

Workout #10420 - Monday, 02 January 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY
12:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	12 x 50 on :45 3 strokes fly off walls	EN2
1,200	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:00 Kick	EN2
	{6 x 25 on :45 Kick no board BSLRBS	EN2
	{2 x 125 on 2:30 Kick	EN2
	{8 x 25 on :45 Kick no board BSLR X2	EN2
	{2 x 150 on 3:00 Kick	EN2
100	4 x 25 on 1:00 Fly Drills	REC
675	9 x 75 on 1:10 3 strokes fly off walls	EN2
750	1x{1 x 150 on 2:30 Pulls	EN2
	{1 x 150 on 2:25 Pulls	EN2
	{1 x 150 on 2:20 Pulls	EN2
	{1 x 150 on 2:15 Pulls	EN2
	{1 x 150 on 2:10 Pulls	EN2
100	4 x 25 on 1:00 Pulls	REC
600	6 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 Raft Relay	
	2:30 PM 4,975 Yards - Stress Value = 83	

Workout #10421 - Monday, 02 January 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
12:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
500	10 x 50 on :50 3 strokes fly off walls	EN2
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:15 Kick	EN2
	{6 x 25 on :45 Kick no board BSLRBS	EN2
	{2 x 125 on 2:50 Kick	EN2
	{8 x 25 on :45 Kick no board BSLR X2	EN2
	{2 x 100 on 2:15 Kick	EN2
100	4 x 25 on 1:00 Fly Drills	REC
600	8 x 75 on 1:20 3 strokes fly off walls	EN2
700	1x{1 x 150 on 2:40 Pulls	EN2
	{1 x 150 on 2:35 Pulls	EN2
	{1 x 150 on 2:30 Pulls	EN2
	{1 x 150 on 2:25 Pulls	EN2
	{1 x 100 on 1:30 Pulls	EN2
100	4 x 25 on 1:00 Pulls	REC
500	5 x 100 on 1:40 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relay	
	2:30 PM 4,550 Yards - Stress Value = 74	

Workout #10422 - Monday, 02 January 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
12:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
550	1 x 550 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
450	9 x 50 on :55 3 strokes fly off walls	EN2
850	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 75 on 1:55 Kick	EN2

{6 x 25 on 1:00 Kick no board BSLRBS	EN2
{1 x 100 on 2:30 Kick	EN2
{8 x 25 on 1:00 Kick no board BSLR X2	EN2
{2 x 75 on 1:55 Kick	EN2
100 4 x 25 on 1:00 Fly Drills	REC
525 7 x 75 on 1:30 3 strokes fly off walls	EN2
600 1x{1 x 150 on 2:50 Pulls	EN2
	{1 x 150 on 2:45 Pulls
	{1 x 150 on 2:40 Pulls
	{1 x 150 on 2:35 Pulls
100 4 x 25 on 1:00 Pulls	REC
400 4 x 100 on 1:55 3 strokes fly off walls	EN2
200 1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relay
	2:28 PM 3,925 Yards - Stress Value = 62

Workout #10423 - Monday, 02 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
12:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
400	8 x 50 on 1:05 3 strokes fly off walls	EN2
800	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 75 on 2:15 Kick	EN2
	{6 x 25 on 1:00 Kick no board BSLRBS	EN2
	{1 x 100 on 3:00 Kick	EN2
	{8 x 25 on 1:00 Kick no board BSLR X2	EN2
	{2 x 50 on 1:15 Kick	EN2
100	4 x 25 on 1:00 Fly Drills	REC
450	6 x 75 on 1:40 3 strokes fly off walls	EN2
600	1x{1 x 150 on 3:10 Pulls	EN2
	{1 x 150 on 3:05 Pulls	EN2
	{1 x 150 on 3:00 Pulls	EN2
	{1 x 150 on 2:35 Pulls	EN2
100	4 x 25 on 1:00 Pulls	REC
400	4 x 100 on 2:15 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relay	
	2:28 PM 3,700 Yards - Stress Value = 59	

Workout #10417 - Monday, 02 January 2012

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY
8:43 AM	Start	
=====	=====	=====
2,250	1x{1 x 125 on 1:45 Backstroke	EN1
	{2 x 125 on 1:40 Backstroke	EN1
	{3 x 125 on 1:35 Backstroke	EN1
	{4 x 125 on 1:30 Backstroke	EN2
	{4 x 100 on 1:20 Backstroke	EN2
	{3 x 100 on 1:15 Backstroke	EN2
	{2 x 100 on 1:10 Backstroke	EN2
	{1 x 100 on 1:05 Backstroke	EN2
150	3 x 50 on 1:00 Back 12.5 yds-under 100%	SP2
400	8 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	9:35 AM 2,800 Yards - Stress Value = 52	

Workout #10414 - Monday, 02 January 2012

9:35 AM 2,300 Yards - Stress Value = 29

HighSchl - Breast

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,250	1x{1 x 125 on 2:05 Breaststroke	EN1	S	BR	1
	{2 x 125 on 2:00 Breaststroke	EN1	S	BR	1
	{3 x 125 on 1:55 Breaststroke	EN1	S	BR	1
	{4 x 125 on 1:50 Breaststroke	EN2	S	BR	1
	{4 x 100 on 1:30 Breaststroke	EN2	S	BR	1
	{3 x 100 on 1:25 Breaststroke	EN2	S	BR	1
	{2 x 100 on 1:20 Breaststroke	EN2	S	BR	1
	{1 x 100 on 1:15 Breaststroke	EN2	S	BR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

9:35 AM 2,600 Yards - Stress Value = 37

Workout #10418 - Monday, 02 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,150	1x{1 x 125 on 2:00 Backstroke	EN1	S	BK	1
	{2 x 125 on 1:55 Backstroke	EN1	S	BK	1
	{3 x 125 on 1:50 Backstroke	EN1	S	BK	1
	{4 x 125 on 1:45 Backstroke	EN2	S	BK	1
	{4 x 100 on 1:40 Backstroke	EN2	S	BK	1
	{3 x 100 on 1:35 Backstroke	EN2	S	BK	1
	{2 x 100 on 1:20 Backstroke	EN2	S	BK	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

9:35 AM 2,550 Yards - Stress Value = 35

Workout #10411 - Monday, 02 January 2012

HighSchl - Distance

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY
2,400	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 105	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 105	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle hold under 105	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	

9:35 AM 2,900 Yards - Stress Value = 48

Workout #10407 - Monday, 02 January 2012

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick
	{2 x 100 on 1:30 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:30 Kick
	{2 x 100 on 1:25 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{2 x 100 on 1:25 Kick
	{2 x 100 on 1:20 Kick
	{10 x 25 on :30 Kick no board BSLRX2 LR
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

8:42 AM 3,600 Yards - Stress Value = 56

Workout #10412 - Monday, 02 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY
2,200	1x{1 x 300 on 4:10 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 113	EN2
	{1 x 300 on 4:10 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 113	EN2
	{1 x 300 on 4:10 Freestyle	EN2
	{1 x 100 on 1:30 Freestyle hold under 113	EN2
	{1 x 300 on 4:10 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 113	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	

9:35 AM 2,600 Yards - Stress Value = 44

Workout #10415 - Monday, 02 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK	F
1,850	1x{1 x 125 on 2:20 Breaststroke	EN1	S	BR	1
	{2 x 125 on 2:15 Breaststroke	EN1	S	BR	1
	{3 x 125 on 2:10 Breaststroke	EN1	S	BR	1
	{4 x 125 on 2:05 Breaststroke	EN2	S	BR	1
	{3 x 100 on 1:45 Breaststroke	EN2	S	BR	1
	{2 x 100 on 1:40 Breaststroke	EN2	S	BR	1
	{1 x 100 on 1:35 Breaststroke	EN2	S	BR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

Workout #10408 - Monday, 02 January 2012

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
Yards Set Description
=====
1 on 30:00 DS/Shoulders/Vis
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 :35 Kick no board BSLR
{2 x 100 on 1:50 Kick
{2 x 100 on 1:45 Kick
{6 x 25 on :35 Kick no board BSLRBS
{2 x 100 on 1:45 Kick
{2 x 100 on 1:40 Kick
{8 x 25 on :35 Kick no board BSLR X2
{2 x 100 on 1:40 Kick
{6 x 25 on :35 Kick no board BSLRBS
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
8:42 AM 3,300 Yards - Stress Value = 50

{2 x 75 on 1:30 Kick
{4 x 25 on :45 Kick no board BSLR
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 Pulls 3 SOT-HB (only 3rd set)
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:44 AM 2,950 Yards - Stress Value = 45

Workout #10413 - Monday, 02 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

8:43 AM Start
Yards Set Description EGY
=====
2,000 1x{1 x 300 on 4:40 Freestyle EN2
{3 x 100 on 1:50 Freestyle hold under 124 EN2
{1 x 300 on 4:40 Freestyle EN2
{3 x 100 on 1:45 Freestyle hold under 124 EN2
{1 x 300 on 4:40 Freestyle EN2
{3 x 100 on 1:40 Freestyle hold under 124 EN2
{1 x 200 on 3:10 Freestyle EN2
300 6 x 50 on 1:00 Freestyle REC
1 on 10:00 Ice
9:33 AM 2,300 Yards - Stress Value = 40

Workout #10409 - Monday, 02 January 2012

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
Yards Set Description
=====
1 on 30:00 DS/Shoulders/Vis
550 1 x 550 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
1,450 1x{4 x 25 on :40 Kick no board BSLR
{2 x 100 on 2:00 Kick
{2 x 100 on 1:55 Kick
{6 x 25 on :40 Kick no board BSLRBS
{2 x 100 on 1:55 Kick
{1 x 100 on 1:50 Kick
{8 x 25 on :40 Kick no board BSLR X2
{2 x 100 on 1:50 Kick
{4 x 25 on :40 Kick no board BSLR
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 (not 3rd set)
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 3,100 Yards - Stress Value = 47

Workout #10416 - Monday, 02 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

8:43 AM Start
Yards Set Description EGY WORK STK F
=====
1,675 1x{1 x 100 on 2:10 Breaststroke EN1 S BR 2
{2 x 100 on 2:05 Breaststroke EN1 S BR 2
{3 x 100 on 2:00 Breaststroke EN1 S BR 2
{4 x 100 on 1:55 Breaststroke EN2 S BR 1
{4 x 75 on 1:25 Breaststroke EN2 S BR 1
{3 x 75 on 1:20 Breaststroke EN2 S BR 1
{2 x 75 on 1:15 Breaststroke EN2 S BR 1
400 8 x 50 on 1:00 Stroke Drills REC D CD 2
1 on 10:00 Ice M
9:35 AM 2,075 Yards - Stress Value = 27

Workout #10419 - Monday, 02 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

8:43 AM Start
Yards Set Description EGY WORK STK F
=====
1,850 1x{1 x 125 on 2:25 Backstroke EN1 S BK 1
{2 x 125 on 2:20 Backstroke EN1 S BK 1
{3 x 125 on 2:15 Backstroke EN1 S BK 1
{4 x 125 on 2:10 Backstroke EN2 S BK 1
{3 x 100 on 1:45 Backstroke EN2 S BK 1
{2 x 100 on 1:40 Backstroke EN2 S BK 1
{1 x 100 on 1:35 Backstroke EN2 S BK 1
400 8 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 = 29

Workout #10410 - Monday, 02 January 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
Yards Set Description
=====
1 on 30:00 DS/Shoulders/Vis
500 1 x 500 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
1,350 1x{4 x 25 on :45 Kick no board BSLR
{2 x 100 on 2:10 Kick
{2 x 100 on 2:05 Kick
{4 x 25 on :45 Kick no board BSLR
{2 x 100 on 2:05 Kick
{2 x 100 on 2:00 Kick
{4 x 25 on :45 Kick no board BSLR

Workout #10437 - Tuesday, 03 January 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
12:00 PM	Start
=====	=====
	1 on 27:00 DS/Core/Tm Mtg
600	1 x 600 on 12:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	1x{1 x 200 on 4:00 Kick
	{2 x 150 on 2:55 Kick
	{3 x 100 on 1:55 Kick
	{4 x 50 on :55 Kick
100	1 x 100 on 3:00 Kick for time
700	1x{2 x 50 on 1:15 Breast Pulls
	{1 x 100 on 1:30 Pulls
	{2 x 50 on 1:10 Breast Pulls
	{1 x 100 on 1:30 Pulls
	{2 x 50 on 1:10 Breast pulls
	{1 x 100 on 1:30 Pulls
	{2 x 50 on 1:05 Breast Pulls
100	4 x 25 on 1:00 Breast Drills
2,000	1x{16 x 50 on 1:05 Breaststroke Every 4th one f
	{12 x 50 on 1:00 Breast-every 3rd one fast
	{8 x 50 on :55 Breast-Every 2nd one fast
	{4 x 50 on :50 Breast-all fast
	1 on 10:00 Techniques-Starts
250	1 x 250 on 5:00 Stroke Drills
	2:30 PM 4,900 Yards - Stress Value = 77

Workout #10438 - Tuesday, 03 January 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
12:00 PM	Start
=====	=====
	1 on 27:00 DS/Core/Tm Mtg
550	1 x 550 on 12:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	1x{1 x 200 on 4:25 Kick
	{2 x 150 on 3:15 Kick
	{3 x 100 on 2:10 Kick
	{2 x 50 on 1:00 Kick
100	1 x 100 on 3:00 Kick for time
600	1x{2 x 50 on 1:30 Breast Pulls
	{1 x 100 on 1:45 Pulls
	{2 x 50 on 1:25 Breast Pulls
	{1 x 100 on 1:45 Pulls
	{2 x 50 on 1:20 Breast pulls
	{1 x 100 on 1:45 Pulls
100	4 x 25 on 1:00 Breast Drills
2,000	1x{16 x 50 on 1:05 Breaststroke Every 4th one f
	{12 x 50 on 1:00 Breast-every 3rd one fast
	{8 x 50 on :55 Breast-Every 2nd one fast
	{4 x 50 on :50 Breast-all fast
	1 on 10:00 Techniques-Starts
250	1 x 250 on 5:00 Stroke Drills
	2:30 PM 4,650 Yards - Stress Value = 73

Workout #10439 - Tuesday, 03 January 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
12:00 PM	Start
=====	=====
	1 on 27:00 DS/Core/Tm Mtg
500	1 x 500 on 12:00 Underwater trn drill
150	10 x 15 on :45 Shooters
850	1x{1 x 200 on 4:45 Kick
	{1 x 150 on 3:30 Kick

	{3 x 100 on 2:20 Kick
	{4 x 50 on 1:05 Kick
100	1 x 100 on 3:00 Kick for time
500	1x{2 x 50 on 1:45 Breast Pulls
	{1 x 100 on 2:00 Pulls
	{2 x 50 on 1:40 Breast Pulls
	{1 x 100 on 2:00 Pulls
	{2 x 50 on 1:35 Breast pulls
100	4 x 25 on 1:00 Breast Drills
1,700	1x{16 x 50 on 1:15 Breaststroke Every 4th one f
	{12 x 50 on 1:10 Breast-every 3rd one fast
	{6 x 50 on 1:05 Breast-Every 2nd one fast
	1 on 10:00 Techniques-Starts
250	1 x 250 on 5:00 Stroke Drills
	2:31 PM 4,150 Yards - Stress Value = 65

Workout #10440 - Tuesday, 03 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
12:00 PM	Start
=====	=====
	1 on 27:00 DS/Core/Tm Mtg
500	1 x 500 on 12:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 5:30 Kick
	{1 x 150 on 4:00 Kick
	{2 x 100 on 2:35 Kick
	{4 x 50 on 1:15 Kick
100	1 x 100 on 3:00 Kick for time
450	1x{2 x 50 on 2:00 Breast Pulls
	{1 x 100 on 2:15 Pulls
	{2 x 50 on 1:55 Breast Pulls
	{1 x 100 on 2:00 Pulls
	{1 x 50 on 1:50 Breast pulls
100	4 x 25 on 1:00 Breast Drills
1,700	1x{16 x 50 on 1:15 Breaststroke Every 4th one f
	{12 x 50 on 1:10 Breast-every 3rd one fast
	{6 x 50 on 1:05 Breast-Every 2nd one fast
	1 on 10:00 Techniques-Starts
250	1 x 250 on 5:00 Stroke Drills
	2:31 PM 4,000 Yards - Stress Value = 62

Workout #10428 - Tuesday, 03 January 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:47 AM	Start			
=====	=====			
2,700	1x{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 225 on 2:55 Freestyle	EN2	S	FR
	{1 x 250 on 3:10 Freestyle	EN2	S	FR
	{1 x 275 on 3:25 Freestyle	EN2	S	FR
	{1 x 300 on 3:40 Freestyle	EN2	S	FR
	{1 x 325 on 3:55 Freestyle	EN2	S	FR
	{1 x 350 on 4:10 Freestyle	EN2	S	FR
	{1 x 375 on 4:20 Freestyle	EN2	S	FR
	{1 x 400 on 4:30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	9:35 AM 2,950 Yards - Stress Value = 54			

Workout #10445 - Tuesday, 03 January 2012

9:35 AM 2,250 Yards - Stress Value = 30

HighSchl - Distance

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
2,700	1x{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	
	{2 x 225 on 2:25 Free L.25 6bk EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills REC	D	CD	
	1 on 10:00 Ice	M		

5:04 PM 2,950 Yards - Stress Value = 54

Workout #10448 - Tuesday, 03 January 2012

HighSchl - Fly

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 100 on 1:25 4 strokes off walls EN1	§		
	{8 x 25 on :30 Fly-descend in 4s EN2	§		
	{2 x 100 on 1:20 4 strokes off walls EN1	§		
	{8 x 25 on :30 Fly-descend in 4s EN2	§		
	{3 x 100 on 1:20 4 strokes off walls EN2	§		
	{8 x 25 on :30 Fly-descend in 4s EN2	§		
	{4 x 100 on 1:15 4 strokes off walls EN2	§		
	{8 x 25 on :30 Fly-descend in 4s EN2	§		
	{3 x 100 on 1:10 4 strokes off walls EN2	§		
200	1 x 200 on 3:00 Stroke Drills REC	I		
	1 on 10:00 Ice	M		

5:04 PM 2,300 Yards - Stress Value = 39

Workout #10429 - Tuesday, 03 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
2,300	1x{1 x 200 on 3:00 Freestyle EN2	S	FR	
	{1 x 225 on 3:20 Freestyle EN2	S	FR	
	{1 x 250 on 3:40 Freestyle EN2	S	FR	
	{1 x 275 on 4:00 Freestyle EN2	S	FR	
	{1 x 300 on 4:15 Freestyle EN2	S	FR	
	{1 x 325 on 4:30 Freestyle EN2	S	FR	
	{1 x 350 on 4:45 Freestyle EN2	S	FR	
	{1 x 375 on 5:00 Freestyle EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills REC	D	CD	
	1 on 10:00 Ice	M		

9:35 AM 2,550 Yards - Stress Value = 46

Workout #10432 - Tuesday, 03 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{6 x 50 on :55 Freestyle EN1	S	FR	
	{6 x 50 on :50 Freestyle EN2	S	FR	
	{6 x 50 on :55 Freestyle EN1	S	FR	
	{6 x 50 on :45 Freestyle EN2	S	FR	
	{6 x 50 on :55 Freestyle EN1	S	FR	
	{6 x 50 on :40 Freestyle EN2	S	FR	
	{2 x 50 on :55 Freestyle EN1	S	FR	
	{2 x 50 on :35 Freestyle EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills REC	D	CD	
	1 on 10:00 Ice	M		

Workout #10435 - Tuesday, 03 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{4 x 25 on :30 Fly-descend EN			
	{1 x 100 on 1:55 25 Kick 25 drill 50 build EN			
	{2 x 150 on 2:15 IM w/out the fly EN			
	{4 x 25 on :30 Back-descend EN			
	{1 x 100 on 1:55 25 kick 25 drill 50 build EN			
	{2 x 150 on 2:15 IM w/out the back EN			
	{4 x 25 on :30 Breast-descend EN			
	{1 x 100 on 1:55 25 kick 25 drill 50 build EN			
	{2 x 150 on 2:15 IM w/out the breast EN			
	{2 x 25 on :30 Free-descend EN			
	{1 x 100 on 1:55 25 kick 25 drill 50 build EN			
	{1 x 150 on 2:15 IM w/out the free EN			
300	6 x 50 on 1:00 Stroke Drills REC	RE		
	1 on 10:00 Ice			

9:35 AM 2,100 Yards - Stress Value = 36

Workout #10446 - Tuesday, 03 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{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	
	{2 x 200 on 2:35 Free L.25 6bk EN2	S	FR	
	{2 x 200 on 2:30 Free L.25 6bk EN2	S	FR	
	{2 x 200 on 2:25 Free L.25 6bk EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills REC	D	CD	
	1 on 10:00 Ice	M		

5:04 PM 2,650 Yards - Stress Value = 48

Workout #10449 - Tuesday, 03 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY
1,900	1x{1 x 100 on 1:35 4 strokes off walls EN1	
	{8 x 25 on :30 Fly-descend in 4s EN2	
	{2 x 100 on 1:30 4 strokes off walls EN1	
	{8 x 25 on :30 Fly-descend in 4s EN2	
	{3 x 100 on 1:30 4 strokes off walls EN2	
	{8 x 25 on :30 Fly-descend in 4s EN2	
	{4 x 100 on 1:25 4 strokes fly off walls EN2	
	{8 x 25 on :30 Fly-descend in 4s EN2	
	{1 x 100 on 1:20 4 strokes off walls EN2	
200	1 x 200 on 3:00 Stroke Drills REC	
	1 on 10:00 Ice	

5:04 PM 2,100 Yards - Stress Value = 35

Workout #10452 - Tuesday, 03 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK
1,850	1x{1 x 100 on 1:40 Free L.35y 6bk	EN1	S
	{2 x 100 on 1:35 Free L.35y 6bk	EN2	S
	{3 x 100 on 1:30 Free L.35y 6bk	EN2	S
	{8 x 25 on :30 Free br/ev 3-descend	EN2	S
	{1 x 75 on 1:20 Free L.35y 6bk	EN2	S
	{2 x 75 on 1:15 Free L.35y 6bk	EN2	S
	{3 x 75 on 1:10 Free L.35y 6bk	EN2	S
	{8 x 25 on :30 Free br/ev 5-descend	EN2	S
	{1 x 50 on :55 Free L.35y 6bk	EN2	S
	{2 x 50 on :50 Free L.35y 6bk	EN2	S
	{3 x 50 on :45 Free L.35y 6bk	EN2	S
	{4 x 25 on :30 Free br/ev 7-descend	EN2	S
200	4 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:04 PM 2,050 Yards - Stress Value = 36

Workout #10441 - Tuesday, 03 January 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Core/Vis
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,050	1x{2 x 125 on 2:10 Freestyle
	{2 x 50 on 1:00 Kick-100%
	{2 x 125 on 2:05 Kick
	{2 x 50 on 1:00 Kick-100%
	{2 x 125 on 2:00 Kick
	{2 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

4:16 PM 2,000 Yards - Stress Value = 29

Workout #10434 - Tuesday, 03 January 2012

HighSchl - IM'ers

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EC
2,000	1x{4 x 25 on :30 Fly-descend	EM
	{1 x 100 on 1:45 25 Kick 25 drill 50 build	EM
	{2 x 150 on 2:00 IM w/out the fly	EM
	{4 x 25 on :30 Back-descend	EM
	{1 x 100 on 1:45 25 kick 25 drill 50 build	EM
	{2 x 150 on 2:00 IM w/out the back	EM
	{4 x 25 on :30 Breast-descend	EM
	{1 x 100 on 1:45 25 kick 25 drill 50 build	EM
	{2 x 150 on 2:00 IM w/out the breast	EM
	{4 x 25 on :30 Free-descend	EM
	{1 x 100 on 1:45 25 kick 25 drill 50 build	EM
	{2 x 150 on 2:00 IM w/out the free	EM
300	6 x 50 on 1:00 Stroke Drills	RE
	1 on 10:00 Ice	

9:35 AM 2,300 Yards - Stress Value = 40

Workout #10425 - Tuesday, 03 January 2012

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 35:00 DS and Weights
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
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
	{ fly kick underwater
1,450	1x{2 x 200 on 2:55 Pulls BTB
	{2 x 200 on 2:50 Pulls BTS
	{2 x 200 on 2:45 Pulls BTB
	{2 x 125 on 1:40 Pulls BTS
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 3,320 Yards - Stress Value = 50

Workout #10424 - Tuesday, 03 January 2012

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 35:00 DS and Weights
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
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
	{ fly kick underwater
1,600	1x{2 x 200 on 2:45 Pulls BTB
	{2 x 200 on 2:40 Pulls BTS
	{2 x 200 on 2:35 Pulls BTB
	{2 x 200 on 2:30 Pulls BTS
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 3,470 Yards - Stress Value = 53

Workout #10442 - Tuesday, 03 January 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Core/Vis
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,000	1x{2 x 125 on 2:25 Freestyle
	{2 x 50 on 1:00 Kick-100%
	{2 x 125 on 2:20 Kick
	{2 x 50 on 1:00 Kick-100%
	{2 x 125 on 2:15 Kick
	{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

4:16 PM 1,950 Yards - Stress Value = 28

Workout #10426 - Tuesday, 03 January 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
360	1x{3 x 30 on 1:00 Kick {3 x 30 on :55 Kick {3 x 30 on :50 Kick {3 x 30 on :45 Kick { 15y streamline kick on back/15y { fly kick underwater
1,300	1x{2 x 200 on 3:15 Pulls BTB {2 x 200 on 3:10 Pulls BTS {2 x 200 on 3:05 Pulls BTB {2 x 50 on :45 Pulls BTS
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	3,060 Yards - Stress Value = 48

Workout #10443 - Tuesday, 03 January 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters Your primary stroke or free
850	1x{2 x 100 on 2:15 Freestyle {2 x 50 on 1:10 Kick-100% {2 x 100 on 2:10 Kick {2 x 50 on 1:10 Kick-100% {2 x 100 on 2:05 Kick {1 x 50 on 1:10 Kick-100%
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:16 PM	1,750 Yards - Stress Value = 25

Workout #10427 - Tuesday, 03 January 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
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
360	1x{3 x 30 on 1:00 Kick {3 x 30 on :55 Kick {3 x 30 on :50 Kick {3 x 30 on :45 Kick { 15y streamline kick on back/15y { fly kick underwater
1,200	1x{2 x 200 on 3:35 Pulls BTB {2 x 200 on 3:30 Pulls BTS {2 x 200 on 3:25 Pulls BTB
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	2,910 Yards - Stress Value = 46

Workout #10444 - Tuesday, 03 January 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 30:00 DS/Core/Vis 1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters Your primary stroke or free
800	1x{2 x 100 on 2:20 Freestyle {2 x 50 on 1:15 Kick-100% {2 x 100 on 2:15 Kick {2 x 50 on 1:15 Kick-100% {1 x 100 on 2:10 Kick {2 x 50 on 1:15 Kick-100%
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:16 PM	1,650 Yards - Stress Value = 24

Workout #10430 - Tuesday, 03 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:47 AM	Start			
2,050	1x{1 x 200 on 3:20 Freestyle {1 x 225 on 3:40 Freestyle {1 x 250 on 4:00 Freestyle {1 x 275 on 4:20 Freestyle {1 x 300 on 4:40 Freestyle {1 x 325 on 5:00 Freestyle {1 x 350 on 5:20 Freestyle {1 x 125 on 1:50 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
9:35 AM	2,300 Yards - Stress Value = 40			

Workout #10433 - Tuesday, 03 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:47 AM	Start			
1,800	1x{6 x 50 on 1:00 Freestyle {6 x 50 on :55 Freestyle {5 x 50 on 1:00 Freestyle {5 x 50 on :50 Freestyle {4 x 50 on 1:00 Freestyle {4 x 50 on :45 Freestyle {3 x 50 on 1:00 Freestyle {3 x 50 on :40 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
9:35 AM	2,050 Yards - Stress Value = 27			

Workout #10436 - Tuesday, 03 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EG
1,450	1x{4 x 25 on :40 Fly-descend	EN
	{1 x 100 on 2:05 25 Kick 25 drill 50 build	EN
	{1 x 150 on 2:30 IM w/out the fly	EN
	{4 x 25 on :40 Back-descend	EN
	{1 x 100 on 2:05 25 kick 25 drill 50 build	EN
	{1 x 150 on 2:30 IM w/out the back	EN
	{4 x 25 on :40 Breast-descend	EN
	{1 x 100 on 2:05 25 kick 25 drill 50 build	EN
	{1 x 150 on 2:30 IM w/out the breast	EN
	{6 x 25 on :30 Free-descend	EN
	{1 x 100 on 2:05 25 kick 25 drill 50 build	EN
	{1 x 150 on 2:30 IM w/out the free	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	1 on 10:00 Ice	

9:34 AM 1,750 Yards - Stress Value = 29

{3 x 75 on 1:15 Free L.35y 6bk	EN2	S
{6 x 25 on :30 Free br/ev 5-descend	EN2	S
{1 x 50 on 1:00 Free L.35y 6bk	EN2	S
{2 x 50 on :55 Free L.35y 6bk	EN2	S
{3 x 50 on :50 Free L.35y 6bk	EN2	S
{6 x 25 on :30 Free br/ev 7-descend	EN2	S
4 x 50 on 1:00 Stroke Drills	REC	D
1 on 10:00 Ice		M

5:05 PM 2,000 Yards - Stress Value = 35

Workout #10431 - Tuesday, 03 January 2012

HighSchl - Sprint

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{6 x 50 on :50 Freestyle	EN1	S	FR
	{6 x 50 on :45 Freestyle	EN2	S	FR
	{6 x 50 on :50 Freestyle	EN1	S	FR
	{6 x 50 on :40 Freestyle	EN2	S	FR
	{6 x 50 on :50 Freestyle	EN1	S	FR
	{6 x 50 on :35 Freestyle	EN2	S	FR
	{6 x 50 on :50 Freestyle	EN1	S	FR
	{2 x 50 on :30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 AM 2,450 Yards - Stress Value = 32

Workout #10447 - Tuesday, 03 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{2 x 175 on 2:50 Free L.25 6bk	EN2	S	FR
	{2 x 175 on 2:45 Free L.25 6bk	EN2	S	FR
	{2 x 175 on 2:40 Free L.25 6bk	EN2	S	FR
	{2 x 175 on 2:35 Free L.25 6bk	EN2	S	FR
	{2 x 175 on 2:30 Free L.25 6bk	EN2	S	FR
	{2 x 175 on 2:25 Free L.25 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:04 PM 2,350 Yards - Stress Value = 42

Workout #10451 - Tuesday, 03 January 2012

HighSchl - Sprint

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK
1,950	1x{1 x 100 on 1:30 Free L.35y 6bk	EN1	S
	{2 x 100 on 1:25 Free L.35y 6bk	EN2	S
	{3 x 100 on 1:20 Free L.35y 6bk	EN2	S
	{8 x 25 on :25 Free br/ev 3-descend	EN2	S
	{1 x 75 on 1:10 Free L.35y 6bk	EN2	S
	{2 x 75 on 1:05 Free L.35y 6bk	EN2	S
	{3 x 75 on 1:00 Free L.35y 6bk	EN2	S
	{8 x 25 on :25 Free br/ev 5-descend	EN2	S
	{1 x 50 on :50 Free L.35y 6bk	EN2	S
	{2 x 50 on :45 Free L.35y 6bk	EN2	S
	{3 x 50 on :40 Free L.35y 6bk	EN2	S
	{8 x 25 on :25 Free br/ev 7-descend	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:05 PM 2,350 Yards - Stress Value = 38

Workout #10450 - Tuesday, 03 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY
1,650	1x{1 x 100 on 1:50 4 strokes off walls	EN1
	{6 x 25 on :35 Fly-descend in 3s	EN2
	{2 x 100 on 1:45 4 strokes off walls	EN1
	{6 x 25 on :35 Fly-descend in 3s	EN2
	{3 x 100 on 1:45 4 strokes off walls	EN2
	{6 x 25 on :30 Fly-descend in 3s	EN2
	{3 x 100 on 1:40 4 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-descend	EN2
	{2 x 100 on 1:35 4 strokes off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	

5:04 PM 1,850 Yards - Stress Value = 30

Workout #10453 - Tuesday, 03 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK
1,800	1x{1 x 100 on 1:50 Free L.35y 6bk	EN1	S
	{2 x 100 on 1:45 Free L.35y 6bk	EN2	S
	{3 x 100 on 1:40 Free L.35y 6bk	EN2	S
	{6 x 25 on :30 Free br/ev 3-descend	EN2	S
	{1 x 75 on 1:25 Free L.35y 6bk	EN2	S
	{2 x 75 on 1:20 Free L.35y 6bk	EN2	S

Workout #10454 - Wednesday, 04 January 2012

Group 3 - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,850 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 1:30 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
 1,500 1x{2 x 200 on 2:30 Lungbuster pulls
 {3 x 150 on 1:50 Lungbuster pulls
 {4 x 100 on 1:15 Lungbuster pulls
 {5 x 50 on :40 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:37 PM 4,300 Yards - Stress Value = 71

Workout #10455 - Wednesday, 04 January 2012

Group 3 - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 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{4 x 25 on :35 Kick no board BSLR 15 KOW
 {6 x 75 on 1:15 Kick
 {4 x 25 on :35 Kick no board BSLR 14 KOW
 {5 x 100 on 1:40 Kick
 {4 x 25 on :35 Kick no board BSLR 13 KOW
 {5 x 50 on :50 Kick
 {4 x 25 on :35 Kick no board BS 12 KOW
 1,350 1x{2 x 200 on 2:45 Lungbuster pulls
 {3 x 150 on 2:00 Lungbuster pulls
 {4 x 100 on 1:25 Lungbuster pulls
 {2 x 50 on :40 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:37 PM 3,900 Yards - Stress Value = 63

Workout #10456 - Wednesday, 04 January 2012

Group 3 - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,350 1x{4 x 25 on :40 Kick no board BSLR 15 KOW
 {3 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {3 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR 13 KOW
 {3 x 100 on 2:00 Kick
 {4 x 25 on :40 Kick no board BSLR 12 KOW
 {2 x 100 on 2:00 Kick
 1,200 1x{2 x 200 on 3:10 Lungbuster pulls
 {3 x 150 on 2:20 Lungbuster pulls
 {3 x 100 on 1:30 Lungbuster pulls

{1 x 50 on :50 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:37 PM 3,450 Yards - Stress Value = 54

Workout #10457 - Wednesday, 04 January 2012

Group 3 - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 500 1 x 500 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 :40 Kick no board BSLR 15 KOW
 {4 x 75 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {3 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick no board BSLR 13 KOW
 {2 x 125 on 2:40 Kick
 {4 x 25 on :40 Kick no board BSLR 12 KOW
 1,100 1x{2 x 200 on 3:25 Lungbuster pulls
 {3 x 150 on 2:30 Lungbuster pulls
 {2 x 100 on 1:45 Lungbuster pulls
 {1 x 50 on :55 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:37 PM 3,200 Yards - Stress Value = 51

Workout #10467 - Wednesday, 04 January 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 28:00 DS/Abs/Tm Mtg L DRY
 500 1 x 500 on 10:00 Choice REC S CHO
 150 10 x 15 on :45 Shooters SP3 S FR
 1,000 1x{1 x 100 on 2:00 Kick EN2 K FR
 {2 x 50 on 1:00 Kick-100% EN2 K FR
 {1 x 100 on 1:55 Kick EN2 K FR
 {2 x 50 on 1:00 Kick-100% EN2 K FR
 {1 x 100 on 1:50 Kick EN2 K FR
 {2 x 50 on 1:00 Kick-100% EN2 K FR
 {1 x 100 on 1:45 Kick EN2 K FR
 {2 x 50 on 1:00 Kick-100% EN2 K FR
 {1 x 100 on 1:40 Kick EN2 K FR
 {2 x 50 on 1:00 Kick-100% EN2 K FR
 200 4 x 50 on 1:00 Stroke Drills REC D FR
 2,250 1x{2 x 225 on 3:20 Freestyle EN2 S FR
 {2 x 225 on 3:15 Freestyle EN2 S FR
 {2 x 225 on 3:10 Freestyle EN2 S FR
 {2 x 225 on 3:05 Freestyle EN2 S FR
 {2 x 225 on 3:00 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Rabbit Game S
 7:30 PM 4,300 Yards - Stress Value = 71

Workout #10458 - Wednesday, 04 January 2012

Group 3 - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,350 1x{4 x 25 on :40 Kick no board BSLR 15 KOW
 {3 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {3 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR 13 KOW
 {3 x 100 on 2:00 Kick
 {4 x 25 on :40 Kick no board BSLR 12 KOW
 {2 x 100 on 2:00 Kick
 1,200 1x{2 x 200 on 3:10 Lungbuster pulls
 {3 x 150 on 2:20 Lungbuster pulls
 {3 x 100 on 1:30 Lungbuster pulls

Workout #10468 - Wednesday, 04 January 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	===	====	==== =
	1 on 28:00 DS/Abs/Tm Mtg		L	DRY
500	1 x 500 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooters	SP3	S	FR
900	1x{1 x 100 on 2:15 Kick	EN2	K	FR
	{2 x 50 on 1:10 Kick-100%	EN2	K	FR
	{1 x 100 on 2:10 Kick	EN2	K	FR
	{2 x 50 on 1:10 Kick-100%	EN2	K	FR
	{1 x 100 on 2:05 Kick	EN2	K	FR
	{2 x 50 on 1:10 Kick-100%	EN2	K	FR
	{1 x 100 on 2:00 Kick	EN2	K	FR
	{2 x 50 on 1:10 Kick-100%	EN2	K	FR
	{1 x 100 on 1:55 Kick	EN2	K	FR
200	4 x 50 on 1:00 Stroke Drills	REC	D	FR
2,000	1x{2 x 200 on 3:20 Freestyle	EN2	S	FR
	{2 x 200 on 3:15 Freestyle	EN2	S	FR
	{2 x 200 on 3:10 Freestyle	EN2	S	FR
	{2 x 200 on 3:05 Freestyle	EN2	S	FR
	{2 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 Rabbit Game		S	
7:30 PM	3,950 Yards - Stress Value = 64			

	{1 x 100 on 2:15 Kick	EN2	K	FR
200	4 x 50 on 1:00 Stroke Drills	REC	D	FR
1,500	1x{2 x 150 on 3:20 Freestyle	EN2	S	FR
	{2 x 150 on 3:15 Freestyle	EN2	S	FR
	{2 x 150 on 3:10 Freestyle	EN2	S	FR
	{2 x 150 on 3:05 Freestyle	EN2	S	FR
	{2 x 150 on 3:00 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Rabbit Game		S	
7:30 PM	3,150 Yards - Stress Value = 50			

Workout #10461 - Wednesday, 04 January 2012

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:38 PM	Start				
=====	=====	===	====	====	==== =
2,300	1x{1 x 200 on 3:00 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breast	EN3	S	BR	2
	{2 x 175 on 2:35 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
	{3 x 150 on 2:10 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
	{4 x 125 on 1:45 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM	2,700 Yards - Stress Value = 78				

Workout #10469 - Wednesday, 04 January 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	===	====	==== =
	1 on 28:00 DS/Abs/Tm Mtg		L	DRY
450	1 x 450 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooters	SP3	S	FR
800	1x{1 x 100 on 2:30 Kick	EN2	K	FR
	{2 x 50 on 1:15 Kick-100%	EN2	K	FR
	{1 x 100 on 2:25 Kick	EN2	K	FR
	{2 x 50 on 1:15 Kick-100%	EN2	K	FR
	{1 x 100 on 2:20 Kick	EN2	K	FR
	{2 x 50 on 1:15 Kick-100%	EN2	K	FR
	{1 x 100 on 2:15 Kick	EN2	K	FR
	{2 x 50 on 1:15 Kick-100%	EN2	K	FR
200	4 x 50 on 1:00 Stroke Drills	REC	D	FR
1,750	1x{2 x 175 on 3:20 Freestyle	EN2	S	FR
	{2 x 175 on 3:15 Freestyle	EN2	S	FR
	{2 x 175 on 3:10 Freestyle	EN2	S	FR
	{2 x 175 on 3:05 Freestyle	EN2	S	FR
	{2 x 175 on 3:00 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Rabbit Game		S	
7:30 PM	3,550 Yards - Stress Value = 57			

Workout #10458 - Wednesday, 04 January 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:38 PM	Start				
=====	=====	===	====	====	==== =
3,000	1x{2 x 200 on 2:35 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:30 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:25 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:10 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM	3,450 Yards - Stress Value = 84				

Workout #10464 - Wednesday, 04 January 2012

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:38 PM	Start				
=====	=====	===	====	====	==== =
2,100	1x{1 x 200 on 2:45 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 15m under	EN3	S	FLY	2
	{2 x 175 on 2:20 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 12m under	EN3	S	FLY	2
	{3 x 150 on 1:55 Butterfly	EN2	P	FLY	1
	{8 x 25 on :40 Fly 9m under	EN3	S	FLY	2
	{4 x 100 on 1:15 Butterfly	EN2	S	FR	1
	{8 x 25 on :40 Fly 6m under	EN3	S	FLY	2
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM	2,550 Yards - Stress Value = 70				

Workout #10470 - Wednesday, 04 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	===	====	==== =
	1 on 28:00 DS/Abs/Tm Mtg		L	DRY
400	1 x 400 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooters	SP3	S	FR
700	1x{1 x 100 on 3:00 Kick	EN2	K	FR
	{2 x 50 on 1:30 Kick-100%	EN2	K	FR
	{1 x 100 on 2:55 Kick	EN2	K	FR
	{2 x 50 on 1:30 Kick-100%	EN2	K	FR
	{1 x 100 on 2:50 Kick	EN2	K	FR
	{2 x 50 on 1:30 Kick-100%	EN2	K	FR

Workout #10459 - Wednesday, 04 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,600	1x{2 x 200 on 2:55 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:50 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:45 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:40 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:35 Freestyle	EN2	S	FR	1
450	{2 x 100 on 1:35 Freestyle	EN3	S	FR	1
	9 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 = 76

Workout #10462 - Wednesday, 04 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,250	1x{1 x 200 on 3:20 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breast	EN3	S	BR	2
	{2 x 175 on 2:50 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
	{3 x 150 on 2:20 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
	{4 x 125 on 1:55 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR	2
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 = 75

Workout #10465 - Wednesday, 04 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,950	1x{1 x 200 on 3:15 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 15m under	EN3	S	FLY	2
	{2 x 175 on 2:50 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 12m under	EN3	S	FLY	2
	{3 x 150 on 2:20 Butterfly	EN2	P	FLY	1
	{6 x 25 on :40 Fly 9m under	EN3	S	FLY	2
	{3 x 100 on 1:25 Butterfly	EN2	S	FR	1
	{8 x 25 on :40 Fly 6m under	EN3	S	FLY	2
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice	M			

5:35 PM 2,350 Yards - Stress Value = 65

Workout #10460 - Wednesday, 04 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,400	1x{2 x 200 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:00 Freestyle	EN2	S	FR	1

{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
{2 x 200 on 2:55 Freestyle	EN2	S	FR	1
8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
1 on 10:00 Ice	M			

5:35 PM 2,800 Yards - Stress Value = 64

Workout #10463 - Wednesday, 04 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,000	1x{1 x 200 on 3:35 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breast	EN3	S	BR	2
	{2 x 175 on 3:05 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR	2
	{3 x 150 on 2:35 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR	2
	{4 x 100 on 1:40 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR	2
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice	M			

5:35 PM 2,350 Yards - Stress Value = 64

Workout #10466 - Wednesday, 04 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,650	1x{1 x 200 on 3:40 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 3:10 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{2 x 150 on 2:35 Butterfly	EN2	P	FLY	1
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 1:40 Butterfly	EN2	S	FR	1
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice	M			

5:35 PM 2,100 Yards - Stress Value = 57

Workout #10493 - Thursday, 05 January 2012

Group 2 - Backstroke

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Shoulders/Tm Mtg		
	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	1 on 15:00 Techniques-TN turn drills	REC	
100	10 x 15 on :45 Shooters	SP3	
	4 x 25 on 1:00 Backstroke	EN1	
	1x{1 on 10:00 Body Position Drills	REC	
	{1 on 10:00 Kick Drills	REC	
	{1 on 10:00 Stroke Drills	REC	
100	4 x 25 on 1:00 Backstroke	EN1	
200	4 x 50 on 1:00 Backstroke-descend to	EN2	
	LUDICROUS SPEED!!!!!!!!!!!!!!!!!!!!		
	1 on 10:00 Techniques-Starts	REC	

7:30 PM 1,050 Yards - Stress Value = 12

Workout #10477 - Thursday, 05 January 2012

HighSchl - Back

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,850 1x{5 x 125 on 1:40 Backstroke-Alt 25 of 10 KOW EN2
 {4 x 25 on :30 Back 8-9-10-11 KOW EN2
 {4 x 100 on 1:20 Back alt 25 of 10 KOW EN2
 {4 x 25 on :30 Back 8-9-10-11 KOW EN2
 {3 x 75 on 1:00 Back Alt 25 of 10 KOW EN2
 {6 x 25 on :30 Back 8-9-10-11-12-13 KOW EN2
 {2 x 50 on :40 Back Alt 25 of 10 KOW EN2
 {6 x 25 on :30 Back 8-9-10-11-12-13KOW EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,650 Yards - Stress Value = 42

Workout #10471 - Thursday, 05 January 2012

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 2,250 1x{3 x 225 on 2:50 Free-descend EN2
 {3 x 200 on 2:30 Free-descend EN2
 {3 x 175 on 2:10 Free-descend EN2
 {3 x 150 on 1:50 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 3,050 Yards - Stress Value = 51

Workout #10484 - Thursday, 05 January 2012

HighSchl - Distance

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY WORK STK F
 =====
 3,500 1x{4 x 125 on 1:30 Freestyle EN2 S FR 1
 {1 x 500 on 5:50 Freestyle EN2 S FR 1
 {4 x 125 on 1:30 Freestyle EN2 S FR 1
 {1 x 500 on 5:45 Freestyle EN2 S FR 1
 {4 x 125 on 1:30 Freestyle EN2 S FR 1
 {1 x 500 on 5:40 Freestyle EN2 S FR 1
 {4 x 125 on 1:30 Freestyle EN2 S FR 1
 125's hold:1st set 125, 2nd set 124,
 and 3rd set 123, 4th set 122
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 3,900 Yards - Stress Value = 70

Workout #10472 - Thursday, 05 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

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

Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 2,100 1x{3 x 225 on 3:10 Free-descend EN2
 {3 x 200 on 2:45 Free-descend EN2
 {3 x 175 on 2:20 Free-descend EN2
 {3 x 100 on 1:20 Free-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,850 Yards - Stress Value = 48

Workout #10475 - Thursday, 05 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,750 1x{3 x 100 on 1:25 Free-descend EN2
 {6 x 50 on :45 Free-descend EN2
 {3 x 100 on 1:30 Free-descend EN2
 {6 x 50 on :50 Free-descend EN2
 {3 x 100 on 1:35 Free-descend EN2
 {5 x 50 on :55 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,550 Yards - Stress Value = 41

Workout #10478 - Thursday, 05 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 Your primary stroke(s)
 1,700 1x{5 x 125 on 1:55 Backstroke-Alt 25 of 10 KOW
 {4 x 25 on :30 Back 8-9-10-11 KOW
 {4 x 100 on 1:30 Back alt 25 of 10 KOW
 {4 x 25 on :30 Back 8-9-10-11 KOW
 {3 x 75 on 1:10 Back Alt 25 of 10 KOW
 {6 x 25 on :30 Back 8-9-10-11-12-13 KOW
 {2 x 50 on :45 Back Alt 25 of 10 KOW
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,500 Yards - Stress Value = 39

Workout #10485 - Thursday, 05 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:34 PM Start

Yards	Set Description	EGY	WORK	STK	F
3,200	1x{4 x 125 on 1:45 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:30 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:45 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:25 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:45 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:20 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:45 Freestyle	EN2	S	FR	1
	125's hold:1st set 140, 2nd set 139, and 3rd set 138, 4th set 137				
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	5:35 PM 3,450 Yards - Stress Value = 64				

Workout #10488 - Thursday, 05 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:34 PM Start

Yards	Set Description	EGY
2,800	1x{6 x 150 on 2:25 Free Alt 25's 6bk Br 5	EN2
	{3 x 50 on :50 Free 3 KOW +1 3 brths L.25	EN2
	{5 x 125 on 2:00 Free Alt 25's 6BK Br 5	EN2
	{3 x 50 on :50 Free 3 KOW +1 3 brths L.25	EN2
	{4 x 100 on 1:35 Free Alt 25's 6bk Br 5	EN2
	{3 x 50 on :50 Free 3 KOW +1 3 brths L.25	EN2
	{3 x 75 on 1:10 Free Alt 25 6bk Br 5	EN2
	{3 x 50 on :50 Free 3 KOW +1 3 brths L.25	EN2
	{1 x 50 on :45 Free Alt 25's 6bk br 5	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 3,050 Yards - Stress Value = 55	

Workout #10491 - Thursday, 05 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:34 PM Start

Yards	Set Description	F
3,000	1x{1 x 100 on 1:45 Individual Medley	F
	{5 x 75 on 1:10 Fly-25L 25R 25 B	F
	{2 x 100 on 1:40 Individual Medley	F
	{5 x 75 on 1:10 Back 25L 25R 25B	F
	{3 x 100 on 1:35 Individual Medley	F
	{5 x 75 on 1:20 Brst 25FlK 25FrK 25Rk	F
	{4 x 100 on 1:30 Individual Medley	F
	{5 x 75 on 1:10 Fr 25sclsdfst25catchup25reg	F
	{5 x 100 on 1:25 Individual Medley	F
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Ice	
	5:36 PM 3,200 Yards - Stress Value = 62	

Workout #10490 - Thursday, 05 January 2012

HighSchl - IM'ers

1 minute rest between sets

4:34 PM Start

Yards	Set Description	F
3,150	1x{1 x 100 on 1:35 Individual Medley	F
	{6 x 75 on 1:10 Fly-25L 25R 25 B	F
	{2 x 100 on 1:30 Individual Medley	F
	{6 x 75 on 1:10 Back 25L 25R 25B	F
	{3 x 100 on 1:25 Individual Medley	F
	{5 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	F

	{4 x 100 on 1:20 Individual Medley	F
	{5 x 75 on 1:05 Fr 25sclsdfst25catchup25reg	F
	{5 x 100 on 1:15 Individual Medley	F
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Ice	
	5:35 PM 3,350 Yards - Stress Value = 64	

Workout #10480 - Thursday, 05 January 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Phyiso Ball/Vis
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 150 on 2:25 Kick your #1
	{2 x 50 on :55 Kick your #2
	{2 x 50 on 1:00 Kick your #3
	{1 x 150 on 2:20 Kick your #1
	{2 x 50 on :55 Kick you #2
	{2 x 50 on 1:00 Kick your #3
	{1 x 150 on 2:15 Kick your #1
	{2 x 50 on :55 Kick your #2
	{2 x 50 on 1:00 Kick your #3
	{1 x 150 on 2:10 Kick your#1
1,050	1x{3 x 50 on :40 Pulls
	{3 x 75 on 1:00 Pulls
	{3 x 100 on 1:15 Pulls
	{3 x 125 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
	4:33 PM 3,200 Yards - Stress Value = 43

Workout #10481 - Thursday, 05 January 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Phyiso Ball/Vis
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,050	1x{1 x 150 on 2:50 Kick your #1
	{2 x 50 on 1:05 Kick your #2
	{1 x 50 on 1:10 Kick your #3
	{1 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 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3
	{1 x 150 on 2:35 Kick your#1
900	1x{3 x 50 on :45 Pulls
	{3 x 75 on 1:10 Pulls
	{3 x 100 on 1:25 Pulls
	{3 x 75 on 1:05 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:33 PM 2,900 Yards - Stress Value = 38

Workout #10482 - Thursday, 05 January 2012

HighSchl - Silver

1 minute rest between sets

200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,500 Yards - Stress Value = 42

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Phyiso Ball/Vis
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
950	1x{1 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 {1 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 {1 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
800	1x{3 x 50 on :50 Pulls {3 x 75 on 1:15 Pulls {3 x 100 on 1:40 Pulls {1 x 125 on 2:05 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:34 PM 2,650 Yards - Stress Value = 35

Workout #10483 - Thursday, 05 January 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Phyiso Ball/Vis
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
850	1x{1 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 {1 x 125 on 2:55 Kick your #1 {1 x 50 on 1:15 Kick your #2 {1 x 50 on 1:20 Kick your #3 {1 x 150 on 3:25 Kick your #1 {1 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	1x{3 x 50 on :55 Pulls {3 x 75 on 1:25 Pulls {3 x 100 on 1:55 Pulls {1 x 75 on 1:10 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:33 PM 2,450 Yards - Stress Value = 32

Workout #10473 - Thursday, 05 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill REC Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters Your primary stroke(s)		SP3
1,800	1x{3 x 225 on 3:35 Free-descend {3 x 200 on 3:10 Free-descend {3 x 175 on 2:45 Free-descend		EN2 EN2 EN2

Workout #10476 - Thursday, 05 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill REC Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters Your primary stroke(s)		SP3
1,550	1x{3 x 100 on 1:40 Free-descend {4 x 50 on :50 Free-descend {3 x 100 on 1:45 Free-descend {4 x 50 on :55 Free-descend {3 x 100 on 1:50 Free-descend {5 x 50 on 1:00 Free-descend		EN2 EN2 EN2 EN2 EN2 EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice		REC
	7:05 AM 2,300 Yards - Stress Value = 37		

Workout #10479 - Thursday, 05 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF	STK	F
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights				
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 Your primary stroke(s)				
1,500	1x{5 x 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 {6 x 25 on :40 Back 8-9-10-11-12-13 KOW {3 x 75 on 1:20 Back Alt 25 of 10 KOW				
250	1 x 250 on 3:00 Stroke Drills 1 on 10:00 Ice				
	7:05 AM 2,250 Yards - Stress Value = 35				

Workout #10486 - Thursday, 05 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:34 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
	100's hold:1st set 128, 2nd set 127, and 3rd set 126, 4th set 125				
200	4 x 50 on 1:00 Stroke Drills REC 1 on 10:00 Ice				D CD 2 M
	5:35 PM 3,000 Yards - Stress Value = 56				

Workout #10489 - Thursday, 05 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY
 =====
 2,500 1x{4 x 150 on 2:50 Free Alt 25's 6bk Br 5 EN2
 {3 x 50 on :55 Free 3 KOW +1 3 brths L.25 EN2
 {5 x 125 on 2:20 Free Alt 25's 6BK Br 5 EN2
 {3 x 50 on :55 Free 3 KOW +1 3 brths L.25 EN2
 {4 x 100 on 1:50 Free Alt 25's 6bk Br 5 EN2
 {3 x 50 on :55 Free 3 KOW +1 3 brths L.25 EN2
 {3 x 75 on 1:20 Free Alt 25's 6BK Br 5 EN2
 {3 x 50 on :55 Free 3 KOW +1 3 brths L.25 EN2
 {1 x 50 on :50 Free 25 6bk Br 5 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,700 Yards - Stress Value = 49

{4 x 100 on 1:25 Free Alt 25's 6bk Br 5 EN2
 {3 x 50 on :45 Free 3 KOW +1 3 brths L.25 EN2
 {3 x 75 on 1:05 Free Alt 25's 6BK Br 5 EN2
 {3 x 50 on :45 Free 3 KOW +1 3 brths L.25 EN2
 {2 x 50 on :40 Free Alt 25 6bk Br 5 EN2
 {3 x 50 on :45 Free 3 KOW +1 3 brths L.25 EN2
 {1 x 25 on :20 Free 6BK Br 5 EN2
 300 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 3,325 Yards - Stress Value = 59

Workout #10494 - Friday, 06 January 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1,000 1 on 12:00 Dynamic Stretch
 1 x 1000 on 17:30 Choice
 Silver 900, Bronze 800
 150 10 x 15 on :45 Shooters
 1 on 14:00 Indvdl Prsrcptns
 300 3x{1 x 25 on 1:00 Kick on left side face down
 {1 x 25 on 1:00 Kick on right side face down
 {1 x 25 on 1:00 Kick on left side face up
 {1 x 25 on 1:00 Kick on right side face up
 1 on 14:00 Indvdl Prsrcptns
 300 3x{1 x 25 on :45 Freestyle-EZ
 {1 x 25 on :45 Freestyle 1/2 EZ 1/2 Fast
 {1 x 25 on :45 Freestyle 1/2 fast 1/2 EZ
 {1 x 25 on :45 Freestyle-all fast
 1 on 14:00 Indvdl Prsrcptns
 500 1 x 500 on 10:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 2,250 Yards - Stress Value = 14

Workout #10492 - Thursday, 05 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:34 PM Start
 Yards Set Description F
 =====
 2,600 1x{1 x 100 on 2:00 Individual Medley F
 {4 x 75 on 1:25 Fly-25L 25R 25 B F
 {2 x 100 on 1:55 Individual Medley F
 {4 x 75 on 1:25 Back 25L 25R 25B F
 {3 x 100 on 1:50 Individual Medley F
 {4 x 75 on 1:30 Brst 25FlK 25FrK 25Rk F
 {4 x 100 on 1:45 Individual Medley F
 {4 x 75 on 1:20 Fr 25sclsdfst25catchup25reg F
 {4 x 100 on 1:40 Individual Medley F
 200 1 x 200 on 3:00 Stroke Drills F
 1 on 10:00 Ice
 5:36 PM 2,800 Yards - Stress Value = 52

Workout #10474 - Thursday, 05 January 2012

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 400 1 on 35:00 DS and Weights
 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,900 1x{3 x 100 on 1:15 Free-descend EN2
 {6 x 50 on :40 Free-descend EN2
 {3 x 100 on 1:20 Free-descend EN2
 {6 x 50 on :45 Free-descend EN2
 {3 x 100 on 1:25 Free-descend EN2
 {8 x 50 on :50 Free-descend in 4's EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,700 Yards - Stress Value = 44

Workout #10487 - Thursday, 05 January 2012

HighSchl - Sprint

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY
 =====
 3,025 1x{6 x 150 on 2:10 Free Alt 25's 6bk Br 5 EN2
 {3 x 50 on :45 Free 3 KOW +1 3 brths L.25 EN2
 {5 x 125 on 1:50 Free Alt 25's 6BK Br 5 EN2
 {3 x 50 on :45 Free 3 KOW +1 3 brths L.25 EN2

Workout #10495 - Saturday, 07 January 2012
HighSchl - Swim Like A Champion Day
1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 40:00 DS/Weights
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,700	1x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{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
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
300	6x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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%
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/Vis
	9:35 AM 5,250 Yards - Stress Value = 92

Workout #10496 - Saturday, 07 January 2012
HighSchl - Gold
1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 40:00 DS/Weights
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,500	1x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
300	6x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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%
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/Vis
	9:35 AM 5,050 Yards - Stress Value = 88

Workout #10497 - Saturday, 07 January 2012
HighSchl - Silver
1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 40:00 DS/Weights
550	1 x 550 on 10:00 Choice
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,400	1x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
300	6x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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%
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/Vis
	9:35 AM 4,750 Yards - Stress Value = 83

Workout #10498 - Saturday, 07 January 2012
HighSchl - Bronze
1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 40:00 DS/Weights
550	1 x 550 on 10:00 Choice
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,300	1x{1 x 100 on 2:25 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:25 Kick
300	6x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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%
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/Vis
	9:35 AM 4,450 Yards - Stress Value = 77

Workout #10512 - Monday, 09 January 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,250 1x{2 x 50 on 1:00 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 75 on 1:25 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 100 on 1:50 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 125 on 2:15 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 150 on 2:40 Kick
 {2 x 25 on :45 Side Kicking
 150 6 x 25 on 1:00 Stroke Drills
 1,500 1x{1 x 100 on 1:45 Free L.25 6BK
 {1 x 100 on 1:45 Free L.25 2 breaths
 {1 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:40 Free L.25 6BK
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:35 Free L.25 6bk
 {1 x 100 on 1:35 Free L.25 2 breaths
 {1 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:30 Free L.25 6bk
 {1 x 100 on 1:30 Free L.25 2 breaths
 {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:25 Free L.25 BK
 {1 x 100 on 1:25 Free L.25 2 breaths
 {1 x 100 on 1:25 L.25 5 KOW-Sprint to finish
 1 on 10:00 Techniques-Starts
 150 1 x 150 on 2:00 Stroke Drills
 7:31 PM 3,700 Yards - Stress Value = 61

Workout #10513 - Monday, 09 January 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{2 x 50 on 1:10 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 75 on 1:35 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 100 on 2:05 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 125 on 2:35 Kick
 {2 x 25 on :45 Side Kicking
 {1 x 150 on 3:05 Kick
 {2 x 25 on :45 Side Kicking
 150 6 x 25 on 1:00 Stroke Drills
 1,350 1x{1 x 100 on 1:55 Free L.25 6bk
 {1 x 100 on 1:55 Free L.25 2 breaths
 {1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:50 Free L.25 BK
 {1 x 100 on 1:50 Free L.25 2 breaths
 {1 x 100 on 1:50 L.25 5 KOW-Sprint to finish
 {1 x 100 on 1:45 Free L.25 6BK
 {1 x 100 on 1:45 Free L.25 2 breaths
 {1 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:40 Free L.25 6BK
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on :50 Free L.25 6bk

{1 x 50 on :50 Free L.25 2 breaths
 {1 x 50 on :50 Free L.25 5 KOW-Sprint to fini
 1 on 10:00 Techniques-Starts
 150 1 x 150 on 2:00 Stroke Drills
 7:31 PM 3,400 Yards - Stress Value = 55

Workout #10514 - Monday, 09 January 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 450 1 x 450 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 1x{2 x 50 on 1:15 Kick
 {2 x 25 on 1:00 Side Kicking
 {2 x 75 on 1:50 Kick
 {2 x 25 on 1:00 Side Kicking
 {2 x 100 on 2:25 Kick
 {2 x 25 on 1:00 Side Kicking
 {2 x 125 on 3:00 Kick
 {2 x 25 on 1:15 Side Kicking
 150 6 x 25 on 1:00 Stroke Drills
 1,200 1x{1 x 100 on 2:05 Free L.25 6bk
 {1 x 100 on 2:05 Free L.25 2 breaths
 {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 2:00 Free L.25 BK
 {1 x 100 on 2:00 Free L.25 2 breaths
 {1 x 100 on 2:00 L.25 5 KOW-Sprint to finish
 {1 x 100 on 1:55 Free L.25 6BK
 {1 x 100 on 1:55 Free L.25 2 breaths
 {1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on :55 Free L.25 6BK
 {1 x 50 on :55 Free L.25 2 breaths
 {1 x 50 on :55 Free L.25 5 KOW-Sprint to fini
 {1 x 50 on :50 Free L.25 6bk
 {1 x 50 on :50 Free L.25 2 breaths
 {1 x 50 on :50 Free L.25 5 KOW-Sprint to fini
 1 on 10:00 Techniques-Starts
 150 1 x 150 on 2:00 Stroke Drills
 7:31 PM 3,000 Yards - Stress Value = 48

Workout #10515 - Monday, 09 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM Start				
400	1 x 400 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
750	1x{2 x 50 on 1:30 Kick			
	{2 x 25 on 1:00 Side Kicking			
	{2 x 75 on 2:15 Kick			
	{2 x 25 on 1:00 Side Kicking			
	{2 x 100 on 3:00 Kick			
	{2 x 25 on 1:00 Side Kicking			
	{1 x 150 on 4:30 Kick			
150	6 x 25 on 1:00 Stroke Drills			
1,050	1x{1 x 100 on 2:30 Free L.25 6bk			
	{1 x 100 on 2:30 Free L.25 2 breaths			
	{1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi			
	{1 x 100 on 2:25 Free L.25 BK			
	{1 x 100 on 2:25 Free L.25 2 breaths			
	{1 x 100 on 2:25 L.25 5 KOW-Sprint to finish			
	{1 x 100 on 2:20 Free L.25 6BK			
	{1 x 100 on 2:20 Free L.25 2 breaths			
	{1 x 100 on 2:20 Free L.25 5 KOW-Sprint to fi			
	{1 x 50 on 1:05 Free L.25 6BK			
	{1 x 50 on 1:05 Free L.25 2 breaths			
	{1 x 50 on 1:05 Free L.25 5 KOW-Sprint to fir			
	1 on 10:00 Techniques-Starts			
150	1 x 150 on 2:00 Stroke Drills			
7:30 PM 2,650 Yards - Stress Value = 42				

Workout #10509 - Monday, 09 January 2012

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
2,500	1x{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	
	{3 x 100 on 1:25 Backstroke-descend	EN2	S	
	{1 x 200 on 2:45 Backstroke	EN2	S	
	{3 x 100 on 1:25 Backstroke-descend	EN2	S	
	{1 x 200 on 2:50 Backstroke	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM 2,800 Yards - Stress Value = 50				

Workout #10506 - Monday, 09 January 2012

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
2,150	1x{1 x 200 on 3:15 Breaststroke	EN2	S	BR
	{2 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
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:55 Breaststroke	EN2	S	BR
	{6 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	EN2	S	BR
	{1 x 200 on 2:45 Breaststroke	EN2	S	BR
	{2 x 25 on :30 Breast 2K1P	EN1	D	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 = 37				

Workout #10503 - Monday, 09 January 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
3,000	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
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{1 x 100 on 1:10 Freestyle	EN2	S	FR
	150's hold under 1:50			
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 = 48				

Workout #10504 - Monday, 09 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
2,600	1x{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{5 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN2	S	FR
	{3 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{2 x 100 on 1:20 Freestyle	EN2	S	FR
	hold 150's under 2:03			
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 #10507 - Monday, 09 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
2,050	1x{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{2 x 25 on :30 Breast 2K1P	EN1	D	BR
	{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
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:15 Breaststroke	EN2	S	BR
	{6 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	S	BR
	{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN2	S	BR
	{1 x 200 on 3:00 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 2,300 Yards - Stress Value = 36				

Workout #10510 - Monday, 09 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:43 PM 3,450 Yards - Stress Value = 48

4:44 PM Start

Yards	Set Description	EGY	WORK
2,300	1x{3 x 100 on 1:35 Backstroke-descend	EN2	S
	{1 x 200 on 2:50 Backstroke	EN2	S
	{3 x 100 on 1:35 Backstroke-descend	EN2	S
	{1 x 200 on 2:55 Backstroke	EN2	S
	{3 x 100 on 1:35 Backstroke-descend	EN2	S
	{1 x 200 on 3:00 Backstroke	EN2	S
	{3 x 100 on 1:35 Backstroke-descend	EN2	S
	{1 x 200 on 3:05 Backstroke	EN2	S
	{3 x 100 on 1:35 Backstroke-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:35 PM 2,550 Yards - Stress Value = 46

Workout #10499 - Monday, 09 January 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,750	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
1,100	1x{2 x 100 on 1:20 Pull 7 SOLW
	{2 x 125 on 1:40 Pull 6 SOLW
	{2 x 150 on 1:55 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

4:43 PM 3,800 Yards - Stress Value = 54

Workout #10500 - Monday, 09 January 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg
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 :35 Kick no board BSLR
	{2 x 125 on 2:10 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:15 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:20 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 50 on 1:00 Kick
1,000	1x{1 x 100 on 1:30 Pull 7 SOLW
	{2 x 125 on 1:50 Pull 6 SOLW
	{2 x 150 on 2:10 Pull 5 SOLW
	{2 x 175 on 2:30 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills

Workout #10501 - Monday, 09 January 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,325	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:25 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:00 Kick
900	1x{2 x 100 on 1:40 Pull 7 SOLW
	{2 x 125 on 2:00 Pull 6 SOLW
	{1 x 100 on 1:35 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

4:43 PM 3,125 Yards - Stress Value = 44

Workout #10502 - Monday, 09 January 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg
500	1 x 500 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 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:15 Kick
800	1x{2 x 100 on 1:50 Pull 7 SOLW
	{1 x 125 on 2:20 Pull 6 SOLW
	{2 x 150 on 2:40 Pull 5 SOLW
	{1 x 175 on 3:10 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

4:43 PM 2,800 Yards - Stress Value = 39

Workout #10505 - Monday, 09 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,300	1x{2 x 150 on 2:25 Freestyle	EN1	S	FR
	{5 x 100 on 1:30 Freestyle	EN2	S	FR
	{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	EN2	S	FR
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN1	S	FR
	hold 150's under 2:16			
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 = 37

{1 x 300 on 3:45 Freestyle	EN2
{1 x 50 on :45 Freestyle	REC
{1 x 200 on 2:30 Freestyle	EN2
{1 x 100 on 1:20 Free Hold 1:02	EN2
{1 x 200 on 2:30 Freestyle	EN2
{1 x 50 on :45 Freestyle	REC
{1 x 300 on 3:45 Freestyle	EN2
{1 x 100 on 1:20 Free hold 1:01	EN2
{1 x 100 on 1:15 Freestyle	EN2
{1 x 50 on :45 Freestyle	REC
{1 x 400 on 5:00 Freestyle	EN2
{1 x 100 on 1:20 Free Hold :55	EN2
1 x 250 on 4:00 Stroke Drills	REC
1 on 10:00 Ice	

7:05 AM 2,950 Yards - Stress Value = 46

Workout #10519 - Tuesday, 10 January 2012

HighSchl - Fly

1 minute rest between sets

Workout #10508 - Monday, 09 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
1,700	1x{1 x 200 on 3:55 Breaststroke	EN2	S	BR
	{2 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:50 Breaststroke	EN2	S	BR
	{4 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:35 Breaststroke	EN2	S	BR
	{4 x 25 on :40 Breast 2K1P	EN1	S	BR
	{1 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	

5:35 PM 1,950 Yards - Stress Value = 29

5:30 AM Start

Yards	Set Description	EGY
400	1 on 35:00 DS and Weights	
150	1 x 400 on 7:00 Underwater trn drill	REC
	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
1,925	1x{2 x 150 on 2:10 Fly 1+1 stroke off walls	EN2
	{3 x 125 on 1:45 Fly 2+1 stroke off walls	EN2
	{4 x 100 on 1:25 Fly 3+1 stroke off walls	EN2
	{5 x 75 on 1:00 Fly 4+1 strokes off walls	EN2
	{6 x 50 on :45 Fly 5+1 stroke off walls	EN2
	{7 x 25 on :25 Fly 6 strokes off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:05 AM 2,725 Yards - Stress Value = 46

Workout #10517 - Tuesday, 10 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Workout #10511 - Monday, 09 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK
1,950	1x{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:30 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:25 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:20 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 150 on 2:25 Backstroke	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:35 PM 2,250 Yards - Stress Value = 39

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,950	1x{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:13	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:12	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 100 on 1:30 Free hold 1:11	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold :59	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,750 Yards - Stress Value = 42

Workout #10516 - Tuesday, 10 January 2012

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,150	1x{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:03	EN2	

Workout #10520 - Tuesday, 10 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
400	1 on 35:00 DS and Weights	REC
150	1 x 400 on 7:00 Underwater trn drill	SP3
	10 x 15 on :45 Shooters	
	Your primary stroke or free	
1,700	1x{2 x 150 on 2:25 Fly 1+1 stroke off walls	EN2
	{3 x 125 on 2:00 Fly 2+1 stroke off walls	EN2
	{4 x 100 on 1:35 Fly 3+1 stroke off walls	EN2
	{5 x 75 on 1:15 Fly 4+1 strokes off walls	EN2
	{5 x 50 on :50 Fly 5+1 stroke off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM	2,500 Yards - Stress Value = 41	

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
350	1 on 35:00 DS and Weights	REC
150	1 x 350 on 7:00 Underwater trn drill	SP3
	10 x 15 on :45 Shooters	
	Your primary stroke or free	
1,550	1x{2 x 150 on 2:40 Fly 1+1 stroke off walls	EN2
	{3 x 125 on 2:15 Fly 2+1 stroke off walls	EN2
	{4 x 100 on 1:50 Fly 3+1 stroke off walls	EN2
	{5 x 75 on 1:20 Fly 4+1 strokes off walls	EN2
	{2 x 50 on :55 Fly 5+1 stroke off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM	2,300 Yards - Stress Value = 38	

Workout #10523 - Tuesday, 10 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 on 35:00 DS and Weights	REC	
150	1 x 400 on 7:00 Underwater trn drill	SP3	
	10 x 15 on :45 Shooters		
	Your primary stroke or free		
1,000	2x{4 x 50 on :50 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :50 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :50 Free Alt 6bk 25	EN2	
	{1 x 50 on :50 Free ALL 6BK	EN2	
625	1x{4 x 100 on 1:35 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{3 x 75 on 1:10 Free br 5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,425 Yards - Stress Value = 38		

Workout #10524 - Tuesday, 10 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
350	1 on 35:00 DS and Weights	REC	
150	1 x 350 on 7:00 Underwater trn drill	SP3	
	10 x 15 on :45 Shooters		
	Your primary stroke or free		
1,000	2x{4 x 50 on 1:00 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on 1:00 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on 1:00 Free Alt 6bk 25	EN2	
	{1 x 50 on 1:00 Free ALL 6BK	EN2	
300	1x{3 x 100 on 1:55 Free br 3-5-7-9 by 25	EN2	
	{ with a 25 alt 6bk		
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,050 Yards - Stress Value = 32		

Workout #10522 - Tuesday, 10 January 2012

HighSchl - Sprint

1 minute rest between sets

Workout #10518 - Tuesday, 10 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights	REC	
150	1 x 400 on 7:00 Underwater trn drill	SP3	
	10 x 15 on :45 Shooters		
	Your primary stroke or free		
1,700	1x{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:20	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:19	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 100 on 1:45 Free hold 1:38	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 50 on :50 Free Hold :29	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,450 Yards - Stress Value = 37		

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 on 35:00 DS and Weights	REC	
150	1 x 400 on 7:00 Underwater trn drill	SP3	
	10 x 15 on :45 Shooters		
	Your primary stroke or free		
1,000	2x{4 x 50 on :45 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :45 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :45 Free Alt 6bk 25	EN2	
	{1 x 50 on :45 Free ALL 6BK	EN2	
750	1x{4 x 100 on 1:25 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{3 x 75 on 1:05 Free br 5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{2 x 50 on :40 Free br 7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{1 x 25 on :15 Free br 9 w/6bk	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,600 Yards - Stress Value = 40		

Workout #10521 - Tuesday, 10 January 2012

HighSchl - Silver/Bronze

Workout #10538 - Wednesday, 11 January 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{4 x 25 on :45 Kick no board B	EN2	
	{1 x 200 on 4:00 Kick	EN2	
	{4 x 25 on :45 Kick no board B	SP3	
	{2 x 150 on 3:00 Kick	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{4 x 50 on 1:00 Kick	EN2	
150	6 x 25 on 1:00 Back drills	REC	
1,200	1x{2 x 25 on :45 Bath tub drill	EN2	
	{1 x 100 on 1:30 Back L.25 3 KOW	EN2	
	{2 x 25 on :45 Bath tub drill	EN2	
	{2 x 100 on 1:30 Back L.25 3/4 KOW	EN2	
	{2 x 25 on :45 Bathtub drill	EN2	
	{3 x 100 on 1:30 Back L.25 3/4/5 KOW	EN2	
	{2 x 25 on :45 Bathtub drill	EN2	
	{4 x 100 on 1:30 Back L.25 3/4/5/6 KOW	EN2	
	1 on 10:00 Game	EN2	
7:31 PM	3,400 Yards - Stress Value = 60		

Workout #10539 - Wednesday, 11 January 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		I
500	1 x 500 on 10:00 Choice	REC	§
150	10 x 15 on :45 Shooters	SP3	§
1,300	1x{4 x 25 on :45 Kick no board B	EN2	F
	{1 x 200 on 4:20 Kick	EN2	F
	{4 x 25 on :45 Kick no board B	SP3	§
	{2 x 150 on 3:15 Kick	EN2	F
	{4 x 25 on :45 Kick no board B	EN2	F
	{3 x 100 on 2:10 Kick	EN2	F
	{4 x 25 on :45 Kick no board B	EN2	F
	{2 x 50 on 1:05 Kick	EN2	F
150	6 x 25 on 1:00 Back drills	REC	I
1,100	1x{2 x 25 on :45 Bath tub drill	EN2	§
	{1 x 100 on 1:45 Back L.25 3 KOW	EN2	§
	{2 x 25 on :45 Bath tub drill	EN2	I
	{2 x 100 on 1:45 Back L.25 3/4 KOW	EN2	§
	{2 x 25 on :45 Bathtub drill	EN2	I
	{3 x 100 on 1:45 Back L.25 3/4/5 KOW	EN2	§
	{2 x 25 on :45 Bathtub drill	EN2	I
	{3 x 100 on 1:45 Back L.25 4/5/6 KOW	EN2	§
	1 on 10:00 Game	EN2	§
7:31 PM	3,200 Yards - Stress Value = 56		

Workout #10540 - Wednesday, 11 January 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		I
450	1 x 450 on 10:00 Choice	REC	§
150	10 x 15 on :45 Shooters	SP3	§
1,100	1x{4 x 25 on 1:00 Kick no board B	EN2	F
	{1 x 200 on 5:00 Kick	EN2	F
	{4 x 25 on 1:00 Kick no board B	SP3	§

	{2 x 150 on 3:45 Kick	EN2	F
	{2 x 25 on 1:00 Kick no board B	EN2	F
	{2 x 100 on 2:30 Kick	EN2	F
	{2 x 25 on 1:00 Kick no board B	EN2	F
	{2 x 50 on 1:15 Kick	EN2	F
150	6 x 25 on 1:00 Back drills	REC	I
800	1x{2 x 25 on 1:00 Bath tub drill	EN2	§
	{1 x 100 on 2:00 Back L.25 3 KOW	EN2	§
	{2 x 25 on 1:00 Bath tub drill	EN2	I
	{2 x 100 on 2:00 Back L.25 3/4 KOW	EN2	§
	{2 x 25 on 1:00 Bathtub drill	EN2	I
	{3 x 100 on 2:00 Back L.25 3/4/5 KOW	EN2	§
	{2 x 25 on 1:00 Bathtub drill	EN2	I
	1 on 10:00 Game	EN2	§
7:30 PM	2,650 Yards - Stress Value = 46		

Workout #10541 - Wednesday, 11 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		I
400	1 x 400 on 10:00 Choice	REC	§
150	10 x 15 on :45 Shooters	SP3	§
950	1x{4 x 25 on 1:00 Kick no board B	EN2	F
	{1 x 200 on 6:00 Kick	EN2	F
	{4 x 25 on 1:00 Kick no board B	SP3	§
	{2 x 150 on 4:30 Kick	EN2	F
	{4 x 25 on 1:00 Kick no board B	EN2	F
	{1 x 100 on 3:00 Kick	EN2	F
	{2 x 25 on 1:00 Kick no board B	EN2	F
150	6 x 25 on 1:00 Back drills	REC	I
750	1x{2 x 25 on 1:00 Bath tub drill	EN2	§
	{1 x 100 on 2:30 Back L.25 3 KOW	EN2	§
	{2 x 25 on 1:00 Bath tub drill	EN2	I
	{2 x 100 on 2:30 Back L.25 3/4 KOW	EN2	§
	{2 x 25 on 1:00 Bathtub drill	EN2	I
	{3 x 100 on 2:30 Back L.25 3/4/5 KOW	EN2	§
	1 on 10:00 Game	EN2	§
7:31 PM	2,400 Yards - Stress Value = 42		

Workout #10532 - Wednesday, 11 January 2012

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORF
4:41 PM	Start		
=====	=====	====	====
2,200	1x{4 x 100 on 1:25 Breaststroke		
	{3 x 50 on 1:00 Under/overs-2X Pullouts-turn		
	{4 x 100 on 1:25 Breaststroke		
	{3 x 50 on 1:05 Under/overs-2X pullouts-turn		
	{4 x 100 on 1:25 Breaststroke		
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn		
	{4 x 100 on 1:25 Breaststroke		
	{3 x 50 on 1:15 Under/overs-2X pullout-turn		
300	6 x 50 on 1:00 Stroke Drills		
	1 on 10:00 Ice		
5:35 PM	2,500 Yards - Stress Value = 56		

Workout #10529 - Wednesday, 11 January 2012

HighSchl - Distance

1 minute rest between sets

4:41 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,700	1x{1 x 250 on 2:45 Freestyle	EN2	S	FR	1
	{6 x 25 on :30 Freestyle	EN3	S	FR	2
	{2 x 225 on 2:30 Freestyle	EN2	S	FR	1
	{5 x 50 on :55 Freestyle	EN3	S	FR	1
	{3 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{4 x 75 on 1:20 Freestyle	EN3	S	FR	1
	{4 x 175 on 2:00 Freestyle	EN2	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 3,050 Yards - Stress Value = 82

Workout #10536 - Wednesday, 11 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:41 PM Start

Yards	Set Description	EGY	WC
2,150	1x{4 x 125 on 2:00 75fly25free25fly 1u2d	EN1	
	{2 x 50 on 1:15 Fly 10 KOW	EN3	
	{4 x 125 on 1:55 75fly25free25fly 1u3d	EN2	
	{2 x 50 on 1:15 Fly 12 KOW	EN3	
	{4 x 125 on 1:50 75fly25free25fly 2u2d	EN2	
	{3 x 50 on 1:15 Fly 14 KOW	EN3	
	{3 x 100 on 1:25 50fly25free25fly 2u3d	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 2,500 Yards - Stress Value = 52

Workout #10535 - Wednesday, 11 January 2012

HighSchl - Fly

1 minute rest between sets

4:41 PM Start

Yards	Set Description	EGY	WC
2,350	1x{4 x 125 on 1:45 75fly25free25fly 1u2d	EN1	
	{2 x 50 on 1:15 Fly 10 KOW	EN3	
	{4 x 125 on 1:40 75fly25free25fly 1u3d	EN2	
	{2 x 50 on 1:15 Fly 12 KOW	EN3	
	{4 x 125 on 1:35 75fly25free25fly 2u2d	EN2	
	{3 x 50 on 1:15 Fly 14 KOW	EN3	
	{4 x 125 on 1:30 75fly25free25fly 2u3d	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:34 PM 2,700 Yards - Stress Value = 56

Workout #10525 - Wednesday, 11 January 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 20:00 DS/Vis
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,800	1x{ Hold avg 50 time under :45 for entire set
	{4 x 25 on :30 Kick no board BSLR-10 KOW
	{1 x 200 on 3:00 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 175 on 2:45 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 150 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR 16 KOW
	{4 x 100 on 1:40 Kick
1,500	1x{ Br 3-5-7 cont/L.25 2 breaths
	{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
	{2 x 125 on 1:20 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:40 PM 4,250 Yards - Stress Value = 68

Workout #10530 - Wednesday, 11 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:41 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,450	1x{1 x 250 on 3:10 Freestyle	EN2	S	FR	1
	{6 x 25 on :30 Freestyle	EN3	S	FR	2
	{2 x 225 on 2:55 Freestyle	EN2	S	FR	1
	{5 x 50 on :55 Freestyle	EN3	S	FR	1
	{3 x 200 on 2:35 Freestyle	EN2	S	FR	1
	{4 x 75 on 1:20 Freestyle	EN3	S	FR	1
	{3 x 150 on 2:00 Freestyle	EN2	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 2,800 Yards - Stress Value = 77

Workout #10533 - Wednesday, 11 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:41 PM Start

Yards	Set Description
2,050	1x{4 x 100 on 1:35 Breaststroke
	{3 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{4 x 100 on 1:35 Breaststroke
	{3 x 50 on 1:05 Under/overs-2X pullouts-turn
	{4 x 100 on 1:35 Breaststroke
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn
	{3 x 100 on 1:35 Breaststroke
	{2 x 50 on 1:15 Under/overs-2X pullout-turn
350	7 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice

5:35 PM 2,400 Yards - Stress Value = 53

Workout #10526 - Wednesday, 11 January 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 20:00 DS/Vis
600 1 x 600 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
1,650 1x{ Hold avg 50 time under :50 for entire set
{4 x 25 on :35 Kick no board BSLR-10 KOW
{1 x 200 on 3:20 Kick
{4 x 25 on :35 Kick no board BSLR 12 KOW
{2 x 175 on 3:05 Kick
{4 x 25 on :40 Kick no board BSLR 14 KOW
{2 x 150 on 2:40 Kick
{4 x 25 on :45 Kick no board BSLR 16 KOW
{4 x 100 on 1:50 Kick
1,350 1x{ Br 3-5-7 cont/L.25 2 breaths
{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
{2 x 125 on 1:35 Lungbuster pulls
{1 x 100 on 1:15 Lungbuster pulls
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:40 PM 3,950 Yards - Stress Value = 62

Workout #10527 - Wednesday, 11 January 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 20:00 DS/Vis
550 1 x 550 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
1,500 1x{ Hold avg 50 time under :54 for entire set
{4 x 25 on :40 Kick no board BSLR-10 KOW
{1 x 200 on 3:45 Kick
{4 x 25 on :40 Kick no board BSLR 12 KOW
{2 x 175 on 3:25 Kick
{4 x 25 on :40 Kick no board BSLR 14 KOW
{3 x 150 on 2:55 Kick
{4 x 25 on :45 Kick no board BSLR 16 KOW
{1 x 100 on 2:00 Kick
1,200 1x{ Br 3-5-7 cont/L.25 2 breaths
{2 x 125 on 2:05 Lungbuster pulls
{2 x 125 on 2:00 Lungbuster pulls
{2 x 125 on 1:55 Lungbuster pulls
{2 x 125 on 1:50 Lungbuster pulls
{2 x 100 on 1:25 Lungbuster pulls
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:40 PM 3,600 Yards - Stress Value = 57

Workout #10528 - Wednesday, 11 January 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 20:00 DS/Vis
500 1 x 500 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
1,350 1x{ Hold avg 50 time under :59 for entire set
{4 x 25 on :45 Kick no board BSLR-10 KOW
{1 x 200 on 4:05 Kick
{4 x 25 on :40 Kick no board BSLR 12 KOW

{2 x 175 on 3:45 Kick
{4 x 25 on :40 Kick no board BSLR 14 KOW
{2 x 150 on 3:20 Kick
{4 x 25 on :45 Kick no board BSLR 16 KOW
{2 x 50 on 1:10 Kick
1,150 1x{ Br 3-5-7 cont/L.25 2 breaths
{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 100 on 1:40 Lungbuster pulls
{2 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
4:40 PM 3,350 Yards - Stress Value = 53

Workout #10531 - Wednesday, 11 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:41 PM Start
Yards Set Description EGY WORK STK F
=====
2,150 1x{1 x 250 on 3:50 Freestyle EN2 S FR 1
{6 x 25 on :30 Freestyle EN3 S FR 2
{2 x 225 on 3:30 Freestyle EN2 S FR 1
{5 x 50 on :55 Freestyle EN3 S FR 1
{3 x 200 on 3:10 Freestyle EN2 S FR 1
{4 x 75 on 1:20 Freestyle EN3 S FR 1
{1 x 150 on 2:20 Freestyle EN2 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 2,500 Yards - Stress Value = 71

Workout #10534 - Wednesday, 11 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:41 PM Start
Yards Set Description
=====
1,850 1x{3 x 100 on 1:45 Breaststroke
{3 x 50 on 1:15 Under/Overs-2X Pullouts-turn
{4 x 100 on 1:45 Breaststroke
{2 x 50 on 1:15 Under/overs-2X pullouts-turn
{4 x 100 on 1:45 Breaststroke
{2 x 50 on 1:20 Under/overs-2X pullouts-turn
{3 x 100 on 1:45 Breaststroke
{2 x 50 on 1:15 Under/overs-2X pullout-turn
200 1 x 200 on 3:00 Stroke Drills
1 on 10:00 Ice
5:31 PM 2,050 Yards - Stress Value = 47

Workout #10537 - Wednesday, 11 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:41 PM Start
Yards Set Description EGY WC
=====
1,900 1x{4 x 100 on 1:50 50fly25free25fly 1u2d EN1
{2 x 50 on 1:15 Fly 10 KOW EN3
{4 x 100 on 1:45 50fly25free25fly 1u3d EN2
{2 x 50 on 1:15 Fly 12 KOW EN3
{4 x 100 on 1:40 50fly25free25fly 2u2d EN2
{2 x 50 on 1:15 Fly 14 KOW EN3
{4 x 100 on 1:35 50fly25free25fly 2u3d EN2
350 7 x 50 on 1:00 Stroke Drills REC
1 on 10:00 Ice
5:34 PM 2,250 Yards - Stress Value = 46

Workout #10564 - Thursday, 12 January 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 28:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill odd 100's free even 100's back		
150	1 on 15:00 Techniques-Open turn drills		
100	10 x 15 on :45 Shooters		
100	1x{ 1 on 3:00 Breaststroke review		
	{ 4 x 25 on 1:00 Perfect Breaststroke		
750	1x{ 1 x 200 on 10:00 Breast drills-body positior		
	{ 2 x 25 on 1:00 Perfect Breaststroke		
	{ 1 x 200 on 10:00 Breast drills-kick		
	{ 2 x 25 on 1:00 Perfect Breaststroke		
	{ 1 x 200 on 10:00 Breast drills-stroke		
	{ 2 x 25 on 1:00 Perfect Breaststroke		
400	4 x 100 on 1:45 Brst-descend to ludicours sp		
	Gold 3X00@2:00, Silver 3X200@2:15		
	Bronze 3X100@2:30		
250	1 x 250 on 4:00 Stroke Drill		
	7:30 PM 2,150 Yards - Stress Value = 15		

Workout #10555 - Thursday, 12 January 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	4:37 PM Start		
2,700	1x{ 1 x 500 on 7:00 Free Hold under 5:25	EN2	
	{ 1 x 50 on :30 Freestyle	SP2	
	{ 1 x 200 on 3:00 Freestyle	REC	
	{ 1 x 100 on 2:00 Free Hold under :58	SP2	
	{ 1 x 50 on 1:00 Freestyle	REC	
	{ 1 x 500 on 6:40 Free Hold under 5:25	EN2	
	{ 1 x 50 on :30 Freestyle	SP2	
	{ 1 x 200 on 3:00 Freestyle	REC	
	{ 1 x 100 on 2:00 Free Hold under :57	SP2	
	{ 1 x 50 on 1:00 Freestyle	REC	
	{ 1 x 500 on 6:20 Free Hold under 5:25	EN2	
	{ 1 x 50 on :30 Freestyle	SP2	
	{ 1 x 200 on 3:00 Freestyle	REC	
	{ 1 x 100 on 2:00 Free hold under :54	SP2	
	{ 1 x 50 on 1:00 Freestyle	REC	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 3,050 Yards - Stress Value = 75		

Workout #10548 - Thursday, 12 January 2012

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 AM Start		
400	1 on 35:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,950	1x{ 4 x 125 on 1:45 Back 10 KOLW	EN2	
	{ 3 x 50 on :45 Back hold under :37	EN2	
	{ 4 x 125 on 1:40 Back 11 KOLW	EN2	
	{ 3 x 50 on :50 Back hold under :36	EN2	
	{ 4 x 125 on 1:35 Back 12 KOLW	EN2	
	{ 3 x 50 on :55 Back hold under :35	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,750 Yards - Stress Value = 45		

Workout #10543 - Thursday, 12 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 AM Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,100	1x{ Hold all 1:30 based swims under 1:17		
	{ 1 x 300 on 3:55 Freestyle	EN2	
	{ 2 x 150 on 2:15 Freestyle	EN2	
	{ 1 x 300 on 3:55 Freestyle	EN2	
	{ 4 x 75 on 1:10 Freestyle	EN2	
	{ 1 x 300 on 3:55 Freestyle	EN2	
	{ 3 x 100 on 1:30 Freestyle	EN2	
	{ 1 x 300 on 3:55 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 2,850 Yards - Stress Value = 48		

Workout #10542 - Thursday, 12 January 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 AM Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,400	1x{ Hold all 1:20 base swims under 1:08		
	{ 1 x 300 on 3:25 Freestyle	EN2	
	{ 2 x 150 on 2:00 Freestyle	EN2	
	{ 1 x 300 on 3:25 Freestyle	EN2	
	{ 4 x 75 on 1:00 Freestyle	EN2	
	{ 1 x 300 on 3:25 Freestyle	EN2	
	{ 3 x 100 on 1:20 Freestyle	EN2	
	{ 1 x 300 on 3:25 Freestyle	EN2	
	{ 6 x 50 on :40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 3,150 Yards - Stress Value = 54		

Workout #10546 - Thursday, 12 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	5:30 AM Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,650	1x{2 x 150 on 2:25 Freestyle	EN2	
	{3 x 50 on 1:05 Free hold under:41	EN2	
	{2 x 150 on 2:25 Freestyle	EN2	
	{3 x 50 on 1:00 Free hold under :40	EN2	
	{2 x 150 on 2:25 Freestyle	EN2	
	{3 x 50 on :55 Free hold under :39	EN2	
	{1 x 150 on 2:25 Freestyle	EN2	
	{3 x 50 on :50 Free hold under :38	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 39		

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	4:37 PM Start		
2,350	1x{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{1 x 200 on 3:20 IM hold under 2:50	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{2 x 200 on 3:20 IM hold under 2:50	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{3 x 200 on 3:20 IM hold under 2:50	SP1	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	5:35 PM 2,600 Yards - Stress Value = 148		

Workout #10549 - Thursday, 12 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	5:30 AM Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,650	1x{4 x 125 on 2:00 Back 10 KOLW	EN2	
	{3 x 50 on :55 Back hold under :41	EN2	
	{4 x 125 on 1:55 Back 11 KOLW	EN2	
	{3 x 50 on 1:00 Back hold under :40	EN2	
	{2 x 100 on 1:30 Back 12 KOLW	EN2	
	{3 x 50 on 1:05 Back hold under :39	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,450 Yards - Stress Value = 39		

Workout #10562 - Thursday, 12 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	4:37 PM Start		
2,200	1x{1 x 50 on 1:05 Free Hold under:31	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:05	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :32	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 100 on 1:55 Free Hold under 1:08	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Free Hold under :33	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 100 on 1:50 Free Hold under 1:11	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 50 on :50 Free Hold under :34	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 100 on 1:45 Free Hold AFAP	SP1	
200	1 x 200 on 2:00 Stroke Drills	REC	
	1 on 10:00 ice		
	5:35 PM 2,400 Yards - Stress Value = 123		

Workout #10556 - Thursday, 12 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	4:37 PM Start		
2,550	1x{1 x 500 on 7:30 Free Hold under 6:10	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:05	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:15 Free Hold under 6:10	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:04	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:00 Free Hold under 6:10	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free hold under 1:00	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,900 Yards - Stress Value = 75		

Workout #10559 - Thursday, 12 January 2012

Workout #10558 - Thursday, 12 January 2012

HighSchl - IM'ers

1 minute rest between sets

4:37 PM Start

Yards	Set Description	EGY	WORK
2,750	1x{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 200 on 3:00 IM hold under 2:30	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{2 x 200 on 2:55 IM hold under 2:30	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{3 x 200 on 2:50 IM hold under 2:30	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
250	{4 x 200 on 2:45 IM hold under 2:30	SP1	S
	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:35 PM 3,000 Yards - Stress Value = 180

Workout #10551 - Thursday, 12 January 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders/Vis
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,750	1x{1 x 125 on 2:15 Kick
	{1 x 50 on :55 Kick-hold :47
	{2 x 125 on 2:10 Kick
	{2 x 50 on :55 Kick-hold :46
	{3 x 125 on 2:05 Kick
	{3 x 50 on :55 Kick hold :45
	{4 x 125 on 2:00 Kick
	{4 x 50 on :55 Kick hold :44
1,000	1x{1 x 200 on 2:25 Pulls
	{1 x 200 on 2:30 Pulls
	{1 x 200 on 2:35 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 200 on 2:45 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:38 PM 3,600 Yards - Stress Value = 52

Workout #10552 - Thursday, 12 January 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders/Vis
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,550	1x{1 x 125 on 2:25 Kick
	{1 x 50 on 1:00 Kick-hold :51
	{2 x 125 on 2:20 Kick
	{2 x 50 on 1:00 Kick-hold :50
	{3 x 125 on 2:15 Kick
	{3 x 50 on 1:00 Kick hold :49
	{4 x 100 on 1:50 Kick
	{2 x 50 on 1:00 Kick hold :48

900	1x{1 x 200 on 2:40 Pulls
	{1 x 200 on 2:45 Pulls
	{1 x 200 on 2:50 Pulls
	{1 x 200 on 2:55 Pulls
	{1 x 100 on 1:30 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:38 PM 3,300 Yards - Stress Value = 47

Workout #10553 - Thursday, 12 January 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 30:00 DS/Shoulders/Vis
	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,450	1x{1 x 125 on 2:40 Kick
	{1 x 50 on 1:05 Kick-hold :55
	{2 x 125 on 2:35 Kick
	{2 x 50 on 1:05 Kick-hold :54
	{3 x 125 on 2:30 Kick
	{3 x 50 on 1:05 Kick hold :53
	{3 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick hold :52
800	1x{1 x 200 on 3:00 Pulls
	{1 x 200 on 3:05 Pulls
	{1 x 200 on 3:10 Pulls
	{1 x 200 on 3:15 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:38 PM 3,050 Yards - Stress Value = 44

Workout #10554 - Thursday, 12 January 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders/Vis
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,300	1x{1 x 125 on 2:55 Kick
	{1 x 50 on 1:10 Kick-hold 1:03
	{2 x 125 on 2:50 Kick
	{2 x 50 on 1:10 Kick-hold 1:02
	{3 x 125 on 2:45 Kick
	{3 x 50 on 1:10 Kick hold 1:01
	{2 x 100 on 2:10 Kick
	{1 x 50 on 1:10 Kick hold 1:00
750	1x{1 x 200 on 3:20 Pulls
	{1 x 200 on 3:25 Pulls
	{1 x 200 on 3:30 Pulls
	{1 x 150 on 2:45 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:38 PM 2,800 Yards - Stress Value = 39

Workout #10544 - Thursday, 12 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{ Hold all 1:40 based swims under 1:28		
	{1 x 300 on 4:25 Freestyle	EN2	
	{2 x 150 on 2:40 Freestyle	EN2	
	{1 x 300 on 4:25 Freestyle	EN2	
	{4 x 75 on 1:20 Freestyle	EN2	
	{1 x 300 on 4:25 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 42		

4:37 PM Start

Yards	Set Description	EGY	WOF
2,350	1x{1 x 500 on 8:00 Free Hold under 7:05	EN2	
	{1 x 50 on :40 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:18	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:45 Free Hold under 7:05	EN2	
	{1 x 50 on :40 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:18	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:30 Free Hold under 7:05	EN2	
	{1 x 50 on :40 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free hold under 1:18	SP2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,700 Yards - Stress Value = 75		

Workout #10560 - Thursday, 12 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,550	1x{2 x 150 on 2:40 Freestyle	EN2	
	{2 x 50 on 1:10 Free hold under:47	EN2	
	{2 x 150 on 2:40 Freestyle	EN2	
	{2 x 50 on 1:05 Free hold under :46	EN2	
	{2 x 150 on 2:40 Freestyle	EN2	
	{3 x 50 on 1:00 Free hold under :45	EN2	
	{1 x 150 on 2:40 Freestyle	EN2	
	{3 x 50 on :55 Free hold under :44	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,250 Yards - Stress Value = 37		

4:37 PM Start

Yards	Set Description	EGY	WORK
2,150	1x{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{1 x 200 on 3:40 IM hold under 3:10	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{3 x 200 on 3:40 IM hold under 3:10	SP1	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{1 x 200 on 3:40 IM hold under 3:10	SP1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	5:35 PM 2,400 Yards - Stress Value = 132		

Workout #10550 - Thursday, 12 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,450	1x{4 x 100 on 1:50 Back 10 KOLW	EN2	
	{3 x 50 on 1:00 Back hold under :49	EN2	
	{4 x 100 on 1:45 Back 11 KOLW	EN2	
	{3 x 50 on 1:05 Back hold under :48	EN2	
	{2 x 100 on 1:40 Back 12 KOLW	EN2	
	{3 x 50 on 1:10 Back hold under :47	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,200 Yards - Stress Value = 35		

4:37 PM Start

Yards	Set Description	EGY	WOF
2,200	1x{1 x 50 on 1:05 Free Hold under:37	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:15	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :38	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 100 on 1:55 Free Hold under 1:20	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Free Hold under :39	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 100 on 1:50 Free Hold under 1:23	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 50 on :50 Free Hold under :40	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 100 on 1:45 Free Hold AFAP	SP1	
200	1 x 200 on 2:00 Stroke Drills	REC	
	1 on 10:00 ice		
	5:35 PM 2,400 Yards - Stress Value = 123		

Workout #10557 - Thursday, 12 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #10545 - Thursday, 12 January 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{2 x 150 on 2:10 Freestyle	EN2	
	{3 x 50 on 1:00 Free hold under:35	EN2	
	{2 x 150 on 2:10 Freestyle	EN2	
	{3 x 50 on :55 Free hold under :34	EN2	
	{2 x 150 on 2:10 Freestyle	EN2	
	{3 x 50 on :50 Free hold under :33	EN2	
	{2 x 150 on 2:10 Freestyle	EN2	
	{3 x 50 on :45 Free hold under :32	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,600 Yards - Stress Value = 42			

Workout #10561 - Thursday, 12 January 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:37 PM Start			
=====	=====	=====	=====
2,200	1x{1 x 50 on 1:05 Free Hold under:27	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :28	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 100 on 1:55 Free Hold under 1:02	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Free Hold under :29	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 100 on 1:50 Free Hold under 1:04	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 50 on :50 Free Hold under :30	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 100 on 1:45 Free Hold AFAP	SP1	
200	1 x 200 on 2:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM 2,400 Yards - Stress Value = 123			

Workout #10566 - Friday, 13 January 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
=====	=====	=====	=====
	1 on 45:00 Dryland and Tm Mtg		L I
600	1 x 600 on 12:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S F
900	1x{1 x 200 on 4:00 Butterfly	EN2	S F
	{1 x 175 on 3:30 Butterfly	EN2	S F
	{1 x 150 on 3:00 Butterfly	EN2	S F
	{1 x 125 on 2:30 Butterfly	EN2	S F
	{1 x 100 on 2:00 Butterfly	EN2	S F
	{1 x 75 on 1:30 Butterfly	EN2	S F
	{1 x 50 on 1:00 Butterfly	EN2	S F
	{1 x 25 on :30 Butterfly	EN2	S F
250	1 x 250 on 4:00 Stroke Drills	REC	D
6:30 PM 1,900 Yards - Stress Value = 24			

Workout #10567 - Friday, 13 January 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
=====	=====	=====	=====
	1 on 45:00 Dryland and Tm Mtg		L I
550	1 x 550 on 12:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S F
800	1x{1 x 200 on 4:30 Butterfly	EN2	S F
	{1 x 175 on 4:00 Butterfly	EN2	S F
	{1 x 150 on 3:20 Butterfly	EN2	S F
	{1 x 125 on 2:50 Butterfly	EN2	S F
	{1 x 100 on 2:15 Butterfly	EN2	S F
	{1 x 50 on 1:05 Butterfly	EN2	S F
250	1 x 250 on 4:00 Stroke Drills	REC	D
6:30 PM 1,750 Yards - Stress Value = 22			

Workout #10568 - Friday, 13 January 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
=====	=====	=====	=====
	1 on 45:00 Dryland and Tm Mtg		L I
500	1 x 500 on 12:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S F
700	1x{1 x 200 on 5:00 Butterfly	EN2	S F
	{1 x 175 on 4:25 Butterfly	EN2	S F
	{1 x 150 on 3:50 Butterfly	EN2	S F
	{1 x 125 on 3:10 Butterfly	EN2	S F
	{1 x 50 on 1:15 Butterfly	EN2	S F
250	1 x 250 on 4:00 Stroke Drills	REC	D
6:30 PM 1,600 Yards - Stress Value = 20			

Workout #10569 - Friday, 13 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
=====	=====	=====	=====
	1 on 45:00 Dryland and Tm Mtg		L I
450	1 x 450 on 12:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S F
600	1x{1 x 200 on 6:00 Butterfly	EN2	S F
	{1 x 175 on 5:15 Butterfly	EN2	S F
	{1 x 150 on 4:30 Butterfly	EN2	S F
	{1 x 75 on 2:15 Butterfly	EN2	S F
250	1 x 250 on 4:00 Stroke Drills	REC	D
6:30 PM 1,450 Yards - Stress Value = 19			

Workout #10565 - Friday, 13 January 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM Start			
1,000	1 on 27:00 DS/Ted Abs/Vis	250	
150	1 x 1000 on 15:00 Choice-must use some kick, pull, drill, and non free	REC	
750	10 x 15 on :45 Shooters	SP3	
	1 x 750 on 15:00 Whistle Kick Set#2	EN1	
	1x{1 on 10:00 Techniques-Relay Starts	REC	
	{1 on 10:00 Techniques-Open turn	REC	
	{1 on 10:00 Techniques-finishes		
800	1x{2 x 100 on 2:00 Fly 75 drll 25 build	EN1	
	{2 x 100 on 2:00 Back 75 drill 25 build	EN1	
	{2 x 100 on 2:00 Breast 75 drill 25 build	EN1	
	{2 x 100 on 2:00 Free 75 drill 25 build	EN1	
	1 on 10:00 Ice		
	5:05 PM 2,700 Yards - Stress Value = 22		

{1 x 400 on 6:40 Individual Medley	EN2	S
{6 x 25 on :25 odds free evens fly	EN2	S
{1 x 300 on 4:45 Individual Medley	EN2	S
{6 x 25 on :25 odds free evens back	EN2	S
{1 x 200 on 3:10 Individual Medley	EN2	S
{6 x 25 on :25 odds free evens brst	EN2	S
{1 x 100 on 1:35 Individual Medley	EN2	S
{6 x 25 on :25 Freestyle	EN1	S
1 x 250 on 5:00 Freestyle	REC	S
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 10:00 Ice		M
9:34 AM 5,000 Yards - Stress Value = 97		

Workout #10571 - Saturday, 14 January 2012

HighSchl - Platinum-Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM Start			
600	1 on 40:00 DS and Weights		L
150	1 x 600 on 10:00 Choice	REC	S
2,800	10 x 15 on :45 Shooters	SP3	S
	1x{6 x 25 on :30 Freestyle	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens fly	EN1	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens back	EN1	S
	{1 x 300 on 4:30 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens brst	EN1	S
	{1 x 400 on 6:00 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens fly	EN2	S
	{1 x 300 on 4:15 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens back	EN2	S
	{1 x 200 on 2:50 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens brst	EN2	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{6 x 25 on :25 Freestyle	EN1	S
	1 x 450 on 8:00 Freestyle	REC	S
450	1 x 450 on 8:00 Freestyle	REC	S
1,200	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 10:00 Ice		M
	9:34 AM 5,200 Yards - Stress Value = 97		

Workout #10570 - Saturday, 14 January 2012

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM Start			
600	1 on 40:00 DS and Weights		L
150	1 x 600 on 10:00 Choice	REC	S
2,800	10 x 15 on :45 Shooters	SP3	S
	1x{6 x 25 on :30 Freestyle	EN1	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens fly	EN1	S
	{1 x 200 on 2:50 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens back	EN1	S
	{1 x 300 on 4:15 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens brst	EN1	S
	{1 x 400 on 5:40 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens fly	EN2	S
	{1 x 300 on 4:00 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens back	EN2	S
	{1 x 200 on 2:40 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens brst	EN2	S
	{1 x 100 on 1:20 Individual Medley	EN2	S
	{6 x 25 on :25 Freestyle	EN1	S
500	1 x 500 on 9:00 Freestyle	REC	S
1,200	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 10:00 Ice		M
	9:34 AM 5,250 Yards - Stress Value = 97		

Workout #10573 - Saturday, 14 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM Start			
600	1 on 40:00 DS and Weights		L
150	1 x 600 on 10:00 Choice	REC	S
2,800	10 x 15 on :45 Shooters	SP3	S
	1x{6 x 25 on :30 Freestyle	EN1	S
	{1 x 100 on 1:40 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens fly	EN1	S
	{1 x 200 on 3:20 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens back	EN1	S
	{1 x 300 on 5:00 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens brst	EN1	S

Workout #10572 - Saturday, 14 January 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM	Start		
600	1 on 40:00 DS and Weights	REC	S
150	1 x 600 on 10:00 Choice	SP3	S
2,800	1x{6 x 25 on :30 Shooters	EN1	S
	{1 x 100 on 1:35 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens fly	EN1	S
	{1 x 200 on 3:10 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens back	EN1	S
	{1 x 300 on 4:45 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens brst	EN1	S
	{1 x 400 on 6:20 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens fly	EN2	S
	{1 x 300 on 4:30 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens back	EN2	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens brst	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{6 x 25 on :25 Freestyle	EN1	S
400	1 x 400 on 7:00 Freestyle	REC	S
1,200	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 10:00 Ice		M
9:34 AM 5,150 Yards - Stress Value = 97			

Yards	Set Description	EGY	WORK
500	1 on 40:00 DS and Weights		L
150	1 x 500 on 10:00 Choice	REC	S
2,400	1x{10 x 15 on :45 Shooters	SP3	S
	{4 x 25 on :35 Freestyle	EN1	S
	{1 x 100 on 1:55 Individual Medley	EN2	S
	{4 x 25 on :35 odds free evens fly	EN1	S
	{1 x 200 on 3:50 Individual Medley	EN2	S
	{4 x 25 on :35 odds free evens back	EN1	S
	{1 x 300 on 5:45 Individual Medley	EN2	S
	{4 x 25 on :35 odds free evens brst	EN1	S
	{1 x 400 on 7:40 Individual Medley	EN2	S
	{4 x 25 on :35 odds free evens fly	EN2	S
	{1 x 300 on 5:30 Individual Medley	EN2	S
	{4 x 25 on :35 odds free evens back	EN2	S
	{1 x 200 on 3:40 Individual Medley	EN2	S
	{4 x 25 on :35 odds free evens brst	EN2	S
	{1 x 100 on 1:50 Individual Medley	EN2	S
	{4 x 25 on :35 Freestyle	EN1	S
250	1 x 250 on 5:00 Freestyle	REC	S
1,200	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 10:00 Ice		M
9:34 AM 4,500 Yards - Stress Value = 89			

