 150 | 10 x 15 on :45 Shooters | SP3 | | S C |
| 600 | 1x{1 x 100 on 1:30 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:35 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:40 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:45 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:50 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:55 Individual Medley | EN2 | | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | | D |
| | 1 on 9:00 Stretch and Ice | | | M |
| 7:05 PM | 1,300 Yards - Stress Value = 14 | | | |

Workout #5308 - Friday, 08 February 2008

HighSchl - Fly

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|---|-----|------|-----|
| 3:00 PM | Start | | | |
| ===== | ===== | | | |
| | 1 on 30:00 Physio Balls/Stretch | | | L W |
| 400 | 1 x 400 on 7:00 Reverse IM drill | REC | | D |
| 150 | 10 x 15 on :45 Shooters | SP3 | | S C |
| 525 | 1x{5 x 25 on :45 Kick no board BSLRC | | | S |
| | {1 x 400 on 8:00 Vertical Kicking | | | S |
| 600 | 1x{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds | | | S |
| | {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds | | | S |
| | {2 x 50 on :45 Pulls-nbbf&w + 2 yds | | | S |
| | 1 on 10:00 Techniques-Relay Starts | | | S |
| 100 | 2x{1 x 25 on :50 Sculling drills | | | D |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes | | | M |
| 1,200 | 1x{3 x 100 on 1:35 3 strokes fly off walls | | | |
| | {3 x 100 on 1:30 3 strokes fly off walls | | | |
| | {3 x 100 on 1:25 3 strokes fly off walls | | | |
| | {3 x 100 on 1:20 3 strokes fly off walls | | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | | D |
| | 1 on 15:00 Stretch and Ice | | | M |
| 5:02 PM | 3,175 Yards - Stress Value = 36 | | | |

Workout #5312 - Friday, 08 February 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|--------------------------------------|-----|------|-----|
| 6:00 PM | Start | | | |
| ===== | ===== | | | |
| | 1 on 25:00 Weights and Stretch | | | L W |
| 350 | 1 x 350 on 6:00 Reverse IM drill | REC | | D |
| 150 | 10 x 15 on :45 Shooters | SP3 | | S C |
| 500 | 1x{1 x 100 on 1:45 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:50 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:55 Individual Medley | EN2 | | S |
| | {1 x 100 on 2:00 Individual Medley | EN1 | | S |
| | {1 x 100 on 2:05 Individual Medley | EN1 | | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | | D |
| | 1 on 9:00 Stretch and Ice | | | M |
| 7:05 PM | 1,200 Yards - Stress Value = 13 | | | |

Workout #5311 - Friday, 08 February 2008

HighSchl - IM'ers

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|--------------------------------------|-----|------|-----|
| 6:00 PM | Start | | | |
| ===== | ===== | | | |
| | 1 on 25:00 Weights and Stretch | | | L W |
| 400 | 1 x 400 on 6:00 Reverse IM drill | REC | | D |
| 150 | 10 x 15 on :45 Shooters | SP3 | | S C |
| 700 | 1x{1 x 100 on 1:15 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:20 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:25 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:30 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:35 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:40 Individual Medley | EN1 | | S |
| | {1 x 100 on 1:45 Individual Medley | EN1 | | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | | D |
| | 1 on 9:00 Stretch and Ice | | | M |
| 7:05 PM | 1,450 Yards - Stress Value = 16 | | | |

Workout #5310 - Friday, 08 February 2008

Workout #5305 - Friday, 08 February 2008

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 525 | 1x{5 x 25 on :45 Kick no board BSLRC {1 x 400 on 8:00 Vertical Kicking |
| 600 | 1x{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds {2 x 50 on :45 Pulls-nbbf&w + 2 yds |
| | 1 on 10:00 Techniques-Relay Starts |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,200 | 1x{3 x 100 on 1:35 Freestyle {3 x 100 on 1:30 Freestyle {3 x 100 on 1:25 Freestyle {3 x 100 on 1:20 Freestyle |
| | #1 of each set perfect form concentrate on #2 of each set build with great turns- hold #3 of each set GREAT EFFORT |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 1 on 15:00 Stretch and Ice |
| | 9:02 PM 3,175 Yards - Stress Value = 36 |

Workout #5316 - Saturday, 09 February 2008

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Abs and Stretch |
| 600 | 1 x 600 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shootes |
| 800 | 1x{2 x 100 on 1:30 Kick with flippers {2 x 100 on 1:35 Kick with flippers {2 x 100 on 1:40 Kick with flippers {2 x 100 on 1:45 Kick with flippers |
| 750 | 3 x 250 on 3:30 Pulls |
| | 1 on 10:00 Techniques-Relay Starts |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 200 | 1 x 200 on 8:00 Broken-your choice of stroke This can either be 1 X 200 or 2 X 100. Wha think you need |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 1 on 20:00 Stretch/Ice/Team meeting |
| | 9:11 AM 3,200 Yards - Stress Value = 52 |

Workout #5315 - Saturday, 09 February 2008

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Abs and Stretch |
| 550 | 1 x 550 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shootes |
| 700 | 1x{2 x 100 on 1:30 Kick with flippers {2 x 100 on 1:35 Kick with flippers {2 x 100 on 1:40 Kick with flippers {1 x 100 on 1:45 Kick with flippers |
| 750 | 3 x 250 on 3:50 Pulls |
| | 1 on 10:00 Techniques-Relay Starts |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 200 | 1 x 200 on 8:00 Broken-your choice of stroke |

This can either be 1 X 200 or 2 X 100. Wha think you need

500 10 x 50 on 1:00 Stroke Drills
1 on 20:00 Stretch/Ice/Team meeting
9:11 AM 3,050 Yards - Stress Value = 50

Workout #5313 - Saturday, 09 February 2008

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Abs and Stretch |
| 400 | 1 x 400 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shootes |
| 650 | 1x{2 x 75 on 1:30 Kick with flippers {2 x 75 on 1:35 Kick with flippers {2 x 75 on 1:40 Kick with flippers {2 x 100 on 1:45 Kick with flippers |
| 525 | 3 x 175 on 3:30 Pulls |
| | 1 on 10:00 Techniques-Relay Starts |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 200 | 1 x 200 on 8:00 Broken-your choice of stroke This can either be 1 X 200 or 2 X 100. Wha think you need |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 1 on 20:00 Stretch/Ice/Team meeting |
| | 9:11 AM 2,625 Yards - Stress Value = 46 |

Workout #5314 - Saturday, 09 February 2008

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Abs and Stretch |
| 500 | 1 x 500 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shootes |
| 700 | 1x{2 x 100 on 1:40 Kick with flippers {2 x 100 on 1:45 Kick with flippers {2 x 100 on 1:50 Kick with flippers {1 x 100 on 1:55 Kick with flippers |
| 600 | 3 x 200 on 3:30 Pulls |
| | 1 on 10:00 Techniques-Relay Starts |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 200 | 1 x 200 on 8:00 Broken-your choice of stroke This can either be 1 X 200 or 2 X 100. Wha think you need |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 1 on 20:00 Stretch/Ice/Team meeting |
| | 9:11 AM 2,850 Yards - Stress Value = 48 |

Workout #5318 - Monday, 11 February 2008

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 600 1 x 600 on 9:00 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 x 100 on 2:00 Kick
 800 1x{6 x 50 on :50 Pull no br L.8 yds
 {6 x 50 on :45 Pull no br L.10yds
 {4 x 50 on :40 Pull no br L.12 yds
 1 on 10:00 Techniques-Relay Starts
 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
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:07 PM 3,400 Yards - Stress Value = 39

Workout #5320 - Monday, 11 February 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 450 1 x 450 on 9:00 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 1:20 Kick
 650 1x{4 x 50 on 1:05 Pull no br L.8 yds
 {4 x 50 on 1:00 Pull no br L.10yds
 {5 x 50 on :55 Pull no br L.12 yds
 1 on 10:00 Techniques-Relay Starts
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 2:15 Freestyle-Descend in 3's
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:07 PM 2,700 Yards - Stress Value = 30

Workout #5319 - Monday, 11 February 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 550 1 x 550 on 9:00 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 x 100 on 2:00 Kick
 750 1x{4 x 50 on :55 Pull no br L.8 yds
 {6 x 50 on :50 Pull no br L.10yds
 {5 x 50 on :45 Pull no br L.12 yds
 1 on 10:00 Techniques-Relay Starts
 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 2:20 Freestyle-Descend in 3's
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:07 PM 3,300 Yards - Stress Value = 38

Workout #5325 - Tuesday, 12 February 2008

Group 3 - All

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 500 1 x 500 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {3 x 50 on 1:00 Kick-descend
 800 8 x 100 on 1:30 Lungbuster pulls
 Breathe 3-5-7-9
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 300 on 4:30 Free L.100 IM
 {2 x 250 on 3:45 Free L.100 IM
 {3 x 200 on 3:00 Free L.100 IM
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,800 Yards - Stress Value = 38

Workout #5317 - Monday, 11 February 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 500 1 x 500 on 9:00 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 1:05 Kick
 {1 x 100 on 2:10 Kick
 650 1x{3 x 50 on 1:00 Pull no br L.8 yds
 {4 x 50 on :55 Pull no br L.10yds
 {6 x 50 on :50 Pull no br L.12 yds
 1 on 10:00 Techniques-Relay Starts
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 750 6 x 125 on 2:15 Freestyle-Descend in 3's
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:07 PM 3,000 Yards - Stress Value = 35

Workout #5324 - Tuesday, 12 February 2008

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 600 1 x 600 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{4 x 50 on 1:00 Kick
 {4 x 50 on :55 Kick
 {4 x 50 on :50 Kick
 750 2x{1 x 125 on 1:40 Pulls
 {1 x 100 on 1:20 Pulls
 {1 x 75 on 1:00 Pulls
 {1 x 50 on :40 Pulls
 {1 x 25 on :20 Pulls
 1 on 10:00 Techniques-Relay Starts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 5:00 Broken
 500 1x{1 x 200 on 3:00 Stroke Drills
 {1 x 150 on 2:30 Stroke Drills
 {1 x 100 on 1:50 Stroke Drills
 {1 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stroke Drills
 4:58 PM 2,900 Yards - Stress Value = 30

Workout #5321 - Tuesday, 12 February 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 550 1 x 550 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 550 1x{6 x 50 on 1:00 Kick
 {5 x 50 on :55 Kick
 700 2x{1 x 125 on 1:50 Pulls
 {1 x 100 on 1:30 Pulls
 {1 x 75 on 1:10 Pulls
 {1 x 50 on :45 Pulls
 1 on 10:00 Techniques-Relay Starts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 5:00 Broken
 500 1x{1 x 200 on 3:00 Stroke Drills
 {1 x 150 on 2:30 Stroke Drills
 {1 x 100 on 1:50 Stroke Drills
 {1 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stroke Drills
 4:59 PM 2,750 Yards - Stress Value = 27

Workout #5322 - Tuesday, 12 February 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 500 1 x 500 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1x{4 x 50 on 1:05 Kick
 {6 x 50 on 1:00 Kick
 600 2x{1 x 125 on 2:05 Pulls
 {1 x 100 on 1:40 Pulls
 {1 x 75 on 1:15 Pulls
 1 on 10:00 Techniques-Relay Starts
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 5:00 Broken
 425 1x{1 x 175 on 3:00 Stroke Drills
 {1 x 125 on 2:30 Stroke Drills
 {1 x 75 on 1:50 Stroke Drills
 {1 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stroke Drills
 4:58 PM 2,475 Yards - Stress Value = 26

Workout #5323 - Tuesday, 12 February 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 450 1 x 450 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 450 1x{5 x 50 on 1:10 Kick
 {4 x 50 on 1:05 Kick
 450 2x{1 x 100 on 2:00 Pulls
 {1 x 75 on 1:30 Pulls
 {1 x 50 on 1:00 Pulls
 1 on 10:00 Techniques-Relay Starts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 5:00 Broken
 400 1x{1 x 150 on 3:00 Stroke Drills
 {1 x 125 on 2:30 Stroke Drills
 {1 x 75 on 2:00 Stroke Drills
 {1 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stroke Drills
 4:57 PM 2,200 Yards - Stress Value = 24

Workout #5326 - Wednesday, 13 February 2008

HighSchl - All

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stretch and Team Meeting
 500 1 x 500 on 9:00 Choice
 150 10 x 15 on :45 Shooters
 500 4 x 125 on 3:00 Social Kick
 750 1x{2 x 125 on 2:00 Pulls
 {2 x 125 on 1:55 Pulls
 {2 x 125 on 1:50 Pulls
 1 on 10:00 Techniques-Relay Starts
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 500 5 x 100 on 2:00 Choice
 500 10 x 50 on 1:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 5:01 PM 3,050 Yards - Stress Value = 23

Workout #5328 - Friday, 15 February 2008

Group 3 - All

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| ===== | ===== |
| | 1 on 15:00 Stretch |
| 500 | 1 x 500 on 8:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 250 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick |
| 450 | 1x{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds |
| 150 | 3x{1 x 25 on 1:00 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,050 | 1x{2 x 200 on 2:45 Freestyle {3 x 50 on :45 Freestyle-Descend {2 x 200 on 2:40 Freestyle {3 x 50 on :45 Freestyle-Descend {2 x 200 on 2:35 Freestyle {3 x 50 on :45 Freestyle-Descend {2 x 200 on 2:30 Freestyle |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| 7:00 PM | 3,900 Yards - Stress Value = 55 |

HighSchl - Distance

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:00 PM | Start |
| ===== | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:00 Kick {1 x 100 on 2:00 Kick {1 x 150 on 3:00 Kick |
| 500 | 4 x 125 on 1:50 Pull no br L.12yds 1 on 10:00 Techniques-Relay Starts |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,800 | 1x{2 x 225 on 3:10 Freestyle {2 x 225 on 3:00 Freestyle {2 x 225 on 2:50 Freestyle {2 x 225 on 2:45 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills 1 on 12:00 Stretch and Ice |
| 5:00 PM | 3,550 Yards - Stress Value = 41 |

Workout #5327 - Friday, 15 February 2008

HighSchl - All

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:00 PM | Start |
| ===== | ===== |
| | 1 on 30:00 Stretch and Team Mtg. |
| 800 | 1 x 800 on 17:00 Choice 25 yards of every 10 must be non free |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1 x 600 on 12:00 Kick |
| 600 | 12 x 50 on 1:00 Pulls |
| 200 | 4x{1 x 25 on 1:00 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 300 | 4 x 75 on 1:30 Feel Good Pace |
| 400 | 1 x 400 on 8:00 Stroke Drills 1 on 15:00 Stretch and Ice |
| 5:00 PM | 3,050 Yards - Stress Value = 10 |

Workout #5331 - Monday, 18 February 2008

HighSchl - IM'ers

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:00 PM | Start |
| ===== | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:00 Kick {1 x 100 on 2:00 Kick {1 x 150 on 3:00 Kick |
| 500 | 4 x 125 on 1:50 Pull no br L.12yds 1 on 10:00 Techniques-Relay Starts |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{2 x 200 on 3:10 Individual Medley {2 x 200 on 3:00 Individual Medley {2 x 200 on 2:50 Individual Medley {2 x 200 on 2:45 Individual Medley |
| 200 | 1 x 200 on 3:00 Stroke Drills 1 on 12:00 Stretch and Ice |
| 5:00 PM | 3,350 Yards - Stress Value = 39 |

Workout #5332 - Monday, 18 February 2008

Group 3 - Distance

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| ===== | ===== |
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:00 Kick {1 x 100 on 2:00 Kick {1 x 150 on 3:00 Kick |
| 750 | 6 x 125 on 1:50 Pull no br L.12yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,700 | 1x{2 x 200 on 3:10 Individual Medley {2 x 225 on 3:00 Freestyle {2 x 200 on 2:50 Individual Medley {2 x 225 on 2:45 Freestyle |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 6:59 PM | 3,800 Yards - Stress Value = 43 |

Workout #5329 - Monday, 18 February 2008

HighSchl - All

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 7:00 AM | Start |
| ===== | ===== |
| | 1 on 15:00 Stretch |
| 600 | 1 x 600 on 12:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1 x 1200 on 20:00 Choice-25 yards of each 200 closed fist, 25 yards sculling drill 1 on 15:00 Stretch and Ice |
| 8:12 AM | 1,950 Yards - Stress Value = 6 |

Workout #5330 - Monday, 18 February 2008

Workout #5335 - Tuesday, 19 February 2008

Group 3 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{3 x 100 on 2:00 Kick
 {2 x 100 on 1:50 Kick
 {1 x 100 on 1:40 Kick
 550 1x{1 x 125 on 1:50 Pulls
 {2 x 100 on 1:30 Pulls
 {3 x 75 on 1:05 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,500 1x{3 x 125 on 2:00 3 strokes fly off walls
 {3 x 125 on 1:55 3 strokes fly off walls
 {3 x 125 on 1:50 3 strokes fly off walls
 {3 x 125 on 1:45 3 strokes fly off walls
 350 7 x 50 on 1:00 Stroke Drills
 7:00 PM 3,650 Yards - Stress Value = 43

Workout #5333 - Tuesday, 19 February 2008

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and StretchTm mtg
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 Medley Relay work on exchanges
 600 1x{3 x 100 on 2:00 Kick
 {2 x 100 on 1:50 Kick
 {1 x 100 on 1:40 Kick
 550 1x{1 x 125 on 1:50 Pulls
 {2 x 100 on 1:30 Pulls
 {3 x 75 on 1:05 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,250 1x{1 x 250 on 3:30 Freestyle
 {1 x 250 on 3:20 Freestyle
 {1 x 250 on 3:10 Freestyle
 {5 x 100 on 1:30 Freestyle-hold 105
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 4:47 PM 3,250 Yards - Stress Value = 38

Workout #5334 - Tuesday, 19 February 2008

HighSchl - IM'ers

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and StretchTm mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{3 x 100 on 2:00 Kick
 {2 x 100 on 1:50 Kick
 {1 x 100 on 1:40 Kick
 550 1x{1 x 125 on 1:50 Pulls
 {2 x 100 on 1:30 Pulls
 {3 x 75 on 1:05 Pulls
 1 on 10:00 Techniques-Relay Starts
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,050 1x{1 x 250 on 4:00 50fly, 50fr, 50fly, 50fr, 50ba
 {1 x 250 on 4:00 50ba, 50fr, 50ba, 50fr, 50ba

{1 x 250 on 4:15 50br, 50fr, 50br, 50fr, 50br
 {3 x 100 on 1:40 IM-build into turns-fast bre
 200 1 x 200 on 3:00 Stroke Drills
 1 on 14:00 Stretch and Ice
 5:00 PM 3,050 Yards - Stress Value = 34

Workout #5339 - Wednesday, 20 February 2008

Group 3 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 2x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:45 Kick
 600 1 x 600 on 8:30 Lungbuster pulls
 breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,650 3x{4 x 25 on :45 Bathtub Drill
 {4 x 50 on 1:00 Back-odds 12 yards under off
 { start, evens 12yds under water off turns
 {2 x 125 on 1:50 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 7:07 PM 3,750 Yards - Stress Value = 44

Workout #5338 - Wednesday, 20 February 2008

HighSchl - Breast

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 6 min abs/Stretch/Team Mtg
 400 1 x 400 on 8:00 L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:30 Kick-odds build evens ez
 500 1 x 500 on 7:30 Lungbuster pulls
 breathe 3-5-7 continuous
 1 on 10:00 Techniques-Relay Starts
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 950 1x{4 x 100 on 1:45 75 br 25 fr (no breath 1st 6s
 {4 x 100 on 1:45 25 back 75 breast (build)
 {3 x 50 on 1:00 Breast 25 TO drill 25 fast
 250 1 x 250 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 4:58 PM 2,750 Yards - Stress Value = 25

Workout #5336 - Wednesday, 20 February 2008

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 6 min abs/Stretch/Team Mtg
 400 1 x 400 on 8:00 L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:30 Kick-odds build evens ez
 500 1 x 500 on 7:30 Lungbuster pulls
 breathe 3-5-7 continuous
 1 on 10:00 Techniques-Relay Starts
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 400 on 6:00 Freestyle-Great Technique
 {1 x 400 on 5:30 Freestyle-build into walls
 { explosive breakouts
 {1 x 400 on 5:00 Free-feel strng/fast-not tire
 250 1 x 250 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 4:58 PM 3,000 Yards - Stress Value = 27

Workout #5337 - Wednesday, 20 February 2008

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 6 min abs/Stretch/Team Mtg
 400 1 x 400 on 8:00 L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:30 Kick-odds build evens ez
 500 1 x 500 on 7:30 Lungbuster pulls
 breathe 3-5-7 continuous
 1 on 10:00 Techniques-Relay Starts
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,050 3x{2 x 100 on 1:30 #1 drill, #2 breathe on 3 w/
 { great technique
 {1 x 50 on 1:00 25 easy 25 build
 {1 x 50 on :50 Freestyle-build into turns
 { explosive breakouts
 {1 x 50 on :40 Free-feel strng/fast-not tirec
 250 1 x 250 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 4:58 PM 2,850 Yards - Stress Value = 27

Workout #5340 - Thursday, 21 February 2008

HighSchl - All

1 minute rest between sets

4:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 500 1 x 500 on 9:00 Choice
 150 10 x 15 on :45 Shooters
 300 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:00 Kick-descend
 400 8 x 50 on :50 Pulls-nbbf&w
 1 on 10:00 Techniques-Relay Starts
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 400 1x{1 x 100 on 1:45 IM/Stroke-closed fist
 {1 x 100 on 1:45 IM/Stroke-hook em' horns
 {1 x 100 on 1:45 IM/Stroke-OK drill
 {1 x 100 on 1:45 IM/Stroke-swim
 200 1 x 200 on 3:00 Stroke Drills

6:00 PM 2,050 Yards - Stress Value = 17

Workout #5341 - Thursday, 21 February 2008

HighSchl - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 400 1 x 400 on 7:00 Underwater trn 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 12 x 50 on :50 Pulls-nbbf&w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 2,000 5x{4 x 100 on 1:15 Freestyle
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 7:05 PM 4,100 Yards - Stress Value = 61

Workout #5343 - Tuesday, 26 February 2008

Group 3 - Sectional

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 2x{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
 800 1x{1 x 200 on 2:30 Pulls
 {1 x 200 on 2:40 Pulls
 {1 x 200 on 2:50 Pulls
 {1 x 200 on 3:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 2,250 1x{1 x 100 on 1:20 Individual Medley
 {4 x 125 on 1:50 Your stroke
 {3 x 50 on :45 Freestyle-descend
 {1 x 100 on 1:25 Individual Medley
 {4 x 125 on 1:45 Your stroke
 {3 x 50 on :45 Freestyle-descend
 {1 x 100 on 1:30 Individual Medley
 {4 x 125 on 1:40 Your Stroke
 {3 x 50 on :45 Freestyle-descend
 300 6 x 50 on 1:00 Stroke Drills
 5:15 PM 4,900 Yards - Stress Value = 68

Workout #5344 - Tuesday, 26 February 2008

Group 3 - Senior State

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 2x{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 |
| 800 | 1x{1 x 200 on 2:30 Pulls {1 x 200 on 2:40 Pulls {1 x 200 on 2:50 Pulls {1 x 200 on 3:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,250 | 1x{1 x 100 on 1:20 Individual Medley {4 x 125 on 1:50 Your stroke {3 x 50 on :45 Freestyle-descend {1 x 100 on 1:25 Individual Medley {4 x 125 on 1:45 Your stroke {3 x 50 on :45 Freestyle-descend {1 x 100 on 1:30 Individual Medley {4 x 125 on 1:40 Your Stroke {3 x 50 on :45 Freestyle-descend |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 5:15 PM 4,900 Yards - Stress Value = 68 |

| | |
|-------|--|
| | {1 x 200 on 3:00 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,000 | 2x{1 x 100 on 1:40 Individual Medley {2 x 125 on 2:00 Your Stroke {3 x 50 on :45 Freestyle-descend |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 4:48 PM 2,950 Yards - Stress Value = 36 |

Workout #5349 - Wednesday, 27 February 2008

Group 3 - Sectional

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretching |
| 400 | 1 x 400 on 6:00 L.25 of each 100 non free |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:00 Kick {1 x 100 on 1:55 Kick {1 x 150 on 2:45 Kick |
| 900 | 4 x 225 on 3:10 Lungbuster pulls Breathe 3-5-7-9 continous |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,000 | 20 x 100 on 1:15 Freestyle |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 5:15 PM 4,850 Yards - Stress Value = 67 |

Workout #5345 - Tuesday, 26 February 2008

Group 3 - Age Group State

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick |
| 600 | 1x{1 x 200 on 2:50 Pulls {1 x 200 on 2:55 Pulls {1 x 200 on 3:00 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,500 | 2x{1 x 100 on 1:40 Individual Medley {4 x 125 on 2:10 Your Stroke {3 x 50 on :45 Freestyle-descend |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 4:58 PM 3,450 Yards - Stress Value = 46 |

Workout #5346 - Wednesday, 27 February 2008

Group 3 - Senior State

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretching |
| 400 | 1 x 400 on 6:00 L.25 of each 100 non free |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:00 Kick {1 x 100 on 1:55 Kick {1 x 150 on 2:45 Kick |
| 900 | 4 x 225 on 3:10 Lungbuster pulls Breathe 3-5-7-9 continous |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,000 | 20 x 100 on 1:15 Freestyle |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 5:15 PM 4,850 Yards - Stress Value = 67 |

Workout #5342 - Tuesday, 26 February 2008

Group 3 - Divisionals

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick |
| 600 | 1x{1 x 200 on 2:50 Pulls {1 x 200 on 2:55 Pulls |

Workout #5347 - Wednesday, 27 February 2008

Group 3 - Age Group State

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretching |
| 400 | 1 x 400 on 6:00 L.25 of each 100 non free |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:00 Kick |
| | {1 x 100 on 1:55 Kick |
| | {1 x 150 on 2:45 Kick |
| 800 | 4 x 200 on 3:10 Lungbuster pulls |
| | Breathe 3-5-7-9 continous |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,200 | 12 x 100 on 1:25 Freestyle |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 4:55 PM 3,450 Yards - Stress Value = 43 |

Workout #5348 - Wednesday, 27 February 2008

Group 3 - Divisionals

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretching |
| 400 | 1 x 400 on 6:00 L.25 of each 100 non free |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:00 Kick |
| | {1 x 100 on 1:55 Kick |
| | {1 x 150 on 2:45 Kick |
| 600 | 4 x 150 on 2:05 Lungbuster pulls |
| | Breathe 3-5-7-9 continous |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,000 | 10 x 100 on 1:20 Freestyle |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 4:48 PM 3,050 Yards - Stress Value = 37 |

Workout #5350 - Thursday, 28 February 2008

Group 3 - Sectional

1 minute rest between sets

3:30 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 |
| 900 | 9 x 100 on 2:00 Kick-odds fast |
| 1,000 | 1x{1 x 100 on 1:30 Pulls |
| | {1 x 150 on 2:10 Pulls |
| | {1 x 200 on 2:50 Pulls |
| | {1 x 250 on 3:30 Pulls |
| | {1 x 300 on 4:10 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,800 | 1x{3 x 50 on :40 Your stoke |
| | {1 x 150 on 2:15 Freestyle |
| | {3 x 50 on :45 Your stroke |
| | {1 x 150 on 2:10 Freestyle |
| | {3 x 50 on :50 Your stroke |
| | {1 x 150 on 2:05 Freestyle |
| | {3 x 50 on :55 Your stroke |
| | {1 x 150 on 2:00 Freestyle |
| | {3 x 50 on 1:00 Your stroke |
| | {1 x 150 on 1:55 Freestyle |
| | {3 x 50 on 1:05 Your storke-100% |

{1 x 150 on 1:50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 4,700 Yards - Stress Value = 72

Workout #5351 - Thursday, 28 February 2008

Group 3 - Senior State

1 minute rest between sets

3:30 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 |
| 900 | 9 x 100 on 2:00 Kick-odds fast |
| 1,000 | 1x{1 x 100 on 1:30 Pulls |
| | {1 x 150 on 2:10 Pulls |
| | {1 x 200 on 2:50 Pulls |
| | {1 x 250 on 3:30 Pulls |
| | {1 x 300 on 4:10 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,800 | 1x{3 x 50 on :40 Your stoke |
| | {1 x 150 on 2:15 Freestyle |
| | {3 x 50 on :45 Your stroke |
| | {1 x 150 on 2:10 Freestyle |
| | {3 x 50 on :50 Your stroke |
| | {1 x 150 on 2:05 Freestyle |
| | {3 x 50 on :55 Your stroke |
| | {1 x 150 on 2:00 Freestyle |
| | {3 x 50 on 1:00 Your stroke |
| | {1 x 150 on 1:55 Freestyle |
| | {3 x 50 on 1:05 Your storke-100% |
| 250 | {1 x 150 on 1:50 Freestyle |
| | 1 x 250 on 4:00 Stroke Drills |
| | 5:16 PM 4,700 Yards - Stress Value = 72 |

Workout #5352 - Thursday, 28 February 2008

Group 3 - Age Group State

1 minute rest between sets

3:30 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 |
| 600 | 6 x 100 on 2:00 Kick-odds fast |
| 700 | 1x{1 x 100 on 1:30 Pulls |
| | {1 x 150 on 2:10 Pulls |
| | {1 x 200 on 2:50 Pulls |
| | {1 x 250 on 3:30 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,500 | 1x{1 x 150 on 2:15 Freestyle |
| | {3 x 50 on :45 Your stroke |
| | {1 x 150 on 2:10 Freestyle |
| | {3 x 50 on :50 Your stroke |
| | {1 x 150 on 2:05 Freestyle |
| | {3 x 50 on :55 Your stroke |
| | {1 x 150 on 2:00 Freestyle |
| | {3 x 50 on 1:00 Your stroke |
| | {1 x 150 on 1:55 Freestyle |
| | {3 x 50 on 1:05 Your storke-100% |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 4:59 PM 3,700 Yards - Stress Value = 55 |

Workout #5353 - Thursday, 28 February 2008

Group 3 - Divisionals
1 minute rest between sets

3:30 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
 400 4 x 100 on 2:00 Kick-odds fast
 450 1x{1 x 100 on 1:30 Pulls
 {1 x 150 on 2:10 Pulls
 {1 x 200 on 2:50 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 150 on 2:15 Freestyle
 {3 x 50 on :45 Your stroke
 {1 x 150 on 2:10 Freestyle
 {3 x 50 on :50 Your stroke
 {1 x 150 on 2:05 Freestyle
 {3 x 50 on :55 Your stroke
 {1 x 150 on 2:00 Freestyle
 {3 x 50 on 1:00 Your stroke
 300 1 x 300 on 5:00 Stroke Drills
 4:47 PM 3,000 Yards - Stress Value = 37

Workout #5354 - Friday, 29 February 2008

Group 3 - Sectional
1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 900 3x{1 x 100 on 2:00 Kick
 {2 x 50 on 1:00 Kick-2nd 50-100%
 {4 x 25 on :45 Kick #1 & #3 100%
 1,000 1x{1 x 50 on :45 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {4 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
 200 1 x 200 on 5:00 Broken or 2 X 100's
 400 8 x 50 on 1:00 Stroke Drills
 5:01 PM 3,250 Yards - Stress Value = 57

Workout #5356 - Friday, 29 February 2008

Group 3 - Senior State
1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 900 3x{1 x 100 on 2:00 Kick
 {2 x 50 on 1:00 Kick-2nd 50-100%
 {4 x 25 on :45 Kick #1 & #3 100%
 1,000 1x{1 x 50 on :45 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {4 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
 200 1 x 200 on 5:00 Broken or 2 X 100's
 400 8 x 50 on 1:00 Stroke Drills
 5:01 PM 3,250 Yards - Stress Value = 57

Workout #5357 - Friday, 29 February 2008

Group 3 - Age Group State
1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 900 3x{1 x 100 on 2:00 Kick
 {2 x 50 on 1:00 Kick-2nd 50-100%
 {4 x 25 on :45 Kick #1 & #3 100%
 1,000 1x{1 x 50 on :45 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {4 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
 300 2 x 150 on 2:30 IM's without free good effort
 concentrate on fast turns
 400 8 x 50 on 1:00 Stroke Drills
 5:01 PM 3,350 Yards - Stress Value = 43

Workout #5355 - Friday, 29 February 2008

Group 3 - Divisionals
1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 900 3x{1 x 100 on 2:00 Kick
 {2 x 50 on 1:00 Kick-2nd 50-100%
 {4 x 25 on :45 Kick #1 & #3 100%
 1,000 1x{1 x 50 on :45 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {4 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
 300 2 x 150 on 2:30 IM's without free good effort
 concentrate on fast turns
 400 8 x 50 on 1:00 Stroke Drills
 5:01 PM 3,350 Yards - Stress Value = 43

Workout #5358 - Monday, 03 March 2008

Group 3 - Sectional

1 minute rest between sets

3:30 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 | 2x{4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:20 Kick-descend |
| 900 | 1x{4 x 75 on 1:10 Pull no br L.6 yds {4 x 75 on 1:05 Pull no br L.8 yds {4 x 75 on 1:00 Pull no br L.10 yds |
| 100 | 2x{1 x 25 on :50 12.5 ez 12.5 fast grt finishes {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{3 x 200 on 2:45 Freestyle {2 x 100 on 1:30 Your Stroke {3 x 200 on 2:40 Freestyle {2 x 100 on 1:30 Your Stroke {3 x 200 on 2:35 Freestyle {2 x 100 on 1:30 Your Stroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:17 PM 5,000 Yards - Stress Value = 82 | |

Workout #5359 - Monday, 03 March 2008

Group 3 - Senior State

1 minute rest between sets

3:30 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 |
| 400 | 1x{4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:20 Kick-descend |
| 450 | 1x{2 x 75 on 1:10 Pull no br L.6 yds {2 x 75 on 1:05 Pull no br L.8 yds {2 x 75 on 1:00 Pull no br L.10 yds |
| 100 | 2x{1 x 25 on :50 12.5 ez 12.5 fast grt finishes {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,400 | 1x{1 x 200 on 2:45 Freestyle {2 x 100 on 1:30 Your Stroke {1 x 200 on 2:40 Freestyle {2 x 100 on 1:30 Your Stroke {2 x 200 on 2:35 Freestyle {2 x 100 on 1:30 Your Stroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 4:50 PM 3,150 Yards - Stress Value = 49 | |

Workout #5360 - Tuesday, 04 March 2008

Group 3 - Sectional

1 minute rest between sets

3:30 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 | 1x{1 x 100 on 2:00 Kick {2 x 50 on 1:00 Kick-100% {1 x 100 on 2:00 Kick {2 x 50 on :55 Kick-100% {1 x 100 on 2:00 Kick {2 x 50 on :50 Kick-100% {1 x 100 on 2:00 Kick {2 x 50 on :45 Kick-100% {1 x 100 on 2:00 Kick {2 x 50 on :40 Kick-100% |
| 1,000 | 1x{1 x 150 on 2:15 Pulls |

| | |
|---|--|
| | {2 x 125 on 1:50 Pulls |
| | {3 x 100 on 1:25 Pulls |
| | {4 x 75 on 1:00 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,700 | 1x{3 x 125 on 1:55 Stroke {1 x 50 on 1:00 Freestyle {3 x 125 on 1:50 Stroke {1 x 50 on 1:00 Freestyle {3 x 125 on 1:45 Stroke {1 x 50 on 1:00 Freestyle {3 x 125 on 1:40 Stroke {1 x 50 on 1:00 Freestyle |
| 400 | 1 x 400 on 6:00 Stroke Drills |
| 5:14 PM 4,750 Yards - Stress Value = 63 | |

Workout #5361 - Tuesday, 04 March 2008

Group 3 - Senior State

1 minute rest between sets

3:30 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 |
| 500 | 1x{2 x 50 on 1:00 Kick-100% {1 x 100 on 2:00 Kick {2 x 50 on :55 Kick-100% {1 x 100 on 2:00 Kick {2 x 50 on :50 Kick-100% |
| 550 | 1x{2 x 125 on 1:50 Pulls {3 x 100 on 1:25 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,225 | 1x{3 x 125 on 1:55 Stroke {1 x 50 on 1:00 Freestyle {3 x 125 on 1:50 Stroke {1 x 50 on 1:00 Freestyle {3 x 125 on 1:45 Stroke |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 4:49 PM 3,125 Yards - Stress Value = 43 | |

Workout #5362 - Wednesday, 05 March 2008

Group 3 - Senior State

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| | 1 on 15:00 Stretching |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non-fr |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 3x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:00 Kick-middle 50 100% |
| 750 | 6 x 125 on 1:55 Lungbuster pulls breathe 3-5-7-9 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 800 | 4x{1 x 100 on 1:30 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on :50 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 4:54 PM 3,150 Yards - Stress Value = 37 | |

Workout #5364 - Thursday, 06 March 2008

Group 3 - All

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 500 1 x 500 on 9:00 Choice
 150 10 x 15 on :45 Shooters
 500 4 x 125 on 3:00 Social Kick
 750 1x{2 x 125 on 2:00 Pulls
 {2 x 125 on 1:55 Pulls
 {2 x 125 on 1:50 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 5 x 100 on 2:00 Choice
 500 10 x 50 on 1:00 Stroke Drills
 4:56 PM 3,050 Yards - Stress Value = 23

400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 10 x 100 on 2:00 Challenge Kick Set
 900 1x{1 x 125 on 1:50 Pulls
 {1 x 100 on 1:30 Pulls
 {1 x 75 on 1:05 Pulls
 {1 x 125 on 1:45 Pulls
 {1 x 100 on 1:25 Pulls
 {1 x 75 on 1:00 Pulls
 {1 x 125 on 1:40 Pulls
 {1 x 100 on 1:20 Pulls
 {1 x 75 on :55 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 1,500 2x{5 x 50 on 1:00 Strk, Strk, Fr, Strk, Strk
 {5 x 50 on :55 Strk, Strk, Fr, Strk, Strk
 {5 x 50 on :50 Strk, Strk, Fr, Strk, Strk
 250 1 x 250 on 5:00 Stroke Drills
 5:15 PM 4,300 Yards - Stress Value = 54

Workout #5363 - Thursday, 06 March 2008

Group 3 - Senior State

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 13:00 Stretch
 600 1 x 600 on 9:00 Choice
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:15 Kick #4 good effort
 600 4 x 150 on 2:15 Pulls-nbbf&w
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 300 4 x 75 on 1:15 Your Choice-feel strong
 400 1 x 400 on 8:00 Stroke Drills
 4:45 PM 2,750 Yards - Stress Value = 21

Workout #5367 - Wednesday, 12 March 2008

Group 3 - Sectional

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 500 1 x 500 on 8:00 L.25 of each 100 non free RE
 150 10 x 15 on :45 Shooters SE
 750 3x{4 x 25 on :45 Kick no board BSLR EN
 {3 x 50 on 1:00 Kick #1 and #3 100% EN
 750 1x{1 x 150 on 2:15 Lungbuster pulls EN
 {1 x 150 on 2:10 Lungbuster pulls EN
 {1 x 150 on 2:05 Lungbuster pulls EN
 {1 x 150 on 2:00 Lungbuster pulls EN
 {1 x 150 on 1:55 Lungbuster pulls EN
 odds br 3-5-7 by the 50 evens 2-4-6 by the
 300 4 x 75 on 1:15 IM without EN
 1,500 5x{1 x 25 on :30 Freestyle EN
 {1 x 25 on :40 Freestyle EN
 {1 x 25 on :50 Freestyle EN
 {1 x 25 on 1:00 Freestyle EN
 {1 x 200 on 4:00 Stroke Drills RE
 5:15 PM 3,950 Yards - Stress Value = 44

Workout #5365 - Monday, 10 March 2008

Group 3 - Sectional

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 75 on 1:25 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 50 on :50 Kick
 {4 x 25 on :45 Kick no board BSLR
 900 1x{1 x 150 on 2:00 Pull no br L.10 yds
 {2 x 150 on 2:05 Pull no br L.15 yds
 {3 x 150 on 2:10 Pull no br L.20 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
 2,000 5 x 400 on 5:15 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 5:15 PM 4,750 Yards - Stress Value = 70

Workout #5366 - Tuesday, 11 March 2008

Group 3 - Sectional

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch

Workout #5368 - Thursday, 13 March 2008

Group 3 - Sectional

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{1 x 125 on 2:30 Kick {1 x 125 on 2:25 Kick {1 x 125 on 2:20 Kick {1 x 125 on 2:15 Kick {1 x 125 on 2:10 Kick {1 x 125 on 2:05 Kick |
| 750 | 1 x 750 on 10:30 Pull every 3rd 50 breathe e |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,450 | 1x{1 x 200 on 3:00 Your Stroke {3 x 50 on :45 Freestyle {2 x 150 on 2:15 Your Stroke {3 x 50 on :45 Freestyle {3 x 100 on 1:30 Your Stroke {3 x 50 on :45 Freestyle {4 x 50 on :45 Your Stroke |
| 200 | 1 x 200 on 3:00 Freestyle |
| 300 | 1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 5:16 PM 4,600 Yards - Stress Value = 55 |

Workout #5369 - Friday, 14 March 2008

Group 3 - Sectional

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1 x 800 on 16:00 Vertical Kicking |
| 600 | 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds {2 x 100 on 1:25 Pulls-nbbf&w + 2 yds {2 x 100 on 1:20 Pulls-nbbf&w + 2 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 600 | 8 x 75 on 1:30 Freestyle |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 1 on 10:00 Techniques-Starts |
| | 5:00 PM 2,850 Yards - Stress Value = 64 |

Workout #5370 - Monday, 17 March 2008

Group 3 - Sectional

1 minute rest between sets

4:15 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 3x{1 x 100 on 1:45 Kick-100% {1 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board BSLR |
| 750 | 1x{1 x 200 on 3:00 Pull no br L.25 yards {1 x 175 on 2:35 Pull no br L.25 yards {1 x 150 on 2:15 Pull no br L.25 yards {1 x 125 on 1:50 Pull no br L.25 yards {1 x 100 on 1:30 Pull no br L.25 yards |
| 100 | 2x{1 x 25 on :50 Sculling drills |

| | |
|-------|--|
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{1 x 300 on 3:45 Freestyle {3 x 100 on 1:30 Freestyle-descend {1 x 300 on 4:00 Freestyle {3 x 100 on 1:25 Freestyle-descend {1 x 300 on 4:15 Freestyle {3 x 100 on 1:20 Freestyle-descend {1 x 300 on 4:30 Freestyle {3 x 100 on 1:15 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 6:00 PM 4,750 Yards - Stress Value = 76 |

Workout #5371 - Tuesday, 18 March 2008

Group 3 - Sectional

1 minute rest between sets

4:15 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 100 on 1:30 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 1:40 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:45 Kick |
| 900 | 4x{1 x 75 on :55 Pulls {2 x 75 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 |
| 1,800 | 2x{4 x 25 on :30 Your Stroke {1 x 100 on 1:30 Freestyle {3 x 50 on :55 Your Stroke {1 x 100 on 1:30 Freestyle {2 x 75 on 1:20 Your Stroke {1 x 100 on 1:30 Freestyle {1 x 100 on 1:45 Your Stroke {1 x 100 on 1:30 Freestyle |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 4,500 Yards - Stress Value = 102 |

Workout #5372 - Wednesday, 19 March 2008

Group 3 - Sectional

1 minute rest between sets

4:15 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretching |
| 500 | 1 x 500 on 8:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch |
| 800 | 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,000 | 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 6:00 PM 4,650 Yards - Stress Value = 64 |

Workout #5373 - Thursday, 20 March 2008

Group 3 - Sectional

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 4:15 PM Start |
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 2x{1 x 125 on 2:00 Kick |
| | {1 x 100 on 1:40 Kick |
| | {1 x 75 on 1:20 Kick |
| | {1 x 50 on :55 Kick |
| 700 | 2x{1 x 50 on :45 Pulls |
| | {1 x 75 on 1:05 Pulls |
| | {1 x 100 on 1:25 Pulls |
| | {1 x 125 on 1:40 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 2,400 | 4x{1 x 100 on 1:30 75 free 25 stroke |
| | {2 x 75 on 1:10 50 free 25 stroke |
| | {3 x 50 on :50 25 free 25 stroke |
| | {1 x 100 on 1:30 Freestyle |
| | {1 x 100 on 1:30 Your Stroke-90% effort |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:00 PM 4,800 Yards - Stress Value = 52 |

Workout #5376 - Tuesday, 25 March 2008

Group 3 - Sectional

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 8:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 3x{1 x 100 on 2:00 Kick |
| | {2 x 50 on 1:00 Kick-100% |
| 600 | 1x{1 x 150 on 1:50 Pulls |
| | {1 x 150 on 1:55 Pulls |
| | {1 x 150 on 2:00 Pulls |
| | {1 x 150 on 2:05 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,000 | 2x{1 x 25 on :30 Your Stroke |
| | {1 x 25 on :30 Freestyle |
| | {1 x 50 on 1:00 Your Stroke |
| | {1 x 50 on :45 Freestyle |
| | {1 x 75 on 1:20 Your Stroke |
| | {1 x 75 on 1:05 Freestyle |
| | {1 x 100 on 1:45 Your Stroke |
| | {1 x 100 on 1:30 Freestyle |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 4:51 PM 3,050 Yards - Stress Value = 49 |

Workout #5374 - Friday, 21 March 2008

Group 3 - Sectional

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 4:15 PM Start |
| | 1 on 15:00 Stretch |
| 400 | 1 x 400 on 6:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 2x{1 x 150 on 3:00 Kick |
| | {1 x 100 on 1:50 Kick |
| | {1 x 50 on :50 Kick |
| 850 | 1x{6 x 50 on :40 Pulls-nbbf&w + 2 yds |
| | {6 x 50 on :45 Pulls-nbbf&w + 2 yds |
| | {5 x 50 on :50 Pulls-nbbf&w + 2 yds |
| | 1 on 13:00 Techniques-tivo starts |
| 150 | 6 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 300 | 3 x 100 on 6:00 Your Stroke OTB for time |
| 400 | 1 x 400 on 10:00 Stroke Drills |
| | 6:00 PM 2,850 Yards - Stress Value = 47 |

Workout #5377 - Wednesday, 26 March 2008

Group 3 - Sectional

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 15:00 Stretching |
| 400 | 1 x 400 on 8:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 125 on 2:20 Kick |
| | {1 x 125 on 2:15 Kick |
| | {1 x 125 on 2:10 Kick |
| | {1 x 125 on 2:05 Kick |
| 600 | 1x{4 x 25 on :30 Pulls- 2 breaths total |
| | {1 x 125 on 1:55 Lungbuster pulls |
| | {1 x 125 on 1:50 Lungbuster pulls |
| | {1 x 125 on 1:45 Lungbuster pulls |
| | {1 x 125 on 1:40 Lungbuster pulls |
| | { Breathe 2-3-4-5 by the 25 |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,000 | 1x{4 x 25 on :30 Butterfly |
| | {1 x 100 on 1:40 Individual Medley |
| | {4 x 25 on :30 Backstroke |
| | {2 x 100 on 1:35 Individual Medley |
| | {4 x 25 on :30 Breaststroke |
| | {3 x 100 on 1:30 Individual Medley |
| | {4 x 25 on :30 Freestyle |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 4:54 PM 3,050 Yards - Stress Value = 32 |

Workout #5375 - Monday, 24 March 2008

Group 3 - Sectional

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 x 400 on 8:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 2x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:00 Kick-descend |
| 500 | 4 x 125 on 1:50 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,000 | 1x{1 x 250 on 3:30 Freestyle |
| | {1 x 250 on 3:20 Freestyle |
| | {1 x 250 on 3:10 Freestyle |
| | {1 x 250 on 3:00 Freestyle |
| 400 | 1 x 400 on 8:00 Stroke Drills |
| | 1 on 10:00 Techniques-TiVo Starts |
| | 4:46 PM 3,050 Yards - Stress Value = 39 |

Workout #5378 - Thursday, 27 March 2008

Group 3 - Sectional

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 4:15 PM | Start |
| 400 | 1 x 400 on 8:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 3x{1 x 50 on 1:00 Kick 1st 12.5 yards -100% |
| | {1 x 50 on 1:00 Kick 2nd 12.5 yards -100% |
| | {1 x 50 on 1:00 Kick 3rd 12.5 yards-100% |
| | {1 x 50 on 1:00 Kick 4th 12.5 yards-100% |
| 900 | 3 x 300 on 4:30 Pulls-concentrate on great technique-high elbow, long strokes, clean e |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 500 | 5 x 100 on 1:30 Your choice-rest long enough to check HR for 10 seconds-keep around 25 k |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:33 PM | 2,900 Yards - Stress Value = 26 |

3:30 PM Start

| Yards | Set Description |
|---------|---|
| 400 | 1 on 20:00 Physio Balls/Stretch |
| 150 | 1 x 400 on 8:00 Swim-kick-pull-swim |
| 500 | 10 x 15 on :45 Shooters |
| | 2x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:00 Kick-descend |
| 500 | 1x{1 x 100 on 1:45 Pull no br L.12 yds |
| | {1 x 100 on 1:40 Pull no br L.12 yds |
| | {1 x 100 on 1:35 Pull no br L.12 yds |
| | {1 x 100 on 1:30 Pull no br L.12 yds |
| | {1 x 100 on 1:25 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 4 x 225 on 3:30 3min swims 30 sec rest |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 1 on 7:00 Game |
| 5:00 PM | 2,750 Yards - Stress Value = 28 |

Workout #5381 - Monday, 14 April 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 600 | 1 x 600 on 10:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 4 x 100 on 2:00 Kick 50 w/a board 50 w/out |
| 400 | 1x{1 x 150 on 2:15 Pulls |
| | {2 x 125 on 1:50 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :30 12.5 ez 12.5 fast grt finishes |
| 1,100 | 4x{1 x 25 on :30 Choice-100% w/ pefect techniqu |
| | {1 x 25 on :30 Stroke Drills |
| | {1 x 50 on 1:00 Stroke Drills |
| | {1 x 75 on 1:30 Stroke Drills |
| | {1 x 100 on 2:00 Stroke Drills |
| 4:47 PM | 2,750 Yards - Stress Value = 24 |

3:30 PM Start

| Yards | Set Description |
|---------|---|
| 300 | 1 on 20:00 Physio Balls/Stretch |
| 150 | 1 x 300 on 8:00 Swim-kick-pull-swim |
| 500 | 10 x 15 on :45 Shooters |
| | 2x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:05 Kick-descend |
| 500 | 1x{1 x 100 on 1:45 Pull no br L.12 yds |
| | {1 x 100 on 1:40 Pull no br L.12 yds |
| | {1 x 100 on 1:35 Pull no br L.12 yds |
| | {1 x 100 on 1:30 Pull no br L.12 yds |
| | {1 x 100 on 1:25 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 800 | 4 x 200 on 3:30 3min swims 30 sec rest |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 1 on 7:00 Game |
| 5:01 PM | 2,550 Yards - Stress Value = 27 |

Workout #5382 - Monday, 14 April 2008

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 400 | 1 on 20:00 Physio Balls/Stretch |
| 150 | 1 x 400 on 8:00 Swim-kick-pull-swim |
| 500 | 10 x 15 on :45 Shooters |
| | 2x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:00 Kick-descend |
| 500 | 1x{1 x 100 on 1:45 Pull no br L.12 yds |
| | {1 x 100 on 1:40 Pull no br L.12 yds |
| | {1 x 100 on 1:35 Pull no br L.12 yds |
| | {1 x 100 on 1:30 Pull no br L.12 yds |
| | {1 x 100 on 1:25 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,000 | 4 x 250 on 3:30 3min swims 30 sec rest |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 1 on 7:00 Game |
| 5:00 PM | 2,850 Yards - Stress Value = 29 |

3:30 PM Start

| Yards | Set Description |
|---------|---|
| 300 | 1 on 20:00 Physio Balls/Stretch |
| 150 | 1 x 300 on 8:00 Swim-kick-pull-swim |
| 400 | 10 x 15 on :45 Shooters |
| | 2x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:10 Kick-descend |
| 400 | 1x{1 x 100 on 2:00 Pull no br L.12 yds |
| | {1 x 100 on 1:55 Pull no br L.12 yds |
| | {1 x 100 on 1:50 Pull no br L.12 yds |
| | {1 x 100 on 1:45 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 4 x 175 on 3:30 3min swims 30 sec rest |
| 200 | 1 x 200 on 5:00 Stroke Drills |
| | 1 on 7:00 Game |
| 5:00 PM | 2,250 Yards - Stress Value = 23 |

Workout #5383 - Monday, 14 April 2008

Group 3 - Gold

1 minute rest between sets

Workout #5385 - Tuesday, 15 April 2008

Group 3 - Backstroke

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Physio Balls/Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 3x{2 x 50 on 1:00 Kick
 {1 x 100 on 1:45 Kick
 600 1x{2 x 125 on 1:50 Pulls
 {2 x 100 on 1:30 Pulls
 {2 x 75 on 1:05 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{1 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 8 kow
 {2 x 100 on 1:30 Backstroke
 {4 x 25 on :30 Back 8 kow
 {2 x 100 on 1:30 Backstroke
 {2 x 25 on :30 Back 8 kow
 {1 x 100 on 1:30 Backstroke
 200 1 x 200 on 4:00 Stroke Drills
 1 on 5:00 Game
 5:00 PM 2,950 Yards - Stress Value = 30

Workout #5384 - Tuesday, 15 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Physio Balls/Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 3x{2 x 50 on 1:05 Kick
 {1 x 100 on 1:55 Kick
 500 1x{2 x 125 on 1:55 Pulls
 {2 x 100 on 1:30 Pulls
 {1 x 50 on :45 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 825 1x{1 x 100 on 1:40 Backstroke
 {4 x 25 on :30 Back 8 kow
 {2 x 100 on 1:40 Backstroke
 {3 x 25 on :30 Back 8 kow
 {2 x 100 on 1:40 Backstroke
 {2 x 25 on :30 Back 8 kow
 {1 x 100 on 1:40 Backstroke
 175 1 x 175 on 4:00 Stroke Drills
 1 on 5:00 Game
 5:00 PM 2,750 Yards - Stress Value = 27

Workout #5387 - Tuesday, 15 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Physio Balls/Stretch
 300 1 x 300 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 3x{2 x 50 on 1:10 Kick
 {1 x 100 on 2:00 Kick
 450 1x{2 x 125 on 2:05 Pulls
 {2 x 100 on 1:40 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 1x{1 x 100 on 1:50 Backstroke

{2 x 25 on :40 Back 8 kow
 {2 x 100 on 1:50 Backstroke
 {2 x 25 on :40 Back 8 kow
 {2 x 100 on 1:50 Backstroke
 {2 x 25 on :40 Back 8 kow
 {1 x 100 on 1:50 Backstroke
 200 1 x 200 on 4:00 Stroke Drills
 1 on 5:00 Game
 5:00 PM 2,550 Yards - Stress Value = 25

Workout #5386 - Tuesday, 15 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Physio Balls/Stretch
 300 1 x 300 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 450 3x{1 x 50 on 1:15 Kick
 {1 x 100 on 2:30 Kick
 450 1x{2 x 100 on 1:55 Pulls
 {2 x 75 on 1:25 Pulls
 {2 x 50 on :55 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 650 1x{1 x 100 on 2:10 Backstroke
 {2 x 25 on :40 Back 8 kow
 {2 x 100 on 2:10 Backstroke
 {2 x 25 on :40 Back 8 kow
 {2 x 100 on 2:10 Backstroke
 {2 x 25 on :40 Back 8 kow
 200 1 x 200 on 4:00 Stroke Drills
 1 on 5:00 Game
 5:00 PM 2,300 Yards - Stress Value = 24

Workout #5391 - Wednesday, 16 April 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Scooter Boards/Stretch
 400 1 x 400 on 8:00 L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 500 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 2:45 Kick-mid 50 100% effort
 700 7 x 100 on 1:25 Lungbuster pulls
 odds br 3-5-7-5 by 25 evens br 2-4-6-4 by 2
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 2x{1 x 100 on 1:30 75 free 25 breast
 {2 x 75 on 1:10 50 free 25 breast
 {3 x 50 on :50 25 free 25 breast
 {4 x 25 on :30 Breast 2X pullouts
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 3,150 Yards - Stress Value = 31

Workout #5390 - Wednesday, 16 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Scooter Boards/Stretch
 400 1 x 400 on 8:00 L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 500 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:00 Kick-mid 50 100% effort
 600 6 x 100 on 1:30 Lungbuster pulls
 odds br 3-5-7-5 by 25 evens br 2-4-6-4 by 2
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 2x{1 x 100 on 1:35 75 free 25 breast
 {2 x 75 on 1:15 50 free 25 breast
 {3 x 50 on :55 25 free 25 breast
 {4 x 25 on :30 Breast 2X pullouts
 250 5 x 50 on 1:00 Stroke Drills
 4:59 PM 3,000 Yards - Stress Value = 30

3:30 PM Start

Yards Set Description
 =====
 1 on 20:00 Dryland and stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 2x{1 x 50 on :55 Kick
 {1 x 100 on 1:45 Kick
 {1 x 150 on 2:30 Kick
 800 1x{1 x 200 on 2:30 Pulls
 {1 x 200 on 2:35 Pulls
 {1 x 200 on 2:40 Pulls
 {1 x 200 on 2:45 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{2 x 125 on 1:55 2 strokes fly off walls
 {2 x 125 on 1:50 2 strokes fly off walls
 {2 x 125 on 1:45 2 strokes fly off walls
 {2 x 125 on 1:40 2 strokes fly off walls
 {2 x 125 on 1:35 2 strokes fly off walls
 250 5 x 50 on 1:00 Stroke Drills
 5:00 PM 3,550 Yards - Stress Value = 35

Workout #5389 - Wednesday, 16 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Scooter Boards/Stretch
 300 1 x 300 on 8:00 L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 400 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick-mid 50 100% effort
 600 6 x 100 on 1:45 Lungbuster pulls
 odds br 3-5-7-5 by 25 evens br 2-4-6-4 by 2
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 2x{1 x 100 on 1:45 75 free 25 breast
 {2 x 75 on 1:20 50 free 25 breast
 {2 x 50 on 1:00 25 free 25 breast
 {4 x 25 on :30 Breast 2X pullouts
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 2,750 Yards - Stress Value = 27

Workout #5395 - Thursday, 17 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Dryland and stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 2x{1 x 50 on 1:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 150 on 2:50 Kick
 650 1x{1 x 200 on 2:50 Pulls
 {1 x 200 on 2:55 Pulls
 {1 x 200 on 3:00 Pulls
 {1 x 50 on :45 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{2 x 125 on 2:10 2 strokes fly off walls
 {2 x 125 on 2:05 2 strokes fly off walls
 {2 x 125 on 2:00 2 strokes fly off walls
 {2 x 125 on 1:55 2 strokes fly off walls
 {1 x 100 on 1:30 2 strokes fly off walls
 250 5 x 50 on 1:00 Stroke Drills
 5:00 PM 3,250 Yards - Stress Value = 32

Workout #5388 - Wednesday, 16 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Scooter Boards/Stretch
 300 1 x 300 on 8:00 L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 400 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Kick-mid 50 100% effort
 500 5 x 100 on 2:05 Lungbuster pulls
 odds br 3-5-7-5 by 25 evens br 2-4-6-4 by 2
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 2x{1 x 100 on 2:00 75 free 25 breast
 {2 x 75 on 1:30 50 free 25 breast
 {2 x 50 on 1:00 25 free 25 breast
 {2 x 25 on :30 Breast 2X pullouts
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 2,550 Yards - Stress Value = 25

Workout #5392 - Thursday, 17 April 2008

Group 3 - Fly

1 minute rest between sets

Workout #5393 - Thursday, 17 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Dryland and stretch
 350 1 x 350 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 2x{1 x 50 on 1:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 150 on 3:15 Kick
 550 1x{1 x 150 on 2:20 Pulls
 {1 x 150 on 2:25 Pulls
 {1 x 150 on 2:30 Pulls
 {1 x 100 on 1:45 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{2 x 100 on 1:55 2 strokes fly off walls
 {2 x 100 on 1:50 2 strokes fly off walls
 {2 x 100 on 1:45 2 strokes fly off walls
 {2 x 100 on 1:40 2 strokes fly off walls
 {2 x 100 on 1:35 2 strokes fly off walls
 250 5 x 50 on 1:00 Stroke Drills
 5:00 PM 3,000 Yards - Stress Value = 34

Workout #5399 - Monday, 21 April 2008

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 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 1:50 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:30 Kick
 700 1x{1 x 175 on 2:30 Pull no br L.8 yds
 {1 x 175 on 2:25 Pull no br L.10 yds
 {1 x 175 on 2:20 Pull no br L.12 yds
 {1 x 175 on 2:15 Pull no br L.14 yds
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{3 x 200 on 2:30 Freestyle #3 great effort
 {3 x 200 on 2:25 Freestyle #2 Great Effort
 {3 x 200 on 2:20 Freestyle #1 Great Effort
 300 6 x 50 on 1:00 Stroke Drills
 5:15 PM 4,300 Yards - Stress Value = 66

Workout #5394 - Thursday, 17 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Dryland and stretch
 300 1 x 300 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 2x{1 x 50 on 1:10 Kick
 {2 x 100 on 2:30 Kick
 450 1x{1 x 150 on 2:50 Pulls
 {1 x 150 on 2:55 Pulls
 {1 x 150 on 3:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 850 1x{2 x 100 on 2:15 2 strokes fly off walls
 {2 x 100 on 2:10 2 strokes fly off walls
 {2 x 100 on 2:05 2 strokes fly off walls
 {2 x 100 on 2:00 2 strokes fly off walls
 {1 x 50 on 1:00 2 strokes fly off walls
 250 5 x 50 on 1:00 Stroke Drills
 5:00 PM 2,600 Yards - Stress Value = 29

Workout #5398 - Monday, 21 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 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 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 650 1x{1 x 175 on 2:45 Pull no br L.8 yds
 {1 x 175 on 2:40 Pull no br L.10 yds
 {1 x 175 on 2:30 Pull no br L.12 yds
 {1 x 125 on 1:50 Pull no br L.14 yds
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{3 x 200 on 2:50 Freestyle #3 great effort
 {3 x 200 on 2:45 Freestyle #2 Great Effort
 {2 x 200 on 2:40 Freestyle #1 Great Effort
 250 5 x 50 on 1:00 Stroke Drills
 5:15 PM 3,900 Yards - Stress Value = 59

Workout #5396 - Friday, 18 April 2008

Group 3 - IM'ers

1 minute rest between sets

3:30 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 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 25 on :30 Sprint Kick
 {1 x 100 on 2:30 Vertical Kicking
 {1 x 25 on :30 Sprint Kick
 600 12 x 50 on :55 Pulls-nbbf&w + ?yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 10 x 100 on 1:30 Individual Medley
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 3,050 Yards - Stress Value = 32

Workout #5400 - Monday, 21 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 2x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Kick {1 x 50 on 1:05 Kick {1 x 50 on 1:00 Kick |
| 600 | 1x{1 x 150 on 2:30 Pull no br L.8 yds {1 x 150 on 2:25 Pull no br L.10 yds {1 x 150 on 2:20 Pull no br L.12 yds {1 x 150 on 2:15 Pull no br L.14 yds |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,400 | 1x{3 x 200 on 3:20 Freestyle #3 great effort {3 x 200 on 3:10 Freestyle #2 Great Effort {1 x 200 on 3:00 Freestyle #1 Great Effort |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 5:14 PM 3,500 Yards - Stress Value = 54 |

Workout #5397 - Monday, 21 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 2x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Kick {1 x 50 on 1:10 Kick {1 x 50 on 1:05 Kick |
| 550 | 1x{1 x 150 on 2:50 Pull no br L.8 yds {1 x 150 on 2:45 Pull no br L.10 yds {1 x 150 on 2:40 Pull no br L.12 yds {1 x 100 on 1:45 Pull no br L.14 yds |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 1x{3 x 200 on 3:40 Freestyle #3 great effort {3 x 200 on 3:30 Freestyle #2 Great Effort |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 5:15 PM 3,250 Yards - Stress Value = 49 |

Workout #5404 - Tuesday, 22 April 2008

Group 3 - Back

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 20:00 Scooter Boards and Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 4x{1 x 125 on 2:30 Kick {2 x 50 on :45 Kick |
| 900 | 2x{1 x 150 on 2:00 Pulls {1 x 150 on 2:05 Pulls {1 x 150 on 2:10 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{4 x 75 on 1:05 Backstroke {1 x 50 on :45 Freestyle {4 x 100 on 1:30 Backstroke {1 x 50 on :45 Freestyle {4 x 125 on 1:50 Backstroke |

{1 x 50 on :45 Freestyle

400 4 x 100 on 1:30 Freestyle-descend to ludicrc speed!!!!!!!!!!!!!!!!!!!!!!

200 1 x 200 on 3:00 Stroke Drills

5:15 PM 4,450 Yards - Stress Value = 50

Workout #5402 - Tuesday, 22 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 20:00 Scooter Boards and Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 675 | 3x{1 x 125 on 2:45 Kick {2 x 50 on :55 Kick |
| 25 | 1 x 25 on :30 Kick |
| 900 | 2x{1 x 150 on 2:10 Pulls {1 x 150 on 2:15 Pulls {1 x 150 on 2:20 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,100 | 1x{4 x 75 on 1:15 Backstroke {1 x 50 on :45 Freestyle {4 x 100 on 1:40 Backstroke {1 x 50 on :45 Freestyle {2 x 125 on 2:05 Backstroke {1 x 50 on :45 Freestyle |
| 400 | 4 x 100 on 1:30 Freestyle-descend to ludicrc speed!!!!!!!!!!!!!!!!!!!!!! |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:15 PM 4,000 Yards - Stress Value = 44 |

Workout #5403 - Tuesday, 22 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 20:00 Scooter Boards and Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 4x{1 x 100 on 2:10 Kick {2 x 50 on 1:00 Kick |
| 700 | 2x{1 x 150 on 2:25 Pulls {1 x 150 on 2:30 Pulls {1 x 50 on :50 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,100 | 1x{4 x 75 on 1:20 Backstroke {1 x 50 on :55 Freestyle {4 x 100 on 1:50 Backstroke {1 x 50 on :55 Freestyle {2 x 125 on 2:15 Backstroke {1 x 50 on :55 Freestyle |
| 300 | 3 x 100 on 1:45 Freestyle-descend to ludicrc speed!!!!!!!!!!!!!!!!!!!!!! |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:15 PM 3,750 Yards - Stress Value = 42 |

Workout #5401 - Tuesday, 22 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Scooter Boards and Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 3x{1 x 100 on 2:30 Kick
 {2 x 50 on 1:10 Kick
 700 2x{1 x 150 on 2:45 Pulls
 {1 x 150 on 2:50 Pulls
 {1 x 50 on 1:00 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 1x{4 x 75 on 1:30 Backstroke
 {1 x 50 on 1:00 Freestyle
 {3 x 100 on 2:00 Backstroke
 {1 x 50 on 1:00 Freestyle
 {2 x 125 on 2:30 Backstroke
 300 3 x 100 on 2:00 Freestyle-descend to ludicrc
 speed!!!!!!!!!!!!!!!!!!!!!!
 200 1 x 200 on 3:00 Stroke Drills
 5:14 PM 3,350 Yards - Stress Value = 38

Workout #5405 - Wednesday, 23 April 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 24:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Free L.25 of each non free
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:20 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 1:25 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:30 Kick
 600 1x{1 x 200 on 2:50 Lungbuster pulls
 {1 x 200 on 2:45 Lungbuster pulls
 {1 x 200 on 2:40 Lungbuster pulls
 { breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 100 on 1:50 Breaststroke
 {6 x 25 on :50 From a dive w/5 pushups
 {2 x 100 on 1:45 Breaststroke
 {6 x 25 on :50 From a dive w/5 pushups
 {3 x 100 on 1:40 Breaststroke
 {6 x 25 on :50 From a dive w/5 pushups
 {4 x 100 on 1:35 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,500 Yards - Stress Value = 49

Workout #5406 - Wednesday, 23 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 24:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Free L.25 of each non free
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 1:45 Kick

{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 500 1x{1 x 200 on 3:00 Lungbuster pulls
 {1 x 200 on 2:55 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 { breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 100 on 1:50 75 Breast 25 free
 {6 x 25 on :50 From a dive w/5 pushups
 {2 x 100 on 1:45 75 Breast 25 free
 {6 x 25 on :50 From a dive w/5 pushups
 {3 x 100 on 1:40 75 Breast 25 Free
 {6 x 25 on :50 From a dive w/5 pushups
 {4 x 100 on 1:35 75 Breast 25 Free
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,400 Yards - Stress Value = 48

Workout #5407 - Wednesday, 23 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 24:00 Physio Ball Abs/Stretch
 350 1 x 350 on 7:00 Free L.25 of each non free
 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
 450 1x{1 x 150 on 2:30 Lungbuster pulls
 {1 x 150 on 2:25 Lungbuster pulls
 {1 x 150 on 2:20 Lungbuster pulls
 { breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 100 on 1:50 50 Breast 50 free
 {6 x 25 on :50 From a dive w/5 pushups
 {2 x 100 on 1:45 50 Breast 50 free
 {6 x 25 on :50 From a dive w/5 pushups
 {3 x 100 on 1:40 50 Breast 50 Free
 {6 x 25 on :50 From a dive w/5 pushups
 {4 x 100 on 1:35 50 Breast 50 Free
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,300 Yards - Stress Value = 49

Workout #5408 - Wednesday, 23 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---------|--|
| | 1 on 24:00 Physio Ball Abs/Stretch |
| 300 | 1 x 300 on 7:00 Free L.25 of each non free |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 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 {1 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR |
| 400 | 1x{1 x 100 on 2:00 Lungbuster pulls {1 x 100 on 1:55 Lungbuster pulls {1 x 100 on 1:45 Lungbuster pulls {1 x 100 on 1:50 Lungbuster pulls { breathe 3-5-7 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 1x{1 x 75 on 1:50 50 Breast 25 free {6 x 25 on :50 From a dive w/5 pushups {2 x 75 on 1:45 50 Breast 25 free {6 x 25 on :50 From a dive w/5 pushups {3 x 75 on 1:40 50 Breast 25 Free {6 x 25 on :50 From a dive w/5 pushups {4 x 75 on 1:35 50 Breast 25 Free |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 5:15 PM | 2,850 Yards - Stress Value = 40 |

Workout #5411 - Thursday, 24 April 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---------|--|
| | 1 on 20:00 8 Min Abs/Stretch |
| 400 | 1 x 400 on 8:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{1 x 125 on 2:30 Kick {2 x 50 on :45 Kick {1 x 125 on 2:25 Kick {2 x 50 on :45 Kick {1 x 125 on 2:20 Kick {2 x 50 on :45 Kick {1 x 125 on 2:15 Kick {2 x 50 on :45 Kick |
| 1,250 | 1x{1 x 125 on 1:50 Pulls {2 x 125 on 1:45 Pulls {3 x 125 on 1:40 Pulls {4 x 125 on 1:35 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 2x{1 x 100 on 1:30 25L, 25R, 25B, 25Fr {2 x 100 on 1:25 25L, 25R, 25B, 25Fr {3 x 100 on 1:20 25L, 25R, 25B, 25Fr {3 x 50 on :45 25Fr, 25Fly w/flip turn |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 5:15 PM | 4,550 Yards - Stress Value = 61 |

Workout #5409 - Thursday, 24 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--------------------------------------|
| | 1 on 20:00 8 Min Abs/Stretch |
| 400 | 1 x 400 on 8:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |

| | |
|---------|--|
| 850 | 1x{1 x 125 on 2:30 Kick {2 x 50 on :50 Kick {1 x 125 on 2:25 Kick {2 x 50 on :50 Kick {1 x 100 on 1:55 Kick {2 x 50 on :50 Kick {1 x 100 on 1:50 Kick {2 x 50 on :50 Kick |
| 1,150 | 1x{1 x 125 on 2:00 Pulls {2 x 125 on 1:55 Pulls {3 x 125 on 1:50 Pulls {4 x 100 on 1:25 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,300 | 2x{1 x 100 on 1:45 25L, 25R, 25B, 25Fr {2 x 100 on 1:40 25L, 25R, 25B, 25Fr {2 x 100 on 1:35 25L, 25R, 25B, 25Fr {3 x 50 on :55 25Fr, 25Fly w/flip turn |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 5:15 PM | 4,200 Yards - Stress Value = 56 |

Workout #5410 - Thursday, 24 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---------|--|
| | 1 on 20:00 8 Min Abs/Stretch |
| 350 | 1 x 350 on 8:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{1 x 100 on 2:15 Kick {2 x 50 on :55 Kick {1 x 100 on 2:15 Kick {2 x 50 on :55 Kick {1 x 100 on 2:10 Kick {2 x 50 on :55 Kick {1 x 100 on 2:05 Kick {2 x 50 on :50 Kick |
| 950 | 1x{1 x 125 on 2:10 Pulls {2 x 125 on 2:05 Pulls {3 x 125 on 2:00 Pulls {2 x 100 on 1:35 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,100 | 2x{1 x 100 on 2:00 25L, 25R, 25B, 25Fr {1 x 100 on 1:55 25L, 25R, 25B, 25Fr {2 x 100 on 1:50 25L, 25R, 25B, 25Fr {3 x 50 on 1:00 25Fr, 25Fly w/flip turn |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 5:14 PM | 3,700 Yards - Stress Value = 50 |

Workout #5412 - Thursday, 24 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 20:00 8 Min Abs/Stretch |
| 400 | 1 x 400 on 8:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 100 on 2:30 Kick |
| | {2 x 50 on 1:05 Kick |
| | {1 x 100 on 2:25 Kick |
| | {2 x 50 on 1:05 Kick |
| | {1 x 100 on 2:20 Kick |
| | {2 x 50 on 1:05 Kick |
| | {1 x 100 on 2:15 Kick |
| 850 | 1x{1 x 125 on 2:30 Pulls |
| | {2 x 125 on 2:25 Pulls |
| | {3 x 125 on 2:20 Pulls |
| | {1 x 100 on 1:50 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 2x{1 x 100 on 2:15 25L, 25R, 25B, 25Fr |
| | {1 x 100 on 2:10 25L, 25R, 25B, 25Fr |
| | {1 x 100 on 2:05 25L, 25R, 25B, 25Fr |
| | {3 x 50 on 1:10 25Fr, 25Fly w/flip turn |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 5:14 PM 3,350 Yards - Stress Value = 43 |

Workout #5413 - Friday, 25 April 2008

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 20:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 150 | 10 x 15 on 1:15 Tombstone Kicking |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 480 | 6x{1 x 25 on :01 OTB |
| | {1 on :01 10 Squats |
| | {1 x 30 on :01 Free sprint from a dive |
| | { no breath |
| | {1 on :01 10 Squats |
| | {1 x 25 on 4:56 Dive-Streamline and kick unde |
| | to false starts rope-thumb/finger tip drag |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 5:01 PM 1,530 Yards - Stress Value = 44 |

Workout #5414 - Monday, 28 April 2008

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 3x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 50 on 1:00 Kick |
| | {1 x 50 on :50 Kick |
| | {1 x 50 on :40 Kick |
| 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 |
| | {1 x 225 on 3:00 Pull no br L.12 yds |
| | {1 x 225 on 2:50 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |

| | |
|-------|--|
| 3,000 | 1x{1 x 500 on 6:00 Freestyle |
| | {5 x 100 on 1:30 Freestyle |
| | {1 x 500 on 5:55 Freestyle |
| | {5 x 100 on 1:30 Freestyle |
| | {1 x 500 on 5:50 Freestyle |
| | {5 x 100 on 1:30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:30 PM 5,500 Yards - Stress Value = 149 |

Workout #5415 - Monday, 28 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 3x{4 x 25 on :35 Kick no board BSLR |
| | {1 x 50 on 1:00 Kick |
| | {1 x 50 on :55 Kick |
| | {1 x 50 on :50 Kick |
| 700 | 1x{1 x 200 on 3:10 Pull no br L.12 yds |
| | {1 x 200 on 3:05 Pull no br L.12 yds |
| | {1 x 200 on 3:00 Pull no br L.12 yds |
| | {1 x 100 on 1:25 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,700 | 1x{1 x 500 on 7:00 Freestyle |
| | {4 x 100 on 1:40 Freestyle |
| | {1 x 500 on 6:50 Freestyle |
| | {4 x 100 on 1:40 Freestyle |
| | {1 x 500 on 6:40 Freestyle |
| | {4 x 100 on 1:40 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:30 PM 5,000 Yards - Stress Value = 130 |

Workout #5416 - Monday, 28 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 3x{4 x 25 on :40 Kick no board BSLR |
| | {1 x 50 on 1:05 Kick |
| | {1 x 50 on 1:00 Kick |
| 700 | 1x{1 x 200 on 3:30 Pull no br L.12 yds |
| | {1 x 200 on 3:20 Pull no br L.12 yds |
| | {1 x 200 on 3:10 Pull no br L.12 yds |
| | {1 x 100 on 1:30 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{1 x 500 on 8:30 Freestyle |
| | {4 x 100 on 1:50 Freestyle |
| | {1 x 500 on 8:20 Freestyle |
| | {4 x 100 on 1:50 Freestyle |
| | {1 x 500 on 8:10 Freestyle |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 5:30 PM 4,400 Yards - Stress Value = 103 |

Workout #5417 - Monday, 28 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:15 Kick
 {1 x 50 on 1:10 Kick
 500 1x{1 x 150 on 3:00 Pull no br L.12 yds
 {1 x 150 on 2:55 Pull no br L.12 yds
 {1 x 150 on 2:50 Pull no br L.12 yds
 {1 x 50 on :50 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 400 on 8:00 Freestyle
 {4 x 100 on 2:10 Freestyle
 {1 x 400 on 7:50 Freestyle
 {4 x 100 on 2:10 Freestyle
 {1 x 400 on 7:40 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 5:31 PM 3,850 Yards - Stress Value = 96

{3 x 50 on 1:00 Under/overs
 {3 x 125 on 2:10 Freestyle
 {1 x 50 on 1:00 Breaststroke
 {1 x 50 on :55 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:29 PM 2,550 Yards - Stress Value = 34

Workout #5418 - Tuesday, 29 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 1 on 35:00 Team Mtg
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1x{2 x 100 on 2:10 Kick
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{1 x 125 on 2:30 Breaststroke
 {2 x 50 on 1:10 Under/over
 {2 x 125 on 2:25 Breaststroke
 {2 x 50 on 1:10 Under/overs
 {3 x 125 on 2:20 Freestyle
 {1 x 50 on 1:00 Breaststroke
 {1 x 50 on :55 Breaststroke
 {1 x 50 on :50 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 2,450 Yards - Stress Value = 33

Workout #5421 - Tuesday, 29 April 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 1 on 35:00 Team Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {2 x 100 on 1:40 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 125 on 2:10 Breaststroke
 {3 x 50 on 1:00 Under/over
 {2 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Under/overs
 {3 x 125 on 2:00 Freestyle
 {1 x 50 on 1:00 Breaststroke
 {1 x 50 on :55 Breaststroke
 {1 x 50 on :50 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 2,700 Yards - Stress Value = 37

Workout #5419 - Tuesday, 29 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 1 on 35:00 Team Mtg
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 1x{2 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 1x{1 x 100 on 2:15 Breaststroke
 {3 x 50 on 1:10 Under/over
 {2 x 100 on 2:15 Breaststroke
 {3 x 50 on 1:10 Under/overs
 {3 x 100 on 2:15 Freestyle
 {1 x 50 on 1:00 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:29 PM 2,150 Yards - Stress Value = 29

Workout #5420 - Tuesday, 29 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch
 1 on 35:00 Team Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1x{2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{1 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:00 Under/over
 {2 x 125 on 2:15 Breaststroke

Workout #5422 - Wednesday, 30 April 2008

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Scooter Boards/Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:25 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:20 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 1,000 1x{2 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 {2 x 125 on 1:35 Lungbuster pulls
 { breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 5x{4 x 100 on 1:20 Backstroke
 {1 on 1:00 Rest
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,850 Yards - Stress Value = 75

Workout #5423 - Wednesday, 30 April 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Scooter Boards/Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on :45 Kick
 {4 x 25 on :45 Kick no board BSLR
 900 1x{2 x 125 on 2:00 Lungbuster pulls
 {2 x 125 on 1:55 Lungbuster pulls
 {2 x 125 on 1:50 Lungbuster pulls
 {3 x 50 on :40 Lungbuster pulls
 { breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 5x{4 x 100 on 1:30 Backstroke
 {1 on 1:00 Rest
 { only do 2 on the 5th set
 300 6 x 50 on 1:00 Stroke Drills
 5:33 PM 4,700 Yards - Stress Value = 72

