	Workout #5185 - Tuesday, 01 January 2008 HighSchl - Fly 1 minute rest between sets	1 on 35:00 Weights and Stretch 500 1 x 500 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters
Yards =====	8:40 AM Start Set Description EGY W	1,200 1X(1 X 300 OH 4:00 PULL W/SHORKELS
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	<pre>{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</pre>
200	{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 1up 4down EN2 {3 x 50 on :45 Freestyle-great effort EN2 {1 x 100 on 1:45 Freestyle REC 1 x 200 on 4:00 Stroke Drills REC 1 on 14:00 Stretch and Ice	Workout #5186 - Wednesday, 02 January 2008 HighSchl - Gold 1 minute rest between sets 7:00 AM Start Yards Set Description
S	9:35 AM 2,450 Yards - Stress Value = 39 Workout #5184 - Tuesday, 01 January 2008 HighSchl - All 1 minute rest between sets	1 on 35:00 Weights and Stretch 450
Yards =====	7:00 AM Start Set Description	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
500 240	<pre>1 on 35:00 Physio Balls/Abs/Stretch 1 x 500 on 8:00 Choice 16 x 15 on :45 Shooters</pre>	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
	8 x 100 on 1:30 Kick w/fins 1x{2 x 150 on 2:15 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {4 x 50 on :45 Lungbuster pulls	Workout #5188 - Wednesday, 02 January 2008 HighSchl - Silver 1 minute rest between sets
	<pre>9x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 3x{6 x 25 on :30 Butterfly {1 on 1:00 Rest</pre>	7:00 AM Start Yards Set Description
900 200	6 x 125 on 2:00 Backstroke descend in 3's 1x{1 x 100 on 2:00 Breaststroke} {2 x 50 on 1:00 Breaststroke 25 drill 25-100's 4 x 225 on 3:00 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 12:00 Stretch and Ice 9:35 AM 5,290 Yards - Stress Value = 70	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
	Workout #5189 - Wednesday, 02 January 2008 HighSchl - Distance 1 minute rest between sets	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
Yards =====	8:40 AM Start Set Description	Workout #5190 - Thursday, 03 January 2008 HighSchl - Platinum 1 minute rest between sets
200	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 1 x 200 on 3:00 Stroke Drills 1 on 14:00 Stretch and Ice 9:35 AM 3,200 Yards - Stress Value = 60	7:00 AM Start (Yards Set Description EC
Yards	Workout #5187 - Wednesday, 02 January 2008 HighSchl - Platinum 1 minute rest between sets 7:00 AM Start Set Description	{1 x 100 on 1:20 Stroke Drills RF 150 10 x 15 on :45 Shooters SF 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 8:38 AM 2,650 Yards - Stress Value = 46

Workout #5191 - Thursday, 03 January 2008 HighSchl - Gold 1 minute rest between sets

7:00 AM Start	
Set Description	ΕĆ
	==
1 on 30:00 Physio BallsAbs/Stretch	
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
10 x 15 on :45 Shooters	SI
$5x{4 x 25 on 1:00 Kick no board BSLR w/shoes}$	EN
{2 x 50 on 1:20 Kick	EN
18×50 on :45 Pulls-nbbf&w + 2 yds	EN
8:38 AM 2,550 Yards - Stress Value = 44	
	Set Description

Workout #5192 - Thursday, 03 January 2008 HighSchl - Silver 1 minute rest between sets

	7:00 AM Start	
Yards	Set Description	ΕC
=====	=======================================	==
	1 on 30:00 Physio BallsAbs/Stretch	
450	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
	$\{1 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$	RE
	{1 x 75 on 1:20 Stroke Drills	RE
150	10 x 15 on :45 Shooters	SI
1,000	$5x{4 x 25 on 1:00 Kick no board BSLR w/shoes}$	ΕN
	{2 x 50 on 1:30 Kick	ΕN
800	16×50 on :50 Pulls-nbbf&w + 2 yds	ΕN
	8:39 AM 2,400 Yards - Stress Value = 42	

Workout #5193 - Friday, 04 January 2008 HighSchl - IM'ers 1 minute rest between sets

7:00 AM Start Yards Set Description 1 on 35:00 Weights and Stretch 500 1 x 500 on 8:00 Reverse IM drill 150 10 x 15 on :45 Shooters 500 20 x 25 on :45 Sprint kick w/shoes 500 5 x 100 on 2:00 Kick-dscnd to ludicrous spec

 $\{2 \times 100 \text{ on } 1:20 \text{ Pulls w/snorkels}$ $\{3 \times 75 \text{ on } 1:00 \text{ Pulls w/snorkels}$

 $250 5x{1 x 25 on :50 Sculling drills}$

200

Yards Set Description

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

 $\{4 \times 50 \text{ on } 1:00 \text{ Pulls-limited breathing} \}$

 $\{1 \text{ x } 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishe}$

Workout #5196 - Friday, 04 January 2008 HighSchl - All

9:35 AM 5,700 Yards - Stress Value = 104

1 x 200 on 3:00 Stroke Drills 1 on 10:00 Stretch and Ice

		1 minute	rest between	set
3:00	PM	Start		

			===				
	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 1,7	50 Yards - Stress Value = 24					
Workout #5194 - Friday, 04 January 2008							
HighSchl - Gold							
		mgnotin - Gold					

1 minute rest between sets

	7:00 AM Start
Yards	Set Description
	1 on 35:00 Weights and Stretch
450	1 x 450 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
500	20 x 25 on :45 Sprint kick w/shoes
500	5 x 100 on 2:00 Kick-dscnd to ludicrous spec
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
1 000	{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	7:00 AM Start Set Description
		1 on 35:00 Weights and Stretch
	400	1 x 400 on 8:00 Reverse IM drill
	150	10 x 15 on :45 Shooters
	500	20 x 25 on :45 Sprint kick w/shoes
€	500	5 x 100 on 2:10 Kick-dscnd to ludicrous spe ϵ
	1,300	$2x\{1 \times 125 \text{ on } 2:00 \text{ Pulls w/snorkels}$
		$\{2 \times 100 \text{ on } 1:35 \text{ Pulls w/snorkels} \}$
		${3 \times 75 \text{ on } 1:15 \text{ Pulls w/snorkels}}$
		{2 x 50 on 1:00 Pulls-limited breathing
2.5	250	5x{1 x 25 on :50 Sculling drills
		$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	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
	200	{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
		9.33 Am 4, 300 Tatus - Scress Value - 02

	1 minute rest between sets							
	7:00 AM Start							
Varde	Set Description							
======	-							
	1 on 30:00 Abs and Stretch							
600								
150								
	2x{1 x 100 on 1:30 Kick							
1,000	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}\}$							
	{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							
	{4 x 25 on :30 Kick no board BSLR							
1,750	1x{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	$5x{1 x 25 on :50 Sculling drills}$							
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$							
1,200	<u> -</u>							
200								
	1 on 10:00 Stretch and Ice							
	9:35 AM 5,750 Yards - Stress Value = 135							
	Workout #5200 - Saturday, 05 January 2008							

Workout #5198 - Saturday, 05 January 2008 HighSchl - Freestylers

Workout #5200 - Saturday, 05 January 2008 HighSchl - Gold 1 minute rest between sets

```
7:00 AM Start
            Set Description
Yards
=====
             _____
            1 on 30:00 Abs and Stretch
   550
            1 x 550 on 9:00 Choice
   150
            10 \times 15 on :45 Shooters
 1,500 \ 2x\{1 \ x \ 100 \ on \ 1:45 \ Kick
           {4 x 25 on :45 Kick no board BSLR
           \{1 \times 100 \text{ on } 1:50 \text{ Kick} \}
            \{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}
           {1 x 100 on 1:55 Kick
            \{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}
           {1 x 100 on 2:00 Kick
           {2 x 25 on :30 Kick no board BSLR
 1,650 1x\{4 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}
           \{1 \text{ x } 50 \text{ on } : 40 \text{ Pulls}
            \{3 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}
           \{2 \times 50 \text{ on } : 45 \text{ Pulls}
           \{2 \text{ x } 125 \text{ on } 1:50 \text{ Lungbuster pulls}
           {3 \times 50 \text{ on } :50 \text{ Pulls}}
           \{1 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}
           \{2 \times 50 \text{ on } : 45 \text{ Pulls}
            { Lungbuster pulls breathe 3-5-7-9 continuous
   250 5x\{1 \times 25 \text{ on :} 50 \text{ 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

	Set Description
	1 on 30:00 Abs and Stretch
500	1 x 500 on 9:00 Choice
150	10 x 15 on :45 Shooters
1,400	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
	$\{1 \times 50 \text{ on } :55 \text{ Pulls}$
	{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
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
,	16 x 75 on 1:30 Freestyle
200	
	1 on 10:00 Stretch and Ice
	9:34 AM 5,150 Yards - Stress Value = 127
	Workout #5197 - Saturday, 05 January 2008
	HighSchl - Rronze

HighSchl - Bronze 1 minute rest between sets

7:00 AM Start

Set Description
======================================
1 on 30:00 Abs and Stretch
1 x 400 on 9:00 Choice
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
$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$
{1 x 50 on 1:00 Kick
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
5x{1 x 25 on :50 Sculling drills
{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
16 x 75 on 1:30 Freestyle
1 x 200 on 3:00 Stroke Drills
1 on 10:00 Stretch and Ice
9:35 AM 4,700 Yards - Stress Value = 123
, ,, ,, ,, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,

EGY WORK

SP3 S

EN2 EN2

EN2

EN2 S REC

Γ

Workout #5205 - Monday, 07 January 2008 HighSchl - Distance

1 minute rest between sets								
Yards			M Start Description					
=====								
	1	OI	n 30:00 Physio Balls/Stretch					
600			600 on 9:00 Swim-kick-pull-swim					
			x 15 on :45 Shooters					
1,250	5x{4	Х	25 on :45 Kick no board BSLR					
	{ 1	Х	50 on 1:00 Kick					
	{ 1	Х	100 on 2:00 Kick					
1,200	1x{2	Х	150 on 2:00 Pull no br L.10 yds					
	{ 2	Х	150 on 2:00 Pull no br L.12 yds					
	{ 2	Х	150 on 2:00 Pull no br L.14 yds					
	{ 2	Х	150 on 2:00 Pull no br L.16 yds					
250	5x{1	Х	25 on :50 Sculling drills					
	{ 1	Х	25 on :30 12.5 ez 12.5 fast grt finishes					
2,500	1x{1	Х	300 on 4:00 Freestyle					
	{ 2	Х	275 on 3:40 Freestyle					
	{ 3	Х	250 on 3:20 Freestyle					
	-		225 on 3:00 Freestyle					
250	1	Х	250 on 4:00 Stroke Drills					

Workout #5203 - Monday, 07 January 2008 HighSchl - Silver 1 minute rest between sets

5:35 PM 5,750 Yards - Stress Value = 60

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

____________________________________ 1 on 35:00 Weights and Stretch 1 x 300 on 7:00 Swim-kick-pull-swim REC

600 6 x 100 on 1:35 Pull no br L.12 yds EN1 F 1,050 $1x\{1 \ x \ 175 \ on \ 3:00 \ Freestyle$ EN2 §

1 on 30:00 Physio Balls/Stretch 1 x 550 on 9:00 Swim-kick-pull-swim

{2 x 150 on 2:10 Pull no br L.12 yds {2 x 150 on 2:10 Pull no br L.14 yds {1 x 150 on 2:10 Pull no br L.16 yds

3:00 PM Start

1,250 $5x{4}$ x 25 on :45 Kick no board BSLR {1 x 50 on 1:00 Kick {1 x 100 on 2:00 Kick 1,050 $1x\{2 \times 150 \text{ on } 2:10 \text{ Pull no br L.10 yds}$

 $2,300 1x{1 x 300 on 4:30 Freestyle}$

5:30 AM Start

3:00 PM Start

Yards Set Description

Yards Set Description

 $250 5x{1 x 25 on :50 Sculling drills}$

 $\{2 \times 275 \text{ on } 4:05 \text{ Freestyle} \}$ ${3 \times 250 \text{ on } 3:45 \text{ Freestyle}}$ {4 x 175 on 2:35 Freestyle 1 x 200 on 3:00 Stroke Drills

1 on 11:00 Stretch and Ice

 $\{1 \times 175 \text{ on } 2:55 \text{ Freestyle} \}$ $\{1 \times 175 \text{ on } 2:50 \text{ Freestyle} \}$ $\{1 \times 175 \text{ on } 2:45 \text{ Freestyle} \}$

{1 x 175 on 2:40 Freestyle {1 x 175 on 2:35 Freestyle

1 on 11:00 Stretch and Ice 7:05 AM 2,300 Yards - Stress Value = 36

1 x 200 on 3:00 Stroke Drills

Yards Set Description

=====

200

=====

300

200

=====

Workout #5201 - Monday, 07 January 2008 HighSchl - Freestylers 1 minute rest between sets

5:35 PM 6,200 Yards - Stress Value = 63

1 on 11:00 Stretch and Ice

5:30 AM Start										
Yards	Set Description								EGY	WORF
=====	==					=====			===	====
	1	on 35	:00	Weigh	nts an	d Stre	etch			I
400	1	x 400	on	7:00	Swim-	kick-p	oull-s	swim	REC	٤
150	10	0 x 15	on	:45 \$	Shoote	rs			SP3	٤
750	6	x 125	on	1:35	Pull	no br	L.12	yds	EN1	E
1,350	1x{1	x 225	on	3:00	Frees	tyle			EN2	٤
	{ 1	x 225	on	2:55	Frees	tyle			EN2	٤
	{ 1	x 225	on	2:50	Frees	tyle			EN2	٤
	{ 1	x 225	on	2:45	Frees	tyle			EN2	٤
	{ 1	x 225	on	2:40	Frees	tyle			EN2	٤
	{ 1	x 225	on	2:35	Frees	tyle			EN2	٤
200	1	x 200	on	3:00	Strok	e Dril	lls		REC	Ι
	1	on 11	:00	Stret	tch an	d Ice				N

Workout #5207 - Monday, 07 January 2008 HighSchl - Silver 1 minute rest between sets

Workout #5202 - Monday, 07 January 2008 HighSchl - Gold 1 minute rest between sets

7:05 AM 2,850 Yards - Stress Value = 38

	5:30	AM S	tart	Ī.			
Yards	Set Description						WORF
							====
	1	on 35	:00	Weigh	nts and Stretch		I
350	1	x 350	on	7:00	Swim-kick-pull-swim	REC	٤
150	10	x 15	on	:45 \$	Shooters	SP3	٤
700	7	x 100	on	1:25	Pull no br L.12 yds	EN1	E
1,200	1x{1	x 200	on	3:00	Freestyle	EN2	٤
	{ 1	x 200	on	2:55	Freestyle	EN2	٤
	{ 1	x 200	on	2:50	Freestyle	EN2	٤
	{ 1	x 200	on	2:45	Freestyle	EN2	٤
	{ 1	x 200	on	2:40	Freestyle	EN2	٤
	{ 1	x 200	on	2:35	Freestyle	EN2	٤
200	1	x 200	on	3:00	Stroke Drills	REC	Ι

	1	~ *	20	• ^ ^	Dhira	io Ball	10/0+3	co + ah		
=										
500	1	Х	500	on	9:00	Swim-k	kick-p	oull-s	swim	
150	10) 2	k 15	on	:45 \$	Shooter	rs			
1,250	5x{4	Х	25 (on :	:45 K:	ick no	board	d BSLE	3	
	{ 1	Х	50	on 1	1:05 E	Kick				
	{ 1	Х	100	on	2:10	Kick				
900	1x{2	Х	150	on	2:20	Pull r	no br	L.10	yds	
	{ 2	Х	150	on	2:20	Pull r	no br	L.12	yds	
	{ 2	Х	150	on	2:20	Pull r	no br	L.14	yds	
250	5x{1	Х	25 (on :	:50 Sc	culling	g dril	lls		
	{ 1	Х	25 (on :	:30 12	2.5 ez	12.5	fast	grt	finishes
2,200	1x{1	Х	300	on	4:45	Freest	tyle			
	{ 2	Х	275	on	4:25	Freest	tyle			
	{ 3	Х	250	on	4:00	Freest	tyle			
	{ 3	Х	200	on	3:15	Freest	tyle			
200	1	Х	200	on	3:00	Stroke	e Dril	lls		
	1	OI	n 11	:00	Stret	tch and	d Ice			

5:36 PM 5,450 Yards - Stress Value = 57

Workout #5206 - Monday, 07 January 2008 HighSchl - Gold 1 minute rest between sets

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

1 on 11:00 Stretch and Ice

Workout #5204 - Monday, 07 January 2008 HighSchl - Bronze 1 minute rest between sets

HighSchl - Gold 1 minute rest between sets

					3:00 PM Start
	5:30 AM Start			Yards	Set Description
Yards	Set Description	EGY	WORF	=====	=======================================
	=======================================	===	====		1 on 30:00 Physio Ball Abs/Stretch
	1 on 35:00 Weights and Stretch		I	700	1 x 700 on 12:00 400 SKPS 300 Drill
300	1 x 300 on 7:00 Swim-kick-pull-swim	REC	٤	150	10 x 15 on :45 Shooters
150	10 x 15 on :45 Shooters	SP3	٤	500	5 x 100 on 1:30 Freestyle-Hold 1:20
450	6 x 75 on 1:35 Pull no br L.12 yds	EN1	E	900	1 x 900 on 19:00 Social Kick
900	1x{1 x 150 on 3:00 Freestyle	EN2	٤	500	5 x 100 on 1:35 Freestyle-hold 120
	{1 x 150 on 2:55 Freestyle	EN2	٤	750	5 x 150 on 2:20 Pulls
	{1 x 150 on 2:50 Freestyle	EN2	٤	500	5 x 100 on 1:40 Freestyle-hold 1:20
	{1 x 150 on 2:45 Freestyle	EN2	٤	200	4x{1 x 25 on :50 Sculling drills
	{1 x 150 on 2:40 Freestyle	EN2	٤		$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	{1 x 150 on 2:35 Freestyle	EN2	٤	500	5 x 100 on 1:45 Freestyle-hold 120
200	1 x 200 on 3:00 Stroke Drills	REC	Γ	200	1 x 200 on 4:00 Stroke Drills
	1 on 11:00 Stretch and Ice		N		1 on 9:00 Techniques-Relay Starts
	7:05 AM 2,000 Yards - Stress Value = 28	3			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

Workout #5212 - Wednesday, 09 January 2008 HighSchl - Silver 1 minute rest between sets

HighSchl - Bronze
1 minute rest between sets

3:00 PM Start	2.00 PM (0)
Yards Set Description	3:00 PM Start Yards Set Description
1 on 30:00 Physio Balls/Stretch 400 1 x 400 on 9:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 1,000 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	Yards Set Description
{2 x 275 on 5:00 Freestyle {3 x 250 on 4:30 Freestyle {1 x 200 on 3:35 Freestyle	1 on 8:00 Techniques-Relay Starts 1 on 12:00 Stretch and Ice 5:34 PM 4,600 Yards - Stress Value = 42
250 1 x 250 on 5:00 Stroke Drills 1 on 11:00 Stretch and Ice	Workout #5209 - Wednesday, 09 January 2008

Workout #5210 - Wednesday, 09 January 2008 HighSchl - Platinum

5:34 PM 4,900 Yards - Stress Value = 52

3:00 PM Start Yards Set Description 1 minute rest between sets _____ _____ 1 on 30:00 Physio Ball Abs/Stretch 3:00 PM Start 600 1 x 600 on 12:00 400 SKPS 200 Drill Set Description Yards 10 x 15 on :45 Shooters 150 400 4 x 100 on 2:00 Freestyle-Hold 145 1 on 30:00 Physio Ball Abs/Stretch 1 x 800 on 19:00 Social Kick 1 x 800 on 12:00 400 SKPS 400 Drill 800 800 400 4 x 100 on 2:05 Freestyle-hold 145 10 x 15 on :45 Shooters 150 600 4 x 150 on 2:50 Pulls 500 5 x 100 on 1:20 Freestyle-Hold 1:10 400 4 x 100 on 2:10 Freestyle-hold 145 1 x 1000 on 20:00 Social Kick 1,000 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ 500 5 x 100 on 1:25 Freestyle-hold 110 $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 900 6 x 150 on 2:05 Pulls 400 4×100 on 2:15 Freestyle-hold 145 500 5 x 100 on 1:30 Freestyle-hold 1:10 200 1 x 200 on 4:00 Stroke Drills 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ 1 on 8:00 Techniques-Relay Starts $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 1 on 12:00 Stretch and Ice 5 x 100 on 1:35 Freestyle-hold 1:10 5:35 PM 4,150 Yards - Stress Value = 38200 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Techniques-Relay Starts

5:35 PM 5,250 Yards - Stress Value = 47

1 on 12:00 Stretch and Ice

Workout #5213 - Friday, 11 January 2008 HighSchl - IM'ers 1 minute rest between sets 30 AM Start Set Description

	5:30 AM Start	
Yards	Set Description	EC
=====	=======================================	==
	1 on 35:00 Weights and Stretch	
400	1 x 400 on 7:00 Reverse IM drill	RE
150	10 x 15 on :45 Shooters	SI
600	6 x 100 on 1:20 Lungbuster pulls	EN
	breathe 3-5-7-9 by the 25	
1,200	3x{1 x 100 on 1:25 Individual Medley	EN
	{1 x 100 on 1:20 Individual Medley	EN
	{1 x 100 on 1:15 Individual Medley	EN
	{4 x 25 on :30 Free-great effort no breath	EN
	{ last half of pool-GREAT FINISHES!!!	
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	3:00 PM Start Set Description					
	1 on 25:00 10 min abs/stretch					
500	1 x 500 on 8:00 Choice					
	10 x 15 on :45 Shooters					
800	8x{1 x 25 on :40 Heads Ups Kicking					
	{1 x 25 on :01 10sec vert kick 20 yard sprint					
	{ IM order					
	$\{1 \times 50 \text{ on } 1:29 \text{ Freestyle}$					
600	12 x 50 on 1:00 Pulls-nbbf&w +					
	1 on 15:00 Techniques-TN turn drills					
1,125	$3x\{1 \times 75 \text{ on } 1:10 \text{ Free } 1-2-3 \text{ fly kick off walls}$					
	$\{1 \times 75 \text{ on } 1:10 \text{ Free } 2-3-4 \text{ fly kick off walls} \}$					
	$\{1 \times 75 \text{ on } 1:10 \text{ Free } 3-4-5 \text{ fly kick off walls} \}$					
	$\{1 \times 75 \text{ on } 1:10 \text{ Free } 4-5-6 \text{ fly kick off walls} \}$					
	$\{1 \times 75 \text{ on } 1:10 \text{ Free } 5-6-7 \text{ fly kick off walls} \}$					
	{ all breakouts to be 100%					
250	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

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

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

3:00 PM Start

Yards	Set Description
	1 on 25:00 10 min abs/stretch
400	1 x 400 on 8:00 Choice
150	10 x 15 on :45 Shooters
800	8x{1 x 25 on :40 Heads Ups Kicking
	{1 x 25 on :01 10sec vert kick 20 yard sprint
	{ IM order
	{1 x 50 on 1:29 Freestyle
600	12 x 50 on 1:00 Pulls-nbbf&w +
	1 on 15:00 Techniques-TN turn drills
975	$3x{1 \times 75}$ on 1:20 Free 1-2-3 fly kick off walls
	$\{1 \times 75 \text{ on } 1:20 \text{ Free } 2-3-4 \text{ fly kick off walls} \}$
	$\{1 \times 75 \text{ on } 1:20 \text{ Free } 3-4-5 \text{ fly kick off walls} \}$
	$\{1 \times 75 \text{ on } 1:20 \text{ Free } 4-5-6 \text{ fly kick off walls} \}$
	{1 x 25 on :30 Free 7 fly kick off walls
	{ all breakouts to be 100%
250	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

5:30 AM Start Yards Set Description ===== ______ 1 on 35:00 Weights and Stretch 300 1 x 300 on 7:00 200 Rev IM drill-100 free dr 10 x 15 on :45 Shooters 150 3 x 100 on 2:00 Lungbuster pulls breathe 3-5-7-9 by the 25 800 $2x\{1 \times 100 \text{ on } 2:15 \text{ Individual Medley}$ {1 x 100 on 2:10 Individual Medley {1 x 100 on 2:05 Individual Medley $\{4 \text{ x } 25 \text{ on } : 40 \text{ Free-great effort no breath} \}$ { last half of pool-GREAT FINISHES!!! 200 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	

Yards	3:00 PM Start Set Description	$\{4 \times 125 \text{ on } 1:55 \text{ Kick w/fins} $ 1,150 $1x\{1 \times 150 \text{ on } 2:20 \text{ Pulls with snorkels} $ $\{2 \times 125 \text{ on } 1:55 \text{ Pulls with snorkels} \}$
350 150 400		{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 2,050 1x{1 x 100 on 1:20 Freestyle
600	12 x 50 on 1:00 Pulls-nbbf&w + 1 on 15:00 Techniques-TN turn drills	{4 x 125 on 2:30 Freestyle {2 x 100 on 1:20 Freestyle {3 x 125 on 2:30 Freestyle
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	{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
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	300 1 x 300 on 6:00 Stroke Drills 1 on 14:00 Stretch and Ice

Workout #5220 - Saturday, 12 January 2008 HighSchl - Platinum 1 minute rest between sets

Workout #5222 - Saturday, 12 January 2008 HighSchl - Bronze 1 minute rest between sets

9:36 AM 5,775 Yards - Stress Value = 141

 $\{2 \times 125 \text{ on } 2:05 \text{ Kick w/fins} \}$

 $\{2 \times 25 \text{ on } : 30 \text{ Undr Wtr Fly Kck}$ {3 x 125 on 2:00 Kick w/fins {2 x 25 on :30 Undr Wtr Fly Kck $\{4 \times 125 \text{ on } 1:55 \text{ Kick w/fins} \}$

 $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$

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} {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} {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} {3 x 125 on 2:10 Kick w/fins}	7:00 AM Start Yards Set Description	7:00 AM Start Yards Set Description
{4 x 125 on 1:45 Kick w/fins	1 on 30:00 Stomach and Stretch 525	375

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 Yards Set Description ===== HighSchl - Back 1 on 35:00 Weights and Stretch 1 minute rest between sets 400 1 x 400 on 7:00 Swim-kick-pull-swim 4:32 PM Start 500 1x{2 x 75 on 1:00 Pull no br L.6 yds EN2 Set Description EGY V Yards {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 {1 x 50 on :45 Pull no br L.15 yds EN1 2,600 1x{2 x 25 on :45 Bathtub drill 16 strokes EN2 {3 x 100 on 1:25 Backstroke EN2 1,400 7 x 200 on 2:50 Freestyle-descend in 3's EN2 {4 x 25 on :45 Bathtub drill 14 strokes EN2 hold #7 as fast as #6 {3 x 100 on 1:20 Backstroke EN2 1 x 250 on 4:00 Stroke Drills REC {6 x 25 on :45 Bathtub drill 12 strokes EN2 1 on 10:00 Stretch and Ice {3 x 100 on 1:15 Backstroke EN2 7:06 AM 2,700 Yards - Stress Value = 42 {8 x 25 on :45 Bathtub drill 10 strokes EN2 {6 x 50 on :38 Backstroke EN2 Workout #5228 - Monday, 14 January 2008 {6 x 25 on :45 Bathtub drill 8 strokes EN2 EN2 HighSchl - Gold {6 x 50 on :40 Backstroke $\{4\ x\ 25\ on\ : 45\ Bathtub\ dril\ 6\ strokes\ EN2$ 1 minute rest between sets {6 x 50 on :42 Backstroke EN2 $\{2 \times 25 \text{ on } : 45 \text{ Bathtub drill } 4 \text{ strokes } \text{EN2}$ 3:00 PM Start 250 1 x 250 on 4:00 Stroke Drills REC Yards Set Description 1 on 10:00 Stretch and Ice ====== _____ 5:35 PM 2,850 Yards - Stress Value = 52 1 on 30:00 Physio Balls/Stretch 450 1 x 450 on 8:00 Swim-kick-pull-swim Workout #5226 - Monday, 14 January 2008 850 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ HighSchl - Distance {2 x 75 on 1:20 Kick 1 minute rest between sets $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {2 x 100 on 1:50 Kick 5:30 AM Start {4 x 25 on :45 Kick no board BSLR Yards Set Description {2 x 100 on 1:50 Kick ===== 1 x 100 on 2:00 Kick for Time 1 on 35:00 Weights and Stretch 1 on 35:00 Weights and Street. 1 x 400 on 7:00 Swim-kick-pull-swim REC SP3 800 $1x\{1 \ x \ 150 \ on \ 2:10 \ Pull \ no \ br \ L.6 \ yds$ {2 x 150 on 2:05 Pull no br L.9 yds 10×15 on :45 Shooters 150 100 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 {2 x 125 on 1:40 Pull no br L.12 yds {1 x 100 on 1:20 Pull no br L.15 yds 250 $5x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$ 4:30 PM 2,600 Yards - Stress Value = 47 1,600 8 x 200 on 2:30 Freestyle-descend in 4's EN2 1 x 250 on 4:00 Stroke Drills REC 250 Workout #5232 - Monday, 14 January 2008 1 on 10:00 Stretch and Ice HighSchl - Gold 7:06 AM 3,000 Yards - Stress Value = 48 1 minute rest between sets Workout #5227 - Monday, 14 January 2008 4:32 PM Start HighSchl - Platinum Yards Set Description EGY W 1 minute rest between sets 2,300 1x{2 x 25 on :45 Bathtub drill 16 strokes EN2 3:00 PM Start {3 x 100 on 1:40 Backstroke EN2 Yards Set Description {4 x 25 on :45 Bathtub drill 14 strokes EN2 {3 x 100 on 1:35 Backstroke 1 on 30:00 Physio Balls/Stretch {6 x 25 on :45 Bathtub drill 12 strokes EN2 500 1 x 500 on 8:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters {3 x 100 on 1:30 Backstroke EN2 150 {8 x 25 on :45 Bathtub drill 10 strokes EN2 900 1x{4 x 25 on :45 Kick no board BSLR {4 x 50 on :45 Backstroke {2 x 75 on 1:10 Kick {6 x 25 on :45 Bathtub drill 8 strokes EN2 {4 x 25 on :45 Kick no board BSLR {4 x 50 on :47 Backstroke {2 x 100 on 1:35 Kick EN2 {4 x 25 on :45 Bathtub dril 6 strokes {4 x 25 on :45 Kick no board BSLR {4 x 50 on :50 Backstroke EN2 {2 x 125 on 2:00 Kick {2 x 25 on :45 Bathtub drill 4 strokes EN2 1 x 100 on 2:00 Kick for Time 100 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Stretch and Ice 900 1x{1 x 150 on 2:00 Pull no br L.6 yds {2 x 150 on 1:55 Pull no br L.9 yds 5:35 PM 2,550 Yards - Stress Value = 46 ${3 \times 150 \text{ on } 1:50 \text{ Pull no br L.12 yds}}$

Workout #5224 - Monday, 14 January 2008 HighSchl - Gold 1 minute rest between sets

4:31 PM 2,800 Yards - Stress Value = 48

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

250 $5x{1 x 25 on :50 Sculling drills}$

Workout #5223 - Monday, 14 January 2008 Yards Set Description ===== HighSchl - Silver 1 on 35:00 Weights and Stretch 1 minute rest between sets 300 1 x 300 on 7:00 Swim-kick-pull-swim REC 150 10×15 on :45 Shooters 5:30 AM Start 450 1x{2 x 75 on 1:15 Pull no br L.6 yds Yards Set Description EGY {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 on 35:00 Weights and Stretch 5 x 200 on 3:40 Freestyle-descend 1-4 EN2 1 x 350 on 7:00 Swim-kick-pull-swim 350 hold #5 as fast as #4 10 A 13 on :45 Shooters SP3 500 1x{2 x 75 on 1:05 Pull no br L.6 yds EN2 {2 x 75 on 1:10 Pull no br L.9 yds EN2 {2 x 75 on 1:15 Pull no br L.12 vds 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 {2 x 75 on 1:15 Pull no br L.12 yds EN1 {1 x 50 on :50 Pull no br L.15 yds EN1 Workout #5230 - Monday, 14 January 2008 1,200 6 x 200 on 3:00 Freestyle-descend in 3's EN2 HighSchl - Bronze 250 1 x 250 on 5:00 Stroke Drills 1 on 10:00 Stretch and Ice 1 minute rest between sets 7:05 AM 2,450 Yards - Stress Value = 38 3:00 PM Start Workout #5229 - Monday, 14 January 2008 Yards Set Description ===== _____ HighSchl - Silver 1 on 30:00 Physio Balls/Stretch 1 minute rest between sets 300 1 x 300 on 8:00 Swim-kick-pull-swim 3:00 PM Start 700 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ Set Description Yards {2 x 75 on 1:45 Kick _____ ===== {4 x 25 on :45 Kick no board BSLR 1 on 30:00 Physio Balls/Stretch {2 x 100 on 2:15 Kick 400 1 x 400 on 8:00 Swim-kick-pull-swim {4 x 25 on :45 Kick no board BSLR 10 x 15 on :45 Shooters 150 {1 x 50 on 1:10 Kick 800 1x{4 x 25 on :45 Kick no board BSLR 100 1 x 100 on 2:00 Kick for Time {2 x 75 on 1:30 Kick 600 1x{1 x 150 on 2:30 Pull no br L.6 yds $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {2 x 150 on 2:40 Pull no br L.9 yds {2 x 100 on 2:00 Kick {1 x 150 on 2:50 Pull no br L.12 yds {4 x 25 on :45 Kick no board BSLR 250 $5x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 150 on 3:00 Kick {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1 x 100 on 2:00 Kick for Time 4:30 PM 2,100 Yards - Stress Value = 42 750 1x{1 x 150 on 2:20 Pull no br L.6 yds {2 x 150 on 2:15 Pull no br L.9 yds Workout #5234 - Monday, 14 January 2008 {2 x 150 on 2:10 Pull no br L.12 yds HighSchl - Bronze 250 $5x{1 x 25 on :50 Sculling drills}$ $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 1 minute rest between sets 4:31 PM 2,450 Yards - Stress Value = 45 4:32 PM Start Workout #5233 - Monday, 14 January 2008 Yards Set Description EGY W HighSchl - Silver 1,850 $1x{2}$ x 25 on :45 Bathtub drill 16 strokes EN2 1 minute rest between sets {2 x 100 on 2:10 Backstroke {4 x 25 on :45 Bathtub drill 14 strokes EN2 4:32 PM Start {2 x 100 on 2:05 Backstroke Yards Set Description EGY V {6 x 25 on :45 Bathtub drill 12 strokes EN2 ______ ===== {2 x 100 on 2:00 Backstroke 2,150 1x{2 x 25 on :45 Bathtub drill 16 strokes EN2 {8 x 25 on :45 Bathtub drill 10 strokes EN2 {3 x 100 on 1:50 Backstroke EN2 {4 x 25 on :45 Bathtub drill 14 strokes EN2 {5 x 50 on :55 Backstroke EN2 {6 x 25 on :45 Bathtub drill 8 strokes EN2 {3 x 100 on 1:45 Backstroke EN2 {3 x 50 on 1:00 Backstroke EN2 {6 x 25 on :45 Bathtub drill 12 strokes EN2 {4 x 25 on :45 Bathtub dril 6 strokes EN2 {3 x 100 on 1:40 Backstroke EN2 {1 x 50 on 1:05 Backstroke EN2 {8 x 25 on :45 Bathtub drill 10 strokes EN2 {2 x 25 on :45 Bathtub drill 4 strokes EN2 {3 x 50 on :50 Backstroke EN2 {6 x 25 on :45 Bathtub drill 8 strokes EN2 250 1 x 250 on 5:00 Stroke Drills 1 on 10:00 Stretch and Ice REC {3 x 50 on :52 Backstroke EN2 5:34 PM 2,100 Yards - Stress Value = 37 {4 x 25 on :45 Bathtub dril 6 strokes EN2 {3 x 50 on :54 Backstroke EN2 $\{2 \times 25 \text{ on :} 45 \text{ Bathtub drill 4 strokes EN2}$ 1 x 250 on 4:00 Stroke Drills 250

Workout #5225 - Monday, 14 January 2008 HighSchl - Bronze 1 minute rest between sets

1 on 10:00 Stretch and Ice 5:35 PM 2,400 Yards - Stress Value = 43

Workout #5240 - Wednesday, 16 January 2008 HighSchl - Breast

1 minute rest between sets

	4:39 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
2,600	$4x{1 x 100 on 1:30 75 free 25 breast}$	EN1	S	\subset
	$\{1 \times 100 \text{ on } 1:35 50 \text{ free } 50 \text{ breast}$	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	
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle}$	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		

Workout #5235 - Wednesday, 16 January 2008 HighSchl - Platinum 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	
	1 on 35:00 Weights and Stretch
600	1 x 600 on 9:00 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	$5x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	4:38 PM 3,200 Yards - Stress Value = 42

Workout #5238 - Wednesday, 16 January 2008 HighSchl - Gold 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	
550	1 on 35:00 Weights and Stretch 1 x 550 on 9:00 L.25 of each 100 non free
150	10 x 15 on :45 Shooters
1,050	$3x{4 \times 25}$ 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	$5x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
	4:38 PM 2,875 Yards - Stress Value = 38

Workout #5241 - Wednesday, 16 January 2008 HighSchl - Gold 1 minute rest between sets

	4:39 PM Start								
Yards	Yards Set Description								
=====	=======================================	===	====	=					
2,400	$4x{1 x 100 on 1:35 75 free 25 breast}$	EN1	S	(
	{1 x 100 on 1:40 50 free 50 breast	EN1	S						
	{1 x 100 on 1:45 25 free 75 breast	EN1	S						
	$\{4 \times 25 \text{ on } : 30 \text{ Breaststroke-} 100\%$	EN2	S						
	{3 x 50 on :55 Breast 2X pullouts	EN2	S						
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC	S						
200	1 x 200 on 4:00 Stroke Drills REC								
	1 on 8:00 Stretch and Ice								

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

Workout #5236 - Wednesday, 16 January 2008 HighSchl - Silver

1 minute re	st between sets
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	3:00 PM Start
Yards	Set Description
=====	=======================================
	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 #5242 - Wednesday, 16 January 2008 HighSchl - Silver

1 minute rest between sets

	4:39	PM Start								
Yards	Se	et Description	EGY	WORK	٤					
	==		===	====	=					
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	{2 x 50 on 1:00 Breast 2X pullouts EN2								
	{ 1	x 50 on 1:00 Freestyle	REC	S						
200	1	1 x 200 on 4:00 Stroke Drills REC D								
	1	on 8:00 Stretch and Ice M								
	5:34	5:34 PM 2,400 Yards - Stress Value = 28								

Workout #5237 - Wednesday, 16 January 2008 HighSchl - Bronze 1 minute rest between sets

3:00 PM Start
Set Description
=======================================
1 on 35:00 Weights and Stretch
1 x 500 on 9:00 L.25 of each 100 non free
10 x 15 on :45 Shooters
3x{4 x 25 on :45 Kick no board BSLR
{1 x 100 on 2:15 Kick
{2 x 50 on 1:05 Kick
6 x 100 on 1:50 Lungbuster pulls
Odds breathe 2-5-7-9 cont. evens 2-4-6-8
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

3:00 PM Start

Workout #5239 - Wednesday, 16 January 2008 HighSchl - Bronze 1 minute rest between sets

	4:39	PM Start								
Yards	Se	et Description	EGY	WORK S						
=====	==		===	==== =						
1,950	3x{1	x 100 on 2:00 75 free 25 breast	EN1	SC						
	{ 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	{3 x 50 on 1:10 Breast 2X pullouts EN2								
	{ 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							

Workout #5246 - Thursday, 17 January 2008 HighSchl - Fly

1 minute rest between sets

Yards	1
500 150	1 on 30:00 Physio Balls Abs//Stretch 1 x 500 on 8:00 Underwater trn drill
	$1 \times \{1 \times 400 \text{ on } 6:00 \text{ Kick with flippers} $ $\{1 \times 300 \text{ on } 4:15 \text{ Kick with flippers} $ $\{1 \times 200 \text{ on } 2:40 \text{ Kick with flippers} $
1,300	{1 x 100 on 1:15 Kick with flippers 1x{1 x 200 on 2:45 Pulls {3 x 100 on 1:10 Pulls (1 x 50 on 1:00 Pulls 2 breaths total
	{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	<pre>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</pre>
	{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 1up 1down {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 1up 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 #5244 - Thursday, 17 January 2008 HighSchl - Gold 1 minute rest between sets

	3:00	PΜ	St	art	5				
Yards	Se	Set Description							
	==	=======================================							
	1	1 on 30:00 Physio Balls Abs//Stretch							
450	1	Х	450	on	8:00	Under	rwater	trn drill	
150	10	Х	15	on	:45 8	Shoote	ers		
1,000	1x{1	Х	400	on	6:00	Kick	with	flippers	
	{ 1	Х	300	on	4:15	Kick	with	flippers	
	{ 1	Х	200	on	2:40	Kick	with	flippers	
	{ 1	Х	100	on	1:15	Kick	with	flippers	
1,200	1x{1	Х	200	on	3:00	Pulls	3		
	{ 3	Х	100	on	1:20	Pulls	3		

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

Workout #5243 - Thursday, 17 January 2008 HighSchl - Silver 1 minute rest between sets

i minute rest between sets

2.00 DM C+ax+

	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
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls } 3 \text{ breaths total} \}$
	{2 x 200 on 3:10 Pulls
	{2 x 100 on 1:30 Pulls
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls } 2 \text{ breaths total} \}$
250	5x{1 x 25 on :50 Sculling drills
	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
2,800	$2x{3 \times 100 \text{ on } 1:50 \text{ 3 strokes fly off walls}}$
	{ no breath on 1st stroke off wall-flip truns
	{ 2nd set-7 kicks under water-breathe on all
	$\{2 \text{ x } 25 \text{ on } : 30 \text{ Butterfly-breathe every strok} \epsilon$
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$
	${3 \times 100 \text{ on } 1:45 \text{ 3 strokes fly off walls}}$
	{ no brth on 1st 2 strokes off wall-flip turn
	{ 2nd set-7 kicks under water breathe on all
	{2 x 25 on :30 Butterfly lup ldown
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$
	${3 \times 100 \text{ on } 1:40 \text{ 3 strokes fly off walls}}$
	{ no breath on fly strokes-all open turns
	{ 2nd set-7 kicks under water breathe on all
	{2 x 25 on :30 Butterfly 1up 2 down
	$\{1 \times 250 \text{ on } 5:00 \text{ Freestyle}$
	1 on 13:00 Stretch and Ice
	5:35 PM 5,650 Yards - Stress Value = 85

Workout #5245 - Thursday, 17 January 2008 HighSchl - Bronze 1 minute rest between sets

Yards	3:00 PM Start Set Description
350 150	<pre>1 on 30:00 Physio Balls Abs//Stretch 1 x 350 on 8:00 Underwater trn drill</pre>
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
250	{1 x 50 on 1:10 Pulls 2 breaths total 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 1up 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 1up 2 down {1 x 250 on 6:00 Freestyle
	1 on 13:00 Stretch and Ice

Workout #5248 - Friday, 18 January 2008 HighSchl - IM'ers 1 minute rest between sets

5:35 PM 4,950 Yards - Stress Value = 73

	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	1×750 on $10:00$ Pulls-nbbf&w + 2 yds	EN1	
1,200	$1x\{2 x 125 \text{ on } 1:50 \text{ IM with } 50 \text{ fly}$	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	$\{2 \times 125 \text{ on } 1:50 \text{ IM with } 50 \text{ back}$	EN2	
	{3 x 50 on :40 Freestyle-descend	EN2	
	$\{2 \times 125 \text{ on } 1:50 \text{ IM with } 50 \text{ breast}$	EN2	
	{3 x 50 on :35 Freestyle-descend	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

{3 x 50 on 1:00 Kick
{1 x 50 on 1:00 Kick-Great Effort
600
200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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	$1x\{2 \ x \ 125 \ on \ 2:00 \ IM \ with \ 50 \ fly$	EN1	
	${3 \times 50 \text{ on } :50 \text{ Freestyle-descend}}$	EN1	
	$\{2 \times 125 \text{ on } 2:00 \text{ IM with } 50 \text{ back} $	EN2	
	${3 \times 50 \text{ on } :45 \text{ Freestyle-descend}}$	EN2	
	$\{2 \times 125 \text{ on } 2:00 \text{ IM with } 50 \text{ breast}$	EN2	
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle-descend} \}$	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

Yards	5:30 AM Start 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	EN1	
	{2 x 50 on :55 Freestyle-descend	EN1	
	{2 x 125 on 2:10 IM with 50 back	EN2	
	{2 x 50 on :50 Freestyle-descend	EN2	
	{2 x 125 on 2:10 IM with 50 breast	EN2	
	{1 x 50 on :45 Freestyle-descend	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 #5247 - Friday, 18 January 2008 HighSchl - Bronze 1 minute rest between sets

5:30 AM Start		
Set Description	EGY	WC
=======================================	===	==
1 on 35:00 Weights and Stretch		
1 x 300 on 7:00 Reverse IM drill	REC	
10 x 15 on :45 Shooters	SP3	
1×500 on $10:00$ Pulls-nbbf&w + 2 yds	EN1	
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	
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		
	Set Description 1 on 35:00 Weights and Stretch 1 x 300 on 7:00 Reverse IM drill 10 x 15 on :45 Shooters 1 x 500 on 10:00 Pulls-nbbf&w + 2 yds 1x{2 x 100 on 2:10 Individual Medley {3 x 50 on 1:00 Freestyle-descend {2 x 100 on 1:00 Individual Medley {2 x 50 on :55 Freestyle-descend {2 x 100 on 2:00 Individual Medley {2 x 50 on :50 Freestyle-descend 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Stretch and Ice	Set Description EGY 1 on 35:00 Weights and Stretch 1 x 300 on 7:00 Reverse IM drill REC 10 x 15 on :45 Shooters SP3 1 x 500 on 10:00 Pulls-nbbf&w + 2 yds EN1 EN1 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 50 on :50 Freestyle-descend EN2 {2 x 50 on :50 Freestyle-descend EN2 1 x 200 on 4:00 Stroke Drills REC 1 on 10:00 Stretch and Ice REC

Workout #5252 - Monday, 21 January 2008 HighSchl - Distance 1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 35:00 Weights and Stretch
800	1 x 800 on 12:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	2x{4 x 25 on :45 Kick no board BSLR
1,200	{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
1,000	{2 x 125 on 1:40 Pull no br L.10 yds
	{2 x 125 on 1:40 Full no br L.10 yds {2 x 125 on 1:35 Pull no br L.12 yds
	•
250	{2 x 125 on 1:30 Pull no br L.14 yds
250	5x{1 x 25 on :50 Sculling drills
0 000	{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
250	{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 Descrip	ption
	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	\times 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	\times 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

Yards	3:00 PM Start Set Descrip	
=====	========	
	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

Yards	Se	AM Start et Description
		on 35:00 Weights and Stretch
700		x 700 on 12:00 Swim-kick-pull-swim
		0 x 15 on :45 Shooters
		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	\times 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
		x 100 on 1:50 Free breathe 3-5-7-3 by 25's
250		x 50 on 1:00 Stroke Drills
		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

Yards	3:00 PM Start 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
	$\{1 \text{ x } 100 \text{ on } 1\text{:}50 \text{ Free breathe } 3\text{-}5\text{-}7\text{-}3 \text{ by } 25\text{'s} \}$
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

Workout #5254 - Monday, 21 January 2008 HighSchl - Bronze 1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 35:00 Weights and Stretch
600	1 x 600 on 12:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	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
	$\{2 \times 100 \text{ on } 2:00 \text{ Pull no br L.10 yds}$
	$\{2 \times 100 \text{ on } 1:55 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 50 \text{ on } : 50 \text{ Pull no br L.14 yds}$
250	5x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,500	5x{1 x 200 on 4:00 Free-hold time I give you
	$\{1 \times 100 \text{ on } 2:00 \text{ Free breathe } 3-5-7-3 \text{ by } 25' \}$
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 #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

 $\{1 \times 50 \text{ on } 1:30 \text{ Kick w/shoes}$ $\{1 \times 75 \text{ on } 2:00 \text{ Kick w/shoes}$

 $\{2 \times 100 \text{ on } 2:30 \text{ Kick w/shoes}$

	{ 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
	{ 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	8x8	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 #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	$1x\{1 \times 25 \text{ on } 1:00 \text{ Kick w/shoes}$
	{1 x 50 on 1:30 Kick w/shoes
	$\{1 \times 75 \text{ on } 2:00 \text{ Kick w/shoes}$
	{2 x 100 on 2:30 Kick w/shoes
	$\{1 \times 75 \text{ on } 2:00 \text{ Kick w/shoes}$
	{1 x 50 on 1:30 Kick w/shoes
	$\{1 \times 25 \text{ on } 1:00 \text{ Kick w/shoes}$
	{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	$8x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$
	{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 #5262 - Tuesday, 22 January 2008 HighSchl - Silver 1 minute rest between sets	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
3:00 PM Start Yards Set Description	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
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 $1x\{1 \times 25 \text{ on } 1:00 \text{ Kick w/shoes}$	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
{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	Workout #5264 - Wednesday, 23 January 2008 HighSchl - Gold 1 minute rest between sets
{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	3:00 PM Start Yards Set Description
$\{2 \times 150 \text{ on } 2:10 \text{ Pulls} $ $\{2 \times 100 \text{ on } 1:25 \text{ Pulls} $ $200 \ 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills} $ $\{1 \times 25 \text{ on } :30 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} $	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
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	or 5 X 75 Stroke or IM@ 1:20 + 1 X 25 choic 1,000
5:35 PM 4,650 Yards - Stress Value = 74 Workout #5263 - Tuesday, 22 January 2008	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
HighSchl - Bronze 1 minute rest between sets	200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } :30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$ 400 $4 \times 100 \text{ on } 1:40 \text{ Freestyle-good effort}$
3:00 PM Start Yards Set Description	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
1 20.00 0+	0.00 111 0/100 14140 001000 14140 17
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	Workout #5265 - Wednesday, 23 January 2008 HighSchl - Silver 1 minute rest between sets 3:00 PM Start
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 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 2:10 Pulls }	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
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 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	Workout #5265 - Wednesday, 23 January 2008 HighSchl - Silver 1 minute rest between sets 3:00 PM Start Yards Set Description ===================================
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 50 on 1:45 Kick w/shoes {1 x 25 on 1:15 Kick w/shoes {4 x 100 on 2:15 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 {1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes	Workout #5265 - Wednesday, 23 January 2008 HighSchl - Silver 1 minute rest between sets 3:00 PM Start Set Description ===================================
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 75 on 2:15 Kick w/shoes {1 x 75 on 2:15 Kick w/shoes {1 x 50 on 1:45 Kick w/shoes {1 x 50 on 1:45 Kick w/shoes {1 x 25 on 1:15 Kick w/shoes {1 x 25 on 2:15 Kick w/shoes {4 x 100 on 2:15 Kick 850 1x{2 x 125 on 2:20 Pulls {2 x 125 on 2:10 Pulls {2 x 125 on 2:10 Pulls {1 x 25 on :50 Sculling drills {1 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	Workout #5265 - Wednesday, 23 January 2008 HighSchl - Silver 1 minute rest between sets 3:00 PM Start Set Description
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 75 on 2:15 Kick w/shoes {1 x 75 on 2:15 Kick w/shoes {1 x 50 on 1:45 Kick w/shoes {1 x 50 on 1:45 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 2:15 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 :30 Sculling drills {1 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	### Workout #5265 - Wednesday, 23 January 2008 HighSchl - Silver 1 minute rest between sets 3:00 PM Start 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

250

1 x 250 on 4:00 Stroke Drills 1 on 10:00 Stretch and Ice

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

Workout #5270 - Friday, 25 January 2008

Workout #5267 - Wednesday, 23 January 2008 HighSchl - Bronze 1 minute rest between sets

	1 minute 1est between sets	HighSchl - Silver
	3:00 PM Start	1 minute rest between sets
Yards	Set Description	
=====	1 25 00 77 1 1	== 5:30 AM Start
350	1 on 35:00 Weights 1 x 350 on 8:00 Choice	Yards Set Description EGY
150	10 x 15 on :45 Shooters	1 25.00 Weights and Objects
400	4 x 100 on 2:00 Freestyle-Good effort	1 on 35:00 Weights and Stretch 400 1 x 400 on 9:00 Reverse IM drill REC
	or 4 X 75 Stroke or IM@ 1:30+ 2 X 50 choice	
1,000	1 x 1000 on 19:00 Social Kick	400 4x{1 x 50 on :50 Pulls EN1
400	4 x 100 on 2:05 Freestyle-good effort	{1 x 50 on :55 Pulls EN1
	Or 4 X 75 Stroke or IM@ 1:35+ 2 X 50 choic	900 $3x\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ REC
600 400	6 x 100 on 2:05 Pulls	$\{1 \times 200 \text{ on } 3:45 \text{ IM-Alt } 25 \text{ stroke } 25 \text{ free EN1} \}$
400	4 x 100 on 2:10 Freestyle-good effort Or 4 X 75 Stroke of IM @ 1:40 + 2 X 50 choi	250 1 x 250 on 4:00 Stroke Drills REC
200	4x{1 x 25 on :50 Sculling drills	1 on 10.00 Screech and ice
	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes	7:05 AM 2,100 Yards - Stress Value = 16
400	4 x 100 on 2:15 Freestyle-good effort	W 45271 F 25 I 2000
	Or 4 X 75 Stroke or IM@ 1:45+ 2 X 50 choic ϵ	
350	7 x 50 on 1:00 Stroke Drills	HighSchl - Bronze
	1 on 15:00 Stretch and Ice	1 minute rest between sets
	5:35 PM 4,250 Yards - Stress Value = 40	5.20 AM C+2x+
	W 452(9 F 25 I 2009	5:30 AM Start Yards Set Description EGY
	Workout #5268 - Friday, 25 January 2008	===== =================================
	HighSchl - IM'ers	1 on 35:00 Weights and Stretch
	1 minute rest between sets	350 1 x 350 on 9:00 Reverse IM drill REC
	5:30 AM Start	150
Yards	Set Description EGY	400 4x{1 x 50 on 1:00 Pulls EN1
=====	=======================================	(2 X 23 OII .30 FULLS
	1 on 35:00 Weights and Stretch	{1 x 150 on 3:00 IM-Alt 25 stroke 25 free EN1
500	1 x 500 on 9:00 Reverse IM drill REC	
150	10 x 15 on :45 Shooters SP3	I OII 10.00 Stretch and ite
600	4x{1 x 75 on 1:05 Pulls EN1	7.00 AM 1,000 Talus Sciess value - 14
900	{1 x 75 on 1:10 Pulls EN1 3x{4 x 25 on :30 Stroke Drills REC	
900	{1 x 200 on 3:15 IM-Alt 25 stroke 25 free EN1	Workout #5280 Monday 28 Innuary 2008
250	1 x 250 on 4:00 Stroke Drills REC	G 2 D' 1
	1 on 10:00 Stretch and Ice	1 minute rest between sets
	7:05 AM 2,400 Yards - Stress Value = 18	
		3:00 PM Start
	Workout #5272 - Friday, 25 January 2008	Yards Set Description
	HighSchl - All	1 on 30:00 Physio Balls/Stretch
	1 minute rest between sets	600 1 x 600 on 9:00 Swim-kick-pull-swim
		150
	3:00 PM Start	1,100 1x{2 x 100 on 2:00 Kick
	Set Description EGY WC	(4 X 25 Oil .50 KICK NO DOALG BELK
	1 on 40:00 Physio Balls/Stretch-Team Mtg	{2 x 100 on 1:55 kick
3,000	1 x 3000 on 45:00 Swim-kick-pull-swim REC	{4 x 25 on :35 Kick no board BSLR
		12 × 100 on 1.50 Kick
	1 on 15:00 Stretch and Ice	{2 x 100 on 1:50 Kick {4 x 25 on :40 Kick no board BSLR
	<u>-</u>	
	1 on 15:00 Stretch and Ice	$\{4 \text{ x } 25 \text{ on } : 40 \text{ Kick no board BSLR} $ $\{2 \text{ x } 100 \text{ on } 1 : 45 \text{ Kick} $ 1,250 $1x\{4 \text{ x } 125 \text{ on } 1 : 40 \text{ Pull no br L.12 yds} $
	1 on 15:00 Stretch and Ice	{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
	1 on 15:00 Stretch and Ice 4:40 PM 3,000 Yards	{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 on 15:00 Stretch and Ice 4:40 PM 3,000 Yards Workout #5269 - Friday, 25 January 2008	{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
	1 on 15:00 Stretch and Ice 4:40 PM 3,000 Yards Workout #5269 - Friday, 25 January 2008 HighSchl - Gold	{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 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	{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
Yards	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 Set Description EGG	{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
Yards =====	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 Set Description EGY	{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 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 Set Description ====================================	{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 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 Set Description EGY	{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 3:00 Free-R 10 sec @100 negsplit {1 x 200 on 3:30 Stroke Drill
450 150	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 Set Description EGY	{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 3:30 Stroke Drill 250 5 x 50 on 1:00 Stroke Drills
450 150 500	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 Set Description ====================================	{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 Drills 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
450 150 500	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 Set Description EGY ====================================	{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 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 10 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
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

Yards	3:00 PM Start Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	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
	i on io. oo beleeen and ice

Workout #5279 - Monday, 28 January 2008 Group 3 - Bronze

5:33 PM 5,150 Yards - Stress Value = 78

1 minute rest between sets

Yards	3:00 PM Start 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	\times 25 on :50 12.5 ez 12.5 fast grt finishes
	{ 1	\times 25 on :30 12.5 ez 12.5 fast grt finishes
	ć	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
		x 200 on 4:00 Free-R 10 sec @100 negsplit
	•	x 50 on 1:30 Stroke Drill
250	5	x 50 on 1:00 Stroke Drills
		on 15:00 Stretch and Ice
	5:34	PM 4,550 Yards - Stress Value = 70
		Workout #5274 - Monday, 28 January 2008

Workout #5274 - Monday, 28 January 2008 HighSchl - Distance 1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WORF
	==		===	====
	1	on 35:00 Weights and Stretch		I
500	1	x 500 on 8:00 Swim-kick-pull-swim	REC	٤
150	10	0 x 15 on :45 Shooters	SP3	٤
600	1x{4	x 50 on :50 Pull no br L.12 yds	EN1	E
	{ 4	x 50 on :45 Pull no br L.10 yds	EN1	E
	{ 4	x 50 on :40 Pull no br L.8 yds	EN1	E
1,250	1x{4	x 125 on 1:40 Freestyle	EN1	٤
	{ 3	x 125 on 1:35 Freestyle	EN2	٤
	{ 2	x 125 on 1:30 Freestyle	EN2	٤
	{ 1	x 125 on 1:25 Freestyle	EN2	٤
250	1	x 250 on 4:00 Stroke Drills	REC	Γ
	1	on 11:00 Stretch and Ice		ľ
	7:05	AM $2,750$ Yards - Stress Value = 32)	

Workout #5275 - Monday, 28 January 2008 HighSchl - Gold 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORF
	1 on 35:00 Weights and Stretch		I
450	1 x 450 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
550	1x{2 x 50 on :55 Pull no br L.12 yds	EN1	E
	$\{4 \times 50 \text{ on } : 50 \text{ Pull no br L.} 10 \text{ yds}$	EN1	E
	$\{5 \times 50 \text{ on } : 45 \text{ Pull no br L.8 yds}$	EN1	E
1,125	1x{4 x 125 on 1:50 Freestyle	EN1	٤
	{3 x 125 on 1:45 Freestyle	EN2	٤
	{2 x 125 on 1:40 Freestyle	EN2	٤
225	1 x 225 on 4:00 Stroke Drills	REC	Γ
	1 on 11:00 Stretch and Ice		N
	7:05 AM 2,500 Yards - Stress Value = 29	9	

Workout #5276 - Monday, 28 January 2008 HighSchl - Silver 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
500	1x{2 x 50 on 1:00 Pull no br L.12 yds	EN1	E
	$\{4 \times 50 \text{ on } :55 \text{ Pull no br L.} 10 \text{ yds}$	EN1	E
	$\{4 \times 50 \text{ on } :50 \text{ Pull no br L.8 yds}$	EN1	E
1,125	1x{4 x 125 on 1:55 Freestyle	EN1	٤
	{3 x 125 on 1:50 Freestyle	EN2	٤
	{2 x 125 on 1:45 Freestyle	EN2	٤
225	1 x 225 on 4:00 Stroke Drills	REC	Ι
	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

Yards	5:30 AM Start Set Description	EGY	WORF
	======================================	===	====
	1 on 35:00 Weights and Stretch		I
350	1 x 350 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
450	1x{3 x 50 on 1:05 Pull no br L.12 yds	EN1	E
	{3 x 50 on 1:00 Pull no br L.10 yds	EN1	E
	{3 x 50 on :55 Pull no br L.8 yds	EN1	Ε
900	1x{4 x 100 on 1:55 Freestyle	EN1	٤
	{3 x 100 on 1:50 Freestyle	EN2	٤
	{2 x 100 on 1:45 Freestyle	EN2	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Γ
	1 on 10:00 Stretch and Ice		N
	7:05 AM 2,050 Yards - Stress Value = 2	5	

Workout #5283 - Thursday, 31 January 2008 HighSchl - Breast 1 minute rest between sets

	4:15	PM Start			
Yards	Se	et Description	EGY	WORK	ζ
=====	==		===	====	=
1,500	1x{1	\times 100 on 1:30 25 breast 75 free	EN1	S	C
	{ 6	x 25 on :30 Breast 2X pullouts	EN1	S	
	{ 2	\times 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	Ρľ	⊿ St	cart	5		
Yards	Se	et	Desc	crip	otion		Ε¢
=====	==	===		-===			==
2,000	1x{1	Х	400	on	5:20	Free L.25 of each 100 6bk	ΕN
	{ 2	Х	300	on	4:00	Free-middle 100 br ev 5	ΕN
	{ 3	Х	200	on	2:40	Freestyle-desend	ΕN

	{ 4	x 100 on 1:20 Freestyle L.25 one breath 1	ΕN
400	1x{4	x 25 on :30 Freestyle	ΕN
	{ 4	x 25 on :25 Freestyle	ΕN
	{ 4	x 25 on :20 Freestyle	ΕN
	{ 4	x 25 on :15 Freestyle	ΕN
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	•
Set Descrip	otion
========	.==============
1 on 15:00	Stretch
1 x 500 on	8:00 Underwater trn drill
10 x 15 on	:45 Cross pool sprints
$1x{2 x 25 on :}$: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
$4x{1 x 25 on :}$: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
	Set Descrip 1 on 15:00 1 x 500 on 10 x 15 on 1x{2 x 25 on : {2 x 25 on : {2 x 25 on : {4 x 50 on : 1 on 10:00 4x{1 x 25 on : {1 x 25 on :

Workout #5286 - Friday, 01 February 2008 HighSchl - Fly

1 minute rest between sets

Yards	3:00 PM Start 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	$1x\{6 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	1 on 10:00 Techniques-Relay Starts
800	$1x\{4 \times 25 \text{ on } : 25 \text{ Butterfly}$
	{1 x 100 on 1:15 Freestyle
	${3 \times 50 \text{ on } :50 \text{ Butterfly}}$
	{1 x 100 on 1:15 Freestyle
	$\{2 \times 75 \text{ on } 1:10 \text{ Butterfly}$
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:40 Butterfly
200	
	1 on 12:00 Stretch and Ice
	5:05 PM 3,250 Yards - Stress Value = 41

{1 on 1:00 Rest

{1 on 1:00 Rest

500

{4 x 125 on 1:55 Freestyle

 $\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$

 $\{4 \text{ x } 125 \text{ on } 1\text{:}45 \text{ Freestyle}$

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 #5284 - Friday, 01 February 2008 HighSchl - IM'ers

1 minute rest between sets

	1 minute rest between sets			
				Workout #5290 - Saturday, 02 February 2008
	5:30 AM Start			HighSchl - Gold
Yards	Set Description EC	GY WOF		1 minute rest between sets
=====	1 on 35:00 Weights and Stretch	== ===		
400	3	EC	,	6:00 AM Start
150		P3	Yards	
600	1 x 600 on 9:00 Pulls-nbbf&w + 2 yds EN		=====	1 05 00 10 10 10 10 10 10
		N2	450	1 on 25:00 10 Min Abs and Stretch
1,200		N2	450	1 x 450 on 8:00 Choice-must be a variety of
	· · · · · · · · · · · · · · · · · · ·	N2	1	things-kick, scull, drill, 6bk, breahing pa
		N2	150	10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts
200	· · · · · · · · · · · · · · · · · · ·	EC	750	3x{4 x 25 on :45 Kick no board BSLR
	1 on 10:00 Stretch and Ice		750	{3 x 50 on 1:00 Kick
	7:05 AM 2,550 Yards - Stress Value = 36		1.100	2x{1 x 150 on 2:20 Lungbuster pulls
			1,100	{1 x 150 on 2:15 Lungbuster pulls
	Workout #5285 - Friday, 01 February 2008			{1 x 150 on 2:10 Lungbuster pulls
	HighSchl - All			{1 x 100 on 1:30 Lungbuster pulls
	1 minute rest between sets		200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	Timilate Test between sets			$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	3:00 PM Start		2,000	$1x\{4 \times 125 \text{ on } 2:00 \text{ Freestyle}$
Yards	Set Description			{1 on 1:00 Rest
=====	=======================================			{4 x 125 on 1:55 Freestyle {1 on 1:00 Rest
	1 on 35:00 Physio Balls/Stretch/Tm Mtg			{4 x 125 on 1:50 Freestyle
400	1 x 400 on 7:00 Reverse IM drill			{1 on 1:00 Rest
150	10 x 15 on :45 Shooters			$\{4 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$
600	6 x 100 on 2:00 Kick-descend in 3's		500	
900	$1x\{6 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds}$			1 on 14:00 Stretch and Ice
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $			8:35 AM 5,150 Yards - Stress Value = 149
	$\{2 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$			
200	4x{1 x 25 on :50 Sculling drills	. ,		Workout #5288 - Saturday, 02 February 2008
	{1 x 25 on :30 12.5 ez 12.5 fast grt fir	nishes		· · · · · · · · · · · · · · · · · · ·
800	1 on 10:00 Techniques-Relay Starts			HighSchl - Silver
800	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr	rill		· · · · · · · · · · · · · · · · · · ·
800	1 on 10:00 Techniques-Relay Starts	rill rill		HighSchl - Silver 1 minute rest between sets
800	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr	rill rill rill rill	Yards	HighSchl - Silver 1 minute rest between sets 6:00 AM Start
800	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr	rill rill rill rill	Yards	HighSchl - Silver 1 minute rest between sets
800	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 1 x 200 on 3:00 Stroke Drills	rill rill rill rill	Yards	HighSchl - Silver 1 minute rest between sets 6:00 AM Start Set Description
	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 1 x 200 on 3:00 Stroke Drills 1 on 11:00 Stretch and Ice	rill rill rill rill	Yards =====	HighSchl - Silver 1 minute rest between sets 6:00 AM Start Set Description
	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 1 x 200 on 3:00 Stroke Drills	rill rill rill rill	=====	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 1 on 25:00 10 Min Abs and Stretch
	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 1 x 200 on 3:00 Stroke Drills 1 on 11:00 Stretch and Ice	rill rill rill rill	=====	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters
	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 1 x 200 on 3:00 Stroke Drills 1 on 11:00 Stretch and Ice	rill rill rill rill	400	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts
	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 1 x 200 on 3:00 Stroke Drills 1 on 11:00 Stretch and Ice 5:05 PM 3,250 Yards - Stress Value = 31	rill rill rill rill	400	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR
	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 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	rill rill rill rill	400 150 750	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick
	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludi 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	rill rill rill rill	400 150 750	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 2x{1 x 150 on 2:30 Lungbuster pulls}
200	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 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	rill rill rill rill	400 150 750	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick
200 Yards	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 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 6:00 AM Start Set Description	rill rill rill rill icrous	400 150 750	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 2x{1 x 150 on 2:30 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls
200	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 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 6:00 AM Start Set Description	rill rill rill rill icrous	400 150 750 1,000	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 2x{1 x 150 on 2:30 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls {1 x 50 on :45 Lungbuster pulls {1 x 50 on :50 Sculling drills
200 Yards =====	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 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 6:00 AM Start Set Description	rill rill rill rill icrous	400 150 750 1,000	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 2x{1 x 150 on 2:30 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls {1 x 50 on :45 Lungbuster pulls {1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
200 Yards	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000	HighSchl - Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR 3 x 50 on 1:00 Kick 2x{1 x 150 on 2:30 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls {1 x 150 on :45 Lungbuster pulls {1 x 50 on :45 Lungbuster pulls {1 x 50 on :45 Lungbuster pulls {1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{4 x 125 on 2:00 Freestyle
200 Yards =====	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000	HighSchl - Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR 3 x 50 on 1:00 Kick 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 1 x 50 on :45 Lungbuster pulls 1 x 50 on :45 Lungbuster pulls 1 x 25 on :50 Sculling drills 1 x 25 on :50 Sculling drills 1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{4 x 125 on 2:00 Freestyle 1 on 1:00 Rest
200 Yards =====	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludit 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000	HighSchl - Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR 3 x 50 on 1:00 Kick 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 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{4 x 125 on 2:00 Freestyle {1 on 1:00 Rest {4 x 125 on 1:55 Freestyle
Yards ===== 500 150	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to ludin 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 6:00 AM Start Set Description 1 on 25:00 10 Min Abs and Stretch 1 x 500 on 8:00 Choice-must be a variet things-kick, scull, drill, 6bk, breahing to the set of	rill rill rill icrous	400 150 750 1,000	HighSchl - Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 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 {1 x 50 on :45 Cungbuster pulls {1 x 50 on :45 Lungbuster pulls {1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 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 {1 on 1:00 Rest {1 on 1:00 Rest {1 on 1:00 Rest
Yards ===== 500 150 750	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to luding 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000	HighSchl - Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR 3 x 50 on 1:00 Kick 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 1 x 50 on :45 Lungbuster pulls 1 x 50 on :45 Lungbuster pulls 1 x 25 on :50 Sculling drills 1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{4 x 125 on 2:00 Freestyle 1 on 1:00 Rest 4 x 125 on 1:55 Freestyle
Yards ===== 500 150 750	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to luding 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 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 {1 x 50 on :45 Lungbuster pulls {1 x 50 on :45 Lungbuster pulls {1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 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
Yards ===== 500 150 750	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to luding 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 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 {1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{4 x 125 on 2:00 Freestyle {1 on 1:00 Rest {4 x 100 on 1:50 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle
Yards ===== 500 150 750	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to luding 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000 200 1,800	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 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 {1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{4 x 125 on 2:00 Freestyle {1 on 1:00 Rest {4 x 100 on 1:50 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle
Yards ===== 500 150 750 1,200	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to luding 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000 200 1,800	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 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 {1 x 50 on :45 Eungbuster pulls {1 x 50 on :45 Eungbuster pulls {1 x 150 on 2:20 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 {1 0 x 50 on 1:00 Stroke Drills
Yards ===== 500 150 750 1,200	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to luding 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000 200 1,800	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR 3 x 50 on 1:00 Kick 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 1 x 50 on :45 Lungbuster pulls 1 x 25 on :50 Sculling drills 1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{4 x 125 on 2:00 Freestyle 1 on 1:00 Rest 4 x 100 on 1:50 Freestyle 1 on 1:00 Rest 4 x 100 on 1:45 Freestyle 1 0 x 50 on 1:00 Stroke Drills 1 on 14:00 Stretch and Ice
Yards ===== 500 150 750 1,200	1 on 10:00 Techniques-Relay Starts 1x{1 x 200 on 3:00 175 Free 25 non free dr {1 x 175 on 2:40 150 Free 25 non free dr {1 x 150 on 2:15 125 Free 25 non free dr {1 x 125 on 1:50 100 Free 25 non free dr {3 x 50 on :50 Freestyle-descend to luding 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 6:00 AM Start Set Description	rill rill rill icrous	400 150 750 1,000 200 1,800	HighSchl-Silver 1 minute rest between sets 6:00 AM Start Set Description 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, breahing pa 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts 3x{4 x 25 on :45 Kick no board BSLR 3 x 50 on 1:00 Kick 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 1 x 50 on :45 Lungbuster pulls 1 x 50 on :50 Sculling drills 1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{4 x 125 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 1:45 Freestyle 1 ox 50 on 1:00 Stroke Drills 1 on 14:00 Stretch and Ice

Workout #5287 - Saturday, 02 February 2008	Yards	Set Description		WORF
HighSchl - Bronze 1 minute rest between sets	350	1 on 35:00 Weights and Stretch		I S
6:00 AM Start Yards Set Description	150 1,800	1x{2 x 100 on 1:40 Freestyle {2 x 200 on 3:10 Freestyle	SP3 EN1 EN1 EN1	נח נח נח נח
1 on 25:00 10 Min Abs and Stretch 350 1 x 350 on 8:00 Choice-must be a variety of things-kick, scull, drill, 6bk, breahing pa 150 10 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Starts	200	{1 x 400 on 6:00 Freestyle {1 x 200 on 3:00 Freestyle	EN1 EN1 REC	٤
600 3x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:30 Kick 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 2:05 Lungbuster pulls 200 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1,600 1x{4 x 100 on 2:00 Freestyle	Yards			WORF
1,000 1x{4 x 100 on 2:00 Freestyle {1 on 1:00 Rest {4 x 100 on 1:55 Freestyle {1 on 1:00 Rest {4 x 100 on 1:50 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle 500 10 x 50 on 1:00 Stroke Drills 1 on 14:00 Stretch and Ice	·	10 x 15 on :45 Shooters 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}	REC SP3 EN1 EN1 EN1 EN1	I 5 5 5 5 5
8:35 AM 4,200 Yards - Stress Value = 121	200	<pre>1 x 200 on 4:00 Stroke Drills 1 on 10:00 Stretch and Ice 7:05 AM 2,050 Yards - Stress Value = 20</pre>	REC	I N

Workout #5291 - Monday, 04 February 2008 HighSchl - Distance

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Weights and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
2,000	1x{2 x 100 on 1:25 Freestyle	EN1	٤
	{2 x 200 on 2:45 Freestyle	EN1	٤
	{2 x 300 on 4:00 Freestyle	EN1	٤
	{2 x 400 on 5:10 Freestyle	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	1 on 10:00 Stretch and Ice		ľ
	7:04 AM 2,750 Yards - Stress Value = 26	;	

Workout #5292 - Monday, 04 February 2008 HighSchl - Gold 1 minute rest between sets

Yards		AM Start et Descrip		EGY	WORF
=====	==			===	====
	1	on 35:00	Weights and Stretch		I
400	1	x 400 on	8:00 Swim-kick-pull-swim	REC	٤
150	10) x 15 on	:45 Shooters	SP3	٤
2,000	1x{2	x 100 on	1:30 Freestyle	EN1	٤
	{ 2	x 200 on	2:50 Freestyle	EN1	٤
	{ 2	x 300 on	4:10 Freestyle	EN1	٤
	{ 2	x 400 on	5:30 Freestyle	EN1	٤
200	1	x 200 on	3:00 Stroke Drills	REC	Γ
	1	on 10:00	Stretch and Ice		N
	7:05	AM 2,750	Yards - Stress Value = 20	5	

Workout #5293 - Monday, 04 February 2008 HighSchl - Silver 1 minute rest between sets

Workout #5296 - Tuesday, 05 February 2008 HighSchl - Distance 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 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 1:45 Kick
600	8×75 on 1:00 Pull no br L.10 yds
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Stretch and Ice
	4:50 PM 3,400 Yards - Stress Value = 48

1 on 14:00 Stretch and Ice 4:50 PM 2,725 Yards - Stress Value = 43

Workout #5297 - Tuesday, 05 February 2008 HighSchl - Gold 1 minute rest between sets

Workout #5301 - Thursday, 07 February 2008 HighSchl - Back

			1 minute rest between sets
	3:00 PM Start		
Yards	i		3:00 PM Start
		Yards	Set Description
250	1 on 30:00 Physio Balls/Stretch	=====	
350 150	±		1 on 25:00 8 min abs/stretch
	$2x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	400	
000	{2 x 100 on 1:55 Kick	150	
525		600	1x{2 x 125 on 2:30 Kick
	2x{1 x 25 on :50 Sculling drills		{2 x 125 on 2:15 Kick
100	$\{1 \times 25 \text{ on } : 30 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$	600	{1 x 100 on 1:45 Kick
1,125	1x{1 x 225 on 3:20 Freestyle	600	1x{1 x 250 on 3:30 Pulls {1 x 200 on 2:45 Pulls
1,110	{1 x 225 on 3:15 Freestyle		{1 x 200 on 2:45 Pulls {1 x 150 on 2:00 Pulls
	{1 x 225 on 3:10 Freestyle	100	2x{1 x 25 on :50 Sculling drills
	{1 x 225 on 3:05 Freestyle	100	$\{1 \times 25 \text{ on } : 30 \text{ 3culling diffis} \}$
	{1 x 225 on 3:00 Freestyle	1 000	1x{4 x 75 on 1:15 Backstroke
200		1,000	{3 x 100 on 1:35 Backstroke
	1 on 15:00 Stretch and Ice		{2 x 125 on 1:55 Backstroke
	4:50 PM 3,050 Yards - Stress Value = 43		{1 x 150 on 2:15 Backstroke
	·	100	
	Workout #5209 Tuesday 05 February 2009	100	exploisve breakouts-GREAT EFFORT!!!!
	Workout #5298 - Tuesday, 05 February 2008	200	
	HighSchl - Silver	200	1 on 15:00 Stretch and Ice
	1 minute rest between sets		4:48 PM 3,150 Yards - Stress Value = 37
			1.40 IM 3,130 Tatus Sciess value - 37
	3:00 PM Start		W. I. (15202 Th. I. 05 Th. 1. 2000
Yards			Workout #5303 - Thursday, 07 February 2008
=====	=======================================		HighSchl - Breast
	1 on 30:00 Physio Balls/Stretch		1 minute rest between sets
350	±		
150			3:00 PM Start
500	2x{4 x 25 on :45 Kick no board BSLR	Yards	Set Description
450	{2 x 75 on 1:35 Kick		
450	2		1 on 25:00 8 min abs/stretch
100	2x{1 x 25 on :50 Sculling drills	400	
1 000	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes	150	
1,200	1x{1 x 200 on 3:10 Freestyle	600	1x{2 x 125 on 2:30 Kick
	{1 x 200 on 3:05 Freestyle		{2 x 125 on 2:15 Kick
	{1 x 200 on 3:00 Freestyle		{1 x 100 on 1:45 Kick
	{1 x 200 on 2:55 Freestyle {1 x 200 on 2:50 Freestyle	600	1x{1 x 250 on 3:30 Pulls
	{1 x 200 on 2:45 Freestyle		{1 x 200 on 2:45 Pulls
200	· •		{1 x 150 on 2:00 Pulls
200	1 on 14:00 Stretch and Ice	100	2x{1 x 25 on :50 Sculling drills
	4:50 PM 2,950 Yards - Stress Value = 44	1 100	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
	1.50 IM 2,550 Idids Sciess value 44	1,100	1x{1 x 200 on 3:30 Breaststroke
	W. 1. (#5005 T. 1. 05 T. 1. 0000		{3 x 100 on 1:45 Breaststroke 2X pullouts {6 x 50 on :55 Breaststroke-descend in 3's
	Workout #5295 - Tuesday, 05 February 2008		{12 x 25 on :40 Odds under evens-build to
	HighSchl - Bronze		{ GREAT FINISHES
	1 minute rest between sets	200	•
		200	1 on 15:00 Stretch and Ice
	3:00 PM Start		4:44 PM 2,850 Yards - Stress Value = 35
Yards	Set Description		1.11 III 2,000 Tarab Octobb Varue 30
=====	=======================================		
	1 on 30:00 Physio Balls/Stretch		
300	±		
150			
500	2x{4 x 25 on :45 Kick no board BSLR		
	{2 x 75 on 1:45 Kick		
450			
100	2x{1 x 25 on :50 Sculling drills		
1.025	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes		
-,	1x{1 x 175 on 3:10 Freestyle		
_,	1x{1 x 175 on 3:10 Freestyle {1 x 175 on 3:05 Freestyle		
_,	1x{1 x 175 on 3:10 Freestyle {1 x 175 on 3:05 Freestyle {1 x 175 on 3:00 Freestyle		
_,	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		
2, 020	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		
	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	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		

Workout #5302 - Thursday, 07 February 2008 **HighSchl - Distance**

1 minute rest between sets

Yards	3:00 PM Start 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	$2x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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
	$\{3 \times 100 \text{ on } 1:25 \text{ 3 strokes fly off walls}$
	{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 Se	t 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	10×15 on :45 Shooters
525	$1x{5 \times 25 \text{ on :} 45 \text{ Kick no board BSLRC}}$
	{1 x 400 on 8:00 Vertical Kicking
600	$1x\{2 \times 150 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	1 on 10:00 Techniques-Relay Starts
100	$2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,000	$1x\{4 \times 75 \text{ on } 1:15 \text{ Backstroke}$
	{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 $1x\{2 \times 150 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds $\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 1 on 10:00 Techniques-Relay Starts 100 $2x\{1 \ x \ 25 \ on \ :50 \ Sculling \ drills$ $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 900 $1x{1 \times 200}$ on 3:30 Breaststroke {2 x 100 on 1:45 Breaststroke 2X pullouts $\{6 \times 50 \text{ on } :55 \text{ Breaststroke-descend in 3's} \}$ $\{8\ x\ 25\ on\ : 40\ Odds\ under\ evens-build\ to$ { 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

HighSchl - Gold 1 minute rest between sets

Variable Set Description Variable Set Description Description Variable Set Description Variable Set Description Set Description Set Description Set Description Set Description Set Se		1 minute rest between sets			
Target Set Description		2.00 PM Chart	Varde		c
1 on 38:00 Physio Balls/Stretch	Varde				
400		-		1 on 25:00 Weights and Stretch L	V
10		1 on 30:00 Physio Balls/Stretch			
Sect 1x15 x 25 on 148 Kick no board BELEC (1 x 100 on 1:30 Individual Mediey BNI 5 (2 x 100 on 1:34 Pulla-mbbfsw 2 yds (1 x 100 on 1:35 Individual Mediey BNI 5 (2 x 100 on 1:34 Pulla-mbbfsw 2 yds (1 x 100 on 1:45 Individual Mediey BNI 5 (2 x 50 on 1:45 Pulla-mbbfsw 2 yds (1 x 100 on 1:45 Individual Mediey BNI 5 (2 x 50 on 1:45 Pulla-mbbfsw 2 yds (1 x 100 on 1:45 Individual Mediey BNI 5 (2 x 50 on 1:45 Pulla-mbbfsw 2 yds (1 x 100 on 1:45 Individual Mediey BNI 5 (2 x 50 on 1:45 Pulla-mbbfsw 2 yds (1 x 100 on 1:45 Individual Mediey BNI 5 (2 x 50 on 1:45 Pulla-mbbfsw 2 yds (1 x 100 on 1:45 Individual Mediey BNI 5 (2 x 50 on 1:45 Pulla-mbbfsw 2 yds (1 x 200 on 4:00 Stroet Brills (1 x 200 on 4:00					C
1 x 400 on 3:00 Vertical Kicking			600	-	
600 x/2 x 150 on 2:15 Pulls-nbbftew + 2 yds 2 x 150 on 1:45 Individual Medley ENI 5 x 2 x 150 on 1:45 100 pulls-nbbftew + 2 yds 1 x 100 on 1:45 Individual Medley ENI 5 x 1 to 10:00 Techniques-Relay strarts 200 1 x 25 on :30 12.5 or 12.5 fast grt finisher 1 x 1400 on 1:50 Stroke Drill 1 x 1400 on 1:45 Individual Medley ENI 5 x 1 x 25 on :30 12.5 or 12.5 fast grt finisher 1 x 1400 on 1:45 Individual Medley ENI 5 x 1 x 25 on :30 12.5 or 12.5 fast grt finisher 1 x 1400 on 1:45 Individual Medley ENI 5 x 1 x 25 on :30 12.5 or 12.5 fast grt finisher 1 x 1400 on 1:45 Individual Medley ENI 5 x 1 x 25 on :30 12.5 or 12.5 fast grt finisher 1 x 1400 on 1:45 Individual Medley ENI 5 x 1 x 25 on :30 12.5 or 12.5 fast grt finisher 1 x 1400 on 1:45 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Value 14 x 100 on 1:45 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Water 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medley ENI 5 x 1 x 350 on 6:00 Reverse Medical 1 x 100 on 1:25 Individual Medl	525			`	
1	600	_			
1	000	· · · · · · · · · · · · · · · · · · ·		· · · · · · · · · · · · · · · · · · ·	
1 on 10:00 Techniques-Relay strarts				{1 x 100 on 1:50 Individual Medley EN2 S	
1			200		
1,400	100				
100 drill, 300 billd 100 drill, 400 bild, 1 to 200 on 140 Streeth and Ice	1 400			/:05 PM 1,300 Yards - Stress Value = 14	
1 x 200	1,400			W. I. (#7200 F. I. 00 F. I. 2000	
1 on 15:00 Stretch and Ice 1 minute rest between sets 1 on 25:00 Weights and Stretch L v 2 on 3:00 PM Start 2 on 3:00 PM Start 2 on 3:00 PM Start 2 on 10 on 1:00 minute rest between sets 1 on 25:00 Weights and Stretch L v 2 on 3:00 PM Start 1 on 30:00 PM Start 1 on 10:00 Reverse IM drill 1 on 1:00 on 1:30 individual Medley RM S 2 on 1:45 Shooters 1 on 1:00 on 1:30 individual Medley RM S 2 on 1:45 Shooters 1 on 1:00 on 1:30 individual Medley RM S 2 on 1:45 Shooters 1 on 1:00 on 1:30 individual Medley RM S 2 on 1:45 Shooters 3 on 1:45 Shooters 4 on	200				
Workout #5308 - Friday, 08 February 2008 HighSchl - Bry				9	
Norkout #\$308 - Friday, 08 February 2008 Set Description Set S		5:04 PM 3,375 Yards - Stress Value = 49		I minute rest between sets	
Norkout #\$308 - Friday, 08 February 2008 Set Description Set S				6:00 PM Start	
Imminte rest between sets		Workout #5308 - Friday, 08 February 2008	Yards		٤
3:00 PM Start 150 10 x 150 on 6:00 Reverse IM drill REC D Recommendation RECOMMEN		HighSchl - Fly			=
Yards		1 minute rest between sets	0.50		V
Set Description					_
1 x 100 on 1:35 Individual Medley ENI S 1 x 100 on 1:40 Individual Medley ENI S 1 x 100 on 1:40 Individual Medley ENI S 1 x 100 on 1:40 Individual Medley ENI S 1 x 100 on 1:40 Individual Medley ENI S 1 x 100 on 1:45 Individual Medley ENI S 1 x 100 on 1:45 Individual Medley ENI S 1 x 100 on 1:45 Individual Medley ENI S 1 x 100 on 1:50 Individual M	37] -				C
1 on 30:00 Physio Balls/Stretch		±	000	•	
400				· · · · · · · · · · · · · · · · · · ·	
1	400	-		· · · · · · · · · · · · · · · · · · ·	
1 x 400 on 8:00 Vertical Kicking	150	10 x 15 on :45 Shooters		•	
1	525		200	-	
1	600	-	200		
1	600	-			
100 2x{1 x 25 on :50 Sculling drills		-			
1,200 1x3 x 100 on 1:35 3 strokes fly off walls 3 x 100 on 1:35 3 strokes fly off walls 3 x 100 on 1:25 3 strokes fly off walls 3 x 100 on 1:25 3 strokes fly off walls 3 x 100 on 1:25 3 strokes fly off walls 4 x 100 on 1:20 3 strokes fly off walls 5 x 1 x 100 on 1:20 3 strokes fly off walls 5 x 1 x 100 on 1:20 3 strokes fly off walls 5 x 1 x 100 on 1:20 3 strokes fly off walls 5 x 1 x 100 on 1:20 3 strokes fly off walls 5 x 1 x 100 on 1:20 0 stroke prills 1 on 15:00 Stretch and Ice 5 x 1 x 100 on 1:45 1 on 15:00 Stretch and Ice 5 x 1 x 100 on 1:45 1 on 15:00 Stretch and Ice 5 x 1 x 100 on 1:45 1 on 15:00 Stretch and Ice 5 x 1 x 100 on 1:45 1 on 15:00 Stretch 5 x 1 x 100 on 1:45 1 on 15:00 Individual Medley EN1 5 x 1 x 100 on 1:50 Individual Medley EN2 5 x 1 x 100 on 1:50 Individual Medley EN2 5 x 1 x 100 on 1:50 Individual Medley EN2 5 x 1 x 100 on 1:50 Individual Medley EN2 5 x 1 x 100 on 1:50 Individual Medley EN2 5 x 1 x 100 on 1:50 Individual Medley EN2 5 x 1 x 100 on 1:50 Individual Medley EN2 5 x 1 x 100 on 1:50 Individual Medley EN2 5 x 1 x 100 on 1:50 Individual Medley EN2 5 x 1 x 100 on 1:20 Individual Medley EN2 5 x 1 x 100 on 1:25 Individual Medley EN2 5 x 1 x 100 on 1:25 Individual Medley EN2 5 x 1 x 100 on 1:25 Individual Medley EN2 5 x 1 x 100 on 1:25 Individual Medley EN2 5 x 1 x 100 on 1:25 Individual Medley EN2 5 x 1 x 100 on 1:25 Individual Medley EN2 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100 on 1:25 Individual Medley EN3 5 x 1 x 100				Workout #5312 - Friday, 08 February 2008	
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 1:20 3 strokes fly off walls {3 x 100 on 1:20 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 200 2:00 PM 3,175 Yards - Stress Value = 36 2:00 PM 3,175 Yards - Stress Value = 36 350 1 x 350 on 6:00 Reverse IM drill REC Drive Strokes Stroke	100			HighSchl - Bronze	
3 x 100 on 1:30 3 strokes fly off walls 3 x 100 on 1:20 3 strokes fly off walls 3 x 100 on 1:20 3 strokes fly off walls 2	1 200			1 minute rest between sets	
3 x 100 on 1:25 3 strokes fly off walls 43 x 100 on 1:20 3 strokes fly off walls 200	1,200				
1 x 200 on 4:00 Stroke Drills 1 on 15:00 Stretch and Ice 1 on 25:00 Weights and Stretch L V		· · · · · · · · · · · · · · · · · · ·			
1 on 15:00 Stretch and Ice 5:02 PM 3,175 Yards - Stress Value = 36 Workout #5311-Friday, 08 February 2008 HighSchl-IM'ers I minute rest between sets 6:00 PM Start Yards Set Description 1 on 25:00 Weights and Stretch I V 400 1 x 400 on 6:00 Reverse IM drill REC 1 on 25:00 Weights and Stretch I V 400 1 x 400 on 6:00 Reverse IM drill REC 1 on 25:00 Weights and Stretch I V 400 1 x 400 on 6:00 Reverse IM drill REC 1 on 2:05 Individual Medley EN1 S 41 x 100 on 2:05 Individual Medley EN1 S 400 I x 200 on 4:00 Stretch and Ice 7:05 PM 1,200 Yards - Stress Value = 13 1 on 25:00 Weights and Stretch I V 400 I x 400 on 6:00 Reverse IM drill REC 1 x 100 on 2:05 Individual Medley EN1 S 41 x 100 on 1:25 Individual Medley EN2 S 41 x 100 on 1:25 Individual Medley EN2 S 41 x 100 on 1:25 Individual Medley EN1 S 41 x 100 on 1:35 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S 41 x 100 on 1:45 Individual Medley EN1 S		${3 \times 100 \text{ on } 1:20 \text{ 3 strokes fly off walls}}$		±	
S:02 PM 3,175 Yards - Stress Value = 36 350	200		=====		
150 10 x 15 on :45 Shooters SP3 S C			350	-	•
## Workout #5311 - Friday, 08 February 2008 ## HighSchl - IM'ers ## I minute rest between sets ## I minute rest between s		5.02 Im 5,175 Tatus - Scress Value - 30			C
HighSchl-IM'ers 1 minute rest between sets 6:00 PM Start Set Description Individual Medley EN1 Set Description EGY WORK 5		Workout #5311 Friday 08 Eshmany 2000	500	-	
I minute rest between sets {1 x 100 on 2:00 Individual Medley EN1 S		• • • • • • • • • • • • • • • • • • • •			
6:00 PM Start Yards				-	
Yards		1 minute lest between sets		-	
Yards Set Description		6:00 PM Start	200	•	
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 {1 x 200 on 3:00 Stroke Drills REC D	Yards	Set Description EGY WORK §			
400 1 x 400 on 6:00 Reverse IM drill REC	=====			7:05 PM 1,200 Yards - Stress Value = 13	
150 10 x 15 on :45 Shooters	400				
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 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 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 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 x 100 on 1:45 Individual Medley EN1 S 200 1 x 200 on 3:00 Stroke Drills REC D		(I X IUU ON I:33 INQIVIQUAL MEQIEY ENI S			
200 1 x 200 on 3:00 Stroke Drills REC D		11 v 100 on 1.40 Individual Medley FN1 C			
		-			
	200	{1 x 100 on 1:45 Individual Medley EN1 S			
7:05 PM 1,450 Yards - Stress Value = 16	200	{1 x 100 on 1:45 Individual Medley EN1 S 1 x 200 on 3:00 Stroke Drills REC D 1 on 9:00 Stretch and Ice M			

Workout #5305 - Friday, 08 February 2008 HighSchl - Sprint 1 minute rest between sets

]	l minute	rest	bet

Yards	3:00 PM Start 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	$1x\{2 \times 150 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	1 on 10:00 Techniques-Relay Starts
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,200	$1x{3 x 100 on 1:35 Freestyle}$
	${3 \times 100 \text{ on } 1:30 \text{ Freestyle}}$
	$\{3 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$
	{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 on 15:00 Stretch and Ice
	5:02 PM 3,175 Yards - Stress Value = 36

Workout #5316 - Saturday, 09 February 2008 HighSchl - Platinum 1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 30:00 Abs and Stretch
600	1 x 600 on 9:00 Choice
	10 x 15 on :45 Shootes
	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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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

1 on 10:00 Techniques-Relay Starts		
es		
k€		

This can either be 1 X 200 or 2 X 100. Whathink you need
500 10 x 50 on 1:00 Stroke Drills
1 on 20:00 Stretch/Ice/Team meeting

Workout #5313 - Saturday, 09 February 2008 HighSchl - Silver

9:11 AM 3,050 Yards - Stress Value = 50

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
	$\{2 \times 75 \text{ on } 1:40 \text{ Kick with flippers}$
	{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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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
	<pre>1 on 20:00 Stretch/Ice/Team meeting</pre>
	9:11 AM 2,625 Yards - Stress Value = 46

Workout #5314 - Saturday, 09 February 2008 HighSchl - Silver 1 minute rest between sets

Yards	7:00 AM Start 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	$4x{1 \times 25 \text{ on } :50 \text{ Sculling drills}}$		
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$		
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

Workout #5320 - Monday, 11 February 2008 HighSchl - Bronze 1 minute rest between sets

	3:00 PM Start		3:00 PM Start
Yards	Set Description	Yards	Set Description
=====		=====	
	1 on 30:00 Weights and Stretch		1 on 30:00 Weights and Stretch
600	1 x 600 on 9:00 Swim-kick-pull-swim	450	1 x 450 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters
600	$2x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	500	2x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:00 Kick		{3 x 50 on 1:20 Kick
	{1 x 100 on 2:00 Kick	650	1x{4 x 50 on 1:05 Pull no br L.8 yds
800	1x{6 x 50 on :50 Pull no br L.8 yds		$\{4 \times 50 \text{ on } 1:00 \text{ Pull no br L.} 10\text{yds}$
	$\{6 \times 50 \text{ on } : 45 \text{ Pull no br L.} 10 \text{yds}$		$\{5 \times 50 \text{ on } :55 \text{ Pull no br L.12 yds}$
	$\{4 \times 50 \text{ on } : 40 \text{ Pull no br L.12 yds}$		1 on 10:00 Techniques-Relay Starts
	1 on 10:00 Techniques-Relay Starts	150	$3x{1 \times 25 \text{ on :} 50 \text{ Sculling drills}}$
150	$3x{1 x 25 on :50 Sculling drills}$		$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$	600	6 x 100 on 2:15 Freestyle-Descend in 3's
900	6 x 150 on 2:15 Freestyle-Descend in 3's	200	1 x 200 on 4:00 Stroke Drills
200	1 x 200 on 4:00 Stroke Drills		1 on 15:00 Stretch and Ice
	1 on 15:00 Stretch and Ice		5:07 PM 2,700 Yards - Stress Value = 30
	5:07 PM 3,400 Yards - Stress Value = 39		

Workout #5319 - Monday, 11 February 2008 HighSchl - Gold

1 minute rest between sets

Workout #5325 - Tuesday, 12 February 2008 Group 3 - All 1 minute rest between sets

			5:30 PM Start
	3:00 PM Start	Yards	Set Description
Yards	Set Description	=====	=======================================
			1 on 15:00 Stretch
	1 on 30:00 Weights and Stretch	500	1 x 500 on 8:00 Underwater trn drill
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	550	1x{1 x 100 on 2:00 Kick
600	2x{4 x 25 on :45 Kick no board BSLR		{1 x 100 on 1:55 Kick
	{2 x 50 on 1:00 Kick		{1 x 100 on 1:50 Kick
	{1 x 100 on 2:00 Kick		{1 x 100 on 1:45 Kick
750	1x{4 x 50 on :55 Pull no br L.8 yds		${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$
	$\{6 \times 50 \text{ on } :50 \text{ Pull no br L.10yds}$	800	8 x 100 on 1:30 Lungbuster pulls
	$\{5 \times 50 \text{ on } : 45 \text{ Pull no br L.12 yds}$		Breathe 3-5-7-9
	1 on 10:00 Techniques-Relay Starts	150	3x{1 x 25 on :50 Sculling drills
150	$3x{1 \times 25 \text{ on :} 50 \text{ Sculling drills}}$		$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$	1,400	1x{1 x 300 on 4:30 Free L.100 IM
900	6 x 150 on 2:20 Freestyle-Descend in 3's		{2 x 250 on 3:45 Free L.100 IM
200	1 x 200 on 4:00 Stroke Drills		{3 x 200 on 3:00 Free L.100 IM
	1 on 15:00 Stretch and Ice	250	1 x 250 on 5:00 Stroke Drills
	5:07 PM 3,300 Yards - Stress Value = 38		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

	J. OU III BEALE				
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				
	$\{4 \times 50 \text{ on :} 55 \text{ Pull no br L.} 10 \text{yds}$				
	$\{6 \times 50 \text{ on } :50 \text{ Pull no br L.12 yds}$				
	1 on 10:00 Techniques-Relay Starts				
150	$3x{1 x 25 on :50 Sculling drills}$				
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$				
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				

3.00 PM Start

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				
	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 1 x 550 on 9:00 Underwater trn drill 10×15 on :45 Shooters 150 $550 1x{6 x 50 on 1:00 Kick}$ {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 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 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 $\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$ 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

	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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
100	1 x 100 on 5:00 Broken
400	$1x\{1 \times 150 \text{ on } 3:00 \text{ Stroke Drills}$
	{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

Yards	3:00 PM Start 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	$3x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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

1 minute rest between sets

HighSchl - Distance Group 3 - All 1 minute rest between sets

1 minute Test between sets		2 00 704 01
		3:00 PM Start
5:30 PM Start	Yards	s Set Description
Set Description	=====	= =====================================
		1 on 30:00 Physio Balls/Stretch
1 on 15:00 Stretch	400	0 1 x 400 on 7:00 Swim-kick-pull-swim
1 x 500 on 8:00 Choice	150	0 10 x 15 on :45 Shooters
10 x 15 on :45 Shooters	400	0 1x{4 x 25 on :45 Kick no board BSLR
1x{4 x 25 on :45 Kick no board BSLR		{1 x 50 on 1:00 Kick
{3 x 50 on 1:00 Kick		{1 x 100 on 2:00 Kick
$1x\{2 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds}$		{1 x 150 on 3:00 Kick
{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds	500	0 4 x 125 on 1:50 Pull no br L.12yds
$\{2 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$		1 on 10:00 Techniques-Relay Starts
3x{1 x 25 on 1:00 Sculling drills	100	0 2x{1 x 25 on :50 Sculling drills
{1 x 25 on :30 12.5 ez 12.5 fast grt finishes		$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1x{2 x 200 on 2:45 Freestyle	1,800	0 1x{2 x 225 on 3:10 Freestyle
{3 x 50 on :45 Freestyle-Descend		{2 x 225 on 3:00 Freestyle
{2 x 200 on 2:40 Freestyle		{2 x 225 on 2:50 Freestyle
{3 x 50 on :45 Freestyle-Descend		{2 x 225 on 2:45 Freestyle
· · · · · · · · · · · · · · · · · · ·	200	0 1 x 200 on 3:00 Stroke Drills
		1 on 12:00 Stretch and Ice
· · · · · · · · · · · · · · · · · · ·		5:00 PM 3,550 Yards - Stress Value = 41
· · · · · · · · · · · · · · · · · · ·		
7:00 PM 3,900 Yards - Stress Value = 55		Workout #5331 - Monday, 18 February 2008
	5:30 PM Start Set Description 1 on 15:00 Stretch 1 x 500 on 8:00 Choice 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 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 {2 x 75 on 1:00 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{2 x 200 on 2:45 Freestyle-Descend {2 x 200 on 2:45 Freestyle-Descend {2 x 200 on 2:35 Freestyle {3 x 50 on :45 Freestyle-Descend {2 x 200 on 2:30 Freestyle {3 x 50 on :45 Freestyle-Descend {2 x 200 on 2:30 Freestyle {3 x 50 on :45 Freestyle-Descend {2 x 200 on 2:30 Freestyle {3 x 50 on :45 Freestyle-Descend {2 x 200 on 2:30 Freestyle {3 x 50 on :45 Freestyle-Descend {2 x 200 on 2:30 Freestyle {3 x 50 on 1:00 Stroke Drills	5:30 PM Start Set Description 1 on 15:00 Stretch 1 x 500 on 8:00 Choice 10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick 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 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{2 x 200 on 2:45 Freestyle {3 x 50 on :45 Freestyle-Descend {2 x 200 on 2:30 Freestyle {3 x 50 on 1:00 Stroke Drills }

Workout #5327 - Friday, 15 February 2008 HighSchl - All

1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	=======================================
800	<pre>1 on 30:00 Stretch and Team Mtg. 1 x 800 on 17:00 Choice 25 yards of every 1(must be non free</pre>
150	10 x 15 on :45 Shooters
600	1 x 600 on 12:00 Kick
600	12 x 50 on 1:00 Pulls
200	$4x{1 x 25 on 1:00 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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 #5332 - Monday, 18 February 2008 **Group 3 - Distance**

1 minute rest between sets

	5:30 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
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
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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 #5331 - Monday, 18 February 2008 HighSchl - IM'ers 1 minute rest between sets

Yards		PM Start et Description
	1	on 30:00 Physio Balls/Stretch
400		x 400 on 7:00 Swim-kick-pull-swim
		0 x 15 on :45 Shooters
		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	\times 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
	-	x 200 on 2:45 Individual Medley
200		x 200 on 3:00 Stroke Drills
		on 12:00 Stretch and Ice
	5:00	PM 3,350 Yards - Stress Value = 39

Workout #5329 - Monday, 18 February 2008 HighSchl - All 1 minute rest between sets

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

Workout #5335 - Tuesday, 19 February 2008 Group 3 - Fly

1 minute rest between sets

Yards	5:30 PM Start Set Description
	1 on 15:00 Stretch
400	1 x 400 on 7:00 Underwater trn drill
	10 x 15 on :45 Shooters
	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
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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
	${3 \times 125 \text{ on } 1:45 \text{ 3 strokes fly off walls}}$
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
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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

Yards		PM Start et Description
400		on 30:00 Stomach and StretchTm mtg
		x 400 on 7:00 Underwater trn drill
150	1(0 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, 50
	{ 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

Yards	5:30 PM Start Set Description
	1 on 15:00 Stretching
400	3
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
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,650	$3x{4 \times 25 \text{ on :} 45 \text{ Bathtub Drill}}$
	{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

Yards	3:00 PM Start 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	$2x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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 tir
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
	$\{4 \times 75 \text{ on } 1:30 \text{ Kick-odds build evens ez}$
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
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,050	$3x\{2 \times 100 \text{ on } 1:30 \#1 \text{ drill, } \#2 \text{ breathe on } 3 \text{ w/}$
	{ 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 tired
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

Yards			M Start Description
	==	===	
	1	01	n 15:00 Stretch
500	1	Х	500 on 9:00 Choice
150	10) 2	x 15 on :45 Shooters
300	1x{4	Х	25 on :45 Kick no board BSLR
	{ 4	Х	50 on 1:00 Kick-descend
400	8	Х	50 on :50 Pulls-nbbf&w
	1	01	n 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	Х	100 on 1:45 IM/Stroke-hook em' horns
	{ 1	X	100 on 1:45 IM/Stroke-OK drill
	{ 1	Х	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

Yards	5:30 PM Start 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	12×50 on :50 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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	Se	et Description
=====	==	
	1	on 15:00 Stretch
400	1	x 400 on 7:00 Underwater trn drill
150	10	0 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	-	x 100 on 1:20 Individual Medley
	{ 4	x 125 on 1:50 Your stroke
	-	x 50 on :45 Freestyle-descend
		x 100 on 1:25 Individual Medley
	{ 4	x 125 on 1:45 Your stroke
	-	x 50 on :45 Freestyle-descend
		x 100 on 1:30 Individual Medley
		x 125 on 1:40 Your Stroke
		x 50 on :45 Freestyle-descend
300		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

Yards	3:30 Se									
	==									
	1	OI	n 15:	:00	Stret	tch				
400	1	Х	400	on	7:00	Underwater	trn	drill	L	
150	10) 2	k 15	on	:45 \$	Shooters				
800	2x{1	Х	100	on	2:00	Kick				
	{ 1	Х	100	on	1:50	Kick				
	{ 1	Х	100	on	1:40	Kick				
	{ 1	Х	100	on	1:30	Kick				
800	1x{1	Х	200	on	2:30	Pulls				
	{ 1	Х	200	on	2:40	Pulls				=
	{ 1	Х	200	on	2:50	Pulls				
	{ 1	Х	200	on	3:00	Pulls				
200	4x{1	Х	25 0	on :	:50 Sc	culling dri	lls			
	{ 1	Х	25 0	on :	30 12	2.5 ez 12.5	fast	grt	finishes	
2,250	1x{1	Х	100	on	1:20	Individual	Medl	ley		
	{ 4	Х	125	on	1:50	Your strok	e			
	{ 3	Х	50 0	on :	:45 F:	reestyle-de	scend	f		
	{ 1	Х	100	on	1:25	Individual	Medl	ley		
	{ 4	Х	125	on	1:45	Your strok	е			
	{ 3	Х	50 0	on :	:45 F:	reestyle-de	scend	b		
	{ 1	Х	100	on	1:30	Individual	Medl	ley		
	{ 4	Х	125	on	1:40	Your Strok	е			
	{ 3	Х	50 0	on :	:45 F:	reestyle-de	scend	b		

Workout #5345 - Tuesday, 26 February 2008 Group 3 - Age Group State 1 minute rest between sets

5:15 PM 4,900 Yards - Stress Value = 68

6 x 50 on 1:00 Stroke Drills

300

	3:30	PM Start
Yards	Se	et Description =
	==	
	1	on 15:00 Stretch
400	1	x 400 on 7:00 Underwater trn drill
150	10	0 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		x 50 on 1:00 Stroke Drills
	4:58	PM 3,450 Yards - Stress Value = 46

Workout #5342 - Tuesday, 26 February 2008 Group 3 - Divisionals 1 minute rest between sets

Yards	3:30 PM Start 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 25 on :30 12.5 ez 12.5 fast grt finishes

Workout #5349 - Wednesday, 27 February 2008 Group 3 - Sectional 1 minute rest between sets

{1 x 200 on 3:00 Pulls

100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$

	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	$4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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 #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 #5347 - Wednesday, 27 February 2008 **Group 3 - Age Group State** 1 minute rest between sets

{1 x 300 on 4:10 Pulls

 $1,800 \ 1x{3} \ x \ 50 \ on :40 \ Your stoke$

200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$

 $\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$

 ${3 \times 50 \text{ on :} 45 \text{ Your stroke}}$

{1 x 150 on 2:10 Freestyle ${3 \times 50 \text{ on } :50 \text{ Your stroke}}$ $\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$ ${3 \times 50 \text{ on :} 55 \text{ Your stroke}}$ $\{1 \times 150 \text{ on } 2:00 \text{ Freestyle} \}$ {3 x 50 on 1:00 Your stroke $\{1 \times 150 \text{ on } 1:55 \text{ Freestyle} \}$ {3 x 50 on 1:05 Your storke-100%

 $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$

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

Workout #5351 - Thursday 28 Febr

 ${3 \times 50 \text{ on } :55 \text{ Your stroke}}$

 $\{1 \times 150 \text{ on } 2:00 \text{ Freestyle} \}$

 $\{1 \times 150 \text{ on } 1:55 \text{ Freestyle} \}$

{3 x 50 on 1:00 Your stroke

{3 x 50 on 1:05 Your storke-100%

4:59 PM 3,700 Yards - Stress Value = 55

1 x 250 on 4:00 Stroke Drills

	3:30 PM Start	Workout #5351 - Thursday, 28 February 2008			
Yards	1	Group 3 - Senior State			
400	1 on 15:00 Stretching 1 x 400 on 6:00 L.25 of each 100 non free	1 minute rest between sets 3:30 PM Start			
150	10 x 15 on :45 Shooters	Yards Set Description			
400	$1x{4 \times 25}$ on :45 Kick no board BSLR	===== =================================	==		
	{1 x 50 on 1:00 Kick	1 on 15:00 Stretching			
	{1 x 100 on 1:55 Kick	400 1 x 400 on 6:00 Underwater trn drill			
	{1 x 150 on 2:45 Kick	150			
800	4 x 200 on 3:10 Lungbuster pulls	900 9 x 100 on 2:00 Kick-odds fast			
	Breathe 3-5-7-9 continous	1,000 1x{1 x 100 on 1:30 Pulls			
100	$2x{1 \times 25 \text{ on :} 50 \text{ Sculling drills}}$	{1 x 150 on 2:10 Pulls			
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$	{1 x 200 on 2:50 Pulls			
1,200	12 x 100 on 1:25 Freestyle	{1 x 250 on 3:30 Pulls			
400	8 x 50 on 1:00 Stroke Drills	{1 x 300 on 4:10 Pulls			
	4:55 PM 3,450 Yards - Stress Value = 43	200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } :30 12.5 \text{ ez } 12.5 \text{ fast grt finished}$	35		
	Workout #5348 - Wednesday, 27 February 2008	1,800 1x{3 x 50 on :40 Your stoke			
	Group 3 - Divisionals	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle}$			
	1 minute rest between sets	{3 x 50 on :45 Your stroke			
	i minute rest between sets	$\{1 \times 150 \text{ on } 2:10 \text{ Freestyle}$			
	2 20 7% (0)	{3 x 50 on :50 Your stroke			
** 1	3:30 PM Start	$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$			
Yards	I	${3 \times 50 \text{ on } :55 \text{ Your stroke}}$			
=====		$\{1 \times 150 \text{ on } 2:00 \text{ Freestyle}$			
400	1 on 15:00 Stretching	${3 \times 50 \text{ on } 1:00 \text{ Your stroke}}$			
400		{1 x 150 on 1:55 Freestyle			
150		{3 x 50 on 1:05 Your storke-100%			
400	1x{4 x 25 on :45 Kick no board BSLR	{1 x 150 on 1:50 Freestyle			
	{1 x 50 on 1:00 Kick	250 1 x 250 on 4:00 Stroke Drills			
	{1 x 100 on 1:55 Kick {1 x 150 on 2:45 Kick	5:16 PM 4,700 Yards - Stress Value = 72			
600	4 x 150 on 2:05 Lungbuster pulls Breathe 3-5-7-9 continous	Workout #5352 - Thursday, 28 February 2008			
100	$2x{1 x 25 on :50 Sculling drills}$	Group 3 - Age Group State			
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$	1 minute rest between sets			
1,000	10 x 100 on 1:20 Freestyle				
400	8 x 50 on 1:00 Stroke Drills	3:30 PM Start			
	4:48 PM 3,050 Yards - Stress Value = 37	Yards Set Description			
			==		
	Workout #5350 - Thursday, 28 February 2008	1 on 15:00 Stretching			
	Group 3 - Sectional	400 1 x 400 on 6:00 Underwater trn drill			
	1 minute rest between sets	150			
	1 initiate Test between sets	600 6 x 100 on 2:00 Kick-odds fast			
	2.20 DM Ctont	700 1x{1 x 100 on 1:30 Pulls			
371	3:30 PM Start	{1 x 150 on 2:10 Pulls			
Yards	Set Description	{1 x 200 on 2:50 Pulls			
=		{1 x 250 on 3:30 Pulls			
400	1 on 15:00 Stretching 1 x 400 on 6:00 Underwater trn drill	100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$			
400 150		$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finished}\}$	35		
900		1,500 1x{1 x 150 on 2:15 Freestyle			
		${3 \times 50 \text{ on } :45 \text{ Your stroke}}$			
1,000	1x{1 x 100 on 1:30 Pulls	$\{1 \times 150 \text{ on } 2:10 \text{ Freestyle}$			
	{1 x 150 on 2:10 Pulls	${3 \times 50 \text{ on } :}50 \text{ Your stroke}$			
	{1 x 200 on 2:50 Pulls	$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$			
	{1 x 250 on 3:30 Pulls	(3 v 50 on ·55 Your stroke			

Workout #5353 - Thursday, 28 February 2008 Group 3 - Divisionals 1 minute rest between sets

Workout #5357 - Friday, 29 February 2008 Group 3 - Age Group State 1 minute rest between sets

Set Description

	3:30 PM Start		1 111111
Yards	Set Description		3:30 PM Start
=====	=======================================	Yards	Set Descript
	1 on 15:00 Stretching	=====	=========
	1 x 400 on 6:00 Underwater trn drill		1 on 15:00 S
150	10 x 15 on :45 Shooters	400	1 x 400 on 7
400	4 x 100 on 2:00 Kick-odds fast	150	10 x 15 on :
450	1x{1 x 100 on 1:30 Pulls	900	3x{1 x 100 on 2
	{1 x 150 on 2:10 Pulls		{2 x 50 on 1:
	{1 x 200 on 2:50 Pulls		(4 x 25 on :4
100	2x{1 x 25 on :50 Sculling drills	1,000	1x{1 x 50 on :4
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$	•	{2 x 75 on 1:
1,200	1x{1 x 150 on 2:15 Freestyle		3 x 100 on 1
	{3 x 50 on :45 Your stroke		{4 x 125 on 1
	{1 x 150 on 2:10 Freestyle	200	4x{1 x 25 on :5
	{3 x 50 on :50 Your stroke		{1 x 25 on :3
	{1 x 150 on 2:05 Freestyle	300	2 x 150 on 2
	{3 x 50 on :55 Your stroke		concentrate
	{1 x 150 on 2:00 Freestyle	400	8 x 50 on 1:
	{3 x 50 on 1:00 Your stroke		5:01 PM 3,350 Y
300	1 x 300 on 5:00 Stroke Drills		3,01 111 3 , 000 1
	4:47 PM 3,000 Yards - Stress Value = 37		Workout #535
			** 01 KUUL #333.

1 on 15:00 Stretching 1×400 on 7:00 Reverse IM drill 10 x 15 on :45 Shooters $3x{1 x 100 on 2:00 Kick}$ {2 x 50 on 1:00 Kick-2nd 50-100% $\{4 \times 25 \text{ on :} 45 \text{ Kick #1 \& #3 } 100\%$ $1x\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{3 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {4 x 125 on 1:45 Pulls-nbbf&w + 2 yds $4x{1 \times 25 \text{ on } :50 \text{ Sculling drills}}$ $\{1 \times 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 2 x 150 on 2:30 IM's without free good effor concentrate on fast turns 8 x 50 on 1:00 Stroke Drills 5:01 PM 3,350 Yards - Stress Value = 43

Workout #5354 - Friday, 29 February 2008 Group 3 - Sectional 1 minute rest between sets

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	$1x\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	${3 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
	$\{4 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
200	4x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{fast } \text{grt } \text{finishes} \}$
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

3:30 PM Start Yards Set Description _____ 1 on 15:00 Stretching 1 x 400 on 7:00 Reverse IM drill 400 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% $1,000 \ 1x\{1 \ x \ 50 \ on \ : 45 \ Pulls-nbbf&w + 2 \ yds$ $\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{3 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{4 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {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 effor concentrate on fast turns 400 8 x 50 on 1:00 Stroke Drills 5:01 PM 3,350 Yards - Stress Value = 43

Workout #5356 - Friday, 29 February 2008 **Group 3 - Senior State** 1 minute rest between sets

Yards	Se	PM Start t Description
	1	on 15:00 Stretching
400		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 #5358 - Monday, 03 March 2008 **Group 3 - Sectional**

1 minute lest between set	1	minute	rest	between	sets
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Yards	3:30 PM Start 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				
	$\{4 \times 75 \text{ on } 1:20 \text{ Kick-descend}\}$				
900	1x{4 x 75 on 1:10 Pull no br L.6 yds				
	$\{4 \times 75 \text{ on } 1:05 \text{ Pull no br L.8 yds}$				
	$\{4 \times 75 \text{ on } 1:00 \text{ Pull no br L.}10 \text{ yds}$				
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

Yards		PM Start et Description			
1 on 15.00 Chaptaking					
400	1 on 15:00 Stretching				
	1 x 400 on 8:00 Swim-kick-pull-swim				
		0 x 15 on :45 Shooters			
400		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		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

Yards	3:30 PM Start 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

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
	-	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

1 on 15:00 Stretching	
400 1 x 400 on 7:00 Free L.25 of each 100 non-f	r
150	
750 $3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	
{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 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$	
$\{1 \text{ x } 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishe} \}$	S
800 4x{1 x 100 on 1:30 Individual Medley	
{1 x 50 on :40 Freestyle	
$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	
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
500	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

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 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \text{ x } 25 \text{ on } : 30 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 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 #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 10 x 15 on :45 Shooters 150 800 $1x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$ {1 x 100 on 2:00 Kick {4 x 25 on :35 Kick no board BSLR $\{2 \times 75 \text{ on } 1:25 \text{ Kick} \}$ $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ $\{3 \times 50 \text{ on } : 50 \text{ Kick} \}$ {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 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 2,000 5×400 on 5:15 Freestyle 8 x 50 on 1:00 Stroke Drills 400 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. 15.00.04

1 on 15:00 Stretch

400	1	x 400 on 7:00 Underwater trn drill
150	1() x 15 on :45 Shooters
1,000	10	0 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	\times 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 #5367 - Wednesday, 12 March 2008 Group 3 - Sectional 1 minute rest between sets

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

Workout #5368 - Thursday, 13 March 2008 Group 3 - Sectional	2,400	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes 1x{1 x 300 on 3:45 Freestyle {3 x 100 on 1:30 Freestyle-descend
1 minute rest between sets 3:30 PM Start		{1 x 300 on 4:00 Freestyle {3 x 100 on 1:25 Freestyle-descend
Yards Set Description ====== 1 on 15:00 Stretch		{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
400	200	1 x 200 on 3:00 Stroke Drills 6:00 PM 4,750 Yards - Stress Value = 76
{1 x 125 on 2:20 Kick		Workout #5371 - Tuesday, 18 March 2008
{1 x 125 on 2:15 Kick {1 x 125 on 2:10 Kick		Group 3 - Sectional 1 minute rest between sets
$\{1 \text{ x } 125 \text{ on } 2\text{:}05 \text{ Kick} \}$ 1 x 750 on 10:30 Pull every 3rd 50 breathe ϵ		
200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$	Yards	4:15 PM Start Set Description
$\{1 \times 25 \text{ on } : 30 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$	======	
1,450 1x{1 x 200 on 3:00 Your Stroke {3 x 50 on :45 Freestyle	400	1 on 15:00 Stretch 1 x 400 on 6:00 Underwater trn drill
{2 x 150 on 2:15 Your Stroke	150	
{3 x 50 on :45 Freestyle {3 x 100 on 1:30 Your Stroke	700	1x{1 x 100 on 1:30 Kick
{3 x 50 on :45 Freestyle		{1 x 100 on 2:00 Kick {1 x 100 on 1:35 Kick
{4 x 50 on :45 Your Stroke		{1 x 100 on 2:00 Kick
200 1 x 200 on 3:00 Freestyle 300 1x{4 x 25 on :30 Freestyle		{1 x 100 on 1:40 Kick
$\begin{cases} 4 \times 25 \text{ on : } 25 \text{ Freestyle} \end{cases}$		{1 x 100 on 2:00 Kick {1 x 100 on 1:45 Kick
$\{4 \times 25 \text{ on :} 20 \text{ Freestyle}$	900	4x{1 x 75 on :55 Pulls
400 8 x 50 on 1:00 Stroke Drills 5:16 PM 4,600 Yards - Stress Value = 55		{2 x 75 on 1:10 Pulls
J.10 PM 4,000 Tards - Stress value - JJ	200	$4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on :} 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$
Workout #5369 - Friday, 14 March 2008	1,800	2x{4 x 25 on :30 Your Stroke
Group 3 - Sectional		$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$
1 minute rest between sets		{3 x 50 on :55 Your Stroke {1 x 100 on 1:30 Freestyle
3:30 PM Start		{2 x 75 on 1:30 Your Stroke {1 x 100 on 1:30 Freestyle
Yards Set Description		{1 x 100 on 1:45 Your Stroke
1 on 15:00 Stretch	350	{1 x 100 on 1:30 Freestyle 7 x 50 on 1:00 Stroke Drills
400		6:00 PM 4,500 Yards - Stress Value = 102
800 1 x 800 on 16:00 Vertical Kicking		
600 $1x\{2 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$		Workout #5372 - Wednesday, 19 March 2008
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds		Group 3 - Sectional
600 $1x\{2 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$		•
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		Group 3 - Sectional
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	Yards	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description
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	Yards =====	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description
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		Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800 200 2,000	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest 1 x 200 on 3:00 Stroke Drills
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800 200 2,000	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800 200 2,000	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest 1 x 200 on 3:00 Stroke Drills
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800 200 2,000	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest 1 x 200 on 3:00 Stroke Drills
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800 200 2,000	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest 1 x 200 on 3:00 Stroke Drills
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800 200 2,000	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest 1 x 200 on 3:00 Stroke Drills
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800 200 2,000	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest 1 x 200 on 3:00 Stroke Drills
600 1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	500 150 800 800 200 2,000	Group 3 - Sectional 1 minute rest between sets 4:15 PM Start Set Description 1 on 15:00 Stretching 1 x 500 on 8:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 4x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Six kick switch 4 x 200 on 2:45 Lungbuster pulls Breathe 3-5-7-9 continuous 4x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes 5x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest 1 x 200 on 3:00 Stroke Drills

Workout #5373 - Thursday, 20 March 2008 Group 3 - Sectional 1 minute rest between sets

Workout #5376 - Tuesday, 25 March 2008 Group 3 - Sectional 1 minute rest between sets

	4:15 PM Start	,	3:30 PM Start
Yards	Set Description	Yards	Set Description
	1 on 15:00 Stretch		1 on 15:00 Stretch
400	1 x 400 on 6:00 Underwater trn drill	400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters
700	2x{1 x 125 on 2:00 Kick	600	3x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:40 Kick		{2 x 50 on 1:00 Kick-100%
	{1 x 75 on 1:20 Kick	600	1x{1 x 150 on 1:50 Pulls
	{1 x 50 on :55 Kick		{1 x 150 on 1:55 Pulls
700	2x{1 x 50 on :45 Pulls		{1 x 150 on 2:00 Pulls
	{1 x 75 on 1:05 Pulls		{1 x 150 on 2:05 Pulls
	{1 x 100 on 1:25 Pulls	100	$2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	{1 x 125 on 1:40 Pulls		{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
200	$4x{1 \times 25 \text{ on :} 50 \text{ Sculling drills}}$	1,000	$2x\{1 \times 25 \text{ on } : 30 \text{ Your Stroke}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$		{1 x 25 on :30 Freestyle
2,400	4x{1 x 100 on 1:30 75 free 25 stroke		{1 x 50 on 1:00 Your Stroke
	{2 x 75 on 1:10 50 free 25 stroke		{1 x 50 on :45 Freestyle
	{3 x 50 on :50 25 free 25 stroke		{1 x 75 on 1:20 Your Stroke
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle}$		$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$
	{1 x 100 on 1:30 Your Stroke-90% effort		{1 x 100 on 1:45 Your Stroke
250			{1 x 100 on 1:30 Freestyle
	6:00 PM 4,800 Yards - Stress Value = 52	200	1 x 200 on 4:00 Stroke Drills
			4:51 PM 3,050 Yards - Stress Value = 49
	Workout #5374 - Friday, 21 March 2008		

Workout #5374 - Friday, 21 March 2008 Group 3 - Sectional 1 minute rest between sets

4:46 PM 3,050 Yards - Stress Value = 39

Workout #5377 - Wednesday, 26 March 2008 Group 3 - Sectional

	1 minute rest between sets		1 minute rest between sets
	4:15 PM Start		1 influte Test between sets
Varde	Set Description		3:30 PM Start
======	±	Varde	
	1 on 15:00 Stretch	=====	
400			1 on 15:00 Stretching
150	10 x 15 on :45 Shooters	400	1 x 400 on 8:00 Free L.25 of each 100 non fr
600	2x{1 x 150 on 3:00 Kick	150	10 x 15 on :45 Shooters
	{1 x 100 on 1:50 Kick	600	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on :50 Kick		{1 x 125 on 2:20 Kick
850	$1x\{6 \times 50 \text{ on } :40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$		{1 x 125 on 2:15 Kick
	$\{6 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$		{1 x 125 on 2:10 Kick
	$\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$		{1 x 125 on 2:05 Kick
	1 on 13:00 Techniques-tivo starts	600	$1x\{4 \times 25 \text{ on } : 30 \text{ Pulls- 2 breaths total}$
150	6 x 25 on :40 12.5 ez 12.5 fast grt finishes		{1 x 125 on 1:55 Lungbuster pulls
300	3 x 100 on 6:00 Your Stroke OTB for time		{1 x 125 on 1:50 Lungbuster pulls
400	1 x 400 on 10:00 Stroke Drills		{1 x 125 on 1:45 Lungbuster pulls
	6:00 PM 2,850 Yards - Stress Value = 47		{1 x 125 on 1:40 Lungbuster pulls
			{ Breathe 2-3-4-5 by the 25
	Workout #5375 - Monday, 24 March 2008	100	$2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	Group 3 - Sectional		$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$
	•	1,000	$1x\{4 \times 25 \text{ on } : 30 \text{ Butterfly}$
	1 minute rest between sets		{1 x 100 on 1:40 Individual Medley
			{4 x 25 on :30 Backstroke
	3:30 PM Start		{2 x 100 on 1:35 Individual Medley
	Set Description		{4 x 25 on :30 Breaststroke
	1 400 0 00 0 1 1 1 1 1 1		{3 x 100 on 1:30 Individual Medley
400	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$
150		200	
500	2x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick-descend		4:54 PM 3,050 Yards - Stress Value = 32
500	·		
	2x{1 x 25 on :50 Sculling drills		
100	$\{1 \times 25 \text{ on } : 30 \text{ Scalling drills} \}$		
1 000	1x{1 x 250 on 3:30 Freestyle		
1,000	{1 x 250 on 3:20 Freestyle		
	$\{1 \times 250 \text{ on } 3:20 \text{ Freestyle} \}$		
	$\{1 \times 250 \text{ on } 3:10 \text{ Freestyle} \}$		
400			
100	1 on 10:00 Techniques-TiVo Starts		
	I on I of the interest of the states		

Workout #5378 - Thursday, 27 March 2008 Group 3 - Sectional

1 minute rest between sets

Yards	4:15 PM Start Set Description
=====	=======================================
	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 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 ϵ
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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

Workout #5379 - Friday, 28 March 2008 Group 3 - Sectional

1 minute rest between sets

	3:30 PM Start
Yards	Set Description
=====	
	1 on 15:00 Stretch
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	$2x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 30 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
1,100	$4x{1 \times 25 \text{ on :} 30 \text{ Choice-100% w/ pefect techniqu}}$
	{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

Workout #5382 - Monday, 14 April 2008 Group 3 - Freestylers

1 minute rest between sets

Yards	3:30 PM Start Set Description
=====	· ====================================
	1 on 20:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
500	2x{4 x 25 on :45 Kick no board BSLR
	$\{3 \times 50 \text{ on } 1:00 \text{ Kick-descend}\}$
500	1x{1 x 100 on 1:45 Pull no br L.12 yds
	$\{1 \times 100 \text{ on } 1:40 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 100 \text{ on } 1:35 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 100 \text{ on } 1:30 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 100 \text{ on } 1:25 \text{ Pull no br L.}12 \text{ yds}$
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

Workout #5383 - Monday, 14 April 2008 Group 3 - Gold 1 minute rest between sets

Yards	3:30 PM Start Set Description
	1 on 20:00 Physio Balls/Stretch
400	-
	1 x 400 on 8:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
500	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

	3:30 PM Start
Yards	Set Description
	1 on 20:00 Physio Balls/Stretch
300	1 x 300 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
	$\{3 \times 50 \text{ on } 1:05 \text{ Kick-descend}\}$
500	1x{1 x 100 on 1:45 Pull no br L.12 yds
	$\{1 \times 100 \text{ on } 1:40 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 100 \text{ on } 1:35 \text{ Pull no br L.12 yds}$
	$\{1 \times 100 \text{ on } 1:30 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 100 \text{ on } 1:25 \text{ Pull no br L.12 yds}$
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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 #5380 - Monday, 14 April 2008 Group 3 - Bronze 1 minute rest between sets

	3:30	PM Start
Yards	Se	et Description
	==	
	1	on 20:00 Physio Balls/Stretch
300	1	x 300 on 8:00 Swim-kick-pull-swim
150	10	0 x 15 on :45 Shooters
400	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

3:30 PM Start

3:30 PM Start

3:30 PM Start

Workout #5385 - Tuesday, 15 April 2008 Group 3 - Backstroke 1 minute rest between sets

Yards	Se	et Description	2
	==		
	1	on 20:00 Physio Balls/Stretch	
400	1	x 400 on 8:00 Underwater trn drill	
150	10	0 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	Yar
	{ 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	3
	{ 2	x 100 on 1:30 Backstroke	1
	{ 4	x 25 on :30 Back 8 kow	4
	{ 2	x 100 on 1:30 Backstroke	
	{ 2	x 25 on :30 Back 8 kow	4
	{ 1	x 100 on 1:30 Backstroke	
200	1	x 200 on 4:00 Stroke Drills	
	1	on 5:00 Game	1
	5:00	PM 2,950 Yards - Stress Value = 30	

Workout #5384 - Tuesday, 15 April 2008 Group 3 - Gold

1 minute rest between sets

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

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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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

Yards	3:30 PM Start 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	$2x{1 \times 25 \text{ on } :50 \text{ Sculling drills}}$
	{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

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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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	

Yards	3:30 PM Start Set Description
	1 on 20:00 Scooter Boards/Stretch
400	
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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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

Workout #5389 - Wednesday, 16 April 2008 Group 3 - Silver 1 minute rest between sets

i minute rest between

	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	$2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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 #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

	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	
	$\{2 \times 125 \text{ on } 1:40 \text{ 2 strokes fly off walls}$	
	$\{2 \times 125 \text{ on } 1:35 \text{ 2 strokes fly off walls}$	
250	5 x 50 on 1:00 Stroke Drills	
	5:00 PM 3,550 Yards - Stress Value = 35	

Workout #5395 - Thursday, 17 April 2008 Group 3 - Gold 1 minute rest between sets

3:30 PM Start Yards Set Description

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	$2x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
1,100	$1x\{2 \times 125 \text{ on } 2:10 \text{ 2 strokes fly off walls}$
	$\{2 \times 125 \text{ on } 2:05 \text{ 2 strokes fly off walls}$
	$\{2 \times 125 \text{ on } 2:00 \text{ 2 strokes fly off walls}$
	{2 x 125 on 1:55 2 strokes fly off walls
	$\{1 \times 100 \text{ on } 1:30 \text{ 2 strokes fly off walls}$
250	5 x 50 on 1:00 Stroke Drills
	5:00 PM 3,250 Yards - Stress Value = 32

Workout #5393 - Thursday, 17 April 2008 Group 3 - Silver 1 minute rest between sets

Workout #5399 - Monday, 21 April 2008 **Group 3 - Distance** 1 minute rest between sets

		I minute rest between sets
	3:30 PM Start	
Yards	Set Description	3:30 PM Start
=====		Yards Set Description
	1 on 20:00 Dryland and stretch	===== ================================
350	1 x 350 on 8:00 Underwater trn drill	1 on 25:00 Physio Balls/Stretch
150	10 x 15 on :45 Shooters	400 1 x 400 on 7:00 Swim-kick-pull-swim
600	2x{1 x 50 on 1:05 Kick	150
	{1 x 100 on 2:10 Kick	$800 \ 2x\{4 \ x \ 25 \ on \ : 45 \ Kick no board BSLR$
	{1 x 150 on 3:15 Kick	{1 x 100 on 1:50 Kick
550	1x{1 x 150 on 2:20 Pulls	1 x 100 on 1:40 Kick
	{1 x 150 on 2:25 Pulls	{1 x 100 on 1:30 Kick
	{1 x 150 on 2:30 Pulls	700 1x{1 x 175 on 2:30 Pull no br L.8 yds
	{1 x 100 on 1:45 Pulls	{1 x 175 on 2:25 Pull no br L.10 yds
100	2x{1 x 25 on :50 Sculling drills	{1 x 175 on 2:20 Pull no br L.12 yds
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$	{1 x 175 on 2:15 Pull no br L.14 yds
1,000	$1x\{2 \times 100 \text{ on } 1:55 \text{ 2 strokes fly off walls}$	150 3x{1 x 25 on :50 Sculling drills
	$\{2 \times 100 \text{ on } 1:50 \text{ 2 strokes fly off walls}$	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	$\{2 \times 100 \text{ on } 1\text{:}45 \text{ 2 strokes fly off walls}$	1,800 1x{3 x 200 on 2:30 Freestyle #3 great effort
	$\{2 \times 100 \text{ on } 1:40 \text{ 2 strokes fly off walls}$	{3 x 200 on 2:25 Freestyle #2 Great Effort
	{2 x 100 on 1:35 2 strokes fly off walls	{3 x 200 on 2:20 Freestyle #1 Great Effort
250	5 x 50 on 1:00 Stroke Drills	300 6 x 50 on 1:00 Stroke Drills
	5:00 PM 3,000 Yards - Stress Value = 34	5:15 PM 4,300 Yards - Stress Value = 66

Workout #5394 - Thursday, 17 April 2008 Group 3 - Bronze

Workout #5398 - Monday, 21 April 2008 Group 3 - Gold 1 minute rest between sets 1 minute rest between sets

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

Workout #5396 - Friday, 18 April 2008 Group 3 - IM'ers 1 minute rest between sets

Yards	3:30 PM Start 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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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

3:30 PM Start

Workout #5400 - Monday, 21 April 2008 Group 3 - Silver

1	minute	rest	between	set
	mmutt	1030	Detiteli	300

	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
	$\{1 \times 150 \text{ on } 2:15 \text{ Pull no br L.14 yds}$
150	$3x{1 \times 25 \text{ on :} 50 \text{ Sculling drills}}$
	{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

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	$3x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,350	$1x{4 x 75 on 1:05 Backstroke}$
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
	{4 x 100 on 1:30 Backstroke
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
	{4 x 125 on 1:50 Backstroke

	{1 x 50 on :45 Freestyle		
400	4 x 100 on 1:30 Freestyle-descend	to	ludicro
	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 Set Description
=======================================
1 on 20:00 Scooter Boards and Stretch
1 x 400 on 7:00 Underwater trn drill
10 x 15 on :45 Shooters
3x{1 x 125 on 2:45 Kick
{2 x 50 on :55 Kick
1 x 25 on :30 Kick
2x{1 x 150 on 2:10 Pulls
{1 x 150 on 2:15 Pulls
{1 x 150 on 2:20 Pulls
$3x{1 \times 25 \text{ on :} 50 \text{ Sculling drills}}$
$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
$1x\{4 \times 75 \text{ on } 1:15 \text{ Backstroke}$
{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
4 x 100 on 1:30 Freestyle-descend to ludicro
speed!!!!!!!!!!!!!!!!!!
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

Yards		PM Start et Description
	1	on 20:00 Scooter Boards and Stretch
350		x 350 on 7:00 Underwater trn drill
		0 x 15 on :45 Shooters
		x 100 on 2:10 Kick
000	-	x 50 on 1:00 Kick
700		x 150 on 2:25 Pulls
700		
		x 150 on 2:30 Pulls
4 = 0		x 50 on :50 Pulls
150	-	x 25 on :50 Sculling drills
		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 ludicro
		speed!!!!!!!!!!!!!!!!!
200		x 200 on 3:00 Stroke Drills
		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	$3x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
0.50	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
950	$1x\{4 \times 75 \text{ on } 1:30 \text{ Backstroke}$
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$
	{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 ludicro
	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	$1x{4 \times 25}$ 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
200	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast qrt finishes}\}$
1.450	1x{1 x 100 on 1:50 Breaststroke
1, 100	$\{6 \times 25 \text{ on } :50 \text{ From a dive w/5 pushups}\}$
	{2 x 100 on 1:45 Breaststroke
	$\{6 \times 25 \text{ on } : 50 \text{ From a dive w/5 pushups}\}$
	{3 x 100 on 1:40 Breaststroke
	$\{6 \times 25 \text{ on } : 50 \text{ From a dive w/5 pushups}\}$
	{4 x 100 on 1:35 Breaststroke
	(4 A 100 On 1.30 DICUSCIONE

Workout #5406 - Wednesday, 23 April 2008 Group 3 - Gold

5:15 PM 3,500 Yards - Stress Value = 49

1 x 200 on 3:00 Stroke Drills

200

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

500	{1 1x{1 {1	<pre>x 25 on :35 Kick no board BSLR x 100 on 1:50 Kick x 200 on 3:00 Lungbuster pulls x 200 on 2:55 Lungbuster pulls x 100 on 1:25 Lungbuster pulls</pre>
	{ b	preathe 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	Se	t 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
	-	x 100 on 2:00 Kick
	-	x 25 on :40 Kick no board BSLR
	-	x 100 on 2:00 Kick
	•	x 25 on :35 Kick no board BSLR
	-	x 100 on 2:00 Kick
450	-	x 150 on 2:00 kTck x 150 on 2:30 Lungbuster pulls
430		x 150 on 2:35 Lungbuster pulls
	-	
		x 150 on 2:20 Lungbuster pulls
		reathe 3-5-7 continuous
100		x 25 on :50 Sculling drills
		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	1,
300		-,
	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	1,
	{4 x 25 on :45 Kick no board BSLR	
400	$1x\{1 \times 100 \text{ on } 2:00 \text{ Lungbuster pulls}$	
	{1 x 100 on 1:55 Lungbuster pulls	
	{1 x 100 on 1:45 Lungbuster pulls	
	{1 x 100 on 1:50 Lungbuster pulls	
1.00	{ breathe 3-5-7 continuous	
100	2x{1 x 25 on :50 Sculling drills	
1 200	{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	
	$\{6 \times 25 \text{ on } : 50 \text{ From a dive } \text{w/5 pushups}\}$	Υa
	{4 x 75 on 1:35 50 Breast 25 Free	===
200	1 x 200 on 3:00 Stroke Drills	
200	5:15 PM 2,850 Yards - Stress Value = 40	
	5.15 III 2,550 Tarab	
	Workout #5411 - Thursday, 24 April 2008	

Workout #5411 - Thursday, 24 April 2008 Group 3 - Fly

1 minute rest between sets

Varde	3:30 PM Start Set Description
	1 on 20:00 8 Min Abs/Stretch
400	1 x 400 on 8:00 Underwater trn drill
	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
200	5:15 PM 4,550 Yards - Stress Value = 61
	J.IJ FM 4, JJU Tatus - Stress Value - 01

Workout #5409 - Thursday, 24 April 2008 Group 3 - Gold

1 minute rest between sets

Yards	3:30 PM Start 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	Х	125 on 2:30 Kick
	{ 2	Х	50 on :50 Kick
	{ 1	Х	125 on 2:25 Kick
	{ 2	Х	50 on :50 Kick
	{ 1	Х	100 on 1:55 Kick
	{ 2	Х	50 on :50 Kick
	{ 1	Х	100 on 1:50 Kick
	{ 2	Х	50 on :50 Kick
1,150	1x{1	Х	125 on 2:00 Pulls
	{ 2	Х	125 on 1:55 Pulls
	{ 3	Х	125 on 1:50 Pulls
	{ 4	Х	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	Х	100 on 1:40 25L, 25R, 25B, 25Fr
	{ 2	X	100 on 1:35 25L, 25R, 25B, 25Fr
	{ 3	Х	50 on :55 25Fr, 25Fly w/flip turn
200	1	X	200 on 3:00 Stroke Drills
	5:15	Ρľ	M 4,200 Yards - Stress Value = 56

Workout #5410 - Thursday, 24 April 2008 Group 3 - Silver

Yards	3:30 PM Start 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
1 100	{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
200	{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
	J.14 FM J, 700 Tatus - Stress value = 30

3:30 PM Start

3:30 PM Start

Workout #5412 - Thursday, 24 April 2008 Group 3 - Bronze 1 minute rest between sets

Yards	Se	et	Description
=====	==	===	
	1	O	n 20:00 8 Min Abs/Stretch
400	1	Х	400 on 8:00 Underwater trn drill
150	10) 2	k 15 on :45 Shooters
700	1x{1	х	100 on 2:30 Kick
	{ 2	Х	50 on 1:05 Kick
	{ 1	Х	100 on 2:25 Kick
	{ 2	Х	50 on 1:05 Kick
	{ 1	Х	100 on 2:20 Kick
	{ 2	Х	50 on 1:05 Kick
	{ 1	х	100 on 2:15 Kick
850	1x{1	х	125 on 2:30 Pulls
	{ 2	Х	125 on 2:25 Pulls
	{ 3	х	125 on 2:20 Pulls
	{ 1	х	100 on 1:50 Pulls
150	3x{1	Х	25 on :50 Sculling drills
	{ 1	Х	25 on :40 12.5 ez 12.5 fast grt finishes
900	2x{1	Х	100 on 2:15 25L, 25R, 25B, 25Fr
	{ 1	Х	100 on 2:10 25L, 25R, 25B, 25Fr
	{ 1	Х	100 on 2:05 25L, 25R, 25B, 25Fr
	{ 3	Х	50 on 1:10 25Fr, 25Fly w/flip turn
200	1	Х	200 on 4:00 Stroke Drills

Workout #5413 - Friday, 25 April 2008 Group 3 - Speed Acquisition 1 minute rest between sets

5:14 PM 3,350 Yards - Stress Value = 43