Workout #10575 - Saturday, 14 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM	Start		
550	1 on 40:00 DS and Weights	REC	S
150	1 x 550 on 10:00 Choice	SP3	S
2,650	1x{6 x 25 on :30 Shooters	EN1	S
	{1 x 100 on 1:45 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens fly	EN1	S
	{1 x 200 on 3:30 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens back	EN1	S
	{1 x 300 on 5:15 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens brst	EN1	S
	{1 x 400 on 7:00 Individual Medley	EN2	S
	{4 x 25 on :30 odds free evens fly	EN2	S
	{1 x 300 on 5:00 Individual Medley	EN2	S
	{4 x 25 on :30 odds free evens back	EN2	S
	{1 x 200 on 3:20 Individual Medley	EN2	S
	{4 x 25 on :30 odds free evens brst	EN2	S
	{1 x 100 on 1:40 Individual Medley	EN2	S
	{6 x 25 on :30 Freestyle	EN1	S
250	1 x 250 on 5:00 Freestyle	REC	S
1,200	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 10:00 Ice		M
9:34 AM 4,800 Yards - Stress Value = 94			

Yards	Set Description	EGY	WORK
500	1 on 40:00 DS and Weights		L
150	1 x 500 on 10:00 Choice	REC	S
2,500	1x{10 x 15 on :45 Shooters	SP3	S
	{6 x 25 on :35 Freestyle	EN1	S
	{1 x 100 on 1:50 Individual Medley	EN2	S
	{6 x 25 on :35 odds free evens fly	EN1	S
	{1 x 200 on 3:40 Individual Medley	EN2	S
	{6 x 25 on :35 odds free evens back	EN1	S
	{1 x 300 on 5:30 Individual Medley	EN2	S
	{6 x 25 on :35 odds free evens brst	EN1	S
	{1 x 400 on 7:20 Individual Medley	EN2	S
	{4 x 25 on :30 odds free evens fly	EN2	S
	{1 x 300 on 5:15 Individual Medley	EN2	S
	{4 x 25 on :30 odds free evens back	EN2	S
	{1 x 200 on 3:30 Individual Medley	EN2	S
	{4 x 25 on :30 odds free evens brst	EN2	S
	{1 x 100 on 1:45 Individual Medley	EN2	S
250	1 x 250 on 5:00 Freestyle	REC	S
1,200	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 10:00 Ice		M
9:34 AM 4,600 Yards - Stress Value = 92			

Workout #10576 - Saturday, 14 January 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Workout #10590 - Monday, 16 January 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board B 10KOW
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board B 11KOW
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board B 12KOW
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board B 13KOW
 750 10 x 75 on 1:20 Back pull-concentrate on bre
 100 4 x 25 on 1:00 Back Drill
 1,250 1x{6 x 50 on 1:05 Backstroke
 {1 x 50 on :45 Back 3/7 KOW
 {5 x 50 on 1:00 Backstroke
 {1 x 50 on :45 Back 3/7 KOW
 {4 x 50 on :55 Backstroke
 {1 x 50 on :45 Back 3/7 KOW
 {3 x 50 on :50 Backstroke
 {1 x 50 on :45 Back 3/7 KOW
 {2 x 50 on :45 Backstroke
 {1 x 50 on :45 Back 3/7 KOW
 1 on 11:00 Techniques-Back Starts
 7:30 PM 3,600 Yards - Stress Value = 68

Workout #10591 - Monday, 16 January 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B 10KOW
 {3 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board B 11KOW
 {3 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board B 12KOW
 {3 x 50 on 1:10 Kick
 {2 x 25 on :45 Kick no board B 13KOW
 675 9 x 75 on 1:30 Back pull-concentrate on bre
 100 4 x 25 on 1:00 Back Drill
 1,100 1x{3 x 50 on 1:15 Backstroke
 {1 x 50 on :50 Back 3/7 KOW
 {5 x 50 on 1:10 Backstroke
 {1 x 50 on :50 Back 3/7 KOW
 {4 x 50 on 1:05 Backstroke
 {1 x 50 on :50 Back 3/7 KOW
 {3 x 50 on 1:00 Backstroke
 {1 x 50 on :50 Back 3/7 KOW
 {2 x 50 on :55 Backstroke
 {1 x 50 on :50 Back 3/7 KOW
 1 on 11:00 Techniques-Back Starts
 7:30 PM 3,325 Yards - Stress Value = 65

Workout #10592 - Monday, 16 January 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders/Tm Mtg
 450 1 x 450 on 10:00 Swim-kick-pull-swim

150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on 1:00 Kick no board B 10KOW
 {2 x 50 on 1:20 Kick
 {4 x 25 on 1:00 Kick no board B 11KOW
 {2 x 50 on 1:20 Kick
 {4 x 25 on 1:00 Kick no board B 12KOW
 {3 x 50 on 1:20 Kick
 600 8 x 75 on 1:45 Back pull-concentrate on bre
 100 4 x 25 on 1:00 Back Drill
 950 1x{6 x 50 on 1:20 Backstroke
 {1 x 50 on :55 Back 3/7 KOW
 {4 x 50 on 1:15 Backstroke
 {1 x 50 on :55 Back 3/7 KOW
 {3 x 50 on 1:10 Backstroke
 {1 x 50 on :55 Back 3/7 KOW
 {2 x 50 on 1:05 Backstroke
 {1 x 50 on :55 Back 3/7 KOW
 1 on 11:00 Techniques-Back Starts
 7:31 PM 2,900 Yards - Stress Value = 55

Workout #10593 - Monday, 16 January 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders/Tm Mtg
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board B 10KOW
 {2 x 50 on 1:30 Kick
 {4 x 25 on 1:00 Kick no board B 11KOW
 {2 x 50 on 1:30 Kick
 {4 x 25 on 1:00 Kick no board B 12KOW
 {2 x 50 on 1:30 Kick
 525 7 x 75 on 2:00 Back pull-concentrate on bre
 100 4 x 25 on 1:00 Back Drill
 850 1x{5 x 50 on 1:30 Backstroke
 {1 x 50 on 1:05 Back 3/7 KOW
 {4 x 50 on 1:25 Backstroke
 {1 x 50 on 1:05 Back 3/7 KOW
 {3 x 50 on 1:20 Backstroke
 {1 x 50 on 1:05 Back 3/7 KOW
 {2 x 50 on 1:15 Backstroke
 1 on 11:00 Techniques-Back Starts
 7:30 PM 2,625 Yards - Stress Value = 47

Workout #10587 - Monday, 16 January 2012

HighSchl - Back

1 minute rest between sets

8:42 PM Start
 Yards Set Description EGY
 =====
 2,100 1x{1 x 400 on 5:40 Backstroke EN1
 {4 x 100 on 1:30 Back-alt 25 of 7stk BTD EN1
 {1 x 300 on 4:15 Backstroke EN1
 {4 x 100 on 1:30 Back-alt 25 of 7stk BTD EN1
 {1 x 200 on 2:50 Backstroke EN1
 {4 x 100 on 1:30 Back-alt 25 of 7stk BTD EN1
 500 10 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:34 PM 2,600 Yards - Stress Value = 21

Workout #10584 - Monday, 16 January 2012

HighSchl - Breast

1 minute rest between sets

8:42 AM Start
Yards Set Description
=====
1,800 1x{1 x 200 on 3:20 Breaststroke
{4 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 150 on 2:30 Breaststroke
{3 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 100 on 1:40 Breaststroke
{2 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 200 on 3:10 Breaststroke
{4 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 150 on 2:20 Breaststroke
{3 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 100 on 1:35 Breaststroke
{2 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
500 10 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice
9:36 AM 2,300 Yards - Stress Value = 22

Workout #10581 - Monday, 16 January 2012

HighSchl - Distance

1 minute rest between sets

8:42 PM Start
Yards Set Description EGY WORK STK
=====
2,500 1x{1 x 250 on 3:20 Freestyle EN1 S FR
{2 x 125 on 1:40 Freestyle EN1 S FR
{1 x 250 on 3:15 Freestyle EN1 S FR
{2 x 125 on 1:40 Freestyle EN1 S FR
{1 x 250 on 3:10 Freestyle EN1 S FR
{2 x 125 on 1:40 Freestyle EN1 S FR
{1 x 250 on 3:00 Freestyle EN2 S FR
{2 x 125 on 1:40 Freestyle EN1 S FR
{1 x 250 on 2:55 Freestyle EN2 S FR
{2 x 125 on 1:40 Freestyle EN2 S FR
500 10 x 50 on 1:00 Stroke Drills REC D CD
1 on 10:00 Ice M
9:36 PM 3,000 Yards - Stress Value = 29

Workout #10585 - Monday, 16 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:42 AM Start
Yards Set Description
=====
1,700 1x{1 x 200 on 3:40 Breaststroke
{4 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 150 on 2:45 Breaststroke
{3 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 100 on 1:50 Breaststroke
{2 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 200 on 3:30 Breaststroke
{4 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 150 on 2:35 Breaststroke
{3 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
{1 x 100 on 1:45 Breaststroke
500 10 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice
9:36 AM 2,200 Yards - Stress Value = 21

Workout #10582 - Monday, 16 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:42 PM Start
Yards Set Description EGY WORK STK
=====

2,250 1x{1 x 250 on 3:45 Freestyle EN1 S FR
{2 x 125 on 1:50 Freestyle EN1 S FR
{1 x 250 on 3:40 Freestyle EN1 S FR
{2 x 125 on 1:50 Freestyle EN1 S FR
{1 x 250 on 3:35 Freestyle EN1 S FR
{2 x 125 on 1:50 Freestyle EN1 S FR
{1 x 250 on 3:30 Freestyle EN2 S FR
{2 x 125 on 1:50 Freestyle EN1 S FR
{1 x 250 on 3:25 Freestyle EN2 S FR
1 on 10:00 Ice M
9:36 PM 2,750 Yards - Stress Value = 24

Workout #10588 - Monday, 16 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:42 PM Start
Yards Set Description EGY
=====
2,000 1x{1 x 400 on 6:20 Backstroke EN1
{4 x 100 on 1:40 Back-alt 25 of 7stk LTD EN1
{1 x 300 on 4:45 Backstroke EN1
{4 x 100 on 1:40 Back-alt 25 of 7stk LTD EN1
{1 x 200 on 3:20 Backstroke EN1
{3 x 100 on 1:40 Back-alt 25 of 7stk LTD EN1
500 10 x 50 on 1:00 Stroke Drills REC
1 on 10:00 Ice
9:36 PM 2,500 Yards - Stress Value = 20

Workout #10577 - Monday, 16 January 2012

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
Yards Set Description
=====
1 on 30:00 DS/Shoulders/Vis
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 :45 Kick no board BSLR
{3 x 100 on 1:40 Kick
{4 x 25 on :45 Kick no board BSLR
{3 x 100 on 1:45 Kick
{4 x 25 on :45 Kick no board BSLR
{3 x 100 on 1:50 Kick
1,300 1x{2 x 200 on 2:40 Pulls-no br L.12 yds
{2 x 175 on 2:20 Pulls-no br L.12 yds
{2 x 150 on 2:00 Pulls-no br L.12 yds
{2 x 125 on 1:40 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
8:41 AM 3,450 Yards - Stress Value = 45

Workout #10578 - Monday, 16 January 2012

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Vis
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 1,150 1x{2 x 200 on 3:00 Pulls-no br L.12 yds
 {2 x 175 on 2:40 Pulls-no br L.12 yds
 {2 x 150 on 2:15 Pulls-no br L.12 yds
 {2 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
 8:41 AM 3,200 Yards - Stress Value = 42

8:42 AM Start
 Yards Set Description
 =====
 1,650 1x{1 x 200 on 3:50 Breaststroke
 {4 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
 {1 x 150 on 2:55 Breaststroke
 {3 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
 {1 x 100 on 1:55 Breaststroke
 {2 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
 {1 x 200 on 3:45 Breaststroke
 {4 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
 {1 x 150 on 2:50 Breaststroke
 {2 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
 {1 x 100 on 1:50 Breaststroke
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 2,150 Yards - Stress Value = 20

Workout #10583 - Monday, 16 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #10579 - Monday, 16 January 2012

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Vis
 550 1 x 550 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 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 2:40 Kick
 1,050 1x{2 x 200 on 3:20 Pulls-no br L.12 yds
 {2 x 175 on 2:55 Pulls-no br L.12 yds
 {2 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
 8:41 AM 3,000 Yards - Stress Value = 40

8:42 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,000 1x{1 x 250 on 4:10 Freestyle EN1 S FR
 {2 x 125 on 2:05 Freestyle EN1 S FR
 {1 x 250 on 4:05 Freestyle EN1 S FR
 {2 x 125 on 2:05 Freestyle EN1 S FR
 {1 x 250 on 4:00 Freestyle EN1 S FR
 {2 x 125 on 2:05 Freestyle EN1 S FR
 {1 x 250 on 3:55 Freestyle EN2 S FR
 {2 x 125 on 1:50 Freestyle EN1 S FR
 500 10 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 9:36 PM 2,500 Yards - Stress Value = 19

Workout #10589 - Monday, 16 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #10580 - Monday, 16 January 2012
HighSchl - Bronze
1 minute rest between sets
 7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Vis
 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 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick
 950 1x{2 x 200 on 3:40 Pulls-no br L.12 yds
 {2 x 175 on 3:10 Pulls-no br L.12 yds
 {2 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
 8:41 AM 2,800 Yards - Stress Value = 38

8:42 PM Start
 Yards Set Description EGY
 =====
 1,800 1x{1 x 400 on 7:00 Backstroke EN1
 {4 x 100 on 1:50 Back-alt 25 of 7stk BTD EN1
 {1 x 300 on 5:15 Backstroke EN1
 {4 x 100 on 1:50 Back-alt 25 of 7stk BTD EN1
 {1 x 200 on 3:30 Backstroke EN1
 {1 x 100 on 1:50 Back-alt 25 of 7stk BTD EN1
 500 10 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:36 PM 2,300 Yards - Stress Value = 18

Workout #10586 - Monday, 16 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #10594 - Tuesday, 17 January 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
=====	=====	=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights			400	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3		150	10 x 15 on :45 Shooters	SP3	
5:30 AM Start	Your primary stroke or free			1,600	1x{1 x 200 on 3:15 3 strokes fly off walls	EN2	
400	1 x 400 on 7:00 Underwater trn drill	REC			{4 x 25 on :35 Fly-Great effort	EN2	
150	10 x 15 on :45 Shooters	SP3			{2 x 175 on 2:45 3 strokes fly off walls	EN2	
1,950	1 x 350 on 4:20 Freestyle	EN2			{4 x 25 on :40 Fly-Great Effort	EN3	
	{3 x 50 on :40 Free-Great Effort	EN3			{3 x 150 on 2:15 3 strokes fly off walls	EN2	
	{1 x 350 on 4:15 Freestyle	EN2		250	{4 x 25 on :45 Fly-Great effort	EN3	
	{3 x 50 on :45 Free-Great Effort	EN2			{3 x 100 on 1:25 3 strokes fly off walls	EN2	
	{1 x 350 on 4:10 Freestyle	EN2			1 x 250 on 4:00 Stroke Drills	REC	
	{3 x 50 on :50 Free-Great Effort	EN3			1 on 10:00 Ice		
	{1 x 350 on 4:00 Freestyle	EN2			7:05 AM 2,400 Yards - Stress Value = 46		
	{2 x 50 on :55 Free-Great Effort	EN3					
300	1 x 300 on 6:00 Stroke Drills	REC					
	1 on 10:00 Ice						
7:05 AM 2,800 Yards - Stress Value = 61							

Workout #10601 - Tuesday, 17 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
5:30 AM Start	Your primary stroke or free		
1,600	1x{1 x 125 on 2:05 Free hold under 1:50	EN2	
	{2 x 75 on 1:10 Freestyle	EN2	
	{2 x 125 on 2:10 Free hold under 1:50	EN2	
	{2 x 75 on 1:15 Freestyle	EN2	
	{3 x 125 on 2:15 Free hold under 1:50	EN2	
	{2 x 75 on 1:20 Freestyle	EN2	
	{4 x 100 on 1:45 Free hold under 1:25	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,400 Yards - Stress Value = 38			

Workout #10597 - Tuesday, 17 January 2012

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
5:30 AM Start	Your primary stroke or free		
1,800	1x{1 x 200 on 2:55 3 strokes fly off walls	EN2	
	{4 x 25 on :25 Fly-Great effort	EN2	
	{2 x 175 on 2:30 3 strokes fly off walls	EN2	
	{4 x 25 on :30 Fly-Great Effort	EN3	
	{3 x 150 on 2:05 3 strokes fly off walls	EN2	
	{4 x 25 on :35 Fly-Great effort	EN3	
	{4 x 125 on 1:45 3 strokes fly off walls	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,600 Yards - Stress Value = 50			

Workout #10596 - Tuesday, 17 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
5:30 AM Start	Your primary stroke or free		
1,600	1x{1 x 350 on 5:45 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN3	
	{1 x 350 on 5:40 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 350 on 5:15 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
	{1 x 100 on 1:30 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,400 Yards - Stress Value = 56			

Workout #10595 - Tuesday, 17 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
5:30 AM Start	Your primary stroke or free		
1,750	1x{1 x 350 on 5:05 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN3	
	{1 x 350 on 5:00 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN2	
	{1 x 350 on 4:55 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 150 on 2:05 Freestyle	EN2	
	{2 x 50 on 1:00 Free-Great Effort	EN3	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,600 Yards - Stress Value = 57			

Workout #10598 - Tuesday, 17 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Workout #10599 - Tuesday, 17 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights			
350	1 x 350 on 7:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters	SP3		
	Your primary stroke or free			
1,350	1x{1 x 200 on 3:40 3 strokes fly off walls	EN2		
	{4 x 25 on :45 Fly-Great effort	EN2		
	{2 x 175 on 3:10 3 strokes fly off walls	EN2		
	{4 x 25 on :45 Fly-Great Effort	EN3		
	{3 x 150 on 2:40 3 strokes fly off walls	EN2		
	{4 x 25 on :45 Fly-Great effort	EN3		
	{1 x 50 on :50 3 strokes fly off walls	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	7:05 AM 2,100 Yards - Stress Value = 41			

Workout #10602 - Tuesday, 17 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF	WORK	STK
5:30 AM	Start				
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights				
350	1 x 350 on 7:00 Underwater trn drill	REC			
150	10 x 15 on :45 Shooters	SP3			
	Your primary stroke or free				
1,300	1x{1 x 100 on 1:55 Free hold under 1:40	EN2			
	{2 x 50 on 1:00 Freestyle	EN2			
	{2 x 100 on 2:00 Free hold under 1:40	EN2			
	{2 x 50 on 1:05 Freestyle	EN2			
	{3 x 100 on 2:05 Free hold under 1:40	EN2			
	{2 x 50 on 1:10 Freestyle	EN2			
	{4 x 100 on 2:10 Free hold under 1:40	EN2			
250	1 x 250 on 4:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	7:05 AM 2,050 Yards - Stress Value = 32				

Workout #10600 - Tuesday, 17 January 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF	WORK	STK
5:30 AM	Start				
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights				
400	1 x 400 on 7:00 Underwater trn drill	REC			
150	10 x 15 on :45 Shooters	SP3			
	Your primary stroke or free				
1,700	1x{1 x 125 on 1:55 Free hold under 1:40	EN2			
	{2 x 75 on 1:00 Freestyle	EN2			
	{2 x 125 on 2:00 Free hold under 1:40	EN2			
	{2 x 75 on 1:05 Freestyle	EN2			
	{3 x 125 on 2:05 Free hold under 1:40	EN2			
	{2 x 75 on 1:10 Freestyle	EN2			
	{4 x 125 on 2:10 Free hold under 1:40	EN2			
250	1 x 250 on 4:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	7:05 AM 2,500 Yards - Stress Value = 40				

Workout #10616 - Wednesday, 18 January 2012

Group 2 - Breast

1 minute rest between sets

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

	1 on 30:00 DS/Core/Tm Mtg			L DRY
500	1 x 500 on 10:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S BR
1,500	1x{1 x 200 on 4:00 kICK	EN2		K BR
	{2 x 175 on 3:25 Kick	EN2		K BR
	{3 x 150 on 2:50 Kick	EN2		K BR
	{4 x 125 on 2:15 Kick	EN2		K BK
	10 x 50 on 1:15 Breast Pull	EN1		P BR
500	6 x 25 on 1:00 Breast Drill	REC		D BR
150	8 x 50 on 2:00 Breast-100%	EN2		S BR
400	1 x 200 on 3:00 Stroke Drills	REC		D CD
200				
	7:31 PM 3,400 Yards - Stress Value = 49			

Workout #10617 - Wednesday, 18 January 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg			L DRY
500	1 x 500 on 10:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S BR
1,400	1x{1 x 200 on 4:20 Kick	EN2		K BR
	{2 x 175 on 3:40 Kick	EN2		K BR
	{3 x 150 on 3:05 Kick	EN2		K BR
	{4 x 100 on 2:00 Kick	EN2		K BK
	10 x 50 on 1:15 Breast Pull	EN1		P BR
500	6 x 25 on 1:00 Breast Drill	REC		D BR
150	8 x 50 on 2:00 Breast-100%	EN2		S BR
400	1 x 200 on 3:00 Stroke Drills	REC		D CD
200				
	7:31 PM 3,300 Yards - Stress Value = 47			

Workout #10618 - Wednesday, 18 January 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg			L DRY
450	1 x 450 on 10:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S BR
1,200	1x{1 x 200 on 4:45 Kick	EN2		K BR
	{2 x 175 on 4:00 Kick	EN2		K BR
	{3 x 150 on 3:20 Kick	EN2		K BR
	{4 x 50 on 1:05 Kick	EN2		K BK
	8 x 50 on 1:40 Breast Pull	EN1		P BR
400	6 x 25 on 1:00 Breast Drill	REC		D BR
150	8 x 50 on 2:00 Breast-100%	EN2		S BR
400	1 x 200 on 3:00 Stroke Drills	REC		D CD
200				
	7:31 PM 2,950 Yards - Stress Value = 42			

Workout #10619 - Wednesday, 18 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg			L DRY
400	1 x 400 on 10:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S BR
1,000	1x{1 x 200 on 5:40 Kick	EN2		K BR
	{2 x 175 on 4:45 Kick	EN2		K BR
	{3 x 150 on 4:00 Kick	EN2		K BR
	7 x 50 on 2:00 Breast Pull	EN1		P BR
350	6 x 25 on 1:00 Breast Drill	REC		D BR
150	8 x 50 on 2:00 Breast-100%	EN2		S BR
400	1 x 200 on 3:00 Stroke Drills	REC		D CD
200				
	7:31 PM 2,650 Yards - Stress Value = 38			

Workout #10613 - Wednesday, 18 January 2012

HighSchl - Breast

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WC
2,400	1x{4 x 50 on 1:00 Breast under/overs	EN2	
	{4 x 100 on 1:25 25 breast 75 free	EN1	
	{4 x 50 on 1:00 Breast under/overs	EN3	
	{4 x 100 on 1:25 50 free 50 breast	EN2	
	{4 x 50 on 1:00 100 Breast under/overs	EN3	
	{4 x 100 on 1:25 75 Breast 25 free	EN2	
	{4 x 50 on 1:00 Breast under/overs	EN3	
	{4 x 100 on 1:25 Breaststroke	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:34 AM 2,750 Yards - Stress Value = 68

Workout #10607 - Wednesday, 18 January 2012

HighSchl - Distance

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WORK	STK
3,150	3x{1 x 500 on 5:30 Freestyle	EN3	S	FR
	{1 on 1:00 Rest		M	
	{1 x 50 on 1:00 Freestyle	SP2	S	FR
	{1 x 150 on 3:00 Freestyle	REC	S	FR
	{1 x 100 on 1:00 Freestyle	SP2	S	FR
	{1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:33 AM 3,150 Yards - Stress Value = 135

Workout #10610 - Wednesday, 18 January 2012

HighSchl - Fly

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WORK	STK
2,000	10x{8 x 25 on :25 Butterfly	EN2	S	FLY
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 AM 2,200 Yards - Stress Value = 40

Workout #10608 - Wednesday, 18 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WORK	STK
2,850	3x{1 x 500 on 6:15 Freestyle	EN3	S	FR
	{1 on 1:00 Rest		M	
	{1 x 50 on 1:00 Freestyle	SP2	S	FR
	{1 x 100 on 2:15 Freestyle	REC	S	FR
	{1 x 100 on 1:10 Freestyle	SP2	S	FR
	{1 x 200 on 3:50 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:33 AM 2,850 Yards - Stress Value = 135

Workout #10611 - Wednesday, 18 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WORK	STK
1,800	9x{8 x 25 on :30 Butterfly	EN2	S	FLY

{1 on 1:00 Rest M
 Only do 4 on the 9th set
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 9:36 AM 2,000 Yards - Stress Value = 36

Workout #10614 - Wednesday, 18 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WC
2,100	1x{3 x 50 on 1:10 Breast under/overs	EN2	
	{4 x 100 on 1:40 25 breast 75 free	EN1	
	{3 x 50 on 1:10 Breast under/overs	EN3	
	{4 x 100 on 1:40 50 free 50 breast	EN2	
	{3 x 50 on 1:10 100 Breast under/overs	EN3	
	{4 x 100 on 1:40 75 Breast 25 free	EN2	
	{3 x 50 on 1:10 Breast under/overs	EN3	
	{3 x 100 on 1:40 Breaststroke	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:34 AM 2,450 Yards - Stress Value = 56

Workout #10603 - Wednesday, 18 January 2012

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,650	1x{2 x 125 on 2:15 Kick		
	{1 x 100 on 1:35 Kick		
	{2 x 125 on 2:15 Kick		
	{1 x 100 on 1:30 Kick		
	{2 x 125 on 2:15 Kick		
	{1 x 100 on 1:25 Kick		
	{2 x 125 on 2:15 Kick		
	{1 x 100 on 1:20 Kick		
	{2 x 125 on 2:15 Kick		
1,500	1x{1 x 500 on 6:40 Lungbuster pulls		
	{1 x 400 on 5:20 Lungbuster pulls		
	{1 x 300 on 4:00 Lungbuster pulls		
	{1 x 200 on 2:40 Lungbuster pulls		
	{1 x 100 on 1:20 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		

8:37 AM 4,100 Yards - Stress Value = 56

Workout #10604 - Wednesday, 18 January 2012

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 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{2 x 125 on 2:35 Kick
 {1 x 100 on 1:55 Kick
 {2 x 125 on 2:35 Kick
 {1 x 100 on 1:50 Kick
 {2 x 125 on 2:35 Kick
 {1 x 100 on 1:45 Kick
 {2 x 125 on 2:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on 1:05 Kick
 1,300 1x{1 x 500 on 7:30 Lungbuster pulls
 {1 x 400 on 6:00 Lungbuster pulls
 {1 x 300 on 4:30 Lungbuster pulls
 {1 x 100 on 1:30 Lungbuster pulls
 breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:37 AM 3,700 Yards - Stress Value = 50

Workout #10605 - Wednesday, 18 January 2012

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,300 1x{2 x 125 on 2:50 Kick
 {1 x 100 on 2:00 Kick
 {2 x 125 on 2:50 Kick
 {1 x 100 on 1:55 Kick
 {2 x 125 on 2:50 Kick
 {1 x 100 on 1:50 Kick
 {2 x 125 on 2:50 Kick
 1,200 1x{1 x 500 on 8:20 Lungbuster pulls
 {1 x 400 on 6:40 Lungbuster pulls
 {1 x 300 on 5:00 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
 8:37 AM 3,400 Yards - Stress Value = 46

Workout #10606 - Wednesday, 18 January 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,250 1x{2 x 125 on 2:55 Kick
 {1 x 100 on 2:15 Kick
 {2 x 125 on 2:55 Kick
 {1 x 100 on 2:10 Kick
 {2 x 125 on 2:55 Kick
 {1 x 100 on 2:05 Kick
 {2 x 75 on 1:45 Kick
 {1 x 50 on :55 Kick
 1,050 1x{1 x 400 on 7:20 Lungbuster pulls
 {1 x 300 on 5:30 Lungbuster pulls

{1 x 200 on 3:40 Lungbuster pulls
 {1 x 100 on 1:50 Lungbuster pulls
 {1 x 50 on :55 Lungbuster pulls
 breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:37 AM 3,150 Yards - Stress Value = 43

Workout #10609 - Wednesday, 18 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WORK STK
 =====
 2,550 3x{1 x 400 on 6:15 Freestyle EN3 S FR
 {1 on 1:00 Rest M
 {1 x 50 on 1:00 Freestyle SP2 S FR
 {1 x 100 on 2:15 Freestyle REC S FR
 {1 x 100 on 1:10 Freestyle SP2 S FR
 {1 x 200 on 3:50 Stroke Drills REC D CD
 1 on 10:00 Ice M
 9:33 AM 2,550 Yards - Stress Value = 117

Workout #10612 - Wednesday, 18 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WORK STK
 =====
 1,400 7x{8 x 25 on :40 Butterfly EN2 S FLY
 {1 on 1:00 Rest M
 Only do 4 on the 7th set
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 9:36 AM 1,600 Yards - Stress Value = 28

Workout #10615 - Wednesday, 18 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WC
 =====
 1,800 1x{3 x 50 on 1:20 Breast under/overs EN2
 {3 x 100 on 1:50 25 breast 75 free EN1
 {3 x 50 on 1:20 Breast under/overs EN3
 {3 x 100 on 1:50 50 free 50 breast EN2
 {3 x 50 on 1:20 100 Breast under/overs EN3
 {3 x 100 on 1:50 75 Breast 25 free EN2
 {3 x 50 on 1:20 Breast under/overs EN3
 {3 x 100 on 1:50 Breaststroke EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:33 AM 2,150 Yards - Stress Value = 51

Workout #10661 - Thursday, 19 January 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	F	
	Odd 100's free even 100's back		
	1 on 15:00 Techniques-Open Turns		
150	10 x 15 on :45 Shooters	S	
150	6 x 25 on 1:00 Stroke Drills	F	
	1x{1 on 10:00 Drills-body position	F	
	{1 on 10:00 Drills-Stroke	F	
	{1 on 10:00 Drills-Timing	F	
100	4 x 25 on :45 Perfect form fly	F	
200	1 x 200 on 4:00 Butterfly	F	
	1 on 10:00 Techniques-Starts	F	
7:31 PM	1,100 Yards - Stress Value = 10		

Workout #10632 - Thursday, 19 January 2012

HS Girls - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,300	1x{ L.25 of each 125 12.5 yds underwater		
	{2 x 125 on 1:50 Backstroke	EN2	
	{3 x 50 on :40 Back-descend	EN2	
	{2 x 125 on 1:45 Backstroke	EN2	
	{3 x 50 on :40 Back-descend	EN2	
	{4 x 125 on 1:40 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:55 AM	2,100 Yards - Stress Value = 32		

Workout #10629 - Thursday, 19 January 2012

HS Girls - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,400	1x{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:30 Free w/6bk	EN2	
	{1 x 200 on 2:25 Freestyle	EN2	
	{1 x 100 on 1:30 Free w/6bk	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
	{1 x 100 on 1:30 Free w/6bk	EN2	
	{2 x 200 on 2:15 Freestyle	EN2	
	{1 x 100 on 1:30 Free w/6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:54 AM	2,150 Yards - Stress Value = 34		

Workout #10654 - Thursday, 19 January 2012

HS Girls - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:40 PM	Start		

2,150	1x{2 x 150 on 2:05 Freestyle	EN2	
	{2 x 100 on 1:40 Free Hold time I give	EN2	
	{3 x 200 on 2:45 Freestyle	EN2	
	{2 x 125 on 2:05 Free Hold time I give	EN2	
	{2 x 250 on 3:25 Freestyle	EN2	
	{2 x 150 on 2:30 Free Hold time I give	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:26 PM	2,350 Yards - Stress Value = 43		

Workout #10630 - Thursday, 19 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,100	1x{1 x 200 on 2:55 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{1 x 200 on 2:50 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:54 AM	1,900 Yards - Stress Value = 28		

Workout #10633 - Thursday, 19 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,050	1x{ L.25 of each 125 12.5 yds underwater		
	{2 x 125 on 2:05 Backstroke	EN2	
	{3 x 50 on :45 Back-descend	EN2	
	{2 x 125 on 2:00 Backstroke	EN2	
	{3 x 50 on :45 Back-descend	EN2	
	{2 x 125 on 1:55 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:54 AM	1,850 Yards - Stress Value = 27		

Workout #10636 - Thursday, 19 January 2012

HS Girls - Gold/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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
800	1x{8 x 25 on :35 Free 6BK, br on 2+1	EN2	
	{1 x 200 on 3:30 Free-SFT	EN2	
	{8 x 25 on :35 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:25 Free SFT +1 stroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:54 AM 1,600 Yards - Stress Value = 22		

Workout #10657 - Thursday, 19 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY
=====	=====	===
1,700	1x{2 x 250 on 4:10 50fl 50fr 50fl 50fr 50fl	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{2 x 250 on 4:10 50ba 50fr 50ba 50fr 50ba	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{2 x 250 on 4:30 50br 50fr 50br 50fr 50br	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 ice	
	5:23 PM 1,900 Yards - Stress Value = 34	

Workout #10656 - Thursday, 19 January 2012

HS Girls - IM'ers

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY
=====	=====	===
1,900	1x{2 x 250 on 3:45 50fl 50fr 50fl 50fr 50fl	EN2
	{2 x 100 on 1:30 Individual Medley	EN2
	{2 x 250 on 3:45 50ba 50fr 50ba 50fr 50ba	EN2
	{2 x 100 on 1:30 Individual Medley	EN2
	{2 x 250 on 4:00 50br 50fr 50br 50fr 50br	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 ice	
	5:23 PM 2,100 Yards - Stress Value = 38	

Workout #10651 - Thursday, 19 January 2012

HS Girls - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Physio Ball Shoudlers
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 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
450	1x{3 x 50 on :55 Pulls

	{3 x 50 on :50 Pulls
	{3 x 50 on :45 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:27 PM 2,200 Yards - Stress Value = 30

Workout #10652 - Thursday, 19 January 2012

HS Girls - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Physio Ball Shoulders
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
850	1x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:10 Kick
450	1x{1 x 50 on 1:00 Pulls
	{4 x 50 on :55 Pulls
	{4 x 50 on :50 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:27 PM 2,050 Yards - Stress Value = 27

Workout #10653 - Thursday, 19 January 2012

HS Girls - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Physio Ball 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{1 x 100 on 2:30 Kick
	{1 x 100 on 2:25 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:25 Kick
400	1x{1 x 50 on 1:05 Pulls
	{3 x 50 on 1:00 Pulls
	{4 x 50 on :55 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:27 PM 1,850 Yards - Stress Value = 26

Workout #10631 - Thursday, 19 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	EGY WOF
=====	=====	====
	1 on 35:00 DS/Weights	
350	1 x 350 on 7:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
900	1x{1 x 200 on 3:15 Freestyle	EN2
	{1 x 100 on 1:50 Free w/6bk	EN2
	{1 x 200 on 3:10 Freestyle	EN2
	{1 x 100 on 1:50 Free w/6bk	EN2
	{1 x 200 on 3:05 Freestyle	EN2
	{1 x 100 on 1:50 Free w/6bk	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	6:55 AM 1,750 Yards - Stress Value = 24	

Workout #10634 - Thursday, 19 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	EGY WOF
=====	=====	====
	1 on 35:00 DS/Weights	
350	1 x 350 on 7:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
950	1x{ L.25 of each 125 12.5 yds underwater	
	{2 x 125 on 2:20 Backstroke	EN2
	{2 x 50 on :55 Back-descend	EN2
	{2 x 125 on 2:15 Backstroke	EN2
	{2 x 50 on :55 Back-descend	EN2
	{2 x 125 on 1:55 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	6:54 AM 1,700 Yards - Stress Value = 25	

Workout #10637 - Thursday, 19 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	EGY WOF
=====	=====	====
	1 on 35:00 DS/Weights	
350	1 x 350 on 7:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
750	1x{6 x 25 on :40 Free 6BK, br on 2+1	EN2
	{1 x 200 on 3:45 Free-SFT	EN2
	{6 x 25 on :40 Free 6BK br on 2+1	EN2
	{1 x 200 on 3:40 Free SFT +1 stroke	EN2
	{2 x 25 on :40 Free 6BK br on 2+1	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	6:54 AM 1,500 Yards - Stress Value = 21	

Workout #10681 - Thursday, 19 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

8:38 AM Start		
Yards	Set Description	EGY WORK STK I
=====	=====	====
2,300	1x{1 x 500 on 7:55 Freestyle	EN1 S FR 1

	{2 x 400 on 6:15 Freestyle	EN1	S	FR	1
	{2 x 300 on 4:40 Freestyle	EN1	S	FR	1
	{2 x 200 on 3:05 Freestyle	EN1	S	FR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	9:34 AM 2,750 Yards - Stress Value = 23				

Workout #10655 - Thursday, 19 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

4:40 PM Start		
Yards	Set Description	EGY WC
=====	=====	====
1,800	1x{2 x 150 on 2:25 Freestyle	EN2
	{2 x 100 on 1:50 Free Hold time I give	EN2
	{2 x 200 on 3:10 Freestyle	EN2
	{2 x 125 on 2:15 Free Hold time I give	EN2
	{2 x 250 on 4:00 Freestyle	EN2
	{1 x 150 on 2:45 Free Hold time I give	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 ice	
	5:25 PM 2,000 Yards - Stress Value = 36	

Workout #10658 - Thursday, 19 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

4:40 PM Start		
Yards	Set Description	EGY
=====	=====	====
1,500	1x{2 x 200 on 3:45 50fl 50fr 50fl 50fr 50fl	EN2
	{1 x 100 on 1:50 Individual Medley	EN2
	{2 x 200 on 3:45 50ba 50fr 50ba 50fr 50ba	EN2
	{1 x 100 on 1:50 Individual Medley	EN2
	{2 x 200 on 4:00 50br 50fr 50br 50fr 50br	EN2
	{1 x 100 on 1:50 Individual Medley	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 ice	
	5:23 PM 1,700 Yards - Stress Value = 30	

Workout #10660 - Thursday, 19 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

4:40 PM Start		
Yards	Set Description	EGY WC
=====	=====	====
1,550	1x{4 x 125 on 2:15 Free hold time I give	EN2
	{4 x 25 on :40 SD w/ fast finishes	EN2
	{4 x 100 on 1:50 Free-hold time I give	EN2
	{4 x 25 on :40 SD w/fast finishes	EN2
	{4 x 75 on 1:20 Free-hold time I give	EN2
	{3 x 50 on 1:00 Free-hold time I give	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 ice	
	5:24 PM 1,750 Yards - Stress Value = 31	

Workout #10635 - Thursday, 19 January 2012

HS Girls - Sprint

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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
900	1x{8 x 25 on :30 Free 6BK, br on 2+1	EN2	
	{1 x 200 on 3:15 Free-SFT	EN2	
	{6 x 25 on :30 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:10 Free SFT +1 stroke	EN2	
	{6 x 25 on :30 Free 6BK br on 2+1	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:54 AM 1,700 Yards - Stress Value = 24		

Workout #10659 - Thursday, 19 January 2012

HS Girls - Sprint

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
1,600	1x{4 x 125 on 2:05 Free hold time I give	EN2	
	{6 x 25 on :35 SD w/ fast finishes	EN2	
	{4 x 100 on 1:40 Free-hold time I give	EN2	
	{6 x 25 on :40 SD w/fast finishes	EN2	
	{4 x 75 on 1:15 Free-hold time I give	EN2	
	{4 x 25 on :45 SD w/fast finishes	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	5:25 PM 1,800 Yards - Stress Value = 32		

Workout #10623 - Thursday, 19 January 2012

HS Boys - Back

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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{ L.25 of each 125 12.5 yds underwater		
	{4 x 125 on 1:50 Backstroke	EN2	
	{3 x 50 on :40 Back-descend	EN2	
	{4 x 125 on 1:45 Backstroke	EN2	
	{3 x 50 on :40 Back-descend	EN2	
	{4 x 125 on 1:40 Backstroke	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,700 Yards - Stress Value = 42		

Workout #10620 - Thursday, 19 January 2012

HS Boys - Distance

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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{2 x 200 on 2:30 Freestyle	EN2	

{1 x 100 on 1:30 Free w/6bk	EN2
{2 x 200 on 2:25 Freestyle	EN2
{1 x 100 on 1:30 Free w/6bk	EN2
{2 x 200 on 2:20 Freestyle	EN2
{1 x 100 on 1:30 Free w/6bk	EN2
{2 x 200 on 2:15 Freestyle	EN2
{1 x 100 on 1:30 Free w/6bk	EN2
7 x 50 on 1:00 Stroke Drills	REC
1 on 10:00 Ice	
7:05 AM 2,900 Yards - Stress Value = 46	

Workout #10642 - Thursday, 19 January 2012

HS Boys - Distance

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
3,050	1x{3 x 150 on 1:50 Freestyle	EN2	
	{4 x 100 on 1:30 Free Hold time I give	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{2 x 125 on 1:50 Free Hold time I give	EN2	
	{3 x 250 on 3:00 Freestyle	EN2	
	{4 x 150 on 2:15 Free Hold time I give	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	5:35 PM 3,250 Yards - Stress Value = 61		

Workout #10621 - Thursday, 19 January 2012

HS Boys - Gold/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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{2 x 200 on 2:55 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{2 x 200 on 2:50 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{2 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,600 Yards - Stress Value = 40		

Workout #10624 - Thursday, 19 January 2012

HS Boys - Gold/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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,550	1x{ L.25 of each 125 12.5 yds underwater		
	{4 x 125 on 2:05 Backstroke	EN2	
	{3 x 50 on :45 Back-descend	EN2	
	{4 x 125 on 2:00 Backstroke	EN2	
	{3 x 50 on :45 Back-descend	EN2	
	{2 x 125 on 1:55 Backstroke	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,450 Yards - Stress Value = 37		

Workout #10627 - Thursday, 19 January 2012

HS Boys - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,200	1x{8 x 25 on :35 Free 6BK, br on 2+1	EN2	
	{1 x 200 on 3:30 Free-SFT	EN2	
	{8 x 25 on :35 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:25 Free SFT +1 stroke	EN2	
	{8 x 25 on :35 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:20 Free SFT +2 strokes	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,100 Yards - Stress Value = 30		

Workout #10643 - Thursday, 19 January 2012

HS Boys - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:40 PM	Start		
=====	=====	=====	=====
2,750	1x{3 x 150 on 2:05 Freestyle	EN2	
	{4 x 100 on 1:40 Free Hold time I give	EN2	
	{3 x 200 on 2:45 Freestyle	EN2	
	{2 x 125 on 2:05 Free Hold time I give	EN2	
	{3 x 250 on 3:25 Freestyle	EN2	
	{2 x 150 on 2:30 Free Hold time I give	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	2,950 Yards - Stress Value = 55		

Workout #10646 - Thursday, 19 January 2012

HS Boys - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:40 PM	Start		
=====	=====	=====	=====
2,400	1x{2 x 250 on 4:10 50fl 50fr 50fl 50fr 50fl	EN2	
	{4 x 100 on 1:40 Individual Medley	EN2	
	{2 x 250 on 4:10 50ba 50fr 50ba 50fr 50ba	EN2	
	{3 x 100 on 1:40 Individual Medley	EN2	
	{2 x 250 on 4:30 50br 50fr 50br 50fr 50br	EN2	
	{2 x 100 on 1:40 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	2,600 Yards - Stress Value = 48		

Workout #10649 - Thursday, 19 January 2012

HS Boys - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:40 PM	Start		
=====	=====	=====	=====
2,200	1x{6 x 125 on 2:05 Free hold time I give	EN2	
	{6 x 25 on :35 SD w/ fast finishes	EN2	
	{6 x 100 on 1:40 Free-hold time I give	EN2	
	{6 x 25 on :40 SD w/fast finishes	EN2	
	{6 x 75 on 1:15 Free-hold time I give	EN2	
	{4 x 25 on :45 SD w/fast finishes	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	2,400 Yards - Stress Value = 44		

Workout #10645 - Thursday, 19 January 2012

HS Boys - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
4:40 PM	Start	
=====	=====	=====
2,700	1x{2 x 250 on 3:45 50fl 50fr 50fl 50fr 50fl	EN2
	{4 x 100 on 1:30 Individual Medley	EN2
	{2 x 250 on 3:45 50ba 50fr 50ba 50fr 50ba	EN2
	{4 x 100 on 1:30 Individual Medley	EN2
	{2 x 250 on 4:00 50br 50fr 50br 50fr 50br	EN2
	{4 x 100 on 1:30 Individual Medley	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 ice	
5:35 PM	2,900 Yards - Stress Value = 54	

Workout #10638 - Thursday, 19 January 2012

HS Boys - Platinum

1 minute rest between sets

Yards	Set Description	EGY
3:00 PM	Start	
=====	=====	=====
600	1 on 35:00 DS Physio Ball Shoulders	
	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{1 x 100 on 2:00 Kick	
	{1 x 100 on 1:55 Kick	
	{1 x 100 on 1:50 Kick	
	{1 x 100 on 1:45 Kick	
	{1 x 100 on 1:40 Kick	
	{1 x 100 on 1:35 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:25 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:35 Kick	
	{1 x 100 on 1:40 Kick	
	{1 x 100 on 1:45 Kick	
	{1 x 100 on 1:50 Kick	
	{1 x 100 on 1:55 Kick	
	{1 x 100 on 2:00 Kick	
800	1x{4 x 50 on :55 Pulls	
	{4 x 50 on :50 Pulls	
	{4 x 50 on :45 Pulls	
	{4 x 50 on :40 Pulls	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:39 PM	3,150 Yards - Stress Value = 46	

Workout #10639 - Thursday, 19 January 2012

HS Boys - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS Physio Ball 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
 1,300 1x{1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 750 1x{3 x 50 on 1:00 Pulls
 {4 x 50 on :55 Pulls
 {4 x 50 on :50 Pulls
 {4 x 50 on :45 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 2,900 Yards - Stress Value = 41

Workout #10640 - Thursday, 19 January 2012

HS Boys - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Physio Ball 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
 1,200 1x{1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:25 Kick
 650 1x{1 x 50 on 1:05 Pulls
 {4 x 50 on 1:00 Pulls
 {4 x 50 on :55 Pulls
 {4 x 50 on :50 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 2,650 Yards - Stress Value = 37

Workout #10641 - Thursday, 19 January 2012

HS Boys - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Physio Ball Shoulders
 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
 1,100 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick
 600 1x{2 x 50 on 1:10 Pulls
 {3 x 50 on 1:05 Pulls
 {3 x 50 on 1:00 Pulls
 {4 x 50 on :55 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 2,450 Yards - Stress Value = 36

Workout #10622 - Thursday, 19 January 2012

HS Boys - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS/Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,500 1x{2 x 200 on 3:15 Freestyle EN2
 {1 x 100 on 1:50 Free w/6bk EN2
 {2 x 200 on 3:10 Freestyle EN2
 {1 x 100 on 1:50 Free w/6bk EN2
 {2 x 200 on 3:05 Freestyle EN2
 {1 x 100 on 1:50 Free w/6bk EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,350 Yards - Stress Value = 36

Workout #10625 - Thursday, 19 January 2012

HS Boys - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS/Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,400 1x{ L.25 of each 125 12.5 yds underwater
 {4 x 125 on 2:20 Backstroke EN2
 {3 x 50 on :55 Back-descend EN2
 {2 x 125 on 2:15 Backstroke EN2
 {3 x 50 on :55 Back-descend EN2
 {2 x 125 on 1:55 Backstroke EN2
 {2 x 50 on :55 Back-descend EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,250 Yards - Stress Value = 34

Workout #10628 - Thursday, 19 January 2012

HS Boys - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,100	1x{6 x 25 on :40 Free 6BK, br on 2+1	EN2	
	{1 x 200 on 3:45 Free-SFT	EN2	
	{6 x 25 on :40 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:40 Free SFT +1 stroke	EN2	
	{6 x 25 on :40 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:35 Free SFT +2 strokes	EN2	
	{2 x 25 on :40 Free 6BK br on 2+1	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,950 Yards - Stress Value = 28		

Workout #10644 - Thursday, 19 January 2012

HS Boys - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:40 PM	Start		
=====	=====	=====	=====
2,400	1x{3 x 150 on 2:25 Freestyle	EN2	
	{3 x 100 on 1:50 Free Hold time I give	EN2	
	{3 x 200 on 3:10 Freestyle	EN2	
	{2 x 125 on 2:15 Free Hold time I give	EN2	
	{2 x 250 on 4:00 Freestyle	EN2	
	{2 x 150 on 2:45 Free Hold time I give	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	2,600 Yards - Stress Value = 48		

Workout #10647 - Thursday, 19 January 2012

HS Boys - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:40 PM	Start		
=====	=====	=====	=====
2,100	1x{2 x 200 on 3:45 50fl 50fr 50fl 50fr 50fl	EN2	
	{3 x 100 on 1:50 Individual Medley	EN2	
	{2 x 200 on 3:45 50ba 50fr 50ba 50fr 50ba	EN2	
	{3 x 100 on 1:50 Individual Medley	EN2	
	{2 x 200 on 4:00 50br 50fr 50br 50fr 50br	EN2	
	{3 x 100 on 1:50 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:34 PM	2,300 Yards - Stress Value = 42		

Workout #10650 - Thursday, 19 January 2012

HS Boys - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:40 PM	Start		
=====	=====	=====	=====
2,150	1x{6 x 125 on 2:15 Free hold time I give	EN2	
	{4 x 25 on :40 SD w/ fast finishes	EN2	
	{6 x 100 on 1:50 Free-hold time I give	EN2	
	{4 x 25 on :40 SD w/fast finishes	EN2	
	{6 x 75 on 1:20 Free-hold time I give	EN2	
	{3 x 50 on 1:00 Free-hold time I give	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	2,350 Yards - Stress Value = 43		

Workout #10626 - Thursday, 19 January 2012

HS Boys - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,350	1x{8 x 25 on :30 Free 6BK, br on 2+1	EN2	
	{1 x 200 on 3:15 Free-SFT	EN2	
	{8 x 25 on :30 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:10 Free SFT +1 stroke	EN2	
	{8 x 25 on :30 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:05 Free SFT +2 strokes	EN2	
	{6 x 25 on :30 Free 6BK br on 2+1	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,250 Yards - Stress Value = 33		

Workout #10648 - Thursday, 19 January 2012

HS Boys - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WC
4:40 PM	Start		
=====	=====	=====	=====
2,350	1x{6 x 125 on 1:55 Free hold time I give	EN2	
	{8 x 25 on :30 SD w/ fast finishes	EN2	
	{6 x 100 on 1:30 Free-hold time I give	EN2	
	{8 x 25 on :35 SD w/fast finishes	EN2	
	{6 x 75 on 1:10 Free-hold time I give	EN2	
	{6 x 25 on :40 SD w/fast finishes	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	2,550 Yards - Stress Value = 47		

Workout #10662 - Friday, 20 January 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Vis		
1,000	1 x 1000 on 15:00 Choice-mix of all strokes		
	kick, pull, and drill		
150	10 x 15 on :45 Shooters		
	1 on 10:00 Indvdl Prsrptns		
400	4x{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 on 10:00 Indvdl Prsrptns		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
300	3 x 100 on 1:30 Free/Stroke Descend to Ludic		
500	10 x 50 on 1:00 Stroke Drills		
	1 on 10:00 Ice		
5:01 PM	2,550 Yards - Stress Value = 18		

Workout #10663 - Saturday, 21 January 2012

HS Girls - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EC
7:00 AM	Start	
600	1 on 40:00 DS and Weights	
150	1 x 600 on 10:00 Reverse IM drill	
900	10 x 15 on :45 Shooters	
900	IM, primary stroke, or free	
900	9 x 100 on 1:50 Challenge Kick Set w/fins	
1x{	1 x 400 on 6:00 Pulls-nbbf&w + 2 yds	
	{1 x 300 on 4:30 Pulls-nbbf&w + 2 yds	
	{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,050	14 x 75 on 1:30 Freestyle	
200	1 x 200 on 3:00 Stroke Drills	
	1 on 10:00 Ice	
	9:12 AM 3,900 Yards - Stress Value = 96	

Workout #10687 - Monday, 23 January 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
600	1 on 30:00 DS/Shoulders/Vis	
150	1 x 600 on 12:00 Swim-kick-pull-swim	
1,300	10 x 15 on :45 Shooters	
1x{	1 x 200 on 4:00 Kick	
	{4 x 25 on :45 Kick on back-streamline	
	{2 x 150 on 3:00 Kick-#2 fast	
	{4 x 25 on :45 Kick on back-streamline	
	{3 x 100 on 2:00 Kick-#3 fast	
	{4 x 25 on :45 Kick on back-streamline	
	{4 x 50 on 1:00 Kick-#4 fast	
1,000	1x{1 x 100 on 2:00 50 breast pul 50 fr w/6bk	
	{2 x 100 on 1:55 50 breast pul 50 fr w/6bk	
	{3 x 100 on 1:50 50 breast pul 50 fr w/6bk	
	{4 x 100 on 1:45 50 breast pul 50 fr w/6bk	
150	6 x 25 on 1:00 Breast Drill	
1,950	1x{3 x 125 on 2:10 Breast L.25 3X pullouts	
	{3 x 50 on 1:00 Breast-descend	
	{3 x 125 on 2:05 Breast L.25 3X pullouts	
	{3 x 50 on 1:00 Breast-descend	
	{3 x 125 on 2:00 Breast L.25 3X pullouts	
	{3 x 50 on 1:00 Breast-descend	
	{3 x 125 on 1:55 Breast L.25 3X pullouts	
250	1 x 250 on 5:00 Stroke Drills	
	7:29 PM 5,400 Yards - Stress Value = 90	

Workout #10688 - Monday, 23 January 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
550	1 on 30:00 DS/Shoulders/Vis	
150	1 x 550 on 12:00 Swim-kick-pull-swim	
1,200	10 x 15 on :45 Shooters	
1x{	1 x 200 on 4:20 Kick	
	{4 x 25 on :45 Kick on back-streamline	
	{2 x 150 on 3:15 Kick-#2 fast	
	{4 x 25 on :45 Kick on back-streamline	
	{3 x 100 on 2:10 Kick-#3 fast	
	{4 x 25 on :45 Kick on back-streamline	
	{2 x 50 on 1:05 Kick-#2 fast	
900	1x{1 x 100 on 2:10 50 breast pul 50 fr w/6bk	
	{2 x 100 on 2:05 50 breast pul 50 fr w/6bk	

	{3 x 100 on 2:00 50 breast pul 50 fr w/6bk	EN
	{3 x 100 on 1:55 50 breast pul 50 fr w/6bk	EN
150	6 x 25 on 1:00 Breast Drill	EN
1,825	1x{3 x 125 on 2:20 Breast L.25 3X pullouts	EN
	{3 x 50 on 1:00 Breast-descend	EN
	{3 x 125 on 2:15 Breast L.25 3X pullouts	EN
	{3 x 50 on 1:00 Breast-descend	EN
	{3 x 125 on 2:10 Breast L.25 3X pullouts	EN
	{3 x 50 on 1:00 Breast-descend	EN
	{2 x 125 on 2:05 Breast L.25 3X pullouts	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	7:29 PM 5,025 Yards - Stress Value = 83	

Workout #10689 - Monday, 23 January 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
500	1 on 30:00 DS/Shoulders/Vis	
150	1 x 500 on 12:00 Swim-kick-pull-swim	
1,050	10 x 15 on :45 Shooters	
1x{	1 x 200 on 5:00 Kick	
	{4 x 25 on :50 Kick on back-streamline	
	{2 x 150 on 3:45 Kick-#2 fast	
	{4 x 25 on :50 Kick on back-streamline	
	{3 x 100 on 2:30 Kick-#3 fast	
	{2 x 25 on :45 Kick on back-streamline	
800	1x{1 x 100 on 2:30 50 breast pul 50 fr w/6bk	
	{2 x 100 on 2:25 50 breast pul 50 fr w/6bk	
	{3 x 100 on 2:20 50 breast pul 50 fr w/6bk	
	{2 x 100 on 2:15 50 breast pul 50 fr w/6bk	
150	6 x 25 on 1:00 Breast Drill	
1,525	1x{3 x 125 on 2:50 Breast L.25 3X pullouts	
	{3 x 50 on 1:10 Breast-descend	
	{3 x 125 on 2:45 Breast L.25 3X pullouts	
	{3 x 50 on 1:10 Breast-descend	
	{3 x 125 on 2:40 Breast L.25 3X pullouts	
	{2 x 50 on 1:10 Breast-descend	
250	1 x 250 on 5:00 Stroke Drills	
	7:30 PM 4,425 Yards - Stress Value = 72	

Workout #10690 - Monday, 23 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
450	1 on 30:00 DS/Shoulders/Vis	
150	1 x 450 on 12:00 Swim-kick-pull-swim	
900	10 x 15 on :45 Shooters	
1x{	1 x 200 on 6:00 Kick	
	{4 x 25 on 1:00 Kick on back-streamline	
	{2 x 150 on 4:30 Kick-#2 fast	
	{4 x 25 on 1:00 Kick on back-streamline	
	{2 x 100 on 3:00 Kick-#2 fast	
650	1x{1 x 100 on 3:00 50 breast pul 50 fr w/6bk	
	{2 x 100 on 2:55 50 breast pul 50 fr w/6bk	
	{3 x 100 on 2:50 50 breast pul 50 fr w/6bk	
	{1 x 50 on 1:20 50 breast pul	
150	6 x 25 on 1:00 Breast Drill	
1,350	1x{3 x 100 on 2:30 Breast L.25 3X pullouts	
	{3 x 50 on 1:15 Breast-descend	
	{3 x 100 on 2:25 Breast L.25 3X pullouts	
	{3 x 50 on 1:15 Breast-descend	
	{3 x 100 on 2:20 Breast L.25 3X pullouts	
	{3 x 50 on 1:15 Breast-descend	
250	1 x 250 on 5:00 Stroke Drills	
	7:28 PM 3,900 Yards - Stress Value = 61	

Workout #10684 - Monday, 23 January 2012

HS Girls - Back

1 minute rest between sets

8:38 AM Start		EGY	WORK	STK
Yards	Set Description			
1,700	1x{1 x 100 on 1:30 Backstroke	EN1	S	BK
	{6 x 25 on :30 Back 6 KOW +1	EN1	D	BK
	{4 x 100 on 1:25 Backstroke	EN1	S	BK
	{6 x 25 on :30 Back 6 KOW +1	EN1	D	BK
	{3 x 100 on 1:20 Backstroke	EN1	S	BK
	{6 x 25 on :30 Back 6 KOW +1	EN1	D	BK
	{2 x 100 on 1:15 Backstroke	EN1	S	BK
	{6 x 25 on :30 Back 6 KOW +1	EN1	S	BK
	{1 x 100 on 1:10 Backstroke	EN2	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:20 AM 1,950 Yards - Stress Value = 20				

Workout #10682 - Monday, 23 January 2012

HS Girls - Breast

1 minute rest between sets

8:38 AM Start		EGY	WORK	STK
Yards	Set Description			
1,500	1x{1 x 150 on 2:30 Breaststroke	EN1	S	BR
	{8 x 25 on :35 Breast Drill	EN1	D	BR
	{2 x 150 on 2:30 Breaststroke	EN1	S	BR
	{3 x 25 on :35 Breast Drill	EN1	D	BR
	{3 x 150 on 2:30 Freestyle	EN1	S	BR
	{8 x 25 on :35 Breast Drill	EN1	D	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:22 AM 1,750 Yards - Stress Value = 15				

Workout #10680 - Monday, 23 January 2012

HS Girls - Distance

1 minute rest between sets

8:38 AM Start		EGY	WORK	STK
Yards	Set Description			
1,800	1x{1 x 500 on 7:05 Freestyle	EN1	S	FR
	{2 x 400 on 5:35 Freestyle	EN1	S	FR
	{1 x 300 on 4:10 Freestyle	EN1	S	FR
	{1 x 200 on 2:40 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:19 AM 2,050 Yards - Stress Value = 18				

Workout #10685 - Monday, 23 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

8:38 AM Start		EGY	WORK	STK
Yards	Set Description			
1,500	1x{1 x 100 on 1:40 Backstroke	EN1	S	BK
	{4 x 25 on :35 Back 6 KOW +1	EN1	D	BK
	{4 x 100 on 1:35 Backstroke	EN1	S	BK
	{4 x 25 on :35 Back 6 KOW +1	EN1	D	BK
	{3 x 100 on 1:30 Backstroke	EN1	S	BK
	{4 x 25 on :35 Back 6 KOW +1	EN1	D	BK
	{2 x 100 on 1:25 Backstroke	EN1	S	BK
	{4 x 25 on :35 Back 6 KOW +1	EN2	S	BK
	{1 x 100 on 1:20 Backstroke	EN2	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:19 AM 1,750 Yards - Stress Value = 17				

Workout #10677 - Monday, 23 January 2012

HS Girls - Gold

1 minute rest between sets

7:00 AM Start		EGY	WORK	STK
Yards	Set Description			
400	1 on 35:00 DS/Shoulders/Vis			
150	1 x 400 on 10:00 Swim-kick-pull-swim			
700	10 x 15 on :45 Shooters			
	1x{4 x 25 on :35 Kick no board BSLR			
	{1 x 200 on 3:45 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{1 x 200 on 3:40 Kick			
	{4 x 25 on :35 Kick no board BSLR			
600	1x{2 x 125 on 1:50 Pulls-no br L.6 yds			
	{1 x 125 on 1:50 Pulls-no br L.8 yds			
	{1 x 125 on 1:50 Pulls-no br L.10 yds			
	{1 x 100 on 1:30 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			
8:24 AM 1,950 Yards - Stress Value = 25				

Workout #10678 - Monday, 23 January 2012

HS Girls - Silver

1 minute rest between sets

7:00 AM Start		EGY	WORK	STK
Yards	Set Description			
400	1 on 35:00 DS/Shoulders/Vis			
150	1 x 400 on 10:00 Swim-kick-pull-swim			
600	10 x 15 on :45 Shooters			
	1x{4 x 25 on :40 Kick no board BSLR			
	{1 x 150 on 3:15 Kick			
	{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			
600	1x{2 x 125 on 2:00 Pulls-no br L.6 yds			
	{2 x 125 on 2:00 Pulls-no br L.8 yds			
	{1 x 100 on 1:35 Pulls-no br L.10 yds			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:25 AM 1,850 Yards - Stress Value = 23				

Workout #10679 - Monday, 23 January 2012

HS Girls - Bronze

1 minute rest between sets

7:00 AM Start		EGY	WORK	STK
Yards	Set Description			
400	1 on 35:00 DS/Shoulders/Vis			
150	1 x 400 on 10:00 Swim-kick-pull-swim			
550	10 x 15 on :45 Shooters			
	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			
	{1 x 100 on 2:15 Kick			
	{4 x 25 on :45 Kick no board BSLR			
475	1x{2 x 125 on 2:10 Pulls-no br L.6 yds			
	{1 x 125 on 2:10 Pulls-no br L.8 yds			
	{1 x 100 on 1:45 Pulls-no br L.10 yds			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:24 AM 1,675 Yards - Stress Value = 21				

Workout #10683 - Monday, 23 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK
1,300	1x{1 x 150 on 2:45 Breaststroke	EN1	S	BR
	{6 x 25 on :40 Breast Drill	EN1	D	BR
	{2 x 150 on 2:45 Breaststroke	EN1	S	BR
	{6 x 25 on :40 Breast Drill	EN1	D	BR
	{3 x 150 on 2:45 Breaststroke	EN1	S	BR
	{4 x 25 on :40 Breast Drill	EN1	D	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:21 AM 1,550 Yards - Stress Value = 14				

Workout #10668 - Monday, 23 January 2012

HS Boys - Distance

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK	F
3,000	1x{1 x 500 on 6:15 Freestyle	EN1	S	FR	1
	{2 x 400 on 4:55 Freestyle	EN1	S	FR	1
	{3 x 300 on 3:40 Freestyle	EN1	S	FR	1
	{4 x 200 on 2:25 Freestyle	EN1	S	FR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM 3,450 Yards - Stress Value = 30					

Workout #10686 - Monday, 23 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK
1,400	1x{1 x 100 on 1:50 Backstroke	EN1	S	BK
	{4 x 25 on :40 Back 6 KOW +1	EN1	D	BK
	{4 x 100 on 1:45 Backstroke	EN1	S	BK
	{6 x 25 on :40 Back 6 KOW +1	EN1	D	BK
	{3 x 100 on 1:40 Backstroke	EN1	S	BK
	{6 x 25 on :40 Back 6 KOW +1	EN1	D	BK
	{2 x 100 on 1:35 Backstroke	EN1	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:21 AM 1,650 Yards - Stress Value = 15				

Workout #10669 - Monday, 23 January 2012

HS Boys - Gold/Silver

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,600	1x{1 x 500 on 7:05 Freestyle	EN1	S	FR	1
	{2 x 400 on 5:35 Freestyle	EN1	S	FR	1
	{3 x 300 on 4:10 Freestyle	EN1	S	FR	1
	{2 x 200 on 2:40 Freestyle	EN1	S	FR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM 3,050 Yards - Stress Value = 26					

Workout #10672 - Monday, 23 January 2012

HS Boys - Gold/Silver

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,100	1x{1 x 150 on 2:30 Breaststroke	EN1	S	BR	1
	{8 x 25 on :35 Breast Drill	EN1	D	BR	2
	{2 x 150 on 2:30 Breaststroke	EN1	S	BR	1
	{8 x 25 on :35 Breast Drill	EN1	D	BR	2
	{3 x 150 on 2:30 Freestyle	EN1	S	BR	1
	{8 x 25 on :35 Breast Drill	EN1	D	BR	2
	{4 x 150 on 2:30 Breaststroke	EN1	S	BR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM 2,450 Yards - Stress Value = 21					

Workout #10674 - Monday, 23 January 2012

HS Boys - Back

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,300	1x{5 x 100 on 1:30 Backstroke	EN1	S	BK	1
	{8 x 25 on :30 Back 6 KOW +1	EN1	D	BK	2
	{4 x 100 on 1:25 Backstroke	EN1	S	BK	1
	{8 x 25 on :30 Back 6 KOW +1	EN1	D	BK	2
	{3 x 100 on 1:20 Backstroke	EN1	S	BK	1
	{8 x 25 on :30 Back 6 KOW +1	EN1	D	BK	2
	{2 x 100 on 1:15 Backstroke	EN1	S	BK	1
	{8 x 25 on :30 Back 6 KOW +1	EN1	S	BK	2
	{1 x 100 on 1:10 Backstroke	EN2	S	BK	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM 2,750 Yards - Stress Value = 24					

Workout #10675 - Monday, 23 January 2012

HS Boys - Gold/Silver

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,100	1x{5 x 100 on 1:40 Backstroke	EN1	S	BK	1
	{6 x 25 on :35 Back 6 KOW +1	EN1	D	BK	2
	{4 x 100 on 1:35 Backstroke	EN1	S	BK	1
	{6 x 25 on :35 Back 6 KOW +1	EN1	D	BK	2
	{3 x 100 on 1:30 Backstroke	EN1	S	BK	1
	{6 x 25 on :35 Back 6 KOW +1	EN1	D	BK	2
	{2 x 100 on 1:25 Backstroke	EN1	S	BK	1
	{6 x 25 on :35 Back 6 KOW +1	EN2	S	BK	2
	{1 x 100 on 1:20 Backstroke	EN2	S	BK	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM 2,500 Yards - Stress Value = 25					

Workout #10671 - Monday, 23 January 2012

HS Boys - Breast

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 150 on 2:15 Breaststroke	EN1	S	BR
	{8 x 25 on :30 Breast Drill	EN1	D	BR
	{2 x 150 on 2:15 Freestyle	EN1	S	BR
	{8 x 25 on :30 Breast Drill	EN1	D	BR
	{3 x 150 on 2:15 Freestyle	EN1	S	BR
	{8 x 25 on :30 Breast Drill	EN1	D	BR
	{4 x 150 on 2:15 Breaststroke	EN1	S	BR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:34 AM 2,600 Yards - Stress Value = 21				

Workout #10664 - Monday, 23 January 2012

HS Boys - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Shoulders/Vis
 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 :30 Kick no board BSLR
 {1 x 200 on 3:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:05 Kick
 1,000 1x{2 x 125 on 1:35 Pulls-no br L.6 yds
 {2 x 125 on 1:35 Pulls-no br L.8 yds
 {2 x 125 on 1:35 Pulls-no br L.10 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
 8:37 AM 3,150 Yards - Stress Value = 40

Workout #10665 - Monday, 23 January 2012

HS Boys - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Shoulders/Vis
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:50 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:45 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:40 Kick
 {4 x 25 on :35 Kick no board BSLR
 850 1x{2 x 125 on 1:50 Pulls-no br L.6 yds
 {2 x 125 on 1:50 Pulls-no br L.8 yds
 {2 x 125 on 1:50 Pulls-no br L.10 yds
 {1 x 100 on 1:30 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
 8:37 AM 2,800 Yards - Stress Value = 35

Workout #10666 - Monday, 23 January 2012

HS Boys - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Shoulders/Vis
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:15 Kick
 {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
 800 1x{2 x 125 on 2:00 Pulls-no br L.6 yds
 {2 x 125 on 2:00 Pulls-no br L.8 yds
 {2 x 100 on 1:35 Pulls-no br L.10 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
 8:37 AM 2,550 Yards - Stress Value = 32

Workout #10667 - Monday, 23 January 2012

HS Boys - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Shoulders/Vis
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:20 Kick
 {2 x 25 on :45 Kick no board BS
 750 1x{2 x 125 on 2:10 Pulls-no br L.6 yds
 {2 x 125 on 2:10 Pulls-no br L.8 yds
 {2 x 100 on 1:45 Pulls-no br L.10 yds
 {1 x 50 on :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
 8:37 AM 2,400 Yards - Stress Value = 30

Workout #10670 - Monday, 23 January 2012

HS Boys - Silver/Bronze

1 minute rest between sets

8:38 AM Start
 Yards Set Description EGY WORK STK F
 =====
 2,300 1x{1 x 500 on 7:55 Freestyle EN1 S FR 1
 {2 x 400 on 6:15 Freestyle EN1 S FR 1
 {2 x 300 on 4:40 Freestyle EN1 S FR 1
 {2 x 200 on 3:05 Freestyle EN1 S FR 1
 450 9 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 9:34 AM 2,750 Yards - Stress Value = 23

Workout #10673 - Monday, 23 January 2012

HS Boys - Silver/Bronze

1 minute rest between sets

8:38 AM Start
 Yards Set Description EGY WORK STK F
 =====
 1,850 1x{1 x 150 on 2:45 Breaststroke EN1 S BR 1
 {6 x 25 on :40 Breast Drill EN1 D BR 2
 {2 x 150 on 2:45 Breaststroke EN1 S BR 1
 {6 x 25 on :40 Breast Drill EN1 D BR 2
 {3 x 150 on 2:45 Breaststroke EN1 S BR 1
 {8 x 25 on :40 Breast Drill EN1 D BR 2
 {3 x 150 on 2:45 Breaststroke EN1 S BR 1
 350 7 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 9:35 AM 2,200 Yards - Stress Value = 19

Workout #10676 - Monday, 23 January 2012

HS Boys - Silver/Bronze

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK	F
1,850	1x{5 x 100 on 1:50 Backstroke	EN1	S	BK	1
	{6 x 25 on :40 Back 6 KOW +1	EN1	D	BK	2
	{4 x 100 on 1:45 Backstroke	EN1	S	BK	1
	{6 x 25 on :40 Back 6 KOW +1	EN1	D	BK	2
	{3 x 100 on 1:40 Backstroke	EN1	S	BK	1
	{6 x 25 on :40 Back 6 KOW +1	EN1	D	BK	2
	{2 x 100 on 1:35 Backstroke	EN1	S	BK	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

9:35 AM 2,300 Yards - Stress Value = 20

Workout #10691 - Tuesday, 24 January 2012

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{1 x 800 on 10:00 Freestyle	EN1	
	{1 x 600 on 7:15 Freestyle	EN1	
	{1 x 400 on 4:40 Freestyle	EN1	
	{1 x 200 on 2:15 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,900 Yards - Stress Value = 28

Workout #10692 - Tuesday, 24 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,750	1x{1 x 700 on 10:00 Freestyle	EN1	
	{1 x 600 on 8:15 Freestyle	EN1	
	{1 x 450 on 6:00 Freestyle	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,650 Yards - Stress Value = 23

Workout #10695 - Tuesday, 24 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{4 x 100 on 1:30 Freestyle	EN1	
	{8 x 50 on :50 Free-Des in 4's	EN1	
	{4 x 100 on 1:25 Freestyle	EN1	
	{8 x 50 on :50 Free-Des in 4's	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,500 Yards - Stress Value = 22

Workout #10698 - Tuesday, 24 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,450	1x{1 x 400 on 6:30 Individual Medley	EN1	
	{12 x 25 on :30 IM order	EN1	
	{1 x 300 on 4:45 Individual Medley	EN1	
	{10 x 25 on :30 IM order	EN1	
	{1 x 200 on 3:05 Individual Medley	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,300 Yards - Stress Value = 22

Workout #10697 - Tuesday, 24 January 2012

HighSchl - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,500	1x{1 x 400 on 5:30 Individual Medley	EN1	
	{12 x 25 on :30 IM order	EN1	
	{1 x 300 on 4:00 Individual Medley	EN1	
	{12 x 25 on :30 IM order	EN1	
	{1 x 200 on 2:35 Individual Medley	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,400 Yards - Stress Value = 23

Workout #10693 - Tuesday, 24 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{1 x 600 on 9:30 Freestyle	EN1	
	{1 x 500 on 7:45 Freestyle	EN2	
	{1 x 300 on 4:25 Freestyle	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,450 Yards - Stress Value = 32

Workout #10696 - Tuesday, 24 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,400	1x{4 x 100 on 1:45 Freestyle	EN1	
	{6 x 50 on :55 Free-Des in 3's	EN1	
	{4 x 100 on 1:35 Freestyle	EN1	
	{6 x 50 on :55 Free-Des in 3's	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,250 Yards - Stress Value = 20		

Workout #10699 - Tuesday, 24 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,200	1x{1 x 400 on 7:20 Individual Medley	EN1	
	{12 x 25 on :35 IM order	EN1	
	{1 x 300 on 5:30 Individual Medley	EN1	
	{8 x 25 on :35 IM order	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 18		

Workout #10729 - Tuesday, 24 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	I
=====	=====	=====	=====	=====	=====
	4:31 PM Start				
2,600	1x{1 x 200 on 3:45 Butterfly	EN2	S	FLY	1
	{1 x 150 on 2:25 Freestyle	EN2	S	FR	1
	{2 x 200 on 3:40 Butterfly	EN2	S	FLY	1
	{1 x 150 on 2:30 Freestyle	EN2	S	FR	1
	{3 x 200 on 3:35 Butterfly	EN2	S	FLY	1
	{1 x 150 on 2:35 Freestyle	EN2	S	FR	1
	{3 x 200 on 3:30 Butterfly	EN2	S	FLY	1
	{1 x 150 on 2:40 Freestyle	EN1	S	FR	1
	{1 x 200 on 3:25 Butterfly	EN2	S	FLY	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	5:35 PM 2,950 Yards - Stress Value = 51				

Workout #10694 - Tuesday, 24 January 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	5:30 AM Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{4 x 100 on 1:20 Freestyle	EN1	
	{9 x 50 on :45 Free-Des in 3's	EN1	
	{4 x 100 on 1:15 Freestyle	EN1	
	{9 x 50 on :45 Free-Des in 3's	EN1	

350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:04 AM 2,600 Yards - Stress Value = 22	

Workout #10700 - Tuesday, 24 January 2012

HS Girls - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	5:30 AM Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,200	1x{1 x 600 on 7:15 Freestyle	EN1	
	{1 x 400 on 4:40 Freestyle	EN1	
	{1 x 200 on 2:15 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:52 AM 1,950 Yards - Stress Value = 20		

Workout #10713 - Tuesday, 24 January 2012

HS Girls - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	4:06 PM Start			
1,600	1x{3 x 200 on 3:00 Freestyle-descend	EN2	S	
	{4 x 150 on 2:15 Freestyle-descend	EN2	S	
	{4 x 100 on 1:30 Freestyle-descend	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice/Vis		M	
	4:45 PM 1,800 Yards - Stress Value = 32			

Workout #10701 - Tuesday, 24 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	5:30 AM Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,050	1x{1 x 600 on 8:15 Freestyle	EN1	
	{1 x 450 on 6:00 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:52 AM 1,800 Yards - Stress Value = 16		

Workout #10704 - Tuesday, 24 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	5:30 AM Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	1x{4 x 100 on 1:30 Freestyle	EN1	
	{4 x 50 on :50 Free-Des in 4's	EN1	
	{4 x 100 on 1:25 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:52 AM 1,750 Yards - Stress Value = 16		

Workout #10707 - Tuesday, 24 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
800	1x{8 x 25 on :30 IM order	EN1	
	{1 x 300 on 4:45 Individual Medley	EN1	
	{4 x 25 on :30 IM order	EN1	
	{1 x 200 on 3:05 Individual Medley	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:51 AM 1,550 Yards - Stress Value = 16			

Workout #10716 - Tuesday, 24 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

4:06 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	=====	=====
1,200	1x{3 x 200 on 3:15 IM-descend	EN2	S	FR
	{3 x 200 on 3:10 IM-descend	EN2	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice/Vis		M	
4:41 PM 1,400 Yards - Stress Value = 24				

Workout #10706 - Tuesday, 24 January 2012

HS Girls - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
900	1x{8 x 25 on :30 IM order	EN1	
	{1 x 300 on 4:00 Individual Medley	EN1	
	{8 x 25 on :30 IM order	EN1	
	{1 x 200 on 2:35 Individual Medley	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:52 AM 1,650 Yards - Stress Value = 17			

Workout #10715 - Tuesday, 24 January 2012

HS Girls - IM'ers

1 minute rest between sets

4:06 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	=====	=====
1,500	1x{3 x 200 on 2:55 IM-descend	EN2	S	FR
	{3 x 200 on 2:50 IM-descend	EN2	S	FR
	{3 x 100 on 1:30 IM-descend	EN2	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:43 PM 1,700 Yards - Stress Value = 30				

Workout #10709 - Tuesday, 24 January 2012

HS Girls - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====

1 on 10:00 DS

400	1 x 400 on 8:00 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 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
600	1x{2 x 100 on 1:25 Lungbuster pulls
	{2 x 100 on 1:20 Lungbuster pulls
	{2 x 100 on 1:15 Lungbuster pulls
	breathe 3-4-5-6 by the 25
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:05 PM 2,230 Yards - Stress Value = 34	

Workout #10710 - Tuesday, 24 January 2012

HS Girls - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS
400	1 x 400 on 8:00 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 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
500	1x{1 x 100 on 1:35 Lungbuster pulls
	{2 x 100 on 1:30 Lungbuster pulls
	{2 x 100 on 1:25 Lungbuster pulls
	breathe 3-4-5-6 by the 25
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:05 PM 2,130 Yards - Stress Value = 33	

Workout #10711 - Tuesday, 24 January 2012

HS Girls - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS
350	1 x 350 on 8:00 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 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
500	1x{1 x 100 on 1:40 Lungbuster pulls
	{2 x 100 on 1:35 Lungbuster pulls
	{2 x 100 on 1:30 Lungbuster pulls
	breathe 3-4-5-6 by the 25
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:05 PM 2,080 Yards - Stress Value = 31	

Workout #10712 - Tuesday, 24 January 2012

HS Girls - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 3:00 PM and total yards 2,080.

Workout #10702 - Tuesday, 24 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 5:30 AM and total yards 1,700.

Workout #10705 - Tuesday, 24 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 5:30 AM and total yards 1,550.

Workout #10708 - Tuesday, 24 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 5:30 AM and total yards 1,550.

Table with columns: Yards, Set Description, EGY, WOF, STK. Includes start time 6:52 AM and total yards 1,400.

Workout #10714 - Tuesday, 24 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK. Includes start time 4:06 PM and total yards 1,400.

Workout #10717 - Tuesday, 24 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK. Includes start time 4:06 PM and total yards 1,400.

Workout #10719 - Tuesday, 24 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK. Includes start time 4:06 PM and total yards 1,200.

Workout #10703 - Tuesday, 24 January 2012

HS Girls - Sprint

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 5:30 AM and total yards 2,000.

Workout #10718 - Tuesday, 24 January 2012
HS Girls - Sprint

1 minute rest between sets

4:06 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,100	1x{3 x 100 on 1:50 Freestyle-descend	EN2	S		
	{4 x 100 on 1:45 Freestyle-descend	EN2	S		
	{4 x 100 on 1:40 Freestyle-descend	EN2	S		
200	1 x 200 on 4:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		

4:41 PM 1,300 Yards - Stress Value = 22

Workout #10730 - Wednesday, 25 January 2012
HighSchl - Breast

1 minute rest between sets

4:31 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,400	1x{2 x 200 on 3:10 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{6 x 25 on :30 Breast TO Drill w/fins	EN2			
	{2 x 175 on 2:40 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{6 x 25 on :30 Breast TO drill w/fins	EN2			
	{2 x 150 on 2:10 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{8 x 25 on :30 Breast TO Drill w/fins	EN2			
	{2 x 125 on 1:45 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{8 x 25 on :30 Breast TO drill w/fins	EN2			
	{2 x 100 on 1:20 Breaststroke	EN2			
	{1 on :30 Put fins on				
500	{8 x 25 on :30 Breast TO drill w/fins	EN2			
	10 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		

5:35 PM 2,900 Yards - Stress Value = 48

Workout #10724 - Wednesday, 25 January 2012
HighSchl - Distance

1 minute rest between sets

4:31 PM Start

Yards	Set Description	EGY	WORK	STK	F
4,000	1x{4 x 400 on 4:40 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		
	{4 x 100 on 1:05 Freestyle #3 100%	EN2	S		
	{1st and last 25 of each swim 6bk breathe or				
350	7 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		

5:35 PM 4,350 Yards - Stress Value = 80

Workout #10727 - Wednesday, 25 January 2012
HighSchl - Fly

1 minute rest between sets

4:31 PM Start

Yards	Set Description	EGY	WORK	STK	F
3,400	1x{1 x 200 on 2:50 Butterfly	EN2	S FLY	1	
	{2 x 150 on 1:50 Freestyle	EN2	S FR	1	
	{2 x 200 on 2:45 Butterfly	EN2	S FLY	1	
	{2 x 150 on 1:55 Freestyle	EN2	S FR	1	
	{3 x 200 on 2:40 Butterfly	EN2	S FLY	1	
	{2 x 150 on 2:00 Freestyle	EN2	S FR	1	
	{3 x 200 on 2:35 Butterfly	EN2	S FLY	1	
	{2 x 150 on 2:05 Freestyle	EN1	S FR	1	
	{2 x 200 on 2:30 Butterfly	EN2	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 3,800 Yards - Stress Value = 65

Workout #10725 - Wednesday, 25 January 2012
HighSchl - Gold/Silver

1 minute rest between sets

4:31 PM Start

Yards	Set Description	EGY	WORK	STK	F
3,400	1x{4 x 400 on 5:30 Freestyle #3 100%	EN2	S		
	{4 x 250 on 3:20 Freestyle #3 100%	EN2	S		
	{4 x 200 on 2:35 Freestyle #3 100%	EN2	S		
	{1st and last 25 of each swim 6bk breathe or				
350	7 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		

5:35 PM 3,750 Yards - Stress Value = 68

Workout #10728 - Wednesday, 25 January 2012
HighSchl - Gold/Silver

1 minute rest between sets

4:31 PM Start

Yards	Set Description	EGY	WORK	STK	F
3,000	1x{1 x 200 on 3:10 Butterfly	EN2	S FLY	1	
	{2 x 100 on 1:20 Freestyle	EN2	S FR	1	
	{2 x 200 on 3:05 Butterfly	EN2	S FLY	1	
	{2 x 100 on 1:25 Freestyle	EN2	S FR	1	
	{3 x 200 on 3:00 Butterfly	EN2	S FLY	1	
	{2 x 100 on 1:30 Freestyle	EN2	S FR	1	
	{3 x 200 on 2:55 Butterfly	EN2	S FLY	1	
	{2 x 100 on 1:35 Freestyle	EN1	S FR	1	
	{2 x 200 on 2:50 Butterfly	EN2	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 3,400 Yards - Stress Value = 58

Workout #10731 - Wednesday, 25 January 2012
HighSchl - Gold/Silver

1 minute rest between sets

4:31 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,150	1x{2 x 200 on 3:20 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{6 x 25 on :35 Breast TO Drill w/fins	EN2			
	{2 x 175 on 2:50 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{6 x 25 on :35 Breast TO drill w/fins	EN2			
	{2 x 125 on 2:00 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{6 x 25 on :35 Breast TO Drill w/fins	EN2			
	{2 x 100 on 1:30 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{6 x 25 on :35 Breast TO drill w/fins	EN2			
	{2 x 75 on 1:05 Breaststroke	EN2			
	{1 on :30 Put fins on				
500	{8 x 25 on :35 Breast TO drill w/fins	EN2			
	10 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		

5:35 PM 2,650 Yards - Stress Value = 43

Workout #10720 - Wednesday, 25 January 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,500 1x{8 x 25 on :30 Kick no board BSLR 14 KOW
 {3 x 100 on 1:30 Kick
 {8 x 25 on :30 Kick no board BSLR 12 KOW
 {3 x 100 on 1:35 Kick hold under 1:28
 {8 x 25 on :30 Kick no board BSLR 10 KOW
 {3 x 100 on 1:40 Kick hold under 1:28
 1,250 1x{4 x 125 on 1:35 Lungbuster pulls
 { breathe 2-3-4-5-6
 {3 x 125 on 1:30 Lungbuster pulls
 { breathe 3-4-5-6-7
 {2 x 125 on 1:25 Lungbuster pulls
 { breathe 4-5-6-7-8
 {1 x 125 on 1:20 Lungbuster pulls
 { breathe 5-6-7-8-9
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:30 PM 3,700 Yards - Stress Value = 54

Workout #10721 - Wednesday, 25 January 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,300 1x{8 x 25 on :35 Kick no board BSLR 14 KOW
 {3 x 100 on 1:45 Kick
 {8 x 25 on :35 Kick no board BSLR 12 KOW
 {2 x 100 on 1:50 Kick hold under 1:43
 {6 x 25 on :35 Kick no board BSLR 10 KOW
 {2 x 100 on 1:55 Kick hold under 1:43
 {1 x 50 on :50 Kick
 1,075 1x{4 x 125 on 1:45 Lungbuster pulls
 { breathe 2-3-4-5-6
 {3 x 125 on 1:40 Lungbuster pulls
 { breathe 3-4-5-6-7
 {2 x 100 on 1:15 Lungbuster pulls
 { breathe 4-5-6-7
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:30 PM 3,325 Yards - Stress Value = 47

Workout #10722 - Wednesday, 25 January 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,150 1x{8 x 25 on :40 Kick no board BSLR 14 KOW
 {2 x 100 on 1:55 Kick
 {8 x 25 on :40 Kick no board BSLR 12 KOW
 {2 x 100 on 2:00 Kick hold under 1:53
 {6 x 25 on :40 Kick no board BSLR 10 KOW
 {2 x 100 on 2:05 Kick hold under 1:53
 1,000 1x{4 x 125 on 1:55 Lungbuster pulls
 { breathe 2-3-4-5-6

{3 x 100 on 1:30 Lungbuster pulls
 { breathe 3-4-5-6
 {2 x 100 on 1:25 Lungbuster pulls
 { breathe 4-5-6-7
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:30 PM 3,050 Yards - Stress Value = 43

Workout #10723 - Wednesday, 25 January 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 500 1 x 500 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 :45 Kick no board BSLR 14 KOW
 {2 x 100 on 2:10 Kick
 {6 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 100 on 2:15 Kick hold under 2:05
 {6 x 25 on :45 Kick no board BSLR 10 KOW
 {2 x 100 on 2:20 Kick hold under 2:05
 900 1x{4 x 100 on 1:45 Lungbuster pulls
 { breathe 2-3-4-5
 {3 x 100 on 1:40 Lungbuster pulls
 { breathe 3-4-5-6
 {2 x 100 on 1:35 Lungbuster pulls
 { breathe 4-5-6-7
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:31 PM 2,800 Yards - Stress Value = 40

Workout #10726 - Wednesday, 25 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:31 PM Start
 Yards Set Description EGY WORK S
 =====
 3,000 1x{4 x 300 on 4:45 Freestyle #3 100% EN2 S
 {4 x 250 on 3:50 Freestyle #3 100% EN2 S
 {4 x 200 on 3:00 Freestyle #3 100% EN2 S
 {1st and last 25 of each swim 6bk breathe or
 300 6 x 50 on 1:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:35 PM 3,300 Yards - Stress Value = 60

Workout #10732 - Wednesday, 25 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:31 PM Start

Yards	Set Description	EGY	WOF
1,900	1x{2 x 175 on 3:20 Breaststroke 1 on :30 Put fins on 6 x 25 on :40 Breast TO Drill w/fins 2 x 150 on 2:45 Breaststroke 1 on :30 Put fins on 6 x 25 on :40 Breast TO drill w/fins 2 x 125 on 2:15 Breaststroke 1 on :30 Put fins on 6 x 25 on :40 Breast TO Drill w/fins 2 x 100 on 1:45 Breaststroke 1 on :30 Put fins on 4 x 25 on :40 Breast TO drill w/fins 2 x 75 on 1:15 Breaststroke 1 on :30 Put fins on 4 x 25 on :40 Breast TO drill w/fins	EN2	EN2
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	
5:35 PM 2,400 Yards - Stress Value = 38			

Workout #10741 - Wednesday, 25 January 2012

HS Girls - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WOF
1,600	1x{1 x 200 on 3:20 Breaststroke 1 on :30 Put fins on 6 x 25 on :35 Breast TO Drill w/fins 2 x 175 on 2:50 Breaststroke 1 on :30 Put fins on 6 x 25 on :35 Breast TO drill w/fins 2 x 125 on 2:00 Breaststroke 1 on :30 Put fins on 6 x 25 on :35 Breast TO Drill w/fins 2 x 100 on 1:30 Breaststroke 1 on :30 Put fins on 6 x 25 on :35 Breast TO drill w/fins	EN2	EN2
200	1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
5:02 PM 1,800 Yards - Stress Value = 32			

Workout #10736 - Wednesday, 25 January 2012

HS Girls - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{3 x 400 on 5:30 Freestyle #3 100% 3 x 200 on 2:40 Freestyle #3 100% 3 x 150 on 1:55 Freestyle #3 100% { 1st and last 25 of each swim 6bk breathe or	EN2	S	
200	1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	M
5:01 PM 2,450 Yards - Stress Value = 45				

Workout #10738 - Wednesday, 25 January 2012

HS Girls - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
2,350	1x{1 x 200 on 2:50 Butterfly 1 x 150 on 1:50 Freestyle	EN2	S	FLY
		EN2	S	FR

{2 x 200 on 2:45 Butterfly	EN2	S	FLY
{1 x 150 on 1:55 Freestyle	EN2	S	FR
{3 x 200 on 2:40 Butterfly	EN2	S	FLY
{1 x 150 on 2:00 Freestyle	EN2	S	FR
{2 x 200 on 2:35 Butterfly	EN2	S	FLY
{2 x 150 on 2:05 Freestyle	EN1	S	FR
1 x 200 on 4:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice		M	
5:02 PM 2,550 Yards - Stress Value = 44			

Workout #10739 - Wednesday, 25 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 200 on 3:10 Butterfly 1 x 100 on 1:20 Freestyle 2 x 200 on 3:05 Butterfly 1 x 100 on 1:25 Freestyle 3 x 200 on 3:00 Butterfly 1 x 100 on 1:30 Freestyle 2 x 200 on 2:55 Butterfly 1 x 100 on 1:35 Freestyle 1 x 100 on 1:25 Butterfly	EN2	S	FLY
		EN2	S	FR
		EN2	S	FLY
		EN2	S	FR
		EN2	S	FLY
		EN2	S	FR
		EN2	S	FLY
		EN1	S	FR
		EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
			M	
5:02 PM 2,300 Yards - Stress Value = 41				

Workout #10733 - Wednesday, 25 January 2012

HS Girls - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 x 400 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 :35 Kick no board BSLR 14 KOW 3 x 100 on 1:45 Kick 4 x 25 on :35 Kick no board BSLR 12 KOW 2 x 100 on 1:50 Kick hold under 1:43 4 x 25 on :35 Kick no board BSLR 10 KOW 2 x 100 on 1:55 Kick hold under 1:43			
600	1x{2 x 125 on 1:45 Lungbuster pulls { breathe 2-3-4-5-6 2 x 125 on 1:40 Lungbuster pulls { breathe 3-4-5-6-7 1 x 100 on 1:15 Lungbuster pulls { breathe 4-5-6-7			
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:14 PM 2,250 Yards - Stress Value = 32				

Workout #10734 - Wednesday, 25 January 2012

HS Girls - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 20:00 DS and Vis
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :40 Kick no board BSLR 14 KOW
	{ 2 x 100 on 1:55 Kick
	{ 4 x 25 on :40 Kick no board BSLR 12 KOW
	{ 2 x 100 on 2:00 Kick hold under 1:53
	{ 4 x 25 on :40 Kick no board BSLR 10 KOW
	{ 2 x 100 on 2:05 Kick hold under 1:53
550	1x{2 x 125 on 1:55 Lungbuster pulls
	{ breathe 2-3-4-5-6
	{ 2 x 100 on 1:30 Lungbuster pulls
	{ breathe 3-4-5-6
	{ 1 x 100 on 1:25 Lungbuster pulls
	{ breathe 4-5-6-7
100	2x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:14 PM 2,100 Yards - Stress Value = 30

Workout #10735 - Wednesday, 25 January 2012

HS Girls - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 20:00 DS and Vis
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR 14 KOW
	{ 2 x 100 on 2:10 Kick
	{ 4 x 25 on :45 Kick no board BSLR 12 KOW
	{ 2 x 100 on 2:15 Kick hold under 2:05
	{ 4 x 25 on :45 Kick no board BSLR 10 KOW
	{ 2 x 50 on 1:05 Kick hold under 1:00
500	1x{2 x 100 on 1:45 Lungbuster pulls
	{ breathe 2-3-4-5
	{ 2 x 100 on 1:40 Lungbuster pulls
	{ breathe 3-4-5-6
	{ 1 x 100 on 1:35 Lungbuster pulls
	{ breathe 4-5-6-7
100	2x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:14 PM 1,950 Yards - Stress Value = 28

Workout #10742 - Wednesday, 25 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY WOF
4:15 PM	Start	
=====	=====	=====
1,450	1x{2 x 175 on 3:20 Breaststroke	EN2
	{ 1 on :30 Put fins on	
	{ 6 x 25 on :40 Breast TO Drill w/fins	EN2
	{ 2 x 150 on 2:45 Breaststroke	EN2
	{ 1 on :30 Put fins on	
	{ 6 x 25 on :40 Breast TO drill w/fins	EN2
	{ 2 x 125 on 2:15 Breaststroke	EN2
	{ 1 on :30 Put fins on	
	{ 6 x 25 on :40 Breast TO Drill w/fins	EN2
	{ 1 x 100 on 1:45 Breaststroke	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:02 PM 1,650 Yards - Stress Value = 29	

Workout #10737 - Wednesday, 25 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY WORK	STK
4:15 PM	Start		
=====	=====	=====	=====
2,050	1x{4 x 250 on 3:50 Freestyle #3 100%	EN2	S
	{ 3 x 200 on 3:00 Freestyle #3 100%	EN2	S
	{ 3 x 150 on 2:10 Freestyle #3 100%	EN2	S
	{ 1st and last 25 of each swim 6bk breathe or		
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	5:01 PM 2,250 Yards - Stress Value = 41		

Workout #10740 - Wednesday, 25 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY WORK	STK
4:15 PM	Start		
=====	=====	=====	=====
1,850	1x{1 x 200 on 3:45 Butterfly	EN2	S FLY
	{ 1 x 150 on 2:25 Freestyle	EN2	S FR
	{ 2 x 200 on 3:40 Butterfly	EN2	S FLY
	{ 1 x 150 on 2:30 Freestyle	EN2	S FR
	{ 3 x 200 on 3:35 Butterfly	EN2	S FLY
	{ 1 x 150 on 2:35 Freestyle	EN2	S FR
	{ 1 x 200 on 3:30 Butterfly	EN2	S FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D CD
	1 on 10:00 Ice		M
	5:03 PM 2,050 Yards - Stress Value = 37		

Workout #10759 - Thursday, 26 January 2012

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
600	1 on 30:00 DS/Core/Tm Mtg
	1 x 600 on 12:00 Underwater trn drill
	Odd 100's free even 100's back
150	1 on 15:00 Techniques-TN turn drills
900	10 x 15 on :45 Shooters
	9 x 100 on 2:00 Kick odds fast
	If you can not make 100's do 75's or 50's
100	1 on 8:00 Spinners-work on GREAT FINISHES!
	4 x 25 on 1:00 Perfect freestyle
	1x{1 on 10:00 Stroke Drills 1 arm
	{ 1 on 10:00 Stroke Drill-thub drag
	{ 1 on 10:00 Stroke Drill tarzan/Catchup
100	4 x 25 on 1:00 Perfect freestyle
400	4 x 100 on 1:30 Freestyle-Descend to Ludicrc
	Speed. If you can't make 100's do 75's or 5
	on the first 3. Everyone does a 100 on the
300	6 x 50 on 1:15 Stroke Drills
	7:30 PM 2,550 Yards - Stress Value = 32

Workout #10749 - Thursday, 26 January 2012

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,775	1x{1 x 25 on :30 Back w/TB-7KOW		EN1
	{9 x 50 on :45 Back-hold :32		EN2
	{1 x 25 on :30 Back w/TB-7 KOW		EN2
	{1 x 25 on :30 Back w/TB 8 KOW		EN1
	{8 x 50 on :45 Back hold :32		EN2
	{1 x 25 on :30 Back w/TB 8KOW		EN2
	{1 x 25 on :30 Back w/TB 9KOW		EN1
	{7 x 50 on :45 Back hold :32		EN2
	{1 x 25 on :30 Back w/TB 9KOW		EN2
	{1 x 25 on :30 Back w/TB 10KOW		EN1
	{6 x 50 on :45 Back-hold :32		EN2
	{1 x 25 on :30 Back w/TB 10KOW		EN2
	{1 x 25 on :30 Back w/TB 11KOW		EN2
	{1 x 50 on :45 Back-hold :32		EN2
250	{ 1st TB 25-DPS/2nd 25 TB TO Drill		
	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,575 Yards - Stress Value = 37		

Workout #10743 - Thursday, 26 January 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
2,400	3 x 800 on 9:30 Freestyle-descend		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:06 AM 3,200 Yards - Stress Value = 54		

Workout #10744 - Thursday, 26 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
2,100	3 x 700 on 9:30 Freestyle-descend		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:06 AM 2,900 Yards - Stress Value = 48		

Workout #10747 - Thursday, 26 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		

400	1 x 400 on 7:00 Underwater trn drill		REC
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,800	18 x 100 on 1:35 Freestyle descend in 4's		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:06 AM 2,600 Yards - Stress Value = 42		

Workout #10750 - Thursday, 26 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill		REC
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,625	1x{1 x 25 on :30 Back w/TB-7KOW		EN1
	{9 x 50 on :50 Back-hold :37		EN2
	{1 x 25 on :30 Back w/TB-7 KOW		EN2
	{1 x 25 on :30 Back w/TB 8 KOW		EN1
	{8 x 50 on :50 Back hold :37		EN2
	{1 x 25 on :30 Back w/TB 8KOW		EN2
	{1 x 25 on :30 Back w/TB 9KOW		EN1
	{7 x 50 on :50 Back hold :37		EN2
	{1 x 25 on :30 Back w/TB 9KOW		EN2
	{1 x 25 on :30 Back w/TB 10KOW		EN1
	{4 x 50 on :50 Back-hold :37		EN2
	{1 x 25 on :30 Back w/TB 10KOW		EN2
	{1 x 25 on :30 Back w/TB 11KOW		EN2
	{ 1st TB 25-DPS/2nd 25 TB TO Drill		
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,425 Yards - Stress Value = 34		

Workout #10745 - Thursday, 26 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill		REC
	odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,950	3 x 650 on 9:30 Freestyle-descend		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:06 AM 2,700 Yards - Stress Value = 45		

Workout #10748 - Thursday, 26 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill		REC
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,600	16 x 100 on 1:45 Freestyle descend in 4's		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 #10751 - Thursday, 26 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
1,425	1x{ 1 x 25 on :40 Back w/TB-7KOW 9 x 50 on :55 Back-hold :42 1 x 25 on :40 Back w/TB-7 KOW 1 x 25 on :40 Back w/TB 8 KOW 8 x 50 on :55 Back hold :42 1 x 25 on :40 Back w/TB 8KOW 1 x 25 on :40 Back w/TB 9KOW 7 x 50 on :55 Back hold :42 1 x 25 on :40 Back w/TB 9KOW 1 x 25 on :40 Back w/TB 10KOW 1 x 50 on :55 Back-hold :42 1st TB 25-DPS/2nd 25 TB TO Drill	EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		M
	7:05 AM 2,175 Yards - Stress Value = 31		

Workout #10746 - Thursday, 26 January 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
2,000	20 x 100 on 1:25 Freestyle descend in 4's	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		M
	7:06 AM 2,800 Yards - Stress Value = 46		

Workout #10756 - Thursday, 26 January 2012

HS Girls - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
1,125	1x{ 1 x 25 on :30 Back w/TB-7KOW 9 x 50 on :45 Back-hold :32 1 x 25 on :30 Back w/TB-7 KOW 1 x 25 on :30 Back w/TB 8 KOW 6 x 50 on :45 Back hold :32 1 x 25 on :30 Back w/TB 8KOW 1 x 25 on :30 Back w/TB 9KOW 5 x 50 on :45 Back hold :32 1st TB 25-DPS/2nd 25 TB TO Drill	EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		M
	6:55 AM 1,925 Yards - Stress Value = 26		

Workout #10752 - Thursday, 26 January 2012

HS Girls - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	2 x 600 on 8:10 Freestyle-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		M
	6:54 AM 2,000 Yards - Stress Value = 30		

Workout #10757 - Thursday, 26 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
1,025	1x{ 1 x 25 on :30 Back w/TB-7KOW 8 x 50 on :50 Back-hold :37 1 x 25 on :30 Back w/TB-7 KOW 1 x 25 on :30 Back w/TB 8 KOW 6 x 50 on :50 Back hold :37 1 x 25 on :30 Back w/TB 8KOW 1 x 25 on :30 Back w/TB 9KOW 4 x 50 on :50 Back hold :37 1st TB 25-DPS/2nd 25 TB TO Drill	EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		M
	6:55 AM 1,825 Yards - Stress Value = 24		

Workout #10753 - Thursday, 26 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	2 x 500 on 8:10 Freestyle-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		M
	6:54 AM 1,750 Yards - Stress Value = 26		

Workout #10755 - Thursday, 26 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 1:45 Freestyle descend in 4's	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		M
	6:55 AM 1,750 Yards - Stress Value = 26		

Workout #10758 - Thursday, 26 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
925	1x{1 x 25 on :40 Back w/TB-7KOW	EN1	
	{8 x 50 on :55 Back-hold :42	EN2	
	{1 x 25 on :40 Back w/TB-7 KOW	EN2	
	{1 x 25 on :40 Back w/TB 8 KOW	EN1	
	{7 x 50 on :55 Back hold :42	EN2	
	{1 x 25 on :40 Back w/TB 8KOW	EN2	
	{1 x 25 on :40 Back w/TB 9KOW	EN1	
	{1 x 50 on :55 Back hold :42	EN2	
	{ 1st TB 25-DPS/2nd 25 TB TO Drill		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:55 AM 1,675 Yards - Stress Value = 22		

	1 on 30:00 DS/Core and Abs		
600	1 x 600 on 12:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{4 x 25 on :45 Kick no brd B- 9+1 KOW	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{4 x 25 on :45 Kick no brd S-9+1KOW	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{4 x 25 on :45 Kick no brd L-9+1KOW	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{2 x 75 on 1:25 Kick	EN2	
	{4 x 25 on :45 Kick no brd R-9+1KOW	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
750	1x{1 x 150 on 2:30 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:25 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:20 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:15 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:10 Pulls-no br L.12 yds	EN1	
150	6 x 25 on 1:00 Fly Drills	REC	
1,600	8x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	11:00 AM 4,850 Yards - Stress Value = 76		

Workout #10754 - Thursday, 26 January 2012

HS Girls - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,100	11 x 100 on 1:35 Freestyle descend in 4's	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:55 AM 1,900 Yards - Stress Value = 28		

Workout #10769 - Saturday, 28 January 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	8:30 AM Start		
	1 on 30:00 DS/Core and Abs		
550	1 x 550 on 12:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{4 x 25 on :45 Kick no brd B- 9+1 KOW	EN2	
	{2 x 75 on 1:50 Kick	EN2	
	{2 x 75 on 1:45 Kick	EN2	
	{4 x 25 on :45 Kick no brd S-9+1KOW	EN2	
	{2 x 75 on 1:45 Kick	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{4 x 25 on :45 Kick no brd L-9+1KOW	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{4 x 25 on :45 Kick no brd R-9+1KOW	EN2	
650	1x{1 x 150 on 2:45 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:40 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:35 Pulls-no br L.12 yds	EN1	
	{1 x 100 on 1:40 Pulls-no br L.12 yds	EN1	
	{1 x 100 on 1:35 Pulls-no br L.12 yds	EN1	
150	6 x 25 on 1:00 Fly Drills	REC	
1,400	7x{8 x 25 on :35 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	11:00 AM 4,400 Yards - Stress Value = 68		

Workout #10760 - Friday, 27 January 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	3:00 PM Start		
	1 on 30:00 DS and boys- Ted's Abs		
	girls-regular abs		
1,000	1 x 1000 on 15:00 Choice-4th 25 of every 100		
	closed fist drill		
	1 on 12:00 Indvdl Prsrctns		
250	1 x 250 on 10:00 Techniques-TN Turn Drills		
150	10 x 15 on :45 Shooters		
1,500	3x{2 x 25 on 1:00 Backwards Freestyle		
	{3 x 50 on 1:00 Free-Streamline until your		
	{ feet are past the flags		
	{2 x 25 on :45 Sculling on back hands		
	{ by sides		
	{1 x 250 on 3:45 Build 1st 3 50's drill the		
	{ last 2 50's		
	1 on 10:00 Ice		
	4:58 PM 2,900 Yards - Stress Value = 14		

Workout #10768 - Saturday, 28 January 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	8:30 AM Start		

Workout #10770 - Saturday, 28 January 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 30:00 DS/Core and Abs		
500	1 x 500 on 12:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{4 x 25 on 1:00 Kick no brd B- 9+1 KOW	EN2	
	{2 x 75 on 1:55 Kick	EN2	
	{2 x 75 on 1:50 Kick	EN2	
	{4 x 25 on 1:00 Kick no brd S-9+1KOW	EN2	
	{2 x 75 on 1:50 Kick	EN2	
	{2 x 75 on 1:45 Kick	EN2	
	{4 x 25 on 1:00 Kick no brd L-9+1KOW	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{2 x 25 on 1:00 Kick no brd R-9+1KOW	EN2	
650	1x{1 x 150 on 3:00 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:55 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:50 Pulls-no br L.12 yds	EN1	
	{1 x 100 on 1:50 Pulls-no br L.12 yds	EN1	
	{2 x 50 on :55 Pulls-no br L.12 yds	EN1	
150	6 x 25 on 1:00 Fly Drills	REC	
1,200	6x{8 x 25 on :40 Butterfly	EN2	
	{1 on 1:00 Rest		
	On the 6th round do 10 X 25's		
200	1 x 200 on 3:00 Stroke Drills	REC	
	10:58 AM 3,950 Yards - Stress Value = 40		

Workout #10771 - Saturday, 28 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 30:00 DS/Core and Abs		
450	1 x 450 on 12:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{4 x 25 on 1:00 Kick no brd B- 9+1 KOW	EN2	
	{2 x 75 on 2:05 Kick	EN2	
	{2 x 75 on 2:00 Kick	EN2	
	{4 x 25 on 1:00 Kick no brd S-9+1KOW	EN2	
	{2 x 75 on 2:00 Kick	EN2	
	{2 x 75 on 1:55 Kick	EN2	
	{4 x 25 on 1:00 Kick no brd L-9+1KOW	EN2	
	{2 x 50 on 1:15 Kick	EN2	
	{2 x 25 on 1:00 Kick no brd R-9+1KOW	EN2	
500	1x{1 x 150 on 3:30 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 3:25 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 3:20 Pulls-no br L.12 yds	EN1	
	{1 x 50 on 1:05 Pulls-no br L.12 yds	EN1	
150	6 x 25 on 1:00 Fly Drills	REC	
1,200	6x{8 x 25 on :45 Butterfly	EN2	
	{1 on 1:00 Rest		
	On the 6th round do 4 X 25's		
200	1 x 200 on 3:00 Stroke Drills	REC	
	11:02 AM 3,700 Yards - Stress Value = 57		

Workout #10761 - Saturday, 28 January 2012

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 40:00 DS and Weights		
800	1 x 800 on 12:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary or IM		
2,200	11 x 200 on 3:00 Challenge Set	EN2	

100	1 x 100 on 1:30 Freestyle	REC
600	1 x 600 on 8:00 Pull-alt breakouts	EN1
	hip-knees-feet	
1,800	1x{6 x 25 on :30 Kick no brd B- 9+1 KOW	EN2
	{2 x 75 on 1:20 Kick	EN2
	{2 x 75 on 1:15 Kick	EN2
	{6 x 25 on :30 Kick no brd S-9+1KOW	EN2
	{2 x 75 on 1:15 Kick	EN2
	{2 x 75 on 1:10 Kick	EN2
	{6 x 25 on :30 Kick no brd L-9+1KOW	EN2
	{2 x 75 on 1:10 Kick	EN2
	{2 x 75 on 1:05 Kick	EN2
	{6 x 25 on :30 Kick no brd R-9+1KOW	EN2
	{2 x 75 on 1:05 Kick	EN2
	{2 x 75 on 1:00 Kick	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	9:35 AM 5,900 Yards - Stress Value = 92	

Workout #10762 - Saturday, 28 January 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	7:00 AM Start		
	1 on 40:00 DS and Weights		
750	1 x 750 on 12:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary or IM		
1,925	11 x 175 on 3:00 Challenge Set	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
550	1 x 550 on 8:00 Pull-alt breakouts	EN1	
	hip-knees-feet		
1,500	1x{6 x 25 on :35 Kick no brd B- 9+1 KOW	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{2 x 75 on 1:25 Kick	EN2	
	{6 x 25 on :35 Kick no brd S-9+1KOW	EN2	
	{2 x 75 on 1:25 Kick	EN2	
	{2 x 75 on 1:20 Kick	EN2	
	{6 x 25 on :35 Kick no brd L-9+1KOW	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 75 on 1:15 Kick	EN2	
	{6 x 25 on :35 Kick no brd R-9+1KOW	EN2	
	{1 x 75 on 1:15 Kick	EN2	
	{1 x 75 on 1:10 Kick	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 5,225 Yards - Stress Value = 82		