Workout #5424 - Wednesday, 30 April 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Scooter Boards/Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR

{1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 800 1x{2 x 125 on 2:10 Lungbuster pulls
 {2 x 125 on 2:05 Lungbuster pulls
 {2 x 125 on 2:00 Lungbuster pulls
 {1 x 50 on :45 Lungbuster pulls
 { breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4x{4 x 100 on 1:45 Backstroke
 {1 on 1:00 Rest
 300 6 x 50 on 1:00 Stroke Drills
 5:29 PM 4,000 Yards - Stress Value = 59

Workout #5425 - Wednesday, 30 April 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Scooter Boards/Stretch
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:20 Kick
 {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
 750 1x{2 x 125 on 2:30 Lungbuster pulls
 {2 x 125 on 2:20 Lungbuster pulls
 {2 x 125 on 2:10 Lungbuster pulls
 { breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4x{4 x 100 on 2:00 Backstroke
 {1 on 1:00 Rest
 { only do 2 on the 4th set
 300 6 x 50 on 1:00 Stroke Drills
 5:34 PM 3,900 Yards - Stress Value = 58

Workout #5429 - Thursday, 01 May 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{1 x 150 on 3:00 Kick {1 x 100 on 1:55 Kick {1 x 50 on :55 Kick {1 x 150 on 2:40 Kick {1 x 100 on 1:45 Kick {1 x 50 on :50 Kick {1 x 150 on 2:25 Kick {1 x 100 on 1:35 Kick {1 x 50 on :45 Kick |
| 1,200 | 2x{1 x 150 on 2:00 Pulls {1 x 150 on 1:55 Pulls {1 x 150 on 1:50 Pulls {1 x 150 on 1:45 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 2x{4 x 25 on :30 1 Stroke Fly Off Wall {4 x 50 on :55 2 Strokes Fly Off Walls {4 x 75 on 1:15 3 Strokes Fly Off Walls {4 x 100 on 1:30 4 Strokes Fly Off Walls {1 x 100 on 2:00 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:31 PM 5,150 Yards - Stress Value = 53 |

Workout #5428 - Thursday, 01 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 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 2:55 Kick {1 x 100 on 1:55 Kick {1 x 50 on :55 Kick {1 x 150 on 2:50 Kick {1 x 50 on :50 Kick |
| 1,000 | 2x{1 x 150 on 2:15 Pulls {1 x 150 on 2:10 Pulls {1 x 100 on 1:25 Pulls {1 x 100 on 1:20 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 2x{4 x 25 on :30 1 Stroke Fly Off Wall {4 x 50 on :55 2 Strokes Fly Off Walls {4 x 75 on 1:15 3 Strokes Fly Off Walls {4 x 100 on 1:30 4 Strokes Fly Off Walls {1 x 100 on 2:00 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:31 PM 4,850 Yards - Stress Value = 49 |

Workout #5426 - Thursday, 01 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|------------------------------------|
| | 1 on 25:00 Physio Ball Abs/Stretch |

| | |
|-------|--|
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{1 x 150 on 3:15 Kick {1 x 100 on 2:10 Kick {1 x 50 on 1:05 Kick {1 x 150 on 3:10 Kick {1 x 100 on 2:05 Kick {1 x 50 on 1:00 Kick {1 x 150 on 3:00 Kick |
| 900 | 2x{1 x 150 on 2:35 Pulls {1 x 150 on 2:30 Pulls {1 x 150 on 2:20 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 2x{4 x 25 on :30 1 Stroke Fly Off Wall {3 x 50 on 1:00 2 Strokes Fly Off Walls {4 x 75 on 1:25 3 Strokes Fly Off Walls {3 x 100 on 1:45 4 Strokes Fly Off Walls {1 x 100 on 2:15 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:30 PM 4,350 Yards - Stress Value = 44 |

Workout #5427 - Thursday, 01 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 25:00 Physio Ball Abs/Stretch |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{1 x 150 on 3:40 Kick {1 x 100 on 2:25 Kick {1 x 50 on 1:10 Kick {1 x 150 on 3:30 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:05 Kick {1 x 50 on 1:00 Kick |
| 750 | 1x{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 2:40 Pulls {1 x 150 on 2:35 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 2x{4 x 25 on :40 1 Stroke Fly Off Wall {3 x 50 on 1:15 2 Strokes Fly Off Walls {2 x 75 on 1:45 3 Strokes Fly Off Walls {3 x 100 on 2:10 4 Strokes Fly Off Walls {1 x 100 on 2:30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:30 PM 3,750 Yards - Stress Value = 41 |

Workout #5430 - Friday, 02 May 2008

Group 3 - All

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 10 min abs |
| 600 | 1 x 600 on 9:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 10 x 100 on 2:00 Challenge Kick Set w/fins |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 100 | 1 x 100 on 2:00 Your Choice OTB |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 12:00 Water Polo |
| | 5:00 PM 2,250 Yards - Stress Value = 38 |

Workout #5431 - Monday, 05 May 2008

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:20 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:25 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {3 x 100 on 1:30 Kick |
| 1,500 | 1x{3 x 100 on 1:13 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:12 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:11 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| 1,000 | 1x{2 x 125 on 1:45 Pull no br L.6 yds |
| | {2 x 125 on 1:45 Pull no br L.12 yds |
| | {2 x 125 on 1:45 Pull no br L.18 yds |
| | {2 x 125 on 1:45 Pull no br L.25 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 1x{3 x 100 on 1:13 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:12 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:11 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 5:45 PM 5,800 Yards - Stress Value = 146 |

Workout #5433 - Monday, 05 May 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 30:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:50 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 |
| 1,350 | 1x{3 x 100 on 1:34 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:33 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:32 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| 800 | 1x{2 x 100 on 1:45 Pull no br L.6 yds |
| | {2 x 100 on 1:45 Pull no br L.12 yds |
| | {2 x 100 on 1:45 Pull no br L.18 yds |
| | {2 x 100 on 1:45 Pull no br L.25 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,400 | 1x{3 x 100 on 1:34 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:33 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:32 Freestyle |
| | {2 x 50 on 1:00 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 5:46 PM 5,000 Yards - Stress Value = 123 |

Workout #5432 - Monday, 05 May 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 1:45 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {2 x 100 on 1:50 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| 1,450 | 1x{3 x 100 on 1:23 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:22 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:21 Freestyle |
| | {3 x 50 on 1:00 Freestyle |
| 850 | 1x{2 x 125 on 1:55 Pull no br L.6 yds |
| | {2 x 125 on 1:55 Pull no br L.12 yds |
| | {2 x 125 on 1:55 Pull no br L.18 yds |
| | {1 x 100 on 1:30 Pull no br L.25 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,450 | 1x{3 x 100 on 1:23 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:22 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:21 Freestyle |
| | {3 x 50 on 1:00 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 5:45 PM 5,250 Yards - Stress Value = 131 |

Workout #5434 - Monday, 05 May 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 30:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 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 2:15 Kick |
| | {2 x 25 on :45 Kick no board BS |
| 1,050 | 1x{2 x 100 on 2:00 Freestyle |
| | {3 x 50 on 1:10 Freestyle |
| | {2 x 100 on 1:55 Freestyle |
| | {3 x 50 on 1:10 Freestyle |
| | {2 x 100 on 1:50 Freestyle |
| | {3 x 50 on 1:10 Freestyle |
| 600 | 1x{2 x 100 on 2:15 Pull no br L.6 yds |
| | {2 x 100 on 2:15 Pull no br L.12 yds |
| | {2 x 100 on 2:15 Pull no br L.18 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,050 | 1x{2 x 100 on 2:00 Freestyle |
| | {3 x 50 on 1:10 Freestyle |
| | {2 x 100 on 1:55 Freestyle |
| | {3 x 50 on 1:10 Freestyle |
| | {2 x 100 on 1:50 Freestyle |
| | {3 x 50 on 1:10 Freestyle |
| 250 | 1 x 250 on 6:00 Stroke Drills |
| | 5:44 PM 4,050 Yards - Stress Value = 103 |

Workout #5436 - Tuesday, 06 May 2008

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 750 6 x 125 on 2:00 Kick
 1,100 1x{1 x 250 on 3:45 Pulls
 {2 x 200 on 3:00 Pulls
 {3 x 150 on 2:15 Pulls
 750 6 x 125 on 2:00 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 200 on 3:20 Backstroke
 {4 x 25 on :30 Back 12 yds under
 {1 x 200 on 3:15 Backstroke
 {4 x 25 on :30 Back 12 yds under
 {1 x 200 on 3:10 Backstroke
 {4 x 25 on :30 Back 12 yds under
 {1 x 200 on 3:05 Backstroke
 {4 x 25 on :30 Back 12 yds under
 {1 x 200 on 3:00 Backstroke
 {4 x 25 on :30 Back 12 yds under
 {1 x 200 on 2:55 Backstroke
 {4 x 25 on :30 Back 12 yds under
 300 1 x 300 on 5:00 Stroke Drills
 5:45 PM 5,450 Yards - Stress Value = 66

Workout #5435 - Tuesday, 06 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 625 5 x 125 on 2:20 Kick
 25 1 x 25 on :01 Freestyle
 1,100 1x{1 x 250 on 3:45 Pulls
 {2 x 200 on 3:00 Pulls
 {3 x 150 on 2:15 Pulls
 625 5 x 125 on 2:20 Kick
 25 1 x 25 on :01 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 200 on 3:30 Backstroke
 {4 x 25 on :35 Back 12 yds under
 {1 x 200 on 3:25 Backstroke
 {4 x 25 on :35 Back 12 yds under
 {1 x 200 on 3:20 Backstroke
 {4 x 25 on :35 Back 12 yds under
 {1 x 200 on 3:15 Backstroke
 {4 x 25 on :35 Back 12 yds under
 {1 x 200 on 3:10 Backstroke
 {4 x 25 on :35 Back 12 yds under
 {1 x 200 on 3:05 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:49 PM 5,100 Yards - Stress Value = 59

Workout #5437 - Tuesday, 06 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch

350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 625 5 x 125 on 2:30 Kick
 25 1 x 25 on :01 Freestyle
 950 1x{1 x 250 on 4:10 Pulls
 {2 x 200 on 3:20 Pulls
 {2 x 150 on 2:30 Pulls
 625 5 x 125 on 2:30 Kick
 25 1 x 25 on :01 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 200 on 3:45 Backstroke
 {4 x 25 on :40 Back 12 yds under
 {1 x 200 on 3:40 Backstroke
 {4 x 25 on :40 Back 12 yds under
 {1 x 200 on 3:35 Backstroke
 {4 x 25 on :40 Back 12 yds under
 {1 x 200 on 3:35 Backstroke
 {4 x 25 on :40 Back 12 yds under
 {1 x 200 on 3:30 Backstroke
 {4 x 25 on :40 Back 12 yds under
 200 1 x 200 on 3:00 Stroke Drills
 5:49 PM 4,650 Yards - Stress Value = 56

Workout #5438 - Tuesday, 06 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:05 Kick
 800 1x{1 x 250 on 4:30 Pulls
 {2 x 200 on 3:30 Pulls
 {1 x 150 on 2:35 Pulls
 600 6 x 100 on 2:05 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 200 on 4:10 Backstroke
 {4 x 25 on :40 Back 12 yds under
 {1 x 200 on 4:05 Backstroke
 {4 x 25 on :40 Back 12 yds under
 {1 x 200 on 4:00 Backstroke
 {4 x 25 on :40 Back 12 yds under
 {1 x 200 on 3:55 Backstroke
 {4 x 25 on :40 Back 12 yds under
 {1 x 200 on 3:50 Backstroke
 250 1 x 250 on 5:00 Stroke Drills
 5:45 PM 4,300 Yards - Stress Value = 54

Workout #5440 - Wednesday, 07 May 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 4x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on :50 Kick
 1,000 1x{1 x 150 on 2:00 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 {3 x 100 on 1:20 Lungbuster pulls
 {4 x 75 on 1:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 2x{1 x 100 on 1:45 Breaststroke
 {1 x 100 on 1:30 50 breast 50 free
 {2 x 100 on 1:40 Breaststroke
 {1 x 100 on 1:30 50 breast 50 free
 {3 x 100 on 1:35 Breaststroke
 {1 x 100 on 1:30 50 breast 50 free
 {4 x 50 on 1:00 1-3 descend br 4 ez fr
 300 1 x 300 on 5:00 Stroke Drills
 5:45 PM 5,250 Yards - Stress Value = 60

Workout #5442 - Wednesday, 07 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 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
 850 1x{1 x 150 on 2:10 Lungbuster pulls
 {2 x 125 on 1:50 Lungbuster pulls
 {3 x 100 on 1:30 Lungbuster pulls
 {2 x 75 on 1:05 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 2x{1 x 100 on 1:55 Breaststroke
 {1 x 100 on 1:40 50 breast 50 free
 {2 x 100 on 1:50 Breaststroke
 {1 x 100 on 1:40 50 breast 50 free
 {2 x 100 on 1:45 Breaststroke
 {1 x 100 on 1:40 50 breast 50 free
 {4 x 50 on 1:00 1-3 descend br 4 ez fr
 300 1 x 300 on 5:00 Stroke Drills
 5:45 PM 4,900 Yards - Stress Value = 57

Workout #5439 - Wednesday, 07 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 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
 700 1x{1 x 150 on 2:25 Lungbuster pulls
 {2 x 125 on 2:00 Lungbuster pulls
 {3 x 100 on 1:35 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

2,000 2x{1 x 100 on 2:00 Breaststroke
 {1 x 100 on 1:45 50 breast 50 free
 {2 x 100 on 1:55 Breaststroke
 {1 x 100 on 1:45 50 breast 50 free
 {2 x 100 on 1:50 Breaststroke
 {1 x 100 on 1:45 50 breast 50 free
 {4 x 50 on 1:00 1-3 descend br 4 ez fr
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 4,650 Yards - Stress Value = 55

Workout #5441 - Wednesday, 07 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr
 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
 850 1x{1 x 150 on 2:45 Lungbuster pulls
 {2 x 125 on 2:15 Lungbuster pulls
 {3 x 100 on 1:50 Lungbuster pulls
 {3 x 50 on :55 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{1 x 100 on 2:20 Breaststroke
 {1 x 100 on 2:00 50 breast 50 free
 {1 x 100 on 2:15 Breaststroke
 {1 x 100 on 2:00 50 breast 50 free
 {1 x 100 on 2:10 Breaststroke
 {2 x 100 on 2:00 50 breast 50 free
 {4 x 50 on 1:00 1-3 descend br 4 ez fr
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 4,300 Yards - Stress Value = 50

Workout #5443 - Thursday, 08 May 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 10 min abs
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,600 2x{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 x 100 on 1:15 Kick
 1,500 1 x 1500 on 20:00 Pull Alt 100's
 breathe on 5, DPS, fast
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 6x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 300 6 x 50 on 1:00 Stroke Drills
 5:45 PM 5,350 Yards - Stress Value = 71

Workout #5444 - Thursday, 08 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 10 min abs |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 2x{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 x 100 on 1:40 Kick {1 x 50 on 1:00 Kick {1 x 50 on :45 Kick |
| 1,350 | 1 x 1350 on 20:00 Pull Alt 100's breathe on 5, DPS, fast |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 6x{8 x 25 on :30 Butterfly {1 on 1:00 Rest |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 5:44 PM 5,000 Yards - Stress Value = 67 |

Workout #5445 - Thursday, 08 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 25:00 10 min abs/stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,300 | 2x{1 x 100 on 2:10 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:10 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:10 Kick {1 x 100 on 1:50 Kick {1 x 50 on 1:00 Kick |
| 1,200 | 1 x 1200 on 20:00 Pull Alt 100's breathe on 5, DPS, fast |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 6x{8 x 25 on :30 1-3 fly, 4&5 fr, 6-8 fly {1 on 1:00 Rest |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 5:45 PM 4,700 Yards - Stress Value = 63 |

Workout #5446 - Thursday, 08 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 10 min abs stretch |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 2x{1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:05 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:00 Kick {1 x 100 on 2:20 Kick {1 x 50 on :55 Kick |
| 1,100 | 1 x 1100 on 20:00 Pull Alt 100's breathe on 5, DPS, fast |

| | |
|-------|---|
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 6x{8 x 25 on :30 1&2 fly, 3-6 fr, 7&8 fly {1 on 1:00 Rest |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 5:45 PM 4,450 Yards - Stress Value = 47 |

Workout #5447 - Friday, 09 May 2008

Group 3 - All

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WC |
|-------|---|-----|-----|
| | 1 on 30:00 Physio Balls/Stretch | | |
| 450 | 1x{1 x 225 on 3:00 Choice {1 on 8:00 Sculling Drills in Div Well | REC | EN1 |
| | {1 x 225 on 3:00 Choice | REC | |
| 150 | 10 x 15 on :45 Shooters | | SP3 |
| 100 | 1 x 100 on 6:00 Individual Medley | | SP2 |
| 200 | 1 x 200 on 25:00 IM Relay Game | | SP2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| | 5:00 PM 1,100 Yards - Stress Value = 36 | | |

Workout #5448 - Monday, 12 May 2008

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,300 | 1x{1 x 100 on 1:55 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 1:50 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 {4 x 100 on 1:40 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 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 12 x 200 on 3:00 Challenge set!!!!!!!!!!!!!!!!!!!! |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 6,300 Yards - Stress Value = 97 |

Workout #5449 - Monday, 12 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:05 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 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:50 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 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 12 x 200 on 3:00 Challenge set!!!!!!!!!!!!!!!!!!!!
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 6,200 Yards - Stress Value = 95

Workout #5450 - Monday, 12 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:05 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 1:55 Kick
 1,125 5x{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 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 12 x 175 on 3:00 Challenge set!!!!!!!!!!!!!!!!!!!!
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,625 Yards - Stress Value = 88

Workout #5451 - Monday, 12 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:25 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 2:15 Kick
 900 6x{1 x 50 on 1:05 Pulls L.25 3 breaths
 {1 x 50 on 1:05 Pulls L.25 2 breaths
 {1 x 50 on 1:05 Pulls L.25 1 breath
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 12 x 150 on 3:00 Challenge set!!!!!!!!!!!!!!!!!!!!
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 4,950 Yards - Stress Value = 76

Workout #5452 - Wednesday, 14 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 3x{1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 1,300 1x{1 x 200 on 2:50 Lungbuster pulls
 {2 x 175 on 2:25 Lungbuster pulls
 {3 x 150 on 2:05 Lungbuster pulls
 {3 x 100 on 1:25 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{3 x 100 on 1:40 Back neg split
 {4 x 100 on 1:40 Back-descend
 {4 x 25 on :30 Backstroke-drill
 {4 x 75 on 1:40 Back-100%
 {1 x 200 on 4:00 Freestyle
 {3 x 100 on 1:55 Breast-neg split
 {4 x 100 on 1:55 Breaststroke-descend
 {4 x 25 on :30 Breast-drill
 {4 x 75 on 1:55 Breast-100%
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 5,850 Yards - Stress Value = 117

Workout #5453 - Wednesday, 14 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 3x{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
 1,200 1x{1 x 200 on 3:20 Lungbuster pulls
 {2 x 175 on 2:50 Lungbuster pulls
 {3 x 150 on 2:20 Lungbuster pulls
 {2 x 100 on 1:30 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{3 x 100 on 1:50 Back neg split
 {3 x 100 on 1:50 Back-descend
 {4 x 25 on :30 Backstroke-drill
 {4 x 75 on 1:50 Back-100%
 {1 x 150 on 3:30 Freestyle
 {3 x 100 on 2:05 Breast-neg split
 {3 x 100 on 2:05 Breaststroke-descend
 {4 x 25 on :30 Breast-drill
 {4 x 75 on 2:05 Breast-100%
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 5,450 Yards - Stress Value = 111

Workout #5455 - Wednesday, 14 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|--|--|
| | 1 on 30:00 Scooter Boards/Stretch |
| 300 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 3x{1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 50 on 1:05 Kick |
| 1,000 | 1x{1 x 200 on 3:45 Lungbuster pulls {2 x 175 on 3:15 Lungbuster pulls {3 x 150 on 2:45 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,850 | 1x{2 x 100 on 2:00 Back neg split {3 x 100 on 2:00 Back-descend {2 x 25 on :40 Backstroke-drill {4 x 75 on 2:00 Back-100% {1 x 150 on 4:00 Freestyle {2 x 100 on 2:20 Breast-neg split {3 x 100 on 2:20 Breaststroke-descend {2 x 25 on :40 Breast-drill {4 x 75 on 2:20 Breast-100% |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 6:00 PM 4,750 Yards - Stress Value = 102 | |

Workout #5454 - Wednesday, 14 May 2008

Group 3 - Stokers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|--|--|
| | 1 on 30:00 Scooter Boards/Stretch |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 2x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:30 Kick |
| 1,500 | 1x{1 x 200 on 2:30 Lungbuster pulls {2 x 175 on 2:10 Lungbuster pulls {3 x 150 on 1:50 Lungbuster pulls {4 x 125 on 1:30 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,600 | 1x{4 x 100 on 1:30 Back neg split {4 x 100 on 1:30 Back-descend {4 x 25 on :30 Backstroke-drill {4 x 75 on 1:30 Back-100% {1 x 200 on 4:00 Freestyle {4 x 100 on 1:45 Breast-neg split {4 x 100 on 1:45 Breaststroke-descend {4 x 25 on :30 Breast-drill {4 x 75 on 1:45 Breast-100% |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 6:01 PM 6,450 Yards - Stress Value = 131 | |

Workout #5456 - Thursday, 15 May 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,150 | 1x{2 x 50 on 1:05 Kick {1 x 100 on 1:50 Kick {2 x 50 on 1:05 Kick {2 x 100 on 1:50 Kick {2 x 50 on 1:05 Kick {3 x 100 on 1:50 Kick {1 x 50 on 1:05 Kick {2 x 100 on 1:50 Kick |
| 1,300 | 1x{1 x 250 on 3:45 Pulls {1 x 250 on 3:40 Pulls {1 x 250 on 3:35 Pulls {1 x 250 on 3:30 Pulls {1 x 250 on 3:25 Pulls {1 x 50 on :45 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 3x{2 x 100 on 1:50 Fly 2-3 L.25 whole stroke {2 x 100 on 1:45 Fly 2-4 L.25 whole stroke {2 x 100 on 1:40 Fly 2-5 L.25 whole stroke {2 x 100 on 1:20 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 5:59 PM 6,100 Yards - Stress Value = 78 | |

Workout #5457 - Thursday, 15 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{2 x 50 on 1:00 Kick {1 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick {2 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick {3 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick {4 x 100 on 1:30 Kick |
| 1,500 | 1x{1 x 250 on 3:30 Pulls {1 x 250 on 3:20 Pulls {1 x 250 on 3:10 Pulls {1 x 250 on 3:00 Pulls {1 x 250 on 2:55 Pulls {1 x 250 on 2:50 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,850 | 3x{2 x 125 on 2:00 Fly 2-3 L.25 whole stroke {2 x 125 on 1:55 Fly 2-4 L.25 whole stroke {2 x 125 on 1:50 Fly 2-5 L.25 whole stroke {2 x 100 on 1:15 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 6:01 PM 7,000 Yards - Stress Value = 93 | |

Workout #5458 - Thursday, 15 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 1x{2 x 50 on 1:10 Kick
 {1 x 100 on 1:55 Kick
 {2 x 50 on 1:10 Kick
 {2 x 100 on 1:55 Kick
 {2 x 50 on 1:10 Kick
 {3 x 100 on 1:55 Kick
 {2 x 50 on 1:10 Kick
 {1 x 100 on 1:55 Kick
 1,200 1x{1 x 250 on 4:05 Pulls
 {1 x 250 on 4:00 Pulls
 {1 x 250 on 3:55 Pulls
 {1 x 250 on 3:50 Pulls
 {1 x 200 on 3:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 3x{2 x 100 on 2:00 Fly 2-3 L.25 whole stroke
 {2 x 100 on 1:55 Fly 2-4 L.25 whole stroke
 {2 x 100 on 1:50 Fly 2-5 L.25 whole stroke
 {3 x 50 on :45 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,750 Yards - Stress Value = 72

Workout #5459 - Thursday, 15 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 50 on 1:15 Kick
 {1 x 100 on 2:10 Kick
 {2 x 50 on 1:15 Kick
 {2 x 100 on 2:10 Kick
 {2 x 50 on 1:15 Kick
 {3 x 100 on 2:10 Kick
 {2 x 50 on 1:15 Kick
 1,000 1x{1 x 250 on 4:45 Pulls
 {1 x 250 on 4:40 Pulls
 {1 x 250 on 4:35 Pulls
 {1 x 250 on 4:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 3x{2 x 100 on 2:20 Fly 2-3 L.25 whole stroke
 {2 x 100 on 2:15 Fly 2-4 L.25 whole stroke
 {1 x 100 on 2:10 Fly 2-5 L.25 whole stroke
 {1 x 50 on 1:45 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 5:59 PM 4,850 Yards - Stress Value = 57

Workout #5460 - Friday, 16 May 2008

Group 3 - All

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 30:00 Physio Balls/Stretch L I
 800 1 x 800 on 12:00 Reverse IM drill REC D
 750 3x{1 x 200 on 4:00 Social Kick REC K C
 {1 x 50 on 1:00 Kick EN3 K C

150 10 x 15 on :45 Shooters SP3 S
 1 on 15:00 Sharks and Minnows S
 400 8 x 50 on 1:00 Stroke Drills REC D
 5:01 PM 2,100 Yards - Stress Value = 15

Workout #5464 - Monday, 19 May 2008

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,500 3x{8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 1,800 1x{1 x 225 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 225 on 3:05 Pulls-nbbf&w + 2 yds
 {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
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 6,500 Yards - Stress Value = 102

Workout #5463 - Monday, 19 May 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,350 | 3x{8 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 50 on :50 Kick |
| 1,600 | 1x{1 x 200 on 3:10 Pulls-nbbf&w + 2 yds {1 x 200 on 3:05 Pulls-nbbf&w + 2 yds {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 200 on 2:45 Pulls-nbbf&w + 2 yds {1 x 200 on 2:40 Pulls-nbbf&w + 2 yds {1 x 200 on 2:35 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 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 |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 6:00 PM | 6,000 Yards - Stress Value = 97 |

Workout #5462 - Monday, 19 May 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| | 1 on 30:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,350 | 3x{8 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Kick {1 x 100 on 2:00 Kick {1 x 50 on :50 Kick |
| 1,400 | 1x{1 x 175 on 3:10 Pulls-nbbf&w + 2 yds {1 x 175 on 3:05 Pulls-nbbf&w + 2 yds {1 x 175 on 3:00 Pulls-nbbf&w + 2 yds {1 x 175 on 2:55 Pulls-nbbf&w + 2 yds {1 x 175 on 2:50 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:40 Pulls-nbbf&w + 2 yds {1 x 175 on 2:35 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 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 |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| 6:00 PM | 5,600 Yards - Stress Value = 93 |

Workout #5461 - Monday, 19 May 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| | 1 on 30:00 Scooter Boards/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 4x{1 x 125 on 2:30 Kick-worst stroke {1 x 125 on 2:20 Kick-2nd best stroke {1 x 125 on 2:10 Kick-best stroke |
| 2,000 | 1x{1 x 300 on 4:00 Pulls {2 x 250 on 3:20 Pulls {3 x 200 on 2:40 Pulls {4 x 150 on 2:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,150 | 1x{4 x 125 on 1:50 Backstroke {3 x 50 on :45 Backstroke-descend {3 x 125 on 1:50 Backstroke {4 x 50 on :45 Back-desc 1-3, 4 fast {2 x 125 on 1:50 Backstroke {5 x 50 on :45 Back-desc 1-3, 4&5 fasgt {1 x 125 on 1:50 Backstroke {6 x 50 on :45 Back-desc 1-3, 4,5,6 fast |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:30 PM | 4,950 Yards - Stress Value = 83 |

Workout #5468 - Tuesday, 20 May 2008

Group 3 - Back

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| | 1 on 30:00 Scooter Boards/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 4x{1 x 125 on 2:30 Kick-worst stroke {1 x 125 on 2:20 Kick-2nd best stroke {1 x 125 on 2:10 Kick-best stroke |
| 2,000 | 1x{1 x 300 on 4:00 Pulls {2 x 250 on 3:20 Pulls {3 x 200 on 2:40 Pulls {4 x 150 on 2:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,150 | 1x{4 x 125 on 1:50 Backstroke {3 x 50 on :45 Backstroke-descend {3 x 125 on 1:50 Backstroke {4 x 50 on :45 Back-desc 1-3, 4 fast {2 x 125 on 1:50 Backstroke {5 x 50 on :45 Back-desc 1-3, 4&5 fasgt {1 x 125 on 1:50 Backstroke {6 x 50 on :45 Back-desc 1-3, 4,5,6 fast |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:59 PM | 6,650 Yards - Stress Value = 78 |

Workout #5465 - Tuesday, 20 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,300 4x{1 x 125 on 2:45 Kick-worst stroke
 {1 x 100 on 2:10 Kick-2nd best stroke
 {1 x 100 on 2:00 Kick-best stroke
 1,800 1x{1 x 300 on 4:30 Pulls
 {2 x 250 on 3:45 Pulls
 {3 x 200 on 3:00 Pulls
 {4 x 100 on 1:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{4 x 125 on 2:05 Backstroke
 {3 x 50 on :55 Backstroke-descend
 {3 x 125 on 2:05 Backstroke
 {4 x 50 on :55 Back-desc 1-3, 4 fast
 {2 x 125 on 2:05 Backstroke
 {5 x 50 on :55 Back-desc 1-3, 4&5 fast
 {1 x 125 on 2:05 Backstroke
 250 1 x 250 on 5:00 Stroke Drills
 5:59 PM 5,950 Yards - Stress Value = 68

Workout #5466 - Tuesday, 20 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 125 on 2:55 Kick-worst stroke
 {1 x 125 on 2:45 Kick-2nd best stroke
 {1 x 50 on 1:05 Kick-best stroke
 1,600 1x{1 x 300 on 4:50 Pulls
 {2 x 250 on 4:05 Pulls
 {3 x 200 on 3:15 Pulls
 {2 x 100 on 1:40 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,675 1x{4 x 125 on 2:15 Backstroke
 {3 x 50 on 1:05 Backstroke-descend
 {3 x 125 on 2:15 Backstroke
 {4 x 50 on 1:05 Back-desc 1-3, 4 fast
 {2 x 125 on 2:15 Backstroke
 {4 x 50 on 1:05 Back-desc 1-3, 4 fast
 225 1 x 225 on 5:00 Stroke Drills
 5:59 PM 5,400 Yards - Stress Value = 63

Workout #5467 - Tuesday, 20 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 100 on 2:30 Kick-worst stroke
 {1 x 100 on 2:20 Kick-2nd best stroke
 {1 x 100 on 2:10 Kick-best stroke
 1,450 1x{1 x 300 on 5:30 Pulls
 {2 x 250 on 4:35 Pulls
 {3 x 200 on 3:40 Pulls

{1 x 50 on :55 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{4 x 100 on 2:15 Backstroke
 {3 x 50 on 1:15 Backstroke-descend
 {3 x 100 on 2:15 Backstroke
 {4 x 50 on 1:15 Back-desc 1-3, 4 fast
 {2 x 100 on 2:15 Backstroke
 {2 x 50 on 1:15 Back-both fast
 250 1 x 250 on 5:00 Stroke Drills
 5:59 PM 4,900 Yards - Stress Value = 56

Workout #5469 - Wednesday, 21 May 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,300 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
 {4 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 1,000 20 x 50 on 1:10 Breast Pull-No Dolphin Kicki
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 100 on 1:30 25 breast 75 free
 {2 x 125 on 2:00 50 breast 75 free
 {3 x 150 on 2:30 75 breast 75 free
 {4 x 175 on 3:00 100 breast 75 free
 200 1 x 200 on 3:00 Freestyle
 400 4 x 100 on 1:30 Descend to Ludicrous Speed
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 5,350 Yards - Stress Value = 67

Workout #5470 - Wednesday, 21 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :45 Kick no board B---
 {4 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board -S--
 {4 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board --L-
 {4 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board ---R
 {3 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 900 18 x 50 on 1:20 Breast Pull-No Dolphin Kicki
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 100 on 1:40 25 breast 75 free
 {2 x 125 on 2:10 50 breast 75 free
 {3 x 150 on 2:40 75 breast 75 free
 {4 x 175 on 3:15 100 breast 75 free
 50 1 x 50 on :50 Freestyle
 400 4 x 100 on 1:30 Descend to Ludicrous Speed
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 5,050 Yards - Stress Value = 65

Workout #5471 - Wednesday, 21 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board B---
 {4 x 50 on 1:05 Kick-descend
 {4 x 25 on :45 Kick no board -S--
 {3 x 50 on 1:05 Kick-descend
 {4 x 25 on :45 Kick no board --L-
 {3 x 50 on 1:05 Kick-descend
 {4 x 25 on :45 Kick no board ---R
 {3 x 50 on 1:05 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 800 16 x 50 on 1:30 Breast Pull-No Dolphin Kicki
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{1 x 100 on 1:50 25 breast 75 free
 {2 x 125 on 2:20 50 breast 75 free
 {3 x 150 on 2:50 75 breast 75 free
 {2 x 175 on 3:25 100 breast 75 free
 200 1 x 200 on 4:00 Freestyle
 400 4 x 100 on 1:45 Descend to Ludicrous Speed
 200 1 x 200 on 3:00 Stroke Drills
 5:59 PM 4,600 Yards - Stress Value = 59

Workout #5472 - Wednesday, 21 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board B---

{3 x 50 on 1:10 Kick-descend
 {4 x 25 on :45 Kick no board -S--
 {3 x 50 on 1:10 Kick-descend
 {4 x 25 on :45 Kick no board --L-
 {3 x 50 on 1:10 Kick-descend
 {4 x 25 on :45 Kick no board ---R
 {3 x 50 on 1:10 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 800 16 x 50 on 1:30 Breast Pull-No Dolphin Kicki
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 1x{1 x 100 on 2:00 25 breast 75 free
 {2 x 125 on 2:40 50 breast 75 free
 {4 x 150 on 3:15 75 breast 75 free
 200 1 x 200 on 4:00 Freestyle
 400 4 x 100 on 2:00 Descend to Ludicrous Speed
 200 1 x 200 on 4:00 Stroke Drills
 5:59 PM 4,350 Yards - Stress Value = 56

Workout #5473 - Thursday, 22 May 2008

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 7:00 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
 1,500 1x{1 x 500 on 6:30 Pulls
 {1 x 500 on 6:25 Pulls
 {1 x 500 on 6:20 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 2x{4 x 25 on :30 Butterfly
 {1 x 100 on 1:10 Freestyle
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 100 on 1:20 Freestyle
 {4 x 25 on :30 Butterfly lup 3down
 {1 x 200 on 3:00 Closed Fist Freestyle
 5:46 PM 5,850 Yards - Stress Value = 75

Workout #5474 - Thursday, 22 May 2008

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 7:00 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
 1,200 1x{1 x 400 on 5:50 Pulls
 {1 x 400 on 5:45 Pulls
 {1 x 400 on 5:40 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 2x{4 x 25 on :30 Butterfly
 {1 x 100 on 1:20 Freestyle
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 100 on 1:25 Freestyle
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 100 on 1:30 Freestyle
 {4 x 25 on :30 Butterfly lup 3down
 {1 x 200 on 4:00 Closed Fist Freestyle
 5:50 PM 5,550 Yards - Stress Value = 72

Workout #5475 - Thursday, 22 May 2008

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 7:00 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
 1,000 1x{1 x 350 on 5:45 Pulls
 {1 x 350 on 5:40 Pulls
 {1 x 300 on 4:35 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 2x{4 x 25 on :30 Butterfly
 {1 x 100 on 1:30 Freestyle
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 100 on 1:35 Freestyle
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 100 on 1:40 Freestyle
 {4 x 25 on :30 Butterfly lup 3down
 {1 x 200 on 4:00 Closed Fist Freestyle
 5:52 PM 5,300 Yards - Stress Value = 71

Workout #5476 - Thursday, 22 May 2008

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 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 150 on 3:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:10 Kick
 750 1x{1 x 250 on 4:40 Pulls
 {1 x 250 on 4:30 Pulls
 {1 x 250 on 4:20 Pulls
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,190 2x{3 x 40 on :30 Butterfly
 {1 x 100 on 1:45 Freestyle
 {3 x 25 on :40 Butterfly lup 1down
 {2 x 100 on 1:50 Freestyle
 {3 x 25 on :40 Butterfly lup 2down
 {3 x 100 on 1:55 Freestyle
 {3 x 25 on :30 Butterfly lup 3down
 {1 x 150 on 4:00 Closed Fist Freestyle
 5:53 PM 4,790 Yards - Stress Value = 65

Workout #5479 - Tuesday, 27 May 2008

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 4x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:40 Kick
 1,000 1x{1 x 200 on 2:40 Pulls
 {2 x 150 on 2:00 Pulls
 {3 x 100 on 1:20 Pulls
 {4 x 50 on :40 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 6x{1 x 400 on 5:20 Free-hold time I give you
 {1 x 100 on 2:20 Freestyle
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 6,300 Yards - Stress Value = 126

Workout #5477 - Tuesday, 27 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 4x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 800 1x{1 x 200 on 2:55 Pulls
 {2 x 150 on 2:10 Pulls
 {3 x 100 on 1:25 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 5x{1 x 400 on 6:00 Free-hold time I give you
 {1 x 100 on 3:00 Freestyle
 350 7 x 50 on 1:00 Stroke Drills
 5:59 PM 5,600 Yards - Stress Value = 110

Workout #5478 - Tuesday, 27 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 4x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 900 1x{1 x 200 on 3:20 Pulls
 {2 x 150 on 2:30 Pulls
 {3 x 100 on 1:40 Pulls
 {2 x 50 on :50 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 5x{1 x 400 on 6:45 Free-hold time I give you
 {1 x 100 on 3:15 Freestyle
 350 7 x 50 on 1:00 Stroke Drills
 6:04 PM 5,450 Yards - Stress Value = 107

Workout #5480 - Tuesday, 27 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 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
 750 1x{1 x 200 on 3:45 Pulls
 {2 x 150 on 2:45 Pulls
 {2 x 100 on 1:45 Pulls
 {1 x 50 on :55 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 4x{1 x 400 on 8:00 Free-hold time I give you
 {1 x 100 on 3:30 Freestyle
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 4,750 Yards - Stress Value = 91

Workout #5481 - Wednesday, 28 May 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 10 min abs stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 650 1x{1 x 125 on 2:05 Backstroke
 {2 x 100 on 1:35 Backstroke
 {3 x 75 on 1:10 Backstroke
 {2 x 50 on :45 Backstroke
 200 1 x 200 on 3:00 Backstroke for time
 1,350 9 x 150 on 2:10 Lungbuster pulls
 Breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{1 x 125 on 2:15 Breaststroke
 {2 x 100 on 1:45 Breaststroke
 {3 x 75 on 1:15 Breaststroke
 {3 x 50 on :50 Breaststroke
 200 1 x 200 on 4:00 Breaststroke for time
 1,000 10 x 100 on 2:00 Kick-odds 100% Effort
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

700 1x{1 x 125 on 2:05 Butterfly 2-3
 {2 x 100 on 1:35 Butterfly 2-4
 {3 x 75 on 1:10 Butterfly 2-5
 {3 x 50 on :45 Butterfly 2-6
 100 1 x 100 on 2:00 Butterfly for time
 400 8 x 50 on 1:00 Stroke Drills
 5:59 PM 6,050 Yards - Stress Value = 112

Workout #5482 - Wednesday, 28 May 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 10 min abs stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 600 1x{2 x 100 on 1:50 Backstroke
 {2 x 75 on 1:20 Backstroke
 {3 x 50 on :50 Backstroke
 {4 x 25 on :30 Backstroke-build
 200 1 x 200 on 3:00 Backstroke for time
 1,200 8 x 150 on 2:25 Lungbuster pulls
 Breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{2 x 100 on 1:55 Breaststroke
 {2 x 75 on 1:25 Breaststroke
 {3 x 50 on :55 Breaststroke
 {4 x 25 on :30 Breaststroke-build
 200 1 x 200 on 4:00 Breaststroke for time
 900 9 x 100 on 2:15 Kick-odds 100% Effort
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{2 x 100 on 1:50 Butterfly 2-3
 {2 x 75 on 1:20 Butterfly 2-4
 {3 x 50 on :50 Butterfly 2-5
 {4 x 25 on :30 Butterfly-build 2-6
 100 1 x 100 on 2:00 Butterfly for time
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,500 Yards - Stress Value = 106

Workout #5484 - Wednesday, 28 May 2008

Group 3 - Bronze

1 minute rest between sets

| 3:30 PM Start | |
|---------------|---|
| Yards | Set Description |
| ===== | ===== |
| | 1 on 25:00 10 min abs stretch |
| 300 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 100 on 2:10 Backstroke |
| | {2 x 75 on 1:35 Backstroke |
| | {3 x 50 on 1:00 Backstroke |
| | {4 x 25 on :30 Freestyle-build |
| 150 | 1 x 150 on 3:00 Backstroke for time |
| 900 | 6 x 150 on 2:45 Lungbuster pulls |
| | Breathe 3-5-7 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 600 | 1x{2 x 100 on 2:30 Breaststroke |
| | {2 x 75 on 1:50 Breaststroke |
| | {3 x 50 on 1:10 Breaststroke |
| | {4 x 25 on :30 Freestyle-build |
| 150 | 1 x 150 on 4:00 Breaststroke for time |
| 800 | 8 x 100 on 2:30 Kick-odds 100% Effort |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 500 | 1x{2 x 100 on 2:10 Butterfly 2-3 |
| | {2 x 75 on 1:35 Butterfly 2-4 |
| | {3 x 50 on 1:00 Butterfly 2-5 |
| 50 | 1 x 50 on 2:00 Butterfly for time |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 5:59 PM 4,700 Yards - Stress Value = 86 |

Workout #5483 - Wednesday, 28 May 2008

Group 3 - Stokers

1 minute rest between sets

| 3:30 PM Start | |
|---------------|---|
| Yards | Set Description |
| ===== | ===== |
| | 1 on 25:00 10 min abs stretch |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{1 x 125 on 1:50 Backstroke |
| | {2 x 100 on 1:25 Backstroke |
| | {3 x 75 on 1:00 Backstroke |
| | {4 x 50 on :40 Backstroke |
| 200 | 1 x 200 on 3:00 Backstroke for time |
| 1,500 | 10 x 150 on 2:00 Lungbuster pulls |
| | Breathe 3-5-7 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1x{1 x 125 on 2:00 Breaststroke |
| | {2 x 100 on 1:35 Breaststroke |
| | {3 x 75 on 1:10 Breaststroke |
| | {4 x 50 on :45 Breaststroke |
| 200 | 1 x 200 on 4:00 Breaststroke for time |
| 1,200 | 12 x 100 on 1:45 Kick-odds 100% Effort |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1x{1 x 125 on 1:55 Butterfly 2-3 |
| | {2 x 100 on 1:30 Butterfly 2-4 |
| | {3 x 75 on 1:05 Butterfly 2-5 |
| | {4 x 50 on :40 Butterfly 2-6 |
| 100 | 1 x 100 on 2:00 Butterfly for time |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 6,600 Yards - Stress Value = 121 |

Workout #5487 - Thursday, 29 May 2008

Group 3 - IM'ers

1 minute rest between sets

| 3:30 PM Start | |
|---------------|---|
| Yards | Set Description |
| ===== | ===== |
| | 1 on 28:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,800 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:20 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 1:25 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 1:30 Kick |
| 1,800 | 3 x 600 on 7:30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 12x{1 x 100 on 1:15 Individual Medley |
| | {1 x 50 on :35 Freestyle |
| | {1 x 50 on :50 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 6:00 PM 6,950 Yards - Stress Value = 116 |

Workout #5486 - Thursday, 29 May 2008

Group 3 - Gold

1 minute rest between sets

| 3:30 PM Start | |
|---------------|---|
| Yards | Set Description |
| ===== | ===== |
| | 1 on 28:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,650 | 3x{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 |
| | {1 x 100 on 1:50 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 50 on :55 Kick |
| 1,500 | 3 x 500 on 7:05 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 10x{1 x 100 on 1:30 Individual Medley |
| | {1 x 50 on :40 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 6:00 PM 6,100 Yards - Stress Value = 101 |

Workout #5485 - Thursday, 29 May 2008

Group 3 - Silver

1 minute rest between sets

| 3:30 PM Start | |
|---------------|---|
| Yards | Set Description |
| ===== | ===== |
| | 1 on 28:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:55 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 2:00 Kick |
| | {2 x 25 on :40 Kick no board BS |
| | {1 x 50 on 1:00 Kick |
| 1,500 | 3 x 500 on 7:50 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 9x{1 x 100 on 1:50 Individual Medley |
| | {1 x 50 on :45 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 6:01 PM 5,750 Yards - Stress Value = 95 |

Workout #5488 - Thursday, 29 May 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 Physio Ball Abs/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,500 3x{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 1:45 Kick
 1,200 3 x 400 on 7:15 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 7x{1 x 100 on 2:15 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:15 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 6:00 PM 4,950 Yards - Stress Value = 83

Workout #5489 - Monday, 02 June 2008

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 28:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {2 x 75 on 1:20 Kick
 {3 x 50 on :50 Kick
 1,500 2x{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
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{3 x 200 on 2:30 Freestyle
 {1 x 200 on 3:00 Individual Medley
 {3 x 200 on 2:25 Freestyle
 {1 x 200 on 3:00 Individual Medley
 {3 x 200 on 2:20 Freestyle
 {1 x 200 on 3:00 Individual Medley
 100 1 x 100 on 2:00 Freestyle
 200 1 x 200 on 4:00 Freestyle-For time
 250 1 x 250 on 5:00 Stroke Drills
 9:30 AM 6,700 Yards - Stress Value = 115

Workout #5493 - Monday, 02 June 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 28:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {2 x 75 on 1:20 Kick
 {3 x 50 on :50 Kick
 500 1x{1 x 125 on 1:50 Pull no br L.12 yds
 {1 x 125 on 1:45 Pull no br L.12 yds
 {2 x 125 on 1:40 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 200 on 2:30 Freestyle

{1 x 200 on 3:00 Individual Medley
 {1 x 200 on 2:25 Freestyle
 {1 x 200 on 3:00 Individual Medley
 {1 x 200 on 2:20 Freestyle
 {1 x 200 on 3:00 Individual Medley
 250 1 x 250 on 5:00 Stroke Drills
 8:31 AM 3,100 Yards - Stress Value = 38

Workout #5490 - Monday, 02 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 28:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,350 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 {2 x 75 on 1:25 Kick
 {2 x 50 on 1:00 Kick
 1,300 2x{2 x 125 on 2:00 Pull no br L.12 yds
 {2 x 125 on 1:55 Pull no br L.12 yds
 {2 x 75 on 1:10 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{3 x 200 on 2:50 Freestyle
 {1 x 150 on 2:30 IM w/out free
 {3 x 200 on 2:50 Freestyle
 {1 x 150 on 2:30 IM w/out free
 {3 x 200 on 2:45 Freestyle
 100 1 x 100 on 2:00 Freestyle
 200 1 x 200 on 4:00 Freestyle-For time
 250 1 x 250 on 5:00 Stroke Drills
 9:30 AM 6,050 Yards - Stress Value = 108

Workout #5491 - Monday, 02 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 28:00 Physio Balls/Stretch
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,350 3x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 {4 x 50 on 1:00 Kick
 1,200 2x{2 x 125 on 2:05 Pull no br L.12 yds
 {2 x 100 on 1:40 Pull no br L.12 yds
 {2 x 75 on 1:15 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{3 x 200 on 3:15 Freestyle
 {1 x 100 on 2:00 Individual Medley
 {3 x 200 on 3:10 Freestyle
 {1 x 100 on 2:00 IM w/out free
 {3 x 200 on 3:05 Freestyle
 50 1 x 50 on 1:00 Freestyle
 200 1 x 200 on 4:00 Freestyle-For time
 250 1 x 250 on 5:00 Stroke Drills
 9:31 AM 5,750 Yards - Stress Value = 105

Workout #5492 - Monday, 02 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 28:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 3x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick {2 x 50 on 1:10 Kick |
| 1,100 | 2x{2 x 100 on 2:00 Pull no br L.12 yds {2 x 100 on 1:55 Pull no br L.12 yds {2 x 75 on 1:20 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{3 x 200 on 3:40 Freestyle {1 x 100 on 2:15 Individual Medley {2 x 200 on 3:35 Freestyle {1 x 100 on 2:15 IM w/out free {2 x 200 on 3:30 Freestyle |
| 100 | 1 x 100 on 3:00 Freestyle |
| 200 | 1 x 200 on 4:00 Freestyle-For time |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 9:30 AM 5,100 Yards - Stress Value = 93 |

Workout #5494 - Tuesday, 03 June 2008

Group 3 - Back

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 2x{2 x 50 on 1:00 Kick {1 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Kick {1 x 100 on 1:40 Kick |
| 1,800 | 2x{1 x 150 on 2:00 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 1:55 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 1:50 Pulls {3 x 50 on :50 Pulls br every 9 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 2x{2 x 125 on 2:00 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:35 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:10 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 50 on :45 Backstroke {4 x 25 on :30 Backstroke 10 yds under water |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 6,250 Yards - Stress Value = 74 |

Workout #5498 - Tuesday, 03 June 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--------------------------------------|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |

| | |
|-----|--|
| 600 | 1x{2 x 50 on 1:00 Kick {1 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Kick {1 x 100 on 1:40 Kick |
| 750 | 1x{1 x 150 on 2:00 Pulls {2 x 50 on :50 Pulls br every 9 {1 x 150 on 1:55 Pulls {2 x 50 on :50 Pulls br every 9 {1 x 150 on 1:50 Pulls {2 x 50 on :50 Pulls br every 9 |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 1x{2 x 125 on 2:00 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:35 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:10 Backstroke {4 x 25 on :30 Backstroke 10 yds under water |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 8:35 AM 3,100 Yards - Stress Value = 35 |

Workout #5495 - Tuesday, 03 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 2x{2 x 50 on 1:05 Kick {1 x 100 on 1:45 Kick {2 x 50 on 1:05 Kick {1 x 100 on 1:50 Freestyle {1 x 50 on 1:05 Kick {1 x 100 on 1:55 Kick |
| 1,600 | 2x{1 x 150 on 2:15 Pulls {2 x 50 on :55 Pulls br every 9 {1 x 150 on 2:10 Pulls {2 x 50 on :55 Pulls br every 9 {1 x 150 on 2:05 Pulls {3 x 50 on :55 Pulls br every 9 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,100 | 2x{2 x 125 on 2:15 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:15 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 50 on :50 Backstroke {2 x 25 on :30 Backstroke 10 yds under water |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 5,850 Yards - Stress Value = 70 |

Workout #5496 - Tuesday, 03 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{2 x 50 on 1:10 Kick {1 x 100 on 1:55 Kick {2 x 50 on 1:10 Kick {1 x 100 on 1:55 Freestyle {1 x 50 on 1:10 Kick {1 x 50 on :55 Kick |
| 1,500 | 2x{1 x 150 on 2:30 Pulls {2 x 50 on :55 Pulls br every 9 {1 x 150 on 2:25 Pulls {2 x 50 on :55 Pulls br every 9 {1 x 150 on 2:20 Pulls {2 x 50 on :55 Pulls br every 9 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 2x{2 x 125 on 2:20 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:50 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:20 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {1 x 50 on :55 Backstroke {2 x 25 on :30 Backstroke 10 yds under water |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 9:29 AM 5,500 Yards - Stress Value = 65 | |

Workout #5497 - Tuesday, 03 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---|--|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 2x{2 x 50 on 1:10 Kick {1 x 100 on 2:30 Kick {1 x 50 on 1:10 Kick {1 x 100 on 2:25 Freestyle {1 x 50 on 1:10 Kick {1 x 50 on 1:00 Kick |
| 1,300 | 2x{1 x 150 on 2:45 Pulls {2 x 50 on 1:00 Pulls br every 9 {1 x 150 on 2:40 Pulls {1 x 50 on 1:00 Pulls br every 9 {1 x 150 on 2:35 Pulls {1 x 50 on 1:00 Pulls br every 9 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 2x{2 x 125 on 2:40 Backstroke {4 x 25 on :40 Backstroke 10 yds under water {2 x 100 on 2:05 Backstroke {4 x 25 on :40 Backstroke 10 yds under water {2 x 75 on 1:35 Backstroke {4 x 25 on :40 Backstroke 10 yds under water |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 9:31 AM 4,950 Yards - Stress Value = 59 | |

Workout #5499 - Tuesday, 03 June 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards Set Description

| Yards | Set Description |
|---|--|
| | 1 on 15:00 Stretching |
| 265 | 1 x 265 on 10:00 25swim/5squat/15 swim/5pushup 15 swim/5 squats/25 swim-repeat 3 times + 25 s |
| 180 | 12 x 15 on :45 Cross pool sprints |
| 800 | 1 x 800 on 16:00 Vertical Kicking |
| 300 | 12 x 25 on :40 IM order-build |
| 400 | 1 x 400 on 25:00 Killer Relays |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 6:31 PM 2,145 Yards - Stress Value = 58 | |

Workout #5500 - Wednesday, 04 June 2008

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---|---|
| | 1 on 45:00 Scooter Brds/Stretch/Team Mtg |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,250 | 5x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:20 Kick-odds 100% |
| 1,250 | 1x{2 x 125 on 1:50 Lungbuster pulls {2 x 125 on 1:45 Lungbuster pulls {2 x 125 on 1:40 Lungbuster pulls {2 x 125 on 1:35 Lungbuster pulls {2 x 125 on 1:30 Lungbuster pulls Odds breathe 3-5-7-9 by 25's, evens 2-4-6- |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,700 | 1x{1 x 125 on 2:10 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 2:05 Breaststroke {3 x 50 on 1:00 Breast under/over {3 x 125 on 2:00 Breaststroke {2 x 50 on 1:00 Breast under/over {4 x 125 on 1:55 Breaststroke-descend |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 9:30 AM 5,150 Yards - Stress Value = 75 | |

Workout #5504 - Wednesday, 04 June 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---|---|
| | 1 on 45:00 Scooter Brds/Stretch/Team Mtg |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 2x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:20 Kick-odds 100% |
| 600 | 1x{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 {1 x 100 on 1:15 Lungbuster pulls Odds breathe 3-5-7-9 by 25's, evens 2-4-6- |
| 50 | 1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,300 | 1x{2 x 125 on 2:10 Breaststroke {2 x 50 on 1:00 Breast under/over {2 x 125 on 2:05 Breaststroke {2 x 50 on 1:00 Breast under/over {2 x 125 on 2:00 Breaststroke {2 x 50 on 1:00 Breast under/over {2 x 125 on 1:55 Breaststroke |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 8:55 AM 3,200 Yards - Stress Value = 40 | |

Workout #5501 - Wednesday, 04 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Scooter Brds/Stretch/Team Mtg
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 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-odds 100%
 1,100 1x{2 x 125 on 2:00 Lungbuster pulls
 {2 x 125 on 1:55 Lungbuster pulls
 {2 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,575 1x{1 x 125 on 2:20 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:15 Breaststroke
 {3 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:10 Breaststroke
 {2 x 50 on 1:00 Breast under/over
 {4 x 125 on 2:05 Breaststroke-descend
 200 1 x 200 on 3:00 Stroke Drills
 9:29 AM 4,825 Yards - Stress Value = 69

Workout #5502 - Wednesday, 04 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Scooter Brds/Stretch/Team Mtg
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 3x{4 x 25 on :45 Kick no board BSLR
 {6 x 50 on 1:05 Kick-odds 100%
 1,000 1x{2 x 100 on 1:50 Lungbuster pulls
 {2 x 100 on 1:45 Lungbuster pulls
 {2 x 100 on 1:40 Lungbuster pulls
 {2 x 100 on 1:35 Lungbuster pulls
 {2 x 100 on 1:30 Lungbuster pulls
 Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 125 on 2:30 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:25 Breaststroke
 {3 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:20 Breaststroke
 {2 x 50 on 1:00 Breast under/over
 {3 x 125 on 2:15 Breaststroke-descend
 200 1 x 200 on 4:00 Stroke Drills
 9:30 AM 4,550 Yards - Stress Value = 68

Workout #5503 - Wednesday, 04 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 Scooter Brds/Stretch/Team Mtg
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 5x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Kick-odds 100%
 900 1x{2 x 100 on 2:00 Lungbuster pulls

{2 x 100 on 1:55 Lungbuster pulls
 {2 x 100 on 1:50 Lungbuster pulls
 {2 x 100 on 1:45 Lungbuster pulls
 {1 x 100 on 1:40 Lungbuster pulls
 Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{1 x 100 on 2:15 Breaststroke
 {4 x 50 on 1:00 Breast under/over free
 {2 x 100 on 2:10 Breaststroke
 {3 x 50 on 1:00 Breast under/over free
 {3 x 100 on 2:05 Breaststroke
 {2 x 50 on 1:00 Breast under/over free
 {3 x 100 on 2:00 Breaststroke-descend
 200 1 x 200 on 4:00 Stroke Drills
 9:29 AM 4,100 Yards - Stress Value = 61

Workout #5505 - Thursday, 05 June 2008

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 12 min abs/stretch
 400 1 x 400 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{1 x 50 on :45 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 50 on :45 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :45 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {4 x 50 on :45 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 1,300 1x{1 x 100 on 1:30 Freestyle
 {3 x 100 on 1:50 Kick
 {3 x 100 on 1:45 Kick
 {3 x 100 on 1:40 Kick
 {3 x 100 on 1:35 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{1 x 50 on :45 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 50 on :45 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :45 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {4 x 50 on :45 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 1,300 1x{1 x 100 on 1:30 Freestyle
 {2 x 200 on 2:45 Pulls
 {2 x 200 on 2:40 Pulls
 {2 x 200 on 2:35 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{1 x 50 on :45 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 50 on :45 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :45 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {4 x 50 on :45 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 6,300 Yards - Stress Value = 97

Workout #5509 - Thursday, 05 June 2008

Group 3 - Taper 1

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 12 min abs/stretch | | |
| 400 | 1 x 400 on 6:00 Underwater trn drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 900 | 1x{1 x 50 on :45 Butterfly 2-2 | EN2 | |
| | {4 x 25 on :30 Butterfly lup 1down | EN2 | |
| | {2 x 50 on :45 Butterfly 2-3 | EN2 | |
| | {4 x 25 on :30 Butterfly lup 2down | EN2 | |
| | {3 x 50 on :45 Butterfly 2-4 | EN2 | |
| | {4 x 25 on :30 Butterfly lup 3down | EN2 | |
| | {4 x 50 on :45 Butterfly 2-5 | EN2 | |
| | {4 x 25 on :30 Butterfly-descend | EN2 | |
| 600 | 1x{2 x 100 on 1:30 Freestyle | REC | |
| | {1 x 100 on 1:50 Kick | EN1 | |
| | {1 x 100 on 1:45 Kick | EN2 | |
| | {1 x 100 on 1:40 Kick | EN2 | |
| | {1 x 100 on 1:35 Kick | EN2 | |
| 800 | 1x{1 x 200 on 2:45 Pulls | EN1 | |
| | {1 x 200 on 2:40 Pulls | EN1 | |
| | {2 x 200 on 2:35 Pulls | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 8:30 AM 3,100 Yards - Stress Value = 43 | | |

Workout #5506 - Thursday, 05 June 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 12 min abs/stretch | | |
| 400 | 1 x 400 on 6:00 Underwater trn drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 800 | 1x{1 x 50 on :55 Butterfly 2-2 | | |
| | {4 x 25 on :30 Butterfly lup 1down | | |
| | {2 x 50 on :55 Butterfly 2-3 | | |
| | {4 x 25 on :30 Butterfly lup 2down | | |
| | {3 x 50 on :55 Butterfly 2-4 | | |
| | {4 x 25 on :30 Butterfly lup 3down | | |
| | {2 x 50 on :55 Butterfly 2-5 | | |
| | {4 x 25 on :30 Butterfly-descend | | |
| 1,100 | 1x{1 x 100 on 1:45 Freestyle | | |
| | {3 x 100 on 2:05 Kick | | |
| | {3 x 100 on 2:00 Kick | | |
| | {3 x 100 on 1:55 Kick | | |
| | {1 x 100 on 1:50 Kick | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 800 | 1x{1 x 50 on :55 Butterfly 2-2 | | |
| | {4 x 25 on :30 Butterfly lup 1down | | |
| | {2 x 50 on :55 Butterfly 2-3 | | |
| | {4 x 25 on :30 Butterfly lup 2down | | |
| | {3 x 50 on :55 Butterfly 2-4 | | |
| | {4 x 25 on :30 Butterfly lup 3down | | |
| | {2 x 50 on :55 Butterfly 2-5 | | |
| | {4 x 25 on :30 Butterfly-descend | | |
| 1,200 | 1x{1 x 100 on 1:45 Freestyle | | |
| | {2 x 200 on 3:00 Pulls | | |
| | {2 x 200 on 2:55 Pulls | | |
| | {2 x 150 on 2:10 Pulls | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 800 | 1x{1 x 50 on :55 Butterfly 2-2 | | |
| | {4 x 25 on :30 Butterfly lup 1down | | |
| | {2 x 50 on :55 Butterfly 2-3 | | |
| | {4 x 25 on :30 Butterfly lup 2down | | |
| | {3 x 50 on :55 Butterfly 2-4 | | |

{4 x 25 on :30 Butterfly lup 3down
 {2 x 50 on :55 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 5,700 Yards - Stress Value = 85

Workout #5507 - Thursday, 05 June 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 12 min abs/stretch | | |
| 350 | 1 x 350 on 6:00 Underwater trn drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 700 | 1x{1 x 50 on 1:05 Butterfly 2-2 | | |
| | {4 x 25 on :35 Butterfly lup 1down | | |
| | {2 x 50 on 1:05 Butterfly 2-3 | | |
| | {4 x 25 on :35 Butterfly lup 2down | | |
| | {3 x 50 on 1:05 Butterfly 2-4 | | |
| | {4 x 25 on :35 Butterfly lup 3down | | |
| | {1 x 50 on 1:05 Butterfly 2-5 | | |
| | {2 x 25 on :35 Butterfly-both fast | | |
| 1,050 | 1x{1 x 100 on 2:00 Freestyle | | |
| | {3 x 100 on 2:10 Kick | | |
| | {3 x 100 on 2:05 Kick | | |
| | {3 x 100 on 2:00 Kick | | |
| | {1 x 50 on 1:00 Kick | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 700 | 1x{1 x 50 on 1:05 Butterfly 2-2 | | |
| | {4 x 25 on :35 Butterfly lup 1down | | |
| | {2 x 50 on 1:05 Butterfly 2-3 | | |
| | {4 x 25 on :35 Butterfly lup 2down | | |
| | {3 x 50 on 1:05 Butterfly 2-4 | | |
| | {4 x 25 on :35 Butterfly lup 3down | | |
| | {1 x 50 on 1:05 Butterfly 2-5 | | |
| | {2 x 25 on :35 Butterfly-both fast | | |
| 1,000 | 1x{1 x 100 on 2:00 Freestyle | | |
| | {2 x 200 on 3:30 Pulls | | |
| | {2 x 200 on 3:20 Pulls | | |
| | {1 x 100 on 1:40 Pulls | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 700 | 1x{1 x 50 on 1:05 Butterfly 2-2 | | |
| | {4 x 25 on :35 Butterfly lup 1down | | |
| | {2 x 50 on 1:05 Butterfly 2-3 | | |
| | {4 x 25 on :35 Butterfly lup 2down | | |
| | {3 x 50 on 1:05 Butterfly 2-4 | | |
| | {4 x 25 on :35 Butterfly lup 3down | | |
| | {1 x 50 on 1:05 Butterfly 2-5 | | |
| | {2 x 25 on :35 Butterfly-both fast | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| | 9:31 AM 5,100 Yards - Stress Value = 74 | | |

Workout #5508 - Thursday, 05 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 12 min abs/stretch
 300 1 x 300 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 1:15 Butterfly 2-2
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 50 on 1:15 Butterfly 2-3
 {4 x 25 on :40 Butterfly lup 2down
 {3 x 50 on 1:15 Butterfly 2-4
 {4 x 25 on :40 Butterfly lup 3down
 900 1x{1 x 100 on 2:15 Freestyle
 {2 x 100 on 2:30 Kick
 {3 x 100 on 2:25 Kick
 {3 x 100 on 2:20 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 50 on 1:15 Butterfly 2-2
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 50 on 1:15 Butterfly 2-3
 {4 x 25 on :40 Butterfly lup 2down
 {3 x 50 on 1:15 Butterfly 2-4
 {4 x 25 on :40 Butterfly lup 3down
 900 1x{1 x 100 on 2:15 Freestyle
 {2 x 200 on 4:00 Pulls
 {2 x 200 on 3:50 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 50 on 1:15 Butterfly 2-2
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 50 on 1:15 Butterfly 2-3
 {4 x 25 on :40 Butterfly lup 2down
 {3 x 50 on 1:15 Butterfly 2-4
 {4 x 25 on :40 Butterfly lup 3down
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 4,500 Yards - Stress Value = 64

Workout #5510 - Thursday, 05 June 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 400 1 x 400 on 7:00 Alt 6 strks free, 6 strks back
 204 12 x 17 on 1:00 Alt. sprints off blocks/finish
 600 1 x 600 on 10:00 Kick. Atl 10sec fast 10sec ez
 20sec fast 20sec ez, 30sec fast 30sec ez--Repe
 120 6 x 20 on 1:00 Backwards free in diving well
 1,500 1 x 1500 on 20:00 Indian File Swim w/fins
 400 4 x 100 on 1:30 Descend to Ludicrous Speed!!!!
 400 8 x 50 on 1:00 Stroke Drills
 6:30 PM 3,624 Yards - Stress Value = 75

Workout #5511 - Friday, 06 June 2008

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 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-descend
 {4 x 25 on :45 Kick no board BSLR

{4 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :50 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :45 Kick-descend
 100 1 x 100 on 3:00 Kick for time
 1,200 1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 75 on :55 Pulls-nbbf&w + 2 yds
 {4 x 75 on :50 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 1x{4 x 100 on 1:20 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 1:40 IM w/50 free
 {1 on 1:00 Rest
 {4 x 150 on 2:00 IM 25,25 50, 50
 {1 on 1:00 Rest
 {4 x 175 on 2:20 IM 25, 50, 50, 50
 {1 on 1:00 Rest
 {4 x 200 on 2:40 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 6,450 Yards - Stress Value = 123

Workout #5515 - Friday, 06 June 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :55 Kick-descend
 600 1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{3 x 100 on 1:20 Individual Medley
 {1 on 1:00 Rest
 {2 x 125 on 1:40 IM w/50 choice
 {1 on 1:00 Rest
 {3 x 150 on 2:00 IM with 100 choice
 200 1 x 200 on 3:00 Stroke Drills
 8:36 AM 3,050 Yards - Stress Value = 47

Workout #5512 - Friday, 06 June 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 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-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:00 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on :55 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:00 Kick lez lfast |
| 100 | 1 x 100 on 3:00 Kick for time |
| 1,050 | 1x{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:10 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds |
| | {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,600 | 1x{4 x 100 on 1:35 Individual Medley |
| | {1 on 1:00 Rest |
| | {4 x 125 on 2:00 IM w/50 free |
| | {1 on 1:00 Rest |
| | {4 x 150 on 2:20 IM 25,25 50, 50 |
| | {1 on 1:00 Rest |
| | {4 x 175 on 2:45 IM 25, 50, 50, 50 |
| | {1 on 1:00 Rest |
| | {2 x 200 on 3:10 Individual Medley |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:31 AM 5,800 Yards - Stress Value = 110 |

Workout #5513 - Friday, 06 June 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:10 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:05 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:00 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:00 Kick |
| 100 | 1 x 100 on 3:00 Kick for time |
| 950 | 1x{4 x 75 on 1:20 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:10 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 :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{4 x 100 on 1:50 Individual Medley |
| | {1 on 1:00 Rest |
| | {4 x 125 on 2:15 IM w/50 free |
| | {1 on 1:00 Rest |
| | {4 x 150 on 2:45 IM 25,25 50, 50 |
| | {1 on 1:00 Rest |
| | {4 x 175 on 3:10 IM 25, 50, 50, 50 |
| | {1 on 1:00 Rest |
| | {1 x 200 on 3:30 Individual Medley |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:34 AM 5,400 Yards - Stress Value = 103 |

Workout #5514 - Friday, 06 June 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:15 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:10 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:05 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| 100 | 1 x 100 on 3:00 Kick for time |
| 900 | 1x{4 x 75 on 1:25 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:20 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,850 | 1x{4 x 100 on 2:15 Individual Medley |
| | {1 on 1:00 Rest |
| | {4 x 125 on 2:45 IM w/50 free |
| | {1 on 1:00 Rest |
| | {4 x 150 on 3:20 IM 25,25 50, 50 |
| | {1 on 1:00 Rest |
| | {2 x 175 on 3:45 IM 25, 50, 50, 50 |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:30 AM 4,700 Yards - Stress Value = 90 |

Workout #5516 - Monday, 09 June 2008

Group 3 - Distance

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 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 |
| 1,800 | 2x{1 x 225 on 3:00 Pull no br L.12 yds |
| | {1 x 225 on 2:55 Pull no br L.12 yds |
| | {1 x 225 on 2:50 Pull no br L.12 yds |
| | {1 x 225 on 2:45 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,800 | 1x{1 x 500 on 6:15 Freestyle |
| | {5 x 100 on 1:30 Freestyle-hold 1:10 |
| | {1 x 400 on 5:00 Freestyle |
| | {4 x 100 on 1:30 Freestyle-hold 1:10 |
| | {1 x 300 on 3:45 Freestyle |
| | {3 x 100 on 1:30 Freestyle-hold 1:10 |
| | {1 x 200 on 2:30 Freestyle |
| | {2 x 100 on 1:30 Freestyle hold 1:10 |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:30 AM 6,800 Yards - Stress Value = 110 |

Workout #5517 - Monday, 09 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 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
 1,450 2x{1 x 200 on 3:00 Pull no br L.12 yds
 {1 x 200 on 2:55 Pull no br L.12 yds
 {1 x 200 on 2:50 Pull no br L.12 yds
 {1 x 125 on 1:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{1 x 500 on 7:05 Freestyle
 {5 x 100 on 1:35 Freestyle-hold 1:20
 {1 x 400 on 5:40 Freestyle
 {4 x 100 on 1:35 Freestyle-hold 1:20
 {1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:30 Freestyle-hold 1:20
 {1 x 200 on 2:50 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 6,250 Yards - Stress Value = 101

Workout #5518 - Monday, 09 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 4x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {2 x 50 on 1:10 Kick
 1,250 2x{1 x 175 on 3:00 Pull no br L.12 yds
 {1 x 175 on 2:55 Pull no br L.12 yds
 {1 x 175 on 2:50 Pull no br L.12 yds
 {1 x 100 on 1:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{1 x 500 on 8:20 Freestyle
 {5 x 100 on 1:45 Freestyle Hold 1:30
 {1 x 400 on 6:40 Freestyle
 {4 x 100 on 1:45 Freestyle-hold 1:30
 {1 x 300 on 5:00 Freestyle
 {2 x 100 on 1:45 Freestyle-hold 1:30
 200 1 x 200 on 3:00 Stroke Drills
 9:31 AM 5,650 Yards - Stress Value = 89

Workout #5519 - Monday, 09 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 4x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:15 Kick
 1,400 2x{1 x 200 on 3:40 Pull no br L.12 yds
 {1 x 200 on 3:35 Pull no br L.12 yds
 {1 x 200 on 3:30 Pull no br L.12 yds

{1 x 100 on 1:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{1 x 400 on 8:00 Freestyle
 {4 x 100 on 1:50 Freestyle-hold 1:40
 {1 x 300 on 6:00 Freestyle
 {3 x 100 on 1:50 Freestyle-hold 1:40
 {1 x 200 on 4:00 Freestyle
 {2 x 100 on 1:50 Freestyle hold 1:40
 {1 x 100 on 2:00 Freestyle-100% Effort
 200 1 x 200 on 4:00 Stroke Drills
 9:29 AM 5,150 Yards - Stress Value = 86

Workout #5520 - Tuesday, 10 June 2008

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 125 on 2:30 Kick
 {1 x 125 on 2:25 Kick
 {1 x 125 on 2:20 Kick
 {1 x 125 on 2:15 Kick
 {2 x 125 on 2:10 Kick
 {2 x 125 on 2:05 Kick
 {2 x 125 on 2:00 Kick
 2,000 5 x 400 on 5:15 Pulls-neg split
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{4 x 125 on 1:40 Backstroke w/fins
 {1 x 50 on :45 Backstroke 25 yards under
 {4 x 100 on 1:20 Backstroke w/fins
 {2 x 50 on :50 Backstroke 25 yards under
 {4 x 75 on 1:00 Backstroke w/fins
 {3 x 50 on :55 Backstroke 25 yards under
 {1 x 100 on 2:00 Freestyle-EZ
 {6 x 100 on 2:00 Backstroke-all 100% Effort
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,600 Yards - Stress Value = 134

Workout #5521 - Tuesday, 10 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 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
 {2 x 125 on 2:25 Kick
 {2 x 125 on 2:20 Kick
 {1 x 100 on 1:50 Kick
 1,750 5 x 350 on 5:15 Pulls-neg split
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,050 1x{4 x 125 on 1:55 Backstroke w/fins
 {1 x 50 on :50 Backstroke 25 yards under
 {4 x 100 on 1:35 Backstroke w/fins
 {2 x 50 on :55 Backstroke 25 yards under
 {4 x 75 on 1:10 Backstroke w/fins
 {1 x 100 on 2:00 Freestyle-EZ
 {6 x 100 on 2:00 Backstroke-all 100% Effort
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,050 Yards - Stress Value = 123

Workout #5522 - Tuesday, 10 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 1x{2 x 125 on 2:45 Kick
 {2 x 125 on 2:40 Kick
 {2 x 125 on 2:35 Kick
 {2 x 125 on 2:30 Kick
 {1 x 100 on 2:00 Kick
 1,500 5 x 300 on 5:15 Pulls-neg split
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{4 x 125 on 2:05 Backstroke w/fins
 {1 x 50 on :50 Backstroke 25 yards under
 {4 x 100 on 1:40 Backstroke w/fins
 {2 x 50 on :55 Backstroke 25 yards under
 {4 x 75 on 1:15 Backstroke w/fins
 {1 x 100 on 2:00 Freestyle-EZ
 {4 x 100 on 2:30 Backstroke-all 100% Effort
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,550 Yards - Stress Value = 102

Workout #5523 - Tuesday, 10 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:30 Kick
 {2 x 100 on 2:25 Kick
 {2 x 100 on 2:25 Kick
 {2 x 100 on 2:20 Kick
 {2 x 100 on 2:15 Kick

1,500 5 x 300 on 5:30 Pulls-neg split
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{4 x 125 on 2:30 Backstroke w/fins
 {1 x 50 on 1:00 Backstroke 25 yards under
 {3 x 100 on 2:00 Backstroke w/fins
 {2 x 50 on 1:00 Backstroke 25 yards under
 {2 x 75 on 1:30 Backstroke w/fins
 {1 x 100 on 3:00 Freestyle-EZ
 {4 x 100 on 2:30 Backstroke-all 100% Effort
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,050 Yards - Stress Value = 97

Workout #5524 - Tuesday, 10 June 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 425 1 x 425 on 7:00 Odd 100's 6 strokes free
 6 strokes back/even 100's 6 strkes breast
 165 11 x 15 on :45 Cross pool sprints
 800 16 x 50 on 2:00 Jump/VK/Sprint/Sculling Drill
 1,000 2x{4 x 25 on :30 Choice-non free
 {4 x 25 on :25 Choice non free
 {4 x 25 on :20 Choice-non free
 {1 x 100 on 2:00 Freestyle
 {1 x 100 on 2:00 IM-for time
 300 1 x 300 on 5:00 Stroke Drills
 6:30 PM 2,690 Yards - Stress Value = 51

Workout #5525 - Wednesday, 11 June 2008

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 900 1x{3 x 100 on 1:30 2 strokes fly off walls
 {3 x 100 on 1:25 2 strokes fly off walls
 {3 x 100 on 1:20 2 strokes fly off walls
 1,400 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:45 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:30 3 strokes fly off walls
 {3 x 100 on 1:25 3 strokes fly off walls
 {3 x 100 on 1:20 3 strokes fly off walls
 1,200 12 x 100 on 1:20 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:30 4 strokes fly off walls
 {3 x 100 on 1:25 4 strokes fly off walls
 {3 x 100 on 1:20 4 strokes fly off walls
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 6,350 Yards - Stress Value = 100

Workout #5526 - Wednesday, 11 June 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 7:00 AM | Start |
| 400 | 1 on 30:00 Stomach and Stretch |
| 150 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 800 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{3 x 100 on 1:40 2 strokes fly off walls |
| | {3 x 100 on 1:35 2 strokes fly off walls |
| | {2 x 100 on 1:30 2 strokes fly off walls |
| | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:50 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 2:00 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {5 x 50 on 1:00 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 800 | 1x{3 x 100 on 1:40 3 strokes fly off walls |
| | {3 x 100 on 1:35 3 strokes fly off walls |
| | {2 x 100 on 1:30 3 strokes fly off walls |
| 1,000 | 10 x 100 on 1:30 Lungbuster pulls |
| | Breathe 3-5-7-9 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 800 | 1x{3 x 100 on 1:40 4 strokes fly off walls |
| | {3 x 100 on 1:35 4 strokes fly off walls |
| | {2 x 100 on 1:30 4 strokes fly off walls |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 9:29 AM 5,700 Yards - Stress Value = 89 |

Workout #5527 - Wednesday, 11 June 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 7:00 AM | Start |
| 350 | 1 on 30:00 Stomach and Stretch |
| 150 | 1 x 350 on 7:00 Free L.25 of each 100 non fr |
| 700 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{3 x 100 on 1:50 2 strokes fly off walls |
| | {2 x 100 on 1:45 2 strokes fly off walls |
| | {2 x 100 on 1:40 2 strokes fly off walls |
| | 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 2:05 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 |
| | {4 x 50 on 1:05 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{3 x 100 on 1:50 3 strokes fly off walls |
| | {2 x 100 on 1:45 3 strokes fly off walls |
| | {2 x 100 on 1:40 3 strokes fly off walls |
| 900 | 9 x 100 on 1:40 Lungbuster pulls |
| | Breathe 3-5-7-9 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{3 x 100 on 1:50 4 strokes fly off walls |
| | {2 x 100 on 1:45 4 strokes fly off walls |
| | {2 x 100 on 1:40 4 strokes fly off walls |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 9:29 AM 5,200 Yards - Stress Value = 81 |

Workout #5528 - Wednesday, 11 June 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 7:00 AM | Start |
| 300 | 1 on 30:00 Stomach and Stretch |
| 150 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 650 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{2 x 100 on 2:00 2 strokes fly off walls |
| | {2 x 100 on 1:55 2 strokes fly off walls |
| | {2 x 100 on 1:50 2 strokes fly off walls |
| | {1 x 50 on 1:00 2 strokes fly off walls |
| | 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 |
| | {2 x 100 on 2:20 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 100 on 2:25 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:15 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 650 | 1x{2 x 100 on 2:00 3 strokes fly off walls |
| | {2 x 100 on 1:55 3 strokes fly off walls |
| | {2 x 100 on 1:50 3 strokes fly off walls |
| | {1 x 50 on 1:00 3 strokes fly off walls |
| 800 | 8 x 100 on 1:50 Lungbuster pulls |
| | Breathe 3-5-7-9 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 650 | 1x{2 x 100 on 2:00 4 strokes fly off walls |
| | {2 x 100 on 1:55 4 strokes fly off walls |
| | {2 x 100 on 1:50 4 strokes fly off walls |
| | {1 x 50 on 1:00 4 strokes fly off walls |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 9:29 AM 4,800 Yards - Stress Value = 74 |