```
Yards
        Set Description
=====
          1 on 20:00 Physio Balls/Stretch
   400
          1 x 400 on 7:00 Reverse IM drill
        10 x 15 on :45 Shooters
   150
         10 x 15 on 1:15 Tombstone Kicking
   100 2x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}
         \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}
   480 6x{1 x 25 on :01 OTB}
         {1 on :01 10 Squats
         \{1 \times 30 \text{ on } : 01 \text{ 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
          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 10 x 15 on :45 Shooters 750 $3x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$ {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 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #5415 - Monday, 28 April 2008 Group 3 - Gold

1 minute rest between sets

	3:30 PM Start
ards	Set Description
	1 on 25:00 Physio Balls/Stretch
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10×15 on :45 Shooters
750	$3x\{4 \times 25 \text{ on :} 35 \text{ Kick no board BSLR}$
	{1 x 50 on 1:00 Kick
	{1 x 50 on :55 Kick
	$\{1 \times 50 \text{ on } :50 \text{ Kick}$
700	1x{1 x 200 on 3:10 Pull no br L.12 yds
	$\{1 \times 200 \text{ on } 3:05 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 200 \text{ on } 3:00 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 100 \text{ on } 1:25 \text{ Pull no br L.}12 \text{ yds}$
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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
	$\{1 \times 500 \text{ on } 6:40 \text{ Freestyle}$
	{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
       10 x 15 on :45 Shooters
  150
   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 \times 100 \text{ on } 1:50 \text{ Freestyle} \}
        \{1 \times 500 \text{ on } 8:10 \text{ Freestyle} \}
  200
         1 x 200 on 4:00 Stroke Drills
       5:30 PM 4,400 Yards - Stress Value = 103
```

3:30 PM Start

Workout #5417 - Monday, 28 April 2008 Group 3 - Bronze 1 minute rest between sets

Yards	3:30 PM Start Set Description
	1 on 25:00 Physio Balls/Stretch
300	1 x 300 on 7:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	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
	$\{1 \times 150 \text{ on } 2:55 \text{ Pull no br L.12 yds}$
	$\{1 \times 150 \text{ on } 2:50 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 50 \text{ on } :50 \text{ Pull no br L.12 yds}$
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
2,000	1x{1 x 400 on 8:00 Freestyle
	$\{4 \times 100 \text{ on } 2:10 \text{ Freestyle}$
	$\{1 \times 400 \text{ on } 7:50 \text{ Freestyle} \}$
	{4 x 100 on 2:10 Freestyle
0.00	{1 x 400 on 7:40 Freestyle
200	
	5:31 PM 3,850 Yards - Stress Value = 96

Workout #5421 - Tuesday, 29 April 2008 Group 3 - Breast 1 minute rest between sets

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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
1,200	$1x{1 x 125 on 2:10 Breaststroke}$
	${3 \times 50 \text{ on } 1:00 \text{ Under/over}}$
	{2 x 125 on 2:05 Breaststroke
	${3 \times 50 \text{ on } 1:00 \text{ Under/overs}}$
	{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 #5420 - Tuesday, 29 April 2008 Group 3 - Gold

1 minute rest between sets

Yards		Start Description
=====	1 00	25:00 Stomach and Stretch
		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

```
{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	Se	t 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 #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 $\{1 \times 100 \text{ on } 2:20 \text{ Kick} \}$ 100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 950 $1x\{1 \times 100 \text{ on } 2:15 \text{ Breaststroke}$ ${3 \times 50 \text{ on } 1:10 \text{ Under/over}}$ $\{2 \times 100 \text{ on } 2:15 \text{ Breaststroke} \}$ {3 x 50 on 1:10 Under/overs ${3 \times 100 \text{ on } 2:15 \text{ Freestyle}}$ $\{1 \text{ x } 50 \text{ on } 1\text{:}00 \text{ Breaststroke} \}$ 1 x 250 on 4:00 Stroke Drills 5:29 PM 2,150 Yards - Stress Value = 29

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
	1x{1 x 100 on 1:30 Kick
000	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:25 Kick
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}\}$
	•
	{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
2,000	{1 on 1:00 Rest
300	6 x 50 on 1:00 Stroke Drills
300	5:30 PM 4,850 Yards - Stress Value = 75
	J.30 Im 4,030 latus - Scress value - /3

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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	{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
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$

	{ 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
	{ }	oreathe 3-5-7 continuous
200	4x{1	x 25 on :50 Sculling drills
	{ 1	\times 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

Workout #5425 - Wednesday, 30 April 2008 Group 3 - Bronze 1 minute rest between sets

3:30 PM Start

	3.30 III Beare
Yards	Set Description
=====	=======================================
	1 on 25:00 Scooter Boards/Stretch
300	1 x 300 on 7:00 Free L.25 of each 100 non fi
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

1 on 25:00 Physio Ball Abs/Stretch

1 x 350 on 7:00 Underwater trn drill

150 10 x 15 on :45 Shooters Group 3 - Fly 750 1x{1 x 150 on 3:15 Kick 1 minute rest between sets {1 x 100 on 2:10 Kick {1 x 50 on 1:05 Kick 3:30 PM Start {1 x 150 on 3:10 Kick Set Description Yards {1 x 100 on 2:05 Kick _____ {1 x 50 on 1:00 Kick 1 on 25:00 Physio Ball Abs/Stretch {1 x 150 on 3:00 Kick 400 1 x 400 on 7:00 Underwater trn drill 900 2x{1 x 150 on 2:35 Pulls {1 x 150 on 2:30 Pulls 900 1x{1 x 150 on 3:00 Kick {1 x 150 on 2:20 Pulls {1 x 100 on 1:55 Kick 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 50 on :55 Kick {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 150 on 2:40 Kick $1,900 \ 2x\{4 \ x \ 25 \ on : 30 \ 1 \ Stroke Fly Off Wall$ {1 x 100 on 1:45 Kick {3 x 50 on 1:00 2 Strokes Fly Off Walls {1 x 50 on :50 Kick $\{4\ x\ 75\ on\ 1:25\ 3\ Strokes\ Fly\ Off\ Walls$ {1 x 150 on 2:25 Kick {3 x 100 on 1:45 4 Strokes Fly Off Walls {1 x 100 on 1:35 Kixk $\{1 \times 100 \text{ on } 2:15 \text{ Freestyle} \}$ {1 x 50 on :45 Kick 1 x 200 on 3:00 Stroke Drills 1,200 2x{1 x 150 on 2:00 Pulls 5:30 PM 4,350 Yards - Stress Value = 44 {1 x 150 on 1:55 Pulls {1 x 150 on 1:50 Pulls Workout #5427 - Thursday, 01 May 2008 {1 x 150 on 1:45 Pulls 100 $2x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$ Group 3 - Bronze {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 minute rest between sets 2,200 2x{4 x 25 on :30 1 Stroke Fly Off Wall {4 x 75 on 1:15 3 Strokes Fly Off Walls {4 x 100 on 1:30 4 Strokes Fly Off Walls } 1 on 25:00 Physio Ball Abs/Stretch {4 x 50 on :55 2 Strokes Fly Off Walls 1 x 200 on 3:00 Stroke Drills 1 x 200 on 3:00 Stroke Drills 300 1 x 300 on 7:00 Underwater trn drill 5:31 PM 5,150 Yards - Stress Value = 53 150 10 x 15 on :45 Shooters 650 1x{1 x 150 on 3:40 Kick {1 x 100 on 2:25 Kick Workout #5428 - Thursday, 01 May 2008 {1 x 50 on 1:10 Kick Group 3 - Gold {1 x 150 on 3:30 Kick 1 minute rest between sets {1 x 100 on 2:20 Kick {1 x 50 on 1:05 Kick 3:30 PM Start {1 x 50 on 1:00 Kick Yards Set Description 750 1x{1 x 150 on 2:55 Pulls ===== {1 x 150 on 2:50 Pulls 1 on 25:00 Physio Ball Abs/Stretch {1 x 150 on 2:45 Pulls 1 x 400 on 7:00 Underwater trn drill 400 {1 x 150 on 2:40 Pulls {1 x 150 on 2:35 Pulls 800 1x{1 x 150 on 3:00 Kick 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 100 on 2:00 Kick {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 50 on 1:00 Kick 1,600 2x{4 x 25 on :40 1 Stroke Fly Off Wall {1 x 150 on 2:55 Kick {3 x 50 on 1:15 2 Strokes Fly Off Walls {1 x 100 on 1:55 Kick $\{2 \text{ x } 75 \text{ on } 1\text{:}45 \text{ 3 Strokes Fly Off Walls}$ $\{1 \times 50 \text{ on } :55 \text{ Kick} \}$ {3 x 100 on 2:10 4 Strokes Fly Off Walls {1 x 150 on 2:50 Kick {1 x 100 on 2:30 Freestyle {1 x 50 on :50 Kixk 200 1 x 200 on 3:00 Stroke Drills $1,000 \ 2x{1 x 150 on 2:15 Pulls}$ 5:30 PM 3,750 Yards - Stress Value = 41 {1 x 150 on 2:10 Pulls {1 x 100 on 1:25 Pulls Workout #5430 - Friday, 02 May 2008 {1 x 100 on 1:20 Pulls Group 3 - All 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 minute rest between sets 14 x 25 on :30 1 Stroke Fly Off Walls 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 4 x 100 on 2:00 Freestyle 1 on 25:00 10 min abs 1 x 600 on 9:00 Reverse IM drill 2,200 2x{4 x 25 on :30 1 Stroke Fly Off Wall 1 x 200 on 3:00 Stroke Drills 150 10 x 15 on :45 Shooters 1,000 10 x 100 on 2:00 Challenge Kick Set w/fins 5:31 PM 4,850 Yards - Stress Value = 49 Workout #5426 - Thursday, 01 May 2008 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes Group 3 - Silver 100 1 x 100 on 2:00 Your Choice OTB 1 minute rest between sets 200 1 x 200 on 3:00 Stroke Drills 1 on 12:00 Water Polo 3:30 PM Start 5:00 PM 2,250 Yards - Stress Value = 38 Yards Set Description

350

Workout #5431 - Monday, 05 May 2008 **Group 3 - Freestylers** 1 minute rest between sets