Workout #10763 - Saturday, 28 January 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 40:00 DS and Weights		
700	1 x 700 on 12:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary or IM		
1,650	11 x 150 on 3:00 Challenge Set	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
450	1 x 450 on 8:00 Pull-alt breakouts	EN1	
	hip-knees-feet		
1,400	1x{4 x 25 on :40 Kick no brd B- 9+1 KOW	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{4 x 25 on :40 Kick no brd S-9+1KOW	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{4 x 25 on :40 Kick no brd L-9+1KOW	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{2 x 75 on 1:25 Kick	EN2	
	{4 x 25 on :40 Kick no brd R-9+1KOW	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 4,700 Yards - Stress Value = 71		

Workout #10764 - Saturday, 28 January 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 40:00 DS and Weights		
650	1 x 650 on 12:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary or IM		
1,650	11 x 150 on 3:00 Challenge Set	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
400	1 x 400 on 8:00 Pull-alt breakouts	EN1	
	hip-knees-feet		
1,200	1x{4 x 25 on :45 Kick no brd B- 9+1 KOW	EN2	
	{2 x 75 on 1:50 Kick	EN2	
	{2 x 75 on 1:45 Kick	EN2	
	{4 x 25 on :45 Kick no brd S-9+1KOW	EN2	
	{2 x 75 on 1:45 Kick	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{4 x 25 on :45 Kick no brd L-9+1KOW	EN2	
	{1 x 75 on 1:40 Kick	EN2	
	{1 x 75 on 1:35 Kick	EN2	
	{4 x 25 on :45 Kick no brd R-9+1KOW	EN2	
	{1 x 50 on 1:00 Kick	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 4,400 Yards - Stress Value = 68		

Workout #10765 - Saturday, 28 January 2012

HS Girls - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 40:00 DS and Weights		
450	1 x 450 on 9:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary or IM		
1,225	7 x 175 on 2:10 Challenge Set	EN2	

100	1 x 100 on 1:30 Freestyle	REC
250	1 x 250 on 4:00 Pull-alt breakouts	EN1
	hip-knees-feet	
850	1x{4 x 25 on :35 Kick no brd B- 9+1 KOW	EN2
	{1 x 75 on 1:30 Kick	EN2
	{1 x 75 on 1:25 Kick	EN2
	{4 x 25 on :35 Kick no brd S-9+1KOW	EN2
	{1 x 75 on 1:25 Kick	EN2
	{1 x 75 on 1:20 Kick	EN2
	{4 x 25 on :35 Kick no brd L-9+1KOW	EN2
	{1 x 75 on 1:20 Kick	EN2
	{1 x 75 on 1:15 Kick	EN2
	{4 x 25 on :35 Kick no brd R-9+1KOW	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	8:58 AM 3,275 Yards - Stress Value = 52	

Workout #10766 - Saturday, 28 January 2012

HS Girls - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 40:00 DS and Weights		
400	1 x 400 on 9:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary or IM		
1,050	7 x 150 on 2:40 Challenge Set	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
200	1 x 200 on 4:00 Pull-alt breakouts	EN1	
	hip-knees-feet		
750	1x{4 x 25 on :40 Kick no brd B- 9+1 KOW	EN2	
	{1 x 75 on 1:40 Kick	EN2	
	{1 x 75 on 1:35 Kick	EN2	
	{4 x 25 on :40 Kick no brd S-9+1KOW	EN2	
	{1 x 75 on 1:35 Kick	EN2	
	{1 x 75 on 1:30 Kick	EN2	
	{2 x 25 on :40 Kick no brd L-9+1KOW	EN2	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{2 x 25 on :40 Kick no brd R-9+1KOW	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:01 AM 2,900 Yards - Stress Value = 47		

Workout #10767 - Saturday, 28 January 2012

HS Girls - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
350	1 x 350 on 9:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters Your primary or IM	SP3	
875	7 x 125 on 2:40 Challenge Set	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
200	1 x 200 on 4:00 Pull-alt breakouts hip-knees-feet	EN1	
650	1x{4 x 25 on :45 Kick no brd B- 9+1 KOW {1 x 75 on 1:50 Kick {1 x 75 on 1:45 Kick {4 x 25 on :45 Kick no brd S-9+1KOW {1 x 50 on 1:10 Kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Kick no brd L-9+1KOW {1 x 50 on 1:10 Kick {1 x 50 on 1:05 Kick {2 x 25 on :45 Kick no brd R-9+1KOW	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:01 AM	2,575 Yards - Stress Value = 40		

{4 x 100 on 1:40 Fly 3 strokes off each wall
1 on 10:00 Techniques-Starts
7:31 PM 3,300 Yards - Stress Value = 56

Workout #10806 - Monday, 30 January 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball Shoulders/Tm mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
850	1x{4 x 25 on 1:00 Kick no board BSLR {4 x 50 on 1:25 Kick-descend {4 x 25 on 1:00 Kick no board BSLR {4 x 50 on 1:20 Kick-descend {4 x 25 on 1:00 Kick no board BSLR {3 x 50 on 1:15 Kick-descend		
150	6 x 25 on 1:00 Stroke Drills		
1,400	1x{3 x 100 on 1:55 Fly 3 strokes off each wall {3 x 100 on 1:50 Fly 3 strokes off each wall {4 x 100 on 1:55 Fly 3 strokes off each wall {4 x 100 on 1:50 Fly 3 strokes off each wall 1 on 10:00 Techniques-Starts		
7:31 PM	3,000 Yards - Stress Value = 51		

Workout #10804 - Monday, 30 January 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball Shoulders/Tm mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,050	1x{8 x 25 on :45 Kick no board BSLR {4 x 50 on 1:10 Kick-descend {6 x 25 on :45 Kick no board BSLRBS {4 x 50 on 1:05 Kick-descend {4 x 25 on :45 Kick no board BSLR {4 x 50 on 1:00 Kick-descend		
150	6 x 25 on 1:00 Stroke Drills		
1,600	1x{4 x 100 on 1:45 Fly 3 strokes off each wall {4 x 100 on 1:40 Fly 3 strokes off each wall {4 x 100 on 1:35 Fly 3 strokes off each wall {4 x 100 on 1:30 Fly 3 strokes off each wall 1 on 10:00 Techniques-Starts		
7:31 PM	3,450 Yards - Stress Value = 59		

Workout #10807 - Monday, 30 January 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball Shoulders/Tm mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
800	1x{4 x 25 on 1:00 Kick no board BSLR {3 x 50 on 1:35 Kick-descend {4 x 25 on 1:00 Kick no board BSLR {3 x 50 on 1:30 Kick-descend {4 x 25 on 1:00 Kick no board BSLR {4 x 50 on 1:25 Kick-descend		
150	6 x 25 on 1:00 Stroke Drills		
1,300	1x{3 x 100 on 2:05 Fly 3 strokes off each wall {3 x 100 on 2:00 Fly 3 strokes off each wall {3 x 100 on 1:55 Fly 3 strokes off each wall {4 x 100 on 1:50 Fly 3 strokes off each wall 1 on 10:00 Techniques-Starts		
7:30 PM	2,800 Yards - Stress Value = 48		

Workout #10805 - Monday, 30 January 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball Shoulders/Tm mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,000	1x{8 x 25 on :45 Kick no board BSLR {4 x 50 on 1:15 Kick-descend {6 x 25 on :45 Kick no board BSLRBS {4 x 50 on 1:10 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:05 Kick-descend		
150	6 x 25 on 1:00 Stroke Drills		
1,500	1x{3 x 100 on 1:55 Fly 3 strokes off each wall {4 x 100 on 1:50 Fly 3 strokes off each wall {4 x 100 on 1:45 Fly 3 strokes off each wall		

Workout #10782 - Monday, 30 January 2012

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:43 PM	Start		
=====	=====	=====	=====
2,250	1x{1 x 125 on 1:40 Backstroke {2 x 125 on 1:35 Backstroke {3 x 125 on 1:30 Backstroke {4 x 125 on 1:25 Backstroke {4 x 100 on 1:20 Backstroke {3 x 100 on 1:15 Backstroke {2 x 100 on 1:10 Backstroke {1 x 100 on 1:05 Backstroke	EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2	
150	3 x 50 on 1:00 Back 12.5 yds-under 100%	SP2	
450	9 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	2,850 Yards - Stress Value = 52		

Workout #10779 - Monday, 30 January 2012

HighSchl - Breast

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,250	1x{1 x 125 on 2:00 Breaststroke	EN1	S	BR	1
	{2 x 125 on 1:55 Breaststroke	EN1	S	BR	1
	{3 x 125 on 1:50 Breaststroke	EN1	S	BR	1
	{4 x 125 on 1:45 Breaststroke	EN2	S	BR	1
	{4 x 100 on 1:30 Breaststroke	EN2	S	BR	1
	{3 x 100 on 1:25 Breaststroke	EN2	S	BR	1
	{2 x 100 on 1:20 Breaststroke	EN2	S	BR	1
	{1 x 100 on 1:15 Breaststroke	EN2	S	BR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,650 Yards - Stress Value = 37

Workout #10776 - Monday, 30 January 2012

HighSchl - Distance

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY
2,400	1x{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under	103 EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under	103 EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under	103 EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle hold under	103 EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	

5:34 PM 2,900 Yards - Stress Value = 48

Workout #10777 - Monday, 30 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY
2,200	1x{1 x 300 on 4:05 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under	111 EN2
	{1 x 300 on 4:05 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under	111 EN2
	{1 x 300 on 4:05 Freestyle	EN2
	{1 x 100 on 1:30 Freestyle hold under	111 EN2
	{1 x 300 on 4:05 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under	111 EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	

5:34 PM 2,600 Yards - Stress Value = 44

Workout #10780 - Monday, 30 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,950	1x{1 x 125 on 2:10 Breaststroke	EN1	S	BR	1
	{2 x 125 on 2:05 Breaststroke	EN1	S	BR	1
	{3 x 125 on 2:00 Breaststroke	EN1	S	BR	1
	{4 x 125 on 1:55 Breaststroke	EN2	S	BR	1
	{4 x 100 on 1:40 Breaststroke	EN2	S	BR	1
	{2 x 100 on 1:35 Breaststroke	EN2	S	BR	1
	{1 x 100 on 1:30 Breaststroke	EN2	S	BR	1
450	9 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 = 31

Workout #10783 - Monday, 30 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,150	1x{1 x 125 on 1:55 Backstroke	EN1	S	BK	1
	{2 x 125 on 1:50 Backstroke	EN1	S	BK	1
	{3 x 125 on 1:45 Backstroke	EN1	S	BK	1
	{4 x 125 on 1:40 Backstroke	EN2	S	BK	1
	{4 x 100 on 1:35 Backstroke	EN2	S	BK	1
	{3 x 100 on 1:30 Backstroke	EN2	S	BK	1
	{2 x 100 on 1:25 Backstroke	EN2	S	BK	1
450	9 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 = 35

Workout #10772 - Monday, 30 January 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick
	{2 x 100 on 1:30 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:30 Kick
	{2 x 100 on 1:25 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{2 x 100 on 1:25 Kick
	{2 x 100 on 1:20 Kick
	{10 x 25 on :30 Kick no board BSLRX2 LR
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

4:42 PM 3,600 Yards - Stress Value = 56

Workout #10773 - Monday, 30 January 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Shoulders/Vis
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 :35 Kick no board BSLR
{2 x 100 on 1:50 Kick
{2 x 100 on 1:45 Kick
{6 x 25 on :35 Kick no board BSLRBS
{2 x 100 on 1:45 Kick
{2 x 100 on 1:40 Kick
{8 x 25 on :35 Kick no board BSLR X2
{2 x 100 on 1:40 Kick
{6 x 25 on :35 Kick no board BSLRBS
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
4:42 PM 3,300 Yards - Stress Value = 50

{2 x 75 on 1:30 Kick
{4 x 25 on :45 Kick no board BSLR
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 Pulls 3 SOT-HB (only 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 2,950 Yards - Stress Value = 45

Workout #10778 - Monday, 30 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:43 PM Start
Yards Set Description EGY
=====
2,000 1x{1 x 300 on 4:35 Freestyle EN2
{3 x 100 on 1:50 Freestyle hold under 123 EN2
{1 x 300 on 4:35 Freestyle EN2
{3 x 100 on 1:45 Freestyle hold under 123 EN2
{1 x 300 on 4:35 Freestyle EN2
{3 x 100 on 1:40 Freestyle hold under 123 EN2
{1 x 200 on 3:05 Freestyle EN2
350 7 x 50 on 1:00 Freestyle REC
1 on 10:00 Ice
5:34 PM 2,350 Yards - Stress Value = 40

Workout #10774 - Monday, 30 January 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Shoulders/Vis
550 1 x 550 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
1,450 1x{4 x 25 on :40 Kick no board BSLR
{2 x 100 on 2:00 Kick
{2 x 100 on 1:55 Kick
{6 x 25 on :40 Kick no board BSLRBS
{2 x 100 on 1:55 Kick
{1 x 100 on 1:50 Kick
{8 x 25 on :40 Kick no board BSLR X2
{2 x 100 on 1:50 Kick
{4 x 25 on :40 Kick no board BSLR
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 (not 3rd set)
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:43 PM 3,100 Yards - Stress Value = 47

Workout #10781 - Monday, 30 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:43 PM Start
Yards Set Description EGY WORK STK F
=====
1,675 1x{1 x 100 on 2:05 Breaststroke EN1 S BR 2
{2 x 100 on 2:00 Breaststroke EN1 S BR 2
{3 x 100 on 1:55 Breaststroke EN1 S BR 1
{4 x 100 on 1:50 Breaststroke EN2 S BR 1
{4 x 75 on 1:25 Breaststroke EN2 S BR 1
{3 x 75 on 1:20 Breaststroke EN2 S BR 1
{2 x 75 on 1:15 Breaststroke EN2 S BR 1
450 9 x 50 on 1:00 Stroke Drills REC D CD 2
1 on 10:00 Ice M
5:35 PM 2,125 Yards - Stress Value = 27

Workout #10784 - Monday, 30 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:43 PM Start
Yards Set Description EGY WORK STK F
=====
1,850 1x{1 x 125 on 2:25 Backstroke EN1 S BK 1
{2 x 125 on 2:20 Backstroke EN1 S BK 1
{3 x 125 on 2:15 Backstroke EN1 S BK 1
{4 x 125 on 2:10 Backstroke EN2 S BK 1
{3 x 100 on 1:45 Backstroke EN2 S BK 1
{2 x 100 on 1:40 Backstroke EN2 S BK 1
{1 x 100 on 1:35 Backstroke EN2 S BK 1
400 8 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 = 29

Workout #10775 - Monday, 30 January 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Shoulders/Vis
500 1 x 500 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
1,350 1x{4 x 25 on :45 Kick no board BSLR
{2 x 100 on 2:10 Kick
{2 x 100 on 2:05 Kick
{4 x 25 on :45 Kick no board BSLR
{2 x 100 on 2:05 Kick
{2 x 100 on 2:00 Kick
{4 x 25 on :45 Kick no board BSLR

Workout #10792 - Monday, 30 January 2012

HS Girls - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{1 x 125 on 1:40 Backstroke	EN1	S	BK
	{2 x 125 on 1:35 Backstroke	EN1	S	BK
	{3 x 125 on 1:30 Backstroke	EN1	S	BK
	{3 x 100 on 1:15 Backstroke	EN2	S	BK
	{2 x 100 on 1:10 Backstroke	EN2	S	BK
	{1 x 100 on 1:05 Backstroke	EN2	SD	BK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:46 PM 1,550 Yards - Stress Value = 19

Workout #10790 - Monday, 30 January 2012

HS Girls - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
1,175	1x{1 x 125 on 2:10 Breaststroke	EN1	S	BR
	{2 x 125 on 2:05 Breaststroke	EN1	S	BR
	{2 x 125 on 2:00 Breaststroke	EN1	S	BR
	{2 x 125 on 1:55 Breaststroke	EN2	S	BR
	{2 x 100 on 1:35 Breaststroke	EN2	S	BR
	{1 x 100 on 1:30 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:48 PM 1,375 Yards - Stress Value = 16

Workout #10788 - Monday, 30 January 2012

HS Girls - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
1,200	1x{2 x 100 on 1:35 Freestyle hold under	111	EN2	
	{1 x 300 on 4:05 Freestyle		EN2	
	{1 x 100 on 1:30 Freestyle hold under	111	EN2	
	{1 x 300 on 4:05 Freestyle		EN2	
	{3 x 100 on 1:25 Freestyle hold under	111	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			

4:47 PM 1,400 Yards - Stress Value = 24

Workout #10793 - Monday, 30 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
1,250	1x{1 x 125 on 1:55 Backstroke	EN1	S	BK
	{2 x 125 on 1:50 Backstroke	EN1	S	BK
	{3 x 125 on 1:45 Backstroke	EN1	S	BK
	{3 x 100 on 1:30 Backstroke	EN2	S	BK
	{2 x 100 on 1:25 Backstroke	EN2	S	BK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:48 PM 1,450 Yards - Stress Value = 17

Workout #10785 - Monday, 30 January 2012

HS Girls - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
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Yards	Set Description
	1 on 30:00 DS/Shoulders/Vis
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR
500	2x{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
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:15 PM 1,850 Yards - Stress Value = 25

Workout #10786 - Monday, 30 January 2012

HS Girls - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Shoulders/Vis
350	1 x 350 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR
500	2x{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 (not 2nd set)
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:16 PM 1,700 Yards - Stress Value = 23

Workout #10787 - Monday, 30 January 2012

HS Girls - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Shoulders/Vis
300	1 x 300 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:00 Kick
	{2 x 25 on :45 Kick no board BSLR
400	2x{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
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:15 PM 1,500 Yards - Stress Value = 21

Workout #10789 - Monday, 30 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
1,200	1x{1 x 300 on 4:35 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle hold under 123	EN2
	{1 x 300 on 4:35 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 123	EN2
200	1 x 200 on 3:00 Freestyle	REC
	1 on 10:00 Ice	
4:49 PM 1,400 Yards - Stress Value = 24		

Workout #10791 - Monday, 30 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
1,000	1x{1 x 100 on 2:05 Breaststroke	EN1	S	BR
	{2 x 100 on 2:00 Breaststroke	EN1	S	BR
	{2 x 100 on 1:55 Breaststroke	EN1	S	BR
	{2 x 100 on 1:50 Breaststroke	EN2	S	BR
	{2 x 75 on 1:25 Breaststroke	EN2	S	BR
	{2 x 75 on 1:20 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:49 PM 1,200 Yards - Stress Value = 15				

Workout #10794 - Monday, 30 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
1,050	1x{1 x 125 on 2:25 Backstroke	EN1	S	BK
	{2 x 125 on 2:20 Backstroke	EN1	S	BK
	{3 x 125 on 2:15 Backstroke	EN1	S	BK
	{2 x 100 on 1:40 Backstroke	EN2	S	BK
	{1 x 100 on 1:35 Backstroke	EN2	S	BK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM 1,250 Yards - Stress Value = 13				

Workout #10795 - Tuesday, 31 January 2012

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Your primary stroke or free		
150	10 x 15 on :45 Shooters	SP3	
2,475	1x{2 x 225 on 2:45 Free L.50 6bk	EN2	
	{2 x 225 on 2:40 Free L.50 6bk	EN2	
	{2 x 225 on 2:35 Free L.50 6bk	EN2	
	{2 x 225 on 2:30 Free L.50 6bk	EN2	
	{3 x 225 on 2:25 Free L.50 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 3,225 Yards - Stress Value = 56			

Workout #10798 - Tuesday, 31 January 2012

HighSchl - Fly

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{1 x 100 on 1:25 4 strokes off walls	EN1	
	{8 x 25 on :30 Fly-descend in 4s	EN2	
	{2 x 100 on 1:20 4 strokes off walls	EN2	
	{8 x 25 on :30 Fly-descend in 4s	EN2	
	{3 x 100 on 1:15 4 strokes off walls	EN2	
	{8 x 25 on :30 Fly-descend in 4s	EN2	
	{4 x 100 on 1:10 4 strokes off walls	EN2	
	{8 x 25 on :30 Fly-descend in 4s	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,550 Yards - Stress Value = 41			

Workout #10796 - Tuesday, 31 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,200	1x{2 x 200 on 2:45 Free L.50 6bk	EN2	
	{2 x 200 on 2:40 Free L.50 6bk	EN2	
	{2 x 200 on 2:35 Free L.50 6bk	EN2	
	{2 x 200 on 2:30 Free L.50 6bk	EN2	
	{3 x 200 on 2:25 Free L.50 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,950 Yards - Stress Value = 50			

Workout #10799 - Tuesday, 31 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
1,700	1x{1 x 100 on 1:35 4 strokes off walls	EN1
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{2 x 100 on 1:30 4 strokes off walls	EN2
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{3 x 100 on 1:25 4 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{4 x 100 on 1:20 4 strokes 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	
7:05 AM 2,450 Yards - Stress Value = 39		

Workout #10802 - Tuesday, 31 January 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	WOF
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights				
400	1 x 400 on 7:00 Underwater trn drill	REC			
150	10 x 15 on :45 Shooters	SP3			
	Your primary stroke or free				
1,700	1x{1 x 100 on 1:40 Free L.35y 6bk	EN1			
	{2 x 100 on 1:35 Free L.35y 6bk	EN2			
	{3 x 100 on 1:30 Free L.35y 6bk	EN2			
	{8 x 25 on :30 Free br/ev 3-descend	EN2			
	{1 x 75 on 1:20 Free L.35y 6bk	EN2			
	{2 x 75 on 1:15 Free L.35y 6bk	EN2			
	{3 x 75 on 1:10 Free L.35y 6bk	EN2			
	{6 x 25 on :30 Free br/ev 5-descend	EN2			
	{1 x 50 on :55 Free L.35y 6bk	EN2			
	{2 x 50 on :50 Free L.35y 6bk	EN2			
	{3 x 50 on :45 Free L.35y 6bk	EN2			
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	7:05 AM 2,450 Yards - Stress Value = 39				

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,550	1x{1 x 100 on 1:50 Free L.35y 6bk	EN1	
	{2 x 100 on 1:45 Free L.35y 6bk	EN2	
	{3 x 100 on 1:40 Free L.35y 6bk	EN2	
	{6 x 25 on :30 Free br/ev 3-descend	EN2	
	{1 x 75 on 1:25 Free L.35y 6bk	EN2	
	{2 x 75 on 1:20 Free L.35y 6bk	EN2	
	{3 x 75 on 1:15 Free L.35y 6bk	EN2	
	{6 x 25 on :30 Free br/ev 5-descend	EN2	
	{1 x 50 on 1:00 Free L.35y 6bk	EN2	
	{2 x 50 on :55 Free L.35y 6bk	EN2	
	{1 x 50 on :50 Free L.35y 6bk	EN2	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,250 Yards - Stress Value = 36		

Workout #10801 - Tuesday, 31 January 2012

HighSchl - Sprint

1 minute rest between sets

Workout #10797 - Tuesday, 31 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	WOF
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights				
400	1 x 400 on 7:00 Underwater trn drill	REC			
150	10 x 15 on :45 Shooters	SP3			
	Your primary stroke or free				
1,950	1x{1 x 100 on 1:30 Free L.35y 6bk	EN1			
	{2 x 100 on 1:25 Free L.35y 6bk	EN2			
	{3 x 100 on 1:20 Free L.35y 6bk	EN2			
	{8 x 25 on :25 Free br/ev 3-descend	EN2			
	{1 x 75 on 1:10 Free L.35y 6bk	EN2			
	{2 x 75 on 1:05 Free L.35y 6bk	EN2			
	{3 x 75 on 1:00 Free L.35y 6bk	EN2			
	{8 x 25 on :25 Free br/ev 5-descend	EN2			
	{1 x 50 on :50 Free L.35y 6bk	EN2			
	{2 x 50 on :45 Free L.35y 6bk	EN2			
	{3 x 50 on :40 Free L.35y 6bk	EN2			
	{8 x 25 on :25 Free br/ev 7-descend	EN2			
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	7:05 AM 2,625 Yards - Stress Value = 44				

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,950	1x{1 x 100 on 1:30 Free L.35y 6bk	EN1	
	{2 x 100 on 1:25 Free L.35y 6bk	EN2	
	{3 x 100 on 1:20 Free L.35y 6bk	EN2	
	{8 x 25 on :25 Free br/ev 3-descend	EN2	
	{1 x 75 on 1:10 Free L.35y 6bk	EN2	
	{2 x 75 on 1:05 Free L.35y 6bk	EN2	
	{3 x 75 on 1:00 Free L.35y 6bk	EN2	
	{8 x 25 on :25 Free br/ev 5-descend	EN2	
	{1 x 50 on :50 Free L.35y 6bk	EN2	
	{2 x 50 on :45 Free L.35y 6bk	EN2	
	{3 x 50 on :40 Free L.35y 6bk	EN2	
	{8 x 25 on :25 Free br/ev 7-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,700 Yards - Stress Value = 44		

Workout #10800 - Tuesday, 31 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #10808 - Tuesday, 31 January 2012

HS Girls - Distance

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	WOF
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights				
350	1 x 350 on 7:00 Underwater trn drill	REC			
150	10 x 15 on :45 Shooters	SP3			
	Your primary stroke or free				
1,500	1x{6 x 25 on :35 Fly-descend in 3s	EN2			
	{1 x 100 on 1:45 4 strokes off walls	EN1			
	{6 x 25 on :35 Fly-descend in 3s	EN2			
	{2 x 100 on 1:40 4 strokes off walls	EN2			
	{4 x 25 on :30 Fly-descend in	EN2			
	{3 x 100 on 1:35 4 strokes fly off walls	EN2			
	{4 x 25 on :35 Fly-descend	EN2			
	{4 x 100 on 1:35 4 strokes off walls	EN2			
200	1 x 200 on 4:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	7:05 AM 2,200 Yards - Stress Value = 35				

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
300	1 x 300 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	1x{1 x 200 on 2:45 Free L.50 6bk	EN2	
	{1 x 200 on 2:40 Free L,50 6bk	EN2	
	{1 x 200 on 2:35 Free L.50 6bk	EN2	
	{1 x 200 on 2:30 Free L.50 6bk	EN2	
	{1 x 200 on 2:25 Free L.50 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:47 AM 1,650 Yards - Stress Value = 26		

Workout #10803 - Tuesday, 31 January 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #10818 - Tuesday, 31 January 2012

HS Girls - Distance

1 minute rest between sets

3:59 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,050 1x{1 x 325 on 4:30 Freestyle EN2 S FR
 {1 x 350 on 4:45 Freestyle EN2 S FR
 {1 x 375 on 5:00 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:29 PM 1,300 Yards - Stress Value = 21

Workout #10810 - Tuesday, 31 January 2012

HS Girls - Fly

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 300 1 x 300 on 5:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 900 1x{2 x 100 on 1:20 4 strokes off walls EN2
 {4 x 25 on :30 Fly-descend in 4s EN2
 {2 x 100 on 1:15 4 strokes off walls EN2
 {4 x 25 on :30 Fly-descend in 4s EN2
 {2 x 100 on 1:10 4 strokes off walls EN2
 {4 x 25 on :30 Fly-descend in 4s EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 6:48 AM 1,550 Yards - Stress Value = 24

Workout #10811 - Tuesday, 31 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS and Weights
 300 1 x 300 on 5:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 800 1x{2 x 100 on 1:30 4 strokes off walls EN2
 {4 x 25 on :30 Fly-descend in 4s EN2
 {2 x 100 on 1:25 4 strokes fly off walls EN2
 {8 x 25 on :30 Fly-descend in 4s EN2
 {1 x 100 on 1:20 4 strokes off walls EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 6:48 AM 1,450 Yards - Stress Value = 22

Workout #10823 - Tuesday, 31 January 2012

HS Girls - Gold/Silver

1 minute rest between sets

3:59 PM Start
 Yards Set Description EC
 =====
 950 1x{2 x 25 on :30 Fly-descend EN
 {1 x 100 on 1:55 25 Kick 25 drill 50 build EN
 {1 x 150 on 2:15 IM w/out the fly EN
 {2 x 25 on :30 Back-descend EN
 {1 x 100 on 1:55 25 kick 25 drill 50 build EN
 {1 x 150 on 2:15 IM w/out the back EN
 {2 x 25 on :30 Breast-descend EN
 {1 x 100 on 1:55 25 kick 25 drill 50 build EN
 {1 x 150 on 2:15 IM w/out the breast EN
 {2 x 25 on :30 Free-descend EN
 300 6 x 50 on 1:00 Stroke Drills RE

1 on 10:00 Ice
 4:33 PM 1,250 Yards - Stress Value = 19

Workout #10822 - Tuesday, 31 January 2012

HS Girls - IM'ers

1 minute rest between sets

3:59 PM Start
 Yards Set Description EC
 =====
 1,025 1x{2 x 25 on :30 Fly-descend EN
 {1 x 100 on 1:45 25 Kick 25 drill 50 build EN
 {1 x 150 on 2:00 IM w/out the fly EN
 {2 x 25 on :30 Back-descend EN
 {1 x 100 on 1:45 25 kick 25 drill 50 build EN
 {1 x 150 on 2:00 IM w/out the back EN
 {2 x 25 on :30 Breast-descend EN
 {1 x 100 on 1:45 25 kick 25 drill 50 build EN
 {1 x 150 on 2:00 IM w/out the breast EN
 {1 x 25 on :30 Free-descend EN
 {1 x 100 on 1:45 25 kick 25 drill 50 build EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 4:31 PM 1,275 Yards - Stress Value = 20

Workout #10815 - Tuesday, 31 January 2012

HS Girls - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 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
 { fly kick underwater
 600 1x{1 x 200 on 2:55 Pulls BTB
 {1 x 200 on 2:50 Pulls BTS
 {1 x 200 on 2:45 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3:58 PM 1,670 Yards - Stress Value = 23

Workout #10816 - Tuesday, 31 January 2012

HS Girls - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 15:00 DS		
350	1 x 350 on 8:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
360	1x{3 x 30 on 1:00 Kick		
	{3 x 30 on :55 Kick		
	{3 x 30 on :50 Kick		
	{3 x 30 on :45 Kick		
	{ 15y streamline kick on back/15y		
	{ fly kick underwater		
550	1x{1 x 200 on 3:15 Pulls BTB		
	{1 x 200 on 3:10 Pulls BTS		
	{1 x 150 on 2:20 Pulls BTB		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	3:58 PM 1,510 Yards - Stress Value = 23		

Workout #10817 - Tuesday, 31 January 2012

HS Girls - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 15:00 DS		
250	1 x 250 on 8:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
360	1x{3 x 30 on 1:00 Kick		
	{3 x 30 on :55 Kick		
	{3 x 30 on :50 Kick		
	{3 x 30 on :45 Kick		
	{ 15y streamline kick on back/15y		
	{ fly kick underwater		
500	1x{1 x 200 on 3:35 Pulls BTB		
	{1 x 200 on 3:30 Pulls BTS		
	{1 x 100 on 1:40 Pulls BTB		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	3:58 PM 1,360 Yards - Stress Value = 22		

Workout #10809 - Tuesday, 31 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
875	1x{1 x 175 on 2:45 Free L.50 6bk	EN2	
	{1 x 175 on 2:40 Free L.50 6bk	EN2	
	{1 x 175 on 2:35 Free L.50 6bk	EN2	
	{1 x 175 on 2:30 Free L.50 6bk	EN2	
	{1 x 175 on 2:25 Free L.50 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
	6:47 AM 1,475 Yards - Stress Value = 26		

Workout #10812 - Tuesday, 31 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====

	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
650	1x{4 x 25 on :35 Fly-descend in 3s	EN2	
	{2 x 100 on 1:40 4 strokes off walls	EN2	
	{4 x 25 on :35 Fly-descend in	EN2	
	{2 x 100 on 1:35 4 strokes fly off walls	EN2	
	{2 x 25 on :35 Fly-descend	EN2	
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	6:48 AM 1,250 Yards - Stress Value = 19		

Workout #10814 - Tuesday, 31 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
775	1x{1 x 100 on 1:50 Free L.35y 6bk	EN1	
	{1 x 100 on 1:45 Free L.35y 6bk	EN2	
	{1 x 100 on 1:40 Free L.35y 6bk	EN2	
	{4 x 25 on :30 Free br/ev 3-descend	EN2	
	{1 x 75 on 1:25 Free L.35y 6bk	EN2	
	{2 x 75 on 1:20 Free L.35y 6bk	EN2	
	{2 x 75 on 1:15 Free L.35y 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
	6:48 AM 1,375 Yards - Stress Value = 21		

Workout #10819 - Tuesday, 31 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

3:59 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights			
975	1x{1 x 300 on 4:40 Freestyle	EN2	S	FR
	{1 x 325 on 5:00 Freestyle	EN2	S	FR
	{1 x 350 on 5:20 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills		REC	D CD
	1 on 10:00 Ice			M
	4:29 PM 1,225 Yards - Stress Value = 19			

Workout #10821 - Tuesday, 31 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

3:59 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights			
850	1x{3 x 50 on :50 Freestyle	EN2	S	FR
	{4 x 50 on 1:00 Freestyle	EN1	S	FR
	{4 x 50 on :45 Freestyle	EN2	S	FR
	{3 x 50 on 1:00 Freestyle	EN1	S	FR
	{3 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
	4:29 PM 1,100 Yards - Stress Value = 14			

Workout #10824 - Tuesday, 31 January 2012

HS Girls - Silver/Bronze

1 minute rest between sets

3:59 PM Start

Yards	Set Description	EG
850	1x{2 x 25 on :40 Fly-descend	EM
	{1 x 100 on 2:05 25 Kick 25 drill 50 build	EM
	{1 x 150 on 2:30 IM w/out the fly	EM
	{2 x 25 on :40 Back-descend	EM
	{1 x 100 on 2:05 25 kick 25 drill 50 build	EM
	{1 x 150 on 2:30 IM w/out the back	EM
	{2 x 25 on :40 Breast-descend	EM
	{1 x 100 on 2:05 25 kick 25 drill 50 build	EM
	{1 x 100 on 1:40 IM	EM
300	6 x 50 on 1:00 Stroke Drills	RE
	1 on 10:00 Ice	
4:33 PM 1,150 Yards - Stress Value = 17		

{1 x 100 on 1:45 Kick	EN2	K C
{1 x 100 on 2:00 Kick	EN1	K C
{1 x 100 on 1:40 Kick	EN2	K C
{1 x 100 on 2:00 Kick	EN1	K C
{1 x 100 on 1:35 Kick	EN2	K C
{1 x 100 on 2:00 Kick	EN1	K C
{1 x 100 on 1:30 Kick	EN1	K C
6 x 25 on 1:00 Free Stroke Drills	REC	D
1x{1 x 400 on 5:40 Freestyle	EN2	S
{1 x 400 on 5:35 Freestyle	EN2	S
{1 x 400 on 5:30 Freestyle	EN2	S
{1 x 400 on 5:25 Freestyle	EN2	S
{1 x 400 on 5:20 Freestyle	EN2	S
100 1 x 100 on 1:30 Stroke Drills	REC	D
1 on 10:00 Game or Relay		
7:31 PM 4,100 Yards - Stress Value = 62		

Workout #10840 - Wednesday, 01 February 2012

Group 2 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
300	1 x 300 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
800	1x{1 x 100 on 1:40 Free L.35y 6bk	EN1	
	{1 x 100 on 1:35 Free L.35y 6bk	EN2	
	{1 x 100 on 1:30 Free L.35y 6bk	EN2	
	{4 x 25 on :30 Free br/ev 3-descend	EN2	
	{1 x 75 on 1:20 Free L.35y 6bk	EN2	
	{1 x 75 on 1:15 Free L.35y 6bk	EN2	
	{2 x 75 on 1:10 Free L.35y 6bk	EN2	
	{4 x 25 on :30 Free br/ev 5-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:48 AM 1,450 Yards - Stress Value = 22			

5:30 PM Start

Yards	Set Description	EGY	WORK	S
500	1 x 500 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	
1,050	1x{1 x 100 on 2:15 Kick	EN1	K	C
	{1 x 100 on 2:10 Kick	EN2	K	C
	{1 x 100 on 2:15 Kick	EN1	K	C
	{1 x 100 on 2:05 Kick	EN1	K	C
	{1 x 100 on 2:15 Kick	EN1	K	C
	{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 100 on 2:15 Kick	EN1	K	C
	{1 x 100 on 1:55 Kick	EN2	K	C
	{1 x 100 on 2:15 Kick	EN1	K	C
	{1 x 100 on 1:50 Kick	EN2	K	C
	{1 x 50 on 1:15 Kick	EN1	K	C
150	6 x 25 on 1:00 Free Stroke Drills	REC	D	
1,750	1x{1 x 400 on 6:20 Freestyle	EN2	S	
	{1 x 400 on 6:15 Freestyle	EN2	S	
	{1 x 400 on 6:10 Freestyle	EN2	S	
	{1 x 400 on 6:05 Freestyle	EN2	S	
	{1 x 150 on 2:15 Freestyle	EN2	S	
100	1 x 100 on 1:30 Stroke Drills	REC	D	
	1 on 10:00 Game or Relay			
7:31 PM 3,700 Yards - Stress Value = 55				

Workout #10820 - Tuesday, 31 January 2012

HS Girls - Sprint

1 minute rest between sets

3:59 PM Start

Yards	Set Description	EGY	WORK	STK
950	1x{6 x 50 on :45 Freestyle	EN2	S	FR
	{6 x 50 on :55 Freestyle	EN1	S	FR
	{6 x 50 on :40 Freestyle	EN2	S	FR
	{1 x 50 on :55 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:29 PM 1,200 Yards - Stress Value = 15				

Workout #10839 - Wednesday, 01 February 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 DS/Core/Tm Mtg		L	I
500	1 x 500 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	
1,200	1x{1 x 100 on 2:00 Kick	EN1	K	C
	{1 x 100 on 1:55 kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN1	K	C
	{1 x 100 on 1:50 Kick	EN1	K	C
	{1 x 100 on 2:00 Kick	EN1	K	C

Workout #10841 - Wednesday, 01 February 2012

5:35 PM 2,750 Yards - Stress Value = 78

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
5:30 PM Start					
=====	=====	=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		L I		
450	1 x 450 on 10:00 Choice	REC	S C		
150	10 x 15 on :45 Shooters	SP3	S		
950	1x{1 x 100 on 2:30 Kick	EN1	K C		
	{1 x 100 on 2:25 Kick	EN2	K C		
	{1 x 100 on 2:30 Kick	EN1	K C		
	{1 x 100 on 2:20 Kick	EN1	K C		
	{1 x 100 on 2:30 Kick	EN1	K C		
	{1 x 100 on 2:15 Kick	EN2	K C		
	{1 x 100 on 2:30 Kick	EN1	K C		
	{1 x 100 on 2:10 Kick	EN2	K C		
	{1 x 100 on 2:30 Kick	EN1	K C		
	{1 x 50 on 1:05 Kick	EN2	K C		
150	6 x 25 on 1:00 Free Stroke Drills	REC	D		
1,550	1x{1 x 400 on 7:10 Freestyle	EN2	S		
	{1 x 400 on 7:05 Freestyle	EN2	S		
	{1 x 400 on 7:00 Freestyle	EN2	S		
	{1 x 350 on 6:05 Freestyle	EN2	S		
100	1 x 100 on 1:30 Stroke Drills	REC	D		
	1 on 10:00 Game or Relay				
7:31 PM 3,350 Yards - Stress Value = 50					

Workout #10842 - Wednesday, 01 February 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
5:30 PM Start					
=====	=====	=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		L I		
400	1 x 400 on 10:00 Choice	REC	S C		
150	10 x 15 on :45 Shooters	SP3	S		
800	1x{1 x 100 on 3:00 Kick	EN1	K C		
	{1 x 100 on 2:55 Kick	EN2	K C		
	{1 x 100 on 3:00 Kick	EN1	K C		
	{1 x 100 on 2:50 Kick	EN1	K C		
	{1 x 100 on 3:00 Kick	EN1	K C		
	{1 x 100 on 2:45 Kick	EN2	K C		
	{1 x 100 on 3:00 Kick	EN1	K C		
	{1 x 100 on 2:30 Kick	EN2	K C		
150	6 x 25 on 1:00 Free Stroke Drills	REC	D		
1,350	1x{1 x 400 on 8:30 Freestyle	EN2	S		
	{1 x 400 on 8:20 Freestyle	EN2	S		
	{1 x 400 on 8:10 Freestyle	EN2	S		
	{1 x 150 on 2:55 Freestyle	EN2	S		
100	1 x 100 on 1:30 Stroke Drills	REC	D		
	1 on 10:00 Game or Relay				
7:31 PM 2,950 Yards - Stress Value = 44					

Workout #10832 - Wednesday, 01 February 2012

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:38 PM Start					
=====	=====	=====	=====	=====	=====
2,300	1x{1 x 200 on 2:55 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breast	EN3	S	BR	2
	{2 x 175 on 2:30 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
	{3 x 150 on 2:05 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
	{4 x 125 on 1:40 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M

Workout #10829 - Wednesday, 01 February 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:38 PM Start					
=====	=====	=====	=====	=====	=====
3,000	1x{2 x 200 on 2:35 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:30 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:25 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:10 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM 3,450 Yards - Stress Value = 84					

Workout #10835 - Wednesday, 01 February 2012

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:38 PM Start					
=====	=====	=====	=====	=====	=====
2,150	1x{1 x 200 on 2:45 Butterfly	EN2	S	FLY	
	{8 x 25 on :35 Fly 15m under	EN3	S	FLY	
	{2 x 175 on 2:20 Butterfly	EN2	S	FLY	
	{6 x 25 on :35 Fly 12m under	EN3	S	FLY	
	{3 x 150 on 1:55 Butterfly	EN2	P	FLY	
	{8 x 25 on :35 Fly 9m under	EN3	S	FLY	
	{4 x 100 on 1:15 Butterfly	EN2	S	FR	
500	{8 x 25 on :35 Fly 6m under	EN3	S	FLY	
	10 x 50 on 1:00 Stroke Drills	REC	D	CD	
	1 on 10:00 Ice				M
5:35 PM 2,650 Yards - Stress Value = 73					

Workout #10830 - Wednesday, 01 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:38 PM Start					
=====	=====	=====	=====	=====	=====
2,600	1x{2 x 200 on 2:50 Freestyle	EN2	S	FR	
	{1 x 100 on 1:30 Freestyle	EN3	S	FR	
	{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	
	{2 x 100 on 1:30 Freestyle	EN3	S	FR	
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD	
	1 on 10:00 Ice				M
5:35 PM 3,100 Yards - Stress Value = 76					

Workout #10833 - Wednesday, 01 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,300	1x{1 x 200 on 3:15 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breast	EN3	S	BR	2
	{2 x 175 on 2:45 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
	{3 x 150 on 2:15 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
	{4 x 125 on 1:50 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,650 Yards - Stress Value = 78

150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :35 Kick no board BSLR 15 KOW
	{6 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR 14 KOW
	{5 x 100 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{5 x 50 on :50 Kick
	{4 x 25 on :35 Kick no board BS 12 KOW
1,350	1x{2 x 200 on 2:45 Lungbuster pulls
	{3 x 150 on 2:00 Lungbuster pulls
	{4 x 100 on 1:25 Lungbuster pulls
	{2 x 50 on :40 Lungbuster pulls
	Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:37 PM 3,900 Yards - Stress Value = 63

Workout #10827 - Wednesday, 01 February 2012

HighSchl - Silver

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,050	1x{1 x 200 on 3:15 Butterfly	EN2	S	FLY	1
	{8 x 25 on :35 Fly 15m under	EN3	S	FLY	2
	{2 x 175 on 2:50 Butterfly	EN2	S	FLY	1
	{8 x 25 on :35 Fly 12m under	EN3	S	FLY	2
	{3 x 150 on 2:20 Butterfly	EN2	P	FLY	1
	{8 x 25 on :35 Fly 9m under	EN3	S	FLY	2
	{3 x 100 on 1:25 Butterfly	EN2	S	FR	1
	{6 x 25 on :35 Fly 6m under	EN3	S	FLY	2
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,450 Yards - Stress Value = 71

3:00 PM Start

Yards	Set Description
550	1 on 20:00 DS/Vis
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :40 Kick no board BSLR 15 KOW
	{3 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR 12 KOW
	{2 x 100 on 2:00 Kick
1,200	1x{2 x 200 on 3:10 Lungbuster pulls
	{3 x 150 on 2:20 Lungbuster pulls
	{3 x 100 on 1:30 Lungbuster pulls
	{1 x 50 on :50 Lungbuster pulls
	Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:37 PM 3,450 Yards - Stress Value = 54

Workout #10825 - Wednesday, 01 February 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 20:00 DS/Vis
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
	10 x 15 on :45 Shooters
1,850	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 1:30 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
1,500	1x{2 x 200 on 2:30 Lungbuster pulls
	{3 x 150 on 1:50 Lungbuster pulls
	{4 x 100 on 1:15 Lungbuster pulls
	{5 x 50 on :40 Lungbuster pulls
	Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:37 PM 4,300 Yards - Stress Value = 71

Workout #10828 - Wednesday, 01 February 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 20:00 DS/Vis
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :40 Kick no board BSLR 15 KOW
	{4 x 75 on 1:40 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{2 x 125 on 2:40 Kick
	{4 x 25 on :40 Kick no board BSLR 12 KOW
1,100	1x{2 x 200 on 3:25 Lungbuster pulls
	{3 x 150 on 2:30 Lungbuster pulls
	{2 x 100 on 1:45 Lungbuster pulls
	{1 x 50 on :55 Lungbuster pulls
	Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:37 PM 3,200 Yards - Stress Value = 51

Workout #10826 - Wednesday, 01 February 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 20:00 DS/Vis
	1 x 600 on 10:00 Free L.25 of each 100 Non F

Workout #10831 - Wednesday, 01 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,400	1x{2 x 200 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:55 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 2,800 Yards - Stress Value = 64				

Workout #10834 - Wednesday, 01 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,000	1x{1 x 200 on 3:35 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breast	EN3	S	BR	2
	{2 x 175 on 3:05 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR	2
	{3 x 150 on 2:35 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR	2
	{4 x 100 on 1:40 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR	2
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	5:35 PM 2,350 Yards - Stress Value = 64				

Workout #10837 - Wednesday, 01 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,650	1x{1 x 200 on 3:40 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 3:10 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{2 x 150 on 2:35 Butterfly	EN2	P	FLY	1
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 1:40 Butterfly	EN2	S	FR	1
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	5:35 PM 2,100 Yards - Stress Value = 57				

Workout #10838 - Wednesday, 01 February 2012

HS Girls - Swim Like A Champion Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 20:00 DS/Vis
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
500	1 x 500 on 12:00 Kick-4th 25 of each 100 build to 100%
500	10 x 50 on 1:00 Pulls-nbbf&w
400	8 x 50 on 1:00 Down easy back build
	1-4 all free 5-8 non free on way back

300 3 x 100 on 1:50 Free-descend to 85%
 100 4 x 25 on 2:00 Starts or Relay Starts
 500 1 x 500 on 10:00 Choice
 1 on 15:00 Ice and Team Mtg
 4:54 PM 2,950 Yards - Stress Value = 27

Workout #10868 - Thursday, 02 February 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
150	6 x 25 on 1:00 Perfect Backstroke		EN1
300	1x{1 x 100 on 13:00 Stroke Drills		REC
	{1 x 100 on 13:00 Stroke Drills		REC
	{1 x 100 on 12:00 Stroke Drills		REC
100	4 x 25 on 1:00 Perfect Backstroke		EN1
200	1 x 200 on 4:00 Backstroke-100%		EN2
	1 on 15:00 Techniques-Back Starts		
	7:30 PM 1,400 Yards - Stress Value = 13		

Workout #10849 - Thursday, 02 February 2012

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 35:00 DS and Weights
400	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
	Your primary stroke(s)
1,900	1x{5 x 125 on 1:35 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{4 x 100 on 1:15 Back alt 25 of 10 KOW
	{6 x 25 on :30 Back 8-9-10-11-12-13 KOW
	{3 x 75 on :55 Back Alt 25 of 10 KOW
	{6 x 25 on :30 Back 8-9-10-11-12-13 KOW
	{2 x 50 on :35 Back Alt 25 of 10 KOW
	{6 x 25 on :30 Back 8-9-10-11-12-13KOW
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	7:05 AM 2,700 Yards - Stress Value = 43

Workout #10843 - Thursday, 02 February 2012

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke(s)		
2,250	1x{3 x 225 on 2:45 Free-descend		EN2
	{3 x 200 on 2:25 Free-descend		EN2
	{3 x 175 on 2:05 Free-descend		EN2
	{3 x 150 on 1:45 Free-descend		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:04 AM 3,050 Yards - Stress Value = 51		

Workout #10857 - Thursday, 02 February 2012

HighSchl - Distance

1 minute rest between sets

3:54 PM Start

Yards	Set Description	EGY	WORK	STK	F
3,500	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR	1
	{1 x 500 on 5:45 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:30 Freestyle	EN2	S	FR	1
	{1 x 500 on 5:40 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:30 Freestyle	EN2	S	FR	1
	{1 x 500 on 5:35 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:30 Freestyle	EN2	S	FR	1
	125's hold:1st set 123, 2nd set 122, and 3rd set 121, 4th set 120				
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice			M	
	4:54 PM 3,900 Yards - Stress Value = 70				

Workout #10844 - Thursday, 02 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
2,100	1x{3 x 225 on 3:05 Free-descend	EN2	
	{3 x 200 on 2:40 Free-descend	EN2	
	{3 x 175 on 2:15 Free-descend	EN2	
	{3 x 100 on 1:15 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,900 Yards - Stress Value = 48		

Workout #10847 - Thursday, 02 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
1,850	1x{2 x 100 on 1:20 Freestyle	EN2	
	{4 x 50 on :45 Free-descend	EN2	
	{3 x 100 on 1:25 Free-descend	EN2	
	{4 x 50 on :45 Free-descend	EN2	
	{3 x 100 on 1:30 Free-descend	EN2	
	{4 x 50 on :45 Free-descend	EN2	
	{3 x 100 on 1:35 Free-descend	EN2	
	{3 x 50 on :45 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,650 Yards - Stress Value = 43		

Workout #10850 - Thursday, 02 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 35:00 DS and Weights
400	1 x 400 on 7:00 Underwater trn drill

Odd 100's free even 100's back

Yards	Set Description	EGY	WORK	STK	F
150	10 x 15 on :45 Shooters				
	Your primary stroke(s)				
1,750	1x{5 x 125 on 1:50 Backstroke-Alt	25			10 KOW
	{4 x 25 on :30 Back 8-9-10-11	KOW			
	{4 x 100 on 1:25 Back alt	25			10 KOW
	{6 x 25 on :30 Back 8-9-10-11-12-13	KOW			
	{3 x 75 on 1:05 Back Alt	25			10 KOW
	{6 x 25 on :30 Back 8-9-10-11-12-13	KOW			
	{2 x 50 on :40 Back Alt	25			10 KOW
250	1 x 250 on 4:00 Stroke Drills				
	1 on 10:00 Ice				
	7:05 AM 2,550 Yards - Stress Value = 40				

Workout #10858 - Thursday, 02 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

3:54 PM Start

Yards	Set Description	EGY	WORK	STK	F
3,200	1x{4 x 125 on 1:45 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:25 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:45 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:20 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:45 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:15 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:45 Freestyle	EN2	S	FR	1
	125's hold:1st set 138, 2nd set 137, and 3rd set 136, 4th set 135				
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice			M	
	4:54 PM 3,450 Yards - Stress Value = 64				

Workout #10861 - Thursday, 02 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

3:54 PM Start

Yards	Set Description	EGY
2,800	1x{6 x 150 on 2:25 Free Alt 25's	6bk Br 5 EN2
	{3 x 50 on :50 Free 3 KOW +1 3	brths L.25 EN2
	{5 x 125 on 2:00 Free Alt 25's	6BK Br 5 EN2
	{3 x 50 on :50 Free 3 KOW +1 3	brths L.25 EN2
	{4 x 100 on 1:35 Free Alt 25's	6bk Br 5 EN2
	{3 x 50 on :50 Free 3 KOW +1 3	brths L.25 EN2
	{3 x 75 on 1:10 Free Alt 25	6bk Br 5 EN2
	{3 x 50 on :50 Free 3 KOW +1 3	brths L.25 EN2
	{1 x 50 on :45 Free Alt 25's	6bk br 5 EN2
	{ hold all 50's :39 or faster	
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	4:54 PM 3,000 Yards - Stress Value = 54	

Workout #10864 - Thursday, 02 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

3:54 PM Start

Yards	Set Description	F
3,000	1x{1 x 100 on 1:45 Individual Medley 5 x 75 on 1:05 Fly-25L 25R 25 B 2 x 100 on 1:40 Individual Medley 5 x 75 on 1:05 Back 25L 25R 25B 3 x 100 on 1:35 Individual Medley 5 x 75 on 1:15 Brst 25FlK 25FrK 25Rk 4 x 100 on 1:30 Individual Medley 5 x 75 on 1:05 Fr 25sclsdfst25catchup25reg 5 x 100 on 1:25 Individual Medley	F F F F F F F F F
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	F F

4:54 PM 3,200 Yards - Stress Value = 62

Workout #10863 - Thursday, 02 February 2012

HighSchl - IM's

1 minute rest between sets

3:54 PM Start

Yards	Set Description	F
3,150	1x{1 x 100 on 1:35 Individual Medley 6 x 75 on 1:05 Fly-25L 25R 25 B 2 x 100 on 1:30 Individual Medley 6 x 75 on 1:05 Back 25L 25R 25B 3 x 100 on 1:25 Individual Medley 5 x 75 on 1:10 Brst 25FlK 25FrK 25Rk 4 x 100 on 1:20 Individual Medley 5 x 75 on 1:00 Fr 25sclsdfst25catchup25reg 5 x 100 on 1:15 Individual Medley	F F F F F F F F F
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	F F

4:53 PM 3,350 Yards - Stress Value = 64

Workout #10853 - Thursday, 02 February 2012

HighSchl - Platinum

1 minute rest between sets

2:55 PM Start

Yards	Set Description	F
600	1 on 10:00 DS 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	
1,200	1x{1 x 150 on 2:25 Kick your #1 2 x 50 on :55 Kick your #2 2 x 50 on 1:00 Kick your #3 1 x 150 on 2:20 Kick your #1 2 x 50 on :55 Kick you #2 2 x 50 on 1:00 Kick your #3 1 x 150 on 2:15 Kick your #1 2 x 50 on :55 Kick your #2 2 x 50 on 1:00 Kick your #3 1 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	

3:53 PM 2,150 Yards - Stress Value = 32

Workout #10854 - Thursday, 02 February 2012

HighSchl - Gold

1 minute rest between sets

2:55 PM Start

Yards	Set Description	F
	1 on 10:00 DS	

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	
1,050	1x{1 x 150 on 2:50 Kick your #1 2 x 50 on 1:05 Kick your #2 1 x 50 on 1:10 Kick your #3 1 x 150 on 2:45 Kick your #1 1 x 50 on 1:05 Kick you #2 2 x 50 on 1:10 Kick your #3 1 x 150 on 2:40 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 2:35 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	

3:53 PM 2,000 Yards - Stress Value = 29

Workout #10855 - Thursday, 02 February 2012

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description	F
550	1 on 10:00 DS 1 x 550 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 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 1 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 1 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 50 on 1:00 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	

3:53 PM 1,800 Yards - Stress Value = 26

Workout #10856 - Thursday, 02 February 2012

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	F
500	1 on 10:00 DS 1 x 500 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 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 1 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 1 x 150 on 3:25 Kick your #1 1 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	

3:53 PM 1,700 Yards - Stress Value = 24

Workout #10845 - Thursday, 02 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
1,800	1x{3 x 225 on 3:30 Free-descend	EN2	
	{3 x 200 on 3:05 Free-descend	EN2	
	{3 x 175 on 2:40 Free-descend	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 #10848 - Thursday, 02 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
1,550	1x{3 x 100 on 1:40 Free-descend	EN2	
	{4 x 50 on :50 Free-descend	EN2	
	{3 x 100 on 1:45 Free-descend	EN2	
	{4 x 50 on :55 Free-descend	EN2	
	{3 x 100 on 1:50 Free-descend	EN2	
250	{5 x 50 on :50 Free-descend	EN2	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 2,300 Yards - Stress Value = 37		

Workout #10851 - Thursday, 02 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS and Weights		
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		
	Your primary stroke(s)		
1,500	1x{5 x 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		
	{6 x 25 on :40 Back 8-9-10-11-12-13 KOW		
	{3 x 75 on 1:20 Back Alt 25 of 10 KOW		
250	1 x 250 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
	7:05 AM 2,250 Yards - Stress Value = 35		

Workout #10859 - Thursday, 02 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
=====	=====	===	=====	=====	=====
	3:54 PM Start				
2,800	1x{4 x 100 on 1:40 Freestyle	EN2	S	FR	1
	{1 x 400 on 6:15 Freestyle	EN2	S	FR	1
	{4 x 100 on 1:40 Freestyle	EN2	S	FR	1
	{1 x 400 on 6:10 Freestyle	EN2	S	FR	1

{4 x 100 on 1:40 Freestyle	EN2	S	FR	1
{1 x 400 on 6:05 Freestyle	EN2	S	FR	1
{4 x 100 on 1:40 Freestyle	EN2	S	FR	1
100's hold:1st set 126, 2nd set 125, and 3rd set 124, 4th set 123				
4 x 50 on 1:00 Stroke Drills	REC	D	CD	2
1 on 10:00 Ice		M		
4:55 PM 3,000 Yards - Stress Value = 56				

Workout #10862 - Thursday, 02 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	===
	3:54 PM Start	
2,500	1x{4 x 150 on 2:50 Free Alt 25's 6bk Br 5	EN2
	{3 x 50 on :55 Free 3 KOW +1 3 brths L.25	EN2
	{5 x 125 on 2:20 Free Alt 25's 6BK Br 5	EN2
	{3 x 50 on :55 Free 3 KOW +1 3 brths L.25	EN2
	{4 x 100 on 1:50 Free Alt 25's 6bk Br 5	EN2
	{3 x 50 on :55 Free 3 KOW +1 3 brths L.25	EN2
	{3 x 75 on 1:20 Free Alt 25's 6BK Br 5	EN2
	{3 x 50 on :55 Free 3 KOW +1 3 brths L.25	EN2
	{1 x 50 on :50 Free 25 6bk Br 5	EN2
	{ hold all 50's :42 or faster	
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	4:54 PM 2,650 Yards - Stress Value = 48	

Workout #10865 - Thursday, 02 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	F
=====	=====	=
	3:54 PM Start	
2,600	1x{1 x 100 on 2:00 Individual Medley	F
	{4 x 75 on 1:20 Fly-25L 25R 25 B	F
	{2 x 100 on 1:55 Individual Medley	F
	{4 x 75 on 1:20 Back 25L 25R 25B	F
	{3 x 100 on 1:50 Individual Medley	F
	{4 x 75 on 1:25 Brst 25FlK 25FrK 25Rk	F
	{4 x 100 on 1:45 Individual Medley	F
	{4 x 75 on 1:15 Fr 25sclsdfst25catchup25reg	F
	{4 x 100 on 1:40 Individual Medley	F
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Ice	
	4:55 PM 2,800 Yards - Stress Value = 52	

Workout #10846 - Thursday, 02 February 2012

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
2,100	1x{3 x 100 on 1:10 Freestyle	EN2	
	{4 x 50 on :40 Free-descend	EN2	
	{3 x 100 on 1:15 Free-descend	EN2	
	{4 x 50 on :40 Free-descend	EN2	
	{3 x 100 on 1:20 Free-descend	EN2	
	{4 x 50 on :40 Free-descend	EN2	
	{3 x 100 on 1:25 Free-descend	EN2	
	{6 x 50 on :40 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,900 Yards - Stress Value = 48

Workout #10860 - Thursday, 02 February 2012

HighSchl - Sprint

1 minute rest between sets

3:54 PM Start

Yards	Set Description	EGY
3,025	1x{6 x 150 on 2:10 Free Alt 25's 6bk Br 5	EN2
	{3 x 50 on :45 Free 3 KOW +1 3 brths L.25	EN2
	{5 x 125 on 1:50 Free Alt 25's 6BK Br 5	EN2
	{3 x 50 on :45 Free 3 KOW +1 3 brths L.25	EN2
	{4 x 100 on 1:25 Free Alt 25's 6bk Br 5	EN2
	{3 x 50 on :45 Free 3 KOW +1 3 brths L.25	EN2
	{3 x 75 on 1:05 Free Alt 25's 6BK Br 5	EN2
	{3 x 50 on :45 Free 3 KOW +1 3 brths L.25	EN2
	{2 x 50 on :40 Free Alt 25 6bk Br 5	EN2
	{3 x 50 on :45 Free 3 KOW +1 3 brths L.25	EN2
	{1 x 25 on :20 Free 6BK Br 5	EN2
	{ Hold all 50's :35 or faster	
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	

4:55 PM 3,300 Yards - Stress Value = 59

Workout #10852 - Thursday, 02 February 2012

Taper 1 - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
925	1x{4 x 100 on 1:15 Back alt 25 of 10 KOW	EN2	
	{4 x 25 on :30 Back 10-11-12-13 KOW	EN2	
	{3 x 75 on :55 Back Alt 25 of 10 KOW	EN2	
	{4 x 25 on :30 Back 10-11-12-13 KOW	EN2	
	{2 x 50 on :35 Back Alt 25 of 10 KOW	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

6:50 AM 1,725 Yards - Stress Value = 24

Workout #10866 - Thursday, 02 February 2012

Taper 1 - Platinum

1 minute rest between sets

2:55 PM Start

Yards	Set Description
400	1 on 10:00 DS
	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 150 on 2:20 Kick your #1
	{1 x 50 on :55 Kick you #2
	{1 x 50 on 1:00 Kick your #3
	{1 x 150 on 2:15 Kick your #1
	{1 x 50 on :55 Kick your #2
	{1 x 50 on 1:00 Kick your #3
	{1 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

3:43 PM 1,400 Yards - Stress Value = 21

Workout #10867 - Thursday, 02 February 2012

Taper 1 - Sprint

1 minute rest between sets

3:54 PM Start

Yards	Set Description	EGY
1,975	1x{5 x 125 on 1:50 Free Alt 25's 6BK Br 5	EN2
	{3 x 50 on :45 Free 3 KOW +1 3 brths L.25	EN2
	{4 x 100 on 1:25 Free Alt 25's 6bk Br 5	EN2
	{3 x 50 on :45 Free 3 KOW +1 3 brths L.25	EN2
	{3 x 75 on 1:05 Free Alt 25's 6BK Br 5	EN2
	{3 x 50 on :45 Free 3 KOW +1 3 brths L.25	EN2
	{2 x 50 on :40 Free Alt 25 6bk Br 5	EN2
	{3 x 50 on :45 Free 3 KOW +1 3 brths L.25	EN2
	{1 x 25 on :20 Free 6BK Br 5	EN2
	{ Hold all 50's :35 or faster	
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	

4:37 PM 2,150 Yards - Stress Value = 38

Workout #10869 - Friday, 03 February 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
1,000	1 on 30:00 DS and Ted's Abs	F
	1 x 1000 on 15:00 Choice	F
150	10 x 15 on :45 Shooters	S
	1 on 12:00 IP or Relay Starts	F
600	3x{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 100 on 2:00 Kick 1-Fly, 2-Br, 3-Fr	F
	1 on 12:00 IP's or Relay Starts	F
400	16 x 25 on :40 4 on each stroke	F
	2 drill, 1 build, 1 sprint	
400	8 x 50 on 1:00 Stroke Drills	F
	1 on 10:00 Ice	

5:05 PM 2,550 Yards - Stress Value = 17

Workout #10870 - Saturday, 04 February 2012

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description		
7:00 AM	Start		
=====	=====		
	1 on 40:00 DS and Weights		{1 x 150 on 2:35 Kick
600	1 x 600 on 10:00 Choice		{1 x 50 on 1:05 Kick
150	10 x 15 on :45 Shooters		{1 x 150 on 2:30 Kick
	IM or Primary		{1 x 50 on 1:05 Kick
1,400	1x{1 x 50 on 1:00 Kick		{1 x 150 on 2:25 Kick
	{1 x 150 on 2:30 Kick	200	4x{1 x 25 on :50 Sculling drills
	{1 x 50 on 1:00 Kick		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 150 on 2:25 Kick	3,300	1x{1 x 100 on 1:35 Individual Medley
	{1 x 50 on 1:00 Kick		{1 x 50 on :35 Freestyle
	{1 x 150 on 2:20 Kick		{1 x 50 on :45 Freestyle
	{1 x 50 on 1:00 Kick		{2 x 100 on 1:30 Individual Medley
	{1 x 150 on 2:15 Kick		{1 x 50 on :35 Freestyle
	{1 x 50 on 1:00 Kick		{1 x 50 on :45 Freestyle
	{1 x 150 on 2:10 Kick		{3 x 100 on 1:25 Individual Medley
	{1 x 50 on 1:00 Kick		{1 x 50 on :35 Freestyle
	{1 x 150 on 2:05 Kick		{1 x 50 on :45 Freestyle
	{1 x 50 on 1:00 Kick		{4 x 100 on 1:20 Individual Medley
	{1 x 150 on 2:00 Kick		{1 x 50 on :35 Freestyle
200	4x{1 x 25 on :50 Sculling drills		{1 x 50 on :45 Freestyle
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		{5 x 100 on 1:15 Individual Medley
3,300	1x{1 x 100 on 1:30 Individual Medley		{1 x 50 on :35 Freestyle
	{1 x 50 on :35 Freestyle		{1 x 50 on :45 Freestyle
	{1 x 50 on :45 Freestyle		{4 x 100 on 1:20 Individual Medley
	{2 x 100 on 1:25 Individual Medley		{1 x 50 on :35 Freestyle
	{1 x 50 on :35 Freestyle	400	8 x 50 on 1:00 Stroke Drills
	{1 x 50 on :45 Freestyle		1 on 10:00 Ice
	{3 x 100 on 1:20 Individual Medley		9:36 AM 5,850 Yards - Stress Value = 81
	{1 x 50 on :35 Freestyle		
	{1 x 50 on :45 Freestyle		
	{4 x 100 on 1:15 Individual Medley		
	{1 x 50 on :35 Freestyle		
	{1 x 50 on :45 Freestyle		
	{5 x 100 on 1:10 Individual Medley		
	{1 x 50 on :35 Freestyle		
	{1 x 50 on :45 Freestyle		
	{4 x 100 on 1:15 Individual Medley		
	{1 x 50 on :35 Freestyle		
	{1 x 50 on :45 Freestyle		
	{3 x 100 on 1:20 Individual Medley		
	{1 x 50 on :35 Freestyle		
	{1 x 50 on :45 Freestyle		
	{2 x 100 on 1:25 Individual Medley		
	{1 x 50 on :35 Freestyle		
	{1 x 50 on :45 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		
	1 on 10:00 Ice		
	9:36 AM 6,150 Yards - Stress Value = 85		

Workout #10871 - Saturday, 04 February 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
	IM or Primary
1,200	1x{1 x 50 on 1:05 Kick
	{1 x 150 on 2:50 Kick
	{1 x 50 on 1:05 Kick
	{1 x 150 on 2:45 Kick
	{1 x 50 on 1:05 Kick
	{1 x 150 on 2:40 Kick
	{1 x 50 on 1:05 Kick

Workout #10872 - Saturday, 04 February 2012

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 550 1 x 550 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 IM or Primary
 1,100 1x{1 x 50 on 1:10 Kick
 {1 x 150 on 3:05 Kick
 {1 x 50 on 1:10 Kick
 {1 x 150 on 3:00 Kick
 {1 x 50 on 1:10 Kick
 {1 x 150 on 2:55 Kick
 {1 x 50 on 1:10 Kick
 {1 x 150 on 2:50 Kick
 {1 x 50 on 1:10 Kick
 {1 x 150 on 2:45 Kick
 {1 x 50 on 1:10 Kick
 {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
 3,000 1x{1 x 100 on 1:45 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {2 x 100 on 1:40 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {3 x 100 on 1:35 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {4 x 100 on 1:30 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {5 x 100 on 1:25 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {4 x 100 on 1:30 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {3 x 100 on 1:35 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {1 x 100 on 1:40 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 5,400 Yards - Stress Value = 75

Workout #10873 - Saturday, 04 February 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 IM or Primary
 1,000 1x{1 x 50 on 1:15 Kick
 {1 x 150 on 3:30 Kick
 {1 x 50 on 1:15 Kick
 {1 x 150 on 3:25 Kick
 {1 x 50 on 1:15 Kick
 {1 x 150 on 3:20 Kick
 {1 x 50 on 1:15 Kick
 {1 x 150 on 3:15 Kick
 {1 x 50 on 1:15 Kick
 {1 x 150 on 3:10 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

2,700 1x{1 x 100 on 1:55 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {2 x 100 on 1:50 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {3 x 100 on 1:45 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {4 x 100 on 1:40 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {5 x 100 on 1:35 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {4 x 100 on 1:40 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {2 x 100 on 1:45 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 4,950 Yards - Stress Value = 69

Workout #10874 - Saturday, 04 February 2012

Taper 1 - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 IM or Primary
 850 1x{1 x 50 on 1:00 Kick
 {1 x 150 on 2:30 Kick
 {1 x 50 on 1:00 Kick
 {1 x 150 on 2:25 Kick
 {1 x 50 on 1:00 Kick
 {1 x 150 on 2:20 Kick
 {1 x 50 on 1:00 Kick
 {1 x 150 on 2:15 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
 1,900 1x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:25 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {3 x 100 on 1:20 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {4 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {5 x 100 on 1:10 Individual Medley
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 9:04 AM 3,750 Yards - Stress Value = 54

Workout #10875 - Saturday, 04 February 2012

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1 on 40:00 DS and Weights	EN2	
150	1 x 400 on 10:00 Choice	EN2	
750	10 x 15 on :45 Shooters	EN2	
	IM or Primary	EN2	
750	1x{1 x 50 on 1:05 Kick	EN2	
	{1 x 150 on 2:50 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{1 x 150 on 2:40 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
200	4x{1 x 25 on :50 Sculling drills	EN2	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2	
1,800	1x{1 x 100 on 1:35 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{2 x 100 on 1:30 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{3 x 100 on 1:25 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{4 x 100 on 1:20 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
250	4 x 100 on 1:15 Individual Medley	EN2	
	1 x 250 on 4:00 Stroke Drills	EN2	
	1 on 10:00 Ice	EN2	
9:03 AM 3,550 Yards - Stress Value = 51			

Yards	Set Description	EGY	WC
5:30 PM Start			
500	1 on 30:00 DS/Core/Tm Mtg		
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 150 on 3:25 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 150 on 3:10 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 150 on 3:05 Kick	EN2	
150	6 x 25 on :45 Free-Drills	EN2	
1,400	1x{1 x 200 on 2:55 Freestyle	EN2	
	{4 x 50 on :55 Free-descend	EN2	
	{1 x 200 on 3:00 Freestyle	EN2	
	{4 x 50 on :55 Free-descend	EN2	
	{1 x 200 on 3:05 Freestyle	EN2	
	{4 x 50 on :55 Free-descend	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
	1 on 10:00 Techniques-Starts		
7:30 PM 3,400 Yards - Stress Value = 61			

Workout #10912 - Tuesday, 07 February 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
450	1 on 30:00 DS/Core/Tm Mtg		
150	10 x 15 on :45 Shooters	SP3	
1,125	1x{1 x 125 on 3:00 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 125 on 2:55 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 125 on 2:50 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 125 on 2:45 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 125 on 2:40 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
150	6 x 25 on :45 Free-Drills	EN2	
1,300	1x{1 x 200 on 3:20 Freestyle	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
	{1 x 200 on 3:25 Freestyle	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
	{1 x 200 on 3:30 Freestyle	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
	{1 x 200 on 3:35 Freestyle	EN2	
	{1 x 50 on 1:00 Free-Fast	EN2	
	1 on 10:00 Techniques-Starts		
7:30 PM 3,175 Yards - Stress Value = 55			

Yards	Set Description	EGY	WC
5:30 PM Start			
450	1 on 30:00 DS/Core/Tm Mtg		
150	10 x 15 on :45 Shooters	SP3	
1,125	1x{1 x 125 on 3:00 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 125 on 2:55 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 125 on 2:50 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 125 on 2:45 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 125 on 2:40 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
150	6 x 25 on :45 Free-Drills	EN2	
1,300	1x{1 x 200 on 3:20 Freestyle	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
	{1 x 200 on 3:25 Freestyle	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
	{1 x 200 on 3:30 Freestyle	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
	{1 x 200 on 3:35 Freestyle	EN2	
	{1 x 50 on 1:00 Free-Fast	EN2	
	1 on 10:00 Techniques-Starts		
7:30 PM 3,175 Yards - Stress Value = 55			

Workout #10911 - Tuesday, 07 February 2012

Group 2 - Gold

1 minute rest between sets

Workout #10913 - Tuesday, 07 February 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{1 x 100 on 3:00 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 100 on 2:55 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 100 on 2:50 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
150	6 x 25 on :45 Free-Drills	EN2	
1,100	1x{1 x 200 on 4:00 Freestyle	EN2	
	{3 x 50 on 1:10 Free-descend	EN2	
	{1 x 200 on 4:05 Freestyle	EN2	
	{3 x 50 on 1:10 Free-descend	EN2	
	{1 x 200 on 4:10 Freestyle	EN2	
	{4 x 50 on 1:10 Free-descend	EN2	
	1 on 10:00 Techniques-Starts		
	7:30 PM 2,850 Yards - Stress Value = 51		

Workout #10876 - Tuesday, 07 February 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,150	1x{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:02	EN2	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 200 on 2:25 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:01	EN2	
	{1 x 200 on 2:25 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold 1:00	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 400 on 4:50 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold :55	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,950 Yards - Stress Value = 46		

Workout #10879 - Tuesday, 07 February 2012

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,925	1x{2 x 150 on 2:05 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 1:40 Fly 2+1 stroke off walls	EN2	
	{4 x 100 on 1:20 Fly 3+1 stroke off walls	EN2	

	{5 x 75 on 1:00 Fly 4+1 strokes off walls	EN2	
	{6 x 50 on :45 Fly 5+1 stroke off walls	EN2	
	{7 x 25 on :25 Fly 6 strokes off walls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,725 Yards - Stress Value = 46		

Workout #10877 - Tuesday, 07 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,950	1x{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:12	EN2	
	{1 x 300 on 4:05 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:11	EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 4:05 Freestyle	EN2	
	{1 x 100 on 1:30 Free hold 1:10	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold :59	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,750 Yards - Stress Value = 42		

Workout #10880 - Tuesday, 07 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{2 x 150 on 2:20 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 1:55 Fly 2+1 stroke off walls	EN2	
	{4 x 100 on 1:30 Fly 3+1 stroke off walls	EN2	
	{5 x 75 on 1:15 Fly 4+1 strokes off walls	EN2	
	{5 x 50 on :50 Fly 5+1 stroke off walls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 41		

Workout #10883 - Tuesday, 07 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	2x{4 x 50 on :50 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :50 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :50 Free Alt 6bk 25	EN2	
	{1 x 50 on :50 Free ALL 6BK	EN2	
625	1x{4 x 100 on 1:30 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{3 x 75 on 1:10 Free br 5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,425 Yards - Stress Value = 38			

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Core/Vis		
550	1 x 550 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
500	5 x 100 on 2:00 Kick @ fastest interval		
360	1x{3 x 30 on 1:00 Kick		
	{3 x 30 on :55 Kick		
	{3 x 30 on :50 Kick		
	{3 x 30 on :45 Kick		
	{ 15y streamline kick on back/15y		
	{ fly kick underwater		
1,350	1x{2 x 200 on 3:10 Pulls BTB		
	{2 x 200 on 3:05 Pulls BTS		
	{2 x 200 on 3:00 Pulls BTB		
	{2 x 75 on 1:05 Pulls 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 3,110 Yards - Stress Value = 49			

Workout #10909 - Tuesday, 07 February 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM Start				
=====	=====	=====	=====	=====
2,700	1x{1 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 225 on 3:20 Freestyle	EN2	S	FR
	{1 x 250 on 3:40 Freestyle	EN2	S	FR
	{1 x 275 on 4:00 Freestyle	EN2	S	FR
	{1 x 300 on 4:15 Freestyle	EN2	S	FR
	{1 x 325 on 4:30 Freestyle	EN2	S	FR
	{1 x 350 on 4:45 Freestyle	EN2	S	FR
	{1 x 375 on 5:00 Freestyle	EN2	S	FR
	{1 x 400 on 5:15 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 2,950 Yards - Stress Value = 54				

Workout #10878 - Tuesday, 07 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,700	1x{1 x 100 on 1:35 Freestyle		EN2
	{1 x 100 on 1:45 Free Hold 1:19		EN2
	{1 x 300 on 4:45 Freestyle		EN2
	{1 x 50 on :55 Freestyle		REC
	{1 x 200 on 3:10 Freestyle		EN2
	{1 x 100 on 1:45 Free Hold 1:18		EN2
	{1 x 200 on 3:10 Freestyle		EN2
	{1 x 50 on :55 Freestyle		REC
	{1 x 300 on 4:45 Freestyle		EN2
	{1 x 100 on 1:45 Free hold 1:17		EN2
	{1 x 100 on 1:35 Freestyle		EN2
	{1 x 50 on :55 Freestyle		REC
	{1 x 50 on :50 Free Hold :29		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM 2,450 Yards - Stress Value = 37			

Workout #10907 - Tuesday, 07 February 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Core/Vis		
600	1 x 600 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
500	5 x 100 on 2:00 Kick @ fastest interval		
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		
	{ fly kick underwater		
1,500	1x{2 x 200 on 2:50 Pulls BTB		
	{2 x 200 on 2:45 Pulls BTS		
	{2 x 200 on 2:40 Pulls BTB		
	{2 x 150 on 1:55 Pulls 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 3,370 Yards - Stress Value = 51			

Workout #10881 - Tuesday, 07 February 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,550	1x{2 x 150 on 2:40 Fly 1+1 stroke off walls		EN2
	{3 x 125 on 2:15 Fly 2+1 stroke off walls		EN2
	{4 x 100 on 1:50 Fly 3+1 stroke off walls		EN2
	{5 x 75 on 1:20 Fly 4+1 strokes off walls		EN2
	{2 x 50 on :55 Fly 5+1 stroke off walls		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM 2,300 Yards - Stress Value = 38			

Workout #10908 - Tuesday, 07 February 2012

HighSchl - Silver

Workout #10884 - Tuesday, 07 February 2012
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
1	on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	2x{4 x 50 on :55 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :55 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :55 Free Alt 6bk 25	EN2	
	{1 x 50 on :55 Free ALL 6BK	EN2	
400	1x{4 x 100 on 1:50 Free br 3-5-7-9 by 25	EN2	
	{ with a 25 alt 6bk		
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,100 Yards - Stress Value = 34		

Workout #10882 - Tuesday, 07 February 2012
HighSchl - Sprint
1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
1	on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	2x{4 x 50 on :45 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :45 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :45 Free Alt 6bk 25	EN2	
	{1 x 50 on :45 Free ALL 6BK	EN2	
750	1x{4 x 100 on 1:20 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{3 x 75 on 1:00 Free br 5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{2 x 50 on :40 Free br 7-9 by 25	EN2	
	{ with alt 25 of 6bk		
300	{1 x 25 on :15 Free br 9 w/6bk	EN2	
	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,600 Yards - Stress Value = 40		

Workout #10885 - Tuesday, 07 February 2012
Taper 1 - Distance
1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,300	1x{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:01	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold 1:00	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold :55	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:55 AM	2,100 Yards - Stress Value = 30		

Workout #10898 - Tuesday, 07 February 2012

Taper 1 - Distance
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:17 PM	Start			
1,650	1x{1 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 x 350 on 4:10 Freestyle	EN2	S	FR
	{1 x 375 on 4:20 Freestyle	EN2	S	FR
	{1 x 400 on 4:30 Freestyle	EN2	S	FR
	{1 x 425 on 4:40 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:51 PM	1,900 Yards - Stress Value = 33			

Workout #10888 - Tuesday, 07 February 2012
Taper 1 - Fly
1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
1,150	1x{2 x 150 on 2:05 Fly 1+1 stroke off walls	EN2
	{3 x 125 on 1:40 Fly 2+1 stroke off walls	EN2
	{4 x 100 on 1:20 Fly 3+1 stroke off walls	EN2
	{1 x 75 on 1:00 Fly 4+1 strokes off walls	EN2
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
6:54 AM	1,950 Yards - Stress Value = 30	

Workout #10886 - Tuesday, 07 February 2012
Taper 1 - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,200	1x{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:11	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 4:05 Freestyle	EN2	
	{1 x 100 on 1:30 Free hold 1:10	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold :59	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:54 AM	2,000 Yards - Stress Value = 28		

Workout #10889 - Tuesday, 07 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,075	1x{2 x 150 on 2:20 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 1:55 Fly 2+1 stroke off walls	EN2	
	{4 x 100 on 1:30 Fly 3+1 stroke off walls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:55 AM	1,875 Yards - Stress Value = 28		

Workout #10892 - Tuesday, 07 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
500	1x{4 x 50 on :50 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :50 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :50 Free Alt 6bk 25	EN2	
	{1 x 50 on :50 Free ALL 6BK	EN2	
450	1x{3 x 100 on 1:30 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{2 x 75 on 1:10 Free br 5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:54 AM	1,750 Yards - Stress Value = 25		

Workout #10899 - Tuesday, 07 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:17 PM	Start			
=====	=====	=====	=====	=====
1,450	1x{1 x 325 on 4:30 Freestyle	EN2	S	FR
	{1 x 350 on 4:45 Freestyle	EN2	S	FR
	{1 x 375 on 5:00 Freestyle	EN2	S	FR
	{1 x 400 on 5:15 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:52 PM	1,700 Yards - Stress Value = 29			

Workout #10902 - Tuesday, 07 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:17 PM	Start			
=====	=====	=====	=====	=====
1,150	1x{5 x 50 on :45 Freestyle	EN2	S	FR
	{6 x 50 on :55 Freestyle	EN1	S	FR
	{6 x 50 on :40 Freestyle	EN2	S	FR
	{4 x 50 on :55 Freestyle	EN1	S	FR
	{2 x 50 on :35 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:51 PM	1,400 Yards - Stress Value = 18			

Workout #10905 - Tuesday, 07 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:17 PM	Start		
=====	=====	=====	=====
1,050	1x{2 x 25 on :30 Fly-descend		EM
	{1 x 100 on 1:55 25 Kick 25 drill 50 build		EM
	{1 x 150 on 2:15 IM w/out the fly		EM
	{2 x 25 on :30 Back-descend		EM
	{1 x 100 on 1:55 25 kick 25 drill 50 build		EM
	{1 x 150 on 2:15 IM w/out the back		EM
	{2 x 25 on :30 Breast-descend		EM
	{1 x 100 on 1:55 25 kick 25 drill 50 build		EM
	{1 x 150 on 2:15 IM w/out the breast		EM
	{2 x 25 on :30 Free-descend		EM
	{1 x 100 on 1:55 25 kick 25 drill 50 build		EM
250	1 x 250 on 4:00 Stroke Drills		RE
	1 on 10:00 Ice		
4:51 PM	1,300 Yards - Stress Value = 21		

Workout #10904 - Tuesday, 07 February 2012

Taper 1 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
4:17 PM	Start		
=====	=====	=====	=====
1,200	1x{2 x 25 on :30 Fly-descend		EM
	{1 x 100 on 1:45 25 Kick 25 drill 50 build		EM
	{1 x 150 on 2:00 IM w/out the fly		EM
	{2 x 25 on :30 Back-descend		EM
	{1 x 100 on 1:45 25 kick 25 drill 50 build		EM
	{1 x 150 on 2:00 IM w/out the back		EM
	{2 x 25 on :30 Breast-descend		EM
	{1 x 100 on 1:45 25 kick 25 drill 50 build		EM
	{1 x 150 on 2:00 IM w/out the breast		EM
	{2 x 25 on :30 Free-descend		EM
	{1 x 100 on 1:45 25 kick 25 drill 50 build		EM
	{1 x 150 on 2:00 IM w/out the free		EM
250	1 x 250 on 4:00 Stroke Drills		RE
	1 on 10:00 Ice		
4:51 PM	1,450 Yards - Stress Value = 24		

Workout #10894 - Tuesday, 07 February 2012

Taper 1 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS and Core		
400	1 x 400 on 7:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
300	3 x 100 on 2:00 Kick @ fastest interval		
360	1x{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		
	{ fly kick underwater		
600	1x{1 x 200 on 2:35 Pulls BTS		
	{1 x 200 on 2:30 Pulls BTB		
	{1 x 200 on 2:25 Pulls BTS		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:16 PM	1,910 Yards - Stress Value = 30		

Workout #10895 - Tuesday, 07 February 2012

Taper 1 - Gold

1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	=====
	1 on 30:00 DS/Core/Vis
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
360	1x{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
	{ fly kick underwater
550	1x{1 x 200 on 2:45 Pulls BTS
	{1 x 200 on 2:40 Pulls BTB
	{1 x 150 on 1:55 Pulls BTS
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:16 PM 1,860 Yards - Stress Value = 29

Workout #10896 - Tuesday, 07 February 2012

Taper 1 - Silver

1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	=====
	1 on 30:00 DS/Core/Vis
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
300	1x{1 x 30 on 1:00 Kick
	{3 x 30 on :55 Kick
	{3 x 30 on :50 Kick
	{3 x 30 on :45 Kick
	{ 15y streamline kick on back/15y
	{ fly kick underwater
500	1x{1 x 200 on 3:05 Pulls BTS
	{1 x 200 on 3:00 Pulls BTB
	{1 x 100 on 1:30 Pulls BTS
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:16 PM 1,750 Yards - Stress Value = 29

Workout #10897 - Tuesday, 07 February 2012

Taper 1 - Bronze

1 minute rest between sets

Yards	3:00 PM Start Set Description
=====	=====
	1 on 30:00 DS/Core/Vis
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
300	1x{1 x 30 on 1:00 Kick
	{3 x 30 on :55 Kick
	{3 x 30 on :50 Kick
	{3 x 30 on :45 Kick
	{ 15y streamline kick on back/15y
	{ fly kick underwater
400	1x{1 x 200 on 3:25 Pulls BTS
	{1 x 200 on 3:20 Pulls BTB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:15 PM 1,650 Yards - Stress Value = 27

Workout #10887 - Tuesday, 07 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,050	1x{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:18	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 100 on 1:45 Free hold 1:17	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 50 on :50 Free Hold :29	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:55 AM 1,800 Yards - Stress Value = 25		

Workout #10890 - Tuesday, 07 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
975	1x{2 x 150 on 2:40 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 2:15 Fly 2+1 stroke off walls	EN2	
	{3 x 100 on 1:50 Fly 3+1 stroke off walls	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:55 AM 1,725 Yards - Stress Value = 26		

Workout #10893 - Tuesday, 07 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
500	1x{4 x 50 on :55 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :55 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :55 Free Alt 6bk 25	EN2	
	{1 x 50 on :55 Free ALL 6BK	EN2	
300	1x{3 x 100 on 1:50 Free br 3-5-7-9 by 25	EN2	
	{ with a 25 alt 6bk		
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:54 AM 1,500 Yards - Stress Value = 22		

Workout #10900 - Tuesday, 07 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
1,250	1x{1 x 100 on 1:35 Freestyle	EN2	S	FR
	{1 x 325 on 5:00 Freestyle	EN2	S	FR
	{1 x 350 on 5:20 Freestyle	EN2	S	FR
	{1 x 375 on 5:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:25 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:51 PM 1,500 Yards - Stress Value = 25

Workout #10903 - Tuesday, 07 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
1,050	1x{5 x 50 on :50 Freestyle	EN2	S	FR
	{5 x 50 on 1:00 Freestyle	EN1	S	FR
	{4 x 50 on :45 Freestyle	EN2	S	FR
	{4 x 50 on 1:00 Freestyle	EN1	S	FR
	{3 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	

4:51 PM 1,300 Yards - Stress Value = 16

Workout #10906 - Tuesday, 07 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
950	1x{2 x 25 on :40 Fly-descend	EN		EC
	{1 x 100 on 2:05 25 Kick 25 drill 50 build	EN		EC
	{1 x 150 on 2:30 IM w/out the fly	EN		EC
	{2 x 25 on :40 Back-descend	EN		EC
	{1 x 100 on 2:05 25 kick 25 drill 50 build	EN		EC
	{1 x 150 on 2:30 IM w/out the back	EN		EC
	{2 x 25 on :40 Breast-descend	EN		EC
	{1 x 100 on 2:05 25 kick 25 drill 50 build	EN		EC
	{1 x 150 on 2:30 IM w/out the breast	EN		EC
	{2 x 25 on :30 Free-descend	EN		EC
250	1 x 250 on 4:00 Stroke Drills	REC		EC
	1 on 10:00 Ice			

4:51 PM 1,200 Yards - Stress Value = 19

Workout #10891 - Tuesday, 07 February 2012

Taper 1 - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
500	1x{4 x 50 on :45 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :45 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :45 Free Alt 6bk 25	EN2	
	{1 x 50 on :45 Free ALL 6BK	EN2	
550	1x{4 x 100 on 1:20 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{2 x 75 on 1:00 Free br 5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
300	6 x 50 on 1:00 Stroke Drills	REC	

1 on 10:00 Ice

6:56 AM 1,900 Yards - Stress Value = 27

Workout #10901 - Tuesday, 07 February 2012

Taper 1 - Sprint

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
1,300	1x{5 x 50 on :40 Freestyle	EN2	S	FR
	{7 x 50 on :50 Freestyle	EN1	S	FR
	{6 x 50 on :35 Freestyle	EN2	S	FR
	{6 x 50 on :50 Freestyle	EN1	S	FR
	{2 x 50 on :30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:51 PM 1,550 Yards - Stress Value = 20

Workout #10936 - Wednesday, 08 February 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Shoulders/Tm Mtg			EC
500	1 x 500 on 10:00 Choice			RF
1,000	1x{4 x 25 on :45 Kick no board B			EN
	{3 x 50 on 1:10 Streamline Kick on Back			EN
	{4 x 25 on :45 Kick no board B			EN
	{3 x 50 on 1:05 Streamline Kick on Back			EN
	{4 x 25 on :45 Kick no board B			EN
	{3 x 50 on 1:00 Streamline Kick on Back			EN
	{4 x 25 on :45 Kick no board B			EN
	{3 x 50 on :55 Streamline Kick on Back			EN
600	1x{1 x 150 on 2:30 Back Pulls			EN
	{1 x 150 on 2:25 Back Pulls			EN
	{1 x 150 on 2:20 Back Pulls			EN
	{1 x 150 on 2:15 Back Pulls			EN
150	6 x 25 on :45 Back Drills			RF
1,200	1x{2 x 125 on 2:00 Backstroke			EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN		EN
	{2 x 125 on 1:55 Backstroke			EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN		EN
	{2 x 125 on 1:50 Backstroke			EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN		EN
	{2 x 125 on 1:45 Backstroke			EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN		EN
	1 on 10:00 Game			

7:30 PM 3,450 Yards - Stress Value = 45

Workout #10937 - Wednesday, 08 February 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 35:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 10:00 Choice	RF
900	1x{4 x 25 on :45 Kick no board B	EN
	{3 x 50 on 1:20 Streamline Kick on Back	EN
	{4 x 25 on :45 Kick no board B	EN
	{3 x 50 on 1:15 Streamline Kick on Back	EN
	{4 x 25 on :45 Kick no board B	EN
	{3 x 50 on 1:10 Streamline Kick on Back	EN
	{4 x 25 on :45 Kick no board B	EN
	{1 x 50 on 1:05 Streamline Kick on Back	EN
500	1x{1 x 125 on 2:30 Back Pulls	EN
	{1 x 125 on 2:25 Back Pulls	EN
	{1 x 125 on 2:20 Back Pulls	EN
	{1 x 125 on 2:15 Back Pulls	EN
150	6 x 25 on :45 Back Drills	RF
1,150	1x{2 x 125 on 2:20 Backstroke	EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN
	{2 x 125 on 2:15 Backstroke	EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN
	{2 x 125 on 2:10 Backstroke	EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN
	{2 x 125 on 2:05 Backstroke	EN
	1 on 10:00 Game	
	7:31 PM 3,200 Yards - Stress Value = 39	

Workout #10938 - Wednesday, 08 February 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 35:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 10:00 Choice	RF
850	1x{4 x 25 on :45 Kick no board B	EN
	{3 x 50 on 1:30 Streamline Kick on Back	EN
	{4 x 25 on :45 Kick no board B	EN
	{3 x 50 on 1:25 Streamline Kick on Back	EN
	{4 x 25 on :45 Kick no board B	EN
	{3 x 50 on 1:20 Streamline Kick on Back	EN
	{2 x 25 on :45 Kick no board B	EN
	{1 x 50 on 1:05 Streamline Kick on Back	EN
400	1x{1 x 100 on 2:30 Back Pulls	EN
	{1 x 100 on 2:25 Back Pulls	EN
	{1 x 100 on 2:20 Back Pulls	EN
	{1 x 100 on 2:15 Back Pulls	EN
150	6 x 25 on :45 Back Drills	RF
950	1x{2 x 100 on 2:20 Backstroke	EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN
	{2 x 100 on 2:15 Backstroke	EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN
	{2 x 100 on 2:10 Backstroke	EN
	{2 x 25 on :45 Bathtub drill/6 kick switch	EN
	{2 x 100 on 2:05 Backstroke	EN
	1 on 10:00 Game	
	7:31 PM 2,850 Yards - Stress Value = 35	

Workout #10939 - Wednesday, 08 February 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=
	1 on 35:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 10:00 Choice	F

700	1x{4 x 25 on 1:00 Kick no board B	F
	{2 x 50 on 1:40 Streamline Kick on Back	F
	{4 x 25 on 1:00 Kick no board B	F
	{2 x 50 on 1:35 Streamline Kick on Back	F
	{4 x 25 on 1:00 Kick no board B	F
	{2 x 50 on 1:30 Streamline Kick on Back	F
	{2 x 25 on 1:00 Kick no board B	F
	{1 x 50 on 1:25 Streamline Kick on Back	F
300	1x{1 x 75 on 2:30 Back Pulls	F
	{1 x 75 on 2:25 Back Pulls	F
	{1 x 75 on 2:20 Back Pulls	F
	{1 x 75 on 2:15 Back Pulls	F
150	6 x 25 on :45 Back Drills	F
750	1x{2 x 100 on 2:40 Backstroke	F
	{2 x 25 on 1:00 Bathtub drill/6 kick switch	F
	{2 x 100 on 2:35 Backstroke	F
	{2 x 25 on 1:00 Bathtub drill/6 kick switch	F
	{2 x 100 on 2:30 Backstroke	F
	{2 x 25 on 1:00 Bathtub drill/6 kick switch	F
	1 on 10:00 Game	
	7:30 PM 2,400 Yards - Stress Value = 28	

Workout #10933 - Wednesday, 08 February 2012

Taper 1 - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	==	==
	1 on 35:00 DS and Weights		
300	1 x 300 on 6:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
900	1x{2 x 50 on :45 Back hold under :33	EN2	
	{2 x 125 on 1:40 Back 11 KOLW	EN2	
	{3 x 50 on :50 Back hold under :32	EN2	
	{2 x 125 on 1:35 Back 12 KOLW	EN2	
	{3 x 50 on :55 Back hold under :31	EN2	
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	6:50 AM 1,550 Yards - Stress Value = 24		

Workout #10921 - Wednesday, 08 February 2012

Taper 1 - Breast

1 minute rest between sets

4:11 PM Start

Yards	Set Description
=====	=====
1,200	1x{3 x 100 on 1:25 Breaststroke
	{2 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
	{2 x 50 on 1:10 Under/overs-2X pullouts-turn
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	4:46 PM 1,450 Yards - Stress Value = 32

Workout #10918 - Wednesday, 08 February 2012

Taper 1 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:11 PM	Start			
1,450	1x{1 x 250 on 2:45 Freestyle 4 x 25 on :30 Freestyle 2 x 225 on 2:30 Freestyle 5 x 50 on :55 Freestyle 2 x 200 on 2:15 Freestyle	EN2 EN3 EN2 EN3 EN2	S S S S S	FR FR FR FR FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
4:45 PM	1,700 Yards - Stress Value = 43			

Workout #10924 - Wednesday, 08 February 2012

Taper 1 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:11 PM	Start			
1,300	1x{2 x 125 on 1:45 75fly25free25fly 1u2d 2 x 50 on 1:15 Fly 10 KOW 2 x 125 on 1:40 75fly25free25fly 1u3d 2 x 50 on 1:15 Fly 12 KOW 2 x 125 on 1:35 75fly25free25fly 2u2d 2 x 50 on 1:15 Fly 14 KOW 2 x 125 on 1:30 75fly25free25fly 2u3d	EN1 EN3 EN2 EN3 EN2 EN3 EN2		
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC		
4:47 PM	1,550 Yards - Stress Value = 35			

Workout #10919 - Wednesday, 08 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:11 PM	Start			
1,300	1x{1 x 250 on 3:10 Freestyle 4 x 25 on :30 Freestyle 2 x 225 on 2:55 Freestyle 6 x 50 on :55 Freestyle 1 x 200 on 2:35 Freestyle	EN2 EN3 EN2 EN3 EN2	S S S S S	FR FR FR FR FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
4:46 PM	1,550 Yards - Stress Value = 42			

Workout #10922 - Wednesday, 08 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:11 PM	Start			
1,100	1x{2 x 100 on 1:35 Breaststroke 2 x 50 on 1:00 Under/Overs-2X Pullouts-turn 2 x 100 on 1:35 Breaststroke 2 x 50 on 1:05 Under/overs-2X pullouts-turn 3 x 100 on 1:35 Breaststroke 2 x 50 on 1:10 Under/overs-2X pullouts-turn 1 x 100 on 1:35 Breaststroke			
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice			
4:46 PM	1,350 Yards - Stress Value = 30			

Workout #10925 - Wednesday, 08 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:11 PM	Start		
1,150	1x{2 x 125 on 2:00 75fly25free25fly 1u2d 2 x 50 on 1:15 Fly 10 KOW 2 x 125 on 1:55 75fly25free25fly 1u3d 2 x 50 on 1:15 Fly 12 KOW 2 x 125 on 1:50 75fly25free25fly 2u2d 2 x 50 on 1:15 Fly 14 KOW 1 x 100 on 1:25 50fly25free25fly 2u3d	EN1 EN3 EN2 EN3 EN2 EN3 EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
4:47 PM	1,400 Yards - Stress Value = 32		

Workout #10914 - Wednesday, 08 February 2012

Taper 1 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
400	1 on 20:00 DS/Vis 1 x 400 on 7:00 Free L.25 of each 100 Non Fr		
150	10 x 15 on :45 Shooters		
1,000	1x{ Hold avg 50 time under :45 for entire set 4 x 25 on :30 Kick no board BSLR-10 KOW 1 x 200 on 3:00 Kick 4 x 25 on :35 Kick no board BSLR 12 KOW 2 x 175 on 2:45 Kick 4 x 25 on :40 Kick no board BSLR 14 KOW 1 x 150 on 2:25 Kick		
750	1x{ Br 3-5-7 cont/L.25 2 breaths 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 1 x 125 on 1:20 Lungbuster pulls		
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:10 PM	2,400 Yards - Stress Value = 36		

Workout #10915 - Wednesday, 08 February 2012

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
400	1 on 20:00 DS/Vis 1 x 400 on 7:00 Free L.25 of each 100 Non Fr		
150	10 x 15 on :45 Shooters		
900	1x{ Hold avg 50 time under :50 for entire set 4 x 25 on :35 Kick no board BSLR-10 KOW 1 x 200 on 3:20 Kick 4 x 25 on :35 Kick no board BSLR 12 KOW 2 x 175 on 3:05 Kick 4 x 25 on :40 Kick no board BSLR 14 KOW 1 x 50 on :50 Kick		
725	1x{ Br 3-5-7 cont/L.25 2 breaths 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 125 on 1:35 Lungbuster pulls 1 x 100 on 1:15 Lungbuster pulls		
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:10 PM	2,275 Yards - Stress Value = 34		

Workout #10916 - Wednesday, 08 February 2012

Taper 1 - Silver

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 20:00 DS/Vis
350 1 x 350 on 7:00 Free L.25 of each 100 Non Fr
150 10 x 15 on :45 Shooters
800 1x{ Hold avg 50 time under :54 for entire set
{ 4 x 25 on :40 Kick no board BSLR-10 KOW
{ 1 x 200 on 3:45 Kick
{ 4 x 25 on :40 Kick no board BSLR 12 KOW
{ 2 x 175 on 3:25 Kick
{ 2 x 25 on :40 Kick no board BS 14 KOW
600 1x{ Br 3-5-7 cont/L.25 2 breaths
{ 1 x 125 on 2:05 Lungbuster pulls
{ 1 x 125 on 2:00 Lungbuster pulls
{ 1 x 125 on 1:55 Lungbuster pulls
{ 1 x 125 on 1:50 Lungbuster pulls
{ 1 x 100 on 1:25 Lungbuster pulls
100 2x{ 1 x 25 on :50 Sculling drills
{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:10 PM 2,000 Yards - Stress Value = 30

Workout #10917 - Wednesday, 08 February 2012

Taper 1 - Bronze

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 20:00 DS/Vis
350 1 x 350 on 7:00 Free L.25 of each 100 Non Fr
150 10 x 15 on :45 Shooters
750 1x{ Hold avg 50 time under :59 for entire set
{ 4 x 25 on :45 Kick no board BSLR-10 KOW
{ 1 x 200 on 4:05 Kick
{ 4 x 25 on :40 Kick no board BSLR 12 KOW
{ 2 x 175 on 3:45 Kick
575 1x{ Br 3-5-7 cont/L.25 2 breaths
{ 1 x 125 on 2:15 Lungbuster pulls
{ 1 x 125 on 2:10 Lungbuster pulls
{ 1 x 125 on 2:05 Lungbuster pulls
{ 1 x 100 on 1:40 Lungbuster pulls
{ 1 x 100 on 1:35 Lungbuster pulls
100 2x{ 1 x 25 on :50 Sculling drills
{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:10 PM 1,925 Yards - Stress Value = 30

Workout #10920 - Wednesday, 08 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:11 PM Start
Yards Set Description EGY WORK STK
=====
1,150 1x{ 1 x 250 on 3:50 Freestyle EN2 S FR
{ 4 x 25 on :30 Freestyle EN3 S FR
{ 2 x 225 on 3:30 Freestyle EN2 S FR
{ 4 x 50 on :55 Freestyle EN3 S FR
{ 1 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
4:45 PM 1,400 Yards - Stress Value = 35

Workout #10923 - Wednesday, 08 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:11 PM Start
Yards Set Description

=====
950 1x{ 2 x 100 on 1:45 Breaststroke
{ 3 x 50 on 1:15 Under/Overs-2X Pullouts-turn
{ 2 x 100 on 1:45 Breaststroke
{ 2 x 50 on 1:15 Under/overs-2X pullouts-turn
{ 2 x 100 on 1:45 Breaststroke
{ 2 x 50 on 1:15 Under/overs-2X pullouts-turn
200 1 x 200 on 3:00 Stroke Drills
1 on 10:00 Ice
4:45 PM 1,150 Yards - Stress Value = 29

Workout #10926 - Wednesday, 08 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:11 PM Start
Yards Set Description EGY WC
=====
1,000 1x{ 2 x 100 on 1:50 50fly25free25fly 1u2d EN1
{ 2 x 50 on 1:15 Fly 10 KOW EN3
{ 2 x 100 on 1:45 50fly25free25fly 1u3d EN2
{ 2 x 50 on 1:15 Fly 12 KOW EN3
{ 2 x 100 on 1:40 50fly25free25fly 2u2d EN2
{ 2 x 50 on 1:15 Fly 14 KOW EN3
{ 1 x 100 on 1:35 50fly25free25fly 2u3d EN2
250 1 x 250 on 4:00 Stroke Drills REC
1 on 10:00 Ice
4:46 PM 1,250 Yards - Stress Value = 30

Workout #10953 - Thursday, 09 February 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
Yards Set Description
=====
1 on 30:00 DS/Abs/Tm Mtg
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 on 10:00 Techniques-Open turns
150 6 x 25 on 1:00 Perfect Breaststroke
300 1x{ 1 x 100 on 11:00 Breast Drill-kick
{ 1 x 100 on 11:00 Breast Drill-stroke
{ 1 x 100 on 11:00 Breast Drill-Body pos/timir
100 4 x 25 on 1:00 Perfect Breaststroke
500 1x{ 1 x 200 on 4:00 Breast-build
{ 1 x 150 on 3:00 Breast-build
{ 1 x 100 on 2:00 Breast-build
{ 1 x 50 on 1:00 Breast-Build
200 1 x 200 on 3:00 Stroke Drills
7:30 PM 1,900 Yards - Stress Value = 14

Workout #10927 - Thursday, 09 February 2012

Taper 1 - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS/Weights		
300	1 x 300 on 6:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,125	1x{ Hold all 1:20 base swims under 1:04		
	{1 x 300 on 3:25 Freestyle	EN2	
	{2 x 150 on 2:00 Freestyle	EN2	
	{1 x 300 on 3:25 Freestyle	EN2	
	{3 x 75 on 1:00 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:49 AM 1,775 Yards - Stress Value = 28		

Workout #10944 - Thursday, 09 February 2012

Taper 1 - Distance

1 minute rest between sets

4:14 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
1,450	1x{1 x 400 on 5:10 Free Hold under 4:16	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under :57	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 400 on 5:00 Free Hold under 4:16	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free hold under :54	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:51 PM 1,700 Yards - Stress Value = 46		

Workout #10928 - Thursday, 09 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS/Weights		
300	1 x 300 on 6:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
975	1x{ Hold all 1:30 based swims under 1:13		
	{1 x 300 on 3:55 Freestyle	EN2	
	{1 x 150 on 2:15 Freestyle	EN2	
	{1 x 300 on 3:55 Freestyle	EN2	
	{3 x 75 on 1:10 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:49 AM 1,625 Yards - Stress Value = 25		

Workout #10931 - Thursday, 09 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS and Weights		
300	1 x 300 on 6:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	

Your primary stroke or free

700	1x{1 x 150 on 2:25 Freestyle	EN2
	{1 x 50 on 1:00 Free hold under :38	EN2
	{1 x 150 on 2:25 Freestyle	EN2
	{2 x 50 on :55 Free hold under :37	EN2
	{1 x 150 on 2:25 Freestyle	EN2
	{2 x 50 on :50 Free hold under :36	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	6:47 AM 1,350 Yards - Stress Value = 20	

Workout #10934 - Thursday, 09 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS and Weights		
300	1 x 300 on 6:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
750	1x{2 x 50 on :55 Back hold under :39	EN2	
	{2 x 125 on 1:55 Back 11 KOLW	EN2	
	{2 x 50 on 1:00 Back hold under :38	EN2	
	{2 x 100 on 1:30 Back 12 KOLW	EN2	
	{2 x 50 on 1:05 Back hold under :37	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:49 AM 1,400 Yards - Stress Value = 21		

Workout #10945 - Thursday, 09 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

4:14 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
1,350	1x{1 x 400 on 5:30 Free Hold under 4:50	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:04	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 400 on 5:15 Free Hold under 4:50	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free hold under 1:00	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:50 PM 1,600 Yards - Stress Value = 46		

Workout #10948 - Thursday, 09 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

4:14 PM Start

Yards	Set Description	EGY	WORK
1,250	1x{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 200 on 3:20 IM hold under 2:48	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 200 on 3:20 IM hold under 2:45	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 200 on 3:20 IM hold under 2:42	SP1	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 50 on 1:30 Freestyle	REC	S
250	{1 x 100 on 1:40 IM hold under 1:20	SP1	S
	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:54 PM 1,500 Yards - Stress Value = 76			

Workout #10951 - Thursday, 09 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

4:14 PM Start

Yards	Set Description	EGY	WOF
1,150	1x{1 x 50 on 1:05 Free Hold under:31	SP2	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 100 on 2:00 Free Hold under 1:03	SP2	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{2 x 50 on 1:00 Free Hold under :32	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 100 on 1:55 Free Hold under 1:06	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{2 x 50 on :55 Free Hold under :33	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 100 on 1:50 Free Hold under 1:09	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 50 on :50 Free Hold under :34	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 100 on 1:45 Free Hold AFAP	SP1	S
200	1 x 200 on 2:00 Stroke Drills	REC	S
	1 on 10:00 ice		
4:53 PM 1,350 Yards - Stress Value = 67			

Workout #10947 - Thursday, 09 February 2012

Taper 1 - IM'ers

1 minute rest between sets

4:14 PM Start

Yards	Set Description	EGY	WORK
1,400	1x{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 200 on 3:00 IM hold under 2:28	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 200 on 2:55 IM hold under 2:27	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 200 on 2:50 IM hold under 2:26	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S

	{1 x 200 on 2:45 IM hold under 2:25	SP1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:54 PM 1,650 Yards - Stress Value = 84			

Workout #10940 - Thursday, 09 February 2012

Taper 1 - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Shoulders/Vis
400	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
750	1x{2 x 125 on 2:00 Kick
	{3 x 50 on :55 Kick hold :43
	{2 x 125 on 1:55 Kick
	{2 x 50 on :55 Kick hold :42
600	1x{1 x 200 on 2:20 Pulls
	{1 x 200 on 2:25 Pulls
	{1 x 200 on 2:30 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:13 PM 2,000 Yards - Stress Value = 33	

Workout #10941 - Thursday, 09 February 2012

Taper 1 - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Shoulders/Vis
400	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
700	1x{2 x 125 on 2:15 Kick
	{3 x 50 on 1:00 Kick hold :47
	{2 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick hold :46
550	1x{1 x 200 on 2:35 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 150 on 2:05 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:13 PM 1,900 Yards - Stress Value = 31	

Workout #10942 - Thursday, 09 February 2012

Taper 1 - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Shoulders/Vis
350	1 x 350 on 7:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
600	1x{2 x 125 on 2:30 Kick
	{2 x 50 on 1:05 Kick hold :51
	{2 x 100 on 1:55 Kick
	{1 x 50 on 1:05 Kick hold :50
500	1x{1 x 200 on 2:55 Pulls
	{1 x 200 on 3:00 Pulls
	{1 x 100 on 1:35 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:13 PM 1,700 Yards - Stress Value = 26	

Workout #10943 - Thursday, 09 February 2012

Taper 1 - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Shoulders/Vis
 300 1 x 300 on 7:00 Underwater trn drill REC
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters SP3
 550 1x{2 x 125 on 2:45 Kick
 {1 x 50 on 1:10 Kick hold :58
 {2 x 100 on 2:10 Kick
 {1 x 50 on 1:10 Kick hold 1:00
 450 1x{1 x 200 on 3:15 Pulls
 {1 x 200 on 3:20 Pulls
 {1 x 50 on :55 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:13 PM 1,550 Yards - Stress Value = 23

