

Workout #16672 - Thursday, 01 January 2015

HighSchl - Breast

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Abs
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Undr Wtr Fly Kck
 2,000 1x{2 x 200 on 3:00 Breaststroke
 {2 x 200 on 2:55 Breaststroke
 {2 x 200 on 2:50 Breaststroke
 {2 x 200 on 2:45 Breaststroke
 {2 x 200 on 2:40 Breaststroke
 400 4 x 100 on 1:30 Descend to ludicrous speed!
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 4:43 PM 3,440 Yards - Stress Value = 54

Workout #16669 - Thursday, 01 January 2015

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Physio Ball Abs
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Undr Wtr Fly Kck SP3
 2,400 4 x 600 on 7:15 Freestyle-descend EN2
 400 4 x 100 on 1:30 Descend to ludicrous speed! EN2
 500 10 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 4:43 PM 3,840 Yards - Stress Value = 62

Workout #16667 - Thursday, 01 January 2015

HighSchl - Fly & Back

1 minute rest between sets

8:48 AM Start
 Yards Set Description EGY WORK
 =====
 Entire set is with fins
 2,000 1x{4 x 125 on 2:00 Alt 25 fly 25 back EN3 S
 {1 on 1:00 Rest M
 {4 x 125 on 1:55 Alt 25 fly 25 back EN3 S
 {1 on 1:00 Rest M
 {4 x 125 on 1:50 Alt 25 fly 25 back EN3 S
 {1 on 1:00 Rest M
 {4 x 125 on 1:45 Alt 25 fly 25 back EN3 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:36 AM 2,250 Yards - Stress Value = 120

Workout #16663 - Thursday, 01 January 2015

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,700 1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:15 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 1:55 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:10 Kick same as above
 {3 x 100 on 1:50 Kick 25-fly/fr/br/cho

{4 x 50 on 1:05 Kick-Same as above
 {2 x 100 on 1:45 Kick 25 fly/fr/br/cho
 500 5 x 100 on 3:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:48 AM 3,250 Yards - Stress Value = 86

Workout #16664 - Thursday, 01 January 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,700 1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:15 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 1:55 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:10 Kick same as above
 {3 x 100 on 1:50 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:05 Kick-Same as above
 {2 x 100 on 1:45 Kick 25 fly/fr/br/cho
 500 5 x 100 on 3:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:48 AM 3,250 Yards - Stress Value = 86

Workout #16670 - Thursday, 01 January 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Physio Ball Abs
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Undr Wtr Fly Kck SP3
 2,200 4 x 550 on 7:15 Freestyle-descend EN2
 400 4 x 100 on 1:30 Descend to ludicrous speed! EN2
 500 10 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 4:43 PM 3,640 Yards - Stress Value = 58

Workout #16673 - Thursday, 01 January 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Abs
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Undr Wtr Fly Kck
 1,850 1x{2 x 200 on 3:15 Breaststroke
 {2 x 200 on 3:10 Breaststroke
 {2 x 200 on 3:05 Breaststroke
 {2 x 200 on 3:00 Breaststroke
 {2 x 125 on 1:50 Breaststroke
 400 4 x 100 on 1:30 Descend to ludicrous speed!
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 4:43 PM 3,290 Yards - Stress Value = 51

Workout #16665 - Thursday, 01 January 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,400 1x{3 x 100 on 2:20 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:30 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 2:15 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:25 Kick same as above
 {3 x 100 on 2:10 Kick 25-fly/fr/br/cho
 {2 x 50 on 1:20 Kick-Same as above
 500 5 x 100 on 3:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:48 AM 2,900 Yards - Stress Value = 80

{3 x 100 on 2:25 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:25 Kick same as above
 {3 x 100 on 2:20 Kick 25-fly/fr/br/cho
 {1 x 50 on 1:20 Kick-Same as above
 500 5 x 100 on 3:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:48 AM 2,800 Yards - Stress Value = 79

Workout #16675 - Friday, 02 January 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 45:00 DS/Weights L WT
 600 1 x 600 on 10:00 Reverse IM drill REC D I
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S I
 1 on 10:00 Indvdl Prsrcptns REC D CM
 250 1 x 250 on 4:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 8:30 AM 1,030 Yards - Stress Value = 7

Workout #16671 - Thursday, 01 January 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Physio Ball Abs
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Undr Wtr Fly Kck SP3
 2,000 4 x 500 on 7:15 Freestyle-descend EN2
 400 4 x 100 on 1:30 Descend to ludicrous speed! EN2
 500 10 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 4:43 PM 3,440 Yards - Stress Value = 54

Workout #16676 - Saturday, 03 January 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,550 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 {3 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR-18KOW
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR-16KOW
 {3 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-14KOW
 {3 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR-12KOW
 1,250 1x{2 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 {2 x 125 on 1:35 Lungbuster pulls
 {2 x 125 on 1:30 Lungbuster pulls
 {2 x 125 on 1:25 Lungbuster pulls
 breathe 3-5-7 continuous, only 2 breaths L.
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 10x{8 x 25 on :20 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:34 AM 6,000 Yards - Stress Value = 101

Workout #16674 - Thursday, 01 January 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Abs
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Undr Wtr Fly Kck
 1,600 1x{2 x 200 on 3:45 Breaststroke
 {2 x 200 on 3:40 Breaststroke
 {2 x 200 on 3:35 Breaststroke
 {2 x 200 on 3:30 Breaststroke
 400 4 x 100 on 1:30 Descend to ludicrous speed!
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 4:43 PM 3,040 Yards - Stress Value = 46

Workout #16666 - Thursday, 01 January 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,350 1x{3 x 100 on 2:30 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:30 Alt 50 fly kick on back
 { 50 tombstone kick

Workout #16677 - Saturday, 03 January 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :30 Kick no board BSLR-20KOW
	{3 x 125 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR-18KOW
	{3 x 100 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR-16KOW
	{3 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR-14KOW
	{1 x 50 on :50 Kick
	{2 x 25 on :30 Kick no board BS-12KOW
1,100	1x{2 x 125 on 1:55 Lungbuster pulls
	{2 x 125 on 1:50 Lungbuster pulls
	{2 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{1 x 100 on 1:20 Lungbuster pulls
	breathe 3-5-7 continuos, only 2 breaths L.2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	9x{8 x 25 on :25 Butterfly
	{1 on 1:00 Rest
	Only do 6 in the last round
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:36 AM 5,500 Yards - Stress Value = 91

Workout #16678 - Saturday, 03 January 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :35 Kick no board BSLR-20KOW
	{3 x 125 on 2:35 Kick
	{4 x 25 on :35 Kick no board BSLR-18KOW
	{2 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick no board BSLR-16KOW
	{3 x 75 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR-14KOW
	{1 x 50 on :55 Kick
950	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
	{2 x 100 on 1:35 Lungbuster pulls
	breathe 3-5-7 continuos, only 2 breaths L.2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
	Only do 4 in the last round
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:37 AM 4,950 Yards - Stress Value = 81

Workout #16679 - Saturday, 03 January 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs
500	1 x 500 on 10:00 Free L.25 of each 100 Non F

150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR-20KOW
	{3 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR-18KOW
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-16KOW
	{3 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR-14KOW
	{4 x 25 on :35 Kick
700	1x{2 x 100 on 2:00 Lungbuster pulls
	{2 x 100 on 1:55 Lungbuster pulls
	{2 x 100 on 1:50 Lungbuster pulls
	{2 x 50 on :50 Lungbuster pulls
	breathe 3-5-7 continuos, only 2 breaths L.2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	7x{8 x 25 on :35 Butterfly
	{1 on 1:00 Rest
	Only do 4 in the last round
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:37 AM 4,300 Yards - Stress Value = 70

Workout #16693 - Monday, 05 January 2015

HighSchl - Distance

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,800	1x{5 x 200 on 2:35 Freestyle	EN2	S	FR
	{4 x 200 on 2:30 Freestyle	EN2	S	FR
	{3 x 200 on 2:25 Freestyle	EN2	S	FR
	{2 x 100 on 2:20 Freestyle	EN2	S	FR
	{1 x 200 on 2:15 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 3,000 Yards - Stress Value = 56			

Workout #16696 - Monday, 05 January 2015

HighSchl - Fly

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,100	1x{1 x 200 on 2:50 Butterfly	EN2	S	FLY
	{6 x 25 on :40 Fly 15m under	EN3	S	FLY
	{2 x 175 on 2:25 Butterfly	EN2	S	FLY
	{6 x 25 on :40 Fly 12m under	EN3	S	FLY
	{3 x 150 on 2:05 Butterfly	EN2	P	FLY
	{8 x 25 on :40 Fly 9m under	EN3	S	FLY
	{4 x 100 on 1:20 Butterfly	EN2	S	FR
	{8 x 25 on :40 Fly 6m under	EN3	S	FLY
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,300 Yards - Stress Value = 70			

Workout #16679 - Saturday, 03 January 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs
500	1 x 500 on 10:00 Free L.25 of each 100 Non F

Workout #16689 - Monday, 05 January 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross Pool Sprints
 1,300 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick-1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 1,500 1x{4 x 125 on 1:45 Pulls-no br L.12/14/16/18 yc
 {4 x 125 on 1:40 Pulls-no br L.12/14/16/18 yc
 {4 x 125 on 1:35 Pulls-no br L.12/14/16/18 yc
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,765 Yards - Stress Value = 65

Workout #16690 - Monday, 05 January 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,200 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:00 Kick-1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :55 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 1,300 1x{4 x 125 on 1:55 Pulls-no br L.12/14/16/18 yc
 {4 x 125 on 1:50 Pulls-no br L.12/14/16/18 yc
 {4 x 75 on 1:05 Pulls-no br L.12/14/16/18 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,465 Yards - Stress Value = 59

Workout #16694 - Monday, 05 January 2015

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,600 1x{5 x 200 on 2:45 Freestyle EN2 S FR
 {4 x 200 on 2:40 Freestyle EN2 S FR
 {3 x 200 on 2:35 Freestyle EN2 S FR
 {2 x 100 on 2:30 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,800 Yards - Stress Value = 52

Workout #16697 - Monday, 05 January 2015

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====

1,950 1x{1 x 200 on 3:10 Butterfly EN2 S FLY
 {6 x 25 on :40 Fly 15m under EN3 S FLY
 {2 x 175 on 2:45 Butterfly EN2 S FLY
 {6 x 25 on :40 Fly 12m under EN3 S FLY
 {3 x 150 on 2:20 Butterfly EN2 P FLY
 {6 x 25 on :40 Fly 9m under EN3 S FLY
 {3 x 100 on 1:30 Butterfly EN2 S FR
 {8 x 25 on :40 Fly 6m under EN3 S FLY
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,150 Yards - Stress Value = 65

Workout #16691 - Monday, 05 January 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,050 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:15 Kick-1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:10 Kick 1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Kick 1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:00 Kick-fast
 1,200 1x{4 x 100 on 1:45 Pulls-no br L.12/14/16/18 yc
 {4 x 100 on 1:40 Pulls-no br L.12/14/16/18 yc
 {4 x 100 on 1:35 Pulls-no br L.12/14/16/18 yc
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,165 Yards - Stress Value = 54

Workout #16695 - Monday, 05 January 2015

HighSchl - Silver

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,400 1x{5 x 200 on 3:10 Freestyle EN2 S FR
 {4 x 200 on 3:05 Freestyle EN2 S FR
 {3 x 200 on 3:00 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,600 Yards - Stress Value = 48

Workout #16698 - Monday, 05 January 2015

HighSchl - Silver

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,700 1x{1 x 200 on 3:40 Butterfly EN2 S FLY
 {6 x 25 on :45 Fly 15m under EN3 S FLY
 {2 x 175 on 3:10 Butterfly EN2 S FLY
 {6 x 25 on :45 Fly 12m under EN3 S FLY
 {2 x 150 on 2:40 Butterfly EN2 P FLY
 {6 x 25 on :45 Fly 9m under EN3 S FLY
 {3 x 100 on 1:45 Butterfly EN2 S FR
 {4 x 25 on :45 Fly 6m under EN3 S FLY
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 1,900 Yards - Stress Value = 56

Workout #16692 - Monday, 05 January 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Physio Balls/Spotlight	
165	1 x 500 on 10:00 Swim-kick-pull-swim	
900	11 x 15 on :45 Cross pool sprints	
	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:30 Kick-1 fast 1 jmi	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:25 Kick 1 fast 1 jmi	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:20 Kick 1 fast 1 jmi	
1,000	1x{4 x 100 on 1:55 Pulls-no br L.12/14/16/18 yc	
	{4 x 100 on 1:50 Pulls-no br L.12/14/16/18 yc	
	{4 x 50 on 1:05 Pulls-no br L.12/14/16/18 yds	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:43 PM 2,765 Yards - Stress Value = 47	

Workout #16699 - Tuesday, 06 January 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 35:00 DS/Weights	
200	1 x 400 on 7:00 Top Hat Drill	REC
	4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2	
	15 yards closed fist	
1,900	1x{4 x 25 on :30 2 breaths each	EN1
	{1 x 150 on 1:55 Pulls-br on 7 L.25	EN1
	{4 x 25 on :30 2 breaths each	EN1
	{2 x 150 on 1:50 Pulls-br on 7 L.50	EN2
	{4 x 25 on :30 2 breaths each	EN2
	{3 x 150 on 1:45 Pulls-br on 7 L.75	EN2
	{4 x 25 on :30 2 breaths each	EN1
	{4 x 150 on 1:40 Pulls-br on 7 L.100	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,750 Yards - Stress Value = 54	

Workout #16688 - Monday, 05 January 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 10:00 Dynamic Stretch	
1,250	5x{1 x 150 on 2:00 2min swim :30sec to wall	EN2
	{4 x 25 on :45 Sprint IM order	SP3
150	10 x 15 on :45 Spinners	SP3
	All Drills are at least two drills & all three 50's must be different	
1,500	1x{1 x 150 on :01 Free L.25 5 breaths	SP2
	{1 on 2:59 Rest	
	{3 x 50 on 1:00 Stroke Drills	REC
	{1 x 125 on :01 Free L.25 4 breaths	SP2
	{1 x 25 on 2:59 Freestyle	REC
	{3 x 50 on 1:00 Stroke Drills	REC
	{1 x 100 on :01 Free L.25 3 breaths	SP2
	{1 x 50 on 2:59 Freestyle	REC
	{3 x 50 on 1:00 Stroke Drills	REC
	{1 x 75 on :01 Free L.25 2 breaths	SP2
	{1 x 75 on 2:59 Freestyle	REC
	{3 x 50 on 1:00 Stroke Drills	REC
	{1 x 50 on :01 Free L.25 1 breath	SP2
	{1 x 100 on 2:59 Freestyle	REC
	{1 x 25 on :01 Free no breath	SP2
	{1 x 125 on 3:00 Freestyle	REC
400	8 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 3,300 Yards - Stress Value = 93	

Workout #16700 - Tuesday, 06 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 35:00 DS/Weights	
200	1 x 400 on 7:00 Top Hat Drill	REC
	4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2	
	15 yards closed fist	
1,750	1x{4 x 25 on :30 2 breaths each	EN1
	{1 x 150 on 2:05 Pulls-br on 7 L.25	EN1
	{4 x 25 on :30 2 breaths each	EN1
	{2 x 150 on 2:00 Pulls-br on 7 L.50	EN2
	{4 x 25 on :30 2 breaths each	EN2
	{3 x 150 on 1:55 Pulls-br on 7 L.75	EN2
	{4 x 25 on :30 2 breaths each	EN1
	{3 x 150 on 1:50 Pulls- br on 7 L.100	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,600 Yards - Stress Value = 51	

Workout #16702 - Tuesday, 06 January 2015

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	REC
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2	
	15 yards closed fist	
1,650	3x{1 x 125 on 1:45 Back L.25 15 KOW	EN2
	{1 x 125 on 1:40 Back L.25 14 KOW	EN2
	{1 x 125 on 1:35 Back L.25 13 KOW	EN2
	{1 x 125 on 1:30 Back L.25 12 KOW	EN2
	{1 x 50 on 1:15 Stroke Drills	REC
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:03 AM 2,500 Yards - Stress Value = 52	

Workout #16703 - Tuesday, 06 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 35:00 DS/Weights	
200	1 x 400 on 7:00 Top Hat Drill	REC
	4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2	
	15 yards closed fist	
1,575	3x{1 x 125 on 1:55 Back L.25 15 KOW	EN2
	{1 x 125 on 1:50 Back L.25 14 KOW	EN2
	{1 x 125 on 1:45 Back L.25 13 KOW	EN2
	{1 x 100 on 1:20 Back L.25 12 KOW	EN2
	{1 x 50 on 1:15 Stroke Drills	REC
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:04 AM 2,425 Yards - Stress Value = 50	

Workout #16701 - Tuesday, 06 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
400	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	REC
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2	
	15 yards closed fist	
1,500	1x{4 x 25 on :35 2 breaths each	EN1
	{1 x 150 on 2:20 Pulls-br on 7 L.25	EN1
	{4 x 25 on :35 2 breaths each	EN1
	{2 x 150 on 2:15 Pulls-br on 7 L.50	EN2
	{4 x 25 on :35 2 breaths each	EN2
	{3 x 150 on 2:10 Pulls-br on 7 L.75	EN2
	{6 x 25 on :35 2 breaths each	EN1
	{1 x 150 on 2:05 Pulls br on 7 L.100	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM	2,350 Yards - Stress Value = 46	

Workout #16704 - Tuesday, 06 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
400	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	REC
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2	
	15 yards closed fist	
1,350	3x{1 x 100 on 1:45 Back L.25 15 KOW	EN2
	{1 x 100 on 1:40 Back L.25 14 KOW	EN2
	{1 x 100 on 1:35 Back L.25 13 KOW	EN2
	{1 x 100 on 1:30 Back L.25 12 KOW	EN2
	{1 x 50 on 1:15 Stroke Drills	REC
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:03 AM	2,200 Yards - Stress Value = 44	

Workout #16718 - Wednesday, 07 January 2015

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
400	1 on 35:00 DSWeights	
400	1 x 400 on 7:00 Underwater trn drill	RE
140	7 x 20 on 1:00 Underwater fly kick w/fins	SE
2,000	1x{4 x 125 on 1:55 100 Breast 25 free	EN
	{2 x 100 on 1:30 Breast	EN
	{4 x 100 on 1:30 25 back 75 breast	EN
	{2 x 100 on 1:30 Breast	EN
	{4 x 75 on 1:05 50 Breast 25 free	EN
	{2 x 100 on 1:25 Breaststroke	EN
	{4 x 50 on :40 25 Back 25 Breast	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:06 AM	2,790 Yards - Stress Value = 46	

Workout #16709 - Wednesday, 07 January 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
2,250	1x{3 x 200 on 2:40 Freestyle	EN2	S	FR
	{3 x 175 on 2:10 Freestyle	EN2	S	FR
	{3 x 150 on 1:50 Freestyle	EN2	S	FR

{3 x 125 on 1:30 Freestyle	EN2	S	FR
{3 x 100 on 1:10 Freestyle	EN2	S	FR
#1 3kow w/expl breakouts			
#2 build bowfpf			
#3 DPS			

250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM	2,500 Yards - Stress Value = 45			

Workout #16712 - Wednesday, 07 January 2015

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description
4:50 PM	Start
1,800	1x{2 x 150 on 2:00 Individual Medley no free
	{6 x 25 on :30 Variable Speed-free
	{2 x 150 on 2:00 Individual Medley no breast
	{6 x 25 on :30 Variable Speed-breast
	{2 x 150 on 2:00 Individual Medley-no back
	{6 x 25 on :30 Variable Speed back
	{2 x 150 on 2:00 Individual Medley
	{6 x 25 on :30 Variable Speed -fly
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Ice
5:34 PM	2,050 Yards - Stress Value = 35

Workout #16705 - Wednesday, 07 January 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 59:00 Jump rope/Circuit
120	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,350	1x{4 x 25 on :30 Kick no board BSLR 15 KOW
	{2 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{4 x 125 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR 12 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:49 PM	2,270 Yards - Stress Value = 34

Workout #16706 - Wednesday, 07 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 59:00 Jump rope/Circuit
120	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,225	1x{4 x 25 on :30 Kick no board BSLR 15 KOW
	{2 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{3 x 125 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR 12 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:49 PM	2,145 Yards - Stress Value = 32

Workout #16710 - Wednesday, 07 January 2015

5:34 PM 2,050 Yards - Stress Value = 35

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM Start				
1,950	1x{3 x 200 on 2:50 Freestyle	EN2	S	FR
	{3 x 175 on 2:25 Freestyle	EN2	S	FR
	{3 x 150 on 2:00 Freestyle	EN2	S	FR
	{3 x 125 on 1:35 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:33 PM 2,200 Yards - Stress Value = 39				

Workout #16713 - Wednesday, 07 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM Start				
1,750	1x{2 x 150 on 2:10 Individual Medley no free			
	{6 x 25 on :30 Variable Speed-free			
	{2 x 150 on 2:10 Individual Medley no breast			
	{6 x 25 on :30 Variable Speed-breast			
	{2 x 150 on 2:10 Individual Medley-no back			
	{4 x 25 on :30 Variable Speed back			
	{2 x 150 on 2:10 Individual Medley			
	{6 x 25 on :30 Variable Speed -fly			
250	1 x 250 on 5:00 Stroke Drills			
	1 on 10:00 Ice			
5:35 PM 2,000 Yards - Stress Value = 34				

Workout #16707 - Wednesday, 07 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
550	1 on 59:00 Jump rope/Circuit			
120	1 x 550 on 10:00 Free L.25 of each 100 Non F			
	8 x 15 on 1:00 15m under #5-8 w/fins			
1,100	1x{4 x 25 on :35 Kick no board BSLR 15 KOW			
	{2 x 75 on 1:30 Kick			
	{4 x 25 on :35 Kick no board BSLR 14 KOW			
	{3 x 100 on 1:55 Kick			
	{4 x 25 on :35 Kick no board BSLR 13 KOW			
	{2 x 125 on 2:25 Kick			
	{4 x 25 on :35 Kick no board BSLR 12 KOW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:49 PM 1,970 Yards - Stress Value = 29				

Workout #16711 - Wednesday, 07 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM Start				
1,800	1x{3 x 200 on 3:10 Freestyle	EN2	S	FR
	{3 x 175 on 2:45 Freestyle	EN2	S	FR
	{3 x 150 on 2:20 Freestyle	EN2	S	FR
	{3 x 75 on 1:10 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

Workout #16714 - Wednesday, 07 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM Start				
1,600	1x{2 x 150 on 2:35 Individual Medley no free			
	{4 x 25 on :35 Variable Speed-free			
	{2 x 150 on 2:35 Individual Medley no breast			
	{4 x 25 on :35 Variable Speed-breast			
	{2 x 150 on 2:35 Individual Medley-no back			
	{4 x 25 on :35 Variable Speed back			
	{2 x 150 on 2:35 Individual Medley			
	{4 x 25 on :35 Variable Speed -fly			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
5:35 PM 1,850 Yards - Stress Value = 31				

Workout #16708 - Wednesday, 07 January 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
500	1 on 59:00 Jump rope/Circuit			
120	1 x 500 on 10:00 Free L.25 of each 100 Non F			
	8 x 15 on 1:00 15m under #5-8 w/fins			
950	1x{4 x 25 on :40 Kick no board BSLR 15 KOW			
	{2 x 75 on 1:45 Kick			
	{4 x 25 on :40 Kick no board BSLR 14 KOW			
	{3 x 100 on 2:20 Kick			
	{4 x 25 on :40 Kick no board BSLR 13 KOW			
	{2 x 100 on 2:20 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:50 PM 1,770 Yards - Stress Value = 26				

Workout #16728 - Thursday, 08 January 2015

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM Start				
2,750	1x{4 x 100 on 1:30 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{1 x 50 on :40 Backstroke	EN1	S	BK
	{4 x 100 on 1:25 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{1 x 50 on :40 Backstroke	EN1	S	BK
	{4 x 100 on 1:20 Backstroke	EN2	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{1 x 50 on :40 Backstroke	EN1	S	BK
	{4 x 100 on 1:10 Backstroke	EN2	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{1 x 50 on :40 Backstroke	EN1	S	BK
	{4 x 100 on 1:15 Backstroke	EN2	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{1 x 50 on :40 Backstroke	EN1	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 3,000 Yards - Stress Value = 34				

Workout #16715 - Thursday, 08 January 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 35:00 DSWeights
 400 1 x 400 on 7:00 Underwater trn drill REC
 140 7 x 20 on 1:00 Underwater fly kick w/fins SP3
 2,250 3 x 750 on 9:30 Freestyle EN2
 #1 3 KOW +1 up to 7-repeat
 #2 Alt breakouts
 #3 hb 2 strokes off wall +1 up to 5- repeat
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 3,040 Yards - Stress Value = 51

Workout #16725 - Thursday, 08 January 2015

HighSchl - Fly

1 minute rest between sets

4:42 PM Start
 Yards Set Description EGY WORK STP
 =====
 2,875 1x{4 x 100 on 1:25 Fly 2-3-4-5 SOW EN2 S FLY
 {4 x 100 on 1:20 Fly 2-3-4-5 SOW EN2 S FLY
 {4 x 100 on 1:15 Fly 2-3-4-5 SOW EN2 S FLY
 {4 x 100 on 1:10 Fly 2-3-4-5 SOW EN2 S FLY
 {1 x 200 on 3:00 Stroke Drills REC D CI
 {3 x 75 on 1:00 Fly 3-4-5 SOW EN2 S FLY
 {3 x 75 on :55 Fly 3-4-5 SOW EN2 S FLY
 {3 x 75 on :50 Fly 3-4-5 SOW EN2 S FLY
 {1 x 200 on 3:00 Stroke Drills REC D FF
 {2 x 50 on :40 Fly 4-5 SOW EN2 S FLY
 {2 x 50 on :35 Fly 4-5 SOW EN2 S FLY
 250 1 x 250 on 4:00 Stroke Drills REC D CI
 1 on 10:00 Ice M
 5:35 PM 3,125 Yards - Stress Value = 48

Workout #16721 - Thursday, 08 January 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,750 1x{5 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {4 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {3 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {2 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {1 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 1,200 24 x 50 on :40 Pulls odds btb evens bts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:41 PM 4,000 Yards - Stress Value = 71

Workout #16716 - Thursday, 08 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 35:00 DSWeights

400 1 x 400 on 7:00 Underwater trn drill REC
 140 7 x 20 on 1:00 Underwater fly kick w/fins SP3
 2,025 3 x 675 on 9:30 Freestyle EN2
 #1 3 KOW +1 up to 7-repeat
 #2 Alt breakouts
 #3 hb 2 strokes off wall +1 up to 5- repeat
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,815 Yards - Stress Value = 46

Workout #16719 - Thursday, 08 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 1 on 35:00 DSWeights
 400 1 x 400 on 7:00 Underwater trn drill RE
 140 7 x 20 on 1:00 Underwater fly kick w/fins SF
 1,800 1x{4 x 125 on 2:05 100 Breast 25 free EN
 {1 x 100 on 1:40 Breast EN
 {4 x 100 on 1:40 25 back 75 breast EN
 {1 x 100 on 1:35 Breast EN
 {4 x 75 on 1:10 50 Breast 25 free EN
 {2 x 100 on 1:30 Breast EN
 {4 x 50 on :45 25 Back 25 Breast EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 7:05 AM 2,590 Yards - Stress Value = 42

Workout #16722 - Thursday, 08 January 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,450 1x{1 x 50 on :55 Kick
 {8 x 25 on :35 Kick your weakest kick
 {4 x 50 on :55 Kick
 {8 x 25 on :35 Kick your weakest kick
 {3 x 50 on :55 Kick
 {6 x 25 on :35 Kick your weakest kick
 {2 x 50 on :55 Kick
 {6 x 25 on :35 Kick your weakest kick
 {1 x 50 on :55 Kick
 {8 x 25 on :35 Kick your weakest kick
 1,050 21 x 50 on :45 Pulls odds btb evens bts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:41 PM 3,550 Yards - Stress Value = 62

Workout #16726 - Thursday, 08 January 2015

HighSchl - Gold

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
2,475	1x{4 x 100 on 1:35 Fly 2-3-4-5 SOW	EN2	S	FLY
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW	EN2	S	FLY
	{4 x 100 on 1:25 Fly 2-3-4-5 SOW	EN2	S	FLY
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW	EN2	S	FLY
	{1 x 200 on 4:00 Stroke Drills	REC	D	CI
	{3 x 75 on 1:10 Fly 3-4-5 SOW	EN2	S	FLY
	{3 x 75 on 1:05 Fly 3-4-5 SOW	EN2	S	FLY
	{3 x 75 on 1:00 Fly 3-4-5 SOW	EN2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		M	
5:35 PM 2,725 Yards - Stress Value = 44				

Workout #16729 - Thursday, 08 January 2015

HighSchl - Gold

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{4 x 100 on 1:40 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{4 x 100 on 1:35 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{4 x 100 on 1:30 Backstroke	EN2	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{4 x 100 on 1:25 Backstroke	EN2	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
250	{2 x 100 on 1:20 Backstroke	EN2	S	BK
	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,650 Yards - Stress Value = 28				

Workout #16717 - Thursday, 08 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DSWeights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SP3	
1,800	3 x 600 on 9:30 Freestyle	EN2	
	#1 3 KOW +1 up to 7-repeat		
	#2 Alt breakouts		
	#3 hb 2 strokes off wall +1 up to 5- repeat		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,590 Yards - Stress Value = 42			

Workout #16720 - Thursday, 08 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DSWeights		
400	1 x 400 on 7:00 Underwater trn drill	REC	

140	7 x 20 on 1:00 Shooters	SP3
1,600	1x{4 x 125 on 2:20 100 Breast 25 free	EN2
	{1 x 100 on 1:45 Breast	EN2
	{4 x 100 on 1:50 25 back 75 breast	EN2
	{1 x 100 on 1:40 Breast	EN2
	{4 x 75 on 1:20 50 Breast 25 free	EN2
	{1 x 100 on 1:35 Breast	EN2
	{2 x 50 on :50 25 Back 25 Breast	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM 2,390 Yards - Stress Value = 38		

Workout #16723 - Thursday, 08 January 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 25:00 DS/Shoulders
550	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
250	5 x 50 on 1:30 Mid pool swims
1,350	1x{2 x 50 on 1:00 Kick
	{8 x 25 on :40 Kick your weakest kick
	{4 x 50 on 1:00 Kick
	{8 x 25 on :40 Kick your weakest kick
	{3 x 50 on 1:00 Kick
	{6 x 25 on :40 Kick your weakest kick
	{2 x 50 on 1:00 Kick
	{6 x 25 on :40 Kick your weakest kick
	{1 x 50 on 1:00 Kick
	{2 x 25 on :40 Kick your weakest kick
950	19 x 50 on :50 Pulls odds btb evens bts
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:41 PM 3,300 Yards - Stress Value = 58	

Workout #16727 - Thursday, 08 January 2015

HighSchl - Silver

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
2,125	1x{4 x 100 on 1:50 Fly 2-3-4-5 SOW	EN2	S	FLY
	{4 x 100 on 1:45 Fly 2-3-4-5 SOW	EN2	S	FLY
	{4 x 100 on 1:40 Fly 2-3-4-5 SOW	EN2	S	FLY
	{1 x 150 on 3:00 Stroke Drills	REC	D	CI
	{3 x 75 on 1:20 Fly 3-4-5 SOW	EN2	S	FLY
	{3 x 75 on 1:15 Fly 3-4-5 SOW	EN2	S	FLY
	{3 x 75 on 1:10 Fly 3-4-5 SOW	EN2	S	FLY
	{2 x 50 on :55 Fly 4-5 SOW	REC	D	FF
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		M	
5:35 PM 2,375 Yards - Stress Value = 36				

Workout #16730 - Thursday, 08 January 2015

HighSchl - Silver

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
2,150	1x{4 x 100 on 1:50 Backstroke	EN1	S	BK
	{1 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{4 x 100 on 1:45 Backstroke	EN1	S	BK
	{1 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{4 x 100 on 1:40 Backstroke	EN2	S	BK
	{1 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{4 x 100 on 1:35 Backstroke	EN2	S	BK
	{1 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,400 Yards - Stress Value = 24

Workout #16724 - Thursday, 08 January 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 25:00 DS/Shoulders
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
250	5 x 50 on 1:30 Mid pool swims
1,200	1x{1 x 50 on 1:10 Kick
	{6 x 25 on :45 Kick your weakest kick
	{2 x 50 on 1:10 Kick
	{6 x 25 on :45 Kick your weakest kick
	{4 x 50 on 1:10 Kick
	{6 x 25 on :45 Kick your weakest kick
	{5 x 50 on 1:10 Kick
	{6 x 25 on :45 Kick your weakest kick
800	16 x 50 on 1:00 Pulls odds btb evens bts
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:41 PM 2,950 Yards - Stress Value = 52

Workout #16731 - Friday, 09 January 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	F
	1 on 52:00 Jump Rope/Yoga	
500	1 x 500 on 15:00 5min easy swim 10min IP	F
180	12 x 15 on :45 Start/Shooter/Finish	S
900	1x{1 x 200 on 4:00 IM-25 kick 25 drill	F
	{4 x 25 on :45 IMO easy speed	F
	{1 x 200 on 4:00 IM-25 kick 25 drill	F
	{4 x 25 on :45 IMO easy speed	F
	{1 x 200 on 4:00 IM-25 kick 25 drill	F
	{4 x 25 on :45 IMO easy speed	F
500	1 x 500 on 15:00 10 min IP 5 min easy swim	F
	1 on 10:00 Ice	

5:05 PM 2,080 Yards - Stress Value = 10

9:00 AM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/ Abs/ Team Meeting		
150	10 x 15 on :45 Shooters		SP3
900	1x{1 x 200 on 5:00 IM kick		EN2
	{4 x 25 on :50 Sprint kick IM order 2x		EN3
	{1 x 100 on 2:40 IM kick		EN2
	{4 x 25 on :50 IM sprint kick		EN3
	{1 x 200 on 4:50 IM kick		EN2
	{4 x 25 on :50 IM sprint kick		EN3
	{1 x 100 on 2:35 IM Kick		EN2
500	1x{1 x 100 on 2:35 pull		EN1
	{1 x 100 on 2:30 pull		EN1
	{1 x 100 on 2:30 Pull		EN1
	{1 x 100 on 2:25 Pull		EN1
	{1 x 100 on 2:25 Pull		EN1
200	8 x 25 on :45 Stroke drill		REC
900	1x{1 x 100 on 2:50 IM		EN2
	{1 x 50 on 1:30 Fly		EN3
	{1 x 100 on 2:45 IM		EN2
	{1 x 50 on 1:30 Back		EN3
	{1 x 100 on 2:45 IM		EN2
	{1 x 100 on 2:40 IM		EN2
	{1 x 50 on 1:30 Free		EN3
	{1 x 100 on 2:40 IM		EN2
	{1 x 50 on 1:30 Breast		EN3
	{4 x 50 on 1:30 IM order		EN3
250	1 x 250 on 5:00 Freestyle		REC

10:59 AM 2,900 Yards - Stress Value = 75

Workout #16739 - Saturday, 10 January 2015

Group 2 - IM'ers

1 minute rest between sets

9:00 AM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/ Abs/ Team Meeting		
150	10 x 15 on :45 Shooters		SP3
1,400	1x{1 x 200 on 3:40 IM kick		EN2
	{8 x 25 on :30 Sprint kick IM order 2x		EN3
	{2 x 100 on 1:45 IM kick		EN2
	{4 x 25 on :30 IM sprint kick		EN3
	{1 x 200 on 3:30 IM kick		EN2
	{8 x 25 on :30 IM sprint kick		EN3
	{2 x 100 on 1:40 IM Kick		EN2
	{4 x 25 on :30 IM sprint kick		EN3
900	1x{1 x 100 on 1:33 pull		EN1
	{1 x 100 on 1:32 pull		EN1
	{1 x 100 on 1:31 Pull		EN1
	{1 x 100 on 1:30 Pull		EN1
	{1 x 100 on 1:29 Pull		EN1
	{1 x 100 on 1:28 Pull		EN1
	{1 x 100 on 1:27 Pull		EN1
	{1 x 100 on 1:26 Pull		EN1
	{1 x 100 on 1:25 pull		EN1
200	8 x 25 on :45 Stroke drill		REC
1,400	1x{1 x 100 on 1:35 IM		EN2
	{3 x 50 on 1:00 Fly		EN3
	{1 x 100 on 1:34 IM		EN2
	{3 x 50 on 1:00 Back		EN3
	{1 x 100 on 1:33 IM		EN2
	{3 x 50 on 1:00 Breast		EN3
	{1 x 100 on 1:32 IM		EN2
	{3 x 50 on 1:00 Free		EN3
	{1 x 100 on 1:31 IM		EN2
	{4 x 50 on 1:00 IM order		EN3
	{1 x 200 on 1:30 IM		EN2
250	1 x 250 on 5:00 Freestyle		REC

11:00 AM 4,300 Yards - Stress Value = 127

Workout #16743 - Saturday, 10 January 2015

Group 2 - Copper

1 minute rest between sets

Workout #16740 - Saturday, 10 January 2015

250 1 x 250 on 5:00 Freestyle REC
 11:00 AM 3,600 Yards - Stress Value = 99

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
9:00 AM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/ Abs/ Team Meeting		
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{1 x 200 on 4:00 IM kick	EN2	
	{8 x 25 on :30 Sprint kick IM order 2x	EN3	
	{2 x 100 on 2:00 IM kick	EN2	
	{4 x 25 on :30 IM sprint kick	EN3	
	{1 x 200 on 3:50 IM kick	EN2	
	{8 x 25 on :30 IM sprint kick	EN3	
	{1 x 100 on 1:55 IM Kick	EN2	
	{4 x 25 on :30 IM sprint kick	EN3	
800	1x{1 x 100 on 1:43 pull	EN1	
	{1 x 100 on 1:42 pull	EN1	
	{1 x 100 on 1:41 Pull	EN1	
	{1 x 100 on 1:40 Pull	EN1	
	{1 x 100 on 1:39 Pull	EN1	
	{1 x 100 on 1:38 Pull	EN1	
	{1 x 100 on 1:37 Pull	EN1	
	{1 x 100 on 1:36 Pull	EN1	
200	8 x 25 on :45 Stroke drill	REC	
1,350	1x{1 x 100 on 1:45 IM	EN2	
	{2 x 50 on 1:00 Fly	EN3	
	{1 x 100 on 1:44 IM	EN2	
	{3 x 50 on 1:00 Back	EN3	
	{1 x 100 on 1:43 IM	EN2	
	{3 x 50 on 1:00 Breast	EN3	
	{1 x 100 on 1:42 IM	EN2	
	{3 x 50 on 1:00 Free	EN3	
	{1 x 100 on 1:41 IM	EN2	
	{4 x 50 on 1:00 IM order	EN3	
	{1 x 100 on 1:40 IM	EN2	
250	1 x 250 on 5:00 Freestyle	REC	
	11:00 AM 4,050 Yards - Stress Value = 121		

Workout #16741 - Saturday, 10 January 2015

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
9:00 AM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/ Abs/ Team Meeting		
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{1 x 200 on 4:20 IM kick	EN2	
	{4 x 25 on :35 Sprint kick IM order 2x	EN3	
	{2 x 100 on 2:15 IM kick	EN2	
	{4 x 25 on :35 IM sprint kick	EN3	
	{1 x 200 on 4:10 IM kick	EN2	
	{4 x 25 on :40 IM sprint kick	EN3	
	{1 x 100 on 2:10 IM Kick	EN2	
	{4 x 25 on :40 IM sprint kick	EN3	
700	1x{1 x 100 on 1:55 pull	EN1	
	{1 x 100 on 1:54 pull	EN1	
	{1 x 100 on 1:53 Pull	EN1	
	{1 x 100 on 1:52 Pull	EN1	
	{1 x 100 on 1:51 Pull	EN1	
	{1 x 100 on 1:50 Pull	EN1	
	{1 x 100 on 1:49 Pull	EN1	
200	8 x 25 on :45 Stroke drill	REC	
1,200	1x{1 x 100 on 2:00 IM	EN2	
	{2 x 50 on 1:15 Fly	EN3	
	{1 x 100 on 1:59 IM	EN2	
	{2 x 50 on 1:05 Back	EN3	
	{1 x 100 on 1:58 IM	EN2	
	{2 x 50 on 1:05 Breast	EN3	
	{1 x 100 on 1:57 IM	EN2	
	{2 x 50 on 1:05 Free	EN3	
	{1 x 100 on 1:56 IM	EN2	
	{4 x 50 on 1:05 IM order	EN3	
	{1 x 100 on 1:55 IM	EN2	

Workout #16742 - Saturday, 10 January 2015

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
9:00 AM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/ Abs/ Team Meeting		
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{1 x 200 on 4:40 IM kick	EN2	
	{4 x 25 on :40 Sprint kick IM order 2x	EN3	
	{1 x 100 on 2:25 IM kick	EN2	
	{4 x 25 on :40 IM sprint kick	EN3	
	{1 x 200 on 4:30 IM kick	EN2	
	{4 x 25 on :45 IM sprint kick	EN3	
	{1 x 100 on 2:20 IM Kick	EN2	
	{4 x 25 on :45 IM sprint kick	EN3	
650	1x{1 x 100 on 2:10 pull	EN1	
	{1 x 100 on 2:09 pull	EN1	
	{1 x 100 on 2:08 Pull	EN1	
	{1 x 100 on 2:07 Pull	EN1	
	{1 x 100 on 2:06 Pull	EN1	
	{1 x 100 on 2:05 Pull	EN1	
	{1 x 50 on 1:00 Pull	EN2	
200	8 x 25 on :45 Stroke drill	REC	
1,050	1x{1 x 100 on 2:20 IM	EN2	
	{1 x 50 on 1:15 Fly	EN3	
	{1 x 100 on 2:19 IM	EN2	
	{2 x 50 on 1:15 Back	EN3	
	{1 x 100 on 2:18 IM	EN2	
	{2 x 50 on 1:15 Breast	EN3	
	{1 x 100 on 2:17 IM	EN2	
	{2 x 50 on 1:15 Free	EN3	
	{1 x 100 on 2:16 IM	EN2	
	{4 x 50 on 1:15 IM order	EN3	
250	1 x 250 on 5:00 Freestyle	REC	
	11:00 AM 3,300 Yards - Stress Value = 92		

Workout #16732 - Saturday, 10 January 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 45:00 DS/Weights
 150 1 x 600 on 10:00 Reverse IM drill
 1,600 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:10 Kick
 {2 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no brd S-9+1 KOW
 {2 x 75 on 1:05 Kick
 {2 x 75 on 1:00 Kick
 {4 x 25 on :30 Kick no brd L-9+1 KOW
 {2 x 75 on 1:00 Kick
 {2 x 75 on :55 Kick
 {4 x 25 on :30 Kick no brd R 9+1 KOW
 {2 x 75 on :55 Kick
 {2 x 75 on :50 Kick
 750 1x{1 x 150 on 2:05 Pulls-nbbf&w
 {1 x 150 on 2:00 Pulls-nbbf&w + 1 yd
 {1 x 150 on 1:55 Pulls-nbbf&w + 2 yds
 {1 x 150 on 1:50 Pulls-nbbf&w + 3 yds
 {1 x 150 on 1:45 Pulls-nbbf&w + 4 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:05 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:05 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,800 Yards - Stress Value = 93

Workout #16735 - Saturday, 10 January 2015

HighSchl - Gold/Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 45:00 DS/Weights
 150 1 x 550 on 10:00 Reverse IM drill
 1,375 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:20 Kick
 {2 x 75 on 1:15 Kick
 {4 x 25 on :30 Kick no brd S-9+1 KOW
 {2 x 75 on 1:15 Kick
 {2 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no brd L-9+1 KOW
 {2 x 75 on 1:10 Kick
 {2 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no brd R 9+1 KOW
 {1 x 75 on 1:00 Kick
 650 1x{1 x 50 on :50 Pulls-nbbf&w
 {1 x 150 on 2:15 Pulls-nbbf&w + 1 yd
 {1 x 150 on 2:10 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:05 Pulls-nbbf&w + 3 yds
 {1 x 150 on 2:00 Pulls-nbbf&w + 4 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest

{4 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:20 Freestyle
 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,225 Yards - Stress Value = 87

Workout #16733 - Saturday, 10 January 2015

HighSchl - Platinum-Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 45:00 DS/Weights
 150 1 x 600 on 10:00 Reverse IM drill
 1,550 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:10 Kick
 {2 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no brd S-9+1 KOW
 {2 x 75 on 1:05 Kick
 {2 x 75 on 1:00 Kick
 {4 x 25 on :30 Kick no brd L-9+1 KOW
 {2 x 75 on 1:00 Kick
 {2 x 75 on :55 Kick
 {4 x 25 on :30 Kick no brd R 9+1 KOW
 {2 x 75 on 1:00 Kick
 {2 x 50 on :35 Kick
 750 1x{1 x 150 on 2:10 Pulls-nbbf&w
 {1 x 150 on 2:05 Pulls-nbbf&w + 1 yd
 {1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 {1 x 150 on 1:55 Pulls-nbbf&w + 3 yds
 {1 x 150 on 1:50 Pulls-nbbf&w + 4 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:10 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,650 Yards - Stress Value = 92

Workout #16734 - Saturday, 10 January 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:15 Kick
 {2 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no brd S-9+1 KOW
 {2 x 75 on 1:10 Kick
 {2 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no brd L-9+1 KOW
 {2 x 75 on 1:05 Kick
 {2 x 75 on 1:00 Kick
 {4 x 25 on :30 Kick no brd R 9+1 KOW
 {1 x 75 on 1:00 Kick
 {1 x 75 on :55 Kick
 700 1x{1 x 100 on 1:30 Pulls-nbbf&w
 {1 x 150 on 2:10 Pulls-nbbf&w + 1 yd
 {1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:00 Pulls-nbbf&w + 3 yds
 {1 x 150 on 1:55 Pulls-nbbf&w + 4 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:15 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:15 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:15 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:15 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:15 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,450 Yards - Stress Value = 90

Workout #16736 - Saturday, 10 January 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:25 Kick
 {2 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no brd S-9+1 KOW
 {2 x 75 on 1:20 Kick
 {2 x 75 on 1:15 Kick
 {4 x 25 on :30 Kick no brd L-9+1 KOW
 {2 x 75 on 1:15 Kick
 {2 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no brd R 9+1 KOW
 600 1x{1 x 50 on :55 Pulls-nbbf&w
 {1 x 100 on 1:45 Pulls-nbbf&w + 1 yd
 {1 x 150 on 2:30 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:25 Pulls-nbbf&w + 3 yds
 {1 x 150 on 2:20 Pulls-nbbf&w + 4 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{6 x 100 on 1:25 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:25 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:25 Freestyle

{1 on 1:00 Rest
 {3 x 100 on 1:25 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:25 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,000 Yards - Stress Value = 82

Workout #16738 - Saturday, 10 January 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :40 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:40 Kick
 {2 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no brd S-9+1 KOW
 {2 x 75 on 1:35 Kick
 {2 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no brd L-9+1 KOW
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:25 Kick
 550 1x{1 x 50 on 1:00 Pulls-nbbf&w
 {1 x 100 on 1:55 Pulls-nbbf&w + 1 yd
 {1 x 100 on 1:50 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:40 Pulls-nbbf&w + 3 yds
 {1 x 150 on 2:35 Pulls-nbbf&w + 4 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 1:40 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:40 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:40 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:40 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,450 Yards - Stress Value = 73

Workout #16737 - Saturday, 10 January 2015

HighSchl - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/Weights
 150 1 x 500 on 10:00 Reverse IM drill
 1,250 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:30 Kick
 {2 x 75 on 1:25 Kick
 {4 x 25 on :30 Kick no brd S-9+1 KOW
 {2 x 75 on 1:25 Kick
 {2 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no brd L-9+1 KOW
 {2 x 75 on 1:20 Kick
 {2 x 75 on 1:15 Kick
 {2 x 25 on :30 Kick no brd R 9+1 KOW
 550 1x{1 x 50 on 1:00 Pulls-nbbf&w
 {1 x 100 on 1:50 Pulls-nbbf&w + 1 yd
 {1 x 100 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:30 Pulls-nbbf&w + 3 yds
 {1 x 150 on 2:25 Pulls-nbbf&w + 4 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{6 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:30 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,750 Yards - Stress Value = 78

Workout #16749 - Monday, 12 January 2015

HighSchl - Distance

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,600 1x{2 x 150 on 1:45 Freestyle EN1 S FR
 {5 x 100 on 1:10 Freestyle EN2 S FR
 {2 x 150 on 1:45 Freestyle EN1 S FR
 {4 x 100 on 1:10 Freestyle EN2 S FR
 {2 x 150 on 1:45 Freestyle EN2 S FR
 {3 x 100 on 1:10 Freestyle EN2 S FR
 {2 x 150 on 1:45 Freestyle EN1 S FR
 {2 x 100 on 1:10 Freestyle EN2 S FR
 Hold 100's 1:01 or faster
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,850 Yards - Stress Value = 43

Workout #16752 - Monday, 12 January 2015

HighSchl - Fly

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,150 1x{1 x 250 on 3:35 Fly 1+1 stroke off walls EN
 {2 x 225 on 3:10 Fly 2+1 stroke off walls EN
 {3 x 200 on 2:45 Fly 3+1 stroke off walls EN
 {4 x 175 on 2:20 Fly 4+1 strokes off walls EN
 {1 x 150 on 1:55 Fly 5+1 stroke off wall EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 5:34 PM 2,400 Yards - Stress Value = 43

Workout #16745 - Monday, 12 January 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,600 1x{4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:50 Kick
 1,600 1x{2 x 200 on 2:35 Pull no br L.12 yds
 {2 x 200 on 2:30 Pull no br L.12 yds
 {2 x 200 on 2:25 Pulls-no br L.12 yds
 {2 x 200 on 2:20 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
 4:48 PM 4,165 Yards - Stress Value = 69

Workout #16746 - Monday, 12 January 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Phyiso Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,450 1x{4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {2 x 75 on 1:35 Kick
 1,400 1x{2 x 200 on 2:50 Pull no br L.12 yds
 {2 x 200 on 2:45 Pull no br L.12 yds
 {2 x 200 on 2:40 Pull no br L.12 yds
 {1 x 200 on 2:35 Pulls-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
 4:48 PM 3,815 Yards - Stress Value = 54

Workout #16750 - Monday, 12 January 2015

HighSchl - Gold

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,350 1x{2 x 150 on 2:00 Freestyle EN1 S FR
 {5 x 100 on 1:15 Freestyle EN2 S FR
 {2 x 150 on 2:00 Freestyle EN1 S FR
 {4 x 100 on 1:15 Freestyle EN2 S FR
 {2 x 150 on 2:00 Freestyle EN2 S FR
 {3 x 100 on 1:15 Freestyle EN2 S FR
 {1 x 150 on 2:00 Freestyle EN1 S FR
 {1 x 100 on 1:15 Freestyle EN2 S FR
 Hold 100's 1:08 or faster
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,600 Yards - Stress Value = 40

Workout #16753 - Monday, 12 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EC
4:49 PM	Start	
2,000	1x{1 x 250 on 3:55 Fly 1+1 stroke off walls	EN
	{2 x 225 on 3:25 Fly 2+1 stroke off walls	EN
	{3 x 200 on 3:00 Fly 3+1 stroke off walls	EN
	{4 x 175 on 2:35 Fly 4+1 strokes off walls	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
5:35 PM	2,250 Yards - Stress Value = 40	

Workout #16747 - Monday, 12 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EC
3:00 PM	Start	
550	1 on 30:00 DS/Phyiso Balls	
165	1 x 550 on 10:00 Swim-kick-pull-swim	
	11 x 15 on :45 Cross pool sprints	
1,300	1x{4 x 25 on :35 Kick no board BSLR-12 KOW	
	{3 x 100 on 2:05 Kick	
	{4 x 25 on :35 Kick no board BSLR-12 KOW	
	{3 x 100 on 2:10 Kick	
	{4 x 25 on :35 Kick no board BSLR-12 KOW	
	{3 x 100 on 2:15 Kick	
1,250	1x{2 x 200 on 3:15 Pull no br L.12 yds	
	{2 x 200 on 3:10 Pull no br L.12 yds	
	{2 x 200 on 3:05 Pull no br L.12 yds	
	{1 x 50 on :45 Pulls-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	
4:48 PM	3,465 Yards - Stress Value = 47	

Workout #16751 - Monday, 12 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
1,950	1x{2 x 150 on 2:25 Freestyle	EN1	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN1	S	FR
	{3 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 150 on 2:25 Freestyle	EN1	S	FR
	hold 100's 1:18 or faster			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	2,200 Yards - Stress Value = 32			

Workout #16754 - Monday, 12 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EC
4:49 PM	Start	
1,825	1x{1 x 250 on 4:20 Fly 1+1 stroke off walls	EN
	{2 x 225 on 3:50 Fly 2+1 stroke off walls	EN
	{3 x 200 on 3:20 Fly 3+1 stroke off walls	EN
	{3 x 175 on 2:50 Fly 4+1 strokes off walls	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
5:35 PM	2,075 Yards - Stress Value = 36	

Workout #16748 - Monday, 12 January 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EC
3:00 PM	Start	
	1 on 30:00 DS/Phyiso Balls	
550	1 x 550 on 10:00 Swim-kick-pull-swim	
165	11 x 15 on :45 Cross pool sprints	
1,100	1x{4 x 25 on :40 Kick no board BSLR-12 KOW	
	{3 x 100 on 2:30 Kick	
	{4 x 25 on :40 Kick no board BSLR-12 KOW	
	{2 x 100 on 2:35 Kick	
	{4 x 25 on :40 Kick no board BSLR-12 KOW	
	{2 x 100 on 2:40 Kick	
	{4 x 25 on :40 Kick no board BSLR-12 KOW	
1,100	1x{2 x 200 on 3:40 Pull no br L.12 yds	
	{2 x 200 on 3:35 Pull no br L.12 yds	
	{2 x 150 on 2:40 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	
4:48 PM	3,115 Yards - Stress Value = 42	

Workout #16744 - Monday, 12 January 2015

HighSchl - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
	1 on 10:00 Dynamic Stretch	
400	1 x 400 on 7:00 Choice	
120	8 x 15 on :45 Spinners	
1,350	3x{1 x 50 on 1:00 Kick Free-100%	
	{1 x 25 on :30 Free breathe on 3-100%	
	{1 x 25 on 1:30 Ez-Free	
	{1 x 75 on 1:30 Kick Free-100%	
	{1 x 25 on :30 Free breathe on 5-100%	
	{1 x 50 on 1:30 Ez-Free	
	{1 x 100 on 2:00 Kick-Free-100%	
	{1 x 25 on :30 Free breathe on 7-100%	
	{1 x 75 on 1:30 Ez-Free	
1,500	1x{1 x 100 on 1:30 14 strokes per length	
	{1 x 100 on 1:30 75-14 spl /25-12 spl	
	{1 x 100 on 1:30 50-14 spl/50-12 spl	
	{1 x 100 on 1:30 25-14 spl/ 75-12 spl	
	{1 x 100 on 1:30 12 strokes per length-fast	
	{1 x 100 on 1:25 14 strokes per length (spl)	
	{1 x 100 on 1:25 75-14 spl /25-12 spl	
	{1 x 100 on 1:25 50-14 spl/50-12 spl	
	{1 x 100 on 1:25 25-14 spl/ 75-12 spl	
	{1 x 100 on 1:25 12 strokes per length-fast	
	{1 x 100 on 1:20 14 strokes per length (spl)	
	{1 x 100 on 1:20 75-14 spl /25-12 spl	
	{1 x 100 on 1:20 50-14 spl/50-12 spl	
	{1 x 100 on 1:20 25-14 spl/ 75-12 spl	
	{1 x 100 on 1:20 12 strokes per length-fast	
200	1 x 200 on 3:00 Stroke Drills	
	1 on 10:00 Ice	
7:04 AM	3,570 Yards - Stress Value = 57	

Workout #16758 - Tuesday, 13 January 2015

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EG
=====	=====	==
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	RE
300	6 x 50 on 2:00 Freestyle	SE
1,625	1x{1 x 225 on 3:10 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:05 Back 10 KOW L. Wall 12.5y	EN
	{2 x 225 on 3:05 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:05 Back 10 KOW L. Wall 12.5y	EN
	{2 x 225 on 3:00 Backstroke	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,575 Yards - Stress Value = 56	

Workout #16764 - Tuesday, 13 January 2015

HighSchl - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	1 on 20:00 DS/Ted's Abs			L DF
400	1 x 400 on 7:00 Top Hat Drill	REC	D	F
200	8 x 25 on :40 Variable Speed	SP3	S	CF
1,600	1-4 #1 non free 5-8 free			
	1x{1 x 200 on 3:05 Breaststroke	EN1	S	F
	{4 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 2:20 Breaststroke	EN1	S	F
	{6 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 1:35 Breaststroke	EN1	S	F
	{6 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{4 x 50 on :50 Breaststroke	EN1	S	F
	{8 x 25 on :30 Breast 2X pullouts	EN1	S	F
50	2 x 25 on 1:00 OTB-Choce	SP3	S	CF
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Meet in the locker room at 4:45			
4:40 PM	2,450 Yards - Stress Value = 27			

Workout #16755 - Tuesday, 13 January 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	====
	1 on 35:00 DS/Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
300	6 x 50 on 2:00 Freestyle	SP1	S	FR
2,250	1x{2 x 225 on 2:40 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:35 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:30 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:25 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:20 Free L.25 6bk	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM	3,150 Yards - Stress Value = 69			

Workout #16761 - Tuesday, 13 January 2015

HighSchl - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	====
	1 on 20:00 DS/Ted's Abs			L DRY
400	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
200	8 x 25 on :40 Variable Speed	SP3	S	CHO

1-4 #1 non free 5-8 free

2,100	1x{1 x 300 on 3:55 Freestyle	EN2	S	FR
	{3 x 100 on 1:25 Free-descend	EN2	S	FR
	{1 x 300 on 3:50 Freestyle	EN2	S	FR
	{3 x 100 on 1:25 Free-descend	EN2	S	FR
	{1 x 300 on 3:45 Freestyle	EN2	S	FR
	{3 x 100 on 1:25 Free-descend	EN2	S	FR
	{1 x 300 on 3:40 Freestyle	EN2	S	FR
50	2 x 25 on 1:00 OTB-Choce	SP3	S	CHO
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	Meet in the locker room at 4:45			
4:40 PM	2,950 Yards - Stress Value = 52			

Workout #16756 - Tuesday, 13 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	====
	1 on 35:00 DS/Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
300	6 x 50 on 2:00 Freestyle	SP1	S	FR
2,025	1x{2 x 225 on 2:55 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:50 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:45 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:40 Free L.25 6bk	EN2	S	FR
	{1 x 225 on 2:35 Free L.25 6bk	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM	2,925 Yards - Stress Value = 64			

Workout #16759 - Tuesday, 13 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	====
	1 on 35:00 DS/Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill			RE
300	6 x 50 on 2:00 Freestyle			SE
1,450	1x{1 x 200 on 3:10 Backstroke	EN		
	{4 x 25 on :30 Back-descend Great Finishes	EN		
	{2 x 75 on 1:10 Back 10 KOW L. Wall 12.5y	EN		
	{2 x 200 on 3:05 Backstroke	EN		
	{4 x 25 on :30 Back-descend Great Finishes	EN		
	{2 x 75 on 1:10 Back 10 KOW L. Wall 12.5y	EN		
	{1 x 200 on 3:00 Backstroke	EN		
	{6 x 25 on :30 Back-descend Great Finishes	EN		
250	1 x 250 on 4:00 Stroke Drills			RE
	1 on 10:00 Ice			
7:05 AM	2,400 Yards - Stress Value = 53			

Workout #16762 - Tuesday, 13 January 2015

HighSchl - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 20:00 DS/Ted's Abs		L	DRY
400	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
200	8 x 25 on :40 Variable Speed	SP3	S	CHO
	1-4 #1 non free 5-8 free			
1,800	1x{1 x 300 on 4:20 Freestyle	EN2	S	FR
	{3 x 100 on 1:35 Free-descend	EN2	S	FR
	{1 x 300 on 4:15 Freestyle	EN2	S	FR
	{3 x 100 on 1:35 Free-descend	EN2	S	FR
	{1 x 300 on 4:10 Freestyle	EN2	S	FR
	{3 x 100 on 1:35 Free-descend	EN2	S	FR
50	2 x 25 on 1:00 OTB-Choce	SP3	S	CHO
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	Meet in the locker room at 4:45			
	4:39 PM 2,650 Yards - Stress Value = 46			

Workout #16765 - Tuesday, 13 January 2015

HighSchl - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 20:00 DS/Ted's Abs		L	DF
400	1 x 400 on 7:00 Top Hat Drill	REC	D	F
200	8 x 25 on :40 Variable Speed	SP3	S	CF
	1-4 #1 non free 5-8 free			
1,500	1x{1 x 200 on 3:25 Breaststroke	EN1	S	F
	{4 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 2:35 Breaststroke	EN1	S	F
	{6 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 1:45 Breaststroke	EN1	S	F
	{6 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{2 x 50 on :55 Breaststroke	EN1	S	F
	{8 x 25 on :30 Breast 2X pullouts	EN1	S	F
50	2 x 25 on 1:00 OTB-Choce	SP3	S	CF
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Meet in the locker room at 4:45			
	4:40 PM 2,350 Yards - Stress Value = 26			

Workout #16757 - Tuesday, 13 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS/Weights		L	DRY
400	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
300	6 x 50 on 2:00 Freestyle	SP1	S	FR
1,800	1x{2 x 200 on 2:55 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 2:50 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 2:45 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 2:40 Free L.25 6bk	EN2	S	FR
	{1 x 200 on 2:35 Free L.25 6bk	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	7:05 AM 2,700 Yards - Stress Value = 60			

Workout #16760 - Tuesday, 13 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS/Weights			
400	1 x 400 on 7:00 Top Hat Drill			RE

360	6 x 60 on 2:00 Freestyle			SE
1,250	1x{1 x 175 on 3:10 Backstroke			EN
	{4 x 25 on :35 Back-descend Great Finishes			EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall 12.5y			EN
	{2 x 175 on 3:05 Backstroke			EN
	{4 x 25 on :35 Back-descend Great Finishes			EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall 12.5y			EN
	{1 x 175 on 3:00 Backstroke			EN
	{2 x 25 on :35 Back-descend Great Finishes			EN
250	1 x 250 on 4:00 Stroke Drills			RE
	1 on 10:00 Ice			
	7:05 AM 2,260 Yards - Stress Value = 55			

Workout #16763 - Tuesday, 13 January 2015

HighSchl - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 20:00 DS/Ted's Abs		L	DRY
400	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
200	8 x 25 on :40 Variable Speed	SP3	S	CHO
	1-4 #1 non free 5-8 free			
1,650	1x{1 x 300 on 5:00 Freestyle	EN2	S	FR
	{3 x 100 on 1:45 Free-descend	EN2	S	FR
	{1 x 300 on 4:55 Freestyle	EN2	S	FR
	{3 x 100 on 1:45 Free-descend	EN2	S	FR
	{1 x 300 on 4:50 Freestyle	EN2	S	FR
	{3 x 50 on :50 Free-descend	EN2	S	FR
50	2 x 25 on 1:00 OTB-Choce	SP3	S	CHO
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	Meet in the locker room at 4:45			
	4:40 PM 2,500 Yards - Stress Value = 43			

Workout #16766 - Tuesday, 13 January 2015

HighSchl - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 20:00 DS/Ted's Abs		L	DF
400	1 x 400 on 7:00 Top Hat Drill	REC	D	F
200	8 x 25 on :40 Variable Speed	SP3	S	CF
	1-4 #1 non free 5-8 free			
1,350	1x{1 x 200 on 3:45 Breaststroke	EN1	S	F
	{2 x 25 on :35 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 2:50 Breaststroke	EN1	S	F
	{4 x 25 on :35 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 1:55 Breaststroke	EN1	S	F
	{6 x 25 on :35 Breast 2X pullouts	EN1	S	F
	{2 x 50 on 1:00 Breaststroke	EN1	S	F
	{6 x 25 on :35 Breast 2X pullouts	EN1	S	F
50	2 x 25 on 1:00 OTB-Choce	SP3	S	CF
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Meet in the locker room at 4:45			
	4:40 PM 2,200 Yards - Stress Value = 24			

Workout #16771 - Wednesday, 14 January 2015

HighSchl - Distance

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 3,250 Yards - Stress Value = 84

Workout #16774 - Wednesday, 14 January 2015

HighSchl - IM's

1 minute rest between sets

4:40 PM Start

Yards	Set Description	F
2,700	1x{1 x 100 on 1:10 Individual Medley	F
	{4 x 75 on 1:05 Fly-25L 25R 25 B	F
	{2 x 100 on 1:10 Individual Medley	F
	{4 x 75 on 1:05 Back 25L 25R 25B	F
	{3 x 100 on 1:10 Individual Medley	F
	{4 x 75 on 1:10 Brst 25FlK 25FrK 25Rk	F
	{4 x 100 on 1:10 Individual Medley	F
	{4 x 75 on 1:00 Fr 25sclsdfst25catchup25reg	F
	{5 x 100 on 1:10 Individual Medley	F
400	8 x 50 on 1:00 Stroke Drills	F
	1 on 10:00 Ice	

5:34 PM 3,100 Yards - Stress Value = 54

Workout #16767 - Wednesday, 14 January 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 15m under #5-8 w/fins
1,250	1x{4 x 25 on :30 Kick no board BSLR 12 yds
	{6 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR 14 yards
	{5 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR 16 yards
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:46 PM 2,170 Yards - Stress Value = 32

Workout #16768 - Wednesday, 14 January 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 15m under #5-8 w/fins
1,100	1x{4 x 25 on :30 Kick no board BSLR 12 yds
	{6 x 75 on 1:15 Kick

	{4 x 25 on :30 Kick no board BSLR 14 yds
	{4 x 100 on 1:40 Kick
	{2 x 25 on :30 Kick no board BS 16 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:46 PM 2,020 Yards - Stress Value = 29

Workout #16772 - Wednesday, 14 January 2015

HighSchl - Gold

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,500	1x{2 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:05 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:33 PM 2,750 Yards - Stress Value = 70

Workout #16775 - Wednesday, 14 January 2015

HighSchl - Gold

1 minute rest between sets

4:40 PM Start

Yards	Set Description	F
2,700	1x{1 x 100 on 1:20 Individual Medley	F
	{4 x 75 on 1:05 Fly-25L 25R 25 B	F
	{2 x 100 on 1:20 Individual Medley	F
	{4 x 75 on 1:05 Back 25L 25R 25B	F
	{3 x 100 on 1:20 Individual Medley	F
	{4 x 75 on 1:10 Brst 25FlK 25FrK 25Rk	F
	{4 x 100 on 1:20 Individual Medley	F
	{4 x 75 on 1:05 Fr 25sclsdfst25catchup25reg	F
	{5 x 100 on 1:15 Individual Medley	F
300	6 x 50 on 1:00 Stroke Drills	F
	1 on 10:00 Ice	

5:35 PM 3,000 Yards - Stress Value = 54

Workout #16769 - Wednesday, 14 January 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 15m under #5-8 w/fins
950	1x{4 x 25 on :35 Kick no board BSLR 12 yds
	{6 x 75 on 1:30 Kick
	{2 x 25 on :35 Kick no board BSLR 14 yds
	{3 x 100 on 2:00 Kick
	{2 x 25 on :35 Kick no board BS 16 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:46 PM 1,820 Yards - Stress Value = 26

Workout #16773 - Wednesday, 14 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,200	1x{2 x 200 on 3:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 3:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 3:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 3:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{1 x 200 on 3:15 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:34 PM 2,450 Yards - Stress Value = 60			

Workout #16776 - Wednesday, 14 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,500	1x{1 x 100 on 1:30 Individual Medley			
	{4 x 75 on 1:10 Fly-25L 25R 25 B			
	{2 x 100 on 1:30 Individual Medley			
	{4 x 75 on 1:10 Back 25L 25R 25B			
	{3 x 100 on 1:30 Individual Medley			
	{4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk			
	{4 x 100 on 1:30 Individual Medley			
	{4 x 75 on 1:05 Fr 25sclsdfst25catchup25reg			
	{3 x 100 on 1:25 Individual Medley			
300	6 x 50 on 1:00 Stroke Drills			
	1 on 10:00 Ice			
	5:35 PM 2,800 Yards - Stress Value = 50			

Workout #16770 - Wednesday, 14 January 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
500	1 on 59:00 Jump rope/Circuit			
120	1 x 500 on 10:00 Free L.25 of each 100 Non F			
800	8 x 15 on 1:00 15m under #5-8 w/fins			
	1x{4 x 25 on :45 Kick no board BSLR 8 yds			
	{4 x 75 on 1:45 Kick			
	{4 x 25 on :45 Kick no board BSLR 10 yds			
	{3 x 100 on 2:20 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:46 PM 1,620 Yards - Stress Value = 23			

Workout #16787 - Thursday, 15 January 2015

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,225	1x{2 x 125 on 1:40 Backstroke	EN1		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{3 x 125 on 1:35 Backstroke	EN1		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{4 x 125 on 1:30 Backstroke	EN2		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{4 x 100 on 1:15 Backstroke	EN2		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{3 x 100 on 1:15 Backstroke	EN2		

Meet in the locker room at 5:45

250 1 x 250 on 4:00 Stroke Drills REC
5:40 PM 2,475 Yards - Stress Value = 54

Workout #16780 - Thursday, 15 January 2015

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS/Weights			
	1 x 400 on 7:00 Underwater trn drill			RE
	Odd 100s free even 100's back			
140	7 x 20 on 1:00 Underwater fly kick w/fins			SF
1,850	1x{1 x 125 on 1:50 Breaststroke			EN
	{4 x 50 on :55 Breast under/over			EN
	{2 x 125 on 1:45 Breaststroke			EN
	{4 x 50 on :50 Breast under/over			EN
	{3 x 125 on 1:40 Breaststroke			EN
	{2 x 50 on :45 Breast under/over			EN
	{4 x 125 on 1:35 Breaststroke-descend			EN
	{2 x 50 on :40 Breast under/over			EN
250	1 x 250 on 5:00 Stroke Drills			RE
	1 on 10:00 Ice			
	7:04 AM 2,640 Yards - Stress Value = 35			

Workout #16777 - Thursday, 15 January 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS and Weights			
	1 x 400 on 7:00 Underwater trn drill			RE
	Odd 100's free even 100's back			
140	7 x 20 on 1:00 Underwater fly kick w/fins			SF
2,250	1x{3 x 225 on 2:50 Free-descend			EN
	{3 x 200 on 2:30 Free-descend			EN
	{3 x 175 on 2:10 Free-descend			EN
	{3 x 150 on 1:50 Free-descend			EN
250	1 x 250 on 4:00 Stroke Drills			RE
	1 on 10:00 Ice			
	7:04 AM 3,040 Yards - Stress Value = 51			

Workout #16790 - Thursday, 15 January 2015

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,050	1x{1 x 200 on 2:50 3 strokes fly off walls	EN2		
	{8 x 25 on :30 Fly-with free kick	EN2		
	{2 x 175 on 2:25 3 strokes fly off walls	EN2		
	{6 x 25 on :30 Fly-with free kick	EN3		
	{3 x 150 on 2:00 3 strokes fly off walls	EN2		
	{4 x 25 on :30 Fly-with free kick	EN3		
	{4 x 125 on 1:35 3 strokes fly off walls	EN2		
	{4 x 25 on :30 Fly-with free kick	EN3		
250	1 x 250 on 4:00 Stroke Drills			REC
	Meet in the locker room at 5:45			
	5:40 PM 2,300 Yards - Stress Value = 55			

Workout #16783 - Thursday, 15 January 2015

HighSchl - Platinum

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 500 5 x 100 on 3:00 Freestyle
 1,800 1x{2 x 150 on 2:45 Kick your #1
 {2 x 50 on 1:00 Kick your #2
 {2 x 50 on 1:05 Kick your #3
 {2 x 150 on 2:40 Kick your #1
 {2 x 50 on 1:00 Kick you #2
 {2 x 50 on 1:05 Kick your #3
 {2 x 150 on 2:35 Kick your #1
 {2 x 50 on 1:00 Kick your #2
 {2 x 50 on 1:05 Kick your #3
 {2 x 150 on 2:30 Kick your#1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 5:03 PM 3,100 Yards - Stress Value = 78

1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 500 5 x 100 on 3:00 Freestyle
 1,550 1x{2 x 150 on 3:15 Kick your #1
 {2 x 50 on 1:05 Kick your #2
 {2 x 50 on 1:10 Kick your #3
 {2 x 150 on 3:10 Kick your #1
 {1 x 50 on 1:05 Kick you #2
 {2 x 50 on 1:10 Kick your #3
 {2 x 150 on 3:05 Kick your #1
 {1 x 50 on 1:05 Kick your #2
 {2 x 50 on 1:10 Kick your #3
 {1 x 150 on 3:00 Kick your#1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 5:03 PM 2,850 Yards - Stress Value = 73

Workout #16788 - Thursday, 15 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS and Weights
 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick w/fins
 2,100 1x{3 x 225 on 3:05 Free-descend
 {3 x 200 on 2:40 Free-descend
 {3 x 175 on 2:15 Free-descend
 {3 x 100 on 1:15 Free-descend
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:04 AM 2,890 Yards - Stress Value = 48

5:04 PM Start
 Yards Set Description EGY
 =====
 2,025 1x{2 x 125 on 1:50 Backstroke EN1
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {3 x 125 on 1:45 Backstroke EN1
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {4 x 125 on 1:40 Backstroke EN2
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {3 x 100 on 1:25 Backstroke EN2
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {2 x 100 on 1:20 Backstroke EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 Meet in the locker room at 5:45
 5:40 PM 2,275 Yards - Stress Value = 50

Workout #16791 - Thursday, 15 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Weights
 1 x 400 on 7:00 Underwater trn drill
 Odd 100s free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick w/fins
 1,800 1x{1 x 125 on 1:55 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 1:50 Breaststroke
 {4 x 50 on :55 Breast under/over
 {3 x 125 on 1:45 Breaststroke
 {2 x 50 on :50 Breast under/over
 {4 x 125 on 1:40 Breaststroke-descend
 {1 x 50 on :45 Breast under/over
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:04 AM 2,590 Yards - Stress Value = 34

5:04 PM Start
 Yards Set Description EGY
 =====
 1,875 1x{1 x 200 on 3:05 3 strokes fly off walls EN2
 {8 x 25 on :30 Fly-with free kick EN2
 {2 x 175 on 2:40 3 strokes fly off wallls EN2
 {6 x 25 on :30 Fly-with free kick EN3
 {3 x 150 on 2:15 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN3
 {3 x 125 on 1:50 3 strokes fly off walls EN2
 {2 x 25 on :30 Fly-with free kick EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 Meet in the locker room at 5:45
 5:40 PM 2,125 Yards - Stress Value = 50

Workout #16784 - Thursday, 15 January 2015

HighSchl - Gold

1 minute rest between sets

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

Workout #16779 - Thursday, 15 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 400 1 on 35:00 DS and Weights RE
 1 x 400 on 7:00 Underwater trn drill RE 250
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick w/fins SE
 1,875 1x{3 x 225 on 3:25 Free-descend EN
 {3 x 200 on 3:00 Free-descend EN
 {3 x 150 on 2:10 Free-descend EN
 {3 x 50 on :40 Free-descend EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 7:04 AM 2,665 Yards - Stress Value = 44

{1 x 50 on 1:15 Back 10 KOW-Great effort EN3
 {3 x 125 on 2:00 Backstroke EN1
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3
 {3 x 125 on 1:55 Backstroke EN2
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3
 {3 x 100 on 1:45 Backstroke EN2
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3
 {2 x 100 on 1:40 Backstroke EN2
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3
 1 x 250 on 4:00 Stroke Drills REC
 Meet in the locker room at 5:45
 5:40 PM 2,000 Yards - Stress Value = 39

Workout #16782 - Thursday, 15 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 400 1 on 35:00 DS/Weights RE
 1 x 400 on 7:00 Underwater trn drill RE 250
 Odd 100s free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick w/fins SE
 1,575 1x{1 x 125 on 2:10 Breaststroke EN
 {4 x 50 on 1:05 Breast under/over EN
 {2 x 125 on 2:05 Breaststroke EN
 {3 x 50 on 1:00 Breast under/over EN
 {3 x 125 on 2:00 Breaststroke EN
 {2 x 50 on :55 Breast under/over EN
 {3 x 125 on 1:55 Breaststroke-descend EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 7:04 AM 2,365 Yards - Stress Value = 30

5:04 PM Start
 Yards Set Description EGY
 =====
 1,625 1x{1 x 200 on 3:20 3 strokes fly off walls EN2
 {8 x 25 on :35 Fly-with free kick EN2
 {2 x 175 on 2:55 3 strokes fly off walls EN2
 {6 x 25 on :35 Fly-with free kick EN3
 {3 x 150 on 2:30 3 strokes fly off walls EN2
 {4 x 25 on :35 Fly-with free kick EN3
 {1 x 125 on 2:05 3 strokes fly off walls EN2
 {2 x 25 on :35 Fly-with free kick EN3
 1 x 250 on 4:00 Stroke Drills REC
 Meet in the locker room at 5:45
 5:40 PM 1,875 Yards - Stress Value = 44

Workout #16786 - Thursday, 15 January 2015

HighSchl - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Shoulders
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 500 5 x 100 on 3:00 Freestyle
 1,400 1x{2 x 150 on 3:35 Kick your #1
 {1 x 50 on 1:15 Kick your #2
 {1 x 50 on 1:20 Kick your #3
 {2 x 150 on 3:30 Kick your #1
 {2 x 50 on 1:15 Kick you #2
 {1 x 50 on 1:20 Kick your #3
 {2 x 150 on 3:25 Kick your #1
 {2 x 50 on 1:15 Kick your #2
 {1 x 50 on 1:20 Kick your #3
 {1 x 100 on 2:15 Kick your#1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 5:03 PM 2,650 Yards - Stress Value = 70

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Shoulders
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 500 5 x 100 on 3:00 Frees
 1,300 1x{2 x 125 on 3:20 Kick your #1
 {1 x 50 on 1:20 Kick your #2
 {1 x 50 on 1:25 Kick your #3
 {2 x 125 on 3:15 Kick your #1
 {1 x 50 on 1:20 Kick you #2
 {1 x 50 on 1:25 Kick your #3
 {2 x 125 on 3:10 Kick your #1
 {2 x 50 on 1:20 Kick your #2
 {2 x 50 on 1:25 Kick your #3
 {1 x 150 on 3:30 Kick your#1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 5:03 PM 2,500 Yards - Stress Value = 68

Workout #16789 - Thursday, 15 January 2015

HighSchl - Silver

1 minute rest between sets

5:04 PM Start
 Yards Set Description EGY
 =====
 1,750 1x{2 x 125 on 2:05 Backstroke EN1

Workout #16802 - Friday, 16 January 2015

Group 2 - Copper
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Drylad		L	DF
300	1 x 300 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,000	1x{4 x 100 on 2:00 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 2:00 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 2:00 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 2:00 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:29 PM 1,700 Yards - Stress Value = 26			

1,300	1x{5 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:30 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:30 PM 2,100 Yards - Stress Value = 32			

Workout #16801 - Friday, 16 January 2015

Group 2 - Bronze
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Drylad		L	DF
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,100	1x{4 x 100 on 1:45 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:45 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:45 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:45 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:30 PM 1,900 Yards - Stress Value = 28			

Workout #16798 - Friday, 16 January 2015

Group 2 - Freestylers
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Drylad		L	DF
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,500	1x{5 x 100 on 1:20 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:20 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:20 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:20 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:20 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:30 PM 2,300 Yards - Stress Value = 36			

Workout #16793 - Friday, 16 January 2015

HighSchl - Speed Acquisition
1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 15:00 Ted's Dynamic Stretch			
400	1 x 400 on 5:00 5:00 easy swim			
	1x{1 on 10:00 Running Pit Sprints			
	{1 on 10:00 Vrtcl Kck w/fins			
	{1 on 10:00 Timed 15m under water			
	{1 on 10:00 12X25@45 fins/tennis balls			
	{1 on 10:00 12X25@45 shooters			
	{1 on 10:00 OTB 25y-stroke/kick counts			
500	1 x 500 on 15:00 Indvdl Prsrcptns			
1,200	1x{1 x 200 on 4:00 IM-25 kick 25 drill			
	{4 x 25 on :45 Fly easy speed			
	{1 x 200 on 4:00 IM-25 kick 25 drill			
	{4 x 25 on :45 Back easy speed			
	{1 x 200 on 4:00 IM-25 kick 25 drill			
	{4 x 25 on :45 Breast easy speed			
	{1 x 200 on 4:00 IM-25 kick 25 drill			
	{4 x 25 on :45 Free easy speed			
500	1 x 500 on 15:00 10 min IP's 5 min easy swim			
	1 on 10:00 Ice			
	9:32 AM 2,600 Yards - Stress Value = 4			

Workout #16799 - Friday, 16 January 2015

Group 2 - Gold
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Drylad		L	DF
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,400	1x{5 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:25 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:30 PM 2,200 Yards - Stress Value = 34			

Workout #16800 - Friday, 16 January 2015

Group 2 - Silver
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Drylad		L	DF
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F

Workout #16794 - Saturday, 17 January 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%
 {12 x 50 on :50 Freestyle every 3rd one 100%
 {8 x 50 on :55 Freestyle every 2nd one 100%
 {4 x 50 on 1:00 Freestyle all 100%
 900 9 x 100 on 2:00 Odds fast-hold time I give
 1,800 3x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 150 on 1:40 Freestyle
 {1 x 100 on 1:05 Freestyle
 {1 x 50 on :30 Freestyle
 {1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:34 AM 5,450 Yards - Stress Value = 122

Workout #16795 - Saturday, 17 January 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,850 1x{16 x 50 on :50 Freestyle every 4th one 100%
 {9 x 50 on :55 Freestyle every 3rd one 100%
 {8 x 50 on 1:00 Freestyle every 2nd one 100%
 {4 x 50 on 1:05 Freestyle all 100%
 900 9 x 100 on 2:00 Odds fast-hold time I give
 1,650 3x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 150 on 1:55 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 50 on :35 Freestyle
 {1 x 150 on 3:30 Stroke Drills
 1 on 10:00 Ice
 9:34 AM 5,150 Yards - Stress Value = 119

Workout #16796 - Saturday, 17 January 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights
 550 1 x 550 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,650 1x{12 x 50 on :55 Freestyle every 4th one 100%
 {9 x 50 on 1:00 Freestyle every 3rd one 100%
 {8 x 50 on 1:05 Freestyle every 2nd one 100%
 {4 x 50 on 1:10 Freestyle all 100%
 900 9 x 100 on 2:00 Odds fast-hold time I give
 1,500 3x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 150 on 2:10 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 50 on :45 Freestyle
 {1 x 100 on 2:55 Stroke Drills

1 on 10:00 Ice
 9:34 AM 4,750 Yards - Stress Value = 115

Workout #16797 - Saturday, 17 January 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,550 1x{12 x 50 on 1:00 Freestyle every 4th one 100%
 {9 x 50 on 1:05 Freestyle every 3rd one 100%
 {6 x 50 on 1:10 Freestyle every 2nd one 100%
 {4 x 50 on 1:15 Freestyle all 100%
 900 9 x 100 on 2:00 Odds fast-hold time I give
 1,350 3x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 150 on 2:45 Freestyle
 {1 x 100 on 1:50 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 50 on 1:45 Stroke Drills
 1 on 10:00 Ice
 9:34 AM 4,550 Yards - Stress Value = 113

Workout #16820 - Monday, 19 January 2015

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Tm Mtg
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,650 1x{2 x 100 on 2:00 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 125 on 2:25 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 150 on 2:50 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 150 on 2:45 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 200 8 x 25 on :45 Stroke Drills
 1,850 1x{1 x 50 on 1:15 Breast Pull
 {6 x 75 on 1:15 Breaststroke
 {2 x 50 on 1:15 Breast Pull
 {5 x 75 on 1:15 Breaststroke
 {3 x 50 on 1:15 Breast Pull
 {4 x 75 on 1:15 Breaststroke
 {4 x 50 on 1:15 Breast Pull
 {3 x 75 on 1:15 Breaststroke
 300 6 x 50 on 1:15 Stroke Drills
 1 on 10:00 Game
 7:29 PM 4,650 Yards - Stress Value = 76

Workout #16821 - Monday, 19 January 2015

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Tm Mtg
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,550 1x{2 x 100 on 2:10 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 125 on 2:35 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 150 on 3:00 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 100 on 2:00 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 200 8 x 25 on :45 Stroke Drills
 1,700 1x{1 x 50 on 1:20 Breast Pull
 {6 x 75 on 1:20 Breaststroke
 {2 x 50 on 1:20 Breast Pull
 {5 x 75 on 1:20 Breaststroke
 {3 x 50 on 1:20 Breast Pull
 {4 x 75 on 1:20 Breaststroke
 {4 x 50 on 1:20 Breast Pull
 {1 x 75 on 1:20 Breaststroke
 300 6 x 50 on 1:15 Stroke Drills
 1 on 10:00 Game
 7:29 PM 4,400 Yards - Stress Value = 72

Workout #16822 - Monday, 19 January 2015

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Tm Mtg
 450 1 x 450 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,500 1x{2 x 100 on 2:20 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 125 on 2:45 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 150 on 3:15 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 150 on 3:10 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 200 8 x 25 on :45 Stroke Drills
 1,525 1x{1 x 50 on 1:30 Breast Pull
 {6 x 75 on 1:30 Breaststroke
 {2 x 50 on 1:30 Breast Pull
 {5 x 75 on 1:30 Breaststroke
 {3 x 50 on 1:30 Breast Pull
 {4 x 75 on 1:30 Breaststroke
 {2 x 50 on 1:30 Breast Pull
 300 6 x 50 on 1:15 Stroke Drills
 1 on 10:00 Game
 7:29 PM 4,125 Yards - Stress Value = 67

Workout #16823 - Monday, 19 January 2015

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Tm Mtg
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,350 1x{2 x 100 on 2:45 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 100 on 2:40 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach

{2 x 100 on 2:35 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {3 x 50 on 1:15 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 200 8 x 25 on :45 Stroke Drills
 1,250 1x{1 x 50 on 1:45 Breast Pull
 {6 x 50 on 1:15 Breaststroke
 {2 x 50 on 1:45 Breast Pull
 {5 x 50 on 1:15 Breaststroke
 {3 x 50 on 1:45 Breast Pull
 {4 x 50 on 1:15 Breaststroke
 {4 x 50 on 1:15 Breast Pull
 300 6 x 50 on 1:15 Stroke Drills
 1 on 10:00 Game
 7:29 PM 3,650 Yards - Stress Value = 58

Workout #16803 - Monday, 19 January 2015

HighSchl - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,800 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {8 x 25 on :30 Kick no board BSLR X2
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 750 3x{1 x 50 on :45 Pull 8 SOT-HB
 {1 x 50 on :45 Pull 7 SOT-HB
 {1 x 50 on :45 Pull 6 SOT-HB
 {1 x 50 on :45 Pull 5 SOT-HB
 {1 x 50 on :45 Pull 4 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:47 AM 3,515 Yards - Stress Value = 55

Workout #16807 - Monday, 19 January 2015

HighSchl - Distance

1 minute rest between sets

8:48 AM Start
 Yards Set Description
 =====
 2,200 1x{1 x 300 on 3:55 Freestyle EN2
 {3 x 100 on 1:35 Freestyle hold under 111 EN2
 {1 x 300 on 3:55 Freestyle EN2
 {3 x 100 on 1:30 Freestyle hold under 111 EN2
 {1 x 300 on 3:55 Freestyle EN2
 {3 x 100 on 1:25 Freestyle hold under 111 EN2
 {1 x 300 on 3:55 Freestyle EN2
 {1 x 100 on 1:20 Freestyle hold under 111 EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,500 Yards - Stress Value = 44

Workout #16823 - Monday, 19 January 2015

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Tm Mtg
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,350 1x{2 x 100 on 2:45 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 100 on 2:40 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach

Workout #16810 - Monday, 19 January 2015

HighSchl - Fly

1 minute rest between sets

8:48 AM Start
 Yards Set Description EGY
 =====
 1,825 1x{1 x 100 on 1:35 3 strokes off walls EN1
 {9 x 25 on :30 Fly-descend in 3s EN2
 {2 x 100 on 1:30 3 strokes off walls EN1
 {9 x 25 on :30 Fly-descend in 3s EN2
 {3 x 100 on 1:25 3 strokes off walls EN2
 {9 x 25 on :30 Fly-descend in 3s EN2
 {4 x 100 on 1:20 3 strokes fly off walls EN2
 {6 x 25 on :30 Fly-descend in 3's EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,125 Yards - Stress Value = 32

Workout #16804 - Monday, 19 January 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,600 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {8 x 25 on :35 Kick no board BSLR X2
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 750 3x{1 x 50 on :50 Pull 8 SOT-HB
 {1 x 50 on :50 Pull 7 SOT-HB
 {1 x 50 on :50 Pull 6 SOT-HB
 {1 x 50 on :50 Pull 5 SOT-HB
 {1 x 50 on :50 Pull 4 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:48 AM 3,315 Yards - Stress Value = 51

Workout #16808 - Monday, 19 January 2015

HighSchl - Gold

1 minute rest between sets

8:48 AM Start
 Yards Set Description EGY
 =====
 1,950 1x{1 x 300 on 4:25 Freestyle EN2
 {3 x 100 on 1:45 Freestyle hold under 122 EN2
 {1 x 300 on 4:25 Freestyle EN2
 {3 x 100 on 1:40 Freestyle hold under 122 EN2
 {1 x 300 on 4:25 Freestyle EN2
 {3 x 100 on 1:35 Freestyle hold under 122 EN2
 {1 x 150 on 2:15 Freestyle EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,250 Yards - Stress Value = 39

Workout #16811 - Monday, 19 January 2015

HighSchl - Gold

1 minute rest between sets

8:48 AM Start
 Yards Set Description EGY
 =====
 1,575 1x{1 x 100 on 1:45 3 strokes off walls EN1

{9 x 25 on :35 Fly-descend in 3s EN2
 {2 x 100 on 1:40 3 strokes off walls EN1
 {9 x 25 on :35 Fly-descend in 3s EN2
 {3 x 100 on 1:35 3 strokes off walls EN2
 {9 x 25 on :35 Fly-descend in 3's EN2
 {3 x 100 on 1:30 3 strokes fly off walls EN2
 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 1,875 Yards - Stress Value = 27

Workout #16805 - Monday, 19 January 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Balls
 165 1 x 550 on 10:00 Swim-kick-pull-swim
 1,400 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:30 Kick
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:25 Kick
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLRBS
 600 3x{1 x 50 on :55 Pull 8 SOT-HB
 {1 x 50 on :55 Pull 7 SOT-HB
 {1 x 50 on :55 Pull 6 SOT-HB
 {1 x 50 on :55 Pull 5 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:46 AM 2,915 Yards - Stress Value = 45

Workout #16809 - Monday, 19 January 2015

HighSchl - Silver

1 minute rest between sets

8:48 AM Start
 Yards Set Description EGY
 =====
 1,800 1x{1 x 300 on 4:50 Freestyle EN2
 {3 x 100 on 1:55 Freestyle hold under 132 EN2
 {1 x 300 on 4:50 Freestyle EN2
 {3 x 100 on 1:50 Freestyle hold under 132 EN2
 {1 x 300 on 4:50 Freestyle EN2
 {3 x 100 on 1:45 Freestyle hold under 132 EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,100 Yards - Stress Value = 36

Workout #16806 - Monday, 19 January 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Physio Balls
 165 1 x 500 on 10:00 Swim-kick-pull-swim
 1,300 11 x 15 on :45 Cross pool sprints
 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:40 Kick
 {2 x 100 on 2:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:35 Kick
 {2 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLRBS
 600 3x{1 x 50 on :55 Pull 8 SOT-HB
 {1 x 50 on :55 Pull 7 SOT-HB
 {1 x 50 on :55 Pull 6 SOT-HB
 {1 x 50 on :55 Pull 5 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:46 AM 2,765 Yards - Stress Value = 43

Workout #16813 - Monday, 19 January 2015

HighSchl - Speed Acquisition

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 750 1 on 15:00 Ted's Dynamic Stretch
 1 x 750 on 10:00 2 min easy-10/50-20/40-30/50-40/20-30/30-20/40-20/50-1 min easy
 120 8 x 15 on :45 Spinners
 500 1 x 500 on 10:00 Social Kick w/ 4X25 fast
 100 1 x 100 on 2:00 Kick for time
 450 1x{6 x 25 on :45 Freestyle
 {1 x 300 on 15:00 Rabbit game
 500 10 x 50 on 1:00 Stroke Drill
 1 on 10:00 Ice
 4:28 PM 2,420 Yards - Stress Value = 35

Workout #16817 - Tuesday, 20 January 2015

HighSchl - Back

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS and Weights
 1 x 400 on 7:00 Top Hat Drill
 200 4 x 50 on 2:30 Your #1 OTB 35 yards 100%
 15 yds closed fist free/back
 1,650 1x{5 x 125 on 1:50 Backstroke-Alt 25 of 10 KOW
 {4 x 25 on :25 Back 8-9-10-11 KOW
 {4 x 100 on 1:30 Back alt 25 of 10 KOW
 {4 x 25 on :25 Back 8-9-10-11 KOW
 {3 x 75 on 1:05 Back Alt 25 of 10 KOW
 {4 x 25 on :25 Back 8-9-10-11 KOW
 {2 x 50 on :40 Back Alt 25 of 10 KOW
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,550 Yards - Stress Value = 40

Workout #16814 - Tuesday, 20 January 2015

HighSchl - Distance

1 minute rest between sets

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

===== =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 7:00 Top Hat Drill REC
 200 4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP3
 15 yds closed fist free/back
 1,900 1x{2 x 225 on 3:10 Free L.25 6bk EN2
 {2 x 225 on 3:05 Free L.25 6bk EN2
 {2 x 225 on 3:00 Free L.25 6bk EN2
 {2 x 225 on 2:55 Free L.25 6bk EN2
 {1 x 100 on 1:15 Free L.25 6bk EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,750 Yards - Stress Value = 46

Workout #16815 - Tuesday, 20 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 7:00 Top Hat Drill REC
 200 4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP3
 15 yds closed fist free/back
 1,700 1x{2 x 200 on 3:10 Free L.25 6bk EN2
 {2 x 200 on 3:05 Free L.25 6bk EN2
 {2 x 200 on 3:00 Free L.25 6bk EN2
 {2 x 200 on 2:55 Free L.25 6bk EN2
 {1 x 100 on 1:25 Free L.25 6bk EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,550 Yards - Stress Value = 42

Workout #16818 - Tuesday, 20 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 1 x 400 on 7:00 Top Hat Drill
 200 4 x 50 on 2:30 Your #1 OTB 35 yards 100%
 15 yds closed fist free/back
 1,450 1x{5 x 125 on 2:05 Backstroke-Alt 25 of 10 KOW
 {4 x 25 on :30 Back 8-9-10-11 KOW
 {4 x 100 on 1:40 Back alt 25 of 10 KOW
 {4 x 25 on :30 Back 8-9-10-11 KOW
 {3 x 75 on 1:15 Back Alt 25 of 10 KOW
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,350 Yards - Stress Value = 36

Workout #16816 - Tuesday, 20 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 7:00 Top Hat Drill REC
 200 4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP3
 15 yds closed fist free/back
 1,500 1x{2 x 175 on 3:10 Free L.25 6bk EN2
 {2 x 175 on 3:05 Free L.25 6bk EN2
 {2 x 175 on 3:00 Free L.25 6bk EN2
 {2 x 175 on 2:55 Free L.25 6bk EN2
 {1 x 100 on 1:35 Free L.25 6bk EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,350 Yards - Stress Value = 38

Workout #16819 - Tuesday, 20 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 35:00 DS and Weights			
200	1 x 400 on 7:00 Top Hat Drill			
1,200	4 x 50 on 2:30 Your #1 OTB 35 yards 100% 15 yds closed fist free/back			
1x{4	125 on 2:15 Backstroke-Alt 25 of 10 KOW			
	{4 x 25 on :40 Back 8-9-10-11 KOW			
	{4 x 100 on 1:45 Back alt 25 of 10 KOW			
	{4 x 25 on :40 Back 8-9-10-11 KOW			
	{2 x 50 on 1:00 Back Alt 25 of 10 KOW			
300	1 x 300 on 5:00 Stroke Drills			
	1 on 10:00 Ice			
7:04 AM	2,100 Yards - Stress Value = 32			

Workout #16828 - Wednesday, 21 January 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
2,700	1x{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	2,900 Yards - Stress Value = 74			

Workout #16831 - Wednesday, 21 January 2015

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
2,600	1x{4 x 125 on 1:35 IM w/50 free	EN2	S	IM
	{3 x 50 on :45 Fly	EN2	S	FLY
	{4 x 125 on 1:45 IM w/50 breast	EN2	S	IM
	{3 x 50 on :45 Backstroke	EN2	S	BK
	{4 x 125 on 1:40 IM w/50 back	EN2	S	IM
	{3 x 50 on :50 Breast	EN2	S	BR
	{4 x 125 on 1:40 IM w/50 fly	EN2	S	IM
	{3 x 50 on :40 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	2,800 Yards - Stress Value = 52			

Workout #16824 - Wednesday, 21 January 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
600	1 on 55:00 Jump rope/Circuit			
120	1 x 600 on 10:00 Free L.25 of each 100 Non F			
	8 x 15 on 1:00 15m under #5-8 w/fins			
	Hold BSLR's under :20, nonBSLR at least 5s			
1,600	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			

	{4 x 75 on 1:10 Kick			
	{4 x 25 on :30 Kick no board BSLR 14 KOW			
	{4 x 100 on 1:30 Kick			
	{4 x 25 on :30 Kick no board BSLR 13 KOW			
	{4 x 125 on 1:50 Kick			
	{4 x 25 on :30 Kick no board BSLR 12 KOW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:48 PM	2,520 Yards - Stress Value = 39			

Workout #16825 - Wednesday, 21 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
600	1 on 55:00 Jump rope/Circuit			
120	1 x 600 on 10:00 Free L.25 of each 100 Non F			
	8 x 15 on 1:00 15m under #5-8 w/fins			
	Hold BSLR's under :23, nonBSLR at least 5s			
1,400	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			
	{4 x 75 on 1:20 Kick			
	{4 x 25 on :30 Kick no board BSLR 14 KOW			
	{3 x 100 on 1:45 Kick			
	{4 x 25 on :30 Kick no board BSLR 13 KOW			
	{4 x 125 on 2:10 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:48 PM	2,320 Yards - Stress Value = 35			

Workout #16829 - Wednesday, 21 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
2,500	1x{2 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	2,700 Yards - Stress Value = 70			

Workout #16832 - Wednesday, 21 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
2,450	1x{4 x 125 on 1:40 IM w/50 free	EN2	S	IM
	{2 x 50 on :50 Fly	EN2	S	FLY
	{4 x 125 on 1:55 IM w/50 breast	EN2	S	IM
	{2 x 50 on :50 Backstroke	EN2	S	BK
	{4 x 125 on 1:45 IM w/50 back	EN2	S	IM
	{2 x 50 on :55 Breast	EN2	S	BR
	{4 x 125 on 1:50 IM w/50 fly	EN2	S	IM
	{3 x 50 on :40 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	2,650 Yards - Stress Value = 49			

Workout #16812 - Wednesday, 21 January 2015

HighSchl - Silver

1 minute rest between sets

8:48 AM Start

Yards	Set Description	EGY
1,500	1x{1 x 100 on 1:55 3 strokes off walls	EN1
	{6 x 25 on :40 Fly-descend in 3s	EN2
	{2 x 100 on 1:50 3 strokes off walls	EN1
	{9 x 25 on :40 Fly-descend in 3s	EN2
	{3 x 100 on 1:45 3 strokes off walls	EN2
	{9 x 25 on :35 Fly-descend in 3's	EN2
	{3 x 100 on 1:40 3 strokes fly off walls	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	M
9:36 AM 1,800 Yards - Stress Value = 26		

Workout #16826 - Wednesday, 21 January 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
	1 on 55:00 Jump rope/Circuit	
550	1 x 550 on 10:00 Free L.25 of each 100 Non F	
400	8 x 50 on 1:00 Timed 15m underwaters	
	Hold BSLR's under :27, nonBSLR at least 5s	
1,200	1x{4 x 25 on :35 Kick no board BSLR 15 KOW	
	{4 x 75 on 1:35 Kick	
	{4 x 25 on :35 Kick no board BSLR 14 KOW	
	{3 x 100 on 2:05 Kick	
	{4 x 25 on :35 Kick no board BSLR 13 KOW	
	{4 x 75 on 1:25 Kick	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:48 PM 2,350 Yards - Stress Value = 42		

Workout #16830 - Wednesday, 21 January 2015

HighSchl - Silver

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,150	1x{2 x 200 on 3:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 3:15 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 3:10 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 3:05 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{1 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 50 on :50 Freestyle	EN3	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice	M		
5:35 PM 2,350 Yards - Stress Value = 61				

Workout #16833 - Wednesday, 21 January 2015

HighSchl - Silver

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
Hold all swims 5+ under interval				
2,100	1x{4 x 125 on 2:00 IM w/50 free	EN2	S	IM
	{2 x 50 on :55 Fly	EN2	S	FLY
	{4 x 125 on 2:15 IM w/50 breast	EN2	S	IM
	{2 x 50 on :55 Backstroke	EN2	S	BK
	{4 x 125 on 2:05 IM w/50 back	EN2	S	IM
	{2 x 50 on 1:00 Breast	EN2	S	BR

	{2 x 125 on 2:10 IM w/50 fly	EN2	S	IM
	{1 x 50 on :45 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice	M		
5:36 PM 2,300 Yards - Stress Value = 42				

Workout #16827 - Wednesday, 21 January 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
	1 on 55:00 Jump rope/Circuit	
500	1 x 500 on 10:00 Free L.25 of each 100 Non F	
120	8 x 15 on 1:00 15m under #5-8 w/fins	
	Hold BSLR's under :34, nonBSLR at least 5s	
1,050	1x{4 x 25 on :40 Kick no board BSLR 15 KOW	
	{4 x 75 on 1:45 Kick	
	{4 x 25 on :40 Kick no board BSLR 14 KOW	
	{2 x 100 on 2:20 Kick	
	{4 x 25 on :40 Kick no board BSLR 13 KOW	
	{2 x 125 on 2:50 Kick	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:48 PM 1,870 Yards - Stress Value = 28		

Workout #16847 - Thursday, 22 January 2015

HighSchl - Back

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY
2,300	1x{1 x 100 on 1:15 Backstroke	EN1
	{8 x 25 on :30 Back 12yds under -1 kick	EN2
	{2 x 100 on 1:15 Backstroke	EN1
	{8 x 25 on :30 Back 12yds under -1 kick	EN2
	{3 x 100 on 1:15 Backstroke	EN1
	{8 x 25 on :30 Back 12yds under -1 kick	EN2
	{4 x 100 on 1:15 Backstroke	EN1
	{8 x 25 on :30 Back 12yds under -1 kick	EN2
	{5 x 100 on 1:15 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	M
5:35 PM 2,550 Yards - Stress Value = 36		

Workout #16837 - Thursday, 22 January 2015

HighSchl - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
140	7 x 20 on 1:00 Shooters		SP3
1,800	1x{1 x 125 on 1:55 Breaststroke	EN1	
	{4 x 50 on :55 Breast under/over	EN2	
	{2 x 125 on 1:50 Breaststroke	EN1	
	{3 x 50 on :50 Breast under/over	EN2	
	{3 x 125 on 1:45 Breaststroke	EN1	
	{2 x 50 on :45 Breast under/over	EN2	
	{4 x 125 on 1:40 Breaststroke-descend	EN2	
	{2 x 50 on :40 Breast under/over	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice	M	
7:04 AM 2,640 Yards - Stress Value = 34			

Workout #16834 - Thursday, 22 January 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill RE
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick w/fins SF
 2,250 1x{3 x 225 on 2:50 Free-descend EN
 {3 x 200 on 2:30 Free-descend EN
 {3 x 175 on 2:10 Free-descend EN
 {3 x 150 on 1:50 Free-descend EN
 300 1 x 300 on 5:00 Stroke Drills RE
 1 on 10:00 Ice
 7:05 AM 3,090 Yards - Stress Value = 51

Workout #16844 - Thursday, 22 January 2015

HighSchl - Fly

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,400 1x{1 x 200 on 2:45 Butterfly EN2 S FLY
 {1 x 200 on 2:45 Freestyle EN1 S FR
 {2 x 200 on 2:50 Butterfly EN2 S FLY
 {1 x 200 on 2:40 Freestyle EN1 S FR
 {3 x 200 on 2:55 Butterfly EN2 S FLY
 {1 x 200 on 2:35 Freestyle EN2 S FR
 {3 x 200 on 3:00 Butterfly EN2 S FLY
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,650 Yards - Stress Value = 44

Workout #16840 - Thursday, 22 January 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odds 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,750 1x{5 x 50 on :50 Kick
 {2 x 100 on 2:10 Kick 2 weakest kicks
 {4 x 50 on :50 Kick
 {2 x 100 on 2:05 Kick 2 weakest kicks
 {3 x 50 on :50 Kick
 {2 x 100 on 2:00 Kick 2 weakest kicks
 {2 x 50 on :50 Kick
 {2 x 100 on 1:55 Kick 2 weakest kicks
 {1 x 50 on :50 Kick
 {2 x 100 on 1:50 Kick 2 weakest kicks
 700 1x{1 x 100 on 2:00 Freestyle
 {5 x 100 on 3:00 Freestyle
 {1 x 100 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,500 Yards - Stress Value = 87

Workout #16835 - Thursday, 22 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill RE

Odd 100's free even 100's back

105 7 x 15 on 1:00 Underwater fly kick w/fins SF
 2,100 1x{3 x 225 on 3:05 Free-descend EN
 {3 x 200 on 2:40 Free-descend EN
 {3 x 175 on 2:20 Free-descend EN
 {3 x 100 on 1:15 Free-descend EN
 300 1 x 300 on 5:00 Stroke Drills RE
 1 on 10:00 Ice
 7:05 AM 2,905 Yards - Stress Value = 46

Workout #16838 - Thursday, 22 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 7:00 Underwater trn drill RE
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick w/fins SF
 1,700 1x{1 x 125 on 2:05 Breaststroke EN
 {4 x 50 on 1:00 Breast under/over EN
 {2 x 125 on 2:00 Breaststroke EN
 {3 x 50 on :55 Breast under/over EN
 {3 x 125 on 1:55 Breaststroke EN
 {2 x 50 on :50 Breast under/over EN
 {4 x 125 on 1:50 Breaststroke-descend EN
 300 1 x 300 on 5:00 Stroke Drills RE
 1 on 10:00 Ice
 7:05 AM 2,540 Yards - Stress Value = 32

Workout #16841 - Thursday, 22 January 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odds 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,650 1x{5 x 50 on :55 Kick
 {2 x 100 on 2:15 Kick 2 weakest kicks
 {4 x 50 on :55 Kick
 {2 x 100 on 2:10 Kick 2 weakest kicks
 {3 x 50 on :55 Kick
 {2 x 100 on 2:05 Kick 2 weakest kicks
 {2 x 50 on :55 Kick
 {2 x 100 on 2:00 Kick 2 weakest kicks
 {1 x 50 on :55 Kick
 {1 x 100 on 1:55 Kick 2 weakest kicks
 700 1x{1 x 100 on 2:00 Freestyle
 {5 x 100 on 3:00 Freestyle
 {1 x 100 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,400 Yards - Stress Value = 85

Workout #16845 - Thursday, 22 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,300	1x{1 x 200 on 2:55 Butterfly	EN2	S	FLY
	{1 x 200 on 2:55 Freestyle	EN1	S	FR
	{2 x 200 on 3:00 Butterfly	EN2	S	FLY
	{1 x 200 on 2:50 Freestyle	EN1	S	FR
	{3 x 200 on 3:05 Butterfly	EN2	S	FLY
	{1 x 100 on 1:25 Freestyle	EN2	S	FR
	{3 x 200 on 3:10 Butterfly	EN2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,550 Yards - Stress Value = 42				

Workout #16848 - Thursday, 22 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,200	1x{1 x 100 on 1:20 Backstroke	EN1		
	{8 x 25 on :30 Back 12yds under -1 kick	EN2		
	{2 x 100 on 1:20 Backstroke	EN1		
	{8 x 25 on :30 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:20 Backstroke	EN1		
	{8 x 25 on :30 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:20 Backstroke	EN1		
	{8 x 25 on :30 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:20 Backstroke	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM 2,450 Yards - Stress Value = 34				

Workout #16836 - Thursday, 22 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS and Weights			
	1 x 400 on 7:00 Underwater trn drill	RE		
	Odd 100's free even 100's back			
140	7 x 20 on 1:00 Underwater fly kick w/fins	SE		
1,800	1x{3 x 225 on 3:25 Free-descend	EN		
	{3 x 200 on 3:00 Free-descend	EN		
	{3 x 175 on 2:35 Free-descend	EN		
300	1 x 300 on 5:00 Stroke Drills	RE		
	1 on 10:00 Ice			
7:04 AM 2,640 Yards - Stress Value = 42				

Workout #16839 - Thursday, 22 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
350	1 on 35:00 DS/Weights			
	1 x 350 on 7:00 Underwater trn drill	RE		
	Odd 100s free even 100's back			
140	7 x 20 on 1:00 Underwater fly kick w/fins	SE		
1,350	1x{1 x 100 on 2:05 Breaststroke	EN		
	{3 x 50 on 1:10 Breast under/over	EN		
	{2 x 100 on 2:00 Breaststroke	EN		
	{2 x 50 on 1:05 Breast under/over	EN		
	{3 x 100 on 1:55 Breaststroke	EN		
	{2 x 50 on 1:00 Breast under/over	EN		
	{4 x 100 on 1:50 Breaststroke-descend	EN		

300	1 x 300 on 5:00 Stroke Drills	RE		
	1 on 10:00 Ice			
7:04 AM 2,140 Yards - Stress Value = 27				

Workout #16842 - Thursday, 22 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
600	1 on 25:00 DS/Shoulders			
	1 x 600 on 10:00 Underwater trn drill			
	Odds 100's free even 100's back			
250	5 x 50 on 1:30 Mid pool swims			
1,550	1x{4 x 50 on 1:00 Kick			
	{2 x 100 on 2:20 Kick 2 weakest kicks			
	{4 x 50 on 1:00 Kick			
	{2 x 100 on 2:15 Kick 2 weakest kicks			
	{3 x 50 on 1:00 Kick			
	{2 x 100 on 2:10 Kick 2 weakest kicks			
	{1 x 50 on 1:00 Kick			
	{2 x 100 on 2:05 Kick 2 weakest kicks			
	{1 x 50 on :55 Kick			
	{1 x 100 on 1:55 Kick 2 weakest kicks			
700	1x{1 x 100 on 2:00 Freestyle			
	{5 x 100 on 3:00 Freestyle			
	{1 x 100 on 2:00 Freestyle			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:45 PM 3,300 Yards - Stress Value = 83				

Workout #16846 - Thursday, 22 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 200 on 3:15 Butterfly	EN2	S	FLY
	{1 x 200 on 3:05 Freestyle	EN1	S	FR
	{2 x 200 on 3:20 Butterfly	EN2	S	FLY
	{1 x 200 on 3:00 Freestyle	EN1	S	FR
	{3 x 200 on 3:25 Butterfly	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 200 on 3:30 Butterfly	EN2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,350 Yards - Stress Value = 38				

Workout #16849 - Thursday, 22 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,000	1x{1 x 100 on 1:30 Backstroke	EN1		
	{6 x 25 on :35 Back 12yds under -1 kick	EN2		
	{2 x 100 on 1:30 Backstroke	EN1		
	{6 x 25 on :35 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:30 Backstroke	EN1		
	{6 x 25 on :35 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:30 Backstroke	EN1		
	{6 x 25 on :35 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:30 Backstroke	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM 2,250 Yards - Stress Value = 30				

Workout #16843 - Thursday, 22 January 2015

5:35 PM 3,350 Yards - Stress Value = 48

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odds 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,400 1x{4 x 50 on 1:10 Kick
 {2 x 100 on 2:30 Kick 2 weakest kicks
 {4 x 50 on 1:10 Kick
 {2 x 100 on 2:25 Kick 2 weakest kicks
 {3 x 50 on 1:10 Kick
 {2 x 100 on 2:20 Kick 2 weakest kicks
 {2 x 50 on 1:10 Kick
 {1 x 100 on 2:15 Kick 2 weakest kicks
 {1 x 50 on 1:05 Kick
 700 1x{1 x 100 on 2:00 Freestyle
 {5 x 100 on 3:00 Freestyle
 {1 x 100 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,150 Yards - Stress Value = 80

Workout #16850 - Friday, 23 January 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description E
 =====
 600 1 on 50:00 Tes's DS/Yoga F
 180 1 x 600 on 10:00 Choice F
 300 12 x 15 on 1:00 Start/Shooter/Finish S
 2x{1 x 25 on :45 Kick on left side face down E
 {1 x 25 on :45 Kick on right side face down E
 {1 x 25 on :45 Kick on left side face up E
 {1 x 25 on :45 Kick on right side face up E
 {1 x 50 on 1:15 Kick F
 Stroke Drills-alt 25 closed fist 25 drill c
 1,100 1x{1 x 250 on 4:35 Stroke Drills F
 {4 x 25 on :40 Variable Speed E
 {1 x 200 on 3:40 Stroke Drills F
 {4 x 25 on :40 Variable Speed E
 {1 x 150 on 2:45 Stroke Drills F
 {4 x 25 on :40 Variable Speed E
 {1 x 100 on 1:50 Stroke Drills F
 {4 x 25 on :40 Variable Speed E
 250 1 x 250 on 4:00 Stroke Drills F
 1 on 10:00 Ice Team Mtg F
 5:03 PM 2,430 Yards - Stress Value = 11

Workout #16856 - Monday, 26 January 2015

HighSchl - Distance

1 minute rest between sets

4:41 PM Start
 Yards Set Description EGY WORK STK F
 =====
 hold 100's under 1:04
 3,000 1x{2 x 150 on 1:50 Freestyle EN1 S FR 1
 {5 x 100 on 1:10 Freestyle EN2 S FR 1
 {2 x 150 on 1:50 Freestyle EN1 S FR 1
 {4 x 100 on 1:10 Freestyle EN2 S FR 1
 {2 x 150 on 1:50 Freestyle EN2 S FR 1
 {3 x 100 on 1:10 Freestyle EN2 S FR 1
 {2 x 150 on 1:50 Freestyle EN1 S FR 1
 {2 x 100 on 1:10 Freestyle EN2 S FR 1
 {2 x 150 on 1:50 Freestyle EN1 S FR 1
 {1 x 100 on 1:10 Freestyle EN2 S FR 1
 350 7 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M

Workout #16859 - Monday, 26 January 2015

HighSchl - Fly

1 minute rest between sets

4:41 PM Start
 Yards Set Description EC
 =====
 2,600 1x{1 x 250 on 3:40 Fly 1+1 stroke off walls EN
 {2 x 225 on 3:15 Fly 2+1 stroke off walls EN
 {3 x 200 on 2:50 Fly 3+1 stroke off walls EN
 {4 x 175 on 2:25 Fly 4+1 strokes off walls EN
 {4 x 150 on 2:00 Fly 5+1 stroke off walls EN
 350 7 x 50 on 1:00 Stroke Drills RE
 1 on 10:00 Ice
 5:36 PM 2,950 Yards - Stress Value = 52

Workout #16852 - Monday, 26 January 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 165 1 x 600 on 10:00 Swim-kick-pull-swim
 1,500 11 x 15 on :45 Cross pool sprints
 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 1,100 1x{2 x 100 on 1:15 Pull 7 SOLW
 {2 x 125 on 1:35 Pull 6 SOLW
 {2 x 150 on 1:50 Pull 5 SOLW
 {2 x 175 on 2:15 Pull 4 SOLW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:40 PM 3,565 Yards - Stress Value = 50

Workout #16853 - Monday, 26 January 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 165 1 x 600 on 10:00 Swim-kick-pull-swim
 1,350 11 x 15 on :45 Cross pool sprints
 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:25 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 {2 x 25 on :30 Kick no board BS
 950 1x{1 x 50 on :45 Pull 7 SOLW
 {2 x 125 on 1:50 Pull 6 SOLW
 {2 x 150 on 2:05 Pull 5 SOLW
 {2 x 175 on 2:30 Pull 4 SOLW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:40 PM 3,265 Yards - Stress Value = 45

Workout #16857 - Monday, 26 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:41 PM Start					
2,650	1x{2 x 150 on 2:00 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:00 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:00 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:00 Freestyle	EN1	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{1 x 150 on 2:00 Freestyle	EN1	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM 3,000 Yards - Stress Value = 43					

Workout #16860 - Monday, 26 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:41 PM Start					
2,300	1x{1 x 250 on 4:00 Fly 1+1 stroke off walls	EN			
	{2 x 225 on 3:30 Fly 2+1 stroke off walls	EN			
	{3 x 200 on 3:05 Fly 3+1 stroke off walls	EN			
	{4 x 175 on 2:40 Fly 4+1 strokes off walls	EN			
	{2 x 150 on 2:10 Fly 5+1 stroke off walls	EN			
350	7 x 50 on 1:00 Stroke Drills	RE			
	1 on 10:00 Ice				
5:35 PM 2,650 Yards - Stress Value = 46					

Workout #16854 - Monday, 26 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM Start					
550	1 on 30:00 DS/Physio Balls				
165	1 x 550 on 10:00 Swim-kick-pull-swim				
	11 x 15 on :45 Cross pool sprints				
1,200	1x{4 x 25 on :35 Kick no board BSLR				
	{2 x 125 on 2:40 Kick				
	{4 x 25 on :35 Kick no board BSLR				
	{2 x 100 on 2:10 Kick				
	{4 x 25 on :35 Kick no board BSLR				
	{2 x 100 on 2:15 Kick				
	{4 x 25 on :35 Kick no board BSLR				
	{3 x 50 on 1:10 Kick				
750	1x{2 x 125 on 2:00 Pull 6 SOLW				
	{1 x 150 on 2:25 Pull 5 SOLW				
	{2 x 175 on 2:50 Pull 4 SOLW				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:39 PM 2,865 Yards - Stress Value = 41					

Workout #16858 - Monday, 26 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:41 PM Start					
hold 100's under 1:17					
2,250	1x{2 x 150 on 2:30 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:30 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:30 Freestyle	EN2	S	FR	1

	{2 x 150 on 2:30 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{1 x 150 on 2:30 Freestyle	EN1	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM 2,600 Yards - Stress Value = 38					

Workout #16861 - Monday, 26 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:41 PM Start					
2,100	1x{1 x 250 on 4:30 Fly 1+1 stroke off walls	EN			
	{2 x 225 on 4:00 Fly 2+1 stroke off walls	EN			
	{3 x 200 on 3:30 Fly 3+1 stroke off walls	EN			
	{4 x 175 on 3:00 Fly 4+1 strokes off walls	EN			
	{1 x 100 on 1:40 Fly 5+1 stroke off walls	EN			
350	7 x 50 on 1:00 Stroke Drills	RE			
	1 on 10:00 Ice				
5:36 PM 2,450 Yards - Stress Value = 42					

Workout #16855 - Monday, 26 January 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM Start					
500	1 on 30:00 DS/Physio Balls				
165	1 x 500 on 10:00 Swim-kick-pull-swim				
	11 x 15 on :45 Cross pool sprints				
1,000	1x{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 x 100 on 2:30 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:35 Kick				
	{4 x 25 on :45 Kick no board BSLR				
750	1x{2 x 75 on 1:20 Pull 7 SOLW				
	{1 x 125 on 2:20 Pull 6 SOLW				
	{2 x 150 on 2:45 Pull 5 SOLW				
	{1 x 175 on 3:15 Pull 4 SOLW				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:40 PM 2,615 Yards - Stress Value = 37					

Workout #16851 - Monday, 26 January 2015

HighSchl - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
5:30 AM Start					
600	1 on 15:00 Teds Dynamic Stretch				
150	1 x 600 on 10:00 Too complicated to type out				
	10 x 15 on :45 Spinners				
800	4x{3 x 50 on 1:10 Freestyle				
	{1 x 50 on 1:30 Freestyle				
	{ #1 20yds sprint-30yds easy, #2 30yds sprint				
	{ #3 all easy, #4 sprint, #4 of 4th set OTB				
450	9 x 50 on 1:00 Kick-ALL OUT 100%				
800	4x{3 x 50 on 1:10 Stroke				
	{1 x 50 on 1:30 Stroke				
	{ Same as above --#3 can be free				
250	1 x 250 on 4:00 Freestyle				
	1 on 10:00 Ice				
7:05 AM 2,850 Yards - Stress Value = 127					

Workout #16865 - Tuesday, 27 January 2015

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
400	1 on 35:00 DS and Weights		L
400	1 x 400 on 7:00 Top Hat Drill	REC	D
200	4 x 50 on 2:30 OTB your #1	SP3	S
	35yds fast 15 clsd fist back/free		
2,000	1x{3 x 100 on 1:25 Backstroke-descend	EN2	S
	{1 x 200 on 2:25 Backstroke	EN2	S
	{3 x 100 on 1:25 Backstroke-descend	EN2	S
	{1 x 200 on 2:30 Backstroke	EN2	S
	{3 x 100 on 1:25 Backstroke-descend	EN2	S
	{1 x 200 on 2:35 Backstroke	EN2	S
	{3 x 100 on 1:25 Backstroke-descend	EN2	S
	{1 x 200 on 2:40 Backstroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:06 AM	2,800 Yards - Stress Value = 48		

Workout #16875 - Tuesday, 27 January 2015

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
2,300	1x{1 x 200 on 3:10 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:55 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:50 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:45 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:40 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:35 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	2,550 Yards - Stress Value = 39			

Workout #16862 - Tuesday, 27 January 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 35:00 DS and Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill	REC		D FR
200	4 x 50 on 2:30 OTB your #1	SP3		S STK
	35yds fast 15 clsd fist back/free			
1,900	1x{1 x 100 on 1:20 Freestyle	EN2		S FR
	{1 x 100 on 1:25 Free hold 1:05	EN2		S FR
	{1 x 200 on 2:40 Freestyle	EN2		S FR
	{1 x 50 on :50 Freestyle	REC		S FR
	{1 x 200 on 2:40 Freestyle	EN2		S FR
	{1 x 100 on 1:25 Free Hold 1:05	EN2		S FR
	{1 x 200 on 2:40 Freestyle	EN2		S FR
	{1 x 50 on :50 Freestyle	REC		S FR
	{1 x 300 on 4:00 Freestyle	EN2		S FR
	{1 x 100 on 1:25 Free hold 1:05	EN2		S FR
	{1 x 100 on 1:20 Freestyle	EN2		S FR
	{1 x 50 on :50 Freestyle	REC		S FR
	{1 x 250 on 3:20 Freestyle	EN2		S FR
	{1 x 100 on 1:25 Free Hold 1:00	EN2		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD

1 on 10:00 Ice M
7:05 AM 2,700 Yards - Stress Value = 43

Workout #16872 - Tuesday, 27 January 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:43 PM	Start		
2,800	1x{1 x 400 on 5:25 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 5:20 Free L.100 des 25's	EN2	
	{1 x 400 on 5:15 Free L.100 BWHPF	EN2	
	{1 x 400 on 5:10 Free L.100 SFBO	EN2	
	{1 x 400 on 5:05 Free L.100 Br on 5	EN2	
	{1 x 400 on 5:00 Free L.100-6bk	EN2	
	{1 x 400 on 4:55 Free-best effort	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	3,050 Yards - Stress Value = 56		

Workout #16868 - Tuesday, 27 January 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
600	1 on 30:00 DS/Teds Abs			
300	1 x 600 on 10:00 Top Hat Drill			
	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
1,500	1x{6 x 50 on 2:00 Your #1-100% Effort			
	{2 x 100 on 2:00 Kick			
	{2 x 50 on 1:00 Kick-100%			
	{2 x 100 on 1:55 Kick			
	{2 x 50 on 1:00 Kick-100% Effort			
	{2 x 100 on 1:50 Kick			
	{2 x 50 on 1:00 Kick-100% Effort			
	{2 x 100 on 1:45 Kick			
	{2 x 50 on 1:00 Kick-100% Effort			
	{2 x 100 on 1:40 Kick			
	{2 x 50 on 1:00 Kick-100% Effort			
100	1 x 100 on 3:00 Kick for time-with snorkel			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:43 PM	3,000 Yards - Stress Value = 70			

Workout #16863 - Tuesday, 27 January 2015

4:43 PM 3,000 Yards - Stress Value = 70

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 35:00 DS and Weights		L DRY	
400	1 x 400 on 7:00 Top Hat Drill	REC	D FR	
200	4 x 50 on 2:30 OTB your #1	SP3	S STK	
	35yds fast 15 clsd fist back/free			
1,750	1x{1 x 100 on 1:30 Freestyle	EN2	S FR	
	{1 x 100 on 1:30 Free Hold 1:12	EN2	S FR	
	{1 x 300 on 4:30 Freestyle	EN2	S FR	
	{1 x 50 on :55 Freestyle	REC	S FR	
	{1 x 200 on 3:00 Freestyle	EN2	S FR	
	{1 x 100 on 1:30 Free Hold 1:12	EN2	S FR	
	{1 x 200 on 3:00 Freestyle	EN2	S FR	
	{1 x 50 on :55 Freestyle	REC	S FR	
	{1 x 300 on 4:30 Freestyle	EN2	S FR	
	{1 x 100 on 1:30 Free hold 1:12	EN2	S FR	
	{1 x 100 on 1:30 Freestyle	EN2	S FR	
	{1 x 50 on :55 Freestyle	REC	S FR	
	{1 x 100 on 1:30 Free Hold 1:00	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
7:05 AM	2,550 Yards - Stress Value = 40			

Workout #16866 - Tuesday, 27 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 35:00 DS and Weights		L	
400	1 x 400 on 7:00 Top Hat Drill	REC	D	
200	4 x 50 on 2:30 OTB your #1	SP3	S	
	35yds fast 15 clsd fist back/free			
1,900	1x{3 x 100 on 1:30 Backstroke-descend	EN2	S	
	{1 x 200 on 2:35 Backstroke	EN2	S	
	{3 x 100 on 1:30 Backstroke-descend	EN2	S	
	{1 x 200 on 2:40 Backstroke	EN2	S	
	{3 x 100 on 1:30 Backstroke-descend	EN2	S	
	{1 x 200 on 2:45 Backstroke	EN2	S	
	{4 x 100 on 1:30 Backstroke-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:06 AM	2,700 Yards - Stress Value = 46			

Workout #16869 - Tuesday, 27 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
600	1 on 30:00 DS/Teds Abs		L DRY	
300	1 x 600 on 10:00 Top Hat Drill	REC	D FR	
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
300	6 x 50 on 2:00 Your #1 100% Effort			
1,500	1x{2 x 100 on 2:00 Kick		S FR	
	{2 x 50 on 1:00 Kick-100%		S FR	
	{2 x 100 on 1:55 Kick		S FR	
	{2 x 50 on 1:00 Kick-100% Effort		S FR	
	{2 x 100 on 1:50 Kick		S FR	
	{2 x 50 on 1:00 Kick-100% Effort		S FR	
	{2 x 100 on 1:45 KICK		S FR	
	{2 x 50 on 1:00 Kick-100% Effort		S FR	
	{2 x 100 on 1:40 Kick		S FR	
	{2 x 50 on 1:00 Kick-100% Effort		S FR	
100	1 x 100 on 3:00 Kick for time-with snorkel			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

Workout #16873 - Tuesday, 27 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
2,600	1x{1 x 400 on 5:50 Free L.100 6-7-8-9 KOW	EN2		
	{1 x 400 on 5:45 Free L.100 des 25's	EN2		
	{1 x 400 on 5:40 Free L.100 BWHPF	EN2		
	{1 x 400 on 5:35 Free L.100 SFBO	EN2		
	{1 x 400 on 5:30 Free L.100 Br on 5	EN2		
	{1 x 400 on 5:25 Free L.100-6bk	EN2		
250	{1 x 200 on 2:40 Free-best effort	EN2		
	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM	2,850 Yards - Stress Value = 52			

Workout #16876 - Tuesday, 27 January 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
2,100	1x{1 x 200 on 3:25 Breaststroke	EN2	S BR	
	{4 x 25 on :30 Breast 2K1P	EN1	D BR	
	{1 x 200 on 3:20 Breaststroke	EN2	S BR	
	{4 x 25 on :30 Breast 2K1P	EN1	D BR	
	{1 x 200 on 3:15 Breaststroke	EN2	S BR	
	{4 x 25 on :30 Breast 2K1P	EN1	D BR	
	{1 x 200 on 3:10 Breaststroke	EN2	S BR	
	{4 x 25 on :30 Breast 2K1P	EN1	D BR	
	{1 x 200 on 3:05 Breaststroke	EN2	S BR	
	{4 x 25 on :30 Breast 2K1P	EN1	S BR	
	{1 x 200 on 3:00 Breaststroke	EN2	S BR	
	{4 x 25 on :30 Breast 2K1P	EN1	S BR	
250	{1 x 200 on 2:55 Breaststroke	EN2	S BR	
	{4 x 25 on :30 Breast 2K1P	EN1	D BR	
	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
5:35 PM	2,350 Yards - Stress Value = 35			

Workout #16864 - Tuesday, 27 January 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
350	1 on 35:00 DS and Weights		L DRY	
200	1 x 350 on 7:00 Top Hat Drill	REC	D FR	
	4 x 50 on 2:30 OTB your #1	SP3	S STK	
	35yds fast 15 clsd fist back/free			
1,550	1x{1 x 100 on 1:45 Freestyle	EN2	S FR	
	{1 x 100 on 1:45 Free Hold 1:19	EN2	S FR	
	{1 x 300 on 5:15 Freestyle	EN2	S FR	
	{1 x 50 on 1:00 Freestyle	REC	S FR	
	{1 x 200 on 3:30 Freestyle	EN2	S FR	
	{1 x 100 on 1:45 Free Hold 1:19	EN2	S FR	
	{1 x 200 on 3:30 Freestyle	EN2	S FR	
	{1 x 50 on 1:00 Freestyle	REC	S FR	
	{1 x 300 on 5:15 Freestyle	EN2	S FR	
	{1 x 100 on 1:45 Free hold 1:10	EN2	S FR	
	{1 x 50 on :50 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
7:06 AM	2,300 Yards - Stress Value = 37			

Workout #16867 - Tuesday, 27 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
400	1 on 35:00 DS and Weights		L
200	1 x 400 on 7:00 Top Hat Drill	REC	D
1,700	4 x 50 on 2:30 OTB your #1	SP3	S
	35yds fast 15 clsd fist back/free		250
	1x{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 2:55 Backstroke	EN2	S
	{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 3:00 Backstroke	EN2	S
	{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 3:05 Backstroke	EN2	S
	{2 x 100 on 1:40 Backstroke-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:06 AM 2,500 Yards - Stress Value = 42		

{1 x 200 on 3:35 Breaststroke	EN2	S	BR
{4 x 25 on :35 Breast 2K1P	EN1	D	BR
{1 x 200 on 3:30 Breaststroke	EN2	S	BR
{4 x 25 on :35 Breast 2K1P	EN1	D	BR
{1 x 200 on 3:25 Breaststroke	EN2	S	BR
{4 x 25 on :35 Breast 2K1P	EN1	D	BR
{1 x 200 on 3:20 Breaststroke	EN2	S	BR
{4 x 25 on :35 Breast 2K1P	EN1	S	BR
{1 x 200 on 3:15 Breaststroke	EN2	S	BR
{4 x 25 on :35 Breast 2K1P	EN2	D	BR
{1 x 100 on 1:35 Breaststroke	EN2	S	BR
1 x 250 on 4:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice			M
5:35 PM 2,150 Yards - Stress Value = 33			

Workout #16871 - Tuesday, 27 January 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Teds Abs
300	1 x 500 on 10:00 Top Hat Drill
300	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
1,300	1x{2 x 100 on 2:15 Kick
	{2 x 50 on 1:10 Kick-100%
	{2 x 100 on 2:10 Kick
	{2 x 50 on 1:10 Kick-100% Effort
	{2 x 100 on 2:05 Kick
	{2 x 50 on 1:10 Kick-100% Effort
	{2 x 100 on 2:00 Kick
	{2 x 50 on 1:10 Kick-100% Effort
	{1 x 100 on 1:55 Kick
100	1 x 100 on 3:00 Kick for time-with snorkel
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:43 PM 2,700 Yards - Stress Value = 66

Workout #16870 - Tuesday, 27 January 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
550	1 on 30:00 DS/Teds Abs		
300	1 x 550 on 10:00 Top Hat Drill		
300	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,300	1x{2 x 100 on 2:15 Kick		
	{2 x 50 on 1:10 Kick-100%		
	{2 x 100 on 2:10 Kick		
	{2 x 50 on 1:10 Kick-100% Effort		
	{2 x 100 on 2:05 Kick		
	{2 x 50 on 1:10 Kick-100% Effort		
	{2 x 100 on 2:00 Kick		
	{2 x 50 on 1:10 Kick-100% Effort		
100	1 x 100 on 1:55 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:43 PM 2,750 Yards - Stress Value = 66		