Workout #5529 - Thursday, 12 June 2008

Group 3 - Breast

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 7:00 AM | Start |
| 400 | 1 on 30:00 Scooter Boards/Stretch |
| 150 | 1 x 400 on 7:00 Underwater trn drill |
| 1,500 | 10 x 15 on :45 Shooters |
| 1,500 | 15 x 100 on 1:20 Kick w/fins |
| | 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 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 3,000 | 5x{1 x 200 on 3:20 Breaststroke |
| | {1 x 100 on 1:30 25 breast 75 free |
| | {1 x 100 on 1:30 50 breast 50 free |
| | {1 x 100 on 1:30 75 breast 25 free |
| | {2 x 50 on 1:00 25 2k1p, 25 4 sec glide |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:30 AM 6,950 Yards - Stress Value = 103 |

Workout #5530 - Thursday, 12 June 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Scooter Boards/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 12 x 100 on 1:35 Kick w/fins |
| 1,400 | 1x{1 x 500 on 7:30 Pulls |
| | {1 x 400 on 5:55 Pulls |
| | {1 x 300 on 4:25 Pulls |
| | {1 x 200 on 2:55 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,800 | 4x{1 x 200 on 3:40 Breaststroke |
| | {1 x 100 on 1:40 25 breast 75 free |
| | {1 x 100 on 1:40 50 breast 50 free |
| | {2 x 100 on 1:40 75 breast 25 free |
| | {2 x 50 on 1:00 25 2k1p, 25 4 sec glide |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:30 AM 6,350 Yards - Stress Value = 94 |

Workout #5531 - Thursday, 12 June 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Scooter Boards/Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 11 x 100 on 1:45 Kick w/fins |
| 1,200 | 1x{1 x 500 on 8:20 Pulls |
| | {1 x 400 on 6:40 Pulls |
| | {1 x 300 on 5:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 4x{1 x 200 on 4:00 Breaststroke |
| | {1 x 100 on 1:50 25 breast 75 free |
| | {1 x 100 on 1:50 50 breast 50 free |
| | {1 x 100 on 1:50 75 breast 25 free |
| | {2 x 50 on 1:10 25 2k1p, 25 4 sec glide |
| | Last 2 times do 3 50's |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:28 AM 5,600 Yards - Stress Value = 82 |

Workout #5532 - Thursday, 12 June 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Scooter Boards/Stretch |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 10 x 100 on 1:55 Kick w/fins |
| 1,050 | 1x{1 x 400 on 7:20 Pulls |
| | {1 x 300 on 5:30 Pulls |
| | {1 x 200 on 3:40 Pulls |
| | {1 x 100 on 1:50 Pulls |
| | {1 x 50 on :55 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 4x{1 x 200 on 4:30 Breaststroke |
| | {1 x 100 on 2:00 25 breast 75 free |
| | {1 x 100 on 2:00 50 breast 50 free |
| | {1 x 100 on 2:00 75 breast 25 free |
| | {2 x 50 on 1:15 25 2k1p, 25 4 sec glide |

Last set do 1 50
 200 1 x 200 on 3:00 Stroke Drills
 9:32 AM 5,300 Yards - Stress Value = 78

Workout #5533 - Thursday, 12 June 2008

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|-----|
| | 1 on 15:00 Stretching | | | L I |
| 1,400 | 4x{1 x 100 on 2:00 Stroke Drills | REC | | D C |
| | {1 x 100 on 2:30 Sculling drills | REC | | D C |
| | {3 x 50 on 1:00 Descend | EN2 | | S S |
| 210 | 14 x 15 on :45 Cross pool sprints | SP3 | | S |
| 1,600 | 1x{5 x 100 on 1:30 Freestyle | EN2 | | S |
| | {1 x 600 on 10:00 Social Kick | REC | | K C |
| | {5 x 100 on 1:45 Stroke or IM | EN2 | | S S |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | D |
| | 6:30 PM 3,460 Yards - Stress Value = 40 | | | |

Workout #5534 - Friday, 13 June 2008

Group 3 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 100 | 1 x 100 on 5:00 Individual Medley for time |
| 1,750 | 5x{1 x 125 on 2:00 Kick |
| | {1 x 100 on 1:40 Kick |
| | {1 x 75 on 1:20 Kick |
| | {1 x 50 on :55 Kick |
| 1,750 | 5x{1 x 50 on :40 Pulls-nbbf&w + 2 yds |
| | {1 x 75 on 1:00 Pulls-nbbf&w + 2 yds |
| | {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds |
| | {1 x 125 on 1:40 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1 x 750 on 30:00 IM Relay's |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 9:31 AM 5,350 Yards - Stress Value = 130 |

Workout #5535 - Friday, 13 June 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 100 | 1 x 100 on 5:00 Individual Medley for time |
| 1,600 | 4x{1 x 125 on 2:20 Kick |
| | {1 x 100 on 1:55 Kick |
| | {1 x 75 on 1:30 Kick |
| | {2 x 50 on 1:05 Kick |
| 1,400 | 4x{1 x 50 on :45 Pulls-nbbf&w + 2 yds |
| | {1 x 75 on 1:10 Pulls-nbbf&w + 2 yds |
| | {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds |
| | {1 x 125 on 1:50 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1 x 750 on 30:00 IM Relay's |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 9:30 AM 4,850 Yards - Stress Value = 124 |

Workout #5536 - Friday, 13 June 2008

9:30 AM 6,600 Yards - Stress Value = 121

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 350 1 x 350 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 5:00 Individual Medley for time
 1,400 4x{1 x 125 on 2:30 Kick
 {1 x 100 on 2:05 Kick
 {1 x 75 on 1:35 Kick
 {1 x 50 on 1:05 Kick
 1,400 4x{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
 {1 x 125 on 2:05 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 1 x 750 on 30:00 IM Relay's
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 4,600 Yards - Stress Value = 120

Workout #5542 - Monday, 16 June 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:30 Kick
 750 1x{1 x 225 on 3:00 Pull no br L.12 yds
 {1 x 200 on 2:40 Pull no br L.12 yds
 {1 x 175 on 2:20 Pull no br L.12 yds
 {1 x 150 on 2:00 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{3 x 200 on 2:30 Freestyle
 {1 x 200 on 4:00 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 8:34 AM 3,100 Yards - Stress Value = 46

Workout #5537 - Friday, 13 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 5:00 Individual Medley for time
 1,250 5x{1 x 100 on 2:15 Kick
 {1 x 75 on 1:45 Kick
 {1 x 50 on 1:15 Kick
 {1 x 25 on :40 Kick
 1,200 4x{1 x 25 on :30 Pulls-nbbf&w + 2 yds
 {2 x 50 on :55 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 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 1 x 750 on 30:00 IM Relay's
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 4,200 Yards - Stress Value = 115

Workout #5539 - Monday, 16 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 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 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 1,500 1x{1 x 200 on 3:00 Pull no br L.12 yds
 {2 x 175 on 2:35 Pull no br L.12 yds
 {3 x 150 on 2:15 Pull no br L.12 yds
 {4 x 125 on 1:50 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 3x{3 x 200 on 2:45 Freestyle
 {1 x 200 on 4:15 Freestyle
 350 7 x 50 on 1:00 Stroke Drills
 9:29 AM 6,050 Yards - Stress Value = 116

Workout #5538 - Monday, 16 June 2008

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 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 1:50 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:30 Kick
 1,750 1x{1 x 225 on 3:00 Pull no br L.12 yds
 {2 x 200 on 2:40 Pull no br L.12 yds
 {3 x 175 on 2:20 Pull no br L.12 yds
 {4 x 150 on 2:00 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 3x{3 x 200 on 2:30 Freestyle
 {1 x 200 on 4:00 Freestyle
 500 10 x 50 on 1:00 Stroke Drills

Workout #5540 - Monday, 16 June 2008

9:30 AM 6,500 Yards - Stress Value = 100

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 3x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:05 Kick
 {3 x 50 on 1:00 Kick
 { Last set do only do two 50's on 1:00
 1,400 1x{1 x 200 on 3:30 Pull no br L.12 yds
 {2 x 175 on 3:00 Pull no br L.12 yds
 {3 x 150 on 2:30 Pull no br L.12 yds
 {4 x 100 on 1:40 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 3x{3 x 150 on 2:20 Freestyle
 {1 x 200 on 4:30 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 5,600 Yards - Stress Value = 106

Workout #5541 - Monday, 16 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 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 2:15 Kick
 1,300 1x{1 x 200 on 3:40 Pull no br L.12 yds
 {2 x 175 on 3:10 Pull no br L.12 yds
 {3 x 150 on 2:40 Pull no br L.12 yds
 {3 x 100 on 1:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 3x{3 x 150 on 2:35 Freestyle
 {1 x 200 on 4:45 Freestyle
 350 7 x 50 on 1:00 Stroke Drills
 9:30 AM 5,000 Yards - Stress Value = 99

Workout #5543 - Tuesday, 17 June 2008

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,350 1x{6 x 75 on 1:25 Kick
 {6 x 75 on 1:20 Kick
 {6 x 75 on 1:15 Kick
 1,650 1 x 1650 on 22:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,450 1x{4 x 100 on 1:30 Backstroke
 {6 x 50 on 1:00 Back-odds drills evens descer
 {3 x 150 on 2:15 Backstroke
 {6 x 50 on 1:00 Back-odds drill evens descenc
 {2 x 200 on 3:00 Backstroke
 {6 x 50 on 1:00 Back-odds drill evens descenc
 {1 x 300 on 4:30 Backstroke
 300 1 x 300 on 5:00 Stroke Drills

Workout #5547 - Tuesday, 17 June 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 450 1x{2 x 75 on 1:25 Kick
 {2 x 75 on 1:20 Kick
 {2 x 75 on 1:15 Kick
 750 1 x 750 on 10:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 100 on 1:30 Backstroke
 {3 x 50 on 1:00 Backstroke-drill
 {1 x 150 on 2:15 Backstroke
 {3 x 50 on 1:00 Backstroke drill
 {1 x 200 on 3:00 Backstroke
 {3 x 50 on 1:00 Backstroke-drill
 {1 x 300 on 4:30 Backstroke
 300 1 x 300 on 5:00 Stroke Drills
 8:38 AM 3,350 Yards - Stress Value = 44

Workout #5544 - Tuesday, 17 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,150 1x{6 x 75 on 1:35 Kick
 {6 x 75 on 1:30 Kick
 {5 x 50 on :55 Kick
 1,500 1 x 1500 on 22:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{4 x 100 on 1:40 Backstroke
 {6 x 50 on 1:00 Back-odds drills evens descer
 {3 x 150 on 2:30 Backstroke
 {6 x 50 on 1:00 Back-odds drill evens descenc
 {2 x 200 on 3:20 Backstroke
 {6 x 50 on 1:00 Back-odds drill evens descenc
 {1 x 150 on 2:30 Backstroke
 300 1 x 300 on 5:00 Stroke Drills
 9:30 AM 6,000 Yards - Stress Value = 92

Workout #5545 - Tuesday, 17 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{5 x 75 on 1:40 Kick {5 x 75 on 1:35 Kick {4 x 75 on 1:30 Kick {1 x 50 on 1:00 Kick |
| 1,350 | 1 x 1350 on 22:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,150 | 1x{4 x 100 on 1:50 Backstroke {6 x 50 on 1:05 Back-odds drills evens descer {3 x 150 on 2:45 Backstroke {6 x 50 on 1:05 Back-odds drill evens descenc {2 x 200 on 3:40 Backstroke |
| 300 | {6 x 50 on 1:05 Back-odds drill evens descenc 1 x 300 on 5:00 Stroke Drills |

9:31 AM 5,600 Yards - Stress Value = 88

Workout #5546 - Tuesday, 17 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{5 x 75 on 1:50 Kick {5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick |
| 1,200 | 1 x 1200 on 22:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 1x{3 x 100 on 2:05 Backstroke {6 x 50 on 1:10 Back-odds drills evens descer {2 x 150 on 3:10 Backstroke {6 x 50 on 1:10 Back-odds drill evens descenc {2 x 200 on 4:10 Backstroke {6 x 50 on 1:10 Back-odds drill evens descenc |
| 300 | 1 x 300 on 5:00 Stroke Drills |

9:30 AM 5,050 Yards - Stress Value = 79

Workout #5548 - Tuesday, 17 June 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | F |
|-------|---|----------------------------|
| | 1 on 15:00 Stretching | |
| 625 | 1 x 625 on 9:00 3:00 EZ swim 10/50, 15/45, E 20/40, 10/50, 15/45, 20/40. 6bk on the smal | E |
| 210 | 14 x 15 on :45 Cross pool sprints | S |
| 125 | 1 x 125 on 2:00 Choice | F |
| 1,400 | 4x{1 x 25 on :01 Tombstone Kicking {1 x 25 on :01 Sprint {1 x 25 on :01 Sculling Drill {1 x 25 on :01 Easy Kick {1 x 50 on 3:56 Freestyle {1 x 200 on 4:00 Individual Medley | E S F F F S |
| 150 | 1x{6 x 25 on :40 Freestyle {1 on 10:00 Rabbit Game | F |
| 200 | 1 x 200 on 3:00 Stroke Drills | F |

6:31 PM 2,710 Yards - Stress Value = 90

Workout #5549 - Wednesday, 18 June 2008

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Abs/Scooter Brds/Stretch |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 5x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick #1 EZ, #2 Fast |
| 1,500 | 1x{1 x 50 on :40 Lungbuster pulls {2 x 100 on 1:20 Lungbuster pulls {3 x 150 on 2:00 Lungbuster pulls {4 x 200 on 2:40 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{4 x 75 on 1:15 Fly-25L-25B-25L {1 x 100 on 1:15 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:15 Freestyle {4 x 75 on 1:05 Fly-25L-25B-25R {3 x 100 on 1:15 Freestyle {4 x 75 on 1:00 Fly-25L-25B-25R {4 x 100 on 1:15 Freestyle {1 x 100 on 2:00 Freestyle |
| 100 | 1 x 100 on 2:00 Butterfly OTB |
| 200 | 1 x 200 on 3:00 Stroke Drills |

9:30 AM 6,350 Yards - Stress Value = 103

Workout #5550 - Wednesday, 18 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Abs/Scooter Brds/Stretch |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 5x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:25 Kick {1 x 50 on 1:00 Kick(Last set dont do this 50 |
| 1,300 | 1x{1 x 50 on :45 Lungbuster pulls {2 x 100 on 1:30 Lungbuster pulls {3 x 150 on 2:15 Lungbuster pulls {3 x 200 on 3:00 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,050 | 1x{4 x 75 on 1:25 Fly-25L-25B-25L {1 x 100 on 1:20 Freestyle {4 x 75 on 1:20 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:15 Fly-25L-25B-25R {3 x 100 on 1:15 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {1 x 50 on 1:00 Freestyle |
| 100 | 1 x 100 on 2:00 Butterfly OTB |
| 200 | 1 x 200 on 3:00 Stroke Drills |

9:31 AM 5,900 Yards - Stress Value = 97

Workout #5551 - Wednesday, 18 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Abs/Scooter Brds/Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,400 4x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:05 Kick
 {3 x 50 on 1:10 Kick-Descend
 { Last set only do 2 X 50's
 1,150 1x{1 x 50 on :55 Lungbuster pulls
 {2 x 100 on 1:45 Lungbuster pulls
 {2 x 150 on 2:35 Lungbuster pulls
 {3 x 200 on 3:25 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{4 x 75 on 1:35 Fly-25L-25B-25L
 {1 x 100 on 1:40 Freestyle
 {4 x 75 on 1:30 Fly-25L-25B-25R
 {2 x 100 on 1:40 Freestyle
 {4 x 75 on 1:25 Fly-25L-25B-25R
 {2 x 100 on 1:40 Freestyle
 {3 x 75 on 1:20 Fly-25L-25B-25R
 {1 x 100 on 1:40 Freestyle
 {1 x 25 on 1:00 Freestyle
 100 1 x 100 on 2:00 Butterfly OTB
 200 1 x 200 on 3:00 Stroke Drills
 9:31 AM 5,300 Yards - Stress Value = 88

Workout #5552 - Wednesday, 18 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Abs/Scooter Brds/Stretch
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 4x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Kick
 {2 x 50 on 1:15 Kick-Descend
 { Last set only do 4 X 50's
 1,050 1x{1 x 50 on 1:00 Lungbuster pulls
 {1 x 100 on 1:55 Lungbuster pulls
 {2 x 150 on 2:45 Lungbuster pulls
 {3 x 200 on 3:35 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,550 1x{4 x 75 on 1:45 Fly-25L-25B-25L
 {1 x 100 on 1:45 Freestyle
 {4 x 75 on 1:40 Fly-25L-25B-25R
 {1 x 100 on 1:45 Freestyle
 {4 x 75 on 1:35 Fly-25L-25B-25R
 {1 x 100 on 1:45 Freestyle
 {4 x 75 on 1:30 Fly-25L-25B-25R
 {1 x 50 on 1:00 Freestyle
 100 1 x 100 on 2:00 Butterfly OTB
 200 1 x 200 on 3:00 Stroke Drills
 9:28 AM 4,750 Yards - Stress Value = 79

Workout #5553 - Thursday, 19 June 2008

Group 3 - Breast

1 minute rest between sets

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

400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,400 2x{2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {2 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 1,500 1x{1 x 200 on 2:45 Pulls
 {5 x 50 on :50 Pull 4 breaths total
 {1 x 200 on 2:40 Pulls
 {4 x 50 on :50 Pull 4 breaths total
 {1 x 200 on 2:35 Pulls
 {3 x 50 on :50 Pulls 4 breaths total
 {1 x 200 on 2:30 Pulls
 {2 x 50 on :50 Pulls 4 breaths total
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 4x{2 x 125 on 2:05 Breaststroke
 {1 x 150 on 3:00 Breaststroke Pull
 {1 x 50 on 1:00 Breaststroke
 {1 x 50 on :50 Breaststroke
 {1 x 50 on :40 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 6,150 Yards - Stress Value = 97

Workout #5554 - Thursday, 19 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 2x{2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 { + 1 x 50 @ 55 at the end of the second set
 1,400 1x{1 x 200 on 3:00 Pulls
 {5 x 50 on :55 Pull 4 breaths total
 {1 x 200 on 2:55 Pulls
 {4 x 50 on :55 Pull 4 breaths total
 {1 x 200 on 2:50 Pulls
 {3 x 50 on :55 Pulls 4 breaths total
 {1 x 200 on 2:45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 4x{2 x 125 on 2:15 Breaststroke
 {1 x 100 on 2:10 Breaststroke Pull
 {1 x 50 on 1:00 Breaststroke
 {1 x 50 on :55 Breaststroke
 {1 x 50 on :50 Breaststroke
 { on the 4th set do 2 X 50 @:50
 300 6 x 50 on 1:00 Stroke Drills
 9:28 AM 5,650 Yards - Stress Value = 88

Workout #5555 - Thursday, 19 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 2x{2 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:00 Kick
 { + 1 x 50 @ 55 at the end of the second set
 1,250 1x{1 x 200 on 3:20 Pulls
 {4 x 50 on 1:00 Pull 4 breaths total
 {1 x 200 on 3:15 Pulls
 {4 x 50 on 1:00 Pull 4 breaths total
 {1 x 200 on 3:10 Pulls
 {3 x 50 on 1:00 Pulls 4 breaths total
 {1 x 100 on 1:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 4x{2 x 100 on 2:00 Breaststroke
 {1 x 100 on 2:30 Breaststroke Pull
 {1 x 50 on 1:05 Breaststroke
 {1 x 50 on 1:00 Breaststroke
 {1 x 50 on :55 Breaststroke
 { on the 4th set do 2 X 50 @:55
 300 6 x 50 on 1:00 Stroke Drills
 9:28 AM 5,150 Yards - Stress Value = 81

Workout #5556 - Thursday, 19 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 2x{2 x 100 on 2:30 Kick
 {2 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 1,150 1x{1 x 200 on 3:40 Pulls
 {4 x 50 on 1:05 Pull 4 breaths total
 {1 x 200 on 3:35 Pulls
 {4 x 50 on 1:05 Pull 4 breaths total
 {1 x 200 on 3:30 Pulls
 {3 x 50 on 1:05 Pulls 4 breaths total
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4x{2 x 100 on 2:20 Breaststroke
 {1 x 50 on 1:40 Breaststroke Pull
 {1 x 50 on 1:10 Breaststroke
 {1 x 50 on 1:05 Breaststroke
 {1 x 50 on 1:00 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 4,700 Yards - Stress Value = 74

Workout #5557 - Thursday, 19 June 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 425 1 x 425 on 5:00 8/6/4/2 IM stroke rotation
 150 3 x 50 on :50 Freestyle-descend
 210 14 x 15 on :45 Cross pool sprints

500 1 x 500 on 15:00 Med Ball Partner Kicking
 480 6x{1 x 15 on :45 Pit Sprint/turn drill
 { with explosive jump to bulkhead
 {1 x 25 on 1:00 12.5 yards under/12.5 yards
 { super fast w/great breakouts & finishes, ex
 {1 x 25 on :01 Your best non free stroke OTB
 { with explosive jump to bulkhead
 {1 x 15 on 1:29 Sculling drill
 1 on 10:00 Relay
 250 1 x 250 on 5:00 Choice
 6:29 PM 2,015 Yards - Stress Value = 57

Workout #5558 - Friday, 20 June 2008

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 29:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,100 2x{4 x 25 on :30 Kick no board BSLR
 {4 x 25 on :35 Kick no board BSLR
 {4 x 25 on :40 Kick no board BSLR
 {4 x 25 on :45 Kick no board BSLR
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:20 Kick
 1,450 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
 {1 x 125 on 1:30 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:10 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 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 1:30 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 breast
 {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
 9:30 AM 6,300 Yards - Stress Value = 108

Workout #5559 - Friday, 20 June 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 29:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 2x{4 x 25 on :30 Kick no board BSLR {4 x 25 on :35 Kick no board BSLR {4 x 25 on :40 Kick no board BSLR {4 x 25 on :45 Kick no board BSLR {1 x 75 on 1:30 Kick {1 x 75 on 1:20 Kick |
| 1,300 | 2x{1 x 125 on 2:00 Pulls-nbbf&w + 2 yds {1 x 125 on 1:55 Pulls-nbbf&w + 2 yds {1 x 125 on 1:50 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 {1 x 75 on 1:00 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 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 breast {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 |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:31 AM 6,000 Yards - Stress Value = 102 |

Workout #5560 - Friday, 20 June 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 29:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{4 x 25 on :35 Kick no board BSLR {4 x 25 on :40 Kick no board BSLR {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:15 Kick-hold under 2:00 |
| 1,100 | 2x{1 x 100 on 1:50 Pulls-nbbf&w + 2 yds {1 x 100 on 1:45 Pulls-nbbf&w + 2 yds {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 {1 x 50 on 1:10 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{6 x 25 on :35 Freestyle {1 x 100 on 1:55 Individual Medley {6 x 25 on :35 Odds free evens fly {1 x 200 on 3:45 Individual Medley {6 x 25 on :35 Odds free evens back {1 x 300 on 5:30 Individual Medley {6 x 25 on :35 Odds free evens breast {1 x 50 on 1:00 Freestyle EZ {6 x 25 on :30 Odds free evens fly {1 x 300 on 5:25 Individual Medley |

| | |
|-----|---|
| | {6 x 25 on :30 Odds free evens back |
| | {1 x 200 on 3:30 Individual Medley |
| | {6 x 25 on :30 Odds free evens brst |
| | {1 x 100 on 1:35 Individual Medley |
| | {4 x 25 on :30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:31 AM 5,400 Yards - Stress Value = 91 |

Workout #5561 - Friday, 20 June 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 29:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 2x{4 x 25 on :35 Kick no board BSLR {4 x 25 on :40 Kick no board BSLR {4 x 25 on :45 Kick no board BSLR {4 x 25 on :50 Kick no board BSLR {1 x 75 on 1:40 Kick |
| 1,000 | 2x{1 x 100 on 2:00 Pulls-nbbf&w + 2 yds {1 x 100 on 1:55 Pulls-nbbf&w + 2 yds {1 x 100 on 1:50 Pulls-nbbf&w + 2 yds {1 x 75 on 1:25 Pulls-nbbf&w + 2 yds {1 x 75 on 1:20 Pulls-nbbf&w + 2 yds {1 x 50 on 1:00 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{6 x 25 on :35 Freestyle {1 x 100 on 2:00 Individual Medley {6 x 25 on :35 Odds free evens fly {1 x 200 on 3:55 Individual Medley {6 x 25 on :35 Odds free evens back {1 x 300 on 5:50 Individual Medley {6 x 25 on :35 Odds free evens breast {1 x 50 on 1:00 Freestyle EZ {6 x 25 on :30 Odds free evens fly {1 x 300 on 5:45 Individual Medley {6 x 25 on :30 Odds free evens back {1 x 200 on 3:45 Individual Medley {6 x 25 on :30 Odds free evens brst {1 x 100 on 1:50 Individual Medley |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:32 AM 5,150 Yards - Stress Value = 87 |

Workout #5562 - Monday, 23 June 2008

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 35:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 6 x 150 on 2:00 Freestyle-descend in 3's |
| 1,200 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on :55 Kick |
| | {1 x 100 on 1:45 Kick |
| | {1 x 150 on 2:30 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 6 x 150 on 2:00 Freestyle-descend in 3's |
| 1,250 | 1x{4 x 125 on 1:40 Pull no br L.12 yds |
| | {3 x 125 on 1:35 Pull no br L.12 yds |
| | {2 x 125 on 1:30 Pull no br L.12 yds |
| | {1 x 125 on 1:25 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 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 |
| | 9:30 AM 6,300 Yards - Stress Value = 104 |

Workout #5563 - Monday, 23 June 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 35:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 6 x 150 on 2:15 Freestyle-descend in 3's |
| 1,050 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:00 Kick |
| | {2 x 100 on 2:00 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 6 x 150 on 2:15 Freestyle-descend in 3's |
| 1,050 | 1x{4 x 125 on 1:50 Pull no br L.12 yds |
| | {3 x 100 on 1:25 Pull no br L.12 yds |
| | {2 x 125 on 1:40 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 6 x 150 on 2:15 Freestyle-descend in 3's |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:34 AM 5,950 Yards - Stress Value = 97 |

Workout #5564 - Monday, 23 June 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 35:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 6 x 125 on 2:15 Freestyle-descend in 3's |
| 1,050 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:05 Kick |
| | {2 x 100 on 2:10 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 6 x 125 on 2:15 Freestyle-descend in 3's |
| 900 | 1x{4 x 125 on 2:05 Pull no br L.12 yds |
| | {3 x 100 on 1:40 Pull no br L.12 yds |

| | |
|-----|---|
| | {1 x 100 on 1:35 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 6 x 125 on 2:15 Freestyle-descend in 3's |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:36 AM 5,300 Yards - Stress Value = 85 |

Workout #5565 - Monday, 23 June 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 35:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 6 x 100 on 2:00 Freestyle-descend in 3's |
| 900 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:10 Kick |
| | {1 x 100 on 2:30 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 600 | 6 x 100 on 2:00 Freestyle-descend in 3's |
| 950 | 1x{4 x 125 on 2:20 Pull no br L.12 yds |
| | {2 x 125 on 2:15 Pull no br L.12 yds |
| | {2 x 100 on 1:50 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 6 x 125 on 2:00 Freestyle-descend in 3's |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:31 AM 4,850 Yards - Stress Value = 77 |

Workout #5566 - Tuesday, 24 June 2008

Group 3 - Back

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:20 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {2 x 100 on 1:25 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {3 x 100 on 1:30 Kick |
| | {4 x 25 on :30 Kick |
| | {4 x 100 on 1:35 Kick |
| 1,500 | 1x{1 x 250 on 3:05 Pulls |
| | {2 x 200 on 2:30 Pulls |
| | {3 x 150 on 1:50 Pulls |
| | {4 x 100 on 1:15 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 4x{4 x 25 on :45 Bathtub Drill with fins |
| | {1 x 100 on 1:35 Backstroke |
| | {1 x 100 on 1:30 Backstroke |
| | {1 x 100 on 1:25 Backstroke |
| | {1 x 100 on 1:30 Freestyle |
| | {1 x 50 on 2:00 Back-100%, min 8 KOW |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 6,100 Yards - Stress Value = 102 |

Workout #5567 - Tuesday, 24 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,150 | 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 100 on 1:50 Kick {4 x 25 on :35 Kick no board BSLR {3 x 100 on 1:55 Kick {4 x 25 on :30 Kick {3 x 50 on 1:00 Kick |
| 1,300 | 1x{1 x 250 on 3:40 Pulls {2 x 200 on 2:50 Pulls {3 x 150 on 2:05 Pulls {2 x 100 on 1:20 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 4x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 1:45 Backstroke {1 x 100 on 1:40 Backstroke {1 x 100 on 1:35 Backstroke {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Back-100%, min 8 KOW |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 5,450 Yards - Stress Value = 93 |

Workout #5568 - Tuesday, 24 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:55 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 2:05 Kick {4 x 25 on :45 Kick |
| 1,150 | 1x{2 x 200 on 3:20 Pulls {3 x 150 on 2:25 Pulls {3 x 100 on 1:35 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 4x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 1:55 Backstroke {1 x 100 on 1:50 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on 1:15 Freestyle {1 x 50 on 2:00 Back-100%, min 8 KOW |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 4,950 Yards - Stress Value = 83 |

Workout #5569 - Tuesday, 24 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--------------------------------------|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 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 2:10 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 {2 x 100 on 2:20 Kick {4 x 25 on :45 Kick |
| 1,050 | 1x{2 x 200 on 3:40 Pulls {3 x 150 on 2:40 Pulls {2 x 100 on 1:45 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,650 | 3x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 2:15 Backstroke {1 x 100 on 2:10 Backstroke {1 x 100 on 2:05 Backstroke {1 x 100 on 3:00 Freestyle {1 x 50 on 2:00 Back-100%, min 8 KOW |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 9:29 AM 4,600 Yards - Stress Value = 74 |

Workout #5570 - Tuesday, 24 June 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretching |
| 500 | 1 x 500 on 10:00 Too complicated to type out |
| 96 | 12 x 8 on :45 Spinners |
| 400 | 16 x 25 on 1:00 4 on each stroke-under water until you reach the false start rope-super |
| 600 | 12x{1 x 25 on :01 1/3 each of streamline kick { tarzan, no breath sprint rest/rest 5 secon {1 x 25 on 1:29 Kick no board BSLR |
| 450 | 9 x 50 on 1:00 Freestyle-Hold time I give y |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 6:30 PM 2,446 Yards - Stress Value = 86 |

Workout #5571 - Wednesday, 25 June 2008

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 10min abs/4cnt pushups/stretch |
| 600 | 1 x 600 on 10:00 Free L.25 of each 100 non f |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 12 x 100 on 2:00 Challenge Kick Set!!!!!!!!!!!! |
| 2,000 | 16 x 125 on 1:40 Lungbuster pulls odds breathe 3-4-5-6-7, evens breathe 2-3-4 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 600 | 6 x 100 on 6:00 Super 6 OTB |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:35 AM 5,150 Yards - Stress Value = 100 |

Workout #5572 - Wednesday, 25 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 10min abs/4cnt pushups/stretch
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:00 Challenge Kick Set!!!!!!!!!!!!
 1,750 14 x 125 on 1:50 Lungbuster pulls
 odds breathe 3-4-5-6-7, evens breathe 2-3-4
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 6:00 Super 6 OTB
 400 8 x 50 on 1:00 Stroke Drills
 9:34 AM 4,900 Yards - Stress Value = 98

{1 x 400 on 5:20 Pulls w/snorkel?
 {1 x 400 on 5:10 Pulls w/workel
 {1 x 400 on 5:00 Pulls w/snorkel
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 2x{4 x 25 on :45 Breast TO drill w/fins
 {6 x 50 on :50 Brst-odds 2X pullouts on start
 { evens 2X pullouts on turn
 {4 x 100 on 1:30 75 breast 25 free
 { descend 1-3, hold #4 as fast as #3
 {3 x 50 on 1:00 Breaststroke-100%
 {1 x 50 on 2:00 50 EZ free/put fins on
 500 5 x 100 on 2:00 Stroke Drills
 9:31 AM 6,050 Yards - Stress Value = 91

Workout #5576 - Thursday, 26 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 1,125 3x{1 x 150 on 3:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {3 x 25 on :45 Sprint kick
 1,400 1x{1 x 400 on 6:00 Pulls w/snorkel?
 {1 x 400 on 5:55 Pulls w/snorkel?
 {1 x 400 on 5:50 Pulls w/workel?
 {1 x 200 on 2:50 Pulls w/snorkel?
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{4 x 25 on :45 Breast TO drill w/fins
 {6 x 50 on :55 Brst-odds 2X pullouts on start
 { evens 2X pullouts on turn
 {4 x 100 on 1:45 75 breast 25 free
 { descend 1-3, hold #4 as fast as #3
 {1 x 50 on 1:00 Breaststroke-100%
 {1 x 50 on 2:00 50 EZ free/put fins on
 500 5 x 100 on 2:00 Stroke Drills
 9:30 AM 5,575 Yards - Stress Value = 75

Workout #5573 - Wednesday, 25 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 10min abs/4cnt pushups/stretch
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:00 Challenge Kick Set!!!!!!!!!!!!
 1,625 13 x 125 on 2:05 Lungbuster pulls
 odds breathe 3-4-5-6-7, evens breathe 2-3-4
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 6:00 Super 6 OTB
 400 8 x 50 on 1:00 Stroke Drills
 9:36 AM 4,775 Yards - Stress Value = 96

Workout #5574 - Wednesday, 25 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 10min abs/4cnt pushups/stretch
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:00 Challenge Kick Set!!!!!!!!!!!!
 1,500 12 x 125 on 2:15 Lungbuster pulls
 odds breathe 3-4-5-6-7, evens breathe 2-3-4
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 300 6 x 50 on 6:00 Super 6 OTB
 400 8 x 50 on 1:00 Stroke Drills
 9:35 AM 4,350 Yards - Stress Value = 71

Workout #5575 - Thursday, 26 June 2008

Group 3 - Breast

1 minute rest between sets

7:00 AM 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
 1,200 3x{1 x 150 on 2:45 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :45 Sprint Kick
 1,600 1x{1 x 400 on 5:30 Pulls w/snorkel?

Workout #5577 - Thursday, 26 June 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Stomach and Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 3x{1 x 150 on 3:20 Kick {1 x 100 on 2:10 Kick {1 x 50 on 1:00 Kick {2 x 25 on :45 Sprint kick |
| 1,250 | 1x{1 x 400 on 6:40 Pulls w/snorkel? {1 x 400 on 6:35 Pulls w/snorkel? {1 x 400 on 6:30 Pulls w/snorkel? {1 x 50 on :50 Pulls w/snorkel? |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,700 | 2x{4 x 25 on :45 Breast TO drill w/fins {6 x 50 on 1:05 Brst-odds 2X pullouts on star {evens 2X pullouts on turn {4 x 100 on 2:00 75 breast 25 free {descend 1-3, hold #4 as fast as #3 {1 x 50 on 1:30 Free EZ/put fins on |
| 500 | 5 x 100 on 2:00 Stroke Drills |
| | 9:30 AM 5,200 Yards - Stress Value = 66 |

{1 x 200 on 4:00 Stroke Drills
6:31 PM 3,250 Yards - Stress Value = 87

Workout #5580 - Friday, 27 June 2008

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 3x{8 x 25 on :45 Kick no board BSLR {1 x 200 on 4:00 Social Kick |
| 1,350 | 1x{9 x 50 on :50 Pulls-nbbf&w + 2 yds {9 x 50 on :45 Pulls-nbbf&w + 2 yds {9 x 50 on :40 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,025 | 3x{1 x 200 on 3:00 25fl25fr50fly50fr25fly25fr {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:25 Individual Medley {1 x 100 on 1:20 Individual Medley {1 x 100 on 1:15 Individual Medley {3 x 25 on :40 12.5 yd underwater12.5ez free |
| 500 | 5 x 100 on 2:00 Stroke Drills |
| | 9:30 AM 5,825 Yards - Stress Value = 61 |

Workout #5578 - Thursday, 26 June 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Stomach and Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 3x{1 x 150 on 3:40 Kick {1 x 100 on 2:25 Kick {2 x 50 on 1:10 Kick {Third set only do 1 X 50 |
| 1,150 | 1x{1 x 400 on 7:10 Pulls w/snorkel? {1 x 400 on 7:05 Pulls w/snorkel? {1 x 350 on 6:00 Pulls w/snorkel? |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 2x{4 x 25 on :45 Breast TO drill w/fins {6 x 50 on 1:15 Brst-odds 2X pullouts on star {evens 2X pullouts on turn {3 x 100 on 2:15 75 breast 25 free {descend 1-3, {1 x 50 on 1:30 Free EZ/put fins on |
| 500 | 5 x 100 on 2:00 Stroke Drills |
| | 9:32 AM 4,900 Yards - Stress Value = 62 |

Workout #5581 - Friday, 27 June 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 3x{8 x 25 on :45 Kick no board BSLR {1 x 200 on 4:00 Social Kick |
| 1,250 | 1x{7 x 50 on :55 Pulls-nbbf&w + 2 yds {9 x 50 on :50 Pulls-nbbf&w + 2 yds {9 x 50 on :45 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,725 | 3x{1 x 200 on 3:20 25fl25fr50fly50fr25fly25fr {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:30 Individual Medley {3 x 25 on :40 12.5 yd underwater12.5ez free |
| 500 | 5 x 100 on 2:00 Stroke Drills |
| | 9:29 AM 5,425 Yards - Stress Value = 55 |

Workout #5579 - Thursday, 26 June 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretching |
| 1,400 | 4x{1 x 250 on 3:30 3:00 swim/:30 to get to a wa {4 x 25 on :45 IM order-100% Effort |
| 350 | 7 x 50 on 1:45 12.5 Tombstone kicking, 25 sprint kick w/ super fast turn, 12.5 easy |
| 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 |

Workout #5582 - Friday, 27 June 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 3x{8 x 25 on :45 Kick no board BSLR {1 x 150 on 4:00 Social Kick |
| 1,150 | 1x{7 x 50 on 1:00 Pulls-nbbf&w + 2 yds {7 x 50 on :55 Pulls-nbbf&w + 2 yds {9 x 50 on :50 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,650 | 3x{1 x 200 on 3:45 25f125fr50fly50fr25fly25fr {1 x 100 on 1:55 Individual Medley {1 x 100 on 1:50 Individual Medley {1 x 100 on 1:45 Individual Medley {2 x 25 on :40 12.5 yd underwater12.5ez free |
| 500 | 5 x 100 on 2:00 Stroke Drills |
| | 9:30 AM 5,050 Yards - Stress Value = 55 |

Workout #5583 - Friday, 27 June 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 3x{8 x 25 on :45 Kick no board BSLR {1 x 150 on 4:00 Social Kick |
| 1,050 | 1x{7 x 50 on 1:05 Pulls-nbbf&w + 2 yds {7 x 50 on 1:00 Pulls-nbbf&w + 2 yds {7 x 50 on :55 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,425 | 3x{1 x 200 on 4:15 25f125fr50fly50fr25fly25fr {1 x 100 on 2:15 Individual Medley {1 x 100 on 2:10 Individual Medley {3 x 25 on :40 12.5 yd underwater12.5ez free |
| 500 | 5 x 100 on 2:00 Stroke Drills |
| | 9:30 AM 4,675 Yards - Stress Value = 49 |

Workout #5584 - Monday, 30 June 2008

Group 3 - Distance

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 29:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {2 x 75 on 1:20 Kick {3 x 50 on :50 Kick |
| 1,500 | 2x{2 x 125 on 1:45 Pull no br L.12 yds {2 x 125 on 1:40 Pull no br L.12 yds {2 x 125 on 1:35 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{3 x 200 on 2:30 Freestyle {1 x 200 on 2:55 Individual Medley {3 x 200 on 2:25 Freestyle {1 x 200 on 2:50 Individual Medley {3 x 200 on 2:20 Freestyle |

| | |
|-----|--|
| | {1 x 200 on 2:45 Individual Medley |
| 100 | 1 x 100 on 2:00 Freestyle |
| 200 | 1 x 200 on 4:00 Freestyle-For time |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 9:30 AM 6,700 Yards - Stress Value = 115 |

Workout #5585 - Monday, 30 June 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 29:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,350 | 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:55 Kick {2 x 75 on 1:25 Kick {2 x 50 on 1:00 Kick |
| 1,300 | 2x{2 x 125 on 1:55 Pull no br L.12 yds {2 x 125 on 1:50 Pull no br L.12 yds {2 x 75 on 1:05 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,100 | 1x{3 x 200 on 2:50 Freestyle {1 x 150 on 2:30 IM w/out free {3 x 200 on 2:45 Freestyle {1 x 150 on 2:30 IM w/out free {3 x 200 on 2:40 Freestyle |
| 100 | 1 x 100 on 2:00 Freestyle |
| 200 | 1 x 200 on 4:00 Freestyle-For time |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 9:29 AM 6,050 Yards - Stress Value = 108 |

Workout #5586 - Monday, 30 June 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 29:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,350 | 3x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:35 Kick {4 x 50 on 1:00 Kick { 3rd set only do 3-50's |
| 1,200 | 2x{2 x 125 on 2:05 Pull no br L.12 yds {2 x 100 on 1:40 Pull no br L.12 yds {2 x 75 on 1:15 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 1x{3 x 200 on 3:15 Freestyle {1 x 100 on 2:00 Individual Medley {3 x 200 on 3:10 Freestyle {1 x 100 on 2:00 Individual Medley {3 x 200 on 3:05 Freestyle |
| 50 | 1 x 50 on 1:00 Freestyle |
| 200 | 1 x 200 on 4:00 Freestyle-For time |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 9:32 AM 5,750 Yards - Stress Value = 105 |

Workout #5587 - Monday, 30 June 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 7:00 AM Start |
| | ===== |
| | 1 on 29:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 3x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick {2 x 50 on 1:10 Kick |
| 1,100 | 2x{2 x 100 on 2:00 Pull no br L.12 yds {2 x 100 on 1:55 Pull no br L.12 yds {2 x 75 on 1:20 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{3 x 200 on 3:40 Freestyle {1 x 100 on 2:15 Individual Medley {2 x 200 on 3:35 Freestyle {1 x 100 on 2:15 Individual Medley {2 x 200 on 3:30 Freestyle |
| 100 | 1 x 100 on 3:00 Freestyle |
| 200 | 1 x 200 on 4:00 Freestyle-For time |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 9:31 AM 5,100 Yards - Stress Value = 93 |

| | |
|-------|---|
| 1,100 | 2x{2 x 50 on 1:05 Kick {1 x 100 on 1:45 Kick {2 x 50 on 1:05 Kick {1 x 100 on 1:50 Freestyle {1 x 50 on 1:05 Kick {1 x 100 on 1:55 Kick |
| 1,600 | 2x{1 x 150 on 2:10 Pulls {2 x 50 on :55 Pulls br every 9 {1 x 150 on 2:05 Pulls {2 x 50 on :55 Pulls br every 9 {1 x 150 on 2:00 Pulls {3 x 50 on :55 Pulls br every 9 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,100 | 2x{2 x 125 on 2:10 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:10 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 50 on :45 Backstroke {2 x 25 on :30 Backstroke 10 yds under water |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| | 9:29 AM 5,900 Yards - Stress Value = 70 |

Workout #5590 - Tuesday, 01 July 2008

Group 3 - Silver

1 minute rest between sets

Workout #5588 - Tuesday, 01 July 2008

Group 3 - Back

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 2x{2 x 50 on 1:00 Kick {1 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Kick {1 x 100 on 1:40 Kick |
| 1,800 | 2x{1 x 150 on 2:00 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 1:55 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 1:50 Pulls {3 x 50 on :50 Pulls br every 9 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 2x{2 x 125 on 1:55 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:30 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:05 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 50 on :40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 6,300 Yards - Stress Value = 74 |

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{2 x 50 on 1:10 Kick {1 x 100 on 1:55 Kick {2 x 50 on 1:10 Kick {1 x 100 on 1:55 Freestyle {1 x 50 on 1:10 Kick {1 x 50 on :55 Kick |
| 1,500 | 2x{1 x 150 on 2:30 Pulls {2 x 50 on :55 Pulls br every 9 {1 x 150 on 2:25 Pulls {2 x 50 on :55 Pulls br every 9 {1 x 150 on 2:20 Pulls {2 x 50 on :55 Pulls br every 9 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 2x{2 x 125 on 2:20 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:50 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:20 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {1 x 50 on :55 Backstroke {2 x 25 on :30 Backstroke 10 yds under water |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 5,550 Yards - Stress Value = 65 |

Workout #5589 - Tuesday, 01 July 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|--------------------------------------|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |

Workout #5591 - Tuesday, 01 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 2x{2 x 50 on 1:10 Kick
 {1 x 100 on 2:30 Kick
 {1 x 50 on 1:10 Kick
 {1 x 100 on 2:25 Freestyle
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:00 Kick
 1,400 2x{1 x 150 on 2:45 Pulls
 {2 x 50 on 1:00 Pulls br every 9
 {1 x 150 on 2:40 Pulls
 {1 x 50 on 1:00 Pulls br every 9
 {1 x 150 on 2:35 Pulls
 {2 x 50 on 1:00 Pulls br every 9
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 2x{2 x 125 on 2:40 Backstroke
 {4 x 25 on :40 Backstroke 10 yds under water
 {2 x 100 on 2:05 Backstroke
 {4 x 25 on :40 Backstroke 10 yds under water
 {2 x 75 on 1:35 Backstroke
 {2 x 25 on :40 Backstroke 10 yds under water
 350 7 x 50 on 1:00 Stroke Drills
 9:31 AM 5,000 Yards - Stress Value = 59

Workout #5592 - Tuesday, 01 July 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 265 1 x 265 on 10:00 25swim/5squat/15 swim/5pushup
 15 swim/5 squats/25 swim-repeat 3 times + 25 s
 210 14 x 15 on :45 Cross pool sprints
 800 1 x 800 on 16:00 Vertical Kicking
 300 12 x 25 on :40 IM order-build
 400 1 x 400 on 25:00 Killer Relays
 200 1 x 200 on 3:00 Stroke Drills
 6:33 PM 2,175 Yards - Stress Value = 59

Workout #5593 - Wednesday, 02 July 2008

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 12 min abs/stretch
 400 1 x 400 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{1 x 50 on :45 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 50 on :45 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :45 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {4 x 50 on :45 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 1,300 1x{1 x 100 on 1:30 Freestyle
 {3 x 100 on 1:50 Kick
 {3 x 100 on 1:45 Kick
 {3 x 100 on 1:40 Kick
 {3 x 100 on 1:35 Kick

100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{1 x 50 on :45 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 50 on :45 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :45 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {4 x 50 on :45 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 1,300 1x{1 x 100 on 1:30 Freestyle
 {2 x 200 on 2:45 Pulls
 {2 x 200 on 2:40 Pulls
 {2 x 200 on 2:35 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{1 x 50 on :45 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 50 on :45 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :45 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {4 x 50 on :45 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 6,300 Yards - Stress Value = 97

Workout #5597 - Wednesday, 02 July 2008

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WORK S
 =====
 900 1x{1 x 50 on :45 Butterfly 2-2 EN2 S F
 {4 x 25 on :30 Butterfly lup 1down EN2 S F
 {2 x 50 on :45 Butterfly 2-3 EN2 S F
 {4 x 25 on :30 Butterfly lup 2down EN2 S F
 {3 x 50 on :45 Butterfly 2-4 EN2 S F
 {4 x 25 on :30 Butterfly lup 3down EN2 S F
 {4 x 50 on :45 Butterfly 2-5 EN2 S F
 {4 x 25 on :30 Butterfly-descend EN2 S F
 250 1 x 250 on 4:00 Stroke Drills REC D
 7:21 AM 1,150 Yards - Stress Value = 18

Workout #5594 - Wednesday, 02 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 12 min abs/stretch |
| 400 | 1 x 400 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{1 x 50 on :55 Butterfly 2-2 {4 x 25 on :30 Butterfly lup 1down {2 x 50 on :55 Butterfly 2-3 {4 x 25 on :30 Butterfly lup 2down {3 x 50 on :55 Butterfly 2-4 {4 x 25 on :30 Butterfly lup 3down {2 x 50 on :55 Butterfly 2-5 {4 x 25 on :30 Butterfly-descend |
| 1,100 | 1x{1 x 100 on 1:45 Freestyle {3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 800 | 1x{1 x 50 on :55 Butterfly 2-2 {4 x 25 on :30 Butterfly lup 1down {2 x 50 on :55 Butterfly 2-3 {4 x 25 on :30 Butterfly lup 2down {3 x 50 on :55 Butterfly 2-4 {4 x 25 on :30 Butterfly lup 3down {2 x 50 on :55 Butterfly 2-5 {4 x 25 on :30 Butterfly-descend |
| 1,200 | 1x{1 x 100 on 1:45 Freestyle {2 x 200 on 3:00 Pulls {2 x 200 on 2:55 Pulls {2 x 150 on 2:10 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 800 | 1x{1 x 50 on :55 Butterfly 2-2 {4 x 25 on :30 Butterfly lup 1down {2 x 50 on :55 Butterfly 2-3 {4 x 25 on :30 Butterfly lup 2down {3 x 50 on :55 Butterfly 2-4 {4 x 25 on :30 Butterfly lup 3down {2 x 50 on :55 Butterfly 2-5 {4 x 25 on :30 Butterfly-descend |
| 250 | 1 x 250 on 4:00 Stroke Drills |

9:31 AM 5,700 Yards - Stress Value = 85

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 12 min abs/stretch |
| 350 | 1 x 350 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 50 on 1:05 Butterfly 2-2 {4 x 25 on :35 Butterfly lup 1down {2 x 50 on 1:05 Butterfly 2-3 {4 x 25 on :35 Butterfly lup 2down {3 x 50 on 1:05 Butterfly 2-4 {4 x 25 on :35 Butterfly lup 3down {1 x 50 on 1:05 Butterfly 2-5 {2 x 25 on :35 Butterfly-both fast |
| 1,050 | 1x{1 x 100 on 2:00 Freestyle {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{1 x 50 on 1:05 Butterfly 2-2 {4 x 25 on :35 Butterfly lup 1down {2 x 50 on 1:05 Butterfly 2-3 {4 x 25 on :35 Butterfly lup 2down {3 x 50 on 1:05 Butterfly 2-4 {4 x 25 on :35 Butterfly lup 3down {1 x 50 on 1:05 Butterfly 2-5 {2 x 25 on :35 Butterfly-both fast |
| 1,000 | 1x{1 x 100 on 2:00 Freestyle {2 x 200 on 3:30 Pulls {2 x 200 on 3:20 Pulls {1 x 100 on 1:40 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{1 x 50 on 1:05 Butterfly 2-2 {4 x 25 on :35 Butterfly lup 1down {2 x 50 on 1:05 Butterfly 2-3 {4 x 25 on :35 Butterfly lup 2down {3 x 50 on 1:05 Butterfly 2-4 {4 x 25 on :35 Butterfly lup 3down {1 x 50 on 1:05 Butterfly 2-5 {2 x 25 on :35 Butterfly-both fast |
| 250 | 1 x 250 on 4:00 Stroke Drills |

9:31 AM 5,100 Yards - Stress Value = 74

Workout #5599 - Wednesday, 02 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY | WORK | S |
|-------|--|-----|------|---|
| | 1 on 30:00 12 min abs/stretch | | | |
| | 1 x 350 on 6:00 Underwater trn drill | | | |
| | 10 x 15 on :45 Shooters | | | |
| 800 | 1x{1 x 50 on :55 Butterfly 2-2 {4 x 25 on :30 Butterfly lup 1down {2 x 50 on :55 Butterfly 2-3 {4 x 25 on :30 Butterfly lup 2down {3 x 50 on :55 Butterfly 2-4 {4 x 25 on :30 Butterfly lup 3down {2 x 50 on :55 Butterfly 2-5 {4 x 25 on :30 Butterfly-descend | EN2 | S | F |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | |

7:21 AM 1,050 Yards - Stress Value = 16

| Yards | Set Description | EGY | WORK | S |
|-------|--|-----|------|---|
| 700 | 1x{1 x 50 on 1:05 Butterfly 2-2 {4 x 25 on :35 Butterfly lup 1down {2 x 50 on 1:05 Butterfly 2-3 {4 x 25 on :35 Butterfly lup 2down {3 x 50 on 1:05 Butterfly 2-4 {4 x 25 on :35 Butterfly lup 3down {1 x 50 on 1:05 Butterfly 2-5 {2 x 25 on :35 Butterfly-both fast | EN2 | S | F |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | |

7:21 AM 950 Yards - Stress Value = 14

Workout #5595 - Wednesday, 02 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Workout #5596 - Wednesday, 02 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 12 min abs/stretch
 300 1 x 300 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 1:15 Butterfly 2-2
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 50 on 1:15 Butterfly 2-3
 {4 x 25 on :40 Butterfly lup 2down
 {3 x 50 on 1:15 Butterfly 2-4
 {4 x 25 on :40 Butterfly lup 3down
 900 1x{1 x 100 on 2:15 Freestyle
 {2 x 100 on 2:30 Kick
 {3 x 100 on 2:25 Kick
 {3 x 100 on 2:20 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 50 on 1:15 Butterfly 2-2
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 50 on 1:15 Butterfly 2-3
 {4 x 25 on :40 Butterfly lup 2down
 {3 x 50 on 1:15 Butterfly 2-4
 {4 x 25 on :40 Butterfly lup 3down
 900 1x{1 x 100 on 2:15 Freestyle
 {2 x 200 on 4:00 Pulls
 {2 x 200 on 3:50 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 50 on 1:15 Butterfly 2-2
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 50 on 1:15 Butterfly 2-3
 {4 x 25 on :40 Butterfly lup 2down
 {3 x 50 on 1:15 Butterfly 2-4
 {4 x 25 on :40 Butterfly lup 3down
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 4,500 Yards - Stress Value = 64

Workout #5600 - Wednesday, 02 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WORK S
 =====
 600 1x{1 x 50 on 1:15 Butterfly 2-2 EN2 S F
 {4 x 25 on :40 Butterfly lup 1down EN2 S F
 {2 x 50 on 1:15 Butterfly 2-3 EN2 S F
 {4 x 25 on :40 Butterfly lup 2down EN2 S F
 {3 x 50 on 1:15 Butterfly 2-4 EN2 S F
 {4 x 25 on :40 Butterfly lup 3down EN2 S F
 250 1 x 250 on 4:00 Stroke Drills REC D
 7:21 AM 850 Yards - Stress Value = 12

Workout #5601 - Thursday, 03 July 2008

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,250 5x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:20 Kick-odds 100%
 1,250 1x{2 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls

{2 x 125 on 1:35 Lungbuster pulls
 {2 x 125 on 1:30 Lungbuster pulls
 Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 125 on 2:10 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breast under/over
 {3 x 125 on 2:00 Breaststroke
 {2 x 50 on 1:00 Breast under/over
 {4 x 125 on 1:55 Breaststroke-descend
 {1 x 50 on 1:00 Breast unde/over
 400 4 x 100 on 1:30 Freestyle-descend to ludicrc
 Speed
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,900 Yards - Stress Value = 84

Workout #5602 - Thursday, 03 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 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-odds 100%
 1,100 1x{2 x 125 on 2:00 Lungbuster pulls
 {2 x 125 on 1:55 Lungbuster pulls
 {2 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 125 on 2:20 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:15 Breaststroke
 {3 x 50 on 1:00 Breast under/over
 {3 x 125 on 2:10 Breaststroke
 {2 x 50 on 1:00 Breast under/over
 {4 x 125 on 2:05 Breaststroke-descend
 400 4 x 100 on 1:30 Freestyle-descend to ludicrc
 Speed
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,650 Yards - Stress Value = 81

Workout #5603 - Thursday, 03 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 3x{4 x 25 on :45 Kick no board BSLR
 {6 x 50 on 1:05 Kick-odds 100%
 1,000 1x{2 x 100 on 1:50 Lungbuster pulls
 {2 x 100 on 1:45 Lungbuster pulls
 {2 x 100 on 1:40 Lungbuster pulls
 {2 x 100 on 1:35 Lungbuster pulls
 {2 x 100 on 1:30 Lungbuster pulls
 Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 125 on 2:30 Breaststroke
 {4 x 50 on 1:05 Breast under/over
 {2 x 125 on 2:25 Breaststroke
 {3 x 50 on 1:05 Breast under/over
 {3 x 125 on 2:20 Breaststroke
 {2 x 50 on 1:05 Breast under/over
 {2 x 125 on 2:15 Breaststroke-descend
 400 4 x 100 on 1:40 Freestyle-descend to ludicrc
 Speed
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,250 Yards - Stress Value = 75

Workout #5604 - Thursday, 03 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 5x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:05 Kick-odds 100%
 Last 2 sets do 3 X 50's
 900 1x{2 x 100 on 2:00 Lungbuster pulls
 {2 x 100 on 1:55 Lungbuster pulls
 {2 x 100 on 1:50 Lungbuster pulls
 {2 x 100 on 1:45 Lungbuster pulls
 {1 x 100 on 1:40 Lungbuster pulls
 Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{1 x 100 on 2:20 Breaststroke
 {4 x 50 on 1:10 Breast under/over
 {2 x 100 on 2:15 Breaststroke
 {3 x 50 on 1:10 Breast under/over
 {3 x 100 on 2:10 Breaststroke
 {2 x 50 on 1:10 Breast under/over
 {2 x 100 on 2:05 Breaststroke-descend
 300 3 x 100 on 1:50 Freestyle-descend to ludicrc
 Speed
 500 10 x 50 on 1:00 Stroke Drills
 9:25 AM 4,600 Yards - Stress Value = 66

Workout #5605 - Thursday, 03 July 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching

400 1 x 400 on 7:00 Alt 6 strks free, 6 strks back
 204 12 x 17 on 1:00 Alt. sprints off blocks/finish
 1-8 start and finish for each stroke, 9-12 you
 625 1 x 625 on 10:00 Kick. Atl 10sec fast 10sec ez
 20sec fast 20sec ez, 30sec fast 30sec ez--Repe
 120 6 x 20 on 1:00 Backwards free in diving well
 1,500 1 x 1500 on 20:00 Indian File Swim w/fins
 400 4 x 100 on 1:30 Descend to Ludicrous Speed!!!!
 All 4 faster then this morning!!!!!!!!!!!!!!!!!!!!
 400 8 x 50 on 1:00 Stroke Drills
 6:30 PM 3,649 Yards - Stress Value = 75

Workout #5606 - Monday, 07 July 2008

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 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
 1,800 2x{1 x 225 on 3:00 Pull no br L.12 yds
 {1 x 225 on 2:55 Pull no br L.12 yds
 {1 x 225 on 2:50 Pull no br L.12 yds
 {1 x 225 on 2:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{1 x 500 on 6:15 Freestyle
 {5 x 100 on 1:30 Freestyle-hold 1:10
 {1 x 400 on 5:00 Freestyle
 {4 x 100 on 1:30 Freestyle-hold 1:10
 {1 x 300 on 3:45 Freestyle
 {3 x 100 on 1:30 Freestyle-hold 1:10
 {1 x 200 on 2:30 Freestyle
 {2 x 100 on 1:30 Freestyle hold 1:10
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 6,800 Yards - Stress Value = 110

Workout #5607 - Monday, 07 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 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
 1,450 2x{1 x 200 on 3:00 Pull no br L.12 yds
 {1 x 200 on 2:55 Pull no br L.12 yds
 {1 x 200 on 2:50 Pull no br L.12 yds
 {1 x 125 on 1:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{1 x 500 on 7:05 Freestyle
 {5 x 100 on 1:35 Freestyle-hold 1:20
 {1 x 400 on 5:40 Freestyle
 {4 x 100 on 1:35 Freestyle-hold 1:20
 {1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:30 Freestyle-hold 1:20
 {1 x 200 on 2:50 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 6,250 Yards - Stress Value = 101

Workout #5608 - Monday, 07 July 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {2 x 50 on 1:10 Kick |
| 1,250 | 2x{1 x 175 on 3:00 Pull no br L.12 yds {1 x 175 on 2:55 Pull no br L.12 yds {1 x 175 on 2:50 Pull no br L.12 yds {1 x 100 on 1:45 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{1 x 500 on 8:20 Freestyle {5 x 100 on 1:45 Freestyle Hold 1:30 {1 x 400 on 6:40 Freestyle {4 x 100 on 1:45 Freestyle-hold 1:30 {1 x 300 on 5:00 Freestyle {2 x 100 on 1:45 Freestyle-hold 1:30 |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:31 AM 5,650 Yards - Stress Value = 89 |

Workout #5609 - Monday, 07 July 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Kick {1 x 50 on 1:15 Kick |
| 1,400 | 2x{1 x 200 on 3:40 Pull no br L.12 yds {1 x 200 on 3:35 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 100 on 1:45 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 1x{1 x 400 on 8:00 Freestyle {4 x 100 on 1:50 Freestyle-hold 1:40 {1 x 300 on 6:00 Freestyle {3 x 100 on 1:50 Freestyle-hold 1:40 {1 x 200 on 4:00 Freestyle {2 x 100 on 1:50 Freestyle hold 1:40 {1 x 100 on 2:00 Freestyle-100% Effort |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 9:29 AM 5,150 Yards - Stress Value = 86 |

Workout #5610 - Tuesday, 08 July 2008

Group 3 - Back

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{1 x 125 on 2:30 Kick {1 x 125 on 2:25 Kick {1 x 125 on 2:20 Kick {1 x 125 on 2:15 Kick {2 x 125 on 2:10 Kick {2 x 125 on 2:05 Kick |

| | |
|-------|---|
| | {2 x 125 on 2:00 Kick |
| 2,000 | 5 x 400 on 5:15 Pulls-neg split |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 1x{4 x 125 on 1:40 Backstroke w/fins {1 x 50 on :45 Backstroke 25 yards under {4 x 100 on 1:20 Backstroke w/fins {2 x 50 on :50 Backstroke 25 yards under {4 x 75 on 1:00 Backstroke w/fins {3 x 50 on :55 Backstroke 25 yards under {1 x 100 on 2:00 Freestyle-EZ {6 x 100 on 2:00 Backstroke-all 100% Effort |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 6,600 Yards - Stress Value = 134 |

Workout #5611 - Tuesday, 08 July 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 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 {2 x 125 on 2:25 Kick {2 x 125 on 2:20 Kick {1 x 100 on 1:50 Kick |
| 1,750 | 5 x 350 on 5:15 Pulls-neg split |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,050 | 1x{4 x 125 on 1:55 Backstroke w/fins {1 x 50 on :50 Backstroke 25 yards under {4 x 100 on 1:35 Backstroke w/fins {2 x 50 on :55 Backstroke 25 yards under {4 x 75 on 1:10 Backstroke w/fins {1 x 100 on 2:00 Freestyle-EZ {6 x 100 on 2:00 Backstroke-all 100% Effort |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 6,050 Yards - Stress Value = 123 |

Workout #5612 - Tuesday, 08 July 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:40 Kick {2 x 125 on 2:35 Kick {2 x 125 on 2:30 Kick {1 x 100 on 2:00 Kick |
| 1,500 | 5 x 300 on 5:15 Pulls-neg split |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,850 | 1x{4 x 125 on 2:05 Backstroke w/fins {1 x 50 on :50 Backstroke 25 yards under {4 x 100 on 1:40 Backstroke w/fins {2 x 50 on :55 Backstroke 25 yards under {4 x 75 on 1:15 Backstroke w/fins {1 x 100 on 2:00 Freestyle-EZ {4 x 100 on 2:30 Backstroke-all 100% Effort |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 5,550 Yards - Stress Value = 102 |

Workout #5613 - Tuesday, 08 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:30 Kick
 {2 x 100 on 2:25 Kick
 {2 x 100 on 2:25 Kick
 {2 x 100 on 2:20 Kick
 {2 x 100 on 2:15 Kick
 1,500 5 x 300 on 5:30 Pulls-neg split
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{4 x 125 on 2:30 Backstroke w/fins
 {1 x 50 on 1:00 Backstroke 25 yards under
 {3 x 100 on 2:00 Backstroke w/fins
 {2 x 50 on 1:00 Backstroke 25 yards under
 {2 x 75 on 1:30 Backstroke w/fins
 {1 x 100 on 3:00 Freestyle-EZ
 {4 x 100 on 2:30 Backstroke-all 100% Effort
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,050 Yards - Stress Value = 97

Workout #5614 - Tuesday, 08 July 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 425 1 x 425 on 7:00 Odd 100's 6 strokes free
 6 strokes back/even 100's 6 strkes breast
 165 11 x 15 on :45 Cross pool sprints
 800 16 x 50 on 2:00 Jump/VK/Sprint/Sculling Drill
 1,000 2x{4 x 25 on :30 Choice-non free
 {4 x 25 on :25 Choice non free
 {4 x 25 on :20 Choice-non free
 {1 x 100 on 2:00 Freestyle
 {1 x 100 on 2:00 IM-for time
 300 1 x 300 on 5:00 Stroke Drills
 6:30 PM 2,690 Yards - Stress Value = 51

Workout #5615 - Wednesday, 09 July 2008

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 900 1x{3 x 100 on 1:30 2 strokes fly off walls
 {3 x 100 on 1:25 2 strokes fly off walls
 {3 x 100 on 1:20 2 strokes fly off walls
 1,400 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:45 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:30 3 strokes fly off walls
 {3 x 100 on 1:25 3 strokes fly off walls

{3 x 100 on 1:20 3 strokes fly off walls
 1,200 12 x 100 on 1:20 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:30 4 strokes fly off walls
 {3 x 100 on 1:25 4 strokes fly off walls
 {3 x 100 on 1:20 4 strokes fly off walls
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 6,350 Yards - Stress Value = 100

Workout #5616 - Wednesday, 09 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 800 1x{3 x 100 on 1:40 2 strokes fly off walls
 {3 x 100 on 1:35 2 strokes fly off walls
 {2 x 100 on 1:30 2 strokes fly off walls
 1,250 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 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 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {5 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{3 x 100 on 1:40 3 strokes fly off walls
 {3 x 100 on 1:35 3 strokes fly off walls
 {2 x 100 on 1:30 3 strokes fly off walls
 1,000 10 x 100 on 1:30 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{3 x 100 on 1:40 4 strokes fly off walls
 {3 x 100 on 1:35 4 strokes fly off walls
 {2 x 100 on 1:30 4 strokes fly off walls
 300 6 x 50 on 1:00 Stroke Drills
 9:29 AM 5,700 Yards - Stress Value = 89

Workout #5617 - Wednesday, 09 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---|---|
| | 1 on 30:00 Stomach and Stretch |
| 350 | 1 x 350 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{3 x 100 on 1:50 2 strokes fly off walls {2 x 100 on 1:45 2 strokes fly off walls {2 x 100 on 1:40 2 strokes fly off walls |
| 1,200 | 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 2:05 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 {4 x 50 on 1:05 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{3 x 100 on 1:50 3 strokes fly off walls {2 x 100 on 1:45 3 strokes fly off walls {2 x 100 on 1:40 3 strokes fly off walls |
| 900 | 9 x 100 on 1:40 Lungbuster pulls Breathe 3-5-7-9 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{3 x 100 on 1:50 4 strokes fly off walls {2 x 100 on 1:45 4 strokes fly off walls {2 x 100 on 1:40 4 strokes fly off walls |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 9:29 AM 5,200 Yards - Stress Value = 81 | |

Workout #5618 - Wednesday, 09 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Stomach and Stretch |
| 300 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{2 x 100 on 2:00 2 strokes fly off walls {2 x 100 on 1:55 2 strokes fly off walls {2 x 100 on 1:50 2 strokes fly off walls {1 x 50 on 1:00 2 strokes fly off walls |
| 1,100 | 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 {2 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:25 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:15 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 650 | 1x{2 x 100 on 2:00 3 strokes fly off walls {2 x 100 on 1:55 3 strokes fly off walls {2 x 100 on 1:50 3 strokes fly off walls {1 x 50 on 1:00 3 strokes fly off walls |
| 800 | 8 x 100 on 1:50 Lungbuster pulls Breathe 3-5-7-9 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 650 | 1x{2 x 100 on 2:00 4 strokes fly off walls {2 x 100 on 1:55 4 strokes fly off walls {2 x 100 on 1:50 4 strokes fly off walls {1 x 50 on 1:00 4 strokes fly off walls |
| 300 | 6 x 50 on 1:00 Stroke Drills |

9:29 AM 4,800 Yards - Stress Value = 74

Workout #5619 - Thursday, 10 July 2008

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|--|--|
| | 1 on 30:00 Scooter Boards/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 15 x 100 on 1:20 Kick w/fins |
| 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 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 3,000 | 5x{1 x 200 on 3:20 Breaststroke {1 x 100 on 1:30 25 breast 75 free {1 x 100 on 1:30 50 breast 50 free {1 x 100 on 1:30 75 breast 25 free {2 x 50 on 1:00 25 2k1p, 25 4 sec glide |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 9:30 AM 6,950 Yards - Stress Value = 103 | |

Workout #5620 - Thursday, 10 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---|--|
| | 1 on 30:00 Scooter Boards/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 12 x 100 on 1:35 Kick w/fins |
| 1,400 | 1x{1 x 500 on 7:30 Pulls {1 x 400 on 5:55 Pulls {1 x 300 on 4:25 Pulls {1 x 200 on 2:55 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,800 | 4x{1 x 200 on 3:40 Breaststroke {1 x 100 on 1:40 25 breast 75 free {1 x 100 on 1:40 50 breast 50 free {2 x 100 on 1:40 75 breast 25 free {2 x 50 on 1:00 25 2k1p, 25 4 sec glide |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 9:30 AM 6,350 Yards - Stress Value = 94 | |

Workout #5621 - Thursday, 10 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 1:45 Kick w/fins
 1,200 1x{1 x 500 on 8:20 Pulls
 {1 x 400 on 6:40 Pulls
 {1 x 300 on 5:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 4x{1 x 200 on 4:00 Breaststroke
 {1 x 100 on 1:50 25 breast 75 free
 {1 x 100 on 1:50 50 breast 50 free
 {1 x 100 on 1:50 75 breast 25 free
 {2 x 50 on 1:10 25 2k1p, 25 4 sec glide
 Last 2 times do 3 50's
 200 1 x 200 on 3:00 Stroke Drills
 9:28 AM 5,600 Yards - Stress Value = 82

Workout #5622 - Thursday, 10 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 10 x 100 on 1:55 Kick w/fins
 1,050 1x{1 x 400 on 7:20 Pulls
 {1 x 300 on 5:30 Pulls
 {1 x 200 on 3:40 Pulls
 {1 x 100 on 1:50 Pulls
 {1 x 50 on :55 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 4x{1 x 200 on 4:30 Breaststroke
 {1 x 100 on 2:00 25 breast 75 free
 {1 x 100 on 2:00 50 breast 50 free
 {1 x 100 on 2:00 75 breast 25 free
 {2 x 50 on 1:15 25 2k1p, 25 4 sec glide
 Last set do 1 50
 200 1 x 200 on 3:00 Stroke Drills
 9:32 AM 5,300 Yards - Stress Value = 78

Workout #5623 - Thursday, 10 July 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 600 1 x 600 on 9:00 8/6/4/2 IM stroke rotation
 225 3 x 75 on 1:20 Free 2bk,4bk,6bk by the 25
 480 6x{1 x 15 on :45 Pit Sprint/turn drill
 { with explosive jump to bulkhead
 {1 x 25 on 1:00 12.5 yards under/12.5 yards
 { super fast w/great breakouts & finishes, ex
 {1 x 25 on :01 Your best non free stroke OTB
 { with explosive jump to bulkhead
 {1 x 15 on 1:29 Sculling drill
 165 11 x 15 on :45 Cross pool sprints
 750 1 x 750 on 18:00 Med Ball Partner Kicking
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 2,720 Yards - Stress Value = 55

Workout #5624 - Friday, 11 July 2008

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 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-descend
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :50 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :45 Kick-descend
 100 1 x 100 on 3:00 Kick for time
 1,200 1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 75 on :55 Pulls-nbbf&w + 2 yds
 {4 x 75 on :50 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 1x{4 x 100 on 1:20 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 1:40 IM w/50 free
 {1 on 1:00 Rest
 {4 x 150 on 2:00 IM 25,25 50, 50
 {1 on 1:00 Rest
 {4 x 175 on 2:20 IM 25, 50, 50, 50
 {1 on 1:00 Rest
 {4 x 200 on 2:40 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 6,450 Yards - Stress Value = 123

Workout #5625 - Friday, 11 July 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 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-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:00 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on :55 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:00 Kick lez lfast |
| 100 | 1 x 100 on 3:00 Kick for time |
| 1,050 | 1x{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:10 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds |
| | {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,600 | 1x{4 x 100 on 1:35 Individual Medley |
| | {1 on 1:00 Rest |
| | {4 x 125 on 2:00 IM w/50 free |
| | {1 on 1:00 Rest |
| | {4 x 150 on 2:20 IM 25,25 50, 50 |
| | {1 on 1:00 Rest |
| | {4 x 175 on 2:45 IM 25, 50, 50, 50 |
| | {1 on 1:00 Rest |
| | {2 x 200 on 3:10 Individual Medley |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:31 AM 5,800 Yards - Stress Value = 110 |

Workout #5626 - Friday, 11 July 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:10 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:05 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:00 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:00 Kick |
| 100 | 1 x 100 on 3:00 Kick for time |
| 950 | 1x{4 x 75 on 1:20 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:10 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 :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{4 x 100 on 1:50 Individual Medley |
| | {1 on 1:00 Rest |
| | {4 x 125 on 2:15 IM w/50 free |
| | {1 on 1:00 Rest |
| | {4 x 150 on 2:45 IM 25,25 50, 50 |
| | {1 on 1:00 Rest |
| | {4 x 175 on 3:10 IM 25, 50, 50, 50 |
| | {1 on 1:00 Rest |
| | {1 x 200 on 3:30 Individual Medley |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:34 AM 5,400 Yards - Stress Value = 103 |

Workout #5627 - Friday, 11 July 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:15 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:10 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:05 Kick-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| 100 | 1 x 100 on 3:00 Kick for time |
| 900 | 1x{4 x 75 on 1:25 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:20 Pulls-nbbf&w + 2 yds |
| | {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,850 | 1x{4 x 100 on 2:15 Individual Medley |
| | {1 on 1:00 Rest |
| | {4 x 125 on 2:45 IM w/50 free |
| | {1 on 1:00 Rest |
| | {4 x 150 on 3:20 IM 25,25 50, 50 |
| | {1 on 1:00 Rest |
| | {2 x 175 on 3:45 IM 25, 50, 50, 50 |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:30 AM 4,700 Yards - Stress Value = 90 |

Workout #5628 - Monday, 14 July 2008

Group 3 - Distance

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 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 1:55 Kick |
| | {1 x 100 on 1:50 Kick |
| | {1 x 100 on 1:45 Kick |
| 1,750 | 1x{1 x 225 on 3:05 Pull no br L.12 yds |
| | {2 x 200 on 2:45 Pull no br L.12 yds |
| | {3 x 175 on 2:25 Pull no br L.12 yds |
| | {4 x 150 on 2:05 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 1x{1 x 500 on 6:40 Every 5th lap non free |
| | {2 x 400 on 5:30 Every 4th lap non free |
| | {3 x 300 on 4:15 Every 3rd lap non free |
| 100 | 1 x 100 on 2:00 Individual Medley 90% effort |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 6,400 Yards - Stress Value = 73 |

Workout #5629 - Monday, 14 July 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 3x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick |
| 1,600 | 1x{1 x 200 on 3:05 Pull no br L.12 yds {2 x 175 on 2:40 Pull no br L.12 yds {3 x 150 on 2:15 Pull no br L.12 yds {4 x 125 on 1:55 Pull no br L.12 yds {1 x 100 on 1:35 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,050 | 1x{1 x 500 on 7:30 Every 5th lap non free {2 x 400 on 6:15 Every 4th lap non free {3 x 250 on 4:00 Every 3rd lap non free |
| 100 | 1 x 100 on 2:00 Individual Medley-90% effort |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 5,950 Yards - Stress Value = 68 |

Workout #5630 - Monday, 14 July 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 3x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:05 Kick {3 x 50 on 1:00 Kick |
| 1,400 | 1x{1 x 200 on 3:30 Pull no br L.12 yds {2 x 175 on 3:05 Pull no br L.12 yds {3 x 150 on 2:35 Pull no br L.12 yds {4 x 100 on 1:45 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,750 | 1x{1 x 400 on 7:00 Every 5th lap non free {2 x 300 on 5:30 Every 4th lap non free {3 x 250 on 4:30 Every 3rd lap non free |
| 100 | 1 x 100 on 2:00 Individual Medley 90% effort |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:30 AM 5,400 Yards - Stress Value = 63 |

Workout #5631 - Monday, 14 July 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch |
| 300 | 1 x 300 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 2x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:30 Kick {2 x 50 on 2:15 Kick |
| 1,350 | 1x{1 x 200 on 3:40 Pull no br L.12 yds {2 x 175 on 3:15 Pull no br L.12 yds {3 x 150 on 2:45 Pull no br L.12 yds {3 x 100 on 1:50 Pull no br L.12 yds {1 x 50 on 1:00 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |

| | |
|-------|---|
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{1 x 400 on 7:30 Every 5th lap non free {2 x 300 on 5:45 Every 4th lap non free {3 x 200 on 3:50 Every 2nd lap non free |
| 100 | 1 x 100 on 2:00 Individual Medley 90% effort |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:29 AM 4,900 Yards - Stress Value = 55 |

Workout #5632 - Tuesday, 15 July 2008

Group 3 - Back

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,350 | 1x{6 x 75 on 1:25 Kick {6 x 75 on 1:20 Kick {6 x 75 on 1:15 Kick |
| 1,650 | 1 x 1650 on 22:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,450 | 1x{4 x 100 on 1:30 Backstroke {6 x 50 on 1:00 Back-odds drills evens descer {3 x 150 on 2:15 Backstroke {6 x 50 on 1:00 Back-odds drill evens descenc {2 x 200 on 3:00 Backstroke {6 x 50 on 1:00 Back-odds drill evens descenc {1 x 300 on 4:30 Backstroke |
| 300 | 1 x 300 on 5:00 Stroke Drills |
| | 9:30 AM 6,500 Yards - Stress Value = 100 |

Workout #5633 - Tuesday, 15 July 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,150 | 1x{6 x 75 on 1:35 Kick {6 x 75 on 1:30 Kick {5 x 50 on :55 Kick |
| 1,500 | 1 x 1500 on 22:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{4 x 100 on 1:40 Backstroke {6 x 50 on 1:00 Back-odds drills evens descer {3 x 150 on 2:30 Backstroke {6 x 50 on 1:00 Back-odds drill evens descenc {2 x 200 on 3:20 Backstroke {6 x 50 on 1:00 Back-odds drill evens descenc {1 x 150 on 2:30 Backstroke |
| 300 | 1 x 300 on 5:00 Stroke Drills |
| | 9:30 AM 6,000 Yards - Stress Value = 92 |

Workout #5634 - Tuesday, 15 July 2008

Group 3 - Silver
1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{5 x 75 on 1:40 Kick {5 x 75 on 1:35 Kick {4 x 75 on 1:30 Kick {1 x 50 on 1:00 Kick |
| 1,350 | 1 x 1350 on 22:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,150 | 1x{4 x 100 on 1:50 Backstroke {6 x 50 on 1:05 Back-odds drills evens descer {3 x 150 on 2:45 Backstroke {6 x 50 on 1:05 Back-odds drill evens descenc {2 x 200 on 3:40 Backstroke |
| 300 | {6 x 50 on 1:05 Back-odds drill evens descenc 1 x 300 on 5:00 Stroke Drills |

9:31 AM 5,600 Yards - Stress Value = 88

Workout #5635 - Tuesday, 15 July 2008

Group 3 - Bronze
1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{5 x 75 on 1:50 Kick {5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick |
| 1,200 | 1 x 1200 on 22:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 1x{3 x 100 on 2:05 Backstroke {6 x 50 on 1:10 Back-odds drills evens descer {2 x 150 on 3:10 Backstroke {6 x 50 on 1:10 Back-odds drill evens descenc {2 x 200 on 4:10 Backstroke {6 x 50 on 1:10 Back-odds drill evens descenc |
| 300 | 1 x 300 on 5:00 Stroke Drills |

9:30 AM 5,050 Yards - Stress Value = 79

Workout #5636 - Tuesday, 15 July 2008

Group 3 - Speed Acquisition
1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretching |
| 625 | 1 x 625 on 9:00 3:00 EZ swim 10/50, 15/45, E 20/40, 10/50, 15/45, 20/40. 6bk on the smal |
| 210 | 14 x 15 on :45 Cross pool sprints |
| 125 | 1 x 125 on 2:00 Choice |
| 1,400 | 4x{1 x 25 on :01 Tombstone Kicking {1 x 25 on :01 Sprint {1 x 25 on :01 Sculling Drill {1 x 25 on :01 Easy Kick {1 x 50 on 3:56 Freestyle {1 x 200 on 4:00 Individual Medley |
| 200 | 1 on 15:00 Water Polo 1 x 200 on 3:00 Stroke Drills |