Workout #10929 - Thursday, 09 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 300 1 x 300 on 6:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 825 1x{ Hold all 1:40 based swims under 1:23
 {1 x 300 on 4:25 Freestyle EN2
 {1 x 150 on 2:40 Freestyle EN2
 {1 x 300 on 4:25 Freestyle EN2
 {1 x 75 on 1:20 Freestyle EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 6:48 AM 1,475 Yards - Stress Value = 23

Workout #10932 - Thursday, 09 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 300 1 x 300 on 6:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 650 1x{1 x 150 on 2:40 Freestyle EN2
 {2 x 50 on 1:05 Free hold under :46 EN2
 {1 x 150 on 2:40 Freestyle EN2
 {1 x 50 on 1:00 Free hold under :44 EN2
 {1 x 150 on 2:40 Freestyle EN2
 {1 x 50 on :55 Free hold under :44 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 6:48 AM 1,300 Yards - Stress Value = 19

Workout #10935 - Thursday, 09 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights

300 1 x 300 on 6:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 600 1x{2 x 100 on 1:45 Back 11 KOLW EN2
 {2 x 50 on 1:05 Back hold under :45 EN2
 {2 x 100 on 1:40 Back 12 KOLW EN2
 {2 x 50 on 1:10 Back hold under :44 EN2
 200 1 x 200 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 6:48 AM 1,250 Yards - Stress Value = 18

Workout #10946 - Thursday, 09 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:14 PM Start
 Yards Set Description EGY WOF
 =====
 1,250 1x{1 x 400 on 6:00 Free Hold under 5:45 EN2
 {1 x 50 on :40 Freestyle SP2
 {1 x 50 on 1:30 Freestyle REC
 {1 x 100 on 2:00 Free Hold under 1:18 SP2
 {1 x 50 on 1:00 Freestyle REC
 {1 x 400 on 5:50 Free Hold under 5:45 EN2
 {1 x 50 on :40 Freestyle SP2
 {1 x 50 on 1:30 Freestyle REC
 {1 x 100 on 2:00 Free hold under 1:18 SP2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:51 PM 1,500 Yards - Stress Value = 46

Workout #10949 - Thursday, 09 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:14 PM Start
 Yards Set Description EGY WORK
 =====
 1,150 1x{1 x 50 on :50 Your #1 Stroke SP2 S
 {1 x 50 on 1:30 Freestyle REC S
 {1 x 200 on 3:30 IM hold under 3:05 SP1 S
 {1 x 50 on 1:30 Freestyle REC S
 {1 x 50 on :50 Your #1 Stroke SP2 S
 {1 x 50 on 1:30 Freestyle REC S
 {1 x 200 on 3:30 IM hold under 3:02 SP1 S
 {1 x 50 on 1:30 Freestyle REC S
 {1 x 50 on :50 Your #1 Stroke SP2 S
 {1 x 50 on 1:30 Freestyle REC S
 {1 x 100 on 1:45 IM hold under 1:30 SP1 S
 {1 x 50 on 1:00 Freestyle REC S
 {1 x 50 on :50 Your #1 Stroke SP2 S
 {1 x 50 on 1:30 Freestyle REC S
 {1 x 100 on 1:45 IM hold under 1:28 SP1 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 4:53 PM 1,400 Yards - Stress Value = 68

Workout #10952 - Thursday, 09 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:14 PM Start

Yards	Set Description	EGY	WOF
1,150	1x{1 x 50 on 1:05 Free Hold under:37	SP2	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:12	SP2	
	{1 x 50 on 1:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :38	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 100 on 1:55 Free Hold under 1:17	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
	{2 x 50 on :55 Free Hold under :39	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 100 on 1:50 Free Hold under 1:20	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
	{3 x 50 on :50 Free Hold under :40	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
200	{1 x 100 on 1:45 Free Hold AFAP	SP1	
	1 x 200 on 2:00 Stroke Drills	REC	
	1 on 10:00 ice		

4:53 PM 1,350 Yards - Stress Value = 67

Workout #10930 - Thursday, 09 February 2012

Taper 1 - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
300	1 x 300 on 6:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
750	1x{1 x 150 on 2:10 Freestyle	EN2	
	{2 x 50 on :55 Free hold under :33	EN2	
	{1 x 150 on 2:10 Freestyle	EN2	
	{2 x 50 on :50 Free hold under :31	EN2	
	{1 x 150 on 2:10 Freestyle	EN2	
	{2 x 50 on :45 Free hold under :30	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

6:48 AM 1,450 Yards - Stress Value = 21

Workout #10950 - Thursday, 09 February 2012

Taper 1 - Sprint

1 minute rest between sets

4:14 PM Start

Yards	Set Description	EGY	WOF
1,150	1x{1 x 50 on 1:05 Free Hold under:27	SP2	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under :58	SP2	
	{1 x 50 on 1:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :28	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 100 on 1:55 Free Hold under 1:00	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
	{2 x 50 on :55 Free Hold under :29	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 100 on 1:50 Free Hold under 1:02	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
	{3 x 50 on :50 Free Hold under :30	SP1	
	{1 x 50 on 1:30 Freestyle	REC	
200	{1 x 100 on 1:45 Free Hold AFAP	SP1	
	1 x 200 on 2:00 Stroke Drills	REC	
	1 on 10:00 ice		

4:53 PM 1,350 Yards - Stress Value = 67

Workout #10954 - Friday, 10 February 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 25:00 DS/Ted's Abs/Vis
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Social Kick w/10 sec sprint every minute
	1 on 10:00 Indvdl Prsrctps
1,200	1x{ All IM's are 25 kick 25 drill
	{ All 25's are with perfect finishes
	{1 x 200 on 4:00 Individual Medley
	{2 x 25 on :45 Butterly easy speed
	{1 x 200 on 4:00 Individual Medley
	{2 x 25 on :45 Back-easy speed
	{2 x 200 on 4:00 Individual Medley
	{2 x 25 on :45 Breast-easy speed
	{1 x 200 on 4:00 Individual Medley
	{2 x 25 on :45 Free-easy speed
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice

4:46 PM 2,650 Yards - Stress Value = 11

Workout #10955 - Saturday, 11 February 2012

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS and Weights
400	1 x 400 on 7:00 Choice
150	10 x 15 on :45 Shootes
	Your primary or free
	200 Free Relay work on exchanges
100	1 x 100 on 5:00 Swim off
600	6 x 100 on 2:00 Kick
	#1 & #6 just make. #2 1st 25-100%, #3 2nd
	#4 3rd 25-100%, #5 4th 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	1x{12 x 50 on :50 Free every 3rd one fast
	{8 x 50 on :55 Free every 2nd one fast
	{4 x 50 on 1:00 Free-every one fast
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/Vis

9:06 AM 3,150 Yards - Stress Value = 38

Workout #10956 - Saturday, 11 February 2012

9:07 AM 2,800 Yards - Stress Value = 34

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 on 40:00 DS and Weights
150	1 x 400 on 7:00 Choice
100	10 x 15 on :45 Shootes
600	Your primary or free
	200 Free Relay work on exchanges
100	1 x 100 on 5:00 Swim off
600	6 x 100 on 2:00 Kick
	#1 & #6 just make. #2 1st 25-100%, #3 2nd
	#4 3rd 25-100%, #5 4th 25-100%
200	4x{1 x 25 on :50 Sculling drills
1,200	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{8 x 50 on :55 Free every 3rd one fast
	{4 x 50 on 1:00 Free-every one fast
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/Vis
9:06 AM	3,150 Yards - Stress Value = 38

Workout #10957 - Saturday, 11 February 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
350	1 on 40:00 DS and Weights
150	1 x 350 on 7:00 Choice
100	10 x 15 on :45 Shootes
500	Your primary or free
	200 Free Relay work on exchanges
100	1 x 100 on 5:00 Swim off
500	5 x 100 on 2:15 Kick
	#1 just make. #2 1st 25-100%, #3 2nd 25-100%
	#4 3rd 25-100%, #5 4th 25-100%
200	4x{1 x 25 on :50 Sculling drills
1,100	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{8 x 50 on 1:00 Free every 3rd one fast
	{2 x 50 on 1:05 Free-every one fast
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/Vis
9:06 AM	2,900 Yards - Stress Value = 35

Workout #10958 - Saturday, 11 February 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
300	1 on 40:00 DS and Weights
150	1 x 300 on 7:00 Choice
100	10 x 15 on :45 Shootes
500	Your primary or free
	200 Free Relay work on exchanges
100	1 x 100 on 5:00 Swim off
500	5 x 100 on 2:30 Kick
	#1 just make. #2 1st 25-100%, #3 2nd 25-100%
	#4 3rd 25-100%, #5 4th 25-100%. #6 do a 50-
200	4x{1 x 25 on :50 Sculling drills
1,050	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{6 x 50 on 1:00 Free every 3rd one fast
	{3 x 50 on 1:10 Free-every one fast
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice/Vis

Workout #10985 - Monday, 13 February 2012

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 10:00 Dynamic Stretch
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,000	10 x 15 on :45 Shooters
	{2 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick
	{2 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR
750	1x{1 x 200 on 2:40 Pulls-no br L.12 yds
	{1 x 175 on 2:20 Pulls-no br L.12 yds
	{1 x 150 on 2:00 Pulls-no br L.12 yds
	{1 x 125 on 1:40 Pulls-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
1,000	1x{1 x 250 on 3:30 Free 3 KOW
	{1 x 250 on 3:25 Free alt 25's breath on 5
	{1 x 250 on 3:20 Free-SFBO on all turns
	{1 x 250 on 3:15 Free-descend each 50
300	6 x 50 on 1:00 Stroke Drills
6:28 PM	4,000 Yards - Stress Value = 44

Workout #10972 - Monday, 13 February 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EG1
5:30 PM	Start	
500	1 on 30:00 DS/Phsyio Balls Shldr/Tm Mtg	REC
150	1 x 500 on 10:00 Swim-kick-pull-swim	EN2
1,000	10 x 15 on :45 Shooters	EN2
	{8 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 4:00 Kick-alt 50 free 50 back	EN2
	{6 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:00 Kick-alt 50 free 50 back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:00 Kick-alt 50 free 50 back	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{1 x 50 on 1:00 Kick-on back	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,400	1x{1 x 200 on 3:10 Backstroke	EN2
	{4 x 25 on :30 Back-descend	EN2
	{1 x 200 on 3:05 Backstroke	EN2
	{4 x 25 on :30 Back-descend	EN2
	{1 x 200 on 3:00 Backstroke	EN2
	{4 x 25 on :30 Back-descend	EN2
	{1 x 200 on 2:55 Backstroke	EN2
	{4 x 25 on :30 Back-descend	EN2
	{1 x 200 on 2:50 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-back starts	
7:30 PM	3,450 Yards - Stress Value = 54	

Workout #10973 - Monday, 13 February 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Phsyio Balls Shldr/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
950	1x{8 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 4:20 Kick-alt 50 free 50 back	EN2
	{6 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:15 Kick-alt 50 free 50 back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:10 Kick-alt 50 free 50 back	EN2
	{2 x 25 on :45 Kick no board B	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,200	1x{1 x 200 on 3:20 Backstroke	EN2
	{4 x 25 on :35 Back-descend	EN2
	{1 x 200 on 3:15 Backstroke	EN2
	{4 x 25 on :35 Back-descend	EN2
	{1 x 200 on 3:10 Backstroke	EN2
	{4 x 25 on :35 Back-descend	EN2
	{1 x 200 on 3:05 Backstroke	EN2
	{4 x 25 on :35 Back-descend	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-back starts	
	7:30 PM 3,200 Yards - Stress Value = 49	

Workout #10974 - Monday, 13 February 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Phsyio Balls Shldr/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{8 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 5:00 Kick-alt 50 free 50 back	EN2
	{6 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:40 Kick-alt 50 free 50 back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:25 Kick-alt 50 free 50 back	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,100	1x{1 x 200 on 3:50 Backstroke	EN2
	{4 x 25 on :40 Back-descend	EN2
	{1 x 200 on 3:45 Backstroke	EN2
	{4 x 25 on :40 Back-descend	EN2
	{1 x 200 on 3:40 Backstroke	EN2
	{4 x 25 on :40 Back-descend	EN2
	{1 x 200 on 3:35 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-back starts	
	7:30 PM 3,000 Yards - Stress Value = 46	

Workout #10975 - Monday, 13 February 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Phsyio Balls Shldr/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
700	1x{6 x 25 on 1:00 Kick no board B	EN2
	{1 x 200 on 6:00 Kick-alt 50 free 50 back	EN2
	{6 x 25 on 1:00 Kick no board B	EN2
	{1 x 150 on 4:30 Kick-alt 50 free 50 back	EN2
	{2 x 25 on 1:00 Kick no board B	EN2

150	6 x 25 on :45 Stroke Drills	REC
900	1x{1 x 200 on 4:30 Backstroke	EN2
	{4 x 25 on :45 Back-descend	EN2
	{1 x 200 on 4:25 Backstroke	EN2
	{4 x 25 on :45 Back-descend	EN2
	{1 x 200 on 4:20 Backstroke	EN2
	{4 x 25 on :45 Back-descend	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-back starts	
	7:30 PM 2,550 Yards - Stress Value = 38	

Workout #10969 - Monday, 13 February 2012

Taper 1 - Back

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY
=====	=====	=====
1,100	1x{1 x 250 on 3:45 Backstroke	EN1
	{3 x 100 on 1:30 Back-alt 25 of 7stk BTD	EN1
	{1 x 250 on 3:35 Backstroke	EN1
	{3 x 100 on 1:30 Back-alt 25 of 7stk BTD	EN1
250	1 x 250 on 5:39 Stroke Drills	REC
	1 on 10:00 Ice	
	4:46 PM 1,350 Yards - Stress Value = 10	

Workout #10966 - Monday, 13 February 2012

Taper 1 - Breast

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY
=====	=====	=====
900	1x{1 x 200 on 3:20 Breaststroke	
	{4 x 50 on 1:00 Brst 25 build SFT&BO 25 drill	
	{1 x 150 on 2:30 Breaststroke	
	{3 x 50 on 1:00 Brst 25 build SFT&BO 25 drill	
	{1 x 100 on 1:40 Breaststroke	
	{2 x 50 on 1:00 Brst 25 build SFT&BO 25 drill	
250	1 x 250 on 4:00 Stroke Drills	
	1 on 10:00 Ice	
	4:45 PM 1,150 Yards - Stress Value = 10	

Workout #10963 - Monday, 13 February 2012

Taper 1 - Distance

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,250	1x{1 x 250 on 3:20 Freestyle	EN1	S	FR
	{2 x 125 on 1:40 Freestyle	EN1	S	FR
	{1 x 250 on 3:15 Freestyle	EN1	S	FR
	{2 x 125 on 1:40 Freestyle	EN1	S	FR
	{1 x 250 on 3:10 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:45 PM 1,500 Yards - Stress Value = 10			

Workout #10964 - Monday, 13 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY	WORK	STK
1,125	1x{1 x 250 on 3:45 Freestyle	EN1	S	FR
	{2 x 125 on 1:50 Freestyle	EN1	S	FR
	{1 x 250 on 3:40 Freestyle	EN1	S	FR
	{1 x 125 on 1:50 Freestyle	EN1	S	FR
	{1 x 250 on 3:35 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:45 PM 1,375 Yards - Stress Value = 9

Workout #10967 - Monday, 13 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

4:13 PM Start

Yards	Set Description
850	1x{1 x 200 on 3:40 Breaststroke
	{4 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
	{1 x 150 on 2:45 Breaststroke
	{3 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
	{1 x 100 on 1:50 Breaststroke
	{1 x 50 on 1:00 Brst 25 build SFT&BO 25 drill
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice

4:45 PM 1,100 Yards - Stress Value = 9

Workout #10970 - Monday, 13 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY
950	1x{1 x 200 on 3:10 Backstroke	EN1
	{3 x 100 on 1:40 Back-alt 25 of 7stk BTD	EN1
	{1 x 150 on 2:25 Backstroke	EN1
	{3 x 100 on 1:40 Back-alt 25 of 7stk BTD	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	

4:44 PM 1,200 Yards - Stress Value = 10

Workout #10959 - Monday, 13 February 2012

Taper 1 - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Shoulders/Vis
150	1 x 400 on 7:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:50 Kick
450	1x{1 x 175 on 2:20 Pulls-no br L.12 yds
	{1 x 150 on 2:00 Pulls-no br L.12 yds
	{1 x 125 on 1:40 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

4:12 PM 1,700 Yards - Stress Value = 23

Workout #10960 - Monday, 13 February 2012

Taper 1 - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Shoulders/Vis
150	1 x 400 on 7:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
350	1x{1 x 175 on 2:40 Pulls-no br L.12 yds
	{1 x 150 on 2:15 Pulls-no br L.12 yds
	{1 x 25 on :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

4:12 PM 1,600 Yards - Stress Value = 22

Workout #10961 - Monday, 13 February 2012

Taper 1 - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
350	1 on 30:00 DS/Shoulders/Vis
150	1 x 350 on 7:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:05 Kick
350	1x{1 x 200 on 3:20 Pulls-no br L.12 yds
	{1 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

4:12 PM 1,500 Yards - Stress Value = 21

Workout #10962 - Monday, 13 February 2012

Taper 1 - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
300	1 on 30:00 DS/Shoulders/Vis
150	1 x 300 on 7:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
550	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
	{3 x 50 on 1:10 Kick
300	1x{1 x 200 on 3:40 Pulls-no br L.12 yds
	{1 x 100 on 1:50 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

4:12 PM 1,400 Yards - Stress Value = 20

Workout #10965 - Monday, 13 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

4:13 PM Start

Yards	Set Description	EGY	WORK	STK
1,000	1x{1 x 250 on 4:10 Freestyle	EN1	S	FR
	{2 x 125 on 2:05 Freestyle	EN1	S	FR
	{1 x 250 on 4:05 Freestyle	EN1	S	FR
	{2 x 125 on 2:05 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:45 PM 1,250 Yards - Stress Value = 8

Workout #10968 - Monday, 13 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:13 PM Start			
800	1x{1 x 200 on 3:50 Breaststroke		
	{4 x 50 on 1:00 Brst 25 build SFT&BO 25 drill		
	{1 x 150 on 2:55 Breaststroke		
	{3 x 50 on 1:00 Brst 25 build SFT&BO 25 drill		
	{1 x 100 on 1:55 Breaststroke		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
4:44 PM 1,050 Yards - Stress Value = 9			

Yards	Set Description	EGY	WC
5:30 PM Start			
500	1 on 35:00 DS/Core/Tm Mtg		
	1 x 500 on 10:00 Underwater trn drill	REC	
	1 on 15:00 Techniques-Open turns		
150	10 x 15 on :45 Shooters		SP3
100	4 x 25 on 1:00 Perfect Fly		EN1
300	1x{1 x 100 on 11:00 Stroke Drills	REC	
	{1 x 100 on 11:00 Stroke Drills	REC	
	{1 x 100 on 11:00 Stroke Drills	REC	
50	2 x 25 on 1:00 Perfect Fly		EN1
200	1 x 200 on 4:00 Butterfly		EN1
200	1 x 200 on 3:00 Stroke Drills		REC
7:30 PM 1,500 Yards - Stress Value = 9			

Workout #10971 - Monday, 13 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
4:13 PM Start		
900	1x{1 x 200 on 3:30 Backstroke	EN1
	{3 x 100 on 1:50 Back-alt 25 of 7stk BTD	EN1
	{1 x 200 on 3:30 Backstroke	EN1
	{2 x 100 on 1:50 Back-alt 25 of 7stk BTD	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
4:45 PM 1,150 Yards - Stress Value = 9		

Workout #10976 - Tuesday, 14 February 2012

Taper 1 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:50 AM Start			
200	1 on 35:00 DS and Weights		
150	1 x 200 on 4:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
850	1x{1 x 300 on 3:40 Freestyle	EN2	
	{3 x 50 on :50 Free-Good Effort	EN3	
	{1 x 300 on 3:35 Freestyle	EN2	
	{2 x 50 on :55 Free-Good Effort	EN3	
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:06 AM 1,400 Yards - Stress Value = 33			

Workout #10999 - Tuesday, 14 February 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM Start		
600	1 on 15:00 Dynamic Stretch	
150	1 x 600 on 10:00 Underwater trn drill	
1,000	10 x 15 on :45 Shooters	
	1x{1 x 100 on 1:30 Kick	
	{1 x 100 on 2:00 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:55 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:50 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:45 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:40 Kick	
1,200	1x{2 x 200 on 2:30 Pulls	
	{2 x 200 on 2:35 Pulls	
	{2 x 200 on 2:40 Pulls	
	Odds breathe toward bleachers	
	Evens breathe toward scoreboard	
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 2:40 Backstroke	
	{4 x 25 on :30 Back 7 KOW+1 descend	
	{1 x 200 on 2:35 Backstroke	
	{4 x 25 on :30 Back 8 KOW+1 descend	
	{1 x 200 on 2:30 Backstroke	
	{4 x 25 on :30 Back 9 KOW+1 descend	
	{1 x 200 on 2:25 Backstroke	
	{4 x 25 on :30 Back 10 KOW+1 descend	
	{1 x 200 on 2:20 Backstroke	
200	1 x 200 on 4:00 Stroke Drills	
6:43 PM 4,750 Yards - Stress Value = 73		

Workout #10990 - Tuesday, 14 February 2012

Taper 1 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:00 PM Start				
1,200	12 x 100 on 1:20 Free 2 or 3 fast	EN2	S	FR
	the rest easy speed			
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:37 PM 1,700 Yards - Stress Value = 24				

Workout #10979 - Tuesday, 14 February 2012

Taper 1 - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:50 AM Start		
200	1 on 35:00 DS and Weights	
150	1 x 200 on 4:00 Underwater trn drill	REC
	10 x 15 on :45 Shooters	
	Your primary stroke or free	
750	1x{1 x 150 on 2:15 3 strokes fly off walls	EN2
	{4 x 25 on :25 Fly-Good effort	EN2
	{2 x 125 on 1:50 3 strokes fly off walls	EN2
	{4 x 25 on :30 Fly-Good Effort	EN2
	{1 x 150 on 2:05 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:06 AM 1,300 Yards - Stress Value = 25		

Workout #11000 - Tuesday, 14 February 2012

Group 2 - Fly

1 minute rest between sets

Workout #10977 - Tuesday, 14 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:50 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
200	1 x 200 on 4:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
750	1x{1 x 250 on 3:40 Freestyle	EN2	
	{3 x 50 on :45 Free-Good Effort	EN3	
	{1 x 250 on 3:35 Freestyle	EN2	
	{2 x 50 on :50 Free-Good Effort	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:06 AM	1,300 Yards - Stress Value = 27		

Workout #10980 - Tuesday, 14 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:50 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
200	1 x 200 on 4:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
650	1x{1 x 150 on 2:30 3 strokes fly off walls	EN2	
	{4 x 25 on :35 Fly-Good effort	EN2	
	{2 x 100 on 1:35 3 strokes fly off walls	EN2	
	{4 x 25 on :40 Fly-Good Effort	EN3	
	{1 x 100 on 1:30 3 strokes fly off walls	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:07 AM	1,200 Yards - Stress Value = 23		

Workout #10983 - Tuesday, 14 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:50 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
200	1 x 200 on 4:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
650	1x{1 x 150 on 2:30 Free hold under 1:50	EN2	
	{2 x 75 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:45 Free hold under 1:35	EN2	
	{2 x 75 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:50 Free hold under 1:35	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,200 Yards - Stress Value = 19		

Workout #10991 - Tuesday, 14 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:00 PM	Start			
=====	=====	=====	=====	=====
1,100	11 x 100 on 1:30 Free 2 or 3 fast	EN2	S	FR
	the rest easy speed			
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:38 PM	1,600 Yards - Stress Value = 22			

Workout #10994 - Tuesday, 14 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:00 PM	Start		
=====	=====	=====	=====
1,050	7 x 150 on 2:45 IM w/out free 1 or 2 fast	EN2	
	the rest easy speed w/great turns		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:41 PM	1,550 Yards - Stress Value = 21		

Workout #10997 - Tuesday, 14 February 2012

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:00 PM	Start				
=====	=====	=====	=====	=====	=====
800	16 x 50 on :55 Free 3 or 4 fast	EN2	S	FR	1
	the rest easy speed w/great finishes				
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
4:36 PM	1,300 Yards - Stress Value = 16				

Workout #10993 - Tuesday, 14 February 2012

Taper 1 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:00 PM	Start		
=====	=====	=====	=====
1,200	8 x 150 on 2:30 IM w/out free 1 or 2 fast	EN2	
	the rest easy speed w/great turns		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:41 PM	1,700 Yards - Stress Value = 24		

Workout #10986 - Tuesday, 14 February 2012

Taper 1 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Core/Vis		
400	1 x 400 on 7:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
	Primary stroke or free		
	200 Free Relay		
600	6 x 100 on 2:00 Kick-odds good effort		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
3:58 PM	1,250 Yards - Stress Value = 18		

Workout #10987 - Tuesday, 14 February 2012

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters Primary stroke or free 200 Free Relay
600	6 x 100 on 2:00 Kick-odds good effort
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3:58 PM 1,250 Yards - Stress Value = 18	

1 minute rest between sets

Yards	Set Description	EGY
5:50 AM	Start	
200	1 on 35:00 DS and Weights	REC
150	10 x 15 on :45 Shooters Your primary stroke or free	SP3
500	1x{1 x 100 on 1:50 3 strokes fly off walls {4 x 25 on :45 Fly-Good effort {1 x 100 on 1:50 3 strokes fly off walls {4 x 25 on :45 Fly-Good Effort	EN2 EN2 EN2 EN3
200	{1 x 100 on 1:45 3 strokes fly off walls 1 x 200 on 4:00 Stroke Drills	EN2 REC
1 on 10:00 Ice		
7:06 AM 1,050 Yards - Stress Value = 20		

Workout #10988 - Tuesday, 14 February 2012

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
350	1 x 350 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters Primary stroke or free 200 Free Relay
500	5 x 100 on 2:15 Kick-odds good effort
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3:58 PM 1,100 Yards - Stress Value = 16	

Workout #10984 - Tuesday, 14 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:50 AM	Start		
200	1 on 35:00 DS and Weights	REC	
150	10 x 15 on :45 Shooters Your primary stroke or free	SP3	
500	1x{1 x 100 on 1:55 Free hold under 1:40 {2 x 50 on 1:00 Freestyle	EN2 EN2	
200	{1 x 100 on 2:00 Free hold under 1:40 {2 x 50 on 1:05 Freestyle {1 x 100 on 2:05 Free hold under 1:40	EN2 EN2 EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
1 on 10:00 Ice			
7:05 AM 1,050 Yards - Stress Value = 16			

Workout #10989 - Tuesday, 14 February 2012

Taper 1 - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
300	1 x 300 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters Primary stroke or free 200 Free Relay
500	5 x 100 on 2:30 Kick-odds good effort
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3:59 PM 1,050 Yards - Stress Value = 16	

Workout #10992 - Tuesday, 14 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:00 PM	Start			
1,000	10 x 100 on 1:40 Free 2 or 3 fast the rest easy speed	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice				
4:38 PM 1,500 Yards - Stress Value = 20				

Workout #10978 - Tuesday, 14 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:50 AM	Start		
200	1 on 35:00 DS and Weights	REC	
150	10 x 15 on :45 Shooters Your primary stroke or free	SP3	
650	1x{1 x 250 on 4:00 Freestyle {2 x 50 on :50 Free-Good Effort {1 x 200 on 3:10 Freestyle	EN2 EN3 EN2	
200	{2 x 50 on :55 Free-Good Effort 1 x 200 on 4:00 Stroke Drills	EN3 REC	
1 on 10:00 Ice			
7:05 AM 1,200 Yards - Stress Value = 27			

Workout #10995 - Tuesday, 14 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:00 PM	Start		
900	6 x 150 on 3:00 IM w/out free 1 or 2 fast the rest easy speed w/great turns	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
1 on 10:00 Ice			
4:39 PM 1,400 Yards - Stress Value = 18			

Workout #10981 - Tuesday, 14 February 2012

Taper 1 - Silver/Bronze

Workout #10998 - Tuesday, 14 February 2012

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:00 PM	Start			
750	15 x 50 on 1:00 Free 3 or 4 fast the rest easy speed w/great finishes	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:36 PM	1,250 Yards - Stress Value = 15			

Workout #10982 - Tuesday, 14 February 2012

Taper 1 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:50 AM	Start		
200	1 on 35:00 DS and Weights		
150	1 x 200 on 4:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
750	1x{1 x 125 on 1:55 Free hold under 1:40	EN2	
	{2 x 75 on 1:00 Freestyle	EN2	
	{2 x 100 on 1:35 Free hold under 1:20	EN2	
	{2 x 75 on 1:05 Freestyle	EN2	
	{1 x 125 on 2:05 Free hold under 1:40	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:06 AM	1,300 Yards - Stress Value = 20		

Workout #10996 - Tuesday, 14 February 2012

Taper 1 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	I
4:00 PM	Start				
900	18 x 50 on :50 Free 3 or 4 fast the rest easy speed w/great finishes	EN2	S	FR	1
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
4:36 PM	1,400 Yards - Stress Value = 18				

Workout #11002 - Wednesday, 15 February 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
	1 on 15:00 Dynamic Stretch			
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 10KOW			
	{2 x 125 on 2:10 Kick			
	{4 x 25 on :30 Kick no board BSLR 11KOW			
	{2 x 125 on 2:05 Kick			
	{4 x 25 on :30 Kick no board BSLR 12KOW			
	{2 x 125 on 2:00 Kick			
	{4 x 25 on :30 Kick no board BSLR 13KOW			
	{2 x 125 on 1:55 Freestyle			
1,000	1x{2 x 125 on 1:50 Lungbuster pulls			
	{2 x 125 on 1:45 Lungbuster pulls			
	{2 x 125 on 1:40 Lungbuster pulls			
	{2 x 125 on 1:35 Lungbuster pulls			
	Odds breathe 3-5-7-9-3 by 25			
	Evens breathe 2-4-6-8-2 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{6 x 125 on 1:50 Breast 3X pullouts L.25			

{ descend in 3's			
{6 x 100 on 1:25 Breast 2X pullouts L.25			
{ descend in 3's			
{6 x 75 on 1:05 Breaststroke			
{ descend in 3's			
8 x 50 on 1:00 Stroke Drills			
6:58 PM	5,550 Yards - Stress Value = 81		

Workout #11003 - Wednesday, 15 February 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
	1 on 30:00 DS/Abs/Tm Mtg			L DRY
500	1 x 500 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooter	SP3	S	BR
750	1x{1 x 250 on 4:45 Kick	EN2	K	BR
	{1 x 200 on 3:45 Kick	EN2	K	BR
	{1 x 150 on 2:45 Kick	EN2	K	BR
	{1 x 100 on 1:45 Kick	EN2	K	BR
	{1 x 50 on :45 Kick	EN2	K	BR
700	1x{2 x 50 on 1:20 Breast Pulls	EN1	P	FR
	{2 x 75 on 1:55 Breast Pulls	EN1	P	BR
	{2 x 100 on 2:20 Breast Pulls	EN1	P	BR
	{2 x 125 on 2:45 Breast Pulls	EN1	P	BR
150	6 x 25 on :45 Breast Drills	REC	D	BR
1,000	1x{4 x 100 on 1:45 Breast-descend	EN2	S	BR
	{2X pullouts on turns			
	{4 x 75 on 1:15 Breast-descend	EN2	S	BR
	{2X pullouts on turns			
	{4 x 50 on :50 Breast-descend	EN2	S	BR
	{2X Pullouts on turns			
	{4 x 25 on :30 Breast-descend	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
7:31 PM	3,450 Yards - Stress Value = 48			

Workout #11004 - Wednesday, 15 February 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
	1 on 30:00 DS/Abs/Tm Mtg			L DRY
500	1 x 500 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooter	SP3	S	BR
650	1x{1 x 250 on 5:15 Kick	EN2	K	BR
	{1 x 200 on 4:05 Kick	EN2	K	BR
	{1 x 150 on 3:00 Kick	EN2	K	BR
	{1 x 50 on :55 Kick	EN2	K	BR
600	1x{2 x 50 on 1:30 Breast Pulls	EN1	P	FR
	{2 x 75 on 2:05 Breast Pulls	EN1	P	BR
	{2 x 100 on 2:30 Breast Pulls	EN1	P	BR
	{2 x 75 on 2:05 Breast Pulls	EN1	P	BR
150	6 x 25 on :45 Breast Drills	REC	D	BR
900	1x{4 x 100 on 2:00 Breast-descend	EN2	S	BR
	{2X pullouts on turns			
	{4 x 75 on 1:30 Breast-descend	EN2	S	BR
	{2X pullouts on turns			
	{3 x 50 on 1:00 Breast-descend	EN2	S	BR
	{2X Pullouts on turns			
	{2 x 25 on :30 Breast-descend	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
7:31 PM	3,150 Yards - Stress Value = 44			

Workout #11005 - Wednesday, 15 February 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	===	====	===
	1 on 30:00 DS/Abs/Tm Mtg		L	DRY
450	1 x 450 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooter	SP3	S	BR
600	1x{1 x 250 on 6:00 Kick	EN2	K	BR
	{1 x 200 on 4:45 Kick	EN2	K	BR
	{1 x 100 on 2:20 Kick	EN2	K	BR
	{1 x 50 on :55 Kick	EN2	K	BR
550	1x{2 x 50 on 1:40 Breast Pulls	EN1	P	FR
	{2 x 75 on 2:20 Breast Pulls	EN1	P	BR
	{2 x 100 on 3:00 Breast Pulls	EN1	P	BR
	{2 x 50 on 1:25 Breast Pulls	EN1	P	BR
150	6 x 25 on :45 Breast Drills	REC	D	BR
800	1x{3 x 100 on 2:15 Breast-descend	EN2	S	BR
	{ 2X pullouts on turns			
	{4 x 75 on 1:40 Breast-descend	EN2	S	BR
	{ 2X pullouts on turns			
	{3 x 50 on 1:10 Breast-descend	EN2	S	BR
	{ 2X Pullouts on turns			
	{2 x 25 on :30 Breast-descend	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
	7:31 PM 2,900 Yards - Stress Value = 40			

Workout #11006 - Wednesday, 15 February 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	===	====	===
	1 on 30:00 DS/Abs/Tm Mtg		L	DRY
400	1 x 400 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooter	SP3	S	BR
500	1x{1 x 250 on 7:00 Kick	EN2	K	BR
	{1 x 200 on 5:15 Kick	EN2	K	BR
	{1 x 50 on 1:15 Kick	EN2	K	BR
550	1x{2 x 50 on 1:40 Breast Pulls	EN1	P	FR
	{2 x 75 on 2:20 Breast Pulls	EN1	P	BR
	{2 x 100 on 3:00 Breast Pulls	EN1	P	BR
	{2 x 50 on 1:25 Breast Pulls	EN1	P	BR
150	6 x 25 on :45 Breast Drills	REC	D	BR
750	1x{3 x 100 on 2:30 Breast-descend	EN2	S	BR
	{ 2X pullouts on turns			
	{4 x 75 on 1:50 Breast-descend	EN2	S	BR
	{ 2X pullouts on turns			
	{3 x 50 on 1:15 Breast-descend	EN2	S	BR
	{ 2X Pullouts on turns			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
	7:32 PM 2,700 Yards - Stress Value = 37			

Workout #11008 - Wednesday, 15 February 2012

Group 2 - Taper-Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	===	====	===
	1 on 30:00 DS/Abs/Tm Mtg		L	DRY
400	1 x 400 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooter	SP3	S	BR
250	1x{1 x 200 on 5:15 Kick	EN2	K	BR
	{1 x 50 on 1:15 Kick	EN2	K	BR
350	1x{2 x 50 on 1:40 Breast Pulls	EN1	P	FR
	{2 x 75 on 2:20 Breast Pulls	EN1	P	BR
	{2 x 50 on 1:25 Breast Pulls	EN1	P	BR

150	6 x 25 on :45 Breast Drills	REC	D	BR
600	1x{3 x 100 on 2:30 Breast-descend	EN2	S	BR
	{ 2X pullouts on turns			
	{4 x 75 on 1:50 Breast-descend	EN2	S	BR
	1 on 15:00 Techniques-Starts		D	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
	7:30 PM 2,100 Yards - Stress Value = 27			

Workout #11009 - Wednesday, 15 February 2012

Group 2 - Taper-Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	===	====	===
	1 on 30:00 DS/Abs/Tm Mtg		L	DRY
500	1 x 500 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooter	SP3	S	BR
400	1x{1 x 250 on 5:15 Kick	EN2	K	BR
	{1 x 150 on 3:00 Kick	EN2	K	BR
400	1x{1 x 50 on 1:30 Breast Pulls	EN1	P	FR
	{2 x 75 on 2:05 Breast Pulls	EN1	P	BR
	{2 x 100 on 2:30 Breast Pulls	EN1	P	BR
150	6 x 25 on :45 Breast Drills	REC	D	BR
700	1x{4 x 100 on 2:00 Breast-descend	EN2	S	BR
	{ 2X pullouts on turns			
	{4 x 75 on 1:30 Breast-descend	EN2	S	BR
	{ 2X pullouts on turns			
	1 on 15:00 Techniques-starts		D	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
	7:31 PM 2,500 Yards - Stress Value = 32			

Workout #11007 - Wednesday, 15 February 2012

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	===	====	===
	1 on 30:00 DS/Abs/Tm Mtg		L	DRY
450	1 x 450 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooter	SP3	S	BR
350	1x{1 x 200 on 4:45 Kick	EN2	K	BR
	{1 x 100 on 2:20 Kick	EN2	K	BR
	{1 x 50 on :55 Kick	EN2	K	BR
350	1x{2 x 50 on 1:40 Breast Pulls	EN1	P	FR
	{2 x 75 on 2:20 Breast Pulls	EN1	P	BR
	{2 x 50 on 1:25 Breast Pulls	EN1	P	BR
150	6 x 25 on :45 Breast Drills	REC	D	BR
600	1x{3 x 100 on 2:15 Breast-descend	EN2	S	BR
	{ 2X pullouts on turns			
	{4 x 75 on 1:40 Breast-descend	EN2	S	BR
	{ 2X pullouts on turns			
	1 on 15:00 Techniques-Starts		D	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
	7:30 PM 2,250 Yards - Stress Value = 29			

Workout #11001 - Wednesday, 15 February 2012

Taper 1 - All

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Vis/Tm Mtg
 400 1 x 400 on 7:00 Stroke Drills
 150 10 x 15 on :45 Shooters
 Your primary or free
 400 Free Relay work on exchanges
 400 4 x 100 on 2:00 Kick-3rd 25 of each build
 400 8 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
 900 6 x 150 on 2:15 Free w/great turns and finis
 250 1 x 250 on 4:00 Stroke Drills
 1 on 20:00 Those not swimming setup for mee
 4:47 PM 2,600 Yards - Stress Value = 23

Workout #11010 - Thursday, 16 February 2012

Taper 1 - Taper 1

1 minute rest between sets

5:50 AM Start
 Yards Set Description EC
 =====
 1 on 15:00 Dynamic Stretch/Vis
 600 1 x 600 on 10:00 Choice RE
 150 10 x 15 on :45 Shooters SI
 Your primary stroke (do up to 10 but
 you do not have to do all 10)
 400 1 x 400 on 8:00 Stroke Drill RE
 100 1 x 100 on 31:00 Ice-Shave-whatever you need
 7:05 AM 1,250 Yards - Stress Value = 6

Workout #11013 - Friday, 17 February 2012

Group 3 - Fly

1 minute rest between sets

4:15 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
 1,200 1x{1 x 150 on 2:30 Kick
 {2 x 100 on 1:40 Kick
 {3 x 50 on :50 Kick
 {3 x 150 on 2:25 Kick
 {2 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 1,200 1x{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 {3 x 50 on :40 Pulls-nbbf&w + 2 yds
 {3 x 150 on 1:55 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:15 Pulls-nbbf&w + 2 yds
 {1 x 50 on :35 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 4x{8 x 25 on :30 Fly
 {1 on 1:00 Rest
 {6 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :20 Butterfly
 {1 on 1:00 Rest
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 5,650 Yards - Stress Value = 80

Workout #11014 - Friday, 17 February 2012

Group 2 - Taper 1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Vis
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1 on 12:00 Techniques-Starts
 200 4x{1 x 25 on 1:00 Sculling drills
 {1 x 25 on 1:00 12.5 ez 12.5 fast grt finishe
 600 12 x 50 on 1:10 25 drill 25 perfect form
 IM order
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 1,550 Yards - Stress Value = 14

Workout #11011 - Friday, 17 February 2012

Taper 1 - All

1 minute rest between sets

6:00 AM Start
 Yards Set Description EC
 =====
 1 on 10:00 Dynamic Stretch
 1,000 1 x 1000 on 15:00 Choice-mix of drill, kick, RE
 non free
 150 10 x 15 on :45 Shooters SI
 1 on 11:00 Techniques or IP's
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 7:00 AM 1,400 Yards - Stress Value = 6

Workout #11012 - Friday, 17 February 2012

Taper 1 - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/ 5 min of some core/Vis
 1,000 1 x 1000 on 15:00 Choice mix of drill, kick
 150 10 x 15 on :45 Shooters
 Your primary stroke
 200 Free Relay starts
 500 1 x 500 on 10:00 Social Kick-25y of each 100
 effort, but not all out
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1 on 15:00 Indvdl Prsrctns
 Relay starts
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 4:33 PM 2,100 Yards - Stress Value = 13

Workout #11016 - Monday, 20 February 2012

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS and Physio Ball		
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 :30 Kick no board BSLR		
	{1 x 200 on 3:30 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 175 on 3:00 Kick		
	{1 x 150 on 2:30 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 125 on 2:00 Kick		
900	12 x 75 on 1:00 Pulls-no br L.12 yds		
	Descend in sets of 3		
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 500 on 6:15 Freestyle		
	{2 x 400 on 5:00 Freestyle		
	{3 x 300 on 3:45 Freestyle		
	{4 x 200 on 2:30 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
	6:16 PM 6,350 Yards - Stress Value = 89		

Workout #11019 - Monday, 20 February 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Phsyio Ball		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 100 on 1:40 Kick	EN2	
	{4 x 50 on 1:00 Kick-descend	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{4 x 50 on 1:00 Kick-descend	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 50 on 1:00 Kick-descend	EN2	
100	4 x 25 on :45 Breast Drills	REC	
2,000	1x{1 x 200 on 3:40 Breaststroke	EN1	
	{4 x 75 on 1:30 Breast-3/2/1 pullouts	EN1	
	{1 x 200 on 3:30 Breaststroke	EN1	
	{4 x 75 on 1:30 Breast 3/2/1 pullouts	EN1	
	{1 x 200 on 3:20 Breaststroke	EN2	
	{4 x 75 on 1:30 Breast 3/21/ pullouts	EN2	
	{1 x 200 on 3:10 Breaststroke	EN2	
	{4 x 75 on 1:30 Breast 3/2/1 pullouts	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:30 PM 4,150 Yards - Stress Value = 60		

Workout #11020 - Monday, 20 February 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Phsyio Ball		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{2 x 100 on 1:55 Kick	EN2	
	{4 x 50 on 1:05 Kick-descend	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
100	4 x 25 on :45 Breast Drills	REC	

1,900	1x{1 x 200 on 3:55 Breaststroke	EN1
	{4 x 75 on 1:30 Breast-3/2/1 pullouts	EN1
	{1 x 200 on 3:45 Breaststroke	EN1
	{4 x 75 on 1:30 Breast 3/2/1 pullouts	EN1
	{1 x 200 on 3:35 Breaststroke	EN2
	{4 x 75 on 1:30 Breast 3/21/ pullouts	EN2
	{1 x 100 on 1:45 Breaststroke	EN2
	{4 x 75 on 1:30 Breast 3/2/1 pullouts	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	7:29 PM 3,950 Yards - Stress Value = 56	

Workout #11021 - Monday, 20 February 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Phsyio Ball		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{2 x 100 on 2:30 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{2 x 100 on 2:25 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:10 Kick-descend	EN2	
100	4 x 25 on :45 Breast Drills	REC	
1,650	1x{1 x 150 on 3:20 Breaststroke	EN1	
	{3 x 75 on 1:45 Breast-3/2/1 pullouts	EN1	
	{1 x 150 on 3:15 Breaststroke	EN1	
	{3 x 75 on 1:45 Breast 3/2/1 pullouts	EN1	
	{1 x 150 on 3:10 Breaststroke	EN2	
	{4 x 75 on 1:45 Breast 3/21/ pullouts	EN2	
	{1 x 150 on 3:05 Breaststroke	EN2	
	{4 x 75 on 1:45 Breast 3/2/1 pullouts	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:30 PM 3,500 Yards - Stress Value = 51		

Workout #11022 - Monday, 20 February 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Phsyio Ball		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 3:00 Kick	EN2	
	{3 x 50 on 1:30 Kick-descend	EN2	
	{2 x 100 on 2:50 Kick	EN2	
	{2 x 50 on 1:30 Kick-descend	EN2	
	{2 x 75 on 1:55 Kick	EN2	
100	4 x 25 on :45 Breast Drills	REC	
1,500	1x{1 x 150 on 3:30 Breaststroke	EN1	
	{3 x 75 on 2:00 Breast-3/2/1 pullouts	EN1	
	{1 x 150 on 3:25 Breaststroke	EN1	
	{3 x 75 on 2:00 Breast 3/2/1 pullouts	EN1	
	{1 x 150 on 3:20 Breaststroke	EN2	
	{3 x 75 on 2:00 Breast 3/21/ pullouts	EN2	
	{1 x 150 on 3:15 Breaststroke	EN2	
	{3 x 75 on 2:00 Breast 3/2/1 pullouts	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:30 PM 3,150 Yards - Stress Value = 44		

Workout #11025 - Monday, 20 February 2012

Group 2 - Taper-Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Phsyio Ball		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1x{1 x 100 on 3:00 Kick	EN2	
	{2 x 50 on 1:30 Kick-descend	EN2	
	{1 x 100 on 2:50 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN2	
	{2 x 50 on 1:20 Kick	EN2	
100	4 x 25 on :45 Breast Drills	REC	
750	1x{1 x 150 on 3:30 Breaststroke	EN1	
	{3 x 75 on 2:00 Breast-3/2/1 pullouts	EN1	
	{1 x 150 on 3:25 Breaststroke	EN1	
	{3 x 75 on 2:00 Breast 3/2/1 pullouts	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:01 PM 2,050 Yards - Stress Value = 23		

Workout #11023 - Monday, 20 February 2012

Group 2 - Taper-Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Phsyio Ball		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{1 x 100 on 1:55 Kick	EN2	
	{2 x 50 on 1:05 Kick-descend	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{2 x 50 on 1:05 Kick-descend	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{2 x 50 on 1:05 Kick-descend	EN2	
100	4 x 25 on :45 Breast Drills	REC	
1,000	1x{1 x 200 on 3:55 Breaststroke	EN1	
	{4 x 75 on 1:30 Breast-3/2/1 pullouts	EN1	
	{1 x 200 on 3:45 Breaststroke	EN1	
	{4 x 75 on 1:30 Breast 3/2/1 pullouts	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 15:00 Techniques-Starts		
	7:19 PM 2,600 Yards - Stress Value = 28		

Workout #11024 - Monday, 20 February 2012

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Phsyio Ball		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{1 x 100 on 2:30 Kick	EN2	
	{2 x 50 on 1:10 Kick-descend	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 50 on 1:10 Kick-descend	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:05 Kick-descend	EN2	
100	4 x 25 on :45 Breast Drills	REC	
850	1x{1 x 150 on 3:20 Breaststroke	EN1	
	{3 x 75 on 1:45 Breast-3/2/1 pullouts	EN1	
	{1 x 150 on 3:15 Breaststroke	EN1	
	{3 x 75 on 1:45 Breast 3/2/1 pullouts	EN1	
	{1 x 100 on 2:05 Breaststroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 15:00 Techniques-Starts		
	7:19 PM 2,350 Yards - Stress Value = 27		

Workout #11018 - Monday, 20 February 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:12 PM Start				
=====	=====	=====	=====	=====
1,400	1x{1 x 500 on 6:15 Freestyle	EN1	S	FR
	{1 x 400 on 4:55 Freestyle	EN1	S	FR
	{1 x 300 on 3:40 Freestyle	EN1	S	FR
	{1 x 200 on 2:25 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	4:45 PM 1,650 Yards - Stress Value = 14			

Workout #11015 - Monday, 20 February 2012

HighSchl - Taper 1

1 minute rest between sets

Yards	Set Description	EGY
6:00 AM Start		
=====	=====	=====
	1 on 35:00 DS and Weights	
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
400	4 x 100 on 1:30 Descend to ridiculous speed	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	7:02 AM 1,200 Yards - Stress Value = 10	

Workout #11017 - Monday, 20 February 2012

HS Boys - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM Start	
=====	=====
	1 on 30:00 DS/Shoulders/Vis
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{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 200 on 3:25 Kick
500	1x{1 x 125 on 1:35 Pulls-no br L.6 yds
	{1 x 125 on 1:35 Pulls-no br L.8 yds
	{1 x 125 on 1:35 Pulls-no br L.10 yds
	{1 x 125 on 1:35 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
	4:11 PM 1,750 Yards - Stress Value = 22

Workout #11028 - Tuesday, 21 February 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
=====	=====
	1 on 25:00 DS/Core/Vis
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ Fastest Interval
480	1x{16 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
1,500	1x{1 x 200 on 2:40 Pulls BTB { 2 x 175 on 2:20 Pulls BTS { 3 x 150 on 2:00 Pulls BTB { 4 x 125 on 1:40 Pulls BTS
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%

6:23 PM 6,030 Yards - Stress Value = 76

Workout #11029 - Tuesday, 21 February 2012

Group 3 - Taper 1

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
=====	=====
	1 on 25:00 DS/Core/Vis
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
200	2 x 100 on 2:00 Kick @ Fastest Interval
240	1x{8 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
650	1x{1 x 200 on 3:00 Pulls BTB { 1 x 175 on 2:35 Pulls BTS { 1 x 150 on 2:15 Pulls BTB { 1 x 125 on 1:55 Pulls BTS
100	2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 100 on 1:35 Backstroke { 1 x 100 on 1:30 Backstroke { 1 x 100 on 1:25 Backstroke { 1 x 150 on 3:00 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 3:00 Backstroke Drill { 1 x 50 on :50 Backstroke { 1 x 50 on :45 Backstroke { 1 x 50 on :40 Backstroke

5:39 PM 3,190 Yards - Stress Value = 39

Workout #11030 - Tuesday, 21 February 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	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 100 on 1:55 Kick { 4 x 25 on :35 Kick no board BSLR { 2 x 75 on 1:25 Kick	EN2	EN2
100	4 x 25 on :45 Fly Drills	REC	
1,600	1x{4 x 75 on 1:30 25L 25R 25B { 4 x 25 on :30 Fly 5/6/7/8 KOW { 4 x 75 on 1:25 25L 25R 25B { 4 x 25 on :35 Fly 5/6/7/8 KOW { 4 x 75 on 1:20 25L 25R 25B { 4 x 25 on :40 Fly 5/6/7/8 KOW { 4 x 75 on 1:15 25L 25R 25B { 4 x 25 on :45 Fly 5/6/7/8 KOW	EN1	EN1
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:31 PM 3,450 Yards - Stress Value = 50		

Workout #11031 - Tuesday, 21 February 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{4 x 25 on :45 Kick no board BSLR { 2 x 125 on 2:45 Kick { 4 x 25 on :45 Kick no board BSLR { 2 x 100 on 2:10 Kick { 4 x 25 on :45 Kick no board BSLR { 1 x 50 on 1:05 Kick { 4 x 25 on :45 Fly Drills	EN2	EN2
100	4 x 25 on :45 Fly Drills	REC	
1,450	1x{4 x 75 on 1:40 25L 25R 25B { 4 x 25 on :30 Fly 5/6/7/8 KOW { 4 x 75 on 1:35 25L 25R 25B { 4 x 25 on :35 Fly 5/6/7/8 KOW { 4 x 75 on 1:30 25L 25R 25B { 4 x 25 on :40 Fly 5/6/7/8 KOW { 2 x 75 on 1:25 25R 25L 25B { 4 x 25 on :45 Fly 5/6/7/8 KOW	EN1	EN1
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:31 PM 3,200 Yards - Stress Value = 45		

Workout #11032 - Tuesday, 21 February 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 75 on 1:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 50 on 1:10 Kick	EN2	
100	4 x 25 on :45 Fly Drills	REC	
1,200	1x{2 x 75 on 1:55 25L 25R 25B	EN1	
	{4 x 25 on :40 Fly 5/6/7/8 KOW	EN1	
	{4 x 75 on 1:50 25L 25R 25B	EN2	
	{4 x 25 on :45 Fly 5/6/7/8 KOW	EN1	
	{4 x 75 on 1:45 25L 25R 25B	EN2	
	{4 x 25 on :50 Fly 5/6/7/8 KOW	EN1	
	{2 x 75 on 1:40 25R 25L 25B	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 2,850 Yards - Stress Value = 41		

Workout #11033 - Tuesday, 21 February 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 3:00 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 75 on 2:00 Kick	EN2	
	{2 x 25 on 1:00 Kick no board BS	EN2	
100	4 x 25 on :45 Fly Drills	REC	
1,050	1x{2 x 75 on 2:10 25L 25R 25B	EN1	
	{4 x 25 on :45 Fly 5/6/7/8 KOW	EN1	
	{2 x 75 on 2:05 25L 25R 25B	EN2	
	{4 x 25 on :50 Fly 5/6/7/8 KOW	EN1	
	{2 x 75 on 2:00 25L 25R 25B	EN2	
	{4 x 25 on :55 Fly 5/6/7/8 KOW	EN1	
	{4 x 75 on 1:55 25R 25L 25B	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 2,500 Yards - Stress Value = 35		

Workout #11036 - Tuesday, 21 February 2012

Group 2 - Taper-Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 75 on 2:15 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 50 on 1:30 Kick	EN2	
100	4 x 25 on :45 Fly Drills	REC	
650	1x{2 x 75 on 2:10 25L 25R 25B	EN1	
	{4 x 25 on :45 Fly 5/6/7/8 KOW	EN1	
	{2 x 75 on 2:05 25L 25R 25B	EN2	

{4 x 25 on :50 Fly 5/6/7/8 KOW	EN1
{2 x 75 on 2:00 25L 25R 25B	EN2
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Techniques-Starts
	7:12 PM 1,900 Yards - Stress Value = 24

Workout #11034 - Tuesday, 21 February 2012

Group 2 - Taper-Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 125 on 2:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
100	4 x 25 on :45 Fly Drills	REC	
750	1x{2 x 75 on 1:40 25L 25R 25B	EN1	
	{4 x 25 on :30 Fly 5/6/7/8 KOW	EN1	
	{2 x 75 on 1:35 25L 25R 25B	EN2	
	{4 x 25 on :35 Fly 5/6/7/8 KOW	EN1	
	{2 x 75 on 1:30 25L 25R 25B	EN2	
	{4 x 25 on :40 Fly 5/6/7/8 KOW	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:10 PM 2,250 Yards - Stress Value = 28		

Workout #11035 - Tuesday, 21 February 2012

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 50 on 1:10 Kick	EN2	
100	4 x 25 on :45 Fly Drills	REC	
650	1x{2 x 75 on 1:55 25L 25R 25B	EN1	
	{4 x 25 on :40 Fly 5/6/7/8 KOW	EN1	
	{2 x 75 on 1:50 25L 25R 25B	EN2	
	{4 x 25 on :45 Fly 5/6/7/8 KOW	EN1	
	{2 x 75 on 1:45 25L 25R 25B	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:10 PM 2,050 Yards - Stress Value = 26		

Workout #11027 - Tuesday, 21 February 2012

Taper 1 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
1,350	1x{3 x 200 on 2:30 Freestyle-descend	EN2	S
	{3 x 150 on 1:50 Freestyle-descend	EN2	S
	{3 x 100 on 1:10 Freestyle-descend	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice/Vis		M
	4:38 PM 1,550 Yards - Stress Value = 27		

Workout #11026 - Tuesday, 21 February 2012

Taper 1 - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Core
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {3 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {3 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
 500 1x{1 x 100 on 1:25 Lungbuster pulls
 {2 x 100 on 1:20 Lungbuster pulls
 {2 x 100 on 1:15 Lungbuster pulls
 breathe 3-4-5-6 by the 25
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:05 PM 1,750 Yards - Stress Value = 27

Yards Set Description
 =====
 1 on 25:00 DS/Shoulders/Vis
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :30 Kick no board B
 {2 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board S
 {2 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
 1,500 1x{4 x 50 on :50 Fly 2-5 6 KOW
 {2 x 125 on 1:35 Freestyle
 {3 x 50 on :50 Fly 2-4, 5 KOW
 {2 x 125 on 1:35 Freestyle
 {2 x 50 on :50 Fly 2-3, 4 KOW
 {2 x 125 on 1:35 Freestyle
 {1 x 50 on :50 Fly 2-2, 3 KOW
 {2 x 125 on 1:35 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 5:34 PM 3,250 Yards - Stress Value = 39

Workout #11041 - Wednesday, 22 February 2012

Group 2 - Back

1 minute rest between sets

Workout #11039 - Wednesday, 22 February 2012

Group 3 - Fly

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,300 1x{6 x 25 on :30 Kick no board B
 {2 x 125 on 2:10 Kick
 {6 x 25 on :30 Kick no board S
 {2 x 100 on 1:40 Kick
 {6 x 25 on :30 Kick no board L
 {2 x 75 on 1:10 Kick
 {6 x 25 on :30 Kick no board R
 {2 x 50 on :45 Kick
 1,200 1x{1 x 200 on 2:45 Lungbuster pulls
 {1 x 200 on 2:40 Lungbuster pulls
 {1 x 200 on 2:35 Lungbuster pulls
 {1 x 200 on 2:30 Lungbuster pulls
 {1 x 200 on 2:25 Lungbuster pulls
 {1 x 200 on 2:20 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
 3,150 1x{7 x 50 on :50 Fly 2-2, 9 KOW
 {2 x 125 on 1:35 Freestyle
 {6 x 50 on :50 Fly 2-3, 8 KOW
 {2 x 125 on 1:35 Freestyle
 {5 x 50 on :50 Fly 2-4, 7 KOW
 {2 x 125 on 1:35 Freestyle
 {4 x 50 on :50 Fly 2-5 6 KOW
 {2 x 125 on 1:35 Freestyle
 {3 x 50 on :50 Fly 2-4, 5 KOW
 {2 x 125 on 1:35 Freestyle
 {2 x 50 on :50 Fly 2-3, 4 KOW
 {2 x 125 on 1:35 Freestyle
 {1 x 50 on :50 Fly 2-2, 3 KOW
 {2 x 125 on 1:35 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:31 PM 7,100 Yards - Stress Value = 88

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Abs/Tm mtg
 500 1 x 500 on 10:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 900 1x{4 x 25 on :45 Kick no board B EN2
 {1 x 200 on 4:00 Streamline Kick on Back EN2
 {4 x 25 on :45 Kick no board S EN2
 {1 x 150 on 3:00 Streamline Kick on Back EN2
 {4 x 25 on :45 Kick no board L EN2
 {1 x 100 on 2:00 Streamline Kick on Back EN2
 {4 x 25 on :45 Kick no board R EN2
 {1 x 50 on 1:00 Streamline Kick on Back EN2
 150 6 x 25 on :45 Back Drill REC
 1,300 1x{3 x 25 on :40 Back -6 kick switch EN1
 {3 x 50 on :55 Back-descend 3/5/7 KOW EN2
 {1 x 100 on 1:35 Backstroke EN2
 {3 x 25 on :40 Back-6 kick switch EN2
 {3 x 50 on :55 Back-descend 3/5/7/ KOW EN2
 {1 x 100 on 1:30 Backstroke EN2
 {3 x 25 on :40 Back-6 kick switch EN1
 {3 x 50 on :55 Back-descend 3/5/7 KOW EN2
 {1 x 100 on 1:25 Backstroke EN2
 {3 x 25 on :40 Back-6 kick switch EN1
 {3 x 50 on :55 Back-descend 3/5/7 KOW EN2
 {1 x 100 on 1:20 Backstroke EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 10:00 Game
 7:30 PM 3,250 Yards - Stress Value = 49

Workout #11040 - Wednesday, 22 February 2012

Group 3 - Taper 1

1 minute rest between sets

4:00 PM Start

Workout #11042 - Wednesday, 22 February 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 4:25 Streamline Kick on Back	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{1 x 150 on 3:15 Streamline Kick on Back	EN2
	{4 x 25 on :45 Kick no board L	EN2
	{1 x 100 on 2:05 Streamline Kick on Back	EN2
	{4 x 25 on :45 Kick no board R	EN2
150	6 x 25 on :45 Back Drill	REC
1,200	1x{3 x 25 on :40 Back -6 kick switch	EN1
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 1:45 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN2
	{3 x 50 on 1:00 Back-descend 3/5/7/ KOW	EN2
	{1 x 100 on 1:40 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 1:35 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 3,100 Yards - Stress Value = 46	

Workout #11043 - Wednesday, 22 February 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm mtg	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 5:00 Streamline Kick on Back	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{1 x 100 on 2:30 Streamline Kick on Back	EN2
	{4 x 25 on :45 Kick no board L	EN2
	{1 x 100 on 2:30 Streamline Kick on Back	EN2
	{4 x 25 on :45 Kick no board R	EN2
150	6 x 25 on :45 Back Drill	REC
1,050	1x{3 x 25 on :45 Back -6 kick switch	EN1
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 2:00 Backstroke	EN2
	{3 x 25 on :45 Back-6 kick switch	EN2
	{3 x 50 on 1:05 Back-descend 3/5/7/ KOW	EN2
	{1 x 100 on 1:55 Backstroke	EN2
	{3 x 25 on :45 Back-6 kick switch	EN1
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 1:50 Backstroke	EN2
	{3 x 25 on :45 Back-6 kick switch	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 2,850 Yards - Stress Value = 42	

Workout #11044 - Wednesday, 22 February 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm mtg	

400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 25 on 1:00 Kick no board B	EN2
	{1 x 100 on 3:00 Streamline Kick on Back	EN2
	{4 x 25 on 1:00 Kick no board S	EN2
	{1 x 100 on 2:55 Streamline Kick on Back	EN2
	{2 x 25 on 1:00 Kick no board L	EN2
	{1 x 100 on 2:55 Streamline Kick on Back	EN2
	{2 x 25 on 1:00 Kick no board R	EN2
150	6 x 25 on :45 Back Drill	REC
975	1x{3 x 25 on :50 Back -6 kick switch	EN1
	{3 x 50 on 1:10 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 2:15 Backstroke	EN2
	{3 x 25 on :50 Back-6 kick switch	EN2
	{3 x 50 on 1:10 Back-descend 3/5/7/ KOW	EN2
	{1 x 100 on 2:10 Backstroke	EN2
	{3 x 25 on :50 Back-6 kick switch	EN1
	{3 x 50 on 1:10 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 2:05 Backstroke	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:29 PM 2,525 Yards - Stress Value = 37	

Workout #11047 - Wednesday, 22 February 2012

Group 2 - Taper-Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm mtg	
400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
350	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 50 on 1:30 Streamline Kick on Back	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 2:00 Streamline Kick on Back	EN2
150	6 x 25 on :45 Back Drill	REC
600	1x{3 x 25 on :50 Back -6 kick switch	EN1
	{3 x 50 on 1:10 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 2:15 Backstroke	EN2
	{3 x 25 on :50 Back-6 kick switch	EN2
	{3 x 50 on 1:10 Back-descend 3/5/7/ KOW	EN2
	{1 x 50 on 1:05 Backstroke	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 18:00 Techniques-Starts/finishes	
	1 on 10:00 Game	
	7:29 PM 1,900 Yards - Stress Value = 25	

Workout #11045 - Wednesday, 22 February 2012

Group 2 - Taper-Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
500	1 on 30:00 DS/Abs/Tm mtg	REC
150	1 x 500 on 10:00 Choice	SP3
450	10 x 15 on :45 Shooters	EN2
450	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:15 Streamline Kick on Back	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:05 Streamline Kick on Back	EN2
150	6 x 25 on :45 Back Drill	REC
725	1x{3 x 25 on :40 Back -6 kick switch	EN1
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 1:45 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN2
	{3 x 50 on 1:00 Back-descend 3/5/7/ KOW	EN2
	{1 x 100 on 1:40 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 18:00 Techniques-Starts/Finishes	
	1 on 10:00 Game	
	7:29 PM 2,225 Yards - Stress Value = 29	

Workout #11046 - Wednesday, 22 February 2012

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
450	1 on 30:00 DS/Abs/Tm mtg	REC
150	1 x 450 on 10:00 Choice	SP3
400	10 x 15 on :45 Shooters	EN2
400	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:30 Streamline Kick on Back	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 50 on 1:15 Streamline Kick on Back	EN2
	{2 x 25 on :45 Kick no board BS	EN2
150	6 x 25 on :45 Back Drill	REC
675	1x{3 x 25 on :45 Back -6 kick switch	EN1
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 2:00 Backstroke	EN2
	{3 x 25 on :45 Back-6 kick switch	EN2
	{3 x 50 on 1:05 Back-descend 3/5/7/ KOW	EN2
	{1 x 100 on 1:55 Backstroke	EN2
	{1 x 25 on :45 Back-6 kick switch	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 19:00 Techniques-Starts/Finishes	
	1 on 10:00 Game	
	7:30 PM 2,075 Yards - Stress Value = 27	

Workout #11038 - Wednesday, 22 February 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:18 PM Start			
1,200	1x{4 x 200 on 2:30 Freestyle #3 100%	EN2	S
	{4 x 100 on 1:15 Freestyle #3 100%	EN2	S
	{1st and last 25 of each swim 6bk breathe or		
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	4:48 PM 1,450 Yards - Stress Value = 24		

Workout #11037 - Wednesday, 22 February 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM Start	
400	1 on 35:00 DS and Weights
150	1 x 400 on 7:00 Free L.25 of each 100 Non Fr
600	10 x 15 on :45 Shooters
600	1x{4 x 25 on :35 Kick no board BSLR 14 KOW
	{2 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 100 on 1:50 Kick hold under 1:43
600	1x{3 x 100 on 1:15 Lungbuster pulls
	{ breathe 3-4-5-6
	{2 x 100 on 1:10 Lungbuster pulls
	{ breathe 4-5-6-7
	{1 x 100 on 1:05 Lungbuster pulls
	{ breathe 5-6-7-8
100	2x{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 = 27

Workout #11048 - Thursday, 23 February 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
600	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
2,000	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
750	1 x 750 on 10:00 Pulls alt breakouts
	shoulders/hips/knees/feet
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 250 on 3:45 Breaststroke
	{6 x 25 on :30 Breast 3X pullouts
	{2 x 200 on 3:00 Breaststroke
	{6 x 25 on :30 Breast 3X pullouts
	{3 x 150 on 2:15 Breaststroke
	{6 x 25 on :30 Breast 3X pullouts
	{4 x 100 on 1:30 Breaststroke
	{6 x 25 on :30 Breast 3X pullouts
	{5 x 50 on :45 Breaststroke
	{6 x 25 on :30 Breast 3X pullouts
200	1 x 200 on 3:00 Stroke Drills
	6:31 PM 6,400 Yards - Stress Value = 87

Workout #11049 - Thursday, 23 February 2012

Group 3 - Taper 1

1 minute rest between sets

4:00 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
 500 1x{2 x 100 on 2:10 Kick 25-fly/fr/br/cho
 {2 x 50 on 1:15 Alt 50 fly kick on back
 { 50 tombstone kick
 {2 x 100 on 2:05 Kick 25-fly/fr/br/cho
 400 1 x 400 on 6:00 Pulls alt breakouts
 shoulders/hips/knees/feet
 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 150 on 2:30 Breaststroke
 {6 x 25 on :30 Breast 3X pullouts
 {3 x 100 on 1:40 Breaststroke
 {6 x 25 on :30 Breast 3X pullouts
 {3 x 50 on :50 Breaststroke
 {6 x 25 on :30 Breast 3X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 5:36 PM 3,100 Yards - Stress Value = 38

{12 x 25 on :30 Kick no board BSLRx3
 { 14 KOW
 1,250 1x{1 x 250 on 3:20 Pulls-no br L.12 yds
 {1 x 250 on 3:15 Pulls-no br L.14 yds
 {1 x 250 on 3:10 Pulls-no br L.16 yds
 {1 x 250 on 3:05 Pulls-no br L.18 yds
 {1 x 250 on 3:00 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 Free-descend in 3's
 500 10 x 50 on 1:00 Stroke Drills
 6:23 PM 6,550 Yards - Stress Value = 101

Workout #11052 - Monday, 27 February 2012

Group 3 - Taper 1

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulders/Vis
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :30 Kick no board BSLR
 { 10 KOW
 {2 x 75 on 1:10 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 { 11 KOW
 {2 x 75 on 1:10 Kick
 {8 x 25 on :30 Kick no board BSLRx2
 { 12 KOW
 { 14 KOW
 600 1x{1 x 200 on 3:00 Pulls-no br L.12 yds
 {1 x 200 on 2:55 Pulls-no br L.14 yds
 {1 x 200 on 2:50 Pulls-no br L.16 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 9 x 150 on 2:15 Free-descend in 3's
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 3,600 Yards - Stress Value = 54

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulders/Vis
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :30 Kick no board BSLR
 { 10 KOW
 {2 x 75 on 1:10 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 { 11 KOW
 {2 x 75 on 1:10 Kick
 {8 x 25 on :30 Kick no board BSLRx2
 { 12 KOW
 { 14 KOW
 600 1x{1 x 200 on 3:00 Pulls-no br L.12 yds
 {1 x 200 on 2:55 Pulls-no br L.14 yds
 {1 x 200 on 2:50 Pulls-no br L.16 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 9 x 150 on 2:15 Free-descend in 3's
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 3,600 Yards - Stress Value = 54

Workout #11050 - Thursday, 23 February 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Physio Ball Abs/Tm Mtg ==
 500 1 x 500 on 10:00 Underwater trn drill RE
 Odd 100's free even 100's back
 1 on 15:00 Techniques-TN Turn drlls
 150 10 x 15 on :45 Shooters SI
 100 4 x 25 on 1:00 Perfect Freestyle RE
 1x{1 on 10:00 Stroke Drill-Thumb Drag RE
 {1 on 10:00 Stroke Drill-4-6-8 kick switch RE
 {1 on 10:00 Stroke Drills RE
 100 4 x 25 on 1:00 Perfect Freestyle RE
 80 8 x 10 on 1:00 Spinners w/ GREAT Finishes SI
 50 1 x 50 on 1:00 Free-OTB/Breathe on 5 SI
 no breathing into or out of turn, GREAT Fir
 200 1 x 200 on 1:30 Freestyle
 7:29 PM 1,180 Yards - Stress Value = 14

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/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 S
 {4 x 75 on 1:30 Kick
 {4 x 25 on :45 Kick no board S
 {4 x 75 on 1:25 Kick
 {4 x 25 on :45 Kick no board S
 {4 x 75 on 1:20 Kick
 {4 x 25 on :45 Kick no board S
 150 6 x 25 on :45 Butterfly Drills
 1,600 1x{4 x 100 on 1:40 Fly 3 strokes off each wall
 {4 x 100 on 1:35 Fly 3 strokes off each wall
 {4 x 100 on 1:30 Fly 3 strokes off each wall
 {4 x 100 on 1:25 Fly 3 strokes off each wall
 400 8 x 50 on 1:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 66

Workout #11053 - Monday, 27 February 2012

Group 2 - Fly

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulders/Vis
 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
 { 10 KOW
 {2 x 75 on 1:10 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 { 11 KOW
 {2 x 75 on 1:10 Kick
 {8 x 25 on :30 Kick no board BSLRx2
 { 12 KOW
 {2 x 75 on 1:10 Kick
 {10 x 25 on :30 Kick no board BSLRx2BS
 { 13 KOW
 {2 x 75 on 1:10 Kick

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/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 S
 {4 x 75 on 1:30 Kick
 {4 x 25 on :45 Kick no board S
 {4 x 75 on 1:25 Kick
 {4 x 25 on :45 Kick no board S
 {4 x 75 on 1:20 Kick
 {4 x 25 on :45 Kick no board S
 150 6 x 25 on :45 Butterfly Drills
 1,600 1x{4 x 100 on 1:40 Fly 3 strokes off each wall
 {4 x 100 on 1:35 Fly 3 strokes off each wall
 {4 x 100 on 1:30 Fly 3 strokes off each wall
 {4 x 100 on 1:25 Fly 3 strokes off each wall
 400 8 x 50 on 1:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 66

Workout #11055 - Monday, 27 February 2012

Group 2 - Taper-Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Shoulders/Tm Mtg
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board S
	{4 x 75 on 1:40 Kick
	{4 x 25 on :45 Kick no board S
	{5 x 50 on 1:05 Kick
150	6 x 25 on :45 Butterfly Drills
800	1x{2 x 100 on 1:45 Fly 3 strokes off each wall
	{2 x 100 on 1:40 Fly 3 strokes off each wall
	{2 x 100 on 1:35 Fly 3 strokes off each wall
	{2 x 100 on 1:30 Fly 3 strokes off each wall
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Techniques-Starts

7:15 PM 2,500 Yards - Stress Value = 39

Workout #11054 - Monday, 27 February 2012

Group 2 - Taper-Platinum

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Shoulders/Tm Mtg
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board S
	{4 x 75 on 1:30 Kick
	{4 x 25 on :45 Kick no board S
	{4 x 75 on 1:25 Kick
150	6 x 25 on :45 Butterfly Drills
800	1x{2 x 100 on 1:40 Fly 3 strokes off each wall
	{2 x 100 on 1:35 Fly 3 strokes off each wall
	{2 x 100 on 1:30 Fly 3 strokes off each wall
	{2 x 100 on 1:25 Fly 3 strokes off each wall
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Techniques-Starts

7:14 PM 2,550 Yards - Stress Value = 40

Workout #11056 - Monday, 27 February 2012

Group 2 - Taper-Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
350	1 on 30:00 DS/Shoulders/Tm Mtg
350	1 x 350 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board S
	{4 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 75 on 1:45 Kick
150	6 x 25 on :45 Butterfly Drills
700	1x{2 x 100 on 1:55 Fly 3 strokes off each wall
	{2 x 100 on 1:50 Fly 3 strokes off each wall
	{2 x 100 on 1:45 Fly 3 strokes off each wall
	{1 x 100 on 1:40 Fly 3 strokes off each wall
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Techniques-Starts

7:13 PM 2,250 Yards - Stress Value = 35

Workout #11057 - Tuesday, 28 February 2012

Group 3 - Back

1 minute rest between sets

4:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core/Vis
150	1 x 600 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ fastest interval
630	1x{ Alt 15 Tombstone Kick 15 underwa
	{3 x 30 on 1:00 Kick
	{3 x 30 on :55 Kick
	{3 x 30 on :50 Kick
	{3 x 30 on :45 Kick
	{3 x 30 on :40 Kick
	{3 x 30 on :35 Kick
	{3 x 30 on :30 Kick
1,400	1x{4 x 50 on :40 Pulls BTB
	{4 x 75 on 1:00 Pulls BTS
	{4 x 100 on 1:20 Pulls BTS
	{4 x 125 on 1:40 Pulls BTS
	#1 & #4 of each set br on 2
	#2 br on 4, #3 br on 6
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,650	1x{3 x 100 on 1:20 Backstroke
	{2 x 100 on 1:15 Backstroke
	{1 x 100 on 1:10 Backstroke
	{12 x 25 on :30 Back 4 KOW +1
	{3 x 100 on 1:15 Backstroke
	{2 x 100 on 1:10 Backstroke
	{1 x 100 on 1:05 Backstroke
	{12 x 25 on :30 Back 4 KOW +1
	{3 x 100 on 1:10 Backstroke
	{2 x 100 on 1:05 Backstroke
	{1 x 100 on 1:00 Backstroke
400	{10 x 25 on :30 Back 4 KOW +1
	8 x 50 on 1:00 Stroke Drills

6:31 PM 6,430 Yards - Stress Value = 97

Workout #11058 - Tuesday, 28 February 2012

Group 3 - Taper-Gold

1 minute rest between sets

4:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Core/Vis
150	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
360	1x{ Alt 15 Tombstone Kick 15 underwa
	{3 x 30 on 1:00 Kick
	{3 x 30 on :55 Kick
	{3 x 30 on :50 Kick
	{3 x 30 on :45 Kick
450	1x{2 x 50 on :40 Pulls BTB
	{2 x 75 on 1:00 Pulls BTS
	{2 x 100 on 1:20 Pulls BTS
	#1 & #4 of each set br on 2
	#2 br on 4, #3 br on 6
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 1:30 Backstroke
	{2 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{4 x 25 on :35 Back 4 KOW +1
	{3 x 100 on 1:25 Backstroke
	{2 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{4 x 25 on :35 Back 4 KOW +1
200	1 x 200 on 4:00 Stroke Drills

5:47 PM 3,360 Yards - Stress Value = 53

Workout #11059 - Tuesday, 28 February 2012

Group 3 - Taper-Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Vis
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ fastest interval
 360 1x{ Alt 15 Tombstone Kick 15 underwa
 {3 x 30 on 1:00 Kick
 {3 x 30 on :55 Kick
 {3 x 30 on :50 Kick
 {3 x 30 on :45 Kick
 350 1x{2 x 50 on :50 Pulls BTB
 {2 x 75 on 1:10 Pulls BTS
 {1 x 100 on 1:30 Pulls BTS
 #1 & #4 of each set br on 2
 #2 br on 4, #3 br on 6
 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 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 200 1 x 200 on 4:00 Stroke Drills
 5:47 PM 3,160 Yards - Stress Value = 50

100 4 x 25 on :45 Stroke Drills IM order REC
 1,000 5x{1 x 100 on 1:40 Individual Medley EN2
 {1 x 50 on :50 Freestyle EN2
 {1 x 50 on 1:00 Freestyle REC
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:12 PM 2,500 Yards - Stress Value = 34

Workout #11061 - Tuesday, 28 February 2012

Group 2 - Taper-Platinum

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 700 1x{1 x 100 on 2:00 Your best kick EN2
 {2 x 50 on 1:10 Your 2nd and 3rd kicks EN2
 {2 x 100 on 1:55 Your best kick EN2
 {2 x 50 on 1:05 Your 2nd and 3rd kicks EN2
 {2 x 100 on 1:50 Your best kick EN2
 100 4 x 25 on :45 Stroke Drills IM order REC
 1,000 5x{1 x 100 on 1:25 Individual Medley EN2
 {1 x 50 on :40 Freestyle EN2
 {1 x 50 on 1:00 Freestyle REC
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:09 PM 2,550 Yards - Stress Value = 35

Workout #11060 - Tuesday, 28 February 2012

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 100 on 2:00 Your best kick
 {2 x 50 on 1:10 Your 2nd and 3rd kicks
 {2 x 100 on 1:55 Your best kick
 {2 x 50 on 1:05 Your 2nd and 3rd kicks
 {3 x 100 on 1:50 Your best kick
 {2 x 50 on 1:00 Your 2nd and 3rd kicks
 {4 x 100 on 1:45 Your best kick
 {2 x 50 on :55 Your 2nd and 3rd kicks
 200 8 x 25 on :45 Stroke Drills 2 on each strok
 2,000 10x{1 x 100 on 1:25 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on 1:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 4,450 Yards - Stress Value = 64

Workout #11063 - Tuesday, 28 February 2012

Group 2 - Taper-Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 600 1x{1 x 100 on 2:30 Your best kick EN2
 {2 x 50 on 1:20 Your 2nd and 3rd kicks EN2
 {2 x 100 on 2:25 Your best kick EN2
 {2 x 50 on 1:15 Your 2nd and 3rd kicks EN2
 {2 x 50 on 1:10 Your best kick EN2
 100 4 x 25 on :45 Stroke Drills IM order REC
 800 4x{1 x 100 on 2:00 Individual Medley EN2
 {1 x 50 on :55 Freestyle EN2
 {1 x 50 on 1:10 Freestyle REC
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:11 PM 2,250 Yards - Stress Value = 30

Workout #11062 - Tuesday, 28 February 2012

Group 2 - Taper-Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 650 1x{1 x 100 on 2:10 Your best kick EN2
 {2 x 50 on 1:15 Your 2nd and 3rd kicks EN2
 {2 x 100 on 2:05 Your best kick EN2
 {2 x 50 on 1:10 Your 2nd and 3rd kicks EN2
 {3 x 50 on 1:00 Your best kick EN2

Workout #11064 - Wednesday, 29 February 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
600	1 on 20:00 DS and Vis
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,250	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :30 Kick no board BSLR-10
	{1 x 150 on 2:30 Kick
	{4 x 25 on :30 Kick no board BSLR-11
	{1 x 150 on 2:25 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{1 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR-13
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{1 x 150 on 2:10 Kick
1,650	1 x 1650 on 22:00 Lungbuster pulls
	Odd 100's breathe 3-5-7-9-9-7-5-3 by the 10
	Even 100's breathe 4 on all
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 3:05 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{2 x 175 on 2:40 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{3 x 150 on 2:15 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{4 x 125 on 1:50 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{5 x 100 on 1:25 Breaststroke
	{4 x 30 on :30 Under/overs
500	10 x 50 on 1:00 Stroke Drills
	6:26 PM 6,950 Yards - Stress Value = 135

Workout #11066 - Wednesday, 29 February 2012

Group 3 - Taper-Gold

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
400	1 on 20:00 DS and Vis
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
500	10 x 15 on :45 Shooters
500	1x{4 x 25 on :35 Kick no board BSLR-10
	{1 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR-11
	{1 x 100 on 1:50 Kick
	{4 x 25 on :35 Kick no board BSLR-12
700	1 x 700 on 11:00 Lungbuster pulls
	Odd 100's breathe 3-5-7-9 by the 100
	Even 100's breathe 4 on all
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,270	1x{1 x 200 on 3:30 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{2 x 175 on 3:00 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{3 x 100 on 1:40 Breaststroke
	{6 x 30 on :30 Under/overs
250	1 x 250 on 4:00 Stroke Drills
	5:36 PM 3,370 Yards - Stress Value = 72

Workout #11065 - Wednesday, 29 February 2012

Group 3 - Taper-Platinum

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
400	1 on 20:00 DS and Vis
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
600	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :30 Kick no board BSLR-10
	{1 x 150 on 2:30 Kick
	{4 x 25 on :30 Kick no board BSLR-11
	{1 x 150 on 2:25 Kick
	{4 x 25 on :30 Kick no board BSLR-12
800	1 x 800 on 11:00 Lungbuster pulls
	Odd 100's breathe 3-5-7-9 by the 100
	Even 100's breathe 4 on all
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,360	1x{1 x 200 on 3:05 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{2 x 175 on 2:40 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{3 x 150 on 2:15 Breaststroke
	{4 x 30 on :30 Under/overs
250	1 x 250 on 4:00 Stroke Drills
	5:36 PM 3,660 Yards - Stress Value = 75

Workout #11067 - Wednesday, 29 February 2012

Group 3 - Taper-Silver

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
400	1 on 20:00 DS and Vis
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
450	10 x 15 on :45 Shooters
450	1x{4 x 25 on :40 Kick no board BSLR-10
	{1 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR-11
	{1 x 100 on 2:00 Kick
	{2 x 25 on :40 Kick no board BS-12
650	1 x 650 on 11:00 Lungbuster pulls
	Odd 100's breathe 3-5-7-9 by the 100
	Even 100's breathe 4 on all
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,120	1x{1 x 150 on 2:50 Breaststroke
	{4 x 30 on :40 Under/overs
	{1 on :30 Rest
	{2 x 125 on 2:15 Breaststroke
	{4 x 30 on :40 Under/overs
	{1 on :30 Rest
	{3 x 100 on 1:45 Breaststroke
	{6 x 30 on :40 Under/overs
250	1 x 250 on 4:00 Stroke Drills
	5:36 PM 3,120 Yards - Stress Value = 67

Workout #11068 - Wednesday, 29 February 2012

**Group 2 - Freestylers
1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM Start				
	1 on 30:00 DS/Abs/Tm Mtg			L DF
500	1 x 500 on 10:00 Choice	REC		S CF
150	10 x 15 on :45 Shooters	SP3		S F
900	1x{1 x 100 on 2:00 Kick	EN2		K F
	{1 x 100 on 1:55 Kick	EN2		K F
	{1 x 100 on 1:50 Kick	EN2		K F
	{1 x 100 on 1:45 Kick	EN2		K F
	{1 x 100 on 1:40 Kick	EN2		K F
	{1 x 100 on 1:45 Kick	EN2		K F
	{1 x 100 on 1:50 Kick	EN2		K F
	{1 x 100 on 1:55 Kick	EN2		K F
	{1 x 100 on 2:00 Kick	EN2		K F
800	1 x 800 on 12:00 Lungbuster pulls Odd 100's br 3-5-7 by the 100	EN1		P F
150	6 x 25 on :45 Stroke Drills	REC		D F
1,800	1x{3 x 150 on 2:30 Free-descend	EN1		S F
	{3 x 150 on 2:25 Free-descend	EN2		S F
	{3 x 150 on 2:20 Free-descend	EN2		S F
	{3 x 150 on 2:15 Free-descend	EN2		S F
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	7:30 PM 4,500 Yards - Stress Value = 63			

Workout #11070 - Wednesday, 29 February 2012

**Group 2 - Taper-Gold
1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM Start				
	1 on 30:00 DS/Abs/Tm Mtg			L DF
400	1 x 400 on 10:00 Choice	REC		S CF
150	10 x 15 on :45 Shooters	SP3		S F
450	1x{1 x 100 on 2:15 Kick	EN2		K F
	{1 x 100 on 2:10 Kick	EN2		K F
	{1 x 100 on 2:00 Kick	EN2		K F
	{1 x 100 on 1:55 Kick	EN2		K F
	{1 x 50 on :55 Kick	EN2		K F
375	1 x 375 on 6:00 Lungbuster pulls Odd 100's br 3-5-7 by the 100	EN1		P F
150	6 x 25 on :45 Stroke Drills	REC		D F
900	1x{3 x 150 on 2:30 Free-descend	EN2		S F
	{3 x 150 on 2:25 Free-descend	EN2		S F
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Techniques-Starts	REC		D C
	7:13 PM 2,625 Yards - Stress Value = 37			

Workout #11069 - Wednesday, 29 February 2012

**Group 2 - Taper-Platinum
1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM Start				
	1 on 30:00 DS/Abs/Tm Mtg			L DF
400	1 x 400 on 10:00 Choice	REC		S CF
150	10 x 15 on :45 Shooters	SP3		S F
500	1x{1 x 100 on 2:00 Kick	EN2		K F
	{1 x 100 on 1:55 Kick	EN2		K F
	{1 x 100 on 1:50 Kick	EN2		K F
	{1 x 100 on 1:45 Kick	EN2		K F
	{1 x 100 on 1:40 Kick	EN2		K F
400	1 x 400 on 6:00 Lungbuster pulls Odd 100's br 3-5-7 by the 100	EN1		P F
150	6 x 25 on :45 Stroke Drills	REC		D F
900	1x{3 x 150 on 2:20 Free-descend	EN2		S F
	{3 x 150 on 2:15 Free-descend	EN2		S F

200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Techniques-Starts			
	7:12 PM 2,700 Yards - Stress Value = 38			

Workout #11071 - Wednesday, 29 February 2012

**Group 2 - Taper-Silver
1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM Start				
	1 on 30:00 DS/Abs/Tm Mtg			L DF
400	1 x 400 on 10:00 Choice	REC		S CF
150	10 x 15 on :45 Shooters	SP3		S F
400	1x{1 x 100 on 2:25 Kick	EN2		K F
	{1 x 100 on 2:20 Kick	EN2		K F
	{1 x 100 on 2:15 Kick	EN2		K F
	{1 x 100 on 2:10 Kick	EN2		K F
350	1 x 350 on 6:00 Lungbuster pulls Odd 100's br 3-5-7 by the 100	EN1		P F
150	6 x 25 on :45 Stroke Drills	REC		D F
900	1x{3 x 150 on 2:40 Free-descend	EN2		S F
	{3 x 150 on 2:35 Free-descend	EN2		S F
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Techniques-Starts	REC		D C
	7:14 PM 2,550 Yards - Stress Value = 36			

Workout #11072 - Thursday, 01 March 2012

**Group 3 - Fly
1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
4:00 PM Start				
	1 on 30:00 DS/Physio Ball Shoulers/Vis			
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's stroke			
150	10 x 15 on :45 Shooters			
1,300	1x{1 x 100 on 1:35 Your best kick			
	{2 x 50 on 1:00 Your 2nd and 3rd kicks			
	{2 x 100 on 1:35 Your best kick			
	{2 x 50 on 1:00 Your 2nd and 3rd kicks			
	{3 x 100 on 1:35 Your best kick			
	{2 x 50 on 1:00 Your 2nd and 3rd kicks			
	{4 x 100 on 1:35 Your best kick			
1,000	1x{1 x 200 on 2:50 Pull-alt bo on each wall			
	{1 x 200 on 2:45 Pull-alt bo on each wall			
	{1 x 200 on 2:40 Pull-alt bo on each wall			
	{1 x 200 on 2:35 Pull-alt bo on each wall			
	{1 x 200 on 2:30 Pull-alt bo on each wall			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
3,850	1x{4 x 25 on :30 Butterfly			
	{1 x 100 on 1:10 Freestyle			
	{6 x 25 on :25 Butterfly			
	{2 x 100 on 1:10 Freestyle			
	{8 x 25 on :20 Butterfly			
	{3 x 100 on 1:10 Freestyle			
	{4 x 25 on :30 Butterfly			
	{4 x 100 on 1:10 Freestyle			
	{6 x 25 on :25 Butterfly			
	{5 x 100 on 1:10 Freestyle			
	{8 x 25 on :20 Butterfly			
	{4 x 100 on 1:10 Freestyle			
	{4 x 25 on :30 Butterfly			
	{4 x 25 on :30 Butterfly			
	{3 x 100 on 1:10 Freestyle			
	{6 x 25 on :25 Butterfly			
	{2 x 100 on 1:10 Freestyle			
	{8 x 25 on :20 Butterfly			
	{1 x 100 on 1:10 Freestyle			
200	1 x 200 on 3:00 Stroke Drills			
	6:30 PM 7,300 Yards - Stress Value = 122			

Workout #11073 - Thursday, 01 March 2012

Group 3 - Taper-Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulers/Vis
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's stroke
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 1:55 Your best kick
 {2 x 50 on 1:05 Your 2nd and 3rd kicks
 {2 x 100 on 1:55 Your best kick
 {2 x 50 on 1:05 Your 2nd and 3rd kicks
 {1 x 100 on 1:55 Your best kick
 450 1x{1 x 150 on 2:15 Pull-alt bo on each wall
 {1 x 150 on 2:10 Pull-alt bo on each wall
 {1 x 150 on 2:05 Pull-alt bo on each wall
 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 25 on :25 Butterfly
 {1 x 100 on 1:20 Freestyle
 {6 x 25 on :30 Butterfly
 {2 x 100 on 1:20 Freestyle
 {8 x 25 on :35 Butterfly
 {2 x 100 on 1:20 Freestyle
 {6 x 25 on :30 Butterfly
 {1 x 100 on 1:20 Freestyle
 {4 x 25 on :25 Butterfly
 250 5 x 50 on 1:00 Stroke Drills
 5:43 PM 3,250 Yards - Stress Value = 49

Workout #11074 - Thursday, 01 March 2012

Group 3 - Taper-Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulers/Vis
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's stroke
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:05 Your best kick
 {2 x 50 on 1:10 Your 2nd and 3rd kicks
 {2 x 100 on 2:05 Your best kick
 {2 x 50 on 1:10 Your 2nd and 3rd kicks
 {1 x 50 on 1:05 Your best kick
 450 1x{1 x 150 on 2:25 Pull-alt bo on each wall
 {1 x 150 on 2:20 Pull-alt bo on each wall
 {1 x 150 on 2:15 Pull-alt bo on each wall
 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 25 on :30 Butterfly
 {1 x 100 on 1:30 Freestyle
 {6 x 25 on :35 Butterfly
 {2 x 100 on 1:30 Freestyle
 {6 x 25 on :40 Butterfly
 {2 x 100 on 1:30 Freestyle
 {6 x 25 on :35 Butterfly
 {1 x 50 on :45 Freestyle
 {2 x 25 on :30 Butterfly
 250 5 x 50 on 1:00 Stroke Drills
 5:44 PM 3,050 Yards - Stress Value = 45

Workout #11075 - Thursday, 01 March 2012

Group 2 - Back

1 minute rest between sets

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

1 on 30:00 DS/Physio Ball/Tm Mtg
 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
 150 6 x 25 on :45 Perfect Backstroke
 1x{1 on 10:00 Stroke Drills
 {1 on 10:00 Stroke Drills
 {1 on 10:00 Stroke Drills
 150 6 x 25 on :45 Perfect Backstroke
 600 3 x 200 on 4:00 Back-15 sec rest in between
 descend
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Techniques-Back Stars
 7:30 PM 1,750 Yards - Stress Value = 18

Workout #11076 - Friday, 02 March 2012

Group 3 - IM'ers

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs/Vis
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,550 1x{1 x 50 on :50 Kick
 {1 x 75 on 1:15 Kick
 {1 x 100 on 1:40 Kick
 {1 x 125 on 2:05 Kick
 {1 x 150 on 2:30 Kick
 {1 x 175 on 2:55 Kick
 {1 x 200 on 3:20 Kick
 {1 x 175 on 2:50 Kick
 {1 x 150 on 2:20 Kick
 {1 x 125 on 1:55 Kick
 {1 x 100 on 1:30 Kick
 {1 x 75 on 1:05 Kick
 {1 x 50 on :35 Kick
 1,050 1x{1 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:40 Pulls-nbbf&w + 3 yds
 {1 x 125 on 1:40 Pulls-nbbf&w + 4 yds
 {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:20 Pulls-nbbf&w + 3 yds
 {1 x 100 on 1:20 Pulls-nbbf&w + 4 yds
 {1 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {1 x 75 on 1:00 Pulls-nbbf&w + 3 yds
 {1 x 75 on 1:00 Pulls-nbbf&w + 4 yds
 {1 x 50 on :40 Pulls-nbbf&w + 2 yds
 {1 x 50 on :40 Pulls-nbbf&w + 3 yds
 {1 x 50 on :40 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
 3,000 1x{3 x 400 on 5:20 Individual Medley
 {3 x 300 on 3:55 Individual Medley
 {3 x 200 on 2:30 Individual Medley
 {3 x 100 on 1:10 Individual Medley
 Descend each set, the 1st of each set fast
 the 2nd of each set fast breast
 500 10 x 50 on 1:00 Stroke Drills
 6:28 PM 7,050 Yards - Stress Value = 109

Workout #11077 - Friday, 02 March 2012

Group 3 - Taper-Platinum

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs/Vis
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 500 1x{1 x 50 on :50 Kick
 {1 x 75 on 1:15 Kick
 {1 x 100 on 1:40 Kick
 {1 x 125 on 2:05 Kick
 {1 x 150 on 2:30 Kick
 500 1x{1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:20 Pulls-nbbf&w + 3 yds
 {1 x 100 on 1:20 Pulls-nbbf&w + 4 yds
 {1 x 75 on 1:00 Pulls-nbbf&w + 3 yds
 {1 x 75 on 1:00 Pulls-nbbf&w + 4 yds
 {1 x 50 on :40 Pulls-nbbf&w + 4 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{3 x 200 on 2:50 Individual Medley
 {3 x 200 on 2:45 Individual Medley
 Descend each set, the 1st of each set fast
 the 2nd of each set fast breast
 250 1 x 250 on 4:00 Stroke Drills
 5:34 PM 3,100 Yards - Stress Value = 45

{3 x 100 on 1:45 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:40 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:35 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:30 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:25 Kick-descend
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{1 x 200 on 2:20 Freestyle
 {2 x 150 on 1:40 Freestyle
 {3 x 100 on 1:05 Freestyle
 1,250 1x{2 x 125 on 2:00 Pulls-no br L.12 yds
 {2 x 125 on 1:55 Pulls-no br L.12 yds
 {2 x 125 on 1:50 Pulls-no br L.12 yds
 {2 x 125 on 1:45 Pulls-no br L.12 yds
 {2 x 125 on 1:40 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
 800 1x{1 x 200 on 2:20 Freestyle
 {2 x 150 on 1:40 Freestyle
 {3 x 100 on 1:05 Freestyle
 500 1 x 500 on 7:30 Stroke Drills
 6:31 PM 7,100 Yards - Stress Value = 104

Workout #11081 - Monday, 05 March 2012

Group 3 - Taper-Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs/Vis
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 450 1x{1 x 50 on 1:00 Kick
 {1 x 75 on 1:30 Kick
 {1 x 100 on 2:00 Kick
 {1 x 125 on 2:30 Kick
 {1 x 100 on 2:00 Kick
 450 1x{1 x 100 on 1:30 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:30 Pulls-nbbf&w + 3 yds
 {1 x 100 on 1:30 Pulls-nbbf&w + 4 yds
 {1 x 75 on 1:10 Pulls-nbbf&w + 3 yds
 {1 x 75 on 1:10 Pulls-nbbf&w + 4 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{3 x 200 on 3:20 Individual Medley
 {3 x 200 on 3:10 Individual Medley
 Descend each set, the 1st of each set fast
 the 2nd of each set fast breast
 250 1 x 250 on 4:00 Stroke Drills
 5:37 PM 3,000 Yards - Stress Value = 44

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls/Vis
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 1x{1 x 200 on 2:45 Freestyle
 {2 x 150 on 2:00 Freestyle
 {2 x 75 on :55 Freestyle
 500 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 100 on 1:55 Kick-descend
 {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
 650 1x{1 x 200 on 2:45 Freestyle
 {2 x 150 on 2:00 Freestyle
 {2 x 75 on :55 Freestyle
 500 1x{2 x 125 on 2:00 Pulls-no br L.12 yds
 {2 x 125 on 1:55 Pulls-no br L.12 yds
 200 1 x 200 on 4:00 Stroke Drills
 5:39 PM 3,150 Yards - Stress Value = 46

Workout #11079 - Monday, 05 March 2012

Group 3 - Distance

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls/Vis
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 2:20 Freestyle
 {2 x 150 on 1:40 Freestyle
 {3 x 100 on 1:05 Freestyle
 2,000 1x{4 x 25 on :30 Kick no board BSLR

Workout #11080 - Monday, 05 March 2012

Group 3 - Taper-Platinum

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls/Vis
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{1 x 200 on 2:20 Freestyle
	{2 x 150 on 1:40 Freestyle
	{3 x 100 on 1:05 Freestyle
600	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:45 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick-descend
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 200 on 2:20 Freestyle
	{2 x 150 on 1:40 Freestyle
	{3 x 100 on 1:05 Freestyle
500	1x{2 x 125 on 2:00 Pulls-no br L.12 yds
	{2 x 125 on 1:55 Pulls-no br L.12 yds
200	1 x 200 on 4:00 Stroke Drills
	5:39 PM 3,550 Yards - Stress Value = 54

	{1 x 100 on 1:30 Pull-Free	EN1
	{4 x 50 on 1:05 Pull-Breast	EN1
150	6 x 25 on :45 Breast-Drill	REC
1,050	1x{1 x 200 on 3:20 Breaststroke	EN2
	{4 x 50 on 1:00 Breast-descend	EN2
	{1 x 150 on 2:25 Breaststroke	EN2
	{4 x 50 on :55 Breast-descend	EN2
	{1 x 100 on 1:35 Breaststroke	EN2
	{4 x 50 on :50 Breast-descend	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	7:30 PM 4,200 Yards - Stress Value = 59	

Workout #11084 - Monday, 05 March 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 27:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{1 x 200 on 4:20 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 150 on 3:10 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
1,000	1x{1 x 200 on 3:25 Pull-Free	EN1	
	{3 x 50 on 1:20 Pull-Breast	EN1	
	{1 x 150 on 2:30 Pull-Free	EN1	
	{3 x 50 on 1:15 Pull-Breast	EN1	
	{2 x 100 on 1:35 Pull-Free	EN1	
	{3 x 50 on 1:10 Pull-Breast	EN1	
150	6 x 25 on :45 Breast-Drill	REC	
950	1x{1 x 200 on 3:45 Breaststroke	EN2	
	{4 x 50 on 1:00 Breast-descend	EN2	
	{1 x 150 on 2:40 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast-descend	EN2	
	{1 x 100 on 1:45 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:30 PM 3,900 Yards - Stress Value = 55		

Workout #11082 - Monday, 05 March 2012

Group 3 - Taper-Silver

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls/Vis
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{1 x 200 on 3:00 Freestyle
	{2 x 150 on 2:10 Freestyle
	{1 x 100 on 1:25 Freestyle
450	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:05 Kick-descend
	{2 x 25 on :40 Kick no board BS
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 200 on 3:00 Freestyle
	{2 x 150 on 2:10 Freestyle
	{1 x 100 on 1:25 Freestyle
500	1x{2 x 125 on 2:00 Pulls-no br L.12 yds
	{2 x 125 on 1:55 Pulls-no br L.12 yds
200	1 x 200 on 4:00 Stroke Drills
	5:39 PM 3,000 Yards - Stress Value = 43

Workout #11083 - Monday, 05 March 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 27:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{1 x 200 on 3:30 Kick	EN2	
	{4 x 50 on 1:00 Kick-descend	EN2	
	{1 x 150 on 2:35 Kick	EN2	
	{4 x 50 on 1:00 Kick-descend	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
1,050	1x{1 x 200 on 3:00 Pull-Free	EN1	
	{4 x 50 on 1:15 Pull-Breast	EN1	
	{1 x 150 on 2:15 Pull-Free	EN1	
	{4 x 50 on 1:10 Pull-Breast	EN1	

Workout #11085 - Monday, 05 March 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 27:00 DS/Physio Balls/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
850	1x{1 x 200 on 4:40 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 150 on 3:25 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:10 Kick-descend	EN2	
950	1x{1 x 200 on 3:40 Pull-Free	EN1	
	{3 x 50 on 1:20 Pull-Breast	EN1	
	{1 x 150 on 2:40 Pull-Free	EN1	
	{3 x 50 on 1:15 Pull-Breast	EN1	
	{1 x 100 on 1:45 Pull-Free	EN1	
	{4 x 50 on 1:10 Pull-Breast	EN1	
150	6 x 25 on :45 Breast-Drill	REC	
850	1x{1 x 200 on 4:00 Breaststroke	EN2	
	{3 x 50 on 1:10 Breast-descend	EN2	
	{1 x 150 on 2:55 Breaststroke	EN2	
	{3 x 50 on 1:10 Breast-descend	EN2	
	{1 x 100 on 1:55 Breaststroke	EN2	
	{2 x 50 on 1:10 Breast-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:30 PM 3,650 Yards - Stress Value = 51		

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 30:00 DS/Core/Vis
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Sprint Kick
	{4 x 50 on :50 Kick #4 100%
	{4 x 25 on :30 Sprint Kick
	{4 x 75 on 1:15 Kick #3 100%
400	1 x 400 on 6:00 Pull BT B/S switch every 100
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,475	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 3:00 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7/ KOW
	{2 x 200 on 2:55 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 2:50 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	5:46 PM 3,475 Yards - Stress Value = 53

Workout #11088 - Tuesday, 06 March 2012

Group 3 - Taper-Silver

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 30:00 DS/Core/Vis
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :35 Sprint kick
	{3 x 50 on 1:05 Kick #2 100%
	{2 x 25 on :35 Sprint kick
	{4 x 75 on 1:35 Kick #3 100%
350	1 x 350 on 6:00 Pull BT B/S switch every 100
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,375	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 3:20 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7/ KOW
	{2 x 200 on 3:15 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 1:35 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	5:47 PM 3,225 Yards - Stress Value = 49

Workout #11086 - Tuesday, 06 March 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 30:00 DS/Core/Vis
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,800	1x{4 x 25 on :30 Sprint Kick
	{4 x 50 on :50 Kick #4 100%
	{4 x 25 on :30 Sprint Kick
	{4 x 75 on 1:15 Kick #3 100%
	{4 x 25 on :30 Sprint Kick
	{4 x 100 on 1:40 Kick #2 100%
	{4 x 25 on :30 Sprint Kick
	{4 x 125 on 2:05 Kick #1 100%
800	1 x 800 on 10:00 Pull BT B/S switch every 10
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,925	1x{3 x 25 on :40 Back -6 kick switch
	{3 x 50 on :45 Back-descend 3/5/7 KOW
	{1 x 200 on 2:40 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :45 Back-descend 3/5/7/ KOW
	{2 x 200 on 2:35 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :45 Back-descend 3/5/7 KOW
	{3 x 200 on 2:30 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :45 Back-descend 3/5/7 KOW
	{2 x 200 on 2:25 Backstroke
	{3 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
	6:30 PM 6,725 Yards - Stress Value = 109

Workout #11087 - Tuesday, 06 March 2012

Group 3 - Taper-Gold

Workout #11089 - Tuesday, 06 March 2012

Group 2 - Freestylers

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,350 1x{1 x 50 on :55 Kick
 {1 x 75 on 1:25 Kick
 {1 x 100 on 1:55 Kick
 {1 x 125 on 2:25 Kick
 {1 x 150 on 2:55 Kick
 {1 x 175 on 3:25 Kick
 {1 x 200 on 3:55 Kick
 {1 x 225 on 4:25 Kick
 {1 x 250 on 4:55 Kick
 600 1 x 600 on 10:00 Pulls breathe toward blchr/
 Switch directions every 100
 1,200 12 x 100 on 1:30 Freestyle
 L.25 of every 3rd one is sprint
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 6:16 PM 4,000 Yards - Stress Value = 38

Workout #11090 - Tuesday, 06 March 2012

Group 2 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 50 on 1:10 Kick
 {1 x 75 on 1:40 Kick
 {1 x 100 on 2:10 Kick
 {1 x 125 on 2:40 Kick
 {1 x 150 on 3:10 Kick
 {1 x 175 on 3:40 Kick
 {1 x 200 on 4:10 Kick
 {1 x 225 on 4:40 Kick
 {1 x 150 on 3:10 Kick
 550 1 x 550 on 10:00 Pulls breathe toward blchr/
 Switch directions every 100
 1,000 10 x 100 on 1:45 Freestyle
 L.25 of every 3rd one is sprint
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 6:16 PM 3,650 Yards - Stress Value = 36

Workout #11091 - Tuesday, 06 March 2012

Group 2 - Silver

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Tm Mtg
 450 1 x 450 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 50 on 1:20 Kick
 {1 x 75 on 1:50 Kick
 {1 x 100 on 2:20 Kick
 {1 x 125 on 2:50 Kick
 {1 x 150 on 3:20 Kick
 {1 x 175 on 3:50 Kick
 {1 x 200 on 4:20 Kick
 {1 x 225 on 4:50 Kick
 {1 x 100 on 2:20 Kick

500 1 x 500 on 10:00 Pulls breathe toward blchr/
 Switch directions every 100
 900 9 x 100 on 2:00 Freestyle
 L.25 of every 3rd one is sprint
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 6:16 PM 3,400 Yards - Stress Value = 33

Workout #11092 - Wednesday, 07 March 2012

Group 3 - Breast

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,500 1x{2 x 125 on 2:25 Kick alt 25's #1 & #2
 {2 x 125 on 2:20 Kick alt 25's #1 & #3
 {2 x 125 on 2:15 Kick alt 25's #1 & #2
 {2 x 125 on 2:10 Kick Alt 25's #1 & #3
 {2 x 125 on 2:05 Kick Alt 25's #1 & #2
 {2 x 125 on 2:00 Kick alt 25's #1 & #3
 2,000 2x{3 x 50 on :55 Breast Pull
 {4 x 25 on :30 Free w/6bk
 {3 x 50 on :50 Breast Pull
 {4 x 25 on :30 Free w/6bk
 {3 x 50 on :45 Breast Pull
 {4 x 25 on :30 Free w/6bk
 {3 x 50 on :40 Breast Pull
 {4 x 25 on :30 Free w/6bk
 1st set free breathe on 3, 2X pullouts on 5
 2nd set free breathe on 5, 2X pullouts on 3
 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 75 on 1:15 25 2klp, 25 4s glide, 25 buil
 {6 x 25 on :30 Breast TO drill w/free kick
 {4 x 75 on 1:10 25 2klp, 25 4s glide, 25 buil
 {6 x 25 on :35 Breast TO drill w/free kick
 {4 x 75 on 1:05 25 2klp, 25 4s glide, 25 buil
 {6 x 25 on :40 Breast TO drill w/free kick
 {4 x 75 on 1:00 25 2klp, 25 4s glide, 25 buil
 {6 x 25 on :45 Breast TO drill w/free kick
 300 1 x 300 on 5:00 Stroke Drills
 6:30 PM 6,550 Yards - Stress Value = 96

Workout #11094 - Wednesday, 07 March 2012

Group 3 - Taper-Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 700 1x{1 x 125 on 2:40 Kick alt 25's #1 & #3
 {1 x 125 on 2:35 Kick alt 25's #1 & #2
 {1 x 125 on 2:30 Kick alt 25's #1 & #3
 {1 x 125 on 2:25 Kick alt 25's #1 & #2
 {1 x 125 on 2:20 Kick Alt 25's #1 & #3
 {1 x 75 on 1:20 Kick Alt 25's #1 & #2
 600 2x{2 x 50 on 1:00 Breast Pull
 {2 x 25 on :30 Free w/6bk
 {2 x 50 on :55 Breast Pull
 {2 x 25 on :30 Free w/6bk
 1st set free breathe on 3, 2X pullouts on 5
 2nd set free breathe on 5, 2X pullouts on 5
 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 75 on 1:20 25 2k1p, 25 4s glide, 25 buil
 {4 x 25 on :35 Breast TO drill w/free kick
 {4 x 75 on 1:15 25 2k1p, 25 4s glide, 25 buil
 {6 x 25 on :40 Breast TO drill w/ free kick
 {2 x 75 on 1:10 25 2k1p, 25 4s glide, 25 buil
 250 1 x 250 on 4:00 Stroke Drills
 5:36 PM 3,200 Yards - Stress Value = 39