Workout #16891 - Thursday, 29 January 2015

HighSchl - Back

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WC
2,100	1x{3 x 25 on :35 Back -6kck/3strk switch	EN1	
	{4 x 50 on :50 Back-dscnd 3/5/7/9KOW	EN2	
	{1 x 250 on 3:40 Backstroke	EN2	
	{3 x 25 on :35 Back -6kck/3strk switch	EN2	
	{4 x 50 on :50 Back-dscnd 3/5/7/9KOW	EN2	
	{1 x 250 on 3:30 Backstroke	EN2	
	{3 x 25 on :35 Back -6kck/3strk switch	EN1	
	{4 x 50 on :50 Back-dscnd 3/5/7/9KOW	EN2	
	{1 x 250 on 3:20 Backstroke	EN2	
	{3 x 25 on :35 Back -6kck/3strk switch	EN1	
	{4 x 50 on :50 Back-dscnd 3/5/7/9KOW	EN2	
250	{1 x 250 on 3:10 Backstroke	EN2	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,350 Yards - Stress Value = 41		

Workout #16874 - Tuesday, 27 January 2015

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK
2,150	1x{1 x 400 on 7:00 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 6:55 Free L.100 des 25's	EN2	
	{1 x 400 on 6:50 Free L.100 BWHPF	EN2	
	{1 x 400 on 6:45 Free L.100 SFBO	EN2	
	{1 x 400 on 6:35 Free L.100 Br on 5	EN2	
	{1 x 150 on 2:20 Free-all 6BK	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,400 Yards - Stress Value = 43		

Workout #16877 - Tuesday, 27 January 2015

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	D	BR

Workout #16881 - Thursday, 29 January 2015

HighSchl - Breast

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS and Weights
 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater Fly Kick w/fins
 1,700 1x{3 x 100 on 1:25 Breaststroke
 {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
 {3 x 100 on 1:25 Breaststroke
 {2 x 50 on 1:05 Under/overs-2X pullouts-turn
 {3 x 100 on 1:25 Breaststroke
 {3 x 50 on 1:10 Under/overs-2X pullouts-turn
 {3 x 100 on 1:25 Breaststroke
 {4 x 50 on 1:15 Under/overs-2X pullout-turn
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,440 Yards - Stress Value = 46

Workout #16878 - Thursday, 29 January 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 400 1 on 35:00 DS/Weights RE
 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater Fly Kick w/fins SE
 2,400 1x{ Hold all 1:20 base swims under 1:05
 {1 x 300 on 3:25 Freestyle EN
 {2 x 150 on 2:00 Freestyle EN
 {1 x 300 on 3:25 Freestyle EN
 {4 x 75 on 1:00 Freestyle EN
 {1 x 300 on 3:25 Freestyle EN
 {3 x 100 on 1:20 Freestyle EN
 {1 x 300 on 3:25 Freestyle EN
 {6 x 50 on :40 Freestyle EN
 200 1 x 200 on 3:00 Stroke Drills RE
 1 on 10:00 Ice
 7:05 AM 3,140 Yards - Stress Value = 54

Workout #16888 - Thursday, 29 January 2015

HighSchl - Fly

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,400 1x{1 x 25 on :25 Butterfly EN1 S FLY
 {1 x 50 on :40 Freestyle EN2 S FR
 {2 x 25 on :25 Butterfly EN2 S FLY
 {2 x 50 on :40 Freestyle EN2 S FR
 {3 x 25 on :25 Butterfly EN2 S FR
 {3 x 50 on :40 Freestyle EN2 S FR
 {4 x 25 on :25 Butterfly EN2 S FR
 {4 x 50 on :40 Freestyle EN2 S FR
 {5 x 25 on :25 Butterfly EN2 S FLY
 {5 x 50 on :40 Freestyle EN2 S FR
 {6 x 25 on :25 Butterfly EN2 S FLY
 {6 x 50 on :40 Freestyle EN2 S FR
 {7 x 25 on :25 Butterfly EN2 S FLY
 {7 x 50 on :40 Freestyle EN2 S FR
 {8 x 25 on :25 Butterfly EN2 S FLY
 {2 x 50 on :40 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,600 Yards - Stress Value = 48

Workout #16884 - Thursday, 29 January 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 250 5 x 50 on 1:30 Mid pool swims
 1,650 1x{4 x 25 on :30 Kick IM order
 {2 x 125 on 2:15 Kick
 {2 x 100 on 2:05 Kick your non #1
 {4 x 25 on :30 Kick IM
 {2 x 125 on 2:10 Kick
 {2 x 100 on 2:00 Kick your non #1
 {4 x 25 on :30 Kick IM order
 {2 x 125 on 2:05 Kick
 {2 x 100 on 1:55 Kick your non #1
 1,600 2x{1 x 100 on 1:25 Pulls BWSPF-5
 {1 x 100 on 1:25 Pulls BWHPF-4
 {1 x 100 on 1:25 Pulls BWKPF-3
 {1 x 100 on 1:25 Pulls BWFPF-2
 {1 x 100 on 1:20 Pulls BWSPF-4
 {1 x 100 on 1:20 Pulls BWHPF-3
 {1 x 100 on 1:20 Pulls BWKPF-2
 {1 x 100 on 1:20 Pulls BWFPF-1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:46 PM 4,300 Yards - Stress Value = 76

Workout #16879 - Thursday, 29 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 400 1 on 35:00 DS/Weights RE
 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater Fly Kick w/fins SE
 2,100 1x{1 x 250 on 3:15 Freestyle EN
 { Hold all 1:30 base swims under 1:12
 {2 x 150 on 2:15 Freestyle EN
 {1 x 250 on 3:15 Freestyle EN
 {4 x 75 on 1:10 Freestyle EN
 {1 x 250 on 3:15 Freestyle EN
 {3 x 100 on 1:30 Freestyle EN
 {1 x 250 on 3:15 Freestyle EN
 {4 x 50 on :45 Freestyle EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 9:00 Ice
 7:05 AM 2,890 Yards - Stress Value = 48

Workout #16882 - Thursday, 29 January 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 on 35:00 DS and Weights
140	1 x 400 on 7:00 Underwater trn drill
1,650	Odd 100's free even 100's back
1x{3	7 x 20 on 1:00 Underwater Fly Kick w/fins
	1 x 100 on 1:35 Breaststroke
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{3 x 100 on 1:35 Breaststroke
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn
	{3 x 100 on 1:35 Breaststroke
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn
	{3 x 100 on 1:35 Breaststroke
	{3 x 50 on 1:15 Under/overs-2X pullout-turn
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	7:05 AM 2,390 Yards - Stress Value = 45

Workout #16885 - Thursday, 29 January 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 25:00 DS/Shoulders
250	1 x 600 on 10:00 Underwater trn drill
1,500	5 x 50 on 1:30 Mid pool swims
1x{4	4 x 25 on :30 Kick IM order no board
	{2 x 125 on 2:30 Kick
	{2 x 100 on 2:20 Kick your non #1
	{4 x 25 on :30 Kick IM order no board
	{2 x 125 on 2:25 Kick
	{2 x 100 on 2:15 Kick your non #1
	{4 x 25 on :30 Kick IM order no board
	{2 x 125 on 2:20 Kick
1,400	2x{1 x 50 on 1:00 Kick your non #1
	{1 x 100 on 1:35 Pulls BWSPF-5
	{1 x 100 on 1:35 Pulls BWHPF-4
	{1 x 100 on 1:35 Pulls BWKPF-3
	{1 x 100 on 1:35 Pulls BWFPF-2
	{1 x 100 on 1:30 Pulls BWSPF-4
	{1 x 100 on 1:30 Pulls BWHPF-3
	{1 x 100 on 1:30 Pulls BWKPF-2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:46 PM 3,950 Yards - Stress Value = 71

Workout #16889 - Thursday, 29 January 2015

HighSchl - Gold

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 25 on :30 Butterfly	EN1	S	FLY
	{1 x 50 on :45 Freestyle	EN2	S	FR
	{2 x 25 on :30 Butterfly	EN2	S	FLY
	{2 x 50 on :45 Freestyle	EN2	S	FR
	{3 x 25 on :30 Butterfly	EN2	S	FR
	{3 x 50 on :45 Freestyle	EN2	S	FR
	{4 x 25 on :30 Butterfly	EN2	S	FR
	{4 x 50 on :45 Freestyle	EN2	S	FR
	{5 x 25 on :30 Butterfly	EN2	S	FLY
	{5 x 50 on :45 Freestyle	EN2	S	FR
	{6 x 25 on :30 Butterfly	EN2	S	FLY
	{6 x 50 on :45 Freestyle	EN2	S	FR
	{7 x 25 on :30 Butterfly	EN2	S	FLY
	{7 x 50 on :45 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD

1 on 10:00 Ice M
5:35 PM 2,300 Yards - Stress Value = 42

Workout #16892 - Thursday, 29 January 2015

HighSchl - Gold

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WC
1,900	1x{3 x 25 on :35 Back -6kck/3strk switch	EN1	
	{4 x 50 on :55 Back-dscnd 3/5/7/9KOW	EN2	
	{1 x 200 on 3:10 Backstroke	EN2	
	{3 x 25 on :35 Back -6kck/3strk switch	EN2	
	{4 x 50 on :55 Back-dscnd 3/5/7/9KOW	EN2	
	{1 x 200 on 3:00 Backstroke	EN2	
	{3 x 25 on :35 Back -6kck/3strk switch	EN1	
	{4 x 50 on :55 Back-dscnd 3/5/7/9KOW	EN2	
	{1 x 200 on 2:50 Backstroke	EN2	
	{3 x 25 on :35 Back -6kck/3strk switch	EN1	
	{4 x 50 on :55 Back-dscnd 3/5/7/9KOW	EN2	
	{1 x 200 on 2:40 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,150 Yards - Stress Value = 37		

Workout #16880 - Thursday, 29 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
400	1 on 35:00 DS/Weights	
140	1 x 400 on 7:00 Underwater trn drill	RE
1,850	Odd 100's free even 100's back	
1x{	7 x 20 on 1:00 Underwater Fly Kick w/fins	SE
	{ Hold all 1:40 base swims under 1:22	
	{1 x 200 on 2:55 Freestyle	EN
	{2 x 150 on 2:30 Freestyle	EN
	{1 x 200 on 2:55 Freestyle	EN
	{4 x 75 on 1:15 Freestyle	EN
	{1 x 200 on 2:55 Freestyle	EN
	{3 x 100 on 1:40 Freestyle	EN
	{1 x 200 on 2:55 Freestyle	EN
	{3 x 50 on :50 Freestyle	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
	7:05 AM 2,590 Yards - Stress Value = 43	

Workout #16883 - Thursday, 29 January 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 on 35:00 DS and Weights
140	1 x 400 on 7:00 Underwater trn drill
1,500	Odd 100's free even 100's back
1x{3	7 x 20 on 1:00 Underwater Fly Kick w/fins
	{3 x 100 on 1:50 Breaststroke
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{3 x 100 on 1:50 Breaststroke
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn
	{3 x 100 on 1:50 Breaststroke
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn
	{3 x 100 on 1:50 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	7:04 AM 2,240 Yards - Stress Value = 42

Workout #16886 - Thursday, 29 January 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Shoulders
 250 1 x 500 on 10:00 Underwater trn drill
 1,300 5 x 50 on 1:30 Mid pool swims
 1x{4 x 25 on :40 Kick IM order no board
 {2 x 125 on 2:45 Kick
 {2 x 100 on 2:30 Kick your non #1
 {4 x 25 on :40 Kick IM order no board
 {2 x 125 on 2:40 Kick
 {2 x 100 on 2:25 Kick your non #1
 {4 x 25 on :40 Kick I order no board
 {1 x 100 on 2:20 Kick
 1,100 2x{1 x 50 on :55 Pulls BWFPF-3
 {1 x 100 on 1:50 Pulls BWSPF-5
 {1 x 100 on 1:50 Pulls BWHPF-4
 {1 x 100 on 1:50 Pulls BWKPF-3
 {1 x 100 on 1:50 Pulls BWFPF-2
 {1 x 100 on 1:50 Pulls BWSPF-4
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,350 Yards - Stress Value = 64

Workout #16887 - Thursday, 29 January 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Shoulders
 250 1 x 550 on 10:00 Underwater trn drill
 1,150 5 x 50 on 1:30 Mid pool swims
 1x{4 x 25 on :40 Kick IM order
 {2 x 100 on 2:30 Kick
 {2 x 75 on 2:15 Kick your non #1
 {4 x 25 on :40 Kick IM order
 {2 x 100 on 2:25 Kick
 {2 x 75 on 2:10 Kick your non #1
 {4 x 25 on :40 Kick IM order
 {2 x 75 on 1:45 Kick
 1,200 2x{1 x 100 on 1:50 Pulls BWFPF-3
 {1 x 100 on 1:45 Pulls BWSPF-5
 {1 x 100 on 1:45 Pulls BWHPF-4
 {1 x 100 on 1:45 Pulls BWKPF-3
 {1 x 100 on 1:45 Pulls BWFPF-2
 {1 x 100 on 1:35 Pulls BWSPF-4
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,350 Yards - Stress Value = 62

Workout #16890 - Thursday, 29 January 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,950 1x{1 x 25 on :30 Butterfly EN1 S FLY
 {1 x 50 on :50 Freestyle EN2 S FR
 {2 x 25 on :30 Butterfly EN2 S FLY
 {2 x 50 on :50 Freestyle EN2 S FR
 {3 x 25 on :30 Butterfly EN2 S FR
 {3 x 50 on :50 Freestyle EN2 S FR
 {4 x 25 on :30 Butterfly EN2 S FR
 {4 x 50 on :50 Freestyle EN2 S FR
 {5 x 25 on :30 Butterfly EN2 S FLY
 {5 x 50 on :50 Freestyle EN2 S FR
 {6 x 25 on :30 Butterfly EN2 S FLY
 {6 x 50 on :50 Freestyle EN2 S FR
 {7 x 25 on :30 Butterfly EN2 S FLY
 {4 x 50 on :50 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,150 Yards - Stress Value = 39

Workout #16894 - Friday, 30 January 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 50:00 Ted's DS/Yoga I
 600 1 x 600 on 10:00 Choice REC I
 180 12 x 15 on 1:00 Start/Shooter/Finish SP3 S
 1 on 10:00 Techniques-Relay Starts I
 1 on 10:00 Indvdl Prsrctps EN1 I
 1,200 12 x 100 on 1:20 Choice-rest 10-15 sec EN1 S
 Check HR after every 2nd one.
 HR should be between 20-22 for a 10 sec count
 250 1 x 250 on 4:00 Stroke Drills REC I
 1 on 10:00 Ice M
 5:05 PM 2,230 Yards - Stress Value = 19

Workout #16900 - Monday, 02 February 2015

HighSchl - Distance

1 minute rest between sets

1:46 PM Start
 Yards Set Description
 =====
 2,500 1x{1 x 250 on 3:10 Freestyle
 {2 x 250 on 3:05 Free #2-3 KOW
 {3 x 250 on 3:00 Free #3 4 strokes off each w
 {4 x 250 on 2:55 Free #4 descend each 50
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 2:35 PM 2,900 Yards - Stress Value = 42

Workout #16893 - Thursday, 29 January 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY WC
 =====
 1,730 1x{3 x 25 on :40 Back -6kck/3strk switch EN1
 {4 x 50 on 1:00 Back-dscnd 3/5/7/9KOW EN2
 {1 x 200 on 3:30 Backstroke EN2
 {3 x 35 on :40 Back -6kck/3strk switch EN2
 {4 x 50 on 1:00 Back-dscnd 3/5/7/9KOW EN2
 {1 x 200 on 3:20 Backstroke EN2
 {3 x 25 on :40 Back -6kck/3strk switch EN1
 {4 x 50 on 1:00 Back-dscnd 3/5/7/9KOW EN2
 {1 x 200 on 3:10 Backstroke EN2
 {3 x 25 on :40 Back -6kck/3strk switch EN1
 {4 x 50 on 1:00 Back-dscnd 3/5/7/9KOW EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,980 Yards - Stress Value = 33

Workout #16903 - Monday, 02 February 2015

HighSchl - Fly

1 minute rest between sets

1:46 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,000 1x{16 x 50 on :45 3 free/1 fly EN2 S FR
 {12 x 50 on :50 2 free/1 fly EN2 S FLY
 {8 x 50 on :55 1 free/1 fly EN2 S FR
 {4 x 50 on 1:00 All fly EN2 S FLY
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 2:35 PM 2,250 Yards - Stress Value = 40

Workout #16896 - Monday, 02 February 2015

HighSchl - Platinum

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 Non BSLR's are with snorkel
 1,500 1x{8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:30 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:25 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:20 Kick
 1,500 1x{2 x 125 on 1:35 Pulls 8 SOLW
 {2 x 125 on 1:35 Pulls 7 SOLW
 {2 x 125 on 1:35 Pulls 6 SOLW
 {2 x 125 on 1:35 Pulls 5 SOLW
 {2 x 125 on 1:35 Pulls 4 SOLW
 {2 x 125 on 1:35 Pulls 3 SOLW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1:45 PM 3,965 Yards - Stress Value = 51

Workout #16897 - Monday, 02 February 2015

HighSchl - Gold

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,350 1x{8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 3:00 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:55 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:50 Kick
 1,350 1x{2 x 125 on 1:45 Pulls 8 SOLW
 {2 x 125 on 1:45 Pulls 7 SOLW
 {2 x 125 on 1:45 Pulls 6 SOLW
 {2 x 125 on 1:45 Pulls 5 SOLW
 {2 x 125 on 1:45 Pulls 4 SOLW
 {1 x 100 on 1:25 Pulls 3 SOLW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1:45 PM 3,665 Yards - Stress Value = 47

Workout #16901 - Monday, 02 February 2015

HighSchl - Gold

1 minute rest between sets

1:46 PM Start
 Yards Set Description

===== 2,300 1x{1 x 250 on 3:25 Freestyle
 {2 x 250 on 3:20 Free #2-3 KOW
 {3 x 250 on 3:15 Free #3 4 strokes off each w
 {4 x 200 on 2:35 Free #4 descend each 50
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 2:36 PM 2,700 Yards - Stress Value = 38

Workout #16904 - Monday, 02 February 2015

HighSchl - Gold

1 minute rest between sets

1:46 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,000 1x{16 x 50 on :45 3 free/1 fly EN2 S FR
 {12 x 50 on :50 2 free/1 fly EN2 S FLY
 {8 x 50 on :55 1 free/1 fly EN2 S FR
 {4 x 50 on 1:00 All fly EN2 S FLY
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 2:35 PM 2,250 Yards - Stress Value = 40

Workout #16898 - Monday, 02 February 2015

HighSchl - Silver

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Balls
 1 x 550 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,150 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:20 Kick
 {8 x 25 on :35 Kick no board BSLR
 {2 x 125 on 2:40 Kick
 1,200 1x{2 x 100 on 1:35 Pulls 8 SOLW
 {2 x 100 on 1:35 Pulls 7 SOLW
 {2 x 100 on 1:35 Pulls 6 SOLW
 {2 x 100 on 1:35 Pulls 5 SOLW
 {2 x 100 on 1:35 Pulls 4 SOLW
 {2 x 100 on 1:35 Pulls 3 SOLW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1:45 PM 3,265 Yards - Stress Value = 44

Workout #16902 - Monday, 02 February 2015

HighSchl - Silver

1 minute rest between sets

1:46 PM Start
 Yards Set Description
 =====
 2,000 1x{1 x 200 on 3:15 Freestyle
 {2 x 200 on 3:10 Free #2-3 KOW
 {3 x 200 on 3:05 Free #3 4 strokes off each w
 {4 x 200 on 3:00 Free #4 descend each 50
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 2:36 PM 2,400 Yards - Stress Value = 34

Workout #16905 - Monday, 02 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,850	1x{16 x 50 on :50 3 free/1 fly	EN2	S	FR
	{12 x 50 on :55 2 free/1 fly	EN2	S	FLY
	{6 x 50 on 1:00 1 free/1 fly	EN2	S	FR
	{3 x 50 on 1:05 All fly	EN2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
2:35 PM 2,100 Yards - Stress Value = 37				

1 on 35:00 DS/Weights				
400	1 x 400 on 7:00 Top Hat Drill	REC		
300	6 x 50 on 2:00 Freestyle	SP1		
1,900	1x{1 x 50 on :50 Backstroke	EN1		
	{2 x 150 on 2:05 Back #2 5 KOW	EN2		
	{3 x 150 on 2:00 Back #3 descend 50's	EN2		
	{4 x 150 on 1:55 Back #4 odd 50's fast	EN2		
	{5 x 100 on 1:15 Back #5 100%	EN2		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
7:05 AM 2,800 Yards - Stress Value = 61				

Workout #16906 - Tuesday, 03 February 2015

HighSchl - Distance

1 minute rest between sets

Workout #16899 - Monday, 02 February 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Physio Balls			
500	1 x 500 on 10:00 Swim-kick-pull-swim			
165	11 x 15 on :45 Cross pool sprints			
1,050	1x{8 x 25 on :40 Kick no board BSLR			
	{2 x 150 on 3:45 Freestyle			
	{8 x 25 on :40 Kick no board BSLR			
	{2 x 125 on 3:00 Freestyle			
	{4 x 25 on :40 Kick no board BSLR			
950	1x{2 x 100 on 1:55 Pulls 8 SOLW			
	{2 x 100 on 1:55 Pulls 7 SOLW			
	{2 x 100 on 1:55 Pulls 6 SOLW			
	{2 x 100 on 1:55 Pulls 5 SOLW			
	{2 x 75 on 1:25 Pulls 4 SOLW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1:45 PM 2,865 Yards - Stress Value = 40				

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill	REC	D	FF
300	6 x 50 on 2:00 Freestyle	SP1	S	FF
1,500	1x{1 x 350 on 4:35 Freestyle	EN2	S	FF
	{3 x 50 on :45 Free-Great Effort	EN3	S	FF
	{1 x 350 on 4:30 Freestyle	EN2	S	FF
	{3 x 50 on :50 Free-Great Effort	EN2	S	FF
	{1 x 350 on 4:25 Freestyle	EN2	S	FF
	{3 x 50 on :55 Free-Great Effort	EN3	S	FF
350	7 x 50 on 1:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		M	
7:05 AM 2,550 Yards - Stress Value = 66				

Workout #16907 - Tuesday, 03 February 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 10:00 Dynamic Stretch			
600	1 x 600 on 10:00 Too complicated to type out			
120	8 x 15 on :45 Spinners			
800	1 x 800 on 12:00 Vertical Kicking w/WB			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,800	1x{1 x 100 on 1:30 IM OTB			
	{4 x 25 on :30 Fly-100%			
	{1 x 250 on 5:00 Freestyle			
	{1 x 100 on 1:45 IM OTB			
	{4 x 25 on :30 Backstroke-100%			
	{1 x 250 on 5:00 Freestyle			
	{1 x 100 on 2:00 IM OTB			
	{4 x 25 on :30 Breaststroke-100%			
	{1 x 250 on 5:00 Stroke Drills			
	{1 x 100 on 2:15 Individual Medley			
	{4 x 25 on :30 Freestyle			
	{1 x 250 on 5:00 Stroke Drills			
	1 on 10:00 Ice			
7:03 AM 3,520 Yards - Stress Value = 65				

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			WT
400	1 x 400 on 7:00 Top Hat Drill	REC	D	F
300	6 x 50 on 2:00 Freestyle	SP1	S	F
1,500	1x{1 x 350 on 5:00 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:55 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:50 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
250	5 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
7:05 AM 2,450 Yards - Stress Value = 72				

Workout #16910 - Tuesday, 03 February 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Top Hat Drill	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
1,775	1x{1 x 50 on :50 Backstroke	EN1	
	{2 x 150 on 2:15 Back #2 5 KOW	EN2	
	{3 x 150 on 2:10 Back #3 descend 50's	EN2	
	{4 x 150 on 2:05 Back #4 odd 50's fast	EN2	
	{5 x 75 on 1:10 Back #5 100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:06 AM 2,675 Yards - Stress Value = 59			

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Top Hat Drill	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
1,775	1x{1 x 50 on :50 Backstroke	EN1	
	{2 x 150 on 2:15 Back #2 5 KOW	EN2	
	{3 x 150 on 2:10 Back #3 descend 50's	EN2	
	{4 x 150 on 2:05 Back #4 odd 50's fast	EN2	
	{5 x 75 on 1:10 Back #5 100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:06 AM 2,675 Yards - Stress Value = 59			

Workout #16908 - Tuesday, 03 February 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 35:00 DS/Weights		WT	
350	1 x 350 on 7:00 Top Hat Drill	REC	D	F
300	6 x 50 on 2:00 Freestyle	EN2	S	F
1,500	1x{1 x 350 on 5:15 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:10 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:05 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
200	4 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:05 AM 2,350 Yards - Stress Value = 54			

Workout #16911 - Tuesday, 03 February 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Top Hat Drill	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
1,450	1x{1 x 50 on :55 Backstroke	EN1	
	{2 x 100 on 1:50 Back #2 5 KOW	EN2	
	{3 x 100 on 1:45 Back #3 descend 50's	EN2	
	{4 x 100 on 1:40 Back #4 odd 50's fast	EN2	
	{5 x 100 on 1:35 Back #5 100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 52		

Workout #16916 - Wednesday, 04 February 2015

HighSchl - Distance

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,400	1x{6 x 50 on :50 Free best effort	EN3	S	FR
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FR
	{6 x 50 on :50 Free best effort	EN3	S	FR
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FR
	{6 x 50 on :50 Free best effort	EN3	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	FR
	1 on 10:00 Ice		M	
	5:35 PM 1,900 Yards - Stress Value = 54			

Workout #16919 - Wednesday, 04 February 2015

HighSchl - IM'ers

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
1,800	1x{3 x 50 on :55 Fly great effort	EN3	
	{3 x 100 on 1:30 50 back 50 breast	EN2	
	{2 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :45 Fly	EN2	
	{3 x 50 on :50 Back great effort	EN3	
	{3 x 50 on :50 Breast	EN2	
	{2 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:30 50 fly 50 back	EN2	
	{3 x 50 on 1:00 Breast great effort	EN3	
	{2 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:20 Individual Medley	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	

1 on 10:00 Ice

5:35 PM 2,100 Yards - Stress Value = 66

Workout #16912 - Wednesday, 04 February 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 55:00 Ted's DS/Circuit			
600	1 x 600 on 10:00 Free L.25 of each 100 Non F			
120	8 x 15 on 1:00 15m under #5-8 with fins			
	Kick set is with a board			
1,550	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 250 on 3:45 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 200 on 2:55 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{3 x 150 on 2:10 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:48 PM 2,470 Yards - Stress Value = 38			

Workout #16913 - Wednesday, 04 February 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 55:00 Ted's DS/Circuit			
600	1 x 600 on 10:00 Free L.25 of each 100 Non F			
120	8 x 15 on 1:00 15m under #5-8 with fins			
	Kick set is with a board			
1,400	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 250 on 4:30 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 200 on 3:30 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 150 on 2:35 Kick			
	{6 x 25 on :30 Kick no board BSLRBS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:48 PM 2,320 Yards - Stress Value = 35			

Workout #16917 - Wednesday, 04 February 2015

HighSchl - Gold

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,400	1x{6 x 50 on :50 Free best effort	EN3	S	FR
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FR
	{6 x 50 on :50 Free best effort	EN3	S	FR
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FR
	{6 x 50 on :50 Free best effort	EN3	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	FR
	1 on 10:00 Ice		M	
	5:35 PM 1,900 Yards - Stress Value = 54			

Workout #16920 - Wednesday, 04 February 2015

HighSchl - Gold

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WC
1,600	1x{3 x 50 on :55 Fly great effort	EN3	
	{3 x 100 on 1:40 50 back 50 breast	EN2	
	{2 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :50 Fly	EN2	
	{3 x 50 on :55 Back great effort	EN3	
	{3 x 50 on :55 Breast	EN2	
	{2 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:40 50 fly 50 back	EN2	
	{3 x 50 on 1:00 Breast great effort	EN3	
	{2 x 25 on :30 Free 6bk great finishes	SP2	
	{1 x 100 on 1:30 Individual Medley	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 1,900 Yards - Stress Value = 62		

Workout #16914 - Wednesday, 04 February 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 55:00 Ted's DS/Circuit		
550	1 x 550 on 10:00 Free L.25 of each 100 Non F		
120	8 x 15 on 1:00 15m under #5-8 with fins		
1,250	1x{4 x 25 on :35 Kick no board BSLR		
	{1 x 250 on 5:00 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{2 x 200 on 3:55 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 2:50 Kick		
	{6 x 25 on :30 Kick no board BSLRBS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:48 PM 2,120 Yards - Stress Value = 32		

Workout #16918 - Wednesday, 04 February 2015

HighSchl - Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,250	1x{6 x 50 on :55 Free best effort	EN3	S	FR
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FR
	{6 x 50 on :55 Free best effort	EN3	S	FR
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FR
	{5 x 50 on :55 Free best effort	EN3	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 1,750 Yards - Stress Value = 51			

Workout #16921 - Wednesday, 04 February 2015

HighSchl - Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WC
1,400	1x{3 x 50 on 1:10 Fly great effort	EN3	
	{3 x 100 on 1:50 50 back 50 breast	EN2	
	{2 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :55 Fly	EN2	
	{3 x 50 on 1:10 Back great effort	EN3	
	{3 x 50 on 1:00 Breast	EN2	
	{2 x 25 on :30 Free 6bk great finishes	SP2	
	{2 x 100 on 1:50 50 fly 50 back	EN2	

{3 x 50 on 1:10 Breast great effort EN3

{2 x 25 on :30 Free 6bk great finishes SP2

300 6 x 50 on 1:00 Stroke Drills REC

1 on 10:00 Ice

5:35 PM 1,700 Yards - Stress Value = 58

Workout #16915 - Wednesday, 04 February 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 55:00 Ted's DS/Circuit		
550	1 x 550 on 10:00 Free L.25 of each 100 Non F		
120	8 x 15 on 1:00 15m under #5-8 with fins		
	Kick set is with a board		
1,050	1x{4 x 25 on :40 Kick no board BSLR		
	{1 x 250 on 5:55 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{1 x 200 on 4:35 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{2 x 100 on 2:10 Kick		
	{4 x 25 on :40 Kick no board BSLR		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:48 PM 1,920 Yards - Stress Value = 28		

Workout #16925 - Thursday, 05 February 2015

HighSchl - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	
300	3 x 100 on 3:00 Freestyle	SP1	
1,400	1x{1 x 200 on 2:55 Breaststroke	EN2	
	{2 x 200 on 2:50 Breaststroke	EN2	
	{2 x 200 on 2:45 Breaststroke	EN2	
	{2 x 200 on 2:40 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,440 Yards - Stress Value = 58		

Workout #16922 - Thursday, 05 February 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights		L	I
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	S	F
300	3 x 100 on 3:00 Freestyle	SP1	S	
1,500	3 x 500 on 5:55 Freestyle-descend	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	
	7:04 AM 2,590 Yards - Stress Value = 60			

Workout #16932 - Thursday, 05 February 2015

HighSchl - Fly & Back

1 minute rest between sets

200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,340 Yards - Stress Value = 56

4:20 PM Start

Yards	Set Description	EGY	WORK
1,250	1x{1 x 125 on 2:00 Alt 25 fly 25 back EN3		S
	{1 on 1:00 Rest		M
	{2 x 125 on 1:55 Alt 25 fly 25 back EN3		S
	{1 on 1:00 Rest		M
	{3 x 125 on 1:50 Alt 25 fly 25 back EN3		S
	{1 on 1:00 Rest		M
	{4 x 125 on 1:45 Alt 25 fly 25 back EN3		S
250	1 x 250 on 4:00 Stroke Drills REC		D
	1 on 10:00 Ice		M
4:57 PM 1,500 Yards - Stress Value = 75			

Workout #16928 - Thursday, 05 February 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 DS/Shoulders		
400	1 x 400 on 8:00 Underwater trn drill		
	Odd 100's free even 100's back		
250	5 x 50 on 1:30 Mid pool swims		
1,400	1x{2 x 100 on 2:00 Kick 25-fly/fr/br/cho		
	{4 x 50 on 1:15 Alt 50 fly kick on back		
	{50 tombstone kick		
	{2 x 100 on 1:55 Kick 25-fly/fr/br/cho		
	{4 x 50 on 1:10 Kick same as above		
	{2 x 100 on 1:50 Kick 25-fly/fr/br/cho		
	{4 x 50 on 1:05 Kick-Same as above		
	{2 x 100 on 1:45 Kick 25 fly/fr/br/cho		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:19 PM 2,250 Yards - Stress Value = 40			

Workout #16923 - Thursday, 05 February 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 DS/Weights		L I
400	1 x 400 on 7:00 Underwater trn drill REC		D
	Odd 100's free even 100's back		
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	S F
300	3 x 100 on 3:00 Freestyle	SP1	S
1,350	3 x 450 on 5:55 Freestyle-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills REC		D
	1 on 10:00 ice		M
7:04 AM 2,440 Yards - Stress Value = 57			

Workout #16926 - Thursday, 05 February 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill REC		
	Odd 100's free even 100's back		
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	
300	3 x 100 on 3:00 Freestyle	SP1	
1,300	1x{2 x 200 on 3:10 Breaststroke	EN2	
	{2 x 200 on 3:05 Breaststroke	EN2	
	{2 x 200 on 3:00 Breaststroke	EN2	
	{1 x 100 on 1:25 Breaststroke	EN2	

Workout #16929 - Thursday, 05 February 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 DS/Shoulders		
400	1 x 400 on 8:00 Underwater trn drill		
	Odd 100's free even 100's back		
250	5 x 50 on 1:30 Mid pool swims		
1,400	1x{2 x 100 on 2:00 Kick 25-fly/fr/br/cho		
	{4 x 50 on 1:15 Alt 50 fly kick on back		
	{50 tombstone kick		
	{2 x 100 on 1:55 Kick 25-fly/fr/br/cho		
	{4 x 50 on 1:10 Kick same as above		
	{2 x 100 on 1:50 Kick 25-fly/fr/br/cho		
	{4 x 50 on 1:05 Kick-Same as above		
	{2 x 100 on 1:45 Kick 25 fly/fr/br/cho		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:19 PM 2,250 Yards - Stress Value = 40			

Workout #16924 - Thursday, 05 February 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 DS/Weights		L I
400	1 x 400 on 7:00 Underwater trn drill REC		D
	Odd 100's free even 100's back		
300	3 x 100 on 3:00 Freestyle	SP1	S
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	S F
1,200	3 x 400 on 5:55 Freestyle-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills REC		D
	1 on 10:00 ice		M
7:04 AM 2,290 Yards - Stress Value = 54			

Workout #16927 - Thursday, 05 February 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill REC		
	Odd 100's free even 100's back		
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	
300	3 x 100 on 3:00 Freestyle	SP1	
1,100	1x{2 x 200 on 3:40 Breaststroke	EN2	
	{2 x 200 on 3:35 Breaststroke	EN2	
	{2 x 150 on 2:40 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills REC		
	1 on 10:00 Ice		
7:05 AM 2,140 Yards - Stress Value = 52			

Workout #16930 - Thursday, 05 February 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 8:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,150 1x{2 x 100 on 2:20 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:30 Alt 50 fly kick on back
 { 50 tombstone kick
 {2 x 100 on 2:15 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:20 Kick same as above
 {2 x 100 on 2:10 Kick 25-fly/fr/br/cho
 {3 x 50 on 1:20 Kick-Same as above
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:19 PM 2,000 Yards - Stress Value = 35

{1 x 100 on 1:10 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:05 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:00 Kick
 {1 x 100 on 1:30 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{4 x 125 on 1:26 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 125 on 1:25 Freestyle
 {3 x 50 on 1:00 Freestyle
 {2 x 125 on 1:24 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 125 on 1:23 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:00 AM 3,500 Yards - Stress Value = 72

Workout #16931 - Thursday, 05 February 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 350 1 x 350 on 8:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,100 1x{2 x 100 on 2:30 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:30 Alt 50 fly kick on back
 { 50 tombstone kick
 {2 x 100 on 2:25 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:25 Kick same as above
 {3 x 100 on 2:20 Kick 25-fly/fr/br/cho
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:19 PM 1,900 Yards - Stress Value = 34

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Weights
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 700 1x{1 x 100 on 1:25 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:20 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:15 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:10 Kick
 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{4 x 125 on 1:38 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 125 on 1:37 Freestyle
 {3 x 50 on 1:00 Freestyle
 {2 x 125 on 1:36 Freestyle
 {3 x 50 on 1:00 Freestyle
 {1 x 125 on 1:35 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:01 AM 3,350 Yards - Stress Value = 68

Workout #16933 - Friday, 06 February 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 55:00 Jump rope/Yoga
 600 1 x 600 on 10:00 Choice REC
 180 12 x 15 on 1:00 Start/Shooter/Finish SP3
 MR practice starts (Dakota, Miles, David, Skyl
 1 on 10:00 Social Kick w/ 8 fast 25spr kick EN1
 1 on 10:00 Indvdl Prsrcptns REC
 2FR R practice starts (Brody, Dakota, Errorl, S
 400 1 x 400 on 8:00 Stroke Drill REC
 1 on 10:00 Ice
 4:57 PM 1,180 Yards - Stress Value = 7

Workout #16934 - Saturday, 07 February 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Weights
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 800 1x{1 x 100 on 1:15 Kick
 {1 x 100 on 1:30 Kick

Workout #16936 - Saturday, 07 February 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS and Weights
350	1 x 350 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters Your primary stroke or free
650	1x{1 x 100 on 1:35 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:30 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:25 Kick {1 x 100 on 1:50 Kick {1 x 50 on :40 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,425	1x{4 x 125 on 1:49 Freestyle {2 x 50 on 1:10 Freestyle {3 x 125 on 1:48 Freestyle {3 x 50 on 1:10 Freestyle {2 x 125 on 1:47 Freestyle {1 x 50 on 1:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
	9:00 AM 3,025 Yards - Stress Value = 59

Workout #16937 - Saturday, 07 February 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS and Weights
350	1 x 350 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters Your primary stroke or free
550	1x{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
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{4 x 125 on 2:15 Freestyle {2 x 50 on 1:15 Freestyle {3 x 125 on 2:14 Freestyle {2 x 50 on 1:15 Freestyle {1 x 125 on 2:13 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
	8:59 AM 2,700 Yards - Stress Value = 48

Workout #16938 - Monday, 09 February 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dyamic Stretching
600	1 x 600 on 10:00 Too complicated to type out
120	8 x 15 on :45 Spinners Medley relay practice exchanges
200	8 x 25 on 1:00 2 on each stroke-under water until you reach 12.5 yards
200	4x{1 x 25 on :01 1/3 each of streamline kick { tarzan, no breath sprint rest/rest 5 second {1 x 25 on 1:29 Kick no board BSLR
100	4x{1 on 1:00 Vertical Kick

{1 x 25 on :01 12.5yds undr/Body Driven Frees

{1 on 1:59 Sculling Drill Feet First

250 1 x 250 on 4:00 Stroke Drills

1 on 10:00 Ice

6:43 AM 1,470 Yards - Stress Value = 40

Workout #16942 - Tuesday, 10 February 2015

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	REC
100	2 x 50 on 2:30 Your #1 OTB 35 yards 100% 15 yards closed fist	SP2
750	1x{2 x 125 on 1:45 Back L.25 15 KOW {1 x 125 on 1:40 Back L.25 14 KOW {1 x 125 on 1:35 Back L.25 13 KOW {2 x 125 on 1:30 Back L.25 12 KOW	EN2 EN2 EN2 EN2
200	1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice	REC
	6:44 AM 1,450 Yards - Stress Value = 24	

Workout #16952 - Tuesday, 10 February 2015

HighSchl - Breast

1 minute rest between sets

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,150	1x{1 x 200 on 2:45 Breaststroke {4 x 25 on :30 Breast 2K1P {1 x 200 on 2:40 Breaststroke {4 x 25 on :30 Breast 2K1P {1 x 200 on 2:35 Breaststroke {4 x 25 on :30 Breast 2K1P {1 x 200 on 2:30 Breaststroke {2 x 25 on :30 Breast 2K1P	EN2 EN1 EN2 EN1 EN2 EN2 EN1	S D S S S S D	BR BR BR BR BR BR BR CD
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC		M
	4:45 PM 1,400 Yards - Stress Value = 19			

Workout #16939 - Tuesday, 10 February 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	REC
100	2 x 50 on 2:30 Your #1 OTB 35 yards 100% 15 yards closed fist	SP2
850	1x{2 x 150 on 1:50 Pulls-br on 7 L.50 {2 x 25 on :30 2 breaths each {2 x 150 on 1:45 Pulls-br on 7 L.75 {2 x 25 on :30 2 breaths each {1 x 150 on 1:40 Pulls-br on 7 L.100	EN2 EN2 EN2 EN1 EN2
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC
	6:44 AM 1,550 Yards - Stress Value = 26	

Workout #16949 - Tuesday, 10 February 2015

HighSchl - Distance

1 minute rest between sets

4:12 PM Start

Yards	Set Description	EGY	W
1,400	1x{1 x 200 on 2:35 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 200 on 2:30 Free L.100 des 25's	EN2	
	{1 x 200 on 2:25 Free L.100 BWHPF	EN2	
	{1 x 200 on 2:20 Free L.100 SFBO	EN2	
	{1 x 200 on 2:15 Free L.100 Br on 5	EN2	
	{1 x 200 on 2:10 Free L.100-6bk	EN2	
	{1 x 200 on 2:05 Free-best effort	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:44 PM 1,650 Yards - Stress Value = 28			

Workout #16945 - Tuesday, 10 February 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	W
	1 on 25:00 DS/Teds Abs		
400	1 x 400 on 10:00 Top Hat Drill		
200	8 x 25 on :40 Variable Speed		
150	3 x 50 on 2:00 Your #1-100% Effort		
750	1x{1 x 100 on 1:55 Kick		
	{1 x 50 on 1:00 Kick-100% Effort		
	{1 x 100 on 1:50 Kick		
	{1 x 50 on 1:00 Kick-100% Effort		
	{1 x 100 on 1:45 Kick		
	{1 x 50 on 1:00 Kick-100% Effort		
	{1 x 100 on 1:40 Kick		
	{1 x 50 on 1:00 Kick-100%		
	{1 x 100 on 1:35 Kick		
	{1 x 50 on 1:00 Kick-100% Effort		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:11 PM 1,700 Yards - Stress Value = 37			

Workout #16940 - Tuesday, 10 February 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Top Hat Drill	REC	
100	2 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2		
	15 yards closed fist		
850	1x{2 x 150 on 2:00 Pulls-br on 7 L.50	EN2	
	{2 x 25 on :30 2 breaths each	EN2	
	{2 x 150 on 1:55 Pulls-br on 7 L.75	EN2	
	{2 x 25 on :30 2 breaths each	EN1	
	{1 x 150 on 1:50 Pulls- br on 7 L.100	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:45 AM 1,550 Yards - Stress Value = 26			

Workout #16943 - Tuesday, 10 February 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Top Hat Drill	REC	
100	2 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2		
	15 yards closed fist		

700	1x{1 x 125 on 1:55 Back L.25 15 KOW	EN2	
	{1 x 125 on 1:50 Back L.25 14 KOW	EN2	
	{2 x 125 on 1:45 Back L.25 13 KOW	EN2	
	{2 x 100 on 1:20 Back L.25 12 KOW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:43 AM 1,400 Yards - Stress Value = 23			

Workout #16946 - Tuesday, 10 February 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	W
	1 on 25:00 DS/Teds Abs		
400	1 x 400 on 10:00 Top Hat Drill		
200	8 x 25 on :40 Variable Speed		
150	3 x 50 on 2:00 Your #1 100% Effort		
750	1x{1 x 100 on 1:55 Kick		
	{1 x 50 on 1:00 Kick-100% Effort		
	{1 x 100 on 1:50 Kick		
	{1 x 50 on 1:00 Kick-100% Effort		
	{1 x 100 on 1:45 Kick		
	{1 x 50 on 1:00 Kick-100% Effort		
	{1 x 100 on 1:40 Kick		
	{1 x 50 on 1:00 Kick-100%		
	{1 x 100 on 1:35 Kick		
	{1 x 50 on 1:00 Kick-100% Effort		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:11 PM 1,700 Yards - Stress Value = 37			

Workout #16950 - Tuesday, 10 February 2015

HighSchl - Gold

1 minute rest between sets

4:12 PM Start

Yards	Set Description	EGY	W
1,250	1x{1 x 200 on 2:55 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 200 on 2:50 Free L.100 des 25's	EN2	
	{1 x 200 on 2:45 Free L.100 BWHPF	EN2	
	{1 x 200 on 2:40 Free L.100 SFBO	EN2	
	{1 x 200 on 2:35 Free L.100 Br on 5	EN2	
	{1 x 200 on 2:30 Free L.100-6bk	EN2	
	{1 x 50 on :30 Free-best effort	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:44 PM 1,500 Yards - Stress Value = 25			

Workout #16953 - Tuesday, 10 February 2015

HighSchl - Gold

1 minute rest between sets

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
1,100	1x{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:55 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:50 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:45 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		S	M
4:45 PM 1,350 Yards - Stress Value = 19				

Workout #16963 - Tuesday, 10 February 2015

HighSchl - Gold

1 minute rest between sets

4:13 PM Start

Yards	Set Description
825	1x{1 x 150 on 2:10 Individual Medley no free {3 x 25 on :30 Variable Speed-free {1 x 150 on 2:10 Individual Medley no breast {3 x 25 on :30 Variable Speed-breast {1 x 150 on 2:10 Individual Medley-no back {3 x 25 on :30 Variable Speed back {1 x 75 on 2:10 Individual Medley-no fly {3 x 25 on :30 Variable Speed -fly
250	1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice
4:44 PM 1,075 Yards - Stress Value = 18	

Workout #16941 - Tuesday, 10 February 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	REC
100	2 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2 15 yards closed fist	
700	1x{2 x 150 on 2:15 Pulls-br on 7 L.50 {2 x 25 on :35 2 breaths each {1 x 150 on 2:10 Pulls-br on 7 L.75 {2 x 25 on :35 2 breaths each {1 x 150 on 2:05 Pulls br on 7 L.100	EN2 EN2 EN2 EN1 EN2
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC
6:45 AM 1,400 Yards - Stress Value = 23		

Workout #16944 - Tuesday, 10 February 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	REC
100	2 x 50 on 2:30 Your #1 OTB 35 yards 100% SP2 15 yards closed fist	
600	1x{1 x 100 on 1:45 Back L.25 15 KOW {1 x 100 on 1:40 Back L.25 14 KOW {2 x 100 on 1:35 Back L.25 13 KOW {2 x 100 on 1:30 Back L.25 12 KOW	EN2 EN2 EN2 EN2
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC
6:43 AM 1,300 Yards - Stress Value = 22		

Workout #16947 - Tuesday, 10 February 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 25:00 DS/Teds Abs
400	1 x 400 on 10:00 Top Hat Drill
200	8 x 25 on :40 Variable Speed
150	3 x 50 on 2:00 Your #1 100% Effort
700	1x{1 x 100 on 2:05 Kick {1 x 50 on 1:05 Kick-100% Effort {1 x 100 on 2:00 Kick {1 x 50 on 1:05 Kick-100% Effort {1 x 100 on 1:55 Kick

	{1 x 50 on 1:05 Kick-100%
	{1 x 100 on 1:50 Kick
	{1 x 50 on 1:05 Kick-100% Effort
	{1 x 100 on 1:45 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:11 PM 1,650 Yards - Stress Value = 36	

Workout #16951 - Tuesday, 10 February 2015

HighSchl - Silver

1 minute rest between sets

4:12 PM Start

Yards	Set Description	EGY	W
1,200	1x{1 x 200 on 3:10 Free L.100 6-7-8-9 KOW {1 x 200 on 3:05 Free L.100 des 25's {1 x 200 on 3:00 Free L.100 BWHPF {1 x 200 on 2:55 Free L.100 SFBO {1 x 200 on 2:50 Free L.100 Br on 5 {1 x 200 on 2:45 Free L.100-6bk	EN2 EN2 EN2 EN2 EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
4:45 PM 1,450 Yards - Stress Value = 24			

Workout #16954 - Tuesday, 10 February 2015

HighSchl - Silver

1 minute rest between sets

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
950	1x{1 x 200 on 3:25 Breaststroke {4 x 25 on :35 Breast 2K1P {1 x 200 on 3:20 Breaststroke {4 x 25 on :35 Breast 2K1P {1 x 200 on 3:15 Breaststroke {6 x 25 on :35 Breast 2K1p	EN2 EN1 EN2 EN1 EN2 EN1	S D S S D D	BR BR BR BR BR BR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
4:46 PM 1,200 Yards - Stress Value = 16				

Workout #16948 - Tuesday, 10 February 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 25:00 DS/Teds Abs
500	1 x 500 on 10:00 Top Hat Drill
200	8 x 25 on :40 Variable Speed
150	3 x 50 on 2:00 Your #1 100% Effort
700	1x{1 x 100 on 2:05 Kick {1 x 50 on 1:05 Kick-100% Effort {1 x 100 on 2:00 Kick {1 x 50 on 1:05 Kick-100% Effort {1 x 100 on 1:55 Kick {1 x 50 on 1:05 Kick-100% {1 x 100 on 1:50 Kick {1 x 50 on 1:05 Kick-100% Effort {1 x 100 on 1:45 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:11 PM 1,750 Yards - Stress Value = 36	

Workout #16959 - Wednesday, 11 February 2015

HighSchl - Distance

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY	WORK	STK
1,125	1x{3 x 150 on 1:50 Freestyle	EN2	S	FR
	{3 x 125 on 1:30 Freestyle	EN2	S	FR
	{3 x 100 on 1:10 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:42 PM 1,375 Yards - Stress Value = 23

Workout #16962 - Wednesday, 11 February 2015

HighSchl - IM'ers

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY	WORK	STK
900	1x{1 x 150 on 2:00 Individual Medley no free			
	{3 x 25 on :30 Variable Speed-free			
	{1 x 150 on 2:00 Individual Medley no breast			
	{3 x 25 on :30 Variable Speed-breast			
	{1 x 150 on 2:00 Individual Medley-no back			
	{3 x 25 on :30 Variable Speed back			
	{1 x 150 on 2:00 Individual Medley-no fly			
	{3 x 25 on :30 Variable Speed -fly			
250	1 x 250 on 5:00 Stroke Drills			
	1 on 10:00 Ice			

4:43 PM 1,150 Yards - Stress Value = 19

Workout #16955 - Wednesday, 11 February 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 Jump rope/Circuit			
400	1 x 400 on 10:00 Free L.25 of each 100 Non F			
120	8 x 15 on 1:00 15m under #5-8 w/fins			
	Hold BSLR's under :20			
600	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			
	{1 x 75 on 1:10 Kick			
	{4 x 25 on :30 Kick no board BSLR 14 KOW			
	{1 x 100 on 1:30 Kick			
	{4 x 25 on :30 Kick no board BSLR 13 KOW			
	{1 x 125 on 1:50 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:13 PM 1,320 Yards - Stress Value = 19

Workout #16956 - Wednesday, 11 February 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 Jump rope/Circuit			
400	1 x 400 on 10:00 Free L.25 of each 100 Non F			
120	8 x 15 on 1:00 15m under #5-8 w/fins			
	Hold BSLR's under :20			
550	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			
	{1 x 50 on :55 Kick			
	{4 x 25 on :30 Kick no board BSLR 14 KOW			
	{1 x 100 on 1:45 Kick			
	{4 x 25 on :30 Kick no board BSLR 13 KOW			
	{1 x 100 on 1:40 Kick			

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

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

4:13 PM 1,270 Yards - Stress Value = 18

Workout #16960 - Wednesday, 11 February 2015

HighSchl - Gold

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY	WORK	STK
1,050	1x{3 x 150 on 2:00 Freestyle	EN2	S	FR
	{3 x 125 on 1:35 Freestyle	EN2	S	FR
	{3 x 75 on :55 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:43 PM 1,300 Yards - Stress Value = 21

Workout #16957 - Wednesday, 11 February 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 Jump rope/Circuit			
400	1 x 400 on 10:00 Free L.25 of each 100 Non F			
120	8 x 15 on 1:00 15m under #5-8 w/fins			
	Hold BSLR's under :25			
500	1x{4 x 25 on :35 Kick no board BSLR 15 KOW			
	{1 x 50 on 1:00 Kick			
	{4 x 25 on :35 Kick no board BSLR 14 KOW			
	{1 x 100 on 1:55 Kick			
	{4 x 25 on :35 Kick no board BSLR 13 KOW			
	{1 x 50 on :55 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:13 PM 1,220 Yards - Stress Value = 17

Workout #16961 - Wednesday, 11 February 2015

HighSchl - Silver

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY	WORK	STK
900	1x{3 x 125 on 1:55 Freestyle	EN2	S	FR
	{3 x 100 on 1:30 Freestyle	EN2	S	FR
	{3 x 75 on 1:05 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:42 PM 1,150 Yards - Stress Value = 18

Workout #16964 - Wednesday, 11 February 2015

HighSchl - Silver

1 minute rest between sets

4:13 PM Start

Yards	Set Description	F
700	1x{1 x 150 on 2:35 Individual Medley no free	F
	{3 x 25 on :35 Variable Speed-free	F
	{1 x 75 on 1:15 Individual Medley no breast	F
	{3 x 25 on :35 Variable Speed-breast	F
	{1 x 75 on 1:15 Individual Medley-no back	F
	{4 x 25 on :35 Variable Speed back	F
	{1 x 75 on 1:15 Individual Medley-no fly	F
250	{3 x 25 on :35 Variable Speed -fly	F
	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
4:42 PM 950 Yards - Stress Value = 16		

5:45 AM Start

Yards	Set Description	EC
400	1 on 35:00 DSWeights	
140	1 x 400 on 7:00 Underwater trn drill	RE
750	7 x 20 on 1:00 Underwater fly kick w/fins	SE
	1x{1 x 125 on 1:55 100 Breast 25 free	EN
	{1 x 100 on 1:30 Breast	EN
	{1 x 100 on 1:30 25 back 75 breast	EN
	{1 x 100 on 1:30 Breast	EN
	{1 x 75 on 1:05 50 Breast 25 free	EN
	{1 x 100 on 1:25 Breaststroke	EN
	{3 x 50 on :40 25 Back 25 Breast	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:02 AM 1,540 Yards - Stress Value = 21		

Workout #16965 - Thursday, 12 February 2015

HighSchl - Distance

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY W
400	1 on 35:00 DSWeights	
140	1 x 400 on 7:00 Underwater trn drill	REC
900	7 x 20 on 1:00 Underwater fly kick w/fins	SP3
	3 x 300 on 3:40 Freestyle	EN2
	#1 3 KOW +1 up to 7-repeat	
	#2 Alt breakouts	
	#3 hb 2 strokes off wall +1 up to 5- repeat	
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:02 AM 1,690 Yards - Stress Value = 24		

Workout #16975 - Thursday, 12 February 2015

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description	F
350	1 on 35:00 Jump rope/Circuit	
120	1 x 350 on 10:00 Free L.25 of each 100 Non F	
	8 x 15 on 1:00 15m under #5-8 w/fins	
	Hold BSLR's under :30	
400	1x{4 x 25 on :40 Kick no board BSLR 15 KOW	
	{1 x 50 on 1:10 Kick	
	{4 x 25 on :40 Kick no board BSLR 14 KOW	
	{1 x 100 on 2:15 Kick	
	{2 x 25 on :40 Kick no board BS 13 KOW	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:13 PM 1,070 Yards - Stress Value = 15		

4:21 PM Start

Yards	Set Description	EGY	WORK	STK
1,550	1x{2 x 100 on 1:25 Fly 2-3-4-5 SOW	EN2		S FLY
	{2 x 100 on 1:20 Fly 2-3-4-5 SOW	EN2		S FLY
	{2 x 100 on 1:15 Fly 2-3-4-5 SOW	EN2		S FLY
	{2 x 100 on 1:10 Fly 2-3-4-5 SOW	EN2		S FLY
	{1 x 100 on 1:45 Stroke Drills	REC		D CI
	{2 x 75 on 1:00 Fly 3-4-5 SOW	EN2		S FLY
	{2 x 75 on :55 Fly 3-4-5 SOW	EN2		S FLY
	{2 x 75 on :50 Fly 3-4-5 SOW	EN2		S FLY
	{1 x 100 on 1:45 Stroke Drills	REC		D FF
	{1 x 50 on :40 Fly 4-5 SOW	EN2		S FLY
	{1 x 50 on :35 Fly 4-5 SOW	EN2		S FLY
250	1 x 250 on 4:00 Stroke Drills	REC		D CI
	1 on 10:00 Ice			M
4:57 PM 1,800 Yards - Stress Value = 27				

Workout #16978 - Thursday, 12 February 2015

HighSchl - Back

1 minute rest between sets

4:21 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{1 x 100 on 1:30 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{1 x 50 on :40 Backstroke	EN1	S	BK
	{1 x 100 on 1:25 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{1 x 50 on :40 Backstroke	EN1	S	BK
	{1 x 100 on 1:20 Backstroke	EN2	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{1 x 50 on :40 Backstroke	EN1	S	BK
	{1 x 100 on 1:15 Backstroke	EN2	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN1	S	BK
	{1 x 50 on :40 Backstroke	EN1	S	BK
	{2 x 100 on 1:10 Backstroke	EN2	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 50 on :45 Backstroke	EN2	S	BK
	{1 x 50 on :40 Backstroke	EN2	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
4:56 PM 1,600 Yards - Stress Value = 12				

Workout #16968 - Thursday, 12 February 2015

HighSchl - Breast

1 minute rest between sets

Workout #16971 - Thursday, 12 February 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 25:00 DS/Shoulders			
400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back			
250	5 x 50 on 1:30 Mid pool swims			
1,000	1x{2 x 50 on :45 Kick {4 x 25 on :30 Kick your weakest kick {2 x 50 on :45 Kick {4 x 25 on :30 Kick your weakest kick {2 x 50 on :45 Kick {4 x 25 on :30 Kick your weakest kick {2 x 50 on :45 Kick {4 x 25 on :30 Kick your weakest kick {2 x 50 on :45 Kick {4 x 25 on :30 Kick your weakest kick			
350	1x{1 x 150 on 3:00 Freestyle {2 x 100 on 3:00 Freestyle			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:20 PM 2,200 Yards - Stress Value = 48			

400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back			
250	5 x 50 on 1:30 Mid pool swims			
800	1x{1 x 50 on :55 Kick {4 x 25 on :35 Kick your weakest kick {1 x 50 on :55 Kick {4 x 25 on :35 Kick your weakest kick {1 x 50 on :55 Kick {4 x 25 on :35 Kick your weakest kick {2 x 50 on :55 Kick {4 x 25 on :35 Kick your weakest kick {1 x 50 on :55 Kick {4 x 25 on :35 Kick your weakest kick			
350	1x{1 x 150 on 3:00 Freestyle {2 x 100 on 3:00 Freestyle			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:20 PM 2,000 Yards - Stress Value = 44			

Workout #16976 - Thursday, 12 February 2015

HighSchl - Gold

1 minute rest between sets

4:21 PM Start

Yards	Set Description	EGY	WORK	STK
1,400	1x{2 x 100 on 1:35 Fly 2-3-4-5 SOW {2 x 100 on 1:30 Fly 2-3-4-5 SOW {2 x 100 on 1:25 Fly 2-3-4-5 SOW {2 x 100 on 1:20 Fly 2-3-4-5 SOW {1 x 100 on 1:45 Stroke Drills {1 x 75 on 1:10 Fly 3-4-5 SOW {1 x 75 on 1:05 Fly 3-4-5 SOW {2 x 75 on 1:00 Fly 3-4-5 SOW {1 x 100 on 1:45 Stroke Drills {1 x 50 on :45 Fly 4-5 SOW {1 x 50 on :40 Fly 4-5 SOW	EN2		S FLY
250	1 x 250 on 4:00 Stroke Drills	REC		D CI
	1 on 10:00 Ice			M
	4:57 PM 1,650 Yards - Stress Value = 25			

Yards	Set Description	EGY	WORK	STK
1,400	1x{2 x 100 on 1:35 Fly 2-3-4-5 SOW {2 x 100 on 1:30 Fly 2-3-4-5 SOW {2 x 100 on 1:25 Fly 2-3-4-5 SOW {2 x 100 on 1:20 Fly 2-3-4-5 SOW {1 x 100 on 1:45 Stroke Drills {1 x 75 on 1:10 Fly 3-4-5 SOW {1 x 75 on 1:05 Fly 3-4-5 SOW {2 x 75 on 1:00 Fly 3-4-5 SOW {1 x 100 on 1:45 Stroke Drills {1 x 50 on :45 Fly 4-5 SOW {1 x 50 on :40 Fly 4-5 SOW	EN2		S FLY
250	1 x 250 on 4:00 Stroke Drills	REC		D CI
	1 on 10:00 Ice			M
	4:57 PM 1,650 Yards - Stress Value = 25			

Workout #16979 - Thursday, 12 February 2015

HighSchl - Gold

1 minute rest between sets

4:21 PM Start

Yards	Set Description	EGY	WORK	STK
1,250	1x{1 x 100 on 1:40 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 100 on 1:35 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 100 on 1:25 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :50 Backstroke	EN1		S BK
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	4:56 PM 1,500 Yards - Stress Value = 11			

Yards	Set Description	EGY	WORK	STK
1,250	1x{1 x 100 on 1:40 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 100 on 1:35 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 100 on 1:25 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :50 Backstroke	EN1		S BK
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	4:56 PM 1,500 Yards - Stress Value = 11			

Workout #16972 - Thursday, 12 February 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 DS/Shoulders			

Workout #16967 - Thursday, 12 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:45 AM Start		
400	1 x 400 on 7:00 Underwater trn drill	REC	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SP3	
750	3 x 250 on 3:40 Freestyle	EN2	
	#1 3 KOW +1 up to 7-repeat		
	#2 Alt breakouts		
	#3 hb 2 strokes off wall +1 up to 5- repeat		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:02 AM 1,540 Yards - Stress Value = 21		

Workout #16970 - Thursday, 12 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:45 AM Start		
400	1 x 400 on 7:00 Underwater trn drill	REC	
140	7 x 20 on 1:00 Shooters	SP3	
600	1x{1 x 125 on 2:20 100 Breast 25 free	EN2	
	{1 x 100 on 1:45 Breast	EN2	
	{1 x 100 on 1:50 25 back 75 breast	EN2	
	{1 x 100 on 1:40 Breast	EN2	
	{1 x 75 on 1:20 50 Breast 25 free	EN2	
	{1 x 100 on 1:35 Breast	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:02 AM 1,390 Yards - Stress Value = 18		

Workout #16973 - Thursday, 12 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
	3:00 PM Start			
400	1 x 400 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
250	5 x 50 on 1:30 Mid pool swims			
750	1x{1 x 50 on 1:00 Kick			
	{4 x 25 on :40 Kick your weakest kick			
	{1 x 50 on 1:00 Kick			
	{4 x 25 on :40 Kick your weakest kick			
	{2 x 50 on 1:00 Kick			
	{4 x 25 on :40 Kick your weakest kick			
	{2 x 50 on 1:00 Kick			
	{4 x 25 on :40 Kick your weakest kick			
	{1 x 50 on 1:00 Kick			
350	1x{1 x 150 on 3:00 Freestyle			
	{2 x 100 on 3:00 Freestyle			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:20 PM 1,950 Yards - Stress Value = 43			

Workout #16977 - Thursday, 12 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:21 PM Start			
1,125	1x{2 x 100 on 1:50 Fly 2-3-4-5 SOW	EN2	S	FLY
	{2 x 100 on 1:45 Fly 2-3-4-5 SOW	EN2	S	FLY
	{2 x 100 on 1:40 Fly 2-3-4-5 SOW	EN2	S	FLY

	{1 x 50 on 1:15 Stroke Drills	REC	D	CI
	{1 x 75 on 1:20 Fly 3-4-5 SOW	EN2	S	FLY
	{1 x 75 on 1:15 Fly 3-4-5 SOW	EN2	S	FLY
	{1 x 75 on 1:10 Fly 3-4-5 SOW	EN2	S	FLY
	{1 x 50 on 1:15 Stroke Drills	REC	D	CHC
	{2 x 50 on :55 Fly 4-5 SOW	EN2	S	FLY
	{2 x 50 on :50 Fly 4-5 SOW	EN2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		M	
	4:57 PM 1,375 Yards - Stress Value = 22			

Workout #16980 - Thursday, 12 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:21 PM Start			
1,100	1x{1 x 100 on 1:50 Backstroke	EN1	S	BK
	{1 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 100 on 1:45 Backstroke	EN1	S	BK
	{1 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 100 on 1:40 Backstroke	EN2	S	BK
	{1 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN1	S	BK
	{1 x 100 on 1:40 Backstroke	EN2	S	BK
	{1 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 50 on :55 Backstroke	EN1	S	BK
	{1 x 50 on :50 Backstroke	EN2	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:56 PM 1,350 Yards - Stress Value = 9			

Workout #16974 - Thursday, 12 February 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
400	1 x 400 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
250	5 x 50 on 1:30 Mid pool swims			
650	1x{1 x 50 on 1:10 Kick			
	{4 x 25 on :45 Kick your weakest kick			
	{1 x 50 on 1:10 Kick			
	{4 x 25 on :45 Kick your weakest kick			
	{1 x 50 on 1:10 Kick			
	{4 x 25 on :45 Kick your weakest kick			
	{2 x 50 on 1:10 Kick			
	{4 x 25 on :45 Kick your weakest kick			
300	1x{1 x 100 on 3:00 Freestyle			
	{2 x 100 on 3:00 Freestyle			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:20 PM 1,800 Yards - Stress Value = 41			

Workout #16981 - Friday, 13 February 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 Ted's DS/Yoga
 600 1 x 600 on 10:00 Choice
 180 12 x 15 on 1:00 Start/Shooter/Finish
 Medley Relay work on starts
 500 5 x 100 on 2:00 75 drill 25 build-choice
 200 1 x 200 on 10:00 Indvdl Prsrceptns
 Nothing hard-200 free relay work on exchanges
 500 10 x 50 on 1:00 Stroke Drill-25 clsd fist 25 ct
 1 on 10:00 Ice
 4:46 PM 1,980 Yards - Stress Value = 9

Workout #16982 - Saturday, 14 February 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dyamic Stretch
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,000 1x{8 x 50 on :45 Freestyle every 4th one 100%
 {6 x 50 on :50 Freestyle every 3rd one 100%
 {4 x 50 on :55 Freestyle every 2nd one 100%
 {2 x 50 on 1:00 All-100%
 500 1 x 500 on 10:00 25 swim 25 kick no board
 400 1x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 150 on 1:40 Freestyle
 {1 x 100 on 1:05 Freestyle
 {1 x 50 on :30 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 35:00 Weights
 1 on 10:00 Ice
 8:56 AM 2,700 Yards - Stress Value = 45

Workout #16983 - Saturday, 14 February 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 900 1x{8 x 50 on :50 Freestyle every 4th one 100%
 {6 x 50 on :55 Freestyle every 3rd one 100%
 {4 x 50 on 1:00 Freestyle every 2nd one 100%
 500 1 x 500 on 10:00 25 swim 25 kick no board
 400 1x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 150 on 1:55 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 50 on :35 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 35:00 Weights
 1 on 10:00 Ice
 8:56 AM 2,600 Yards - Stress Value = 43

Workout #16984 - Saturday, 14 February 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 850 1x{8 x 50 on :55 Freestyle every 4th one 100%
 {6 x 50 on 1:00 Freestyle every 3rd one 100%
 {3 x 50 on 1:05 Freestyle every 2nd one 100%
 450 1 x 450 on 10:00 25 swim 25 kick no board
 400 1x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 150 on 2:10 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 50 on :40 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 35:00 Weights
 1 on 10:00 Ice
 8:57 AM 2,500 Yards - Stress Value = 41

Workout #16985 - Saturday, 14 February 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 800 1x{8 x 50 on 1:00 Freestyle every 4th one 100%
 {6 x 50 on 1:05 Freestyle every 3rd one 100%
 {2 x 50 on 1:10 Freestyle every 2nd one 100%
 450 1 x 450 on 10:00 25 swim 25 kick no board
 400 1x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 150 on 2:45 Freestyle
 {1 x 100 on 1:50 Freestyle
 {1 x 50 on :55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 35:00 Weights
 1 on 10:00 Ice
 8:58 AM 2,450 Yards - Stress Value = 40

Workout #16997 - Monday, 16 February 2015

Group 3 - Distance

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick-1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:25 Kick 1 fast 1 jmi
 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 200 on 2:25 Freestyle
 {3 x 200 on 2:20 Freestyle
 {2 x 200 on 2:15 Freestyle
 {1 x 200 on 2:10 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 4,950 Yards - Stress Value = 78

Workout #16998 - Monday, 16 February 2015

Group 3 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick-1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:50 Kick 1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:45 Kick 1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 {2 x 75 on 1:15 Kick 1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{4 x 200 on 2:40 Freestyle
 {3 x 200 on 2:35 Freestyle
 {2 x 200 on 2:30 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 4,500 Yards - Stress Value = 69

Workout #16999 - Monday, 16 February 2015

Group 3 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:10 Kick-1 fast 1 jmi
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:05 Kick 1 fast 1 jmi
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:00 Kick 1 fast 1 jmi
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:25 Kick 1 fast 1 jmi
 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 200 on 3:10 Freestyle
 {3 x 200 on 3:05 Freestyle
 {1 x 100 on 1:30 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 4,050 Yards - Stress Value = 61

Workout #17000 - Monday, 16 February 2015

Group 3 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:30 Kick-1 fast 1 jmi
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:25 Kick 1 fast 1 jmi
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick 1 fast 1 jmi
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:00 Kick 1 fast
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{1 x 200 on 3:50 Freestyle
 {3 x 200 on 3:45 Freestyle
 {2 x 200 on 3:40 Freestyle
 {1 x 50 on :50 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 3,600 Yards - Stress Value = 53

Workout #16991 - Monday, 16 February 2015

HighSchl - Distance

1 minute rest between sets

4:21 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,300 1x{1 x 150 on 1:45 Freestyle EN1 S FR
 {2 x 100 on 1:10 Freestyle EN2 S FR
 {1 x 150 on 1:45 Freestyle EN1 S FR
 {2 x 100 on 1:10 Freestyle EN2 S FR
 {1 x 150 on 1:45 Freestyle EN2 S FR
 {2 x 100 on 1:10 Freestyle EN2 S FR
 {1 x 150 on 1:45 Freestyle EN1 S FR
 {1 x 100 on 1:10 Freestyle EN2 S FR
 Hold 100's 1:01 or faster
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:52 PM 1,550 Yards - Stress Value = 23

Workout #16994 - Monday, 16 February 2015

HighSchl - Fly

1 minute rest between sets

4:21 PM Start
 Yards Set Description EC
 =====
 1,100 1x{1 x 250 on 3:35 Fly 1+1 stroke off walls EN
 {1 x 225 on 3:10 Fly 2+1 stroke off walls EN
 {1 x 200 on 2:45 Fly 3+1 stroke off walls EN
 {1 x 175 on 2:20 Fly 4+1 strokes off walls EN
 {1 x 150 on 1:55 Fly 5+1 stroke off wall EN
 {1 x 100 on 1:15 6+1 strokes off wall EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 4:51 PM 1,350 Yards - Stress Value = 22

Workout #16987 - Monday, 16 February 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 90 6 x 15 on :45 Cross pool sprints
 800 1x{4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:50 Kick
 800 1x{1 x 200 on 2:35 Pull no br L.12 yds
 {1 x 200 on 2:30 Pull no br L.12 yds
 {1 x 200 on 2:25 Pulls-no br L.12 yds
 {1 x 200 on 2:20 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
 4:20 PM 2,290 Yards - Stress Value = 36

Workout #16988 - Monday, 16 February 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 90 6 x 15 on :45 Cross pool sprints
 750 1x{4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 50 on 1:05 Kick
 700 1x{1 x 200 on 2:50 Pull no br L.12 yds
 {1 x 200 on 2:45 Pull no br L.12 yds
 {1 x 200 on 2:40 Pull no br L.12 yds
 {1 x 100 on 1:20 Pulls-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
 4:20 PM 2,140 Yards - Stress Value = 29

Workout #16992 - Monday, 16 February 2015

HighSchl - Gold

1 minute rest between sets

4:21 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,200 1x{1 x 150 on 2:00 Freestyle EN1 S FR
 {2 x 100 on 1:15 Freestyle EN2 S FR
 {1 x 150 on 2:00 Freestyle EN1 S FR
 {2 x 100 on 1:15 Freestyle EN2 S FR
 {1 x 150 on 2:00 Freestyle EN2 S FR
 {2 x 100 on 1:15 Freestyle EN2 S FR
 {1 x 150 on 2:00 Freestyle EN1 S FR
 Hold 100's 1:08 or faster
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:52 PM 1,450 Yards - Stress Value = 21

Workout #16995 - Monday, 16 February 2015

HighSchl - Gold

1 minute rest between sets

4:21 PM Start
 Yards Set Description EGY
 =====
 1,000 1x{1 x 250 on 3:55 Fly 1+1 stroke off walls EN
 {1 x 225 on 3:25 Fly 2+1 stroke off walls EN
 {1 x 200 on 3:00 Fly 3+1 stroke off walls EN
 {1 x 175 on 2:35 Fly 4+1 strokes off walls EN
 {1 x 150 on 2:10 5+1 strokes off wall EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 4:52 PM 1,250 Yards - Stress Value = 20

Workout #16989 - Monday, 16 February 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 90 6 x 15 on :45 Cross pool sprints
 650 1x{4 x 25 on :35 Kick no board BSLR-12 KOW
 {1 x 100 on 2:05 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {1 x 100 on 2:10 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {1 x 100 on 2:15 Kick
 {2 x 25 on :35 Kick no board BS-12 KOW
 600 1x{1 x 200 on 3:15 Pull no br L.12 yds
 {1 x 200 on 3:10 Pull no br L.12 yds
 {1 x 200 on 3:05 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:20 PM 1,940 Yards - Stress Value = 25

Workout #16993 - Monday, 16 February 2015

HighSchl - Silver

1 minute rest between sets

4:21 PM Start
 Yards Set Description EGY WORK STK
 =====
 950 1x{1 x 150 on 2:25 Freestyle EN1 S FR
 {2 x 100 on 1:30 Freestyle EN2 S FR
 {1 x 150 on 2:25 Freestyle EN1 S FR
 {2 x 100 on 1:30 Freestyle EN2 S FR
 {1 x 150 on 2:25 Freestyle EN2 S FR
 {1 x 100 on 1:30 Freestyle EN2 S FR
 hold 100's 1:18 or faster
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:51 PM 1,200 Yards - Stress Value = 17

Workout #16996 - Monday, 16 February 2015

HighSchl - Silver

1 minute rest between sets

4:21 PM Start
 Yards Set Description EGY
 =====
 850 1x{1 x 250 on 4:20 Fly 1+1 stroke off walls EN
 {1 x 225 on 3:50 Fly 2+1 stroke off walls EN
 {1 x 200 on 3:20 Fly 3+1 stroke off walls EN
 {1 x 175 on 2:50 Fly 4+1 strokes off walls EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 4:51 PM 1,100 Yards - Stress Value = 17

Workout #16990 - Monday, 16 February 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 350 1 x 350 on 10:00 Swim-kick-pull-swim
 90 6 x 15 on :45 Cross pool sprints
 550 1x{4 x 25 on :40 Kick no board BSLR-12 KOW
 {1 x 100 on 2:30 Kick
 {4 x 25 on :40 Kick no board BSLR-12 KOW
 {1 x 100 on 2:35 Kick
 {4 x 25 on :40 Kick no board BSLR-12 KOW
 {1 x 50 on 1:20 Kick
 550 1x{1 x 200 on 3:40 Pull no br L.12 yds
 {1 x 200 on 3:35 Pull no br L.12 yds
 {1 x 150 on 2:40 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
 4:20 PM 1,740 Yards - Stress Value = 23

{3 x 150 on 2:15 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 4 secs
 {3 x 150 on 2:10 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 3 secs
 {3 x 150 on 2:05 Backstroke
 {1 x 100 on 2:30 Backstroke afof
 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,390 Yards - Stress Value = 100

Workout #17018 - Tuesday, 17 February 2015

Group 3 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 840 2x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 300 6 x 50 on 2:00 Freestyle
 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 150 on 2:35 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 5 secs
 {3 x 150 on 2:30 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 4 secs
 {3 x 150 on 2:25 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 3 secs
 {2 x 125 on 1:55 Backstroke
 {1 x 100 on 2:30 Backstroke afof
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,190 Yards - Stress Value = 78

Workout #16986 - Monday, 16 February 2015

HighSchl - Speed Acquisition

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Choice
 60 4 x 15 on :45 Spinners
 250 1x{1 x 50 on 1:00 Kick Free-100%
 {1 x 25 on :30 Free breathe on 3-100%
 {1 x 25 on 1:30 Ez-Free
 {1 x 75 on 1:30 Kick Free-100%
 {1 x 25 on :30 Free breathe on 5-100%
 {1 x 50 on 1:30 Ez-Free
 1,000 1x{1 x 100 on 1:30 14 strokes per length
 {1 x 100 on 1:30 75-14 spl /25-12 spl
 {1 x 100 on 1:30 50-14 spl/50-12 spl
 {1 x 100 on 1:30 25-14 spl/ 75-12 spl
 {1 x 100 on 1:30 12 strokes per length-fast
 {1 x 100 on 1:25 14 strokes per length (spl)
 {1 x 100 on 1:25 75-14 spl /25-12 spl
 {1 x 100 on 1:25 50-14 spl/50-12 spl
 {1 x 100 on 1:25 25-14 spl/ 75-12 spl
 {1 x 100 on 1:25 12 strokes per length-fast
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 8:00 AM 1,960 Yards - Stress Value = 20

Workout #17019 - Tuesday, 17 February 2015

Group 3 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 840 2x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 300 6 x 50 on 2:00 Freestyle
 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 2:55 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 5 secs
 {3 x 150 on 2:50 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 4 secs
 {3 x 100 on 1:50 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 3 secs
 {2 x 100 on 1:45 Backstroke
 {1 x 100 on 2:30 Backstroke afof
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,940 Yards - Stress Value = 92

Workout #17017 - Tuesday, 17 February 2015

Group 3 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 840 2x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 { Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 300 6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{3 x 150 on 2:20 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 5 secs

Workout #17004 - Tuesday, 17 February 2015

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EG
5:30 AM	Start	
400	1 on 35:00 DS/Weights	
800	1 x 400 on 7:00 Top Hat Drill	RE
	1x{1 x 225 on 3:10 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{1 x 75 on 1:05 Back 10 KOW L. Wall 12.5y	EN
	{1 x 225 on 3:05 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{1 x 75 on 1:05 Back 10 KOW L. Wall 12.5y	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
6:40 AM	1,400 Yards - Stress Value = 16	

Workout #17014 - Tuesday, 17 February 2015

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:18 PM	Start		
1,050	1x{1 x 200 on 3:05 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :30 Breast TO Drill w/fins	EN2	
	{1 x 175 on 2:35 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :30 Breast TO drill w/fins	EN2	
	{1 x 150 on 2:05 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{4 x 25 on :30 Breast TO Drill w/fins	EN2	
	{1 x 125 on 1:40 Breaststroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:56 PM	1,450 Yards - Stress Value = 21		

Workout #17001 - Tuesday, 17 February 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 35:00 DS/Weights		L DRY	
1,125	1 x 400 on 7:00 Top Hat Drill	REC	D FR	
	1x{1 x 225 on 2:40 Free L.25 6bk	EN2	S FR	
	{1 x 225 on 2:35 Free L.25 6bk	EN2	S FR	
	{1 x 225 on 2:30 Free L.25 6bk	EN2	S FR	
	{1 x 225 on 2:25 Free L.25 6bk	EN2	S FR	
	{1 x 225 on 2:20 Free L.25 6bk	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
6:40 AM	1,725 Yards - Stress Value = 20			

Workout #17011 - Tuesday, 17 February 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:18 PM	Start			
1,500	1x{1 x 300 on 3:55 Free L.25 6bk	EN2	S FR	
	{1 x 300 on 3:50 Free L.50 6bk	EN2	S FR	
	{1 x 300 on 3:45 Free L.75 6bk	EN2	S FR	
	{1 x 300 on 3:40 Free L.100 6bk	EN2	S FR	
	{1 x 300 on 3:05 Free L.125 6bk	EN2	S FR	
400	8 x 50 on 1:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
4:56 PM	1,900 Yards - Stress Value = 30			

Workout #17007 - Tuesday, 17 February 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EG
3:00 PM	Start	
400	1 on 30:00 DS/ Abs	
200	1 x 400 on 10:00 Top Hat Drill	
1,000	8 x 25 on :40 Variable Speed	
	1x{1 x 200 on 3:05 Kick	
	{1 x 200 on 3:00 Kick	
	{1 x 200 on 2:55 Kick	
	{1 x 200 on 2:50 Kick	
	{1 x 200 on 2:45 Kick	
400	1 x 400 on 5:15 Pulls-odd 50's btb	
	Even 50's BTS	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:17 PM	2,200 Yards - Stress Value = 38	

Workout #17002 - Tuesday, 17 February 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 35:00 DS/Weights		L DRY	
1,050	1 x 400 on 7:00 Top Hat Drill	REC	D FR	
	1x{1 x 225 on 2:55 Free L.25 6bk	EN2	S FR	
	{1 x 225 on 2:50 Free L.25 6bk	EN2	S FR	
	{1 x 225 on 2:45 Free L.25 6bk	EN2	S FR	
	{1 x 225 on 2:40 Free L.25 6bk	EN2	S FR	
	{1 x 150 on 1:45 Free L.25 6bk	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
6:40 AM	1,650 Yards - Stress Value = 19			

Workout #17005 - Tuesday, 17 February 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EG
5:30 AM	Start	
400	1 on 35:00 DS/Weights	
750	1 x 400 on 7:00 Top Hat Drill	RE
	1x{1 x 200 on 3:10 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{1 x 75 on 1:10 Back 10 KOW L. Wall 12.5y	EN
	{1 x 200 on 3:05 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{1 x 75 on 1:10 Back 10 KOW L. Wall 12.5y	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
6:40 AM	1,350 Yards - Stress Value = 16	

Workout #17008 - Tuesday, 17 February 2015

6:40 AM 1,500 Yards - Stress Value = 18

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
400	1 on 30:00 DS/ Abs			
200	1 x 400 on 10:00 Top Hat Drill			
850	8 x 25 on :40 Variable Speed			
	1x{1 x 200 on 3:35 Kick			
	{1 x 200 on 3:30 Kick			
	{1 x 200 on 3:25 Kick			
	{1 x 200 on 3:20 Kick			
	{1 x 50 on :45 Kick			
350	1 x 350 on 5:15 Pulls-odd 100's btb			
	Even 100's BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:17 PM 2,000 Yards - Stress Value = 34			

Workout #17006 - Tuesday, 17 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:30 AM Start			
	1 on 35:00 DS/Weights			
400	1 x 400 on 7:00 Top Hat Drill			
650	1x{1 x 175 on 3:10 Backstroke			
	{4 x 25 on :35 Back-descend Great Finishes			
	{1 x 75 on 1:25 Back 10 KOW L. Wall 12.5y			
	{1 x 175 on 3:05 Backstroke			
	{2 x 25 on :35 Back-descend Great Finishes			
	{1 x 75 on 1:25 Back 10 KOW L. Wall 12.5y			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			
	6:40 AM 1,250 Yards - Stress Value = 15			

Workout #17012 - Tuesday, 17 February 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:18 PM Start			
1,350	1x{1 x 300 on 4:15 Free L.25 6bk EN2			
	{1 x 300 on 4:10 Free L.50 6bk EN2			
	{1 x 300 on 4:05 Free L.75 6bk EN2			
	{1 x 300 on 4:00 Free L.100 6bk EN2			
	{1 x 150 on 1:55 Free L.125 6bk EN2			
400	8 x 50 on 1:00 Stroke Drills			
	1 on 10:00 Ice			
	4:56 PM 1,750 Yards - Stress Value = 27			

Workout #17009 - Tuesday, 17 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
	1 on 30:00 DS/Ted abs			
400	1 x 400 on 10:00 Top Hat Drill			
200	8 x 25 on :40 Variable Speed			
750	1x{1 x 200 on 4:05 Kick			
	{1 x 200 on 4:00 Kick			
	{1 x 200 on 3:55 Kick			
	{1 x 150 on 2:50 Kick			
300	1 x 300 on 5:15 Pulls-odd 50's btb			
	Even 50's BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:17 PM 1,850 Yards - Stress Value = 31			

Workout #17015 - Tuesday, 17 February 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
	4:18 PM Start			
1,000	1x{1 x 200 on 3:15 Breaststroke			
	{1 on :20 Put fins on			
	{6 x 25 on :30 Breast TO Drill w/fins			
	{1 x 175 on 2:45 Breaststroke			
	{1 on :20 Put fins on			
	{4 x 25 on :30 Breast TO drill w/fins			
	{1 x 150 on 2:15 Breaststroke			
	{1 on :20 Put fins on			
	{4 x 25 on :30 Breast TO Drill w/fins			
	{1 x 125 on 1:50 Breaststroke			
400	8 x 50 on 1:00 Stroke Drills			
	1 on 10:00 Ice			
	4:56 PM 1,400 Yards - Stress Value = 20			

Workout #17013 - Tuesday, 17 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:18 PM Start			
1,200	1x{1 x 300 on 4:45 Free L.25 6bk EN2			
	{1 x 300 on 4:40 Free L.50 6bk EN2			
	{1 x 300 on 4:35 Free L.75 6bk EN2			
	{1 x 300 on 4:30 Free L.100 6bk EN2			
400	8 x 50 on 1:00 Stroke Drills			
	1 on 10:00 Ice			
	4:56 PM 1,600 Yards - Stress Value = 24			

Workout #17003 - Tuesday, 17 February 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:30 AM Start			
	1 on 35:00 DS/Weights			
400	1 x 400 on 7:00 Top Hat Drill			
900	1x{1 x 200 on 2:55 Free L.25 6bk EN2			
	{1 x 200 on 2:50 Free L.25 6bk EN2			
	{1 x 200 on 2:45 Free L.25 6bk EN2			
	{1 x 200 on 2:40 Free L.25 6bk EN2			
	{1 x 100 on 1:15 Free L.25 6bk EN2			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			

Workout #17016 - Tuesday, 17 February 2015

HighSchl - Silver

1 minute rest between sets

4:18 PM Start

Yards	Set Description	EGY	WOF
900	1x{1 x 200 on 3:40 Breaststroke {1 on :20 Put fins on {4 x 25 on :35 Breast TO Drill w/fins {1 x 175 on 3:05 Breaststroke {1 on :20 Put fins on {4 x 25 on :35 Breast TO drill w/fins {1 x 150 on 2:30 Breaststroke {1 on :20 Put fins on {4 x 25 on :35 Breast TO Drill w/fins {1 x 75 on 1:15 Breaststroke	EN2	EN2
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	

4:56 PM 1,300 Yards - Stress Value = 19

Workout #17010 - Tuesday, 17 February 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Ted's Abs
350	1 x 350 on 10:00 Top Hat Drill
200	8 x 25 on :40 Variable Speed
650	1x{1 x 150 on 3:30 Kick {1 x 150 on 3:25 Kick {1 x 150 on 3:20 Kick {1 x 150 on 3:15 Kick {1 x 50 on 1:00 Kick
275	1 x 275 on 5:15 Pulls-odd 50's btb Even 50's BTS
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:17 PM 1,675 Yards - Stress Value = 29

Workout #17021 - Wednesday, 18 February 2015

Group 3 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/ABs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :30 Kick no board BSLR-15 KOW {1 x 150 on 2:20 Kick {4 x 25 on :30 Kick no board BSLR-14 KOW {1 x 150 on 2:15 Kick {4 x 25 on :30 Kick no board BSLR 13 KOW {1 x 150 on 2:10 Kick {4 x 25 on :30 Kick no board BSLR-12 KOW {1 x 150 on 2:05 Kick {4 x 25 on :30 Kick no board BSLR-11 KOW {1 x 150 on 2:00 Kick {4 x 50 on :30 Kick no board BSLR-10 KOW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{4 x 125 on 2:00 Breast L.25 3X pullouts {3 x 50 on :45 Breaststroke {4 x 125 on 1:55 Breast L.25 3X pullouts {3 x 50 on :50 Breaststroke {4 x 125 on 1:50 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {4 x 125 on 1:45 Breast L.25 3X pullouts
250	1 x 250 on 5:00 Stroke Drills

7:30 PM 5,100 Yards - Stress Value = 86

Workout #17022 - Wednesday, 18 February 2015

Group 3 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/ABs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :35 Kick no board BSLR-15 KOW {1 x 150 on 2:50 Kick {4 x 25 on :35 Kick no board BSLR-14 KOW {1 x 150 on 2:45 Kick {4 x 25 on :35 Kick no board BSLR 13 KOW {1 x 150 on 2:40 Kick {4 x 25 on :35 Kick no board BSLR-12 KOW {1 x 150 on 2:35 Kick {4 x 25 on :35 Kick no board BSLR-11 KOW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,275	1x{4 x 125 on 2:10 Breast L.25 3X pullouts {3 x 50 on :50 Breaststroke {4 x 125 on 2:05 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {4 x 125 on 2:00 Breast L.25 3X pullouts {2 x 50 on 1:00 Breaststroke {3 x 125 on 1:55 Breast L.25 3X pullouts 1 x 250 on 5:00 Stroke Drills

7:30 PM 4,575 Yards - Stress Value = 76

Workout #17023 - Wednesday, 18 February 2015

Group 3 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/ABs
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :40 Kick no board BSLR-15 KOW {1 x 150 on 3:05 Kick {4 x 25 on :40 Kick no board BSLR-14 KOW {1 x 150 on 3:00 Kick {4 x 25 on :40 Kick no board BSLR 13 KOW {1 x 150 on 2:55 Kick {4 x 25 on :40 Kick no board BSLR-12 KOW {1 x 100 on 1:55 Kick {2 x 25 on :40 Kick no board BSLR-11 KOW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{4 x 125 on 2:20 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {4 x 125 on 2:15 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {4 x 125 on 2:10 Breast L.25 3X pullouts {3 x 50 on 1:05 Breaststroke {1 x 100 on 1:40 Breast L.25 3X pullouts
250	1 x 250 on 5:00 Stroke Drills

7:30 PM 4,200 Yards - Stress Value = 69

Workout #17020 - Wednesday, 18 February 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	SEC
3:00 PM	Start			
400	1 on 15:00 Ted's Dynamic Stretch		L	I
150	10 x 15 on :45 Shooters	REC	D	
300	3 x 100 on 2:15 Kick	EN1	K	C
400	8 x 50 on 1:00 Down drill-back build	EN1	S	C
300	12 x 25 on :40 Variable Speed	EN1	S	C
50	2 x 25 on 2:00 OTB-Walk backs	EN2	S	C
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice/Tm Mtg		M	
4:28 PM	1,850 Yards - Stress Value = 17			

Workout #17024 - Saturday, 21 February 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	SEC
5:30 AM	Start			
600	1 on 12:00 Ted's Dynamic Stretch		L	I
150	10 x 15 on :45 Shooters		D	
1,050	1x{8 x 25 on :30 Kick your weakest kick		K	C
	{4 x 50 on :45 Kick		D	
	{8 x 25 on :30 Kick your weakest kick		K	C
	{3 x 50 on :45 Kick		D	
	{8 x 25 on :30 Kick your weakest kick		K	C
	{2 x 50 on :45 Kick		D	
500	5 x 100 on 3:00 Freestyle		S	C
200	4x{1 x 25 on :50 Sculling drills		S	C
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S	C
2,875	1x{4 x 100 on 1:30 Fly 2-3-4-5 SOW		K	C
	{4 x 100 on 1:25 Fly 2-3-4-5 SOW		D	
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW		K	C
	{4 x 100 on 1:15 Fly 2-3-4-5 SOW		D	
	{1 x 200 on 3:00 Stroke Drills		S	C
	{3 x 75 on 1:05 Fly 3-4-5 SOW		D	
	{3 x 75 on 1:00 Fly 3-4-5 SOW		K	C
	{3 x 75 on :55 Fly 3-4-5 SOW		D	
	{1 x 200 on 3:00 Stroke Drills		S	C
	{2 x 50 on :40 Fly 4-5 SOW		D	
	{2 x 50 on :35 Fly 4-5 SOW		K	C
250	1 x 250 on 4:00 Stroke Drills		D	
7:30 AM	5,625 Yards - Stress Value = 117			

Workout #17025 - Saturday, 21 February 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	SEC
5:30 AM	Start			
600	1 on 12:00 Ted's Dynamic Stretch		L	I
150	10 x 15 on :45 Shooters		D	
850	1x{8 x 25 on :35 Kick your weakest kick		K	C
	{4 x 50 on :55 Kick		D	
	{8 x 25 on :35 Kick your weakest kick		K	C
	{3 x 50 on :55 Kick		D	
	{4 x 25 on :35 Kick your weakest kick		K	C
500	5 x 100 on 3:00 Freestyle		S	C
200	4x{1 x 25 on :50 Sculling drills		S	C
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S	C
2,625	1x{4 x 100 on 1:35 Fly 2-3-4-5 SOW		K	C
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW		D	
	{4 x 100 on 1:25 Fly 2-3-4-5 SOW		K	C
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW		D	
	{1 x 150 on 3:00 Stroke Drills		S	C

{3 x 75 on 1:10 Fly 3-4-5 SOW
{3 x 75 on 1:05 Fly 3-4-5 SOW
{3 x 75 on 1:00 Fly 3-4-5 SOW
{1 x 100 on 2:00 Freestyle
{2 x 50 on :45 Fly 4-5 SOW
1 x 250 on 4:00 Stroke Drills
7:30 AM 5,175 Yards - Stress Value = 111

Workout #17026 - Saturday, 21 February 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	SEC
5:30 AM	Start			
550	1 on 12:00 Ted's Dynamic Stretch		L	I
150	10 x 15 on :45 Shooters		D	
800	1x{8 x 25 on :40 Kick your weakest kick		K	C
	{4 x 50 on 1:00 Kick		D	
	{6 x 25 on :40 Kick your weakest kick		K	C
	{3 x 50 on 1:00 Kick		D	
	{4 x 25 on :40 Kick your weakest kick		K	C
500	5 x 100 on 3:00 Freestyle		S	C
200	4x{1 x 25 on :50 Sculling drills		S	C
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S	C
2,325	1x{4 x 100 on 1:45 Fly 2-3-4-5 SOW		K	C
	{4 x 100 on 1:40 Fly 2-3-4-5 SOW		D	
	{4 x 100 on 1:35 Fly 2-3-4-5 SOW		K	C
	{1 x 150 on 3:00 Stroke Drills		S	C
	{3 x 75 on 1:20 Fly 3-4-5 SOW		D	
	{3 x 75 on 1:15 Fly 3-4-5 SOW		K	C
	{3 x 75 on 1:10 Fly 3-4-5 SOW		D	
	{1 x 100 on 2:00 Freestyle		S	C
	{2 x 50 on :50 Fly 4-5 SOW		D	
	{2 x 50 on :45 Fly 4-5 SOW		K	C
250	1 x 250 on 4:00 Stroke Drills		D	
7:30 AM	4,775 Yards - Stress Value = 104			

Workout #17033 - Monday, 23 February 2015

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	SEC
3:30 PM	Start			
600	1 on 25:00 DS/Physio Ball		L	I
1,350	1x{4 x 25 on :30 Kick no board BSLR		K	C
	{1 x 150 on 2:30 Kick		D	
	{1 x 100 on 1:40 Kick		K	C
	{1 x 50 on :50 Kick		D	
	{6 x 25 on :30 Kick no board BSLR		K	C
	{2 x 150 on 2:30 Kick		D	
	{2 x 100 on 1:40 Kick		K	C
	{2 x 50 on :50 Kick		D	
	{8 x 25 on :30 Kick no board BSLR		K	C
1,050	1x{1 x 100 on 1:10 Pulls		K	C
	{3 x 50 on 1:00 Pulls-no br L.12 yds		D	
	{2 x 100 on 1:15 Pulls		K	C
	{3 x 50 on :55 Pulls-no br L.13 yds		D	
	{3 x 100 on 1:20 Pulls		K	C
	{3 x 50 on :50 Pulls-no br L.14 yds		D	
200	4x{1 x 25 on :50 Sculling drills		S	C
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S	C
2,100	1x{1 x 600 on 8:00 Free Neg Split		K	C
	{1 x 500 on 6:40 Free L.25 of each 100 6BK		D	
	{1 x 400 on 5:20 Free descend 100's		K	C
	{1 x 300 on 4:00 Free SFBO SW/3KOBHW		D	
	{1 x 200 on 2:40 Free-build each 50		K	C
	{1 x 100 on 1:20 Free-100%		D	
300	6 x 50 on 1:00 Stroke Drills		S	C
5:30 PM	5,600 Yards - Stress Value = 66			

Workout #17034 - Monday, 23 February 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 1,250 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:45 Kick
 {2 x 100 on 1:50 Kick
 {3 x 50 on :55 Kick
 {4 x 25 on :30 Kick no board BSLR
 950 1x{1 x 100 on 1:20 Pulls
 {3 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:25 Pulls
 {4 x 50 on :55 Pulls-no br L.13 yds
 {3 x 100 on 1:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{1 x 600 on 9:00 Free Neg Split
 {1 x 500 on 7:30 Free L.25 of each 100 6BK
 {1 x 400 on 6:00 Free descend 100's
 {1 x 200 on 2:40 Free-build each 50
 {1 x 150 on 2:15 Free-100%
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 5,150 Yards - Stress Value = 60

1,000 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR X2
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR
 250 1x{1 x 50 on :45 Pull 8 SOT-HB
 {1 x 50 on :45 Pull 7 SOT-HB
 {1 x 50 on :45 Pull 6 SOT-HB
 {1 x 50 on :45 Pull 5 SOT-HB
 {1 x 50 on :45 Pull 4 SOT-HB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:20 PM 1,915 Yards - Stress Value = 27

Workout #17029 - Monday, 23 February 2015

HighSchl - Distance

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY
 =====
 1,200 1x{2 x 100 on 1:30 Freestyle hold under 111 EN2
 {1 x 300 on 3:50 Freestyle EN2
 {2 x 100 on 1:25 Freestyle hold under 111 EN2
 {1 x 300 on 3:50 Freestyle EN2
 {2 x 100 on 1:20 Freestyle hold under 111 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 4:53 PM 1,400 Yards - Stress Value = 24

Workout #17035 - Monday, 23 February 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 1,150 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 150 on 3:00 Kick
 {2 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 900 1x{1 x 100 on 1:30 Pulls
 {3 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:35 Pulls
 {3 x 50 on :55 Pulls-no br L.13 yds
 {3 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
 1,650 1x{1 x 600 on 10:00 Free Neg Split
 {1 x 500 on 8:20 Free L.25 of each 100 6BK
 {1 x 400 on 6:40 Free descend 100's
 {1 x 150 on 2:30 Free-100%
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,750 Yards - Stress Value = 56

Workout #17031 - Monday, 23 February 2015

HighSchl - Fly

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY
 =====
 1,000 1x{1 x 100 on 1:35 3 strokes off walls EN1
 {6 x 25 on :30 Fly-descend in 3s EN2
 {1 x 100 on 1:30 3 strokes off walls EN1
 {6 x 25 on :30 Fly-descend in 3s EN2
 {1 x 100 on 1:25 3 strokes off walls EN2
 {6 x 25 on :30 Fly-descend in 3s EN2
 {1 x 100 on 1:20 3 strokes fly off walls EN2
 {6 x 25 on :30 Fly-descend in 3s EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 4:54 PM 1,200 Yards - Stress Value = 18

Workout #17027 - Monday, 23 February 2015

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Team Mtg/DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints

Workout #17028 - Monday, 23 February 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 30:00 Team Mtg/DS/Physio Balls
165	1 x 400 on 10:00 Swim-kick-pull-swim
900	11 x 15 on :45 Cross pool sprints
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{4 x 25 on :35 Kick no board BSLRBS
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{4 x 25 on :35 Kick no board BSLR X2
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
250	1x{1 x 50 on :50 Pull 8 SOT-HB
	{1 x 50 on :50 Pull 7 SOT-HB
	{1 x 50 on :50 Pull 6 SOT-HB
	{1 x 50 on :50 Pull 5 SOT-HB
	{1 x 50 on :50 Pull 4 SOT-HB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:21 PM 1,815 Yards - Stress Value = 25

Workout #17030 - Monday, 23 February 2015

HighSchl - Gold

1 minute rest between sets

4:22 PM Start

Yards	Set Description	EGY
1,150	1x{1 x 300 on 4:20 Freestyle	EN2
	{2 x 100 on 1:40 Freestyle hold under 122	EN2
	{1 x 300 on 4:20 Freestyle	EN2
	{2 x 100 on 1:35 Freestyle hold under 122	EN2
	{1 x 150 on 2:10 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	4:54 PM 1,350 Yards - Stress Value = 23	

Workout #17032 - Monday, 23 February 2015

HighSchl - Gold

1 minute rest between sets

4:22 PM Start

Yards	Set Description	EGY
850	1x{1 x 100 on 1:45 3 strokes off walls	EN1
	{6 x 25 on :35 Fly-descend in 3s	EN2
	{1 x 100 on 1:40 3 strokes off walls	EN1
	{6 x 25 on :35 Fly-descend in 3s	EN2
	{1 x 100 on 1:35 3 strokes off walls	EN2
	{6 x 25 on :35 Fly-descend in 3's	EN2
	{1 x 100 on 1:30 3 strokes fly off walls	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	4:55 PM 1,150 Yards - Stress Value = 15	

Workout #17042 - Tuesday, 24 February 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Core
600	1 x 600 on 10:00 Top Hat Drill
600	10x{1 x 30 on :01 Sprint kick
	{1 x 30 on 1:59 Sprint free no 1 breath
	{ 15 yd under water fly kick

200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 100 on 1:30 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 50 on :40 Backstroke
	{4 x 100 on 1:25 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 50 on :40 Backstroke
	{4 x 100 on 1:20 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 50 on :40 Backstroke
	{4 x 100 on 1:15 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 50 on :40 Backstroke
300	6 x 50 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:28 PM 4,150 Yards - Stress Value = 62

Workout #17043 - Tuesday, 24 February 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Core
600	1 x 600 on 10:00 Top Hat Drill
600	10x{1 x 30 on :01 Sprint kick
	{1 x 30 on 1:59 Sprint free no 1 breath
	{ 15 yd under water fly kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{4 x 100 on 1:40 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{4 x 100 on 1:35 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{2 x 100 on 1:30 Backstroke
	{1 x 50 on :55 Backstroke
300	6 x 50 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:28 PM 3,850 Yards - Stress Value = 58

Workout #17044 - Tuesday, 24 February 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 600 10x{1 x 30 on :01 Sprint kick
 {1 x 30 on 1:59 Sprint free no 1 breath
 { 15 yd under water fly kick
 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 100 on 1:50 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {4 x 100 on 1:45 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {4 x 100 on 1:40 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 100 on 1:35 Backstroke
 300 6 x 50 on 2:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:28 PM 3,650 Yards - Stress Value = 56

500 5 x 100 on 2:00 Kick-odds100%
 850 1x{2 x 150 on 2:00 Pulls
 {2 x 125 on 1:40 Pulls
 {2 x 100 on 1:20 Pulls
 {2 x 50 on :40 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:24 PM 2,250 Yards - Stress Value = 42

Workout #17037 - Tuesday, 24 February 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 400 1 x 400 on 10:00 Top Hat Drill
 200 8 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 free
 150 3 x 50 on 2:00 Freestyle
 500 5 x 100 on 2:00 Kick-odds 100%
 750 1x{2 x 150 on 2:15 Pulls
 {2 x 125 on 1:50 Pulls
 {2 x 100 on 1:30 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:24 PM 2,150 Yards - Stress Value = 39

Workout #17039 - Tuesday, 24 February 2015

HighSchl - Gold

1 minute rest between sets

Workout #17040 - Tuesday, 24 February 2015
HighSchl - Breast
1 minute rest between sets
 4:25 PM Start
 Yards Set Description EGY WORK STK
 =====
 600 1x{1 x 100 on 1:30 Breaststroke EN2 S BR
 {2 x 50 on 1:00 Breast EN3 S BR
 {1 x 100 on 1:25 Breaststroke EN2 S BR
 {2 x 50 on 1:00 Breaststroke EN3 S BR
 {1 x 100 on 1:20 Breaststroke EN2 S BR
 {2 x 50 on 1:00 Breaststroke EN3 S BR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:51 PM 850 Yards - Stress Value = 24

4:25 PM Start
 Yards Set Description EGY WORK STK
 =====
 825 1x{1 x 275 on 3:45 Freestyle EN2 S FR
 {1 x 275 on 3:40 Freestyle EN2 S FR
 {1 x 275 on 3:35 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice L DRY
 4:51 PM 1,075 Yards - Stress Value = 18

Workout #17041 - Tuesday, 24 February 2015

HighSchl - Gold

1 minute rest between sets

Workout #17038 - Tuesday, 24 February 2015
HighSchl - Distance
1 minute rest between sets
 4:25 PM Start
 Yards Set Description EGY WORK STK
 =====
 900 1x{1 x 300 on 3:45 Freestyle EN2 S FR
 {1 x 300 on 3:40 Freestyle EN2 S FR
 {1 x 300 on 3:35 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice L DRY
 4:51 PM 1,150 Yards - Stress Value = 18

4:25 PM Start
 Yards Set Description EGY WORK STK
 =====
 600 1x{1 x 100 on 1:40 Breaststroke EN2 S BR
 {2 x 50 on 1:00 Breast EN3 S BR
 {1 x 100 on 1:35 Breaststroke EN2 S BR
 {2 x 50 on 1:00 Breaststroke EN3 S BR
 {1 x 100 on 1:25 Breaststroke EN2 S BR
 {2 x 50 on 1:00 Breaststroke EN3 S BR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:51 PM 850 Yards - Stress Value = 24

Workout #17036 - Tuesday, 24 February 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 400 1 x 400 on 10:00 Top Hat Drill
 200 8 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 free
 150 3 x 50 on 2:00 Freestyle

Workout #17052 - Wednesday, 25 February 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Abs
 1,900 1x{4 x 600 on 10:00 Free L.25 of each 100 Non F
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {4 x 75 on 1:10 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:10 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 {4 x 75 on 1:10 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,450 1x{1 x 200 on 3:00 Butterfly
 {1 x 150 on 2:00 Freestyle
 {2 x 200 on 3:00 Butterfly
 {1 x 150 on 2:00 Freestyle
 {3 x 200 on 3:00 Butterfly
 {1 x 150 on 2:00 Freestyle
 {4 x 200 on 3:00 Butterfly
 200 1 x 200 on 3:00 Stroke Drills
 5:31 PM 5,350 Yards - Stress Value = 87

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 200 on 3:40 Butterfly
 {1 x 150 on 2:25 Freestyle
 {2 x 200 on 3:40 Butterfly
 {1 x 150 on 2:25 Freestyle
 {3 x 200 on 3:40 Butterfly
 {1 x 100 on 1:40 Freestyle
 {2 x 200 on 3:40 Butterfly
 200 1 x 200 on 3:00 Stroke Drills
 5:31 PM 4,550 Yards - Stress Value = 71

Workout #17047 - Wednesday, 25 February 2015

HighSchl - Distance

1 minute rest between sets

4:05 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,500 1x{2 x 200 on 2:45 Freestyle EN2 S FR
 {1 x 100 on 1:30 Freestyle EN3 S FR
 {2 x 200 on 2:40 Freestyle EN2 S FR
 {1 x 100 on 1:30 Freestyle EN3 S FR
 {2 x 200 on 2:35 Freestyle EN2 S FR
 {1 x 100 on 1:30 Freestyle EN3 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:40 PM 1,700 Yards - Stress Value = 42

Workout #17053 - Wednesday, 25 February 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Abs
 1,750 1x{4 x 600 on 10:00 Free L.25 of each 100 Non F
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:20 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {4 x 75 on 1:20 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:20 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 {2 x 75 on 1:20 Kick
 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 200 on 3:25 Butterfly
 {1 x 150 on 2:15 Freestyle
 {2 x 200 on 3:25 Butterfly
 {1 x 150 on 2:15 Freestyle
 {3 x 200 on 3:25 Butterfly
 {1 x 150 on 2:15 Freestyle
 {2 x 200 on 3:25 Butterfly
 200 1 x 200 on 3:00 Stroke Drills
 5:30 PM 4,800 Yards - Stress Value = 75

Workout #17050 - Wednesday, 25 February 2015

HighSchl - IM's

1 minute rest between sets

4:05 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,500 Hold all swims 5+ under interval
 1x{2 x 125 on 1:35 IM w/50 free EN2 S IM
 {3 x 50 on :45 Fly EN2 S FLY
 {2 x 125 on 1:45 IM w/50 breast EN2 S IM
 {3 x 50 on :45 Backstroke EN2 S BK
 {2 x 125 on 1:40 IM w/50 back EN2 S IM
 {3 x 50 on :50 Breast EN2 S BR
 {2 x 125 on 1:40 IM w/50 fly EN2 S IM
 {1 x 50 on :40 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:40 PM 1,700 Yards - Stress Value = 30

Workout #17045 - Wednesday, 25 February 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Abs
 120 1 x 400 on 10:00 Free L.25 of each 100 Non F
 8 x 15 on 1:00 15m under #5-8 w/fins
 Hold BSLR's under :20, nonBSLR at least 5s
 900 1x{4 x 25 on :30 Kick no board BSLR 15 KOW
 {2 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR 14 KOW
 {2 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR 13 KOW
 {2 x 125 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
 4:04 PM 1,520 Yards - Stress Value = 23

Workout #17054 - Wednesday, 25 February 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Abs
 1,600 1x{4 x 550 on 10:00 Free L.25 of each 100 Non F
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:30 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {4 x 75 on 1:30 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:30 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 200 4x{1 x 25 on :50 Sculling drills

Workout #17046 - Wednesday, 25 February 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 25:00 DS/Abs			
120	1 x 400 on 10:00 Free L.25 of each 100 Non F			
800	8 x 15 on 1:00 15m under #5-8 w/fins Hold BSLR's under :23, nonBSLR at least 5s			
100	1x{4 x 25 on :30 Kick no board BSLR 15 KOW {2 x 75 on 1:20 Kick {4 x 25 on :30 Kick no board BSLR 14 KOW {1 x 100 on 1:45 Kick {4 x 25 on :30 Kick no board BSLR 13 KOW {2 x 125 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			
4:04 PM	1,420 Yards - Stress Value = 21			

Workout #17048 - Wednesday, 25 February 2015

HighSchl - Gold

1 minute rest between sets

4:05 PM Start

Yards	Set Description	EGY	WORK	STK
1,400	1x{2 x 200 on 3:00 Freestyle {1 x 100 on 1:40 Freestyle {2 x 200 on 2:55 Freestyle {1 x 100 on 1:40 Freestyle {2 x 150 on 2:05 Freestyle {1 x 100 on 1:40 Freestyle	EN2 EN3 EN2 EN3 EN2 EN3	S S S S S S	FR FR FR FR FR FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC M	D M	CD M
4:40 PM	1,600 Yards - Stress Value = 40			

Workout #17051 - Wednesday, 25 February 2015

HighSchl - Gold

1 minute rest between sets

4:05 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{2 x 125 on 1:40 IM w/50 free {2 x 50 on :50 Fly {2 x 125 on 1:55 IM w/50 breast {2 x 50 on :50 Backstroke {2 x 125 on 1:45 IM w/50 back {2 x 50 on :55 Breast {2 x 125 on 1:50 IM w/50 fly {1 x 50 on :40 Freestyle	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S S	IM FLY IM BK IM BR IM FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC M	D M	CD M
4:40 PM	1,550 Yards - Stress Value = 27			

Workout #17049 - Wednesday, 25 February 2015

HighSchl - Silver

1 minute rest between sets

4:05 PM Start

Yards	Set Description	EGY	WORK	STK
1,250	1x{2 x 200 on 3:20 Freestyle {1 x 100 on 1:50 Freestyle {2 x 200 on 3:15 Freestyle {1 x 100 on 1:50 Freestyle {1 x 200 on 3:10 Freestyle {1 x 50 on :55 Freestyle	EN2 EN3 EN2 EN3 EN2 EN3	S S S S S S	FR FR FR FR FR FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC M	D M	CD M
4:40 PM	1,450 Yards - Stress Value = 35			

Workout #17058 - Thursday, 26 February 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 25:00 DS/Shoulders			
1,200	1 x 600 on 10:00 Underwater trn drill 1x{1 x 100 on 1:30 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:35 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:40 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:45 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,650	1x{1 x 200 on 4:00 Breast 2K1P {3 x 50 on 1:00 Breast descend {1 x 200 on 4:00 Breast 3-4-5-6 sec glide {3 x 50 on :55 Breast-descend {1 x 200 on 4:00 Breast-Kick on back {3 x 50 on :50 Breast-descend {1 x 200 on 4:00 Breast-Kick on back {3 x 50 on :50 Breast-descend {1 x 200 on 4:00 Breast 3-4-5-6 glide {1 x 50 on :55 Breast-Fast			
500	5 x 100 on 3:00 Freestyle			
200	1 x 200 on 3:00 Stroke Drills			
5:30 PM	4,350 Yards - Stress Value = 77			

Workout #17059 - Thursday, 26 February 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 25:00 DS/Shoulders			
1,100	1 x 600 on 10:00 Underwater trn drill 1x{1 x 100 on 1:45 Kick your best kick {2 x 50 on 1:05 Kick your 2nd best kick {2 x 50 on 1:10 Kick your 3rd best kick {1 x 100 on 1:50 Kick your best kick {2 x 50 on 1:05 Kick your 2nd best kick {2 x 50 on 1:10 Kick your 3rd best kick {1 x 100 on 1:55 Kick your best kick {2 x 50 on 1:05 Kick your 2nd best kick {2 x 50 on 1:10 Kick your 3rd best kick {1 x 100 on 2:00 Kick your best kick {2 x 50 on 1:05 Kick your 2nd best kick			
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 200 on 4:15 Breast 2K1P {3 x 50 on 1:05 Breast descend {1 x 200 on 4:15 Breast 3-4-5-6 sec glide {3 x 50 on 1:00 Breast-descend {1 x 200 on 4:15 Breast-Kick on back {3 x 50 on :55 Breast-descend {1 x 200 on 4:15 Breast-Kick on back {3 x 50 on :55 Breast-descend {1 x 150 on 3:10 Breast 3-4-5-6 glide			
500	5 x 100 on 3:00 Freestyle			
200	1 x 200 on 3:00 Stroke Drills			
5:30 PM	4,150 Yards - Stress Value = 75			

Workout #17060 - Thursday, 26 February 2015

Group 3 - Silver

1 minute rest between sets

200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:18 PM 1,450 Yards - Stress Value = 23

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
550	1 x 550 on 10:00 Underwater trn drill
1,050	1x{1 x 100 on 1:55 Kick your best kick
	{2 x 50 on 1:10 Kick your 2nd best kick
	{2 x 50 on 1:15 Kick your 3rd best kick
	{1 x 100 on 2:00 Kick your best kick
	{2 x 50 on 1:10 Kick your 2nd best kick
	{2 x 50 on 1:15 Kick your 3rd best kick
	{1 x 100 on 2:05 Kick your best kick
	{2 x 50 on 1:10 Kick your 2nd best kick
	{2 x 50 on 1:15 Kick your 3rd best kick
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 150 on 3:25 Breast 2K1P
	{3 x 50 on 1:10 Breast descend
	{1 x 150 on 3:25 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast 3-4-5-6 glide
	{2 x 50 on 1:05 Breast-fast
500	5 x 100 on 3:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	5:30 PM 3,950 Yards - Stress Value = 76

Workout #17055 - Thursday, 26 February 2015

HighSchl - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill
	Odds 100's free even 100's back
250	5 x 50 on 1:30 Mid pool swims
1,000	1x{2 x 50 on :55 Kick
	{1 x 100 on 2:15 Kick 2 weakest kicks
	{2 x 50 on :55 Kick
	{1 x 100 on 2:10 Kick 2 weakest kicks
	{2 x 50 on :55 Kick
	{1 x 100 on 2:05 Kick 2 weakest kicks
	{2 x 50 on :55 Kick
	{1 x 100 on 2:00 Kick 2 weakest kicks
	{2 x 50 on :55 Kick
	{1 x 100 on 1:55 Kick 2 weakest kicks
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:42 PM 1,850 Yards - Stress Value = 32

Workout #17056 - Thursday, 26 February 2015

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	=====	===
1,250	1x{1 x 200 on 3:15 Butterfly	EN2	S	FLY
	{1 x 150 on 2:20 Freestyle	EN1	S	FR
	{1 x 200 on 3:20 Butterfly	EN2	S	FLY
	{1 x 150 on 2:20 Freestyle	EN1	S	FR
	{1 x 200 on 3:25 Butterfly	EN2	S	FLY
	{1 x 150 on 2:20 Freestyle	EN2	S	FR
	{1 x 200 on 3:30 Butterfly	EN2	S	FLY

Workout #17057 - Thursday, 26 February 2015

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
1,100	1x{1 x 100 on 1:30 Backstroke	EN1	
	{6 x 25 on :35 Back 12yds under -1 kick	EN2	
	{1 x 100 on 1:30 Backstroke	EN1	
	{6 x 25 on :35 Back 12yds under -1 kick	EN2	
	{1 x 100 on 1:30 Backstroke	EN1	
	{6 x 25 on :35 Back 12yds under -1 kick	EN2	
	{1 x 100 on 1:30 Backstroke	EN1	
	{6 x 25 on :35 Back 12yds under -1 kick	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:19 PM 1,300 Yards - Stress Value = 18		

Workout #17061 - Monday, 02 March 2015

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{1 x 150 on 2:25 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:10 Kick
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 3:40 Freestyle
	{1 x 300 on 3:30 Freestyle
	{1 x 300 on 3:20 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 300 on 3:35 Freestyle
	{1 x 300 on 3:25 Freestyle
	{1 x 300 on 3:15 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 300 on 3:30 Freestyle
	{1 x 300 on 3:20 Freestyle
	{1 x 300 on 3:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:30 PM 5,550 Yards - Stress Value = 91

Workout #17062 - Monday, 02 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:55 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {1 x 150 on 2:50 Kick
 {8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {1 x 150 on 2:40 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,450 1x{1 x 250 on 3:40 Freestyle
 {1 x 250 on 3:30 Freestyle
 {1 x 250 on 3:20 Freestyle
 {1 x 100 on 2:30 Freestyle
 {1 x 250 on 3:35 Freestyle
 {1 x 250 on 3:25 Freestyle
 {1 x 250 on 3:15 Freestyle
 {1 x 100 on 2:30 Freestyle
 {1 x 250 on 3:30 Freestyle
 {1 x 250 on 3:20 Freestyle
 {1 x 250 on 3:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 4,850 Yards - Stress Value = 77

Workout #17063 - Monday, 02 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:10 Kick
 {6 x 25 on :40 Kick no board BSLRBS
 {1 x 150 on 3:05 Kick
 {6 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {4 x 25 on :40 Kick no board BSLRBS
 {1 x 150 on 2:55 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,175 1x{1 x 225 on 3:40 Freestyle
 {1 x 225 on 3:30 Freestyle
 {1 x 225 on 3:20 Freestyle
 {1 x 75 on 2:30 Freestyle
 {1 x 225 on 3:35 Freestyle
 {1 x 225 on 3:25 Freestyle
 {1 x 225 on 3:15 Freestyle
 {1 x 75 on 2:30 Freestyle
 {1 x 225 on 3:30 Freestyle
 {1 x 225 on 3:20 Freestyle
 {1 x 225 on 3:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 4,425 Yards - Stress Value = 66

Workout #17066 - Monday, 02 March 2015

Group 3 - Silver

1 minute rest between sets

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

1 on 25:00 DS/Core
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,275 1x{1 x 125 on 1:55 Freestyle
 {1 x 125 on 1:50 Freestyle
 {1 x 125 on 1:45 Freestyle
 {1 x 75 on 2:30 Freestyle
 {1 x 125 on 1:50 Freestyle
 {1 x 125 on 1:45 Freestyle
 {1 x 125 on 1:40 Freestyle
 {1 x 75 on 2:30 Freestyle
 {1 x 125 on 1:45 Freestyle
 {1 x 125 on 1:40 Freestyle
 {1 x 125 on 1:35 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:02 PM 2,975 Yards - Stress Value = 37

Workout #17064 - Monday, 02 March 2015

Taper 1 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:25 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {4 x 25 on :30 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
 1,550 1x{1 x 150 on 1:50 Freestyle
 {1 x 150 on 1:45 Freestyle
 {1 x 150 on 1:40 Freestyle
 {1 x 100 on 2:30 Freestyle
 {1 x 150 on 1:45 Freestyle
 {1 x 150 on 1:40 Freestyle
 {1 x 150 on 1:35 Freestyle
 {1 x 100 on 2:30 Freestyle
 {1 x 150 on 1:40 Freestyle
 {1 x 150 on 1:35 Freestyle
 {1 x 150 on 1:30 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 3,300 Yards - Stress Value = 50

Workout #17065 - Monday, 02 March 2015

Taper 1 - Gold
1 minute rest between sets

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

1 on 20:00 DS/Core
600 1 x 600 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
750 1x{4 x 25 on :35 Kick no board BSLR
{1 x 150 on 2:55 Kick
{4 x 25 on :35 Kick no board BSLR
{1 x 150 on 2:50 Kick
{4 x 25 on :30 Kick no board BSLR
{1 x 150 on 2:45 Kick
100 2x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,325 1x{1 x 125 on 1:45 Freestyle
{1 x 125 on 1:40 Freestyle
{1 x 125 on 1:35 Freestyle
{1 x 100 on 2:30 Freestyle
{1 x 125 on 1:40 Freestyle
{1 x 125 on 1:35 Freestyle
{1 x 125 on 1:30 Freestyle
{1 x 100 on 2:30 Freestyle
{1 x 125 on 1:35 Freestyle
{1 x 125 on 1:30 Freestyle
{1 x 125 on 1:25 Freestyle
250 1 x 250 on 4:00 Stroke Drills
5:01 PM 3,175 Yards - Stress Value = 39

=====

1 on 20:00 DS/Core
600 1 x 600 on 10:00 Underwater trn drill
150 10 x 15 on :45 Shooters
980 1x{1 x 50 on 1:00 Vertical Kick-30/30
{4 x 30 on :45 15 underwater 15 sprint free
{2 x 50 on 1:00 Vertical Kick 35/25
{4 x 30 on :45 15 undwater 15 sprint free
{3 x 50 on 1:00 Vertical Kick 40/20
{4 x 30 on :45 15 underwater 15 sprint free
{4 x 50 on 1:00 Vertical Kick 45/15
{4 x 30 on :45 15 underwater 15 sprint free
400 1x{1 x 100 on 2:00 Freestyle
{6 x 50 on 2:00 Freestyle
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600 1x{4 x 25 on :40 Back -6 kick switch
{3 x 50 on :50 Back-descend 3/5/7 KOW
{1 x 200 on 2:55 Backstroke
{4 x 25 on :40 Back-6 kick switch
{3 x 50 on :50 Back-descend 3/5/7/ KOW
{1 x 200 on 2:50 Backstroke
{4 x 25 on :40 Back-6 kick switch
{3 x 50 on :50 Back-descend 3/5/7 KOW
{1 x 200 on 2:45 Backstroke
{4 x 25 on :40 Back-6 kick switch
{3 x 50 on :50 Back-descend 3/5/7 KOW
250 1 x 250 on 4:00 Stroke Drills
5:30 PM 4,180 Yards - Stress Value = 79

Workout #17069 - Tuesday, 03 March 2015

Group 3 - Silver

1 minute rest between sets

Workout #17067 - Tuesday, 03 March 2015

Group 3 - Back
1 minute rest between sets

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

1 on 20:00 DS/Core
600 1 x 600 on 10:00 Underwater trn drill
150 10 x 15 on :45 Shooters
980 1x{1 x 50 on 1:00 Vertical Kick-30/30
{4 x 30 on :45 15 underwater 15 sprint free
{2 x 50 on 1:00 Vertical Kick 35/25
{4 x 30 on :45 15 undwater 15 sprint free
{3 x 50 on 1:00 Vertical Kick 40/20
{4 x 30 on :45 15 underwater 15 sprint free
{4 x 50 on 1:00 Vertical Kick 45/15
{4 x 30 on :45 15 underwater 15 sprint free
400 1x{1 x 100 on 2:00 Freestyle
{6 x 50 on 2:00 Freestyle
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800 1x{4 x 25 on :40 Back -6 kick switch
{3 x 50 on :45 Back-descend 3/5/7 KOW
{1 x 200 on 2:35 Backstroke
{4 x 25 on :40 Back-6 kick switch
{3 x 50 on :45 Back-descend 3/5/7/ KOW
{1 x 200 on 2:30 Backstroke
{4 x 25 on :40 Back-6 kick switch
{3 x 50 on :45 Back-descend 3/5/7 KOW
{1 x 200 on 2:25 Backstroke
{4 x 25 on :40 Back-6 kick switch
{3 x 50 on :45 Back-descend 3/5/7 KOW
{1 x 200 on 2:20 Backstroke
250 1 x 250 on 4:00 Stroke Drills
5:30 PM 4,380 Yards - Stress Value = 83

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

1 on 20:00 DS/Core
550 1 x 550 on 10:00 Underwater trn drill
150 10 x 15 on :45 Shooters
980 1x{1 x 50 on 1:00 Vertical Kick-30/30
{4 x 30 on :45 15 underwater 15 sprint free
{2 x 50 on 1:00 Vertical Kick 35/25
{4 x 30 on :45 15 undwater 15 sprint free
{3 x 50 on 1:00 Vertical Kick 40/20
{4 x 30 on :45 15 underwater 15 sprint free
{4 x 50 on 1:00 Vertical Kick 45/15
{4 x 30 on :45 15 underwater 15 sprint free
400 1x{1 x 100 on 2:00 Freestyle
{6 x 50 on 2:00 Freestyle
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500 1x{4 x 25 on :40 Back -6 kick switch
{3 x 50 on :55 Back-descend 3/5/7 KOW
{1 x 200 on 3:15 Backstroke
{4 x 25 on :40 Back-6 kick switch
{3 x 50 on :55 Back-descend 3/5/7/ KOW
{1 x 200 on 3:10 Backstroke
{4 x 25 on :40 Back-6 kick switch
{3 x 50 on :55 Back-descend 3/5/7 KOW
{1 x 200 on 3:05 Backstroke
{4 x 25 on :40 Back-6 kick switch
{1 x 50 on :55 Back-fast 7 KOW
250 1 x 250 on 4:00 Stroke Drills
5:30 PM 4,030 Yards - Stress Value = 77

Workout #17068 - Tuesday, 03 March 2015

Group 3 - Gold
1 minute rest between sets

3:30 PM Start
Yards Set Description

Workout #17070 - Tuesday, 03 March 2015

Taper 1 - Back
1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
400	1 on 20:00 DS/Core		
150	1 x 400 on 10:00 Underwater trn drill	REC	
1,800	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :40 Back -6 kick switch	EN1	
	{3 x 50 on :45 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:35 Backstroke	EN2	
	{4 x 25 on :40 Back-6 kick switch	EN2	
	{3 x 50 on :45 Back-descend 3/5/7/ KOW	EN2	
	{1 x 200 on 2:30 Backstroke	EN2	
	{4 x 25 on :40 Back-6 kick switch	EN1	
	{3 x 50 on :45 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:25 Backstroke	EN2	
	{4 x 25 on :40 Back-6 kick switch	EN1	
	{3 x 50 on :45 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:20 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
4:45 PM	2,600 Yards - Stress Value = 39		

Workout #17071 - Tuesday, 03 March 2015

Taper 1 - Gold
1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
400	1 on 20:00 DS/Core		
150	1 x 400 on 10:00 Underwater trn drill	REC	
1,600	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :40 Back -6 kick switch	EN1	
	{3 x 50 on :50 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:55 Backstroke	EN2	
	{4 x 25 on :40 Back-6 kick switch	EN2	
	{3 x 50 on :50 Back-descend 3/5/7/ KOW	EN2	
	{1 x 200 on 2:50 Backstroke	EN2	
	{4 x 25 on :40 Back-6 kick switch	EN1	
	{3 x 50 on :50 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:45 Backstroke	EN2	
	{4 x 25 on :40 Back-6 kick switch	EN1	
	{3 x 50 on :50 Back-descend 3/5/7 KOW	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
4:45 PM	2,400 Yards - Stress Value = 35		

Workout #17072 - Tuesday, 03 March 2015

Taper 1 - Silver
1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
400	1 on 20:00 DS/Core		
150	1 x 400 on 10:00 Underwater trn drill	REC	
1,500	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :40 Back -6 kick switch	EN1	
	{3 x 50 on :55 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 3:15 Backstroke	EN2	
	{4 x 25 on :40 Back-6 kick switch	EN2	
	{3 x 50 on :55 Back-descend 3/5/7/ KOW	EN2	
	{1 x 200 on 3:10 Backstroke	EN2	
	{4 x 25 on :40 Back-6 kick switch	EN1	
	{3 x 50 on :55 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 3:05 Backstroke	EN2	
	{4 x 25 on :40 Back-6 kick switch	EN1	
	{1 x 50 on :55 Back-fast 7 KOW	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
4:45 PM	2,300 Yards - Stress Value = 33		

Workout #17073 - Wednesday, 04 March 2015

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Abs
2,000	1 x 600 on 10:00 Free L.25 of each 100 Non F
	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{4 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 150 on 2:15 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 1:50 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:25 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 50 on :40 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	5,450 Yards - Stress Value = 90

Workout #17074 - Wednesday, 04 March 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Abs
1,700	1 x 600 on 10:00 Free L.25 of each 100 Non F
	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{4 x 75 on 1:10 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{1 x 150 on 2:30 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:35 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:10 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on :45 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	5,050 Yards - Stress Value = 82

Workout #17075 - Wednesday, 04 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 1,400 1x{4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR-12
 {4 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR-14
 {2 x 75 on 1:25 Kick
 {4 x 25 on :40 Kick no board BSLR-12
 {2 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR
 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 150 on 2:45 Breaststroke
 {4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 2:15 Breaststroke
 {4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 {3 x 100 on 1:45 Breaststroke
 {4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 {4 x 75 on 1:15 Breaststroke
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 4,450 Yards - Stress Value = 71

Workout #17076 - Wednesday, 04 March 2015

Taper 1 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 1,050 1x{2 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-12
 {2 x 75 on 1:05 Kick
 {2 x 25 on :30 Kick no board BSLR-14
 {2 x 75 on 1:00 Kick
 {2 x 25 on :30 Kick no board BSLR-12
 {2 x 75 on 1:05 Kick
 {2 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:10 Kick
 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 150 on 2:15 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 1:50 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {1 x 100 on 1:25 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 75 on 1:00 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {4 x 50 on :40 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 4:56 PM 3,250 Yards - Stress Value = 50

Workout #17077 - Wednesday, 04 March 2015

Taper 1 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 900 1x{2 x 25 on :35 Kick no board BSLR
 {2 x 75 on 1:20 Kick

{2 x 25 on :35 Kick no board BSLR-12
 {2 x 75 on 1:15 Kick
 {2 x 25 on :35 Kick no board BSLR-14
 {2 x 75 on 1:10 Kick
 {2 x 25 on :35 Kick no board BSLR-12
 {2 x 75 on 1:15 Kick
 {4 x 25 on :35 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
 1,350 1x{1 x 150 on 2:30 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 2:00 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {1 x 100 on 1:35 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 75 on 1:10 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 50 on :45 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 4:56 PM 3,000 Yards - Stress Value = 45

Workout #17078 - Wednesday, 04 March 2015

Taper 1 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 750 1x{2 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 {2 x 25 on :40 Kick no board BSLR-12
 {2 x 75 on 1:30 Kick
 {2 x 25 on :40 Kick no board BSLR-14
 {2 x 75 on 1:25 Kick
 {2 x 25 on :40 Kick no board BSLR-12
 {2 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
 1,250 1x{1 x 150 on 2:45 Breaststroke
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 2:15 Breaststroke
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 {1 x 100 on 1:45 Breaststroke
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 {2 x 75 on 1:15 Breaststroke
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 250 1 x 250 on 4:00 Stroke Drills
 4:57 PM 2,750 Yards - Stress Value = 40

Workout #17079 - Thursday, 05 March 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Shoulders
1,600	1 x 600 on 10:00 Underwater trn drill
1x{	1 x 200 on 3:05 Kick
	{6 x 25 on :30 Kick weak kick
	{2 x 150 on 2:15 Kick
	{6 x 25 on :30 Kick weak kick
	{3 x 100 on 1:25 Kick
	{6 x 25 on :30 Kick weak kick
	{4 x 50 on :40 Kick
	{6 x 25 on :30 Kick weak kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,100	1x{4 x 100 on 1:30 2 strokes fly off walls
	{3 x 100 on 1:25 2 strokes fly off walls
	{2 x 100 on 1:20 2 strokes fly off walls
	{1 x 100 on 1:15 2 strokes fly off walls
	{1 x 50 on 1:00 Freestyle
	{4 x 100 on 1:25 3 strokes fly off walls
	{3 x 100 on 1:20 3 strokes fly off walls
	{2 x 100 on 1:15 3 strokes fly off walls
	{1 x 100 on 1:10 3 strokes fly off walls
	{1 x 50 on 1:00 Freestyle
	{4 x 100 on 1:20 4 strokes fly off walls
	{3 x 100 on 1:15 4 strokes fly off walls
	{2 x 100 on 1:10 4 strokes fly off walls
	{1 x 100 on 1:05 4 strokes fly off walls
250	1 x 250 on 4:00 Stroke Drills
	5:28 PM 5,750 Yards - Stress Value = 94