6:31 PM 2,560 Yards - Stress Value = 90

Workout #5637 - Wednesday, 16 July 2008

Group 3 - Fly
1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Stomach and Stretch |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 5x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick #1 EZ, #2 Fast |
| 1,500 | 1x{1 x 50 on :40 Lungbuster pulls {2 x 100 on 1:20 Lungbuster pulls {3 x 150 on 2:00 Lungbuster pulls {4 x 200 on 2:40 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{4 x 75 on 1:15 Fly-25L-25B-25L {1 x 100 on 1:15 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:15 Freestyle {4 x 75 on 1:05 Fly-25L-25B-25R {3 x 100 on 1:15 Freestyle {4 x 75 on 1:00 Fly-25L-25B-25R {4 x 100 on 1:15 Freestyle {1 x 100 on 2:00 Freestyle |
| 100 | 1 x 100 on 2:00 Butterfly OTB |
| 200 | 1 x 200 on 3:00 Stroke Drills |

9:30 AM 6,350 Yards - Stress Value = 103

Workout #5641 - Wednesday, 16 July 2008

Group 3 - Taper 1
1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Stomach and Stretch |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 2x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick #1 EZ, #2 Fast |
| 500 | 1x{1 x 50 on :40 Lungbuster pulls {1 x 100 on 1:20 Lungbuster pulls {1 x 150 on 2:00 Lungbuster pulls {1 x 200 on 2:40 Lungbuster pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,400 | 1x{3 x 75 on 1:15 Fly-25L-25B-25L {1 x 100 on 1:15 Freestyle {3 x 75 on 1:10 Fly-25L-25B-25R {1 x 100 on 1:15 Freestyle {3 x 75 on 1:05 Fly-25L-25B-25R {1 x 100 on 1:15 Freestyle {3 x 75 on 1:00 Fly-25L-25B-25R {1 x 100 on 1:15 Freestyle {1 x 100 on 2:00 Freestyle |
| 100 | 1 x 100 on 2:00 Butterfly OTB |
| 200 | 1 x 200 on 3:00 Stroke Drills |

8:42 AM 3,450 Yards - Stress Value = 55

Workout #5638 - Wednesday, 16 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---------|---|
| ===== | ===== |
| | 1 on 30:00 Stomach and Stretch |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 5x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:25 Kick {1 x 50 on 1:00 Kick(Last set dont do this 50 |
| 1,300 | 1x{1 x 50 on :45 Lungbuster pulls {2 x 100 on 1:30 Lungbuster pulls {3 x 150 on 2:15 Lungbuster pulls {3 x 200 on 3:00 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,050 | 1x{4 x 75 on 1:25 Fly-25L-25B-25L {1 x 100 on 1:20 Freestyle {4 x 75 on 1:20 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:15 Fly-25L-25B-25R {3 x 100 on 1:15 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {1 x 50 on 1:00 Freestyle |
| 100 | 1 x 100 on 2:00 Butterfly OTB |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 9:31 AM | 5,900 Yards - Stress Value = 97 |

Workout #5639 - Wednesday, 16 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---------|---|
| ===== | ===== |
| | 1 on 30:00 Stomach and Stretch |
| 350 | 1 x 350 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick-Descend { Last set only do 2 X 50's |
| 1,150 | 1x{1 x 50 on :55 Lungbuster pulls {2 x 100 on 1:45 Lungbuster pulls {2 x 150 on 2:35 Lungbuster pulls {3 x 200 on 3:25 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,750 | 1x{4 x 75 on 1:35 Fly-25L-25B-25L {1 x 100 on 1:40 Freestyle {4 x 75 on 1:30 Fly-25L-25B-25R {2 x 100 on 1:40 Freestyle {4 x 75 on 1:25 Fly-25L-25B-25R {2 x 100 on 1:40 Freestyle {3 x 75 on 1:20 Fly-25L-25B-25R {1 x 100 on 1:40 Freestyle {1 x 25 on 1:00 Freestyle |
| 100 | 1 x 100 on 2:00 Butterfly OTB |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 9:31 AM | 5,300 Yards - Stress Value = 88 |

Workout #5640 - Wednesday, 16 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|-------------------------------------|
| ===== | ===== |
| | 1 on 30:00 Abs/Scooter Brds/Stretch |

| | |
|---------|---|
| 300 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Kick {2 x 50 on 1:15 Kick-Descend { Last set only do 4 X 50's |
| 1,050 | 1x{1 x 50 on 1:00 Lungbuster pulls {1 x 100 on 1:55 Lungbuster pulls {2 x 150 on 2:45 Lungbuster pulls {3 x 200 on 3:35 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,550 | 1x{4 x 75 on 1:45 Fly-25L-25B-25L {1 x 100 on 1:45 Freestyle {4 x 75 on 1:40 Fly-25L-25B-25R {1 x 100 on 1:45 Freestyle {4 x 75 on 1:35 Fly-25L-25B-25R {1 x 100 on 1:45 Freestyle {4 x 75 on 1:30 Fly-25L-25B-25R {1 x 50 on 1:00 Freestyle |
| 100 | 1 x 100 on 2:00 Butterfly OTB |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 9:28 AM | 4,750 Yards - Stress Value = 79 |

Workout #5642 - Thursday, 17 July 2008

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---------|--|
| ===== | ===== |
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 2x{2 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {1 x 100 on 1:35 Kick |
| 1,500 | 1x{1 x 200 on 2:45 Pulls {5 x 50 on :50 Pull 4 breaths total {1 x 200 on 2:40 Pulls {4 x 50 on :50 Pull 4 breaths total {1 x 200 on 2:35 Pulls {3 x 50 on :50 Pulls 4 breaths total {1 x 200 on 2:30 Pulls {2 x 50 on :50 Pulls 4 breaths total |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 4x{2 x 125 on 2:15 Breaststroke {1 x 100 on 2:10 Breaststroke Pull {1 x 50 on 1:00 Breaststroke {1 x 50 on :55 Breaststroke {1 x 50 on :50 Breaststroke { on the 4th set do 2 X 50 @:50 |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 9:26 AM | 5,750 Yards - Stress Value = 89 |

Workout #5646 - Thursday, 17 July 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick |
| 750 | 1x{1 x 200 on 2:40 Pulls {4 x 50 on :50 Pull 4 breaths total {1 x 200 on 2:35 Pulls {3 x 50 on :50 Pulls 4 breaths total |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,100 | 2x{2 x 125 on 2:05 Breaststroke {1 x 150 on 3:00 Breaststroke Pull {1 x 50 on 1:00 Breaststroke {1 x 50 on :50 Breaststroke {1 x 50 on :40 Breaststroke |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 8:43 AM 3,400 Yards - Stress Value = 51 | |

Workout #5643 - Thursday, 17 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---|--|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 2x{2 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick { + 1 x 50 @ 55 at the end of the second set |
| 1,400 | 1x{1 x 200 on 3:00 Pulls {5 x 50 on :55 Pull 4 breaths total {1 x 200 on 2:55 Pulls {4 x 50 on :55 Pull 4 breaths total {1 x 200 on 2:50 Pulls {3 x 50 on :55 Pulls 4 breaths total {1 x 200 on 2:45 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 4x{2 x 125 on 2:15 Breaststroke {1 x 100 on 2:10 Breaststroke Pull {1 x 50 on 1:00 Breaststroke {1 x 50 on :55 Breaststroke {1 x 50 on :50 Breaststroke { on the 4th set do 2 X 50 @:50 |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 9:28 AM 5,650 Yards - Stress Value = 88 | |

Workout #5644 - Thursday, 17 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 2x{2 x 100 on 2:15 Kick {2 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {1 x 50 on 1:00 Kick |

| | |
|---|---|
| | { + 1 x 50 @ 55 at the end of the second set |
| 1,250 | 1x{1 x 200 on 3:20 Pulls {4 x 50 on 1:00 Pull 4 breaths total {1 x 200 on 3:15 Pulls {4 x 50 on 1:00 Pull 4 breaths total {1 x 200 on 3:10 Pulls {3 x 50 on 1:00 Pulls 4 breaths total {1 x 100 on 1:30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 4x{2 x 100 on 2:00 Breaststroke {1 x 100 on 2:30 Breaststroke Pull {1 x 50 on 1:05 Breaststroke {1 x 50 on 1:00 Breaststroke {1 x 50 on :55 Breaststroke { on the 4th set do 2 X 50 @:55 |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 9:28 AM 5,150 Yards - Stress Value = 81 | |

Workout #5645 - Thursday, 17 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|---|---|
| | 1 on 30:00 Physio Ball Abs/Stretch |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{2 x 100 on 2:30 Kick {2 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick |
| 1,150 | 1x{1 x 200 on 3:40 Pulls {4 x 50 on 1:05 Pull 4 breaths total {1 x 200 on 3:35 Pulls {4 x 50 on 1:05 Pull 4 breaths total {1 x 200 on 3:30 Pulls {3 x 50 on 1:05 Pulls 4 breaths total |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 4x{2 x 100 on 2:20 Breaststroke {1 x 50 on 1:40 Breaststroke Pull {1 x 50 on 1:10 Breaststroke {1 x 50 on 1:05 Breaststroke {1 x 50 on 1:00 Breaststroke |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 9:30 AM 4,700 Yards - Stress Value = 74 | |

Workout #5647 - Thursday, 17 July 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|---|
| | 1 on 15:00 Stretching |
| 500 | 1 x 500 on 10:00 Too complicated to type ou |
| 96 | 12 x 8 on :45 Spinners |
| 400 | 16 x 25 on 1:00 4 on each stroke-under wate until you reach the false start rope-super |
| 600 | 12x{1 x 25 on :01 1/3 each of streamline kick { tarzan, no breath sprint rest/rest 5 secon {1 x 25 on 1:29 Kick no board BSLR |
| 450 | 9 x 50 on 1:00 Freestyle-Hold time I give y |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| 6:30 PM 2,446 Yards - Stress Value = 86 | |

Workout #5648 - Friday, 18 July 2008

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 29:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,100 2x{4 x 25 on :30 Kick no board BSLR
 {4 x 25 on :35 Kick no board BSLR
 {4 x 25 on :40 Kick no board BSLR
 {4 x 25 on :45 Kick no board BSLR
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:20 Kick
 1,450 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
 {1 x 125 on 1:30 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:10 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 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 1:30 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 breast
 {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
 9:30 AM 6,300 Yards - Stress Value = 108

{2 x 25 on :25 Odds free evens brst
 {1 x 100 on 1:25 Individual Medley
 {2 x 25 on :25 Freestyle
 300 1 x 300 on 5:00 Stroke Drills
 8:40 AM 3,450 Yards - Stress Value = 51

Workout #5649 - Friday, 18 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 29:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,100 2x{4 x 25 on :30 Kick no board BSLR
 {4 x 25 on :35 Kick no board BSLR
 {4 x 25 on :40 Kick no board BSLR
 {4 x 25 on :45 Kick no board BSLR
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:20 Kick
 1,300 2x{1 x 125 on 2:00 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:55 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:50 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
 {1 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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 breast
 {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
 200 1 x 200 on 3:00 Stroke Drills
 9:31 AM 6,000 Yards - Stress Value = 102

Workout #5652 - Friday, 18 July 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 29:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 25 on :35 Kick no board BSLR
 {4 x 25 on :40 Kick no board BSLR
 {4 x 25 on :45 Kick no board BSLR
 500 1x{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
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{2 x 25 on :30 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {2 x 25 on :30 Odds free evens fly
 {1 x 200 on 3:00 Individual Medley
 {2 x 25 on :30 Odds free evens back
 {1 x 300 on 4:30 Individual Medley
 {2 x 25 on :30 Odds free evens breast
 {2 x 25 on :25 Odds free evens fly
 {1 x 300 on 4:15 Individual Medley
 {2 x 25 on :25 Odds free evens back
 {1 x 200 on 2:50 Individual Medley

Workout #5650 - Friday, 18 July 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 7:00 AM Start |
| 350 | 1 x 350 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{4 x 25 on :35 Kick no board BSLR {4 x 25 on :40 Kick no board BSLR {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:15 Kick-hold under 2:00 |
| 1,100 | 2x{1 x 100 on 1:50 Pulls-nbbf&w + 2 yds {1 x 100 on 1:45 Pulls-nbbf&w + 2 yds {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 {1 x 50 on 1:10 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{6 x 25 on :35 Freestyle {1 x 100 on 1:55 Individual Medley {6 x 25 on :35 Odds free evens fly {1 x 200 on 3:45 Individual Medley {6 x 25 on :35 Odds free evens back {1 x 300 on 5:30 Individual Medley {6 x 25 on :35 Odds free evens breast {1 x 50 on 1:00 Freestyle EZ {6 x 25 on :30 Odds free evens fly {1 x 300 on 5:25 Individual Medley {6 x 25 on :30 Odds free evens back {1 x 200 on 3:30 Individual Medley {6 x 25 on :30 Odds free evens brst {1 x 100 on 1:35 Individual Medley {4 x 25 on :30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:31 AM 5,400 Yards - Stress Value = 91 |

Workout #5651 - Friday, 18 July 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 7:00 AM Start |
| 350 | 1 x 350 on 7:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 2x{4 x 25 on :35 Kick no board BSLR {4 x 25 on :40 Kick no board BSLR {4 x 25 on :45 Kick no board BSLR {4 x 25 on :50 Kick no board BSLR {1 x 75 on 1:40 Kick |
| 1,000 | 2x{1 x 100 on 2:00 Pulls-nbbf&w + 2 yds {1 x 100 on 1:55 Pulls-nbbf&w + 2 yds {1 x 100 on 1:50 Pulls-nbbf&w + 2 yds {1 x 75 on 1:25 Pulls-nbbf&w + 2 yds {1 x 75 on 1:20 Pulls-nbbf&w + 2 yds {1 x 50 on 1:00 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{6 x 25 on :35 Freestyle {1 x 100 on 2:00 Individual Medley {6 x 25 on :35 Odds free evens fly {1 x 200 on 3:55 Individual Medley {6 x 25 on :35 Odds free evens back {1 x 300 on 5:50 Individual Medley {6 x 25 on :35 Odds free evens breast {1 x 50 on 1:00 Freestyle EZ {6 x 25 on :30 Odds free evens fly {1 x 300 on 5:45 Individual Medley |

| | |
|-----|---|
| | {6 x 25 on :30 Odds free evens back |
| | {1 x 200 on 3:45 Individual Medley |
| | {6 x 25 on :30 Odds free evens brst |
| | {1 x 100 on 1:50 Individual Medley |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:32 AM 5,150 Yards - Stress Value = 87 |

Workout #5653 - Monday, 21 July 2008

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 7:00 AM Start |
| | 1 on 35:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 6 x 150 on 2:00 Freestyle-descend in 3's |
| 1,200 | 3x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :55 Kick {1 x 100 on 1:45 Kick {1 x 150 on 2:30 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 6 x 150 on 2:00 Freestyle-descend in 3's |
| 1,250 | 1x{4 x 125 on 1:40 Pull no br L.12 yds {3 x 125 on 1:35 Pull no br L.12 yds {2 x 125 on 1:30 Pull no br L.12 yds {1 x 125 on 1:25 Pull no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 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 |
| | 9:30 AM 6,300 Yards - Stress Value = 104 |

Workout #5657 - Monday, 21 July 2008

Group 3 - Taper 1

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 7:00 AM Start |
| | 1 on 35:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 3 x 150 on 2:00 Freestyle-descend in 3's |
| 400 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :55 Kick {1 x 100 on 1:45 Kick {1 x 150 on 2:30 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 6 x 150 on 2:00 Freestyle-descend in 3's |
| 750 | 1x{3 x 125 on 1:35 Pull no br L.12 yds {2 x 125 on 1:30 Pull no br L.12 yds {1 x 125 on 1:25 Pull no br L.12 yds |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 8:42 AM 3,400 Yards - Stress Value = 56 |

Workout #5654 - Monday, 21 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 6 x 150 on 2:15 Freestyle-descend in 3's
 1,050 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {2 x 100 on 2:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 6 x 150 on 2:15 Freestyle-descend in 3's
 1,050 1x{4 x 125 on 1:50 Pull no br L.12 yds
 {3 x 100 on 1:25 Pull no br L.12 yds
 {2 x 125 on 1:40 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 6 x 150 on 2:15 Freestyle-descend in 3's
 400 8 x 50 on 1:00 Stroke Drills
 9:34 AM 5,950 Yards - Stress Value = 97

Workout #5655 - Monday, 21 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 6 x 125 on 2:15 Freestyle-descend in 3's
 1,050 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {2 x 100 on 2:10 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 6 x 125 on 2:15 Freestyle-descend in 3's
 900 1x{4 x 125 on 2:05 Pull no br L.12 yds
 {3 x 100 on 1:40 Pull no br L.12 yds
 {1 x 100 on 1:35 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 6 x 125 on 2:15 Freestyle-descend in 3's
 400 8 x 50 on 1:00 Stroke Drills
 9:36 AM 5,300 Yards - Stress Value = 85

Workout #5656 - Monday, 21 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Freestyle-descend in 3's
 900 3x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:10 Kick
 {1 x 100 on 2:30 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 2:00 Freestyle-descend in 3's
 950 1x{4 x 125 on 2:20 Pull no br L.12 yds
 {2 x 125 on 2:15 Pull no br L.12 yds
 {2 x 100 on 1:50 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 6 x 125 on 2:00 Freestyle-descend in 3's
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 4,850 Yards - Stress Value = 77

Workout #5658 - Tuesday, 22 July 2008

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:00 Challenge Kick Set!!!!!!!!!!!!
 1,500 1x{1 x 250 on 3:05 Pulls
 {2 x 200 on 2:30 Pulls
 {3 x 150 on 1:50 Pulls
 {4 x 100 on 1:15 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 4x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,950 Yards - Stress Value = 98

Workout #5662 - Tuesday, 22 July 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 1:45 Kick
 700 1x{1 x 250 on 3:05 Pulls
 {1 x 200 on 2:30 Pulls
 {1 x 150 on 1:50 Pulls
 {1 x 100 on 1:15 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 2x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 500 10 x 50 on 1:00 Stroke Drills
 8:46 AM 3,550 Yards - Stress Value = 50

Workout #5659 - Tuesday, 22 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:00 Challenge Kick Set!!!!!!!!!!!!
 1,300 1x{1 x 250 on 3:40 Pulls
 {2 x 200 on 2:50 Pulls
 {3 x 150 on 2:05 Pulls
 {2 x 100 on 1:20 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 4x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,550 Yards - Stress Value = 94

Workout #5660 - Tuesday, 22 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:00 Challenge Kick Set!!!!!!!!!!!!
 1,150 1x{2 x 200 on 3:20 Pulls
 {3 x 150 on 2:25 Pulls
 {3 x 100 on 1:35 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 4x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on 1:15 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,200 Yards - Stress Value = 87

Workout #5661 - Tuesday, 22 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:00 Challenge Kick Set!!!!!!!!!!!!
 1,050 1x{2 x 200 on 3:40 Pulls
 {3 x 150 on 2:40 Pulls
 {2 x 100 on 1:45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 3x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 2:15 Backstroke
 {1 x 100 on 2:10 Backstroke
 {1 x 100 on 2:05 Backstroke
 {1 x 100 on 3:00 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW

300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 4,950 Yards - Stress Value = 80

Workout #5663 - Tuesday, 22 July 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 1,400 4x{1 x 250 on 3:30 3:00 swim/:30 to get to a wa
 {4 x 25 on :45 IM order-100% Effort
 300 6 x 50 on 1:45 12.5 Tombstone Kicking, 25
 sprint kick w/ super fast turn, 12.5 easy
 120 6 x 20 on 1:00 Bacwards freestyle
 1,200 2x{1 x 100 on 3:00 25 Kick 75 Free
 {1 x 100 on 3:00 25free 25 kick 50free
 {1 x 100 on 3:00 50free 25kick 25free
 {1 x 100 on 3:00 75free 25kick
 {1 x 200 on 3:00 Stroke Drills
 6:31 PM 3,020 Yards - Stress Value = 127

Workout #5664 - Wednesday, 23 July 2008

Group 3 - Fly

1 minute rest between sets

7:00 AM 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
 1,200 4x{1 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 1,500 1x{1 x 500 on 6:30 Pulls
 {1 x 500 on 6:25 Pulls
 {1 x 500 on 6:20 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,100 2x{8 x 25 on :30 Butterfly
 {1 x 100 on 1:10 Freestyle
 {8 x 25 on :30 Butterfly lup 1down
 {2 x 100 on 1:15 Freestyle
 {8 x 25 on :30 Butterfly lup 2down
 {3 x 100 on 1:20 Freestyle
 {6 x 25 on :30 Butterfly lup 3down
 {1 x 200 on 3:00 Closed Fist Freestyle
 9:30 AM 6,550 Yards - Stress Value = 83

Workout #5668 - Wednesday, 23 July 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM 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
 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{1 x 250 on 3:45 Pulls
 {1 x 250 on 3:40 Pulls
 {1 x 250 on 3:35 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{4 x 25 on :30 Butterfly
 {1 x 100 on 1:20 Freestyle
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 100 on 1:25 Freestyle
 {4 x 25 on :30 Butterfly lup 2down
 {1 x 100 on 1:30 Freestyle
 {10 x 50 on 1:00 Stroke Drills
 8:38 AM 3,200 Yards - Stress Value = 34

Workout #5665 - Wednesday, 23 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 1,200 4x{1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 1,200 1x{1 x 400 on 5:50 Pulls
 {1 x 400 on 5:45 Pulls
 {1 x 400 on 5:40 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,900 2x{8 x 25 on :30 Butterfly
 {1 x 100 on 1:20 Freestyle
 {6 x 25 on :30 Butterfly lup 1down
 {2 x 100 on 1:25 Freestyle
 {6 x 25 on :30 Butterfly lup 2down
 {3 x 100 on 1:30 Freestyle
 {6 x 25 on :30 Butterfly lup 3down
 {1 x 200 on 4:00 Closed Fist Freestyle
 9:30 AM 6,050 Yards - Stress Value = 78

Workout #5666 - Wednesday, 23 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 350 1 x 350 on 7:00 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
 1,000 1x{1 x 350 on 5:45 Pulls
 {1 x 350 on 5:40 Pulls
 {1 x 300 on 4:35 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

2,800 2x{6 x 25 on :30 Butterfly
 {1 x 100 on 1:30 Freestyle
 {6 x 25 on :30 Butterfly lup 1down
 {2 x 100 on 1:35 Freestyle
 {6 x 25 on :30 Butterfly lup 2down
 {3 x 100 on 1:40 Freestyle
 {6 x 25 on :30 Butterfly lup 3down
 {1 x 200 on 4:00 Closed Fist Freestyle
 9:30 AM 5,700 Yards - Stress Value = 76

Workout #5667 - Wednesday, 23 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 150 on 3:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:10 Kick
 750 1x{1 x 250 on 4:40 Pulls
 {1 x 250 on 4:30 Pulls
 {1 x 250 on 4:20 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 2x{4 x 25 on :40 Butterfly
 {1 x 100 on 1:45 Freestyle
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 100 on 1:50 Freestyle
 {4 x 25 on :40 Butterfly lup 2down
 {3 x 100 on 1:55 Freestyle
 {4 x 25 on :30 Butterfly lup 3down
 {1 x 150 on 4:00 Closed Fist Freestyle
 9:29 AM 4,900 Yards - Stress Value = 66

Workout #5669 - Thursday, 24 July 2008

Group 3 - Breast

1 minute rest between sets

7:00 AM 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
 1,200 3x{1 x 150 on 2:45 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :45 Sprint Kick
 1,600 1x{1 x 400 on 5:30 Pulls w/snorkel?
 {1 x 400 on 5:20 Pulls w/snorkel?
 {1 x 400 on 5:10 Pulls w/snorkel
 {1 x 400 on 5:00 Pulls w/snorkel
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 2x{4 x 25 on :45 Breast TO drill w/fins
 {6 x 50 on :50 Brst-odds 2X pullouts on start
 { evens 2X pullouts on turn
 {4 x 100 on 1:30 75 breast 25 free
 { descend 1-3, hold #4 as fast as #3
 {3 x 50 on 1:00 Breaststroke-100%
 {1 x 50 on 2:00 50 EZ free/put fins on
 500 5 x 100 on 2:00 Stroke Drills
 9:31 AM 6,050 Yards - Stress Value = 91

Workout #5673 - Thursday, 24 July 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM 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
 400 1x{1 x 150 on 2:45 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :45 Sprint Kick
 800 1x{1 x 400 on 5:30 Pulls w/snorkel?
 {1 x 400 on 5:20 Pulls w/snorkel?
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{4 x 25 on :45 Breast TO drill w/fins
 {6 x 50 on :50 Brst-odds 2X pullouts on start
 {evens 2X pullouts on turn
 {4 x 100 on 1:30 75 breast 25 free
 {descend 1-3, hold #4 as fast as #3
 {3 x 50 on 1:00 Breaststroke-100%
 {1 x 50 on 2:00 50 EZ free/put fins on
 500 5 x 100 on 2:00 Stroke Drills
 8:43 AM 3,350 Yards - Stress Value = 45

Workout #5670 - Thursday, 24 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 1,125 3x{1 x 150 on 3:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {3 x 25 on :45 Sprint kick
 1,400 1x{1 x 400 on 6:00 Pulls w/snorkel?
 {1 x 400 on 5:55 Pulls w/snorkel?
 {1 x 400 on 5:50 Pulls w/workel?
 {1 x 200 on 2:50 Pulls w/snorkel?
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{4 x 25 on :45 Breast TO drill w/fins
 {6 x 50 on :55 Brst-odds 2X pullouts on start
 {evens 2X pullouts on turn
 {4 x 100 on 1:45 75 breast 25 free
 {descend 1-3, hold #4 as fast as #3
 {1 x 50 on 1:00 Breaststroke-100%
 {1 x 50 on 2:00 50 EZ free/put fins on
 500 5 x 100 on 2:00 Stroke Drills
 9:30 AM 5,575 Yards - Stress Value = 75

Workout #5671 - Thursday, 24 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,050 3x{1 x 150 on 3:20 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:00 Kick
 {2 x 25 on :45 Sprint kick
 1,250 1x{1 x 400 on 6:40 Pulls w/snorkel?

{1 x 400 on 6:35 Pulls w/snorkel?
 {1 x 400 on 6:30 Pulls w/workel?
 {1 x 50 on :50 Pulls w/snorkel?
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 2x{4 x 25 on :45 Breast TO drill w/fins
 {6 x 50 on 1:05 Brst-odds 2X pullouts on star
 {evens 2X pullouts on turn
 {4 x 100 on 2:00 75 breast 25 free
 {descend 1-3, hold #4 as fast as #3
 {1 x 50 on 1:30 Free EZ/put fins on
 500 5 x 100 on 2:00 Stroke Drills
 9:30 AM 5,200 Yards - Stress Value = 66

Workout #5672 - Thursday, 24 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,050 3x{1 x 150 on 3:40 Kick
 {1 x 100 on 2:25 Kick
 {2 x 50 on 1:10 Kick
 {Third set only do 1 X 50
 1,150 1x{1 x 400 on 7:10 Pulls w/snorkel?
 {1 x 400 on 7:05 Pulls w/snorkel?
 {1 x 350 on 6:00 Pulls w/workel?
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 2x{4 x 25 on :45 Breast TO drill w/fins
 {6 x 50 on 1:15 Brst-odds 2X pullouts on star
 {evens 2X pullouts on turn
 {3 x 100 on 2:15 75 breast 25 free
 {descend 1-3,
 {1 x 50 on 1:30 Free EZ/put fins on
 500 5 x 100 on 2:00 Stroke Drills
 9:32 AM 4,900 Yards - Stress Value = 62

Workout #5674 - Monday, 28 July 2008

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 3x{8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 1,800 1x{1 x 225 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 225 on 3:05 Pulls-nbbf&w + 2 yds
 {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
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 350 7 x 50 on 1:00 Stroke Drills
 9:30 AM 6,500 Yards - Stress Value = 102

Workout #5678 - Monday, 28 July 2008

Group 3 - Taper 1

1 minute rest between sets

8:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 1x{8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 650 1x{1 x 225 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 225 on 3:05 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:40 Pulls-nbbf&w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{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
 600 12 x 50 on 1:00 Stroke Drills
 9:29 AM 3,400 Yards - Stress Value = 33

Workout #5677 - Monday, 28 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description

=====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,350 3x{8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :50 Kick
 1,600 1x{1 x 200 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 200 on 3:05 Pulls-nbbf&w + 2 yds
 {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 200 on 2:45 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:40 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:35 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 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
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 6,000 Yards - Stress Value = 97

Workout #5675 - Monday, 28 July 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,350 3x{8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on :50 Kick
 1,400 1x{1 x 175 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 175 on 3:05 Pulls-nbbf&w + 2 yds
 {1 x 175 on 3:00 Pulls-nbbf&w + 2 yds
 {1 x 175 on 2:55 Pulls-nbbf&w + 2 yds
 {1 x 175 on 2:50 Pulls-nbbf&w + 2 yds
 {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds
 {1 x 175 on 2:40 Pulls-nbbf&w + 2 yds
 {1 x 175 on 2:35 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 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
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 5,600 Yards - Stress Value = 93

Workout #5676 - Monday, 28 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 3x{8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:20 Kick
 1,200 1x{1 x 150 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 150 on 3:05 Pulls-nbbf&w + 2 yds
 {1 x 150 on 3:00 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:55 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:50 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:45 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:40 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:35 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{6 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:45 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 4,950 Yards - Stress Value = 83

Workout #5679 - Tuesday, 29 July 2008

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,500 4x{1 x 125 on 2:30 Kick-worst stroke
 {1 x 125 on 2:20 Kick-2nd best stroke
 {1 x 125 on 2:10 Kick-best stroke
 2,000 1x{1 x 300 on 4:00 Pulls
 {2 x 250 on 3:20 Pulls
 {3 x 200 on 2:40 Pulls
 {4 x 150 on 2:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{4 x 125 on 1:50 Backstroke
 {3 x 50 on :45 Backstroke-descend
 {3 x 125 on 1:50 Backstroke
 {4 x 50 on :45 Back-desc 1-3, 4 fast
 {2 x 125 on 1:50 Backstroke
 {5 x 50 on :45 Back-desc 1-3, 4&5 fast
 {1 x 125 on 1:50 Backstroke
 {6 x 50 on :45 Back-desc 1-3, 4,5,6 fast
 250 1 x 250 on 5:00 Stroke Drills
 9:29 AM 6,650 Yards - Stress Value = 78

Workout #5683 - Tuesday, 29 July 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters

500 1x{1 x 125 on 2:30 Kick-worst stroke
 {1 x 125 on 2:20 Kick-2nd best stroke
 {2 x 125 on 2:10 Kick-best stroke
 600 1x{1 x 250 on 3:20 Pulls
 {1 x 200 on 2:40 Pulls
 {1 x 150 on 2:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,575 1x{4 x 125 on 1:50 Backstroke
 {3 x 50 on :45 Backstroke-descend
 {3 x 125 on 1:50 Backstroke
 {3 x 50 on :45 Back-desc 1-3
 {2 x 125 on 1:50 Backstroke
 {3 x 50 on :45 Back-desc 1-3
 225 1 x 225 on 5:00 Stroke Drills
 8:41 AM 3,550 Yards - Stress Value = 41

Workout #5680 - Tuesday, 29 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,300 4x{1 x 125 on 2:45 Kick-worst stroke
 {1 x 100 on 2:10 Kick-2nd best stroke
 {1 x 100 on 2:00 Kick-best stroke
 1,800 1x{1 x 300 on 4:30 Pulls
 {2 x 250 on 3:45 Pulls
 {3 x 200 on 3:00 Pulls
 {4 x 100 on 1:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{4 x 125 on 2:05 Backstroke
 {3 x 50 on :55 Backstroke-descend
 {3 x 125 on 2:05 Backstroke
 {4 x 50 on :55 Back-desc 1-3, 4 fast
 {2 x 125 on 2:05 Backstroke
 {5 x 50 on :55 Back-desc 1-3, 4&5 fast
 {1 x 125 on 2:05 Backstroke
 250 1 x 250 on 5:00 Stroke Drills
 9:29 AM 5,950 Yards - Stress Value = 68

Workout #5681 - Tuesday, 29 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 125 on 2:55 Kick-worst stroke
 {1 x 125 on 2:45 Kick-2nd best stroke
 {1 x 50 on 1:05 Kick-best stroke
 1,600 1x{1 x 300 on 4:50 Pulls
 {2 x 250 on 4:05 Pulls
 {3 x 200 on 3:15 Pulls
 {2 x 100 on 1:40 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,675 1x{4 x 125 on 2:15 Backstroke
 {3 x 50 on 1:05 Backstroke-descend
 {3 x 125 on 2:15 Backstroke
 {4 x 50 on 1:05 Back-desc 1-3, 4 fast
 {2 x 125 on 2:15 Backstroke
 {4 x 50 on 1:05 Back-desc 1-3, 4 fast
 225 1 x 225 on 5:00 Stroke Drills
 9:29 AM 5,400 Yards - Stress Value = 63

Workout #5682 - Tuesday, 29 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Scooter Boards/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 100 on 2:30 Kick-worst stroke
 {1 x 100 on 2:20 Kick-2nd best stroke
 {1 x 100 on 2:10 Kick-best stroke
 1,450 1x{1 x 300 on 5:30 Pulls
 {2 x 250 on 4:35 Pulls
 {3 x 200 on 3:40 Pulls
 {1 x 50 on :55 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{4 x 100 on 2:15 Backstroke
 {3 x 50 on 1:15 Backstroke-descend
 {3 x 100 on 2:15 Backstroke
 {4 x 50 on 1:15 Back-desc 1-3, 4 fast
 {2 x 100 on 2:15 Backstroke
 {2 x 50 on 1:15 Back-both fast
 250 1 x 250 on 5:00 Stroke Drills
 9:29 AM 4,900 Yards - Stress Value = 56

Workout #5684 - Tuesday, 29 July 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 1,025 1x{1 x 200 on 4:00 Stroke Drills
 {4 x 75 on 1:20 2bk-4bk-6bk by 25's
 {6 x 50 on :50 Freestyle-descend in 3's
 {9 x 25 on :40 1-8 IM order build #9 fr no br
 280 14 x 20 on :45 Cross pool sprints
 125 5 x 25 on :50 Sculling drills
 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 Freestyle
 6:30 PM 2,930 Yards - Stress Value = 29

Workout #5685 - Wednesday, 30 July 2008

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,500 15 x 100 on 1:45 Kick-odds fast
 1,500 1x{6 x 100 on 1:25 Lungbuster pulls
 {5 x 100 on 1:20 Lungbuster pulls
 {4 x 100 on 1:15 Lungbuster pulls
 { Odds breathe 3-5-7-9, evens 2-4-6-8 continu
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 5:00 Stroke Drills
 9:30 AM 5,600 Yards - Stress Value = 89

Workout #5689 - Wednesday, 30 July 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 1:45 Kick-odds fast
 600 1x{2 x 100 on 1:25 Lungbuster pulls
 {2 x 100 on 1:20 Lungbuster pulls
 {2 x 100 on 1:15 Lungbuster pulls
 { Odds breathe 3-5-7-9, evens 2-4-6-8 continu
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 6x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 500 10 x 50 on 1:00 Stroke Drills
 8:51 AM 3,450 Yards - Stress Value = 48

Workout #5686 - Wednesday, 30 July 2008

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,300 13 x 100 on 2:00 Kick-odds fast
 1,400 1x{6 x 100 on 1:35 Lungbuster pulls
 {4 x 100 on 1:30 Lungbuster pulls
 {4 x 100 on 1:25 Lungbuster pulls
 { Odds breathe 3-5-7-9, evens 2-4-6-8 continu
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 5:00 Stroke Drills
 9:30 AM 5,300 Yards - Stress Value = 84

Workout #5687 - Wednesday, 30 July 2008

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:15 Kick-odds fast
 1,200 1x{4 x 100 on 1:45 Lungbuster pulls
 {4 x 100 on 1:40 Lungbuster pulls
 {4 x 100 on 1:35 Lungbuster pulls
 { Odds breathe 3-5-7-9, evens 2-4-6-8 continu
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :30 1-3, 5-7 fly, 4&8 free
 {1 on 1:00 Rest
 250 1 x 250 on 5:00 Stroke Drills
 9:29 AM 4,950 Yards - Stress Value = 80

Workout #5688 - Wednesday, 30 July 2008

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:25 Kick-odds fast
 1,100 1x{4 x 100 on 1:55 Lungbuster pulls
 {4 x 100 on 1:50 Lungbuster pulls
 {3 x 100 on 1:45 Lungbuster pulls
 { Odds breathe 3-5-7-9, evens 2-4-6-8 continu
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :30 Odds free evens fly
 {1 on 1:00 Rest
 250 1 x 250 on 5:00 Stroke Drills
 9:30 AM 4,700 Yards - Stress Value = 76

Workout #5691 - Thursday, 31 July 2008

Group 3 - All

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 800 1 x 800 on 13:00 200 und wtr trn dr/200 skps
 150 10 x 15 on :45 Shooters
 750 6 x 125 on 2:30 Kick
 500 1 x 500 on 7:30 Pulls-nbbf&w
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 200 1 x 200 on 15:00 Time Trials
 500 10 x 50 on 1:00 Stroke Drills
 8:51 AM 3,100 Yards - Stress Value = 41

Workout #5690 - Thursday, 31 July 2008

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters

500 1x{4 x 25 on :45 Kick no board B---
 {3 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board -S--
 {3 x 50 on :55 Kick-descend
 400 8 x 50 on 1:10 Breast Pull-No Dolphin Kickir
 100 2x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 {1 x 25 on :50 Sculling drills
 1,500 1x{1 x 100 on 1:30 25 breast 75 free
 {2 x 125 on 2:00 50 breast 75 free
 {3 x 150 on 2:30 75 breast 75 free
 {4 x 175 on 3:00 100 breast 75 free
 500 10 x 50 on 1:00 Stroke Drills
 8:51 AM 3,550 Yards - Stress Value = 35

Workout #5693 - Thursday, 31 July 2008

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching
 500 10 x 50 on 1:00 Stroke Drills
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 5:00 Individual Medley
 300 1 x 300 on 5:00 Stroke Drills
 400 1 x 400 on 35:00 Stroke Relays
 500 10 x 50 on 1:00 Stroke Drills
 6:31 PM 2,000 Yards - Stress Value = 44

Workout #5692 - Friday, 01 August 2008

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 400 1x{8 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:00 Social Kick
 450 1x{3 x 50 on :50 Pulls-nbbf&w + 2 yds
 {3 x 50 on :45 Pulls-nbbf&w + 2 yds
 {3 x 50 on :40 Pulls-nbbf&w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 2x{1 x 200 on 3:15 25fl25fr50fly50fr25fly25fr
 {1 x 100 on 1:35 Individual Medley
 {1 x 100 on 1:30 Individual Medley
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:20 Individual Medley
 {3 x 25 on :40 12.5 yd underwater12.5ez free
 600 6 x 100 on 2:00 Stroke Drills
 8:46 AM 3,450 Yards - Stress Value = 36

Workout #5694 - Tuesday, 02 September 2008

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 6 min abs/team mtg
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 2x{1 x 50 on :55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 150 on 2:45 Kick
 600 12 x 50 on :50 Pulls-nbbf&w
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 4 x 250 on 3:30 3:00 swims :30 sec rest
 200 1 x 200 on 4:00 Stroke Drills
 1 on 7:00 Team Game
 5:00 PM 3,050 Yards - Stress Value = 28

Workout #5695 - Tuesday, 02 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 6 min abs/team mtg
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 2x{1 x 50 on 1:00 Kick
 { Only do the 50 on the first set
 {1 x 100 on 2:00 Kick
 {1 x 150 on 3:00 Kick
 500 10 x 50 on :55 Pulls-nbbf&w
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 4 x 225 on 3:30 3:00 swims :30 sec rest
 200 1 x 200 on 4:00 Stroke Drills
 1 on 7:00 Team Game
 5:01 PM 2,800 Yards - Stress Value = 26

Workout #5696 - Tuesday, 02 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 6 min abs/team mtg
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 2x{1 x 50 on 1:05 Kick
 {2 x 100 on 2:10 Kick
 500 10 x 50 on 1:00 Pulls-nbbf&w
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 4 x 200 on 3:30 3:00 swims :30 sec rest
 200 1 x 200 on 4:00 Stroke Drills
 1 on 7:00 Team Game
 5:00 PM 2,550 Yards - Stress Value = 24

Workout #5697 - Tuesday, 02 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 6 min abs/team mtg
 250 1 x 250 on 7:00 Swim-kick-pull-swim

150 10 x 15 on :45 Shooters
 450 2x{1 x 50 on 1:10 Kick
 {1 x 75 on 1:45 Kick
 {1 x 100 on 2:20 Kick
 400 8 x 50 on 1:10 Pulls-nbbf&w
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 4 x 175 on 3:30 3:00 swims :30 sec rest
 200 1 x 200 on 4:00 Stroke Drills
 1 on 7:00 Team Game
 5:00 PM 2,250 Yards - Stress Value = 22

Workout #5698 - Wednesday, 03 September 2008

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 600 2x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :55 Kick
 500 1x{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
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 2x{4 x 100 on 1:30 Freestyle on 10 sec rest
 {1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 1 on 8:00 Team Game
 5:00 PM 2,750 Yards - Stress Value = 31

Workout #5699 - Wednesday, 03 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Physio Balls/Stretch/Tm Mtg
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 600 2x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:00 Kick
 450 1x{1 x 125 on 2:00 Lungbuster pulls
 {1 x 125 on 1:55 Lungbuster pulls
 {1 x 100 on 1:30 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 2x{4 x 100 on 1:35 Freestyle on 10 sec rest
 {1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 1 on 8:00 Team Game
 5:01 PM 2,650 Yards - Stress Value = 31

Workout #5700 - Wednesday, 03 September 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| ===== | ===== |
| | 1 on 20:00 Physio Balls/Stretch/Tm Mtg |
| 300 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 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 |
| 400 | 1x{1 x 100 on 1:50 Lungbuster pulls {1 x 100 on 1:45 Lungbuster pulls {1 x 100 on 1:40 Lungbuster pulls {1 x 100 on 1:35 Lungbuster pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 600 | 2x{3 x 100 on 1:45 Freestyle on 10 sec rest {1 on 1:00 Rest |
| 200 | 1 x 200 on 4:00 Stroke Drills 1 on 8:00 Team Game |
| 4:59 PM | 2,250 Yards - Stress Value = 27 |

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| ===== | ===== |
| | 1 on 20:00 Stomach and Stretch/Tm Mtg |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{2 x 125 on 2:40 Kick {2 x 100 on 2:05 Kick {2 x 50 on 1:00 Kick |
| 550 | 1x{1 x 150 on 2:25 Pull no br L.10 yds {1 x 150 on 2:20 Pull no br L.10 yds {1 x 150 on 2:15 Pull no br L.10 yds {1 x 100 on 1:30 Pull no br L.10 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 250 | 1 x 250 on 20:00 Killer Relays |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 5:01 PM | 2,250 Yards - Stress Value = 45 |

Workout #5704 - Thursday, 04 September 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| ===== | ===== |
| | 1 on 20:00 Physio Balls/Stretch/Tm Mtg |
| 250 | 1 x 250 on 7:00 Free L.25 of each 100 non fr |
| 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 |
| 350 | 1x{1 x 100 on 2:00 Lungbuster pulls {1 x 100 on 1:55 Lungbuster pulls {1 x 100 on 1:50 Lungbuster pulls {1 x 50 on 1:00 Lungbuster pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 600 | 2x{3 x 100 on 2:00 Freestyle on 10 sec rest {1 on 1:00 Rest |
| 200 | 1 x 200 on 4:00 Stroke Drills 1 on 8:00 Team Game |
| 5:00 PM | 2,150 Yards - Stress Value = 26 |

3:30 PM Start

| Yards | Set Description |
|---------|--|
| ===== | ===== |
| | 1 on 20:00 Stomach and Stretch/Tm Mtg |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{2 x 125 on 2:50 Kick {2 x 100 on 2:10 Kick {1 x 50 on 1:05 Kick |
| 500 | 1x{1 x 150 on 2:40 Pull no br L.10 yds {1 x 150 on 2:35 Pull no br L.10 yds {1 x 150 on 2:30 Pull no br L.10 yds {1 x 50 on :50 Pull no br L.10 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 250 | 1 x 250 on 20:00 Killer Relays |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 5:01 PM | 2,100 Yards - Stress Value = 43 |

Workout #5705 - Thursday, 04 September 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| ===== | ===== |
| | 1 on 20:00 Stomach and Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 125 on 2:20 Kick {2 x 100 on 1:50 Kick {2 x 75 on 1:25 Kick |
| 600 | 1x{1 x 150 on 2:10 Pull no br L.10 yds {1 x 150 on 2:05 Pull no br L.10 yds {1 x 150 on 2:00 Pull no br L.10 yds {1 x 150 on 1:55 Pull no br L.10 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 250 | 1 x 250 on 20:00 Killer Relays |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 5:01 PM | 2,400 Yards - Stress Value = 47 |

3:30 PM Start

| Yards | Set Description |
|---------|--|
| ===== | ===== |
| | 1 on 20:00 Stomach and Stretch/Tm Mtg |
| 250 | 1 x 250 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{2 x 125 on 3:00 Kick {2 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick |
| 450 | 1x{1 x 150 on 2:50 Pull no br L.10 yds {1 x 150 on 2:45 Pull no br L.10 yds {1 x 150 on 2:40 Pull no br L.10 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 250 | 1 x 250 on 20:00 Killer Relays |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 5:01 PM | 2,000 Yards - Stress Value = 43 |

Workout #5703 - Thursday, 04 September 2008

Workout #5706 - Monday, 08 September 2008

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Dryland and stretch/Tm mtg
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 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
 {1 x 100 on 1:40 Kick
 700 1x{1 x 150 on 2:00 Pull no br L.12 yds
 {2 x 125 on 1:40 Pull no br L.12 yds
 {3 x 100 on 1:20 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 5 x 400 on 5:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 4,300 Yards - Stress Value = 66

Workout #5709 - Monday, 08 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Dryland and stretch/Tm mtg
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 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 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 550 1x{3 x 100 on 1:45 Pull no br L.12 yds
 {2 x 75 on 1:15 Pull no br L.12 yds
 {2 x 50 on :55 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{3 x 400 on 7:30 Freestyle
 {1 x 200 on 3:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 3,350 Yards - Stress Value = 52

Workout #5707 - Monday, 08 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Dryland and stretch/Tm mtg
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 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 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on :55 Kick
 650 1x{2 x 125 on 1:50 Pull no br L.12 yds
 {3 x 100 on 1:30 Pull no br L.12 yds
 {2 x 50 on :45 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{4 x 400 on 5:45 Freestyle
 {1 x 200 on 2:50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 4,000 Yards - Stress Value = 60

Workout #5710 - Tuesday, 09 September 2008

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 4x{1 x 100 on 1:40 Kick
 {1 x 100 on 2:00 Kick
 750 1x{1 x 250 on 3:25 Pulls
 {1 x 250 on 3:20 Pulls
 {1 x 250 on 3:15 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{2 x 100 on 1:30 Backstroke
 {2 x 50 on 1:00 Stroke Drills
 {2 x 100 on 1:25 Backstroke
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:20 Backstroke
 {2 x 50 on 1:00 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 4,200 Yards - Stress Value = 40

Workout #5708 - Monday, 08 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Dryland and stretch/Tm mtg
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 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
 {2 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 550 1x{2 x 125 on 2:10 Pull no br L.12 yds
 {3 x 100 on 1:45 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{4 x 400 on 6:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 3,600 Yards - Stress Value = 54

Workout #5711 - Tuesday, 09 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 25:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 4x{1 x 100 on 1:55 Kick {1 x 100 on 2:10 Kick { Only do 7 100's |
| 650 | 1x{1 x 250 on 3:45 Pulls {1 x 250 on 3:40 Pulls {1 x 150 on 2:10 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,700 | 2x{2 x 100 on 1:40 Backstroke {2 x 50 on 1:00 Stroke Drills {2 x 100 on 1:35 Backstroke {2 x 50 on 1:00 Backstroke {2 x 100 on 1:30 Backstroke {1 x 50 on 1:00 Backstroke |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:18 PM 4,000 Yards - Stress Value = 40 |

Workout #5712 - Tuesday, 09 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 25:00 Physio Balls/Stretch/Tm Mtg |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 3x{1 x 100 on 2:05 Kick {1 x 100 on 2:20 Kick |
| 550 | 1x{1 x 200 on 3:30 Pulls {1 x 200 on 3:25 Pulls {1 x 150 on 2:30 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 2x{2 x 100 on 1:55 Backstroke {2 x 50 on 1:00 Stroke Drills {2 x 100 on 1:50 Backstroke {2 x 50 on 1:00 Backstroke {1 x 100 on 1:45 Backstroke {1 x 50 on 1:00 Backstroke |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 5:16 PM 3,450 Yards - Stress Value = 33 |

Workout #5713 - Tuesday, 09 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 Physio Balls/Stretch/Tm Mtg |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 3x{1 x 100 on 2:10 Kick {1 x 100 on 2:30 Kick |
| 500 | 1x{1 x 200 on 4:00 Pulls {1 x 150 on 2:55 Pulls {1 x 150 on 2:50 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,400 | 2x{2 x 100 on 2:05 Backstroke {2 x 50 on 1:00 Stroke Drills {2 x 100 on 2:00 Backstroke |

{1 x 50 on 1:00 Backstroke

{1 x 100 on 1:55 Backstroke

{1 x 50 on 1:00 Backstroke

200 1 x 200 on 4:00 Stroke Drills

5:16 PM 3,250 Yards - Stress Value = 33

Workout #5714 - Wednesday, 10 September 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 Stomach and Stretch/TM Mtg |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on :50 Kick {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 {1 x 150 on 2:30 Kick |
| 800 | 8 x 100 on 1:20 Lungbuster pulls breathe 3-5-7-5 by the 25 |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,450 | 1x{1 x 100 on 1:25 25 breast 75 free {3 x 50 on 1:00 Breast-descend {2 x 100 on 1:30 50 breast 50 free {3 x 50 on :55 Breast-descend {3 x 100 on 1:35 75 breast 25 free {3 x 50 on :50 Breast-descend {4 x 100 on 1:40 Breaststroke |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:16 PM 3,900 Yards - Stress Value = 60 |

Workout #5715 - Wednesday, 10 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 25:00 Stomach and Stretch/TM Mtg |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 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 |
| 700 | 7 x 100 on 1:30 Lungbuster pulls breathe 3-5-7-5 by the 25 |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{1 x 100 on 1:35 25 breast 75 free {3 x 50 on 1:05 Breast-descend {2 x 100 on 1:40 50 breast 50 free {3 x 50 on 1:00 Breast-descend {3 x 100 on 1:45 75 breast 25 free {3 x 50 on :55 Breast-descend {3 x 100 on 1:50 Breaststroke |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:16 PM 3,650 Yards - Stress Value = 56 |

Workout #5716 - Wednesday, 10 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch/TM Mtg
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:05 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 50 on 1:05 Kick
 600 6 x 100 on 1:40 Lungbuster pulls
 breathe 3-5-7-5 by the 25
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{1 x 100 on 1:45 25 breast 75 free
 {3 x 50 on 1:10 Breast-descend
 {2 x 100 on 1:50 50 breast 50 free
 {3 x 50 on 1:05 Breast-descend
 {3 x 100 on 1:55 75 breast 25 free
 {3 x 50 on 1:00 Breast-descend
 {2 x 100 on 2:00 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,350 Yards - Stress Value = 52

Workout #5717 - Wednesday, 10 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach and Stretch/TM Mtg
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:10 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
 600 6 x 100 on 1:50 Lungbuster pulls
 breathe 3-5-7-5 by the 25
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{1 x 100 on 1:55 25 breast 75 free
 {3 x 50 on 1:15 Breast-descend
 {2 x 100 on 2:00 50 breast 50 free
 {3 x 50 on 1:10 Breast-descend
 {3 x 100 on 2:05 75 breast 25 free
 {3 x 50 on 1:05 Breast-descend
 {1 x 100 on 2:10 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,150 Yards - Stress Value = 49

Workout #5718 - Thursday, 11 September 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch/TM Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 750 1x{1 x 125 on 2:20 Kick
 {1 x 125 on 2:15 Kick
 {1 x 125 on 2:10 Kick
 {1 x 125 on 2:05 Kick

{1 x 125 on 2:00 Kick
 {1 x 125 on 1:55 Kick
 1,000 1x{1 x 300 on 4:00 Pulls
 {1 x 200 on 2:40 Pulls
 {1 x 100 on 1:20 Pulls
 {8 x 50 on :45 Pulls-nbbf&w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4x{1 x 25 on :30 Fly 2-2
 {1 x 50 on :55 Fly 2-2,2-3 by 25
 {1 x 75 on 1:20 Fly 2-2, 2-3,2-4 by 25
 {1 x 100 on 1:15 Freestyle
 {4 x 25 on :25 Butterfly
 {1 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 4,250 Yards - Stress Value = 51

Workout #5719 - Thursday, 11 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch/TM Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 650 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 1:50 Kick
 {1 x 50 on :55 Kick
 900 1x{1 x 300 on 4:25 Pulls
 {1 x 200 on 2:55 Pulls
 {1 x 100 on 1:25 Pulls
 {6 x 50 on :50 Pulls-nbbf&w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 4x{1 x 25 on :30 Fly 2-2
 {1 x 50 on 1:00 Fly 2-2,2-3 by 25
 {1 x 75 on 1:30 Fly 2-2, 2-3,2-4 by 25
 {1 x 100 on 1:25 Freestyle
 {2 x 25 on :30 Butterfly
 {1 x 50 on :55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 3,850 Yards - Stress Value = 45

Workout #5720 - Thursday, 11 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| | 1 on 25:00 Physio Balls/Stretch/TM Mtg |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 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 2:10 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick |
| 800 | 1x{1 x 300 on 5:00 Pulls {1 x 200 on 3:20 Pulls {1 x 100 on 1:40 Pulls {4 x 50 on :55 Pulls-nbbf&w + 2 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 3x{1 x 25 on :30 Fly 2-2 {1 x 50 on 1:05 Fly 2-2,2-3 by 25 {1 x 75 on 1:40 Fly 2-2, 2-3,2-4 by 25 {1 x 100 on 1:35 Freestyle {4 x 25 on :35 Butterfly {1 x 50 on 1:00 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:16 PM 3,450 Yards - Stress Value = 44 | |

Workout #5721 - Thursday, 11 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| | 1 on 25:00 Physio Balls/Stretch/TM Mtg |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 75 on 1:40 Kick {1 x 75 on 1:35 Kick |
| 750 | 1x{1 x 300 on 5:30 Pulls {1 x 200 on 3:40 Pulls {1 x 100 on 1:50 Pulls {3 x 50 on 1:00 Pulls-nbbf&w + 2 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,050 | 3x{1 x 25 on :40 Fly 2-2 {1 x 50 on 1:15 Fly 2-2,2-3 by 25 {1 x 75 on 1:50 Fly 2-2, 2-3,2-4 by 25 {1 x 100 on 1:45 Freestyle {2 x 25 on :40 Butterfly {1 x 50 on 1:10 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:15 PM 3,150 Yards - Stress Value = 41 | |

Workout #5722 - Monday, 15 September 2008

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---------------------------------------|
| | 1 on 25:00 Dryland and stretch/Tm mtg |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 2x{1 x 100 on 1:30 Kick |

| | |
|---|--|
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:25 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:20 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| 1,050 | 1x{6 x 75 on 1:05 Pull no br L.12 yds {4 x 75 on 1:00 Pull no br L.12 yds {4 x 75 on :55 Pull no br L.12 yds |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 1x{1 x 500 on 6:45 Freestyle Even Pace {1 x 500 on 6:45 Freestyle-Neg Split {1 x 500 on 6:45 Freestyle-descend by 100's { All 3 swims should be the same time |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 5:30 PM 4,750 Yards - Stress Value = 84 | |

Workout #5723 - Monday, 15 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|---|
| | 1 on 25:00 Dryland and stretch/Tm mtg |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 2x{1 x 100 on 1:55 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {2 x 25 on :45 Kick no board BS/LR |
| 1,000 | 1x{6 x 75 on 1:10 Pull no br L.12 yds {4 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 50 on :40 Pull no br L.12 yds |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{1 x 450 on 6:45 Freestyle Even Pace {1 x 450 on 6:45 Freestyle-Neg Split {1 x 450 on 6:45 Freestyle-descend by 100's { All 3 swims should be the same time |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 5:29 PM 4,450 Yards - Stress Value = 78 | |

Workout #5724 - Monday, 15 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Dryland and stretch/Tm mtg
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 2x{1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 {2 x 25 on :45 Kick no board BS/LR
 900 1x{4 x 75 on 1:20 Pull no br L.12 yds
 {4 x 75 on 1:15 Pull no br L.12 yds
 {4 x 75 on 1:10 Pull no br L.12 yds
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 400 on 6:45 Freestyle Even Pace
 {1 x 400 on 6:45 Freestyle-Neg Split
 {1 x 400 on 6:45 Freestyle-descend by 100's
 { All 3 swims should be the same time
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,150 Yards - Stress Value = 75

Workout #5725 - Monday, 15 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Dryland and stretch/Tm mtg
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 2x{1 x 100 on 2:10 Kick
 {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
 {1 x 50 on 1:00 Kick
 {2 x 25 on :45 Kick no board BS/LR
 800 1x{4 x 75 on 1:25 Pull no br L.12 yds
 {4 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 50 on :50 Pull no br L.12 yds
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,050 1x{1 x 350 on 6:45 Freestyle Even Pace
 {1 x 350 on 6:45 Freestyle-Neg Split
 {1 x 350 on 6:45 Freestyle-descend by 100's
 { All 3 swims should be the same time
 300 6 x 50 on 1:00 Stroke Drills
 5:29 PM 3,800 Yards - Stress Value = 68

Workout #5726 - Tuesday, 16 September 2008

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{3 x 100 on 1:45 Kick
 {3 x 50 on 1:00 Kick
 {2 x 100 on 1:40 Kick
 {2 x 50 on 1:00 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on 1:00 Kick

1,400 1x{1 x 300 on 4:00 Pulls
 {2 x 250 on 3:15 Pulls
 {3 x 200 on 2:30 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 2x{1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {4 x 25 on :30 Backstroke 12yds under water
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 3:30 Backstroke for time
 200 1 x 200 on 3:00 Stroke Drills
 5:31 PM 4,900 Yards - Stress Value = 101

Workout #5727 - Tuesday, 16 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 1x{3 x 100 on 2:00 Kick
 {3 x 50 on 1:05 Kick
 {2 x 100 on 1:55 Kick
 {1 x 50 on 1:05 Kick
 {1 x 100 on 1:50 Kick
 1,250 1x{1 x 300 on 4:15 Pulls
 {2 x 250 on 3:30 Pulls
 {2 x 200 on 2:50 Pulls
 {1 x 50 on :40 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 2x{1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {4 x 25 on :35 Backstroke 12yds under water
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on 1:00 Freestyle
 {1 x 200 on 4:00 Backstroke for time
 200 1 x 200 on 3:00 Stroke Drills
 5:31 PM 4,450 Yards - Stress Value = 95

Workout #5728 - Tuesday, 16 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Balls/Stretch/Tm Mtg |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{3 x 100 on 2:10 Kick {2 x 50 on 1:10 Kick {2 x 100 on 2:05 Kick {1 x 50 on 1:10 Kick {1 x 100 on 2:00 Kick |
| 1,000 | 1x{1 x 300 on 5:00 Pulls {2 x 250 on 4:10 Pulls {1 x 200 on 3:20 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,400 | 2x{1 x 100 on 1:50 Backstroke {1 x 100 on 1:45 Backstroke {1 x 100 on 1:40 Backstroke {4 x 25 on :40 Backstroke 12yds under water {1 x 50 on :55 Backstroke-build {1 x 50 on 1:00 Freestyle {1 x 200 on 4:00 Backstroke for time |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:31 PM 4,000 Yards - Stress Value = 88 |

Workout #5729 - Tuesday, 16 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Balls/Stretch/Tm Mtg |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{3 x 100 on 2:20 Kick {1 x 50 on 1:15 Kick {2 x 100 on 2:15 Kick {1 x 50 on 1:15 Kick {1 x 100 on 2:10 Kick |
| 950 | 1x{1 x 300 on 5:30 Pulls {1 x 250 on 4:35 Pulls {2 x 200 on 3:40 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,100 | 2x{1 x 100 on 2:05 Backstroke {1 x 100 on 2:00 Backstroke {1 x 100 on 1:55 Backstroke {4 x 25 on :45 Backstroke 12yds under water {1 x 50 on 1:00 Freestyle {1 x 100 on 3:00 Backstroke for time |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:30 PM 3,550 Yards - Stress Value = 67 |

Workout #5730 - Wednesday, 17 September 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 27:00 8 min abs/Stretch/Tm Mtg. |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :45 Kick {2 x 50 on :50 Kick {3 x 50 on :55 Kick |

| | |
|-------|---|
| 100 | 1 x 100 on 2:00 Kick for time |
| 900 | 1x{1 x 150 on 1:50 Lungbuster pulls {1 x 150 on 1:55 Lungbuster pulls {1 x 150 on 2:00 Lungbuster pulls {1 x 100 on 1:10 Lungbuster pulls {1 x 100 on 1:15 Lungbuster pulls {1 x 100 on 1:20 Lungbuster pulls {1 x 50 on :30 Lungbuster pulls {1 x 50 on :35 Lungbuster pulls {1 x 50 on :40 Lungbuster pulls { Breathe 3-5-7 continuous |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 2x{4 x 100 on 1:35 3 strokes fly off walls {3 x 100 on 1:30 3 strokes fly off walls {2 x 100 on 1:25 3 strokes fly off walls {1 x 100 on 1:20 3 strokes fly off walls {1 x 100 on 1:30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:30 PM 4,850 Yards - Stress Value = 86 |

Workout #5731 - Wednesday, 17 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 27:00 8 min abs/Stretch/Tm Mtg. |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :50 Kick {2 x 50 on :55 Kick {2 x 50 on 1:00 Kick |
| 100 | 1 x 100 on 2:30 Kick for time |
| 750 | 1x{1 x 150 on 2:05 Lungbuster pulls {1 x 150 on 2:10 Lungbuster pulls {1 x 150 on 2:15 Lungbuster pulls {1 x 100 on 1:20 Lungbuster pulls {1 x 100 on 1:25 Lungbuster pulls {1 x 100 on 1:30 Lungbuster pulls { Breathe 3-5-7 continuous |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 2x{4 x 100 on 1:45 3 strokes fly off walls {3 x 100 on 1:40 3 strokes fly off walls {2 x 100 on 1:35 3 strokes fly off walls {1 x 50 on 1:30 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:31 PM 4,350 Yards - Stress Value = 79 |

Workout #5732 - Wednesday, 17 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 27:00 8 min abs/Stretch/Tm Mtg. |
| 350 | 1 x 350 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on :55 Kick {2 x 50 on 1:00 Kick {2 x 50 on 1:05 Kick |
| 100 | 1 x 100 on 2:00 Kick for time |
| 600 | 1x{1 x 150 on 2:20 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls {1 x 100 on 2:30 Lungbuster pulls {1 x 100 on 1:35 Lungbuster pulls {1 x 100 on 1:40 Lungbuster pulls { Breathe 3-5-7 continuous |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,700 | 2x{4 x 100 on 1:55 3 strokes fly off walls {2 x 100 on 1:50 3 strokes fly off walls {2 x 100 on 1:45 3 strokes fly off walls {1 x 50 on 1:30 Freestyle |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 5:31 PM 3,950 Yards - Stress Value = 73 |

Workout #5733 - Wednesday, 17 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 27:00 8 min abs/Stretch/Tm Mtg. |
| 300 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:05 Kick {2 x 50 on 1:10 Kick {1 x 50 on 1:15 Kick |
| 100 | 1 x 100 on 2:30 Kick for time |
| 550 | 1x{1 x 150 on 2:40 Lungbuster pulls {1 x 150 on 2:45 Lungbuster pulls {1 x 100 on 1:50 Lungbuster pulls {1 x 100 on 1:55 Lungbuster pulls {1 x 50 on 1:00 Lungbuster pulls { Breathe 3-5-7 continuous |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 2x{3 x 100 on 2:10 3 strokes fly off walls {2 x 100 on 2:05 3 strokes fly off walls {2 x 100 on 2:00 3 strokes fly off walls {1 x 50 on 1:30 Freestyle |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 5:31 PM 3,550 Yards - Stress Value = 67 |

Workout #5734 - Thursday, 18 September 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{5 x 100 on 1:30 Kick {4 x 75 on 1:10 Kick {4 x 50 on :45 Kick |

| | |
|-------|---|
| 1,000 | 1x{4 x 50 on :35 Pulls {4 x 75 on :55 Pulls {5 x 100 on 1:10 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,750 | 1x{1 x 125 on 2:05 Breaststroke {3 x 50 on 1:00 Under water Brst/Sprint Free {1 x 100 on 1:30 Individual Medley {2 x 125 on 2:00 Breaststroke {3 x 50 on 1:00 Under water Brst/Sprint Free {1 x 100 on 1:25 Individual Medley {3 x 125 on 1:55 Breaststroke {3 x 50 on 1:00 Under water Brst/Sprint Free {1 x 100 on 1:20 Individual Medley {1 x 100 on 2:00 Freestyle {3 x 50 on 1:00 Breast-100% Effort |
| 300 | 1 x 300 on 5:00 Stroke Drills |
| | 5:30 PM 4,750 Yards - Stress Value = 87 |

Workout #5735 - Thursday, 18 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{5 x 100 on 1:50 Kick {4 x 75 on 1:25 Kick {1 x 50 on :55 Kick |
| 850 | 1x{5 x 50 on :40 Pulls {4 x 75 on 1:05 Pulls {3 x 100 on 1:20 Pulls |
| 150 | 3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{1 x 125 on 2:20 Breaststroke {2 x 50 on 1:00 Under water Brst/Sprint Free {1 x 100 on 1:40 Individual Medley {2 x 125 on 2:15 Breaststroke {3 x 50 on 1:00 Under water Brst/Sprint Free {1 x 100 on 1:35 Individual Medley {3 x 125 on 2:10 Breaststroke {2 x 50 on 1:00 Under water Brst/Sprint Free {1 x 100 on 1:30 Individual Medley {1 x 50 on 2:00 Freestyle {3 x 50 on 1:00 Breast-100% Effort |
| 300 | 1 x 300 on 5:00 Stroke Drills |
| | 5:30 PM 4,300 Yards - Stress Value = 79 |

Workout #5736 - Thursday, 18 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Tm Mtg
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 750 1x{3 x 100 on 2:00 Kick
 {4 x 75 on 1:35 Kick
 {3 x 50 on 1:00 Kick
 700 1x{2 x 50 on :50 Pulls
 {4 x 75 on 1:15 Pulls
 {3 x 100 on 1:35 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 100 on 2:05 Breaststroke
 {2 x 50 on 1:10 Under water Brst/Sprint Free
 {1 x 100 on 2:00 Individual Medley
 {2 x 100 on 2:00 Breaststroke
 {3 x 50 on 1:10 Under water Brst/Sprint Free
 {1 x 100 on 1:55 Individual Medley
 {3 x 100 on 1:55 Breaststroke
 {2 x 50 on 1:10 Under water Brst/Sprint Free
 {1 x 100 on 1:50 Individual Medley
 {1 x 50 on 2:00 Freestyle
 {3 x 50 on 1:00 Breast-100% Effort
 250 1 x 250 on 5:00 Stroke Drills
 5:30 PM 3,800 Yards - Stress Value = 72

Workout #5737 - Thursday, 18 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Tm Mtg
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 1x{4 x 100 on 2:10 Kick
 {2 x 75 on 1:40 Kick
 {3 x 50 on 1:05 Kick
 600 1x{2 x 50 on 1:00 Pulls
 {4 x 75 on 1:25 Pulls
 {2 x 100 on 1:50 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{1 x 100 on 2:20 Breaststroke
 {2 x 50 on 1:10 Under water Brst/Sprint Free
 {1 x 100 on 2:15 Individual Medley
 {2 x 100 on 2:15 Breaststroke
 {2 x 50 on 1:10 Under water Brst/Sprint Free
 {1 x 100 on 2:10 Individual Medley
 {3 x 100 on 2:10 Breaststroke
 {1 x 50 on 1:00 Under water Brst/Sprint Free
 {1 x 100 on 2:10 Individual Medley
 {1 x 50 on 2:00 Freestyle
 {3 x 50 on 1:00 Breast-100% Effort
 300 1 x 300 on 5:00 Stroke Drills
 5:30 PM 3,550 Yards - Stress Value = 66

Workout #5738 - Friday, 19 September 2008

Group 3 - Sprint

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch and Team Mtg
 320 1 x 320 on 8:00 25 swim 10 squats/15 swim 5

pushus/15 swim 10 squats/25 swim 5 crunches
 150 10 x 15 on :45 Spinners
 1,000 10 x 100 on 2:00 Challenge Kick Set w/fins!!
 400 8x{1 x 25 on :01 1/3 streamline kick, 1/3Tarzar
 { 1/3 Sprint no breath 5 seconds rest at 25
 {1 x 25 on 1:29 Kick no board BSLR
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 1:30 Freestyle-Descend to Ludicrc
 SPEED!!!
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 2,620 Yards - Stress Value = 80

Workout #5739 - Monday, 22 September 2008

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 150 on 2:00 Descend in sets of 3
 {1 x 100 on 1:30 Freestyle
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 3:20 Kick
 {1 x 175 on 2:55 Kick
 {1 x 150 on 2:30 Kick
 {1 x 125 on 2:05 Kick
 {1 x 100 on 1:40 Kick
 {1 x 75 on 1:15 Kick
 {1 x 50 on :50 Kick
 {1 x 25 on :25 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{6 x 150 on 2:00 Descend in sets of 3
 {1 x 100 on 1:30 Freestyle
 900 1x{1 x 225 on 3:00 Pull no br L.12 yds
 {1 x 225 on 2:55 Pull no br L.12 yds
 {1 x 225 on 2:50 Pull no br L.12 yds
 {1 x 225 on 2:45 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 6 x 150 on 2:00 Descend in sets of 3
 350 1 x 350 on 5:00 Stroke Drills
 5:45 PM 5,900 Yards - Stress Value = 202

Workout #5740 - Monday, 22 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 6 x 150 on 2:15 Descend in sets of 3
 850 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:00 Kick
 {1 x 175 on 3:25 Kick
 {1 x 150 on 2:55 Kick
 {1 x 125 on 2:25 Kick
 {1 x 100 on 1:55 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 6 x 150 on 2:15 Descend in sets of 3
 800 1x{1 x 200 on 3:00 Pull no br L.12 yds
 {1 x 200 on 2:55 Pull no br L.12 yds
 {1 x 200 on 2:50 Pull no br L.12 yds
 {1 x 200 on 2:45 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 6 x 150 on 2:15 Descend in sets of 3
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 5,300 Yards - Stress Value = 199

Workout #5741 - Monday, 22 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 6 x 125 on 2:15 Descend in sets of 3
 800 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:15 Kick
 {1 x 175 on 3:40 Kick
 {1 x 150 on 3:15 Kick
 {1 x 100 on 2:05 Kick
 {1 x 75 on 1:35 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 6 x 125 on 2:15 Descend in sets of 3
 700 1x{1 x 175 on 3:00 Pull no br L.12 yds
 {1 x 175 on 2:55 Pull no br L.12 yds
 {1 x 175 on 2:50 Pull no br L.12 yds
 {1 x 175 on 2:45 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 6 x 125 on 2:15 Descend in sets of 3
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 4,650 Yards - Stress Value = 172

Workout #5742 - Monday, 22 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 1x{6 x 100 on 2:00 Descend in sets of 3
 {1 x 50 on 1:30 Freestyle
 750 1x{4 x 25 on :45 Kick no board BSLR

{1 x 200 on 4:30 Kick
 {1 x 150 on 3:20 Kick
 {2 x 100 on 2:15 Kick
 {2 x 50 on 1:05 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 650 1x{6 x 100 on 2:00 Descend in sets of 3
 {1 x 50 on 1:30 Freestyle
 600 1x{1 x 150 on 3:00 Pull no br L.12 yds
 {1 x 150 on 2:55 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
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 2:00 Descend in sets of 3
 250 1 x 250 on 5:00 Stroke Drills
 5:45 PM 4,150 Yards - Stress Value = 140

Workout #5743 - Tuesday, 23 September 2008

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,500 2x{1 x 125 on 2:00 Kick with flippers
 {1 x 125 on 1:55 Kick with flippers
 {1 x 125 on 1:50 Kick with flippers
 {1 x 125 on 1:45 Kick with flippers
 {1 x 125 on 1:40 Kick with flippers
 {1 x 125 on 1:35 Kick with flippers
 1,900 1x{1 x 500 on 6:15 Pulls
 {2 x 400 on 5:00 Pulls
 {2 x 300 on 3:45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes
 {3 x 125 on 2:00 Backstroke
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes
 {3 x 100 on 1:35 Backstroke
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes
 {3 x 75 on 1:10 Backstroke
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes
 {3 x 50 on :45 Backstroke
 150 6 x 25 on 1:00 Backstroke-odds underwater
 evens 100% effort
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 5,850 Yards - Stress Value = 101

Workout #5744 - Tuesday, 23 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,350 2x{1 x 125 on 2:10 Kick with flippers
 {1 x 125 on 2:05 Kick with flippers
 {1 x 125 on 2:00 Kick with flippers
 {1 x 125 on 1:55 Kick with flippers
 {1 x 125 on 1:50 Kick with flippers
 {1 x 50 on :45 Kick with flippers
 1,700 1x{1 x 500 on 7:05 Pulls
 {2 x 400 on 5:40 Pulls
 {2 x 200 on 2:50 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes
 {3 x 125 on 2:10 Backstroke
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes
 {3 x 100 on 1:40 Backstroke
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes
 {3 x 75 on 1:15 Backstroke
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes
 150 6 x 25 on 1:00 Backstroke-odds underwater
 evens 100% effort
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 5,350 Yards - Stress Value = 91

Workout #5745 - Tuesday, 23 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Tm Mtg
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 2x{1 x 125 on 2:20 Kick with flippers
 {1 x 125 on 2:15 Kick with flippers
 {1 x 125 on 2:10 Kick with flippers
 {1 x 125 on 2:05 Kick with flippers
 {1 x 125 on 2:00 Kick with flippers
 1,500 1x{1 x 500 on 8:15 Pulls
 {1 x 400 on 6:40 Pulls
 {2 x 300 on 4:50 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{1 x 75 on 1:40 25L 25R 25 bathtub 8 strokes
 {2 x 125 on 2:20 Backstroke
 {1 x 75 on 1:40 25L 25R 25 bathtub 8 strokes
 {2 x 100 on 1:50 Backstroke
 {1 x 75 on 1:40 25L 25R 25 bathtub 8 strokes
 {2 x 75 on 1:20 Backstroke
 {1 x 75 on 1:40 25L 25R 25 bathtub 8 strokes
 {4 x 50 on :55 Backstroke
 150 6 x 25 on 1:00 Backstroke-odds underwater
 evens 100% effort
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 4,900 Yards - Stress Value = 86

Workout #5746 - Tuesday, 23 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====

1 on 30:00 Physio Balls/Stretch/Tm Mtg
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 2x{1 x 100 on 2:00 Kick with flippers
 {1 x 100 on 1:55 Kick with flippers
 {1 x 100 on 1:50 Kick with flippers
 {1 x 100 on 1:45 Kick with flippers
 {1 x 100 on 1:40 Kick with flippers
 {1 x 100 on 1:35 Kick with flippers
 1,350 1x{1 x 500 on 9:00 Pulls
 {1 x 400 on 7:15 Pulls
 {1 x 300 on 5:30 Pulls
 {1 x 150 on 2:40 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{1 x 75 on 2:00 25L 25R 25 bathtub 8 strokes
 {2 x 125 on 2:30 Backstroke
 {1 x 75 on 2:00 25L 25R 25 bathtub 8 strokes
 {2 x 100 on 2:00 Backstroke
 {1 x 75 on 2:00 25L 25R 25 bathtub 8 strokes
 {2 x 75 on 1:30 Backstroke
 {1 x 75 on 2:00 25L 25R 25 bathtub 8 strokes
 {2 x 50 on 1:00 Backstroke
 150 6 x 25 on 1:00 Backstroke-odds underwater
 evens 100% effort
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 4,550 Yards - Stress Value = 80

Workout #5747 - Wednesday, 24 September 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:30 Kick
 1,200 1x{2 x 200 on 2:40 Lungbuster pulls
 {2 x 200 on 2:35 Lungbuster pulls
 {2 x 200 on 2:30 Lungbuster pulls
 { Breathe 3-4-5-6 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 2x{4 x 75 on 1:15 Breaststroke 2X Pullouts
 {3 x 75 on 1:10 Breaststroke 2X Pullouts
 {2 x 75 on 1:05 Breaststroke 2X Pullouts
 {1 x 75 on 1:00 Breaststroke 2X Pullouts
 {1 x 100 on 1:30 Freestyle
 {4 x 25 on :40 Breast-100% effort great TO
 350 7 x 50 on 1:00 Stroke Drills
 5:45 PM 5,400 Yards - Stress Value = 106

Workout #5748 - Wednesday, 24 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{4 x 25 on :45 Kick no board BSLR {4 x 50 on :55 Kick {4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:25 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 1:55 Kick |
| 1,100 | 1x{2 x 200 on 3:00 Lungbuster pulls {2 x 200 on 2:55 Lungbuster pulls {2 x 150 on 2:05 Lungbuster pulls { Breathe 3-4-5-6 by the 50 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 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 {2 x 25 on :40 Breast-100% effort great TO |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| | 5:45 PM 5,000 Yards - Stress Value = 90 |

Workout #5749 - Wednesday, 24 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg |
| 350 | 1 x 350 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 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 {2 x 100 on 2:00 Kick |
| 950 | 1x{2 x 200 on 3:20 Lungbuster pulls {2 x 200 on 3:15 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls { Breathe 3-4-5-6 by the 50 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 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 1:30 Freestyle {2 x 25 on :40 Breast-100% effort great TO |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| | 5:45 PM 4,600 Yards - Stress Value = 84 |

Workout #5750 - Wednesday, 24 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg |
| 300 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :45 Kick no board BSLR {4 x 50 on 1:10 Kick |

| | |
|-------|--|
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 75 on 1:40 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 2:10 Kick |
| 850 | 1x{2 x 200 on 3:40 Lungbuster pulls {1 x 200 on 3:35 Lungbuster pulls {1 x 200 on 3:30 Lungbuster pulls {1 x 50 on :45 Lungbuster pulls { Breathe 3-4-5-6 by the 50 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 2x{4 x 75 on 1:40 Breaststroke 2X Pullouts {3 x 75 on 1:35 Breaststroke 2X Pullouts {2 x 75 on 1:30 Breaststroke 2X Pullouts {1 x 25 on :45 Freestyle {2 x 25 on :40 Breast-100% effort great TO |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 5:45 PM 4,200 Yards - Stress Value = 80 |

Workout #5751 - Thursday, 25 September 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{4 x 100 on 1:40 Kick {3 x 100 on 1:35 Kick {2 x 100 on 1:30 Kick {1 x 100 on 1:25 Kick {1 x 50 on 2:00 Kick {3 x 50 on 1:00 Kick-100% Effort |
| 1,400 | 1x{1 x 250 on 3:05 Pulls {5 x 50 on 1:00 Pulls 4 breaths {1 x 200 on 2:30 Pulls {4 x 50 on 1:00 Pulls-4 breaths {1 x 150 on 1:50 Pulls {3 x 50 on 1:00 Pulls 4 breaths {1 x 100 on 1:15 Pulls {2 x 50 on 1:00 Pulls 4 breaths |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 600 | 3x{8 x 25 on :25 Butterfly {1 on 1:00 Rest |
| 200 | 1 x 200 on 3:00 Freestyle |
| 600 | 3x{8 x 25 on :25 Butterfly {1 on 1:00 Rest |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:46 PM 5,000 Yards - Stress Value = 89 |