Workout #11093 - Wednesday, 07 March 2012

Group 3 - Taper-Platinum

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 750 1x{1 x 125 on 2:25 Kick alt 25's #1 & #2
 {1 x 125 on 2:20 Kick alt 25's #1 & #3
 {1 x 125 on 2:15 Kick alt 25's #1 & #2
 {1 x 125 on 2:10 Kick Alt 25's #1 & #3
 {1 x 125 on 2:05 Kick Alt 25's #1 & #2
 {1 x 125 on 2:00 Kick alt 25's #1 & #3
 600 2x{2 x 50 on :55 Breast Pull
 {2 x 25 on :30 Free w/6bk
 {2 x 50 on :50 Breast Pull
 {2 x 25 on :30 Free w/6bk
 1st set free breathe on 3, 2X pullouts on 5
 2nd set free breathe on 5, 2X pullouts on 5
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{4 x 75 on 1:15 25 2k1p, 25 4s glide, 25 buil
 {4 x 25 on :30 Breast TO drill w/free kick
 {4 x 75 on 1:10 25 2k1p, 25 4s glide, 25 buil
 {4 x 25 on :35 Breast TO drill w/ free kick
 {4 x 75 on 1:05 25 2k1p, 25 4s glide, 25 buil
 250 1 x 250 on 4:00 Stroke Drills
 5:35 PM 3,350 Yards - Stress Value = 39

Workout #11095 - Wednesday, 07 March 2012

Group 3 - Taper-Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F

150 10 x 15 on :45 Shooters
 625 1x{1 x 125 on 2:55 Kick alt 25's #1 & #3
 {1 x 125 on 2:50 Kick alt 25's #1 & #2
 {1 x 125 on 2:45 Kick alt 25's #1 & #3
 {1 x 125 on 2:40 Kick alt 25's #1 & #2
 {1 x 125 on 2:35 Kick Alt 25's #1 & #3
 550 2x{2 x 50 on 1:05 Breast Pull
 {2 x 25 on :30 Free w/6bk
 {2 x 50 on 1:00 Breast Pull
 {1 x 25 on :30 Free w/6bk
 1st set free breathe on 3, 2X pullouts on 5
 2nd set free breathe on 5, 2X pullouts on 5
 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 25 2k1p, 25 4s glide, 25 buil
 {4 x 25 on :40 Breast TO drill w/free kick
 {4 x 75 on 1:20 25 2k1p, 25 4s glide, 25 buil
 {2 x 25 on :45 Breast TO drill w/ free kick
 {3 x 75 on 1:15 25 2k1p, 25 4s glide, 25 buil
 250 1 x 250 on 4:00 Stroke Drills
 5:36 PM 3,050 Yards - Stress Value = 34

Workout #11096 - Wednesday, 07 March 2012

Group 2 - Back

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 30:00 DS/Abs/Tm Mtg L DF
 400 1 x 400 on 8:00 Choice REC S CF
 150 10 x 15 on :45 Shooters SP3 S F
 450 1x{4 x 25 on :45 Kick no board BSLR EN2 K FI
 {1 x 100 on 2:00 Kick on back EN1 K F
 {4 x 25 on :45 Kick no board BSLR EN2 K FI
 {3 x 50 on 1:00 Kick on back EN2 K F
 450 1x{1 x 200 on 3:20 Back-pull EN1 P F
 {1 x 150 on 2:30 Back-pull EN1 P F
 {1 x 100 on 1:40 Back-pull EN1 P F
 100 4 x 25 on 1:00 Back drill REC D F
 850 1x{3 x 50 on :55 Back 3/5/7 descend EN2 S F
 {1 x 200 on 2:50 Backstroke EN2 S F
 {3 x 50 on :50 Back 3/5/7 descend EN2 S F
 {1 x 200 on 2:45 Backstroke EN2 S F
 {3 x 50 on :45 Back 3/5/7 descend EN2 S F
 250 1 x 250 on 4:00 Stroke Drills REC D C
 1 on 10:00 Techniques-Starts D
 5:58 PM 2,650 Yards - Stress Value = 36

Workout #11099 - Wednesday, 07 March 2012

Group 2 - Fly

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Shoulders/Vis
 400 1 x 400 on 10:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 100 4 x 25 on 1:00 Buterfly-perfect form REC
 300 1x{1 x 100 on 8:30 Superman fly drill REC
 {1 x 100 on 8:30 One arm fly REC
 {1 x 100 on 8:30 Acceleration Drill REC
 100 4 x 25 on 1:00 Butterfly-perfect form REC
 200 4 x 50 on 1:00 Butterfly-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Relay Starts
 6:00 PM 1,450 Yards - Stress Value = 10

Workout #11097 - Wednesday, 07 March 2012

Group 2 - Taper-Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		L I	
400	1 x 400 on 8:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S	
400	1x{4 x 25 on :45 Kick no board BSLR	EN2	K F	
	{1 x 100 on 2:10 Kick on back	EN1	K	
	{4 x 25 on :45 Kick no board BSLR	EN2	K F	
	{2 x 50 on 1:10 Kick on back	EN2	K	
400	1x{1 x 200 on 3:40 Back-pull	EN1	P	
	{1 x 150 on 2:45 Back-pull	EN1	P	
	{1 x 50 on :55 Back-pull	EN1	P	
100	4 x 25 on 1:00 Back drill	REC	D	
750	1x{3 x 50 on 1:05 Back 3/5/7 descend	EN2	S	
	{1 x 200 on 3:15 Backstroke	EN2	S	
	{3 x 50 on :55 Back 3/5/7 descend	EN2	S	
	{1 x 100 on 1:35 Backstroke	EN2	S	
	{3 x 50 on :50 Back 3/5/7 descend	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Techniques-Starts		D	
	5:58 PM 2,450 Yards - Stress Value = 32			

Workout #11098 - Thursday, 08 March 2012

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Vis		
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		
1,050	1x{1 x 200 on 3:45 Kick		
	{3 x 50 on 1:00 Kick-descend		
	{1 x 200 on 3:40 Kick		
	{3 x 50 on 1:00 Kick-descend		
	{1 x 200 on 3:35 Kick		
	{3 x 50 on 1:00 Kick-descend		
750	1x{3 x 75 on 1:10 Pulls		
	{3 x 75 on 1:05 Pulls		
	{3 x 50 on :45 Pulls		
	{3 x 50 on :40 Pulls		
	Alt breakouts:shoulders/hips		
	knees/feet		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,100	1x{4 x 25 on :30 Fly 2-2, 8 KOW		
	{1 x 150 on 2:00 Freestyle		
	{4 x 25 on :30 Fly 2-3, 7 KOW		
	{1 x 150 on 2:00 Freestyle		
	{4 x 25 on :30 Fly 2-4, 6 KOW		
	{1 x 150 on 2:00 Freestyle		
	{4 x 25 on :30 Fly 2-5, 5 KOW		
	{1 x 150 on 2:00 Freestyle		
	{4 x 25 on :30 Fly 2-6, 4 KOW		
250	1 x 250 on 4:00 Stroke Drills		
	6:05 PM 3,800 Yards - Stress Value = 48		

Workout #11100 - Friday, 09 March 2012

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Abs/Vis		
400	1 x 400 on 10:00 Reverse IM drill		

150	10 x 15 on :45 Shooters		
400	1x{4 x 25 on :45 Kick no board BSLR		
	{4 x 25 on :40 Kick no board BSLR		
	{4 x 25 on :35 Kick no board BSLR		
	{4 x 25 on :30 Kick no board BSLR		
300	1x{3 x 50 on :50 Pulls-nbbf&w + 2 yds		
	{2 x 50 on :45 Pulls-nbbf&w + 2 yds		
	{1 x 50 on :40 Pulls-nbbf&w + 2 yds		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	1x{1 x 200 on 3:00 Individual Medley		
	{8 x 25 on :30 IM order		
	{1 x 200 on 2:55 Freestyle		
	{8 x 25 on :30 IM order		
	{1 x 200 on 2:50 Individual Medley		
	{8 x 25 on :30 IM order		
200	1 x 200 on 3:00 Stroke Drills		
	5:46 PM 2,750 Yards - Stress Value = 37		

Workout #11101 - Friday, 09 March 2012

Group 2 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:00 Fly kick w/board	EN2	
	{1 x 100 on 2:00 Kick on back no board	EN2	
	{1 x 100 on 2:00 Breast kick w/board	EN2	
	{1 x 100 on 2:00 Free kick w/board	EN2	
200	8 x 25 on :45 Drill 2 on each stroke	REC	
800	1x{2 x 100 on 1:35 Individual Medley	EN2	
	{2 x 100 on 1:30 Individual Medley	EN2	
	{2 x 100 on 1:25 Individual Medley	EN2	
	{2 x 100 on 1:20 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Relay Starts		
	5:45 PM 2,250 Yards - Stress Value = 32		

Workout #11102 - Friday, 09 March 2012

Group 2 - Taper-Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Fly kick w/board	EN2	
	{1 x 100 on 2:10 Kick on back no board	EN2	
	{1 x 100 on 2:10 Breast kick w/board	EN2	
	{1 x 50 on 1:05 Free kick w/board	EN2	
200	8 x 25 on :45 Drill 2 on each stroke	REC	
700	1x{2 x 100 on 1:45 Individual Medley	EN2	
	{2 x 100 on 1:40 Individual Medley	EN2	
	{2 x 100 on 1:35 Individual Medley	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Relay Starts		
	5:45 PM 2,100 Yards - Stress Value = 29		

Workout #11103 - Friday, 09 March 2012

Group 2 - Taper-Silver

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY WC
 =====
 1 on 25:00 DS/Abs/Tm Mtg
 400 1 x 400 on 10:00 Reverse IM drill REC
 150 10 x 15 on :45 Shooters SP3
 450 1x{4 x 25 on :45 Kick no board BSLR EN2
 {1 x 100 on 2:10 Fly kick w/board EN2
 {1 x 100 on 2:10 Kick on back no board EN2
 {1 x 100 on 2:10 Breast kick w/board EN2
 {1 x 50 on 1:05 Free kick w/board EN2
 200 8 x 25 on :45 Drill 2 on each stroke REC
 700 1x{2 x 100 on 1:50 Individual Medley EN2
 {2 x 100 on 1:45 Individual Medley EN2
 {2 x 100 on 1:40 Individual Medley EN2
 {1 x 100 on 1:35 Individual Medley EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Techniques-Relay Starts
 5:46 PM 2,100 Yards - Stress Value = 29

{8 x 25 on :35 Kick no board BSLR 11/12
 {2 x 150 on 2:50 Kick
 {8 x 25 on :35 Kick no board BSLR 12/13
 {2 x 100 on 1:50 Kick
 1,000 1x{2 x 150 on 2:15 Pulls-no br L.12 yds
 {2 x 150 on 2:10 Pulls-no br L.12 yds
 {2 x 150 on 2:05 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
 2,700 1x{2 x 200 on 2:55 Freestyle
 {1 x 100 on 1:30 Freestyle
 {2 x 200 on 2:50 Freestyle
 {1 x 100 on 1:30 Freestyle
 {2 x 200 on 2:45 Freestyle
 {1 x 100 on 1:30 Freestyle
 {2 x 200 on 2:40 Freestyle
 {1 x 100 on 1:30 Freestyle
 {2 x 200 on 2:35 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 2:25 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 6,400 Yards - Stress Value = 121

Workout #11104 - Monday, 12 March 2012

Group 3 - Distance

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Vis
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 1x{8 x 25 on :30 Kick no board BSLR 10/11
 {1 x 150 on 2:30 Kick
 {8 x 25 on :30 Kick no board BSLR 11/12
 {2 x 150 on 2:25 Kick
 {8 x 25 on :30 Kick no board BSLR 12/13
 {3 x 150 on 2:20 Kick
 1,200 1x{2 x 150 on 2:00 Pulls-no br L.12 yds
 {2 x 150 on 1:55 Pulls-no br L.12 yds
 {2 x 150 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 150 on 1:45 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 1x{2 x 200 on 2:35 Freestyle
 {1 x 100 on 1:20 Freestyle
 {2 x 200 on 2:30 Freestyle
 {1 x 100 on 1:20 Freestyle
 {2 x 200 on 2:25 Freestyle
 {1 x 100 on 1:20 Freestyle
 {2 x 200 on 2:20 Freestyle
 {1 x 100 on 1:20 Freestyle
 {2 x 200 on 2:15 Freestyle
 {1 x 100 on 1:20 Freestyle
 {2 x 200 on 2:10 Freestyle
 {1 x 100 on 1:20 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:29 PM 7,150 Yards - Stress Value = 140

Workout #11106 - Monday, 12 March 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Vis
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{8 x 25 on :40 Kick no board BSLR 10/11
 {1 x 150 on 3:15 Kick
 {8 x 25 on :40 Kick no board BSLR 11/12
 {2 x 100 on 2:05 Kick
 {8 x 25 on :40 Kick no board BSLR 12/13
 {3 x 50 on 1:00 Kick
 950 1x{2 x 150 on 2:25 Pulls-no br L.12 yds
 {2 x 150 on 2:20 Pulls-no br L.12 yds
 {2 x 150 on 2:15 Pulls-nbbf&w + 2 yds
 {1 x 50 on :40 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{2 x 200 on 3:15 Freestyle
 {1 x 100 on 1:40 Freestyle
 {2 x 200 on 3:10 Freestyle
 {1 x 100 on 1:40 Freestyle
 {2 x 200 on 3:05 Freestyle
 {1 x 100 on 1:40 Freestyle
 {2 x 200 on 3:00 Freestyle
 {1 x 100 on 1:40 Freestyle
 {2 x 200 on 2:55 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 5,850 Yards - Stress Value = 107

Workout #11105 - Monday, 12 March 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Vis
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,250 1x{8 x 25 on :35 Kick no board BSLR 10/11
 {1 x 150 on 2:55 Kick

Workout #11107 - Monday, 12 March 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:15 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Vis		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 2:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
150	6 x 25 on :45 Fly Drill	REC	
750	1x{2 x 75 on 1:15 Fly-25L-25B-25L	EN1	
	{1 x 100 on 1:25 Freestyle	EN2	
	{2 x 75 on 1:10 Fly-25L-25B-25R	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
	{2 x 75 on 1:05 Fly-25L-25B-25R	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:44 PM	2,300 Yards - Stress Value = 32		

Workout #11108 - Monday, 12 March 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:15 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Vis		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
150	6 x 25 on :45 Fly Drill	REC	
700	1x{2 x 75 on 1:25 Fly-25L-25B-25L	EN1	
	{1 x 100 on 1:40 Freestyle	EN2	
	{2 x 75 on 1:20 Fly-25L-25B-25R	EN2	
	{1 x 100 on 1:40 Freestyle	EN2	
	{2 x 75 on 1:15 Fly-25L-25B-25R	EN2	
	{1 x 50 on :45 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:45 PM	2,200 Yards - Stress Value = 30		

Workout #11109 - Monday, 12 March 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:15 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Vis		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
150	6 x 25 on :45 Fly Drill	REC	
650	1x{2 x 75 on 1:35 Fly-25L-25B-25L	EN1	
	{1 x 100 on 1:50 Freestyle	EN2	
	{2 x 75 on 1:30 Fly-25L-25B-25R	EN2	
	{1 x 100 on 1:50 Freestyle	EN2	
	{2 x 75 on 1:25 Fly-25L-25B-25R	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:45 PM	2,150 Yards - Stress Value = 29		

Workout #11110 - Tuesday, 13 March 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 30:00 DS/Core/Vis
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
2,000	1x{2 x 100 on 1:25 Kick
	{1 x 100 on 2:00 Kick-no board
	{2 x 100 on 1:30 Kick
	{1 x 100 on 2:00 Kick no board
	{2 x 100 on 1:35 Kick
	{1 x 100 on 2:00 Kick no board
	{2 x 100 on 1:40 Kick
	{1 x 100 on 2:00 Kick no board
	{2 x 100 on 1:35 Kick
	{1 x 100 on 2:00 Kick no board
	{2 x 100 on 1:30 Kick
	{1 x 100 on 2:00 Kick no board
1,000	1x{1 x 400 on 5:20 Pulls
	{1 x 300 on 4:00 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 100 on 1:20 Pulls
	Alt breakouts shoulders
	hips, knees and feet
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
500	10 x 50 on 1:00 Stroke Drills
6:30 PM	6,550 Yards - Stress Value = 94

Workout #11111 - Tuesday, 13 March 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Vis
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,750 1x{2 x 100 on 1:40 Kick
 {1 x 100 on 2:10 Kick-no board
 {2 x 100 on 1:45 Kick
 {1 x 100 on 2:10 Kick no board
 {2 x 100 on 1:50 Kick
 {1 x 100 on 2:10 Kick no board
 {2 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick no board
 {2 x 100 on 1:50 Kick
 {1 x 100 on 2:10 Kick no board
 {2 x 100 on 1:45 Kick
 {1 x 50 on 1:05 Kick no board
 900 1x{1 x 400 on 6:00 Pulls
 {1 x 300 on 4:30 Pulls
 {1 x 200 on 3:00 Pulls
 Alt breakouts shoulders
 hips, knees and feet
 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 Backstroke
 {1 on 1:00 Rest
 {5 x 100 on 1:25 Backstroke
 {1 on 1:00 Rest
 {4 x 100 on 1:25 Backstroke
 {1 on 1:00 Rest
 {3 x 100 on 1:25 Backstroke
 {1 on 1:00 Rest
 {2 x 100 on 1:25 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 6:31 PM 6,100 Yards - Stress Value = 86

Workout #11112 - Tuesday, 13 March 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Vis
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,600 1x{2 x 100 on 1:55 Kick
 {1 x 100 on 2:20 Kick-no board
 {2 x 100 on 2:00 Kick
 {1 x 100 on 2:20 Kick no board
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:20 Kick no board
 {2 x 100 on 2:00 Kick
 {1 x 100 on 2:20 Kick no board
 {2 x 100 on 1:55 Kick
 {1 x 100 on 2:20 Kick no board
 {1 x 100 on 1:50 Kick
 800 1x{1 x 400 on 6:40 Pulls
 {1 x 300 on 5:20 Pulls
 {1 x 100 on 1:40 Pulls
 Alt breakouts shoulders
 hips, knees and feet
 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 1:35 Backstroke
 {1 on 1:00 Rest
 {5 x 100 on 1:35 Backstroke
 {1 on 1:00 Rest
 {4 x 100 on 1:35 Backstroke

{1 on 1:00 Rest
 {3 x 100 on 1:35 Backstroke
 {1 on 1:00 Rest
 {1 x 100 on 1:35 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 6:33 PM 5,700 Yards - Stress Value = 81

Workout #11113 - Tuesday, 13 March 2012

Group 2 - Back

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 500 1x{2 x 100 on 1:45 Kick EN2
 {1 x 100 on 2:15 Kick on back no board EN1
 {1 x 100 on 1:50 Kick EN2
 {1 x 100 on 2:15 Kick no board on back EN1
 150 6 x 25 on :45 Back Drills REC
 1,000 1x{4 x 100 on 1:30 Backstroke EN2
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Backstroke EN2
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Backstroke EN1
 {1 on 1:00 Rest
 {1 x 100 on 1:30 Backstroke EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 15:00 Techniques-Starts
 6:01 PM 2,450 Yards - Stress Value = 32

Workout #11114 - Tuesday, 13 March 2012

Group 2 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 400 1x{2 x 100 on 2:00 Kick EN2
 {1 x 50 on 1:15 Kick on back no board EN1
 {1 x 100 on 2:05 Kick EN2
 {1 x 50 on 1:15 Kick no board on back EN1
 150 6 x 25 on :45 Back Drills REC
 1,000 1x{4 x 100 on 1:40 Backstroke EN2
 {1 on 1:00 Rest
 {3 x 100 on 1:40 Backstroke EN2
 {1 on 1:00 Rest
 {2 x 100 on 1:40 Backstroke EN1
 {1 on 1:00 Rest
 {1 x 100 on 1:40 Backstroke EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 15:00 Techniques-Starts
 6:02 PM 2,350 Yards - Stress Value = 30

Workout #11115 - Tuesday, 13 March 2012

Group 2 - Silver

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
350	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 350 on 10:00 Underwater trn drill	REC	
400	10 x 15 on :45 Shooters	SP3	
1x{2	x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:15 Kick on back no board	EN1	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:15 Kick no board on back	EN1	
150	6 x 25 on :45 Back Drills	REC	
900	1x{4 x 100 on 1:50 Backstroke	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:50 Backstroke	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:50 Backstroke	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 15:00 Techniques-Starts		

6:02 PM 2,200 Yards - Stress Value = 28

Yards	Set Description
600	1 on 20:00 DS and Vis
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,500	10 x 15 on :45 Shooters
1x{6	x 25 on :35 Kick no board B
	{1 x 75 on 1:35 Kick
	{1 x 75 on 1:30 Kick
	{1 x 75 on 1:25 Kick
	{1 x 75 on 1:20 Kick
	{6 x 25 on :35 Kick no board S
	{1 x 75 on 1:30 Kick
	{1 x 75 on 1:25 Kick
	{1 x 75 on 1:20 Kick
	{1 x 75 on 1:15 Kick
	{6 x 25 on :35 Kick no board L
	{1 x 75 on 1:25 Kick
	{1 x 75 on 1:20 Kick
	{6 x 25 on :35 Kick no board R
	{1 x 75 on 1:20 Kick
	{1 x 75 on 1:15 Kick
950	1 x 950 on 13:20 Lungbuster pulls
	Breathe 3-5-7 contiuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #11116 - Wednesday, 14 March 2012

Group 3 - Breast

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 20:00 DS and Vis
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,800	10 x 15 on :45 Shooters
1x{6	x 25 on :30 Kick no board B
	{1 x 75 on 1:20 Kick
	{1 x 75 on 1:15 Kick
	{1 x 75 on 1:10 Kick
	{1 x 75 on 1:05 Kick
	{6 x 25 on :30 Kick no board S
	{1 x 75 on 1:15 Kick
	{1 x 75 on 1:10 Kick
	{1 x 75 on 1:05 Kick
	{1 x 75 on 1:00 Kick
	{6 x 25 on :30 Kick no board L
	{1 x 75 on 1:20 Kick
	{1 x 75 on 1:15 Kick
	{1 x 75 on 1:10 Kick
	{1 x 75 on 1:05 Kick
	{6 x 25 on :30 Kick no board R
	{1 x 75 on 1:15 Kick
	{1 x 75 on 1:10 Kick
	{1 x 75 on 1:05 Kick
	{1 x 75 on 1:00 Kick
1,000	1 x 1000 on 13:20 Lungbuster pulls
	Breathe 3-5-7 contiuous
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{6 x 125 on 1:45 100 Breast 25 free
	{4 x 100 on 1:30 Breast-descend
	{5 x 100 on 1:25 25 back 75 breast
	{4 x 100 on 1:25 Breast-descend
	{4 x 75 on 1:05 50 Breast 25 free
	{4 x 100 on 1:20 Breaststroke-descend
	{3 x 50 on :45 25 Back 25 Breast
500	10 x 50 on 1:00 Stroke Drills

5:27 PM 7,150 Yards - Stress Value = 120

Yards	Set Description
2,600	1x{6 x 125 on 2:00 100 Breast 25 free
	{3 x 100 on 1:45 Breast-descend
	{5 x 100 on 1:40 25 back 75 breast
	{3 x 100 on 1:40 Breast-descend
	{4 x 75 on 1:15 50 Breast 25 free
	{3 x 100 on 1:35 Breaststroke-descend
	{3 x 50 on :50 25 Back 25 Breast
500	10 x 50 on 1:00 Stroke Drills

5:28 PM 6,500 Yards - Stress Value = 106

Workout #11118 - Wednesday, 14 March 2012

Group 3 - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 20:00 DS and Vis
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,350	10 x 15 on :45 Shooters
1x{6	x 25 on :40 Kick no board B
	{1 x 75 on 1:45 Kick
	{1 x 75 on 1:40 Kick
	{1 x 75 on 1:35 Kick
	{1 x 75 on 1:30 Kick
	{6 x 25 on :40 Kick no board S
	{1 x 75 on 1:40 Kick
	{1 x 75 on 1:35 Kick
	{1 x 75 on 1:30 Kick
	{1 x 75 on 1:25 Kick
	{4 x 25 on :40 Kick no board L
	{1 x 50 on 1:05 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board R
	{1 x 50 on 1:00 Kick
	{2 x 50 on :55 Kick
850	1 x 850 on 13:20 Lungbuster pulls
	Breathe 3-5-7 contiuous
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 125 on 2:20 100 Breast 25 free
	{3 x 100 on 2:00 Breast-descend
	{4 x 100 on 1:50 25 back 75 breast
	{3 x 100 on 1:55 Breast-descend
	{4 x 75 on 1:20 50 Breast 25 free
	{3 x 100 on 1:50 Breaststroke-descend
	{4 x 50 on :55 25 Back 25 Breast
500	10 x 50 on 1:00 Stroke Drills

5:28 PM 5,900 Yards - Stress Value = 93

Workout #11117 - Wednesday, 14 March 2012

Group 3 - Gold

1 minute rest between sets

3:00 PM Start

Workout #11119 - Wednesday, 14 March 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	V
	4:15 PM Start		
	=====		
	1 on 25:00 DS/Abs/Vis		
400	1 x 400 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
350	1x{1 x 125 on 2:05 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
400	1x{1 x 100 on 1:45 Lungbuster pulls	EN1	
	{2 x 50 on 1:15 Breast Pulls	EN1	
	{1 x 100 on 1:40 Lungbuster pulls	EN1	
	{2 x 50 on 1:15 Breast Pulls	EN1	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,000	2x{1 x 100 on 1:45 Breaststroke	EN2	
	{1 x 100 on 1:30 25 breast 75 free	EN2	
	{1 x 100 on 1:30 50 breast 50 free	EN2	
	{1 x 100 on 1:30 75 breast 25 free	EN2	
	{2 x 50 on 1:00 25 2k1p, 25 4 sec glide	REC	
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 5:00 Stroke Drills	REC	
	5:56 PM 2,650 Yards - Stress Value = 33		

Workout #11120 - Wednesday, 14 March 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	V
	4:15 PM Start		
	=====		
	1 on 25:00 DS/Abs/Vis		
400	1 x 400 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
300	1x{1 x 125 on 2:40 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 75 on 1:35 Kick	EN2	
350	1x{1 x 100 on 1:55 Lungbuster pulls	EN1	
	{2 x 50 on 1:25 Breast Pulls	EN1	
	{1 x 100 on 1:50 Lungbuster pulls	EN1	
	{1 x 50 on 1:25 Breast Pulls	EN1	
100	4 x 25 on 1:00 Stroke Drills	REC	
900	2x{1 x 100 on 1:55 Breaststroke	EN2	
	{1 x 100 on 1:45 25 breast 75 free	EN2	
	{1 x 100 on 1:40 50 breast 50 free	EN2	
	{1 x 50 on :55 25 breast 25 free	EN2	
	{2 x 50 on 1:00 25 2k1p, 25 4 sec glide	REC	
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 5:00 Stroke Drills	REC	
	5:55 PM 2,450 Yards - Stress Value = 29		

Workout #11121 - Wednesday, 14 March 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	V
	4:15 PM Start		
	=====		
	1 on 25:00 DS/Abs/Vis		
400	1 x 400 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
300	1x{1 x 125 on 2:55 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 75 on 1:40 Kick	EN2	
350	1x{1 x 100 on 2:05 Lungbuster pulls	EN1	
	{2 x 50 on 1:25 Breast Pulls	EN1	
	{1 x 100 on 2:00 Lungbuster pulls	EN1	
	{1 x 50 on 1:25 Breast Pulls	EN1	
100	4 x 25 on 1:00 Stroke Drills	REC	

800	2x{1 x 100 on 2:05 Breaststroke	EN2
	{1 x 100 on 1:55 25 breast 75 free	EN2
	{1 x 100 on 1:50 50 breast 50 free	EN2
	{2 x 50 on 1:10 25 2k1p, 25 4 sec glide	REC
	1 on 10:00 Techniques-Relay Starts	
250	1 x 250 on 5:00 Stroke Drills	REC
	5:56 PM 2,350 Yards - Stress Value = 27	

Workout #11122 - Thursday, 15 March 2012

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
	4:00 PM Start
	=====
	1 on 30:00 DS/Shoulders/Vis
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{1 x 100 on 1:45 Kick your best kick
	{4 x 25 on :30 Kick IM order no board
	{2 x 125 on 2:00 Kick your best kick
	{4 x 50 on 1:00 Kick IM order no board
	{3 x 150 on 2:25 Kick your best kick
	{4 x 50 on 1:00 Kick IM order no board
	{2 x 125 on 1:55 Kick your best kick
	{4 x 25 on :30 Kick IM order no board
	{1 x 100 on 1:30 Kick your best kick
1,000	20 x 50 on 1:00 Pulls
	1-5 & 11-15 breathe toward blchrs
	6-10 & 16-20 breathe toward scrbd
	Hold 32,31,30,29,28 repeat 4 times
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 100 on 1:30 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 25 on :25 Fly lupdown +1
	{1 x 50 on :45 Freestyle
	{1 x 150 on 2:15 Butterfly
	{1 x 50 on :45 Freestyle
	{6 x 25 on :25 Fly lupdown +1
	{1 x 50 on :45 Freestyle
	{1 x 200 on 3:00 Butterfly
	{1 x 50 on :45 Freestyle
	{8 x 25 on :25 Fly lupdown+1
	{1 x 50 on :45 Freestyle
	{1 x 150 on 2:15 Butterfly
	{1 x 50 on :45 Freestyle
	{6 x 25 on :25 Fly lupdown+1
	{1 x 50 on :45 Freestyle
	{1 x 100 on 1:30 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 25 on :25 Fly lupdown+1
500	10 x 50 on 1:00 Stroke Drills
	6:30 PM 6,050 Yards - Stress Value = 81

Workout #11123 - Thursday, 15 March 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Vis
 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
 1,450 1x{1 x 100 on 2:00 Kick your best kick
 {4 x 25 on :35 Kick IM order no board
 {2 x 125 on 2:25 Kick your best kick
 {4 x 50 on 1:10 Kick IM order no board
 {3 x 100 on 1:55 Kick your best kick
 {4 x 50 on 1:10 Kick IM order no board
 {2 x 100 on 1:50 Kick your best kick
 {4 x 25 on :35 Kick IM order no board
 1,000 20 x 50 on 1:00 Pulls
 1-5 & 11-15 breathe toward blchrs
 6-10 & 16-20 breathe toward scrbd
 Hold 32,31,30,29,28 repeat 4 times
 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 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :30 Fly lupldown +1
 {1 x 50 on :45 Freestyle
 {1 x 150 on 2:30 Butterfly
 {1 x 50 on :45 Freestyle
 {6 x 25 on :30 Fly lupldown +1
 {1 x 50 on :45 Freestyle
 {1 x 200 on 3:20 Butterfly
 {1 x 50 on :45 Freestyle
 {8 x 25 on :30 Fly lupldown+1
 {1 x 50 on :45 Freestyle
 {1 x 150 on 2:30 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :30 Fly lupldown+1
 {1 x 50 on :45 Freestyle
 {1 x 100 on 1:40 Butterfly
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 5,550 Yards - Stress Value = 72

Workout #11124 - Thursday, 15 March 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Vis
 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
 1,300 1x{1 x 100 on 2:15 Kick your best kick
 {4 x 25 on :40 Kick IM order no board
 {2 x 100 on 2:10 Kick your best kick
 {4 x 50 on 1:20 Kick IM order no board
 {2 x 100 on 2:05 Kick your best kick
 {4 x 50 on 1:20 Kick IM order no board
 {2 x 100 on 2:00 Kick your best kick
 {4 x 25 on :40 Kick IM order no board
 1,000 20 x 50 on 1:00 Pulls
 1-5 & 11-15 breathe toward blchrs
 6-10 & 16-20 breathe toward scrbd
 Hold 32,31,30,29,28 repeat 4 times
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 100 on 1:50 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 25 on :35 Fly lupldown +1
 {1 x 50 on :50 Freestyle

{1 x 150 on 2:45 Butterfly
 {1 x 50 on :50 Freestyle
 {6 x 25 on :35 Fly lupldown +1
 {1 x 50 on :50 Freestyle
 {1 x 200 on 3:40 Butterfly
 {1 x 50 on :50 Freestyle
 {6 x 25 on :35 Fly lupldown+1
 {1 x 50 on :50 Freestyle
 {1 x 150 on 2:45 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 25 on :35 Fly lupldown+1
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 5,150 Yards - Stress Value = 66

Workout #11125 - Thursday, 15 March 2012

Group 2 - Freestylers

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 25:00 DS/Shoulders/Tm mtg
 600 1 x 600 on 10:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 150 6 x 25 on :45 Free w/perfect technique REC
 1x{1 on 10:00 Stroke Drills-Thumb drag REC
 {1 on 10:00 Stroke Drills-One arm Drill REC
 {1 on 10:00 Drills-finishes REC
 150 6 x 25 on :45 Free w/perfect technique REC
 150 3 x 50 on 1:00 Free descend to EN2
 Ludicrous Speed
 1 on 10:00 Techniques-Starts (2 relay & REC
 1 individual)
 250 1 x 250 on 4:00 Stroke Drills REC
 6:01 PM 1,450 Yards - Stress Value = 9

Workout #11126 - Friday, 16 March 2012

Group 3 - IM'ers

1 minute rest between sets

4:00 PM 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
 700 7 x 100 on 1:45 Kick-odds fast
 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 100 on 1:10 Individual Medley
 {4 x 25 on :30 IM order
 {1 x 150 on 1:50 Individual Medley
 {4 x 25 on :30 IM order
 {1 x 200 on 2:30 Individual Medley
 {4 x 25 on :30 IM order
 {1 x 300 on 3:50 Individual Medley
 350 7 x 50 on 1:00 Stroke Drills
 5:30 PM 3,050 Yards - Stress Value = 42

Workout #11127 - Friday, 16 March 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
=====	=====
	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
600	6 x 100 on 2:00 Kick-odds fast
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{1 x 100 on 1:20 Individual Medley
	{4 x 25 on :30 IM order
	{1 x 150 on 2:05 Individual Medley
	{4 x 25 on :30 IM order
	{1 x 200 on 2:50 Individual Medley
	{4 x 25 on :30 IM order
250	1 x 250 on 4:00 Stroke Drills
350	7 x 50 on 1:00 Stroke Drills
	5:31 PM 2,900 Yards - Stress Value = 34

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
=====	=====
	1 on 30:00 DS/Physio Ball/Vis
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
550	1x{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
	{2 x 50 on :55 Kick
250	5 x 50 on :45 Pulls-no br L.12 yds
	Descend in sets of 3
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 6:40 Freestyle
	{1 x 400 on 5:15 Freestyle
	{1 x 300 on 3:55 Freestyle
	{1 x 100 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:33 PM 3,000 Yards - Stress Value = 36

Workout #11128 - Friday, 16 March 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
=====	=====
	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
500	5 x 100 on 2:15 Kick-odds fast
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 100 on 1:30 Individual Medley
	{4 x 25 on :30 IM order
	{1 x 150 on 2:20 Individual Medley
	{4 x 25 on :30 IM order
	{1 x 100 on 1:40 Individual Medley
	{4 x 25 on :30 IM order
250	1 x 250 on 4:00 Stroke Drills
350	7 x 50 on 1:00 Stroke Drills
	5:30 PM 2,650 Yards - Stress Value = 30

Workout #11131 - Monday, 19 March 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
=====	=====
	1 on 30:00 DS/Physio Ball/Vis
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:00 Kick
200	4 x 50 on :50 Pulls-no br L.12 yds
	Descend in sets of 3
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 7:30 Freestyle
	{1 x 400 on 5:55 Freestyle
	{1 x 300 on 4:25 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:33 PM 2,800 Yards - Stress Value = 33

Workout #11129 - Monday, 19 March 2012

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
4:00 PM Start	
=====	=====
	1 on 30:00 DS/Physio Ball/Vis
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick
300	4 x 75 on 1:00 Pulls-no br L.12 yds
	Descend in sets of 3
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 6:00 Freestyle
	{1 x 400 on 4:45 Freestyle
	{1 x 300 on 3:30 Freestyle
	{1 x 200 on 2:15 Freestyle
	{1 x 100 on 1:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:33 PM 3,400 Yards - Stress Value = 44

Workout #11130 - Monday, 19 March 2012

Workout #11132 - Tuesday, 20 March 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	1x{2 x 100 on 2:00 Kick 25-fly/fr/br/cho
	{2 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
	{2 x 50 on 1:10 Kick same as above
	{1 x 100 on 1:50 Kick 25-fly/fr/br/cho
	{2 x 50 on 1:05 Kick-Same as above
	{1 x 100 on 1:45 Kick 25 fly/fr/br/cho
	{2 x 50 on 1:00 Kick-Same as above
400	1 x 400 on 6:00 Pulls alt breakouts
	shoulders/hips/knees/feet
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 250 on 3:40 Breaststroke
	{4 x 25 on :30 Breast 3X pullouts
	{1 x 200 on 2:55 Breaststroke
	{4 x 25 on :30 Breast 3X pullouts
	{1 x 150 on 2:10 Breaststroke
	{4 x 25 on :30 Breast 3X pullouts
	{1 x 100 on 1:25 Breaststroke
	{4 x 25 on :30 Breast 3X pullouts
	{1 x 50 on :40 Breaststroke
	{4 x 25 on :30 Breast 3X pullouts
200	1 x 200 on 3:00 Stroke Drills
5:43 PM	3,500 Yards - Stress Value = 47

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
400	1 on 25:00 DS/Core/Vis
150	10 x 15 on :45 Shooters
950	1x{2 x 100 on 2:15 Kick 25-fly/fr/br/cho
	{2 x 50 on 1:15 Alt 50 fly kick on back
	{ 50 tombstone kick
	{2 x 100 on 2:10 Kick 25-fly/fr/br/cho
	{2 x 50 on 1:10 Kick same as above
	{1 x 100 on 2:05 Kick 25-fly/fr/br/cho
	{2 x 50 on 1:05 Kick-Same as above
	{1 x 100 on 2:00 Kick 25 fly/fr/br/cho
	{1 x 50 on 1:00 Kick-Same as above
350	1 x 350 on 6:00 Pulls alt breakouts
	shoulders/hips/knees/feet
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{1 x 250 on 4:15 Breaststroke
	{4 x 25 on :35 Breast 3X pullouts
	{1 x 200 on 3:25 Breaststroke
	{4 x 25 on :35 Breast 3X pullouts
	{1 x 150 on 2:35 Breaststroke
	{4 x 25 on :35 Breast 3X pullouts
	{1 x 100 on 1:40 Breaststroke
	{4 x 25 on :35 Breast 3X pullouts
200	1 x 200 on 3:00 Stroke Drills
5:44 PM	3,250 Yards - Stress Value = 44

Workout #11135 - Wednesday, 21 March 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	1x{2 x 100 on 2:00 Kick 25-fly/fr/br/cho
	{2 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
	{2 x 50 on 1:10 Kick same as above
	{1 x 100 on 1:50 Kick 25-fly/fr/br/cho
	{2 x 50 on 1:05 Kick-Same as above
	{1 x 100 on 1:45 Kick 25 fly/fr/br/cho
	{2 x 50 on 1:00 Kick-Same as above
400	1 x 400 on 6:00 Pulls alt breakouts
	shoulders/hips/knees/feet
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 4:00 Breaststroke
	{4 x 25 on :30 Breast 3X pullouts
	{1 x 200 on 3:10 Breaststroke
	{4 x 25 on :30 Breast 3X pullouts
	{1 x 150 on 2:20 Breaststroke
	{4 x 25 on :30 Breast 3X pullouts
	{1 x 100 on 1:30 Breaststroke
	{4 x 25 on :30 Breast 3X pullouts
	{1 x 50 on :45 Breaststroke
	{2 x 25 on :30 Breast 3X pullouts
200	1 x 200 on 3:00 Stroke Drills
5:43 PM	3,450 Yards - Stress Value = 46

4:00 PM Start

Yards	Set Description
400	1 on 20:00 DS/Vis
150	10 x 15 on :45 Shooters
200	2 x 100 on 2:00 Kick @ Fastest Interval
240	1x{8 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
650	1x{1 x 200 on 2:40 Pulls BTB
	{1 x 175 on 2:20 Pulls BTS
	{1 x 150 on 2:00 Pulls BTB
	{1 x 125 on 1:40 Pulls BTS
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 100 on 1:25 Backstroke
	{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 1:05 Backstroke
	{1 x 200 on 3:30 Backstroke Drill
	{1 x 75 on 1:05 Backstroke
	{1 x 75 on 1:00 Backstroke
	{1 x 75 on :55 Backstroke
	{1 x 75 on :50 Backstroke
	{1 x 150 on 2:35 Backstroke Drill
	{1 x 50 on :40 Backstroke
	{1 x 50 on :35 Backstroke
	{1 x 50 on :30 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 25 on :30 Backstroke-100%
	{1 x 25 on :25 Backstroke-100%
250	1 x 250 on 4:00 Stroke Drills
5:32 PM	3,440 Yards - Stress Value = 44

Workout #11134 - Tuesday, 20 March 2012

Group 3 - Silver

Workout #11136 - Wednesday, 21 March 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 400 1 x 400 on 8:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 200 2 x 100 on 2:00 Kick @ Fastest Interval
 240 1x{8 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 600 1x{1 x 200 on 2:55 Pulls BTB
 {1 x 175 on 2:30 Pulls BTS
 {1 x 150 on 2:10 Pulls BTB
 {1 x 75 on 1:05 Pulls BTS
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {1 x 75 on 1:10 Backstroke
 {1 x 75 on 1:05 Backstroke
 {1 x 75 on 1:00 Backstroke
 {1 x 75 on :55 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 25 on :35 Backstroke-100%
 {1 x 25 on :30 Backstroke-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:32 PM 3,290 Yards - Stress Value = 42

250 1 x 250 on 4:00 Stroke Drills
 5:33 PM 3,090 Yards - Stress Value = 40

Workout #11138 - Thursday, 22 March 2012

Group 3 - Fly

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders/Vis
 400 1 x 400 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 550 1x{2 x 25 on :30 Kick no board B
 {2 x 75 on 1:15 Kick
 {2 x 25 on :30 Kick no board S
 {1 x 50 on :45 Kick
 {2 x 25 on :30 Kick no board L
 {2 x 75 on 1:10 Kick
 {2 x 25 on :30 Kick no board R
 150 3x{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 50 on :45 Fly 2-2, 9 KOW
 {2 x 100 on 1:15 Freestyle
 {2 x 50 on :45 Fly 2-3, 8 KOW
 {2 x 100 on 1:15 Freestyle
 {3 x 50 on :45 Fly 2-4, 7 KOW
 {2 x 100 on 1:15 Freestyle
 {4 x 50 on :45 Fly 2-5 6 KOW
 {2 x 100 on 1:15 Freestyle
 {3 x 50 on :45 Fly 2-4, 5 KOW
 {2 x 100 on 1:15 Freestyle
 {2 x 50 on :45 Fly 2-3, 4 KOW
 {2 x 100 on 1:15 Freestyle
 {1 x 50 on :45 Fly 2-2, 3 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:32 PM 3,500 Yards - Stress Value = 43

Workout #11137 - Wednesday, 21 March 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 350 1 x 350 on 8:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 200 2 x 100 on 2:00 Kick @ Fastest Interval
 240 1x{8 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 550 1x{1 x 200 on 3:15 Pulls BTB
 {1 x 175 on 2:45 Pulls BTS
 {1 x 150 on 2:20 Pulls BTB
 {1 x 25 on :25 Pulls BTS
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{1 x 100 on 1:40 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 4:00 Backstroke Drill
 {1 x 75 on 1:20 Backstroke
 {1 x 75 on 1:15 Backstroke
 {1 x 75 on 1:10 Backstroke
 {1 x 75 on 1:05 Backstroke
 {1 x 150 on 3:00 Backstroke Drill
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 25 on :35 Backstroke-100%
 {1 x 25 on :30 Backstroke-100%

Workout #11139 - Thursday, 22 March 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders/Vis
 400 1 x 400 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 450 1x{2 x 25 on :35 Kick no board B
 {2 x 75 on 1:25 Kick
 {2 x 25 on :35 Kick no board S
 {1 x 50 on :55 Kick
 {2 x 25 on :35 Kick no board L
 {1 x 50 on :55 Kick
 {2 x 25 on :35 Kick no board R
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 50 on :50 Fly 2-2, 9 KOW
 {2 x 100 on 1:25 Freestyle
 {2 x 50 on :50 Fly 2-3, 8 KOW
 {2 x 100 on 1:25 Freestyle
 {3 x 50 on :50 Fly 2-4, 7 KOW
 {2 x 100 on 1:25 Freestyle
 {4 x 50 on :50 Fly 2-5 6 KOW
 {2 x 100 on 1:25 Freestyle
 {3 x 50 on :50 Fly 2-4, 5 KOW
 {2 x 100 on 1:25 Freestyle
 {2 x 50 on :50 Fly 2-3, 4 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:32 PM 3,150 Yards - Stress Value = 39

Workout #11140 - Thursday, 22 March 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders/Vis
 350 1 x 350 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 400 1x{2 x 25 on :40 Kick no board B
 {2 x 50 on 1:05 Kick
 {2 x 25 on :40 Kick no board S
 {1 x 50 on 1:00 Kick
 {2 x 25 on :40 Kick no board L
 {1 x 50 on :55 Kick
 {2 x 25 on :40 Kick no board R
 150 3x{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 50 on :55 Fly 2-2, 9 KOW
 {2 x 100 on 1:35 Freestyle
 {2 x 50 on :55 Fly 2-3, 8 KOW
 {2 x 100 on 1:35 Freestyle
 {3 x 50 on :55 Fly 2-4, 7 KOW
 {2 x 100 on 1:35 Freestyle
 {4 x 50 on :55 Fly 2-5 6 KOW
 {2 x 100 on 1:35 Freestyle
 {3 x 50 on :55 Fly 2-4, 5 KOW
 {1 x 100 on 1:35 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:32 PM 2,850 Yards - Stress Value = 36

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{3 x 300 on 4:30 Individual Medley
 {3 x 200 on 2:55 Individual Medley
 {3 x 100 on 1:25 Individual Medley
 Descend each set, the 1st of each set fast
 the 2nd of each set fast breast
 250 1 x 250 on 4:00 Stroke Drills
 5:36 PM 3,350 Yards - Stress Value = 56

Workout #11143 - Friday, 23 March 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs/Vis
 350 1 x 350 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:10 Kick
 {1 x 125 on 2:35 Kick
 {1 x 150 on 3:05 Kick
 {1 x 175 on 3:30 Kick
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{3 x 300 on 5:10 Individual Medley
 {3 x 200 on 3:20 Individual Medley
 {3 x 100 on 1:40 Individual Medley
 Descend each set, the 1st of each set fast
 the 2nd of each set fast breast
 250 1 x 250 on 4:00 Stroke Drills
 5:40 PM 3,250 Yards - Stress Value = 55

Workout #11141 - Friday, 23 March 2012

Group 3 - IM'ers

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs/Vis
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 1:35 Kick
 {1 x 125 on 1:55 Kick
 {1 x 150 on 2:20 Kick
 {1 x 175 on 2:40 Kick
 {1 x 200 on 3:00 Kick
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{3 x 300 on 3:55 Individual Medley
 {3 x 200 on 2:30 Individual Medley
 {3 x 100 on 1:10 Individual Medley
 Descend each set, the 1st of each set fast
 the 2nd of each set fast breast
 250 1 x 250 on 4:00 Stroke Drills
 5:32 PM 3,500 Yards - Stress Value = 59

4:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shoulders/Vis
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :30 Kick no board BSLR
 { 10 KOW
 {2 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR
 { 11 KOW
 {2 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR
 { 12 KOW
 600 1x{1 x 200 on 2:30 Pulls-no br L.16 yds
 {1 x 200 on 2:25 Pulls-no br L.18 yds
 {1 x 200 on 2:20 Pulls-no br L.20 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 10 x 150 on 2:00 Free-descend in 3's
 #10 as fast as #9
 250 1 x 250 on 4:00 Stroke Drills
 5:33 PM 3,500 Yards - Stress Value = 56

Workout #11142 - Friday, 23 March 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs/Vis
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 1:55 Kick
 {1 x 125 on 2:20 Kick
 {1 x 150 on 2:45 Kick
 {1 x 175 on 3:10 Kick
 {1 x 50 on :55 Kick
 150 3x{1 x 25 on :50 Sculling drills

Workout #11145 - Monday, 26 March 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 25:00 DS/Physio Ball Shoulders/Vis
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :35 Kick no board BSLR
	{ 10 KOW
	{2 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{ 11 KOW
	{1 x 50 on :55 Kick
	{2 x 25 on :35 Kick no board BS
	{ 12 KOW
550	1x{1 x 200 on 2:55 Pulls-no br L.16 yds
	{1 x 200 on 2:50 Pulls-no br L.18 yds
	{1 x 150 on 2:10 Pulls-no br L.20 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	9 x 150 on 2:15 Free-descend in 3's
250	1 x 250 on 4:00 Stroke Drills
	5:34 PM 3,200 Yards - Stress Value = 50

Workout #11146 - Monday, 26 March 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 25:00 DS/Physio Ball Shoulders/Vis
350	1 x 350 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board BSLR
	{ 10 KOW
	{1 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{ 11 KOW
	{1 x 50 on 1:05 Kick
	{2 x 25 on :40 Kick no board BS
	{ 12 KOW
500	1x{1 x 200 on 3:10 Pulls-no br L.16 yds
	{1 x 200 on 3:05 Pulls-no br L.18 yds
	{1 x 100 on 1:30 Pulls-no br L.20 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	8 x 150 on 2:30 Free-descend in 3's
250	1 x 250 on 4:00 Stroke Drills
	5:33 PM 2,900 Yards - Stress Value = 45

Workout #11147 - Tuesday, 27 March 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 30:00 DS/Core/Vis
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Kick your #3
	{1 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick your #2
	{1 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick your #3
	{1 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick your #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,360	1x{1 x 200 on 3:05 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{2 x 175 on 2:40 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{3 x 150 on 2:15 Breaststroke
	{4 x 30 on :30 Under/overs
300	6 x 50 on 1:00 Stroke Drills
	5:38 PM 3,010 Yards - Stress Value = 61

Workout #11148 - Tuesday, 27 March 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 30:00 DS/Core/Vis
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :35 Kick your #3
	{1 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick your #2
	{1 x 100 on 1:55 Kick
	{2 x 25 on :35 Kick your #3
	{1 x 100 on 1:50 Kick
	{2 x 25 on :35 Kick your #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,285	1x{1 x 200 on 3:25 Breaststroke
	{4 x 30 on :35 Under/overs
	{1 on :30 Rest
	{2 x 175 on 2:55 Breaststroke
	{4 x 30 on :35 Under/overs
	{1 on :30 Rest
	{3 x 125 on 2:05 Breaststroke
	{4 x 30 on :35 Under/overs
300	6 x 50 on 1:00 Stroke Drills
	5:39 PM 2,835 Yards - Stress Value = 58

Workout #11149 - Tuesday, 27 March 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 30:00 DS/Core/Vis
350	1 x 350 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1x{2 x 25 on :45 Kick your #3
	{1 x 100 on 2:15 Kick
	{2 x 25 on :45 Kick your #2
	{1 x 100 on 2:10 Kick
	{2 x 25 on :45 Kick your #3
	{1 x 100 on 2:00 Kick
	{2 x 25 on :45 Kick your #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,060	1x{1 x 150 on 3:00 Breaststroke
	{4 x 30 on :45 Under/overs
	{1 on :30 Rest
	{2 x 125 on 2:25 Breaststroke
	{4 x 30 on :45 Under/overs
	{1 on :30 Rest
	{3 x 100 on 1:55 Breaststroke
	{4 x 30 on :45 Under/overs
300	6 x 50 on 1:00 Stroke Drills
	5:39 PM 2,460 Yards - Stress Value = 51

Workout #11150 - Tuesday, 10 April 2012

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 400 1 x 400 on 7:00 Swim-kick-drill-swim
 150 10 x 15 on :45 Shooters
 500 2x{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 50 on 1:00 Kick no board
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 6 x 250 on 3:30 3:00 swims :30 rest
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 3,050 Yards - Stress Value = 29

Workout #11151 - Tuesday, 10 April 2012

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 400 1 x 400 on 7:00 Swim-kick-drill-swim
 150 10 x 15 on :45 Shooters
 500 2x{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 50 on 1:00 Kick no board
 150 6 x 25 on 1:00 Stroke Drills
 1,250 5 x 250 on 3:30 3:00 swims :30 rest
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,650 Yards - Stress Value = 24

Workout #11152 - Wednesday, 11 April 2012

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/ABS
 400 1 x 400 on 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 800 1x{2 x 100 on 1:45 Kick w/fins on back
 {2 x 100 on 1:40 Kick w/fins on back
 {2 x 100 on 1:35 Kick w/fins on back
 {2 x 100 on 1:30 Kick w/fins on back
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 200 on 3:00 Back
 {2 x 175 on 2:35 Backstroke
 {3 x 150 on 2:15 Backstroke
 {4 x 125 on 1:50 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:00 PM 3,250 Yards - Stress Value = 31

Workout #11153 - Wednesday, 11 April 2012

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 7:00 Free L.25 of each 100 Non Fr

150 10 x 15 on :45 Shooters
 800 1x{2 x 100 on 1:45 Kick w/fins on back
 {2 x 100 on 1:40 Kick w/fins on back
 {2 x 100 on 1:35 Kick w/fins on back
 {2 x 100 on 1:30 Kick w/fins on back
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 200 on 3:15 Backstroke
 {2 x 175 on 2:50 Backstroke
 {3 x 150 on 2:25 Backstroke
 {4 x 100 on 1:40 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:00 PM 3,150 Yards - Stress Value = 30

Workout #11154 - Wednesday, 11 April 2012

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 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 800 1x{2 x 100 on 1:45 Kick w/fins on back
 {2 x 100 on 1:40 Kick w/fins on back
 {2 x 100 on 1:35 Kick w/fins on back
 {2 x 100 on 1:30 Kick w/fins on back
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{1 x 200 on 3:25 Backstroke
 {2 x 175 on 3:00 Backstroke
 {3 x 150 on 2:35 Backstroke
 {3 x 100 on 1:45 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:00 PM 3,050 Yards - Stress Value = 29

Workout #11155 - Wednesday, 11 April 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/ABS
 400 1 x 400 on 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 800 1x{2 x 100 on 1:45 Kick w/fins on back
 {2 x 100 on 1:40 Kick w/fins on back
 {2 x 100 on 1:35 Kick w/fins on back
 {2 x 100 on 1:30 Kick w/fins on back
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 200 on 3:35 Backstroke
 {2 x 175 on 3:10 Backstroke
 {3 x 150 on 2:40 Backstroke
 {2 x 100 on 1:50 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 4:59 PM 2,950 Yards - Stress Value = 28

Workout #11156 - Wednesday, 11 April 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 400 1 x 400 on 8:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 600 1x{3 x 50 on 1:10 Kick
 {3 x 50 on 1:05 Kick
 {3 x 50 on 1:00 Kick
 {3 x 50 on :55 Kck
 #1, left side, #2 rt side, #3 streamline or
 100 4 x 25 on 1:00 Back Drills
 800 8 x 100 on 1:40 Backstroke
 odds kick 3-4-5-6 off walls
 evens kick 6-5-4-3 off walls
 1 on 10:00 Techniques-Back Starts
 7:00 PM 2,050 Yards - Stress Value = 30

Workout #11157 - Wednesday, 11 April 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 400 1 x 400 on 8:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 550 1x{3 x 50 on 1:15 Kck
 {3 x 50 on 1:10 Kick
 {3 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 #1, left side, #2 rt side, #3 streamline or
 100 4 x 25 on 1:00 Back Drills
 700 7 x 100 on 1:55 Backstroke
 odds kick 3-4-5-6 off walls
 evens kick 6-5-4-3 off walls
 1 on 10:00 Techniques-Back Starts
 7:00 PM 1,900 Yards - Stress Value = 28

Workout #11158 - Wednesday, 11 April 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 350 1 x 350 on 8:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 500 1x{3 x 50 on 1:20 Kick
 {3 x 50 on 1:15 Kck
 {3 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 #1, left side, #2 rt side, #3 streamline or
 100 4 x 25 on 1:00 Back Drills
 600 6 x 100 on 2:10 Backstroke
 odds kick 3-4-5-6 off walls
 evens kick 6-5-4-3 off walls
 1 on 10:00 Techniques-Back Starts
 7:00 PM 1,700 Yards - Stress Value = 26

Workout #11159 - Wednesday, 11 April 2012

Group 2 - Bronze

1 minute rest between sets

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

1 on 30:00 DS/Abs/Spotlight
 350 1 x 350 on 8:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 500 1x{3 x 50 on 1:20 Kick
 {3 x 50 on 1:20 Kick
 {3 x 50 on 1:15 Kck
 {1 x 50 on 1:10 Kick
 #1, left side, #2 rt side, #3 streamline or
 100 4 x 25 on 1:00 Back Drills
 500 5 x 100 on 2:30 Backstroke
 odds kick 3-4-5-6 off walls
 evens kick 6-5-4-3 off walls
 1 on 10:00 Techniques-Back Starts
 6:59 PM 1,600 Yards - Stress Value = 25

Workout #11160 - Thursday, 12 April 2012

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 800 1x{3 x 50 on 1:00 Kick
 {1 x 50 on 1:00 Kick-your #4-100%
 {3 x 50 on :55 Kick
 {1 x 50 on 1:00 Kick-your #4-100%
 {3 x 50 on :50 Kick
 {1 x 50 on 1:00 Kick-your #4-100%
 {3 x 50 on :45 Kick
 {1 x 50 on 1:00 Kick-your #4-100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{2 x 150 on 2:30 Breast 5th 25 under
 {2 x 125 on 2:05 Brbreast 4th 25 under
 {2 x 100 on 1:40 Breast 3rd 25 under
 {2 x 75 on 1:15 Breast 2nd 25 under
 {2 x 50 on :50 Breast 1st 25 under
 {8 x 25 on :30 IM order-100%
 200 1 x 200 on 3:00 Stroke Drills
 5:00 PM 2,950 Yards - Stress Value = 46

Workout #11161 - Thursday, 12 April 2012

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 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 750 1x{3 x 50 on 1:05 Kick
 {1 x 50 on 1:05 Kick-your #4-100%
 {3 x 50 on 1:00 Kick
 {1 x 50 on 1:05 Kick-your #4-100%
 {3 x 50 on :55 Kick
 {1 x 50 on 1:05 Kick-your #4-100%
 {2 x 50 on :50 Kick
 {1 x 50 on 1:05 Kick-your #4-100%
 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{2 x 150 on 2:45 Breast 5th 25 under
 {2 x 125 on 2:15 Brbreast 4th 25 under
 {2 x 100 on 1:50 Breast 3rd 25 under
 {2 x 75 on 1:20 Breast 2nd 25 under
 {8 x 25 on :30 IM order-100%
 200 1 x 200 on 3:00 Stroke Drills
 5:00 PM 2,800 Yards - Stress Value = 43

Workout #11162 - Thursday, 12 April 2012

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 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 650 1x{3 x 50 on 1:10 Kick
 {1 x 50 on 1:10 Kick-your #4-100%
 {3 x 50 on 1:05 Kick
 {1 x 50 on 1:10 Kick-your #4-100%
 {2 x 50 on 1:00 Kick
 {1 x 50 on 1:10 Kick-your #4-100%
 {1 x 50 on :55 Kick
 {1 x 50 on 1:10 Kick-your #4-100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{2 x 150 on 3:00 Breast 5th 25 under
 {2 x 125 on 2:30 Brbreast 4th 25 under
 {2 x 100 on 2:00 Breast 3rd 25 under
 {1 x 50 on 1:00 Breast 1st 25 under
 {8 x 25 on :35 IM order-100%
 200 1 x 200 on 3:00 Stroke Drills
 5:00 PM 2,600 Yards - Stress Value = 39

Workout #11163 - Thursday, 12 April 2012

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
 600 1x{3 x 50 on 1:15 Kick
 {1 x 50 on 1:15 Kick-your #4-100%
 {3 x 50 on 1:10 Kick
 {1 x 50 on 1:15 Kick-your #4-100%
 {3 x 50 on 1:05 Kick
 {1 x 50 on 1:15 Kick-your #4-100%
 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 150 on 3:15 Breast 5th 25 under
 {2 x 125 on 2:40 Brbreast 4th 25 under
 {2 x 75 on 1:35 Breast 2nd 25 under
 {8 x 25 on :40 IM order-100%
 200 1 x 200 on 3:00 Stroke Drills
 5:00 PM 2,400 Yards - Stress Value = 36

Workout #11164 - Thursday, 12 April 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 400 1 x 400 on 8:00 Underwater trn drill RE
 1 on 15:00 Techniques-underwater pullouts RE
 150 10 x 15 on :45 Shooters SI
 1 on 2:30 Breaststroke Points
 100 4 x 25 on 1:00 Perfect Breaststroke RE
 400 1x{1 x 200 on 6:00 Breast Kick Drill RE
 {1 x 200 on 6:00 2 Kick 1 Pull RE
 50 1 x 50 on 2:00 Breast OTB SI
 200 1 x 200 on 4:00 Stroke Drills RE
 7:00 PM 1,300 Yards - Stress Value = 11

Workout #11165 - Monday, 16 April 2012

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 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:25 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 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
 2,050 1x{1 x 400 on 5:00 Freestyle
 {3 x 50 on :45 Free-descend
 {2 x 300 on 3:45 Freestyle
 {3 x 50 on :45 Free-descend
 {3 x 200 on 2:30 Freestyle
 {3 x 50 on :45 Free-descend
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 4,200 Yards - Stress Value = 73

Workout #11166 - Monday, 16 April 2012

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 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 {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
 1,850 1x{1 x 400 on 5:30 Freestyle
 {3 x 50 on :50 Free-descend
 {2 x 300 on 4:05 Freestyle
 {3 x 50 on :50 Free-descend
 {2 x 200 on 2:45 Freestyle
 {3 x 50 on :50 Free-descend
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,900 Yards - Stress Value = 67

Workout #11167 - Monday, 16 April 2012

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 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:05 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{1 x 400 on 6:00 Freestyle
	{3 x 50 on :55 Free-descend
	{2 x 300 on 4:30 Freestyle
	{3 x 50 on :55 Free-descend
	{1 x 200 on 3:00 Freestyle
	{3 x 50 on :55 Free-descend
200	1 x 200 on 3:00 Stroke Drills
	5:15 PM 3,600 Yards - Stress Value = 61

{1 x 100 on 2:05 Kick	EN2
{1 x 100 on 2:00 Kick	EN2
{1 x 100 on 1:55 Kick	EN2
{1 x 100 on 1:50 Kck	EN2
{1 x 100 on 1:45 Kick	EN2
{ all kicks without a board on back	
1 x 50 on 1:00 Ez Swim	REC
1 x 100 on 3:00 Kick for time on back	EN2
4 x 25 on 1:00 Back Drill	REC
8 x 50 on 2:00 Backstroke-100%	EN2
1 x 250 on 4:00 Stroke Drills	REC
7:00 PM 2,050 Yards - Stress Value = 28	

Workout #11170 - Monday, 16 April 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
	1 on 25:00 DS/Physio Ball/Spotlight		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{1 x 50 on 1:10 Kck	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{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 x 100 on 1:55 Kick	EN2	
	{ all kicks without a board on back		
50	1 x 50 on 1:00 Ez Swim	REC	
100	1 x 100 on 3:00 Kick for time on back	EN2	
100	4 x 25 on 1:00 Back Drill	REC	
400	8 x 50 on 2:00 Backstroke-100%	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:00 PM 2,000 Yards - Stress Value = 27		

1 on 25:00 DS/Physio Ball/Spotlight		
1 x 400 on 10:00 Swim-kick-pull-swim	REC	
10 x 15 on :45 Shooters	SP3	
1x{1 x 50 on 1:10 Kck	EN2	
{1 x 100 on 2:15 Kick	EN2	
{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 x 100 on 1:55 Kick	EN2	
{ all kicks without a board on back		
1 x 50 on 1:00 Ez Swim	REC	
1 x 100 on 3:00 Kick for time on back	EN2	
4 x 25 on 1:00 Back Drill	REC	
8 x 50 on 2:00 Backstroke-100%	EN2	
1 x 250 on 4:00 Stroke Drills	REC	
7:00 PM 2,000 Yards - Stress Value = 27		

Workout #11168 - Monday, 16 April 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball
350	1 x 350 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 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
1,550	1x{1 x 400 on 6:40 Freestyle
	{3 x 50 on 1:00 Free-descend
	{2 x 300 on 5:00 Freestyle
	{3 x 50 on 1:00 Free-descend
	{1 x 200 on 3:20 Freestyle
	{1 x 50 on 1:00 Free-descend
200	1 x 200 on 3:00 Stroke Drills
	5:15 PM 3,400 Yards - Stress Value = 58

Workout #11171 - Monday, 16 April 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
	1 on 25:00 DS/Physio Ball/Spotlight		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kck	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{ all kicks without a board on back		
50	1 x 50 on 1:00 Ez Swim	REC	
100	1 x 100 on 3:00 Kick for time on back	EN2	
100	4 x 25 on 1:00 Back Drill	REC	
400	8 x 50 on 2:00 Backstroke-100%	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:00 PM 1,950 Yards - Stress Value = 26		

1 on 25:00 DS/Physio Ball/Spotlight		
1 x 400 on 10:00 Swim-kick-pull-swim	REC	
10 x 15 on :45 Shooters	SP3	
1x{1 x 100 on 2:25 Kick	EN2	
{1 x 100 on 2:20 Kck	EN2	
{1 x 100 on 2:15 Kick	EN2	
{1 x 100 on 2:10 Kick	EN2	
{1 x 100 on 2:05 Kick	EN2	
{ all kicks without a board on back		
1 x 50 on 1:00 Ez Swim	REC	
1 x 100 on 3:00 Kick for time on back	EN2	
4 x 25 on 1:00 Back Drill	REC	
8 x 50 on 2:00 Backstroke-100%	EN2	
1 x 250 on 4:00 Stroke Drills	REC	
7:00 PM 1,950 Yards - Stress Value = 26		

Workout #11169 - Monday, 16 April 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
	1 on 25:00 DS/Physio Ball/Spotlight		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{1 x 100 on 2:10 Kick	EN2	

Workout #11172 - Monday, 16 April 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Physio Ball/Spotlight		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1x{1 x 50 on 1:20 Kick	EN2	
	{1 x 100 on 2:35 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kck	EN2	
	{ all kicks without a board on back		
50	1 x 50 on 1:00 Ez Swim	REC	
100	1 x 100 on 3:00 Kick for time on back	EN2	
100	4 x 25 on 1:00 Back Drill	REC	
400	8 x 50 on 2:00 Backstroke-100%	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:00 PM 1,850 Yards - Stress Value = 25		

Workout #11173 - Tuesday, 17 April 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 25:00 Core
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	1 x 450 on 6:00 Kick-as far as you can in 6n
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
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{1 x 225 on 3:00 Backstroke
	{8 x 25 on :30 Back-descend in 4's
	{1 x 225 on 2:55 Backstroke
	{8 x 25 on :30 Back-descend in 4's
	{1 x 225 on 2:50 Backstroke
	{8 x 25 on :30 Back descend in 4's
	25's are 1 KOW +1
200	1 x 200 on 3:00 Stroke Drills
	5:16 PM 3,655 Yards - Stress Value = 59

Workout #11174 - Tuesday, 17 April 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 25:00 Core
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	1 x 450 on 6:00 Kick-as far as you can in 6n
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

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 200 on 3:15 Backstroke
	{8 x 25 on :30 Back-descend in 4's
	{1 x 200 on 3:10 Backstroke
	{8 x 25 on :30 Back-descend in 4's
	{1 x 150 on 2:20 Backstroke
	{8 x 25 on :30 Back descend in 4's
	25's are 1 KOW +1
200	1 x 200 on 3:00 Stroke Drills
	5:16 PM 3,530 Yards - Stress Value = 58

Workout #11175 - Tuesday, 17 April 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 25:00 Core
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	1 x 450 on 6:00 Kick-as far as you can in 6n
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
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 3:35 Backstroke
	{6 x 25 on :35 Back-descend in 3's
	{1 x 200 on 3:30 Backstroke
	{6 x 25 on :35 Back-descend in 4's
	{1 x 200 on 3:25 Backstroke
	{6 x 25 on :35 Back descend in 4's
	25's are 1 KOW +1
200	1 x 200 on 3:00 Stroke Drills
	5:16 PM 3,430 Yards - Stress Value = 56

Workout #11176 - Tuesday, 17 April 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 25:00 Core
350	1 x 350 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	1 x 450 on 6:00 Kick-as far as you can in 6n
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
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
950	1x{1 x 200 on 3:50 Backstroke
	{6 x 25 on :40 Back-descend in 3's
	{1 x 200 on 3:45 Backstroke
	{6 x 25 on :40 Back-descend in 4's
	{1 x 150 on 2:45 Backstroke
	{4 x 25 on :40 Back descend in 4's
	25's are 1 KOW +1
200	1 x 200 on 3:00 Stroke Drills
	5:16 PM 3,280 Yards - Stress Value = 54

Workout #11177 - Tuesday, 17 April 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/Core/Spotlight	
400	1 x 400 on 7:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
900	1x{1 x 100 on 2:00 Kick	F
	{4 x 25 on :30 Kiick no borad alt stom/back	F
	{2 x 100 on 1:55 Kick	F
	{4 x 25 on :30 Kiick no borad alt stom/back	F
	{3 x 100 on 1:50 Kick	
	{4 x 25 on :30 Kiick no borad alt stom/back	F
100	4 x 25 on :45 Stroke Drills	F
750	1x{3 x 50 on 1:05 Breaststroke	F
	{3 x 50 on 1:00 Breaststroke	F
	{3 x 50 on :55 Breaststroke	F
	{3 x 50 on :50 Breaststroke	F
	{3 x 50 on :45 Breaststroke	F
	Each line=#1-reg pullouts, #2-2X pullouts	
	#3-3X pullouts-turn only	
	1 on 12:00 Techniques-Starts	
	7:00 PM 2,300 Yards - Stress Value = 33	

Workout #11178 - Tuesday, 17 April 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/Core/Spotlight	
400	1 x 400 on 7:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
800	1x{1 x 100 on 2:10 Kick	F
	{4 x 25 on :35 Kiick no borad alt stom/back	F
	{2 x 100 on 2:05 Kick	F
	{4 x 25 on :35 Kiick no borad alt stom/back	F
	{2 x 100 on 2:00 Kick	
	{4 x 25 on :35 Kiick no borad alt stom/back	F
100	4 x 25 on :45 Stroke Drills	F
700	1x{2 x 50 on 1:10 Breaststroke	F
	{3 x 50 on 1:05 Breaststroke	F
	{3 x 50 on 1:00 Breaststroke	F
	{3 x 50 on :55 Breaststroke	F
	{3 x 50 on :50 Breaststroke	F
	Each line=#1-reg pullouts, #2-2X pullouts	
	#3-3X pullouts-turn only	
	1 on 12:00 Techniques-Starts	
	7:00 PM 2,150 Yards - Stress Value = 32	

Workout #11179 - Tuesday, 17 April 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/Core/Spotlight	
350	1 x 350 on 7:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
700	1x{1 x 100 on 2:25 Kick	F
	{4 x 25 on :40 Kiick no borad alt stom/back	F
	{2 x 100 on 2:20 Kick	F
	{4 x 25 on :40 Kiick no borad alt stom/back	F
	{1 x 100 on 2:15 Kick	
	{4 x 25 on :40 Kiick no borad alt stom/back	F
100	4 x 25 on :45 Stroke Drills	F
650	1x{1 x 50 on 1:15 Breaststroke	F
	{3 x 50 on 1:10 Breaststroke	F

{3 x 50 on 1:05 Breaststroke	F
{3 x 50 on 1:00 Breaststroke	F
{3 x 50 on :55 Breaststroke	F
Each line=#1-reg pullouts, #2-2X pullouts	
#3-3X pullouts-turn only	
1 on 12:00 Techniques-Starts	
7:00 PM 1,950 Yards - Stress Value = 31	

Workout #11180 - Tuesday, 17 April 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/Core/Spotlight	
300	1 x 300 on 7:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
600	1x{1 x 100 on 2:45 Kick	F
	{4 x 25 on :45 Kiick no borad alt stom/back	F
	{1 x 100 on 2:40 Kick	F
	{4 x 25 on :45 Kiick no borad alt stom/back	F
	{1 x 100 on 2:35 Kick	
	{4 x 25 on :45 Kiick no borad alt stom/back	F
100	4 x 25 on :45 Stroke Drills	F
650	1x{1 x 50 on 1:20 Breaststroke	F
	{3 x 50 on 1:15 Breaststroke	F
	{3 x 50 on 1:10 Breaststroke	F
	{3 x 50 on 1:05 Breaststroke	F
	{3 x 50 on 1:00 Breaststroke	F
	Each line=#1-reg pullouts, #2-2X pullouts	
	#3-3X pullouts-turn only	
	1 on 12:00 Techniques-Starts	
	7:00 PM 1,800 Yards - Stress Value = 29	

Workout #11181 - Wednesday, 18 April 2012

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 7:00 Free L.25 of each 100 Non Fr	
150	10 x 15 on :45 Shooters	
1,250	1x{2 x 100 on 1:50 Kick	
	{1 x 50 on 1:00 Kick-100%	
	{2 x 100 on 1:45 Kick	
	{1 x 50 on 1:00 Kick-100%	
	{2 x 100 on 1:40 Kick	
	{1 x 50 on 1:00 Kick-100%	
	{2 x 100 on 1:35 Kick	
	{1 x 50 on 1:00 Kick-100%	
	{2 x 100 on 1:30 Kick	
	{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	
1,600	1x{2 x 125 on 1:55 Breaststroke	
	{3 x 50 on 1:00 Breast-descend	
	{2 x 125 on 2:00 Breaststroke	
	{3 x 50 on :55 Breast-descend	
	{2 x 125 on 2:05 Breaststroke	
	{3 x 50 on :50 Breast-descend	
	{2 x 125 on 2:10 Breaststroke	
	{3 x 50 on :45 Breast-descend	
300	6 x 50 on 1:00 Stroke Drills	
	5:16 PM 3,900 Yards - Stress Value = 65	

Workout #11182 - Wednesday, 18 April 2012

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 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 1,150 1x{2 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick-100%
 {2 x 100 on 1:55 Kick
 {1 x 50 on 1:00 Kick-100%
 {2 x 100 on 1:50 Kick
 {1 x 50 on 1:00 Kick-100%
 {2 x 100 on 1:45 Kick
 {1 x 50 on 1:00 Kick-100%
 {1 x 100 on 1:40 Kick
 {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
 1,450 1x{2 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:05 Breast-descend
 {2 x 125 on 2:10 Breaststroke
 {3 x 50 on 1:00 Breast-descend
 {2 x 125 on 2:15 Breaststroke
 {3 x 50 on :55 Breast-descend
 {2 x 125 on 2:20 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 5:16 PM 3,650 Yards - Stress Value = 60

Workout #11183 - Wednesday, 18 April 2012

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 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 100 on 2:15 Kick
 {1 x 50 on 1:05 Kick-100%
 {2 x 100 on 2:10 Kick
 {1 x 50 on 1:05 Kick-100%
 {2 x 100 on 2:05 Kick
 {1 x 50 on 1:05 Kick-100%
 {2 x 100 on 2:00 Kick
 {1 x 50 on 1:05 Kick-100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{2 x 100 on 1:50 Breaststroke
 {3 x 50 on 1:10 Breast-descend
 {2 x 100 on 1:55 Breaststroke
 {3 x 50 on 1:05 Breast-descend
 {2 x 100 on 2:00 Breaststroke
 {3 x 50 on 1:00 Breast-descend
 {2 x 100 on 2:05 Breaststroke
 {1 x 50 on :55 Breast-fast
 300 6 x 50 on 1:00 Stroke Drills
 5:16 PM 3,350 Yards - Stress Value = 54

Workout #11184 - Wednesday, 18 April 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 350 1 x 350 on 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters

950 1x{2 x 100 on 2:25 Kick
 {1 x 50 on 1:10 Kick-100%
 {2 x 100 on 2:20 Kick
 {1 x 50 on 1:10 Kick-100%
 {2 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick-100%
 {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
 1,200 1x{2 x 100 on 2:00 Breaststroke
 {3 x 50 on 1:15 Breast-descend
 {2 x 100 on 2:05 Breaststroke
 {3 x 50 on 1:10 Breast-descend
 {2 x 100 on 2:10 Breaststroke
 {3 x 50 on 1:05 Breast-descend
 {1 x 100 on 2:15 Breaststroke
 {1 x 50 on 1:00 Breast-Fast
 300 6 x 50 on 1:00 Stroke Drills
 5:16 PM 3,150 Yards - Stress Value = 51

Workout #11185 - Wednesday, 18 April 2012

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 25:00 DS/Abs L DRY
 400 1 x 400 on 10:00 Choice REC S CHO
 150 10 x 15 on :45 Shooters SP3 S FLY
 600 1 x 600 on 12:00 Vertical Kick EN2 K FLY
 100 4 x 25 on 1:00 Fly Drill REC D FLY
 450 3x{6 x 25 on :30 Butterfly EN2 S FLY
 {1 on 1:00 Rest M
 1 on 10:00 Game-Raft Relay S FLY
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 7:00 PM 1,950 Yards - Stress Value = 27

Workout #11186 - Wednesday, 18 April 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 25:00 DS/Abs L DRY
 400 1 x 400 on 10:00 Choice REC S CHO
 150 10 x 15 on :45 Shooters SP3 S FLY
 600 1 x 600 on 12:00 Vertical Kick EN2 K FLY
 100 4 x 25 on 1:00 Fly Drill REC D FLY
 375 3x{5 x 25 on :35 Butterfly EN2 S FLY
 {1 on 1:00 Rest M
 1 on 10:00 Game-Raft Relay S FLY
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 7:00 PM 1,875 Yards - Stress Value = 26

Workout #11187 - Wednesday, 18 April 2012

5:16 PM 4,000 Yards - Stress Value = 60

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 25:00 DS/Abs		L DRY	
400	1 x 400 on 10:00 Choice	REC	S CHO	
150	10 x 15 on :45 Shooters	SP3	S FLY	
600	1 x 600 on 12:00 Vertical Kick	EN2	K FLY	
100	4 x 25 on 1:00 Fly Drill	REC	D FLY	
300	3x{4 x 25 on :40 Butterfly	EN2	S FLY	
	{1 on 1:00 Rest		M	
	1 on 10:00 Game-Raft Relay		S FLY	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	6:59 PM 1,800 Yards - Stress Value = 24			

Workout #11188 - Wednesday, 18 April 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 25:00 DS/Abs		L DRY	
400	1 x 400 on 10:00 Choice	REC	S CHO	
150	10 x 15 on :45 Shooters	SP3	S FLY	
600	1 x 600 on 12:00 Vertical Kick	EN2	K FLY	
100	4 x 25 on 1:00 Fly Drill	REC	D FLY	
300	3x{4 x 25 on :45 Butterfly	EN2	S FLY	
	{1 on 1:00 Rest		M	
	1 on 10:00 Game-Raft Relay		S FLY	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	7:00 PM 1,800 Yards - Stress Value = 24			

Workout #11189 - Thursday, 19 April 2012

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
=====	=====
	3:30 PM Start
	1 on 25:00 DS/Shoulders
400	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,600	1x{2 x 100 on 2:00 #2 Kick
	{2 x 100 on 1:35 #1 Kick
	{2 x 100 on 2:00 #3 Kick
	{2 x 100 on 1:35 #1 Kick
	{2 x 100 on 1:55 #2 Kick
	{2 x 100 on 1:30 #1 Kick
	{2 x 100 on 1:55 #3 Kick
	{2 x 100 on 1:30 #1 Kick
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 25 on :25 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 25 on :25 Butterfly
	{1 x 50 on :45 Freestyle
	{6 x 25 on :25 Butterfly
	{1 x 50 on :45 Freestyle
	{8 x 25 on :25 Butterfly
	{1 x 50 on :45 Freestyle
	{8 x 25 on :25 Butterfly
	{1 x 50 on :45 Freestyle
	{6 x 25 on :25 Freestyle
	{1 x 50 on :45 Freestyle
	{4 x 25 on :25 Butterfly
	{1 x 50 on :45 Freestyle
	{2 x 25 on :25 Butterfly
300	1 x 300 on 5:00 Stroke Drills

Workout #11190 - Thursday, 19 April 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
=====	=====
	3:30 PM Start
	1 on 25:00 DS/Shoulders
400	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,300	1x{2 x 100 on 2:15 #2 Kick
	{2 x 100 on 1:55 #1 Kick
	{2 x 100 on 2:15 #3 Kick
	{2 x 100 on 1:55 #1 Kick
	{2 x 100 on 2:10 #2 Kick
	{1 x 100 on 1:50 #1 Kick
	{2 x 100 on 2:10 #3 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{2 x 25 on :30 Butterfly
	{1 x 50 on :50 Freestyle
	{4 x 25 on :30 Butterfly
	{1 x 50 on :50 Freestyle
	{6 x 25 on :30 Butterfly
	{1 x 50 on :50 Freestyle
	{8 x 25 on :30 Butterfly
	{1 x 50 on :50 Freestyle
	{8 x 25 on :30 Butterfly
	{1 x 50 on :50 Freestyle
	{4 x 25 on :30 Freestyle
	{1 x 50 on :50 Freestyle
	{2 x 25 on :30 Butterfly
300	1 x 300 on 5:00 Stroke Drills
	5:16 PM 3,500 Yards - Stress Value = 51

Workout #11191 - Thursday, 19 April 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
=====	=====
	3:30 PM Start
	1 on 25:00 DS/Shoulders
400	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{2 x 100 on 2:25 #2 Kick
	{1 x 100 on 2:05 #1 Kick
	{2 x 100 on 2:25 #3 Kick
	{1 x 100 on 2:05 #1 Kick
	{2 x 100 on 2:20 #2 Kick
	{1 x 100 on 2:00 #1 Kick
	{2 x 100 on 2:20 #3 Kick
	{1 x 100 on 2:00 #1 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
950	1x{2 x 25 on :35 Butterfly
	{1 x 50 on :55 Freestyle
	{4 x 25 on :35 Butterfly
	{1 x 50 on :55 Freestyle
	{6 x 25 on :35 Butterfly
	{1 x 50 on :55 Freestyle
	{8 x 25 on :35 Butterfly
	{1 x 50 on :55 Freestyle
	{6 x 25 on :35 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 25 on :35 Freestyle
300	1 x 300 on 5:00 Stroke Drills
	5:15 PM 3,200 Yards - Stress Value = 46

Workout #11192 - Thursday, 19 April 2012

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
1,050	1x{2 x 100 on 2:45 #2 Kick
	{1 x 100 on 2:15 #1 Kick
	{2 x 100 on 2:45 #3 Kick
	{1 x 100 on 2:15 #1 Kick
	{2 x 100 on 2:40 #2 Kick
	{1 x 50 on 1:05 #1 Kick
	{2 x 100 on 2:40 #3 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
940	1x{2 x 25 on :40 Butterfly
	{1 x 50 on 1:00 Freestyle
	{4 x 25 on :40 Butterfly
	{1 x 50 on 1:00 Freestyle
	{6 x 25 on :40 Butterfly
	{1 x 50 on 1:00 Freestyle
	{8 x 25 on :40 Butterfly
	{1 x 50 on 1:00 Freestyle
	{6 x 40 on :40 Butterfly
300	1 x 300 on 5:00 Stroke Drills
	5:16 PM 2,990 Yards - Stress Value = 44

{1 x 25 on :40 Freestyle
{1 x 25 on :50 Freestyle
{1 x 25 on 1:00 Freestyle
{1 x 150 on 1:45 Freestyle
{1 x 100 on 1:10 Freestyle
{1 x 50 on :35 Freestyle
{1 x 200 on 4:00 Stroke Drills
6 x 50 on 1:00 Stroke Drills
5:30 PM 4,700 Yards - Stress Value = 91

Workout #11195 - Monday, 23 April 2012

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball Shoulders
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,375	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 125 on 2:20 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 1:50 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:20 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 25 on :25 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	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 2:00 Freestyle
	{1 x 100 on 1:20 Freestyle
	{1 x 50 on :40 Freestyle
	{1 x 150 on 3:30 Stroke Drills
	6 x 50 on 1:00 Stroke Drills
	5:30 PM 4,275 Yards - Stress Value = 85

Workout #11193 - Thursday, 19 April 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Shoulders/Spotlight	
400	1 x 400 on 10:00 Underwater trn drill	RF
150	10 x 15 on :45 Shooters	SF
	1 on 2:30 Freestyle Points	
100	4 x 25 on 1:00 Perfect Freestyle	RF
750	1x{1 x 250 on 8:00 Stroke Drills-1 Arm	RF
	{1 x 250 on 8:00 Stroke Drills-high elbow	RF
	{1 x 250 on 8:00 Stroke Drill-6BK	RF
100	4 x 25 on :45 Perfect Freestyle	RF
100	1 x 100 on 2:30 Free from a push for time	EM
250	1 x 250 on 5:00 Stroke Drills	RF
	7:00 PM 1,850 Yards - Stress Value = 8	

Workout #11196 - Monday, 23 April 2012

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball Shoulders
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 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{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
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 2:15 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 50 on :45 Freestyle
	{1 x 100 on 3:00 Stroke Drills
300	6 x 50 on 1:00 Stroke Drills
	5:30 PM 3,950 Yards - Stress Value = 83

Workout #11194 - Monday, 23 April 2012

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball Shoulders
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,650	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
	{3 x 125 on 2:00 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
	{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
1,800	3x{1 x 25 on :30 Freestyle

Workout #11197 - Monday, 23 April 2012

7:15 PM 2,800 Yards - Stress Value = 71

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
500	1 on 25:00 DS/Physio Ball Shoulders	
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC
1,000	10 x 15 on :45 Shooters	SP3
	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 100 on 2:30 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:25 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 50 on 2:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 50 on 1:05 Kick	EN2
200	4x{1 x 25 on :50 Sculling drills	SP2
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN1
1,350	3x{1 x 25 on :30 Freestyle	SP1
	{1 x 25 on :40 Freestyle	REC
	{1 x 25 on :50 Freestyle	
	{1 x 25 on 1:00 Freestyle	
	{1 x 150 on 2:35 Freestyle	
	{1 x 100 on 1:45 Freestyle	
	{1 x 50 on :50 Freestyle	
	{1 x 50 on 2:20 Stroke Drills	
300	6 x 50 on 1:00 Stroke Drills	
5:30 PM	3,500 Yards - Stress Value = 78	

Workout #11198 - Monday, 23 April 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
500	1 on 25:00 DS/Physio Ball Shldrs/Sptlght	
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC
1,000	10 x 15 on :45 Shooters	SP3
	1x{1 x 150 on 2:45 Kick	EN2
	{2 x 100 on 1:50 Kick	EN2
	{3 x 50 on :55 Kick	EN2
	{1 x 150 on 2:45 Kick	EN2
	{2 x 100 on 1:50 Kick	EN2
	{3 x 50 on :55 Kick	EN2
100	1 x 100 on 3:00 Kick for time	SP2
400	16 x 25 on :45 Alt 2 BR pull 2 Br Build	EN1
400	8 x 50 on 2:00 Breaststroke	SP1
300	6 x 50 on 1:00 Stroke Drills	REC
7:15 PM	2,850 Yards - Stress Value = 72	

Workout #11199 - Monday, 23 April 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
500	1 on 25:00 DS/Physio Ball Shldrs/Sptlght	
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC
950	10 x 15 on :45 Shooters	SP3
	1x{1 x 150 on 3:00 Kick	EN2
	{2 x 100 on 2:00 Kick	EN2
	{3 x 50 on 1:00 Kick	EN2
	{1 x 150 on 3:00 Kick	EN2
	{2 x 100 on 2:00 Kick	EN2
	{2 x 50 on 1:00 Kick	EN2
100	1 x 100 on 3:00 Kick for time	SP2
400	16 x 25 on :45 Alt 2 BR pull 2 Br Build	EN1
400	8 x 50 on 2:00 Breaststroke	SP1
300	6 x 50 on 1:00 Stroke Drills	REC

Workout #11200 - Monday, 23 April 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
500	1 on 25:00 DS/Physio Ball Shldrs/Sptlght	
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC
800	10 x 15 on :45 Shooters	SP3
	1x{1 x 150 on 3:25 Kick	EN2
	{2 x 100 on 2:15 Kick	EN2
	{1 x 50 on 1:10 Kick	EN2
	{1 x 150 on 3:25 Kick	EN2
	{2 x 100 on 2:15 Kick	EN2
	{1 x 50 on 1:10 Kick	EN2
100	1 x 100 on 3:00 Kick for time	SP2
300	12 x 25 on 1:00 Alt 2 BR pull 2 Br Build	EN1
400	8 x 50 on 2:00 Breaststroke	SP1
300	6 x 50 on 1:00 Stroke Drills	REC
7:15 PM	2,500 Yards - Stress Value = 67	

Workout #11201 - Monday, 23 April 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
500	1 on 25:00 DS/Physio Ball Shldrs/Sptlght	
150	1 x 400 on 10:00 Swim-kick-pull-swim	REC
750	10 x 15 on :45 Shooters	SP3
	1x{1 x 150 on 3:40 Kick	EN2
	{2 x 100 on 2:30 Kick	EN2
	{1 x 50 on 1:15 Kick	EN2
	{1 x 150 on 3:40 Kick	EN2
	{2 x 100 on 2:30 Kick	EN2
100	1 x 100 on 3:00 Kick for time	SP2
300	12 x 25 on 1:00 Alt 2 BR pull 2 Br Build	EN1
400	8 x 50 on 2:00 Breaststroke	SP1
300	6 x 50 on 1:00 Stroke Drills	REC
7:15 PM	2,400 Yards - Stress Value = 66	

Workout #11202 - Tuesday, 24 April 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 450 1 x 450 on 6:30 Kick as far as you can in 6:
 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 on back
 900 1x{2 x 100 on 1:30 Pulls BTB
 {2 x 100 on 1:30 Pulls BTS
 {2 x 75 on 1:10 Pulls BTB
 {2 x 75 on 1:10 Pulls BTS
 {2 x 50 on :45 Pulls BTB
 {2 x 50 on :45 Pulls BTS
 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 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 100 on 1:05 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {2 x 75 on :55 Backstroke
 {2 x 75 on :50 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :40 Backstroke
 {3 x 50 on :35 Backstroke
 {3 x 50 on :30 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,920 Yards - Stress Value = 65

Workout #11203 - Tuesday, 24 April 2012

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
 150 10 x 15 on :45 Shooters
 450 1 x 450 on 6:30 Kick as far as you can in 6:
 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 on back
 900 1x{2 x 100 on 1:30 Pulls BTB
 {2 x 100 on 1:30 Pulls BTS
 {2 x 75 on 1:10 Pulls BTB
 {2 x 75 on 1:10 Pulls BTS
 {2 x 50 on :45 Pulls BTB
 {2 x 50 on :45 Pulls 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 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 100 on 1:15 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {2 x 50 on :45 Backstroke
 {2 x 50 on :40 Backstroke
 {1 x 50 on :35 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,720 Yards - Stress Value = 61

Workout #11204 - Tuesday, 24 April 2012

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
 450 1 x 450 on 6:30 Kick as far as you can in 6:
 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 on back
 800 1x{2 x 100 on 1:45 Pulls BTB
 {2 x 100 on 1:45 Pulls BTS
 {2 x 75 on 1:20 Pulls BTB
 {2 x 75 on 1:20 Pulls BTS
 {1 x 50 on :50 Pulls BTB
 {1 x 50 on :50 Pulls BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 100 on 1:45 Backstroke
 {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 4:00 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 2:00 Backstroke Drill
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,370 Yards - Stress Value = 55

Workout #11205 - Tuesday, 24 April 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
500	1 on 25:00 DS/Core		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1 x 450 on 6:30 Kick as far as you can in 6:		
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 on back		
700	1x{1 x 100 on 2:00 Pulls BTB		
	{1 x 100 on 2:00 Pulls BTS		
	{2 x 75 on 1:30 Pulls BTB		
	{2 x 75 on 1:30 Pulls BTS		
	{2 x 50 on 1:00 Pulls BTB		
	{2 x 50 on 1:00 Pulls BTS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,250	1x{1 x 100 on 2:00 Backstroke		
	{1 x 100 on 1:55 Backstroke		
	{1 x 100 on 1:50 Backstroke		
	{1 x 100 on 1:45 Backstroke		
	{1 x 100 on 3:00 Backstroke Drill		
	{2 x 75 on 1:35 Backstroke		
	{2 x 75 on 1:30 Backstroke		
	{2 x 75 on 1:25 Backstroke		
	{2 x 75 on 1:20 Backstroke		
	{1 x 50 on 1:30 Backstroke Drill		
	{1 x 50 on 1:00 Backstroke		
	{1 x 50 on :55 Backstroke		
300	6 x 50 on 1:00 Stroke Drills		
	5:30 PM 3,970 Yards - Stress Value = 53		

Workout #11206 - Tuesday, 24 April 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
	1 on 25:00 DS/Core/Spotlight		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	4 x 25 on 1:00 Fly Drllls	REC	
1,050	1x{2 x 75 on 1:20 Fly 2R-2L-2B	EN2	
	{1 x 100 on 1:30 75 free 25 fly	EN2	
	{2 x 75 on 1:15 Fly 2R-2L-2B	EN2	
	{2 x 100 on 1:25 75 free 25 fly	EN2	
	{2 x 75 on 1:10 Fly 2R-2L-2B	EN2	
	{3 x 100 on 1:20 75 free 25 fly	EN2	
	1 on 10:00 Techniques-Starts		
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:15 PM 3,000 Yards - Stress Value = 45		

Workout #11207 - Tuesday, 24 April 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
	1 on 25:00 DS/Core/Spotlight		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
850	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	4 x 25 on 1:00 Fly Drllls	REC	
850	1x{2 x 75 on 1:30 Fly 2R-2L-2B	EN2	
	{1 x 100 on 1:45 75 free 25 fly	EN2	
	{2 x 75 on 1:25 Fly 2R-2L-2B	EN2	
	{2 x 100 on 1:40 75 free 25 fly	EN2	
	{2 x 75 on 1:20 Fly 2R-2L-2B	EN2	
	{1 x 100 on 1:35 75 free 25 fly	EN2	
	1 on 10:00 Techniques-Starts		
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:15 PM 2,750 Yards - Stress Value = 40		

Workout #11208 - Tuesday, 24 April 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
	1 on 25:00 DS/Core/Spotlight		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 150 on 3:45 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:30 Kick	EN2	
	{2 x 25 on 1:00 Kick no board BS	EN2	
	{2 x 50 on 1:15 Kick	EN2	
100	4 x 25 on 1:00 Fly Drllls	REC	
750	1x{2 x 75 on 1:45 Fly 2R-2L-2B	EN2	
	{1 x 100 on 2:00 75 free 25 fly	EN2	
	{2 x 75 on 1:40 Fly 2R-2L-2B	EN2	
	{1 x 100 on 1:55 75 free 25 fly	EN2	
	{2 x 75 on 1:35 Fly 2R-2L-2B	EN2	
	{1 x 100 on 1:50 75 free 25 fly	EN2	
	1 on 10:00 Techniques-Starts		
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:15 PM 2,450 Yards - Stress Value = 35		

Workout #11209 - Tuesday, 24 April 2012

1 minute rest between sets

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Core/Spotlight		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 150 on 4:10 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:45 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
100	4 x 25 on 1:00 Fly Drills	REC	
650	1x{2 x 75 on 2:00 Fly 2R-2L-2B	EN2	
	{1 x 100 on 2:20 75 free 25 fly	EN2	
	{2 x 75 on 1:55 Fly 2R-2L-2B	EN2	
	{1 x 100 on 2:15 75 free 25 fly	EN2	
	{2 x 75 on 1:50 Fly 2R-2L-2B	EN2	
	1 on 10:00 Techniques-Starts		
300	1 x 300 on 5:00 Stroke Drills	REC	
7:16 PM 2,250 Yards - Stress Value = 32			

Yards	Set Description
3:30 PM	Start
=====	=====
	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 :35 Kick no board BSLR-10KOW
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR-11KOW
	{1 x 150 on 2:45 Kick
	{1 x 150 on 2:35 Kick
	{4 x 25 on :35 Kick no board BSLR-12KOW
	{1 x 75 on 1:15 Kick
	{1 x 75 on 1:20 Kick
	{1 x 75 on 1:25 Kick
	{1 x 75 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR-13KOW
	{1 x 50 on :55 Kick
	{2 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
1,800	1x{3 x 50 on :50 3 strokes off walls
	{2 x 75 on 1:20 Butterfly
	{3 x 50 on :50 3 strokes fly off walls
	{2 x 75 on 1:20 Butterfly
	{2 x 75 on 1:15 Butterfly
	{3 x 50 on :50 3 strokes fly off walls
	{2 x 75 on 1:20 Butterfly
	{2 x 75 on 1:15 Butterfly
	{2 x 75 on 1:10 Butterfly
	{3 x 50 on :50 3 strokes fly off walls
	{1 x 75 on 1:20 Butterfly
	{1 x 75 on 1:15 Butterfly
	{1 x 75 on 1:10 Butterfly
	{1 x 75 on 1:05 Butterfly
300	6 x 50 on 1:00 Stroke Drills
5:30 PM 4,500 Yards - Stress Value = 77	

Workout #11210 - Wednesday, 25 April 2012

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	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
1,700	1x{4 x 25 on :30 Kick no board BSLR-10KOW
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-11KOW
	{1 x 150 on 2:20 Kick
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR-12KOW
	{1 x 75 on 1:05 Kick
	{1 x 75 on 1:10 Kick
	{1 x 75 on 1:15 Kick
	{1 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR-13KOW
	{2 x 50 on :50 Kick
	{2 x 50 on :45 Kick
	{2 x 50 on :40 Kick
	{4 x 25 on :30 Kick no board BSLR-14KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{3 x 50 on :45 3 strokes off walls
	{2 x 75 on 1:10 Butterfly
	{3 x 50 on :45 3 strokes fly off walls
	{2 x 75 on 1:10 Butterfly
	{2 x 75 on 1:05 Butterfly
	{3 x 50 on :45 3 strokes fly off walls
	{2 x 75 on 1:10 Butterfly
	{2 x 75 on 1:05 Butterfly
	{2 x 75 on 1:00 Butterfly
	{3 x 50 on :45 3 strokes fly off walls
	{2 x 75 on 1:10 Butterfly
	{2 x 75 on 1:05 Butterfly
	{2 x 75 on 1:00 Butterfly
	{2 x 75 on :55 Butterfly
300	6 x 50 on 1:00 Stroke Drills
5:30 PM 5,050 Yards - Stress Value = 86	

Workout #11211 - Wednesday, 25 April 2012

Group 3 - Gold

Workout #11212 - Wednesday, 25 April 2012

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 Shooters
 1,250 1x{4 x 25 on :40 Kick no board BSLR-10KOW
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {4 x 25 on :40 Kick no board BSLR-11KOW
 {1 x 150 on 3:15 Kick
 {1 x 150 on 3:05 Kick
 {4 x 25 on :40 Kick no board BSLR-12KOW
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:35 Kick
 {1 x 75 on 1:40 Kick
 {1 x 75 on 1:45 Kick
 {2 x 25 on :40 Kick no board BS-13KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{3 x 50 on :55 3 strokes off walls
 {2 x 75 on 1:30 Butterfly
 {3 x 50 on :55 3 strokes fly off walls
 {2 x 75 on 1:30 Butterfly
 {2 x 75 on 1:25 Butterfly
 {3 x 50 on :55 3 strokes fly off walls
 {2 x 75 on 1:30 Butterfly
 {2 x 75 on 1:25 Butterfly
 {2 x 75 on 1:20 Butterfly
 {2 x 50 on :55 3 strokes fly off walls
 {1 x 75 on 1:25 Butterfly
 {1 x 75 on 1:20 Butterfly
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,050 Yards - Stress Value = 68

Workout #11213 - Wednesday, 25 April 2012

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 Shooters
 1,150 1x{4 x 25 on :45 Kick no board BSLR-10KOW
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR-11KOW
 {1 x 150 on 3:30 Kick
 {1 x 150 on 3:40 Kick
 {4 x 25 on :45 Kick no board BSLR-12KOW
 {1 x 75 on 1:45 Kick
 {1 x 75 on 1:40 Kick
 {2 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
 1,350 1x{3 x 50 on 1:05 3 strokes off walls
 {2 x 75 on 1:45 Butterfly
 {3 x 50 on 1:05 3 strokes fly off walls
 {2 x 75 on 1:45 Butterfly
 {2 x 75 on 1:40 Butterfly
 {3 x 50 on 1:05 3 strokes fly off walls
 {2 x 75 on 1:45 Butterfly
 {2 x 75 on 1:40 Butterfly
 {2 x 75 on 1:35 Butterfly
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 3,650 Yards - Stress Value = 59

Workout #11214 - Wednesday, 25 April 2012

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 200 on 4:00 IM kick w/out board
 {4 x 50 on 1:00 Kick IM-order
 {1 x 200 on 3:50 IM kick w/out board
 {4 x 50 on 1:00 Kick IM order
 {1 x 200 on 3:40 IM Kick w/out board
 {4 x 50 on 1:00 Kick IM order
 200 8 x 25 on :45 Stroke Drill 2 on each stroke
 800 8 x 100 on 1:30 Individual Medley
 250 1 x 250 on 10:00 Killer Relays-
 7:15 PM 3,100 Yards - Stress Value = 46

Workout #11215 - Wednesday, 25 April 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 200 on 4:20 IM kick w/out board
 {4 x 50 on 1:10 Kick IM-order
 {1 x 200 on 4:10 IM kick w/out board
 {4 x 50 on 1:10 Kick IM order
 {1 x 200 on 4:00 IM Kick w/out board
 {2 x 50 on 1:05 Kick your choice
 200 8 x 25 on :45 Stroke Drill 2 on each stroke
 700 7 x 100 on 1:40 Individual Medley
 250 1 x 250 on 10:00 Killer Relays-
 7:15 PM 2,900 Yards - Stress Value = 42

Workout #11216 - Wednesday, 25 April 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 450 1 x 450 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 200 on 4:40 IM kick w/out board
 {4 x 50 on 1:15 Kick IM-order
 {1 x 200 on 4:35 IM kick w/out board
 {4 x 50 on 1:15 Kick IM order
 {1 x 200 on 4:30 IM Kick w/out board
 200 8 x 25 on :45 Stroke Drill 2 on each stroke
 600 6 x 100 on 1:55 Individual Medley
 250 1 x 250 on 10:00 Killer Relays-
 7:15 PM 2,650 Yards - Stress Value = 38

Workout #11217 - Wednesday, 25 April 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Abs/Spotlight
400	1 x 400 on 10:00 Choice
150	10 x 15 on :45 Shooters
900	1x{1 x 200 on 5:00 IM kick w/out board
	{3 x 50 on 1:20 Kick IM-order-no back
	{1 x 200 on 4:50 IM kick w/out board
	{3 x 50 on 1:20 Kick IM order-no back
	{1 x 200 on 4:40 IM Kick w/out board
200	8 x 25 on :45 Stroke Drill 2 on each stroke
600	6 x 100 on 2:05 Individual Medley
250	1 x 250 on 10:00 Killer Relays-
	7:15 PM 2,500 Yards - Stress Value = 36

{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 1:45 Kick
{1 x 100 on 1:55 Kick
{1 x 100 on 1:45 Kick
{1 x 100 on 1:55 Kick
{1 x 100 on 1:45 Kick
{1 x 100 on 1:50 Kick
1,000 1x{1 x 400 on 6:00 Pulls Alt breakouts
{1 x 300 on 4:30 Pulls Alt breakouts
{1 x 200 on 3:00 Pulls Alt breakouts
{1 x 100 on 1:30 Pull Alt breakouts
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 200 on 3:00 Breaststroke
{4 x 50 on 1:00 Breast 3 drill, 1 fast
{2 x 175 on 2:45 Breaststroke
{4 x 50 on 1:00 Breast 3 drill, 1 fast
{3 x 150 on 2:25 Breaststroke
{3 x 50 on 1:00 Breast 2 drll, 1 fast
{3 x 100 on 1:40 Breaststroke
250 1 x 250 on 4:00 Stroke Drills
5:30 PM 5,100 Yards - Stress Value = 73

Workout #11218 - Thursday, 26 April 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1,400	1x{1 x 100 on 1:25 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:30 Kick
1,000	1x{1 x 400 on 6:00 Pulls Alt breakouts
	{1 x 300 on 4:30 Pulls Alt breakouts
	{1 x 200 on 3:00 Pulls Alt breakouts
	{1 x 100 on 1:30 Pull Alt brekouts
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 200 on 2:40 Breaststroke
	{4 x 50 on 1:00 Breast 3 drill, 1 fast
	{2 x 175 on 2:25 Breaststroke
	{4 x 50 on 1:00 Breast 3 drill, 1 fast
	{3 x 150 on 2:10 Breaststroke
	{4 x 50 on 1:00 Breast 3 drill, 1 fast
	{4 x 100 on 1:30 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	5:30 PM 5,450 Yards - Stress Value = 80

Workout #11220 - Thursday, 26 April 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Shoulders
550	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1,100	1x{1 x 100 on 2:00 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
900	1x{1 x 350 on 5:50 Pulls Alt breakouts
	{1 x 300 on 5:00 Pulls Alt breakouts
	{1 x 200 on 3:20 Pulls Alt breakouts
	{1 x 50 on :50 Pull Alt brekouts
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 3:30 Breaststroke
	{4 x 50 on 1:10 Breast 3 drill, 1 fast
	{2 x 175 on 3:10 Breaststroke
	{4 x 50 on 1:10 Breast 3 drill, 1 fast
	{3 x 150 on 2:50 Breaststroke
	{3 x 50 on 1:10 Breast 2 drll, 1 fast
250	1 x 250 on 4:00 Stroke Drills
	5:30 PM 4,550 Yards - Stress Value = 64

Workout #11219 - Thursday, 26 April 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 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 100 on 1:45 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 1:45 Kick

Workout #11221 - Thursday, 26 April 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Shoulders	
500	1 x 500 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
950	1x{1 x 100 on 2:15 Kick	
	{1 x 100 on 2:45 Kick	
	{1 x 100 on 2:15 Kick	
	{1 x 100 on 2:40 Kick	
	{1 x 100 on 2:15 Kick	
	{1 x 100 on 2:35 Kick	
	{1 x 100 on 2:15 Kick	
	{1 x 100 on 2:30 Kick	
	{1 x 100 on 2:15 Kick	
	{1 x 50 on 1:10 Kick	
750	1x{1 x 300 on 5:45 Pulls Alt breakouts	
	{1 x 250 on 4:45 Pulls Alt breakouts	
	{1 x 200 on 3:50 Pull Alt breakouts	
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 200 on 4:00 Breaststroke	
	{3 x 50 on 1:15 Breast 2 drill, 1 fast	
	{2 x 175 on 3:35 Breaststroke	
	{3 x 50 on 1:15 Breast 2 drill, 1 fast	
	{3 x 150 on 3:10 Breaststroke	
	{3 x 50 on 1:15 Breast 2 drill, 1 fast	
250	1 x 250 on 4:00 Stroke Drills	
	5:30 PM 4,100 Yards - Stress Value = 57	

Workout #11222 - Thursday, 26 April 2012

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Shoulders/Spotlight	
400	1 x 400 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
	1 on 2:30 Freestyle Points	
100	4 x 25 on 1:00 Perfect Freestyle	
750	1x{1 x 250 on 8:00 Stroke Drills-1 Arm	
	{1 x 250 on 8:00 Stroke Drills-high elbow	
	{1 x 250 on 8:00 Stroke Drill-6BK	
100	4 x 25 on :45 Perfect Freestyle	
100	1 x 100 on 2:30 Free from a push for time	
250	1 x 250 on 5:00 Stroke Drills	
	7:00 PM 1,850 Yards - Stress Value = 8	

Workout #11223 - Friday, 27 April 2012

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	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	
2,400	1x{2 x 150 on 2:00 IM w/out the fly	
	{6 x 50 on :35 Choice 2 have to be fly	
	{2 x 150 on 2:00 IM w/out the back	
	{6 x 50 on :35 Choice 2 have to be back	
	{2 x 150 on 2:00 IM w/out the breast	
	{6 x 50 on :35 Choice 2 have to be breast	
	{2 x 150 on 2:00 IM w/out the free	
	{6 x 50 on :35 Choice 2 have to be free	
200	1 x 200 on 3:00 EZ-Swim	

200	1 x 200 on 4:00 IM for time from a push	SP2
250	5 x 50 on 1:00 Stroke Drills	REC
	5:00 PM 3,800 Yards - Stress Value = 74	

Workout #11224 - Friday, 27 April 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	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	
1,950	1x{2 x 150 on 2:15 IM w/out the fly	
	{6 x 50 on :45 Choice 2 have to be fly	
	{2 x 150 on 2:15 IM w/out the back	
	{6 x 50 on :45 Choice 2 have to be back	
	{2 x 150 on 2:15 IM w/out the breast	
	{6 x 50 on :45 Choice 2 have to be breast	
	{1 x 150 on 2:15 IM w/out the free	
200	1 x 200 on 3:00 EZ-Swim	
200	1 x 200 on 4:00 IM for time from a push	
250	5 x 50 on 1:00 Stroke Drills	
	5:00 PM 3,350 Yards - Stress Value = 65	

Workout #11225 - Friday, 27 April 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	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	
1,750	1x{2 x 150 on 2:35 IM w/out the fly	
	{4 x 50 on :50 Choice 1 has to be fly	
	{2 x 150 on 2:35 IM w/out the back	
	{4 x 50 on :50 Choice 1 has to be back	
	{2 x 150 on 2:35 IM w/out the breast	
	{4 x 50 on :50 Choice 1 has to be breast	
	{1 x 150 on 2:35 IM w/out the free	
	{2 x 50 on :50 Choice	
200	1 x 200 on 3:00 EZ-Swim	
200	1 x 200 on 4:00 IM for time from a push	
250	5 x 50 on 1:00 Stroke Drills	
	5:00 PM 3,100 Yards - Stress Value = 61	

Workout #11226 - Friday, 27 April 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	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	
1,750	1x{2 x 150 on 2:50 IM w/out the fly	
	{4 x 50 on :55 Choice 1 has to be fly	
	{2 x 150 on 2:50 IM w/out the back	
	{4 x 50 on :55 Choice 1 has to be back	
	{2 x 150 on 2:55 IM w/out the breast	
	{4 x 50 on :55 Choice 1 has to be breast	
	{1 x 150 on 2:35 IM w/out the free	
	{2 x 50 on :50 Choice	
200	1 x 200 on 3:00 EZ-Swim	
200	1 x 200 on 4:00 IM for time from a push	
250	5 x 50 on 1:00 Stroke Drills	
	5:03 PM 3,050 Yards - Stress Value = 61	