{1 x 100 on 1:25 2 strokes fly off walls
{1 x 50 on 1:00 Freestyle
{4 x 100 on 1:35 3 strokes fly off walls
{3 x 100 on 1:30 3 strokes fly off walls
{2 x 100 on 1:25 3 strokes fly off walls
{1 x 100 on 1:20 3 strokes fly off walls
{1 x 50 on 1:00 Freestyle
{1 x 50 on :45 4 strokes fly off walls
{3 x 100 on 1:25 4 strokes fly off walls
{2 x 100 on 1:20 4 strokes fly off walls
{1 x 100 on 1:15 4 strokes fly off walls
1 x 250 on 4:00 Stroke Drills
5:28 PM 5,250 Yards - Stress Value = 84

Workout #17081 - Thursday, 05 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Shoulders
1,150	1 x 550 on 10:00 Underwater trn drill
1x{	1 x 200 on 4:10 Kick
	{6 x 25 on :40 Kick weak kick
	{2 x 150 on 3:05 Kick
	{6 x 25 on :40 Kick weak kick
	{2 x 100 on 2:00 Kick
	{6 x 25 on :40 Kick weak kick
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 1:55 2 strokes fly off walls
	{3 x 100 on 1:50 2 strokes fly off walls
	{2 x 100 on 1:45 2 strokes fly off walls
	{1 x 100 on 1:40 2 strokes fly off walls
	{1 x 50 on 1:15 Freestyle
	{3 x 100 on 1:50 3 strokes fly off walls
	{2 x 100 on 1:45 3 strokes fly off walls
	{1 x 100 on 1:40 3 strokes fly off walls
	{1 x 50 on 1:15 Freestyle
	{3 x 100 on 1:45 4 strokes fly off walls
	{2 x 100 on 1:40 4 strokes fly off walls
	{1 x 100 on 1:35 4 strokes fly off walls
250	1 x 250 on 4:00 Stroke Drills
	5:28 PM 4,450 Yards - Stress Value = 69

Workout #17088 - Thursday, 05 March 2015

Group 3 - Race day warmup

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 DS/Shoulders		L
400	1 x 400 on 10:00 Freestyle Drill	REC	D
120	8 x 15 on :45 Shooters	SP3	S
300	3 x 100 on 2:15 Kick L.25 build	EN2	K
500	10 x 50 on 1:00 Down Drill Back Build	EN1	S
300	12 x 25 on :40 Variable Speed	SP3	S
50	2 x 25 on 2:00 OTB	SP3	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	4:20 PM 1,920 Yards - Stress Value = 30		

Workout #17080 - Thursday, 05 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Shoulders
1,450	1 x 600 on 10:00 Underwater trn drill
1x{	1 x 200 on 3:30 Kick
	{6 x 25 on :30 Kick weak kick
	{2 x 150 on 2:35 Kick
	{6 x 25 on :30 Kick weak kick
	{3 x 100 on 1:40 Kick
	{6 x 25 on :30 Kick weak kick
	{1 x 50 on :50 Kick
	{6 x 25 on :30 Kick weak kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,750	1x{4 x 100 on 1:40 2 strokes fly off walls
	{3 x 100 on 1:35 2 strokes fly off walls
	{2 x 100 on 1:30 2 strokes fly off walls

Workout #17082 - Thursday, 05 March 2015

Taper 1 - Fly

1 minute rest between sets

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS/Shoulders
400 1 x 400 on 10:00 Underwater trn drill
900 1x{1 x 200 on 3:05 Kick
{4 x 25 on :30 Kick weak kick
{1 x 150 on 2:15 Kick
{4 x 25 on :30 Kick weak kick
{1 x 100 on 1:25 Kick
{4 x 25 on :30 Kick weak kick
{1 x 50 on :40 Kick
{4 x 25 on :30 Kick weak kick
100 2x{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 1:25 2 strokes fly off walls
{2 x 100 on 1:20 2 strokes fly off walls
{1 x 100 on 1:15 2 strokes fly off walls
{1 x 50 on 1:00 Freestyle
{3 x 100 on 1:20 3 strokes fly off walls
{2 x 100 on 1:15 3 strokes fly off walls
{1 x 100 on 1:10 3 strokes fly off walls
{1 x 50 on 1:00 Freestyle
{3 x 100 on 1:15 4 strokes fly off walls
{2 x 100 on 1:10 4 strokes fly off walls
{1 x 100 on 1:05 4 strokes fly off walls
200 1 x 200 on 3:00 Stroke Drills
4:56 PM 3,500 Yards - Stress Value = 54

400 1 x 400 on 10:00 Underwater trn drill
700 1x{1 x 200 on 4:10 Kick
{4 x 25 on :40 Kick weak kick
{1 x 150 on 3:05 Kick
{4 x 25 on :40 Kick weak kick
{1 x 100 on 2:00 Kick
{2 x 25 on :40 Kick weak kick
100 2x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400 1x{3 x 100 on 1:50 2 strokes fly off walls
{2 x 100 on 1:45 2 strokes fly off walls
{1 x 100 on 1:40 2 strokes fly off walls
{1 x 50 on 1:15 Freestyle
{1 x 100 on 1:50 3 strokes fly off walls
{2 x 100 on 1:45 3 strokes fly off walls
{1 x 100 on 1:40 3 strokes fly off walls
{1 x 50 on 1:15 Freestyle
{1 x 100 on 1:45 4 strokes fly off walls
{1 x 100 on 1:40 4 strokes fly off walls
{1 x 100 on 1:35 4 strokes fly off walls
200 1 x 200 on 3:00 Stroke Drills
4:57 PM 2,800 Yards - Stress Value = 40

Workout #17085 - Friday, 06 March 2015

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
Yards Set Description
=====
1 on 10:00 Dynamic Stretch
600 1 x 600 on 10:00 Reverse IM drill
1,200 1x{1 x 25 on :45 Kick on left side face down
{1 x 25 on :45 Kick on right side face down
{1 x 25 on :45 Kick on left side face up
{1 x 25 on :45 Kick on right side face up
{3 x 100 on 2:00 Kick-all under 1:20
{1 x 25 on :45 Kick on left side face down
{1 x 25 on :45 Kick on right side face down
{1 x 25 on :45 Kick on left side face up
{1 x 25 on :45 Kick on right side face up
{3 x 100 on 1:55 Kick-all under 1:20
{1 x 25 on :45 Kick on left side face down
{1 x 25 on :45 Kick on right side face down
{1 x 25 on :45 Kick on left side face up
{1 x 25 on :45 Kick on right side face up
{3 x 100 on 1:50 Kick-all under 1:20
100 1 x 100 on 1:30 Freestyle
2,400 1x{1 x 200 on 3:00 Individual Medley
{1 x 100 on 1:30 Individual Medley
{1 x 100 on 1:05 Freestyle
{1 x 100 on 1:25 Individual Medley
{1 x 100 on 1:10 Freestyle
{1 x 100 on 1:20 Individual Medley
{1 x 100 on 1:15 Freestyle
{1 x 100 on 1:15 Individual Medley
{1 x 100 on 1:20 Freestyle
{1 x 200 on 3:00 Individual Medley
{1 x 100 on 1:25 Individual Medley
{1 x 100 on 1:05 Freestyle
{1 x 100 on 1:20 Individual Medley
{1 x 100 on 1:10 Freestyle
{1 x 100 on 1:15 Individual Medley
{1 x 100 on 1:15 Freestyle
{1 x 200 on 3:00 Individual Medley
{1 x 100 on 1:20 Individual Medley
{1 x 100 on 1:05 Freestyle
{1 x 100 on 1:15 Freestyle
{1 x 100 on 1:10 Freestyle
250 1 x 200 on 4:00 Stroke Drills
4:59 PM 4,550 Yards - Stress Value = 66

Workout #17083 - Thursday, 05 March 2015

Taper 1 - Gold

1 minute rest between sets

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS/Shoulders
400 1 x 400 on 10:00 Underwater trn drill
850 1x{1 x 200 on 3:30 Kick
{4 x 25 on :30 Kick weak kick
{1 x 150 on 2:35 Kick
{4 x 25 on :30 Kick weak kick
{1 x 100 on 1:40 Kick
{4 x 25 on :30 Kick weak kick
{1 x 50 on :50 Kick
{2 x 25 on :30 Kick weak kick
100 2x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750 1x{3 x 100 on 1:35 2 strokes fly off walls
{2 x 100 on 1:30 2 strokes fly off walls
{1 x 100 on 1:25 2 strokes fly off walls
{1 x 50 on 1:00 Freestyle
{3 x 100 on 1:30 3 strokes fly off walls
{2 x 100 on 1:25 3 strokes fly off walls
{1 x 100 on 1:20 3 strokes fly off walls
{1 x 50 on 1:00 Freestyle
{1 x 50 on :45 4 strokes fly off walls
{2 x 100 on 1:25 4 strokes fly off walls
{1 x 100 on 1:20 4 strokes fly off walls
{1 x 100 on 1:15 4 strokes fly off walls
200 1 x 200 on 3:00 Stroke Drills
4:57 PM 3,300 Yards - Stress Value = 50

Workout #17084 - Thursday, 05 March 2015

Taper 1 - Silver

1 minute rest between sets

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS/Shoulders

Workout #17086 - Friday, 06 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start		
Yards	Set Description	F
=====	=====	=
	1 on 10:00 Dynamic Stretch	
600	1 x 600 on 10:00 Reverse IM drill	F
1,200	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 2:00 Kick-all under 1:30	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 1:55 Kick-all under 1:30	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
100	1 x 100 on 1:30 Freestyle	F
2,100	1x{1 x 200 on 3:20 Individual Medley	F
	{1 x 100 on 1:40 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:35 Individual Medley	F
	{1 x 100 on 1:20 Freestyle	F
	{1 x 100 on 1:30 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:25 Individual Medley	F
	{1 x 100 on 1:30 Freestyle	F
	{1 x 200 on 3:20 Individual Medley	F
	{1 x 100 on 1:35 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:30 Individual Medley	F
	{1 x 100 on 1:20 Freestyle	F
	{1 x 100 on 1:25 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 200 on 3:20 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
250	1 x 250 on 4:00 Stroke Drills	F
4:59	PM 4,250 Yards - Stress Value = 60	

{1 x 100 on 1:40 Individual Medley	F
{1 x 100 on 1:35 Freestyle	F
{1 x 200 on 3:40 Individual Medley	F
{1 x 100 on 1:45 Individual Medley	F
{1 x 100 on 1:25 Freestyle	F
{1 x 100 on 1:40 Individual Medley	F
{1 x 100 on 1:30 Freestyle	F
{1 x 100 on 1:35 Individual Medley	F
{1 x 100 on 1:35 Freestyle	F
{1 x 200 on 3:40 Individual Medley	F
1 x 250 on 4:00 Stroke Drills	F
4:58 PM 3,800 Yards - Stress Value = 52	

Workout #17089 - Monday, 09 March 2015

Taper 1 - Distance

1 minute rest between sets

3:30 PM Start		
Yards	Set Description	F
=====	=====	=
	1 on 25:00 DS/Physio Ball	
400	1 x 400 on 10:00 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	F
900	1x{4 x 25 on :30 Kick no board BSLR	F
	{1 x 150 on 2:30 Kick	F
	{4 x 25 on :30 Kick no board BSLR	F
	{2 x 150 on 2:25 Kick	F
	{4 x 25 on :30 Kick no board BSLR	F
	{1 x 150 on 2:20 Kick	F
900	1x{4 x 25 on :30 Pull 2 breaths each	F
	{1 x 150 on 2:00 Pulls-no br L.12 yds	F
	{4 x 25 on :30 Pull 2 breaths each	F
	{2 x 150 on 1:55 Pulls-no br L.12 yds	F
	{4 x 25 on :30 Pull 2 breaths each	F
	{1 x 150 on 1:50 Pulls-no br L.12 yds	F
100	2x{1 x 25 on :50 Sculling drills	F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	F
1,350	1x{1 x 250 on 2:55 Freestyle	F
	{6 x 50 on :45 Freestyle	F
	{1 x 250 on 2:55 Freestyle	F
	{6 x 50 on :50 Freestyle	F
	{1 x 250 on 2:55 Freestyle	F
250	1 x 250 on 4:00 Stroke Drills	F
5:15	PM 4,050 Yards - Stress Value = 90	

Workout #17087 - Friday, 06 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start		
Yards	Set Description	F
=====	=====	=
	1 on 10:00 Dynamic Stretch	
550	1 x 550 on 10:00 Reverse IM drill	F
1,100	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 2:15 Kick-all under 1:45	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 2:10 Kick-all under 1:45	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 2:10 Kick-all under 1:45	F
100	1 x 100 on 1:30 Freestyle	F
1,800	1x{1 x 200 on 3:40 Individual Medley	F
	{1 x 100 on 1:50 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:45 Individual Medley	F
	{1 x 100 on 1:30 Freestyle	F

Workout #17090 - Monday, 09 March 2015

Taper 1 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:40 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 800 1x{4 x 25 on :30 Pull 2 breaths each
 {1 x 150 on 2:15 Pulls-no br L.12 yds
 {4 x 25 on :30 Pull 2 breaths each
 {2 x 150 on 2:10 Pulls-no br L.12 yds
 {6 x 25 on :30 Pull 2 breaths each
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{1 x 250 on 3:20 Freestyle
 {6 x 50 on :45 Freestyle
 {1 x 250 on 3:20 Freestyle
 {5 x 50 on :50 Freestyle
 {1 x 250 on 3:20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,850 Yards - Stress Value = 84

Workout #17091 - Monday, 09 March 2015

Taper 1 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 350 1 x 350 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:10 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 150 on 3:05 Kick
 {2 x 25 on :35 Kick no board BS
 700 1x{4 x 25 on :35 Pull 2 breaths each
 {1 x 150 on 2:30 Pulls-no br L.12 yds
 {4 x 25 on :35 Pull 2 breaths each
 {2 x 150 on 2:25 Pulls-no br L.12 yds
 {2 x 25 on :35 Pull 2 breaths each
 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 250 on 3:45 Freestyle
 {5 x 50 on :50 Freestyle
 {1 x 250 on 3:45 Freestyle
 {5 x 50 on :55 Freestyle
 {1 x 200 on 2:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,450 Yards - Stress Value = 75

Workout #17092 - Tuesday, 10 March 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 750 1 x 750 on 9:30 Pulls alt 100 br toward

bleachers, 100 toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{5 x 100 on 1:15 Backstroke
 {4 x 25 on :30 Back Drill
 {4 x 100 on 1:10 Backstroke
 {4 x 25 on :30 Back Drill
 {2 x 100 on 1:05 Backstroke
 {4 x 25 on :30 Back Drill
 {1 x 100 on 1:05 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:09 PM 3,510 Yards - Stress Value = 45

Workout #17093 - Tuesday, 10 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 675 1 x 675 on 9:30 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{4 x 100 on 1:25 Backstroke
 {4 x 25 on :30 Back Drill
 {3 x 100 on 1:25 Backstroke
 {4 x 25 on :30 Back Drill
 {2 x 100 on 1:20 Backstroke
 {4 x 25 on :30 Back Drill
 {1 x 100 on 1:15 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:08 PM 3,235 Yards - Stress Value = 40

Workout #17094 - Tuesday, 10 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 350 1 x 350 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 625 1 x 625 on 9:30 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 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{4 x 100 on 1:40 Backstroke
 {4 x 25 on :35 Back Drill
 {3 x 100 on 1:40 Backstroke
 {4 x 25 on :35 Back Drill
 {2 x 100 on 1:35 Backstroke
 {2 x 25 on :35 Back Drill
 250 1 x 250 on 4:00 Stroke Drills
 5:09 PM 2,985 Yards - Stress Value = 37

Workout #17095 - Wednesday, 11 March 2015

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Abs
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
900	10 x 15 on :45 Shooters
1x{4 x 25 on :30 Kick no board B 12+1	
{1 x 50 on :40 Kick	
{4 x 25 on :30 Kick no board S 12+1	
{2 x 75 on 1:00 Kick	
{4 x 25 on :30 Kick no board L 12+1	
{3 x 100 on 1:20 Kick	
{4 x 25 on :30 Kick no board R 12+1	
750 1x{3 x 75 on 1:00 Lungbuster pulls	
{ br 5-6-7	
{3 x 75 on 1:00 Lungbuster pulls	
{ br 6-7-8	
{4 x 75 on 1:00 Lungbuster pulls	
{ br 7-8-9	
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{2 x 125 on 1:45 Breast L.25 3X pullouts	
{3 x 50 on :45 Breast 2k1p	
{2 x 125 on 1:40 Breast L.25 3X pullouts	
{3 x 50 on :50 Breast 3k1p	
{2 x 125 on 1:35 Breast L.25 3X pullouts	
{3 x 50 on :55 Breast 4k1p	
{2 x 125 on 1:30 Breast L.25 3X pullouts	
200 1 x 200 on 3:00 Stroke Drills	
5:11 PM	3,950 Yards - Stress Value = 60

Workout #17096 - Wednesday, 11 March 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Abs
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
800	10 x 15 on :45 Shooters
1x{4 x 25 on :30 Kick no board B 12+1	
{1 x 50 on :55 Kick	
{4 x 25 on :30 Kick no board S 12+1	
{2 x 75 on 1:20 Kick	
{4 x 25 on :30 Kick no board L 12+1	
{3 x 100 on 1:40 Kick	
650 1x{3 x 75 on 1:05 Lungbuster pulls	
{ br 4-5-6	
{3 x 75 on 1:05 Lungbuster pulls	
{ br 5-6-7	
{2 x 75 on 1:05 Lungbuster pulls	
{ br 6-7-8	
{1 x 50 on :45 Lungbuster pulls	
{ br 8-9	
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 2:00 Breast L.25 3X pullouts	
{3 x 50 on :50 Breast 2k1p	
{2 x 125 on 1:55 Breast L.25 3X pullouts	
{3 x 50 on :55 Breast 3k1p	
{2 x 125 on 1:50 Breast L.25 3X pullouts	
{2 x 50 on 1:00 Breast 4k1p	
{1 x 100 on 1:25 Breast L.25 3X pullouts	
200 1 x 200 on 3:00 Stroke Drills	
5:11 PM	3,550 Yards - Stress Value = 53

Workout #17097 - Wednesday, 11 March 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Abs
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
700	10 x 15 on :45 Shooters
1x{4 x 25 on :35 Kick no board B 12+1	
{1 x 50 on 1:00 Kick	
{4 x 25 on :35 Kick no board S 12+1	
{2 x 75 on 1:30 Kick	
{4 x 25 on :35 Kick no board L 12+1	
{2 x 100 on 2:00 Kick	
600 1x{3 x 75 on 1:15 Lungbuster pulls	
{ br 4-5-6	
{3 x 75 on 1:15 Lungbuster pulls	
{ br 5-6-7	
{1 x 75 on 1:15 Lungbuster pulls	
{ br 6-7-8	
{1 x 75 on 1:15 Lungbuster pulls	
{ br 7-8-9	
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{2 x 125 on 2:15 Breast L.25 3X pullouts	
{2 x 50 on :55 Breast 2k1p	
{2 x 125 on 2:10 Breast L.25 3X pullouts	
{2 x 50 on 1:00 Breast 3k1p	
{2 x 125 on 2:05 Breast L.25 3X pullouts	
{2 x 50 on 1:05 Breast 4k1p	
{2 x 50 on :50 Breast L.25 3X pullouts	
200 1 x 200 on 3:00 Stroke Drills	
5:11 PM	3,300 Yards - Stress Value = 49

Workout #17099 - Thursday, 12 March 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 10:00 Underwater trn drill
900	Odd 100's free even 100's back
100	10 x 15 on :45 Shooters
1x{3 x 100 on 1:40 Kick #1	
{3 x 100 on 1:50 Kick #2	
{3 x 100 on 2:00 Kick #3	
100 2x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,000 5x{8 x 25 on :25 Butterfly	
{1 on 1:00 Rest	
250 1 x 250 on 4:00 Stroke Drills	
5:04 PM	2,800 Yards - Stress Value = 44

Workout #17098 - Thursday, 12 March 2015

Group 3 - Race day warmup

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM	Start		
400	1 on 25:00 DS/Shoulders		L
120	1 x 400 on 10:00 Freestyle Drill	REC	D
300	8 x 15 on :45 Shooters	SP3	S
500	3 x 100 on 2:15 Kick L.25 build	EN2	K
300	10 x 50 on 1:00 Down Drill Back Build	EN1	S
50	12 x 25 on :40 Variable Speed	SP3	S
250	2 x 25 on 2:00 OTB	SP3	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
4:50 PM	1,920 Yards - Stress Value = 30		

Workout #17097 - Wednesday, 11 March 2015

Group 3 - Silver

1 minute rest between sets

Workout #17100 - Thursday, 12 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 800 1x{2 x 100 on 1:50 Kick #1
 {3 x 100 on 2:00 Kick #2
 {3 x 100 on 2:10 Kick #3
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 5x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 5:07 PM 2,700 Yards - Stress Value = 42

Workout #17101 - Thursday, 12 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 750 1x{3 x 50 on 1:00 Kick #1
 {3 x 100 on 2:10 Kick #2
 {3 x 100 on 2:20 Kick #3
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 5x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 5:11 PM 2,650 Yards - Stress Value = 41

Workout #17102 - Monday, 16 March 2015

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 800 1x{1 x 100 on 1:10 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {1 x 100 on 1:15 Pulls
 {2 x 50 on :55 Pulls-no br L.13 yds
 {1 x 100 on 1:20 Pulls
 {2 x 50 on :50 Pulls-no br L.14 yds
 {1 x 100 on 1:25 Pulls
 {2 x 50 on :45 Pulls-no br L.15 yds
 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{4 x 125 on 2:00 Freestyle
 {1 on 1:00 Rest
 {3 x 125 on 1:55 Freestyle
 {1 on 1:00 Rest
 {2 x 125 on 1:50 Freestyle

{1 on 1:00 Rest
 {1 x 125 on 1:45 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,700 Yards - Stress Value = 107

Workout #17103 - Monday, 16 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {1 x 50 on :55 Kick
 800 1x{1 x 100 on 1:20 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {1 x 100 on 1:25 Pulls
 {2 x 50 on :55 Pulls-no br L.13 yds
 {1 x 100 on 1:30 Pulls
 {2 x 50 on :50 Pulls-no br L.14 yds
 {1 x 100 on 1:35 Pulls
 {2 x 50 on :45 Pulls-no br L.15 yds
 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{4 x 125 on 2:00 Freestyle
 {1 on 1:00 Rest
 {3 x 125 on 1:55 Freestyle
 {1 on 1:00 Rest
 {2 x 125 on 1:50 Freestyle
 {1 on 1:00 Rest
 {1 x 125 on 1:45 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,600 Yards - Stress Value = 105

Workout #17104 - Monday, 16 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 750 1x{1 x 100 on 1:30 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {1 x 100 on 1:35 Pulls
 {2 x 50 on :55 Pulls-no br L.13 yds
 {1 x 100 on 1:40 Pulls
 {2 x 50 on :50 Pulls-no br L.14 yds
 {1 x 100 on 1:45 Pulls
 {1 x 50 on :45 Pulls-no br L.15 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{4 x 100 on 2:00 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:45 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,200 Yards - Stress Value = 87

Workout #17105 - Tuesday, 17 March 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 1 x 400 on 5:00 Kick as far as you can in 5:
 440 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {2 x 30 on 1:00 15 underwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 35/25
 {2 x 30 on :55 15 undwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 40/20
 {2 x 30 on :50 15 underwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 45/15
 {2 x 30 on :45 15 underwater 15 sprint free
 600 1x{1 x 200 on 2:35 Pulls BTB
 {2 x 150 on 1:55 Pulls BTB
 {1 x 100 on 1:15 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 2x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:16 Backstroke
 {1 x 100 on 1:11 Backstroke
 {1 x 100 on 1:06 Backstroke
 {1 x 100 on 1:42 Freestyle
 {1 x 50 on 2:15 Back-100%, min 8 KOW
 200 1 x 200 on 3:00 Stroke Drills
 5:11 PM 3,390 Yards - Stress Value = 52

Workout #17106 - Tuesday, 17 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description

=====

1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 1 x 400 on 5:00 Kick as far as you can in 5:
 440 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {2 x 30 on 1:00 15 underwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 35/25
 {2 x 30 on :55 15 undwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 40/20
 {2 x 30 on :50 15 underwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 45/15
 {2 x 30 on :45 15 underwater 15 sprint free
 550 1x{1 x 200 on 2:50 Pulls BTB
 {1 x 150 on 2:05 Pulls BTB
 {2 x 100 on 1:20 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 2x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:26 Backstroke
 {1 x 100 on 1:21 Backstroke
 {1 x 100 on 1:16 Backstroke
 {1 x 50 on 1:12 Freestyle
 {1 x 50 on 2:15 Back-100%, min 8 KOW
 200 1 x 200 on 3:00 Stroke Drills
 5:11 PM 3,240 Yards - Stress Value = 51

Workout #17107 - Tuesday, 17 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 1 x 400 on 5:00 Kick as far as you can in 5:
 440 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {2 x 30 on 1:00 15 underwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 35/25
 {2 x 30 on :55 15 undwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 40/20
 {2 x 30 on :50 15 underwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 45/15
 {2 x 30 on :45 15 underwater 15 sprint free
 500 1x{1 x 200 on 3:10 Pulls BTB
 {1 x 150 on 2:20 Pulls BTB
 {2 x 75 on 1:10 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 2x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:29 Backstroke
 {1 x 100 on 1:27 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 25 on :54 Free-12.5 then turn back
 {1 x 50 on 2:15 Back-100%, min 8 KOW
 200 1 x 200 on 3:00 Stroke Drills
 5:11 PM 3,140 Yards - Stress Value = 50

Workout #17108 - Wednesday, 18 March 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,200 1x{6 x 25 on :30 Sprint Kick #1
 {1 x 150 on 3:00 Kick #3
 {1 x 150 on 3:00 Kick #2
 {6 x 25 on :30 Sprint Kick #1
 {1 x 125 on 2:25 Kick #3
 {1 x 125 on 2:25 Kick #2
 {6 x 25 on :30 Sprint Kick #1
 {1 x 100 on 1:50 Kick #3
 {1 x 100 on 1:50 Kick #2
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{3 x 100 on 1:15 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:15 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 5:09 PM 3,350 Yards - Stress Value = 55

Workout #17109 - Wednesday, 18 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,150 1x{6 x 25 on :30 Sprint Kick #1
 {2 x 125 on 2:35 Kick #3
 {2 x 125 on 2:35 Kick #2
 {6 x 25 on :30 Sprint Kick #1
 {2 x 100 on 2:00 Kick #3
 {3 x 50 on 1:00 Kick #2
 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{3 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:25 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 5:10 PM 3,200 Yards - Stress Value = 53

Workout #17110 - Wednesday, 18 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,050 1x{6 x 25 on :35 Sprint Kick #1
 {2 x 125 on 2:50 Kick #3

{2 x 125 on 2:50 Kick #2
 {6 x 25 on :35 Sprint Kick #1
 {1 x 100 on 2:10 Kick #3
 {2 x 75 on 1:35 Kick #2
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{3 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:40 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 5:10 PM 2,900 Yards - Stress Value = 47

Workout #17111 - Thursday, 19 March 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shldrs
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 125 on 2:00 Kick L.25 100%
 {6 x 25 on :30 Kick no board B
 {1 x 125 on 1:55 Kick L.25 100%
 {6 x 25 on :30 Kick no board S
 {1 x 125 on 1:50 Kick L.25 100%
 {6 x 25 on :30 Kick no board L
 {1 x 125 on 1:45 Kick L.25 100%
 {6 x 25 on :30 Kick no board R
 600 3 x 200 on 2:30 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{5 x 75 on 1:05 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {4 x 75 on 1:00 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on :55 Fly-25L25R25B
 {4 x 25 on :30 Fly-5-7-9-11 KOW
 200 1 x 200 on 3:00 Stroke Drills
 5:12 PM 3,750 Yards - Stress Value = 56

Workout #17114 - Thursday, 19 March 2015

Group 3 - Age Group State

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 25:00 DS/Shoulders L
 400 1 x 400 on 10:00 Freestyle Drill REC D
 120 8 x 15 on :45 Shooters SP3 S
 300 3 x 100 on 2:15 Kick L.25 build EN2 K
 500 10 x 50 on 1:00 Down Drill Back Build EN1 S
 300 12 x 25 on :40 Variable Speed SP3 S
 50 2 x 25 on 2:00 OTB SP3 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 4:50 PM 1,920 Yards - Stress Value = 30

Workout #17112 - Thursday, 19 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shldrs
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 125 on 2:15 Kick L.25 100%
 {6 x 25 on :30 Kick no board B
 {1 x 125 on 2:10 Kick L.25 100%
 {6 x 25 on :30 Kick no board S
 {1 x 125 on 2:05 Kick L.25 100%
 {4 x 25 on :30 Kick no board L
 {2 x 100 on 1:40 Kick L.25 100%
 {3 x 25 on :30 Kick no board R
 525 3 x 175 on 2:30 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,125 1x{4 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {4 x 75 on 1:10 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on 1:05 Fly-25L25R25B
 {4 x 25 on :30 Fly 5-7-9-11 KOW
 200 1 x 200 on 3:00 Stroke Drills
 5:12 PM 3,550 Yards - Stress Value = 53

{2 x 75 on 1:10 Back 25L 25R 25B E
 {3 x 100 on 1:15 Individual Medley E
 {2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk E
 {2 x 100 on 1:10 Individual Medley E
 {2 x 75 on 1:05 Fr 25scldsdfst25catchup25reg E
 750 1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds E
 {1 x 175 on 2:20 Pulls-nbbf&w + 2 yds E
 {1 x 150 on 2:00 Pulls-nbbf&w + 2 yds E
 {1 x 125 on 1:40 Pulls-nbbf&w + 2 yds E
 {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds E
 800 1x{2 x 25 on :30 Kick no board B E
 {1 x 100 on 1:30 Kick E
 {2 x 25 on :30 Kick no board S E
 {2 x 100 on 1:30 Kick E
 {2 x 25 on :30 Kick no board L E
 {3 x 100 on 1:30 Kick E
 {2 x 25 on :30 Kick no board R E
 250 1 x 250 on 4:00 Stroke Drills F
 4:50 PM 3,750 Yards - Stress Value = 58

Workout #17116 - Friday, 20 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,350 1x{1 x 100 on 1:30 Individual Medley
 {2 x 75 on 1:15 Fly-25L 25R 25 B
 {2 x 100 on 1:25 Individual Medley
 {2 x 75 on 1:15 Back 25L 25R 25B
 {3 x 100 on 1:20 Individual Medley
 {2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk
 {2 x 100 on 1:15 Individual Medley
 {2 x 50 on :50 Fr 25scldsdfst25catchup
 700 1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds
 {1 x 175 on 2:30 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 50 on :40 Pulls-nbbf&w + 2 yds
 700 1x{2 x 25 on :30 Kick no board B
 {1 x 100 on 1:45 Kick
 {2 x 25 on :30 Kick no board S
 {2 x 100 on 1:45 Kick
 {2 x 25 on :30 Kick no board L
 {2 x 100 on 1:45 Kick
 250 1 x 250 on 4:00 Stroke Drills
 4:50 PM 3,550 Yards - Stress Value = 54

EGY WOF
 === ==
 REC
 SP3
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 REC

Workout #17113 - Thursday, 19 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DSShldrs
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 925 1x{1 x 125 on 2:30 Kick L.25 100%
 {6 x 25 on :35 Kick no board B
 {1 x 125 on 2:25 Kick L.25 100%
 {6 x 25 on :35 Kick no board S
 {1 x 100 on 1:55 Kick L.25 100%
 {4 x 25 on :35 Kick no board L
 {1 x 75 on 1:25 Kick L.25 100%
 {4 x 25 on :35 Kick no board R
 450 3 x 150 on 2:30 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 975 1x{4 x 75 on 1:25 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {3 x 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {2 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 200 1 x 200 on 3:00 Stroke Drills
 5:12 PM 3,200 Yards - Stress Value = 47

Workout #17115 - Friday, 20 March 2015

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 100 on 1:25 Individual Medley
 {2 x 75 on 1:10 Fly-25L 25R 25 B
 {2 x 100 on 1:20 Individual Medley

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Workout #17117 - Friday, 20 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{1 x 100 on 1:40 Individual Medley	EN2	
	{2 x 75 on 1:15 Fly-25L 25R 25 B	EN2	
	{2 x 100 on 1:35 Individual Medley	EN2	
	{2 x 75 on 1:15 Back 25L 25R 25B	EN2	
	{3 x 100 on 1:30 Individual Medley	EN2	
	{2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	EN2	
	{2 x 100 on 1:25 Individual Medley	EN2	
650	1x{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 175 on 2:40 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
600	1x{2 x 25 on :35 Kick no board B	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{2 x 25 on :35 Kick no board S	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{2 x 25 on :35 Kick no board L	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 25 on :35 Kick no board R	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	4:50 PM 3,300 Yards - Stress Value = 50		

Workout #17118 - Monday, 23 March 2015

Group 3 - Distance

1 minute rest between sets

9:00 AM Start

Yards	Set Description	EGY	WOF
=====	=====		
	1 on 25:00 DS/Physio Ball		
400	1 x 400 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,200	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:30 Kick		
	{1 x 100 on 1:40 Kick		
	{1 x 50 on :50 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:30 Kick		
	{1 x 100 on 1:40 Kick		
	{1 x 50 on :50 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:30 Kick		
	{1 x 100 on 1:40 Kick		
	{1 x 50 on :50 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,500	1x{1 x 500 on 6:40 Free L.25 of each 100 6BK		
	{1 x 400 on 5:20 Free descend 100's		
	{1 x 300 on 4:00 Free SFBO SW/3KOBHW		
	{1 x 200 on 2:40 Free-build each 50		
	{1 x 100 on 1:20 Free-100%		
250	1 x 250 on 4:00 Stroke Drills		
	10:36 AM 3,600 Yards - Stress Value = 46		

Workout #17119 - Monday, 23 March 2015

Group 3 - Gold

1 minute rest between sets

9:00 AM Start

Yards	Set Description	EGY	WOF
=====	=====		
	1 on 25:00 DS/Physio Ball		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,050	1x{4 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 2:45 Kick		

	{1 x 100 on 1:50 Kick		
	{1 x 50 on :55 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 2:45 Kick		
	{1 x 100 on 1:50 Kick		
	{1 x 50 on :55 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 2:45 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,300	1x{1 x 500 on 7:30 Free L.25 of each 100 6BK		
	{1 x 400 on 6:00 Free descend 100's		
	{1 x 300 on 4:30 Free SFBO SW/3KOBHW		
	{1 x 100 on 1:30 Free-100%		
250	1 x 250 on 4:00 Stroke Drills		
	10:36 AM 3,450 Yards - Stress Value = 41		

Workout #17120 - Monday, 23 March 2015

Group 3 - Silver

1 minute rest between sets

9:00 AM Start

Yards	Set Description	EGY	WOF
=====	=====		
	1 on 25:00 DS/Physio Ball		
400	1 x 400 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
950	1x{4 x 25 on :40 Kick no board BSLR		
	{1 x 150 on 3:00 Kick		
	{1 x 100 on 2:00 Kick		
	{1 x 50 on 1:00 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{1 x 150 on 3:00 Kick		
	{1 x 100 on 2:00 Kick		
	{1 x 50 on 1:00 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{1 x 50 on 1:00 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	1x{1 x 500 on 8:20 Free L.25 of each 100 6BK		
	{1 x 400 on 6:40 Free descend 100's		
	{1 x 200 on 3:20 Free build each 50		
	{1 x 100 on 1:40 Free-100%		
250	1 x 250 on 4:00 Stroke Drills		
	10:36 AM 3,050 Yards - Stress Value = 38		

Workout #17121 - Tuesday, 24 March 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no board BSLR-16
 {2 x 100 on 1:20 Kick
 {4 x 25 on :40 Kick no board BSLR-15
 {2 x 100 on 1:25 Kick
 {4 x 25 on :35 Kick no board BSLR-14
 {2 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR-13
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 200 on 3:00 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:10 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:25 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :40 Breaststroke
 {8 x 25 on :30 Breast 2X pullouts
 250 1 x 250 on 4:00 Stroke Drills
 5:09 PM 3,400 Yards - Stress Value = 41

Workout #17122 - Tuesday, 24 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :45 Kick no board BSLR-16
 {2 x 100 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR-15
 {2 x 100 on 1:40 Kick
 {4 x 25 on :35 Kick no board BSLR-14
 {2 x 100 on 1:45 Kick
 {2 x 25 on :30 Kick no board BS-13
 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 200 on 3:15 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:25 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:35 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :45 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 250 1 x 250 on 4:00 Stroke Drills
 5:09 PM 3,300 Yards - Stress Value = 40

Workout #17123 - Tuesday, 24 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board BSLR-16
 {2 x 100 on 1:50 Kick
 {4 x 25 on :40 Kick no board BSLR-15
 {2 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board BSLR-14

{1 x 100 on 2:00 Kick
 {2 x 25 on :35 Kick no board BS-13
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{1 x 200 on 3:40 Breaststroke
 {2 x 25 on :35 Breast 2X pullouts
 {2 x 150 on 2:40 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {3 x 100 on 1:45 Breaststroke
 {6 x 25 on :35 Breast 2X pullouts
 {4 x 50 on :50 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:09 PM 3,050 Yards - Stress Value = 36

Workout #17124 - Wednesday, 25 March 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 1:40 Kick-odds fast
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{1 x 150 on 2:00 Backstroke
 {1 x 125 on 2:00 Back R.10sec at 100
 { L.25 10 KOW-100% Effort EBO
 {1 x 150 on 2:00 Backstroke
 {2 x 125 on 2:00 Same as above
 {1 x 150 on 2:00 Backstroke
 {3 x 125 on 2:00 Same as above
 {1 x 150 on 2:00 Backstroke
 {4 x 125 on 2:00 Same as above
 250 1 x 250 on 4:00 Stroke Drills
 5:05 PM 3,650 Yards - Stress Value = 69

Workout #17127 - Wednesday, 25 March 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 50 on :45 Kick
 {2 x 100 on 2:00 Kick 2 weakest kicks
 {1 x 50 on :45 Kick
 {2 x 100 on 1:55 Kick 2 weakest kicks
 {1 x 50 on :45 Kick
 {2 x 100 on 1:50 Kick 2 weakest kicks
 {1 x 50 on :45 Kick
 {2 x 100 on 1:45 Kick 2 weakest kicks
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 6x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 5:09 PM 3,100 Yards - Stress Value = 50

Workout #17125 - Wednesday, 25 March 2015

5:05 PM 3,250 Yards - Stress Value = 62

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/abs
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 1:50 Kick-odds fast
 only do a 50 on #7
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 150 on 2:15 Backstroke
 {1 x 125 on 2:05 Back R.10sec at 100
 { L.25 10 KOW-100% Effort EBO
 {1 x 150 on 2:15 Backstroke
 {2 x 125 on 2:05 Same as above
 {1 x 150 on 2:15 Backstroke
 {3 x 125 on 2:05 Same as above
 {1 x 150 on 2:15 Backstroke
 {4 x 100 on 1:40 Same as above
 250 1 x 250 on 4:00 Stroke Drills
 5:07 PM 3,550 Yards - Stress Value = 67

Workout #17129 - Wednesday, 25 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 800 1x{1 x 50 on 1:00 Kick
 {2 x 100 on 2:20 Kick 2 weakest kicks
 {1 x 50 on 1:00 Kick
 {2 x 100 on 2:15 Kick 2 weakest kicks
 {1 x 50 on 1:00 Kick
 {2 x 100 on 2:10 Kick 2 weakest kicks
 {1 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 5x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 only do 4 on 5th round
 250 1 x 250 on 5:00 Stroke Drills
 5:13 PM 2,850 Yards - Stress Value = 42

Workout #17128 - Wednesday, 25 March 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 900 1x{1 x 50 on :50 Kick
 {2 x 100 on 2:10 Kick 2 weakest kicks
 {1 x 50 on :50 Kick
 {2 x 100 on 2:05 Kick 2 weakest kicks
 {2 x 50 on :50 Kick
 {2 x 100 on 2:00 Kick 2 weakest kicks
 {2 x 50 on :50 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 5x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 do 10 on round 5
 250 1 x 250 on 5:00 Stroke Drills
 5:09 PM 3,000 Yards - Stress Value = 44

Workout #17130 - Monday, 13 April 2015

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 25:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Sprint kick SP3
 2,250 1x{1 x 50 on 1:00 Kick EN1
 {1 x 50 on :45 Pulls EN1
 {1 x 50 on :45 Freestyle EN1
 {2 x 50 on 1:00 Kick EN1
 {2 x 50 on :45 Pulls EN1
 {2 x 50 on :45 Freestyle EN1
 {3 x 50 on 1:00 Kick EN1
 {3 x 50 on :45 Pulls EN1
 {3 x 50 on :45 Freestyle EN1
 {4 x 50 on 1:00 Kick EN1
 {4 x 50 on :45 Pulls EN1
 {4 x 50 on :45 Freestyle EN1
 {5 x 50 on 1:00 Kick EN1
 {5 x 50 on :45 Pulls EN1
 {5 x 50 on :45 Freestyle EN1
 200 8 x 25 on :40 Stroke Drills REC
 5:00 PM 3,200 Yards - Stress Value = 27

Workout #17126 - Wednesday, 25 March 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick odds fast
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 150 on 2:30 Backstroke
 {1 x 125 on 2:15 Back R.10sec at 100
 { L.25 10 KOW-100% Effort EBO
 {1 x 150 on 2:30 Backstroke
 {2 x 125 on 2:15 Same as above
 {1 x 150 on 2:30 Backstroke
 {3 x 125 on 2:15 Same as above
 {1 x 150 on 2:30 Backstroke
 {2 x 125 on 2:15 Same as above
 250 1 x 250 on 4:00 Stroke Drills

Workout #17131 - Monday, 13 April 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
600	1 on 25:00 DS/Physio Balls		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
2,100	10 x 15 on :45 Spinners	SP3	
	1x{1 x 50 on 1:00 Kick	EN1	
	{1 x 50 on :50 Pulls	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	{2 x 50 on :50 Pulls	EN1	
	{2 x 50 on :50 Freestyle	EN1	
	{3 x 50 on 1:00 Kick	EN1	
	{3 x 50 on :50 Pulls	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{4 x 50 on 1:00 Kick	EN1	
	{4 x 50 on :50 Pulls	EN1	
	{4 x 50 on :50 Freestyle	EN1	
	{5 x 50 on 1:00 Kick	EN1	
	{4 x 50 on :50 Pulls	EN1	
200	{3 x 50 on :50 Freestyle	EN1	
	8 x 25 on :40 Stroke Drills	REC	
	5:00 PM 3,050 Yards - Stress Value = 27		

{4 x 50 on 1:15 Kick	EN1
{4 x 50 on 1:00 Pulls	EN1
{4 x 50 on 1:00 Freestyle	EN1
{2 x 50 on 1:15 Kick	EN1
{2 x 50 on 1:00 Pulls	EN1
{1 x 50 on 1:00 Freestyle	EN1
8 x 25 on :40 Stroke Drills	REC
5:00 PM 2,600 Yards - Stress Value = 23	

Workout #17134 - Tuesday, 14 April 2015

Group 3 - Back

1 minute rest between sets

Yards	Set Description
600	1 on 25:00 DS/Core
300	1 x 600 on 10:00 Top Hat Drill
400	6 x 50 on 2:00 Freestyle
100	1 x 400 on 5:00 Kick as far as you can
1,400	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{2 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{3 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{4 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
250	1 x 250 on 4:00 Stroke Drills
	5:00 PM 3,050 Yards - Stress Value = 50

Workout #17132 - Monday, 13 April 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
550	1 on 25:00 DS/Physio Balls		
150	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
1,900	10 x 15 on :45 Spinners	SP3	
	1x{1 x 50 on 1:05 Kick	EN1	
	{1 x 50 on :55 Pulls	EN1	
	{1 x 50 on :55 Freestyle	EN1	
	{2 x 50 on 1:05 Kick	EN1	
	{2 x 50 on :55 Pulls	EN1	
	{2 x 50 on :55 Freestyle	EN1	
	{3 x 50 on 1:05 Kick	EN1	
	{3 x 50 on :55 Pulls	EN1	
	{3 x 50 on :55 Freestyle	EN1	
	{4 x 50 on 1:05 Kick	EN1	
	{4 x 50 on :55 Pulls	EN1	
	{4 x 50 on :55 Freestyle	EN1	
	{4 x 50 on 1:05 Kick	EN1	
	{2 x 50 on :55 Pulls	EN1	
	{2 x 50 on :55 Freestyle	EN1	
200	8 x 25 on :40 Stroke Drills	REC	
	5:00 PM 2,800 Yards - Stress Value = 25		

Workout #17135 - Tuesday, 14 April 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
600	1 on 25:00 DS/Core
300	1 x 600 on 10:00 Top Hat Drill
400	6 x 50 on 2:00 Freestyle
100	1 x 400 on 5:00 Kick as far as you can
1,300	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 100 on 1:40 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{2 x 100 on 1:40 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{3 x 100 on 1:40 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{3 x 100 on 1:40 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
250	1 x 250 on 4:00 Stroke Drills
	5:00 PM 2,950 Yards - Stress Value = 49

Workout #17133 - Monday, 13 April 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
500	1 on 25:00 DS/Physio Balls		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
1,750	10 x 15 on :45 Spinners	SP3	
	1x{1 x 50 on 1:15 Kick	EN1	
	{1 x 50 on 1:00 Pulls	EN1	
	{1 x 50 on 1:00 Freestyle	EN1	
	{2 x 50 on 1:15 Kick	EN1	
	{2 x 50 on 1:00 Pulls	EN1	
	{2 x 50 on 1:00 Freestyle	EN1	
	{3 x 50 on 1:15 Kick	EN1	
	{3 x 50 on 1:00 Pulls	EN1	
	{3 x 50 on 1:00 Freestyle	EN1	

Workout #17136 - Tuesday, 14 April 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
550	1 on 25:00 DS/Core
300	1 x 550 on 10:00 Top Hat Drill
400	6 x 50 on 2:00 Freestyle
100	1 x 400 on 5:00 Kick as far as you can
1,150	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 100 on 1:50 Backstroke 4 x 25 on :45 Back 12yds under -1 kick 2 x 100 on 1:50 Backstroke 4 x 25 on :45 Back 12yds under -1 kick 3 x 100 on 1:50 Backstroke 4 x 25 on :45 Back 12yds under -1 kick 2 x 100 on 1:50 Backstroke 2 x 25 on :45 Back 12yds under -1 kick
250	1 x 250 on 4:00 Stroke Drills
5:00 PM	2,750 Yards - Stress Value = 47

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
600	1 on 25:00 DS/TRX Bands
120	1 x 600 on 10:00 Free L.25 of each 100 Non F
550	8 x 15 on 1:00 15m under #5-8 w/fins
100	1x{2 x 100 on 2:00 Kick 2 x 100 on 1:55 Kick 2 x 75 on 1:25 Kick
1,300	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{2 x 150 on 2:45 2K1P w/ tennis balls 4 x 25 on :40 Brst with paddles "X"pullouts 2 x 150 on 2:40 2K1P w/ tennis balls 4 x 25 on :40 Brst w/paddles "X"pullouts 2 x 150 on 2:35 2K1P w/ tennis balls 4 x 25 on :40 Brst w/paddles "X"pullouts 1 x 100 on 1:40 2K1P w/tennis balls
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,870 Yards - Stress Value = 29

Workout #17137 - Tuesday, 14 April 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
500	1 on 25:00 DS/Core
300	1 x 500 on 10:00 Top Hat Drill
400	6 x 50 on 2:00 Freestyle
100	1 x 400 on 5:00 Kick as far as you can
1,050	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 100 on 2:05 Backstroke 4 x 25 on :45 Back 12yds under -1 kick 2 x 100 on 2:05 Backstroke 4 x 25 on :45 Back 12yds under -1 kick 3 x 100 on 2:05 Backstroke 4 x 25 on :45 Back 12yds under -1 kick 1 x 100 on 2:05 Backstroke 2 x 25 on :45 Back 12yds under -1 kick
250	1 x 250 on 4:00 Stroke Drills
5:00 PM	2,600 Yards - Stress Value = 46

Workout #17140 - Wednesday, 15 April 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
550	1 on 25:00 DS/TRX Bands
120	1 x 550 on 10:00 Free L.25 of each 100 Non F
500	8 x 15 on 1:00 15m under #5-8 w/fins
100	1x{2 x 100 on 2:10 Kick 2 x 100 on 2:05 Kick 2 x 50 on 1:00 Kick
1,250	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{2 x 150 on 2:55 2K1P w/ tennis balls 4 x 25 on :40 Brst with paddles "X"pullouts 2 x 150 on 2:50 2K1P w/ tennis balls 4 x 25 on :40 Brst w/paddles "X"pullouts 2 x 150 on 2:45 2K1P w/ tennis balls 4 x 25 on :40 Brst w/paddles "X"pullouts 1 x 50 on :55 2K1P w/tennis balls
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,720 Yards - Stress Value = 27

Workout #17138 - Wednesday, 15 April 2015

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
600	1 on 25:00 DS/TRX Bands
120	1 x 600 on 10:00 Free L.25 of each 100 Non F
600	8 x 15 on 1:00 15m under #5-8 w/fins
100	1x{2 x 100 on 1:50 Kick 2 x 100 on 1:45 Kick 2 x 100 on 1:40 Kick
1,350	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{2 x 150 on 2:35 2K1P w/ tennis balls 4 x 25 on :40 Brst with paddles "X"pullouts 2 x 150 on 2:30 2K1P w/ tennis balls 4 x 25 on :40 Brst w/paddles "X"pullouts 2 x 150 on 2:25 2K1P w/ tennis balls 4 x 25 on :40 Brst w/paddles "X"pullouts 1 x 150 on 2:20 2K1P w/tennis balls
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,970 Yards - Stress Value = 31

Workout #17141 - Wednesday, 15 April 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
500	1 on 25:00 DS/TRX Bands
120	1 x 500 on 10:00 Free L.25 of each 100 Non F
450	8 x 15 on 1:00 15m under #5-8 w/fins
100	1x{2 x 100 on 2:25 Kick 2 x 100 on 2:20 Kick 1 x 50 on 1:10 Kick
1,050	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 150 on 3:30 2K1P w/ tennis balls 4 x 25 on :45 Brst with paddles "X"pullouts 2 x 150 on 3:25 2K1P w/ tennis balls 4 x 25 on :45 Brst w/paddles "X"pullouts 2 x 150 on 3:20 2K1P w/ tennis balls 4 x 25 on :45 Brst w/paddles "X"pullouts
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,420 Yards - Stress Value = 25

Workout #17139 - Wednesday, 15 April 2015

Workout #17142 - Thursday, 16 April 2015

Group 3 - Fly

1 minute rest between sets

		3:30 PM Start	
Yards	Set Description	Yards	Set Description
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back	550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
140	7 x 20 on 1:00 Underwater fly kick w/fins All kick no boards must go min 15m underwat	140	7 x 20 on 1:00 Underwater fly kick w/fins All kick no boards must go min 15m underwat
1,150	1x{4 x 25 on :45 Kick no board S {2 x 125 on 2:15 Kick {4 x 25 on :45 Kick no board S {2 x 125 on 2:10 Kick {4 x 25 on :45 Kick no board S {2 x 125 on 2:05 Kick {4 x 25 on :45 Kick no board S	1,000	1x{4 x 25 on :45 Kick no board S {2 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board S {2 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board S {2 x 100 on 2:00 Kick {4 x 25 on :45 Kick no board S
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{1 x 50 on 1:00 Fly w/free kick 25 {1 x 50 on 1:00 Fly w/free kick 30 {1 x 50 on 1:00 Fly w/free kick 35 {1 x 50 on 1:00 Fly w/free kick 40 {1 x 50 on 1:00 Fly w/free kick 45 {1 x 50 on 1:00 Fly w/free kick 50 {1 x 50 on :55 Fly w/free kick 25 {1 x 50 on :55 Fly w/free kick 30 {1 x 50 on :55 Fly w/free kick 35 {1 x 50 on :55 Fly w/free kick 40 {1 x 50 on :55 Fly w/free kick 45 {1 x 50 on :55 Fly w/free kick 50	550	1x{1 x 50 on 1:05 Fly w/free kick 25 {1 x 50 on 1:05 Fly w/free kick 30 {1 x 50 on 1:05 Fly w/free kick 35 {1 x 50 on 1:05 Fly w/free kick 40 {1 x 50 on 1:05 Fly w/free kick 45 {1 x 50 on 1:05 Fly w/free kick 50 {1 x 50 on 1:00 Fly w/free kick 30 {1 x 50 on 1:00 Fly w/free kick 35 {1 x 50 on 1:00 Fly w/free kick 40 {1 x 50 on 1:00 Fly w/free kick 45 {1 x 50 on 1:00 Fly w/free kick 50
200	1 x 200 on 3:00 Stroke Drills	200	1 x 200 on 3:00 Stroke Drills
5:00 PM	2,790 Yards - Stress Value = 41	5:00 PM	2,540 Yards - Stress Value = 37

Workout #17145 - Thursday, 16 April 2015

Group 3 - Bronze

1 minute rest between sets

Workout #17143 - Thursday, 16 April 2015

Group 3 - Gold

1 minute rest between sets

		3:30 PM Start	
Yards	Set Description	Yards	Set Description
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back	500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
140	7 x 20 on 1:00 Underwater fly kick w/fins All kick no boards must go min 15m underwat	140	7 x 20 on 1:00 Underwater fly kick w/fins All kick no boards must go min 15m underwat
1,050	1x{4 x 25 on :45 Kick no board S {2 x 125 on 2:25 Kick {4 x 25 on :45 Kick no board S {2 x 125 on 2:20 Kick {4 x 25 on :45 Kick no board S {1 x 150 on 2:45 Kick {4 x 25 on :45 Kick no board S	950	1x{4 x 25 on :45 Kick no board S {2 x 100 on 2:25 Kick {4 x 25 on :45 Kick no board S {2 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board S {2 x 75 on 1:40 Kick {4 x 25 on :45 Kick no board S
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{1 x 50 on 1:00 Fly w/free kick 25 {1 x 50 on 1:00 Fly w/free kick 30 {1 x 50 on 1:00 Fly w/free kick 35 {1 x 50 on 1:00 Fly w/free kick 40 {1 x 50 on 1:00 Fly w/free kick 45 {1 x 50 on 1:00 Fly w/free kick 50 {1 x 50 on :55 Fly w/free kick 25 {1 x 50 on :55 Fly w/free kick 30 {1 x 50 on :55 Fly w/free kick 35 {1 x 50 on :55 Fly w/free kick 40 {1 x 50 on :55 Fly w/free kick 45 {1 x 50 on :55 Fly w/free kick 50	500	1x{1 x 50 on 1:15 Fly w/free kick 25 {1 x 50 on 1:15 Fly w/free kick 30 {1 x 50 on 1:15 Fly w/free kick 35 {1 x 50 on 1:15 Fly w/free kick 40 {1 x 50 on 1:15 Fly w/free kick 45 {1 x 50 on 1:10 Fly w/free kick 25 {1 x 50 on 1:10 Fly w/free kick 30 {1 x 50 on 1:10 Fly w/free kick 35 {1 x 50 on 1:10 Fly w/free kick 40 {1 x 50 on 1:10 Fly w/free kick 45
200	1 x 200 on 3:00 Stroke Drills	200	1 x 200 on 3:00 Stroke Drills
5:00 PM	2,690 Yards - Stress Value = 39	5:01 PM	2,390 Yards - Stress Value = 35

Workout #17144 - Thursday, 16 April 2015

Group 3 - Silver

1 minute rest between sets

Workout #17146 - Friday, 17 April 2015

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Vertical Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 7 x 300 on 4:30 Individual Medley
 15m yds fly uderwater-1st 25 of the fly
 2nd 25 of back, 3rd 25 of free
 250 5 x 50 on 1:00 Stroke Drills
 5:00 PM 3,800 Yards - Stress Value = 65

Workout #17147 - Friday, 17 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Vertical Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{6 x 300 on 5:00 Individual Medley
 { 15m yds fly uderwater-1st 25 of the fly
 { 2nd 25 of back, 3rd 25 of free
 {1 x 100 on 1:30 IM-Great Effort
 250 5 x 50 on 1:00 Stroke Drills
 5:00 PM 3,600 Yards - Stress Value = 61

Workout #17148 - Friday, 17 April 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Vertical Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 6 x 300 on 5:30 Individual Medley
 15m yds fly uderwater-1st 25 of the fly
 2nd 25 of back, 3rd 25 of free
 250 5 x 50 on 1:00 Stroke Drills
 5:01 PM 3,450 Yards - Stress Value = 59

Workout #17149 - Friday, 17 April 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Vertical Kick
 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{5 x 300 on 6:00 Individual Medley
 { 15m yds fly uderwater-1st 25 of the fly
 { 2nd 25 of back, 3rd 25 of free

{1 x 100 on 2:00 IM Great Effort
 250 5 x 50 on 1:00 Stroke Drills
 5:00 PM 3,200 Yards - Stress Value = 55

Workout #17150 - Monday, 20 April 2015

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 All BSLR, min 15m underwater
 800 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:30 Kick best effort
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 1:35 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Kick best effort
 600 1 x 600 on 8:00 Pulls-no br L.12 yds
 of each 100
 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 150 on 2:00 Freestyle
 {4 x 125 on 1:40 Freestyle
 {4 x 100 on 1:20 Freestyle
 {4 x 75 on 1:00 Freestyle
 1st 25 of each 5 KOW sprint 12.5yds
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 4,315 Yards - Stress Value = 63

Workout #17151 - Monday, 20 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 All BSLR, min 15m underwater
 750 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick best effort
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 1:50 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:55 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:00 Kick best effort
 550 1 x 550 on 8:00 Pulls-no br L.12 yds
 of each 100
 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 150 on 2:10 Freestyle
 {4 x 125 on 1:50 Freestyle
 {4 x 100 on 1:25 Freestyle
 {2 x 50 on :45 Freestyle
 1st 25 of each 5 KOW sprint 12.5yds
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 4,015 Yards - Stress Value = 58

Workout #17152 - Monday, 20 April 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 All BSLR min 15m underwater
 650 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick best effort
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:05 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Kick best effort
 {2 x 25 on :35 Kick no board BS
 500 1 x 500 on 8:00 Pulls-no br L.12 yds
 of each 100
 100 2x{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 150 on 2:25 Freestyle
 {4 x 125 on 2:00 Freestyle
 {4 x 100 on 1:35 Freestyle
 {1 x 50 on :50 Freestyle
 1st 25 of each 5 KOW sprint 12.5yds
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 3,765 Yards - Stress Value = 52

Workout #17153 - Monday, 20 April 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 All BSLR min 12y underwater
 600 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick best effort
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Kick best effort
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Kick best effort
 450 1 x 450 on 8:00 Pulls-no br L.12 yds
 of each 100
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{4 x 150 on 2:45 Freestyle
 {4 x 125 on 2:20 Freestyle
 {4 x 50 on :55 Freestyle
 1st 25 of each 5 KOW sprint 12.5yds
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,365 Yards - Stress Value = 48

Workout #17154 - Tuesday, 21 April 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 21:00 DS/Core
 600 1 x 600 on 10:00 Underwater trn drill
 300 6 x 50 on 2:00 Freestyle
 400 1 x 400 on 5:30 Kick
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free

{2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 underwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,200 1x{2 x 100 on 1:30 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:25 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:20 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:15 Back w/fins
 {2 x 50 on 1:00 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,830 Yards - Stress Value = 74

Workout #17155 - Tuesday, 21 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 21:00 DS/Core
 600 1 x 600 on 10:00 Underwater trn drill
 300 6 x 50 on 2:00 Freestyle
 400 1 x 400 on 5:30 Kick
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 underwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,100 1x{2 x 100 on 1:40 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:35 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:30 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:25 Back w/fins
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,730 Yards - Stress Value = 72

Workout #17156 - Tuesday, 21 April 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 21:00 DS/Core
 550 1 x 550 on 10:00 Underwater trn drill
 300 6 x 50 on 2:00 Freestyle
 400 1 x 400 on 5:30 Kick
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,000 1x{2 x 100 on 1:50 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:45 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:40 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {1 x 100 on 1:35 Back w/fins
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 3,580 Yards - Stress Value = 70

Workout #17157 - Tuesday, 21 April 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 21:00 DS/Core
 500 1 x 500 on 10:00 Underwater trn drill
 300 6 x 50 on 2:00 Freestyle
 400 1 x 400 on 5:30 Kick
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 850 1x{2 x 100 on 2:00 Back w/fins
 {2 x 50 on 1:20 Backstroke
 {2 x 100 on 1:55 Back w/fins
 {2 x 50 on 1:20 Backstroke
 {2 x 100 on 1:50 Back w/fins
 {1 x 50 on 1:20 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,380 Yards - Stress Value = 67

Workout #17158 - Wednesday, 22 April 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/TRX Bands
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 300 12 x 25 on :40 Variable Speed

Rd 1-your #1, Rd 2-your #2, Rd 3 free
 1,000 1x{1 x 150 on 2:35 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 125 on 2:10 Kick
 {4 x 25 on :40 Sprint kick
 {3 x 100 on 1:45 Kick
 {4 x 25 on :35 Sprint kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 6x{3 x 50 on :40 3 strokes fly off walls
 {1 x 100 on 2:00 Fly Drill
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,750 Yards - Stress Value = 62

Workout #17159 - Wednesday, 22 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/TRX Bands
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 300 12 x 25 on :40 Variable Speed
 Rd 1-your #1, Rd 2-your #2, Rd 3 free
 950 1x{1 x 150 on 2:55 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 125 on 2:25 Kick
 {4 x 25 on :40 Sprint kick
 {2 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {4 x 25 on :35 Sprint kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 6x{3 x 50 on :45 3 strokes fly off walls
 {1 x 50 on 1:45 Fly Drill
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,400 Yards - Stress Value = 55

Workout #17160 - Wednesday, 22 April 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/TRX Bands
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 300 12 x 25 on :40 Variable Speed
 Rd 1-your #1, Rd 2-your #2, Rd 3 free
 900 1x{1 x 150 on 3:15 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 125 on 2:35 Kick
 {4 x 25 on :40 Sprint kick
 {2 x 100 on 2:00 Kick
 {4 x 25 on :35 Sprint kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 5x{3 x 50 on :50 3 strokes fly off walls
 {1 x 100 on 2:10 Fly Drill
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,350 Yards - Stress Value = 55

Workout #17168 - Wednesday, 22 April 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Kick w/random 10 sec sprint
 1,750 1x{4 x 75 on 1:20 Individual Medley
 {4 x 75 on 1:05 Free L.25 6bk
 {4 x 75 on 1:15 Individual Medley
 {4 x 75 on 1:05 Free L.25 6bk
 {4 x 75 on 1:10 Individual Medley
 {2 x 50 on :45 Free L.25 6bk
 {2 x 75 on 1:05 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 3,300 Yards - Stress Value = 53

Odd 100's free even 100's back
 1,350 1x{1 x 200 on 3:20 Breast 2K1P+1K upto4
 {6 x 50 on 1:00 Descend 2X pullouts
 {1 x 200 on 3:20 Breast 2K1P+1K upto4
 {5 x 50 on :55 Descend 2X pullouts
 {1 x 200 on 3:20 Breast 2K1P+1K upto4
 {4 x 50 on :50 Descend 2X pullouts
 1,400 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick
 {2 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick
 {3 x 100 on 1:40 Kick
 {2 x 50 on 1:00 Kick
 {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
 500 5 x 100 on 3:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 4,150 Yards - Stress Value = 92

Workout #17161 - Wednesday, 22 April 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/TRX Bands
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 300 12 x 25 on :40 Variable Speed
 Rd 1-your #1, Rd 2-your #2, Rd 3 free
 800 1x{1 x 150 on 3:40 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 125 on 3:00 Kick
 {4 x 25 on :45 Sprint kick
 {1 x 100 on 2:20 Kick
 {4 x 25 on :45 Sprint 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 5x{3 x 50 on 1:00 3 strokes fly off walls
 {1 x 50 on 1:45 Fly Drill
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 2,950 Yards - Stress Value = 48

Workout #17163 - Thursday, 23 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 21:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 1,200 1x{1 x 200 on 3:35 Breast 2K1P+1K upto4
 {6 x 50 on 1:05 Descend 2X pullouts
 {1 x 200 on 3:35 Breast 2K1P+1K upto4
 {5 x 50 on 1:00 Descend 2X pullouts
 {1 x 150 on 2:40 Breast 2K1P+1K upto4
 {2 x 50 on :55 Descend 2X pullouts
 1,300 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:40 Kick
 {2 x 50 on 1:00 Kick
 {2 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick
 {3 x 100 on 1:50 Kick
 {2 x 50 on 1:00 Kick
 {3 x 100 on 1:55 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 500 5 x 100 on 3:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,900 Yards - Stress Value = 87

Workout #17169 - Wednesday, 22 April 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Kick w/random 10 sec sprint
 1,400 1x{4 x 75 on 1:30 Individual Medley
 {4 x 50 on 1:05 Free L.25 6bk
 {4 x 75 on 1:25 Individual Medley
 {4 x 50 on 1:00 Free L.25 6bk
 {4 x 75 on 1:20 Individual Medley
 {2 x 50 on :55 Free L.25 6bk
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 2,950 Yards - Stress Value = 46

Workout #17162 - Thursday, 23 April 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 21:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill

Workout #17164 - Thursday, 23 April 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 21:00 DS/Shoulders 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,200	1x{1 x 200 on 3:50 Breast 2K1P+1K upto4 {6 x 50 on 1:05 Descend 2X pullouts {1 x 150 on 2:50 Breast 2K1P+1K upto4 {5 x 50 on 1:00 Descend 2X pullouts {1 x 150 on 2:50 Breast 2K1P+1K upto4 {3 x 50 on :55 Descend 2X pullouts
1,200	1x{1 x 100 on 2:10 Kick {1 x 100 on 1:50 Kick {2 x 50 on 1:05 Kick {2 x 100 on 1:55 Kick {4 x 25 on :35 Kick {3 x 100 on 2:00 Kick {2 x 50 on 1:05 Kick {2 x 100 on 2:00 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	5 x 100 on 3:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
5:16 PM	3,750 Yards - Stress Value = 85

Workout #17165 - Thursday, 23 April 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 21:00 DS/Shoulders 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,050	1x{1 x 150 on 3:15 Breast 2K1P+1K upto4 {5 x 50 on 1:15 Descend 2X pullouts {1 x 150 on 3:15 Breast 2K1P+1K upto4 {4 x 50 on 1:10 Descend 2X pullouts {1 x 150 on 3:15 Breast 2K1P+1K upto4 {3 x 50 on 1:05 Descend 2X pullouts
1,100	1x{1 x 100 on 2:30 Kick {1 x 100 on 2:00 Kick {2 x 50 on 1:15 Kick {2 x 100 on 2:05 Kick {4 x 25 on :40 Kick {3 x 100 on 2:10 Kick {2 x 50 on 1:15 Kick {1 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
500	5 x 100 on 3:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
5:16 PM	3,450 Yards - Stress Value = 80

Workout #17166 - Friday, 24 April 2015

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Ted's Abs 1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 12:00 Kick w/random 10 sec sprint
2,100	1x{4 x 75 on 1:10 Individual Medley {4 x 75 on :55 Free L.25 6bk {4 x 75 on 1:05 Individual Medley {4 x 75 on :55 Free L.25 6bk

	{4 x 75 on 1:00 Individual Medley
	{4 x 75 on :55 Free L.25 6bk
	{4 x 75 on :55 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
5:01 PM	3,700 Yards - Stress Value = 60

Workout #17167 - Friday, 24 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Ted's Abs 1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 12:00 Kick w/random 10 sec sprint
1,900	1x{4 x 75 on 1:15 Individual Medley {4 x 75 on 1:00 Free L.25 6bk {4 x 75 on 1:10 Individual Medley {4 x 75 on 1:00 Free L.25 6bk {4 x 75 on 1:05 Individual Medley {2 x 50 on :40 Free L.25 6bk {4 x 75 on 1:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
5:01 PM	3,500 Yards - Stress Value = 56

Workout #17170 - Monday, 27 April 2015

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Shldr/Tm Mtg 1 x 600 on 10:00 Swim-kick-pull-swim
120	8 x 15 on :45 Spinners
1,400	1x{1 x 100 on 2:00 Kick-100% {4 x 25 on :30 Kick no board BSLR-15m {2 x 100 on 1:55 Kick-100% {4 x 25 on :30 Kick no board BSLR-14m {3 x 100 on 1:50 Kick-100% {4 x 25 on :30 Kick no board BSLR-13M {4 x 100 on 1:45 Kick-100% {4 x 25 on :30 Kick no board BSLR-12m
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{1 x 200 on 2:30 Free 3KOW {2 x 200 on 2:35 Free 5KOW+6BKL25 {3 x 200 on 2:40 Free 7KOW+BL12.5 {1 x 100 on 3:00 Free {1 x 200 on 2:25 Free {2 x 200 on 2:30 Free {3 x 200 on 2:35 Free
200	1 x 200 on 3:00 Stroke Drills
5:30 PM	4,970 Yards - Stress Value = 83

Workout #17171 - Monday, 27 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:05 Kick-100%
 {4 x 25 on :35 Kick no board BSLR-15m
 {2 x 100 on 2:00 Kick-100%
 {4 x 25 on :35 Kick no board BSLR-14m
 {3 x 100 on 1:55 Kick-100%
 {4 x 25 on :35 Kick no board BSLR-13M
 {3 x 100 on 1:50 Kick-100%
 {4 x 25 on :35 Kick no board BSLR-12m
 150 3x{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 2:45 Free 3KOW
 {2 x 200 on 2:50 Free 5KOW+6BKL25
 {3 x 150 on 2:10 Free 7KOW+NBL12.5
 {1 x 100 on 3:00 Free
 {1 x 200 on 2:40 Free
 {2 x 200 on 2:45 Free
 {3 x 150 on 2:05 Free
 200 1 x 200 on 3:00 Stroke Drills
 5:29 PM 4,570 Yards - Stress Value = 75

Workout #17179 - Monday, 27 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/TRX bands
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 15m under #5-8 with fins
 100 1 x 100 on 2:00 Kick for time
 All BSLR's 100%, others: hold time based
 on kick for time
 1,400 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 125 on 2:30 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,270 1x{4 x 100 on 1:35 Breaststroke
 {1 x 30 on 1:00 15underBrst/15sprFR
 {3 x 100 on 1:35 Breaststroke
 {2 x 30 on 1:00 15underBrst/15sprFR
 {2 x 100 on 1:35 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 {1 x 100 on 1:35 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 3,940 Yards - Stress Value = 63

Workout #17172 - Monday, 27 April 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shldrs
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 spinners
 1,150 1x{1 x 100 on 2:15 Kick-100%

{4 x 25 on :40 Kick no board BSLR-15m
 {2 x 100 on 2:10 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-14m
 {3 x 100 on 2:05 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-13M
 {2 x 100 on 2:00 Kick-100%
 {2 x 25 on :45 Kick no board BSLR-12m
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{1 x 200 on 3:00 Free 3KOW
 {2 x 200 on 3:05 Free 5KOW+6BKL25
 {3 x 150 on 2:20 Free 7KOW+NBL12.5
 {1 x 50 on 2:00 Free
 {1 x 200 on 2:55 Free
 {2 x 200 on 3:00 Free
 {3 x 150 on 2:15 Free
 200 1 x 200 on 3:00 Stroke Drills
 5:30 PM 4,320 Yards - Stress Value = 72

Workout #17180 - Monday, 27 April 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/TRX bands
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 15m under #5-8 with fins
 100 1 x 100 on 2:00 Kick for time
 All BSLR's 100%, others: hold time based
 on kick for time
 1,150 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 125 on 2:45 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,180 1x{4 x 100 on 1:50 Breaststroke
 {1 x 30 on 1:00 15underBrst/15sprFR
 {3 x 100 on 1:50 Breaststroke
 {2 x 30 on 1:00 15underBrst/15sprFR
 {2 x 100 on 1:50 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 {1 x 100 on 1:50 Breaststroke
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 3,550 Yards - Stress Value = 56

Workout #17173 - Monday, 27 April 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg 1,000
 1 x 500 on 10:00 Swim-kick-pull-swim 200
 8 x 15 on :45 Spinners 4x{1 x 25 on :50 Sculling drills
 1x{1 x 100 on 2:30 Kick-100% {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 {4 x 25 on :45 Kick no board BSLR-15m 1,700 1x{1 x 125 on 1:50 Backstroke
 {2 x 100 on 2:25 Kick-100% {3 x 50 on :45 Back-descend
 {4 x 25 on :45 Kick no board BSLR-14m {1 x 125 on 1:45 Backstroke
 {3 x 100 on 2:20 Kick-100% {4 x 50 on :45 Back-descend
 {4 x 25 on :45 Kick no board BSLR-13M {1 x 125 on 1:40 Backstroke
 {1 x 50 on 1:15 Kick-100% {5 x 50 on :45 Back-descend
 {2 x 25 on :45 Kick no board BSLR-12m {1 x 125 on 1:35 Backstroke
 150 3x{1 x 25 on :50 Sculling drills {4 x 50 on :45 Back-descend
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 125 on 1:30 Backstroke
 1,650 1x{1 x 150 on 2:45 Free 3KOW {3 x 50 on :45 Back-descend
 {2 x 100 on 1:55 Free 5KOW+6BKL25 {1 x 125 on 1:25 Backstroke
 {3 x 150 on 2:55 Free 7KOW+NBL12.5 300 6 x 50 on 1:00 Stroke Drills
 {1 x 50 on 2:00 Free 5:30 PM 4,920 Yards - Stress Value = 80
 {1 x 150 on 2:40 Free
 {2 x 100 on 1:55 Free
 {3 x 150 on 2:50 Free
 200 1 x 200 on 3:00 Stroke Drills
 5:29 PM 3,620 Yards - Stress Value = 59

{2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 { 15y streamline kick on back
 { 15y underwater fly kick
 20 x 50 on :45 Pulls odds BTB
 evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 125 on 1:50 Backstroke
 {3 x 50 on :45 Back-descend
 {1 x 125 on 1:45 Backstroke
 {4 x 50 on :45 Back-descend
 {1 x 125 on 1:40 Backstroke
 {5 x 50 on :45 Back-descend
 {1 x 125 on 1:35 Backstroke
 {4 x 50 on :45 Back-descend
 {1 x 125 on 1:30 Backstroke
 {3 x 50 on :45 Back-descend
 {1 x 125 on 1:25 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,920 Yards - Stress Value = 80

Workout #17175 - Tuesday, 28 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 200 4 x 50 on 2:30 OTB 35 yds 100% 15 yds ez
 500 1 x 500 on 6:00 Kick as far as you can
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 { 15y streamline kick on back
 { 15y underwater fly kick
 1,000 20 x 50 on :45 Pulls odds BTB
 evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 125 on 2:00 Backstroke
 {3 x 50 on :50 Back-descend
 {1 x 125 on 1:55 Backstroke
 {4 x 50 on :50 Back-descend
 {1 x 125 on 1:50 Backstroke
 {4 x 50 on :50 Back-descend
 {1 x 125 on 1:45 Backstroke
 {4 x 50 on :50 Back-descend
 {1 x 100 on 1:15 Backstroke
 {3 x 50 on :50 Back-descend
 {1 x 100 on 1:15 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 5:31 PM 4,820 Yards - Stress Value = 79

Workout #17174 - Tuesday, 28 April 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 200 4 x 50 on 2:30 OTB 35 yds 100% 15 yds ez
 500 1 x 500 on 6:00 Kick as far as you can
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick

Workout #17176 - Tuesday, 28 April 2015

1 minute rest between sets

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 200 4 x 50 on 2:30 OTB 35 yds 100% 15 yds ez
 500 1 x 500 on 6:00 Kick as far as you can
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 { 15y streamline kick on back
 { 15y underwater fly kick
 900 18 x 50 on :50 Pulls odds BTB
 evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 100 on 1:45 Backstroke
 {3 x 50 on :55 Back-descend
 {1 x 100 on 1:40 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 100 on 1:35 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 100 on 1:30 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 100 on 1:25 Backstroke
 {3 x 50 on :55 Back-descend
 300 6 x 50 on 1:00 Stroke Drills
 5:31 PM 4,470 Yards - Stress Value = 76

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/TRX bands
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 15m under #5-8 with fins
 100 1 x 100 on 2:00 Kick for time
 All BSLR's 100%, others: hold time based
 on kick for time
 1,400 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 125 on 2:30 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{4 x 100 on 1:25 Breaststroke
 {1 x 30 on 1:00 15underBrst/15sprFR
 {3 x 100 on 1:25 Breaststroke
 {2 x 30 on 1:00 15underBrst/15sprFR
 {2 x 100 on 1:25 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 {1 x 100 on 1:25 Breaststroke
 {4 x 30 on 1:00 15underBrst/15sprFR
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 3,970 Yards - Stress Value = 63

Workout #17182 - Thursday, 30 April 2015

Group 3 - Fly

1 minute rest between sets

Workout #17177 - Tuesday, 28 April 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 500 1 x 500 on 10:00 Top Hat Drill
 200 4 x 50 on 2:30 OTB 35 yds 100% 15 yds ez
 500 1 x 500 on 6:00 Kick as far as you can
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 { 15y streamline kick on back
 { 15y underwater fly kick
 800 16 x 50 on :55 Pulls odds BTB
 evens BTS
 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 100 on 2:05 Backstroke
 {3 x 50 on 1:05 Back-descend
 {1 x 100 on 2:00 Backstroke
 {4 x 50 on 1:05 Back-descend
 {1 x 100 on 1:55 Backstroke
 {4 x 50 on 1:05 Back-descend
 {1 x 100 on 1:50 Backstroke
 {3 x 50 on 1:05 Back-descend
 {1 x 100 on 1:45 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 5:31 PM 4,120 Yards - Stress Value = 71

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,100 11 x 100 on 2:00 Challenge Kick Set
 800 1x{1 x 200 on 2:30 Pulls BWSPF
 {1 x 200 on 2:35 Pulls BWHPF
 {1 x 200 on 2:40 Pulls BWKPF
 {1 x 200 on 2:45 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{1 x 200 on 2:40 3 strokes fly off walls-NB
 {4 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
 {2 x 200 on 2:40 3 strokes fly off walls-NB
 {3 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
 {3 x 200 on 2:40 3 strokes fly off walls-NB
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 5,100 Yards - Stress Value = 88

Workout #17178 - Wednesday, 29 April 2015

Group 3 - Breast

Workout #17183 - Thursday, 30 April 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,100 11 x 100 on 2:00 Challenge Kick Set
 700 1x{1 x 175 on 2:30 Pulls BWSPF
 {1 x 175 on 2:35 Pulls BWHPF
 {1 x 175 on 2:40 Pulls BWKPF
 {1 x 175 on 2:45 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 200 on 3:00 3 strokes fly off walls-NB
 {4 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
 {2 x 200 on 3:00 3 strokes fly off walls-NB
 {3 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
 {2 x 200 on 3:00 3 strokes fly off walls-NB
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 4,800 Yards - Stress Value = 84

250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 4,200 Yards - Stress Value = 70

Workout #17186 - Friday, 01 May 2015

HighSchl - Speed Acquisition

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dyamic Stretching
 600 1 x 600 on 10:00 Too complicated to type out
 150 10 x 15 on :45 Shooters
 400 16 x 25 on 1:00 4 on each stroke-under water
 until you reach 12.5 yards
 400 8x{1 x 25 on :01 1/3 each of streamline kick
 { tarzan, no breath sprint rest/rest 5 second
 {1 x 25 on 1:29 Kick no board BSLR
 175 7x{1 on 1:00 Vertical Kick
 {1 x 25 on :01 12.5yds undr/Body Driven Frees
 {1 on 1:59 Sculling Drill Feet First
 200 1 x 200 on 3:00 Stroke Drills
 5:00 PM 1,925 Yards - Stress Value = 68

Workout #17184 - Thursday, 30 April 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,100 11 x 100 on 2:00 Challenge Kick Set
 600 1x{1 x 150 on 2:30 Pulls BWSPF
 {1 x 150 on 2:35 Pulls BWHPF
 {1 x 150 on 2:40 Pulls BWKPF
 {1 x 150 on 2:45 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 200 on 3:15 3 strokes fly off walls-NB
 {4 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick
 {2 x 200 on 3:15 3 strokes fly off walls-NB
 {2 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick
 {2 x 200 on 3:15 3 strokes fly off walls-NB
 250 5 x 50 on 1:00 Stroke Drills
 5:31 PM 4,550 Yards - Stress Value = 78

Workout #17187 - Monday, 04 May 2015

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,900 1x{4 x 25 on :30 Kick no board B
 {1 x 150 on 2:30 Kick
 {4 x 25 on :30 Kick no board S
 {2 x 150 on 2:25 Kick
 {4 x 25 on :30 Kick no board L
 {3 x 150 on 2:20 Kick
 {4 x 25 on :30 Kick no board R
 {4 x 150 on 2:15 Kick
 1,500 1x{1 x 500 on 6:15 Pulls-no br L.12 yds
 {1 x 400 on 5:05 Pulls-no br L.14 yds
 {1 x 300 on 3:50 Pulls-no br L.16 yds
 {1 x 200 on 2:35 Pulls-no br L.18 yds
 {1 x 100 on 1:20 Pulls-no br L.20 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 12 x 150 on 2:00 Freestyle-Descend
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 6,415 Yards - Stress Value = 113

Workout #17185 - Thursday, 30 April 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 1,100 11 x 100 on 2:00 Challenge Kick Set
 500 1x{1 x 125 on 2:30 Pulls BWSPF
 {1 x 125 on 2:35 Pulls BWHPF
 {1 x 125 on 2:40 Pulls BWKPF
 {1 x 125 on 2:45 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 200 on 3:45 3 strokes fly off walls-NB
 {2 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick
 {2 x 200 on 3:45 3 strokes fly off walls-NB
 {2 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick
 {2 x 200 on 3:45 3 strokes fly off walls-NB

Workout #17188 - Monday, 04 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,750 1x{4 x 25 on :30 Kick no board B
 {1 x 150 on 2:45 Kick
 {4 x 25 on :30 Kick no board S
 {2 x 150 on 2:40 Kick
 {4 x 25 on :30 Kick no board L
 {3 x 150 on 2:35 Kick
 {6 x 25 on :30 Kick no board R
 {4 x 100 on 1:40 Kick
 1,450 1x{1 x 500 on 6:40 Pulls-no br L.12 yds
 {1 x 400 on 5:25 Pulls-no br L.14 yds
 {1 x 300 on 4:05 Pulls-no br L.16 yds
 {1 x 200 on 2:50 Pulls-no br L.18 yds
 {1 x 50 on :45 Pulls-no br L.20 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 11 x 150 on 2:15 Freestyle-Descend
 250 1 x 250 on 4:00 Stroke Drills
 5:47 PM 6,065 Yards - Stress Value = 106

Workout #17189 - Monday, 04 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,500 1x{4 x 25 on :35 Kick no board B
 {1 x 150 on 2:55 Kick
 {4 x 25 on :35 Kick no board S
 {2 x 150 on 3:00 Kick
 {4 x 25 on :35 Kick no board L
 {3 x 150 on 3:05 Kick
 {6 x 25 on :35 Kick no board R
 {1 x 150 on 3:10 Kick
 1,250 1x{1 x 500 on 7:05 Pulls-no br L.12 yds
 {1 x 400 on 5:50 Pulls-no br L.14 yds
 {1 x 300 on 4:30 Pulls-no br L.16 yds
 {1 x 50 on :50 Pulls-no br L.20 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 10 x 150 on 2:30 Freestyle-Descend
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 5,415 Yards - Stress Value = 94

Workout #17190 - Monday, 04 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,200 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board S
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board L
 {3 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board R
 {2 x 100 on 2:35 Kick

1,000 1x{1 x 400 on 7:15 Pulls-no br L.12 yds
 {1 x 300 on 5:30 Pulls-no br L.14 yds
 {1 x 200 on 3:45 Pulls-no br L.16 yds
 {1 x 100 on 1:55 Pulls-no br L.20 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 9 x 150 on 2:45 Freestyle-Descend
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 4,665 Yards - Stress Value = 80

Workout #17191 - Tuesday, 05 May 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 500 1 x 500 on 6:30 Kick as far as you can
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 300 6 x 50 on 2:00 Freestyle
 1,500 1x{1 x 250 on 3:15 Pulls BTB
 {3 x 50 on :50 Pull 6/5/4 breaths
 {1 x 250 on 3:15 Pulls BTS
 {3 x 50 on :50 Pulls 6/5/4 breaths
 {1 x 200 on 2:30 Pulls BTS
 {3 x 50 on :50 Pulls 6/5/4 breaths
 {1 x 200 on 2:30 Pulls BTS
 {3 x 50 on :50 Pulls 6/5/4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:15 Backstroke
 {1 on 1:00 Rest
 {5 x 100 on 1:15 Backstroke
 {1 on 1:00 Rest
 {4 x 100 on 1:15 Backstroke
 {1 on 1:00 Rest
 {3 x 100 on 1:15 Backstroke
 {1 on 1:00 Rest
 {2 x 100 on 1:15 Backstroke
 {1 on 1:00 Rest
 {1 x 100 on 1:15 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 5,760 Yards - Stress Value = 115

Workout #17192 - Tuesday, 05 May 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Core
500	1 x 600 on 10:00 Top Hat Drill
360	1 x 500 on 6:30 Kick as far as you can
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
1,350	1x{1 x 250 on 3:35 Pulls BTB { 3 x 50 on :55 Pull 6/5/4 breaths { 1 x 250 on 3:35 Pulls BTS { 3 x 50 on :55 Pulls 6/5/4 breaths { 1 x 150 on 2:05 Pulls BTS { 3 x 50 on :55 Pulls 6/5/4 breaths { 1 x 150 on 2:05 Pulls BTS { 2 x 50 on :55 Pulls 5/4 breaths
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 5 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 4 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 3 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 2 x 100 on 1:20 Backstroke { 1 on :30 Rest { 1 x 100 on 1:20 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:47 PM	5,610 Yards - Stress Value = 112

Workout #17193 - Tuesday, 05 May 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 25:00 DS/Core
500	1 x 550 on 10:00 Top Hat drill
360	1 x 500 on 6:30 Kick as far as you can
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
1,250	1x{1 x 200 on 3:10 Pulls BTB { 3 x 50 on 1:00 Pull 6/5/4 breaths { 1 x 200 on 3:10 Pulls BTS { 3 x 50 on 1:00 Pulls 6/5/4 breaths { 1 x 150 on 2:15 Pulls BTS { 3 x 50 on 1:00 Pulls 6/5/4 breaths { 1 x 150 on 2:15 Pulls BTS { 2 x 50 on 1:00 Pulls 5/4 breaths
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{6 x 100 on 1:30 Backstroke { 1 on 1:00 Rest { 5 x 100 on 1:30 Backstroke { 1 on 1:00 Rest { 4 x 100 on 1:30 Backstroke { 1 on 1:00 Rest { 3 x 100 on 1:30 Backstroke { 1 on 1:00 Rest { 1 x 100 on 1:30 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:47 PM	5,260 Yards - Stress Value = 106

Workout #17194 - Tuesday, 05 May 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 25:00 DS/Core
500	1 x 500 on 10:00 Top Hat Drill
360	1 x 500 on 6:30 Kick as far as you can
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
1,050	1x{1 x 150 on 2:45 Pulls BTB { 3 x 50 on 1:10 Pull 6/5/4 breaths { 1 x 150 on 2:45 Pulls BTS { 3 x 50 on 1:10 Pulls 6/5/4 breaths { 1 x 100 on 1:50 Pulls BTS { 3 x 50 on 1:10 Pulls 6/5/4 breaths { 1 x 100 on 1:50 Pulls BTS { 2 x 50 on 1:10 Pulls 5/4 breaths
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{6 x 100 on 1:55 Backstroke { 1 on 1:00 Rest { 5 x 100 on 1:55 Backstroke { 1 on 1:00 Rest { 3 x 100 on 1:55 Backstroke { 1 on 1:00 Rest { 1 x 100 on 1:55 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:46 PM	4,610 Yards - Stress Value = 100

Workout #17195 - Wednesday, 06 May 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Abs
120	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,550	8 x 15 on :45 Underwater #5-8 w/fins 1x{4 x 25 on :30 Kick no board BSLR-20KOW { 3 x 125 on 2:00 Kick { 4 x 25 on :30 Kick no board BSLR-18KOW { 3 x 100 on 1:35 Kick { 4 x 25 on :30 Kick no board BSLR-16KOW { 3 x 75 on 1:10 Kick { 4 x 25 on :30 Kick no board BSLR-14KOW { 3 x 50 on :45 Kick { 4 x 25 on :30 Kick no board BSLR-12KOW
1,250	1x{2 x 125 on 1:45 Lungbuster pulls { 2 x 125 on 1:40 Lungbuster pulls { 2 x 125 on 1:35 Lungbuster pulls { 2 x 125 on 1:30 Lungbuster pulls { 2 x 125 on 1:25 Lungbuster pulls breathe 3-5-7 continuous, only 2 breaths L.2
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{8 x 25 on :25 Butterfly { 1 on 1:00 Rest
250	1 x 250 on 4:00 Stroke Drills
5:45 PM	5,570 Yards - Stress Value = 92

Workout #17196 - Wednesday, 06 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on :45 Underwater #5-8 w/fins
 1,400 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 {3 x 125 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR-18KOW
 {3 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR-16KOW
 {3 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no board BSLR-14KOW
 {1 x 50 on :50 Kick
 {2 x 25 on :30 Kick no board BS-12KOW
 1,100 1x{2 x 125 on 1:55 Lungbuster pulls
 {2 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 {1 x 100 on 1:20 Lungbuster pulls
 breathe 3-5-7 continuos, only 2 breaths L.2
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 7x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 5,070 Yards - Stress Value = 82

Workout #17197 - Wednesday, 06 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Underwater #5-8 w/fins
 1,250 1x{4 x 25 on :35 Kick no board BSLR-20KOW
 {3 x 125 on 2:35 Kick
 {4 x 25 on :35 Kick no board BSLR-18KOW
 {2 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR-16KOW
 {3 x 75 on 1:30 Kick
 {4 x 25 on :35 Kick no board BSLR-14KOW
 {1 x 50 on :55 Kick
 950 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
 {2 x 100 on 1:35 Lungbuster pulls
 breathe 3-5-7 continuos, only 2 breaths L.2
 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 :35 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 4,550 Yards - Stress Value = 73

Workout #17198 - Wednesday, 06 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Underwater #5-8 w/fins
 1,100 1x{4 x 25 on :45 Kick no board BSLR-20KOW
 {3 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR-18KOW

{2 x 75 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR-16KOW
 {3 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR-14KOW
 {4 x 25 on :35 Kick
 700 1x{2 x 100 on 2:00 Lungbuster pulls
 {2 x 100 on 1:55 Lungbuster pulls
 {2 x 100 on 1:50 Lungbuster pulls
 {2 x 50 on :50 Lungbuster pulls
 breathe 3-5-7 continuos, only 2 breaths L.2
 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 :40 Butterfly
 {1 on 1:00 Rest
 Only do 5 X 25's on the last round
 250 1 x 250 on 4:00 Stroke Drills
 5:50 PM 4,100 Yards - Stress Value = 66

Workout #17199 - Thursday, 07 May 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater Fly Kick
 500 5 x 100 on 3:00 Freestyle
 1,200 1x{1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 800 1 x 800 on 10:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 16 x 75 on 1:30 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 4,840 Yards - Stress Value = 100

Workout #17200 - Thursday, 07 May 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
600	1 on 30:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
140	7 x 20 on :45 Underwater Fly Kick
500	5 x 100 on 3:00 Freestyle
1,200	1x{1 x 100 on 1:40 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:45 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:50 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:55 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
750	1 x 750 on 10:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	5:45 PM 4,790 Yards - Stress Value = 99

	{2 x 50 on 1:15 Kick your 2nd best kick
	{2 x 50 on 1:20 Kick your 3rd best kick
	{1 x 100 on 2:20 Kick your best kick
	{2 x 50 on 1:15 Kick your 2nd best kick
	{2 x 50 on 1:20 Kick your 3rd best kick
	{1 x 100 on 2:25 Kick your best kick
	{2 x 50 on 1:15 Kick your 2nd best kick
	{2 x 50 on 1:20 Kick your 3rd best kick
	{1 x 50 on 1:15 Kick your best kick
600	1 x 600 on 10:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	5:46 PM 4,290 Yards - Stress Value = 93

Workout #17203 - Friday, 08 May 2015

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 28:00 DS/TM Mtg			L I
600	1 x 600 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
800	1 x 800 on 16:00 Vertical Kick	EN2		K C
1,600	8x{1 x 100 on 1:15 Individual Medley	EN2		S
	{1 x 50 on :35 Freestyle	EN2		S
	{1 x 50 on :45 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:00 PM 3,350 Yards - Stress Value = 50			

Workout #17201 - Thursday, 07 May 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
550	1 on 30:00 DS/Shoulders
	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
140	7 x 20 on 1:00 Underwater Fly Kick
500	5 x 100 on 3:00 Freestyle
1,100	1x{1 x 100 on 1:50 Kick your best kick
	{2 x 50 on 1:05 Kick your 2nd best kick
	{2 x 50 on 1:10 Kick your 3rd best kick
	{1 x 100 on 1:55 Kick your best kick
	{2 x 50 on 1:05 Kick your 2nd best kick
	{2 x 50 on 1:10 Kick your 3rd best kick
	{1 x 100 on 2:00 Kick your best kick
	{2 x 50 on 1:05 Kick your 2nd best kick
	{2 x 50 on 1:10 Kick your 3rd best kick
	{1 x 100 on 2:05 Kick your best kick
	{1 x 50 on 1:05 Kick your 2nd best kick
	{1 x 50 on 1:10 Kick your 3rd best kick
700	1 x 700 on 10:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	5:46 PM 4,590 Yards - Stress Value = 106

Yards	Set Description	EGY	WORK	S
	1 on 28:00 DS/TM Mtg			L I
600	1 x 600 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
800	1 x 800 on 16:00 Vertical Kick	EN2		K C
1,600	8x{1 x 100 on 1:20 Individual Medley	EN2		S
	{1 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on :50 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:02 PM 3,350 Yards - Stress Value = 50			

Workout #17205 - Friday, 08 May 2015

Group 3 - Lane 3

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 28:00 DS/TM Mtg			L I
600	1 x 600 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
800	1 x 800 on 16:00 Vertical Kick	EN2		K C
1,400	7x{1 x 100 on 1:25 Individual Medley	EN2		S
	{1 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on :50 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:00 PM 3,150 Yards - Stress Value = 47			

Workout #17202 - Thursday, 07 May 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
500	1 on 30:00 DS/Shoulders
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
140	7 x 20 on 1:00 Underwater Fly Kick
500	5 x 100 on 3:00 Freestyle
950	1x{1 x 100 on 2:15 Kick your best kick

Workout #17206 - Friday, 08 May 2015

Group 3 - Lane 4

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
600	1 on 28:00 DS/TM Mtg			L I
150	1 x 600 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
1,400	1 x 800 on 16:00 Vertical Kick	EN2		K C
	7x{1 x 100 on 1:30 Individual Medley	EN2		S
	{1 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on :50 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:00 PM 3,150 Yards - Stress Value = 47			

Workout #17207 - Friday, 08 May 2015

Group 3 - Lane 5

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
550	1 on 28:00 DS/TM Mtg			L I
150	1 x 550 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
1,400	1 x 800 on 16:00 Vertical Kick	EN2		K C
	7x{1 x 100 on 1:35 Individual Medley	EN2		S
	{1 x 50 on :45 Freestyle	EN2		S
	{1 x 50 on :55 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:02 PM 3,100 Yards - Stress Value = 47			

Workout #17208 - Friday, 08 May 2015

Group 3 - Lane 6

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
550	1 on 28:00 DS/TM Mtg			L I
150	1 x 550 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
1,400	1 x 800 on 16:00 Vertical Kick	EN2		K C
	7x{1 x 100 on 1:40 Individual Medley	EN2		S
	{1 x 50 on :45 Freestyle	EN2		S
	{1 x 50 on :55 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:03 PM 3,100 Yards - Stress Value = 47			

Workout #17209 - Friday, 08 May 2015

Group 3 - Lane 7

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
500	1 on 28:00 DS/TM Mtg			L I
150	1 x 500 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
1,400	1 x 800 on 16:00 Vertical Kick	EN2		K C
	7x{1 x 100 on 1:45 Individual Medley	EN2		S
	{1 x 50 on :50 Freestyle	EN2		S
	{1 x 50 on 1:00 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:05 PM 3,050 Yards - Stress Value = 47			

Workout #17210 - Friday, 08 May 2015

Group 3 - Lane 8

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
	1 on 28:00 DS/TM Mtg			L I
500	1 x 500 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
800	1 x 800 on 16:00 Vertical Kick	EN2		K C
1,400	7x{1 x 100 on 1:55 Individual Medley	EN2		S
	{1 x 50 on :50 Freestyle	EN2		S
	{1 x 50 on 1:00 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:06 PM 3,050 Yards - Stress Value = 47			

Workout #17211 - Monday, 11 May 2015

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
600	1 on 30:00 DS/Physio Ball			
150	1 x 600 on 10:00 Swim-kick-pull-swim			
1,650	10 x 15 on :45 Spinners			
	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 150 on 2:20 Kick			
	{1 x 100 on 1:35 Kick			
	{1 x 50 on :45 Kick			
	{6 x 25 on :30 Kick no board BSLRLR			
	{2 x 150 on 2:20 Kick			
	{2 x 100 on 1:35 Kick			
	{2 x 50 on :45 Kick			
	{8 x 25 on :30 Kick no board BSLR			
	{1 x 150 on 2:20 Kick			
	{1 x 100 on 1:35 Kick			
	{1 x 50 on :45 Kick			
1,600	2x{1 x 100 on 1:20 Pulls-no br L.12 yds			
	{1 x 100 on 1:20 Pulls-no br L.13 yds			
	{1 x 100 on 1:20 Pulls-no br L.14 yds			
	{1 x 100 on 1:20 Pulls-no br L.15 yds			
	{1 x 100 on 1:20 Pulls-no br L.16 yds			
	{1 x 100 on 1:20 Pulls-no br L.17 yds			
	{1 x 100 on 1:20 Pulls-no br L.18 yds			
	{1 x 100 on 1:20 Pulls-no br L.19 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	6 x 400 on 5:15 Free-R.10 @200/Neg split			
	dscnd in 3's, 2nd set of 3 fstr then 1st			
400	8 x 50 on 1:00 Stroke Drills			
	6:00 PM 7,000 Yards - Stress Value = 113			

Workout #17212 - Monday, 11 May 2015

1 minute rest between sets

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,550 10 x 15 on :45 Spinners
 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {2 x 150 on 2:35 Kick
 {2 x 100 on 1:45 Kick
 {2 x 50 on :50 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 Kick
 {1 x 50 on :50 Kick
 1,500 2x{1 x 100 on 1:25 Pulls-no br L.12 yds
 {1 x 100 on 1:25 Pulls-no br L.13 yds
 {1 x 100 on 1:25 Pulls-no br L.14 yds
 {1 x 100 on 1:25 Pulls-no br L.15 yds
 {1 x 100 on 1:25 Pulls-no br L.16 yds
 {1 x 100 on 1:25 Pulls-no br L.17 yds
 {1 x 100 on 1:25 Pulls-no br L.18 yds
 {1 x 50 on :45 Pulls-no br L.19 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 6 x 400 on 5:45 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 6,650 Yards - Stress Value = 111

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Physio Ball
 150 1 x 500 on 10:00 Swim-kick-pull-swim
 1,100 10 x 15 on :45 Spinners
 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {1 x 50 on 1:10 Kick
 1,200 2x{1 x 100 on 1:50 Pulls-no br L.12 yds
 {1 x 100 on 1:50 Pulls-no br L.13 yds
 {1 x 100 on 1:50 Pulls-no br L.14 yds
 {1 x 100 on 1:50 Pulls-no br L.15 yds
 {1 x 50 on :55 Pulls-no br L.16 yds
 {1 x 50 on :55 Pulls-no br L.17 yds
 {1 x 50 on :55 Pulls-no br L.18 yds
 {1 x 50 on :55 Pulls-no br L.19 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 6 x 300 on 5:45 Free-R.10 @150/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 5,200 Yards - Stress Value = 85

Workout #17215 - Tuesday, 12 May 2015

Group 3 - Back

1 minute rest between sets

Workout #17213 - Monday, 11 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 1,350 10 x 15 on :45 Spinners
 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {6 x 25 on :35 Kick no board BSLRLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 1,300 2x{1 x 100 on 1:35 Pulls-no br L.12 yds
 {1 x 100 on 1:35 Pulls-no br L.13 yds
 {1 x 100 on 1:35 Pulls-no br L.14 yds
 {1 x 100 on 1:35 Pulls-no br L.15 yds
 {1 x 100 on 1:35 Pulls-no br L.16 yds
 {1 x 50 on :50 Pulls-no br L.17 yds
 {1 x 50 on :50 Pulls-no br L.18 yds
 {1 x 50 on :50 Pulls-no br L.19 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 6 x 400 on 6:15 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 6,150 Yards - Stress Value = 104

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Core
 300 1 x 600 on 10:00 Top Hat Drill
 1,800 12 x 25 on :40 Variable Speed
 1x{2 x 150 on 2:00 Backstroke
 {3 x 100 on 1:25 Back-descend 2/3/4 KOW
 {2 x 150 on 1:55 Backstroke
 {3 x 100 on 1:25 Back descend 3/4/5 KOW
 {2 x 150 on 1:50 Backstroke
 {3 x 100 on 1:25 Back descend 4//5/6 KOW
 550 1 x 550 on 7:00 Kick as far as you can
 420 1x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 650 1x{2 x 75 on 1:00 Pulls BTB
 {2 x 50 on :40 Pulls
 {2 x 75 on 1:00 Pulls BTS
 {2 x 50 on :35 Pulls
 {2 x 75 on 1:00 Pulls alt BT S/B
 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{2 x 150 on 2:00 Backstroke
 {3 x 100 on 1:25 Back-descend 2/3/4 KOW
 {2 x 150 on 1:55 Backstroke
 {3 x 100 on 1:25 Back descend 3/4/5 KOW
 {2 x 150 on 1:50 Backstroke
 {3 x 100 on 1:25 Back descend 4//5/6 KOW
 300 6 x 50 on 2:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 6,820 Yards - Stress Value = 141

Workout #17214 - Monday, 11 May 2015

Group 3 - Bronze

Workout #17216 - Tuesday, 12 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Underwater trn drill
 300 12 x 25 on :40 Variable Speed
 1,650 1x{2 x 150 on 2:10 Backstroke
 {3 x 100 on 1:35 Back-descend 2/3/4 KOW
 {2 x 150 on 2:05 Backstroke
 {3 x 100 on 1:35 Back descend 3/4/5 KOW
 {2 x 150 on 2:00 Backstroke
 {3 x 50 on :45 Back descend 4//5/6 KOW
 550 1 x 550 on 7:00 Kick as far as you can
 420 1x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 600 1x{2 x 75 on 1:10 Pulls BTB
 {2 x 50 on :45 Pulls
 {2 x 75 on 1:10 Pulls BTS
 {1 x 50 on :40 Pulls
 {2 x 75 on 1:05 Pulls alt BT S/B
 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{2 x 150 on 2:10 Backstroke
 {3 x 100 on 1:35 Back-descend 2/3/4 KOW
 {2 x 150 on 2:05 Backstroke
 {3 x 100 on 1:35 Back descend 3/4/5 KOW
 {2 x 150 on 2:00 Backstroke
 {3 x 50 on :45 Back descend 4//5/6 KOW
 300 6 x 50 on 2:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 6,470 Yards - Stress Value = 134

Workout #17217 - Tuesday, 12 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 1,500 1x{2 x 150 on 2:25 Backstroke
 {3 x 100 on 1:45 Back-descend 2/3/4 KOW
 {2 x 150 on 2:20 Backstroke
 {3 x 100 on 1:45 Back descend 3/4/5 KOW
 {1 x 150 on 2:15 Backstroke
 {3 x 50 on :50 Back descend 4//5/6 KOW
 550 1 x 550 on 7:00 Kick as far as you can
 420 1x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 550 1x{2 x 75 on 1:15 Pulls BTB
 {1 x 50 on :50 Pulls
 {2 x 75 on 1:15 Pulls BTS
 {1 x 50 on :45 Pulls
 {2 x 75 on 1:10 Pulls alt BT S/B
 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{2 x 150 on 2:25 Backstroke
 {3 x 100 on 1:45 Back-descend 2/3/4 KOW

{2 x 150 on 2:20 Backstroke
 {3 x 100 on 1:45 Back descend 3/4/5 KOW
 {1 x 150 on 2:15 Backstroke
 {3 x 50 on :50 Back descend 4//5/6 KOW
 300 6 x 50 on 2:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 6,070 Yards - Stress Value = 127

Workout #17218 - Tuesday, 12 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 500 1 x 500 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 1,200 1x{1 x 150 on 3:00 Backstroke
 {3 x 100 on 2:05 Back-descend 2/3/4 KOW
 {1 x 150 on 2:55 Backstroke
 {3 x 100 on 2:05 Back descend 3/4/5 KOW
 {1 x 150 on 2:50 Backstroke
 {3 x 50 on 1:00 Back descend 4//5/6 KOW
 550 1 x 550 on 7:00 Kick as far as you can
 420 1x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 450 1x{2 x 75 on 1:25 Pulls BTB
 {1 x 50 on 1:00 Pulls
 {2 x 75 on 1:25 Pulls BTS
 {2 x 50 on :55 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 150 on 3:00 Backstroke
 {3 x 100 on 2:05 Back-descend 2/3/4 KOW
 {1 x 150 on 2:55 Backstroke
 {3 x 100 on 2:05 Back descend 3/4/5 KOW
 {1 x 150 on 2:50 Backstroke
 {3 x 50 on 1:00 Back descend 4//5/6 KOW
 300 6 x 50 on 2:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 5,320 Yards - Stress Value = 113

Workout #17219 - Wednesday, 13 May 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 Underwater kick #5-8 fins
 1,800 1x{ BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :55 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :55 Kick-100%
 1,800 1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
 {1 x 300 on 4:00 Lungbuster pulls
 {1 x 300 on 3:55 Lungbuster pulls
 {1 x 300 on 3:50 Lungbuster pulls
 {1 x 300 on 3:45 Lungbuster pulls
 {1 x 300 on 3:40 Lungbuster pulls
 {1 x 300 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
 1,600 1x{2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:25 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:20 75-2k1p+1to4 25 TOdrill w/fr
 100 1 x 100 on 2:00 Breast OTB
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 6,420 Yards - Stress Value = 113

Workout #17220 - Wednesday, 13 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 Underwater kick #5-8 fins
 1,700 1x{ BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :55 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {3 x 50 on 1:00 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :55 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {3 x 50 on 1:00 Kick-100%
 1,650 1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
 {1 x 300 on 4:20 Lungbuster pulls
 {1 x 300 on 4:15 Lungbuster pulls
 {1 x 300 on 4:10 Lungbuster pulls
 {1 x 300 on 4:05 Lungbuster pulls
 {1 x 300 on 4:00 Lungbuster pulls
 {1 x 150 on 1:55 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 50 on :50 Breast 3/4 PO
 {1 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr
 100 1 x 100 on 2:00 Breast OTB
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 6,020 Yards - Stress Value = 105

Workout #17221 - Wednesday, 13 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 Underwater kick #5-8 fins
 1,500 1x{ BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on :55 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:00 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on :55 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:00 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Kick-100%
 1,500 1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
 {1 x 300 on 4:40 Lungbuster pulls
 {1 x 300 on 4:35 Lungbuster pulls
 {1 x 300 on 4:30 Lungbuster pulls
 {1 x 300 on 4:20 Lungbuster pulls
 {1 x 300 on 4:15 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{2 x 100 on 2:00 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:20 Breast 2/3/4 PO
 {2 x 100 on 1:55 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:20 Breast 2/3/4 PO
 {2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:20 Breast 2/3/4 PO
 {2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 50 on :55 Breast 3/4 PO
 100 1 x 100 on 2:00 Breast OTB
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 5,520 Yards - Stress Value = 96

Workout #17222 - Wednesday, 13 May 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
500	1 on 35:00 DS/TRX Bands	
120	1 x 500 on 10:00 Free L.25 of each 100 Non F	
1,200	8 x 15 on 1:00 Underwater kick #5-8 fins	
1,200	1x{ BSLR 100%-Make all underwater= - 1 X 50	
	{ 4 x 25 on :45 Kick no board BSLR	
	{ 3 x 50 on 1:05 Kick-100%	
	{ 4 x 25 on :45 Kick no board BSLR	
	{ 3 x 50 on 1:10 Kick-100%	
	{ 4 x 25 on :45 Kick no board BSLR	
	{ 3 x 50 on 1:15 Kick-100%	
	{ 4 x 25 on :45 Kick no board BSLR	
	{ 3 x 50 on 1:20 Kick-100%	
	{ 4 x 25 on :45 Kick no board BSLR	
	{ 2 x 50 on 1:15 Kick-100%	
1,200	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3	
	{ 1 x 300 on 5:35 Lungbuster pulls	
	{ 1 x 300 on 5:30 Lungbuster pulls	
	{ 1 x 300 on 5:25 Lungbuster pulls	
	{ 1 x 300 on 5:20 Lungbuster pulls	
200	4x{ 1 x 25 on :50 Sculling drills	
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,150	1x{ 2 x 100 on 2:15 75-2k1p+1to4 25 TOdrill w/fr	
	{ 2 x 75 on 1:35 Breast 2/3/4 PO	
	{ 2 x 100 on 2:10 75-2k1p+1to4 25 TOdrill w/fr	
	{ 2 x 75 on 1:35 Breast 2/3/4 PO	
	{ 2 x 100 on 2:05 75-2k1p+1to4 25 TOdrill w/fr	
	{ 2 x 75 on 1:35 Breast 2/3/4 PO	
	{ 1 x 100 on 2:00 75-2k1p+1to4 25 TOdrill w/fr	
100	1 x 100 on 2:00 Breast OTB	
200	1 x 200 on 3:00 Stroke Drills	
6:00 PM	4,670 Yards - Stress Value = 80	

Workout #17223 - Thursday, 14 May 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
600	1 on 25:00 DS/Shoulders	
150	1 x 600 on 10:00 Underwater trn drill	REC
2,300	10x{ 10 x 15 on :45 Shooters	SP3
	{ 1 on :30 5 squats	EN2
	{ 1 x 30 on :45 Undrwtr fly kick R.5 @15	EN1
	{ 1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 s	
1,700	1x{ 1 x 100 on 1:25 Kick	EN2
	{ 4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{ 2 x 100 on 1:30 Kick	EN2
	{ 6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{ 3 x 100 on 1:35 Kick	EN2
	{ 8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{ 4 x 100 on 1:40 Kick	EN2
	{ 10 x 25 on :30 Alt 2nd and 3rd kicks	EN2
500	5 x 100 on 3:00 Freestyle	SP1
500	10 x 50 on 1:00 Stroke Drills	REC
6:01 PM	5,750 Yards - Stress Value = 126	

Workout #17224 - Thursday, 14 May 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
600	1 on 25:00 DS/Shoulders	
	1 x 600 on 10:00 Underwater trn drill	REC

Yards	Set Description	EGY
150	10 x 15 on :45 Shooters	SP3
2,300	10x{ 1 x 200 on 3:15 Butterfly	EN2
	{ 1 on :30 5 squats	EN1
	{ 1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{ 1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 s	
1,600	1x{ 1 x 100 on 1:35 Kick	EN2
	{ 4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{ 2 x 100 on 1:40 Kick	EN2
	{ 6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{ 3 x 100 on 1:45 Kick	EN2
	{ 8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{ 3 x 100 on 1:50 Kick	EN2
	{ 10 x 25 on :30 Alt 2nd and 3rd kicks	EN2
500	5 x 100 on 3:00 Freestyle	SP1
500	10 x 50 on 1:00 Stroke Drills	REC
6:03 PM	5,650 Yards - Stress Value = 124	

Workout #17225 - Thursday, 14 May 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
550	1 on 25:00 DS/Shoulders	
150	1 x 550 on 10:00 Underwater trn drill	REC
2,070	9x{ 10 x 15 on :45 Shooters	SP3
	{ 1 x 200 on 3:35 Butterfly	EN2
	{ 1 on :30 5 squats	EN1
	{ 1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{ 1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 se	
1,400	1x{ 1 x 100 on 1:50 Kick	EN2
	{ 4 x 25 on :35 Alt 2nd and 3rd kicks	EN2
	{ 2 x 100 on 1:55 Kick	EN2
	{ 6 x 25 on :35 Alt 2nd and 3rd kicks	EN2
	{ 3 x 100 on 2:00 Kick	EN2
	{ 8 x 25 on :35 Alt 2nd and 3rd kicks	EN2
	{ 2 x 100 on 2:05 Kick	EN2
	{ 6 x 25 on :35 Alt 2nd and 3rd kicks	EN2
500	5 x 100 on 3:00 Freestyle	SP1
500	10 x 50 on 1:00 Stroke Drills	REC
6:01 PM	5,170 Yards - Stress Value = 115	

Workout #17226 - Thursday, 14 May 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
500	1 on 25:00 DS/Shoulders	
150	1 x 500 on 10:00 Underwater trn drill	REC
1,840	8x{ 10 x 15 on :45 Shooters	SP3
	{ 1 x 200 on 4:15 Butterfly	EN2
	{ 1 on :30 5 squats	EN1
	{ 1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{ 1 on :30 5 squats	EN1
1,150	1x{ 1 x 100 on 2:10 Kick	EN2
	{ 4 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{ 2 x 100 on 2:15 Kick	EN2
	{ 6 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{ 3 x 100 on 2:20 Kick	EN2
	{ 8 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{ 1 x 100 on 2:25 Kick	EN2
500	5 x 100 on 3:00 Freestyle	SP1
500	10 x 50 on 1:00 Stroke Drills	REC
6:01 PM	4,640 Yards - Stress Value = 106	

Workout #17228 - Friday, 15 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Ted's abs
 300 1 x 600 on 10:00 Too complicate to type out
 300 12 x 25 on 1:00 3 on each stroke-under water
 until you reach 12.5 yds
 2,000 1x{4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 5 strokes fast
 {1 x 100 on 1:30 Free 10 strokes fast
 {1 x 100 on 1:30 Free 15 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 20 strokes fast
 {1 x 100 on 1:30 Free 25 strokes fast
 {1 x 100 on 1:30 Free 30 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 35 strokes fast
 {1 x 100 on 1:30 Free 40 strokes fast
 {1 x 100 on 1:30 Free -35 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free-30 strokes fast
 {1 x 100 on 1:30 Free-25 strokes fast
 {1 x 100 on 1:30 Free-20 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 15 strokes fast
 {1 x 100 on 1:30 Free 10 strokes fast
 {1 x 100 on 1:30 Free 5 strokes fast
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 3,100 Yards - Stress Value = 70

Workout #17229 - Friday, 15 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Ted's abs
 300 1 x 600 on 10:00 Too complicate to type out
 300 12 x 25 on 1:00 3 on each stroke-under water
 until you reach 12.5 yds
 1,850 1x{4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:40 Free 5 strokes fast
 {1 x 100 on 1:40 Free 10 strokes fast
 {1 x 100 on 1:40 Free 15 strokes fast
 {3 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:40 Free 20 strokes fast
 {1 x 100 on 1:40 Free 25 strokes fast
 {1 x 100 on 1:40 Free 30 strokes fast
 {3 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:40 Free 35 strokes fast
 {1 x 100 on 1:40 Free 40 strokes fast
 {1 x 100 on 1:40 Free -35 strokes fast
 {3 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:40 Free-30 strokes fast
 {1 x 100 on 1:40 Free-25 strokes fast
 {1 x 100 on 1:40 Free-20 strokes fast
 {3 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:40 Free 15 strokes fast
 {1 x 100 on 1:40 Free 10 strokes fast
 {1 x 50 on :50 Free 5 strokes fast
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 2,950 Yards - Stress Value = 69

Workout #17230 - Friday, 15 May 2015

Group 3 - Bronze

1 minute rest between sets

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

1 on 30:00 DS/Ted's abs
 600 1 x 600 on 10:00 Too complicate to type out
 300 12 x 25 on 1:00 3 on each stroke-under water
 until you reach 12.5 yds
 1,750 1x{4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:50 Free 5 strokes fast
 {1 x 100 on 1:50 Free 10 strokes fast
 {1 x 100 on 1:50 Free 15 strokes fast
 {2 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:50 Free 20 strokes fast
 {1 x 100 on 1:50 Free 25 strokes fast
 {1 x 100 on 1:50 Free 30 strokes fast
 {2 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:50 Free 35 strokes fast
 {1 x 100 on 1:50 Free 40 strokes fast
 {1 x 100 on 1:50 Free -35 strokes fast
 {2 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:50 Free-30 strokes fast
 {1 x 100 on 1:50 Free-25 strokes fast
 {1 x 100 on 1:50 Free-20 strokes fast
 {2 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:50 Free 15 strokes fast
 {1 x 100 on 1:50 Free 10 strokes fast
 {1 x 50 on :55 Free 5 strokes fast
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 2,850 Yards - Stress Value = 65

Workout #17227 - Friday, 15 May 2015

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Ted's abs
 300 1 x 600 on 10:00 Too complicate to type out
 300 12 x 25 on 1:00 3 on each stroke-under water
 until you reach 12.5 yds
 2,000 1x{4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 5 strokes fast
 {1 x 100 on 1:30 Free 10 strokes fast
 {1 x 100 on 1:30 Free 15 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 20 strokes fast
 {1 x 100 on 1:30 Free 25 strokes fast
 {1 x 100 on 1:30 Free 30 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 35 strokes fast
 {1 x 100 on 1:30 Free 40 strokes fast
 {1 x 100 on 1:30 Free -35 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free-30 strokes fast
 {1 x 100 on 1:30 Free-25 strokes fast
 {1 x 100 on 1:30 Free-20 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 15 strokes fast
 {1 x 100 on 1:30 Free 10 strokes fast
 {1 x 100 on 1:30 Free 5 strokes fast
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 3,100 Yards - Stress Value = 70

Workout #17231 - Monday, 18 May 2015

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Balls
165	1 x 600 on 10:00 Swim-kick-pull-swim
1,750	11 x 15 on :45 Cross pool sprints
1,750	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{5 x 50 on :45 Kick
1,500	1x{2 x 150 on 2:05 Pulls-no br L.12/25 yds
	{2 x 150 on 2:00 Pulls-no br L.12/25 yds
	{2 x 150 on 1:55 Pulls-no br L.12/25 yds
	{2 x 150 on 1:50 Pulls-no br L.12/25 yds
	{2 x 150 on 1:45 Pulls-no br L.12/25 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	6x{1 x 400 on 5:00 Freestyle
	{1 x 100 on 1:30 Freestyle
	Each round 400 drops 5 seconds
200	1 x 200 on 3:00 Stroke Drills
	6:02 PM 7,415 Yards - Stress Value = 158

Workout #17232 - Monday, 18 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Balls
165	1 x 600 on 10:00 Swim-kick-pull-swim
1,550	11 x 15 on :45 Cross pool sprints
1,550	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :50 Kick
1,400	1x{2 x 150 on 2:15 Pulls-no br L.12/25 yds
	{2 x 150 on 2:10 Pulls-no br L.12/25 yds
	{2 x 150 on 2:05 Pulls-no br L.12/25 yds
	{2 x 150 on 2:00 Pulls-no br L.12/25 yds
	{2 x 100 on 1:20 Pulls-no br L.12/25 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	6x{1 x 400 on 5:25 Freestyle
	{1 x 100 on 1:45 Freestyle
	Each round 400 drops 5 seconds
	6th round do a 100@1:20, then 100 all out
200	1 x 200 on 3:00 Stroke Drills
	6:06 PM 7,115 Yards - Stress Value = 152

Workout #17233 - Monday, 18 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls

550	1 x 550 on 10:00 Swim-kick-pull-swim
165	11 x 15 on :45 Cross pool sprints
1,400	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:30 Kick
1,250	1x{2 x 150 on 2:30 Pulls-no br L.12/25 yds
	{2 x 150 on 2:25 Pulls-no br L.12/25 yds
	{2 x 150 on 2:20 Pulls-no br L.12/25 yds
	{2 x 150 on 2:15 Pulls-no br L.12/25 yds
	{1 x 50 on :45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	5x{1 x 400 on 6:00 Freestyle
	{1 x 100 on 2:00 Freestyle
	Each round 400 drops 5 seconds
	5th round do a 250@3:45, then 100 all out
200	1 x 200 on 3:00 Stroke Drills
	6:03 PM 6,265 Yards - Stress Value = 132

Workout #17234 - Monday, 18 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls
500	1 x 500 on 10:00 Swim-kick-pull-swim
165	11 x 15 on :45 Cross pool sprints
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 125 on 2:50 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
1,100	1x{2 x 150 on 2:50 Pulls-no br L.12/25 yds
	{2 x 150 on 2:45 Pulls-no br L.12/25 yds
	{2 x 150 on 2:40 Pulls-no br L.12/25 yds
	{2 x 100 on 1:40 Pulls-no br L.12/25 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	4x{1 x 400 on 7:30 Freestyle
	{1 x 100 on 2:30 Freestyle
	Each round 400 drops 5 seconds
	4th round do a 300@5:30, then 100 all out
200	1 x 200 on 3:00 Stroke Drills
	6:03 PM 5,315 Yards - Stress Value = 110

Workout #17235 - Tuesday, 19 May 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core
300	1 x 600 on 10:00 Top Hat Drill
500	12 x 25 on :40 Variable Speed
840	1 x 500 on 8:00 Kick as far as you can
1,650	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc {2 x 30 on :30 Gssr/Spr br on 3/15 undr {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce {2 x 30 on :30 Gssr/Spr br on 3/15 undr {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce {2 x 30 on :30 Gssr/Spr br on 3/15 undr {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce {2 x 30 on :30 Gssr/Spr br on 3/15 undr-desce {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
200	1 x 1650 on 22:00 Pulls BTB for 1st half and BTS for 2nd half
2,200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{1 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 100 on 1:15 Backstroke {1 x 100 on 1:10 Backstroke {1 x 200 on 3:30 Backstroke Drill {2 x 75 on 1:10 Backstroke {2 x 75 on 1:05 Backstroke {2 x 75 on 1:00 Backstroke {2 x 75 on :55 Backstroke {1 x 150 on 2:35 Backstroke Drill {3 x 50 on :45 Backstroke {3 x 50 on :40 Backstroke {3 x 50 on :35 Backstroke {1 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% {4 x 25 on :25 Backstroke-100%
5:59 PM	1 x 250 on 4:00 Stroke Drills 6,540 Yards - Stress Value = 89

Workout #17236 - Tuesday, 19 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core
300	1 x 600 on 10:00 Top Hat Drill
500	12 x 25 on :40 Variable Speed
840	1 x 500 on 8:00 Kick as far as you can
1,550	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc {2 x 30 on :30 Gssr/Spr br on 3/15 undr {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce {2 x 30 on :30 Gssr/Spr br on 3/15 undr {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce {2 x 30 on :30 Gssr/Spr br on 3/15 undr {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce {2 x 30 on :30 Gssr/Spr br on 3/15 undr-desce {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
200	1 x 1550 on 22:00 Pulls BTB for 1st half and BTS for 2nd half
2,100	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{1 x 100 on 1:40 Backstroke {1 x 100 on 1:35 Backstroke {1 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 200 on 3:30 Backstroke Drill {2 x 75 on 1:15 Backstroke {2 x 75 on 1:10 Backstroke

250	{2 x 75 on 1:05 Backstroke {2 x 75 on 1:00 Backstroke {1 x 150 on 2:35 Backstroke Drill {1 x 50 on :50 Backstroke {3 x 50 on :45 Backstroke {3 x 50 on :40 Backstroke {1 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% {4 x 25 on :25 Backstroke-100% 1 x 250 on 4:00 Stroke Drills
6:00 PM	6,340 Yards - Stress Value = 87

Workout #17237 - Tuesday, 19 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Core
300	1 x 550 on 10:00 Top Hat Drill
500	12 x 25 on :40 Variable Speed
840	1 x 500 on 8:00 Kick as far as you can
1,450	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc {2 x 30 on :30 Gssr/Spr br on 3/15 undr {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce {2 x 30 on :30 Gssr/Spr br on 3/15 undr {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce {2 x 30 on :30 Gssr/Spr br on 3/15 undr {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce {2 x 30 on :30 Gssr/Spr br on 3/15 undr-desce {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
200	1 x 1450 on 22:00 Pulls BTB for 1st half and BTS for 2nd half
1,800	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{1 x 100 on 1:50 Backstroke {1 x 100 on 1:45 Backstroke {1 x 100 on 1:40 Backstroke {1 x 100 on 1:35 Backstroke {1 x 100 on 1:30 Backstroke {1 x 150 on 3:30 Backstroke Drill {2 x 75 on 1:25 Backstroke {2 x 75 on 1:20 Backstroke {2 x 75 on 1:15 Backstroke {2 x 75 on 1:10 Backstroke {1 x 100 on 2:35 Backstroke Drill {3 x 50 on 1:00 Backstroke {3 x 50 on :55 Backstroke {3 x 50 on :45 Backstroke
5:59 PM	1 x 250 on 4:00 Stroke Drills 5,890 Yards - Stress Value = 82

Workout #17238 - Tuesday, 19 May 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
500	1 on 30:00 DS/Core
300	1 x 500 on 10:00 Top Hat Drill
500	12 x 25 on :40 Variable Speed
840	1 x 500 on 8:00 Kick as far as you can
1,250	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr-desce
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
200	1 x 1250 on 22:00 Pulls
	BTB for 1st half and BTS for 2nd half
1,500	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{1 x 100 on 2:10 Backstroke
	{1 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 3:00 Backstroke Drill
	{2 x 75 on 1:45 Backstroke
	{2 x 75 on 1:40 Backstroke
	{2 x 75 on 1:35 Backstroke
	{2 x 75 on 1:30 Backstroke
	{1 x 100 on 3:00 Backstroke Drill
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:00 Backstroke
	{2 x 50 on :55 Backstroke
250	1 x 250 on 4:00 Stroke Drills
5:59 PM	5,340 Yards - Stress Value = 75

Workout #17239 - Wednesday, 20 May 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
600	1 on 35:00 DS/TRX bands
120	1 x 600 on 10:00 Free L.25 of each 100 Non F
2,100	8 x 15 on 1:00 Underwaters #5-8 w/fins
1,000	1x{3 x 125 on 2:05 Kick L.25 100%
	{6 x 25 on :30 Kick no board B
	{3 x 125 on 2:00 Kick L.25 100%
	{6 x 25 on :30 Kick no board S
	{3 x 125 on 1:55 Kick L.25 100%
	{6 x 25 on :30 Kick no board L
	{3 x 125 on 1:50 Kick L.25 100%
	{6 x 25 on :30 Kick no board R
200	5 x 200 on 2:35 Lungbuster pulls
	Breathe 3-5-7-9 continuous
2,200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{4 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{6 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{8 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{6 x 25 on :25 Fly 5KOW+1 HB@F
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	6,470 Yards - Stress Value = 97

Workout #17240 - Wednesday, 20 May 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
600	1 on 35:00 DS/TRX Bands
120	1 x 600 on 10:00 Free L.25 of each 100 Non F
2,000	8 x 15 on 1:00 Underwaters #5-8 w/fins
1,000	1x{3 x 125 on 2:15 Kick L.25 100%
	{6 x 25 on :30 Kick no board B
	{3 x 125 on 2:10 Kick L.25 100%
	{6 x 25 on :30 Kick no board S
	{3 x 125 on 2:05 Kick L.25 100%
	{4 x 25 on :30 Kick no board L
	{3 x 125 on 2:00 Kick L.25 100%
	{4 x 25 on :30 Kick no board R
200	5 x 200 on 2:45 Lungbuster pulls
	Breathe 3-5-7-9 continuous
	Only do a 150 on 7th one
1,950	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{4 x 100 on 1:30 Fly 2-3-4-5 SOW
	{2 x 25 on :30 Fly 5KOW+1 HB@F
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW
	{4 x 25 on :30 Fly 5KOW+1 HB@F
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW
	{6 x 25 on :30 Fly 5KOW+1 HB@F
	{3 x 100 on 1:30 Fly 2-3-4 SOW
	{6 x 25 on :30 Fly 5KOW+1 HB@F
250	1 x 250 on 4:00 Stroke Drills
6:01 PM	6,120 Yards - Stress Value = 92

Workout #17241 - Wednesday, 20 May 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
550	1 on 35:00 DS/TRX Bands
120	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,750	8 x 15 on 1:00 Underwaters #5-8 w/fins
875	1x{3 x 125 on 2:30 Kick L.25 100%
	{4 x 25 on :35 Kick no board B
	{3 x 125 on 2:25 Kick L.25 100%
	{4 x 25 on :35 Kick no board S
	{3 x 125 on 2:20 Kick L.25 100%
	{4 x 25 on :35 Kick no board L
	{3 x 75 on 1:25 Kick L.25 100%
	{4 x 25 on :35 Kick no board R
200	5 x 175 on 2:35 Lungbuster pulls
	Breathe 3-5-7-9 continuous
1,800	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{4 x 100 on 1:40 Fly 2-3-4-5 SOW
	{2 x 25 on :35 Fly 5KOW+1 HB@F
	{4 x 100 on 1:40 Fly 2-3-4-5 SOW
	{4 x 25 on :35 Fly 5KOW+1 HB@F
	{4 x 100 on 1:40 Fly 2-3-4-5 SOW
	{6 x 25 on :35 Fly 5KOW+1 HB@F
	{3 x 100 on 1:40 Fly 2-3-4 SOW
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,545 Yards - Stress Value = 82

Workout #17242 - Wednesday, 20 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/TRX Bands
 120 1 x 500 on 10:00 Free L.25 of each 100 Non F
 1,450 8 x 15 on 1:00 Underwaters #5-8 w/fins
 1x{3 x 100 on 2:30 Kick L.25 100%
 {4 x 25 on :40 Kick no board B
 {3 x 100 on 2:25 Kick L.25 100%
 {4 x 25 on :40 Kick no board S
 {3 x 100 on 2:20 Kick L.25 100%
 {4 x 25 on :40 Kick no board L
 {3 x 50 on 1:05 Kick L.25 100%
 {4 x 25 on :40 Kick no board R
 750 5 x 150 on 2:45 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{4 x 100 on 2:05 Fly 2-3-4-5 SOW
 {2 x 25 on :45 Fly 5KOW+1 HB@F
 {4 x 100 on 2:05 Fly 2-3-4-5 SOW
 {4 x 25 on :45 Fly 5KOW+1 HB@F
 {4 x 100 on 2:05 Fly 2-3-4-5 SOW
 {2 x 25 on :45 Fly 5KOW+1 HB@F
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,670 Yards - Stress Value = 72

1 on 30:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwaters
 1,700 1x{5 x 50 on :50 Kick
 {8 x 25 on :30 Kick your weakest kick
 {4 x 50 on :50 Kick
 {8 x 25 on :30 Kick your weakest kick
 {3 x 50 on :50 Kick
 {8 x 25 on :30 Kick your weakest kick
 {2 x 50 on :50 Kick
 {8 x 25 on :30 Kick your weakest kick
 {1 x 50 on :50 Kick
 {6 x 25 on :30 Kick your weakest kick
 900 1x{4 x 100 on 1:50 Alt 50brpull/50frpull
 {3 x 100 on 1:45 Alt 50brpull/50frpull
 {1 x 100 on 1:40 Alt 50brpull/50frpull
 {1 x 100 on 1:35 Alt 50brpull/50frpull
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,425 1x{4 x 125 on 2:05 100 Breast 25 free
 {3 x 75 on 1:10 25 back 50 breast
 {4 x 125 on 2:00 100 Breast 25 free
 {3 x 75 on 1:15 25 back 50 breast
 {4 x 125 on 1:55 100 Breast 25 free
 {3 x 75 on 1:20 25 back 50 breast
 {2 x 125 on 1:50 100 Breast 25 free
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,215 Yards - Stress Value = 99

Workout #17245 - Thursday, 21 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwaters
 1,750 1x{5 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {4 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {3 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {2 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {1 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 1,000 1x{4 x 100 on 1:40 Alt 50brpull/50frpull
 {3 x 100 on 1:35 Alt 50brpull/50frpull
 {2 x 100 on 1:30 Alt 50brpull/50frpull
 {1 x 100 on 1:25 Alt 50brpull/50frpull
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,675 1x{4 x 125 on 1:55 100 Breast 25 free
 {3 x 75 on 1:00 25 back 50 breast
 {4 x 125 on 1:50 100 Breast 25 free
 {3 x 75 on 1:05 25 back 50 breast
 {4 x 125 on 1:45 100 Breast 25 free
 {3 x 75 on 1:10 25 back 50 breast
 {4 x 125 on 1:40 100 Breast 25 free
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,615 Yards - Stress Value = 106