Workout #5752 - Thursday, 25 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 Physio Balls/Stretch/Tm Mtg
 1 x 400 on 7:00 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 2:00 Kick
 {3 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on 2:00 Kick
 {3 x 50 on 1:00 Kick-100% Effort
 1,350 1x{1 x 250 on 3:35 Pulls
 {5 x 50 on 1:00 Pulls 4 breaths
 {1 x 200 on 2:50 Pulls
 {4 x 50 on 1:00 Pulls-4 breaths
 {1 x 150 on 2:05 Pulls
 {3 x 50 on 1:00 Pulls 4 breaths
 {1 x 100 on 1:25 Pulls
 {1 x 50 on 1:00 Pulls 4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 3x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 200 1 x 200 on 3:30 Freestyle
 400 2x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 4,550 Yards - Stress Value = 80

Workout #5753 - Thursday, 25 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 350 1 on 30:00 Physio Balls/Stretch/Tm Mtg
 1 x 350 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 950 1x{4 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {1 x 50 on 2:00 Kick
 {2 x 50 on 1:00 Kick-100% Effort
 1,250 1x{1 x 250 on 4:05 Pulls
 {5 x 50 on 1:00 Pulls 4 breaths
 {1 x 200 on 3:20 Pulls
 {4 x 50 on 1:00 Pulls-4 breaths
 {1 x 150 on 2:25 Pulls
 {3 x 50 on 1:00 Pulls 4 breaths
 {1 x 50 on :45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 3x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 150 1 x 150 on 3:00 Freestyle
 300 2x{6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 4,200 Yards - Stress Value = 73

Workout #5754 - Thursday, 25 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description

=====

1 on 30:00 Physio Balls/Stretch/Tm Mtg
 350 1 x 350 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 850 1x{3 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 2:00 Kick
 {4 x 50 on 1:15 Kick-100% Effort
 1,200 1x{1 x 250 on 4:35 Pulls
 {5 x 50 on 1:00 Pulls 4 breaths
 {1 x 200 on 3:35 Pulls
 {4 x 50 on 1:00 Pulls-4 breaths
 {1 x 150 on 2:35 Pulls
 {3 x 50 on 1:00 Pulls 4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 450 3x{6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 150 1 x 150 on 3:00 Freestyle
 300 2x{6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 5:00 Stroke Drills
 5:46 PM 3,900 Yards - Stress Value = 71

Workout #5755 - Friday, 26 September 2008

Group 3 - Sprint

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1x{1 x 100 on 2:00 Reverse IM drill
 {1 x 100 on 1:50 Reverse IM drill
 {1 x 100 on 1:40 Reverse IM drill
 {1 x 100 on 1:30 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 1 x 800 on 16:00 Vertical Kicking
 640 8x{2 x 15 on :45 Cross pool sprints w/explosive
 {1 x 25 on :45 1/2 Underwater 1/2 Sprint
 {1 x 25 on 1:00 Sculling Drill
 200 1 x 200 on 4:00 IM FOR TIME
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,440 Yards - Stress Value = 56

Workout #5756 - Monday, 29 September 2008

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 10 min abs/stretch/Team Mtg
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 3x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:20 Kick
 {1 x 100 on 1:45 Kick
 1,200 1x{1 x 325 on 4:30 Pull no br L.12 yds
 {1 x 275 on 3:45 Pull no br L.12 yds
 {1 x 225 on 3:00 Pull no br L.12 yds
 {1 x 175 on 2:15 Pull no br L.12 yds
 {1 x 125 on 1:30 Pull no br L.12 yds
 {1 x 75 on :50 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,200 1x{1 x 300 on 3:45 Freestyle
 {3 x 100 on 1:35 Kick
 {2 x 250 on 3:05 Freestyle
 {3 x 100 on 1:35 Kick
 {3 x 200 on 2:30 Freestyle
 {3 x 100 on 1:35 Kick
 {4 x 150 on 1:50 Freestyle
 {3 x 100 on 1:35 Kick
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 6,700 Yards - Stress Value = 107

Workout #5757 - Monday, 29 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 10 min abs/stretch/Team Mtg
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 3x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:25 Kick
 {1 x 50 on :55 Kick
 { do 3 50's in 3rd set
 1,100 1x{1 x 275 on 4:00 Pull no br L.12 yds
 {1 x 225 on 3:15 Pull no br L.12 yds
 {1 x 175 on 2:30 Pull no br L.12 yds
 {2 x 125 on 1:50 Pull no br L.12 yds
 {2 x 75 on 1:05 Pull no br L.12 yds
 {1 x 25 on :20 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,900 1x{1 x 300 on 4:10 Freestyle
 {3 x 100 on 1:50 Kick
 {2 x 250 on 3:25 Freestyle
 {3 x 100 on 1:50 Kick
 {3 x 200 on 2:45 Freestyle
 {3 x 100 on 1:50 Kick
 {4 x 150 on 2:05 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 5:59 PM 6,150 Yards - Stress Value = 99

Workout #5758 - Monday, 29 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 10 min abs/stretch/Team Mtg
 350 1 x 350 on 7:00 Swim-kick-pull-swim

150 10 x 15 on :45 Shooters
 900 3x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 {1 x 50 on 1:00 Kick
 { do 2 50's in 3rd set
 950 1x{1 x 275 on 4:40 Pull no br L.12 yds
 {1 x 225 on 3:45 Pull no br L.12 yds
 {1 x 175 on 2:50 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
 {3 x 25 on :25 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,550 1x{1 x 300 on 4:45 Freestyle
 {2 x 100 on 2:05 Kick
 {2 x 250 on 4:00 Freestyle
 {2 x 100 on 2:05 Kick
 {3 x 200 on 3:10 Freestyle
 {2 x 100 on 2:05 Kick
 {3 x 150 on 2:20 Freestyle
 {1 x 100 on 2:05 Kick
 500 10 x 50 on 1:00 Stroke Drills
 5:59 PM 5,600 Yards - Stress Value = 89

Workout #5759 - Monday, 29 September 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 10 min abs/stretch/Team Mtg
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 3x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:45 Kick
 {1 x 50 on 1:05 Kick
 850 1x{1 x 275 on 5:00 Pull no br L.12 yds
 {1 x 225 on 4:10 Pull no br L.12 yds
 {1 x 175 on 3:15 Pull no br L.12 yds
 {1 x 125 on 2:15 Pull no br L.12 yds
 {1 x 50 on :55 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{1 x 300 on 5:30 Freestyle
 {2 x 100 on 2:10 Kick
 {2 x 250 on 4:30 Freestyle
 {2 x 100 on 2:10 Kick
 {3 x 200 on 3:40 Freestyle
 {2 x 100 on 2:10 Kick
 {2 x 150 on 2:40 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,250 Yards - Stress Value = 82

Workout #5760 - Tuesday, 30 September 2008

Group 3 - Back

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| 400 | 1 on 45:00 Physio Balls/Stretch/Tm Mtg 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 8 x 125 on 2:30 Kick |
| 1,200 | 1x{1 x 100 on 1:30 Pulls {1 x 50 on 1:00 Breast-Pulls {1 x 50 on :45 Back-Pulls {2 x 100 on 1:25 Pulls {2 x 50 on 1:00 Breast-Pulls {2 x 50 on :45 Back-Pulls {3 x 100 on 1:20 Pulls {3 x 50 on 1:00 Breast-Pulls {3 x 50 on :45 Back-Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,550 | 1x{3 x 50 on 1:00 Closed fist back {1 x 200 on 3:20 Backstroke {3 x 50 on 1:00 Right Arm Backstroke {2 x 150 on 2:30 Backstroke {3 x 50 on 1:00 Left Arm Backstroke {3 x 100 on 1:40 Backstroke {3 x 50 on 1:00 4 Rt 4 Lt 4 reg {3 x 50 on :50 Backstroke-descend |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 5:59 PM 5,000 Yards - Stress Value = 48 | |

| Yards | Set Description |
|---|---|
| 350 | 1 on 45:00 Physio Balls/Stretch/Tm Mtg 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{6 x 125 on 2:50 Kick {1 x 100 on 2:10 Kick |
| 1,000 | 1x{1 x 100 on 1:50 Pulls {1 x 50 on 1:10 Breast-Pulls {1 x 50 on :55 Back-Pulls {2 x 100 on 1:45 Pulls {2 x 50 on 1:10 Breast-Pulls {2 x 50 on :55 Back-Pulls {3 x 100 on 1:40 Pulls {1 x 50 on 1:10 Breast-Pulls {1 x 50 on :55 Back-Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{3 x 50 on 1:10 Closed fist back {1 x 200 on 3:45 Backstroke {2 x 50 on 1:10 Right Arm Backstroke {2 x 150 on 2:50 Backstroke {2 x 50 on 1:10 Left Arm Backstroke {3 x 100 on 1:55 Backstroke {1 x 50 on 1:10 4 Rt 4 Lt 4 Reg {3 x 50 on 1:00 Backstroke-descend |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 5:59 PM 4,400 Yards - Stress Value = 39 | |

Workout #5763 - Tuesday, 30 September 2008

Group 3 - Bronze

1 minute rest between sets

Workout #5761 - Tuesday, 30 September 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| 400 | 1 on 45:00 Physio Balls/Stretch/Tm Mtg 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{6 x 125 on 2:40 Kick {1 x 100 on 2:05 Kick {1 x 50 on 1:05 Kick |
| 1,100 | 1x{1 x 100 on 1:40 Pulls {1 x 50 on 1:05 Breast-Pulls {1 x 50 on :50 Back-Pulls {2 x 100 on 1:35 Pulls {2 x 50 on 1:05 Breast-Pulls {2 x 50 on :50 Back-Pulls {3 x 100 on 1:30 Pulls {2 x 50 on 1:05 Breast-Pulls {2 x 50 on :50 Back-Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 1x{3 x 50 on 1:00 Closed fist back {1 x 200 on 3:30 Backstroke {3 x 50 on 1:00 Right Arm Backstroke {2 x 150 on 2:40 Backstroke {3 x 50 on 1:00 Left Arm Backstroke {3 x 100 on 1:45 Backstroke {2 x 50 on 1:00 4 Rt 4 Lt 4 Reg {3 x 50 on :55 Backstroke-descend |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 5:59 PM 4,750 Yards - Stress Value = 44 | |

3:30 PM Start

| Yards | Set Description |
|---|---|
| 300 | 1 on 45:00 Physio Balls/Stretch/Tm Mtg 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{6 x 125 on 3:00 Kick {1 x 50 on 1:05 Kick |
| 900 | 1x{1 x 100 on 2:05 Pulls {1 x 50 on 1:15 Breast-Pulls {1 x 50 on 1:00 Back-Pulls {2 x 100 on 2:00 Pulls {1 x 50 on 1:15 Breast-Pulls {2 x 50 on 1:00 Back-Pulls {3 x 100 on 1:55 Pulls {1 x 50 on 1:15 Breast-Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,300 | 1x{2 x 50 on 1:10 Closed fist back {1 x 200 on 4:10 Backstroke {2 x 50 on 1:10 Right Arm Backstroke {2 x 150 on 3:10 Backstroke {2 x 50 on 1:10 Left Arm Backstroke {3 x 100 on 2:05 Backstroke {1 x 50 on 1:10 4 Rt 4 Lt 4 Reg {3 x 50 on 1:00 Backstroke-descend |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 5:59 PM 4,150 Yards - Stress Value = 36 | |

Workout #5762 - Tuesday, 30 September 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Workout #5764 - Wednesday, 01 October 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch/Tm Mtg
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,400 1x{8 x 25 on :45 Kick no board BBSSLLRR
 {3 x 100 on 1:45 Kick
 {6 x 25 on :45 Kick no board BSLR +2 wkst
 {3 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:45 Kick
 {2 x 25 on :45 Kick no board 2 best
 1,600 4x{1 x 100 on 1:15 Lungbuster pulls
 {1 x 100 on 1:20 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 {1 x 100 on 1:30 Lungbuster pulls
 { Breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 3x{1 x 125 on 2:05 Butterfly
 {1 x 100 on 1:35 Butterfly
 {1 x 75 on 1:10 Butterfly
 {1 x 50 on :45 Butterfly
 {1 x 25 on :30 Fly-whole stroke lup 2down
 {1 x 25 on :45 Sculling drills
 {1 x 200 on 5:00 Broken IM 10-20-30 sec rest/
 { 1st set 2-2, 2nd set 2-3, 3rd set 3-4 (Mini
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,800 Yards - Stress Value = 129

Workout #5765 - Wednesday, 01 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch/Tm Mtg
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,300 1x{8 x 25 on :45 Kick no board BBSSLLRR
 {3 x 100 on 1:55 Kick
 {6 x 25 on :45 Kick no board BSLR +2 wkst
 {3 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {2 x 25 on :45 Kick no board 2 best
 1,400 4x{1 x 100 on 1:25 Lungbuster pulls
 {1 x 100 on 1:30 Lungbuster pulls
 {1 x 100 on 1:35 Lungbuster pulls
 {1 x 50 on :50 Lungbuster pulls
 { Breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 3x{1 x 125 on 2:15 Butterfly
 {1 x 100 on 1:45 Butterfly
 {1 x 75 on 1:15 Butterfly
 {1 x 25 on :30 Fly-whole stroke lup 2down
 {1 x 25 on :45 Sculling drills
 {1 x 200 on 5:00 Broken IM 10-20-30 sec rest/
 { 1st set 2-2, 2nd set 2-3, 3rd set 3-4 (Mini
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 5,350 Yards - Stress Value = 121

Workout #5766 - Wednesday, 01 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch/Tm Mtg
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,250 1x{8 x 25 on :45 Kick no board BBSSLLRR
 {3 x 100 on 2:05 Kick
 {6 x 25 on :45 Kick no board BSLR +2 wkst
 {3 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:00 Kick
 {2 x 25 on :45 Kick no board 2 best
 1,200 4x{1 x 100 on 1:40 Lungbuster pulls
 {1 x 100 on 1:45 Lungbuster pulls
 {1 x 100 on 1:50 Lungbuster pulls
 { Breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 3x{1 x 125 on 2:30 Butterfly
 {1 x 100 on 1:55 Butterfly
 {1 x 75 on 1:25 Butterfly
 {1 x 25 on :30 Fly-whole stroke lup 2down
 {1 x 25 on :45 Sculling drills
 {1 x 200 on 5:30 Broken IM 10-20-30 sec rest/
 { 1st set 2-2, 2nd set 2-3, 3rd set 3-4 (Mini
 250 1 x 250 on 3:00 Stroke Drills
 6:00 PM 5,050 Yards - Stress Value = 116

Workout #5767 - Wednesday, 01 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch/Tm Mtg
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 1x{8 x 25 on :45 Kick no board BBSSLLRR
 {3 x 100 on 2:15 Kick
 {6 x 25 on :45 Kick no board BSLR +2 wkst
 {2 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:15 Kick
 {2 x 25 on :45 Kick no board 2 best
 1,200 4x{1 x 100 on 1:50 Lungbuster pulls
 {1 x 100 on 1:55 Lungbuster pulls
 {1 x 100 on 2:00 Lungbuster pulls
 { Breathe 3-5-7 continuous
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,425 3x{1 x 100 on 2:15 Butterfly
 {1 x 75 on 1:40 Butterfly
 {1 x 50 on 1:05 Freestyle
 {1 x 25 on :30 Fly-whole stroke lup 2down
 {1 x 25 on :45 Sculling drills
 {1 x 200 on 5:30 Broken IM 10-20-30 sec rest/
 { 1st set 2-2, 2nd set 2-3, 3rd set 3-4 (Mini
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,675 Yards - Stress Value = 111

Workout #5768 - Thursday, 02 October 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---------|---|
| 400 | 1 on 30:00 Physio Balls/Stretch/Tm Mtg 1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 1x{1 x 500 on 6:40 Kick with flippers {1 x 400 on 5:20 Kick with flippers {1 x 300 on 4:00 Kick with flippers {1 x 200 on 2:40 Kick with flippers {1 x 100 on 1:20 Kick with flippers |
| 2,000 | 2x{1 x 125 on 2:00 Pull 100 free 25 breast {1 x 125 on 2:05 Pull 75 free 50 breast {1 x 125 on 2:10 Pull 50 free 75 breast {1 x 125 on 2:15 Pull 25 free 100 breast {1 x 100 on 1:30 Pull 75 free 25 breast {1 x 100 on 1:35 Pull 50 free 50 breast {1 x 100 on 1:40 Pull 25 free 75 breast {1 x 75 on 1:05 Pull 50 free 25 breast {1 x 75 on 1:10 Pull 25 free 50 breast {1 x 50 on :45 Pull 25 free 25 breast |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 1x{4 x 25 on :30 Breast TO drill w/fins {4 x 75 on 1:20 Breaststroke {1 x 100 on 2:00 Breast Drill (put fins on) {4 x 25 on :35 Breast TO drill w/fins {4 x 75 on 1:15 Breaststroke {1 x 100 on 2:00 Breast Drill (put fins on) {4 x 25 on :40 Breast TO drill w/fins {4 x 75 on 1:10 Breaststroke {1 x 100 on 2:00 Breast Drill (put fins on) {4 x 25 on :45 Breast TO drill w/fins {4 x 75 on 1:05 Breaststroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 6:00 PM | 6,400 Yards - Stress Value = 95 |

Workout #5769 - Thursday, 02 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| 400 | 1 on 30:00 Physio Balls/Stretch/Tm Mtg 1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 1,300 | 1x{1 x 500 on 7:30 Kick with flippers {1 x 400 on 6:00 Kick with flippers {1 x 300 on 4:30 Kick with flippers {1 x 100 on 1:30 Kick with flippers |
| 1,800 | 2x{1 x 125 on 2:10 Pull 100 free 25 breast {1 x 125 on 2:15 Pull 75 free 50 breast {1 x 125 on 2:20 Pull 50 free 75 breast {1 x 125 on 2:25 Pull 25 free 100 breast {1 x 100 on 1:40 Pull 75 free 25 breast {1 x 100 on 1:45 Pull 50 free 50 breast {1 x 100 on 1:50 Pull 25 free 75 breast {1 x 50 on :50 Pull 25 free 25 breast {1 x 50 on 1:00 Pull 50 breast |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,700 | 1x{4 x 25 on :30 Breast TO drill w/fins {4 x 75 on 1:30 Breaststroke {1 x 100 on 2:15 Breast Drill (put fins on) {4 x 25 on :35 Breast TO drill w/fins {4 x 75 on 1:25 Breaststroke |

| |
|---|
| {1 x 100 on 2:15 Breast Drill (put fins on) |
| {4 x 25 on :40 Breast TO drill w/fins |
| {4 x 75 on 1:20 Breaststroke |
| {1 x 50 on 1:15 Breast Drill (put fins on) |
| {4 x 25 on :45 Breast TO drill w/fins |
| {2 x 75 on 1:15 Breaststroke |
| 250 1 x 250 on 4:00 Stroke Drills |
| 6:00 PM 5,800 Yards - Stress Value = 85 |

Workout #5770 - Thursday, 02 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---------|---|
| 350 | 1 on 30:00 Physio Balls/Stretch/Tm Mtg 1 x 350 on 7:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{1 x 400 on 6:40 Kick with flippers {1 x 300 on 5:00 Kick with flippers {2 x 200 on 3:20 Kick with flippers {1 x 100 on 1:40 Kick with flippers |
| 1,700 | 2x{1 x 125 on 2:20 Pull 100 free 25 breast {1 x 125 on 2:25 Pull 75 free 50 breast {1 x 125 on 2:30 Pull 50 free 75 breast {1 x 125 on 2:35 Pull 25 free 100 breast {1 x 100 on 1:50 Pull 75 free 25 breast {1 x 100 on 1:55 Pull 50 free 50 breast {1 x 100 on 2:00 Pull 25 free 75 breast {1 x 50 on :55 Pull 25 free 25 breast |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 1x{4 x 25 on :40 Breast TO drill w/fins {4 x 75 on 1:40 Breaststroke {1 x 50 on 1:30 Breast Drill (put fins on) {4 x 25 on :45 Breast TO drill w/fins {4 x 75 on 1:35 Breaststroke {1 x 50 on 1:30 Breast Drill (put fins on) {4 x 25 on :50 Breast TO drill w/fins {4 x 75 on 1:30 Breaststroke {1 x 50 on 1:30 Breast Drill {2 x 75 on 1:25 Breaststroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 6:00 PM | 5,350 Yards - Stress Value = 79 |

Workout #5771 - Thursday, 02 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|---|
| 300 | 1 on 30:00 Physio Balls/Stretch/Tm Mtg 1 x 300 on 7:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{1 x 400 on 7:20 Kick with flippers {1 x 300 on 5:30 Kick with flippers {1 x 200 on 3:40 Kick with flippers {1 x 100 on 1:50 Kick with flippers {1 x 50 on :55 Kick with flippers |
| 1,400 | 2x{1 x 125 on 2:30 Pull 100 free 25 breast {1 x 125 on 2:40 Pull 75 free 50 breast {1 x 125 on 2:50 Pull 50 free 75 breast {1 x 125 on 3:00 Pull 25 free 100 breast {1 x 125 on 3:30 Pull 125 Breast {1 x 75 on 1:45 Pull 25 free 50 breast |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{4 x 25 on :45 Breast TO drill w/fins {4 x 75 on 1:50 Breaststroke {1 x 50 on 1:30 Breast Drill (put fins on) {4 x 25 on :50 Breast TO drill w/fins {4 x 75 on 1:45 Breaststroke {1 x 50 on 1:30 Breast Drill (put fins on) {4 x 25 on :55 Breast TO drill w/fins {4 x 75 on 1:40 Breaststroke {1 x 50 on 1:30 Breast Drill |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 6:00 PM 4,700 Yards - Stress Value = 66 | |

Workout #5772 - Friday, 03 October 2008

Group 3 - Sprint

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK | S |
|---|---|-----|------|---|
| 400 | 1 on 19:00 Stretching | | L | I |
| 150 | 1 x 400 on 7:00 Reverse IM drill | REC | | D |
| 600 | 10 x 15 on :45 Shooters | SP3 | | S |
| 100 | 1 x 600 on 10:00 Med Ball Kicking | EN2 | | K |
| 1,560 | 1x{8 x 30 on 1:00 Freestyle {1 x 120 on 3:00 EZ Free (8 laps) {6 x 30 on 1:00 Freestyle {1 x 120 on 3:00 EZ Free {4 x 30 on 1:00 Freestyle {1 x 120 on 3:00 EZ Free {2 x 30 on 1:00 Freestyle {1 x 600 on 5:00 5 min EZ swim | SP1 | | S |
| 5:00 PM 2,810 Yards - Stress Value = 70 | | | | |

Workout #5773 - Monday, 06 October 2008

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 400 | 1 on 35:00 Physio Ball Abs/Stretch/Tm Mtg 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,600 | 2x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:30 Kick {4 x 25 on :35 Kick no board BSLR {1 x 100 on 1:25 Kick {4 x 25 on :40 Kick no board BSLR |

| | |
|--|---|
| | {1 x 100 on 1:20 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:15 Kick |
| 1,500 | 1x{1 x 200 on 2:30 Pulls-nbbf&w + 2 yds {2 x 175 on 2:10 Pulls-nbbf&w + 2 yds {3 x 150 on 1:55 Pulls-nbbf&w + 2 yds {4 x 125 on 1:45 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 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 | 1 x 400 on 7:00 Stroke Drills |
| 6:00 PM 6,350 Yards - Stress Value = 112 | |

Workout #5774 - Monday, 06 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|--|--|
| 400 | 1 on 35:00 Physio Ball Abs/Stretch/Tm Mtg 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 2x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:55 Kick {4 x 25 on :35 Kick no board BSLR {1 x 100 on 1:50 Kick {4 x 25 on :40 Kick no board BSLR {1 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR |
| 1,400 | 1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds {2 x 175 on 2:25 Pulls-nbbf&w + 2 yds {3 x 150 on 2:05 Pulls-nbbf&w + 2 yds {4 x 100 on 1:25 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 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 |
| 400 | 1 x 400 on 7:00 Stroke Drills |
| 6:01 PM 5,950 Yards - Stress Value = 104 | |

Workout #5775 - Monday, 06 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| 350 | 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,300 | 2x{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 {3 x 50 on 1:00 Kick {2 x 25 on :45 Kick no board BS/LR {3 x 50 on :55 Kick |
| 1,200 | 1x{1 x 200 on 3:15 Pulls-nbbf&w + 2 yds {2 x 175 on 2:50 Pulls-nbbf&w + 2 yds {3 x 150 on 2:25 Pulls-nbbf&w + 2 yds {2 x 100 on 1:35 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 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 |
| 400 | 1 x 400 on 7:00 Stroke Drills |
| 6:00 PM 5,400 Yards - Stress Value = 94 | |

Workout #5776 - Monday, 06 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| 300 | 1 x 300 on 7:00 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 2:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Kick {2 x 25 on :45 Kick no board BS/LR {3 x 50 on 1:05 Kick |
| 1,050 | 1x{1 x 200 on 3:40 Pulls-nbbf&w + 2 yds {2 x 175 on 3:10 Pulls-nbbf&w + 2 yds {3 x 150 on 2:45 Pulls-nbbf&w + 2 yds {1 x 50 on :55 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{6 x 100 on 1:45 Freestyle {1 on 1:00 Rest {5 x 100 on 1:45 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle {1 on 1:00 Rest {1 x 100 on 1:45 Freestyle |
| 400 | 1 x 400 on 7:00 Stroke Drills |
| 6:01 PM 4,900 Yards - Stress Value = 85 | |

Workout #5777 - Tuesday, 07 October 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--------------------------------------|
| 400 | 1 x 400 on 7:00 Underwater trn drill |

| | |
|--|--|
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{1 x 50 on :45 Fly w/fins {2 x 25 on :30 Underwater Fly Kick {1 x 100 on 1:30 Fly w/fins {2 x 25 on :30 Underwater Fly Kick {1 x 150 on 2:15 Fly w/fins {2 x 25 on :30 Underwater Fly Kick {1 x 200 on 3:00 Fly w/fins |
| 1,400 | 1x{2 x 100 on 1:25 Kick {3 x 50 on 1:00 Kick 1 ez 2-100% {2 x 100 on 1:30 Kick {3 x 50 on 1:00 Kick 1 ez 2-100% {2 x 100 on 1:35 Kick {3 x 50 on 1:00 Kick 1 ez 2-100% {2 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick 1 ez 2-100% |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 650 | 1x{1 x 50 on :45 Fly w/fins {2 x 25 on :30 Underwater Fly Kick {1 x 100 on 1:30 Fly w/fins {2 x 25 on :30 Underwater Fly Kick {1 x 150 on 2:15 Fly w/fins {2 x 25 on :30 Underwater Fly Kick {1 x 200 on 3:00 Fly w/fins |
| 1,600 | 1x{1 x 400 on 5:10 Pulls {1 x 400 on 5:05 Pulls {1 x 400 on 5:00 Pulls {1 x 400 on 4:55 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 650 | 1x{1 x 50 on :45 Fly w/fins {2 x 25 on :30 Underwater Fly Kick {1 x 100 on 1:30 Fly w/fins {2 x 25 on :30 Underwater Fly Kick {1 x 150 on 2:15 Fly w/fins {2 x 25 on :30 Underwater Fly Kick {1 x 200 on 3:00 Fly w/fins |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| 6:00 PM 6,000 Yards - Stress Value = 105 | |

Workout #5778 - Tuesday, 07 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on :50 Fly w/fins
 {2 x 25 on :35 Underwater Fly Kick
 {1 x 100 on 1:40 Fly w/fins
 {2 x 25 on :35 Underwater Fly Kick
 {1 x 150 on 2:30 Fly w/fins
 {2 x 25 on :35 Underwater Fly Kick
 {1 x 150 on 2:30 Fly w/fins
 1,250 1x{2 x 100 on 1:45 Kick
 {3 x 50 on 1:05 Kick 1 ez 2-100%
 {2 x 100 on 1:50 Kick
 {3 x 50 on 1:05 Kick 1 ez 2-100%
 {2 x 100 on 1:55 Kick
 {3 x 50 on 1:05 Kick 1 ez 2-100%
 {2 x 100 on 2:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 50 on :50 Fly w/fins
 {2 x 25 on :35 Underwater Fly Kick
 {1 x 100 on 1:40 Fly w/fins
 {2 x 25 on :35 Underwater Fly Kick
 {1 x 150 on 2:30 Fly w/fins
 {2 x 25 on :35 Underwater Fly Kick
 {1 x 150 on 2:30 Fly w/fins
 1,400 1x{1 x 400 on 6:00 Pulls
 {1 x 400 on 5:55 Pulls
 {1 x 400 on 5:50 Pulls
 {1 x 200 on 2:50 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 50 on :50 Fly w/fins
 {2 x 25 on :35 Underwater Fly Kick
 {1 x 100 on 1:40 Fly w/fins
 {2 x 25 on :35 Underwater Fly Kick
 {1 x 150 on 2:30 Fly w/fins
 {2 x 25 on :35 Underwater Fly Kick
 {1 x 150 on 2:30 Fly w/fins
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,500 Yards - Stress Value = 95

Workout #5779 - Tuesday, 07 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch/Tm Mtg
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1x{1 x 50 on :55 Fly w/fins
 {2 x 25 on :40 Underwater Fly Kick
 {1 x 100 on 1:50 Fly w/fins
 {2 x 25 on :40 Underwater Fly Kick
 {1 x 150 on 2:45 Fly w/fins
 {2 x 25 on :40 Underwater Fly Kick
 {1 x 50 on :55 Fly w/fins
 1,200 1x{2 x 100 on 1:55 Kick
 {3 x 50 on 1:05 Kick 1 ez 2-100%
 {2 x 100 on 2:00 Kick
 {3 x 50 on 1:05 Kick 1 ez 2-100%
 {2 x 100 on 2:05 Kick
 {2 x 50 on 1:05 Kick 1 ez 1-100%
 {2 x 100 on 2:00 Kick

100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 500 1x{1 x 50 on :55 Fly w/fins
 {2 x 25 on :40 Underwater Fly Kick
 {1 x 100 on 1:50 Fly w/fins
 {2 x 25 on :40 Underwater Fly Kick
 {1 x 150 on 2:45 Fly w/fins
 {2 x 25 on :40 Underwater Fly Kick
 {1 x 50 on :55 Fly w/fins
 1,250 1x{1 x 400 on 6:45 Pulls
 {1 x 400 on 6:40 Pulls
 {1 x 400 on 6:35 Pulls
 {1 x 50 on :50 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 500 1x{1 x 50 on :55 Fly w/fins
 {2 x 25 on :40 Underwater Fly Kick
 {1 x 100 on 1:50 Fly w/fins
 {2 x 25 on :40 Underwater Fly Kick
 {1 x 150 on 2:45 Fly w/fins
 {2 x 25 on :40 Underwater Fly Kick
 {1 x 50 on :55 Fly w/fins
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 4,950 Yards - Stress Value = 85

Workout #5780 - Tuesday, 07 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch/Tm Mtg
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 450 1x{1 x 50 on 1:00 Fly w/fins
 {2 x 25 on :45 Underwater Fly Kick
 {1 x 100 on 2:00 Fly w/fins
 {2 x 25 on :45 Underwater Fly Kick
 {1 x 150 on 3:00 Fly w/fins
 {2 x 25 on :45 Underwater Fly Kick
 1,100 1x{2 x 100 on 2:05 Kick
 {3 x 50 on 1:10 Kick 1 ez 2-100%
 {2 x 100 on 2:10 Kick
 {3 x 50 on 1:10 Kick 1 ez 2-100%
 {2 x 100 on 2:15 Kick
 {2 x 50 on 1:10 Kick 1 ez 1-100%
 {1 x 100 on 2:20 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 450 1x{1 x 50 on 1:00 Fly w/fins
 {2 x 25 on :45 Underwater Fly Kick
 {1 x 100 on 2:00 Fly w/fins
 {2 x 25 on :45 Underwater Fly Kick
 {1 x 150 on 3:00 Fly w/fins
 {2 x 25 on :45 Underwater Fly Kick
 1,150 1x{1 x 400 on 7:15 Pulls
 {1 x 400 on 7:10 Pulls
 {1 x 350 on 6:20 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 450 1x{1 x 50 on 1:00 Fly w/fins
 {2 x 25 on :45 Underwater Fly Kick
 {1 x 100 on 2:00 Fly w/fins
 {2 x 25 on :45 Underwater Fly Kick
 {1 x 150 on 3:00 Fly w/fins
 {2 x 25 on :45 Underwater Fly Kick
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 4,550 Yards - Stress Value = 78

Workout #5781 - Wednesday, 08 October 2008

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,500 4x{1 x 125 on 2:30 Kick-worst stroke
 {1 x 125 on 2:20 Kick-2nd best stroke
 {1 x 125 on 2:10 Kick-best stroke
 2,000 1x{1 x 300 on 4:00 Lungbuster pulls
 {2 x 250 on 3:20 Lungbuster pulls
 {3 x 200 on 2:40 Lungbuster pulls
 {4 x 150 on 2:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{4 x 125 on 1:50 Backstroke
 {3 x 50 on :45 Backstroke-descend
 {3 x 125 on 1:50 Backstroke
 {4 x 50 on :45 Back-desc 1-3, 4 fast
 {2 x 125 on 1:50 Backstroke
 {5 x 50 on :45 Back-desc 1-3, 4&5 fasgt
 {1 x 125 on 1:50 Backstroke
 {6 x 50 on :45 Back-desc 1-3, 4,5,6 fast
 250 1 x 250 on 5:00 Stroke Drills
 5:59 PM 6,650 Yards - Stress Value = 78

Workout #5782 - Wednesday, 08 October 2008

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 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,300 4x{1 x 125 on 2:45 Kick-worst stroke
 {1 x 100 on 2:10 Kick-2nd best stroke
 {1 x 100 on 2:00 Kick-best stroke
 1,800 1x{1 x 300 on 4:30 Lungbuster pulls
 {2 x 250 on 3:45 Lungbuster pulls
 {3 x 200 on 3:00 Lungbuster pulls
 {4 x 100 on 1:30 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{4 x 125 on 2:05 Backstroke
 {3 x 50 on :55 Backstroke-descend
 {3 x 125 on 2:05 Backstroke
 {4 x 50 on :55 Back-desc 1-3, 4 fast
 {2 x 125 on 2:05 Backstroke
 {5 x 50 on :55 Back-desc 1-3, 4&5 fast
 {1 x 125 on 2:05 Backstroke
 250 1 x 250 on 5:00 Stroke Drills
 5:59 PM 5,950 Yards - Stress Value = 68

Workout #5783 - Wednesday, 08 October 2008

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 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 125 on 2:55 Kick-worst stroke
 {1 x 125 on 2:45 Kick-2nd best stroke
 {1 x 50 on 1:05 Kick-best stroke
 1,600 1x{1 x 300 on 4:50 Lungbuster pulls

{2 x 250 on 4:05 Lungbuster pulls
 {3 x 200 on 3:15 Lungbuster pulls
 {2 x 100 on 1:40 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,675 1x{4 x 125 on 2:15 Backstroke
 {3 x 50 on 1:05 Backstroke-descend
 {3 x 125 on 2:15 Backstroke
 {4 x 50 on 1:05 Back-desc 1-3, 4 fast
 {2 x 125 on 2:15 Backstroke
 {4 x 50 on 1:05 Back-desc 1-3, 4 fast
 225 1 x 225 on 5:00 Stroke Drills
 5:59 PM 5,400 Yards - Stress Value = 63

Workout #5784 - Wednesday, 08 October 2008

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 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 4x{1 x 100 on 2:30 Kick-worst stroke
 {1 x 100 on 2:20 Kick-2nd best stroke
 {1 x 100 on 2:10 Kick-best stroke
 1,450 1x{1 x 300 on 5:30 Lungbuster pulls
 {2 x 250 on 4:35 Lungbuster pulls
 {3 x 200 on 3:40 Lungbuster pulls
 {1 x 50 on :55 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{4 x 100 on 2:15 Backstroke
 {3 x 50 on 1:15 Backstroke-descend
 {3 x 100 on 2:15 Backstroke
 {4 x 50 on 1:15 Back-desc 1-3, 4 fast
 {2 x 100 on 2:15 Backstroke
 {2 x 50 on 1:15 Back-both fast
 250 1 x 250 on 5:00 Stroke Drills
 5:59 PM 4,900 Yards - Stress Value = 56

Workout #5785 - Friday, 10 October 2008

Group 3 - Sprint

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 25:00 Stretch/Tm Mtg L DRY
 400 1 x 400 on 8:00 Reverse IM drill REC S OM
 150 10 x 15 on :45 Shooters SP3 S BR
 2,000 40 x 50 on 1:00 Freestyle SP2 S FR
 300 1 x 300 on 6:00 Stroke Drills REC D CD
 5:00 PM 2,850 Yards - Stress Value = 206

Workout #5786 - Monday, 13 October 2008

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|--|--|
| 400 | 1 on 35:00 Dryland and stretch/Tm Mtg 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on :50 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:40 Kick {4 x 25 on :45 Kick no board BSLR {3 x 150 on 2:30 Kick |
| 1,200 | 1x{2 x 225 on 3:15 Pull no br L.25 yds {2 x 175 on 2:30 Pull no br L.25 yds {2 x 125 on 1:50 Pull no br L.25 yds {2 x 75 on 1:05 Pull no br L.25 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,800 | 1x{2 x 200 on 2:19 Freestyle {4 x 50 on 1:00 Freestyle {2 x 200 on 2:18 Freestyle {4 x 50 on 1:00 Freestyle {2 x 200 on 2:17 Freestyle {4 x 50 on 1:00 Freestyle {2 x 200 on 2:16 Freestyle {4 x 50 on 1:00 Freestyle {2 x 200 on 2:15 Freestyle |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| 6:00 PM 6,300 Yards - Stress Value = 144 | |

Workout #5787 - Monday, 13 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|--|--|
| 400 | 1 on 35:00 Dryland and stretch/Tm Mtg 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on :55 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:55 Kick {4 x 25 on :45 Kick no board BSLR {2 x 150 on 2:55 Kick |
| 1,100 | 1x{2 x 225 on 3:30 Pull no br L.25 yds {2 x 175 on 2:45 Pull no br L.25 yds {2 x 125 on 2:00 Pull no br L.25 yds {1 x 50 on :50 Pull no br L.25 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,600 | 1x{2 x 200 on 2:39 Freestyle {3 x 50 on 1:00 Freestyle {2 x 200 on 2:38 Freestyle {3 x 50 on 1:00 Freestyle {2 x 200 on 2:37 Freestyle {3 x 50 on 1:00 Freestyle {2 x 200 on 2:36 Freestyle {3 x 50 on 1:00 Freestyle {2 x 200 on 2:35 Freestyle |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| 6:00 PM 5,850 Yards - Stress Value = 127 | |

Workout #5788 - Monday, 13 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|--|--|
| 350 | 1 on 35:00 Dryland and stretch/Tm Mtg 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 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 {2 x 150 on 3:00 Kick |
| 1,000 | 1x{2 x 225 on 4:00 Pull no br L.25 yds {2 x 175 on 3:05 Pull no br L.25 yds {2 x 100 on 1:45 Pull no br L.25 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{2 x 200 on 3:09 Freestyle {4 x 50 on 1:00 Freestyle {2 x 200 on 3:08 Freestyle {4 x 50 on 1:00 Freestyle {2 x 200 on 3:07 Freestyle {3 x 50 on 1:00 Freestyle {2 x 200 on 3:06 Freestyle {3 x 50 on 1:00 Freestyle |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| 6:00 PM 5,400 Yards - Stress Value = 123 | |

Workout #5789 - Monday, 13 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|--|--|
| 300 | 1 on 35:00 Dryland and stretch/Tm Mtg 1 x 300 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:10 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 {1 x 150 on 4:00 Kick |
| 900 | 1x{2 x 225 on 4:30 Pull no br L.25 yds {2 x 175 on 3:30 Pull no br L.25 yds {1 x 100 on 2:00 Pull no br L.25 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,050 | 1x{2 x 200 on 3:40 Freestyle {3 x 50 on 1:00 Freestyle {2 x 200 on 3:39 Freestyle {4 x 50 on 1:00 Freestyle {2 x 200 on 3:38 Freestyle {3 x 50 on 1:00 Freestyle {1 x 200 on 3:37 Freestyle {3 x 50 on 1:00 Freestyle |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| 6:00 PM 4,850 Yards - Stress Value = 111 | |

Workout #5790 - Tuesday, 14 October 2008

5:59 PM 5,200 Yards - Stress Value = 89

Group 3 - Back

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,150 | 1x{1 x 100 on 1:30 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:00 Kick |
| | {3 x 50 on 1:00 Kick-descend {3 x 50 on :55 Kick-descend {3 x 50 on :50 Kick-descend |
| 1,300 | 1x{1 x 200 on 2:40 Pulls {1 x 200 on 2:35 Pulls {1 x 200 on 2:30 Pulls {3 x 75 on 1:05 Pulls-descend {3 x 75 on 1:00 Pulls-descend {3 x 75 on :55 Pulls-descend {1 x 25 on :30 Pull-ez |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,950 | 3x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 1:35 Backstroke min 3KOW {1 x 100 on 1:30 Backstroke 3KOW {1 x 100 on 1:25 Backstroke 3KOW {1 x 100 on 1:30 Freestyle 3KOW {3 x 50 on 1:30 Back-100%, min 8 KOW |
| 400 | 4 x 100 on 2:00 Stroke Drills |
| | 6:00 PM 5,550 Yards - Stress Value = 93 |

Workout #5792 - Tuesday, 14 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{1 x 100 on 1:55 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick-descend {3 x 50 on 1:05 Kick-descend {3 x 50 on 1:00 Kick-descend |
| 1,050 | 1x{1 x 200 on 3:20 Pulls {1 x 150 on 2:25 Pulls {3 x 75 on 1:20 Pulls-descend {3 x 75 on 1:15 Pulls-descend {3 x 75 on 1:10 Pulls-descend {1 x 25 on :30 Pull-ez |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,650 | 3x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 1:55 Backstroke 3KOW {1 x 100 on 1:50 Backstroke 3KOW {1 x 50 on :55 Backstroke 3KOW {1 x 50 on 1:15 Freestyle 3KOW {3 x 50 on 1:30 Back-100%, min 8 KOW |
| 400 | 4 x 100 on 2:00 Stroke Drills |
| | 6:00 PM 4,750 Yards - Stress Value = 83 |

Workout #5791 - Tuesday, 14 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{1 x 100 on 1:45 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:10 Kick {3 x 50 on 1:05 Kick-descend {3 x 50 on 1:00 Kick-descend {3 x 50 on :55 Kick-descend |
| 1,200 | 1x{1 x 200 on 3:00 Pulls {1 x 200 on 2:55 Pulls {1 x 100 on 1:25 Pulls {3 x 75 on 1:10 Pulls-descend {3 x 75 on 1:05 Pulls-descend {3 x 75 on 1:00 Pulls-descend {1 x 25 on :30 Pull-ez |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 3x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 1:40 Backstroke 3KOW {1 x 100 on 1:35 Backstroke 3KOW {1 x 100 on 1:30 Backstroke 3KOW {1 x 50 on 1:00 Freestyle 3KOW {3 x 50 on 1:30 Back-100%, min 8 KOW |
| 400 | 4 x 100 on 2:00 Stroke Drills |

Workout #5793 - Tuesday, 14 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{1 x 50 on 1:00 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:20 Kick {3 x 50 on 1:15 Kick-descend {3 x 50 on 1:10 Kick-descend {3 x 50 on 1:05 Kick-descend |
| 1,000 | 1x{1 x 150 on 2:45 Pulls {1 x 150 on 2:35 Pulls {3 x 75 on 1:25 Pulls-descend {3 x 75 on 1:20 Pulls-descend {3 x 75 on 1:15 Pulls-descend {1 x 25 on :30 Pull-ez |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,650 | 3x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 2:10 Backstroke 3KOW {1 x 75 on 1:35 Backstroke 3KOW {1 x 75 on 1:30 Backstroke 3KOW {1 x 50 on 1:15 Freestyle 3KOW {3 x 50 on 1:30 Back-100%, min 8 KOW |
| 300 | 3 x 100 on 2:15 Stroke Drills |
| | 6:00 PM 4,500 Yards - Stress Value = 82 |

Workout #5794 - Wednesday, 15 October 2008

6:00 PM 5,000 Yards - Stress Value = 78

Group 3 - Breast

1 minute rest between sets

Workout #5796 - Wednesday, 15 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Tm mtg
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 1,500 1x{4 x 125 on 1:45 Lungbuster pulls
 {4 x 125 on 1:40 Lungbuster pulls
 {4 x 125 on 1:35 Lungbuster pulls
 { Breathe 3-4-5-6-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 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
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,300 Yards - Stress Value = 84

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Tm mtg
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 1x{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
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 1,150 1x{4 x 125 on 2:10 Lungbuster pulls
 {4 x 125 on 2:05 Lungbuster pulls
 {1 x 150 on 2:25 Lungbuster pulls
 { Breathe 3-4-5-6-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 100 on 1:45 75 Breast 25 free
 {8 x 25 on 1:00 From dive/10 pushups
 {2 x 100 on 1:40 75 Breast 25 Free
 {8 x 25 on 1:00 From dive/10 pushups
 {3 x 100 on 1:35 50 Breast 50 Free
 {8 x 25 on 1:00 From dive/10 pushups
 {4 x 75 on 1:30 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,600 Yards - Stress Value = 71

Workout #5795 - Wednesday, 15 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Tm mtg
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,100 1x{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
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 1,300 1x{4 x 125 on 1:55 Lungbuster pulls
 {4 x 125 on 1:50 Lungbuster pulls
 {3 x 100 on 1:25 Lungbuster pulls
 { Breathe 3-4-5-6-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 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 75 Breast 25 Free
 {8 x 25 on 1:00 From dive/10 pushups
 {4 x 100 on 1:30 75 Breast 25 free
 250 1 x 250 on 4:00 Stroke Drills

Workout #5797 - Wednesday, 15 October 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 35:00 Stomach and Stretch/Tm mtg |
| 300 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{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 100 on 2:10 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 2:15 Kick |
| | {1 x 100 on 2:10 Kick |
| | {1 x 100 on 2:05 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:05 Kick |
| 1,050 | 1x{4 x 125 on 2:20 Lungbuster pulls |
| | {4 x 125 on 2:15 Lungbuster pulls |
| | {1 x 50 on :50 Lungbuster pulls |
| | { Breathe 3-4-5-6-7 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,425 | 1x{1 x 100 on 1:45 50 Breast 50 free |
| | {8 x 25 on 1:00 From dive/10 pushups |
| | {2 x 100 on 1:40 50 Breast 50 Free |
| | {8 x 25 on 1:00 From dive/10 pushups |
| | {3 x 75 on 1:35 Breaststroke |
| | {8 x 25 on 1:00 From dive/10 pushups |
| | {4 x 75 on 1:30 Breaststroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:00 PM 4,325 Yards - Stress Value = 66 |

Workout #5799 - Thursday, 16 October 2008

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| | Odd 100' free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{3 x 100 on 1:40 Fly 2 strokes off each wall |
| | {3 x 100 on 1:35 Fly 2 strokes off each wall |
| | {2 x 100 on 1:30 Fly 2 strokes off each wall |
| 1,000 | 1x{2 x 125 on 2:40 25 tombstone kick 100 free k |
| | {3 x 100 on 2:10 25 tombstone kick 75 free ki |
| | {4 x 75 on 1:35 25 tombstone kick 50 free kic |
| | {3 x 50 on 1:05 25 tombstone kick 25 free kic |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 800 | 1x{3 x 100 on 1:40 Fly 3 strokes off each wall |
| | {3 x 100 on 1:35 Fly 3 strokes off each wall |
| | {2 x 100 on 1:30 Fly 3 strokes off each wall |
| 850 | 1x{1 x 100 on 2:00 Pulls |
| | {3 x 50 on :45 Pulls |
| | {2 x 100 on 2:00 Pulls |
| | {2 x 50 on :45 Pulls |
| | {3 x 100 on 2:00 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 800 | 1x{3 x 100 on 1:40 Fly 4 strokes off each wall |
| | {3 x 100 on 1:35 Fly 4 strokes off each wall |
| | {2 x 100 on 1:30 Fly 4 strokes off each wall |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 5,400 Yards - Stress Value = 85 |

Workout #5798 - Thursday, 16 October 2008

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| | Odd 100' free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{3 x 100 on 1:30 Fly 2 strokes off each wall |
| | {3 x 100 on 1:25 Fly 2 strokes off each wall |
| | {3 x 100 on 1:20 Fly 2 strokes off each wall |
| 1,100 | 1x{2 x 125 on 2:30 25 tombstone kick 100 free k |
| | {3 x 100 on 2:00 25 tombstone kick 75 free ki |
| | {4 x 75 on 1:30 25 tombstone kick 50 free kic |
| | {5 x 50 on 1:00 25 tombstone kick 25 free kic |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 1x{3 x 100 on 1:30 Fly 3 strokes off each wall |
| | {3 x 100 on 1:25 Fly 3 strokes off each wall |
| | {3 x 100 on 1:20 Fly 3 strokes off each wall |
| 1,050 | 1x{1 x 100 on 1:45 Pulls |
| | {3 x 50 on :35 Pulls |
| | {2 x 100 on 1:45 Pulls |
| | {3 x 50 on :35 Pulls |
| | {3 x 100 on 1:45 Pulls |
| | {3 x 50 on :35 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 1x{3 x 100 on 1:30 Fly 4 strokes off each wall |
| | {3 x 100 on 1:25 Fly 4 strokes off each wall |
| | {3 x 100 on 1:20 Fly 4 strokes off each wall |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 6,000 Yards - Stress Value = 97 |

Workout #5800 - Thursday, 16 October 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| | Odd 100' free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{3 x 100 on 1:50 Fly 2 strokes off each wall |
| | {2 x 100 on 1:45 Fly 2 strokes off each wall |
| | {2 x 100 on 1:40 Fly 2 strokes off each wall |
| 950 | 1x{2 x 125 on 2:50 25 tombstone kick 100 free k |
| | {3 x 100 on 2:15 25 tombstone kick 75 free ki |
| | {4 x 75 on 1:45 25 tombstone kick 50 free kic |
| | {2 x 50 on 1:10 25 tombstone kick 25 free kic |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{3 x 100 on 1:50 Fly 3 strokes off each wall |
| | {2 x 100 on 1:45 Fly 3 strokes off each wall |
| | {2 x 100 on 1:40 Fly 3 strokes off each wall |
| 750 | 1x{1 x 100 on 2:15 Pulls |
| | {2 x 50 on :50 Pulls |
| | {2 x 100 on 2:15 Pulls |
| | {3 x 50 on :50 Pulls |
| | {2 x 100 on 2:15 Pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{3 x 100 on 1:50 Fly 4 strokes off each wall |
| | {2 x 100 on 1:45 Fly 4 strokes off each wall |
| | {2 x 100 on 1:40 Fly 4 strokes off each wall |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 4,900 Yards - Stress Value = 77 |

Workout #5801 - Thursday, 16 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch/Tm Mtg
 300 1 x 300 on 7:00 Underwater trn drill
 Odd 100' free even 100's back
 150 10 x 15 on :45 Shooters
 600 1x{3 x 100 on 2:05 Fly 2 strokes off each wall
 {2 x 100 on 2:00 Fly 2 strokes off each wall
 {1 x 100 on 1:55 Fly 2 strokes off each wall
 900 1x{2 x 125 on 3:00 25 tombstone kick 100 free k
 {3 x 100 on 2:25 25 tombstone kick 75 free ki
 {4 x 75 on 1:45 25 tombstone kick 50 free kic
 {1 x 50 on 1:10 25 tombstone kick 25 free kic
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{3 x 100 on 2:05 Fly 3 strokes off each wall
 {2 x 100 on 2:00 Fly 3 strokes off each wall
 {1 x 100 on 1:55 Fly 3 strokes off each wall
 650 1x{1 x 100 on 2:30 Pulls
 {2 x 50 on :55 Pulls
 {2 x 100 on 2:30 Pulls
 {1 x 50 on :55 Pulls
 {2 x 100 on 2:30 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{3 x 100 on 2:05 Fly 4 strokes off each wall
 {2 x 100 on 2:00 Fly 4 strokes off each wall
 {1 x 100 on 1:50 Fly 4 strokes off each wall
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 4,400 Yards - Stress Value = 68

Workout #5802 - Friday, 17 October 2008

Group 3 - Sprint

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 24:00 Stretch and Team Mtg L
 400 1 x 400 on 7:00 Reverse IM drill REC D
 150 10 x 15 on :45 Shooters SP3 S
 150 3x{1 x 25 on :50 Sculling drills EN1 D
 {1 x 25 on 1:00 Backwards Freestyle EN1 S
 1,800 6x{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 Freestyle REC S
 5:00 PM 2,500 Yards - Stress Value = 68

Workout #5803 - Monday, 20 October 2008

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Team Mtg
 400 1 x 400 on 7:00 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 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :50 Kick
 1,500 1x{3 x 150 on 2:00 Pull no br L.18 yds
 {2 x 150 on 2:30 Pulls-Great Effort!!!

{3 x 100 on 1:20 Pull no br L.18 yds
 {2 x 100 on 1:40 Pulls Great Effort!!!
 {3 x 50 on :40 Pull no br L.18 yds
 {2 x 50 on :50 Pulls-Great Effort!!!
 200 4x{1 x 25 on :50 Sculling drills
 {1 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
 6:00 PM 5,850 Yards - Stress Value = 197

Workout #5804 - Monday, 20 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Team Mtg
 400 1 x 400 on 7:00 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 100 on 2:00 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
 {2 x 50 on 1:00 Kick
 1,350 1x{3 x 150 on 2:15 Pull no br L.18 yds
 {2 x 150 on 2:45 Pulls-Great Effort!!!
 {3 x 100 on 1:30 Pull no br L.18 yds
 {2 x 100 on 1:50 Pulls Great Effort!!!
 {2 x 50 on :45 Pull no br L.18 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 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
 6:00 PM 5,600 Yards - Stress Value = 188

Workout #5805 - Monday, 20 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Team Mtg
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 1,250 1x{3 x 150 on 2:30 Pull no br L.18 yds
 {1 x 150 on 3:00 Pulls-Great Effort!!!
 {3 x 100 on 1:40 Pull no br L.18 yds
 {1 x 100 on 2:00 Pulls Great Effort!!!
 {3 x 50 on :50 Pull no br L.18 yds
 {2 x 50 on 1:00 Pulls-Great Effort
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 6:00 PM 5,000 Yards - Stress Value = 155

Workout #5806 - Monday, 20 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Team Mtg
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 1,150 1x{3 x 150 on 2:45 Pull no br L.18 yds
 {1 x 150 on 3:15 Pulls-Great Effort!!!
 {3 x 100 on 1:50 Pull no br L.18 yds
 {1 x 100 on 2:10 Pulls Great Effort!!!
 {3 x 50 on :55 Pull no br L.18 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 6:00 PM 4,800 Yards - Stress Value = 148

Workout #5807 - Tuesday, 21 October 2008

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====

1 on 35:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 6x{1 x 100 on 1:30 Kick
 {1 x 100 on 2:00 Kick
 1,250 1x{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {5 x 50 on :40 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :49 12.5 ez 12.5 fast grt finishes
 1,600 2x{1 x 50 on :45 Backstroke 5 KOW
 {1 x 50 on :50 Backstroke 7 KOW
 {1 x 50 on :55 Backstroke 9 KOW
 {1 x 50 on 1:00 Backstroke 11 KOW
 {1 x 200 on 3:15 Backstroke (1-15 KOW)
 {3 x 100 on 1:30 Backstroke-descend
 { #1 No KOW, #2 3 KOW, #3 min 5 KOW
 {1 x 100 on 2:00 Freestyle
 400 16 x 25 on 1:00 Underwater Fly Kick on Back
 with fins
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,500 Yards - Stress Value = 64

Workout #5808 - Tuesday, 21 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 5x{1 x 100 on 1:50 Kick
 {1 x 100 on 2:20 Kick
 1,100 1x{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:30 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 {2 x 50 on :45 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :49 12.5 ez 12.5 fast grt finishes
 1,500 2x{1 x 50 on :50 Backstroke 5 KOW
 {1 x 50 on :55 Backstroke 7 KOW
 {1 x 50 on 1:00 Backstroke 9 KOW
 {1 x 200 on 3:30 Backstroke (1-15 KOW)
 {3 x 100 on 1:40 Backstroke-descend
 { #1 No KOW, #2 3 KOW, #3 min 5 KOW
 {1 x 100 on 2:00 Freestyle
 400 16 x 25 on 1:00 Underwater Fly Kick on Back
 with fins
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,050 Yards - Stress Value = 59

Workout #5809 - Tuesday, 21 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| 350 | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 150 | 1 x 350 on 7:00 Underwater trn drill |
| 900 | 10 x 15 on :45 Shooters |
| 1,000 | 6x{1 x 100 on 1:55 Kick {1 x 50 on 1:20 Kick |
| 1,000 | 1x{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds {2 x 125 on 2:05 Pulls-nbbf&w + 2 yds {3 x 100 on 1:40 Pulls-nbbf&w + 2 yds {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :49 12.5 ez 12.5 fast grt finishes |
| 1,300 | 2x{1 x 50 on :55 Backstroke 5 KOW {1 x 50 on 1:00 Backstroke 7 KOW {1 x 200 on 4:00 Backstroke (1-15 KOW) {3 x 100 on 1:55 Backstroke-descend { #1 No KOW, #2 3 KOW, #3 min 5 KOW {1 x 50 on 1:30 Freestyle |
| 400 | 16 x 25 on 1:00 Underwater Fly Kick on Back with fins |
| 300 | 1 x 300 on 5:00 Stroke Drills |
| | 5:59 PM 4,600 Yards - Stress Value = 57 |

| | |
|-------|--|
| | {3 x 100 on 1:35 Kick |
| | {8 x 25 on :45 Kick no board BSLR |
| 1,200 | 1x{1 x 300 on 4:00 Lungbuster pulls {2 x 150 on 2:00 Lungbuster pulls {3 x 100 on 1:20 Lungbuster pulls {4 x 75 on 1:00 Lungbuster pulls { Breathe 3-4-5-6-7 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 1x{1 x 200 on 3:45 Breast w/ fly kick {1 x 200 on 4:00 Breast w/ free kick {1 x 200 on 4:15 Breaststroke Pull {1 x 200 on 3:30 Breaststroke {1 x 150 on 2:45 Breast w/ fly kick {1 x 150 on 2:55 Breast w/ free kick {1 x 150 on 3:05 Breaststroke Pull {1 x 150 on 2:30 Breaststroke {1 x 100 on 1:45 Breast w/ fly kick {1 x 100 on 1:50 Breast w/ free kick {1 x 100 on 2:00 Breaststroke Pull {1 x 100 on 1:35 Breaststroke |
| 100 | 1 x 100 on 2:00 Freestyle |
| 100 | 1 x 100 on 2:00 Breaststroke OTB for time |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:00 PM 5,700 Yards - Stress Value = 81 |

Workout #5812 - Wednesday, 22 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| 400 | 1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg |
| 150 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 1,400 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{3 x 100 on 2:00 Kick {8 x 25 on :45 Kick no board BSLR {3 x 100 on 1:55 Kick {8 x 25 on :45 Kick no board BSLR {3 x 100 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR |
| 1,100 | 1x{1 x 300 on 4:15 Lungbuster pulls {2 x 150 on 2:10 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls {2 x 75 on 1:05 Lungbuster pulls {1 x 50 on :45 Lungbuster pulls { Breathe 3-4-5-6-7 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,650 | 1x{1 x 200 on 4:00 Breast w/ fly kick {1 x 200 on 4:15 Breast w/ free kick {1 x 200 on 4:30 Breaststroke Pull {1 x 200 on 3:40 Breaststroke {1 x 150 on 2:55 Breast w/ fly kick {1 x 150 on 3:05 Breast w/ free kick {1 x 150 on 3:15 Breaststroke Pull {1 x 150 on 2:40 Breaststroke {1 x 50 on :55 Breast w/ fly kick {1 x 50 on 1:00 Breast w/ free kick {1 x 50 on 1:05 Breaststroke Pull {1 x 100 on 1:45 Breaststroke |
| 100 | 1 x 100 on 2:00 Freestyle |
| 100 | 1 x 100 on 2:00 Breaststroke OTB for time |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:00 PM 5,350 Yards - Stress Value = 75 |

Workout #5810 - Tuesday, 21 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| 300 | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 150 | 1 x 300 on 7:00 Underwater trn drill |
| 900 | 10 x 15 on :45 Shooters |
| 900 | 6x{1 x 100 on 2:05 Kick {1 x 50 on 1:20 Kick |
| 900 | 1x{1 x 150 on 2:45 Pulls-nbbf&w + 2 yds {2 x 125 on 2:20 Pulls-nbbf&w + 2 yds {3 x 100 on 1:50 Pulls-nbbf&w + 2 yds {2 x 75 on 1:20 Pulls-nbbf&w + 2 yds {1 x 50 on :55 Pulls-nbbf&w + 2 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :49 12.5 ez 12.5 fast grt finishes |
| 1,200 | 2x{1 x 50 on 1:00 Backstroke 5 KOW {1 x 50 on 1:05 Backstroke 7 KOW {1 x 200 on 4:30 Backstroke (1-15 KOW) {3 x 100 on 2:10 Backstroke-descend { #1 No KOW, #2 3 KOW, #3 min 5 KOW {1 on :30 Rest |
| 400 | 16 x 25 on 1:00 Underwater Fly Kick on Back with fins |
| 300 | 1 x 300 on 5:00 Stroke Drills |
| | 6:01 PM 4,350 Yards - Stress Value = 56 |

Workout #5811 - Wednesday, 22 October 2008

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| 400 | 1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg |
| 150 | 1 x 400 on 7:00 Free L.25 of each 100 non fr |
| 1,500 | 10 x 15 on :45 Shooters |
| 1,500 | 1x{3 x 100 on 1:45 Kick {8 x 25 on :45 Kick no board BSLR {3 x 100 on 1:40 Kick {8 x 25 on :45 Kick no board BSLR |

Workout #5813 - Wednesday, 22 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg |
| 350 | 1 x 350 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,350 | 1x{3 x 100 on 2:10 Kick {8 x 25 on :45 Kick no board BSLR {3 x 100 on 2:05 Kick {6 x 25 on :45 Kick no board BSLRCC {3 x 100 on 2:00 Kick {4 x 25 on :45 Kick no board BSLR |
| 950 | 1x{1 x 300 on 5:00 Lungbuster pulls {2 x 150 on 2:30 Lungbuster pulls {2 x 100 on 1:40 Lungbuster pulls {2 x 75 on 1:15 Lungbuster pulls { Breathe 3-4-5-6-7 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{1 x 200 on 4:20 Breast w/ fly kick {1 x 200 on 4:30 Breast w/ free kick {1 x 200 on 4:40 Breaststroke Pull {1 x 200 on 4:00 Breaststroke {1 x 150 on 3:10 Breast w/ fly kick {1 x 150 on 3:20 Breast w/ free kick {1 x 150 on 3:30 Breaststroke Pull {1 x 150 on 3:00 Breaststroke {1 x 50 on :55 Breast w/ fly kick {1 x 50 on 1:00 Breast w/ free kick {1 x 50 on 1:05 Breaststroke Pull {1 x 50 on 1:00 Breaststroke |
| 50 | 1 x 50 on 1:00 Freestyle |
| 100 | 1 x 100 on 2:00 Breaststroke OTB for time |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:00 PM 5,000 Yards - Stress Value = 72 |

{1 x 50 on 1:15 Breaststroke Pull

{1 x 50 on 1:10 Breaststroke

50 1 x 50 on 2:00 Freestyle

100 1 x 100 on 2:00 Breaststroke OTB for time

250 1 x 250 on 4:00 Stroke Drills

5:59 PM 4,550 Yards - Stress Value = 67

Workout #5816 - Wednesday, 22 October 2008

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY | WORK | ε |
|-------|---|--|--|--|
| | 1 on 25:00 Stomach/Stretch | | | |
| 600 | 1 x 600 on 8:00 Stroke Drills | | | |
| 150 | 10 x 15 on :45 Shooters | SP2 | | S |
| 900 | 1x{4 x 25 on :45 BSLR {2 x 100 on 1:45 Kick {4 x 25 on :45 BSLR {2 x 100 on 1:50 Kick {4 x 25 on :45 BSLR {2 x 100 on 1:55 Kick | EN1 EN2 EN1 EN1 EN1 EN2 | K K K K K K | F C F C F C |
| 750 | 1x{1 x 125 on 2:15 Pull--nbbf&w {1 x 125 on 2:10 Pull--nbbf&w {1 x 125 on 2:05 Pull--nbbf&w {1 x 125 on 2:00 Pull--nbbf&w {1 x 125 on 1:55 Pull--nbbf&w {1 x 125 on 1:50 Pull--nbbf&w | EN1 EN1 EN1 EN1 EN1 EN1 | P P P P P P | |
| 200 | 8 x 25 on :40 12.5 Easy 12.5 Fast | EN2 | | S |
| 1,400 | 2x{1 x 25 on :01 Butterfly {1 x 50 on 2:00 Freestyle {1 x 50 on :01 Butterfly {1 x 50 on 3:00 Freestyle {1 x 75 on :01 Butterfly {1 x 50 on 3:00 Freestyle {1 x 100 on :01 Butterfly {1 x 50 on 3:00 Freestyle {1 x 200 on :01 Butterfly {1 x 50 on 4:00 Freestyle | EN3 REC EN3 REC EN3 REC EN3 REC EN3 REC | S S S S S S S S S S | F F F F F F F F F F |
| 200 | 1 x 200 on 3:30 Stroke Drills | REC | | D C |
| | 7:31 PM 4,200 Yards - Stress Value = 92 | | | |

Workout #5814 - Wednesday, 22 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg |
| 300 | 1 x 300 on 7:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,300 | 1x{2 x 100 on 2:20 Kick {8 x 25 on :45 Kick no board BSLR {3 x 100 on 2:15 Kick {8 x 25 on :45 Kick no board BSLR {3 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR |
| 850 | 1x{1 x 300 on 5:30 Lungbuster pulls {2 x 150 on 2:45 Lungbuster pulls {2 x 100 on 1:50 Lungbuster pulls {1 x 50 on :55 Lungbuster pulls { Breathe 3-4-5-6-7 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{1 x 200 on 4:40 Breast w/ fly kick {1 x 150 on 3:45 Breast w/ free kick {1 x 150 on 3:45 Breaststroke Pull {1 x 150 on 3:20 Breaststroke {1 x 150 on 3:30 Breast w/ fly kick {1 x 100 on 2:30 Breast w/ free kick {1 x 100 on 2:30 Breaststroke Pull {1 x 100 on 2:15 Breaststroke {1 x 100 on 2:20 Breast w/ fly kick {1 x 50 on 1:15 Breast w/ free kick |

Workout #5815 - Wednesday, 22 October 2008

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---|---|
| | 1 on 25:00 Stomach/Stretch |
| 500 | 1 x 500 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 100 on 2:30 3 strokes fly off each wall {3 x 50 on 1:10 Stroke Drills 1 x 100 on 2:25 3 strokes fly off each wall {3 x 50 on 1:10 Stroke Drills 1 x 100 on 2:20 3 strokes fly off each wall {2 x 50 on 1:10 Stroke Drills |
| 500 | 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 |
| 500 | 1x{1 x 250 on 4:30 Pulls 1 x 250 on 4:20 Pulls 1 on 5:00 Bathroom Break |
| 700 | 1x{1 x 100 on 2:30 3 strokes fly off each wall {3 x 50 on 1:10 Stroke Drills 1 x 100 on 2:25 3 strokes fly off each wall {3 x 50 on 1:10 Stroke Drills 1 x 100 on 2:20 3 strokes fly off each wall {2 x 50 on 1:10 Stroke Drills |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:20 PM 3,250 Yards - Stress Value = 31 | |

Odd 100's free evens 100's back

| | |
|--|---|
| 150 | 10 x 15 on :45 Shooters |
| 1,300 | 1x{1 x 100 on 1:25 Kick {1 x 100 on 1:30 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:50 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 x 100 on 1:25 Kick |
| 1,650 | 1 x 1650 on 20:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{2 x 125 on 1:50 Fly 100 2-2, 25 whole stroke 1 x 100 on 1:15 Freestyle 4 x 25 on :30 Fly lup1down 2 x 125 on 1:50 Fly 100 2-3, 25 whole stroke 2 x 100 on 1:15 Freestyle 4 x 25 on :30 Fly lup2down 2 x 125 on 1:50 Fly 100 2-4, 25 whole stroke 3 x 100 on 1:15 Freestyle 4 x 25 on :30 Fly lup3down 2 x 125 on 1:50 Fly 100 2-5, 25 whole stroke 4 x 100 on 1:15 Freestyle 4 x 25 on :30 Fly lup4down |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 6:00 PM 6,600 Yards - Stress Value = 112 | |

Workout #5817 - Wednesday, 22 October 2008

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | F |
|---|--|---|
| | 1 on 25:00 Stomach/Stretch | |
| 400 | 1 x 400 on 6:00 Underwater trn drill | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 625 | 1x{1 x 75 on 2:30 3 strokes fly off each wall {3 x 50 on 1:10 Stroke Drills 1 x 75 on 2:25 3 strokes fly off each wall {3 x 50 on 1:10 Stroke Drills 1 x 75 on 2:20 3 strokes fly off each wall {2 x 50 on 1:10 Stroke Drills | F |
| 400 | 1x{1 x 100 on 3:15 Kick 1 x 100 on 3:10 Kick 1 x 100 on 3:05 Kick 1 x 100 on 3:00 Kick | E |
| 300 | 1x{1 x 200 on 4:30 Pulls 1 x 100 on 4:20 Pulls 1 on 5:00 Bathroom Break | E |
| 625 | 1x{1 x 75 on 2:30 3 strokes fly off each wall {3 x 50 on 1:10 Stroke Drills 1 x 75 on 2:25 3 strokes fly off each wall {3 x 50 on 1:10 Stroke Drills 1 x 75 on 2:20 3 strokes fly off each wall {2 x 50 on 1:10 Stroke Drills | F |
| 200 | 1 x 200 on 4:00 Stroke Drills | F |
| 7:20 PM 2,700 Yards - Stress Value = 28 | | |

Workout #5819 - Thursday, 23 October 2008

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|--|---|
| | 1 on 35:00 Physio Balls/StretchTm Mtg. |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| | Odd 100's free evens 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{1 x 100 on 1:45 Kick 1 x 100 on 1:50 Kick 1 x 100 on 1:55 Kick 1 x 100 on 2:00 Kick 1 x 100 on 2:05 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 1 x 100 on 1:50 Kick 1 x 100 on 1:45 Kick |
| 1,450 | 1 x 1450 on 20:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 1x{2 x 125 on 2:05 Fly 100 2-2, 25 whole stroke 1 x 100 on 1:25 Freestyle 4 x 25 on :30 Fly lup1down 2 x 125 on 2:05 Fly 100 2-3, 25 whole stroke 2 x 100 on 1:25 Freestyle 4 x 25 on :30 Fly lup2down 2 x 125 on 2:05 Fly 100 2-4, 25 whole stroke 3 x 100 on 1:25 Freestyle 4 x 25 on :30 Fly lup3down 2 x 125 on 2:05 Fly 100 2-5, 25 whole stroke 2 x 100 on 1:25 Freestyle 4 x 25 on :30 Fly lup4down |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 6:00 PM 6,000 Yards - Stress Value = 100 | |

Workout #5818 - Thursday, 23 October 2008

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 Physio Balls/StretchTm Mtg. |
| 400 | 1 x 400 on 7:00 Underwater trn drill |

Workout #5820 - Thursday, 23 October 2008

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/StretchTm Mtg.
 350 1 x 350 on 7:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {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
 {1 x 100 on 1:50 Kick
 1,250 1 x 1250 on 20:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{2 x 125 on 2:20 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup1down
 {2 x 125 on 2:20 Fly 100 2-3, 25 whole stroke
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup2down
 {2 x 125 on 2:20 Fly 100 2-4, 25 whole stroke
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup3down
 {2 x 125 on 2:20 Fly 100 2-5, 25 whole stroke
 {2 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup4down
 500 10 x 50 on 1:00 Stroke Drills
 5:59 PM 5,350 Yards - Stress Value = 88

Workout #5821 - Thursday, 23 October 2008

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/StretchTm Mtg.
 300 1 x 300 on 7:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 1,100 1 x 1100 on 20:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 125 on 2:45 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:45 Freestyle
 {3 x 25 on :40 Fly lup1down
 {1 x 125 on 2:45 Fly 100 2-3, 25 whole stroke
 {2 x 100 on 1:45 Freestyle
 {3 x 25 on :40 Fly lup2down
 {1 x 125 on 2:45 Fly 100 2-4, 25 whole stroke
 {3 x 100 on 1:45 Freestyle
 {3 x 25 on :40 Fly lup3down
 {1 x 125 on 2:45 Fly 100 2-5, 25 whole stroke
 {4 x 100 on 1:45 Freestyle

{1 x 25 on :40 Fly lup4down
 500 10 x 50 on 1:00 Stroke Drills
 5:59 PM 4,900 Yards - Stress Value = 79

Workout #5823 - Thursday, 23 October 2008

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Dryland
 600 1 x 600 on 8:00 Freestyle
 150 10 x 15 on :45 Shooters SE
 1,100 1x{2 x 100 on 2:00 Kick EN
 {4 x 25 on :20 Kick EN
 {2 x 100 on 1:50 Kick EN
 {4 x 25 on :25 Kick EN
 {2 x 100 on 1:40 Kick EN
 {4 x 25 on :30 Kick EN
 {2 x 100 on 1:30 Kick EN
 250 5 x 50 on 1:10 Breaststroke--free kick EN
 800 1x{1 x 100 on 1:20 Pull EN
 {2 x 50 on 1:00 Pull EN
 {1 x 100 on 1:25 Pull EN
 {2 x 50 on :55 Pull EN
 {1 x 100 on 1:30 Pull EN
 {2 x 50 on :50 Pull EN
 {1 x 100 on 1:35 Pull EN
 {2 x 50 on :45 Pull EN
 250 5 x 50 on 1:10 Breaststroke--dolphin kick EN
 1 on 3:00 Bathroom Break
 1,100 1x{1 x 200 on 3:15 Breaststroke EN
 {4 x 25 on :30 Breaststroke Drill EN
 {1 x 200 on 3:05 Breaststroke EN
 {4 x 25 on :30 Breaststroke Drill EN
 {1 x 200 on 2:55 Breaststroke EN
 {4 x 25 on :30 Breaststroke Drill EN
 {1 x 200 on 2:45 Breaststroke EN
 250 1 x 250 on 4:00 Stroke Drill RE
 7:27 PM 4,500 Yards - Stress Value = 62

Workout #5822 - Thursday, 23 October 2008

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description | EC |
|---|---|----|
| 5:30 PM Start | | |
| 600 | 1 on 25:00 Dryland | EC |
| 150 | 1 x 600 on 8:00 Freestyle | SE |
| 850 | 10 x 15 on :45 Shooters | EN |
| | 1x{2 x 100 on 2:20 Kick | EN |
| | {4 x 25 on :30 Kick | EN |
| | {2 x 100 on 2:10 Kick | EN |
| | {4 x 25 on :35 Kick | EN |
| | {2 x 100 on 2:00 Kick | EN |
| | {2 x 25 on :40 Kick | EN |
| 250 | 5 x 50 on 1:10 Breaststroke--free kick | EN |
| 600 | 1x{1 x 75 on 1:20 Pull | EN |
| | {2 x 50 on 1:10 Pull | EN |
| | {1 x 75 on 1:25 Pull | EN |
| | {2 x 50 on 1:05 Pull | EN |
| | {1 x 75 on 1:30 Pull | EN |
| | {2 x 50 on 1:00 Pull | EN |
| | {1 x 75 on 1:35 Pull | EN |
| 250 | 5 x 50 on 1:10 Breaststroke--dolphin kick | EN |
| | 1 on 3:00 Bathroom Break | EN |
| 900 | 1x{1 x 150 on 3:15 Breaststroke | EN |
| | {4 x 25 on :30 Breaststroke Drill | EN |
| | {1 x 150 on 3:05 Breaststroke | EN |
| | {4 x 25 on :30 Breaststroke Drill | EN |
| | {1 x 150 on 2:55 Breaststroke | EN |
| | {4 x 25 on :30 Breaststroke Drill | EN |
| | {1 x 150 on 2:45 Breaststroke | EN |
| 250 | 1 x 250 on 4:00 Stroke Drill | RE |
| 7:27 PM 3,850 Yards - Stress Value = 52 | | |

Workout #5824 - Thursday, 23 October 2008

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description | EC |
|---|---|----|
| 5:30 PM Start | | |
| 600 | 1 on 25:00 Dryland | EC |
| 150 | 1 x 600 on 8:00 Freestyle | SE |
| 550 | 10 x 15 on :45 Shooters | EN |
| | 1x{2 x 50 on 2:00 Kick | EN |
| | {2 x 25 on :40 Kick | EN |
| | {2 x 50 on 1:50 Kick | EN |
| | {2 x 25 on :40 Kick | EN |
| | {2 x 50 on 1:40 Kick | EN |
| | {2 x 25 on :40 Kick | EN |
| | {2 x 50 on 1:30 Kick | EN |
| 250 | 5 x 50 on 1:10 Breaststroke--free kick | EN |
| 400 | 1x{1 x 50 on 1:20 Pull | EN |
| | {2 x 25 on 1:00 Pull | EN |
| | {1 x 50 on 1:25 Pull | EN |
| | {2 x 25 on :55 Pull | EN |
| | {1 x 50 on 1:30 Pull | EN |
| | {2 x 25 on :50 Pull | EN |
| | {1 x 50 on 1:35 Pull | EN |
| | {2 x 25 on :45 Pull | EN |
| 250 | 5 x 50 on 1:10 Breaststroke--dolphin kick | EN |
| | 1 on 3:00 Bathroom Break | EN |
| 550 | 1x{1 x 100 on 3:15 Breaststroke | EN |
| | {2 x 25 on 1:00 Freestyle | EN |
| | {1 x 100 on 3:05 Breaststroke | EN |
| | {2 x 25 on 1:00 Freestyle | EN |
| | {1 x 100 on 2:55 Breaststroke | EN |
| | {2 x 25 on 1:00 Freestyle | EN |
| | {1 x 100 on 2:45 Breaststroke | EN |
| 250 | 1 x 250 on 4:00 Stroke Drill | RE |
| 7:26 PM 3,000 Yards - Stress Value = 35 | | |

Workout #5825 - Friday, 24 October 2008

Group 3 - Sprint

1 minute rest between sets

| Yards | Set Description |
|---|---|
| 3:30 PM Start | |
| 400 | 1 on 20:00 Stretch and Team Mtg. |
| 150 | 1 x 400 on 7:00 Reverse IM drill |
| 750 | 10 x 15 on :45 Shooters |
| 200 | 1 x 750 on 15:00 Vertical Kicking w/Physio E |
| | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 1 x 2000 on 30:00 Whistle Set |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:05 PM 3,750 Yards - Stress Value = 56 | |

Workout #5827 - Monday, 27 October 2008

Group 3 - Distance

1 minute rest between sets

| Yards | Set Description |
|---|---|
| 5:00 PM Start | |
| 400 | 1 on 35:00 Physio Ball Abs/Stretch/Tm mtg |
| 150 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 1,100 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:45 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {2 x 125 on 2:10 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {3 x 150 on 2:35 Kick |
| 1,500 | 1x{1 x 500 on 6:15 Pull no br L.16 yds |
| | {1 x 400 on 5:00 Pull no br L.16 yds |
| | {1 x 300 on 3:45 Pull no br L.16 yds |
| | {1 x 200 on 2:30 Pull no br L.16 yds |
| | {1 x 100 on 1:15 Pull no br L.16 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 3,200 | 1x{4 x 200 on 2:25 Freestyle |
| | {3 x 100 on 1:20 Freestyle |
| | {3 x 200 on 2:20 Freestyle |
| | {3 x 100 on 1:20 Freestyle |
| | {2 x 200 on 2:15 Freestyle |
| | {3 x 100 on 1:20 Freestyle |
| | {1 x 200 on 2:10 Freestyle |
| | {3 x 100 on 1:20 Freestyle |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| 7:30 PM 6,950 Yards - Stress Value = 97 | |