Workout #5433 - Monday, 05 May 2008 Group 3 - Silver 1 minute rest between sets

3:30 PM Start	3:30 PM Start
Yards Set Description	Yards Set Description
1 on 30:00 Physio Balls/Stretch	1 on 30:00 Physio Balls/Stretch
400 1 x 400 on 7:00 Swim-kick-pull-swim	350 1 x 350 on 7:00 Swim-kick-pull-swim
150	150
900 $1x\{4 \times 25 \text{ on :} 30 \text{ Kick no board BSLR}$	600 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
{1 x 100 on 1:20 Kick	{1 x 100 on 1:50 Kick
$\{4 \times 25 \text{ on :} 30 \text{ Kick no board BSLR}$	{4 x 25 on :45 Kick no board BSLR
{2 x 100 on 1:25 Kick	{2 x 100 on 1:55 Kick
$\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
{3 x 100 on 1:30 Kick	1,350 1x{3 x 100 on 1:34 Freestyle
1,500 1x{3 x 100 on 1:13 Freestyle	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$
{4 x 50 on 1:00 Freestyle	{3 x 100 on 1:33 Freestyle
{3 x 100 on 1:12 Freestyle	{4 x 50 on 1:00 Freestyle
{4 x 50 on 1:00 Freestyle	{3 x 100 on 1:32 Freestyle
{3 x 100 on 1:11 Freestyle	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$
{4 x 50 on 1:00 Freestyle	800 $1x\{2 \times 100 \text{ on } 1:45 \text{ Pull no br L.6 yds}$
$1,000 1x\{2 x 125 \text{on } 1:45 \text{Pull } \text{no } \text{br } \text{L.6 } \text{yds}$	$\{2 \times 100 \text{ on } 1:45 \text{ Pull no br L.}12 \text{ yds}$
$\{2 \times 125 \text{ on } 1:45 \text{ Pull no br L.}12 \text{ yds}$	$\{2 \times 100 \text{ on } 1:45 \text{ Pull no br L.}18 \text{ yds}$
$\{2 \times 125 \text{ on } 1:45 \text{ Pull no br L.}18 \text{ yds}$	$\{2 \times 100 \text{ on } 1:45 \text{ Pull no br L.25 yds}$
$\{2 \times 125 \text{ on } 1:45 \text{ Pull no br L.25 yds}$	100 2x{1 x 25 on :50 Sculling drills
100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$	- · · · · · · · · · · · · · · · · · · ·
1,500 1x{3 x 100 on 1:13 Freestyle	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$
$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	{3 x 100 on 1:33 Freestyle
{3 x 100 on 1:12 Freestyle	{4 x 50 on 1:00 Freestyle
$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$	{3 x 100 on 1:32 Freestyle
{3 x 100 on 1:11 Freestyle	{2 x 50 on 1:00 Freestyle
{4 x 50 on 1:00 Freestyle	250 1 x 250 on 5:00 Stroke Drills
250 1 x 250 on 5:00 Stroke Drills	5:46 PM 5,000 Yards - Stress Value = 123
5:45 PM 5,800 Yards - Stress Value = 146	

Workout #5432 - Monday, 05 May 2008 Group 3 - Gold

Workout #5434 - Monday, 05 May 2008 Group 3 - Bronze 1 minute rest between sets

1 minute rest between sets	
	3:30 PM Start
3:30 PM Start	Yards Set Description
Yards Set Description	=======================================
	1 on 30:00 Physio Balls/Stretch
1 on 30:00 Physio Balls/Stretch	300 1 x 300 on 7:00 Swim-kick-pull-swim
400 1 x 400 on 7:00 Swim-kick-pull-swim	150
150	550 $1x\{4 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}$
600 1x{4 x 25 on :40 Kick no board BSLR	{1 x 100 on 2:10 Kick
{1 x 100 on 1:45 Kick	{4 x 25 on :45 Kick no board BSLR
$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$	{2 x 100 on 2:15 Kick
{2 x 100 on 1:50 Kick	{2 x 25 on :45 Kick no board BS
$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$	1,050 1x{2 x 100 on 2:00 Freestyle
1,450 1x{3 x 100 on 1:23 Freestyle	{3 x 50 on 1:10 Freestyle
{4 x 50 on 1:00 Freestyle	{2 x 100 on 1:55 Freestyle
{3 x 100 on 1:22 Freestyle	{3 x 50 on 1:10 Freestyle
{4 x 50 on 1:00 Freestyle	{2 x 100 on 1:50 Freestyle
{3 x 100 on 1:21 Freestyle	{3 x 50 on 1:10 Freestyle
{3 x 50 on 1:00 Freestyle	600 1x{2 x 100 on 2:15 Pull no br L.6 yds
850 1x{2 x 125 on 1:55 Pull no br L.6 yds	{2 x 100 on 2:15 Pull no br L.12 yds
{2 x 125 on 1:55 Pull no br L.12 yds	$\{2 \times 100 \text{ on } 2:15 \text{ Pull no br L.18 yds} \\ 100 2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills} \}$
{2 x 125 on 1:55 Pull no br L.18 yds	
$\{1 \times 100 \text{ on } 1:30 \text{ Pull no br L.25 yds} $ 100 $2\times\{1 \times 25 \text{ on } :50 \text{ Sculling drills} $	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$	1,050 1x{2 x 100 on 2:00 Freestyle {3 x 50 on 1:10 Freestyle
1,450 1x{3 x 100 on 1:23 Freestyle	{2 x 100 on 1:55 Freestyle
{4 x 50 on 1:00 Freestyle	{3 x 50 on 1:10 Freestyle
{3 x 100 on 1:22 Freestyle	{2 x 100 on 1:50 Freestyle
{4 x 50 on 1:00 Freestyle	$\{3 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$
{3 x 100 on 1:21 Freestyle	250 1 x 250 on 6:00 Stroke Drills
{3 x 50 on 1:21 Freestyle {3 x 50 on 1:00 Freestyle	5:44 PM 4,050 Yards - Stress Value = 103
250 1 x 250 on 5:00 Stroke Drills	J. 77 IM 4,000 Idius - Buless value - 103
5:45 PM 5,250 Yards - Stress Value = 131	
J. 75 IM J, 250 Talus - Stless value - 151	

350 1 x 350 on 7:00 Underwater trn drill Workout #5436 - Tuesday, 06 May 2008 10 x 15 on :45 Shooters 150 Group 3 - Back 625 5 x 125 on 2:30 Kick 1 minute rest between sets 25 1 x 25 on :01 Freestyle 950 $1x{1 x 250 on 4:10 Pulls}$ 3:30 PM Start {2 x 200 on 3:20 Pulls Yards Set Description {2 x 150 on 2:30 Pulls _____ 625 5 x 125 on 2:30 Kick 1 on 30:00 Scooter Boards/Stretch 25 1 x 25 on :01 Freestyle 1 x 400 on 7:00 Underwater trn drill 400 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 750 6 x 125 on 2:00 Kick $1,500 \ 1x\{1 \ x \ 200 \ on \ 3:45 \ Backstroke$ $1,100 1x{1 x 250 on 3:45 Pulls}$ {4 x 25 on :40 Back 12 yds under {2 x 200 on 3:00 Pulls {1 x 200 on 3:40 Backstroke {3 x 150 on 2:15 Pulls {4 x 25 on :40 Back 12 yds under 6 x 125 on 2:00 Kick {1 x 200 on 3:35 Backstroke 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {4 x 25 on :40 Back 12 yds under {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 200 on 3:35 Backstroke $1,800 \ 1x{1} \ x \ 200 \ on \ 3:20 \ Backstroke$ {4 x 25 on :40 Back 12 yds under {4 x 25 on :30 Back 12 yds under {1 x 200 on 3:30 Backstroke {1 x 200 on 3:15 Backstroke {4 x 25 on :40 Back 12 yds under {4 x 25 on :30 Back 12 yds under 200 1 x 200 on 3:00 Stroke Drills {1 x 200 on 3:10 Backstroke 5:49 PM 4,650 Yards - Stress Value = 56 {4 x 25 on :30 Back 12 yds under $\{1 \times 200 \text{ on } 3:05 \text{ Backstroke} \}$ Workout #5438 - Tuesday, 06 May 2008 {4 x 25 on :30 Back 12 yds under Group 3 - Bronze {1 x 200 on 3:00 Backstroke {4 x 25 on :30 Back 12 yds under 1 minute rest between sets $\{1 \times 200 \text{ on } 2:55 \text{ Backstroke} \}$ {4 x 25 on :30 Back 12 yds under 3:30 PM Start 300 1 x 300 on 5:00 Stroke Drills Yards Set Description 5:45 PM 5,450 Yards - Stress Value = 66 ===== 1 on 30:00 Scooter Boards/Stretch 300 1 x 300 on 7:00 Underwater trn drill Workout #5435 - Tuesday, 06 May 2008 Group 3 - Gold 600 6 x 100 on 2:05 Kick 1 minute rest between sets 800 $1x{1 \times 250}$ on 4:30 Pulls {2 x 200 on 3:30 Pulls 3:30 PM Start {1 x 150 on 2:35 Pulls Set Description Yards 600 6 x 100 on 2:05 Kick ===== _____ 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ 1 on 30:00 Scooter Boards/Stretch {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 400 1 x 400 on 7:00 Underwater trn drill 1,400 1x{1 x 200 on 4:10 Backstroke 5 x 125 on 2:20 Kick 1 x 25 cm 2:20 Kick {4 x 25 on :40 Back 12 yds under 625 $\{1 \times 200 \text{ on } 4:05 \text{ Backstroke} \}$ 1×25 on :01 Freestyle {4 x 25 on :40 Back 12 yds under $1,100 1x{1 x 250 on 3:45 Pulls}$ {1 x 200 on 4:00 Backstroke {2 x 200 on 3:00 Pulls {4 x 25 on :40 Back 12 yds under {3 x 150 on 2:15 Pulls $\{1 \times 200 \text{ on } 3:55 \text{ Backstroke} \}$ 5 x 125 on 2:20 Kick 625 {4 x 25 on :40 Back 12 yds under 1×25 on :01 Freestyle {1 x 200 on 3:50 Backstroke 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ 250 1 x 250 on 5:00 Stroke Drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 5:45 PM 4,300 Yards - Stress Value = 54 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 $\{1 \times 200 \text{ on } 3:20 \text{ Backstroke} \}$ {4 x 25 on :35 Back 12 yds under $\{1 \times 200 \text{ on } 3:15 \text{ Backstroke} \}$ $\{4 \times 25 \text{ on :} 35 \text{ Back 12 yds under} \}$ {1 x 200 on 3:10 Backstroke {4 x 25 on :35 Back 12 yds under {1 x 200 on 3:05 Backstroke 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

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	$2x\{1 \times 100 \text{ on } 1:45 \text{ Breaststroke}$
	{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

Yards	3:30 PM Start 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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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
	$\{2 \times 100 \text{ on } 1:45 \text{ Breaststroke} \}$
	{1 x 100 on 1:40 50 breast 50 free
	$\{4 \times 50 \text{ on } 1:00 1-3 \text{ descend br } 4 \text{ ez fr}$
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
         10 x 15 on :45 Shooters
  150
1,000 4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
          {3 \times 50 \text{ on } 1:00 \text{ Kick}}
  700 1x\{1 \times 150 \text{ on } 2:25 \text{ Lungbuster pulls}
          \{2 \times 125 \text{ on } 2:00 \text{ Lungbuster pulls}
          {3 x 100 on 1:35 Lungbuster pulls
  200 4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}
          \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ 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	$3x{4 \times 25 \text{ on :}45 \text{ Kick no board BSLR}}$		
	{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	$4x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$		
	{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			

Workout #5443 - Thursday, 08 May 2008 Group 3 - Fly

Yards	3:30 PM Start Set Description
	1 on 25:00 10 min abs
400	1 x 400 on 7:00 Underwater trn drill
	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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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	

Yards	3:30 PM Start Set Description
======	=======================================
	1 on 25:00 10 min abs
400	1 x 400 on 7:00 Underwater trn drill
	10 x 15 on :45 Shooters
1,400 2	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 4	4x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
1,200 6	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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$		
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$		
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	$\mathbb{W}C$
=====	=======================================	===	==
	1 on 30:00 Physio Balls/Stretch		
450	1x{1 x 225 on 3:00 Choice	REC	
	{1 on 8:00 Sculling Drills in Div Well	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**

Yards	3:30 PM Start Set Description
	1 on 30:00 Physio Balls/Stretch
400	<u>-</u>
	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	$6x\{1 \times 75 \text{ on } 1:05 \text{ Pulls L.25 3 breaths}$
	{1 x 75 on 1:05 Pulls L.25 2 breaths
	{1 x 75 on 1:05 Pulls L.25 1 breath
200	$4x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2 400	12 x 200 on 3:00 Challenge set!!!!!!!!!!!
-	and the second s
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

$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 1,800 12 x 150 on 3:00 Challenge set!!!!!!!!!!!! 500 10 x 50 on 1:00 Stroke Drills 950 Yards - Stress Value = 76

	1 minute rest between sets	6:01	PM	4,9
Yards	3:30 PM Start Set Description		Wor	rkout
	=======================================			
	1 on 20.00 Physic Pollo/Ctmotch			

1 on 30:00 Physio Balls/Stretch
1 x 400 on 7:00 Swim-kick-pull-swim
10 x 15 on :45 Shooters
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
6x{1 x 75 on 1:05 Pulls L.25 3 breaths
$\{1 \times 75 \text{ on } 1:05 \text{ Pulls L.25 2 breaths}$
{1 x 75 on 1:05 Pulls L.25 1 breath
4x{1 x 25 on :50 Sculling drills
$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
12 x 200 on 3:00 Challenge set!!!!!!!!!!!!
10 x 50 on 1:00 Stroke Drills

Workout #5450 - Monday, 12 May 2008 Group 3 - Silver 1 minute rest between sets

6:00 PM 6,200 Yards - Stress Value = 95

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 10×15 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 ${3 \times 100 \text{ on } 2:00 \text{ Kick}}$ {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:55 Kick $1,125 5x{1 x 75 on 1:15 Pulls L.25 3 breaths}$ $\{1 \times 75 \text{ on } 1:15 \text{ Pulls L.25 2 breaths}$ {1 x 75 on 1:15 Pulls L.25 1 breath

 $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$

12 x 175 on 3:00 Challenge set!!!!!!!!!!!!

Workout #5451 - Monday, 12 May 2008 Group 3 - Bronze 1 minute rest between sets

6:00 PM 5,625 Yards - Stress Value = 88

10 x 50 on 1:00 Stroke Drills

200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$

2,100

500

Yards	3:30 PM Start Set Description
	=======================================
150	1 on 30:00 Physio Balls/Stretch 1 x 300 on 7:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 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
	(2 - 100 cm 2.20 Wiele

	1 0	n 30:00 Physio Balls/Stretch
300	1 x	300 on 7:00 Swim-kick-pull-swim
150	10	x 15 on :45 Shooters
,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

it #5452 - Wednesday, 14 May 2008 Group 3 - Gold 1 minute rest between sets

	3:30	PM Start
Yards	Se	et Description
=====		
	1	on 30:00 Scooter Boards/Stretch
		x 400 on 7:00 Free L.25 of each 100 non fr
		0 x 15 on :45 Shooters
1,200	-	x 100 on 2:05 Kick
	-	x 100 on 2:00 Kick
	-	x 100 on 1:55 Kick
	-	x 100 on 1:50 Kick
1,300		x 200 on 2:50 Lungbuster pulls
	{ 2	x 175 on 2:25 Lungbuster pulls
	-	x 150 on 2:05 Lungbuster pulls
	{ 3	x 100 on 1:25 Lungbuster pulls
200		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

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 10×15 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 $1,200 \text{ lx}\{1 \text{ x } 200 \text{ on } 3:20 \text{ Lungbuster pulls}$ $\{2 \times 175 \text{ on } 2:50 \text{ Lungbuster pulls}$ {3 x 150 on 2:20 Lungbuster pulls {2 x 100 on 1:30 Lungbuster pulls 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $2,150 1x{3 x 100 on 1:50 Back neg split}$ $\{3 \times 100 \text{ on } 1:50 \text{ Back-descend} \}$ $\{4 \times 25 \text{ on } : 30 \text{ Backstroke-drill} \}$ {4 x 75 on 1:50 Back-100% $\{1 \times 150 \text{ on } 3:30 \text{ Freestyle} \}$ ${3 \times 100 \text{ on } 2:05 \text{ Breast-neg split}}$ {3 x 100 on 2:05 Breaststroke-descend $\{4 \times 25 \text{ on } : 30 \text{ Breast-drill} \}$

{4 x 75 on 2:05 Breast-100%

1 x 200 on 3:00 Stroke Drills 6:01 PM 5,450 Yards - Stress Value = 111

200

Workout #5455 - Wednesday, 14 May 2008 Group 3 - Bronze 1 minute rest between sets

Yards	Se	PM Start t Description
200		on 30:00 Scooter Boards/Stretch x 300 on 7:00 Free L.25 of each 100 non fr
		0 x 15 on :45 Shooters
1,050	-	x 100 on 2:25 Kick
	•	x 100 on 2:20 Kick
		x 100 on 2:15 Kick
		x 50 on 1:05 Kick
1,000		x 200 on 3:45 Lungbuster pulls
		x 175 on 3:15 Lungbuster pulls
		x 150 on 2:45 Lungbuster pulls
200	4x{1	x 25 on :50 Sculling drills
	{ 1	\times 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 - Strokers

1 minute rest between sets

```
3:30 PM Start
        Set Description
Yards
           1 on 30:00 Scooter Boards/Stretch
           1 x 400 on 7:00 Free L.25 of each 100 non fr
  400
  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 \times 175 \text{ on } 2:10 \text{ Lungbuster pulls}
          \{3 \times 150 \text{ on } 1:50 \text{ Lungbuster pulls}
          \{4 \times 125 \text{ on } 1:30 \text{ Lungbuster pulls}
  200 4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}
          \{1 \text{ x } 25 \text{ on } : 40 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}
2,600 1x{4 x 100 on 1:30 Back neg split}
          \{4 \times 100 \text{ on } 1:30 \text{ Back-descend} \}
          {4 x 25 on :30 Backstroke-drill
          {4 x 75 on 1:30 Back-100%
          \{1 \text{ x 200 on 4:00 Freestyle}
          {4 x 100 on 1:45 Breast-neg split
          {4 x 100 on 1:45 Breaststroke-descend
          \{4 \times 25 \text{ on } : 30 \text{ Breast-drill} \}
          {4 x 75 on 1:45 Breast-100%
           1 x 200 on 3:00 Stroke Drills
  200
```

Workout #5456 - Thursday, 15 May 2008 Group 3 - Fly

6:01 PM 6,450 Yards - Stress Value = 131

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							
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 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$							
$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$							
$2,850 3x{2 x 125 on 2:00 Fly 2-3 L.25 whole stroke$							
$\{2 \times 125 \text{ on } 1:55 \text{ Fly } 2-4 \text{ L.25 whole stroke} \}$							
$\{2 \times 125 \text{ on } 1:50 \text{ Fly } 2-5 \text{ L.25 whole stroke} \}$							
{2 x 100 on 1:15 Freestyle							
500							
6:01 PM 7,000 Yards - Stress Value = 93							
Workout #5457 - Thursday, 15 May 2008							
Group 3 - Gold							

Yards	3:30 PM Start 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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
2,400	$3x\{2 \times 100 \text{ on } 1:50 \text{ Fly } 2-3 \text{ L.25 whole stroke}$
	{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
F 0 0	{2 x 100 on 1:20 Freestyle
500	
	5:59 PM 6,100 Yards - Stress Value = 78

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
	$\{2 \times 100 \text{ on } 1:50 \text{ Fly } 2-5 \text{ L.} 25 \text{ whole stroke} \}$
	$\{3 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
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
	$\{1 \times 50 \text{ on } 1:45 \text{ Freestyle} \}$
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	Se	et Description	EGY	WORK	ζ
=====	==		===	====	=
	1	on 30:00 Physio Balls/Stretch		L	Γ
800	1	x 800 on 12:00 Reverse IM drill	REC	D	
750	3x{1	x 200 on 4:00 Social Kick	REC	K	(
	{ 1	x 50 on 1:00 Kick	EN3	K	(

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

Yards	3:30 PM Start Set Description
400	
150	
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
1 000	{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
000	{1 x 225 on 2:35 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
0 100	{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
250	{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

Group 3 - Gold	3:30 PM Start
1 minute rest between sets	Yards Set Description
	300 1 x 300 on 7:00 Underwater trn drill
3:30 PM Start	150 10 x 15 on :45 Shooters
Yards Set Description	1,200 3x{8 x 25 on :45 Kick no board BSLR
1 on 20.00 Physic Polls/Streets	{1 x 100 on 2:30 Kick
1 on 30:00 Physio Balls/Stretch 400 1 x 400 on 7:00 Underwater trn drill	{1 x 100 on 2:20 Kick
150 10 x 15 on :45 Shooters	$1,200 \ 1x\{1 \ x \ 150 \ on \ 3:10 \ Pulls-nbbf&w + 2 \ yds$
1,350 3x{8 x 25 on :45 Kick no board BSLR	$\{1 \times 150 \text{ on } 3:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
{1 x 100 on 2:00 Kick	$\{1 \times 150 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
{1 x 100 on 1:55 Kick	{1 x 150 on 2:55 Pulls-nbbf&w + 2 yds
{1 x 50 on :50 Kick	{1 x 150 on 2:50 Pulls-nbbf&w + 2 yds
1,600 1x{1 x 200 on 3:10 Pulls-nbbf&w + 2 yds	$\{1 \times 150 \text{ on } 2:45 \text{ Pulls-nbbf}\&w + 2 \text{ yds}$
{1 x 200 on 3:05 Pulls-nbbf&w + 2 yds	$\{1 \times 150 \text{ on } 2:40 \text{ Pulls-nbbf}\&w + 2 \text{ yds}$
{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds	$\{1 \times 150 \text{ on } 2:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} \\ 200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills} \}$
$\{1 \times 200 \text{ on } 2:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds	1,600 1x{6 x 100 on 1:45 Freestyle
$\{1 \times 200 \text{ on } 2:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	{1 on 1:00 Rest
$\{1 \times 200 \text{ on } 2:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	{5 x 100 on 1:45 Freestyle
$\{1 \times 200 \text{ on } 2:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	{1 on 1:00 Rest
200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$	$\{4 \times 100 \text{ on } 1:45 \text{ Freestyle}\}$
$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishe} \}$	1 on 1:00 Rest
2,000 1x{6 x 100 on 1:20 Freestyle	{1 x 100 on 1:45 Freestyle
{1 on 1:00 Rest	300 6 x 50 on 1:00 Stroke Drills
{5 x 100 on 1:20 Freestyle	5:30 PM 4,950 Yards - Stress Value = 83
{1 on 1:00 Rest	
{4 x 100 on 1:20 Freestyle	Workout #5468 - Tuesday, 20 May 2008
{1 on 1:00 Rest	Group 3 - Back
{3 x 100 on 1:20 Freestyle {1 on 1:00 Rest	•
	1 minute rest between sets
{2 x 100 on 1:20 Freestyle	
$\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ 300 6 x 50 on 1:00 Stroke Drills	3:30 PM Start
{2 x 100 on 1:20 Freestyle	3:30 PM Start Yards Set Description
{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	3:30 PM Start Yards Set Description
{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	3:30 PM Start Yards Set Description
{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	3:30 PM Start Yards Set Description ====== 1 on 30:00 Scooter Boards/Stretch
{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	3:30 PM Start Yards Set Description ====== 1 on 30:00 Scooter Boards/Stretch 400 1 x 400 on 7:00 Underwater trn drill
{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	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
<pre>{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</pre>	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 1,500 4x{1 x 125 on 2:30 Kick-worst stroke
{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 3:30 PM Start Yards Set Description	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 1,500 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
<pre>{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</pre>	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 1,500 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
<pre>{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</pre>	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 1,500 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
{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 3:30 PM Start Yards Set Description	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 1,500 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
{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 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	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 1,500 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
{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 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	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 1,500 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 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 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	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 1,500 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 {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
{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 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}	3:30 PM Start Yards Set Description
{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 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}	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 1,500 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
{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 3:30 PM Start Yards Set Description ====================================	3:30 PM Start Yards Set Description
{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 3:30 PM Start Yards Set Description ===================================	3:30 PM Start Yards Set Description
{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 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 3:00 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 }	3:30 PM Start Yards Set Description
{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 I 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 3:00 Pulls-nbbf&w + 2 yds {1 x 175 on 2:55 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 2:50 Pulls-nbbf&w + 2 yds {1 x 175 on 2:50 Pulls-nbbf&w + 2 yds {1 x 175 on 2:50 Pulls-nbbf&w + 2 yds {1 x 175 on 2:50 Pulls-nbbf&w + 2 yds {1 x 175 on 2:50 Pulls-nbbf&w + 2 yds {1 x 175 on 2:50 Pulls-nbbf&w + 2 yds	3:30 PM Start Yards Set Description
{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 I minute rest between sets 3:30 PM Start Yards Set Description	3:30 PM Start Yards Set Description
{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 I 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 175 on 3:10 Pulls-nbbf&w + 2 yds {1 x 175 on 3:05 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 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:44 Pulls-nbbf&w + 2	3:30 PM Start Yards Set Description
{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 I 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 2:55 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 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 2:40 Pulls-nbbf&w + 2 yds {1 x 175 on 2:40 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 {1 x 175 on 2:35 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 {1	3:30 PM Start Yards Set Description
{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 I 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 100 on 2:00 Kick {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 2:55 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 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 2:40 Pulls-nbbf&w + 2 yds {1 x 175 on 2:35 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 {1 x 175 on 2:35 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	3:30 PM Start Yards Set Description
{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 I 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 2:55 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 Pulls-nbbf&w + 2 yds {1 x 175 on 2:45 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 2:40 Pulls-nbbf&w + 2 yds {1 x 175 on 2:40 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 {1 x 175 on 2:35 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 {1	3:30 PM Start Yards Set Description

3:30 PM Start

Workout #5461 - Monday, 19 May 2008 Group 3 - Bronze 1 minute rest between sets

{1 on 1:00 Rest

{1 on 1:00 Rest

{1 on 1:00 Rest

{5 x 100 on 1:30 Freestyle

 $\{4 \text{ x } 100 \text{ on } 1\text{:}30 \text{ Freestyle}$

{3 x 100 on 1:30 Freestyle 7 x 50 on 1:00 Stroke Drills 6:00 PM 5,600 Yards - Stress Value = 93

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	10×15 on :45 Shooters

 $\{1 \text{ x } 100 \text{ on } 2\text{:}10 \text{ Kick-2nd best stroke}$

	{ 1	Х	100	on	2:00	Kick-best
1,800	1x{1	Х	300	on	4:30	Pulls
	{ 2	х	250	on	3:45	Pulls
	{ 3	Х	200	on	3:00	Pulls

1,300 $4x\{1 \times 125 \text{ on } 2:45 \text{ Kick-worst stroke}$

 $\{4 \text{ x } 100 \text{ on } 1\text{:}30 \text{ Pulls}$

200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on :} 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} =$ $1,850 \ 1x{4} \ x \ 125 \ on \ 2:05 \ Backstroke$

{3 x 50 on :55 Backstroke-descend ${3 \times 125 \text{ on } 2:05 \text{ Backstroke}}$ $\{4 \times 50 \text{ on } :55 \text{ Back-desc } 1-3, 4 \text{ fast} \}$ $\{2 \times 125 \text{ on } 2:05 \text{ Backstroke} \}$ $\{5 \times 50 \text{ on } : 55 \text{ Back-desc } 1-3, 4\&5 \text{ fast } \}$ {1 x 125 on 2:05 Backstroke 1 x 250 on 5:00 Stroke Drills

Workout #5466 - Tuesday, 20 May 2008 Group 3 - Silver

5:59 PM 5,950 Yards - Stress Value = 68

1 minute rest between sets

Yards	3:30 PM Start 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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
1.675	1x{4 x 125 on 2:15 Backstroke
1,0,0	{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
	·
005	{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 P	M Sta	rt		
Yards	Set	Descr	iption		
=====	=======================================				
	1 0	n 30:0) Scoo	ter Boards/Stretch	
300	1 x	300 o	n 7:00	Underwater trn drill	
150	10	x 15 o	n :45	Shooters	
1,200	4x{1 x	100 o	n 2:30	Kick-worst stroke	
	{1 x	100 o	n 2:20	Kick-2nd best stroke	
	{1 x	100 o	n 2:10	Kick-best stroke	
1,450	1x{1 x	300 o	n 5:30	Pulls	
	{2 x	250 o	n 4:35	Pulls	
	{3 x	200 o	n 3:40	Pulls	

		_
	{ 1	x 50 on :55 Pulls
200	4x{1	x 25 on :50 Sculling drills
	{ 1	\times 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
		x 25 on :45 Kick no board B
-,	-	x 50 on :55 Kick-descend
	-	x 25 on :45 Kick no board -S
		x 50 on :55 Kick-descend
	•	x 25 on :45 Kick no boardL-
	-	x 50 on :55 Kick-descend
	•	
	-	x 25 on :45 Kick no boardR
		x 50 on :55 Kick-descend
		x 25 on :45 Kick no board BSLR
-) x 50 on 1:10 Breast Pull-No Dolphin Kicki
200		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 boardL-
	{4 x 50 on 1:00 Kick-descend
	{4 x 25 on :45 Kick no boardR
	{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
	$4x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$
	{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
	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

Yards	3:30 PM Start 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 boardL-
	{3 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no boardR
	{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
	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
	4 x 100 on 1:45 Descend to Ludicrous Speed
	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	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board B}$

	{ 3	Х	50	on	1:10 Kick-descend
	{ 4	Х	25	on	:45 Kick no board -S
	{ 3	Х	50	on	1:10 Kick-descend
	{ 4	Х	25	on	:45 Kick no boardL-
	{ 3	Х	50	on	1:10 Kick-descend
	{ 4	Х	25	on	:45 Kick no boardR
	{ 3	Х	50	on	1:10 Kick-descend
	{ 4	Х	25	on	:45 Kick no board BSLR
800	1 (6 2	k 50	or or	n 1:30 Breast Pull-No Dolphin Kicki
200	4x{1	Х	25	on	:50 Sculling drills
	{ 1	Х	25	on	:40 12.5 ez 12.5 fast grt finishes
950	1x{1	Х	100	or or	n 2:00 25 breast 75 free
	{ 2	Х	125	or	n 2:40 50 breast 75 free
	{ 4	Х	150	or	n 3:15 75 breast 75 free
					n 4:00 Freestyle
400	4	Х	100	or or	2:00 Descend to Ludicrous Speed
200	1	Х	200	or or	n 4:00 Stroke Drills
	5:59	Pl	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
	4x{1 x 150 on 2:45 Kick
1,200	{1 x 100 on 1:50 Kick
	{1 x 50 on :55 Kick
1 = 0 0	•
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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
2,400	$2x{4 x 25 on :30 Butterfly}$
	{1 x 100 on 1:10 Freestyle
	{4 x 25 on :30 Butterfly lup ldown
	{2 x 100 on 1:15 Freestyle
	{4 x 25 on :30 Butterfly 1up 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 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 1up 1down {2 x 100 on 1:50 Freestyle {3 x 25 on :40 Butterfly 1up 2down {3 x 100 on 1:55 Freestyle {3 x 25 on :30 Butterfly 1up 3down {3 x 25 on :30 Butterfly 1up 3down }
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	{3 x 25 on :30 Butterfly 1up 3down {1 x 150 on 4:00 Closed Fist Freestyle 5:53 PM 4,790 Yards - Stress Value = 65
{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 400 on 5:50 Pulls {1 x 400 on 5:45 Pulls	Workout #5479 - Tuesday, 27 May 2008 Group 3 - Distance 1 minute rest between sets
{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 1:30 Butterfly {1 x 100 on 1:20 Freestyle {4 x 25 on :30 Butterfly lup ldown {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	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
Workout #5475 - Thursday, 22 May 2008 Group 3 - Silver 1 minute rest between sets	{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
Group 3 - Silver 1 minute rest between sets 3:30 PM Start Yards Set Description	3,000 6x{1 x 400 on 5:20 Free-hold time I give you
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	3,000 6x{1 x 400 on 5:20 Free-hold time I give you
Group 3 - Silver 1 minute rest between sets 3:30 PM Start Yards Set Description 1 on 30:00 Stomach and Stretch	3,000 6x{1 x 400 on 5:20 Free-hold time I give you
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	3,000 6x{1 x 400 on 5:20 Free-hold time I give you

Workout #5476 - Thursday, 22 May 2008 Group 3 - Bronze

	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	$4x{1 x 25 on :50 Sculling drills}$

Workout #5478 - Tuesday, 27 May 2008 Group 3 - Silver 1 minute rest between sets

3:30 PM Start
Set Description
1 on 30:00 Physio Balls/Stretch
1 x 350 on 7:00 Swim-kick-pull-swim
10 x 15 on :45 Shooters
4x{4 x 25 on :45 Kick no board BSLR
{2 x 75 on 1:35 Kick
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
$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
5x{1 x 400 on 6:45 Free-hold time I give you
{1 x 100 on 3:15 Freestyle
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

Yards		PM Start et Description
=====	1	on 30:00 Physio Balls/Stretch
200		<u> -</u>
300	1	x 300 on 7:00 Swim-kick-pull-swim
150	1() 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

Yards	3:30 PM Start 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
	10 x 15 on :45 Shooters
	1x{1 x 125 on 2:05 Backstroke
030	{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
	9 x 150 on 2:10 Lungbuster pulls
1,000	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
•	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$

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

Yards	1
=====	1 05 00 10 1 1 1 1 1
250	1 on 25:00 10 min abs stretch
350	
	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
200	{4 x 25 on :30 Backstroke-build 1 x 200 on 3:00 Backstroke for time
	8 x 150 on 2:25 Lungbuster pulls
1,200	Breathe 3-5-7 continuous
100	2x{1 x 25 on :50 Sculling drills
100	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast qrt finishes}\}$
600	1x{2 x 100 on 1:55 Breaststroke
000	{2 x 75 on 1:25 Breaststroke
	{3 x 50 on :55 Breaststroke
	{4 x 25 on :30 Breaststroke-build
200	·
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
	$\{4 \times 25 \text{ on :} 30 \text{ Butterfly-build 2-6} \}$
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	3:30 PM Start Yards Set Description
1 minute rest between sets	1 on 20.00 Physic Poll Abs/Chapteh
	1 on 28:00 Physio Ball Abs/Stretch 400 1 x 400 on 7:00 Underwater trn drill
3:30 PM Start	150 10 x 15 on :45 Shooters
Yards Set Description	1,800 $3x\{4 \times 25 \text{ on } :45 \text{ Kick no board BSLR}$
	{1 x 100 on 1:20 Kick
1 on 25:00 10 min abs stretch 300 1 x 300 on 7:00 Free L.25 of each 100 non fr	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$
150 10 x 15 on :45 Shooters	{1 x 100 on 1:25 Kick
500 1x{1 x 100 on 2:10 Backstroke	{4 x 25 on :35 Kick no board BSLR {1 x 100 on 1:30 Kick
{2 x 75 on 1:35 Backstroke	1,800 3 x 600 on 7:30 Pulls
{3 x 50 on 1:00 Backstroke	200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
{4 x 25 on :30 Freestyle-build	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
150	2,400 12x{1 x 100 on 1:15 Individual Medley
Breathe 3-5-7 continuous	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$
100 2x{1 x 25 on :50 Sculling drills	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$ 200 1 x 200 on 3:00 Stroke Drills
$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$	6:00 PM 6,950 Yards - Stress Value = 116
600 1x{2 x 100 on 2:30 Breaststroke	5.00 III 0,550 Tarab Screed varue 110
$\{2 \times 75 \text{ on } 1:50 \text{ Breaststroke} \}$	Workout #5486 - Thursday, 29 May 2008
$\{3 \times 50 \text{ on } 1:10 \text{ Breaststroke} $ $\{4 \times 25 \text{ on } :30 \text{ Freestyle-build} \}$	Group 3 - Gold
150 1 x 150 on 4:00 Breaststroke for time	1 minute rest between sets
800 8 x 100 on 2:30 Kick-odds 100% Effort	1 minute Test between sets
100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$	3:30 PM Start
$\{1 \text{ x } 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$	Yards Set Description
500 1x{2 x 100 on 2:10 Butterfly 2-3	
{2 x 75 on 1:35 Butterfly 2-4	1 on 28:00 Physio Ball Abs/Stretch
$\{3 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-5 $ $50 1 \times 50 \text{ on } 2:00 \text{ Butterfly for time}$	400 1 x 400 on 7:00 Underwater trn drill
400 8 x 50 on 1:00 Stroke Drills	150
5:59 PM 4,700 Yards - Stress Value = 86	{1 x 100 on 1:45 Kick
	{4 x 25 on :40 Kick no board BSLR
Workout #5483 - Wednesday, 28 May 2008	{1 x 100 on 1:50 Kick
Group 3 - Strokers	{4 x 25 on :35 Kick no board BSLR
Group 3 - Strokers 1 minute rest between sets	{1 x 50 on :55 Kick
•	{1 x 50 on :55 Kick 1,500 3 x 500 on 7:05 Pulls
1 minute rest between sets 3:30 PM Start	{1 x 50 on :55 Kick
1 minute rest between sets 3:30 PM Start Yards Set Description	{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 finishe 2,000 10x{1 x 100 on 1:30 Individual Medley
1 minute rest between sets 3:30 PM Start Yards Set Description	{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 finishe 2,000 10x{1 x 100 on 1:30 Individual Medley {1 x 50 on :40 Freestyle
1 minute rest between sets 3:30 PM Start Yards Set Description 1 on 25:00 10 min abs stretch	{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 finishe 2,000 10x{1 x 100 on 1:30 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on 1:00 Freestyle
1 minute rest between sets 3:30 PM Start Yards Set Description	{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 finishe 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
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	{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 finishe 2,000 10x{1 x 100 on 1:30 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on 1:00 Freestyle
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}	{1 x 50 on :55 Kick 1,500
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}	{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 finishe 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
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}	{1 x 50 on :55 Kick 1,500
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}	{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 finishe 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
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	{1 x 50 on :55 Kick 1,500
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 50 on :55 Kick 1,500
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	{1 x 50 on :55 Kick 1,500
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}	{1 x 50 on :55 Kick 1,500
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 1,500 10 x 150 on 2:00 Lungbuster pulls Breathe 3-5-7 continuous 100 2x{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 {2 x 100 on 1:35 Breaststroke}	{1 x 50 on :55 Kick 1,500
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}	{1 x 50 on :55 Kick 1,500
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 64 x 50 on 2:00 Lungbuster pulls 65 Breathe 3-5-7 continuous 100 2x{1 x 25 on :50 Sculling drills 66 x 25 on :40 12.5 ez 12.5 fast grt finishes 750 1x{1 x 125 on 2:00 Breaststroke 63 x 75 on 1:10 Breaststroke 750 1x{1 x 125 on 2:00 Breaststroke 83 x 75 on 1:10 Breaststroke 84 x 50 on :45 Breaststroke 85 x 75 on 1:10 Breaststroke 86 x 75 on :45 Breaststroke 87 x 200 on 4:00 Breaststroke 88 x 75 on 1:10 Breaststroke 89 x 200 on 4:00 Breaststroke	{1 x 50 on :55 Kick 1,500
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 62 x 200 on 3:00 Backstroke 750 1 x 200 on 3:00 Backstroke 1,500 10 x 150 on 2:00 Lungbuster pulls 8 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 {4 x 50 on :45 Breaststroke {4 x 50 on :45 Breaststroke for time {1,200 12 x 100 on 1:45 Kick-odds 100% Effort	{1 x 50 on :55 Kick 1,500
3:30 PM Start Yards Set Description 1 on 25:00 10 min abs stretch 200 1 x 400 on 7:00 Free L.25 of each 100 non free for time 1,500 10 x 15 on 1:50 Backstroke 4 x 50 on 1:00 Backstroke 4 x 50 on 1:00 Backstroke 1,500 10 x 150 on 2:00 Lungbuster pulls Breathe 3-5-7 continuous 100 2x{1 x 25 on 1:50 Sculling drills 1 x 25 on 1:50 Sculling drills 2 x 100 on 1:35 Breaststroke 3 x 75 on 1:10 Breaststroke 4 x 50 on 1:35 Breaststroke 4 x 50 on 1:45 Breaststroke 200 1 x 200 on 4:00 Breaststroke 1,200 1 x 200 on 1:45 Kick-odds 100% Effort 100 2x{1 x 25 on :50 Sculling drills	{1 x 50 on :55 Kick 1,500
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 {4 x 50 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 {3 x 75 on 1:10 Breaststroke {4 x 50 on :45 Breaststroke {4 x 50 on :45 Breaststroke {4 x 50 on :45 Breaststroke for time 1,200 1 x 200 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	{1 x 50 on :55 Kick 1,500
3:30 PM Start Yards Set Description 1 on 25:00 10 min abs stretch 200 1 x 400 on 7:00 Free L.25 of each 100 non free for time 1,500 10 x 15 on 1:50 Backstroke 4 x 50 on 1:00 Backstroke 4 x 50 on 1:00 Backstroke 1,500 10 x 150 on 2:00 Lungbuster pulls Breathe 3-5-7 continuous 100 2x{1 x 25 on 1:50 Sculling drills 1 x 25 on 1:50 Sculling drills 2 x 100 on 1:35 Breaststroke 3 x 75 on 1:10 Breaststroke 4 x 50 on 1:35 Breaststroke 4 x 50 on 1:45 Breaststroke 200 1 x 200 on 4:00 Breaststroke 1,200 1 x 200 on 1:45 Kick-odds 100% Effort 100 2x{1 x 25 on :50 Sculling drills	{1 x 50 on :55 Kick 1,500
3:30 PM Start Yards Set Description 1 on 25:00 10 min abs stretch 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 1 x 200 on 3:00 Backstroke 1 x 200 on 3:00 Backstroke 1 x 200 on 3:00 Backstroke 200 1 x 200 on 3:00 Backstroke 1 x 25 on :40 Backstroke 1 x 25 on :40 Backstroke 2 x 100 on 1:35 Breaststroke 2 x 100 on 1:35 Breaststroke 3 x 75 on 1:10 Breaststroke 4 x 50 on :45 Breaststroke 5 x 100 on 1:35 Breaststroke 1 x 200 on 4:00 Breaststroke 2 x 100 on 1:45 Kick-odds 100% Effort 2 x 100 2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes 3 x 75 on 1:10 Breaststroke 4 x 50 on :45 Breaststroke 5 x 100 on 1:45 Kick-odds 100% Effort 5 x 25 on :40 12.5 ez 12.5 fast grt finishes 5 x 25 on :40 12.5 ez 12.5 fast grt finishes 7 x 25 on :40 12.5 ez 12.5 fast grt finishes 7 x 25 on :40 12.5 ez 12.5 fast grt finishes 7 x 25 on :40 12.5 ez 12.5 fast grt finishes 7 x 25 on :40 12.5 ez 12.5 fast grt finishes	{1 x 50 on :55 Kick 1,500
3:30 PM Start Yards Set Description	{1 x 50 on :55 Kick 1,500
3:30 PM Start Yards Set Description 1 on 25:00 10 min abs stretch 1 x 400 on 7:00 Free L.25 of each 100 non fr 150 10 x 15 on 1:50 Backstroke 2 x 100 on 1:25 Backstroke 3 x 75 on 1:00 Backstroke 4 x 50 on :40 Backstroke 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 1 x 200 on 3:00 Breaststroke 1 x 25 on :50 Sculling drills 2 x 100 on 1:35 Breaststroke 4 x 50 on :45 Breaststroke 5 x 100 on 1:45 Kick-odds 100% Effort 100 2x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,200 12 x 100 on 1:45 Kick-odds 100% Effort 100 2x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,201 12 x 100 on 1:45 Butterfly 2-3 2 x 100 on 1:55 Butterfly 2-3 3 x 75 on 1:05 Butterfly 2-6 4 x 50 on :40 Butterfly 2-6 100 1 x 100 on 2:00 Butterfly for time	{1 x 50 on :55 Kick 1,500
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 of time 1,500 10 x 150 on 2:00 Lungbuster pulls of Breathe 3-5-7 continuous 100 2x{1 x 25 on :50 Sculling drills of the first x 125 on 2:00 Breaststroke {2 x 100 on 1:35 Breaststroke of time 1,500 10 x 150 on 2:00 Breaststroke of time 1,500 10 x 150 on 2:00 Breaststroke of time 1,500 10 x 150 on 2:00 Breaststroke of time 100 2x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100 1x{1 x 125 on 2:00 Breaststroke of time 100 1x x 100 on 1:35 Breaststroke of time 1,200 1x x 100 on 1:45 Kick-odds 100% Effort 100 2x{1 x 25 on :50 Sculling drills of the first x 125 on 2:50 Sculling dril	{1 x 50 on :55 Kick 1,500
3:30 PM Start Yards Set Description 1 on 25:00 10 min abs stretch 1 x 400 on 7:00 Free L.25 of each 100 non fr 150 10 x 15 on 1:50 Backstroke 2 x 100 on 1:25 Backstroke 3 x 75 on 1:00 Backstroke 4 x 50 on :40 Backstroke 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 1 x 200 on 3:00 Breaststroke 1 x 25 on :50 Sculling drills 2 x 100 on 1:35 Breaststroke 4 x 50 on :45 Breaststroke 5 x 100 on 1:45 Kick-odds 100% Effort 100 2x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,200 12 x 100 on 1:45 Kick-odds 100% Effort 100 2x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,201 12 x 100 on 1:45 Butterfly 2-3 2 x 100 on 1:55 Butterfly 2-3 3 x 75 on 1:05 Butterfly 2-6 4 x 50 on :40 Butterfly 2-6 100 1 x 100 on 2:00 Butterfly for time	{1 x 50 on :55 Kick 1,500
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 of time 1,500 10 x 150 on 2:00 Lungbuster pulls of Breathe 3-5-7 continuous 100 2x{1 x 25 on :50 Sculling drills of the first x 125 on 2:00 Breaststroke {2 x 100 on 1:35 Breaststroke of time 1,500 10 x 150 on 2:00 Breaststroke of time 1,500 10 x 150 on 2:00 Breaststroke of time 1,500 10 x 150 on 2:00 Breaststroke of time 100 2x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100 1x{1 x 125 on 2:00 Breaststroke of time 100 1x x 100 on 1:35 Breaststroke of time 1,200 1x x 100 on 1:45 Kick-odds 100% Effort 100 2x{1 x 25 on :50 Sculling drills of the first x 125 on 2:50 Sculling dril	{1 x 50 on :55 Kick 1,500

Group 3 - IM'ers

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	$3x{4 \times 25}$ 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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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
	10 x 15 on :45 Shooters
	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
1,000	{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
200	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
2 400	1x{3 x 200 on 2:30 Freestyle
2,400	{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
1.00	{1 x 200 on 3:00 Individual Medley
	1 x 100 on 2:00 Freestyle
	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
	$\{1 \times 125 \text{ on } 1:45 \text{ Pull no br L.}12 \text{ yds}$
	$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.}12 \text{ yds}$
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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

Varda		AM Start et Description
iarus ======		et bescription
		on 28:00 Physio Balls/Stretch
400		x 400 on 7:00 Swim-kick-pull-swim
		0 x 15 on :45 Shooters
		x 25 on :45 Kick no board BSLR
1,330	-	x 100 on 1:55 Kick
	-	x 75 on 1:25 Kick
	•	
1 200	-	x 50 on 1:00 Kick
1,300		x 125 on 2:00 Pull no br L.12 yds
	-	x 125 on 1:55 Pull no br L.12 yds
200		x 75 on 1:10 Pull no br L.12 yds
200		x 25 on :50 Sculling drills
0 100		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	-	x 200 on 2:50 Freestyle
	-	x 150 on 2:30 IM w/out free
	-	x 200 on 2:50 Freestyle
	-	x 150 on 2:30 IM w/out free
	-	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

	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	10×15 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
	$\{2 \times 100 \text{ on } 1:40 \text{ Pull no br L.}12 \text{ yds}$
	$\{2 \times 75 \text{ on } 1:15 \text{ Pull no br L.}12 \text{ yds}$
200	$4x{1 x 25 on :50 Sculling drills}$
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
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	Se	et Description
	==	
	1	on 28:00 Physio Balls/Stretch
300	1	x 300 on 7:00 Swim-kick-pull-swim
150	10	0 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

Yards	7:00 AM Start Set Description
400	<pre>1 on 30:00 Physio Ball Abs/Stretch 1 x 400 on 7:00 Underwater trn drill 10 x 15 on :45 Shooters</pre>
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
1,800	{2 x 50 on 1:00 Kick {1 x 100 on 1:40 Kick 2x{1 x 150 on 2:00 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 1:55 Pulls
200	{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 4x{1 x 25 on :50 Sculling drills
2,200	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes } 2\times\{2 \times 125 \text{ on } 2:00 \text{ Backstroke} $ $\{4 \times 25 \text{ on } : 30 \text{ Backstroke } 10 \text{ yds under water} $ $\{2 \times 100 \text{ on } 1:35 \text{ 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
300	{4 x 25 on :30 Backstroke lo yds under water 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

Workout #5495 - Tuesday, 03 June 2008 Group 3 - Gold 1 minute rest between sets

7:00 AM Start Set Description Yards ===== _____ 1 on 30:00 Physio Ball Abs/Stretch 400 1 x 400 on 7:00 Underwater trn drill 10 x 15 on :45 Shooters 150 $1,100 \ 2x{2} \ x \ 50 \ on \ 1:05 \ Kick$ {1 x 100 on 1:45 Kick $\{2 \times 50 \text{ on } 1:05 \text{ Kick} \}$ $\{1 \times 100 \text{ on } 1:50 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } 1:05 \text{ Kick} \}$ $\{1 \times 100 \text{ on } 1:55 \text{ Kick} \}$ $1,600 \ 2x{1} \ x \ 150 \ on \ 2:15 \ Pulls$ $\{2 \times 50 \text{ on } :55 \text{ Pulls br every } 9$ {1 x 150 on 2:10 Pulls $\{2 \times 50 \text{ on } :55 \text{ Pulls br every } 9$ {1 x 150 on 2:05 Pulls $\{3 \times 50 \text{ on } : 55 \text{ Pulls br every } 9$ 200 $4x{1 \times 25}$ on :50 Sculling drills $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$

 $\{2 \times 50 \text{ on } : 50 \text{ Backstroke}$ $\{2 \times 25 \text{ on } : 30 \text{ Backstroke } 10 \text{ yds under water}$

6 x 50 on 1:00 Stroke Drills

9:30 AM 5,850 Yards - Stress Value = 70

7.00 AM Start

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
	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
	$\{1 \times 100 \text{ on } 1:55 \text{ Freestyle}$
	{1 x 50 on 1:10 Kick
	{1 x 50 on :55 Kick
1,500	2x{1 x 150 on 2:30 Pulls
	$\{2 \times 50 \text{ on } :55 \text{ Pulls br every } 9$
	{1 x 150 on 2:25 Pulls
	$\{2 \times 50 \text{ on } :55 \text{ Pulls br every } 9$
	{1 x 150 on 2:20 Pulls
	$\{2 \times 50 \text{ on } :55 \text{ Pulls br every } 9$
200	4x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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 10 x 15 on :45 Shooters 150 900 2x{2 x 50 on 1:10 Kick {1 x 100 on 2:30 Kick {1 x 50 on 1:10 Kick $\{1 \times 100 \text{ on } 2:25 \text{ Freestyle} \}$ {1 x 50 on 1:10 Kick {1 x 50 on 1:00 Kick $1,300 \ 2x{1} \ x \ 150 \ on \ 2:45 \ Pulls$ $\{2 \times 50 \text{ on } 1:00 \text{ Pulls br every } 9$ {1 x 150 on 2:40 Pulls $\{1 \times 50 \text{ on } 1:00 \text{ Pulls br every } 9$ $\{1 \times 150 \text{ on } 2:35 \text{ Pulls}$ $\{1 \times 50 \text{ on } 1:00 \text{ Pulls br every } 9$ 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ $1,800 \ 2x{2} \ x \ 125 \ on \ 2:40 \ Backstroke$ $\{4 \times 25 \text{ on } : 40 \text{ Backstroke } 10 \text{ yds under water} \}$ {2 x 100 on 2:05 Backstroke {4 x 25 on :40 Backstroke 10 yds under water {2 x 75 on 1:35 Backstroke $\{4\ x\ 25\ on\ : 40\ Backstroke\ 10\ yds\ under\ water$ 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

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 1 x 400 on 7:00 Free L.25 of each 100 non fr 400 10 x 15 on :45 Shooters 150 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 $\{2 \times 125 \text{ on } 1:45 \text{ Lungbuster pulls}$ $\{2 \text{ x } 125 \text{ on } 1\text{:}40 \text{ Lungbuster pulls}$ {2 x 125 on 1:35 Lungbuster pulls $\{2 \times 125 \text{ on } 1:30 \text{ Lungbuster pulls}$ Odds breathe 3-5-7-9 by 25's, evens 2-4-6-200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,700 $1x\{1 \times 125 \text{ on } 2:10 \text{ Breaststroke}$ {4 x 50 on 1:00 Breast under/over $\{2 \times 125 \text{ on } 2:05 \text{ Breaststroke} \}$ {3 x 50 on 1:00 Breast under/over $\{3 \times 125 \text{ on } 2:00 \text{ Breaststroke} \}$ $\{2 \text{ x 50 on 1:00 Breast under/over}$ {4 x 125 on 1:55 Breaststroke-descend 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 $1x\{1 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}$ $\{1 \times 125 \text{ on } 1:45 \text{ Lungbuster pulls}$ {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 $1,300 \text{ } 1x\{2 \text{ } x \text{ } 125 \text{ } \text{on } 2:10 \text{ } \text{Breaststroke}$ {2 x 50 on 1:00 Breast under/over $\{2 \times 125 \text{ on } 2:05 \text{ Breaststroke} \}$ {2 x 50 on 1:00 Breast under/over $\{2 \text{ x } 125 \text{ on } 2:00 \text{ Breaststroke} \}$ {2 x 50 on 1:00 Breast under/over {2 x 125 on 1:55 Breaststroke 1 x 200 on 3:00 Stroke Drills 200 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
      Set Description
Yards
        1,350 1x{1 x 100 on 2:15 Breaststroke
_____
         1 on 45:00 Scooter Brds/Stretch/Team Mtg
  1 on 45:00 Scooter Brds/Stretch/Team Mtg {4 x 50 on 1:00 Breast under/over free 400 1 x 400 on 7:00 Free L.25 of each 100 non fr {2 x 100 on 2:10 Breaststroke
  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 \times 25 \text{ on } :50 \text{ 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 2:10 Breaststroke
      200
```

Workout #5502 - Wednesday, 04 June 2008 Group 3 - Silver 1 minute rest between sets

7:00 AM Start

```
{3 x 100 on 1:50 Kick
 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 1:45 Lungbuster pulls
{2 x 100 on 1:45 Lungbuster pulls
{2 x 100 on 1:45 Lungbuster pulls
{2 x 100 on 1:35 Lungbuster pulls
{4 x 25 on :40 12.5 ez 12.5 fas
900 1x{1 x 50 on :45 Butterfly 2-2
44 x 25 on :30 Butterfly 1up 1d
42 x 50 on :45 Butterfly 2-3
44 x 25 on :30 Butterfly 2-3
44 x 25 on :30 Butterfly 2-3
=====
                   {2 x 100 on 1:30 Lungbuster pulls
                       Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
      200 4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}
                   \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \} 1,300 1 \times \{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}
 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
              100 2x{1 x 25 on :50 Sculling drill {2 x 125 on 2:20 Breaststroke} {1 x 25 on :40 12.5 ez 12.5 f {2 x 50 on 1:00 Breast under/over} {3 x 125 on 2:15 Breaststroke-descend 1 x 200 on 4:00 Stroke Drills {4 x 25 on :30 Butterfly 1up {2 x 50 on :45 Butterfly 2-3 } {4 x 25 on :30 Butterfly 1up}
```

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 \times 100 \text{ on } 1:50 \text{ Lungbuster pulls}
        {2 x 100 on 1:45 Lungbuster pulls
        \{1 \times 100 \text{ on } 1:40 \text{ Lungbuster pulls}
          Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
 200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
        {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
       {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

```
{2 x 125 on 2:15 Breast under/over {2 x 125 on 2:10 Breast under/over {2 x 125 on 2:10 Breast stroke}
                                                                       1 on 30:00 12 min abs/stretch
                                                                     {4 x 25 on :30 Butterfly lup ldown
                                                                       \{2 \times 50 \text{ on } : 45 \text{ Butterfly } 2-3
                                                                       \{4 \times 25 \text{ on :} 30 \text{ Butterfly 1up 2down} \}
                                                                       \{3 \times 50 \text{ on } : 45 \text{ Butterfly } 2-4 \}
                                                                        {4 x 25 on :30 Butterfly lup 3down
                                                                       \{4 \times 50 \text{ on } : 45 \text{ Butterfly } 2-5
                                                                       \{4 \times 25 \text{ on } : 30 \text{ Butterfly-descend} \}
                                                            1,300 1x{1 x 100 on 1:30 Freestyle
                                                                 \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}
                                                                {4 x 25 on :30 Butterfly lup ldown
                                                                       {4 x 25 on :30 Butterfly 1up 2down
                                                                      {3 \times 50 \text{ on :} 45 \text{ Butterfly } 2-4}
                                                                       {4 x 25 on :30 Butterfly lup 3down
                                                                       \{4 \times 50 \text{ on } : 45 \text{ Butterfly } 2-5
                                                                       \{4 \times 25 \text{ on } : 30 \text{ Butterfly-descend} \}
                                                                        {2 x 200 on 2:45 Pulls
                                                                        {2 x 200 on 2:40 Pulls
                                                                        {2 x 200 on 2:35 Pulls
                                                             100 2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
                                                                    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
                                                               {4 x 25 on :30 Butterfly lup ldown
                                                                       {2 x 50 on :45 Butterfly 2-3 {4 x 25 on :30 Butterfly 1up 2down
                                                                       {3 x 50 on :45 Butterfly 2-4
                                                                       {4 x 25 on :30 Butterfly lup 3down
                                                                       \{4 \times 50 \text{ on } : 45 \text{ Butterfly } 2-5
                                                                       \{4 \times 25 \text{ on } : 30 \text{ Butterfly-descend} \}
                                                                250 1 x 250 on 4:00 Stroke Drills
```

9:31 AM 6,300 Yards - Stress Value = 97

7.00 AM Start

Workout #5509 - Thursday, 05 June 2008 Group 3 - Taper 1 1 minute rest between sets

	7:00	AM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 12 min abs/stretch		
400	1	x 400 on 6:00 Underwater trn drill	REC	
			SP3	
			EN2	
200	-	<u>-</u>	EN2	
	-	2	EN2	
		2 1	EN2	
	{ 3	x 50 on :45 Butterfly 2-4	EN2	
	{ 4	x 25 on :30 Butterfly 1up 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	
	•		EN2	
	•		EN2	
900	-		EN1	
000	-			
			EN1	
	•		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

```
7:00 AM Start
              Set Description
 Yards
=====
              ______
              1 on 30:00 12 min abs/stretch
              1 x 400 on 6:00 Underwater trn drill
    400
              10 \times 15 on :45 Shooters
    150
    800 1x{1 \times 50} on :55 Butterfly 2-2
             \{4 \times 25 \text{ on } : 30 \text{ Butterfly lup ldown}
             \{2 \times 50 \text{ on :} 55 \text{ Butterfly } 2-3
             \{4\ x\ 25\ on\ : 30\ Butterfly\ 1up\ 2down
             \{3 \times 50 \text{ on } :55 \text{ Butterfly } 2-4 \}
             \{4 \times 25 \text{ on :} 30 \text{ Butterfly lup 3down}
             \{2 \times 50 \text{ on } :55 \text{ Butterfly } 2-5 \}
             \{4 \times 25 \text{ on } : 30 \text{ Butterfly-descend} \}
 1,100 \ 1x\{1 \ x \ 100 \ on \ 1:45 \ Freestyle
             {3 \times 100 \text{ on } 2:05 \text{ 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 \times 25 \text{ on :} 50 \text{ Sculling drills}
             \{1 \text{ x } 25 \text{ on } : 40 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}
    800 1x{1 x 50 on :55} Butterfly 2-2
             {4 x 25 on :30 Butterfly lup ldown
             \{2 \times 50 \text{ on } :55 \text{ Butterfly } 2-3
             {4 x 25 on :30 Butterfly lup 2down
             {3 \times 50 \text{ on :} 55 \text{ Butterfly } 2-4}
             \{4 \text{ x } 25 \text{ on } : 30 \text{ Butterfly lup} \}
             \{2 \times 50 \text{ on } : 55 \text{ Butterfly } 2-5 \}
             \{4 \times 25 \text{ on } : 30 \text{ Butterfly-descend} \}
 1,200 1x{1 x 100 on 1:45 Freestyle}
             \{2 \times 200 \text{ on } 3:00 \text{ Pulls}
             \{2 \times 200 \text{ on } 2:55 \text{ Pulls}
             {2 x 150 on 2:10 Pulls
    100 2x\{1 \times 25 \text{ on } :50 \text{ 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 \times 25 \text{ on : } 30 \text{ Butterfly lup 1down } \{2 \times 50 \text{ on : } 55 \text{ Butterfly 2-3} \}
```

{4 x 25 on :30 Butterfly 1up 2down {3 x 50 on :55 Butterfly 2-4 }

```
{4 x 25 on :30 Butterfly 1up 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

7:00 AM Start

Yards	Se	AM Start et Description
	1	on 30:00 12 min abs/stretch
350	1	x 350 on 6:00 Underwater trn drill
150		0 x 15 on :45 Shooters
700		x 50 on 1:05 Butterfly 2-2
		x 25 on :35 Butterfly 1up 1down
		x 50 on 1:05 Butterfly 2-3
		x 25 on :35 Butterfly 1up 2down
		x 50 on 1:05 Butterfly 2-4
	{ 4	x 25 on :35 Butterfly 1up 3down
		x 50 on 1:05 Butterfly 2-5
		x 25 on :35 Butterfly-both fast
1,050	-	x 100 on 2:00 Freestyle
		x 100 on 2:10 Kick
		x 100 on 2:05 Kick
	-	x 100 on 2:00 Kick
		x 50 on 1:00 Kick
100		x 25 on :50 Sculling drills
700		x 25 on :40 12.5 ez 12.5 fast grt finishes
/00		x 50 on 1:05 Butterfly 2-2
		x 25 on :35 Butterfly lup ldown
		x 50 on 1:05 Butterfly 2-3
		x 25 on :35 Butterfly 1up 2down
		x 50 on 1:05 Butterfly 2-4
		x 25 on :35 Butterfly 1up 3down
		x 50 on 1:05 Butterfly 2-5
1 000		<pre>x 25 on :35 Butterfly-both fast x 100 on 2:00 Freestyle</pre>
1,000		x 200 on 3:30 Pulls
	-	x 200 on 3:20 Pulls
		x 100 on 1:40 Pulls
100	-	x 25 on :50 Sculling drills
100		x 25 on :40 12.5 ez 12.5 fast grt finishes
700		x 50 on 1:05 Butterfly 2-2
, 00		x 25 on :35 Butterfly 1up 1down
	-	x 50 on 1:05 Butterfly 2-3
		x 25 on :35 Butterfly 1up 2down
		x 50 on 1:05 Butterfly 2-4
		x 25 on :35 Butterfly 1up 3down
		x 50 on 1:05 Butterfly 2-5
		x 25 on :35 Butterfly-both fast
250		x 250 on 4:00 Stroke Drills
		AM 5,100 Yards - Stress Value = 74
		·

Workout #5508 - Thursday, 05 June 2008 Group 3 - Bronze 1 minute rest between sets

Yards	7:00 AM Start Set Description		
	1 on 30:00 12 min abs/stretch 1 x 300 on 6:00 Underwater trn drill		
	10 x 15 on :45 Shooters		
	1x{1 x 50 on 1:15 Butterfly 2-2		
	{4 x 25 on :40 Butterfly lup ldown		
	{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 1up 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		
C00	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$		
600	1x{1 x 50 on 1:15 Butterfly 2-2 {4 x 25 on :40 Butterfly 1up 1down		
	{4 x 25 on :40 Butterfly rup rdown {2 x 50 on 1:15 Butterfly 2-3		
	{4 x 25 on :40 Butterfly 1up 2down		
	{3 x 50 on 1:15 Butterfly 2-4		
	{4 x 25 on :40 Butterfly 1up 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		
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$		
600	1x{1 x 50 on 1:15 Butterfly 2-2		
	{4 x 25 on :40 Butterfly lup ldown		
	$\{2 \times 50 \text{ on } 1:15 \text{ Butterfly } 2-3$		
	{4 x 25 on :40 Butterfly 1up 2down		
	{3 x 50 on 1:15 Butterfly 2-4		
0.5.0	{4 x 25 on :40 Butterfly lup 3down		
250			
	9:31 AM 4,500 Yards - Stress Value = 64		
Workout #5510 - Thursday, 05 June 2008			

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 ezRepe
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

Workout #5511 - Friday, 06 June 2008 Group 3 - IM'ers

6:30 PM 3,624 Yards - Stress Value = 75

1 minute rest between sets

7:00 AM Start Set Description
1 on 30:00 Physio Balls/Stretch
1 x 400 on 7:00 Reverse IM drill
10 x 15 on :45 Shooters
1x{4 x 25 on :45 Kick no board BSLR
{4 x 50 on 1:00 Kick-descend
$\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$

	{ 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		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				
	-	x 75 on :50 Pulls-nbbf&w + 2 yds				
200		x 25 on :50 Sculling drills				
		x 25 on :40 12.5 ez 12.5 fast grt finishes				
3,000		x 100 on 1:20 Individual Medley				
		on 1:00 Rest				
		\times 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						
		x 175 on 2:20 IM 25, 50, 50, 50				
	•	on 1:00 Rest				
000		x 200 on 2:40 Individual Medley				
200		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					

Workout #5515 - Friday, 06 June 200 Group 3 - Taper 1 1 minute rest between sets

	7:00	AM Start
Yards	Se	et Description
=====	==	
	1	on 30:00 Physio Balls/Stretch
400	1	x 400 on 7:00 Reverse IM drill
150	10	0 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	-	x 200 on 3:00 Stroke Drills
		AM 3,050 Yards - Stress Value = 47
	0.00	THE STORY THE STEEDS VALUE IN

7:00 AM Start

Workout #5512 - Friday, 06 June 2008 Group 3 - Gold 1 minute rest between sets

Workout #5514 - Friday, 06 June 2008 Group 3 - Bronze 1 minute rest between sets

1 minute rest between sets

7:00 AM Start

Yards Set Description

Yards Set Description	7:00 AM Start
1 on 30:00 Physio Balls/Stretch 400 1 x 400 on 7:00 Reverse IM drill	Yards Set Description
150 10 x 15 on :45 Shooters	1 on 30:00 Physio Balls/Stretch
1,100 1x{4 x 25 on :45 Kick no board BSLR	300
{4 x 50 on 1:05 Kick-descend	1,000 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
{4 x 25 on :45 Kick no board BSLR	{4 x 50 on 1:15 Kick-descend
{4 x 50 on 1:00 Kick-descend	{4 x 25 on :45 Kick no board BSLR
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	{4 x 50 on 1:10 Kick-descend
$\{4 \times 50 \text{ on } :55 \text{ Kick-descend}$	{4 x 25 on :45 Kick no board BSLR
$\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$	{4 x 50 on 1:05 Kick-descend
{2 x 50 on 1:00 Kick lez 1fast	{4 x 25 on :45 Kick no board BSLR
100 1 x 100 on 3:00 Kick for time	100 1 x 100 on 3:00 Kick for time
$1,050$ $1x{4}$ x 75 on $1:15$ Pulls-nbbf&w + 2 yds	900 $1x\{4 \times 75 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
$\{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf}\&w + 2 \text{ yds} \}$	$\{4 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
$\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf}\&w + 2 \text{ yds} \}$	$\{4 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
$\{2 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf}\&w + 2 \text{ yds} \}$	200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } :40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
2,600 1x{4 x 100 on 1:35 Individual Medley	1,850 1x{4 x 100 on 2:15 Individual Medley
{1 on 1:00 Rest	{1 on 1:00 Rest
$\{4 \times 125 \text{ on } 2:00 \text{ IM w/50 free}\}$	$\{4 \times 125 \text{ on } 2:45 \text{ IM w/50 free} \}$
{1 on 1:00 Rest	{1 on 1:00 Rest {4 x 150 on 3:20 IM 25,25 50, 50
{4 x 150 on 2:20 IM 25,25 50, 50	{1 on 1:00 Rest
{1 on 1:00 Rest	{2 x 175 on 3:45 IM 25, 50, 50, 50
{4 x 175 on 2:45 IM 25, 50, 50, 50	200 1 x 200 on 3:00 Stroke Drills
{1 on 1:00 Rest	9:30 AM 4,700 Yards - Stress Value = 90
{2 x 200 on 3:10 Individual Medley	,
200 1 x 200 on 3:00 Stroke Drills	Workout #5516 - Monday, 09 June 2008
9:31 AM 5,800 Yards - Stress Value = 110	•
	Group 3 - Distance

Workout #5513 - Friday, 06 June 2008 Group 3 - Silver

	Tarab See Deberration
7:00 AM Start	
Yards Set Description	1 on 30:00 Physio Balls/Stretch
rards Set Description	400 1 x 400 on 7:00 Swim-kick-pull-swim
	150
1 on 30:00 Physio Balls/Stretch	1,250 5x{4 x 25 on :45 Kick no board BSLR
350 1 x 350 on 7:00 Reverse IM drill	{1 x 100 on 1:30 Kick
150	{1 x 50 on 1:00 Kick
1,050 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	1,800 2x{1 x 225 on 3:00 Pull no br L.12 yds
{4 x 50 on 1:10 Kick-descend	$\{1 \times 225 \text{ on } 2:55 \text{ Pull no br L.}12 \text{ yds}$
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	$\{1 \times 225 \text{ on } 2:50 \text{ Pull no br L.}12 \text{ yds}$
$\{4 \times 50 \text{ on } 1:05 \text{ Kick-descend}\}$	$\{1 \times 225 \text{ on } 2:45 \text{ Pull no br L.}12 \text{ yds}$
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
$\{4 \times 50 \text{ on } 1:00 \text{ Kick-descend}$	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	2,800 1x{1 x 500 on 6:15 Freestyle
{1 x 50 on 1:00 Kick	{5 x 100 on 1:30 Freestyle-hold 1:10
100 1 x 100 on 3:00 Kick for time	{1 x 400 on 5:00 Freestyle
950 $1x\{4 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	{4 x 100 on 1:30 Freestyle-hold 1:10
$\{4 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	{1 x 300 on 3:45 Freestyle
$\{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	{3 x 100 on 1:30 Freestyle-hold 1:10
$\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	{1 x 200 on 2:30 Freestyle
200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$	{2 x 100 on 1:30 Freestyle hold 1:10
$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$	200 1 x 200 on 3:00 Stroke Drills
2,400 1x{4 x 100 on 1:50 Individual Medley	9:30 AM 6,800 Yards - Stress Value = 110
{1 on 1:00 Rest	
$\{4 \text{ x } 125 \text{ on } 2:15 \text{ IM w}/50 \text{ free}$	
{1 on 1:00 Rest	
{4 x 150 on 2:45 IM 25,25 50, 50	
{1 on 1:00 Rest	
$\{4 \times 175 \text{ on } 3:10 \text{ IM } 25, 50, 50, 50$	
{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 #5517 - Monday, 09 June 2008 Group 3 - Gold 1 minute rest between sets

Yards	7:00 AM Start 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	$5x{4 \times 25}$ 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 Yards Set Description $2,600 \ 1x{1 x 500 on 7:05 Freestyle}$ {5 x 100 on 1:35 Freestyle-hold 1:20 $\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$ $\{4 \times 100 \text{ on } 1:35 \text{ Freestyle-hold } 1:20$

 $\{1 \times 300 \text{ on } 4:15 \text{ Freestyle} \}$ {3 x 100 on 1:30 Freestyle-hold 1:20 $\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$ 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

Yards		AM Start et Description
	1	on 30:00 Physio Balls/Stretch
350		x 350 on 7:00 Swim-kick-pull-swim
		0 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
		x 175 on 2:55 Pull no br L.12 yds
	-	x 175 on 2:50 Pull no br L.12 yds
		x 100 on 1:45 Pull no br L.12 yds
200	-	x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300		x 500 on 8:20 Freestyle
	-	x 100 on 1:45 Freestyle Hold 1:30
	-	x 400 on 6:40 Freestyle
		x 100 on 1:45 Freestyle-hold 1:30
		x 300 on 5:00 Freestyle
0.00		x 100 on 1:45 Freestyle-hold 1:30
200		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 Set Description Yards _____ _____ 1 on 30:00 Physio Balls/Stretch 1 x 300 on 7:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1,000 $4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 100 on 2:15 Kick $\{1 \times 50 \text{ on } 1:15 \text{ Kick} \}$ 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 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,900 \ 1x\{1 \ x \ 400 \ on \ 8:00 \ Freestyle$ $\{4 \times 100 \text{ on } 1:50 \text{ Freestyle-hold } 1:40$ $\{1 \times 300 \text{ on } 6:00 \text{ Freestyle} \}$ {3 x 100 on 1:50 Freestyle-hold 1:40 $\{1 \times 200 \text{ on } 4:00 \text{ Freestyle} \}$ {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

=====

	1	or	n 30:00 Physio Ball Abs/Stretch
400	1	Х	400 on 7:00 Underwater trn drill
150	1	0 2	k 15 on :45 Shooters
1,250	1x{1	Х	125 on 2:30 Kick
	{ 1	Х	125 on 2:25 Kick
	{ 1	Х	125 on 2:20 Kick
	{ 1	Х	125 on 2:15 Kick
	{ 2	Х	125 on 2:10 Kick
	{ 2	Х	125 on 2:05 Kick
	{ 2	Х	125 on 2:00 Kick
2,000	5	Х	400 on 5:15 Pulls-neg split
200	4x{1	Х	25 on :50 Sculling drills
	{ 1	Х	25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4	Х	125 on 1:40 Backstroke w/fins
	{ 1	Х	50 on :45 Backstroke 25 yards under
	{ 4	Х	100 on 1:20 Backstroke w/fins
	{ 2	Х	50 on :50 Backstroke 25 yards under
	{ 4	Х	75 on 1:00 Backstroke w/fins
	{ 3	Х	50 on :55 Backstroke 25 yards under
	{ 1	Х	100 on 2:00 Freestyle-EZ
	{ 6	Х	100 on 2:00 Backstroke-all 100% Effort
400	8	Х	50 on 1:00 Stroke Drills

9:30 AM 6,600 Yards - Stress Value = 134

1,500 5 x 300 on 5:30 Pulls-neg split Workout #5521 - Tuesday, 10 June 2008 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ Group 3 - Gold {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 minute rest between sets 1,600 $1x\{4 \times 125 \text{ on } 2:30 \text{ Backstroke w/fins}$ {1 x 50 on 1:00 Backstroke 25 yards under 7:00 AM Start {3 x 100 on 2:00 Backstroke w/fins Yards Set Description {2 x 50 on 1:00 Backstroke 25 yards under _____ {2 x 75 on 1:30 Backstroke w/fins 1 on 30:00 Physio Ball Abs/Stretch $\{1 \times 100 \text{ on } 3:00 \text{ Freestyle-EZ} \}$ 400 1 x 400 on 7:00 Underwater trn drill {4 x 100 on 2:30 Backstroke-all 100% Effort 400 8 x 50 on 1:00 Stroke Drills $1,100 1x{1 x 125 on 2:45 Kick}$ 9:30 AM 5,050 Yards - Stress Value = 97 {1 x 125 on 2:40 Kick {1 x 125 on 2:35 Kick Workout #5524 - Tuesday, 10 June 2008 {1 x 125 on 2:30 Kick {2 x 125 on 2:25 Kick **Group 3 - Speed Acquisition** {2 x 125 on 2:20 Kick 1 minute rest between sets $\{1 \times 100 \text{ on } 1:50 \text{ Kick} \}$ 5 x 350 on 5:15 Pulls-neg split 1,750 5:00 PM Start Yards Set Description 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {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 on 15:00 Stretching {1 x 50 on :50 Backstroke 25 yards under 425 1 x 425 on 7:00 Odd 100's 6 strokes free {4 x 100 on 1:35 Backstroke w/fins 6 strokes back/even 100's 6 strkes breast {2 x 50 on :55 Backstroke 25 yards under 165 11 x 15 on :45 Cross pool sprints 800 16 x 50 on 2:00 Jump/VK/Sprint/Sculling Dril {4 x 75 on 1:10 Backstroke w/fins {1 x 100 on 2:00 Freestyle-EZ 1,000 2x{4 x 25 on :30 Choice-non free {6 x 100 on 2:00 Backstroke-all 100% Effort {4 x 25 on :25 Choice non free 8 x 50 on 1:00 Stroke Drills 400 $\{4 \times 25 \text{ on } : 20 \text{ Choice-non free}\}$ 9:30 AM 6,050 Yards - Stress Value = 123 {1 x 100 on 2:00 Freestyle $\{1 \times 100 \text{ on } 2:00 \text{ IM-for time}$ 300 1 x 300 on 5:00 Stroke Drills Workout #5522 - Tuesday, 10 June 2008 6:30 PM 2,690 Yards - Stress Value = 51 Group 3 - Silver 1 minute rest between sets Workout #5525 - Wednesday, 11 June 2008 7:00 AM Start Group 3 - Fly Yards Set Description 1 minute rest between sets ===== 1 on 30:00 Physio Ball Abs/Stretch 7:00 AM Start 1 x 350 on 7:00 Underwater trn drill 10 x 15 on :45 Shooters 350 Yards Set Description 10×15 on :45 Shooters 150 ===== _____ $1,100 \ 1x{2} \ x \ 125 \ on \ 2:45 \ Kick$ 1 on 30:00 Stomach and Stretch {2 x 125 on 2:40 Kick 400 1 x 400 on 7:00 Free L.25 of each 100 non fr {2 x 125 on 2:35 Kick {2 x 125 on 2:30 Kick 900 1x{3 x 100 on 1:30 2 strokes fly off walls {1 x 100 on 2:00 Kick $\{3 \times 100 \text{ on } 1:25 \text{ 2 strokes fly off walls}$ 5 x 300 on 5:15 Pulls-neg split $\{3 \times 100 \text{ on } 1:20 \text{ 2 strokes fly off walls}$ 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ 1,400 $1x{4}$ x 25 on :45 Kick no board BSLR 1,850 $1x\{4 \times 125 \text{ on } 2:05 \text{ Backstroke w/fins}$ {4 x 25 on :45 Kick no board BSLR {1 x 50 on :50 Backstroke 25 yards under {2 x 100 on 1:35 Kick {4 x 100 on 1:40 Backstroke w/fins {4 x 25 on :45 Kick no board BSLR {2 x 50 on :55 Backstroke 25 yards under {3 x 100 on 1:40 Kick 44 x 75 on 1:15 Backstroke w/fins {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Freestyle-EZ {4 x 100 on 1:45 Kick {4 x 100 on 2:30 Backstroke-all 100% Effort 100 2x{1 x 25 on :50 Sculling drills 8 x 50 on 1:00 Stroke Drills 400 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 9:30 AM 5,550 Yards - Stress Value = 102 900 $1x{3 \times 100}$ on 1:30 3 strokes fly off walls $\{3 \times 100 \text{ on } 1:25 \text{ 3 strokes fly off walls}$ {3 x 100 on 1:20 3 strokes fly off walls Workout #5523 - Tuesday, 10 June 2008 1,200 12 x 100 on 1:20 Lungbuster pulls Group 3 - Bronze Breathe 3-5-7-9 continuous 1 minute rest between sets 100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 7:00 AM Start 900 $1x{3 \times 100}$ on 1:30 4 strokes fly off walls Set Description $\{3 \times 100 \text{ on } 1:25 \text{ 4 strokes fly off walls}$ Yards 1 on 30:00 Physio Ball Abs/Stretch 300 6 x 50 on 1:00 Stroke Drills 1 x 300 on 7:00 Underwater trn drill 9:30 AM 6.350 Vards - Stroke Walls 10 x 15 on :45 Shooters ===== 300 10×15 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