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Shoulders
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwaters
 1,450 1x{5 x 50 on 1:00 Kick
 {6 x 25 on :35 Kick your weakest kick
 {4 x 50 on 1:00 Kick
 {6 x 25 on :35 Kick your weakest kick
 {3 x 50 on 1:00 Kick
 {6 x 25 on :35 Kick your weakest kick
 {2 x 50 on 1:00 Kick
 {6 x 25 on :35 Kick your weakest kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick your weakest kick
 800 1x{3 x 100 on 2:05 Alt 50brpull/50frpull
 {2 x 100 on 2:00 Alt 50brpull/50frpull
 {2 x 100 on 1:55 Alt 50brpull/50frpull
 {1 x 100 on 1:50 Alt 50brpull/50frpull
 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{4 x 125 on 2:20 100 Breast 25 free
 {3 x 75 on 1:20 25 back 50 breast
 {4 x 125 on 2:15 100 Breast 25 free
 {3 x 75 on 1:25 25 back 50 breast
 {2 x 125 on 2:10 100 Breast 25 free
 {2 x 75 on 1:30 25 back 50 breast
 {2 x 125 on 2:05 100 Breast 25 free
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,490 Yards - Stress Value = 87

Workout #17244 - Thursday, 21 May 2015

Group 3 - Gold

1 minute rest between sets

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

Workout #17246 - Thursday, 21 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Shoulders	
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back	
140	7 x 20 on 1:00 Underwaters	
1,200	1x{5 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {4 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {3 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {1 x 50 on 1:10 Kick {2 x 25 on :45 Kick your weakest kick	
650	1x{1 x 100 on 2:30 Alt 50brpull/50frpull {2 x 100 on 2:25 Alt 50brpull/50frpull {2 x 100 on 2:20 Alt 50brpull/50frpull {2 x 75 on 1:40 Alt 50brpull/25frpull	
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,850	1x{4 x 125 on 2:40 100 Breast 25 free {3 x 75 on 1:30 25 back 50 breast {2 x 125 on 2:35 100 Breast 25 free {3 x 75 on 1:35 25 back 50 breast {2 x 125 on 2:30 100 Breast 25 free {2 x 75 on 1:40 25 back 50 breast {2 x 125 on 2:25 100 Breast 25 free	
250	1 x 250 on 4:00 Stroke Drills	
5:59 PM 4,790 Yards - Stress Value = 76		

Workout #17247 - Friday, 22 May 2015

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
600	1 on 25:00 DS/Ted's Abs	
180	12 x 15 on :45 Start/Shooter/Finish	REC
500	20 x 25 on :45 Kick no board BSLR w/fins All 100%	EN2
1,400	1x{1 x 500 on 7:30 Individual Medley {1 x 400 on 6:00 Individual Medley {1 x 300 on 4:30 Individual Medley {1 x 200 on 3:00 Individual Medley { IM's are 25 drill 25 swim	EN2
200	1 x 200 on 3:00 IM-Broken at the 50's Rest 10-20-30 seconds	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
5:01 PM 3,080 Yards - Stress Value = 65		

Workout #17248 - Friday, 22 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
600	1 on 25:00 DS/Ted's Abs	
180	12 x 15 on :45 Start/Shooter/Finish	REC
500	20 x 25 on :45 Kick no board BSLR w/fins All 100%	EN2
1,250	1x{1 x 500 on 8:10 Individual Medley {1 x 400 on 6:30 Individual Medley {1 x 300 on 4:55 Individual Medley {1 x 50 on :50 Your #1 stroke	EN2

200	{ IM's are 25 drill 25 swim 1 x 200 on 3:00 IM-Broken at the 50's Rest 10-20-30 seconds	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
5:01 PM 2,930 Yards - Stress Value = 62		

Workout #17249 - Friday, 22 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
550	1 on 25:00 DS/Ted's Abs	
180	12 x 15 on :45 Start/Shooter/Finish	REC
500	20 x 25 on :45 Kick no board BSLR w/fins All 100%	EN2
1,200	1x{1 x 500 on 8:45 Individual Medley {1 x 400 on 7:00 Individual Medley {1 x 300 on 5:15 Individual Medley { IM's are 25 drill 25 swim	EN2
200	1 x 200 on 3:00 IM-Broken at the 50's Rest 10-20-30 seconds	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
5:01 PM 2,830 Yards - Stress Value = 61		

Workout #17250 - Friday, 22 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
500	1 on 25:00 DS/Ted's Abs	
180	12 x 15 on :45 Start/Shooter/Finish	REC
500	20 x 25 on :45 Kick no board BSLR w/fins All 100%	EN2
1,000	1x{1 x 400 on 8:00 Individual Medley {1 x 300 on 6:00 Individual Medley {1 x 200 on 4:00 Individual Medley {1 x 100 on 2:00 Individual Medley { IM's are 25 drill 25 swim	EN2
200	1 x 200 on 3:00 IM-Broken at the 50's Rest 10-20-30 seconds	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
5:00 PM 2,580 Yards - Stress Value = 57		

Workout #17251 - Tuesday, 26 May 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Core
 300 1 x 600 on 10:00 Top Hat Drill
 650 6 x 50 on 2:00 Freestyle
 980 1 x 650 on 8:30 Kick as far as you can
 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 1,500 12 x 125 on 1:40 Pull HB 2 SOW +1
 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 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {5 x 100 on 1:20 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 6,580 Yards - Stress Value = 119

Workout #17252 - Tuesday, 26 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Core
 300 1 x 600 on 10:00 Top Hat Drill
 600 6 x 50 on 2:00 Freestyle
 980 1 x 600 on 8:30 Kick as far as you can
 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 1,375 11 x 125 on 1:50 Pull 2 SOW +1
 only do a 100 on the 11th one
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{1 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:30 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,205 Yards - Stress Value = 112

Workout #17253 - Tuesday, 26 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description

=====

1 on 25:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 300 6 x 50 on 2:00 Freestyle
 600 1 x 600 on 8:30 Kick as far as you can
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 1,250 10 x 125 on 2:00 Pull HB 2 SOW+1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 1x{1 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {2 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {3 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {4 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {1 x 50 on :50 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 5,780 Yards - Stress Value = 104

Workout #17254 - Tuesday, 26 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Core
 300 1 x 500 on 10:00 Top Hat Drill
 600 6 x 50 on 2:00 Freestyle
 980 1 x 600 on 8:30 Kick as far as you can
 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 1,000 10 x 100 on 1:50 Pull HB 2 SOW+1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 100 on 2:00 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 {2 x 100 on 2:00 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 {3 x 100 on 2:00 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 {4 x 100 on 2:00 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 250 1 x 250 on 4:00 Stroke Drills
 5:58 PM 5,230 Yards - Stress Value = 94

Workout #17255 - Wednesday, 27 May 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 1 x 500 on 10:00 Wednesday warm-up
 120 8 x 15 on 1:00 Underwater #5-#8 w/fins
 1,800 1x{3 x 100 on 1:45 Kick
 {3 x 100 on 1:40 Kick
 {3 x 100 on 1:35 Kick
 {3 x 100 on 1:30 Kick
 {3 x 100 on 1:25 Kick
 {3 x 100 on 1:20 Kick
 650 1 x 650 on 8:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 1x{3 x 150 on 2:35 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:30 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:25 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:20 2K1P w/tennis balls
 100 1 x 100 on 3:00 Breast OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,870 Yards - Stress Value = 81

{2 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 550 1 x 550 on 8:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{3 x 150 on 2:55 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:50 2K1p w/tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:45 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {2 x 100 on 1:50 2K1P w/tennis balls
 100 1 x 100 on 3:00 Breast OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,170 Yards - Stress Value = 77

Workout #17258 - Wednesday, 27 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 1 x 500 on 10:00 Wednesday warm-up
 120 8 x 15 on 1:00 Underwater #5-#8 w/fins
 1,200 1x{3 x 100 on 2:25 Kick
 {3 x 100 on 2:20 Kick
 {3 x 100 on 2:15 Kick
 {3 x 100 on 2:10 Kick
 500 1 x 500 on 8:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{3 x 150 on 3:30 2K1P w/ tennis balls
 {6 x 25 on :45 Brst with paddles alt 2/3 PO
 {3 x 150 on 3:25 2K1P w/ tennis balls
 {6 x 25 on :45 Brst with paddles alt 2/3 PO
 {3 x 150 on 3:20 2K1P w/ tennis balls
 {2 x 25 on :45 Brst with paddles alt 2/3 PO
 100 1 x 100 on 3:00 Breast OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 4,570 Yards - Stress Value = 67

Workout #17256 - Wednesday, 27 May 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 TRX Bands
 500 1 x 500 on 10:00 Wednesday warm-up
 120 8 x 15 on 1:00 Underwater #5-#8 w/fins
 1,600 1x{3 x 100 on 1:55 Kick
 {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
 {1 x 100 on 1:30 Kick
 600 1 x 600 on 8:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{3 x 150 on 2:45 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:40 2K1P w/ tennis balls
 {6 x 25 on :40 Brst w/paddles "X"pullouts
 {3 x 150 on 2:35 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {2 x 150 on 2:30 2K1P w/tennis balls
 {2 x 25 on :40 Brst with paddles alt 2/3 PO
 100 1 x 100 on 3:00 Breast OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:02 PM 5,520 Yards - Stress Value = 82

Workout #17257 - Wednesday, 27 May 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 1 x 500 on 10:00 Wednesday warm-up
 120 8 x 15 on 1:00 Underwater #5-#8 w/fins
 1,450 1x{3 x 100 on 2:05 Kick
 {3 x 100 on 2:00 Kick
 {3 x 100 on 1:55 Kick
 {3 x 100 on 1:50 Kick

Workout #17259 - Thursday, 28 May 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 15:00 Ted's DS
140	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
2,000	7 x 20 on 1:00 Underwater fly kick
1x	{2 x 125 on 2:30 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:30 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:20 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:20 Kick #3
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:10 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:10 Kick #3
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 50 on 1:00 Fly w/free kick 25
	{1 x 50 on 1:00 Fly w/free kick 30
	{1 x 50 on 1:00 Fly w/free kick 35
	{1 x 50 on 1:00 Fly w/free kick 40
	{1 x 50 on 1:00 Fly w/free kick 45
	{1 x 50 on 1:00 Fly w/free kick 50
	{1 x 50 on :55 Fly w/free kick 25
	{1 x 50 on :55 Fly w/free kick 30
	{1 x 50 on :55 Fly w/free kick 35
	{1 x 50 on :55 Fly w/free kick 40
	{1 x 50 on :55 Fly w/free kick 45
	{1 x 50 on :55 Fly w/free kick 50
	{1 x 50 on :50 Fly w/free kick 25
	{1 x 50 on :50 Fly w/free kick 30
	{1 x 50 on :50 Fly w/free kick 35
	{1 x 50 on :50 Fly w/free kick 40
	{1 x 50 on :50 Fly w/free kick 45
	{1 x 50 on :50 Fly w/free kick 50
	{1 x 50 on :45 Fly w/free kick 25
	{1 x 50 on :45 Fly w/free kick 30
	{1 x 50 on :45 Fly w/free kick 35
	{1 x 50 on :45 Fly w/free kick 40
	{1 x 50 on :45 Fly w/free kick 45
	{1 x 50 on :45 Fly w/free kick 50
200	1 x 200 on 3:00 Stroke Drills
100	1 x 100 on 45:00 Change and go to art room
6:01 PM	4,440 Yards - Stress Value = 72

Workout #17260 - Thursday, 28 May 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 15:00 Ted's DS
140	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1,850	7 x 20 on 1:00 Underwater fly kick
1x	{2 x 125 on 2:40 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:40 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:30 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:30 Kick #3
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:20 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 50 on :55 Kick #3
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 50 on 1:00 Fly w/free kick 25
	{1 x 50 on 1:00 Fly w/free kick 30
	{1 x 50 on 1:00 Fly w/free kick 35
	{1 x 50 on 1:00 Fly w/free kick 40
	{1 x 50 on 1:00 Fly w/free kick 45
	{1 x 50 on 1:00 Fly w/free kick 50
	{1 x 50 on :55 Fly w/free kick 25
	{1 x 50 on :55 Fly w/free kick 30
	{1 x 50 on :55 Fly w/free kick 35
	{1 x 50 on :55 Fly w/free kick 40
	{1 x 50 on :55 Fly w/free kick 45
	{1 x 50 on :55 Fly w/free kick 50
	{1 x 50 on :50 Fly w/free kick 25
	{1 x 50 on :50 Fly w/free kick 30
	{1 x 50 on :50 Fly w/free kick 35
	{1 x 50 on :50 Fly w/free kick 40
	{1 x 50 on :50 Fly w/free kick 45
	{1 x 50 on :50 Fly w/free kick 50
	{1 x 50 on :45 Fly w/free kick 25
	{1 x 50 on :45 Fly w/free kick 30
	{1 x 50 on :45 Fly w/free kick 35
	{1 x 50 on :45 Fly w/free kick 40
	{1 x 50 on :45 Fly w/free kick 45
	{1 x 50 on :45 Fly w/free kick 50
200	1 x 200 on 3:00 Stroke Drills
6:00 PM	4,190 Yards - Stress Value = 69

Workout #17261 - Thursday, 28 May 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 15:00 Ted's DS
140	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1,650	7 x 20 on 1:00 Underwater fly kick
1x	{2 x 125 on 2:55 Kick #2
	{4 x 25 on :35 Kick #1-100%
	{2 x 125 on 2:55 Kick #2
	{4 x 25 on :35 Kick #1-100%
	{2 x 125 on 2:55 Kick #2
	{4 x 25 on :35 Kick #1-100%
	{2 x 125 on 2:45 Kick #3
	{4 x 25 on :35 Kick #1-100%
	{2 x 125 on 2:35 Kick #2
200	4x{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 50 on 1:05 Fly w/free kick 25
	{1 x 50 on 1:05 Fly w/free kick 30
	{1 x 50 on 1:05 Fly w/free kick 35
	{1 x 50 on 1:05 Fly w/free kick 40
	{1 x 50 on 1:05 Fly w/free kick 45
	{1 x 50 on 1:05 Fly w/free kick 50
	{1 x 50 on 1:00 Fly w/free kick 25
	{1 x 50 on 1:00 Fly w/free kick 30
	{1 x 50 on 1:00 Fly w/free kick 35
	{1 x 50 on 1:00 Fly w/free kick 40
	{1 x 50 on 1:00 Fly w/free kick 45
	{1 x 50 on 1:00 Fly w/free kick 50
	{1 x 50 on :55 Fly w/free kick 25
	{1 x 50 on :55 Fly w/free kick 30
	{1 x 50 on :55 Fly w/free kick 35
	{1 x 50 on :55 Fly w/free kick 40
	{1 x 50 on :55 Fly w/free kick 45
	{1 x 50 on :55 Fly w/free kick 50
	{1 x 50 on :50 Fly w/free kick 25
	{1 x 50 on :50 Fly w/free kick 30
	{1 x 50 on :50 Fly w/free kick 35
200	1 x 200 on 3:00 Stroke Drills
6:00 PM	3,790 Yards - Stress Value = 62

Workout #17262 - Thursday, 28 May 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 15:00 Ted's DS
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick
 1,450 1x{2 x 125 on 3:15 Kick #2
 {4 x 25 on :40 Kick #1-100%
 {2 x 125 on 3:15 Kick #2
 {4 x 25 on :40 Kick #1-100%
 {2 x 125 on 3:15 Kick #2
 {4 x 25 on :40 Kick #1-100%
 {2 x 125 on 3:05 Kick #3
 {4 x 25 on :40 Kick #1-100%
 {1 x 50 on 1:15 Kick #3
 200 4x{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 1:15 Fly w/free kick 25
 {1 x 50 on 1:15 Fly w/free kick 30
 {1 x 50 on 1:15 Fly w/free kick 35
 {1 x 50 on 1:15 Fly w/free kick 40
 {1 x 50 on 1:15 Fly w/free kick 45
 {1 x 50 on 1:15 Fly w/free kick 50
 {1 x 50 on 1:10 Fly w/free kick 25
 {1 x 50 on 1:10 Fly w/free kick 30
 {1 x 50 on 1:10 Fly w/free kick 35
 {1 x 50 on 1:10 Fly w/free kick 40
 {1 x 50 on 1:10 Fly w/free kick 45
 {1 x 50 on 1:10 Fly w/free kick 50
 200 1 x 200 on 3:00 Stroke Drills
 1 on 45:00 Change and go to art room
 6:00 PM 3,390 Yards - Stress Value = 55

=====

1 on 30:00 Team Mtg/DS
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 All BSLR, min 15m underwater
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 1,200 6 x 200 on 2:35 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,600 1x{4 x 150 on 1:55 Freestyle
 {1 x 600 on 8:00 Freestyle
 {4 x 125 on 1:35 Freestyle
 {1 x 500 on 6:40 Freestyle
 {4 x 100 on 1:15 Freestyle
 {1 x 400 on 5:20 Freestyle
 {4 x 75 on :55 Freestyle
 {1 x 300 on 4:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 7,420 Yards - Stress Value = 153

Workout #17264 - Monday, 01 June 2015

Group 3 - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 600 1 on 20:00 Ted's DS/Jump Rope
 165 1 x 600 on 10:00 Swim-kick-pull-swim REC
 2,750 1x{11 x 15 on :45 Cross pool sprints SP3
 {1 x 350 on 5:00 Freestyle EN2
 {3 x 50 on :50 Free-Great Effort EN3
 {1 x 350 on 4:55 Freestyle EN2
 {3 x 50 on :50 Free-Great Effort EN2
 {1 x 350 on 4:45 Freestyle EN2
 {3 x 50 on :50 Free-Great Effort EN3
 {1 x 350 on 4:40 Freestyle EN2
 {3 x 50 on :50 Free-Great Effort EN2
 {1 x 350 on 4:35 Freestyle EN2
 {3 x 50 on :50 Free-Great Effort EN2
 {1 x 250 on 3:15 Freestyle EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 7:00 AM 3,915 Yards - Stress Value = 74

=====

1 on 20:00 Ted's DS/Jump Rope
 1 x 600 on 10:00 Swim-kick-pull-swim REC
 11 x 15 on :45 Cross pool sprints SP3
 1 x 350 on 5:00 Freestyle EN2
 3 x 50 on :50 Free-Great Effort EN3
 1 x 350 on 4:55 Freestyle EN2
 3 x 50 on :50 Free-Great Effort EN2
 1 x 350 on 4:45 Freestyle EN2
 3 x 50 on :50 Free-Great Effort EN3
 1 x 350 on 4:40 Freestyle EN2
 3 x 50 on :50 Free-Great Effort EN2
 1 x 350 on 4:35 Freestyle EN2
 3 x 50 on :50 Free-Great Effort EN2
 1 x 250 on 3:15 Freestyle EN2
 8 x 50 on 1:00 Stroke Drills REC
 7:00 AM 3,915 Yards - Stress Value = 74

Workout #17263 - Monday, 01 June 2015

Group 3 - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 600 1 on 20:00 Ted's DS/Jump Rope
 165 1 x 600 on 10:00 Swim-kick-pull-swim REC
 3,000 1x{11 x 15 on :45 Cross pool sprints SP3
 {1 x 350 on 4:35 Freestyle EN2
 {3 x 50 on :45 Free-Great Effort EN3
 {1 x 350 on 4:30 Freestyle EN2
 {3 x 50 on :45 Free-Great Effort EN2
 {1 x 350 on 4:25 Freestyle EN2
 {3 x 50 on :45 Free-Great Effort EN3
 {1 x 350 on 4:20 Freestyle EN2
 {3 x 50 on :45 Free-Great Effort EN2
 {1 x 350 on 4:15 Freestyle EN2
 {3 x 50 on :45 Free-Great Effort EN2
 {1 x 350 on 4:10 Freestyle EN2
 {3 x 50 on :45 Freestyle EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 7:00 AM 4,165 Yards - Stress Value = 79

Workout #17267 - Monday, 01 June 2015

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description

Workout #17268 - Monday, 01 June 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 Team Mtg/DS
 120 1 x 600 on 10:00 Swim-kick-pull-swim
 8 x 15 on :45 Spinners
 All BSLR, min 15m underwater
 1,400 1x{2 x 100 on 1:55 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Kick-best effort
 1,050 6 x 175 on 2:35 Pulls-no br L.12 yds
 Hold under 1:20 base
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,400 1x{4 x 150 on 2:05 Freestyle
 {1 x 600 on 8:30 Freestyle
 {4 x 125 on 1:45 Freestyle
 {1 x 500 on 7:05 Freestyle
 {4 x 100 on 1:20 Freestyle
 {1 x 500 on 5:40 Freestyle
 {4 x 75 on 1:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 6,970 Yards - Stress Value = 135

Workout #17265 - Monday, 01 June 2015

Group 3 - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 550 1 on 20:00 Ted's DS/Jump Rope
 165 1 x 550 on 10:00 Swim-kick-pull-swim REC
 2,500 11 x 15 on :45 Cross pool sprints SP3
 1x{1 x 350 on 5:20 Freestyle EN2
 {3 x 50 on :55 Free-Great Effort EN3
 {1 x 350 on 5:15 Freestyle EN2
 {3 x 50 on :55 Free-Great Effort EN2
 {1 x 350 on 5:10 Freestyle EN2
 {3 x 50 on :55 Free-Great Effort EN3
 {1 x 350 on 5:05 Freestyle EN2
 {3 x 50 on :55 Free-Great Effort EN2
 {1 x 350 on 5:00 Freestyle EN2
 {3 x 50 on :55 Free-Great Effort EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 7:00 AM 3,615 Yards - Stress Value = 69

Workout #17269 - Monday, 01 June 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 Team Mtg/DS
 120 1 x 550 on 10:00 Swim-kick-pull-swim
 8 x 15 on :45 Spinners
 All BSLR, min 15m underwater
 1,250 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:00 Kick best effort

{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 {2 x 25 on :35 Kick no board BS
 1,050 6 x 175 on 2:35 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 1x{4 x 150 on 2:20 Freestyle
 {1 x 600 on 9:30 Freestyle
 {4 x 125 on 1:55 Freestyle
 {1 x 500 on 7:55 Freestyle
 {4 x 100 on 1:30 Freestyle
 {1 x 400 on 6:20 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 6,370 Yards - Stress Value = 134

Workout #17266 - Monday, 01 June 2015

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 20:00 Ted's DS/Jump Rope
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC
 165 11 x 15 on :45 Cross pool sprints SP3
 2,250 1x{1 x 350 on 6:00 Freestyle EN2
 {3 x 50 on 1:00 Free-Great Effort EN3
 {1 x 350 on 5:55 Freestyle EN2
 {3 x 50 on 1:00 Free-Great Effort EN2
 {1 x 350 on 5:50 Freestyle EN2
 {3 x 50 on 1:00 Free-Great Effort EN3
 {1 x 350 on 5:45 Freestyle EN2
 {3 x 50 on 1:00 Free-Great Effort EN2
 {1 x 250 on 4:05 Freestyle EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 7:00 AM 3,315 Yards - Stress Value = 64

Workout #17270 - Monday, 01 June 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Team Mtg/DS
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 All BSLR, min 15m underwater
 1,050 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:10 Kick best effort
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:15 Kick best effort
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick best effort
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:15 Kick-best effort
 900 6 x 150 on 2:35 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{4 x 150 on 2:45 Freestyle
 {1 x 600 on 11:30 Freestyle
 {4 x 125 on 2:20 Freestyle
 {1 x 500 on 9:30 Freestyle
 {3 x 100 on 1:50 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 5,470 Yards - Stress Value = 99

Workout #17271 - Tuesday, 02 June 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Core
300	1 x 600 on 10:00 Underwater trn drill
700	6 x 50 on 2:00 Freestyle
980	1 x 700 on 9:00 Kick
1,200	1x{1 x 50 on 1:00 Vertical Kick-30/30 {4 x 30 on 1:00 15 underwater 15 sprint free {2 x 50 on 1:00 Vertical Kick 35/25 {4 x 30 on :55 15 undwater 15 sprint free {3 x 50 on 1:00 Vertical Kick 40/20 {4 x 30 on :50 15 underwater 15 sprint free {4 x 50 on 1:00 Vertical Kick 45/15 {4 x 30 on :45 15 underwater 15 sprint free
200	8 x 150 on 1:50 Pulls BTB
2,400	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall
250	2x{2 x 100 on 1:30 Back w/fins {2 x 50 on 1:00 Backstroke {2 x 100 on 1:25 Back w/fins {2 x 50 on 1:00 Backstroke {2 x 100 on 1:20 Back w/fins {2 x 50 on 1:00 Backstroke {2 x 100 on 1:15 Back w/fins {2 x 50 on 1:00 Backstroke
6:00 PM	1 x 250 on 4:00 Stroke Drills
	6:00 PM 6,630 Yards - Stress Value = 130

Workout #17272 - Tuesday, 02 June 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Core
300	1 x 600 on 10:00 Underwater trn drill
700	6 x 50 on 2:00 Freestyle
980	1 x 700 on 9:00 Kick
1,050	1x{1 x 50 on 1:00 Vertical Kick-30/30 {4 x 30 on 1:00 15 underwater 15 sprint free {2 x 50 on 1:00 Vertical Kick 35/25 {4 x 30 on :55 15 undwater 15 sprint free {3 x 50 on 1:00 Vertical Kick 40/20 {4 x 30 on :50 15 underwater 15 sprint free {4 x 50 on 1:00 Vertical Kick 45/15 {4 x 30 on :45 15 underwater 15 sprint free
200	7 x 150 on 2:05 Pulls BTB
2,200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall
250	2x{2 x 100 on 1:40 Back w/fins {2 x 50 on 1:05 Backstroke {2 x 100 on 1:35 Back w/fins {2 x 50 on 1:05 Backstroke {2 x 100 on 1:30 Back w/fins {2 x 50 on 1:05 Backstroke {2 x 100 on 1:25 Back w/fins
6:00 PM	1 x 250 on 4:00 Stroke Drills
	6:00 PM 6,280 Yards - Stress Value = 123

Workout #17273 - Tuesday, 02 June 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
-------	-----------------

Yards	Set Description
550	1 on 25:00 DS/Core
300	1 x 550 on 10:00 Underwater trn drill
700	6 x 50 on 2:00 Freestyle
980	1 x 700 on 9:00 Kick
900	1x{1 x 50 on 1:00 Vertical Kick-30/30 {4 x 30 on 1:00 15 underwater 15 sprint free {2 x 50 on 1:00 Vertical Kick 35/25 {4 x 30 on :55 15 undwater 15 sprint free {3 x 50 on 1:00 Vertical Kick 40/20 {4 x 30 on :50 15 underwater 15 sprint free {4 x 50 on 1:00 Vertical Kick 45/15 {4 x 30 on :45 15 underwater 15 sprint free
200	6 x 150 on 2:20 Pulls BTB
2,000	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall
250	2x{2 x 100 on 1:50 Back w/fins {2 x 50 on 1:10 Backstroke {2 x 100 on 1:45 Back w/fins {2 x 50 on 1:10 Backstroke {2 x 100 on 1:40 Back w/fins {2 x 50 on 1:10 Backstroke {1 x 100 on 1:35 Back w/fins
6:00 PM	1 x 250 on 4:00 Stroke Drills
	6:00 PM 5,880 Yards - Stress Value = 116

Workout #17274 - Tuesday, 02 June 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Core
300	1 x 500 on 10:00 Underwater trn drill
700	6 x 50 on 2:00 Frees
980	1 x 700 on 9:00 Kick
900	1x{1 x 50 on 1:00 Vertical Kick-30/30 {4 x 30 on 1:00 15 underwater 15 sprint free {2 x 50 on 1:00 Vertical Kick 35/25 {4 x 30 on :55 15 undwater 15 sprint free {3 x 50 on 1:00 Vertical Kick 40/20 {4 x 30 on :50 15 underwater 15 sprint free {4 x 50 on 1:00 Vertical Kick 45/15 {4 x 30 on :45 15 underwater 15 sprint free
200	6 x 150 on 2:45 Pulls BTB
1,700	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall
250	2x{2 x 100 on 2:00 Back w/fins {2 x 50 on 1:20 Backstroke {2 x 100 on 1:55 Back w/fins {2 x 50 on 1:20 Backstroke {2 x 100 on 1:50 Back w/fins {1 x 50 on 1:20 Backstroke
6:01 PM	1 x 250 on 4:00 Stroke Drills
	6:01 PM 5,530 Yards - Stress Value = 110

Workout #17275 - Tuesday, 02 June 2015

HighSchl - Distance

1 minute rest between sets

5:17 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{1 x 600 on 7:20 Free L.25 6bk EN2		S	FR
	{1 x 600 on 7:10 Free L.50 6bk EN2		S	FR
	{1 x 600 on 7:00 Free L.75 6bk EN2		S	FR
	{1 x 600 on 6:50 Free L.100 6bk EN2		S	FR
400	{1 x 600 on 6:40 Free L.125 6bk EN2		S	FR
	8 x 50 on 1:00 Stroke Drills REC		D	CD
6:01 PM	3,400 Yards - Stress Value = 60			

Workout #17276 - Wednesday, 03 June 2015

Group 3 - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 20:00 Ted's DS/Jump Rope			
600	1 x 600 on 10:00 Top Hat Drill			
	Odd 100's free even 100's back			
200	4 x 50 on 2:30 Your #1 OTB-35y 100% 15y cf			
3,600	1x{4 x 300 on 3:25 Freestyle			
	{2 x 150 on 2:00 Freestyle			
	{3 x 300 on 3:25 Freestyle			
	{4 x 75 on 1:00 Freestyle			
	{2 x 300 on 3:25 Freestyle			
	{3 x 100 on 1:20 Freestyle			
	{ Hold all 1:20 base swims under 1:05			
250	1 x 250 on 4:00 Stroke Drills			
7:00 AM	4,650 Yards - Stress Value = 80			

Workout #17277 - Wednesday, 03 June 2015

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 20:00 Ted's DS/Jump Rope			
600	1 x 600 on 10:00 Top Hat Drill			
	Odd 100's free even 100's back			
200	4 x 50 on 2:30 Your #1 OTB-35y 100% 15y cf			
3,300	1x{4 x 300 on 3:40 Freestyle			
	{2 x 150 on 2:15 Freestyle			
	{3 x 300 on 3:40 Freestyle			
	{4 x 75 on 1:10 Freestyle			
	{1 x 300 on 3:40 Freestyle			
	{3 x 100 on 1:30 Freestyle			
	{ Hold all 1:30 base swims under 1:15			
250	1 x 250 on 4:00 Stroke Drills			
7:00 AM	4,350 Yards - Stress Value = 74			

Workout #17278 - Wednesday, 03 June 2015

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 20:00 Ted's DS/Jump Rope			
550	1 x 550 on 10:00 Top Hat Drill			
	Odd 100's free even 100's back			
200	4 x 50 on 2:30 Your #1 OTB-35y 100% 15y cf			
2,900	1x{4 x 300 on 4:10 Freestyle			
	{2 x 150 on 2:30 Freestyle			
	{2 x 300 on 4:10 Freestyle			
	{4 x 75 on 1:15 Freestyle			
	{1 x 300 on 4:10 Freestyle			
	{2 x 100 on 1:40 Freestyle			

{ Hold all 1:40 base swims under 1:20

250 1 x 250 on 4:00 Stroke Drills F
7:00 AM 3,900 Yards - Stress Value = 66

Workout #17279 - Wednesday, 03 June 2015

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 20:00 Ted's DS/Jump Rope			
500	1 x 500 on 10:00 Top Hat Drill			
	Odd 100's free even 100's back			
200	4 x 50 on 2:30 Your #1 OTB-35y 100% 15y cf			
2,500	1x{3 x 300 on 4:45 Freestyle			
	{2 x 150 on 2:45 Freestyle			
	{2 x 300 on 4:45 Freestyle			
	{4 x 75 on 1:25 Freestyle			
	{1 x 300 on 4:45 Freestyle			
	{1 x 100 on 1:50 Freestyle			
	{ Hold all 1:50 base swims under 1:35			
250	1 x 250 on 4:00 Stroke Drills			
6:59 AM	3,450 Yards - Stress Value = 58			

Workout #17280 - Thursday, 04 June 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 DS/Shoulders			
600	1 x 600 on 10:00 Underwater trn drill			
140	7 x 20 on 1:00 Underwater Fly Kick			
1,600	1x{1 x 100 on 2:00 Kick-non #1 kick			
	{3 x 50 on :50 Kick-descend			
	{2 x 100 on 1:55 Kick-non #1 kick			
	{3 x 50 on :50 Kick-descend			
	{3 x 100 on 1:50 Kick-non #1 kick			
	{3 x 50 on :50 Kick-descend			
	{4 x 100 on 1:45 Kick-non #1 kick			
	{3 x 50 on :50 Kick-descend			
1,500	1x{1 x 150 on 2:00 Pulls BWFPN			
	{2 x 150 on 1:55 Pulls BWKPN			
	{3 x 150 on 1:50 Pulls BWHPN			
	{4 x 150 on 1:45 Pulls BWSPN			
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{8 x 25 on :25 Butterfly			
	{1 x 200 on 3:00 Breaststroke			
	{1 x 100 on 1:15 Freestyle			
	{8 x 25 on :25 Breaststroke			
	{1 x 200 on 3:00 Butterfly			
	{1 x 100 on 1:15 Freestyle			
	{8 x 25 on :25 Butterfly			
	{2 x 150 on 2:15 Breaststroke			
	{1 x 100 on 1:15 Freestyle			
	{8 x 25 on :25 Breaststroke			
	{2 x 150 on 2:15 Butterfly			
	{1 x 100 on 1:15 Freestyle			
100	1 x 100 on 3:00 Individual Medley			
500	10 x 50 on 1:00 Stroke Drills			
6:00 PM	6,840 Yards - Stress Value = 123			

Workout #17284 - Thursday, 04 June 2015

Group 3 - Distance

1 minute rest between sets

5:11 PM Start

Yards	Set Description	EGY	WORK	STK
3,500	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:50 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:45 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:40 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	125's hold:1st set 125, 2nd set 124, and 3rd set 123, 4th set 122			
400	1 x 400 on 6:00 Stroke Drills	REC	D	CD
	6:00 PM 3,900 Yards - Stress Value = 70			

	{2 x 150 on 2:30 Pulls BWKPN	
	{3 x 150 on 2:25 Pulls BWHPN	
	{2 x 100 on 1:35 Pulls BWSPN	
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{8 x 25 on :30 Butterfly	
	{1 x 150 on 2:40 Breaststroke	
	{1 x 100 on 1:30 Freestyle	
	{8 x 25 on :30 Breaststroke	
	{1 x 150 on 2:40 Butterfly	
	{1 x 100 on 1:30 Freestyle	
	{8 x 25 on :30 Butterfly	
	{2 x 100 on 1:45 Breaststroke	
	{1 x 100 on 1:30 Freestyle	
	{8 x 25 on :30 Breaststroke	
	{2 x 100 on 1:45 Butterfly	
	{1 x 100 on 1:30 Freestyle	
100	1 x 100 on 3:00 Individual Medley	
500	10 x 50 on 1:00 Stroke Drills	
	6:00 PM 5,790 Yards - Stress Value = 103	

Workout #17281 - Thursday, 04 June 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Underwater trn drill	
140	7 x 20 on 1:00 Underwater Fly Kick	
1,450	1x{1 x 100 on 2:10 Kick-non #1 kick	
	{3 x 50 on :55 Kick-descend	
	{2 x 100 on 2:05 Kick-non #1 kick	
	{3 x 50 on :55 Kick-descend	
	{3 x 100 on 2:00 Kick-non #1 kick	
	{3 x 50 on :55 Kick-descend	
	{4 x 100 on 1:55 Kick-non #1 kick	
1,300	1x{1 x 150 on 2:15 Pulls BWFPN	
	{2 x 150 on 2:10 Pulls BWKPN	
	{3 x 150 on 2:05 Pulls BWHPN	
	{4 x 100 on 1:20 Pulls BWSPN	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,950	1x{8 x 25 on :30 Butterfly	
	{1 x 200 on 3:10 Breaststroke	
	{1 x 100 on 1:20 Freestyle	
	{8 x 25 on :30 Breaststroke	
	{1 x 200 on 3:10 Butterfly	
	{1 x 100 on 1:20 Freestyle	
	{8 x 25 on :30 Butterfly	
	{2 x 150 on 2:25 Breaststroke	
	{1 x 100 on 1:20 Freestyle	
	{8 x 25 on :30 Breaststroke	
	{1 x 150 on 2:25 Butterfly	
100	1 x 100 on 3:00 Individual Medley	
500	10 x 50 on 1:00 Stroke Drills	
	6:00 PM 6,240 Yards - Stress Value = 111	

Workout #17283 - Thursday, 04 June 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	
	1 on 25:00 DS/Shoulders	
500	1 x 500 on 10:00 Underwater trn drill	
140	7 x 20 on 1:00 Underwater Fly Kick	
1,150	1x{1 x 100 on 2:40 Kick-non #1 kick	
	{3 x 50 on 1:10 Kick-descend	
	{2 x 100 on 2:35 Kick-non #1 kick	
	{3 x 50 on 1:10 Kick-descend	
	{3 x 100 on 2:30 Kick-non #1 kick	
	{3 x 50 on 1:10 Kick-descend	
1,000	1x{1 x 150 on 2:50 Pulls BWFPN	
	{2 x 150 on 2:45 Pulls BWKPN	
	{3 x 150 on 2:40 Pulls BWHPN	
	{1 x 100 on 1:45 Pulls BWSPN	
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 25 on :35 Butterfly	
	{1 x 150 on 3:00 Breaststroke	
	{1 x 100 on 1:45 Freestyle	
	{6 x 25 on :35 Breaststroke	
	{1 x 150 on 3:00 Butterfly	
	{1 x 100 on 1:45 Freestyle	
	{6 x 25 on :35 Butterfly	
	{2 x 100 on 2:00 Breaststroke	
	{1 x 100 on 1:45 Freestyle	
	{4 x 25 on :35 Breaststroke	
	{2 x 100 on 2:00 Butterfly	
	{1 x 50 on :50 Freestyle	
100	1 x 100 on 3:00 Individual Medley	
500	10 x 50 on 1:00 Stroke Drills	
	5:59 PM 5,190 Yards - Stress Value = 92	

Workout #17282 - Thursday, 04 June 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Shoulders
550	1 x 550 on 10:00 Underwater trn drill
140	7 x 20 on 1:00 Underwater Fly Kick
1,300	1x{1 x 100 on 2:20 Kick-non #1 kick
	{3 x 50 on 1:05 Kick-descend
	{2 x 100 on 2:15 Kick-non #1 kick
	{3 x 50 on 1:05 Kick-descend
	{3 x 100 on 2:10 Kick-non #1 kick
	{2 x 50 on 1:05 Kick-descend
	{3 x 100 on 2:05 Kick-non #1 kick
1,100	1x{1 x 150 on 2:35 Pulls BWFPN

Workout #17285 - Friday, 05 June 2015

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
4,300	2x{1 x 100 on 1:10 Freestyle	EN2	S	F
	{1 x 100 on 1:20 Free Hold 1:02	EN2	S	F
	{1 x 300 on 3:30 Freestyle	EN2	S	F
	{1 x 50 on :45 Freestyle	REC	S	F
	{1 x 200 on 2:20 Freestyle	EN2	S	F
	{1 x 100 on 1:20 Free Hold 1:01	EN2	S	F
	{1 x 200 on 2:20 Freestyle	EN2	S	F
	{1 x 50 on :45 Freestyle	REC	S	F
	{1 x 300 on 3:30 Freestyle	EN2	S	F
	{1 x 100 on 1:20 Free hold 1:00	EN2	S	F
	{1 x 100 on 1:10 Freestyle	EN2	S	F
	{1 x 50 on :45 Freestyle	REC	S	F
	{1 x 400 on 4:40 Freestyle	EN2	S	F
	{1 x 100 on 1:20 Free hold :55	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	7:00 AM 5,100 Yards - Stress Value = 86			

Workout #17286 - Friday, 05 June 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
3,700	2x{1 x 100 on 1:20 Freestyle	EN2	S	F
	{1 x 100 on 1:30 Free Hold 1:10	EN2	S	F
	{1 x 300 on 4:05 Freestyle	EN2	S	F
	{1 x 50 on :50 Freestyle	REC	S	F
	{1 x 200 on 2:45 Freestyle	EN2	S	F
	{1 x 100 on 1:30 Free Hold 1:09	EN2	S	F
	{1 x 200 on 2:45 Freestyle	EN2	S	F
	{1 x 50 on :50 Freestyle	REC	S	F
	{1 x 300 on 4:05 Freestyle	EN2	S	F
	{1 x 100 on 1:30 Free hold 1:08	EN2	S	F
	{1 x 100 on 1:20 Freestyle	EN2	S	F
	{1 x 50 on :50 Freestyle	REC	S	F
	{1 x 200 on 2:45 Freestyle	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	7:00 AM 4,500 Yards - Stress Value = 74			

Workout #17287 - Friday, 05 June 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
3,300	2x{1 x 100 on 1:30 Freestyle	EN2	S	F
	{1 x 100 on 1:45 Free Hold 1:20	EN2	S	F
	{1 x 300 on 4:30 Freestyle	EN2	S	F
	{1 x 50 on :55 Freestyle	REC	S	F
	{1 x 200 on 3:00 Freestyle	EN2	S	F
	{1 x 100 on 1:45 Free Hold 1:19	EN2	S	F
	{1 x 200 on 3:00 Freestyle	EN2	S	F
	{1 x 50 on :55 Freestyle	REC	S	F
	{1 x 300 on 4:30 Freestyle	EN2	S	F
	{1 x 100 on 1:45 Free hold 1:18	EN2	S	F
	{1 x 100 on 1:30 Freestyle	EN2	S	F
	{1 x 50 on 1:00 Freestyle	REC	S	F

250 1 x 250 on 4:00 Stroke Drills REC D C
7:00 AM 4,100 Yards - Stress Value = 66

Workout #17288 - Friday, 05 June 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
350	1 x 350 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
2,800	2x{1 x 100 on 1:50 Freestyle	EN2	S	F
	{1 x 100 on 2:00 Free Hold 1:30	EN2	S	F
	{1 x 300 on 5:30 Freestyle	EN2	S	F
	{1 x 50 on 1:00 Freestyle	REC	S	F
	{1 x 200 on 3:40 Freestyle	EN2	S	F
	{1 x 100 on 2:00 Free Hold 1:29	EN2	S	F
	{1 x 200 on 3:40 Freestyle	EN2	S	F
	{1 x 50 on 1:00 Freestyle	REC	S	F
	{1 x 100 on 1:50 Freestyle	EN2	S	F
	{1 x 100 on 2:00 Free hold 1:28	EN2	S	F
	{1 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on :30 Rest			M
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	7:00 AM 3,550 Yards - Stress Value = 58			

Workout #17289 - Monday, 08 June 2015

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
165	11 x 15 on :45 Cross pool sprints	SP3	
3,375	1x{5 x 225 on 2:45 Free 1st/L.25 6bk	EN2	
	{4 x 225 on 2:40 Free 1st/L.25 6bk	EN2	
	{3 x 225 on 2:35 Free 1st/L.25 6bk	EN2	
	{2 x 225 on 2:30 Free 1st/L.25 6bk	EN2	
	{1 x 225 on 2:25 Free 1st/L.25 6bk	EN2	
	Last repeat of each line best effort		
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:00 AM 4,540 Yards - Stress Value = 74		

Workout #17290 - Monday, 08 June 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
165	11 x 15 on :45 Cross pool sprints	SP3	
3,000	1x{5 x 200 on 2:45 Free 1st/L.25 6bk	EN2	
	{4 x 200 on 2:40 Free 1st/L.25 6bk	EN2	
	{3 x 200 on 2:35 Free 1st/L.25 6bk	EN2	
	{2 x 200 on 2:30 Free 1st/L.25 6bk	EN2	
	{1 x 200 on 2:25 Free 1st/L.25 6bk	EN2	
	Last repeat of each line best effort		
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:00 AM 4,165 Yards - Stress Value = 67		

Workout #17291 - Monday, 08 June 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 20:00 TDS/Jump Rope		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
165	11 x 15 on :45 Cross pool sprints	SP3	
2,625	1x{5 x 175 on 2:45 Free 1st/L.25 6bk	EN2	
	{4 x 175 on 2:40 Free 1st/L.25 6bk	EN2	
	{3 x 175 on 2:35 Free 1st/L.25 6bk	EN2	
	{2 x 175 on 2:30 Free 1st/L.25 6bk	EN2	
	{1 x 175 on 2:25 Free 1st/L.25 6bk	EN2	
	Last repeat of each line best effort		
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:00 AM 3,740 Yards - Stress Value = 60		

Workout #17292 - Monday, 08 June 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 20:00 TDS/Jump Rope		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
165	11 x 15 on :45 Cross pool sprints	SP3	
2,250	1x{5 x 150 on 2:45 Free 1st/L.25 6bk	EN2	
	{4 x 150 on 2:40 Free 1st/L.25 6bk	EN2	
	{3 x 150 on 2:35 Free 1st/L.25 6bk	EN2	
	{2 x 150 on 2:30 Free 1st/L.25 6bk	EN2	
	{1 x 150 on 2:25 Free 1st/L.25 6bk	EN2	
	Last repeat of each line best effort		
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:00 AM 3,315 Yards - Stress Value = 52		

Workout #17293 - Monday, 08 June 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	===	===
	1 on 40:00 Team Mtg/Dynamic Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :45 Spinners	SP3	
1,800	18 x 100 on 2:01 Beat the clock	EN2	
1,600	4x{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:35 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{1 x 100 on 1:25 Kick	EN2	
	{1 on 1:00 Rest		
1,400	14 x 100 on 1:20 Pull	EN1	
	Odds hb 2 SOW +1 up to 8-repeat		
	Evens BO when feet pass noodle		
	and count strokes -1 each lap		
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:00 PM 5,770 Yards - Stress Value = 87		

Workout #17294 - Monday, 08 June 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	===	===
	1 on 40:00 Team Mtg/Dynamic Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :45 Spinners	SP3	
1,800	18 x 100 on 2:01 Beat the clock	EN2	
1,400	4x{1 x 50 on :55 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	

	{1 x 100 on 1:40 Kick	EN2
	{1 x 100 on 1:35 Kick	EN2
	{1 on 1:15 Rest	
1,200	12 x 100 on 1:30 Pull	EN1
	Odds hb 2 SOW +1 up to 8-repeat	
	Evens BO when feet pass noodle	
	and count strokes -1 each lap	
250	1 x 250 on 4:00 Stroke Drills	REC
	5:59 PM 5,370 Yards - Stress Value = 81	

Workout #17295 - Monday, 08 June 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	===	===
	1 on 40:00 Team Mtg/Dynamic Stretch		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :45 Spinners	SP3	
1,800	18 x 100 on 2:01 Beat the clock	EN2	
1,300	4x{1 x 25 on :30 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 on 1:10 Rest		
1,100	11 x 100 on 1:40 Pull	EN1	
	Odds hb 2 SOW +1 up to 8-repeat		
	Evens BO when feet pass noodle		
	and count strokes -1 each lap		
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:00 PM 5,120 Yards - Stress Value = 78		

Workout #17296 - Monday, 08 June 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	===	===
	1 on 40:00 Team Mtg/Dynamic Stretch		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :45 Spinners	SP3	
1,800	18 x 100 on 2:01 Beat the clock	EN2	
1,200	4x{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 on :55 Rest		
1,000	10 x 100 on 1:50 Pull	EN1	
	Odds hb 2 SOW +1 up to 8-repeat		
	Evens BO when feet pass noodle		
	and count strokes -1 each lap		
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:00 PM 4,870 Yards - Stress Value = 75		

Workout #17297 - Tuesday, 09 June 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 750 1 x 750 on 10:00 Kick as far as you can in 1
 300 12 x 25 on :40 Variable Speed
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 300 6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 4x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,250 Yards - Stress Value = 107

300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 4,800 Yards - Stress Value = 105

Workout #17300 - Tuesday, 09 June 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 500 1 x 500 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 750 1 x 750 on 10:00 Kick as far as you can in 1
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 300 6 x 50 on 2:00 Freestyle
 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 25 on :45 Bathtub Drill with fins
 {1 x 100 on 2:05 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on 1:15 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 4,550 Yards - Stress Value = 101

Workout #17298 - Tuesday, 09 June 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 750 1 x 750 on 10:00 Kick as far as you can in 1
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 300 6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 4x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 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
 6:00 PM 5,050 Yards - Stress Value = 107

Workout #17301 - Tuesday, 09 June 2015

HighSchl - Distance

1 minute rest between sets

5:12 PM Start
 Yards Set Description EGY WORK STK F
 =====
 2,650 1x{1 x 500 on 5:50 Freestyle EN2 S FR 1
 {10 x 25 on :30 Freestyle EN3 S FR 2
 {1 x 400 on 4:40 Freestyle EN2 S FR 1
 {10 x 25 on :30 Freestyle EN3 S FR 2
 {1 x 300 on 3:30 Freestyle EN2 S FR 1
 {10 x 25 on :30 Freestyle EN2 S FR 2
 {1 x 200 on 2:20 Freestyle EN2 S FR 1
 {10 x 25 on :30 Freestyle EN2 S FR 2
 {1 x 100 on 1:10 Freestyle EN2 S FR 1
 {6 x 25 on :30 Freestyle EN3 S FR 2
 { Non 25's BO when feet pass noodles +5 perf
 { Hold all 25's @ :15 with minimum stroke cou
 300 6 x 50 on 1:00 Stroke Drills REC D CD 2
 6:00 PM 2,950 Yards - Stress Value = 79

Workout #17299 - Tuesday, 09 June 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 750 1 x 750 on 10:00 Kick as far as you can in 1
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 300 6 x 50 on 2:00 Freestyle
 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 50 on :50 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

Workout #17306 - Wednesday, 10 June 2015

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
500	1 on 35:00 TDS/TRX Bands		
200	20 x 25 on :30 Wednesday Warm-ups	EN1	
100	4 x 50 on 2:15 Your #1 OTB 35yd 100% 15yd closed fist free	SP3	
2,550	1 x 100 on 2:00 Kick for time	SP1	
	1x{6 x 100 on 1:25 Breaststroke	EN2	
	{1 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{5 x 100 on 1:25 Breaststroke	EN2	
	{2 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{4 x 100 on 1:25 Breaststroke	EN2	
	{3 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{3 x 100 on 1:25 Breaststroke	EN2	
	{4 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{2 x 100 on 1:25 Breaststroke	EN2	
	{5 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{1 x 100 on 1:25 Breaststroke	EN2	
250	1 on 40:00 Killer Relays	EN2	
	1 x 250 on 4:00 Stroke Drills	REC	
5:59 PM	3,600 Yards - Stress Value = 72		

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
500	1 on 35:00 TDS/TRX Bands		
200	20 x 25 on :30 Wednesday Warm-ups	EN1	
100	4 x 50 on 2:15 Your #1 OTB 35yd 100% 15yd closed fist free	SP3	
2,230	1 x 100 on 2:00 Kick for time	SP1	
	1x{6 x 100 on 1:50 Breaststroke	EN2	
	{1 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{5 x 100 on 1:50 Breaststroke	EN2	
	{2 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{4 x 100 on 1:50 Breaststroke	EN2	
	{3 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{3 x 100 on 1:50 Breaststroke	EN2	
	{4 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{1 x 100 on 1:50 Breaststroke	EN2	
	{1 x 30 on 1:00 15underBrst/15sprFR	EN2	
	1 on 40:00 Killer Relays	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
6:00 PM	3,280 Yards - Stress Value = 66		

Workout #17310 - Wednesday, 10 June 2015

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
4:29 PM	Start				
3,750	1x{1 x 150 on 1:55 Freestyle	EN1	S	FR	1:17
	{5 x 100 on 1:05 Freestyle	EN2	S	FR	1:05
	{2 x 150 on 1:55 Freestyle	EN1	S	FR	1:17
	{4 x 100 on 1:05 Freestyle	EN2	S	FR	1:05
	{3 x 150 on 1:55 Freestyle	EN2	S	FR	1:17
	{3 x 100 on 1:05 Freestyle	EN2	S	FR	1:05
	{4 x 150 on 1:55 Freestyle	EN1	S	FR	1:17
	{2 x 100 on 1:05 Freestyle	EN2	S	FR	1:05
	{5 x 150 on 1:55 Freestyle	EN1	S	FR	1:17
	{1 x 100 on 1:05 Freestyle	EN2	S	FR	1:05
	150's hold under 1:45/:44/:43/:42/:41				
5:14 PM	3,750 Yards - Stress Value = 58				

Workout #17309 - Wednesday, 10 June 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
500	1 on 35:00 TDS/TRX Bands		
200	20 x 25 on :30 Wednesday Warm-ups	EN1	
100	4 x 50 on 2:15 Your #1 OTB 35yd 100% 15yd closed fist free	SP3	
1,900	1 x 100 on 2:00 Kick for time	SP1	
	1x{5 x 100 on 2:10 Breaststroke	EN2	
	{1 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{4 x 100 on 2:10 Breaststroke	EN2	
	{2 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{3 x 100 on 2:10 Breaststroke	EN2	
	{3 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{2 x 100 on 2:10 Breaststroke	EN2	
	{4 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{2 x 100 on 2:10 Breaststroke	EN2	
	1 on 40:00 Killer Relays	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:59 PM	2,950 Yards - Stress Value = 59		

Workout #17307 - Wednesday, 10 June 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
500	1 on 35:00 TDS/TRX Bands		
200	20 x 25 on :30 Wednesday Warm-ups	EN1	
100	4 x 50 on 2:15 Your #1 OTB 35yd 100% 15yd closed fist free	SP3	
2,390	1 x 100 on 2:00 Kick for time	SP1	
	1x{6 x 100 on 1:35 Breaststroke	EN2	
	{1 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{5 x 100 on 1:35 Breaststroke	EN2	
	{2 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{4 x 100 on 1:35 Breaststroke	EN2	
	{3 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{4 x 30 on 1:00 15underBrst/15sprFR	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{3 x 30 on 1:00 15underBrst/15sprFR	EN2	
	1 on 40:00 Killer Relays	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:59 PM	3,440 Yards - Stress Value = 69		

Workout #17302 - Wednesday, 10 June 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM	Start			
500	1 on 20:00 TDS/Jump Rope			L DF
120	20 x 25 on :30 Wednesday Warm-up	REC		D CM
3,400	8 x 15 on 1:00 Underwater to 15m	SP3		S FI
	1x{2 x 300 on 3:45 Free 3 KOW/LW 8	EN2		S F
	{2 x 275 on 3:20 Free 3 KOW/LW 9	EN2		S F
	{2 x 250 on 3:00 Free 3 KOW/LW 10	EN1		S F
	{2 x 225 on 2:40 Free 3KOW/LW11	EN2		S F
	{2 x 200 on 2:20 Free 3KOW/LW12	EN2		S F
	{2 x 175 on 2:05 Free 3KOW/LW13	EN2		S F
	{2 x 150 on 1:45 Free 3 KOW/LW14	EN2		S F
	{2 x 125 on 1:30 Free 3KOW/LW15	EN2		S F
	L.25 of each SFBO, 6BK, & breathe on 3			
400	8 x 50 on 1:00 Stroke Drills	REC		D C
7:00 AM	4,420 Yards - Stress Value = 68			

Workout #17308 - Wednesday, 10 June 2015

Workout #17303 - Wednesday, 10 June 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 20:00 TDS/Jump Rope		L DF	
500	20 x 25 on :30 Wednesday Warm-up	REC	D F	
120	8 x 15 on 1:00 Underwater to 15m	SP3	S FI	
3,000	1x{2 x 300 on 4:10 Free 3 KOW/LW 8	EN2	S F	
	{2 x 275 on 3:45 Free 3 KOW/LW 9	EN2	S F	
	{2 x 250 on 3:20 Free 3 KOW/LW 10	EN1	S F	
	{2 x 225 on 3:00 Free 3KOW/LW11	EN2	S F	
	{2 x 200 on 2:40 Free 3KOW/LW12	EN2	S F	
	{2 x 125 on 1:40 Free 3KOW/LW13	EN2	S F	
	{2 x 75 on 1:00 Free 3 KOW/LW14	EN2	S F	
	{2 x 50 on :40 Free 3KOW/LW15	EN2	S F	
	L.25 of each SFBO, 6BK, & breathe on 3			
400	8 x 50 on 1:00 Stroke Drills	REC	D C	
	7:00 AM 4,020 Yards - Stress Value = 60			

600	1 x 600 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
140	7 x 20 on 1:00 Underwater fly kick			
1,100	11 x 100 on 2:00 Challenge Kick Set			
1,600	2x{1 x 200 on 2:30 Pulls BWSPF			
	{1 x 200 on 2:35 Pulls BWHPF			
	{1 x 200 on 2:40 Pulls BWKPF			
	{1 x 200 on 2:45 Pulls BWFPF			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
3,000	1x{1 x 200 on 2:40 3 strokes fly off walls-NB			
	{4 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick			
	{2 x 200 on 2:40 3 strokes fly off walls-NB			
	{3 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick			
	{3 x 200 on 2:40 3 strokes fly off walls-NB			
	{2 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick			
	{4 x 200 on 2:40 3 strokes fly off walls-NB			
	{1 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick			
500	10 x 50 on 1:00 Stroke Drills			
	9:29 AM 7,140 Yards - Stress Value = 122			

Workout #17312 - Thursday, 11 June 2015

Group 3 - Gold

1 minute rest between sets

Workout #17304 - Wednesday, 10 June 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 20:00 TDS/Jump Rope		L DF	
500	20 x 25 on :30 Wednesday Warm-up	REC	D F	
120	8 x 15 on 1:00 Underwater to 15m	SP3	S FI	
	#5-8 with fins			
2,750	1x{2 x 300 on 4:35 Free 3 KOW/LW 8	EN2	S F	
	{2 x 275 on 4:05 Free 3 KOW/LW 9	EN2	S F	
	{2 x 250 on 3:40 Free 3 KOW/LW 10	EN1	S F	
	{2 x 225 on 3:20 Free 3KOW/LW11	EN2	S F	
	{2 x 200 on 3:00 Free 3KOW/LW12	EN2	S F	
	{2 x 75 on 1:05 Free 3KOW/LW13	EN2	S F	
	{2 x 50 on :45 Free 3 KOW/LW14	EN2	S F	
	L.25 of each SFBO, 6BK, & breathe on 3			
400	8 x 50 on 1:00 Stroke Drills	REC	D C	
	7:00 AM 3,770 Yards - Stress Value = 55			

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
140	7 x 20 on 1:00 Underwater fly kick
1,100	11 x 100 on 2:00 Challenge Kick Set
1,400	2x{1 x 175 on 2:30 Pulls BWSPF
	{1 x 175 on 2:35 Pulls BWHPF
	{1 x 175 on 2:40 Pulls BWKPF
	{1 x 175 on 2:45 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	1x{1 x 200 on 3:00 3 strokes fly off walls-NB
	{4 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:00 3 strokes fly off walls-NB
	{3 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
	{3 x 200 on 3:00 3 strokes fly off walls-NB
	{2 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
	{3 x 200 on 3:00 3 strokes fly off walls
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 6,640 Yards - Stress Value = 112

Workout #17305 - Wednesday, 10 June 2015

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 20:00 TDS/Jump Rope		L DF	
500	20 x 25 on :30 Wednesday Warm-up	REC	D F	
120	8 x 15 on 1:00 Underwater to 15m	SP3	S FI	
	#5-8 with fins			
2,350	1x{2 x 300 on 5:15 Free 3 KOW/LW 8	EN2	S F	
	{2 x 275 on 4:45 Free 3 KOW/LW 9	EN2	S F	
	{2 x 225 on 3:55 Free 3 KOW/LW 10	EN1	S F	
	{2 x 150 on 2:40 Free 3KOW/LW11	EN2	S F	
	{2 x 100 on 1:45 Free 3KOW/LW12	EN2	S F	
	{2 x 75 on 1:20 Free 3KOW/LW13	EN2	S F	
	{2 x 50 on :45 Free 3 KOW/LW14	EN2	S F	
	L.25 of each SFBO, 6BK, & breathe on 3			
400	8 x 50 on 1:00 Stroke Drills	REC	D C	
	7:00 AM 3,370 Yards - Stress Value = 47			

Workout #17311 - Thursday, 11 June 2015

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders

Workout #17313 - Thursday, 11 June 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Shoulders
140	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,100	7 x 20 on 1:00 Underwater fly kick
1,200	11 x 100 on 2:00 Challenge Kick Set
2x	{1 x 150 on 2:30 Pulls BWSPF
	{1 x 150 on 2:35 Pulls BWHPF
	{1 x 150 on 2:40 Pulls BWKPF
	{1 x 150 on 2:45 Pulls BWFPPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{1 x 200 on 3:15 3 strokes fly off walls-NB
	{4 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:15 3 strokes fly off walls-NB
	{3 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick
	{3 x 200 on 3:15 3 strokes fly off walls-NB
	{4 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick
500	{1 x 150 on 2:20 3 strokes fly off walls-NB
	10 x 50 on 1:00 Stroke Drills
9:29 AM	6,140 Yards - Stress Value = 103

Workout #17314 - Thursday, 11 June 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Shoulders
140	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,100	7 x 20 on 1:00 Underwater fly kick
1,000	11 x 100 on 2:00 Challenge Kick Set
2x	{1 x 125 on 2:30 Pulls BWSPF
	{1 x 125 on 2:35 Pulls BWHPF
	{1 x 125 on 2:40 Pulls BWKPF
	{1 x 125 on 2:45 Pulls BWFPPF
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 200 on 3:45 3 strokes fly off walls-NB
	{2 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:45 3 strokes fly off walls-NB
	{3 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick
	{3 x 200 on 3:45 3 strokes fly off walls-NB
	{4 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick
500	{1 x 150 on 2:00 Alt 25fr br 5/25fl w/fr kick
	10 x 50 on 1:00 Stroke Drills
9:28 AM	5,540 Yards - Stress Value = 92

Workout #17315 - Thursday, 11 June 2015

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:00 PM	Start			
600	1 on 12:00 Dynamic Stretch		L	I
150	1 x 600 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
4x	{3 x 50 on 1:10 Freestyle	SP1		S
	{1 x 50 on 1:30 Freestyle	SP1		S
	{ #1 20yds sprint-30yds easy, #2 30yds sprint			
	{ #3 all easy, #4 sprint, #4 of 4th set	OTB		
500	{ #3 all easy, #4 sprint, #4 of 4th set	EN2		K C
800	10 x 50 on :50 Kick-ALL OUT 100%	SP1		S S
4x	{3 x 50 on 1:10 Stroke	SP1		S S
	{1 x 50 on 1:30 Stroke	SP1		S S
	{ Same as above --#3 can be free			
250	1 x 250 on 4:00 Freestyle	REC		S
100	1 x 100 on 2:00 Choice OTB	SP2		S C

250 1 x 250 on 4:00 Stroke Drills REC D
6:30 PM 3,250 Yards - Stress Value = 138

Workout #17316 - Friday, 12 June 2015

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	F
7:00 AM	Start	
600	1 on 25:00 DS/Teds Abs	
180	1 x 600 on 10:00 Reverse IM drill	F
2,800	12 x 15 on :45 Start/Shooter/Finish	S
1x	{1 x 100 on 1:25 Individual Medley	E
	{6 x 75 on 1:10 Fly-25L 25R 25 B	E
	{2 x 100 on 1:20 Individual Medley	E
	{6 x 75 on 1:10 Back 25L 25R 25B	E
	{3 x 100 on 1:15 Individual Medley	E
	{6 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	E
	{4 x 100 on 1:10 Individual Medley	E
	{6 x 75 on 1:05 Fr 25scldsdfst25catchup25reg	E
100	1 x 100 on 1:30 Freestyle	F
1,500	1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds	E
	{2 x 175 on 2:20 Pulls-nbbf&w + 2 yds	E
	{2 x 150 on 2:00 Pulls-nbbf&w + 2 yds	E
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	E
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds	E
2,100	1x{6 x 25 on :30 Kick no board B	E
	{1 x 200 on 3:00 Kick	E
	{6 x 25 on :30 Kick no board S	E
	{2 x 175 on 2:40 Kick	E
	{6 x 25 on :30 Kick no board L	E
	{3 x 150 on 2:15 Kick	E
	{6 x 25 on :30 Kick no board R	E
	{4 x 125 on 1:50 Kick	E
250	1 x 250 on 4:00 Stroke Drills	F
9:32 AM	7,530 Yards - Stress Value = 120	

Workout #17317 - Friday, 12 June 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	F
7:00 AM	Start	
600	1 on 25:00 DS/Teds Abs	
180	1 x 600 on 10:00 Reverse IM drill	F
2,550	12 x 15 on :45 Start/Shooter/Finish	S
1x	{1 x 100 on 1:35 Individual Medley	E
	{6 x 75 on 1:15 Fly-25L 25R 25 B	E
	{2 x 100 on 1:30 Individual Medley	E
	{6 x 75 on 1:15 Back 25L 25R 25B	E
	{3 x 100 on 1:25 Individual Medley	E
	{6 x 75 on 1:20 Brst 25FlK 25FrK 25Rk	E
	{3 x 100 on 1:20 Individual Medley	E
	{4 x 75 on 1:10 Fr 25scldsdfst25catchup25reg	E
100	1 x 100 on 1:30 Freestyle	F
1,300	1x{2 x 200 on 3:00 Pulls-nbbf&w + 2 yds	E
	{2 x 175 on 2:40 Pulls-nbbf&w + 2 yds	E
	{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds	E
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	E
1,975	1x{6 x 25 on :30 Kick no board B	E
	{1 x 200 on 3:30 Kick	E
	{6 x 25 on :30 Kick no board S	E
	{2 x 175 on 3:00 Kick	E
	{6 x 25 on :30 Kick no board L	E
	{3 x 150 on 2:35 Kick	E
	{6 x 25 on :30 Kick no board R	E
	{3 x 125 on 1:45 Kick	E
250	1 x 250 on 4:00 Stroke Drills	F
9:32 AM	6,955 Yards - Stress Value = 111	

Workout #17318 - Friday, 12 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Teds Abs	
550	1 x 550 on 10:00 Reverse IM drill	F
180	12 x 15 on :45 Start/Shooter/Finish	S
2,400	1x{1 x 100 on 1:45 Individual Medley	F
	{6 x 75 on 1:20 Fly-25L 25R 25 B	E
	{2 x 100 on 1:40 Individual Medley	F
	{4 x 75 on 1:20 Back 25L 25R 25B	E
	{3 x 100 on 1:35 Individual Medley	F
	{4 x 75 on 1:25 Brst 25FlK 25FrK 25Rk	F
	{3 x 100 on 1:30 Individual Medley	F
	{6 x 75 on 1:15 Fr 25sclsdfst25catchup25reg	F
100	1 x 100 on 1:30 Freestyle	F
1,150	1x{2 x 200 on 3:20 Pulls-nbbf&w + 2 yds	F
	{2 x 175 on 2:55 Pulls-nbbf&w + 2 yds	F
	{2 x 150 on 2:30 Pulls-nbbf&w + 2 yds	F
	{2 x 50 on :50 Pulls-nbbf&w + 2 yds	F
1,650	1x{6 x 25 on :35 Kick no board B	F
	{1 x 200 on 4:00 Kick	F
	{6 x 25 on :35 Kick no board S	F
	{2 x 175 on 3:30 Kick	F
	{6 x 25 on :35 Kick no board L	F
	{3 x 150 on 3:00 Kick	F
	{6 x 25 on :35 Kick no board R	F
	{1 x 50 on 1:00 Kick	F
250	1 x 250 on 4:00 Stroke Drills	F
	9:32 AM 6,280 Yards - Stress Value = 100	

Workout #17319 - Friday, 12 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Teds Abs	
500	1 x 500 on 10:00 Reverse IM drill	F
180	12 x 15 on :45 Start/Shooter/Finish	S
1,950	1x{1 x 100 on 2:00 Individual Medley	F
	{4 x 75 on 1:40 Fly-25L 25R 25 B	E
	{2 x 100 on 1:55 Individual Medley	F
	{4 x 75 on 1:40 Back 25L 25R 25B	E
	{3 x 100 on 1:50 Individual Medley	F
	{4 x 75 on 1:45 Brst 25FlK 25FrK 25Rk	F
	{3 x 100 on 1:45 Individual Medley	F
	{2 x 75 on 1:30 Fr 25sclsdfst25catchup25reg	F
100	1 x 100 on 1:30 Freestyle	F
1,050	1x{1 x 200 on 3:40 Pulls-nbbf&w + 2 yds	F
	{2 x 175 on 3:15 Pulls-nbbf&w + 2 yds	F
	{2 x 150 on 2:45 Pulls-nbbf&w + 2 yds	F
	{2 x 100 on 1:50 Pulls-nbbf&w + 2 yds	F
1,350	1x{4 x 25 on :45 Kick no board B	F
	{1 x 200 on 4:40 Kick	F
	{4 x 25 on :45 Kick no board S	F
	{2 x 175 on 4:05 Kick	F
	{4 x 25 on :45 Kick no board L	F
	{4 x 100 on 2:20 Kick	F
	{4 x 25 on :45 Kick no board R	F
250	1 x 250 on 4:00 Stroke Drills	F
	9:31 AM 5,380 Yards - Stress Value = 84	

Workout #17320 - Monday, 15 June 2015

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Shoulders	

600	1 x 600 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Spinners	
2,100	1x{6 x 25 on :30 Kick no board B	
	{1 x 150 on 2:25 Kick	
	{6 x 25 on :30 Kick no board S	
	{2 x 150 on 2:20 Kick	
	{6 x 25 on :30 Kick no board L	
	{3 x 150 on 2:15 Kick	
	{6 x 25 on :30 Kick no board R	
	{4 x 150 on 2:10 Kick	
1,500	1x{1 x 500 on 6:15 Pulls-no br L.12 yds	
	{1 x 400 on 5:00 Pulls-no br L.14 yds	
	{1 x 300 on 3:45 Pulls-no br L.16 yds	
	{1 x 200 on 2:30 Pulls-no br L.18 yds	
	{1 x 100 on 1:15 Pulls-no br L.20 yds	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,700	18 x 150 on 2:00 Freestyle-Descend	
250	5 x 50 on 1:00 Stroke Drills	
	9:30 AM 7,500 Yards - Stress Value = 134	

Workout #17321 - Monday, 15 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Spinners	
1,950	1x{6 x 25 on :30 Kick no board B	
	{1 x 150 on 2:40 Kick	
	{6 x 25 on :30 Kick no board S	
	{2 x 150 on 2:35 Kick	
	{6 x 25 on :30 Kick no board L	
	{3 x 150 on 2:30 Kick	
	{6 x 25 on :30 Kick no board R	
	{3 x 150 on 2:25 Kick	
1,400	1x{1 x 500 on 6:40 Pulls-no br L.12 yds	
	{1 x 400 on 5:20 Pulls-no br L.14 yds	
	{1 x 300 on 4:00 Pulls-no br L.16 yds	
	{1 x 200 on 2:40 Pulls-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	
2,400	16 x 150 on 2:15 Freestyle-Descend	
250	5 x 50 on 1:00 Stroke Drills	
	9:30 AM 6,950 Yards - Stress Value = 123	

Workout #17322 - Monday, 15 June 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Shoulders
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,700	10 x 15 on :45 Spinners
1,700	1x{4 x 25 on :35 Kick no board B
	{1 x 150 on 3:05 Kick
	{4 x 25 on :35 Kick no board S
	{2 x 150 on 3:00 Kick
	{4 x 25 on :35 Kick no board L
	{3 x 150 on 2:55 Kick
	{4 x 25 on :35 Kick no board R
	{4 x 100 on 1:55 Kick
1,250	1x{1 x 500 on 7:05 Pulls-no br L.12 yds
	{1 x 400 on 5:50 Pulls-no br L.14 yds
	{1 x 300 on 4:30 Pulls-no br L.16 yds
	{1 x 50 on :50 Pulls-no br L.20 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	14 x 150 on 2:30 Freestyle-Descend
250	5 x 50 on 1:00 Stroke Drills
	9:29 AM 6,200 Yards - Stress Value = 109

Workout #17323 - Monday, 15 June 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Shoulders
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Spinners
1,400	1x{4 x 25 on :45 Kick no board B
	{1 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board L
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board R
	{4 x 100 on 2:05 Kick
1,000	1x{1 x 400 on 7:15 Pulls-no br L.12 yds
	{1 x 300 on 5:30 Pulls-no br L.14 yds
	{1 x 200 on 3:45 Pulls-no br L.16 yds
	{1 x 100 on 1:55 Pulls-no br L.20 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	13 x 150 on 2:45 Freestyle-Descend
250	5 x 50 on 1:00 Stroke Drills
	9:29 AM 5,450 Yards - Stress Value = 95

Workout #17324 - Monday, 15 June 2015

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
750	1 on 10:00 Dynamic Stretch
1,000	1 x 750 on 10:00 Free 2min easy 10/50, 20/40
	30/30, 40/20, 30/30, 20/40, 10/50 1min easy
150	1 x 1000 on 15:00 Indian File Kicking w/fins
300	10 x 15 on :45 Shooters
1,800	12 x 25 on :40 Variable Speed 25's
	4x{1 x 200 on 4:00 Broken at 50/10-20-30 scnds
	{1 x 250 on 5:00 Stroke Drills
	6:31 PM 4,000 Yards - Stress Value = 101

Workout #17325 - Tuesday, 16 June 2015

Group 3 - Back

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Core
400	1 x 600 on 10:00 Top Hat Drill
1,000	4 x 100 on 2:00 Kick @fastest interval
300	20 x 50 on 1:00 Vertical Kick
1,700	6 x 50 on 2:00 Freestyle
1,700	1x{1 x 250 on 3:10 Pulls BTB
	{4 x 50 on :45 Pull 7/6/5/4 breaths
	{1 x 250 on 3:10 Pulls BTS
	{4 x 50 on :45 Pull 7/6/5/4 breaths
	{1 x 200 on 2:25 Pulls BTS
	{4 x 50 on :45 Pull 7/6/5/4 breaths
	{1 x 200 on 2:25 Pulls BTS
	{4 x 50 on :45 Pull 7/6/5/4 breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{5 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{4 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{3 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{2 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{1 x 100 on 1:15 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,600 Yards - Stress Value = 130

Workout #17329 - Tuesday, 16 June 2015

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:51 AM	Start				
2,400	1x{1 x 250 on 2:45 Freestyle	EN2	S	FR	1
	{4 x 25 on :30 Freestyle	EN3	S	FR	2
	{2 x 225 on 2:30 Freestyle	EN2	S	FR	1
	{3 x 50 on :55 Freestyle	EN3	S	FR	1
	{3 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{2 x 75 on 1:20 Freestyle	EN3	S	FR	1
	{4 x 175 on 2:00 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	9:30 AM 2,800 Yards - Stress Value = 64				

Workout #17326 - Tuesday, 16 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Core
 400 1 x 600 on 10:00 Top Hat Drill
 1,000 4 x 100 on 2:00 Kick @fasteste interval
 300 20 x 50 on 1:00 Vertical Kick
 1,500 6 x 50 on 2:00 Freestyle
 1x{1 x 250 on 3:30 Pulls BTB
 {4 x 50 on :50 Pull 7/6/5/4 breaths
 {1 x 250 on 3:30 Pulls BTS
 {3 x 50 on :55 Pull 7/6/5/4 breaths
 {1 x 150 on 2:05 Pulls BTS
 {4 x 50 on :55 Pull 7/6/5/4 breaths
 {1 x 150 on 2:05 Pulls BTS
 {3 x 50 on :50 Pull 6/5/4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:20 Backstroke
 {1 on 1:00 Rest
 {5 x 100 on 1:20 Backstroke
 {1 on 1:00 Rest
 {4 x 100 on 1:20 Backstroke
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Backstroke
 {1 on 1:00 Rest
 {2 x 100 on 1:20 Backstroke
 {1 on 1:00 Rest
 {1 x 100 on 1:20 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 6,400 Yards - Stress Value = 126

Workout #17327 - Tuesday, 16 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Core
 400 1 x 550 on 10:00 Top Hat Drill
 1,000 4 x 100 on 2:00 Kick @fastest interval
 300 20 x 50 on 1:00 Vertical Kicking
 1,400 6 x 50 on 2:00 Freestyle
 1x{1 x 200 on 3:05 Pulls BTB
 {4 x 50 on :55 Pull 7/6/5/4 breaths
 {1 x 200 on 3:05 Pulls BTS
 {4 x 50 on :55 Pull 7/6/5/4 breaths
 {1 x 150 on 2:10 Pulls BTS
 {4 x 50 on :55 Pull 7/6/5/4 breaths
 {1 x 150 on 2:10 Pulls BTS
 {2 x 50 on :55 Pulls 5/4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{6 x 100 on 1:30 Backstroke
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Backstroke
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Backstroke
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Backstroke
 {1 on 1:00 Rest
 {1 x 100 on 1:30 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,950 Yards - Stress Value = 118

Workout #17328 - Tuesday, 16 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 500 1 x 500 on 10:00 Top Hat Drill
 300 6 x 50 on 2:00 Freestyle
 400 4 x 100 on 2:00 Kick @fastest interval
 1,000 20 x 50 on 1:00 Vertical Kicking
 1,150 1x{1 x 150 on 2:45 Pulls BTB
 {4 x 50 on 1:05 Pull 7/6/5/4 breaths
 {1 x 150 on 2:45 Pulls BTS
 {4 x 50 on 1:05 Pull 7/6/5/4 breaths
 {1 x 100 on 1:50 Pulls BTS
 {4 x 50 on 1:05 Pull 7/6/5/4 breaths
 {1 x 100 on 1:50 Pulls BTS
 {1 x 50 on 1:05 Pulls 4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{5 x 100 on 1:55 Backstroke
 {1 on 1:00 Rest
 {4 x 100 on 1:55 Backstroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Backstroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,350 Yards - Stress Value = 107

Workout #17330 - Tuesday, 16 June 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 600 1 x 600 on 10:00 Too complicate to type out
 400 8 x 50 on 2:00 Deficit Kicks
 1,200 4x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 200 on 4:00 Stroke Drills
 1 on 24:00 Team Mtg
 6:30 PM 2,200 Yards - Stress Value = 48

Workout #17331 - Wednesday, 17 June 2015

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/TRX Bands
 140 20 x 25 on :30 Wednesday warm-ups
 1,550 7 x 20 on 1:00 Underwater Fly Kick
 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 {3 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR-18KOW
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR-16KOW
 {3 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-14KOW
 {3 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR-12KOW
 1,250 1x{2 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 {2 x 125 on 1:35 Lungbuster pulls
 {2 x 125 on 1:30 Lungbuster pulls
 {2 x 125 on 1:25 Lungbuster pulls
 breathe 3-5-7 continuous, only 2 breaths L.
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 10x{8 x 25 on :20 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 9:28 AM 5,890 Yards - Stress Value = 101

Workout #17332 - Wednesday, 17 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/TRX Bands
 140 20 x 25 on :30 Wednesday Warm-up
 1,400 7 x 20 on 1:00 Underwater Fly Kick
 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 {3 x 125 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR-18KOW
 {3 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR-16KOW
 {3 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no board BSLR-14KOW
 {1 x 50 on :50 Kick
 {2 x 25 on :30 Kick no board BS-12KOW
 1,100 1x{2 x 125 on 1:55 Lungbuster pulls
 {2 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 {1 x 100 on 1:20 Lungbuster pulls
 breathe 3-5-7 continuous, only 2 breaths L.2
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 9x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,390 Yards - Stress Value = 91

Workout #17333 - Wednesday, 17 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/TRX Bands
 140 20 x 25 on :30 Wednesday warm-up
 1,250 7 x 20 on 1:00 Underwater fly kick
 1x{4 x 25 on :35 Kick no board BSLR-20KOW

{3 x 125 on 2:35 Kick
 {4 x 25 on :35 Kick no board BSLR-18KOW
 {2 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR-16KOW
 {3 x 75 on 1:30 Kick
 {4 x 25 on :35 Kick no board BSLR-14KOW
 {1 x 50 on :55 Kick
 950 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
 {2 x 100 on 1:35 Lungbuster pulls
 breathe 3-5-7 continuous, only 2 breaths L.2
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 4,890 Yards - Stress Value = 81

Workout #17334 - Wednesday, 17 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/TRX Bands
 140 20 x 25 on :30 Wednesday warm-up
 1,100 7 x 20 on 1:00 Underwater Fly Kick
 1x{4 x 25 on :45 Kick no board BSLR-20KOW
 {3 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR-18KOW
 {2 x 75 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR-16KOW
 {3 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR-14KOW
 {4 x 25 on :35 Kick
 700 1x{2 x 100 on 2:00 Lungbuster pulls
 {2 x 100 on 1:55 Lungbuster pulls
 {2 x 100 on 1:50 Lungbuster pulls
 {2 x 50 on :50 Lungbuster pulls
 breathe 3-5-7 continuous, only 2 breaths L.2
 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 :40 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 9:29 AM 4,090 Yards - Stress Value = 66

Workout #17335 - Thursday, 18 June 2015

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 500 5 x 100 on 3:00 Freestyle
 1,500 1x{1 x 100 on 1:25 Your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 2,400 6 x 400 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
 1,200 16 x 75 on 1:30 Breaststroke
 250 5 x 50 on 1:00 Stroke Drills
 9:30 AM 6,650 Yards - Stress Value = 132

Workout #17336 - Thursday, 18 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 500 5 x 100 on 3:00 Freestyle
 1,450 1x{1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {1 x 50 on 1:05 Kick your 3rd best kick
 2,250 6 x 375 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
 1,200 16 x 75 on 1:30 Breaststroke
 250 5 x 50 on 1:00 Stroke Drills
 9:30 AM 6,450 Yards - Stress Value = 128

Workout #17337 - Thursday, 18 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Shoulders
 1 x 550 on 10:00 Underwater trn drill

Odd 100's free even 100's back
 500 5 x 100 on 3:00 Freestyle
 1,350 1x{1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 2:05 Kick your best kick
 {1 x 50 on 1:05 Kick your 2nd best kick
 1,950 6 x 325 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
 1,200 16 x 75 on 1:30 Breaststroke
 250 5 x 50 on 1:00 Stroke Drills
 9:30 AM 6,000 Yards - Stress Value = 121

Workout #17338 - Thursday, 18 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Shoulders
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 500 5 x 100 on 3:00 Freestyle
 1,150 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:25 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {1 x 50 on 1:20 Kick your 3rd best kick
 1,650 6 x 275 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
 1,200 16 x 75 on 1:30 Breaststroke
 250 5 x 50 on 1:00 Stroke Drills
 9:30 AM 5,450 Yards - Stress Value = 113

Workout #17339 - Thursday, 18 June 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 10:00 Dynamic Stretch
120	1 x 600 on 10:00 Too complicated to type out
2,700	8 x 15 on :45 Spinners
1x	{1 x 100 on :20 Kick with flippers
	{1 x 100 on :25 Kick with flippers
	{1 x 100 on :30 Kick with flippers
	{1 x 100 on :35 Kick with flippers
	{1 x 100 on :40 Kick with flippers
	{1 x 100 on :45 Kick with flippers
	{1 x 100 on :50 Kick with flippers
	{1 x 100 on :55 Kick with flippers
	{1 x 100 on 1:00 Kick with flippers
	{1 x 100 on 1:05 Kick with flippers
	{1 x 100 on 1:10 Kick with flippers
	{1 x 100 on 1:15 Kick with flippers
	{1 x 100 on 1:20 Kick with flippers
	{1 x 100 on 1:25 Kick with flippers
	{1 x 100 on 1:30 Kick with flippers
	{1 x 100 on 1:35 Kick with flippers
	{1 x 100 on 1:40 Kick with flippers
	{1 x 100 on 1:45 Kick with flippers
	{1 x 100 on 1:50 Kick with flippers
	{1 x 100 on 1:55 Kick with flippers
	{1 x 100 on 2:00 Kick with flippers
	{1 x 100 on 2:05 Kick with flippers
	{1 x 100 on 2:10 Kick with flippers
	{1 x 100 on 2:15 Kick with flippers
	{1 x 100 on 2:20 Kick with flippers
	{1 x 100 on 2:25 Kick with flippers
	{1 x 100 on 2:30 Kick with flippers
100	1 x 100 on 2:00 Stroke Drills
400	4 x 100 on 1:30 Free descend to ludicrous sp
500	10 x 50 on 1:00 Stroke Drills
	6:28 PM 4,420 Yards - Stress Value = 67

Workout #17340 - Friday, 19 June 2015

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
1,800	10 x 15 on :45 Shooters
1x	{4 x 50 on :50 Kick-descend
	{1 x 200 on 3:00 Kick
	{4 x 50 on :50 Kick-descend
	{1 x 200 on 2:55 Kick
	{4 x 50 on :50 Kick-descend
	{1 x 200 on 2:50 Kick
	{4 x 50 on :50 Kick-descend
	{1 x 200 on 2:45 Kick
	{4 x 50 on :50 Kick-descend
	the last 50 of each set faster
	then the last of the previous set
1,500	1x{2 x 100 on 1:10 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:30 Pulls-nbbf&w + 2 yds
	{2 x 150 on 1:50 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:10 Pulls-nbbf&w + 2 yds
	{2 x 200 on 2:30 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{1 x 200 on 2:45 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:05 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:20 Individual Medley

{1 x 100 on 1:15 Freestyle
{1 x 100 on 1:15 Individual Medley
{1 x 100 on 1:20 Freestyle
{1 x 200 on 2:45 Individual Medley
{1 x 100 on 1:25 Individual Medley
{1 x 100 on 1:05 Freestyle
{1 x 100 on 1:20 Individual Medley
{1 x 100 on 1:10 Freestyle
{1 x 100 on 1:15 Individual Medley
{1 x 100 on 1:15 Freestyle
{1 x 200 on 2:45 Individual Medley
{1 x 100 on 1:20 Individual Medley
{1 x 100 on 1:05 Freestyle
{1 x 100 on 1:15 Individual Medley
{1 x 100 on 1:10 Freestyle
{1 x 200 on 2:45 Individual Medley
{1 x 100 on 1:15 Individual Medley
{1 x 100 on 1:05 Freestyle
500 10 x 50 on 1:00 Stroke Drills
9:29 AM 7,550 Yards - Stress Value = 130

Workout #17341 - Friday, 19 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
1,600	10 x 15 on :45 Shooters
1x	{4 x 50 on :55 Kick-descend
	{1 x 200 on 3:35 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 200 on 3:30 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 150 on 2:35 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 100 on 1:40 Kick
	{3 x 50 on :55 Kick-descend
	the last 50 of each set faster
	then the last of the previous set
1,350	1x{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
	{2 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:30 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{1 x 200 on 3:00 Individual Medley
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:25 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:30 Freestyle
	{1 x 200 on 3:00 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:25 Freestyle
	{1 x 200 on 3:00 Individual Medley
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:20 Freestyle
500	10 x 50 on 1:00 Stroke Drills
9:29 AM 6,900 Yards - Stress Value = 117	

Workout #17342 - Friday, 19 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS/Ted's Abs
150	1 x 550 on 10:00 Reverse IM drill
1,400	10 x 15 on :45 Shooters
	1x{3 x 50 on 1:00 Kick-descend
	{1 x 200 on 4:10 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 200 on 4:05 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 150 on 3:00 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 100 on 1:55 Kick
	{3 x 50 on 1:00 Kick-descend
	the last 50 of each set faster
	then the last of the previous set
1,200	1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds
	{2 x 150 on 2:20 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:45 Pulls-nbbf&w + 2 yds
	{2 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
2,100	1x{1 x 200 on 3:30 Individual Medley
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Individual Medley
	{1 x 100 on 1:40 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:45 Freestyle
	{1 x 200 on 3:30 Individual Medley
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:40 Individual Medley
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:40 Freestyle
	{1 x 200 on 3:30 Individual Medley
	{1 x 100 on 1:40 Individual Medley
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 6,100 Yards - Stress Value = 102

Workout #17343 - Friday, 19 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Ted's Abs
150	1 x 500 on 10:00 Reverse IM drill
1,150	10 x 15 on :45 Shooters
	1x{3 x 50 on 1:15 Kick-descend
	{1 x 150 on 3:45 Kick
	{3 x 50 on 1:15 Kick-descend
	{1 x 150 on 3:40 Kick
	{3 x 50 on 1:15 Kick-descend
	{1 x 150 on 3:35 Kick
	{3 x 50 on 1:15 Kick-descend
	{1 x 100 on 2:20 Kick
	the last 50 of each set faster
	then the last of the previous set
1,050	1x{2 x 75 on 1:25 Pulls-nbbf&w + 2 yds
	{2 x 125 on 2:15 Pulls-nbbf&w + 2 yds
	{2 x 150 on 2:40 Pulls-nbbf&w + 2 yds
	{2 x 175 on 3:10 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 200 on 4:00 Individual Medley

{1 x 100 on 2:00 Individual Medley
{1 x 100 on 1:40 Freestyle
{1 x 100 on 1:55 Individual Medley
{1 x 100 on 1:45 Freestyle
{1 x 100 on 1:50 Individual Medley
{1 x 100 on 1:50 Freestyle
{1 x 100 on 1:45 Individual Medley
{1 x 100 on 1:55 Freestyle
{1 x 200 on 4:00 Individual Medley
{1 x 100 on 1:55 Individual Medley
{1 x 100 on 1:40 Freestyle
{1 x 100 on 1:50 Individual Medley
{1 x 100 on 1:45 Freestyle
{1 x 100 on 1:45 Individual Medley
{2 x 100 on 1:50 Freestyle
500 10 x 50 on 1:00 Stroke Drills
9:29 AM 5,450 Yards - Stress Value = 90

Workout #17344 - Friday, 19 June 2015

HighSchl - Distance

1 minute rest between sets

8:42 AM Start

Yards	Set Description	EGY	WORK	S
3,600	1x{4 x 400 on 4:30 Freestyle #3 100% EN2			S
	{4 x 300 on 3:25 Freestyle #3 100% EN2			S
	{4 x 200 on 2:15 Freestyle #3 100% EN2			S
250	5 x 50 on 1:00 Stroke Drills	REC		D
	9:29 AM 3,850 Yards - Stress Value = 72			

Workout #17345 - Monday, 22 June 2015

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Shoulders
300	1 x 600 on 10:00 Swim-kick-pull-swim
100	12 x 25 on :40 Variable Speed
1,650	1 x 100 on 2:00 Kick for time
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
	{6 x 25 on :30 Kick no board BSLRLR
	{2 x 150 on 2:20 Kick
	{2 x 100 on 1:35 Kick
	{2 x 50 on :45 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
1,600	2x{1 x 100 on 1:15 Pulls-no br L.12 yds
	{1 x 100 on 1:15 Pulls-no br L.13 yds
	{1 x 100 on 1:15 Pulls-no br L.14 yds
	{1 x 100 on 1:15 Pulls-no br L.15 yds
	{1 x 100 on 1:15 Pulls-no br L.16 yds
	{1 x 100 on 1:15 Pulls-no br L.17 yds
	{1 x 100 on 1:15 Pulls-no br L.18 yds
	{1 x 100 on 1:15 Pulls-no br L.19 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	6 x 400 on 5:05 Free-R.10 @200/Neg split
	dscnd in 3's, 2nd set of 3 fstr then 1st
500	10 x 50 on 1:00 Stroke Drills
	9:27 AM 7,350 Yards - Stress Value = 129

Workout #17346 - Monday, 22 June 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Shoulders
300	1 x 600 on 10:00 Swim-kick-pull-swim
100	12 x 25 on :40 Variable Speed
1,550	1 x 100 on 2:00 Kick for time
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:35 Kick
	{1 x 100 on 1:45 Kick
	{1 x 50 on :50 Kick
	{6 x 25 on :30 Kick no board BSLRLR
	{2 x 150 on 2:35 Kick
	{2 x 100 on 1:45 Kick
	{2 x 50 on :50 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:35 Kick
	{1 x 50 on :50 Kick
1,500	2x{1 x 100 on 1:20 Pulls-no br L.12 yds
	{1 x 100 on 1:20 Pulls-no br L.13 yds
	{1 x 100 on 1:20 Pulls-no br L.14 yds
	{1 x 100 on 1:20 Pulls-no br L.15 yds
	{1 x 100 on 1:20 Pulls-no br L.16 yds
	{1 x 100 on 1:20 Pulls-no br L.17 yds
	{1 x 100 on 1:20 Pulls-no br L.18 yds
	{1 x 50 on :40 Pulls-no br L.19 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	6 x 400 on 5:30 Free-R.10 @200/Neg split
	dscnd in 3's, 2nd set of 3 fstr then 1st
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 7,150 Yards - Stress Value = 145

Workout #17348 - Monday, 22 June 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Shoulders
300	1 x 500 on 10:00 Swim-kick-pull-swim
100	12 x 25 on :40 Variable Speed
1,100	1 x 100 on 2:00 Kick for time
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:25 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:25 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:25 Kick
	{1 x 50 on 1:10 Kick
1,100	2x{1 x 100 on 1:50 Pulls-no br L.12 yds
	{1 x 100 on 1:50 Pulls-no br L.13 yds
	{1 x 100 on 1:50 Pulls-no br L.14 yds
	{1 x 100 on 1:50 Pulls-no br L.15 yds
	{1 x 50 on :55 Pulls-no br L.16 yds
	{1 x 50 on :55 Pulls-no br L.17 yds
	{1 x 50 on :50 Pulls-no br L.18 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	6 x 300 on 5:30 Free-R.10 @150/Neg split
	dscnd in 3's, 2nd set of 3 fstr then 1st
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 5,600 Yards - Stress Value = 119

Workout #17347 - Monday, 22 June 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Shoulders
300	1 x 550 on 10:00 Swim-kick-pull-swim
100	12 x 25 on :40 Variable Speed
1,350	1 x 100 on 2:00 Kick for time
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{6 x 25 on :35 Kick no board BSLRLR
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{8 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
1,300	2x{1 x 100 on 1:30 Pulls-no br L.12 yds
	{1 x 100 on 1:30 Pulls-no br L.13 yds
	{1 x 100 on 1:30 Pulls-no br L.14 yds
	{1 x 100 on 1:30 Pulls-no br L.15 yds
	{1 x 100 on 1:30 Pulls-no br L.16 yds
	{1 x 50 on :45 Pulls-no br L.17 yds
	{1 x 50 on :45 Pulls-no br L.18 yds
	{1 x 50 on :45 Pulls-no br L.19 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	6 x 400 on 6:05 Free-R.10 @200/Neg split
	dscnd in 3's, 2nd set of 3 fstr then 1st
350	7 x 50 on 1:00 Stroke Drills
	9:30 AM 6,550 Yards - Stress Value = 138

Workout #17349 - Monday, 22 June 2015

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
	1 on 10:00 Dynamic Stretch	
1,500	6x{1 x 150 on 2:00 2min swim :30sec to wall	EN2
	{4 x 25 on :45 Sprint IM order	SP3
150	10 x 15 on :45 Spinners	SP3
	All Drills are at least two drills & all three 50's must be different	
1,500	1x{1 x 150 on :01 Free L.25 5 breaths	SP2
	{1 on 2:59 Rest	
	{3 x 50 on 1:00 Stroke Drills	REC
	{1 x 125 on :01 Free L.25 4 breaths	SP2
	{1 x 25 on 2:59 Freestyle	REC
	{3 x 50 on 1:00 Stroke Drills	REC
	{1 x 100 on :01 Free L.25 3 breaths	SP2
	{1 x 50 on 2:59 Freestyle	REC
	{3 x 50 on 1:00 Stroke Drills	REC
	{1 x 75 on :01 Free L.25 2 breaths	SP2
	{1 x 75 on 2:59 Freestyle	REC
	{3 x 50 on 1:00 Stroke Drills	REC
	{1 x 50 on :01 Free L.25 1 breath	SP2
	{1 x 100 on 2:59 Freestyle	REC
	{1 x 25 on :01 Free no breath	SP2
	{1 x 125 on 3:00 Freestyle	REC
400	8 x 50 on 1:00 Stroke Drills	REC
	6:30 PM 3,550 Yards - Stress Value = 100	

Workout #17350 - Tuesday, 23 June 2015

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Top Hat Drill
300	12 x 25 on :40 Variable Speed
1,800	1x{2 x 150 on 1:55 Backstroke
	{3 x 100 on 1:20 Back-descend 2/3/4 KOW
	{2 x 150 on 1:50 Backstroke
	{3 x 100 on 1:20 Back descend 3/4/5 KOW
	{2 x 150 on 1:45 Backstroke
	{3 x 100 on 1:20 Back descend 4//5/6 KOW
400	4 x 100 on 2:00 Kick on fpi
750	1 x 750 on 15:00 Vertical Kick
650	1x{2 x 75 on :55 Pulls BTB
	{2 x 50 on :35 Pulls
	{2 x 75 on :55 Pulls BTS
	{2 x 50 on :35 Pulls
	{2 x 75 on :55 Pulls alt BT S/B
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{2 x 150 on 1:55 Backstroke
	{3 x 100 on 1:20 Back-descend 2/3/4 KOW
	{2 x 150 on 1:50 Backstroke
	{3 x 100 on 1:20 Back descend 3/4/5 KOW
	{2 x 150 on 1:45 Backstroke
	{3 x 100 on 1:20 Back descend 4//5/6 KOW
300	6 x 50 on 2:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 7,000 Yards - Stress Value = 146

Workout #17360 - Tuesday, 23 June 2015

Group 3 - Distance

1 minute rest between sets

7:45 AM Start

Yards	Set Description	EGY	WORK	STK	PF
1,800	1x{1 x 200 on 2:20 Free 3 SFOW	EN1	S	FR	1:
	{5 x 50 on :45 Free 80-90%	EN3	S	FR	1:
	{1 x 200 on 2:15 Free 4 SFOW	EN2	S	FR	1:
	{5 x 50 on :45 Free 80-90%	EN3	S	FR	1:
	{1 x 200 on 2:10 Free 5 SFOW	EN2	S	FR	1:
	{5 x 50 on :45 Free 80-90%	EN3	S	FR	1:
	{1 x 200 on 2:05 Free 6 SFOW	EN2	S	FR	1:
	{5 x 50 on :45 Free 80-90%	EN2	S	FR	1:
	8:09 AM 1,800 Yards - Stress Value = 64				

Workout #17351 - Tuesday, 23 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
300	12 x 25 on :40 Variable Speed
1,600	1x{2 x 150 on 2:05 Backstroke
	{3 x 100 on 1:30 Back-descend 2/3/4 KOW
	{2 x 150 on 2:00 Backstroke
	{3 x 100 on 1:30 Back descend 3/4/5 KOW
	{2 x 150 on 1:55 Backstroke
	{2 x 50 on :45 Back descend 5/6 KOW
400	4 x 100 on 2:00 Kick on FPI
750	1 x 750 on 15:00 Vertical Kick
550	1x{2 x 75 on 1:05 Pulls BTB
	{2 x 50 on :40 Pulls
	{2 x 75 on 1:05 Pulls BTS
	{1 x 50 on :40 Pulls
	{1 x 100 on 1:25 Pulls alt BT S/B

200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{2 x 150 on 2:05 Backstroke
	{3 x 100 on 1:30 Back-descend 2/3/4 KOW
	{2 x 150 on 2:00 Backstroke
	{3 x 100 on 1:30 Back descend 3/4/5 KOW
	{2 x 150 on 1:55 Backstroke
	{2 x 50 on :45 Back descend 5/6 KOW
300	6 x 50 on 2:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 6,500 Yards - Stress Value = 136

Workout #17352 - Tuesday, 23 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 25:00 DS/Core
550	1 x 550 on 10:00 Top Hat Drill
300	12 x 25 on :40 Variable Speed
1,450	1x{2 x 150 on 2:20 Backstroke
	{3 x 100 on 1:40 Back-descend 2/3/4 KOW
	{2 x 150 on 2:15 Backstroke
	{3 x 100 on 1:40 Back descend 3/4/5 KOW
	{1 x 150 on 2:10 Backstroke
	{2 x 50 on :50 Back descend 5/6 KOW
400	4 x 100 on 2:00 Kick on FPI
750	1 x 750 on 15:00 Vertical Kick
500	1x{2 x 75 on 1:10 Pulls BTB
	{1 x 50 on :45 Pulls
	{2 x 75 on 1:10 Pulls BTS
	{1 x 50 on :45 Pulls
	{1 x 100 on 1:30 Pulls alt BT S/B
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{2 x 150 on 2:20 Backstroke
	{3 x 100 on 1:40 Back-descend 2/3/4 KOW
	{2 x 150 on 2:15 Backstroke
	{3 x 100 on 1:40 Back descend 3/4/5 KOW
	{1 x 150 on 2:10 Backstroke
	{2 x 50 on :50 Back descend 5/6 KOW
300	6 x 50 on 2:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 6,100 Yards - Stress Value = 129

Workout #17353 - Tuesday, 23 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 500 1 x 500 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 1,150 1x{1 x 150 on 3:00 Backstroke
 {3 x 100 on 2:00 Back-descend 2/3/4 KOW
 {1 x 150 on 2:55 Backstroke
 {3 x 100 on 2:05 Back descend 3/4/5 KOW
 {1 x 150 on 2:50 Backstroke
 {2 x 50 on 1:00 Back descend 5/6 KOW
 400 4 x 100 on 2:00 Kick on FPI
 750 1 x 750 on 15:00 Vertical Kick
 400 1x{2 x 75 on 1:25 Pulls BTB
 {1 x 50 on 1:00 Pulls
 {2 x 75 on 1:25 Pulls BTS
 {1 x 50 on :55 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{1 x 150 on 3:00 Backstroke
 {3 x 100 on 2:05 Back-descend 2/3/4 KOW
 {1 x 150 on 2:55 Backstroke
 {3 x 100 on 2:05 Back descend 3/4/5 KOW
 {1 x 150 on 2:50 Backstroke
 {1 x 50 on 1:00 Back fast 6 KOW
 300 6 x 50 on 2:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 5,300 Yards - Stress Value = 114

{4 x 50 on :55 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :55 Kick-100%
 1,800 1x{200=br 3-5-7 continuous, L.100 HB@flags & 3
 {1 x 300 on 3:55 Lungbuster pulls
 {1 x 300 on 3:50 Lungbuster pulls
 {1 x 300 on 3:45 Lungbuster pulls
 {1 x 300 on 3:40 Lungbuster pulls
 {1 x 300 on 3:35 Lungbuster pulls
 {1 x 300 on 3:30 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:25 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:20 75-2k1p+1to4 25 TOdrill w/fr
 100 1 x 100 on 2:00 Breast OTB
 200 1 x 200 on 3:00 Stroke Drills
 9:31 AM 6,420 Yards - Stress Value = 113

Workout #17359 - Wednesday, 24 June 2015

Group 3 - Distance

1 minute rest between sets

8:59 AM Start
 Yards Set Description EGY
 =====
 2,200 1x{1 x 300 on 3:10 Freestyle EN2
 {3 x 100 on 1:30 Freestyle hold under 100 EN2
 {1 x 300 on 3:15 Freestyle EN2
 {3 x 100 on 1:25 Freestyle hold under 59 EN2
 {1 x 300 on 3:20 Freestyle EN2
 {3 x 100 on 1:20 Freestyle hold under 58 EN2
 {1 x 300 on 3:25 Freestyle EN2
 200 {1 x 100 on :55 Freestyle best effort EN2
 1 x 200 on 3:00 Stroke Drills REC
 9:30 AM 2,400 Yards - Stress Value = 44

Workout #17354 - Tuesday, 23 June 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 750 1 x 750 on 10:00 2 min easy-10/50-20/40-30/3
 40/20-30/30-20/40-20/50-1 min easy
 120 8 x 15 on :45 Spinners
 500 1 x 500 on 10:00 Social Kick w/board
 100 1 x 100 on 2:00 Kick for time w/ snorkel
 300 3x{1 x 50 on :01 Freestyle w/fins
 { #1-4 breaths, #2-10 KOW on turn,
 { #3 L.25 body driven stroke, #4 perfect swim
 {1 x 50 on 2:59 Freestyle
 450 3x{1 x 50 on :40 Free-90% effort
 {1 x 25 on :01 Free kick w/snorkel
 {1 x 25 on 1:19 Fr-6bk-body driven finish
 {1 x 50 on 2:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drill
 1 on 21:00 Team Meeting
 6:30 PM 2,470 Yards - Stress Value = 62

Workout #17355 - Wednesday, 24 June 2015

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 Underwater kick #5-8 fins
 1,800 1x{BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR

Workout #17356 - Wednesday, 24 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/TRX Bands
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 Underwater kick #5-8 fins
1,700	1x{ BSLR 100%-Make all underwater= - 1 X 50
	{ 4 x 25 on :30 Kick no board BSLR
	{ 4 x 50 on :50 Kick-100%
	{ 4 x 25 on :30 Kick no board BSLR
	{ 4 x 50 on :55 Kick-100%
	{ 4 x 25 on :30 Kick no board BSLR
	{ 3 x 50 on 1:00 Kick-100%
	{ 4 x 25 on :30 Kick no board BSLR
	{ 4 x 50 on :50 Kick-100%
	{ 4 x 25 on :30 Kick no board BSLR
	{ 4 x 50 on :55 Kick-100%
	{ 4 x 25 on :30 Kick no board BSLR
	{ 3 x 50 on 1:00 Kick-100%
1,650	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
	{ 1 x 300 on 4:15 Lungbuster pulls
	{ 1 x 300 on 4:10 Lungbuster pulls
	{ 1 x 300 on 4:05 Lungbuster pulls
	{ 1 x 300 on 4:00 Lungbuster pulls
	{ 1 x 300 on 3:55 Lungbuster pulls
	{ 1 x 150 on 1:55 Lungbuster pulls
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{ 2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:15 Breast 2/3/4 PO
	{ 2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:15 Breast 2/3/4 PO
	{ 2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:15 Breast 2/3/4 PO
	{ 2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 50 on :50 Breast 3/4 PO
	{ 1 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr
100	1 x 100 on 2:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
	9:31 AM 6,020 Yards - Stress Value = 105

Workout #17357 - Wednesday, 24 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/TRX Bands
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 Underwater kick #5-8 fins
1,500	1x{ BSLR 100%-Make all underwater= - 1 X 50
	{ 4 x 25 on :35 Kick no board BSLR
	{ 3 x 50 on :55 Kick-100%
	{ 4 x 25 on :35 Kick no board BSLR
	{ 3 x 50 on 1:00 Kick-100%
	{ 4 x 25 on :35 Kick no board BSLR
	{ 3 x 50 on 1:05 Kick-100%
	{ 4 x 25 on :35 Kick no board BSLR
	{ 3 x 50 on :55 Kick-100%
	{ 4 x 25 on :35 Kick no board BSLR
	{ 3 x 50 on 1:00 Kick-100%
	{ 4 x 25 on :35 Kick no board BSLR
	{ 3 x 50 on 1:05 Kick-100%
1,500	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
	{ 1 x 300 on 4:35 Lungbuster pulls
	{ 1 x 300 on 4:30 Lungbuster pulls
	{ 1 x 300 on 4:15 Lungbuster pulls
	{ 1 x 300 on 4:20 Lungbuster pulls
	{ 1 x 300 on 4:10 Lungbuster pulls
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,350	1x{ 2 x 100 on 2:00 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:20 Breast 2/3/4 PO
	{ 2 x 100 on 1:55 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:20 Breast 2/3/4 PO
	{ 2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:20 Breast 2/3/4 PO
	{ 2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 50 on :55 Breast 3/4 PO
100	1 x 100 on 2:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 5,520 Yards - Stress Value = 96

Workout #17358 - Wednesday, 24 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/TRX Bands
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 Underwater kick #5-8 fins
1,200	1x{ BSLR 100%-Make all underwater= - 1 X 50
	{ 4 x 25 on :45 Kick no board BSLR
	{ 3 x 50 on 1:05 Kick-100%
	{ 4 x 25 on :45 Kick no board BSLR
	{ 3 x 50 on 1:10 Kick-100%
	{ 4 x 25 on :45 Kick no board BSLR
	{ 3 x 50 on 1:15 Kick-100%
	{ 4 x 25 on :45 Kick no board BSLR
	{ 3 x 50 on 1:20 Kick-100%
	{ 4 x 25 on :45 Kick no board BSLR
	{ 2 x 50 on 1:15 Kick-100%
1,200	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
	{ 1 x 300 on 5:30 Lungbuster pulls
	{ 1 x 300 on 5:25 Lungbuster pulls
	{ 1 x 300 on 5:20 Lungbuster pulls
	{ 1 x 300 on 5:15 Lungbuster pulls
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150	1x{ 2 x 100 on 2:15 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:35 Breast 2/3/4 PO
	{ 2 x 100 on 2:10 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:35 Breast 2/3/4 PO
	{ 2 x 100 on 2:05 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:35 Breast 2/3/4 PO
	{ 1 x 100 on 2:00 75-2k1p+1to4 25 TOdrill w/fr
100	1 x 100 on 2:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 4,670 Yards - Stress Value = 80

Workout #17361 - Thursday, 25 June 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
600	1 on 25:00 DS/Shoulders		
140	1 x 600 on 10:00 Underwater trn drill	REC	
2,250	7 x 20 on 1:00 Underwater Fly	SP3	
	10x{1 x 200 on 2:50 Butterfly	EN2	
	{1 on :30 5 squats	EN1	
	{1 x 25 on :45 Underwater fly kick	EN2	
	{1 on :30 5 squats	EN1	
	After every 2nd round drop 200 flys by 5 s		
1,700	1x{1 x 100 on 1:20 Kick	EN2	
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{2 x 100 on 1:25 Kick	EN2	
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{3 x 100 on 1:30 Kick	EN2	
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{4 x 100 on 1:35 Kick	EN2	
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
1,300	1x{2 x 200 on 2:40 Pulls BWFPF	EN2	
	{2 x 175 on 2:20 Pulls BWFPF	EN2	
	{2 x 150 on 2:00 Pulls BWFPF	EN2	
	{2 x 125 on 1:40 Pulls BWFPF	EN2	
	hold 1:05 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
	9:30 AM 6,490 Yards - Stress Value = 111		

Workout #17362 - Thursday, 25 June 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
600	1 on 25:00 DS/Shoulders		
140	1 x 600 on 10:00 Underwater trn drill	REC	
2,250	7 x 20 on 1:00 Underwater fly	SP3	
	10x{1 x 200 on 3:05 Butterfly	EN2	
	{1 on :30 5 squats	EN1	
	{1 x 25 on :45 Undrwtr fly kick	EN2	
	{1 on :30 5 squats	EN1	
	After every 2nd round drop 200 flys by 5 s		
1,600	1x{1 x 100 on 1:30 Kick	EN2	
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{2 x 100 on 1:35 Kick	EN2	
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{3 x 100 on 1:40 Kick	EN2	
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{3 x 100 on 1:45 Kick	EN2	
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
1,250	1x{2 x 200 on 2:55 Pulls BWFPF	EN2	
	{2 x 175 on 2:30 Pulls BWFPF	EN2	
	{2 x 150 on 2:10 Pulls BWFPF	EN2	
	{2 x 100 on 1:25 Pulls BWFPF	EN2	
	hold 1:13 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
	9:33 AM 6,340 Yards - Stress Value = 108		

Workout #17363 - Thursday, 25 June 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
550	1 on 25:00 DS/Shoulders		
140	1 x 550 on 10:00 Underwater trn drill	REC	
2,025	7 x 20 on 1:00 Underwater fly kick	SP3	
	9x{1 x 200 on 3:25 Butterfly	EN2	
	{1 on :30 5 squats	EN1	
	{1 x 25 on :45 Undrwtr fly kick	EN2	

	{1 on :30 5 squats	EN1	
	After every 2nd round drop 200 flys by 5 se		
1,350	1x{1 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{6 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{8 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
1,100	1x{2 x 200 on 3:10 Pulls BWFPF	EN2	
	{2 x 175 on 2:45 Pulls BWFPF	EN2	
	{2 x 125 on 2:00 Pulls BWFPF	EN2	
	{2 x 50 on :50 Pulls BWFPF	EN2	
	hold 1:23 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
	9:31 AM 5,665 Yards - Stress Value = 95		

Workout #17364 - Thursday, 25 June 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
600	1 on 25:00 DS/Shoulders		
140	1 x 500 on 10:00 Underwater trn drill	REC	
2,800	7 x 20 on 1:00 Underwater fly kick	SP3	
	8x{1 x 200 on 4:05 Butterfly	EN2	
	{1 on :30 5 squats	EN1	
	{1 x 25 on :45 Undrwtr fly kick	EN2	
	{1 on :30 5 squats	EN1	
1,100	1x{1 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Alt 2nd and 3rd kicks	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{6 x 25 on :45 Alt 2nd and 3rd kicks	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{8 x 25 on :45 Alt 2nd and 3rd kicks	EN2	
	{1 x 50 on 1:10 Kick	EN2	
950	1x{2 x 200 on 3:40 Pulls BWFPF	EN2	
	{2 x 150 on 2:45 Pulls BWFPF	EN2	
	{2 x 100 on 1:50 Pulls BWFPF	EN2	
	{1 x 50 on :55 Pulls BWFPF	EN2	
	hold 1:35 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
	9:31 AM 4,990 Yards - Stress Value = 83		

Workout #17365 - Thursday, 25 June 2015

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
750	1 on 15:00 Ted's Dynamic Stretch		
	1 x 750 on 10:00 2 min easy-10/50-20/40-30/30/40/20-30/30-20/40-20/50-1 min easy		
120	8 x 15 on :45 Spinners		
100	1 x 100 on 5:00 Your choice Off the blocks		
750	1 x 750 on 15:00 Social Kick w/ 8X25 fast		
100	1 x 100 on 2:00 Kick for time		
450	1x{6 x 25 on :45 Freestyle		
	{1 x 300 on 15:00 Rabbit game		
500	10 x 50 on 1:00 Stroke Drill		
	6:29 PM 2,770 Yards - Stress Value = 37		

Workout #17366 - Friday, 26 June 2015

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Ted's Abs
 150 1 x 600 on 10:00 Reverse IM drill
 1,800 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 250 on 3:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 225 on 3:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 2:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 175 on 2:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:05 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 125 on 1:40 Kick
 {3 x 25 on :30 Kick no board BSC
 1,000 1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds
 {2 x 200 on 2:35 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:30 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 3 x 1000 on 13:00 Individual Medley
 James 4 X1000@1130 hold 1050
 500 10 x 50 on 1:00 Stroke Drills
 9:27 AM 7,250 Yards - Stress Value = 124

Workout #17367 - Friday, 26 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Ted's Abs
 150 1 x 600 on 10:00 Reverse IM drill
 1,500 10 x 15 on :45 Shooters
 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 250 on 4:35 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 225 on 4:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:30 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 175 on 3:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 900 1x{2 x 200 on 2:50 Pulls-nbbf&w + 2 yds
 {2 x 200 on 2:45 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:20 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 3 x 1000 on 14:30 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,750 Yards - Stress Value = 116

Workout #17368 - Friday, 26 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Ted's Abs
 150 1 x 550 on 10:00 Reverse IM drill
 1,300 10 x 15 on :45 Shooters
 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 250 on 5:15 Kick
 {4 x 25 on :40 Kick no board BSLR

{1 x 225 on 4:35 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:00 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 175 on 3:25 Kick
 {2 x 25 on :35 Kick no board BS
 800 1x{2 x 200 on 3:10 Pulls-nbbf&w + 2 yds
 {1 x 200 on 3:05 Pulls-nbbf&w + 2 yds
 {1 x 200 on 3:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{2 x 1000 on 16:45 Individual Medley
 {1 x 500 on 8:20 Individual Medley
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 6,000 Yards - Stress Value = 100

Workout #17369 - Friday, 26 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 250 on 5:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 225 on 5:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:35 Kick
 750 1x{2 x 200 on 3:30 Pulls-nbbf&w + 2 yds
 {1 x 200 on 3:25 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:30 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
 2,200 1x{2 x 1000 on 20:00 Individual Medley
 {1 x 200 on 4:00 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,400 Yards - Stress Value = 90

Workout #17370 - Monday, 29 June 2015

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Shoulders
300	1 x 600 on 10:00 Swim-kick-pull-swim
1,750	12 x 25 on :40 Variable Speed
1,750	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{5 x 50 on :45 Kick
1,500	1x{2 x 150 on 2:00 Pulls-no br L.12/25 yds
	{2 x 150 on 1:55 Pulls-no br L.12/25 yds
	{2 x 150 on 1:50 Pulls-no br L.12/25 yds
	{2 x 150 on 1:45 Pulls-no br L.12/25 yds
	{2 x 150 on 1:40 Pulls-no br L.12/25 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	6x{1 x 400 on 5:00 Freestyle
	{1 x 100 on 1:30 Freestyle
	Each round 400 drops 5 seconds
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 7,750 Yards - Stress Value = 163

Workout #17371 - Monday, 29 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Shoulders
300	1 x 600 on 10:00 Swim-kick-pull-swim
1,550	12 x 25 on :40 Variable Speed
1,550	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :50 Kick
1,400	1x{2 x 150 on 2:10 Pulls-no br L.12/25 yds
	{2 x 150 on 2:05 Pulls-no br L.12/25 yds
	{2 x 150 on 2:00 Pulls-no br L.12/25 yds
	{2 x 150 on 1:55 Pulls-no br L.12/25 yds
	{2 x 100 on 1:20 Pulls-no br L.12/25 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	6x{1 x 400 on 5:25 Freestyle
	{1 x 100 on 1:45 Freestyle
	Each round 400 drops 5 seconds
	6th round do a 100@1:20, then 100 all out
400	8 x 50 on 1:00 Stroke Drills
	9:34 AM 7,450 Yards - Stress Value = 157

Workout #17372 - Monday, 29 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 25:00 DS/Shoulders

550	1 x 550 on 10:00 Swim-kick-pull-swim
300	12 x 25 on :40 Variable Speed
1,400	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:30 Kick
1,200	1x{2 x 150 on 2:25 Pulls-no br L.12/25 yds
	{2 x 150 on 2:20 Pulls-no br L.12/25 yds
	{2 x 150 on 2:15 Pulls-no br L.12/25 yds
	{2 x 150 on 2:10 Pulls-no br L.12/25 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	5x{1 x 400 on 6:00 Freestyle
	{1 x 100 on 2:00 Freestyle
	Each round 400 drops 5 seconds
	5th round do a 250@3:45, then 100 all out
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 6,550 Yards - Stress Value = 136

Workout #17373 - Monday, 29 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Shoulders
300	1 x 600 on 10:00 Swim-kick-pull-swim
1,150	12 x 25 on :40 Variable Speed
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 125 on 2:50 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
1,050	1x{2 x 150 on 2:50 Pulls-no br L.12/25 yds
	{2 x 150 on 2:45 Pulls-no br L.12/25 yds
	{2 x 150 on 2:40 Pulls-no br L.12/25 yds
	{2 x 75 on 1:15 Pulls-no br L.12/25 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	4x{1 x 400 on 7:30 Freestyle
	{1 x 100 on 2:30 Freestyle
	Each round 400 drops 5 seconds
	4th round do a 300@5:30, then 100 all out
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,600 Yards - Stress Value = 114

Workout #17377 - Monday, 29 June 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 600 1 x 600 on 10:00 Follow the leader
 150 10 x 15 on :45 Shooters
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 100 on 1:30 IM OTB
 {4 x 25 on :30 Fly-100%
 {1 x 250 on 5:00 Freestyle
 {1 x 100 on 1:45 IM OTB
 {4 x 25 on :30 Backstroke-100%
 {1 x 250 on 5:00 Freestyle
 {1 x 100 on 2:00 IM OTB
 {4 x 25 on :30 Breaststroke-100%
 {1 x 250 on 5:00 Stroke Drills
 {1 x 100 on 2:15 Individual Medley
 {4 x 25 on :30 Freestyle
 {1 x 250 on 5:00 Stroke Drills
 400 4 x 100 on 1:30 Descend to ludicrous speed!!
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 3,400 Yards - Stress Value = 74

Workout #17374 - Monday, 29 June 2015

Taper 1 - Freestylers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 100 4 x 25 on :40 Variable Speed
 850 1x{1 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 {5 x 50 on :45 Kick
 750 1x{1 x 150 on 2:00 Pulls-no br L..25 yds
 {1 x 150 on 1:55 Pulls-no br L.25 yds
 {1 x 150 on 1:50 Pulls-no br L..25 yds
 {1 x 150 on 1:45 Pulls-no br L.25 yds
 {1 x 150 on 1:40 Pulls-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
 1,500 3x{1 x 400 on 5:00 Freestyle
 {1 x 100 on 1:30 Freestyle
 Each round 400 drops 5 seconds
 400 8 x 50 on 1:00 Stroke Drills
 8:42 AM 4,200 Yards - Stress Value = 80

Workout #17375 - Monday, 29 June 2015

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 100 4 x 25 on :40 Variable Speed
 750 1x{2 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :50 Kick
 700 1x{1 x 150 on 2:10 Pulls-no br L.25 yds
 {1 x 150 on 2:05 Pulls-no br L.25 yds
 {1 x 150 on 2:00 Pulls-no br L.25 yds
 {1 x 150 on 1:55 Pulls-no br L.25 yds

{1 x 100 on 1:20 Pulls-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
 1,500 3x{1 x 400 on 5:25 Freestyle
 {1 x 100 on 1:45 Freestyle
 Each round 400 drops 5 seconds
 3rd round do a 250@3:20, then 100 all out
 400 8 x 50 on 1:00 Stroke Drills
 8:44 AM 4,050 Yards - Stress Value = 77

Workout #17376 - Monday, 29 June 2015

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 350 1 x 350 on 10:00 Swim-kick-pull-swim
 100 4 x 25 on :40 Variable Speed
 650 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 600 1x{1 x 150 on 2:25 Pulls-no br L.25 yds
 {1 x 150 on 2:20 Pulls-no br L.25 yds
 {1 x 150 on 2:15 Pulls-no br L.25 yds
 {1 x 150 on 2:10 Pulls-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
 1,500 3x{1 x 400 on 6:00 Freestyle
 {1 x 100 on 2:00 Freestyle
 Each round 400 drops 5 seconds
 3rd round do a 100@1:30 then 100 all out
 400 8 x 50 on 1:00 Stroke Drills
 8:46 AM 3,800 Yards - Stress Value = 73

Workout #17378 - Tuesday, 30 June 2015

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 400 4 x 100 on 2:00 Kick @ FPI
 1,000 1 x 1000 on 20:00 Vertical Kicking
 1,500 12 x 125 on 1:40 Pull HB 2 SOW +1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Hold 115 or faster on all 100's
 2,850 1x{1 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {5 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {6 x 100 on 1:20 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 9:28 AM 7,050 Yards - Stress Value = 107

Workout #17379 - Tuesday, 30 June 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core 500
 600 1 x 600 on 10:00 Top Hat Drill
 400 4 x 100 on 2:00 Kick @ FPI
 1,000 1 x 1000 on 20:00 Vertical Kicking
 1,375 11 x 125 on 1:50 Pull 2 SOW +1
 only do a 100 on the 11th one
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Hold 124 or faster on all 100's
 2,550 1x{1 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {5 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds uder -1 kick
 {3 x 100 on 1:30 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 9:28 AM 6,625 Yards - Stress Value = 99

Workout #17380 - Tuesday, 30 June 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 400 4 x 100 on 2:00 KICK @ FPI
 1,000 1 x 1000 on 20:00 Vertical Kicking
 1,250 10 x 125 on 2:00 Pull HB 2 SOW+1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Hold 133 or faster on all 100's
 2,250 1x{1 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {2 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {3 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {4 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {5 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 500 10 x 50 on 1:00 Stroke Drills
 9:28 AM 6,150 Yards - Stress Value = 90

Workout #17381 - Tuesday, 30 June 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core 300
 500 1 x 500 on 10:00 Top Hat Drill
 400 4 x 100 on 2:00 Kick @ FPI
 1,000 1 x 1000 on 20:00 Vertical Kicking
 1,000 10 x 100 on 1:50 Pull HB 2 SOW+1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Hold 151 or faster on all 100's
 1,900 1x{1 x 100 on 2:00 Backstroke
 {6 x 25 on :45 Back 12yds under -1 kick

{2 x 100 on 2:00 Backstroke
 {6 x 25 on :45 Back 12yds under -1 kick
 {3 x 100 on 2:00 Backstroke
 {6 x 25 on :45 Back 12yds under -1 kick
 {4 x 100 on 2:00 Backstroke
 {6 x 25 on :45 Back 12yds under -1 kick
 {3 x 100 on 2:00 Backstroke
 10 x 50 on 1:00 Stroke Drills
 9:28 AM 5,500 Yards - Stress Value = 78

Workout #17386 - Tuesday, 30 June 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Choice
 120 8 x 15 on :45 Spinners
 450 1x{1 x 50 on 1:00 Kick Free-100%
 {1 x 25 on :30 Free breathe on 3-100%
 {1 x 25 on 1:30 Ez-Free
 {1 x 75 on 1:30 Kick Free-100%
 {1 x 25 on :30 Free breathe on 5-100%
 {1 x 50 on 1:30 Ez-Free
 {1 x 100 on 2:00 Kick-Free-100%
 {1 x 25 on :30 Free breathe on 7-100%
 {1 x 75 on 1:30 Ez-Free
 1,500 1x{1 x 100 on 1:30 14 strokes per length
 {1 x 100 on 1:30 75-14 spl /25-12 spl
 {1 x 100 on 1:30 50-14 spl/50-12 spl
 {1 x 100 on 1:30 25-14 spl/ 75-12 spl
 {1 x 100 on 1:30 12 strokes per length-fast
 {1 x 100 on 1:25 14 strokes per length (spl)
 {1 x 100 on 1:25 75-14 spl /25-12 spl
 {1 x 100 on 1:25 50-14 spl/50-12 spl
 {1 x 100 on 1:25 25-14 spl/ 75-12 spl
 {1 x 100 on 1:25 12 strokes per length-fast
 {1 x 100 on 1:20 14 strokes per length (spl)
 {1 x 100 on 1:20 75-14 spl /25-12 spl
 {1 x 100 on 1:20 50-14 spl/50-12 spl
 {1 x 100 on 1:20 25-14 spl/ 75-12 spl
 {1 x 100 on 1:20 12 strokes per length-fast
 200 1 x 200 on 3:00 Stroke Drills
 1 on 25:00 Team Mtg
 6:28 PM 2,670 Yards - Stress Value = 33

Workout #17382 - Tuesday, 30 June 2015

HighSchl - Distance

1 minute rest between sets

8:34 AM Start
 Yards Set Description EGY WORK STK
 =====
 4,000 1x{4 x 125 on 1:30 Freestyle EN2 S FR
 {1 x 500 on 5:45 Freestyle EN2 S FR
 {4 x 125 on 1:30 Freestyle EN2 S FR
 {1 x 500 on 5:40 Freestyle EN2 S FR
 {4 x 125 on 1:30 Freestyle EN2 S FR
 {1 x 500 on 5:35 Freestyle EN2 S FR
 {4 x 125 on 1:30 Freestyle EN2 S FR
 {1 x 500 on 5:30 Freestyle EN2 S FR
 125's hold:1st set 123, 2nd set 122,
 3rd set 121 & 4th set 120
 300 1 x 300 on 5:00 Stroke Drills REC D CD
 9:27 AM 4,300 Yards - Stress Value = 80

Workout #17383 - Tuesday, 30 June 2015

8:40 AM 3,375 Yards - Stress Value = 46

Taper 1 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 400 4 x 100 on 2:00 Kick @ FPI
 500 1 x 500 on 10:00 Vertical Kicking
 750 6 x 125 on 1:40 Pull HB 2 SOW +1
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Hold 115 or faster on all 100's
 1,450 1x{1 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:20 Backstroke
 250 1 x 250 on 5:00 Stroke Drills
 8:40 AM 3,850 Yards - Stress Value = 52

Workout #17384 - Tuesday, 30 June 2015

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 400 4 x 100 on 2:00 Kick @ FPI
 500 1 x 500 on 10:00 Vertical Kicking
 625 5 x 125 on 1:50 Pull 2 SOW +1
 only do a 100 on the 4th one
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Hold 124 or faster on all 100's
 1,400 1x{1 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:30 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:30 Backstroke
 {4 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:30 Backstroke
 250 1 x 250 on 5:00 Stroke Drills
 8:40 AM 3,675 Yards - Stress Value = 48

Workout #17385 - Tuesday, 30 June 2015

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 350 1 x 350 on 10:00 Top Hat Drill
 400 4 x 100 on 2:00 KICK @ FPI
 500 1 x 500 on 10:00 Vertical Kicking
 625 5 x 125 on 2:00 Pull HB 2 SOW+1
 only do a 100 on the 5th one
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Hold 133 or faster on all 100's
 1,150 1x{1 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {2 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {3 x 100 on 1:40 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {1 x 100 on 1:40 Backstroke
 250 1 x 250 on 5:00 Stroke Drills

Workout #17387 - Wednesday, 01 July 2015

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 1 x 500 on 10:00 Wednesday warm-up
 120 8 x 15 on 1:00 Underwater #5-#8 w/fins
 1,800 1x{3 x 100 on 1:45 Kick
 {3 x 100 on 1:40 Kick
 {3 x 100 on 1:35 Kick
 {3 x 100 on 1:30 Kick
 {3 x 100 on 1:25 Kick
 {3 x 100 on 1:20 Kick
 650 1 x 650 on 8:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 1x{3 x 150 on 2:35 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:30 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:25 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:20 2K1P w/tennis balls
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,920 Yards - Stress Value = 71

Workout #17391 - Wednesday, 01 July 2015

Group 3 - Distance

1 minute rest between sets

8:40 AM Start
 Yards Set Description EGY WORK STK
 =====
 3,250 1x{1 x 100 on 1:20 Free hold :59 EN2 S FR
 {1 x 400 on 4:20 Freestyle EN2 S FR
 {1 x 50 on :45 Freestyle REC S FR
 {1 x 100 on 1:05 Freestyle EN2 S FR
 {1 x 100 on 1:20 Free Hold :59 EN2 S FR
 {1 x 300 on 3:15 Freestyle EN2 S FR
 {1 x 50 on :45 Freestyle REC S FR
 {1 x 200 on 2:10 Freestyle EN2 S FR
 {1 x 100 on 1:20 Free Hold :58 EN2 S FR
 {1 x 200 on 2:10 Freestyle EN2 S FR
 {1 x 50 on :45 Freestyle REC S FR
 {1 x 300 on 3:15 Freestyle EN2 S FR
 {1 x 100 on 1:20 Free hold :58 EN2 S FR
 {1 x 100 on 1:05 Freestyle EN2 S FR
 {1 x 50 on :45 Freestyle REC S FR
 {1 x 400 on 4:20 Freestyle EN2 S FR
 {1 x 100 on 1:20 Free hold :57 EN2 S FR
 {1 x 50 on :45 Freestyle REC S FR
 {1 x 100 on 1:20 Free hold :57 EN2 S FR
 {1 x 300 on 3:15 Freestyle EN2 S FR
 {1 x 100 on 1:20 Free hold :49 EN2 S FR
 500 10 x 50 on 1:00 Stroke Drills REC D CD
 9:29 AM 3,750 Yards - Stress Value = 60

Workout #17388 - Wednesday, 01 July 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 x 500 on 10:00 Wednesday warm-up
120	8 x 15 on 1:00 Underwater #5-#8 w/fins
1,600	1x{3 x 100 on 1:55 Kick {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 {1 x 100 on 1:30 Kick
600	1 x 600 on 8:00 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
2,150	1x{3 x 150 on 2:45 2K1P w/ tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:40 2K1P w/ tennis balls {6 x 25 on :40 Brst w/paddles "X"pullouts {3 x 150 on 2:35 2K1P w/ tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {2 x 150 on 2:30 2K1P w/tennis balls {2 x 25 on :40 Brst with paddles alt 2/3 PO
400	8 x 50 on 1:00 Stroke Drills
9:32 AM	5,570 Yards - Stress Value = 72

Workout #17389 - Wednesday, 01 July 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 x 500 on 10:00 Wednesday warm-up
120	8 x 15 on 1:00 Underwater #5-#8 w/fins
1,450	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {3 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick {1 x 50 on :50 Kick
550	1 x 550 on 8:00 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
2,000	1x{3 x 150 on 2:55 2K1P w/ tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:50 2K1p w/tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:45 2K1P w/ tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {2 x 100 on 1:50 2K1P w/tennis balls
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	5,220 Yards - Stress Value = 67

Workout #17390 - Wednesday, 01 July 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 x 500 on 10:00 Wednesday warm-up
120	8 x 15 on 1:00 Underwater #5-#8 w/fins
1,200	1x{3 x 100 on 2:25 Kick {3 x 100 on 2:20 Kick {3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick
500	1 x 500 on 8:00 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills

1,700	1x{3 x 150 on 3:30 2K1P w/ tennis balls {6 x 25 on :45 Brst with paddles alt 2/3 PO {3 x 150 on 3:25 2K1P w/ tennis balls {6 x 25 on :45 Brst with paddles alt 2/3 PO {3 x 150 on 3:20 2K1P w/ tennis balls {2 x 25 on :45 Brst with paddles alt 2/3 PO
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	4,620 Yards - Stress Value = 57

Workout #17392 - Wednesday, 01 July 2015

Taper 1 - Breast

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 x 500 on 10:00 Wednesday warm-up
120	8 x 15 on 1:00 Underwater #5-#8 w/fins
600	1x{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 x 100 on 1:20 Kick
300	1 x 300 on 3:45 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
1,400	1x{3 x 150 on 2:35 2K1P w/ tennis balls {4 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:30 2K1P w/ tennis balls {4 x 25 on :40 Brst with paddles alt 2/3 PO {2 x 150 on 2:25 2K1P w/ tennis balls
250	1 x 250 on 4:00 Stroke Drills
8:46 AM	3,270 Yards - Stress Value = 33