Workout #11227 - Friday, 27 April 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
500	1 on 40:00 DS/Dryland/Spotlight		L I	
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,050	1x{1 x 200 on 3:00 Backstroke	EN2	S	
	{6 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 200 on 2:55 Backstroke	EN2	S	
	{6 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 200 on 2:50 Backstroke	EN2	S	
	{6 x 25 on :45 Kick no board B	EN2	K F	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	6:30 PM 2,000 Yards - Stress Value = 27			

Workout #11228 - Friday, 27 April 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
500	1 on 40:00 DS/Dryland/Spotlight		L I	
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,025	1x{1 x 200 on 3:25 Backstroke	EN2	S	
	{6 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 200 on 3:20 Backstroke	EN2	S	
	{6 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 200 on 3:15 Backstroke	EN2	S	
	{5 x 25 on :45 Kick no board B	EN2	K F	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	6:30 PM 1,975 Yards - Stress Value = 26			

Workout #11229 - Friday, 27 April 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
450	1 on 40:00 DS/Dryland/Spotlight		L I	
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
875	1x{1 x 200 on 3:50 Backstroke	EN2	S	
	{4 x 25 on 1:00 Kick no board B	EN2	K F	
	{1 x 200 on 3:45 Backstroke	EN2	S	
	{4 x 25 on 1:00 Kick no board B	EN2	K F	
	{1 x 200 on 3:40 Backstroke	EN2	S	
	{3 x 25 on 1:00 Kick no board B	EN2	K F	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	6:30 PM 1,775 Yards - Stress Value = 24			

Workout #11230 - Friday, 27 April 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
400	1 on 40:00 DS/Dryland/Spotlight		L I	
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
750	1x{1 x 150 on 3:30 Backstroke	EN2	S	
	{4 x 25 on 1:00 Kick no board B	EN2	K F	
	{1 x 150 on 3:25 Backstroke	EN2	S	
	{4 x 25 on 1:00 Kick no board B	EN2	K F	
	{1 x 150 on 3:20 Backstroke	EN2	S	
	{4 x 25 on 1:00 Kick no board B	EN2	K F	

300 6 x 50 on 1:00 Stroke Drills REC D
6:30 PM 1,600 Yards - Stress Value = 21

Workout #11231 - Monday, 30 April 2012

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
600	1 on 30:00 DS/Phsyio Balls		L I	
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
2,000	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 100 on 1:20 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:25 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{3 x 100 on 1:30 Kick			
	{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			
	{5 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			
3,000	1x{1 x 500 on 6:00 Freestyle			
	{5 x 100 on 1:20 Freestyle			
	{1 x 500 on 5:50 Freestyle			
	{5 x 100 on 1:20 Freestyle			
	{1 x 500 on 5:40 Freestyle			
	{5 x 100 on 1:20 Freestyle			
250	1 x 250 on 4:00 Stroke Drills			
	5:45 PM 6,200 Yards - Stress Value = 108			

Workout #11232 - Monday, 30 April 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
600	1 on 30:00 DS/Phsyio Balls		L I	
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 :35 Kick no board BSLR			
	{1 x 100 on 1:35 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{2 x 100 on 1:40 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{3 x 100 on 1:45 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{4 x 100 on 1:50 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{2 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			
2,700	1x{1 x 500 on 6:45 Freestyle			
	{5 x 100 on 1:30 Freestyle			
	{1 x 500 on 6:35 Freestyle			
	{5 x 100 on 1:30 Freestyle			
	{1 x 500 on 6:25 Freestyle			
	{2 x 100 on 1:30 Freestyle			
250	1 x 250 on 4:00 Stroke Drills			
	5:45 PM 5,600 Yards - Stress Value = 96			

Workout #11233 - Monday, 30 April 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS/Phsyio Balls
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 1:55 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{4 x 100 on 2:05 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
2,500	1x{1 x 500 on 7:30 Freestyle
	{5 x 100 on 1:40 Freestyle
	{1 x 500 on 7:20 Freestyle
	{5 x 100 on 1:40 Freestyle
	{1 x 500 on 7:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:46 PM 5,150 Yards - Stress Value = 88

Workout #11234 - Monday, 30 April 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS/Phsyio Balls
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
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 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
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 500 on 8:45 Freestyle
	{5 x 100 on 1:50 Freestyle
	{1 x 500 on 8:35 Freestyle
	{5 x 100 on 1:50 Freestyle
	{2 x 50 on :55 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 4,500 Yards - Stress Value = 76

Workout #11235 - Monday, 30 April 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Phsyio Balls/Spotlight		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{4 x 25 on :45 Kick no board S	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	

{3 x 100 on 1:55 Kick no board S	EN2
{4 x 25 on :45 Kick no board S	EN2
{4 x 100 on 2:00 Kick	EN2
4 x 25 on 1:00 Stroke Drills	REC
8 x 25 on 2:00 Butterfly	SP2
1 x 250 on 5:00 Stroke Drills	REC
7:15 PM 2,600 Yards - Stress Value = 54	

Workout #11236 - Monday, 30 April 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Phsyio Balls/Spotlight		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{4 x 25 on :45 Kick no board S	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{3 x 100 on 2:10 Kick no board S	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{3 x 100 on 2:15 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
200	8 x 25 on 2:00 Butterfly	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:15 PM 2,500 Yards - Stress Value = 52			

Workout #11237 - Monday, 30 April 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Phsyio Balls/Spotlight		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{4 x 25 on :45 Kick no board S	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 100 on 2:25 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{3 x 100 on 2:30 Kick no board S	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 100 on 2:35 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
200	8 x 25 on 2:00 Butterfly	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:15 PM 2,350 Yards - Stress Value = 50			

Workout #11238 - Monday, 30 April 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 25:00 DS/Phsyio Balls/Spotlight		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{4 x 25 on 1:00 Kick no board S	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{4 x 25 on 1:00 Kick no board S	EN2	
	{2 x 100 on 2:45 Kick	EN2	
	{4 x 25 on 1:00 Kick no board S	EN2	
	{3 x 100 on 2:50 Kick no board S	EN2	
	{2 x 25 on 1:00 Kick no board S	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
200	8 x 25 on 2:00 Butterfly	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:14 PM 2,050 Yards - Stress Value = 45		

	{ Vertical Kick (Fr) for 20 kIcks		
	{ 15y flutter Kick BSLR		
1,050	1x{2 x 200 on 3:00 Pulls		
	{2 x 200 on 2:55 Pulls		
	{2 x 125 on 1:50 Pulls		
	Odds breathe toward bleachers		
	evens breathe toward scoreboard		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,925	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 3:00 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 2:55 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 2:50 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		
300	6 x 50 on 1:00 Stroke Drills		
	5:45 PM 5,205 Yards - Stress Value = 75		

Workout #11239 - Tuesday, 01 May 2012

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 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 7:00 Kick as far as you can in 7:
480	1x{16 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
1,200	1x{2 x 200 on 2:45 Pulls
	{2 x 200 on 2:40 Pulls
	{2 x 200 on 2:35 Pulls
	Odds breathe toward bleachers
	evens breathe toward scoreboard
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{3 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
	{3 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
	{3 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
	{3 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
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :45 Back-descend 3/5/7 KOW
	{1 x 200 on 2:15 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 5,555 Yards - Stress Value = 81

Workout #11241 - Tuesday, 01 May 2012

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
500	1 x 500 on 7:00 Kick as far as you can in 7:
480	1x{16 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
900	1x{2 x 200 on 3:20 Pulls
	{2 x 150 on 2:25 Pulls
	{2 x 100 on 1:40 Pulls
	Odds breathe toward bleachers
	evens breathe toward scoreboard
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{3 x 25 on :45 Back -6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:30 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7/ KOW
	{1 x 200 on 3:25 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:20 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:15 Backstroke
	{2 x 25 on :40 Back-6 kick switch
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 4,830 Yards - Stress Value = 70

Workout #11240 - Tuesday, 01 May 2012

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
150	10 x 15 on :45 Shooters
500	1 x 500 on 7:00 Kick as far as you can in 7:
480	1x{16 x 30 on 1:00 15y BSLR underwater

Workout #11242 - Tuesday, 01 May 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Core	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
500	1 x 500 on 7:00 Kick as far as you can in 7:	EN2
480	1x{16 x 30 on 1:00 15y BSLR underwater	EN2
	{ Vertical Kick (Fr) for 20 kIcks	
	{ 15y flutter Kick BSLR	
800	1x{2 x 200 on 3:50 Pulls	EN2
	{ 2 x 100 on 1:50 Pulls	
	{ 2 x 100 on 1:45 Pulls	
	Odds breathe toward bleachers	
	evens breathe toward scoreboard	
200	4x{1 x 25 on :50 Sculling drills	EN2
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,600	1x{3 x 25 on :45 Back -6 kick switch	EN2
	{ 3 x 50 on 1:00 Back-descend 3/5/7 KOW	
	{ 1 x 200 on 4:00 Backstroke	
	{ 3 x 25 on :45 Back-6 kick switch	
	{ 3 x 50 on 1:00 Back-descend 3/5/7/ KOW	
	{ 1 x 200 on 3:55 Backstroke	
	{ 3 x 25 on :45 Back-6 kick switch	
	{ 3 x 50 on 1:00 Back-descend 3/5/7 KOW	
	{ 1 x 200 on 3:50 Backstroke	
	{ 3 x 25 on :45 Back-6 kick switch	
	{ 3 x 50 on 1:00 Back-descend 3/5/7 KOW	
300	6 x 50 on 1:00 Stroke Drills	EN2
	5:45 PM 4,530 Yards - Stress Value = 67	

Workout #11243 - Tuesday, 01 May 2012

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Core/spotlight	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,000	1x{1 x 100 on 2:00 IM kick w/out board	EN2
	{ 4 x 50 on 1:00 Kick IM order-fly fast	
	{ 1 x 100 on 1:55 IM kick w/out board	
	{ 4 x 50 on 1:00 Kick-IM order-back fast	
	{ 1 x 100 on 1:50 IM kick w/out board	
	{ 4 x 50 on 1:00 Kick-IM order-breast fast	
	{ 1 x 100 on 1:45 IM kick w/out board	
100	4 x 25 on :45 Stroke Drill IM order	EN1
1,600	1x{3 x 100 on 1:30 Individual Medley	EN1
	{ 4 x 25 on :30 Butterfly	
	{ 3 x 100 on 1:25 Individual Medley	
	{ 4 x 25 on :30 Backstroke	
	{ 3 x 100 on 1:20 Individual Medley	
	{ 4 x 25 on :30 Breaststroke	
	{ 3 x 100 on 1:15 Individual Medley	
	{ 4 x 25 on :30 Freestyle	
	1 on 10:00 Techniques-Starts	
	7:14 PM 3,350 Yards - Stress Value = 56	

Workout #11244 - Tuesday, 01 May 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Core/spotlight	

500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{1 x 100 on 2:15 IM kick w/out board	EN2
	{ 4 x 50 on 1:05 Kick IM order-fly fast	
	{ 1 x 100 on 2:10 IM kick w/out board	
	{ 4 x 50 on 1:05 Kick-IM order-back fast	
	{ 1 x 100 on 2:05 IM kick w/out board	
	{ 4 x 50 on 1:05 Kick-IM order-breast fast	
100	4 x 25 on :45 Stroke Drill IM order	EN1
1,400	1x{3 x 100 on 1:45 Individual Medley	EN1
	{ 4 x 25 on :30 Butterfly	
	{ 3 x 100 on 1:40 Individual Medley	
	{ 4 x 25 on :30 Backstroke	
	{ 3 x 100 on 1:35 Individual Medley	
	{ 4 x 25 on :30 Breaststroke	
	{ 1 x 100 on 1:30 Individual Medley	
	{ 4 x 25 on :30 Freestyle	
	1 on 10:00 Techniques-Starts	
	7:14 PM 3,050 Yards - Stress Value = 50	

Workout #11245 - Tuesday, 01 May 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Core/spotlight	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{1 x 100 on 2:30 IM kick w/out board	EN2
	{ 4 x 50 on 1:10 Kick IM order-fly fast	
	{ 1 x 100 on 2:30 IM kick w/out board	
	{ 4 x 50 on 1:10 Kick-IM order-back fast	
	{ 1 x 100 on 2:30 IM kick w/out board	
	{ 2 x 50 on 1:10 Kick-breast fast	
	{ 4 x 25 on :45 Stroke Drill IM order	
100	4 x 25 on :45 Stroke Drill IM order	EN1
1,200	1x{3 x 100 on 2:00 Individual Medley	EN1
	{ 4 x 25 on :40 Butterfly	
	{ 3 x 100 on 1:55 Individual Medley	
	{ 4 x 25 on :40 Backstroke	
	{ 3 x 100 on 1:50 Individual Medley	
	{ 4 x 25 on :40 Breaststroke	
	1 on 10:00 Techniques-Starts	
	7:15 PM 2,700 Yards - Stress Value = 44	

Workout #11246 - Tuesday, 01 May 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Core/spotlight	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{1 x 100 on 2:45 IM kick w/out board	EN2
	{ 4 x 50 on 1:15 Kick IM order-fly fast	
	{ 1 x 100 on 2:40 IM kick w/out board	
	{ 4 x 50 on 1:15 Kick-IM order-back fast	
	{ 1 x 100 on 2:35 IM kick w/out board	
	{ 1 x 50 on 1:15 Kick-breast fast	
100	4 x 25 on :45 Stroke Drill IM order	EN1
1,050	1x{3 x 100 on 2:15 Individual Medley	EN1
	{ 4 x 25 on :40 Butterfly	
	{ 3 x 100 on 2:10 Individual Medley	
	{ 4 x 25 on :40 Backstroke	
	{ 2 x 100 on 2:05 Individual Medley	
	{ 2 x 25 on :40 Breaststroke	
	1 on 10:00 Techniques-Starts	
	7:14 PM 2,450 Yards - Stress Value = 40	

Workout #11247 - Wednesday, 02 May 2012

Group 3 - Fly

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
 1,800 1x{8 x 25 on :30 Kick no board BSLR 12 KOW
 {1 x 200 on 3:15 Kick
 {8 x 25 on :30 Kick no board BSLR 13 KOW
 {2 x 150 on 2:20 Kick
 {8 x 25 on :30 Kick no board BSLR 14 KOW
 {3 x 100 on 1:35 Kick
 {8 x 25 on :30 Kick no board BSLR 15 KOW
 {4 x 50 on :45 Kick
 1,500 1 x 1500 on 20:00 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
 1,650 1x{1 x 100 on 1:30 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :25 Fly lupldown +1
 {1 x 50 on :45 Freestyle
 {1 x 150 on 2:15 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :25 Fly lupldown +1
 {1 x 50 on :45 Freestyle
 {1 x 200 on 3:00 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :25 Fly lupldown+1
 {1 x 50 on :45 Freestyle
 {1 x 150 on 2:15 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :25 Fly lupldown+1
 {1 x 50 on :45 Freestyle
 {1 x 100 on 1:30 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :25 Fly lupldown+1
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 6,100 Yards - Stress Value = 83

Workout #11248 - Wednesday, 02 May 2012

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
 1,550 1x{8 x 25 on :35 Kick no board BSLR 12 KOW
 {1 x 200 on 3:35 Kick
 {8 x 25 on :35 Kick no board BSLR 13 KOW
 {2 x 150 on 2:40 Kick
 {8 x 25 on :35 Kick no board BSLR 14 KOW
 {3 x 100 on 1:50 Kick
 {6 x 25 on :35 Kick no board BSLR 15 KOW
 1,350 1 x 1350 on 20:00 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
 1,400 1x{1 x 100 on 1:40 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 25 on :30 Fly lupldown +1
 {1 x 50 on :50 Freestyle
 {1 x 150 on 2:30 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 25 on :30 Fly lupldown +1
 {1 x 50 on :50 Freestyle
 {1 x 200 on 3:30 Butterfly

{1 x 50 on :50 Freestyle
 {4 x 25 on :30 Fly lupldown+1
 {1 x 50 on :50 Freestyle
 {1 x 150 on 2:30 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 25 on :30 Fly lupldown+1
 {1 x 50 on :50 Freestyle
 1 x 200 on 3:00 Stroke Drills
 5:45 PM 5,450 Yards - Stress Value = 73

Workout #11249 - Wednesday, 02 May 2012

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 Shooters
 1,400 1x{8 x 25 on :40 Kick no board BSLR 12 KOW
 {1 x 200 on 4:00 Kick
 {8 x 25 on :40 Kick no board BSLR 13 KOW
 {2 x 150 on 3:00 Kick
 {8 x 25 on :40 Kick no board BSLR 14 KOW
 {3 x 100 on 2:00 Kick
 1,200 1 x 1200 on 20:00 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
 1,300 1x{1 x 100 on 1:50 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 25 on :35 Fly lupldown +1
 {1 x 50 on :55 Freestyle
 {1 x 150 on 2:50 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 25 on :35 Fly lupldown +1
 {1 x 50 on :55 Freestyle
 {1 x 200 on 3:50 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 25 on :35 Fly lupldown+1
 {1 x 50 on :55 Freestyle
 {1 x 150 on 2:50 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 25 on :35 Fly lupldown+1
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 5,000 Yards - Stress Value = 67

Workout #11250 - Wednesday, 02 May 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	SE
700	1 x 700 on 11:15 Lungbuster pulls	EN1		P
100	4 x 25 on :45 Freestyle Drills	REC		D
1,600	1x{3 x 200 on 3:00 Freestyle	EN2		S
150	10 x 15 on :45 Shooters	EN2		S
1,200	1x{8 x 25 on :45 Kick no board BSLR 12 KOW	EN2		S
	{1 x 200 on 4:30 Kick	EN2		K
	{8 x 25 on :45 Kick no board BSLR 13 KOW	EN2		S
	{2 x 150 on 3:20 Kick	EN2		S
	{8 x 25 on :45 Kick no board BSLR 14 KOW	EN2		S
	{1 x 100 on 2:15 Kick	EN2		K
1,100	1 x 1100 on 20:00 Lungbuster pulls	EN1		P
	Breathe 3-5-7 continuous			
200	4x{1 x 25 on :50 Sculling drills	REC		D
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	REC		D
1,150	1x{1 x 100 on 2:00 Butterfly	EN2		S
	{1 x 50 on 1:00 Freestyle	EN2		S
	{4 x 25 on :40 Fly lupdown +1	EN2		S
	{1 x 50 on 1:00 Freestyle	EN2		S
	{1 x 150 on 3:10 Butterfly	EN2		S
	{1 x 50 on 1:00 Freestyle	EN2		S
	{4 x 25 on :40 Fly lupdown +1	EN2		S
	{1 x 50 on 1:00 Freestyle	EN2		S
	{1 x 200 on 4:30 Butterfly	EN2		S
	{1 x 50 on 1:00 Freestyle	EN2		S
	{4 x 25 on :40 Fly lupdown+1	EN2		S
	{1 x 50 on 1:00 Freestyle	EN2		S
	{1 x 100 on 2:00 Butterfly	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D

5:46 PM 4,500 Yards - Stress Value = 60

Workout #11251 - Wednesday, 02 May 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	SE
500	1 x 500 on 10:00 Choice	REC		S C
150	10 x 15 on :45 Shooters	SP3		S
1,000	1x{2 x 100 on 2:00 Kick	EN2		K
	{2 x 100 on 1:55 Kick	EN2		K
	{2 x 100 on 1:50 Kick	EN2		K
	{2 x 100 on 1:45 Kick	EN2		K
	{2 x 100 on 1:40 Kick	EN2		K C
	L.25 of each 100-best effort			
750	1 x 750 on 11:15 Lungbuster pulls	EN1		P
	breathe 3-5-7 continuous			
100	4 x 25 on :45 Freestyle Drills	REC		D
1,800	1x{3 x 200 on 2:40 Freestyle	EN2		S
	{3 x 200 on 2:35 Freestyle	EN2		S
	{3 x 200 on 2:30 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Game			

7:30 PM 4,500 Yards - Stress Value = 70

Workout #11252 - Wednesday, 02 May 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	SE
500	1 x 500 on 10:00 Choice	REC		S C
150	10 x 15 on :45 Shooters	SP3		S
900	1x{2 x 100 on 2:10 Kick	EN2		K

{2 x 100 on 2:05 Kick	EN2	K C
{2 x 100 on 2:00 Kick	EN2	K
{2 x 100 on 1:55 Kick	EN2	K
{1 x 100 on 1:50 Kick	EN2	K
L.25 of each 100-best effort		
700 1 x 700 on 11:15 Lungbuster pulls	EN1	P
breathe 3-5-7 continuous		
100 4 x 25 on :45 Freestyle Drills	REC	D
1,600 1x{3 x 200 on 3:00 Freestyle	EN2	S
{3 x 200 on 2:55 Freestyle	EN2	S
{2 x 200 on 2:50 Freestyle	EN2	S
200 1 x 200 on 3:00 Stroke Drills	REC	D
1 on 10:00 Game		
7:30 PM 4,150 Yards - Stress Value = 63		

Workout #11253 - Wednesday, 02 May 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	SE
500	1 x 500 on 10:00 Choice	REC		S C
150	10 x 15 on :45 Shooters	SP3		S
850	1x{2 x 100 on 2:20 Kick	EN2		K
	{2 x 100 on 2:15 Kick	EN2		K
	{2 x 100 on 2:10 Kick	EN2		K
	{2 x 100 on 2:05 Kick	EN2		K C
	{1 x 50 on 1:00 Kick	EN2		K
	L.25 of each 100-best effort			
600	1 x 600 on 11:15 Lungbuster pulls	EN1		P
	breathe 3-5-7 continuous			
100	4 x 25 on :45 Freestyle Drills	REC		D
1,400	1x{3 x 200 on 3:30 Freestyle	EN2		S
	{2 x 200 on 3:25 Freestyle	EN2		S
	{2 x 200 on 3:20 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Game			
7:30 PM 3,750 Yards - Stress Value = 57				

Workout #11254 - Wednesday, 02 May 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	SE
400	1 x 400 on 10:00 Choice	REC		S C
150	10 x 15 on :45 Shooters	SP3		S
700	1x{1 x 100 on 2:50 Kick	EN2		K
	{1 x 100 on 2:45 Kick	EN2		K
	{1 x 100 on 2:40 Kick	EN2		K
	{2 x 100 on 2:35 Kick	EN2		K C
	{2 x 100 on 2:30 Kick	EN2		K
	L.25 of each 100-best effort			
500	1 x 500 on 11:15 Lungbuster pulls	EN1		P
	breathe 3-5-7 continuous			
100	4 x 25 on :45 Freestyle Drills	REC		D
1,100	1x{2 x 200 on 4:20 Freestyle	EN2		S
	{2 x 200 on 4:15 Freestyle	EN2		S
	{1 x 200 on 4:10 Freestyle	EN2		S
	{1 x 100 on 2:00 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Game			
7:30 PM 3,150 Yards - Stress Value = 47				

Workout #11255 - Thursday, 03 May 2012

Group 3 - IM'ers

1 minute rest between sets

Yards	3:30 PM Start	Set Description	EGY	WC
=====	=====	=====	====	==
		1 on 25:00 DS/Shoulders		
600		1 x 600 on 10:00 Underwater trn drill	REC	
		Odd 100's free even 100's back		
150		10 x 15 on :45 Shooters	SP3	800
2,800	1x	{6 x 25 on :20 Freestyle	EN1	200
		{1 x 100 on 1:20 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens fly	EN1	
		{1 x 200 on 2:35 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens back	EN1	
		{1 x 300 on 3:50 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens brst	EN1	
		{1 x 400 on 5:00 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens fly	EN2	
		{1 x 300 on 3:40 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens back	EN2	
		{1 x 200 on 2:25 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens brst	EN2	
		{1 x 100 on 1:10 Individual Medley	EN2	
		{6 x 25 on :20 Freestyle	EN1	
1,950	1x	{1 x 200 on 3:10 Kick #1	EN2	
		{3 x 50 on :55 Kick-weakest kick	EN2	
		{1 x 175 on 2:45 Kick your #1	EN2	
		{3 x 50 on :55 Kick-#2 kick	EN2	
		{1 x 150 on 2:20 Kick your #1	EN2	
		{3 x 50 on :55 Kick-weakest kick	EN2	
		{1 x 125 on 1:55 Kick your #1	EN2	
		{3 x 50 on :55 Kick #2 kick	EN2	
		{1 x 100 on 1:30 Kick your #1	EN2	
		{3 x 50 on :55 Kick-weakest kick	EN2	
		{1 x 75 on 1:05 Kick your #1	EN2	
		{3 x 50 on :55 Kick #2 kick	EN2	
		{1 x 50 on :40 Kick your #1	EN2	
		{3 x 50 on :55 Kick-weakest kick	EN2	
		{1 x 25 on :20 Kick-your #1	EN2	
1,000		5 x 200 on 2:30 Pulls-Alt breakouts	EN2	
200		1 x 200 on 3:00 Stroke Drills	REC	
		5:46 PM 6,700 Yards - Stress Value = 116		

Workout #11256 - Thursday, 03 May 2012

Group 3 - Gold

1 minute rest between sets

Yards	3:30 PM Start	Set Description	EGY	WC
=====	=====	=====	====	==
		1 on 25:00 DS/Shoulders		
600		1 x 600 on 10:00 Underwater trn drill	REC	
		Odd 100's free even 100's back		
150		10 x 15 on :45 Shooters	SP3	
2,550	1x	{6 x 25 on :25 Freestyle	EN1	
		{1 x 100 on 1:30 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens fly	EN1	
		{1 x 200 on 2:55 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens back	EN1	
		{1 x 300 on 4:20 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens brst	EN1	
		{1 x 400 on 5:45 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens fly	EN2	
		{1 x 300 on 4:10 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens back	EN2	
		{1 x 200 on 2:40 Individual Medley	EN2	
		{6 x 25 on :25 odds free evens brst	EN2	
1,750	1x	{1 x 200 on 3:40 Kick #1	EN2	
		{2 x 50 on 1:00 Kick-weakest kick	EN2	
		{1 x 175 on 3:10 Kick your #1	EN2	
		{2 x 50 on 1:00 Kick-#2 kick	EN2	
		{1 x 150 on 2:40 Kick your #1	EN2	

{2 x 50 on 1:00 Kick-weakest kick	EN2
{1 x 125 on 2:10 Kick your #1	EN2
{2 x 50 on 1:00 Kick #2 kick	EN2
{1 x 100 on 1:45 Kick your #1	EN2
{3 x 50 on 1:00 Kick-weakest kick	EN2
{1 x 75 on 1:15 Kick your #1	EN2
{3 x 50 on 1:00 Kick #2 kick	EN2
{1 x 50 on :50 Kick your #1	EN2
{3 x 50 on 1:00 Kick-weakest kick	EN2
{1 x 25 on :25 Kick-your #1	EN2
4 x 200 on 2:50 Pulls-Alt breakouts	EN2
1 x 200 on 3:00 Stroke Drills	REC
5:45 PM 6,050 Yards - Stress Value = 104	

Workout #11257 - Thursday, 03 May 2012

Group 3 - Silver

1 minute rest between sets

Yards	3:30 PM Start	Set Description	EGY	WC
=====	=====	=====	====	==
		1 on 25:00 DS/Shoulders		
550		1 x 550 on 10:00 Underwater trn drill	REC	
		Odd 100's free even 100's back		
150		10 x 15 on :45 Shooters	SP3	
2,150	1x	{6 x 25 on :30 Freestyle	EN1	
		{1 x 100 on 1:40 Individual Medley	EN2	
		{6 x 25 on :30 odds free evens fly	EN1	
		{1 x 200 on 3:20 Individual Medley	EN2	
		{6 x 25 on :30 odds free evens back	EN1	
		{1 x 300 on 5:00 Individual Medley	EN2	
		{6 x 25 on :30 odds free evens brst	EN1	
		{1 x 400 on 6:40 Individual Medley	EN2	
		{6 x 25 on :30 odds free evens fly	EN2	
		{1 x 300 on 5:00 Individual Medley	EN2	
		{4 x 25 on :30 odds free evens back	EN2	
1,500	1x	{1 x 200 on 4:10 Kick #1	EN2	
		{2 x 50 on 1:10 Kick-weakest kick	EN2	
		{1 x 175 on 3:35 Kick your #1	EN2	
		{2 x 50 on 1:10 Kick-#2 kick	EN2	
		{1 x 150 on 3:00 Kick your #1	EN2	
		{2 x 50 on 1:10 Kick-weakest kick	EN2	
		{1 x 125 on 2:25 Kick your #1	EN2	
		{2 x 50 on 1:10 Kick #2 kick	EN2	
		{1 x 100 on 1:55 Kick your #1	EN2	
		{2 x 50 on 1:10 Kick-weakest kick	EN2	
		{1 x 75 on 1:25 Kick your #1	EN2	
		{1 x 50 on 1:10 Kick #2 kick	EN2	
		{1 x 50 on :55 Kick your #1	EN2	
		{1 x 50 on 1:10 Kick-weakest kick	EN2	
		{1 x 25 on :40 Kick-your #1	EN2	
800		4 x 200 on 3:15 Pulls-Alt breakouts	EN2	
200		1 x 200 on 3:00 Stroke Drills	REC	
		5:46 PM 5,350 Yards - Stress Value = 91		

Workout #11258 - Thursday, 03 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM Start			
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,850	1x{6 x 25 on :30 Freestyle	EN1	
	{1 x 100 on 2:00 Individual Medley	EN2	
	{6 x 25 on :35 odds free evens fly	EN1	
	{1 x 200 on 4:00 Individual Medley	EN2	
	{6 x 25 on :35 odds free evens back	EN1	
	{1 x 300 on 6:00 Individual Medley	EN2	
	{6 x 25 on :35 odds free evens brst	EN1	
	{1 x 400 on 8:00 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens fly	EN2	
1,375	1x{1 x 100 on 2:00 Individual Medley	EN2	
	{1 x 200 on 4:30 Kick #1	EN2	
	{2 x 50 on 1:20 Kick-weakest kick	EN2	
	{1 x 175 on 3:55 Kick your #1	EN2	
	{2 x 50 on 1:20 Kick-#2 kick	EN2	
	{1 x 150 on 3:20 Kick your #1	EN2	
	{2 x 50 on 1:20 Kick-weakest kick	EN2	
	{1 x 125 on 2:50 Kick your #1	EN2	
	{2 x 50 on 1:20 Kick #2 kick	EN2	
	{1 x 100 on 2:15 Kick your #1	EN2	
	{2 x 50 on 1:20 Kick-weakest kick	EN2	
	{1 x 75 on 1:40 Kick your #1	EN2	
	{1 x 50 on 1:10 Kick #2 kick	EN2	
600	4 x 150 on 2:50 Pulls-Alt breakouts	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	5:45 PM 4,675 Yards - Stress Value = 79		

Workout #11259 - Thursday, 03 May 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free evens back		
150	10 x 15 on :45 Shooters	SP3	
	1 on 2:30 Backstroke Technique Talk		
100	4 x 25 on 1:00 Perfect Backstroke		
750	1x{1 x 250 on 8:00 Back Drill	REC	
	{1 x 250 on 8:00 Backstroke Drill	REC	
	{1 x 250 on 8:00 Backstroke Drill	REC	
100	4 x 25 on 1:00 Perfect Backstroke	EN1	
200	1 x 200 on 4:00 Backstroke Best Effort	EN2	
	1 on 10:00 Techniques-Back Starts		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 2,000 Yards - Stress Value = 11		

Workout #11260 - Friday, 04 May 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORLD
3:30 PM Start			
=====	=====	=====	=====
	1 on 25:00 DS/Teds Abs		I
600	1 x 600 on 10:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters	SP3	§
1,600	1x{1 x 100 on 1:35 Breaststroke	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{2 x 100 on 1:30 Breaststroke	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§

	{3 x 100 on 1:25 Breaststroke	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{4 x 100 on 1:20 Breaststroke	EN2	§
250	1 x 250 on 4:00 Stroke Drills	REC	I
	4:59 PM 2,600 Yards - Stress Value = 38		

Workout #11261 - Friday, 04 May 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORLD
3:30 PM Start			
=====	=====	=====	=====
	1 on 25:00 DS/Teds Abs		I
600	1 x 600 on 10:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters	SP3	§
1,600	1x{1 x 100 on 1:35 Breaststroke	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{2 x 100 on 1:30 75 Breast 25 Free	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{3 x 100 on 1:25 75 Breast 25 Free	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{4 x 100 on 1:40 Breaststroke	EN2	§
250	1 x 250 on 4:00 Stroke Drills	REC	I
	5:00 PM 2,600 Yards - Stress Value = 38		

Workout #11262 - Friday, 04 May 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORLD
3:30 PM Start			
=====	=====	=====	=====
	1 on 25:00 DS/Teds Abs		I
550	1 x 550 on 10:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters	SP3	§
1,600	1x{1 x 100 on 1:35 75 Breast 25 Free	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{2 x 100 on 1:30 50 Breast 50 Free	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{3 x 100 on 1:25 50 Breast 50 Free	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{4 x 100 on 1:45 Breaststroke	EN2	§
250	1 x 250 on 4:00 Stroke Drills	REC	I
	5:00 PM 2,550 Yards - Stress Value = 38		

Workout #11263 - Friday, 04 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORLD
3:30 PM Start			
=====	=====	=====	=====
	1 on 25:00 DS/Teds Abs		I
500	1 x 500 on 10:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters	SP3	§
1,450	1x{1 x 75 on 1:35 Breaststroke	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{2 x 75 on 1:30 Breaststroke	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{3 x 75 on 1:25 Breaststroke	EN2	§
	{8 x 25 on 1:00 From dive/10 pushups	EN2	§
	{4 x 100 on 1:50 Breaststroke	EN2	§
250	1 x 250 on 4:00 Stroke Drills	REC	I
	5:01 PM 2,350 Yards - Stress Value = 35		

Workout #11264 - Friday, 04 May 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 45:00 DS/Dryland/Spotlight	
400	1 x 400 on 8:00 Reverse IM drill	RF
150	10 x 15 on :45 Shooters	SF
800	1x{1 x 50 on 1:00 Breaststroke-100%	EM
	{4 x 25 on 1:00 Breast from dive 5pushups	EM
	{2 x 50 on 1:00 Breaststroke-100%	EM
	{4 x 25 on 1:00 Breast from dive 5pushups	EM
	{3 x 50 on 1:00 Breaststroke-100%	EM
	{4 x 25 on 1:00 Breast from dive-5 pushups	EM
	{4 x 50 on 1:00 Breaststroke-100%	EM
250	1 x 250 on 4:00 Stroke Drills	RF
6:30 PM	1,600 Yards - Stress Value = 22	

Workout #11265 - Monday, 07 May 2012

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,750	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:00 Kick L,25 100%
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:00 Kick L.50 100%
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:00 Kick L.75 100%
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:00 Kick L.100-100%
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:00 Kick-100%
1,500	1x{1 x 250 on 3:00 Pulls-no br L.12 yds
	{2 x 200 on 2:30 Pulls-no br L.12 yds
	{3 x 150 on 1:55 Pulls-no br L.12 yds
	{4 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
2,700	18 x 150 on 1:45 Pulls-descend in 3's
500	10 x 50 on 1:00 Stroke Drills
5:57 PM	7,400 Yards - Stress Value = 118

Workout #11266 - Monday, 07 May 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Physio Balls
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 :35 Kick no board BSLR
	{2 x 125 on 2:20 Kick L,25 100%
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:20 Kick L.50 100%
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:20 Kick L.75 100%
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:20 Kick L.100-100%
	{2 x 25 on :35 Kick no board BSLR
1,400	1x{1 x 250 on 3:20 Pulls-no br L.12 yds
	{2 x 200 on 2:45 Pulls-no br L.12 yds
	{3 x 150 on 2:05 Pulls-no br L.12 yds
	{3 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
2,400	16 x 150 on 2:15 Pulls-descend in 3's
500	10 x 50 on 1:00 Stroke Drills
6:01 PM	6,700 Yards - Stress Value = 105

Workout #11267 - Monday, 07 May 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Physio Balls
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:40 Kick L,25 100%
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:40 Kick L.50 100%
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:40 Kick L.75 100%
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:35 Kick all-100%
1,200	1x{1 x 250 on 3:55 Pulls-no br L.12 yds
	{2 x 200 on 3:15 Pulls-no br L.12 yds
	{3 x 150 on 2:30 Pulls-no br L.12 yds
	{1 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
2,100	14 x 150 on 2:30 Pulls-descend in 3's
500	10 x 50 on 1:00 Stroke Drills
6:00 PM	6,000 Yards - Stress Value = 94

Workout #11268 - Monday, 07 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Physio Balls
500	1 x 500 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 100 on 2:20 Kick L,25 100%
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:20 Kick L.50 100%
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:20 Kick L.75 100%
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:45 Kick all-100%
1,050	1x{1 x 250 on 4:30 Pulls-no br L.12 yds
	{2 x 200 on 3:40 Pulls-no br L.12 yds
	{2 x 150 on 2:50 Pulls-no br L.12 yds
	{1 x 100 on 1:55 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
1,950	13 x 150 on 2:45 Pulls-descend in 3's
500	10 x 50 on 1:00 Stroke Drills
6:01 PM	5,500 Yards - Stress Value = 87

Workout #11269 - Monday, 07 May 2012

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Physio Ball/Spotlight	
500	1 x 500 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,200	1x{2 x 100 on 2:00 IM kick w/out board	EM
	{4 x 25 on :40 Sprint Fly Kick	EM
	{2 x 100 on 2:00 IM kick w/out board	EM
	{4 x 25 on :40 Sprint Back Kick-no board	EM
	{2 x 100 on 2:00 IM Kick w/out a board	EM
	{4 x 25 on :40 Sprint Breast Kick	EM
	{2 x 100 on 2:00 IM kick w/out board	EM
	{4 x 25 on :40 Sprin Freet Kick	EM
100	1 x 100 on 3:00 IM kick for time no board	SF
600	1x{2 x 100 on 1:35 Pulls-no br L.12 yds	EM
	{2 x 100 on 1:30 Pulls-no br L.12 yds	EM
	{2 x 100 on 1:25 Pulls-no br L.12 yds	EM
200	8 x 25 on :45 Drill 2 on each stroke	RF
400	4 x 100 on 4:00 Individual Medley	SF
250	1 x 250 on 4:00 Stroke Drills	RF
	7:30 PM 3,400 Yards - Stress Value = 88	

Workout #11270 - Monday, 07 May 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Physio Ball/Spotlight	
500	1 x 500 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,150	1x{2 x 100 on 2:10 IM kick w/out board	EM
	{4 x 25 on :40 Sprint Fly Kick	EM
	{2 x 100 on 2:10 IM kick w/out board	EM
	{4 x 25 on :40 Sprint Back Kick-no board	EM
	{2 x 100 on 2:10 IM Kick w/out a board	EM
	{4 x 25 on :40 Sprint Breast Kick	EM
	{2 x 100 on 2:10 IM kick w/out board	EM
	{2 x 25 on :40 Sprin Freet Kick	EM
100	1 x 100 on 3:00 IM kick for time no board	SF
500	1x{2 x 100 on 1:45 Pulls-no br L.12 yds	EM
	{2 x 100 on 1:40 Pulls-no br L.12 yds	EM
	{1 x 100 on 1:35 Pulls-no br L.12 yds	EM
200	8 x 25 on :45 Drill 2 on each stroke	RF
400	4 x 100 on 4:00 Individual Medley	SF
250	1 x 250 on 4:00 Stroke Drills	RF
	7:30 PM 3,250 Yards - Stress Value = 86	

Workout #11271 - Monday, 07 May 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Physio Ball/Spotlight	
450	1 x 450 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,000	1x{2 x 100 on 2:30 IM kick w/out board	EM
	{4 x 25 on :45 Sprint Fly Kick	EM
	{2 x 100 on 2:30 IM kick w/out board	EM
	{4 x 25 on :45 Sprint Back Kick-no board	EM
	{1 x 100 on 2:30 IM Kick w/out a board	EM
	{4 x 25 on :45 Sprint Breast Kick	EM
	{1 x 100 on 2:30 IM kick w/out board	EM
	{4 x 25 on :45 Sprin Freet Kick	EM
100	1 x 100 on 3:00 IM kick for time no board	SF

450	1x{2 x 100 on 1:55 Pulls-no br L.12 yds	EM
	{2 x 100 on 1:50 Pulls-no br L.12 yds	EM
	{1 x 50 on :55 Pulls-no br L.12 yds	EM
200	8 x 25 on :45 Drill 2 on each stroke	RF
400	4 x 100 on 4:00 Individual Medley	SF
250	1 x 250 on 4:00 Stroke Drills	RF
	7:30 PM 3,000 Yards - Stress Value = 82	

Workout #11272 - Monday, 07 May 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Physio Ball/Spotlight	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
900	1x{2 x 100 on 2:45 IM kick w/out board	EM
	{4 x 25 on :45 Sprint Fly Kick	EM
	{1 x 100 on 2:45 IM kick w/out board	EM
	{4 x 25 on :45 Sprint Back Kick-no board	EM
	{1 x 100 on 2:45 IM Kick w/out a board	EM
	{4 x 25 on :45 Sprint Breast Kick	EM
	{1 x 100 on 2:45 IM kick w/out board	EM
	{4 x 25 on :45 Sprin Freet Kick	EM
100	1 x 100 on 3:00 IM kick for time no board	SF
400	1x{2 x 100 on 2:05 Pulls-no br L.12 yds	EM
	{1 x 100 on 2:00 Pulls-no br L.12 yds	EM
	{1 x 100 on 1:55 Pulls-no br L.12 yds	EM
200	8 x 25 on :45 Drill 2 on each stroke	RF
400	4 x 100 on 4:00 Individual Medley	SF
250	1 x 250 on 4:00 Stroke Drills	RF
	7:29 PM 2,800 Yards - Stress Value = 79	

Workout #11273 - Tuesday, 08 May 2012

Group 3 - Breast

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
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 7:30 Kick as far as you can in 7:
 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
 800 1x{4 x 50 on 1:00 Breast Pull
 {1 x 100 on 1:20 Pulls
 {3 x 50 on :55 Breast Pulls
 {1 x 100 on 1:20 Pulls
 {2 x 50 on :50 Breast Pulls
 {1 x 100 on 1:20 Pulls
 {1 x 50 on :45 Breast Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{4 x 25 on :25 Breast-descend
 {1 x 200 on 3:00 Breaststroke
 {4 x 50 on :50 Breast-descend
 {1 x 200 on 2:55 Breaststroke
 {4 x 75 on 1:15 Breast-descend
 {1 x 200 on 2:50 Breaststroke
 {4 x 100 on 1:40 Breast-descend
 {1 x 200 on 2:45 Breaststroke
 {4 x 75 on 1:15 Breast-descend
 {1 x 200 on 2:40 Breaststroke
 {4 x 50 on :50 Breast-descend
 {1 x 200 on 2:35 Breaststroke
 {4 x 25 on :25 Breast-descend
 400 8 x 50 on 1:00 Stroke Drills
 6:01 PM 6,340 Yards - Stress Value = 101

Workout #11274 - Tuesday, 08 May 2012

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
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 7:30 Kick as far as you can in 7:
 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
 750 1x{4 x 50 on 1:05 Breast Pull
 {1 x 100 on 1:30 Pulls
 {3 x 50 on 1:00 Breast Pulls
 {1 x 100 on 1:30 Pulls
 {2 x 50 on :55 Breast Pulls
 {1 x 100 on 1:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{4 x 25 on :30 Breast-descend
 {1 x 200 on 3:30 Breaststroke
 {4 x 50 on :55 Breast-descend

{1 x 200 on 3:25 Breaststroke
 {4 x 75 on 1:25 Breast-descend
 {1 x 200 on 3:20 Breaststroke
 {4 x 100 on 1:55 Breast-descend
 {1 x 200 on 3:15 Breaststroke
 {4 x 75 on 1:25 Breast-descend
 {1 x 200 on 3:10 Breaststroke
 {2 x 50 on :55 Breast-descend
 8 x 50 on 1:00 Stroke Drills
 6:01 PM 5,890 Yards - Stress Value = 92

Workout #11275 - Tuesday, 08 May 2012

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
 550 1 x 550 on 7:30 Kick as far as you can in 7:
 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
 700 1x{3 x 50 on 1:10 Breast Pull
 {1 x 100 on 1:40 Pulls
 {3 x 50 on 1:05 Breast Pulls
 {1 x 100 on 1:40 Pulls
 {2 x 50 on 1:00 Breast Pulls
 {1 x 100 on 1:40 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 1x{4 x 25 on :30 Breast-descend
 {1 x 200 on 3:50 Breaststroke
 {4 x 50 on 1:00 Breast-descend
 {1 x 200 on 3:45 Breaststroke
 {4 x 75 on 1:30 Breast-descend
 {1 x 200 on 3:40 Breaststroke
 {4 x 100 on 2:00 Breast-descend
 {1 x 200 on 3:35 Breaststroke
 {4 x 50 on 1:00 Breast-descend
 {1 x 200 on 3:30 Breaststroke
 {2 x 25 on :30 Breast-descend
 400 8 x 50 on 1:00 Stroke Drills
 6:01 PM 5,640 Yards - Stress Value = 89

Workout #11276 - Tuesday, 08 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Core	150
500	1 x 500 on 10:00 Underwater trn drill	1,500
150	10 x 15 on :45 Shooters	250
550	1 x 550 on 7:30 Kick as far as you can in 7:	
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	
650	1x{ 3 x 50 on 1:15 Breast Pull	
	{ 1 x 100 on 1:50 Pulls	
	{ 2 x 50 on 1:10 Breast Pulls	
	{ 1 x 100 on 1:50 Pulls	
	{ 2 x 50 on 1:10 Breast Pulls	
	{ 1 x 100 on 1:50 Pulls	
200	4x{ 1 x 25 on :50 Sculling drills	
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,900	1x{ 4 x 25 on :35 Breast-descend	
	{ 1 x 150 on 3:30 Breaststroke	
	{ 4 x 50 on 1:10 Breast-descend	
	{ 1 x 150 on 3:25 Breaststroke	
	{ 4 x 75 on 1:45 Breast-descend	
	{ 1 x 150 on 3:20 Breaststroke	
	{ 4 x 100 on 2:20 Breast-descend	
	{ 1 x 150 on 3:15 Breaststroke	
	{ 3 x 50 on 1:10 Breast-descend	
	{ 1 x 150 on 3:10 Breaststroke	
400	8 x 50 on 1:00 Stroke Drills	
	6:01 PM 5,190 Yards - Stress Value = 81	

1,050	1x{ 2 x 125 on 2:45 Kick L.25 100%	EN2
	{ 2 x 25 on :45 Kick on side-face in water	EN2
	{ 2 x 125 on 2:45 Kick L.50 100%	EN2
	{ 2 x 25 on :45 Kick on side face in water	EN2
	{ 2 x 125 on 2:45 Kick L.75-100%	EN2
	{ 2 x 25 on :45 Kick on side face in water	EN2
	{ 2 x 75 on 1:40 Kick all-100%	EN2
	6 x 25 on :45 Free Drills	REC
	10 x 150 on 2:35 Free descend in 3's	EN2
	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:29 PM 3,600 Yards - Stress Value = 57	

Workout #11279 - Tuesday, 08 May 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 26:00 DS/Core/Spotlight	
	1 x 450 on 10:00 Underwater trn drill	REC
450	10 x 15 on :45 Shooters	SP3
150	10 x 15 on :45 Shooters	SP3
950	1x{ 2 x 100 on 2:30 Kick L.25 100%	EN2
	{ 2 x 25 on :45 Kick on side-face in water	EN2
	{ 2 x 100 on 2:30 Kick L.50 100%	EN2
	{ 2 x 25 on :45 Kick on side face in water	EN2
	{ 2 x 100 on 2:30 Kick L.75-100%	EN2
	{ 2 x 25 on :45 Kick on side face in water	EN2
	{ 2 x 100 on 2:30 Kick all-100%	EN2
	6 x 25 on :45 Free Drills	REC
150	6 x 25 on :45 Free Drills	REC
1,350	9 x 150 on 2:55 Free descend in 3's	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 3,300 Yards - Stress Value = 52	

5:30 PM	Start	
=====	=====	=====
	1 on 26:00 DS/Core/Spotlight	
	1 x 450 on 10:00 Underwater trn drill	REC
450	10 x 15 on :45 Shooters	SP3
150	10 x 15 on :45 Shooters	SP3
950	1x{ 2 x 100 on 2:30 Kick L.25 100%	EN2
	{ 2 x 25 on :45 Kick on side-face in water	EN2
	{ 2 x 100 on 2:30 Kick L.50 100%	EN2
	{ 2 x 25 on :45 Kick on side face in water	EN2
	{ 2 x 100 on 2:30 Kick L.75-100%	EN2
	{ 2 x 25 on :45 Kick on side face in water	EN2
	{ 2 x 100 on 2:30 Kick all-100%	EN2
	6 x 25 on :45 Free Drills	REC
150	6 x 25 on :45 Free Drills	REC
1,350	9 x 150 on 2:55 Free descend in 3's	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 3,300 Yards - Stress Value = 52	

Workout #11280 - Tuesday, 08 May 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 26:00 DS/Core/Spotlight	
	1 x 400 on 10:00 Underwater trn drill	REC
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{ 2 x 100 on 3:00 Kick L.25 100%	EN2
	{ 2 x 25 on 1:00 Kick on side-face in water	EN2
	{ 2 x 100 on 3:00 Kick L.50 100%	EN2
	{ 2 x 25 on 1:00 Kick on side face in water	EN2
	{ 2 x 100 on 3:00 Kick L.75-100%	EN2
	{ 2 x 25 on 1:00 Kick on side face in water	EN2
	6 x 25 on :45 Free Drills	REC
150	6 x 25 on :45 Free Drills	REC
1,200	8 x 150 on 3:30 Free descend in 3's	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 2,900 Yards - Stress Value = 45	

5:30 PM	Start	
=====	=====	=====
	1 on 26:00 DS/Core/Spotlight	
	1 x 400 on 10:00 Underwater trn drill	REC
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{ 2 x 100 on 3:00 Kick L.25 100%	EN2
	{ 2 x 25 on 1:00 Kick on side-face in water	EN2
	{ 2 x 100 on 3:00 Kick L.50 100%	EN2
	{ 2 x 25 on 1:00 Kick on side face in water	EN2
	{ 2 x 100 on 3:00 Kick L.75-100%	EN2
	{ 2 x 25 on 1:00 Kick on side face in water	EN2
	6 x 25 on :45 Free Drills	REC
150	6 x 25 on :45 Free Drills	REC
1,200	8 x 150 on 3:30 Free descend in 3's	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 2,900 Yards - Stress Value = 45	

Workout #11278 - Tuesday, 08 May 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 26:00 DS/Core/Spotlight	
	1 x 500 on 10:00 Underwater trn drill	REC
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3

5:30 PM	Start	
=====	=====	=====
	1 on 26:00 DS/Core/Spotlight	
	1 x 500 on 10:00 Underwater trn drill	REC
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3

Workout #11281 - Wednesday, 09 May 2012

Group 3 - Fly

1 minute rest between sets

Yards	3:30 PM Start	Set Description
600	1 x 600 on 10:00	Free L.25 of each 100 Non F
150	10 x 15 on :45	Shooters
700	1x{1 x 200 on 3:00	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 200 on 2:55	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 200 on 2:50	Butterfly
2,000	1x{8 x 25 on :30	Kick no board B 8+1
	{3 x 100 on 1:45	Kick-descend
	{8 x 25 on :30	Kick no board S 8+1
	{3 x 100 on 1:40	Kick-descend
	{8 x 25 on :30	Kick no board L
	{3 x 100 on 1:35	Kick-descend
	{8 x 25 on :30	Kick no board R
	{3 x 100 on 1:30	Kick-descend
100	2x{1 x 25 on :50	Sculling drills
	{1 x 25 on :40	12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 3:00	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 200 on 2:55	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 200 on 2:50	Butterfly
1,200	1x{3 x 100 on 1:30	Lungbuster pulls
	{3 x 100 on 1:25	Lungbuster pulls
	{3 x 100 on 1:20	Lungbuster pulls
	{3 x 100 on 1:15	Lungbuster pulls
100	2x{1 x 25 on :50	Sculling drills
	{1 x 25 on :40	12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 3:00	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 200 on 2:55	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 200 on 2:50	Butterfly
400	1 x 400 on 6:00	Stroke Drills
	6:00 PM 6,650 Yards - Stress Value = 100	

Workout #11282 - Wednesday, 09 May 2012

Group 3 - Gold

1 minute rest between sets

Yards	3:30 PM Start	Set Description
600	1 x 600 on 10:00	Free L.25 of each 100 Non F
150	10 x 15 on :45	Shooters
650	1x{1 x 200 on 3:20	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 200 on 3:15	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 150 on 2:20	Butterfly
1,750	1x{6 x 25 on :35	Kick no board B 8+1
	{3 x 100 on 2:00	Kick-descend
	{6 x 25 on :35	Kick no board S 8+1
	{3 x 100 on 1:55	Kick-descend
	{6 x 25 on :35	Kick no board L
	{3 x 100 on 1:50	Kick-descend
	{4 x 25 on :35	Kick no board R
	{3 x 100 on 1:45	Kick-descend
100	2x{1 x 25 on :50	Sculling drills
	{1 x 25 on :40	12.5 ez 12.5 fast grt finishes
650	1x{1 x 200 on 3:20	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 200 on 3:15	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 150 on 2:20	Butterfly

1,100	1x{3 x 100 on 1:35	Lungbuster pulls
	{3 x 100 on 1:30	Lungbuster pulls
	{3 x 100 on 1:25	Lungbuster pulls
	{2 x 100 on 1:20	Lungbuster pulls
100	2x{1 x 25 on :50	Sculling drills
	{1 x 25 on :40	12.5 ez 12.5 fast grt finishes
650	1x{1 x 200 on 3:20	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 200 on 3:15	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 150 on 2:20	Butterfly
400	1 x 400 on 6:00	Stroke Drills
	6:00 PM 6,150 Yards - Stress Value = 90	

Workout #11283 - Wednesday, 09 May 2012

Group 3 - Silver

1 minute rest between sets

Yards	3:30 PM Start	Set Description
550	1 x 550 on 10:00	Free L.25 of each 100 Non F
150	10 x 15 on :45	Shooters
550	1x{1 x 200 on 3:40	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 150 on 2:40	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 100 on 1:45	Butterfly
1,600	1x{4 x 25 on :40	Kick no board B 8+1
	{3 x 100 on 2:10	Kick-descend
	{4 x 25 on :40	Kick no board S 8+1
	{3 x 100 on 2:05	Kick-descend
	{4 x 25 on :40	Kick no board L
	{3 x 100 on 2:00	Kick-descend
	{4 x 25 on :40	Kick no board R
	{3 x 100 on 1:55	Kick-descend
100	2x{1 x 25 on :50	Sculling drills
	{1 x 25 on :40	12.5 ez 12.5 fast grt finishes
550	1x{1 x 200 on 3:40	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 150 on 2:40	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 100 on 1:45	Butterfly
1,000	1x{3 x 100 on 1:45	Lungbuster pulls
	{3 x 100 on 1:40	Lungbuster pulls
	{3 x 100 on 1:35	Lungbuster pulls
	{1 x 100 on 1:30	Lungbuster pulls
100	2x{1 x 25 on :50	Sculling drills
	{1 x 25 on :40	12.5 ez 12.5 fast grt finishes
550	1x{1 x 200 on 3:40	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 150 on 2:40	Butterfly
	{2 x 25 on :30	Freestyle
	{1 x 100 on 1:45	Butterfly
400	1 x 400 on 6:00	Stroke Drills
	6:00 PM 5,550 Yards - Stress Value = 81	

Workout #11284 - Wednesday, 09 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
500	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 Shooters		
500	1x{1 x 150 on 3:30 Butterfly		
	{2 x 25 on :30 Freestyle		
	{1 x 150 on 3:25 Butterfly		
	{2 x 25 on :30 Freestyle		
	{1 x 100 on 2:05 Butterfly		
1,400	1x{4 x 25 on :45 Kick no board B 8+1		
	{3 x 100 on 2:25 Kick-descend		
	{4 x 25 on :45 Kick no board S 8+1		
	{3 x 100 on 2:20 Kick-descend		
	{4 x 25 on :45 Kick no board L		
	{3 x 100 on 2:15 Kick-descend		
	{4 x 25 on :45 Kick no board R		
	{1 x 100 on 2:10 Kick-descend		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
455	1x{1 x 105 on 3:30 Butterfly		
	{2 x 25 on :30 Freestyle		
	{1 x 150 on 3:25 Butterfly		
	{2 x 25 on :30 Freestyle		
	{1 x 100 on 2:05 Butterfly		
900	1x{3 x 100 on 1:55 Lungbuster pulls		
	{3 x 100 on 1:50 Lungbuster pulls		
	{3 x 100 on 1:45 Lungbuster pulls		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
500	1x{1 x 150 on 3:30 Butterfly		
	{2 x 25 on :30 Freestyle		
	{1 x 150 on 3:25 Butterfly		
	{2 x 25 on :30 Freestyle		
	{1 x 100 on 2:05 Butterfly		
400	1 x 400 on 6:00 Stroke Drills		
6:00 PM	5,005 Yards - Stress Value = 72		

Workout #11285 - Wednesday, 09 May 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Abs/Spotlight		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{2 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:00 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B 10+1	EN2	
	{3 x 50 on 1:00 Kick on back no board	EN2	
	{6 x 25 on :45 Kick no board B 10+1	EN2	
	{3 x 50 on 1:00 Kick no board on back	EN2	
	{8 x 25 on :45 Kick no board B 10+1	EN2	
	{3 x 50 on 1:00 Kick no board on back	EN2	
	All 50's=#1 streamline on back		
	#2 kick on rt side, #3 kick on lt side		
150	6 x 25 on :45 Backstroke Drill	REC	
1,350	1x{6 x 75 on 1:15 Backstroke	EN2	
	{6 x 75 on 1:10 Backstroke	EN2	
	{6 x 75 on 1:05 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
7:30 PM	3,500 Yards - Stress Value = 55		

Workout #11286 - Wednesday, 09 May 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Abs/Spotlight		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:10 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B 10+1	EN2	
	{3 x 50 on 1:10 Kick on back no board	EN2	
	{6 x 25 on :45 Kick no board B 10+1	EN2	
	{3 x 50 on 1:10 Kick no board on back	EN2	
	{8 x 25 on :45 Kick no board B 10+1	EN2	
	{1 x 50 on 1:10 Kick no board on back	EN2	
	All 50's=#1 streamline on back		
	#2 kick on rt side, #3 kick on lt side		
150	6 x 25 on :45 Back Drill	REC	
1,200	1x{4 x 75 on 1:25 Backstroke	EN2	
	{6 x 75 on 1:20 Backstroke	EN2	
	{6 x 75 on 1:15 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
7:31 PM	3,250 Yards - Stress Value = 50		

Workout #11287 - Wednesday, 09 May 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Abs/Spotlight		
450	1 x 450 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{2 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B 10+1	EN2	
	{3 x 50 on 1:20 Kick on back no board	EN2	
	{6 x 25 on :45 Kick no board B 10+1	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10+1	EN2	
	{1 x 50 on 1:20 Kick no board on back	EN2	
	All 50's=#1 streamline on back		
	#2 kick on rt side, #3 kick on lt side		
150	6 x 25 on :45 Back Drill	REC	
1,125	1x{4 x 75 on 1:30 Backstroke	EN2	
	{5 x 75 on 1:25 Backstroke	EN2	
	{6 x 75 on 1:20 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
7:31 PM	3,075 Yards - Stress Value = 48		

Workout #11288 - Wednesday, 09 May 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
400	1 on 30:00 DS/Abs/Spotlight		
400	1 x 400 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 25 on 1:00 Kick no board B	EN2	
	{3 x 50 on 1:30 Kick no board on back	EN2	
	{2 x 25 on 1:00 Kick no board B 10+1	EN2	
	{3 x 50 on 1:30 Kick on back no board	EN2	
	{4 x 25 on 1:00 Kick no board B 10+1	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{4 x 25 on 1:00 Kick no board B 10+1	EN2	
	{1 x 50 on 1:30 Kick no board on back	EN2	
	All 50's=#1 streamline on back		
	#2 kick on rt side, #3 kick on lt side		
150	6 x 25 on :45 Back Drill	REC	
750	1x{4 x 50 on 1:30 Backstroke	EN2	
	{5 x 50 on 1:25 Backstroke	EN2	
	{6 x 50 on 1:20 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
	7:31 PM 2,500 Yards - Stress Value = 37		

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
150	10 x 15 on :45 Shooters
1,500	1x{4 x 50 on :55 Kick
	{1 x 200 on 4:15 Kick #2
	{4 x 50 on :55 Kick
	{1 x 200 on 4:15 Kick weak stroke
	{4 x 50 on :55 Kick
	{1 x 200 on 4:15 Kick #2
	{4 x 50 on :55 Kick
	{1 x 100 on 2:10 Kick weak stroke
	Hold all 50's under :51
1,400	1x{1 x 400 on 5:45 Pulls
	{1 x 400 on 5:40 Pulls
	{1 x 400 on 5:35 Pulls
	{1 x 200 on 2:45 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{6 x 75 on 1:10 Backstroke
	{6 x 75 on 1:05 Backstroke
	{6 x 75 on 1:00 Backstroke
	{3 x 75 on 1:10 Backstroke
	{3 x 75 on 1:05 Backstroke
	{3 x 75 on 1:00 Backstroke
	{1 x 75 on 1:10 Backstroke
	{1 x 75 on 1:05 Backstroke
	{1 x 75 on :50 Backstroke
100	1 x 100 on 2:00 Freestyle
200	1 x 200 on 3:00 Back for time
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 6,650 Yards - Stress Value = 110

Workout #11289 - Thursday, 10 May 2012

Group 3 - Back

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
150	10 x 15 on :45 Shooters
1,600	1x{4 x 50 on :50 Kick
	{1 x 200 on 4:00 Kick #2
	{4 x 50 on :50 Kick
	{1 x 200 on 4:00 Kick weak stroke
	{4 x 50 on :50 Kick
	{1 x 200 on 4:00 Kick #2
	{4 x 50 on :50 Kick
	{1 x 200 on 4:00 Kick weak stroke
	Hold all 50's under :45
1,600	1x{1 x 400 on 5:00 Pulls
	{1 x 400 on 4:55 Pulls
	{1 x 400 on 4:50 Pulls
	{1 x 400 on 4:45 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	1x{6 x 75 on 1:00 Backstroke
	{6 x 75 on :55 Backstroke
	{6 x 75 on :50 Backstroke
	{4 x 75 on 1:00 Backstroke
	{4 x 75 on :55 Backstroke
	{4 x 75 on :50 Backstroke
	{2 x 75 on 1:00 Backstroke
	{2 x 75 on :55 Backstroke
	{2 x 75 on :50 Backstroke
100	1 x 100 on 2:00 Freestyle
200	1 x 200 on 3:00 Back for time
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 7,400 Yards - Stress Value = 125

Workout #11291 - Thursday, 10 May 2012

Group 3 - Silver

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
150	10 x 15 on :45 Shooters
1,350	1x{3 x 50 on 1:05 Kick
	{1 x 200 on 4:30 Kick #2
	{3 x 50 on 1:05 Kick
	{1 x 200 on 4:30 Kick weak stroke
	{3 x 50 on 1:05 Kick
	{1 x 200 on 4:30 Kick #2
	{3 x 50 on 1:05 Kick
	{1 x 150 on 3:20 Kick weak stroke
	Hold all 50's under :59
1,300	1x{1 x 400 on 6:10 Pulls
	{1 x 400 on 6:05 Pulls
	{1 x 400 on 6:00 Pulls
	{1 x 100 on 1:30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,025	1x{5 x 75 on 1:20 Backstroke
	{5 x 75 on 1:15 Backstroke
	{5 x 75 on 1:10 Backstroke
	{3 x 75 on 1:20 Backstroke
	{3 x 75 on 1:15 Backstroke
	{3 x 75 on 1:10 Backstroke
	{1 x 75 on 1:20 Backstroke
	{1 x 75 on 1:15 Backstroke
	{1 x 75 on 1:10 Backstroke
75	1 x 75 on 1:00 Freestyle
200	1 x 200 on 3:00 Back for time
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 6,100 Yards - Stress Value = 103

Workout #11290 - Thursday, 10 May 2012

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Workout #11292 - Thursday, 10 May 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{3 x 50 on 1:10 Kick		
	{1 x 150 on 4:00 Kick #2		
	{3 x 50 on 1:10 Kick		
	{1 x 150 on 4:00 Kick weak stroke		
	{3 x 50 on 1:10 Kick		
	{1 x 150 on 4:00 Kick #2		
	{3 x 50 on 1:10 Kick		
	{1 x 150 on 4:00 Kick weak stroke		
	Hold all 50's under 1:03		
1,050	1x{1 x 400 on 7:20 Pulls		
	{1 x 400 on 7:15 Pulls		
	{1 x 250 on 4:30 Pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,575	1x{4 x 75 on 1:35 Backstroke		
	{4 x 75 on 1:30 Backstroke		
	{4 x 75 on 1:25 Backstroke		
	{2 x 75 on 1:35 Backstroke		
	{2 x 75 on 1:30 Backstroke		
	{2 x 75 on 1:25 Backstroke		
	{1 x 75 on 1:35 Backstroke		
	{1 x 75 on 1:30 Backstroke		
	{1 x 75 on 1:25 Backstroke		
125	1 x 125 on 2:30 Freestyle		
200	1 x 200 on 3:00 Back for time		
250	5 x 50 on 1:00 Stroke Drills		
	6:00 PM 5,250 Yards - Stress Value = 87		

Workout #11293 - Thursday, 10 May 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Spotlight		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	1 on 3:00 Technique Talk		
150	6 x 25 on 1:00 Perfect Breaststroke	REC	
750	1x{1 x 250 on 10:00 Breast Drills	REC	
	{1 x 250 on 10:00 Breast Drills	REC	
	{1 x 250 on 1:00 Breast Drills	REC	
150	6 x 25 on 1:00 Perfect Breaststroke	EN1	
	1 on 25:00 Breaststroke Golf Game	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	7:29 PM 1,950 Yards - Stress Value = 8		

Workout #11294 - Friday, 11 May 2012

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Teds Abs		
700	2x{1 x 250 on 3:30 3:00 swim :30 to get to a wa		
	{4 x 25 on :45 IM order-100%		
150	10 x 15 on :45 Shooters		
640	8x{2 x 20 on 1:15 Running Pit Sprint		
	{ +1 pushup after every pit sprint		

{ Alt Fly, Breast, Free
 {1 x 40 on 2:00 Tombstone Kick
 250 5 x 50 on 1:00 Stroke Drills
 5:00 PM 1,740 Yards - Stress Value = 54

Workout #11295 - Friday, 11 May 2012

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland/Spotlight			
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	F
1,000	5x{8 x 25 on :25 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:31 PM 1,850 Yards - Stress Value = 26			

Workout #11296 - Friday, 11 May 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland/Spotlight			
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	F
1,000	5x{8 x 25 on :30 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:34 PM 1,850 Yards - Stress Value = 26			

Workout #11297 - Friday, 11 May 2012

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland/Spotlight			
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	F
800	4x{8 x 25 on :35 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:32 PM 1,600 Yards - Stress Value = 22			

Workout #11298 - Friday, 11 May 2012

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland/Spotlight			
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	F
600	3x{8 x 25 on :45 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	6:31 PM 1,350 Yards - Stress Value = 18			

Workout #11299 - Monday, 14 May 2012

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 24:00 DS/Physio Balls
600	1 x 600 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,100	1x{4 x 25 on :30 Kick no board BSLR {4 x 50 on :45 Kick {6 x 25 on :30 Kick no board BSLRBS {4 x 75 on 1:10 Kick {8 x 25 on :30 Kick no board BSLRX2 {4 x 100 on 1:30 Kick {10 x 25 on :30 Kick no board BSLRX2BS {4 x 125 on 1:55 Kick
1,000	1x{2 x 125 on 1:40 Pulls-no br L.12 yds {2 x 125 on 1:35 Pulls-no br L.14 yds {2 x 125 on 1:30 Pulls-no br L.16 yds {2 x 125 on 1:25 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
4,000	1x{4 x 400 on 4:40 Freestyle #3 100% {4 x 300 on 3:25 Freestyle #3 100% {4 x 200 on 2:15 Freestyle #3 100% {4 x 100 on 1:05 Freestyle #3 100% { 1st and last 25 of each swim 6bk
200	1 x 200 on 3:00 Stroke Drills
	6:01 PM 8,250 Yards - Stress Value = 147

Workout #11300 - Monday, 14 May 2012

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 24:00 DS/Physio Balls
600	1 x 600 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,750	1x{4 x 25 on :35 Kick no board BSLR {4 x 50 on :55 Kick {6 x 25 on :35 Kick no board BSLRBS {4 x 75 on 1:25 Kick {8 x 25 on :35 Kick no board BSLRX2 {3 x 100 on 1:50 Kick {10 x 25 on :35 Kick no board BSLRX2BS {2 x 125 on 2:15 Kick
900	1x{2 x 125 on 1:55 Pulls-no br L.12 yds {2 x 125 on 1:50 Pulls-no br L.14 yds {2 x 125 on 1:45 Pulls-no br L.16 yds {2 x 75 on 1:00 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
3,400	1x{4 x 400 on 5:25 Freestyle #3 100% {4 x 300 on 4:00 Freestyle #3 100% {3 x 200 on 2:35 Freestyle #3 100% { 1st and last 25 of each swim 6bk
200	1 x 200 on 3:00 Stroke Drills
	6:01 PM 7,200 Yards - Stress Value = 126

Workout #11301 - Monday, 14 May 2012

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 24:00 DS/Physio Balls
550	1 x 550 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters

1,500	1x{4 x 25 on :40 Kick no board BSLR {4 x 50 on 1:05 Kick {6 x 25 on :40 Kick no board BSLRBS {4 x 75 on 1:35 Kick {8 x 25 on :40 Kick no board BSLRX2 {3 x 100 on 2:05 Kick {10 x 25 on :40 Kick no board BSLRX2BS
800	1x{2 x 125 on 2:05 Pulls-no br L.12 yds {2 x 125 on 2:00 Pulls-no br L.14 yds {2 x 125 on 1:55 Pulls-no br L.16 yds {2 x 25 on :30 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
2,800	1x{4 x 400 on 6:30 Freestyle #3 100% {4 x 300 on 4:45 Freestyle #3 100% { 1st and last 25 of each swim 6bk
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 6,200 Yards - Stress Value = 107

Workout #11302 - Monday, 14 May 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 24:00 DS/Physio Balls
500	1 x 500 on 9:00 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 50 on 1:10 Kick {6 x 25 on :45 Kick no board BSLRBS {4 x 75 on 1:45 Kick {8 x 25 on :45 Kick no board BSLRX2 {2 x 100 on 2:20 Kick {10 x 25 on :45 Kick no board BSLRX2BS
700	1x{2 x 100 on 1:55 Pulls-no br L.12 yds {2 x 100 on 1:50 Pulls-no br L.14 yds {2 x 100 on 1:45 Pulls-no br L.16 yds {1 x 100 on 1:40 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
2,600	1x{4 x 300 on 5:00 Freestyle #3 100% {4 x 200 on 3:35 Freestyle #3 100% {4 x 100 on 1:45 Freestyle #3 100% {4 x 50 on :45 Freestyle #3 100% { 1st and last 25 of each swim 6bk
200	1 x 200 on 3:00 Stroke Drills
	5:59 PM 5,650 Yards - Stress Value = 98

Workout #11303 - Monday, 14 May 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Spotlight	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP2
1,050	1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:00 Kick {6 x 25 on :45 Kick no board BSLRBS {2 x 100 on 1:55 Kick {8 x 25 on :45 Kick no board BSLRX2 {2 x 100 on 1:50 Kick	EN2 EN2 EN2 EN2 EN2
100	1 x 100 on 3:00 Kick For Time	SP2
800	1 x 800 on 12:00 Pulls no breath L.12yds of each 100	EN2
150	6 x 25 on :45 Freestyle Drill	REC
400	8 x 50 on 2:00 Free for time-100% Effort	SP1
250	1 x 250 on 5:00 Stroke Drills	REC
	7:31 PM 3,400 Yards - Stress Value = 85	

Workout #11304 - Monday, 14 May 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Spotlight	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
950	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:15 Kick	EN2
	{6 x 25 on :45 Kick no board BSLRBS	EN2
	{2 x 100 on 2:10 Kick	EN2
	{8 x 25 on :45 Kick no board BSLRX2	EN2
	{1 x 100 on 2:05 Kick	EN2
100	1 x 100 on 3:00 Kick For Time	SP2
725	1 x 725 on 12:00 Pulls no breath L.12yds	EN2
	of each 100	
150	6 x 25 on :45 Freestyle Drill	REC
400	8 x 50 on 2:00 Free for time-100% Effort	SP1
250	1 x 250 on 5:00 Stroke Drills	REC
7:31 PM 3,225 Yards - Stress Value = 81		

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Core	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
550	1 x 550 on 8:00 Kick as far as you can in 8m	
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	
1,600	1x{1 x 100 on 1:20 Pulls BTB	
	{1 x 100 on 1:20 Pulls BTS	
	{2 x 125 on 1:40 Pulls BTB	
	{2 x 125 on 1:40 Pulls BTS	
	{3 x 150 on 2:00 Pulls BTB	
	{3 x 150 on 2:00 Pulls BTS	
	{ L.25 of 100s, L.50 of 125s, L.75 of 150s	
	{ Great Effort	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,000	1x{2 x 125 on 1:50 Backstroke	
	{1 x 50 on 1:00 Back 7 KOW-100%	
	{2 x 125 on 1:45 Backstroke	
	{2 x 50 on 1:00 Back 7 KOW-100%	
	{2 x 125 on 1:40 Backstroke	
	{3 x 50 on 1:00 Back 7 KOW-100%	
	{2 x 125 on 1:35 Backstroke	
	{4 x 50 on 1:00 Back 7 KOW-100%	
	{2 x 125 on 1:30 Backstroke	
	{5 x 50 on 1:00 Back 7 KOW-100%	
400	8 x 50 on 1:00 Stroke Drills	
6:00 PM 6,480 Yards - Stress Value = 145		

Workout #11305 - Monday, 14 May 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Spotlight	
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
950	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:30 Kick	EN2
	{6 x 25 on :45 Kick no board BSLRBS	EN2
	{2 x 100 on 2:25 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:20 Kick	EN2
100	1 x 100 on 3:00 Kick For Time	SP2
675	1 x 675 on 12:00 Pulls no breath L.12yds	EN2
	of each 100	
150	6 x 25 on :45 Freestyle Drill	REC
400	8 x 50 on 2:00 Free for time-100% Effort	SP1
250	1 x 250 on 5:00 Stroke Drills	REC
7:31 PM 3,125 Yards - Stress Value = 81		

Workout #11306 - Monday, 14 May 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Spotlight	
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 100 on 2:50 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 100 on 2:45 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 50 on 1:20 Kick	EN2
100	1 x 100 on 3:00 Kick For Time	SP2
600	1 x 600 on 12:00 Pulls no breath L.12yds	EN2
	of each 100	
150	6 x 25 on :45 Freestyle Drill	REC
400	8 x 50 on 2:00 Free for time-100% Effort	SP1
250	1 x 250 on 5:00 Stroke Drills	REC
7:31 PM 2,800 Yards - Stress Value = 75		

Workout #11307 - Tuesday, 15 May 2012

Workout #11308 - Tuesday, 15 May 2012

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
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 8:00 Kick as far as you can in 8m
 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
 1,450 1x{1 x 100 on 1:30 Pulls BTB
 {1 x 100 on 1:30 Pulls BTS
 {2 x 125 on 1:50 Pulls BTB
 {2 x 125 on 1:50 Pulls BTS
 {3 x 150 on 2:15 Pulls BTB
 {2 x 150 on 2:15 Pulls BTS
 { L.25 of 100s, L.50 of 125s, L.75 of 150s
 { Great Effort
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{2 x 125 on 2:00 Backstroke
 {1 x 50 on 1:00 Back 7 KOW-100%
 {2 x 125 on 1:55 Backstroke
 {2 x 50 on 1:00 Back 7 KOW-100%
 {2 x 125 on 1:50 Backstroke
 {3 x 50 on 1:00 Back 7 KOW-100%
 {2 x 125 on 1:45 Backstroke
 {4 x 50 on 1:00 Back 7 KOW-100%
 {2 x 75 on 1:00 Backstroke
 {5 x 50 on 1:00 Back 7 KOW-100%
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 6,230 Yards - Stress Value = 142

Workout #11309 - Tuesday, 15 May 2012

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
 550 1 x 550 on 8:00 Kick as far as you can in 8m
 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
 1,300 1x{1 x 100 on 1:40 Pulls BTB
 {1 x 100 on 1:40 Pulls BTS
 {2 x 125 on 2:05 Pulls BTB
 {2 x 125 on 2:05 Pulls BTS
 {2 x 150 on 2:30 Pulls BTB
 {2 x 150 on 2:30 Pulls BTS
 { L.25 of 100s, L.50 of 125s, L.75 of 150s
 { Great Effort
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{2 x 125 on 2:15 Backstroke
 {1 x 50 on 1:00 Back 7 KOW-100%
 {2 x 125 on 2:10 Backstroke

{2 x 50 on 1:00 Back 7 KOW-100%
 {2 x 125 on 2:05 Backstroke
 {3 x 50 on 1:00 Back 7 KOW-100%
 {2 x 125 on 2:00 Backstroke
 {4 x 50 on 1:00 Back 7 KOW-100%
 {2 x 125 on 1:55 Backstroke
 {1 x 50 on 1:00 Back 7 KOW-100%
 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,930 Yards - Stress Value = 123

Workout #11310 - Tuesday, 15 May 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 8:00 Kick as far as you can in 8m
 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
 1,150 1x{1 x 100 on 1:50 Pulls BTB
 {1 x 100 on 1:50 Pulls BTS
 {2 x 125 on 2:20 Pulls BTB
 {2 x 125 on 2:20 Pulls BTS
 {2 x 150 on 2:45 Pulls BTB
 {1 x 150 on 2:45 Pulls BTS
 { L.25 of 100s, L.50 of 125s, L.75 of 150s
 { Great Effort
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{2 x 125 on 2:30 Backstroke
 {1 x 50 on 1:15 Back 7 KOW-100%
 {2 x 125 on 2:25 Backstroke
 {2 x 50 on 1:15 Back 7 KOW-100%
 {2 x 125 on 2:20 Backstroke
 {3 x 50 on 1:15 Back 7 KOW-100%
 {2 x 125 on 2:15 Backstroke
 {4 x 50 on 1:15 Back 7 KOW-100%
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,430 Yards - Stress Value = 112

Workout #11311 - Tuesday, 15 May 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Spotlight	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
150	6 x 25 on :45 Backstroke Drills	REC
1,500	1x{2 x 125 on 2:10 Backstroke	EN2
	{1 x 50 on 1:00 Back 3+1	EN2
	{2 x 125 on 2:05 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{2 x 125 on 2:00 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+!	EN2
	{2 x 125 on 1:55 Backstroke	EN2
	{4 x 50 on 1:00 Back 6+1	EN2
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:31 PM 3,400 Yards - Stress Value = 54	

Workout #11312 - Tuesday, 15 May 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Spotlight	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:30 Kick streamiine on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:10 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:05 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
150	6 x 25 on :45 Backstroke Drills	REC
1,400	1x{2 x 125 on 2:25 Backstroke	EN2
	{1 x 50 on 1:00 Back 3+1	EN2
	{2 x 125 on 2:20 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{2 x 125 on 2:15 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+!	EN2
	{2 x 75 on 1:20 Backstroke	EN2
	{4 x 50 on 1:00 Back 6+1	EN2
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:31 PM 3,250 Yards - Stress Value = 51	

Workout #11313 - Tuesday, 15 May 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Spotlight	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:45 Kick streamiine on back	EN2
	{4 x 25 on :45 Kick no board B	EN2

	{2 x 100 on 2:30 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:15 Kick streamline on back	EN2
150	6 x 25 on :45 Backstroke Drills	REC
1,250	1x{2 x 125 on 2:45 Backstroke	EN2
	{1 x 50 on 1:10 Back 3+1	EN2
	{2 x 125 on 2:40 Backstroke	EN2
	{2 x 50 on 1:10 Back 4+1	EN2
	{2 x 125 on 2:35 Backstroke	EN2
	{3 x 50 on 1:10 Back 5+!	EN2
	{2 x 100 on 2:00 Backstroke	EN2
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:31 PM 3,000 Yards - Stress Value = 47	

Workout #11314 - Tuesday, 15 May 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Spotlight	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on 1:00 Kick no board B	EN2
	{1 x 150 on 4:30 Kick streamiine on back	EN2
	{4 x 25 on 1:00 Kick no board B	EN2
	{2 x 100 on 3:00 Kick streamline on back	EN2
	{2 x 25 on 1:00 Kick no board B	EN2
	{1 x 50 on 1:20 Kick streamline on back	EN2
150	6 x 25 on :45 Backstroke Drills	REC
1,100	1x{2 x 100 on 2:30 Backstroke	EN2
	{1 x 50 on 1:15 Back 3+1	EN2
	{2 x 100 on 2:25 Backstroke	EN2
	{2 x 50 on 1:15 Back 4+1	EN2
	{2 x 100 on 2:20 Backstroke	EN2
	{3 x 50 on 1:15 Back 5+!	EN2
	{2 x 100 on 2:15 Backstroke	EN2
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:31 PM 2,650 Yards - Stress Value = 41	

Workout #11315 - Wednesday, 16 May 2012

Group 3 - Breast

1 minute rest between sets

Yards	3:30 PM Start Set Description
600	1 on 25:00 DS/Abs 1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :30 Kick no board BSLR 11 KOW {1 x 100 on 1:30 Kick {4 x 25 on :30 Kick no board BSLR 12 KOW {1 x 100 on 1:25 Kick {4 x 25 on :30 Kick no board BSLR 13KOW {1 x 100 on 1:20 Kick {4 x 25 on :30 Kick no board BSLR 14KOW {1 x 100 on 1:15 Kick {4 x 25 on :30 Kick no board BSLR 15KOW {1 x 100 on 1:20 Kick {4 x 25 on :30 Kick no board BSLR 14KOW {1 x 100 on 1:25 Kick {4 x 25 on :30 Kick no board BSLR 13KOW {1 x 100 on 1:30 Kick {4 x 25 on :30 Kick no board BSLR 12KOW
1,800	1x{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
1,800	24 x 75 on 1:30 Breaststroke
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 6,550 Yards - Stress Value = 176

Workout #11316 - Wednesday, 16 May 2012

Group 3 - Gold

1 minute rest between sets

Yards	3:30 PM Start Set Description
600	1 on 25:00 DS/Abs 1 x 600 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 11 KOW {1 x 100 on 1:50 Kick {4 x 25 on :35 Kick no board BSLR 12 KOW {1 x 100 on 1:45 Kick {4 x 25 on :35 Kick no board BSLR 13KOW {1 x 100 on 1:40 Kick {4 x 25 on :35 Kick no board BSLR 14KOW {1 x 100 on 1:45 Kick {4 x 25 on :35 Kick no board BSLR 15KOW {1 x 100 on 1:50 Kick {4 x 25 on :35 Kick no board BSLR 14KOW {1 x 50 on :50 Kick {4 x 25 on :35 Kick no board BSLR 13KOW
1,550	1x{1 x 300 on 4:30 Lungbuster pulls {1 x 300 on 4:25 Lungbuster pulls {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 50 on :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
1,800	24 x 75 on 1:30 Breaststroke
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 6,050 Yards - Stress Value = 166

Workout #11317 - Wednesday, 16 May 2012

Group 3 - Silver

1 minute rest between sets

Yards	3:30 PM Start Set Description
550	1 on 25:00 DS/Abs 1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :40 Kick no board BSLR 11 KOW {1 x 100 on 2:10 Kick {4 x 25 on :40 Kick no board BSLR 12 KOW {1 x 100 on 2:05 Kick {4 x 25 on :40 Kick no board BSLR 13KOW {1 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR 14KOW {1 x 100 on 1:55 Kick {4 x 25 on :40 Kick no board BSLR 15KOW {1 x 50 on 1:00 Kick {4 x 25 on :40 Kick no board BSLR 14KOW
1,450	1x{1 x 300 on 5:00 Lungbuster pulls {1 x 300 on 4:55 Lungbuster pulls {1 x 300 on 4:40 Lungbuster pulls {1 x 300 on 4:35 Lungbuster pulls {1 x 250 on 3:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	24 x 75 on 1:30 Breaststroke
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,700 Yards - Stress Value = 160

Workout #11318 - Wednesday, 16 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	3:30 PM Start Set Description
500	1 on 25:00 DS/Abs 1 x 500 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 :45 Kick no board BSLR 11 KOW {1 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {1 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR 13KOW {1 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR 14KOW {1 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR 15KOW {1 x 100 on 2:00 Kick
1,250	1x{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 {1 x 50 on :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
1,800	24 x 75 on 1:30 Breaststroke
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,400 Yards - Stress Value = 155

Workout #11319 - Wednesday, 16 May 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,200	1x{2 x 25 on :45 Sprint Kick	EN2
	{2 x 100 on 2:00 Kick -1 kic per length	EN1
	{4 x 25 on :45 Sprint kick	EN2
	{2 x 100 on 2:00 Kick -1kick per length	EN1
	{6 x 25 on :45 Sprint Kick	EN2
	{2 x 100 on 2:00 Kick -1 kick per length	EN1
	{4 x 25 on :45 Sprint Kick	EN2
	{2 x 100 on 2:00 Kick -1kick per length	EN1
150	6 x 25 on :45 Breast Drills	REC
1,300	1x{4 x 50 on 1:00 Breaststroke 1+Pullouts	EN2
	{1 x 200 on 3:30 Breaststroke	EN2
	{3 x 50 on :55 Breaststroke 2+Pullouts	EN2
	{1 x 200 on 3:25 Breaststroke	EN2
	{2 x 50 on :50 Breaststroke 3+Pullouts	EN2
	{1 x 200 on 3:20 Breaststroke	EN2
	{1 x 50 on :45 Breaststroke 4 pullouts	EN2
	{1 x 200 on 3:15 Breaststroke	EN2
	1 on 10:00 Game	
	7:27 PM 3,300 Yards - Stress Value = 48	

Workout #11320 - Wednesday, 16 May 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,100	1x{2 x 25 on :45 Sprint Kick	EN2
	{2 x 100 on 2:15 Kick -1 kic per length	EN1
	{4 x 25 on :45 Sprint kick	EN2
	{2 x 100 on 2:15 Kick -1kick per length	EN1
	{6 x 25 on :45 Sprint Kick	EN2
	{2 x 100 on 2:15 Kick -1 kick per length	EN1
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 100 on 2:15 Kick -1kick per length	EN1
150	6 x 25 on :45 Breast Drills	REC
1,150	1x{4 x 50 on 1:10 Breaststroke 1+Pullouts	EN2
	{1 x 150 on 2:45 Breaststroke	EN2
	{3 x 50 on 1:05 Breaststroke 2+Pullouts	EN2
	{1 x 150 on 2:40 Breaststroke	EN2
	{2 x 50 on 1:00 Breaststroke 3+Pullouts	EN2
	{1 x 150 on 2:35 Breaststroke	EN2
	{1 x 50 on :55 Breaststroke 4 pullouts	EN2
	{1 x 200 on 3:25 Breaststroke	EN2
	1 on 10:00 Game	
	7:27 PM 3,050 Yards - Stress Value = 44	

Workout #11321 - Wednesday, 16 May 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,050	1x{2 x 25 on :45 Sprint Kick	EN2
	{2 x 100 on 2:30 Kick -1 kic per length	EN1
	{4 x 25 on :45 Sprint kick	EN2

	{2 x 100 on 2:30 Kick -1kick per length	EN1
	{6 x 25 on :45 Sprint Kick	EN2
	{2 x 100 on 2:30 Kick -1 kick per length	EN1
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 50 on 1:00 Kick -1kick per length	EN1
150	6 x 25 on :45 Breast Drills	REC
1,050	1x{4 x 50 on 1:15 Breaststroke 1+Pullouts	EN2
	{1 x 150 on 3:10 Breaststroke	EN2
	{3 x 50 on 1:10 Breaststroke 2+Pullouts	EN2
	{1 x 150 on 3:05 Breaststroke	EN2
	{2 x 50 on 1:05 Breaststroke 3+Pullouts	EN2
	{1 x 150 on 3:00 Breaststroke	EN2
	{1 x 50 on 1:00 Breaststroke 4 pullouts	EN2
	{1 x 100 on 1:55 Breaststroke	EN2
	1 on 10:00 Game	
	7:27 PM 2,850 Yards - Stress Value = 41	

Workout #11322 - Wednesday, 16 May 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{2 x 25 on 1:00 Sprint kick	EN2
	{2 x 100 on 3:00 Kick -1 kic per length	EN1
	{4 x 25 on 1:00 Sprint kick	EN2
	{2 x 100 on 3:00 Kick -1kick per length	EN1
	{4 x 25 on 1:00 Sprint kick	EN2
	{2 x 100 on 3:00 Kick -1 kick per length	EN1
150	6 x 25 on :45 Breast Drills	REC
850	1x{4 x 50 on 1:30 Breaststroke 1+Pullouts	EN2
	{1 x 100 on 2:30 Breaststroke	EN2
	{3 x 50 on 1:25 Breaststroke 2+Pullouts	EN2
	{1 x 100 on 2:25 Breaststroke	EN2
	{2 x 50 on 1:20 Breaststroke 3+Pullouts	EN2
	{1 x 100 on 2:20 Breaststroke	EN2
	{1 x 50 on 1:15 Breaststroke 4 pullouts	EN2
	{1 x 50 on 1:05 Breaststroke	EN2
	1 on 10:00 Game	
	7:27 PM 2,400 Yards - Stress Value = 34	

Workout #11323 - Thursday, 17 May 2012

Group 3 - IM'sers

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
 1,950 1x{4 x 25 on :30 Kick #4
 {1 x 150 on 2:15 Kick
 {4 x 50 on 1:00 Kick #4
 {1 x 150 on 2:15 Kick
 {4 x 75 on 1:30 Kick #4
 {1 x 150 on 2:15 Kick
 {4 x 75 on 1:30 Kick #3
 {1 x 150 on 2:15 Kick
 {4 x 50 on 1:00 Kick #3
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick #3
 1,500 1x{1 x 200 on 2:30 Pulls
 {2 x 175 on 2:15 Pulls
 {3 x 150 on 1:50 Pulls
 {4 x 125 on 1:35 Pulls
 Every turn alt breakout distance
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 4 x 600 on 9:00 Individual Medley
 300 1 x 300 on 5:00 Stroke Drills
 6:01 PM 7,100 Yards - Stress Value = 125

Workout #11324 - Thursday, 17 May 2012

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
 1,650 1x{4 x 25 on :35 Kick #4
 {1 x 100 on 1:50 Kick
 {4 x 50 on 1:10 Kick #4
 {1 x 100 on 1:50 Kick
 {4 x 75 on 1:45 Kick #4
 {1 x 100 on 1:50 Kick
 {4 x 75 on 1:40 Kick #3
 {1 x 100 on 1:50 Kick
 {4 x 50 on 1:05 Kick #3
 {1 x 100 on 1:50 Kick
 {2 x 25 on :30 Kick #3
 1,300 1x{1 x 200 on 2:50 Pulls
 {2 x 175 on 2:30 Pulls
 {3 x 150 on 2:05 Pulls
 {4 x 75 on 1:05 Pulls
 Every turn alt breakout distance
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 4 x 600 on 10:00 Individual Medley
 #4 do a 300 @ 5:00
 300 1 x 300 on 5:00 Stroke Drills
 6:05 PM 6,600 Yards - Stress Value = 115

Workout #11325 - Thursday, 17 May 2012

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
 1,450 1x{4 x 25 on :40 Kick #4
 {1 x 100 on 2:05 Kick
 {4 x 50 on 1:20 Kick #4
 {1 x 100 on 2:05 Kick
 {4 x 75 on 2:00 Kick #4
 {1 x 100 on 2:05 Kick
 {4 x 75 on 1:55 Kick #3
 {1 x 50 on 1:00 Kick
 {2 x 50 on 1:15 Kick #3
 {1 x 50 on 1:00 Kick
 {2 x 25 on :35 Kick #3
 1,150 1x{1 x 200 on 3:15 Pulls
 {2 x 175 on 2:50 Pulls
 {3 x 150 on 2:20 Pulls
 {2 x 75 on 1:10 Pulls
 Every turn alt breakout distance
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 4 x 600 on 11:00 Individual Medley
 #4 do a 200 @ 3:00
 300 1 x 300 on 5:00 Stroke Drills
 6:09 PM 6,200 Yards - Stress Value = 108

Workout #11326 - Thursday, 17 May 2012

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
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :45 Kick #4
 {1 x 100 on 2:20 Kick
 {4 x 50 on 1:30 Kick #4
 {1 x 100 on 2:20 Kick
 {4 x 75 on 2:15 Kick #4
 {1 x 100 on 2:20 Kick
 {4 x 75 on 2:20 Kick #3
 {1 x 50 on 1:10 Kick
 1,050 1x{1 x 200 on 3:30 Pulls
 {2 x 175 on 3:05 Pulls
 {3 x 150 on 2:35 Pulls
 {1 x 50 on :50 Pulls
 Every turn alt breakout distance
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 3 x 600 on 12:00 Individual Medley
 #4 do a 200 @ 3:00
 300 1 x 300 on 5:00 Stroke Drills
 6:01 PM 5,250 Yards - Stress Value = 90

Workout #11327 - Thursday, 17 May 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
600	1 on 30:00 DS/Shoulders/Spotlight			
600	1 x 600 on 10:00 Underwater trn drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	F
	1 on 10:00 Techniques-underwater	EN1		
	1 on 2:00 Fly Talk			M
100	4 x 25 on 1:00 Perfect Fly	REC	D	
	1x{1 on 8:00 Stroke Drill	REC		
	{1 on 8:00 Stroke Drill-	REC		
	{1 on 8:00 Stroke Drills	REC		
100	4 x 25 on 1:00 Perfect Fly	REC		
300	12 x 25 on 1:00 Golf	EN2		
150	3 x 50 on 1:20 Fly descend	EN2		
250	1 x 250 on 5:00 Stroke Drills	REC		
7:30 PM	1,650 Yards - Stress Value = 15			

Workout #11328 - Friday, 18 May 2012

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
600	1 on 25:00 DS/Ted's Abs		L	I
600	1 x 600 on 10:00 Choice	REC	D	
600	1 x 600 on 12:00 Vertical Kicking	EN2	K	C
150	10 x 15 on :45 Shooters	SP3	S	F
1,600	8x{8 x 25 on :20 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
5:02 PM	3,150 Yards - Stress Value = 50			

Workout #11329 - Friday, 18 May 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
600	1 on 25:00 DS/Ted's Abs		L	I
600	1 x 600 on 10:00 Choice	REC	D	
600	1 x 600 on 12:00 Vertical Kicking	EN2	K	C
150	10 x 15 on :45 Shooters	SP3	S	F
1,400	7x{8 x 25 on :25 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
5:03 PM	2,950 Yards - Stress Value = 46			

Workout #11330 - Friday, 18 May 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
550	1 on 25:00 DS/Ted's Abs		L	I
600	1 x 550 on 10:00 Choice	REC	D	
600	1 x 600 on 12:00 Vertical Kicking	EN2	K	C
150	10 x 15 on :45 Shooters	SP3	S	F
1,200	6x{8 x 25 on :30 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
5:02 PM	2,700 Yards - Stress Value = 42			

Workout #11331 - Friday, 18 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
500	1 on 25:00 DS/Ted's Abs		L	I
500	1 x 500 on 10:00 Choice	REC	D	
600	1 x 600 on 12:00 Vertical Kicking	EN2	K	C
150	10 x 15 on :45 Shooters	SP3	S	F
1,000	5x{8 x 25 on :40 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
5:04 PM	2,450 Yards - Stress Value = 38			

Workout #11332 - Friday, 18 May 2012

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
500	1 on 41:00 DS/Dryland/Spotlight		L	DRY
500	1 x 500 on 10:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,600	4 x 400 on 6:00 Individual Medley	EN2	S	IM
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
6:30 PM	2,450 Yards - Stress Value = 38			

Workout #11333 - Friday, 18 May 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
500	1 on 41:00 DS/Dryland/Spotlight		L	I
500	1 x 500 on 10:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	
1,400	1x{3 x 400 on 7:00 Individual Medley	EN2	S	
	{1 x 200 on 3:30 Individual Medley	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
6:31 PM	2,250 Yards - Stress Value = 34			

Workout #11334 - Friday, 18 May 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
450	1 on 41:00 DS/Dryland/Spotlight		L	DRY
450	1 x 450 on 10:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,200	3 x 400 on 8:00 Individual Medley	EN2	S	IM
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
6:30 PM	2,000 Yards - Stress Value = 30			

Workout #11335 - Friday, 18 May 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 41:00 DS/Dryland/Spotlight		L	I
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	1x{3 x 300 on 7:00 Individual Medley	EN2	S	
	{1 x 100 on 2:30 Individual Medley	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
6:30 PM	1,750 Yards - Stress Value = 26			

Workout #11336 - Monday, 21 May 2012

Group 3 - Distance

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
 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
 1,600 1x{1 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
 {3 x 100 on 1:20 Pulls
 {3 x 50 on :50 Pulls-no br L.14 yds
 {4 x 100 on 1:25 Pulls
 {3 x 50 on :45 Pulls-no br L.15 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 600 on 8:00 Free Neg Split
 {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
 6:00 PM 7,150 Yards - Stress Value = 96

Workout #11337 - Monday, 21 May 2012

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
 150 10 x 15 on :45 Shooters
 2,000 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
 {6 x 25 on :35 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 :35 Kick no board BSLR
 {3 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {2 x 50 on :55 Kick
 1,500 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
 {3 x 50 on :55 Pulls-no br L.13 yds
 {3 x 100 on 1:30 Pulls
 {3 x 50 on :50 Pulls-no br L.14 yds
 {3 x 100 on 1:35 Pulls
 {3 x 50 on :45 Pulls-no br L.15 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 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 100 on 1:30 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 6,500 Yards - Stress Value = 87

Workout #11338 - Monday, 21 May 2012

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
 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
 1,400 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
 {3 x 50 on :50 Pulls-no br L.14 yds
 {3 x 100 on 1:45 Pulls
 {1 x 50 on :45 Pulls-no br L.15 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 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 100 on 1:40 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 5,950 Yards - Stress Value = 79

Workout #11339 - Monday, 21 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Physio Ball		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
	{6 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 150 on 3:20 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{8 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
1,250	1x{1 x 100 on 1:45 Pulls	EN2	
	{2 x 50 on 1:00 Pulls-no br L.12 yds	EN2	
	{2 x 100 on 1:50 Pulls	EN2	
	{2 x 50 on 1:00 Pulls-no br L.13 yds	EN2	
	{3 x 100 on 1:55 Pulls	EN2	
	{2 x 50 on 1:00 Pulls-no br L.14 yds	EN2	
	{3 x 100 on 2:00 Pulls	EN2	
	{1 x 50 on :50 Pulls-no br L.15 yds	EN2	
200	4x{1 x 25 on :50 Sculling drills	EN2	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2	
1,500	1x{1 x 600 on 11:00 Free Neg Split	EN2	
	{1 x 500 on 9:10 Free L.25 of each 100 6BK	EN2	
	{1 x 300 on 5:30 Free descend 100's	EN2	
	{1 x 100 on 1:50 Free-100%	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
6:00 PM	5,500 Yards - Stress Value = 71		

{4 x 25 on :45 Kick no board BSLR	EN2
{2 x 150 on 3:20 Kick on back no board	EN2
{4 x 25 on :45 Kick no board BSLR	EN2
{2 x 100 on 2:10 Kick on back no board	EN2
1 x 100 on 3:00 Kick for time	EN2
1 x 450 on 9:00 Back Pulls	EN1
6 x 25 on :45 Back Drills	REC
6 x 75 on 3:00 Backstroke	SP2
1 x 250 on 5:00 Stroke Drills	REC
7:30 PM	3,050 Yards - Stress Value = 77

Workout #11342 - Monday, 21 May 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Spotlight		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 200 on 5:00 Kick on back no board	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 150 on 3:40 Kick on back no board	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 75 on 1:45 Kick on back no board	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
400	1 x 400 on 9:00 Back Pulls	EN1	
150	6 x 25 on :45 Back Drills	REC	
450	6 x 75 on 3:00 Backstroke	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	2,900 Yards - Stress Value = 76		

Workout #11343 - Monday, 21 May 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Spotlight		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 150 on 4:30 Kick on back no board	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 3:00 Kick on back no board	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 50 on 1:15 Kick on back no board	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
350	1 x 350 on 9:00 Back Pulls	EN1	
150	6 x 25 on :45 Back Drills	REC	
450	6 x 75 on 3:00 Backstroke	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	2,600 Yards - Stress Value = 72		

Workout #11340 - Monday, 21 May 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Spotlight		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 200 on 4:00 Kick on back no board	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 150 on 3:00 Kick on back no board	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:00 Kick on back no board	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
500	1 x 500 on 9:00 Back Pulls	EN1	
150	6 x 25 on :45 Back Drills	REC	
450	6 x 75 on 3:00 Backstroke	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	3,200 Yards - Stress Value = 80		

Workout #11341 - Monday, 21 May 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Spotlight		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 200 on 4:30 Kick on back no board	EN2	

Workout #11344 - Tuesday, 22 May 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 8:30 Kick as far as you can in 8:
 840 2x{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 on back
 1,300 1x{2 x 200 on 2:30 Pulls BTB
 {2 x 175 on 2:10 Pulls BTB
 {2 x 150 on 1:50 Pulls BTB
 {2 x 125 on 1:35 Pulls BTB
 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{5 x 125 on 1:50 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {5 x 125 on 1:45 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {5 x 125 on 1:40 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {5 x 125 on 1:35 Back alt 25's 10KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 6,990 Yards - Stress Value = 119

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
 550 1 x 550 on 8:30 Kick as far as you can in 8:
 840 2x{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 on back
 1,050 1x{2 x 200 on 3:15 Pulls BTB
 {2 x 175 on 2:50 Pulls BTB
 {2 x 150 on 2:25 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,525 1x{5 x 125 on 2:15 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {5 x 125 on 2:10 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {5 x 125 on 2:05 Back alt 25's 10KOW
 {2 x 50 on :55 Back-descend
 {2 x 125 on 2:00 Back alt 25's 10KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 6,115 Yards - Stress Value = 103

Workout #11347 - Tuesday, 22 May 2012

Group 3 - Bronze

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
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 8:30 Kick as far as you can in 8:
 840 2x{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 on back
 1,150 1x{2 x 200 on 2:50 Pulls BTB
 {2 x 175 on 2:30 Pulls BTB
 {2 x 150 on 2:05 Pulls BTB
 {2 x 50 on :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
 2,825 1x{5 x 125 on 2:00 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {5 x 125 on 1:55 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {5 x 125 on 1:50 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {4 x 125 on 1:45 Back alt 25's 10KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 6,565 Yards - Stress Value = 111

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 8:30 Kick as far as you can in 8:
 840 2x{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 on back
 950 1x{2 x 200 on 3:30 Pulls BTB
 {2 x 150 on 2:35 Pulls BTB
 {2 x 100 on 1:45 Pulls BTB
 {1 x 50 on :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
 2,000 1x{4 x 100 on 2:15 Back alt 25's 10KOW
 {3 x 50 on 1:10 Back-descend
 {4 x 100 on 2:10 Back alt 25's 10KOW
 {3 x 50 on 1:10 Back-descend
 {5 x 100 on 2:05 Back alt 25's 10KOW
 {2 x 50 on 1:00 Back-descend
 {3 x 100 on 2:00 Back alt 25's 10KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,440 Yards - Stress Value = 92

Workout #11346 - Tuesday, 22 May 2012

Group 3 - Silver

Workout #11348 - Tuesday, 22 May 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Core/Spotlight	
500	1 x 500 on 10:00 Underwater trn drill	RF
150	10 x 15 on :45 Shooters	SF
1,100	1x{1 x 100 on 2:00 Kick	EM
	{1 x 100 on 2:05 Kick	EM
	{1 x 100 on 1:55 Kick	EM
	{1 x 100 on 2:05 Kick	EM
	{1 x 100 on 1:50 Kick	EM
	{1 x 100 on 2:05 Kick	EM
	{1 x 100 on 1:45 Kick	EM
	{1 x 100 on 2:05 Kick	EM
	{1 x 100 on 1:40 Kick	EM
	{1 x 100 on 2:05 Kick	EM
	{1 x 100 on 1:35 Kick	EM
200	8 x 25 on :45 Breast Drills	RF
1,200	1x{4 x 25 on :45 Breast TO Drill	EM
	{3 x 100 on 1:45 Breast 1st 25 4 sec glide	EM
	{4 x 25 on :45 Breast TO drill	EM
	{3 x 100 on 1:40 Breast 1st 25 4 sec glide	EM
	{4 x 25 on :45 Breast TO Drill	EM
	{3 x 100 on 1:35 Breast 1st 25 4 sec glide	EM
	1 on 10:00 Techniques-Starts	
250	1 x 250 on 5:00 Stroke Drills	RF
	7:30 PM 3,400 Yards - Stress Value = 45	

Workout #11349 - Tuesday, 22 May 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Core/Spotlight	
500	1 x 500 on 10:00 Underwater trn drill	RF
150	10 x 15 on :45 Shooters	SF
1,000	1x{1 x 100 on 2:10 Kick	EM
	{1 x 100 on 2:20 Kick	EM
	{1 x 100 on 2:05 Kick	EM
	{1 x 100 on 2:20 Kick	EM
	{1 x 100 on 2:00 Kick	EM
	{1 x 100 on 2:20 Kick	EM
	{1 x 100 on 1:55 Kick	EM
	{1 x 100 on 2:20 Kick	EM
	{1 x 100 on 1:50 Kick	EM
	{1 x 100 on 2:20 Kick	EM
200	8 x 25 on :45 Breast Drills	RF
1,100	1x{4 x 25 on :45 Breast TO Drill	EM
	{2 x 100 on 1:55 Breast 1st 25 4 sec glide	EM
	{4 x 25 on :45 Breast TO drill	EM
	{3 x 100 on 1:50 Breast 1st 25 4 sec glide	EM
	{4 x 25 on :45 Breast TO Drill	EM
	{3 x 100 on 1:45 Breast 1st 25 4 sec glide	EM
	1 on 10:00 Techniques-Starts	
250	1 x 250 on 5:00 Stroke Drills	RF
	7:30 PM 3,200 Yards - Stress Value = 42	

Workout #11350 - Tuesday, 22 May 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Core/Spotlight	
450	1 x 450 on 10:00 Underwater trn drill	RF
150	10 x 15 on :45 Shooters	SF

900	1x{1 x 100 on 2:25 Kick	EM
	{1 x 100 on 2:30 Kick	EM
	{1 x 100 on 2:20 Kick	EM
	{1 x 100 on 2:30 Kick	EM
	{1 x 100 on 2:15 Kick	EM
	{1 x 100 on 2:30 Kick	EM
	{1 x 100 on 2:10 Kick	EM
	{1 x 100 on 2:30 Kick	EM
	{1 x 100 on 2:05 Kick	EM
200	8 x 25 on :45 Breast Drills	RF
900	1x{4 x 25 on 1:00 Breast TO Drill	EM
	{2 x 100 on 2:10 Breast 1st 25 4 sec glide	EM
	{4 x 25 on 1:00 Breast TO drill	EM
	{2 x 100 on 2:05 Breast 1st 25 4 sec glide	EM
	{4 x 25 on 1:00 Breast TO Drill	EM
	{2 x 100 on 2:00 Breast 1st 25 4 sec glide	EM
	1 on 10:00 Techniques-Starts	
250	1 x 250 on 5:00 Stroke Drills	RF
	7:31 PM 2,850 Yards - Stress Value = 37	

Workout #11351 - Tuesday, 22 May 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Core/Spotlight	
400	1 x 400 on 10:00 Underwater trn drill	RF
150	10 x 15 on :45 Shooters	SF
800	1x{1 x 100 on 2:45 Kick	EM
	{1 x 100 on 3:00 Kick	EM
	{1 x 100 on 2:40 Kick	EM
	{1 x 100 on 3:00 Kick	EM
	{1 x 100 on 2:35 Kick	EM
	{1 x 100 on 3:00 Kick	EM
	{1 x 100 on 2:30 Kick	EM
	{1 x 100 on 2:25 Kick	EM
200	8 x 25 on :45 Breast Drills	RF
850	1x{4 x 25 on 1:00 Breast TO Drill	EM
	{2 x 100 on 2:30 Breast 1st 25 4 sec glide	EM
	{4 x 25 on 1:00 Breast TO drill	EM
	{2 x 100 on 2:25 Breast 1st 25 4 sec glide	EM
	{2 x 25 on 1:00 Breast TO Drill	EM
	{2 x 100 on 2:20 Breast 1st 25 4 sec glide	EM
	1 on 10:00 Techniques-Starts	
250	1 x 250 on 5:00 Stroke Drills	RF
	7:31 PM 2,650 Yards - Stress Value = 34	

Workout #11352 - Wednesday, 23 May 2012

Group 3 - Fly

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
 1,600 1x{1 x 200 on 3:10 Kick
 { 6 x 25 on :30 Kick no board B
 { 2 x 150 on 2:20 Kick
 { 6 x 25 on :30 Kick no board S
 { 3 x 100 on 1:30 Kick
 { 6 x 25 on :30 Kick no board L
 { 4 x 50 on :40 Kick
 { 6 x 25 on :30 Kick no board R
 1,500 1x{2 x 125 on 1:40 Lungbuster pulls
 { Breathe 2-3-4 continuous
 { 2 x 125 on 1:40 Lungbuster pulls
 { Breathe 3-4-5 continuous
 { 2 x 125 on 1:40 Lungbuster pulls
 { Breathe 4-5-6 continuous
 { 2 x 125 on 1:40 Lungbuster pulls
 { Breathe 5-6-7 continuous
 { 2 x 125 on 1:40 Lungbuster pulls
 { Breathe 6-7-8 continuous
 { 2 x 125 on 1:40 Lungbuster pulls
 { Breathe 7-8-9 continuous
 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
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 7,450 Yards - Stress Value = 112

Workout #11353 - Wednesday, 23 May 2012

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
 1,300 1x{1 x 200 on 3:45 Kick
 { 6 x 25 on :35 Kick no board B
 { 2 x 150 on 2:45 Kick
 { 6 x 25 on :35 Kick no board S
 { 2 x 100 on 1:50 Kick
 { 4 x 25 on :35 Kick no board L
 { 2 x 50 on :50 Kick
 { 4 x 25 on :35 Kick no board R
 1,350 1x{2 x 125 on 1:50 Lungbuster pulls
 { Breathe 2-3-4 continuous
 { 2 x 125 on 1:50 Lungbuster pulls
 { Breathe 3-4-5 continuous
 { 2 x 125 on 1:50 Lungbuster pulls
 { Breathe 4-5-6 continuous
 { 2 x 125 on 1:50 Lungbuster pulls