Workout #5526 - Wednesday, 11 June 2008 Group 3 - Gold

1 minute rest between sets

Group 3 - Bronze 1 minute rest between sets

	1 minute rest between sets	7:00 AM Start
	7:00 AM Start	Yards Set Description
Yards	Set Description	
	=======================================	1 on 30:00 Stomach and Stretch
	1 on 30:00 Stomach and Stretch	300 1 x 300 on 7:00 Free L.25 of each 100 non fr
400	1 x 400 on 7:00 Free L.25 of each 100 non fr	150
150	10 x 15 on :45 Shooters	650 $1x\{2 \times 100 \text{ on } 2:00 \text{ 2 strokes fly off walls}$
800	1x{3 x 100 on 1:40 2 strokes fly off walls	$\{2 \text{ x } 100 \text{ on } 1\text{:}55 \text{ 2 strokes fly off walls}$
	${3 \times 100 \text{ on } 1:35 \text{ 2 strokes fly off walls}}$	$\{2 \text{ x } 100 \text{ on } 1\text{:}50 \text{ 2 strokes fly off walls}$
	$\{2 \times 100 \text{ on } 1:30 \text{ 2 strokes fly off walls}$	$\{1 \times 50 \text{ on } 1:00 \text{ 2 strokes fly off walls}$
1,250	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	1,100 1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:50 Kick	{1 x 100 on 2:15 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:55 Kick	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:00 Kick	{3 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR	{4 x 25 on :45 Kick no board BSLR
	{5 x 50 on 1:00 Kick	{2 x 50 on 1:15 Kick
100	2x{1 x 25 on :50 Sculling drills	100 2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
800	$1x{3 x 100 on 1:40 3 strokes fly off walls}$	650 1x{2 x 100 on 2:00 3 strokes fly off walls
	${3 \times 100 \text{ on } 1:35 \text{ 3 strokes fly off walls}}$	{2 x 100 on 1:55 3 strokes fly off walls
	{2 x 100 on 1:30 3 strokes fly off walls	$\{2 \times 100 \text{ on } 1:50 \text{ 3 strokes fly off walls} $ $\{1 \times 50 \text{ on } 1:00 \text{ 3 strokes fly off walls} \}$
1,000	10 x 100 on 1:30 Lungbuster pulls	800 8 x 100 on 1:50 Lungbuster pulls
100	Breathe 3-5-7-9 continuous	Breathe 3-5-7-9 continuous
100	2x{1 x 25 on :50 Sculling drills	100 2x{1 x 25 on :50 Sculling drills
0.00	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
800	1x{3 x 100 on 1:40 4 strokes fly off walls	650 $1 \times \{2 \times 100 \text{ on } 2:00 \text{ 4 strokes fly off walls} \}$
	{3 x 100 on 1:35 4 strokes fly off walls	$\{2 \times 100 \text{ on } 1:55 \text{ 4 strokes fly off walls}$
200	{2 x 100 on 1:30 4 strokes fly off walls	{2 x 100 on 1:50 4 strokes fly off walls
300	6 x 50 on 1:00 Stroke Drills	{1 x 50 on 1:00 4 strokes fly off walls
	9:29 AM 5,700 Yards - Stress Value = 89	300 6 x 50 on 1:00 4 Stroke Drills
	W	9:29 AM 4,800 Yards - Stress Value = 74
	Workout #5527 - Wednesday 11 June 2008	·

Workout #5527 - Wednesday, 11 June 2008 Group 3 - Silver

Group 3 - Silver 1 minute rest between sets

	7:00 AM Start				
	Set Description				
	1 on 30:00 Stomach and Stretch				
350					
	10 x 15 on :45 Shooters				
	1x{3 x 100 on 1:50 2 strokes fly off walls				
, 00	$\{2 \times 100 \text{ on } 1:45 \text{ 2 strokes fly off walls}$				
	$\{2 \times 100 \text{ on } 1:40 \text{ 2 strokes fly off walls}$				
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				
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$				
	{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 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast } \text{grt finishes} $				
700	$1x{3 x 100 on 1:50 3 strokes fly off walls}$				
	$\{2 \text{ x } 100 \text{ on } 1\text{:}45 \text{ 3 strokes fly off walls}$				
	$\{2 \times 100 \text{ on } 1:40 \text{ 3 strokes fly off walls}$				
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	$1x{3 \times 100}$ on 1:50 4 strokes fly off walls				
	{2 x 100 on 1:45 4 strokes fly off walls				
200	{2 x 100 on 1:40 4 strokes fly off walls				
300					
	9:29 AM 5,200 Yards - Stress Value = 81				

Workout #5529 - Thursday, 12 June 2008 Group 3 - Breast

	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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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
	$\{2 \times 50 \text{ on } 1:00 \ 25 \ 2k1p, \ 25 \ 4 \text{ sec glide} \}$
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

	7:00 AM Start	Workout #5533 - Thursday, 12 June 2008	
Yards	Set Description	Group 3 - Speed Acquisition	
400		1 minute rest between sets 5:00 PM Start	
150 1,200	10 x 15 on :45 Shooters 12 x 100 on 1:35 Kick w/fins	Yards Set Description EGY	WORK S
200	<pre>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 {1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {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</pre>	1 on 15:00 Stretching 1,400 4x{1 x 100 on 2:00 Stroke Drills REC {1 x 100 on 2:30 Sculling drills REC {3 x 50 on 1:00 Descend EN2 210 14 x 15 on :45 Cross pool sprints SP3	L I C D C S S S K C S D
200	{2 x 50 on 1:00 25 2klp, 25 4 sec glide 1 x 200 on 3:00 Stroke Drills 9:30 AM 6,350 Yards - Stress Value = 94	Workout #5534 - Friday, 13 June 2008	

200

Workout #5531 - Thursday, 12 June 2008 Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description	=	
=====	=======================================		
	1 on 30:00 Scooter Boards/Stretch		
350	1 x 350 on 7:00 Underwater trn drill		
	10 x 15 on :45 Shooters		
	11 x 100 on 1:45 Kick w/fins		
•	1x{1 x 500 on 8:20 Pulls		
1,200	{1 x 400 on 6:40 Pulls		
	{1 x 300 on 5:00 Pulls		
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$		
200	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$		
2 400	•		
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 2klp, 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	7:00 AM Start Set Description
=====	1 on 30:00 Scooter Boards/Stretch
200	
	1 x 300 on 7:00 Underwater trn drill
	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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	$4x\{1 \times 200 \text{ on } 4:30 \text{ Breaststroke}$
	{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 2klp, 25 4 sec glide

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Last set do 1 50

1 x 200 on 3:00 Stroke Drills

9:32 AM 5,300 Yards - Stress Value = 78

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	$5x{1 x 50 on :40 Pulls-nbbf&w + 2 yds}$
	$\{1 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 100 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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

	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
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	$4x\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	4x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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 Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 30:00 Physio Balls/Stretch
250	<u>-</u>
350	
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	$4x\{1 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{1 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
	$\{1 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 125 \text{ on } 2:05 \text{ Pulls-nbbf&w} + 2 \text{ 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 #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 1 x 100 on 5:00 Individual Medley for time 100 $1,250 5x{1 x 100 on 2:15 Kick}$ $\{1 \times 75 \text{ on } 1:45 \text{ Kick} \}$ $\{1 \times 50 \text{ on } 1:15 \text{ Kick} \}$ {1 x 25 on :40 Kick $1,200 4x{1 x 25 on :30 Pulls-nbbf&w + 2 yds}$ $\{2 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ {1 x 75 on 1:25 Pulls-nbbf&w + 2 yds $\{1 \times 100 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #5538 - Monday, 16 June 2008 Group 3 - Distance 1 minute rest between sets

1 x 750 on 30:00 IM Relay's
1 x 250 on 4:00 Stroke Drills
9:30 AM 4,200 Yards - Stress Value = 115

Yards	7:00 AM Start 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	

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

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
	$\{1 \times 200 \text{ on } 2:40 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 175 \text{ on } 2:20 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 150 \text{ on } 2:00 \text{ Pull no br L.}12 \text{ yds}$
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 #5539 - Monday, 16 June 2008 Group 3 - Gold

Yards	S	AM Start et Description
400		on 30:00 Physio Balls/Stretch
		x 400 on 7:00 Swim-kick-pull-swim
150	1	0 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		x 50 on 1:00 Stroke Drills
	9:29	AM 6,050 Yards - Stress Value = 116

Workout #5540 - Monday, 16 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

{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

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 10 x 15 on :45 Shooters 750 $3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {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 $\{2 \text{ x } 175 \text{ on } 3:10 \text{ Pull no br L.}12 \text{ yds}$ {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 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,950 3x{3 x 150 on 2:35 Freestyle}$ $\{1 \times 200 \text{ on } 4:45 \text{ Freestyle} \}$ 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 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

2,450 1x{4 x 100 on 1:30 Backstroke

 $\{6 \times 50 \text{ on } 1:00 \text{ Back-odds drills evens descer}$ $\{3 \times 150 \text{ on } 2:15 \text{ Backstroke} \}$

{6 x 50 on 1:00 Back-odds drill evens descent {2 x 200 on 3:00 Backstroke

 6×50 on 1:00 Back-odds drill evens descent 1×300 on 4:30 Backstroke

300 1 x 300 on 5:00 Stroke Drills

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

Workout #5547 - Tuesday, 17 June 2008 Group 3 - Taper 1 1 minute rest between sets

	7:00	AM Start
Yards	Se	et Description
=====	==	
	1	on 30:00 Physio Ball Abs/Stretch
400	1	x 400 on 7:00 Underwater trn drill
150	1	0 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

		M Start
Yards	Set	Description
=====	===	
	1 0	n 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 descend
	{2 x	200 on 3:20 Backstroke
	{6 x	50 on 1:00 Back-odds drill evens descend
	{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

Workout #5549 - Wednesday, 18 June 2008 Group 3 - Fly 1 minute rest between sets

	1 minute rest between sets
7:00 AM Start	
Yards Set Description	7:00 AM Start
1 on 30:00 Physio Ball Abs/Stretch	Yards Set Description
350 1 x 350 on 7:00 Underwater trn drill	1 on 30:00 Abs/Scooter Brds/Stretch
150	400 1 x 400 on 7:00 Free L.25 of each 100 non fr
$1,100 \ 1 \times \{5 \times 75 \ \text{on} \ 1:40 \ \text{Kick}$	150 10 x 15 on :45 Shooters
{5 x 75 on 1:35 Kick	1,500 5x{4 x 25 on :45 Kick no board BSLR
{4 x 75 on 1:30 Kick	{1 x 100 on 1:45 Kick
{1 x 50 on 1:00 Kick	{2 x 50 on 1:00 Kick #1 EZ, #2 Fast
1,350 1 x 1350 on 22:00 Pulls	$1,500 1x\{1 x 50 \text{ on } :40 $
200 4x{1 x 25 on :50 Sculling drills	{2 x 100 on 1:20 Lungbuster pulls
$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \\ 2.150 \ 1x\{4 \times 100 \text{ on } 1:50 \text{ Backstroke} \}$	{3 x 150 on 2:00 Lungbuster pulls
$\{6 \times 50 \text{ on } 1:05 \text{ Back-odds drills evens descer}\}$	{4 x 200 on 2:40 Lungbuster pulls
{3 x 150 on 2:45 Backstroke	200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on :} 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$
{6 x 50 on 1:05 Back-odds drill evens descend	2,300 1x{4 x 75 on 1:15 Fly-25L-25B-25L
{2 x 200 on 3:40 Backstroke	{1 x 100 on 1:15 Freestyle
{6 x 50 on 1:05 Back-odds drill evens descend	$\{4 \times 75 \text{ on } 1:10 \text{ Fly-}25L-25B-25R}$
300 1 x 300 on 5:00 Stroke Drills	{2 x 100 on 1:15 Freestyle
9:31 AM 5,600 Yards - Stress Value = 88	$\{4 \times 75 \text{ on } 1:05 \text{ Fly-}25L-25B-25R}$
w ,	{3 x 100 on 1:15 Freestyle
Workout #5546 - Tuesday, 17 June 2008	{4 x 75 on 1:00 Fly-25L-25B-25R
Group 3 - Bronze	$\{4 \times 100 \text{ on } 1:15 \text{ Freestyle} $ $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$
1 minute rest between sets	100 1 x 100 on 2:00 Butterfly OTB
	200 1 x 200 on 3:00 Stroke Drills
7:00 AM Start	9:30 AM 6,350 Yards - Stress Value = 103
Yards Set Description	
1 on 30:00 Physio Ball Abs/Stretch	Workout #5550 - Wednesday, 18 June 2008
300 1 x 300 on 7:00 Underwater trn drill	Group 3 - Gold
150	1 minute rest between sets
1,000 1x{5 x 75 on 1:50 Kick	
{5 x 75 on 1:45 Kick	7:00 AM Start
(5 v 50 on 1 · 05 1/2 old	
{5 x 50 on 1:05 Kick	Yards Set Description
1,200 1 x 1200 on 22:00 Pulls	
	1 on 30:00 Abs/Scooter Brds/Stretch
1,200 1 x 1200 on 22:00 Pulls 200 4x{1 x 25 on :50 Sculling drills	1 on 30:00 Abs/Scooter Brds/Stretch 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
1,200	1 on 30:00 Abs/Scooter Brds/Stretch 400 1 x 400 on 7:00 Free L.25 of each 100 non fr
1,200	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
1,200 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 descence	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
1,200	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
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 descence} }	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
1,200	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
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 descence} }	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
<pre>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</pre>	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
1,200	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 Shoooters 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 1:30 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
1,200	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 Shoooters 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 1:30 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
1,200	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 1:20 Fly-25L-25B-25L {1 x 100 on 1:20 Freestyle {4 x 75 on 1:20 Fly-25L-25B-25R
1,200	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
1,200	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
1,200	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 1:15 Fly-25L-25B-25R {3 x 100 on 1:15 Fly-25L-25B-25R {3 x 100 on 1:15 Freestyle
1,200	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
1,200	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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 100 on 2:00 Butterfly OTB
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 200 on 3:00 Stroke Drills
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 100 on 2:00 Butterfly OTB
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 200 on 3:00 Stroke Drills
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 200 on 3:00 Stroke Drills
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 200 on 3:00 Stroke Drills
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 200 on 3:00 Stroke Drills
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 200 on 3:00 Stroke Drills
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 200 on 3:00 Stroke Drills
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 200 on 3:00 Stroke Drills
1,200	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 :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 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 {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {2 x 100 on 1:20 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 {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 200 on 3:00 Stroke Drills

Workout #5551 - Wednesday, 18 June 2008 Group 3 - Silver 1 minute rest between sets

	7:00	AM Start
Yards	S	et Description
	=:	
		on 30:00 Abs/Scooter Brds/Stretch
350	1	x 350 on 7:00 Free L.25 of each 100 non fr
150		0 x 15 on :45 Shoooters
1,400	•	x 25 on :45 Kick no board BSLR
	•	x 100 on 2:05 Kick
		x 50 on 1:10 Kick-Descend
		Last set only do 2 X 50's
1,150		x 50 on :55 Lungbuster pulls
	-	x 100 on 1:45 Lungbuster pulls
		x 150 on 2:35 Lungbuster pulls
	•	x 200 on 3:25 Lungbuster pulls
200		x 25 on :50 Sculling drills
	-	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750		x 75 on 1:35 Fly-25L-25B-25L
		x 100 on 1:40 Freestyle
		x 75 on 1:30 Fly-25L-25B-25R
		x 100 on 1:40 Freestyle
		x 75 on 1:25 Fly-25L-25B-25R
	-	x 100 on 1:40 Freestyle
		x 75 on 1:20 Fly-25L-25B-25R
		x 100 on 1:40 Freestyle
1.00		x 25 on 1:00 Freestyle
		x 100 on 2:00 Butterfly OTB
200		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 Shoooters
1,200	$4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{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
	$\{4 \times 75 \text{ on } 1:40 \text{ Fly-}25L-25B-25R}$
	$\{1 \times 100 \text{ on } 1:45 \text{ Freestyle}$
	$\{4 \times 75 \text{ on } 1:35 \text{ Fly-}25L-25B-25R}$
	$\{1 \times 100 \text{ on } 1:45 \text{ Freestyle}$
	$\{4 \times 75 \text{ on } 1:30 \text{ Fly-}25L-25B-25R}$
	{1 x 50 on 1:00 Freestyle
	1 x 100 on 2:00 Butterfly OTB
200	1 x 200 on 3:00 Stroke Drills

Workout #5553 - Thursday, 19 June 2008 Group 3 - Breast 1 minute rest between sets

9:28 AM 4,750 Yards - Stress Value = 79

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
	$\{4 \times 50 \text{ on } : 50 \text{ Pull } 4 \text{ breaths total}$
	{1 x 200 on 2:35 Pulls
	${3 \times 50 \text{ on } :50 \text{ Pulls 4 breaths total}}$
	{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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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

Workout #5554 - Thursday, 19 June 200 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
	2x{2 x 100 on 2:05 Kick
,	{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	$\{ + 1 \times 50 \ 0 \ 55 \ \text{at the end of the second set} \}$
1.400	1x{1 x 200 on 3:00 Pulls
1,100	{5 x 50 on :55 Pull 4 breaths total
	{1 x 200 on 2:55 Pulls
	$\{4 \times 50 \text{ on } :55 \text{ Pull } 4 \text{ breaths total}$
	{1 x 200 on 2:50 Pulls
	{3 x 50 on :55 Pulls 4 breaths total
	{1 x 200 on 2:45 Pulls
200	
200	4x{1 x 25 on :50 Sculling drills
0 000	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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	
	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
	$\{ + 1 \times 50 \ 0 \ 55 \text{ at the end of the second set } \}$
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
0.00	{1 x 100 on 1:30 Pulls
200	4x{1 x 25 on :50 Sculling drills
1 000	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
1,800	4x{2 x 100 on 2:00 Breaststroke
	{1 x 100 on 2:30 Breaststroke Pull
	$\{1 \times 50 \text{ on } 1:05 \text{ Breaststroke} $ $\{1 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$
	{1 x 50 on :55 Breaststroke
	{ on the 4th set do 2 X 50 @:55
300	
500	9:28 AM 5,150 Yards - Stress Value = 81
	J.20 In Jy100 laids beless value - 01

Workout #5556 - Thursday, 19 June 2008 Group 3 - Bronze 1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 30:00 Physio Ball Abs/Stretch
300	1 x 300 on 7:00 Underwater trn drill
	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
	$\{4 \times 50 \text{ on } 1:05 \text{ Pull } 4 \text{ breaths total} \}$
	{1 x 200 on 3:30 Pulls
	{3 x 50 on 1:05 Pulls 4 breaths total
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
1 600	{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	
200	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	1×425 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

```
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

Set Description

Yards

=====	==	
	1	on 29:00 Physio Balls/Stretch
400	1	x 400 on 7:00 Reverse IM drill
150	1	0 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
		x 25 on :40 Kick no board BSLR
	{ 4	x 25 on :45 Kick no board BSLR
		x 75 on 1:30 Kick
		x 75 on 1:20 Kick
1,450		x 125 on 1:50 Pulls-nbbf&w + 2 yds
		x 125 on 1:45 Pulls-nbbf&w + 2 yds
		x 125 on 1:40 Pulls-nbbf&w + 2 yds
	-	x 125 on 1:35 Pulls-nbbf&w + 2 yds
		x 125 on 1:30 Pulls-nbbf&w + 2 yds
		x 100 on 1:10 Pulls-nbbf&w + 2 yds
200		x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800		x 25 on :30 Freestyle
		x 100 on 1:30 Individual Medley
	-	x 25 on :30 Odds free evens fly
		x 200 on 3:00 Individual Medley
		x 25 on :30 Odds free evens back
		x 300 on 4:30 Individual Medley
		x 25 on :30 Odds free evens breast
		x 400 on 5:40 Individual Medley
		x 25 on :25 Odds free evens fly
	-	x 300 on 4:15 Individual Medley x 25 on :25 Odds free evens back
	-	x 200 on 2:50 Individual Medley
	-	x 25 on :25 Odds free evens brst
	-	x 100 on 1:25 Individual Medley
		x 25 on :25 Freestyle
200	-	x 200 on 3:00 Stroke Drills
200		AM 6,300 Yards - Stress Value = 108
	J.JU	111 0,000 1a1d3 Dele33 value - 100

Workout #5559 - Friday, 20 June 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 {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 \times 100 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ $\{1 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on :} 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$
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 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

Workout #5560 - Friday, 20 June 2008 Group 3 - Silver 1 minute rest between sets

7:00 AM Start

Set Description ______ 1 on 29:00 Physio Balls/Stretch

```
Yards
=====
    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 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}
            \{4 \text{ x } 25 \text{ on } : 45 \text{ 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 \times 100 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
            \{1 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}
            \{1 \times 100 \text{ on } 1:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
            \{1 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
            \{1 \times 50 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
    200 4x\{1 \times 25 \text{ on :} 50 \text{ 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 \times 25 \text{ on } : 35 \text{ 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 \times 25 \text{ on } : 35 \text{ Odds free evens breast}
            \{1 \times 50 \text{ on } 1:00 \text{ Freestyle EZ}
             \{6 \times 25 \text{ on } : 30 \text{ 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 \text{ x } 25 \text{ on } : 30 \text{ Freestyle}
  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			1 Start Description
350			n 29:00 Physio Balls/Stretch
150			350 on 7:00 Reverse IM drill 15 on :45 Shooters
			25 on :35 Kick no board BSLR
950	-		25 on :40 Kick no board BSLR
	•		25 on :45 Kick no board BSLR
			25 on :50 Kick no board BSLR
	-		75 on 1:40 Kick
1 000	•		100 on 2:00 Pulls-nbbf&w + 2 yds
1,000			100 on 1:55 Pulls-nbbf&w + 2 yds
			100 on 1:50 Pulls-nbbf&w + 2 yds
			75 on 1:25 Pulls-nbbf&w + 2 yds
	-		75 on 1:20 Pulls-nbbf&w + 2 yds
			50 on 1:00 Pulls-nbbf&w + 2 yds
200			25 on :50 Sculling drills
			25 on :40 12.5 ez 12.5 fast grt finishes
2,300			25 on :35 Freestyle
•	-		100 on 2:00 Individual Medley
			25 on :35 Odds free evens fly
	{ 1	Х	200 on 3:55 Individual Medley
	{ 6	Х	25 on :35 Odds free evens back
	{ 1	X	300 on 5:50 Individual Medley
	{ 6	Х	25 on :35 Odds free evens breast
	{ 1	Х	50 on 1:00 Freestyle EZ
	{ 6	Х	25 on :30 Odds free evens fly
	-		300 on 5:45 Individual Medley
	-		25 on :30 Odds free evens back
			200 on 3:45 Individual Medley
	-		25 on :30 Odds free evens brst
			100 on 1:50 Individual Medley
200	1	Х	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

	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
	10 x 15 on :45 Shooters
	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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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
1.00	_
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	<u> -</u>
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

7:00 AM Start Set Description

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	$2x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
900	6 x 150 on 2:15 Freestyle-descend in 3's
1,050	$1x\{4 \times 125 \text{ on } 1:50 \text{ Pull no br L.}12 \text{ yds}$
	$\{3 \times 100 \text{ on } 1:25 \text{ Pull no br L.}12 \text{ yds}$
	$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.}12 \text{ yds}$
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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	7:00 AM Start Set Description
	1 25.00 Ph P-11-/0+
0 = 0	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		AM Start t Description
	1	an 35.00 Physic Polls (Chrotch
200		on 35:00 Physio Balls/Stretch
		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	7:00 AM Start Set Description
	1 on 30:00 Physio Ball Abs/Stretch
400	1 x 400 on 7:00 Underwater trn drill
	10 x 15 on :45 Shooters
	$1x{4 \times 25}$ 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	$4x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$
2 200	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
2,200	$4x\{4 \times 25 \text{ on } : 45 \text{ Bathtub Drill with fins}$
	{1 x 100 on 1:35 Backstroke {1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:30 backstroke {1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:23 Backstroke {1 x 100 on 1:30 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
250	
	9:30 AM 6,100 Yards - Stress Value = 102

Workout #5567 - Tuesday, 24 June 2008 Group 3 - Gold 1 minute rest between sets

Yards	7:00 AM Start Set Description
400	1 on 30:00 Physio Ball Abs/Stretch 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
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$
	{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	$4x\{4 \times 25 \text{ on } : 45 \text{ Bathtub Drill with fins}$
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$
	$\{1 \times 50 \text{ on } 2:00 \text{ Back-}100\%, \text{ min } 8 \text{ KOW} \}$
250	
	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	Se	t 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

Workout #5569 - Tuesday, 24 June 2008 Group 3 - Bronze

9:30 AM 4,950 Yards - Stress Value = 83

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 A	M 4,600 Yards - Stress Value = 74
		Workout #5570 - Tuesday, 24 June 2008
		Group 3 - Speed Acquisition
		Group 5 - Specu Acquisition

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 compicated to type out
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	$12x\{1 \times 25 \text{ on } : 01 1/3 \text{ each of streamline kick}$
	{ 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

Yards	7:00 AM Start Set Description
	1 on 30:00 10min abs/4cnt pushups/stretch
600	
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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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

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 1 x 600 on 10:00 Free L.25 of each 100 non f 600 150 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 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 6 x 100 on 6:00 Super 6 OTB 8 x 50 on 1:00 Stroke Drills 400 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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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	$1x{1 x 400 on 5:30 Pulls w/snorkel?}$

$\{1 \times 400 \text{ on } 5:20 \text{ Pulls w/snorkel?}$
$\{1 \times 400 \text{ on } 5:10 \text{ Pulls w/wnorkel} \}$
$\{1 \times 400 \text{ on } 5:00 \text{ Pulls w/snorkel} \}$
200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
$2,000 2x\{4 \times 25 \text{ on } :45 \text{ Breast TO drill w/fins}$
{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%
$\{1 \times 50 \text{ on } 2:00 50 \text{ EZ free/put fins on } \}$
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	$1x\{1 \times 400 \text{ on } 6:00 \text{ Pulls w/snorkel?}$
	$\{1 \times 400 \text{ on } 5:55 \text{ Pulls w/snorkel?}$
	$\{1 \times 400 \text{ on } 5:50 \text{ Pulls w/wnorkel?}$
	$\{1 \times 200 \text{ on } 2:50 \text{ Pulls w/snorkel?}$
200	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
1,800	$2x\{4 \times 25 \text{ on :} 45 \text{ Breast TO drill w/fins}$
	$\{6 \times 50 \text{ on } :55 \text{ Brst-odds } 2X \text{ pullouts on start} \}$
	{ evens 2X pullouts on turn
	$\{4 \times 100 \text{ on } 1:45 \ 75 \text{ breast } 25 \text{ free} \}$
	{ descend 1-3, hold #4 as fast as #3
	{1 x 50 on 1:00 Breaststroke-100%
	$\{1 \times 50 \text{ on } 2:00 50 \text{ EZ free/put fins on} \}$
500	5 x 100 on 2:00 Stroke Drills
	9:30 AM 5,575 Yards - Stress Value = 75

Workout #5577 - Thursday, 26 June 2008 Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description
======	=======================================
	1 on 30:00 Stomach and Stretch
350	1 x 350 on 7:00 Underwater trn drill
	10 x 15 on :45 Shooters
	3x{1 x 150 on 3:20 Kick
1,000	{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/wnorkel?
	{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 #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	$1x\{1 \times 400 \text{ on } 7:10 \text{ Pulls w/snorkel?}$			
	$\{1 \times 400 \text{ on } 7:05 \text{ Pulls w/snorkel?}$			
	$\{1 \times 350 \text{ on } 6:00 \text{ Pulls w/wnorkel?}$			
200	$4x{1 x 25 on :50 Sculling drills}$			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,500	$2x\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill w/fins}$			
	<pre>{6 x 50 on 1:15 Brst-odds 2X pullouts on star</pre>			
	{ evens 2X pullouts on turn			
	{3 x 100 on 2:15 75 breast 25 free			
	{ descend 1-3,			
	$\{1 \times 50 \text{ on } 1:30 \text{ Free EZ/put fins on } \}$			
500	5 x 100 on 2:00 Stroke Drills			
	9:32 AM 4,900 Yards - Stress Value = 62			

Workout #5579 - Thursday, 26 June 2008 Group 3 - Speed Acquisition 1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	45.00.00.00
	1 on 15:00 Stretching
1,400	$4x\{1 \times 250 \text{ on } 3:30 \text{ 3:00 swim/:} 30 \text{ to get to a } water 3:30 \text{ swim/:} 30 \text{ swim/:} 3:30 swim$
	{4 x 25 on :45 IM order-100% Effort
350	7×50 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
	$\{1 \times 25 \text{ on } : 50 \text{ Freestyle} \}$
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle}$

 $\{1 \times 200 \text{ on } 4:00 \text{ Stroke Drills} \\ 6:31 \text{ PM } 3,250 \text{ Yards - Stress Value} = 87$

Workout #5580 - Friday, 27 June 2008 Group 3 - IM'ers 1 minute rest between sets

Yards		M Start Description
	1 0	n 30:00 Physio Balls/Stretch
400		400 on 7:00 Reverse IM drill
		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

Workout #5581 - Friday, 27 June 2008 Group 3 - Gold 1 minute rest between sets

9:30 AM 5,825 Yards - Stress Value = 61

	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	$1x{7 x 50 on :55 Pulls-nbbf&w + 2 yds}$
	$\{9 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{9 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
200	4x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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 \times 25 \text{ on } : 40 12.5 \text{yd } \text{underwater} 12.5 \text{ez } \text{free} $
500	5 x 100 on 2:00 Stroke Drills
	9:29 AM 5,425 Yards - Stress Value = 55

7:00 AM Start

Workout #5582 - Friday, 27 June 2008
Group 3 - Silver
1 minute rest between sets

7:00 AM Start
7:00 AM Start
Set Description

	,	iii beare
Yards	Se	et Description
=====	==	
	1	on 30:00 Physio Balls/Stretch
350	1	x 350 on 7:00 Reverse IM drill
150	10	0 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 25f125fr50f1y50fr25f1y25fr
	{ 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	Se	et Description
=====	==	
	1	on 30:00 Physio Balls/Stretch
300	1	x 300 on 7:00 Reverse IM drill
150	10	0 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 25fl25fr50fly50fr25fly25fr
	{ 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	7:00 AM Start Set Description
	1 on 20.00 Physic Palla/Stratch
400	1 on 29:00 Physio Balls/Stretch
	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
	$\{2 \times 125 \text{ on } 1:35 \text{ Pull no br L.}12 \text{ yds}$
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

 $\{1 \text{ x } 200 \text{ on } 2\text{:}50 \text{ Individual Medley}$

 ${3 \times 200 \text{ on } 2:20 \text{ Freestyle}}$

	{ 1	Х	200	on	2:45	Individual Medley
100	1	Х	100	on	2:00	Freestyle
200	1	Х	200	on	4:00	Freestyle-For time
250	1	Х	250	on	5:00	Stroke Drills
	9:30	ΑN	4 6.	700	Yards	s - Stress Value = 115

Workout #5585 - Monday, 30 June 2008 Group 3 - Gold 1 minute rest between sets

	7:00	Αl	M St	cart	;	
Yards	Se	et	Des	crip	otion	
=====						
					_	io Balls/Stretch
						Swim-kick-pull-swim
						Shooters
1,350	-					ick no board BSLR
						Kick
	-				.:25 I	
	-				.:00 I	
1,300	2x{2	Х	125	on	1:55	Pull no br L.12 yds
	-					Pull no br L.12 yds
	{ 2	Х	75 (on 1	:05 1	Pull no br L.12 yds
200	-					culling drills
						2.5 ez 12.5 fast grt finishes
2,100	1x{3	X	200	on	2:50	Freestyle
	{ 1	Х	150	on	2:30	IM w/out free
	{ 3	X	200	on	2:45	Freestyle
	{ 1	Х	150	on	2:30	IM w/out free
	{ 3	X	200	on	2:40	Freestyle
100	1	Х	100	on	2:00	Freestyle
200	1	Х	200	on	4:00	Freestyle-For time
250	1	Х	250	on	5:00	Stroke Drills
	9:29	Αľ	M 6,0)50	Yards	s - Stress Value = 108
		,	Work	out #	5586 - N	Monday, 30 June 2008

Workout #5586 - Monday, 30 June 2008 Group 3 - Silver 1 minute rest between sets

Yards		AM Start et Description
	1	on 29:00 Physio Balls/Stretch
350		x 350 on 7:00 Swim-kick-pull-swim
		0 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
		x 200 on 3:05 Freestyle
		x 50 on 1:00 Freestyle
		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
	mmutt	I CSt	Detween	SUL

Yards	7:00 AM Start Set Description
	1 on 29:00 Physio Balls/Stretch
300	-
	10 x 15 on :45 Shooters
	3x{4 x 25 on :45 Kick no board BSLR
1,200	{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	2
250	1 x 250 on 5:00 Stroke Drills
	9:31 AM 5,100 Yards - Stress Value = 93

Workout #5588 - Tuesday, 01 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
	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
	$\{1 \times 100 \text{ on } 1:35 \text{ Freestyle}$
	{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
200	{3 x 50 on :50 Pulls br every 9
200	$4x(1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } :40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$
2 200	2x{2 x 125 on 1:55 Backstroke
2,200	{4 x 25 on :30 Backstroke 10 yds under water
	{2 x 100 on 1:30 Backstroke
	$\{4 \times 25 \text{ on } : 30 \text{ Backstroke } 10 \text{ yds under water} \}$
	{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

Workout #5589 - Tuesday, 01 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

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

Workout #5590 - Tuesday, 01 July 2008 Group 3 - Silver

1 minute rest between sets

	7:00	AM Start
		et Description
=====		on 30:00 Physio Ball Abs/Stretch
250		x 350 on 7:00 Underwater trn drill
		0 x 15 on :45 Shooters
		x 50 on 1:10 Kick
1,000		x 100 on 1:55 Kick
	•	x 50 on 1:10 Kick
		x 100 on 1:55 Freestyle
		x 50 on 1:10 Kick
	{1	x 50 on :55 Kick
1,500	-	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
	-	x 50 on :55 Pulls br every 9
200		x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000		x 125 on 2:20 Backstroke
		x 25 on :30 Backstroke 10 yds under water
		x 100 on 1:50 Backstroke
		x 25 on :30 Backstroke 10 yds under water
	•	x 75 on 1:20 Backstroke
		x 25 on :30 Backstroke 10 yds under water
		x 50 on :55 Backstroke
350	-	x 25 on :30 Backstroke 10 yds under water x 50 on 1:00 Stroke Drills
330		AM 5,550 Yards - Stress Value = 65
	J:30	AM J, JJU Idius - Stress value - 03

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
	$\{2 \times 50 \text{ on } 1:00 \text{ Pulls br every } 9$
	{1 x 150 on 2:40 Pulls
	{1 x 50 on 1:00 Pulls br every 9
	{1 x 150 on 2:35 Pulls
0.00	{2 x 50 on 1:00 Pulls br every 9
200	4x{1 x 25 on :50 Sculling drills
1 700	{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
	•
250	{2 x 25 on :40 Backstroke 10 yds under water 7 x 50 on 1:00 Stroke Drills
330	9:31 AM 5,000 Yards - Stress Value = 59
	9.31 AM 3,000 Tatus - Stress value = 39

Workout #5592 - Tuesday, 01 July 2008 Group 3 - Speed Acquisition 1 minute rest between sets

Yards	5:00 PM Start 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 1up 1down
	$\{2 \times 50 \text{ on } : 45 \text{ Butterfly } 2-3$
	{4 x 25 on :30 Butterfly 1up 2down
	${3 \times 50 \text{ on :} 45 \text{ Butterfly 2-4}}$
	{4 x 25 on :30 Butterfly 1up 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 1up 1down
	{ 2	x 50 on :45 Butterfly 2-3
	{ 4	x 25 on :30 Butterfly 1up 2down
	{ 3	x 50 on :45 Butterfly 2-4
	{ 4	x 25 on :30 Butterfly 1up 3down
	{ 4	x 50 on :45 Butterfly 2-5
	{ 4	x 25 on :30 Butterfly-descend
1,300		x 100 on 1:30 Freestyle
	,	x 200 on 2:45 Pulls
		x 200 on 2:40 Pulls
	,	x 200 on 2:35 Pulls
100		x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
900	-	x 50 on :45 Butterfly 2-2
		x 25 on :30 Butterfly lup ldown
		x 50 on :45 Butterfly 2-3
	-	x 25 on :30 Butterfly 1up 2down
		x 50 on :45 Butterfly 2-4
		x 25 on :30 Butterfly 1up 3down
		x 50 on :45 Butterfly 2-5
0.5.0		x 25 on :30 Butterfly-descend
250		x 250 on 4:00 Stroke Drills
	9:31	AM 6,300 Yards - Stress Value = 97
		Workout #5597 - Wednesday, 02 July 2008
		Cuoum 2 Elv

Workout #5597 - Wednesday, 02 July 2008 Group 3 - Fly 1 minute rest between sets

	7:00										
Yards	Se	et	Des	scri	ptic	on			EGY	WORK	S
=====	==	===							===	====	=
900	1x{1	X	50	on	:45	Butterfly	2-2		EN2	S	F
	{ 4	Х	25	on	:30	Butterfly	1up	1down	EN2	S	F
	{ 2	Х	50	on	:45	Butterfly	2-3		EN2	S	F
	{ 4	Х	25	on	:30	Butterfly	1up	2down	EN2	S	F
	{ 3	Х	50	on	:45	Butterfly	2-4		EN2	S	F
	{ 4	Х	25	on	:30	Butterfly	1up	3down	EN2	S	F
	{ 4	Х	50	on	:45	Butterfly	2-5		EN2	S	F
	{ 4	Х	25	on	:30	Butterfly-	-desc	cend	EN2	S	F
250	1	Х	250	or or	4:0	00 Stroke I	Dril	ls	REC	D	
	7:21	ΑN	11,	,150) Yaı	rds - Stres	ss Vá	alue =	18		

Workout #5594 - Wednesday, 02 July 2008	Yards Set Description
Group 3 - Gold	
1 minute rest between sets	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
7:00 AM Start	700 1x{1 x 50 on 1:05 Butterfly 2-2
Yards Set Description	{4 x 25 on :35 Butterfly lup ldown
1 on 30:00 12 min abs/stretch	$\{2 \times 50 \text{ on } 1:05 \text{ Butterfly } 2-3$
400 1 x 400 on 6:00 Underwater trn drill	$\{4 \times 25 \text{ on } : 35 \text{ Butterfly 1up 2down}\}$
150 10 x 15 on :45 Shooters	{3 x 50 on 1:05 Butterfly 2-4
800 1x{1 x 50 on :55 Butterfly 2-2	$\{4 \times 25 \text{ on } : 35 \text{ Butterfly 1up 3down} $ $\{1 \times 50 \text{ on } 1 : 05 \text{ Butterfly } 2 - 5 \text{ on } 1 : 05 on$
{4 x 25 on :30 Butterfly lup ldown	{2 x 25 on :35 Butterfly-both fast
$\{2 \times 50 \text{ on } :55 \text{ Butterfly } 2-3$	1,050 1x{1 x 100 on 2:00 Freestyle
$\{4 \times 25 \text{ on :} 30 \text{ Butterfly 1up 2down}$	{3 x 100 on 2:10 Kick
{3 x 50 on :55 Butterfly 2-4	{3 x 100 on 2:05 Kick
$\{4 \times 25 \text{ on : } 30 \text{ Butterfly 1up 3down} $ $\{2 \times 50 \text{ on : } 55 \text{ Butterfly 2-5} \}$	{3 x 100 on 2:00 Kick
{4 x 25 on :30 Butterfly-descend	{1 x 50 on 1:00 Kick
1,100 1x{1 x 100 on 1:45 Freestyle	100 2x{1 x 25 on :50 Sculling drills
{3 x 100 on 2:05 Kick	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 700 $1 \times \{1 \times 50 \text{ on } 1:05 \text{ Butterfly } 2-2 \text{ ex } 12.5 \text{ fast grt finishes} \}$
{3 x 100 on 2:00 Kick	{4 x 25 on :35 Butterfly lup ldown
{3 x 100 on 1:55 Kick	{2 x 50 on 1:05 Butterfly 2-3
{1 x 100 on 1:50 Kick	{4 x 25 on :35 Butterfly lup 2down
100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on :} 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}$	$\{3 \times 50 \text{ on } 1:05 \text{ Butterfly } 2-4$
800 1x{1 x 50 on :55 Butterfly 2-2	{4 x 25 on :35 Butterfly 1up 3down
$\{4 \times 25 \text{ on : 30 Butterfly lup ldown}\}$	{1 x 50 on 1:05 Butterfly 2-5
{2 x 50 on :55 Butterfly 2-3	$\{2 \times 25 \text{ on } : 35 \text{ Butterfly-both fast} $ 1,000 $1 \times \{1 \times 100 \text{ on } 2 : 00 \text{ Freestyle} $
{4 x 25 on :30 Butterfly lup 2down	{2 x 200 on 3:30 Pulls
$\{3 \times 50 \text{ on } :55 \text{ Butterfly } 2-4$	{2 x 200 on 3:20 Pulls
{4 x 25 on :30 Butterfly 1up 3down	{1 x 100 on 1:40 Pulls
{2 x 50 on :55 Butterfly 2-5 {4 x 25 on :30 Butterfly-descend	100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
1,200 1x{1 x 100 on 1:45 Freestyle	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
{2 x 200 on 3:00 Pulls	700 1x{1 x 50 on 1:05 Butterfly 2-2
{2 x 200 on 2:55 Pulls	$\{4 \times 25 \text{ on } : 35 \text{ Butterfly 1up 1down} $ $\{2 \times 50 \text{ on } 1 : 05 \text{ Butterfly } 2-3 $
{2 x 150 on 2:10 Pulls	{4 x 25 on :35 Butterfly 1up 2down
100 2x{1 x 25 on :50 Sculling drills	{3 x 50 on 1:05 Butterfly 2-4
$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$	{4 x 25 on :35 Butterfly lup 3down
800 $1x\{1 \times 50 \text{ on :} 55 \text{ Butterfly } 2-2$ $\{4 \times 25 \text{ on :} 30 \text{ Butterfly 1up 1down}$	$\{1 \times 50 \text{ on } 1:05 \text{ Butterfly } 2-5$
{2 x 50 on :55 Butterfly 2-3	{2 x 25 on :35 Butterfly-both fast
$\{4 \times 25 \text{ on } : 30 \text{ Butterfly lup 2down}\}$	250 1 x 250 on 4:00 Stroke Drills 9:31 AM 5,100 Yards - Stress Value = 74
{3 x 50 on :55 Butterfly 2-4	9:31 AM 3,100 laids - Stress value - 74
$\{4 \times 25 \text{ on } : 30 \text{ Butterfly lup 3down}$	W
$\{2 \times 50 \text{ on } :55 \text{ Butterfly } 2-5$	Workout #5599 - Wednesday, 02 July 2008
{4 x 25 on :30 Butterfly-descend	Group 3 - Silver
250	1 minute rest between sets
J.31 AM J, 700 Talus Stless value - 03	7.00 AM Chart
Workout #5598 - Wednesday, 02 July 2008	7:00 AM Start Yards Set Description EGY WORK S
Group 3 - Gold	===== =================================
1 minute rest between sets	700 $1x\{1 \times 50 \text{ on } 1:05 \text{ Butterfly } 2-2 \text{ EN2} \text{ S F}$
1 mmute 10st between sets	{4 x 25 on :35 Butterfly lup ldown EN2 S F
7:00 AM Start	{2 x 50 on 1:05 Butterfly 2-3 EN2 S F
Yards Set Description EGY WORK S	$\{4 \times 25 \text{ on } : 35 \text{ Butterfly 1up 2down EN2} \text{S F} $ $\{3 \times 50 \text{ on } 1 : 05 \text{ Butterfly 2-4} \text{EN2} \text{S F} $
===== =================================	$\{4 \times 25 \text{ on } : 35 \text{ Butterfly } 2-4 \text{ ENZ} \text{ S F} $
800 1x{1 x 50 on :55 Butterfly 2-2 EN2 S F	{1 x 50 on 1:05 Butterfly 2-5 EN2 S F
{4 x 25 on :30 Butterfly lup ldown EN2 S F	{2 x 25 on :35 Butterfly-both fast EN2 S F
$\{2 \times 50 \text{ on :} 55 \text{ Butterfly 2-3} \text{ EN2} \text{ S F} $ $\{4 \times 25 \text{ on :} 30 \text{ Butterfly 1up 2down EN2} \text{ S F} \}$	250 1 x 250 on 4:00 Stroke Drills REC D
{3 x 50 on :55 Butterfly 2-4 EN2 S F	7:21 AM 950 Yards - Stress Value = 14
{4 x 25 on :30 Butterfly 1up 3down EN2 S F	
{2 x 50 on :55 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 1,050 Yards - Stress Value = 16	

Workout #5595 - Wednesday, 02 July 2008 Group 3 - Silver 1 minute rest between sets

Workout #5596 - Wednesday, 02 July 2008 Group 3 - Bronze

	7:00 AM Start Set Description
	=======================================
	1 on 30:00 12 min abs/stretch
300	
150	
600	1x{1 x 50 on 1:15 Butterfly 2-2
	{4 x 25 on :40 Butterfly lup ldown
	{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
000	{4 x 25 on :40 Butterfly 1up 3down
900	1x{1 x 100 on 2:15 Freestyle
	{2 x 100 on 2:30 Kick
	{3 x 100 on 2:25 Kick
100	{3 x 100 on 2:20 Kick
100	2x{1 x 25 on :50 Sculling drills
600	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
600	1x{1 x 50 on 1:15 Butterfly 2-2
	{4 x 25 on :40 Butterfly 1up 1down
	{2 x 50 on 1:15 Butterfly 2-3
	{4 x 25 on :40 Butterfly 1up 2down
	{3 x 50 on 1:15 Butterfly 2-4
000	{4 x 25 on :40 Butterfly 1up 3down 1x{1 x 100 on 2:15 Freestyle
900	{2 x 200 on 4:00 Pulls
	{2 x 200 on 4:00 Pulls
100	2x{1 x 25 on :50 Sculling drills
100	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
600	1x{1 x 50 on 1:15 Butterfly 2-2
000	{4 x 25 on :40 Butterfly 1up 1down
	{2 x 50 on 1:15 Butterfly 2-3
	{4 x 25 on :40 Butterfly 1up 2down
	{3 x 50 on 1:15 Butterfly 2-4
	{4 x 25 on :40 Butterfly 1up 3down
250	
200	9:31 AM 4,500 Yards - Stress Value = 64
	5.01 III 1,000 Idido Sciess value 01

Workout #5600 - Wednesday, 02 July 2008 Group 3 - Bronze 1 minute rest between sets

	7:00	ΑN	4 5	Stai	rt			
Yards	Se	Set Description						ξ
=====	==	-==				===	====	=
600	1x{1	Х	50	on	1:15 Butterfly 2-2	EN2	S	E
	{ 4	Х	25	on	:40 Butterfly 1up 1down	EN2	S	E
	{ 2	Х	50	on	1:15 Butterfly 2-3	EN2	S	E
	{ 4	Х	25	on	:40 Butterfly 1up 2down	EN2	S	F
	{ 3	Х	50	on	1:15 Butterfly 2-4	EN2	S	E
	{ 4	Х	25	on	:40 Butterfly 1up 3down	EN2	S	E
250	1	Х	250	O Or	n 4:00 Stroke Drills	REC	D	
	7:21	ΑN	185	50 3	Yards - Stress Value = 12	2		

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 \times 125 \text{ on } 1:35 \text{ Lungbuster pulls} $ $\{2 \times 125 \text{ on } 1:30 \text{ Lungbuster pulls} \}$
	Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
200	4x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
1,750	$1x{1 x 125 on 2:10 Breaststroke}$
	$\{4 \times 50 \text{ on } 1:00 \text{ Breast under/over} \}$
	{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 ludicro
	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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
1,700	$1x\{1 x 125 \text{ on } 2:20 \text{ Breaststroke}$
	{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 ludicro
	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	$3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{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	$4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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 ludicro
	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 \times 100 \text{ on } 2:00 \text{ Lungbuster pulls}
          {2 x 100 on 1:55 Lungbuster pulls
          {2 x 100 on 1:50 Lungbuster pulls
          \{2 \times 100 \text{ on } 1:45 \text{ Lungbuster pulls}
          \{1 \times 100 \text{ on } 1:40 \text{ Lungbuster pulls}
            Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
   200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
          \{1 \times 25 \text{ on } : 40 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes}  1,250 5x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}\}
1,250 1x{1} x 100 on 2:20 Breaststroke
          \{4 \times 50 \text{ on } 1:10 \text{ Breast under/over}\}
          {2 x 100 on 2:15 Breaststroke
          {3 \times 50 \text{ on } 1:10 \text{ 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 ludicro
            Speed
           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 ezRepe
120	6 x 20 on 1:00 Backwards free in diving well
,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

1

Workout #5606 - Monday, 07 July 2008 Group 3 - Distance 1 minute rest between sets

	7:00	Αl	4 S	tart	t	
Yards	Se	et	Des	crip	otion	
	==	-==				
	1	01	n 30	:00	Phys	io Balls/Stretch
400	1	Х	400	on	7:00	Swim-kick-pull-swim
150	10) 2	k 15	on	:45	Shooters
1,250	5x{4	Х	25 (on :	:45 K	ick no board BSLR
	{ 1	Х	100	on	1:30	Kick
	{ 1	Х	50	on I	1:00 1	Kick
1,800	2x{1	Х	225	on	3:00	Pull no br L.12 yds
	{ 1	Х	225	on	2:55	Pull no br L.12 yds
	{ 1	Х	225	on	2:50	Pull no br L.12 yds
	{ 1	Х	225	on	2:45	Pull no br L.12 yds
200	4x{1	Х	25 (on :	:50 S	culling drills
	{ 1	Х	25 (on	:40 12	2.5 ez 12.5 fast grt finishes
2,800	1x{1	Х	500	on	6:15	Freestyle
	{ 5	Х	100	on	1:30	Freestyle-hold 1:10
	{ 1	Х	400	on	5:00	Freestyle
	{ 4	Х	100	on	1:30	Freestyle-hold 1:10
	{ 1	Х	300	on	3:45	Freestyle
	{ 3	Х	100	on	1:30	Freestyle-hold 1:10
	{ 1	Х	200	on	2:30	Freestyle
	{ 2	Х	100	on	1:30	Freestyle hold 1:10
200	1	Х	200	on	3:00	Stroke Drills
	9:30	Αl	4 6,8	300	Yard	s - Stress Value = 110
		,	Woule	4	<i>EC</i> 07 1	Manday 07 July 2009

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 x 100 on 1:50 Kick $\{1 \times 50 \text{ on } 1:10 \text{ Kick} \}$ 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 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ $2,600 1x{1 x 500 on 7:05 Freestyle}$ $\{5 \times 100 \text{ on } 1:35 \text{ Freestyle-hold } 1:20$ $\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$ {4 x 100 on 1:35 Freestyle-hold 1:20 $\{1 \times 300 \text{ on } 4:15 \text{ Freestyle} \}$ $\{3 \times 100 \text{ on } 1:30 \text{ Freestyle-hold } 1:20$ $\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$ 1 x 200 on 3:00 Stroke Drills 9:30 AM 6,250 Yards - Stress Value = 101

{2 x 125 on 2:00 Kick Workout #5608 - Monday, 07 July 2008 2,000 5 x 400 on 5:15 Pulls-neg split Group 3 - Silver 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ 1 minute rest between sets {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $2,200 1x{4 x 125 on 1:40 Backstroke w/fins}$ 7:00 AM Start {1 x 50 on :45 Backstroke 25 yards under Set Description Yards {4 x 100 on 1:20 Backstroke w/fins _____ {2 x 50 on :50 Backstroke 25 yards under 1 on 30:00 Physio Balls/Stretch $\{4 \times 75 \text{ on } 1:00 \text{ Backstroke w/fins} \}$ 350 1 x 350 on 7:00 Swim-kick-pull-swim {3 x 50 on :55 Backstroke 25 yards under {1 x 100 on 2:00 Freestyle-EZ 1,200 4x{4 x 25 on :45 Kick no board BSLR {6 x 100 on 2:00 Backstroke-all 100% Effort 8 x 50 on 1:00 Stroke Drills {1 x 100 on 2:00 Kick {2 x 50 on 1:10 Kick 9:30 AM 6,600 Yards - Stress Value = 134 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 Workout #5611 - Tuesday, 08 July 2008 $\{1 \times 175 \text{ on } 2:50 \text{ Pull no br L.}12 \text{ yds}$ {1 x 100 on 1:45 Pull no br L.12 yds Group 3 - Gold 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ 1 minute rest between sets $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$ $2,300 1x{1 x 500 on 8:20 Freestyle}$ {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 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 Fich | 1 x 125 on 2 1 on 30:00 Physio Ball Abs/Stretch {1 x 125 on 2:35 Kick {1 x 125 on 2:30 Kick Workout #5609 - Monday, 07 July 2008 {2 x 125 on 2:25 Kick Group 3 - Bronze {2 x 125 on 2:20 Kick 1 minute rest between sets {1 x 100 on 1:50 Kick 1,750 5 x 350 on 5:15 Pulls-neg split 7:00 AM Start 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ Yards Set Description {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 on 30:00 Physio Balls/Stretch {1 x 50 on :50 Backstroke 25 yards under 1 x 300 on 7:00 Swim-kick-pull-swim 300 $\{4 \text{ x } 100 \text{ on } 1\text{:}35 \text{ Backstroke w/fins}$ 10 x 15 on :45 Shooters {2 x 50 on :55 Backstroke 25 yards under 1,000 4x{4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:10 Backstroke w/fins {1 x 100 on 2:15 Kick {1 x 100 on 2:00 Freestyle-EZ 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 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 Pull no br L.12 yds {1 x 200 on 3:30 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 Workout #5612 - Tuesday, 08 July 2008 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ Group 3 - Silver {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,900 \ 1x\{1 \ x \ 400 \ on \ 8:00 \ Freestyle$ 1 minute rest between sets {4 x 100 on 1:50 Freestyle-hold 1:40 ______ 1 x 200 on 4:00 Stroke Drills 9:29 AM 5,150 Yards - Stress Value = 86 1,100 1x{2 x 125 on 2:45 Kick 1 x 200 on 4:00 Stroke Drills {2 x 125 on 2:40 Kick {2 x 125 on 2:35 Kick Workout #5610 - Tuesday, 08 July 2008 {2 x 125 on 2:30 Kick Group 3 - Back {1 x 100 on 2:00 Kick 1 minute rest between sets 1,500 5 x 300 on 5:15 Pulls-neg split 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ 7:00 AM Start {1 x 25 on :40 12.5 ez 12.5 fast grt finishes Set Description Yards 1,850 $1x\{4 \times 125 \text{ on } 2:05 \text{ Backstroke w/fins}$ _____ {1 x 50 on :50 Backstroke 25 yards under 1 on 30:00 Physio Ball Abs/Stretch {4 x 100 on 1:40 Backstroke w/fins 400 1 x 400 on 7:00 Underwater trn drill {2 x 50 on :55 Backstroke 25 yards under {4 x 75 on 1:15 Backstroke w/fins $1,250 \ 1x{1 x 125 on 2:30 Kick}$ {1 x 100 on 2:00 Freestyle-EZ {1 x 125 on 2:25 Kick {4 x 100 on 2:30 Backstroke-all 100% Effort {1 x 125 on 2:20 Kick 400 8 x 50 on 1:00 Stroke Drills {1 x 125 on 2:15 Kick 9:30 AM 5,550 Yards - Stress Value = 102 {2 x 125 on 2:10 Kick {2 x 125 on 2:05 Kick

Workout #5613 - Tuesday, 08 July 2008 Group 3 - Bronze

1	minute	rest	between	sets
	mmute	I est	Detween	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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes } \}$
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
=====	=======================================
425	1 on 15:00 Stretching 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 Dril
1,000	$2x{4 \times 25}$ on :30 Choice-non free
	$\{4 \times 25 \text{ on } : 25 \text{ Choice non free}$
	{4 x 25 on :20 Choice-non free
	{1 x 100 on 2:00 Freestyle
300	{1 x 100 on 2:00 IM-for time 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

Yards	7:00 AM Start 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	$1x{3 \times 100}$ on 1:30 2 strokes fly off walls
	{3 x 100 on 1:25 2 strokes fly off walls
	${3 \times 100 \text{ on } 1:20 \text{ 2 strokes fly off walls}}$
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
	${3 \times 100 \text{ on } 1:25 \text{ 3 strokes fly off walls}}$

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

Workout #5616 - Wednesday, 09 July 2008 Group 3 - Gold

7:00 AM Start

1 minute rest between sets

Yards	Se	et Description
	1	on 30:00 Stomach and Stretch
400		x 400 on 7:00 Free L.25 of each 100 non fr
) x 15 on :45 Shooters
		x 100 on 1:40 2 strokes fly off walls
		x 100 on 1:35 2 strokes fly off walls
		x 100 on 1:30 2 strokes fly off walls
1,250	-	x 25 on :45 Kick no board BSLR
_,		x 100 on 1:50 Kick
		x 25 on :45 Kick no board BSLR
	•	x 100 on 1:55 Kick
	-	x 25 on :45 Kick no board BSLR
	•	x 100 on 2:00 Kick
	{ 4	x 25 on :45 Kick no board BSLR
	•	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		x 100 on 1:40 3 strokes fly off walls
		x 100 on 1:35 3 strokes fly off walls
	-	x 100 on 1:30 3 strokes fly off walls
1,000	-	x 100 on 1:30 Lungbuster pulls
	E	Breathe 3-5-7-9 continuous
100	2x{1	x 25 on :50 Sculling drills
		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 1 x 350 on 7:00 Free L.25 of each 100 non fr $_{=}$ 350 10 x 15 on :45 Shooters 700 1x{3 x 100 on 1:50 2 strokes fly off walls $\{2 \times 100 \text{ on } 1:45 \text{ 2 strokes fly off walls}$ {2 x 100 on 1:40 2 strokes fly off walls $1,200 1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 100 on 2:00 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {2 x 100 on 2:05 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {3 x 100 on 2:10 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {4 x 50 on 1:05 Kick 100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 700 $1x{3 \times 100}$ on 1:50 3 strokes fly off walls $\{2 \times 100 \text{ on } 1:45 \text{ 3 strokes fly off walls}$ {2 x 100 on 1:40 3 strokes fly off walls 9 x 100 on 1:40 Lungbuster pulls Breathe 3-5-7-9 continuous 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 700 $1x{3 \times 100}$ on 1:50 4 strokes fly off walls {2 x 100 on 1:45 4 strokes fly off walls $\{2 \times 100 \text{ on } 1:40 \text{ 4 strokes fly off walls}$ 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 1 x 300 on 7:00 Free L.25 of each 100 non fr 300 10 x 15 on :45 Shooters 650 $1x\{2 \times 100 \text{ on } 2:00 \text{ 2 strokes fly off walls}$ $\{2 \times 100 \text{ on } 1:55 \text{ 2 strokes fly off walls}$ $\{2 \times 100 \text{ on } 1:50 \text{ 2 strokes fly off walls}$ $\{1 \times 50 \text{ on } 1:00 \text{ 2 strokes fly off walls}$ $1,100 \text{ 1x} \{ 4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {3 x 100 on 2:25 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:15 Kick 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 650 $1x\{2 \times 100 \text{ on } 2:00 \text{ 3 strokes fly off walls}$ {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 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

650 $1x\{2 \times 100 \text{ on } 2:00 \text{ 4 strokes fly off walls}$ $\{2 \times 100 \text{ on } 1:55 \text{ 4 strokes fly off walls}$ $\{2 \times 100 \text{ on } 1:50 \text{ 4 strokes fly off walls}$ $\{1 \times 50 \text{ on } 1:00 \text{ 4 strokes fly off walls}$

6 x 50 on 1:00 Stroke Drills

300

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
	1 x 400 on 7:00 Underwater trn drill
	10 x 15 on :45 Shooters
	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
0.00	{2 x 50 on 1:00 25 2klp, 25 4 sec glide
200	
	9:30 AM 6,950 Yards - Stress Value = 103
	W
	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 1 x 400 on 7:00 Underwater trn drill 400 150 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 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \text{ } 12.5 \text{ ez } 12.5 \text{ } \text{fast grt finishes} \}$ $2,800 4x{1 x 200 on 3:40 Breaststroke}$ {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 $\{2 \times 50 \text{ on } 1:00 \ 25 \ 2klp, \ 25 \ 4 \text{ sec glide}$ 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

Workout #5624 - Friday, 11 July 2008 Group 3 - IM'ers 1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	
	1 on 30:00 Scooter Boards/Stretch
	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
2,100	{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 2klp, 25 4 sec glide
	Last 2 times do 3 50's
	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

Yards	7:00 AM Start Set Description
	1 on 30:00 Scooter Boards/Stretch
300	1 x 300 on 7:00 Underwater trn drill
150	
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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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
	$\{2 \times 50 \text{ on } 1:15 \ 25 \ 2k1p, \ 25 \ 4 \text{ sec glide} \}$
	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	1×600 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
	$\{1 \times 25 \text{ on } 1:00 12.5 \text{yards } \text{under}/12.5 \text{yards}$
	{ super fast w/great breakouts & finishes, e>
	{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

	7:00	AM Start
Yards	Se	et Description
	==	
	1	on 30:00 Physio Balls/Stretch
400	1	x 400 on 7:00 Reverse IM drill
150	10	0 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
		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
		on 1:00 Rest
	{ 4	x 150 on 2:00 IM 25,25 50, 50
		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

Workout #5627 - Friday, 11 July 2008 Group 3 - Bronze 1 minute rest between sets

7:00 AM Start	i minute rest between sets
Yards Set Description	7.00 am Chart
===== =================================	7:00 AM Start
1 on 30:00 Physio Balls/Stretch	Yards Set Description
400 1 x 400 on 7:00 Reverse IM drill	1 on 30:00 Physio Balls/Stretch
150	300 1 x 300 on 7:00 Reverse IM drill
1,100 1x{4 x 25 on :45 Kick no board BSLR	150 10 x 15 on :45 Shooters
{4 x 50 on 1:05 Kick-descend	
{4 x 25 on :45 Kick no board BSLR	1,000 1x{4 x 25 on :45 Kick no board BSLR
{4 x 50 on 1:00 Kick-descend	{4 x 50 on 1:15 Kick-descend
{4 x 25 on :45 Kick no board BSLR	{4 x 25 on :45 Kick no board BSLR
{4 x 50 on :55 Kick-descend	{4 x 50 on 1:10 Kick-descend
{4 x 25 on :45 Kick no board BSLR	{4 x 25 on :45 Kick no board BSLR
{2 x 50 on 1:00 Kick lez 1fast	{4 x 50 on 1:05 Kick-descend
100 1 x 100 on 3:00 Kick for time	{4 x 25 on :45 Kick no board BSLR
1,050 1x{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds	100 1 x 100 on 3:00 Kick for time
{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds	900 1x{4 x 75 on 1:25 Pulls-nbbf&w + 2 yds
{4 x 75 on 1:10 Pulls-hbbfaw + 2 yds {4 x 75 on 1:05 Pulls-hbbf&w + 2 yds	$\{4 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
{2 x 75 on 1:00 Pulls-hbbf&w + 2 yds	$\{4 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
200 4x{1 x 25 on :50 Sculling drills	200 4x{1 x 25 on :50 Sculling drills
$\{1 \times 25 \text{ on : 40 } 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
2,600 1x{4 x 100 on 1:35 Individual Medley	1,850 1x{4 x 100 on 2:15 Individual Medley
{1 on 1:00 Rest	{1 on 1:00 Rest
	$\{4 \times 125 \text{ on } 2:45 \text{ IM w/50 free}$
{4 x 125 on 2:00 IM w/50 free	{1 on 1:00 Rest
{1 on 1:00 Rest	{4 x 150 on 3:20 IM 25,25 50, 50
{4 x 150 on 2:20 IM 25,25 50, 50	{1 on 1:00 Rest
{1 on 1:00 Rest	$\{2 \times 175 \text{ on } 3:45 \text{ IM } 25, 50, 50, 50$
{4 x 175 on 2:45 IM 25, 50, 50, 50	200 1 x 200 on 3:00 Stroke Drills
{1 on 1:00 Rest	9:30 AM 4,700 Yards - Stress Value = 90
{2 x 200 on 3:10 Individual Medley	
200 1 x 200 on 3:00 Stroke Drills	Workout #5628 - Monday, 14 July 2008
9:31 AM 5,800 Yards - Stress Value = 110	Group 3 - Distance

Workout #5626 - Friday, 11 July 2008 Group 3 - Silver

1 minute rest between sets

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

Group 3 - Distance 1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	1 20 00 01 1 7 13 (2)
	1 on 30:00 Physio Balls/Stretch
	1 x 400 on 7:00 Swim-kick-pull-swim
	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
	$\{2 \times 200 \text{ on } 2:45 \text{ Pull no br L.}12 \text{ yds}$
	{3 x 175 on 2:25 Pull no br L.12 yds
	$\{4 \times 150 \text{ on } 2:05 \text{ Pull no br L.}12 \text{ yds}$
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

	7:00	AM Start
Yards	S	et Description
=====	=	
	1	on 30:00 Physio Balls/Stretch
400	1	x 400 on 7:00 Swim-kick-pull-swim
150	1	0 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	7:00 AM Start 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	$3x{4 \times 25}$ 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
	$\{2 \times 175 \text{ on } 3:05 \text{ Pull no br L.}12 \text{ yds}$
	$\{3 \times 150 \text{ on } 2:35 \text{ Pull no br L.}12 \text{ yds}$
	$\{4 \times 100 \text{ on } 1:45 \text{ Pull no br L.}12 \text{ yds}$
200	4x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast } \text{grt } \text{finishes} \}$
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	
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

	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
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
	$\{2 \times 175 \text{ on } 3:15 \text{ Pull no br L.}12 \text{ yds}$
	$\{3 \times 150 \text{ on } 2:45 \text{ Pull no br L.}12 \text{ yds}$
	${3 \times 100 \text{ on } 1:50 \text{ Pull no br L.12 yds}}$
	$\{1 \times 50 \text{ on } 1:00 \text{ Pull no br L.}12 \text{ yds}$

200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$

	{ 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	7:00 AM Start Set Description
	1 on 20.00 Physic Poll The /Ct match
400	1 on 30:00 Physio Ball Abs/Stretch
	1 x 400 on 7:00 Underwater trn drill
	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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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 descend
	{2 x 200 on 3:00 Backstroke
	{6 x 50 on 1:00 Back-odds drill evens descend
	{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

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 $\{5 \times 50 \text{ on } :55 \text{ Kick} \}$ 1,500 1 x 1500 on 22:00 Pulls 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ $2,300 \ 1x{4} \ x \ 100 \ on \ 1:40 \ Backstroke$ {6 x 50 on 1:00 Back-odds drills evens descer ${3 \times 150 \text{ on } 2:30 \text{ Backstroke}}$ {6 x 50 on 1:00 Back-odds drill evens descend $\{2 \times 200 \text{ on } 3:20 \text{ Backstroke} \}$ $\{6 \times 50 \text{ on } 1:00 \text{ Back-odds drill evens descenc}\}$ {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

200 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 PM Chart	1 minute rest between sets
7:00 AM Start	
Yards Set Description	7:00 AM Start
1 on 30:00 Physio Ball Abs/Stretch	Yards Set Description
350 1 x 350 on 7:00 Underwater trn drill	1 on 30:00 Stomach and Stretch
150 10 x 15 on :45 Shooters	400 1 x 400 on 7:00 Free L.25 of each 100 non fr
1,100 1x{5 x 75 on 1:40 Kick	150 10 x 15 on :45 Shooters
{5 x 75 on 1:35 Kick	1,500 5x{4 x 25 on :45 Kick no board BSLR
{4 x 75 on 1:30 Kick	{1 x 100 on 1:45 Kick
{1 x 50 on 1:00 Kick	{2 x 50 on 1:00 Kick #1 EZ, #2 Fast
1,350 1 x 1350 on 22:00 Pulls	1,500 1x{1 x 50 on :40 Lungbuster pulls
200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$	{2 x 100 on 1:20 Lungbuster pulls
$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$	{3 x 150 on 2:00 Lungbuster pulls
2,150 1x{4 x 100 on 1:50 Backstroke	{4 x 200 on 2:40 Lungbuster pulls
{6 x 50 on 1:05 Back-odds drills evens descer	200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
{3 x 150 on 2:45 Backstroke	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
{6 x 50 on 1:05 Back-odds drill evens descent	$2,300 1x{4 x 75 on 1:15 Fly-25L-25B-25L}$
{2 x 200 on 3:40 Backstroke {6 x 50 on 1:05 Back-odds drill evens descend	{1 x 100 on 1:15 Freestyle
300 1 x 300 on 5:00 Stroke Drills	{4 x 75 on 1:10 Fly-25L-25B-25R
9:31 AM 5,600 Yards - Stress Value = 88	{2 x 100 on 1:15 Freestyle
5.51 fm 5,000 falas seless value oo	{4 x 75 on 1:05 Fly-25L-25B-25R
W	{3 x 100 on 1:15 Freestyle
Workout #5635 - Tuesday, 15 July 2008	$\{4 \times 75 \text{ on } 1:00 \text{ Fly-25L-25B-25R} $ $\{4 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$
Group 3 - Bronze	{1 x 100 on 2:00 Freestyle
1 minute rest between sets	100 1 x 100 on 2:00 Butterfly OTB
	200 1 x 200 on 3:00 Stroke Drills
7:00 AM Start	9:30 AM 6,350 Yards - Stress Value = 103
Yards Set Description	'
1 on 30:00 Physio Ball Abs/Stretch	Workout #5641 - Wednesday, 16 July 2008
300 1 x 300 on 7:00 Underwater trn drill	Group 3 - Taper 1
150	1 minute rest between sets
1,000 1x{5 x 75 on 1:50 Kick	1 minute 1est between sets
1,000 IA(3 A /3 OH 1.30 NICK	
{5 x 75 on 1:45 Kick	7:00 AM Start
	7:00 AM Start Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200 1 x 1200 on 22:00 Pulls	
{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	Yards Set Description
{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	Yards Set Description
{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	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 Shoooters
{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	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 7:00 Free L.25 of each 100 non fr 150 10 x 15 on :45 Shoooters 600 2x{4 x 25 on :45 Kick no board BSLR
{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	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 Shoooters 600 2x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 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 descen	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 7:00 Free L.25 of each 100 non fr 150 10 x 15 on :45 Shoooters 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
{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 descence {2 x 200 on 4:10 Backstroke	Yards Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 7:00 Free L.25 of each 100 non fr 150 10 x 15 on :45 Shoooters 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
{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 descence {2 x 200 on 4:10 Backstroke {6 x 50 on 1:10 Backstroke	Yards Set Description
{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	Yards Set Description
{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 descence {2 x 200 on 4:10 Backstroke {6 x 50 on 1:10 Backstroke	Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200	Yards Set Description
{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	Yards Set Description
{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	Yards Set Description
{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	Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200	Yards Set Description
{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	Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200	Yards Set Description
{5 x 75 on 1:45 Kick	Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200	Yards Set Description
{5 x 75 on 1:45 Kick	Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200	Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200	Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200	Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200	Yards Set Description
{5 x 75 on 1:45 Kick {5 x 50 on 1:05 Kick 1,200	Yards Set Description
{5 x 75 on 1:45 Kick	Yards Set Description
{5 x 75 on 1:45 Kick	Yards Set Description
{5 x 75 on 1:45 Kick	Yards Set Description

Workout #5638 - Wednesday, 16 July 2008 Group 3 - Gold

1 minute rest between sets

	7:00 A	AM Start
Yards	Set	Description
=====	===	
	1 c	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 Shoooters
1,500	5x{4 x	x 25 on :45 Kick no board BSLR
	{2 x	x 75 on 1:25 Kick
	{1 x	s 50 on 1:00 Kick(Last set dont do this 50
1,300	1x{1 x	x 50 on :45 Lungbuster pulls
	{2 x	100 on 1:30 Lungbuster pulls
	{3 x	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	x 100 on 1:20 Freestyle
	{ 4 ×	75 on 1:20 Fly-25L-25B-25R
	{2 x	100 on 1:20 Freestyle
	{ 4 ×	75 on 1:15 Fly-25L-25B-25R
	{3 x	x 100 on 1:15 Freestyle
	{ 4 ×	75 on 1:10 Fly-25L-25B-25R
	{2 x	x 100 on 1:20 Freestyle
	{1 x	x 50 on 1:00 Freestyle
100	1 x	x 100 on 2:00 Butterfly OTB
200	1 x	x 200 on 3:00 Stroke Drills
	9:31 A	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 or	n 30:00 Stomach and Stretch
350	1 x	350 on 7:00 Free L.25 of each 100 non fr
150	10 2	x 15 on :45 Shoooters
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
	{ Las	st 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

Workout #5640 - Wednesday, 16 July 2008 Group 3 - Bronze 1 minute rest between sets

9:31 AM 5,300 Yards - Stress Value = 88

7:00 AM Start
Yards Set Description

1 on 30:00 Abs/Scooter Brds/Stretch

	1 x 300 on 7:00 Free L.25 of each 100 non f
	10 x 15 on :45 Shoooters
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 finishe:
1.550	1x{4 x 75 on 1:45 Fly-25L-25B-25L
1,000	{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
	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

Workout #5642 - Thursday, 17 July 2008 Group 3 - Breast 1 minute rest between sets

{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

 $\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \\ 2,000 \ 4x\{2 \times 125 \text{ on } 2:15 \text{ Breaststroke} \\ \{1 \times 100 \text{ on } 2:10 \text{ Breaststroke} \\ Pull$

{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 6 x 50 on 1:00 Stroke Drills

00 6 x 50 on 1:00 Stroke Drills 9:26 AM 5,750 Yards - Stress Value = 89 7:00 AM Start

Workout #5646 - Thursday, 17 July 2008 Group 3 - Taper 1 1 minute rest between sets

	7:00	AM Start
Yards	Se	t 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

371		December 1
rards	Set	Description
=====	====	
		n 30:00 Physio Ball Abs/Stretch
400	1 x	400 on 7:00 Underwater trn drill
150	10 2	k 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	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
		25 on :40 12.5 ez 12.5 fast grt finishes
2,000		125 on 2:15 Breaststroke
,	-	100 on 2:10 Breaststroke Pull
	-	50 on 1:00 Breaststroke
	•	50 on :55 Breaststroke
	•	50 on :50 Breaststroke
	•	the 4th set do 2 X 50 @:50
300	•	
300	υх	50 on 1:00 Stroke Drills

Workout #5644 - Thursday, 17 July 2008 Group 3 - Silver 1 minute rest between sets

9:28 AM 5,650 Yards - Stress Value = 88

	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

	$\{ + 1 \times 50 @ 55 \text{ at the end of the second set } \}$
1,250	1x{1 x 200 on 3:20 Pulls
	$\{4 \times 50 \text{ on } 1:00 \text{ Pull } 4 \text{ breaths total}$
	{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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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

10100		20 200011201011
	==	
	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	\times 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