Workout #5828 - Monday, 27 October 2008

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 Physio Ball Abs/Stretch/Tm mtg |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:00 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {2 x 125 on 2:25 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 100 on 1:55 Kick |
| 1,300 | 1x{1 x 400 on 5:40 Pull no br L.16 yds |
| | {1 x 300 on 4:15 Pull no br L.16 yds |
| | {1 x 200 on 2:50 Pull no br L.16 yds |
| | {1 x 100 on 1:25 Pull no br L.16 yds |
| | {6 x 50 on :40 Pull no br L.16 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,800 | 1x{4 x 200 on 2:45 Freestyle |
| | {2 x 100 on 1:30 Freestyle |
| | {3 x 200 on 2:40 Freestyle |
| | {2 x 100 on 1:30 Freestyle |
| | {2 x 200 on 2:35 Freestyle |
| | {2 x 100 on 1:30 Freestyle |
| | {1 x 200 on 2:30 Freestyle |
| | {2 x 100 on 1:30 Freestyle |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 7:29 PM 6,200 Yards - Stress Value = 88 |

Workout #5829 - Monday, 27 October 2008

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 Physio Ball Abs/Stretch/Tm mtg |
| 350 | 1 x 350 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 2:10 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 |
| | {2 x 100 on 2:05 Kick |
| 1,150 | 1x{1 x 400 on 6:40 Pull no br L.16 yds |
| | {1 x 300 on 4:55 Pull no br L.16 yds |
| | {1 x 200 on 3:15 Pull no br L.16 yds |
| | {1 x 100 on 1:35 Pull no br L.16 yds |
| | {3 x 50 on :50 Pull no br L.16 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{4 x 200 on 3:10 Freestyle |
| | {2 x 100 on 1:45 Freestyle |
| | {3 x 200 on 3:05 Freestyle |
| | {2 x 100 on 1:45 Freestyle |
| | {2 x 200 on 3:00 Freestyle |
| | {2 x 100 on 1:45 Freestyle |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 7:29 PM 5,500 Yards - Stress Value = 79 |

Workout #5830 - Monday, 27 October 2008

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|-----------------|
| ===== | ===== |

| | |
|-------|---|
| | 1 on 35:00 Physio Ball Abs/Stretch/Tm mtg |
| 300 | 1 x 300 on 7:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 2:20 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 125 on 2:50 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 2:15 Kick |
| 1,000 | 1x{1 x 400 on 7:20 Pull no br L.16 yds |
| | {1 x 300 on 5:30 Pull no br L.16 yds |
| | {1 x 200 on 3:40 Pull no br L.16 yds |
| | {1 x 100 on 1:50 Pull no br L.16 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 1x{3 x 200 on 3:30 Freestyle |
| | {2 x 100 on 2:00 Freestyle |
| | {3 x 200 on 3:25 Freestyle |
| | {2 x 100 on 2:00 Freestyle |
| | {2 x 200 on 3:20 Freestyle |
| | {2 x 100 on 2:00 Freestyle |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 7:29 PM 5,000 Yards - Stress Value = 71 |

Workout #5831 - Monday, 27 October 2008

HS Girls - Distance

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 29:00 Physio Ball Abs/Stretch/Tm mtg |
| 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 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 |
| | {2 x 100 on 2:05 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| 1,000 | 1x{1 x 400 on 6:40 Pull no br L.16 yds |
| | {1 x 300 on 4:55 Pull no br L.16 yds |
| | {1 x 200 on 3:15 Pull no br L.16 yds |
| | {1 x 100 on 1:35 Pull no br L.16 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{4 x 150 on 3:10 IM w/out the free |
| | {2 x 100 on 1:40 Freestyle |
| | {3 x 150 on 3:05 IM w/out the free |
| | {2 x 100 on 1:40 Freestyle |
| | {2 x 150 on 3:00 IM W/out the free |
| | {2 x 100 on 1:40 Freestyle |
| | {1 x 150 on 2:55 IM w/out the free |
| | {2 x 100 on 1:40 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 5,150 Yards - Stress Value = 82 |

Workout #5826 - Monday, 27 October 2008

HS Girls - Distance

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|-------|-----|
| | 1 on 45:00 Weights and Stretch | | L DRY | |
| 400 | 1 x 400 on 8:00 Choice | REC | S CHO | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S CHO | |
| 1,000 | 1x{2 x 200 on 3:20 Freestyle | EN1 | S FR | |
| | {2 x 200 on 3:15 Freestyle | EN1 | S FR | |
| | {1 x 200 on 3:10 Freestyle | EN1 | S FR | |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | D CD | |
| | 1 on 9:00 Ice | | M | |
| | 7:05 PM 1,800 Yards - Stress Value = 16 | | | |

| | | | | |
|-------|---|--|--|--|
| 1,250 | 1x{2 x 100 on 1:50 Kick | | | |
| | {2 x 50 on 1:10 Kick | | | |
| | {2 x 100 on 1:55 Kick | | | |
| | {2 x 50 on 1:05 Kick | | | |
| | {2 x 100 on 2:00 Kick | | | |
| | {2 x 50 on 1:00 Kick | | | |
| | {2 x 100 on 1:55 Kick | | | |
| | {3 x 50 on :55 Kick | | | |
| 1,100 | 1x{1 x 250 on 3:45 Pulls | | | |
| | {2 x 125 on 1:55 Pulls | | | |
| | {1 x 200 on 3:00 Pulls | | | |
| | {2 x 100 on 1:30 Pulls | | | |
| | {1 x 150 on 2:15 Pulls | | | |
| | {1 x 50 on :45 Pulls | | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | | |
| 1,950 | 1x{4 x 100 on 1:40 Backstroke | | | |
| | {1 x 50 on 1:00 Backstroke | | | |
| | {1 x 50 on :55 Backstroke | | | |
| | {1 x 50 on :50 Backstroke | | | |
| | {4 x 100 on 1:35 Backstroke | | | |
| | {1 x 50 on 1:00 Backstroke | | | |
| | {1 x 50 on :55 Backstroke | | | |
| | {1 x 50 on :50 Backstroke | | | |
| | {4 x 100 on 1:30 Backstroke | | | |
| | {1 x 50 on 1:00 Backstroke | | | |
| | {1 x 50 on :55 Backstroke | | | |
| | {1 x 50 on :50 Backstroke | | | |
| | {2 x 100 on 1:25 Backstroke | | | |
| | {1 x 50 on 1:00 Backstroke | | | |
| | {1 x 50 on :55 Backstroke | | | |
| 400 | 4 x 100 on 1:30 Free-Descend to Ludicrous | | | |
| 350 | 7 x 50 on 1:00 Stroke Drills | | | |
| | 7:30 PM 5,800 Yards - Stress Value = 65 | | | |

Workout #5832 - Tuesday, 28 October 2008

Group 3 - Back

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | |
|-------|---|--|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg | |
| 400 | 1 x 400 on 7:00 Underwater trn drill | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,400 | 1x{2 x 100 on 1:40 Kick | |
| | {3 x 50 on 1:00 Kick | |
| | {2 x 100 on 1:45 Kick | |
| | {3 x 50 on :55 Kick | |
| | {2 x 100 on 1:50 Kick | |
| | {3 x 50 on :50 Kick | |
| | {2 x 100 on 1:55 Kick | |
| | {3 x 50 on :45 Kick | |
| 1,200 | 1x{1 x 250 on 3:30 Pulls | |
| | {2 x 125 on 1:45 Pulls | |
| | {1 x 200 on 2:45 Pulls | |
| | {2 x 100 on 1:25 Pulls | |
| | {1 x 150 on 2:05 Pulls | |
| | {2 x 75 on 1:05 Pulls | |
| 200 | 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 2,200 | 1x{4 x 100 on 1:30 Backstroke | |
| | {1 x 50 on :55 Backstroke | |
| | {1 x 50 on :50 Backstroke | |
| | {1 x 50 on :45 Backstroke | |
| | {4 x 100 on 1:25 Backstroke | |
| | {1 x 50 on :55 Backstroke | |
| | {1 x 50 on :50 Backstroke | |
| | {1 x 50 on :45 Backstroke | |
| | {4 x 100 on 1:20 Backstroke | |
| | {1 x 50 on :55 Backstroke | |
| | {1 x 50 on :50 Backstroke | |
| | {1 x 50 on :45 Backstroke | |
| | {4 x 100 on 1:15 Backstroke | |
| | {1 x 50 on :55 Backstroke | |
| | {1 x 50 on :50 Backstroke | |
| | {1 x 50 on :45 Backstroke | |
| 400 | 4 x 100 on 1:30 Free-Descend to Ludicrous | |
| 350 | 7 x 50 on 1:00 Stroke Drills | |
| | 7:30 PM 6,300 Yards - Stress Value = 74 | |

Workout #5833 - Tuesday, 28 October 2008

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |

Workout #5834 - Tuesday, 28 October 2008

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{2 x 100 on 1:55 Kick {2 x 50 on 1:10 Kick {2 x 100 on 2:00 Kick {2 x 50 on 1:05 Kick {2 x 100 on 2:05 Kick {2 x 50 on 1:00 Kick {2 x 100 on 2:10 Kick {2 x 50 on :55 Kick |
| 1,050 | 1x{1 x 250 on 4:05 Pulls {2 x 125 on 2:05 Pulls {1 x 200 on 3:15 Pulls {2 x 100 on 1:35 Pulls {1 x 150 on 2:30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,650 | 1x{3 x 100 on 1:55 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke {3 x 100 on 1:50 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke {3 x 100 on 1:45 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke {2 x 100 on 1:40 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:00 Backstroke |
| 400 | 4 x 100 on 1:40 Free-Descend to Ludicrous |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 7:30 PM 5,300 Yards - Stress Value = 60 |

Workout #5835 - Tuesday, 28 October 2008

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{2 x 100 on 2:10 Kick {2 x 50 on 1:10 Kick {2 x 100 on 2:15 Kick {2 x 50 on 1:10 Kick {2 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick {2 x 100 on 2:25 Kick |
| 900 | 1x{1 x 250 on 4:30 Pulls {2 x 125 on 2:15 Pulls {1 x 200 on 3:40 Pulls {2 x 100 on 1:50 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,450 | 1x{3 x 100 on 2:15 Backstroke {1 x 50 on 1:10 Backstroke {1 x 50 on 1:05 Backstroke {3 x 100 on 2:10 Backstroke {1 x 50 on 1:10 Backstroke {1 x 50 on 1:05 Backstroke |

| | |
|-----|---|
| | {3 x 100 on 2:05 Backstroke |
| | {1 x 50 on 1:10 Backstroke |
| | {1 x 50 on 1:05 Backstroke |
| | {2 x 100 on 2:00 Backstroke |
| | {1 x 50 on 1:10 Backstroke |
| 400 | 4 x 100 on 1:50 Free-Descend to Ludicrous |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 7:30 PM 4,700 Yards - Stress Value = 55 |

Workout #5836 - Tuesday, 28 October 2008

HS Girls - Backstroke

1 minute rest between sets

| 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 | 1x{2 x 100 on 1:55 Kick {2 x 50 on 1:10 Kick {2 x 100 on 2:00 Kick {2 x 50 on 1:05 Kick {2 x 100 on 2:05 Kick {2 x 50 on 1:00 Kick {2 x 100 on 2:10 Kick {2 x 50 on :55 Kick |
| 1,050 | 1x{1 x 250 on 4:05 Pulls {2 x 125 on 2:05 Pulls {1 x 200 on 3:15 Pulls {2 x 100 on 1:35 Pulls {1 x 150 on 2:30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,550 | 1x{3 x 100 on 1:55 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke {3 x 100 on 1:50 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke {3 x 100 on 1:45 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke {2 x 100 on 1:40 Backstroke |
| 400 | 4 x 100 on 1:45 Free-Descend to Ludicrous |
| 350 | 7 x 50 on 1:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 5,300 Yards - Stress Value = 60 |

Workout #5837 - Wednesday, 29 October 2008

Group 3 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Tm Mtg.
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 1:25 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 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 x 100 on 1:25 Kick
 1,650 1 x 1650 on 20:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{2 x 125 on 1:50 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup1down
 {2 x 125 on 1:50 Fly 100 2-3, 25 whole stroke
 {2 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup2down
 {2 x 125 on 1:50 Fly 100 2-4, 25 whole stroke
 {3 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup3down
 {2 x 125 on 1:50 Fly 100 2-5, 25 whole stroke
 {4 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup4down
 500 10 x 50 on 1:00 Stroke Drills
 7:30 PM 6,600 Yards - Stress Value = 112

{4 x 25 on :30 Fly lup3down
 {2 x 125 on 2:05 Fly 100 2-5, 25 whole stroke
 {2 x 100 on 1:25 Freestyle
 {4 x 25 on :30 Fly lup4down
 500 10 x 50 on 1:00 Stroke Drills
 7:30 PM 6,000 Yards - Stress Value = 100

Workout #5839 - Wednesday, 29 October 2008

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Tm Mtg.
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {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
 {1 x 100 on 1:50 Kick
 1,250 1 x 1250 on 20:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{2 x 125 on 2:20 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup1down
 {2 x 125 on 2:20 Fly 100 2-3, 25 whole stroke
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup2down
 {2 x 125 on 2:20 Fly 100 2-4, 25 whole stroke
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup3down
 {2 x 125 on 2:20 Fly 100 2-5, 25 whole stroke
 {2 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup4down
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 5,350 Yards - Stress Value = 88

Workout #5838 - Wednesday, 29 October 2008

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Tm Mtg.
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 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
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 1,450 1 x 1450 on 20:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{2 x 125 on 2:05 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:25 Freestyle
 {4 x 25 on :30 Fly lup1down
 {2 x 125 on 2:05 Fly 100 2-3, 25 whole stroke
 {2 x 100 on 1:25 Freestyle
 {4 x 25 on :30 Fly lup2down
 {2 x 125 on 2:05 Fly 100 2-4, 25 whole stroke
 {3 x 100 on 1:25 Freestyle

Workout #5840 - Wednesday, 29 October 2008

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stomach and Stretch/Tm Mtg.
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 1,100 1 x 1100 on 20:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 125 on 2:45 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:45 Freestyle
 {3 x 25 on :40 Fly lup1down
 {1 x 125 on 2:45 Fly 100 2-3, 25 whole stroke
 {2 x 100 on 1:45 Freestyle
 {3 x 25 on :40 Fly lup2down
 {1 x 125 on 2:45 Fly 100 2-4, 25 whole stroke
 {3 x 100 on 1:45 Freestyle
 {3 x 25 on :40 Fly lup3down
 {1 x 125 on 2:45 Fly 100 2-5, 25 whole stroke
 {4 x 100 on 1:45 Freestyle
 {1 x 25 on :40 Fly lup4down
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 4,900 Yards - Stress Value = 79

Workout #5841 - Wednesday, 29 October 2008

HS Girls - Fly

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 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {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
 {1 x 100 on 1:50 Kick
 1,000 1 x 1000 on 16:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{2 x 125 on 2:20 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup1down
 {2 x 125 on 2:20 Fly 100 2-3, 25 whole stroke
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup2down
 {2 x 125 on 2:20 Fly 100 2-4, 25 whole stroke
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup3down
 {2 x 125 on 2:20 Fly 100 2-5, 25 whole stroke
 {2 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup4down
 250 1 x 250 on 4:00 Stroke Drills

1 on 10:00 Ice
 5:35 PM 4,900 Yards - Stress Value = 83

Workout #5842 - Thursday, 30 October 2008

Group 3 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board B
 {2 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board S
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board L
 {4 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board R
 {5 x 50 on 1:00 Kick descend 1-4 #5 same as 4
 1,000 10 x 100 on 1:30 Lungbuster pulls
 Odds breathe 3-5-7-9 by the 25 evens breath
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 150 on 2:45 Breaststroke
 {1 x 100 on 1:50 Breaststroke
 {2 x 50 on :55 Breaststroke
 {1 x 150 on 2:45 Breaststroke
 {2 x 100 on 1:50 Breaststroke
 {1 x 50 on :55 Breaststroke
 {2 x 150 on 2:45 Breaststroke
 {1 x 100 on 1:50 Breaststroke
 {1 x 50 on :55 Breaststroke
 { When there is 2 repeats the second one is f
 400 1x{4 x 25 on :30 Freestyle
 {4 x 25 on :25 Freestyle
 {4 x 25 on :20 Freestyle
 {4 x 25 on :15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 7:16 PM 4,700 Yards - Stress Value = 53

Workout #5843 - Thursday, 30 October 2008

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board B
 {2 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board S
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board L
 {4 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board R
 {5 x 50 on 1:00 Kick descend 1-4 #5 same as 4
 1,000 10 x 100 on 1:30 Lungbuster pulls
 Odds breathe 3-5-7-9 by the 25 evens breath
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 150 on 2:45 Breaststroke
 {1 x 100 on 1:50 Breaststroke
 {2 x 50 on :55 Breaststroke
 {1 x 150 on 2:45 Breaststroke
 {2 x 100 on 1:50 Breaststroke
 {1 x 50 on :55 Breaststroke
 {2 x 150 on 2:45 Breaststroke
 {1 x 100 on 1:50 Breaststroke
 {1 x 50 on :55 Breaststroke
 { When there is 2 repeats the second one is f
 400 1x{4 x 25 on :30 Freestyle
 {4 x 25 on :25 Freestyle
 {4 x 25 on :20 Freestyle
 {4 x 25 on :15 Freestyle
 250 1 x 250 on 4:30 Stroke Drills
 7:17 PM 4,700 Yards - Stress Value = 53

Workout #5844 - Thursday, 30 October 2008

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,000 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
 {3 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board L
 {4 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board R
 {3 x 50 on 1:10 Kick descend 1-4 #5 same as 4
 800 8 x 100 on 1:50 Lungbuster pulls
 Odds breathe 3-5-7-9 by the 25 evens breath
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 150 on 3:15 Breaststroke
 {1 x 100 on 2:10 Breaststroke
 {2 x 50 on 1:05 Breaststroke
 {1 x 150 on 3:15 Breaststroke
 {2 x 100 on 2:10 Breaststroke
 {1 x 50 on 1:05 Breaststroke
 {2 x 150 on 3:15 Breaststroke
 {1 x 100 on 2:10 Breaststroke
 {1 x 50 on 1:05 Breaststroke
 { When there is 2 repeats the second one is f

100 1 x 100 on 2:00 Your Choice-100%
 250 1 x 250 on 5:00 Stroke Drills
 7:17 PM 4,050 Yards - Stress Value = 54

Workout #5845 - Thursday, 30 October 2008

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,000 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
 {3 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board L
 {4 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board R
 {3 x 50 on 1:10 Kick descend 1-4 #5 same as 4
 800 8 x 100 on 1:50 Lungbuster pulls
 Odds breathe 3-5-7-9 by the 25 evens breath
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 150 on 3:15 Breaststroke
 {1 x 100 on 2:10 Breaststroke
 {2 x 50 on 1:05 Breaststroke
 {1 x 150 on 3:15 Breaststroke
 {2 x 100 on 2:10 Breaststroke
 {1 x 50 on 1:05 Breaststroke
 {2 x 150 on 3:15 Breaststroke
 {1 x 100 on 2:10 Breaststroke
 {1 x 50 on 1:05 Breaststroke
 { When there is 2 repeats the second one is f
 100 1 x 100 on 2:00 Your Choice-100%
 250 1 x 250 on 5:00 Stroke Drills
 7:17 PM 4,000 Yards - Stress Value = 54

Workout #5846 - Thursday, 30 October 2008

HS Girls - Breast

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/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{1 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board B
 {2 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board S
 {3 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board L
 {4 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board R
 {5 x 50 on 1:05 Kick descend 1-4 #5 same as 4
 1,200 12 x 100 on 1:45 Lungbuster pulls
 Odds breathe 3-5-7-9 by the 25 evens breathe
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 150 on 3:00 Breaststroke
 {1 x 100 on 2:00 Breaststroke
 {2 x 50 on :50 Breaststroke
 {1 x 150 on 2:55 Breaststroke
 {2 x 100 on 1:55 Breaststroke
 {1 x 50 on :55 Breaststroke
 {2 x 150 on 2:50 Breaststroke
 {1 x 100 on 1:50 Breaststroke
 {1 x 50 on :50 Breaststroke
 { When there is 2 repeats the second one is f
 400 1x{4 x 25 on :35 Freestyle
 {4 x 25 on :30 Freestyle
 {4 x 25 on :25 Freestyle
 {4 x 25 on :20 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,950 Yards - Stress Value = 54

Workout #5847 - Friday, 31 October 2008

HS Girls - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 43:00 Weights and Stretch L WTS
 400 1 x 400 on 8:00 Reverse IM drill REC D IM
 150 10 x 15 on :45 Shooters SP3 S BR
 1,200 12 x 100 on 1:35 Freestyle EN2 S FR
 200 1 x 200 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 7:05 AM 1,950 Yards - Stress Value = 30

Workout #5849 - Monday, 03 November 2008

Group 3 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 34:00 Physio Ball Abs/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 150 on 2:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board BSLR

1,500 1x{1 x 200 on 2:45 Pull no br L.12 yds
 {2 x 175 on 2:25 Pull no br L.12 yds
 {3 x 150 on 2:05 Pull no br L.12 yds
 {4 x 125 on 1:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{1 x 500 on 6:40 Freestyle Neg Split
 {5 x 100 on 1:20 Free Hold Avg from 500
 {1 x 400 on 5:20 Freestyle Neg Split
 {4 x 100 on 1:20 Free Hold Avg from 400
 {1 x 300 on 4:00 Freestyle Neg Split
 {3 x 100 on 1:20 Free Hold Avg from 300
 {1 x 200 on 2:40 Freestyle Neg split
 {2 x 100 on 1:20 Free Hold Avg from 200
 500 20 x 25 on :30 IM order
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 6,700 Yards - Stress Value = 96

Workout #5850 - Monday, 03 November 2008

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 34:00 Physio Ball Abs/Stretch/Tm Mtg
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 1,050 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 150 on 3:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {2 x 25 on :45 Kick no board BS
 1,300 1x{1 x 200 on 3:10 Pull no br L.12 yds
 {2 x 175 on 2:45 Pull no br L.12 yds
 {3 x 150 on 2:20 Pull no br L.12 yds
 {3 x 100 on 1:35 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 500 on 7:30 Freestyle Neg Split
 {5 x 100 on 1:30 Free Hold Avg from 500
 {1 x 400 on 6:00 Freestyle Neg Split
 {4 x 100 on 1:30 Free Hold Avg from 400
 {1 x 300 on 4:30 Freestyle Neg Split
 {3 x 100 on 1:30 Free Hold Avg from 300
 {1 x 100 on 1:30 Freestyle Neg split
 500 20 x 25 on :30 IM order
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 6,150 Yards - Stress Value = 87

Workout #5851 - Monday, 03 November 2008

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 34:00 Physio Ball Abs/Stretch/Tm Mtg
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 950 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:30 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
 {2 x 50 on 1:10 Kick
 {2 x 25 on :45 Kick no board BS
 1,200 1x{1 x 200 on 3:30 Pull no br L.12 yds
 {2 x 175 on 3:00 Pull no br L.12 yds
 {3 x 150 on 2:35 Pull no br L.12 yds
 {2 x 100 on 1:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 500 on 8:20 Freestyle Neg Split
 {4 x 100 on 1:40 Free Hold Avg from 500
 {1 x 400 on 6:40 Freestyle Neg Split
 {3 x 100 on 1:40 Free Hold Avg from 400
 {1 x 300 on 5:00 Freestyle Neg Split
 {3 x 100 on 1:40 Free Hold Avg from 300
 500 20 x 25 on :30 IM order
 200 1 x 200 on 3:00 Stroke Drills
 7:29 PM 5,600 Yards - Stress Value = 80

Workout #5852 - Monday, 03 November 2008

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 34:00 Physio Ball Abs/Stretch/Tm Mtg
 300 1 x 300 on 7:00 Swim-kick-pull-swim
 950 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:45 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 50 on 1:10 Kick
 1,050 1x{1 x 200 on 4:00 Pull no br L.12 yds
 {2 x 175 on 3:30 Pull no br L.12 yds
 {3 x 150 on 3:00 Pull no br L.12 yds
 {1 x 50 on 1:00 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,050 1x{1 x 400 on 7:20 Freestyle Neg Split
 {4 x 100 on 1:50 Free Hold Avg from 400
 {1 x 300 on 5:30 Freestyle Neg Split
 {3 x 100 on 1:50 Free Hold Avg from 300
 {1 x 200 on 3:40 Freestyle Neg Split
 {2 x 100 on 1:50 Free Hold Avg from 200
 {1 x 150 on 2:45 Freestyle Neg Split
 {2 x 50 on :55 Free Hold Avg from 150
 500 20 x 25 on :30 IM order
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 5,250 Yards - Stress Value = 75

Workout #5853 - Monday, 03 November 2008

HS Girls - Distance

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 7:00 Swim-kick-pull-swim
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:15 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
 {2 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board BS
 1,200 1x{1 x 200 on 3:30 Pull no br L.12 yds
 {2 x 175 on 3:00 Pull no br L.12 yds
 {3 x 150 on 2:35 Pull no br L.12 yds
 {2 x 100 on 1:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{1 x 500 on 8:20 Freestyle Neg Split
 {4 x 100 on 1:40 Free Hold Avg from 500
 {1 x 400 on 6:40 Freestyle Neg Split
 {3 x 100 on 1:40 Free Hold Avg from 400
 {1 x 300 on 5:00 Freestyle Neg Split
 {3 x 100 on 1:40 Free Hold Avg from 300
 {1 x 200 on 3:20 Freestyle Neg Split
 {2 x 100 on 1:40 Free Hold Avg from 200
 350 7 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,750 Yards - Stress Value = 79

Workout #5848 - Monday, 03 November 2008

HS Girls - All

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 45:00 Weights and Stretch I
 400 1 x 400 on 7:00 Swim-kick-pull-swim REC S
 150 10 x 15 on :45 Shooters SP3 S
 1,350 1x{3 x 50 on :50 Freestyle EN1 S
 {4 x 25 on :30 IM order EN1 S
 {4 x 75 on 1:15 Freestyle EN1 S
 {4 x 25 on :30 IM order EN1 S
 {5 x 100 on 1:40 Freestyle EN1 S
 {1 x 200 on 4:00 Stroke Drills REC I
 1 on 10:00 Ice M
 7:05 AM 1,900 Yards - Stress Value = 18

Workout #5854 - Tuesday, 04 November 2008

Group 3 - Back

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 33:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,350 | 2x{1 x 125 on 2:00 Kick {1 x 100 on 2:00 Kick {1 x 125 on 1:55 Kick {1 x 100 on 1:55 Kick {1 x 125 on 1:50 Kick {1 x 100 on 1:50 Kick |
| 1,600 | 1x{1 x 400 on 5:20 Pulls {1 x 400 on 5:15 Pulls {1 x 400 on 5:10 Pulls {1 x 400 on 5:05 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,700 | 1x{4 x 100 on 1:25 Backstroke {6 x 50 on :55 Back odds drill evens descend {3 x 150 on 2:05 Backstroke {6 x 50 on :55 Back odds drill evens descend {2 x 200 on 2:45 Backstroke {6 x 50 on :55 Back-odds drill evens descend {1 x 250 on 3:25 Backstroke {6 x 50 on :55 Back odds drill evens descend |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 7:30 PM 6,600 Yards - Stress Value = 99 |

Workout #5855 - Tuesday, 04 November 2008

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 33:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 2x{1 x 125 on 2:30 Kick {1 x 75 on 1:40 Kick {1 x 125 on 2:25 Kick {1 x 50 on 1:05 Kick {1 x 125 on 2:20 Kick {1 x 50 on 1:05 Kick |
| 1,450 | 1x{1 x 400 on 5:55 Pulls {1 x 400 on 5:50 Pulls {1 x 400 on 5:45 Pulls {1 x 250 on 3:30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{4 x 100 on 1:35 Backstroke {6 x 50 on 1:00 Back odds drill evens descend {3 x 150 on 2:25 Backstroke {6 x 50 on 1:00 Back odds drill evens descend {2 x 200 on 3:10 Backstroke {6 x 50 on 1:00 Back-odds drill evens descend {1 x 250 on 4:00 Backstroke |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 5,900 Yards - Stress Value = 89 |

Workout #5856 - Tuesday, 04 November 2008

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 33:00 Physio Balls/Stretch/Tm Mtg |

| | |
|-------|--|
| 350 | 1 x 350 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 2x{1 x 125 on 2:40 Kick {1 x 50 on 1:05 Kick {1 x 125 on 2:35 Kick {1 x 50 on 1:05 Kick {1 x 125 on 2:30 Kick {1 x 50 on 1:05 Kick |
| 1,250 | 1x{1 x 400 on 6:40 Pulls {1 x 400 on 6:35 Pulls {1 x 400 on 6:30 Pulls {1 x 50 on :50 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,150 | 1x{4 x 100 on 1:45 Backstroke {6 x 50 on 1:05 Back odds drill evens descend {3 x 150 on 2:40 Backstroke {6 x 50 on 1:05 Back odds drill evens descend {2 x 200 on 3:30 Backstroke {6 x 50 on 1:05 Back-odds drill evens descend |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 5,350 Yards - Stress Value = 81 |

Workout #5857 - Tuesday, 04 November 2008

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 33:00 Physio Balls/Stretch/Tm Mtg |
| 300 | 1 x 300 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{1 x 125 on 2:50 Kick {1 x 50 on 1:10 Kick {1 x 125 on 2:45 Kick {1 x 50 on 1:10 Kick {1 x 100 on 2:10 Kick {1 x 50 on 1:10 Kick |
| 1,150 | 1x{1 x 400 on 7:10 Pulls {1 x 400 on 7:05 Pulls {1 x 350 on 6:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 1x{4 x 100 on 2:00 Backstroke {6 x 50 on 1:10 Back odds drill evens descend {3 x 150 on 3:00 Backstroke {6 x 50 on 1:10 Back odds drill evens descend {2 x 200 on 4:00 Backstroke {3 x 50 on 1:10 Back-odds drill evens descend |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 7:30 PM 5,000 Yards - Stress Value = 77 |

Workout #5858 - Tuesday, 04 November 2008

HS Girls - Back

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 29:00 Physio Balls/Stretch/Tm Mtg
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,050 2x{1 x 125 on 2:40 Kick
 {1 x 50 on 1:05 Kick
 {1 x 125 on 2:35 Kick
 {1 x 50 on 1:05 Kick
 {1 x 125 on 2:30 Kick
 {1 x 50 on 1:05 Kick
 1,200 1x{1 x 400 on 6:40 Pulls
 {1 x 400 on 6:35 Pulls
 {1 x 400 on 6:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{4 x 100 on 1:45 Backstroke
 {6 x 50 on 1:05 Back odds drill evens descenc
 {3 x 150 on 2:40 Backstroke
 {6 x 50 on 1:05 Back odds drill evens descenc
 {2 x 200 on 3:30 Backstroke
 {6 x 50 on 1:05 Back-odds drill evens descenc
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,350 Yards - Stress Value = 81

Workout #5860 - Wednesday, 05 November 2008

Group 3 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 1x{5 x 50 on 1:00 Kick
 {5 x 50 on :55 Kick
 {5 x 50 on :50 Kick
 {5 x 50 on :45 Kick
 1,500 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
 { Breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 3x{1 x 200 on 3:20 Breaststroke
 {1 x 100 on 1:30 25 Breast 75 free
 {1 x 100 on 1:30 50 Breast 50 Free
 {1 x 100 on 1:30 75 Breast 25 Free
 400 8 x 50 on 1:00 Stroke Drills
 1 on 22:00 Water Polo
 7:30 PM 5,150 Yards - Stress Value = 53

Workout #5861 - Wednesday, 05 November 2008

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 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 900 1x{4 x 50 on 1:05 Kick
 {4 x 50 on 1:00 Kick
 {5 x 50 on :55 Kick

{5 x 50 on :50 Kick
 1,425 3x{1 x 125 on 1:55 Lungbuster pulls
 {1 x 125 on 1:50 Lungbuster pulls
 {1 x 125 on 1:45 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 { Breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 3x{1 x 150 on 2:45 Breaststroke
 {1 x 100 on 1:40 25 Breast 75 free
 {1 x 100 on 1:40 50 Breast 50 Free
 {1 x 100 on 1:40 75 Breast 25 Free
 400 8 x 50 on 1:00 Stroke Drills
 1 on 22:00 Water Polo
 7:30 PM 4,825 Yards - Stress Value = 49

Workout #5862 - Wednesday, 05 November 2008

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 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 850 1x{4 x 50 on 1:10 Kick
 {4 x 50 on 1:05 Kick
 {4 x 50 on 1:00 Kick
 {5 x 50 on :55 Kick
 1,275 3x{1 x 125 on 2:05 Lungbuster pulls
 {1 x 125 on 2:00 Lungbuster pulls
 {1 x 125 on 1:55 Lungbuster pulls
 {1 x 50 on :45 Lungbuster pulls
 { Breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 3x{1 x 150 on 3:00 Breaststroke
 {1 x 100 on 1:50 25 Breast 75 free
 {1 x 100 on 1:50 50 Breast 50 Free
 {1 x 100 on 1:50 75 Breast 25 Free
 300 6 x 50 on 1:00 Stroke Drills
 1 on 22:00 Water Polo
 7:30 PM 4,475 Yards - Stress Value = 47

Workout #5863 - Wednesday, 05 November 2008

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 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 800 1x{6 x 50 on 1:10 Kick
 {5 x 50 on 1:05 Kick
 {5 x 50 on 1:00 Kick
 1,125 3x{1 x 125 on 2:20 Lungbuster pulls
 {1 x 125 on 2:15 Lungbuster pulls
 {1 x 125 on 2:10 Lungbuster pulls
 { Breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 3x{1 x 150 on 3:00 Breaststroke
 {1 x 100 on 2:00 25 Breast 75 free
 {1 x 100 on 2:00 50 Breast 50 Free
 {1 x 100 on 2:00 75 Breast 25 Free
 250 5 x 50 on 1:00 Stroke Drills
 1 on 22:00 Water Polo
 7:30 PM 4,175 Yards - Stress Value = 46

Workout #5859 - Wednesday, 05 November 2008

HS Girls - Breast

1 minute rest between sets

5:30 AM Start

| Yards | Set Description |
|---|--|
| | 1 on 11:00 Stretching |
| 300 | 1 x 300 on 6:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{1 x 125 on 2:15 Lungbuster pulls {1 x 125 on 2:10 Lungbuster pulls {1 x 125 on 2:05 Lungbuster pulls {1 x 125 on 2:00 Lungbuster pulls { Breathe 3-5-7-9 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 3x{1 x 200 on 4:15 Breaststroke {1 x 100 on 2:00 25 Breast 75 free {1 x 100 on 2:00 50 Breast 50 Free {1 x 100 on 2:00 75 Breast 25 Free |
| 200 | 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice |
| 7:05 AM 3,250 Yards - Stress Value = 29 | |

Workout #5864 - Thursday, 06 November 2008

Group 3 - Fly

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{1 x 100 on 1:50 Kick {2 x 75 on 1:20 Kick {1 x 100 on 1:50 Kick {2 x 75 on 1:15 Kick {1 x 100 on 1:50 Kick {2 x 75 on 1:10 Kick {1 x 100 on 1:50 Kick {2 x 75 on 1:05 Kick {1 x 100 on 1:50 Kick {2 x 75 on 1:00 Kick |
| 1,500 | 1x{1 x 150 on 2:00 Pulls {1 x 150 on 1:55 Pulls {1 x 150 on 1:50 Pulls {1 x 125 on 1:40 Pulls {1 x 125 on 1:35 Pulls {1 x 125 on 1:30 Pulls {1 x 100 on 1:20 Pulls {1 x 100 on 1:15 Pulls {1 x 100 on 1:10 Pulls {1 x 75 on 1:00 Pulls {1 x 75 on :55 Pulls {1 x 75 on :50 Pulls {1 x 50 on :40 Pulls {1 x 50 on :35 Pulls {1 x 50 on :30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,500 | 1x{5 x 100 on 1:30 3 Strokes Fly off walls {4 x 25 on :30 Fly 1 up 2 down {4 x 25 on :20 Freestyle {4 x 100 on 1:25 3 Strokes Fly off walls {4 x 25 on :30 Fly lup 2 down {4 x 25 on :20 Freestyle {3 x 100 on 1:20 3 Strokes Fly off walls {4 x 25 on :30 Fly lup 2 down {4 x 25 on :20 Freestyle {2 x 100 on 1:15 3 Strokes Fly off walls {4 x 25 on :30 Fly 1 up 2 down |

{4 x 25 on :20 Freestyle
{1 x 100 on 1:10 3 Strokes Fly off walls
{4 x 25 on :30 Fly 1 up 2 down
{4 x 25 on :20 Freestyle
500 10 x 50 on 1:00 Stroke Drills
7:30 PM 6,500 Yards - Stress Value = 101

Workout #5865 - Thursday, 06 November 2008

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|--|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 400 | 1 x 400 on 7:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{1 x 100 on 2:05 Kick {2 x 75 on 1:30 Kick {1 x 100 on 2:05 Kick {2 x 75 on 1:25 Kick {1 x 100 on 2:05 Kick {2 x 75 on 1:20 Kick {1 x 100 on 2:05 Kick {2 x 75 on 1:20 Kick {1 x 50 on 1:00 Kick |
| 1,300 | 1x{1 x 150 on 2:15 Pulls {1 x 150 on 2:10 Pulls {1 x 150 on 2:05 Pulls {1 x 125 on 1:55 Pulls {1 x 125 on 1:50 Pulls {1 x 125 on 1:45 Pulls {1 x 100 on 1:30 Pulls {1 x 100 on 1:25 Pulls {1 x 50 on :40 Pulls {1 x 75 on 1:10 Pulls {1 x 75 on 1:05 Pulls {1 x 75 on 1:00 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{5 x 100 on 1:40 3 Strokes Fly off walls {4 x 25 on :30 Fly 1 up 2 down {4 x 25 on :25 Freestyle {4 x 100 on 1:35 3 Strokes Fly off walls {4 x 25 on :30 Fly lup 2 down {4 x 25 on :25 Freestyle {3 x 100 on 1:30 3 Strokes Fly off walls {4 x 25 on :30 Fly lup 2 down {4 x 25 on :25 Freestyle {2 x 100 on 1:25 3 Strokes Fly off walls {4 x 25 on :30 Fly 1 up 2 down {4 x 25 on :25 Freestyle {1 x 100 on 1:20 3 Strokes Fly off walls |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 7:30 PM 5,900 Yards - Stress Value = 90 | |

Workout #5866 - Thursday, 06 November 2008

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch/Tm Mtg
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:10 Kick
 {2 x 75 on 1:35 Kick
 {1 x 100 on 2:10 Kick
 {2 x 75 on 1:30 Kick
 {1 x 100 on 2:10 Kick
 {2 x 75 on 1:25 Kick
 {1 x 100 on 2:10 Kick
 {2 x 75 on 1:20 Kick
 1,150 1x{1 x 150 on 2:30 Pulls
 {1 x 150 on 2:25 Pulls
 {1 x 150 on 2:20 Pulls
 {1 x 125 on 2:05 Pulls
 {1 x 125 on 2:00 Pulls
 {1 x 125 on 1:55 Pulls
 {1 x 100 on 1:40 Pulls
 {1 x 100 on 1:35 Pulls
 {1 x 100 on 1:30 Pulls
 {1 x 25 on :30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{5 x 100 on 1:50 3 Strokes Fly off walls
 {4 x 25 on :35 Fly 1 up 2 down
 {4 x 25 on :30 Freestyle
 {4 x 100 on 1:45 3 Strokes Fly off walls
 {4 x 25 on :35 Fly lup 2 down
 {4 x 25 on :30 Freestyle
 {3 x 100 on 1:40 3 Strokes Fly off walls
 {4 x 25 on :35 Fly lup 2 down
 {4 x 25 on :30 Freestyle
 {2 x 100 on 1:35 3 Strokes Fly off walls
 500 10 x 50 on 1:00 Stroke Drills
 7:30 PM 5,350 Yards - Stress Value = 80

Workout #5867 - Thursday, 06 November 2008

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch/Tm Mtg
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:20 Kick
 {2 x 75 on 1:40 Kick
 {1 x 100 on 2:20 Kick
 {2 x 75 on 1:35 Kick
 {1 x 100 on 2:20 Kick
 {2 x 75 on 1:30 Kick
 {1 x 100 on 2:20 Kick
 {2 x 50 on 1:00 Kick
 1,050 1x{1 x 150 on 2:45 Pulls
 {1 x 150 on 2:40 Pulls
 {1 x 150 on 2:35 Pulls
 {1 x 125 on 2:15 Pulls
 {1 x 125 on 2:10 Pulls
 {1 x 125 on 2:05 Pulls
 {1 x 100 on 1:50 Pulls
 {1 x 100 on 1:45 Pulls
 {1 x 25 on :30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{5 x 100 on 2:00 3 Strokes Fly off walls

{4 x 25 on :35 Fly 1 up 2 down
 {4 x 25 on :30 Freestyle
 {4 x 100 on 1:55 3 Strokes Fly off walls
 {4 x 25 on :35 Fly lup 2 down
 {2 x 25 on :30 Freestyle
 {3 x 100 on 1:50 3 Strokes Fly off walls
 {4 x 25 on :35 Fly lup 2 down
 {2 x 25 on :30 Freestyle
 {2 x 100 on 1:45 3 Strokes Fly off walls
 500 10 x 50 on 1:00 Stroke Drills
 7:30 PM 5,050 Yards - Stress Value = 75

Workout #5868 - Thursday, 06 November 2008

HS Girls - Fly

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 31:00 Physio Balls/Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:10 Kick
 {2 x 75 on 1:35 Kick
 {1 x 100 on 2:10 Kick
 {2 x 75 on 1:30 Kick
 {1 x 100 on 2:10 Kick
 {2 x 75 on 1:25 Kick
 {1 x 100 on 2:10 Kick
 {2 x 75 on 1:20 Kick
 1,150 1x{1 x 150 on 2:30 Pulls
 {1 x 150 on 2:25 Pulls
 {1 x 150 on 2:20 Pulls
 {1 x 125 on 2:05 Pulls
 {1 x 125 on 2:00 Pulls
 {1 x 125 on 1:55 Pulls
 {1 x 100 on 1:40 Pulls
 {1 x 100 on 1:35 Pulls
 {1 x 100 on 1:30 Pulls
 {1 x 25 on :30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{5 x 100 on 1:50 3 Strokes Fly off walls
 {4 x 25 on :35 Fly 1 up 2 down
 {4 x 25 on :30 Freestyle
 {4 x 100 on 1:45 3 Strokes Fly off walls
 {4 x 25 on :35 Fly lup 2 down
 {4 x 25 on :30 Freestyle
 {3 x 100 on 1:40 3 Strokes Fly off walls
 {4 x 25 on :35 Fly lup 2 down
 {4 x 25 on :30 Freestyle
 {2 x 100 on 1:35 3 Strokes Fly off walls
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,300 Yards - Stress Value = 80

Workout #5873 - Friday, 07 November 2008

Group 3 - Freestylers

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 7:00 Stroke Drill
 150 10 x 15 on :45 Shooters
 1,200 12 x 100 on 2:00 Challenge Kick Set with Fir
 1,400 1x{1 x 250 on 3:30 Pulls
 {5 x 50 on :45 Pulls
 {1 x 200 on 2:50 Pulls
 {4 x 50 on :45 Pulls
 {1 x 150 on 2:05 Pulls
 {3 x 50 on :45 Pulls
 {1 x 100 on 1:25 Pulls
 {2 x 50 on :45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 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
 6:16 PM 5,050 Yards - Stress Value = 118

{3 x 100 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 125 on 2:15 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:40 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1 x 600 on 12:00 Alt 50 kick 50 drill 50 swi
 IM order
 1 on 10:00 Ice
 5:02 PM 3,460 Yards - Stress Value = 38

Workout #5872 - Saturday, 08 November 2008

HS Girls - Freestylers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 33:00 Med balls/ScooterBrds/ Stretch
 400 1 x 400 on 8:00 Stroke Drill
 150 10 x 15 on :45 Shooters
 1,000 10 x 100 on 2:15 Challenge Kick Set with Fir
 1,200 1x{1 x 250 on 4:10 Pulls
 {5 x 50 on :50 Pulls
 {1 x 200 on 3:20 Pulls
 {4 x 50 on :50 Pulls
 {1 x 150 on 2:30 Pulls
 {3 x 50 on :50 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 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
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,250 Yards - Stress Value = 82

Workout #5870 - Friday, 07 November 2008

Group 3 - Sprint

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 20:00 Stretching/Tm Mtg L
 400 1 x 400 on 7:00 Reverse IM drill REC D
 180 12 x 15 on :45 Starts/shooters/Finish SP3 S
 100 10 x 10 on 1:00 Diving Well Turns SP3 S
 150 6 x 25 on 1:00 Sculling drills EN1 D
 100 1 x 100 on 2:00 Freestyle OTB SP2 S
 250 1 x 250 on 4:00 Stroke Drill REC D
 1 on 25:00 Game EN1 S
 6:28 PM 1,180 Yards - Stress Value = 23

Workout #5869 - Friday, 07 November 2008

HS Girls - IM'ers

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 40:00 Weights and Stretch L I
 300 1 x 300 on 6:00 Choice REC D
 150 10 x 15 on :45 Shooters SP3 S
 1,400 7x{1 x 100 on 1:45 Individual Medley EN2 S
 {1 x 50 on :45 Freestyle EN2 S
 {1 x 50 on 1:00 Freestyle REC S
 200 1 x 200 on 4:00 Stroke Drills REC D
 1 on 9:00 Ice M
 7:05 AM 2,050 Yards - Stress Value = 27

Workout #5874 - Monday, 10 November 2008

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 40:00 Weights and Stretch L I
 400 1 x 400 on 6:00 Swim-Kick-Drill-Swim REC
 150 10 x 15 on :45 Shooters SP3 S
 2,000 1x{1 x 250 on 3:15 Freestyle EN2 S
 {1 x 250 on 3:20 Freestyle EN2 S
 {1 x 250 on 3:10 Freestyle EN2 S
 {1 x 250 on 3:05 Freestyle EN2 S
 {1 x 200 on 2:35 Freestyle EN2 S
 {1 x 200 on 2:30 Freestyle EN2 S
 {1 x 200 on 2:25 Freestyle EN2 S
 {1 x 150 on 1:50 Freestyle EN2 S
 {1 x 150 on 1:45 Freestyle EN2 S
 {1 x 100 on 1:10 Freestyle EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 9:00 Ice
 7:05 AM 2,750 Yards - Stress Value = 46

Workout #5871 - Friday, 07 November 2008

HS Girls - All

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 on 8:00 Choice
 210 14 x 15 on :45 Cross pool sprints
 800 1 x 800 on 16:00 Vertical Kicking
 1,250 1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:25 Pulls-nbbf&w + 2 yds

Workout #5878 - Monday, 10 November 2008

HighSchl - Distance

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg | | |
| 400 | 1 x 400 on 6:00 Swim-kick-pull-swim | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 900 | 6 x 150 on 2:00 Free dscnd in 3's/& by sets | | |
| 1,200 | 1x{4 x 25 on :45 Kick no board BSLR | | |
| | {4 x 100 on 1:40 Kick | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {3 x 100 on 1:35 Kick | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 100 on 1:30 Kick | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 900 | 6 x 150 on 2:00 Free dscnd in 3's/& by sets | | |
| 1,250 | 1x{4 x 125 on 1:40 Pull no br L.25 yds | | |
| | {3 x 125 on 1:35 Pull no br L.18 yds | | |
| | {2 x 125 on 1:30 Pull no br L.12 yds | | |
| | {1 x 125 on 1:25 Pull no br L.6 yds | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 900 | 6 x 150 on 2:00 Free dscnd in 3's/& by sets | | |
| 300 | 1 x 300 on 5:00 Stroke Drills | | |
| | 1 on 10:00 Ice | | |
| | 5:35 PM 6,200 Yards - Stress Value = 109 | | |

Workout #5875 - Monday, 10 November 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 40:00 Weights and Stretch | | |
| 400 | 1 x 400 on 6:00 Swim-Kick-Drill-Swim | REC | |
| 150 | 10 x 15 on :45 Shooters | | SP3 |
| 1,800 | 1x{1 x 250 on 3:45 Freestyle | | EN2 |
| | {1 x 250 on 3:40 Freestyle | | EN2 |
| | {1 x 250 on 3:35 Freestyle | | EN2 |
| | {1 x 200 on 2:55 Freestyle | | EN2 |
| | {1 x 200 on 2:50 Freestyle | | EN2 |
| | {1 x 200 on 2:45 Freestyle | | EN2 |
| | {1 x 150 on 2:10 Freestyle | | EN2 |
| | {1 x 150 on 2:05 Freestyle | | EN2 |
| | {1 x 150 on 2:00 Freestyle | | EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| | 1 on 9:00 Ice | | |
| | 7:05 AM 2,550 Yards - Stress Value = 42 | | |

Workout #5879 - Monday, 10 November 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg | | |
| 400 | 1 x 400 on 6:00 Swim-kick-pull-swim | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 900 | 6 x 150 on 2:15 Free dscnd in 3's/& by sets | | |
| 950 | 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 1:55 Kick | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 75 on 1:25 Kick | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |

| | | | |
|-----|---|--|--|
| 900 | 6 x 150 on 2:15 Free dscnd in 3's/& by sets | | |
| 900 | 1x{3 x 125 on 1:55 Pull no br L.25 yds | | |
| | {3 x 125 on 1:50 Pull no br L.18 yds | | |
| | {1 x 150 on 2:10 Pull no br L.12 yds | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 750 | 5 x 150 on 2:15 Free dscnd in 3's/& by sets | | |
| 300 | 1 x 300 on 5:00 Stroke Drills | | |
| | 1 on 10:00 Ice | | |
| | 5:35 PM 5,450 Yards - Stress Value = 95 | | |

Workout #5876 - Monday, 10 November 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 40:00 Weights and Stretch | | |
| 350 | 1 x 350 on 6:00 Swim-Kick-Drill-Swim | | REC |
| 150 | 10 x 15 on :45 Shooters | | SP3 |
| 1,550 | 1x{1 x 250 on 4:20 Freestyle | | EN2 |
| | {1 x 250 on 4:15 Freestyle | | EN2 |
| | {1 x 250 on 4:00 Freestyle | | EN2 |
| | {1 x 200 on 3:25 Freestyle | | EN2 |
| | {1 x 200 on 3:20 Freestyle | | EN2 |
| | {1 x 200 on 3:15 Freestyle | | EN2 |
| | {1 x 100 on 1:35 Freestyle | | EN2 |
| | {1 x 100 on 1:30 Freestyle | | EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| | 1 on 9:00 Ice | | |
| | 7:05 AM 2,250 Yards - Stress Value = 37 | | |

Workout #5880 - Monday, 10 November 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg | | |
| 350 | 1 x 350 on 6:00 Swim-kick-pull-swim | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 900 | 6 x 150 on 2:30 Free dscnd in 3's/& by sets | | |
| 800 | 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 2:10 Kick | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 900 | 6 x 150 on 2:30 Free dscnd in 3's/& by sets | | |
| 750 | 1x{3 x 125 on 2:10 Pull no br L.25 yds | | |
| | {3 x 125 on 2:05 Pull no br L.18 yds | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 750 | 5 x 150 on 2:30 Free dscnd in 3's | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| | 1 on 10:00 Ice | | |
| | 5:35 PM 5,050 Yards - Stress Value = 89 | | |

Workout #5877 - Monday, 10 November 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WOF |
|-------|--------------------------------------|-----|-----|
| | 1 on 40:00 Weights and Stretch | | |
| 300 | 1 x 300 on 6:00 Swim-Kick-Drill-Swim | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,450 | 1x{1 x 250 on 4:40 Freestyle | EN2 | |
| | {1 x 250 on 4:35 Freestyle | EN2 | |
| | {1 x 200 on 3:35 Freestyle | EN2 | |
| | {1 x 200 on 3:30 Freestyle | EN2 | |
| | {1 x 150 on 2:40 Freestyle | EN2 | |
| | {1 x 150 on 2:35 Freestyle | EN2 | |
| | {1 x 150 on 2:30 Freestyle | EN2 | |
| | {1 x 100 on 1:45 Freestyle | EN2 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| | 1 on 9:00 Ice | | |

7:05 AM 2,100 Yards - Stress Value = 35

| | | | |
|-------|---|--|--|
| | {2 x 175 on 2:20 Pulls | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 2,000 | 1x{4 x 75 on 1:10 Backstroke | | |
| | {4 x 25 on :45 Odds 15 fast kicks under- | | |
| | {EZ rest of 25/Evens-sprint 5 KOW great brea | | |
| | {4 x 75 on 1:05 Backstroke | | |
| | {4 x 25 on :45 Same as above | | |
| | {4 x 75 on 1:05 Backstroke | | |
| | {4 x 25 on :45 Same as above | | |
| | {4 x 75 on :55 Backstroke | | |
| | {4 x 25 on :45 Same as above | | |
| | {4 x 75 on :50 Backstroke | | |
| | {4 x 25 on :45 Same as above | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| | 1 on 10:00 Ice | | |

5:35 PM 5,350 Yards - Stress Value = 73

Workout #5883 - Tuesday, 11 November 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Dryland and stretch |
| 400 | 1 x 400 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{1 x 100 on 1:55 Kick |
| | {1 x 100 on 2:10 Kick |
| | {1 x 100 on 1:50 Kick |
| | {2 x 100 on 2:10 Kick |
| | {1 x 100 on 1:45 Kick |
| | {2 x 100 on 2:10 Kick |
| | {1 x 100 on 1:40 Kick |
| | 1 on 13:00 Techniques-TN Turn Drills |
| 1,200 | 1x{2 x 50 on :45 Pulls |
| | {2 x 75 on 1:05 Pulls |
| | {2 x 100 on 1:30 Pulls |
| | {2 x 125 on 1:50 Pulls |
| | {1 x 150 on 2:15 Pulls |
| | {2 x 175 on 2:40 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,850 | 1x{4 x 75 on 1:25 Backstroke |
| | {4 x 25 on :45 Odds 15 fast kicks under- |
| | {EZ rest of 25/Evens-sprint 5 KOW great brea |
| | {4 x 75 on 1:20 Backstroke |
| | {4 x 25 on :45 Same as above |
| | {4 x 75 on 1:15 Backstroke |
| | {4 x 25 on :45 Same as above |
| | {4 x 75 on 1:10 Backstroke |
| | {2 x 25 on :45 Same as above |
| | {4 x 75 on 1:05 Backstroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |

5:35 PM 4,950 Yards - Stress Value = 68

Workout #5881 - Monday, 10 November 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 35:00 Physio Balls/Stretch/Tm Mtg |
| 300 | 1 x 300 on 6:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 6 x 150 on 2:45 Free dscnd in 3's/& by sets |
| 700 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 100 on 2:20 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 100 on 2:15 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 6 x 150 on 2:45 Free dscnd in 3's/& by sets |
| 600 | 1x{3 x 100 on 1:50 Pull no br L.25 yds |
| | {3 x 100 on 1:45 Pull no br L.18 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 600 | 4 x 150 on 2:45 Free dscnd in 3's/#4 = #3 |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 1 on 10:00 Ice |

5:34 PM 4,600 Yards - Stress Value = 80

Workout #5882 - Tuesday, 11 November 2008

HighSchl - Back

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--------------------------------------|
| | 1 on 30:00 Dryland and stretch |
| 400 | 1 x 400 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 100 on 1:30 Kick |
| | {1 x 100 on 2:00 Kick |
| | {1 x 100 on 1:25 Kick |
| | {2 x 100 on 2:00 Kick |
| | {1 x 100 on 1:20 Kick |
| | {3 x 100 on 2:00 Kick |
| | {1 x 100 on 1:15 Kick |
| | 1 on 13:00 Techniques-TN Turn Drills |
| 1,350 | 1x{2 x 50 on :40 Pulls |
| | {2 x 75 on 1:00 Pulls |
| | {2 x 100 on 1:20 Pulls |
| | {2 x 125 on 1:40 Pulls |
| | {2 x 150 on 2:00 Pulls |

Workout #5884 - Tuesday, 11 November 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:00 PM Start |
| | 1 on 30:00 Dryland and stretch |
| 350 | 1 x 350 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{1 x 100 on 2:10 Kick |
| | {1 x 100 on 2:15 Kick |
| | {1 x 100 on 2:05 Kick |
| | {2 x 100 on 2:15 Kick |
| | {1 x 100 on 2:00 Kick |
| | {2 x 100 on 2:15 Kick |
| | 1 on 13:00 Techniques-TN Turn Drills |
| 1,050 | 1x{2 x 50 on :50 Pulls |
| | {2 x 75 on 1:15 Pulls |
| | {2 x 100 on 1:40 Pulls |
| | {2 x 125 on 2:05 Pulls |
| | {2 x 175 on 2:55 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{4 x 75 on 1:35 Backstroke |
| | {4 x 25 on :45 Odds 15 fast kicks under- |
| | {EZ rest of 25/Evens-sprint 5 KOW great brea |
| | {4 x 75 on 1:30 Backstroke |
| | {4 x 25 on :45 Same as above |
| | {4 x 75 on 1:25 Backstroke |
| | {4 x 25 on :45 Same as above |
| | {4 x 75 on 1:20 Backstroke |
| | {4 x 25 on :45 Same as above |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 4,400 Yards - Stress Value = 59 |

Workout #5885 - Tuesday, 11 November 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:00 PM Start |
| | 1 on 30:00 Dryland and stretch |
| 300 | 1 x 300 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{1 x 100 on 2:20 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:15 Kick |
| | {1 x 100 on 2:30 Kick |
| | {2 x 100 on 2:10 Kick |
| | {3 x 50 on 1:15 Kick |
| | 1 on 13:00 Techniques-TN Turn Drills |
| 950 | 1x{2 x 50 on :55 Pulls |
| | {2 x 75 on 1:25 Pulls |
| | {1 x 100 on 1:50 Pulls |
| | {2 x 125 on 2:20 Pulls |
| | {2 x 175 on 3:10 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 1x{4 x 75 on 1:45 Backstroke |
| | {4 x 25 on :45 Odds 15 fast kicks under- |
| | {EZ rest of 25/Evens-sprint 5 KOW great brea |
| | {4 x 75 on 1:40 Backstroke |
| | {4 x 25 on :45 Same as above |
| | {4 x 75 on 1:35 Backstroke |
| | {4 x 25 on :45 Same as above |
| | {4 x 75 on 1:30 Backstroke |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 4,100 Yards - Stress Value = 57 |

Workout #5886 - Wednesday, 12 November 2008

HighSchl - IM'ers

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:00 PM Start |
| | 1 on 25:00 Physio Ball Abs/Stretch |
| 400 | 1 x 400 on 6:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 1,600 | 2x{1 x 100 on 1:25 Individual Medley |
| | {1 x 50 on :35 Freestyle |
| | {1 x 50 on :45 Freestyle |
| | {1 x 100 on 1:20 Individual Medley |
| | {1 x 50 on :35 Freestyle |
| | {1 x 50 on :45 Freestyle |
| | {1 x 100 on 1:15 Individual Medley |
| | {1 x 50 on :35 Freestyle |
| | {1 x 50 on :45 Freestyle |
| | {1 x 100 on 1:10 Individual Medley |
| | {1 x 50 on :35 Freestyle |
| | {1 x 50 on :45 Freestyle |
| 1,200 | 3x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:50 Kick |
| | {1 x 100 on 1:45 Kick |
| | {1 x 100 on 1:40 Kick |
| | 1 on 10:00 Techniques-TN turn drills |
| 1,350 | 1x{3 x 150 on 2:00 Lungbuster pulls |
| | {3 x 150 on 1:55 Lungbuster pulls |
| | {3 x 150 on 1:50 Lungbuster pulls |
| | {Breathe 3-5-7 by the 50 wrap the breathing |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 2x{1 x 100 on 1:15 Individual Medley |
| | {1 x 50 on :45 Freestyle |
| | {1 x 50 on :45 Freestyle |
| | {1 x 100 on 1:15 Individual Medley |
| | {1 x 50 on :40 Freestyle |
| | {1 x 50 on :45 Freestyle |
| | {1 x 100 on 1:15 Individual Medley |
| | {1 x 50 on :35 Freestyle |
| | {1 x 50 on :45 Freestyle |
| | {1 x 100 on 1:15 Individual Medley |
| | {1 x 50 on :30 Freestyle |
| | {1 x 50 on :45 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 6,300 Yards - Stress Value = 85 |

Workout #5887 - Wednesday, 12 November 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Ball Abs/Stretch
 400 1 x 400 on 6:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,300 2x{1 x 100 on 1:35 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 100 on 1:25 Individual Medley
 {1 x 50 on :40 Freestyle
 {2 x 50 on :55 Freestyle
 1,050 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 50 on :55 Kick
 1 on 10:00 Techniques-TN turn drills
 1,050 1x{3 x 150 on 2:15 Lungbuster pulls
 {2 x 150 on 2:10 Lungbuster pulls
 {2 x 150 on 2:05 Lungbuster pulls
 { Breathe 3-5-7 by the 50 wrap the breathing
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 2x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :55 Freestyle
 {1 x 50 on :45 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {1 x 50 on :45 Freestyle
 {2 x 50 on :55 Freestyle 2nd set do 1 X 50
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,400 Yards - Stress Value = 69

Workout #5888 - Wednesday, 12 November 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Ball Abs/Stretch
 350 1 x 350 on 6:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,100 2x{1 x 100 on 2:00 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 1:55 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 1:50 Individual Medley
 {1 x 50 on :50 Freestyle
 1,050 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 50 on 1:00 Kick
 1 on 10:00 Techniques-TN turn drills
 700 1x{2 x 150 on 2:35 Lungbuster pulls
 {2 x 150 on 2:30 Lungbuster pulls
 {1 x 100 on 1:40 Lungbuster pulls br 5/7
 { Breathe 3-5-7 by the 50 wrap the breathing
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 2x{1 x 100 on 1:50 Individual Medley

{1 x 50 on :55 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 1:50 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 1:50 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on 1:00 Do not do this 50 in 2nd set
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 5,000 Yards - Stress Value = 70

Workout #5889 - Wednesday, 12 November 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Ball Abs/Stretch
 350 1 x 350 on 6:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 2x{1 x 100 on 2:15 Individual Medley
 {2 x 50 on :55 Freestyle
 {1 x 50 on 1:10 Freestyle
 {1 x 100 on 2:10 Individual Medley
 {2 x 50 on :55 Freestyle
 {1 x 50 on 1:10 Freestyle
 900 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 1 on 10:00 Techniques-TN turn drills
 600 1x{2 x 150 on 2:50 Lungbuster pulls
 {2 x 150 on 2:45 Lungbuster pulls
 { Breathe 3-5-7 by the 50 wrap the breathing
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 2x{1 x 100 on 2:05 Individual Medley
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 1:10 Freestyle
 {1 x 100 on 2:05 Individual Medley
 {1 x 50 on :55 Freestyle
 {1 x 50 on 1:10 Freestyle
 {1 x 100 on 2:05 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:34 PM 4,450 Yards - Stress Value = 61

Workout #5890 - Thursday, 13 November 2008

HighSchl - Breast

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 28:00 Stomach and Stretch
 400 1 x 400 on 6:00 Underwater trn drill
 Odd 100's free even 100's backstroke
 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 1:55 Kick
 {4 x 25 on :45 Sprint kick
 {3 x 100 on 1:50 Kick
 {4 x 25 on :45 Sprint kick
 {4 x 100 on 1:45 Kick
 1 on 10:00 Techniques-TN turn drills
 1,200 1x{1 x 200 on 2:30 Pulls
 {4 x 50 on 1:00 Pulls
 {1 x 200 on 2:25 Pulls
 {4 x 50 on 1:00 Pulls
 {1 x 200 on 2:20 Pulls
 {4 x 50 on 1:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 125 on 2:15 Breaststroke
 { double pull outs off the bulkhead wall
 {3 x 50 on 1:00 Breaststroke-descend
 { #1 free kick, #2 fly kick, #3 regular
 {2 x 125 on 2:10 Breaststroke
 {3 x 50 on 1:00 Breaststroke-descend
 {3 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breaststroke-descend
 {4 x 125 on 2:00 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,150 Yards - Stress Value = 85

Workout #5891 - Thursday, 13 November 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 28:00 Stomach and Stretch
 400 1 x 400 on 6:00 Underwater trn drill
 Odd 100's free even 100's backstroke
 150 10 x 15 on :45 Shooters
 1,250 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
 {6 x 25 on :45 Sprint kick
 {3 x 100 on 1:50 Kick
 1 on 10:00 Techniques-TN turn drills
 1,100 1x{1 x 200 on 2:55 Pulls
 {4 x 50 on 1:05 Pulls
 {1 x 200 on 2:50 Pulls
 {4 x 50 on 1:05 Pulls
 {1 x 200 on 2:45 Pulls
 {2 x 50 on 1:05 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 125 on 2:25 Breaststroke
 { double pull outs off the bulkhead wall
 {3 x 50 on 1:00 Breaststroke-descend
 { #1 free kick, #2 fly kick, #3 regular
 {2 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:00 Breaststroke-descend

{3 x 125 on 2:15 Breaststroke
 {3 x 50 on 1:00 Breaststroke-descend
 {4 x 100 on 1:45 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,900 Yards - Stress Value = 80

Workout #5892 - Thursday, 13 November 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 28:00 Stomach and Stretch
 350 1 x 350 on 6:00 Underwater trn drill
 Odd 100's free even 100's backstroke
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:10 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 100 on 2:05 Kick
 {4 x 25 on :45 Sprint kick
 {3 x 100 on 2:00 Kick
 {4 x 25 on :45 Sprint kick
 {3 x 100 on 1:55 Kick
 1 on 10:00 Techniques-TN turn drills
 1,050 1x{1 x 200 on 3:15 Pulls
 {3 x 50 on 1:10 Pulls
 {1 x 200 on 3:10 Pulls
 {3 x 50 on 1:10 Pulls
 {1 x 200 on 3:05 Pulls
 {3 x 50 on 1:10 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 125 on 2:30 Breaststroke
 { double pull outs off the bulkhead wall
 {3 x 50 on 1:10 Breaststroke-descend
 { #1 free kick, #2 fly kick, #3 regular
 {2 x 125 on 2:25 Breaststroke
 {3 x 50 on 1:10 Breaststroke-descend
 {3 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:10 Breaststroke-descend
 {3 x 100 on 1:50 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 4,650 Yards - Stress Value = 76

Workout #5893 - Thursday, 13 November 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ST |
|---|---|-----|------|----|
| 3:00 PM Start | | | | |
| 200 | 1 on 28:00 Stomach and Stretch | | | |
| 300 | 1 x 300 on 6:00 Underwater trn drill Odd 100's free even 100's backstroke | | | |
| 150 | 10 x 15 on :45 Shooters | | | |
| 1,150 | 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 {5 x 50 on 1:05 Kick 1 on 10:00 Techniques-TN turn drills | | | |
| 950 | 1x{1 x 200 on 3:40 Pulls {3 x 50 on 1:15 Pulls {1 x 200 on 3:35 Pulls {2 x 50 on 1:15 Pulls {1 x 200 on 3:30 Pulls {2 x 50 on 1:15 Pulls | | | |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | | |
| 1,300 | 1x{1 x 125 on 2:45 Breaststroke { double pull outs off the bulkhead wall {3 x 50 on 1:15 Breaststroke-descend { #1 free kick, #2 fly kick, #3 regular {2 x 125 on 2:40 Breaststroke {3 x 50 on 1:15 Breaststroke-descend {3 x 125 on 2:35 Breaststroke {3 x 50 on 1:15 Breaststroke-descend {1 x 100 on 2:00 Breaststroke | | | |
| 200 | 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice | | | |
| 5:35 PM 4,250 Yards - Stress Value = 69 | | | | |

Workout #5894 - Friday, 14 November 2008

HighSchl - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ST |
|---|--|-----|------|----|
| 5:30 AM Start | | | | |
| 400 | 1 on 38:00 Weights and Stretch | | L | WT |
| 150 | 1 x 400 on 6:00 Reverse IM drill | REC | D | I |
| 1,800 | 1x{10 x 15 on :45 Shooters {3 x 100 on 1:12 Freestyle {3 x 50 on 1:00 Freestyle {3 x 100 on 1:11 Freestyle {3 x 50 on 1:00 Freestyle {3 x 100 on 1:10 Freestyle {3 x 50 on 1:00 Freestyle {3 x 100 on 1:09 Freestyle {3 x 50 on 1:00 Freestyle | SP3 | S | I |
| 200 | 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice | REC | D | C |
| 7:05 AM 2,550 Yards - Stress Value = 54 | | | | |

Workout #5895 - Friday, 14 November 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ST |
|---------------|--|-----|------|----|
| 5:30 AM Start | | | | |
| 400 | 1 on 38:00 Weights and Stretch | | L | WT |
| 150 | 1 x 400 on 6:00 Reverse IM drill | REC | D | I |
| 1,700 | 1x{10 x 15 on :45 Shooters {3 x 100 on 1:23 Freestyle | SP3 | S | I |

| | | | |
|---|-----|---|---|
| {3 x 50 on 1:00 Freestyle | EN3 | S | F |
| {3 x 100 on 1:22 Freestyle | EN2 | S | F |
| {3 x 50 on 1:00 Freestyle | EN2 | S | F |
| {3 x 100 on 1:21 Freestyle | EN2 | S | F |
| {3 x 50 on 1:00 Freestyle | EN3 | S | F |
| {3 x 100 on 1:20 Freestyle | EN2 | S | F |
| {1 x 50 on 1:00 Freestyle | EN2 | S | F |
| 1 x 200 on 3:00 Stroke Drills | REC | D | C |
| 1 on 10:00 Ice | | | M |
| 7:05 AM 2,450 Yards - Stress Value = 52 | | | |

Workout #5899 - Friday, 14 November 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ST |
|---|--|-----|------|----|
| 3:00 PM Start | | | | |
| 750 | 1 on 35:00 Physio Balls with abs/Stretch 1 x 750 on 12:00 Alt 100 RevIM drill/100 Fr I 1 on 10:00 Techniques-Relay Starts | | | |
| 550 | 2x{1 x 150 on 3:15 Kick no board {1 x 100 on 2:10 Kick no board {1 x 25 on :35 Kick no board 1 on 10:00 Techniques-Underwaters | | | |
| 550 | 2x{1 x 150 on 2:25 Pulls-nbbf&w + 2 yds {1 x 100 on 1:35 Pulls-nbbf&w + 2 yds {1 x 25 on :25 Pulls-nbbf&w + 2 yds 1 on 10:00 Techniques-Stanford Trn drills | | | |
| 300 | 6x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | | |
| 250 | 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice | | | |
| 5:05 PM 2,400 Yards - Stress Value = 14 | | | | |

Workout #5896 - Friday, 14 November 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ST |
|---|--|-----|------|----|
| 5:30 AM Start | | | | |
| 350 | 1 on 38:00 Weights and Stretch | | | |
| 150 | 1 x 350 on 6:00 Reverse IM drill | REC | D | I |
| 1,500 | 1x{10 x 15 on :45 Shooters {3 x 100 on 1:39 Freestyle {3 x 50 on 1:00 Freestyle {3 x 100 on 1:38 Freestyle {3 x 50 on 1:00 Freestyle {3 x 100 on 1:37 Freestyle {3 x 50 on 1:00 Freestyle {1 x 100 on 1:36 Freestyle {1 x 50 on 1:00 Freestyle | SP3 | S | I |
| 200 | 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice | REC | D | C |
| 7:05 AM 2,200 Yards - Stress Value = 48 | | | | |

Workout #5900 - Friday, 14 November 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|---|--|
| 700 | 1 on 35:00 Physio Balls with abs/Stretch 1 x 700 on 12:00 Alt 100 RevIM dril/100 Fr I 1 on 10:00 Techniques-Relay Starts |
| 500 | 2x{1 x 150 on 3:30 Kick no board {1 x 100 on 2:20 Kick no board 1 on 10:00 Techniques-Underwaters |
| 500 | 2x{1 x 150 on 2:40 Pulls-nbbf&w + 2 yds {1 x 100 on 1:45 Pulls-nbbf&w + 2 yds 1 on 10:00 Techniques-Stanford Trn drills |
| 300 | 6x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice |
| 5:05 PM 2,250 Yards - Stress Value = 14 | |

| Yards | Set Description |
|---|--|
| 800 | 1 on 35:00 Physio Balls with abs/Stretch 1 x 800 on 12:00 Alt 100 RevIM dril/100 Fr I |
| 600 | 2x{1 x 150 on 3:00 Kick no board {1 x 100 on 2:00 Kick no board {1 x 50 on 1:00 Kick no board 1 on 10:00 Techniques-Underwaters |
| 600 | 2x{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds {1 x 50 on :45 Pulls-nbbf&w + 2 yds 1 on 10:00 Techniques-Stanford Trn drills |
| 300 | 6x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice |
| 5:05 PM 2,550 Yards - Stress Value = 16 | |

Workout #5902 - Saturday, 15 November 2008

HighSchl - Freestylers

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | ST |
|---|----------------------------------|-----|------|----|
| 300 | 1 on 38:00 Weights and Stretch | | L | WT |
| 150 | 1 x 300 on 6:00 Reverse IM drill | REC | D | I |
| 1,400 | 10 x 15 on :45 Shooters | SP3 | S | I |
| | 1x{3 x 100 on 1:50 Freestyle | EN2 | S | F |
| | {3 x 50 on 1:00 Freestyle | EN3 | S | F |
| | {3 x 100 on 1:49 Freestyle | EN2 | S | F |
| | {3 x 50 on 1:00 Freestyle | EN2 | S | F |
| | {3 x 100 on 1:48 Freestyle | EN2 | S | F |
| | {2 x 50 on 1:00 Freestyle | EN3 | S | F |
| | {1 x 100 on 1:47 Freestyle | EN2 | S | F |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | C |
| | 1 on 10:00 Ice | | M | |
| 7:05 AM 2,050 Yards - Stress Value = 44 | | | | |

7:00 AM Start

| Yards | Set Description |
|---|---|
| 400 | 1 on 29:00 Plyometrics/stretch 1 x 400 on 6:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on :40 Kick {4 x 25 on :40 Kick no board BSLR {3 x 50 on :45 Kick {4 x 25 on :35 Kick no board BSLR {3 x 50 on :50 Kick {4 x 25 on :30 Kick no board BSLR {3 x 50 on :55 Kick {4 x 25 on :25 Kick no board BSLR 1 on 10:00 Techniques-TN Turn Drills |
| 1,400 | 1x{1 x 125 on 1:50 Pulls {1 x 125 on 1:45 Pulls {1 x 125 on 1:40 Pulls {1 x 125 on 1:35 Pulls {1 x 125 on 1:30 Pulls {1 x 125 on 1:25 Pulls {1 x 125 on 1:30 Pulls {1 x 125 on 1:35 Pulls {1 x 125 on 1:40 Pulls {1 x 125 on 1:45 Pulls {1 x 125 on 1:50 Pulls {1 x 25 on :30 Pull-ez |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 12 x 200 on 3:00 Challenge Set |
| 200 | 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice |
| 9:35 AM 5,850 Yards - Stress Value = 94 | |

Workout #5901 - Friday, 14 November 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|---|---|
| 600 | 1 on 35:00 Physio Balls with abs/Stretch 1 x 600 on 12:00 Alt 100 RevIM dril/100 Fr I 1 on 10:00 Techniques-Relay Starts |
| 500 | 2x{1 x 125 on 3:00 Kick no board {1 x 75 on 1:50 Kick no board {1 x 50 on 1:10 Kick no board 1 on 10:00 Techniques-Underwaters |
| 450 | 2x{1 x 125 on 2:30 Pulls-nbbf&w + 2 yds {1 x 75 on 1:30 Pulls-nbbf&w + 2 yds {1 x 25 on :30 Pulls-nbbf&w + 2 yds 1 on 10:00 Techniques-Stanford Trn drills |
| 300 | 6x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice |
| 5:05 PM 2,100 Yards - Stress Value = 13 | |

Workout #5898 - Friday, 14 November 2008

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Workout #5903 - Saturday, 15 November 2008

HighSchl - Gold

1 minute rest between sets

```

7:00 AM Start
Yards Set Description
=====
1 on 29:00 Plyometrics/stretch
400 1 x 400 on 6:00 Choice
150 10 x 15 on :45 Shooters
950 1x{4 x 25 on :45 Kick no board BSLR
    {2 x 50 on :50 Kick
    {4 x 25 on :40 Kick no board BSLR
    {3 x 50 on :55 Kick
    {4 x 25 on :35 Kick no board BSLR
    {3 x 50 on :55 Kick
    {4 x 25 on :40 Kick no board BSLR
    {1 x 50 on 1:00 Kick
    {4 x 25 on :45 Kick no board BSLR
    1 on 10:00 Techniques-TN Turn Drills
1,300 1x{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
    {1 x 125 on 1:35 Pulls
    {1 x 125 on 1:40 Pulls
    {1 x 125 on 1:45 Pulls
    {1 x 125 on 1:50 Pulls
    {1 x 125 on 1:55 Pulls
    {1 x 50 on :45 Pulls
200 4x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100 12 x 175 on 3:00 Challenge Set
200 1 x 200 on 3:00 Stroke Drills
    1 on 10:00 Ice
9:35 AM 5,300 Yards - Stress Value = 84
    
```

Workout #5905 - Saturday, 15 November 2008

HighSchl - Bronze

1 minute rest between sets

```

7:00 AM Start
Yards Set Description
=====
1 on 29:00 Plyometrics/stretch
300 1 x 300 on 6:00 Choice
150 10 x 15 on :45 Shooters
800 1x{4 x 25 on :45 Kick no board BSLR
    {3 x 50 on 1:05 Kick
    {4 x 25 on :45 Kick no board BSLR
    {3 x 50 on 1:10 Kick
    {4 x 25 on :45 Kick no board BSLR
    {2 x 50 on 1:15 Kick
    {4 x 25 on :45 Kick no board BSLR
    1 on 10:00 Techniques-TN Turn Drills
1,050 1x{1 x 125 on 2:20 Pulls
    {1 x 125 on 2:15 Pulls
    {1 x 125 on 2:10 Pulls
    {2 x 125 on 2:05 Pulls
    {1 x 125 on 2:10 Pulls
    {1 x 125 on 2:15 Pulls
    {1 x 125 on 2:20 Pulls
    {1 x 50 on :55 Pulls
200 4x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800 12 x 150 on 3:00 Challenge Set
200 1 x 200 on 3:00 Stroke Drills
    1 on 10:00 Ice
9:35 AM 4,500 Yards - Stress Value = 73
    
```

Workout #5904 - Saturday, 15 November 2008

HighSchl - Silver

1 minute rest between sets

```

7:00 AM Start
Yards Set Description
=====
1 on 29:00 Plyometrics/stretch
350 1 x 350 on 6:00 Choice
150 10 x 15 on :45 Shooters
850 1x{4 x 25 on :45 Kick no board BSLR
    {2 x 50 on :55 Kick
    {4 x 25 on :40 Kick no board BSLR
    {2 x 50 on 1:00 Kick
    {4 x 25 on :40 Kick no board BSLR
    {2 x 50 on 1:05 Kick
    {4 x 25 on :40 Kick no board BSLR
    {1 x 50 on 1:10 Kick
    {4 x 25 on :45 Kick no board BSLR
    1 on 10:00 Techniques-TN Turn Drills
1,100 1x{1 x 125 on 2:10 Pulls
    {1 x 125 on 2:05 Pulls
    {1 x 125 on 2:00 Pulls
    {2 x 125 on 1:55 Pulls
    {1 x 125 on 2:00 Pulls
    {1 x 125 on 2:05 Pulls
    {1 x 125 on 2:10 Pulls
    {1 x 100 on 1:50 Pulls
200 4x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800 12 x 150 on 3:00 Challenge Set
200 1 x 200 on 3:00 Stroke Drills
    1 on 10:00 Ice
9:35 AM 4,650 Yards - Stress Value = 74
    
```