{ Breathe 5-6-7 continuous
 { 2 x 125 on 1:50 Lungbuster pulls
 { Breathe 6-7-8 continuous
 { 2 x 50 on :45 Lungbuster pulls
 { Breathe 7-8-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 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 1:20 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 100 on 1:30 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
 300 6 x 50 on 1:00 Stroke Drills
 6:01 PM 6,700 Yards - Stress Value = 99

Workout #11354 - Wednesday, 23 May 2012

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 Shooters
 1,200 1x{1 x 200 on 4:10 Kick
 { 4 x 25 on :40 Kick no board B
 { 1 x 150 on 3:05 Kick
 { 4 x 25 on :40 Kick no board S
 { 3 x 100 on 2:00 Kick
 { 4 x 25 on :40 Kick no board L
 { 3 x 50 on 1:00 Kick
 { 4 x 25 on :40 Kick no board R
 1,250 1x{2 x 125 on 2:00 Lungbuster pulls
 { Breathe 2-3-4 continuous
 { 2 x 125 on 2:00 Lungbuster pulls
 { Breathe 3-4-5 continuous
 { 2 x 125 on 2:00 Lungbuster pulls
 { Breathe 4-5-6 continuous
 { 2 x 125 on 2:00 Lungbuster pulls
 { Breathe 5-6-7 continuous
 { 2 x 75 on 1:10 Lungbuster pulls
 { Breathe 6-7-8 continuous
 { 2 x 50 on :50 Lungbuster pulls
 { Breathe 7-8-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{3 x 100 on 1:50 2 strokes fly off walls
 { 3 x 100 on 1:45 2 strokes fly off walls
 { 2 x 100 on 1:40 2 strokes fly off walls
 { 1 x 100 on 1:35 2 strokes fly off walls
 { 1 x 50 on 1:00 Freestyle
 { 3 x 100 on 1:45 3 strokes fly off walls
 { 3 x 100 on 1:40 3 strokes fly off walls
 { 2 x 100 on 1:35 3 strokes fly off walls
 { 1 x 100 on 1:30 3 strokes fly off walls
 { 1 x 50 on 1:00 Freestyle
 { 1 x 100 on 1:40 4 strokes fly off walls
 { 2 x 100 on 1:35 4 strokes fly off walls
 { 2 x 100 on 1:30 4 strokes fly off walls
 { 1 x 100 on 1:25 4 strokes fly off walls
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 6,150 Yards - Stress Value = 91

Workout #11355 - Wednesday, 23 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	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 Shooters	
1,050	1x{1 x 200 on 4:30 Kick	
	{4 x 25 on :45 Kick no board B	
	{1 x 150 on 3:25 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 L	
	{2 x 50 on 1:10 Kick	
	{4 x 25 on :45 Kick no board R	
1,100	1x{2 x 100 on 1:50 Lungbuster pulls	
	{ Breathe 2-3-4 continuous	
	{2 x 100 on 1:50 Lungbuster pulls	
	{ Breathe 3-4-5 continuous	
	{2 x 100 on 1:50 Lungbuster pulls	
	{ Breathe 4-5-6 continuous	
	{2 x 100 on 1:50 Lungbuster pulls	
	{ Breathe 5-6-7 continuous	
	{2 x 100 on 1:50 Lungbuster pulls	
	{ Breathe 6-7-8 continuous	
	{2 x 50 on :55 Lungbuster pulls	
	{ Breathe 7-8-9 continuous	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,200	1x{1 x 100 on 2:00 2 strokes fly off walls	
	{3 x 100 on 1:55 2 strokes fly off walls	
	{2 x 100 on 1:50 2 strokes fly off walls	
	{1 x 100 on 1:45 2 strokes fly off walls	
	{1 x 50 on 1:00 Freestyle	
	{1 x 100 on 1:55 3 strokes fly off walls	
	{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 1:00 Freestyle	
	{1 x 100 on 1:50 4 strokes fly off walls	
	{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	
300	6 x 50 on 1:00 Stroke Drills	
5:59 PM	5,500 Yards - Stress Value = 82	

Workout #11356 - Wednesday, 23 May 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{4 x 50 on 1:00 Kick-descend	EN2
	{4 x 25 on :40 Kick no board BSLR	EN2
	{4 x 75 on 1:30 Kick-descend	EN2
	{4 x 25 on :35 Kick no board BSLR	EN2
	{4 x 50 on 1:00 Kick-descend	EN2
	{4 x 25 on :30 Kick no board BSLR	EN2
150	6 x 25 on 1:00 Fly stroke drills	REC
1,900	1x{3 x 100 on 1:35 2 strokes fly off walls	EN2
	{2 x 100 on 1:30 2 strokes fly off walls	EN2
	{1 x 100 on 1:25 2 strokes fly off walls	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{3 x 100 on 1:30 3 strokes fly off walls	EN2
	{2 x 100 on 1:25 3 strokes fly off walls	EN2
	{1 x 100 on 1:20 3 strokes fly off walls	EN2

{1 x 50 on 1:00 Freestyle	REC
{3 x 100 on 1:25 4 strokes fly off walls	EN2
{2 x 100 on 1:20 4 strokes fly off walls	EN2
{1 x 100 on 1:15 4 strokes fly off walls	EN2
1 on 10:00 Game	
7:30 PM	3,800 Yards - Stress Value = 64

Workout #11357 - Wednesday, 23 May 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,000	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 50 on 1:10 Kick-descend	EN2
	{4 x 25 on :40 Kick no board BSLR	EN2
	{4 x 75 on 1:40 Kick-descend	EN2
	{4 x 25 on :35 Kick no board BSLR	EN2
	{3 x 50 on 1:10 Kick-descend	EN2
	{4 x 25 on :30 Kick no board BSLR	EN2
150	6 x 25 on 1:00 Fly stroke drills	REC
1,700	1x{3 x 100 on 1:45 2 strokes fly off walls	EN2
	{2 x 100 on 1:40 2 strokes fly off walls	EN2
	{1 x 100 on 1:35 2 strokes fly off walls	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{3 x 100 on 1:40 3 strokes fly off walls	EN2
	{2 x 100 on 1:35 3 strokes fly off walls	EN2
	{1 x 100 on 1:30 3 strokes fly off walls	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{1 x 100 on 1:35 4 strokes fly off walls	EN2
	{2 x 100 on 1:30 4 strokes fly off walls	EN2
	{1 x 100 on 1:25 4 strokes fly off walls	EN2
	1 on 10:00 Game	
7:30 PM	3,500 Yards - Stress Value = 58	

Workout #11358 - Wednesday, 23 May 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{4 x 25 on :50 Kick no board BSLR	EN2
	{3 x 50 on 1:15 Kick-descend	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 50 on 1:15 Kick-descend	EN2
	{4 x 25 on :40 Kick no board BSLR	EN2
	{3 x 50 on 1:15 Kick-descend	EN2
	{4 x 25 on :35 Kick no board BSLR	EN2
150	6 x 25 on 1:00 Fly stroke drills	REC
1,550	1x{3 x 100 on 1:55 2 strokes fly off walls	EN2
	{2 x 100 on 1:50 2 strokes fly off walls	EN2
	{1 x 100 on 1:45 2 strokes fly off walls	EN2
	{1 x 50 on 1:15 Freestyle	REC
	{3 x 100 on 1:50 3 strokes fly off walls	EN2
	{2 x 100 on 1:45 3 strokes fly off walls	EN2
	{1 x 100 on 1:40 3 strokes fly off walls	EN2
	{1 x 50 on 1:15 Freestyle	REC
	{1 x 100 on 1:45 4 strokes fly off walls	EN2
	{1 x 100 on 1:40 4 strokes fly off walls	EN2
	{1 x 50 on :50 4 strokes fly off walls	EN2
	1 on 10:00 Game	
7:29 PM	3,150 Yards - Stress Value = 52	

Workout #11359 - Wednesday, 23 May 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Abs/Spotlight
 400 1 x 400 on 10:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 750 1x{4 x 25 on 1:00 Kick no board BSLR EN2
 {2 x 50 on 1:25 Kick-descend EN2
 {4 x 25 on :55 Kick no board BSLR EN2
 {2 x 50 on 1:25 Kick-descend EN2
 {4 x 25 on :50 Kick no board BSLR EN2
 {3 x 50 on 1:25 Kick-descend EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 150 6 x 25 on 1:00 Fly stroke drills REC
 1,300 1x{1 x 100 on 2:15 2 strokes fly off walls EN2
 {2 x 100 on 2:10 2 strokes fly off walls EN2
 {1 x 100 on 2:05 2 strokes fly off walls EN2
 {1 x 50 on 1:30 Freestyle REC
 {1 x 100 on 2:10 3 strokes fly off walls EN2
 {2 x 100 on 2:05 3 strokes fly off walls EN2
 {1 x 100 on 2:00 3 strokes fly off walls EN2
 {1 x 50 on 1:30 Freestyle REC
 {1 x 100 on 2:05 4 strokes fly off walls EN2
 {2 x 100 on 2:00 4 strokes fly off walls EN2
 {1 x 100 on 1:55 4 strokes fly off walls EN2
 1 on 10:00 Game
 7:30 PM 2,750 Yards - Stress Value = 45

Workout #11360 - Thursday, 24 May 2012

Group 3 - Breast

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 100s free even 100s back
 150 10 x 15 on :45 Shooters
 1,600 1x{2 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
 {2 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
 {2 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
 {2 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
 1,500 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
 2,000 1x{4 x 125 on 1:50 100 Breast 25 Free
 {6 x 25 on :30 Breast Drill
 {4 x 100 on 1:30 75 Breast 25 Free
 {6 x 25 on :30 Breast Drill
 {4 x 75 on 1:10 50 Breast 25 Free
 {6 x 25 on :30 Breast Drill
 {4 x 50 on :45 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 {6 x 25 on :30 Breast Drill
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 6,450 Yards - Stress Value = 61

Workout #11361 - Thursday, 24 May 2012

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 100s free even 100s back
 150 10 x 15 on :45 Shooters
 1,400 1x{2 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
 {2 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
 {2 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 1:45 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
 1,800 1x{4 x 125 on 2:05 100 Breast 25 Free
 {6 x 25 on :35 Breast Drill
 {4 x 100 on 1:40 75 Breast 25 Free
 {6 x 25 on :35 Breast Drill
 {4 x 75 on 1:15 50 Breast 25 Free
 {6 x 25 on :35 Breast Drill
 {3 x 50 on :50 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,900 Yards - Stress Value = 55

Workout #11362 - Thursday, 24 May 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 25:00 DS/Shoulders 1 x 550 on 10:00 Underwater trn drill Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
1,300	1x{2 x 100 on 2:10 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 2 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 2 x 100 on 2:00 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 x 100 on 1:55 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
1,650	1x{4 x 125 on 2:20 100 Breast 25 Free 4 x 25 on :40 Breast Drill 4 x 100 on 1:50 75 Breast 25 Free 4 x 25 on :40 Breast Drill 4 x 75 on 1:20 50 Breast 25 Free 4 x 25 on :40 Breast Drill 3 x 50 on :55 25 Breast 25 Free { 25's odds drill evens 3X pullouts
400	8 x 50 on 1:00 Stroke Drills 6:00 PM 5,500 Yards - Stress Value = 48

Workout #11363 - Thursday, 24 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 25:00 DS/Shoulders 1 x 500 on 10:00 Underwater trn drill Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
1,200	1x{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 2 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 2 x 100 on 2:10 Kick your best kick 1 x 50 on 1:15 Kick your 2nd best kick 1 x 50 on 1:20 Kick your 3rd best kick 1 x 100 on 2:05 Kick your best kick 1 x 50 on 1:15 Kick your 2nd best kick 1 x 50 on 1:20 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
1,500	1x{4 x 125 on 2:30 100 Breast 25 Free 4 x 25 on :45 Breast Drill

{3 x 100 on 2:00 75 Breast 25 Free
{4 x 25 on :45 Breast Drill
{4 x 75 on 1:30 50 Breast 25 Free
{4 x 25 on :45 Breast Drill
{2 x 50 on 1:00 25 Breast 25 Free
{ 25's odds drill evens 3X pullouts
8 x 50 on 1:00 Stroke Drills
6:00 PM 5,150 Yards - Stress Value = 45

Workout #11364 - Thursday, 24 May 2012

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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
200	1 on 3:00 IM Talk
400	1x{2 x 100 on 3:00 IM-Perfect techniques 1 x 100 on 8:00 Fly Drills 1 x 100 on 8:00 Back Drills 1 x 100 on 8:00 Breast Drills 1 x 100 on 8:00 Free Drills
200	2 x 100 on 3:00 IM Perfect technique
100	1 x 100 on 20:00 Golf your choice of stroke or 1 on 1 instruction with a coach or team
7:30 PM	1,550 Yards - Stress Value = 9

Workout #11365 - Tuesday, 29 May 2012

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Core
550	1 x 600 on 10:00 Underwater trn drill
600	1 x 550 on 9:00 Kick as far as you can in 9: 1x{20 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
1,350	1x{1 x 150 on 2:00 Pulls BTS 1 x 150 on 1:55 Pulls BTS 1 x 150 on 1:50 Pulls BTS 2 x 150 on 1:55 Pulls BTS 2 x 150 on 1:50 Pulls BTS 2 x 150 on 1:45 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4,000	1x{1 x 600 on 7:30 Freestyle 2 x 500 on 6:10 Freestyle 3 x 400 on 4:55 Freestyle 4 x 300 on 3:40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
6:01 PM	7,700 Yards - Stress Value = 111

Workout #11366 - Tuesday, 29 May 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
550	1 x 550 on 9:00 Kick as far as you can in 9:
600	1x{20 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
1,200	1x{1 x 150 on 2:15 Pulls BTS
	{1 x 150 on 2:10 Pulls BTS
	{1 x 150 on 2:05 Pulls BTS
	{2 x 150 on 2:10 Pulls BTS
	{2 x 150 on 2:05 Pulls BTS
	{1 x 150 on 2:00 Pulls BTS
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{1 x 600 on 8:30 Freestyle
	{2 x 500 on 7:00 Freestyle
	{3 x 400 on 5:35 Freestyle
	{3 x 200 on 2:40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	5:59 PM 6,950 Yards - Stress Value = 95

Workout #11367 - Tuesday, 29 May 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Core
550	1 x 550 on 10:00 Underwater trn drill
550	1 x 550 on 9:00 Kick as far as you can in 9:
600	1x{20 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
1,050	1x{1 x 150 on 2:25 Pulls BTS
	{1 x 150 on 2:20 Pulls BTS
	{1 x 150 on 2:15 Pulls BTS
	{2 x 150 on 2:20 Pulls BTS
	{2 x 150 on 2:15 Pulls BTS
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{1 x 600 on 9:30 Freestyle
	{2 x 500 on 7:50 Freestyle
	{3 x 400 on 6:15 Freestyle
	{1 x 300 on 4:40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 6,450 Yards - Stress Value = 86

Workout #11368 - Tuesday, 29 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Core
500	1 x 500 on 10:00 Underwater trn drill
550	1 x 550 on 9:00 Kick as far as you can in 9:
600	1x{20 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
950	1x{1 x 150 on 2:40 Pulls BTS
	{1 x 150 on 2:35 Pulls BTS
	{1 x 150 on 2:30 Pulls BTS
	{2 x 150 on 2:35 Pulls BTS
	{2 x 100 on 1:40 Pulls BTS

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 600 on 10:45 Freestyle
	{2 x 500 on 8:45 Freestyle
	{3 x 400 on 6:55 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 6,000 Yards - Stress Value = 78

Workout #11369 - Tuesday, 29 May 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Spotlight		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
1,250	1x{2 x 125 on 2:20 Kick		EN2
	{2 x 125 on 2:15 Kick		EN2
	{2 x 125 on 2:10 Kick		EN2
	{2 x 125 on 2:05 Kick		EN2
	{2 x 125 on 2:00 Kick		EN2
150	6 x 25 on :45 Breast Drill	REC	
1,500	1x{2 x 150 on 2:40 Breaststroke		EN2
	{4 x 25 on :30 Free-descend all 6bk		EN2
	{2 x 125 on 2:10 Breaststroke		EN2
	{4 x 25 on :30 Free-descend all 6bk		EN2
	{2 x 100 on 1:40 Breaststroke		EN2
	{4 x 25 on :30 Free-descend all 6bk		EN2
	{2 x 75 on 1:10 Breaststroke		EN2
	{4 x 25 on :30 Free-descend all 6bk		EN2
	{2 x 50 on :45 Breaststroke		EN2
	{4 x 25 on :30 Free-descend all 6bk		EN2
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Techniques-Starts		
	7:30 PM 3,850 Yards - Stress Value = 61		

Workout #11370 - Tuesday, 29 May 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Spotlight		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
1,100	1x{2 x 125 on 2:35 Kick		EN2
	{2 x 125 on 2:30 Kick		EN2
	{2 x 125 on 2:25 Kick		EN2
	{2 x 125 on 2:20 Kick		EN2
	{2 x 50 on :55 Kick		EN2
150	6 x 25 on :45 Breast Drill	REC	
1,400	1x{2 x 150 on 2:50 Breaststroke		EN2
	{4 x 25 on :30 Free-descend all 6bk		EN2
	{2 x 125 on 2:20 Breaststroke		EN2
	{4 x 25 on :30 Free-descend all 6bk		EN2
	{2 x 100 on 1:50 Breaststroke		EN2
	{4 x 25 on :30 Free-descend all 6bk		EN2
	{2 x 75 on 1:20 Breaststroke		EN2
	{4 x 25 on :30 Free-descend all 6bk		EN2
	{2 x 50 on :55 Breaststroke		EN2
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Techniques-Starts		
	7:30 PM 3,600 Yards - Stress Value = 56		

Workout #11371 - Tuesday, 29 May 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Spotlight		
550	1 x 550 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 125 on 2:50 Kick	EN2	
	{2 x 125 on 2:45 Kick	EN2	
	{2 x 125 on 2:40 Kick	EN2	
	{2 x 125 on 2:35 Kick	EN2	
150	6 x 25 on :45 Breast Drill	REC	
1,200	1x{2 x 150 on 3:10 Breaststroke	EN2	
	{3 x 25 on :40 Free-descend all 6bk	EN2	
	{2 x 125 on 2:35 Breaststroke	EN2	
	{3 x 25 on :40 Free-descend all 6bk	EN2	
	{2 x 100 on 2:00 Breaststroke	EN2	
	{3 x 25 on :40 Free-descend all 6bk	EN2	
	{2 x 75 on 1:30 Breaststroke	EN2	
	{3 x 25 on :40 Free-descend all 6Bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:30 PM	3,250 Yards - Stress Value = 52		

	{4 x 25 on :45 Sprint Kick		
1,650	1 x 1650 on 20:00 Lungbuster pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,200	1x{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 100 on 1:05 Backstroke		
	{1 x 200 on 3:30 Backstroke Drill		
	{2 x 75 on 1:05 Backstroke		
	{2 x 75 on 1:00 Backstroke		
	{2 x 75 on :55 Backstroke		
	{2 x 75 on :50 Backstroke		
	{1 x 150 on 2:35 Backstroke Drill		
	{3 x 50 on :40 Backstroke		
	{3 x 50 on :35 Backstroke		
	{3 x 50 on :30 Backstroke		
	{1 x 100 on 1:45 Backstroke Drill		
	{4 x 25 on :30 Backstroke-100%		
	{4 x 25 on :25 Backstroke-100%		
300	6 x 50 on 1:00 Stroke Drills		
6:00 PM	7,000 Yards - Stress Value = 147		

Workout #11374 - Wednesday, 30 May 2012

Group 3 - Gold

1 minute rest between sets

Workout #11372 - Tuesday, 29 May 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Spotlight		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 2:50 Kick	EN2	
	{2 x 100 on 2:45 Kick	EN2	
	{2 x 100 on 2:40 Kick	EN2	
	{2 x 100 on 2:35 Kick	EN2	
150	6 x 25 on :45 Breast Drill	REC	
1,050	1x{2 x 150 on 3:30 Breaststroke	EN2	
	{4 x 25 on :45 Free-descend all 6bk	EN2	
	{2 x 125 on 2:50 Breaststroke	EN2	
	{4 x 25 on :45 Free-descend all 6bk	EN2	
	{2 x 100 on 2:15 Breaststroke	EN2	
	{4 x 25 on :45 Free-descend all 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:30 PM	2,850 Yards - Stress Value = 43		

Yards	Set Description	EGY	WC
3:30 PM	Start		
=====	=====	====	==
	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		
1,700	1x{4 x 25 on :35 Kick no board BSLR		
	{1 x 200 on 3:40 Kick		
	{4 x 25 on :45 Sprint Kick		
	{6 x 25 on :35 Kick no board BSLR		
	{1 x 200 on 3:35 Kick		
	{4 x 25 on :45 Sprint kick		
	{6 x 25 on :35 Kick no board BSLR		
	{1 x 200 on 3:30 Kick		
	{4 x 25 on :45 Sprint Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{1 x 200 on 3:25 Kick		
	{4 x 25 on :45 Sprint Kick		
1,500	1 x 1500 on 20:00 Lungbuster pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,950	1x{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 100 on 1:15 Backstroke		
	{1 x 150 on 3:00 Backstroke Drill		
	{2 x 75 on 1:15 Backstroke		
	{2 x 75 on 1:10 Backstroke		
	{2 x 75 on 1:05 Backstroke		
	{2 x 75 on 1:00 Backstroke		
	{1 x 100 on 2:00 Backstroke Drill		
	{3 x 50 on :45 Backstroke		
	{3 x 50 on :40 Backstroke		
	{1 x 50 on :35 Backstroke		
	{1 x 50 on 1:00 Backstroke Drill		
	{4 x 25 on :30 Backstroke-100%		
	{4 x 25 on :25 Backstroke-100%		
300	6 x 50 on 1:00 Stroke Drills		
6:00 PM	6,400 Yards - Stress Value = 138		

Workout #11373 - Wednesday, 30 May 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
=====	=====	====	==
	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		
1,900	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 200 on 3:00 Kick		
	{4 x 25 on :45 Sprint Kick		
	{6 x 25 on :30 Kick no board BSLR		
	{1 x 200 on 2:55 Kick		
	{4 x 25 on :45 Sprint kick		
	{8 x 25 on :30 Kick no board BSLR		
	{1 x 200 on 2:50 Kick		
	{4 x 25 on :45 Sprint Kick		
	{10 x 25 on :30 Kick no board BSLR		
	{1 x 200 on 2:45 Kick		

Workout #11375 - Wednesday, 30 May 2012

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 Shooters
1,550	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:00 Kick
	{4 x 25 on :45 Sprint Kick
	{6 x 25 on :40 Kick no board BSLR
	{1 x 200 on 3:55 Kick
	{4 x 25 on :45 Sprint kick
	{6 x 25 on :40 Kick no board BSLR
	{1 x 200 on 3:50 Kick
	{4 x 25 on :45 Sprint Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on :55 Kick
	{4 x 25 on :45 Sprint Kick
1,300	1 x 1300 on 20:00 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	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 2:20 Backstroke Drill
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on 1:10 Backstroke Drill
	{2 x 25 on :35 Backstroke-100%
	{2 x 25 on :30 Backstroke-100%
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 5,700 Yards - Stress Value = 125

{1 x 100 on 1:45 Backstroke
{1 x 100 on 2:30 Backstroke Drill
{2 x 75 on 1:30 Backstroke
{2 x 75 on 1:25 Backstroke
{2 x 75 on 1:20 Backstroke
{1 x 100 on 2:30 Backstroke Drill
{1 x 50 on 1:05 Backstroke
{1 x 50 on 1:00 Backstroke
{1 x 50 on :55 Backstroke
{1 x 50 on 1:15 Backstroke Drill
{2 x 25 on :35 Backstroke-100%
{4 x 25 on :30 Backstroke-100%
6 x 50 on 1:00 Stroke Drills
6:00 PM 5,250 Yards - Stress Value = 118

Workout #11377 - Wednesday, 30 May 2012

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
	1 x 500 on 10:00 Choice	REC
	10 x 15 on :45 Shooters	SP3
1,000	1x{4 x 25 on :45 Kick no board BSLR 10 KOW	EN2
	{1 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 11 KOW	EN2
	{2 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 12 KOW	EN2
	{3 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 13 KOW	EN2
	{4 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 14 KOW	EN2
50	1 x 50 on 1:00 Freestyle	REC
100	1 x 100 on 3:00 Kick for time	SP2
150	6 x 25 on 1:00 Fly Drills	REC
400	8 x 50 on 2:00 Butterfly	SP1
200	1 x 200 on 4:00 Stroke Drill	REC
	1 on 10:00 Game	
	7:30 PM 2,550 Yards - Stress Value = 68	

Workout #11378 - Wednesday, 30 May 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
	1 x 500 on 10:00 Choice	REC
	10 x 15 on :45 Shooters	SP3
950	1x{4 x 25 on :45 Kick no board BSLR 10 KOW	EN2
	{1 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 11 KOW	EN2
	{2 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 12 KOW	EN2
	{3 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 13 KOW	EN2
	{4 x 50 on 1:10 Kick	EN2
	{2 x 25 on :45 Kick no board BSLR 14 KOW	EN2
50	1 x 50 on 1:00 Freestyle	REC
100	1 x 100 on 3:00 Kick for time	SP2
150	6 x 25 on 1:00 Fly Drills	REC
400	8 x 50 on 2:00 Butterfly	SP1
200	1 x 200 on 4:00 Stroke Drill	REC
	1 on 10:00 Game	
	7:31 PM 2,500 Yards - Stress Value = 67	

Workout #11376 - Wednesday, 30 May 2012

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 Shooters
1,400	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Sprint Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:25 Kick
	{4 x 25 on :45 Sprint kick
	{6 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:20 Kick
	{4 x 25 on :45 Sprint Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Sprint Kick
1,200	1 x 1200 on 20:00 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{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

Workout #11379 - Wednesday, 30 May 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{4 x 25 on :45 Kick no board BSLR 10 KOW EN2	EN2
	{1 x 50 on 1:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 11 KOW EN2	EN2
	{2 x 50 on 1:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 12 KOW EN2	EN2
	{3 x 50 on 1:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR 13 KOW EN2	EN2
	{4 x 50 on 1:20 Kick	EN2
50	1 x 50 on 1:00 Freestyle	REC
100	1 x 100 on 3:00 Kick for time	SP2
150	6 x 25 on 1:00 Fly Drills	REC
400	8 x 50 on 2:00 Butterfly	SP1
200	1 x 200 on 4:00 Stroke Drill	REC
	1 on 10:00 Game	
7:31 PM	2,400 Yards - Stress Value = 66	

Workout #11380 - Wednesday, 30 May 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight	
400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
700	1x{4 x 25 on 1:00 Kick no board BSLR 10 KOW EN2	EN2
	{1 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR 11 KOW EN2	EN2
	{2 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR 12 KOW EN2	EN2
	{3 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR 13 KOW EN2	EN2
50	1 x 50 on 1:00 Freestyle	REC
100	1 x 100 on 3:00 Kick for time	SP2
150	6 x 25 on 1:00 Fly Drills	REC
400	8 x 50 on 2:00 Butterfly	SP1
200	1 x 200 on 4:00 Stroke Drill	REC
	1 on 10:00 Game	
7:30 PM	2,150 Yards - Stress Value = 62	

Workout #11381 - Thursday, 31 May 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	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	
1,500	1x{1 x 250 on 4:00 Kick	
	{5 x 50 on 1:00 Tombstone Kicking	
	{1 x 200 on 3:10 Kick	
	{4 x 50 on 1:00 Tombstone Kicking	
	{1 x 150 on 2:20 Kick	
	{3 x 50 on 1:00 Tombstone Kicking	
	{1 x 100 on 1:30 Kick	
	{2 x 50 on 1:00 Tombstone Kicking	
	{1 x 50 on :40 Kick	
	{1 x 50 on 1:00 Tombstone Kicking	
100	1 x 100 on 2:00 Kick for time	

800	1 x 800 on 10:00 Pulls-odd 100's breakouts a feet have passed the flags	
	even 100's DPS/each 100 take less strokes	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
3,300	1x{4 x 50 on 1:00 Breaststroke-2X Pullouts	
	{4 x 125 on 1:40 Individual Medley w/50 brea	
	{4 x 50 on :55 Breaststroke-2X pullouts	
	{3 x 250 on 3:20 Individual Medley-w/100 brea	
	{4 x 50 on :50 Breaststroke-2X pullouts	
	{2 x 375 on 5:00 Individual Medley w/150 brea	
	{4 x 50 on :45 Breaststroke 2X pullouts	
	{1 x 500 on 6:40 Individual Medley w/200 brea	
350	7 x 50 on 1:00 Stroke Drills	
6:00 PM	7,000 Yards - Stress Value = 112	

Workout #11382 - Thursday, 31 May 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	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	
1,400	1x{1 x 250 on 4:40 Kick	
	{5 x 50 on 1:00 Tombstone Kicking	
	{1 x 200 on 3:40 Kick	
	{4 x 50 on 1:00 Tombstone Kicking	
	{1 x 150 on 2:40 Kick	
	{3 x 50 on 1:00 Tombstone Kicking	
	{1 x 100 on 1:45 Kick	
	{2 x 50 on 1:00 Tombstone Kicking	
100	1 x 100 on 2:00 Kick for time	
700	1 x 700 on 10:00 Pulls-odd 100's breakouts a feet have passed the flags	
	even 100's DPS/each 100 take less strokes	
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{3 x 50 on 1:05 Breaststroke-2X Pullouts	
	{4 x 125 on 1:50 Individual Medley w/50 brea	
	{3 x 50 on 1:00 Breaststroke-2X pullouts	
	{3 x 250 on 3:45 Individual Medley-w/100 brea	
	{3 x 50 on :55 Breaststroke-2X pullouts	
	{2 x 375 on 5:40 Individual Medley w/150 brea	
	{3 x 50 on :50 Breaststroke 2X pullouts	
	{1 x 500 on 7:30 Individual Medley w/200 brea	
350	7 x 50 on 1:00 Stroke Drills	
6:01 PM	6,600 Yards - Stress Value = 106	

Workout #11383 - Thursday, 31 May 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
550	1 on 25:00 DS/Shoulders 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{1 x 250 on 5:20 Kick {4 x 50 on 1:10 Tombstone Kicking {1 x 200 on 4:15 Kick {3 x 50 on 1:10 Tombstone Kicking {1 x 150 on 3:10 Kick {3 x 50 on 1:10 Tombstone Kicking {1 x 100 on 2:05 Kick
100	1 x 100 on 2:00 Kick for time
600	1 x 600 on 10:00 Pulls-odd 100's breakouts a feet have passed the flags even100's DPS/each 100 take less strokes
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,850	1x{3 x 50 on 1:10 Breaststroke-2X Pullouts {4 x 125 on 2:15 Individual Medley w/50 brea {3 x 50 on 1:05 Breaststroke-2X pullouts {3 x 250 on 4:15 Individual Medley-w/100 brea {3 x 50 on 1:00 Breaststroke-2X pullouts {2 x 375 on 6:15 Individual Medley w/150 brea {3 x 50 on :55 Breaststroke 2X pullouts {1 x 250 on 3:45 Individual Medley w/100 brea
350	7 x 50 on 1:00 Stroke Drills
6:03 PM 6,000 Yards - Stress Value = 96	

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Shoulders/Free Tech 1 x 500 on 10:00 Underwater trn drill odd 100s free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
150	6 x 25 on :45 Perfect Freestyle	REC	
600	1x{1 x 200 on 8:00 Stroke Drills {1 x 200 on 8:00 Stroke Drills {1 x 200 on 8:00 Stroke Drills	REC	
150	6 x 25 on :45 Perfect Freestyle	REC	
200	1 on 14:00 Technique-Starts 1 x 200 on 4:00 Stroke Drills	REC	
7:30 PM 1,750 Yards - Stress Value = 6			

Workout #11386 - Friday, 01 June 2012

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
2,850	1x{3 x 50 on 1:10 Breaststroke-2X Pullouts {4 x 125 on 2:15 Individual Medley w/50 brea {3 x 50 on 1:05 Breaststroke-2X pullouts {3 x 250 on 4:15 Individual Medley-w/100 brea {3 x 50 on 1:00 Breaststroke-2X pullouts {2 x 375 on 6:15 Individual Medley w/150 brea {3 x 50 on :55 Breaststroke 2X pullouts {1 x 250 on 3:45 Individual Medley w/100 brea
350	7 x 50 on 1:00 Stroke Drills
6:03 PM 6,000 Yards - Stress Value = 96	

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 30:00 DS/Ted's Abs 1 x 600 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	F
1,825	1x{1 x 200 on 3:00 Butterfly {1 x 25 on :30 Freestyle {4 x 30 on 1:00 Fly-descend {1 x 25 on :30 Freestyle {1 x 200 on 2:55 Butterfly {1 x 25 on :30 Freestyle {4 x 30 on :55 Fly-descend {1 x 25 on :30 Freestyle {1 x 200 on 2:50 Butterfly {1 x 25 on :30 Freestyle {4 x 30 on :50 Fly-descend {1 x 25 on :30 Freestyle {1 x 200 on 2:45 Butterfly {1 x 25 on :30 Freestyle {4 x 30 on :45 Fly-descend {1 x 25 on :30 Freestyle {1 x 200 on 2:40 Butterfly {1 x 25 on :30 Freestyle {4 x 30 on :40 Fly-descend	EN2	S	F
175	1 x 175 on 3:00 Stroke Drills	REC	D	
5:00 PM 2,750 Yards - Stress Value = 36				

Workout #11384 - Thursday, 31 May 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
500	1 on 25:00 DS/Shoulders 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,100	1x{1 x 250 on 5:50 Kick {3 x 50 on 1:15 Tombstone Kicking {1 x 200 on 4:35 Kick {2 x 50 on 1:15 Tombstone Kicking {1 x 150 on 3:25 Kick {2 x 50 on 1:15 Tombstone Kicking {1 x 100 on 2:15 Kick {1 x 50 on 1:15 Tombstone Kicking
100	1 x 100 on 2:00 Kick for time
550	1 x 550 on 10:00 Pulls-odd 100's breakouts a feet have passed the flags even100's DPS/each 100 take less strokes
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,350	1x{3 x 50 on 1:15 Breaststroke-2X Pullouts {4 x 125 on 2:30 Individual Medley w/50 brea {3 x 50 on 1:10 Breaststroke-2X pullouts {2 x 250 on 4:55 Individual Medley-w/100 brea {3 x 50 on 1:05 Breaststroke-2X pullouts {2 x 375 on 7:15 Individual Medley w/150 brea {3 x 50 on 1:00 Breaststroke-2X pullouts
350	7 x 50 on 1:00 Stroke Drills
6:00 PM 5,300 Yards - Stress Value = 84	

Workout #11385 - Thursday, 31 May 2012

Group 2 - Freestylers

1 minute rest between sets

Workout #11387 - Friday, 01 June 2012

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 30:00 DS/Ted's Abs		L I	
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S F	
1,725	1x{1 x 200 on 3:20 Butterfly	EN2	S F	
	{1 x 25 on :30 Freestyle	REC	S	
	{4 x 30 on 1:00 Fly-descend	EN2	S F	
	{1 x 25 on :30 Freestyle	REC	S	
	{1 x 200 on 3:15 Butterfly	EN2	S F	
	{1 x 25 on :30 Freestyle	REC	S	
	{4 x 30 on :55 Fly-descend	EN2	S F	200
	{1 x 25 on :30 Freestyle	REC	S	
	{1 x 200 on 3:10 Butterfly	EN2	S F	
	{1 x 25 on :30 Freestyle	REC	S	
	{4 x 30 on :50 Fly-descend	EN2	S F	
	{1 x 25 on :30 Freestyle	REC	S	
	{1 x 200 on 3:05 Butterfly	EN2	S F	
	{1 x 25 on :30 Freestyle	REC	S	
	{4 x 30 on :45 Fly-descend	EN2	S F	
	{1 x 25 on :30 Freestyle	REC	S	
175	1 x 175 on 3:00 Stroke Drills	REC	D	
	5:00 PM 2,650 Yards - Stress Value = 34			

{1 x 25 on :45 Freestyle	REC	S
{4 x 30 on 1:00 Fly-descend	EN2	S F
{1 x 25 on :45 Freestyle	REC	S
{1 x 150 on 3:10 Butterfly	EN2	S F
{1 x 25 on :45 Freestyle	REC	S
{4 x 30 on 1:00 Fly-descend	EN2	S F
{1 x 25 on :45 Freestyle	REC	S
{1 x 150 on 3:05 Butterfly	EN2	S F
{1 x 25 on :45 Freestyle	REC	S
{4 x 30 on 1:00 Fly-descend	EN2	S F
{1 x 25 on :45 Freestyle	REC	S
{1 x 150 on 3:00 Butterfly	EN2	S F
{1 x 25 on :45 Freestyle	REC	S
{4 x 30 on 1:00 Fly-descend	EN2	S F
{1 x 25 on :45 Freestyle	REC	S
{1 x 50 on :55 Butterfly	EN2	S F
1 x 200 on 3:00 Stroke Drills	REC	D
5:00 PM 2,180 Yards - Stress Value = 27		

Workout #11390 - Friday, 01 June 2012

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland		D DRY	
500	1 x 500 on 10:00 Reverse IM drill	REC	D IM	
150	10 x 15 on :45 Shooters	SP3	S BK	
1,050	14 x 75 on 1:30 Backstroke	EN3	S BK	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	6:30 PM 1,900 Yards - Stress Value = 69			

Workout #11388 - Friday, 01 June 2012

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 30:00 DS/Ted's Abs		L I	
550	1 x 550 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S F	
1,580	1x{1 x 200 on 3:45 Butterfly	EN2	S F	
	{1 x 25 on :40 Freestyle	REC	S	
	{4 x 30 on 1:00 Fly-descend	EN2	S F	
	{1 x 25 on :40 Freestyle	REC	S	
	{1 x 200 on 3:40 Butterfly	EN2	S F	
	{1 x 25 on :40 Freestyle	REC	S	
	{4 x 30 on :55 Fly-descend	EN2	S F	
	{1 x 25 on :40 Freestyle	REC	S	
	{1 x 200 on 3:35 Butterfly	EN2	S F	
	{1 x 25 on :40 Freestyle	REC	S	
	{4 x 30 on :50 Fly-descend	EN2	S F	
	{1 x 25 on :40 Freestyle	REC	S	
	{1 x 200 on 3:30 Butterfly	EN2	S F	
	{1 x 25 on :40 Freestyle	REC	S	
	{4 x 30 on :45 Fly-descend	EN2	S F	
	{1 x 25 on :40 Freestyle	REC	S	
	{1 x 100 on 1:45 Butterfly	EN2	S F	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	5:00 PM 2,480 Yards - Stress Value = 32			

Workout #11391 - Monday, 04 June 2012

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 25:00 DS/Physio Balls			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
2,200	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 100 on 1:30 Kick			
	{1 x 100 on 1:25 Kick			
	{1 x 100 on 1:20 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:35 Kick			
	{2 x 100 on 1:30 Kick			
	{2 x 100 on 1:25 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{3 x 100 on 1:40 Kick			
	{3 x 100 on 1:35 Kick			
	{3 x 100 on 1:30 Kick			
	{4 x 25 on :30 Kick no board BSLR			
1,250	1x{2 x 125 on 1:40 Pulls-no br L.10 yds			
	{2 x 125 on 1:40 Pulls-no br L.12 yds			
	{2 x 125 on 1:40 Pulls-no br L.14 yds			
	{2 x 125 on 1:40 Pulls-no br L.16 yds			
	{2 x 125 on 1:40 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			
2,700	18 x 150 on 1:45 Freestyle-descend in 3's			
500	10 x 50 on 1:00 Stroke Drills			
	6:00 PM 7,600 Yards - Stress Value = 116			

Workout #11389 - Friday, 01 June 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 30:00 DS/Ted's Abs		L I	
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S F	
1,330	1x{1 x 150 on 3:15 Butterfly	EN2	S F	

Workout #11392 - Monday, 04 June 2012

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
 150 10 x 15 on :45 Shooters
 1,900 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {2 x 100 on 1:40 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board BSLR
 1,150 1x{2 x 125 on 1:50 Pulls-no br L.10 yds
 {2 x 125 on 1:50 Pulls-no br L.12 yds
 {2 x 125 on 1:50 Pulls-no br L.14 yds
 {2 x 125 on 1:50 Pulls-no br L.16 yds
 {2 x 75 on 1:10 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 2:10 Freestyle-descend in 3's
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 6,750 Yards - Stress Value = 104

Workout #11393 - Monday, 04 June 2012

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
 150 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 {2 x 100 on 2:05 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board BSLR
 1,000 1x{2 x 125 on 2:05 Pulls-no br L.10 yds
 {2 x 125 on 2:05 Pulls-no br L.12 yds
 {2 x 125 on 2:05 Pulls-no br L.14 yds
 {2 x 125 on 2:05 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
 2,100 14 x 150 on 2:25 Freestyle-descend in 3's
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 6,050 Yards - Stress Value = 91

Workout #11394 - Monday, 04 June 2012

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
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 900 1x{2 x 125 on 2:20 Pulls-no br L.10 yds
 {2 x 125 on 2:20 Pulls-no br L.12 yds
 {2 x 125 on 2:20 Pulls-no br L.14 yds
 {2 x 75 on 1:20 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
 1,950 13 x 150 on 2:40 Freestyle-descend in 3's
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 5,550 Yards - Stress Value = 85

Workout #11395 - Monday, 04 June 2012

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Physio Balls/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,500 1x{4 x 25 on :45 Kick no board BSLR EN2
 {1 x 200 on 4:00 Kick EN2
 {6 x 25 on :45 Kick no board BSLRBS EN2
 {1 x 200 on 3:50 Kick EN2
 {8 x 25 on :45 Kick no board BSLRX2 EN2
 {1 x 200 on 3:40 Kick EN2
 {6 x 25 on :45 Kick no board BSLRBS EN2
 {1 x 200 on 3:30 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 100 1 x 100 on 3:00 Kick for time EN3
 150 6 x 25 on 1:00 Fly Drills REC
 450 6 x 75 on 3:00 Butterfly SP1
 200 1 x 200 on 3:00 Stroke Drills REC
 7:30 PM 3,050 Yards - Stress Value = 78

Workout #11396 - Monday, 04 June 2012

7:29 PM 2,600 Yards - Stress Value = 71

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 200 on 4:30 Kick	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{1 x 200 on 4:20 Kick	EN2	
	{8 x 25 on :45 Kick no board BSLRX2	EN2	
	{1 x 200 on 4:10 Kick	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
150	6 x 25 on 1:00 Fly Drills	REC	
450	6 x 75 on 3:00 Butterfly	SP1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:30 PM 2,950 Yards - Stress Value = 76		

Workout #11397 - Monday, 04 June 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 200 on 5:00 Kick	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{1 x 150 on 3:40 Kick	EN2	
	{8 x 25 on :45 Kick no board BSLRX2	EN2	
	{1 x 150 on 3:30 Kick	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
150	6 x 25 on 1:00 Fly Drills	REC	
450	6 x 75 on 3:00 Butterfly	SP1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:30 PM 2,800 Yards - Stress Value = 74		

Workout #11398 - Monday, 04 June 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,150	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 3:15 Kick	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{1 x 100 on 3:10 Kick	EN2	
	{8 x 25 on :45 Kick no board BSLRX2	EN2	
	{1 x 100 on 3:05 Kick	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{1 x 150 on 4:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
150	6 x 25 on 1:00 Fly Drills	REC	
450	6 x 75 on 3:00 Butterfly	SP1	
200	1 x 200 on 3:00 Stroke Drills	REC	

Workout #11399 - Tuesday, 05 June 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
=====	=====
	3:30 PM Start
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
675	1 x 675 on 9:30 Kick as far as you can in 9:
840	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
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,200	24 x 50 on :45 Pulls-descend in 3's
	Odd sets breathe toward bleachers
	even sets breathe toward scoreboard
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 25 on :30 Back -6 kick switch
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW
	{1 x 200 on 2:30 Backstroke
	{4 x 25 on :30 Back-6 kick switch
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW
	{1 x 200 on 2:25 Backstroke
	{4 x 25 on :30 Back-6 kick switch
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW
	{1 x 200 on 2:20 Backstroke
	{4 x 25 on :30 Back-6 kick switch
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW
	{1 x 200 on 2:15 Backstroke
	{4 x 25 on :30 Back-6 kick switch
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW
	{1 x 200 on 2:10 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 6,565 Yards - Stress Value = 106

Workout #11400 - Tuesday, 05 June 2012

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
 150 10 x 15 on :45 Shooters
 675 1 x 675 on 9:30 Kick as far as you can in 9:
 840 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
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
 1,050 21 x 50 on :50 Pulls-descend in 3's
 Odd sets breathe toward bleachers
 even sets breathe toward scoreboard
 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 25 on :35 Back -6 kick switch
 {4 x 50 on :50 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:00 Backstroke
 {4 x 25 on :35 Back-6 kick switch
 {4 x 50 on :50 Back-descend 3/5/7/9 KOW
 {1 x 200 on 2:55 Backstroke
 {4 x 25 on :35 Back-6 kick switch
 {4 x 50 on :50 Back-descend 3/5/7/9 KOW
 {1 x 200 on 2:50 Backstroke
 {4 x 25 on :35 Back-6 kick switch
 {4 x 50 on :50 Back-descend 3/5/7/9 KOW
 {1 x 200 on 2:45 Backstroke
 {2 x 25 on :35 Back-6 kick switch
 {1 x 50 on :45 Back-9 KOW
 {1 x 200 on 2:40 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 6,115 Yards - Stress Value = 99

{4 x 25 on :40 Back-6 kick switch
 {4 x 50 on :55 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:10 Backstroke
 {4 x 25 on :40 Back-6 kick switch
 {4 x 50 on :55 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:05 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,665 Yards - Stress Value = 92

Workout #11402 - Tuesday, 05 June 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 675 1 x 675 on 9:30 Kick as far as you can in 9:
 840 1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
 {2 x 30 on :30 Sprint free
 {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprinnt free
 {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprint free
 {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprint free
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
 900 18 x 50 on 1:00 Pulls-descend in 3's
 Odd sets breathe toward bleachers
 even sets breathe toward scoreboard
 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 :45 Back -6 kick switch
 {4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:40 Backstroke
 {4 x 25 on :45 Back-6 kick switch
 {4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:35 Backstroke
 {4 x 25 on :45 Back-6 kick switch
 {4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:30 Backstroke
 {4 x 25 on :45 Back-6 kick switch
 {4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,365 Yards - Stress Value = 87

Workout #11401 - Tuesday, 05 June 2012

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
 675 1 x 675 on 9:30 Kick as far as you can in 9:
 840 1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
 {2 x 30 on :30 Sprint free
 {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprinnt free
 {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprint free
 {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprint free
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
 950 19 x 50 on :55 Pulls-descend in 3's
 Odd sets breathe toward bleachers
 even sets breathe toward scoreboard
 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 25 on :40 Back -6 kick switch
 {4 x 50 on :55 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:20 Backstroke
 {4 x 25 on :40 Back-6 kick switch
 {4 x 50 on :55 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:15 Backstroke

Workout #11403 - Tuesday, 05 June 2012

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY WC
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,200	1x{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:55 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:50 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:45 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:40 Kick	EN2
	{1 x 100 on 2:00 kICK	EN2
	{1 x 100 on 1:35 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:30 Kick	EN2
200	8 x 25 on :45 IM drills 2 on each	REC
1,600	1x{1 x 200 on 3:00 Individual Medley	EN2
	{8 x 25 on :30 Odds fly evens free	EN2
	{1 x 200 on 2:55 Individual Medley	EN2
	{8 x 25 on :30 Odds back evens free	EN2
	{1 x 200 on 2:50 Individual Medley	EN2
	{8 x 25 on :30 Odds breast evens free	EN2
	{1 x 200 on 2:45 Individual Medley	EN2
	{8 x 25 on :30 Odds 6bk evens 2bk	EN2
	1 on 12:00 Techniques-Starts	
	7:30 PM 3,650 Yards - Stress Value = 62	

Workout #11404 - Tuesday, 05 June 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY WC
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,050	1x{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:10 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:05 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 1:55 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 50 on :55 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
200	8 x 25 on :45 IM drills 2 on each	REC
1,500	1x{1 x 200 on 3:30 Individual Medley	EN2
	{8 x 25 on :30 Odds fly evens free	EN2
	{1 x 200 on 3:25 Individual Medley	EN2
	{8 x 25 on :30 Odds back evens free	EN2
	{1 x 200 on 3:20 Individual Medley	EN2
	{8 x 25 on :30 Odds breast evens free	EN2
	{1 x 200 on 3:15 Individual Medley	EN2
	{4 x 25 on :30 Odds 6bk evens 2bk	EN2
	1 on 12:00 Techniques-Starts	
	7:30 PM 3,400 Yards - Stress Value = 57	

Workout #11405 - Tuesday, 05 June 2012

Group 2 - Silver

1 minute rest between sets

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

5:30 PM Start		
Yards	Set Description	EGY WC
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
950	1x{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:25 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:20 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:10 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 50 on 1:05 Kick	EN2
200	8 x 25 on :45 IM drills 2 on each	REC
1,250	1x{1 x 200 on 4:00 Individual Medley	EN2
	{6 x 25 on :40 Odds fly evens free	EN2
	{1 x 200 on 3:55 Individual Medley	EN2
	{6 x 25 on :40 Odds back evens free	EN2
	{1 x 200 on 3:50 Individual Medley	EN2
	{6 x 25 on :40 Odds breast evens free	EN2
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :30 Odds 6bk evens 2bk	EN2
	1 on 12:00 Techniques-Starts	
	7:30 PM 3,000 Yards - Stress Value = 50	

Workout #11406 - Tuesday, 05 June 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY WC
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{1 x 100 on 3:00 Kick	EN2
	{1 x 100 on 2:50 Kick	EN2
	{1 x 100 on 3:00 Kick	EN2
	{1 x 100 on 2:45 Kick	EN2
	{1 x 100 on 3:00 Kick	EN2
	{1 x 100 on 2:40 Kick	EN2
	{1 x 100 on 3:00 Kick	EN2
	{1 x 100 on 2:35 Kick	EN2
200	8 x 25 on :45 IM drills 2 on each	REC
1,100	1x{1 x 200 on 4:30 Individual Medley	EN2
	{4 x 25 on :45 Odds fly evens free	EN2
	{1 x 200 on 4:25 Individual Medley	EN2
	{4 x 25 on :45 Odds back evens free	EN2
	{1 x 200 on 4:20 Individual Medley	EN2
	{4 x 25 on :45 Odds breast evens free	EN2
	{1 x 100 on 2:05 Individual Medley	EN2
	{4 x 25 on :45 Odds 6bk evens 2bk	EN2
	1 on 12:00 Techniques-Starts	
	7:30 PM 2,650 Yards - Stress Value = 44	

Workout #11407 - Wednesday, 06 June 2012

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Abs
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,600	10 x 15 on :45 Shooters
1x	{1 x 100 on 1:40 Kick
	{2 x 100 on 1:30 Kick
	{1 x 100 on 1:45 Kick
	{2 x 125 on 1:50 Kick
	{1 x 100 on 1:50 Kick
	{2 x 150 on 2:10 Kick
	{1 x 100 on 1:55 Kick
	{2 x 175 on 2:30 Kick
	{1 x 100 on 2:00 Kick
1,250	1x{1 x 125 on 1:50 Lungbuster pulls
	{1 x 125 on 1:45 Lungbuster pulls
	{1 x 125 on 1:40 Lungbuster pulls
	{1 x 125 on 1:35 Lungbuster pulls
	{2 x 125 on 1:30 Lungbuster pulls
	{1 x 125 on 1:35 Lungbuster pulls
	{1 x 125 on 1:40 Lungbuster pulls
	{1 x 125 on 1:45 Lungbuster pulls
	{1 x 125 on 1:50 Lungbuster pulls
	Odds breathe 2-3-4-5-6 by the 25
	evens breathe 3-4-5-6-7 by the 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{2 x 200 on 3:10 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 175 on 2:40 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO drill w/fins
	{2 x 150 on 2:10 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :30 Breast TO Drill w/fins
	{2 x 125 on 1:45 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :30 Breast TO drill w/fins
	{2 x 100 on 1:20 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :30 Breast TO drill w/fins
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 6,700 Yards - Stress Value = 103

Workout #11411 - Wednesday, 06 June 2012

Group 3 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STP
	1 on 25:00 DS/ABS			L DRY
500	1 x 500 on 10:00 Choice	REC		S CHC
150	10 x 15 on :45 Shooters	SP3		S FF
1,000	1x{1 x 100 on 2:00 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 1:55 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 1:50 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 1:45 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 1:40 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 1:35 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 1:30 Kick	EN2		K FF
500	10 x 50 on :50 Lungbuster pulls	EN2		P FF

Breathe 3-5-7 continuous through the whole

150	6 x 25 on :45 Stroke Drills	REC	D	FF
2,000	1x{2 x 200 on 2:45 Freestyle	EN2	S	FF
	{2 x 200 on 2:40 Freestyle	EN2	S	FF
	{2 x 200 on 2:35 Freestyle	EN2	S	FF
	{2 x 200 on 2:30 Freestyle	EN2	S	FF
	{2 x 200 on 2:25 Freestyle	EN2	S	FF
	1 on 10:00 Killer Relays	SP1	S	FF
	7:29 PM 4,300 Yards - Stress Value = 100			

Workout #11408 - Wednesday, 06 June 2012

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
1,400	1x{1 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{1 x 100 on 1:55 Kick
	{2 x 125 on 2:10 Kick
	{1 x 100 on 2:00 Kick
	{2 x 150 on 2:40 Kick
	{1 x 100 on 2:05 Kick
	{2 x 125 on 2:10 Kick
1,125	1x{1 x 125 on 2:00 Lungbuster pulls
	{1 x 125 on 1:55 Lungbuster pulls
	{1 x 125 on 1:50 Lungbuster pulls
	{1 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{1 x 125 on 1:45 Lungbuster pulls
	{1 x 125 on 1:50 Lungbuster pulls
	Odds breathe 2-3-4-5-6 by the 25
	evens breathe 3-4-5-6-7 by the 25
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{2 x 200 on 3:25 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 175 on 2:55 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO drill w/fins
	{2 x 150 on 2:25 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :30 Breast TO Drill w/fins
	{2 x 125 on 2:00 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :30 Breast TO drill w/fins
	{1 x 100 on 1:35 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO drill w/fins
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 6,225 Yards - Stress Value = 95

Workout #11412 - Wednesday, 06 June 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 25:00 DS/ABS		L	DRY
500	1 x 500 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooters	SP3	S	FR
900	1x{1 x 100 on 2:15 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 2:10 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 2:05 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 2:00 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 1:55 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 1:50 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
450	9 x 50 on :55 Lungbuster pulls	EN2	P	FR
	Breathe 3-5-7 continuous through the whole			
150	6 x 25 on :45 Stroke Drills	REC	D	FR
1,800	1x{2 x 200 on 3:00 Freestyle	EN2	S	FR
	{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	1 on 10:00 Killer Relays	SP1	S	FR
7:29 PM	3,950 Yards - Stress Value = 93			

Workout #11409 - Wednesday, 06 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
=====	=====	=====	=====	=====
	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			
1,250	1x{1 x 100 on 2:05 Kick			
	{2 x 100 on 2:00 Kick			
	{1 x 100 on 2:10 Kick			
	{2 x 125 on 2:30 Kick			
	{1 x 100 on 2:15 Kick			
	{2 x 150 on 3:00 Kick			
	{1 x 100 on 2:20 Kick			
	{1 x 100 on 2:00 Kick			
1,000	1x{1 x 125 on 2:15 Lungbuster pulls			
	{1 x 125 on 2:10 Lungbuster pulls			
	{1 x 125 on 2:05 Lungbuster pulls			
	{1 x 125 on 2:00 Lungbuster pulls			
	{1 x 125 on 1:55 Lungbuster pulls			
	{1 x 125 on 2:00 Lungbuster pulls			
	{1 x 125 on 2:05 Lungbuster pulls			
	{1 x 125 on 2:10 Lungbuster pulls			
	Odds breathe 2-3-4-5-6 by the 25			
	evens breathe 3-4-5-6-7 by the 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{1 x 200 on 3:55 Breaststroke			
	{1 on :30 Put fins on			
	{6 x 25 on :40 Breast TO Drill w/fins			
	{2 x 175 on 3:25 Breaststroke			
	{1 on :30 Put fins on			
	{6 x 25 on :40 Breast TO drill w/fins			
	{2 x 150 on 2:50 Breaststroke			
	{1 on :30 Put fins on			
	{8 x 25 on :40 Breast TO Drill w/fins			
	{2 x 125 on 2:20 Breaststroke			
	{1 on :30 Put fins on			

{8 x 25 on :40 Breast TO drill w/fins
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,450 Yards - Stress Value = 80

Workout #11413 - Wednesday, 06 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 25:00 DS/ABS		L	DRY
500	1 x 500 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooters	SP3	S	FR
850	1x{1 x 100 on 2:35 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 2:30 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 2:25 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 2:20 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 2:15 Kick	EN2	K	FR
	{2 x 25 on :45 Sprint kick	SP2	K	FR
	{1 x 100 on 2:10 Kick	EN2	K	FR
450	9 x 50 on 1:00 Lungbuster pulls	EN2	P	FR
	Breathe 3-5-7 continuous through the whole			
150	6 x 25 on :45 Stroke Drills	REC	D	FR
1,500	1x{2 x 200 on 3:30 Freestyle	EN2	S	FR
	{2 x 200 on 3:25 Freestyle	EN2	S	FR
	{2 x 200 on 3:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN2	S	FR
	1 on 10:00 Killer Relays	SP1	S	FR
7:29 PM	3,600 Yards - Stress Value = 82			

Workout #11410 - Wednesday, 06 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	3:30 PM Start			
=====	=====	=====	=====	=====
	1 on 25:00 DS/Abs			L DRY
500	1 x 500 on 10:00 Free L.25 of each 100 Non F	REC		S CHC
150	10 x 15 on :45 Shooters	SP3		S FF
1,150	1x{1 x 100 on 2:15 Kick	EN2		K FF
	{2 x 100 on 2:10 Kick	SP2		K FF
	{1 x 100 on 2:20 Kick	EN2		K FF
	{2 x 125 on 2:45 Kick	SP2		K FF
	{1 x 100 on 2:25 Kick	EN2		K FF
	{2 x 150 on 3:15 Kick	SP2		K FF
	{1 x 100 on 2:30 Kick	EN2		K FF
900	1x{1 x 125 on 2:25 Lungbuster pulls	EN2		P FF
	{1 x 125 on 2:20 Lungbuster pulls			
	{1 x 125 on 2:15 Lungbuster pulls			
	{1 x 125 on 2:10 Lungbuster pulls			
	{1 x 125 on 2:05 Lungbuster pulls			
	{1 x 125 on 2:10 Lungbuster pulls			
	{1 x 125 on 2:15 Lungbuster pulls			
	{1 x 25 on :30 Lungbuster pulls			
	Odds breathe 2-3-4-5-6 by the 25			
	evens breathe 3-4-5-6-7 by the 25			
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 200 on 4:10 Breaststroke			
	{1 on :30 Put fins on			
	{6 x 25 on :40 Breast TO Drill w/fins			
	{2 x 175 on 3:30 Breaststroke			
	{1 on :30 Put fins on			
	{6 x 25 on :40 Breast TO drill w/fins			
	{2 x 150 on 3:00 Breaststroke			
	{1 on :30 Put fins on			
	{8 x 25 on :40 Breast TO Drill w/fins			
	{2 x 100 on 2:30 Breaststroke			
	{1 on :30 Put fins on			
	{8 x 25 on :40 Breast TO drill w/fins			
500	10 x 50 on 1:00 Stroke Drills			
	6:01 PM 5,150 Yards - Stress Value = 76			

Workout #11414 - Wednesday, 06 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	5:30 PM Start			
=====	=====	=====	=====	=====
	1 on 25:00 DS/ABS			L DRY
450	1 x 450 on 10:00 Choice	REC		S CHC
150	10 x 15 on :45 Shooters	SP3		S FF
750	1x{1 x 100 on 2:55 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 2:50 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 2:45 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 2:40 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
	{1 x 100 on 2:35 Kick	EN2		K FF
	{2 x 25 on :45 Sprint kick	SP2		K FF
400	8 x 50 on 1:05 Lungbuster pulls	EN2		P FF
	Breathe 3-5-7 continuous through the whole			
150	6 x 25 on :45 Stroke Drills	REC		D FF
1,350	1x{2 x 200 on 3:50 Freestyle	EN2		S FF
	{2 x 200 on 3:45 Freestyle	EN2		S FF
	{2 x 200 on 3:40 Freestyle	EN2		S FF
	{1 x 150 on 2:40 Freestyle	EN2		S FF
	1 on 10:00 Killer Relays	SP1		S FF
	7:29 PM 3,250 Yards - Stress Value = 76			

Workout #11415 - Thursday, 07 June 2012

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
=====	=====
	1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100s back
150	10 x 15 on :45 Shooters
1,700	1x{1 x 100 on 1:25 Kick
	{4 x 25 on :30 Alt 2nd and 3rd kicks
	{2 x 100 on 1:30 Kick
	{6 x 25 on :30 Alt 2nd and 3rd kicks
	{3 x 100 on 1:35 Kick
	{8 x 25 on :30 Alt 2nd and 3rd kicks
	{4 x 100 on 1:40 Kick
	{10 x 25 on :30 Alt 2nd and 3rd kicks
1,200	1x{1 x 200 on 2:20 Pull alt bo by the 50
	{1 x 200 on 2:25 Pull atl bo by the 50
	{1 x 200 on 2:30 Pull alt bo by the 50
	{1 x 200 on 2:35 Pull alt bo by the 50
	{1 x 200 on 2:40 Pull alt bo by the 50
	{1 x 200 on 2:45 Pull alt bo by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{8 x 25 on :20 Butterfly
	{1 on 1:00 Rest
	{8 x 25 on :25 Butterfly
	{1 on 1:00 Rest
	{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 6,150 Yards - Stress Value = 102

Workout #11416 - Thursday, 07 June 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
=====	=====
	1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100s back
150	10 x 15 on :45 Shooters
1,450	1x{1 x 100 on 1:40 Kick
	{4 x 25 on :35 Alt 2nd and 3rd kicks
	{2 x 100 on 1:45 Kick
	{6 x 25 on :35 Alt 2nd and 3rd kicks
	{3 x 100 on 1:50 Kick
	{8 x 25 on :35 Alt 2nd and 3rd kicks
	{2 x 100 on 1:55 Kick
	{8 x 25 on :35 Alt 2nd and 3rd kicks
1,100	1x{1 x 200 on 2:35 Pull alt bo by the 50
	{1 x 200 on 2:40 Pull atl bo by the 50
	{1 x 200 on 2:45 Pull alt bo by the 50
	{1 x 200 on 2:50 Pull alt bo by the 50
	{1 x 200 on 2:55 Pull alt bo by the 50
	{1 x 100 on 1:30 Pull alt bo by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	3x{8 x 25 on :25 Butterfly
	{1 on 1:00 Rest
	{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
	{4 x 25 on :35 Butterfly
	{1 on 1:00 Rest
500	10 x 50 on 1:00 Stroke Drills
	5:59 PM 5,500 Yards - Stress Value = 89

Workout #11417 - Thursday, 07 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
500	1 on 25:00 DS/Shoulders
550	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100s back
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 1:50 Kick
	{4 x 25 on :40 Alt 2nd and 3rd kicks
	{2 x 100 on 1:55 Kick
	{6 x 25 on :40 Alt 2nd and 3rd kicks
	{2 x 100 on 2:00 Kick
	{8 x 25 on :40 Alt 2nd and 3rd kicks
	{2 x 100 on 2:05 Kick
	{6 x 25 on :40 Alt 2nd and 3rd kicks
1,000	1x{1 x 200 on 3:00 Pull alt bo by the 50
	{1 x 200 on 3:05 Pull atl bo by the 50
	{1 x 200 on 3:10 Pull alt bo by the 50
	{1 x 200 on 3:15 Pull alt bo by the 50
	{1 x 200 on 3:20 Pull alt bo by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	3x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
	{8 x 25 on :35 Butterfly
	{1 on :30 Rest
	{4 x 25 on :40 Butterfly
	{1 on :30 Rest
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 5,200 Yards - Stress Value = 84

Workout #11418 - Thursday, 07 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
500	1 on 25:00 DS/Shoulders
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100s back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:05 Kick
	{4 x 25 on :40 Alt 2nd and 3rd kicks
	{2 x 100 on 2:10 Kick
	{6 x 25 on :40 Alt 2nd and 3rd kicks
	{2 x 100 on 2:15 Kick
	{6 x 25 on :40 Alt 2nd and 3rd kicks
	{1 x 100 on 2:20 Kick
	{8 x 25 on :40 Alt 2nd and 3rd kicks
900	1x{1 x 200 on 3:20 Pull alt bo by the 50
	{1 x 200 on 3:25 Pull atl bo by the 50
	{1 x 200 on 3:30 Pull alt bo by the 50
	{1 x 200 on 3:35 Pull alt bo by the 50
	{1 x 100 on 1:50 Pull alt bo by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	3x{6 x 25 on :35 Butterfly
	{1 on 1:00 Rest
	{6 x 25 on :40 Butterfly
	{1 on 1:00 Rest
	{4 x 25 on :45 Butterfly
	{1 on :30 Rest
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 4,650 Yards - Stress Value = 74

Workout #11419 - Thursday, 07 June 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
500	1 on 30:00 DS/Shoulders/Tm Mtg		
	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	1 on 15:00 Techniques-TN turns		REC
150	6 x 25 on :45 Perfect Backstroke		REC
600	1x{1 x 200 on 8:00 Stroke Drills		REC
	{1 x 200 on 8:00 Backstroke Drill		REC
	{1 x 200 on 8:00 Backstroke Drill		REC
150	6 x 25 on :45 Perfect Backstroke		REC
	1 on 10:00 One-on-One teaching		
	1 on 10:00 Techniques-Back Starts		
	7:30 PM 1,550 Yards - Stress Value = 6		

Workout #11425 - Friday, 08 June 2012

Groups 2 & 3 combined workout - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
600	1 on 12:00 Dymanic Stretch
180	1 x 600 on 10:00 Choice
1,850	1x{12 x 15 on :45 Start/Shooter/Finish
	{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%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,480 Yards - Stress Value = 56

Workout #11426 - Friday, 08 June 2012

Groups 2 & 3 combined workout - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
550	1 on 12:00 Dymanic Stretch
180	1 x 550 on 10:00 Choice
1,650	1x{12 x 15 on :45 Start/Shooter/Finish
	{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%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,230 Yards - Stress Value = 52

Workout #11427 - Friday, 08 June 2012
Groups 2 & 3 combined workout - Bronze
1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dymanic Stretch
 500 1 x 500 on 10:00 Choice
 180 12 x 15 on :45 Start/Shooter/Finish
 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%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 6:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 3,080 Yards - Stress Value = 50

{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
 8 x 50 on 1:00 Stroke Drills
 9:31 AM 7,450 Yards - Stress Value = 130

Workout #11424 - Friday, 08 June 2012
Groups 2 & 3 combined workout - Speed Acquisition
1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dymanic Stretch
 600 1 x 600 on 10:00 Choice
 180 12 x 15 on :45 Start/Shooter/Finish
 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%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 6:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 3,630 Yards - Stress Value = 59

Workout #11421 - Friday, 08 June 2012
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
 1,650 1x{4 x 50 on 1:00 Kick-descend
 {1 x 200 on 3:40 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 200 on 3:35 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 150 on 2:35 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 100 on 1:45 Kick
 {4 x 50 on 1:00 Kick-descend
 the last 50 of each set faster
 then the last of the previous set
 1,350 1x{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:10 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:35 Pulls-nbbf&w + 2 yds
 {2 x 125 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
 2,400 1x{1 x 200 on 3:10 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 1:20 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 3:10 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 100 on 1:20 Individual Medley
 {1 x 100 on 1:20 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,750 Yards - Stress Value = 116

Workout #11420 - Friday, 08 June 2012
Group 3 - IM's
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
 1,800 1x{4 x 50 on 1:00 Kick-descend
 {1 x 200 on 3:00 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 200 on 2:55 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 200 on 2:50 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 200 on 2:45 Kick
 {4 x 50 on 1:00 Kick-descend
 the last 50 of each set faster
 then the last of the previous set
 1,500 1x{2 x 100 on 1:15 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:35 Pulls-nbbf&w + 2 yds
 {2 x 150 on 1:55 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:15 Pulls-nbbf&w + 2 yds
 {2 x 200 on 2:35 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 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

Workout #11422 - Friday, 08 June 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,450 1x{3 x 50 on 1:10 Kick-descend
 {1 x 200 on 4:10 Kick
 {3 x 50 on 1:10 Kick-descend
 {1 x 200 on 4:05 Kick
 {3 x 50 on 1:10 Kick-descend
 {1 x 200 on 4:00 Kick
 {3 x 50 on 1:10 Kick-descend
 {1 x 100 on 1:55 Kick
 {3 x 50 on 1:10 Kick-descend
 the last 50 of each set faster
 then the last of the previous set
 1,200 1x{2 x 100 on 1:35 Pulls-nbbf&w + 2 yds
 {2 x 125 on 2:00 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:25 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:50 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 3:40 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 3:40 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 3:40 Individual Medley
 {1 x 100 on 1:40 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 6,050 Yards - Stress Value = 103

Workout #11423 - Friday, 08 June 2012

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
 1,300 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 3:30 Kick
 {3 x 50 on 1:15 Kick-descend
 {1 x 100 on 2:15 Kick
 {3 x 50 on 1:15 Kick-descend
 the last 50 of each set faster
 then the last of the previous set
 1,100 1x{2 x 100 on 1:45 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 1:45 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
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,550 Yards - Stress Value = 94

Workout #11428 - Monday, 11 June 2012

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shoulders
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,000 1x{4 x 25 on :30 Kick no board BSLR-10
 {3 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board BSLR-11
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR-12
 {3 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR-11
 {3 x 100 on 1:25 Kick
 {4 x 25 on :30 Kick no board BSLR-10
 {3 x 100 on 1:20 Kick
 1,500 1x{ No breath last 12 yards of each 100
 {1 x 500 on 6:40 Pulls
 {1 x 400 on 5:20 Pulls
 {1 x 300 on 4:00 Pulls
 {1 x 200 on 2:40 Pulls
 {1 x 100 on 1:20 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{1 x 500 on 5:50 Freestyle
 {5 x 100 on 1:30 Free-hold 1:05
 {1 x 400 on 4:40 Freestyle
 {4 x 100 on 1:25 Free-hold 1:06
 {1 x 300 on 3:30 Freestyle
 {3 x 100 on 1:20 Free-hold 1:07
 {1 x 200 on 2:20 Freestyle
 {2 x 100 on 1:15 Free-hold 1:08
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 7,550 Yards - Stress Value = 125

Workout #11429 - Monday, 11 June 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
600	1 on 25:00 DS/Physio Ball Shoulders 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,700	1x{4 x 25 on :35 Kick no board BSLR-10 {3 x 100 on 1:50 Kick {4 x 25 on :35 Kick no board BSLR-11 {3 x 100 on 1:45 Kick {4 x 25 on :35 Kick no board BSLR-12 {3 x 100 on 1:40 Kick {4 x 25 on :35 Kick no board BSLR-11 {3 x 100 on 1:35 Kick {4 x 25 on :35 Kick no board BSLR-10
1,300	1x{ No breath last 12 yards of each 100 {1 x 500 on 7:30 Pulls {1 x 400 on 6:00 Pulls {1 x 300 on 4:30 Pulls {1 x 100 on 1:20 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 500 on 6:50 Freestyle {5 x 100 on 1:40 Free-hold 1:12 {1 x 400 on 5:35 Freestyle {4 x 100 on 1:35 Free-hold 1:13 {1 x 300 on 4:10 Freestyle {3 x 100 on 1:30 Free-hold 1:14
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	6,650 Yards - Stress Value = 109

Workout #11430 - Monday, 11 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
550	1 on 25:00 DS/Physio Ball Shoulders 1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :40 Kick no board BSLR-10 {3 x 100 on 2:10 Kick {4 x 25 on :40 Kick no board BSLR-11 {3 x 100 on 2:05 Kick {4 x 25 on :40 Kick no board BSLR-12 {3 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR-11 {2 x 75 on 1:30 Kick
1,200	1x{ No breath last 12 yards of each 100 {1 x 500 on 8:20 Pulls {1 x 400 on 6:40 Pulls {1 x 200 on 3:20 Pulls {1 x 100 on 1:40 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 500 on 7:55 Freestyle {5 x 100 on 1:50 Free-hold 1:20 {1 x 400 on 6:20 Freestyle {4 x 100 on 1:45 Free-hold 1:23 {1 x 200 on 3:10 Freestyle {1 x 100 on 1:40 Free-hold 1:25
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	5,950 Yards - Stress Value = 97

Workout #11431 - Monday, 11 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
500	1 on 25:00 DS/Physio Ball Shoulders 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-10 {3 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR-11 {3 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR-12 {3 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR-11
1,100	1x{ No breath last 12 yards of each 100 {1 x 500 on 9:10 Pulls {1 x 400 on 7:20 Pulls {1 x 200 on 3:30 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 500 on 8:45 Freestyle {5 x 100 on 1:55 Free-hold 1:30 {1 x 300 on 5:15 Freestyle {3 x 100 on 1:50 Free-hold 1:35 {1 x 200 on 3:30 Freestyle {1 x 100 on 1:45 Free-hold 1:40
300	6 x 50 on 1:00 Stroke Drills
9:29 AM	5,450 Yards - Stress Value = 88

Workout #11436 - Monday, 11 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
500	1 on 25:00 DS/Core 1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1 x 700 on 10:00 Kick as far as you can in 1
720	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 {1 on 1:00 Rest
900	1x{1 x 200 on 3:40 Pulls BTB {2 x 150 on 2:45 Pulls BTB {4 x 100 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
1,800	4x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 1:55 Backstroke {1 x 100 on 1:40 Backstroke {1 x 100 on 2:00 Freestyle {1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
9:30 AM	5,170 Yards - Stress Value = 80

Workout #11432 - Monday, 11 June 2012

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 7:00 Swim-kick-drlll-swim		
150	10 x 15 on :45 Shooters		
100	1 x 100 on 4:00 Free for time from a push		
2,700	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		
250	1 x 250 on 4:00 Stroke Drills		
400	4 x 100 on 1:30 Free descend to ludicrous sr		
300	6 x 50 on 1:00 Stroke Drills		
	6:30 PM 4,300 Yards - Stress Value = 70		

	{2 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	
	{1 x 100 on 1:20 Freestyle	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	7:29 PM 5,800 Yards - Stress Value = 90	

Workout #11438 - Monday, 11 June 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
900	1x{2 x 125 on 2:20 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:15 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:10 Pulls-no br L.12 yds	EN2	
	{2 x 75 on 1:15 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
2,000	1x{6 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:30 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 5,450 Yards - Stress Value = 83		

Workout #11437 - Monday, 11 June 2012

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 100 on 1:55 Kick	EN2	
1,000	1x{2 x 125 on 2:05 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:00 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 1:55 Pulls-no br L.12 yds	EN2	
	{2 x 125 on 1:50 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
2,100	1x{6 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		

Workout #11439 - Monday, 11 June 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:25 Kick	EN2	
800	1x{2 x 125 on 2:30 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:25 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:20 Pulls-no br L.12 yds	EN2	
	{1 x 50 on :55 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
1,800	1x{6 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:45 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:31 PM 5,050 Yards - Stress Value = 76		

Workout #11440 - Monday, 11 June 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:45 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{3 x 100 on 2:50 Kick	EN2	
	{2 x 25 on 1:00 Kick no board BSLR	EN2	
700	1x{2 x 100 on 2:15 Pulls-no br L.12 yds	EN1	
	{2 x 100 on 2:10 Pulls-no br L.12 yds	EN1	
	{2 x 100 on 2:10 Pulls-no br L.12 yds	EN2	
	{1 x 100 on 2:05 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
1,500	1x{5 x 100 on 2:00 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 2:00 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 2:00 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 2:00 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 2:00 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 4,350 Yards - Stress Value = 65		

Workout #11433 - Tuesday, 12 June 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
7:00 AM	Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1 x 700 on 10:00 Kick as far as you can in 1
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
1,250	1x{2 x 200 on 2:40 Pulls BTB
	{3 x 150 on 2:00 Pulls BTB
	{4 x 100 on 1:20 Pulls BTB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	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 100 on 1:30 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 6,140 Yards - Stress Value = 97

Workout #11434 - Tuesday, 12 June 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1 x 700 on 10:00 Kick as far as you can in 1
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
1,100	1x{2 x 200 on 3:00 Pulls BTB
	{2 x 150 on 2:15 Pulls BTB
	{4 x 100 on 1:30 Pulls BTB
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 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 100 on 1:40 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 5,790 Yards - Stress Value = 90

Workout #11443 - Tuesday, 12 June 2012

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Stretch
 400 1 x 400 on 7:00 Choice
 150 10 x 15 on :45 Shooters
 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
 1,400 1x{1 x 100 on 1:40 14 strokes per length (spl)
 {1 x 100 on 1:40 75-14 spl /25-12 spl
 {1 x 100 on 1:40 50-14 spl/50-12 spl
 {1 x 100 on 1:40 25-14 spl/ 75-12 spl
 {1 x 100 on 1:40 12 strokes per length
 {1 x 100 on 1:35 14 strokes per length (spl)
 {1 x 100 on 1:35 75-14 spl /25-12 spl
 {1 x 100 on 1:35 50-14 spl/50-12 spl
 {1 x 100 on 1:35 25-14 spl/ 75-12 spl
 {1 x 100 on 1:35 12 strokes per length
 {1 x 100 on 1:30 14 strokes per length (spl)
 {1 x 100 on 1:30 75-14 spl /25-12 spl
 {1 x 100 on 1:30 25-14 spl/ 75-12 spl
 {1 x 100 on 1:30 12 strokes per length
 300 6 x 50 on 1:00 Stroke Drills
 6:31 PM 3,600 Yards - Stress Value = 55

Workout #11435 - Tuesday, 12 June 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 1 x 700 on 10:00 Kick as far as you can in 1
 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
 1,000 1x{2 x 200 on 3:20 Pulls BTB
 {2 x 150 on 2:30 Pulls BTB
 {3 x 100 on 1:40 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 4x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 5,440 Yards - Stress Value = 88

Workout #11444 - Tuesday, 12 June 2012

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Stretch
 400 1 x 400 on 7:00 Choice
 150 10 x 15 on :45 Shooters
 1,200 3x{1 x 50 on 1:05 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 1:40 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 2:15 Kick-Free-100%
 {1 x 25 on :30 Free breathe on 7-100%
 {1 x 25 on 1:00 Ez-Free
 1,200 1x{1 x 100 on 1:50 14 strokes per length (spl)
 {1 x 100 on 1:50 75-14 spl /25-12 spl
 {1 x 100 on 1:50 50-14 spl/50-12 spl
 {1 x 100 on 1:50 25-14 spl/ 75-12 spl
 {1 x 100 on 1:50 12 strokes per length
 {1 x 100 on 1:45 14 strokes per length (spl)
 {1 x 100 on 1:45 75-14 spl /25-12 spl
 {1 x 100 on 1:45 50-14 spl/50-12 spl
 {1 x 100 on 1:45 25-14 spl/ 75-12 spl
 {1 x 100 on 1:45 12 strokes per length
 {1 x 100 on 1:40 14 strokes per length (spl)
 {1 x 100 on 1:40 12 strokes per length
 300 6 x 50 on 1:00 Stroke Drills
 6:30 PM 3,250 Yards - Stress Value = 53

Workout #11442 - Tuesday, 12 June 2012

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Stretch
 400 1 x 400 on 7:00 Choice
 150 10 x 15 on :45 Shooters
 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 (spl)
 {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
 {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
 {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
 300 6 x 50 on 1:00 Stroke Drills
 6:30 PM 3,700 Yards - Stress Value = 56

Workout #11445 - Tuesday, 12 June 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY
500	1 on 30:00 DS/Core/Tm Mtg	REC
150	1 x 500 on 10:00 Underwater trn drill	REC
900	10 x 15 on :45 Shooters	SP3
	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
800	1x{2 x 100 on 1:40 Pulls	EN1
	{2 x 100 on 1:35 Pulls	EN1
	{2 x 100 on 1:30 Pulls	EN1
	{2 x 100 on 1:25 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
2,375	1x{5 x 125 on 2:10 Backstroke	EN2
	{1 x 50 on 1:00 Back 3+1	EN2
	{4 x 125 on 2:05 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{3 x 125 on 2:00 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+1	EN2
	{2 x 125 on 1:55 Backstroke	EN2
	{4 x 50 on 1:00 Back 6+1	EN2
	{1 x 125 on 1:50 Backstroke	EN2
225	1 x 225 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:30 PM 5,150 Yards - Stress Value = 79	

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM Start		
450	1 on 30:00 DS/Core/Tm Mtg	
150	1 x 450 on 10:00 Underwater trn drill	REC
800	10 x 15 on :45 Shooters	SP3
	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:45 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:30 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:15 Kick streamline on back	EN2
700	1x{2 x 100 on 1:50 Pulls	EN1
	{2 x 100 on 1:45 Pulls	EN1
	{2 x 100 on 1:40 Pulls	EN1
	{1 x 100 on 1:35 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
1,950	1x{4 x 125 on 2:30 Backstroke	EN2
	{2 x 50 on 1:10 Back 3+1	EN2
	{3 x 125 on 2:25 Backstroke	EN2
	{3 x 50 on 1:10 Back 4+1	EN2
	{2 x 125 on 2:20 Backstroke	EN2
	{4 x 50 on 1:10 Back 5+1	EN2
	{1 x 125 on 2:15 Backstroke	EN2
	{5 x 50 on 1:10 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:30 PM 4,450 Yards - Stress Value = 68	

Workout #11448 - Tuesday, 12 June 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
500	1 on 30:00 DS/Core/Tm Mtg	REC
150	1 x 500 on 10:00 Underwater trn drill	REC
850	10 x 15 on :45 Shooters	SP3
	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:30 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:20 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:05 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
800	1x{2 x 100 on 1:45 Pulls	EN1
	{2 x 100 on 1:40 Pulls	EN1
	{2 x 100 on 1:35 Pulls	EN1
	{2 x 100 on 1:30 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
2,175	1x{5 x 125 on 2:20 Backstroke	EN2
	{1 x 50 on 1:00 Back 3+1	EN2
	{4 x 125 on 2:15 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{3 x 125 on 2:10 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+1	EN2
	{1 x 125 on 2:05 Backstroke	EN2
	{5 x 50 on 1:00 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:30 PM 4,875 Yards - Stress Value = 74	

Yards	Set Description	EGY
5:00 PM Start		
400	1 on 30:00 DS/Core/Tm Mtg	
150	1 x 400 on 10:00 Underwater trn drill	REC
650	10 x 15 on :45 Shooters	SP3
	1x{4 x 25 on 1:00 Kick no board B	EN2
	{1 x 100 on 3:00 Kick streamline on back	EN2
	{4 x 25 on 1:00 Kick no board B	EN2
	{2 x 100 on 3:00 Kick streamline on back	EN2
	{2 x 25 on 1:00 Kick no board B	EN2
	{1 x 100 on 3:00 Kick streamline on back	EN2
650	1x{2 x 100 on 2:00 Pulls	EN1
	{2 x 100 on 1:55 Pulls	EN1
	{2 x 100 on 1:50 Pulls	EN1
	{1 x 50 on :50 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
1,750	1x{1 x 50 on 1:15 Back 2+1	EN2
	{4 x 100 on 2:10 Backstroke	EN2
	{2 x 50 on 1:15 Back 3+1	EN2
	{3 x 100 on 2:05 Backstroke	EN2
	{3 x 50 on 1:15 Back 4+1	EN2
	{2 x 100 on 2:00 Backstroke	EN2
	{4 x 50 on 1:15 Back 5+1	EN2
	{1 x 100 on 1:55 Backstroke	EN2
	{5 x 50 on 1:15 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:29 PM 4,000 Yards - Stress Value = 60	

Workout #11447 - Tuesday, 12 June 2012

Group 2 - Silver

Workout #11441 - Tuesday, 12 June 2012

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 Choice
 150 10 x 15 on :45 Shooters
 450 1 x 450 on 6:00 Kick as far as you can in 6:
 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{1 x 200 on 2:40 Pulls BTB
 {2 x 150 on 2:00 Pulls BTB
 {1 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
 1,100 2x{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 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
 8:44 AM 3,470 Yards - Stress Value = 52

{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 1 x 200 on 3:00 Stroke Drills
 9:30 AM 6,750 Yards - Stress Value = 105

Workout #11450 - Wednesday, 13 June 2012

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 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
 1,300 1x{3 x 100 on 2:00 Kick
 {3 x 100 on 1:55 Kick
 {3 x 100 on 1:50 Kick
 {3 x 100 on 1:45 Kick
 {2 x 50 on :55 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{1 x 50 on :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
 1,250 1x{2 x 200 on 3:05 Pulls
 {2 x 200 on 3:00 Pulls
 {2 x 200 on 2:55 Pulls
 {1 x 50 on :40 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{1 x 50 on :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 1 x 200 on 3:00 Stroke Drills
 9:30 AM 6,100 Yards - Stress Value = 90

Workout #11449 - Wednesday, 13 June 2012

Group 3 - Fly

1 minute rest between sets

7:00 AM 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
 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
 1,500 1x{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
 {3 x 100 on 1:30 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 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
 1,400 1x{1 x 200 on 2:50 Pulls
 {2 x 200 on 2:45 Pulls
 {2 x 200 on 2:40 Pulls
 {2 x 200 on 2:35 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{1 x 50 on :45 Butterfly 2-2
 {4 x 25 on :25 Butterfly lup 1down

Workout #11451 - Wednesday, 13 June 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM 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 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
 1,200 1x{3 x 100 on 2:10 Kick
 {3 x 100 on 2:05 Kick
 {3 x 100 on 2:00 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
 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
 1,150 1x{2 x 200 on 3:20 Pulls
 {2 x 200 on 3:15 Pulls
 {2 x 175 on 2:45 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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 1 x 200 on 3:00 Stroke Drills
 9:30 AM 5,600 Yards - Stress Value = 81

Workout #11452 - Wednesday, 13 June 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
 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
 1,050 1x{3 x 100 on 2:25 Kick
 {3 x 100 on 2:20 Kick
 {3 x 100 on 2:15 Kick
 {2 x 75 on 1:35 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 1,050 1x{2 x 200 on 3:35 Pulls
 {2 x 200 on 3:30 Pulls
 {2 x 125 on 2:10 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 5,200 Yards - Stress Value = 73

Workout #11453 - Wednesday, 13 June 2012

Taper 1 - Fly

1 minute rest between sets

7:00 AM 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
 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
 800 1x{1 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
 {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
 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 1 x 200 on 3:00 Stroke Drills
 8:42 AM 3,550 Yards - Stress Value = 59

Workout #11454 - Thursday, 14 June 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
1,600	Odd 100's free even 100's back
	10 x 15 on :45 Shooters
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
	{ 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 1:30
	{ 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 1:45 Kick-all under 1:30
900	1 x 900 on 14:00 Odd 100's free-start end br
	when hips pass flags BH wall brkout when kr
	the flags even 100s breast pull
200	4x{ 1 x 25 on :50 Sculling drills
2,625	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1x	{ 1 x 125 on 2:05 Breaststroke
	{ 5 x 50 on 1:05 Breast under/over
	{ 2 x 125 on 2:00 Breaststroke
	{ 4 x 50 on 1:00 Breast under/over
	{ 3 x 125 on 1:55 Breaststroke
	{ 3 x 50 on :55 Breast under/over
	{ 4 x 125 on 1:50 Breaststroke-descend
	{ 2 x 50 on :50 Breast under/over
	{ 5 x 125 on 1:45 Breaststroke-descend
	{ 1 x 50 on :45 Breast under/over
	{ All 125's 2X pullouts on bulkhead wall
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 6,275 Yards - Stress Value = 85

Workout #11455 - Thursday, 14 June 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
1,600	Odd 100's free even 100's back
1x	10 x 15 on :45 Shooters
	{ 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 1:45
	{ 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 1:45
	{ 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

800	1 x 25 on :45 Kick on right side face up
	{ 3 x 100 on 1:50 Kick-all under 1:45
	{ 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 1:45 Kick
	1 x 800 on 14:00 Odd 100's free-start end br
	when hips pass flags BH wall brkout when kr
	the flags even 100s breast pull
200	4x{ 1 x 25 on :50 Sculling drills
2,300	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1x	{ 1 x 125 on 2:20 Breaststroke
	{ 5 x 50 on 1:10 Breast under/over
	{ 2 x 125 on 2:15 Breaststroke
	{ 4 x 50 on 1:05 Breast under/over
	{ 3 x 125 on 2:10 Breaststroke
	{ 3 x 50 on 1:00 Breast under/over
	{ 4 x 125 on 2:05 Breaststroke-descend
	{ 2 x 50 on :55 Breast under/over
	{ 3 x 100 on 1:35 Breaststroke-descend
	{ 1 x 50 on :50 Breast under/over
	{ All 125's 2X pullouts on bulkhead wall
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 5,850 Yards - Stress Value = 78

Workout #11456 - Thursday, 14 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
1,450	Odd 100's free even 100's back
1x	10 x 15 on :45 Shooters
	{ 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 2:10 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
	{ 3 x 100 on 2:10 Kick-all under 2:00
	{ 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 2:10 Kick-all under 1:55
	{ 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 75 on 1:35 Kick-all under 1:25
750	1 x 750 on 14:00 Odd 100's free-start end br
	when hips pass flags BH wall brkout when kr
	the flags even 100s breast pull
200	4x{ 1 x 25 on :50 Sculling drills
2,100	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1x	{ 1 x 125 on 2:30 Breaststroke
	{ 5 x 50 on 1:15 Breast under/over
	{ 2 x 125 on 2:25 Breaststroke
	{ 4 x 50 on 1:10 Breast under/over
	{ 3 x 125 on 2:20 Breaststroke
	{ 3 x 50 on 1:05 Breast under/over
	{ 4 x 125 on 2:15 Breaststroke-descend
	{ 2 x 50 on 1:00 Breast under/over
	{ 2 x 75 on 1:15 Breaststroke-descend
	{ All 125's 2X pullouts on bulkhead wall
200	1 x 200 on 3:00 Stroke Drills
	9:29 AM 5,400 Yards - Stress Value = 71

Workout #11457 - Thursday, 14 June 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
 150 10 x 15 on :45 Shooters
 1,300 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 2:10
 {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
 {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
 {3 x 100 on 2:30 Kick-all under 2:00
 {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
 700 1 x 700 on 14:00 Odd 100's free-start end br
 when hips pass flags BH wall brkout when kr
 the flags even 100s breast pull
 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 125 on 2:35 Breaststroke
 {5 x 50 on 1:15 Breast under/over
 {2 x 125 on 2:30 Breaststroke
 {4 x 50 on 1:10 Breast under/over
 {3 x 125 on 2:25 Breaststroke
 {3 x 50 on 1:05 Breast under/over
 {4 x 125 on 2:20 Breaststroke-descend
 {2 x 50 on 1:00 Breast under/over
 {2 x 75 on 1:20 Breaststroke-descend
 { All 125's 2X pullouts on bulkhead wall
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 5,150 Yards - Stress Value = 67

Workout #11459 - Thursday, 14 June 2012

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
 1,000 1 x 1000 on 15:00 Indian File Kicking w/fins
 30/30, 40/20, 30/30, 20/40, 10/50 1min easy
 150 10 x 15 on :45 Shooters
 300 12 x 25 on :40 Variable Speed 25's
 1,800 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 #11460 - Thursday, 14 June 2012

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg

500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 1 on 15:00 Techniques-Open Turns
 150 10 x 15 on :45 Shooters
 125 5 x 25 on 1:00 Perfect Technique Fly
 750 1x{1 x 250 on 10:00 Stroke Drill-Superman
 {1 x 250 on 10:00 Stroke Drill-Double Expl
 {1 x 250 on 10:00 Stroke Drill-1 arm brthng f
 60 4 x 15 on :45 Perfect Technique Fly
 800 8x{1 x 50 on 1:00 Vertical Kicking
 {1 x 25 on 1:00 Butterfly-100%
 {1 x 25 on 1:30 Free-EZ
 1 on 12:00 Techniques-Starts
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 2,585 Yards - Stress Value = 19

Workout #11458 - Thursday, 14 June 2012

Taper 1 - 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 Choice
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 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
 500 1 x 500 on 10:00 Odd 100's free-start end br
 when hips pass flags BH wall brkout when kr
 the flags even 100s breast pull
 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 125 on 2:05 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:00 Breaststroke
 {3 x 50 on :55 Breast under/over
 {2 x 125 on 1:55 Breaststroke
 {2 x 50 on :50 Breast under/over
 {1 x 125 on 1:50 Breaststroke-descend
 {1 x 50 on :45 Breast under/over
 { All 125's 2X pullouts on bulkhead wall
 250 1 x 250 on 4:00 Stroke Drills
 8:45 AM 3,450 Yards - Stress Value = 40

Workout #11466 - Friday, 15 June 2012

Groups 2 & 3 combined workout - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Strech
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 200 10x{1 on :30 Flutter Kick on Wall
 {1 x 20 on 1:30 Flip on whistle underwater f
 { kick to other side easy swim aft
 { every line you don't make = 5 or 3 pushups
 100 1 x 100 on 5:00 Free for time OTB
 500 2x{1 x 25 on :45 Free 15 strokes
 {1 x 25 on :45 Free 14 strokes
 {1 x 25 on :45 Free 13 strokes
 {1 x 25 on :45 Free 12 strokes
 {1 x 25 on :45 Free 11 strokes
 {1 x 25 on :45 Free 10 strokes
 {1 x 25 on :45 Free 9 strokes
 {1 x 25 on :45 Free 8 strokes
 {1 x 25 on :45 Free 7 strokes
 {1 x 25 on :45 Free 6 strokes
 100 1 x 100 on 5:00 Freestyle For Time OTB
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 2,150 Yards - Stress Value = 30

600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :35 Kick no board BSLR
 {6 x 50 on 1:05 Kick-descend in 3's
 {4 x 25 on :35 Kick no board BSLR
 {6 x 50 on 1:00 Kick-descend in 3's
 {4 x 25 on :35 Kick no board BSLR
 {6 x 50 on :55 Kick-descend in 3's
 {4 x 25 on :35 Kick no board BSLR
 {2 x 50 on :50 Kick-descend
 1,050 1x{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {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
 2,600 1x{4 x 100 on 1:30 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 1:55 IM w/50 free
 {1 on 1:00 Rest
 {4 x 150 on 2:15 IM 25,25 50, 50
 {1 on 1:00 Rest
 {4 x 175 on 2:35 IM 25, 50, 50, 50
 {1 on 1:00 Rest
 {2 x 200 on 3:00 Individual Medley
 300 6 x 50 on 1:00 Stroke Drills
 9:29 AM 6,300 Yards - Stress Value = 106

Workout #11463 - Friday, 15 June 2012

Group 3 - Silver

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
 1,600 1x{4 x 25 on :30 Kick no board BSLR
 {6 x 50 on 1:00 Kick-descend in 3's
 {4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :55 Kick-descend in 3's
 {4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :50 Kick-descend in 3's
 {4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :45 Kick-descend in 3's
 1,200 1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 75 on :55 Pulls-nbbf&w + 2 yds
 {4 x 75 on :50 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 1x{4 x 100 on 1:20 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 1:40 IM w/50 free
 {1 on 1:00 Rest
 {4 x 150 on 2:00 IM 25,25 50, 50
 {1 on 1:00 Rest
 {4 x 175 on 2:20 IM 25, 50, 50, 50
 {1 on 1:00 Rest
 {4 x 200 on 2:40 Individual Medley
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 7,050 Yards - Stress Value = 121

7:00 AM 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
 1,300 1x{4 x 25 on :40 Kick no board BSLR
 {6 x 50 on 1:05 Kick-descend in 3's
 {4 x 25 on :40 Kick no board BSLR
 {6 x 50 on 1:00 Kick-descend in 3's
 {4 x 25 on :40 Kick no board BSLR
 {6 x 50 on :55 Kick-descend in 3's
 {4 x 25 on :40 Kick no board BSLR
 1,000 1x{2 x 75 on 1:20 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {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
 2,275 1x{4 x 100 on 1:45 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 2:10 IM w/50 free
 {1 on 1:00 Rest
 {3 x 150 on 2:40 IM 25,25 50, 50
 {1 on 1:00 Rest
 {3 x 175 on 3:00 IM 25, 50, 50, 50
 {1 on 1:00 Rest
 {2 x 200 on 3:30 Individual Medley
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,775 Yards - Stress Value = 96

Workout #11462 - Friday, 15 June 2012

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs

Workout #11464 - Friday, 15 June 2012

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
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {6 x 50 on 1:15 Kick-descend in 3's
 {4 x 25 on :45 Kick no board BSLR
 {6 x 50 on 1:10 Kick-descend in 3's
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:05 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 900 1x{2 x 75 on 1:25 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:20 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,025 1x{4 x 100 on 2:00 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 2:30 IM w/50 free
 {1 on 1:00 Rest
 {4 x 150 on 3:00 IM 25,25 50, 50
 {1 on 1:00 Rest
 {3 x 175 on 3:30 IM 25, 50, 50, 50
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,175 Yards - Stress Value = 87

150 10 x 15 on :45 Shooters
 1,800 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
 {4 x 50 on :45 Kick
 1,350 1x{2 x 50 on :40 Pull no br L.12 yds
 {2 x 75 on 1:00 Pull no br L.12 yds
 {1 on 25:00 DS/Physio Ball
 {2 x 100 on 1:20 Pull no br L.12 yds
 {2 x 125 on 1:40 Pull no br L.12 yds
 {2 x 150 on 2:00 Pull no br L.12 yds
 {2 x 175 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
 2,500 1x{1 x 250 on 3:20 Freestyle
 {5 x 50 on 1:00 Freestyle
 {1 x 250 on 3:15 Freestyle
 {5 x 50 on 1:00 Freestyle
 {1 x 250 on 3:10 Freestyle
 {5 x 50 on 1:00 Freestyle
 {1 x 250 on 3:05 Freestyle
 {5 x 50 on 1:00 Freestyle
 {1 x 250 on 3:00 Freestyle
 {5 x 50 on 1:00 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 9:30 AM 6,850 Yards - Stress Value = 158

Workout #11468 - Monday, 18 June 2012

Group 3 - Gold

1 minute rest between sets

Workout #11465 - Friday, 15 June 2012

Taper 1 - IM's

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
 800 1x{4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :50 Kick-descend in 3's
 {4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :45 Kick-descend in 3's
 450 1x{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {1 x 75 on :55 Pulls-nbbf&w + 2 yds
 {1 x 75 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
 1,500 1x{2 x 100 on 1:15 Individual Medley
 {1 on :30 Rest
 {2 x 125 on 1:35 IM w/50 free
 {1 on :30 Rest
 {2 x 150 on 1:50 IM 25,25 50, 50
 {1 on :30 Rest
 {2 x 175 on 2:10 IM 25, 50, 50, 50
 {1 on :30 Rest
 {2 x 200 on 2:30 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 8:36 AM 3,600 Yards - Stress Value = 61

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,550 1x{4 x 25 on :35 Kick no board BSLR
 {4 x 125 on 2:20 Kick
 {4 x 25 on :35 Kick no board BSLR
 {4 x 100 on 1:50 Kick
 {4 x 25 on :35 Kick no board BSLR
 {4 x 75 on 1:20 Kick
 1,250 1x{2 x 25 on :35 Kick no board BSLR
 {2 x 75 on 1:05 Pull no br L.12 yds
 {2 x 100 on 1:25 Pull no br L.12 yds
 {2 x 125 on 1:50 Pull no br L.12 yds
 {2 x 150 on 2:10 Pull no br L.12 yds
 {2 x 175 on 2:30 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{1 x 250 on 3:45 Freestyle
 {5 x 50 on 1:00 Freestyle
 {1 x 250 on 3:40 Freestyle
 {5 x 50 on 1:00 Freestyle
 {1 x 250 on 3:35 Freestyle
 {5 x 50 on 1:00 Freestyle
 {1 x 250 on 3:30 Freestyle
 {5 x 50 on 1:00 Freestyle
 {1 x 250 on 3:25 Freestyle
 {3 x 50 on 1:00 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 9:30 AM 6,400 Yards - Stress Value = 146

Workout #11467 - Monday, 18 June 2012

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 x 600 on 10:00 Swim-kick-pull-swim

Workout #11473 - Monday, 18 June 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 10:00 Dynamic Stretch		
600	1 x 600 on 10:00 Swim-kick-drill-swim L.30 yds of each part-100%	EN1	
180	12 x 15 on :45 Spinners	SP3	
	1 on 10:00 Techniques-TN turn drills	REC	
2,200	4x{1 x 25 on :30 Freestyle	SP2	
	{1 x 25 on :40 Freestyle	SP2	
	{1 x 25 on :50 Freestyle	SP2	
	{1 x 25 on 1:00 Freestyle	SP2	
	{1 x 150 on 2:00 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 150 on 3:30 Stroke Drills	REC	
300	6 x 50 on 1:00 Stroke Drills	REC	
	6:30 PM 3,280 Yards - Stress Value = 77		

Workout #11469 - Monday, 18 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 25:00 DS/Physio Balls		
550	1 x 550 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,350	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 1:35 Kick		
	{2 x 25 on :40 Kick no board BS		
	{1 x 50 on 1:00 Kick		
1,050	1x{1 x 50 on :50 Pull no br L.12 yds		
	{1 x 100 on 1:40 Pull no br L.12 yds		
	{2 x 125 on 2:05 Pull no br L.12 yds		
	{2 x 150 on 2:30 Pull no br L.12 yds		
	{2 x 175 on 2:55 Pull no br L.12 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,250	1x{1 x 200 on 3:20 Freestyle		
	{4 x 50 on 1:00 Freestyle		
	{1 x 200 on 3:20 Freestyle		
	{4 x 50 on 1:00 Freestyle		
	{1 x 200 on 3:15 Freestyle		
	{4 x 50 on 1:00 Freestyle		
	{1 x 200 on 3:15 Freestyle		
	{4 x 50 on 1:00 Freestyle		
	{1 x 200 on 3:10 Freestyle		
	{4 x 50 on 1:00 Freestyle		
	{1 x 200 on 3:10 Freestyle		
	{1 x 50 on 1:00 Freestyle		
250	5 x 50 on 1:00 Stroke Drills		
	9:30 AM 5,800 Yards - Stress Value = 132		

Workout #11474 - Monday, 18 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 10:00 Dynamic Stretch		
550	1 x 550 on 10:00 Swim-kick-drill-swim L.30 yds of each part-100%	F	

180	12 x 15 on :45 Spinners		
	1 on 10:00 Techniques-Stanford turn drills	F	
2,000	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 150 on 2:10 Freestyle		
	{1 x 100 on 1:25 Freestyle		
	{1 x 50 on :40 Freestyle		
	{1 x 100 on 3:00 Stroke Drills	F	
350	7 x 50 on 1:00 Stroke Drills	F	
	6:30 PM 3,080 Yards - Stress Value = 77		

Workout #11470 - Monday, 18 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 25:00 DS/Physio Ball		
500	1 x 500 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		
	{4 x 100 on 2:20 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{4 x 75 on 1:40 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 75 on 1:35 Kick		
	{2 x 25 on :45 Kick no board BS		
	{1 x 50 on 1:00 Kick		
950	1x{1 x 50 on :55 Pull no br L.12 yds		
	{2 x 125 on 2:20 Pull no br L.12 yds		
	{2 x 150 on 2:45 Pull no br L.12 yds		
	{2 x 175 on 3:15 Pull no br L.12 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,050	1x{1 x 200 on 4:00 Freestyle		
	{5 x 50 on 1:00 Freestyle		
	{1 x 200 on 3:55 Freestyle		
	{5 x 50 on 1:00 Freestyle		
	{1 x 200 on 3:50 Freestyle		
	{5 x 50 on 1:00 Freestyle		
	{1 x 200 on 3:45 Freestyle		
	{5 x 50 on 1:00 Freestyle		
	{1 x 200 on 3:40 Freestyle		
	{1 x 50 on 1:00 Freestyle		
250	5 x 50 on 1:00 Stroke Drills		
	9:30 AM 5,350 Yards - Stress Value = 125		

Workout #11475 - Monday, 18 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 10:00 Dynamic Stretch		
500	1 x 500 on 10:00 Swim-kick-drill-swim L.30 yds of each part-100%	EN1	
180	12 x 15 on :45 Spinners	SP3	
	1 on 10:00 Techniques-TN turn drills	REC	
1,800	4x{1 x 25 on :30 Freestyle	SP2	
	{1 x 25 on :40 Freestyle	SP2	
	{1 x 25 on :50 Freestyle	SP2	
	{1 x 25 on 1:00 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:40 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 50 on 2:20 Stroke Drills	REC	
300	6 x 50 on 1:00 Stroke Drills	REC	
	6:30 PM 2,780 Yards - Stress Value = 76		

Workout #11472 - Monday, 18 June 2012

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
600	1 on 10:00 Dynamic Stretch		
	1 x 600 on 10:00 Swim-kick-drill-swim	EN1	
	L.30 yds of each part-100%		
180	12 x 15 on :45 Spinners	SP3	
	1 on 10:00 Techniques-TN turn drills	REC	
2,400	4x{1 x 25 on :30 Freestyle	SP2	
	{1 x 25 on :40 Freestyle	SP2	
	{1 x 25 on :50 Freestyle	SP2	
	{1 x 25 on 1:00 Freestyle	SP2	
	{1 x 150 on 1:45 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 4:00 Stroke Drills	REC	
300	6 x 50 on 1:00 Stroke Drills	REC	
6:30 PM	3,480 Yards - Stress Value = 77		

{2 x 100 on 1:40 Back pulls	EN1
{1 x 100 on 1:35 Back Pulls	EN2
6 x 25 on :45 Backstroke Drill	EN1
8 x 75 on 3:00 Backstroke	SP2
1 on 10:00 Techniques-Back Starts	
1 x 150 on 2:00 Stroke Drills	REC
7:30 PM 4,000 Yards - Stress Value = 111	

Workout #11478 - Monday, 18 June 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
450	1 on 30:00 DS/Physio Ball/Team Mtg		
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
1,300	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:30 Kick no board	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{2 x 125 on 2:55 Kick no board	EN2	
	{8 x 25 on :45 Kick no board BSLRX2	EN2	
	{3 x 100 on 2:20 Kick no board	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
1,000	1x{2 x 100 on 2:10 Back Pulls	EN2	
	{2 x 100 on 2:05 Back pulls	EN1	
	{2 x 100 on 2:00 Back Pulls	EN2	
	{2 x 100 on 1:55 Back Pulls	EN2	
	{2 x 100 on 1:50 Back pulls	EN1	
150	6 x 25 on :45 Backstroke Drill	EN1	
600	8 x 75 on 3:00 Backstroke	SP2	
150	1 on 10:00 Techniques-Back Starts		
150	1 x 150 on 2:00 Stroke Drills	REC	
7:30 PM	3,800 Yards - Stress Value = 110		

Workout #11476 - Monday, 18 June 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
500	1 on 30:00 DS/Physio Ball/Team Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
1,400	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick no board	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{2 x 125 on 2:30 Kick no board	EN2	
	{8 x 25 on :45 Kick no board BSLRX2	EN2	
	{3 x 100 on 2:00 Kick no board	EN2	
	{10 x 25 on :45 Kick no board BSLRX2BS	EN2	
1,200	1x{2 x 100 on 1:50 Back pulls	EN1	
	{2 x 100 on 1:45 Back pulls	EN1	
	{2 x 100 on 1:40 Back pulls	EN1	
	{2 x 100 on 1:35 Back Pulls	EN2	
	{2 x 100 on 1:30 Back Pulls	EN2	
	{2 x 100 on 1:25 Back Pulls	EN2	
150	6 x 25 on :45 Backstroke Drill	EN1	
600	8 x 75 on 3:00 Backstroke	SP2	
150	1 on 10:00 Techniques-Back Starts		
150	1 x 150 on 2:00 Stroke Drills	REC	
7:30 PM	4,150 Yards - Stress Value = 114		

Workout #11479 - Monday, 18 June 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
400	1 on 30:00 DS/Physio Ball/Team Mtg		
150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
1,050	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 150 on 4:15 Kick no board	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 125 on 3:30 Kick no board	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:45 Kick no board	EN2	
	{6 x 25 on 1:00 Kick no board BSLRBS	EN2	
900	1x{2 x 100 on 2:20 Back Pulls	EN2	
	{2 x 100 on 2:15 Back pulls	EN1	
	{2 x 100 on 2:10 Back Pulls	EN2	
	{2 x 100 on 2:05 Back pulls	EN1	
	{1 x 100 on 2:00 Back Pulls	EN2	
150	6 x 25 on :45 Backstroke Drill	EN1	
600	8 x 75 on 3:00 Backstroke	SP2	
150	1 on 10:00 Techniques-Back Starts		
150	1 x 150 on 2:00 Stroke Drills	REC	
7:30 PM	3,400 Yards - Stress Value = 103		

Workout #11477 - Monday, 18 June 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
500	1 on 30:00 DS/Physio Ball/Team Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
1,350	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:15 Kick no board	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{2 x 125 on 2:40 Kick no board	EN2	
	{8 x 25 on :45 Kick no board BSLRX2	EN2	
	{3 x 100 on 2:10 Kick no board	EN2	
	{8 x 25 on :45 Kick no board BSLRX2	EN2	
1,100	1x{2 x 100 on 2:00 Back Pulls	EN2	
	{2 x 100 on 1:55 Back Pulls	EN2	
	{2 x 100 on 1:50 Back pulls	EN1	
	{2 x 100 on 1:45 Back pulls	EN1	

Workout #11471 - Monday, 18 June 2012

Taper 1 - Distance

1 minute rest between sets

Yards	7:00 AM Start 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
750	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 125 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :45 Kick
675	1x{1 x 50 on :40 Pull no br L.12 yds
	{1 x 75 on 1:00 Pull no br L.12 yds
	{1 x 100 on 1:20 Pull no br L.12 yds
	{1 x 125 on 1:40 Pull no br L.12 yds
	{1 x 150 on 2:00 Pull no br L.12 yds
	{1 x 175 on 2:20 Pull no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 250 on 3:20 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 3:15 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 3:10 Freestyle
250	5 x 50 on 1:00 Stroke Drills
	8:40 AM 3,575 Yards - Stress Value = 73