Yards	5:00 PM Start Set Description
=====	=======================================
500	1 on 15:00 Stretching 1 x 500 on 10:00 Too complicated to type or
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	$12x\{1 \times 25 \text{ on } : 01 1/3 \text{ each of streamline kick}$
	{ 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

7.00 AM Start

Workout #5648 - Friday, 18 July 2008 Group 3 - IM'ers

1 minute rest between sets

	7:00 A	M Start
Yards	Set	Description
=====	===	
		n 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

Workout #5652 - Friday, 18 July 2008 Group 3 - Taper 1 1 minute rest between sets

7:00 AM Start

9:30 AM 6,300 Yards - Stress Value = 108

Set Description Yards _____ ===== 1 on 29:00 Physio Balls/Stretch 400 1 x 400 on 7:00 Reverse IM drill 10 x 15 on :45 Shooters 400 $1x\{4 \times 25 \text{ on :} 30 \text{ Kick no board BSLR}$ $\{4 \text{ x } 25 \text{ on } : 35 \text{ Kick no board BSLR}$ {4 x 25 on :40 Kick no board BSLR $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ $500 1x{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds}$ $\{1 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{1 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{1 \times 125 \text{ on } 1:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ $1,600 \ 1x\{2 \ x \ 25 \ on : 30 \ Freestyle$ {1 x 100 on 1:30 Individual Medley $\{2 \times 25 \text{ on :} 30 \text{ Odds free evens fly}$ {1 x 200 on 3:00 Individual Medley $\{2 \times 25 \text{ on } : 30 \text{ Odds free evens back}$ {1 x 300 on 4:30 Individual Medley

 $\{2 \times 25 \text{ on } : 30 \text{ Odds free evens breast}$ $\{2 \times 25 \text{ on :} 25 \text{ Odds free evens fly}$ {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

```
{2 x 25 on :25 Odds free evens brst
       {1 x 100 on 1:25 Individual Medley
       \{2 \times 25 \text{ on } : 25 \text{ 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 Yards =====		M Start Description
	1 0	n 29:00 Physio Balls/Stretch
400	1 x	400 on 7:00 Reverse IM drill
150	10	x 15 on :45 Shooters
1,100 2	x{4 x	25 on :30 Kick no board BSLR
		25 on :35 Kick no board BSLR
	-	25 on :40 Kick no board BSLR
	-	25 on :45 Kick no board BSLR
	-	75 on 1:30 Kick
		75 on 1:20 Kick
1,300 2		125 on 2:00 Pulls-nbbf&w + 2 yds
	-	125 on 1:55 Pulls-nbbf&w + 2 yds
		125 on 1:50 Pulls-nbbf&w + 2 yds
		100 on 1:25 Pulls-nbbf&w + 2 yds
		100 on 1:20 Pulls-nbbf&w + 2 yds
000 4		75 on 1:00 Pulls-nbbf&w + 2 yds
200 4		25 on :50 Sculling drills
2 650 1		25 on :40 12.5 ez 12.5 fast grt finishes
2,630 1		25 on :30 Freestyle
	-	100 on 1:40 Individual Medley 25 on :30 Odds free evens fly
		200 on 3:20 Individual Medley
	-	25 on :30 Odds free evens back
		300 on 5:00 Individual Medley
		25 on :30 Odds free evens breast
	•	400 on 6:20 Individual Medley
		25 on :30 Odds free evens fly
	-	300 on 4:45 Individual Medley
		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 #5650 - Friday, 18 July 2008 Group 3 - Silver 1 minute rest between sets

	7:00 AM Start
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 \times 100 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 100 \text{ on } 1:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{1 \times 50 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
200	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
2,400	$1x\{6 \times 25 \text{ on } : 35 \text{ Freestyle}$
	{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

Workout #5651 - Friday, 18 July 2008 Group 3 - Bronze 1 minute rest between sets

9:31 AM 5,400 Yards - Stress Value = 91

Yards	7:00 AM Start Set Description
	1 on 29:00 Physio Balls/Stretch
350	2
150	
	2x{4 x 25 on :35 Kick no board BSLR
230	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}\}$
	{4 x 25 on :40 Kick no board BSLR
	{4 x 25 on :45 kick no board BSLR
	{1 x 75 on 1:40 Kick
1.000	2x{1 x 100 on 2:00 Pulls-nbbf&w + 2 yds
1,000	{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
	$\{1 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
	$\{1 \times 50 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
200	4x{1 x 25 on :50 Sculling drills
200	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
2.300	1x{6 x 25 on :35 Freestyle
2,000	{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

	7:00	AM Start
Yards	Se	et Description
=====	==	
	1	on 35:00 Physio Balls/Stretch
400	1	x 400 on 7:00 Swim-kick-pull-swim
150	10	0 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		x 150 on 2:00 Freestyle-descend in 3's
		x 50 on 1:00 Stroke Drills
		AM 6,300 Yards - Stress Value = 104

Workout #5657 - Monday, 21 July 2008 Group 3 - Taper 1 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
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

	310	up o	Goid	
1 mi	inute	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	$2x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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
	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 1 x 350 on 7:00 Swim-kick-pull-swim 350 150 10 x 15 on :45 Shooters 6 x 125 on 2:15 Freestyle-descend in 3's 750 1,050 $3x\{4 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}$ $\{1 \text{ x } 50 \text{ on } 1:05 \text{ Kick}$ {2 x 100 on 2:10 Kick 100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ 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 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 6 x 125 on 2:15 Freestyle-descend in 3's 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

Yards	7:00 AM Start 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
	$\{2 \times 125 \text{ on } 2:15 \text{ Pull no br L.}12 \text{ yds}$
	{2 x 100 on 1:50 Pull no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills

	{ 1	Х	25	on	:40	12.5	ē ez	12.5	fast	grt	finishes
750	6	Х	125	ō or	2:0	00 Fi	rees	tyle-	descer	nd ir	n 3 ' s
400	8	Х	50	on	1:00) Sti	roke	Dril	ls		
	9:31	Αl	M 4,	850) Yaı	rds -	- St	ress	Value	= 7	7

Workout #5658 - Tuesday, 22 July 2008 Group 3 - Back

1 minute rest between sets

Yards	7:00 AM Start 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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
2,200	$4x\{4 \times 25 \text{ on } : 45 \text{ Bathtub Drill with fins}$
	{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	
	9:30 AM 5,950 Yards - Stress Value = 98

Workout #5662 - Tuesday, 22 July 2008 Group 3 - Taper 1 1 minute rest between sets

	- 00
	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
	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,100	$2x\{4 \times 25 \text{ on } : 45 \text{ Bathtub Drill with fins}$
	{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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
2,000	$4x\{4 \times 25 \text{ on } : 45 \text{ Bathtub Drill with fins}$
	{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

	7:00 AM Start			
Yards	Set Description			
=====				
	1 on 30:00 Physio Ball Abs/Stretch			
400	400 1 x 400 on 7:00 Underwater trn drill			
150	150			
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			
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$			
1,800	$4x\{4 \times 25 \text{ on } : 45 \text{ Bathtub Drill with fins}$			
{1 x 100 on 1:55 Backstroke				
	{1 x 100 on 1:50 Backstroke			
	{1 x 50 on :55 Backstroke			
	$\{1 \times 50 \text{ on } 1:15 \text{ Freestyle}$			
	{1 x 50 on 2:00 Back-100%, min 8 KOW			
300	6 x 50 on 1:00 Stroke Drills			

Workout #5661 - Tuesday, 22 July 2008 Group 3 - Bronze

9:30 AM 5,200 Yards - Stress Value = 87

1 minute rest between sets

Yards	7:00 AM Start s 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	$3x\{4 \times 25 \text{ on } : 45 \text{ Bathtub Drill with fins}$		
	{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	6×50 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		
	$\{1 \times 200 \text{ on } 3:00 \text{ Stroke Drills}$		
	6:31 PM 3,020 Yards - Stress Value = 127		

Workout #5664 - Wednesday, 23 July 2008 Group 3 - Fly 1 minute rest between sets

i illinute Test between se

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	$4x{1 x 25 on :50 Sculling drills}$			
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$			
3,100	2x{8 x 25 on :30 Butterfly			
	{1 x 100 on 1:10 Freestyle			
	{8 x 25 on :30 Butterfly 1up 1down			
	{2 x 100 on 1:15 Freestyle			
	{8 x 25 on :30 Butterfly 1up 2down			
	{3 x 100 on 1:20 Freestyle			
	{6 x 25 on :30 Butterfly 1up 3down			
	{1 x 200 on 3:00 Closed Fist Freestyle			
	9:30 AM 6,550 Yards - Stress Value = 83			

2,800 2x{6 x 25 on :30 Butterfly Workout #5668 - Wednesday, 23 July 2008 $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ Group 3 - Taper 1 {6 x 25 on :30 Butterfly lup ldown 1 minute rest between sets {2 x 100 on 1:35 Freestyle {6 x 25 on :30 Butterfly 1up 2down 7:00 AM Start {3 x 100 on 1:40 Freestyle Set Description Yards {6 x 25 on :30 Butterfly lup 3down {1 x 200 on 4:00 Closed Fist Freestyle _____ {1 x 200 on 4:00 Closed Fist Freestyle 9:30 AM 5,700 Yards - Stress Value = 76 1 on 30:00 Stomach and Stretch 1 x 400 on 7:00 Underwater trn drill 400 Workout #5667 - Wednesday, 23 July 2008 600 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick Group 3 - Bronze {1 x 50 on 1:00 Kick 1 minute rest between sets 750 $1x\{1 \times 250 \text{ on } 3:45 \text{ Pulls}$ {1 x 250 on 3:40 Pulls 7:00 AM Start {1 x 250 on 3:35 Pulls Yards Set Description 100 2x{1 x 25 on :50 Sculling drills _____ ===== $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ 1 on 30:00 Stomach and Stretch $1,200 \ 1x\{4 \ x \ 25 \ on : 30 \ Butterfly$ 300 1 x 300 on 7:00 Underwater trn drill {1 x 100 on 1:20 Freestyle $\{4 \times 25 \text{ on } : 30 \text{ Butterfly lup ldown}$ 1,200 $4x\{1 \times 150 \text{ on } 3:30 \text{ Kick}\}$ {2 x 100 on 1:25 Freestyle {1 x 100 on 2:20 Kick {4 x 25 on :30 Butterfly lup 2down {1 x 50 on 1:10 Kick 11 x 100 on 1:30 Freestyle {10 x 50 on 1:00 Stroke Drills 750 1x{1 x 250 on 4:40 Pulls {1 x 250 on 4:30 Pulls 8:38 AM 3,200 Yards - Stress Value = 34 {1 x 250 on 4:20 Pulls 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes Workout #5665 - Wednesday, 23 July 2008 $2,300 \ 2x\{4 \ x \ 25 \ on : 40 \ Butterfly$ Group 3 - Gold $\{1 \times 100 \text{ on } 1:45 \text{ Freestyle} \}$ 1 minute rest between sets $\{4 \times 25 \text{ on } : 40 \text{ Butterfly lup ldown}\}$ {2 x 100 on 1:50 Freestyle 7:00 AM Start {4 x 25 on :40 Butterfly 1up 2down Set Description Yards ${3 \times 100 \text{ on } 1:55 \text{ Freestyle}}$ _____ ===== {4 x 25 on :30 Butterfly lup 3down 1 on 30:00 Stomach and Stretch {1 x 150 on 4:00 Closed Fist Freestyle 1 x 400 on 7:00 Underwater trn drill 9:29 AM 4,900 Yards - Stress Value = 66 10×15 on :45 Shooters 150 $1,200 4x{1 x 150 on 3:00 Kick}$ Workout #5669 - Thursday, 24 July 2008 {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick Group 3 - Breast 1,200 1x{1 x 400 on 5:50 Pulls 1 minute rest between sets {1 x 400 on 5:45 Pulls {1 x 400 on 5:40 Pulls {1 x 400 on 5:40 Pulls /:UU AM Start 200 4x{1 x 25 on :50 Sculling drills Yards Set Description {1 x 25 on :40 12.5 ez 12.5 fast grt finishes ====== _____ $2,900 \ 2x\{8 \ x \ 25 \ on : 30 \ Butterfly$ 1 on 30:00 Stomach and Stretch $\{1 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ 1×400 on 7:00 Underwater trn drill 400 {6 x 25 on :30 Butterfly 1up 1down {2 x 100 on 1:25 Freestyle {6 x 25 on :30 Butterfly 1up 2down 1,200 3x{1 x 150 on 2:45 Kick {1 x 100 on 1:45 Kick {3 x 100 on 1:30 Freestyle $\{1 \times 50 \text{ on } : 50 \text{ Kick} \}$ {6 x 25 on :30 Butterfly lup 3down $\{4 \times 25 \text{ on } : 45 \text{ Sprint Kick} \}$ {1 x 200 on 4:00 Closed Fist Freestyle 1,600 $1x\{1 \times 400 \text{ on } 5:30 \text{ Pulls w/snorkel}\}$ 9:30 AM 6,050 Yards - Stress Value = 78 $\{1 \times 400 \text{ on } 5:20 \text{ Pulls w/snorkel}\}$ $\{1 \times 400 \text{ on } 5:10 \text{ Pulls w/wnorkel} \}$ $\{1 \times 400 \text{ on } 5:00 \text{ Pulls w/snorkel} \}$ Workout #5666 - Wednesday, 23 July 2008 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ Group 3 - Silver {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 minute rest between sets $2,000 \ 2x\{4 \ x \ 25 \ on \ : 45 \ Breast TO \ drill \ w/fins$ {6 x 50 on :50 Brst-odds 2X pullouts on start 7:00 AM Start { evens 2X pullouts on turn Yards Set Description {4 x 100 on 1:30 75 breast 25 free ______ ===== { descend 1-3, hold #4 as fast as #31 on 30:00 Stomach and Stretch {3 x 50 on 1:00 Breaststroke-100% 1 x 350 on 7:00 Underwater trn drill {1 x 50 on 2:00 50 EZ free/put fins on 10 x 15 on :45 Shooters 150 500 5 x 100 on 2:00 Stroke Drills $1,200 4x{1 x 150 on 3:15 Kick}$ 9:31 AM 6,050 Yards - Stress Value = 91 {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 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #5673 - Thursday, 24 July 2008 Group 3 - Taper 1 1 minute rest between sets

Yards	7:00 AM Start Set Description	1,700
	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	500
	{1 x 100 on 1:45 Kick	300
	{1 x 50 on :50 Kick	
	{4 x 25 on :45 Sprint Kick	
800	$1x\{1 \times 400 \text{ on } 5:30 \text{ Pulls w/snorkel?}$	
	$\{1 \times 400 \text{ on } 5:20 \text{ Pulls w/snorkel?}$	
100	2x{1 x 25 on :50 Sculling drills	
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$	
1,000	$1x\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill w/fins}$	
	<pre>{6 x 50 on :50 Brst-odds 2X pullouts on start</pre>	Yards
	{ evens 2X pullouts on turn	=====

Workout #5670 - Thursday, 24 July 2008 Group 3 - Gold

8:43 AM 3,350 Yards - Stress Value = 45

5 x 100 on 2:00 Stroke Drills

500

{4 x 100 on 1:30 75 breast 25 free } descend 1-3, hold #4 as fast as #3 $\{3 \times 50 \text{ on 1:00 Breaststroke-100\%}$ {1 x 50 on 2:00 50 EZ free/put fins on

1 minute rest between sets

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	Yards	7:00 AM Start Set Description		
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 on 30:00 Stomach and Stretch		
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/wnorkel? {1 x 200 on 2:50 Pulls w/snorkel?	400			
{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/wnorkel? {1 x 200 on 2:50 Pulls w/snorkel?	150	150		
{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/wnorkel? {1 x 200 on 2:50 Pulls w/snorkel?	1,125	3x{1 x 150 on 3:00 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/wnorkel? {1 x 200 on 2:50 Pulls w/snorkel?		{1 x 100 on 1:55 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/wnorkel? {1 x 200 on 2:50 Pulls w/snorkel?		{1 x 50 on :55 Kick		
{1 x 400 on 5:55 Pulls w/snorkel? {1 x 400 on 5:50 Pulls w/wnorkel? {1 x 200 on 2:50 Pulls w/snorkel?		$\{3 \times 25 \text{ on } : 45 \text{ Sprint kick}$		
{1 x 400 on 5:50 Pulls w/wnorkel? {1 x 200 on 2:50 Pulls w/snorkel?	1,400			
$\{1 \times 200 \text{ on } 2:50 \text{ Pulls w/snorkel?}$		·		
200 4x{1 x 25 on :50 Sculling drills	200	•		
{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	1,800			
{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 \times 50 \text{ on } 2:00 \text{ 50 EZ free/put fins on} $	500	· · · · · · · · · · · · · · · · · · ·		
9:30 AM 5,575 Yards - Stress Value = 75	300			

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	$1x\{1 \times 400 \text{ on } 6:40 \text{ Pulls w/snorkel?}$			

	$\{1 \times 400 \text{ on } 6:35 \text{ Pulls w/snorkel?}$
	$\{1 \times 400 \text{ on } 6:30 \text{ Pulls w/wnorkel?}$
	$\{1 \times 50 \text{ on } :50 \text{ Pulls w/snorkel?}$
200	$4x{1 x 25 on :50 Sculling drills}$
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	$2x\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill w/fins}$
	<pre>{6 x 50 on 1:05 Brst-odds 2X pullouts on star</pre>
	{ evens 2X pullouts on turn
	{4 x 100 on 2:00 75 breast 25 free
	{ descend 1-3, hold #4 as fast as #3
	$\{1 \times 50 \text{ on } 1:30 \text{ Free EZ/put fins on } \}$
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 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	$1x\{1 \times 400 \text{ on } 7:10 \text{ Pulls w/snorkel?}$
	$\{1 \times 400 \text{ on } 7:05 \text{ Pulls w/snorkel?}$
	$\{1 \times 350 \text{ on } 6:00 \text{ Pulls w/wnorkel?}$
200	$4x{1 \times 25 \text{ on } :50 \text{ Sculling drills}}$
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	$2x\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill w/fins}$
	{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,
	$\{1 \times 50 \text{ on } 1:30 \text{ Free EZ/put fins on } \}$
500	5 x 100 on 2:00 Stroke Drills
	9:32 AM 4,900 Yards - Stress Value = 62

Workout #5674 - Monday, 28 July 2008 ====== _____ 1 on 30:00 Physio Balls/Stretch **Group 3 - Freestylers** 400 1 x 400 on 7:00 Swim-kick-pull-swim 1 minute rest between sets 1,350 $3x\{8 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ 7:00 AM Start {1 x 100 on 2:00 Kick Yards Set Description {1 x 100 on 1:55 Kick _____ $\{1 \times 50 \text{ on } : 50 \text{ Kick} \}$ 1 on 30:00 Physio Balls/Stretch 1 x 400 on 7:00 Swim-kick-pull-swim 1 x 400 on 7:00 Swim-kick-pull-swim 1 x 200 on 3:10 Pulls-phbf&w + 2 yds 400 $\{1 \times 200 \text{ on } 3:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {1 x 200 on 3:00 Pulls-nbbf&w + 2 yds 1,500 3x{8 x 25 on :45 Kick no board BSLR $\{1 \times 200 \text{ on } 2:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {1 x 100 on 1:45 Kick {1 x 200 on 2:50 Pulls-nbbf&w + 2 yds {1 x 100 on 1:40 Kick $\{1 \times 200 \text{ on } 2:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {1 x 100 on 1:35 Kick {1 x 200 on 2:40 Pulls-nbbf&w + 2 yds 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 3:05 Pulls-nbbf&w + 2 yds {1 x 225 on 3:00 Pulls-nbbf&w + 2 yds {1 x 225 on 3:00 Pulls-nbbf&w + 2 yds {1 x 25 on 3:05 Pulls-nbbf&w + 2 yd {1 x 200 on 2:35 Pulls-nbbf&w + 2 yds {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 225 on 2:55 Pulls-nbbf&w + 2 yds {1 x 225 on 2:50 Pulls-nbbf&w + 2 yds {1 on 1:00 Rest} {1 on 1:00 Rest $\{1 \times 225 \text{ on } 2:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{5 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ $\{1 \times 225 \text{ on } 2:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ {1 on 1:00 Rest $\{1 \times 225 \text{ on } 2:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {4 x 100 on 1:20 Freestyle 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 on 1:00 Rest $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$ {3 x 100 on 1:20 Freestyle $2,100 \ 1x{6} \ x \ 100 \ on \ 1:10 \ Freestyle$ {1 on 1:00 Rest {1 on 1:00 Rest {2 x 100 on 1:20 Freestyle 6 x 50 on 1:00 Stroke Drills $\{5 \times 100 \text{ on } 1:10 \text{ Freestyle} \}$ {1 on 1:00 Rest 9:30 AM 6,000 Yards - Stress Value = 97 {4 x 100 on 1:10 Freestyle {1 on 1:00 Rest Workout #5675 - Monday, 28 July 2008 {3 x 100 on 1:10 Freestyle {1 on 1:00 Rest Group 3 - Silver $\{2 \times 100 \text{ on } 1:10 \text{ Freestyle} \}$ 1 minute rest between sets {1 on 1:00 Rest {1 x 100 on 1:10 Freestyle 3:30 PM Start 350 7 x 50 on 1:00 Stroke Drills 7 x 50 on 1:00 Stroke Drills Yards 9:30 AM 6,500 Yards - Stress Value = 102 ====== Yards Set Description _____ 1 on 30:00 Physio Balls/Stretch 350 1 x 350 on 7:00 Underwater trn drill Workout #5678 - Monday, 28 July 2008 Group 3 - Taper 1 1,350 3x{8 x 25 on :45 Kick no board BSLR 1 minute rest between sets {1 x 100 on 2:10 Kick {1 x 100 on 2:00 Kick 8:00 AM Start {1 x 50 on :50 Kick Yards Set Description 1,400 1x{1 x 175 on 3:10 Pulls-nbbf&w + 2 yds ===== $\{1 \times 175 \text{ on } 3:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 1 on 15:00 Stretch $\{1 \times 175 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 400 1 x 400 on 7:00 Swim-kick-pull-swim $\{1 \times 175 \text{ on } 2:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 150 10 x 15 on :45 Shooters $\{1 \times 175 \text{ on } 2:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 500 1x{8 x 25 on :45 Kick no board BSLR $\{1 \times 175 \text{ on } 2:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {1 x 100 on 1:45 Kick $\{1 \times 175 \text{ on } 2:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {1 x 100 on 1:40 Kick $\{1 \times 175 \text{ on } 2:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {5 x 100 on 1:30 Freestyle {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 on 1:00 Rest $1,000 \ 1x\{4 \ x \ 100 \ on \ 1:25 \ Freestyle$ $\{4 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ {1 on 1:00 Rest {1 on 1:00 Rest $\{3 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ ${3 \times 100 \text{ on } 1:30 \text{ Freestyle}}$ {1 on 1:00 Rest 350 7 x 50 on 1:00 Stroke Drills $\{2 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ 6:00 PM 5,600 Yards - Stress Value = 93 {1 on 1:00 Rest $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$

Workout #5677 - Monday, 28 July 2008 Group 3 - Gold 1 minute rest between sets

9:29 AM 3,400 Yards - Stress Value = 33

12 x 50 on 1:00 Stroke Drills

7:00 AM Start Yards Set Description

600

Workout #5676 - Monday, 28 July 2008 Group 3 - Bronze

1	minute	rost	between	cot
	mmute	1 est	Detween	Set

	7:00 AM Start		
Yards	Set Description		
=====	=======================================		
	1 on 30:00 Physio Balls/Stretch		
300	300 1 x 300 on 7:00 Swim-kick-pull-swim		
150	0 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 \times 150 \text{ on } 3:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $		
	$\{1 \times 150 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $		
	$\{1 \times 150 \text{ on } 2:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$		
	$\{1 \times 150 \text{ on } 2:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$		
	$\{1 \times 150 \text{ on } 2:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$		
	$\{1 \times 150 \text{ on } 2:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $		
	$\{1 \times 150 \text{ on } 2:35 \text{ Pulls-nbbf&w} + 2 \text{ 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	· •		
	9:30 AM 4,950 Yards - Stress Value = 83		

Workout #5679 - Tuesday, 29 July 2008 Group 3 - Back

1 minute rest between sets

Yards	7:00 AM Start S Set Description			
	1 on 30:00 Physio Ball Abs/Stretch			
400	1 x 400 on 7:00 Underwater trn drill			
	10 x 15 on :45 Shooters			
	$4 \times \{1 \times 125 \text{ on } 2:30 \text{ Kick-worst stroke}\}$			
1,000	{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

Yards	7:00 AM Start 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	125 on 2:30 Kick-worst stroke	
	{ 1	125 on 2:20 Kick-2nd best stroke	
	{ 2	125 on 2:10 Kick-best stroke	
600	1x{1	250 on 3:20 Pulls	
	{ 1	200 on 2:40 Pulls	
	{ 1	150 on 2:00 Pulls	
100	2x{1	25 on :50 Sculling drills	
	{ 1	25 on :40 12.5 ez 12.5 fast grt finishes	3
1,575	1x{4	125 on 1:50 Backstroke	
	{ 3	50 on :45 Backstroke-descend	
	{ 3	125 on 1:50 Backstroke	
	{ 3	50 on :45 Back-desc 1-3	
	{ 2	125 on 1:50 Backstroke	
	{ 3	50 on :45 Back-desc 1-3	
225	1	225 on 5:00 Stroke Drills	
	8:41	M 3,550 Yards - Stress Value = 41	
		Workout #5680 - Tuesday, 29 July 2008	
		Group 3 - Cold	

Group 3 - Gold

1 minute rest between sets

Yards		7:00 AM Start Set Description						
	==	20.00 Casatan Daarda/Ctratah						
400		on 30:00 Scooter Boards/Stretch						
		x 400 on 7:00 Underwater trn drill						
150	10	0 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						
	•	x 200 on 3:00 Pulls						
	•	x 100 on 1:30 Pulls						
200	•	x 25 on :50 Sculling drills						
200		x 25 on :40 12.5 ez 12.5 fast grt finishes						
1 050		_						
1,850		x 125 on 2:05 Backstroke						
	•	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						
		AM 5,950 Yards - Stress Value = 68						

Workout #5681 - Tuesday, 29 July 2008 Group 3 - Silver 1 minute rest between sets

Yards	7:00 AM Start Set Description					
	1	on 30:00 Scooter Boards/Stretch				
350		x 350 on 7:00 Underwater trn drill				
150	10	0 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				
		x 50 on 1:05 Kick-best stroke				
1,600		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 $1,450 1x{1 x 300 on 5:30 Pulls}$ $\{2 \times 250 \text{ on } 4:35 \text{ Pulls}$ ${3 \times 200 \text{ on } 3:40 \text{ Pulls}}$ {1 x 50 on :55 Pulls 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,350 1x{4 x 100 on 2:15 Backstroke}$ $\{3 \times 50 \text{ on } 1:15 \text{ Backstroke-descend} \}$ ${3 \times 100 \text{ on } 2:15 \text{ Backstroke}}$ $\{4 \times 50 \text{ on } 1:15 \text{ Back-desc } 1-3, 4 \text{ fast} \}$ {2 x 100 on 2:15 Backstroke $\{2 \times 50 \text{ on } 1:15 \text{ Back-both fast} \}$ 1 x 250 on 5:00 Stroke Drills 250 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 :50 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

Yards	7:00 AM Start 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	$4x{1 x 25 on :50 Sculling drills}$					
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$					
1,600	$8x{8 \times 25 \text{ on } :30 \text{ Butterfly}}$					
	{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								
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$								
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

Yards	7:00 AM Start Set Description							
=====	=======================================							
400	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							
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$							
1,600	$8x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$							
	{1 on 1:00 Rest							
250	1 x 250 on 5:00 Stroke Drills							
	9:30 AM 5,300 Yards - Stress Value = 84							

7:00 AM Start

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	$4x{1 x 25 on :50 Sculling drills}$							
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$							
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

Yards	Set Description
300	1 on 30:00 Stomach and Stretch 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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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	Х	25	on	:45 Kick no board B
	{ 3	Х	50	on	:55 Kick-descend
	{ 4	Х	25	on	:45 Kick no board -S
	{ 3	Х	50	on	:55 Kick-descend
400	8	Х	50	on	1:10 Breast Pull-No Dolphin Kickir
100	2x{1	Х	25	on	:40 12.5 ez 12.5 fast grt finishes
	{ 1	Х	25	on	:50 Sculling drills
1,500	1x{1	Х	100	on	1:30 25 breast 75 free
	{ 2	Х	125	on	2:00 50 breast 75 free
	{ 3	Х	150	on)	2:30 75 breast 75 free
	{ 4	Х	175	on	3:00 100 breast 75 free
500	10) 2	k 50	on)	1:00 Stroke Drills
	8:51	Αl	4 3 ,	550	Yards - Stress Value = 35

Workout #5693 - Thursday, 31 July 2008 Group 3 - Speed Acquisition 1 minute rest between sets

Yards	5:00 PM Start 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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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	Se	et Description
=====	==	
	1	on 30:00 Physio Balls/Stretch
400	1	x 400 on 7:00 Reverse IM drill
150	10	0 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	10×15 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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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

Yards	3:30 PM Start 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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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	0 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	\times 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

Yards	3:30 PM Start 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
	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

Yards	3:30 PM Start Set Description
	1 on 20:00 Physio Balls/Stretch/Tm Mtq
350	1 x 350 on 7:00 Free L.25 of each 100 non fr
	10 x 15 on :45 Shooters
	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	$2x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
800	$2x{4 \times 100}$ 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

Group 3 - Gold 1 minute rest between sets

3	:30 PM Start	3:30 PM Start Yards Set Description
Yards	Set Description	1 on 20:00 Stomach and Stretch/Tm Mtq
500 2	<pre>1 on 20:00 Physio Balls/Stretch/Tm Mtg 1 x 300 on 7:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:05 Kick x{1 x 100 on 1:50 Lungbuster pulls {1 x 100 on 1:45 Lungbuster pulls</pre>	350
	{1 x 100 on 1:40 Lungbuster pulls {1 x 100 on 1:35 Lungbuster pulls x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes x{3 x 100 on 1:45 Freestyle on 10 sec rest	{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
	{1 on 1:00 Rest 1 x 200 on 4:00 Stroke Drills 1 on 8:00 Team Game :59 PM 2,250 Yards - Stress Value = 27	5:01 PM 2,250 Yards - Stress Value = 45 Workout #5704 - Thursday, 04 September 2008

Workout #5701 - Wednesday, 03 September 2008 Group 3 - Bronze

1 minute rest between sets

Yards	3:30 PM Start Set Description
	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
	$\{1 \times 50 \text{ on } 1:00 \text{ Lungbuster pulls}$
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
600	$2x{3 \times 100}$ 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

Workout #5702 - Thursday, 04 September 2008 Group 3 - Freestylers 1 minute rest between sets

Yards		PM Start et Description
=====	==	
	1	on 20:00 Stomach and Stretch/Tm Mtg
400	1	x 400 on 7:00 Underwater trn drill
150	10	0 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

Workout #5704 - Thursday, 04 September 2008 Group 3 - Silver

1 minute rest between sets

Yards		PM Start et Description
=====	==	
	1	on 20:00 Stomach and Stretch/Tm Mtg
300	1	x 300 on 7:00 Underwater trn drill
150	1(0 x 15 on :45 Shooters
500	1x{2	x 125 on 2:50 Kick
	•	x 100 on 2:10 Kick
	,	x 50 on 1:05 Kick
500	•	x 150 on 2:40 Pull no br L.10 yds
		x 150 on 2:35 Pull no br L.10 yds
	-	x 150 on 2:30 Pull no br L.10 yds
	•	x 50 on :50 Pull no br L.10 yds
100	-	x 25 on :50 Sculling drills
100		x 25 on :40 12.5 ez 12.5 fast grt finishes
250		x 250 on 20:00 Killer Relays
		<u>-</u>
300		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	3:30 PM Start 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
	$\{1 \times 150 \text{ on } 2:45 \text{ Pull no br L.10 yds}$
	$\{1 \times 150 \text{ on } 2:40 \text{ Pull no br L.}10 \text{ yds}$
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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 #5706 - Monday, 08 September 2008 Group 3 - Distance 1 minute rest between sets

Workout #5709 - Monday, 08 September 2008 Group 3 - Bronze 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description		3:30 PM Start
=====	1 on 25:00 Dryland and stretch/Tm mtg	Yards	Set Description
400	1 x 400 on 7:00 Swim-kick-pull-swim		1 on 25:00 Dryla
150	10 x 15 on :45 Shooters	300	1 x 300 on 7:00
700	1x{4 x 25 on :45 Kick no board BSLR		10 x 15 on :45 S
	{1 x 100 on 1:50 Kick		1x{4 x 25 on :45 Ki
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$		{1 x 100 on 2:20
	{2 x 100 on 1:45 Kick		{4 x 25 on :45 Ki
	{4 x 25 on :45 Kick no board BSLR		{2 x 100 on 2:15
	{1 x 100 on 1:40 Kick		{4 x 25 on :45 Ki
700	$1x\{1 \times 150 \text{ on } 2:00 \text{ Pull no br L.}12 \text{ yds}$	550	1x{3 x 100 on 1:45
	$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.}12 \text{ yds}$		{2 x 75 on 1:15 P
	$\{3 \times 100 \text{ on } 1:20 \text{ Pull no br L.}12 \text{ yds}$		{2 x 50 on :55 Pu
100	2x{1 x 25 on :50 Sculling drills	100	$2x{1 x 25 on :50 Sc}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$		{1 x 25 on :40 12
2,000	<u> -</u>	1,400	1x{3 x 400 on 7:30
250			{1 x 200 on 3:45
	5:16 PM 4,300 Yards - Stress Value = 66	250	1×250 on $4:00$

_____ Dryland and stretch/Tm mtg 7:00 Swim-kick-pull-swim :45 Shooters :45 Kick no board BSLR 2:20 Kick :45 Kick no board BSLR 2:15 Kick :45 Kick no board BSLR 1:45 Pull no br L.12 yds 1:15 Pull no br L.12 yds :55 Pull no br L.12 yds :50 Sculling drills :40 12.5 ez 12.5 fast grt finishes 7:30 Freestyle 3:45 Freestyle 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

Workout #5710 - Tuesday, 09 September 2008 Group 3 - Back

1 minute rest between sets

Yards	3:30 PM Start 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

	3:30	PM Start
Yards	Se	et Description
=====	==	
	1	on 25:00 Physio Balls/Stretch/Tm Mtg
400	1	x 400 on 7:00 Underwater trn drill
150	1(0 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

Yards	3:30 PM Start 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 05 00 01 1 0 11 /01 11 /07 11	
400	1 on 25:00 Physio Balls/Stretch/Tm Mtg 1 x 400 on 7:00 Underwater trn drill	
	10 x 15 on :45 Shooters	
800	4x{1 x 100 on 1:55 Kick	
	{1 x 100 on 2:10 Kick	Yard
650	{ Only do 7 100's	
650	1x{1 x 250 on 3:45 Pulls	
	{1 x 250 on 3:40 Pulls	40
	{1 x 150 on 2:10 Pulls	15
100	2x{1 x 25 on :50 Sculling drills	80
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,700	2x{2 x 100 on 1:40 Backstroke	
	$\{2 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	
	{2 x 100 on 1:35 Backstroke	
	{2 x 50 on 1:00 Backstroke	
	{2 x 100 on 1:30 Backstroke	80
	{1 x 50 on 1:00 Backstroke	
200	1 x 200 on 3:00 Stroke Drills	10
	5:18 PM 4,000 Yards - Stress Value = 40	
		1,45
	Workout #5712 - Tuesday, 09 September 2008	-
	Group 3 - Silver	

Yards	Se	et Description
=====	==	
	1	on 25:00 Physio Balls/Stretch/Tm Mtg
350	1	x 350 on 7:00 Underwater trn drill
150	1() 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

1 minute rest between sets

3:30 PM Start

Workout #5713 - Tuesday, 09 September 2008 Group 3 - Bronze 1 minute rest between sets

Yards	3:30 PM Start 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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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

ards	3:30 PM Start 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 fi
	10 x 15 on :45 Shooters
	$1 \times 4 \times 25$ on :45 Kick no board BSLR
800	{3 x 50 on :50 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}\}$
	{4 x 25 on :45 kick no board BSLK {2 x 100 on 1:40 Kick
	•
	{4 x 25 on :45 Kick no board BSLR
000	{1 x 150 on 2:30 Kick
800	8 x 100 on 1:20 Lungbuster pulls
100	breathe 3-5-7-5 by the 25
100	2x{1 x 25 on :50 Sculling drills
. = 0	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
, 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
	W. J

Workout #5715 - Wednesday, 10 September 2008 Group 3 - Gold

Yards	3:30 PM Start Set Description
	1 on 25:00 Stomach and Stretch/TM Mtq
400	1 x 400 on 7:00 Free L.25 of each 100 non fr
	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	$2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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	
	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 1	PM Start
Yards	Set	t 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	x 25 on :45 Kick no board BSLR
	-	x 50 on 1:05 Kick
	{4 2	x 25 on :45 Kick no board BSLR
	{2 2	x 100 on 2:10 Kick
	{ 4 2	x 25 on :45 Kick no board BSLR
	{1 :	x 50 on 1:05 Kick
600	6 2	x 100 on 1:40 Lungbuster pulls
	b	reathe 3-5-7-5 by the 25
100	2x{1 2	x 25 on :50 Sculling drills
	{1 2	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 2	x 50 on 1:10 Breast-descend
	{2 :	x 100 on 1:50 50 breast 50 free
	{3 2	x 50 on 1:05 Breast-descend
	{3 2	x 100 on 1:55 75 breast 25 free
	{3 2	x 50 on 1:00 Breast-descend
	{2 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

	0.00	211 00020
Yards	Se	t 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	1.0	x 15 on :45 Shooters
		x 25 on :45 Kick no board BSLR
		x 50 on 1:10 Kick
	•	x 25 on :45 Kick no board BSLR
	-	x 100 on 2:20 Kick
	•	x 25 on :45 Kick no board BSLR
600	•	x 100 on 1:50 Lungbuster pulls
800		
		reathe 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	-	x 200 on 3:00 Stroke Drills
		PM 3,150 Yards - Stress Value = 49

Workout #5718 - Thursday, 11 September 2008 Group 3 - Fly

1 minute rest between sets

Yards	3:30 PM Start 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	
•		x 200 on 2:40 Pulls	
	•	x 100 on 1:20 Pulls	
	•	x 50 on :45 Pulls-nbbf&w + 2 yds	
100		<u>-</u>	
100		x 25 on :50 Sculling drills	
	{ 1	x 25 on :40 12.5 ez 12.5 fast grt finis	hes
1,600	4x{1	x 25 on :30 Fly 2-2	
	{ 1	x 50 on :55 Fly 2-2,2-3 by 25	
	{ 1	75 on 1:20 Fly 2-2, 2-3,2-4 by 25	
	{ 1	x 100 on 1:15 Freestyle	
	{ 4	25 on :25 Butterfly	
	{ 1	x 50 on :45 Freestyle	
250	1	250 on 4:00 Stroke Drills	
	5:16	PM 4,250 Yards - Stress Value = 51	
		·	

Workout #5719 - Thursday, 11 September 2008 Group 3 - Gold

3:30 PM Start

	0.00 111 00010
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
	$\{6 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
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
	$\{1 \times 50 \text{ on } 1:00 \text{ Fly } 2-2,2-3 \text{ by } 25$
	$\{1 \times 75 \text{ on } 1:30 \text{ Fly } 2-2, 2-3, 2-4 \text{ by } 25$
	{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	Se	et 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
		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
	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 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ 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	$3x\{1 \times 25 \text{ on } : 40 \text{ Fly } 2-2$
	{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
	$\{2 \times 25 \text{ on } : 40 \text{ Butterfly} \}$
	{1 x 50 on 1:10 Freestyle
250	
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 \times 100 \text{ on } 1:25 \text{ Kick} \}
         \{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
         \{1 \times 100 \text{ on } 1:20 \text{ Kick} \}
         \{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
{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 \times 25 \text{ on } :50 \text{ 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
          6 x 50 on 1:00 Stroke Drills
      5:30 PM 4,750 Yards - Stress Value = 84
           Workout #5723 - Monday, 15 September 2008
```

Workout #5723 - Monday, 15 September 2008 Group 3 - Gold

```
3:30 PM Start
Yards
          Set Description
           _____
           1 on 25:00 Dryland and stretch/Tm mtg
           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 \times 100 \text{ on } 1:50 \text{ Kick} \}
          \{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
          {1 x 100 on 1:45 Kick
          \{2 \times 25 \text{ on } : 45 \text{ 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 \times 25 \text{ on :} 50 \text{ Sculling drills}
          \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}
1,350 1x{1} x 450 on 6:45 Freestyle Even Pace
          \{1 \text{ x } 450 \text{ on } 6\text{:}45 \text{ Freestyle-Neg Split}
          \{1 \text{ x } 450 \text{ on } 6:45 \text{ Freestyle-descend by } 100\text{'s} \}
          { All 3 swims should be the same time
           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
	2x{1 x 100 on 2:05 Kick
1,100	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{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
	$\{4 \times 75 \text{ on } 1:15 \text{ Pull no br L.}12 \text{ yds}$
	{4 x 75 on 1:10 Pull no br L.12 yds
150	3x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1 200	1x{1 x 400 on 6:45 Freestyle Even Pace
1,200	{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

Varda	3:30 PM Start 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
	$\{4 \times 75 \text{ on } 1:20 \text{ Pull no br L.}12 \text{ yds}$
	$\{2 \times 75 \text{ on } 1:15 \text{ Pull no br L.}12 \text{ yds}$
	{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
000	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
	,	Verkout #5727 Tuesday 16 Sentember 2009

Workout #5727 - Tuesday, 16 September 2008 Group 3 - Gold

```
3:30 PM Start
Yards
          Set Description
           _____
           1 on 30:00 Physio Balls/Stretch/Tm Mtg
           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 \times 50 \text{ on } 1:05 \text{ Kick}}
          \{2 \times 100 \text{ on } 1:55 \text{ 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 \times 50 \text{ on } : 40 \text{ Pulls}
  150 3x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}
          \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}
1,500 \ 2x{1} \ x \ 100 \ on \ 1:40 \ Backstroke
          {1 x 100 on 1:35 Backstroke
          \{1 \times 100 \text{ on } 1:30 \text{ Backstroke} \}
          \{4 \times 25 \text{ on } : 35 \text{ Backstroke } 12\text{yds under water}
          {1 x 50 on :50 Backstroke
          {1 x 50 on :45 Backstroke
          \{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
          \{1 \times 200 \text{ on } 4:00 \text{ 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 Set Description
250	1 on 30:00 Physio Balls/Stretch/Tm Mtg
350	
	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	$3x{1 \times 25 \text{ on :} 50 \text{ Sculling drills}}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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	•
	5:31 PM 4,000 Yards - Stress Value = 88
	,
	Workout #5729 - Tuesday 16 September 2008

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 Physic Balls/Stretch/Tm Mtg

	Ι (on 30:00 Physic Balls/Stretch/im 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

Workout #5730 - Wednesday, 17 September 2008 Group 3 - Fly

1 x 200 on 3:00 Stroke Drills 5:30 PM 3,550 Yards - Stress Value = 67

1 minute rest between sets

```
3:30 PM Start
       Set Description
Yards
         _____
         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
         10 \times 15 on :45 Shooters
  800 2x\{4 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}
        {1 x 50 on :45 Kick
        \{2 \times 50 \text{ on } :50 \text{ 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			
	-	x 100 on 1:15 Lungbuster pulls			
	-	x 100 on 1:20 Lungbuster pulls			
	-	x 50 on :30 Lungbuster pulls			
		x 50 on :35 Lungbuster pulls			
	-	x 50 on :40 Lungbuster pulls			
	-	Breathe 3-5-7 continuous			
150	•	x 25 on :50 Sculling drills			
100	-	x 25 on :40 12.5 ez 12.5 fast grt finishes			
2.200		x 100 on 1:35 3 strokes fly off walls			
2,200		x 100 on 1:30 3 strokes fly off walls			
		x 100 on 1:25 3 strokes fly off walls			
	-	x 100 on 1:20 3 strokes fly off walls			
	-	x 100 on 1:20 5 scrokes fry off walls x 100 on 1:30 Freestyle			
200	-	x 200 on 3:00 Stroke Drills			
200					
	5:30	PM 4,850 Yards - Stress Value = 86			
	W	orkout #5731 - Wednesday, 17 September 2008			
Group 3 - Gold					

	2 22 74 21
	3:30 PM Start
Yards	Set Description
=====	
400	1 on 27:00 8 min abs/Stretch/Tm Mtg.
400	
150	
700	2x{4 x 25 on :45 Kick no board BSLR
	$\{1 \times 50 \text{ on } : 50 \text{ Kick}$
	{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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,900	$2x\{4 \times 100 \text{ on } 1:45 \text{ 3 strokes fly off walls}$
	{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
	1x{1 x 150 on 2:20 Lungbuster pulls
000	{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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
1,700	$2x\{4 \times 100 \text{ on } 1:55 \text{ 3 strokes fly off walls}$
	{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 I 25 of each 100 non fr

300 1 x 300 on 7:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 150 600 $2x{4 \times 25}$ on :45 Kick no board BSLR {1 x 50 on 1:05 Kick $\{2 \times 50 \text{ on } 1:10 \text{ Kick} \}$ {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 $\{1 \times 100 \text{ on } 1:50 \text{ Lungbuster pulls}$ {1 x 100 on 1:55 Lungbuster pulls $\{1 \times 50 \text{ on } 1:00 \text{ Lungbuster pulls}$ { Breathe 3-5-7 continuous 150 $3x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {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 $\{2 \times 100 \text{ on } 2:00 \text{ 3 strokes fly off walls}$ $\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ 1 x 200 on 4:00 Stroke Drills

Workout #5734 - Thursday, 18 September 2008 Group 3 - Breast

5:31 PM 3,550 Yards - Stress Value = 67

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

Workout #5735 - Thursday, 18 September 2008 Group 3 - Gold

1 minute rest between sets

3:30 PM Start

ards	Se	et Description
	==	
	1	on 30:00 Physio Balls/Stretch/Tm Mtg
400	1	x 400 on 7:00 Underwater trn drill
150	1(0 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
,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 $3x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {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

> $\{2 \times 100 \text{ on } 2:00 \text{ Breaststroke}$ $\{3 \times 50 \text{ on } 1:10 \text{ Under water Brst/Sprint Free}$ $\{1 \times 100 \text{ on } 1:55 \text{ Individual Medley}$

{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

Workout #5737 - Thursday, 18 September 2008 Group 3 - Bronze

1 minute rest between sets

Yards	S	PM Start et Description
		on 30:00 Physio Balls/Stretch/Tm Mtg x 300 on 7:00 Underwater trn drill
		0 x 15 on :45 Shooters
		x 100 on 2:10 Kick
700	-	x 75 on 1:40 Kick
		x 50 on 1:05 Kick
600	-	x 50 on 1:00 Pulls
		x 75 on 1:25 Pulls
		x 100 on 1:50 Pulls
150	-	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
		x 100 on 2:10 Individual Medley
		x 100 on 2:10 Breaststroke
		x 50 on 1:00 Under water Brst/Sprint Free
		x 100 on 2:10 Individual Medley
	-	x 50 on 2:00 Freestyle
		x 50 on 1:00 Breast-100% Effort
300		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

pushus/15 swim 10 squats/25 swim 5 crunches 10 x 15 on :45 Spinners 150 1,000 10 x 100 on 2:00 Challenge Kick Set w/fins!! 400 $8x\{1 \times 25 \text{ on } : 01 \text{ } 1/3 \text{ streamline kick, } 1/3Tarzar$ { 1/3 Sprint no breath 5 seconds rest at 25 {1 x 25 on 1:29 Kick no board BSLR 150 10×15 on :45 Shooters 4 x 100 on 1:30 Freestyle-Descend to Ludicro 400 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

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
1,000 1x{6 x 150 on 2:00 Descend in sets of 3
{1 x 100 on 1:30 Freestyle
$1,000 1\text{x}\{4 \text{x} 25 \text{on } \text{:}45 \text{Kick no board BSLR}$
{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
5.15 III 5/500 Taras Deress varas - 202

Workout #5740 - Monday, 22 September 2008 Group 3 - Gold

1 minute rest between sets

	3:30	PM Start
Yards	Se	et Description
=====	==	
	1	on 30:00 Dryland and stretch
400	1	x 400 on 7:00 Swim-kick-pull-swim
150	10	0 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		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		x 200 on 3:00 Pull no br L.12 yds
		x 200 on 2:55 Pull no br L.12 yds
	-	x 200 on 2:50 Pull no br L.12 yds
		x 200 on 2:45 Pull no br L.12 yds
100		x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
		x 150 on 2:15 Descend in sets of 3
200		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	Se	t 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

Yards	3:30 PM Start 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	$1x\{6 \times 100 \text{ on } 2:00 \text{ Descend in sets of } 3$
	$\{1 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$
750	1x{4 x 25 on :45 Kick no board BSLR

-	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

Yards		PM Start t 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	
		\times 25 on :40 12.5 ez 12.5 fast grt finishe	
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	
	6	vens 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	Se	et Description
=====	==	
	1	on 30:00 Physio Balls/Stretch/Tm Mtg
400	1	x 400 on 7:00 Underwater trn drill
150	10	0 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	-	x 500 on 7:05 Pulls
		x 400 on 5:40 Pulls
	{ 2	x 200 on 2:50 Pulls
200		x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	-	x 75 on 1:30 25L 25R 25 bathtub 8 strokes
	-	x 125 on 2:10 Backstroke
	•	x 75 on 1:30 25L 25R 25 bathtub 8 strokes
	•	x 100 on 1:40 Backstroke
	•	x 75 on 1:30 25L 25R 25 bathtub 8 strokes
	•	x 75 on 1:15 Backstroke
		x 75 on 1:30 25L 25R 25 bathtub 8 strokes
150		x 25 on 1:00 Backstroke-odds underwater
		evens 100% effort
200		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

Yards	3:30 PM Start Set Description
	1 on 30:00 Physio Balls/Stretch/Tm Mtg
350	1 x 350 on 7:00 Underwater trn drill
	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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
1,100	$1x\{1 \times 75 \text{ on } 1:40 \text{ 25L 25R 25 bathtub 8 strokes}$
	{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
1 5 0	{4 x 50 on :55 Backstroke
150	6 x 25 on 1:00 Backstroke-odds underwater
200	evens 100% effort
200	
	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		2.0	0.0	D.I	. 5	77 /	Q 1	/ m	241
200					_			Stretch		_
300								er trn	dril	.1.
						Shoot				
1,200								h flipp		
								h flipp		
	{ 1	Х	100	on	1:50) Kick	wit	h flipp	pers	
	{ 1	Х	100	on	1:45	Kick	wit	h flipp	pers	
	{ 1	Х	100	on	1:40) Kick	wit	h flipp	pers	
	{ 1	Х	100	on	1:35	Kick	wit	h flipp	pers	
1,350	1x{1	Х	500	on	9:00) Pull	S			
	{ 1	Х	400	on	7:15	Pull	S			
	{ 1	Х	300	on	5:30	Pull	s			
	{ 1	Х	150	on	2:40	Pull	s			
200	4x{1	Х	25	on	:50 8	culli	ng d	rills		
	{ 1	Х	25	on	:40 1	2.5 e	z 12	.5 fast	grt	finishes
1,000	1x{1	Х	75	on 2	2:00	25L 2	5R 2	5 batht	ub 8	strokes
) Back				
	{ 1	Х	75	on 2	2:00	25L 2	5R 2	5 batht	ub 8	strokes
	{2	х	100	on	2:00) Back	stro	ke		
	{1	Х	75	on 2	2:00	25L 2	5R 2	5 batht	ub 8	strokes
	{2	Х	75	on :	1:30	Backs	trok	е		
	{1	Х	75	on 2	2:00	25L 2	5R 2	5 batht	ub 8	strokes
	-					Backs				
150	. 6	х	25	on :	1:00	Backs	trok	e-odds	unde	rwater
					eff					
200	1	x	200	on	3:00	Stro	ke D	rills		
								s Value	= 8	0
			-,			-				-
							• 4 0		• • • •	

Workout #5747 - Wednesday, 24 September 2008 Group 3 - Breast

	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	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{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	$4x{1 \times 25 \text{ on :} 50 \text{ Sculling drills}}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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	
	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 1 x 400 on 7:00 Free L.25 of each 100 non fr 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
1,100	
	{2 x 200 on 2:55 Lungbuster pulls {2 x 150 on 2:05 Lungbuster pulls
000	{ Breathe 3-4-5-6 by the 50
200	$4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills} $ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes}
1,800	<pre>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</pre>
	$\{1 \times 75 \text{ on } 1:05 \text{ Breaststroke } 2X \text{ Pullouts} $ $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$
350	{2 x 25 on :40 Breast-100% effort great TO 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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	{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
	$\{1 \times 75 \text{ on } 1:30 \text{ Freestyle} \}$
	{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	Х	25 on :45 Kick no board BSLR
	{ 4	Х	75 on 1:40 Kick
	{ 4	Х	25 on :45 Kick no board BSLR
	{ 1	Х	100 on 2:10 Kick
850	1x{2	Х	200 on 3:40 Lungbuster pulls
	{ 1	Х	200 on 3:35 Lungbuster pulls
	{1	Х	200 on 3:30 Lungbuster pulls
	{ 1	Х	50 on :45 Lungbuster pulls
	{ I	3re	eathe 3-4-5-6 by the 50
200	4x{1	Х	25 on :50 Sculling drills
	{ 1	Х	25 on :40 12.5 ez 12.5 fast grt finishes
1,500	2x{4	Х	75 on 1:40 Breaststroke 2X Pullouts
	{ 3	Х	75 on 1:35 Breaststroke 2X Pullouts
	{2	Х	75 on 1:30 Breaststroke 2X Pullouts
	{1	Х	25 on :45 Freestyle
	{2	Х	25 on :40 Breast-100% effort great TO
300	6	Х	50 on 1:00 Stroke Drills
	5:45	Pl	M 4,200 Yards - Stress Value = 80

Workout #5751 - Thursday, 25 September 2008 Group 3 - Fly

Yards		PM Start et Description
=====	==	:====================================
	1	on 30:00 Physio Balls/Stretch/Tm Mtg
400		x 400 on 7:00 Underwater trn drill
		Odd 100's free even 100's back
150		0 x 15 on :45 Shooters
1,200	1x{4	x 100 on 1:40 KIck
,	-	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
	•	x 50 on 1:00 Pulls 4 breaths
200		x 25 on :50 Sculling drills
	-	x 25 on :40 12.5 ez 12.5 fast grt finishes
600		x 25 on :25 Butterfly
	•	on 1:00 Rest
200		x 200 on 3:00 Freestyle
600		x 25 on :25 Butterfly
	•	on 1:00 Rest
250		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
=====	=======================================
	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
	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
	$\{5 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths} \}$
	{1 x 200 on 2:50 Pulls
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls-4 breaths}\}$
	{1 x 150 on 2:05 Pulls
	{3 x 50 on 1:00 Pulls 4 breaths
	{1 x 100 on 1:25 Pulls
0.00	{1 x 50 on 1:00 Pulls 4 breaths
200	4x{1 x 25 on :50 Sculling drills
600	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe:
600	3x{8 x 25 on :30 Butterfly {1 on 1:00 Rest
200	•
	2x{8 x 25 on :30 Butterfly
400	{1 on 1:00 Rest
250	1 x 250 on 4:00 Stroke Drills
230	5:46 PM 4,550 Yards - Stress Value = 80
	3.40 IM 4,330 IAIGS SCIESS VALUE - 00

Workout #5753 - Thursday, 25 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
              Odd 100's free even 100's back
   150
            10 \times 15 on :45 Shooters
   950 1x{4 x 100 on 2:05 Kick
           {2 x 100 on 2:00 Kick
           \{2 \times 100 \text{ on } 1:55 \text{ Kick} \}
           \{1 \times 50 \text{ on } 2:00 \text{ Kick} \}
            {2 x 50 on 1:00 Kick-100% Effort
 1,250 1x{1 x 250 on 4:05 Pulls}
           \{5 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths} \}
            {1 x 200 on 3:20 Pulls
           \{4 \times 50 \text{ on } 1:00 \text{ Pulls-4 breaths}
            \{1 \times 150 \text{ on } 2:25 \text{ Pulls}
           {3 \times 50 \text{ on } 1:00 \text{ Pulls 4 breaths}}
           {1 x 50 on :45 Pulls
   200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
           \{1 \text{ x } 25 \text{ on } : 40 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}
   600 3x\{8 \times 25 \text{ on } : 35 \text{ Butterfly} 
           {1 on 1:00 Rest
            1 x 150 on 3:00 Freestyle
   300 2x\{6 \times 25 \text{ on } : 35 \text{ Butterfly} 
           {1 on 1:00 Rest
            1 x 250 on 4:00 Stroke Drills
   250
         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 Set Description Yards

	1 0	n 30:00 Physio Balls/Stretch/Tm Mtq
350		350 on 7:00 Underwater trn drill
	Od	d 100's free even 100's back
150	10	x 15 on :45 Shooters
850	•	100 on 2:15 Kick
	•	100 on 2:10 Kick
		100 on 2:00 Kick
	•	50 on 2:00 Kick
		50 on 1:15 Kick-100% Effort
1,200		250 on 4:35 Pulls
	•	50 on 1:00 Pulls 4 breaths
	-	200 on 3:35 Pulls
	•	50 on 1:00 Pulls-4 breaths
	•	150 on 2:35 Pulls
200	-	50 on 1:00 Pulls 4 breaths 25 on :50 Sculling drills
200		25 on :40 12.5 ez 12.5 fast grt finishes
450		25 on :40 Butterfly
150	-	n 1:00 Rest
150	•	150 on 3:00 Freestyle
		25 on :40 Butterfly
		n 1:00 Rest
250	1 х	250 on 5:00 Stroke Drills
	5:46 P	M 3,900 Yards - Stress Value = 71
	W	orkout #5755 - Friday, 26 September 2008
		Group 3 - Sprint

	3:30 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Stretch and Team Mtg
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 \times 25 \text{ on } : 45 1/2 $
	$\{1 \times 25 \text{ on } 1:00 \text{ Sculling Drill}$
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 Set Description
	1 20 00 10 1 2 1 2 1 7
	1 on 30:00 10 min abs/stretch/Team Mtg
	1 x 400 on 7:00 Swim-kick-pull-swim
	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
	$\{1 \times 275 \text{ on } 3:45 \text{ Pull no br L.12 yds}$
	$\{1 \times 225 \text{ on } 3:00 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 175 \text{ on } 2:15 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 125 \text{ on } 1:30 \text{ Pull no br L.}12 \text{ yds}$
	$\{1 \times 75 \text{ on } : 50 \text{ Pull no br L.} 12 \text{ yds}$
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	{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

Varda	3:30 PM Start					
	Set Description					
=====	1 22 22 12 1 7 1 7					
	1 on 30:00 10 min abs/stretch/Team Mtg					
	1 x 400 on 7:00 Swim-kick-pull-swim					
	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					

Workout #5758 - Monday, 29 September 2008 Group 3 - Silver

5:59 PM 6,150 Yards - Stress Value = 99

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 32	x{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 12	x{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 42	x{1 x 25 on :50 Sculling drills		
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$		
2,550 12	x{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		
	10 x 50 on 1:00 Stroke Drills		
5 :	:59 PM 5,600 Yards - Stress Value = 89		
Workout #5759 - Monday, 29 September 2008			
Croup 3 - Bronze			

Group 3 - Bronze

Yards	3:30 PM Start Set Description				
	1 on 30:00 10 min abs/stretch/Team Mtg				
350	1 x 350 on 7:00 Swim-kick-pull-swim				
	10 x 15 on :45 Shooters				
	3x{4 x 25 on :45 Kick no board BSLR				
300	{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				
000	{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				
	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$				
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 Yards Set Description ===== ______ Group 3 - Back 1 on 45:00 Physio Balls/Stretch/Tm Mtg 1 minute rest between sets 3.5.0 1 x 350 on 7:00 Underwater trn drill 3:30 PM Start 850 1x{6 x 125 on 2:50 Kick Set Description Yards {1 x 100 on 2:10 Kick _____ 1,000 1x{1 x 100 on 1:50 Pulls 1 on 45:00 Physio Balls/Stretch/Tm Mtg {1 x 50 on 1:10 Breast-Pulls 1 x 400 on 7:00 Underwater trn drill 400 $\{1 \times 50 \text{ on } :55 \text{ Back-Pulls}\}$ {2 x 100 on 1:45 Pulls 1,000 8 x 125 on 2:30 Kick $\{2 \times 50 \text{ on } 1:10 \text{ Breast-Pulls}$ 1,200 1x{1 x 100 on 1:30 Pulls $\{2 \times 50 \text{ on } :55 \text{ Back-Pulls}$ {1 x 50 on 1:00 Breast-Pulls {3 x 100 on 1:40 Pulls {1 x 50 on :45 Back-Pulls {1 x 50 on 1:10 Breast-Pulls {2 x 100 on 1:25 Pulls $\{1 \times 50 \text{ on } :55 \text{ Back-Pulls}$ {2 x 50 on 1:00 Breast-Pulls 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {2 x 50 on :45 Back-Pulls {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {3 x 100 on 1:20 Pulls 1,350 $1x{3}$ x 50 on 1:10 Closed fist back {3 x 50 on 1:00 Breast-Pulls {1 x 200 on 3:45 Backstroke {3 x 50 on :45 Back-Pulls {2 x 50 on 1:10 Right Arm Backstroke 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {2 x 150 on 2:50 Backstroke $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ {2 x 50 on 1:10 Left Arm Backstroke 1,550 $1x{3}$ x 50 on 1:00 Closed fist back {3 x 100 on 1:55 Backstroke $\{1 \times 200 \text{ on } 3:20 \text{ Backstroke} \}$ {1 x 50 on 1:10 4 Rt 4 Lt 4 Req {3 x 50 on 1:00 Right Arm Backstroke {3 x 50 on 1:00 Backstroke-descend {2 x 150 on 2:30 Backstroke {3 x 50 on 1:00 Left Arm Backstroke 5:59 PM 4,400 Yards - Stress Value = 39 {3 x 100 on 1:40 Backstroke {3 x 50 on 1:00 4 Rt 4 Lt 4 reg Workout #5763 - Tuesday, 30 September 2008 {3 x 50 on :50 Backstroke-descend 500 10 x 50 on 1:00 Stroke Drills Group 3 - Bronze 5:59 PM 5,000 Yards - Stress Value = 48 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				
=====	=======================================				
	1 on 45:00 Physio Balls/Stretch/Tm Mtg				
400	1 x 400 on 7:00 Underwater trn drill				
150	10 x 15 on :45 Shooters				
900	lx{6 x 125 on 2:40 Kick				
	{1 x 100 on 2:05 Kick				
	{1 x 50 on 1:05 Kick				
1,100	lx{1 x 100 on 1:40 Pulls				
	$\{1 \times 50 \text{ on } 1:05 \text{ Breast-Pulls}$				
	{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				
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$				
1,500	lx{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				

Workout #5762 - Tuesday, 30 September 2008 Group 3 - Silver 1 minute rest between sets

{3 x 50 on :55 Backstroke-descend 10 x 50 on 1:00 Stroke Drills 5:59 PM 4,750 Yards - Stress Value = 44

3:30 PM Start Yards Set Description ====== ______ 1 on 45:00 Physio Balls/Stretch/Tm Mtg 300 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 $\{1 \times 50 \text{ on } 1:00 \text{ Back-Pulls} \}$ {2 x 100 on 2:00 Pulls {1 x 50 on 1:15 Breast-Pulls $\{2 \times 50 \text{ on } 1:00 \text{ Back-Pulls}$ {3 x 100 on 1:55 Pulls $\{1 \times 50 \text{ on } 1:15 \text{ Breast-Pulls}$ 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,300 \ 1x\{2 \ x \ 50 \ on \ 1:10 \ Closed \ fist \ back$ $\{1 \times 200 \text{ on } 4:10 \text{ Backstroke} \}$ {2 x 50 on 1:10 Right Arm Backstroke $\{2 \times 150 \text{ on } 3:10 \text{ Backstroke} \}$ {2 x 50 on 1:10 Left Arm Backstroke ${3 \times 100 \text{ on } 2:05 \text{ Backstroke}}$ {1 x 50 on 1:10 4 Rt 4 Lt 4 Reg {3 x 50 on 1:00 Backstroke-descend 10 x 50 on 1:00 Stroke Drills 5:59 PM 4,150 Yards - Stress Value = 36

Workout #5764 - Wednesday, 01 October 2008 Group 3 - Fly

1 minute rest between sets

	3:30 PM Start Set Description					
400						
150 1,400	10 x 15 on :45 Shooters 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 1up 2down {1 x 25 on :45 Sculling drills {1 x 200 on 5:00 Broken IM $10-20-30$ sec rest/						
250	{ 1st set 2-2, 2nd set 2-3, 3rd set 3-4 (Mini 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 \times 25 \text{ on } : 45 \text{ 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 1:30 Lungbuster pulls					
{1 x 50 on :50 Lungbuster pulls					
{ Breathe 3-5-7 continuous					
200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$					
$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$					
1,650 3x{1 x 125 on 2:15 Butterfly					
$\{1 \times 100 \text{ on } 1:45 \text{ Butterfly} \}$					
$\{1 \times 75 \text{ on } 1:15 \text{ Butterfly} \}$					
{1 x 25 on :30 Fly-whole stroke 1up 2down					
$\{1 \times 25 \text{ on } : 45 \text{ Sculling drills}$					
$\{1 \times 200 \text{ on } 5:00 \text{ Broken IM } 10-20-30 \text{ sec rest/}$					
{ 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	
150	
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
1 200	{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 1:45 Lungbuster pulls {1 x 100 on 1:50 Lungbuster pulls
	{ Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
200	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,650	$3x\{1 \times 125 \text{ on } 2:30 \text{ Butterfly} $
_,	{1 x 100 on 1:55 Butterfly
	{1 x 75 on 1:25 Butterfly
	{1 x 25 on :30 Fly-whole stroke 1up 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
	W. I. CHERCE W. I. D. O. J. A000

Workout #5767 - Wednesday, 01 October 2008 Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

	Set Description			
150				
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				
4=0	{ Breathe 3-5-7 continuous			
150	3x{1 x 25 on :50 Sculling drills			
1 405	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$			
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 1up 2down			
	{1 x 25 on :45 Sculling drills			
	{1 x 200 on 5:30 Broken IM 10-20-30 sec rest/			
250	{ 1st set 2-2, 2nd set 2-3, 3rd set 3-4 (Mini			
	1 x 250 on 4:00 Stroke Drills 6:00 PM 4,675 Yards - Stress Value = 111			
,	0.00 rm 4,073 rarus - Stress value = III			

Workout #5768 - Thursday, 02 October 2008 Group 3 - Breast 1 minute rest between sets

- ------

3:30 PM Start Yards Set Description				
400	1 x	30:00 Physio Balls/Stretch/Tm Mtg 400 on 7:00 Underwater trn drill 100's free even 100's back		
150	10 x	15 on :45 Shooters		
1,500		500 on 6:40 Kick with flippers		
		400 on 5:20 Kick with flippers		
		300 on 4:00 Kick with flippers		
	{1 x	200 on 2:40 Kick with flippers		
		100 on 1:20 Kick with flippers		
2,000		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		
		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				
$\{1 \times 75 \text{ on } 1:05 \text{ Pull } 50 \text{ free } 25 \text{ breast}$				
$\{1 \text{ x } 75 \text{ on } 1\text{:}10 \text{ Pull } 25 \text{ free } 50 \text{ breast} \}$				
	{1 x	50 on :45 Pull 25 free 25 breast		
200		25 on :50 Sculling drills		
		25 on :40 12.5 ez 12.5 fast grt finishes		
1,900		25 on :30 Breast TO drill w/fins		
	•	75 on 1:20 Breaststroke		
		100 on 2:00 Breast Drill (put fins on)		
	•	25 on :35 Breast TO drill w/fins		
	•	75 on 1:15 Breaststroke		
		100 on 2:00 Breast Drill (put fins on)		
	•	25 on :40 Breast TO drill w/fins		
	•	75 on 1:10 Breaststroke		
		100 on 2:00 Breast Drill (put fins on)		
		25 on :45 Breast TO drill w/fins		
		75 on 1:05 Breaststroke		
250		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
            Set Description
 Yards
_____
             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
            10 x 15 on :45 Shooters
   150
 1,300 \text{ lx}\{1 \text{ x } 500 \text{ on } 7:30 \text{ 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 \text{ x } 125 \text{ on } 2\text{:}15 \text{ Pull } 75 \text{ free } 50 \text{ 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 \times 50 \text{ on } : 50 \text{ Pull } 25 \text{ free } 25 \text{ breast}
           \{1 \times 50 \text{ on } 1:00 \text{ Pull } 50 \text{ breast}
   200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
           {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x\{4 \times 25 \text{ on } : 30 \text{ Breast TO drill w/fins}
            \{4 \times 75 \text{ on } 1:30 \text{ Breaststroke} \}
            {1 x 100 on 2:15 Breast Drill (put fins on)
            \{4 \text{ x } 25 \text{ on } : 35 \text{ Breast TO drill w/fins}
           \{4 \times 75 \text{ on } 1:25 \text{ 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

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		
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		
	$\{1 \times 100 \text{ on } 1:50 \text{ Pull } 75 \text{ free } 25 \text{ breast}$		
	{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		
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$		
1,500	$1x\{4 \times 25 \text{ on } : 40 \text{ Breast TO drill w/fins}$		
	{4 x 75 on 1:40 Breaststroke		
	{1 x 50 on 1:30 Breast Drill (put fins on)		
	$\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill w/fins} \}$		
	{4 x 75 on 1:35 Breaststroke		
	{1 x 50 on 1:30 Breast Drill (put fins on)		
	$\{4 \times 25 \text{ on } : 50 \text{ Breast TO drill w/fins} \}$		
	{4 x 75 on 1:30 Breaststroke		
	{1 x 50 on 1:30 Breast Drill		
250	{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	1 1 1
=====	
	1 on 30:00 Physio Balls/Stretch/Tm Mtg
300	
	Odd 100's free even 100's back
150	
1,050	$1x\{1 \times 400 \text{ on } 7:20 \text{ Kick with flippers}$
	{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
	$\{1 \times 75 \text{ on } 1:45 \text{ Pull } 25 \text{ free } 50 \text{ breast} \}$
200	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
1,350	$1x\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill w/fins}$
	{4 x 75 on 1:50 Breaststroke
	$\{1 \times 50 \text{ on } 1:30 \text{ Breast Drill (put fins on)}$
	$\{4 \times 25 \text{ on } : 50 \text{ Breast TO drill w/fins}$
	{4 x 75 on 1:45 Breaststroke
	{1 x 50 on 1:30 Breast Drill (put fins on)
	$\{4 \times 25 \text{ on :} 55 \text{ Breast TO drill w/fins}$
	$\{4 \times 75 \text{ on } 1:40 \text{ Breaststroke} \}$
	{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	ζ
=====		===	====	=
	1 on 19:00 Stretching		L	Ι
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
600	1 x 600 on 10:00 Med Ball Kicking	EN2	K	
100	10 x 10 on :45 Spinners	SP3	S	
1,560 1x	{8 x 30 on 1:00 Freestyle	SP1	S	
	{1 x 120 on 3:00 EZ Free (8 laps)	REC	S	
	{6 x 30 on 1:00 Freestyle	SP1	S	
	{1 x 120 on 3:00 EZ Free	REC	S	
	{4 x 30 on 1:00 Freestyle	SP1	S	
	{1 x 120 on 3:00 EZ Free	REC	S	
	{2 x 30 on 1:00 Freestyle	SP1	S	
	{1 x 600 on 5:00 5 min EZ swim	REC	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
	=======================================
	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
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
	$\{4 \text{ x } 25 \text{ on } : 40 \text{ Kick no board BSLR}$

	{ 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
		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		x 100 on 1:10 Freestyle
		on 1:00 Rest
		x 100 on 1:10 Freestyle
		on 1:00 Rest
		x 100 on 1:10 Freestyle
		on 1:00 Rest
		x 100 on 1:10 Freestyle
	•	on 1:00 Rest
		x 100 on 1:10 Freestyle
		on 1:00 Rest
		x 100 on 1:10 Freestyle
400		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		et Description
=====	=:	on 35:00 Physio Ball Abs/Stretch/Tm Mtq
400		x 400 on 7:00 Swim-kick-pull-swim
150	1	0 x 15 on :45 Shooters
1,400		x 25 on :30 Kick no board BSLR
		x 100 on 1:55 Kick
	•	x 25 on :35 Kick no board BSLR
	•	x 100 on 1:50 Kick
		x 25 on :40 Kick no board BSLR
		x 100 on 1:45 Kick
1 400		x 25 on :45 Kick no board BSLR
1,400		x 200 on 2:50 Pulls-nbbf&w + 2 yds x 175 on 2:25 Pulls-nbbf&w + 2 yds
		x 150 on 2:05 Pulls-hbbf&w + 2 yds
		x 100 on 1:25 Pulls-nbbf&w + 2 yds
200	-	x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000		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
	•	on 1:00 Rest
		x 100 on 1:20 Freestyle
	-	on 1:00 Rest
400		x 100 on 1:20 Freestyle
400		x 400 on 7:00 Stroke Drills
	p:U1	PM 5,950 Yards - Stress Value = 104

Workout #5775 - Monday, 06 October 2008 Group 3 - Silver 1 minute rest between sets

Yards	3:30 PM Start 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
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

Yards		PM Start et Description
	1	on 35:00 Physio Ball Abs/Stretch/Tm Mtg
300		x 300 on 7:00 Swim-kick-pull-swim
) x 15 on :45 Shooters
		x 25 on :45 Kick no board BSLR
1,200	-	x 100 on 2:15 Kick
		x 25 on :45 Kick no board BSLR
	-	x 100 on 2:10 Kick
		x 25 on :45 Kick no board BS/LR
		x 50 on 1:05 Kick
1,050		x 200 on 3:40 Pulls-nbbf&w + 2 yds
•		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

10 x 15 on :45 Shooters 650 $1x\{1 \times 50 \text{ on } : 45 \text{ Fly w/fins}$ {2 x 25 on :30 Underwater Fly Kick $\{1 \times 100 \text{ on } 1:30 \text{ Fly w/fins}$ {2 x 25 on :30 Underwater Fly Kick $\{1 \times 150 \text{ on } 2:15 \text{ Fly w/fins} \}$ {2 x 25 on :30 Underwater Fly Kick $\{1 \times 200 \text{ on } 3:00 \text{ Fly w/fins}$ $1,400 \ 1x\{2 \ x \ 100 \ on \ 1:25 \ Kick$ {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% $\{2 \times 100 \text{ on } 1:35 \text{ Kick} \}$ {3 x 50 on 1:00 Kick 1 ez 2-100% {2 x 100 on 1:40 Kick ${3 \times 50 \text{ on } 1:00 \text{ Kick } 1 \text{ ez } 2-100}$ 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 $\{1 \times 100 \text{ on } 1:30 \text{ Fly w/fins}$ $\{2 \times 25 \text{ on } : 30 \text{ Underwater Fly Kick}$ $\{1 \times 150 \text{ on } 2:15 \text{ Fly w/fins} \}$ {2 x 25 on :30 Underwater Fly Kick $\{1 \times 200 \text{ on } 3:00 \text{ Fly w/fins}\}$ $1,600 1x{1 x 400 on 5:10 Pulls}$ $\{1 \times 400 \text{ on } 5:05 \text{ Pulls}$ {1 x 400 on 5:00 Pulls {1 x 400 on 4:55 Pulls 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {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 $\{1 \times 100 \text{ on } 1:30 \text{ Fly w/fins} \}$ {2 x 25 on :30 Underwater Fly Kick $\{1 \times 150 \text{ on } 2:15 \text{ Fly w/fins} \}$ {2 x 25 on :30 Underwater Fly Kick $\{1 \times 200 \text{ on } 3:00 \text{ Fly w/fins} \}$ 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

Yards	3:30 PM Start Set Description
400 150 600	<pre>1 on 35:00 Physio Balls/Stretch/Tm Mtg 1 x 400 on 7:00 Underwater trn drill 10 x 15 on :45 Shooters 1x{1 x 50 on :50 Fly w/fins</pre>
	{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
1,250	{2 x 25 on :35 Underwater Fly Kick {1 x 150 on 2:30 Fly w/fins 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%
100	{2 x 100 on 2:00 Kick 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 {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	$2\times\{1\times25\text{ on :}50\text{ Sculling drills}$ $\{1\times25\text{ on :}4012.5\text{ ez }12.5\text{ fast grt finishes}\}$
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
            10 x 15 on :45 Shooters
   500 1x\{1 \times 50 \text{ on :} 55 \text{ Fly w/fins}
           \{2 \times 25 \text{ on } : 40 \text{ Underwater Fly Kick} \}
           \{1 \times 100 \text{ on } 1:50 \text{ Fly w/fins}
           {2 x 25 on :40 Underwater Fly Kick
           \{1 \times 150 \text{ on } 2:45 \text{ Fly w/fins}
           \{2 \text{ x } 25 \text{ on } : 40 \text{ Underwater Fly Kick}
           \{1 \times 50 \text{ on :} 55 \text{ 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 \times 50 \text{ on } 1:05 \text{ Kick } 1 \text{ ez } 2-100}
           {2 x 100 on 2:05 Kick
           {2 x 50 on 1:05 Kick 1 ez 1-100%
```