Workout #5910 - Monday, 17 November 2008

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 400 1 x 400 on 6:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 2x{8 x 25 on 1:00 Kick w/shoes
 {1 x 250 on 5:00 Kick
 100 1 x 100 on 2:00 Kick for time
 1,000 1x{1 x 100 on 1:25 Pull no br L.8 yds
 {2 x 100 on 1:20 Pull no br L.10 yds
 {3 x 100 on 1:15 Pull no br L.12 yds
 {4 x 100 on 1:10 Pull no br L.14 yds
 1 on 9:00 Techniques-underwaters
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{1 x 75 on 1:05 Freestyle
 {1 x 50 on 1:00 Stroke
 {1 x 225 on 2:50 Freestyle
 {1 x 75 on 1:05 Freestyle
 {1 x 50 on 1:00 Stroke
 {1 x 225 on 2:45 Freestyle
 {1 x 75 on 1:05 Freestyle
 {1 x 50 on 1:00 Stroke
 {1 x 225 on 2:40 Freestyle
 {1 x 75 on 1:05 Freestyle
 {1 x 50 on 1:00 Stroke
 {1 x 225 on 2:35 Freestyle
 {1 x 75 on 1:05 Freestyle
 {1 x 50 on 1:00 Stroke
 {1 x 225 on 2:30 Freestyle
 {1 x 75 on 1:05 Freestyle
 {1 x 50 on 1:00 Stroke
 {1 x 225 on 2:25 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,100 Yards - Stress Value = 97

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 6:00 Swim-kick-drill-swim
 150 10 x 15 on :45 Shooters
 1,800 1x{1 x 300 on 4:00 Freestyle
 {3 x 100 on 1:30 Free-hold avg from 300
 {1 x 300 on 3:45 Freestyle
 {3 x 100 on 1:30 Free-hold avg from 300
 {1 x 300 on 3:30 Freestyle
 {3 x 100 on 1:30 Freestyle-hold avg from 300
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:06 AM 2,600 Yards - Stress Value = 42

Workout #5907 - Monday, 17 November 2008

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 6:00 Swim-kick-drill-swim
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 300 on 4:30 Freestyle
 {3 x 100 on 1:35 Free-hold avg from 300
 {1 x 300 on 4:20 Freestyle
 {3 x 100 on 1:35 Free-hold avg from 300
 {1 x 300 on 4:10 Freestyle
 {1 x 100 on 1:30 Freestyle-hold avg from 300
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,400 Yards - Stress Value = 38

Workout #5914 - Monday, 17 November 2008

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,100 1x{1 x 75 on 1:05 Freestyle EN1 S FR
 {1 x 50 on 1:00 Stroke EN3 S STK
 {1 x 225 on 2:50 Freestyle EN2 S FR
 {1 x 75 on 1:05 Freestyle EN1 S FR
 {1 x 50 on 1:00 Stroke EN3 S STK
 {1 x 225 on 2:45 Freestyle EN2 S FR
 {1 x 75 on 1:05 Freestyle EN1 S FR
 {1 x 50 on 1:00 Stroke EN3 S STK
 {1 x 225 on 2:40 Freestyle EN2 S FR
 {1 x 75 on 1:05 Freestyle EN1 S FR
 {1 x 50 on 1:00 Stroke EN3 S STK
 {1 x 225 on 2:35 Freestyle EN2 S FR
 {1 x 75 on 1:05 Freestyle EN1 S FR
 {1 x 50 on 1:00 Stroke EN3 S STK
 {1 x 225 on 2:30 Freestyle EN2 S FR
 {1 x 75 on 1:05 Freestyle EN1 S FR
 {1 x 50 on 1:00 Stroke EN3 S STK
 {1 x 225 on 2:25 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 3:44 PM 2,350 Yards - Stress Value = 48

Workout #5906 - Monday, 17 November 2008

HighSchl - Freestylers

Workout #5911 - Monday, 17 November 2008

HighSchl - Gold

1 minute rest between sets

| 3:00 PM Start | |
|---|---|
| Yards | Set Description |
| | 1 on 35:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 6:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 2x{8 x 25 on 1:00 Kick w/shoes |
| | {1 x 250 on 5:00 Kick |
| 100 | 1 x 100 on 2:00 Kick for time |
| 900 | 1x{1 x 100 on 1:35 Pull no br L.8 yds |
| | {2 x 100 on 1:30 Pull no br L.10 yds |
| | {3 x 100 on 1:25 Pull no br L.12 yds |
| | {3 x 100 on 1:20 Pull no br L.14 yds |
| | 1 on 9:00 Techniques-underwaters |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,975 | 1x{1 x 75 on 1:10 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 225 on 3:10 Freestyle |
| | {1 x 75 on 1:10 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 225 on 3:05 Freestyle |
| | {1 x 75 on 1:10 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 225 on 3:05 Freestyle |
| | {1 x 75 on 1:10 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 225 on 3:00 Freestyle |
| | {1 x 75 on 1:10 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 200 on 2:35 Freestyle |
| | {1 x 25 on :30 Freestyle |
| | {1 x 25 on :30 Stroke |
| 250 | 1 x 200 on 2:30 Freestyle |
| | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| 5:36 PM 4,875 Yards - Stress Value = 93 | |

Workout #5915 - Monday, 17 November 2008

HighSchl - Gold

1 minute rest between sets

| 3:00 PM Start | | EGY | WORK | STK |
|---|-------------------------------|-----|------|-----|
| Yards | Set Description | | | |
| 1,975 | 1x{1 x 75 on 1:10 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:00 Stroke | EN3 | S | STK |
| | {1 x 225 on 3:10 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:10 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:00 Stroke | EN3 | S | STK |
| | {1 x 225 on 3:05 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:10 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:00 Stroke | EN3 | S | STK |
| | {1 x 225 on 3:05 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:10 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:00 Stroke | EN3 | S | STK |
| | {1 x 225 on 3:00 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:10 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:00 Stroke | EN3 | S | STK |
| | {1 x 200 on 2:35 Freestyle | EN2 | S | FR |
| | {1 x 25 on :30 Freestyle | EN1 | S | FR |
| | {1 x 25 on :30 Stroke | EN3 | S | STK |
| | {1 x 200 on 2:30 Freestyle | EN2 | S | FR |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CD |
| | 1 on 10:00 Ice | | M | |
| 3:45 PM 2,225 Yards - Stress Value = 46 | | | | |

Workout #5908 - Monday, 17 November 2008

HighSchl - Silver

1 minute rest between sets

| 5:30 AM Start | | EGY | W |
|---|---|-----|---|
| Yards | Set Description | | |
| | 1 on 40:00 Weights and Stretch | | |
| 350 | 1 x 350 on 6:00 Swim-kick-drill-swim | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,450 | 1x{1 x 300 on 5:00 Freestyle | EN2 | |
| | {3 x 100 on 1:40 Free-hold avg from 300 | EN2 | |
| | {1 x 300 on 4:45 Freestyle | EN2 | |
| | {3 x 100 on 1:40 Free-hold avg from 300 | EN2 | |
| | {1 x 250 on 4:00 Freestyle | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Ice | | |
| 7:05 AM 2,200 Yards - Stress Value = 35 | | | |

Workout #5912 - Monday, 17 November 2008

HighSchl - Silver

1 minute rest between sets

| 3:00 PM Start | |
|---|---|
| Yards | Set Description |
| | 1 on 35:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 6:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 2x{8 x 25 on 1:00 Kick w/shoes |
| | {1 x 200 on 5:00 Kick |
| 100 | 1 x 100 on 2:00 Kick for time |
| 800 | 1x{1 x 100 on 1:45 Pull no br L.8 yds |
| | {2 x 100 on 1:40 Pull no br L.10 yds |
| | {3 x 100 on 1:35 Pull no br L.12 yds |
| | {2 x 100 on 1:30 Pull no br L.14 yds |
| | 1 on 9:00 Techniques-underwaters |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,750 | 1x{1 x 75 on 1:20 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 225 on 3:45 Freestyle |
| | {1 x 75 on 1:20 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 225 on 3:40 Freestyle |
| | {1 x 75 on 1:20 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 225 on 3:35 Freestyle |
| | {1 x 75 on 1:20 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 225 on 3:30 Freestyle |
| | {1 x 75 on 1:20 Freestyle |
| | {1 x 50 on 1:00 Stroke |
| | {1 x 225 on 3:25 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| 5:36 PM 4,400 Yards - Stress Value = 83 | |

Workout #5916 - Monday, 17 November 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|-------------------------------|-----|------|-----|
| 1,750 | 1x{1 x 75 on 1:20 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:00 Stroke | EN3 | S | STK |
| | {1 x 225 on 3:45 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:20 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:00 Stroke | EN3 | S | STK |
| | {1 x 225 on 3:40 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:20 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:00 Stroke | EN3 | S | STK |
| | {1 x 225 on 3:35 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:20 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:00 Stroke | EN3 | S | STK |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CD |
| | 1 on 10:00 Ice | | M | |

3:45 PM 2,000 Yards - Stress Value = 40

| | | | |
|-------------------------------|-----|---|-----|
| {1 x 200 on 3:35 Freestyle | EN2 | S | FR |
| {1 x 75 on 1:25 Freestyle | EN1 | S | FR |
| {1 x 50 on 1:05 Stroke | EN3 | S | STK |
| {1 x 200 on 3:30 Freestyle | EN2 | S | FR |
| {1 x 75 on 1:25 Freestyle | EN1 | S | FR |
| {1 x 50 on 1:05 Stroke | EN3 | S | STK |
| {1 x 150 on 2:30 Freestyle | EN2 | S | FR |
| 1 x 250 on 4:00 Stroke Drills | REC | D | CD |
| 1 on 10:00 Ice | | M | |

5:36 PM 4,075 Yards - Stress Value = 80

Workout #5917 - Monday, 17 November 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|-------------------------------|-----|------|-----|
| 1,575 | 1x{1 x 75 on 1:25 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:05 Stroke | EN3 | S | STK |
| | {1 x 200 on 3:45 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:25 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:05 Stroke | EN3 | S | STK |
| | {1 x 200 on 3:40 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:25 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:05 Stroke | EN3 | S | STK |
| | {1 x 200 on 3:35 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:25 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:05 Stroke | EN3 | S | STK |
| | {1 x 200 on 3:30 Freestyle | EN2 | S | FR |
| | {1 x 75 on 1:25 Freestyle | EN1 | S | FR |
| | {1 x 50 on 1:05 Stroke | EN3 | S | STK |
| 250 | 1 x 150 on 2:30 Freestyle | EN2 | S | FR |
| | 1 x 250 on 4:00 Stroke Drills | REC | D | CD |
| | 1 on 10:00 Ice | | M | |

3:45 PM 1,825 Yards - Stress Value = 39

Workout #5909 - Monday, 17 November 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 1 on 40:00 Weights and Stretch | | | |
| 350 | 1 x 350 on 6:00 Swim-kick-drill-swim | REC | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | | |
| 1,300 | 1x{1 x 300 on 5:30 Freestyle | EN2 | | |
| | {2 x 100 on 1:50 Free-hold avg from 300 | EN2 | | |
| | {1 x 300 on 5:15 Freestyle | EN2 | | |
| | {2 x 100 on 1:50 Free-hold avg from 300 | EN2 | | |
| | {1 x 300 on 5:00 Freestyle | EN2 | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | |
| | 1 on 10:00 Ice | | | |

7:05 AM 2,050 Yards - Stress Value = 32

Workout #5923 - Tuesday, 18 November 2008

Group 3 - All

1 minute rest between sets

7:30 PM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---------------------------------------|-----|------|-----|
| | 1 on 30:00 Stomach and Stretch | | | L |
| 800 | 1 x 800 on 14:00 Choice | REC | | S |
| 1,200 | 4x{4 x 75 on 1:15 Kick-very very fast | EN2 | | K |
| | {1 on :30 Rest | REC | | M |
| 1,600 | 16 x 100 on 1:30 Lungbuster pulls | EN1 | | P |
| | odds br. 3-5-7-9 | | | |
| | evens br.2-4-6-8 | | | |
| 1,800 | 1x{6 x 75 on 1:10 Backstroke | EN2 | | S |
| | {6 x 75 on 1:05 Backstroke | EN2 | | S |
| | {6 x 75 on 1:00 Backstroke | EN2 | | S |
| | {6 x 75 on :55 Backstroke | EN2 | | S |
| 500 | 20 x 25 on :40 IM order drill | REC | | D |

9:43 PM 5,900 Yards - Stress Value = 76

Workout #5913 - Monday, 17 November 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 1 on 35:00 Physio Balls/Stretch | | | |
| 300 | 1 x 300 on 6:00 Swim-kick-pull-swim | | | |
| 150 | 10 x 15 on :45 Shooters | | | |
| 800 | 2x{8 x 25 on 1:00 Kick w/shoes | | | |
| | {1 x 200 on 5:00 Kick | | | |
| 100 | 1 x 100 on 2:00 Kick for time | | | |
| 700 | 1x{1 x 100 on 1:55 Pull no br L.8 yds | | | |
| | {2 x 100 on 1:50 Pull no br L.10 yds | | | |
| | {3 x 100 on 1:45 Pull no br L.12 yds | | | |
| | {1 x 100 on 1:40 Pull no br L.14 yds | | | |
| | 1 on 9:00 Techniques-underwaters | | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | | |
| 1,575 | 1x{1 x 75 on 1:25 Freestyle | | | |
| | {1 x 50 on 1:05 Stroke | | | |
| | {1 x 200 on 3:45 Freestyle | | | |
| | {1 x 75 on 1:25 Freestyle | | | |
| | {1 x 50 on 1:05 Stroke | | | |
| | {1 x 200 on 3:40 Freestyle | | | |
| | {1 x 75 on 1:25 Freestyle | | | |
| | {1 x 50 on 1:05 Stroke | | | |

Workout #5922 - Tuesday, 18 November 2008

Group 2 - All

1 minute rest between sets

7:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 15:00 stretch | | L |
| 400 | 1 x 400 on 8:00 Choice | REC | S |
| 1,200 | 4x{4 x 75 on 1:15 Kick-very very fast | EN2 | K |
| | {1 on :30 Rest | REC | M |
| 1,600 | 16 x 100 on 1:30 Lungbuster pulls | EN1 | P |
| | odds br. 3-5-7-9 | | |
| | evens br.2-4-6-8 | | |
| 900 | 1x{4 x 75 on 1:10 Backstroke | EN2 | S |
| | {4 x 75 on 1:05 Backstroke | EN2 | S |
| | {4 x 75 on 1:00 Backstroke | EN2 | S |
| 200 | 1 x 200 on 3:00 stroke drills | | |
| | 8:59 PM 4,300 Yards - Stress Value = 58 | | |

Workout #5918 - Tuesday, 18 November 2008

HS Boys - Fly

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretch and Team Mtg |
| 400 | 1 x 400 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 100 on 1:50 Kick |
| | {2 x 75 on 1:20 Kick |
| | {3 x 50 on :50 Kick |
| | {4 x 25 on :30 Sprint kick |
| 1,450 | 1x{1 x 100 on 1:30 Pulls-Count your strokes |
| | {2 x 125 on 1:55 Pulls +11 strokes |
| | {2 x 125 on 1:50 Pulls +10 strokes |
| | {2 x 125 on 1:45 Pulls +9 strokes |
| | {2 x 125 on 1:40 Pulls +8 strokes |
| | {2 x 125 on 1:35 Pulls +7 strokes |
| | {1 x 100 on 1:30 Pulls -5 strokes from 1st 10 |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 2x{8 x 25 on :30 Butterfly |
| | {1 on 1:00 Rest |
| | {8 x 25 on :25 Butterfly w/zoomers |
| | {1 on 1:00 Rest |
| | {8 x 25 on :20 Butterfly w/fins |
| | {1 x 400 on 8:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:00 PM 4,700 Yards - Stress Value = 57 |

Workout #5919 - Tuesday, 18 November 2008

HS Boys - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretch and Team Mtg |
| 400 | 1 x 400 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{1 x 100 on 2:00 Kick |
| | {2 x 75 on 1:30 Kick |
| | {3 x 50 on 1:00 Kick |
| | {2 x 25 on :30 Sprint kick |
| 1,350 | 1x{1 x 100 on 1:40 Pulls-Count your strokes |
| | {2 x 125 on 2:05 Pulls +11 strokes |
| | {2 x 125 on 2:00 Pulls +10 strokes |
| | {2 x 125 on 1:55 Pulls +9 strokes |
| | {2 x 125 on 1:50 Pulls +8 strokes |
| | {1 x 125 on 1:45 Pulls +7 strokes |
| | {1 x 100 on 1:40 Pulls -5 strokes from 1st 10 |

| | |
|-------|---|
| | {1 x 25 on :01 Pulls-EZ |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 2x{8 x 25 on :30 Butterfly |
| | {1 on 1:00 Rest |
| | {8 x 25 on :25 Butterfly w/zoomers |
| | {1 on 1:00 Rest |
| | {8 x 25 on :20 Butterfly w/fins |
| | {1 x 400 on 8:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:00 PM 4,550 Yards - Stress Value = 53 |

Workout #5920 - Tuesday, 18 November 2008

HS Boys - Silver

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretch and Team Mtg |
| 350 | 1 x 350 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 |
| 1,200 | 1x{1 x 100 on 1:50 Pulls-Count your strokes |
| | {2 x 125 on 2:05 Pulls +11 strokes |
| | {2 x 125 on 2:00 Pulls +10 strokes |
| | {2 x 125 on 1:55 Pulls +9 strokes |
| | {2 x 125 on 1:50 Pulls +8 strokes |
| | {1 x 100 on 1:50 Pulls -5 strokes from 1st 10 |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 2x{8 x 25 on :30 #1-3 fly 4,5 free, 6-8 fly |
| | {1 on 1:00 Rest |
| | {8 x 25 on :25 #1-3fly, 4,5fr, 6-8fly w/zmrs |
| | {1 on 1:00 Rest |
| | {8 x 25 on :20 1-3fly,4,5fr,6-8fly w/fins |
| | {1 x 400 on 8:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 4:59 PM 4,300 Yards - Stress Value = 50 |

Workout #5921 - Tuesday, 18 November 2008

HS Boys - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 15:00 Stretch and Team Mtg |
| 300 | 1 x 300 on 6:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{1 x 100 on 2:20 Kick |
| | {2 x 75 on 1:45 Kick |
| | {2 x 50 on 1:10 Kick |
| 1,100 | 1x{1 x 100 on 2:00 Pulls-Count your strokes |
| | {2 x 125 on 2:20 Pulls +11 strokes |
| | {2 x 125 on 2:15 Pulls +10 strokes |
| | {2 x 125 on 2:10 Pulls +9 strokes |
| | {1 x 125 on 2:05 Pulls +8 strokes |
| | {1 x 100 on 2:00 Pulls -5 strokes from 1st 10 |
| | {1 x 25 on :30 Pull-EZ |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 2x{8 x 25 on :30 Odds fly evens free |
| | {1 on 1:00 Rest |
| | {8 x 25 on :25 Odds fly evens free w/zmrs |
| | {1 on 1:00 Rest |
| | {8 x 25 on :20 Odds fly evens free w/fins |
| | {1 x 350 on 8:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:00 PM 4,000 Yards - Stress Value = 48 |

Workout #5924 - Wednesday, 19 November 2008

HighSchl - Back

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 3:00 PM Start | |
| 400 | 1 on 40:00 Team Picturers/Stomach & Stret |
| 150 | 1 x 400 on 6:00 Free L.25 of each 100 non fr |
| 850 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on :45 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on :50 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on :55 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | { Keep all 50's under :45 |
| 1,500 | 1x{1 x 200 on 2:35 Lungbuster pulls |
| | {2 x 175 on 2:15 Lungbuster pulls |
| | {3 x 150 on 1:55 Lungbuster pulls |
| | {4 x 125 on 1:35 Lungbuster pulls |
| | { Breathe 3-5-7 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,100 | 1x{3 x 150 on 2:15 Backstroke |
| | {4 x 25 on :45 Bathtub Drill-6 strokes |
| | {3 x 150 on 2:10 Backstroke |
| | {4 x 25 on :45 Bathtub Drill-7 strokes |
| | {3 x 150 on 2:05 Backstroke |
| | {4 x 25 on :45 Bathtub drill-8 strokes |
| | {3 x 150 on 2:00 Backstroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| 5:35 PM | 5,450 Yards - Stress Value = 97 |

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 3:00 PM Start | |
| 350 | 1 on 40:00 Team Picturers/Stomach & Stret |
| 150 | 1 x 350 on 6:00 Free L.25 of each 100 non fr |
| 750 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:00 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:05 Kick |
| | {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 |
| | { Keep all 50's under 1:00 |
| 1,200 | 1x{1 x 200 on 3:15 Lungbuster pulls |
| | {2 x 175 on 2:50 Lungbuster pulls |
| | {3 x 150 on 2:25 Lungbuster pulls |
| | {2 x 100 on 1:35 Lungbuster pulls |
| | { Breathe 3-5-7 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,750 | 1x{3 x 150 on 2:45 Backstroke |
| | {4 x 25 on :45 Bathtub Drill-6 strokes |
| | {3 x 150 on 2:40 Backstroke |
| | {4 x 25 on :45 Bathtub Drill-7 strokes |
| | {3 x 150 on 2:35 Backstroke |
| | {4 x 25 on :45 Bathtub drill-8 strokes |
| | {1 x 100 on 1:40 Backstroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| 5:35 PM | 4,650 Yards - Stress Value = 82 |

Workout #5925 - Wednesday, 19 November 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 3:00 PM Start | |
| 400 | 1 on 40:00 Team Picturers/Stomach & Stret |
| 150 | 1 x 400 on 6:00 Free L.25 of each 100 non fr |
| 800 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on :55 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on :55 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:00 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | { Keep all 50's under :55 |
| 1,400 | 1x{1 x 200 on 2:50 Lungbuster pulls |
| | {2 x 175 on 2:30 Lungbuster pulls |
| | {3 x 150 on 2:10 Lungbuster pulls |
| | {4 x 100 on 1:25 Lungbuster pulls |
| | { Breathe 3-5-7 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 1x{3 x 150 on 2:30 Backstroke |
| | {4 x 25 on :45 Bathtub Drill-6 strokes |
| | {3 x 150 on 2:25 Backstroke |
| | {4 x 25 on :45 Bathtub Drill-7 strokes |
| | {3 x 150 on 2:20 Backstroke |
| | {4 x 25 on :45 Bathtub drill-8 strokes |
| | {2 x 125 on 1:55 Backstroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| 5:35 PM | 5,100 Yards - Stress Value = 90 |

Workout #5927 - Wednesday, 19 November 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 3:00 PM Start | |
| 300 | 1 on 40:00 Team Picturers/Stomach & Stret |
| 150 | 1 x 300 on 6:00 Free L.25 of each 100 non fr |
| 750 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:05 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:10 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 50 on 1:15 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | { Keep all 50's under 1:05 |
| 1,150 | 1x{1 x 200 on 3:30 Lungbuster pulls |
| | {2 x 175 on 3:00 Lungbuster pulls |
| | {3 x 150 on 2:35 Lungbuster pulls |
| | {3 x 50 on :55 Lungbuster pulls |
| | { Breathe 3-5-7 continuous |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{2 x 150 on 3:00 Backstroke |
| | {4 x 25 on :45 Bathtub Drill-6 strokes |
| | {3 x 150 on 2:55 Backstroke |
| | {4 x 25 on :45 Bathtub Drill-7 strokes |
| | {3 x 150 on 2:50 Backstroke |
| | {4 x 25 on :45 Bathtub drill-8 strokes |
| | {1 x 100 on 1:50 Backstroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| 5:35 PM | 4,400 Yards - Stress Value = 78 |

Workout #5926 - Wednesday, 19 November 2008

Workout #5928 - Thursday, 20 November 2008

HighSchl - Breast

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and Stretch
 400 1 x 400 on 6:00 Underwater trn drill
 odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,250 1x{2 x 125 on 2:20 Kick
 {2 x 125 on 2:15 Kick
 {2 x 125 on 2:10 Kick
 {2 x 125 on 2:05 Kick
 {2 x 125 on 2:00 Kick
 1 on 10:00 Techniques-Stanford Turn Drill
 1,350 1x{6 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {6 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {6 x 75 on :55 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 125 on 2:05 Breaststroke 2X pullouts
 {1 x 125 on 2:00 Breaststroke 2X Pullouts
 {1 x 125 on 1:55 Breaststroke 2X Pullouts
 {1 x 50 on :45 Freestyle
 {1 x 125 on 2:10 Breaststroke-90-95% Effort
 {1 x 100 on 1:40 Breaststroke 2X pullouts
 {1 x 100 on 1:35 Breaststroke 2X pullouts
 {1 x 100 on 1:30 Breaststroke 2X pullouts
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:45 Breaststroke 90-95% Effort
 {1 x 75 on 1:15 Breaststroke 2X Pullouts
 {1 x 75 on 1:05 Breaststroke 2X Pullouts
 {1 x 75 on 1:00 Breaststroke 2X Pullouts
 {1 x 50 on :45 Freestyle
 {3 x 75 on 1:20 Breaststroke 90-95% Effort
 {1 x 50 on :50 Breaststroke 2X Pullouts
 {1 x 50 on :45 Breaststroke 2X Pullouts
 {1 x 50 on :40 Breaststroke 2X Pullouts
 {1 x 50 on :45 Freestyle
 {4 x 50 on :55 Breaststroke 90-95% Effort
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,650 Yards - Stress Value = 78

Workout #5929 - Thursday, 20 November 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and Stretch
 400 1 x 400 on 6:00 Underwater trn drill
 odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 1x{2 x 125 on 2:35 Kick
 {2 x 125 on 2:30 Kick
 {2 x 125 on 2:25 Kick
 {2 x 125 on 2:20 Kick
 {1 x 100 on 1:55 Kick
 1 on 10:00 Techniques-Stanford Turn Drill
 1,150 1x{3 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
 {1 x 25 on :01 Pull-ez
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{1 x 125 on 2:15 Breaststroke 2X pullouts
 {1 x 125 on 2:10 Breaststroke 2X Pullouts
 {1 x 125 on 2:05 Breaststroke 2X Pullouts
 {1 x 50 on :50 Freestyle

{1 x 125 on 2:15 Breaststroke-90-95% Effort
 {1 x 100 on 1:50 Breaststroke 2X pullouts
 {1 x 100 on 1:45 Breaststroke 2X pullouts
 {1 x 100 on 1:40 Breaststroke 2X pullouts
 {1 x 50 on :50 Freestyle
 {2 x 100 on 1:50 Breaststroke 90-95% Effort
 {1 x 75 on 1:20 Breaststroke 2X Pullouts
 {1 x 75 on 1:15 Breaststroke 2X Pullouts
 {1 x 75 on 1:10 Breaststroke 2X Pullouts
 {1 x 50 on :50 Freestyle
 {3 x 75 on 1:20 Breaststroke 90-95% Effort
 {1 x 50 on 1:00 Breaststroke 2X Pullouts
 {1 x 50 on :55 Breaststroke 2X Pullouts
 {1 x 50 on :50 Breaststroke 2X Pullouts
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:00 Breaststroke 90-95% Effort
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,150 Yards - Stress Value = 70

Workout #5930 - Thursday, 20 November 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and Stretch
 350 1 x 350 on 6:00 Underwater trn drill
 odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,050 1x{2 x 125 on 2:40 Kick
 {2 x 125 on 2:35 Kick
 {2 x 125 on 2:30 Kick
 {2 x 125 on 2:25 Kick
 {1 x 50 on 1:00 Kick
 1 on 10:00 Techniques-Stanford Turn Drill
 1,050 1x{4 x 75 on 1:20 Pulls-nbbf&w + 2 yds
 {6 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 125 on 2:30 Breaststroke 2X pullouts
 {1 x 125 on 2:25 Breaststroke 2X Pullouts
 {1 x 125 on 2:20 Breaststroke 2X Pullouts
 {1 x 50 on :55 Freestyle
 {1 x 125 on 2:30 Breaststroke-90-95% Effort
 {1 x 100 on 2:00 Breaststroke 2X pullouts
 {1 x 100 on 1:55 Breaststroke 2X pullouts
 {1 x 100 on 1:50 Breaststroke 2X pullouts
 {1 x 50 on :55 Freestyle
 {2 x 100 on 2:00 Breaststroke 90-95% Effort
 {1 x 75 on 1:30 Breaststroke 2X Pullouts
 {1 x 75 on 1:25 Breaststroke 2X Pullouts
 {1 x 75 on 1:20 Breaststroke 2X Pullouts
 {1 x 50 on :55 Freestyle
 {3 x 75 on 1:30 Breaststroke 90-95% Effort
 {1 x 50 on 1:00 Breaststroke 2X Pullouts
 {1 x 50 on 1:00 Breaststroke 90-95% Effort
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,800 Yards - Stress Value = 67

Workout #5931 - Thursday, 20 November 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|--|-----|------|-----|
| | 1 on 30:00 Abs and 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 | | | |
| 950 | 1x{2 x 125 on 2:55 Kick {2 x 125 on 2:50 Kick {2 x 125 on 2:45 Kick {2 x 100 on 2:10 Kick | | | |
| 1,000 | 1x{4 x 75 on 1:25 Pulls-nbbf&w + 2 yds {4 x 75 on 1:20 Pulls-nbbf&w + 2 yds {5 x 75 on 1:15 Pulls-nbbf&w + 2 yds {1 x 25 on :01 Pull-Ez | | | |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | | |
| 1,550 | 1x{1 x 125 on 2:45 Breaststroke 2X pullouts {1 x 125 on 2:40 Breaststroke 2X Pullouts {1 x 125 on 2:35 Breaststroke 2X Pullouts {1 x 50 on 1:00 Freestyle {1 x 125 on 2:45 Breaststroke-90-95% Effort {1 x 100 on 2:10 Breaststroke 2X pullouts {1 x 100 on 2:05 Breaststroke 2X pullouts {1 x 100 on 2:00 Breaststroke 2X pullouts {1 x 50 on 1:00 Freestyle {1 x 100 on 2:10 Breaststroke 90-95% Effort {1 x 75 on 1:40 Breaststroke 2X Pullouts {1 x 75 on 1:35 Breaststroke 2X Pullouts {1 x 75 on 1:30 Breaststroke 2X Pullouts {1 x 50 on 1:00 Freestyle {1 x 75 on 1:40 Breaststroke 90-95% Effort {1 x 50 on 1:05 Breaststroke 2X Pullouts {1 x 50 on 1:00 Breaststroke 2X Pullouts {1 x 50 on :55 Breaststroke 2X Pullouts {1 x 50 on 1:05 Breaststroke 90-95% Effort | | | |
| 300 | 6 x 50 on 1:00 Stroke Drills | | | |
| | 1 on 10:00 Ice | | | |
| | 5:35 PM 4,450 Yards - Stress Value = 63 | | | |

Workout #5932 - Friday, 21 November 2008

HighSchl - Platinum

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 1 on 38:00 Weights and Stretching | | | |
| 400 | 1 x 400 on 6:00 Reverse IM drill | EN1 | D | IM |
| 150 | 10 x 15 on :45 Shooters | SP2 | S | IM |
| 2,000 | 20 x 100 on 1:10 Freestyle | EN1 | S | FR |
| 200 | 1 x 200 on 3:30 Stroke Drills | REC | D | CHO |
| | 1 on 13:00 Ice | | | |
| | 7:05 AM 2,750 Yards - Stress Value = 39 | | | |

Workout #5933 - Friday, 21 November 2008

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|-----------------------------------|-----|------|-----|
| | 1 on 38:00 Weights and Stretching | | | |
| 400 | 1 x 400 on 6:00 Reverse IM drill | EN1 | D | IM |
| 150 | 10 x 15 on :45 Shooters | SP2 | S | IM |
| 1,800 | 18 x 100 on 1:20 Freestyle | EN1 | S | FR |
| 200 | 1 x 200 on 3:30 Stroke Drills | REC | D | CHO |
| | 1 on 13:00 Ice | | | |

7:05 AM 2,550 Yards - Stress Value = 37

Workout #5934 - Friday, 21 November 2008

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 1 on 38:00 Weights and Stretching | | | |
| 400 | 1 x 400 on 6:00 Reverse IM drill | EN1 | D | IM |
| 150 | 10 x 15 on :45 Shooters | SP2 | S | IM |
| 1,600 | 16 x 100 on 1:30 Freestyle | EN1 | S | FR |
| 200 | 1 x 200 on 3:30 Stroke Drills | REC | D | CHO |
| | 1 on 13:00 Ice | | | |
| | 7:05 AM 2,350 Yards - Stress Value = 35 | | | |

Workout #5935 - Friday, 21 November 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 1 on 38:00 Weights and Stretching | | | |
| 400 | 1 x 400 on 6:00 Reverse IM drill | EN1 | D | IM |
| 150 | 10 x 15 on :45 Shooters | SP2 | S | IM |
| 1,400 | 14 x 100 on 1:40 Freestyle | EN1 | S | FR |
| 200 | 1 x 200 on 3:30 Stroke Drills | REC | D | CHO |
| | 1 on 13:00 Ice | | | |
| | 7:05 AM 2,150 Yards - Stress Value = 33 | | | |

Workout #5936 - Friday, 21 November 2008

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-------|
| | 1 on 35:00 Physio Balls/Stretch | | | L DRY |
| 400 | 1 x 400 on 6:00 Reverse IM drill | REC | D | IM |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | IM |
| 1,000 | 1 x 1000 on 20:00 Social Kick | REC | K | CHC |
| 240 | 12 x 20 on 1:30 Cross Pool Kicks | EN2 | K | FLY |
| | 1 on 10:00 Techniques-Relay Starts | | | D |
| 200 | 1 x 200 on 5:00 IM Relay | | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CI |
| | 1 on 10:00 Ice | | | M |
| | 5:01 PM 2,240 Yards - Stress Value = 11 | | | |

Workout #5937 - Saturday, 22 November 2008

HighSchl - Freestylers

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 35:00 Plyometrics/stretch |
| 400 | 1 x 400 on 7:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{1 x 100 on 2:40 Kick w/shoes |
| | {4 x 25 on :50 Kick w/shoes |
| | {1 x 100 on 2:35 Kick w/shoes |
| | {4 x 25 on :45 Kick w/shoes |
| | {1 x 100 on 2:30 Kick w/shoes |
| | {4 x 25 on :40 Kick w/shoes |
| | {6 x 100 on 2:00 Kick w/out shoes-100% |
| 1,200 | 1x{1 x 250 on 3:20 Pulls |
| | {2 x 100 on 1:10 Pulls |
| | {1 x 50 on :35 Pulls |
| | {1 x 200 on 2:40 Pulls |
| | {2 x 100 on 1:10 Pulls |
| | {1 x 150 on 2:00 Pulls |
| | {1 x 100 on 1:10 Pulls |
| | {1 x 50 on :35 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,500 | 1x{1 x 500 on 5:50 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 450 on 5:15 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 400 on 4:40 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 350 on 4:05 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 300 on 3:30 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 9:34 AM 5,900 Yards - Stress Value = 119 |

Workout #5938 - Saturday, 22 November 2008

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 35:00 Plyometrics/stretch |
| 400 | 1 x 400 on 7:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{1 x 100 on 3:00 Kick w/shoes |
| | {4 x 25 on :50 Kick w/shoes |
| | {1 x 100 on 3:50 Kick w/shoes |
| | {4 x 25 on :45 Kick w/shoes |
| | {1 x 100 on 2:40 Kick w/shoes |
| | {4 x 25 on :40 Kick w/shoes |
| | {5 x 100 on 2:00 Kick w/out shoes-100% |
| 1,000 | 1x{1 x 250 on 3:45 Pulls |
| | {2 x 100 on 1:20 Pulls |
| | {1 x 50 on :45 Pulls |
| | {1 x 200 on 3:00 Pulls |
| | {2 x 100 on 1:20 Pulls |
| | {1 x 100 on 1:30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,300 | 1x{1 x 500 on 6:40 Freestyle |
| | {1 x 50 on 1:00 Freestyle |

| | |
|-----|--|
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 450 on 6:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 400 on 5:20 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 350 on 4:40 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 200 on 2:40 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 9:34 AM 5,400 Yards - Stress Value = 108 |

Workout #5939 - Saturday, 22 November 2008

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 35:00 Plyometrics/stretch |
| 350 | 1 x 350 on 7:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 100 on 3:15 Kick w/shoes |
| | {4 x 25 on :55 Kick w/shoes |
| | {1 x 100 on 3:05 Kick w/shoes |
| | {4 x 25 on :50 Kick w/shoes |
| | {1 x 100 on 2:55 Kick w/shoes |
| | {4 x 25 on :45 Kick w/shoes |
| | {4 x 100 on 2:15 Kick w/out shoes-100% |
| 900 | 1x{1 x 250 on 4:10 Pulls |
| | {2 x 100 on 1:35 Pulls |
| | {1 x 200 on 3:20 Pulls |
| | {2 x 100 on 1:35 Pulls |
| | {1 x 50 on :45 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,050 | 1x{1 x 500 on 7:55 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 450 on 7:10 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 400 on 6:20 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 350 on 5:30 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 9:34 AM 4,900 Yards - Stress Value = 100 |

Workout #5940 - Saturday, 22 November 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 35:00 Plyometrics/stretch |
| 300 | 1 x 300 on 7:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 100 on 3:30 Kick w/shoes |
| | {4 x 25 on :55 Kick w/shoes |
| | {1 x 100 on 3:20 Kick w/shoes |
| | {4 x 25 on :50 Kick w/shoes |
| | {1 x 100 on 3:10 Kick w/shoes |
| | {4 x 25 on :45 Kick w/shoes |
| | {4 x 100 on 2:15 Kick w/out shoes-100% |
| 800 | 1x{1 x 250 on 4:30 Pulls |
| | {2 x 100 on 1:45 Pulls |
| | {1 x 200 on 3:35 Pulls |
| | {3 x 50 on :50 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,850 | 1x{1 x 500 on 9:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 450 on 8:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 400 on 7:05 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| | {1 x 200 on 3:30 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 9:34 AM 4,550 Yards - Stress Value = 87 |

Workout #5945 - Monday, 24 November 2008

HighSchl - Distance

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:00 PM Start |
| | ===== |
| | 1 on 35:00 Physio Balls/Stretch |
| 400 | 1 x 400 on 6:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{1 x 100 on 1:40 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 1:50 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| 1,250 | 1x{1 x 250 on 3:20 Pull no br L.12 yds |
| | {1 x 250 on 3:15 Pull no br L.12 yds |
| | {1 x 250 on 3:10 Pull no br L.12 yds |
| | {1 x 250 on 3:05 Pull no br L.12 yds |
| | {1 x 250 on 3:00 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,800 | 1x{1 x 500 on 5:50 Freestyle |
| | {5 x 100 on 1:20 Freestyle-hold avg from 500 |
| | {1 x 400 on 4:40 Freestyle |
| | {4 x 100 on 1:20 Freestyle-hold avg from 400 |
| | {1 x 300 on 3:30 Freestyle |
| | {3 x 100 on 1:20 Freestyle-hold avg from 300 |
| | {1 x 200 on 2:20 Freestyle |
| | {2 x 100 on 1:20 Freestyle hold avg from 200 |
| 400 | 16 x 25 on :30 IM order |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 6,350 Yards - Stress Value = 112 |

Workout #5941 - Monday, 24 November 2008

HighSchl - IM'ers

1 minute rest between sets

| Yards | Set Description | EC |
|-------|--|----|
| | 5:30 AM Start | |
| | ===== | == |
| | 1 on 38:00 Weights and Stretch | |
| 400 | 1 x 400 on 6:00 Swim-kick-drill-swim | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 2,000 | 1x{1 x 200 on 2:20 Freestyle | EN |
| | {1 x 200 on 3:00 Individual Medley | EN |
| | {2 x 175 on 2:05 Freestyle | EN |
| | {2 x 175 on 2:35 IM with 25 free | EN |
| | {3 x 150 on 1:45 Freestyle | EN |
| | {3 x 150 on 2:15 Individual Medley-NO free | EN |
| 250 | 1 x 250 on 4:00 Stroke Drills | RE |
| | 1 on 10:00 Ice | |
| | 7:06 AM 2,800 Yards - Stress Value = 46 | |

Workout #5942 - Monday, 24 November 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EC |
|-------|--|----|
| | 5:30 AM Start | |
| | ===== | == |
| | 1 on 38:00 Weights and Stretch | |
| 400 | 1 x 400 on 6:00 Swim-kick-drill-swim | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,700 | 1x{1 x 200 on 2:45 Freestyle | EN |
| | {1 x 200 on 3:20 Individual Medley | EN |
| | {2 x 175 on 2:25 Freestyle | EN |
| | {2 x 175 on 2:55 IM with 25 free | EN |
| | {1 x 150 on 2:05 Freestyle | EN |
| | {3 x 150 on 2:30 Individual Medley-NO free | EN |
| 250 | 1 x 250 on 4:00 Stroke Drills | RE |
| | 1 on 10:00 Ice | |
| | 7:06 AM 2,500 Yards - Stress Value = 40 | |

Workout #5946 - Monday, 24 November 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| 400 | 1 on 35:00 Physio Balls/Stretch |
| 150 | 1 x 400 on 6:00 Swim-kick-pull-swim |
| 850 | 10 x 15 on :45 Shooters |
| 1x{ | 1 x 100 on 1:50 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 |
| | {2 x 100 on 2:00 Kick |
| | {1 x 50 on 1:00 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| 1,100 | 1x{1 x 250 on 3:40 Pull no br L.12 yds |
| | {1 x 250 on 3:35 Pull no br L.12 yds |
| | {1 x 250 on 3:30 Pull no br L.12 yds |
| | {1 x 250 on 3:25 Pull no br L.12 yds |
| | {1 x 100 on 1:20 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{1 x 500 on 6:45 Freestyle |
| | {5 x 100 on 1:30 Freestyle-hold avg from 500 |
| | {1 x 400 on 5:25 Freestyle |
| | {4 x 100 on 1:30 Freestyle-hold avg from 400 |
| | {1 x 300 on 4:05 Freestyle |
| | {3 x 100 on 1:30 Freestyle-hold avg from 300 |
| 400 | 16 x 25 on :30 IM order |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 5,750 Yards - Stress Value = 100 |

| | |
|-------|---|
| | {1 x 250 on 4:00 Pull no br L.12 yds |
| | {1 x 200 on 3:10 Pull no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 1x{1 x 500 on 7:30 Freestyle |
| | {5 x 100 on 1:40 Freestyle-hold avg from 500 |
| | {1 x 400 on 6:00 Freestyle |
| | {4 x 100 on 1:40 Freestyle-hold avg from 400 |
| | {1 x 300 on 4:30 Freestyle |
| | {1 x 100 on 1:45 Freestyle-hold avg from 300 |
| 400 | 16 x 25 on :30 IM order |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 5,300 Yards - Stress Value = 92 |

Workout #5944 - Monday, 24 November 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EC |
|-------|--|----|
| | 1 on 38:00 Weights and Stretch | |
| 300 | 1 x 300 on 6:00 Swim-kick-drill-swim | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,350 | 1x{1 x 200 on 3:30 Freestyle | EN |
| | {1 x 200 on 4:00 Individual Medley | EN |
| | {1 x 175 on 3:05 Freestyle | EN |
| | {1 x 175 on 3:30 IM with 25 free | EN |
| | {2 x 150 on 2:40 Freestyle | EN |
| | {2 x 150 on 3:00 Individual Medley-NO free | EN |
| 250 | 1 x 250 on 4:00 Stroke Drills | RE |
| | 1 on 10:00 Ice | |
| | 7:05 AM 2,050 Yards - Stress Value = 34 | |

Workout #5943 - Monday, 24 November 2008

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EC |
|-------|--|----|
| | 1 on 38:00 Weights and Stretch | |
| 350 | 1 x 350 on 6:00 Swim-kick-drill-swim | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,550 | 1x{1 x 200 on 3:10 Freestyle | EN |
| | {1 x 200 on 3:40 Individual Medley | EN |
| | {2 x 175 on 2:50 Freestyle | EN |
| | {2 x 175 on 3:10 IM with 25 free | EN |
| | {1 x 150 on 2:25 Freestyle | EN |
| | {2 x 150 on 2:45 Individual Medley-NO free | EN |
| 250 | 1 x 250 on 4:00 Stroke Drills | RE |
| | 1 on 10:00 Ice | |
| | 7:06 AM 2,300 Yards - Stress Value = 37 | |

Workout #5948 - Monday, 24 November 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EC |
|-------|---|----|
| | 1 on 35:00 Physio Balls/Stretch | |
| 300 | 1 x 300 on 6:00 Swim-kick-pull-swim | |
| 150 | 10 x 15 on :45 Shooters | |
| 800 | 1x{1 x 100 on 2:05 Kick | |
| | {4 x 25 on :45 Kick no board BSLR | |
| | {2 x 100 on 2:10 Kick | |
| | {4 x 25 on :45 Kick no board BSLR | |
| | {2 x 100 on 2:15 Kick | |
| | {4 x 25 on :45 Kick no board BSLR | |
| 900 | 1x{1 x 200 on 3:40 Pull no br L.12 yds | |
| | {1 x 200 on 3:35 Pull no br L.12 yds | |
| | {1 x 200 on 3:30 Pull no br L.12 yds | |
| | {1 x 200 on 3:25 Pull no br L.12 yds | |
| | {1 x 100 on 1:35 Pull no br L.12 yds | |
| 200 | 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 1,900 | 1x{1 x 400 on 7:00 Freestyle | |
| | {4 x 100 on 1:50 Freestyle-hold avg from 400 | |
| | {1 x 300 on 5:15 Freestyle | |
| | {3 x 100 on 1:50 Freestyle-hold avg from 300 | |
| | {1 x 200 on 3:30 Freestyle | |
| | {3 x 100 on 1:50 Freestyle-hold avg from 500 | |
| 400 | 16 x 25 on :30 IM order | |
| 250 | 1 x 250 on 4:00 Stroke Drills | |
| | 1 on 10:00 Ice | |
| | 5:35 PM 4,900 Yards - Stress Value = 86 | |

Workout #5947 - Monday, 24 November 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 Physio Balls/Stretch |
| 350 | 1 x 350 on 6:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{1 x 100 on 1:55 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 |
| | {2 x 100 on 2:05 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| 950 | 1x{1 x 250 on 4:10 Pull no br L.12 yds |
| | {1 x 250 on 4:05 Pull no br L.12 yds |

Workout #5949 - Tuesday, 25 November 2008

HighSchl - Back

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 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 2x{1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {1 x 50 on :50 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on :55 Kick
 {1 x 50 on :50 Kick
 {1 x 50 on :45 Kick
 1,650 1 x 1650 on 22:00 Pull-no paddles if having
 shoulder pain
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,325 1x{3 x 100 on 1:30 Backstroke w/fins
 {4 x 25 on :45 Back 12 yds underwater
 {3 x 100 on 1:25 Backstroke w/ fins
 {4 x 25 on :45 Back 12yds underwater
 {3 x 100 on 1:20 Backstroke w/fins
 {4 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:30 Backstroke w/fins
 {3 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:25 Backstroke w/fins
 {3 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:20 Backstroke w/fins
 {3 x 25 on :45 Backstroke
 {1 x 100 on 1:30 Backstroke w/fins
 {2 x 25 on :45 Back 12yds underwater
 {1 x 100 on 1:20 Backstroke w/fins
 {2 x 25 on :45 Back 12yds underwater
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 6,025 Yards - Stress Value = 62

Workout #5950 - Tuesday, 25 November 2008

HighSchl - Gold

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 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 950 2x{1 x 100 on 2:05 Kick
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {1 x 25 on :25 Kick
 1,500 1 x 1500 on 22:00 Pull-no paddles if having
 shoulder pain
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,175 1x{3 x 100 on 1:40 Backstroke w/fins
 {4 x 25 on :45 Back 12 yds underwater
 {3 x 100 on 1:35 Backstroke w/ fins
 {4 x 25 on :45 Back 12yds underwater
 {3 x 100 on 1:30 Backstroke w/fins
 {4 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:40 Backstroke w/fins
 {3 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:35 Backstroke w/fins

{3 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:30 Backstroke w/fins
 {3 x 25 on :45 Backstroke
 {1 x 100 on 1:40 Backstroke w/fins
 {2 x 25 on :45 Back 12yds underwater
 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,675 Yards - Stress Value = 59

Workout #5951 - Tuesday, 25 November 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 350 1 x 350 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 850 2x{1 x 100 on 2:10 Kick
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:05 Kick
 {1 x 25 on :30 Kick
 1,350 1 x 1350 on 22:00 Pull-no paddles if having
 shoulder pain
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,075 1x{3 x 100 on 1:50 Backstroke w/fins
 {4 x 25 on :45 Back 12 yds underwater
 {3 x 100 on 1:45 Backstroke w/ fins
 {4 x 25 on :45 Back 12yds underwater
 {3 x 100 on 1:40 Backstroke w/fins
 {4 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:50 Backstroke w/fins
 {3 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:45 Backstroke w/fins
 {2 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:40 Backstroke w/fins
 {2 x 25 on :45 Backstroke
 {1 x 100 on 1:50 Backstroke w/fins
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,275 Yards - Stress Value = 54

Workout #5952 - Tuesday, 25 November 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Ball Abs/Stretch
 300 1 x 300 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 850 2x{1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:05 Kick
 {1 x 25 on :30 Kick
 1,250 1 x 1250 on 22:00 Pull-no paddles if having
 shoulder pain
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{3 x 100 on 1:55 Backstroke w/fins
 {4 x 25 on :45 Back 12 yds underwater
 {3 x 100 on 1:50 Backstroke w/ fins
 {4 x 25 on :45 Back 12yds underwater
 {3 x 100 on 1:45 Backstroke w/fins
 {4 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:55 Backstroke w/fins
 {3 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:50 Backstroke w/fins
 {3 x 25 on :45 Back 12yds underwater
 {2 x 100 on 1:45 Backstroke w/fins
 {2 x 25 on :45 Backstroke
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,050 Yards - Stress Value = 52

Workout #5953 - Wednesday, 26 November 2008

HighSchl - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 39:00 Weights and Stretch
 400 1 x 400 on 6:00 Free L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 2,000 5 x 400 on 5:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,800 Yards - Stress Value = 46

Workout #5954 - Wednesday, 26 November 2008

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 39:00 Weights and Stretch
 400 1 x 400 on 6:00 Free L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 1,750 5 x 350 on 5:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,550 Yards - Stress Value = 41

Workout #5955 - Wednesday, 26 November 2008

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards Set Description
 =====
 1 on 39:00 Weights and Stretch
 350 1 x 350 on 6:00 Free L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 1,500 5 x 300 on 5:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,250 Yards - Stress Value = 36

Workout #5956 - Wednesday, 26 November 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 39:00 Weights and Stretch
 300 1 x 300 on 6:00 Free L.25 of each 100 non free
 150 10 x 15 on :45 Shooters
 1,375 5 x 275 on 5:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,075 Yards - Stress Value = 34

Workout #5957 - Wednesday, 26 November 2008

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 800 1 x 800 on 12:00 Choice
 180 12 x 15 on 1:00 Cross pool sprints-from dive
 Alt fly/free, brst/free X 3
 450 6x{1 x 25 on :40 Kick
 {2 x 25 on :40 Kick no board Alt. stmch/back
 150 10 x 15 on :45 Shooters
 1,120 4x{1 x 100 on 1:45 Stroke Drills
 {1 x 15 on :30 Sculling drills
 {3 x 50 on 1:00 Stroke-mid pool-descend 1-3
 {1 x 15 on :30 Sculling drills
 200 1 x 200 on 3:00 Freestyle-Ez
 1 on 10:00 Ice
 5:00 PM 2,900 Yards - Stress Value = 26

Workout #5958 - Friday, 28 November 2008

HighSchl - Freestylers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 600 1 x 600 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {6 x 75 on 1:10 Kick
 1,500 2x{1 x 125 on 1:45 Pulls-nbbf&w
 {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:45 Pulls-nbbf&w + 4 yds
 {1 x 125 on 1:45 Pulls-nbbf&w + 6 yds
 {1 x 125 on 1:45 Pulls-nbbf&w + 8 yds
 {1 x 125 on 1:45 Pulls-nbbf&w + 10 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 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
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:33 AM 5,400 Yards - Stress Value = 134

Workout #5959 - Friday, 28 November 2008

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 600 1 x 600 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,050 1x{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
 {4 x 75 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:25 Kick
 1,250 2x{1 x 125 on 1:55 Pulls-nbbf&w
 {1 x 125 on 1:55 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:55 Pulls-nbbf&w + 4 yds
 {1 x 125 on 1:55 Pulls-nbbf&w + 6 yds
 {1 x 125 on 1:55 Pulls-nbbf&w + 8 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 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
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:32 AM 5,000 Yards - Stress Value = 129

Workout #5960 - Friday, 28 November 2008

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch

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
 {2 x 75 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {5 x 50 on 1:05 Kick
 1,100 2x{1 x 100 on 1:45 Pulls-nbbf&w
 {1 x 100 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:45 Pulls-nbbf&w + 4 yds
 {1 x 100 on 1:45 Pulls-nbbf&w + 6 yds
 {1 x 100 on 1:45 Pulls-nbbf&w + 8 yds
 {1 x 50 on :55 Pulls-nbbf&w + 10 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 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
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:32 AM 4,400 Yards - Stress Value = 110

Workout #5961 - Friday, 28 November 2008

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 450 1 x 450 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 950 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
 {4 x 75 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:10 Kick
 1,100 2x{1 x 100 on 1:50 Pulls-nbbf&w
 {1 x 100 on 1:50 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:50 Pulls-nbbf&w + 4 yds
 {1 x 100 on 1:50 Pulls-nbbf&w + 6 yds
 {1 x 100 on 1:50 Pulls-nbbf&w + 8 yds
 {1 x 50 on :55 Pulls-nbbf&w + 10 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 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
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:33 AM 4,300 Yards - Stress Value = 110

Workout #5962 - Saturday, 29 November 2008

HighSchl - Freestylers

1 minute rest between sets

| 7:00 AM Start | | |
|---|--|---------|
| Yards | Set Description | EGY WOF |
| | 1 on 40:00 Plyometrics/stretch | |
| 600 | 1 x 600 on 9:00 Choice | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,250 | 5x{1 x 100 on 1:40 Kick | EN2 |
| | {1 x 75 on 1:15 Kick | EN2 |
| | {1 x 50 on :50 Kick | EN2 |
| | {1 x 25 on :25 Kick | EN2 |
| 1,200 | 1x{2 x 150 on 2:15 Pulls | EN1 |
| | {2 x 150 on 2:10 Pulls | EN2 |
| | {2 x 150 on 2:05 Pulls | EN1 |
| 1,200 | 2x{1 x 25 on :30 12.5 easy 12.5 fast | EN1 |
| | {1 x 25 on :30 12.5 fast 12.5 easy | EN1 |
| | {1 x 25 on :30 All Fast | EN2 |
| | {1 x 25 on :30 Easy | EN1 |
| | {1 x 50 on 1:00 25 easy 25 fast | EN2 |
| | {1 x 50 on 1:00 25 fast 25 easy | EN2 |
| | {1 x 50 on 1:00 All Fast | EN2 |
| | {1 x 50 on 1:00 Easy | EN1 |
| | {1 x 75 on 1:30 37.5 easy 37.5 fast | EN2 |
| | {1 x 75 on 1:30 37.5 fast 37.5 easy | EN2 |
| | {1 x 75 on 1:30 All Fast | EN2 |
| | {1 x 75 on 1:30 Easy | EN1 |
| 200 | 1 x 200 on 3:00 Freestyle | REC |
| 800 | 1x{1 x 200 on 2:45 Freestyle L.50 fast | EN1 |
| | {1 x 200 on 2:45 Freestyle L.100 fast | EN2 |
| | {1 x 200 on 2:45 Freestyle L.150 fast | EN2 |
| | {1 x 200 on 2:45 Freestyle-100% | EN3 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 1 on 10:00 Ice | |
| 9:34 AM 5,650 Yards - Stress Value = 90 | | |

Workout #5963 - Saturday, 29 November 2008

HighSchl - Gold

1 minute rest between sets

| 7:00 AM Start | | |
|---------------|--|---------|
| Yards | Set Description | EGY WOF |
| | 1 on 40:00 Plyometrics/stretch | |
| 600 | 1 x 600 on 9:00 Choice | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,100 | 4x{1 x 100 on 1:55 Kick | EN2 |
| | {1 x 75 on 1:25 Kick | EN2 |
| | {1 x 50 on :55 Kick | EN2 |
| | {2 x 25 on :25 Kick | EN2 |
| 1,100 | 1x{2 x 150 on 2:25 Pulls | EN1 |
| | {2 x 150 on 2:20 Pulls | EN2 |
| | {2 x 150 on 2:15 Pulls | EN1 |
| | {2 x 100 on 1:30 Pulls | EN2 |
| 1,200 | 2x{1 x 25 on :30 12.5 easy 12.5 fast | EN1 |
| | {1 x 25 on :30 12.5 fast 12.5 easy | EN1 |
| | {1 x 25 on :30 All Fast | EN2 |
| | {1 x 25 on :30 Easy | EN1 |
| | {1 x 50 on 1:00 25 easy 25 fast | EN2 |
| | {1 x 50 on 1:00 25 fast 25 easy | EN2 |
| | {1 x 50 on 1:00 All Fast | EN2 |
| | {1 x 50 on 1:00 Easy | EN1 |
| | {1 x 75 on 1:30 37.5 easy 37.5 fast | EN2 |
| | {1 x 75 on 1:30 37.5 fast 37.5 easy | EN2 |
| | {1 x 75 on 1:30 All Fast | EN2 |
| | {1 x 75 on 1:30 Easy | EN1 |
| 200 | 1 x 200 on 3:00 Freestyle | REC |
| 750 | 1x{1 x 150 on 2:15 Freestyle L.50 fast | EN1 |
| | {1 x 200 on 3:00 Freestyle L.100 fast | EN2 |
| | {1 x 200 on 3:00 Freestyle L.150 fast | EN2 |

{1 x 200 on 3:00 Freestyle-100% EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 5,350 Yards - Stress Value = 85

Workout #5964 - Saturday, 29 November 2008

HighSchl - Silver

1 minute rest between sets

| 7:00 AM Start | | |
|---|--|---------|
| Yards | Set Description | EGY WOF |
| | 1 on 40:00 Plyometrics/stretch | |
| 500 | 1 x 500 on 9:00 Choice | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,000 | 4x{1 x 100 on 2:05 Kick | EN2 |
| | {1 x 75 on 1:35 Kick | EN2 |
| | {1 x 50 on 1:05 Kick | EN2 |
| | {1 x 25 on :30 Kick | EN2 |
| 1,000 | 1x{2 x 150 on 2:35 Pulls | EN1 |
| | {2 x 150 on 2:30 Pulls | EN2 |
| | {2 x 150 on 2:25 Pulls | EN1 |
| | {2 x 50 on :50 Pulls | EN2 |
| 1,200 | 2x{1 x 25 on :30 12.5 easy 12.5 fast | EN1 |
| | {1 x 25 on :30 12.5 fast 12.5 easy | EN1 |
| | {1 x 25 on :30 All Fast | EN2 |
| | {1 x 25 on :30 Easy | EN1 |
| | {1 x 50 on 1:00 25 easy 25 fast | EN2 |
| | {1 x 50 on 1:00 25 fast 25 easy | EN2 |
| | {1 x 50 on 1:00 All Fast | EN2 |
| | {1 x 50 on 1:00 Easy | EN1 |
| | {1 x 75 on 1:30 37.5 easy 37.5 fast | EN2 |
| | {1 x 75 on 1:30 37.5 fast 37.5 easy | EN2 |
| | {1 x 75 on 1:30 All Fast | EN2 |
| | {1 x 75 on 1:30 Easy | EN1 |
| 200 | 1 x 200 on 3:00 Freestyle | REC |
| 700 | 1x{1 x 150 on 2:30 Freestyle L.50 fast | EN1 |
| | {1 x 150 on 2:30 Freestyle L.100 fast | EN2 |
| | {1 x 200 on 3:20 Freestyle L.150 fast | EN2 |
| | {1 x 200 on 3:20 Freestyle-100% | EN3 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 1 on 10:00 Ice | |
| 9:35 AM 5,000 Yards - Stress Value = 80 | | |

Workout #5965 - Saturday, 29 November 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|------|------|
| | 7:00 AM Start | | |
| | ===== | ==== | ==== |
| | 1 on 40:00 Plyometrics/stretch | | |
| 450 | 1 x 450 on 9:00 Choice | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 900 | 3x{1 x 100 on 2:10 Kick | EN2 | |
| | {1 x 75 on 1:40 Kick | EN2 | |
| | {2 x 50 on 1:10 Kick | EN2 | |
| | {1 x 25 on :35 Kick | EN2 | |
| 950 | 1x{2 x 150 on 2:45 Pulls | EN1 | |
| | {2 x 150 on 2:40 Pulls | EN2 | |
| | {2 x 150 on 2:35 Pulls | EN1 | |
| | {1 x 50 on :55 Pulls | EN2 | |
| 1,200 | 2x{1 x 25 on :30 12.5 easy 12.5 fast | EN1 | |
| | {1 x 25 on :30 12.5 fast 12.5 easy | EN1 | |
| | {1 x 25 on :30 All Fast | EN2 | |
| | {1 x 25 on :30 Easy | EN1 | |
| | {1 x 50 on 1:00 25 easy 25 fast | EN2 | |
| | {1 x 50 on 1:00 25 fast 25 easy | EN2 | |
| | {1 x 50 on 1:00 All Fast | EN2 | |
| | {1 x 50 on 1:00 Easy | EN1 | |
| | {1 x 75 on 1:30 37.5 easy 37.5 fast | EN2 | |
| | {1 x 75 on 1:30 37.5 fast 37.5 easy | EN2 | |
| | {1 x 75 on 1:30 All Fast | EN2 | |
| | {1 x 75 on 1:30 Easy | EN1 | |
| 200 | 1 x 200 on 3:00 Freestyle | REC | |
| 650 | 1x{1 x 100 on 1:45 Freestyle L.50 fast | EN1 | |
| | {1 x 150 on 2:45 Freestyle L.100 fast | EN2 | |
| | {1 x 200 on 3:30 Freestyle L.150 fast | EN2 | |
| | {1 x 200 on 3:30 Freestyle-100% | EN3 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Ice | | |
| | 9:35 AM 4,750 Yards - Stress Value = 76 | | |

Workout #5970 - Monday, 01 December 2008

HighSchl - Distance

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|------|------|
| | 3:00 PM Start | | |
| | ===== | ==== | ==== |
| | 1 on 35:00 Physio Balls/Stretch | | |
| 600 | 1 x 600 on 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 | | |
| | {1 x 50 on 1:00 Kick | | |
| | {1 x 50 on :55 Kick | | |
| | {2 x 50 on :50 Kick | | |
| | {4 x 25 on :40 Kick no board BSLR | | |
| | {1 x 50 on 1:00 Kick | | |
| | {1 x 50 on :55 Kick | | |
| | {2 x 50 on :50 Kick | | |
| | {4 x 25 on :35 Kick no board BSLR | | |
| | {1 x 50 on 1:00 Kick | | |
| | {1 x 50 on :55 Kick | | |
| | {2 x 50 on :50 Kick | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 50 on 1:00 Kick | | |
| | {1 x 50 on :55 Kick | | |
| | {2 x 50 on :50 Kick | | |
| | 1 on 10:00 Techniques-Tn Turns | | |
| 1,200 | 4x{1 x 75 on 1:10 Pull no br L.12 yds | | |
| | {1 x 75 on 1:05 Pull no br L.12 yds | | |
| | {1 x 75 on 1:00 Pull no br L.12 yds | | |
| | {1 x 75 on :55 Pull no br L.12 yds | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 2,000 | 1x{1 x 400 on 5:10 Freestyle | | |

| | | | |
|-----|---|--|--|
| | {1 x 400 on 5:05 Freestyle | | |
| | {1 x 400 on 5:00 Freestyle | | |
| | {1 x 400 on 4:55 Freestyle | | |
| | {1 x 400 on 4:50 Freestyle | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| | 1 on 10:00 Ice | | |
| | 5:35 PM 5,600 Yards - Stress Value = 79 | | |

Workout #5966 - Monday, 01 December 2008

HighSchl - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|------|------|
| | 5:30 AM Start | | |
| | ===== | ==== | ==== |
| | 1 on 40:00 Weights and Stretch | | |
| 600 | 1 x 600 on 9:00 Swim-kick-drill-swim | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,600 | 2x{1 x 250 on 3:00 Freestyle | EN1 | |
| | {3 x 100 on 1:20 Freestyle | EN2 | |
| | {5 x 50 on :45 Freestyle-descend | EN1 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Ice | | |
| | 7:06 AM 2,600 Yards - Stress Value = 28 | | |

Workout #5967 - Monday, 01 December 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|------|------|
| | 5:30 AM Start | | |
| | ===== | ==== | ==== |
| | 1 on 40:00 Weights and Stretch | | |
| 550 | 1 x 550 on 9:00 Swim-kick-drill-swim | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,400 | 2x{1 x 200 on 2:50 Freestyle | EN1 | |
| | {3 x 100 on 1:25 Freestyle | EN2 | |
| | {4 x 50 on :50 Freestyle-descend | EN1 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 on 10:00 Ice | | |
| | 7:05 AM 2,350 Yards - Stress Value = 26 | | |

Workout #5971 - Monday, 01 December 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 550 1 x 550 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {2 x 50 on :55 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {2 x 50 on :55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {2 x 50 on :55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 1 on 10:00 Techniques-Tn Turns
 1,100 4x{1 x 75 on 1:15 Pull no br L.12 yds
 {1 x 75 on 1:10 Pull no br L.12 yds
 {1 x 75 on 1:05 Pull no br L.12 yds
 {1 x 50 on :40 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 400 on 5:40 Freestyle
 {1 x 400 on 5:35 Freestyle
 {1 x 400 on 5:30 Freestyle
 {1 x 400 on 5:25 Freestyle
 {1 x 150 on 2:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,150 Yards - Stress Value = 71

{4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 1 on 10:00 Techniques-Tn Turns
 1,000 4x{1 x 75 on 1:20 Pull no br L.12 yds
 {1 x 75 on 1:15 Pull no br L.12 yds
 {1 x 75 on 1:10 Pull no br L.12 yds
 {1 x 25 on :25 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 400 on 6:15 Freestyle
 {1 x 400 on 6:10 Freestyle
 {1 x 400 on 6:05 Freestyle
 {1 x 400 on 6:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,800 Yards - Stress Value = 65

Workout #5969 - Monday, 01 December 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 450 1 x 450 on 9:00 Swim-kick-drill-swim
 150 10 x 15 on :45 Shooters
 1,200 2x{1 x 150 on 2:45 Freestyle
 {2 x 100 on 1:45 Freestyle
 {5 x 50 on :50 Freestyle-descend
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,050 Yards - Stress Value = 22

EGY WOF
 ===
 REC
 SP3
 EN1
 EN2
 EN1
 REC

Workout #5968 - Monday, 01 December 2008

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 500 1 x 500 on 9:00 Swim-kick-drill-swim
 150 10 x 15 on :45 Shooters
 1,300 2x{1 x 200 on 3:15 Freestyle
 {3 x 100 on 1:40 Freestyle
 {3 x 50 on :50 Freestyle-descend
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:06 AM 2,200 Yards - Stress Value = 25

Workout #5972 - Monday, 01 December 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 500 1 x 500 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick

Workout #5973 - Monday, 01 December 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 450 1 x 450 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 1 on 10:00 Techniques-TN turns
 900 4x{1 x 75 on 1:25 Pull no br L.12 yds
 {1 x 75 on 1:20 Pull no br L.12 yds
 {1 x 75 on 1:15 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 400 on 7:00 Freestyle
 {1 x 400 on 6:50 Freestyle
 {1 x 400 on 6:40 Freestyle
 {1 x 300 on 5:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,550 Yards - Stress Value = 61

1 on 9:00 Ice
 5:35 PM 5,500 Yards - Stress Value = 91

Workout #5975 - Wednesday, 03 December 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 550 1 x 550 on 9:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 750 1x{1 x 75 on 1:15 Backstroke
 {4 x 75 on 1:10 Backstroke
 {5 x 75 on 1:05 Backstroke
 850 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:05 Kick-Descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{2 x 75 on 1:15 25 breast 50 free
 {5 x 75 on 1:15 50 Breast 25 free
 {3 x 75 on 1:15 Breaststroke
 {1 x 50 on :50 Breaststroke
 700 7 x 100 on 1:30 Lungbuster pulls
 Odds breathe 3-5-7-9 evens 2-4-6-8 by the 2
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 75 on 1:10 25 2-2, 25 fly kick, 25 fly
 {4 x 75 on 1:05 25 2-3, 25 fly kick, 25 fly
 {5 x 75 on 1:00 25 2-4, 25 fly kick, 25 fly
 { This set is w/fins
 200 1 x 200 on 3:00 Stroke Drills
 1 on 9:00 Ice
 5:35 PM 5,100 Yards - Stress Value = 86

Workout #5974 - Wednesday, 03 December 2008

HighSchl - IM'ers

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 600 1 x 600 on 9:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 900 1x{3 x 75 on 1:05 Backstroke
 {4 x 75 on 1:00 Backstroke
 {5 x 75 on :55 Backstroke
 850 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:00 Kick-Descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on :50 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 75 on 1:10 25 breast 50 free
 {4 x 75 on 1:10 50 Breast 25 free
 {5 x 75 on 1:10 Breaststroke
 800 8 x 100 on 1:20 Lungbuster pulls
 Odds breathe 3-5-7-9 evens 2-4-6-8 by the 2
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 75 on 1:10 25 2-2, 25 fly kick, 25 fly
 {4 x 75 on 1:05 25 2-3, 25 fly kick, 25 fly
 {5 x 75 on 1:00 25 2-4, 25 fly kick, 25 fly
 { This set is w/ fins
 200 1 x 200 on 3:00 Stroke Drills

Workout #5976 - Wednesday, 03 December 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 40:00 Weights and Stretch |
| 500 | 1 x 500 on 9:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{2 x 50 on :55 Backstroke {4 x 75 on 1:15 Backstroke {4 x 75 on 1:10 Backstroke |
| 800 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:10 Kick-Descend {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:05 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {2 x 25 on :45 Kick no board BSLR |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1x{2 x 75 on 1:20 25 breast 50 free {5 x 75 on 1:20 50 Breast 25 free {3 x 75 on 1:20 Breaststroke |
| 600 | 6 x 100 on 1:40 Lungbuster pulls Odds breathe 3-5-7-9 evens 2-4-6-8 by the 2 |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1x{3 x 75 on 1:15 25 2-2, 25 fly kick, 25 fly {4 x 75 on 1:10 25 2-3, 25 fly kick, 25 fly {3 x 75 on 1:05 25 2-4, 25 fly kick, 25 fly { This set is w/fins |
| 200 | 1 x 200 on 4:00 Stroke Drills 1 on 9:00 Ice |
| | 5:34 PM 4,650 Yards - Stress Value = 76 |

Workout #5977 - Wednesday, 03 December 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 40:00 Weights and Stretch |
| 450 | 1 x 450 on 9:00 Free L.25 of each 100 non fr |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{1 x 50 on 1:00 Backstroke {4 x 75 on 1:20 Backstroke {4 x 75 on 1:15 Backstroke |
| 800 | 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:10 Kick-Descend {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:05 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {2 x 25 on :45 Kick no board BSLR |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1x{2 x 75 on 1:20 25 breast 50 free {5 x 75 on 1:25 50 Breast 25 free {3 x 75 on 1:25 Breaststroke |
| 600 | 6 x 100 on 1:45 Lungbuster pulls Odds breathe 3-5-7-9 evens 2-4-6-8 by the 2 |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1x{3 x 75 on 1:15 25 2-2, 25 fly kick, 25 fly {4 x 75 on 1:10 25 2-3, 25 fly kick, 25 fly {3 x 75 on 1:05 25 2-4, 25 fly kick, 25 fly { This set is w/fins |
| 200 | 1 x 200 on 4:00 Stroke Drills 1 on 9:00 Ice |
| | 5:35 PM 4,550 Yards - Stress Value = 75 |

Workout #5978 - Friday, 05 December 2008

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | ST |
|-------|--|-----|------|------|
| | 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 | FI |
| 2,100 | 1x{2 x 200 on 2:30 Freestyle {1 x 200 on 3:00 Stroke {2 x 200 on 2:25 Freestyle {1 x 150 on 2:15 Stroke {2 x 200 on 2:20 Freestyle {1 x 100 on 1:30 Stroke {2 x 200 on 2:15 Freestyle {1 x 50 on :45 Stroke | EN2 | S | F |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | C |
| | 1 on 10:00 Ice | | | M |
| | 7:05 AM 3,000 Yards - Stress Value = 43 | | | |

Workout #5979 - Friday, 05 December 2008

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | ST |
|-------|---|-----|------|------|
| | 1 on 35:00 Weights and Stretch | | | L WI |
| 450 | 1 x 450 on 8:00 Reverse IM drill | REC | D | I |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | FI |
| 1,900 | 1x{2 x 200 on 2:50 Freestyle {1 x 150 on 2:30 Stroke {2 x 200 on 2:45 Freestyle {1 x 100 on 1:40 Stroke {2 x 200 on 2:40 Freestyle {1 x 50 on :50 Stroke {2 x 200 on 2:35 Freestyle | EN2 | S | F |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | C |
| | 1 on 10:00 Ice | | | M |
| | 7:05 AM 2,750 Yards - Stress Value = 41 | | | |

Workout #5980 - Friday, 05 December 2008

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | ST |
|-------|---|-----|------|------|
| | 1 on 35:00 Weights and Stretch | | | L WI |
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | D | I |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | FI |
| 1,675 | 1x{2 x 175 on 2:50 Freestyle {1 x 125 on 2:20 Stroke {2 x 175 on 2:45 Freestyle {1 x 100 on 1:50 Stroke {2 x 175 on 2:40 Freestyle {1 x 50 on :55 Stroke {2 x 175 on 2:35 Freestyle | EN2 | S | F |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | C |
| | 1 on 10:00 Ice | | | M |
| | 7:05 AM 2,475 Yards - Stress Value = 36 | | | |

Workout #5981 - Friday, 05 December 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | ST |
|-------|----------------------------------|-----|------|----|
| | 1 on 35:00 Weights and Stretch | | L | WT |
| 350 | 1 x 350 on 8:00 Reverse IM drill | REC | D | I |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | FI |
| 1,575 | 1x{2 x 150 on 2:30 Freestyle | EN2 | S | F |
| | {1 x 150 on 3:00 Stroke | EN1 | S | ST |
| | {2 x 150 on 2:25 Freestyle | EN2 | S | F |
| | {1 x 125 on 2:30 Stroke | EN1 | S | ST |
| | {2 x 150 on 2:20 Freestyle | EN2 | S | F |
| | {1 x 100 on 2:00 Stroke | EN1 | S | ST |
| | {2 x 150 on 2:15 Freestyle | EN2 | S | F |
| 225 | 1 x 225 on 4:00 Stroke Drills | REC | D | C |
| | 1 on 10:00 Ice | | M | |

7:05 AM 2,300 Yards - Stress Value = 34

Workout #5982 - Friday, 05 December 2008

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 35:00 Physio Balls/Stretch |
| 800 | 1 x 800 on 12:00 Alt 200 fr drill 200 revIM |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 6x{1 x 25 on :45 Kick |
| | {1 on :30 Vertical Kick |
| | {1 x 50 on 1:00 Kick no board |
| | {1 x 25 on :45 Kick |
| 600 | 12x{1 x 17 on :45 Relay Start |
| | {1 x 17 on :45 Shooter |
| | {1 x 16 on :45 Finish |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 1 on 10:00 Ice |

5:04 PM 2,650 Yards - Stress Value = 37

Workout #5983 - Saturday, 06 December 2008

HighSchl - Freestylers

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Plyometric/Abs/Stretch |
| 600 | 1 x 600 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 1x{1 x 125 on 1:50 Kick with flippers |
| | {2 x 100 on 1:30 Kick with flippers |
| | {3 x 75 on 1:05 Kick with flippers |
| | {4 x 50 on :45 Kick with flippers |
| | {4 x 50 on :40 Kick with flippers |
| | {3 x 75 on 1:00 Kick with flippers |
| | {2 x 100 on 1:20 Kick with flippers |
| | {1 x 125 on 1:40 Kick with flippers |
| 1,000 | 1 x 1000 on 12:30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,100 | 1x{1 x 250 on 3:20 Freestyle-Min 5 KOW |
| | {3 x 50 on 1:00 Freestyle build/descend |
| | {3 x 100 on 3:00 25 underH2O kick/75 strk 10C |
| | {1 x 250 on 3:10 Freestyle-Min 4 KOW |
| | {3 x 50 on 1:00 Freestyle build/descend |
| | {3 x 100 on 3:00 25 underH2O kick/75 strk 10C |
| | {1 x 250 on 3:00 Freestyle Min 3 KOW |
| | {3 x 50 on 1:00 Freestyle build/descend |
| | {3 x 100 on 3:00 25 kick underH2O/75 strk 10C |
| 250 | 1 x 250 on 5:00 Stroke Drills |

1 on 10:00 Ice
9:35 AM 5,800 Yards - Stress Value = 139

Workout #5984 - Saturday, 06 December 2008

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Plyometric/Abs/Stretch |
| 550 | 1 x 550 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 1x{1 x 125 on 1:50 Kick with flippers |
| | {2 x 100 on 1:30 Kick with flippers |
| | {3 x 75 on 1:05 Kick with flippers |
| | {4 x 50 on :45 Kick with flippers |
| | {4 x 50 on :40 Kick with flippers |
| | {3 x 75 on 1:00 Kick with flippers |
| | {2 x 100 on 1:20 Kick with flippers |
| | {1 x 125 on 1:40 Kick with flippers |
| 900 | 1 x 900 on 12:30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,025 | 1x{1 x 225 on 3:20 Freestyle-Min 5 KOW |
| | {3 x 50 on 1:00 Freestyle build/descend |
| | {3 x 100 on 3:00 25 underH2O kick/75 strk 10C |
| | {1 x 225 on 3:10 Freestyle-Min 4 KOW |
| | {3 x 50 on 1:00 Freestyle build/descend |
| | {3 x 100 on 3:00 25 underH2O kick/75 strk 10C |
| | {1 x 225 on 3:00 Freestyle Min 3 KOW |
| | {3 x 50 on 1:00 Freestyle build/descend |
| | {3 x 100 on 3:00 25 kick underH2O/75 strk 10C |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 1 on 10:00 Ice |

9:35 AM 5,575 Yards - Stress Value = 136

Workout #5985 - Saturday, 06 December 2008

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 30:00 Plyometric/Abs/Stretch |
| 500 | 1 x 500 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{1 x 125 on 2:05 Kick with flippers |
| | {2 x 100 on 1:40 Kick with flippers |
| | {3 x 75 on 1:15 Kick with flippers |
| | {3 x 50 on :50 Kick with flippers |
| | {3 x 50 on :45 Kick with flippers |
| | {3 x 75 on 1:10 Kick with flippers |
| | {2 x 100 on 1:30 Kick with flippers |
| | {1 x 125 on 1:50 Kick with flippers |
| 800 | 1 x 800 on 12:30 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,950 | 1x{1 x 200 on 3:20 Freestyle-Min 5 KOW |
| | {3 x 50 on 1:00 Freestyle build/descend |
| | {3 x 100 on 3:00 25 underH2O kick/75 strk 10C |
| | {1 x 200 on 3:10 Freestyle-Min 4 KOW |
| | {3 x 50 on 1:00 Freestyle build/descend |
| | {3 x 100 on 3:00 25 underH2O kick/75 strk 10C |
| | {1 x 200 on 3:00 Freestyle Min 3 KOW |
| | {3 x 50 on 1:00 Freestyle build/descend |
| | {3 x 100 on 3:00 25 kick underH2O/75 strk 10C |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 1 on 10:00 Ice |

9:36 AM 5,250 Yards - Stress Value = 133

Workout #5986 - Saturday, 06 December 2008

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Plyometric/Abs/Stretch
 450 1 x 450 on 9:00 Choice
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 125 on 2:05 Kick with flippers
 {2 x 100 on 1:40 Kick with flippers
 {3 x 75 on 1:15 Kick with flippers
 {3 x 50 on :50 Kick with flippers
 {3 x 50 on :45 Kick with flippers
 {3 x 75 on 1:10 Kick with flippers
 {2 x 100 on 1:30 Kick with flippers
 {1 x 125 on 1:50 Kick with flippers
 750 1 x 750 on 12:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,875 1x{1 x 175 on 3:20 Freestyle-Min 5 KOW
 {3 x 50 on 1:00 Freestyle build/descend
 {3 x 100 on 3:00 25 underH2O kick/75 strk 100
 {1 x 175 on 3:10 Freestyle-Min 4 KOW
 {3 x 50 on 1:00 Freestyle build/descend
 {3 x 100 on 3:00 25 underH2O kick/75 strk 100
 {1 x 175 on 3:00 Freestyle Min 3 KOW
 {3 x 50 on 1:00 Freestyle build/descend
 {3 x 100 on 3:00 25 kick underH2O/75 strk 100
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 5,075 Yards - Stress Value = 133