Workout #17393 - Wednesday, 01 July 2015

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 x 500 on 10:00 Wednesday warm-up
120	8 x 15 on 1:00 Underwater #5-#8 w/fins
550	1x{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 50 on :45 Kick
300	1 x 300 on 4:00 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
1,300	1x{3 x 150 on 2:45 2K1P w/ tennis balls {4 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:40 2K1P w/ tennis balls {6 x 25 on :40 Brst w/paddles "X"pullouts {1 x 150 on 2:35 2K1P w/ tennis balls
250	1 x 250 on 4:00 Stroke Drills
8:46 AM	3,120 Yards - Stress Value = 35

Workout #17394 - Wednesday, 01 July 2015

9:31 AM 6,340 Yards - Stress Value = 101

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 1 x 500 on 10:00 Wednesday warm-up
 120 8 x 15 on 1:00 Underwater #5-#8 w/fins
 500 1x{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
 250 1 x 250 on 4:00 Lungbuster pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{3 x 150 on 2:55 2K1P w/ tennis balls
 {4 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:50 2K1p w/tennis balls
 {4 x 25 on :40 Brst with paddles alt 2/3 PO
 {1 x 150 on 2:45 2K1P w/ tennis balls
 250 1 x 250 on 4:00 Stroke Drills
 8:46 AM 2,970 Yards - Stress Value = 32

Workout #17395 - Thursday, 02 July 2015

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick
 2,000 1x{2 x 125 on 2:30 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:30 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:20 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:10 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:10 Kick #3
 500 1 x 500 on 7:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 2x{1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {1 x 50 on :45 Fly w/free kick 25
 {1 x 50 on :45 Fly w/free kick 30
 {1 x 50 on :45 Fly w/free kick 35
 {1 x 50 on :45 Fly w/free kick 40
 {1 x 50 on :45 Fly w/free kick 45
 {1 x 50 on :45 Fly w/free kick 50
 500 10 x 50 on 1:00 Stroke Drills

Workout #17396 - Thursday, 02 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick
 1,850 1x{2 x 125 on 2:40 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:40 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:30 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:30 Kick #3
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:20 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 50 on :55 Kick #3
 500 1 x 500 on 7:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 2x{1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {1 x 50 on :45 Fly w/free kick 25
 {1 x 50 on :45 Fly w/free kick 30
 {1 x 50 on :45 Fly w/free kick 35
 {1 x 50 on :45 Fly w/free kick 40
 {1 x 50 on :45 Fly w/free kick 45
 {1 x 50 on :45 Fly w/free kick 50
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 6,190 Yards - Stress Value = 98

Workout #17397 - Thursday, 02 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Sholders
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick
 1,650 1x{2 x 125 on 2:55 Kick #2
 {4 x 25 on :35 Kick #1-100%
 {2 x 125 on 2:55 Kick #2
 {4 x 25 on :35 Kick #1-100%
 {2 x 125 on 2:55 Kick #2
 {4 x 25 on :35 Kick #1-100%
 {2 x 125 on 2:45 Kick #3
 {4 x 25 on :35 Kick #1-100%
 {2 x 125 on 2:35 Kick #2
 450 1 x 450 on 7:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 2x{1 x 50 on 1:05 Fly w/free kick 25
 {1 x 50 on 1:05 Fly w/free kick 30
 {1 x 50 on 1:05 Fly w/free kick 35
 {1 x 50 on 1:05 Fly w/free kick 40
 {1 x 50 on 1:05 Fly w/free kick 45
 {1 x 50 on 1:05 Fly w/free kick 50
 {1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,590 Yards - Stress Value = 87

{1 x 50 on 1:10 Fly w/free kick 25
 {1 x 50 on 1:10 Fly w/free kick 30
 {1 x 50 on 1:10 Fly w/free kick 35
 {1 x 50 on 1:10 Fly w/free kick 40
 {1 x 50 on 1:10 Fly w/free kick 45
 {1 x 50 on 1:10 Fly w/free kick 50
 {1 x 50 on 1:05 Fly w/free kick 25
 {1 x 50 on 1:05 Fly w/free kick 30
 {1 x 50 on 1:05 Fly w/free kick 35
 {1 x 50 on 1:05 Fly w/free kick 40
 {1 x 50 on 1:05 Fly w/free kick 45
 {1 x 50 on 1:05 Fly w/free kick 50
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 4,990 Yards - Stress Value = 77

Workout #17402 - Thursday, 02 July 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Ted's DS
 600 1 x 600 on 10:00 Follow the leader
 150 10 x 15 on :45 Shooters
 300 12 x 25 on 1:00 3 on each stroke-under water
 until you reach 12.5 yards
 200 4x{1 x 25 on :01 1/3 each of streamline kick
 { tarzan, no breath sprint rest/rest 5 second
 {1 x 25 on 1:29 Kick no board BSLR
 200 8x{1 on 1:00 Vertical Kick
 {1 x 25 on :01 12.5yds undr/Body Driven Frees
 {1 on 1:59 Sculling Drill Feet First
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 1,950 Yards - Stress Value = 59

Workout #17398 - Thursday, 02 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 Ted's DS
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick
 1,450 1x{2 x 125 on 3:15 Kick #2
 {4 x 25 on :40 Kick #1-100%
 {2 x 125 on 3:15 Kick #2
 {4 x 25 on :40 Kick #1-100%
 {2 x 125 on 3:15 Kick #2
 {4 x 25 on :40 Kick #1-100%
 {2 x 125 on 3:05 Kick #3
 {4 x 25 on :40 Kick #1-100%
 {1 x 50 on 1:15 Kick #3
 400 1 x 400 on 7:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{1 x 50 on 1:15 Fly w/free kick 25
 {1 x 50 on 1:15 Fly w/free kick 30
 {1 x 50 on 1:15 Fly w/free kick 35
 {1 x 50 on 1:15 Fly w/free kick 40
 {1 x 50 on 1:15 Fly w/free kick 45
 {1 x 50 on 1:15 Fly w/free kick 50

Workout #17399 - Thursday, 02 July 2015

Taper 1 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick
 1,000 1x{1 x 125 on 2:30 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:30 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:20 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:20 Kick #3
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:10 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:10 Kick #3
 250 1 x 250 on 3:30 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 1x{1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {1 x 50 on :45 Fly w/free kick 25
 {1 x 50 on :45 Fly w/free kick 30
 {1 x 50 on :45 Fly w/free kick 35
 {1 x 50 on :45 Fly w/free kick 40
 {1 x 50 on :45 Fly w/free kick 45
 {1 x 50 on :45 Fly w/free kick 50
 400 8 x 50 on 1:00 Stroke Drills
 8:43 AM 3,490 Yards - Stress Value = 49

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {1 x 50 on :45 Fly w/free kick 25
 {1 x 50 on :45 Fly w/free kick 30
 {1 x 50 on :45 Fly w/free kick 35
 {1 x 50 on :45 Fly w/free kick 40
 {1 x 50 on :45 Fly w/free kick 45
 {1 x 50 on :45 Fly w/free kick 50
 400 8 x 50 on 1:00 Stroke Drills
 8:43 AM 3,415 Yards - Stress Value = 48

Workout #17401 - Thursday, 02 July 2015

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 350 1 x 350 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick
 825 1x{1 x 125 on 2:55 Kick #2
 {2 x 25 on :35 Kick #1-100%
 {1 x 125 on 2:55 Kick #2
 {2 x 25 on :35 Kick #1-100%
 {1 x 125 on 2:55 Kick #2
 {2 x 25 on :35 Kick #1-100%
 {1 x 125 on 2:45 Kick #3
 {2 x 25 on :35 Kick #1-100%
 {1 x 125 on 2:35 Kick #2
 250 1 x 250 on 3:55 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
 1,050 1x{1 x 50 on 1:05 Fly w/free kick 25
 {1 x 50 on 1:05 Fly w/free kick 30
 {1 x 50 on 1:05 Fly w/free kick 35
 {1 x 50 on 1:05 Fly w/free kick 40
 {1 x 50 on 1:05 Fly w/free kick 45
 {1 x 50 on 1:05 Fly w/free kick 50
 {1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 400 8 x 50 on 1:00 Stroke Drills
 8:43 AM 3,115 Yards - Stress Value = 43

Workout #17400 - Thursday, 02 July 2015

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick
 925 1x{1 x 125 on 2:40 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:40 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:30 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:30 Kick #3
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:20 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 50 on :55 Kick #3
 250 1 x 250 on 3:40 Pulls-nbbf&w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills

Workout #17407 - Friday, 03 July 2015

Group 3 - Distance

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STP
3,000	1x{1 x 350 on 4:05 Freestyle	EN2	S	FF
	{3 x 50 on :35 Free-Great Effort	EN3	S	FF
	{1 x 350 on 4:00 Freestyle	EN2	S	FF
	{3 x 50 on :40 Free-Great Effort	EN2	S	FF
	{1 x 350 on 3:55 Freestyle	EN2	S	FF
	{3 x 50 on :45 Free-Great Effort	EN3	S	FF
	{1 x 350 on 3:50 Freestyle	EN2	S	FF
	{3 x 50 on :50 Free-Great Effort	EN3	S	FF
	{1 x 350 on 3:45 Freestyle	EN2	S	FIN
	{3 x 50 on :55 Freestyle	EN3	S	FF
	{1 x 350 on 3:40 Freestyle	EN2	S	FF
	{3 x 50 on 1:00 Freestyle	EN3	S	FF
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI

9:30 AM 3,250 Yards - Stress Value = 90

Workout #17403 - Friday, 03 July 2015

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
2,250	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 1:55 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 1:50 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 1:45 Kick with flippers
	{6 x 25 on :30 Kick no board BSLR
	{3 x 150 on 1:40 Kick with flippers
1,200	1x{6 x 50 on :35 Pulls-nbbf&w + 2 yds
	{6 x 50 on :40 Pulls-nbbf&w + 4 yds
	{6 x 50 on :45 Pulls-nbbf&w + 6 yds
	{6 x 50 on :50 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,600	13x{1 x 100 on 1:15 Individual Medley
	{1 x 50 on :35 Freestyle
	{1 x 50 on :45 Freestyle
400	8 x 50 on 1:00 Stroke Drills

9:30 AM 7,400 Yards - Stress Value = 104

Workout #17404 - Friday, 03 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Teds Abs
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
2,050	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:10 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:05 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:00 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:15 Kick with flippers
1,050	1x{6 x 50 on :40 Pulls-nbbf&w + 2 yds
	{5 x 50 on :45 Pulls-nbbf&w + 4 yds
	{5 x 50 on :50 Pulls-nbbf&w + 6 yds

	{5 x 50 on :55 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,400	12x{1 x 100 on 1:25 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
350	7 x 50 on 1:00 Stroke Drills

9:30 AM 6,800 Yards - Stress Value = 94

Workout #17405 - Friday, 03 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 30:00 DS/Ted's Abs
150	1 x 550 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
1,950	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:20 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:15 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:10 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:20 Kick with flippers
950	1x{4 x 50 on :45 Pulls-nbbf&w + 2 yds
	{5 x 50 on :50 Pulls-nbbf&w + 4 yds
	{5 x 50 on :55 Pulls-nbbf&w + 6 yds
	{5 x 50 on 1:00 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,200	11x{1 x 100 on 1:35 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
300	6 x 50 on 1:00 Stroke Drills

9:30 AM 6,300 Yards - Stress Value = 88

Workout #17406 - Friday, 03 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 30:00 DS/Ted's Abs
150	1 x 500 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
1,600	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 1:45 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 1:40 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 1:35 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR
	{2 x 150 on 2:15 Kick with flippers
850	1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds
	{4 x 50 on :55 Pulls-nbbf&w + 4 yds
	{4 x 50 on 1:00 Pulls-nbbf&w + 6 yds
	{5 x 50 on 1:05 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	9x{1 x 100 on 2:05 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:10 Freestyle
200	4 x 50 on 1:00 Stroke Drills

9:30 AM 5,300 Yards - Stress Value = 75

Workout #17412 - Friday, 03 July 2015

Taper 1 - Distance

1 minute rest between sets

8:21 AM Start

Yards	Set Description	EGY	WORK	STP
1,650	1x{3 x 50 on :35 Free-Great Effort	EN3	S	FF
	{1 x 350 on 3:50 Freestyle	EN2	S	FF
	{3 x 50 on :40 Free-Great Effort	EN3	S	FF
	{1 x 350 on 3:45 Freestyle	EN2	S	FIN
	{3 x 50 on :45 Free-Great Effort	EN3	S	FF
	{1 x 350 on 3:40 Freestyle	EN2	S	FF
	{3 x 50 on :50 Free-Great Effort	EN3	S	FF
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI

8:46 AM 1,900 Yards - Stress Value = 57

Workout #17408 - Friday, 03 July 2015

Taper 1 - IM's

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Ted's Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
1,000	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 1:55 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 1:50 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 1:45 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 1:40 Kick with flippers
600	1x{3 x 50 on :35 Pulls-nbbf&w + 2 yds
	{3 x 50 on :40 Pulls-nbbf&w + 4 yds
	{3 x 50 on :45 Pulls-nbbf&w + 6 yds
	{3 x 50 on :50 Pulls-nbbf&w + 8 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	8x{1 x 100 on 1:15 Individual Medley
	{1 x 50 on :35 Freestyle
	{1 x 50 on :45 Freestyle
250	1 x 250 on 4:00 Stroke Drills

8:47 AM 4,100 Yards - Stress Value = 58

Workout #17409 - Friday, 03 July 2015

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Teds Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
950	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:10 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:05 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:00 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:15 Kick with flippers
550	1x{3 x 50 on :40 Pulls-nbbf&w + 2 yds
	{3 x 50 on :45 Pulls-nbbf&w + 4 yds
	{3 x 50 on :50 Pulls-nbbf&w + 6 yds
	{2 x 50 on :55 Pulls-nbbf&w + 8 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	7x{1 x 100 on 1:25 Individual Medley
	{1 x 50 on :40 Freestyle

{1 x 50 on :50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:47 AM 3,800 Yards - Stress Value = 53

Workout #17410 - Friday, 03 July 2015

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Ted's Abs
350	1 x 350 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
900	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:15 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:10 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :40 Kick with flippers
500	1x{3 x 50 on :45 Pulls-nbbf&w + 2 yds
	{3 x 50 on :50 Pulls-nbbf&w + 4 yds
	{3 x 50 on :55 Pulls-nbbf&w + 6 yds
	{1 x 50 on 1:00 Pulls-nbbf&w + 8 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	6x{1 x 100 on 1:35 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
250	1 x 250 on 4:00 Stroke Drills

8:46 AM 3,450 Yards - Stress Value = 48

Workout #17411 - Friday, 03 July 2015

Taper 1 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Ted's Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
700	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:45 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:40 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:35 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR
450	1x{2 x 50 on :50 Pulls-nbbf&w + 2 yds
	{2 x 50 on :55 Pulls-nbbf&w + 4 yds
	{2 x 50 on 1:00 Pulls-nbbf&w + 6 yds
	{3 x 50 on 1:05 Pulls-nbbf&w + 8 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	5x{1 x 100 on 2:05 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills

8:47 AM 3,050 Yards - Stress Value = 40

Workout #17413 - Monday, 06 July 2015

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Shoulders
120	1 x 600 on 10:00 Swim-kick-pull-swim
1,500	8 x 15 on :45 Spinners All BSLR, min 15m underwater
1,500	1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:30 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:35 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:40 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:45 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:50 Kick best effort
1,200	6 x 200 on 2:30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,600	1x{4 x 150 on 1:50 Freestyle {1 x 600 on 8:00 Freestyle {4 x 125 on 1:30 Freestyle {1 x 500 on 6:40 Freestyle {4 x 100 on 1:10 Freestyle {1 x 400 on 5:20 Freestyle {4 x 75 on :50 Freestyle {1 x 300 on 4:00 Freestyle Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick
400	8 x 50 on 1:00 Stroke Drills
9:29 AM	7,620 Yards - Stress Value = 153

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Shoulders
120	1 x 550 on 10:00 Swim-kick-pull-swim
1,250	8 x 15 on :45 Spinners All BSLR, min 15m underwater
1,250	1x{4 x 25 on :35 Kick no board BSLR {2 x 100 on 1:55 Kick best effort {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:00 Kick best effort {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:05 Kick best effort {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:10 Kick {2 x 25 on :35 Kick no board BS
1,050	6 x 175 on 2:30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	1x{4 x 150 on 2:15 Freestyle {1 x 600 on 9:30 Freestyle {4 x 125 on 1:50 Freestyle {1 x 500 on 7:55 Freestyle {4 x 100 on 1:25 Freestyle {1 x 400 on 6:20 Freestyle Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick
400	8 x 50 on 1:00 Stroke Drills
9:29 AM	6,570 Yards - Stress Value = 134

Workout #17416 - Monday, 06 July 2015

Group 3 - Bronze

1 minute rest between sets

Workout #17414 - Monday, 06 July 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Shoulders
120	1 x 600 on 10:00 Swim-kick-pull-swim
1,400	8 x 15 on :45 Spinners All BSLR, min 15m underwater
1,400	1x{2 x 100 on 1:55 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:40 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:45 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:50 Kick best effort {4 x 25 on :30 Kick no board BSLR {4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Kick-best effort
1,050	6 x 175 on 2:30 Pulls-no br L.12 yds Hold under 1:20 base
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,400	1x{4 x 150 on 2:00 Freestyle {1 x 600 on 8:30 Freestyle {4 x 125 on 1:40 Freestyle {1 x 500 on 7:05 Freestyle {4 x 100 on 1:20 Freestyle {1 x 500 on 5:40 Freestyle {4 x 75 on 1:00 Freestyle Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick
400	8 x 50 on 1:00 Stroke Drills
9:29 AM	7,170 Yards - Stress Value = 135

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Shoulders
120	1 x 500 on 10:00 Swim-kick-pull-swim
1,050	8 x 15 on :45 Spinners All BSLR, min 15m underwater
1,050	1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:10 Kick best effort {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:15 Kick best effort {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick best effort {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:15 Kick-best effort
900	6 x 150 on 2:30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{4 x 150 on 2:40 Freestyle {1 x 600 on 11:30 Freestyle {4 x 125 on 2:15 Freestyle {1 x 500 on 9:30 Freestyle {3 x 100 on 1:45 Freestyle Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick
400	8 x 50 on 1:00 Stroke Drills
9:29 AM	5,670 Yards - Stress Value = 99

Workout #17415 - Monday, 06 July 2015

Workout #17421 - Monday, 06 July 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 600 1 on 13:00 Dynamic Stretch
 120 1 x 600 on 10:00 Follow the leader
 400 8 x 15 on :45 Spinners
 16 x 25 on 1:00 4 on each stroke-under water until you reach 12.5 yds
 2,000 1x{4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 5 strokes fast
 {1 x 100 on 1:30 Free 10 strokes fast
 {1 x 100 on 1:30 Free 15 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 20 strokes fast
 {1 x 100 on 1:30 Free 25 strokes fast
 {1 x 100 on 1:30 Free 30 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 35 strokes fast
 {1 x 100 on 1:30 Free 40 strokes fast
 {1 x 100 on 1:30 Free -35 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free-30 strokes fast
 {1 x 100 on 1:30 Free-25 strokes fast
 {1 x 100 on 1:30 Free-20 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 15 strokes fast
 {1 x 100 on 1:30 Free 10 strokes fast
 {1 x 100 on 1:30 Free 5 strokes fast
 400 8 x 50 on 1:00 Stroke Drills
 6:30 PM 3,520 Yards - Stress Value = 85

Workout #17417 - Monday, 06 July 2015

Taper 1 - Freestylers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Shoulders
 120 1 x 400 on 10:00 Swim-kick-pull-swim
 8 x 15 on :45 Spinners
 All BSLR, min 15m underwater
 800 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:40 Kick best effort
 600 3 x 200 on 2:30 Pulls-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{2 x 150 on 1:50 Freestyle
 {1 x 300 on 4:00 Freestyle
 {2 x 125 on 1:30 Freestyle
 {1 x 250 on 6:40 Freestyle
 {2 x 100 on 1:10 Freestyle
 {1 x 200 on 2:40 Freestyle
 {2 x 75 on :50 Freestyle
 {1 x 150 on 2:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 400 8 x 50 on 1:00 Stroke Drills
 8:46 AM 4,220 Yards - Stress Value = 83

Workout #17418 - Monday, 06 July 2015

Taper 1 - Gold

1 minute rest between sets

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

1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 All BSLR, min 15m underwater
 750 1x{2 x 100 on 1:55 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Kick best effort
 {2 x 25 on :30 Kick no board BSLR
 525 3 x 175 on 2:30 Pulls-no br L.12 yds
 Hold under 1:20 base
 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{2 x 150 on 2:00 Freestyle
 {1 x 300 on 4:15 Freestyle
 {2 x 125 on 1:40 Freestyle
 {1 x 250 on 3:30 Freestyle
 {2 x 100 on 1:20 Freestyle
 {1 x 200 on 2:50 Freestyle
 {4 x 75 on 1:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 400 8 x 50 on 1:00 Stroke Drills
 8:45 AM 4,095 Yards - Stress Value = 76

Workout #17419 - Monday, 06 July 2015

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 350 1 on 25:00 DS/Shoulders
 120 1 x 350 on 10:00 Swim-kick-pull-swim
 8 x 15 on :45 Spinners
 All BSLR, min 15m underwater
 650 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:00 Kick best effort
 {2 x 25 on :35 Kick no board BSLR
 525 3 x 175 on 2:30 Pulls-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
 1,650 1x{2 x 150 on 2:15 Freestyle
 {1 x 300 on 4:15 Freestyle
 {2 x 125 on 1:50 Freestyle
 {1 x 250 on 3:55 Freestyle
 {2 x 100 on 1:25 Freestyle
 {1 x 200 on 3:40 Freestyle
 {2 x 75 on 1:10 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 400 8 x 50 on 1:00 Stroke Drills
 8:46 AM 3,795 Yards - Stress Value = 72

Workout #17420 - Monday, 06 July 2015

1 minute rest between sets

Taper 1 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 All BSLR, min 15m underwater
 550 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:10 Kick best effort
 {2 x 25 on :45 Kick no board BS
 {2 x 100 on 2:15 Kick best effort
 450 3 x 150 on 2:30 Pulls-no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{2 x 150 on 2:40 Freestyle
 {1 x 300 on 5:45 Freestyle
 {2 x 125 on 2:15 Freestyle
 {1 x 250 on 4:15 Freestyle
 {3 x 100 on 1:45 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 400 8 x 50 on 1:00 Stroke Drills
 8:46 AM 3,420 Yards - Stress Value = 55

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 300 6 x 50 on 2:00 Freestyle
 400 4 x 100 on 2:00 Kick @ FPI
 1,000 1 x 1000 on 20:00 Vertical Kicking
 1,050 7 x 150 on 2:05 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 2,200 2x{2 x 100 on 1:35 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:30 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:25 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:20 Back w/fins
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 6,250 Yards - Stress Value = 119

Workout #17424 - Tuesday, 07 July 2015

Group 3 - Silver

1 minute rest between sets

Workout #17422 - Tuesday, 07 July 2015

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 300 6 x 50 on 2:00 Freestyle
 400 4 x 100 on 2:00 Kick @ FPI
 1,000 1 x 1000 on 20:00 Vertical Kicking
 1,200 8 x 150 on 1:50 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 2,400 2x{2 x 100 on 1:25 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:20 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:15 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:10 Back w/fins
 {2 x 50 on 1:00 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 6,600 Yards - Stress Value = 126

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 300 6 x 50 on 2:00 Freestyle
 400 4 x 100 on 2:00 Kick @FPI
 1,000 1 x 1000 on 20:00 Vertical Kicking
 900 6 x 150 on 2:20 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 2,000 2x{2 x 100 on 1:45 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:40 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:35 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {1 x 100 on 1:30 Back w/fins
 500 10 x 50 on 1:00 Stroke Drills
 9:29 AM 5,850 Yards - Stress Value = 112

Workout #17426 - Tuesday, 07 July 2015

Group 3 - Distance

1 minute rest between sets

8:42 AM Start
 Yards Set Description EGY WORK STK
 =====
 3,600 1x{1 x 600 on 7:10 Free L.50 6bk EN2 S FR
 {1 x 600 on 7:00 Free L.75 6bk EN2 S FR
 {1 x 600 on 6:50 Free L.100 6bk EN2 S FR
 {1 x 600 on 6:40 Free L.125 6bk EN2 S FR
 {1 x 600 on 6:30 Free L.25 6bk EN2 S FR
 {1 x 600 on 6:20 Free L.25 6bk EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 9:28 AM 3,850 Yards - Stress Value = 72

Workout #17423 - Tuesday, 07 July 2015

Group 3 - Gold

Workout #17425 - Tuesday, 07 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 500 1 x 500 on 10:00 Top Hat Drill
 300 6 x 50 on 2:00 Frees
 400 4 x 100 on 2:00 Kick @ FPI
 1,000 1 x 1000 on 20:00 Vertical Kicking
 900 6 x 150 on 2:45 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,700 2x{2 x 100 on 1:55 Back w/fins
 {2 x 50 on 1:15 Backstroke
 {2 x 100 on 1:50 Back w/fins
 {2 x 50 on 1:15 Backstroke
 {2 x 100 on 1:45 Back w/fins
 {1 x 50 on 1:15 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,500 Yards - Stress Value = 106

Workout #17432 - Tuesday, 07 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 600 1 x 600 on 9:00 Free 1min easy 10/50, 20/40,
 30/30, 40/20, 30/30, 20/40, 10/50 1min easy
 150 10 x 15 on :45 Shooters
 700 2x{3 x 50 on 1:00 Kick-descend
 {1 x 200 on 4:00 Social Kick
 300 12 x 25 on :40 Variable Speed 25's
 200 1 x 200 on 3:00 Broken at 50/10-20-30 scnds
 250 1 x 250 on 4:00 Stroke Drills
 1 on 30:00 Team Meeting
 6:31 PM 2,200 Yards - Stress Value = 45

Workout #17427 - Tuesday, 07 July 2015

Taper 1 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 200 4 x 50 on 2:00 Freestyle
 400 4 x 100 on 2:00 Kick @ FPI
 900 6 x 150 on 1:50 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,200 1x{2 x 100 on 1:25 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:20 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:15 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:10 Back w/fins
 {2 x 50 on 1:00 Backstroke
 250 1 x 250 on 5:00 Stroke Drills
 8:38 AM 3,550 Yards - Stress Value = 68

Workout #17431 - Tuesday, 07 July 2015

Taper 1 - Distance

1 minute rest between sets

8:13 AM Start
 Yards Set Description EGY WORK STK
 =====
 1,800 1x{1 x 300 on 3:35 Free L.50 6bk EN2 S FR
 {1 x 300 on 3:30 Free L.75 6bk EN2 S FR
 {1 x 300 on 3:25 Free L.100 6bk EN2 S FR
 {1 x 300 on 3:20 Free L.125 6bk EN2 S FR
 {1 x 300 on 3:15 Free L.25 6bk EN2 S FR
 {1 x 300 on 3:10 Free L.25 6bk EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 8:39 AM 2,050 Yards - Stress Value = 36

Workout #17428 - Tuesday, 07 July 2015

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 200 4 x 50 on 2:00 Freestyle
 400 4 x 100 on 2:00 Kick @ FPI
 750 5 x 150 on 2:05 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,100 1x{2 x 100 on 1:35 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:30 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:25 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:20 Back w/fins
 250 1 x 250 on 5:00 Stroke Drills
 8:38 AM 3,300 Yards - Stress Value = 63

Workout #17429 - Tuesday, 07 July 2015

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 200 4 x 50 on 2:00 Freestyle
 400 4 x 100 on 2:00 Kick @FPI
 600 4 x 150 on 2:20 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,000 1x{2 x 100 on 1:45 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:40 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:35 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {1 x 100 on 1:30 Back w/fins
 250 1 x 250 on 5:00 Stroke Drills
 8:37 AM 3,050 Yards - Stress Value = 58

Workout #17430 - Tuesday, 07 July 2015

Taper 1 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 200 4 x 50 on 2:00 Freestyle
 400 4 x 100 on 2:00 Kick @ FPI
 600 4 x 150 on 2:45 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 850 1x{2 x 100 on 1:55 Back w/fins
 {2 x 50 on 1:15 Backstroke
 {2 x 100 on 1:50 Back w/fins
 {2 x 50 on 1:15 Backstroke
 {2 x 100 on 1:45 Back w/fins
 {1 x 50 on 1:15 Backstroke
 250 1 x 250 on 5:00 Stroke Drills
 8:37 AM 2,900 Yards - Stress Value = 55

Workout #17433 - Wednesday, 08 July 2015

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-up
 300 12 x 25 on :40 Variable Speed
 1,900 1x{1 x 200 on 3:20 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 175 on 2:55 Kick
 {4 x 25 on :40 Sprint kick
 {3 x 150 on 2:30 Kick
 {4 x 25 on :35 Sprint kick
 {4 x 125 on 2:05 Kick
 {4 x 25 on :30 Sprint Kick
 1,000 20 x 50 on :45 Lungbuster pulls
 breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 8x{3 x 50 on :40 3-4-5 strokes fly off walls
 {1 x 100 on 2:00 Fly Drill
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 6,100 Yards - Stress Value = 102

Workout #17434 - Wednesday, 08 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-up
 300 12 x 25 on :40 Variable Speed
 1,750 1x{1 x 200 on 3:40 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 175 on 3:15 Kick
 {4 x 25 on :40 Sprint kick
 {3 x 150 on 2:45 Kick
 {4 x 25 on :35 Sprint kick
 {4 x 100 on 1:50 Kick
 {2 x 25 on :30 Sprint kick
 950 19 x 50 on :45 Lungbuster pulls
 breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 8x{3 x 50 on :45 3-4-5 strokes fly off walls

{1 x 75 on 1:45 Fly Drill
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 5,700 Yards - Stress Value = 95

Workout #17435 - Wednesday, 08 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-up
 300 12 x 25 on :40 Variable Speed
 1,650 1x{1 x 200 on 4:00 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 175 on 3:30 Kick
 {4 x 25 on :40 Sprint kick
 {3 x 150 on 3:00 Kick
 {4 x 25 on :35 Sprint kick
 {3 x 100 on 2:00 Kick
 {2 x 25 on :30 Sprint kick
 800 16 x 50 on :55 Lungbuster pulls
 breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{3 x 50 on :50 3-4-5 strokes fly off walls
 {1 x 50 on 1:30 Fly Drill
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 5,250 Yards - Stress Value = 87

Workout #17436 - Wednesday, 08 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-up
 300 12 x 25 on :40 Variable Speed
 1,400 1x{1 x 200 on 4:40 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 175 on 4:05 Kick
 {4 x 25 on :45 Sprint kick
 {3 x 150 on 3:30 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 50 on 1:10 Kick
 750 15 x 50 on 1:00 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 8x{3 x 50 on 1:00 3-4-5 strokes fly off walls
 {1 x 50 on 1:00 Free drill
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 4,950 Yards - Stress Value = 82

Workout #17437 - Wednesday, 08 July 2015

Taper 1 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 35:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
900	1x{1 x 200 on 3:20 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 175 on 2:55 Kick
	{4 x 25 on :40 Sprint kick
	{1 x 150 on 2:30 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	5x{3 x 50 on :40 3-4-5 strokes fly off walls
	{1 x 100 on 2:00 Fly Drill
200	1 x 200 on 3:00 Stroke Drills
	8:45 AM 3,350 Yards - Stress Value = 57

Workout #17438 - Wednesday, 08 July 2015

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 35:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
850	1x{1 x 200 on 3:40 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 175 on 3:15 Kick
	{4 x 25 on :40 Sprint kick
	{1 x 100 on 1:50 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,125	5x{3 x 50 on :45 3-4-5 strokes fly off walls
	{1 x 75 on 1:45 Fly Drill
200	1 x 200 on 3:00 Stroke Drills
	8:45 AM 3,175 Yards - Stress Value = 54

Workout #17439 - Wednesday, 08 July 2015

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 35:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
800	1x{1 x 200 on 4:00 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 175 on 3:30 Kick
	{4 x 25 on :40 Sprint kick
	{1 x 50 on 1:00 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{3 x 50 on :50 3-4-5 strokes fly off walls
	{1 x 50 on 1:30 Fly Drill
200	1 x 200 on 3:00 Stroke Drills
	8:45 AM 3,000 Yards - Stress Value = 50

Workout #17440 - Wednesday, 08 July 2015

Taper 1 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 35:00 DS/TRX Bands

500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
700	1x{1 x 200 on 4:40 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 175 on 4:05 Kick
	{2 x 25 on :45 Sprint kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{3 x 50 on 1:00 3-4-5 strokes fly off walls
	{1 x 50 on 1:00 Free drill
200	1 x 200 on 3:00 Stroke Drills
	8:45 AM 2,900 Yards - Stress Value = 48

Workout #17441 - Thursday, 09 July 2015

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 25:00 DS-Physio Ball Abs
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 1:25 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:30 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:35 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:40 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
1,500	1x{6 x 50 on :40 Pulls
	{6 x 50 on :45 Pulls
	{6 x 50 on :50 Pulls
	{6 x 50 on :55 Pulls
	{6 x 50 on 1:00 Pulls
	{ Break Outs in sets of 2 (shoulders/hips/kne
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{6 x 125 on 1:55 100 Breast 25 Free
	{4 x 25 on :30 Breast Drill
	{6 x 100 on 1:30 75 Breast 25 Free
	{4 x 25 on :30 Breast Drill
	{6 x 75 on 1:05 50 Breast 25 Free
	{4 x 25 on :30 Breast Drill
	{6 x 50 on :40 25 Breast 25 Free
	{4 x 25 on :30 Breast Drill
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 6,550 Yards - Stress Value = 60

Workout #17445 - Thursday, 09 July 2015

Group 3 - Distance

1 minute rest between sets

8:42 AM Start

Yards	Set Description	EGY	WORK	STK
3,500	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:50 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:45 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:40 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	125's hold:1st set 125, 2nd set 124, and 3rd set 123, 4th set 122			
400	1 x 400 on 6:00 Stroke Drills	REC	D	CD
	9:31 AM 3,900 Yards - Stress Value = 70			

Workout #17442 - Thursday, 09 July 2015

Group 3 - Gold

1 minute rest between sets

{4 x 75 on 1:25 50 Breast 25 Free
 {2 x 25 on :40 Breast Drill
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,500 Yards - Stress Value = 48

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS-Physio Ball Abs 1 x 600 on 10:00 Underwater trn drill Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
1,100	1x{1 x 100 on 1:40 Kick your best kick {2 x 50 on 1:05 Kick your 2nd best kick {2 x 50 on 1:10 Kick your 3rd best kick {1 x 100 on 1:45 Kick your best kick {2 x 50 on 1:05 Kick your 2nd best kick {2 x 50 on 1:10 Kick your 3rd best kick {1 x 100 on 1:50 Kick your best kick {2 x 50 on 1:05 Kick your 2nd best kick {2 x 50 on 1:10 Kick your 3rd best kick {1 x 100 on 1:55 Kick your best kick {1 x 50 on 1:05 Kick your 2nd best kick {1 x 50 on 1:10 Kick your 3rd best kick
1,350	1x{6 x 50 on :45 Pulls {6 x 50 on :50 Pulls {6 x 50 on :55 Pulls {6 x 50 on 1:00 Pulls {3 x 50 on 1:05 Pulls { Break Outs in sets of 2 (shoulders/hips/kne
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{6 x 125 on 2:10 100 Breast 25 Free {4 x 25 on :30 Breast Drill {6 x 100 on 1:40 75 Breast 25 Free {4 x 25 on :30 Breast Drill {6 x 75 on 1:10 50 Breast 25 Free {4 x 25 on :30 Breast Drill {3 x 50 on :50 25 Breast 25 Free
400	8 x 50 on 1:00 Stroke Drills
9:30 AM 6,050 Yards - Stress Value = 55	

Workout #17443 - Thursday, 09 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS-Physio Ball Abs 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 1:55 Kick your best kick {2 x 50 on 1:10 Kick your 2nd best kick {2 x 50 on 1:15 Kick your 3rd best kick {1 x 100 on 2:00 Kick your best kick {2 x 50 on 1:10 Kick your 2nd best kick {2 x 50 on 1:15 Kick your 3rd best kick {1 x 100 on 2:05 Kick your best kick {2 x 50 on 1:10 Kick your 2nd best kick {1 x 50 on 1:15 Kick your 3rd best kick {1 x 100 on 2:10 Kick your best kick {1 x 50 on 1:10 Kick your 2nd best kick {1 x 50 on 1:15 Kick your 3rd best kick
1,250	1x{6 x 50 on :50 Pulls {6 x 50 on :55 Pulls {6 x 50 on 1:00 Pulls {6 x 50 on 1:05 Pulls {1 x 50 on 1:10 Pulls { Break Outs in sets of 2 (shoulders/hips/kne
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{6 x 125 on 2:20 100 Breast 25 Free {4 x 25 on :40 Breast Drill {6 x 100 on 1:50 75 Breast 25 Free {4 x 25 on :40 Breast Drill

Workout #17444 - Thursday, 09 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS-Physio Ball Abs 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 2:15 Kick your best kick {2 x 50 on 1:20 Kick your 2nd best kick {2 x 50 on 1:25 Kick your 3rd best kick {1 x 100 on 2:20 Kick your best kick {1 x 50 on 1:20 Kick your 2nd best kick {1 x 50 on 1:25 Kick your 3rd best kick {1 x 100 on 2:25 Kick your best kick {1 x 50 on 1:20 Kick your 2nd best kick {1 x 50 on 1:25 Kick your 3rd best kick {1 x 100 on 2:30 Kick your best kick {1 x 50 on 1:20 Kick your 2nd best kick {1 x 50 on 1:25 Kick your 3rd best kick
1,200	1x{6 x 50 on :55 Pulls {6 x 50 on 1:00 Pulls {6 x 50 on 1:05 Pulls {6 x 50 on 1:10 Pulls { Break Outs in sets of 2 (shoulders/hips/kne
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{4 x 125 on 2:40 100 Breast 25 Free {4 x 25 on :45 Breast Drill {4 x 100 on 2:10 75 Breast 25 Free {4 x 25 on :45 Breast Drill {4 x 75 on 1:35 50 Breast 25 Free {4 x 25 on :45 Breast Drill {3 x 50 on :55 25 Breast 25 Free
400	8 x 50 on 1:00 Stroke Drills
9:30 AM 5,000 Yards - Stress Value = 43	

Workout #17451 - Thursday, 09 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
825	1 on 15:00 Ted's DS 1 x 825 on 15:00 200SKPS,200RevIMDrill,200Pr 200 ThWu, 25 closed fist
140	7 x 20 on 1:00 Underwater Fly Kick
1,750	1x{15 x 50 on 1:00 Pulls-nbbf&w + 2 yds {1 x 750 on 15:00 Social Kick {1 x 250 on 15:00 Techniques-starts
250	1 x 250 on 4:00 Stroke Drills
6:29 PM 2,965 Yards - Stress Value = 24	

Workout #17446 - Thursday, 09 July 2015

Taper 1 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS-Physio Ball Abs
 1 x 400 on 10:00 Underwater trn drill
 Odd 100's even 100's back
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 1:25 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 600 1x{6 x 50 on :40 Pulls
 {6 x 50 on :45 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{3 x 125 on 1:55 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {3 x 100 on 1:30 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {3 x 75 on 1:05 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {3 x 50 on :40 25 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 250 1 x 250 on 4:00 Stroke Drills
 8:42 AM 3,650 Yards - Stress Value = 34

Workout #17450 - Thursday, 09 July 2015

Taper 1 - Distance

1 minute rest between sets

8:13 AM Start
 Yards Set Description EGY WORK STK
 =====
 2,000 1x{2 x 125 on 1:30 Freestyle EN2 S FR
 {1 x 250 on 2:55 Freestyle EN2 S FR
 {2 x 125 on 1:30 Freestyle EN2 S FR
 {1 x 250 on 2:50 Freestyle EN2 S FR
 {2 x 125 on 1:30 Freestyle EN2 S FR
 {1 x 250 on 2:45 Freestyle EN2 S FR
 {4 x 125 on 1:30 Freestyle EN2 S FR
 125's hold:1st set 125, 2nd set 124,
 and 3rd set 123, 4th set 122
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 8:42 AM 2,250 Yards - Stress Value = 40

Workout #17447 - Thursday, 09 July 2015

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS-Physio Ball Abs
 1 x 400 on 10:00 Underwater trn drill
 Odd 100s free even 100s back
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 550 1x{6 x 50 on :45 Pulls
 {5 x 50 on :50 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,350 1x{3 x 125 on 2:10 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {3 x 100 on 1:40 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {3 x 75 on 1:10 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {3 x 50 on :50 25 Breast 25 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:42 AM 3,400 Yards - Stress Value = 31

Workout #17448 - Thursday, 09 July 2015

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 350 1 on 25:00 DS-Physio Ball Abs
 1 x 350 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {1 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 500 1x{6 x 50 on :50 Pulls
 {4 x 50 on :55 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 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{3 x 125 on 2:20 100 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {3 x 100 on 1:50 75 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {3 x 75 on 1:25 50 Breast 25 Free
 {2 x 25 on :40 Breast Drill
 250 1 x 250 on 4:00 Stroke Drills
 8:42 AM 3,050 Yards - Stress Value = 27

Workout #17449 - Thursday, 09 July 2015

Taper 1 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 350 1 on 25:00 DS-Physio Ball Abs
 1 x 350 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {2 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 450 1x{6 x 50 on :55 Pulls
 {3 x 50 on 1:00 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 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{4 x 125 on 2:40 100 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {4 x 100 on 2:10 75 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {4 x 75 on 1:35 50 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {3 x 50 on :55 25 Breast 25 Free
 400 8 x 50 on 1:00 Stroke Drills
 9:03 AM 3,700 Yards - Stress Value = 34

Workout #17456 - Friday, 10 July 2015

Taper 1 - Distance
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:19 AM	Start			
1,600	1x{1 x 100 on 1:10 Freestyle	EN2	S	FR
	{1 x 100 on 1:20 Free Hold 1:02	EN2	S	FR
	{1 x 300 on 3:30 Freestyle	EN2	S	FR
	{1 x 50 on :45 Freestyle	REC	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:20 Free Hold 1:01	EN2	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 50 on :45 Freestyle	REC	S	FR
	{1 x 300 on 3:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:20 Free hold 1:00	EN2	S	FR
	{1 x 100 on 1:10 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
8:44 AM	1,850 Yards - Stress Value = 30			

Workout #17452 - Friday, 10 July 2015

Taper 1 - IM'ers
1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 on 30:00 DS/Ted's Abs
150	1 x 400 on 10:00 Reverse IM drill
700	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{3 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
600	1 x 600 on 7:30 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	1x{1 x 250 on 3:30 50fl 50fr 50fl 50fr 50fl
	{2 x 100 on 1:30 Individual Medley
	{1 x 250 on 3:30 50ba 50fr 50ba 50fr 50ba
	{2 x 100 on 1:30 Individual Medley
	{1 x 250 on 3:45 50br 50fr 50br 50fr 50br
	{2 x 100 on 1:30 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
8:44 AM	3,550 Yards - Stress Value = 53

Workout #17453 - Friday, 10 July 2015

Taper 1 - Gold
1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 on 30:00 DS/Ted's Abs
150	1 x 400 on 10:00 Reverse IM drill
650	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 25 on :45 Tombstone Kicking
500	1 x 500 on 7:30 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	1x{1 x 250 on 4:10 50fl 50fr 50fl 50fr 50fl
	{2 x 100 on 1:40 Individual Medley
	{1 x 250 on 4:10 50ba 50fr 50ba 50fr 50ba
	{2 x 100 on 1:40 Individual Medley
	{1 x 250 on 4:10 50br 50fr 50br 50fr 50br
	{1 x 50 on :50 Your #1 non free
250	1 x 250 on 4:00 Stroke Drills
8:44 AM	3,250 Yards - Stress Value = 48

Workout #17454 - Friday, 10 July 2015

Taper 1 - Silver
1 minute rest between sets

Yards	Set Description
7:00 AM	Start
350	1 on 30:00 DS/Ted's Abs
150	1 x 350 on 10:00 Reverse IM drill
550	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 25 on :45 Tombstone Kicking
450	1 x 450 on 7:30 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
1,150	1x{1 x 250 on 4:35 50fl 50fr 50fl 50fr 50fl
	{2 x 100 on 1:50 Individual Medley
	{1 x 250 on 4:35 50ba 50fr 50ba 50fr 50ba
	{2 x 100 on 1:50 Individual Medley
	{1 x 250 on 4:35 50br 50fr 50br 50fr 50br
250	1 x 250 on 4:00 Stroke Drills
8:45 AM	3,000 Yards - Stress Value = 44

Workout #17455 - Friday, 10 July 2015

Taper 1 - Bronze
1 minute rest between sets

Yards	Set Description
7:00 AM	Start
350	1 on 30:00 DS/Ted's Abs
150	1 x 350 on 10:00 Reverse IM drill
550	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 25 on :45 Tombstone Kicking
400	1 x 400 on 7:30 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
950	1x{1 x 250 on 5:25 50fl 50fr 50fl 50fr 50fl
	{1 x 100 on 2:05 Individual Medley
	{1 x 250 on 5:25 50ba 50fr 50ba 50fr 50ba
	{1 x 100 on 2:05 Individual Medley
	{1 x 250 on 5:25 50br 50fr 50br 50fr 50br
250	1 x 250 on 4:00 Stroke Drills
8:45 AM	2,750 Yards - Stress Value = 40

Workout #17457 - Monday, 13 July 2015

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 600 1x{1 x 100 on 2:00 Kick-100%
 {4 x 25 on :30 Kick no board BSLR-15m
 {2 x 100 on 1:55 Kick-100%
 {4 x 25 on :35 Kick no board BSLR-14m
 {1 x 100 on 1:50 Kick-100%
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 200 on 2:30 Free 3KOW
 {2 x 200 on 2:35 Free 5KOW+6BKL25
 {3 x 200 on 2:40 Free 7KOW+NBL12.5
 {1 x 100 on 3:00 Free
 {1 x 200 on 2:25 Free
 {2 x 200 on 2:30 Free
 {3 x 200 on 2:35 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:39 AM 3,970 Yards - Stress Value = 65

Workout #17458 - Monday, 13 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 550 1x{1 x 100 on 2:05 Kick-100%
 {4 x 25 on :35 Kick no board BSLR-15m
 {2 x 100 on 2:00 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-14m
 {1 x 50 on :55 Kick-100%
 100 2x{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 2:45 Free 3KOW
 {2 x 200 on 2:50 Free 5KOW+6BKL25
 {3 x 150 on 2:10 Free 7KOW+NBL12.5
 {1 x 100 on 3:00 Free
 {1 x 200 on 2:40 Free
 {2 x 200 on 2:45 Free
 {3 x 150 on 2:10 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:38 AM 3,620 Yards - Stress Value = 58

Workout #17459 - Monday, 13 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 350 1 x 350 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Shooters
 500 1x{1 x 100 on 2:15 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-15m
 {2 x 100 on 2:10 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-14m
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{1 x 200 on 3:00 Free 3KOW
 {2 x 200 on 3:05 Free 5KOW+6BKL25
 {3 x 150 on 2:25 Free 7KOW+NBL12.5
 {1 x 50 on 2:00 Free
 {1 x 200 on 2:55 Free

{2 x 200 on 3:00 Free
 {3 x 150 on 2:20 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:40 AM 3,470 Yards - Stress Value = 57

Workout #17460 - Monday, 13 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 350 1 x 350 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Shooters
 450 1x{1 x 100 on 2:30 Kick-100%
 {4 x 25 on :45 Kick no board BSLR-15m
 {1 x 100 on 2:25 Kick-100%
 {4 x 25 on :45 Kick no board BSLR-14m
 {1 x 50 on 1:00 Kick-100%
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 100 on 1:50 Free 3KOW
 {2 x 150 on 2:50 Free 5KOW+6BKL25
 {3 x 150 on 2:55 Free 7KOW+NBL12.5
 {1 x 50 on 2:00 Free
 {1 x 100 on 1:45 Free
 {2 x 150 on 2:45 Free
 {3 x 150 on 2:50 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:39 AM 3,020 Yards - Stress Value = 48

Workout #17465 - Monday, 13 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 300 1 x 300 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 150 3 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 3x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 2:05 Backstroke
 {1 x 50 on 1:00 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 1 x 250 on 4:00 Stroke Drills
 8:35 AM 2,400 Yards - Stress Value = 52

Workout #17461 - Monday, 13 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY W
 =====
 1 on 12:00 Dynamic Stretch
 1,000 1 x 1000 on 15:00 Choice REC
 400 8 x 50 on 1:30 25 kick no board EN2
 25 BSLR-12.5 yds under
 1 on 15:00 Techniques-TN turn drills
 150 10 x 15 on :45 Shooters SP3
 400 1 x 400 on 8:00 Closed fist/hook em horns REC
 ok/regular
 6:13 PM 1,950 Yards - Stress Value = 14

Workout #17462 - Tuesday, 14 July 2015

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Top Hat Drill
300	12 x 25 on :40 Variable Speed
150	3 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{1 x 100 on 1:10 Backstroke
	{1 x 100 on 1:30 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
	8:35 AM 2,950 Yards - Stress Value = 56

Workout #17471 - Tuesday, 14 July 2015

Group 3 - Distance

1 minute rest between sets

7:59 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,550	1x{1 x 150 on 1:55 Freestyle	EN1	S	FR
	{5 x 100 on 1:05 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{4 x 100 on 1:05 Freestyle	EN2	S	FR
	{3 x 150 on 1:55 Freestyle	EN2	S	FR
	{3 x 100 on 1:05 Freestyle	EN2	S	FR
	{3 x 150 on 1:55 Freestyle	EN1	S	FR
	150's hold under 1:45/:44/:43/:42			
250	1 x 250 on 4:00 Stroke Drills REC		D	CD
	8:35 AM 2,800 Yards - Stress Value = 42			

Workout #17463 - Tuesday, 14 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Top Hat Drill
300	12 x 25 on :40 Variable Speed
150	3 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
	8:35 AM 2,800 Yards - Stress Value = 56

Workout #17464 - Tuesday, 14 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
350	1 x 350 on 10:00 Top Hat Drill
300	12 x 25 on :40 Variable Speed
150	3 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills

	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 50 on :50 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
	8:35 AM 2,600 Yards - Stress Value = 55

Workout #17466 - Tuesday, 14 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
750	1 x 750 on 10:00 Free 2min easy 10/50, 20/40
	30/30, 40/20, 30/30, 20/40, 10/50 1min easy
600	1 x 600 on 9:00 Indian File Kicking w/fins
150	10 x 15 on :45 Shooters
900	2x{1 x 200 on 4:00 Broken at 50/10-20-30 scnds
	{1 x 250 on 5:00 Stroke Drills
	1 on 30:00 Team Meeting
	6:28 PM 2,400 Yards - Stress Value = 58

Workout #17467 - Wednesday, 15 July 2015

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 TDS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-ups
800	1x{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{3 x 100 on 2:00 Kick-all under 1:20
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{3 x 100 on 1:55 Kick-all under 1:20
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{5 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:25 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 3,150 Yards - Stress Value = 47

Workout #17468 - Wednesday, 15 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 TDS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-ups
 800 1x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:00 Kick-all under 1:30
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 1:55 Kick-all under 1:30
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{5 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:35 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:40 AM 3,050 Yards - Stress Value = 45

{3 x 100 on 2:30 Kick-all under 2:05
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {1 x 100 on 2:25 Kick-all under 2:05
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{5 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:10 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:44 AM 2,750 Yards - Stress Value = 39

Workout #17472 - Monday, 20 July 2015

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Spinners
 1,000 1x{4 x 25 on :30 Kick no board B
 {1 x 150 on 2:25 Kick
 {4 x 25 on :30 Kick no board S
 {1 x 150 on 2:20 Kick
 {4 x 25 on :30 Kick no board L
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board R
 {1 x 150 on 2:10 Kick
 600 1x{1 x 300 on 3:45 Pulls-no br L.16 yds
 {1 x 200 on 2:30 Pulls-no br L.18 yds
 {1 x 100 on 1:15 Pulls-no br L.20 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 9 x 150 on 2:00 Freestyle-Descend
 400 8 x 50 on 1:00 Stroke Drills
 8:47 AM 4,100 Yards - Stress Value = 67

Workout #17469 - Wednesday, 15 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 TDS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-ups
 700 1x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:15 Kick-all under 1:50
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {2 x 100 on 2:10 Kick-all under 1:50
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{5 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:50 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:41 AM 2,850 Yards - Stress Value = 41

Workout #17473 - Monday, 20 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Spinners
 950 1x{4 x 25 on :30 Kick no board B
 {1 x 150 on 2:40 Kick
 {4 x 25 on :30 Kick no board S
 {1 x 150 on 2:35 Kick
 {4 x 25 on :30 Kick no board L
 {1 x 150 on 2:30 Kick
 {4 x 25 on :30 Kick no board R
 {1 x 100 on 1:35 Kick
 600 1x{1 x 400 on 5:20 Pulls-no br L.14 yds
 {1 x 200 on 2:40 Pulls-no br L.18 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 9 x 150 on 2:15 Freestyle-Descend
 250 5 x 50 on 1:00 Stroke Drills
 8:47 AM 3,900 Yards - Stress Value = 66

Workout #17470 - Wednesday, 15 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 TDS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-ups
 600 1x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up

Workout #17474 - Monday, 20 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Shoulders
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Spinners
800	1x{4 x 25 on :35 Kick no board B
	{1 x 150 on 3:05 Kick
	{4 x 25 on :35 Kick no board S
	{1 x 150 on 3:00 Kick
	{4 x 25 on :35 Kick no board L
	{1 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board R
500	1x{1 x 300 on 4:25 Pulls-no br L.14 yds
	{1 x 200 on 3:00 Pulls-no br L.16 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	8 x 150 on 2:30 Freestyle-Descend
300	6 x 50 on 1:00 Stroke Drills
	8:47 AM 3,550 Yards - Stress Value = 58

Workout #17475 - Monday, 20 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Shoulders
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Spinners
650	1x{4 x 25 on :45 Kick no board B
	{1 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board L
	{1 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board R
400	1x{1 x 300 on 5:30 Pulls-no br L.14 yds
	{1 x 100 on 1:55 Pulls-no br L.20 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	8 x 150 on 2:45 Freestyle-Descend
250	5 x 50 on 1:00 Stroke Drills
	8:48 AM 3,250 Yards - Stress Value = 53

Workout #17476 - Monday, 20 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 15:00 Ted's DS
250	1 x 600 on 15:00 3m drill 2m sclldrll X 3
150	1 x 250 on 15:00 Techniques-TN Turn Drills
150	10 x 15 on :45 Shooters
1,400	1x{1 x 200 on 3:30 ClsdFist/HH/OK/Choice
	{4 x 25 on :45 Variable Speed
	{1 x 200 on 3:00 ClsdFist/HH/OK/Choice
	{8 x 25 on :45 Variable Speed
	{1 x 200 on 3:30 ClsdFist/HH/OK/Choice
	{12 x 25 on :45 Variable Speed
	{1 x 200 on 3:30 ClsdFist/HH/OK/Choice
	6:28 PM 2,400 Yards - Stress Value = 30

Workout #17477 - Tuesday, 21 July 2015

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Core
200	1 x 400 on 10:00 Top Hat Drill
500	2 x 100 on 2:00 Kick @fastest interval
900	10 x 50 on 1:00 Vertical Kick
	1x{1 x 250 on 3:10 Pulls BTB
	{4 x 50 on :45 Pull 7/6/5/4 breaths
	{1 x 250 on 3:10 Pulls BTS
	{4 x 50 on :45 Pull 7/6/5/4 breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{4 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{3 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{2 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{1 x 100 on 1:15 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	8:38 AM 3,600 Yards - Stress Value = 54

Workout #17478 - Tuesday, 21 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Core
200	1 x 400 on 10:00 Top Hat Drill
500	2 x 100 on 2:00 Kick @fasteste interval
800	10 x 50 on 1:00 Vertical Kick
	1x{1 x 250 on 3:30 Pulls BTB
	{4 x 50 on :50 Pull 7/6/5/4 breaths
	{1 x 250 on 3:30 Pulls BTS
	{2 x 50 on :55 Pull 7/6 breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{4 x 100 on 1:20 Backstroke
	{1 on 1:00 Rest
	{3 x 100 on 1:20 Backstroke
	{1 on 1:00 Rest
	{2 x 100 on 1:20 Backstroke
	{1 on 1:00 Rest
	{1 x 100 on 1:20 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	8:39 AM 3,500 Yards - Stress Value = 52

Workout #17479 - Tuesday, 21 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Core
200	1 x 400 on 10:00 Top Hat Drill
500	2 x 100 on 2:00 Kick @fastest interval
750	10 x 50 on 1:00 Vertical Kicking
	1x{1 x 200 on 3:05 Pulls BTB
	{4 x 50 on :55 Pull 7/6/5/4 breaths
	{1 x 200 on 3:05 Pulls BTS
	{3 x 50 on :55 Pull 7/6/5 breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{4 x 100 on 1:30 Backstroke
	{1 on 1:00 Rest
	{3 x 100 on 1:30 Backstroke
	{1 on 1:00 Rest
	{2 x 100 on 1:30 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	8:38 AM 3,350 Yards - Stress Value = 49

Workout #17480 - Tuesday, 21 July 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
300	1 x 300 on 10:00 Top Hat Drill
200	2 x 100 on 2:00 Kick @fastest interval
500	10 x 50 on 1:00 Vertical Kicking
650	1x{1 x 150 on 2:45 Pulls BTB {4 x 50 on 1:05 Pull 7/6/5/4 breaths {1 x 150 on 2:45 Pulls BTS {3 x 50 on 1:00 Pull 7/6/5 breaths
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{4 x 100 on 1:55 Backstroke {1 on 1:00 Rest {2 x 100 on 1:55 Backstroke {1 on 1:00 Rest
400	{1 x 100 on 1:55 Backstroke 8 x 50 on 1:00 Stroke Drills
8:38 AM	2,950 Yards - Stress Value = 43

7:00 AM Start

Yards	Set Description
500	1 on 35:00 DS/TRX Bands
80	20 x 25 on :30 Wednesday Warm-up
700	4 x 20 on 1:00 Underwater Fly Kick 1x{4 x 25 on :30 Kick no board BSLR-20KOW {2 x 125 on 2:20 Kick {4 x 25 on :30 Kick no board BSLR-18KOW {2 x 100 on 1:50 Kick {1 x 50 on :55 Kick
550	1x{1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 x 50 on :40 Lungbuster pulls breathe 3-5-7 continuos, only 2 breaths L.2
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{8 x 25 on :25 Butterfly {1 on 1:00 Rest
250	1 x 250 on 4:00 Stroke Drills
8:46 AM	3,180 Yards - Stress Value = 45

Workout #17481 - Tuesday, 21 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
600	1 on 10:00 Dynamic Stretch		L
400	1 x 600 on 10:00 Follow the leader	REC	D
1,200	8 x 50 on 2:00 Deficit Kicks	EN2	K
	4x{1 x 25 on :30 Freestyle	SP2	S
	{1 x 25 on :40 Freestyle	SP2	S
	{1 x 25 on :50 Freestyle	SP2	S
	{1 x 25 on 1:00 Freestyle	SP2	S
	{1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 24:00 Team Mtg		
6:30 PM	2,200 Yards - Stress Value = 48		

Workout #17484 - Wednesday, 22 July 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 35:00 DS/TRX Bands
80	20 x 25 on :30 Wednesday warm-up
625	4 x 20 on 1:00 Underwater fly kick 1x{4 x 25 on :35 Kick no board BSLR-20KOW {3 x 125 on 2:35 Kick {4 x 25 on :35 Kick no board BSLR-18KOW {1 x 50 on 1:00 Kick
475	1x{1 x 125 on 2:10 Lungbuster pulls {1 x 125 on 2:05 Lungbuster pulls {1 x 125 on 2:00 Lungbuster pulls {1 x 100 on 1:35 Lungbuster pulls breathe 3-5-7 continuos, only 2 breaths L.2
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{8 x 25 on :30 Butterfly {1 on 1:00 Rest
250	1 x 250 on 4:00 Stroke Drills
8:49 AM	3,030 Yards - Stress Value = 43

Workout #17482 - Wednesday, 22 July 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 35:00 DS/TRX Bands
80	20 x 25 on :30 Wednesday warm-ups
750	4 x 20 on 1:00 Underwater Fly kick 1x{4 x 25 on :30 Kick no board BSLR-20KOW {2 x 125 on 2:00 Kick {4 x 25 on :30 Kick no board BSLR-18KOW {2 x 100 on 1:35 Kick {4 x 25 on :30 Kick no board BSLR-16KOW
625	1x{1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 x 125 on 1:35 Lungbuster pulls {1 x 125 on 1:30 Lungbuster pulls {1 x 125 on 1:25 Lungbuster pulls breathe 3-5-7 continuos, only 2 breaths L.2
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{8 x 25 on :20 Butterfly {1 on 1:00 Rest
250	1 x 250 on 4:00 Stroke Drills
8:43 AM	3,305 Yards - Stress Value = 47

Workout #17483 - Wednesday, 22 July 2015

Group 3 - Gold

1 minute rest between sets

Workout #17485 - Wednesday, 22 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 20 x 25 on :30 Wednesday warm-up
 80 4 x 20 on 1:00 Underwater Fly Kick
 500 1x{4 x 25 on :45 Kick no board BSLR-20KOW
 {3 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR-18KOW
 350 1x{1 x 100 on 2:00 Lungbuster pulls
 {1 x 100 on 1:55 Lungbuster pulls
 {1 x 100 on 1:50 Lungbuster pulls
 {1 x 50 on :50 Lungbuster pulls
 breathe 3-5-7 continuous, only 2 breaths L.2
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 4x{8 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 8:49 AM 2,580 Yards - Stress Value = 35

Workout #17486 - Thursday, 23 July 2015

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 1:25 Your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 1,200 3 x 400 on 5:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 8 x 75 on 1:30 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 8:42 AM 3,650 Yards - Stress Value = 54

Workout #17487 - Thursday, 23 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {1 x 50 on 1:05 Kick your 3rd best kick
 1,125 3 x 375 on 5:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

600 8 x 75 on 1:30 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 8:42 AM 3,525 Yards - Stress Value = 51

Workout #17488 - Thursday, 23 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 350 1 x 350 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {1 x 50 on 1:05 Kick your 2nd best kick
 {1 x 50 on 1:10 Kick your 3rd best kick
 975 3 x 325 on 5:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 8 x 75 on 1:30 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 8:42 AM 3,275 Yards - Stress Value = 48

Workout #17489 - Thursday, 23 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:15 Kick your best kick
 {1 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 825 3 x 275 on 5:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 8 x 75 on 1:30 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 8:41 AM 3,025 Yards - Stress Value = 43

Workout #17490 - Thursday, 23 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Ted's Dynamic Stretch
 1,000 1 x 1000 on 15:00 200 of each days warm-up
 120 8 x 15 on :45 Spinners
 500 20 x 25 on :45 IP's
 400 4 x 100 on 1:30 Free descend to ludicrous speed
 400 1 x 400 on 24:00 Rock-Paper-Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 2,670 Yards - Stress Value = 29

Workout #17491 - Friday, 24 July 2015

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Ted's Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
850	1x{3 x 50 on :50 Kick-descend
	{1 x 200 on 3:00 Kick
	{3 x 50 on :50 Kick-descend
	{1 x 200 on 2:55 Kick
	{3 x 50 on :50 Kick-descend
	the last 50 of each set faster
	then the last of the previous set
750	1x{1 x 100 on 1:10 Pulls-nbbf&w + 2 yds
	{1 x 125 on 1:30 Pulls-nbbf&w + 2 yds
	{1 x 150 on 1:50 Pulls-nbbf&w + 2 yds
	{1 x 175 on 2:10 Pulls-nbbf&w + 2 yds
	{1 x 200 on 2:30 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{1 x 200 on 2:45 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:05 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 2:45 Individual Medley
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:05 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	8:45 AM 4,150 Yards - Stress Value = 66

Workout #17492 - Friday, 24 July 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Ted's Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	1x{3 x 50 on :55 Kick-descend
	{1 x 200 on 3:35 Kick
	{3 x 50 on :55 Kick-descend
	{1 x 100 on 1:45 Kick
	{3 x 50 on :55 Kick-descend
	the last 50 of each set faster
	then the last of the previous set
675	1x{1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
	{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	{1 x 175 on 2:30 Pulls-nbbf&w + 2 yds
	{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 200 on 3:00 Individual Medley
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:25 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 3:00 Individual Medley
	{1 x 100 on 1:30 Individual Medley
500	10 x 50 on 1:00 Stroke Drills
	8:45 AM 3,875 Yards - Stress Value = 60

Workout #17493 - Friday, 24 July 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Ted's Abs
350	1 x 350 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
650	1x{3 x 50 on 1:00 Kick-descend
	{1 x 100 on 2:05 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 100 on 2:00 Kick
	{3 x 50 on 1:00 Kick-descend
	the last 50 of each set faster
	then the last of the previous set
600	1x{1 x 100 on 1:30 Pulls-nbbf&w + 2 yds
	{1 x 125 on 1:55 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:20 Pulls-nbbf&w + 2 yds
	{1 x 175 on 2:45 Pulls-nbbf&w + 2 yds
	{1 x 50 on :50 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{1 x 200 on 3:30 Individual Medley
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Individual Medley
	{1 x 100 on 1:40 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:45 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	8:43 AM 3,350 Yards - Stress Value = 51

Workout #17494 - Saturday, 25 July 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Ted's Abs
300	1 x 300 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
550	1x{3 x 50 on 1:15 Kick-descend
	{1 x 100 on 2:30 Kick
	{3 x 50 on 1:15 Kick-descend
	{1 x 100 on 2:25 Kick
	{1 x 50 on 1:15 Kick-fast
	the last 50 of each set faster
	then the last of the previous set
525	1x{1 x 75 on 1:25 Pulls-nbbf&w + 2 yds
	{1 x 125 on 2:15 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:40 Pulls-nbbf&w + 2 yds
	{1 x 175 on 3:10 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{1 x 200 on 4:00 Individual Medley
	{1 x 100 on 2:00 Individual Medley
	{1 x 100 on 1:40 Freestyle
	{1 x 100 on 1:55 Individual Medley
	{1 x 100 on 1:45 Freestyle
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:50 Freestyle
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:55 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	8:45 AM 3,125 Yards - Stress Value = 48

Workout #17495 - Monday, 27 July 2015

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 200 8 x 25 on :40 Variable Speed
 1,100 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:20 Kick
 {2 x 100 on 1:35 Kick
 {2 x 50 on :45 Kick
 800 1x{1 x 100 on 1:15 Pulls-no br L.12 yds
 {1 x 100 on 1:15 Pulls-no br L.13 yds
 {1 x 100 on 1:15 Pulls-no br L.14 yds
 {1 x 100 on 1:15 Pulls-no br L.15 yds
 {1 x 100 on 1:15 Pulls-no br L.16 yds
 {1 x 100 on 1:15 Pulls-no br L.17 yds
 {1 x 100 on 1:15 Pulls-no br L.18 yds
 {1 x 100 on 1:15 Pulls-no br L.19 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 3 x 400 on 5:05 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 500 10 x 50 on 1:00 Stroke Drills
 8:44 AM 4,300 Yards - Stress Value = 66

Workout #17496 - Monday, 27 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 200 8 x 25 on :40 Variable Speed
 1,000 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:35 Kick
 {1 x 100 on 1:45 Kick
 {2 x 50 on :50 Kick
 750 1x{1 x 100 on 1:20 Pulls-no br L.12 yds
 {1 x 100 on 1:20 Pulls-no br L.13 yds
 {1 x 100 on 1:20 Pulls-no br L.14 yds
 {1 x 100 on 1:20 Pulls-no br L.15 yds
 {1 x 100 on 1:20 Pulls-no br L.16 yds
 {1 x 100 on 1:20 Pulls-no br L.17 yds
 {1 x 100 on 1:20 Pulls-no br L.18 yds
 {1 x 50 on :40 Pulls-no br L.19 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 3 x 400 on 5:30 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 450 9 x 50 on 1:00 Stroke Drills
 8:44 AM 4,100 Yards - Stress Value = 76

Workout #17497 - Monday, 27 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 350 1 x 350 on 10:00 Swim-kick-pull-swim

200 8 x 25 on :40 Variable Speed
 850 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 150 on 2:55 Kick
 {1 x 50 on :55 Kick
 650 1x{1 x 100 on 1:30 Pulls-no br L.12 yds
 {1 x 100 on 1:30 Pulls-no br L.13 yds
 {1 x 100 on 1:30 Pulls-no br L.14 yds
 {1 x 100 on 1:30 Pulls-no br L.15 yds
 {1 x 100 on 1:30 Pulls-no br L.16 yds
 {1 x 50 on :45 Pulls-no br L.17 yds
 {1 x 50 on :45 Pulls-no br L.18 yds
 {1 x 50 on :45 Pulls-no br L.19 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 3 x 400 on 6:05 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 350 7 x 50 on 1:00 Stroke Drills
 8:44 AM 3,700 Yards - Stress Value = 71

Workout #17498 - Monday, 27 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 350 1 x 350 on 10:00 Swim-kick-pull-swim
 200 8 x 25 on :40 Variable Speed
 700 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {1 x 50 on 1:10 Kick
 550 1x{1 x 100 on 1:50 Pulls-no br L.12 yds
 {1 x 100 on 1:50 Pulls-no br L.13 yds
 {1 x 100 on 1:50 Pulls-no br L.14 yds
 {1 x 100 on 1:50 Pulls-no br L.15 yds
 {1 x 50 on :55 Pulls-no br L.16 yds
 {1 x 50 on :55 Pulls-no br L.17 yds
 {1 x 50 on :50 Pulls-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
 900 3 x 300 on 5:30 Free-R.10 @150/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 450 9 x 50 on 1:00 Stroke Drills
 8:44 AM 3,250 Yards - Stress Value = 61

Workout #17499 - Monday, 27 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
1,000	1 on 12:00 Dynamic Stretch	
150	1 x 1000 on 15:00 200 of each day;s warmup	
450	10 x 15 on :45 Shooters	
1x{	1 x 50 on 1:00 Kick Free-100%	
	{1 x 25 on :30 Free breathe on 3-100%	
	{1 x 25 on 1:30 Ez-Free	
	{1 x 75 on 1:30 Kick Free-100%	
	{1 x 25 on :30 Free breathe on 5-100%	
	{1 x 50 on 1:30 Ez-Free	
	{1 x 100 on 2:00 Kick-Free-100%	
	{1 x 25 on :30 Free breathe on 7-100%	
	{1 x 75 on 1:30 Ez-Free	
1,500	1x{1 x 100 on 1:30 14 strokes per length	
	{1 x 100 on 1:30 75-14 spl /25-12 spl	
	{1 x 100 on 1:30 50-14 spl/50-12 spl	
	{1 x 100 on 1:30 25-14 spl/ 75-12 spl	
	{1 x 100 on 1:30 12 strokes per length-fast	
	{1 x 100 on 1:25 14 strokes per length (spl)	
	{1 x 100 on 1:25 75-14 spl /25-12 spl	
	{1 x 100 on 1:25 50-14 spl/50-12 spl	
	{1 x 100 on 1:25 25-14 spl/ 75-12 spl	
	{1 x 100 on 1:25 12 strokes per length-fast	
	{1 x 100 on 1:20 14 strokes per length (spl)	
	{1 x 100 on 1:20 75-14 spl /25-12 spl	
	{1 x 100 on 1:20 50-14 spl/50-12 spl	
	{1 x 100 on 1:20 25-14 spl/ 75-12 spl	
	{1 x 100 on 1:20 12 strokes per length-fast	
600	24 x 25 on :45 Indvdl Prsrptns	
6:30 PM	3,700 Yards - Stress Value = 34	

Workout #17500 - Tuesday, 28 July 2015

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
400	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Top Hat Drill	REC
200	8 x 25 on :40 Variable Speed	SP3
1,800	1x{2 x 150 on 1:55 Backstroke	EN2
	{3 x 100 on 1:20 Back-descend 2/3/4 KOW	EN2
	{2 x 150 on 1:50 Backstroke	EN2
	{3 x 100 on 1:20 Back descend 3/4/5 KOW	EN2
	{2 x 150 on 1:45 Backstroke	EN2
	{3 x 100 on 1:20 Back descend 4//5/6 KOW	EN2
200	2 x 100 on 2:00 Kick on fpi	EN2
400	1 x 400 on 8:00 Vertical Kick	EN2
650	1x{2 x 75 on :55 Pulls BTB	EN2
	{2 x 50 on :35 Pulls	EN2
	{2 x 75 on :55 Pulls BTS	EN2
	{2 x 50 on :35 Pulls	EN2
	{2 x 75 on :55 Pulls alt BT S/B	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
8:33 AM	3,850 Yards - Stress Value = 69	

Workout #17501 - Tuesday, 28 July 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
400	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	REC
200	8 x 25 on :40 Variable Speed	SP3
1,600	1x{2 x 150 on 2:05 Backstroke	EN2
	{3 x 100 on 1:30 Back-descend 2/3/4 KOW	EN2

	{2 x 150 on 2:00 Backstroke	EN2
	{3 x 100 on 1:30 Back descend 3/4/5 KOW	EN2
	{2 x 150 on 1:55 Backstroke	EN2
	{2 x 50 on :45 Back descend 5/6 KOW	EN2
200	2 x 100 on 2:00 Kick on FPI	EN2
400	1 x 400 on 8:00 Vertical Kick	EN2
550	1x{2 x 75 on 1:05 Pulls BTB	EN2
	{2 x 50 on :40 Pulls	EN2
	{2 x 75 on 1:05 Pulls BTS	EN2
	{1 x 50 on :40 Pulls	EN2
	{1 x 100 on 1:25 Pulls alt BT S/B	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
8:33 AM	3,550 Yards - Stress Value = 63	

Workout #17502 - Tuesday, 28 July 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
1	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Top Hat Drill	REC
200	8 x 25 on :40 Variable Speed	SP3
1,450	1x{2 x 150 on 2:20 Backstroke	EN2
	{3 x 100 on 1:40 Back-descend 2/3/4 KOW	EN2
	{2 x 150 on 2:15 Backstroke	EN2
	{3 x 100 on 1:40 Back descend 3/4/5 KOW	EN2
	{1 x 150 on 2:10 Backstroke	EN2
	{2 x 50 on :50 Back descend 5/6 KOW	EN2
200	2 x 100 on 2:00 Kick on FPI	EN2
400	1 x 400 on 8:00 Vertical Kick	EN2
500	1x{2 x 75 on 1:10 Pulls BTB	EN2
	{1 x 50 on :45 Pulls	EN2
	{2 x 75 on 1:10 Pulls BTS	EN2
	{1 x 50 on :45 Pulls	EN2
	{1 x 100 on 1:30 Pulls alt BT S/B	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
8:33 AM	3,350 Yards - Stress Value = 59	

Workout #17503 - Tuesday, 28 July 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
1	1 on 25:00 DS/Core	
350	1 x 350 on 10:00 Top Hat Drill	REC
200	8 x 25 on :40 Variable Speed	SP3
1,150	1x{1 x 150 on 3:00 Backstroke	EN2
	{3 x 100 on 2:00 Back-descend 2/3/4 KOW	EN2
	{1 x 150 on 2:55 Backstroke	EN2
	{3 x 100 on 2:05 Back descend 3/4/5 KOW	EN2
	{1 x 150 on 2:50 Backstroke	EN2
	{2 x 50 on 1:00 Back descend 5/6 KOW	EN2
200	2 x 100 on 2:00 Kick on FPI	EN2
400	1 x 400 on 8:00 Vertical Kick	EN2
400	1x{2 x 75 on 1:25 Pulls BTB	EN2
	{1 x 50 on 1:00 Pulls	EN2
	{2 x 75 on 1:25 Pulls BTS	EN2
	{1 x 50 on :55 Pulls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
8:33 AM	2,900 Yards - Stress Value = 51	

Workout #17504 - Tuesday, 28 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 750 1 x 750 on 10:00 2 min easy-10/50-20/40-30/30-40/20-30/30-20/40-20/50-1 min easy
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 10:00 Social Kick w/board
 100 1 x 100 on 2:00 Kick for time
 400 4x{1 x 50 on :01 Freestyle w/fins
 { #1-4 breaths, #2-10 KOW on turn,
 { #3 L.25 body driven stroke, #4 perfect swim
 {1 x 50 on 2:59 Freestyle
 900 6x{1 x 50 on :40 Free-90% effort
 {1 x 25 on :01 Streamline Flutter kick
 {1 x 25 on 1:19 Fr-6bk-body driven finish
 {1 x 50 on 2:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drill
 6:28 PM 3,050 Yards - Stress Value = 92

{1 x 50 on :55 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:00 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :55 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 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{2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 50 on :50 Breast 3/4 PO
 {1 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr
 200 1 x 200 on 3:00 Stroke Drills
 8:40 AM 3,345 Yards - Stress Value = 53

Workout #17507 - Wednesday, 29 July 2015

Group 3 - Silver

1 minute rest between sets

Workout #17505 - Wednesday, 29 July 2015

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs
 525 21 x 25 on :30 Wednesday Warm-up
 120 8 x 15 on 1:00 Underwater kick #5-8 fins
 900 1x{ BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :55 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :55 Kick-100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:25 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:20 75-2k1p+1to4 25 TOdrill w/fr
 200 1 x 200 on 3:00 Stroke Drills
 8:40 AM 3,545 Yards - Stress Value = 57

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs
 525 21 x 25 on :30 Wednesday Warm-up
 120 8 x 15 on 1:00 Underwater kick #5-8 fins
 750 1x{ BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on :55 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:00 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:05 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on :55 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:00 Kick-100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{2 x 100 on 2:00 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:20 Breast 2/3/4 PO
 {2 x 100 on 1:55 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:20 Breast 2/3/4 PO
 {2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:20 Breast 2/3/4 PO
 {2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 50 on :55 Breast 3/4 PO
 200 1 x 200 on 3:00 Stroke Drills
 8:40 AM 3,145 Yards - Stress Value = 49

Workout #17506 - Wednesday, 29 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs
 525 21 x 25 on :30 Wednesday Warm-up
 120 8 x 15 on 1:00 Underwater kick #5-8 fins
 850 1x{ BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR

Workout #17508 - Wednesday, 29 July 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
525	1 on 25:00 DS/Ted's Abs		
120	21 x 25 on :30 Wednesday Warm-up		
600	1x{ BSLR 100%-Make all underwater= - 1 X 50		
	{ 4 x 25 on :45 Kick no board BSLR		
	{ 1 x 50 on 1:05 Kick-100%		
	{ 4 x 25 on :45 Kick no board BSLR		
	{ 1 x 50 on 1:10 Kick-100%		
	{ 4 x 25 on :45 Kick no board BSLR		
	{ 1 x 50 on 1:15 Kick-100%		
	{ 4 x 25 on :45 Kick no board BSLR		
	{ 1 x 50 on 1:20 Kick-100%		
200	4x{ 1 x 25 on :50 Sculling drills		
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,150	1x{ 2 x 100 on 2:15 75-2k1p+1to4 25 TOdrill w/fr		
	{ 2 x 75 on 1:35 Breast 2/3/4 PO		
	{ 2 x 100 on 2:10 75-2k1p+1to4 25 TOdrill w/fr		
	{ 2 x 75 on 1:35 Breast 2/3/4 PO		
	{ 2 x 100 on 2:05 75-2k1p+1to4 25 TOdrill w/fr		
	{ 2 x 75 on 1:35 Breast 2/3/4 PO		
	{ 1 x 100 on 2:00 75-2k1p+1to4 25 TOdrill w/fr		
200	1 x 200 on 3:00 Stroke Drills		
	8:40 AM 2,795 Yards - Stress Value = 42		

Workout #17509 - Thursday, 30 July 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
400	1 on 25:00 DS/Shoulders		
140	1 x 400 on 10:00 Underwater trn drill	REC	
1,125	7 x 20 on 1:00 Underwater Fly	SP3	
	5x{ 1 x 200 on 2:50 Butterfly	EN2	
	{ 1 on :30 5 squats	EN1	
	{ 1 x 25 on :45 Underwater fly kick	EN2	
	{ 1 on :30 5 squats	EN1	
	After every 2nd round drop 200 flys by 5 se		
800	1x{ 1 x 100 on 1:20 Kick	EN2	
	{ 4 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 100 on 1:25 Kick	EN2	
	{ 4 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 100 on 1:30 Kick	EN2	
	{ 4 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 100 on 1:35 Kick	EN2	
	{ 4 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
650	1x{ 1 x 200 on 2:40 Pulls BWFPF	EN2	
	{ 1 x 175 on 2:20 Pulls BWFPF	EN2	
	{ 1 x 150 on 2:00 Pulls BWFPF	EN2	
	{ 1 x 125 on 1:40 Pulls BWFPF	EN2	
	hold 1:05 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:43 AM 3,615 Yards - Stress Value = 57		

Workout #17510 - Thursday, 30 July 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
400	1 on 25:00 DS/Shoulders		
140	1 x 400 on 10:00 Underwater trn drill	REC	
1,125	7 x 20 on 1:00 Underwater fly	SP3	
	5x{ 1 x 200 on 3:05 Butterfly	EN2	
	{ 1 on :30 5 squats	EN1	
	{ 1 x 25 on :45 Underwater fly kick	EN2	

	{ 1 on :30 5 squats	EN1	
	After every 2nd round drop 200 flys by 5 se		
750	1x{ 1 x 100 on 1:30 Kick	EN2	
	{ 4 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 100 on 1:35 Kick	EN2	
	{ 4 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 100 on 1:40 Kick	EN2	
	{ 4 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 100 on 1:45 Kick	EN2	
	{ 2 x 25 on :30 Alt 2nd and 3rd kicks	EN2	
625	1x{ 1 x 200 on 2:55 Pulls BWFPF	EN2	
	{ 1 x 175 on 2:30 Pulls BWFPF	EN2	
	{ 1 x 150 on 2:10 Pulls BWFPF	EN2	
	{ 1 x 100 on 1:25 Pulls BWFPF	EN2	
	hold 1:13 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:45 AM 3,540 Yards - Stress Value = 56		

Workout #17511 - Thursday, 30 July 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
400	1 on 25:00 DS/Shoulders		
140	1 x 400 on 10:00 Underwater trn drill	REC	
1,125	7 x 20 on 1:00 Underwater fly kick	SP3	
	5x{ 1 x 200 on 3:25 Butterfly	EN2	
	{ 1 on :30 5 squats	EN1	
	{ 1 x 25 on :45 Underwater fly kick	EN2	
	{ 1 on :30 5 squats	EN1	
	After every 2nd round drop 200 flys by 5 se		
650	1x{ 1 x 100 on 1:50 Kick	EN2	
	{ 4 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 100 on 1:55 Kick	EN2	
	{ 4 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 100 on 2:00 Kick	EN2	
	{ 4 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 50 on 1:05 Kick	EN2	
550	1x{ 1 x 200 on 3:10 Pulls BWFPF	EN2	
	{ 1 x 175 on 2:45 Pulls BWFPF	EN2	
	{ 1 x 125 on 2:00 Pulls BWFPF	EN2	
	{ 1 x 50 on :50 Pulls BWFPF	EN2	
	hold 1:23 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:46 AM 3,365 Yards - Stress Value = 52		

Workout #17512 - Thursday, 30 July 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
350	1 on 25:00 DS/Shoulders		
140	1 x 350 on 10:00 Underwater trn drill	REC	
900	7 x 20 on 1:00 Underwater fly kick	SP3	
	4x{ 1 x 200 on 4:05 Butterfly	EN2	
	{ 1 on :30 5 squats	EN1	
	{ 1 x 25 on :45 Underwater fly kick	EN2	
	{ 1 on :30 5 squats	EN1	
	{ 1 x 100 on 2:10 Kick	EN2	
	{ 4 x 25 on :45 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 100 on 2:15 Kick	EN2	
	{ 4 x 25 on :45 Alt 2nd and 3rd kicks	EN2	
	{ 1 x 50 on 1:10 Kick	EN2	
	{ 2 x 25 on :45 Alt 2nd and 3rd kicks	EN2	
450	1x{ 1 x 200 on 3:40 Pulls BWFPF	EN2	
	{ 1 x 150 on 2:45 Pulls BWFPF	EN2	
	{ 1 x 100 on 1:50 Pulls BWFPF	EN2	
	hold 1:35 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:44 AM 2,840 Yards - Stress Value = 43		

Workout #17513 - Thursday, 30 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Ted's Dynamic Stretch
750	1 x 750 on 10:00 2 min easy-10/50-20/40-30/30/40/20-30/30-20/40-20/50-1 min easy
120	8 x 15 on :45 Spinners
100	1 x 100 on 5:00 Your choice Off the blocks
750	1 x 750 on 15:00 Social Kick w/ 8X25 fast
100	1 x 100 on 2:00 Kick for time
450	1x{6 x 25 on :45 Freestyle
	{1 x 300 on 15:00 Rabbit game
500	10 x 50 on 1:00 Stroke Drill
	6:29 PM 2,770 Yards - Stress Value = 37

Workout #17514 - Friday, 31 July 2015

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Ted's Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 250 on 3:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:30 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	2 x 1000 on 13:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 4,000 Yards - Stress Value = 68

Workout #17515 - Friday, 31 July 2015

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Ted's Abs
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 250 on 4:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:40 Kick
	{4 x 25 on :30 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
1,800	2 x 900 on 13:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 3,900 Yards - Stress Value = 62

Workout #17516 - Friday, 31 July 2015

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Ted's Abs

400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 250 on 5:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 3:00 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	2 x 800 on 13:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 3,400 Yards - Stress Value = 56

Workout #17517 - Friday, 31 July 2015

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Ted's Abs
350	1 x 350 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 250 on 5:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:25 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
1,400	2 x 700 on 13:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 2,950 Yards - Stress Value = 48

Workout #17518 - Friday, 31 July 2015

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Choice
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
100	1 x 100 on 6:00 IM for time from a push
500	1 x 500 on 15:00 Social kick
500	1 x 500 on 40:00 IM Relay Game
	6:31 PM 1,900 Yards - Stress Value = 17

Workout #17519 - Tuesday, 01 September 2015

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Core/Team Mtg
 150 1 x 400 on 8:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1st 25 of each 100 12 strokes or less
 1,800 2x{1 x 100 on 1:30 Free L.25 6bk
 {1 x 100 on 1:30 Free L.25 8 KOW
 {1 x 100 on 1:30 Free L.25 your weak stroke
 {1 x 100 on 1:25 Free L.25 tarzan
 {1 x 100 on 1:25 Free L.25 clsd fst
 {1 x 100 on 1:25 Free L.25 breath on 5
 {1 x 100 on 1:20 Free L.25 br to weak side
 {1 x 100 on 1:20 Free L.25 4 strks then h.b
 {1 x 100 on 1:20 Free L.25 body driven
 600 12x{1 x 25 on :30 Freestyle
 {1 x 25 on :20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 3,200 Yards - Stress Value = 33

Workout #17520 - Tuesday, 01 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Core/Team Mtg
 150 1 x 400 on 8:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1st 25 of each 100 12 strokes or less
 1,700 2x{1 x 100 on 1:35 Free L.25 6bk
 {1 x 100 on 1:35 Free L.25 8 KOW
 {1 x 100 on 1:35 Free L.25 your weak stroke
 {1 x 100 on 1:30 Free L.25 tarzan
 {1 x 100 on 1:30 Free L.25 clsd fst
 {1 x 100 on 1:30 Free L.25 breath on 5
 {1 x 100 on 1:25 Free L.25 br to weak side
 {1 x 100 on 1:25 Free L.25 4 strks then h.b
 {1 x 50 on :40 Free L.25 body driven
 600 12x{1 x 25 on :30 Freestyle
 {1 x 25 on :20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 3,100 Yards - Stress Value = 32

Workout #17521 - Tuesday, 01 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Core/Team Mtg
 150 1 x 400 on 8:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1st 25 of each 100 12 strokes or less
 1,600 2x{1 x 100 on 1:40 Free L.25 6bk
 {1 x 100 on 1:40 Free L.25 8 KOW
 {1 x 100 on 1:40 Free L.25 your weak stroke
 {1 x 100 on 1:35 Free L.25 tarzan
 {1 x 100 on 1:35 Free L.25 clsd fst
 {1 x 100 on 1:35 Free L.25 breath on 5
 {1 x 100 on 1:30 Free L.25 br to weak side
 {1 x 50 on :45 Free L.25 4 strks then h.b
 {1 x 50 on :45 Free L.25 body driven
 600 12x{1 x 25 on :30 Freestyle
 {1 x 25 on :20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 3,000 Yards - Stress Value = 31

Workout #17522 - Tuesday, 01 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Core/Team Mtg
 150 1 x 400 on 8:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1st 25 of each 100 12 strokes or less
 1,350 2x{1 x 100 on 2:00 Free L.25 6bk
 {1 x 100 on 2:00 Free L.25 8 KOW
 {1 x 100 on 2:00 Free L.25 your weak stroke
 {1 x 75 on 1:25 Free L.25 tarzan
 {1 x 75 on 1:25 Free L.25 clsd fst
 {1 x 75 on 1:25 Free L.25 breath on 5
 {1 x 50 on :55 Free L.25 br to weak side
 {1 x 50 on :55 Free L.25 4 strks then h.b
 {1 x 50 on :55 Free L.25 body driven
 600 12x{1 x 25 on :30 Freestyle
 {1 x 25 on :20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,750 Yards - Stress Value = 30

Workout #17523 - Wednesday, 02 September 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/TRX Bands
 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick streamline on back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick on left side
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick on right side
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 75 on 1:20 Back 12.5 yds under
 {3 x 75 on 1:15 Back 12.5 yds under
 {3 x 75 on 1:10 Back 12.5 yds under
 {3 x 75 on 1:05 Back 12.5 yds under
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,500 Yards - Stress Value = 34

Workout #17524 - Wednesday, 02 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/TRX Bands
 150 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick streamline on back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick on left side
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick on right side
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 825 1x{3 x 75 on 1:30 Back 12.5 yds under
 {3 x 75 on 1:25 Back 12.5 yds under
 {3 x 75 on 1:20 Back 12.5 yds under
 {2 x 75 on 1:15 Back 12.5 yds under
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 2,375 Yards - Stress Value = 32

Workout #17525 - Wednesday, 02 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/TRX Bands
 150 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Kick streamline on back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:10 Kick on left side
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:10 Kick on right side
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 1x{3 x 75 on 1:40 Back 12.5 yds under
 {3 x 75 on 1:35 Back 12.5 yds under
 {3 x 75 on 1:30 Back 12.5 yds under
 {1 x 75 on 1:20 Back 12.5 yds under
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,250 Yards - Stress Value = 30

Workout #17526 - Wednesday, 02 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/TRX Bands
 150 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Kick streamline on back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:15 Kick on left side
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:15 Kick on right side
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 675 1x{3 x 75 on 1:50 Back 12.5 yds under
 {3 x 75 on 1:45 Back 12.5 yds under
 {3 x 75 on 1:40 Back 12.5 yds under
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,175 Yards - Stress Value = 28

Workout #17527 - Thursday, 03 September 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Shoulders
 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:00 Kick-sprint L.25
 {1 x 100 on 2:00 Kick no board-fly on stomach
 {1 x 100 on 2:00 Kick-sprint L.50
 {1 x 100 on 2:00 Kick no board on back/side
 {1 x 100 on 2:00 Kick-sprint L.75
 {1 x 100 on 2:00 Kick no board breast on back
 {1 x 100 on 2:00 Kick-ALL sprint
 {1 x 100 on 2:00 Kick no board free on side
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1 x 1000 on 17:00 Breaststroke
 Alt 50 reg/50 fly kick/50 4 sec glide/
 50 2K1P/50 build
 1 on 10:00 Game
 5:00 PM 2,450 Yards - Stress Value = 28

Workout #17528 - Thursday, 03 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Shoulders
 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:10 Kick-sprint L.25
 {1 x 100 on 2:10 Kick no board-fly on stomach
 {1 x 100 on 2:10 Kick-sprint L.50
 {1 x 100 on 2:10 Kick no board on back/side
 {1 x 100 on 2:10 Kick-sprint L.75
 {1 x 100 on 2:10 Kick no board breast on back
 {1 x 100 on 2:10 Kick-ALL sprint
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1 x 900 on 17:00 Breaststroke
 Alt 50 reg/50 fly kick/50 4 sec glide/
 50 2K1P/50 build
 1 on 10:00 Game
 5:00 PM 2,250 Yards - Stress Value = 26

Workout #17529 - Thursday, 03 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
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
650	1x{1 x 100 on 2:20 Kick-sprint L.25 {1 x 100 on 2:20 Kick no board-fly on stomach {1 x 100 on 2:20 Kick-sprint L.50 {1 x 100 on 2:20 Kick no board on back/side {1 x 100 on 2:20 Kick-sprint L.75 {1 x 100 on 2:20 Kick no board breast on back {1 x 50 on 1:10 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
850	1 x 850 on 17:00 Breaststroke Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build 1 on 10:00 Game
	5:00 PM 2,100 Yards - Stress Value = 24

Workout #17530 - Thursday, 03 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
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
650	1x{1 x 100 on 2:30 Kick-sprint L.25 {1 x 100 on 2:30 Kick no board-fly on stomach {1 x 100 on 2:30 Kick-sprint L.50 {1 x 100 on 2:30 Kick no board on back/side {1 x 100 on 2:30 Kick-sprint L.75 {1 x 100 on 2:30 Kick no board breast on back {1 x 50 on 1:00 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1 x 800 on 17:00 Breaststroke Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build 1 on 10:00 Game
	5:00 PM 2,050 Yards - Stress Value = 24

Workout #17531 - Tuesday, 08 September 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls/Spotlight
400	1 x 400 on 7:00 Top Hat Drill
150	10 x 15 on :45 Shooters L.25 of each 100 -100% free kick
1,000	1x{2 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:35 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{1 x 250 on 3:45 Backstroke {5 x 50 on 1:00 Back-dscnd 12.5 yds on turn {1 x 200 on 2:55 Backstroke {4 x 50 on 1:00 Back-dscnd 12.5 yds on turn {1 x 150 on 2:05 Backstroke

{3 x 50 on 1:00 Back-dscnd 12.5 yds on turn
{1 x 100 on 1:15 Backstroke
{2 x 50 on 1:00 Back-dscnd 12.5 yds on turn
400 8 x 50 on 1:00 Stroke Drills
5:16 PM 3,550 Yards - Stress Value = 56

Workout #17532 - Tuesday, 08 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls/Spotlight
400	1 x 400 on 7:00 Top Hat Drill
150	10 x 15 on :45 Shooters L.25 of each 100 -100% free kick
900	1x{1 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 250 on 4:00 Backstroke {5 x 50 on 1:00 Back-dscnd 12.5 yds on turn {1 x 200 on 3:05 Backstroke {4 x 50 on 1:00 Back-dscnd 12.5 yds on turn {1 x 150 on 2:15 Backstroke {3 x 50 on 1:00 Back-dscnd 12.5 yds on turn {1 x 100 on 1:25 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	5:15 PM 3,350 Yards - Stress Value = 52

Workout #17533 - Tuesday, 08 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls/Spotlight
400	1 x 400 on 7:00 Top Hat Drill
150	10 x 15 on :45 Shooters L.25 of each 100 -100% free kick
850	1x{1 x 100 on 2:15 Kick {2 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {2 x 75 on 1:25 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 250 on 4:15 Backstroke {4 x 50 on 1:00 Back-dscnd 12.5 yds on turn {1 x 200 on 3:20 Backstroke {4 x 50 on 1:00 Back-dscnd 12.5 yds on turn {1 x 150 on 2:30 Backstroke {3 x 50 on 1:00 Back-dscnd 12.5 yds on turn {1 x 100 on 1:35 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	5:15 PM 3,250 Yards - Stress Value = 50

Workout #17534 - Tuesday, 08 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls/Spotlight
 350 1 x 350 on 7:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 L.25 of each 100 -100% free kick
 750 1x{2 x 100 on 2:30 Kick
 {2 x 100 on 2:25 Kick
 {2 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:05 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 250 on 4:45 Backstroke
 {3 x 50 on 1:00 Back-dscnd 12.5 yds on turn
 {1 x 200 on 3:45 Backstroke
 {3 x 50 on 1:00 Back-dscnd 12.5 yds on turn
 {1 x 150 on 2:45 Backstroke
 {4 x 50 on 1:00 Back-dscnd 12.5 yds on turn
 {1 x 100 on 1:45 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 5:15 PM 3,050 Yards - Stress Value = 47

Workout #17535 - Wednesday, 09 September 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX Bands/Tm Mtg
 500 20 x 25 on :30 Wedesday Warm-up
 150 10 x 15 on :45 Shooters
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{4 x 50 on 1:00 Breast Pull
 {2 x 75 on 1:05 Breast 2X pullouts
 {4 x 50 on :55 Breast Pulls
 {2 x 75 on 1:10 Breast 2X pullouts
 {4 x 50 on :50 Breast Pulls
 {2 x 75 on 1:15 Breast 2X Pullouts
 {4 x 50 on :45 Breast Pulls
 {2 x 75 on 1:20 Breast 2X Pullouts
 400 8 x 50 on 1:00 Stroke Drills
 5:15 PM 2,650 Yards - Stress Value = 30

Workout #17536 - Wednesday, 09 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX Bands/Tm Mtg
 500 20 x 25 on :30 Wedesday warm-ups
 150 10 x 15 on :45 Shooters
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{4 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:10 Breast 2X pullouts
 {4 x 50 on 1:05 Breast Pulls
 {2 x 75 on 1:15 Breast 2X pullouts
 {3 x 50 on 1:00 Breast Pulls
 {2 x 75 on 1:20 Breast 2X Pullouts
 {2 x 50 on :55 Breast Pulls
 {2 x 75 on 1:25 Breast 2X Pullouts
 400 8 x 50 on 1:00 Stroke Drills
 5:16 PM 2,500 Yards - Stress Value = 27

Workout #17537 - Wednesday, 09 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX Bands/Tm Mtg
 500 20 x 25 on :30 Wednesday warm-up
 150 10 x 15 on :45 Shooters
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:20 Breast 2X pullouts
 {4 x 50 on 1:10 Breast Pulls
 {2 x 75 on 1:25 Breast 2X pullouts
 {3 x 50 on 1:05 Breast Pulls
 {2 x 75 on 1:30 Breast 2X Pullouts
 {3 x 50 on 1:00 Breast Pulls
 400 8 x 50 on 1:00 Stroke Drills
 5:16 PM 2,400 Yards - Stress Value = 26

Workout #17538 - Wednesday, 09 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX Bands/Tm Mtg
 500 20 x 25 on :30 Wednesday warm-up
 150 10 x 15 on :45 Shooters
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{3 x 50 on 1:30 Breast Pull
 {2 x 75 on 1:30 Breast 2X pullouts
 {3 x 50 on 1:25 Breast Pulls
 {2 x 75 on 1:35 Breast 2X pullouts
 {3 x 50 on 1:20 Breast Pulls
 {2 x 75 on 1:40 Breast 2X Pullouts
 {2 x 50 on 1:20 Breast Pulls
 400 8 x 50 on 1:00 Stroke Drills
 5:16 PM 2,250 Yards - Stress Value = 25

Workout #17539 - Thursday, 10 September 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 900 1x{2 x 25 on :30 Sprint Kick #1
 {1 x 150 on 3:00 Kick #3
 {1 x 150 on 3:00 Kick #2
 {2 x 25 on :30 Sprint Kick #1
 {1 x 125 on 2:25 Kick #3
 {1 x 125 on 2:25 Kick #2
 {2 x 25 on :30 Sprint Kick #1
 {1 x 100 on 1:50 Kick #3
 {1 x 100 on 1:50 Kick #2
 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 :25 Butterfly
 {1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,250 Yards - Stress Value = 49

Workout #17540 - Thursday, 10 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders/Spotlight 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
850	1x{2 x 25 on :30 Sprint Kick #1 {1 x 150 on 3:10 Kick #3 {1 x 150 on 3:10 Kick #2 {2 x 25 on :30 Sprint Kick #1 {1 x 125 on 2:35 Kick #3 {1 x 125 on 2:35 Kick #2 {2 x 25 on :30 Sprint Kick #1 {1 x 75 on 1:30 Kick #3 {1 x 75 on 1:30 Kick #2
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{8 x 25 on :30 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
	5:15 PM 3,000 Yards - Stress Value = 45

Workout #17541 - Thursday, 10 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Shoulders/Spotlight 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
750	1x{2 x 25 on :35 Sprint Kick #1 {1 x 150 on 3:25 Kick #3 {1 x 150 on 3:25 Kick #2 {2 x 25 on :35 Sprint Kick #1 {1 x 100 on 2:15 Kick #3 {1 x 100 on 2:15 Kick #2 {2 x 25 on :35 Sprint Kick #1 {1 x 50 on 1:05 Kick #3 {1 x 50 on 1:05 Kick #2
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{8 x 25 on :35 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
	5:18 PM 2,850 Yards - Stress Value = 43

Workout #17542 - Thursday, 10 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders/Spotlight 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
600	1x{2 x 25 on :45 Sprint Kick #1 {1 x 100 on 2:45 Kick #3 {1 x 100 on 2:45 Kick #2 {2 x 25 on :45 Sprint Kick #1 {1 x 75 on 2:00 Kick #3 {1 x 75 on 2:00 Kick #2 {2 x 25 on :45 Sprint Kick #1 {1 x 50 on 1:15 Kick #3 {1 x 50 on 1:15 Kick #2
200	4x{1 x 25 on :50 Sculling drills

750	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes 5x{6 x 25 on :45 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
	5:17 PM 2,400 Yards - Stress Value = 36

Workout #17543 - Friday, 11 September 2015

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 20:00 DS/Spotlight 1 x 600 on 10:00 Too complicated to type out
120	8 x 15 on :45 Spinners
300	12 x 25 on 1:00 3 on each stroke-under water until you reach 12.5 yards
400	8x{1 x 25 on :01 1/3 each of streamline kick { tarzan, no breath sprint rest/rest 5 seconds {1 x 25 on 1:29 Kick no board BSLR
175	7x{1 on 1:00 Vertical Kick {1 x 25 on :01 12.5yds undr/Body Driven Frees {1 on 1:59 Sculling Drill Feet First
250	1 x 250 on 4:00 Stroke Drills
	5:00 PM 1,845 Yards - Stress Value = 59

Workout #17544 - Monday, 14 September 2015

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Shoulders/SL 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no board BSLR {2 x 125 on 2:15 Kick {4 x 25 on :40 Kick no board BSLR {2 x 125 on 2:10 Kick {4 x 25 on :35 Kick no board BSLR {2 x 125 on 2:05 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:00 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 300 on 3:55 Freestyle {3 x 100 on 1:25 Free-descend {1 x 300 on 3:50 Freestyle {3 x 100 on 1:25 Free-descend {1 x 300 on 3:45 Freestyle {3 x 100 on 1:25 Free-descend {1 x 300 on 3:40 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	5:30 PM 4,750 Yards - Stress Value = 78

Workout #17545 - Monday, 14 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulders/SL
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 2:30 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 125 on 2:25 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 125 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :55 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 300 on 4:20 Freestyle
 {3 x 100 on 1:35 Free-descend
 {1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:35 Free-descend
 {1 x 300 on 4:10 Freestyle
 {3 x 100 on 1:35 Free-descend
 300 6 x 50 on 1:00 Stroke Drills
 5:29 PM 4,300 Yards - Stress Value = 69

Workout #17546 - Monday, 14 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulders/SL
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 2:45 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 125 on 2:40 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 125 on 2:35 Kick
 {4 x 25 on :35 Kick no board BSLR
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 1x{1 x 300 on 5:00 Freestyle
 {3 x 100 on 1:45 Free-descend
 {1 x 300 on 4:55 Freestyle
 {3 x 100 on 1:45 Free-descend
 {1 x 300 on 4:50 Freestyle
 {3 x 50 on :50 Free-descend
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,000 Yards - Stress Value = 64

Workout #17547 - Monday, 14 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulders/SL
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 3:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 2:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 2:50 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,400 1x{1 x 300 on 6:00 Freestyle
 {3 x 100 on 2:00 Free-descend
 {1 x 300 on 5:55 Freestyle
 {3 x 100 on 2:00 Free-descend
 {1 x 200 on 3:50 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 3,600 Yards - Stress Value = 57

Workout #17548 - Tuesday, 15 September 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :30 Kick no board BSLR-10 KOW
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-11 KOW
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {4 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no board BSLR-13 KOW
 {2 x 75 on 1:00 Kick
 1,000 1 x 1000 on 13:30 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
 1,200 1x{4 x 100 on 1:25 Fly 2-3-4-5 strokes off wall
 {4 x 100 on 1:20 Fly 2-3-4-5 strokes off wall
 {4 x 100 on 1:15 Fly 2-3-4-5 strokes off wall
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,900 Yards - Stress Value = 71

Workout #17549 - Tuesday, 15 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :35 Kick no board BSLR-10 KOW
 {4 x 75 on 1:25 Kick
 {4 x 25 on :35 Kick no board BSLR-11 KOW
 {4 x 75 on 1:20 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {2 x 75 on 1:15 Kick
 {4 x 25 on :35 Kick no board BSLR-13 KOW
 {1 x 50 on :50 Kick
 900 1 x 900 on 13:30 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
 1,100 1x{3 x 100 on 1:35 Fly 3-4-5 strokes off walls
 {4 x 100 on 1:30 Fly 2-3-4-5 strokes off wall
 {4 x 100 on 1:25 Fly 2-3-4-5 strokes off wall
 300 6 x 50 on 1:00 Stroke Drills
 5:31 PM 4,450 Yards - Stress Value = 63

Workout #17550 - Tuesday, 15 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 550 1 x 550 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :40 Kick no board BSLR-10 KOW
 {4 x 75 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR-11 KOW
 {2 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR-12 KOW
 {3 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board BSLR-13 KOW
 800 1 x 800 on 13:30 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
 900 1x{2 x 100 on 1:50 Fly 3-4-5 strokes off walls
 {3 x 100 on 1:45 Fly 3-4-5 strokes off walls
 {4 x 100 on 1:40 Fly 2-3-4-5 strokes off wall
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 3,900 Yards - Stress Value = 54

{6 x 25 on :45 Kick no brd R-12
 {2 x 75 on 1:05 Kick
 {2 x 75 on 1:00 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,275 1x{3 x 25 on :40 Back -6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7 KOW
 {1 x 200 on 2:50 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7/ KOW
 {1 x 200 on 2:45 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7 KOW
 {1 x 200 on 2:40 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 5:01 PM 4,325 Yards - Stress Value = 69

Workout #17552 - Wednesday, 16 September 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX Bands/Tm Mtg
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ Fastest Interval
 560 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {3 x 30 on :45 15 underwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 35/25
 {3 x 30 on :45 15 undwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 40/20
 {3 x 30 on :45 15 underwater 15 sprint free
 {1 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on :45 15 underwater 15 sprint free
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,275 1x{3 x 25 on :40 Back -6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7 KOW
 {1 x 200 on 2:50 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7/ KOW
 {1 x 200 on 2:45 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7 KOW
 {1 x 200 on 2:40 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,235 Yards - Stress Value = 51

Workout #17551 - Tuesday, 15 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 500 1 x 500 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board BSLR-10 KOW
 {2 x 75 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR-11 KOW
 {2 x 75 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {2 x 75 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR-13 KOW
 700 1 x 700 on 13:30 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
 700 1x{2 x 100 on 2:15 Fly 3-4-5 strokes off walls
 {3 x 100 on 2:10 Fly 3-4-5 strokes off walls
 {2 x 100 on 2:05 Fly 3-4-5 strokes off walls
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 3,400 Yards - Stress Value = 46

Workout #17561 - Wednesday, 16 September 2015

Group 3 - Back

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 500 20 x 25 on :30 Wednesday Warm-up
 #1-2 10 strokes, #3-6 11 strokes,
 #7-12 12 strokes, #13-20 13 strokes
 150 10 x 15 on :45 Shooters
 1,800 1x{6 x 25 on :45 Kick no brd B-12 KOW
 {2 x 75 on 1:20 Kick
 {2 x 75 on 1:15 Kick
 {6 x 25 on :45 Kick no brd S-12 KOW
 {2 x 75 on 1:15 Kick
 {2 x 75 on 1:10 Kick
 {6 x 25 on :45 Kick no brd L-12 KOW
 {2 x 75 on 1:10 Kick
 {2 x 75 on 1:05 Kick

Workout #17562 - Wednesday, 16 September 2015

Group 3 - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 25:00 DS/Abs 20 x 25 on :30 Wednesday Warm-up #1-2 10 strokes, #3-6 11 strokes, #7-12 12 strokes, #13-20 13 strokes
150	10 x 15 on :45 Shooters
1,650	1x{6 x 25 on :45 Kick no brd B-12 KOW {2 x 75 on 1:30 Kick {2 x 75 on 1:25 Kick {6 x 25 on :45 Kick no brd S-12 KOW {2 x 75 on 1:25 Kick {2 x 75 on 1:20 Kick {6 x 25 on :45 Kick no brd L-12 KOW {2 x 75 on 1:20 Kick {2 x 75 on 1:15 Kick {6 x 25 on :45 Kick no brd R-12 {2 x 75 on 1:15 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,175	1x{3 x 25 on :40 Back -6 kick switch {3 x 50 on :55 Back-descend 3/5/7 KOW {1 x 200 on 3:05 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on :55 Back-descend 3/5/7/ KOW {1 x 200 on 3:00 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on :55 Back-descend 3/5/7 KOW {1 x 100 on 1:25 Backstroke
400	8 x 50 on 1:00 Stroke Drills
5:01 PM 4,075 Yards - Stress Value = 64	

Workout #17553 - Wednesday, 16 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 45:00 DS/TRX Bands/Tm Mtg 20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ Fastest Interval
560	1x{1 x 50 on 1:00 Vertical Kick-30/30 {3 x 30 on :45 15 underwater 15 sprint free {1 x 50 on 1:00 Vertical Kick 35/25 {3 x 30 on :45 15 underwater 15 sprint free {1 x 50 on 1:00 Vertical Kick 40/20 {3 x 30 on :45 15 underwater 15 sprint free {1 x 50 on 1:00 Vertical Kick 45/15 {3 x 30 on :45 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,175	1x{3 x 25 on :40 Back -6 kick switch {3 x 50 on :55 Back-descend 3/5/7 KOW {1 x 200 on 3:05 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on :55 Back-descend 3/5/7/ KOW {1 x 200 on 3:00 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on :55 Back-descend 3/5/7 KOW {1 x 100 on 1:25 Backstroke
250	1 x 250 on 4:00 Stroke Drills
5:30 PM 3,135 Yards - Stress Value = 49	

Workout #17563 - Wednesday, 16 September 2015

Group 3 - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 25:00 DS/Abs 20 x 25 on :30 Wednesday Warm-up #1-2 10 strokes, #3-6 11 strokes, #7-12 12 strokes, #13-20 13 strokes
150	10 x 15 on :45 Shooters
1,500	1x{6 x 25 on :45 Kick no brd B-12 KOW {2 x 75 on 1:40 Kick {2 x 75 on 1:35 Kick {6 x 25 on :45 Kick no brd S-12 KOW {2 x 75 on 1:35 Kick {2 x 75 on 1:30 Kick {6 x 25 on :45 Kick no brd L-12 KOW {2 x 75 on 1:30 Kick {2 x 75 on 1:25 Kick {6 x 25 on :45 Kick no brd R-12
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,075	1x{3 x 25 on :40 Back -6 kick switch {3 x 50 on 1:00 Back-descend 3/5/7 KOW {1 x 200 on 3:25 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on 1:00 Back-descend 3/5/7/ KOW {1 x 200 on 3:20 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on 1:00 Back-descend 3/5/7 KOW
400	8 x 50 on 1:00 Stroke Drills
5:01 PM 3,825 Yards - Stress Value = 59	

Workout #17554 - Wednesday, 16 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 45:00 DS/TRX Bands/Tm Mtg 20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ Fastest Interval
560	1x{1 x 50 on 1:00 Vertical Kick-30/30 {3 x 30 on :45 15 underwater 15 sprint free {1 x 50 on 1:00 Vertical Kick 35/25 {3 x 30 on :45 15 underwater 15 sprint free {1 x 50 on 1:00 Vertical Kick 40/20 {3 x 30 on :45 15 underwater 15 sprint free {1 x 50 on 1:00 Vertical Kick 45/15 {3 x 30 on :45 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,075	1x{3 x 25 on :40 Back -6 kick switch {3 x 50 on 1:00 Back-descend 3/5/7 KOW {1 x 200 on 3:25 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on 1:00 Back-descend 3/5/7/ KOW {1 x 200 on 3:20 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on 1:00 Back-descend 3/5/7 KOW
250	1 x 250 on 4:00 Stroke Drills
5:30 PM 3,035 Yards - Stress Value = 47	

Workout #17564 - Wednesday, 16 September 2015

Group 3 - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 25:00 DS/Abs 20 x 25 on :30 Wednesday Warm-up #1-2 10 strokes, #3-6 11 strokes, #7-12 12 strokes, #13-20 13 strokes
150	10 x 15 on :45 Shooters
1,450	1x{6 x 25 on :45 Kick no brd B-12 KOW {2 x 75 on 1:50 Kick {2 x 75 on 1:45 Kick {6 x 25 on :45 Kick no brd S-12 KOW {2 x 75 on 1:45 Kick {2 x 75 on 1:40 Kick {6 x 25 on :45 Kick no brd L-12 KOW {2 x 75 on 1:40 Kick {2 x 75 on 1:35 Kick {4 x 25 on :45 Kick no brd R-12
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
975	1x{3 x 25 on :40 Back -6 kick switch {3 x 50 on 1:05 Back-descend 3/5/7 KOW {1 x 200 on 3:50 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on 1:05 Back-descend 3/5/7/ KOW {1 x 150 on 2:50 Backstroke {3 x 25 on :40 Back-6 kick switch {2 x 50 on 1:05 Back-descend 5/7 KOW
400	8 x 50 on 1:00 Stroke Drills
5:01 PM 3,675 Yards - Stress Value = 56	

600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,500	1x{2 x 100 on 1:40 Kick {4 x 25 on :30 Kick weakest kick {2 x 100 on 1:40 Kick {6 x 25 on :30 Kick weakest kick {2 x 100 on 1:40 Kick {8 x 25 on :30 Kick weakest kick {2 x 100 on 1:40 Kick {10 x 25 on :30 Kick weakest kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 125 on 1:55 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 1:50 Breaststroke {3 x 50 on 1:00 Breast under/over {3 x 125 on 1:45 Breaststroke {2 x 50 on 1:00 Breast under/over {4 x 125 on 1:40 Breaststroke-descend {1 x 50 on 1:00 Breast unde/over
250	5 x 50 on 1:00 Stroke Drills
5:30 PM 4,450 Yards - Stress Value = 65	

Workout #17557 - Thursday, 17 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders/Spotllight 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,300	1x{2 x 100 on 1:55 Kick {4 x 25 on :35 Kick weakest kick {2 x 100 on 1:55 Kick {6 x 25 on :35 Kick weakest kick {2 x 100 on 1:55 Kick {8 x 25 on :35 Kick weakest kick {2 x 100 on 1:55 Kick {2 x 25 on :35 Kick weakest kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{1 x 125 on 2:10 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 2:05 Breaststroke {3 x 50 on 1:00 Breast under/over {3 x 125 on 2:00 Breaststroke {2 x 50 on 1:00 Breast under/over {4 x 100 on 1:35 Breaststroke-descend {1 x 50 on 1:00 Breast under/over
250	5 x 50 on 1:00 Stroke Drills
5:30 PM 4,150 Yards - Stress Value = 58	

Workout #17555 - Wednesday, 16 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 45:00 DS/TRX Bands/Tm Mtg 20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ Fastest Interval
560	1x{1 x 50 on 1:00 Vertical Kick-30/30 {3 x 30 on :45 15 underwater 15 sprint free {1 x 50 on 1:00 Vertical Kick 35/25 {3 x 30 on :45 15 undwater 15 sprint free {1 x 50 on 1:00 Vertical Kick 40/20 {3 x 30 on :45 15 underwater 15 sprint free {1 x 50 on 1:00 Vertical Kick 45/15 {3 x 30 on :45 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
975	1x{3 x 25 on :40 Back -6 kick switch {3 x 50 on 1:05 Back-descend 3/5/7 KOW {1 x 200 on 3:50 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on 1:05 Back-descend 3/5/7/ KOW {1 x 150 on 2:50 Backstroke {3 x 25 on :40 Back-6 kick switch {2 x 50 on 1:05 Back-descend 5/7 KOW
250	1 x 250 on 4:00 Stroke Drills
5:30 PM 2,935 Yards - Stress Value = 45	

Workout #17556 - Thursday, 17 September 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Shoulders/Spotllight

Workout #17558 - Thursday, 17 September 2015

4:57 PM 3,120 Yards - Stress Value = 166

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Shoulders/Spotlight
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,200 1x{2 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick weakest kick
 {2 x 100 on 2:10 Kick
 {6 x 25 on :40 Kick weakest kick
 {2 x 100 on 2:10 Kick
 {6 x 25 on :40 Kick weakest kick
 {2 x 100 on 2:10 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:10 Breast under/over
 {2 x 125 on 2:15 Breaststroke
 {3 x 50 on 1:10 Breast under/over
 {3 x 125 on 2:10 Breaststroke
 {2 x 50 on 1:10 Breast under/over
 {3 x 100 on 1:45 Breaststroke-descend
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 3,800 Yards - Stress Value = 53

Workout #17565 - Monday, 21 September 2015

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball/Spotlight
 1 x 600 on 10:00 Start certification
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 1,300 1x{4 x 25 on :30 Pulls-no br L.12 yds
 {1 x 150 on 2:00 Pulls-no br L.12 yds
 {4 x 25 on :30 Pulls-no br L.12 yds
 {2 x 150 on 1:55 Pulls-no br L.12 yds
 {4 x 25 on :30 Pulls-no br L.12 yds
 {3 x 150 on 1:50 Pulls-no br L.12 yds
 {4 x 25 on :30 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 400 on 5:00 Freestyle
 {1 x 400 on 4:55 Freestyle
 {1 x 400 on 4:50 Freestyle
 {1 x 400 on 4:45 Freestyle
 {1 x 400 on 4:40 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 5:45 PM 5,950 Yards - Stress Value = 96

Workout #17559 - Thursday, 17 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Shoulders/Spotlight
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 950 1x{2 x 100 on 2:40 Kick
 {4 x 25 on :45 Kick weakest kick
 {2 x 100 on 2:40 Kick
 {4 x 25 on :45 Kick weakest kick
 {2 x 100 on 2:40 Kick
 {6 x 25 on :45 Kick weakest kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{1 x 100 on 2:30 Breaststroke
 {4 x 50 on 1:20 Breast under/over
 {2 x 100 on 2:25 Breaststroke
 {3 x 50 on 1:20 Breast under/over
 {3 x 100 on 2:20 Breaststroke
 {2 x 50 on 1:20 Breast under/over
 {1 x 100 on 2:15 Breaststroke
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 3,200 Yards - Stress Value = 44

Workout #17566 - Monday, 21 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball/Spotlight
 1 x 600 on 10:00 Start certification
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 150 on 2:40 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 150 on 2:35 Kick
 {2 x 25 on :35 Kick no board BSLR
 1,250 1x{4 x 25 on :30 Pulls-no br L.12 yds
 {1 x 150 on 2:15 Pulls-no br L.12 yds
 {4 x 25 on :30 Pulls-no br L.12 yds
 {2 x 150 on 2:10 Pulls-no br L.12 yds
 {4 x 25 on :30 Pulls-no br L.12 yds
 {3 x 150 on 2:05 Pulls-no br L.12 yds
 {2 x 25 on :30 Pulls-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
 1,800 1x{1 x 400 on 5:30 Freestyle
 {1 x 400 on 5:25 Freestyle
 {1 x 400 on 5:20 Freestyle
 {1 x 400 on 5:15 Freestyle
 {1 x 200 on 2:35 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 5:45 PM 5,500 Yards - Stress Value = 87

Workout #17560 - Friday, 18 September 2015

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 600 1 on 10:00 Dynamic Stretch I
 1 x 600 on 10:00 Reverse IM drill REC I
 240 6 x 40 on 3:00 Runng Pit Sprints + SP2 ε
 25 yard all out no breath sprint
 180 12 x 15 on :45 Start/Shooter/Finish SP3 ε
 2,100 3x{1 x 50 on :01 Your #1 stroke SP2 ε
 {1 x 250 on 6:00 Freestyle REC ε
 {1 x 200 on :01 Individual Medley SP2 ε
 {1 x 200 on 6:00 Freestyle SP2 ε

Workout #17567 - Monday, 21 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball/Spotlight
 150 1 x 550 on 10:00 Start certification
 1,000 10 x 15 on :45 Shooters
 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 150 on 3:00 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 125 on 2:25 Kick
 1,100 1x{4 x 25 on :30 Pulls-no br L.12 yds
 {1 x 150 on 2:30 Pulls-no br L.12 yds
 {4 x 25 on :30 Pulls-no br L.12 yds
 {2 x 150 on 2:25 Pulls-no br L.12 yds
 {4 x 25 on :30 Pulls-no br L.12 yds
 {3 x 100 on 1:35 Pulls-no br L.12 yds
 {2 x 25 on :30 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 400 on 6:05 Freestyle
 {1 x 400 on 6:00 Freestyle
 {1 x 400 on 5:55 Freestyle
 {1 x 400 on 5:50 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 5:44 PM 5,000 Yards - Stress Value = 78

Workout #17568 - Monday, 21 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball/Spotlight
 150 1 x 550 on 10:00 Start certification
 750 10 x 15 on :45 Shooters
 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Kick
 {2 x 25 on :45 Kick no board BSLR
 800 1x{4 x 25 on :45 Pulls-no br L.12 yds
 {1 x 100 on 2:10 Pulls-no br L.12 yds
 {4 x 25 on :45 Pulls-no br L.12 yds
 {2 x 100 on 2:05 Pulls-no br L.12 yds
 {4 x 25 on :45 Pulls-no br L.12 yds
 {2 x 100 on 2:00 Pulls-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
 1,200 1x{1 x 400 on 8:00 Freestyle
 {1 x 400 on 7:55 Freestyle
 {1 x 400 on 7:50 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 5:44 PM 4,050 Yards - Stress Value = 60

Workout #17569 - Tuesday, 22 September 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Core/Spotlight
 150 1 x 600 on 10:00 Top Hat Drill
 1,600 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR-11KOW
 {4 x 75 on 1:15 Kick

{4 x 25 on :30 Kick no board BSLR 12KOW
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR 13KOW
 {4 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no board BSLR 14KOW
 {4 x 75 on 1:00 Kick
 1,600 16 x 100 on 1:15 Lungbuster pulls
 Odds br 3-5-7, evens br 2-4-6
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 200 on 3:00 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:15 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:30 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :45 Breaststroke
 {8 x 25 on :30 Breast 2X pullouts
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 5,900 Yards - Stress Value = 87

Workout #17570 - Tuesday, 22 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Core/Spotlight
 150 1 x 600 on 10:00 Top Hat Drill
 1,300 10 x 15 on :45 Shooters
 1x{4 x 25 on :35 Kick no board BSLR-11KOW
 {2 x 75 on 1:20 Kick
 {4 x 25 on :35 Kick no board BSLR 12KOW
 {4 x 75 on 1:20 Kick
 {4 x 25 on :35 Kick no board BSLR 13KOW
 {4 x 75 on 1:15 Kick
 {4 x 25 on :35 Kick no board BSLR 14KOW
 {2 x 75 on 1:15 Kick
 1,400 14 x 100 on 1:25 Lungbuster pulls
 Odds br 3-5-7, evens br 2-4-6
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 200 on 3:20 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:30 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:40 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {2 x 50 on :50 Breaststroke
 {8 x 25 on :30 Breast 2X pullouts
 250 1 x 250 on 4:00 Stroke Drills
 5:44 PM 5,300 Yards - Stress Value = 76

Workout #17571 - Tuesday, 22 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
550	1 x 550 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :40 Kick no board BSLR-11KOW {2 x 75 on 1:40 Kick {4 x 25 on :40 Kick no board BSLR 12KOW {4 x 75 on 1:35 Kick {4 x 25 on :40 Kick no board BSLR 13KOW {2 x 75 on 1:30 Kick {4 x 25 on :40 Kick no board BSLR 14KOW {2 x 50 on :55 Kick
1,300	13 x 100 on 1:35 Lungbuster pulls Odds br 3-5-7, evens br 2-4-6
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 200 on 3:40 Breaststroke {2 x 25 on :35 Breast 2X pullouts {2 x 150 on 2:45 Breaststroke {4 x 25 on :35 Breast 2X pullouts {3 x 100 on 1:50 Breaststroke {6 x 25 on :35 Breast 2X pullouts {2 x 50 on :55 Breaststroke {2 x 25 on :35 Breast 2X pullouts
250	1 x 250 on 4:00 Stroke Drills
	5:46 PM 4,800 Yards - Stress Value = 68

Workout #17572 - Tuesday, 22 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
500	1 x 500 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board BSLR-11KOW {2 x 75 on 1:55 Kick {4 x 25 on :45 Kick no board BSLR 12KOW {2 x 75 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR 13KOW {2 x 75 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR 14KOW {2 x 50 on 1:05 Kick
1,000	10 x 100 on 2:00 Lungbuster pulls Odds br 3-5-7, evens br 2-4-6
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{1 x 200 on 4:10 Breaststroke {2 x 25 on :45 Breast 2X pullouts {2 x 150 on 3:05 Breaststroke {4 x 25 on :45 Breast 2X pullouts {2 x 100 on 2:00 Breaststroke {6 x 25 on :45 Breast 2X pullouts {1 x 50 on 1:00 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 4,100 Yards - Stress Value = 57

Workout #17573 - Wednesday, 23 September 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/TRX Bands/Tm Mtg
500	20 x 25 on :30 Wednesday Warm-up
300	3 x 100 on 2:00 Kick @ fastest interval

150	10 x 15 on :45 Shooters
300	6 x 50 on 2:00 Freestyle
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 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 100 on 1:15 Backstroke {1 x 100 on 1:10 Backstroke {1 x 200 on 3:30 Backstroke Drill {2 x 75 on 1:10 Backstroke {2 x 75 on 1:05 Backstroke {2 x 75 on 1:00 Backstroke {2 x 75 on :55 Backstroke {1 x 150 on 2:35 Backstroke Drill {3 x 50 on :45 Backstroke {3 x 50 on :40 Backstroke {3 x 50 on :35 Backstroke {1 x 100 on 1:45 Backstroke {4 x 25 on :30 Backstroke-100% {4 x 25 on :25 Backstroke-100%
500	10 x 50 on 1:00 Stroke Drills
	5:46 PM 4,150 Yards - Stress Value = 73

Workout #17574 - Wednesday, 23 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/TRX Bands/Tm Mtg
500	20 x 25 on :30 Wednesday Warm-up
300	3 x 100 on 2:00 Kick @ fastest interval
150	10 x 15 on :45 Shooters
300	6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{1 x 100 on 1:40 Backstroke {1 x 100 on 1:35 Backstroke {1 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {1 x 200 on 3:45 Backstroke Drill {2 x 75 on 1:15 Backstroke {2 x 75 on 1:10 Backstroke {2 x 75 on 1:05 Backstroke {1 x 150 on 2:45 Backstroke Drill {3 x 50 on :55 Backstroke {3 x 50 on :50 Backstroke {3 x 50 on :45 Backstroke {1 x 100 on 1:45 Back Drill {4 x 25 on :30 Backstroke-100% {4 x 25 on :25 Backstroke-100%
500	10 x 50 on 1:00 Stroke Drills
	5:46 PM 3,900 Yards - Stress Value = 74

Workout #17575 - Wednesday, 23 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/TRX Bands/Tm Mtg
500	20 x 25 on :30 Wednesday Warm-up
300	3 x 100 on 2:00 Kick @ fastest interval
150	10 x 15 on :45 Shooters
300	6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 150 on 3:00 Backstroke Drill
	{2 x 75 on 1:20 Backstroke
	{2 x 75 on 1:15 Backstroke
	{2 x 75 on 1:10 Backstroke
	{1 x 100 on 2:00 Backstroke Drill
	{3 x 50 on 1:00 Backstroke
	{3 x 50 on :55 Backstroke
	{3 x 50 on :50 Backstroke
	{1 x 50 on 1:00 Back Drill
	{4 x 25 on :30 Backstroke-100%
	{4 x 25 on :25 Backstroke-100%
500	10 x 50 on 1:00 Stroke Drills
	5:46 PM 3,750 Yards - Stress Value = 49

2,200	1x{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{1 x 100 on 1:10 Backstroke
	{1 x 200 on 3:30 Backstroke Drill
	{2 x 75 on 1:10 Backstroke
	{2 x 75 on 1:05 Backstroke
	{2 x 75 on 1:00 Backstroke
	{2 x 75 on :55 Backstroke
	{1 x 150 on 2:35 Backstroke Drill
	{3 x 50 on :45 Backstroke
	{3 x 50 on :40 Backstroke
	{3 x 50 on :35 Backstroke
	{1 x 100 on 1:45 Backstroke
	{4 x 25 on :30 Backstroke-100%
	{4 x 25 on :25 Backstroke-100%
300	6 x 50 on 1:00 Stroke Drills
	5:15 PM 5,150 Yards - Stress Value = 97

Workout #17586 - Wednesday, 23 September 2015

New Prairie Group 3 - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
500	20 x 25 on :30 Wednesday Warmup
150	10 x 15 on :45 Shooters
1,500	5x{1 x 100 on 1:55 Kick
	{4 x 50 on 1:05 Kick descend 70/80/90/100%
	Only do 1 50 on the last round
300	6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 200 on 3:45 Backstroke Drill
	{2 x 75 on 1:15 Backstroke
	{2 x 75 on 1:10 Backstroke
	{2 x 75 on 1:05 Backstroke
	{1 x 150 on 2:45 Backstroke Drill
	{3 x 50 on :55 Backstroke
	{3 x 50 on :50 Backstroke
	{3 x 50 on :45 Backstroke
	{1 x 100 on 1:45 Back Drill
	{4 x 25 on :30 Backstroke-100%
	{4 x 25 on :25 Backstroke-100%
300	6 x 50 on 1:00 Stroke Drills
	5:18 PM 4,900 Yards - Stress Value = 98

Workout #17576 - Wednesday, 23 September 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/TRX Bands/Tm Mtg
500	20 x 25 on :30 Wednesday Warm-up
300	3 x 100 on 2:00 Kick @ fastest interval
150	10 x 15 on :45 Shooters
300	6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 100 on 2:30 Backstroke
	{1 x 100 on 2:20 Backstroke
	{1 x 100 on 2:15 Backstroke
	{1 x 100 on 3:00 Backstroke Drill
	{2 x 75 on 1:50 Backstroke
	{2 x 75 on 1:45 Backstroke
	{2 x 75 on 1:40 Backstroke
	{1 x 100 on 3:00 Backstroke Drill
	{3 x 50 on 1:10 Backstroke
	{3 x 50 on 1:05 Backstroke
	{2 x 50 on 1:00 Backstroke
500	10 x 50 on 1:00 Stroke Drills
	5:46 PM 3,300 Yards - Stress Value = 66

Workout #17585 - Wednesday, 23 September 2015

New Prairie Group 3 - Back

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,500	6x{1 x 100 on 1:45 Kick
	{3 x 50 on 1:00 Kick-descend 80/90/100%
300	6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #17587 - Wednesday, 23 September 2015

New Prairie Group 3 - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 25:00 DS/Abs
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,250	5x{1 x 100 on 2:10 Kick 3 x 50 on 1:10 Kick-descend 80/90/100% 6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 100 on 1:50 Backstroke 1 x 100 on 1:45 Backstroke 1 x 100 on 1:40 Backstroke 1 x 100 on 1:35 Backstroke 1 x 150 on 3:00 Backstroke Drill 2 x 75 on 1:20 Backstroke 2 x 75 on 1:15 Backstroke 2 x 75 on 1:10 Backstroke 1 x 100 on 2:00 Backstroke Drill 3 x 50 on 1:00 Backstroke 3 x 50 on :55 Backstroke 3 x 50 on :50 Backstroke 1 x 50 on 1:00 Back Drill 4 x 25 on :30 Backstroke-100% 4 x 25 on :25 Backstroke-100%
300	6 x 50 on 1:00 Stroke Drills
5:15 PM 4,500 Yards - Stress Value = 68	

Workout #17588 - Wednesday, 23 September 2015

New Prairie Group 3 - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 25:00 Ds/Abs
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,250	5x{1 x 100 on 2:30 Kick 3 x 50 on 1:15 Kick descend 80/90/100% Do not do the 50's on the 5th round 6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 100 on 2:30 Backstroke 1 x 100 on 2:20 Backstroke 1 x 100 on 2:15 Backstroke 1 x 100 on 3:00 Backstroke Drill 2 x 75 on 1:50 Backstroke 2 x 75 on 1:45 Backstroke 2 x 75 on 1:40 Backstroke 1 x 100 on 3:00 Backstroke Drill 3 x 50 on 1:10 Backstroke 3 x 50 on 1:05 Backstroke 2 x 50 on 1:00 Backstroke
300	6 x 50 on 1:00 Stroke Drills
5:18 PM 4,050 Yards - Stress Value = 85	