 $\{2 \times 100 \text{ on } 2:00 \text{ Kick} \}$

		_
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
		x 150 on 2:45 Fly w/fins
		x 25 on :40 Underwater Fly Kick
		x 50 on :55 Fly w/fins
1,250	-	x 400 on 6:45 Pulls
		x 400 on 6:40 Pulls
	-	x 400 on 6:35 Pulls
		x 50 on :50 Pulls
100		x 25 on :50 Sculling drills
F00	-	x 25 on :40 12.5 ez 12.5 fast grt finishes
500		x 50 on :55 Fly w/fins
		x 25 on :40 Underwater Fly Kick
		x 100 on 1:50 Fly w/fins x 25 on :40 Underwater Fly Kick
		x 150 on 2:45 Fly w/fins
	-	x 25 on :40 Underwater Fly Kick
		x 50 on :55 Fly w/fins
300	-	x 50 on 1:00 Stroke Drills
000		PM 4,950 Yards - Stress Value = 85
		,
		Workout #5780 - Tuesday, 07 October 2008
		WOLKOUL#370U = LUCSUAY, U/ UCTODEF ZUUA

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	
150	
450	$1x\{1 \times 50 \text{ on } 1:00 \text{ Fly w/fins}$
	{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
1 100	{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
100	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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
	$\{1 \times 150 \text{ on } 3:00 \text{ Fly w/fins}\right]$
	{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

 $450 \ 1x\{1 \ x \ 50 \ on \ 1:00 \ Fly \ w/fins$

300

 $\{2 \times 25 \text{ on :} 45 \text{ Underwater Fly Kick}$

{2 x 25 on :45 Underwater Fly Kick

{2 x 25 on :45 Underwater Fly Kick

6:00 PM 4,550 Yards - Stress Value = 78

 $\{1 \times 100 \text{ on } 2:00 \text{ Fly w/fins}$

 $\{1 \times 150 \text{ on } 3:00 \text{ Fly w/fins}$

6 x 50 on 1:00 Stroke Drills

Workout #5781 - Wednesday, 08 October 2008 Group 3 - Back

1 minute rest between sets

Yards	3:30 PM Start 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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$
2,150	1x{4 x 125 on 1:50 Backstroke
	$\{3 \times 50 \text{ on } : 45 \text{ Backstroke-descend} =$
	{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
0.50	{6 x 50 on :45 Back-desc 1-3, 4,5,6 fast
250	
	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 2	x 400 on 7:00 Free L.25 of each 100 non fr
150	10	x 15 on :45 Shooters
1,300	4x{1 :	k 125 on 2:45 Kick-worst stroke
	{1 :	k 100 on 2:10 Kick-2nd best stroke
	{1 2	x 100 on 2:00 Kick-best stroke
1,800	1x{1 :	k 300 on 4:30 Lungbuster pulls
	{2 2	k 250 on 3:45 Lungbuster pulls
	{3 2	x 200 on 3:00 Lungbuster pulls
	{ 4 2	k 100 on 1:30 Lungbuster pulls
200	4x{1 2	x 25 on :50 Sculling drills
	{1 2	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{4 2	k 125 on 2:05 Backstroke
	{3 2	x 50 on :55 Backstroke-descend
	{3 2	k 125 on 2:05 Backstroke
	{ 4 2	x 50 on :55 Back-desc 1-3, 4 fast
	{2 2	x 125 on 2:05 Backstroke
	{5 2	x 50 on :55 Back-desc 1-3, 4&5 fast
	{1 2	x 125 on 2:05 Backstroke
250	1 :	x 250 on 5:00 Stroke Drills

Workout #5783 - Wednesday, 08 October 2008 Group 3 - Silver

5:59 PM 5,950 Yards - Stress Value = 68

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
300	1 on 30:00 Stomach and Stretch 1 x 300 on 7:00 Free L.25 of each 100 non fr 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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } :40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}$
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 1 x 250 on 5:00 Stroke Drills 5:59 PM 4,900 Yards - Stress Value = 56
	Workout #5785 - Friday, 10 October 2008

Workout #5785 - Friday, 10 October 2008 Group 3 - Sprint

	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 Valu	ıe =	206	

Workout #5786 - Monday, 13 October 2008	Yards Set Description
Group 3 - Freestylers 1 minute rest between sets 3:30 PM Start	1 on 35:00 Dryland and stretch/Tm Mtg 350 1 x 350 on 7:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters
Yards Set Description	1,050 $1 \times \{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR} $ $\{3 \times 50 \text{ on } 1 : 00 \text{ Kick} \}$
1 on 35:00 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 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 175 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	{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 {2 x 100 on 1:45 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 {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 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	6:00 PM 5,400 Yards - Stress Value = 123 Workout #5789 - Monday, 13 October 2008 Group 3 - Bronze
{4 x 50 on 1:00 Freestyle {2 x 200 on 2:15 Freestyle	1 minute rest between sets
350 7 x 50 on 1:00 Stroke Drills	3:30 PM Start

Workout #5787 - Monday, 13 October 2008 Group 3 - Gold 1 minute rest between sets

6:00 PM 6,300 Yards - Stress Value = 144

	3:30 P	M Start
Yards	Set	Description
=====	===	=======================================
	1 0	n 35:00 Dryland and stretch/Tm Mtg
400	1 x	400 on 7:00 Swim-kick-pull-swim
150	10	x 15 on :45 Shooters
1,050	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

Workout #5788 - Monday, 13 October 2008 Group 3 - Silver 1 minute rest between sets

{2 x 200 on 2:36 Freestyle
{3 x 50 on 1:00 Freestyle
{2 x 200 on 2:35 Freestyle
7 x 50 on 1:00 Stroke Drills
6:00 PM 5,850 Yards - Stress Value = 127

Yards Set Description _____ _____ 1 on 35:00 Dryland and stretch/Tm Mtg 300 1 x 300 on 7:00 Swim-kick-pull-swim 150 10 x 15 on :45 Shooters 900 $1x\{4 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}$ {3 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:20 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 150 on 4:00 Kick 900 $1x\{2 \times 225 \text{ on } 4:30 \text{ Pull no br L.25 yds}$ {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 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ $2,050 1x{2 x 200 on 3:40 Freestyle}$ ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ {2 x 200 on 3:39 Freestyle $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ {2 x 200 on 3:38 Freestyle ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ $\{1 \times 200 \text{ on } 3:37 \text{ Freestyle} \}$ ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ 7×50 on 1:00 Stroke Drills 6:00 PM 4,850 Yards - Stress Value = 111

3:30 PM Start

Workout #5790 - Tuesday, 14 October 2008 Group 3 - Back

1 minute rest between sets

Workout #5792 - Tuesday, 14 October 2008 Group 3 - Silver

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

1 minute rest between sets

Yards Set Description	
1 on 35:00 Physio Balls/Stretch/Tm Mtg 400 1 x 400 on 7:00 Underwater trn drill	3:30 PM Start Yards Set Description
150	<pre>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 2:15 Kick {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick-descend {3 x 50 on 1:00 Kick-descend {3 x 50 on 1:00 Kick-descend }</pre>
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	1,050 1x{1 x 200 on 3:20 Pulls
{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	1,650 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

Workout #5793 - Tuesday, 14 October 2008 Group 3 - Bronze 1 minute rest between sets

1 influte Test between sets	
3:30 PM Start Yards Set Description	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 1:55 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 2:10 Kick {3 x 50 on 1:05 Kick-descend {3 x 50 on 1:00 Kick-descend {3 x 50 on 1:05 Kick-descend {3 x 50 on 1:25 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 1:00 Pulls-descend {3 x 75 on 1:00 Pulls-descend {3 x 75 on 1:00 Pulls-descend {1 x 25 on :30 Pull-ez 200 4x{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 1:35 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	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 {1 x 100 on 2:20 Kick {1 x 100 on 2:20 Kick {3 x 50 on 1:15 Kick-descend {3 x 50 on 1:15 Kick-descend {3 x 50 on 1:15 Kick-descend {3 x 50 on 1:25 Fulls {1 x 150 on 2:35 Pulls {3 x 75 on 1:25 Pulls-descend {3 x 75 on 1:25 Pulls-descend {3 x 75 on 1:15 Pulls-descend {3 x 75 on 1:15 Pulls-descend {1 x 25 on :30 Pull-ez 200 4x{1 x 25 on :30 Pull-ez 200 4x{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 Group 3 - Breast

1 minute rest between sets

3:30 PM Start Yards Set Description ===== 3:30 PM Start 1 on 35:00 Stomach and Stretch/Tm mtg Yards Set Description 1 x 400 on 7:00 Free L.25 of each 100 non fr 400 _____ 1 on 35:00 Stomach and Stretch/Tm mtg 350 1 x 350 on 7:00 Free L.25 of each 100 non fr {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick $1,000 1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 100 on 1:40 Kick $\{1 \times 100 \text{ on } 2:10 \text{ Kick} \}$ {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:05 Kick {1 x 100 on 1:45 Kick {1 x 100 on 2:00 Kick $\{1 \times 100 \text{ on } 1:40 \text{ Kick} \}$ {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:35 Kick {1 x 100 on 2:05 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR} \}$ {1 x 100 on 2:00 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:35 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 100 on 1:30 Kick {1 x 100 on 1:55 Kick $1,500 \text{ lx}\{4 \text{ x } 125 \text{ on } 1:45 \text{ Lungbuster pulls}$ 1,150 $1x\{4 \times 125 \text{ on } 2:10 \text{ Lungbuster pulls}$ $\{4 \times 125 \text{ on } 1:40 \text{ Lungbuster pulls}$ $\{4 \times 125 \text{ on } 2:05 \text{ Lungbuster pulls}$ $\{4 \times 125 \text{ on } 1:35 \text{ Lungbuster pulls}$ $\{1 \times 150 \text{ on } 2:25 \text{ Lungbuster pulls}$ { Breathe 3-4-5-6-7 continuous { Breathe 3-4-5-6-7 continuous 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,600 \text{ lx}\{1 \text{ x } 100 \text{ on } 1\text{:}45 \text{ Breaststroke} \}$ 1,500 1x{1 x 100 on 1:45 75 Breast 25 free $\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$ $\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$ {2 x 100 on 1:40 Breaststroke {2 x 100 on 1:40 75 Breast 25 Free $\{8 \times 25 \text{ on } 1:00 \text{ From dive}/10 \text{ pushups}\}$ $\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$ {3 x 100 on 1:35 Breaststroke {3 x 100 on 1:35 50 Breast 50 Free $\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$ $\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$ {4 x 100 on 1:30 Breaststroke $\{4 \times 75 \text{ on } 1:30 \text{ Breaststroke} \}$ 1 x 250 on 4:00 Stroke Drills 250 1 x 250 on 4:00 Stroke Drills

Workout #5795 - Wednesday, 15 October 2008 Group 3 - Gold

6:00 PM 5,300 Yards - Stress Value = 84

1 minute rest between sets

	3:30 P	M Start
Yards	Set	Description
	===	
		n 35:00 Stomach and Stretch/Tm mtg
400	1 x	400 on 7:00 Free L.25 of each 100 non fr
150		x 15 on :45 Shooters
1,100	1x{4 x	25 on :45 Kick no board BSLR
	•	100 on 2:00 Kick
	-	100 on 1:55 Kick
		100 on 1:50 Kick
	•	25 on :45 Kick no board BSLR
	•	100 on 1:55 Kick
	•	100 on 1:50 Kick
	-	100 on 1:45 Kick
	-	25 on :45 Kick no board BSLR
	•	100 on 1:50 Kick
	-	100 on 1:45 Kick
1,300		125 on 1:55 Lungbuster pulls
	-	125 on 1:50 Lungbuster pulls
		100 on 1:25 Lungbuster pulls
	•	eathe 3-4-5-6-7 continuous
200		25 on :50 Sculling drills
		25 on :40 12.5 ez 12.5 fast grt finishes
1,600		100 on 1:45 Breaststroke
		25 on 1:00 From dive/10 pushups
		100 on 1:40 Breaststroke
		25 on 1:00 From dive/10 pushups
	•	100 on 1:35 75 Breast 25 Free
	-	25 on 1:00 From dive/10 pushups
0.50	•	100 on 1:30 75 Breast 25 free
250	1 x	250 on 4:00 Stroke Drills

Workout #5796 - Wednesday, 15 October 2008 Group 3 - Silver

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

1 minute rest between sets

6:00 PM 4,600 Yards - Stress Value = 71

Workout #5797 - Wednesday, 15 October 2008 Group 3 - Bronze 1 minute rest between sets

Workout #5799 - Thursday, 16 October 2008 Group 3 - Gold

1 minute rest between sets

3:30 PM Start	3:30 PM Start
Yards Set Description	Yards Set Description
1 on 25.00 Stomach and Strotch/IIIm mts	
1 on 35:00 Stomach and Stretch/Tm mtg 300 1 x 300 on 7:00 Free L.25 of each 100 non fr	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	Odd 100' free even 100's back
950 1x{4 x 25 on :45 Kick no board BSLR	
1 x 100 on 2:20 Kick	
{1 x 100 on 2:20 kick {1 x 100 on 2:15 Kick	800 $1x{3 \times 100}$ on 1:40 Fly 2 strokes off each wall ${3 \times 100}$ on 1:35 Fly 2 strokes off each wall
{1 x 100 on 2:15 kick {1 x 100 on 2:10 Kick	{2 x 100 on 1:30 Fly 2 strokes off each wall
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}\}$	1,000 1x{2 x 125 on 2:40 25 tombstone kick 100 free k
{4 x 23 on :43 kick no board BSLR {1 x 100 on 2:15 Kick	{3 x 100 on 2:10 25 tombstone kick 75 free ki
{1 x 100 on 2:13 kick {1 x 100 on 2:10 Kick	{4 x 75 on 1:35 25 tombstone kick 75 free kick
{1 x 100 on 2:10 kick	{3 x 50 on 1:05 25 tombstone kick 25 free kic
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
{1 x 50 on 1:05 Kick	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,050 1x{4 x 125 on 2:20 Lungbuster pulls	800 1x{3 x 100 on 1:40 Fly 3 strokes off each wall
{4 x 125 on 2:15 Lungbuster pulls	{3 x 100 on 1:35 Fly 3 strokes off each wall
{1 x 50 on :50 Lungbuster pulls	{2 x 100 on 1:30 Fly 3 strokes off each wall
{ Breathe 3-4-5-6-7 continuous	850 1x{1 x 100 on 2:00 Pulls
200 4x{1 x 25 on :50 Sculling drills	{3 x 50 on :45 Pulls
$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$	{2 x 100 on 2:00 Pulls
1,425 1x{1 x 100 on 1:45 50 Breast 50 free	{2 x 50 on :45 Pulls
$\{8 \times 25 \text{ on } 1:00 \text{ From dive/} 10 \text{ pushups}$	{3 x 100 on 2:00 Pulls
{2 x 100 on 1:40 50 Breast 50 Free	100 2x{1 x 25 on :50 Sculling drills
$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
{3 x 75 on 1:35 Breaststroke	800 1x{3 x 100 on 1:40 Fly 4 strokes off each wall
$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$	{3 x 100 on 1:35 Fly 4 strokes off each wall
{4 x 75 on 1:30 Breaststroke	{2 x 100 on 1:30 Fly 4 strokes off each wall
250 1 x 250 on 4:00 Stroke Drills	400 8 x 50 on 1:00 Stroke Drills
6:00 PM 4,325 Yards - Stress Value = 66	6:00 PM 5,400 Yards - Stress Value = 85

Workout #5798 - Thursday, 16 October 2008 Group 3 - Fly

1 minute rest between sets

Workout #5800 - Thursday, 16 October 2008 Group 3 - Silver 1 minute rest between sets

3:30 PM Start 3:30 PM Start Yards Set Description Yards Set Description _____ 1 on 35:00 Physio Balls/Stretch/Tm Mtg 1 on 35:00 Physio Balls/Stretch/Tm Mtg 1 x 400 on 7:00 Underwater trn drill 350 1 x 350 on 7:00 Underwater trn drill 400 Odd 100' free even 100's back Odd 100' free even 100's back 150 10 x 15 on :45 Shooters 150 10 x 15 on :45 Shooters 900 $1x{3 \times 100}$ on 1:30 Fly 2 strokes off each wall 700 $1x{3 \times 100}$ on 1:50 Fly 2 strokes off each wall $\{3 \times 100 \text{ on } 1:25 \text{ Fly } 2 \text{ strokes off each wall } \{3 \times 100 \text{ on } 1:20 \text{ Fly } 2 \text{ strokes off each wall } \}$ $\{2 \times 100 \text{ on } 1\text{:}45 \text{ Fly } 2 \text{ strokes off each wall}$ $\{2 \times 100 \text{ on } 1\text{:}40 \text{ Fly } 2 \text{ strokes off each wall}$ 1,100 1x{2 x 125 on 2:30 25 tombstone kick 100 free } 950 $1x\{2 \times 125 \text{ on } 2:50 \text{ 25 tombstone kick } 100 \text{ free } k$ {3 x 100 on 2:00 25 tombstone kick 75 free ki {3 x 100 on 2:15 25 tombstone kick 75 free ki $\{4 \times 75 \text{ on } 1:30 \text{ } 25 \text{ tombstone kick } 50 \text{ free kic} \}$ $\{4 \times 75 \text{ on } 1:45 \text{ 25 tombstone kick 50 free kic} \}$ $\{5 \times 50 \text{ on } 1:00 \text{ } 25 \text{ tombstone kick } 25 \text{ free kic} \}$ {2 x 50 on 1:10 25 tombstone kick 25 free kic 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ {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 700 $1x{3 \times 100}$ on 1:50 Fly 3 strokes off each wall ${3 \times 100 \text{ on } 1:25 \text{ Fly } 3 \text{ strokes off each wall}}$ {2 x 100 on 1:45 Fly 3 strokes off each wall {2 x 100 on 1:40 Fly 3 strokes off each wall $\{3 \times 100 \text{ on } 1:20 \text{ Fly } 3 \text{ strokes off each wall} \}$ $1,050 1x{1 x 100 on 1:45 Pulls}$ 750 1x{1 x 100 on 2:15 Pulls ${3 \times 50 \text{ on :} 35 \text{ Pulls}}$ $\{2 \times 50 \text{ on } : 50 \text{ Pulls}$ {2 x 100 on 1:45 Pulls {2 x 100 on 2:15 Pulls ${3 \times 50 \text{ on } :35 \text{ Pulls}}$ {3 x 50 on :50 Pulls {3 x 100 on 1:45 Pulls {2 x 100 on 2:15 Pulls ${3 \times 50 \text{ on :} 35 \text{ Pulls}}$ 100 $2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ 100 $2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 700 $1x{3 \times 100}$ on 1:50 Fly 4 strokes off each wall $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ 900 $1x{3 \times 100}$ on 1:30 Fly 4 strokes off each wall {2 x 100 on 1:45 Fly 4 strokes off each wall $\{3 \times 100 \text{ on } 1:25 \text{ Fly } 4 \text{ strokes off each wall} \}$ $\{2 \times 100 \text{ on } 1:40 \text{ Fly } 4 \text{ strokes off each wall} \}$ ${3 \times 100 \text{ on } 1:20 \text{ Fly 4 strokes off each wall}}$ 400 8 x 50 on 1:00 Stroke Drills 8 x 50 on 1:00 Stroke Drills 6:00 PM 4,900 Yards - Stress Value = 77 6:00 PM 6,000 Yards - Stress Value = 97

Workout #5801 - Thursday, 16 October 2008 Group 3 - Bronze 1 minute rest between sets

	3:30	PM Start
		t Description
		on 35:00 Physio Balls/Stretch/Tm Mtg
300		x 300 on 7:00 Underwater trn drill
		dd 100' free even 100's back
150		x 15 on :45 Shooters
600	-	x 100 on 2:05 Fly 2 strokes off each wall
	-	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

** 1	3:30 PM Start	EGU	
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
	$\{1 \times 25 \text{ on } : 40 \text{ Freestyle}$	SP2	S
	$\{1 \times 25 \text{ on } : 50 \text{ Freestyle}$	SP2	S
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle}$	SP2	S
	$\{1 \times 200 \text{ on } 4:00 \text{ Freestyle}$	REC	S
	5:00 PM 2,500 Yards - Stress Value = 6	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
$1,200 1x\{4 x 25 \text{on } : 45 \text{Kick no board BSLR}$
{4 x 100 on 1:45 Kick
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
{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 1:50 Freestyle
{1 on 1:00 Rest
{4 x 125 on 1:45 Freestyle
{1 on 1:00 Rest
{4 x 125 on 1:45 Freestyle
{1 on 5,850 Yards - Stress Value = 197
```

Workout #5804 - Monday, 20 October 2008 Group 3 - Gold

Yards		PM Start et Description
		on 35:00 Stomach and Stretch/Team Mtg
		x 400 on 7:00 Swim-kick-pull-swim
150	1(0 x 15 on :45 Shooters
1,100		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
$1,050$ $1x{4}$ x 25 on :45 Kick no board BSLR
{4 x 100 on 2:10 Kick
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
{4 x 75 on 1:35 Kick
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
{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!!!
$\{3 \times 50 \text{ on } :50 \text{ Pull no br L.}18 \text{ yds}$
{2 x 50 on 1:00 Pulls-Great Effort
200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
{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
$\{4 \times 100 \text{ on } 1:45 \text{ Freestyle} \}$
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

Yards	3:30 PM Start Set Description
	1 on 35:00 Stomach and Stretch/Team Mtg
300	1 x 300 on 7:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	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
	$\{4 \times 75 \text{ on } 1:40 \text{ Kick} \}$
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
1,150	1x{3 x 150 on 2:45 Pull no br L.18 yds
	{1 x 150 on 3:15 Pulls-Great Effort!!!
	${3 \times 100 \text{ on } 1:50 \text{ Pull no br L.18 yds}}$
	{1 x 100 on 2:10 Pulls Great Effort!!!
	{3 x 50 on :55 Pull no br L.18 yds
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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
100	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
	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 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	{3 x 100 on 1:20 Pulls-nbbf&w + 2 yds
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{5 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$
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

```
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 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
          \{3 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
          \{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
          \{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
   200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
          \{1 \text{ x } 25 \text{ on } : 49 \text{ } 12.5 \text{ ez } 12.5 \text{ 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 \times 100 \text{ on } 2:00 \text{ 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
	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
900	6x{1 x 100 on 1:55 Kick
	{1 x 50 on 1:20 Kick
1,000	$1x{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds}$
	$\{2 \times 125 \text{ on } 2:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	${3 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
	$\{4 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
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
	$\{1 \times 50 \text{ on } 1:30 \text{ Freestyle}$
400	16 x 25 on 1:00 Underwater Fly Kick on Back
	with fins

Workout #5810 - Tuesday, 21 October 2008 Group 3 - Bronze 1 minute rest between sets

5:59 PM 4,600 Yards - Stress Value = 57

1 x 300 on 5:00 Stroke Drills

3:30 PM Start Set Description Yards ===== ______ 1 on 35:00 Physio Balls/Stretch/Tm Mtg 300 1 x 300 on 7:00 Underwater trn drill 10 x 15 on :45 Shooters 150 900 6x{1 x 100 on 2:05 Kick {1 x 50 on 1:20 Kick 900 $1x\{1 \times 150 \text{ on } 2:45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{2 \times 125 \text{ on } 2:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{3 \times 100 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{2 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ $\{1 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ {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 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 x 100 on 1:40 Kick

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

1,500 1x{3 x 100 on 1:45 Kick

{8 x 25 on :45 Kick no board BSLR

{8 x 25 on :45 Kick no board BSLR

{8 x 25 on :45 Kick no board BSLR $1,200 \ 1x\{1 \ x \ 300 \ on \ 4:00 \ Lungbuster pulls$ $\{2 \times 150 \text{ on } 2:00 \text{ Lungbuster pulls}$ $\{3 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}$ $\{4 \times 75 \text{ on } 1:00 \text{ Lungbuster pulls}$ { Breathe 3-4-5-6-7 continuous 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,800 \ 1x\{1 \ x \ 200 \ on \ 3:45 \ Breast \ w/ \ fly \ kick$ $\{1 \times 200 \text{ on } 4:00 \text{ Breast w/ free kick}\}$ {1 x 200 on 4:15 Breaststroke Pull {1 x 200 on 3:30 Breaststroke $\{1 \times 150 \text{ on } 2:45 \text{ Breast w/ flv kick}\}$ $\{1 \times 150 \text{ on } 2:55 \text{ Breast w/ free kick} \}$ $\{1 \text{ x } 150 \text{ on } 3:05 \text{ Breaststroke Pull} \}$ {1 x 150 on 2:30 Breaststroke $\{1 \times 100 \text{ on } 1:45 \text{ Breast w/ fly kick}\}$

{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 1 x 100 on 2:00 Freestyle

1 x 100 on 2:00 Breaststroke OTB for time

{3 x 100 on 1:35 Kick

100 100

250

6:00 PM 5,700 Yards - Stress Value = 81

Workout #5812 - Wednesday, 22 October 2008

1 x 250 on 4:00 Stroke Drills

Group 3 - Gold 1 minute rest between sets

Yards	3:30 PM Start Set Description ====================================
400 150	<pre>1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg 1 x 400 on 7:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters</pre>
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
200	{ Breathe 3-4-5-6-7 continuous
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills} $ $\{1 \times 25 \text{ on } :40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
1.650	$1 \times \{1 \times 200 \text{ on } 4:00 \text{ Breast w/ fly kick}\}$
1,000	$\{1 \times 200 \text{ on } 4:15 \text{ Breast w/ free kick}\}$
	{1 x 200 on 4:30 Breaststroke Pull
	{1 x 200 on 3:40 Breaststroke
	$\{1 \times 150 \text{ on } 2:55 \text{ Breast w/ fly kick}\}$
	$\{1 \text{ x } 150 \text{ on } 3\text{:}05 \text{ Breast w/ free kick}$
	{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
	$\{1 \times 50 \text{ on } 1:05 \text{ Breaststroke Pull} \}$
100	1 x 100 on 1:43 Breaststroke 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 #5813 - Wednesday, 22 October 2008 Group 3 - Silver

		1 minute	rest between sets	
3:30	PM	Start		

	3:30 PM Start
Yards	Set Description
=====	1 on 30:00 Physio Ball Abs/Stretch/Tm Mtg
350	
150	
	1x{3 x 100 on 2:10 Kick
1,330	{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
300	{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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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
	$\{1 \times 150 \text{ on } 3:20 \text{ Breast w/ free kick} \}$
	{1 x 150 on 3:30 Breaststroke Pull
	{1 x 150 on 3:00 Breaststroke
	{1 x 50 on :55 Breast w/ fly kick
	$\{1 \times 50 \text{ on } 1:00 \text{ Breast w/ free kick} \}$
	{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

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 10×15 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 $\{8 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {3 x 100 on 2:10 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ 850 $1x\{1 \times 300 \text{ on } 5:30 \text{ Lungbuster pulls}$ $\{2 \times 150 \text{ on } 2:45 \text{ Lungbuster pulls}$ $\{2 \times 100 \text{ on } 1:50 \text{ Lungbuster pulls}$ $\{1 \times 50 \text{ on } : 55 \text{ Lungbuster pulls}$ { Breathe 3-4-5-6-7 continuous 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,350 $1x\{1 \ x \ 200 \ on \ 4:40 \ Breast \ w/ \ fly \ kick$ $\{1 \times 150 \text{ on } 3:45 \text{ Breast w/ free kick} \}$ {1 x 150 on 3:45 Breaststroke Pull $\{1 \times 150 \text{ on } 3:20 \text{ Breaststroke} \}$ $\{1 \times 150 \text{ on } 3:30 \text{ Breast w/ fly kick}\}$ $\{1 \times 100 \text{ on } 2:30 \text{ Breast w/ free kick}\}$ {1 x 100 on 2:30 Breaststroke Pull {1 x 100 on 2:15 Breaststroke $\{1 \times 100 \text{ on } 2:20 \text{ Breast w/ fly kick}\}$ $\{1 \times 50 \text{ on } 1:15 \text{ Breast w/ free kick}\}$

	{ 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

Yards	5:30 PM Start Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 25:00 Stomach/Stretch			
600	1 x 600 on 8:00 Stroke Drills			
150		SP2	S	
900	$1x{4 \times 25 \text{ on } :45 \text{ BSLR}}$	EN1	K	F
	{2 x 100 on 1:45 Kick	EN2	K	C
	{4 x 25 on :45 BSLR	EN1	K	F
	{2 x 100 on 1:50 Kick	EN1	K	C
	{4 x 25 on :45 BSLR	EN1	K	F
	{2 x 100 on 1:55 Kick	EN2	K	C
750	$1x{1 x 125 on 2:15 Pullnbbf&w}$	EN1	P	
	{1 x 125 on 2:10 Pullnbbf&w	EN1	P	
	{1 x 125 on 2:05 Pull-nnbf&w	EN1	P	
	{1 x 125 on 2:00 Pullnbbf&w	EN1	P	
	$\{1 \times 125 \text{ on } 1:55 \text{ Pull-nnbf&w}$	EN1	P	
	{1 x 125 on 1:50 Pull-nbbf&w	EN1	P	
200	8 x 25 on :40 12.5 Easy 12.5 Fast	EN2	S	
1,400	$2x\{1 \times 25 \text{ on : 01 Butterfly}$	EN3	S	F
	$\{1 \times 50 \text{ on } 2:00 \text{ Freestyle} \}$	REC	S	
	$\{1 \times 50 \text{ on } : 01 \text{ Butterfly} \}$	EN3	S	F
	$\{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}$	REC	S	
	$\{1 \times 75 \text{ on } : 01 \text{ Butterfly} \}$	EN3	S	F
	$\{1 \times 50 \text{ on } 3:00 \text{ Freestyle}$	REC	S	
	$\{1 \times 100 \text{ on } : 01 \text{ Butterfly} \}$	EN3	S	F
	$\{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}$	REC	S	
	$\{1 \times 200 \text{ on } : 01 \text{ Butterfly} \}$	EN3	S	F
	{1 x 50 on 4:00 Freestyle	REC	S	
200	1 x 200 on 3:30 Stroke Drills	REC	D	C
	7:31 PM 4,200 Yards - Stress Value =	92		

Workout #5815 - Wednesday, 22 October	2008
Group 2 - Gold	
1 minute rest between sets	

Yards	Se	PM Start et Description
		on 25:00 Stomach/Stretch
500		x 500 on 6:00 Underwater trn drill
		0 x 15 on :45 Shooters
700	1x{1	x 100 on 2:30 3 strokes fly off each wall
		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
	•	x 125 on 3:10 Kick
	•	x 125 on 3:05 Kick
	•	x 125 on 3:00 Kick
500	•	x 250 on 4:30 Pulls
	•	x 250 on 4:20 Pulls
700		on 5:00 Bathroom Break
700		x 100 on 2:30 3 strokes fly off each wall
	•	x 50 on 1:10 Stroke Drills
	-	x 100 on 2:25 3 strokes fly off each wall x 50 on 1:10 Stroke Drills
	•	
		x 100 on 2:20 3 strokes fly off each wall x 50 on 1:10 Stroke Drills
200	•	x 200 on 4:00 Stroke Drills
200		PM 3,250 Yards - Stress Value = 31
	0	,

Workout #5817 - Wednesday, 22 October 2008 Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Set Description

Yards

200

===== 1 on 25:00 Stomach/Stretch 400 1 x 400 on 6:00 Underwater trn drill 150 10 x 15 on :45 Shooters 625 $1x\{1 \times 75 \text{ on } 2:30 \text{ 3 strokes fly off each wall } E$ ${3 \times 50 \text{ on } 1:10 \text{ Stroke Drills}}$ {1 x 75 on 2:25 3 strokes fly off each wall E {3 x 50 on 1:10 Stroke Drills {1 x 75 on 2:20 3 strokes fly off each wall E {2 x 50 on 1:10 Stroke Drills 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 300 $1x{1 \times 200}$ on 4:30 Pulls {1 x 100 on 4:20 Pulls 1 on 5:00 Bathroom Break 625 $1x\{1 \times 75 \text{ on } 2:30 \text{ 3 strokes fly off each wall } E$ {3 x 50 on 1:10 Stroke Drills {1 x 75 on 2:25 3 strokes fly off each wall E {3 x 50 on 1:10 Stroke Drills {1 x 75 on 2:20 3 strokes fly off each wall F

Workout #5818 - Thursday, 23 October 2008 Group 3 - Fly

7:20 PM 2,700 Yards - Stress Value = 28

{2 x 50 on 1:10 Stroke Drills 1 x 200 on 4:00 Stroke Drills

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 #5819 - Thursday, 23 October 2008 Group 3 - Gold 1 minute rest between sets

Odd 100's free evens 100's back

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

{2 x 125 on 1:50 Fly 100 2-3, 25 whole stroke

 $\{2 \text{ x } 125 \text{ on } 1\text{:}50 \text{ Fly } 100 \text{ } 2\text{-}4\text{, } 25 \text{ whole stroke} \}$

 $\{2 \times 125 \text{ on } 1:50 \text{ Fly } 100 \text{ } 2-5, \text{ } 25 \text{ whole stroke} \}$

 $2,400 \text{ 1x}\{2 \text{ x } 125 \text{ on } 1:50 \text{ Fly } 100 \text{ } 2-2, \text{ } 25 \text{ whole stroke} \}$

 10×15 on :45 Shooters

{1 x 100 on 1:30 Kick $\{1 \times 100 \text{ on } 1:35 \text{ Kick} \}$ {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 $\{1 \times 100 \text{ on } 1:25 \text{ Kick} \}$

1 x 1650 on 20:00 Pulls 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$

> {1 x 100 on 1:15 Freestyle $\{4 \times 25 \text{ on :} 30 \text{ Fly lupldown}$

> $\{2 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ $\{4 \times 25 \text{ on } : 30 \text{ Fly } 1\text{up}2\text{down}$

> ${3 \times 100 \text{ on } 1:15 \text{ Freestyle}}$ $\{4 \times 25 \text{ on } : 30 \text{ Fly } 1\text{up}3\text{down}$

 $\{4 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ $\{4 \times 25 \text{ on } : 30 \text{ Fly } 1\text{up}4\text{down}$ 10 x 50 on 1:00 Stroke Drills 6:00 PM 6,600 Yards - Stress Value = 112

 $1,300 \ 1x\{1 \ x \ 100 \ on \ 1:25 \ Kick$

150

1,650

	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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
2,200	$1x\{2 \text{ x } 125 \text{ on } 2:05 \text{ Fly } 100 2-2, 25 \text{ whole stroke}$
	{1 x 100 on 1:25 Freestyle
	{4 x 25 on :30 Fly 1up1down
	$\{2 \times 125 \text{ on } 2:05 \text{ Fly } 100 2-3, 25 \text{ whole stroke} \}$
	{2 x 100 on 1:25 Freestyle
	{4 x 25 on :30 Fly 1up2down
	$\{2 \text{ x } 125 \text{ on } 2\text{:}05 \text{ Fly } 100 2\text{-}4\text{, } 25 \text{ whole stroke} \}$
	{3 x 100 on 1:25 Freestyle
	{4 x 25 on :30 Fly 1up3down
	$\{2 \text{ x } 125 \text{ on } 2\text{:}05 \text{ Fly } 100 2\text{-}5, 25 \text{ whole stroke} \}$
	{2 x 100 on 1:25 Freestyle
	{4 x 25 on :30 Fly 1up4down
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 6,000 Yards - Stress Value = 100

3:30 PM Start

Set Description

Yards

Workout #5820 - Thursday, 23 October 2008 Group 3 - Silver 1 minute rest between sets

Workout #5823 - Thursday, 23 October 2008 Group 2 - Breast 1 minute rest between sets

		5:30	PM Start	
	Yards	Se	t Description	ΕĆ
	=====	==		==
		1	on 25:00 Dryland	
	600	1	x 600 on 8:00 Freestyle	
	150	10	x 15 on :45 Shooters	SI
	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
		•	x 100 on 1:40 Kick	EN
		-	x 25 on :30 Kick	EN
		{ 2	x 100 on 1:30 Kick	EN
	250	5	x 50 on 1:10 Breaststrokefree kick	EN
	800	-	x 100 on 1:20 Pull	EN
٤		-	x 50 on 1:00 Pull	EN
€		,	x 100 on 1:25 Pull	EN
		•	x 50 on :55 Pull	EN
		•	x 100 on 1:30 Pull	EN
E			x 50 on :50 Pull	EN
		-	x 100 on 1:35 Pull	EN
_			x 50 on :45 Pull	EN
€	250		x 50 on 1:10 Breaststrokedolphin kick	EN
			on 3:00 Bathroom Break	
E	1,100		x 200 on 3:15 Breaststroke	EN
_		-	x 25 on :30 Breaststroke Drill	EN
		•	x 200 on 3:05 Breaststroke	ΕN
		,	x 25 on :30 Breaststroke Drill	ΕN
		•	x 200 on 2:55 Breaststroke	EN
		-	x 25 on :30 Breaststroke Drill	ΕN
	0 = -	,	x 200 on 2:45 Breaststroke	EN
	250		x 250 on 4:00 Stroke Drill	RE
		7:27	PM 4,500 Yards - Stress Value = 62	

1 on 35:00 Physio Balls/StretchTm Mtg. 1 x 350 on 7:00 Underwater trn drill 350 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 $\{1 \times 100 \text{ on } 2:15 \text{ Kick} \}$ $\{1 \times 100 \text{ on } 2:10 \text{ Kick} \}$ {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 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ {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 Freestvle $\{4 \times 25 \text{ on } : 35 \text{ Fly lupldown} \}$ {2 x 125 on 2:20 Fly 100 2-3, 25 whole stroke $\{1 \times 100 \text{ on } 1:35 \text{ Freestyle} \}$ {4 x 25 on :35 Fly 1up2down $\{2 \times 125 \text{ on } 2:20 \text{ Fly } 100 \text{ } 2-4, \text{ } 25 \text{ whole stroke} \}$ $\{1 \times 100 \text{ on } 1:35 \text{ Freestyle} \}$ $\{4 \times 25 \text{ on } : 35 \text{ Fly } 1\text{up}3\text{down}$ $\{2 \times 125 \text{ on } 2:20 \text{ Fly } 100 \text{ } 2-5, \text{ } 25 \text{ whole stroke} \}$

Workout #5821 - Thursday, 23 October 2008 Group 3 - Bronze

{2 x 100 on 1:35 Freestyle
{4 x 25 on :35 Fly 1up4down
 10 x 50 on 1:00 Stroke Drills
5:59 PM 5,350 Yards - Stress Value = 88

3.30 PM Start

	3:30	Pľ	1 Start	
Yards	Se	et	Description	
=====	==	-=-		
	1	or	n 35:00 Physio Balls/StretchTm Mtg.	
300	1	x	300 on 7:00 Underwater trn drill	
)da	d 100's free evens 100's back	
150			k 15 on :45 Shooters	
			100 on 2:05 Kick	
300			100 on 2:10 Kick	
	•		100 on 2:15 Kick	
	•		100 on 2:13 Kick	
	•		100 on 2:25 Kick	
	•		100 on 2:23 Kick	
	•		100 on 2:15 Kick	
	•			
	•		100 on 2:10 Kick	
1 100	-		100 on 2:05 Kick	
•			1100 on 20:00 Pulls	
200			25 on :50 Sculling drills	
			25 on :40 12.5 ez 12.5 fast grt finishes	
1,750	-		125 on 2:45 Fly 100 2-2, 25 whole strok€	
	-		100 on 1:45 Freestyle	
	-		25 on :40 Fly 1up1down	
			125 on 2:45 Fly 100 2-3, 25 whole stroke	
	{ 2	Х	100 on 1:45 Freestyle	
	{ 3	Х	25 on :40 Fly 1up2down	
	{ 1	Х	125 on 2:45 Fly 100 2-4, 25 whole strok€	
	{ 3	Х	100 on 1:45 Freestyle	
	{ 3	Х	25 on :40 Fly 1up3down	
	{ 1	Х	125 on 2:45 Fly 100 2-5, 25 whole stroke	
			100 on 1:45 Freestyle	

5:30 PM Start

5:30 PM Start

Workout #5822 - Thursday, 23 October 2008 Group 2 - Gold

Workout #5825 - Friday, 24 October 2008 **Group 3 - Sprint** 1 minute rest between sets

1 minute rest between sets

Yards	1	ΕĆ
=====		==
600	1 on 25:00 Dryland	
600	<u> -</u>	
150		SI
850	(ΕN
		ΕN
	·	ΕN
250		ΕN
600		ΕN
		ΕN
250	5 x 50 on 1:10 Breaststrokedolphin kick	ΕN
	1 on 3:00 Bathroom Break	
900		ΕN
		ΕN
		ΕN
	•	ΕN
		ΕN
		ΕN
		ΕN
250		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	Se	t De	scr	iptio	n	Ε¢
=====						==
				O Dry		
600					0 Freestyle	
150						SI
550	1x{2	x 50	on	2:00	Kick	ΕN
				:40		ΕN
	{ 2	x 50	on	1:50	Kick	ΕN
	{ 2	x 25	on	:40	Kick	ΕN
	{ 2	x 50	on	1:40	Kick	ΕN
	{ 2	x 25	on	:40	Kick	ΕN
	{ 2	x 50	on	1:30	Kick	ΕN
250	5	x 50	on	1:10	Breaststrokefree kick	ΕN
400	1x{1	x 50	on	1:20	Pull	ΕN
	{ 2	x 25	on	1:00	Pull	ΕN
	{ 1	x 50	on	1:25	Pull	ΕN
	{ 2	x 25	on	:55	Pull	ΕN
	{ 1	x 50	on	1:30	Pull	ΕN
	{ 2	x 25	on	:50	Pull	ΕN
	{ 1	x 50	on	1:35	Pull	ΕN
	{ 2	x 25	on	:45	Pull	ΕN
250	5	x 50	on	1:10	Breaststrokedolphin kick	ΕN
	1	on 3	:00	Bath	room Break	
550	1x{1	x 10	10 01	n 3:1	5 Breaststroke	ΕN
	{ 2	x 25	on	1:00	Freestyle	ΕN
	{ 1	x 10	10 01	n 3:0	5 Breaststroke	ΕN
	{ 2	x 25	on	1:00	Freestyle	ΕN
	{ 1	x 10	0 01	n 2:5	5 Breaststroke	ΕN
	{ 2	x 25	on	1:00	Freestyle	ΕN
	{ 1	x 10	0 01	n 2:4	5 Breaststroke	ΕN
250	1	x 25	0 0	n 4:0	0 Stroke Drill	RE
	7:26	PM 3	,000) Yar	ds - Stress Value = 35	

	3:30 PM Start
Yards	Set Description
	=======================================
	1 on 20:00 Stretch and Team Mtg.
400	1 x 400 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 15:00 Vertical Kicking w/Physio E
200	$4x{1 x 25 on :50 Sculling drills}$
	{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
	5:00	PM Start
Yards	Se	et Description
=====	==	
400		on 35:00 Physio Ball Abs/Stretch/Tm mtg
400		x 400 on 7:00 Swim-kick-pull-swim
150) x 15 on :45 Shooters
1,100	-	x 25 on :30 Kick no board BSLR x 100 on 1:45 Kick
	-	x 25 on :35 Kick no board BSLR
	-	x 125 on 2:10 Kick
	•	x 25 on :40 Kick no board BSLR
	-	x 150 on 2:35 Kick
1.500	•	x 500 on 6:15 Pull no br L.16 yds
1,000		x 400 on 5:00 Pull no br L.16 yds
	-	x 300 on 3:45 Pull no br L.16 yds
		x 200 on 2:30 Pull no br L.16 yds
	-	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
	-	x 200 on 2:15 Freestyle
		x 100 on 1:20 Freestyle
	-	x 200 on 2:10 Freestyle
	-	x 100 on 1:20 Freestyle
400		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

l minut	te res	st be	tween	set

Yards	5:00 PM Start Set Description
	1 on 35:00 Physio Ball Abs/Stretch/Tm mtg
400	<u>-</u>
	±
150	
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
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{3 x 100 on 1:55 Kick
1,300	$1x\{1 \times 400 \text{ on } 5:40 \text{ Pull no br L.}16 \text{ yds}$
	$\{1 \times 300 \text{ on } 4:15 \text{ Pull no br L.16 yds}$
	$\{1 \times 200 \text{ on } 2:50 \text{ Pull no br L.16 yds}$
	$\{1 \times 100 \text{ on } 1:25 \text{ Pull no br L.16 yds}$
	$\{6 \times 50 \text{ on } : 40 \text{ Pull no br L.} 16 \text{ yds}$
200	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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	ΡN	M Start			
Yards	Se	Set Description				
=====	==	-=-				
	1	or	n 35:00 Physio Ball Abs/Stretch/Tm mtg			
350	1	Х	350 on 7:00 Swim-kick-pull-swim			
150	10) 2	k 15 on :45 Shooters			
850	1x{4	х	25 on :45 Kick no board BSLR			
	{ 1	Х	100 on 2:10 Kick			
	{ 4	Х	25 on :45 Kick no board BSLR			
	{ 2	х	125 on 2:40 Kick			
	{ 4	Х	25 on :45 Kick no board BSLR			
	{ 2	х	100 on 2:05 Kick			
1,150	1x{1	Х	400 on 6:40 Pull no br L.16 yds			
	{ 1	Х	300 on 4:55 Pull no br L.16 yds			
	{ 1	х	200 on 3:15 Pull no br L.16 yds			
	{ 1	Х	100 on 1:35 Pull no br L.16 yds			
	{ 3	Х	50 on :50 Pull no br L.16 yds			
200	4x{1	Х	25 on :50 Sculling drills			
	{ 1	Х	25 on :40 12.5 ez 12.5 fast grt finishes			
2,400	1x{4	Х	200 on 3:10 Freestyle			
	{ 2	Х	100 on 1:45 Freestyle			
	{ 3	Х	200 on 3:05 Freestyle			
	{ 2	Х	100 on 1:45 Freestyle			
	{ 2	Х	200 on 3:00 Freestyle			
	{ 2	Х	100 on 1:45 Freestyle			
400	8	Х	50 on 1:00 Stroke Drills			

Workout #5830 - Monday, 27 October 2008 Group 3 - Bronze 1 minute rest between sets

7:29 PM 5,500 Yards - Stress Value = 79

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

	1	on 35:00 Physio Ball Abs/Stretch/Tm mtg			
300		x 300 on 7:00 Swim-kick-pull-swim			
		0 x 15 on :45 Shooters			
		x 25 on :45 Kick no board BSLR			
750		x 100 on 2:20 Kick			
	•	x 25 on :45 Kick no board BSLR			
		x 125 on 2:50 Kick			
	•	x 25 on :45 Kick no board BSLR			
	-	x 100 on 2:15 Kick			
1 000		x 400 on 7:20 Pull no br L.16 yds			
1,000	-	x 300 on 5:30 Pull no br L.16 yds			
		x 200 on 3:40 Pull no br L.16 yds			
		x 100 on 1:50 Pull no br L.16 yds			
200		x 25 on :50 Sculling drills			
200	-	x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,200		x 200 on 3:30 Freestyle			
-,		x 100 on 2:00 Freestyle			
		x 200 on 3:25 Freestyle			
		x 100 on 2:00 Freestyle			
		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				

HS Girls - Distance 1 minute rest between sets

3:00 PM Start

		et Description
400	1	on 29:00 Physio Ball Abs/Stretch/Tm mtg
		x 400 on 8:00 Swim-kick-pull-swim
		0 x 15 on :45 Shooters
900	-	x 25 on :45 Kick no board BSLR
	,	x 100 on 2:15 Kick
	,	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
		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300		x 150 on 3:10 IM w/out the free
•		x 100 on 1:40 Freestyle
		x 150 on 3:05 IM w/out the free
		x 100 on 1:40 Freestyle
		x 150 on 3:00 IM W/out the free
		x 100 on 1:40 Freestyle
		x 150 on 2:55 IM w/out the free
		x 100 on 1:40 Freestyle
200	-	x 200 on 3:00 Stroke Drills
200		on 10:00 Ice
		PM 5,150 Yards - Stress Value = 82
	5.55	In 5,150 laids beless value - 02

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	e = 1	L 6	

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
	$\{2 \times 75 \text{ on } 1:05 \text{ Pulls}$
200	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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

Yards	5:00 PM Start 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
- 0 0	

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

Workout #5834 - Tuesday, 28 October 2008 Group 3 - Silver 1 minute rest between sets

Yards	5:00 PM Start Set Description
350 150	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 {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 {1 x 50 on :55 Backstroke {3 x 100 on 1:45 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on 1:05 Backstroke
400 300	4×100 on 1:40 Free-Descend to Ludicrous 6×50 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

```
5:00 PM Start
Yards
         Set Description
=====
          _____
         1 on 35:00 Physio Balls/Stretch/Tm Mtg
         1 x 300 on 7:00 Underwater trn drill
  300
  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 \times 25 \text{ on } :50 \text{ 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 \times 50 \text{ on } 1:05 \text{ Backstroke} \}
         {3 x 100 on 2:10 Backstroke
         {1 x 50 on 1:10 Backstroke
         {1 x 50 on 1:05 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

4 x 100 on 1:50 Free-Descend to Ludicrous

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

 $\{3 \times 100 \text{ on } 2:05 \text{ Backstroke} \}$

3:00 PM Start Yards Set Description ===== ______ 1 on 30:00 Physio Balls/Stretch 400 1 x 400 on 8:00 Underwater trn drill 150 10 x 15 on :45 Shooters $1,200 \ 1x\{2 \ x \ 100 \ on \ 1:55 \ Kick$ $\{2 \times 50 \text{ on } 1:10 \text{ Kick} \}$ {2 x 100 on 2:00 Kick {2 x 50 on 1:05 Kick {2 x 100 on 2:05 Kick $\{2 \times 50 \text{ on } 1:00 \text{ Kick} \}$ {2 x 100 on 2:10 Kick $\{2 \times 50 \text{ on } :55 \text{ Kick} \}$ $1,050 1x{1 x 250 on 4:05 Pulls}$ {2 x 125 on 2:05 Pulls $\{1 \times 200 \text{ on } 3:15 \text{ Pulls}$ {2 x 100 on 1:35 Pulls {1 x 150 on 2:30 Pulls 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$ 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 ${3 \times 100 \text{ on } 1:50 \text{ Backstroke}}$ {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 $\{1 \times 50 \text{ on } 1:05 \text{ Backstroke} \}$ {1 x 50 on 1:00 Backstroke $\{1 \times 50 \text{ on } :55 \text{ Backstroke} \}$ {2 x 100 on 1:40 Backstroke 400 4 x 100 on 1:45 Free-Descend to Ludicrous 350 7×50 on 1:00 Stroke Drills 1 on 10:00 Ice 5:35 PM 5,300 Yards - Stress Value = 60

5.00 PM Start

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
•	4x{1 x 25 on :50 Sculling drills
200	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
2.400	1x{2 x 125 on 1:50 Fly 100 2-2, 25 whole stroke
2,100	{1 x 100 on 1:15 Freestyle
	{4 x 25 on :30 Fly 1up1down
	{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 1up2down
	$\{2 \times 125 \text{ on } 1:50 \text{ Fly } 100 2-4, 25 \text{ whole stroke} \}$
	{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
500	{4 x 25 on :30 Fly 1up4down
500	10 x 50 on 1:00 Stroke Drills
	7:30 PM 6,600 Yards - Stress Value = 112

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 \times 100 \text{ on } 2:05 \text{ Kick} \}
            \{1 \times 100 \text{ on } 2:00 \text{ Kick} \}
            {1 x 100 on 1:55 Kick
            {1 x 100 on 1:50 Kick
            \{1 \times 100 \text{ on } 1:45 \text{ Kick} \}
 1,450
             1 x 1450 on 20:00 Pulls
    200 4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}
            \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}
 2,200 \text{ 1x}\{2 \text{ x } 125 \text{ on } 2:05 \text{ Fly } 100 \text{ } 2-2, \text{ } 25 \text{ whole stroke} \}
            \{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}
            {4 x 25 on :30 Fly lup1down
            {2 x 125 on 2:05 Fly 100 2-3, 25 whole strok\epsilon
            \{2 \times 100 \text{ on } 1:25 \text{ Freestyle} \}
            \{4 \times 25 \text{ on } : 30 \text{ Fly } 1\text{up}2\text{down}
            \{2 \times 125 \text{ on } 2:05 \text{ Fly } 100 \text{ } 2-4, \text{ } 25 \text{ whole stroke} \}
            {3 \times 100 \text{ on } 1:25 \text{ 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

7:30 PM 6,000 Yards - Stress Value = 100
```

Workout #5839 - Wednesday, 29 October 2008 Group 3 - Silver

Yards =====	5:00 PM Start Set Description
	1 on 35:00 Stomach and Stretch/Tm Mtq.
350	
150	
	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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
1,900	$1x\{2 \text{ x } 125 \text{ on } 2:20 \text{ Fly } 100 2-2, 25 \text{ whole stroke}$
	$\{1 \times 100 \text{ on } 1:35 \text{ Freestyle}$
	{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 1up2down
	{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 1up3down
	{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 1up4down
500	10 x 50 on 1:00 Stroke Drills
500	7:29 PM 5,350 Yards - Stress Value = 88
	7.25 IF 3,550 Idius - Sciess value - 00

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. 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 2:20 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

{1 x 100 on 2:15 Kick

{1 x 100 on 2:20 Kick

{1 x 100 on 2:25 Kick

{3 x 25 on :40 Fly 1up1down {1 x 125 on 2:45 Fly 100 2-3, 25 whole stroke {2 x 100 on 1:45 Freestyle

 $\{3 \times 25 \text{ on } : 40 \text{ Fly lup2down} \}$ $\{1 \times 125 \text{ on } 2: 45 \text{ Fly } 100 \text{ } 2-4, \text{ } 25 \text{ whole stroke} \}$

 $\{3 \times 100 \text{ on } 1\text{:}45 \text{ Freestyle} \\ \{3 \times 25 \text{ on :}40 \text{ Fly } 1\text{up}3\text{down} \}$

{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 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

	3:00	PI	4 Start
Yards	Se	et	Description
	==		
	1	01	n 40:00 Weights and Stretch
400	1	Х	400 on 8:00 Free L.25 of each 100 non fr
150	10) :	x 15 on :45 Shooters
1,000	1x{1	Х	100 on 1:55 Kick
	{ 1	Х	100 on 2:00 Kick
	{ 1	Х	100 on 2:05 Kick
	{ 1	Х	100 on 2:10 Kick
	{ 1	Х	100 on 2:15 Kick
	{ 1	Х	100 on 2:10 Kick
	{ 1	Х	100 on 2:05 Kick
	{ 1	Х	100 on 2:00 Kick
	{ 1	Х	100 on 1:55 Kick
	{ 1	Х	100 on 1:50 Kick
1,000	1	Х	1000 on 16:00 Pulls
200	4x{1	Х	25 on :50 Sculling drills
	{ 1	Х	25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{2	Х	125 on 2:20 Fly 100 2-2, 25 whole strok€
	{ 1	Х	100 on 1:35 Freestyle
	{ 4	Х	25 on :35 Fly 1up1down
	{ 2	Х	125 on 2:20 Fly 100 2-3, 25 whole strok€
	{ 1	Х	100 on 1:35 Freestyle
	{ 4	Х	25 on :35 Fly 1up2down
	{ 2	Х	125 on 2:20 Fly 100 2-4, 25 whole strok€
	{ 1	Х	100 on 1:35 Freestyle
	{ 4	Х	25 on :35 Fly 1up3down
	{ 2	Х	125 on 2:20 Fly 100 2-5, 25 whole strok€
	{ 2	Х	100 on 1:35 Freestyle
	{ 4	Х	25 on :35 Fly 1up4down
250	1	Х	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 ${3 \times 50 \text{ on } 1:00 \text{ Kick}}$ {4 x 25 on :45 Kick no board L {4 x 50 on 1:00 Kick $\{4 \times 25 \text{ on } : 45 \text{ Kick no board} \}$ $\{5 \times 50 \text{ on } 1:00 \text{ Kick descend } 1-4 \# 5 \text{ same as } 4$ 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 $\{1 \times 150 \text{ on } 2:45 \text{ Breaststroke} \}$ {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 $400 \ 1x\{4 \ x \ 25 \ on : 30 \ Freestyle$ $\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ $\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ $\{4 \times 25 \text{ on :} 15 \text{ Freestyle} \}$

1 x 250 on 4:00 Stroke Drills 7:16 PM 4,700 Yards - Stress Value = 53

250

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
	$\{5 \times 50 \text{ on } 1:00 \text{ Kick descend } 1-4 \#5 \text{ same as } 4\}$
1,000	
,	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	$1x\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$
	{4 x 25 on :20 Freestyle
	$\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$
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

Yards	5:00 PM Start Set Description
	1 25 00 71 1 7 13 /21 1 1
	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	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board B}$
	{2 x 50 on 1:10 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board } S$
	{3 x 50 on 1:10 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board} \qquad \text{L}$
	{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
200	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
1 200	1x{1 x 150 on 3:15 Breaststroke
1,200	{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	Х	100	on	2:00	You	r Ch	noic	e-100%		
250	1	Х	250	on	5:00	Str	oke	Dri	lls		
	7:17	PN	14,0	050	Yards	s – S	Stre	ess	Value	=	54

Workout #5845 - Thursday, 30 October 2008 Group 3 - Bronze 1 minute rest between sets

Yards	5:00 PM Start Set Description
300	<pre>1 on 35:00 Physio Balls/Stretch 1 x 300 on 7:00 Underwater trn drill odd 100's free even 100's back</pre>
150	
	1x{4 x 25 on :45 Kick no board B
1,000	{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	$1x\{1 \times 150 \text{ on } 3:15 \text{ Breaststroke}$
	{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
100	{ When there is 2 repeats the second one is f
100	
250	
	7:17 PM 4,000 Yards - Stress Value = 54

Workout #5846 - Thursday, 30 October 2008 HS Girls - Breast 1 minute rest between sets

Yards	3:00 PM Start Set Description
400	1 on 30:00 Physio Balls/Stretch 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
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board } S$
	{3 x 50 on 1:05 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board} \qquad \text{L}$
	{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
200	Odds breathe 3-5-7-9 by the 25 evens breath
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } :40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$
1 200	1×150 on 3:00 Breaststroke
1,200	{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	$1x\{4 \times 25 \text{ on } : 35 \text{ Freestyle}$
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$
	{4 x 25 on :25 Freestyle
250	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \\ 1 \times 250 \text{ on } 5:00 \text{ Stroke Drills}$
230	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

** 1	5:30 AM Start	E GII		0.577
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 Valu	ıe =	30	

Workout #5849 - Monday, 03 November 2008 Group 3 - Distance

1 minute rest between sets

1,500	1x{1	Х	200	on	2:45 Pull no br L.12 yds
	{ 2	Х	175	on	2:25 Pull no br L.12 yds
	{ 3	Х	150	on	2:05 Pull no br L.12 yds
	{ 4	Х	125	on	1:45 Pull no br L.12 yds
200	4x{1	Х	25 0	on :	:50 Sculling drills
	{ 1	Х	25 0	on :	:40 12.5 ez 12.5 fast grt finishes
2,800	1x{1	Х	500	on	6:40 Freestyle Neg Split
	{ 5	Х	100	on	1:20 Free Hold Avg from 500
	{1	Х	400	on	5:20 Freestyle Neg Split
	{ 4	Х	100	on	1:20 Free Hold Avg from 400
	{ 1	Х	300	on	4:00 Freestyle Neg Split
	{ 3	Х	100	on	1:20 Free Hold Avg from 300
	{1	Х	200	on	2:40 Freestyle Neg split
	{ 2	Х	100	on	1:20 Free Hold Avg from 200
500	20) :	k 25	on	:30 IM order
200	1	Х	200	on	3:00 Stroke Drills
	7:30	Ρľ	4 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
	$\{2 \times 25 \text{ on } : 45 \text{ Kick no board BS}$
1.300	1x{1 x 200 on 3:10 Pull no br L.12 yds
1,000	{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
200	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
2 500	1x{1 x 500 on 7:30 Freestyle Neg Split
2,300	{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
F00	{1 x 100 on 1:30 Freestyle Neg split
	20 x 25 on :30 IM order
200	
	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	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{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
	$\{2 \times 175 \text{ on } 3:00 \text{ Pull no br L.}12 \text{ yds}$
	$\{3 \times 150 \text{ on } 2:35 \text{ Pull no br L.}12 \text{ yds}$
	$\{2 \times 100 \text{ on } 1:45 \text{ Pull no br L.}12 \text{ yds}$
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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
	$\{3 \times 100 \text{ on } 1:40 \text{ Free Hold Avg from } 300 \}$
	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
300		n 34:00 Physio Ball Abs/Stretch/Tm Mtg 300 on 7:00 Swim-kick-pull-swim
930	-	25 on :45 Kick no board BSLR
	•	150 on 3:45 Kick
	-	25 on :45 Kick no board BSLR
	-	100 on 2:30 Kick
	-	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
		300 on 5:30 Freestyle Neg Split
		100 on 1:50 Free Hold Avg from 300
	-	200 on 3:40 Freestyle Neg Split
		100 on 1:50 Free Hold Avg from 200
		150 on 2:45 Freestyle Neg Split
		50 on :55 Free Hold Avg from 150
500		x 25 on :30 IM order
200		200 on 3:00 Stroke Drills
200		
	/:30 PI	M 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
•		x 150 on 3:15 Kick
		x 25 on :45 Kick no board BSLR
		x 100 on 2:10 Kick
	{ 4	x 25 on :45 Kick no board BSLR
		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
		x 100 on 1:40 Free Hold Avg from 300
		x 200 on 3:20 Freestyle Neg Split
	-	x 100 on 1:40 Free Hold Avg from 200
350		x 50 on 1:00 Stroke Drills
		on 10:00 Ice
	5:35	PM 5,750 Yards - Stress Value = 79
		W

Workout #5848 - Monday, 03 November 2008 HS Girls - All 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 45:00 Weights and Stretch		Γ
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
1,350	$1x{3 x 50 on :50 Freestyle}$	EN1	٤
	{4 x 25 on :30 IM order	EN1	٤
	$\{4 \times 75 \text{ on } 1:15 \text{ Freestyle}$	EN1	٤
	{4 x 25 on :30 IM order	EN1	٤
	{5 x 100 on 1:40 Freestyle	EN1	٤
	{1 x 200 on 4:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		ľ
	7:05 AM 1,900 Yards - Stress Value = 18	3	

Workout #5854 - Tuesday, 04 November 2008 Group 3 - Back

1 minute rest between sets

	5:00	PM Start
Yards	Se	et Description
=====	==	
	1	on 33:00 Physio Balls/Stretch/Tm Mtg
400	1	x 400 on 7:00 Underwater trn drill
150	10	0 x 15 on :45 Shooters
1,350	-	x 125 on 2:00 Kick
		x 100 on 2:00 Kick
	,	x 125 on 1:55 Kick
	•	x 100 on 1:55 Kick
	•	x 125 on 1:50 Kick
		x 100 on 1:50 Kick
1,600		x 400 on 5:20 Pulls
		x 400 on 5:15 Pulls
		x 400 on 5:10 Pulls
	•	x 400 on 5:05 Pulls
200	-	x 25 on :50 Sculling drills
0 500		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	,	x 100 on 1:25 Backstroke
	•	x 50 on :55 Back odds drill evens descend
	,	x 150 on 2:05 Backstroke
	-	x 50 on :55 Back odds drill evens descend
	•	x 200 on 2:45 Backstroke
	,	x 50 on :55 Back-odds drill evens descend
	•	x 250 on 3:25 Backstroke x 50 on :55 Back odds drill evens descend
200	•	x 200 on 3:00 Stroke Drills
200		PM 6,600 Yards - Stress Value = 99
	7.30	rm 0,000 latus - Stless value - 99

Workout #5855 - Tuesday, 04 November 2008 Group 3 - Gold

1 minute rest between sets

Yards	5:00 PM Start 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	$4x{1 \times 25 \text{ on :50 Sculling drills}}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
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	1(0 x 15 on :45 Shooters
1.050	2x{1	x 125 on 2:40 Kick
-,	•	x 50 on 1:05 Kick
	•	
		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		x 100 on 1:45 Backstroke
	{6	x 50 on 1:05 Back odds drill evens descend
	{ 3	x 150 on 2:40 Backstroke
	•	x 50 on 1:05 Back odds drill evens descend
		x 200 on 3:30 Backstroke
	•	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

Yards		PM Start et Description
	1	on 33:00 Physio Balls/Stretch/Tm Mtg
300		x 300 on 7:00 Underwater trn drill
		x 15 on :45 Shooters
		x 125 on 2:50 Kick
1,000	-	x 50 on 1:10 Kick
		x 125 on 2:45 Kick
	•	
	•	x 50 on 1:10 Kick
	-	x 100 on 2:10 Kick
		x 50 on 1:10 Kick
1,150		x 400 on 7:10 Pulls
	-	x 400 on 7:05 Pulls
	-	x 350 on 6:00 Pulls
200	4x{1	x 25 on :50 Sculling drills
	{ 1	\times 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		x 200 on 3:00 Stroke Drills
		PM 5,000 Yards - Stress Value = 77

{5 x 50 on :50 Kick Workout #5858 - Tuesday, 04 November 2008 1,425 $3x{1}$ x 125 on 1:55 Lungbuster pulls **HS Girls - Back** {1 x 125 on 1:50 Lungbuster pulls 1 minute rest between sets {1 x 125 on 1:45 Lungbuster pulls {1 x 100 on 1:25 Lungbuster pulls 3:00 PM Start { Breathe 3-5-7-9 continuous Set Description Yards 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ _____ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 on 29:00 Physio Balls/Stretch/Tm Mtg 1,350 $3x{1}$ x 150 on 2:45 Breaststroke 1 x 400 on 8:00 Underwater trn drill 400 {1 x 100 on 1:40 25 Breast 75 free $\{1 \times 100 \text{ on } 1:40 \text{ 50 Breast 50 Free}$ $1,050 \ 2x\{1 \ x \ 125 \ on \ 2:40 \ Kick$ {1 x 100 on 1:40 75 Breast 25 Free {1 x 50 on 1:05 Kick 400 8 x 50 on 1:00 Stroke Drills {1 x 125 on 2:35 Kick 1 on 22:00 Water Polo {1 x 50 on 1:05 Kick 7:30 PM 4,825 Yards - Stress Value = 49 {1 x 125 on 2:30 Kick {1 x 50 on 1:05 Kick Workout #5862 - Wednesday, 05 November 2008 $1,200 \ 1x\{1 \ x \ 400 \ on \ 6:40 \ Pulls$ {1 x 400 on 6:35 Pulls Group 3 - Silver $\{1 \times 400 \text{ on } 6:30 \text{ Pulls}$ 1 minute rest between sets 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \text{ x } 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}$ 5:00 PM Start $2,150 1x{4 x 100 on 1:45 Backstroke}$ Yards Set Description ${3 \times 150 \text{ on } 2:40 \text{ Backstroke}}$ 1 on 30:00 Stomach and Stretch $\{6 \times 50 \text{ on } 1:05 \text{ Back-odds drill evens descenc} \}$ 850 $1\times\{4 \times 50 \text{ on } 1:10 \text{ Kick} \}$ 200 1 x 200 on 4:00 Stroke Drills {4 x 50 on 1:05 Kick 1 on 10:00 Ice {4 x 50 on 1:00 Kick 5:35 PM 5,350 Yards - Stress Value = 81 {5 x 50 on :55 Kick 1,275 $3x{1}$ x 125 on 2:05 Lungbuster pulls $\{1 \times 125 \text{ on } 2:00 \text{ Lungbuster pulls}$ Workout #5860 - Wednesday, 05 November 2008 {1 x 125 on 1:55 Lungbuster pulls Group 3 - Breast $\{1 \times 50 \text{ on } : 45 \text{ Lungbuster pulls}$ 1 minute rest between sets { Breathe 3-5-7-9 continuous 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ 5:00 PM Start $\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ Yards Set Description $1,350 3x{1 x 150 on 3:00 Breaststroke}$ ______ {1 x 100 on 1:50 25 Breast 75 free 1 on 30:00 Stomach and Stretch {1 x 100 on 1:50 50 Breast 50 Free 1 x 400 on 7:00 Free L.25 of each 100 non fr 400 {1 x 100 on 1:50 75 Breast 25 Free 150 10×15 on :45 Shooters 300 6 x 50 on 1:00 Stroke Drills $1,000 1x{5 x 50 on 1:00 Kick}$ 1 on 22:00 Water Polo $\{5 \times 50 \text{ on } :55 \text{ Kick} \}$ 7:30 PM 4,475 Yards - Stress Value = 47 {5 x 50 on :50 Kick {5 x 50 on :45 Kick Workout #5863 - Wednesday, 05 November 2008 1,500 $3x{1}$ x 125 on 1:50 Lungbuster pulls Group 3 - Bronze $\{1 \times 125 \text{ on } 1:45 \text{ Lungbuster pulls} \}$ $\{1 \times 125 \text{ on } 1:40 \text{ Lungbuster pulls} \}$ 1 minute rest between sets {1 x 125 on 1:35 Lungbuster pulls { Breathe 3-5-7-9 continuous 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ 5:00 PM Start $\{1 \times 25 \text{ on :} 50 \text{ Sculling drills} \}$ Yards Set Description $\{1 \times 25 \text{ on :} 40 \text{ 12.5 ez 12.5 fast grt finishes} \}$ ______ 1,500 $3x\{1 \times 200 \text{ on } 3:20 \text{ Breaststroke} \right)$ 1 on 30:00 Stomach and Stretch {1 x 100 on 1:30 25 Breast 75 free 300 1 x 300 on 7:00 Free L.2 {1 x 100 on 1:30 50 Breast 50 Free 150 10 x 15 on :45 Shooters {1 x 100 on 1:30 75 Breast 25 Free 800 1x {6 x 50 on 1:10 Kick 8 x 50 on 1:00 Stroke Drills 50.00 Stroke 10 S 300 1 x 300 on 7:00 Free L.25 of each 100 non fr 400 1 on 22:00 Water Polo {5 x 50 on 1:00 Kick {1 x 125 on 2:15 Lungbuster pulls Workout #5861 - Wednesday, 05 November 2008 $\{1 \times 125 \text{ on } 2:10 \text{ Lungbuster pulls}$ { Breathe 3-5-7-9 continuous Group 3 - Gold 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ 1 minute rest between sets {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,350 3x{1 x 150 on 3:00 Breaststroke}$ 5:00 PM Start {1 x 100 on 2:00 25 Breast 75 free Yards Set Description {1 x 100 on 2:00 50 Breast 50 Free ===== _____ {1 x 100 on 2:00 75 Breast 25 Free 1 on 30:00 Stomach and Stretch 250 5 x 50 on 1:00 Stroke Drills 1 on 22:00 Water Polo 1 x 400 on 7:00 Free L.25 of each 100 non fr -10 x 15 on :45 Shooters 7:30 PM 4,175 Yards - Stress Value = 46 $900 \ 1x\{4 \ x \ 50 \ on \ 1:05 \ Kick$ {4 x 50 on 1:00 Kick $\{5 \times 50 \text{ on :} 55 \text{ Kick}$

Workout #5859 - Wednesday, 05 November 2008 **HS Girls - Breast** 1 minute rest between sets

```
5:30 AM Start
       Set Description
Yards
          1 on 11:00 Stretching
  300 1 x 300 on 6:00 Choice
  1,000 2x\{1 \times 125 \text{ on } 2:15 \text{ 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 \times 25 \text{ on :} 50 \text{ Sculling drills}
         \{1 \times 25 \text{ on } : 50 \text{ Sculling drills} \} 400 1 x 400 on 7:00 Underway \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \} 10 x 15 on :45 Shooters
1,500 3x{1 x 200 on 4:15 Breaststroke 1,050 1x{1 x 100 on 2:05 Kick
         {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
       Set Description
Yards
          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 \times 75 \text{ on } 1:00 \text{ Pulls} \}
         {1 x 75 on :55 Pulls
         {1 x 75 on :50 Pulls
         {1 x 50 on :40 Pulls
         \{1 \times 50 \text{ on } : 35 \text{ Pulls}
         {1 x 50 on :30 Pulls
  200 4x\{1 \times 25 \text{ on } :50 \text{ 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 \times 25 \text{ on } : 30 \text{ Fly 1 up 2 down} \}
         \{4 \times 25 \text{ on :} 20 \text{ Freestyle}
         \{4 \times 100 \text{ on } 1:25 \text{ 3 Strokes Fly off walls}
         \{4 \times 25 \text{ on } : 30 \text{ Fly lup 2 down}
         \{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}
         {3 \times 100 \text{ on } 1:20 \text{ 3 Strokes Fly off walls}}
         {4 x 25 on :30 Fly lup 2 down
```