Workout #5987 - Monday, 08 December 2008

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 36:00 Weights and Stretch
 400 1 x 400 on 6:00 Swim-kick-drill-swim REC
 150 10 x 15 on :45 Shooters SP3
 2,100 2x{3 x 125 on 1:40 Freestyle EN2
 { Last 25-12 ydards underwater
 {3 x 100 on 1:20 Freestyle EN2
 { Last 25 2 breaths
 {3 x 75 on 1:00 Freestyle EN2
 { Last 25 6 beat kick breathe on 5
 {3 x 50 on :40 Freestyle-100% EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,900 Yards - Stress Value = 48

Workout #5991 - Monday, 08 December 2008

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 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:30 Kick
 {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
 {3 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {6 x 50 on 1:00 Kick-100%!!!!!!!!!!!!
 1,350 1x{3 x 150 on 2:00 Pulls L.25 3 breaths

{3 x 150 on 1:55 Pulls L.25 2 breaths
 {3 x 150 on 1:50 Pulls L.25 1 breath
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 500 on 6:00 Freestyle
 { Just make it
 {1 x 500 on 6:10 Freestyle
 { Last 25 of each 100 breathe every 5
 {1 x 500 on 6:20 Freestyle 3rd turn of each 1
 { 7 KOW super fast breakouts to mid pool
 {1 x 500 on 6:30 Freestyle
 { descend 100's 2-3-4
 {1 x 500 on 6:40 Freestyle
 { Best effort meet quality swim
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 6,250 Yards - Stress Value = 151

Workout #5988 - Monday, 08 December 2008

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 36:00 Weights and Stretch
 400 1 x 400 on 6:00 Swim-kick-drill-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,850 2x{3 x 125 on 1:50 Freestyle EN2
 { Last 25-12 ydards underwater
 {3 x 100 on 1:30 Freestyle EN2
 { Last 25 2 breaths
 {2 x 75 on 1:10 Freestyle EN2
 { Last 25 6 beat kick breathe on 5
 {2 x 50 on :45 Freestyle-100% EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,650 Yards - Stress Value = 43

Workout #5992 - Monday, 08 December 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 550 1 x 550 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {5 x 50 on 1:00 Kick-100%!!!!!!!!!!!!
 1,250 1x{3 x 150 on 2:10 Pulls L.25 3 breaths
 {3 x 150 on 2:05 Pulls L.25 2 breaths
 {2 x 150 on 1:50 Pulls L.25 1 breath
 {1 x 50 on :50 Pull L.25 1 breath
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 300 on 4:15 Freestyle
 { Just make it
 {1 x 400 on 5:40 Freestyle
 { Last 25 of each 100 breathe every 5
 {1 x 500 on 7:10 Freestyle 3rd turn of each 1
 { 7 KOW super fast breakouts to mid pool
 {1 x 500 on 7:20 Freestyle
 { descend 100's 2-3-4
 {1 x 500 on 7:30 Freestyle
 { Best effort meet quality swim
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,750 Yards - Stress Value = 139

{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:00 Kick-100%!!!!!!!!!!!!
 1,150 1x{3 x 150 on 2:30 Pulls L.25 3 breaths
 {3 x 150 on 2:25 Pulls L.25 2 breaths
 {2 x 125 on 2:00 Pulls L.25 1 breath
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{1 x 150 on 2:20 Freestyle
 { Just make it
 {1 x 300 on 4:45 Freestyle
 { Last 25 of each 100 breathe every 5
 {1 x 500 on 8:00 Freestyle 3rd turn of each 1
 { 7 KOW super fast breakouts to mid pool
 {1 x 500 on 8:10 Freestyle
 { descend 100's 2-3-4
 {1 x 500 on 8:20 Freestyle
 { Best effort meet quality swim
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,300 Yards - Stress Value = 130

Workout #5990 - Monday, 08 December 2008

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 36:00 Weights and Stretch
 300 1 x 300 on 6:00 Swim-kick-drill-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,550 2x{3 x 125 on 2:10 Freestyle EN2
 { Last 25-12 ydards underwater
 {2 x 100 on 1:45 Freestyle EN2
 { Last 25 2 breaths
 {2 x 75 on 1:20 Freestyle EN2
 { Last 25 6 beat kick breathe on 5
 {1 x 50 on :50 Freestyle-100% EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,250 Yards - Stress Value = 37

Workout #5989 - Monday, 08 December 2008

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 36:00 Weights and Stretch
 350 1 x 350 on 6:00 Swim-kick-drill-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,650 2x{3 x 125 on 2:05 Freestyle EN2
 { Last 25-12 ydards underwater
 {2 x 100 on 1:40 Freestyle EN2
 { Last 25 2 breaths
 {2 x 75 on 1:15 Freestyle EN2
 { Last 25 6 beat kick breathe on 5
 {2 x 50 on :50 Freestyle-100% EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,400 Yards - Stress Value = 39

Workout #5993 - Monday, 08 December 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 500 1 x 500 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:50 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 2:00 Kick

Workout #5994 - Monday, 08 December 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 450 1 x 450 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:05 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 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:05 Kick-100%!!!!!!!!!!!!
 1,050 1x{3 x 150 on 2:40 Pulls L.25 3 breaths
 {3 x 150 on 2:35 Pulls L.25 2 breaths
 {2 x 75 on 1:15 Pulls L.25 1 breath
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{1 x 150 on 2:30 Freestyle
 { Just make it
 {1 x 400 on 6:40 Freestyle
 { Last 25 of each 100 breathe every 5
 {1 x 400 on 6:40 Freestyle 3rd turn of each 1
 { 7 KOW super fast breakouts to mid pool
 {1 x 400 on 6:50 Freestyle
 { descend 100's 2-3-4
 {1 x 500 on 8:45 Freestyle
 { Best effort meet quality swim
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,950 Yards - Stress Value = 120

Workout #5995 - Wednesday, 10 December 2008

HighSchl - Back

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 38:00 Weights and Stretch
 600 1 x 600 on 9:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 150 on 2:45 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on 1:00 Kick
 {1 x 150 on 2:40 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 {1 x 150 on 2:35 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :45 Kick
 1,500 1x{1 x 250 on 3:15 Pull breathe every 3
 {2 x 200 on 2:35 Pulls br 3-5 continuous
 {3 x 150 on 1:55 Pulls br 3-5-7 continuous
 {4 x 100 on 1:20 Pulls br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{4 x 50 on 1:00 Backstroke w/SCUBA belt
 {4 x 125 on 1:50 Back 3KOW (shallow end)
 { 5 KOW (bulkhead)
 {3 x 50 on 1:00 Backstroke w/SCUBA belt
 {4 x 100 on 1:30 Back 4 KOW (shallow end)
 { 6 KOW (bulkhead)
 {2 x 50 on 1:00 Backstroke w/SCUBA belt
 {4 x 75 on 1:10 Backstroke 5 KOW (shallow enc
 { 7 KOW (bulkhead)

{1 x 50 on 1:00 Backstroke w/SCUBA belt
 {4 x 50 on :50 Backstroke 6 KOW (shallow end)
 { 8 KOW (bulkhead)
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,800 Yards - Stress Value = 63

Workout #5996 - Wednesday, 10 December 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 38:00 Weights and Stretch
 550 1 x 550 on 9:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 150 on 3:05 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:05 Kick
 {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 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {1 x 150 on 2:50 Kick
 {1 x 50 on :50 Kick
 1,350 1x{1 x 250 on 3:40 Pull breathe every 3
 {2 x 200 on 2:55 Pulls br 3-5 continuous
 {2 x 150 on 2:10 Pulls br 3-5-7 continuous
 {4 x 100 on 1:25 Pulls br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{4 x 50 on 1:00 Backstroke w/SCUBA belt
 {4 x 125 on 2:00 Back 3KOW (shallow end)
 { 5 KOW (bulkhead)
 {3 x 50 on 1:00 Backstroke w/SCUBA belt
 {4 x 100 on 1:35 Back 4 KOW (shallow end)
 { 6 KOW (bulkhead)
 {2 x 50 on 1:00 Backstroke w/SCUBA belt
 {4 x 75 on 1:15 Backstroke 5 KOW (shallow enc
 { 7 KOW (bulkhead)
 {1 x 50 on 1:00 Backstroke w/SCUBA belt
 {2 x 50 on :55 Backstroke 6 KOW (shallow end)
 { 8 KOW (bulkhead)
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,400 Yards - Stress Value = 59

Workout #5997 - Wednesday, 10 December 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 38:00 Weights and Stretch
 500 1 x 500 on 9:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 150 on 3:15 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 {1 x 150 on 3:10 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:05 Kick
 {1 x 150 on 3:05 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:05 Kick
 {1 x 100 on 2:00 Kick
 1,150 1x{1 x 250 on 4:10 Pull breathe every 3
 {2 x 200 on 3:20 Pulls br 3-5 continuous
 {2 x 150 on 2:30 Pulls br 3-5-7 continuous
 {2 x 100 on 1:40 Pulls br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{4 x 50 on 1:10 Backstroke w/SCUBA belt
 {4 x 125 on 2:15 Back 3KOW (shallow end)
 { 5 KOW (bulkhead)
 {3 x 50 on 1:10 Backstroke w/SCUBA belt
 {4 x 100 on 1:50 Back 4 KOW (shallow end)
 { 6 KOW (bulkhead)
 {2 x 50 on 1:10 Backstroke w/SCUBA belt
 {2 x 75 on 1:20 Backstroke 5 KOW (shallow end)
 { 7 KOW (bulkhead)
 {1 x 50 on 1:10 Backstroke w/SCUBA belt
 {1 x 50 on :55 Backstroke 6 KOW (shallow end)
 { 8 KOW (bulkhead)
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,850 Yards - Stress Value = 51

Workout #5998 - Wednesday, 10 December 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 38:00 Weights and Stretch
 450 1 x 450 on 9:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 950 1x{1 x 150 on 3:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 50 on 1:15 Kick
 {1 x 150 on 3:20 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:10 Kick
 {1 x 150 on 3:10 Kick
 {1 x 100 on 2:20 Kick
 {2 x 50 on 1:05 Kick
 1,100 1x{1 x 250 on 4:30 Pull breathe every 3
 {2 x 200 on 3:35 Pulls br 3-5 continuous
 {2 x 150 on 2:40 Pulls br 3-5-7 continuous
 {2 x 75 on 1:15 Pulls br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{4 x 50 on 1:15 Backstroke w/SCUBA belt
 {4 x 125 on 2:30 Back 3KOW (shallow end)
 { 5 KOW (bulkhead)
 {3 x 50 on 1:15 Backstroke w/SCUBA belt
 {3 x 100 on 2:00 Back 4 KOW (shallow end)
 { 6 KOW (bulkhead)

{2 x 50 on 1:15 Backstroke w/SCUBA belt
 {2 x 75 on 1:30 Backstroke 5 KOW (shallow end)
 { 7 KOW (bulkhead)
 {1 x 50 on :55 Backstroke 6 KOW (shallow end)
 { 8 KOW (bulkhead)
 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,550 Yards - Stress Value = 48

Workout #5999 - Thursday, 11 December 2008

HighSchl - Breast

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dryland and stretch
 600 1 x 600 on 9:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,150 1x{8 x 50 on :50 Kick with flippers
 {1 x 50 on 1:00 Kick with flippers
 {6 x 50 on :45 Kick with flippers
 {1 x 50 on 1:00 Kick with flippers
 {4 x 50 on :40 Kick with flippers
 {1 x 50 on 1:00 Kick with flippers
 {2 x 50 on :30 Kick with flippers
 1,400 1x{1 x 400 on 5:20 Pulls
 {1 x 100 on 1:05 Pulls
 {1 x 100 on 1:10 Pulls
 {1 x 100 on 1:15 Pulls
 {1 x 100 on 1:20 Pulls
 {1 x 300 on 4:00 Pulls
 {1 x 100 on 1:05 Pulls
 {1 x 100 on 1:10 Pulls
 {1 x 100 on 1:15 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{4 x 25 on :45 Breast TO drill w/fins
 {3 x 100 on 1:45 Breast 2X Pullouts on bulkhe
 {1 x 50 on 1:00 Breast 2kick1Pull
 {1 x 50 on :55 Breast 2kick1pull
 {1 x 50 on :50 Breast 2kick1pull
 {1 x 100 on 2:00 75 breast-25 free great effc
 {4 x 25 on :45 Breast TO drill w/fins
 {3 x 100 on 1:40 Breast 2X pullouts on bulkhe
 {1 x 50 on 1:00 Breast w/fly kick
 {1 x 50 on :55 Breast w/fly kick
 {1 x 50 on :50 Breast w/fly kick
 {1 x 100 on 2:00 75 breast-25 free great effc
 {4 x 25 on :45 Breast TO drill w/fins
 {3 x 100 on 1:35 Breast 2X pullouts on bulkhe
 {1 x 50 on 1:00 Breast w/tennis balls
 {1 x 50 on :55 Breast w/tennis balls
 {1 x 50 on :50 Breast w/tennis balls
 {1 x 100 on 2:00 75 breast-25 free great effc
 100 1 x 100 on 2:00 Freestyle
 100 1 x 100 on 2:30 Breast for time from push
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 5,900 Yards - Stress Value = 91

Workout #6000 - Thursday, 11 December 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|----------|---|
| 550 | 1 on 30:00 Dryland and stretch 1 x 550 on 9:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 1x | {6 x 50 on :55 Kick with flippers {1 x 50 on 1:00 Kick with flippers {6 x 50 on :50 Kick with flippers {1 x 50 on 1:00 Kick with flippers {4 x 50 on :45 Kick with flippers {1 x 50 on 1:00 Kick with flippers {2 x 50 on :40 Kick with flippers |
| 1,250 1x | {1 x 400 on 6:00 Pulls {1 x 100 on 1:15 Pulls {1 x 100 on 1:20 Pulls {1 x 100 on 1:25 Pulls {1 x 300 on 4:30 Pulls {1 x 100 on 1:15 Pulls {1 x 100 on 1:20 Pulls {1 x 50 on :40 Pulls |
| 200 4x | {1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 1x | {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 1:50 Breast 2X Pullouts on bulkhe {1 x 50 on 1:05 Breast 2kick1Pull {1 x 50 on 1:00 Breast 2kick1pull {1 x 50 on :55 Breast 2kick1pull {1 x 100 on 2:00 75 breast-25 free great effc {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 1:45 Breast 2X pullouts on bulkhe {1 x 50 on 1:05 Breast w/fly kick {1 x 50 on 1:00 Breast w/fly kick {1 x 50 on :55 Breast w/fly kick {1 x 100 on 2:00 75 breast-25 free great effc {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 1:40 Breast 2X pullouts on bulkhe {1 x 50 on 1:05 Breast w/tennis balls {1 x 50 on 1:00 Breast w/tennis balls {1 x 100 on 2:00 75 breast-25 free great effc |
| 100 | 1 x 100 on 2:00 Freestyle |
| 100 | 1 x 100 on 2:30 Breast for time from push |
| 250 | 1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice |

5:36 PM 5,550 Yards - Stress Value = 87

| | |
|----------|---|
| | {1 x 300 on 4:50 Pulls |
| | {1 x 100 on 1:25 Pulls |
| | {1 x 50 on :45 Pulls |
| 200 4x | {1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,750 1x | {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 2:00 Breast 2X Pullouts on bulkhe {1 x 50 on 1:10 Breast 2kick1Pull {1 x 50 on 1:05 Breast 2kick1pull {1 x 50 on 1:00 Breast 2kick1pull {1 x 100 on 2:15 75 breast-25 free great effc {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 1:55 Breast 2X pullouts on bulkhe {1 x 50 on 1:10 Breast w/fly kick {1 x 50 on 1:05 Breast w/fly kick {1 x 50 on 1:00 Breast w/fly kick {1 x 100 on 2:15 75 breast-25 free great effc {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 1:50 Breast 2X pullouts on bulkhe {1 x 50 on 1:05 Breast w/tennis balls |
| 100 | 1 x 100 on 2:00 Freestyle |
| 100 | 1 x 100 on 2:30 Breast for time from push |
| 250 | 1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice |

5:36 PM 5,150 Yards - Stress Value = 81

Workout #6002 - Thursday, 11 December 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|----------|--|
| 550 | 1 on 30:00 Dryland and stretch 1 x 450 on 9:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 950 1x | {6 x 50 on 1:00 Kick with flippers {1 x 50 on 1:00 Kick with flippers {4 x 50 on :55 Kick with flippers {1 x 50 on 1:00 Kick with flippers {4 x 50 on :50 Kick with flippers {1 x 50 on 1:00 Kick with flippers {2 x 50 on :45 Kick with flippers |
| 1,050 1x | {1 x 400 on 6:45 Pulls {1 x 100 on 1:35 Pulls {1 x 100 on 1:40 Pulls {1 x 300 on 5:05 Pulls {1 x 100 on 1:35 Pulls {1 x 50 on :50 Pulls |
| 200 4x | {1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,700 1x | {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 2:10 Breast 2X Pullouts on bulkhe {1 x 50 on 1:10 Breast 2kick1Pull {1 x 50 on 1:05 Breast 2kick1pull {1 x 100 on 2:15 75 breast-25 free great effc {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 2:05 Breast 2X pullouts on bulkhe {1 x 50 on 1:10 Breast w/fly kick {1 x 50 on 1:05 Breast w/fly kick {1 x 100 on 2:15 75 breast-25 free great effc {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 2:00 Breast 2X pullouts on bulkhe {1 x 50 on 1:05 Breast w/tennis balls {1 x 50 on 1:00 Breast w/tennis balls |
| 100 | 1 x 100 on 2:00 Freestyle |
| 100 | 1 x 100 on 2:30 Breast for time from push |
| 250 | 1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice |

5:36 PM 4,950 Yards - Stress Value = 79

| Yards | Set Description |
|----------|--|
| 450 | 1 on 30:00 Dryland and stretch 1 x 450 on 9:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 950 1x | {6 x 50 on 1:00 Kick with flippers {1 x 50 on 1:00 Kick with flippers {4 x 50 on :55 Kick with flippers {1 x 50 on 1:00 Kick with flippers {4 x 50 on :50 Kick with flippers {1 x 50 on 1:00 Kick with flippers {2 x 50 on :45 Kick with flippers |
| 1,050 1x | {1 x 400 on 6:45 Pulls {1 x 100 on 1:35 Pulls {1 x 100 on 1:40 Pulls {1 x 300 on 5:05 Pulls {1 x 100 on 1:35 Pulls {1 x 50 on :50 Pulls |
| 200 4x | {1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,700 1x | {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 2:10 Breast 2X Pullouts on bulkhe {1 x 50 on 1:10 Breast 2kick1Pull {1 x 50 on 1:05 Breast 2kick1pull {1 x 100 on 2:15 75 breast-25 free great effc {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 2:05 Breast 2X pullouts on bulkhe {1 x 50 on 1:10 Breast w/fly kick {1 x 50 on 1:05 Breast w/fly kick {1 x 100 on 2:15 75 breast-25 free great effc {4 x 25 on :45 Breast TO drill w/fins {3 x 100 on 2:00 Breast 2X pullouts on bulkhe {1 x 50 on 1:05 Breast w/tennis balls {1 x 50 on 1:00 Breast w/tennis balls |
| 100 | 1 x 100 on 2:00 Freestyle |
| 100 | 1 x 100 on 2:30 Breast for time from push |
| 250 | 1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice |

5:36 PM 4,950 Yards - Stress Value = 79

Workout #6001 - Thursday, 11 December 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|----------|---|
| 500 | 1 on 30:00 Dryland and stretch 1 x 500 on 9:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 950 1x | {6 x 50 on 1:00 Kick with flippers {1 x 50 on 1:00 Kick with flippers {4 x 50 on :55 Kick with flippers {1 x 50 on 1:00 Kick with flippers {4 x 50 on :50 Kick with flippers {1 x 50 on 1:00 Kick with flippers {2 x 50 on :45 Kick with flippers |
| 1,150 1x | {1 x 400 on 6:30 Pulls {1 x 100 on 1:25 Pulls {1 x 100 on 1:30 Pulls {1 x 100 on 1:35 Pulls |

Workout #6003 - Friday, 12 December 2008

HighSchl - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 5:30 AM | Start | |
| ===== | ===== | ===== |
| | 1 on 37:00 Weights and Stretch | |
| 400 | 1 x 400 on 7:00 Reverse IM drill | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,650 | 1x{3 x 50 on :45 25 catch-up/25swim | REC |
| | {4 x 100 on 1:30 Freestyle-hold 1:10 | EN2 |
| | {3 x 50 on :45 25 closed fist/25 swim | REC |
| | {4 x 100 on 1:40 Freestyle-hold 1:05 | EN2 |
| | {3 x 50 on :45 25 finger tip drag/25 swim | REC |
| | {4 x 100 on 1:50 Freestyle-hold 1:00 | EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| | 1 on 10:00 Ice | |
| 7:05 AM | 2,400 Yards - Stress Value = 30 | |

Workout #6004 - Friday, 12 December 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 5:30 AM | Start | |
| ===== | ===== | ===== |
| | 1 on 37:00 Weights and Stretch | |
| 400 | 1 x 400 on 7:00 Reverse IM drill | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,650 | 1x{3 x 50 on :50 25 catch-up/25swim | REC |
| | {4 x 100 on 1:30 Freestyle-hold 1:20 | EN2 |
| | {3 x 50 on :50 25 closed fist/25 swim | REC |
| | {4 x 100 on 1:40 Freestyle-hold 1:15 | EN2 |
| | {3 x 50 on :50 25 finger tip drag/25 swim | REC |
| | {4 x 100 on 1:50 Freestyle-hold 1:10 | EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| | 1 on 10:00 Ice | |
| 7:06 AM | 2,400 Yards - Stress Value = 30 | |

Workout #6005 - Friday, 12 December 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 5:30 AM | Start | |
| ===== | ===== | ===== |
| | 1 on 37:00 Weights and Stretch | |
| 350 | 1 x 350 on 7:00 Reverse IM drill | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,450 | 1x{3 x 50 on :55 25 catch-up/25swim | REC |
| | {3 x 100 on 1:40 Freestyle-hold 1:30 | EN2 |
| | {4 x 50 on :55 25 closed fist/25 swim | REC |
| | {3 x 100 on 1:50 Freestyle-hold 1:25 | EN2 |
| | {4 x 50 on :55 25 finger tip drag/25 swim | REC |
| | {3 x 100 on 2:00 Freestyle-hold 1:20 | EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| | 1 on 10:00 Ice | |
| 7:05 AM | 2,150 Yards - Stress Value = 24 | |

Workout #6006 - Friday, 12 December 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EG |
|---------|--------------------------------------|-------|
| 5:30 AM | Start | |
| ===== | ===== | ===== |
| | 1 on 37:00 Weights and Stretch | |
| 300 | 1 x 300 on 7:00 Reverse IM drill | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,350 | 1x{3 x 50 on 1:00 25 catch-up/25swim | RE |
| | {3 x 100 on 1:50 Freestyle-hold 1:40 | EN |

| | | |
|---------|--|----|
| | {3 x 50 on 1:00 25 closed fist/25 swim | RE |
| | {3 x 100 on 1:55 Freestyle-hold 1:35 | EN |
| | {3 x 50 on 1:00 25 finger tip drag/25 swim | RE |
| | {3 x 100 on 2:00 Freestyle-hold 1:30 | EN |
| 200 | 1 x 200 on 3:00 Stroke Drills | RE |
| | 1 on 10:00 Ice | |
| 7:05 AM | 2,000 Yards - Stress Value = 24 | |

Workout #6007 - Friday, 12 December 2008

HighSchl - Recovery/Technique Day

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:00 PM | Start |
| ===== | ===== |
| | 1 on 35:00 Physio Balls/Stretch |
| 800 | 1 x 800 on 12:00 Alt 100 Fr drill 100 R-IM c |
| | 1 on 10:00 Techniques-TN turn drills |
| 900 | 4x{1 x 125 on 2:30 Kick |
| | {4 x 25 on :45 Kick modified BSLR |
| 1,050 | 3x{1 x 50 on 1:30 37.5 Scull 12.5 build |
| | {1 x 50 on 1:15 25 scull 25 build |
| | {1 x 50 on 1:00 12.5 scull 37.5 build |
| | {4 x 25 on :30 Stroke-descesnd |
| | {1 x 100 on 2:00 Freestyle |
| | 1st set-weakest stroke, 2nd set best non fr |
| | 3rd set freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drill |
| | 1 on 10:00 Ice and Team Meeting |
| 5:00 PM | 3,000 Yards - Stress Value = 17 |

Workout #6008 - Saturday, 13 December 2008

HighSchl - IM'ers

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 7:00 AM | Start |
| ===== | ===== |
| | 1 on 30:00 Plyometrics/stretch |
| 600 | 1 x 600 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 2x{6 x 50 on 1:30 Kick w/shoes |
| | {4 x 50 on 1:15 Tombstone Kick |
| | {2 x 50 on 1:00 Kick-100% effort |
| | {1 on :30 Put your shoes back on |
| 950 | 1x{2 x 175 on 2:10 Pulls |
| | {3 x 50 on :45 Pulls |
| | {2 x 150 on 1:50 Pulls |
| | {3 x 50 on :45 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,500 | 1x{1 x 100 on 1:25 Individual Medley |
| | {6 x 25 on :25 Odd fly evens free |
| | {1 x 200 on 2:50 Individual Medley |
| | {6 x 25 on :25 Odds back evens free |
| | {1 x 300 on 4:15 Individual Medley |
| | {6 x 25 on :25 Odds breast evens free |
| | {1 x 400 on 5:40 Individual Medley |
| | {6 x 25 on :20 Odds breast evens free |
| | {1 x 300 on 4:10 Individual Medley |
| | {6 x 25 on :20 Odds back evens free |
| | {1 x 200 on 2:45 Individual Medley |
| | {6 x 25 on :20 Odds fly evens free |
| | {1 x 100 on 1:20 Individual Medley |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| 9:35 AM | 5,850 Yards - Stress Value = 99 |

Workout #6009 - Saturday, 13 December 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Plyometrics/stretch |
| 550 | 1 x 550 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 2x{6 x 50 on 1:30 Kick w/shoes |
| | {4 x 50 on 1:15 Tombstone Kick |
| | {2 x 50 on 1:00 Kick-100% effort |
| | {1 on :30 Put your shoes back on |
| 850 | 1x{2 x 175 on 2:30 Pulls |
| | {2 x 50 on :45 Pulls |
| | {2 x 150 on 2:10 Pulls |
| | {2 x 50 on :45 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,175 | 1x{1 x 100 on 1:35 Individual Medley |
| | {4 x 25 on :30 Odd fly evens free |
| | {1 x 200 on 3:10 Individual Medley |
| | {4 x 25 on :30 Odds back evens free |
| | {1 x 300 on 4:45 Individual Medley |
| | {4 x 25 on :30 Odds breast evens free |
| | {1 x 400 on 6:20 Individual Medley |
| | {4 x 25 on :25 Odds breast evens free |
| | {1 x 300 on 4:40 Individual Medley |
| | {4 x 25 on :25 Odds back evens free |
| | {1 x 200 on 3:05 Individual Medley |
| | {3 x 25 on :25 Odds fly evens free |
| | {1 x 100 on 1:30 Individual Medley |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 9:35 AM 5,375 Yards - Stress Value = 91 |

Workout #6010 - Saturday, 13 December 2008

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Plyometrics/stretch |
| 500 | 1 x 500 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{5 x 50 on 1:45 Kick w/shoes |
| | {4 x 50 on 1:30 Tombstone Kick |
| | {1 x 50 on 1:00 Kick-100% effort |
| | {1 on :30 Put your shoes back on |
| 800 | 1x{2 x 150 on 2:20 Pulls |
| | {2 x 50 on :50 Pulls |
| | {2 x 150 on 2:15 Pulls |
| | {2 x 50 on :50 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,050 | 1x{1 x 100 on 1:45 Individual Medley |
| | {4 x 25 on :30 Odd fly evens free |
| | {1 x 200 on 3:30 Individual Medley |
| | {4 x 25 on :30 Odds back evens free |
| | {1 x 300 on 5:15 Individual Medley |
| | {4 x 25 on :30 Odds breast evens free |
| | {1 x 400 on 7:00 Individual Medley |
| | {4 x 25 on :25 Odds breast evens free |
| | {1 x 300 on 5:00 Individual Medley |
| | {4 x 25 on :25 Odds back evens free |
| | {1 x 200 on 3:20 Individual Medley |
| | {2 x 25 on :25 Odds fly evens free |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 9:35 AM 4,950 Yards - Stress Value = 83 |

Workout #6011 - Saturday, 13 December 2008

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 7:00 AM Start |
| | ===== |
| | 1 on 30:00 Plyometrics/stretch |
| 450 | 1 x 450 on 9:00 Choice |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 2x{5 x 50 on 1:45 Kick w/shoes |
| | {4 x 50 on 1:30 Tombstone Kick |
| | {1 x 50 on 1:00 Kick-100% effort |
| | {1 on :30 Put your shoes back on |
| 750 | 1x{2 x 150 on 2:35 Pulls |
| | {2 x 50 on :55 Pulls |
| | {2 x 125 on 2:05 Pulls |
| | {2 x 50 on :55 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,650 | 1x{1 x 100 on 2:00 Individual Medley |
| | {6 x 25 on :35 #1, #4 fly the rest free |
| | {1 x 200 on 4:00 Individual Medley |
| | {6 x 25 on :35 #1, #4 back the rest free |
| | {1 x 300 on 6:00 Individual Medley |
| | {6 x 25 on :35 #1, #4 breast the rest free |
| | {1 x 200 on 4:00 Individual Medley |
| | {6 x 25 on :35 Choice |
| | {1 x 100 on 2:00 Individual Medley |
| | {6 x 25 on :30 Free descend in sets of 3 |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 9:35 AM 4,450 Yards - Stress Value = 74 |

Workout #6012 - Monday, 15 December 2008

HighSchl - Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:30 AM Start | | |
| | ===== | | ==== |
| | 1 on 35:00 Weights and Stretch | | I |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim | REC | S |
| 150 | 10 x 15 on :45 Shooters | SP3 | S |
| 2,025 | 1x{3 x 250 on 3:15 Free-descend | EN2 | S |
| | {3 x 225 on 2:55 Free-descend | EN2 | S |
| | {3 x 200 on 2:35 Free-descend | EN2 | S |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | I |
| | 1 on 10:00 Ice | | M |
| | 7:05 AM 2,825 Yards - Stress Value = 47 | | |

Workout #6013 - Monday, 15 December 2008

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:30 AM Start | | |
| | ===== | | ==== |
| | 1 on 35:00 Weights and Stretch | | I |
| 400 | 1 x 400 on 7:00 Swim-kick-pull-swim | REC | S |
| 150 | 10 x 15 on :45 Shooters | SP3 | S |
| 1,800 | 1x{3 x 225 on 3:15 Free-descend | EN2 | S |
| | {3 x 200 on 2:55 Free-descend | EN2 | S |
| | {3 x 175 on 2:35 Free-descend | EN2 | S |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | I |
| | 1 on 10:00 Ice | | M |
| | 7:05 AM 2,600 Yards - Stress Value = 42 | | |

Workout #6014 - Monday, 15 December 2008

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORF
 =====
 1 on 35:00 Weights and Stretch I
 350 1 x 350 on 7:00 Swim-kick-pull-swim REC S
 150 10 x 15 on :45 Shooters SP3 S
 1,575 1x{3 x 200 on 3:15 Free-descend EN2 S
 {3 x 175 on 2:55 Free-descend EN2 S
 {3 x 150 on 2:35 Free-descend EN2 S
 250 5 x 50 on 1:00 Stroke Drills REC I
 1 on 10:00 Ice M
 7:05 AM 2,325 Yards - Stress Value = 37

Workout #6015 - Tuesday, 16 December 2008

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 600 1 x 600 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,400 1x{2 x 125 on 1:55 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 {2 x 125 on 1:50 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 {2 x 125 on 1:45 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 {2 x 125 on 1:40 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 1,350 1x{3 x 150 on 2:00 Pulls
 {3 x 150 on 1:55 Pulls
 {3 x 150 on 1:50 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{1 x 200 on 2:30 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100%+4 s
 {2 x 200 on 2:25 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100% +4
 {3 x 200 on 2:20 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100% +4
 {4 x 200 on 2:15 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100% +4
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 6,750 Yards - Stress Value = 109

Workout #6016 - Tuesday, 16 December 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 550 1 x 550 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,400 1x{2 x 125 on 1:55 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 {2 x 125 on 1:50 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 {2 x 125 on 1:45 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 {2 x 125 on 1:40 Kick with flippers

{2 x 50 on 1:00 Kick w/fins on side
 1,250 1x{3 x 150 on 2:10 Pulls
 {3 x 150 on 2:05 Pulls
 {2 x 150 on 2:00 Pulls
 {1 x 50 on :40 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{1 x 200 on 2:50 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100%+4 s
 {2 x 200 on 2:45 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100% +4
 {3 x 200 on 2:40 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100% +4
 {3 x 200 on 2:35 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100% +4
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 6,400 Yards - Stress Value = 102

Workout #6017 - Tuesday, 16 December 2008

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 500 1 x 500 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,350 1x{2 x 125 on 2:05 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 {2 x 125 on 2:00 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 {2 x 125 on 1:55 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 {2 x 100 on 1:30 Kick with flippers
 {2 x 50 on 1:00 Kick w/fins on side
 1,100 1x{3 x 150 on 2:25 Pulls
 {3 x 150 on 2:20 Pulls
 {2 x 100 on 1:35 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{1 x 200 on 3:10 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100%+4 s
 {2 x 200 on 3:05 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100% +4
 {3 x 200 on 3:00 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100% +4
 {2 x 200 on 2:55 Freestyle
 {4 x 50 on 1:00 Freestyle
 { 1-3 200 pace each 50 -2 strokes #4 100% +4
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 5,950 Yards - Stress Value = 95

Workout #6018 - Tuesday, 16 December 2008

HighSchl - Bronze

1 minute rest between sets

3:00 PM 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 |
| 1,350 | 1x{2 x 125 on 2:05 Kick with flippers {2 x 50 on 1:00 Kick w/fins on side {2 x 125 on 2:00 Kick with flippers {2 x 50 on 1:00 Kick w/fins on side {2 x 125 on 1:55 Kick with flippers {2 x 50 on 1:00 Kick w/fins on side {2 x 100 on 1:30 Kick with flippers {2 x 50 on 1:00 Kick w/fins on side |
| 1,000 | 1x{3 x 150 on 2:40 Pulls {3 x 150 on 2:35 Pulls {1 x 100 on 1:40 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,200 | 1x{1 x 200 on 3:30 Freestyle {4 x 50 on 1:00 Freestyle {1-3 200 pace each 50 -2 strokes #4 100%+4 s {2 x 200 on 3:25 Freestyle {4 x 50 on 1:00 Freestyle {1-3 200 pace each 50 -2 strokes #4 100% +4 {3 x 200 on 3:20 Freestyle {4 x 50 on 1:00 Freestyle {1-3 200 pace each 50 -2 strokes #4 100% +4 {1 x 200 on 3:15 Freestyle {4 x 50 on 1:00 Freestyle {1-3 200 pace each 50 -2 strokes #4 100% +4 |
| 250 | 1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice |
| 5:35 PM 5,600 Yards - Stress Value = 89 | |

5:35 PM 5,550 Yards - Stress Value = 86

Workout #6020 - Wednesday, 17 December 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|---|---|
| | 1 on 37:00 Weights and Stretch |
| 550 | 1 x 550 on 9:00 Freestyle L.25 of each non f |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 300 on 5:15 Bck-25dr25sw/50dr50sw/75dr75 {4 x 25 on :30 Back 7 KOW +1 {4 x 50 on :50 Back-easy speed {1 x 100 on 2:00 Backstroke-100% |
| 1,000 | 5x{1 x 100 on 1:45 Kick {1 x 100 on 2:15 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{1 x 300 on 5:15 Bck-25dr25sw/50dr50sw/75dr75 {4 x 25 on :30 Back 7 KOW +1 {4 x 50 on :50 Back-easy speed {1 x 100 on 2:00 Backstroke-100% |
| 800 | 1x{4 x 100 on 1:25 Lungbuster pulls {2 x 100 on 1:20 Lungbuster pulls {2 x 100 on 1:15 Lungbuster pulls { Breathe 3-5-7 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 700 | 1x{1 x 300 on 5:15 Bck-25dr25sw/50dr50sw/75dr75 {4 x 25 on :30 Back 7 KOW +1 {4 x 50 on :50 Back-easy speed {1 x 100 on 2:00 Backstroke-100% |
| 250 | 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice |
| 5:33 PM 5,050 Yards - Stress Value = 78 | |

Workout #6019 - Wednesday, 17 December 2008

HighSchl - Back

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 37:00 Weights and Stretch |
| 600 | 1 x 600 on 9:00 Freestyle L.25 of each non f |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{1 x 300 on 5:00 Bck-25dr25sw/50dr50sw/75dr75 {4 x 25 on :30 Back 7 KOW +1 {5 x 50 on :45 Back-easy speed {1 x 100 on 2:00 Backstroke-100% |
| 1,200 | 6x{1 x 100 on 1:30 Kick {1 x 100 on 2:00 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1x{1 x 300 on 5:00 Bck-25dr25sw/50dr50sw/75dr75 {4 x 25 on :30 Back 7 KOW +1 {5 x 50 on :45 Back-easy speed {1 x 100 on 2:00 Backstroke-100% |
| 900 | 1x{4 x 100 on 1:20 Lungbuster pulls {3 x 100 on 1:15 Lungbuster pulls {2 x 100 on 1:10 Lungbuster pulls { Breathe 3-5-7 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1x{1 x 300 on 5:00 Bck-25dr25sw/50dr50sw/75dr75 {4 x 25 on :30 Back 7 KOW +1 {5 x 50 on :45 Back-easy speed {1 x 100 on 2:00 Backstroke-100% |
| 250 | 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice |

Workout #6021 - Wednesday, 17 December 2008

HighSchl - Silver/Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | ===== |
| | 1 on 37:00 Weights and Stretch |
| 500 | 1 x 500 on 9:00 Freestyle L.25 of each non f |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{1 x 300 on 5:30 Bck-25dr25sw/50dr50sw/75dr75 |
| | {4 x 25 on :35 Back 7 KOW +1 |
| | {3 x 50 on :55 Back-easy speed |
| | {1 x 100 on 2:20 Backstroke-100% |
| 1,000 | 5x{1 x 100 on 1:55 Kick |
| | {1 x 100 on 2:15 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 650 | 1x{1 x 300 on 5:30 Bck-25dr25sw/50dr50sw/75dr75 |
| | {4 x 25 on :35 Back 7 KOW +1 |
| | {3 x 50 on :55 Back-easy speed |
| | {1 x 100 on 2:20 Backstroke-100% |
| 700 | 1x{2 x 100 on 1:40 Lungbuster pulls |
| | {3 x 100 on 1:35 Lungbuster pulls |
| | {2 x 100 on 1:30 Lungbuster pulls |
| | { Breathe 3-5-7 continuous |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 650 | 1x{1 x 300 on 5:30 Bck-25dr25sw/50dr50sw/75dr75 |
| | {4 x 25 on :35 Back 7 KOW +1 |
| | {3 x 50 on :55 Back-easy speed |
| | {1 x 100 on 2:20 Backstroke-100% |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 4,750 Yards - Stress Value = 75 |

Workout #6022 - Thursday, 18 December 2008

HighSchl - Breast

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | ===== |
| | 1 on 28:00 Stomach and Stretch |
| 600 | 1 x 600 on 9:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 125 on 2:05 Kick |
| | {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 75 on 1:15 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on :50 Kick |
| 1,500 | 1x{4 x 75 on 1:30 Pulls-Breast |
| | {1 x 100 on 1:15 Pulls |
| | {4 x 75 on 1:30 Pulls-Breast |
| | {2 x 100 on 1:15 Pulls |
| | {4 x 75 on 1:30 Pulls-Breast |
| | {3 x 100 on 1:15 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{1 x 100 on 1:25 25 breast 75 free |
| | {4 x 50 on 1:00 Breast-descend |
| | {2 x 100 on 1:30 50 breast 50 free |
| | {4 x 50 on :55 Breast-descend |
| | {3 x 100 on 1:35 75 breast 25 free |
| | {4 x 50 on :50 Breast-descend |
| | {4 x 100 on 1:30 Breaststroke |
| 400 | 1x{4 x 25 on :30 Freestyle |
| | {4 x 25 on :25 Freestyle |
| | {4 x 25 on :20 Freestyle |
| | {4 x 25 on :15 Freestyle |

250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,800 Yards - Stress Value = 89

Workout #6023 - Thursday, 18 December 2008

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | ===== |
| | 1 on 28:00 Stomach and Stretch |
| 550 | 1 x 550 on 9:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 125 on 2:25 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 |
| | {2 x 75 on 1:25 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| 1,400 | 1x{4 x 75 on 1:30 Pulls-Breast |
| | {1 x 100 on 1:25 Pulls |
| | {4 x 75 on 1:30 Pulls-Breast |
| | {2 x 100 on 1:25 Pulls |
| | {4 x 75 on 1:30 Pulls-Breast |
| | {2 x 100 on 1:25 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 1x{1 x 100 on 1:35 25 breast 75 free |
| | {4 x 50 on 1:00 Breast-descend |
| | {2 x 100 on 1:40 50 breast 50 free |
| | {4 x 50 on :55 Breast-descend |
| | {3 x 100 on 1:45 75 breast 25 free |
| | {4 x 50 on :50 Breast-descend |
| | {3 x 100 on 1:45 Breaststroke |
| 400 | 1x{4 x 25 on :30 Freestyle |
| | {4 x 25 on :25 Freestyle |
| | {4 x 25 on :20 Freestyle |
| | {4 x 25 on :15 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 on 10:00 Ice |
| | 5:35 PM 5,450 Yards - Stress Value = 83 |

Workout #6024 - Thursday, 18 December 2008

HighSchl - Silver/Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 28:00 Stomach and Stretch |
| 500 | 1 x 500 on 9:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{4 x 25 on :45 Kick no board BSLR {2 x 125 on 2:35 Kick {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 {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:05 Kick |
| 1,300 | 1x{4 x 75 on 1:40 Pulls-Breast {1 x 100 on 1:35 Pulls {4 x 75 on 1:30 Pulls-Breast {2 x 100 on 1:35 Pulls {4 x 75 on 1:40 Pulls-Breast {1 x 100 on 1:35 Pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,450 | 1x{1 x 100 on 1:40 25 breast 75 free {4 x 50 on 1:00 Breast-descend {2 x 100 on 1:45 50 breast 50 free {4 x 50 on :55 Breast-descend {3 x 100 on 1:50 75 breast 25 free {3 x 50 on :50 Breast-descend {3 x 100 on 1:55 Breaststroke |
| 325 | 1x{3 x 25 on :35 Freestyle {3 x 25 on :30 Freestyle {3 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice |
| | 5:35 PM 5,125 Yards - Stress Value = 79 |

Workout #6025 - Friday, 19 December 2008

HighSchl - Fly

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| | 1 on 40:00 Weights and Stretch |
| 600 | 1 x 600 on 9:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{2 x 75 on 1:30 Kick {1 x 50 on 1:00 Kick-100% {2 x 75 on 1:25 Kick {2 x 50 on 1:00 Kick-100% {2 x 75 on 1:20 Kick {3 x 50 on 1:00 Kick-100% {2 x 75 on 1:15 Kick {4 x 50 on 1:00 Kick |
| 1,100 | 1x{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds {1 x 50 on 1:00 Pulls 2 breaths {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds {2 x 50 on 1:00 Pulls 2 and 3 breaths {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds {3 x 50 on 1:00 Pulls 2/3/4 breaths {2 x 75 on :55 Pulls-nbbf&w + 2 yds {4 x 50 on 1:00 Pulls 2/3/4/5 breaths |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 1x{3 x 100 on 1:30 2/3/4 strokes fly off walls {1 x 50 on :45 Freestyle {4 x 25 on :30 Butterfly lup1down {3 x 100 on 1:25 2/3/4 strokes fly off walls |

| |
|--|
| {1 x 50 on :45 Freestyle |
| {4 x 25 on :30 Butterfly lup2down |
| {3 x 100 on 1:20 2/3/4 strokes fly off walls |
| {1 x 50 on :45 Freestyle |
| {4 x 25 on :30 Butterfly lup3down |
| {3 x 100 on 1:15 2/3/4 strokes fly off walls |
| {1 x 50 on :45 Freestyle |
| {4 x 25 on :30 Butterfly 2up4down |
| 8 x 50 on 1:00 Stroke Drills |
| 1 on 10:00 Ice |
| 9:35 AM 5,350 Yards - Stress Value = 94 |

Workout #6026 - Friday, 19 December 2008

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| | 1 on 40:00 Weights and Stretch |
| 550 | 1 x 550 on 9:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{2 x 75 on 1:35 Kick {1 x 50 on 1:00 Kick-100% {2 x 75 on 1:30 Kick {2 x 50 on 1:00 Kick-100% {2 x 75 on 1:25 Kick {3 x 50 on 1:00 Kick-100% {2 x 75 on 1:20 Kick {3 x 50 on 1:00 Kick |
| 1,100 | 1x{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds {1 x 50 on 1:00 Pulls 2 breaths {2 x 75 on 1:10 Pulls-nbbf&w + 2 yds {2 x 50 on 1:00 Pulls 2 and 3 breaths {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds {3 x 50 on 1:00 Pulls 2/3/4 breaths {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds {4 x 50 on 1:00 Pulls 2/3/4/5 breaths |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,750 | 1x{3 x 100 on 1:35 2/3/4 strokes fly off walls {1 x 50 on :45 Freestyle {4 x 25 on :30 Butterfly lup1down {3 x 100 on 1:30 2/3/4 strokes fly off walls {1 x 50 on :45 Freestyle {4 x 25 on :30 Butterfly lup2down {3 x 100 on 1:25 2/3/4 strokes fly off walls {1 x 50 on :45 Freestyle {4 x 25 on :30 Butterfly lup3down {3 x 100 on 1:25 2/3/4 strokes fly off walls {1 x 50 on :45 Freestyle {2 x 25 on :30 Butterfly 2up4down |
| 400 | 8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice |
| | 9:35 AM 5,200 Yards - Stress Value = 90 |

Workout #6027 - Friday, 19 December 2008

HighSchl - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 500 1 x 500 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 950 1x{2 x 75 on 1:45 Kick
 {1 x 50 on 1:10 Kick-100%
 {2 x 75 on 1:40 Kick
 {2 x 50 on 1:10 Kick-100%
 {2 x 75 on 1:35 Kick
 {3 x 50 on 1:10 Kick-100%
 {2 x 75 on 1:30 Kick
 {1 x 50 on 1:00 Kick-100%
 1,000 1x{2 x 75 on 1:25 Pulls-nbbf&w + 2 yds
 {1 x 50 on 1:00 Pulls 2 breaths
 {2 x 75 on 1:20 Pulls-nbbf&w + 2 yds
 {2 x 50 on 1:00 Pulls 2 and 3 breaths
 {2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {3 x 50 on 1:00 Pulls 2/3/4 breaths
 {2 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 {2 x 50 on 1:00 Pulls 4/5 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,550 1x{3 x 100 on 1:50 2/3/4 strokes fly off walls
 {1 x 50 on :55 Freestyle
 {2 x 25 on :30 Butterfly 1up1down
 {3 x 100 on 1:45 2/3/4 strokes fly off walls
 {1 x 50 on :55 Freestyle
 {2 x 25 on :30 Butterfly 1up2down
 {3 x 100 on 1:40 2/3/4 strokes fly off walls
 {1 x 50 on :55 Freestyle
 {2 x 25 on :30 Butterfly 1up3down
 {3 x 100 on 1:35 2/3/4 strokes fly off walls
 {1 x 50 on :55 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,750 Yards - Stress Value = 76

{5 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:05 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 2:15 PM 6,050 Yards - Stress Value = 100

Workout #6030 - Saturday, 20 December 2008

HighSchl - Gold

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and Stretch
 550 1 x 550 on 9:00 Choice
 150 10 x 15 on :45 Shooters
 1,000 10 x 100 on 2:00 Challenge Kick set w/ fins
 1,350 1x{1 x 500 on 6:40 Pulls
 {1 x 500 on 6:30 Pulls
 {1 x 350 on 4:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,115 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 115 on 1:05 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 2:15 PM 5,665 Yards - Stress Value = 97

Workout #6028 - Friday, 19 December 2008

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 600 1 x 600 on 9:00 Alt 100fr drill 100revIM drill
 165 11 x 15 on :45 Cross Pool Sprints
 3:54 PM 765 Yards - Stress Value = 7

Workout #6031 - Saturday, 20 December 2008

HighSchl - Silver

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and Stretch
 500 1 x 500 on 9:00 Choice
 150 10 x 15 on :45 Shooters
 1,000 10 x 100 on 2:00 Challenge Kick set w/ fins
 1,200 1x{1 x 500 on 7:30 Pulls
 {1 x 500 on 7:20 Pulls
 {1 x 200 on 2:55 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 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
 {1 x 100 on 1:30 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 2:15 PM 5,200 Yards - Stress Value = 90

Workout #6029 - Saturday, 20 December 2008

HighSchl - Freestylers

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and Stretch
 600 1 x 600 on 9:00 Choice
 150 10 x 15 on :45 Shooters
 1,000 10 x 100 on 2:00 Challenge Kick set w/ fins
 1,500 1x{1 x 500 on 6:15 Pulls
 {1 x 500 on 6:00 Pulls
 {1 x 500 on 5:45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest

Workout #6032 - Saturday, 20 December 2008

1 minute rest between sets

HighSchl - Bronze

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Abs and Stretch
 500 1 x 500 on 9:00 Choice
 150 10 x 15 on :45 Shooters
 1,000 10 x 100 on 2:00 Challenge Kick set w/ fins
 1,100 1x{1 x 500 on 7:55 Pulls
 {1 x 400 on 6:15 Pulls
 {1 x 200 on 3:05 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{6 x 100 on 1:40 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:40 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:40 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:40 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 2:15 PM 5,000 Yards - Stress Value = 86

7:00 AM Start
 Yards Set Description
 =====
 1 on 36:00 Weights and Stretch
 550 1 x 550 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :45 Kick no board B
 {4 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board S
 {4 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board L
 {3 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board R
 {2 x 50 on :50 Kick
 1,350 1x{1 x 125 on 2:00 Pull no br L. 8 yds
 {1 x 125 on 2:00 Pull no br L.12 yds
 {1 x 125 on 2:00 Pull no br L.16 yds
 {1 x 125 on 1:55 Pull no br L.8 Yyds
 {1 x 125 on 1:55 Pull no br L.12 yds
 {1 x 125 on 1:55 Pull no br L.16 yds
 {1 x 125 on 1:50 Pull no br L.8 yds
 {1 x 125 on 1:50 Pull no br L.12 yds
 {1 x 125 on 1:50 Pull no br L.16 yds
 {1 x 100 on 1:25 Pull no br L.8 yds
 {1 x 100 on 1:25 Pull no br L.12 yds
 {1 x 25 on :30 Pull no br L.16 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 100 on 1:30 1 min swim 30 sec rest
 {1 x 200 on 2:30 2 min swim 30 sec rest
 {1 x 300 on 3:30 3 min swim 30 sec rest
 {1 x 400 on 4:30 4 min swim 30 sec rest
 {1 x 500 on 5:30 5 min swim 30 sec rest
 {1 x 400 on 4:30 4 mIn swin 30 sec rest
 {1 x 300 on 3:30 3 min swim 30 sec rest
 {1 x 200 on 2:30 2 min swim 30 sec rest
 {1 x 100 on 1:30 1 min swim 30 sec rest
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,050 Yards - Stress Value = 101

Workout #6033 - Monday, 22 December 2008

HighSchl - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 36:00 Weights and Stretch
 600 1 x 600 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 B
 {5 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board S
 {4 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board L
 {3 x 50 on :50 Kick
 {4 x 25 on :45 Kick no board R
 {2 x 50 on :45 Kick
 1,500 1x{1 x 125 on 1:50 Pull no br L. 8 yds
 {1 x 125 on 1:50 Pull no br L.12 yds
 {1 x 125 on 1:50 Pull no br L.16 yds
 {1 x 125 on 1:45 Pull no br L.8 Yyds
 {1 x 125 on 1:45 Pull no br L.12 yds
 {1 x 125 on 1:45 Pull no br L.16 yds
 {1 x 125 on 1:40 Pull no br L.8 yds
 {1 x 125 on 1:40 Pull no br L.12 yds
 {1 x 125 on 1:40 Pull no br L.16 yds
 {1 x 125 on 1:35 Pull no br L.8 yds
 {1 x 125 on 1:35 Pull no br L.12 yds
 {1 x 125 on 1:35 Pull no br L.16 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 100 on 1:30 1 min swim 30 sec rest
 {1 x 200 on 2:30 2 min swim 30 sec rest
 {1 x 300 on 3:30 3 min swim 30 sec rest
 {1 x 400 on 4:30 4 min swim 30 sec rest
 {1 x 500 on 5:30 5 min swim 30 sec rest
 {1 x 400 on 4:30 4 mIn swin 30 sec rest
 {1 x 300 on 3:30 3 min swim 30 sec rest
 {1 x 200 on 2:30 2 min swim 30 sec rest
 {1 x 100 on 1:30 1 min swim 30 sec rest
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,300 Yards - Stress Value = 104

7:00 AM Start
 Yards Set Description
 =====
 1 on 36:00 Weights and Stretch
 600 1 x 600 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 B
 {5 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board S
 {4 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board L
 {3 x 50 on :50 Kick
 {4 x 25 on :45 Kick no board R
 {2 x 50 on :45 Kick
 1,500 1x{1 x 125 on 1:50 Pull no br L. 8 yds
 {1 x 125 on 1:50 Pull no br L.12 yds
 {1 x 125 on 1:50 Pull no br L.16 yds
 {1 x 125 on 1:45 Pull no br L.8 Yyds
 {1 x 125 on 1:45 Pull no br L.12 yds
 {1 x 125 on 1:45 Pull no br L.16 yds
 {1 x 125 on 1:40 Pull no br L.8 yds
 {1 x 125 on 1:40 Pull no br L.12 yds
 {1 x 125 on 1:40 Pull no br L.16 yds
 {1 x 125 on 1:35 Pull no br L.8 yds
 {1 x 125 on 1:35 Pull no br L.12 yds
 {1 x 125 on 1:35 Pull no br L.16 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 100 on 1:30 1 min swim 30 sec rest
 {1 x 200 on 2:30 2 min swim 30 sec rest
 {1 x 300 on 3:30 3 min swim 30 sec rest
 {1 x 400 on 4:30 4 min swim 30 sec rest
 {1 x 500 on 5:30 5 min swim 30 sec rest
 {1 x 400 on 4:30 4 mIn swin 30 sec rest
 {1 x 300 on 3:30 3 min swim 30 sec rest
 {1 x 200 on 2:30 2 min swim 30 sec rest
 {1 x 100 on 1:30 1 min swim 30 sec rest
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,050 Yards - Stress Value = 101

Workout #6034 - Monday, 22 December 2008

HighSchl - Gold

Workout #6035 - Monday, 22 December 2008

HighSchl - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 36:00 Weights and Stretch
 500 1 x 500 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board S
 {4 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board L
 {4 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board R
 {1 x 50 on :55 Kick
 1,250 1x{1 x 125 on 2:10 Pull no br L. 8 yds
 {1 x 125 on 2:10 Pull no br L.12 yds
 {1 x 125 on 2:10 Pull no br L.16 yds
 {1 x 125 on 2:05 Pull no br L.8 Yyds
 {1 x 125 on 2:05 Pull no br L.12 yds
 {1 x 125 on 2:05 Pull no br L.16 yds
 {1 x 125 on 2:00 Pull no br L.8 yds
 {1 x 125 on 2:00 Pull no br L.12 yds
 {1 x 125 on 2:00 Pull no br L.16 yds
 {1 x 100 on 1:35 Pull no br L.8 yds
 {1 x 25 on :40 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 100 on 1:30 1 min swim 30 sec rest
 {1 x 200 on 2:30 2 min swim 30 sec rest
 {1 x 300 on 3:30 3 min swim 30 sec rest
 {1 x 400 on 4:30 4 min swim 30 sec rest
 {1 x 500 on 5:30 5 min swim 30 sec rest
 {1 x 400 on 4:30 4 min swim 30 sec rest
 {1 x 300 on 3:30 3 min swim 30 sec rest
 {1 x 200 on 2:30 2 min swim 30 sec rest
 {1 x 100 on 1:30 1 min swim 30 sec rest
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,850 Yards - Stress Value = 98

Workout #6036 - Tuesday, 23 December 2008

HighSchl - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 600 1 x 600 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 1x{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 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 x 75 on 1:30 Kick
 {1 x 75 on 1:20 Kick
 {1 x 75 on 1:10 Kick
 {1 x 75 on 1:00 Kick
 1,200 1x{1 x 200 on 2:20 Pulls
 {2 x 100 on 1:20 Pulls
 {1 x 200 on 2:30 Pulls
 {2 x 100 on 1:15 Puls
 {1 x 200 on 2:40 Pulls
 {2 x 100 on 1:10 Pulls
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{8 x 75 on 1:10 Backstroke
 {4 x 50 on 1:00 Back 12 yds under off walls
 {6 x 75 on 1:05 Backstroke
 {4 x 50 on 1:00 Back 12 yds under off walls
 {4 x 75 on 1:00 Backstroke
 {4 x 50 on 1:00 Back 12 yds under off walls
 {2 x 75 on :55 Backstroke
 100 1 x 100 on 1:30 Freestyle
 100 1 x 100 on 2:00 Back for time
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,900 Yards - Stress Value = 98

Workout #6039 - Tuesday, 23 December 2008

HighSchl - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 600 1 x 600 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 1x{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 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 x 75 on 1:30 Kick
 {1 x 75 on 1:20 Kick
 {1 x 75 on 1:10 Kick
 {1 x 75 on 1:00 Kick
 1,200 1x{1 x 200 on 2:20 Pulls
 {2 x 100 on 1:20 Pulls
 {1 x 200 on 2:30 Pulls
 {2 x 100 on 1:15 Puls
 {1 x 200 on 2:40 Pulls
 {2 x 100 on 1:10 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 1x{1 x 600 on 7:15 Freestyle
 {1 x 600 on 7:15 Free-odd 100's hold 103/fstr
 {1 x 600 on 7:15 Free neg split 1st 300=3:20
 {1 x 600 on 7:15 Free BH walls 5 KOW
 {1 x 600 on 7:15 Freestyle best effort
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,750 Yards - Stress Value = 106

Workout #6037 - Tuesday, 23 December 2008

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Physio Balls/Stretch
 550 1 x 550 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 125 on 2:40 Kick
 {1 x 125 on 2:35 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 1:50 Kick
 {1 x 75 on 1:40 Kick
 {1 x 75 on 1:35 Kick
 {1 x 75 on 1:25 Kick
 {1 x 75 on 1:15 Kick
 {1 x 50 on :50 Kick
 1,050 1x{1 x 200 on 3:00 Pulls
 {2 x 100 on 1:20 Pulls
 {1 x 200 on 2:50 Pulls
 {2 x 100 on 1:25 Puls
 {1 x 200 on 2:40 Pulls
 {1 x 50 on :50 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{8 x 75 on 1:15 Backstroke
 {4 x 50 on 1:00 Back 12 yds under off walls
 {6 x 75 on 1:10 Backstroke
 {3 x 50 on 1:00 Back 12 yds under off walls
 {4 x 75 on 1:05 Backstroke
 {3 x 50 on 1:00 Back 12 yds under off walls
 {2 x 75 on 1:05 Backstroke
 100 1 x 100 on 1:30 Freestyle
 100 1 x 100 on 2:00 Back for time
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,450 Yards - Stress Value = 89

Workout #6038 - Tuesday, 23 December 2008

HighSchl - Silver/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 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 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 2:00 Kick
 {1 x 75 on 1:50 Kick
 {1 x 75 on 1:45 Kick
 {1 x 75 on 1:40 Kick
 {1 x 75 on 1:35 Kick
 {1 x 50 on :50 Kick
 900 1x{1 x 200 on 3:10 Pulls
 {2 x 100 on 1:45 Pulls
 {1 x 200 on 3:15 Pulls
 {1 x 100 on 1:40 Puls
 {1 x 200 on 3:20 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{8 x 75 on 1:25 Backstroke
 {3 x 50 on 1:00 Back 12 yds under off walls
 {6 x 75 on 1:20 Backstroke
 {3 x 50 on 1:00 Back 12 yds under off walls

{4 x 75 on 1:15 Backstroke
 {3 x 50 on 1:00 Back 12 yds under off walls
 100 1 x 100 on 1:30 Freestyle
 100 1 x 100 on 2:00 Back for time
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,950 Yards - Stress Value = 83

Workout #6040 - Wednesday, 24 December 2008

HighSchl - All

1 minute rest between sets

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

Workout #6044 - Friday, 26 December 2008

HighSchl - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 38:00 Weights and Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:30 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 125 on 2:20 Kick
 {4 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
 1,050 1x{3 x 50 on :45 Pulls-nbbf&w + 2 yds
 {3 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {3 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{1 x 500 on 6:15 Freestyle-neg spli
 {8 x 50 on :40 Freestyle hold 500 pace
 {1 x 400 on 4:55 Freestyle neg split
 {8 x 50 on :40 Freestyle hold 500 pace
 {1 x 300 on 3:40 Freestyle neg split
 {8 x 50 on :40 Freestyle hold 500 pace
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,000 Yards - Stress Value = 95

Workout #6041 - Friday, 26 December 2008

HighSchl - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 38:00 Weights and Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:30 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 125 on 2:20 Kick
 {4 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
 1,050 1x{3 x 50 on :45 Pulls-nbbf&w + 2 yds
 {3 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {3 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 10x{1 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,800 Yards - Stress Value = 82

Workout #6042 - Friday, 26 December 2008

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 38:00 Weights and Stretch
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,300 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 2:25 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 125 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:25 Kick
 1,000 1x{2 x 50 on :45 Pulls-nbbf&w + 2 yds
 {3 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:30 Pulls-nbbf&w + 2 yds
 {3 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 9x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 5,400 Yards - Stress Value = 75

Workout #6043 - Friday, 26 December 2008

HighSchl - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 38:00 Weights and Stretch
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,280 1x{4 x 45 on :30 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 no board BSLR
 {2 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 900 1x{2 x 50 on :50 Pulls-nbbf&w + 2 yds
 {3 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:40 Pulls-nbbf&w + 2 yds
 {3 x 125 on 2:05 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 7x{1 x 100 on 1:45 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:33 AM 4,830 Yards - Stress Value = 68

Workout #6048 - Monday, 29 December 2008

HS Girls - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 550 1 x 550 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{8 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {2 x 50 on :55 Kick
 {8 x 25 on :45 Kick no board BSLR
 {2 x 50 on :55 Kick
 {2 x 50 on 1:00 Kick
 {2 x 50 on 1:05 Kick
 1,250 1x{4 x 125 on 1:55 Pull no br L.14 yds
 {3 x 125 on 1:50 Pull no br L.8 yds
 {2 x 125 on 1:45 Pull no br L.10 yds
 {1 x 125 on 1:40 Pull no br L.16 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 300 on 4:30 Free 5 KOW (Bulkhead)
 {2 x 250 on 3:45 Free #1 breath on 5
 { #2 hold time, DPS
 {3 x 200 on 3:00 Freestyle-descend
 {4 x 100 on 1:30 Freestyle-hold AFAP
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,250 Yards - Stress Value = 79

Workout #6049 - Monday, 29 December 2008

HS Girls - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 500 1 x 500 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {2 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {8 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:00 Kick
 {2 x 50 on 1:05 Kick
 {2 x 50 on 1:10 Kick
 1,100 1x{4 x 125 on 2:05 Pull no br L.14 yds
 {3 x 100 on 1:40 Pull no br L.8 yds
 {2 x 125 on 2:05 Pull no br L.10 yds
 {1 x 50 on :50 Pull no br L.16 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 300 on 5:00 Free 5 KOW (Bulkhead)
 {2 x 250 on 4:10 Free #1 breath on 5
 { #2 hold time, DPS
 {3 x 200 on 3:20 Freestyle-descend
 {2 x 100 on 1:40 Freestyle-hold AFAP
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,800 Yards - Stress Value = 72

Workout #6045 - Monday, 29 December 2008

HS Boys - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 1x{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
 {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 1:00 Kick
 500 1x{1 x 125 on 1:45 Pull no br L.8 yds
 {1 x 125 on 1:40 Pull no br L.10 yds
 {1 x 125 on 1:35 Pull no br L.14 yds
 {1 x 125 on 1:30 Pull no br L.16 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 300 on 4:00 Free 5 KOW (Bulkhead)
 {2 x 275 on 3:30 Free #1 breath on 5
 { #2 hold time, DPS
 {3 x 250 on 3:00 Freestyle-descend
 250 1 x 250 on 4:00 Stroke Drills
 1 on 13:00 Ice
 9:00 AM 3,500 Yards - Stress Value = 52

Workout #6046 - Monday, 29 December 2008

HS Boys - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch

400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 1x{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
 {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 1:00 Kick
 450 1x{1 x 125 on 1:50 Pull no br L.8 yds
 {1 x 125 on 1:45 Pull no br L.10 yds
 {1 x 100 on 1:25 Pull no br L.14 yds
 {1 x 100 on 1:20 Pull no br L.16 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 300 on 4:15 Free 5 KOW (Bulkhead)
 {2 x 250 on 3:30 Free #1 breath on 5
 { #2 hold time, DPS
 {3 x 200 on 2:50 Freestyle-descend
 250 1 x 250 on 4:00 Stroke Drills
 1 on 13:00 Ice
 9:00 AM 3,250 Yards - Stress Value = 48

Workout #6047 - Monday, 29 December 2008

HS Boys - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 450 1x{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
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 400 1x{1 x 100 on 1:45 Pull no br L.8 yds
 {1 x 100 on 1:40 Pull no br L.10 yds
 {1 x 100 on 1:35 Pull no br L.14 yds
 {1 x 100 on 1:30 Pull no br L.16 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 300 on 5:00 Free 5 KOW (Bulkhead)
 {2 x 225 on 3:45 Free #1 breath on 5
 { #2 hold time, DPS
 {3 x 150 on 2:30 Freestyle-descend
 250 1 x 250 on 4:00 Stroke Drills
 1 on 13:00 Ice
 9:00 AM 2,900 Yards - Stress Value = 43

Workout #6052 - Tuesday, 30 December 2008

Group 2 - Backstroke

1 minute rest between sets

| 12:00 PM Start | | | |
|---|--------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| | 1 on 30:00 stomach/stretch | | |
| 500 | 1 x 500 on 8:00 Underwater trn drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,100 | 1x{2 x 100 on 2:10 Kick | EN2 | |
| | {1 x 50 on 1:15 Kick-100% | EN3 | |
| | {2 x 100 on 2:05 Kick | EN2 | |
| | {2 x 50 on 1:15 Kick-100% | EN2 | |
| | {2 x 100 on 2:00 Kick | EN2 | |
| | {3 x 50 on 1:15 Kick-100% | EN2 | |
| | {2 x 100 on 1:55 Kick | EN2 | |
| 900 | 1x{2 x 225 on 3:30 Pulls | EN1 | |
| | {2 x 225 on 3:25 Pulls | EN1 | |
| 1,575 | 1x{3 x 150 on 2:25 Backstroke | EN2 | |
| | {3 x 50 on 1:00 Backstroke-100% | EN3 | |
| | {3 x 125 on 2:00 Backstroke | EN2 | |
| | {3 x 50 on 1:00 Backstroke-100% | EN2 | |
| | {3 x 100 on 1:35 Backstroke | EN2 | |
| | {3 x 50 on 1:00 Backstroke-100% | EN2 | |
| 225 | 1 x 225 on 4:00 Stroke Drills | REC | |
| 2:00 PM 4,450 Yards - Stress Value = 76 | | | |

Workout #6053 - Tuesday, 30 December 2008

Group 2 - Silver

1 minute rest between sets

| 12:00 PM Start | | | |
|---|--------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| | 1 on 30:00 stomach/stretch | | |
| 400 | 1 x 400 on 8:00 Underwater trn drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,000 | 1x{2 x 100 on 2:20 Kick | EN2 | |
| | {1 x 50 on 1:15 Kick-100% | EN3 | |
| | {2 x 100 on 2:15 Kick | EN2 | |
| | {2 x 50 on 1:15 Kick-100% | EN2 | |
| | {2 x 100 on 2:05 Kick | EN2 | |
| | {3 x 50 on 1:15 Kick-100% | EN2 | |
| | {1 x 100 on 2:00 Kick | EN2 | |
| 800 | 1x{2 x 200 on 3:30 Pulls | EN1 | |
| | {2 x 200 on 3:25 Pulls | EN1 | |
| 1,475 | 1x{3 x 150 on 2:45 Backstroke | EN2 | |
| | {3 x 50 on 1:05 Backstroke-100% | EN3 | |
| | {3 x 125 on 2:15 Backstroke | EN2 | |
| | {3 x 50 on 1:05 Backstroke-100% | EN2 | |
| | {3 x 100 on 1:45 Backstroke | EN2 | |
| | {1 x 50 on 1:05 Backstroke-100% | EN2 | |
| 225 | 1 x 225 on 4:00 Stroke Drills | REC | |
| 2:00 PM 4,050 Yards - Stress Value = 72 | | | |

Workout #6054 - Tuesday, 30 December 2008

Group 2 - Bronze

1 minute rest between sets

| 12:00 PM Start | | | |
|----------------|--------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| | 1 on 30:00 stomach/stretch | | |
| 300 | 1 x 300 on 8:00 Underwater trn drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 600 | 1x{2 x 75 on 2:20 Kick | EN2 | |
| | {1 x 25 on 1:15 Kick-100% | EN3 | |
| | {2 x 75 on 2:15 Kick | EN2 | |
| | {2 x 25 on 1:15 Kick-100% | EN2 | |
| | {2 x 75 on 2:05 Kick | EN2 | |
| | {3 x 25 on 1:15 Kick-100% | EN2 | |
| 600 | 1x{2 x 150 on 3:30 Pulls | EN1 | |

| | | |
|---|---------------------------------|-----|
| | {2 x 150 on 3:25 Pulls | EN1 |
| 850 | 1x{3 x 100 on 2:45 Backstroke | EN2 |
| | {3 x 25 on 1:05 Backstroke-100% | EN3 |
| | {3 x 75 on 2:15 Backstroke | EN2 |
| | {3 x 25 on 1:05 Backstroke-100% | EN2 |
| | {3 x 50 on 1:45 Backstroke | EN2 |
| | {1 x 25 on 1:05 Backstroke-100% | EN2 |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC |
| 1:58 PM 2,700 Yards - Stress Value = 45 | | |

Workout #6050 - Tuesday, 30 December 2008

HS Girls - Backstroke

1 minute rest between sets

| 7:00 AM Start | | |
|---|---|--|
| Yards | Set Description | |
| | 1 on 30:00 Physio Ball Abs/Stretch | |
| 550 | 1 x 550 on 9:00 Underwater trn drill | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,100 | 1x{2 x 100 on 2:10 Kick | |
| | {1 x 50 on 1:15 Kick-100% | |
| | {2 x 100 on 2:05 Kick | |
| | {2 x 50 on 1:15 Kick-100% | |
| | {2 x 100 on 2:00 Kick | |
| | {3 x 50 on 1:15 Kick-100% | |
| | {2 x 100 on 1:55 Kick | |
| 1,350 | 1x{2 x 225 on 3:30 Pulls | |
| | {2 x 225 on 3:25 Pulls | |
| | {2 x 225 on 3:20 Pulls | |
| 200 | 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 1,800 | 1x{3 x 150 on 2:25 Backstroke | |
| | {3 x 50 on 1:00 Backstroke-100% | |
| | {3 x 125 on 2:00 Backstroke | |
| | {3 x 50 on 1:00 Backstroke-100% | |
| | {3 x 100 on 1:35 Backstroke | |
| | {3 x 50 on 1:00 Backstroke-100% | |
| | {3 x 75 on 1:10 Backstroke | |
| 100 | 1 x 100 on 2:00 Freestyle | |
| 100 | 1 x 100 on 2:00 Back for time | |
| 250 | 1 x 250 on 4:00 Stroke Drills | |
| | 1 on 10:00 Ice | |
| 9:35 AM 5,600 Yards - Stress Value = 92 | | |

Workout #6051 - Tuesday, 30 December 2008

HS Girls - Silver/Bronze

1 minute rest between sets

7:00 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
 1,050 1x{2 x 100 on 2:20 Kick
 {1 x 50 on 1:15 Kick-100%
 {2 x 100 on 2:15 Kick
 {2 x 50 on 1:15 Kick-100%
 {2 x 100 on 2:05 Kick
 {3 x 50 on 1:15 Kick-100%
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 1,200 1x{2 x 200 on 3:30 Pulls
 {2 x 200 on 3:25 Pulls
 {2 x 200 on 3:20 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,625 1x{3 x 150 on 2:45 Backstroke
 {3 x 50 on 1:05 Backstroke-100%
 {3 x 125 on 2:15 Backstroke
 {3 x 50 on 1:05 Backstroke-100%
 {3 x 100 on 1:45 Backstroke
 {1 x 50 on 1:05 Backstroke-100%
 {2 x 75 on 1:20 Backstroke
 100 1 x 100 on 2:00 Freestyle
 100 1 x 100 on 2:00 Back for time
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,175 Yards - Stress Value = 88

Workout #6055 - Tuesday, 30 December 2008

HS Girls - Sprint

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 35:00 dryland/stretching
 500 1 x 500 on 9:00 Choice EN1 S CHO
 400 2 x 200 on 8:00 Mystery Challenge EN3 S FR
 540 12 x 45 on 1:30 Vertical Sprints EN3 S FR
 275 1 x 275 on 4:00 Stroke Drills REC D CHO
 1 on 10:00 Ice
 4:35 PM 1,715 Yards - Stress Value = 61

Workout #6056 - Wednesday, 31 December 2008

Beat Penn - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 600 1x{1 x 125 on 2:20 Kick
 {2 x 100 on 1:50 Kick
 {3 x 75 on 1:20 Kick
 {1 x 50 on :50 Kick
 600 1x{1 x 150 on 1:55 Lungbuster pulls
 {1 x 150 on 1:50 Lungbuster pulls
 {1 x 150 on 1:45 Lungbuster pulls
 {1 x 150 on 1:40 Lungbuster pulls
 { Breathe 3-5-7 by the 50
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{4 x 100 on 1:40 Breast-odds 2X pullouts on

{ start wall-evens 2X pullouts on bulkhead wa
 {3 x 50 on :45 25brst 25free-6bk breath on 7
 {3 x 100 on 1:35 Breast-same as above
 {3 x 50 on :45 Same as above
 {2 x 100 on 1:30 Breast-same as above
 {3 x 50 on :45 Same as above
 {1 x 100 on 1:25 Breast-same as above
 {3 x 50 on :45 Same as above
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Ice-Team Field Trip
 9:07 AM 3,650 Yards - Stress Value = 60

Workout #6057 - Wednesday, 31 December 2008

Beat Penn - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 550 1x{1 x 125 on 2:30 Kick
 {2 x 100 on 2:00 Kick
 {3 x 75 on 1:30 Kick
 500 1x{1 x 150 on 2:15 Lungbuster pulls
 {1 x 150 on 2:10 Lungbuster pulls
 {1 x 150 on 2:05 Lungbuster pulls
 {1 x 50 on :40 Lungbuster pulls
 { Breathe 3-5-7 by the 50
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{4 x 100 on 1:45 Breast-odds 2X pullouts on
 { start wall-evens 2X pullouts on bulkhead wa
 {3 x 50 on :50 25brst 25free-6bk breath on 7
 {3 x 100 on 1:40 Breast-same as above
 {3 x 50 on :50 Same as above
 {2 x 100 on 1:35 Breast-same as above
 {3 x 50 on :50 Same as above
 {1 x 100 on 1:35 Breast-Same as above
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Ice-Team Field Trip
 9:07 AM 3,350 Yards - Stress Value = 54

Workout #6058 - Wednesday, 31 December 2008

Beat Penn - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 500 1x{1 x 125 on 2:40 Kick
 {2 x 100 on 2:05 Kick
 {1 x 75 on 1:35 Kick
 {2 x 50 on 1:05 Kick
 500 1x{1 x 150 on 2:30 Lungbuster pulls
 {1 x 150 on 2:25 Lungbuster pulls
 {1 x 150 on 2:20 Lungbuster pulls
 {1 x 50 on :45 Lungbuster pulls
 { Breathe 3-5-7 by the 50
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{4 x 100 on 1:55 Breast-odds 2X pullouts on
 { start wall-evens 2X pullouts on bulkhead wa
 {3 x 50 on :55 25brst 25free-6bk breath on 7
 {3 x 100 on 1:50 Breast-same as above
 {3 x 50 on :55 Same as above
 {2 x 100 on 1:45 Breast-same as above
 {3 x 50 on :55 Same as above
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Ice-Team Field Trip
 9:07 AM 3,150 Yards - Stress Value = 52

{4 x 50 on :50 Same as above
 {3 x 100 on 1:35 Breast-same as above
 {4 x 50 on :50 Same as above
 {2 x 100 on 1:30 Breast-same as above
 {4 x 50 on :50 Same as above
 {1 x 100 on 1:25 Breast-same as above
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,450 Yards - Stress Value = 95

Workout #6060 - Wednesday, 31 December 2008

HS Girls - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 950 1x{4 x 125 on 2:35 Kick
 {3 x 100 on 2:05 Kick
 {2 x 75 on 1:35 Kick
 1,000 1x{2 x 150 on 2:30 Lungbuster pulls
 {2 x 150 on 2:25 Lungbuster pulls
 {2 x 150 on 2:20 Lungbuster pulls
 {1 x 100 on 1:35 Lungbuster pulls
 { Breathe 3-5-7 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{5 x 100 on 2:00 Breast-odds 2X pullouts on
 { start wall-evens 2X pullouts on bulkhead wa
 {4 x 50 on :55 25brst 25free-6bk breath on 7
 {4 x 100 on 1:55 Breast-same as above
 {4 x 50 on :55 Same as above
 {3 x 100 on 1:50 Breast-same as above
 {4 x 50 on :50 Same as above
 {2 x 100 on 1:45 Breast-same as above
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,850 Yards - Stress Value = 84

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 950 1x{4 x 125 on 2:35 Kick
 {3 x 100 on 2:05 Kick
 {2 x 75 on 1:35 Kick
 1,000 1x{2 x 150 on 2:30 Lungbuster pulls
 {2 x 150 on 2:25 Lungbuster pulls
 {2 x 150 on 2:20 Lungbuster pulls
 {1 x 100 on 1:35 Lungbuster pulls
 { Breathe 3-5-7 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{5 x 100 on 2:00 Breast-odds 2X pullouts on
 { start wall-evens 2X pullouts on bulkhead wa
 {4 x 50 on :55 25brst 25free-6bk breath on 7
 {4 x 100 on 1:55 Breast-same as above
 {4 x 50 on :55 Same as above
 {3 x 100 on 1:50 Breast-same as above
 {4 x 50 on :50 Same as above
 {2 x 100 on 1:45 Breast-same as above
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,850 Yards - Stress Value = 84

Workout #6061 - Wednesday, 31 December 2008

Beat Penn - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY W
 =====
 1 on 30:00 Physio Balls/Stretch-no abs
 1,000 1 x 1000 on 15:00 Choice REC
 220 11 x 20 on :45 Cross pool sprints SP3
 1,100 2x{1 x 50 on 1:30 Sculling Drill EN1
 {4 x 50 on 1:00 Kicking w/snorkel EN1
 {4 x 75 on 1:30 Around the clock drill EN1
 1 on 10:00 Ice Team Meeting
 4:29 PM 2,320 Yards - Stress Value = 20

Workout #6059 - Wednesday, 31 December 2008

HS Girls - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 125 on 2:25 Kick
 {3 x 100 on 1:55 Kick
 {2 x 75 on 1:25 Kick
 {1 x 50 on :55 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
 { Breathe 3-5-7 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{5 x 100 on 1:45 Breast-odds 2X pullouts on
 { start wall-evens 2X pullouts on bulkhead wa
 {4 x 50 on :50 25brst 25free-6bk breath on 7
 {4 x 100 on 1:40 Breast-same as above