Workout #17577 - Thursday, 24 September 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders/Spotlight 1 x 600 on 10:00 Underwater trn drill Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
1,200	1x{2 x 100 on 2:00 Kick alt 50's-2 weakest kick

500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 75 on 1:15 Fly-25L-25B-25L 1 x 100 on 1:15 Freestyle 4 x 75 on 1:10 Fly-25L-25B-25R 2 x 100 on 1:15 Freestyle 4 x 75 on 1:05 Fly-25L-25B-25R 3 x 100 on 1:15 Freestyle 4 x 75 on 1:00 Fly-25L-25B-25R 4 x 100 on 1:15 Freestyle
350	7 x 50 on 1:00 Stroke Drills
5:44 PM 5,200 Yards - Stress Value = 123	

Workout #17578 - Thursday, 24 September 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders/Spotlight 1 x 600 on 10:00 Underwater trn drill Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
1,050	1x{2 x 100 on 2:10 Kick alt 50's-2 weakest kick 2 x 50 on :55 Kick your best kick 2 x 100 on 2:05 Kick alt 50's-2 weakest kick 2 x 50 on :55 Kick your best kick 2 x 100 on 2:00 Kick alt 50's-2 weakest kick 1 x 50 on :55 Kick your best kick 2 x 100 on 1:55 Kick alt 50's-2 weakest kick
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 75 on 1:25 Fly-25L-25B-25L 1 x 100 on 1:25 Freestyle 4 x 75 on 1:20 Fly-25L-25B-25R 2 x 100 on 1:25 Freestyle 4 x 75 on 1:15 Fly-25L-25B-25R 3 x 100 on 1:25 Freestyle 4 x 75 on 1:10 Fly-25L-25B-25R 2 x 100 on 1:25 Freestyle
350	7 x 50 on 1:00 Stroke Drills
5:45 PM 4,850 Yards - Stress Value = 106	

Workout #17579 - Thursday, 24 September 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 DS/Shoulders/Spotlight
	1 x 550 on 10:00 Underwater trn drill
	Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
950	1x{2 x 100 on 2:20 Kick alt 50's-2 weakest kick
	{2 x 50 on 1:05 Kick your best kick
	{2 x 100 on 2:15 Kick alt 50's-2 weakest kick
	{2 x 50 on :55 Kick your best kick
	{2 x 100 on 2:10 Kick alt 50's-2 weakest kick
	{1 x 50 on :55 Kick your best kick
	{1 x 100 on 2:05 Kick alt 50's-2 weakest kick
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{4 x 75 on 1:35 Fly-25L-25B-25L
	{1 x 100 on 1:35 Freestyle
	{4 x 75 on 1:30 Fly-25L-25B-25R
	{2 x 100 on 1:35 Freestyle
	{2 x 75 on 1:25 Fly-25L-25B-25R
	{3 x 100 on 1:35 Freestyle
	{2 x 75 on 1:20 Fly-25L-25B-25R
	{2 x 100 on 1:35 Freestyle
350	7 x 50 on 1:00 Stroke Drills
	5:44 PM 4,400 Yards - Stress Value = 98

Workout #17580 - Thursday, 24 September 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/Shoulders/Spotlight
	1 x 500 on 10:00 Underwater trn drill
	Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
800	1x{2 x 100 on 2:40 Kick alt 50's-2 weakest kick
	{2 x 50 on 1:15 Kick your best kick
	{2 x 100 on 2:35 Kick alt 50's-2 weakest kick
	{2 x 50 on 1:15 Kick your best kick
	{2 x 100 on 2:30 Kick alt 50's-2 weakest kick
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 75 on 1:50 Fly-25L-25B-25L
	{1 x 100 on 1:55 Freestyle
	{4 x 75 on 1:45 Fly-25L-25B-25R
	{2 x 100 on 1:55 Freestyle
	{2 x 75 on 1:40 Fly-25L-25B-25R
	{3 x 100 on 1:55 Freestyle
	{2 x 75 on 1:35 Fly-25L-25B-25R
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 3,950 Yards - Stress Value = 61

Workout #17581 - Friday, 25 September 2015

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
600	1 on 10:00 Dynamic Stretch		
180	1 x 600 on 10:00 Reverse IM drill	REC	
1,750	1x{12 x 15 on :45 Start/shooter/finish	SP3	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:00 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 2:30 Individual Medley	SP2	

{8 x 25 on :45 Stroke Drills 2 on each	REC
{1 x 150 on 3:00 Individual Medley	SP2
{8 x 25 on :45 Stroke Drills 2 on each	REC
{1 x 175 on 3:30 Individual Medley	SP2
{8 x 25 on :45 Stroke Drills 2 on each	REC
{1 x 200 on 4:00 Individual Medley	SP2
400 1x{4 x 25 on :30 Freestyle	EN1
{4 x 25 on :25 Freestyle	EN1
{4 x 25 on :20 Freestyle	EN2
{4 x 25 on :15 Freestyle	EN2
100 1 x 100 on 3:00 Choice OTB for time	SP2
200 1 x 200 on 3:00 Stroke Drills	REC
5:01 PM 3,230 Yards - Stress Value = 98	

Workout #17582 - Friday, 25 September 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
1 on 10:00	Dynamic Stretch		
600 1 x 600 on 10:00	Reverse IM drill	REC	
180 12 x 15 on :45	Start/shooter/finish	SP3	
1,750 1x{8 x 25 on :45	Stroke Drills 2 on each	REC	
{1 x 100 on 2:00	Individual Medley	SP2	
{8 x 25 on :45	Stroke Drills 2 on each	REC	
{1 x 125 on 2:30	Individual Medley	SP2	
{8 x 25 on :45	Stroke Drills 2 on each	REC	
{1 x 150 on 3:00	Individual Medley	SP2	
{8 x 25 on :45	Stroke Drills 2 on each	REC	
{1 x 175 on 3:30	Individual Medley	SP2	
{8 x 25 on :45	Stroke Drills 2 on each	REC	
{1 x 200 on 4:00	Individual Medley	SP2	
400 1x{4 x 25 on :30	Freestyle	EN1	
{4 x 25 on :25	Freestyle	EN1	
{4 x 25 on :20	Freestyle	EN2	
{4 x 25 on :15	Freestyle	EN2	
100 1 x 100 on 3:00	Choice OTB for time	SP2	
200 1 x 200 on 3:00	Stroke Drills	REC	
5:01 PM 3,230 Yards - Stress Value = 98			

Workout #17583 - Friday, 25 September 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
1 on 10:00	Dynamic Stretch		
550 1 x 550 on 10:00	Reverse IM drill	REC	
180 12 x 15 on :45	Start/shooter/finish	SP3	
1,600 1x{8 x 25 on :45	Stroke Drills 2 on each	REC	
{1 x 100 on 2:30	Individual Medley	SP2	
{8 x 25 on :45	Stroke Drills 2 on each	REC	
{1 x 125 on 3:10	Individual Medley	SP2	
{8 x 25 on :45	Stroke Drills 2 on each	REC	
{1 x 150 on 3:45	Individual Medley	SP2	
{6 x 25 on :45	Stroke Drills 2 on each	REC	
{1 x 175 on 4:25	Individual Medley	SP2	
{4 x 25 on :45	Stroke Drills 1 on each	REC	
{1 x 200 on 5:00	Individual Medley	SP2	
350 1x{6 x 25 on :30	Freestyle	EN1	
{4 x 25 on :25	Freestyle	EN1	
{4 x 25 on :20	Freestyle	EN2	
100 1 x 100 on 3:00	Choice OTB for time	SP2	
200 1 x 200 on 3:00	Stroke Drills	REC	
5:01 PM 2,980 Yards - Stress Value = 97			

Workout #17584 - Friday, 25 September 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		
550	1 x 550 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Start/shooter/finish	SP3	
1,600	1x{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 3:10 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 150 on 3:45 Individual Medley	SP2	
	{6 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 175 on 4:25 Individual Medley	SP2	
	{4 x 25 on :45 Stroke Drills 1 on each	REC	
	{1 x 200 on 5:00 Individual Medley	SP2	
350	1x{6 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
100	1 x 100 on 3:00 Choice OTB for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:01 PM	2,980 Yards - Stress Value = 97		

	1 on 30:00 DS/Core/Spotlight		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,200	1x{4 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 2:55 Kick		
	{6 x 25 on :35 Kick no board BSLRBS		
	{1 x 150 on 2:50 Kick		
	{8 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 2:45 Kick		
	{6 x 25 on :35 Kick no board BSLRBS		
	{1 x 150 on 2:40 Kick		
1,600	1x{1 x 250 on 3:40 Pulls-no br L.12 yds		
	{2 x 200 on 2:55 Pulls-no br L.12 yds		
	{3 x 150 on 2:10 Pulls-no br L.12 yds		
	{4 x 100 on 1:25 Pulls-no br L.12 yds		
	{2 x 50 on :40 Pulls-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		
2,450	1x{1 x 250 on 3:40 Freestyle		
	{1 x 250 on 3:30 Freestyle		
	{1 x 250 on 3:20 Freestyle		
	{1 x 100 on 2:30 Freestyle		
	{1 x 250 on 3:35 Freestyle		
	{1 x 250 on 3:25 Freestyle		
	{1 x 250 on 3:15 Freestyle		
	{1 x 100 on 2:30 Freestyle		
	{1 x 250 on 3:20 Freestyle		
	{1 x 250 on 3:10 Freestyle		
	{1 x 250 on 3:00 Freestyle		
250	1 x 250 on 5:00 Stroke Drills		
6:00 PM	6,450 Yards - Stress Value = 106		

Workout #17589 - Monday, 28 September 2015

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{1 x 150 on 2:25 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:10 Kick
1,750	1x{1 x 250 on 3:20 Pulls-no br L.12 yds
	{2 x 200 on 2:35 Pulls-no br L.12 yds
	{3 x 150 on 1:55 Pulls-no br L.12 yds
	{4 x 100 on 1:15 Pulls-no br L.12 yds
	{5 x 50 on :35 Pulls-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 3:40 Freestyle
	{1 x 300 on 3:30 Freestyle
	{1 x 300 on 3:20 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 300 on 3:35 Freestyle
	{1 x 300 on 3:25 Freestyle
	{1 x 300 on 3:15 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 300 on 3:20 Freestyle
	{1 x 300 on 3:10 Freestyle
	{1 x 300 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
6:00 PM	7,300 Yards - Stress Value = 123

Workout #17591 - Monday, 28 September 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS/Core/Spotlight
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{1 x 150 on 3:05 Kick
	{6 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{4 x 25 on :40 Kick no board BSLRBS
	{1 x 150 on 2:55 Kick
1,450	1x{1 x 250 on 4:05 Pulls-no br L.12 yds
	{2 x 200 on 3:10 Pulls-no br L.12 yds
	{3 x 150 on 2:20 Pulls-no br L.12 yds
	{3 x 100 on 1:35 Pulls-no br L.12 yds
	{1 x 50 on :45 Pulls-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
2,175	1x{1 x 225 on 3:40 Freestyle
	{1 x 225 on 3:30 Freestyle
	{1 x 225 on 3:20 Freestyle
	{1 x 75 on 2:30 Freestyle
	{1 x 225 on 3:35 Freestyle
	{1 x 225 on 3:25 Freestyle
	{1 x 225 on 3:15 Freestyle
	{1 x 75 on 2:30 Freestyle
	{1 x 225 on 3:20 Freestyle
	{1 x 225 on 3:10 Freestyle
	{1 x 225 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
6:00 PM	5,875 Yards - Stress Value = 92

Workout #17590 - Monday, 28 September 2015

Group 3 - Gold

1 minute rest between sets

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

Workout #17592 - Monday, 28 September 2015

1 minute rest between sets

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Core/Spotlight
 150 1 x 500 on 10:00 Swim-kick-pull-swim
 950 10 x 15 on :45 Shooters
 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:35 Kick
 {4 x 25 on :45 Kick no board BSLRBS
 {1 x 100 on 2:20 Kick
 1,250 1x{1 x 250 on 4:45 Pulls-no br L.12 yds
 {2 x 200 on 3:40 Pulls-no br L.12 yds
 {2 x 150 on 2:40 Pulls-no br L.12 yds
 {3 x 100 on 1:45 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{1 x 200 on 3:40 Freestyle
 {1 x 200 on 3:30 Freestyle
 {1 x 200 on 3:20 Freestyle
 {1 x 50 on 2:30 Freestyle
 {1 x 200 on 3:35 Freestyle
 {1 x 200 on 3:25 Freestyle
 {1 x 200 on 3:15 Freestyle
 {1 x 50 on 2:30 Freestyle
 {1 x 200 on 3:20 Freestyle
 {1 x 200 on 3:10 Freestyle
 {1 x 200 on 3:00 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 6:00 PM 5,200 Yards - Stress Value = 85

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/Tm Mtg
 150 20 x 25 on :30 Wednesday Warm-up
 1,700 10 x 15 on :45 Shooters
 1x{1 x 100 on 1:45 Kick
 {2 x 50 on 1:00 Kick-good effort
 {2 x 100 on 1:45 Kick
 {2 x 50 on 1:00 Kick-good effort
 {3 x 100 on 1:45 Kick
 {2 x 50 on 1:00 Kick good effort
 {4 x 100 on 1:45 Kick
 {2 x 50 on 1:00 Kick food effort
 {3 x 100 on 1:45 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{6 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {5 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:35 Breaststroke
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,050 Yards - Stress Value = 82

Workout #17595 - Wednesday, 30 September 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 45:00 DS/Team Mtg
 150 1 x 600 on 10:00 Free L.25 of each 100 Non F
 1,900 10 x 15 on :45 Shooters
 1x{1 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick-good effort
 {2 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick-good effort
 {3 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick good effort
 {4 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick good effort
 {5 x 100 on 1:30 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {5 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:35 Breaststroke
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,450 Yards - Stress Value = 88

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/Tm Mtg
 150 20 x 25 on :30 Wednesday Warm-up
 1,500 10 x 15 on :45 Shooters
 1x{1 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick-good effort
 {2 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick-good effort
 {3 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick good effort
 {4 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick good effort
 {1 x 100 on 2:00 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{6 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {5 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Breaststroke
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 4,650 Yards - Stress Value = 74

Workout #17594 - Wednesday, 30 September 2015

Group 3 - Gold

Workout #17596 - Wednesday, 30 September 2015

1 minute rest between sets

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/Tm Mtg
 150 20 x 25 on :30 Wednesday Warm-up
 1,300 10 x 15 on :45 Shooters
 1x{1 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-good effort
 {2 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-good effort
 {3 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick good effort
 {3 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-good effort
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{6 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {5 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:55 Breaststroke
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 4,350 Yards - Stress Value = 68

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Abs
 150 20 x 25 on :30 Wednesday Warm-up
 1,700 10 x 15 on :45 Shooters
 1x{1 x 100 on 1:45 Kick
 {2 x 50 on 1:00 Kick-good effort
 {2 x 100 on 1:45 Kick
 {2 x 50 on 1:00 Kick-good effort
 {3 x 100 on 1:45 Kick
 {2 x 50 on 1:00 Kick good effort
 {4 x 100 on 1:45 Kick
 {2 x 50 on 1:00 Kick food effort
 {3 x 100 on 1:45 Kick
 1,300 1x{ Breathe 3-5-7-5 by the 50
 {1 x 200 on 2:35 Lungbuster pulls
 {1 x 200 on 2:40 Lungbuster pulls
 {1 x 200 on 2:55 Lungbuster pulls
 {1 x 200 on 3:00 Lungbuster pulls
 {1 x 200 on 3:05 Lungbuster pulls
 {1 x 200 on 3:10 Lungbuster pulls
 {1 x 100 on 1:35 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{6 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {5 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:35 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 6,100 Yards - Stress Value = 108

Workout #17605 - Wednesday, 30 September 2015

New Prairie Group 3 - Breast

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Abs
 150 20 x 25 on :30 Wednesday Warmup
 1,900 10 x 15 on :45 Shooters
 1x{1 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick-good effort
 {2 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick-good effort
 {3 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick good effort
 {4 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick good effort
 {5 x 100 on 1:30 Kick
 1,400 1x{ Breathe 3-5-7-5 by the 50
 {1 x 200 on 2:20 Lungbuster pulls
 {1 x 200 on 2:25 Lungbuster pulls
 {1 x 200 on 2:30 Lungbuster pulls
 {1 x 200 on 2:35 Lungbuster pulls
 {1 x 200 on 2:40 Lungbuster pulls
 {1 x 200 on 2:45 Lungbuster pulls
 {1 x 200 on 2:50 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {5 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:35 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:29 PM 6,500 Yards - Stress Value = 116

Workout #17606 - Wednesday, 30 September 2015

New Prairie Group 3 - Gold

Workout #17607 - Wednesday, 30 September 2015

New Prairie Group 3 - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Abs
 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,500 1x{1 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick-good effort
 {2 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick-good effort
 {3 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick good effort
 {4 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick good effort
 {1 x 100 on 2:00 Kick
 1,300 1x{ Breathe 3-5-7-5 by the 50
 {1 x 200 on 2:55 Lungbuster pulls
 {1 x 200 on 3:00 Lungbuster pulls
 {1 x 200 on 3:05 Lungbuster pulls
 {1 x 200 on 3:10 Lungbuster pulls
 {1 x 200 on 3:05 Lungbuster pulls
 {1 x 200 on 3:10 Lungbuster pulls
 {1 x 100 on 1:35 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{6 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {5 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 5,700 Yards - Stress Value = 100

Workout #17597 - Thursday, 01 October 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders/Spotlight
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,750 1x{5 x 50 on :45 Kick
 {2 x 100 on 2:00 Kick 2 weakest kicks
 {4 x 50 on :45 Kick
 {2 x 100 on 1:55 Kick 2 weakest kicks
 {3 x 50 on :45 Kick
 {2 x 100 on 1:50 Kick 2 weakest kicks
 {2 x 50 on :45 Kick
 {2 x 100 on 1:45 Kick 2 weakest kicks
 {1 x 50 on :45 Kick
 {2 x 100 on 1:40 Kick 2 weakest kicks
 500 5 x 100 on 3:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,625 3x{1 x 25 on :20 Butterfly
 {1 x 25 on :30 Freestyle
 {2 x 25 on :20 Butterfly
 {1 x 25 on :30 Freestyle
 {3 x 25 on :20 Butterfly
 {1 x 25 on :30 Freestyle
 {4 x 25 on :20 Butterfly
 {1 x 25 on :30 Freestyle
 {6 x 25 on :20 Butterfly
 {1 x 25 on :30 Freestyle
 {8 x 25 on :20 Butterfly
 {1 x 150 on 3:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,075 Yards - Stress Value = 119

Workout #17608 - Wednesday, 30 September 2015

New Prairie Group 3 - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Abs
 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-good effort
 {2 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-good effort
 {3 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick good effort
 {3 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-good effort
 950 1x{ Breathe 3-5-7-5 by the 50
 {1 x 200 on 3:30 Lungbuster pulls
 {1 x 200 on 3:35 Lungbuster pulls
 {1 x 200 on 3:40 Lungbuster pulls
 {1 x 200 on 3:45 Lungbuster pulls
 {1 x 150 on 2:50 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{6 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {5 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:55 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:29 PM 5,050 Yards - Stress Value = 87

Workout #17598 - Thursday, 01 October 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
600	1 on 30:00 DS/Shoulders/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
1,500	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,500	1x{5 x 50 on :55 Kick
	{2 x 100 on 2:10 Kick 2 weakest kicks
	{4 x 50 on :55 Kick
	{2 x 100 on 2:05 Kick 2 weakest kicks
	{3 x 50 on :55 Kick
	{2 x 100 on 2:00 Kick 2 weakest kicks
	{2 x 50 on :55 Kick
500	{2 x 100 on 1:55 Kick 2 weakest kicks
200	4x{1 x 25 on :50 Sculling drills
2,325	3x{1 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{2 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{3 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{4 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{6 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{6 x 25 on :25 Butterfly
250	{1 x 100 on 2:00 Freestyle
6:00 PM	1 x 250 on 4:00 Stroke Drills
	5,525 Yards - Stress Value = 111

Workout #17599 - Thursday, 01 October 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
550	1 on 30:00 DS/Shoulders/Spotlight
150	1 x 550 on 10:00 Underwater trn drill
1,350	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,350	1x{3 x 50 on 1:05 Kick
	{2 x 100 on 2:20 Kick 2 weakest kicks
	{4 x 50 on 1:05 Kick
	{2 x 100 on 2:15 Kick 2 weakest kicks
	{3 x 50 on 1:05 Kick
	{2 x 100 on 2:10 Kick 2 weakest kicks
	{2 x 50 on 1:05 Kick
	{2 x 75 on 1:30 Kick 2 weakest kicks
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
1,800	3x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 25 on :30 Butterfly
	{1 x 25 on :40 Freestyle
	{2 x 25 on :30 Butterfly
	{1 x 25 on :40 Freestyle
	{3 x 25 on :30 Butterfly
	{1 x 25 on :40 Freestyle
	{4 x 25 on :30 Butterfly
	{1 x 25 on :40 Freestyle
	{8 x 25 on :30 Butterfly
	{1 x 50 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	4,800 Yards - Stress Value = 102

Workout #17600 - Thursday, 01 October 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
500	1 on 30:00 DS/Shoulders/Spotlight
1,150	1 x 500 on 10:00 Underwater trn drill
150	Odd 100's free even 100's back
1,150	10 x 15 on :45 Shooters
1,150	1x{1 x 50 on 1:15 Kick
	{2 x 100 on 2:45 Kick 2 weakest kicks
	{2 x 50 on 1:15 Kick
	{2 x 100 on 2:40 Kick 2 weakest kicks
	{3 x 50 on 1:15 Kick
	{2 x 100 on 2:35 Kick 2 weakest kicks
	{2 x 50 on 1:15 Kick
	{2 x 75 on 1:45 Kick 2 weakest kicks
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
1,275	3x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 25 on :45 Butterfly
	{1 x 25 on :45 Freestyle
	{2 x 25 on :45 Butterfly
	{1 x 25 on :45 Freestyle
	{3 x 25 on :45 Butterfly
	{1 x 25 on :45 Freestyle
	{6 x 25 on :45 Butterfly
	{1 x 50 on 2:30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
6:00 PM	3,975 Yards - Stress Value = 89

Workout #17601 - Friday, 02 October 2015

Group 3 - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
800	1 on 10:00 Dynamic Stretch
180	1 x 800 on 12:00 Reverse IM drill
750	12 x 15 on :45 Start/Shooter/Finish
2,000	1 x 750 on 15:00 Vertical Kicking
2,000	1x{16 x 50 on :45 Freestyle every 4th one 100%
	{12 x 50 on :50 Freestyle every 3rd one 100%
	{8 x 50 on :55 Freestyle every 2nd one 100%
	{4 x 50 on 1:00 Freestyle all 100%
	6 x 50 on 1:00 Stroke Drills
5:00 PM	4,030 Yards - Stress Value = 70

Workout #17602 - Friday, 02 October 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
800	1 on 10:00 Dynamic Stretch
180	1 x 800 on 12:00 Reverse IM drill
750	12 x 15 on :45 Start/Shooter/Finish
1,850	1 x 750 on 15:00 Vertical Kicking
1,850	1x{16 x 50 on :50 Freestyle every 4th one 100%
	{9 x 50 on :55 Freestyle every 3rd one 100%
	{8 x 50 on 1:00 Freestyle every 2nd one 100%
	{4 x 50 on 1:05 Freestyle all 100%
	6 x 50 on 1:00 Stroke Drills
300	5:00 PM 3,880 Yards - Stress Value = 67

Workout #17603 - Friday, 02 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
700	1 on 10:00 Dynamic Stretch
180	1 x 700 on 12:00 Reverse IM drill
750	12 x 15 on :45 Start/Shooter/Finish
1,650	1 x 750 on 15:00 Vertical Kicking
	1x{12 x 50 on :55 Freestyle every 4th one 100%
	{9 x 50 on 1:00 Freestyle every 3rd one 100%
	{8 x 50 on 1:05 Freestyle every 2nd one 100%
	{4 x 50 on 1:10 Freestyle all 100%
300	6 x 50 on 1:00 Stroke Drills
	5:00 PM 3,580 Yards - Stress Value = 63

Workout #17604 - Friday, 02 October 2015

Group 3 - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 10:00 Dynamic Stretch
180	1 x 600 on 12:00 Reverse IM drill
750	12 x 15 on :45 Start/Shooter/Finish
1,550	1 x 750 on 15:00 Vertical Kicking
	1x{12 x 50 on 1:00 Freestyle every 4th one 100%
	{9 x 50 on 1:05 Freestyle every 3rd one 100%
	{6 x 50 on 1:10 Freestyle every 2nd one 100%
	{4 x 50 on 1:15 Freestyle all 100%
300	6 x 50 on 1:00 Stroke Drills
	4:30 PM 3,380 Yards - Stress Value = 61

Workout #17609 - Monday, 05 October 2015

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball/Sptlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,600	10 x 15 on :45 Shooters
	1x{ All BSLR's 12 KOW
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:25 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:30 Kick
	{1 x 50 on :40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:15 Kick
	{1 x 100 on 1:25 Kick
	{1 x 50 on :35 Kick
1,500	1x{ Hold breath L.12yds of each 100
	{1 x 500 on 6:15 Pulls-no br L.12 yds
	{1 x 400 on 5:00 Pulls-no br L.12 yds
	{1 x 300 on 3:45 Pulls-no br L.12 yds
	{1 x 200 on 2:30 Pulls-no br L.12 yds
	{1 x 100 on 1:15 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,200	4 x 800 on 10:00 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 7,500 Yards - Stress Value = 134

Workout #17610 - Monday, 05 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball/Sptlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,350	10 x 15 on :45 Shooters
	1x{ All BSLR's 12 KOW
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:50 Kick
	{1 x 100 on 1:50 Kick
	{1 x 50 on :50 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{1 x 100 on 1:45 Kick
	{1 x 50 on :45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on :40 Kick
1,300	1x{ Hold breath L.12yds of each 100
	{1 x 500 on 7:05 Pulls-no br L.12 yds
	{1 x 400 on 5:40 Pulls-no br L.12 yds
	{1 x 300 on 4:15 Pulls-no br L.12 yds
	{1 x 100 on 1:25 Pulls-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	4 x 725 on 10:00 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 6,750 Yards - Stress Value = 119

Workout #17611 - Monday, 05 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball/Sptlight
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,150	10 x 15 on :45 Shooters
	1x{ All BSLR's 12 KOW
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:05 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :40 Kick no board BSLR
1,200	1x{ Hold breath L.12yds of each 100
	{1 x 500 on 7:55 Pulls-no br L.12 yds
	{1 x 400 on 6:20 Pulls-no br L.12 yds
	{1 x 200 on 3:10 Pulls-no br L.12 yds
	{1 x 100 on 1:35 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	4 x 625 on 10:00 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 6,000 Yards - Stress Value = 105

Workout #17612 - Monday, 05 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Ball/Sptlght
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,050	10 x 15 on :45 Shooters
	1x{ All BSLR's 12 KOW
	{ 4 x 25 on :45 Kick no board BSLR
	{ 1 x 150 on 3:30 Kick
	{ 1 x 100 on 2:20 Kick
	{ 1 x 50 on 1:10 Kick
	{ 4 x 25 on :45 Kick no board BSLR
	{ 1 x 150 on 3:25 Kick
	{ 1 x 100 on 2:15 Kick
	{ 1 x 50 on 1:05 Kick
	{ 4 x 25 on :45 Kick no board BSLR
	{ 1 x 150 on 3:20 Kick
1,000	1x{ Hold breath L.12yds of each 100
	{ 1 x 400 on 7:30 Pulls-no br L.12 yds
	{ 1 x 300 on 5:40 Pulls-no br L.12 yds
	{ 1 x 200 on 3:45 Pulls-no br L.12 yds
	{ 1 x 100 on 1:50 Pulls-no br L.12 yds
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	4 x 550 on 10:00 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 5,350 Yards - Stress Value = 93

Yards	Set Description
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
720	6x{ 2 x 30 on :45 Kick with scuba weights
	{ Switch gear with partner
	{ 2 x 30 on :45 Kick w/pennies
100	1 x 100 on 1:30 Freestyle
1,300	1x{ 1 x 150 on 2:15 Pulls BWFPF
	{ 2 x 150 on 2:10 Pulls BWKPF
	{ 3 x 150 on 2:05 Pulls BWHPPF
	{ 4 x 100 on 1:20 Pulls BWSPPF
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	25's descend/longer swims 2X pullouts
	last 2 walls
2,300	1x{ 6 x 25 on :30 Breaststroke
	{ 1 x 250 on 4:00 Breaststroke
	{ 1 x 100 on 1:20 Freestyle
	{ 6 x 25 on :30 Breaststroke
	{ 2 x 200 on 3:15 Breaststroke
	{ 1 x 100 on 1:20 Freestyle
	{ 6 x 25 on :30 Breaststroke
	{ 3 x 150 on 2:30 Breaststroke
	{ 1 x 100 on 1:20 Freestyle
	{ 6 x 25 on :30 Breaststroke
	{ 4 x 75 on 1:15 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 5,920 Yards - Stress Value = 96

Workout #17613 - Tuesday, 06 October 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
720	6x{ 2 x 30 on :45 Kick with scuba weights
	{ Switch gear with partner
	{ 2 x 30 on :45 Kick w/pennies
100	1 x 100 on 1:30 Freestyle
1,500	1x{ 1 x 150 on 2:00 Pulls BWFPF
	{ 2 x 150 on 1:55 Pulls BWKPF
	{ 3 x 150 on 1:50 Pulls BWHPPF
	{ 4 x 150 on 1:45 Pulls BWSPPF
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	25's descend/longer swims 2X pullouts
	last 2 walls
2,600	1x{ 6 x 25 on :25 Breaststroke
	{ 1 x 250 on 3:45 Breaststroke
	{ 1 x 100 on 1:15 Freestyle
	{ 6 x 25 on :25 Breaststroke
	{ 2 x 200 on 3:05 Breaststroke
	{ 1 x 100 on 1:15 Freestyle
	{ 6 x 25 on :25 Breaststroke
	{ 3 x 150 on 2:20 Breaststroke
	{ 1 x 100 on 1:15 Freestyle
	{ 6 x 25 on :25 Breaststroke
	{ 4 x 125 on 2:00 Breaststroke
	{ 1 x 100 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	6:01 PM 6,420 Yards - Stress Value = 106

Workout #17615 - Tuesday, 06 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Core/Spotlight
550	1 x 550 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
720	6x{ 2 x 30 on :45 Kick with scuba weights
	{ Switch gear with partner
	{ 2 x 30 on :45 Kick w/pennies
100	1 x 100 on 1:30 Freestyle
1,200	1x{ 1 x 150 on 2:25 Pulls BWFPF
	{ 2 x 150 on 2:20 Pulls BWKPF
	{ 3 x 150 on 2:15 Pulls BWHPPF
	{ 4 x 75 on 1:05 Pulls BWSPPF
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	25's descend/longer swims 2X pullouts
	last 2 walls
2,100	1x{ 6 x 25 on :35 Breaststroke
	{ 1 x 250 on 4:20 Breaststroke
	{ 1 x 100 on 1:25 Freestyle
	{ 6 x 25 on :35 Breaststroke
	{ 2 x 200 on 3:30 Breaststroke
	{ 1 x 100 on 1:25 Freestyle
	{ 4 x 25 on :35 Breaststroke
	{ 3 x 150 on 2:40 Breaststroke
	{ 1 x 100 on 1:25 Freestyle
	{ 4 x 25 on :35 Breaststroke
	{ 4 x 50 on :55 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 5,570 Yards - Stress Value = 90

Workout #17614 - Tuesday, 06 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Workout #17616 - Tuesday, 06 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 550 1 x 550 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ fastest interval
 720 6x{2 x 30 on :45 Kick with scuba weights
 { Switch gear with partner
 { 2 x 30 on :45 Kick w/pennies
 100 1 x 100 on 1:30 Freestyle
 1,200 1x{1 x 150 on 2:25 Pulls BWFPF
 { 2 x 150 on 2:20 Pulls BWKPF
 { 3 x 150 on 2:15 Pulls BWHPF
 { 4 x 75 on 1:05 Pulls BWSPF
 200 4x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 25's descend/longer swims 2X pullouts
 last 2 walls
 1,800 1x{4 x 25 on :45 Breaststroke
 { 1 x 250 on 5:00 Breaststroke
 { 1 x 100 on 1:45 Freestyle
 { 4 x 25 on :45 Breaststroke
 { 2 x 200 on 4:00 Breaststroke
 { 1 x 100 on 1:45 Freestyle
 { 4 x 25 on :45 Breaststroke
 { 3 x 150 on 3:00 Breaststroke
 { 1 x 100 on 1:45 Freestyle
 { 4 x 25 on :45 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,270 Yards - Stress Value = 84

500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,450 1x{8 x 25 on :35 Kick no board B
 { 2 x 75 on 1:25 Kick hold time I give
 { 8 x 25 on :35 Kick no board S
 { 4 x 75 on 1:25 Kick hold time I give
 { 6 x 25 on :35 Kick no board L
 { 4 x 75 on 1:25 Kick hold time I give
 { 6 x 25 on :35 Kick no board R
 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{2 x 200 on 3:05 Backstroke
 { 8 x 25 on :35 Back-great effort 7KOW+1
 { 2 x 175 on 2:35 Backstroke
 { 8 x 25 on :35 Back-great effort 7KOW+1
 { 2 x 150 on 2:10 Backstroke
 { 8 x 25 on :35 Back-great effort 7KOW+1
 { 2 x 125 on 1:45 Backstroke
 { 4 x 25 on :35 Back-great effort 7KOW+1
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 4,800 Yards - Stress Value = 77

Workout #17619 - Wednesday, 07 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX/Tm Mtg
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,300 1x{8 x 25 on :40 Kick no board B
 { 2 x 75 on 1:35 Kick hold time I give
 { 8 x 25 on :40 Kick no board S
 { 4 x 75 on 1:35 Kick hold time I give
 { 4 x 25 on :40 Kick no board L
 { 4 x 75 on 1:35 Kick hold time I give
 { 2 x 25 on :40 Kick no board R
 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{2 x 200 on 3:20 Backstroke
 { 6 x 25 on :40 Back-great effort 7KOW+1
 { 2 x 175 on 2:55 Backstroke
 { 6 x 25 on :40 Back-great effort 7KOW+1
 { 2 x 150 on 2:30 Backstroke
 { 6 x 25 on :40 Back-great effort 7KOW+1
 { 2 x 100 on 1:40 Backstroke
 { 4 x 25 on :40 Back-great effort 7KOW+1
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 4,450 Yards - Stress Value = 70

Workout #17617 - Wednesday, 07 October 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX/Tm Mtg
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,700 1x{8 x 25 on :30 Kick no board B
 { 2 x 75 on 1:15 Kick hold time I give
 { 8 x 25 on :30 Kick no board S
 { 4 x 75 on 1:15 Kick hold time I give
 { 8 x 25 on :30 Kick no board L
 { 6 x 75 on 1:15 Kick hold time I give
 { 8 x 25 on :30 Kick no board R
 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 2:45 Backstroke
 { 8 x 25 on :30 Back-great effort 7KOW+1
 { 2 x 175 on 2:20 Backstroke
 { 8 x 25 on :30 Back-great effort 7KOW+1
 { 2 x 150 on 1:55 Backstroke
 { 8 x 25 on :30 Back-great effort 7KOW+1
 { 2 x 125 on 1:35 Backstroke
 { 8 x 25 on :30 Back-great effort 7KOW+1
 { 2 x 100 on 1:15 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,350 Yards - Stress Value = 88

Workout #17618 - Wednesday, 07 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX/Tm Mtg

Workout #17620 - Wednesday, 07 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 45:00 DS/TRX/Tm Mtg
150	20 x 25 on :30 Wednesday Warm-up
1,100	1x{10 x 15 on :45 Shooters
	{2 x 50 on 1:15 Kick hold time I give
	{6 x 25 on :45 Kick no board S
	{4 x 50 on 1:15 Kick hold time I give
	{6 x 25 on :45 Kick no board L
	{4 x 50 on 1:15 Kick hold time I give
	{6 x 25 on :45 Kick no board R
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{2 x 200 on 4:15 Backstroke
	{6 x 25 on :45 Back-great effort 7KOW+1
	{2 x 175 on 3:40 Backstroke
	{6 x 25 on :45 Back-great effort 7KOW+1
	{2 x 150 on 3:05 Backstroke
	{6 x 25 on :45 Back-great effort 7KOW+1
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 3,950 Yards - Stress Value = 60

150	10 x 15 on :45 Shooters
1,450	1x{8 x 25 on :35 Kick no board B
	{2 x 75 on 1:25 Kick hold time I give
	{8 x 25 on :35 Kick no board S
	{4 x 75 on 1:25 Kick hold time I give
	{6 x 25 on :35 Kick no board L
	{4 x 75 on 1:25 Kick hold time I give
	{6 x 25 on :35 Kick no board R
1,125	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 125 on 1:40 Lungbuster pulls
	odds breathe 3-5-3-7-3 by 25
	evens breathe 3-7-3-9-3 by 25
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{2 x 200 on 3:05 Backstroke
	{8 x 25 on :35 Back-great effort 7KOW+1
	{2 x 175 on 2:35 Backstroke
	{8 x 25 on :35 Back-great effort 7KOW+1
	{2 x 150 on 2:10 Backstroke
	{8 x 25 on :35 Back-great effort 7KOW+1
	{2 x 125 on 1:45 Backstroke
	{4 x 25 on :35 Back-great effort 7KOW+1
300	6 x 50 on 1:00 Stroke Drills
	5:30 PM 5,725 Yards - Stress Value = 90

Workout #17632 - Wednesday, 07 October 2015

New Prairie Group 3 - Black

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs
150	20 x 25 on :30 Wednesday Warm-up
1,700	1x{10 x 15 on :45 Shooters
	{8 x 25 on :30 Kick no board B
	{2 x 75 on 1:15 Kick hold time I give
	{8 x 25 on :30 Kick no board S
	{4 x 75 on 1:15 Kick hold time I give
	{8 x 25 on :30 Kick no board L
	{6 x 75 on 1:15 Kick hold time I give
	{8 x 25 on :30 Kick no board R
1,250	1x{2 x 125 on 1:50 Lungbuster pulls
	{2 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{2 x 125 on 1:35 Lungbuster pulls
	{2 x 125 on 1:30 Lungbuster pulls
	odds breathe 3-5-3-7-3 by 25
	evens breathe 3-7-3-9-3 by 25
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 2:45 Backstroke
	{8 x 25 on :30 Back-great effort 7KOW+1
	{2 x 175 on 2:20 Backstroke
	{8 x 25 on :30 Back-great effort 7KOW+1
	{2 x 150 on 1:55 Backstroke
	{8 x 25 on :30 Back-great effort 7KOW+1
	{2 x 125 on 1:35 Backstroke
	{8 x 25 on :30 Back-great effort 7KOW+1
	{2 x 100 on 1:15 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	5:30 PM 6,400 Yards - Stress Value = 104

Workout #17634 - Wednesday, 07 October 2015

New Prairie Group 3 - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs
150	20 x 25 on :30 Wednesday Warm-up
1,300	1x{10 x 15 on :45 Shooters
	{8 x 25 on :40 Kick no board B
	{2 x 75 on 1:35 Kick hold time I give
	{8 x 25 on :40 Kick no board S
	{4 x 75 on 1:35 Kick hold time I give
	{4 x 25 on :40 Kick no board L
	{4 x 75 on 1:35 Kick hold time I give
	{2 x 25 on :40 Kick no board R
1,000	1x{2 x 125 on 2:15 Lungbuster pulls
	{2 x 125 on 2:10 Lungbuster pulls
	{2 x 125 on 2:05 Lungbuster pulls
	{2 x 125 on 2:00 Lungbuster pulls
	odds breathe 3-5-3-7-3 by 25
	evens breathe 3-7-3-9-3 by 25
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{2 x 200 on 3:20 Backstroke
	{6 x 25 on :40 Back-great effort 7KOW+1
	{2 x 175 on 2:55 Backstroke
	{6 x 25 on :40 Back-great effort 7KOW+1
	{2 x 150 on 2:30 Backstroke
	{6 x 25 on :40 Back-great effort 7KOW+1
	{2 x 100 on 1:40 Backstroke
	{4 x 25 on :40 Back-great effort 7KOW+1
300	6 x 50 on 1:00 Stroke Drills
	5:30 PM 5,250 Yards - Stress Value = 81

Workout #17633 - Wednesday, 07 October 2015

New Prairie Group 3 - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs
	20 x 25 on :30 Wednesday Warm-up

Workout #17635 - Wednesday, 07 October 2015

New Prairie Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:00 PM	Start	
500	1 on 30:00 DS/Abs/	
150	20 x 25 on :30 Wednesday Warm-up	
1,100	10 x 15 on :45 Shooters	
	1x{6 x 25 on :45 Kick no board B	
	{2 x 50 on 1:15 Kick hold time I give	
	{6 x 25 on :45 Kick no board S	
	{4 x 50 on 1:15 Kick hold time I give	
	{6 x 25 on :45 Kick no board L	
	{4 x 50 on 1:15 Kick hold time I give	
	{6 x 25 on :45 Kick no board R	
825	1x{2 x 125 on 2:40 Lungbuster pulls	
	{2 x 125 on 2:35 Lungbuster pulls	
	{2 x 125 on 2:30 Lungbuster pulls	
	{1 x 75 on 1:25 Lungbuster pulls	
	odds breathe 3-5-3-7-3 by 25	
	evens breathe 3-7-3-9-3 by 25	
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{2 x 200 on 4:15 Backstroke	
	{6 x 25 on :45 Back-great effort 7KOW+1	
	{2 x 175 on 3:40 Backstroke	
	{6 x 25 on :45 Back-great effort 7KOW+1	
	{2 x 150 on 3:05 Backstroke	
	{6 x 25 on :45 Back-great effort 7KOW+1	
300	6 x 50 on 1:00 Stroke Drills	
	5:30 PM 4,575 Yards - Stress Value = 70	

Workout #17621 - Thursday, 08 October 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
600	1 on 30:00 DS/Shoulders/Spotlight	
150	1 x 600 on 10:00 Underwater trn drill	REC
2,300	10 x 15 on :45 Shooters	SP3
	10x{1 x 200 on 3:00 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
1,000	1 x 1000 on 12:30 Pulls-nbbf&w + 2 yds	EN2
	After every 2nd round drop 200 flys by 5 s	
1,700	1x{1 x 100 on 1:20 Kick	EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 1:25 Kick	EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:30 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{4 x 100 on 1:35 Kick	EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	6:01 PM 6,150 Yards - Stress Value = 106	

Workout #17622 - Thursday, 08 October 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
600	1 on 30:00 DS/Shoulders/Spotlight	
150	1 x 600 on 10:00 Underwater trn drill	REC
2,300	10 x 15 on :45 Shooters	SP3
	10x{1 x 200 on 3:15 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1

After every 2nd round drop 200 flys by 5 s

Yards	Set Description	EGY
950	1 x 950 on 12:30 Pulls-nbbf&w + 2 yds	EN1
1,600	1x{1 x 100 on 1:30 Kick	EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 1:35 Kick	EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:40 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:45 Kick	EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	6:03 PM 6,000 Yards - Stress Value = 94	

Workout #17623 - Thursday, 08 October 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
550	1 on 30:00 DS/Shoulders/Spotlight	
150	1 x 550 on 10:00 Underwater trn drill	REC
2,070	10 x 15 on :45 Shooters	SP3
	9x{1 x 200 on 3:35 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 se	
850	1 x 850 on 12:30 Pulls-nbbf&w + 2 yds	EN2
1,400	1x{1 x 100 on 1:50 Kick	EN2
	{4 x 25 on :35 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 1:55 Kick	EN2
	{6 x 25 on :35 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 2:00 Kick	EN2
	{8 x 25 on :35 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 2:05 Kick	EN2
	{6 x 25 on :35 Alt 2nd and 3rd kicks	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	6:02 PM 5,420 Yards - Stress Value = 92	

Workout #17624 - Thursday, 08 October 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
500	1 on 30:00 DS/Shoulders/Spotlight	
150	1 x 500 on 10:00 Underwater trn drill	REC
1,840	10 x 15 on :45 Shooters	SP3
	8x{1 x 200 on 4:15 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
750	1 x 750 on 12:30 Pulls-nbbf&w + 2 yds	EN2
1,150	1x{1 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 2:15 Kick	EN2
	{6 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 2:20 Kick	EN2
	{8 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{1 x 100 on 2:25 Kick	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	6:02 PM 4,790 Yards - Stress Value = 81	

Workout #17628 - Friday, 09 October 2015

Group 3 - Gold/Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,050 7 x 150 on 2:15 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 100 1 x 100 on 2:00 Freestyle
 400 4 x 100 on 1:30 Free-Descend to Ludicrous
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 4,100 Yards - Stress Value = 50

Workout #17625 - Friday, 09 October 2015

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,200 8 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 10x{1 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 100 1 x 100 on 2:00 Freestyle
 400 4 x 100 on 1:30 Free-Descend to Ludicrous
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 4,650 Yards - Stress Value = 58

Workout #17626 - Friday, 09 October 2015

Group 3 - Platinum-Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,200 8 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 9x{1 x 100 on 1:20 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 100 1 x 100 on 2:00 Freestyle
 400 4 x 100 on 1:30 Free-Descend to Ludicrous
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 4,450 Yards - Stress Value = 55

Workout #17627 - Friday, 09 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,050 7 x 150 on 2:10 Pulls-nbbf&w + 2 yds

200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 9x{1 x 100 on 1:25 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :55 Freestyle
 100 1 x 100 on 2:00 Freestyle
 400 4 x 100 on 1:30 Free-Descend to Ludicrous
 200 1 x 200 on 3:00 Stroke Drills
 5:02 PM 4,300 Yards - Stress Value = 53

Workout #17629 - Friday, 09 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 350 1 x 350 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,000 8 x 125 on 2:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{1 x 100 on 1:40 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 100 1 x 100 on 2:00 Freestyle
 300 3 x 100 on 1:45 Free-Descend to Ludicrous
 200 1 x 200 on 3:00 Stroke Drills
 5:02 PM 3,900 Yards - Stress Value = 48

Workout #17631 - Friday, 09 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 300 1 x 300 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 8 x 100 on 2:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 6x{1 x 100 on 2:05 Individual Medley
 {1 x 50 on :55 Freestyle
 {1 x 50 on 1:15 Freestyle
 100 1 x 100 on 2:00 Freestyle
 300 3 x 100 on 2:00 Free-Descend to Ludicrous
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 3,250 Yards - Stress Value = 40

Workout #17630 - Friday, 09 October 2015

Group 3 - Silver/Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 350 1 x 350 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 875 7 x 125 on 2:10 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 7x{1 x 100 on 1:50 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:00 Freestyle
 100 1 x 100 on 2:00 Freestyle
 300 3 x 100 on 1:45 Free-Descend to Ludicrous
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 3,575 Yards - Stress Value = 44

Workout #17636 - Monday, 12 October 2015

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,500	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:45 Kick-1 fast 1 jmi {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:40 Kick 1 fast 1 jmi {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:35 Kick 1 fast 1 jmi {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:30 Kick 1 fast 1 jmi {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:25 Kick 1 fast 1 jmi
1,500	1x{4 x 125 on 1:45 Pulls-no br L.12/14/16/18 yc {4 x 125 on 1:40 Pulls-no br L.12/14/16/18 yc {4 x 125 on 1:35 Pulls-no br L.12/14/16/18 yc
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{5 x 200 on 2:30 Freestyle {4 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle {2 x 200 on 2:15 Freestyle {1 x 200 on 2:10 Freestyle
400	1 x 400 on 6:00 Stroke Drills
5:58 PM 7,350 Yards - Stress Value = 128	

Workout #17637 - Monday, 12 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,250	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :35 Kick no board BSLR {2 x 100 on 1:55 Kick-1 fast 1 jmi {4 x 25 on :35 Kick no board BSLR {2 x 100 on 1:50 Kick 1 fast 1 jmi {4 x 25 on :35 Kick no board BSLR {2 x 100 on 1:45 Kick 1 fast 1 jmi {4 x 25 on :35 Kick no board BSLR {2 x 75 on 1:15 Kick 1 fast 1 jmi {4 x 25 on :35 Kick no board BSLR
1,300	1x{4 x 125 on 1:55 Pulls-no br L.12/14/16/18 yc {4 x 125 on 1:50 Pulls-no br L.12/14/16/18 yc {4 x 75 on 1:05 Pulls-no br L.12/14/16/18 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	1x{5 x 200 on 2:45 Freestyle {4 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle {2 x 200 on 2:30 Freestyle {1 x 100 on 1:10 Freestyle
400	1 x 400 on 6:00 Stroke Drills
5:58 PM 6,600 Yards - Stress Value = 113	

Workout #17638 - Monday, 12 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters

1,150	1x{4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:10 Kick-1 fast 1 jmi {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:05 Kick 1 fast 1 jmi {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:00 Kick 1 fast 1 jmi {4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:25 Kick 1 fast 1 jmi
1,200	1x{4 x 100 on 1:45 Pulls-no br L.12/14/16/18 yc {4 x 100 on 1:40 Pulls-no br L.12/14/16/18 yc {4 x 100 on 1:35 Pulls-no br L.12/14/16/18 yc
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 200 on 3:10 Freestyle {3 x 200 on 3:05 Freestyle {2 x 200 on 3:00 Freestyle {2 x 200 on 2:55 Freestyle {1 x 100 on 1:25 Freestyle
400	1 x 400 on 6:00 Stroke Drills
5:58 PM 5,950 Yards - Stress Value = 101	

Workout #17639 - Monday, 12 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,000	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:30 Kick-1 fast 1 jmi {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:25 Kick 1 fast 1 jmi {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick 1 fast 1 jmi {2 x 25 on :45 Kick no board BS {1 x 50 on 1:00 Kick 1 fast
1,000	1x{4 x 100 on 1:55 Pulls-no br L.12/14/16/18 yc {4 x 100 on 1:50 Pulls-no br L.12/14/16/18 yc {4 x 50 on 1:05 Pulls-no br L.12/14/16/18 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{4 x 200 on 3:50 Freestyle {3 x 200 on 3:45 Freestyle {2 x 200 on 3:40 Freestyle {1 x 100 on 1:45 Freestyle
400	1 x 400 on 6:00 Stroke Drills
5:58 PM 5,150 Yards - Stress Value = 86	

Workout #17640 - Tuesday, 13 October 2015

Group 3 - Back

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
600	1 on 35:00 DS/Core/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
980	5 x 100 on 2:00 Kick @ Fastest Interval
1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on :45 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :45 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :45 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
400	1x{1 x 100 on 2:00 Freestyle
	{6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{4 x 25 on :40 Back -6 kick switch
	{3 x 50 on :45 Back-descend 3/5/7 KOW
	{1 x 200 on 2:35 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on :45 Back-descend 3/5/7/ KOW
	{1 x 200 on 2:30 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on :45 Back-descend 3/5/7 KOW
	{1 x 200 on 2:25 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on :45 Back-descend 3/5/7 KOW
	{1 x 200 on 2:20 Backstroke
500	10 x 50 on 1:00 Stroke Drills
	6:02 PM 5,130 Yards - Stress Value = 93

Workout #17642 - Tuesday, 13 October 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
550	1 on 35:00 DS/Core/Spotlight
150	1 x 550 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
980	5 x 100 on 2:00 Kick @ Fastest Interval
1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on :45 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :45 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :45 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
400	1x{1 x 100 on 2:00 Freestyle
	{6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 25 on :40 Back -6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:15 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7/ KOW
	{1 x 200 on 3:10 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:05 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{1 x 50 on :55 Back-fast 7 KOW
500	10 x 50 on 1:00 Stroke Drills
	6:02 PM 4,780 Yards - Stress Value = 87

Workout #17641 - Tuesday, 13 October 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
600	1 on 35:00 DS/Core/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
980	5 x 100 on 2:00 Kick @ Fastest Interval
1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on :45 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :45 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :45 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
400	1x{1 x 100 on 2:00 Freestyle
	{6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 25 on :40 Back -6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7 KOW
	{1 x 200 on 2:55 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7/ KOW
	{1 x 200 on 2:50 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7 KOW
	{1 x 200 on 2:45 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7 KOW
500	10 x 50 on 1:00 Stroke Drills
	6:02 PM 4,930 Yards - Stress Value = 89

Workout #17643 - Tuesday, 13 October 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
500	1 on 35:00 DS/Core/Spotlight
150	1 x 500 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
980	5 x 100 on 2:00 Kick @ Fastest Interval
1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on :45 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :45 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :45 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
400	1x{1 x 100 on 2:00 Freestyle
	{6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{4 x 25 on :40 Back -6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 200 on 4:00 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7/ KOW
	{1 x 200 on 3:55 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 100 on 1:55 Backstroke
	{2 x 25 on :40 Back-6 kick switch
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 4,530 Yards - Stress Value = 83

Workout #17652 - Wednesday, 14 October 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands/Tm Mtg
 150 20 x 25 on :30 Wednesday Warm-up
 1,800 10 x 15 on :45 Shooters
 1x{3 x 100 on 1:45 Kick
 {3 x 100 on 1:40 Kick
 {3 x 100 on 1:35 Kick
 {3 x 100 on 1:30 Kick
 {3 x 100 on 1:25 Kick
 {3 x 100 on 1:20 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 1x{3 x 150 on 2:35 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:30 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:25 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:20 2K1P w/tennis balls
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,200 Yards - Stress Value = 66

Workout #17653 - Wednesday, 14 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands/Tm Mtg
 150 20 x 25 on :30 Wednesday Warm-up
 1,600 10 x 15 on :45 Shooters
 1x{3 x 100 on 1:55 Kick
 {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
 {1 x 100 on 1:30 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{3 x 150 on 2:45 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:40 2K1P w/ tennis balls
 {6 x 25 on :40 Brst w/paddles "X"pullouts
 {3 x 150 on 2:35 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {2 x 150 on 2:30 2K1P w/tennis balls
 {2 x 25 on :40 Brst with paddles alt 2/3 PO
 300 6 x 50 on 1:00 Stroke Drills
 6:01 PM 4,900 Yards - Stress Value = 61

Workout #17654 - Wednesday, 14 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands/Tm Mtg
 150 20 x 25 on :30 Wednesday Warm-up
 1,450 10 x 15 on :45 Shooters
 1x{3 x 100 on 2:05 Kick
 {3 x 100 on 2:00 Kick
 {3 x 100 on 1:55 Kick
 {3 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 1,300 1x{4 x 150 on 2:20 Lungbuster pulls
 {3 x 150 on 2:15 Lungbuster pulls

{2 x 125 on 1:50 Lungbuster pulls
 Odds br 3-5-7 by the 50
 Evens br 2-4-6 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{3 x 150 on 2:55 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:50 2K1p w/tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:45 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {2 x 100 on 1:50 2K1P w/tennis balls
 250 1 x 250 on 4:00 Stroke Drills
 6:19 PM 5,850 Yards - Stress Value = 83

Workout #17655 - Wednesday, 14 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands/Tm Mtg
 150 20 x 25 on :30 Wednesday Warm-up
 1,200 10 x 15 on :45 Shooters
 1x{3 x 100 on 2:25 Kick
 {3 x 100 on 2:20 Kick
 {3 x 100 on 2:15 Kick
 {3 x 100 on 2:10 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{3 x 150 on 3:30 2K1P w/ tennis balls
 {6 x 25 on :45 Brst with paddles alt 2/3 PO
 {3 x 150 on 3:25 2K1P w/ tennis balls
 {6 x 25 on :45 Brst with paddles alt 2/3 PO
 {3 x 150 on 3:20 2K1P w/ tennis balls
 {2 x 25 on :45 Brst with paddles alt 2/3 PO
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 4,050 Yards - Stress Value = 48

Workout #17656 - Wednesday, 14 October 2015

New Prairie Group 3 - Breast

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Shoulders
 150 20 x 25 on :30 Wednesday Warm-up
 1,800 10 x 15 on :45 Shooters
 1x{3 x 100 on 1:45 Kick
 {3 x 100 on 1:40 Kick
 {3 x 100 on 1:35 Kick
 {3 x 100 on 1:30 Kick
 {3 x 100 on 1:25 Kick
 {3 x 100 on 1:20 Kick
 1,500 1x{4 x 150 on 2:00 Lungbuster pulls
 {3 x 150 on 1:55 Lungbuster pulls
 {2 x 150 on 1:50 Lungbuster pulls
 {1 x 150 on 1:45 Lungbuster pulls
 Odds br 3-5-7 by the 50
 Evens br 2-4-6 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 1x{3 x 150 on 2:35 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:30 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:25 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:20 2K1P w/tennis balls
 250 1 x 250 on 4:00 Stroke Drills
 5:29 PM 6,650 Yards - Stress Value = 96

Workout #17657 - Wednesday, 14 October 2015

New Prairie Group 3 - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,600 1x{3 x 100 on 1:55 Kick
 {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
 {1 x 100 on 1:30 Kick
 1,400 1x{4 x 150 on 2:10 Lungbuster pulls
 {3 x 150 on 2:05 Lungbuster pulls
 {2 x 150 on 2:00 Lungbuster pulls
 {1 x 50 on :40 Lungbuster pulls
 Odds br 3-5-7 by the 50
 Evens br 2-4-6 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{3 x 150 on 2:45 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:40 2K1P w/ tennis balls
 {6 x 25 on :40 Brst w/paddles "X"pullouts
 {3 x 150 on 2:35 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {2 x 150 on 2:30 2K1P w/tennis balls
 {2 x 25 on :40 Brst with paddles alt 2/3 PO
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 6,350 Yards - Stress Value = 89

1 on 25:00 DS/Shoulders
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,200 1x{3 x 100 on 2:25 Kick
 {3 x 100 on 2:20 Kick
 {3 x 100 on 2:15 Kick
 {3 x 100 on 2:10 Kick
 1,100 1x{4 x 150 on 2:40 Lungbuster pulls
 {2 x 150 on 2:35 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
 1,700 1x{3 x 150 on 3:30 2K1P w/ tennis balls
 {6 x 25 on :45 Brst with paddles alt 2/3 PO
 {3 x 150 on 3:25 2K1P w/ tennis balls
 {6 x 25 on :45 Brst with paddles alt 2/3 PO
 {3 x 150 on 3:20 2K1P w/ tennis balls
 {2 x 25 on :45 Brst with paddles alt 2/3 PO
 250 1 x 250 on 4:00 Stroke Drills
 5:29 PM 5,100 Yards - Stress Value = 64

Workout #17644 - Thursday, 15 October 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/ShouldersSpotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,750 1x{5 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {4 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {3 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {2 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {1 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 500 5 x 100 on 3:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,875 1x{4 x 100 on 1:25 Fly 2-3-4-5 SOW
 {4 x 100 on 1:20 Fly 2-3-4-5 SOW
 {4 x 100 on 1:15 Fly 2-3-4-5 SOW
 {4 x 100 on 1:10 Fly 2-3-4-5 SOW
 {1 x 200 on 3:00 Stroke Drills
 {3 x 75 on 1:00 Fly 3-4-5 SOW
 {3 x 75 on :55 Fly 3-4-5 SOW
 {3 x 75 on :50 Fly 3-4-5 SOW
 {1 x 200 on 3:00 Stroke Drills
 {2 x 50 on :40 Fly 4-5 SOW
 {2 x 50 on :35 Fly 4-5 SOW
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 6,325 Yards - Stress Value = 131

Workout #17658 - Wednesday, 14 October 2015

New Prairie Group 3 - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,450 1x{3 x 100 on 2:05 Kick
 {3 x 100 on 2:00 Kick
 {3 x 100 on 1:55 Kick
 {3 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 1,300 1x{4 x 150 on 2:20 Lungbuster pulls
 {3 x 150 on 2:15 Lungbuster pulls
 {2 x 125 on 1:50 Lungbuster pulls
 Odds br 3-5-7 by the 50
 Evens br 2-4-6 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{3 x 150 on 2:55 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:50 2K1p w/tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:45 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {2 x 100 on 1:50 2K1P w/tennis balls
 250 1 x 250 on 4:00 Stroke Drills
 5:29 PM 5,850 Yards - Stress Value = 83

Workout #17659 - Wednesday, 14 October 2015

New Prairie Group 3 - Bronze

1 minute rest between sets

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

Workout #17645 - Thursday, 15 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/ShouldersSpotlight
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,450	10 x 15 on :45 Shooters
1,450	1x{1 x 50 on :55 Kick {8 x 25 on :35 Kick your weakest kick {4 x 50 on :55 Kick {8 x 25 on :35 Kick your weakest kick {3 x 50 on :55 Kick {6 x 25 on :35 Kick your weakest kick {2 x 50 on :55 Kick {6 x 25 on :35 Kick your weakest kick {1 x 50 on :55 Kick {8 x 25 on :35 Kick your weakest kick
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,475	1x{4 x 100 on 1:35 Fly 2-3-4-5 SOW {4 x 100 on 1:30 Fly 2-3-4-5 SOW {4 x 100 on 1:25 Fly 2-3-4-5 SOW {4 x 100 on 1:20 Fly 2-3-4-5 SOW {1 x 200 on 4:00 Stroke Drills {3 x 75 on 1:10 Fly 3-4-5 SOW {3 x 75 on 1:05 Fly 3-4-5 SOW {3 x 75 on 1:00 Fly 3-4-5 SOW
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,625 Yards - Stress Value = 121

Yards	Set Description
500	1 on 30:00 DS/ShouldersSpotlight
150	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,200	10 x 15 on :45 Shooters
1,200	1x{1 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick {2 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick {4 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick {5 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick
500	5 x 100 on 3:00 Freestyle
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 100 on 2:10 Fly 2-3-4-5 SOW {4 x 100 on 2:05 Fly 2-3-4-5 SOW {4 x 100 on 2:00 Fly 2-3-4-5 SOW {1 x 150 on 4:00 Stroke Drills {2 x 50 on 1:10 Fly 4-5 SOW {2 x 50 on 1:05 Fly 4-5 SOW {2 x 50 on 1:00 Fly 4-5 SOW {2 x 50 on :55 Fly 4-5 SOW
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 4,550 Yards - Stress Value = 104

Workout #17646 - Thursday, 15 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/ShouldersSpotlight
150	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,350	10 x 15 on :45 Shooters
1,350	1x{2 x 50 on 1:00 Kick {8 x 25 on :40 Kick your weakest kick {4 x 50 on 1:00 Kick {8 x 25 on :40 Kick your weakest kick {3 x 50 on 1:00 Kick {6 x 25 on :40 Kick your weakest kick {2 x 50 on 1:00 Kick {6 x 25 on :40 Kick your weakest kick {1 x 50 on 1:00 Kick {2 x 25 on :40 Kick your weakest kick
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,125	1x{4 x 100 on 1:50 Fly 2-3-4-5 SOW {4 x 100 on 1:45 Fly 2-3-4-5 SOW {4 x 100 on 1:40 Fly 2-3-4-5 SOW {1 x 150 on 3:00 Stroke Drills {3 x 75 on 1:20 Fly 3-4-5 SOW {3 x 75 on 1:15 Fly 3-4-5 SOW {3 x 75 on 1:10 Fly 3-4-5 SOW {2 x 50 on :55 Fly 4-5 SOW
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,125 Yards - Stress Value = 111

Workout #17647 - Thursday, 15 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Workout #17648 - Friday, 16 October 2015

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	
=====	=====	=
	1 on 10:00 Dynamic Stretch	
600	1 x 600 on 10:00 Reverse IM drill	F
1,200	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 2:00 Kick-all under 1:20	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 1:55 Kick-all under 1:20	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 1:50 Kick-all under 1:20	F
100	1 x 100 on 1:30 Freestyle	
2,400	1x{1 x 200 on 3:00 Individual Medley	F
	{1 x 100 on 1:30 Individual Medley	F
	{1 x 100 on 1:05 Freestyle	F
	{1 x 100 on 1:25 Individual Medley	F
	{1 x 100 on 1:10 Freestyle	F
	{1 x 100 on 1:20 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:15 Individual Medley	F
	{1 x 100 on 1:20 Freestyle	F
	{1 x 200 on 3:00 Individual Medley	F
	{1 x 100 on 1:20 Individual Medley	F
	{1 x 100 on 1:05 Freestyle	F
	{1 x 100 on 1:20 Individual Medley	F
	{1 x 100 on 1:10 Freestyle	F
	{1 x 100 on 1:15 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 200 on 3:00 Individual Medley	F
	{1 x 100 on 1:20 Individual Medley	F
	{1 x 100 on 1:05 Freestyle	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:10 Freestyle	F
250	1 x 250 on 4:00 Stroke Drills	F
6:59 AM	4,550 Yards - Stress Value = 66	

{1 x 100 on 1:15 Freestyle	F
{1 x 100 on 1:35 Individual Medley	F
{1 x 100 on 1:20 Freestyle	F
{1 x 100 on 1:30 Individual Medley	F
{1 x 100 on 1:25 Freestyle	F
{1 x 100 on 1:25 Individual Medley	F
{1 x 100 on 1:30 Freestyle	F
{1 x 200 on 3:20 Individual Medley	F
{1 x 100 on 1:35 Individual Medley	F
{1 x 100 on 1:15 Freestyle	F
{1 x 100 on 1:30 Individual Medley	F
{1 x 100 on 1:20 Freestyle	F
{1 x 100 on 1:25 Individual Medley	F
{1 x 100 on 1:25 Freestyle	F
{1 x 200 on 3:20 Individual Medley	F
{1 x 100 on 1:15 Freestyle	F
250 1 x 250 on 4:00 Stroke Drills	F
6:59 AM	4,250 Yards - Stress Value = 60

Workout #17650 - Friday, 16 October 2015

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	
=====	=====	=
	1 on 10:00 Dynamic Stretch	
550	1 x 550 on 10:00 Reverse IM drill	F
1,100	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 2:15 Kick-all under 1:45	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 2:10 Kick-all under 1:45	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 2:10 Kick-all under 1:45	F
100	1 x 100 on 1:30 Freestyle	
1,800	1x{1 x 200 on 3:40 Individual Medley	F
	{1 x 100 on 1:50 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:45 Individual Medley	F
	{1 x 100 on 1:30 Freestyle	F
	{1 x 100 on 1:40 Individual Medley	F
	{1 x 100 on 1:35 Freestyle	F
	{1 x 200 on 3:40 Individual Medley	F
	{1 x 100 on 1:45 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:40 Individual Medley	F
	{1 x 100 on 1:30 Freestyle	F
	{1 x 100 on 1:35 Individual Medley	F
	{1 x 100 on 1:35 Freestyle	F
	{1 x 200 on 3:40 Individual Medley	F
	{1 x 250 on 4:00 Stroke Drills	F
6:58 AM	3,800 Yards - Stress Value = 52	

1 on 10:00 Dynamic Stretch	
1 x 550 on 10:00 Reverse IM drill	F
1x{1 x 25 on :45 Kick on left side face down	F
{1 x 25 on :45 Kick on right side face down	F
{1 x 25 on :45 Kick on left side face up	F
{1 x 25 on :45 Kick on right side face up	F
{3 x 100 on 2:15 Kick-all under 1:45	F
{1 x 25 on :45 Kick on left side face down	F
{1 x 25 on :45 Kick on right side face down	F
{1 x 25 on :45 Kick on left side face up	F
{1 x 25 on :45 Kick on right side face up	F
{3 x 100 on 2:10 Kick-all under 1:45	F
{1 x 25 on :45 Kick on left side face down	F
{1 x 25 on :45 Kick on right side face down	F
{1 x 25 on :45 Kick on left side face up	F
{1 x 25 on :45 Kick on right side face up	F
{2 x 100 on 2:10 Kick-all under 1:45	F
1 x 100 on 1:30 Freestyle	
1x{1 x 200 on 3:40 Individual Medley	F
{1 x 100 on 1:50 Individual Medley	F
{1 x 100 on 1:25 Freestyle	F
{1 x 100 on 1:45 Individual Medley	F
{1 x 100 on 1:30 Freestyle	F
{1 x 100 on 1:40 Individual Medley	F
{1 x 100 on 1:35 Freestyle	F
{1 x 200 on 3:40 Individual Medley	F
{1 x 100 on 1:45 Individual Medley	F
{1 x 100 on 1:25 Freestyle	F
{1 x 100 on 1:40 Individual Medley	F
{1 x 100 on 1:30 Freestyle	F
{1 x 100 on 1:35 Individual Medley	F
{1 x 100 on 1:35 Freestyle	F
{1 x 200 on 3:40 Individual Medley	F
{1 x 250 on 4:00 Stroke Drills	F
6:58 AM	3,800 Yards - Stress Value = 52

Workout #17649 - Friday, 16 October 2015

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	
=====	=====	=
	1 on 10:00 Dynamic Stretch	
600	1 x 600 on 10:00 Reverse IM drill	F
1,200	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 2:00 Kick-all under 1:30	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 1:55 Kick-all under 1:30	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 100 on 1:50 Kick-all under 1:30	F
100	1 x 100 on 1:30 Freestyle	
2,100	1x{1 x 200 on 3:20 Individual Medley	F
	{1 x 100 on 1:40 Individual Medley	F

Workout #17651 - Friday, 16 October 2015

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 500 1 x 500 on 10:00 Reverse IM drill
 1,000 1x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:30 Kick-all under 2:15
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:25 Kick-all under 2:10
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {2 x 50 on 1:10 Kick-all under 1:00
 100 1 x 100 on 1:30 Freestyle
 1,500 1x{1 x 200 on 4:15 Individual Medley
 {1 x 100 on 2:10 Individual Medley
 {1 x 100 on 1:40 Freestyle
 {1 x 100 on 2:05 Individual Medley
 {1 x 100 on 1:45 Freestyle
 {1 x 100 on 2:00 Individual Medley
 {1 x 100 on 1:50 Freestyle
 {1 x 200 on 4:15 Individual Medley
 {1 x 100 on 2:05 Individual Medley
 {1 x 100 on 1:40 Freestyle
 {1 x 100 on 2:00 Individual Medley
 {1 x 100 on 1:45 Freestyle
 {1 x 100 on 1:55 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 6:57 AM 3,350 Yards - Stress Value = 44

600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,350 1x{4 x 25 on :35 Kick no board BSLR
 {4 x 125 on 2:25 Kick
 {4 x 25 on :35 Kick no board BSLR
 {4 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 75 on 1:25 Kick
 1,650 1x{16 x 50 on :50 Pulls every 4tn one 4 breaths
 {12 x 50 on :55 Pulls every 3rd one 4 breaths
 {5 x 50 on 1:00 Pulls every 2nd one 4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 13 x 150 on 2:15 Freestyle-descend
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 6,100 Yards - Stress Value = 107

Workout #17662 - Monday, 19 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Spotlight
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :40 Kick no board BSLR
 {4 x 125 on 2:40 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 1,500 1x{12 x 50 on :55 Pulls every 4tn one 4 breaths
 {12 x 50 on 1:00 Pulls every 3rd one 4 breaths
 {6 x 50 on 1:05 Pulls every 2nd one 4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 12 x 150 on 2:30 Freestyle-descend
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 5,650 Yards - Stress Value = 99

Workout #17660 - Monday, 19 October 2015

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 1,800 1x{16 x 50 on :45 Pulls every 4tn one 4 breaths
 {12 x 50 on :50 Pulls every 3rd one 4 breaths
 {8 x 50 on :55 Pulls every 2nd one 4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 15 x 150 on 2:00 Free-descend
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 6,800 Yards - Stress Value = 121

Workout #17663 - Monday, 19 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Spotlight
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:25 Kick
 {2 x 25 on :45 Kick no board BS
 1,400 1x{12 x 50 on 1:00 Pulls every 4tn one 4 breaths
 {9 x 50 on 1:05 Pulls every 3rd one 4 breaths
 {6 x 50 on 1:10 Pulls every 2nd one 4 breaths
 {1 x 50 on 1:15 Pulls 4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 11 x 150 on 2:45 Freestyle-descend
 200 1 x 200 on 3:00 Stroke Drills
 6:02 PM 5,150 Yards - Stress Value = 90

Workout #17661 - Monday, 19 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Spotlight

Workout #17664 - Tuesday, 20 October 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 840 2x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 300 6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 3:00 Back for time from a push
 2,200 1x{3 x 150 on 2:20 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 5 secs
 {3 x 150 on 2:15 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 4 secs
 {3 x 150 on 2:10 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 3 secs
 {3 x 150 on 2:05 Backstroke
 {1 x 100 on 2:30 Backstroke afof
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 5,140 Yards - Stress Value = 124

Workout #17665 - Tuesday, 20 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 840 2x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 300 6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 3:00 Back for time from a push
 2,000 1x{3 x 150 on 2:35 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 5 secs
 {3 x 150 on 2:30 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 4 secs
 {3 x 150 on 2:25 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 3 secs
 {2 x 125 on 1:55 Backstroke
 {1 x 100 on 2:30 Backstroke afof
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 4,940 Yards - Stress Value = 102

Workout #17666 - Tuesday, 20 October 2015

Group 3 - Silver

1 minute rest between sets

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

1 on 30:00 DS/Core/Spotlight
 550 1 x 550 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 840 2x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 300 6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 3:00 Back for time from a push
 1,800 1x{3 x 150 on 2:55 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 5 secs
 {3 x 150 on 2:50 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 4 secs
 {3 x 100 on 1:50 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 3 secs
 {2 x 100 on 1:45 Backstroke
 {1 x 100 on 2:30 Backstroke afof
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 4,690 Yards - Stress Value = 116

Workout #17667 - Tuesday, 20 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 840 2x{ Alt 15 Tombstone Kick 15 underwa
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 300 6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 3:00 Back for time from a push
 1,650 1x{3 x 150 on 3:15 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 10 secs
 {2 x 150 on 3:10 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 8 secs
 {2 x 150 on 3:05 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 6 secs
 {2 x 100 on 2:00 Backstroke
 {1 x 100 on 2:30 Backstroke afof
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 4,490 Yards - Stress Value = 113

Workout #17672 - Wednesday, 21 October 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 45:00 DS/TRX/Spotlight
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,450	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :30 Kick no board BSLR-15 KOW
	{1 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR-14 KOW
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{1 x 150 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 150 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR-11 KOW
	{1 x 150 on 2:00 Kick
	{4 x 50 on :30 Kick no board BSLR-10 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{4 x 125 on 2:00 Breast L.25 3X pullouts
	{3 x 50 on :45 Breaststroke
	{4 x 125 on 1:55 Breast L.25 3X pullouts
	{3 x 50 on :50 Breaststroke
	{4 x 125 on 1:50 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{4 x 125 on 1:45 Breast L.25 3X pullouts
50	1 x 50 on 1:00 Freestyle
100	1 x 100 on 3:00 Breast OTB
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 5,500 Yards - Stress Value = 94

Workout #17673 - Wednesday, 21 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 45:00 DS/TRX Bands/Spotlight
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,200	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :30 Kick no board BSLR-15 KOW
	{1 x 150 on 2:50 Kick
	{4 x 25 on :30 Kick no board BSLR-14 KOW
	{1 x 150 on 2:45 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{1 x 150 on 2:40 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 150 on 2:35 Kick
	{4 x 25 on :30 Kick no board BSLR-11 KOW
	{1 x 100 on 1:40 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,275	1x{4 x 125 on 2:10 Breast L.25 3X pullouts
	{3 x 50 on :50 Breaststroke
	{4 x 125 on 2:05 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{4 x 125 on 2:00 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke
	{3 x 125 on 1:55 Breast L.25 3X pullouts
50	1 x 50 on 1:00 Freestyle
100	1 x 100 on 3:00 Breaststroke OTB
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 5,075 Yards - Stress Value = 88

Workout #17674 - Wednesday, 21 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
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Yards	Set Description
550	1 on 45:00 DS/TRX Bands/Spotlight
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,050	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :35 Kick no board BSLR-15 KOW
	{1 x 150 on 3:05 Kick
	{4 x 25 on :35 Kick no board BSLR-14 KOW
	{1 x 150 on 3:00 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{1 x 150 on 2:55 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{1 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR-11 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{4 x 125 on 2:20 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{4 x 125 on 2:15 Breast L.25 3X pullouts
	{3 x 50 on 1:00 Breaststroke
	{4 x 125 on 2:10 Breast L.25 3X pullouts
	{3 x 50 on 1:05 Breaststroke
	{1 x 100 on 1:40 Breast L.25 3X pullouts
50	1 x 50 on 1:00 Freestyle
100	1 x 100 on 3:00 Breast OTB
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 4,650 Yards - Stress Value = 80

Workout #17675 - Wednesday, 21 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 45:00 DS/TRX Bands/Spotlight
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
850	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR-15 KOW
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR-14 KOW
	{1 x 150 on 3:25 Kick
	{4 x 25 on :45 Kick no board BSLR 13 KOW
	{1 x 150 on 3:20 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
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{4 x 100 on 2:20 Breast L.25 3X pullouts
	{3 x 50 on 1:10 Breaststroke
	{4 x 100 on 2:15 Breast L.25 3X pullouts
	{3 x 50 on 1:10 Breaststroke
	{4 x 100 on 2:10 Breast L.25 3X pullouts
	{1 x 50 on 1:10 Breaststroke
	{1 x 100 on 2:05 Breast L.25 3X pullouts
50	1 x 50 on 1:00 Freestyle
100	1 x 100 on 3:00 Breast OTB
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 4,000 Yards - Stress Value = 68

Workout #17668 - Wednesday, 21 October 2015

New Prairie Group 3 - Breast

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/ABs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,450	1x{4 x 25 on :30 Kick no board BSLR-15 KOW
	{1 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR-14 KOW
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{1 x 150 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 150 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR-11 KOW
	{1 x 150 on 2:00 Kick
1,600	2x{4 x 50 on :30 Kick no board BSLR-10 KOW
	{1 x 100 on 2:00 Breast Pull
	{1 x 100 on 1:25 Breaststroke
	{1 x 100 on 1:55 Breast Pull
	{1 x 100 on 1:30 Breaststroke
	{1 x 100 on 1:50 Breast Pull
	{1 x 100 on 1:35 Breaststroke
	{1 x 100 on 1:45 Breast Pull
	{1 x 100 on 1:40 Breaststroke
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{4 x 125 on 2:00 Breast L.25 3X pullouts
	{3 x 50 on :45 Breaststroke
	{4 x 125 on 1:55 Breast L.25 3X pullouts
	{3 x 50 on :50 Breaststroke
	{4 x 125 on 1:50 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{4 x 125 on 1:45 Breast L.25 3X pullouts
50	1 x 50 on 1:00 Freestyle
100	1 x 100 on 3:00 Breast OTB
500	10 x 50 on 1:00 Stroke Drills
	5:31 PM 6,950 Yards - Stress Value = 110

Workout #17669 - Wednesday, 21 October 2015

New Prairie Group 3 - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/ABs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,100	1x{4 x 25 on :35 Kick no board BSLR-15 KOW
	{1 x 150 on 2:50 Kick
	{4 x 25 on :35 Kick no board BSLR-14 KOW
	{1 x 150 on 2:45 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{1 x 150 on 2:40 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{1 x 150 on 2:35 Kick
	{4 x 25 on :35 Kick no board BSLR-11 KOW
1,500	2x{1 x 100 on 2:10 Breast Pull
	{1 x 100 on 1:35 Breaststroke
	{1 x 100 on 2:05 Breast Pull
	{1 x 100 on 1:40 Breaststroke
	{1 x 100 on 2:00 Breast Pull
	{1 x 100 on 1:45 Breaststroke
	{1 x 100 on 1:55 Breast Pull
	{1 x 50 on :55 Breast (1st set only)
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,275	1x{4 x 125 on 2:10 Breast L.25 3X pullouts
	{3 x 50 on :50 Breaststroke
	{4 x 125 on 2:05 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{4 x 125 on 2:00 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke

{3 x 125 on 1:55 Breast L.25 3X pullouts

50 1 x 50 on 1:00 Freestyle
 100 1 x 100 on 3:00 Breaststroke OTB
 500 10 x 50 on 1:00 Stroke Drills
 5:32 PM 6,325 Yards - Stress Value = 102

Workout #17670 - Wednesday, 21 October 2015

New Prairie Group 3 - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/ABs
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,000	1x{4 x 25 on :40 Kick no board BSLR-15 KOW
	{1 x 150 on 3:05 Kick
	{4 x 25 on :40 Kick no board BSLR-14 KOW
	{1 x 150 on 3:00 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{1 x 150 on 2:55 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{1 x 100 on 1:55 Kick
	{2 x 25 on :40 Kick no board BSLR-11 KOW
1,400	2x{1 x 100 on 2:20 Breast Pull
	{1 x 100 on 1:45 Breaststroke
	{1 x 100 on 2:15 Breast Pull
	{1 x 100 on 1:50 Breaststroke
	{1 x 100 on 2:10 Breast Pull
	{1 x 100 on 1:55 Breaststroke
	{1 x 100 on 2:00 Br (do a 50 on 2nd rd)
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{4 x 125 on 2:20 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{4 x 125 on 2:15 Breast L.25 3X pullouts
	{3 x 50 on 1:00 Breaststroke
	{4 x 125 on 2:10 Breast L.25 3X pullouts
	{3 x 50 on 1:05 Breaststroke
	{1 x 100 on 1:40 Breast L.25 3X pullouts
50	1 x 50 on 1:00 Freestyle
100	1 x 100 on 3:00 Breast OTB
500	10 x 50 on 1:00 Stroke Drills
	5:32 PM 5,850 Yards - Stress Value = 91

Workout #17671 - Wednesday, 21 October 2015

New Prairie Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 25:00 DS/ABS
850	1 x 500 on 10:00 Free L.25 of each 100 Non F
	1x{4 x 25 on :45 Kick no board BSLR-15 KOW
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR-14 KOW
	{1 x 150 on 3:25 Kick
	{4 x 25 on :45 Kick no board BSLR 13 KOW
	{1 x 150 on 3:20 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
1,300	2x{1 x 100 on 2:30 Breast Pull
	{1 x 100 on 1:50 Breaststroke
	{1 x 100 on 2:25 Breast Pull
	{1 x 100 on 1:55 Breaststroke
	{1 x 100 on 2:20 Breast Pull
	{1 x 100 on 2:00 Breaststroke
	{1 x 50 on 1:00 Freestyle
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{4 x 100 on 2:20 Breast L.25 3X pullouts
	{3 x 50 on 1:10 Breaststroke
	{4 x 100 on 2:15 Breast L.25 3X pullouts
	{3 x 50 on 1:10 Breaststroke
	{4 x 100 on 2:10 Breast L.25 3X pullouts
	{1 x 50 on 1:10 Breaststroke
	{1 x 100 on 2:05 Breast L.25 3X pullouts
50	1 x 50 on 1:00 Freestyle
100	1 x 100 on 3:00 Breast OTB
500	10 x 50 on 1:00 Stroke Drills
5:31 PM	5,150 Yards - Stress Value = 78

Workout #17676 - Thursday, 22 October 2015

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Spotlight
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
500	5 x 100 on 3:00 Freestyle
900	1x{1 x 50 on :45 Butterfly 2-2
	{4 x 25 on :25 Butterfly lup 1down
	{2 x 50 on :45 Butterfly 2-3
	{4 x 25 on :25 Butterfly lup 2down
	{3 x 50 on :45 Butterfly 2-4
	{4 x 25 on :25 Butterfly lup 3down
	{4 x 50 on :45 Butterfly 2-5
	{4 x 25 on :25 Butterfly-descend
1,000	1x{3 x 100 on 1:40 Kick
	{3 x 100 on 1:35 Kick
	{3 x 100 on 1:30 Kick
	{1 x 100 on 1:25 Kick
200	4x{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 :25 Butterfly lup 1down
	{2 x 50 on :45 Butterfly 2-3
	{4 x 25 on :25 Butterfly lup 2down
	{3 x 50 on :45 Butterfly 2-4
	{4 x 25 on :25 Butterfly lup 3down
	{4 x 50 on :45 Butterfly 2-5
	{4 x 25 on :25 Butterfly-descend
200	4x{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 :25 Butterfly lup 1down
	{2 x 50 on :45 Butterfly 2-3

	{4 x 25 on :25 Butterfly lup 2down
	{3 x 50 on :45 Butterfly 2-4
	{4 x 25 on :25 Butterfly lup 3down
	{4 x 50 on :45 Butterfly 2-5
	{4 x 25 on :25 Butterfly-descend
250	1 x 250 on 4:00 Stroke Drills
5:59 PM	5,600 Yards - Stress Value = 123

Workout #17677 - Thursday, 22 October 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Spotlight
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
500	5 x 100 on 3:00 Freestyle
800	1x{1 x 50 on :50 Butterfly 2-2
	{4 x 25 on :30 Butterfly lup 1down
	{2 x 50 on :50 Butterfly 2-3
	{4 x 25 on :30 Butterfly lup 2down
	{3 x 50 on :50 Butterfly 2-4
	{4 x 25 on :30 Butterfly lup 3down
	{2 x 50 on :50 Butterfly 2-5
	{4 x 25 on :30 Butterfly-descend
900	1x{3 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{2 x 100 on 1:40 Kick
	{2 x 100 on 1:35 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 50 on :50 Butterfly 2-2
	{4 x 25 on :30 Butterfly lup 1down
	{2 x 50 on :50 Butterfly 2-3
	{4 x 25 on :30 Butterfly lup 2down
	{3 x 50 on :50 Butterfly 2-4
	{4 x 25 on :30 Butterfly lup 3down
	{2 x 50 on :50 Butterfly 2-5
	{4 x 25 on :30 Butterfly-descend
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 50 on :50 Butterfly 2-2
	{4 x 25 on :30 Butterfly lup 1down
	{2 x 50 on :50 Butterfly 2-3
	{4 x 25 on :30 Butterfly lup 2down
	{3 x 50 on :50 Butterfly 2-4
	{4 x 25 on :30 Butterfly lup 3down
	{2 x 50 on :50 Butterfly 2-5
	{4 x 25 on :30 Butterfly-descend
250	1 x 250 on 4:00 Stroke Drills
5:59 PM	5,200 Yards - Stress Value = 114

Workout #17678 - Thursday, 22 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Spotlight
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 3:00 Freestyle
 700 1x{1 x 50 on :55 Butterfly 2-2
 {4 x 25 on :35 Butterfly lup 1down
 {2 x 50 on :55 Butterfly 2-3
 {4 x 25 on :35 Butterfly lup 2down
 {3 x 50 on :55 Butterfly 2-4
 {4 x 25 on :35 Butterfly lup 3down
 {1 x 50 on :55 Butterfly 2-5
 {2 x 25 on :35 Butterfly-descend
 800 1x{3 x 100 on 2:00 Kick
 {3 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{1 x 50 on :55 Butterfly 2-2
 {4 x 25 on :35 Butterfly lup 1down
 {2 x 50 on :55 Butterfly 2-3
 {4 x 25 on :35 Butterfly lup 2down
 {3 x 50 on :55 Butterfly 2-4
 {4 x 25 on :35 Butterfly lup 3down
 {1 x 50 on :55 Butterfly 2-5
 {2 x 25 on :35 Butterfly-descend
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{1 x 50 on :55 Butterfly 2-2
 {4 x 25 on :35 Butterfly lup 1down
 {2 x 50 on :55 Butterfly 2-3
 {4 x 25 on :35 Butterfly lup 2down
 {3 x 50 on :55 Butterfly 2-4
 {4 x 25 on :35 Butterfly lup 3down
 {1 x 50 on :55 Butterfly 2-5
 {2 x 25 on :35 Butterfly-descend
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 4,800 Yards - Stress Value = 107

{3 x 50 on 1:00 Butterfly 2-4
 {4 x 25 on :40 Butterfly lup 3down
 {1 x 50 on 1:00 Butterfly 2-5
 200 4x{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 1:00 Butterfly 2-2
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 50 on 1:00 Butterfly 2-3
 {4 x 25 on :40 Butterfly lup 2down
 {3 x 50 on 1:00 Butterfly 2-4
 {4 x 25 on :40 Butterfly lup 3down
 {1 x 50 on 1:00 Butterfly 2-5
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 4,550 Yards - Stress Value = 101

Workout #17680 - Friday, 23 October 2015

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1,250 5x{1 x 150 on 2:30 2min swim :30sec to wall EN2
 {4 x 25 on :45 Sprint IM order SP2
 150 10 x 15 on :45 Shooters SP2
 All Drills are at least two drills &
 all three 50's must be different
 1,500 1x{1 x 150 on :01 Free L.25 5 breaths SP2
 {1 on 2:59 Rest
 {3 x 50 on 1:00 Stroke Drills REC
 {1 x 125 on :01 Free L.25 4 breaths SP2
 {1 x 25 on 2:59 Freestyle REC
 {3 x 50 on 1:00 Stroke Drills REC
 {1 x 100 on :01 Free L.25 3 breaths SP2
 {1 x 50 on 2:59 Freestyle REC
 {3 x 50 on 1:00 Stroke Drills REC
 {1 x 75 on :01 Free L.25 2 breaths SP2
 {1 x 75 on 2:59 Freestyle REC
 {3 x 50 on 1:00 Stroke Drills REC
 {1 x 50 on :01 Free L.25 1 breath SP2
 {1 x 100 on 2:59 Freestyle REC
 {1 x 25 on :01 Free no breath SP2
 {1 x 125 on 3:00 Freestyle REC
 500 10 x 50 on 1:00 Stroke Drills REC
 5:00 PM 3,400 Yards - Stress Value = 93

Workout #17679 - Thursday, 22 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Spotlight
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 3:00 Freestyle
 650 1x{1 x 50 on 1:00 Butterfly 2-2
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 50 on 1:00 Butterfly 2-3
 {4 x 25 on :40 Butterfly lup 2down
 {3 x 50 on 1:00 Butterfly 2-4
 {4 x 25 on :40 Butterfly lup 3down
 {1 x 50 on 1:00 Butterfly 2-5
 700 1x{2 x 100 on 2:20 Kick
 {2 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:00 Kick
 200 4x{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 1:00 Butterfly 2-2
 {4 x 25 on :40 Butterfly lup 1down
 {2 x 50 on 1:00 Butterfly 2-3
 {4 x 25 on :40 Butterfly lup 2down

Workout #17681 - Monday, 26 October 2015

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
600	1 on 30:00 DS/Physio Ball/Spotlight		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
1,850	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 100 on 1:15 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{2 x 75 on 1:05 Kick	EN2	
	{2 x 75 on 1:15 Kick	EN2	
	{2 x 75 on 1:25 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{3 x 50 on :40 Kick	EN2	
	{3 x 50 on :45 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	Do in sets of 4: 1-3 10-15 sec off best tin		
	#4 fast- Add all #4's to get 1000 free time		
4,000	1x{12 x 100 on 1:30 Freestyle	EN2	
	{12 x 100 on 1:25 Freestyle	EN2	
	{12 x 100 on 1:20 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	6:00 PM 7,100 Yards - Stress Value = 123		

550	1 x 550 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,450	1x{4 x 25 on :35 Kick no board BSLR	EN2
	{1 x 100 on 1:45 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{4 x 25 on :35 Kick no board BSLR	EN2
	{2 x 75 on 1:25 Kick	EN2
	{2 x 75 on 1:35 Kick	EN2
	{2 x 75 on 1:45 Kick	EN2
	{4 x 25 on :35 Kick no board BSLR	EN2
	{3 x 50 on 1:00 Kick	EN2
	{3 x 50 on 1:05 Kick	EN2
	{4 x 25 on :35 Kick no board BSLR	EN2
	Do in sets of 4: 1-3 10-15 sec off best tin	
	#4 fast- Add all #4's to get 1000 free time	
4,000	1x{12 x 100 on 1:40 Freestyle	EN2
	{12 x 100 on 1:35 Freestyle	EN2
	{12 x 100 on 1:30 Freestyle	EN2
	{4 x 100 on 1:25 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	6:00 PM 6,350 Yards - Stress Value = 115	

Workout #17684 - Monday, 26 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
600	1 on 30:00 DS/Physio Ball/Spotlight		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
1,850	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 100 on 1:15 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{2 x 75 on 1:05 Kick	EN2	
	{2 x 75 on 1:15 Kick	EN2	
	{2 x 75 on 1:25 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{3 x 50 on :40 Kick	EN2	
	{3 x 50 on :45 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	Do in sets of 4: 1-3 10-15 sec off best tin		
	#4 fast- Add all #4's to get 1000 free time		
4,000	1x{12 x 100 on 1:30 Freestyle	EN2	
	{12 x 100 on 1:25 Freestyle	EN2	
	{12 x 100 on 1:20 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	6:00 PM 7,100 Yards - Stress Value = 123		

3:30 PM Start

Yards	Set Description	EGY	WOF
600	1 on 30:00 DS/Physio Ball/Spotlight		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
1,200	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 75 on 1:45 Kick	EN2	
	{1 x 75 on 1:50 Kick	EN2	
	{2 x 75 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{1 x 50 on 1:15 Freestyle	EN1	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	Do in sets of 4: 1-3 10-15 sec off best tin		
	#4 fast- Add all #4's to get 800 free time		
3,200	1x{12 x 100 on 2:00 Freestyle	EN2	
	{12 x 100 on 1:55 Freestyle	EN2	
	{8 x 100 on 1:50 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:00 PM 5,300 Yards - Stress Value = 94		

Workout #17682 - Monday, 26 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
600	1 on 30:00 DS/Physio Ball/Spotlight		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
1,650	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{2 x 75 on 1:20 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{3 x 50 on :50 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	Do in sets of 4: 1-3 10-15 sec off best tin		
	#4 fast- Add all #4's to get 1000 free time		
4,000	1x{12 x 100 on 1:35 Freestyle	EN2	
	{12 x 100 on 1:30 Freestyle	EN2	
	{12 x 100 on 1:25 Freestyle	EN2	
	{4 x 100 on 1:20 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	6:00 PM 6,700 Yards - Stress Value = 119		

Workout #17683 - Monday, 26 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Physio Balls/Spotlight		

Workout #17685 - Tuesday, 27 October 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Core/Spotlight
 150 1 x 600 on 10:00 Top Hat Drill
 1,900 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {4 x 75 on 1:10 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:10 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 {4 x 75 on 1:10 Kick
 800 1 x 800 on 10:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{1 x 200 on 3:00 Butterfly
 {1 x 200 on 2:45 Freestyle
 {2 x 200 on 3:00 Butterfly
 {1 x 200 on 2:45 Freestyle
 {3 x 200 on 3:00 Butterfly
 {1 x 200 on 2:45 Freestyle
 {4 x 200 on 3:00 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,500 Yards - Stress Value = 110

{4 x 75 on 1:30 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:30 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 650 1 x 650 on 10:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{1 x 200 on 3:40 Butterfly
 {1 x 200 on 3:15 Freestyle
 {2 x 200 on 3:40 Butterfly
 {1 x 200 on 3:15 Freestyle
 {3 x 200 on 3:40 Butterfly
 {1 x 100 on 1:40 Freestyle
 {2 x 200 on 3:40 Butterfly
 {1 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,550 Yards - Stress Value = 91

Workout #17688 - Tuesday, 27 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Core/Spotlight
 150 1 x 500 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,350 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:10 Kick
 {6 x 25 on :45 Kick no board BSLRBS
 {4 x 50 on 1:10 Kick
 {8 x 25 on :45 Kick no board BSLRx2
 {4 x 50 on 1:10 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 {1 x 50 on 1:10 Kick
 550 1 x 550 on 10:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{1 x 150 on 3:15 Butterfly
 {1 x 200 on 3:30 Freestyle
 {2 x 150 on 3:15 Butterfly
 {1 x 200 on 3:30 Freestyle
 {3 x 150 on 3:15 Butterfly
 {1 x 100 on 1:45 Freestyle
 {3 x 150 on 3:15 Butterfly
 {1 x 50 on :50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,900 Yards - Stress Value = 79

Workout #17686 - Tuesday, 27 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Core/Spotlight
 150 1 x 600 on 10:00 Top Hat Drill
 1,750 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:20 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {4 x 75 on 1:20 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:20 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 {2 x 75 on 1:20 Kick
 750 1 x 750 on 10:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{1 x 200 on 3:25 Butterfly
 {1 x 200 on 3:00 Freestyle
 {2 x 200 on 3:25 Butterfly
 {1 x 200 on 3:00 Freestyle
 {3 x 200 on 3:25 Butterfly
 {1 x 100 on 1:30 Freestyle
 {3 x 200 on 3:25 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,000 Yards - Stress Value = 99

{4 x 75 on 1:30 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:30 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 650 1 x 650 on 10:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{1 x 200 on 3:40 Butterfly
 {1 x 200 on 3:15 Freestyle
 {2 x 200 on 3:40 Butterfly
 {1 x 200 on 3:15 Freestyle
 {3 x 200 on 3:40 Butterfly
 {1 x 100 on 1:40 Freestyle
 {2 x 200 on 3:40 Butterfly
 {1 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,550 Yards - Stress Value = 91

Workout #17687 - Tuesday, 27 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Core/Spotlight
 150 1 x 550 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:30 Kick
 {6 x 25 on :35 Kick no board BSLRBS

Workout #17689 - Wednesday, 28 October 2015

Group 3 - Back

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 45:00 DS/TRX Bands/Spotlight
150	20 x 25 on :30 Wednesday Warm-up
600	10 x 15 on :45 Shooters
1,350	6 x 100 on 2:00 Kick @ fastest interval
	1x{1 x 250 on 3:20 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
	{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 100 on 1:30 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 50 on :40 Backstroke
	{4 x 100 on 1:25 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 50 on :40 Backstroke
	{4 x 100 on 1:20 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 50 on :40 Backstroke
	{4 x 100 on 1:15 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 50 on :40 Backstroke
400	4 x 100 on 1:30 Free-Descend to Ludicrous
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,800 Yards - Stress Value = 65

Workout #17690 - Wednesday, 28 October 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 45:00 DS/TRX bands/Spotlight
150	20 x 25 on :30 Wednesday Warm-up
600	10 x 15 on :45 Shooters
1,200	6 x 100 on 2:00 Kick @ fastest interval
	1x{1 x 250 on 3:40 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds
	{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{4 x 100 on 1:40 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{4 x 100 on 1:35 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{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
	{2 x 100 on 1:30 Backstroke
	{1 x 50 on :55 Backstroke
400	4 x 100 on 1:30 Free-Descend to Ludicrous
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,350 Yards - Stress Value = 60

Workout #17691 - Wednesday, 28 October 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 45:00 DS/TRX bands
150	20 x 25 on :30 Wednesday Warm-up
600	10 x 15 on :45 Shooters
1,050	6 x 100 on 2:00 Kick @ fastest interval
	1x{1 x 250 on 4:10 Pulls-nbbf&w + 2 yds
	{2 x 125 on 2:05 Pulls-nbbf&w + 2 yds
	{1 x 200 on 3:20 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:40 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:30 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
1,750	1x{4 x 100 on 1:50 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{4 x 100 on 1:45 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{4 x 100 on 1:40 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 100 on 1:35 Backstroke
400	4 x 100 on 1:30 Free-Descend to Ludicrous
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,050 Yards - Stress Value = 56

Workout #17692 - Wednesday, 28 October 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 45:00 DS/TRX bands/Spotlight
150	20 x 25 on :30 Wednesday Warm-up
600	10 x 15 on :45 Shooters
950	6 x 100 on 2:00 Kick @ fastest interval
	1x{1 x 250 on 4:35 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds
	{1 x 200 on 3:40 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:45 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550	1x{4 x 100 on 2:00 Backstroke
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{4 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
	{4 x 100 on 1:50 Backstroke
	{1 x 50 on 1:05 Backstroke
300	3 x 100 on 2:00 Free-Descend to Ludicrous
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 4,650 Yards - Stress Value = 52

Workout #17701 - Wednesday, 28 October 2015

New Prairie Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 1,500 15 x 100 on 1:15 Pulls
 Every 3rd one breakout WFPF
 On each 3rd one build each 25 to 100%
 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 200 on 4:00 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:00 Breast-Kick on back
 {3 x 50 on :50 Breast-descend
 {1 x 200 on 4:00 Breast-Kick on back
 {3 x 50 on :50 Breast-descend
 {1 x 200 on 4:00 Breast 3-4-5-6 glide
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:00 Breast 2K1P
 {3 x 50 on 1:00 Breast-descend
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,950 Yards - Stress Value = 65

Workout #17702 - Wednesday, 28 October 2015

New Prairie Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 1,400 14 x 100 on 1:20 Pulls
 Every 3rd one breakout WFPF
 On each 3rd one build each 25 to 100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{1 x 200 on 4:15 Breast 2K1P
 {3 x 50 on 1:05 Breast descend
 {1 x 200 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:15 Breast-Kick on back
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:15 Breast-Kick on back
 {3 x 50 on :55 Breast-descend

{1 x 150 on 3:10 Breast 3-4-5-6 glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 100 on 2:05 Breast 2K1P
 {3 x 50 on 1:05 Breast-descend
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,600 Yards - Stress Value = 62

Workout #17703 - Wednesday, 28 October 2015

New Prairie Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:05 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:10 Kick your best kick
 {1 x 50 on 1:10 Kick your 2nd best kick
 1,200 12 x 100 on 1:30 Pulls
 Every 3rd one breakout WFPF
 On each 3rd one build each 25 to 100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{1 x 150 on 3:25 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 150 on 3:25 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:25 Breast-Kick on back
 {4 x 50 on 1:00 Breast-descend
 {1 x 150 on 3:25 Breast-Kick on back
 {3 x 50 on 1:00 Breast-descend
 {1 x 150 on 3:25 Breast 3-4-5-6 glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:25 Breast 2K1P
 {3 x 50 on 1:10 Breast-descend
 300 6 x 50 on 1:00 Stroke Drills
 5:59 PM 5,250 Yards - Stress Value = 61

Workout #17704 - Wednesday, 28 October 2015

New Prairie Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:25 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:30 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 1,000 10 x 100 on 1:50 Pulls
 Every 3rd one breakout WFPF
 On each 3rd one build each 25 to 100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 150 on 3:45 Breast 2K1P
 {3 x 50 on 1:15 Breast descend
 {1 x 150 on 3:45 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:10 Breast-descend
 {1 x 150 on 3:45 Breast-Kick on back
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:45 Breast-Kick on back
 {3 x 50 on 1:05 Breast-descend
 {1 x 100 on 2:30 Breast 3-4-5-6 glide
 {3 x 50 on 1:10 Breast-descend
 {1 x 100 on 2:30 Breast 2K1P
 {3 x 50 on 1:15 Breast-descend
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 4,750 Yards - Stress Value = 53

{1 x 200 on 4:00 Breast 3-4-5-6 glide
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:00 Breast 2K1P
 {3 x 50 on 1:00 Breast-descend
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 6,050 Yards - Stress Value = 65

Workout #17694 - Thursday, 29 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 1,400 14 x 100 on 1:20 Pulls
 Every 3rd one breakout WFPF
 On each 3rd one build each 25 to 100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{1 x 200 on 4:15 Breast 2K1P
 {3 x 50 on 1:05 Breast descend
 {1 x 200 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:15 Breast-Kick on back
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:15 Breast-Kick on back
 {3 x 50 on :55 Breast-descend
 {1 x 150 on 3:10 Breast 3-4-5-6 glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 100 on 2:05 Breast 2K1P
 {3 x 50 on 1:05 Breast-descend
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,700 Yards - Stress Value = 62

Workout #17693 - Thursday, 29 October 2015

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 1,500 15 x 100 on 1:15 Pulls
 Every 3rd one breakout WFPF
 On each 3rd one build each 25 to 100%
 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 200 on 4:00 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:00 Breast-Kick on back
 {3 x 50 on :50 Breast-descend
 {1 x 200 on 4:00 Breast-Kick on back
 {3 x 50 on :50 Breast-descend

Workout #17695 - Thursday, 29 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Shoulders/Spotlight
 150 1 x 550 on 10:00 Underwater trn drill
 1,050 10 x 15 on :45 Shooters
 1x{1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:05 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:10 Kick your best kick
 {1 x 50 on 1:10 Kick your 2nd best kick
 1,200 12 x 100 on 1:30 Pulls
 Every 3rd one breakout WFPF
 On each 3rd one build each 25 to 100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{1 x 150 on 3:25 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 150 on 3:25 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:25 Breast-Kick on back
 {4 x 50 on 1:00 Breast-descend
 {1 x 150 on 3:25 Breast-Kick on back
 {3 x 50 on 1:00 Breast-descend
 {1 x 150 on 3:25 Breast 3-4-5-6 glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:25 Breast 2K1P
 {3 x 50 on 1:10 Breast-descend
 300 6 x 50 on 1:00 Stroke Drills
 5:59 PM 5,300 Yards - Stress Value = 61

Workout #17696 - Thursday, 29 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Shoulders/Spotlight
 150 1 x 500 on 10:00 Underwater trn drill
 900 10 x 15 on :45 Shooters
 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:25 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:30 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 1,000 10 x 100 on 1:50 Pulls
 Every 3rd one breakout WFPF
 On each 3rd one build each 25 to 100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 150 on 3:45 Breast 2K1P
 {3 x 50 on 1:15 Breast descend
 {1 x 150 on 3:45 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:10 Breast-descend
 {1 x 150 on 3:45 Breast-Kick on back
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:45 Breast-Kick on back
 {3 x 50 on 1:05 Breast-descend
 {1 x 100 on 2:30 Breast 3-4-5-6 glide

{3 x 50 on 1:10 Breast-descend
 {1 x 100 on 2:30 Breast 2K1P
 {3 x 50 on 1:15 Breast-descend
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 4,750 Yards - Stress Value = 53

Workout #17697 - Friday, 30 October 2015

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 Dynamic Stretch
 180 1 x 600 on 10:00 Reverse IM drill
 9x{1 on :30 Flutter Kick on Wall
 {1 x 20 on 1:30 Flip on whistle underwater fl
 {kick to other side
 {every line you don't make = 5 pu
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{4 x 100 on 1:16 Individual Medley
 {4 x 50 on 1:00 Fly-100%
 {4 x 100 on 1:15 Individual Medley
 {4 x 50 on 1:00 Back-100%
 {4 x 100 on 1:14 Individual Medley
 {4 x 50 on 1:00 Breast-100%
 {4 x 100 on 1:13 Individual Medley
 {4 x 50 on 1:00 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 3,530 Yards - Stress Value = 84

Workout #17698 - Friday, 30 October 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 Dynamic Stretch
 180 1 x 600 on 10:00 Reverse IM drill
 9x{1 on :30 Flutter Kick on Wall
 {1 x 20 on 1:30 Flip on whistle underwater fl
 {kick to other side
 {every line you don't make = 5 pu
 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{4 x 100 on 1:23 Individual Medley
 {4 x 50 on 1:00 Fly-100%
 {4 x 100 on 1:22 Individual Medley
 {4 x 50 on 1:00 Back-100%
 {4 x 100 on 1:21 Individual Medley
 {4 x 50 on 1:00 Breast-100%
 {3 x 100 on 1:20 Individual Medley
 {4 x 50 on 1:00 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 3,430 Yards - Stress Value = 82

Workout #17699 - Friday, 30 October 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 550 1 x 550 on 10:00 Reverse IM drill
 180 9x{1 on :30 Flutter Kick on Wall
 {1 x 20 on 1:30 Flip on whistle underwater fl
 { kick to other side
 { every line you don't make = 5 pu
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{4 x 100 on 1:34 Individual Medley
 {4 x 50 on 1:00 Fly-100%
 {4 x 100 on 1:33 Individual Medley
 {4 x 50 on 1:00 Back-100%
 {3 x 100 on 1:32 Individual Medley
 {4 x 50 on 1:00 Breast-100%
 {3 x 100 on 1:31 Individual Medley
 {3 x 50 on 1:00 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 3,230 Yards - Stress Value = 77

Workout #17700 - Friday, 30 October 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 500 1 x 500 on 10:00 Reverse IM drill
 180 9x{1 on :30 Flutter Kick on Wall
 {1 x 20 on 1:30 Flip on whistle underwater fl
 { kick to other side
 { every line you don't make = 5 pu
 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{3 x 100 on 1:53 Individual Medley
 {3 x 50 on 1:10 Fly-100%
 {3 x 100 on 1:52 Individual Medley
 {3 x 50 on 1:10 Back-100%
 {3 x 100 on 1:51 Individual Medley
 {3 x 50 on 1:10 Breast-100%
 {3 x 100 on 1:50 Individual Medley
 {3 x 50 on 1:10 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 2,830 Yards - Stress Value = 64

Workout #17705 - Monday, 02 November 2015

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,250 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 {6 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:30 Kick
 {2 x 100 on 1:40 Kick
 {2 x 50 on :50 Kick
 {8 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:30 Kick
 {3 x 100 on 1:40 Kick
 {3 x 50 on :50 Kick
 1,250 1x{2 x 100 on 1:10 Pulls

{3 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:15 Pulls
 {3 x 50 on :55 Pulls-no br L.13 yds
 {2 x 100 on 1:20 Pulls
 {3 x 50 on :50 Pulls-no br L.14 yds
 {2 x 100 on 1:25 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{1 x 600 on 7:45 Free Neg Split
 {1 x 500 on 6:30 Free L.25 of each 100 6BK
 {1 x 400 on 5:10 Free descend 100's
 {1 x 300 on 3:55 Free SFBO SW/3KOBHW
 {1 x 200 on 2:35 Free-build each 50
 {1 x 100 on 1:20 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,800 Yards - Stress Value = 93

Workout #17706 - Monday, 02 November 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,050 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 {6 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:45 Kick
 {2 x 100 on 1:50 Kick
 {2 x 50 on :55 Kick
 {8 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {3 x 50 on :55 Kick
 1,150 1x{2 x 100 on 1:20 Pulls
 {3 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:25 Pulls
 {3 x 50 on :55 Pulls-no br L.13 yds
 {2 x 100 on 1:30 Pulls
 {3 x 50 on :50 Pulls-no br L.14 yds
 {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
 1,900 1x{1 x 600 on 8:35 Free Neg Split
 {1 x 500 on 7:10 Free L.25 of each 100 6BK
 {1 x 400 on 5:45 Free descend 100's
 {1 x 300 on 4:20 Free-build each 50
 {1 x 100 on 1:30 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,300 Yards - Stress Value = 86

Workout #17707 - Monday, 02 November 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball/Spotlight
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,800 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {6 x 25 on :40 Kick no board BSLR
 {2 x 150 on 3:00 Kick
 {2 x 100 on 2:00 Kick
 {2 x 50 on 1:00 Kick
 {8 x 25 on :40 Kick no board BSLR
 {2 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 1,100 1x{2 x 100 on 1:30 Pulls
 {3 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:35 Pulls
 {3 x 50 on :55 Pulls-no br L.13 yds
 {2 x 100 on 1:40 Pulls
 {2 x 50 on :50 Pulls-no br L.14 yds
 {1 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
 1,750 1x{1 x 600 on 9:30 Free Neg Split
 {1 x 500 on 7:55 Free L.25 of each 100 6BK
 {1 x 400 on 6:20 Free descend 100's
 {1 x 150 on 2:25 Build each 50
 {1 x 100 on 1:35 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,800 Yards - Stress Value = 80

Workout #17708 - Monday, 02 November 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball/Spotlight
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 {6 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:20 Kick
 {2 x 100 on 2:15 Kick
 {2 x 50 on 1:05 Kick
 {8 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:15 Kick
 {2 x 50 on 1:05 Kick
 1,000 1x{2 x 100 on 1:45 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:50 Pulls
 {2 x 50 on 1:00 Pulls-no br L.13 yds
 {2 x 100 on 1:55 Pulls
 {2 x 50 on 1:00 Pulls-no br L.14 yds
 {1 x 100 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
 1,500 1x{1 x 600 on 11:00 Free Neg Split
 {1 x 500 on 9:10 Free L.25 of each 100 6BK
 {1 x 300 on 5:30 Free descend 100's
 {1 x 100 on 1:50 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,250 Yards - Stress Value = 70

Workout #17709 - Tuesday, 03 November 2015

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Core
 150 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ fastest interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 underwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 300 6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 4x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,080 Yards - Stress Value = 100

Workout #17710 - Tuesday, 03 November 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Core
 150 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ fastest interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 underwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 300 6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 4x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,880 Yards - Stress Value = 100

Workout #17711 - Tuesday, 03 November 2015

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 DS/Core
150	1 x 550 on 10:00 Top Hat Drill
400	10 x 15 on :45 Shooters
980	4 x 100 on 2:00 Kick @ fastest interval
1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
300	6 x 50 on 2:00 Freestyle
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 50 on :50 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	4,630 Yards - Stress Value = 98

Workout #17712 - Tuesday, 03 November 2015

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/Core
150	1 x 500 on 10:00 Top Hat Drill
400	10 x 15 on :45 Shooters
980	4 x 100 on 2:00 Kick @ fastest interval
1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
300	6 x 50 on 2:00 Freestyle
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 25 on :45 Bathtub Drill with fins
	{1 x 100 on 2:05 Backstroke
	{1 x 50 on 1:00 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	1 x 250 on 4:00 Stroke Drills
6:00 PM	4,380 Yards - Stress Value = 94

Workout #17713 - Wednesday, 04 November 2015

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 40:00 DS/TRX Bands/Spotlight
150	20 x 25 on :30 Wednesday Warm-up
2,000	10 x 15 on :45 Shooters
1x	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12

	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{4 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 150 on 2:15 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 1:50 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:25 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 50 on :40 Breaststroke
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 2:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,700 Yards - Stress Value = 106

Workout #17714 - Wednesday, 04 November 2015

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 40:00 DS/TRX Bands/Spotlight
150	20 x 25 on :30 Wednesday Warm-up
1,700	10 x 15 on :45 Shooters
1x	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{4 x 75 on 1:10 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{1 x 150 on 2:30 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:35 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:10 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on :45 Breaststroke
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 2:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,300 Yards - Stress Value = 98

Workout #17715 - Wednesday, 04 November 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 40:00 DS/TRX Bands/Spotlight
150	20 x 25 on :30 Wednesday Warm-up
1,400	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{4 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR-14
	{2 x 75 on 1:25 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{2 x 75 on 1:30 Kick
200	4x{1 x 25 on :40 Kick no board BSLR
	{1 x 25 on :50 Sculling drills
2,050	1x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 150 on 2:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:15 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:15 Breaststroke
	{2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 2:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 4,750 Yards - Stress Value = 87

Workout #17716 - Wednesday, 04 November 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 40:00 DS/TRX Bands/Spotlight
150	20 x 25 on :30 Wednesday Warm-up
1,150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-12
	{4 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-14
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-12
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 150 on 3:15 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:40 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 2:05 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on 1:00 Breaststroke
50	1 x 50 on 2:00 Stroke Drills
100	1 x 100 on 2:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 4,100 Yards - Stress Value = 75

Workout #17717 - Thursday, 05 November 2015

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
	10 x 15 on :45 Shooters

1,600	1x{1 x 200 on 3:05 Kick
	{6 x 25 on :30 Kick weak kick
	{2 x 150 on 2:15 Kick
	{6 x 25 on :30 Kick weak kick
	{3 x 100 on 1:25 Kick
	{6 x 25 on :30 Kick weak kick
	{4 x 50 on :40 Kick
	{6 x 25 on :30 Kick weak kick
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,100	1x{4 x 100 on 1:30 2 strokes fly off walls
	{3 x 100 on 1:25 2 strokes fly off walls
	{2 x 100 on 1:20 2 strokes fly off walls
	{1 x 100 on 1:15 2 strokes fly off walls
	{1 x 50 on 1:00 Freestyle
	{4 x 100 on 1:25 3 strokes fly off walls
	{3 x 100 on 1:20 3 strokes fly off walls
	{2 x 100 on 1:15 3 strokes fly off walls
	{1 x 100 on 1:10 3 strokes fly off walls
	{1 x 50 on 1:00 Freestyle
	{4 x 100 on 1:20 4 strokes fly off walls
	{3 x 100 on 1:15 4 strokes fly off walls
	{2 x 100 on 1:10 4 strokes fly off walls
	{1 x 100 on 1:05 4 strokes fly off walls
250	1 x 250 on 4:00 Stroke Drills
	5:58 PM 6,400 Yards - Stress Value = 140

Workout #17718 - Thursday, 05 November 2015

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
1,450	10 x 15 on :45 Shooters
1,450	1x{1 x 200 on 3:30 Kick
	{6 x 25 on :30 Kick weak kick
	{2 x 150 on 2:35 Kick
	{6 x 25 on :30 Kick weak kick
	{3 x 100 on 1:40 Kick
	{6 x 25 on :30 Kick weak kick
	{1 x 50 on :50 Kick
	{6 x 25 on :30 Kick weak kick
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,750	1x{4 x 100 on 1:40 2 strokes fly off walls
	{3 x 100 on 1:35 2 strokes fly off walls
	{2 x 100 on 1:30 2 strokes fly off walls
	{1 x 100 on 1:25 2 strokes fly off walls
	{1 x 50 on 1:00 Freestyle
	{4 x 100 on 1:35 3 strokes fly off walls
	{3 x 100 on 1:30 3 strokes fly off walls
	{2 x 100 on 1:25 3 strokes fly off walls
	{1 x 100 on 1:20 3 strokes fly off walls
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on :45 4 strokes fly off walls
	{3 x 100 on 1:25 4 strokes fly off walls
	{2 x 100 on 1:20 4 strokes fly off walls
	{1 x 100 on 1:15 4 strokes fly off walls
250	1 x 250 on 4:00 Stroke Drills
	5:58 PM 5,900 Yards - Stress Value = 130

Workout #17719 - Thursday, 05 November 2015

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Shoulders/Spotlight
150	1 x 550 on 10:00 Underwater trn drill
1,150	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:10 Kick
	{6 x 25 on :40 Kick weak kick
	{2 x 150 on 3:05 Kick
	{6 x 25 on :40 Kick weak kick
	{2 x 100 on 2:00 Kick
	{6 x 25 on :40 Kick weak kick
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
2,300	1x{4 x 100 on 1:55 2 strokes fly off walls
	{3 x 100 on 1:50 2 strokes fly off walls
	{2 x 100 on 1:45 2 strokes fly off walls
	{1 x 100 on 1:40 2 strokes fly off walls
	{1 x 50 on 1:15 Freestyle
	{3 x 100 on 1:50 3 strokes fly off walls
	{2 x 100 on 1:45 3 strokes fly off walls
	{1 x 100 on 1:40 3 strokes fly off walls
	{1 x 50 on 1:15 Freestyle
	{3 x 100 on 1:45 4 strokes fly off walls
	{2 x 100 on 1:40 4 strokes fly off walls
	{1 x 100 on 1:35 4 strokes fly off walls
250	1 x 250 on 4:00 Stroke Drills
	5:58 PM 5,100 Yards - Stress Value = 115

Workout #17720 - Thursday, 05 November 2015

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders/Spotlight
150	1 x 500 on 10:00 Underwater trn drill
1,100	10 x 15 on :45 Shooters
	1x{1 x 200 on 5:00 Kick
	{6 x 25 on :40 Kick weak kick
	{2 x 150 on 3:30 Kick
	{6 x 25 on :40 Kick weak kick
	{3 x 100 on 2:10 Kick
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
2,000	1x{4 x 100 on 2:10 2 strokes fly off walls
	{2 x 100 on 2:05 2 strokes fly off walls
	{1 x 100 on 2:00 2 strokes fly off walls
	{1 x 50 on 1:15 Freestyle
	{3 x 100 on 2:05 3 strokes fly off walls
	{2 x 100 on 2:00 3 strokes fly off walls
	{1 x 100 on 1:55 3 strokes fly off walls
	{1 x 50 on 1:15 Freestyle
	{3 x 100 on 2:00 4 strokes fly off walls
	{2 x 100 on 1:55 4 strokes fly off walls
	{1 x 100 on 1:50 4 strokes fly off walls
250	1 x 250 on 4:00 Stroke Drills
	5:58 PM 4,700 Yards - Stress Value = 108

Workout #17721 - Friday, 06 November 2015

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start

Yards	Set Description
750	1 on 15:00 Ted's Dynamic Stretch
	1 x 750 on 10:00 2 min easy-10/50-20/40-30/3

40/20-30/30-20/40-20/50-1 min easy

100	4 x 25 on 1:15 Underwater kick with weights
120	8 x 15 on :45 Spinners
100	4 x 25 on 1:15 Underwater kick with weights
500	1 x 500 on 10:00 Social Kick w/ 4X25 fast
100	1 x 100 on 2:00 Kick for time
450	1x{6 x 25 on :45 Freestyle
	{1 x 300 on 20:00 Rabbit game
250	1 x 250 on 5:00 Stroke Drills
	5:00 PM 2,370 Yards - Stress Value = 39

Workout #17727 - Monday, 09 November 2015

HighSchl - Distance

1 minute rest between sets

4:54 PM Start

Yards	Set Description	EGY
1,800	1x{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 105	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 104	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 103	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:34 PM 2,100 Yards - Stress Value = 36	

Workout #17730 - Monday, 09 November 2015

HighSchl - Fly

1 minute rest between sets

4:54 PM Start

Yards	Set Description	EGY
1,725	1x{6 x 25 on :25 Fly-descend in 3s	EN2
	{2 x 100 on 1:25 3 strokes off walls	EN1
	{9 x 25 on :25 Fly-descend in 3s	EN2
	{3 x 100 on 1:20 3 strokes off walls	EN2
	{9 x 25 on :25 Fly-descend in 3s	EN2
	{4 x 100 on 1:15 3 strokes fly off walls	EN2
	{9 x 25 on :25 Fly-descend in 3s	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 1,975 Yards - Stress Value = 31	

Workout #17723 - Monday, 09 November 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS/Physio Balls/Tm Mtg
 450 1 x 600 on 10:00 Swim-kick-pull-swim
 1,900 10 x 45 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick
 {2 x 100 on 1:35 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 1:35 Kick
 {2 x 100 on 1:30 Kick
 {8 x 25 on :30 Kick no board BSLR X2
 {2 x 100 on 1:30 Kick
 {2 x 100 on 1:25 Kick
 {10 x 25 on :30 Kick no board BSLRX2 LR
 750 3x{1 x 50 on :45 Pull 8 SOT-HB
 {1 x 50 on :45 Pull 7 SOT-HB
 {1 x 50 on :45 Pull 6 SOT-HB
 {1 x 50 on :45 Pull 5 SOT-HB
 {1 x 50 on :45 Pull 4 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:53 PM 3,900 Yards - Stress Value = 68

Workout #17724 - Monday, 09 November 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS/Physio Balls/Tm Mtg
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,750 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {8 x 25 on :30 Kick no board BSLR X2
 {2 x 100 on 1:45 Kick
 {2 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board BSLR
 750 3x{1 x 50 on :45 Pull 8 SOT-HB
 {1 x 50 on :45 Pull 7 SOT-HB
 {1 x 50 on :45 Pull 6 SOT-HB
 {1 x 50 on :45 Pull 5 SOT-HB
 {1 x 50 on :45 Pull 4 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:53 PM 3,450 Yards - Stress Value = 53

Workout #17728 - Monday, 09 November 2015

HighSchl - Gold

1 minute rest between sets

4:54 PM Start
 Yards Set Description EGY
 =====
 1,800 1x{1 x 300 on 4:00 Freestyle EN2
 {3 x 100 on 1:35 Freestyle hold under 112 EN2
 {1 x 300 on 4:00 Freestyle EN2
 {3 x 100 on 1:30 Freestyle hold under 111 EN2
 {1 x 300 on 4:00 Freestyle EN2
 {3 x 100 on 1:25 Freestyle hold under 110 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,050 Yards - Stress Value = 36

Workout #17731 - Monday, 09 November 2015

HighSchl - Gold

1 minute rest between sets

4:54 PM Start
 Yards Set Description EGY
 =====
 1,625 1x{1 x 100 on 1:35 3 strokes off walls EN1
 {9 x 25 on :30 Fly-descend in 3s EN2
 {2 x 100 on 1:30 3 strokes off walls EN1
 {6 x 25 on :30 Fly-descend in 3s EN2
 {3 x 100 on 1:25 3 strokes off walls EN2
 {6 x 25 on :30 Fly-descend in 3s EN2
 {4 x 100 on 1:20 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,825 Yards - Stress Value = 29

Workout #17725 - Monday, 09 November 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 40:00 DS/Physio Balls/Tm Mtg
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 1,550 10 x 15 on :45 Shooters
 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {8 x 25 on :35 Kick no board BSLR X2
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :35 Kick no board BSLR
 750 3x{1 x 50 on :50 Pull 8 SOT-HB
 {1 x 50 on :50 Pull 7 SOT-HB
 {1 x 50 on :50 Pull 6 SOT-HB
 {1 x 50 on :50 Pull 5 SOT-HB
 {1 x 50 on :50 Pull 4 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:54 PM 3,200 Yards - Stress Value = 49

Workout #17732 - Monday, 09 November 2015

HighSchl - Silver

1 minute rest between sets

4:54 PM Start
 Yards Set Description EGY
 =====
 1,450 1x{1 x 100 on 1:45 3 strokes off walls EN1
 {6 x 25 on :35 Fly-descend in 3s EN2
 {2 x 100 on 1:40 3 strokes off walls EN1
 {6 x 25 on :35 Fly-descend in 3s EN2
 {3 x 100 on 1:35 3 strokes off walls EN2
 {6 x 25 on :35 Fly-descend in 3's EN2
 {4 x 100 on 1:30 3 strokes fly off walls EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,650 Yards - Stress Value = 26

Workout #17729 - Monday, 09 November 2015

HighSchl - Silver

1 minute rest between sets

4:55 PM Start

Yards	Set Description	EGY
1,600	1x{1 x 300 on 4:30 Freestyle	EN2
	{2 x 100 on 1:45 Freestyle hold under 125	EN2
	{1 x 300 on 4:30 Freestyle	EN2
	{2 x 100 on 1:40 Freestyle hold under 124	EN2
	{1 x 300 on 4:30 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 123	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM 1,800 Yards - Stress Value = 32		

Workout #17726 - Monday, 09 November 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
	1 on 40:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,300	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:20 Kick	
	{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 100 on 2:10 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 50 on 1:05 Kick	
	{4 x 25 on :45 Kick no board BSLR	
600	3x{1 x 50 on :55 Pull 8 SOT-HB	
	{1 x 50 on :55 Pull 7 SOT-HB	
	{1 x 50 on :55 Pull 6 SOT-HB	
	{1 x 50 on :55 Pull 5 SOT-HB	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:52 PM 2,750 Yards - Stress Value = 42		

Workout #17722 - Monday, 09 November 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5 minute warm-up	
300	6 x 50 on 2:00 Freestyle	
200	8 x 25 on 1:00 2 on each stroke-under water until you reach 12.5 yards	
250	5x{1 x 25 on :01 1/3 each of streamline kick	
	{ tarzan, no breath sprint rest/rest 5 second	
	{1 x 25 on 1:29 Kick no board BSLR	
100	4x{1 on 1:00 Vertical Kick	
	{1 x 25 on :01 12.5yds undr/Body Driven Frees	
	{1 on 1:59 Sculling Drll Feet First	
250	1 x 250 on 5:00 Stroke Drills	
7:05 AM 1,500 Yards - Stress Value = 57		

Workout #17736 - Tuesday, 10 November 2015

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 40:00 DS and Weights	
400	1 x 400 on 5:00 5:00 swim	

150	10 x 15 on :45 Shooters	
2,150	1x{5 x 125 on 1:45 Backstroke-Alt 25 of 12.5 YU	
	{8 x 25 on :30 Back 8+1 KOW	
	{4 x 100 on 1:25 Back alt 25 of 12.5 YU	
	{8 x 25 on :30 Back 8+1 KOW	
	{3 x 75 on 1:00 Back Alt 25 of 12.5 YU	
	{8 x 25 on :30 Back 8+1 KOW	
	{2 x 50 on :40 Back Alt 25 of 12.5 YU	
	{8 x 25 on :30 Back 8+1 KOW	
250	1 x 250 on 4:00 Stroke Drills	
7:05 AM 2,950 Yards - Stress Value = 48		

Workout #17746 - Tuesday, 10 November 2015

HighSchl - Breast

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
1,950	1x{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 2:35 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:10 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR
	{4 x 125 on 1:45 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,150 Yards - Stress Value = 57				

Workout #17733 - Tuesday, 10 November 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights		L	DRY
400	1 x 400 on 5:00 5:00 Swim	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
2,700	1x{2 x 225 on 3:00 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:55 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:50 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:45 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:40 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:35 Free L.25 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
7:04 AM 3,500 Yards - Stress Value = 60				

Workout #17743 - Tuesday, 10 November 2015

HighSchl - Distance

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK	E
2,000	1x{2 x 200 on 2:35 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:30 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:30 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:30 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:25 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:30 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:30 Freestyle	EN3	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM 2,400 Yards - Stress Value = 56					

Workout #17739 - Tuesday, 10 November 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core
150	1 x 600 on 10:00 Top Hat Drill
1,500	10 x 15 on :45 Shooters All 50 kicks hold under fastest interval
1,500	1x{3 x 50 on :40 Kick {1 x 100 on 2:00 Kick L.25 100% {3 x 50 on :45 Kick {1 x 125 on 2:25 Kick L.25 100% {3 x 50 on :50 Kick {1 x 150 on 2:50 Kick L.25 100% {3 x 50 on :55 Kick {1 x 175 on 3:15 Kick L.25 100% {3 x 50 on 1:00 Kick {1 x 200 on 3:40 Kick L.25 100%
1,800	1x{8 x 75 on 1:05 Pulls odds BTB evens BTS {8 x 75 on 1:00 Pulls odds BTB evens BTS {8 x 75 on :55 Pulls odds BTB evens BTS
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:49 PM 4,250 Yards - Stress Value = 74

Workout #17734 - Tuesday, 10 November 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			L DRY
400	1 x 400 on 5:00 5:00 swim	REC		D FR
150	10 x 15 on :45 Shooters	SP3		S FR
2,550	1x{2 x 225 on 3:15 Free L.25 6bk EN2 {2 x 225 on 3:10 Free L.25 6bk EN2 {2 x 225 on 3:05 Free L.25 6bk EN2 {2 x 225 on 3:00 Free L.25 6bk EN2 {2 x 225 on 2:55 Free L.25 6bk EN2 {2 x 150 on 1:55 Free L.25 6bk EN2			S FR S FR S FR S FR P FR S FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	7:05 AM 3,350 Yards - Stress Value = 57			

Workout #17737 - Tuesday, 10 November 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 on 40:00 DS and Weights
150	1 x 400 on 5:00 5:00 swim
150	10 x 15 on :45 Shooters
2,050	1x{5 x 125 on 1:55 Backstroke-Alt 25 of 12.5 YU {8 x 25 on :30 Back 8+1 KOW {4 x 100 on 1:30 Backstroke-Alt 25 of 12.5 YU {8 x 25 on :30 Back 8+1 KOW {3 x 75 on 1:05 Backstroke-Alt 25 of 12.5 YU {8 x 25 on :30 Back 8+1 KOW {2 x 50 on :40 Backstroke-Alt 25 of 12.5 YU {4 x 25 on :30 Back 8+1 KOW
250	1 x 250 on 4:00 Stroke Drills
	7:05 AM 2,850 Yards - Stress Value = 46

Workout #17740 - Tuesday, 10 November 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
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Yards	Set Description
600	1 on 30:00 DS/Core
150	1 x 600 on 10:00 Top Hat Drill
1,400	10 x 15 on :45 Shooters All 50 kicks hold under fastest interval
1,400	1x{3 x 50 on :45 Kick {1 x 100 on 2:00 Kick L.25 100% {3 x 50 on :50 Kick {1 x 125 on 2:25 Kick L.25 100% {3 x 50 on :55 Kick {1 x 150 on 2:50 Kick L.25 100% {3 x 50 on 1:00 Kick {1 x 175 on 3:15 Kick L.25 100% {3 x 50 on 1:05 Kick {1 x 100 on 2:00 Kick L.25 100%
1,650	1x{8 x 75 on 1:10 Pulls odds BTB evens BTS {6 x 75 on 1:05 Pulls odds BTB evens BTS {8 x 75 on 1:00 Pulls odds BTB evens BTS
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:49 PM 4,000 Yards - Stress Value = 69

Workout #17744 - Tuesday, 10 November 2015

HighSchl - Gold

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK	F	
2,000	1x{2 x 200 on 2:50 Freestyle {1 x 100 on 1:40 Freestyle {2 x 200 on 2:45 Freestyle {1 x 100 on 1:40 Freestyle {2 x 200 on 2:40 Freestyle {1 x 100 on 1:40 Freestyle {2 x 200 on 2:35 Freestyle {1 x 100 on 1:40 Freestyle			EN2 EN3 EN2 EN3 EN2 EN3 EN2 EN3	S S S S S S S S	FR FR FR FR FR FR FR FR
250	5 x 50 on 1:00 Stroke Drills	REC		D	CD 2	
	1 on 10:00 Ice			M		
	5:35 PM 2,250 Yards - Stress Value = 56					

Workout #17747 - Tuesday, 10 November 2015

HighSchl - Gold

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK		
1,750	1x{1 x 200 on 3:25 Breaststroke {3 x 50 on 1:00 Breast {2 x 175 on 2:55 Breaststroke {3 x 50 on 1:00 Breast {3 x 150 on 2:25 Breaststroke {4 x 50 on 1:00 Breast {2 x 125 on 2:00 Breaststroke			EN2 EN3 EN2 EN3 EN2 EN3 EN2	S S S S S S S	BR BR BR BR BR BR BR
200	1 x 200 on 3:00 Stroke Drills	REC		D	CD	
	1 on 10:00 Ice			M		
	5:35 PM 1,950 Yards - Stress Value = 55					