 $\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$

{4 x 25 on :30 Fly 1 up 2 down

{2 x 100 on 1:15 3 Strokes Fly off walls

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            \{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}
            {1 x 100 on 1:10 3 Strokes Fly off walls
            {4 x 25 on :30 Fly 1 up 2 down
           \{4 \times 25 \text{ on } : 20 \text{ 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
          1 x 400 on 7:00 Underwater trn drill
           {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 \times 25 \text{ on } :50 \text{ Sculling drills}
           {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
   {4 x 25 on :30 Fly 1 up 2 down
            \{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}
            {4 x 100 on 1:35 3 Strokes Fly off walls
            {4 x 25 on :30 Fly 1up 2 down
            \{4 \times 25 \text{ on :} 25 \text{ Freestyle} \}
            {3 \times 100 \text{ on } 1:30 \text{ 3 Strokes Fly off walls}}
            {4 x 25 on :30 Fly 1up 2 down
            \{4 \times 25 \text{ on :} 25 \text{ Freestyle}
            {2 x 100 on 1:25 3 Strokes Fly off walls
            {4 x 25 on :30 Fly 1 up 2 down
            \{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}
            \{1 \times 100 \text{ on } 1:20 \text{ 3 Strokes Fly off walls}
            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
  350 1 x 350 on 7:00 Underwater trn drill
 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 \times 25 \text{ on } : 30 \text{ Pulls}
  200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
{4 x 25 on :35 Fly 1 up 2 down
        \{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}
        \{4 \times 25 \text{ on } : 30 \text{ Freestyle} 
\{4 \times 100 \text{ on } 1: 45 \text{ 3 Strokes Fly off walls} 
        {4 x 25 on :35 Fly lup 2 down
        {4 x 25 on :30 Freestyle
        {4 x 25 on :30 Freeslyle
{3 x 100 on 1:40 3 Strokes Fly off walls
        (4 x 25 on :35 Fly lup 2 down
        \{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}
```

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
  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 \times 50 \text{ on } 1:00 \text{ 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 \times 125 \text{ on } 2:15 \text{ 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 \times 25 \text{ on } : 30 \text{ Pulls}
  200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
        {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900 1x{5 \times 100} on 2:00 3 Strokes Fly off walls
```

```
{4 x 25 on :35 Fly 1 up 2 down
                                                \{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}
                                                {4 x 100 on 1:55 3 Strokes Fly off walls
                                                {4 x 25 on :35 Fly 1up 2 down
                                                \{2 \times 25 \text{ on } : 30 \text{ Freestyle } \}
                                                {3 x 100 on 1:50 3 Strokes Fly off walls
{4 x 25 on :35 Fly 1up 2 down
                                             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
                                                 {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 25 on :40 12.5 ez 12.5 fast grt finishes
                                                        {4 x 25 on :35 Fly 1 up 2 down
                                                         \{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}
                                                        \{4 \times 100 \text{ on } 1:45 \text{ 3 Strokes Fly off walls}
                                                         {4 x 25 on :35 Fly 1up 2 down
                                                         \{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}
                                                         \{3 \times 100 \text{ on } 1:40 \text{ 3 Strokes Fly off walls}
                                                        {4 x 25 on :35 Fly 1up 2 down
                                                 {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
	$\{4 \times 50 \text{ on } : 45 \text{ Pulls}$
	{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	$4x{1 \times 25 \text{ on } :50 \text{ Sculling drills}}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
1,200	16 x 75 on 1:30 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:16 PM 5,050 Yards - Stress Value = 118

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 = 2	23	

Workout #5869 - Friday, 07 November 2008 HS Girls - IM'ers 1 minute rest between sets

5:30 AM Start EGY WORK S Yards Set Description ===== 1 on 40:00 Weights and Stretch 300 1 x 300 on 6:00 Choice REC D 150 10×15 on :45 Shooters SP3 S 1,400 7x{1 x 100 on 1:45 Individual Medley EN2 $\{1 \times 50 \text{ on } : 45 \text{ Freestyle } \}$ EN2 S $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ REC S 200 1 x 200 on 4:00 Stroke Drills REC D 1 on 9:00 Ice М

Workout #5871 - Friday, 07 November 2008 HS Girls - All

7:05 AM 2,050 Yards - Stress Value = 27

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	$1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds}$
	$\{4 \times 75 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$

	{ 3	X	100	on	1:50	Pul	ls-r	nbbf&	+ w	2	yds		
	{ 2	Х	125	on	2:15	Pul	ls-r	nbbf&	w +	2	yds		
	{ 1	Х	150	on	2:40	Pul	ls-r	nbbf&	+ w	2	yds		
200	4x{1	Х	25 c	n:	50 S	cull	ing	dril	ls				
	{ 1	Х	25 c	n:	40 1	2.5	ez 1	2.5	fast	: g	rt f	inis	shes
600	1	Х	600	on	12:0	0 Al	t 50) kic	k 50) d	lrill	50	swi
		IM	orde	er									
	1	01	n 10:	00	Ice								
	5:02	Pl	4 3,4	60	Yard	s -	Stre	ess V	alue	= =	: 38		

Workout #5872 - Saturday, 08 November 2008 HS Girls - Freestylers 1 minute rest between sets

7:00 AM Start

250

Yards	Set Description	on
=====		
	1 on 33:00 Med	d balls/ScooterBrds/ Stretch
400	1 x 400 on 8:0	
	10 x 15 on :45	
		:15 Challenge Kick Set with Fir
1,200	1x{1 x 250 on 4:1	
	{5 x 50 on :50	
	{1 x 200 on 3:2	20 Pulls
	{4 x 50 on :50	Pulls
	{1 x 150 on 2:3	30 Pulls
	{3 x 50 on :50	Pulls
150	3x{1 x 25 on :50	Sculling drills
		12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:3	-
,	{1 on 1:00 Rest	_
	{5 x 100 on 1:3	
	{1 on 1:00 Rest	-
	{4 x 100 on 1:3	-
	{1 on 1:00 Rest	
	{3 x 100 on 1:3	30 Freestyle
	{1 on 1:00 Rest	
	{2 x 100 on 1:3	30 Freestyle
	{1 on 1:00 Rest	
	{1 x 100 on 1:3	

Workout #5874 - Monday, 10 November 2008 HighSchl - Distance 1 minute rest between sets

9:35 AM 5,250 Yards - Stress Value = 82

1 x 250 on 5:00 Stroke Drills

1 on 10:00 Ice

<u>د</u> =		5:30							
Γ	Yards	Se	et	Des	crip	otion		EGY	WOF
L	=====	==	-=-					===	===
		1	or	1 40	:00	Weigh	nts and Stretch		
	400	1	Х	400	on	6:00	Swim-Kick-Drill-Swim	REC	
	150	10) >	15	on	:45 8	Shooters	SP3	
	2,000	1x{1	Х	250	on	3:15	Freestyle	EN2	
		{ 1	Х	250	on	3:20	Freestyle	EN2	
		{ 1	Х	250	on	3:10	Freestyle	EN2	
		{ 1	Х	250	on	3:05	Freestyle	EN2	
		{ 1	Х	200	on	2:35	Freestyle	EN2	
		{ 1	Х	200	on	2:30	Freestyle	EN2	
		{ 1	Х	200	on	2:25	Freestyle	EN2	
		{ 1	Х	150	on	1:50	Freestyle	EN2	
		{ 1	Х	150	on	1:45	Freestyle	EN2	
		{ 1	Х	100	on	1:10	Freestyle	EN2	
	200	1	Х	200	on	3:00	Stroke Drills	REC	
		1	or	n 9:0	00	[ce			
		7:05	ΑN	12,	750	Yards	s - Stress Value = 46		

Workout #5878 - Monday, 10 November 2008 HighSchl - Distance 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 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
	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
100	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
900	6 x 150 on 2:00 Free dscnd in 3's/& by sets
	<u>-</u>
1,230	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
100	{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
	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

	5:30							
Yards	Se	et	Desc	crip	otion		EGY	WOF
=====	==	-==	====	-===			===	===
	1	or	40:	:00	Weigh	nts and Stretch		
400	1	Х	400	on	6:00	Swim-Kick-Drill-Swim	REC	
150	10) x	: 15	on	:45 \$	Shooters	SP3	
1,800	1x{1	Х	250	on	3:45	Freestyle	EN2	
	{ 1	Х	250	on	3:40	Freestyle	EN2	
	{ 1	Х	250	on	3:35	Freestyle	EN2	
	{ 1	Х	200	on	2:55	Freestyle	EN2	
	{ 1	Х	200	on	2:50	Freestyle	EN2	
	{ 1	Х	200	on	2:45	Freestyle	EN2	
	{ 1	Х	150	on	2:10	Freestyle	EN2	
	{ 1	Х	150	on	2:05	Freestyle	EN2	
	{1	Х	150	on	2:00	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	1	or	9:0) O I	Ice			
	7:05	AM	1 2,5	550	Yards	s - Stress Value = 42		

Workout #5879 - Monday, 10 November 2008 HighSchl - Gold

1 minute rest between sets

Yards	3:00 PM Start Set Description
	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	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$

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	5:30				tion		EGY	WOF
	1	or	1 40:	:00	Weigh	nts and Stretch		
350	1	Х	350	on	6:00	Swim-Kick-Drill-Swim	REC	
150	10) >	15	on	:45 8	Shooters	SP3	
1,550	1x{1	Х	250	on	4:20	Freestyle	EN2	
	{ 1	Х	250	on	4:15	Freestyle	EN2	
	{ 1	Х	250	on	4:00	Freestyle	EN2	
	{ 1	Х	200	on	3:25	Freestyle	EN2	
	{ 1	Х	200	on	3:20	Freestyle	EN2	
	{ 1	Х	200	on	3:15	Freestyle	EN2	
	{ 1	Х	100	on	1:35	Freestyle	EN2	
	{ 1	Х	100	on	1:30	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	1	or	n 9:0	00]	[ce			
	7:05	ΑN	1 2,2	250	Yards	s - Stress Value = 37		

Workout #5880 - Monday, 10 November 2008 HighSchl - Silver 1 minute rest between sets

3:00 PM Start

Yards		et Description
		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	ΑN	1 St	cart				
Yards	Se	et	Desc	crip	otion		EGY	WOF
=====	==	===					===	===
	1	or	40:	:00	Weigh	nts and Stretch		
300	1	Х	300	on	6:00	Swim-Kick-Drill-Swim	REC	
150	10	0 >	15	on	:45 8	Shooters	SP3	
1,450	1x{1	Х	250	on	4:40	Freestyle	EN2	
	{ 1	Х	250	on	4:35	Freestyle	EN2	
	{ 1	Х	200	on	3:35	Freestyle	EN2	
	{ 1	Х	200	on	3:30	Freestyle	EN2	
	{ 1	Х	150	on	2:40	Freestyle	EN2	
	{ 1	Х	150	on	2:35	Freestyle	EN2	
	{ 1	Х	150	on	2:30	Freestyle	EN2	
	{ 1	Х	100	on	1:45	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	1	or	n 9:0	00	[ce			
	7:05	ΑN	12,1	100	Yards	s - Stress Value = 35		

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 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
   100 2x\{1 \times 25 \text{ on } :50 \text{ 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 \times 25 \text{ on } :50 \text{ Sculling drills}
         {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
          4 \times 150 \text{ on } 2:45 \text{ 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
          1 x 400 on 6:00 Underwater trn drill
   400
          10 x 15 on :45 Shooters
   150
 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 \times 100 \text{ on } 1:15 \text{ Kick} \}
          1 on 13:00 Techniques-TN Turn Drills
 1,350 \ 1x\{2 \ x \ 50 \ on \ :40 \ Pulls
          \{2 \times 75 \text{ on } 1:00 \text{ Pulls} \}
          {2 x 100 on 1:20 Pulls
          {2 x 125 on 1:40 Pulls
          \{2 \times 150 \text{ on } 2:00 \text{ Pulls}
```

```
{2 x 175 on 2:20 Pulls
  200 4x\{1 \times 25 \text{ on } :50 \text{ 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 \times 25 \text{ on } : 45 \text{ Odds } 15 \text{ fast kicks under-}
           { EZ rest of 25/Evens-sprint 5 KOW great brea
           \{4 \times 75 \text{ on } 1:05 \text{ Backstroke} \}
           \{4 \times 25 \text{ on } : 45 \text{ Same as above} \}
           {4 x 75 on 1:05 Backstroke
           \{4 \times 25 \text{ on } : 45 \text{ Same as above}
           \{4 \times 75 \text{ on } :55 \text{ Backstroke} \}
           \{4 \times 25 \text{ on } : 45 \text{ Same as above}
           \{4 \times 75 \text{ on } : 50 \text{ Backstroke} \}
           \{4 \times 25 \text{ on } : 45 \text{ 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
```

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
            10 x 15 on :45 Shooters
   150
   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 \times 75 \text{ on } 1:05 \text{ 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 \times 25 \text{ on } :50 \text{ 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 \times 25 \text{ on } : 45 \text{ Odds } 15 \text{ fast kicks under-}
           { EZ rest of 25/Evens-sprint 5 KOW great brea
           \{4 \times 75 \text{ on } 1:20 \text{ Backstroke} \}
           \{4 \times 25 \text{ on } : 45 \text{ Same as above } \}
           {4 x 75 on 1:15 Backstroke
           \{4 \times 25 \text{ on } : 45 \text{ Same as above } \}
           \{4 \times 75 \text{ on } 1:10 \text{ Backstroke} \}
           \{2 \times 25 \text{ on :} 45 \text{ Same as above}
           \{4 \times 75 \text{ on } 1:05 \text{ Backstroke} \}
   250
            1 x 250 on 4:00 Stroke Drills
            1 on 10:00 Ice
        5:35 PM 4,950 Yards - Stress Value = 68
```

1 on 10:00 Ice

5:35 PM 4,100 Yards - Stress Value = 57

Workout #5884 - Tuesday, 11 November 2008 HighSchl - Silver 1 minute rest between sets

Workout #5886 - Wednesday, 12 November 2008 HighSchl - IM'ers

1 minute rest between sets

3:00 PM Start	3:00 PM Start
Yards Set Description	Yards Set Description
1 on 30:00 Dryland and stretch	1 on 25:00 Physio Ball Abs/Stretch
350 1 x 350 on 6:00 Underwater trn drill	400 1 x 400 on 6:00 Free L.25 of each 100 non fr
150	150
800 1x{1 x 100 on 2:10 Kick	1,600 2x{1 x 100 on 1:25 Individual Medley
{1 x 100 on 2:15 Kick	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$
{1 x 100 on 2:05 Kick	{1 x 50 on :45 Freestyle
{2 x 100 on 2:15 Kick	{1 x 100 on 1:20 Individual Medley
{1 x 100 on 2:00 Kick	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$
{2 x 100 on 2:15 Kick	{1 x 50 on :45 Freestyle
1 on 13:00 Techniques-TN Turn Drills	{1 x 100 on 1:15 Individual Medley
1,050 1x{2 x 50 on :50 Pulls	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle}$
{2 x 75 on 1:15 Pulls	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
{2 x 100 on 1:40 Pulls	{1 x 100 on 1:10 Individual Medley
{2 x 125 on 2:05 Pulls	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$
{2 x 175 on 2:55 Pulls	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$	$1,200$ $3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$	{1 x 100 on 1:50 Kick
$1,600 \ 1x\{4 \ x \ 75 \ on \ 1:35 \ Backstroke$	{1 x 100 on 1:45 Kick
$\{4 \times 25 \text{ on } : 45 \text{ Odds } 15 \text{ fast kicks under-}$	{1 x 100 on 1:40 Kick
{ EZ rest of 25/Evens-sprint 5 KOW great brea	1 on 10:00 Techniques-TN turn drills
$\{4 \times 75 \text{ on } 1:30 \text{ Backstroke} \}$	1,350 1x{3 x 150 on 2:00 Lungbuster pulls
$\{4 \times 25 \text{ on } : 45 \text{ Same as above}$	{3 x 150 on 1:55 Lungbuster pulls
$\{4 \times 75 \text{ on } 1:25 \text{ Backstroke} \}$	{3 x 150 on 1:50 Lungbuster pulls
$\{4 \times 25 \text{ on } : 45 \text{ Same as above}$	{ Breathe 3-5-7 by the 50 wrap the breathing
{4 x 75 on 1:20 Backstroke	200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
$\{4 \times 25 \text{ on } : 45 \text{ Same as above}$	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
250 1 x 250 on 4:00 Stroke Drills	1,600 2x{1 x 100 on 1:15 Individual Medley
1 on 10:00 Ice	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
5:35 PM 4,400 Yards - Stress Value = 59	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
	{1 x 100 on 1:15 Individual Medley
Workout #5885 - Tuesday, 11 November 2008	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$
•	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
HighSchl - Bronze	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} $ $\{1 \times 100 \text{ on } 1:15 \text{ Individual Medley} \}$
•••	{1 \times 50 on :45 Freestyle {1 \times 100 on 1:15 Individual Medley {1 \times 50 on :35 Freestyle
HighSchl - Bronze 1 minute rest between sets	{1 \times 50 on :45 Freestyle {1 \times 100 on 1:15 Individual Medley {1 \times 50 on :35 Freestyle {1 \times 50 on :45 Freestyle
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Dryland and stretch 1 x 300 on 6:00 Underwater trn drill	{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
HighSchl-Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 30:00 Dryland and stretch 300 1 x 300 on 6:00 Underwater trn drill 150 10 x 15 on :45 Shooters	{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
### HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 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 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
### HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 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 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
### HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards	{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
### HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 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 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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 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 2:30 Kick {1 x 100 on 2:30 Kick {2 x 100 on 2:10 Kick	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 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 2:30 Kick {1 x 100 on 2:30 Kick {2 x 100 on 2:10 Kick {3 x 50 on 1:15 Kick	{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
### HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description	{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
HighSchl-Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 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 2:30 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	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 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 2:30 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	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description 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 2:30 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 {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 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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description	{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
HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards Set Description	{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
### HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards	{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
### HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards	{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
### HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards	{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
### HighSchl - Bronze 1 minute rest between sets 3:00 PM Start Yards	{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
### HighSchl - Bronze 1 minute rest between sets	{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
### HighSchl - Bronze 1 minute rest between sets	{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
### HighSchl - Bronze 1 minute rest between sets	{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

Workout #5887 - Wednesday, 12 November 2008 HighSchl - Gold

1 minute rest between sets

	3:00	PM Start	
Yards	Se	t Description	
	==		
	1	on 25:00 Physio Ball Abs/Stretch	
400	1	x 400 on 6:00 Free L.25 of each 100 r	on 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	
		x 50 on :55 Freestyle	
1,050		x 25 on :45 Kick no board BSLR	
		x 100 on 2:00 Kick	
		x 100 on 1:55 Kick	
		x 50 on :55 Kick	
		on 10:00 Techniques-TN turn drills	
1,050		x 150 on 2:15 Lungbuster pulls	
		x 150 on 2:10 Lungbuster pulls	
		x 150 on 2:05 Lungbuster pulls	
		reathe 3-5-7 by the 50 wrap the breat	hing
200		x 25 on :50 Sculling drills	
		x 25 on :40 12.5 ez 12.5 fast grt fir	ishes
1,300	-	x 100 on 1:30 Individual Medley	
		x 50 on :55 Freestyle	
		x 50 on :55 Freestyle	
		x 100 on 1:30 Individual Medley	
		x 50 on :50 Freestyle	
		x 50 on :55 Freestyle	
		x 100 on 1:30 Individual Medley	
		x 50 on :45 Freestyle	
		x 50 on :55 Freestyle 2nd set do 1 X	50
250	1	x 250 on 4:00 Stroke Drills	

Workout #5888 - Wednesday, 12 November 2008 HighSchl - Silver 1 minute rest between sets

5:35 PM 5,400 Yards - Stress Value = 69

1 on 10:00 Ice

3:00 PM Start Yards Set Description ===== _____ 1 on 25:00 Physio Ball Abs/Stretch 1 x 350 on 6:00 Free L.25 of each 100 non fr 350 150 10 x 15 on :45 Shooters 1,100 $2x\{1 \times 100 \text{ on } 2:00 \text{ Individual Medley}$ $\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ {1 x 100 on 1:55 Individual Medley $\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ {1 x 100 on 1:50 Individual Medley $\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ 1,050 $3x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick $\{1 \times 50 \text{ on } 1:00 \text{ Kick} \}$ 1 on 10:00 Techniques-TN turn drills 700 $1x\{2 \times 150 \text{ on } 2:35 \text{ Lungbuster pulls}$ {2 x 150 on 2:30 Lungbuster pulls $\{1 \times 100 \text{ on } 1:40 \text{ Lungbuster pulls br } 5/7$ { Breathe 3-5-7 by the 50 wrap the breathing 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,200 $2x\{1 \times 100 \text{ on } 1:50 \text{ Individual Medley}$

```
{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 :45 Freestyle
{1 x 50 on 1:00 Do not do this 50 in 2nd set
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
	Set Description
	1 on 25:00 Physio Ball Abs/Stretch
	1 x 350 on 6:00 Free L.25 of each 100 non fr
150	
1,000	2x{1 x 100 on 2:15 Individual Medley
	$\{2 \times 50 \text{ on } :55 \text{ Freestyle} \}$
	{1 x 50 on 1:10 Freestyle
	{1 x 100 on 2:10 Individual Medley
	$\{2 \times 50 \text{ on } :55 \text{ Freestyle} \}$
	{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
600	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
200	{ Breathe 3-5-7 by the 50 wrap the breathing
200	$4x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$
1 000	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes } 2\times\{1 \times 100 \text{ on } 2:05 \text{ Individual Medley} \}$
1,000	{1 x 50 on 1:00 Freestyle
	{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	· · · · · · · · · · · · · · · · · · ·
_00	1 on 10:00 Ice
	5:34 PM 4,450 Yards - Stress Value = 61

3.00 PM Start

Workout #5890 - Thursday, 13 November 2008 HighSchl - Breast 1 minute rest between sets

	3:00 PM Start
Yards	Set Description
=====	1 20.00 05
400	1 on 28:00 Stomach and Stretch
400	
1 5 0	Odd 100's free even 100's backstroke
150	
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
1 000	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
0.00	{4 x 50 on 1:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
1 700	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,/00	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
200	1 x 200 on 5:00 Stroke Drills 1 on 10:00 Ice
	5:35 PM 5,150 Yards - Stress Value = 85
	J. JJ IN J, IJU IdIUS - BCIESS VALUE - 0J

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
            1 x 400 on 6:00 Underwater trn drill
   400
             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 \times 25 \text{ on :} 45 \text{ Sprint kick}
           {2 x 100 on 2:00 Kick
           \{4 \times 25 \text{ on :} 45 \text{ Sprint kick}
           {3 x 100 on 1:55 Kick
           \{6 \times 25 \text{ on } : 45 \text{ Sprint kick} \}
           {3 \times 100 \text{ on } 1:50 \text{ 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 \times 50 \text{ on } 1:05 \text{ Pulls}
   200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
           {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 \text{ } 1x\{1 \text{ } x \text{ } 125 \text{ } \text{on } 2:25 \text{ } \text{Breaststroke}
           { double pull outs off the bulkhead wall
           \{3 \times 50 \text{ on } 1:00 \text{ Breaststroke-descend} \}
           { #1 free kick, #2 fly kick, #3 regular
           \{2 \times 125 \text{ on } 2:20 \text{ Breaststroke} \}
           \{3 \times 50 \text{ on } 1:00 \text{ 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 infinite Test between sets
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 {3 x 50 on 1:10 Pulls {1 x 200 on 3:05 Pulls {3 x 50 on 1:10 Pulls {3 x 50 on 1:10 Pulls {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 125 on 2:20 Breaststroke }		3:00 PM Start
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 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 {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 125 on 2:20 Breaststroke {3 x 50 on 1:10 Breaststroke-descend {3 x 100 on 1:50 Breaststroke-descend {3 x 100 on 1:50 Breaststroke-descend {3 x 100 on 1:50 Breaststroke } 1 x 200 on 3:00 Stroke Drills	Yards	Set Description
350	=====	=======================================
Odd 100's free even 100's backstroke 150		1 on 28:00 Stomach and Stretch
150 10 x 15 on :45 Shooters 1,200 1x{1 x 100 on 2:10 Kick	350	
1,200 1x{1 x 100 on 2:10 Kick		Odd 100's free even 100's backstroke
{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 4 x 200 on 3:10 Pulls 4 x 200 on 3:10 Pulls 4 x 200 on 3:05 Pulls 5 x 50 on 1:10 Pulls 4 x 25 on :50 Sculling drills 4 x 25 on :40 12.5 ez 12.5 fast grt finishes 1,500 1x{1 x 125 on 2:30 Breaststroke 4 double pull outs off the bulkhead wall 4 x 25 on 2:25 Breaststroke 4 x 125 on 2:25 Breaststroke 4 x 125 on 2:20 Breaststroke 4 x 125 on 2:20 Breaststroke 4 x 50 on 1:10 Breaststroke-descend 5 x 50 on 1:10 Breaststroke-descend 6 x 100 on 1:50 Breaststroke		
{2 x 100 on 2:05 Kick	1,200	
{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 {3 x 50 on 1:10 Pulls {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		
{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 {1 x 200 on 3:05 Pulls {3 x 50 on 1:10 Pulls {1 x 25 on 1:10 Pulls {1 x 25 on 2:30 Breaststroke {0 double pull outs off the bulkhead wall {3 x 50 on 1:10 Breaststroke {1 x 25 on 2:25 Breaststroke {3 x 50 on 1:10 Breaststroke {3 x 50 on 1:10 Breaststroke-descend {1 x 25 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 {3 x 100 on 1:50 Breaststroke {3 x 200 on 3:00 Stroke Drills		
<pre>1 on 10:00 Techniques-TN turn drills 1,050 1x{1 x 200 on 3:15 Pulls</pre>		•
<pre>1,050 1x{1 x 200 on 3:15 Pulls</pre>		
{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 {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 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 {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 {3 x 200 on 3:00 Stroke Drills	1,050	
{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 {3 x 200 on 3:00 Stroke Drills		
{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		
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	0.00	
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	200	
{ 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	1 500	
{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	1,500	
<pre>{ #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</pre>		•
{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		
{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		
{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		
$\{3 \times 50 \text{ on } 1:10 \text{ Breaststroke-descend} $ $\{3 \times 100 \text{ on } 1:50 \text{ Breaststroke} $ $200 1 \times 200 \text{ on } 3:00 \text{ Stroke Drills} $		•
{3 x 100 on 1:50 Breaststroke 200 1 x 200 on 3:00 Stroke Drills		•
200 1 x 200 on 3:00 Stroke Drills		
	200	·
	_ 5 0	

5:36 PM 4,650 Yards - Stress Value = 76

Workout #5893 - Thursday, 13 November 2008 HighSchl - Bronze 1 minute rest between sets

Yards	3:00 PM Start Set Description
300	1 on 28:00 Stomach and Stretch
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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,300	$1x\{1 \times 125 \text{ on } 2:45 \text{ Breaststroke}$
	{ 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	·
200	1 on 10:00 Ice
	1 011 10.00 100

Workout #5894 - Friday, 14 November 2008 HighSchl - Freestylers

5:35 PM 4,250 Yards - Stress Value = 69

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 38:00 Weights and Stretch		L	WП
400	1 x 400 on 6:00 Reverse IM drill	REC	D	1
150	10 x 15 on :45 Shooters	SP3	S	1
1,800	1x{3 x 100 on 1:12 Freestyle	EN2	S	E
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN3	S	E
	{3 x 100 on 1:11 Freestyle	EN2	S	E
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN2	S	E
	{3 x 100 on 1:10 Freestyle	EN2	S	E
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN3	S	E
	${3 \times 100 \text{ on } 1:09 \text{ Freestyle}}$	EN2	S	E
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN2	S	E
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:05 AM 2,550 Yards - Stress Value =	= 54		

Workout #5895 - Friday, 14 November 2008 HighSchl - Gold

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	SI
	=======================================	===	====	==
	1 on 38:00 Weights and Stretch		L	WП
400	1 x 400 on 6:00 Reverse IM drill	REC	D	1
150	10 x 15 on :45 Shooters	SP3	S	1
1,700	$1x{3 x 100 on 1:23 Freestyle}$	EN2	S	F

{ 3	x 50 on 1:00 Freestyle	EN3	S	Ι
{ 3	x 100 on 1:22 Freestyle	EN2	S	Ε
{ 3	x 50 on 1:00 Freestyle	EN2	S	Ε
{ 3	x 100 on 1:21 Freestyle	EN2	S	Ε
{ 3	x 50 on 1:00 Freestyle	EN3	S	Ε
{ 3	x 100 on 1:20 Freestyle	EN2	S	Ε
{ 1	x 50 on 1:00 Freestyle	EN2	S	Ε
200 1	x 200 on 3:00 Stroke Drills	REC	D	(
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

	3:00	PM Start
Yards	Se	et Description
	==	
	1	on 35:00 Physio Balls with abs/Stretch
750	1	x 750 on 12:00 Alt 100 RevIM dril/100 Fr Γ
	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	\times 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

5:30 AM Start			
Yards Set Description	EGY	WORK	Sī
=======================================	===	====	==
1 on 38:00 Weights and Stretch		L	WΊ
350 1 x 350 on 6:00 Reverse IM drill	REC	D	I
150	SP3	S	I
$1,500 1x{3 x 100 on 1:39 Freestyle}$	EN2	S	F
${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN3	S	F
{3 x 100 on 1:38 Freestyle	EN2	S	F
${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN2	S	F
${3 \times 100 \text{ on } 1:37 \text{ Freestyle}}$	EN2	S	F
${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN3	S	F
{1 x 100 on 1:36 Freestyle	EN2	S	F
$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN2	S	F
200 1 x 200 on 3:00 Stroke Drills	REC	D	C
1 on 10:00 Ice		M	
7:05 AM 2,200 Yards - Stress Value =	= 48		

Workout #5900 - Friday, 14 November 2008 HighSchl - Silver 1 minute rest between sets

Yards		PM Start et Description
Talus		et Description
		on 35:00 Physio Balls with abs/Stretch
700	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

Workout #5897 - Friday, 14 November 2008 HighSchl - Bronze

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 38:00 Weights and Stretch		L	ΓW
300	1 x 300 on 6:00 Reverse IM drill	REC	D	1
150	10 x 15 on :45 Shooters	SP3	S	1
1,400	$1x{3 x 100 on 1:50 Freestyle}$	EN2	S	E
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN3	S	E
	{3 x 100 on 1:49 Freestyle	EN2	S	E
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN2	S	E
	{3 x 100 on 1:48 Freestyle	EN2	S	E
	$\{2 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN3	S	E
	{1 x 100 on 1:47 Freestyle	EN2	S	E
200	1 x 200 on 3:00 Stroke Drills	REC	D	(
	1 on 10:00 Ice		M	
	7:05 AM 2,050 Yards - Stress Value =	= 44		

Workout #5901 - Friday, 14 November 2008 HighSchl - Bronze

1 minute rest between sets

Yards		PM Start et Description
	1	on 35:00 Physio Balls with abs/Stretch
600	1	x 600 on 12:00 Alt 100 RevIM dril/100 Fr I
F 0 0		on 10:00 Techniques-Relay Starts
500	•	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/Techninque Day 1 minute rest between sets

Yards	Se	et Description
=====	==	25 00 51 1 5 11 1 1 (2)
		on 35:00 Physio Balls with abs/Stretch
800	1	x 800 on 12:00 Alt 100 RevIM dril/100 Fr [
	1	on 10:00 Techniques-Relay Starts
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
		x 25 on :40 12.5 ez 12.5 fast grt finishes
250	-	x 250 on 4:00 Stroke Drills
		on 10:00 Ice
	_	PM 2,550 Yards - Stress Value = 16
	3.03	IM 2,330 Talus Scless value - 10

Workout #5902 - Saturday, 15 November 2008 HighSchl - Freestylers 1 minute rest between sets

Yards	7:00 AM Start Set Description
400 150	
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
1,400	1 on 10:00 Techniques-TN Turn Drills 1x{1 x 125 on 1:50 Pulls
ŕ	{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 1:35 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 #5903 - Saturday, 15 November 2008 HighSchl - Gold

1 minute rest between sets

Workout #5905 - Saturday, 15 November 2008 HighSchl - Bronze 1 minute rest between sets

Workout #5904 - Saturday, 15 November 2008 HighSchl - Silver 1 minute rest between sets

Yards	7:00 AM Start Set Description
350	1 on 29:00 Plyometrics/stretch
150	
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
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$
	{1 x 50 on 1:10 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	{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

Yards	3:00 PM Start Set Description
400	±
150	
900	2x{8 x 25 on 1:00 Kick w/shoes
100	$\{1 \times 250 \text{ on } 5:00 \text{ Kick} \\ 1 \times 100 \text{ on } 2:00 \text{ Kick for time} \}$
	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
	$\{4 \times 100 \text{ on } 1:10 \text{ Pull no br L.} 14 \text{ yds}$
0.00	1 on 9:00 Techniques-underwaters
200	4x{1 x 25 on :50 Sculling drills
2 100	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \\ 1\times\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$
2,100	{1 x 50 on 1:00 Stroke
	$\{1 \times 225 \text{ on } 2:50 \text{ Freestyle} \}$
	{1 x 75 on 1:05 Freestyle
	{1 x 50 on 1:00 Stroke
	{1 x 225 on 2:45 Freestyle
	$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$
	{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
	$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle}$
	{1 x 50 on 1:00 Stroke
0.5.0	{1 x 225 on 2:25 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
	1 011 10:00 ICe

Workout #5914 - Monday, 17 November 2008 HighSchl - Distance 1 minute rest between sets

3:00 PM Start

5:35 PM 5,100 Yards - Stress Value = 97

EGY WORK STK Yards Set Description 2,100 1x{1 x 75 on 1:05 Freestyle EN1 S STK {1 x 50 on 1:00 Stroke EN3 $\{1 \times 225 \text{ on } 2:50 \text{ Freestyle} \}$ EN2 $\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ EN1 S FR {1 x 50 on 1:00 Stroke EN3 S STK $\{1 \times 225 \text{ on } 2:45 \text{ Freestyle} \}$ EN2 $\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ EN1 S FR {1 x 50 on 1:00 Stroke EN3 S STK $\{1 \times 225 \text{ on } 2:40 \text{ Freestyle} \}$ EN2 $\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ EN1 S FR {1 x 50 on 1:00 Stroke EN3 S STK $\{1 \times 225 \text{ on } 2:35 \text{ Freestyle} \}$ EN2 S FR $\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ EN1 S FR {1 x 50 on 1:00 Stroke EN3 S STK $\{1 \times 225 \text{ on } 2:30 \text{ Freestyle} \}$ EN2 S FR $\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ 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 CD D 1 on 10:00 Ice

Workout #5906 - Monday, 17 November 2008 HighSchl - Freestylers

3:44 PM 2,350 Yards - Stress Value = 48

1 minute rest between sets

	5:30	AM	I St	cart	5				
Yards	Se	et	Des	crip	otion				
=====	==	-==							-===
	1	on	40	:00	Weigh	nts and Str	retch		
400	1	Х	400	on	6:00	Swim-kick-	-drill-swi	Ĺm	
150	1() x	: 15	on	:45	Shooters			
1,800	1x{1	Х	300	on	4:00	Freestyle			
	{ 3	Х	100	on	1:30	Free-hold	avg from	300	
	{1	Х	300	on	3:45	Freestyle			
	{ 3	Х	100	on	1:30	Free-hold	avg from	300	
	{1	Х	300	on	3:30	Freestyle			
	{ 3	Х	100	on	1:30	Freestyle-	-hold avg	from	300
250	1	Х	250	on	4:00	Stroke Dri	lls		
	1	on	10:	:00	Ice				
	7:06	ΑM	12,6	600	Yards	s - Stress	Value = 4	12	
			•						

Workout #5907 - Monday, 17 November 2008 HighSchl - Gold 1 minute rest between sets

Yards	5:30 Se				t otion	
	1				Te7 o i oul	ata and Ctuatab
						nts and Stretch
400	1	X	400	on	6:00	Swim-kick-drill-swim
150	10	χC	15	on	:45 \$	Shooters
1,600	1x{1	X	300	on	4:30	Freestyle
	{ 3	Х	100	on	1:35	Free-hold avg from 300
	{ 1	Х	300	on	4:20	Freestyle
	{ 3	Х	100	on	1:35	Free-hold avg from 300
	{ 1	Х	300	on	4:10	Freestyle
	{ 1	X	100	on	1:30	Freestyle-hold avg from 300
250	1	Х	250	on	4:00	Stroke Drills
	1	on	10	:00	Ice	
	7:05	AM	2,	400	Yards	s - Stress Value = 38

1 minute rest between sets

Workout #5911 - Monday, 17 November 2008

1 minute rest between sets

HighSchl - Gold

	HighSchl - Gold				
	1 minute rest between sets			5:30 AM Start	
			Yards	1 1 1	EGY V
Yards	±		350	1 on 40:00 Weights and Stretch	=== = REC
=====			=== 150		SP3
400	1 on 35:00 Physio Balls/Streto				EN2
400	-	L-swim	_,,	$\{3 \times 100 \text{ on } 1:40 \text{ Free-hold avg from } 300 \}$	
150				-	EN2
900	2x{8 x 25 on 1:00 Kick w/shoes			{3 x 100 on 1:40 Free-hold avg from 300 }	
1.00	{1 x 250 on 5:00 Kick				EN2
100			250		REC
900	1x{1 x 100 on 1:35 Pull no br L.8 {2 x 100 on 1:30 Pull no br L.1			1 on 10:00 Ice	
	{3 x 100 on 1:25 Pull no br L.1	-		7:05 AM 2,200 Yards - Stress Value = 35	
	{3 x 100 on 1:20 Pull no br L.1				
	1 on 9:00 Techniques-underwate	-		Workout #5912 - Monday, 17 November 2008	
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$	210		HighSchl - Silver	
	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fas} \}$	st art finis	nes		
1,975	$1x\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} $			1 minute rest between sets	
,	{1 x 50 on 1:00 Stroke			3.00 PM Ctont	
	$\{1 \times 225 \text{ on } 3:10 \text{ Freestyle} \}$		Varda	3:00 PM Start	
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$		Yards =====	1	
	{1 x 50 on 1:00 Stroke			1 on 35:00 Physio Balls/Stretch	
	$\{1 \times 225 \text{ on } 3:05 \text{ Freestyle} \}$		350		
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$		150	-	
	{1 x 50 on 1:00 Stroke			$2x\{8 \times 25 \text{ on } 1:00 \text{ Kick w/shoes}$	
	$\{1 \times 225 \text{ on } 3:05 \text{ Freestyle} \}$			{1 x 200 on 5:00 Kick	
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$		100	1 x 100 on 2:00 Kick for time	
	{1 x 50 on 1:00 Stroke		800	1x{1 x 100 on 1:45 Pull no br L.8 yds	
	{1 x 225 on 3:00 Freestyle			$\{2 \times 100 \text{ on } 1:40 \text{ Pull no br L.} 10 \text{ yds}$	
	{1 x 75 on 1:10 Freestyle {1 x 50 on 1:00 Stroke			${3 \times 100 \text{ on } 1:35 \text{ Pull no br L.12 yds}}$	
	{1 x 200 on 2:35 Freestyle			$\{2 \times 100 \text{ on } 1:30 \text{ Pull no br L.} 14 \text{ yds}$	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle} \}$			1 on 9:00 Techniques-underwaters	
	{1 x 25 on :30 Treestyle {1 x 25 on :30 Stroke		200	$4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$	
	{1 x 200 on 2:30 Freestyle			{1 x 25 on :40 12.5 ez 12.5 fast grt fin	ishes
250	· · ·		1,750	1x{1 x 75 on 1:20 Freestyle	
	1 on 10:00 Ice			{1 x 50 on 1:00 Stroke	
	5:36 PM 4,875 Yards - Stress Valu	ie = 93		$\{1 \times 225 \text{ on } 3:45 \text{ Freestyle} $ $\{1 \times 75 \text{ on } 1:20 \text{ Freestyle} \}$	
				{1 x 50 on 1:00 Stroke	
	Workout #5915 - Monday, 17 November 2	2008		{1 x 225 on 3:40 Freestyle	
	HighSchl - Gold			{1 x 75 on 1:20 Freestyle	
	1 minute rest between sets			{1 x 50 on 1:00 Stroke	
	1 mmute 1 est settiet 1 sets			{1 x 225 on 3:35 Freestyle	
	3:00 PM Start			$\{1 \times 75 \text{ on } 1:20 \text{ Freestyle} \}$	
Yards	Set Description	EGY WORK ST	K	{1 x 50 on 1:00 Stroke	
=====	=======================================	=== ====	= =	{1 x 225 on 3:30 Freestyle	
1,975	$1x{1 \times 75 \text{ on } 1:10 \text{ Freestyle}}$	EN1 S F	3	{1 x 75 on 1:20 Freestyle {1 x 50 on 1:00 Stroke	
	{1 x 50 on 1:00 Stroke	EN3 S ST		{1 x 225 on 3:25 Freestyle	
	$\{1 \times 225 \text{ on } 3:10 \text{ Freestyle} \}$	EN2 S F	250	-	
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1 S F	Χ.	1 on 10:00 Ice	
	{1 x 50 on 1:00 Stroke	EN3 S ST		5:36 PM 4,400 Yards - Stress Value = 83	
	$\{1 \times 225 \text{ on } 3:05 \text{ Freestyle} $ $\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN2 S F			
	{1 x 50 on 1:00 Stroke	EN1 S FI			
	{1 x 225 on 3:05 Freestyle	EN2 S F			
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle}\}$	EN1 S F			
	{1 x 50 on 1:00 Stroke	EN3 S ST			
	{1 x 225 on 3:00 Freestyle	EN2 S F			
	{1 x 75 on 1:10 Freestyle	EN1 S F			
	{1 x 50 on 1:00 Stroke	EN3 S ST			
	{1 x 200 on 2:35 Freestyle	EN2 S F			
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1 S F			
	{1 x 25 on :30 Stroke	EN3 S ST	K		
	$\{1 \times 200 \text{ on } 2:30 \text{ Freestyle} \}$	EN2 S F			
250	1 ** 250 on 4.00 Ctroke Drille	DEC D C	_		

D CD

Workout #5908 - Monday, 17 November 2008 HighSchl - Silver

3:45 PM 2,225 Yards - Stress Value = 46

1 x 250 on 4:00 Stroke Drills REC

1 on 10:00 Ice

250

Workout #5916 - Monday, 17 November 2008 HighSchl - Silver 1 minute rest between sets

	3:00	PM Start				
Yards	Se	et 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	
	{ 1	x 225 on 3:30 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 3:25 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 2,000 Yards - Stress Value	ie =	40		

Workout #5909 - Monday, 17 November 2008 HighSchl - Bronze 1 minute rest between sets

Yards	5:30 S∈				t otion					EGY	₽
=====	==	-==	====	-==					-===	===	=
	1	on	40:	:00	Weigh	nts and St	retch	l			
350	1	x :	350	on	6:00	Swim-kick-	-dril	ll-swi	Ĺm	REC	
150	10) x	15	on	:45 8	Shooters				SP3	
1,300	1x{1	х .	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	х .	300	on	5:00	Freestyle				EN2	
250	1	x 2	250	on	4:00	Stroke Dr	ills			REC	
	1	on	10:	:00	Ice						
	7:05	AM	2,0	050	Yards	s - Stress	Valu	ie = 3	32		

Workout #5913 - Monday, 17 November 2008 HighSchl - Bronze 1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 35:00 Physio Balls/Stretch
300	1 x 300 on 6:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	2x{8 x 25 on 1:00 Kick w/shoes
000	{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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
1,575	1x{1 x 75 on 1:25 Freestyle
	{1 x 50 on 1:05 Stroke
	$\{1 \times 200 \text{ on } 3:45 \text{ Freestyle}$
	$\{1 \times 75 \text{ on } 1:25 \text{ Freestyle} \}$
	{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

	{1	<pre>x 200 on 3:35 Freestyle x 75 on 1:25 Freestyle x 50 on 1:05 Stroke</pre>
	•	
	{ 1	x 200 on 3:30 Freestyle
	{ 1	x 75 on 1:25 Freestyle
	{ 1	x 50 on 1:05 Stroke
	{ 1	x 150 on 2:30 Freestyle
250	1	x 250 on 4:00 Stroke Drills
	1	on 10:00 Ice
	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	Se	et	Des	cri	ption	n			EGY	WOR	kΚ	STK	
=====	==	===		===	====				===	===	=	===	=
1,575	1x{1	Х	75	on	1:25	Fre	eesty.	le	EN1		S	FR	
	{ 1	Х	50	on	1:05	St	roke		EN3		S	STK	
	{ 1	Х	200	on	3:4	5 F:	reest	yle	EN2		S	FR	
	{ 1	Х	75	on	1:25	Fre	eesty.	le	EN1		S	FR	
	{ 1	Х	50	on	1:05	St	roke		EN3		S	STK	
	{ 1	Х	200	on	3:4	0 F:	reest	yle	EN2		S	FR	
	{ 1	Х	75	on	1:25	Fre	eesty.	le	EN1		S	FR	
	{ 1	Х	50	on	1:05	St	roke		EN3		S	STK	
	{ 1	Х	200	on	3:3	5 F:	reest	yle	EN2		S	FR	
	{ 1	Х	75	on	1:25	Fre	eesty.	le	EN1		S	FR	
	{ 1	Х	50	on	1:05	St	roke		EN3		S	STK	
	{ 1	Х	200	on	3:3	0 F:	reest	yle	EN2		S	FR	
	{ 1	Х	75	on	1:25	Fre	eesty.	le	EN1		S	FR	
	{ 1	Х	50	on	1:05	St	roke		EN3		S	STK	
	{ 1	Х	150	on	2:3	0 F:	reest	yle	EN2		S	FR	
250	1	Х	250	on	4:0	0 S1	troke	Drills	REC		D	CD	
	1	01	n 10	:00	Ice						Μ		
	3:45	Pl	11 ,	825	Yar	ds -	- Str	ess Val	ue =	39			

Workout #5923 - Tuesday, 18 November 2008 Group 3 - All

1 minute rest between sets

	7:30 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 14:00 Choice	REC	S
1,200	$4x\{4 \times 75 \text{ on } 1:15 \text{ Kick-very very fast}$	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	$1x\{6 \times 75 \text{ on } 1:10 \text{ Backstroke}$	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	20×25 on :40 IM order drill	REC	D
	9:43 PM 5,900 Yards - Stress Value = 7	76	

$\{1 \times 25 \text{ on } : 01 \text{ Pulls-EZ}$ Workout #5922 - Tuesday, 18 November 2008 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ Group 2 - All {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1 minute rest between sets $2,000 \ 2x\{8 \ x \ 25 \ on : 30 \ Butterfly$ {1 on 1:00 Rest 7:30 PM Start {8 x 25 on :25 Butterfly w/zoomers EGY WORK Yards Set Description {1 on 1:00 Rest {8 x 25 on :20 Butterfly w/fins ___________________________________ 16 x 100 on 1:30 Lungbuster pulls EN1 P 1,600 Workout #5920 - Tuesday, 18 November 2008 odds br. 3-5-7-9 evens br.2-4-6-8 **HS Boys - Silver** 1 minute rest between sets 1 on 15:00 Stretch and Team Mtg Workout #5918 - Tuesday, 18 November 2008 350 1 x 350 on 6:00 Underwater trn drill 150 10 x 15 on :45 Shooters HS Boys - Fly 400 1x{1 x 100 on 2:10 Kick 1 minute rest between sets {2 x 75 on 1:35 Kick {3 x 50 on 1:05 Kick 3:00 PM Start $1,200 1 \times \{1 \times 100 \text{ on } 1:50 \text{ Pulls-Count your strokes}\}$ Yards Set Description {2 x 125 on 2:05 Pulls +11 strokes ------===== 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 {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 10 500 1x{1 x 100 on 1:50 Kick 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {2 x 75 on 1:20 Kick {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {3 x 50 on :50 Kick 2,000 2x{8 x 25 on :30 #1-3 fly 4,5 free, 6-8 fly {4 x 25 on :30 Sprint kick {1 on 1:00 Rest 1,450 $1x\{1 \times 100 \text{ on } 1:30 \text{ Pulls-Count your strokes}$ $\{8 \times 25 \text{ on } : 25 \#1-3fly, 4,5fr, 6-8fly w/zmrs\}$ {2 x 125 on 1:55 Pulls +11 strokes {2 x 125 on 1:55 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 on 1:00 Rest $\{8 \times 25 \text{ on } : 20 \text{ 1-3fly, 4, 5fr, 6-8fly w/fins}\}$ {1 x 400 on 8:00 Stroke Drills 1 on 10:00 Ice 4:59 PM 4,300 Yards - Stress Value = 50 $\{1 \times 100 \text{ on } 1:30 \text{ Pulls } -5 \text{ strokes from 1st 10}$ 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ Workout #5921 - Tuesday, 18 November 2008 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes **HS Boys - Bronze** $2,000 \ 2x\{8 \ x \ 25 \ on : 30 \ Butterfly$ {1 on 1:00 Rest 1 minute rest between sets {8 x 25 on :25 Butterfly w/zoomers {1 on 1:00 Rest 3:00 PM Start 1 on 10:00 Ice 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 5:00 PM 4,700 Yards - Stress Value = 57 350 1x{1 x 100 on 2:20 Kick Workout #5919 - Tuesday, 18 November 2008 {2 x 75 on 1:45 Kick HS Boys - Gold {2 x 50 on 1:10 Kick 1 minute rest between sets 1,100 $1x\{1 \times 100 \text{ on } 2:00 \text{ Pulls-Count your strokes}$ {2 x 125 on 2:20 Pulls +11 strokes 3:00 PM Start {2 x 125 on 2:15 Pulls +10 strokes Yards Set Description {2 x 125 on 2:10 Pulls +9 strokes ===== {1 x 125 on 2:05 Pulls +8 strokes 1 on 15:00 Stretch and Team Mtg 1 x 400 on 6:00 Underwater trn drill 10 x 15 on :45 Shooters {1 x 100 on 2:00 Pulls -5 strokes from 1st 10 400 $\{1 \times 25 \text{ on } : 30 \text{ Pull-EZ}$ 150 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$ 450 1x{1 x 100 on 2:00 Kick {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {2 x 75 on 1:30 Kick 1,900 $2x\{8 \times 25 \text{ on } : 30 \text{ Odds fly evens free}$ {3 x 50 on 1:00 Kick {1 on 1:00 Rest {2 x 25 on :30 Sprint Kick 1,350 $1x\{1 x 100 \text{ on } 1:40 \text{ Pulls-Count your strokes}\}$ $\{8 \text{ x } 25 \text{ on } : 25 \text{ Odds fly evens free w/zmrs}$ {1 on 1:00 Rest {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 $\{8 \times 25 \text{ on } : 20 \text{ Odds fly evens free w/fins}$ {1 x 350 on 8:00 Stroke Drills 1 on 10:00 Ice 5:00 PM 4,000 Yards - Stress Value = 48 {1 x 125 on 1:45 Pulls +7 strokes $\{1 \times 100 \text{ on } 1:40 \text{ Pulls } -5 \text{ strokes from 1st 1}($

Workout #5924 - Wednesday, 19 November 2008 HighSchl - Back

1 minute rest between sets

HighSchl - Silver 1 minute rest between sets

Yards	3:00 PM Start Set Description 1 on 40:00 Team Picturers/Stomach & Stret	Yards =====	1 on 40:00 Team Picturers/Stomach & Stret 1 x 350 on 6:00 Free L.25 of each 100 non fr
400	1 x 400 on 6:00 Free L.25 of each 100 non fr	150 750	10 x 15 on :45 Shooters 1x{4 x 25 on :45 Kick no board BSLR
150 850	10 x 15 on :45 Shooters 1x(4 x 25 on :45 Kick no board BSLR	750	{3 x 50 on 1:00 Kick
030	{3 x 50 on :45 Kick		{4 x 25 on :45 Kick no board BSLR
	{4 x 25 on :45 Kick no board BSLR		{3 x 50 on 1:05 Kick
	{3 x 50 on :50 Kick		{4 x 25 on :45 Kick no board BSLR
	$\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$		{1 x 50 on 1:10 Kick
	{3 x 50 on :55 Kick		{4 x 25 on :45 Kick no board BSLR { Keep all 50's under 1:00
	{4 x 25 on :45 Kick no board BSLR	1.200	1x{1 x 200 on 3:15 Lungbuster pulls
1 500	{ Keep all 50's under :45 1x{1 x 200 on 2:35 Lungbuster pulls	1,200	{2 x 175 on 2:50 Lungbuster pulls
1,000	{2 x 175 on 2:15 Lungbuster pulls		{3 x 150 on 2:25 Lungbuster pulls
	{3 x 150 on 1:55 Lungbuster pulls		{2 x 100 on 1:35 Lungbuster pulls
	{4 x 125 on 1:35 Lungbuster pulls		{ Breathe 3-5-7 continuous
	{ Breathe 3-5-7 continuous	200	$4x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$
200	4x{1 x 25 on :50 Sculling drills	1 750	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
0 100	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	1,/50	1x{3 x 150 on 2:45 Backstroke {4 x 25 on :45 Bathtub Drill-6 strokes
2,100	1x{3 x 150 on 2:15 Backstroke {4 x 25 on :45 Bathtub Drill-6 strokes		{3 x 150 on 2:40 Backstroke
	{3 x 150 on 2:10 Backstroke		{4 x 25 on :45 Bathtub Drill-7 strokes
	{4 x 25 on :45 Bathtub Drill-7 strokes		{3 x 150 on 2:35 Backstroke
	{3 x 150 on 2:05 Backstroke		$\{4 \times 25 \text{ on } : 45 \text{ Bathtub drill-8 strokes} \}$
	$\{4 \times 25 \text{ on } : 45 \text{ Bathtub drill-8 strokes}$		{1 x 100 on 1:40 Backstroke
	{3 x 150 on 2:00 Backstroke	250	
250	1 x 250 on 4:00 Stroke Drills		1 on 10:00 Ice 5:35 PM 4,650 Yards - Stress Value = 82
	1 on 10:00 Ice 5:35 PM 5,450 Yards - Stress Value = 97		5.55 IN 1,050 Tarus Scress value - 02
	o.co III o, Ico Idido Sciedo Valde 57		

Workout #5925 - Wednesday, 19 November 2008 HighSchl - Gold

minute rest between set

Workout #5927 - Wednesday, 19 November 2008 HighSchl - Bronze 1 minute rest between sets

	1 minute rest between sets		3:00 PM Start
	3:00 PM Start	Yards	1 - 1
Yards	Set Description	=====	1 on 40:00 Team Picturers/Stomach & Stret
	1 on 40:00 Team Picturers/Stomach & Stret	300	
400	1 x 400 on 6:00 Free L.25 of each 100 non fr	150	
150		750	1x{4 x 25 on :45 Kick no board BSLR
800	1x{4 x 25 on :45 Kick no board BSLR		{3 x 50 on 1:05 Kick
	{3 x 50 on :55 Kick		{4 x 25 on :45 Kick no board BSLR
	{4 x 25 on :45 Kick no board BSLR		{3 x 50 on 1:10 Kick
	{3 x 50 on :55 Kick		{4 x 25 on :45 Kick no board BSLR
	{4 x 25 on :45 Kick no board BSLR		{1 x 50 on 1:15 Kick
	{2 x 50 on 1:00 Kick		{4 x 25 on :45 Kick no board BSLR
	{4 x 25 on :45 Kick no board BSLR	1 1 5 0	{ Keep all 50's under 1:05
	{ Keep all 50's under :55	1,150	1x{1 x 200 on 3:30 Lungbuster pulls
1,400	1x{1 x 200 on 2:50 Lungbuster pulls		{2 x 175 on 3:00 Lungbuster pulls
	{2 x 175 on 2:30 Lungbuster pulls		{3 x 150 on 2:35 Lungbuster pulls
	{3 x 150 on 2:10 Lungbuster pulls		{3 x 50 on :55 Lungbuster pulls
	{4 x 100 on 1:25 Lungbuster pulls	200	{ Breathe 3-5-7 continuous
	{ Breathe 3-5-7 continuous	200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } :40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}$
200	4x{1 x 25 on :50 Sculling drills	1 600	1×25 on :40 12.5 e2 12.5 last gft limishes $1 \times \{2 \times 150 \text{ on } 3:00 \text{ Backstroke}\}$
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	1,000	•
1,900	1x{3 x 150 on 2:30 Backstroke		{4 x 25 on :45 Bathtub Drill-6 strokes {3 x 150 on 2:55 Backstroke
	{4 x 25 on :45 Bathtub Drill-6 strokes		{4 x 25 on :45 Bathtub Drill-7 strokes
	{3 x 150 on 2:25 Backstroke		{3 x 150 on 2:50 Backstroke
	{4 x 25 on :45 Bathtub Drill-7 strokes		{4 x 25 on :45 Bathtub drill-8 strokes
	{3 x 150 on 2:20 Backstroke		{1 x 100 on 1:50 Backstroke
	{4 x 25 on :45 Bathtub drill-8 strokes	250	
0.50	{2 x 125 on 1:55 Backstroke	250	1 on 10:00 Ice
250	1 x 250 on 4:00 Stroke Drills		5:35 PM 4,400 Yards - Stress Value = 78
	1 on 10:00 Ice		5.55 In 1, 100 laids 501655 Value - 70
	5:35 PM 5,100 Yards - Stress Value = 90		

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	
	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
1,550	{6 x 75 on 1:00 Pulls-nbbf&w + 2 yds
	{6 x 75 on :55 Pulls-hbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
200	
0 000	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
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
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
	{2 x 100 on 1:45 Breaststroke 90-95% Effort
	$\{1 \text{ x } 75 \text{ on } 1\text{:}15 \text{ Breaststroke 2X Pullouts}$
	{1 x 75 on 1:05 Breaststroke 2X Pullouts
	{1 x 75 on 1:00 Breaststroke 2X Pullouts
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$
	{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

Yards	3:00 PM Start 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	$1x{3 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
•	{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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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	Х	125	on	2:15 Breaststroke-90-95% Effort
	{ 1	Х	100	on	1:50 Breaststroke 2X pullouts
	{ 1	Х	100	on	1:45 Breaststroke 2X pullouts
	{ 1	Х	100	on	1:40 Breaststroke 2X pullouts
	{ 1	Х	50 c	n	:50 Freestyle
	{2	Х	100	on	1:50 Breaststroke 90-95% Effort
	{ 1	Х	75 c	n i	1:20 Breaststroke 2X Pullouts
	{ 1	Х	75 c	n i	1:15 Breaststroke 2X Pullouts
	{ 1	Х	75 c	n i	1:10 Breaststroke 2X Pullouts
	{ 1	Х	50 c	n	:50 Freestyle
	{ 3	Х	75 c	n i	1:20 Breaststroke 90-95% Effort
	{ 1	Х	50 c	n :	1:00 Breaststroke 2X Pullouts
	{1	Х	50 c	n	:55 Breaststroke 2X Pullouts
	{ 1	Х	50 c	n	:50 Breaststroke 2X Pullouts
	{ 1	Х	50 c	n	:50 Freestyle
	{1	Х	50 c	n i	1:00 Breaststroke 90-95% Effort
300	6	Х	50 c	n :	1:00 Stroke Drills
	1	or	n 10:	00	Ice
	5:35	PN	15,1	50	Yards - Stress Value = 70
			•		

Workout #5930 - Thursday, 20 November 2008 HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Set Description

Yards

	==	
	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		0 x 15 on :45 Shooters
		x 125 on 2:40 Kick
1,000		x 125 on 2:40 Kick
		x 125 on 2:30 Kick
	•	
	-	x 125 on 2:25 Kick
	-	x 50 on 1:00 Kick
		on 10:00 Techniques-Stanford Turn Drill
1,050		x 75 on 1:20 Pulls-nbbf&w + 2 yds
		x 75 on 1:15 Pulls-nbbf&w + 2 yds
		x 75 on 1:10 Pulls-nbbf&w + 2 yds
200		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
		x 50 on :55 Freestyle
	{2	x 100 on 2:00 Breaststroke 90-95% Effort
		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
		x 50 on :55 Freestyle
		x 75 on 1:30 Breaststroke 90-95% Effort
		x 50 on 1:00 Breaststroke 2X Pullouts
		x 50 on 1:00 Breaststroke 90-95% Effort
300		x 50 on 1:00 Stroke Drills
300		on 10:00 Ice
	5:55	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
	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
	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 on 10:00 Techniques-Stanford Turn Drill
1,000	$1x\{4 \times 75 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	$\{4 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} + 2 \text{ yds}$
	{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
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$
	{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
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$
	{1 x 100 on 2:10 Breaststroke 90-95% Effort
	{1 x 75 on 1:40 Breaststroke 2X Pullouts
	$\{1 \times 75 \text{ on } 1:35 \text{ Breaststroke 2X Pullouts} \}$
	{1 x 75 on 1:30 Breaststroke 2X Pullouts
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$
	{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	= 3	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 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	СНО
	1 on 13:00 Ice			
	7:05 AM 2,350 Yards - Stress Value	= 3	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	СНО
	1 on 13:00 Ice			
	7:05 AM 2,150 Yards - Stress Value	= 3	33	

Workout #5936 - Friday, 21 November 2008 HighSchl - Recovery/Techninque Day 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	STF
		===	====	===
	1 on 35:00 Physio Balls/Stretch		L	DRY
400	1 x 400 on 6:00 Reverse IM drill	REC	D	IN
150	10 x 15 on :45 Shooters	SP3	S	IN
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	L	

Workout #5937 - Saturday, 22 November 2008 HighSchl - Freestylers 1 minute rest between sets

	7:00	AM Start
Yards		et Description
		on 35:00 Plyometrics/stretch
400		x 400 on 7:00 Choice
150) x 15 on :45 Shooters
		x 100 on 2:40 Kick w/shoes
-,		x 25 on :50 Kick w/shoes
		x 100 on 2:35 Kick w/shoes
	{ 4	x 25 on :45 Kick w/shoes
		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		x 250 on 3:20 Pulls
		x 100 on 1:10 Pulls
		x 50 on :35 Pulls
		x 200 on 2:40 Pulls
	-	x 100 on 1:10 Pulls
		x 150 on 2:00 Pulls
	-	x 100 on 1:10 Pulls
0.00	-	x 50 on :35 Pulls
200		x 25 on :50 Sculling drills
2 500		\times 25 on :40 12.5 ez 12.5 fast grt finishes \times 500 on 5:50 Freestyle
2,300		x 50 on 1:00 Freestyle
		x 50 on 1:00 Freestyle
		x 450 on 5:15 Freestyle
		x 50 on 1:00 Freestyle
		x 50 on 1:00 Freestyle
		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
		x 50 on 1:00 Freestyle
		x 50 on 1:00 Freestyle
		x 300 on 3:30 Freestyle
		x 50 on 1:00 Freestyle
0.50		x 50 on 1:00 Freestyle
250		x 250 on 4:00 Stroke Drills on 10:00 Ice
		AM 5,900 Yards - Stress Value = 119
	9:34	Am J, 300 latus - Stress value = 113

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
          10 x 15 on :45 Shooters
   150
 1,100 \ 1x\{1 \ x \ 100 \ on \ 3:00 \ Kick \ w/shoes
           \{4 \times 25 \text{ on } :50 \text{ Kick w/shoes}
           \{1 \times 100 \text{ on } 3:50 \text{ Kick w/shoes}
           \{4 \times 25 \text{ on } : 45 \text{ Kick w/shoes} \}
           \{1 \times 100 \text{ on } 2:40 \text{ Kick w/shoes}
           \{4 \times 25 \text{ on } : 40 \text{ 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 \times 50 \text{ on } : 45 \text{ 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 \times 25 \text{ on :} 50 \text{ 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 \times 50 \text{ on } 1:00 \text{ 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 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
             Set Description
 Yards
=====
             _____
             1 on 35:00 Plyometrics/stretch
    350
          1 x 350 on 7:00 Choice
             10 x 15 on :45 Shooters
   150
 1,000 1x{1 x 100 on 3:15 Kick w/shoes}
            \{4 \times 25 \text{ on } :55 \text{ Kick w/shoes}
            \{1 \times 100 \text{ on } 3:05 \text{ Kick w/shoes} \}
            \{4 \times 25 \text{ on } :50 \text{ Kick w/shoes}
            \{1 \times 100 \text{ on } 2:55 \text{ Kick w/shoes} \}
            \{4 \times 25 \text{ on } : 45 \text{ 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 \times 50 \text{ on } : 45 \text{ Pulls}
    200 4x\{1 \times 25 \text{ on } :50 \text{ 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 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
            \{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
            \{1 \times 450 \text{ on } 7:10 \text{ Freestyle} \}
            \{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
            \{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
            \{1 \times 400 \text{ on } 6:20 \text{ Freestyle} \}
            \{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
            \{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
            \{1 \times 350 \text{ on } 5:30 \text{ Freestyle} \}
            \{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}
           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

Workout #5941 - Monday, 24 November 2008 HighSchl - IM'ers 1 minute rest between sets

7:00 AM Start	5:30 AM Start
Yards Set Description	Yards Set Description EC
=====	===== =================================
1 on 35:00 Plyometrics/stretch	1 on 38:00 Weights and Stretch
300 1 x 300 on 7:00 Choice	400 1 x 400 on 6:00 Swim-kick-drill-swim RE
150	150
$1,000 1x\{1 x 100 on 3:30 Kick w/shoes$	2,000 1x{1 x 200 on 2:20 Freestyle EN
$\{4 \times 25 \text{ on } :55 \text{ Kick w/shoes}$	{1 x 200 on 3:00 Individual Medley EN
$\{1 \times 100 \text{ on } 3:20 \text{ Kick w/shoes}$	$\{2 \times 175 \text{ on } 2:05 \text{ Freestyle} \}$
$\{4 \times 25 \text{ on } : 50 \text{ Kick w/shoes}$	{2 x 175 on 2:35 IM with 25 free EN
$\{1 \times 100 \text{ on } 3:10 \text{ Kick w/shoes}$	$\{3 \times 150 \text{ on } 1:45 \text{ Freestyle} \}$
$\{4 \times 25 \text{ on } : 45 \text{ Kick w/shoes}$	{3 x 150 on 2:15 Individual Medley-NO free EN
$\{4 \times 100 \text{ on } 2:15 \text{ Kick w/out shoes-}100\%$	250 1 x 250 on 4:00 Stroke Drills RE
800 1x{1 x 250 on 4:30 Pulls	1 on 10:00 Ice
{2 x 100 on 1:45 Pulls	7:06 AM 2,800 Yards - Stress Value = 46
{1 x 200 on 3:35 Pulls	
{3 x 50 on :50 Pulls	Workout #5942 - Monday, 24 November 2008
200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$	HighSchl - Gold
$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$	
1,850 1x{1 x 500 on 9:00 Freestyle	1 minute rest between sets
$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	- 00
$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	5:30 AM Start
$\{1 \times 450 \text{ on } 8:00 \text{ Freestyle} \}$	Yards Set Description EC
$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	1 20 00 77 1 1 2 2 2 2
{1 x 50 on 1:00 Freestyle	1 on 38:00 Weights and Stretch
$\{1 \times 400 \text{ on } 7:05 \text{ Freestyle} \}$	400 1 x 400 on 6:00 Swim-kick-drill-swim RE 150 10 x 15 on :45 Shooters SE
{1 x 50 on 1:00 Freestyle	
{1 x 50 on 1:00 Freestyle	,
{1 x 200 on 3:30 Freestyle	$\{1 \times 200 \text{ on } 3:20 \text{ Individual Medley} \$ EN $\{2 \times 175 \text{ on } 2:25 \text{ Freestyle} \$
250 1 x 250 on 4:00 Stroke Drills	•
1 on 10:00 Ice	$\{2 \times 175 \text{ on } 2:55 \text{ IM with } 25 \text{ free} $ EN $\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$
9:34 AM 4,550 Yards - Stress Value = 87	{3 x 150 on 2:05 FreeStyle EN
	250 1 x 250 on 4:00 Stroke Drills RF
Workout #5945 - Monday, 24 November 2008	1 on 10:00 Ice
HighSchl - Distance	7:06 AM 2,500 Yards - Stress Value = 40
1 minute rest between sets	111 111 2,000 14140 001000 14140 10

3:00 PM Start

	5:00 PM Start
Yards	Set Description
=====	=======================================
	1 on 35:00 Physio Balls/Stretch
400	1 x 400 on 6:00 Swim-kick-pull-swim
150	-
	1x{1 x 100 on 1:40 Kick
300	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:45 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}\}$
	{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
200	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
2 800	1x{1 x 500 on 5:50 Freestyle
2,000	{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
400	{2 x 100 on 1:20 Freestyle hold avg from 200
	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 #5946 - Monday, 24 November 2008 HighSchl - Gold

	_			
1	minute	rest	between	set

3:00 PM Start	2,200
Set Description	
1 on 35:00 Physio Balls/Stretch	
1 x 400 on 6:00 Swim-kick-pull-swim	
10 x 15 on :45 Shooters	400
1x{1 x 100 on 1:50 Kick	250
{4 x 25 on :45 Kick no board BSLR	250
{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	
$1x\{1 \ x \ 250 \ on \ 3:40 \ Pull \ no \ br \ L.12 \ yds$	
$\{1 \times 250 \text{ on } 3:35 \text{ Pull no br L.12 yds}$	
	Set Description 1 on 35:00 Physio Balls/Stretch 1 x 400 on 6:00 Swim-kick-pull-swim 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 {1 x 50 on :45 Kick no board BSLR } x{1 x 50 on 3:40 Pull no br L.12 yds

	{ ⊥	Х	250	on	3:30	Pull no br L.12 yds
	{ 1	Х	250	on	3:25	Pull no br L.12 yds
	{ 1	Х	100	on	1:20	Pull no br L.12 yds
200	4x{1	Х	25 0	on :	:50 Sc	culling drills
	{ 1	Х	25 0	on :	:40 12	2.5 ez 12.5 fast grt finishes
2,400	1x{1	Х	500	on	6:45	Freestyle
	{ 5	Х	100	on	1:30	Freestyle-hold avg from 500
	{ 1	Х	400	on	5:25	Freestyle
	{ 4	Х	100	on	1:30	Freestyle-hold avg from 400
	{ 1	Х	300	on	4:05	Freestyle
	{ 3	Х	100	on	1:30	Freestyle-hold avg from 300
400	16	Σ	25	on	:30	IM order
250	1	Х	250	on	4:00	Stroke Drills

Workout #5943 - Monday, 24 November 2008 HighSchl - Silver

5:35 PM 5,750 Yards - Stress Value = 100

1 on 10:00 Ice

5:30 AM Start

1 minute rest between sets

Yards Set Description ===== 1 on 38:00 Weights and Stretch 350 1 x 350 on 6:00 Swim-kick-drill-swim 150 10×15 on :45 Shooters $1,550 \ 1x\{1 \ x \ 200 \ on \ 3:10 \ Freestyle$ {1 x 200 on 3:40 Individual Medley $\{2 \times 175 \text{ on } 2:50 \text{ Freestyle} \}$ $\{2 \times 175 \text{ on } 3:10 \text{ IM with } 25 \text{ free}$ $\{1 \times 150 \text{ on } 2:25 \text{ Freestyle} \}$ {2 x 150 on 2:45 Individual Medley-NO free EN 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:06 AM 2,300 Yards - Stress Value = 37

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

 $\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$ 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

```
{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 \times 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

 $\{1 \times 400 \text{ on } 6:00 \text{ Freestyle} \}$ $\{4\ x\ 100\ on\ 1{:}40\ Freestyle-hold\ avg\ from\ 400$

 $\{1 \times 300 \text{ on } 4:30 \text{ Freestyle} \}$ {1 x 100 on 1:45 Freestyle-hold avg from 300

16 x 25 on :30 IM order 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	ΕC
=====	=======================================	==
	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	SI
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 #5948 - Monday, 24 November 2008 HighSchl - Bronze 1 minute rest between sets

_	Yards	3:00 PM Start Set Description ====================================	
E E N	150	1 on 35:00 Physio Balls/Stretch 1 x 300 on 6:00 Swim-kick-pull-swim 10 x 15 on :45 Shooters 1x{1 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR	
N N N E	900	{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 1x{1 x 200 on 3:40 Pull no br L.12 yds	
	200	{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	
		$4\times\{1\times25\text{ on :}50\text{ Sculling drills}$ $\{1\times25\text{ on :}4012.5\text{ ez }12.5fastgrtfinishes\}$	
	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	

 $\{1 \times 200 \text{ on } 3:30 \text{ Freestyle} \}$

 $\{3 \times 100 \text{ on } 1:50 \text{ Freestyle-hold avg from } 500 \}$ 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 #5949 - Tuesday, 25 November 2008 HighSchl - Back 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	1
	1 on 30:00 Physio Ball Abs/Stretch
400	<u> -</u>
150	
	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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
2,325	$1x{3 x 100 on 1:30 Backstroke w/fins}$
	{4 x 25 on :45 Back 12 yds underwater
	$\{3 \times 100 \text{ on } 1:25 \text{ Backstroke w/ fins}$
	{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	· · · · · · · · · · · · · · · · · · ·
300	1 on 10:00 Ice
	5:35 PM 6,025 Yards - Stress Value = 62
	0.55 III 0,025 IUIUS

Workout #5950 - Tuesday, 25 November 2008 HighSchl - Gold

1 minute rest between sets

3:00 PM Start Set Description Yards ===== ______ 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 $\{1 \times 50 \text{ on } 1:05 \text{ Kick} \}$ {1 x 50 on 1:00 Kick $\{1 \times 50 \text{ on } :55 \text{ Kick} \}$ {1 x 100 on 2:05 Kick $\{1 \times 50 \text{ on } 1:00 \text{ Kick} \}$ $\{1 \times 50 \text{ on :} 55 \text{ Kick}$ {1 x 25 on :25 Kick 1,500 1 x 1500 on 22:00 Pull-no paddles if having shoulder pain 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {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 $\{4 \times 25 \text{ on } : 45 \text{ Back } 12 \text{ yds underwater} \}$ ${3 \times 100 \text{ on } 1:35 \text{ Backstroke w/ fins}}$ {4 x 25 on :45 Back 12yds underwater ${3 \times 100 \text{ on } 1:30 \text{ Backstroke w/fins}}$ {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 $\{2 \times 100 \text{ on } 1:35 \text{ Backstroke w/fins} \}$

```
{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

300 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

Yards		PM Start et Description
350 150	1	on 30:00 Physio Ball Abs/Stretch x 350 on 6:00 Underwater trn drill 0 x 15 on :45 Shooters
	2x{1	x 100 on 2:10 Kick
	-	x 50 on 1:10 Kick
	•	x 50 on 1:05 Kick
	,	x 50 on 1:00 Kick
	,	x 100 on 2:10 Kick
	,	x 50 on 1:05 Kick
	,	x 25 on :30 Kick
1,350		x 1350 on 22:00 Pull-no paddles if having
		shoulder pain
200		x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,075	-	x 100 on 1:50 Backstroke w/fins
		x 25 on :45 Back 12 yds underwater
	,	x 100 on 1:45 Backstroke w/ fins
		x 25 on :45 Back 12yds underwater
		x 100 on 1:40 Backstroke w/fins
	-	x 25 on :45 Back 12yds underwater
	•	x 100 on 1:50 Backstroke w/fins
		x 25 on :45 Back 12yds underwater
	,	x 100 on 1:45 Backstroke w/fins
		x 25 on :45 Back 12yds underwater
	-	x 100 on 1:40 Backstroke w/fins
	•	x 25 on :45 Backstroke
200		x 100 on 1:50 Backstroke w/fins
300		x 300 on 5:00 Stroke Drills
		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

Yards	3:00 PM Start Set Description
	1 on 30:00 Physio Ball Abs/Stretch
300	
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
1 050	{1 x 25 on :30 Kick
1,250	1 x 1250 on 22:00 Pull-no paddles if having
200	shoulder pain
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills} $ $\{1 \times 25 \text{ on } :40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
2 000	1x{3 x 100 on 1:55 Backstroke w/fins
2,000	{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
	$\{2 \times 100 \text{ on } 1:50 \text{ Backstroke w/fins} \}$
	{3 x 25 on :45 Back 12yds underwater
	$\{2 \times 100 \text{ on } 1:45 \text{ Backstroke w/fins} \}$
	{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

Yards	5:30 AM Start 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

7/16/2011 Page 172 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/Techninque 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

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 div. 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	Se	et Description
=====	==	
	1	on 40:00 Weights and Stretch
600	1	x 600 on 9:00 Reverse IM drill
150	10	0 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	-	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 \times 75 \text{ on } 1:30 \text{ Kick} \}
           {4 x 25 on :45 Kick no board BSLR
           \{4 \times 75 \text{ on } 1:30 \text{ 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 \times 125 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 4 \text{ yds} \}
           \{1 \times 125 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 6 \text{ yds} \}
           \{1 \times 125 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 8 \text{ yds} \}
   200 4x\{1 \times 25 \text{ on :} 50 \text{ 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 \times 125 \text{ on } 1:55 \text{ Freestyle} \}
           {1 on 1:00 Rest
           \{4 \times 125 \text{ on } 1:50 \text{ 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

		x 500 on 9:00 Reverse IM drill
		0 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		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 minuta rost hatwoon sats

1 minute rest between sets

Yards	Se	AM Start et Description
450	1 1	on 40:00 Weights and Stretch x 450 on 9:00 Reverse IM drill 0 x 15 on :45 Shooters
	1x{4 {2	x 25 on :45 Kick no board BSLR x 75 on 1:40 Kick x 25 on :45 Kick no board BSLR
	{ 4 { 4	x 75 on 1:40 Kick x 25 on :45 Kick no board BSLR x 50 on 1:10 Kick
1,100	2x{1 {1	x 100 on 1:50 Pulls-nbbf&w x 100 on 1:50 Pulls-nbbf&w + 2 yds
	{ 1 { 1	<pre>x 100 on 1:50 Pulls-nbbf&w + 4 yds x 100 on 1:50 Pulls-nbbf&w + 6 yds x 100 on 1:50 Pulls-nbbf&w + 8 yds</pre>
200	4x{1	<pre>x 50 on :55 Pulls-nbbf&w + 10 yds x 25 on :50 Sculling drills x 25 on :40 12.5 ez 12.5 fast grt finishes</pre>
1,200	1x{4 {1	x 100 on 2:00 Freestyle on 1:00 Rest
	{1	<pre>x 100 on 1:55 Freestyle on 1:00 Rest x 100 on 1:50 Freestyle</pre>
250	1 1	x 250 on 4:00 Stroke Drills on 10:00 Ice
	9.33	AM 4,300 Yards - Stress Value = 110

7:00 AM Start

Workout #5962 - Saturday, 29 November 2008 HighSchl - Freestylers 1 minute rest between sets

	{ 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	Vards - Stress Value = 8	5

9:35 AM 5,350 Yards - Stress Value = 85

Workout #5964 - Saturday, 29 November 2008 HighSchl - Silver 1 minute rest between sets

Yards	Se	et Description	EGY		
=====			===	===	
	1	on 40:00 Plyometrics/stretch			
600	1	x 600 on 9:00 Choice	REC		
150	10	0 x 15 on :45 Shooters	SP3		
1,250	5x{1	x 100 on 1:40 Kick	EN2		
		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		
	{ 2	x 150 on 2:00 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		
	-	x 50 on 1:00 All Fast	EN2		
	{ 1	x 50 on 1:00 Easy	EN1		
		x 75 on 1:30 37.5 easy 37.5 fast	EN2		
		2	EN2		
	-	x 75 on 1:30 All Fast	EN2		
		x 75 on 1:30 Easy	EN1		
200		x 200 on 3:00 Freestyle	REC		
800	1x{1	x 200 on 2:45 Freestyle L.50 fast	EN1		
		x 200 on 2:45 Freestyle L.100 fast			
		x 200 on 2:45 Freestyle L.150 fast			
		x 200 on 2:45 Freestyle-100%	EN3		
250		x 250 on 4:00 Stroke Drills	REC		
		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		
	{1 x 75 on 1:30 37.5 fast 37.5 easy		
	{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	$1x{1 x 150 on 2:15 Freestyle L.50 fast}$		
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.} 100 \text{ fast} \}$		
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.150 fast} \}$	EN2	

Vards	7:00 AM Sta		EGY	MOE
=====		=======================================		
	1 on 40:0	00 Plyometrics/stretch		
500	1 x 500 c	on 9:00 Choice	REC	
150	10 x 15 d	on :45 Shooters	SP3	
1,000	4x{1 x 100 d	on 2:05 Kick	EN2	
	{1 x 75 or	n 1:35 Kick	EN2	
	{1 x 50 or	n 1:05 Kick	EN2	
	{1 x 25 or	n :30 Kick	EN2	
1,000	1x{2 x 150 d	on 2:35 Pulls	EN1	
	{2 x 150 d	on 2:30 Pulls	EN2	
	{2 x 150 d	on 2:25 Pulls	EN1	
	{2 x 50 or	n :50 Pulls	EN2	
1,200	•	n :30 12.5 easy 12.5 fast	EN1	
		n :30 12.5 fast 12.5 easy	EN1	
		n :30 All Fast	EN2	
		n :30 Easy	EN1	
	•	n 1:00 25 easy 25 fast	EN2	
		n 1:00 25 fast 25 easy	EN2	
	•	n 1:00 All Fast	EN2	
		n 1:00 Easy	EN1	
	•	n 1:30 37.5 easy 37.5 fast		
	•	n 1:30 37.5 fast 37.5 easy		
	•	n 1:30 All Fast	EN2	
		1:30 Easy	EN1	
200		on 3:00 Freestyle	REC	
700		on 2:30 Freestyle L.50 fast		
		on 2:30 Freestyle L.100 fast		
		on 3:20 Freestyle L.150 fast		
0.50		on 3:20 Freestyle-100%	EN3	
250		on 4:00 Stroke Drills	REC	
	1 on 10:0			
	9:35 AM 5,00	00 Yards - Stress Value = 80		