Workout #17735 - Tuesday, 10 November 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Weights		L	DRY
400	1 x 400 on 5:00 5:00 swim	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
2,250	1x{2 x 200 on 3:15 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 3:10 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 3:05 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 3:00 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 2:55 Free L.25 6bk	EN2	S	FR
	{2 x 125 on 1:45 Free L.25 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD

7:05 AM 3,050 Yards - Stress Value = 51

Workout #17738 - Tuesday, 10 November 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS and Weights			
400	1 x 400 on 5:00 5:00 swim			
150	10 x 15 on :45 Shooters			
1,800	1x{5 x 125 on 2:10 Backstroke-Alt 25 of 10 KOW			
	{8 x 25 on :35 Back 8+1 KOW			
	{4 x 100 on 1:45 Back alt 25 of 10 KOW			
	{8 x 25 on :35 Back 8+1 KOW			
	{3 x 75 on 1:15 Back Alt 25 of 10 KOW			
	{6 x 25 on :35 Back 8+1 KOW			
250	1 x 250 on 4:00 Stroke Drills			

7:05 AM 2,600 Yards - Stress Value = 41

Workout #17741 - Tuesday, 10 November 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
550	1 on 30:00 DS/Core			
550	1 x 550 on 10:00 Top Hat Drill			
150	10 x 15 on :45 Shooters			
	All 50 kicks hold under fastest interval			
1,250	1x{3 x 50 on :55 Kick			
	{1 x 100 on 2:10 Kick L.25 100%			
	{3 x 50 on 1:00 Kick			
	{1 x 125 on 2:35 Kick L.25 100%			
	{3 x 50 on 1:05 Kick			
	{1 x 150 on 3:00 Kick L.25 100%			
	{3 x 50 on 1:10 Kick			
	{1 x 175 on 3:25 Kick L.25 100%			
	{2 x 50 on 1:15 Kick			
1,500	1x{8 x 75 on 1:15 Pulls odds BTB evens BTS			
	{6 x 75 on 1:10 Pulls odds BTB evens BTS			
	{6 x 75 on 1:05 Pulls odds BTB evens BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:49 PM 3,650 Yards - Stress Value = 63

Workout #17745 - Tuesday, 10 November 2015

HighSchl - Silver

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{2 x 200 on 3:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR

{2 x 200 on 3:25 Freestyle	EN2	S	FR
{1 x 100 on 1:50 Freestyle	EN3	S	FR
{2 x 200 on 3:15 Freestyle	EN2	S	FR
{1 x 100 on 1:50 Freestyle	EN3	S	FR
{1 x 200 on 3:10 Freestyle	EN2	S	FR
{1 x 100 on 1:50 Freestyle	EN3	S	FR
1 x 200 on 3:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice			M

5:35 PM 2,000 Yards - Stress Value = 52

Workout #17748 - Tuesday, 10 November 2015

HighSchl - Silver

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{1 x 200 on 3:50 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breast	EN3	S	BR
	{2 x 175 on 3:20 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR
	{3 x 150 on 2:50 Breaststroke	EN2	S	BR
	{4 x 50 on 1:10 Breast	EN3	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 PM 1,700 Yards - Stress Value = 50

Workout #17742 - Tuesday, 10 November 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 30:00 DS/Core			
500	1 x 500 on 10:00 Top Hat Drill			
150	10 x 15 on :45 Shooters			
	All 50 kicks hold under fastest interval			
1,100	1x{3 x 50 on 1:05 Kick			
	{1 x 100 on 2:30 Kick L.25 100%			
	{3 x 50 on 1:10 Kick			
	{1 x 125 on 3:05 Kick L.25 100%			
	{3 x 50 on 1:15 Kick			
	{1 x 150 on 3:40 Kick L.25 100%			
	{3 x 50 on 1:20 Kick			
	{1 x 125 on 3:00 Kick L.25 100%			
1,350	1x{6 x 75 on 1:25 Pulls odds BTB evens BTS			
	{6 x 75 on 1:20 Pulls odds BTB evens BTS			
	{6 x 75 on 1:15 Pulls odds BTB evens BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:49 PM 3,300 Yards - Stress Value = 56

Workout #17753 - Wednesday, 11 November 2015

HighSchl - Distance

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,800	1x{1 x 400 on 5:15 Free L.100 6-7-8-9 KOW	EN2		
	{1 x 400 on 5:10 Free L.100 des 25's	EN2		
	{1 x 400 on 5:05 Free L.100 BWHPF	EN2		
	{1 x 400 on 5:00 Free L.100 SFBO	EN2		
	{1 x 400 on 4:55 Free L.100 Br on 5	EN2		
	{1 x 400 on 4:50 Free L.100-6bk	EN2		
	{1 x 400 on 4:45 Free-best effort	EN2		
400	8 x 50 on 1:00 Stroke Drills	REC		
	1 on 10:00 Ice			

5:34 PM 3,200 Yards - Stress Value = 56

Workout #17756 - Wednesday, 11 November 2015

HighSchl - Fly

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 Odd 50's hold :38 or faster
 2,650 1x{1 x 100 on 1:15 Freestyle EN1 S FR 1
 {6 x 50 on :45 Fly 2-3, 8 KOW EN1 S FLY 1
 {2 x 125 on 1:35 Freestyle EN1 S FR 1
 {5 x 50 on :45 Fly 2-4, 7 KOW EN1 S FLY 1
 {2 x 125 on 1:35 Freestyle EN1 S FR 1
 {4 x 50 on :45 Fly 2-5 6 KOW EN2 S FLY 1
 {2 x 125 on 1:35 Freestyle EN2 S FR 1
 {3 x 50 on :45 Fly 2-4, 5 KOW EN1 S FLY 1
 {2 x 125 on 1:35 Freestyle EN1 S FR 1
 {2 x 50 on :45 Fly 2-3, 4 KOW EN1 S FLY 1
 {2 x 125 on 1:35 Freestyle EN1 S FLY 1
 {1 x 50 on :45 Fly 2-2, 3 KOW EN1 S FLY 1
 {2 x 125 on 1:35 Freestyle EN2 S FR 1
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 3,050 Yards - Stress Value = 31

2,550 1x{1 x 400 on 5:45 Free L.100 6-7-8-9 KOW EN2
 {1 x 400 on 5:40 Free L.100 des 25's EN2
 {1 x 400 on 5:35 Free L.100 BWHPF EN2
 {1 x 400 on 5:30 Free L.100 SFBO EN2
 {1 x 400 on 5:25 Free L.100 Br on 5 EN2
 {1 x 400 on 5:20 Free L.100-6bk EN2
 {1 x 150 on 1:55 Free-100% SP2
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,950 Yards - Stress Value = 63

Workout #17757 - Wednesday, 11 November 2015

HighSchl - Gold

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 Odd 50's :42 or faster
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 2,750 Yards - Stress Value = 25

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 Odd 50's :42 or faster
 2,350 1x{1 x 100 on 1:25 Freestyle EN1 S FR 1
 {6 x 50 on :50 Fly 2-3, 8 KOW EN1 S FLY 1
 {2 x 125 on 1:45 Freestyle EN1 S FR 1
 {5 x 50 on :50 Fly 2-4, 7 KOW EN1 S FLY 1
 {2 x 125 on 1:45 Freestyle EN1 S FR 1
 {4 x 50 on :50 Fly 2-5 6 KOW EN2 S FLY 1
 {2 x 125 on 1:45 Freestyle EN2 S FR 1
 {3 x 50 on :50 Fly 2-4, 5 KOW EN1 S FLY 1
 {2 x 125 on 1:45 Freestyle EN1 S FR 1
 {1 x 50 on :50 Fly 2-3, 4 KOW EN1 S FLY 1
 {2 x 125 on 1:45 Freestyle EN1 S FLY 1
 {1 x 50 on :50 Fly 2-2, 3 KOW EN1 S FLY 1
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 2,750 Yards - Stress Value = 25

Workout #17749 - Wednesday, 11 November 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1 on 40:00 DS/Circuit
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,950 1x{4 x 25 on :30 Kick no board BSLR 15 KOW
 {6 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR 14 KOW
 {5 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR 13 KOW
 {4 x 125 on 1:50 Kick
 {8 x 25 on :30 Kick no board BSLRX2 12 KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 2,800 Yards - Stress Value = 47

3:00 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1 on 40:00 DS/Tm Mtg
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :35 Kick no board BSLR 15 KOW
 {6 x 75 on 1:35 Kick
 {4 x 25 on :35 Kick no board BSLR 14 KOW
 {3 x 100 on 2:05 Kick
 {4 x 25 on :35 Kick no board BSLR 13 KOW
 {2 x 125 on 2:35 Kick
 {6 x 25 on :35 Kick no board BSLR 12 KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 2,300 Yards - Stress Value = 37

Workout #17750 - Wednesday, 11 November 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1 on 40:00 DS/Circuit
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,750 1x{4 x 25 on :30 Kick no board BSLR 15 KOW
 {6 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no board BSLR 14 KOW
 {5 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR 13 KOW
 {4 x 75 on 1:15 Kick
 {8 x 25 on :30 Kick no board BSLR 12 KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 2,600 Yards - Stress Value = 43

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1 x 400 on 6:35 Free L.100 6-7-8-9 KOW EN2
 {1 x 400 on 6:30 Free L.100 des 25's EN2
 {1 x 400 on 6:25 Free L.100 BWHPF EN2
 {1 x 400 on 6:20 Free L.100 SFBO EN2
 {1 x 400 on 6:15 Free L.100 Br on 5 EN2
 {1 x 200 on 3:05 Free-100% EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,600 Yards - Stress Value = 44

Workout #17754 - Wednesday, 11 November 2015

HighSchl - Gold

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====

Workout #17758 - Wednesday, 11 November 2015

HighSchl - Silver

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 Odd 50's :47 or faster
 2,100 1x{1 x 100 on 1:35 Freestyle EN1 S FR 1
 {6 x 50 on :55 Fly 2-3, 8 KOW EN1 S FLY 1
 {2 x 100 on 1:35 Freestyle EN1 S FR 1
 {5 x 50 on :55 Fly 2-4, 7 KOW EN1 S FLY 1
 {2 x 100 on 1:35 Freestyle EN1 S FR 1
 {4 x 50 on :55 Fly 2-5 6 KOW EN2 S FLY 1
 {2 x 100 on 1:35 Freestyle EN2 S FR 1
 {3 x 50 on :55 Fly 2-4, 5 KOW EN1 S FLY 1
 {2 x 100 on 1:35 Freestyle EN1 S FR 1
 {1 x 50 on :55 Fly 2-3, 4 KOW EN1 S FLY 1
 {2 x 100 on 1:35 Freestyle EN1 S FLY 1
 {1 x 50 on :55 Fly 2-2, 3 KOW EN1 S FLY 1
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 2,500 Yards - Stress Value = 24

Workout #17752 - Wednesday, 11 November 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Circuit
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :45 Kick no board BSLR 15 KOW
 {4 x 75 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR 14 KOW
 {3 x 100 on 2:20 Kick
 {4 x 25 on :40 Kick no board BSLR 13 KOW
 {2 x 125 on 2:50 Kick
 {4 x 25 on :40 Kick no board BSLR 12 KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:38 PM 2,100 Yards - Stress Value = 33

Workout #17762 - Thursday, 12 November 2015

HighSchl - Back

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 5:00 5:00 Swim REC
 150 10 x 15 on :45 Shooters SP3
 1,900 1x{3 x 25 on :30 Back -6 kick switch EN1
 {4 x 50 on :50 Back-descend 3/5/7/C KOW EN2
 {1 x 200 on 2:30 Backstroke EN2
 {3 x 25 on :30 Back-6 kick switch EN2
 {4 x 50 on :50 Back-descend 3/5/7/C KOW EN2
 {1 x 200 on 2:35 Backstroke EN2
 {3 x 25 on :30 Back-6 kick switch EN1
 {4 x 50 on :50 Back-descend 3/5/7/C KOW EN2
 {1 x 200 on 2:40 Backstroke EN2
 {3 x 25 on :30 Back-6 kick switch EN1
 {4 x 50 on :50 Back-descend 3/5/7/C KOW EN2
 {1 x 200 on 2:45 Backstroke EN2
 450 9 x 50 on 1:00 Stroke Drills REC
 7:05 AM 2,900 Yards - Stress Value = 43

Workout #17772 - Thursday, 12 November 2015

HighSchl - Breast

1 minute rest between sets

4:04 PM Start
 Yards Set Description EGY WORK SI
 =====
 2,375 1x{1 x 125 on 2:00 Breaststroke EN1 S F
 {4 x 50 on 1:00 Breast under/over EN2 S F
 {2 x 125 on 1:55 Breaststroke EN1 S F
 {3 x 50 on 1:00 Breast under/over EN2 S F
 {3 x 125 on 1:50 Breaststroke EN1 S F
 {2 x 50 on 1:00 Breast under/over EN2 S F
 {4 x 125 on 1:45 Breaststroke EN2 S F
 {5 x 125 on 1:40 Breaststroke EN2 S F
 400 8 x 50 on 1:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 5:00 PM 2,775 Yards - Stress Value = 39

Workout #17759 - Thursday, 12 November 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 40:00 DS and Weights L DRY
 400 1 x 400 on 5:00 5:00 warm-up REC D FR
 150 10 x 15 on :45 Shooters SP3 S STK
 All 1:20 based swims hold 1:10 base
 2,150 1x{1 x 100 on 1:20 Freestyle EN2 S FR
 {1 x 100 on 1:30 Free Hold 1:05 EN2 S FR
 {1 x 300 on 4:00 Freestyle EN2 S FR
 {1 x 50 on :50 Freestyle REC S FR
 {1 x 200 on 2:40 Freestyle EN2 S FR
 {1 x 100 on 1:30 Free Hold 1:05 EN2 S FR
 {1 x 200 on 2:40 Freestyle EN2 S FR
 {1 x 50 on :50 Freestyle REC S FR
 {1 x 300 on 4:00 Freestyle EN2 S FR
 {1 x 100 on 1:30 Free hold 1:05 EN2 S FR
 {1 x 100 on 1:20 Freestyle EN2 S FR
 {1 x 50 on :50 Freestyle REC S FR
 {1 x 400 on 5:20 Freestyle EN2 S FR
 {1 x 100 on 1:30 Free Hold 1:05 EN2 S FR
 450 9 x 50 on 1:00 Stroke Drills REC D CD
 7:05 AM 3,150 Yards - Stress Value = 46

Workout #17769 - Thursday, 12 November 2015

HighSchl - Distance

1 minute rest between sets

4:04 PM Start
 Yards Set Description
 =====
 3,000 1x{1 x 300 on 3:50 Free count strokes
 {2 x 300 on 3:45 Free #2-3 KOW
 {3 x 300 on 3:40 Free #3 4 strokes off each w
 {4 x 300 on 3:35 Free #4 descend each 50
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 3,400 Yards - Stress Value = 51

Workout #17765 - Thursday, 12 November 2015

HighSchl - Platinum

1 minute rest between sets

300 6 x 50 on 1:00 Stroke Drills REC
7:05 AM 2,650 Yards - Stress Value = 41

2:55 PM Start

Yards	Set Description
600	1 on 10:00 Dynamic Stretch
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,800	1x{2 x 150 on 2:25 Kick your #1
	{2 x 50 on 1:00 Kick your #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:20 Kick your #1
	{2 x 50 on 1:00 Kick you #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:15 Kick your #1
	{2 x 50 on 1:00 Kick your #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:10 Kick your#1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:03 PM 2,750 Yards - Stress Value = 53

Workout #17760 - Thursday, 12 November 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS and Weights			L DRY
	1 x 400 on 5:00 5:00 Swim	REC		D FR
150	10 x 15 on :45 Shooters	SP3		S STK
	All 1:30 based swims hold 1:16 base			
2,150	1x{1 x 100 on 1:30 Freestyle	EN2		S FR
	{1 x 100 on 1:35 Free Hold 1:15	EN2		S FR
	{1 x 300 on 4:30 Freestyle	EN2		S FR
	{1 x 50 on :55 Freestyle	REC		S FR
	{1 x 200 on 3:00 Freestyle	EN2		S FR
	{1 x 100 on 1:35 Free Hold 1:15	EN2		S FR
	{1 x 200 on 3:00 Freestyle	EN2		S FR
	{1 x 50 on :55 Freestyle	REC		S FR
	{1 x 300 on 4:30 Freestyle	EN2		S FR
	{1 x 100 on 1:35 Free hold 1:15	EN2		S FR
	{1 x 100 on 1:30 Freestyle	EN2		S FR
	{1 x 50 on :55 Freestyle	REC		S FR
	{1 x 400 on 6:00 Freestyle	EN2		S FR
	{1 x 100 on 1:40 Free Hold 1:10	EN2		S FR
250	5 x 50 on 1:00 Stroke Drills	REC		D CD
	7:05 AM 2,950 Yards - Stress Value = 46			

Workout #17763 - Thursday, 12 November 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 40:00 DS and Weights		
	1 x 400 on 5:00 5:00 swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{3 x 25 on :35 Back -6 kick switch	EN1	
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:55 Backstroke	EN2	
	{3 x 25 on :35 Back-6 kick switch	EN2	
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 3:00 Backstroke	EN2	
	{3 x 25 on :35 Back-6 kick switch	EN1	
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 3:05 Backstroke	EN2	
	{3 x 25 on :35 Back-6 kick switch	EN1	
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2	
	{1 x 100 on 1:35 Backstroke	EN2	

Workout #17766 - Thursday, 12 November 2015

HighSchl - Gold

1 minute rest between sets

2:55 PM Start

Yards	Set Description
600	1 on 10:00 Dynamic Stretch
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,550	1x{2 x 150 on 2:55 Kick your #1
	{2 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:50 Kick your #1
	{1 x 50 on 1:05 Kick you #2
	{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:45 Kick your #1
	{1 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3
	{1 x 150 on 2:40 Kick your#1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:03 PM 2,500 Yards - Stress Value = 48

Workout #17770 - Thursday, 12 November 2015

HighSchl - Gold

1 minute rest between sets

4:04 PM Start

Yards	Set Description
2,750	1x{1 x 275 on 3:50 Free count strokes
	{2 x 275 on 3:45 Free #2-3 KOW
	{3 x 275 on 3:40 Free #3 4 strokes off each w
	{4 x 275 on 3:35 Free #4 descend each 50
400	8 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:00 PM 3,150 Yards - Stress Value = 47

Workout #17773 - Thursday, 12 November 2015

HighSchl - Gold

1 minute rest between sets

4:04 PM Start

Yards	Set Description	EGY	WOF
2,175	1x{1 x 125 on 2:10 Breaststroke	EN1	
	{4 x 50 on 1:00 Breast under/over	EN2	
	{2 x 125 on 2:05 Breaststroke	EN1	
	{3 x 50 on 1:00 Breast under/over	EN2	
	{3 x 125 on 2:00 Breaststroke	EN1	
	{2 x 50 on 1:00 Breast under/over	EN2	
	{4 x 125 on 1:55 Breaststroke-descend	EN2	
	{2 x 50 on 1:00 Breast under/over	EN2	
	{3 x 125 on 1:50 Breaststroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:00 PM 2,575 Yards - Stress Value = 36		

Workout #17761 - Thursday, 12 November 2015

4:03 PM 2,300 Yards - Stress Value = 45

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
	1 on 40:00 DS and Weights		L DRY	
400	1 x 400 on 5:00 5:00 Swim	REC	D FR	
150	10 x 15 on :45 Shooters	SP3	S FR	
	All 1:45 based swims hold 1:25 base			
1,950	1x{1 x 100 on 1:45 Freestyle	EN2	S FR	
	{1 x 100 on 1:55 Free Hold 1:20	EN2	S FR	
	{1 x 300 on 5:15 Freestyle	EN2	S FR	
	{1 x 50 on 1:00 Freestyle	REC	S FR	
	{1 x 200 on 3:30 Freestyle	EN2	S FR	
	{1 x 100 on 1:55 Free Hold 1:20	EN2	S FR	
	{1 x 200 on 3:30 Freestyle	EN2	S FR	
	{1 x 50 on 1:00 Freestyle	REC	S FR	
	{1 x 300 on 5:15 Freestyle	EN2	S FR	
	{1 x 100 on 1:55 Free hold 1:20	EN2	S FR	
	{1 x 100 on 1:45 Freestyle	EN2	S FR	
	{1 x 50 on 1:00 Freestyle	REC	S FR	
	{1 x 200 on 3:30 Freestyle	EN2	S FR	
	{1 x 100 on 1:55 Free hold 1:20	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	7:05 AM 2,700 Yards - Stress Value = 42			

Workout #17764 - Thursday, 12 November 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 40:00 DS and Weights	
400	1 x 400 on 5:00 5:00 Swim	REC
150	10 x 15 on :45 Shooters	SP3
1,700	1x{3 x 25 on :40 Back -6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:15 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN2
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:20 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:25 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
250	5 x 50 on 1:00 Stroke Drills	REC
	7:05 AM 2,500 Yards - Stress Value = 39	

Workout #17767 - Thursday, 12 November 2015

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
550	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,400	1x{2 x 150 on 3:15 Kick your #1
	{1 x 50 on 1:10 Kick your #2
	{1 x 50 on 1:15 Kick your #3
	{2 x 150 on 3:10 Kick your #1
	{2 x 50 on 1:10 Kick you #2
	{1 x 50 on 1:15 Kick your #3
	{2 x 150 on 3:05 Kick your #1
	{2 x 50 on 1:10 Kick your #2
	{1 x 50 on 1:15 Kick your #3
	{1 x 100 on 2:00 Kick your#1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #17771 - Thursday, 12 November 2015

HighSchl - Silver

1 minute rest between sets

4:04 PM Start

Yards	Set Description
=====	=====
2,250	1x{1 x 225 on 3:50 Free-count strokes
	{2 x 225 on 3:45 Free #2-3 KOW
	{3 x 225 on 3:40 Free #3 4 strokes off each w
	{4 x 225 on 3:35 Free #4 descend each 50
400	8 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:00 PM 2,650 Yards - Stress Value = 38

Workout #17774 - Thursday, 12 November 2015

HighSchl - Silver

1 minute rest between sets

4:04 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
1,700	1x{1 x 100 on 2:10 Breaststroke	EN1	
	{4 x 50 on 1:15 Breast under/over	EN2	
	{2 x 100 on 2:05 Breaststroke	EN1	
	{3 x 50 on 1:15 Breast under/over	EN2	
	{3 x 100 on 2:00 Breaststroke	EN1	
	{2 x 50 on 1:15 Breast under/over	EN2	
	{4 x 100 on 1:55 Breaststroke-descend	EN2	
	{1 x 50 on 1:15 Breast under/over	EN2	
	{2 x 100 on 1:50 Breaststroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:00 PM 2,100 Yards - Stress Value = 28		

Workout #17768 - Thursday, 12 November 2015

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
500	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,300	1x{2 x 125 on 3:00 Kick your #1
	{1 x 50 on 1:15 Kick your #2
	{1 x 50 on 1:20 Kick your #3
	{2 x 125 on 2:55 Kick your #1
	{1 x 50 on 1:15 Kick you #2
	{1 x 50 on 1:20 Kick your #3
	{2 x 150 on 3:25 Kick your #1
	{2 x 50 on 1:15 Kick your #2
	{1 x 50 on 1:20 Kick your #3
	{1 x 150 on 3:20 Kick your#1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:03 PM 2,150 Yards - Stress Value = 40

Workout #17778 - Friday, 13 November 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS/Shoulders/Ted's Abs
 150 1 x 600 on 10:00 Reverse IM drill
 1,550 10 x 15 on :45 Shooters
 1x{1 x 400 on 7:40 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 300 on 5:45 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {1 x 150 on 2:45 Kick
 500 1x{2 x 100 on 1:35 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 11 x 200 on 3:00 Challenge Set
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,500 Yards - Stress Value = 88

Workout #17779 - Friday, 13 November 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 40:00 DS/Shoulders/Ted's Abs
 150 1 x 550 on 10:00 Reverse IM drill
 1,350 10 x 15 on :45 Shooters
 1x{1 x 400 on 8:20 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 300 on 6:15 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 150 on 3:10 Kick
 450 1x{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:40 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:35 Pulls-nbbf&w + 2 yds
 {1 x 50 on :45 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,925 11 x 175 on 3:00 Challenge Set
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,925 Yards - Stress Value = 77

Workout #17780 - Friday, 13 November 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 40:00 DS/Shoulders/Ted's Abs
 150 1 x 500 on 10:00 Reverse IM drill
 1,150 10 x 15 on :45 Shooters
 1x{1 x 300 on 7:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 200 on 5:00 Kick
 {1 x 100 on 2:15 Kick

{1 x 100 on 2:10 Kick
 {1 x 150 on 3:30 Kick
 400 1x{1 x 100 on 2:00 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:55 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:50 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 11 x 150 on 3:00 Challenge Set
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,350 Yards - Stress Value = 68

Workout #17775 - Friday, 13 November 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 5:00 5:00 Swim
 500 5 x 100 on 3:00 Freestyle
 600 1x{1 x 200 on 10:00 Station #1 25 yd OTB
 { with weight belts, count strokes-finish to
 { or STATION #4-sprint resist stretch cordz
 { 5 dolphin kicks breakout and 25 strokes
 {1 x 200 on 10:00 Station #2 Running Pit Sprin
 { 9 X 20@1:00 with weight belts
 { or STATION #5, 12X25@:45 parachutes and pac
 {1 x 200 on 10:00 Vertical Kicking
 { 3x 10/20/30 seconds w/ weight belts, count
 { or STATION #6 8x25@1:00 undrwtr kick holdir
 200 1 x 200 on 3:00 Easy Swim
 7:06 AM 1,700 Yards - Stress Value = 100

Workout #17776 - Friday, 13 November 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:00 DS/Yoga
 600 1 x 600 on 12:00 Choice
 180 12 x 15 on :45 Start/Shooter/Finish
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{2 x 100 on 1:45 Fly 75 Drill 25 build
 {2 x 100 on 1:45 Back 75 Drill 25 build
 {2 x 100 on 1:45 Breast 75 Drill 25 build
 {2 x 100 on 1:45 Free 75 drill 25 build
 1 on 12:00 Techniques-Relay Starts
 1 on 10:00 Ice
 5:05 PM 1,780 Yards - Stress Value = 17

Workout #17777 - Saturday, 14 November 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
600	1 on 40:00 DS/Shoulders/Ted's Abs	
150	1 x 600 on 10:00 Reverse IM drill	
1,800	10 x 15 on :45 Shooters	
	1x{1 x 400 on 6:40 Kick	
	{1 x 100 on 1:35 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:25 Kick	
	{1 x 100 on 1:20 Kick	
	{1 x 300 on 5:00 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:25 Kick	
	{1 x 100 on 1:20 Kick	
	{1 x 200 on 3:20 Kick	
	{1 x 100 on 1:25 Kick	
	{1 x 100 on 1:20 Kick	
600	1x{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds	
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds	
	{2 x 100 on 1:15 Pulls-nbbf&w + 2 yds	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,200	11 x 200 on 3:00 Challenge Set	
300	6 x 50 on 1:00 Stroke Drills	
	1 on 10:00 Ice	
	9:35 AM 5,850 Yards - Stress Value = 94	

Workout #17792 - Monday, 16 November 2015

HighSchl - Back

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY
2,525	1x{2 x 125 on 1:40 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 125 on 1:35 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{4 x 125 on 1:30 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{4 x 100 on 1:15 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:15 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{2 x 100 on 1:10 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:34 PM 2,775 Yards - Stress Value = 64	

Workout #17789 - Monday, 16 November 2015

HighSchl - Distance

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{1 x 600 on 7:50 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 7:40 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 7:30 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 7:20 Free L.100 6bk	EN2	S	FR
	{1 x 600 on 7:10 Free L.125 6bk	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 3,200 Yards - Stress Value = 60			

Workout #17785 - Monday, 16 November 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/ Physio Balls
300	1 x 600 on 10:00 Swim-kick-pull-swim
	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
1,500	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Kick w/snorkel
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:55 Kick w/snorkel
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:00 Kick w/snorkel
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:05 Kick w/snorkel
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:10 Kick w/snorkel
1,100	1x{2 x 100 on 1:15 Pull 7 SOLW
	{2 x 125 on 1:35 Pull 6 SOLW
	{2 x 150 on 1:50 Pull 5 SOLW
	{2 x 175 on 2:15 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:42 PM 3,700 Yards - Stress Value = 55

Workout #17782 - Monday, 16 November 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
400	1 on 40:00 DS/Weights		
2,000	1x{4 x 25 on 5:00 5:00 Warm-up		REC
	{4 x 25 on :30 Freestyle-BC		EN2
	{1 x 100 on 1:30 Free 5 strokes fast		EN2
	{1 x 100 on 1:30 Free 10 strokes fast		EN2
	{1 x 100 on 1:30 Free 15 strokes fast		EN2
	{4 x 25 on :30 Freestyle-BC		EN2
	{1 x 100 on 1:30 Free 20 strokes fast		EN2
	{1 x 100 on 1:30 Free 25 strokes fast		EN2
	{1 x 100 on 1:30 Free 30 strokes fast		EN2
	{4 x 25 on :30 Freestyle-BC		EN2
	{1 x 100 on 1:30 Free 35 strokes fast		EN2
	{1 x 100 on 1:30 Free 40 strokes fast		EN2
	{1 x 100 on 1:30 Free -35 strokes fast		EN2
	{4 x 25 on :30 Freestyle-BC		EN2
	{1 x 100 on 1:30 Free-30 strokes fast		EN2
	{1 x 100 on 1:30 Free-25 strokes fast		EN2
	{1 x 100 on 1:30 Free-20 strokes fast		EN2
	{4 x 25 on :30 Freestyle-BC		EN2
	{1 x 100 on 1:30 Free 15 strokes fast		EN2
	{1 x 100 on 1:30 Free 10 strokes fast		EN2
	{1 x 100 on 1:30 Free 5 strokes fast		EN2
300	6 x 50 on 2:00 Freestyle		SP2
200	1 x 200 on 3:00 Stroke Drills		REC
	7:06 AM 2,900 Yards - Stress Value = 70		

Workout #17786 - Monday, 16 November 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/ Physio Ball
 300 1 x 600 on 10:00 Swim-kick-pull-swim
 1,350 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:05 Kick w/snorkel
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:10 Kick w/snorkel
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:15 Kick w/snorkel
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:15 Kick w/snorkel
 950 1x{1 x 50 on :45 Pull 7 SOLW
 {2 x 125 on 1:50 Pull 6 SOLW
 {2 x 150 on 2:05 Pull 5 SOLW
 {2 x 175 on 2:30 Pull 4 SOLW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,400 Yards - Stress Value = 50

1 on 40:00 DS/Weights
 400 1 x 400 on 5:00 5:00 Warm-up REC
 1,900 1x{4 x 25 on :30 Freestyle-BC EN2
 {1 x 100 on 1:40 Free 5 strokes fast EN2
 {1 x 100 on 1:40 Free 10 strokes fast EN2
 {1 x 100 on 1:40 Free 15 strokes fast EN2
 {3 x 25 on :30 Freestyle-BC EN2
 {1 x 100 on 1:40 Free 20 strokes fast EN2
 {1 x 100 on 1:40 Free 25 strokes fast EN2
 {1 x 100 on 1:40 Free 30 strokes fast EN2
 {3 x 25 on :30 Freestyle-BC EN2
 {1 x 100 on 1:40 Free 35 strokes fast EN2
 {1 x 100 on 1:40 Free 40 strokes fast EN2
 {1 x 100 on 1:40 Free -35 strokes fast EN2
 {3 x 25 on :30 Freestyle-BC EN2
 {1 x 100 on 1:40 Free-30 strokes fast EN2
 {1 x 100 on 1:40 Free-25 strokes fast EN2
 {1 x 100 on 1:40 Free-20 strokes fast EN2
 {3 x 25 on :30 Freestyle-BC EN2
 {1 x 100 on 1:40 Free 15 strokes fast EN2
 {1 x 100 on 1:40 Free 10 strokes fast EN2
 {1 x 100 on 1:40 Free 5 strokes fast EN2
 300 6 x 50 on 2:00 Freestyle SP2
 200 1 x 200 on 3:00 Stroke Drills REC
 7:06 AM 2,800 Yards - Stress Value = 70

Workout #17790 - Monday, 16 November 2015

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,750 1x{1 x 600 on 8:30 Free L.25 6bk EN2 S FR
 {1 x 600 on 8:20 Free L.50 6bk EN2 S FR
 {1 x 600 on 8:10 Free L.75 6bk EN2 S FR
 {1 x 600 on 8:00 Free L.100 6bk EN2 S FR
 {1 x 350 on 4:30 Free L.125 6bk EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,950 Yards - Stress Value = 55

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/ Physio Ball
 300 1 x 550 on 10:00 Swim-kick-pull-swim
 12 x 25 on :40 Cross pool sprints
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,250 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:15 Kick w/snorkel
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:20 Kick w/snorkel
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:25 Kick w/snorkel
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:30 Kick
 {2 x 25 on :35 Kick no board BS
 850 1x{1 x 100 on 1:35 Pull 7 SOLW
 {2 x 125 on 2:00 Pull 6 SOLW
 {1 x 150 on 2:25 Pull 5 SOLW
 {2 x 175 on 2:50 Pull 4 SOLW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,150 Yards - Stress Value = 48

Workout #17793 - Monday, 16 November 2015

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY
 =====
 2,325 1x{2 x 125 on 1:50 Backstroke EN1
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {3 x 125 on 1:45 Backstroke EN1
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {4 x 125 on 1:40 Backstroke EN2
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {3 x 100 on 1:25 Backstroke EN2
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {3 x 100 on 1:20 Backstroke EN2
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {1 x 100 on 1:20 Backstroke EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice M
 5:34 PM 2,575 Yards - Stress Value = 60

Workout #17791 - Monday, 16 November 2015
HighSchl - Silver
1 minute rest between sets
 4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,400 1x{1 x 600 on 9:35 Free L.25 6bk EN2 S FR
 {1 x 600 on 9:25 Free L.50 6bk EN2 S FR
 {1 x 600 on 9:15 Free L.75 6bk EN2 S FR
 {1 x 600 on 9:00 Free L.100 6bk EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,600 Yards - Stress Value = 48

Workout #17783 - Monday, 16 November 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WC
 =====

Workout #17794 - Monday, 16 November 2015

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY
2,050	1x{2 x 125 on 2:05 Backstroke	EN1
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 125 on 2:00 Backstroke	EN1
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 125 on 1:55 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:45 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:40 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{2 x 100 on 1:35 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	

5:34 PM 2,300 Yards - Stress Value = 45

Workout #17784 - Monday, 16 November 2015

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
1,650	1x{4 x 25 on :30 Freestyle-BC	EN2	
	{1 x 100 on 1:55 Free 5 strokes fast	EN2	
	{1 x 100 on 1:55 Free 10 strokes fast	EN2	
	{1 x 100 on 1:55 Free 15 strokes fast	EN2	
	{1 x 25 on :45 Freestyle-BC	EN2	
	{1 x 100 on 1:55 Free 20 strokes fast	EN2	
	{1 x 100 on 1:55 Free 25 strokes fast	EN2	
	{1 x 100 on 1:55 Free 30 strokes fast	EN2	
	{1 x 25 on :45 Freestyle-BC	EN2	
	{1 x 100 on 1:55 Free 35 strokes fast	EN2	
	{1 x 100 on 1:55 Free 40 strokes fast	EN2	
	{1 x 100 on 1:55 Free -35 strokes fast	EN2	
	{1 x 25 on :45 Freestyle-BC	EN2	
	{1 x 100 on 1:55 Free-30 strokes fast	EN2	
	{1 x 100 on 1:55 Free-25 strokes fast	EN2	
	{1 x 100 on 1:55 Free-20 strokes fast	EN2	
	{1 x 25 on :45 Freestyle-BC	EN2	
	{1 x 100 on 1:55 Free 15 strokes fast	EN2	
	{1 x 100 on 1:55 Free 10 strokes fast	EN2	
	{1 x 50 on :55 Free 5 strokes fast	EN2	
300	6 x 50 on 2:00 Freestyle	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:06 AM 2,550 Yards - Stress Value = 61

Workout #17788 - Monday, 16 November 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/ Physio Ball/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim		
300	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,050	1x{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:35 Kick w/snorkel		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:40 Kick w/snorkel		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:45 Kick w/snorkel		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 50 on 1:25 Kick w/snorkel		
750	1x{2 x 75 on 1:20 Pull 7 SOLW		

	{1 x 125 on 2:20 Pull 6 SOLW		
	{2 x 150 on 2:45 Pull 5 SOLW		
	{1 x 175 on 3:15 Pull 4 SOLW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

4:42 PM 2,800 Yards - Stress Value = 43

Workout #17781 - Monday, 16 November 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
2,000	1x{4 x 25 on :30 Freestyle-BC	EN2	
	{1 x 100 on 1:30 Free 5 strokes fast	EN2	
	{1 x 100 on 1:30 Free 10 strokes fast	EN2	
	{1 x 100 on 1:30 Free 15 strokes fast	EN2	
	{4 x 25 on :30 Freestyle-BC	EN2	
	{1 x 100 on 1:30 Free 20 strokes fast	EN2	
	{1 x 100 on 1:30 Free 25 strokes fast	EN2	
	{1 x 100 on 1:30 Free 30 strokes fast	EN2	
	{4 x 25 on :30 Freestyle-BC	EN2	
	{1 x 100 on 1:30 Free 35 strokes fast	EN2	
	{1 x 100 on 1:30 Free 40 strokes fast	EN2	
	{1 x 100 on 1:30 Free -35 strokes fast	EN2	
	{4 x 25 on :30 Freestyle-BC	EN2	
	{1 x 100 on 1:30 Free-30 strokes fast	EN2	
	{1 x 100 on 1:30 Free-25 strokes fast	EN2	
	{1 x 100 on 1:30 Free-20 strokes fast	EN2	
	{4 x 25 on :30 Freestyle-BC	EN2	
	{1 x 100 on 1:30 Free 15 strokes fast	EN2	
	{1 x 100 on 1:30 Free 10 strokes fast	EN2	
	{1 x 100 on 1:30 Free 5 strokes fast	EN2	
300	6 x 50 on 2:00 Freestyle	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:06 AM 2,900 Yards - Stress Value = 70

Workout #17798 - Tuesday, 17 November 2015

HighSchl - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 40:00 DS and Weights		
400	1 x 400 on 5:00 5:00 Warm-up		
300	12 x 25 on :40 Rd 1 #1, Rd 2 #2, Rd 3 free		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
2,050	1x{3 x 100 on 1:30 Breaststroke		
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn		
	{3 x 100 on 1:30 Breaststroke		
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn		
	{3 x 100 on 1:30 Breaststroke		
	{4 x 50 on 1:10 Under/overs-2X pullouts-turn		
	{3 x 100 on 1:25 Breaststroke		
	{4 x 50 on 1:15 Under/overs-2X pullout-turn		
	{3 x 100 on 1:25 Breaststroke		
250	1 x 250 on 4:00 Stroke Drills		

7:05 AM 3,000 Yards - Stress Value = 59

Workout #17795 - Tuesday, 17 November 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM	Start			
400	1 on 40:00 DS and Weights			WT
300	1 x 400 on 5:00 5:00 Warm-up	REC	D	F
2,500	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free	SP3	S	CF
1x	{1 x 350 on 4:30 Freestyle	EN2	S	F
	{3 x 50 on :40 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:25 Freestyle	EN2	S	F
	{3 x 50 on :45 Free-Great Effort	EN2	S	F
	{1 x 350 on 4:20 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:15 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:10 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
7:05 AM	3,450 Yards - Stress Value = 86			

Workout #17805 - Tuesday, 17 November 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
2,850	1x{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{5 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN2	S	FR
	{3 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{2 x 100 on 1:10 Freestyle	EN2	S	FR
	{1 x 150 on 1:55 Freestyle	EN1	S	FR
	{1 x 100 on 1:10 Freestyle	EN2	S	FR
	Hold 100's 1:05 or faster			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	3,100 Yards - Stress Value = 47			

Workout #17808 - Tuesday, 17 November 2015

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
4:45 PM	Start			
2,450	1x{1 x 250 on 3:40 Fly 1+1 stroke off walls	EN		
	{2 x 225 on 3:15 Fly 2+1 stroke off walls	EN		
	{3 x 200 on 2:50 Fly 3+1 stroke off walls	EN		
	{4 x 175 on 2:25 Fly 4+1 strokes off walls	EN		
	{3 x 150 on 2:00 Fly 5+1 stroke off walls	EN		
250	1 x 250 on 4:00 Stroke Drills			RE
	1 on 10:00 Ice			
5:35 PM	2,700 Yards - Stress Value = 49			

Workout #17801 - Tuesday, 17 November 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:00 PM	Start			
	1 on 30:00 DS/Core			
600	1 x 600 on 10:00 Top Hat Drill			
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free			
1,400	1x{1 x 200 on 4:00 Kick w/ snorkel			

	{1 x 200 on 3:55 Kick w/ snorkel			
	{1 x 200 on 3:50 Kick w/ snorkel			
	{1 x 200 on 3:45 Kick w/ snorkel			
	{1 x 200 on 3:40 Kick w/ snorkel			
	{1 x 200 on 3:35 Kick w/ snorkel			
	{1 x 200 on 3:30 Kick w/ snorkel			
1,500	1 x 1500 on 19:00 Pulls-odd 100's btb Even 100's BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:44 PM 4,000 Yards - Stress Value = 72			

Workout #17796 - Tuesday, 17 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM	Start			
	1 on 40:00 DS and Weights			WT
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	F
300	12 x 25 on :40 Variable Rd 1 #1, Rd 2 #2, Rd 3 free	SP3	S	CF
2,350	1x{1 x 350 on 5:00 Freestyle	EN2	S	F
	{3 x 50 on :45 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:55 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:50 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:45 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:40 Freestyle	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
7:05 AM	3,300 Yards - Stress Value = 83			

Workout #17799 - Tuesday, 17 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM	Start			
	1 on 40:00 DS and Weights			WT
400	1 x 400 on 5:00 5:00 Warm-up			
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free			
1,950	1x{3 x 100 on 1:40 Breaststroke			
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn			
	{3 x 100 on 1:40 Breaststroke			
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn			
	{3 x 100 on 1:35 Breaststroke			
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn			
	{3 x 100 on 1:35 Breaststroke			
	{3 x 50 on 1:15 Under/overs-2X pullout-turn			
	{3 x 100 on 1:35 Breaststroke			
250	1 x 250 on 4:00 Stroke Drills			
7:05 AM	2,900 Yards - Stress Value = 57			

Workout #17802 - Tuesday, 17 November 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Underwater trn drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,300 1x{1 x 200 on 4:20 Kick w/ snorkel
 {1 x 200 on 4:15 Kick w/ snorkel
 {1 x 200 on 4:10 Kick w/ snorkel
 {1 x 200 on 4:05 Kick w/ snorkel
 {1 x 200 on 4:00 Kick w/ snorkel
 {1 x 200 on 3:55 Kick w/ snorkel
 {1 x 100 on 1:55 Kick w/ snorkel
 1,350 1 x 1350 on 19:00 Pulls-odd 100's btb
 Even 100's BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 3,750 Yards - Stress Value = 67

Workout #17806 - Tuesday, 17 November 2015

HighSchl - Gold

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,600 1x{2 x 150 on 2:10 Freestyle EN1 S FR
 {5 x 100 on 1:15 Freestyle EN2 S FR
 {2 x 150 on 2:10 Freestyle EN1 S FR
 {4 x 100 on 1:15 Freestyle EN2 S FR
 {2 x 150 on 2:10 Freestyle EN2 S FR
 {3 x 100 on 1:15 Freestyle EN2 S FR
 {2 x 150 on 2:10 Freestyle EN1 S FR
 {2 x 100 on 1:15 Freestyle EN2 S FR
 Hold 100's 1:12 or faster
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,850 Yards - Stress Value = 43

Workout #17809 - Tuesday, 17 November 2015

HighSchl - Gold

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,250 1x{1 x 250 on 3:55 Fly 1+1 stroke off walls EN
 {2 x 225 on 3:30 Fly 2+1 stroke off walls EN
 {3 x 200 on 3:05 Fly 3+1 stroke off walls EN
 {4 x 175 on 2:40 Fly 4+1 strokes off walls EN
 {2 x 125 on 1:50 Fly 5+1 stroke off walls EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 5:35 PM 2,500 Yards - Stress Value = 45

Workout #17797 - Tuesday, 17 November 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 40:00 DS and Weights L WI
 400 1 x 400 on 5:00 5:00 Warm-up REC D F
 300 12 x 25 on :40 Variable Speed SP3 S ST
 Rd 1 #1, Rd 2 #2, Rd 3 free
 2,000 1x{1 x 350 on 5:50 Freestyle EN2 S F
 {3 x 50 on :50 Free-Great Effort EN3 S F
 {1 x 350 on 5:45 Freestyle EN2 S F

{3 x 50 on :55 Free-Great Effort EN3 S F
 {1 x 350 on 5:40 Freestyle EN2 S F
 {3 x 50 on 1:00 Free-Great Effort EN3 S F
 {1 x 350 on 5:35 Freestyle EN2 S F
 {3 x 50 on 1:05 Free-Great Effort EN3 S F
 1 x 250 on 4:00 Stroke Drills REC D C
 7:05 AM 2,950 Yards - Stress Value = 76

Workout #17800 - Tuesday, 17 November 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 5:00 5:00 Warm-up
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,750 1x{3 x 100 on 1:50 Breaststroke
 {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
 {3 x 100 on 1:50 Breaststroke
 {2 x 50 on 1:05 Under/overs-2X pullouts-turn
 {3 x 100 on 1:50 Breaststroke
 {3 x 50 on 1:10 Under/overs-2X pullouts-turn
 {3 x 100 on 1:50 Breaststroke
 {3 x 50 on 1:15 Under/Overs-2X Pullouts-turn
 {1 x 100 on 1:45 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 7:05 AM 2,700 Yards - Stress Value = 59

Workout #17803 - Tuesday, 17 November 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 1,150 1x{1 x 200 on 4:45 Kick w/ snorkel
 {1 x 200 on 4:40 Kick w/ snorkel
 {1 x 200 on 4:35 Kick w/ snorkel
 {1 x 200 on 4:30 Kick w/ snorkel
 {1 x 200 on 4:25 Kick w/ snorkel
 {1 x 150 on 3:15 Kick w/ snorkel
 1,250 1 x 1250 on 19:00 Pulls-odd 100's btb
 Even 100's BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 3,450 Yards - Stress Value = 62

Workout #17807 - Tuesday, 17 November 2015

HighSchl - Silver

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,200 1x{2 x 150 on 2:30 Freestyle EN1 S FR
 {4 x 100 on 1:30 Freestyle EN2 S FR
 {2 x 150 on 2:30 Freestyle EN1 S FR
 {3 x 100 on 1:30 Freestyle EN2 S FR
 {2 x 150 on 2:30 Freestyle EN2 S FR
 {2 x 100 on 1:30 Freestyle EN2 S FR
 {2 x 150 on 2:30 Freestyle EN1 S FR
 {1 x 100 on 1:30 Freestyle EN2 S FR
 hold 100's 1:22 or faster
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,450 Yards - Stress Value = 35

Workout #17810 - Tuesday, 17 November 2015

HighSchl - Silver

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,000 1x{1 x 250 on 4:30 Fly 1+1 stroke off walls EN
 {2 x 225 on 4:00 Fly 2+1 stroke off walls EN
 {3 x 200 on 3:30 Fly 3+1 stroke off walls EN
 {4 x 175 on 3:00 Fly 4+1 strokes off walls EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 5:35 PM 2,250 Yards - Stress Value = 40

Workout #17804 - Tuesday, 17 November 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK
 =====
 500 1 x 500 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,050 1x{1 x 150 on 4:05 Kick w/ snorkel
 {1 x 150 on 4:00 Kick w/ snorkel
 {1 x 150 on 3:55 Kick w/ snorkel
 {1 x 150 on 3:50 Kick w/ snorkel
 {1 x 150 on 3:45 Kick w/ snorkel
 {1 x 150 on 3:40 Kick w/ snorkel
 {1 x 150 on 3:35 Kick w/ snorkel
 1,000 1 x 1000 on 19:00 Pulls-odd 100's btb
 Even 100's BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 3,050 Yards - Stress Value = 55

Workout #17818 - Wednesday, 18 November 2015

HighSchl - Back

1 minute rest between sets

4:47 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,100 1x{1 x 100 on 1:20 Backstroke EN1
 {6 x 25 on :30 Back 12yds under -1 kick EN2
 {2 x 100 on 1:20 Backstroke EN1
 {6 x 25 on :30 Back 12yds under -1 kick EN2
 {3 x 100 on 1:20 Backstroke EN1
 {6 x 25 on :30 Back 12yds under -1 kick EN2
 {4 x 100 on 1:20 Backstroke EN1
 {6 x 25 on :30 Back 12yds under -1 kick EN2
 {5 x 100 on 1:20 Backstroke EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:34 PM 2,350 Yards - Stress Value = 32

Workout #17815 - Wednesday, 18 November 2015

HighSchl - Distance

1 minute rest between sets

4:47 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,475 1x{3 x 200 on 2:35 Freestyle EN2 S FR
 {3 x 175 on 2:15 Freestyle EN2 S FR
 {3 x 150 on 1:55 Freestyle EN2 S FR
 {3 x 125 on 1:35 Freestyle EN2 S FR
 {3 x 100 on 1:15 Freestyle EN2 S FR
 {3 x 75 on :55 Freestyle EN2 S FR
 #1 3kow w/expl breakouts
 #2 build bowfpf

#3 DPS

250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:34 PM 2,725 Yards - Stress Value = 49

Workout #17811 - Wednesday, 18 November 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK
 =====
 500 1 on 59:00 Pictures/DS/TRX Bands
 300 20 x 25 on :30 Wednesday Warm-up
 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,000 1x{4 x 25 on :30 Kick no board B
 {2 x 100 on 2:00 Kick w/ snorkel
 {4 x 25 on :30 Kick no board S
 {2 x 100 on 2:00 Kick w/ snorkel
 {4 x 25 on :30 Kick no board L
 {2 x 100 on 2:00 Kick w/ snorkel
 {4 x 25 on :30 Kick no board R
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:46 PM 2,000 Yards - Stress Value = 28

Workout #17812 - Wednesday, 18 November 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK
 =====
 500 1 on 59:00 Pictures/DS/TRX Bands
 300 20 x 25 on :30 Wednesday Warm-up
 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 950 1x{4 x 25 on :30 Kick no board B
 {2 x 100 on 2:10 Kick w/ snorkel
 {4 x 25 on :30 Kick no board S
 {2 x 100 on 2:10 Kick w/ snorkel
 {4 x 25 on :30 Kick no board L
 {2 x 75 on 1:40 Kick w/ snorkel
 {4 x 25 on :30 Kick no board R
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:46 PM 1,950 Yards - Stress Value = 27

Workout #17816 - Wednesday, 18 November 2015

HighSchl - Gold

1 minute rest between sets

4:47 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,250 1x{3 x 200 on 2:55 Freestyle EN2 S FR
 {3 x 175 on 2:30 Freestyle EN2 S FR
 {3 x 150 on 2:10 Freestyle EN2 S FR
 {3 x 125 on 1:45 Freestyle EN2 S FR
 {3 x 100 on 1:20 Freestyle EN2 S FR
 #1 3kow w/expl breakouts
 #2 build bowfpf
 #3 DPS
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:34 PM 2,500 Yards - Stress Value = 45

Workout #17819 - Wednesday, 18 November 2015

HighSchl - Gold

1 minute rest between sets

4:47 PM Start

Yards	Set Description	EGY	WORK	STK
1,950	1x{1 x 100 on 1:30 Backstroke	EN1		
	{6 x 25 on :30 Back 12yds under -1 kick	EN2		
	{2 x 100 on 1:30 Backstroke	EN1		
	{6 x 25 on :30 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:30 Backstroke	EN1		
	{6 x 25 on :30 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:30 Backstroke	EN1		
	{4 x 25 on :30 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:30 Backstroke	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:34 PM 2,200 Yards - Stress Value = 29				

Workout #17813 - Wednesday, 18 November 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 59:00 Pictures/DS/TRX Bands			
500	20 x 25 on :30 Wednesday Warm-up			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
800	1x{4 x 25 on :35 Kick no board B			
	{2 x 100 on 2:25 Kick w/ snorkel			
	{4 x 25 on :35 Kick no board S			
	{2 x 100 on 2:25 Kick w/ snorkel			
	{2 x 25 on :35 Kick no board L			
	{1 x 100 on 2:25 Kick w/ snorkel			
	{2 x 25 on :35 Kick no board R			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:46 PM 1,800 Yards - Stress Value = 24				

Workout #17817 - Wednesday, 18 November 2015

HighSchl - Silver

1 minute rest between sets

4:47 PM Start

Yards	Set Description	EGY	WORK	STK
1,950	1x{3 x 200 on 3:15 Freestyle	EN2	S	FR
	{3 x 175 on 2:50 Freestyle	EN2	S	FR
	{3 x 150 on 2:25 Freestyle	EN2	S	FR
	{3 x 125 on 2:00 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM 2,200 Yards - Stress Value = 39				

Workout #17820 - Wednesday, 18 November 2015

HighSchl - Silver

1 minute rest between sets

4:47 PM Start

Yards	Set Description	EGY	WORK	STK
1,650	1x{1 x 100 on 1:40 Backstroke	EN1		
	{6 x 25 on :35 Back 12yds under -1 kick	EN2		
	{2 x 100 on 1:40 Backstroke	EN1		
	{6 x 25 on :35 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:40 Backstroke	EN1		
	{6 x 25 on :35 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:40 Backstroke	EN1		

	{4 x 25 on :35 Back 12yds under -1 kick	EN2		
	{1 x 100 on 1:40 Backstroke	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:34 PM 1,900 Yards - Stress Value = 23				

Workout #17814 - Wednesday, 18 November 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 59:00 Pictures/DS/TRX Bands			
500	20 x 25 on :30 Wednesday Warm-up			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
750	1x{4 x 25 on :35 Kick no board B			
	{2 x 100 on 2:40 Kick w/ snorkel			
	{4 x 25 on :35 Kick no board S			
	{2 x 100 on 2:40 Kick w/ snorkel			
	{2 x 25 on :35 Kick no board LR			
	{1 x 100 on 2:40 Kick w/ snorkel			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:46 PM 1,750 Yards - Stress Value = 23				

Workout #17824 - Thursday, 19 November 2015

HighSchl - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC		D CMB
300	12 x 25 on :40 Variable Speed	SP3		S FLY
	Rd 1 #1, Rd 2 #2, Rd 3 free			
2,400	1x{2 x 200 on 3:05 Breaststroke	EN2		S BR
	{2 x 200 on 3:00 Breaststroke	EN2		S BR
	{2 x 200 on 2:55 Breaststroke	EN2		S BR
	{2 x 200 on 2:50 Breaststroke	EN2		S BR
	{2 x 200 on 2:45 Breaststroke	EN2		S BR
	{2 x 200 on 2:40 Breaststroke	EN2		S BR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
7:05 AM 3,350 Yards - Stress Value = 60				

Workout #17821 - Thursday, 19 November 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS and Weights			L DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC		D CHO
300	12 x 25 on :40 Variable Speed	SP3		S STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
3,000	4 x 750 on 9:00 Freestyle-descend	EN2		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
7:05 AM 3,900 Yards - Stress Value = 72				

Workout #17831 - Thursday, 19 November 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:06 PM Start				
2,700	1x{1 x 250 on 2:55 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 225 on 2:40 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN3	S	FR
	{3 x 200 on 2:25 Freestyle	EN2	S	FR
	{4 x 75 on 1:20 Freestyle	EN3	S	FR
	{4 x 175 on 2:10 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:59 PM 2,950 Yards - Stress Value = 82				

Workout #17834 - Thursday, 19 November 2015

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:06 PM Start				
2,700	1x{1 x 25 on :25 Butterfly	EN2	S	FLY
	{1 x 50 on :40 Freestyle	EN2	S	FR
	{2 x 25 on :25 Butterfly	EN2	S	FLY
	{2 x 50 on :40 Freestyle	EN2	S	FR
	{3 x 25 on :25 Butterfly	EN2	S	FR
	{3 x 50 on :40 Freestyle	EN2	S	FR
	{4 x 25 on :25 Butterfly	EN2	S	FR
	{4 x 50 on :40 Freestyle	EN2	S	FR
	{5 x 25 on :25 Butterfly	EN2	S	FLY
	{5 x 50 on :40 Freestyle	EN2	S	FR
	{6 x 25 on :25 Butterfly	EN2	S	FLY
	{6 x 50 on :40 Freestyle	EN2	S	FR
	{7 x 25 on :25 Butterfly	EN2	S	FLY
	{7 x 50 on :40 Freestyle	EN2	S	FR
	{8 x 25 on :25 Butterfly	EN2	S	FLY
	{8 x 50 on :40 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:00 PM 2,950 Yards - Stress Value = 54				

Workout #17827 - Thursday, 19 November 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2:55 PM Start				
	1 on 10:00 Dynamic Stretch			
600	1 x 600 on 10:00 Underwater trn drill			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
1,100	1x{4 x 25 on :30 Kick IM order			
	{2 x 125 on 2:30 Kick			
	{2 x 100 on 2:05 Kick your non #1			
	{4 x 25 on :30 Kick IM			
	{2 x 125 on 2:25 Kick			
	{2 x 100 on 2:00 Kick your non #1			
800	1x{1 x 100 on 1:25 Pulls BWSPF-5			
	{1 x 100 on 1:25 Pulls BWHPF-4			
	{1 x 100 on 1:25 Pulls BWKPF-3			
	{1 x 100 on 1:25 Pulls BWFPPF-2			
	{1 x 100 on 1:20 Pulls BWSPF-4			
	{1 x 100 on 1:20 Pulls BWHPF-3			
	{1 x 100 on 1:20 Pulls BWKPF-2			
	{1 x 100 on 1:20 Pulls BWFPPF-1			
150	3x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:05 PM 2,950 Yards - Stress Value = 44				

Workout #17822 - Thursday, 19 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
	1 on 40:00 DS and Weights			L DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CD
300	12 x 25 on :40 Variable Speed	SP3	S	FLY
	Rd 1 #1, Rd 2 #2, Rd 3 free			
2,700	4 x 675 on 9:00 Freestyle-descend	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
7:05 AM 3,600 Yards - Stress Value = 66				

Workout #17825 - Thursday, 19 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
2,200	1x{2 x 200 on 3:20 Breaststroke	EN2	S	BR
	{2 x 200 on 3:15 Breaststroke	EN2	S	BR
	{2 x 200 on 3:10 Breaststroke	EN2	S	BR
	{2 x 200 on 3:05 Breaststroke	EN2	S	BR
	{2 x 200 on 3:00 Breaststroke	EN2	S	BR
	{1 x 200 on 2:55 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
7:05 AM 3,150 Yards - Stress Value = 56				

Workout #17828 - Thursday, 19 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2:55 PM Start				
	1 on 10:00 Dynamic Stretch			
600	1 x 600 on 10:00 Underwater trn drill			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
1,000	1x{4 x 25 on :30 Kick IM order no board			
	{2 x 125 on 2:40 Kick			
	{2 x 100 on 2:10 Kick your non #1			
	{4 x 25 on :30 Kick IM order no board			
	{2 x 125 on 2:35 Kick			
	{1 x 100 on 2:15 Kick your non #1			
650	1x{1 x 100 on 1:35 Pulls BWSPF-5			
	{1 x 100 on 1:35 Pulls BWHPF-4			
	{1 x 100 on 1:35 Pulls BWKPF-3			
	{1 x 100 on 1:35 Pulls BWFPPF-2			
	{1 x 100 on 1:30 Pulls BWSPF-4			
	{1 x 100 on 1:30 Pulls BWHPF-3			
	{1 x 50 on :45 Pulls BWKPF-2			
150	3x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:05 PM 2,700 Yards - Stress Value = 40				

Workout #17832 - Thursday, 19 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,350	1x{1 x 250 on 3:20 Freestyle	EN2	S	FR
	{6 x 25 on :35 Freestyle	EN3	S	FR
	{2 x 225 on 3:05 Freestyle	EN2	S	FR
	{5 x 50 on 1:00 Freestyle	EN3	S	FR
	{3 x 200 on 2:50 Freestyle	EN2	S	FR
	{4 x 75 on 1:25 Freestyle	EN3	S	FR
	{2 x 175 on 2:30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:59 PM 2,600 Yards - Stress Value = 75				

Workout #17835 - Thursday, 19 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,300	1x{1 x 25 on :30 Butterfly	EN2	S	FLY
	{1 x 50 on :45 Freestyle	EN2	S	FR
	{2 x 25 on :30 Butterfly	EN2	S	FLY
	{2 x 50 on :45 Freestyle	EN2	S	FR
	{3 x 25 on :30 Butterfly	EN2	S	FR
	{3 x 50 on :45 Freestyle	EN2	S	FR
	{4 x 25 on :30 Butterfly	EN2	S	FR
	{4 x 50 on :45 Freestyle	EN2	S	FR
	{5 x 25 on :30 Butterfly	EN2	S	FLY
	{5 x 50 on :45 Freestyle	EN2	S	FR
	{6 x 25 on :30 Butterfly	EN2	S	FLY
	{6 x 50 on :45 Freestyle	EN2	S	FR
	{7 x 25 on :30 Butterfly	EN2	S	FLY
	{7 x 50 on :45 Freestyle	EN2	S	FR
	{8 x 25 on :30 Butterfly	EN2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:00 PM 2,550 Yards - Stress Value = 46				

Workout #17823 - Thursday, 19 November 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CD
300	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
2,400	4 x 600 on 9:00 Freestyle-descend	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
7:05 AM 3,300 Yards - Stress Value = 60				

Workout #17826 - Thursday, 19 November 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	STK
300	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
1,900	1x{2 x 200 on 3:50 Breaststroke	EN2	S	BR
	{2 x 200 on 3:45 Breaststroke	EN2	S	BR
	{2 x 200 on 3:40 Breaststroke	EN2	S	BR
	{2 x 200 on 3:35 Breaststroke	EN2	S	BR

{2 x 150 on 2:40 Breaststroke EN2 S BR
250 1 x 250 on 4:00 Stroke Drills REC D CD
7:05 AM 2,850 Yards - Stress Value = 50

Workout #17829 - Thursday, 19 November 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
550	1 x 550 on 10:00 Underwater trn drill			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
850	1x{4 x 25 on :35 Kick IM order no board			
	{2 x 125 on 2:55 Kick			
	{2 x 100 on 2:30 Kick your non #1			
	{4 x 25 on :35 Kick IM order no board			
	{2 x 100 on 2:50 Kick your non #1			
600	1x{1 x 100 on 1:50 Pulls BWFPF-3			
	{1 x 100 on 1:45 Pulls BWSPF-5			
	{1 x 100 on 1:45 Pulls BWHPPF-4			
	{1 x 100 on 1:45 Pulls BWKPPF-3			
	{1 x 100 on 1:45 Pulls BWFPF-2			
	{1 x 100 on 1:35 Pulls BWSPF-4			
150	3x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:05 PM 2,450 Yards - Stress Value = 37				

Workout #17833 - Thursday, 19 November 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,200	1x{1 x 250 on 3:45 Freestyle	EN2	S	FR
	{6 x 25 on :40 Freestyle	EN3	S	FR
	{2 x 225 on 3:25 Freestyle	EN2	S	FR
	{5 x 50 on 1:10 Freestyle	EN3	S	FR
	{3 x 200 on 3:05 Freestyle	EN2	S	FR
	{4 x 50 on 1:10 Freestyle	EN3	S	FR
	{2 x 150 on 2:20 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:00 PM 2,450 Yards - Stress Value = 68				

Workout #17836 - Thursday, 19 November 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,150	1x{1 x 25 on :30 Butterfly	EN2	S	FLY
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{2 x 25 on :30 Butterfly	EN2	S	FLY
	{2 x 50 on :50 Freestyle	EN2	S	FR
	{3 x 25 on :30 Butterfly	EN2	S	FR
	{3 x 50 on :50 Freestyle	EN2	S	FR
	{4 x 25 on :30 Butterfly	EN2	S	FR
	{4 x 50 on :50 Freestyle	EN2	S	FR
	{5 x 25 on :30 Butterfly	EN2	S	FLY
	{5 x 50 on :50 Freestyle	EN2	S	FR
	{6 x 25 on :30 Butterfly	EN2	S	FLY
	{5 x 50 on :50 Freestyle	EN2	S	FR
	{7 x 25 on :30 Butterfly	EN2	S	FLY
	{7 x 50 on :50 Freestyle	EN2	S	FR
	{4 x 25 on :30 Butterfly	EN2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:00 PM 2,400 Yards - Stress Value = 43				

Workout #17830 - Thursday, 19 November 2015

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 500 1 x 500 on 10:00 Underwater trn drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 800 1x{4 x 25 on :45 Kick IM order
 {2 x 100 on 2:40 Kick
 {2 x 75 on 2:15 Kick your non #1
 {4 x 25 on :45 Kick IM order
 {2 x 100 on 2:35 Kick
 {1 x 50 on 1:10 Kick your non #1
 500 1x{1 x 50 on :55 Pulls BWFPF-3
 {1 x 100 on 1:50 Pulls BWSPF-5
 {1 x 100 on 1:50 Pulls BWHPF-4
 {1 x 100 on 1:50 Pulls BWKPF-3
 {1 x 100 on 1:50 Pulls BWFPF-2
 {1 x 50 on :55 Pulls BWSPF-4
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:05 PM 2,250 Yards - Stress Value = 34

1 on 30:00 DS/Ted's Abs
 600 1 x 600 on 10:00 Rev IM Drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 800 1 x 800 on 11:00 Pull-Alt breakouts
 + NBBF&W+2 yds
 .
 Odd 100's freestyle kick with 1 arm
 Even 100's fly or breast
 extended alt at 50
 1,500 1x{2 x 100 on 2:10 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {2 x 100 on 2:05 Kick w/snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {2 x 100 on 2:00 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {2 x 100 on 1:55 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {2 x 100 on 1:50 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {2 x 100 on 1:45 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 18 x 100 on 2:01 Beat the clock
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,450 Yards - Stress Value = 90

Workout #17837 - Friday, 20 November 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 5:00 5:00 Swim
 600 1x{1 x 200 on 10:00 Station #1 25 yd OTB
 { with weight belts, count strokes-finish to
 { or STATION #4-sprint resist stretch cordz
 { 5 dolphin kicks breakout and 25 strokes
 {1 x 200 on 10:00 Station #2 Running Pit Spr
 { 9 X 20@1:00 with weight belts
 { or STATION #5, 12X25@:45 parachutes and pac
 {1 x 200 on 10:00 Vertical Kicking
 { 3x 10/20/30 seconds w/ weight belts, count
 { or STATION #6 8x25@1:00 undrwtr kick holdir
 500 5 x 100 on 3:00 Freestyle
 200 1 x 200 on 3:00 Easy Swim
 7:06 AM 1,700 Yards - Stress Value = 100

Workout #17840 - Saturday, 21 November 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 600 1 x 600 on 10:00 Rev IM Drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 800 1 x 800 on 11:00 Pull-Alt breakouts
 + NBBF&W+2 yds
 .
 Odd 100's freestyle kick with 1 arm
 Even 100's fly or breast
 extended alt at 50
 1,400 1x{2 x 100 on 2:20 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {2 x 100 on 2:15 Kick w/snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {2 x 100 on 2:10 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {2 x 100 on 2:05 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {2 x 100 on 2:00 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 {1 x 100 on 1:55 Kick w/ snorkel
 {2 x 25 on :45 Sprint Kick on Back
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 18 x 100 on 2:01 Beat the clock
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,350 Yards - Stress Value = 88

Workout #17838 - Friday, 20 November 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 55:00 Yoga L I
 400 1 x 400 on 5:00 Choice REC D C
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S C
 200 1 x 200 on 20:00 Teach Day-Freestyle REC D
 300 12 x 25 on :45 Goggle Malfunction EN1 S
 1 on 10:00 Relay Starts D
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:05 PM 1,280 Yards - Stress Value = 10

Workout #17839 - Saturday, 21 November 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

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

Workout #17841 - Saturday, 21 November 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
550	1 on 30:00 DS/Ted's Abs	
300	1 x 550 on 10:00 Rev IM Drill	
800	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free	
1,350	1 x 800 on 11:00 Pull-Alt breakouts + NBBF&W+2 yds	
	Odd 100's freestyle kick with 1 arm Even 100's fly or breast extended alt at 50	
1,350	1x{2 x 100 on 2:30 Kick w/ snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:25 Kick w/snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:20 Kick w/ snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:15 Kick w/ snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:10 Kick w/ snorkel {2 x 25 on :45 Sprint Kick on Back {1 x 100 on 2:05 Kick w/ snorkel	
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,800	18 x 100 on 2:01 Beat the clock	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	
	9:35 AM 5,250 Yards - Stress Value = 87	

Workout #17853 - Saturday, 21 November 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY
1,750	1x{2 x 225 on 4:30 Brst L.50 fr kck Lw2xPo EN2 {2 x 200 on 3:55 Brst L.50 fr kck Lw2xPo EN2 {2 x 175 on 3:25 Brst L.50 fr kck Lw2xPo EN2 {2 x 150 on 2:50 Brst L.50 fr kck Lw2xPo EN2 {2 x 125 on 2:20 Brst L.50 fr kck Lw2xPo EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC
	5:35 PM 2,000 Yards - Stress Value = 35	

Workout #17842 - Saturday, 21 November 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Ted's Abs	
300	1 x 500 on 10:00 Rev IM Drill	
800	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free	
1,250	1 x 800 on 11:00 Pull-Alt breakouts + NBBF&W+2 yds	
	Odd 100's freestyle kick with 1 arm Even 100's fly or breast extended alt at 50	
1,250	1x{2 x 100 on 2:40 Kick w/ snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:35 Kick w/snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:30 Kick w/ snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:25 Kick w/ snorkel	

200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,800	18 x 100 on 2:01 Beat the clock	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	
	9:35 AM 5,100 Yards - Stress Value = 85	

Workout #17851 - Monday, 23 November 2015

HighSchl - Breast

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY
2,100	1x{2 x 225 on 3:45 Brst L.50 fr kck Lw2xPo EN2 {2 x 200 on 3:15 Brst L.50 fr kck Lw2xPo EN2 {2 x 175 on 2:50 Brst L.50 fr kck Lw2xPo EN2 {2 x 150 on 2:20 Brst L.50 fr kck Lw2xPo EN2 {2 x 125 on 1:55 Brst L.50 fr kck Lw2xPo EN2 {2 x 100 on 1:30 Brst L.50 fr kck Lw2xPo EN2 {2 x 75 on 1:05 Brst L.50 fr kck Lw2xPo EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC
	5:35 PM 2,350 Yards - Stress Value = 42	

Workout #17848 - Monday, 23 November 2015

HighSchl - Distance

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WORK	END
3,000	1x{3 x 400 on 4:40 Freestyle #2 100% EN2 {3 x 300 on 3:25 Freestyle #2 100% EN2 {3 x 200 on 2:15 Freestyle #2 100% EN2 {3 x 100 on 1:05 Freestyle #2 100% EN2 {1st and last 25 of each swim 6bk		S	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	M
	5:35 PM 3,200 Yards - Stress Value = 60			

Workout #17844 - Monday, 23 November 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
600	1 on 30:00 DS/Physio Balls/Tm Mtg	
150	1 x 600 on 10:00 Swim-kick-pull-swim	
1,500	10 x 15 on :45 Spinners	
1,500	1x{8 x 25 on :30 Kick no board BSLR {2 x 150 on 2:30 Kick {8 x 25 on :30 Kick no board BSLR {2 x 150 on 2:25 Kick {8 x 25 on :30 Kick no board BSLR {2 x 150 on 2:20 Kick	
1,500	1x{2 x 125 on 1:40 Pulls 8 SOLW {2 x 125 on 1:40 Pulls 7 SOLW {2 x 125 on 1:40 Pulls 6 SOLW {2 x 125 on 1:40 Pulls 5 SOLW {2 x 125 on 1:40 Pulls 4 SOLW {2 x 125 on 1:40 Pulls 3 SOLW	
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:45 PM 3,950 Yards - Stress Value = 50	

Workout #17845 - Monday, 23 November 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 30:00 DS/Physio Balls/Tm Mtg			
150	1 x 600 on 10:00 Swim-kick-pull-swim			
1,400	10 x 15 on :45 Spinners			
	1x{8 x 25 on :30 Kick no board BSLR			
	{2 x 150 on 2:50 Kick			
	{8 x 25 on :30 Kick no board BSLR			
	{2 x 150 on 2:45 Kick			
	{8 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:45 Kick			
1,350	1x{2 x 125 on 1:50 Pulls 8 SOLW			
	{2 x 125 on 1:50 Pulls 7 SOLW			
	{2 x 125 on 1:50 Pulls 6 SOLW			
	{2 x 125 on 1:50 Pulls 5 SOLW			
	{2 x 125 on 1:50 Pulls 4 SOLW			
	{1 x 100 on 1:30 Pulls 3 SOLW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:45 PM 3,700 Yards - Stress Value = 47			

1,200	1x{2 x 100 on 1:40 Pulls 8 SOLW			
	{2 x 100 on 1:40 Pulls 7 SOLW			
	{2 x 100 on 1:40 Pulls 6 SOLW			
	{2 x 100 on 1:40 Pulls 5 SOLW			
	{2 x 100 on 1:40 Pulls 4 SOLW			
	{2 x 100 on 1:40 Pulls 3 SOLW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:45 PM 3,350 Yards - Stress Value = 45			

Workout #17850 - Monday, 23 November 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WORK	STK
2,175	1x{3 x 300 on 4:45 Freestyle #2 100% EN2		S	
	{3 x 250 on 4:00 Freestyle #2 100% EN2		S	
	{3 x 175 on 2:45 Freestyle #2 100% EN2		S	
	{1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	5:35 PM 2,375 Yards - Stress Value = 43			

Workout #17849 - Monday, 23 November 2015

HighSchl - Gold

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WORK	STK
2,700	1x{3 x 400 on 5:10 Freestyle #2 100% EN2		S	
	{3 x 300 on 3:55 Freestyle #2 100% EN2		S	
	{3 x 200 on 2:35 Freestyle #2 100% EN2		S	
	{1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	5:35 PM 2,900 Yards - Stress Value = 54			

Workout #17847 - Monday, 23 November 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 30:00 DS/Physio Balls/Tm Mtg			
150	1 x 500 on 10:00 Swim-kick-pull-swim			
1,050	10 x 15 on :45 Spinners			
	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 150 on 3:30 Kick			
	{6 x 25 on :40 Kick no board BSLRBS			
	{2 x 150 on 3:25 Kick			
	{8 x 25 on :40 Kick no board BSLR			
1,000	1x{2 x 100 on 1:55 Pulls 8 SOLW			
	{2 x 100 on 1:55 Pulls 7 SOLW			
	{2 x 100 on 1:55 Pulls 6 SOLW			
	{2 x 100 on 1:55 Pulls 5 SOLW			
	{2 x 100 on 1:55 Pulls 4 SOLW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:45 PM 2,900 Yards - Stress Value = 39			

Workout #17852 - Monday, 23 November 2015

HighSchl - Gold

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WORK	STK
1,950	1x{2 x 225 on 4:05 Brst L.50 fr kck Lw2xPo EN2			
	{2 x 200 on 3:35 Brst L.50 fr kck Lw2xPo EN2			
	{2 x 175 on 3:05 Brst L.50 fr kck Lw2xPo EN2			
	{2 x 150 on 2:35 Brst L.50 fr kck Lw2xPo EN2			
	{2 x 125 on 2:05 Brst L.50 fr kck Lw2xPo EN2			
	{2 x 100 on 1:35 Brst L.50 fr kck Lw2xPo EN2			
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Stroke Drills			
	5:35 PM 2,200 Yards - Stress Value = 39			

Workout #17843 - Monday, 23 November 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			L DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
150	10 x 15 on :45 Spinners	SP3	S	IM
1,500	5x{1 x 25 on :30 Freestyle	SP2	S	FR
	{1 x 25 on :40 Freestyle	SP2	S	FR
	{1 x 25 on :50 Freestyle	SP2	S	FR
	{1 x 25 on 1:00 Freestyle	SP2	S	FR
	{1 x 200 on 4:00 Stroke Drills	REC	D	CD
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	7:05 AM 2,300 Yards - Stress Value = 54			

Workout #17846 - Monday, 23 November 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
550	1 on 30:00 DS/Physio Balls/Tm Mtg			
150	1 x 550 on 10:00 Swim-kick-pull-swim			
1,250	10 x 15 on :45 Spinners			
	1x{8 x 25 on :35 Kick no board BSLR			
	{2 x 150 on 3:00 Freestyle			
	{8 x 25 on :35 Kick no board BSLR			
	{2 x 150 on 2:55 Freestyle			
	{4 x 25 on :35 Kick no board BSLR			
	{1 x 150 on 2:50 Kick			

Workout #17867 - Tuesday, 24 November 2015

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:45 PM	Start		
2,400	1x{4 x 125 on 1:50 Back 10 KOLW	EN2	
	{4 x 100 on 1:30 Back hold under 1:14	EN2	
	{4 x 125 on 1:45 Back 11 KOLW	EN2	
	{3 x 100 on 1:30 Back hold under 1:12	EN2	
	{4 x 125 on 1:40 Back 12 KOLW	EN2	
	{2 x 100 on 1:30 Back hold under 1:10	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	2,600 Yards - Stress Value = 48		

Workout #17854 - Tuesday, 24 November 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM	Start			
	1 on 40:00 DS and Weights		L	DF
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CM
120	8 x 15 on :45 Spinners	SP3	S	SI
2,800	1x{2 x 275 on 3:25 Free 3 KOW/LW 9	EN2	S	F
	{2 x 250 on 3:05 Free 3 KOW/LW 10	EN1	S	F
	{2 x 225 on 2:45 Free 3KOW/LW11	EN2	S	F
	{2 x 200 on 2:25 Free 3KOW/LW12	EN2	S	F
	{2 x 175 on 2:05 Free 3KOW/LW13	EN2	S	F
	{2 x 150 on 1:45 Free 3 KOW/LW14	EN2	S	F
	{2 x 125 on 1:25 Free 3KOW/LW15	EN2	S	F
	L.25 of each SFBO, 6BK, & breathe on 3			
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
7:05 AM	3,670 Yards - Stress Value = 56			

Workout #17864 - Tuesday, 24 November 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
3,000	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:50 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:45 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:40 Freestyle	EN2	S	FR
	125's hold:1st set 125, 2nd set 124, and 3rd set 123			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	3,200 Yards - Stress Value = 60			

Workout #17857 - Tuesday, 24 November 2015

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	
120	8 x 15 on :45 Spinners	SP3
2,300	1x{1 x 200 on 2:50 3 strokes fly off walls	EN2
	{8 x 25 on :25 Fly-10 KOW	EN2
	{2 x 175 on 2:25 3 strokes fly off walls	EN2
	{8 x 25 on :25 Fly-11 KOW	EN2
	{3 x 150 on 2:00 3 strokes fly off walls	EN2
	{8 x 25 on :25 Fly-12 KOW	EN2
	{4 x 125 on 1:35 3 strokes fly off walls	EN2

{8 x 25 on :25 Fly-13 KOW	EN2
350 7 x 50 on 1:00 Stroke Drills	REC
7:05 AM 3,170 Yards - Stress Value = 51	

Workout #17860 - Tuesday, 24 November 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
3:00 PM	Start			
	1 on 30:00 DS/Core			
600	1 x 600 on 10:00 Top Hat Drill			
120	8 x 15 on :45 Spinners			
1,600	1x{1 x 200 on 3:10 Kick			
	{1 x 200 on 3:05 Kick			
	{1 x 200 on 3:00 Kick			
	{1 x 200 on 2:55 Kick			
	{1 x 200 on 2:50 Kick			
	{1 x 200 on 2:45 Kick			
	{1 x 200 on 2:40 Kick			
	{1 x 200 on 2:35 Kick			
2,000	20 x 100 on 1:15 Pulls-odd 100's btb			
	Even 100's BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:44 PM	4,520 Yards - Stress Value = 79			

Workout #17855 - Tuesday, 24 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM	Start			
	1 on 40:00 DS and Weights		L	DF
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CM
120	8 x 15 on :45 Spinners	SP3	S	F
2,500	1x{2 x 275 on 3:50 Free 3 KOW/LW 9	EN2	S	F
	{2 x 250 on 3:30 Free 3 KOW/LW 10	EN1	S	F
	{2 x 225 on 3:05 Free 3KOW/LW11	EN2	S	F
	{2 x 200 on 2:40 Free 3KOW/LW12	EN2	S	F
	{2 x 175 on 2:15 Free 3KOW/LW13	EN2	S	F
	{2 x 125 on 1:35 Free 3 KOW/LW14	EN2	S	F
	L.25 of each SFBO, 6BK, & breathe on 3			
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
7:05 AM	3,370 Yards - Stress Value = 50			

Workout #17858 - Tuesday, 24 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	REC
120	8 x 15 on :45 Spinners	SP3
2,000	1x{1 x 200 on 3:05 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly 10 KOW	EN2
	{2 x 175 on 2:40 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-11 KOW	EN2
	{3 x 150 on 2:15 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-12 KOW	EN2
	{4 x 75 on 1:05 3 strokes fly off walls	EN2
	{4 x 25 on :30 Fly-13 KOW	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
7:05 AM	2,870 Yards - Stress Value = 45	

Workout #17861 - Tuesday, 24 November 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core
120	1 x 600 on 10:00 Top Hat Drill
1,300	8 x 15 on :45 Spinners
	1x{1 x 200 on 3:40 Kick
	{1 x 200 on 3:35 Kick
	{1 x 200 on 3:30 Kick
	{1 x 200 on 3:25 Kick
	{1 x 200 on 3:20 Kick
	{1 x 200 on 3:15 Kick
	{1 x 100 on 1:35 Kick
1,900	19 x 100 on 1:20 Pulls-odd 100's btb
	Even 100's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:45 PM 4,120 Yards - Stress Value = 71

Workout #17865 - Tuesday, 24 November 2015

HighSchl - Gold

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,600	1x{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 5:30 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 5:25 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	125's hold:1st set 138, 2nd set 137, and 3rd set 136			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 2,800 Yards - Stress Value = 52			

Workout #17868 - Tuesday, 24 November 2015

HighSchl - Gold

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY	WOF
2,150	1x{4 x 125 on 2:00 Back 10 KOLW	EN2	
	{4 x 100 on 1:40 Back hold under 1:20	EN2	
	{4 x 125 on 1:55 Back 11 KOLW	EN2	
	{3 x 100 on 1:40 Back hold under 1:18	EN2	
	{2 x 125 on 1:50 Back 12 KOLW	EN2	
	{2 x 100 on 1:40 Back hold under 1:16	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 2,350 Yards - Stress Value = 43		

Workout #17856 - Tuesday, 24 November 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 40:00 DS and Weights		L	DF
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CM
120	8 x 15 on :45 Spinners	SP3	S	F
2,100	1x{2 x 275 on 4:35 Free 3 KOW/LW 9	EN2	S	F
	{2 x 250 on 4:05 Free 3 KOW/LW 10	EN1	S	F
	{2 x 225 on 3:35 Free 3KOW/LW11	EN2	S	F
	{2 x 200 on 3:05 Free 3KOW/LW12	EN2	S	F
	{2 x 100 on 1:30 Free 3KOW/LW13	EN2	S	F

L.25 of each SFBO, 6BK, & breathe on 3
 350 7 x 50 on 1:00 Stroke Drills REC D C
 7:05 AM 2,970 Yards - Stress Value = 42

Workout #17859 - Tuesday, 24 November 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	REC
120	8 x 15 on :45 Spinners	SP3
1,800	1x{1 x 200 on 3:20 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-10 KOW	EN2
	{2 x 175 on 2:55 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-11 KOW	EN2
	{3 x 150 on 2:30 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-12 KOW	EN2
	{4 x 50 on :50 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-13 KOW	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	7:05 AM 2,670 Yards - Stress Value = 41	

Workout #17862 - Tuesday, 24 November 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Core
550	1 x 550 on 10:00 Top Hat Drill
120	8 x 15 on :45 Spinners
1,150	1x{1 x 200 on 4:10 Kick
	{1 x 200 on 4:05 Kick
	{1 x 200 on 4:00 Kick
	{1 x 200 on 3:55 Kick
	{1 x 200 on 3:50 Kick
	{1 x 150 on 2:50 Kick
1,700	17 x 100 on 1:30 Pulls-odd 100's btb
	Even 100's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:45 PM 3,720 Yards - Stress Value = 64

Workout #17866 - Tuesday, 24 November 2015

HighSchl - Silver

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:20 Freestyle	EN2	S	FR
	{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:15 Freestyle	EN2	S	FR
	{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 200 on 3:05 Freestyle	EN2	S	FR
	100's hold:1st set 130, 2nd set 129, and 3rd set 128			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 2,400 Yards - Stress Value = 44			

Workout #17869 - Tuesday, 24 November 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:45 PM	Start		
1,950	1x{4 x 125 on 2:15 Back 10 KOLW	EN2	
	{3 x 100 on 2:00 Back hold under 1:35	EN2	
	{4 x 125 on 2:10 Back 11 KOLW	EN2	
	{3 x 100 on 2:00 Back hold under 1:30	EN2	
	{2 x 125 on 2:05 Back 12 KOLW	EN2	
	{2 x 50 on 1:00 Back hold under :44	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	2,150 Yards - Stress Value = 39		

Workout #17863 - Tuesday, 24 November 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
	1 on 30:00 DS/Core		
500	1 x 500 on 10:00 Top Hat Drill		
120	8 x 15 on :45 Spinners		
1,000	1x{1 x 150 on 3:40 Kick		
	{1 x 150 on 3:35 Kick		
	{1 x 150 on 3:30 Kick		
	{1 x 150 on 3:25 Kick		
	{1 x 150 on 3:20 Kick		
	{1 x 150 on 3:15 Kick		
	{1 x 100 on 2:05 Kick		
1,400	14 x 100 on 1:50 Pulls-odd 100's btb		
	Even 100's BTS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:45 PM	3,220 Yards - Stress Value = 55		

Workout #17873 - Wednesday, 25 November 2015

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	1 on 40:00 DS and Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
120	8 x 15 on :45 Spinners	SP3	
1,800	1x{ Descend each set of 3		
	{3 x 200 on 3:10 Breast 2/3/4 PO/LW	EN2	
	{3 x 175 on 2:45 Breast 2/3/4 PO/LW	EN2	
	{3 x 150 on 2:20 Breast 2/3/4 PO/LW	EN2	
	{3 x 75 on 1:10 Breast 2/3/4 PO/LW	EN2	
400	4 x 100 on 1:30 Descend to LUDICROUS	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:04 AM	2,970 Yards - Stress Value = 48		

Workout #17870 - Wednesday, 25 November 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
120	8 x 15 on :45 Spinners	SP3	
2,400	1x{ Hold non 300 swims under :32/50		
	{1 x 300 on 3:25 Freestyle	EN2	
	{2 x 150 on 1:55 Freestyle	EN2	
	{1 x 300 on 3:25 Freestyle	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	

{1 x 300 on 3:25 Freestyle	EN2
{4 x 75 on :55 Freestyle	EN2
{1 x 300 on 3:25 Freestyle	EN2
{6 x 50 on :35 Freestyle	EN2
400 4 x 100 on 1:30 Descend to LUDICROUS	EN2
250 1 x 250 on 4:00 Stroke Drills	REC
7:04 AM	3,570 Yards - Stress Value = 61

Workout #17880 - Wednesday, 25 November 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
4:36 PM	Start			
3,100	1x{1 x 400 on 5:40 Freestyle DPS			
	{5 x 100 on 1:30 Hold 500 pace			
	{2 x 300 on 4:00 Free neg split each one			
	{5 x 100 on 1:30 Hold 500 pace			
	{3 x 200 on 2:40 Free L.50 of each great effc			
	{5 x 100 on 1:30 Hold 500 pace			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			
5:35 PM	3,300 Yards - Stress Value = 58			

Workout #17883 - Wednesday, 25 November 2015

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:36 PM	Start			
2,300	1x{1 x 200 on 3:00 Butterfly	EN2	S FLY	
	{8 x 25 on :40 Fly 15m under	EN3	S FLY	
	{2 x 175 on 2:35 Butterfly	EN2	S FLY	
	{8 x 25 on :40 Fly 12m under	EN3	S FLY	
	{3 x 150 on 2:10 Butterfly	EN2	P FLY	
	{8 x 25 on :40 Fly 9m under	EN3	S FLY	
	{4 x 125 on 1:45 Butterfly	EN2	S FR	
	{8 x 25 on :40 Fly 6m under	EN3	S FLY	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
5:34 PM	2,550 Yards - Stress Value = 78			

Workout #17876 - Wednesday, 25 November 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
3:00 PM	Start			
	1 on 45:00 Jump rope/Yoga			
500	20 x 25 on :30 Wednesday Warm-up			
120	8 x 15 on :45 Spinners			
1,500	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 250 on 3:55 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 200 on 3:05 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{3 x 150 on 2:15 Kick			
	{4 x 25 on :30 Kick no board BSLR			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:35 PM	2,320 Yards - Stress Value = 37			

Workout #17871 - Wednesday, 25 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
120	8 x 15 on :45 Spinners	SP3	
2,100	1x{ Hold all non 300 swims under :37/50		
	{1 x 300 on 3:55 Freestyle	EN2	
	{2 x 150 on 2:10 Freestyle	EN2	
	{1 x 300 on 3:55 Freestyle	EN2	
	{3 x 100 on 1:25 Freestyle	EN2	
	{1 x 300 on 3:55 Freestyle	EN2	
	{4 x 75 on 1:05 Freestyle	EN2	
	{1 x 300 on 3:55 Freestyle	EN2	
400	4 x 100 on 1:30 Descend to LUDICROUS	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:04 AM	3,270 Yards - Stress Value = 55		

Workout #17874 - Wednesday, 25 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 40:00 DS and Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
120	8 x 15 on :45 Spinners	SP3	
1,650	1x{ Descend each set of 3		
	{3 x 200 on 3:25 Breast 2/3/4 PO/LW	EN2	
	{3 x 175 on 3:00 Breast 2/3/4 PO/LW	EN2	
	{3 x 150 on 2:35 Breast 2/3/4 PO/LW	EN2	
	{3 x 25 on :30 Breast 2/3/4 PO/LW	EN2	
400	4 x 100 on 1:30 Descend to LUDICROUS	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:04 AM	2,820 Yards - Stress Value = 46		

Workout #17877 - Wednesday, 25 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
500	1 on 45:00 Jump rope/Yoga		
200	20 x 25 on :30 Wednesday Warm-up		
1,300	8 x 25 on :45 Spinners		
	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 250 on 4:40 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 200 on 3:40 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:40 Kick		
	{2 x 25 on :30 Kick no board BS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:35 PM	2,200 Yards - Stress Value = 36		

Workout #17881 - Wednesday, 25 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:36 PM	Start		
3,000	1x{1 x 400 on 5:40 Freestyle DPS		
	{5 x 100 on 1:35 Hold 500 pace		
	{2 x 300 on 4:15 Free neg split each one		
	{5 x 100 on 1:35 Hold 500 pace		
	{3 x 200 on 2:50 Free L.50 of each great effc		

{4 x 100 on 1:35 Hold 500 pace
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 3,200 Yards - Stress Value = 56

Workout #17884 - Wednesday, 25 November 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:36 PM	Start			
2,175	1x{1 x 200 on 3:20 Butterfly	EN2	S	FLY
	{8 x 25 on :40 Fly 15m under	EN3	S	FLY
	{2 x 175 on 2:50 Butterfly	EN2	S	FLY
	{8 x 25 on :40 Fly 12m under	EN3	S	FLY
	{3 x 150 on 2:20 Butterfly	EN2	P	FLY
	{8 x 25 on :40 Fly 9m under	EN3	S	FLY
	{3 x 125 on 1:55 Butterfly	EN2	S	FR
	{8 x 25 on :40 Fly 6m under	EN3	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	2,425 Yards - Stress Value = 76			

Workout #17872 - Wednesday, 25 November 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
120	8 x 15 on :45 Spinners	SP3	
1,800	1x{ Hold all non 300 swims under :42/50		
	{1 x 300 on 4:25 Freestyle	EN2	
	{2 x 150 on 2:30 Freestyle	EN2	
	{1 x 300 on 4:25 Freestyle	EN2	
	{3 x 100 on 1:40 Freestyle	EN2	
	{1 x 300 on 4:25 Freestyle	EN2	
	{4 x 75 on 1:15 Freestyle	EN2	
400	4 x 100 on 1:30 Descend to LUDICROUS	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:04 AM	2,970 Yards - Stress Value = 49		

Workout #17875 - Wednesday, 25 November 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
120	8 x 15 on :45 Spinners	SP3	
1,500	1x{ Descend each set of 3		
	{3 x 175 on 3:15 Breast 2/3/4 PO/LW	EN2	
	{3 x 150 on 2:50 Breast 2/3/4 PO/LW	EN2	
	{3 x 125 on 2:20 Breast 2/3/4 PO/LW	EN2	
	{3 x 50 on :55 Breast 2/3/4 PO/LW	EN2	
400	4 x 100 on 1:30 Descend to Ludicrous	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:03 AM	2,670 Yards - Stress Value = 43		

Workout #17878 - Wednesday, 25 November 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 45:00 Jump rope/Yoga
120	20 x 25 on :30 Wednesday Warm-up
1,150	8 x 15 on :45 Spinners
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 250 on 5:15 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 200 on 4:05 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{2 x 25 on :35 Kick no board BS
600	3x{1 x 150 on 2:35 Pull w/paddles hold 2:15
	{1 x 50 on 1:10 Pull-no paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:48 PM 2,570 Yards - Stress Value = 48

Workout #17882 - Wednesday, 25 November 2015

HighSchl - Silver

1 minute rest between sets

4:36 PM Start

Yards	Set Description
3,000	1x{1 x 400 on 5:40 Freestyle DPS
	{5 x 100 on 1:35 Hold 500 pace
	{2 x 300 on 4:15 Free neg split each one
	{5 x 100 on 1:35 Hold 500 pace
	{3 x 200 on 2:50 Free L.50 of each great effc
	{4 x 100 on 1:35 Hold 500 pace
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 3,200 Yards - Stress Value = 56

Workout #17885 - Wednesday, 25 November 2015

HighSchl - Silver

1 minute rest between sets

4:36 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{1 x 200 on 3:45 Butterfly	EN2	S	FLY
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY
	{2 x 175 on 3:15 Butterfly	EN2	S	FLY
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY
	{3 x 150 on 2:40 Butterfly	EN2	P	FLY
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY
	{4 x 100 on 1:45 Butterfly	EN2	S	FR
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 2,250 Yards - Stress Value = 64			

Workout #17879 - Wednesday, 25 November 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 45:00 Jump rope/Yoga
120	20 x 25 on :30 Wednesday Warm-up
950	8 x 15 on :45 Spinners
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 250 on 6:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:40 Kick
	{4 x 25 on :45 Kick no board BSLR

	{1 x 150 on 3:25 Kick
	{2 x 25 on :45 Kick no board BS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:35 PM 1,770 Yards - Stress Value = 26

Workout #17893 - Friday, 27 November 2015

HighSchl - Back

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{2 x 125 on 1:40 Backstroke	EN1	S	BK
	{3 x 50 on :40 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:40 Backstroke	EN1	S	BK
	{3 x 50 on :45 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:35 Backstroke	EN1	S	BK
	{3 x 50 on :50 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:35 Backstroke	EN2	S	BK
	{3 x 50 on :55 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:30 Backstroke	EN2	S	BK
	{3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:30 Backstroke	EN2	S	BK
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:35 AM 2,500 Yards - Stress Value = 66			

Workout #17890 - Friday, 27 November 2015

HighSchl - Distance

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,500	1x{1 x 200 on 2:30 Freestyle	EN2	S	FR	1
	{1 x 200 on 2:25 Freestyle	EN2	S	FR	1
	{1 x 200 on 2:20 Freestyle	EN2	S	FR	1
	{1 x 50 on 1:00 Freestyle	REC	S	FR	2
	{2 x 200 on 2:25 Freestyle	EN2	S	FR	1
	{1 x 200 on 2:20 Freestyle	EN2	S	FR	1
	{1 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{1 x 50 on 1:00 Freestyle	REC	S	FR	2
	{2 x 200 on 2:20 Freestyle	EN2	S	FR	1
	{2 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{1 x 200 on 2:10 Freestyle	EN2	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	9:35 AM 2,850 Yards - Stress Value = 48				

Workout #17896 - Friday, 27 November 2015

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
	1 on 15:00 Dynamic Stretch	
400	1 x 400 on 5:00 5:00 Warm-up	REC
	1x{1 on 10:00 Vrtcl Kck w/fins	SP3
	{1 on 10:00 9X20@1:00 Running Pit Sprints	SP3
	{1 on 10:00 StrthCrdz-PA-Dep/Shl	SP3
	{1 on 10:00 12X25@45 fins/tennis balls	SP3
	{1 on 10:00 12X25@45 undwtr w/fins	SP3
	{1 on 10:00 OTB 15m/25yd sprints	SP3
750	1 x 750 on 10:00 Freestyle	REC
	4:32 PM 1,150 Yards	

Workout #17886 - Friday, 27 November 2015

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS/Weights
120	1 x 600 on 10:00 Choice
2,000	8 x 15 on :45 Spinners
1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho	
{4 x 50 on 1:15 Alt 50 fly kick on back	
{50 tombstone kick	
{3 x 100 on 1:55 Kick 25-fly/fr/br/cho	
{4 x 50 on 1:10 Kick same as above	
{3 x 100 on 1:50 Kick 25-fly/fr/br/cho	
{4 x 50 on 1:05 Kick-Same as above	
{3 x 100 on 1:45 Kick 25 fly/fr/br/cho	
{4 x 50 on 1:00 Kick-Same as above	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:46 AM 2,920 Yards - Stress Value = 47	

Workout #17887 - Friday, 27 November 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS/Weights
120	1 x 600 on 10:00 Choice
2,000	8 x 15 on :45 Spinners
1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho	
{4 x 50 on 1:15 Alt 50 fly kick on back	
{50 tombstone kick	
{3 x 100 on 1:55 Kick 25-fly/fr/br/cho	
{4 x 50 on 1:10 Kick same as above	
{3 x 100 on 1:50 Kick 25-fly/fr/br/cho	
{4 x 50 on 1:05 Kick-Same as above	
{3 x 100 on 1:45 Kick 25 fly/fr/br/cho	
{4 x 50 on 1:00 Kick-Same as above	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:46 AM 2,920 Yards - Stress Value = 47	

Workout #17891 - Friday, 27 November 2015

HighSchl - Gold

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,500	1x{1 x 200 on 2:45 Freestyle	EN2	S	FR	1
{1 x 200 on 2:40 Freestyle	EN2	S	FR	1	
{1 x 200 on 2:35 Freestyle	EN2	S	FR	1	
{1 x 50 on 1:00 Freestyle	REC	S	FR	2	
{2 x 200 on 2:40 Freestyle	EN2	S	FR	1	
{1 x 200 on 2:35 Freestyle	EN2	S	FR	1	
{1 x 200 on 2:30 Freestyle	EN2	S	FR	1	
{1 x 50 on 1:00 Freestyle	REC	S	FR	2	
{2 x 200 on 2:35 Freestyle	EN2	S	FR	1	
{2 x 200 on 2:30 Freestyle	EN2	S	FR	1	
{1 x 200 on 2:25 Freestyle	EN2	S	FR	1	
200 4 x 50 on 1:00 Stroke Drills	REC	D	CD	2	
1 on 10:00 Ice					M
9:35 AM 2,700 Yards - Stress Value = 48					

Workout #17894 - Friday, 27 November 2015

HighSchl - Gold

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
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Yards	Set Description	EGY	WORK	STK	F
1,950	1x{2 x 125 on 1:55 Backstroke	EN1	S	BK	
{3 x 50 on :45 Backstroke AFAP	EN2	S	BK		
{2 x 125 on 1:55 Backstroke	EN1	S	BK		
{3 x 50 on :55 Backstroke AFAP	EN3	S	BK		
{2 x 125 on 1:50 Backstroke	EN1	S	BK		
{3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK		
{2 x 125 on 1:50 Backstroke	EN2	S	BK		
{3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK		
{2 x 125 on 1:45 Backstroke	EN2	S	BK		
{2 x 50 on 1:00 Back AFAP	EN2	S	BK		
250 5 x 50 on 1:00 Stroke Drills	REC	D	CD		
1 on 10:00 Ice					M
9:35 AM 2,200 Yards - Stress Value = 48					

Workout #17888 - Friday, 27 November 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 40:00 DS/Weights
120	1 x 550 on 10:00 Choice
2,650	8 x 15 on :45 Spinners
1x{3 x 100 on 2:20 Kick 25-fly/fr/br/cho	
{4 x 50 on 1:30 Alt 50 fly kick on back	
{50 tombstone kick	
{3 x 100 on 2:15 Kick 25-fly/fr/br/cho	
{4 x 50 on 1:25 Kick same as above	
{3 x 100 on 2:10 Kick 25-fly/fr/br/cho	
{4 x 50 on 1:20 Kick-Same as above	
{1 x 100 on 2:05 Kick 25 fly/fr/br/cho	
{1 x 50 on 1:15 Kick fly kick on back	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:46 AM 2,520 Yards - Stress Value = 40	

Workout #17892 - Friday, 27 November 2015

HighSchl - Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK	F
1,900	1x{1 x 150 on 2:30 Freestyle	EN2	S	FR	1
{1 x 150 on 2:25 Freestyle	EN2	S	FR	1	
{1 x 150 on 2:20 Freestyle	EN2	S	FR	1	
{1 x 50 on 1:00 Freestyle	REC	S	FR	2	
{2 x 150 on 2:25 Freestyle	EN2	S	FR	1	
{1 x 150 on 2:20 Freestyle	EN2	S	FR	1	
{1 x 150 on 2:15 Freestyle	EN2	S	FR	1	
{1 x 50 on 1:00 Freestyle	REC	S	FR	2	
{2 x 150 on 2:20 Freestyle	EN2	S	FR	1	
{2 x 150 on 2:15 Freestyle	EN2	S	FR	1	
{1 x 150 on 2:10 Freestyle	EN2	S	FR	1	
350 7 x 50 on 1:00 Stroke Drills	REC	D	CD	2	
1 on 10:00 Ice					M
9:35 AM 2,250 Yards - Stress Value = 36					

Workout #17895 - Friday, 27 November 2015

9:36 AM 6,325 Yards - Stress Value = 132

HighSchl - Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
1,650	1x{2 x 125 on 2:20 Backstroke	EN1	S	BK
	{2 x 50 on :55 Backstroke AFAP	EN2	S	BK
	{2 x 125 on 2:20 Backstroke	EN1	S	BK
	{2 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 2:15 Backstroke	EN1	S	BK
	{2 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 2:15 Backstroke	EN2	S	BK
	{2 x 50 on 1:15 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 2:05 Backstroke	EN2	S	BK
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 AM 1,900 Yards - Stress Value = 36

Workout #17889 - Friday, 27 November 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS/Weights
500	1 x 500 on 10:00 Choice
120	8 x 15 on :45 Spinners
1,600	1x{3 x 100 on 2:30 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:30 Alt 50 fly kick on back
	{50 tombstone kick
	{3 x 100 on 2:25 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:25 Kick same as above
	{3 x 100 on 2:20 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:20 Kick-Same as above
	{1 x 100 on 2:15 Kick 25 fly/fr/br/cho
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:46 AM 2,420 Yards - Stress Value = 39

Workout #17897 - Saturday, 28 November 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Ted's abs
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Spinners
1,600	2x{1 x 100 on 1:25 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:15 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:10 Kick
	{1 x 100 on 1:35 Kick
900	9 x 100 on 1:15 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,625	1x{5 x 125 on 1:29 Freestyle
	{1 x 50 on 1:00 Freestyle
	{4 x 125 on 1:28 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:27 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 125 on 1:26 Freestyle
	{4 x 50 on 1:00 Freestyle
	{1 x 125 on 1:25 Freestyle
	{5 x 50 on 1:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 20:00 Stretch/Ice

Workout #17898 - Saturday, 28 November 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Ted's Abs
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Spinners
1,450	2x{1 x 100 on 1:30 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:20 Kick
	{1 x 100 on 1:45 Kick
	{1 x 50 on :40 Kick
	{1 x 75 on 1:20 Kick
850	1x{1 x 50 on :40 Pulls-nbbf&w + 2 yds
	{8 x 100 on 1:20 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
2,475	1x{5 x 125 on 1:41 Freestyle
	{1 x 50 on 1:00 Freestyle
	{4 x 125 on 1:40 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:39 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 125 on 1:38 Freestyle
	{4 x 50 on 1:00 Freestyle
	{1 x 125 on 1:37 Freestyle
	{2 x 50 on 1:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 20:00 Stretch/Ice

9:36 AM 5,975 Yards - Stress Value = 120

Workout #17899 - Saturday, 28 November 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Ted's Abs
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Spinners
1,200	2x{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 100 on 2:00 Kick
750	1x{1 x 50 on :45 Pulls-nbbf&w + 2 yds
	{7 x 100 on 1:30 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
2,200	1x{5 x 125 on 1:54 Freestyle
	{1 x 50 on 1:10 Freestyle
	{4 x 125 on 1:53 Freestyle
	{2 x 50 on 1:10 Freestyle
	{3 x 125 on 1:52 Freestyle
	{3 x 50 on 1:10 Freestyle
	{2 x 125 on 1:51 Freestyle
	{3 x 50 on 1:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 20:00 Stretch and Ice

9:36 AM 5,300 Yards - Stress Value = 103

Workout #17900 - Saturday, 28 November 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Ted's Abs
 120 1 x 500 on 10:00 Reverse IM drill
 1,100 8 x 15 on :45 Spnners
 2x{1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on :55 Kick
 {1 x 100 on 2:20 Kick
 600 6 x 100 on 1:55 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
 1,800 1x{4 x 125 on 2:20 Freestyle
 {2 x 50 on 1:15 Freestyle
 {3 x 125 on 2:19 Freestyle
 {2 x 50 on 1:15 Freestyle
 {2 x 125 on 2:18 Freestyle
 {3 x 50 on 1:15 Freestyle
 {1 x 125 on 2:17 Freestyle
 {4 x 50 on 1:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 20:00 Stretch/ice
 9:36 AM 4,570 Yards - Stress Value = 93

1 on 30:00 DS/Physio Ball
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,700 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 750 3x{1 x 50 on :45 Pull 7 SOT-HB
 {1 x 50 on :45 Pull 6 SOT-HB
 {1 x 50 on :45 Pull 5 SOT-HB
 {1 x 50 on :45 Pull 4 SOT-HB
 {1 x 50 on :45 Pull 3 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,400 Yards - Stress Value = 52

Workout #17903 - Monday, 30 November 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 {2 x 100 on 2:05 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 750 3x{1 x 50 on :45 Pull 7 SOT-HB
 {1 x 50 on :45 Pull 6 SOT-HB
 {1 x 50 on :45 Pull 5 SOT-HB
 {1 x 50 on :45 Pull 4 SOT-HB
 {1 x 50 on :45 Pull 3 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,300 Yards - Stress Value = 51

Workout #17906 - Monday, 30 November 2015

HighSchl - Distance

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,700 1x{1 x 600 on 8:00 Freestyle EN2 S FR
 {4 x 125 on 1:35 Freestyle EN2 S FR
 {1 x 500 on 6:40 Freestyle EN2 S FR
 {4 x 100 on 1:15 Freestyle EN2 S FR
 {1 x 400 on 5:20 Freestyle EN2 S FR
 {4 x 75 on :55 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:34 PM 2,950 Yards - Stress Value = 54

Workout #17909 - Monday, 30 November 2015

HighSchl - Fly

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY
 =====
 2,050 1x{1 x 200 on 3:00 3 strokes fly off walls EN2
 {6 x 25 on :35 Fly-with free kick EN2
 {2 x 175 on 2:35 3 strokes fly off walls EN2
 {6 x 25 on :35 Fly-with free kick EN2
 {3 x 150 on 2:15 3 strokes fly off walls EN2
 {6 x 25 on :35 Fly-with free kick EN2
 {4 x 125 on 1:50 3 strokes fly off walls EN2
 {4 x 25 on :35 Fly-with free kick EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,300 Yards - Stress Value = 45

Workout #17907 - Monday, 30 November 2015

HighSchl - Gold

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,550 1x{1 x 600 on 8:30 Freestyle EN2 S FR
 {4 x 125 on 1:45 Freestyle EN2 S FR
 {1 x 500 on 7:05 Freestyle EN2 S FR
 {4 x 100 on 1:20 Freestyle EN2 S FR
 {1 x 400 on 5:40 Freestyle EN2 S FR
 {2 x 75 on 1:00 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,800 Yards - Stress Value = 41

Workout #17902 - Monday, 30 November 2015

HighSchl - Platinum

1 minute rest between sets

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

Workout #17910 - Monday, 30 November 2015

HighSchl - Gold

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY
 =====
 2,000 1x{1 x 200 on 3:15 3 strokes fly off walls EN2
 {6 x 25 on :35 Fly-with free kick EN2
 {2 x 175 on 2:50 3 strokes fly off walls EN2
 {6 x 25 on :35 Fly-with free kick EN2
 {3 x 150 on 2:25 3 strokes fly off walls EN2
 {6 x 25 on :35 Fly-with free kick EN2
 {4 x 125 on 2:00 3 strokes fly off walls EN2
 {2 x 25 on :35 Fly-with free kick EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,250 Yards - Stress Value = 40

Workout #17904 - Monday, 30 November 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 550 1 on 30:00 DS/Physio Ball
 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:25 Kick
 {2 x 100 on 2:20 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {2 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {6 x 25 on :35 Kick no board BSLRLR
 {2 x 100 on 2:15 Kick
 {4 x 25 on :35 Kick no board BS
 750 3x{1 x 50 on :50 Pull 7 SOT-HB
 {1 x 50 on :50 Pull 6 SOT-HB
 {1 x 50 on :50 Pull 5 SOT-HB
 {1 x 50 on :50 Pull 4 SOT-HB
 {1 x 50 on :50 Pull 3 SOT-HB
 Don't do the last 50 on the 3rd set
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 3,050 Yards - Stress Value = 46

Workout #17908 - Monday, 30 November 2015

HighSchl - Silver

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,300 1x{1 x 600 on 9:30 Freestyle EN2 S FR
 {4 x 125 on 1:55 Freestyle EN2 S FR
 {1 x 500 on 7:55 Freestyle EN2 S FR
 {3 x 100 on 1:30 Freestyle EN2 S FR
 {1 x 400 on 6:20 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,550 Yards - Stress Value = 46

Workout #17911 - Monday, 30 November 2015

HighSchl - Silver

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY
 =====
 1,825 1x{1 x 200 on 3:30 3 strokes fly off walls EN2
 {6 x 25 on :40 Fly-with free kick EN2
 {2 x 175 on 3:00 3 strokes fly off walls EN2

{4 x 25 on :40 Fly-with free kick EN2
 {3 x 150 on 2:35 3 strokes fly off walls EN2
 {4 x 25 on :40 Fly-with free kick EN3
 {3 x 125 on 2:05 3 strokes fly off walls EN2
 {4 x 25 on :40 Fly-with free kick EN3
 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,075 Yards - Stress Value = 45

Workout #17905 - Monday, 30 November 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 500 1 on 30:00 DS/Physio Ball
 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:40 Kick
 {2 x 100 on 2:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:35 Kick
 {2 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Kick
 750 3x{1 x 50 on :55 Pull 7 SOT-HB
 {1 x 50 on :55 Pull 6 SOT-HB
 {1 x 50 on :55 Pull 5 SOT-HB
 {1 x 50 on :55 Pull 4 SOT-HB
 {1 x 50 on :55 Pull 3 SOT-HB
 don't do last 2 50's on third set
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 2,800 Yards - Stress Value = 42

Workout #17901 - Monday, 30 November 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 DS/Weights
 400 1 x 400 on 5:00 5:00 Warm-up REC
 300 6 x 50 on 2:00 Your #1 SP1
 400 4x{1 x 50 on :01 Freestyle w/fins SP2
 { #1-4 breaths, #2-10 KOW on turn,
 { #3 L.25 body driven stroke, #4 perfect swim
 {1 x 50 on 2:59 Freestyle REC
 600 4x{1 x 50 on :40 Free-90% effort SP2
 {1 x 25 on :01 Free kick w/snorkel SP3
 {1 x 25 on 1:19 Fr-6bk-body driven finish SP1
 {1 x 50 on 2:00 Freestyle REC
 250 1 x 250 on 4:00 Stroke Drill REC
 7:03 AM 1,950 Yards - Stress Value = 76

Workout #17915 - Tuesday, 01 December 2015

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EC
400	1 on 40:00 DS/Weights	
150	1 x 400 on 5:00 5:00 Warm-up	RE
2,250	10 x 15 on :45 Shooters	SF
	1x{1 x 225 on 3:20 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{2 x 225 on 3:15 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{3 x 225 on 3:10 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	7:05 AM 3,000 Yards - Stress Value = 57	

Workout #17912 - Tuesday, 01 December 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
2,400	1x{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{5 x 50 on :40 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{5 x 50 on :45 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{5 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{3 x 50 on 1:00 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	7:05 AM 3,150 Yards - Stress Value = 54			

Workout #17913 - Tuesday, 01 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
2,250	1x{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on :45 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on 1:00 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	7:05 AM 3,000 Yards - Stress Value = 51			

Workout #17916 - Tuesday, 01 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EC
	1 on 40:00 DS/Weights	

	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	RE
150	10 x 15 on :45 Shooters	SF
2,100	1x{1 x 200 on 3:20 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	{2 x 200 on 3:15 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	{3 x 200 on 3:10 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	7:05 AM 2,850 Yards - Stress Value = 48	

Workout #17914 - Tuesday, 01 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
2,000	1x{1 x 250 on 4:10 Freestyle	EN2	S	FR
	{5 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 250 on 4:10 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN2	S	FR
	{1 x 250 on 4:10 Freestyle	EN2	S	FR
	{5 x 50 on 1:00 Freestyle	EN2	S	FR
	{1 x 250 on 4:10 Freestyle	EN2	S	FR
	{5 x 50 on 1:05 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	7:05 AM 2,750 Yards - Stress Value = 46			

Workout #17917 - Tuesday, 01 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EC
	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	RE
150	10 x 15 on :45 Shooters	SF
1,800	1x{1 x 175 on 3:20 Backstroke	EN
	{6 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{2 x 175 on 3:15 Backstroke	EN
	{6 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{3 x 175 on 3:10 Backstroke	EN
	{6 x 25 on :35 Back-descend Great Finishes	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	7:05 AM 2,550 Yards - Stress Value = 42	

Workout #17925 - Wednesday, 02 December 2015

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY
4:40 PM	Start	
2,400	1x{1 x 150 on 2:15 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{2 x 125 on 1:50 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{3 x 100 on 1:25 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{4 x 75 on 1:00 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{4 x 50 on :40 Breaststroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:34 PM	2,650 Yards - Stress Value = 48	

Workout #17922 - Wednesday, 02 December 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:40 PM	Start			
3,000	1x{1 x 500 on 6:40 Freestyle	EN2	S	FR
	{1 x 400 on 5:20 Freestyle	EN2	S	FR
	{1 x 400 on 5:00 Freestyle	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{1 x 300 on 3:45 Freestyle	EN2	S	FR
	{1 x 300 on 3:40 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:34 PM	3,250 Yards - Stress Value = 60			

Workout #17918 - Wednesday, 02 December 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY
3:00 PM	Start	
500	1 on 45:00 DS/TRX Bands	
150	20 x 25 on :30 Wednesday Warm-up	
1,350	10 x 15 on :45 Shooters	
	1x{4 x 25 on :30 Kick no board BSLR 15 KOW	
	{2 x 75 on 1:25 Kick	
	{4 x 25 on :30 Kick no board BSLR 14 KOW	
	{3 x 100 on 1:55 Kick	
	{4 x 25 on :30 Kick no board BSLR 13 KOW	
	{4 x 125 on 2:25 Kick	
	{4 x 25 on :30 Kick no board BSLR 12 KOW	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:39 PM	2,200 Yards - Stress Value = 35	

Workout #17919 - Wednesday, 02 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
3:00 PM	Start	
500	1 on 45:00 DS/TRX Bands	
150	20 x 25 on :30 Wednesday Warm-up	
1,300	10 x 15 on :45 Shooters	
	1x{4 x 25 on :30 Kick no board BSLR 15 KOW	
	{2 x 75 on 1:30 Kick	

	{4 x 25 on :30 Kick no board BSLR 14 KOW	
	{3 x 100 on 2:05 Kick	
	{4 x 25 on :30 Kick no board BSLR 13 KOW	
	{4 x 125 on 2:40 Kick	
	{2 x 25 on :30 Kick no board BS 12 KOW	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:39 PM	2,150 Yards - Stress Value = 34	

Workout #17923 - Wednesday, 02 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:40 PM	Start			
2,750	1x{1 x 500 on 7:30 Freestyle	EN2	S	FR
	{1 x 400 on 6:00 Freestyle	EN2	S	FR
	{1 x 400 on 5:20 Freestyle	EN2	S	FR
	{1 x 300 on 4:30 Freestyle	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{1 x 300 on 3:55 Freestyle	EN2	S	FR
	{1 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 150 on 1:55 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:34 PM	3,000 Yards - Stress Value = 55			

Workout #17926 - Wednesday, 02 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
4:40 PM	Start	
2,300	1x{1 x 150 on 2:30 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{2 x 125 on 2:00 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{3 x 100 on 1:35 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{4 x 75 on 1:10 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{2 x 50 on :45 Breaststroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:34 PM	2,550 Yards - Stress Value = 46	

Workout #17920 - Wednesday, 02 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
3:00 PM	Start	
500	1 on 45:00 DS/TRX Bands	
150	20 x 25 on :30 Wednesday Warm-up	
1,150	10 x 15 on :45 Shooters	
	1x{4 x 25 on :35 Kick no board BSLR 15 KOW	
	{2 x 75 on 1:40 Kick	
	{4 x 25 on :35 Kick no board BSLR 14 KOW	
	{3 x 100 on 2:15 Kick	
	{4 x 25 on :35 Kick no board BSLR 13 KOW	
	{3 x 125 on 2:55 Kick	
	{1 x 25 on :35 Kick no board B	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:39 PM	2,000 Yards - Stress Value = 31	

Workout #17924 - Wednesday, 02 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:40 PM	Start			
2,400	1x{1 x 500 on 8:20 Freestyle	EN2	S	FR
	{1 x 400 on 6:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:00 Freestyle	EN2	S	FR
	{1 x 300 on 5:00 Freestyle	EN2	S	FR
	{1 x 300 on 4:30 Freestyle	EN2	S	FR
	{1 x 300 on 4:25 Freestyle	EN2	S	FR
	{1 x 200 on 3:20 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM	2,650 Yards - Stress Value = 48			

Workout #17927 - Wednesday, 02 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
4:40 PM	Start	
2,050	1x{1 x 150 on 2:45 Breaststroke	EN2
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst	EN2
	{2 x 125 on 2:15 Breaststroke	EN2
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst	EN2
	{3 x 100 on 1:45 Breaststroke	EN2
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst	EN2
	{4 x 75 on 1:15 Breaststroke	EN2
	{2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:34 PM	2,300 Yards - Stress Value = 41	

Workout #17921 - Wednesday, 02 December 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 45:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,050	1x{4 x 25 on :40 Kick no board BSLR 15 KOW
	{2 x 75 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 100 on 2:30 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{3 x 100 on 2:35 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:39 PM	1,900 Yards - Stress Value = 29

Workout #17928 - Thursday, 03 December 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
5:30 AM	Start				
	1 on 40:00 DSWeights		L	WTS	
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR	1:1
150	10 x 15 on :45 Shooters	SP3	S	CHO	5:0
3,000	3 x 1000 on 12:00 Freestyle	EN2	S	FR	1:1
	#1 3 KOW +1 up to 7-repeat				
	#2 Alt breakouts				
	#3 hb 2 strokes off wall +1 up to 5- repeat				
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	1:3
7:05 AM	3,750 Yards - Stress Value = 66				

Workout #17931 - Thursday, 03 December 2015

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
	1 on 40:00 DSWeights			
400	1 x 400 on 5:00 5:00 Warm-up			
150	10 x 15 on :45 Shooters			
2,400	2x{1 x 100 on 1:30 Fly 1st 25-12,5yds under			
	{1 x 100 on 1:30 Fly 2nd 25-12,5yds under			
	{1 x 100 on 1:30 Fly 3rd 25-12,5yds under			
	{1 x 100 on 1:30 Free-build to 90%-Great Fini			
	{1 x 100 on 1:30 Fly 1st 25 no breath L12.5			
	{1 x 100 on 1:30 Fly 2nd 25 no breath L12.5			
	{1 x 100 on 1:30 Fly 3rd 25 no breath L12.5			
	{1 x 100 on 1:30 Free-build to 90%-Great Fini			
	{1 x 100 on 1:30 Fly 1st 25 100%			
	{1 x 100 on 1:30 Fly 2nd 25 100%			
	{1 x 100 on 1:30 Fly 3rd 25 100%			
	{1 x 100 on 1:30 Free-build to 90%-Great Fini			
200	1 x 200 on 3:00 Stroke Drills			
7:05 AM	3,150 Yards - Stress Value = 54			

Workout #17929 - Thursday, 03 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
5:30 AM	Start				
	1 on 40:00 DSWeights		L	WTS	
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR	1:1
150	10 x 15 on :45 Shooters	SP3	S	CHO	5:0
2,550	3 x 850 on 12:00 Freestyle	EN2	S	FR	1:2
	#1 3 KOW +1 up to 7-repeat				
	#2 Alt breakouts				
	#3 hb 2 strokes off wall +1 up to 5- repeat				
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	1:3
7:05 AM	3,300 Yards - Stress Value = 57				

Workout #17932 - Thursday, 03 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
	1 on 40:00 DSWeights			
400	1 x 400 on 5:00 5:00 Warm-up			
150	10 x 15 on :45 Shooters			
2,100	2x{1 x 50 on :50 Fly 1st 25-12,5yds under			
	{1 x 100 on 1:40 Fly 2nd 25-12,5yds under			
	{1 x 100 on 1:40 Fly 3rd 25-12,5yds under			
	{1 x 100 on 1:40 Free-build to 90%-Great Fini			
	{1 x 50 on :50 Fly 1st 25 no breath L12.5			
	{1 x 100 on 1:40 Fly 2nd 25 no breath L12.5			
	{1 x 100 on 1:40 Fly 3rd 25 no breath L12.5			
	{1 x 100 on 1:40 Free-build to 90%-Great Fini			
	{1 x 50 on :50 Fly 1st 25 100%			
	{1 x 100 on 1:40 Fly 2nd 25 100%			
	{1 x 100 on 1:40 Fly 3rd 25 100%			
	{1 x 100 on 1:40 Free-build to 90%-Great Fini			
200	1 x 200 on 3:00 Stroke Drills			
7:04 AM	2,850 Yards - Stress Value = 48			

Workout #17930 - Thursday, 03 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
5:30 AM	Start				
400	1 x 400 on 5:00 5:00 Warm-up	REC		D FR	1:1
150	10 x 15 on :45 Shooters	SP3		S CHO	5:0
2,250	3 x 750 on 12:00 Freestyle	EN2		S FR	1:3
	#1 3 KOW +1 up to 7-repeat				
	#2 Alt breakouts				
	#3 hb 2 strokes off wall +1 up to 5- repeat				
200	1 x 200 on 3:00 Stroke Drills	REC		D CD	1:3
	7:05 AM 3,000 Yards - Stress Value = 51				

Workout #17933 - Thursday, 03 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
5:30 AM	Start				
400	1 x 400 on 5:00 5:00 Warm-up				
150	10 x 15 on :45 Shooters				
1,900	2x{1 x 50 on :55 Fly 1st 25-12,5yds under				
	{1 x 100 on 1:55 Fly 2nd 25-12,5yds under				
	{1 x 100 on 1:55 Fly 3rd 25-12,5yds under				
	{1 x 50 on :55 Free-build to 90%-Great Finish				
	{1 x 50 on :55 Fly 1st 25 no breath L12.5				
	{1 x 100 on 1:55 Fly 2nd 25 no breath L12.5				
	{1 x 100 on 1:55 Fly 3rd 25 no breath L12.5				
	{1 x 50 on :55 Free-build to 90%-Great Finish				
	{1 x 50 on :55 Fly 1st 25 100%				
	{1 x 100 on 1:50 Fly 2nd 25 100%				
	{1 x 100 on 1:50 Fly 3rd 25 100%				
	{1 x 100 on 1:50 Free-build to 90%-Great Fini				
200	1 x 200 on 3:00 Stroke Drills				
	7:05 AM 2,650 Yards - Stress Value = 44				

Workout #17934 - Friday, 04 December 2015

HighSchl - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
5:30 AM	Start				
400	1 x 400 on 5:00 5:00 Warm-up				
500	5 x 100 on 3:00 Your #1				
600	1x{1 x 200 on 10:00 Station #1 25 yd OTB				
	{ with weight belts, count strokes-finish to				
	{ or STATION #4-sprint resist stretch cordz				
	{ 5 dolphin kicks breakout and 25 strokes				
	{1 x 200 on 10:00 Station #2 Running Pit Spr				
	{ 9 X 20@1:00 with weight belts				
	{ or STATION #5, 12X25@:45 parachutes and pac				
	{1 x 200 on 10:00 Vertical Kicking				
	{ 3x 10/20/30 seconds w/ weight belts, count				
	{ or STATION #6 8x25@1:00 undrwtr kick holdir				
200	1 x 200 on 3:00 Easy Swim				
	7:06 AM 1,700 Yards - Stress Value = 100				

Workout #17935 - Friday, 04 December 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
3:00 PM	Start				
500	1 x 500 on 15:00 5min ez swim 10min IP's	REC			

180	12 x 15 on :45 Start/Shooter/Finish				SP3
250	1 x 250 on 14:00 Techniques-TN Turn Drills				REC
	with paddles				
	1 on 10:00 Sculling Drills in Diving Well				REC
250	1 x 250 on 10:00 Indvdl Prsrctpts				REC
	These must be something that gets your HR up				
200	1 x 200 on 3:00 Stroke Drills				REC
	1 on 10:00 Ice				
	5:05 PM 1,380 Yards - Stress Value = 7				

Workout #17944 - Monday, 07 December 2015

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
4:46 PM	Start				
2,450	1x{4 x 100 on 1:25 Backstroke				
	{6 x 50 on :45 Back-odds drills evens descend				
	{3 x 150 on 2:00 Backstroke				
	{6 x 50 on :45 Back-odds drill evens descend				
	{2 x 200 on 2:35 Backstroke				
	{6 x 50 on :45 Back-odds drill evens descend				
	{1 x 300 on 3:45 Backstroke				
200	1 x 200 on 3:00 Stroke Drills				
	1 on 10:00 Ice				
	5:35 PM 2,650 Yards - Stress Value = 49				

Workout #17941 - Monday, 07 December 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
4:46 PM	Start				
2,800	1x{1 x 500 on 6:15 Freestyle Neg Split	EN2			
	{5 x 100 on 1:15 Free Hold Avg from 500	EN2			
	{1 x 400 on 5:00 Freestyle Neg Split	EN2			
	{4 x 100 on 1:15 Free Hold Avg from 400	EN2			
	{1 x 300 on 3:45 Freestyle Neg Split	EN2			
	{3 x 100 on 1:15 Free Hold Avg from 300	EN2			
	{1 x 200 on 2:30 Freestyle Neg split	EN2			
	{2 x 100 on 1:15 Free Hold Avg from 200	EN2			
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	5:35 PM 3,000 Yards - Stress Value = 56				

Workout #17937 - Monday, 07 December 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
3:00 PM	Start				
600	1 x 600 on 10:00 Swim-kick-pull-swim				
300	12 x 25 on :40 Variable Speed				
	Rd 1 #1, Rd 2 #2, Rd 3 free				
1,600	1x{4 x 25 on :30 Kick no board BSLR-12 KOW				
	{3 x 100 on 1:40 Kick				
	{4 x 25 on :30 Kick no board BSLR-12 KOW				
	{3 x 100 on 1:35 Kick				
	{4 x 25 on :30 Kick no board BSLR-12 KOW				
	{3 x 100 on 1:30 Kick				
	{4 x 25 on :30 Kick no board BSLR-12 KOW				
	{3 x 100 on 1:25 Kick				
1,600	1x{2 x 200 on 2:35 Pull no br L.12 yds				
	{2 x 200 on 2:30 Pull no br L.12 yds				
	{2 x 200 on 2:25 Pulls-no br L.12 yds				
	{2 x 200 on 2:20 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				
	4:45 PM 4,300 Yards - Stress Value = 70				

Workout #17938 - Monday, 07 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 300 1 x 600 on 10:00 Swim-kick-pull-swim
 1,450 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,450 1x{4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 50 on :50 Kick
 1,450 1x{2 x 200 on 2:50 Pull no br L.12 yds
 {2 x 200 on 2:45 Pull no br L.12 yds
 {2 x 200 on 2:40 Pull no br L.12 yds
 {2 x 125 on 1:35 Pulls-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
 4:45 PM 4,000 Yards - Stress Value = 60

Workout #17942 - Monday, 07 December 2015

HighSchl - Gold

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY W
 =====
 2,500 1x{1 x 500 on 6:50 Freestyle Neg Split EN2
 {5 x 100 on 1:25 Free Hold Avg from 500 EN2
 {1 x 400 on 5:30 Freestyle Neg Split EN2
 {4 x 100 on 1:25 Free Hold Avg from 400 EN2
 {1 x 300 on 4:10 Freestyle Neg Split EN2
 {4 x 100 on 1:25 Free Hold Avg from 300 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,700 Yards - Stress Value = 50

Workout #17945 - Monday, 07 December 2015

HighSchl - Gold

1 minute rest between sets

4:46 PM Start
 Yards Set Description
 =====
 2,200 1x{4 x 100 on 1:35 Backstroke
 {6 x 50 on :50 Back-odds drills evens descend
 {3 x 150 on 2:15 Backstroke
 {6 x 50 on :50 Back-odds drill evens descend
 {2 x 200 on 2:55 Backstroke
 {3 x 50 on :50 Back-descend
 {1 x 200 on 2:45 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,400 Yards - Stress Value = 44

Workout #17939 - Monday, 07 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Balls
 300 1 x 550 on 10:00 Swim-kick-pull-swim
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,250 1x{4 x 25 on :35 Kick no board BSLR-12 KOW

{3 x 100 on 2:05 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {3 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {2 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board BS-12 KOW
 {1 x 50 on :55 Kick
 1,250 1x{2 x 200 on 3:15 Pull no br L.12 yds
 {2 x 200 on 3:10 Pull no br L.12 yds
 {2 x 200 on 3:05 Pull no br L.12 yds
 {1 x 50 on :45 Pulls-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
 4:45 PM 3,550 Yards - Stress Value = 51

Workout #17943 - Monday, 07 December 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY W
 =====
 2,200 1x{1 x 500 on 7:30 Freestyle Neg Split EN2
 {5 x 100 on 1:35 Free Hold Avg from 500 EN2
 {1 x 400 on 6:00 Freestyle Neg Split EN2
 {4 x 100 on 1:35 Free Hold Avg from 400 EN2
 {1 x 200 on 3:00 Freestyle Neg Split EN2
 {2 x 100 on 1:35 Free Hold Avg from 200 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:34 PM 2,400 Yards - Stress Value = 44

Workout #17946 - Monday, 07 December 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start
 Yards Set Description
 =====
 2,000 1x{4 x 100 on 1:45 Backstroke
 {6 x 50 on :55 Back-odds drills evens descend
 {3 x 150 on 2:35 Backstroke
 {6 x 50 on :55 Back-odds drill evens descend
 {2 x 200 on 3:20 Backstroke
 {3 x 50 on :55 Back-descend
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 2,200 Yards - Stress Value = 40

Workout #17940 - Monday, 07 December 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Balls
 300 1 x 550 on 10:00 Swim-kick-pull-swim
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,000 1x{4 x 25 on :45 Kick no board BSLR-12 KOW
 {3 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {1 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 1,100 1x{2 x 200 on 3:40 Pull no br L.12 yds
 {2 x 200 on 3:35 Pull no br L.12 yds
 {2 x 150 on 2:40 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
 4:45 PM 3,150 Yards - Stress Value = 45

Workout #17936 - Monday, 07 December 2015

HighSchl - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
400	1 on 40:00 DS/Weights		L
400	1 x 400 on 5:00 5:00 Warm-up	REC	S
300	12 x 25 on :40 Variable Speed	SP3	S
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,800	1x{1 x 100 on :20 Kick with flippers	EN2	K
	{1 x 100 on :25 Kick with flippers	EN2	K
	{1 x 100 on :30 Kick with flippers	EN2	K
	{1 x 100 on :35 Kick with flippers	EN2	K
	{1 x 100 on :40 Kick with flippers	EN2	K
	{1 x 100 on :45 Kick with flippers	EN2	K
	{1 x 100 on :50 Kick with flippers	EN2	K
	{1 x 100 on :55 Kick with flippers	EN2	K
	{1 x 100 on 1:00 Kick with flippers	EN2	K
	{1 x 100 on 1:05 Kick with flippers	EN2	K
	{1 x 100 on 1:10 Kick with flippers	EN2	K
	{1 x 100 on 1:15 Kick with flippers	EN2	K
	{1 x 100 on 1:20 Kick with flippers	EN2	K
	{1 x 100 on 1:25 Kick with flippers	EN2	K
	{1 x 100 on 1:30 Kick with flippers	EN2	K
	{1 x 100 on 1:35 Kick with flippers	EN2	K
	{1 x 100 on 1:40 Kick with flippers	EN2	K
	{1 x 100 on 1:45 Kick with flippers	EN2	K
300	6 x 50 on 2:00 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
7:02 AM	3,050 Yards - Stress Value = 54		