Workout #5965 - Saturday, 29 November 2008 HighSchl - Bronze 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	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	
	$\{1 \times 50 \text{ on } :55 \text{ Pulls}$	EN2	
1,200	2x{1 x 25 on :30 12.5 easy 12.5 fast	EN1	
	$\{1 \times 25 \text{ on } : 30 12.5 \text{fast } 12.5 \text{easy} $	EN1	
	$\{1 \times 25 \text{ on } : 30 \text{ All Fast}$	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	
	$\{1 \times 75 \text{ on } 1:30 \ 37.5 \text{ easy } 37.5 \text{ fast} \}$		
	$\{1 \times 75 \text{ on } 1:30 37.5 \text{ fast } 37.5 \text{ easy} \}$	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	$1x\{1 \times 100 \text{ on } 1:45 \text{ Freestyle L.50 fast}$		
	$\{1 \times 150 \text{ on } 2:45 \text{ Freestyle L.100 fast} \}$		
	$\{1 \times 200 \text{ on } 3:30 \text{ Freestyle L.150 fast}\}$		
	{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

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 10×15 on :45 Shooters 150 $1,200 1x{4 x 25 on :45 Kick no board BSLR}$ {1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {2 x 50 on :50 Kick $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ $\{1 \times 50 \text{ on } 1:00 \text{ Kick} \}$ $\{1 \times 50 \text{ on } :55 \text{ Kick} \}$ {2 x 50 on :50 Kick $\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$ $\{1 \times 50 \text{ on } 1:00 \text{ Kick} \}$ {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 $\{1 \times 50 \text{ on } :55 \text{ Kick} \}$ $\{2 \times 50 \text{ on } : 50 \text{ Kick} \}$ 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

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$

 $2,000 1x{1 x 400 on 5:10 Freestyle}$

	{1	Х	400	on	5:05	Freestyle
	{1	Х	400	on	5:00	Freestyle
	{ 1	Х	400	on	4:55	Freestyle
	{ 1	Х	400	on	4:50	Freestyle
250	1	Х	250	on	4:00	Stroke Drills
	1	or	10:	:00	Ice	
	5:35	PN	15,6	500	Yards	s - Stress Value = 79

Workout #5966 - Monday, 01 December 2008 HighSchl - Freestylers 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	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

	5:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	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	Se	et Description
=====	==	
		on 35:00 Physio Balls/Stretch
550	1	x 550 on 9:00 Swim-kick-pull-swim
150	10	0 x 15 on :45 Shooters
1,150	1x{4	x 25 on :45 Kick no board BSLR
	{ 1	x 50 on 1:05 Kick
	-	x 50 on 1:00 Kick
	-	x 50 on :55 Kick
		x 25 on :40 Kick no board BSLR
		x 50 on 1:05 Kick
	•	x 50 on 1:00 Kick
		x 50 on :55 Kick
	-	x 25 on :35 Kick no board BSLR
	•	x 50 on 1:05 Kick
	•	x 50 on 1:00 Kick
	•	x 50 on :55 Kick
	-	x 25 on :30 Kick no board BSLR x 50 on 1:05 Kick
	-	x 50 on 1:00 Kick
	•	x 50 on :55 Kick
	•	on 10:00 Techniques-Tn Turns
1.100		x 75 on 1:15 Pull no br L.12 yds
1,100		x 75 on 1:10 Pull no br L.12 yds
		x 75 on 1:05 Pull no br L.12 yds
	-	x 50 on :40 Pull no br L.12 yds
200		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
	-	x 150 on 2:00 Freestyle
250		x 250 on 4:00 Stroke Drills
		on 10:00 Ice
	5:35	PM 5,150 Yards - Stress Value = 71

Workout #5968 - Monday, 01 December 2008 HighSchl - Silver 1 minute rest between sets

5:30 AM Start Yards Set Description EGY WOF ----1 on 40:00 Weights and Stretch 500 1 x 500 on 9:00 Swim-kick-drill-swim REC 150 10 x 15 on :45 Shooters $1,300 \ 2x{1} \ x \ 200 \ on \ 3:15 \ Freestyle$ EN1 {3 x 100 on 1:40 Freestyle EN2 ${3 \times 50 \text{ on } :}50 \text{ Freestyle-descend}$ EN1 1 x 250 on 4:00 Stroke Drills 250 REC 1 on 10:00 Ice

Workout #5972 - Monday, 01 December 2008 HighSchl - Silver

7:06 AM 2,200 Yards - Stress Value = 25

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-sw	wim
150	10 x 15 on :45 Shooters	
1,100	$x{4 \times 25}$ 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
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	-	x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600		x 400 on 6:15 Freestyle
		x 400 on 6:10 Freestyle
		x 400 on 6:05 Freestyle
	-	x 400 on 6:00 Freestyle
250		x 250 on 4:00 Stroke Drills
		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	EGY	WO
=====	=======================================	===	==
	1 on 40:00 Weights and Stretch		
450	1 x 450 on 9:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	$2x{1 x 150 on 2:45 Freestyle}$	EN1	
	{2 x 100 on 1:45 Freestyle	EN2	
	$\{5 \times 50 \text{ on } :50 \text{ Freestyle-descend} \}$	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 22		

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
1,100 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 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } :40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}$
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

Workout #5974 - Wednesday, 03 December 2008 HighSchl - IM'ers

1 minute rest between sets

Yards	3:00 PM Start Set Description
	1 on 40:00 Weights and Stretch
600	1 x 600 on 9:00 Free L.25 of each 100 non fr
	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
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{3 x 50 on :55 Kick-descend
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
900	1x{3 x 75 on 1:10 25 breast 50 free
	{4 x 75 on 1:10 50 Breast 25 free
	$\{5 \times 75 \text{ on } 1:10 \text{ Breaststroke} \}$
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
0.00	{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
	{ 5 x 75 0N 1:00 25 2-4, 25 119 k1Ck, 25 119 { This set is w/ fins
200	1 x 200 on 3:00 Stroke Drills
200	I X 700 OU 2:00 SCIOKE DITIES

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	10×15 on :45 Shooters
750	$1x\{1 \times 75 \text{ on } 1:15 \text{ Backstroke}$
	$\{4 \times 75 \text{ on } 1:10 \text{ Backstroke} \}$
	{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	$2x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
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	$2x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
900	1x{3 x 75 on 1:10 25 2-2, 25 fly kick, 25 fly
	$\{4 \times 75 \text{ on } 1:05 \ 25 \ 2-3, \ 25 \ \text{fly kick, } 25 \ \text{fly}$
	$\{5 \times 75 \text{ on } 1:00 \ 25 \ 2-4, \ 25 \ \text{fly kick, } 25 \ \text{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

5:35 PM 5,100 Yards - Stress Value = 86

3:00 PM Start

Workout #5976 - Wednesday, 03 December 2008 HighSchl - Silver 1 minute rest between sets

Workout #5978 - Friday, 05 December 2008 HighSchl - Distance 1 minute rest between sets

Yards	Set Description		5 00 34 0		
======	-		5:30 AM Start		
	1 on 40:00 Weights and Stretch	Yards			WORK SI
500			1 25 20 5 1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	===	
150		F 0 0	1 on 35:00 Weights and Stretch	D=0	L WI
	1x{2 x 50 on :55 Backstroke	500			DI
700	{4 x 75 on 1:15 Backstroke	150		SP3	S FI
	{4 x 75 on 1:10 Backstroke	2,100	1x{2 x 200 on 2:30 Freestyle	EN2	S F
800	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$		{1 x 200 on 3:00 Stroke	EN1	S SI
000	{3 x 50 on 1:10 Kick-Descend		{2 x 200 on 2:25 Freestyle	EN2	S F
	{4 x 25 on :45 Kick no board BSLR		{1 x 150 on 2:15 Stroke	EN1	S SI
	{3 x 50 on 1:05 Kick-descend		{2 x 200 on 2:20 Freestyle	EN2	S F
	{4 x 25 on :45 Kick no board BSLR		{1 x 100 on 1:30 Stroke {2 x 200 on 2:15 Freestyle	EN1	S SI
	{3 x 50 on 1:00 Kick-descend		•	EN2	S F S SI
	{2 x 25 on :45 Kick no board BSLR	250	{1 x 50 on :45 Stroke 1 x 250 on 4:00 Stroke Drills	EN1 REC	D (
100	2x{1 x 25 on :50 Sculling drills	230	1 on 10:00 Ice	KEC	M
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$		7:05 AM 3,000 Yards - Stress Value	_ 12	141
750	1x{2 x 75 on 1:20 25 breast 50 free		7:05 AM 5,000 laids - Stless value	- 43	
	{5 x 75 on 1:20 50 Breast 25 free				
	{3 x 75 on 1:20 Breaststroke		Workout #5979 - Friday, 05 December 2008		
600	•		HighSchl - Gold		
	Odds breathe 3-5-7-9 evens 2-4-6-8 by the 2		1 minute rest between sets		
100	2x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		5:30 AM Start		
750	1x{3 x 75 on 1:15 25 2-2, 25 fly kick, 25 fly	Yards		EGY	WORK SI
	{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		1 on 35:00 Weights and Stretch		L WI
	{ This set is w/fins	450		REC	D I
200	1 x 200 on 4:00 Stroke Drills	150	10 x 15 on :45 Shooters	SP3	S FI
	1 on 9:00 Ice	1,900	1x{2 x 200 on 2:50 Freestyle	EN2	S F
	5:34 PM 4,650 Yards - Stress Value = 76	•	{1 x 150 on 2:30 Stroke	EN1	S SI
			{2 x 200 on 2:45 Freestyle	EN2	S F
	Workout #5977 - Wednesday, 03 December 2008		{1 x 100 on 1:40 Stroke	EN1	S SI
	•		{2 x 200 on 2:40 Freestyle	EN2	S F
	HighSchl - Bronze				
			{1 x 50 on :50 Stroke	EN1	S SI
	1 minute rest between sets		{1 x 50 on :50 Stroke {2 x 200 on 2:35 Freestyle	EN1 EN2	S SI S E
		250	{2 x 200 on 2:35 Freestyle		
	3:00 PM Start	250	{2 x 200 on 2:35 Freestyle	EN2	S F
Yards	3:00 PM Start Set Description	250	{2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills	EN2 REC	S F D C
Yards =====	3:00 PM Start Set Description ====================================	250	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	EN2 REC	S F D C
=====	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch	250	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	EN2 REC	S F D C
450	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr	250	<pre>{2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value</pre>	EN2 REC	S F D C
450 150	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters	250	(2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver	EN2 REC	S F D C
450 150	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 1x{1 x 50 on 1:00 Backstroke	250	<pre>{2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008</pre>	EN2 REC	S F D C
450 150	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters	250	(2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets	EN2 REC	S F D C
450 150 650	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 1x{1 x 50 on 1:00 Backstroke {4 x 75 on 1:20 Backstroke {4 x 75 on 1:15 Backstroke}		<pre>{2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008</pre>	EN2 REC = 41	S E D C M
450 150 650	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 1x{1 x 50 on 1:00 Backstroke {4 x 75 on 1:20 Backstroke	250 Yards	(2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets	EN2 REC = 41	S E D C M
450 150 650	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 1x{1 x 50 on 1:00 Backstroke {4 x 75 on 1:20 Backstroke {4 x 75 on 1:15 Backstroke 1x{4 x 25 on :45 Kick no board BSLR	Yards	<pre>{2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008</pre>	EN2 REC = 41	S E D C M
450 150 650	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 1x{1 x 50 on 1:00 Backstroke {4 x 75 on 1:20 Backstroke {4 x 75 on 1:15 Backstroke {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:10 Kick-Descend	Yards	<pre>{2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008</pre>	EGY	S F D C M
450 150 650	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 1x{1 x 50 on 1:00 Backstroke {4 x 75 on 1:20 Backstroke {4 x 75 on 1:15 Backstroke {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	Yards =====	<pre>{2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008</pre>	EGY	S F D C M
450 150 650	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 1x{1 x 50 on 1:00 Backstroke {4 x 75 on 1:20 Backstroke {4 x 75 on 1:15 Backstroke {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	Yards ===== 400 150	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description 1 on 35:00 Weights and Stretch 1 x 400 on 8:00 Reverse IM drill	EN2 REC = 41 EGY === REC	S F C C M
450 150 650 800	3:00 PM Start Set Description	Yards ===== 400 150	<pre>{2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008</pre>	EN2 REC = 41 EGY === REC SP3	S F C C M C C M C C C C C C C C C C C C C
450 150 650 800	3:00 PM Start Set Description	Yards ===== 400 150	{2 x 200 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description 1 on 35:00 Weights and Stretch 1 x 400 on 8:00 Reverse IM drill 10 x 15 on :45 Shooters 1x{2 x 175 on 2:50 Freestyle	EN2 REC = 41 EGY === REC SP3 EN2	S F C C M C C M C C C C C C C C C C C C C
450 150 650 800	3:00 PM Start Set Description	Yards ===== 400 150	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description 1 on 35:00 Weights and Stretch 1 x 400 on 8:00 Reverse IM drill 10 x 15 on :45 Shooters 1x{2 x 175 on 2:50 Freestyle {1 x 125 on 2:20 Stroke}	EN2 REC = 41 EGY === REC SP3 EN2 EN1	S F D C M ST ==== L WI D I S FI S F S ST
450 150 650 800	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 1x{1 x 50 on 1:00 Backstroke {4 x 75 on 1:20 Backstroke {4 x 75 on 1:15 Backstroke {4 x 75 on 1:15 Backstroke 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 1:05 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 1:00 Kick-descend {2 x 25 on :45 Kick no board BSLR } 2x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1x{2 x 75 on 1:20 25 breast 50 free}	Yards ===== 400 150	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description 1 on 35:00 Weights and Stretch 1 x 400 on 8:00 Reverse IM drill 10 x 15 on :45 Shooters 1x{2 x 175 on 2:50 Freestyle {1 x 125 on 2:20 Stroke {2 x 175 on 2:45 Freestyle}	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2	WORK SI ==== L WI D I S FI S F S SI S F
450 150 650 800	3:00 PM Start Set Description	Yards ===== 400 150	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description ====================================	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1	WORK SI BUT SELECTION SI SELECTION
450 150 650 800	3:00 PM Start Set Description 1 on 40:00 Weights and Stretch 1 x 450 on 9:00 Free L.25 of each 100 non fr 10 x 15 on :45 Shooters 1x{1 x 50 on 1:00 Backstroke {4 x 75 on 1:20 Backstroke {4 x 75 on 1:15 Backstroke {4 x 75 on 1:15 Backstroke 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 {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 } {3 x 50 on 1:00 Kick-descend {2 x 25 on :45 Kick no board BSLR } 2x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1x{2 x 75 on 1:25 50 Breast 25 free {3 x 75 on 1:25 Breaststroke}	Yards ===== 400 150	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description ====================================	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2	WORK SI === == L WI D I S FI S F S SI S F
450 150 650 800	3:00 PM Start Set Description	Yards ===== 400 150	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1	WORK SI === == L WI D I S FI S F S SI S F S SI S F S SI
450 150 650 800 100 750	3:00 PM Start Set Description	Yards ====== 400 150 1,675	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	WORK SI ==== == L WI D I S FI S F S SI S F S SI S F
450 150 650 800 100 750	3:00 PM Start Set Description	Yards ====== 400 150 1,675	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	WORK ST === == L WT D I S FI S F S ST S F S ST S F S ST S F S ST S F D C
450 150 650 800 100 750 600 100	3:00 PM Start Set Description	Yards ====== 400 150 1,675	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	WORK ST === == L WT D I S FI S F S ST S F S ST S F S ST S F S ST S F D C
450 150 650 800 100 750 600 100	3:00 PM Start Set Description	Yards ====== 400 150 1,675	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	WORK ST === == L WT D I S FI S F S ST S F S ST S F S ST S F S ST S F D C
450 150 650 800 100 750 600 100	3:00 PM Start Set Description	Yards ====== 400 150 1,675	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	WORK ST === == L WT D I S FI S F S ST S F S ST S F S ST S F S ST S F D C
450 150 650 800 100 750 600 100	3:00 PM Start Set Description	Yards ====== 400 150 1,675	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	WORK ST === == L WT D I S FI S F S ST S F S ST S F S ST S F S ST S F D C
######################################	3:00 PM Start Set Description	Yards ====== 400 150 1,675	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	WORK ST === == L WT D I S FI S F S ST S F S ST S F S ST S F S ST S F D C
450 150 650 800 100 750 600 100	3:00 PM Start Set Description	Yards ====== 400 150 1,675	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	WORK ST === == L WT D I S FI S F S ST S F S ST S F S ST S F S ST S F D C
######################################	3:00 PM Start Set Description	Yards ====== 400 150 1,675	1 x 250 on 2:35 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 2,750 Yards - Stress Value Workout #5980 - Friday, 05 December 2008 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description	EN2 REC = 41 EGY === REC SP3 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	WORK ST === == L WT D I S FI S F S ST S F S ST S F S ST S F S ST S F D C

Workout #5981 - Friday, 05 December 2008 HighSchl - Bronze 1 minute rest between sets

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

	5:30 AM Start				
Yards	Set Description	EGY	WORK	Sī	
=====	=======================================	===	====	==	
	1 on 35:00 Weights and Stretch		L	WП	
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	$1x\{2 \times 150 \text{ on } 2:30 \text{ Freestyle}$	EN2	S	E	
	{1 x 150 on 3:00 Stroke	EN1	S	Sī	
	{2 x 150 on 2:25 Freestyle	EN2	S	E	
	{1 x 125 on 2:30 Stroke	EN1	S	Sī	
	{2 x 150 on 2:20 Freestyle	EN2	S	E	
	{1 x 100 on 2:00 Stroke	EN1	S	Sī	
	{2 x 150 on 2:15 Freestyle	EN2	S	E	
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/Techninque 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 dril 200 revIM
150	10 x 15 on :45 Shooters
600	6x{1 x 25 on :45 Kick
	{1 on :30 Vertical Kick
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board}$
	{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

Yards	Set	M Start Description
		n 30:00 Plyometrice/Abs/Stretch
600		600 on 9:00 Choice
150		x 15 on :45 Shooters
		125 on 1:50 Kick with flippers
1,000		100 on 1:30 Kick with flippers
		75 on 1:05 Kick with flippers
		50 on :45 Kick with flippers
		50 on :40 Kick with flippers
		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 100
		250 on 3:10 Freestyle-Min 4 KOW
		50 on 1:00 Freestyle build/descend
	-	100 on 3:00 25 underH2O kick/75 strk 100
		250 on 3:00 Freestyle Min 3 KOW
		50 on 1:00 Freestyle build/descend
	{3 x	100 on 3:00 25 kick underH2O/75 strk 100

1 x 250 on 5:00 Stroke Drills

250

Yards	Set Description
	1 on 30:00 Plyometrice/Abs/Stretch
550	<u>-</u>
150	
	1x{1 x 125 on 1:50 Kick with flippers
1,500	{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	
	4x{1 x 25 on :50 Sculling drills
200	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
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 100
	{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 100
	{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 100
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

Workout #5985 - Saturday, 06 December 2008 HighSchl - Silver 1 minute rest between sets

	7:00 AM Start
Yards	Set Description
	1 on 30:00 Plyometrice/Abs/Stretch
500	
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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,950	$1x\{1 \times 200 \text{ on } 3:20 \text{ Freestyle-Min } 5 \text{ KOW}$
	$\{3 \times 50 \text{ on } 1:00 \text{ Freestyle build/descend} \}$
	{3 x 100 on 3:00 25 underH2O kick/75 strk 100
	{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 underH20 kick/75 strk 100
	{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 100
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 Plyometrice/Abs/Stretch
450 1 x 450 on 9:00 Choice
150
1,400 $1x\{1 \times 125 \text{ on } 2:05 \text{ Kick with flippers}$
{2 x 100 on 1:40 Kick with flippers
$\{3 \times 75 \text{ on } 1:15 \text{ Kick with flippers} \}$
{3 x 50 on :50 Kick with flippers
{3 x 50 on :45 Kick with flippers
${3 \times 75}$ 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 underH20 kick/75 strk 10(
{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 10(250 1 x 250 on 5:00 Stroke Drills
250
9:36 AM 5,075 Yards - Stress Value = 133
9.30 AM 3,073 latus - Stress value = 133

Workout #5987 - Monday, 08 December 2008 HighSchl - Distance 1 minute rest between sets

Yards	5:30 AM Start 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		
	${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	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
$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
2,500 1x{1 x 500 on 6:00 Freestyle
{ Just make it
$\{1 \times 500 \text{ on } 6:10 \text{ Freestyle}$
{ Last 25 of each 100 breathe every 5
$\{1 \times 500 \text{ on } 6:20 \text{ Freestyle 3rd turn of each 1}$
{ 7 KOW super fast breakouts to mid pool
$\{1 \times 500 \text{ on } 6:30 \text{ Freestyle} \}$
{ descend 100's 2-3-4
$\{1 \times 500 \text{ on } 6:40 \text{ Freestyle} \}$
{ 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

Yards	5:30 AM Start 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		
	$\{2 \times 75 \text{ on } 1:10 \text{ Freestyle}$	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

10 x 15 on :45 Shooters 1,150 1x{1 x 100 on 1:45 Kick $\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {2 x 100 on 1:50 Kick

{4 x 25 on :45 Kick no board BSLR

{3 x 100 on 1:55 Kick

 $\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {5 x 50 on 1:00 Kick-100%!!!!!!!!!

 $1,250 1x{3 x 150 on 2:10 Pulls L.25 3 breaths}$ $\{3 \times 150 \text{ on } 2:05 \text{ Pulls L.25 2 breaths}$ {2 x 150 on 1:50 Pulls L.25 1 breath

{1 x 50 on :50 Pull L.25 1 breath 200 $4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$

 $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$

 $2,200 1x{1 x 300 on 4:15 Freestyle}$ { Just make it

 $\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$

{ Last 25 of each 100 breathe every 5 $\{1 \times 500 \text{ on } 7:10 \text{ Freestyle 3rd turn of each 1} =$ { 7 KOW super fast breakouts to mid pool $\{1 \times 500 \text{ on } 7:20 \text{ Freestyle} \}$ { descend 100's 2-3-4 $\{1 \times 500 \text{ on } 7:30 \text{ Freestyle} \}$

{ 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

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 1 x 350 on 6:00 Swim-kick-drill-swim REC 150 10×15 on :45 Shooters SP3 $1,650 \ 2x{3} \ x \ 125 \ on \ 2:05 \ Freestyle$ EN2 { Last 25-12 ydards underwater $\{2 \times 100 \text{ on } 1:40 \text{ Freestyle} \}$ EN2 { Last 25 2 breaths $\{2 \times 75 \text{ on } 1:15 \text{ Freestyle} \}$ { Last 25 6 beat kick breathe on 5 $\{2 \text{ x } 50 \text{ on } :50 \text{ Freestyle-}100\%$ EN2 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

2.00 DM Ctomb

	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

$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$			
{4 x 50 on 1:00 Kick-100%!!!!!!!!!			
$1,150 1x{3 x 150 on 2:30 Pulls L.25 3 breaths}$			
$\{3 \times 150 \text{ on } 2:25 \text{ Pulls L.25 2 breaths}$			
$\{2 \text{ x } 125 \text{ on } 2:00 \text{ Pulls L.25 1 breath}$			
200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$			
$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$			
1,950 1x{1 x 150 on 2:20 Freestyle			
{ Just make it			
$\{1 \times 300 \text{ on } 4:45 \text{ Freestyle}$			
{ Last 25 of each 100 breathe every 5			
$\{1 \times 500 \text{ on } 8:00 \text{ Freestyle 3rd turn of each } 1$			
{ 7 KOW super fast breakouts to mid pool			
$\{1 \times 500 \text{ on } 8:10 \text{ Freestyle}$			
{ descend 100's 2-3-4			
$\{1 \times 500 \text{ on } 8:20 \text{ Freestyle}$			
{ 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			

HighSchl - Bronze 1 minute rest between sets

Yards	5:30 AM Start 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		
	$\{2 \times 75 \text{ on } 1:20 \text{ Freestyle}$	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 #5994 - Monday, 08 December 2008 HighSchl - Bronze 1 minute rest between sets

Yards =====	3:00 PM Start Set Description
	1 on 35:00 Physio Balls/Stretch
450	1 x 450 on 9:00 Swim-kick-pull-swim
	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
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{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
1 050	{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
	{ 7 ROW Super last breakouts to mid poor {1 x 400 on 6:50 Freestyle
	{ descend 100's 2-3-4
	(00000110 100 0 1 0 1

Workout #5995 - Wednesday, 10 December 2008 HighSchl - Back

5:35 PM 4,950 Yards - Stress Value = 120

{1 x 500 on 8:45 Freestyle { Best effort meet quality swim

1 on 10:00 Ice

1 x 250 on 5:00 Stroke Drills

250

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
          10 x 15 on :45 Shooters
  150
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 \times 50 \text{ on } :50 \text{ 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 \times 250 \text{ on } 3:15 \text{ Pull breathe every } 3
         \{2 \times 200 \text{ on } 2:35 \text{ Pulls br } 3-5 \text{ continuous}
         \{3 \times 150 \text{ on } 1:55 \text{ Pulls br } 3-5-7 \text{ continuous} \}
         \{4 \times 100 \text{ on } 1:20 \text{ Pulls br } 3-5-7-9 \text{ continuous}
  200 4x{1 \times 25} on :50 Sculling drills
         {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900 1x\{4 \times 50 \text{ on } 1:00 \text{ 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 \times 100 \text{ on } 1:30 \text{ Back } 4 \text{ 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 end
         { 7 KOW (bulkhead)
```

Workout #5996 - Wednesday, 10 December 2008 HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	-
	1 on 38:00 Weights and Stretch
550	
150	
	1x{1 x 150 on 3:05 Kick
1,100	{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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	{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
	$\{4 \times 125 \text{ on } 2:00 \text{ Back } 3KOW \text{ (shallow end)}$
	{ 5 KOW (bulkhead)
	{3 x 50 on 1:00 Backstroke w/SCUBA belt
	$\{4 \times 100 \text{ on } 1:35 \text{ Back } 4 \text{ KOW (shallow end)}$
	{ 6 KOW (bulkhead)
	{2 x 50 on 1:00 Backstroke w/SCUBA belt
	{4 x 75 on 1:15 Backstroke 5 KOW (shallow end
	{ 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 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	
150	
	1x{1 x 150 on 3:15 Kick
1,000	{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	$1x{1 x 250 on 4:10 Pull breathe every 3}$
	$\{2 \times 200 \text{ on } 3:20 \text{ Pulls br } 3-5 \text{ continuous}$
	$\{2 \times 150 \text{ on } 2:30 \text{ Pulls br } 3-5-7 \text{ continuous} \}$
	{2 x 100 on 1:40 Pulls br 3-5-7-9 continuous
200	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
1,600	1x{4 x 50 on 1:10 Backstroke w/SCUBA belt
	$\{4 \times 125 \text{ on } 2:15 \text{ Back 3KOW (shallow end)}$
	{ 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 enc
	{ 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
230	1 on 10:00 Ice
	5:35 PM 4,850 Yards - Stress Value = 51
	J.JJ IM 4,0J0 Talus - Scless value - Jl

Workout #5998 - Wednesday, 10 December 2008 HighSchl - Bronze 1 minute rest between sets

```
3:00 PM Start
            Set Description
 Yards
=====
             1 on 38:00 Weights and Stretch
             1 x 450 on 9:00 Free L.25 of each 100 non fr
   450
            10 x 15 on :45 Shooters
   950 1x{1 x 150 on 3:30 Kick
            \{1 \times 100 \text{ on } 2:25 \text{ Kick} \}
            \{1 \times 50 \text{ on } 1:15 \text{ Kick} \}
            {1 x 150 on 3:20 Kick
            {1 x 100 on 2:20 Kick
            \{1 \times 50 \text{ on } 1:10 \text{ Kick} \}
            \{1 \times 150 \text{ on } 3:10 \text{ Kick} \}
            {1 x 100 on 2:20 Kick
            \{2 \times 50 \text{ on } 1:05 \text{ Kick} \}
 1,100 1x\{1 \ x \ 250 \ on \ 4:30 \ Pull breathe every 3
            \{2 \times 200 \text{ on } 3:35 \text{ Pulls br } 3-5 \text{ continuous}
            {2 x 150 on 2:40 Pulls br 3-5-7 continuous
            \{2 \times 75 \text{ on } 1:15 \text{ Pulls br } 3-5-7-9 \text{ continuous} \}
   200 4x\{1 \times 25 \text{ on } :50 \text{ 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 \times 125 \text{ on } 2:30 \text{ Back 3KOW (shallow end)}
            { 5 KOW (bulkhead)
            \{3 \text{ x } 50 \text{ on } 1\text{:}15 \text{ 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)

250 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	S	et Description
=====	=	
		on 30:00 Dryland and stretch
600		x 600 on 9:00 Underwater trn drill
		Odd 100's free even 100's back
150		0 x 15 on :45 Shooters
1,150		x 50 on :50 Kick with flippers
		x 50 on 1:00 Kick with flippers
		x 50 on :45 Kick with flippers
		x 50 on 1:00 Kick with flippers
		x 50 on :40 Kick with flippers
		x 50 on 1:00 Kick with flippers
		x 50 on :30 Kick with flippers
1,400		x 400 on 5:20 Pulls
		x 100 on 1:05 Pulls
		x 100 on 1:10 Pulls
		x 100 on 1:15 Pulls
		x 100 on 1:20 Pulls x 300 on 4:00 Pulls
		x 100 on 1:05 Pulls
		x 100 on 1:03 Pulls x 100 on 1:10 Pulls
		x 100 on 1:15 Pulls
200		x 25 on :50 Sculling drills
200		x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950		x 25 on :45 Breast TO drill w/fins
_,		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
		x 25 on :45 Breast TO drill w/fins
		x 100 on 1:40 Breast 2X pullouts on bulkh ϵ
		x 50 on 1:00 Breast w/fly kick
		x 50 on :55 Breast w/fly kick
		x 50 on :50 Breast w/fly kick
		x 100 on 2:00 75 breast-25 free great effc
		<pre>x 25 on :45 Breast TO drill w/fins x 100 on 1:35 Breast 2X pullouts on bulkhe</pre>
		x 50 on 1:00 Breast w/tennis balls
		x 50 on :55 Breast w/tennis balls
		x 50 on :50 Breast w/tennis balls
		x 100 on 2:00 75 breast-25 free great effc
100	1	x 100 on 2:00 Freestyle
100		x 100 on 2:30 Breast for time from push
250		x 250 on 5:00 Stroke Drills
		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

Yards	
550	1 on 30:00 Dryland and stretch 1 x 550 on 9:00 Underwater trn drill
1.50	Odd 100's free even 100's back
150 1,050	10 x 15 on :45 Shooters 1x{6 x 50 on :55 Kick with flippers
	{1 x 50 on 1:00 Kick with flippers
	$\{6 \times 50 \text{ on } :50 \text{ Kick with flippers} \}$
	{4 x 50 on :45 Kick with flippers
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick with flippers} $ $\{2 \times 50 \text{ on } :40 \text{ Kick with flippers} \}$
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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
1.900	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \\ 1x\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill w/fins} \}$
_,	{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
	$\{4 \times 25 \text{ on } : 45 \text{ Breast TO drill w/fins} \}$ $\{3 \times 100 \text{ on } 1: 45 \text{ Breast } 2X \text{ pullouts on bulkhe}\}$
	$\{1 \times 50 \text{ on } 1:05 \text{ Breast w/fly kick}\}$
	{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 effo
	{4 x 25 on :45 Breast TO drill w/fins
	$\{3 \times 100 \text{ on } 1:40 \text{ Breast 2X pullouts on bulkhe} \}$
	{1 x 50 on 1:00 Breast w/tennis balls
100	$\{1 \times 100 \text{ on } 2\text{:}00 75 \text{ breast-}25 \text{ free great effc} \\ 1 \times 100 \text{ on } 2\text{:}00 \text{ Freestyle} $
100	
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Ice 5:36 PM 5,550 Yards - Stress Value = 87

Workout #6001 - Thursday, 11 December 2008 HighSchl - Silver

1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	1 20 00 5 1 1 1 1 1 1
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

```
{1 x 300 on 4:50 Pulls
           {1 x 100 on 1:25 Pulls
           \{1 \times 50 \text{ on } : 45 \text{ Pulls}
   200 4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}
           \{1 \text{ x } 25 \text{ on } : 40 \text{ } 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}
1,750 1x\{4 \times 25 \text{ on } : 45 \text{ 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 \times 100 \text{ on } 2:15 \text{ } 75 \text{ breast-} 25 \text{ free great effc} \}
           \{4 \times 25 \text{ on } : 45 \text{ Breast TO drill w/fins} \}
           \{3 \times 100 \text{ on } 1:55 \text{ Breast 2X pullouts on bulkh} \epsilon
           {1 x 50 on 1:10 Breast w/fly kick
           \{1 \times 50 \text{ on } 1:05 \text{ Breast w/fly kick}\}
           \{1 \times 50 \text{ on } 1:00 \text{ Breast w/fly kick} \}
           \{1 \times 100 \text{ on } 2:15 \ 75 \text{ breast-} 25 \text{ free great effc} \}
           \{4 \text{ x } 25 \text{ on } : 45 \text{ Breast TO drill w/fins}
           \{3 \times 100 \text{ on } 1:50 \text{ Breast 2X pullouts on bulkh}\epsilon
           \{1 \times 50 \text{ on } 1:05 \text{ Breast w/tennis balls}
   100
            1 x 100 on 2:00 Freestyle
            1 x 100 on 2:30 Breast for time from push
   100
   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
```

Workout #6002 - Thursday, 11 December 2008 HighSchl - Bronze

3:00 PM Start

1 minute rest between sets

Yards	Se	et Description
	1	on 30:00 Dryland and stretch
450		x 450 on 9:00 Underwater trn drill
		Odd 100's free even 100's back
150		0 x 15 on :45 Shooters
950		x 50 on 1:00 Kick with flippers
		x 50 on 1:00 Kick with flippers
		x 50 on :55 Kick with flippers
		x 50 on 1:00 Kick with flippers x 50 on :50 Kick with flippers
		x 50 on 1:00 Kick with flippers
		x 50 on :45 Kick with flippers
1,050		x 400 on 6:45 Pulls
•	{ 1	x 100 on 1:35 Pulls
		x 100 on 1:40 Pulls
		x 300 on 5:05 Pulls
		x 100 on 1:35 Pulls
000	-	x 50 on :50 Pulls
200		x 25 on :50 Sculling drills
1 700		\times 25 on :40 12.5 ez 12.5 fast grt finishes \times 25 on :45 Breast TO drill \times fins
1,700		x 100 on 2:10 Breast 2X Pullouts on bulkhe
		x 50 on 1:10 Breast 2kick1Pull
		x 50 on 1:05 Breast 2kick1pull
		x 100 on 2:15 75 breast-25 free great effc
	{ 4	x 25 on :45 Breast TO drill $w/fins$
		x 100 on 2:05 Breast 2X pullouts on bulkh ϵ
		x 50 on 1:10 Breast w/fly kick
		x 50 on 1:05 Breast w/fly kick
		x 100 on 2:15 75 breast-25 free great effc x 25 on :45 Breast TO drill $w/fins$
		x 100 on 2:00 Breast 2X pullouts on bulkhe
		x 50 on 1:05 Breast w/tennis balls
		x 50 on 1:00 Breast w/tennis balls
100		x 100 on 2:00 Freestyle
100	1	x 100 on 2:30 Breast for time from push
250		x 250 on 5:00 Stroke Drills
		on 10:00 Ice
	5:36	PM 4,950 Yards - Stress Value = 79

Workout #6003 - Friday, 12 December 2008 HighSchl - Freestylers 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	
=====	=======================================	===	
	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 \times 50 \text{ on } : 45 25 \text{closed } \text{fist/25 } \text{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

	5:30 AM Start	
Yards	Set Description	EGY
=====	=======================================	===
	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	$1x{3 \times 50 \text{ on } :50 \text{ 25 catch-up/25swim}}$	REC
	{4 x 100 on 1:30 Freestyle-hold 1:20	EN2
	$\{3 \times 50 \text{ on } : 50 25 \text{closed } \text{fist/25 } \text{swim} \}$	REC
	{4 x 100 on 1:40 Freestyle-hold 1:15	EN2
	$\{3 \times 50 \text{ on } : 50 \text{ 25 finger tip drag}/25 \text{ swim}$	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	

Workout #6005 - Friday, 12 December 2008 HighSchl - Silver 1 minute rest between sets

7:06 AM 2,400 Yards - Stress Value = 30

	5:30 AM Start	
Yards	Set Description	EGY
=====	=======================================	===
	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	$1x{3 \times 50 \text{ on } :55 \text{ 25 catch-up/25swim}}$	REC
	{3 x 100 on 1:40 Freestyle-hold 1:30	EN2
	$\{4 \times 50 \text{ on } :55 25 \text{closed fist/25 swim} \}$	REC
	{3 x 100 on 1:50 Freestyle-hold 1:25	EN2
	$\{4 \times 50 \text{ on } :55 \text{ 25 finger tip drag/25 swim}\}$	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

	5:30 AM Start	
Yards	Set Description	ΕĆ
=====	=======================================	==
	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	SI
1,350	1x{3 x 50 on 1:00 25 catch-up/25swim	RE
	$\{3 \times 100 \text{ on } 1:50 \text{ Freestyle-hold } 1:40$	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 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/Techninque 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 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
	$\{1 \times 50 \text{ on } 1:00 12.5 \text{scull } 37.5 \text{build }$
	{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

	7:00	AM Start
		et Description
=====		on 30:00 Plyometrics/stretch
600		x 600 on 9:00 Choice
150		0 x 15 on :45 Shooters
		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
		x 50 on :45 Pulls
	•	x 150 on 1:50 Pulls
	-	x 50 on :45 Pulls
200		x 25 on :50 Sculling drills
2 500		x 25 on :40 12.5 ez 12.5 fast grt finishes x 100 on 1:25 Individual Medley
2,300		x 25 on :25 Odd fly evens free
	-	x 200 on 2:50 Individual Medley
	-	x 25 on :25 Odds back evens free
	•	x 300 on 4:15 Individual Medley
		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
		x 300 on 4:10 Individual Medley
	-	x 25 on :20 Odds back evens free
		x 200 on 2:45 Individual Medley
		x 25 on :20 Odds fly evens free
250		x 100 on 1:20 Individual Medley x 250 on 4:00 Stroke Drills
230		on 10:00 Ice
		AM 5,850 Yards - Stress Value = 99

1 on 10:00 Ice

9:35 AM 4,950 Yards - Stress Value = 83

Workout #6009 - Saturday, 13 December 2008 HighSchl - Gold 1 minute rest between sets

Workout #6011 - Saturday, 13 December 2008 HighSchl - Bronze 1 minute rest between sets

	7:00 AM Start		7:00 AM Start	
Yards			Set Description	
=====	1 on 30:00 Plyometrics/stretch	=====	1 on 30:00 Plyometrics/stretch	
550	1 x 550 on 9:00 Choice	450		.1
150		150		
	2x{6 x 50 on 1:30 Kick w/shoes		2x{5 x 50 on 1:45 Kick w/shoes	
1,200	{4 x 50 on 1:15 Tombstone Kick	1,000	{4 x 50 on 1:30 Tombstone Kick	
	{2 x 50 on 1:00 Kick-100% effort		{1 x 50 on 1:00 Kick-100% effor	
	{1 on :30 Put your shoes back on		{1 on :30 Put your shoes back of	
850	1x{2 x 175 on 2:30 Pulls	750	1x{2 x 150 on 2:35 Pulls	J11
030	{2 x 50 on :45 Pulls	750	{2 x 50 on :55 Pulls	
	{2 x 150 on 2:10 Pulls		{2 x 125 on 2:05 Pulls	
	{2 x 50 on :45 Pulls		{2 x 50 on :55 Pulls	
200	4x{1 x 25 on :50 Sculling drills	200	$4x{1 \times 25 \text{ on } :50 \text{ Sculling drills}}$	
200	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$	200	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fas} \}$	st art finishes
2.175	1x{1 x 100 on 1:35 Individual Medley	1.650	$1 \times \{1 \times 100 \text{ on } 2:00 \text{ Individual Med} \}$	_
2,270	{4 x 25 on :30 Odd fly evens free	1,000	$\{6 \times 25 \text{ on } : 35 \#1, \#4 \text{ fly the } 1\}$	-
	{1 x 200 on 3:10 Individual Medley		{1 x 200 on 4:00 Individual Med	
	{4 x 25 on :30 Odds back evens free		{6 x 25 on :35 #1, #4 back the	-
	{1 x 300 on 4:45 Individual Medley		{1 x 300 on 6:00 Individual Med	
	{4 x 25 on :30 Odds breast evens free		{6 x 25 on :35 #1, #4 breast th	
	{1 x 400 on 6:20 Individual Medley		{1 x 200 on 4:00 Individual Med	
	{4 x 25 on :25 Odds breast evens free		{6 x 25 on :35 Choice	-
	{1 x 300 on 4:40 Individual Medley		{1 x 100 on 2:00 Individual Med	dley
	{4 x 25 on :25 Odds back evens free		{6 x 25 on :30 Free descend in	sets of 3
	{1 x 200 on 3:05 Individual Medley	250	1 x 250 on 5:00 Stroke Drills	
	{3 x 25 on :25 Odds fly evens free		1 on 10:00 Ice	
	{1 x 100 on 1:30 Individual Medley		9:35 AM 4,450 Yards - Stress Valu	ue = 74
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice		Workout #6012 - Monday, 15 December 2	2008
	9:35 AM 5,375 Yards - Stress Value = 91		HighSchl - Distance	
			1 minute rest between sets	
	Workout #6010 - Saturday, 13 December 2008		i minute rest between sets	
	HighSchl - Silver		5:30 AM Start	
	1 minute rest between sets	Varda	Set Description	ECV MODE

1 minute rest between sets Yards Set Description ===== __________________________________ 1 on 35:00 Weights and Stretch 7:00 AM Start Yards Set Description 400 1 x 400 on 7:00 Swim-kick-pull-swim REC SP3 and EN2 <u>ء</u> 2 _____ _____ 150 10 x 15 on :45 Shooters 1 on 30:00 Plyometrics/stretch $2,025 1x{3 x 250 on 3:15 Free-descend}$ {3 x 225 on 2:55 Free-descend EN2 {3 x 200 on 2:35 Free-descend EN2 500 1 x 500 on 9:00 Choice 150 10 x 15 on :45 Shooters S 5 x 50 on 1:00 Stroke Drills REC $1,000 \ 2x{5} \ x \ 50 \ on \ 1:45 \ Kick \ w/shoes$ 250 Γ $\{4 \times 50 \text{ on } 1:30 \text{ Tombstone Kick} \}$ 1 on 10:00 Ice $\{1 \times 50 \text{ on } 1:00 \text{ Kick-} 100\% \text{ effort}$ 7:05 AM 2,825 Yards - Stress Value = 47 {1 on :30 Put your shoes back on 800 1x{2 x 150 on 2:20 Pulls

800	•	150 On 2:20 Pulls		Workout #6013 - Monday, 15 December 2008		
	•	50 on :50 Pulls		HighSchl - Gold		
	•	150 on 2:15 Pulls		S		
	{2 x	50 on :50 Pulls		1 minute rest between sets		
200	4x{1 x	25 on :50 Sculling drills				
	{1 x	25 on :40 12.5 ez 12.5 fast grt finishes		5:30 AM Start		
2,050	1x{1 x	100 on 1:45 Individual Medley	Yards	Set Description	EGY	WORF
	{4 x	25 on :30 Odd fly evens free			===	====
	{1 x	200 on 3:30 Individual Medley		1 on 35:00 Weights and Stretch		I
	{4 x	25 on :30 Odds back evens free	400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
	{1 x	300 on 5:15 Individual Medley	150	10 x 15 on :45 Shooters	SP3	٤
	{4 x	25 on :30 Odds breast evens free	1,800	$1x{3 x 225 on 3:15 Free-descend}$	EN2	٤
	{1 x	400 on 7:00 Individual Medley		$\{3 \times 200 \text{ on } 2:55 \text{ Free-descend} \}$	EN2	٤
	{4 x	25 on :25 Odds breast evens free		${3 \times 175 \text{ on } 2:35 \text{ Free-descend}}$	EN2	٤
	{1 x	300 on 5:00 Individual Medley	250	5 x 50 on 1:00 Stroke Drills	REC	Ι
	{4 x	25 on :25 Odds back evens free		1 on 10:00 Ice		ľ
	{1 x	200 on 3:20 Individual Medley		7:05 AM 2,600 Yards - Stress Value = 42	2	
	{2 x	25 on :25 Odds fly evens free				
250	1 x	250 on 4:00 Stroke Drills				

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	٤
150	10 x 15 on :45 Shooters	SP3	٤
1,575	$1x{3 \times 200 \text{ on } 3:15 \text{ Free-descend}}$	EN2	٤
	${3 \times 175 \text{ on } 2:55 \text{ Free-descend}}$	EN2	٤
	${3 \times 150 \text{ on } 2:35 \text{ Free-descend}}$	EN2	٤
250	5 x 50 on 1:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	7:05 AM 2,325 Yards - Stress Value = 37	7	

Workout #6015 - Tuesday, 16 December 2008 HighSchl - Distance 1 minute rest between sets

Yards	3:00 PM Start Set Description
600 150	<pre>1 on 30:00 Physio Balls/Stretch 1 x 600 on 9:00 Underwater trn drill 10 x 15 on :45 Shooters</pre>
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	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } :40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$
2,800	<pre>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</pre>
	{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
250	{4 x 50 on 1:00 Freestyle { 1-3 200 pace each 50 -2 strokes #4 100% +4 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
	=======================================
550	<pre>1 on 30:00 Physio Balls/Stretch 1 x 550 on 9:00 Underwater trn drill</pre>
150	10 x 15 on :45 Shooters
1,400	$1x\{2 \ x \ 125 \ on \ 1:55 \ Kick \ with flippers$
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick w/fins on side} \}$
	{2 x 125 on 1:50 Kick with flippers
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick w/fins on side}$
	{2 x 125 on 1:45 Kick with flippers
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick w/fins on side}$
	{2 x 125 on 1:40 Kick with flippers

	$\{2 \times 50 \text{ on } 1:00 \text{ Kick w/fins on side}$	
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 f	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 1	100%+4 5
	{2 x 200 on 2:45 Freestyle	.000.1 2
	{4 x 50 on 1:00 Freestyle	
	{ 1-3 200 pace each 50 -2 strokes #4 1	NN% +4
	{3 x 200 on 2:40 Freestyle	-000 11
	{4 x 50 on 1:00 Freestyle	
	•	1000 11
	{ 1-3 200 pace each 50 -2 strokes #4 1	.00% +4
	{3 x 200 on 2:35 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{ 1-3 200 pace each 50 -2 strokes #4 1	.00% +4
250	1 x 250 on 5:00 Stroke Drills	
	1 on 10:00 Ice	
	5:36 PM 6,400 Yards - Stress Value = 102	2

Workout #6017 - Tuesday, 16 December 2008 HighSchl - Silver 1 minute rest between sets

Yards	3:00 PM Start Set Description
500 150	1 on 30:00 Physio Balls/Stretch 1 x 500 on 9:00 Underwater trn drill
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
1,100	{2 x 100 on 1:30 Kick with flippers {2 x 50 on 1:00 Kick w/fins on side 1x{3 x 150 on 2:25 Pulls {3 x 150 on 2:20 Pulls
200	{2 x 100 on 1:35 Pulls 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
250	{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 1 x 250 on 5:00 Stroke Drills
230	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

Yards	3:00 PM Start Set Description
450 150	<pre>1 on 30:00 Physio Balls/Stretch 1 x 450 on 9:00 Underwater trn drill 10 x 15 on :45 Shooters</pre>
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 \times 100 \text{ on } 1:30 \text{ Kick with flippers} $ $\{2 \times 50 \text{ on } 1:00 \text{ Kick w/fins on side} \}$
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 \times 200 \text{ on } 3:15 \text{ Freestyle} $ $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$
	{ 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

Workout #6019 - Wednesday, 17 December 2008 HighSchl - Back

1 minute rest between sets

Yards	3:00 PM Start Set Description	
14105		
	1 on 37:00 Weights and Stretch	
600		
	10 x 15 on :45 Shooters	
	1x {1 x 300 on 5:00 Bck-25dr25sw/50dr50sw/75dr75	
750	{4 x 25 on :30 Back 7 KOW +1	
	·	
	{5 x 50 on :45 Back-easy speed	
1 200	{1 x 100 on 2:00 Backstroke-100%	
1,200	6x{1 x 100 on 1:30 Kick	
1.00	{1 x 100 on 2:00 Kick	
100	2x{1 x 25 on :50 Sculling drills	
7.50	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
/50	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	$1x\{4 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}$	
	{3 x 100 on 1:15 Lungbuster pulls	
	{2 x 100 on 1:10 Lungbuster pulls	
	{ Breathe 3-5-7 continuous	
100	$2x{1 x 25 on :50 Sculling drills}$	
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes}\}$	
750	1x{1 x 300 on 5:00 Bck-25dr25sw/50dr50sw/75dr75	
	$\{4 \times 25 \text{ on } : 30 \text{ Back } 7 \text{ KOW } +1$	
	{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	

5:35 PM 5,550 Yards - Stress Value = 86

Workout #6020 - Wednesday, 17 December 2008 HighSchl - Gold 1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	=======================================
	1 on 37:00 Weights and Stretch
550	2
150	
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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
700	1x{1 x 300 on 5:15 Bck-25dr25sw/50dr50sw/75dr75
	$\{4 \times 25 \text{ on } : 30 \text{ Back } 7 \text{ KOW } +1$
	{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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
700	1x{1 x 300 on 5:15 Bck-25dr25sw/50dr50sw/75dr75
	$\{4 \times 25 \text{ on } : 30 \text{ Back } 7 \text{ KOW } +1$
	{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 #6021 - Wednesday, 17 December 2008 HighSchl - Silver/Bronze 1 minute rest between sets

Workout #6023 - Thursday, 18 December 2008 HighSchl - Gold

1 minute rest between sets

Yards	3:00 PM Start Set Description		
	1	on 28:00 Stomach and Stretch	
550		x 550 on 9:00 Underwater trn drill	
150		0 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		x 75 on 1:30 Pulls-Breast	
	•	x 100 on 1:25 Pulls	
		x 75 on 1:30 Pulls-Breast	
	-	x 100 on 1:25 Pulls	
	-	x 75 on 1:30 Pulls-Breast	
	-	x 100 on 1:25 Pulls	
200		x 25 on :50 Sculling drills	
		x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500	-	x 100 on 1:35 25 breast 75 free	
	•	x 50 on 1:00 Breast-descend	
		x 100 on 1:40 50 breast 50 free	
	-	x 50 on :55 Breast-descend	
		x 100 on 1:45 75 breast 25 free	
		x 50 on :50 Breast-descend	
400	-	x 100 on 1:45 Breaststroke	
400		x 25 on :30 Freestyle	
	-	x 25 on :25 Freestyle	
	-	x 25 on :20 Freestyle	
250		x 25 on :15 Freestyle x 250 on 4:00 Stroke Drills	
250		on 10:00 Ice	
		on lu:uu ice	

5:35 PM 5,450 Yards - Stress Value = 83

```
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
          10 x 15 on :45 Shooters
   650 1x{1 x 300 on 5:30 Bck-25dr25sw/50dr50sw/75dr75
           \{4 \text{ x } 25 \text{ on } : 35 \text{ Back } 7 \text{ 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 \times 25 \text{ on :} 50 \text{ Sculling drills}
           \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}
   650 1x{1 x 300 on 5:30 Bck-25dr25sw/50dr50sw/75dr75
          \{4 \times 25 \text{ on } : 35 \text{ Back } 7 \text{ KOW } +1
           {3 x 50 on :55 Back-easy speed
           {1 x 100 on 2:20 Backstroke-100%
   700 1x\{2 \times 100 \text{ on } 1:40 \text{ 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 \times 25 \text{ on } :50 \text{ Sculling drills}
           \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}
   650 1x{1 x 300 on 5:30 Bck-25dr25sw/50dr50sw/75dr75
           \{4 \times 25 \text{ on } : 35 \text{ Back } 7 \text{ 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 1 x 600 on 9:00 Underwater trn drill 600 10 x 15 on :45 Shooters 1,100 $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ {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 $\{2 \times 50 \text{ on } : 50 \text{ Kick} \}$ $1,500 1x\{4 \times 75 \text{ on } 1:30 \text{ Pulls-Breast}$ {1 x 100 on 1:15 Pulls $\{4 \times 75 \text{ on } 1:30 \text{ Pulls-Breast} \}$ {2 x 100 on 1:15 Pulls $\{4 \times 75 \text{ on } 1:30 \text{ Pulls-Breast}$ {3 x 100 on 1:15 Pulls 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ {1 x 25 on :40 12.5 ez 12.5 fast grt finishes $1,600 1x{1 x 100 on 1:25 25 breast 75 free}$ $\{4 \times 50 \text{ on } 1:00 \text{ Breast-descend} \}$ $\{2 \times 100 \text{ on } 1:30 50 \text{ breast } 50 \text{ free}$ $\{4 \times 50 \text{ on } :55 \text{ Breast-descend} \}$ ${3 \times 100 \text{ on } 1:35 \ 75 \text{ breast } 25 \text{ free}}$ {4 x 50 on :50 Breast-descend $\{4 \times 100 \text{ on } 1:30 \text{ Breaststroke} \}$ 400 $1x{4 \times 25}$ on :30 Freestyle $\{4 \times 25 \text{ on :} 25 \text{ Freestyle}\}$ $\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ $\{4 \times 25 \text{ on :} 15 \text{ Freestyle} \}$

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		
150		
950	$1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	
	{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	
1 200	{1 x 50 on 1:05 Kick 1x{4 x 75 on 1:40 Pulls-Breast	
1,300	11x(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	$1x{3 \times 25}$ on :35 Freestyle	
	$\{3 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	
	{3 x 25 on :25 Freestyle	
250	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \\ 1 \times 250 \text{ on } 4:00 \text{ Stroke Drills}$	
230	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	
	5:35 PM 5,125 Yards - Stress Value = 79	
	5.55 III 5,125 Iulus 501055 Value - 75	
	Washand #6025 Faither 10 December 2000	

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 \times 75 \text{ on } 1:25 \text{ 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 \times 75 \text{ on } 1:15 \text{ Kick} \}
             \{4 \times 50 \text{ on } 1:00 \text{ Kick} \}
 1,100 \ 1x\{2 \ x \ 75 \ on \ 1:10 \ Pulls-nbbf&w + 2 \ vds
             \{1 \times 50 \text{ on } 1:00 \text{ Pulls 2 breaths}
             \{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
             \{2 \times 50 \text{ on } 1:00 \text{ Pulls } 2 \text{ and } 3 \text{ breaths} \}
             \{2 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
             {3 \times 50 \text{ on } 1:00 \text{ Pulls } 2/3/4 \text{ breaths}}
             \{2 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
             \{4 \times 50 \text{ on } 1:00 \text{ Pulls } 2/3/4/5 \text{ breaths}
    200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
             \{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}
 1,800 1x{3 \times 100} on 1:30 2/3/4 strokes fly off walls
             \{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}
             \{4 \times 25 \text{ on } : 30 \text{ Butterfly } 1\text{up}1\text{down}
             \{3 \times 100 \text{ on } 1:25 \text{ } 2/3/4 \text{ 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

		1 minute rest between sets
	7:00	AM Start
Yards	Se	et Description
=====		40.00 57 1 1 1 2 2 4 1
550		on 40:00 Weights and Stretch
550 150		x 550 on 9:00 Reverse IM drill 0 x 15 on :45 Shooters
		x 75 on 1:35 Kick
1,000	-	x 50 on 1:00 Kick-100%
		x 75 on 1:30 Kick
		x 50 on 1:00 Kick-100%
		x 75 on 1:25 Kick
		x 50 on 1:00 Kick-100%
	-	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
		x 50 on 1:00 Pulls 2 and 3 breaths
		x 75 on 1:05 Pulls-nbbf&w + 2 yds
		x 50 on 1:00 Pulls 2/3/4 breaths
		\times 75 on 1:00 Pulls-nbbf&w + 2 yds
		x 50 on 1:00 Pulls 2/3/4/5 breaths
200		x 25 on :50 Sculling drills
1 750		x 25 on :40 12.5 ez 12.5 fast grt finishes
1,/50		x 100 on 1:35 $2/3/4$ strokes fly off walls
		x 50 on :45 Freestyle x 25 on :30 Butterfly 1up1down
		x 100 on 1:30 2/3/4 strokes fly off walls
		x 50 on :45 Freestyle
		x 25 on :30 Butterfly 1up2down
		x 100 on 1:25 2/3/4 strokes fly off walls
		x 50 on :45 Freestyle
		x 25 on :30 Butterfly 1up3down
		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		x 50 on 1:00 Stroke Drills
		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

Yards	Se	AM Start et Description	
500 150 950	1 10 1x{2	on 40:00 Weights and Stretch x 500 on 9:00 Reverse IM drill 0 x 15 on :45 Shooters x 75 on 1:45 Kick x 50 on 1:10 Kick-100%	50
	{2 {2 {3 {2	<pre>x 75 on 1:40 Kick x 50 on 1:10 Kick-100% x 75 on 1:35 Kick x 50 on 1:10 Kick-100% x 75 on 1:30 Kick</pre>	
1 000		x 50 on 1:00 Kick-100% x 75 on 1:25 Pulls-nbbf&w + 2 yds	Yard
1,000		x 50 on 1:00 Pulls 2 breaths	
	{ 2 { 2	<pre>x 75 on 1:20 Pulls-nbbf&w + 2 yds x 50 on 1:00 Pulls 2 and 3 breaths x 75 on 1:15 Pulls-nbbf&w + 2 yds</pre>	55 15 1,00
	{ 2 { 2	<pre>x 50 on 1:00 Pulls 2/3/4 breaths x 75 on 1:10 Pulls-nbbf&w + 2 yds x 50 on 1:00 Pulls 4/5 breaths</pre>	1,35
200	-	x 25 on :50 Sculling drills x 25 on :40 12.5 ez 12.5 fast grt finishes	20
1,550	1x{3 {1	<pre>x 100 on 1:50 2/3/4 strokes fly off walls x 50 on :55 Freestyle x 25 on :30 Butterfly 1up1down</pre>	2,11
	{3 {1	x 100 on 1:45 2/3/4 strokes fly off walls x 50 on :55 Freestyle x 25 on :30 Butterfly 1up2down	
	{ 3 { 1	<pre>x 100 on 1:40 2/3/4 strokes fly off walls x 50 on :55 Freestyle x 25 on :30 Butterfly 1up3down</pre>	
		x 100 on 1:35 2/3/4 strokes fly off walls x 50 on :55 Freestyle	
400	8 1	x 50 on 1:00 Stroke Drills on 10:00 Ice AM 4,750 Yards - Stress Value = 76	30

Workout #6028 - Friday, 19 December 2008 HighSchl - Recovery/Techninque Day 1 minute rest between sets

Yards	3:00 PM Start 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 #6029 - Saturday, 20 December 2008 HighSchl - Freestylers 1 minute rest between sets

Yards	12:00 PM Start Set Description
iaias	bee bescription
=====	
	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	$4x{1 x 25 on :50 Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
2,100	1x{6 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest

	{5 x 100 on 1:05	Freestyle
	{1 on 1:00 Rest	110000,10
	{4 x 100 on 1:05	Freestyle
	{1 on 1:00 Rest	
	{3 x 100 on 1:05	Freestvle
	{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 Yard	s - Stress Value = 100

Workout #6030 - Saturday, 20 December 2008 HighSchl - Gold 1 minute rest between sets

) PM Start et Description
=====	==	20.00.1
		on 30:00 Abs and Stretch
		x 550 on 9:00 Choice
		0 x 15 on :45 Shooters
		0 x 100 on 2:00 Challenge Kick set w/ fins
1,350	-	x 500 on 6:40 Pulls
		x 500 on 6:30 Pulls
		x 350 on 4:30 Pulls
200	-	x 25 on :50 Sculling drills
		x 25 on :40 12.5 ez 12.5 fast grt finishes
2,115		x 100 on 1:15 Freestyle
		on 1:00 Rest
		x 100 on 1:15 Freestyle
	•	on 1:00 Rest
		x 100 on 1:15 Freestyle
		on 1:00 Rest
		x 100 on 1:15 Freestyle
	{ 1	on 1:00 Rest
	{ 2	x 100 on 1:15 Freestyle
	{ 1	on 1:00 Rest
	-	x 115 on 1:05 Freestyle
300		x 50 on 1:00 Stroke Drills
	2:15	PM 5,665 Yards - Stress Value = 97

Workout #6031 - Saturday, 20 December 2008 HighSchl - Silver 1 minute rest between sets

Yards		0 PM Start et Description
	1	on 30:00 Abs and Stretch
500		x 500 on 9:00 Choice
		0 x 15 on :45 Shooters
		0 x 100 on 2:00 Challenge Kick set w/ fins
		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
		x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900		x 100 on 1:30 Freestyle
		on 1:00 Rest
		x 100 on 1:30 Freestyle
	•	on 1:00 Rest
		x 100 on 1:30 Freestyle
	•	on 1:00 Rest
		x 100 on 1:30 Freestyle
	•	on 1:00 Rest x 100 on 1:30 Freestyle
250		x 50 on 1:00 Stroke Drills
230		PM 5,200 Yards - Stress Value = 90
	2.10	in 0,200 latas sciess value - 50

7:00 AM Start

Workout #6032 - Saturday, 20 December 2008 HighSchl - Bronze

1 minute rest between sets

12:00 PM Start Set Description Yards _____ 1 on 30:00 Abs and Stretch 1 x 500 on 9:00 Choice 500 10 x 15 on :45 Shooters $1,100 \ 1x\{1 \ x \ 500 \ on \ 7:55 \ Pulls$ {1 x 400 on 6:15 Pulls {1 x 200 on 3:05 Pulls 200 $4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$ $\{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$ 1,350 1x{1 x 125 on 2:00 Pull no br L. 8 yds 1,800 1x{6 x 100 on 1:40 Freestyle {1 on 1:00 Rest $\{5 \times 100 \text{ on } 1:40 \text{ Freestyle} \}$ {1 on 1:00 Rest {4 x 100 on 1:40 Freestyle {1 on 1:00 Rest ${3 \times 100 \text{ on } 1:40 \text{ Freestyle}}$ 5 x 50 on 1:00 Stroke Drills

Workout #6033 - Monday, 22 December 2008 HighSchl - Distance

2:15 PM 5,000 Yards - Stress Value = 86

1 minute rest between sets

```
Set Description
Yards
          _____
=====
          1 on 36:00 Weights and Stretch
        1 x 600 on 9:00 Swim-kick-pull-swim
  150
        10 x 15 on :45 Shooters
1,100 1x\{4 \times 25 \text{ on } : 45 \text{ 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 \times 25 \text{ on } : 45 \text{ Kick no board} \quad L
         {3 x 50 on :50 Kick
         \{4 \times 25 \text{ on } : 45 \text{ 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 \times 125 \text{ on } 1:35 \text{ Pull no br L.}12 \text{ yds}
         {1 x 125 on 1:35 Pull no br L.16 yds
  200 4x\{1 \times 25 \text{ on } :50 \text{ 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 \times 300 \text{ on } 3:30 \text{ 3 min swim } 30 \text{ sec rest}
         {1 x 200 on 2:30 2 min swim 30 sec rest
         \{1 \times 100 \text{ on } 1:30 \text{ 1 min swim } 30 \text{ sec rest}
         1 x 250 on 4:00 Stroke Drills
  250
          1 on 10:00 Ice
       9:35 AM 6,300 Yards - Stress Value = 104
```

1 minute rest between sets

```
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 \times 25 \text{ on } : 45 \text{ 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 \text{ x } 25 \text{ on } : 45 \text{ Kick no board} \qquad \text{L}
         {3 \times 50 \text{ on :} 55 \text{ Kick}}
         {4 x 25 on :45 Kick no board
         {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 \times 25 \text{ on } :50 \text{ Sculling drills}
         \{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \text{ 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 #6035 - Monday, 22 December 2008 HighSchl - Silver/Bronze 1 minute rest between sets

```
7:00 AM Start
Yards
     Set Description
_____
 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 \times 25 \text{ on } : 45 \text{ Kick no board}  R
      \{1 \times 50 \text{ on } :55 \text{ Kick} \}
      1,250 1x{1 x 125 on 2:10 Pull no br L. 8 yds
200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
      {1 x 200 on 2:30 2 min swim 30 sec rest
      {1 x 100 on 1:30 1 min swim 30 sec rest
       1 x 250 on 4:00 Stroke Drills
  250
      1 on 10:00 Ice
     9:35 AM 5,850 Yards - Stress Value = 98 200 4x{1 x 25 on :50 Sculling drills
```

HighSchl - Back

1 minute rest between sets

```
7:00 AM Start
Yards
        Set Description
=====
          _____
         1 on 35:00 Physio Balls/Stretch
        1 x 600 on 9:00 Underwater trn drill
   600
   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 \times 125 \text{ on } 2:00 \text{ 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 \times 75 \text{ on } 1:10 \text{ Kick} \}
         \{1 \times 75 \text{ on } 1:00 \text{ Kick} \}
1,200 1x{1 x 200 on 2:20 Pulls
         {2 x 100 on 1:20 Pulls
          \{1 \times 200 \text{ on } 2:30 \text{ 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 \times 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 \times 75 \text{ on } 1:05 \text{ Backstroke} \}
         {4 x 50 on 1:00 Back 12 yds under off walls
         \{4 \times 75 \text{ on } 1:00 \text{ Backstroke}\}
         {4 x 50 on 1:00 Back 12 yds under off walls
        {2 x 75 on :55 Backstroke
     9:35 AM 5,900 Yards - Stress Value = 98
```

Workout #6039 - Tuesday, 23 December 2008 HighSchl - Distance 1 minute rest between sets

```
_____
                                                        1 on 35:00 Physio Balls/Stretch
                                            1 on 35:00 Physic Balls, celebrated at 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters
                                                      {1 x 100 on 1:50 Kick
                                              {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
                                                       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
Workout #6036 - Tuesday, 23 December 2008 \{1 \times 25 \text{ on } : 40 \ 12.5 \text{ ez } 12.5 \}
                                                        {1 x 600 on 7:15 Free-odd 100's hold 103/fstr
                                                        \{1 \times 600 \text{ on } 7:15 \text{ 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

	1 minute rest between sets	
Yards	7:00 AM Start Set Description	
550 150	<pre>1 on 35:00 Physio Balls/Stretch 1 x 550 on 9:00 Underwater trn drill</pre>	Ya === 10,
1,050	{1 x 50 on :50 Kick 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	Υ <i>δ</i>
	<pre>4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 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</pre>	1,
100 100 250	1 x 100 on 2:00 Back for time	1,
	Workout #6038 - Tuesday, 23 December 2008 HighSchl - Silver/Bronze 1 minute rest between sets	2,
500 150	7:00 AM Start Set Description	

{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 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 200 on 1:40 Puls {1 x 200 on 3:20 Pulls 200 4x{1 x 25 on :50 Sculling drills

 $1,800 \ 1x\{8 \ x \ 75 \ on \ 1:25 \ Backstroke$

 $\{6 \times 75 \text{ on } 1:20 \text{ Backstroke} \}$

 $\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$

{3 x 50 on 1:00 Back 12 yds under off walls

{3 x 50 on 1:00 Back 12 yds under off walls

```
\{4 \times 75 \text{ on } 1:15 \text{ 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
                                       EGY WORK STK PACE
ards Set Description
____ ______
,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
ards
         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
,400 1x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}
        {2 x 125 on 2:30 Kick
        {4 x 25 on :35 Kick no board BSLR
        {2 x 125 on 2:20 Kick
        \{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}
        {2 x 125 on 2:10 Kick
        \{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
        \{2 \times 125 \text{ on } 2:00 \text{ Kick} \}
,050 1x{3 \times 50 \text{ on } :45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}
        \{3 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
        {3 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds}}
        {3 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}
 200 4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}
        {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
,400 1x\{1 \times 500 \text{ on } 6:15 \text{ Freestyle-neg spli}
        {8 x 50 on :40 Freestyle hold 500 pace
        \{1 \times 400 \text{ on } 4:55 \text{ Freestyle neg split} \}
        {8 x 50 on :40 Freestyle hold 500 pace
        \{1 \times 300 \text{ on } 3:40 \text{ Freestyle neg split} \}
        {8 x 50 on :40 Freestyle hold 500 pace
       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	$1x{4 \times 25 \text{ on } :30 \text{ Kick no board BSLR}}$
	{2 x 125 on 2:30 Kick
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$
	{2 x 125 on 2:20 Kick
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$
	{2 x 125 on 2:10 Kick
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$
	{2 x 125 on 2:00 Kick
1,050	$1x{3 \times 50 \text{ on } :45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
	${3 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$
	$\{3 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
	$\{3 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $
200	$4x{1 \times 25 \text{ on } :50 \text{ Sculling drills}}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishe} \}$
2,000	10x{1 x 100 on 1:15 Individual Medley
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$
	{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

Yards	Se	AM Start et Description
		on 38:00 Weights and Stretch
EEO		x 550 on 10:00 Reverse IM drill
) x 15 on :45 Shooters
1,300		x 25 on :30 Kick no board BSLR
	•	x 125 on 2:30 Kick
	-	x 25 on :35 Kick no board BSLR
	-	x 125 on 2:25 Kick
	•	x 25 on :40 Kick no board BSLR
		x 125 on 2:20 Kick
	•	x 25 on :45 Kick no board BSLR
		x 75 on 1:25 Kick
1,000	-	x 50 on :45 Pulls-nbbf&w + 2 yds
		x 75 on 1:10 Pulls-nbbf&w + 2 yds
		x 100 on 1:30 Pulls-nbbf&w + 2 yds
	-	x 125 on 1:50 Pulls-nbbf&w + 2 yds
200		x 25 on :50 Sculling drills
		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 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
             {2 x 100 on 2:10 Kick
             \{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
             \{2 \text{ x } 100 \text{ on } 2:05 \text{ Kick}
             \{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}
             {2 x 100 on 2:00 Kick
   900 1x\{2 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}
             \{3 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}
             \{2 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}
             {3 x 125 on 2:05 Pulls-nbbf&w + 2 yds
   200 4x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills} \{1 \times 25 \text{ on :} 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}
1,400 \ 7x\{1 \ x \ 100 \ on \ 1:45 \ Individual \ Medley
             \{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}
             \{1 \text{ x } 50 \text{ on } :55 \text{ Freestyle } \}
   400
              8 \times 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

	Set Description
=====	1 on 40:00 Weights and Stretch
550	-
	10 x 15 on :45 Shooters
	1x{8 x 25 on :45 Kick no board BSLR
1,000	{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
	$\{2 \times 125 \text{ on } 1:45 \text{ Pull no br L.}10 \text{ yds}$
	$\{1 \times 125 \text{ on } 1:40 \text{ Pull no br L.16 yds}$
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
1,800	1x{1 x 300 on 4:30 Free 5 KOW (Bulkhead)
	$\{2 \times 250 \text{ on } 3\text{:}45 \text{ Free } \#1 \text{ breath on } 5$
	{ #2 hold time, DPS
	{3 x 200 on 3:00 Freestyle-descend
	{4 x 100 on 1:30 Freestyle-hold AFAP
300	
	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
	$\{2 \times 50 \text{ on } 1:05 \text{ Kick} \}$
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick} \}$
	{8 x 25 on :45 Kick no board BSLR
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick} \}$
	$\{2 \times 50 \text{ on } 1:05 \text{ Kick}$
	{2 x 50 on 1:10 Kick
1,100	$1x\{4 \times 125 \text{ on } 2:05 \text{ Pull no br L.14 yds}$
	${3 \times 100 \text{ on } 1:40 \text{ Pull no br L.8 yds}}$
	{2 x 125 on 2:05 Pull no br L.10 yds
	$\{1 \times 50 \text{ on } : 50 \text{ Pull no br L.16 yds}$
200	$4x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes}\}$
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	
	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

Yards	7:00 AM Start Set Description
400	1 on 40:00 Weights and Stretch
	1 x 400 on 7:00 Swim-kick-pull-swim
	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
	$\{1 \times 50 \text{ on } :50 \text{ Kick}$
	{1 x 50 on :55 Kick
	{1 x 50 on 1:00 Kick
500	$1x\{1 \times 125 \text{ on } 1:45 \text{ Pull no br L.8 yds}$
	$\{1 \times 125 \text{ on } 1:40 \text{ Pull no br L.}10 \text{ yds}$
	$\{1 \times 125 \text{ on } 1:35 \text{ Pull no br L.}14 \text{ yds}$
	$\{1 \times 125 \text{ on } 1:30 \text{ Pull no br L.}16 \text{ yds}$
100	2x{1 x 25 on :50 Sculling drills
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{fast grt finishes} \}$
1,600	1x{1 x 300 on 4:00 Free 5 KOW (Bulkhead)
	$\{2 \times 275 \text{ on } 3:30 \text{ Free } \#1 \text{ breath on } 5$
	{ #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

1 militate Test between

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	$1x\{1 x 125 \text{ on } 1:50 \text{ Pull no br L.8 yds}$
	$\{1 \times 125 \text{ on } 1:45 \text{ Pull no br L.}10 \text{ yds}$
	$\{1 \times 100 \text{ on } 1:25 \text{ Pull no br L.14 yds}$
	$\{1 \times 100 \text{ on } 1:20 \text{ Pull no br L.16 yds}$
100	$2x\{1 \times 25 \text{ on } :50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,400	$1x\{1 \times 300 \text{ on } 4:15 \text{ Free 5 KOW (Bulkhead)}$
	{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
	$\{1 \times 100 \text{ on } 1:40 \text{ Pull no br L.}10 \text{ yds}$
	$\{1 \times 100 \text{ on } 1:35 \text{ Pull no br L.14 yds}$
	$\{1 \times 100 \text{ on } 1:30 \text{ Pull no br L.16 yds}$
100	$2x\{1 \times 25 \text{ on :} 50 \text{ Sculling drills}$
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
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		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

Yards	12:00 PM Start 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%
100	{3 x 75 on 1:10 Backstroke
	1 x 100 on 2:00 Freestyle
100	
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	$4x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$
	{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%
1.00	{2 x 75 on 1:20 Backstroke
	1 x 100 on 2:00 Freestyle
	1 x 100 on 2:00 Back for time
230	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
	9:35 AM 5,175 Yards - Stress Value = 88
	9.33 Am 3,173 Tatus - Stress value = 00

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	= 6	51	

Workout #6056 - Wednesday, 31 December 2008 Beat Penn - Breast

1 minute rest between sets

Yards	7:00 AM Start Set Description
	1 on 40:00 Weights and Stretch
	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
{3 x 50 on :45 Same as above
{3 x 50 on :45 Same as above
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	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
	1 40 00 77 1 1 4 4 1
	1 on 40:00 Weights and Stretch
400	
150	
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
	$\{1 \times 25 \text{ on } : 40 \text{ 12.5 ez } 12.5 \text{ fast grt finishes} \}$
1,450	1x{4 x 100 on 1:45 Breast-odds 2X pullouts on
	{ start wall-evens 2X pullouts on bulkhead wa
	$\{3 \times 50 \text{ on } :50 25 \text{brst } 25 \text{free-6bk breath on } 7$
	{3 x 100 on 1:40 Breast-same as above
	$\{3 \times 50 \text{ on } : 50 \text{ Same as above}$
	$\{2 \times 100 \text{ on } 1:35 \text{ Breast-same as above } \}$
	{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
	$\{1 \times 75 \text{ on } 1:35 \text{ Kick} \}$
	$\{2 \times 50 \text{ on } 1:05 \text{ Kick} \}$
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
	$\{1 \times 25 \text{ on } : 40 12.5 \text{ ez } 12.5 \text{ fast grt finishes} \}$
1,350	1x{4 x 100 on 1:55 Breast-odds 2X pullouts on
	{ start wall-evens 2X pullouts on bulkhead wa
	$\{3 \times 50 \text{ on } :55 \text{ 25brst 25free-6bk breath on 7}$
	{3 x 100 on 1:50 Breast-same as above
	${3 \times 50 \text{ on } :55 \text{ Same as above}}$
	{2 x 100 on 1:45 Breast-same as above
	$\{3 \times 50 \text{ on } :55 \text{ Same as above} \}$
200	
	1 on 15:00 Ice-Team Field Trip
	9:07 AM 3,150 Yards - Stress Value = 52

Workout #6061 - Wednesday, 31 December 2008 Beat Penn - Recovery/Techninque Day 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	Į,
=====		===	=
	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	
	$\{4 \times 50 \text{ on } 1:00 \text{ Kicking w/snorkel}$	EN1	
	$\{4 \times 75 \text{ on } 1:30 \text{ Around the clock drill}$	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	$4x\{1 \times 25 \text{ on } : 50 \text{ Sculling drills}$
	{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

```
{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
	$\{4 \times 50 \text{ on } : 55 \text{ Same as above}$
	{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