Workout #17950 - Tuesday, 08 December 2015

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	F	
300	12 x 25 on :40 Variable Speed	S	
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,850	1x{6 x 25 on :40 Brst with paddles alt 2/3	PO	F
	{3 x 150 on 2:30 2K1P w/ tennis balls	F	
	{6 x 25 on :40 Brst with paddles alt 2/3	PO	F
	{3 x 150 on 2:25 2K1P w/ tennis balls	F	
	{8 x 25 on :40 Brst with paddles alt 2/3	PO	F
	{3 x 150 on 2:20 2K1P w/tennis balls	F	
200	1 x 200 on 3:00 Stroke Drills	F	
7:05 AM	2,750 Yards - Stress Value = 30		

Workout #17947 - Tuesday, 08 December 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
300	12 x 25 on :40 Variable Speed	SP3	
	Rd 1 #1, Rd 2 #2, Rd 3 free		
2,800	2x{1 x 125 on 1:35 Free 7 KOW	EN1	
	{3 x 100 on 1:15 Free 6 breaths mid 50	EN1	
	{2 x 125 on 1:35 Free 5 KOW	EN2	
	{2 x 100 on 1:10 Free 7 breaths mid 50	EN2	
	{3 x 125 on 1:35 Free 3 KOW	EN2	
	{1 x 100 on 1:05 Free 8 breaths mid 50	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:05 AM	3,700 Yards - Stress Value = 57		

Workout #17948 - Tuesday, 08 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
300	12 x 25 on :40 Variable Speed	SP3	
	Rd 1 #1, Rd 2 #2, Rd 3 free		
2,550	2x{1 x 125 on 1:45 Free 7 KOW	EN1	
	{3 x 100 on 1:25 Free 6 breaths mid 50	EN1	
	{2 x 125 on 1:45 Free 5 KOW	EN2	
	{2 x 100 on 1:20 Free 7 breaths mid 50	EN2	
	{2 x 125 on 1:45 Free 3 KOW	EN2	
	{1 x 100 on 1:15 Free 8 breaths mid 50	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:05 AM	3,450 Yards - Stress Value = 52		

Workout #17951 - Tuesday, 08 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	F	
300	12 x 25 on :40 Variable Speed	S	
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,750	1x{6 x 25 on :40 Brst with paddles alt 2/3	PO	F
	{3 x 150 on 2:40 2K1P w/ tennis balls	F	
	{6 x 25 on :40 Brst w/paddles "X"pullouts	F	
	{3 x 150 on 2:35 2K1P w/ tennis balls	F	
	{6 x 25 on :40 Brst with paddles alt 2/3	PO	F
	{2 x 150 on 2:30 2K1P w/tennis balls	F	
	{4 x 25 on :40 Brst with paddles alt 2/3	PO	F
200	1 x 200 on 3:00 Stroke Drills	F	
7:05 AM	2,650 Yards - Stress Value = 30		

Workout #17949 - Tuesday, 08 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
300	12 x 25 on :40 Variable Speed	SP3	
	Rd 1 #1, Rd 2 #2, Rd 3 free		
2,250	2x{1 x 125 on 2:00 Free 7 KOW	EN1	
	{2 x 100 on 1:35 Free 6 breaths mid 50	EN1	
	{1 x 125 on 2:00 Free 5 KOW	EN2	
	{2 x 100 on 1:30 Free 7 breaths mid 50	EN2	
	{1 x 125 on 2:00 Free 3 KOW	EN2	
	{3 x 100 on 1:25 Free 8 breaths mid 50	EN2	
	{1 x 50 on 1:30 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:05 AM	3,150 Yards - Stress Value = 48		

Workout #17952 - Tuesday, 08 December 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description F
 =====
 1 on 40:00 DS/Weights
 400 1 x 400 on 5:00 5:00 Warm-up F
 300 12 x 25 on :40 Variable Speed E
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,700 1x{6 x 25 on :40 Brst with paddles alt 2/3 PO F
 {3 x 150 on 2:50 2K1P w/tennis balls F
 {6 x 25 on :40 Brst with paddles alt 2/3 PO F
 {3 x 150 on 2:45 2K1P w/ tennis balls F
 {6 x 25 on :40 Brst with paddles alt 2/3 PO F
 {2 x 150 on 2:40 2K1P w/tennis balls F
 {2 x 25 on :40 Brst with paddles alt 2/3 PO F
 200 1 x 200 on 3:00 Stroke Drills F
 7:05 AM 2,600 Yards - Stress Value = 29

250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,650 Yards - Stress Value = 44

Workout #17953 - Wednesday, 09 December 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-up
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,250 1x{4 x 25 on :30 Kick no board BSLR 15 KOW
 {6 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no board BSLR 14 KOW
 {5 x 100 on 1:25 Kick
 {4 x 25 on :30 Kick no board BSLR 13 KOW
 900 12 x 75 on 1:00 Lungbuster pulls
 Odds br 3-5-7, evens 4-6-8 by 25
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,150 Yards - Stress Value = 57

Workout #17957 - Wednesday, 09 December 2015

HighSchl - Distance

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY
 =====
 2,000 1x{2 x 200 on 2:40 Freestyle EN1
 {1 x 100 on 1:15 Free HB +1 off each wall EN2
 {2 x 200 on 2:45 Free Hold 238 EN1
 {1 x 100 on 1:15 Free HB +1 off each wall EN2
 {2 x 200 on 2:50 Free hold 236 EN1
 {1 x 100 on 1:15 Free HB +1 off each wall EN2
 {2 x 200 on 2:55 Free hold 234 EN1
 {1 x 100 on 1:15 Free HB +1 off each wall EN2
 300 1 x 300 on 6:00 Stroke Drills REC
 1 on 10:00 Ice
 5:31 PM 2,300 Yards - Stress Value = 24

Workout #17954 - Wednesday, 09 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-up
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,100 1x{4 x 25 on :30 Kick no board BSLR 15 KOW
 {6 x 75 on 1:15 Kick
 {4 x 25 on :30 Kick no board BSLR 14 KOW
 {4 x 100 on 1:40 Kick
 {2 x 25 on :30 Kick no board BS 13 KOW
 825 11 x 75 on 1:05 Lungbuster pulls
 Odds br 3-5-7, evens 4-6-8 by 25
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 2,925 Yards - Stress Value = 52

Workout #17958 - Wednesday, 09 December 2015

HighSchl - Distance

1 minute rest between sets

4:46 PM Start
 Yards Set Description
 =====
 2,700 1x{2 x 225 on 2:40 Freestyle 3 KOW
 {2 x 225 on 2:45 Freestyle 3 KOW-5 off last w
 {2 x 225 on 2:50 Freestyle-3 KOW 7 off last w
 {2 x 225 on 2:55 Freestyle 3 KOW 9 off last w
 {2 x 225 on 3:00 Freestyle 3 KOW 11 off last
 {2 x 225 on 3:05 Freestyle 3 KOW 13 off last
 hold all 225's faster then 1st interval
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,900 Yards - Stress Value = 54

Workout #17959 - Wednesday, 09 December 2015

HighSchl - Gold

1 minute rest between sets

4:46 PM Start
 Yards Set Description
 =====
 2,400 1x{2 x 200 on 2:40 Freestyle 3 KOW
 {2 x 200 on 2:45 Freestyle 3 KOW-5 off last w
 {2 x 200 on 2:50 Freestyle-3 KOW 7 off last w
 {2 x 200 on 2:55 Freestyle 3 KOW 9 off last w
 {2 x 200 on 3:00 Freestyle 3 KOW 11 off last
 {2 x 200 on 3:05 Freestyle 3 KOW 13 off last
 hold all 200's faster then 1st interval
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,600 Yards - Stress Value = 48

Workout #17961 - Wednesday, 09 December 2015

HighSchl - Fly

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY
 =====
 2,400 1x{1 x 100 on 1:25 3 strokes off walls EN2
 {9 x 25 on :25 Fly-descend in 3s EN2
 {2 x 100 on 1:20 3 strokes off walls EN1
 {9 x 25 on :25 Fly-descend in 3s EN2
 {3 x 100 on 1:15 3 strokes off walls EN2
 {9 x 25 on :25 Fly-descend in 3s EN2
 {4 x 100 on 1:15 3 strokes fly off walls EN2
 {9 x 25 on :25 Fly-descend in 3s EN2
 {5 x 100 on 1:10 3 strokes fly off walls EN2

Workout #17962 - Wednesday, 09 December 2015

HighSchl - Gold

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY
 =====
 2,100 1x{1 x 100 on 1:30 3 strokes off walls EN1
 {9 x 25 on :30 Fly-descend in 3s EN2
 {2 x 100 on 1:25 3 strokes off walls EN1
 {9 x 25 on :30 Fly-descend in 3s EN2
 {3 x 100 on 1:20 3 strokes off walls EN2
 {9 x 25 on :30 Fly-descend in 3s EN2
 {4 x 100 on 1:20 3 strokes fly off walls EN2
 {9 x 25 on :30 Fly-descend EN2
 {2 x 100 on 1:15 3 strokes fly off walls EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,300 Yards - Stress Value = 37

Workout #17955 - Wednesday, 09 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands
 300 20 x 25 on :30 Wednesday Warm-up
 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 950 1x{4 x 25 on :35 Kick no board BSLR 15 KOW
 {6 x 75 on 1:30 Kick
 {2 x 25 on :35 Kick no board BSLR 14 KOW
 {3 x 100 on 2:00 Kick
 {2 x 25 on :35 Kick no board BS 13 KOW
 675 9 x 75 on 1:15 Lungbuster pulls
 Odds br 3-5-7, evens 4-6-8 by 25
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 2,625 Yards - Stress Value = 47

Workout #17960 - Wednesday, 09 December 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start
 Yards Set Description
 =====
 2,100 1x{2 x 175 on 2:40 Freestyle 3 KOW
 {2 x 175 on 2:45 Freestyle 3 KOW-5 off last w
 {2 x 175 on 2:50 Freestyle-3 KOW 7 off last w
 {2 x 175 on 2:55 Freestyle 3 KOW 9 off last w
 {2 x 175 on 3:00 Freestyle 3 KOW 11 off last
 {2 x 175 on 3:05 Freestyle 3 KOW 13 off last
 hold all 175's faster then 1st interval
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,300 Yards - Stress Value = 42

Workout #17963 - Wednesday, 09 December 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY
 =====
 1,775 1x{1 x 100 on 1:45 3 strokes off walls EN1
 {9 x 25 on :35 Fly-descend in 3s EN2
 {2 x 100 on 1:40 3 strokes off walls EN1
 {9 x 25 on :35 Fly-descend in 3s EN2
 {3 x 100 on 1:35 3 strokes off walls EN2
 {9 x 25 on :35 Fly-descend in 3's EN2
 {4 x 100 on 1:30 3 strokes fly off walls EN2

{4 x 25 on :35 Fly-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:34 PM 1,975 Yards - Stress Value = 31

Workout #17956 - Wednesday, 09 December 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands
 300 20 x 25 on :30 Wednesday Warm-up
 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 800 1x{4 x 25 on :45 Kick no board BSLR 15 KOW
 {4 x 75 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR 14 KOW
 {3 x 100 on 2:20 Kick
 600 8 x 75 on 1:25 Lungbuster pulls
 Odds br 3-5-7, evens 4-6-8 by 25
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 2,400 Yards - Stress Value = 42

Workout #17967 - Thursday, 10 December 2015

HighSchl - Back

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 400 1 on 40:00 DS and Weights
 300 1 x 400 on 5:00 5:00 swim
 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 2,150 1x{5 x 125 on 1:40 Backstroke-Alt 25 of 12.5 YU
 {8 x 25 on :30 Des in 4's/4&8 15m under
 {4 x 100 on 1:20 Back alt 25 of 12.5 YU
 {8 x 25 on :30 Des in 4's/4&8 15m under
 {3 x 75 on 1:00 Back Alt 25 of 12.5 YU
 {8 x 25 on :30 Des in 4's/4&8 15m under
 {2 x 50 on :40 Back Alt 25 of 12.5 YU
 {8 x 25 on :30 Des in 4's/4&8 15m under
 250 1 x 250 on 4:00 Stroke Drills
 7:04 AM 3,100 Yards - Stress Value = 54

Workout #17964 - Thursday, 10 December 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 400 1 on 40:00 DS/Weights
 300 1 x 400 on 5:00 5:00 Warm-up
 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 2,700 1x{1 x 300 on 3:25 Freestyle EN2
 {3 x 100 on 1:30 Freestyle hold under 105 EN2
 {1 x 300 on 3:25 Freestyle EN2
 {3 x 100 on 1:25 Freestyle hold under 104 EN2
 {1 x 300 on 3:25 Freestyle EN2
 {3 x 100 on 1:20 Freestyle hold under 103 EN2
 {1 x 300 on 3:25 Freestyle EN2
 {3 x 100 on 1:15 Freestyle hold under 102 EN2
 {1 x 300 on 3:25 Freestyle EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 7:04 AM 3,650 Yards - Stress Value = 66

Workout #17965 - Thursday, 10 December 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS/Weights	EGY
400	1 x 400 on 5:00 5:00 Warm-up	REC
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free	SP3
2,400	1x{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 112	EN2
	{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 111	EN2
	{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 110	EN2
	{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 109	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
7:04 AM 3,350 Yards - Stress Value = 60		

Workout #17968 - Thursday, 10 December 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS and Weights	EGY
400	1 x 400 on 5:00 5:00 swim	REC
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free	SP3
2,050	1x{5 x 125 on 1:50 Backstroke-Alt 25 of 12.5 YU	EN2
	{8 x 25 on :30 Des in 4's/4&8 15m under	EN2
	{4 x 100 on 1:25 Backstroke-Alt 25 of 12.5 YU	EN2
	{8 x 25 on :30 Des in 4's/4&8 15m under	EN2
	{3 x 75 on 1:05 Backstroke-Alt 25 of 12.5 YU	EN2
	{8 x 25 on :30 Des in 4's/4&8 15m under	EN2
	{2 x 50 on :40 Backstroke-Alt 25 of 12.5 YU	EN2
	{4 x 25 on :30 Des in 4's/4 15m under	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
7:04 AM 3,000 Yards - Stress Value = 52		

Workout #17966 - Thursday, 10 December 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS/Weights	EGY
400	1 x 400 on 5:00 5:00 Warm-up	REC
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free	SP3
2,100	1x{1 x 300 on 4:25 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle hold under 125	EN2
	{1 x 300 on 4:25 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 124	EN2
	{1 x 300 on 4:25 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 123	EN2
	{1 x 300 on 4:25 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
7:03 AM 3,050 Yards - Stress Value = 54		

Workout #17969 - Thursday, 10 December 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS and Weights	EGY
400	1 x 400 on 5:00 5:00 swim	REC

300	12 x 25 on :40 Variable Speed	EGY
	Rd 1 #1, Rd 2 #2, Rd 3 free	EGY
1,800	1x{5 x 125 on 2:05 Backstroke-Alt 25 of 10 KOW	EN2
	{8 x 25 on :35 Des in 4's/4&8 15m under	EN2
	{4 x 100 on 1:40 Back alt 25 of 10 KOW	EN2
	{8 x 25 on :35 Des in 4's/4&8 15m under	EN2
	{3 x 75 on 1:15 Back Alt 25 of 10 KOW	EN2
	{6 x 25 on :35 Des in 3's/3&6 15m under	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
7:04 AM 2,750 Yards - Stress Value = 47		

Workout #17970 - Friday, 11 December 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
400	1 on 40:00 DS and Weights	EGY	WC
400	1 x 400 on 5:00 5:00 Warm-up	REC	WC
600	1x{1 x 200 on 10:00 Station #1 25 yd OTB	EN2	WC
	{ with weight belts, count strokes-finish to	EN2	WC
	{ or STATION #4-sprint resist stretch cordz	EN2	WC
	{ 5 dolphin kicks breakout and 25 strokes	EN2	WC
	{1 x 200 on 10:00 Station #2 Running Pit Spr	EN2	WC
	{ 9 X 20@1:00 with weight belts	EN2	WC
	{ or STATION #5, 12X25@:45 parachutes and pac	EN2	WC
	{1 x 200 on 10:00 Vertical Kicking	EN2	WC
	{ 3x 10/20/30 seconds w/ weight belts, count	EN2	WC
	{ or STATION #6 8x25@1:00 undrwtr kick holdir	EN2	WC
500	5 x 100 on 3:00 Freestyle	REC	WC
200	1 x 200 on 3:00 Easy Swim	REC	WC
7:06 AM 1,700 Yards - Stress Value = 100			

Workout #17978 - Friday, 11 December 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
500	1 on 50:00 Jump rope/Yoga	EGY	WC
180	1 x 500 on 15:00 5 min swim/10 min IP	REC	WC
1,100	1x{1 x 250 on 4:10 Stroke Drills	EN2	WC
	{4 x 25 on :40 Variable Speed	EN2	WC
	{1 x 200 on 3:20 Stroke Drills	EN2	WC
	{4 x 25 on :40 Variable Speed	EN2	WC
	{1 x 150 on 2:30 Stroke Drills	EN2	WC
	{4 x 25 on :40 Variable Speed	EN2	WC
	{1 x 100 on 1:40 Stroke Drills	EN2	WC
	{4 x 25 on :40 Variable Speed	EN2	WC
200	1 x 200 on 10:00 Indvdl Prsrcptns	REC	WC
250	1 x 250 on 4:00 Stroke Drills	REC	WC
	1 on 10:00 Ice	REC	WC
5:05 PM 2,230 Yards - Stress Value = 11			

Workout #17971 - Saturday, 12 December 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

6:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Ted's Abs
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no brd S-9+1 KOW
	{2 x 75 on 1:05 Kick
	{2 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no brd L-9+1 KOW
	{2 x 75 on 1:00 Kick
	{2 x 75 on :55 Kick
	{4 x 25 on :30 Kick no brd R 9+1 KOW
	{2 x 75 on :55 Kick
	{2 x 75 on :50 Kick
750	1x{1 x 150 on 2:05 Pulls-nbbf&w
	{1 x 150 on 2:00 Pulls-nbbf&w + 1 yd
	{1 x 150 on 1:55 Pulls-nbbf&w + 2 yds
	{1 x 150 on 1:50 Pulls-nbbf&w + 3 yds
	{1 x 150 on 1:45 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:05 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	1 on 20:00 Stretch and Ice
	8:30 AM 5,800 Yards - Stress Value = 93

Workout #17974 - Saturday, 12 December 2015

HighSchl - Gold/Silver

1 minute rest between sets

6:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Ted's Abs
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,375	1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{4 x 25 on :30 Kick no brd S-9+1 KOW
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no brd L-9+1 KOW
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no brd R 9+1 KOW
	{1 x 75 on 1:00 Kick
650	1x{1 x 50 on :50 Pulls-nbbf&w
	{1 x 150 on 2:15 Pulls-nbbf&w + 1 yd
	{1 x 150 on 2:10 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:05 Pulls-nbbf&w + 3 yds
	{1 x 150 on 2:00 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest

{4 x 100 on 1:20 Freestyle
{1 on 1:00 Rest
{3 x 100 on 1:20 Freestyle
{1 on 1:00 Rest
{2 x 100 on 1:20 Freestyle
{1 on 1:00 Rest
{1 x 100 on 1:20 Freestyle
1 x 200 on 3:00 Stroke Drills
1 on 10:00 Stretch and Ice
8:20 AM 5,225 Yards - Stress Value = 87

Workout #17972 - Saturday, 12 December 2015

HighSchl - Platinum-Gold

1 minute rest between sets

6:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Ted's Abs
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no brd S-9+1 KOW
	{2 x 75 on 1:05 Kick
	{2 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no brd L-9+1 KOW
	{2 x 75 on 1:00 Kick
	{2 x 75 on :55 Kick
	{4 x 25 on :30 Kick no brd R 9+1 KOW
	{2 x 75 on 1:00 Kick
	{2 x 50 on :35 Kick
750	1x{1 x 150 on 2:10 Pulls-nbbf&w
	{1 x 150 on 2:05 Pulls-nbbf&w + 1 yd
	{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
	{1 x 150 on 1:55 Pulls-nbbf&w + 3 yds
	{1 x 150 on 1:50 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:10 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	1 on 20:00 Stroke Drills
	8:30 AM 5,650 Yards - Stress Value = 92

Workout #17973 - Saturday, 12 December 2015

HighSchl - Gold

1 minute rest between sets

6:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
1,450	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no brd S-9+1 KOW
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no brd L-9+1 KOW
	{2 x 75 on 1:05 Kick
	{2 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no brd R 9+1 KOW
	{1 x 75 on 1:00 Kick
	{1 x 75 on :55 Kick
700	1x{1 x 100 on 1:30 Pulls-nbbf&w
	{1 x 150 on 2:10 Pulls-nbbf&w + 1 yd
	{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:00 Pulls-nbbf&w + 3 yds
	{1 x 150 on 1:55 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Stretch and Ice
	8:20 AM 5,450 Yards - Stress Value = 90

Workout #17975 - Saturday, 12 December 2015

HighSchl - Silver

1 minute rest between sets

6:00 AM Start

Yards	Set Description
550	1 on 30:00 DS/Ted's Abs
150	1 x 550 on 10:00 Reverse IM drill
1,300	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:25 Kick
	{2 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no brd S-9+1 KOW
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{4 x 25 on :30 Kick no brd L-9+1 KOW
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no brd R 9+1 KOW
600	1x{1 x 50 on :55 Pulls-nbbf&w
	{1 x 100 on 1:45 Pulls-nbbf&w + 1 yd
	{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:25 Pulls-nbbf&w + 3 yds
	{1 x 150 on 2:20 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{6 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:25 Freestyle

	{1 on 1:00 Rest
	{3 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 20:00 Stretch and Ice
	8:30 AM 5,000 Yards - Stress Value = 82

Workout #17977 - Saturday, 12 December 2015

HighSchl - Bronze

1 minute rest between sets

6:00 AM Start

Yards	Set Description
500	1 on 30:00 DS/Ted's Abs
150	1 x 500 on 10:00 Reverse IM drill
1,050	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :40 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no brd S-9+1 KOW
	{2 x 75 on 1:35 Kick
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no brd L-9+1 KOW
	{1 x 75 on 1:30 Kick
	{1 x 75 on 1:25 Kick
550	1x{1 x 50 on 1:00 Pulls-nbbf&w
	{1 x 100 on 1:55 Pulls-nbbf&w + 1 yd
	{1 x 100 on 1:50 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:40 Pulls-nbbf&w + 3 yds
	{1 x 150 on 2:35 Pulls-nbbf&w + 4 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 1:40 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:40 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:40 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:40 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 20:00 Stretch and Ice
	8:30 AM 4,450 Yards - Stress Value = 73

Workout #17976 - Saturday, 12 December 2015

HighSchl - Silver/Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:30 Kick
 {2 x 75 on 1:25 Kick
 {4 x 25 on :30 Kick no brd S-9+1 KOW
 {2 x 75 on 1:25 Kick
 {2 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no brd L-9+1 KOW
 {2 x 75 on 1:20 Kick
 {2 x 75 on 1:15 Kick
 {2 x 25 on :30 Kick no brd R 9+1 KOW
 550 1x{1 x 50 on 1:00 Pulls-nbbf&w
 {1 x 100 on 1:50 Pulls-nbbf&w + 1 yd
 {1 x 100 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:30 Pulls-nbbf&w + 3 yds
 {1 x 150 on 2:25 Pulls-nbbf&w + 4 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{6 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:30 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 20:00 Stretch and Ice
 8:30 AM 4,750 Yards - Stress Value = 78

Workout #17987 - Monday, 14 December 2015

HighSchl - Breast

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STP
 =====
 2,300 1x{1 x 200 on 2:55 Breaststroke EN2 S BF
 {3 x 50 on 1:00 Breaststroke EN3 S BF
 {2 x 175 on 2:30 Breaststroke EN2 S BF
 {3 x 50 on 1:00 Breaststroke EN3 S BF
 {3 x 150 on 2:05 Breaststroke EN2 S BF
 {3 x 50 on 1:00 Breaststroke EN3 S BF
 {4 x 125 on 1:40 Breaststroke EN2 S BF
 {3 x 50 on 1:00 Breaststroke EN3 S BF
 {2 x 100 on 1:45 Breast hold 115 EN2 S BF
 250 1 x 250 on 4:00 Stroke Drills REC D CI
 1 on 10:00 Ice M
 5:35 PM 2,550 Yards - Stress Value = 70

Workout #17984 - Monday, 14 December 2015

HighSchl - Distance

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY
 =====
 2,700 1x{2 x 200 on 2:30 Free hold 215 EN2
 {1 x 100 on 1:15 Free HB +1 off each wall EN2
 {2 x 200 on 2:35 Freestyle hold 214 EN2
 {1 x 100 on 1:15 Free HB +1 off each wall EN2
 {2 x 200 on 2:45 Free Hold 213 EN2
 {1 x 100 on 1:15 Free HB +1 off each wall EN2
 {2 x 200 on 2:50 Free hold 212 EN2
 {1 x 100 on 1:15 Free HB +1 off each wall EN2

{2 x 200 on 2:55 Free hold 211 EN2
 {1 x 100 on 1:15 Free HB +1 off each wall EN2
 {1 x 200 on 3:00 Free-100% EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,950 Yards - Stress Value = 54

Workout #17980 - Monday, 14 December 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 Kick set w/snrkls, flip turns, no kicks
 until shoulders reach the flags
 1,900 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {8 x 25 on :30 Kick no board BSLR X2
 {2 x 100 on 1:45 Kick
 {2 x 100 on 1:40 Kick
 {10 x 25 on :30 Kick no board BSLRX2 LR
 750 3x{1 x 50 on :40 Pull 8 SOT-HB
 {1 x 50 on :40 Pull 7 SOT-HB
 {1 x 50 on :40 Pull 6 SOT-HB
 {1 x 50 on :40 Pull 5 SOT-HB
 {1 x 50 on :40 Pull 4 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,570 Yards - Stress Value = 55

Workout #17981 - Monday, 14 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 1,800 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {8 x 25 on :30 Kick no board BSLR X2
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 750 3x{1 x 50 on :45 Pull 8 SOT-HB
 {1 x 50 on :45 Pull 7 SOT-HB
 {1 x 50 on :45 Pull 6 SOT-HB
 {1 x 50 on :45 Pull 5 SOT-HB
 {1 x 50 on :45 Pull 4 SOT-HB
 { Dont do the last two of 3rd round
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:41 PM 3,320 Yards - Stress Value = 51

Workout #17985 - Monday, 14 December 2015

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY
 =====
 2,500 1x{2 x 200 on 2:45 Free hold 230 EN2
 {1 x 100 on 1:25 Free HB +1 off each wall EN2
 {2 x 200 on 2:50 Freestyle hold 228 EN2
 {1 x 100 on 1:25 Free HB +1 off each wall EN2
 {2 x 200 on 2:55 Free Hold 226 EN2
 {1 x 100 on 1:25 Free HB +1 off each wall EN2
 {2 x 200 on 3:00 Free hold 224 EN2
 {1 x 100 on 1:25 Free HB +1 off each wall EN2
 {2 x 200 on 3:05 Free hold 222 EN2
 {1 x 100 on 1:25 Free HB +1 off each wall EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,750 Yards - Stress Value = 50

4:43 PM Start
 Yards Set Description EGY
 =====
 2,300 1x{2 x 200 on 3:05 Free hold 245 EN2
 {1 x 100 on 1:35 Free HB +1 off each wall EN2
 {2 x 200 on 3:10 Freestyle hold 244 EN2
 {1 x 100 on 1:35 Free HB +1 off each wall EN2
 {2 x 200 on 3:15 Free Hold 243 EN2
 {1 x 100 on 1:35 Free HB +1 off each wall EN2
 {2 x 200 on 3:20 Free hold 242 EN2
 {1 x 100 on 1:35 Free HB +1 off each wall EN2
 {1 x 200 on 3:05 Free hold 241 EN2
 {1 x 100 on 1:35 Free HB +1 off each wall EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,550 Yards - Stress Value = 46

Workout #17989 - Monday, 14 December 2015

HighSchl - Silver

1 minute rest between sets

Workout #17988 - Monday, 14 December 2015

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,150 1x{1 x 200 on 3:20 Breaststroke EN2 S BR
 {3 x 50 on 1:00 Breast EN3 S BR
 {2 x 175 on 2:50 Breaststroke EN2 S BR
 {3 x 50 on 1:00 Breast EN3 S BR
 {3 x 150 on 2:20 Breaststroke EN2 S BR
 {3 x 50 on 1:00 Breast EN3 S BR
 {4 x 125 on 1:55 Breaststroke EN2 S BR
 {4 x 50 on 1:00 Breaststroke EN3 S BR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,400 Yards - Stress Value = 69

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,950 1x{1 x 200 on 3:45 Breaststroke EN2 S BR
 {3 x 50 on 1:10 Breaststroke EN3 S BR
 {2 x 175 on 3:15 Breaststroke EN2 S BR
 {3 x 50 on 1:10 Breaststroke EN3 S BR
 {3 x 150 on 2:45 Breaststroke EN2 S BR
 {3 x 50 on 1:10 Breaststroke EN3 S BR
 {4 x 125 on 2:15 Breaststroke EN2 S BR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,150 Yards - Stress Value = 57

Workout #17983 - Monday, 14 December 2015

HighSchl - Bronze

1 minute rest between sets

Workout #17982 - Monday, 14 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 1,600 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {8 x 25 on :35 Kick no board BSLR X2
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 750 3x{1 x 50 on :50 Pull 8 SOT-HB
 {1 x 50 on :50 Pull 7 SOT-HB
 {1 x 50 on :50 Pull 6 SOT-HB
 {1 x 50 on :50 Pull 5 SOT-HB
 {1 x 50 on :50 Pull 4 SOT-HB
 { Don't do the last 3 of the 3rd round
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,070 Yards - Stress Value = 47

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Physio Balls
 120 1 x 500 on 10:00 Swim-kick-pull-swim
 1,400 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:30 Kick
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:25 Kick
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLRBS
 500 2x{1 x 50 on :55 Pull 8 SOT-HB
 {1 x 50 on :55 Pull 7 SOT-HB
 {1 x 50 on :55 Pull 6 SOT-HB
 {1 x 50 on :55 Pull 5 SOT-HB
 {1 x 50 on :55 Pull 4 SOT-HB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 2,720 Yards - Stress Value = 40

Workout #17986 - Monday, 14 December 2015

HighSchl - Silver

1 minute rest between sets

Workout #17979 - Monday, 14 December 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
400	1 on 40:00 DS/Weights		I
400	1 x 400 on 5:00 5:00 Warm-up	REC	I
120	8 x 15 on :45 Spinners	SP3	S
700	1x{1 x 50 on 1:00 Vertical Kick	EN2	F
	{1 x 50 on 1:00 Kick-100%	EN2	F
	{1 on :30 back into diving well		
	{1 x 50 on 1:00 Vertical Kick	EN2	F
	{1 x 100 on 2:00 Kick-100%	EN2	F
	{1 on :30 back into diving well		
	{1 x 50 on 1:00 Vertical Kick	EN2	F
	{1 x 150 on 3:00 Kick-100%	EN2	F
	{1 on :30 back into diving well		
	{1 x 50 on 1:00 Vertical Kick	EN2	F
	{1 x 200 on 4:00 Kick-100%	EN2	F
100	1 x 100 on 2:00 Freestyle	REC	S
240	6 x 40 on 3:00 Running pit sprint + 25 yd sprint no breath	SP1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I

7:05 AM 1,760 Yards - Stress Value = 38

Workout #18003 - Tuesday, 15 December 2015

HighSchl - Back

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY
2,525	1x{2 x 125 on 1:35 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 125 on 1:30 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{4 x 125 on 1:30 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{4 x 100 on 1:15 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:10 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{2 x 100 on 1:10 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	

5:35 PM 2,775 Yards - Stress Value = 64

Workout #17990 - Tuesday, 15 December 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights		L	DRY
400	1 x 400 on 5:00 5:00 Swim	REC	D	FR
150	10 x 15 on :45 Spinners	SP3	S	FR
2,925	1x{2 x 225 on 2:55 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:50 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:45 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:40 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:35 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:30 Free L.25 6bk	EN2	S	FR
	{1 x 225 on 2:25 Free L.25 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD

7:05 AM 3,725 Yards - Stress Value = 64

Workout #18000 - Tuesday, 15 December 2015

HighSchl - Distance

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY	WORK
2,800	1x{1 x 400 on 5:05 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 5:00 Free L.100 des 25's	EN2	
	{1 x 400 on 4:55 Free L.100 BWHPF	EN2	
	{1 x 400 on 4:50 Free L.100 SFBO	EN2	
	{1 x 400 on 4:45 Free L.100 Br on 5	EN2	
	{1 x 400 on 4:40 Free L.100-6bk	EN2	
	{1 x 400 on 4:35 Free-best effort	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:34 PM 3,050 Yards - Stress Value = 56

Workout #17993 - Tuesday, 15 December 2015

HighSchl - Fly

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
150	10 x 15 on :45 Spinners	SP3	S	FR
	Odd 50's hold :36 or faster			
2,650	1x{1 x 100 on 1:10 Freestyle	EN1	S	FR
	{6 x 50 on :45 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN1	S	FR
	{5 x 50 on :45 Fly 2-4, 7 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN1	S	FR
	{4 x 50 on :45 Fly 2-5 6 KOW	EN2	S	FLY
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
	{3 x 50 on :45 Fly 2-4, 5 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN1	S	FR
	{2 x 50 on :45 Fly 2-3, 4 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN1	S	FLY
	{1 x 50 on :45 Fly 2-2, 3 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD

7:05 AM 3,450 Yards - Stress Value = 37

Workout #17996 - Tuesday, 15 December 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Spinners
	All 50 kicks hold under fastest interval
1,500	1x{3 x 50 on :45 Kick
	{1 x 100 on 2:00 Kick L.25 100%
	{3 x 50 on :50 Kick
	{1 x 125 on 2:25 Kick L.25 100%
	{3 x 50 on :55 Kick
	{1 x 150 on 2:50 Kick L.25 100%
	{3 x 50 on 1:00 Kick
	{1 x 175 on 3:15 Kick L.25 100%
	{3 x 50 on 1:05 Kick
	{1 x 200 on 3:40 Kick L.25 100%
	Every 3rd 75-best effort
1,350	1x{6 x 75 on 1:05 Pulls odds BTB evens BTS
	{6 x 75 on 1:00 Pulls odds BTB evens BTS
	{6 x 75 on :55 Pulls odds BTB evens BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:44 PM 3,800 Yards - Stress Value = 65

Workout #17991 - Tuesday, 15 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 on 40:00 DS/Weights		L DRY	
150	1 x 400 on 5:00 5:00 swim	REC	D FR	
2,600	10 x 15 on :45 Spinners	SP3	S FR	
	1x{2 x 225 on 3:10 Free L.25 6bk	EN2	S FR	
	{2 x 225 on 3:05 Free L.25 6bk	EN2	S FR	
	{2 x 225 on 3:00 Free L.25 6bk	EN2	S FR	
	{2 x 225 on 2:55 Free L.25 6bk	EN2	P FR	
	{2 x 225 on 2:50 Free L.25 6bk	EN2	S FR	
	{2 x 175 on 2:10 Free L.25 6bk	EN2	S FR	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
7:05 AM 3,400 Yards - Stress Value = 58				

Workout #18001 - Tuesday, 15 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM Start				
2,550	1x{1 x 400 on 5:35 Free L.100 6-7-8-9 KOW	EN2		
	{1 x 400 on 5:30 Free L.100 des 25's	EN2		
	{1 x 400 on 5:20 Free L.100 BWHPF	EN2		
	{1 x 400 on 5:15 Free L.100 SFBO	EN2		
	{1 x 400 on 5:10 Free L.100 Br on 5	EN2		
	{1 x 400 on 5:05 Free L.100-6bk	EN2		
	{1 x 150 on 2:00 Free-100%	SP2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:34 PM 2,800 Yards - Stress Value = 63				

Workout #17994 - Tuesday, 15 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 on 40:00 DS/Weights		L DRY	
150	1 x 400 on 5:00 5:00 Warm-up	REC	S FR	
150	10 x 15 on :45 Spinners	SP3	S FR	
	Odd 50's :40 or faster			
2,350	1x{1 x 100 on 1:20 Freestyle	EN1	S FR	
	{6 x 50 on :50 Fly 2-3, 8 KOW	EN1	S FLY	
	{2 x 125 on 1:40 Freestyle	EN1	S FR	
	{5 x 50 on :50 Fly 2-4, 7 KOW	EN1	S FLY	
	{2 x 125 on 1:40 Freestyle	EN1	S FR	
	{4 x 50 on :50 Fly 2-5 6 KOW	EN2	S FLY	
	{2 x 125 on 1:40 Freestyle	EN2	S FR	
	{3 x 50 on :50 Fly 2-4, 5 KOW	EN1	S FLY	
	{2 x 125 on 1:40 Freestyle	EN1	S FR	
	{1 x 50 on :50 Fly 2-3, 4 KOW	EN1	S FLY	
	{2 x 125 on 1:40 Freestyle	EN1	S FLY	
	{1 x 50 on :50 Fly 2-2, 3 KOW	EN1	S FLY	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
7:05 AM 3,150 Yards - Stress Value = 31				

Workout #18004 - Tuesday, 15 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM Start				
2,325	1x{2 x 125 on 1:45 Backstroke	EN1		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{3 x 125 on 1:40 Backstroke	EN1		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{4 x 125 on 1:40 Backstroke	EN2		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{3 x 100 on 1:20 Backstroke	EN2		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{3 x 100 on 1:20 Backstroke	EN2		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{1 x 100 on 1:15 Backstroke	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM 2,575 Yards - Stress Value = 60				

Workout #17992 - Tuesday, 15 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
	1 on 40:00 DS/Weights		L DRY	
400	1 x 400 on 5:00 5:00 swim	REC	D FR	
150	10 x 15 on :45 Spinners	SP3	S FR	
2,300	1x{2 x 200 on 3:10 Free L.25 6bk	EN2	S FR	
	{2 x 200 on 3:05 Free L.25 6bk	EN2	S FR	
	{2 x 200 on 3:00 Free L.25 6bk	EN2	S FR	
	{2 x 200 on 2:55 Free L.25 6bk	EN2	S FR	
	{2 x 200 on 2:50 Free L.25 6bk	EN2	S FR	
	{2 x 150 on 2:05 Free L.25 6bk	EN2	S FR	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
7:05 AM 3,100 Yards - Stress Value = 52				

Workout #17997 - Tuesday, 15 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
600	1 on 30:00 DS/Core		L DRY	
150	1 x 600 on 10:00 Top Hat Drill		D FR	
150	10 x 15 on :45 Spinners	SP3	S FR	
	All 50 kicks hold under fastest interval			
1,400	1x{3 x 50 on :50 Kick		S FR	
	{1 x 100 on 2:00 Kick L.25 100%		S FR	
	{3 x 50 on :55 Kick		S FR	
	{1 x 125 on 2:25 Kick L.25 100%		S FR	
	{3 x 50 on 1:00 Kick		S FR	
	{1 x 150 on 2:50 Kick L.25 100%		S FR	
	{3 x 50 on 1:05 Kick		S FR	
	{1 x 175 on 3:15 Kick L.25 100%		S FR	
	{3 x 50 on 1:10 Kick		S FR	
	{1 x 100 on 2:00 Kick L.25 100%		S FR	
	Every 3rd 75 best effort			
1,200	1x{6 x 75 on 1:10 Pulls odds BTB evens BTS		S FR	
	{6 x 75 on 1:05 Pulls odds BTB evens BTS		S FR	
	{4 x 75 on 1:00 Pulls odds BTB evens BTS		S FR	
200	4x{1 x 25 on :50 Sculling drills		S FR	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S FR	
4:44 PM 3,550 Yards - Stress Value = 60				

Workout #17995 - Tuesday, 15 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 DS/Weights		L	DRY
150	1 x 400 on 5:00 Warm-up	REC	D	FR
	10 x 15 on :45 Spinners	SP3	S	FR
	Odd 50's :45 or faster			
2,100	1x{1 x 100 on 1:30 Freestyle	EN1	S	FR
	{6 x 50 on :55 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 100 on 1:30 Freestyle	EN1	S	FR
	{5 x 50 on :55 Fly 2-4, 7 KOW	EN1	S	FLY
	{2 x 100 on 1:30 Freestyle	EN1	S	FR
	{4 x 50 on :55 Fly 2-5 6 KOW	EN2	S	FLY
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{3 x 50 on :55 Fly 2-4, 5 KOW	EN1	S	FLY
	{2 x 100 on 1:30 Freestyle	EN1	S	FR
	{1 x 50 on :55 Fly 2-3, 4 KOW	EN1	S	FLY
	{2 x 100 on 1:30 Freestyle	EN1	S	FLY
	{1 x 50 on :55 Fly 2-2, 3 KOW	EN1	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
7:05 AM	2,900 Yards - Stress Value = 30			

Workout #17998 - Tuesday, 15 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
550	1 on 30:00 DS/Core			
150	1 x 550 on 10:00 Top Hat Drill			
	10 x 15 on :45 Spinners			
	All 50 kicks hold under fastest interval			
1,250	1x{3 x 50 on 1:00 Kick			
	{1 x 100 on 2:10 Kick L.25 100%			
	{3 x 50 on 1:05 Kick			
	{1 x 125 on 2:35 Kick L.25 100%			
	{3 x 50 on 1:10 Kick			
	{1 x 150 on 3:00 Kick L.25 100%			
	{3 x 50 on 1:15 Kick			
	{1 x 175 on 3:25 Kick L.25 100%			
	{2 x 50 on 1:15 Kick			
	Every 3rd 75-best effort			
1,125	1x{6 x 75 on 1:15 Pulls odds BTB evens BTS			
	{6 x 75 on 1:10 Pulls odds BTB evens BTS			
	{3 x 75 on 1:05 Pulls odds BTB evens BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:44 PM	3,275 Yards - Stress Value = 55			

Workout #18002 - Tuesday, 15 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
2,200	1x{1 x 400 on 6:20 Free L.100 6-7-8-9 KOW	EN2		
	{1 x 400 on 6:15 Free L.100 des 25's	EN2		
	{1 x 400 on 6:10 Free L.100 BWHPF	EN2		
	{1 x 400 on 6:05 Free L.100 SFBO	EN2		
	{1 x 400 on 6:00 Free L.100 Br on 5	EN2		
	{1 x 200 on 3:00 Free-100%	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:34 PM	2,450 Yards - Stress Value = 44			

Workout #18005 - Tuesday, 15 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
2,050	1x{2 x 125 on 2:00 Backstroke	EN1		
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3		
	{3 x 125 on 2:00 Backstroke	EN1		
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3		
	{3 x 125 on 1:55 Backstroke	EN2		
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3		
	{3 x 100 on 1:40 Backstroke	EN2		
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3		
	{3 x 100 on 1:35 Backstroke	EN2		
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3		
	{2 x 100 on 1:30 Backstroke	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM	2,300 Yards - Stress Value = 45			

Workout #17999 - Tuesday, 15 December 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
500	1 on 30:00 DS/Core			
150	1 x 500 on 10:00 Top Hat Drill			
	10 x 15 on :45 Spinners			
	All 50 kicks hold under fastest interval			
1,100	1x{3 x 50 on 1:10 Kick			
	{1 x 100 on 2:30 Kick L.25 100%			
	{3 x 50 on 1:15 Kick			
	{1 x 125 on 3:05 Kick L.25 100%			
	{3 x 50 on 1:20 Kick			
	{1 x 150 on 3:40 Kick L.25 100%			
	{3 x 50 on 1:20 Kick			
	{1 x 125 on 3:00 Kick L.25 100%			
	Every 3rd 75 best effort			
975	1x{6 x 75 on 1:25 Pulls odds BTB evens BTS			
	{3 x 75 on 1:20 Pulls odds BTB evens BTS			
	{4 x 75 on 1:15 Pulls odds BTB evens BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:44 PM	2,925 Yards - Stress Value = 48			

Workout #18013 - Wednesday, 16 December 2015

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:46 PM	Start			
2,250	1x{1 x 125 on 2:00 Breaststroke	EN1	S	BF
	{4 x 50 on :55 Breast under/over	EN2	S	BF
	{2 x 125 on 1:55 Breaststroke	EN1	S	BF
	{3 x 50 on :55 Breast under/over	EN2	S	BF
	{3 x 125 on 1:50 Breaststroke	EN1	S	BF
	{2 x 50 on :55 Breast under/over	EN2	S	BF
	{4 x 125 on 1:45 Breaststroke	EN2	S	BF
	{1 x 50 on :55 Breast unde/over	EN2	S	BF
	{5 x 100 on 1:20 Breaststroke	EN2	S	BF
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice			M
5:36 PM	2,500 Yards - Stress Value = 37			

Workout #18005 - Tuesday, 15 December 2015

HighSchl - Silver

1 minute rest between sets

Workout #18010 - Wednesday, 16 December 2015

1 minute rest between sets

HighSchl - Distance

1 minute rest between sets

4:46 PM Start		4:46 PM Start		Yards	Set Description	EGY	WOF
Yards	Set Description	EGY	WOF	2,450	1x{1 x 100 on 1:20 Freestyle	EN2	
					{1 x 100 on 1:30 Free Hold under 1:10	EN2	
					{1 x 300 on 4:05 Freestyle	EN2	
2,700	1x{1 x 100 on 1:15 Freestyle	EN2			{1 x 50 on :55 Freestyle	REC	
	{1 x 100 on 1:25 Free Hold under 1:00	EN2			{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 300 on 4:00 Freestyle	EN2			{1 x 100 on 1:30 Free Hold under 1:09	EN2	
	{1 x 50 on :50 Freestyle	REC			{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 200 on 2:30 Freestyle	EN2			{1 x 50 on :55 Freestyle	REC	
	{1 x 100 on 1:25 Free Hold under 1:00	EN2			{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 200 on 2:30 Freestyle	EN2			{1 x 100 on 1:30 Free hold under 1:08	EN2	
	{1 x 50 on :50 Freestyle	REC			{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2			{1 x 50 on :55 Freestyle	REC	
	{1 x 100 on 1:25 Free hold under 1:00	EN2			{1 x 400 on 5:30 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2			{1 x 100 on 1:30 Free Hold under 1:07	EN2	
	{1 x 50 on :50 Freestyle	REC			{1 x 50 on :55 Freestyle	REC	
	{1 x 400 on 5:00 Freestyle	EN2			{1 x 250 on 3:00 Freestyle	EN2	
	{1 x 100 on 1:25 Free Hold under 1:00	EN2		250	1 x 250 on 4:00 Stroke Drills	REC	
	{1 x 50 on :50 Freestyle	REC			1 on 10:00 Ice		
	{1 x 500 on 5:30 Freestyle	EN2			5:36 PM 2,700 Yards - Stress Value = 45		
250	1 x 250 on 4:00 Stroke Drills	REC					
	1 on 10:00 Ice						
	5:36 PM 2,950 Yards - Stress Value = 50						

Workout #18014 - Wednesday, 16 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start		4:46 PM Start		Yards	Set Description	EGY	WOF
Yards	Set Description	EGY	WOF	2,100	1x{1 x 125 on 2:10 Breaststroke	EN1	
					{4 x 50 on :55 Breast under/over	EN2	
	1 on 45:00 DS/TRX bands				{2 x 125 on 2:05 Breaststroke	EN1	
500	20 x 25 on :30 Wednesday Warm-up				{3 x 50 on :55 Breast under/over	EN2	
150	10 x 15 on :45 Spinners				{3 x 125 on 2:00 Breaststroke	EN1	
	Hold BSLR's under :22, nonBSLR at least 5s				{2 x 50 on :55 Breast under/over	EN2	
1,600	1x{4 x 25 on :30 Kick no board BSLR 15 KOW				{4 x 125 on 1:55 Breaststroke-descend	EN2	
	{4 x 75 on 1:10 Kick				{2 x 50 on :55 Breast under/over	EN2	
	{4 x 25 on :30 Kick no board BSLR 14 KOW			250	{3 x 100 on 1:30 Breaststroke	EN2	
	{4 x 100 on 1:30 Kick				1 x 250 on 4:00 Stroke Drills	REC	
	{4 x 25 on :30 Kick no board BSLR 13 KOW				1 on 10:00 Ice		
	{4 x 125 on 1:50 Kick				5:36 PM 2,350 Yards - Stress Value = 34		
	{4 x 25 on :30 Kick no board BSLR 12 KOW						
400	1 x 400 on 5:30 Lungbuster pulls						
200	4x{1 x 25 on :50 Sculling drills						
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes						
	4:45 PM 2,850 Yards - Stress Value = 44						

Workout #18008 - Wednesday, 16 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start		3:00 PM Start		Yards	Set Description	EGY	WOF
Yards	Set Description	EGY	WOF	500	1 on 45:00 DS/TRX bands		
				150	20 x 25 on :30 Wednesday Warm-up		
					10 x 15 on :45 Spinners		
					Hold BSLR's under :29, nonBSLR at least 5s		
1,400	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			1,200	1x{4 x 25 on :35 Kick no board BSLR 15 KOW		
	{4 x 75 on 1:20 Kick				{4 x 75 on 1:35 Kick		
	{4 x 25 on :30 Kick no board BSLR 14 KOW				{4 x 25 on :35 Kick no board BSLR 14 KOW		
	{3 x 100 on 1:45 Kick				{4 x 100 on 2:05 Kick		
	{4 x 25 on :30 Kick no board BSLR 13 KOW				{4 x 25 on :35 Kick no board BSLR 13 KOW		
	{4 x 125 on 2:10 Kick				{2 x 75 on 1:25 Kick		
400	1 x 400 on 5:30 Lungbuster pulls			350	{2 x 25 on :35 Kick no board BS 12 KOW		
200	4x{1 x 25 on :50 Sculling drills			200	1 x 350 on 5:30 Lungbuster pulls		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				4x{1 x 25 on :50 Sculling drills		
	4:45 PM 2,650 Yards - Stress Value = 40				{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
					4:45 PM 2,400 Yards - Stress Value = 39		

Workout #18011 - Wednesday, 16 December 2015

HighSchl - Gold

Workout #18012 - Wednesday, 16 December 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WOF
2,150	1x{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold under 1:20	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold under 1:19	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 300 on 4:45 Freestyle	EN2	200
	{1 x 100 on 1:45 Free hold under 1:18	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 400 on 6:20 Freestyle	EN2	
	{1 x 100 on 1:45 Free hold under 1:17	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:37 PM 2,400 Yards - Stress Value = 40		

Workout #18015 - Wednesday, 16 December 2015

HighSchl - Silver

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WOF
1,650	1x{1 x 100 on 2:10 Breaststroke	EN1	
	{4 x 50 on 1:10 Breast under/over	EN2	
	{2 x 100 on 2:05 Breaststroke	EN1	
	{3 x 50 on 1:10 Breast under/over	EN2	
	{3 x 100 on 2:00 Breaststroke	EN1	
	{2 x 50 on 1:10 Breast under/over	EN2	
	{4 x 100 on 1:55 Breaststroke-descend	EN2	
	{1 x 50 on 1:10 Breast under/over	EN2	
	{2 x 75 on 1:25 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:36 PM 1,900 Yards - Stress Value = 27		

Workout #18009 - Wednesday, 16 December 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 DS/TRX bands		
500	20 x 25 on :30 Wednesday Warm-up		
150	10 x 15 on :45 Spinners		
	Hold BSLR's under :34, nonBSLR at least 5s		
1,050	1x{4 x 25 on :40 Kick no board BSLR 15 KOW		
	{4 x 75 on 1:45 Kick		
	{4 x 25 on :40 Kick no board BSLR 14 KOW		
	{2 x 100 on 2:20 Kick		
	{4 x 25 on :40 Kick no board BSLR 13 KOW		
	{2 x 125 on 2:50 Kick		
300	1 x 300 on 5:30 Lungbuster pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:45 PM 2,200 Yards - Stress Value = 35		

Workout #18029 - Thursday, 17 December 2015

HighSchl - Back

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WOF

2,375	1x{3 x 25 on :30 Back -6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:20 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN2	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:25 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:30 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:35 Backstroke	EN2	
	{3 x 25 on :30 Back 6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:40 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 2,575 Yards - Stress Value = 46		

Workout #18016 - Thursday, 17 December 2015

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up		
120	8 x 15 on :45 Spinners		
3,000	1x{1 x 300 on 3:45 Free count strokes		
	{2 x 300 on 3:40 Free #2-3 KOW		
	{3 x 300 on 3:35 Free #3 4 strokes off each w		
	{4 x 300 on 3:30 Free #4 descend each 50		
250	1 x 250 on 4:00 Stroke Drills		
	7:04 AM 3,770 Yards - Stress Value = 56		

Workout #18026 - Thursday, 17 December 2015

HighSchl - Distance

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{1 x 600 on 7:30 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 7:25 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 7:20 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 7:15 Free L.100 6bk	EN2	S	FR
	{1 x 600 on 7:10 Free L.125 6bk	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:34 PM 3,200 Yards - Stress Value = 60			

Workout #18019 - Thursday, 17 December 2015

HighSchl - Fly

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up		RE
120	8 x 15 on :45 Spinners		SE
2,600	1x{1 x 250 on 3:30 Fly 1+1 stroke off walls	EN	
	{2 x 225 on 3:10 Fly 2+1 stroke off walls	EN	
	{3 x 200 on 2:45 Fly 3+1 stroke off walls	EN	
	{4 x 175 on 2:20 Fly 4+1 strokes off walls	EN	
	{4 x 150 on 1:55 Fly 5+1 stroke off walls	EN	
250	1 x 250 on 4:00 Stroke Drills	REC	RE
	7:04 AM 3,370 Yards - Stress Value = 57		

Workout #18022 - Thursday, 17 December 2015

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 120 8 x 15 on :45 Spinners
 1,800 1x{2 x 150 on 2:25 Kick your #1
 {2 x 50 on 1:00 Kick your #2
 {2 x 50 on 1:05 Kick your #3
 {2 x 150 on 2:20 Kick your #1
 {2 x 50 on 1:00 Kick you #2
 {2 x 50 on 1:05 Kick your #3
 {2 x 150 on 2:15 Kick your #1
 {2 x 50 on 1:00 Kick your #2
 {2 x 50 on 1:05 Kick your #3
 {2 x 150 on 2:10 Kick your#1
 1,200 6 x 200 on 2:30 Pulls snorkels and paddles
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,920 Yards - Stress Value = 55

Workout #18017 - Thursday, 17 December 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 400 1 on 40:00 DS/Weights
 120 1 x 400 on 5:00 5:00 Warm-up
 2,750 8 x 15 on :45 Spinners
 1x{1 x 275 on 3:45 Free count strokes
 {2 x 275 on 3:40 Free #2-3 KOW
 {3 x 275 on 3:35 Free #3 4 strokes off each w
 {4 x 275 on 3:30 Free #4 descend each 50
 250 1 x 250 on 4:00 Stroke Drills
 7:04 AM 3,520 Yards - Stress Value = 52

Workout #18020 - Thursday, 17 December 2015

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 400 1 on 40:00 DS/Weights
 120 1 x 400 on 5:00 5:00 Warm-up
 2,375 8 x 15 on :45 spinners
 1x{1 x 250 on 3:50 Fly 1+1 stroke off walls
 {2 x 225 on 3:25 Fly 2+1 stroke off walls
 {3 x 200 on 3:00 Fly 3+1 stroke off walls
 {4 x 175 on 2:35 Fly 4+1 strokes off walls
 {3 x 125 on 1:50 Fly 5+1 stroke off walls
 250 1 x 250 on 4:00 Stroke Drills
 7:04 AM 3,145 Yards - Stress Value = 53

Workout #18023 - Thursday, 17 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 120 8 x 15 on :45 Spinners
 1,550 1x{2 x 150 on 2:55 Kick your #1
 {2 x 50 on 1:05 Kick your #2

{2 x 50 on 1:10 Kick your #3
 {2 x 150 on 2:50 Kick your #1
 {1 x 50 on 1:05 Kick you #2
 {2 x 50 on 1:10 Kick your #3
 {2 x 150 on 2:45 Kick your #1
 {1 x 50 on 1:05 Kick your #2
 {2 x 50 on 1:10 Kick your #3
 {1 x 150 on 2:40 Kick your#1
 1,050 6 x 175 on 2:30 Pulls snorkels and paddles
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,520 Yards - Stress Value = 48

Workout #18027 - Thursday, 17 December 2015

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,750 1x{1 x 600 on 8:15 Free L.25 6bk EN2 S FR
 {1 x 600 on 8:10 Free L.50 6bk EN2 S FR
 {1 x 600 on 8:05 Free L.75 6bk EN2 S FR
 {1 x 600 on 8:00 Free L.100 6bk EN2 S FR
 {1 x 350 on 4:30 Free L.125 6bk EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:34 PM 2,950 Yards - Stress Value = 55

Workout #18030 - Thursday, 17 December 2015

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY W
 =====
 2,125 1x{3 x 25 on :35 Back -6 kick switch EN1
 {4 x 50 on :55 Back-descend 3/5/7/C KOW EN2
 {1 x 200 on 2:45 Backstroke EN2
 {3 x 25 on :35 Back-6 kick switch EN2
 {4 x 50 on :55 Back-descend 3/5/7/C KOW EN2
 {1 x 200 on 2:50 Backstroke EN2
 {3 x 25 on :35 Back-6 kick switch EN1
 {4 x 50 on :55 Back-descend 3/5/7/C KOW EN2
 {1 x 200 on 2:55 Backstroke EN2
 {3 x 25 on :35 Back-6 kick switch EN1
 {4 x 50 on :55 Back-descend 3/5/7/C KOW EN2
 {1 x 200 on 3:00 Backstroke EN2
 {3 x 25 on :35 Back-6 kick switch EN1
 {3 x 50 on :55 Back-descend 5/7/C KOW EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,325 Yards - Stress Value = 41

Workout #18018 - Thursday, 17 December 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 400 1 on 40:00 DS/Weights
 120 1 x 400 on 5:00 5:00 Warm-up
 2,500 8 x 15 on :45 Spinners
 1x{1 x 250 on 3:45 Free-count strokes
 {2 x 250 on 3:40 Free #2-3 KOW
 {3 x 250 on 3:35 Free #3 4 strokes off each w
 {4 x 250 on 3:30 Free #4 descend each 50
 250 1 x 250 on 4:00 Stroke Drills
 7:04 AM 3,270 Yards - Stress Value = 47

Workout #18021 - Thursday, 17 December 2015

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
400	1 on 40:00 DS/Weights	
120	1 x 400 on 5:00 5:00 Warm-up	RE
2,000	8 x 15 on :45 Spinners	SE
	1x{1 x 250 on 4:25 Fly 1+1 stroke off walls	EN
	{2 x 225 on 3:55 Fly 2+1 stroke off walls	EN
	{3 x 200 on 3:25 Fly 3+1 stroke off walls	EN
	{4 x 175 on 2:55 Fly 4+1 strokes off walls	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	7:03 AM 2,770 Yards - Stress Value = 45	

Workout #18024 - Thursday, 17 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
550	1 on 30:00 DS/Shoulders			
	1 x 550 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
120	8 x 15 on :45 Spinners			
1,400	1x{2 x 150 on 3:15 Kick your #1			
	{1 x 50 on 1:10 Kick your #2			
	{1 x 50 on 1:15 Kick your #3			
	{2 x 150 on 3:10 Kick your #1			
	{2 x 50 on 1:10 Kick you #2			
	{1 x 50 on 1:15 Kick your #3			
	{2 x 150 on 3:05 Kick your #1			
	{2 x 50 on 1:10 Kick your #2			
	{1 x 50 on 1:15 Kick your #3			
	{1 x 100 on 2:00 Kick your#1			
900	6 x 150 on 2:30 Pulls snorkels and paddles			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:42 PM 3,170 Yards - Stress Value = 44			

Workout #18028 - Thursday, 17 December 2015

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{1 x 600 on 9:00 Free L.25 6bk EN2		S	FR
	{1 x 600 on 8:55 Free L.50 6bk EN2		S	FR
	{1 x 600 on 8:50 Free L.75 6bk EN2		S	FR
	{1 x 600 on 8:45 Free L.100 6bk EN2		S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:33 PM 2,600 Yards - Stress Value = 48			

Workout #18031 - Thursday, 17 December 2015

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY
1,900	1x{3 x 25 on :40 Back -6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:10 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN2
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:15 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:20 Backstroke	EN2

	{3 x 25 on :40 Back-6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:25 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,100 Yards - Stress Value = 37	

Workout #18025 - Thursday, 17 December 2015

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
120	8 x 15 on :45 Spinners
1,300	1x{2 x 125 on 3:00 Kick your #1
	{1 x 50 on 1:15 Kick your #2
	{1 x 50 on 1:20 Kick your #3
	{2 x 125 on 2:55 Kick your #1
	{1 x 50 on 1:15 Kick you #2
	{1 x 50 on 1:20 Kick your #3
	{2 x 150 on 3:25 Kick your #1
	{2 x 50 on 1:15 Kick your #2
	{1 x 50 on 1:20 Kick your #3
	{1 x 150 on 3:20 Kick your#1
750	6 x 125 on 2:30 Pulls snorkels and paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:42 PM 2,870 Yards - Stress Value = 41

Workout #18032 - Friday, 18 December 2015

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 40:00 DS/Weights		
	1 x 400 on 5:00 5:00 Warm-up		REC
	1x{1 on 7:30 Vrtcl Kck w/fins		SP3
	{1 on 7:30 Running Pit Sprints		SP3
	{1 on 7:30 StrthCrdrz-assist		SP3
	{1 on 7:30 8X25@45 fins/ftennis balls		SP3
	{1 on 7:30 8X25@45 undwtr w/fins		SP3
	{1 on 7:30 OTB 15m sprints		SP3
250	1 x 250 on 4:00 Stroke Drills		REC
	7:06 AM 650 Yards		

Workout #18033 - Friday, 18 December 2015

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
400	1 on 55:00 Jump rope and Yoga	
300	1 x 400 on 7:00 Reverse IM drill	F
150	12 x 25 on :45 Start/Shooter/Finish	S
	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{1 x 50 on 1:15 Kick-100% w/board	S
250	1 x 250 on 15:00 Indvdl Prsrptns	F
200	1 x 200 on 15:00 Leg Drive Drill	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
	5:05 PM 1,550 Yards - Stress Value = 17	

Workout #18034 - Saturday, 19 December 2015

HighSchl - Platinum

1 minute rest between sets

7:30 AM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Ted's Abs
 150 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 800 1x{2 x 100 on 2:00 Kick L.25 100%
 {2 x 100 on 1:55 Kick L.25 100%
 {2 x 100 on 1:50 Kick L.25 100%
 {2 x 100 on 1:45 Kick L.25 100%
 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{1 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 50 2 x 25 on 2:00 OTB Walk Backs
 250 1 x 250 on 4:00 Stroke Drills
 1 on 5:00 Go to locker rooms
 1 on 7:30 Team Meeting
 9:22 AM 3,250 Yards - Stress Value = 44

Workout #18035 - Saturday, 19 December 2015

HighSchl - Gold

1 minute rest between sets

7:30 AM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Ted's Abs
 150 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 750 1x{2 x 100 on 2:05 Kick L.25 100%
 {2 x 100 on 2:00 Kick L.25 100%
 {2 x 100 on 1:55 Kick L.25 100%
 {2 x 75 on 1:25 Kick L.25 100%
 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{1 x 100 on 1:20 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :45 Freestyle
 50 2 x 25 on 2:00 OTB Walk Backs
 250 1 x 250 on 4:00 Stroke Drills
 1 on 5:00 Go to locker rooms
 1 on 7:30 Team Meeting
 9:23 AM 3,200 Yards - Stress Value = 43

Workout #18036 - Saturday, 19 December 2015

HighSchl - Silver

1 minute rest between sets

7:30 AM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Ted's Abs
 150 1 x 550 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 700 1x{2 x 100 on 2:15 Kick L.25 100%
 {2 x 100 on 2:10 Kick L.25 100%
 {2 x 100 on 2:05 Kick L.25 100%
 {1 x 100 on 2:00 Kick L.25 100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 5x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 50 2 x 25 on 2:00 OTB Walk Backs
 250 1 x 250 on 4:00 Stroke Drills
 1 on 5:00 Go to locker rooms
 1 on 7:30 Team Meeting
 9:22 AM 2,900 Yards - Stress Value = 39

Workout #18037 - Saturday, 19 December 2015

HighSchl - Bronze

1 minute rest between sets

7:30 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Ted's Abs
 150 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 650 1x{2 x 100 on 2:25 Kick L.25 100%
 {2 x 100 on 2:20 Kick L.25 100%
 {2 x 100 on 2:15 Kick L.25 100%
 {1 x 50 on 1:00 Kick L.25 100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 4x{1 x 100 on 1:50 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:00 Freestyle
 50 2 x 25 on 2:00 OTB Walk Backs
 250 1 x 250 on 4:00 Stroke Drills
 1 on 5:00 Go to locker rooms
 1 on 7:30 Team Meeting
 9:21 AM 2,600 Yards - Stress Value = 35

Workout #18045 - Monday, 21 December 2015

HighSchl - Breast

1 minute rest between sets

8:44 AM Start
 Yards Set Description
 =====
 2,300 1x{3 x 100 on 1:25 Breaststroke
 {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
 {3 x 100 on 1:25 Breaststroke
 {2 x 50 on 1:05 Under/overs-2X pullouts-turn
 {3 x 100 on 1:25 Breaststroke
 {4 x 50 on 1:10 Under/overs-2X pullouts-turn
 {3 x 100 on 1:25 Breaststroke
 {4 x 50 on 1:15 Under/overs-2X pullout-turn
 {3 x 100 on 1:25 Breaststroke
 {5 x 50 on 1:20 Under/Overs-2X Pullouts-turn
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 2,550 Yards - Stress Value = 62

Workout #18042 - Monday, 21 December 2015

HighSchl - Distance

1 minute rest between sets

8:44 AM Start
 Yards Set Description EGY WORK STK
 =====
 3,500 1x{2 x 150 on 1:50 Freestyle EN1 S FR
 {5 x 100 on 1:10 Freestyle EN2 S FR
 {2 x 150 on 1:50 Freestyle EN1 S FR
 {5 x 100 on 1:10 Freestyle EN2 S FR
 {2 x 150 on 1:50 Freestyle EN2 S FR
 {5 x 100 on 1:10 Freestyle EN2 S FR
 {2 x 150 on 1:50 Freestyle EN1 S FR
 {5 x 100 on 1:10 Freestyle EN2 S FR
 {2 x 150 on 1:50 Freestyle EN1 S FR
 Hold 100's 1:02 or faster
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 9:31 AM 3,750 Yards - Stress Value = 58

Workout #18048 - Monday, 21 December 2015

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Physio Ball			L DRY
400	1 x 400 on 5:00 Warm-up	REC		D FF
300	6 x 50 on 2:00 Freestyle	SP2		S FF
2,500	1x{1 x 350 on 4:25 Freestyle	EN2		S FF
	{3 x 50 on :35 Free-Great Effort	EN3		S FF
	{1 x 350 on 4:20 Freestyle	EN2		S FF
	{3 x 50 on :40 Free-Great Effort	EN2		S FF
	{1 x 350 on 4:15 Freestyle	EN2		S FF
	{3 x 50 on :45 Free-Great Effort	EN3		S FF
	{1 x 350 on 4:10 Freestyle	EN2		S FF
	{3 x 50 on :50 Free-Great Effort	EN3		S FF
	{1 x 350 on 4:05 Freestyle	EN2		S FF
250	{3 x 50 on :55 Free-Great Effort	EN3		S FF
	1 x 250 on 4:00 Stroke Drills	REC		D CI
	1 on 10:00 Ice			M
	4:37 PM 3,450 Yards - Stress Value = 104			

Workout #18051 - Monday, 21 December 2015

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Physio Balls			L DRY
400	1 x 400 on 5:00 Warm-up	REC		S FR
300	6 x 50 on 2:00 Freestyle	SP2		S FR
2,500	1x{1 x 25 on :25 Butterfly	EN2		S FLY
	{1 x 50 on :40 Freestyle	EN2		S FR
	{2 x 25 on :20 Butterfly	EN2		S FLY
	{2 x 50 on :40 Freestyle	EN2		S FR
	{3 x 25 on :25 Butterfly	EN2		S FR
	{3 x 50 on :40 Freestyle	EN2		S FR
	{4 x 25 on :20 Butterfly	EN2		S FR
	{4 x 50 on :40 Freestyle	EN2		S FR
	{5 x 25 on :25 Butterfly	EN2		S FLY
	{5 x 50 on :40 Freestyle	EN2		S FR
	{6 x 25 on :20 Butterfly	EN2		S FLY
	{6 x 50 on :40 Freestyle	EN2		S FR
	{7 x 25 on :25 Butterfly	EN2		S FLY
	{7 x 50 on :40 Freestyle	EN2		S FR
	{8 x 25 on :20 Butterfly	EN2		S FLY
250	{4 x 50 on :40 Freestyle	EN2		S FR
	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	4:39 PM 3,450 Yards - Stress Value = 80			

Workout #18038 - Monday, 21 December 2015

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS/Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,100	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR

{2 x 125 on 2:10 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:43 AM 3,050 Yards - Stress Value = 50

Workout #18039 - Monday, 21 December 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,850	1x{4 x 25 on :30 Kick no board BSLR			
	{2 x 125 on 2:10 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 125 on 2:15 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 125 on 2:20 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 125 on 2:25 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 125 on 2:30 Kick			
	{4 x 25 on :30 Kick no board BSLR			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:43 AM 2,800 Yards - Stress Value = 45			

Workout #18043 - Monday, 21 December 2015

HighSchl - Gold

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WORK	STK
3,200	1x{2 x 150 on 2:05 Freestyle	EN1		S FR
	{5 x 100 on 1:15 Freestyle	EN2		S FR
	{2 x 150 on 2:05 Freestyle	EN1		S FR
	{5 x 100 on 1:15 Freestyle	EN2		S FR
	{2 x 150 on 2:05 Freestyle	EN2		S FR
	{5 x 100 on 1:15 Freestyle	EN2		S FR
	{2 x 150 on 2:05 Freestyle	EN1		S FR
	{5 x 100 on 1:15 Freestyle	EN2		S FR
	Hold 100's 1:09 or faster			
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	9:31 AM 3,450 Yards - Stress Value = 55			

Workout #18046 - Monday, 21 December 2015

HighSchl - Gold

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{3 x 100 on 1:35 Breaststroke			
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn			
	{3 x 100 on 1:35 Breaststroke			
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn			
	{3 x 100 on 1:35 Breaststroke			
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn			
	{3 x 100 on 1:35 Breaststroke			
	{4 x 50 on 1:15 Under/overs-2X pullout-turn			
	{3 x 100 on 1:35 Breaststroke			
	{4 x 50 on 1:20 Under/Overs-2X Pullouts-turn			
250	1 x 250 on 4:00 Stroke Drills			
	9:30 AM 2,450 Yards - Stress Value = 50			

Workout #18049 - Monday, 21 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
	1 on 30:00 DS/Physio Balls		L DRY	
400	1 x 400 on 5:00 5:00 Warm-up	REC	D FF	
300	6 x 50 on 2:00 Freestyle	SP2	S FF	
2,350	1x{1 x 350 on 4:55 Freestyle	EN2	S FF	
	{3 x 50 on :40 Free-Great Effort	EN3	S FF	
	{1 x 350 on 4:50 Freestyle	EN2	S FF	
	{3 x 50 on :45 Free-Great Effort	EN3	S FF	
	{1 x 350 on 4:45 Freestyle	EN2	S FF	
	{3 x 50 on :50 Free-Great Effort	EN3	S FF	
	{1 x 350 on 4:40 Freestyle	EN2	S FF	
	{3 x 50 on :55 Free-Great Effort	EN3	S FF	
	{1 x 350 on 4:35 Freestyle	EN2	S FF	
250	1 x 250 on 4:00 Stroke Drills	REC	D CI	
	1 on 10:00 Ice		M	
4:38 PM	3,300 Yards - Stress Value = 101			

Workout #18052 - Monday, 21 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
	1 on 30:00 DS/Physio Balls		L DRY	
400	1 x 400 on 5:00 5:00 Warm-up	REC	S FR	
300	6 x 50 on 2:00 Freestyle	SP2	S FR	
2,150	1x{1 x 25 on :30 Butterfly	EN2	S FLY	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{2 x 25 on :25 Butterfly	EN2	S FLY	
	{2 x 50 on :45 Freestyle	EN2	S FR	
	{3 x 25 on :30 Butterfly	EN2	S FR	
	{3 x 50 on :45 Freestyle	EN2	S FR	
	{4 x 25 on :25 Butterfly	EN2	S FR	
	{4 x 50 on :45 Freestyle	EN2	S FR	
	{5 x 25 on :30 Butterfly	EN2	S FLY	
	{5 x 50 on :45 Freestyle	EN2	S FR	
	{6 x 25 on :25 Butterfly	EN2	S FLY	
	{6 x 50 on :45 Freestyle	EN2	S FR	
	{7 x 25 on :30 Butterfly	EN2	S FLY	
	{7 x 50 on :45 Freestyle	EN2	S FR	
	{2 x 25 on :25 Butterfly	EN2	S FLY	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
4:39 PM	3,100 Yards - Stress Value = 73			

Workout #18040 - Monday, 21 December 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
	1 on 40:00 DS/Weights		L DF	
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	D F	
150	10 x 15 on :45 Shooters	SP2	S F	
1,650	1x{4 x 25 on :35 Kick no board BSLR	EN2	S F	
	{2 x 125 on 2:25 Kick	EN3	S F	
	{4 x 25 on :35 Kick no board BSLR	EN2	S F	
	{2 x 125 on 2:30 Kick	EN3	S F	
	{4 x 25 on :35 Kick no board BSLR	EN2	S F	
	{2 x 125 on 2:35 Kick	EN3	S F	
	{4 x 25 on :35 Kick no board BSLR	EN2	S F	
	{2 x 125 on 2:40 Kick	EN3	S F	
	{4 x 25 on :35 Kick no board BSLR	EN2	S F	
	{2 x 75 on 1:40 Kick	EN3	S F	
200	4x{1 x 25 on :50 Sculling drills	EN2	S F	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN3	S F	
8:43 AM	2,550 Yards - Stress Value = 41			

Workout #18044 - Monday, 21 December 2015

HighSchl - Silver

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
2,800	1x{2 x 150 on 2:25 Freestyle	EN1	S FR	
	{4 x 100 on 1:25 Freestyle	EN2	S FR	
	{2 x 150 on 2:25 Freestyle	EN1	S FR	
	{4 x 100 on 1:25 Freestyle	EN2	S FR	
	{2 x 150 on 2:25 Freestyle	EN2	S FR	
	{4 x 100 on 1:25 Freestyle	EN2	S FR	
	{2 x 150 on 2:25 Freestyle	EN1	S FR	
	{4 x 100 on 1:25 Freestyle	EN2	S FR	
	hold 100's 1:22 or faster			
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
9:31 AM	3,050 Yards - Stress Value = 47			

Workout #18047 - Monday, 21 December 2015

HighSchl - Silver

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
2,100	1x{3 x 100 on 1:50 Breaststroke			
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn			
	{3 x 100 on 1:50 Breaststroke			
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn			
	{3 x 100 on 1:50 Breaststroke			
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn			
	{3 x 100 on 1:50 Breaststroke			
	{4 x 50 on 1:15 Under/Overs-2X Pullouts-turn			
	{3 x 100 on 1:45 Breaststroke			
	{2 x 50 on 1:20 Under/Overs-2X Pullouts-turn			
250	1 x 250 on 4:00 Stroke Drills			
9:31 AM	2,350 Yards - Stress Value = 56			

Workout #18050 - Monday, 21 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
	1 on 30:00 DS/Physio Balls		L DF	
400	1 x 400 on 5:00 5:00 Warm-up	REC	D F	
300	6 x 50 on 2:00 Freestyle	SP2	S F	
2,000	1x{1 x 350 on 5:45 Freestyle	EN2	S F	
	{3 x 50 on :45 Free-Great Effort	EN3	S F	
	{1 x 350 on 5:40 Freestyle	EN2	S F	
	{3 x 50 on :50 Free-Great Effort	EN3	S F	
	{1 x 350 on 5:35 Freestyle	EN2	S F	
	{3 x 50 on :55 Free-Great Effort	EN3	S F	
	{1 x 350 on 5:30 Freestyle	EN2	S F	
	{3 x 50 on 1:00 Free-Great Effort	EN3	S F	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
4:37 PM	2,950 Yards - Stress Value = 94			

Workout #18053 - Monday, 21 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 30:00 DS/Physo Balls		L DRY	
300	1 x 400 on 5:00 5:00 Warm-up	REC	S FR	
2,000	6 x 50 on 2:00 Freestyle	SP2	S FR	
	1x{1 x 25 on :30 Butterfly	EN2	S FLY	
	{1 x 50 on :50 Freestyle	EN2	S FR	
	{2 x 25 on :30 Butterfly	EN2	S FLY	
	{2 x 50 on :50 Freestyle	EN2	S FR	
	{3 x 25 on :30 Butterfly	EN2	S FR	
	{3 x 50 on :50 Freestyle	EN2	S FR	
	{4 x 25 on :30 Butterfly	EN2	S FR	
	{4 x 50 on :50 Freestyle	EN2	S FR	
	{5 x 25 on :30 Butterfly	EN2	S FLY	
	{5 x 50 on :50 Freestyle	EN2	S FR	
	{6 x 25 on :30 Butterfly	EN2	S FLY	
	{5 x 50 on :50 Freestyle	EN2	S FR	
	{7 x 25 on :25 Butterfly	EN2	S FLY	
250	{6 x 50 on :45 Freestyle	EN2	S FR	
	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
	4:39 PM 2,950 Yards - Stress Value = 70			

Workout #18041 - Monday, 21 December 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 40:00 DS/Weights			
150	1 x 500 on 10:00 Swim-kick-pull-swim			
1,350	10 x 15 on :45 Shooters			
	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:15 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:20 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 x 100 on 2:30 Kick			
	{4 x 25 on :45 Kick no board BSLR			
200	{1 x 50 on 1:15 Kick			
	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:43 AM 2,200 Yards - Stress Value = 35			

Workout #18061 - Tuesday, 22 December 2015

HighSchl - Back

1 minute rest between sets

8:42 AM Start

Yards	Set Description	EGY	WORK	STK
2,500	1x{1 x 100 on 1:15 Backstroke		EN2	
	{6 x 25 on :30 Back 12yds under -1 kick		EN2	
	{2 x 100 on 1:15 Backstroke		EN2	
	{6 x 25 on :30 Back 12yds under -1 kick		EN2	
	{3 x 100 on 1:15 Backstroke		EN1	
	{6 x 25 on :30 Back 12yds under -1 kick		EN2	
	{4 x 100 on 1:20 Backstroke		EN2	
	{6 x 25 on :30 Back 12yds under -1 kick		EN2	
	{3 x 100 on 1:15 Backstroke		EN2	
	{6 x 25 on :30 Back 12yds under -1 kick		EN2	
	{2 x 100 on 1:15 Backstroke		EN2	
	{6 x 25 on :30 Back 12yds under -1 kick		EN2	
400	{1 x 100 on 1:15 Backstroke		EN2	
	8 x 50 on 1:00 Stroke Drills		REC	
	9:30 AM 2,900 Yards - Stress Value = 47			

Workout #18067 - Tuesday, 22 December 2015

HighSchl - Breast

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 30:00 DS/Core		L DRY	
150	1 x 400 on 5:00 5:00 Warm-up	REC	D CMB	
2,400	10 x 15 on :45 Shooters	SP3	S STK	
	1x{2 x 200 on 3:00 Breaststroke	EN2	S BR	
	{2 x 200 on 2:55 Breaststroke	EN2	S BR	
	{2 x 200 on 2:50 Breaststroke	EN2	S BR	
	{2 x 200 on 2:45 Breaststroke	EN2	S BR	
	{2 x 200 on 2:40 Breaststroke	EN2	S BR	
	{2 x 200 on 2:35 Breaststroke	EN2	S BR	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
	4:34 PM 3,200 Yards - Stress Value = 54			

Workout #18058 - Tuesday, 22 December 2015

HighSchl - Distance

1 minute rest between sets

8:42 AM Start

Yards	Set Description	EGY	WORK	STK	F
3,150	1x{3 x 225 on 3:00 Freestyle	EN2	S FR	1	
	{3 x 200 on 2:30 Freestyle	EN2	S FR	1	
	{3 x 175 on 2:10 Freestyle	EN2	S FR	1	
	{3 x 150 on 1:50 Freestyle	EN2	S FR	1	
	{3 x 125 on 1:30 Freestyle	EN2	S FR	1	
	{3 x 100 on 1:10 Freestyle	EN2	S FR	1	
	{3 x 75 on :50 Freestyle	EN2	S FR	1	
	#1 3kow w/expl breakouts				
	#2 build bowfpf				
	#3 DPS				
400	8 x 50 on 1:00 Stroke Drills	REC	D CD	2	
	9:30 AM 3,550 Yards - Stress Value = 63				

Workout #18064 - Tuesday, 22 December 2015

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 30:00 DS/Core		L DRY	
150	1 x 400 on 5:00 5:00 Warm-up	REC	D CHO	
3,000	10 x 15 on :45 Shooters	SP3	S STK	
250	4 x 750 on 8:45 Freestyle-descend	EN2	S FR	
	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
	4:35 PM 3,800 Yards - Stress Value = 66			

Workout #18054 - Tuesday, 22 December 2015

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS/Weights
150	1 x 600 on 10:00 Top Hat Drill
1,700	10 x 15 on :45 Shooters
	1x{2 x 100 on 1:50 Kick
	{2 x 50 on 1:00 Kick-100%
	{2 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:40 Kick
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:35 Kick
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:25 Kick
100	1 x 100 on 3:00 Kick for time
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:41 AM 2,750 Yards - Stress Value = 44

Workout #18055 - Tuesday, 22 December 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS/Weights
150	1 x 600 on 10:00 Top Hat Drill
1,550	10 x 15 on :45 Shooters
	1x{2 x 100 on 2:00 Kick
	{2 x 50 on 1:00 Kick-100%
	{2 x 100 on 1:55 Kick
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:50 Kick
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:40 Kick
	{3 x 50 on 1:00 Kick-100% Effort
100	1 x 100 on 3:00 Kick for time-with snorkel
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:41 AM 2,600 Yards - Stress Value = 41

Workout #18059 - Tuesday, 22 December 2015

HighSchl - Gold

1 minute rest between sets

8:42 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,925	1x{3 x 225 on 3:10 Freestyle	EN2	S	FR	1
	{3 x 200 on 2:45 Freestyle	EN2	S	FR	1
	{3 x 175 on 2:20 Freestyle	EN2	S	FR	1
	{3 x 150 on 1:55 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:35 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:15 Freestyle	EN2	S	FR	1
	#1 3kow w/expl breakouts				
	#2 build bowfpf				
	#3 DPS				
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	9:30 AM 3,325 Yards - Stress Value = 59				

Workout #18062 - Tuesday, 22 December 2015

HighSchl - Gold

1 minute rest between sets

8:42 AM Start

Yards	Set Description	EGY	WORK	STK
2,350	1x{1 x 100 on 1:25 Backstroke	EN1		
	{6 x 25 on :30 Back 12yds under -1 kick	EN2		
	{2 x 100 on 1:25 Backstroke	EN1		
	{6 x 25 on :30 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:25 Backstroke	EN1		
	{6 x 25 on :30 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:30 Backstroke	EN1		
	{6 x 25 on :30 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:25 Backstroke	EN2		
	{6 x 25 on :30 Back 12yds under -1 kick	EN2		
	{2 x 100 on 1:25 Backstroke	EN2		
	{4 x 25 on :30 Back 12yds under -1 kick	EN2		
400	8 x 50 on 1:00 Stroke Drills	REC		
	9:30 AM 2,750 Yards - Stress Value = 37			

Workout #18065 - Tuesday, 22 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Core		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CD
150	10 x 15 on :45 Shooters	SP3	S	STK
2,700	4 x 675 on 8:45 Freestyle-descend	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:35 PM 3,500 Yards - Stress Value = 60			

Workout #18068 - Tuesday, 22 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Core		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	STK
2,200	1x{2 x 200 on 3:15 Breaststroke	EN2	S	BR
	{2 x 200 on 3:10 Breaststroke	EN2	S	BR
	{2 x 200 on 3:05 Breaststroke	EN2	S	BR
	{2 x 200 on 3:00 Breaststroke	EN2	S	BR
	{2 x 200 on 2:55 Breaststroke	EN2	S	BR
	{1 x 200 on 2:50 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:34 PM 3,000 Yards - Stress Value = 50			

Workout #18056 - Tuesday, 22 December 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK	F
1	on 40:00 DS/Weights				
550	1 x 550 on 10:00 Top Hat Drill				
150	10 x 15 on :45 Shooters				
1,400	1x{2 x 100 on 2:10 Kick				
	{2 x 50 on 1:10 Kick-100%				
	{2 x 100 on 2:05 Kick				
	{2 x 50 on 1:10 Kick-100% Effort				
	{2 x 100 on 2:00 Kick				
	{2 x 50 on 1:10 Kick-100% Effort				
	{2 x 100 on 1:55 Kick				
	{2 x 50 on 1:10 Kick-100% Effort				
	{2 x 100 on 1:50 Kick				
100	1 x 100 on 3:00 Kick for time-with snorkel				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	8:41 AM 2,400 Yards - Stress Value = 38				

Workout #18060 - Tuesday, 22 December 2015

HighSchl - Silver

1 minute rest between sets

8:42 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,550	1x{3 x 225 on 3:30 Freestyle	EN2	S	FR	1
	{3 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{3 x 175 on 2:40 Freestyle	EN2	S	FR	1
	{3 x 150 on 2:15 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:30 Freestyle	EN2	S	FR	1
	#1 3kow w/expl breakouts				
	#2 build bowfpf				
	#3 DPS				
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	9:30 AM 2,950 Yards - Stress Value = 51				

Workout #18063 - Tuesday, 22 December 2015

HighSchl - Silver

1 minute rest between sets

8:42 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,050	1x{1 x 100 on 1:35 Backstroke	EN1			
	{6 x 25 on :35 Back 12yds under -1 kick	EN2			
	{2 x 100 on 1:35 Backstroke	EN1			
	{6 x 25 on :35 Back 12yds under -1 kick	EN2			
	{3 x 100 on 1:35 Backstroke	EN1			
	{6 x 25 on :35 Back 12yds under -1 kick	EN2			
	{4 x 100 on 1:40 Backstroke	EN1			
	{6 x 25 on :35 Back 12yds under -1 kick	EN2			
	{3 x 100 on 1:35 Backstroke	EN2			
	{6 x 25 on :35 Back 12yds under -1 kick	EN2			
400	8 x 50 on 1:00 Stroke Drills	REC			
	9:30 AM 2,450 Yards - Stress Value = 31				

Workout #18066 - Tuesday, 22 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
1	on 30:00 DS/Core				L DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CD	
150	10 x 15 on :45 Shooters	SP3	S	STK	
2,400	4 x 600 on 8:45 Freestyle-descend	EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	

1 on 10:00 Ice

M

4:35 PM 3,200 Yards - Stress Value = 54

Workout #18069 - Tuesday, 22 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
1	on 30:00 DS/Core				L DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	STK	
150	10 x 15 on :45 Shooters	SP3	S	STK	
1,900	1x{2 x 200 on 3:45 Breaststroke	EN2	S	BR	
	{2 x 200 on 3:40 Breaststroke	EN2	S	BR	
	{2 x 200 on 3:35 Breaststroke	EN2	S	BR	
	{2 x 200 on 3:30 Breaststroke	EN2	S	BR	
	{2 x 150 on 2:35 Breaststroke	EN2	S	BR	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	
	1 on 10:00 Ice				M
	4:35 PM 2,700 Yards - Stress Value = 44				

Workout #18057 - Tuesday, 22 December 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK	F
1	on 40:00 DS/Weights				
500	1 x 500 on 10:00 Top Hat Drill				
150	10 x 15 on :45 Shooters				
1,250	1x{2 x 100 on 2:25 Kick				
	{2 x 50 on 1:15 Kick-100%				
	{2 x 100 on 2:20 Kick				
	{2 x 50 on 1:15 Kick-100% Effort				
	{2 x 100 on 2:15 Kick				
	{2 x 50 on 1:15 Kick-100% Effort				
	{2 x 100 on 2:10 Kick				
	{3 x 50 on 1:15 Kick-100% Effort				
100	1 x 100 on 3:00 Kick for time-with snorkel				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	8:41 AM 2,200 Yards - Stress Value = 35				

Workout #18083 - Wednesday, 23 December 2015

HighSchl - Back

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF	F
1	on 35:00 DS/TRX Bands			
400	1 x 400 on 5:00 5:00 Warm-up	REC		
150	10 x 15 on :45 Shooters	SP3		
2,400	1x{4 x 125 on 1:45 Back 10 KOLW	EN2		
	{4 x 100 on 1:30 Back hold under 1:12	EN2		
	{4 x 125 on 1:40 Back 11 KOLW	EN2		
	{3 x 100 on 1:30 Back hold under 1:10	EN2		
	{4 x 125 on 1:35 Back 12 KOLW	EN2		
	{2 x 100 on 1:30 Back hold under 1:08	EN2		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	4:38 PM 3,150 Yards - Stress Value = 54			

Workout #18074 - Wednesday, 23 December 2015

HighSchl - Distance

1 minute rest between sets

8:50 AM Start

Yards	Set Description	EGY	WORK	STK
2,700	1x{1 x 250 on 2:50 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 225 on 2:35 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN3	S	FR
	{3 x 200 on 2:20 Freestyle	EN2	S	FR
	{4 x 75 on 1:20 Freestyle	EN3	S	FR
	{4 x 175 on 2:05 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
9:31 AM 2,900 Yards - Stress Value = 82				

Workout #18080 - Wednesday, 23 December 2015

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/TRX Bands			L I
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	S
3,000	1x{3 x 400 on 4:35 Freestyle #2 100%	EN2	S	
	{3 x 300 on 3:25 Freestyle #2 100%	EN2	S	
	{3 x 200 on 2:15 Freestyle #2 100%	EN2	S	
	{3 x 100 on 1:05 Freestyle #2 100%	EN2	S	
	{1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
4:38 PM 3,750 Yards - Stress Value = 66				

Workout #18077 - Wednesday, 23 December 2015

HighSchl - Fly

1 minute rest between sets

8:50 AM Start

Yards	Set Description	EGY	WORK	STK
2,600	1x{1 x 200 on 2:45 3 strokes fly off walls	EN2		
	{8 x 25 on :25 Fly-10 KOW	EN2		
	{2 x 175 on 2:20 3 strokes fly off walls	EN2		
	{8 x 25 on :25 Fly-11 KOW	EN2		
	{3 x 150 on 1:55 3 strokes fly off walls	EN2		
	{8 x 25 on :25 Fly-12 KOW	EN2		
	{4 x 125 on 1:35 3 strokes fly off walls	EN2		
	{8 x 25 on :25 Fly-13 KOW	EN2		
	{3 x 100 on 1:20 3 strokes fly off walls	EN2		
200	1 x 200 on 3:00 Stroke Drills	REC		
9:31 AM 2,800 Yards - Stress Value = 52				

Workout #18070 - Wednesday, 23 December 2015

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			
500	20 x 25 on :30 Wednesday Warm-up			
500	5 x 100 on 3:00 Freestyle			
2,250	1x{6 x 25 on :30 Kick no board B			
	{3 x 50 on :45 Kick			
	{3 x 100 on 1:25 Kick			
	{3 x 150 on 2:05 Kick			
	{6 x 25 on :30 Kick no board S			
	{2 x 50 on :45 Kick			
	{2 x 100 on 1:25 Kick			
	{2 x 150 on 2:05 Kick			
	{6 x 25 on :30 Kick no board LR			

	{1 x 50 on :45 Kick			
	{1 x 100 on 1:25 Kick			
	{1 x 150 on 2:05 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:49 AM 3,450 Yards - Stress Value = 87				

Workout #18081 - Wednesday, 23 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/TRX Bands			L I
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	S
2,700	1x{3 x 400 on 5:10 Freestyle #2 100%	EN2	S	
	{3 x 300 on 3:55 Freestyle #2 100%	EN2	S	
	{3 x 200 on 2:35 Freestyle #2 100%	EN2	S	
	{1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
4:39 AM 3,450 Yards - Stress Value = 60				

Workout #18071 - Wednesday, 23 December 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			
500	20 x 25 on :30 Wednesday Warm-up			
500	5 x 100 on 3:00 Freestyle			
2,000	1x{6 x 25 on :30 Kick no board B			
	{3 x 50 on :50 Kick			
	{3 x 100 on 1:40 Kick			
	{3 x 150 on 2:25 Kick			
	{6 x 25 on :30 Kick no board S			
	{2 x 50 on :50 Kick			
	{2 x 100 on 1:40 Kick			
	{2 x 150 on 2:25 Kick			
	{6 x 25 on :30 Kick no board LR			
	{1 x 50 on :50 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:49 AM 3,200 Yards - Stress Value = 82				

Workout #18075 - Wednesday, 23 December 2015

HighSchl - Gold

1 minute rest between sets

8:50 AM Start

Yards	Set Description	EGY	WORK	STK
2,350	1x{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{6 x 25 on :35 Freestyle	EN3	S	FR
	{2 x 225 on 3:00 Freestyle	EN2	S	FR
	{5 x 50 on 1:00 Freestyle	EN3	S	FR
	{3 x 200 on 2:45 Freestyle	EN2	S	FR
	{4 x 75 on 1:25 Freestyle	EN3	S	FR
	{2 x 175 on 2:25 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
9:31 AM 2,550 Yards - Stress Value = 75				

Workout #18078 - Wednesday, 23 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
2,200	1x{1 x 200 on 3:00 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly 10 KOW	EN2
	{2 x 175 on 2:35 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-11 KOW	EN2
	{3 x 150 on 2:10 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-12 KOW	EN2
	{4 x 75 on 1:05 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-13 KOW	EN2
	{1 x 100 on 1:25 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	9:31 AM 2,400 Yards - Stress Value = 44	

Workout #18084 - Wednesday, 23 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/TRX Bands		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
150	10 x 15 on :45 Shooters	SP3	
2,150	1x{4 x 125 on 1:55 Back 10 KOLW	EN2	
	{4 x 100 on 1:40 Back hold under 1:18	EN2	
	{4 x 125 on 1:50 Back 11 KOLW	EN2	
	{3 x 100 on 1:40 Back hold under 1:16	EN2	
	{2 x 125 on 1:45 Back 12 KOLW	EN2	
	{2 x 100 on 1:40 Back hold under 1:14	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:38 PM 2,900 Yards - Stress Value = 49		

Workout #18072 - Wednesday, 23 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
	1 on 40:00 DS/Weights			
500	20 x 25 on :30 Wednesday Warm-up			
500	5 x 100 on 3:00 Freestyle			
1,650	1x{4 x 25 on :35 Kick no board B			
	{3 x 50 on 1:05 Kick			
	{3 x 100 on 2:00 Kick			
	{3 x 150 on 2:55 Kick			
	{4 x 25 on :35 Kick no board S			
	{2 x 50 on 1:05 Kick			
	{2 x 100 on 2:00 Kick			
	{1 x 150 on 2:55 Kick			
	{4 x 25 on :35 Kick no board LR			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:49 AM 2,850 Yards - Stress Value = 75			

Workout #18076 - Wednesday, 23 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
2,050	1x{1 x 250 on 3:40 Freestyle	EN2	S	FR
	{6 x 25 on :40 Freestyle	EN3	S	FR
	{2 x 225 on 3:20 Freestyle	EN2	S	FR
	{5 x 50 on 1:10 Freestyle	EN3	S	FR
	{3 x 200 on 3:00 Freestyle	EN2	S	FR

	{4 x 50 on 1:10 Freestyle	EN3	S	FR
	{1 x 150 on 2:20 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	9:31 AM 2,250 Yards - Stress Value = 65			

Workout #18079 - Wednesday, 23 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
2,050	1x{1 x 200 on 3:15 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-10 KOW	EN2
	{2 x 175 on 2:50 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-11 KOW	EN2
	{3 x 150 on 2:25 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-12 KOW	EN2
	{4 x 125 on 2:00 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-13 KOW	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	9:31 AM 2,250 Yards - Stress Value = 41	

Workout #18082 - Wednesday, 23 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
	1 on 35:00 DS/TRX Bands			
400	1 x 400 on 5:00 5:00 Warm-up	REC		
150	10 x 15 on :45 Shooters	SP3		
2,250	1x{3 x 300 on 4:30 Freestyle #2 100%	EN2		
	{3 x 250 on 3:45 Freestyle #2 100%	EN2		
	{3 x 200 on 3:00 Freestyle #2 100%	EN2		
	{1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	4:38 PM 3,000 Yards - Stress Value = 51			

Workout #18085 - Wednesday, 23 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/TRX Bands		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
150	10 x 15 on :45 Shooters	SP3	
1,950	1x{4 x 125 on 2:10 Back 10 KOLW	EN2	
	{3 x 100 on 1:55 Back hold under 1:30	EN2	
	{4 x 125 on 2:05 Back 11 KOLW	EN2	
	{3 x 100 on 1:55 Back hold under 1:28	EN2	
	{2 x 125 on 2:00 Back 12 KOLW	EN2	
	{2 x 50 on :55 Back hold under :44	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:39 PM 2,700 Yards - Stress Value = 45		

Workout #18073 - Wednesday, 23 December 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
7:00 AM	Start				
500	1 on 40:00 DS/Weights				
500	20 x 25 on :30 Wednesday Warm-up				
1,400	5 x 100 on 3:00 Freestyle				
	1x{4 x 25 on :45 Kick no board B				
	{2 x 50 on 1:15 Kick				
	{2 x 100 on 2:20 Kick				
	{2 x 150 on 3:25 Kick				
	{4 x 25 on :45 Kick no board S				
	{2 x 50 on 1:15 Kick				
	{2 x 100 on 2:20 Kick				
	{2 x 150 on 3:25 Kick				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
8:48 AM	2,600 Yards - Stress Value = 70				

Workout #18087 - Monday, 28 December 2015

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
7:00 AM	Start				
600	1 on 40:00 DS/Weights				
300	1 x 600 on 10:00 Swim-kick-pull-swim				
	12 x 25 on :40 Variable Speed				
	Rd 1 #1, Rd 2 #2, Rd 3 free				
	Non BSLR's are with snorkel				
1,950	1x{8 x 25 on :30 Kick no board BSLR				
	{3 x 150 on 2:35 Kick				
	{8 x 25 on :30 Kick no board BSLR				
	{3 x 150 on 2:30 Kick				
	{8 x 25 on :30 Kick no board BSLR				
	{3 x 150 on 2:25 Kick				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
8:42 AM	3,050 Yards - Stress Value = 53				

Workout #18086 - Thursday, 24 December 2015

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
7:00 AM	Start				
10,000	100 x 100 on 1:20 Freestyle	EN2	S	FR	1:20
	1 on 10:00 Ice		M		
9:23 AM	10,000 Yards - Stress Value = 200				

Workout #18088 - Monday, 28 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
7:00 AM	Start				
600	1 on 40:00 DS/Weights				
300	1 x 600 on 10:00 Swim-kick-pull-swim				
	12 x 25 on :40 Variable Speed				
	Rd 1 #1, Rd 2 #2, Rd 3 free				
1,700	1x{8 x 25 on :30 Kick no board BSLR				
	{3 x 150 on 3:05 Kick				
	{8 x 25 on :30 Kick no board BSLR				
	{3 x 150 on 3:00 Kick				
	{8 x 25 on :30 Kick no board BSLR				
	{2 x 100 on 1:55 Kick				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
8:42 AM	2,800 Yards - Stress Value = 48				

Workout #18094 - Monday, 28 December 2015

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
8:43 AM	Start				
3,000	1x{3 x 125 on 1:40 Backstroke	EN1	S	BK	
	{3 x 50 on :40 Backstroke AFAP	EN3	S	BK	
	{3 x 125 on 1:40 Backstroke	EN1	S	BK	
	{3 x 50 on :45 Backstroke AFAP	EN3	S	BK	
	{3 x 125 on 1:35 Backstroke	EN1	S	BK	
	{3 x 50 on :50 Backstroke AFAP	EN3	S	BK	
	{3 x 125 on 1:35 Backstroke	EN2	S	BK	
	{3 x 50 on :55 Backstroke AFAP	EN3	S	BK	
	{3 x 125 on 1:30 Backstroke	EN2	S	BK	
	{3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK	
	{3 x 125 on 1:30 Backstroke	EN2	S	BK	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	
9:29 AM	3,250 Yards - Stress Value = 81				

Workout #18095 - Monday, 28 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
8:43 AM	Start				
2,625	1x{3 x 125 on 1:55 Backstroke	EN1	S	BK	
	{3 x 50 on :45 Backstroke AFAP	EN2	S	BK	
	{2 x 125 on 1:55 Backstroke	EN1	S	BK	
	{3 x 50 on :55 Backstroke AFAP	EN3	S	BK	
	{3 x 125 on 1:50 Backstroke	EN1	S	BK	
	{3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK	
	{2 x 125 on 1:50 Backstroke	EN2	S	BK	
	{3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK	
	{3 x 125 on 1:45 Backstroke	EN2	S	BK	
	{3 x 50 on 1:00 Back AFAP	EN2	S	BK	
	{2 x 125 on 1:45 Backstroke	EN2	S	BK	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	
9:30 AM	2,875 Yards - Stress Value = 61				

Workout #18091 - Monday, 28 December 2015

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
8:43 AM	Start				
	#1 1st 25 100%, #2 1st 50 100%				
3,400	1x{2 x 300 on 3:45 Free 3KOW/LW8	EN2	S	F	
	{2 x 275 on 3:20 Free 3 KOW/LW 9	EN2	S	F	
	{2 x 250 on 3:00 Free 3 KOW/LW 10	EN1	S	F	
	{2 x 225 on 2:55 Free 3KOW/LW11	EN2	S	F	
	{2 x 200 on 2:20 Free 3KOW/LW12	EN2	S	F	
	{2 x 175 on 2:00 Free 3KOW/LW13	EN2	S	F	
	{2 x 150 on 1:40 Free 3 KOW/LW14	EN2	S	F	
	{2 x 125 on 1:20 Free 3KOW/LW15	EN2	S	F	
	L.25 of each SFBO, 6BK, & breathe on 3				
250	1 x 250 on 4:00 Stroke Drills	REC	D	C	
9:29 AM	3,650 Yards - Stress Value = 63				

Workout #18092 - Monday, 28 December 2015

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
8:43 PM	Start			
3,100	1x{2 x 300 on 4:15 Free 3 KOW/LW 8 EN2	S	F	
	{2 x 275 on 3:45 Free 3 KOW/LW 9 EN2	S	F	
	{2 x 250 on 3:25 Free 3 KOW/LW 10 EN1	S	F	
	{2 x 225 on 3:00 Free 3KOW/LW11 EN2	S	F	
	{2 x 200 on 2:35 Free 3KOW/LW12 EN2	S	F	
	{2 x 175 on 2:15 Free 3KOW/LW13 EN2	S	F	
	{2 x 125 on 1:35 Free 3 KOW/LW14 EN2	S	F	
	L.25 of each SFBO, 6BK, & breathe on 3			
250	1 x 250 on 4:00 Stroke Drills REC	D	C	
9:30 PM	3,350 Yards - Stress Value = 57			

Workout #18089 - Monday, 28 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
7:00 AM	Start			
550	1 on 40:00 DS/Weights			
300	1 x 550 on 10:00 Swim-kick-pull-swim			
1,500	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
	1x{8 x 25 on :35 Kick no board BSLR			
	{2 x 150 on 3:30 Kick			
	{8 x 25 on :35 Kick no board BSLR			
	{2 x 150 on 3:25 Kick			
	{8 x 25 on :35 Kick no board BSLR			
	{2 x 150 on 3:20 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:42 AM	2,550 Yards - Stress Value = 44			

Workout #18093 - Monday, 28 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
8:43 AM	Start			
2,800	1x{2 x 300 on 4:30 Free 3 KOW/LW 8 EN2	S	F	
	{2 x 275 on 4:05 Free 3 KOW/LW 9 EN2	S	F	
	{2 x 250 on 3:40 Free 3 KOW/LW 10 EN1	S	F	
	{2 x 225 on 3:15 Free 3KOW/LW11 EN2	S	F	
	{2 x 200 on 2:50 Free 3KOW/LW12 EN2	S	F	
	{2 x 150 on 2:05 Free 3KOW/LW13 EN2	S	F	
	L.25 of each SFBO, 6BK, & breathe on 3			
250	1 x 250 on 4:00 Stroke Drills REC	D	C	
9:29 AM	3,050 Yards - Stress Value = 51			

Workout #18096 - Monday, 28 December 2015

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:43 AM	Start			
2,100	1x{3 x 125 on 2:20 Backstroke EN1	S	BK	
	{3 x 50 on :55 Backstroke AFAP EN2	S	BK	
	{2 x 125 on 2:20 Backstroke EN1	S	BK	
	{3 x 50 on 1:00 Backstroke AFAP EN3	S	BK	
	{3 x 125 on 2:15 Backstroke EN1	S	BK	
	{3 x 50 on 1:10 Backstroke AFAP EN3	S	BK	
	{2 x 125 on 2:15 Backstroke EN2	S	BK	
	{3 x 50 on 1:15 Backstroke AFAP EN3	S	BK	
	{2 x 125 on 2:05 Backstroke EN2	S	BK	

250 1 x 250 on 4:00 Stroke Drills REC D CD
9:29 AM 2,350 Yards - Stress Value = 50

Workout #18090 - Monday, 28 December 2015

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
7:00 AM	Start			
500	1 on 40:00 DS/Weights			
300	1 x 500 on 10:00 Swim-kick-pull-swim			
1,350	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
	1x{8 x 25 on :40 Kick no board BSLR			
	{2 x 150 on 3:50 Freestyle			
	{8 x 25 on :40 Kick no board BSLR			
	{2 x 150 on 3:45 Freestyle			
	{6 x 25 on :40 Kick no board BSLRBS			
	{2 x 100 on 2:25 Kick			
100	4x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:39 AM	2,250 Yards - Stress Value = 40			

Workout #18097 - Monday, 28 December 2015

HighSchl - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:00 PM	Start			
400	1 on 30:00 DS/Physio Ball Shoulders			
480	1 x 400 on 5:00 5:00 Warm-up			
	6x{1 x 15 on :45 Pit Sprint/turn drill			
	{ with explosive jump to bulkhead			
	{1 x 25 on 1:00 10 yards under/15 yards			
	{ super fast w/great breakouts & finish			
	{1 x 25 on 1:00 Your best non free-1/2 drill			
	{ 1/2 build great finish with explosive jump			
	{1 x 15 on 1:00 Sculling drill			
200	8 x 25 on :45 Variable Speed			
300	6 x 50 on 2:00 Your best stroke			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
4:34 PM	1,630 Yards - Stress Value = 54			

Workout #18105 - Tuesday, 29 December 2015

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
8:46 AM	Start			
2,400	1x{2 x 225 on 3:40 Brst L.50 fr kck Lw2xPo EN2			
	{1 x 50 on :45 Free w/6bk EN2			
	{2 x 200 on 3:10 Brst L.50 fr kck Lw2xPo EN2			
	{1 x 50 on :45 Free w/6bk EN2			
	{2 x 175 on 2:45 Brst L.50 fr kck Lw2xPo EN2			
	{1 x 50 on :45 Free w/6bk EN2			
	{2 x 150 on 2:15 Brst L.50 fr kck Lw2xPo EN2			
	{1 x 50 on :45 Free w/6bk EN2			
	{2 x 125 on 1:50 Brst L.50 fr kck Lw2xPo EN2			
	{2 x 100 on 1:25 Brst L.50 fr kck Lw2xPo EN2			
	{1 x 50 on :45 Free w/6bk EN2			
	{2 x 75 on 1:05 Brst L.50 fr kck Lw2xPo EN2			
	{1 x 50 on :45 Free w/6bk EN2			
250	1 x 250 on 4:00 Stroke Drills REC			
9:28 AM	2,650 Yards - Stress Value = 48			

Workout #18102 - Tuesday, 29 December 2015

HighSchl - Distance

1 minute rest between sets

8:46 AM Start

Yards	Set Description	EGY	WORK	STK
3,250	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:45 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:40 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:35 Freestyle	EN2	S	FR
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
	125's hold:1st set 121, 2nd set 120 3rd set 119, & 4th set 118			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	9:29 AM 3,500 Yards - Stress Value = 65			

600	1 x 600 on 10:00 Top Hat Drill	
300	12 x 25 on :40 Variable Speed	
	Rd 1 #1, Rd 2 #2, Rd 3 free	
1,400	1x{1 x 200 on 3:25 Kick	
	{1 x 200 on 3:20 Kick	
	{1 x 200 on 3:15 Kick	
	{1 x 200 on 3:10 Kick	
	{1 x 200 on 3:05 Kick	
	{1 x 200 on 3:00 Kick	
	{1 x 200 on 2:55 Kick	
1,100	1 x 1100 on 14:00 Pulls-odd 100's btb	
	Even 100's BTS	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	8:45 AM 3,600 Yards - Stress Value = 64	

Workout #18099 - Tuesday, 29 December 2015

HighSchl - Gold

1 minute rest between sets

Workout #18108 - Tuesday, 29 December 2015

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
400	1 on 30:00 DS/Core		
300	1 x 400 on 5:00 5:00 Warm-up	REC	
	12 x 25 on :40 Variable Speed	SP3	
	Rd 1 #1, Rd 2 #2, Rd 3 free		
2,400	1x{ Hold non 300 swims under :31/50		
	{1 x 300 on 3:20 Freestyle	EN2	
	{2 x 150 on 1:55 Freestyle	EN2	
	{1 x 300 on 3:20 Freestyle	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 x 300 on 3:20 Freestyle	EN2	
	{4 x 75 on :55 Freestyle	EN2	
	{1 x 300 on 3:20 Freestyle	EN2	
	{6 x 50 on :35 Freestyle	EN2	
400	4 x 100 on 1:30 Descend to LUDICROUS	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:36 PM 3,750 Yards - Stress Value = 68		

7:00 AM Start

Yards	Set Description	
600	1 on 40:00 DS/Weights	
300	1 x 600 on 10:00 Underwater trn drill	
	12 x 25 on :40 Variable Speed	
	Rd 1 #1, Rd 2 #2, Rd 3 free	
1,250	1x{1 x 200 on 3:45 Kick	
	{1 x 200 on 3:40 Kick	
	{1 x 200 on 3:35 Kick	
	{1 x 200 on 3:30 Kick	
	{1 x 200 on 3:25 Kick	
	{1 x 200 on 3:20 Kick	
	{1 x 50 on :55 Kick	
1,050	1 x 1050 on 14:00 Pulls-odd 100's btb	
	Even 100's BTS	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	8:45 AM 3,400 Yards - Stress Value = 60	

Workout #18103 - Tuesday, 29 December 2015

HighSchl - Gold

1 minute rest between sets

Workout #18111 - Tuesday, 29 December 2015

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 30:00 DS/Core		L	DRY
300	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
2,100	1x{1 x 200 on 2:55 Butterfly	EN2	S	FLY
	{8 x 25 on :35 Fly 15m under	EN3	S	FLY
	{2 x 175 on 2:30 Butterfly	EN2	S	FLY
	{8 x 25 on :35 Fly 12m under	EN3	S	FLY
	{3 x 150 on 2:05 Butterfly	EN2	P	FLY
	{8 x 25 on :35 Fly 9m under	EN3	S	FLY
	{4 x 125 on 1:40 Butterfly	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			
	4:35 PM 3,050 Yards - Stress Value = 78			

8:46 AM Start

Yards	Set Description	EGY	WORK	STK
2,800	1x{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 500 on 6:40 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 500 on 6:35 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	125's hold:1st set 134, 2nd set 133, and 3rd set 132			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	9:30 AM 3,050 Yards - Stress Value = 56			

Workout #18098 - Tuesday, 29 December 2015

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS/Weights

Workout #18106 - Tuesday, 29 December 2015

HighSchl - Gold

1 minute rest between sets

8:46 AM Start

Yards	Set Description	EGY
2,250	1x{2 x 225 on 4:00 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :45 Free w/6bk	EN2
	{2 x 200 on 3:30 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :45 Free w/6bk	EN2
	{2 x 175 on 3:00 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :45 Free w/6bk	EN2
	{2 x 150 on 2:30 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :45 Free w/6bk	EN2
	{2 x 125 on 2:00 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :45 Free w/6bk	EN2
	{2 x 100 on 1:30 Brst L.50 fr kck Lw2xPo	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
9:29 AM 2,500 Yards - Stress Value = 45		

Workout #18109 - Tuesday, 29 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Core		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
300	12 x 25 on :40 Variable Speed	SP3	
	Rd 1 #1, Rd 2 #2, Rd 3 free		
2,100	1x{ Hold all non 300 swims under :36/50		
	{1 x 300 on 3:50 Freestyle	EN2	
	{2 x 150 on 2:10 Freestyle	EN2	
	{1 x 300 on 3:50 Freestyle	EN2	
	{3 x 100 on 1:25 Freestyle	EN2	
	{1 x 300 on 3:50 Freestyle	EN2	
	{4 x 75 on 1:05 Freestyle	EN2	
	{1 x 300 on 3:50 Freestyle	EN2	
400	4 x 100 on 1:30 Descend to LUDICROUS	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:36 PM 3,450 Yards - Stress Value = 62			

Workout #18112 - Tuesday, 29 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Core		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
1,975	1x{1 x 200 on 3:15 Butterfly	EN2	S	FLY
	{8 x 25 on :35 Fly 15m under	EN3	S	FLY
	{2 x 175 on 2:45 Butterfly	EN2	S	FLY
	{8 x 25 on :35 Fly 12m under	EN3	S	FLY
	{3 x 150 on 2:15 Butterfly	EN2	P	FLY
	{8 x 25 on :35 Fly 9m under	EN3	S	FLY
	{3 x 125 on 1:50 Butterfly	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:35 PM 2,925 Yards - Stress Value = 76				

Workout #18100 - Tuesday, 29 December 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description

Yards	Set Description	EGY
	1 on 40:00 DS/Weights	
550	1 x 550 on 10:00 Top Hat Drill	
300	12 x 25 on :40 Variable Speed	
1,150	1x{1 x 200 on 4:10 Kick	
	{1 x 200 on 4:05 Kick	
	{1 x 200 on 4:00 Kick	
	{1 x 200 on 3:55 Kick	
	{1 x 200 on 3:50 Kick	
	{1 x 150 on 2:40 Kick	
950	1 x 950 on 14:00 Pulls-odd 100's btb	
	Even 100's BTS	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:45 AM 3,150 Yards - Stress Value = 56		

Workout #18104 - Tuesday, 29 December 2015

HighSchl - Silver

1 minute rest between sets

8:46 AM Start

Yards	Set Description	EGY	WORK	STK
2,500	1x{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 500 on 7:05 Freestyle	EN2	S	FR
	{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 500 on 7:00 Freestyle	EN2	S	FR
	{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 300 on 4:05 Freestyle	EN2	S	FR
	100's hold:1st set 121, 2nd set 120, and 3rd set 119			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
9:29 AM 2,700 Yards - Stress Value = 50				

Workout #18107 - Tuesday, 29 December 2015

HighSchl - Silver

1 minute rest between sets

8:46 AM Start

Yards	Set Description	EGY
1,950	1x{2 x 225 on 4:30 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :50 Free w/6bk	EN2
	{2 x 200 on 3:55 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :50 Free w/6bk	EN2
	{2 x 175 on 3:25 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :50 Free w/6bk	EN2
	{2 x 150 on 2:50 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :50 Free w/6bk	EN2
	{2 x 125 on 2:20 Brst L.50 fr kck Lw2xPo	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
9:29 AM 2,200 Yards - Stress Value = 39		

Workout #18110 - Tuesday, 29 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
400	1 on 30:00 DS/Core		
400	1 x 400 on 5:00 Warm-up	REC	
	Rd 1 #1, Rd 2 #2, Rd 3 free		
300	12 x 25 on :40 Variable Speed	SP3	
1,800	1x{ Hold all non 300 swims under :41/50		
	{ 1 x 300 on 4:15 Freestyle	EN2	
	{ 2 x 150 on 2:30 Freestyle	EN2	
	{ 1 x 300 on 4:15 Freestyle	EN2	
	{ 3 x 100 on 1:40 Freestyle	EN2	
	{ 1 x 300 on 4:15 Freestyle	EN2	
	{ 4 x 75 on 1:15 Freestyle	EN2	
400	4 x 100 on 1:30 Descend to LUDICROUS	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:35 PM 3,150 Yards - Stress Value = 56		

Workout #18113 - Tuesday, 29 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Core		L	DRY
400	1 x 400 on 5:00 Warm-up	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
1,750	1x{ 1 x 200 on 3:40 Butterfly	EN2	S	FLY
	{ 6 x 25 on :40 Fly 15m under	EN3	S	FLY
	{ 2 x 175 on 3:10 Butterfly	EN2	S	FLY
	{ 6 x 25 on :40 Fly 12m under	EN3	S	FLY
	{ 3 x 150 on 2:40 Butterfly	EN2	P	FLY
	{ 6 x 25 on :40 Fly 9m under	EN3	S	FLY
	{ 3 x 100 on 1:45 Butterfly	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:36 PM 2,700 Yards - Stress Value = 65			

Workout #18101 - Tuesday, 29 December 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS/Weights
500	1 x 500 on 10:00 Top Hat Drill
300	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
900	1x{ 1 x 150 on 3:55 Kick
	{ 1 x 150 on 3:50 Kick
	{ 1 x 150 on 3:45 Kick
	{ 1 x 150 on 3:40 Kick
	{ 1 x 150 on 3:35 Kick
	{ 1 x 150 on 3:30 Kick
800	1 x 800 on 14:00 Pulls-odd 100's btb
	Even 100's BTS
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:45 AM 2,700 Yards - Stress Value = 48

Workout #18121 - Wednesday, 30 December 2015

HighSchl - Back

1 minute rest between sets

8:40 AM Start

Yards	Set Description	EG

Yards	Set Description	EG
3,150	1x{ 1 x 225 on 3:00 Backstroke	EN
	{ 6 x 25 on :30 Back-descend Great Finishes	EN
	{ 2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{ 2 x 225 on 3:00 Backstroke	EN
	{ 6 x 25 on :30 Back-descend Great Finishes	EN
	{ 2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{ 3 x 225 on 3:00 Backstroke	EN
	{ 6 x 25 on :30 Back-descend Great Finishes	EN
	{ 2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{ 4 x 225 on 3:00 Backstroke	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	9:31 AM 3,400 Yards - Stress Value = 63	

Workout #18118 - Wednesday, 30 December 2015

HighSchl - Distance

1 minute rest between sets

8:40 AM Start

Yards	Set Description
3,100	1x{ 1 x 400 on 5:00 Freestyle DPS
	{ 5 x 100 on 1:30 Hold 500 pace
	{ 2 x 300 on 3:45 Free neg split each one
	{ 5 x 100 on 1:30 Hold 500 pace
	{ 3 x 200 on 2:30 Free L.50 of each great effc
	{ 5 x 100 on 1:30 Hold 500 pace
250	1 x 250 on 4:00 Stroke Drills
	9:28 AM 3,350 Yards - Stress Value = 58

Workout #18114 - Wednesday, 30 December 2015

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 45:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
1,550	1x{ 4 x 25 on :30 Kick no board BSLR
	{ 1 x 250 on 4:15 Kick
	{ 4 x 25 on :30 Kick no board BSLR
	{ 2 x 200 on 3:20 Kick
	{ 4 x 25 on :30 Kick no board BSLR
	{ 3 x 150 on 2:25 Kick
	{ 6 x 25 on :30 Kick no board BSLRBS
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:40 AM 2,550 Yards - Stress Value = 45

Workout #18115 - Wednesday, 30 December 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 45:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
1,400	1x{ 4 x 25 on :30 Kick no board BSLR
	{ 1 x 250 on 5:00 Kick
	{ 4 x 25 on :30 Kick no board BSLR
	{ 2 x 200 on 3:55 Kick
	{ 4 x 25 on :30 Kick no board BSLR
	{ 2 x 150 on 2:50 Kick
	{ 6 x 25 on :30 Kick no board BSLRBS
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:40 AM 2,400 Yards - Stress Value = 42

Workout #18119 - Wednesday, 30 December 2015

HighSchl - Gold

1 minute rest between sets

8:40 AM Start
 Yards Set Description
 =====
 3,000 1x{1 x 400 on 5:30 Freestyle DPS
 {5 x 100 on 1:35 Hold 500 pace
 {2 x 300 on 4:05 Free neg split each one
 {5 x 100 on 1:35 Hold 500 pace
 {3 x 200 on 2:45 Free L.50 of each great effc
 {4 x 100 on 1:35 Hold 500 pace
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 3,250 Yards - Stress Value = 56

Workout #18122 - Wednesday, 30 December 2015

HighSchl - Gold

1 minute rest between sets

8:40 AM Start
 Yards Set Description
 =====
 2,900 1x{1 x 200 on 3:00 Backstroke
 {6 x 25 on :30 Back-descend Great Finishes
 {2 x 75 on 1:15 Back 10 KOW L. Wall
 {2 x 200 on 3:00 Backstroke
 {6 x 25 on :30 Back-descend Great Finishes
 {2 x 75 on 1:15 Back 10 KOW L. Wall
 {3 x 200 on 3:00 Backstroke
 {6 x 25 on :30 Back-descend Great Finishes
 {2 x 75 on 1:15 Back 10 KOW L. Wall
 {4 x 200 on 3:00 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 9:31 AM 3,100 Yards - Stress Value = 58

Workout #18116 - Wednesday, 30 December 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands
 300 20 x 25 on :30 Wednesday Warm-up
 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,250 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 250 on 5:25 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 200 on 4:15 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:10 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:40 AM 2,250 Yards - Stress Value = 39

Workout #18120 - Wednesday, 30 December 2015

HighSchl - Silver

1 minute rest between sets

8:40 AM Start
 Yards Set Description
 =====
 3,000 1x{1 x 400 on 5:40 Freestyle DPS
 {5 x 100 on 1:35 Hold 500 pace
 {2 x 300 on 4:15 Free neg split each one
 {5 x 100 on 1:35 Hold 500 pace
 {3 x 200 on 2:50 Free L.50 of each great effc
 {4 x 100 on 1:35 Hold 500 pace
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 3,250 Yards - Stress Value = 56

Workout #18123 - Wednesday, 30 December 2015

HighSchl - Silver

1 minute rest between sets

8:40 AM Start
 Yards Set Description
 =====
 2,325 1x{1 x 175 on 3:00 Backstroke
 {6 x 25 on :35 Back-descend Great Finishes
 {2 x 75 on 1:25 Back 10 KOW L. Wall
 {2 x 175 on 3:00 Backstroke
 {6 x 25 on :35 Back-descend Great Finishes
 {2 x 75 on 1:25 Back 10 KOW L. Wall
 {3 x 175 on 3:00 Backstroke
 {6 x 25 on :35 Back-descend Great Finishes
 {3 x 175 on 3:00 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 9:29 AM 2,575 Yards - Stress Value = 46

Workout #18117 - Wednesday, 30 December 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands
 300 20 x 25 on :30 Wednesday Warm-up
 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,050 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 250 on 6:30 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 5:00 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:25 Kick
 {4 x 25 on :40 Kick no board BSLR
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:39 AM 2,050 Yards - Stress Value = 35

Workout #18131 - Thursday, 31 December 2015

HighSchl - Breast

1 minute rest between sets

8:43 AM Start
 Yards Set Description
 =====
 1,800 1x{ Descend each set of 3
 {3 x 200 on 3:05 Breast 2/3/4 PO/LW
 {3 x 175 on 2:40 Breast 2/3/4 PO/LW
 {3 x 150 on 2:15 Breast 2/3/4 PO/LW
 {3 x 75 on 1:05 Breast 2/3/4 PO/LW
 400 4 x 100 on 1:30 Descend to LUDICROUS
 500 10 x 50 on 1:00 Stroke Drills
 9:29 AM 2,700 Yards - Stress Value = 43

Workout #18128 - Thursday, 31 December 2015

HighSchl - Distance

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK
3,100	1x{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{2 x 200 on 2:25 Freestyle	EN2	S	FR
	{2 x 200 on 2:20 Freestyle	EN2	S	FR
	{2 x 200 on 2:15 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{3 x 200 on 2:20 Freestyle	EN2	S	FR
	{2 x 200 on 2:15 Freestyle	EN2	S	FR
	{1 x 200 on 2:10 Freestyle	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
9:31 AM 3,600 Yards - Stress Value = 60				

Odd 100's free even 100's back				
300	12 x 25 on :40 Variable Speed			
Rd 1 #1, Rd 2 #2, Rd 3 free				
1,700	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:15 Alt 50 fly kick on back			
	{50 tombstone kick			
	{3 x 100 on 1:55 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:10 Kick same as above			
	{3 x 100 on 1:50 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:05 Kick-Same as above			
	{2 x 100 on 1:45 Kick 25 fly/fr/br/cho			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:42 AM 2,800 Yards - Stress Value = 48				

Workout #18125 - Thursday, 31 December 2015

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 40:00 DS/Weights			
	1 x 600 on 10:00 Underwater trn drill			
Odd 100's free even 100's back				
300	12 x 25 on :40 Variable Speed			
Rd 1 #1, Rd 2 #2, Rd 3 free				
1,700	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:15 Alt 50 fly kick on back			
	{50 tombstone kick			
	{3 x 100 on 1:55 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:10 Kick same as above			
	{3 x 100 on 1:50 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:05 Kick-Same as above			
	{2 x 100 on 1:45 Kick 25 fly/fr/br/cho			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:42 AM 2,800 Yards - Stress Value = 48				

Workout #18129 - Thursday, 31 December 2015

HighSchl - Gold

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK
2,700	1x{1 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{2 x 200 on 2:40 Freestyle	EN2	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{2 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
9:30 AM 3,200 Yards - Stress Value = 52				

Workout #18134 - Thursday, 31 December 2015

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 30:00 DS/Shoulders		L	DRY
	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	STK
Rd 1 #1, Rd 2 #2, Rd 3 free				
2,700	1x{1 x 600 on 7:30 Freestyle	EN2	S	FR
	{4 x 125 on 1:35 Freestyle	EN2	S	FR
	{1 x 500 on 6:15 Freestyle	EN2	S	FR
	{4 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 x 400 on 5:00 Freestyle	EN2	S	FR
	{4 x 75 on :55 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:34 PM 3,650 Yards - Stress Value = 66				

Workout #18137 - Thursday, 31 December 2015

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 30:00 DS/Shoulders			
	1 x 400 on 5:00 5:00 Warm-up		REC	
300	12 x 25 on :40 Variable Speed		SP3	
Rd 1 #1, Rd 2 #2, Rd 3 free				
2,100	1x{1 x 200 on 2:55 3 strokes fly off walls	EN2		
	{6 x 25 on :35 Fly-with free kick	EN2		
	{2 x 175 on 2:30 3 strokes fly off walls	EN2		
	{6 x 25 on :35 Fly-with free kick	EN2		
	{3 x 150 on 2:05 3 strokes fly off walls	EN2		
	{6 x 25 on :35 Fly-with free kick	EN2		
	{4 x 125 on 1:45 3 strokes fly off walls	EN2		
	{6 x 25 on :35 Fly-with free kick	EN3		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
4:36 PM 3,050 Yards - Stress Value = 60				

Workout #18124 - Thursday, 31 December 2015

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS/Weights
	1 x 600 on 10:00 Underwater trn drill

Workout #18132 - Thursday, 31 December 2015

HighSchl - Gold

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WOF
1,650	1x{ Descend each set of 3		
	{3 x 200 on 3:20 Breast 2/3/4 PO/LW	EN2	
	{3 x 175 on 2:55 Breast 2/3/4 PO/LW	EN2	
	{3 x 150 on 2:30 Breast 2/3/4 PO/LW	EN2	
	{3 x 25 on :30 Breast 2/3/4 PO/LW	EN2	
400	4 x 100 on 1:30 Descend to LUDICROUS	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	9:29 AM 2,550 Yards - Stress Value = 41		

Workout #18135 - Thursday, 31 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Shoulders		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
2,625	1x{1 x 600 on 8:00 Freestyle	EN2	S	FR
	{4 x 125 on 1:40 Freestyle	EN2	S	FR
	{1 x 500 on 6:40 Freestyle	EN2	S	FR
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 400 on 5:20 Freestyle	EN2	S	FR
	{3 x 75 on 1:00 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:35 PM 3,575 Yards - Stress Value = 64			

Workout #18138 - Thursday, 31 December 2015

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Shoulders		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
2,000	1x{1 x 200 on 3:10 3 strokes fly off walls	EN2	S	FR
	{6 x 25 on :35 Fly-with free kick	EN2	S	FR
	{2 x 175 on 2:45 3 strokes fly off walls	EN2	S	FR
	{6 x 25 on :35 Fly-with free kick	EN2	S	FR
	{3 x 150 on 2:20 3 strokes fly off walls	EN2	S	FR
	{6 x 25 on :35 Fly-with free kick	EN2	S	FR
	{4 x 125 on 1:55 3 strokes fly off walls	EN2	S	FR
	{2 x 25 on :35 Fly-with free kick	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:35 PM 2,950 Yards - Stress Value = 52			

Workout #18126 - Thursday, 31 December 2015

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights		L	DRY
550	1 x 550 on 10:00 Underwater trn drill		D	FR
	Odd 100's free even 100's back			
300	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
1,400	1x{3 x 100 on 2:20 Kick 25-fly/fr/br/cho		S	FR
	{4 x 50 on 1:30 Alt 50 fly kick on back		S	FR

	{ 50 tombstone kick			
	{3 x 100 on 2:15 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:25 Kick same as above			
	{3 x 100 on 2:10 Kick 25-fly/fr/br/cho			
	{2 x 50 on 1:20 Kick-Same as above			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:42 AM 2,450 Yards - Stress Value = 42			

Workout #18133 - Thursday, 31 December 2015

HighSchl - Silver

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WOF
1,500	1x{ Descend each set of 3		
	{3 x 175 on 3:15 Breast 2/3/4 PO/LW	EN2	
	{3 x 150 on 2:50 Breast 2/3/4 PO/LW	EN2	
	{3 x 125 on 2:20 Breast 2/3/4 PO/LW	EN2	
	{3 x 50 on :55 Breast 2/3/4 PO/LW	EN2	
400	4 x 100 on 1:30 Descend to Ludicrous	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	9:29 AM 2,400 Yards - Stress Value = 38		

Workout #18130 - Thursday, 31 December 2015

HighSchl - Silver

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK
2,350	1x{1 x 150 on 2:20 Freestyle	EN2	S	FR
	{1 x 150 on 2:15 Freestyle	EN2	S	FR
	{1 x 150 on 2:10 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{2 x 150 on 2:15 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN2	S	FR
	{2 x 150 on 2:05 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{3 x 150 on 2:10 Freestyle	EN2	S	FR
	{2 x 150 on 2:05 Freestyle	EN2	S	FR
	{1 x 150 on 2:00 Freestyle	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	9:29 AM 2,850 Yards - Stress Value = 45			

Workout #18136 - Thursday, 31 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Shoulders		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	STK
	Rd 1 #1, Rd 2 #2, Rd 3 free			
2,400	1x{1 x 600 on 9:00 Freestyle	EN2	S	FR
	{4 x 125 on 1:50 Freestyle	EN2	S	FR
	{1 x 500 on 7:20 Freestyle	EN2	S	FR
	{4 x 100 on 1:25 Freestyle	EN2	S	FR
	{1 x 400 on 5:50 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:36 PM 3,350 Yards - Stress Value = 60			

Workout #18139 - Thursday, 31 December 2015

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Shoulders
 400 1 x 400 on 5:00 5:00 Warm-up REC
 250 10 x 25 on :40 Variable Speed SP3
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,875 1x{1 x 200 on 3:25 3 strokes fly off walls EN2
 {6 x 25 on :40 Fly-with free kick EN2
 {2 x 175 on 2:55 3 strokes fly off walls EN2
 {4 x 25 on :40 Fly-with free kick EN2
 {3 x 150 on 2:30 3 strokes fly off walls EN2
 {4 x 25 on :40 Fly-with free kick EN3
 {3 x 125 on 2:00 3 strokes fly off walls EN2
 {6 x 25 on :40 Fly-with free kick EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:36 PM 2,775 Yards - Stress Value = 58

Workout #18127 - Thursday, 31 December 2015

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,350 1x{3 x 100 on 2:30 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:30 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 2:25 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:25 Kick same as above
 {3 x 100 on 2:20 Kick 25-fly/fr/br/cho
 {1 x 50 on 1:20 Kick-Same as above
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:42 AM 2,350 Yards - Stress Value = 41