Workout #11480 - Tuesday, 19 June 2012

Group 3 - Back

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	1 x 450 on 6:00 Kick as far as you can in 6:
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
1,500	1x{5 x 100 on 1:25 Pulls BTS
	{4 x 100 on 1:20 Pulls BTS
	{3 x 100 on 1:15 Pulls BTS
	{2 x 100 on 1:10 Pulls BTS
	{1 x 100 on 1:05 Pulls BTS
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{1 x 200 on 2:30 Backstroke
	{8 x 25 on :30 Back 8KOW+1 100%
	{2 x 175 on 2:10 Backstroke
	{7 x 25 on :30 Back 9KOW+1 100%
	{3 x 150 on 1:55 Backstroke
	{6 x 25 on :30 Back 10KOW+1 100%
	{4 x 125 on 1:35 Backstroke
	{5 x 25 on :30 Back 11KOW+1 100%
	{5 x 100 on 1:15 Backstroke
	{4 x 25 on :30 Back 12KOW+1 100%
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 6,830 Yards - Stress Value = 111

Workout #11481 - Tuesday, 19 June 2012

Group 3 - Gold

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	1 x 450 on 6:00 Kick as far as you can in 6:
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
1,300	1x{5 x 100 on 1:35 Pulls BTS
	{4 x 100 on 1:30 Pulls BTS
	{3 x 100 on 1:25 Pulls BTS
	{1 x 100 on 1:20 Pulls BTS
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 2:55 Backstroke
	{8 x 25 on :30 Back 8KOW+1 100%
	{2 x 175 on 2:35 Backstroke
	{7 x 25 on :30 Back 9KOW+1 100%
	{3 x 150 on 2:10 Backstroke
	{6 x 25 on :30 Back 10KOW+1 100%
	{4 x 125 on 1:50 Backstroke
	{5 x 25 on :30 Back 11KOW+1 100%
	{3 x 100 on 1:25 Backstroke
	{2 x 25 on :30 Back 12KOW+1 100%
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 6,380 Yards - Stress Value = 102

Workout #11482 - Tuesday, 19 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start 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
450	1 x 450 on 6:00 Kick as far as you can in 6:
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
1,200	1x{5 x 100 on 1:45 Pulls BTS
	{4 x 100 on 1:40 Pulls BTS
	{2 x 100 on 1:35 Pulls BTS
	{1 x 100 on 1:30 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 200 on 3:20 Backstroke
	{8 x 25 on :35 Back 8KOW+1 100%
	{2 x 175 on 2:55 Backstroke
	{7 x 25 on :35 Back 9KOW+1 100%
	{2 x 150 on 2:30 Backstroke
	{6 x 25 on :35 Back 10KOW+1 100%
	{4 x 125 on 2:05 Backstroke
	{5 x 25 on :35 Back 11KOW+1 100%
	{2 x 100 on 1:40 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	9:31 AM 5,930 Yards - Stress Value = 94

Workout #11483 - Tuesday, 19 June 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Core		
500	1 x 500 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
450	1 x 450 on 6:00 Kick as far as you can in 6:		
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		
1,100	1x{4 x 100 on 1:50 Pulls BTS		
	{3 x 100 on 1:45 Pulls BTS		
	{2 x 100 on 1:40 Pulls BTS		
	{2 x 100 on 1:35 Pulls BTS		
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 3:40 Backstroke		
	{8 x 25 on :35 Back 8KOW+1 100%		
	{2 x 175 on 3:15 Backstroke		
	{7 x 25 on :35 Back 9KOW+1 100%		
	{2 x 150 on 2:45 Backstroke		
	{6 x 25 on :35 Back 10KOW+1 100%		
	{2 x 125 on 2:20 Backstroke		
	{5 x 25 on :35 Back 11KOW+1 100%		
	{3 x 100 on 1:50 Backstroke		
200	1 x 200 on 3:00 Stroke Drills		
	9:30 AM 5,630 Yards - Stress Value = 92		

1,200	1x{1 x 200 on 4:00 Kick		EN2
	{1 x 200 on 3:55 Kick		EN2
	{1 x 200 on 3:50 Kick		EN2
	{1 x 200 on 3:45 Kick		EN2
	{1 x 200 on 3:40 Kick		EN2
	{1 x 200 on 3:40 Kick		EN2
	8 x 25 on :45 Free Drills		REC
1,500	20 x 75 on 1:30 Freestyle		EN2
250	1 x 250 on 5:00 Stroke Drills		REC
	1 on 14:00 Techniques-Starts		
	7:30 PM 5,000 Yards - Stress Value = 72		

Workout #11488 - Tuesday, 19 June 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
1,100	1 x 1100 on 18:00 Pulls		EN1
	Alt 100 breathe toward bleacher and		
	100 breathe toward scoreboard		
1,050	1x{1 x 175 on 4:00 Kick		EN2
	{1 x 175 on 3:55 Kick		EN2
	{1 x 175 on 3:50 Kick		EN2
	{1 x 175 on 3:45 Kick		EN2
	{1 x 175 on 3:40 Kick		EN2
	{1 x 175 on 3:40 Kick		EN2
200	8 x 25 on :45 Free Drills		REC
1,500	20 x 75 on 1:30 Freestyle		EN2
250	1 x 250 on 5:00 Stroke Drills		REC
	1 on 14:00 Techniques-Starts		
	7:30 PM 4,750 Yards - Stress Value = 71		

=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
1,100	1 x 1100 on 18:00 Pulls		EN1
	Alt 100 breathe toward bleacher and		
	100 breathe toward scoreboard		
1,050	1x{1 x 175 on 4:00 Kick		EN2
	{1 x 175 on 3:55 Kick		EN2
	{1 x 175 on 3:50 Kick		EN2
	{1 x 175 on 3:45 Kick		EN2
	{1 x 175 on 3:40 Kick		EN2
	{1 x 175 on 3:40 Kick		EN2
200	8 x 25 on :45 Free Drills		REC
1,500	20 x 75 on 1:30 Freestyle		EN2
250	1 x 250 on 5:00 Stroke Drills		REC
	1 on 14:00 Techniques-Starts		
	7:30 PM 4,750 Yards - Stress Value = 71		

Workout #11485 - Tuesday, 19 June 2012

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 7:00 Choice		
150	10 x 15 on :45 Shooters		
1,000	10 x 100 on 2:00 Challenge Kick Set w/fins		
1,230	1x{9 x 30 on 1:00 Freestyle		
	{1 x 120 on 3:00 Freestyle (8 LAPS)		
	{7 x 30 on 1:00 Freestyle		
	{1 x 120 on 3:00 Freestyle		
	{5 x 30 on 1:00 Freestyle		
	{1 x 120 on 3:00 Freestyle		
	{3 x 30 on 1:00 Freestyle		
	{1 x 120 on 3:00 Freestyle		
	{1 x 30 on 1:00 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
	6:30 PM 3,030 Yards - Stress Value = 101		

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
1,000	1 x 1000 on 18:00 Pulls		EN1
	Alt 100 breathe toward bleacher and		
	100 breathe toward scoreboard		
900	1x{1 x 150 on 4:00 Kick		EN2
	{1 x 150 on 3:55 Kick		EN2
	{1 x 150 on 3:50 Kick		EN2
	{1 x 150 on 3:45 Kick		EN2
	{1 x 150 on 3:40 Kick		EN2
	{1 x 150 on 3:40 Kick		EN2
200	8 x 25 on :45 Free Drills		REC
1,500	20 x 75 on 1:30 Freestyle		EN2
250	1 x 250 on 5:00 Stroke Drills		REC
	1 on 14:00 Techniques-Starts		
	7:30 PM 4,450 Yards - Stress Value = 64		

Workout #11487 - Tuesday, 19 June 2012

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
1,200	1 x 1200 on 18:00 Pulls		EN1
	Alt 100 breathe toward bleacher and		
	100 breathe toward scoreboard		

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
1,200	1 x 1200 on 18:00 Pulls		EN1
	Alt 100 breathe toward bleacher and		
	100 breathe toward scoreboard		

Workout #11490 - Tuesday, 19 June 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1 x 900 on 18:00 Pulls	EN1	
	Alt 100 breathe toward bleacher and 100 breathe toward scoreboard		
750	1x{1 x 125 on 4:00 Kick	EN2	
	{1 x 125 on 3:55 Kick	EN2	
	{1 x 125 on 3:50 Kick	EN2	
	{1 x 125 on 3:45 Kick	EN2	
	{1 x 125 on 3:40 Kick	EN2	
	{1 x 125 on 3:40 Kick	EN2	
200	8 x 25 on :45 Free Drills	REC	
1,000	20 x 50 on 1:30 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 14:00 Techniques-Starts		
	7:30 PM 3,650 Yards - Stress Value = 47		

Workout #11491 - Wednesday, 20 June 2012

Group 3 - Breast

1 minute rest between sets

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
1,800	1x{8 x 25 on :30 Kick no board B 10+1
	{1 x 200 on 3:20 Kick
	{8 x 25 on :30 Kick no board S 10+1
	{2 x 175 on 2:50 Kick
	{8 x 25 on :30 Kick no board L 10+1
	{3 x 150 on 2:20 Kick
	{8 x 25 on :30 Kick no board R 10+1
1,500	1x{1 x 250 on 3:15 Lungbuster pulls
	{2 x 200 on 2:35 Lungbuster pulls
	{3 x 150 on 1:55 Lungbuster pulls
	{4 x 100 on 1:15 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{3 x 50 on :55 Breast hold under :37
	{1 x 150 on 2:25 Breaststroke
	{3 x 50 on :55 Breast hold under :37
	{2 x 125 on 2:00 Breaststroke
	{3 x 50 on :55 Breast hold under :37
	{3 x 100 on 1:35 Breaststroke
	{3 x 50 on :55 Breast hold under :37
	{1 x 150 on 2:20 Breaststroke
	{3 x 50 on :55 Breast hold under :37
	{2 x 125 on 1:55 Breaststroke
	{3 x 50 on :55 Breast hold under :37
	{3 x 100 on 1:30 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 6,800 Yards - Stress Value = 140

Workout #11484 - Tuesday, 19 June 2012

Taper 1 - Back

1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	1 x 450 on 6:00 Kick as far as you can in 6:
500	1x{1 x 100 on 1:25 Pulls BTS
	{1 x 100 on 1:20 Pulls BTS
	{1 x 100 on 1:15 Pulls BTS
	{1 x 100 on 1:10 Pulls BTS
	{1 x 100 on 1:05 Pulls BTS
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 200 on 2:30 Backstroke
	{6 x 25 on :30 Back 8KOW+1 100%
	{2 x 175 on 2:10 Backstroke
	{6 x 25 on :30 Back 9KOW+1 100%
	{2 x 150 on 1:55 Backstroke
	{6 x 25 on :30 Back 10KOW+1 100%
	{2 x 125 on 1:35 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	8:31 AM 3,550 Yards - Stress Value = 54

Workout #11486 - Tuesday, 19 June 2012

Taper 1 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 10:00 Dyamic Stretch		L
400	1 x 400 on 1:30 Freestyle Drill	REC	D
300	3 x 100 on 1:45 Kick	EN2	K
400	8 x 50 on 1:00 Down drill, back build	EN1	S
	1-4 free 5-8 non free		
400	4 x 100 on 1:30 Free-descend	EN2	S
50	2 x 25 on 2:00 Choice OTB	SP3	S
200	1 x 200 on 3:00 Stroke Drill	REC	D
200	1 x 200 on 4:00 IM Broken at the 50	SP2	S
	Rest 10-20-30 seconds		
500	10 x 50 on 1:00 Stroke Drills	REC	D
	6:00 PM 2,450 Yards - Stress Value = 40		

Workout #11492 - Wednesday, 20 June 2012

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 1,500 1x{8 x 25 on :35 Kick no board B 10+1
 {1 x 150 on 2:50 Kick
 {8 x 25 on :35 Kick no board S 10+1
 {2 x 125 on 2:20 Kick
 {8 x 25 on :35 Kick no board L 10+1
 {3 x 100 on 1:45 Kick
 {8 x 25 on :35 Kick no board R 10+1
 1,350 1x{1 x 250 on 3:40 Lungbuster pulls
 {2 x 200 on 2:55 Lungbuster pulls
 {2 x 150 on 2:10 Lungbuster pulls
 {4 x 100 on 1:25 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{3 x 50 on 1:00 Breast hold under :45
 {1 x 150 on 2:35 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {2 x 125 on 2:10 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {3 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {1 x 150 on 2:30 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {2 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {1 x 100 on 1:40 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,150 Yards - Stress Value = 129

Workout #11493 - Wednesday, 20 June 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,350 1x{8 x 25 on :40 Kick no board B 10+1
 {1 x 150 on 3:10 Kick
 {6 x 25 on :40 Kick no board S 10+1
 {2 x 125 on 2:35 Kick
 {6 x 25 on :40 Kick no board L 10+1
 {3 x 100 on 2:00 Kick
 {6 x 25 on :40 Kick no board R 10+1
 1,200 1x{1 x 250 on 4:05 Lungbuster pulls
 {2 x 200 on 3:15 Lungbuster pulls
 {3 x 150 on 2:25 Lungbuster pulls
 {2 x 50 on :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
 1,950 1x{3 x 50 on 1:05 Breast hold under :50
 {1 x 150 on 2:50 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {2 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {3 x 100 on 1:55 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {1 x 150 on 2:45 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {2 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,650 Yards - Stress Value = 121

Workout #11494 - Wednesday, 20 June 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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 Shooters
 1,800 1x{8 x 25 on :30 Kick no board B 10+1
 {1 x 200 on 3:20 Kick
 {8 x 25 on :30 Kick no board S 10+1
 {2 x 175 on 2:50 Kick
 {8 x 25 on :30 Kick no board L 10+1
 {3 x 150 on 2:20 Kick
 {8 x 25 on :30 Kick no board R 10+1
 1,100 1x{1 x 200 on 3:35 Lungbuster pulls
 {2 x 150 on 2:40 Lungbuster pulls
 {4 x 100 on 1:45 Lungbuster pulls
 {4 x 50 on :55 Pulls
 { Alt 50's breathing toward blchr/scrbd
 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 50 on 1:10 Breast hold under :55
 {1 x 150 on 3:15 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {2 x 125 on 2:45 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {2 x 100 on 2:10 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {1 x 150 on 3:05 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {1 x 100 on 2:05 Breaststroke
 {2 x 50 on 1:10 Breast hold under :55
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,700 Yards - Stress Value = 123

Workout #11495 - Wednesday, 20 June 2012

Taper 1 - Breast

1 minute rest between sets

7:00 AM 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
 700 1x{4 x 25 on :30 Kick no board B 10+1
 {1 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board S 10+1
 {1 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board L 10+1
 {1 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board R 10+1
 700 1x{1 x 250 on 3:15 Lungbuster pulls
 {1 x 200 on 2:35 Lungbuster pulls
 {1 x 150 on 1:55 Lungbuster pulls
 {1 x 100 on 1:15 Lungbuster pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{3 x 50 on :55 Breast hold under :37
 {1 x 150 on 2:25 Breaststroke
 {3 x 50 on :55 Breast hold under :37
 {2 x 125 on 2:00 Breaststroke
 {3 x 50 on :55 Breast hold under :37
 {3 x 100 on 1:35 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:38 AM 3,450 Yards - Stress Value = 68

Workout #11496 - Thursday, 21 June 2012

Group 3 - Fly

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 free even 100's back
150    10 x 15 on :45 Shooters
2,000 1x{1 x 125 on 2:10 Kick
        {4 x 25 on :30 Kick-#4
        {2 x 125 on 2:05 Kick
        {4 x 25 on :30 Kick #4
        {3 x 125 on 2:00 Kick
        {4 x 25 on :30 Kick #4
        {3 x 125 on 1:55 Kick
        {4 x 25 on :30 Kick #4
        {2 x 125 on 1:50 Kick
        {4 x 25 on :30 Kick #4
        {1 x 125 on 1:45 Kick
1,050  21 x 50 on :40 Pulls break when alt
        feet, knees, hips
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 2:40 Fly w/fins
        {1 x 200 on 2:35 Fly w/fins
        {1 x 200 on 2:30 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:15 Freestyle
        {1 on :45 Put on Fins
        {1 x 200 on 2:35 Fly w/fins
        {1 x 200 on 2:30 Fly w/fins
        {1 x 200 on 2:25 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:10 Freestyle
        {1 on :45 Put fins on
        {1 x 200 on 2:30 Fly w/fins
        {1 x 200 on 2:25 Fly w/fins
        {1 x 200 on 2:20 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:05 Freestyle
500    10 x 50 on 1:00 Stroke Drills
9:29 AM 7,200 Yards - Stress Value = 108
    
```

```

{1 on :30 Take off fins
{2 x 100 on 1:20 Freestyle
{1 on :45 Put on Fins
{1 x 200 on 2:50 Fly w/fins
{1 x 200 on 2:45 Fly w/fins
{1 x 200 on 2:40 Fly w/fins
{1 on :30 Take off fins
{2 x 100 on 1:15 Freestyle
{1 on :45 Put fins on
{1 x 200 on 2:45 Fly w/fins
{1 x 200 on 2:40 Fly w/fins
{1 x 200 on 2:35 Fly w/fins
{1 on :30 Take off fins
{3 x 100 on 1:10 Freestyle
500    10 x 50 on 1:00 Stroke Drills
9:30 AM 6,550 Yards - Stress Value = 97
    
```

Workout #11498 - Thursday, 21 June 2012

Group 3 - Silver

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
        1 on 25:00 DS-Physio Ball Abs
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
1,500 1x{1 x 125 on 2:45 Kick
        {4 x 25 on :40 Kick-#4
        {2 x 125 on 2:40 Kick
        {4 x 25 on :40 Kick #4
        {3 x 125 on 2:35 Kick
        {4 x 25 on :40 Kick #4
        {2 x 125 on 2:30 Kick
        {4 x 25 on :40 Kick #4
        {2 x 50 on 1:00 Kick
800    16 x 50 on :50 Pulls break when alt
        feet, knees, hips
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 3:20 Fly w/fins
        {1 x 200 on 3:15 Fly w/fins
        {1 x 200 on 3:10 Fly w/fins
        {1 on :30 Take off fins
        {2 x 100 on 1:35 Freestyle
        {1 on :45 Put on Fins
        {1 x 200 on 3:15 Fly w/fins
        {1 x 200 on 3:10 Fly w/fins
        {1 x 200 on 3:05 Fly w/fins
        {1 on :30 Take off fins
        {2 x 100 on 1:30 Freestyle
        {1 on :45 Put fins on
        {1 x 100 on 1:35 Fly w/fins
        {1 x 100 on 1:30 Fly w/fins
        {1 x 50 on :45 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:25 Freestyle
500    10 x 50 on 1:00 Stroke Drills
9:30 AM 5,850 Yards - Stress Value = 85
    
```

Workout #11497 - Thursday, 21 June 2012

Group 3 - Gold

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 free even 100's back
150    10 x 15 on :45 Shooters
1,700 1x{1 x 125 on 2:30 Kick
        {4 x 25 on :35 Kick-#4
        {2 x 125 on 2:25 Kick
        {4 x 25 on :35 Kick #4
        {3 x 125 on 2:20 Kick
        {4 x 25 on :35 Kick #4
        {3 x 125 on 2:15 Kick
        {4 x 25 on :35 Kick #4
        {2 x 75 on 1:20 Kick
        {1 x 25 on :35 Kick #4
900    18 x 50 on :45 Pulls break when alt
        feet, knees, hips
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 Fly w/fins
        {1 x 200 on 2:55 Fly w/fins
        {1 x 200 on 2:50 Fly w/fins
    
```

Workout #11499 - Thursday, 21 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS-Physio Ball Abs
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
1,400	1x{1 x 125 on 3:00 Kick {4 x 25 on :40 Kick-#4 {2 x 125 on 2:55 Kick {4 x 25 on :40 Kick #4 {3 x 125 on 2:50 Kick {4 x 25 on :40 Kick #4 {2 x 125 on 2:45 Kick {4 x 25 on :40 Kick #4
750	15 x 50 on :55 Pulls break when alt feet, knees, hips
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 150 on 2:45 Fly w/fins {1 x 150 on 2:40 Fly w/fins {1 x 150 on 2:35 Fly w/fins {1 on :30 Take off fins {2 x 100 on 1:45 Freestyle {1 on :45 Put on Fins {1 x 150 on 2:40 Fly w/fins {1 x 150 on 2:35 Fly w/fins {1 x 150 on 2:30 Fly w/fins {1 on :30 Take off fins {3 x 100 on 1:40 Freestyle {1 on :45 Put fins on {1 x 100 on 1:45 Fly w/fins {1 x 100 on 1:40 Fly w/fins {1 x 100 on 1:35 Fly w/fins {1 on :30 Take off fins {3 x 100 on 1:35 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 5,500 Yards - Stress Value = 80

Workout #11502 - Thursday, 21 June 2012

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	=====
	1 on 10:00 Dynamic Stretcch
1,000	4x{1 x 150 on 4:00 25 closed fist 25 rev free { 50 Tombstone, 50 brethe 2+1 {4 x 25 on :45 IM order-100% { Fly-5 KOW, Back 7 KOW, { Breast 2X pullouts, free 9 KOW
165	11 x 15 on :45 Modified Pit Sprints
600	12x{1 x 25 on :01 1/3 each of streamline kick { tarzan, no breath sprint/rest 10s @25 {1 x 25 on 1:29 Kick no board BSLR
100	1 x 100 on 2:00 Freestyle
500	1x{1 x 25 on :30 Freestyle {1 x 75 on 1:30 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 75 on 1:30 Freestyle {1 x 25 on :30 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 1:00 Freestyle {1 x 25 on :30 Freestyle {1 x 75 on 1:30 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	6:30 PM 2,765 Yards - Stress Value = 106

Workout #11503 - Thursday, 21 June 2012

Group 2 - IM'ers

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg
500	1 x 500 on 10:00 Underwater trn drill odd 100's free even 100's back
150	1 on 10:00 Techniques-back/breast turns
2,000	10 x 15 on :45 Shooters 1x{4 x 25 on 1:00 Perfect fly {1 x 200 on 5:00 Stroke Drills-Superman Fly {1 x 200 on 5:00 Stroke Drills-explosion {4 x 25 on 1:00 Perfect Back {1 x 200 on 5:00 Stroke Drlll-double arm {1 x 200 on 5:00 Stroke Drill-wave drill {4 x 25 on 1:00 Perfect Breaststroke {1 x 200 on 5:00 Stroke Drills 2K1p {1 x 200 on 5:00 Stroke Drills 4sec glide {4 x 25 on 1:00 Perfect Fly {1 x 200 on 5:00 Stroke Drill-thumb/finger dr {1 x 200 on 5:00 Stroke Drills-1 arm
800	16 x 50 on 1:30 Mid Pool IM's Alt turns: fly/back, back/breast, breast/fr
200	1 x 200 on 3:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,900 Yards - Stress Value = 18

Workout #11500 - Thursday, 21 June 2012

Taper 1 - Fly

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS-Physio Ball Abs
400	1 x 400 on 10:00 Choice Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{1 x 125 on 1:55 Kick {4 x 25 on :30 Kick #4 {2 x 125 on 1:50 Kick {4 x 25 on :30 Kick #4 {1 x 125 on 1:45 Kick
600	12 x 50 on :40 Pulls break when alt feet, knees, hips
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 2:40 Fly w/fins {1 x 150 on 1:55 Fly w/fins {1 x 100 on 1:15 Fly w/fins {1 on :30 Take off fins {2 x 100 on 1:10 Freestyle {1 on :45 Put on Fins {1 x 200 on 2:35 Fly w/fins {1 x 150 on 1:50 Fly w/fins {1 x 100 on 1:10 Fly w/fins {1 on :30 Take off fins {2 x 100 on 1:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	8:34 AM 3,500 Yards - Stress Value = 51

Workout #11501 - Thursday, 21 June 2012

Taper 1 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 10:00 Dyamic Stretch		
400	1 x 400 on 1:30 Freestyle Drill	REC	
300	3 x 100 on 1:45 Kick	EN2	
400	8 x 50 on 1:00 Down drill, back build	EN1	
	1-4 free 5-8 non free		
400	4 x 100 on 1:30 Free-descend	EN2	
50	2 x 25 on 2:00 Choice OTB	SP3	
200	1 x 200 on 3:00 Stroke Drill	REC	
200	1 x 200 on 4:00 IM Broken at the 50 OTB	SP2	
	Rest 10-20-30 seconds		
500	10 x 50 on 1:00 Stroke Drills	REC	
	6:00 PM 2,450 Yards - Stress Value = 40		

Workout #11504 - Friday, 22 June 2012

Group 3 - IM's

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Ted's Abs/Tm Mtg
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire set is with fins
2,250	1x{4 x 25 on :30 Kick no board BSLR 10KOW
	{3 x 150 on 2:10 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 150 on 2:05 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 2:00 Kick with flippers
	{6 x 25 on :30 Kick no board BSLR 16KOW
	{3 x 150 on 1:55 Kick with flippers
1,200	1x{6 x 50 on :40 Pulls-nbbf&w + 2 yds
	{6 x 50 on :45 Pulls-nbbf&w + 4 yds
	{6 x 50 on :50 Pulls-nbbf&w + 6 yds
	{6 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 finishes
2,400	12x{1 x 100 on 1:15 Individual Medley
	{1 x 50 on :35 Freestyle
	{1 x 50 on :45 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 7,100 Yards - Stress Value = 101

Workout #11505 - Friday, 22 June 2012

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Teds Abs/Tm Mtg
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire kick set is with fins
2,050	1x{4 x 25 on :30 Kick no board BSLR 10KOW
	{3 x 150 on 2:25 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 150 on 2:20 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 2:15 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 16KOW
	{3 x 100 on 1:25 Kick with flippers
1,050	1x{6 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 finishes
2,200	11x{1 x 100 on 1:25 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	9:32 AM 6,550 Yards - Stress Value = 91

Workout #11506 - Friday, 22 June 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Ted's Abs/Tm Mtg
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire kick set is with fins
1,950	1x{4 x 25 on :30 Kick no board BSLR 10KOW
	{3 x 150 on 2:35 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 150 on 2:30 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 2:25 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 16KOW
	{2 x 100 on 1:35 Kick with flippers
950	1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds
	{5 x 50 on :55 Pulls-nbbf&w + 4 yds
	{5 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 1:40 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	9:29 AM 5,900 Yards - Stress Value = 82

Workout #11507 - Friday, 22 June 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Ted's Abs/Tm Mtg
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire kick set is with fins
1,750	1x{4 x 25 on :40 Kick no board BSLR 10KOW
	{3 x 100 on 1:50 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR 12 KOW
	{3 x 100 on 1:45 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 100 on 1:40 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR 16KOW
	{3 x 150 on 2:20 Kick with flippers
900	1x{4 x 50 on :55 Pulls-nbbf&w + 2 yds
	{4 x 50 on 1:00 Pulls-nbbf&w + 4 yds
	{5 x 50 on 1:05 Pulls-nbbf&w + 6 yds
	{5 x 50 on 1:10 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
1,600	8x{1 x 100 on 1:55 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:10 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	9:31 AM 5,400 Yards - Stress Value = 75

Workout #11508 - Friday, 22 June 2012

Taper 1 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DSTed's Abs/Tm Mtg
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 The entire set is with fins
 500 1x{4 x 25 on :30 Kick no board BSLR 10KOW
 {1 x 150 on 2:10 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR 12 KOW
 {1 x 150 on 2:05 Kick with flippers
 400 1x{2 x 50 on :40 Pulls-nbbf&w + 2 yds
 {2 x 50 on :45 Pulls-nbbf&w + 4 yds
 {2 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
 1,600 1x{1 x 200 on 3:00 Individual Medley
 {4 x 25 on :30 Breaststroke
 {1 x 200 on 2:55 Individual Medley
 {4 x 25 on :30 Backstroke
 {1 x 200 on 2:50 Individual Medley
 {4 x 25 on :30 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {4 x 25 on :30 Breaststroke
 {1 x 100 on 1:25 Individual Medley
 {4 x 25 on :30 Backstroke
 {1 x 100 on 1:20 Individual Medley
 {4 x 25 on :30 Freestyle
 {1 x 100 on 1:15 Individual Medley
 300 1 x 300 on 5:00 Stroke Drills
 8:45 AM 3,450 Yards - Stress Value = 52

Workout #11509 - Monday, 25 June 2012

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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
 1,600 1x{6 x 25 on :30 Kick no board B
 {1 x 100 on 1:15 Kick
 {6 x 25 on :30 Kick no board B
 {2 x 100 on 1:20 Kick
 {6 x 25 on :30 Kick no board B
 {3 x 100 on 1:25 Kick
 {6 x 25 on :30 Kick no board B
 {4 x 100 on 1:35 Kick
 1,200 8 x 150 on 1:55 Pulls-no br L.8yds+1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4,000 1x{1 x 600 on 7:20 Freestyle
 {2 x 500 on 6:00 Freestyle
 {3 x 400 on 4:45 Freestyle
 {4 x 300 on 3:30 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 8,000 Yards - Stress Value = 128

Workout #11510 - Monday, 25 June 2012

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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
 1,350 1x{6 x 25 on :35 Kick no board B
 {1 x 100 on 1:35 Kick
 {6 x 25 on :35 Kick no board B
 {2 x 100 on 1:40 Kick
 {6 x 25 on :35 Kick no board B
 {3 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board B
 {4 x 50 on :55 Kick
 1,050 7 x 150 on 2:10 Pulls-no br L.8yds+1
 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{1 x 600 on 8:20 Freestyle
 {2 x 500 on 6:50 Freestyle
 {3 x 400 on 5:25 Freestyle
 {3 x 200 on 2:40 Freestyle
 {2 x 100 on 1:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 7,200 Yards - Stress Value = 112

Workout #11511 - Monday, 25 June 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,290 1x{4 x 25 on :40 Kick no board B
 {1 x 100 on 1:50 Kick
 {4 x 25 on :40 Kick no board B
 {2 x 100 on 1:55 Kick
 {6 x 40 on :30 Kick no board B
 {3 x 100 on 2:00 Kick
 {6 x 25 on :40 Kick no board B
 {1 x 100 on 2:05 Kick
 1,000 8 x 125 on 2:00 Pulls-no br L.8yds+1
 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{1 x 600 on 9:20 Freestyle
 {2 x 500 on 7:40 Freestyle
 {3 x 400 on 6:05 Freestyle
 {2 x 150 on 2:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,540 Yards - Stress Value = 100

Workout #11512 - Monday, 25 June 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 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 B
 {1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board B
 {2 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board B
 {3 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board B
 {1 x 50 on 1:10 Kick
 875 7 x 125 on 2:10 Pulls-no br L.8yds+1
 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 600 on 10:30 Freestyle
 {2 x 500 on 8:40 Freestyle
 {3 x 400 on 6:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 5,825 Yards - Stress Value = 87

{4 x 25 on :30 Free 6BK EN
 {2 x 50 on 1:30 Breast Pull EN
 {4 x 25 on :30 Free 6BK EN
 {1 x 50 on 1:30 Breast Pull EN
 150 6 x 25 on :45 Stroke Drill RE
 1,800 1x{2 x 125 on 2:20 Breast 2X pullouts L.wall EN
 {2 x 125 on 2:15 Breast 2X pullouts L.wall EN
 {2 x 125 on 2:10 Breast 2X pullouts L.wall EN
 {2 x 100 on 1:45 Breast 2X pullouts L.wall EN
 {2 x 100 on 1:40 Breast 2X pullouts L.wall EN
 {2 x 100 on 1:35 Breast 2X pullouts L.wall EN
 {2 x 75 on 1:15 Breast 2X pullouts L.wall EN
 {2 x 75 on 1:10 Breast 2X pullouts L.wall EN
 {2 x 75 on 1:05 Breast 2X pullouts L.wall EN
 200 1 x 200 on 4:00 Stroke Drills RE
 7:31 PM 5,350 Yards - Stress Value = 93

Workout #11515 - Monday, 25 June 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 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
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:10 Kick
 1,000 1x{5 x 50 on 1:45 Breast Pull
 {4 x 25 on :30 Free 6BK
 {4 x 50 on 1:45 Breast Pull
 {4 x 25 on :30 Free 6BK
 {3 x 50 on 1:45 Breast Pull
 {4 x 25 on :30 Free 6BK
 {2 x 50 on 1:45 Breast Pull
 150 6 x 25 on :45 Stroke Drill
 1,550 1x{2 x 125 on 2:35 Breast 2X pullouts L.wall EN
 {2 x 125 on 2:30 Breast 2X pullouts L.wall EN
 {2 x 125 on 2:25 Breast 2X pullouts L.wall EN
 {2 x 100 on 2:00 Breast 2X pullouts L.wall EN
 {2 x 100 on 1:55 Breast 2X pullouts L.wall EN
 {2 x 100 on 1:50 Breast 2X pullouts L.wall EN
 {2 x 50 on 1:00 Breast 2X pullouts L.wall EN
 {2 x 50 on :55 Breast 2X pullouts L.wall EN
 200 1 x 200 on 4:00 Stroke Drills RE
 7:31 PM 4,850 Yards - Stress Value = 83

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 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
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:10 Kick
 1,000 1x{5 x 50 on 1:45 Breast Pull
 {4 x 25 on :30 Free 6BK
 {4 x 50 on 1:45 Breast Pull
 {4 x 25 on :30 Free 6BK
 {3 x 50 on 1:45 Breast Pull
 {4 x 25 on :30 Free 6BK
 {2 x 50 on 1:45 Breast Pull
 150 6 x 25 on :45 Stroke Drill
 1,550 1x{2 x 125 on 2:35 Breast 2X pullouts L.wall EN
 {2 x 125 on 2:30 Breast 2X pullouts L.wall EN
 {2 x 125 on 2:25 Breast 2X pullouts L.wall EN
 {2 x 100 on 2:00 Breast 2X pullouts L.wall EN
 {2 x 100 on 1:55 Breast 2X pullouts L.wall EN
 {2 x 100 on 1:50 Breast 2X pullouts L.wall EN
 {2 x 50 on 1:00 Breast 2X pullouts L.wall EN
 {2 x 50 on :55 Breast 2X pullouts L.wall EN
 200 1 x 200 on 4:00 Stroke Drills RE
 7:31 PM 4,850 Yards - Stress Value = 83

Workout #11513 - Monday, 25 June 2012

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 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, #1 & #4 OTB
 500 10 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
 100 1 x 100 on 2:00 Choice OTB
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 3,200 Yards - Stress Value = 138

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 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
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:10 Kick
 1,000 1x{5 x 50 on 1:45 Breast Pull
 {4 x 25 on :30 Free 6BK
 {4 x 50 on 1:45 Breast Pull
 {4 x 25 on :30 Free 6BK
 {3 x 50 on 1:45 Breast Pull
 {4 x 25 on :30 Free 6BK
 {2 x 50 on 1:45 Breast Pull
 150 6 x 25 on :45 Stroke Drill
 1,550 1x{2 x 125 on 2:35 Breast 2X pullouts L.wall EN
 {2 x 125 on 2:30 Breast 2X pullouts L.wall EN
 {2 x 125 on 2:25 Breast 2X pullouts L.wall EN
 {2 x 100 on 2:00 Breast 2X pullouts L.wall EN
 {2 x 100 on 1:55 Breast 2X pullouts L.wall EN
 {2 x 100 on 1:50 Breast 2X pullouts L.wall EN
 {2 x 50 on 1:00 Breast 2X pullouts L.wall EN
 {2 x 50 on :55 Breast 2X pullouts L.wall EN
 200 1 x 200 on 4:00 Stroke Drills RE
 7:31 PM 4,850 Yards - Stress Value = 83

Workout #11514 - Monday, 25 June 2012

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 500 1 x 500 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
 {1 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:55 Kick
 1,150 1x{5 x 50 on 1:30 Breast Pull
 {4 x 25 on :30 Free 6BK
 {4 x 50 on 1:30 Breast Pull
 {4 x 25 on :30 Free 6BK
 {3 x 50 on 1:30 Breast Pull

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball
 500 1 x 500 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
 {1 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:55 Kick
 1,150 1x{5 x 50 on 1:30 Breast Pull
 {4 x 25 on :30 Free 6BK
 {4 x 50 on 1:30 Breast Pull
 {4 x 25 on :30 Free 6BK
 {3 x 50 on 1:30 Breast Pull

Workout #11516 - Monday, 25 June 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:00 PM Start		
=====	=====	==
	1 on 25:00 DS/Physio Ball	
450	1 x 450 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,150	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:15 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:20 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:25 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 75 on 2:00 Kick	EN
900	1x{3 x 50 on 2:00 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{4 x 50 on 2:00 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{3 x 50 on 2:00 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{1 x 50 on 2:00 Breast Pull	EN
	{2 x 25 on :30 Free 6BK	EN
150	6 x 25 on :45 Stroke Drill	RF
1,400	1x{2 x 125 on 2:50 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:45 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:40 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:15 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:10 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:05 Breast 2X pullouts L.wall	EN
	{1 x 50 on 1:00 Breast 2X pullouts L.wall	EN
200	1 x 200 on 4:00 Stroke Drills	RF
	7:31 PM 4,400 Yards - Stress Value = 75	

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 6:30 Kick as far as you can in 6:
840	2x{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 on back
1,300	1x{2 x 200 on 2:30 Pulls BTB
	{2 x 175 on 2:10 Pulls BTB
	{2 x 150 on 1:50 Pulls BTB
	{2 x 125 on 1:35 Pulls BTB
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{5 x 125 on 1:50 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{5 x 125 on 1:45 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{5 x 125 on 1:40 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{5 x 125 on 1:35 Back alt 25's 10KOW
250	5 x 50 on 1:00 Stroke Drills
	9:30 AM 6,940 Yards - Stress Value = 118

Workout #11519 - Tuesday, 26 June 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:00 PM Start		
=====	=====	==
	1 on 25:00 DS/Physio Ball	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,000	1x{4 x 25 on 1:00 Kick no board BSLR	EN
	{1 x 100 on 2:30 Kick	EN
	{4 x 25 on 1:00 Kick no board BSLR	EN
	{2 x 100 on 2:35 Kick	EN
	{4 x 25 on 1:00 Kick no board BSLR	EN
	{3 x 100 on 2:40 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
800	1x{3 x 50 on 2:15 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{4 x 50 on 2:15 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{3 x 50 on 2:15 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
150	6 x 25 on :45 Stroke Drill	RF
1,250	1x{2 x 125 on 3:10 Breast 2X pullouts L.wall	EN
	{2 x 125 on 3:05 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:30 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:25 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:20 Breast 2X pullouts L.wall	EN
	{2 x 75 on 1:45 Breast 2X pullouts L.wall	EN
200	1 x 200 on 4:00 Stroke Drills	RF
	7:31 PM 3,950 Yards - Stress Value = 67	

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 6:30 Kick as far as you can in 6:
840	2x{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 on back
1,150	1x{2 x 200 on 2:50 Pulls BTB
	{2 x 175 on 2:30 Pulls BTB
	{2 x 150 on 2:05 Pulls BTB
	{2 x 50 on :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
2,825	1x{5 x 125 on 2:00 Back alt 25's 10KOW
	{3 x 50 on :50 Back-descend
	{5 x 125 on 1:55 Back alt 25's 10KOW
	{3 x 50 on :50 Back-descend
	{5 x 125 on 1:50 Back alt 25's 10KOW
	{3 x 50 on :50 Back-descend
	{4 x 125 on 1:45 Back alt 25's 10KOW
250	5 x 50 on 1:00 Stroke Drills
	9:30 AM 6,515 Yards - Stress Value = 110

Workout #11518 - Tuesday, 26 June 2012

Group 3 - Back

1 minute rest between sets

Workout #11520 - Tuesday, 26 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Core
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
550	1 x 550 on 6:30 Kick as far as you can in 6:
840	2x{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 on back
1,050	1x{2 x 200 on 3:15 Pulls BTB
	{2 x 175 on 2:50 Pulls BTB
	{2 x 150 on 2:25 Pulls BTB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,525	1x{5 x 125 on 2:15 Back alt 25's 10KOW
	{3 x 50 on :55 Back-descend
	{5 x 125 on 2:10 Back alt 25's 10KOW
	{3 x 50 on :55 Back-descend
	{5 x 125 on 2:05 Back alt 25's 10KOW
	{2 x 50 on :55 Back-descend
	{2 x 125 on 2:00 Back alt 25's 10KOW
250	5 x 50 on 1:00 Stroke Drills
	9:30 AM 6,115 Yards - Stress Value = 103

Workout #11521 - Tuesday, 26 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Core
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
550	1 x 550 on 6:30 Kick as far as you can in 6:
840	2x{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 on back
950	1x{2 x 200 on 3:30 Pulls BTB
	{2 x 150 on 2:35 Pulls BTB
	{2 x 100 on 1:45 Pulls BTB
	{1 x 50 on :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
2,000	1x{4 x 100 on 2:15 Back alt 25's 10KOW
	{3 x 50 on 1:10 Back-descend
	{4 x 100 on 2:10 Back alt 25's 10KOW
	{3 x 50 on 1:10 Back-descend
	{5 x 100 on 2:05 Back alt 25's 10KOW
	{2 x 50 on 1:00 Back-descend
	{3 x 100 on 2:00 Back alt 25's 10KOW
250	5 x 50 on 1:00 Stroke Drills
	9:30 AM 5,440 Yards - Stress Value = 92

Workout #11526 - Tuesday, 26 June 2012

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch
750	3x{1 x 150 on 2:30 2:00 swim/:30 to get to a wa
	{4 x 25 on :45 IM order-100% Effort
400	8 x 50 on 2:00 12.5 Tombstone kicking, 25
	sprint kick w/ super fast turn, 12.5 easy
150	6 x 25 on 1:30 Bacwards freestyle
1,300	2x{1 x 100 on 3:00 25 Kick 75 Free
	{1 x 100 on 3:00 25free 25 kick 50free
	{1 x 100 on 3:00 50free 25kick 25free
	{1 x 100 on 3:00 75free 25kick
	{1 x 250 on 4:30 Stroke Drills
	6:30 PM 2,600 Yards - Stress Value = 120

Workout #11527 - Tuesday, 26 June 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters		SP3
1,700	1x{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 200 on 4:00 Kick		EN2
	{6 x 25 on :45 Kick no board BSLRBS		EN2
	{1 x 200 on 3:50 Kick		EN2
	{8 x 25 on :45 Kick no board BSLRX2		EN2
	{1 x 200 on 3:40 Kick		EN2
	{6 x 25 on :45 Kick no board BSLRBS		EN2
	{1 x 200 on 3:30 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 200 on 3:20 Kick		EN2
150	6 x 25 on 1:00 Fly Drills		REC
2,000	10x{8 x 25 on :25 Butterfly		EN2
	{1 on 1:00 Rest		
400	8 x 50 on 1:00 Stroke Drills		REC
	7:31 PM 4,900 Yards - Stress Value = 80		

Workout #11528 - Tuesday, 26 June 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters		SP3
1,600	1x{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 200 on 4:30 Kick		EN2
	{6 x 25 on :45 Kick no board BSLRBS		EN2
	{1 x 200 on 4:20 Kick		EN2
	{8 x 25 on :45 Kick no board BSLRX2		EN2
	{1 x 200 on 4:10 Kick		EN2
	{6 x 25 on :45 Kick no board BSLRBS		EN2
	{1 x 200 on 4:00 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 100 on 1:55 Kick		EN2
150	6 x 25 on 1:00 Fly Drills		REC
1,800	9x{8 x 25 on :30 Butterfly		EN2
	{1 on 1:00 Rest		
	9th set only do 6X25's		
400	8 x 50 on 1:00 Stroke Drills		REC
	7:32 PM 4,600 Yards - Stress Value = 74		

Workout #11529 - Tuesday, 26 June 2012

Group 2 - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for Group 2 - Silver at 5:00 PM Start, ending at 7:32 PM with 4,000 Yards.

Workout #11530 - Tuesday, 26 June 2012

Group 2 - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for Group 2 - Bronze at 5:00 PM Start, ending at 7:29 PM with 3,450 Yards.

Workout #11522 - Tuesday, 26 June 2012

Taper 2 - Back

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for Taper 2 - Back at 7:00 AM Start.

{2 x 125 on 1:40 Back alt 25's 10KOW
{4 x 50 on :45 Back-descend
{2 x 125 on 1:35 Back alt 25's 10KOW
1 x 200 on 3:00 Stroke Drills
8:33 AM 3,500 Yards - Stress Value = 59

Workout #11523 - Tuesday, 26 June 2012

Taper 2 - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for Taper 2 - Gold at 7:00 AM Start, ending at 8:33 AM with 3,375 Yards.

Workout #11524 - Tuesday, 26 June 2012

Taper 2 - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for Taper 2 - Silver at 7:00 AM Start, ending at 8:33 AM with 3,175 Yards.

Workout #11525 - Tuesday, 26 June 2012

Taper 2 - 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 Underwater trn drill
150    10 x 15 on :45 Shooters
550    1 x 550 on 6:30 Kick as far as you can in 60
500 1x{1 x 200 on 3:30 Pulls BTB
      {1 x 150 on 2:35 Pulls BTB
      {1 x 100 on 1:45 Pulls BTB
      {1 x 50 on :50 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 1x{3 x 50 on 1:10 Back-descend
      {2 x 100 on 2:10 Back alt 25's 10KOW
      {3 x 50 on 1:10 Back-descend
      {2 x 100 on 2:05 Back alt 25's 10KOW
      {2 x 50 on 1:00 Back-descend
      {2 x 100 on 2:00 Back alt 25's 10KOW
200    1 x 200 on 4:00 Stroke Drills
8:34 AM 2,900 Yards - Stress Value = 47
    
```

Workout #11531 - Wednesday, 27 June 2012

Group 3 - Fly

1 minute rest between sets

```

7:00 AM 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
1,600 1x{1 x 200 on 3:05 Kick
      {6 x 25 on :30 Kick no board B
      {2 x 150 on 2:15 Kick
      {6 x 25 on :30 Kick no board S
      {3 x 100 on 1:25 Kick
      {6 x 25 on :30 Kick no board L
      {4 x 50 on :40 Kick
      {6 x 25 on :30 Kick no board R
1,500 1x{2 x 125 on 1:35 Lungbuster pulls
      { Breathe 2-3-4 continuous
      {2 x 125 on 1:35 Lungbuster pulls
      { Breathe 3-4-5 continuous
      {2 x 125 on 1:35 Lungbuster pulls
      { Breathe 4-5-6 continuous
      {2 x 125 on 1:35 Lungbuster pulls
      { Breathe 5-6-7 continuous
      {2 x 125 on 1:35 Lungbuster pulls
      { Breathe 6-7-8 continuous
      {2 x 125 on 1:35 Lungbuster pulls
      { Breathe 7-8-9 continuous
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
350    7 x 50 on 1:00 Stroke Drills
9:30 AM 7,500 Yards - Stress Value = 112
    
```

Workout #11532 - Wednesday, 27 June 2012

Group 3 - Gold

1 minute rest between sets

```

7:00 AM 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
1,350 1x{1 x 200 on 3:40 Kick
      {6 x 25 on :35 Kick no board B
      {2 x 150 on 2:40 Kick
      {6 x 25 on :35 Kick no board S
      {2 x 100 on 1:45 Kick
      {4 x 25 on :35 Kick no board L
      {3 x 50 on :45 Kick
      {4 x 25 on :35 Kick no board R
1,350 1x{2 x 125 on 1:45 Lungbuster pulls
      { Breathe 2-3-4 continuous
      {2 x 125 on 1:45 Lungbuster pulls
      { Breathe 3-4-5 continuous
      {2 x 125 on 1:45 Lungbuster pulls
      { Breathe 4-5-6 continuous
      {2 x 125 on 1:45 Lungbuster pulls
      { Breathe 5-6-7 continuous
      {2 x 125 on 1:45 Lungbuster pulls
      { Breathe 6-7-8 continuous
      {2 x 50 on :45 Lungbuster pulls
      { Breathe 7-8-9 continuous
200 4x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800 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 1:20 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 100 on 1:30 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
350    7 x 50 on 1:00 Stroke Drills
9:31 AM 6,800 Yards - Stress Value = 100
    
```

Workout #11533 - Wednesday, 27 June 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,200 1x{1 x 200 on 4:10 Kick
 {4 x 25 on :40 Kick no board B
 {1 x 150 on 3:05 Kick
 {4 x 25 on :40 Kick no board S
 {3 x 100 on 2:00 Kick
 {4 x 25 on :40 Kick no board L
 {3 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board R
 1,200 1x{2 x 125 on 1:55 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 125 on 1:55 Lungbuster pulls
 { Breathe 3-4-5 continuous
 {2 x 125 on 1:55 Lungbuster pulls
 { Breathe 4-5-6 continuous
 {2 x 125 on 1:55 Lungbuster pulls
 { Breathe 5-6-7 continuous
 {2 x 75 on 1:10 Lungbuster pulls
 { Breathe 6-7-8 continuous
 {1 x 50 on :45 Lungbuster pulls
 { Breathe 7-8-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{3 x 100 on 1:50 2 strokes fly off walls
 {3 x 100 on 1:45 2 strokes fly off walls
 {2 x 100 on 1:40 2 strokes fly off walls
 {1 x 100 on 1:35 2 strokes fly off walls
 {1 x 50 on 1:00 Freestyle
 {3 x 100 on 1:45 3 strokes fly off walls
 {3 x 100 on 1:40 3 strokes fly off walls
 {2 x 100 on 1:35 3 strokes fly off walls
 {1 x 100 on 1:30 3 strokes fly off walls
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 1:40 4 strokes fly off walls
 {2 x 100 on 1:35 4 strokes fly off walls
 {2 x 100 on 1:30 4 strokes fly off walls
 {1 x 100 on 1:25 4 strokes fly off walls
 350 7 x 50 on 1:00 Stroke Drills
 9:30 AM 6,150 Yards - Stress Value = 90

Workout #11534 - Wednesday, 27 June 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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 Shooters
 1,050 1x{1 x 200 on 4:30 Kick
 {4 x 25 on :45 Kick no board B
 {1 x 150 on 3:25 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 L
 {2 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board R
 1,100 1x{2 x 100 on 1:50 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 100 on 1:50 Lungbuster pulls
 { Breathe 3-4-5 continuous
 {2 x 100 on 1:50 Lungbuster pulls
 { Breathe 4-5-6 continuous
 {2 x 100 on 1:50 Lungbuster pulls

{ Breathe 5-6-7 continuous
 {2 x 100 on 1:50 Lungbuster pulls
 { Breathe 6-7-8 continuous
 {2 x 50 on :55 Lungbuster pulls
 { Breathe 7-8-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 100 on 2:00 2 strokes fly off walls
 {3 x 100 on 1:55 2 strokes fly off walls
 {2 x 100 on 1:50 2 strokes fly off walls
 {1 x 100 on 1:45 2 strokes fly off walls
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 1:55 3 strokes fly off walls
 {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 1:00 Freestyle
 {1 x 100 on 1:50 4 strokes fly off walls
 {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
 350 7 x 50 on 1:00 Stroke Drills
 9:30 AM 5,550 Yards - Stress Value = 82

Workout #11535 - Wednesday, 27 June 2012

Taper 2 - Fly

1 minute rest between sets

7:00 AM 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
 700 1x{4 x 25 on :30 Kick no board B
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board S
 {1 x 100 on 1:25 Kick
 {4 x 25 on :30 Kick no board L
 {1 x 50 on :40 Kick
 {4 x 25 on :30 Kick no board R
 750 1x{2 x 125 on 1:35 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 125 on 1:35 Lungbuster pulls
 { Breathe 3-4-5 continuous
 {2 x 125 on 1:35 Lungbuster pulls
 { Breathe 4-5-6 continuous
 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
 8:43 AM 4,200 Yards - Stress Value = 62

Workout #11536 - Wednesday, 27 June 2012

Taper 2 - Gold

1 minute rest between sets

7:00 AM 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
 600 1x{4 x 25 on :35 Kick no board B
 {1 x 100 on 1:50 Kick
 {4 x 25 on :35 Kick no board S
 {1 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board L
 {1 x 50 on :45 Kick
 {2 x 25 on :35 Kick no board R
 700 1x{2 x 125 on 1:45 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 125 on 1:45 Lungbuster pulls
 { Breathe 3-4-5 continuous
 {2 x 100 on 1:25 Lungbuster pulls
 { Breathe 4-5-6 continuous
 100 2x{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 100 on 1:35 2 strokes fly off walls
 {2 x 100 on 1:30 2 strokes fly off walls
 {1 x 100 on 1:20 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 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
 200 1 x 200 on 3:00 Stroke Drills
 8:44 AM 3,850 Yards - Stress Value = 56

Workout #11537 - Wednesday, 27 June 2012

Taper 2 - Silver

1 minute rest between sets

7:00 AM 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
 550 1x{4 x 25 on :40 Kick no board B
 {1 x 100 on 2:00 Kick
 {4 x 25 on :40 Kick no board S
 {1 x 50 on 1:00 Kick
 {2 x 25 on :40 Kick no board L
 {2 x 50 on :55 Kick
 {2 x 25 on :40 Kick no board R
 650 1x{2 x 125 on 1:55 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 125 on 1:55 Lungbuster pulls
 { Breathe 3-4-5 continuous
 {2 x 75 on 1:10 Lungbuster pulls
 { Breathe 4-5-6 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{3 x 100 on 1:45 2 strokes fly off walls
 {2 x 100 on 1:40 2 strokes fly off walls
 {1 x 100 on 1:35 2 strokes fly off walls
 {1 x 50 on 1:00 Freestyle
 {2 x 100 on 1:40 3 strokes fly off walls
 {2 x 100 on 1:35 3 strokes fly off walls
 {1 x 100 on 1:30 3 strokes fly off walls
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 1:35 4 strokes fly off walls
 {1 x 100 on 1:30 4 strokes fly off walls

{1 x 100 on 1:25 4 strokes fly off walls
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,550 Yards - Stress Value = 51

Workout #11538 - Wednesday, 27 June 2012

Taper 2 - Bronze

1 minute rest between sets

7:00 AM 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
 450 1x{2 x 25 on :45 Kick no board B
 {1 x 50 on 1:15 Kick
 {2 x 25 on :45 Kick no board S
 {1 x 50 on 1:10 Kick
 {2 x 25 on :45 Kick no board L
 {2 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board R
 550 1x{2 x 100 on 1:50 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 100 on 1:50 Lungbuster pulls
 { Breathe 3-4-5 continuous
 {2 x 75 on 1:20 Lungbuster pulls
 { Breathe 4-5-6 continuous
 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 100 on 1:55 2 strokes fly off walls
 {2 x 100 on 1:50 2 strokes fly off walls
 {1 x 100 on 1:45 2 strokes fly off walls
 {1 x 50 on 1:00 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 1:00 Freestyle
 {2 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
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,250 Yards - Stress Value = 47

Workout #11539 - Thursday, 28 June 2012

Group 3 - Breast

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 100s free even 100s back
 150 10 x 15 on :45 Shooters
 1,600 1x{2 x 100 on 1:40 Kick your best kick
 {2 x 50 on :55 Kick your 2nd best kick
 {2 x 50 on 1:00 Kick your 3rd best kick
 {2 x 100 on 1:35 Kick your best kick
 {2 x 50 on :55 Kick your 2nd best kick
 {2 x 50 on 1:00 Kick your 3rd best kick
 {2 x 100 on 1:30 Kick your best kick
 {2 x 50 on :55 Kick your 2nd best kick
 {2 x 50 on 1:00 Kick your 3rd best kick
 {2 x 100 on 1:25 Kick your best kick
 {2 x 50 on :55 Kick your 2nd best kick
 {2 x 50 on 1:00 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
 2,000 1x{4 x 125 on 1:45 100 Breast 25 Free
 {6 x 25 on :30 Breast Drill
 {4 x 100 on 1:25 75 Breast 25 Free
 {6 x 25 on :30 Breast Drill
 {4 x 75 on 1:05 50 Breast 25 Free
 {6 x 25 on :30 Breast Drill
 {4 x 50 on :40 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 {6 x 25 on :30 Breast Drill
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 6,550 Yards - Stress Value = 61

Workout #11540 - Thursday, 28 June 2012

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 100s free even 100s back
 150 10 x 15 on :45 Shooters
 1,400 1x{2 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
 {2 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
 {2 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 1:40 Kick your best kick
 {1 x 50 on 1:00 Kick your 2nd best kick
 {1 x 50 on 1:05 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

1,800 1x{4 x 125 on 2:00 100 Breast 25 Free
 {6 x 25 on :35 Breast Drill
 {4 x 100 on 1:35 75 Breast 25 Free
 {6 x 25 on :35 Breast Drill
 {4 x 75 on 1:10 50 Breast 25 Free
 {4 x 25 on :35 Breast Drill
 {4 x 50 on :45 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 6,000 Yards - Stress Value = 54

Workout #11541 - Thursday, 28 June 2012

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 Underwater trn drill
 Odd 100s free even 100s back
 150 10 x 15 on :45 Shooters
 1,250 1x{2 x 100 on 2:10 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
 {2 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
 {2 x 100 on 2:00 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 x 100 on 1:55 Kick your best kick
 {1 x 50 on 1:10 Kick your 2nd 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
 1,700 1x{4 x 125 on 2:15 100 Breast 25 Free
 {4 x 25 on :35 Breast Drill
 {4 x 100 on 1:50 75 Breast 25 Free
 {4 x 25 on :35 Breast Drill
 {4 x 75 on 1:15 50 Breast 25 Free
 {4 x 25 on :35 Breast Drill
 {4 x 50 on :50 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,600 Yards - Stress Value = 48

Workout #11542 - Thursday, 28 June 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100s free even 100s back
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:15 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
 {2 x 100 on 2:10 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
 {2 x 100 on 2:05 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 x 100 on 2:00 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
 1,200 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
 1,550 1x{4 x 125 on 2:25 100 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {3 x 100 on 1:55 75 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {4 x 75 on 1:25 50 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {3 x 50 on :55 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,300 Yards - Stress Value = 46

Workout #11547 - Thursday, 28 June 2012

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-10/50-20/40-30/3
 40/20-30/30-20/40-20/50-1 min easy
 180 12 x 15 on :45 Start/shooter/finish
 250 1 x 250 on 5:00 Social Kick
 100 1 x 100 on 2:00 Kick for time
 600 6x{1 x 50 on :01 Freestyle w/fins
 { #1-4 breaths, #2 10 KOW on turn,
 { #5 straight arm recovery, #6 perfect swim
 {1 x 50 on 2:59 Freestyle
 450 1x{6 x 25 on :45 Freestyle
 {1 x 300 on 15:00 Rabbit game
 400 8 x 50 on 1:00 Stroke Drill
 6:30 PM 2,730 Yards - Stress Value = 67

Workout #11548 - Thursday, 28 June 2012

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back

1 on 15:00 Techniques-TN turn drills(back)
 150 10 x 15 on :45 Shooters
 500 10 x 50 on 1:30 Mid pool backstroke swims
 Alt. varying number of kicks off each wall
 Concentratre on being EXPLOSIVE on breakout
 150 6 x 25 on 1:00 Perfect Backstroke
 750 1x{1 x 250 on 10:00 Back drill-double arm
 {1 x 250 on 10:00 Back drill-wave
 {1 x 250 on 10:00 Back drill-1 arm w/some cls
 125 5 x 25 on 1:00 Pefect backstroke
 1 on 10:00 Back starts in diving well
 400 4 x 100 on 1:45 Backstroke-descend to ludicr
 SPEED!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
 300 6 x 50 on 1:15 Stroke drills
 25 back drill 25 choice drill
 7:30 PM 2,875 Yards - Stress Value = 21

Workout #11543 - Thursday, 28 June 2012

Taper 2 - 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 100s free even 100s back
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 1:40 Kick your best kick
 {1 x 50 on :55 Kick your 2nd best kick
 {1 x 50 on 1:00 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {1 x 50 on :55 Kick your 2nd best kick
 {1 x 50 on 1:00 Kick your 3rd best kick
 {1 x 100 on 1:30 Kick your best kick
 {1 x 50 on :55 Kick your 2nd best kick
 {1 x 50 on 1:00 Kick your 3rd best kick
 {1 x 100 on 1:25 Kick your best kick
 {1 x 50 on :55 Kick your 2nd best kick
 {1 x 50 on 1:00 Kick your 3rd best kick
 500 1x{2 x 50 on :40 Pulls
 {2 x 50 on :45 Pulls
 {2 x 50 on :50 Pulls
 {2 x 50 on :55 Pulls
 {2 x 50 on 1:00 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{2 x 125 on 1:45 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 100 on 1:25 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 75 on 1:05 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 50 on :40 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 200 1 x 200 on 4:00 Stroke Drills
 8:42 AM 3,600 Yards - Stress Value = 29

Workout #11544 - Thursday, 28 June 2012

Taper 2 - 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 100s free even 100s back
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 1:55 Kick your best kick
 {1 x 50 on 1:00 Kick your 2nd best kick
 {1 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:50 Kick your best kick
 {1 x 50 on 1:00 Kick your 2nd best kick
 {1 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {1 x 50 on 1:00 Kick your 2nd best kick
 {1 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 450 1x{2 x 50 on :45 Pulls
 {2 x 50 on :50 Pulls
 {2 x 50 on :55 Pulls
 {2 x 50 on 1:00 Pulls
 {1 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
 1,100 1x{2 x 125 on 2:00 100 Breast 25 Free
 {4 x 25 on :35 Breast Drill
 {3 x 100 on 1:35 75 Breast 25 Free
 {4 x 25 on :35 Breast Drill
 {2 x 75 on 1:10 50 Breast 25 Free
 {4 x 25 on :35 Breast Drill
 {2 x 50 on :45 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 200 1 x 200 on 4:00 Stroke Drills
 8:42 AM 3,200 Yards - Stress Value = 27

Workout #11545 - Thursday, 28 June 2012

Taper 2 - Silver

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 100s free even 100s back
 150 10 x 15 on :45 Shooters
 600 1x{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 x 100 on 2:05 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 x 100 on 2:00 Kick your best kick
 {1 x 50 on 1:15 Kick your 3rd best kick
 {1 x 50 on :55 Kick your best kick
 450 1x{2 x 50 on :50 Pulls
 {2 x 50 on :55 Pulls
 {2 x 50 on 1:00 Pulls
 {2 x 50 on 1:05 Pulls
 {1 x 50 on 1:10 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
 1,200 1x{2 x 125 on 2:15 100 Breast 25 Free
 {4 x 25 on :35 Breast Drill
 {4 x 100 on 1:50 75 Breast 25 Free
 {4 x 25 on :35 Breast Drill
 {2 x 75 on 1:15 50 Breast 25 Free
 {4 x 25 on :35 Breast Drill

{2 x 50 on :50 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 200 1 x 200 on 4:00 Stroke Drills
 8:42 AM 3,100 Yards - Stress Value = 25

Workout #11546 - Thursday, 28 June 2012

Taper 2 - 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 100s free even 100s back
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:15 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 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 x 100 on 2:05 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
 400 1x{2 x 50 on :55 Pulls
 {2 x 50 on 1:00 Pulls
 {2 x 50 on 1:05 Pulls
 {2 x 50 on 1:10 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
 1,050 1x{2 x 125 on 2:25 100 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {2 x 100 on 1:55 75 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {2 x 75 on 1:25 50 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {3 x 50 on :55 25 Breast 25 Free
 { 25's odds drill evens 3X pullouts
 200 1 x 200 on 4:00 Stroke Drills
 8:42 AM 2,900 Yards - Stress Value = 24

Workout #11557 - Friday, 29 June 2012

Groups 2 & 3 combined workout - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynami Stretch
 600 6 x 100 on 1:45 Stroke Drills
 Odds free evens stoke
 150 10 x 15 on :45 Shooters
 800 1 x 800 on 16:00 Vertical Kicking
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 6:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 6:35 PM 2,550 Yards - Stress Value = 72

Workout #11549 - Friday, 29 June 2012

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	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
1,800	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 15:00 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 7,150 Yards - Stress Value = 124

Workout #11550 - Friday, 29 June 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	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
1,500	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
2,700	1x{2 x 1000 on 16:40 Individual Medley
	{1 x 700 on 11:40 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 6,450 Yards - Stress Value = 110

Workout #11551 - Friday, 29 June 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	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
1,300	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
2,400	1x{2 x 1000 on 18:20 Individual Medley
	{1 x 400 on 7:20 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 5,800 Yards - Stress Value = 98

Workout #11552 - Friday, 29 June 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	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 #11553 - Friday, 29 June 2012

Taper 2 - 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
750	1x{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 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:25 Kick
600	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds
	{1 x 200 on 2:35 Pulls-nbbf&w + 2 yds
	{1 x 200 on 2:30 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1 x 1500 on 22:30 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 3,750 Yards - Stress Value = 63

Workout #11554 - Friday, 29 June 2012

Taper 2 - 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
600	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
	{1 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on :50 Kick
550	1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds
	{1 x 200 on 2:45 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1 x 1350 on 22:30 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 3,400 Yards - Stress Value = 56

Workout #11555 - Friday, 29 June 2012

Taper 2 - Silver

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
500	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
500	1x{1 x 200 on 3:10 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:20 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:15 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	1 x 1200 on 22:30 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 3,100 Yards - Stress Value = 50

Workout #11556 - Friday, 29 June 2012

Taper 2 - Bronze

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
450	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
450	1x{1 x 200 on 3:30 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:35 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:40 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1 x 1100 on 22:30 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 2,900 Yards - Stress Value = 46

Workout #11558 - Monday, 02 July 2012

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 25:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,200	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick
	{2 x 100 on 1:30 Kick
	{2 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:40 Kick
	{3 x 100 on 1:35 Kick
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
1,250	1x{2 x 125 on 1:40 Pulls-no br L.10 yds
	{2 x 125 on 1:40 Pulls-no br L.12 yds
	{2 x 125 on 1:40 Pulls-no br L.14 yds
	{2 x 125 on 1:40 Pulls-no br L.16 yds
	{2 x 125 on 1:40 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
2,700	18 x 150 on 1:45 Freestyle-descend in 3's
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 7,600 Yards - Stress Value = 116

Workout #11559 - Monday, 02 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 25:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{2 x 100 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR
1,150	1x{2 x 125 on 1:50 Pulls-no br L.10 yds
	{2 x 125 on 1:50 Pulls-no br L.12 yds
	{2 x 125 on 1:50 Pulls-no br L.14 yds
	{2 x 125 on 1:50 Pulls-no br L.16 yds
	{2 x 75 on 1:10 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 2:10 Freestyle-descend in 3's
350	7 x 50 on 1:00 Stroke Drills
	9:30 AM 6,750 Yards - Stress Value = 104

Workout #11560 - Monday, 02 July 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 {2 x 100 on 2:05 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board BSLR
 1,000 1x{2 x 125 on 2:05 Pulls-no br L.10 yds
 {2 x 125 on 2:05 Pulls-no br L.12 yds
 {2 x 125 on 2:05 Pulls-no br L.14 yds
 {2 x 125 on 2:05 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
 2,100 14 x 150 on 2:25 Freestyle-descend in 3's
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,050 Yards - Stress Value = 91

Workout #11561 - Monday, 02 July 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 900 1x{2 x 125 on 2:20 Pulls-no br L.10 yds
 {2 x 125 on 2:20 Pulls-no br L.12 yds
 {2 x 125 on 2:20 Pulls-no br L.14 yds
 {2 x 75 on 1:20 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
 1,950 13 x 150 on 2:40 Freestyle-descend in 3's
 350 7 x 50 on 1:00 Stroke Drills
 9:30 AM 5,550 Yards - Stress Value = 85

Workout #11566 - Monday, 02 July 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 750 1 x 750 on 15:00 Indian File Kicking w/fins
 150 1 x 150 on 3:00 Freestyle-From a push for time
 750 10 x 75 on 2:00 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:18 PM 2,700 Yards - Stress Value = 96

Workout #11567 - Monday, 02 July 2012

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Physio Ball/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim RE
 150 10 x 15 on :45 Shooters SF
 1,400 1x{4 x 25 on :45 Kick no board S EN
 {1 x 200 on 4:00 Kick alt 25 fly 25 choice EN
 {4 x 25 on :45 Kick no board S EN
 {2 x 150 on 2:50 Kick alt 25 fly 25 choice EN
 {4 x 25 on :45 Kick no board S EN
 {3 x 100 on 1:50 Kick alt 25 ly 25 choice EN
 {4 x 25 on :45 Kick no board S EN
 {4 x 50 on :50 Kick alt 25 fly 25 choice EN
 1,000 1x{2 x 125 on 2:00 Pulls-no br L.12 yds EN
 {2 x 125 on 1:55 Pulls-no br L.12 yds EN
 {2 x 125 on 1:50 Pulls-no br L.12 yds EN
 {2 x 125 on 1:45 Pulls-no br L.12 yds EN
 200 8 x 25 on :45 Fly Drills RE
 2,350 1x{3 x 100 on 1:35 2 strokes fly off walls EN
 {2 x 100 on 1:30 2 strokes fly off walls EN
 {1 x 100 on 1:25 2 strokes fly off walls EN
 {6 x 25 on :30 Fly lupldown +1 EN
 {1 x 50 on 1:00 Freestyle RE
 {3 x 100 on 1:30 3 strokes fly off walls EN
 {2 x 100 on 1:25 3 strokes fly off walls EN
 {1 x 100 on 1:20 3 strokes fly off walls EN
 {6 x 25 on :30 Fly lupldown+1 EN
 {1 x 50 on 1:00 Freestyle RE
 {3 x 100 on 1:25 4 strokes fly off walls EN
 {2 x 100 on 1:20 4 strokes fly off walls EN
 {1 x 100 on 1:15 4 strokes fly off walls EN
 {6 x 25 on :30 Fly lupldown+1 EN
 300 6 x 50 on 1:00 Stroke Drills RE
 7:29 PM 5,900 Yards - Stress Value = 96

Workout #11568 - Monday, 02 July 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,300	1x{4 x 25 on :45 Kick no board S	EM
	{1 x 200 on 4:20 Kick alt 25 fly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
	{2 x 150 on 3:10 Kick alt 25 fly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
	{3 x 100 on 2:05 Kick alt 25 ly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
	{2 x 50 on 1:00 Kick alt 25 fly 25 choice	EM
900	1x{2 x 125 on 2:10 Pulls-no br L.12 yds	EM
	{2 x 125 on 2:05 Pulls-no br L.12 yds	EM
	{2 x 125 on 2:00 Pulls-no br L.12 yds	EM
	{2 x 75 on 1:10 Pulls-no br L.12 yds	EM
200	8 x 25 on :45 Fly Drills	RF
2,100	1x{3 x 100 on 1:45 2 strokes fly off walls	EM
	{2 x 100 on 1:40 2 strokes fly off walls	EM
	{1 x 100 on 1:35 2 strokes fly off walls	EM
	{4 x 25 on :35 Fly lupldown+1	EM
	{1 x 50 on 1:00 Freestyle	RF
	{3 x 100 on 1:40 3 strokes fly off walls	EM
	{2 x 100 on 1:35 3 strokes fly off walls	EM
	{1 x 100 on 1:30 3 strokes fly off walls	EM
	{4 x 25 on :35 Fly lupldown+1	EM
	{1 x 50 on 1:00 Freestyle	RF
	{2 x 100 on 1:35 4 strokes fly off walls	EM
	{2 x 100 on 1:30 4 strokes fly off walls	EM
	{1 x 100 on 1:25 4 strokes fly off walls	EM
300	6 x 50 on 1:00 Stroke Drills	RF
	7:29 PM 5,450 Yards - Stress Value = 87	

Workout #11569 - Monday, 02 July 2012

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,200	1x{4 x 25 on :45 Kick no board S	EM
	{1 x 200 on 4:40 Kick alt 25 fly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
	{2 x 150 on 3:25 Kick alt 25 fly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
	{2 x 100 on 2:15 Kick alt 25 ly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
	{2 x 50 on 1:05 Kick alt 25 fly 25 choice	EM
800	1x{2 x 125 on 2:20 Pulls-no br L.12 yds	EM
	{2 x 125 on 2:15 Pulls-no br L.12 yds	EM
	{2 x 125 on 2:10 Pulls-no br L.12 yds	EM
	{1 x 50 on :50 Pulls-no br L.12 yds	EM
200	8 x 25 on :45 Fly Drills	RF
1,800	1x{3 x 100 on 2:00 2 strokes fly off walls	EM
	{2 x 100 on 1:55 2 strokes fly off walls	EM
	{1 x 100 on 1:50 2 strokes fly off walls	EM
	{4 x 25 on :40 Fly lupldown+1	EM
	{1 x 50 on 1:15 Freestyle	RF
	{3 x 100 on 1:55 3 strokes fly off walls	EM
	{2 x 100 on 1:50 3 strokes fly off walls	EM
	{1 x 100 on 1:45 3 strokes fly off walls	EM
	{4 x 25 on :40 Fly lupldown+1	EM
	{1 x 50 on 1:15 Freestyle	RF
	{1 x 100 on 1:50 4 strokes fly off walls	EM

	{1 x 100 on 1:45 4 strokes fly off walls	EM
	{4 x 25 on :35 Fly lupldown+1	EM
300	6 x 50 on 1:00 Stroke Drills	RF
	7:29 PM 4,900 Yards - Stress Value = 77	

Workout #11570 - Monday, 02 July 2012

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,000	1x{4 x 25 on 1:00 Kick no board S	EM
	{1 x 150 on 4:00 Kick alt 25 fly 25 choice	EM
	{4 x 25 on 1:00 Kick no board S	EM
	{3 x 100 on 2:35 Kick alt 25 fly 25 choice	EM
	{4 x 25 on 1:00 Kick no board S	EM
	{4 x 50 on 1:15 Kick alt 25 ly 25 choice	EM
	{2 x 25 on 1:00 Kick no board S	EM
700	1x{2 x 100 on 2:10 Pulls-no br L.12 yds	EM
	{2 x 100 on 2:05 Pulls-no br L.12 yds	EM
	{2 x 100 on 2:00 Pulls-no br L.12 yds	EM
	{1 x 100 on 1:55 Pulls-no br L.12 yds	EM
200	8 x 25 on :45 Fly Drills	RF
1,600	1x{3 x 100 on 2:15 2 strokes fly off walls	EM
	{2 x 100 on 2:10 2 strokes fly off walls	EM
	{1 x 100 on 2:05 2 strokes fly off walls	EM
	{4 x 25 on :45 Fly lupldown+1	EM
	{1 x 50 on 1:15 Freestyle	RF
	{3 x 100 on 2:10 3 strokes fly off walls	EM
	{2 x 100 on 2:05 3 strokes fly off walls	EM
	{1 x 100 on 2:00 3 strokes fly off walls	EM
	{4 x 25 on :45 Fly lupldown+1	EM
	{1 x 50 on 1:15 Freestyle	RF
	{1 x 100 on 2:00 4 strokes fly off walls	EM
300	6 x 50 on 1:00 Stroke Drills	RF
	7:29 PM 4,350 Yards - Stress Value = 68	

Workout #11562 - Monday, 02 July 2012

Taper 2 - Distance

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Physio Balls	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
800	1x{4 x 25 on :30 Kick no board BSLR	EM
	{1 x 100 on 1:30 Kick	EM
	{1 x 100 on 1:25 Kick	EM
	{1 x 100 on 1:20 Kick	EM
	{4 x 25 on :30 Kick no board BSLR	EM
	{1 x 100 on 1:35 Kick	EM
	{1 x 100 on 1:30 Kick	EM
	{1 x 100 on 1:25 Kick	EM
500	1x{1 x 125 on 1:40 Pulls-no br L.10 yds	EM
	{1 x 125 on 1:40 Pulls-no br L.12 yds	EM
	{1 x 125 on 1:40 Pulls-no br L.14 yds	EM
	{1 x 125 on 1:40 Pulls-no br L.16 yds	EM
100	2x{1 x 25 on :50 Sculling drills	EM
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EM
1,350	9 x 150 on 1:45 Freestyle-descend in 3's	EM
250	1 x 250 on 4:00 Stroke Drills	RF
	8:32 AM 3,550 Yards - Stress Value = 53	

Workout #11563 - Monday, 02 July 2012

Taper 2 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{1 x 50 on :50 Kick
450	1x{1 x 125 on 1:50 Pulls-no br L.10 yds
	{1 x 125 on 1:50 Pulls-no br L.12 yds
	{1 x 125 on 1:50 Pulls-no br L.14 yds
	{1 x 75 on 1:10 Pulls-no br L.16 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	9 x 150 on 2:10 Freestyle-descend in 3's
250	1 x 250 on 4:00 Stroke Drills
	8:36 AM 3,350 Yards - Stress Value = 50

Workout #11564 - Monday, 02 July 2012

Taper 2 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:00 Kick
400	1x{1 x 125 on 2:05 Pulls-no br L.10 yds
	{1 x 125 on 2:05 Pulls-no br L.12 yds
	{2 x 75 on 1:15 Pulls-no br L.14 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	9 x 150 on 2:25 Freestyle-descend in 3's
250	1 x 250 on 4:00 Stroke Drills
	8:38 AM 3,200 Yards - Stress Value = 48

Workout #11565 - Monday, 02 July 2012

Taper 2 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
350	1x{1 x 125 on 2:20 Pulls-no br L.10 yds
	{1 x 125 on 2:20 Pulls-no br L.12 yds
	{1 x 100 on 1:50 Pulls-no br L.14 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	9 x 150 on 2:40 Freestyle-descend in 3's

250 1 x 250 on 4:00 Stroke Drills
8:40 AM 3,100 Yards - Stress Value = 46

Workout #11571 - Monday, 02 July 2012

Group 2 Taper - Fly

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
700	1x{4 x 25 on :45 Kick no board S	EM
	{1 x 200 on 4:00 Kick alt 25 fly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
	{2 x 150 on 2:50 Kick alt 25 fly 25 choice	EM
500	1x{1 x 125 on 2:00 Pulls-no br L.12 yds	EM
	{1 x 125 on 1:55 Pulls-no br L.12 yds	EM
	{1 x 125 on 1:50 Pulls-no br L.12 yds	EM
	{1 x 125 on 1:45 Pulls-no br L.12 yds	EM
100	4 x 25 on :45 Fly Drills	RF
1,000	1x{1 x 100 on 1:35 2 strokes fly off walls	EM
	{1 x 100 on 1:30 2 strokes fly off walls	EM
	{1 x 100 on 1:25 2 strokes fly off walls	EM
	{1 x 50 on 1:00 Freestyle	RF
	{1 x 100 on 1:30 3 strokes fly off walls	EM
	{1 x 100 on 1:25 3 strokes fly off walls	EM
	{1 x 100 on 1:20 3 strokes fly off walls	EM
	{1 x 50 on 1:00 Freestyle	RF
	{1 x 100 on 1:25 4 strokes fly off walls	EM
	{1 x 100 on 1:20 4 strokes fly off walls	EM
	{1 x 100 on 1:15 4 strokes fly off walls	EM
200	1 x 200 on 4:00 Stroke Drills	RF
	6:40 PM 3,050 Yards - Stress Value = 45	

Workout #11572 - Monday, 02 July 2012

Group 2 Taper - Gold

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
600	1x{4 x 25 on :45 Kick no board S	EM
	{1 x 200 on 4:20 Kick alt 25 fly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
	{1 x 100 on 2:05 Kick alt 25 fly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
450	1x{1 x 125 on 2:10 Pulls-no br L.12 yds	EM
	{1 x 125 on 2:05 Pulls-no br L.12 yds	EM
	{1 x 125 on 2:00 Pulls-no br L.12 yds	EM
	{1 x 75 on 1:10 Pulls-no br L.12 yds	EM
100	4 x 25 on :45 Fly Drills	RF
900	1x{1 x 100 on 1:45 2 strokes fly off walls	EM
	{1 x 100 on 1:40 2 strokes fly off walls	EM
	{1 x 100 on 1:35 2 strokes fly off walls	EM
	{1 x 50 on 1:00 Freestyle	RF
	{1 x 100 on 1:40 3 strokes fly off walls	EM
	{1 x 100 on 1:35 3 strokes fly off walls	EM
	{1 x 100 on 1:30 3 strokes fly off walls	EM
	{1 x 50 on 1:00 Freestyle	RF
	{1 x 100 on 1:35 4 strokes fly off walls	EM
	{1 x 50 on :45 4 strokes fly off walls	EM
	{1 x 50 on :40 4 strokes fly off walls	EM
200	1 x 200 on 4:00 Stroke Drills	RF
	6:40 PM 2,800 Yards - Stress Value = 41	

Workout #11573 - Monday, 02 July 2012

Group 2 Taper - Silver

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
600	1x{4 x 25 on :45 Kick no board S	EM
	{1 x 200 on 4:40 Kick alt 25 fly 25 choice	EM
	{4 x 25 on :45 Kick no board S	EM
	{2 x 100 on 2:15 Kick alt 25 fly 25 choice	EM
400	1x{1 x 125 on 2:20 Pulls-no br L.12 yds	EM
	{1 x 125 on 2:15 Pulls-no br L.12 yds	EM
	{1 x 125 on 2:10 Pulls-no br L.12 yds	EM
	{1 x 25 on :30 Pulls-no br L.12 yds	EM
100	4 x 25 on :45 Fly Drills	RE
750	1x{1 x 100 on 2:00 2 strokes fly off walls	EM
	{1 x 100 on 1:55 2 strokes fly off walls	EM
	{1 x 100 on 1:50 2 strokes fly off walls	EM
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 1:55 3 strokes fly off walls	EM
	{1 x 100 on 1:50 3 strokes fly off walls	EM
	{1 x 100 on 1:45 3 strokes fly off walls	EM
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 50 on :55 4 strokes fly off walls	EM
200	1 x 200 on 4:00 Stroke Drills	RE
6:40 PM	2,600 Yards - Stress Value = 36	

{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
{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,200 24 x 50 on :45 Pulls-descend in 3's
Odd sets breathe toward bleachers
even sets breathe toward scoreboard
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 25 on :30 Back -6 kick switch
{4 x 50 on :45 Back-descend 3/5/7/9 KOW
{1 x 200 on 2:30 Backstroke
{4 x 25 on :30 Back-6 kick switch
{4 x 50 on :45 Back-descend 3/5/7/9 KOW
{1 x 200 on 2:25 Backstroke
{4 x 25 on :30 Back-6 kick switch
{4 x 50 on :45 Back-descend 3/5/7/9 KOW
{1 x 200 on 2:20 Backstroke
{4 x 25 on :30 Back-6 kick switch
{4 x 50 on :45 Back-descend 3/5/7/9 KOW
{1 x 200 on 2:15 Backstroke
{4 x 25 on :30 Back-6 kick switch
{4 x 50 on :45 Back-descend 3/5/7/9 KOW
{1 x 200 on 2:10 Backstroke
500 10 x 50 on 1:00 Stroke Drills
9:29 AM 6,490 Yards - Stress Value = 102

Workout #11576 - Tuesday, 03 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
500	1x{4 x 25 on 1:00 Kick no board S	EM
	{1 x 150 on 4:00 Kick alt 25 fly 25 choice	EM
	{4 x 25 on 1:00 Kick no board S	EM
	{3 x 50 on 1:15 Kick alt 25 fly 25 choice	EM
350	1x{1 x 100 on 2:10 Pulls-no br L.12 yds	EM
	{1 x 100 on 2:05 Pulls-no br L.12 yds	EM
	{1 x 100 on 2:00 Pulls-no br L.12 yds	EM
	{1 x 50 on :55 Pulls-no br L.12 yds	EM
100	4 x 25 on :45 Fly Drills	RE
650	1x{1 x 100 on 2:15 2 strokes fly off walls	EM
	{1 x 100 on 2:10 2 strokes fly off walls	EM
	{1 x 100 on 2:05 2 strokes fly off walls	EM
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 2:10 3 strokes fly off walls	EM
	{1 x 100 on 2:05 3 strokes fly off walls	EM
	{1 x 100 on 2:00 3 strokes fly off walls	EM
200	1 x 200 on 4:00 Stroke Drills	RE
6:39 PM	2,350 Yards - Stress Value = 34	

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Core	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
500	1 x 500 on 7:00 Kick as far as you can in 7:	
840	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	
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce	
1,050	21 x 50 on :50 Pulls-descend in 3's	
	Odd sets breathe toward bleachers	
	even sets breathe toward scoreboard	
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 25 on :35 Back -6 kick switch	
	{4 x 50 on :50 Back-descend 3/5/7/9 KOW	
	{1 x 200 on 3:00 Backstroke	
	{4 x 25 on :35 Back-6 kick switch	
	{4 x 50 on :50 Back-descend 3/5/7/9 KOW	
	{1 x 200 on 2:55 Backstroke	
	{4 x 25 on :35 Back-6 kick switch	
	{4 x 50 on :50 Back-descend 3/5/7/9 KOW	
	{1 x 200 on 2:45 Backstroke	
	{2 x 25 on :35 Back-6 kick switch	
	{1 x 50 on :45 Back-9 KOW	
	{1 x 200 on 2:40 Backstroke	
400	8 x 50 on 1:00 Stroke Drills	
9:29 AM	6,040 Yards - Stress Value = 95	

Workout #11575 - Tuesday, 03 July 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EC
7:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Core	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
500	1 x 500 on 7:00 Kick as far as you can in 7:	
840	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	

Workout #11577 - Tuesday, 03 July 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 7:00 Kick as far as you can in 7:
 840 1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
 {2 x 30 on :30 Sprint free
 {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprinnt free
 {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprint free
 {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprint free
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
 950 19 x 50 on :55 Pulls-descend in 3's
 Odd sets breathe toward bleachers
 even sets breathe toward scoreboard
 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 25 on :40 Back -6 kick switch
 {4 x 50 on :55 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:20 Backstroke
 {4 x 25 on :40 Back-6 kick switch
 {4 x 50 on :55 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:15 Backstroke
 {4 x 25 on :40 Back-6 kick switch
 {4 x 50 on :55 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:10 Backstroke
 {4 x 25 on :40 Back-6 kick switch
 {4 x 50 on :55 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:05 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 9:29 AM 5,590 Yards - Stress Value = 88

Workout #11578 - Tuesday, 03 July 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 7:00 Kick as far as you can in 7:
 840 1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
 {2 x 30 on :30 Sprint free
 {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprinnt free
 {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprint free
 {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
 {2 x 30 on :30 Sprint free
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
 900 18 x 50 on 1:00 Pulls-descend in 3's
 Odd sets breathe toward bleachers
 even sets breathe toward scoreboard
 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 :45 Back -6 kick switch
 {4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:40 Backstroke
 {4 x 25 on :45 Back-6 kick switch
 {4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:35 Backstroke
 {4 x 25 on :45 Back-6 kick switch
 {4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
 {1 x 200 on 3:30 Backstroke

{4 x 25 on :45 Back-6 kick switch
 {4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
 8 x 50 on 1:00 Stroke Drills
 9:29 AM 5,290 Yards - Stress Value = 83

Workout #11583 - Tuesday, 03 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 1,000 5x{1 x 50 on 1:15 12.5 fast 37.5 ez SP2
 {1 x 50 on 1:15 25 fast 25 ez SP2
 {1 x 50 on 1:15 37.5 fast 25 ez SP2
 {1 x 50 on 1:15 All fast SP2
 225 1 x 225 on 4:00 Freestyle REC
 400 8x{1 x 25 on 1:30 10 seconds vertical kick SP2
 {1 x 25 on 1:30 Sculling Drill REC
 300 6 x 50 on 1:00 Stroke Drill REC
 6:30 PM 2,475 Yards - Stress Value = 126

Workout #11584 - Tuesday, 03 July 2012

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 1,500 1x{4 x 75 on 1:30 Kick on back EN2
 {4 x 75 on 1:25 Kick on back EN2
 {4 x 75 on 1:20 Kick on back EN2
 {3 x 50 on 1:00 Kick on back EN2
 {3 x 50 on :55 Kick on back EN2
 {3 x 50 on :50 Kick on back EN2
 {2 x 25 on :30 Kick on back EN2
 {2 x 25 on :25 Kick on back EN2
 {2 x 25 on :20 Kick on back EN2
 1,500 1x{4 x 75 on 1:15 Back pulls EN2
 {4 x 75 on 1:10 Back pulls EN2
 {4 x 75 on 1:05 Back pulls EN2
 {3 x 50 on :50 Back pulls EN2
 {3 x 50 on :45 Back pulls EN2
 {3 x 50 on :40 Back pulls EN2
 {2 x 25 on :30 Back pulls EN2
 {2 x 25 on :25 Back pulls EN2
 {2 x 25 on :20 Back pulls EN2
 200 8 x 25 on :45 Back drills REC
 2,100 1x{6 x 75 on 1:15 Back 1/2/3 KOW EN1
 {4 x 25 on :45 Bathtub drill-8 EN2
 {6 x 75 on 1:10 Back 2/3/4 KOW EN1
 {4 x 25 on :45 Bathtub drill 7 EN2
 {6 x 75 on 1:05 Back 3/4/5 KOW EN1
 {4 x 25 on :45 Bathtub drill-6 EN2
 {6 x 75 on 1:00 Back 4/5/6 KOW EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 7:31 PM 6,150 Yards - Stress Value = 93

Workout #11585 - Tuesday, 03 July 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{4 x 75 on 1:40 Kick on back	EN2	
	{4 x 75 on 1:35 Kick on back	EN2	
	{4 x 75 on 1:30 Kick on back	EN2	
	{3 x 50 on 1:10 Kick on back	EN2	
	{3 x 50 on 1:05 Kick on back	EN2	
	{2 x 50 on 1:00 Kick on back	EN2	
1,300	1x{4 x 75 on 1:25 Back pulls	EN2	
	{4 x 75 on 1:20 Back pulls	EN2	
	{4 x 75 on 1:15 Back pulls	EN2	
	{3 x 50 on 1:00 Back pulls	EN2	
	{3 x 50 on :55 Back pulls	EN2	
	{2 x 50 on :50 Back pulls	EN2	
200	8 x 25 on :45 Back drills	REC	
1,800	1x{6 x 75 on 1:25 Back 1/2/3 KOW	EN1	
	{4 x 25 on :45 Bathtub drill-8	EN2	
	{6 x 75 on 1:20 Back 2/3/4 KOW	EN1	
	{4 x 25 on :45 Bathtub drill 7	EN2	
	{4 x 75 on 1:15 Back 3/4/5 KOW	EN1	
	{4 x 25 on :45 Bathtub drill-6	EN2	
	{4 x 75 on 1:10 Back 4/5/6 KOW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:31 PM 5,450 Yards - Stress Value = 81		

Workout #11586 - Tuesday, 03 July 2012

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{4 x 75 on 1:55 Kick on back	EN2	
	{3 x 75 on 1:50 Kick on back	EN2	
	{3 x 75 on 1:45 Kick on back	EN2	
	{3 x 50 on 1:20 Kick on back	EN2	
	{3 x 50 on 1:15 Kick on back	EN2	
	{1 x 50 on 1:10 Kick on back	EN2	
1,150	1x{4 x 75 on 1:35 Back pulls	EN2	
	{3 x 75 on 1:30 Back pulls	EN2	
	{3 x 75 on 1:25 Back pulls	EN2	
	{3 x 50 on 1:10 Back pulls	EN2	
	{3 x 50 on 1:05 Back pulls	EN2	
	{2 x 50 on 1:00 Back pulls	EN2	
200	8 x 25 on :45 Back drills	REC	
1,575	1x{4 x 75 on 1:40 Back 1/2/3 KOW	EN1	
	{4 x 25 on :45 Bathtub drill-8	EN2	
	{4 x 75 on 1:35 Back 2/3/4 KOW	EN1	
	{4 x 25 on :45 Bathtub drill 7	EN2	
	{4 x 75 on 1:30 Back 3/4/5 KOW	EN1	
	{4 x 25 on :45 Bathtub drill-6	EN2	
	{5 x 75 on 1:25 Back 4/5/6 KOW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:31 PM 4,825 Yards - Stress Value = 72		

Workout #11587 - Tuesday, 03 July 2012

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====

	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 75 on 2:10 Kick on back	EN2	
	{3 x 75 on 2:05 Kick on back	EN2	
	{3 x 75 on 2:00 Kick on back	EN2	
	{3 x 50 on 1:30 Kick on back	EN2	
	{3 x 50 on 1:25 Kick on back	EN2	
	{2 x 50 on 1:20 Kick on back	EN2	
1,050	1x{2 x 75 on 1:45 Back pulls	EN2	
	{3 x 75 on 1:40 Back pulls	EN2	
	{3 x 75 on 1:35 Back pulls	EN2	
	{3 x 50 on 1:15 Back pulls	EN2	
	{3 x 50 on 1:10 Back pulls	EN2	
	{3 x 50 on 1:05 Back pulls	EN2	
200	8 x 25 on :45 Back drills	REC	
1,350	1x{4 x 75 on 1:50 Back 1/2/3 KOW	EN1	
	{4 x 25 on 1:00 Bathtub drill-8	EN2	
	{4 x 75 on 1:45 Back 2/3/4 KOW	EN1	
	{4 x 25 on 1:00 Bathtub drill 7	EN2	
	{2 x 75 on 1:40 Back 3/4/5 KOW	EN1	
	{4 x 25 on 1:00 Bathtub drill-6	EN2	
	{4 x 75 on 1:35 Back 4/5/6 KOW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:31 PM 4,350 Yards - Stress Value = 65		

Workout #11579 - Tuesday, 03 July 2012

Taper 2 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Core		
400	1 x 400 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
500	1 x 500 on 7:00 Kick as far as you can in 7:		
600	12 x 50 on :45 Pulls-descend in 3's		
	Odd sets breathe toward bleachers		
	even sets breathe toward scoreboard		
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{4 x 25 on :30 Back -6 kick switch		
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW		
	{1 x 200 on 2:30 Backstroke		
	{4 x 25 on :30 Back-6 kick switch		
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW		
	{1 x 200 on 2:25 Backstroke		
	{4 x 25 on :30 Back-6 kick switch		
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW		
	{1 x 200 on 2:20 Backstroke		
250	1 x 250 on 4:00 Stroke Drills		
	8:35 AM 3,500 Yards - Stress Value = 56		

Workout #11580 - Tuesday, 03 July 2012

Taper 2 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 7:00 Kick as far as you can in 7:
500	10 x 50 on :50 Pulls-descend in 3's
	Odd sets breathe toward bleachers
	even sets breathe toward scoreboard
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 25 on :35 Back -6 kick switch
	{4 x 50 on :50 Back-descend 3/5/7/9 KOW
	{1 x 200 on 3:00 Backstroke
	{4 x 25 on :35 Back-6 kick switch
	{4 x 50 on :50 Back-descend 3/5/7/9 KOW
	{1 x 200 on 2:55 Backstroke
	{4 x 25 on :35 Back-6 kick switch
	{4 x 50 on :50 Back-descend 3/5/7/9 KOW
250	1 x 250 on 4:00 Stroke Drills
8:35 AM	3,200 Yards - Stress Value = 50

Workout #11581 - Tuesday, 03 July 2012

Taper 2 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 7:00 Kick as far as you can in 7:
450	9 x 50 on :55 Pulls descend in 3's
	Odd sets breathe toward bleachers
	even sets breathe toward scoreboard
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 25 on :40 Back -6 kick switch
	{4 x 50 on :55 Back-descend 3/5/7/9 KOW
	{1 x 200 on 3:20 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{4 x 50 on :55 Back-descend 3/5/7/9 KOW
	{1 x 200 on 3:15 Backstroke
	{4 x 25 on :40 Back-6 kick switch
	{1 x 50 on :55 Back-build 9 KOW
250	1 x 250 on 4:00 Stroke Drills
8:35 AM	3,000 Yards - Stress Value = 41

Workout #11582 - Tuesday, 03 July 2012

Taper 2 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 7:00 Kick as far as you can in 7:
450	9 x 50 on 1:00 Pulls-descend in 3's
	Odd sets breathe toward bleachers
	even sets breathe toward scoreboard
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{4 x 25 on :45 Back -6 kick switch
	{4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
	{1 x 200 on 3:40 Backstroke

{4 x 25 on :45 Back-6 kick switch
{4 x 50 on 1:00 Back-descend 3/5/7/9 KOW
{1 x 200 on 3:35 Backstroke
{2 x 25 on :45 Back-6 kick switch
1 x 250 on 4:00 Stroke Drills
8:35 AM 2,900 Yards - Stress Value = 44

Workout #11599 - Tuesday, 03 July 2012

Taper 2 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	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
550	1x{1 x 100 on 2:15 Kick
	{2 x 100 on 2:10 Kick
	{1 x 100 on 2:20 Kick
	{1 x 150 on 3:05 Kick
500	1x{1 x 125 on 2:25 Lungbuster pulls
	{1 x 125 on 2:20 Lungbuster pulls
	{1 x 125 on 2:15 Lungbuster pulls
	{1 x 125 on 2:10 Lungbuster pulls
	Odds breathe 2-3-4-5-6 by the 25
	evens breathe 3-4-5-6-7 by the 25
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
850	1x{2 x 150 on 3:00 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :40 Breast TO Drill w/fins
	{2 x 100 on 2:30 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :40 Breast TO drill w/fins
250	1 x 250 on 4:00 Stroke Drills
8:40 AM	2,800 Yards - Stress Value = 39

Workout #11588 - Tuesday, 03 July 2012

Group 2 Taper - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{2 x 75 on 1:30 Kick on back	EN2	
	{2 x 75 on 1:25 Kick on back	EN2	
	{2 x 75 on 1:20 Kick on back	EN2	
	{1 x 50 on 1:00 Kick on back	EN2	
	{1 x 50 on :55 Kick on back	EN2	
	{1 x 50 on :50 Kick on back	EN2	
600	1x{2 x 75 on 1:15 Back pulls	EN2	
	{2 x 75 on 1:10 Back pulls	EN2	
	{2 x 75 on 1:05 Back pulls	EN2	
	{1 x 50 on :50 Back pulls	EN2	
	{1 x 50 on :45 Back pulls	EN2	
	{1 x 50 on :40 Back pulls	EN2	
100	4 x 25 on :45 Back drills	REC	
1,200	1x{4 x 75 on 1:15 Back 1/2/3 KOW	EN1	
	{4 x 25 on :45 Bathtub drill-8	EN2	
	{4 x 75 on 1:10 Back 2/3/4 KOW	EN1	
	{4 x 25 on :45 Bathtub drill 7	EN2	
	{4 x 75 on 1:05 Back 3/4/5 KOW	EN1	
	{4 x 25 on :45 Bathtub drill-6	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:45 PM	3,250 Yards - Stress Value = 45		

Workout #11589 - Tuesday, 03 July 2012

Group 2 Taper - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{2 x 75 on 1:40 Kick on back	EN2	
	{2 x 75 on 1:35 Kick on back	EN2	
	{2 x 75 on 1:30 Kick on back	EN2	
	{1 x 50 on 1:10 Kick on back	EN2	
	{1 x 50 on 1:05 Kick on back	EN2	
550	1x{2 x 75 on 1:25 Back pulls	EN2	
	{2 x 75 on 1:20 Back pulls	EN2	
	{2 x 75 on 1:15 Back pulls	EN2	
	{1 x 50 on 1:00 Back pulls	EN2	
	{1 x 50 on :55 Back pulls	EN2	
100	4 x 25 on :45 Back drills	REC	
1,050	1x{4 x 75 on 1:25 Back 1/2/3 KOW	EN1	
	{4 x 25 on :45 Bathtub drill-8	EN2	
	{4 x 75 on 1:20 Back 2/3/4 KOW	EN1	
	{4 x 25 on :45 Bathtub drill 7	EN2	
	{2 x 75 on 1:15 Back 3/4/5 KOW	EN1	
	{4 x 25 on :45 Bathtub drill-6	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:45 PM 3,000 Yards - Stress Value = 42		

Workout #11590 - Tuesday, 03 July 2012

Group 2 Taper - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{2 x 75 on 1:55 Kick on back	EN2	
	{2 x 75 on 1:50 Kick on back	EN2	
	{2 x 75 on 1:45 Kick on back	EN2	
	{1 x 50 on 1:00 Kick on back	EN2	
450	1x{2 x 75 on 1:35 Back pulls	EN2	
	{1 x 75 on 1:30 Back pulls	EN2	
	{1 x 75 on 1:25 Back pulls	EN2	
	{1 x 50 on 1:10 Back pulls	EN2	
	{1 x 50 on 1:05 Back pulls	EN2	
	{1 x 50 on 1:00 Back pulls	EN2	
100	4 x 25 on :45 Back drills	REC	
1,050	1x{2 x 75 on 1:40 Back 1/2/3 KOW	EN1	
	{2 x 25 on :45 Bathtub drill-8	EN2	
	{4 x 75 on 1:35 Back 2/3/4 KOW	EN1	
	{2 x 25 on :45 Bathtub drill 7	EN2	
	{4 x 75 on 1:30 Back 3/4/5 KOW	EN1	
	{2 x 25 on :45 Bathtub drill-6	EN2	
	{2 x 75 on 1:25 Back 4/5/6 KOW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:45 PM 2,850 Yards - Stress Value = 40		

Workout #11591 - Tuesday, 03 July 2012

Group 2 Taper - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{2 x 75 on 2:10 Kick on back	EN2	
	{1 x 75 on 2:05 Kick on back	EN2	

	{1 x 75 on 2:00 Kick on back	EN2	
	{1 x 50 on 1:30 Kick on back	EN2	
	{1 x 50 on 1:25 Kick on back	EN2	
400	1x{2 x 75 on 1:45 Back pulls	EN2	
	{1 x 75 on 1:40 Back pulls	EN2	
	{1 x 75 on 1:35 Back pulls	EN2	
	{1 x 50 on 1:15 Back pulls	EN2	
	{1 x 50 on 1:10 Back pulls	EN2	
100	4 x 25 on :45 Back drills	REC	
900	1x{2 x 75 on 1:50 Back 1/2/3 KOW	EN1	
	{2 x 25 on 1:00 Bathtub drill-8	EN2	
	{2 x 75 on 1:45 Back 2/3/4 KOW	EN1	
	{2 x 25 on 1:00 Bathtub drill 7	EN2	
	{2 x 75 on 1:40 Back 3/4/5 KOW	EN1	
	{2 x 25 on 1:00 Bathtub drill-6	EN2	
	{4 x 75 on 1:35 Back 4/5/6 KOW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:45 PM 2,550 Yards - Stress Value = 39		

Workout #11592 - Wednesday, 04 July 2012

Group 3 - Breast

1 minute rest between sets

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
1,600	1x{1 x 100 on 1:40 Kick
	{2 x 100 on 1:30 Kick
	{1 x 100 on 1:45 Kick
	{2 x 125 on 1:50 Kick
	{1 x 100 on 1:50 Kick
	{2 x 150 on 2:10 Kick
	{1 x 100 on 1:55 Kick
	{2 x 175 on 2:30 Kick
	{1 x 100 on 2:00 Kick
1,250	1x{1 x 125 on 1:50 Lungbuster pulls
	{1 x 125 on 1:45 Lungbuster pulls
	{1 x 125 on 1:40 Lungbuster pulls
	{1 x 125 on 1:35 Lungbuster pulls
	{2 x 125 on 1:30 Lungbuster pulls
	{1 x 125 on 1:35 Lungbuster pulls
	{1 x 125 on 1:40 Lungbuster pulls
	{1 x 125 on 1:45 Lungbuster pulls
	{1 x 125 on 1:50 Lungbuster pulls
	Odds breathe 2-3-4-5-6 by the 25
	evens breathe 3-4-5-6-7 by the 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{2 x 200 on 3:10 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 175 on 2:40 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO drill w/fins
	{2 x 150 on 2:10 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :30 Breast TO Drill w/fins
	{2 x 125 on 1:45 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :30 Breast TO drill w/fins
	{2 x 100 on 1:20 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :30 Breast TO drill w/fins
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 6,700 Yards - Stress Value = 103

Workout #11593 - Wednesday, 04 July 2012

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 1,400 1x{1 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {1 x 100 on 1:55 Kick
 {2 x 125 on 2:10 Kick
 {1 x 100 on 2:00 Kick
 {2 x 150 on 2:40 Kick
 {1 x 100 on 2:05 Kick
 {2 x 125 on 2:10 Kick
 1,125 1x{1 x 125 on 2:00 Lungbuster pulls
 {1 x 125 on 1:55 Lungbuster pulls
 {1 x 125 on 1:50 Lungbuster pulls
 {1 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 {1 x 125 on 1:45 Lungbuster pulls
 {1 x 125 on 1:50 Lungbuster pulls
 {1 x 125 on 1:55 Lungbuster pulls
 Odds breathe 2-3-4-5-6 by the 25
 evens breathe 3-4-5-6-7 by the 25
 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{2 x 200 on 3:25 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 {2 x 175 on 2:55 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 {2 x 150 on 2:25 Breaststroke
 {1 on :30 Put fins on
 {8 x 25 on :30 Breast TO Drill w/fins
 {2 x 125 on 2:00 Breaststroke
 {1 on :30 Put fins on
 {8 x 25 on :30 Breast TO drill w/fins
 {1 x 100 on 1:35 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 6,225 Yards - Stress Value = 95

Workout #11594 - Wednesday, 04 July 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,250 1x{1 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 2:10 Kick
 {2 x 125 on 2:30 Kick
 {1 x 100 on 2:15 Kick
 {2 x 150 on 3:00 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:00 Kick
 1,000 1x{1 x 125 on 2:15 Lungbuster pulls
 {1 x 125 on 2:10 Lungbuster pulls
 {1 x 125 on 2:05 Lungbuster pulls
 {1 x 125 on 2:00 Lungbuster pulls
 {1 x 125 on 1:55 Lungbuster pulls
 {1 x 125 on 2:00 Lungbuster pulls
 {1 x 125 on 2:05 Lungbuster pulls
 {1 x 125 on 2:10 Lungbuster pulls

Odds breathe 2-3-4-5-6 by the 25
 evens breathe 3-4-5-6-7 by the 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{1 x 200 on 3:55 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :40 Breast TO Drill w/fins
 {2 x 175 on 3:25 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :40 Breast TO drill w/fins
 {2 x 150 on 2:50 Breaststroke
 {1 on :30 Put fins on
 {8 x 25 on :40 Breast TO Drill w/fins
 {2 x 125 on 2:20 Breaststroke
 {1 on :30 Put fins on
 {8 x 25 on :40 Breast TO drill w/fins
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,450 Yards - Stress Value = 80

Workout #11595 - Wednesday, 04 July 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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 Shooters
 1,150 1x{1 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:20 Kick
 {2 x 125 on 2:45 Kick
 {1 x 100 on 2:25 Kick
 {2 x 150 on 3:15 Kick
 {1 x 100 on 2:30 Kick
 900 1x{1 x 125 on 2:25 Lungbuster pulls
 {1 x 125 on 2:20 Lungbuster pulls
 {1 x 125 on 2:15 Lungbuster pulls
 {1 x 125 on 2:10 Lungbuster pulls
 {1 x 125 on 2:05 Lungbuster pulls
 {1 x 125 on 2:10 Lungbuster pulls
 {1 x 125 on 2:15 Lungbuster pulls
 {1 x 25 on :30 Lungbuster pulls
 Odds breathe 2-3-4-5-6 by the 25
 evens breathe 3-4-5-6-7 by the 25
 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 200 on 4:10 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :40 Breast TO Drill w/fins
 {2 x 175 on 3:30 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :40 Breast TO drill w/fins
 {2 x 150 on 3:00 Breaststroke
 {1 on :30 Put fins on
 {8 x 25 on :40 Breast TO Drill w/fins
 {2 x 100 on 2:30 Breaststroke
 {1 on :30 Put fins on
 {8 x 25 on :40 Breast TO drill w/fins
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 5,150 Yards - Stress Value = 76

Workout #11596 - Wednesday, 04 July 2012

Taper 2 - Breast

1 minute rest between sets

7:00 AM 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
 750 1x{1 x 100 on 1:40 Kick
 {2 x 100 on 1:30 Kick
 {1 x 100 on 1:45 Kick
 {2 x 125 on 1:50 Kick
 {1 x 100 on 1:50 Kick
 750 1x{1 x 125 on 1:50 Lungbuster pulls
 {1 x 125 on 1:45 Lungbuster pulls
 {1 x 125 on 1:40 Lungbuster pulls
 {1 x 125 on 1:35 Lungbuster pulls
 {2 x 125 on 1:30 Lungbuster pulls
 Odds breathe 2-3-4-5-6 by the 25
 evens breathe 3-4-5-6-7 by the 25
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{2 x 150 on 2:10 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 {2 x 125 on 1:45 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 {2 x 100 on 1:20 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 250 1 x 250 on 4:00 Stroke Drills
 8:39 AM 3,600 Yards - Stress Value = 55

Workout #11597 - Wednesday, 04 July 2012

Taper 2 - Gold

1 minute rest between sets

7:00 AM 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
 650 1x{1 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {1 x 100 on 1:55 Kick
 {2 x 125 on 2:10 Kick
 650 1x{1 x 125 on 2:00 Lungbuster pulls
 {1 x 125 on 1:55 Lungbuster pulls
 {1 x 125 on 1:50 Lungbuster pulls
 {1 x 125 on 1:45 Lungbuster pulls
 {2 x 75 on 1:00 Lungbuster pulls
 Odds breathe 2-3-4-5-6 by the 25
 evens breathe 3-4-5-6-7 by the 25
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{2 x 150 on 2:25 Breaststroke
 {1 on :30 Put fins on
 {8 x 25 on :30 Breast TO Drill w/fins
 {2 x 125 on 2:00 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 {1 x 100 on 1:35 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins
 250 1 x 250 on 4:00 Stroke Drills
 8:39 AM 3,300 Yards - Stress Value = 49

Workout #11598 - Wednesday, 04 July 2012

Taper 2 - Silver

1 minute rest between sets

7:00 AM 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
 550 1x{1 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 2:10 Kick
 {2 x 75 on 1:30 Kick
 600 1x{1 x 125 on 2:15 Lungbuster pulls
 {1 x 125 on 2:10 Lungbuster pulls
 {1 x 125 on 2:05 Lungbuster pulls
 {1 x 125 on 2:00 Lungbuster pulls
 {1 x 100 on 1:30 Lungbuster pulls
 Odds breathe 2-3-4-5-6 by the 25
 evens breathe 3-4-5-6-7 by the 25
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{2 x 150 on 2:50 Breaststroke
 {1 on :30 Put fins on
 {8 x 25 on :40 Breast TO Drill w/fins
 {2 x 125 on 2:20 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :40 Breast TO drill w/fins
 250 1 x 250 on 4:00 Stroke Drills
 8:39 AM 2,950 Yards - Stress Value = 42

Workout #11600 - Thursday, 05 July 2012

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 100s back
 150 10 x 15 on :45 Shooters
 1,700 1x{1 x 100 on 1:25 Kick
 {4 x 25 on :30 Alt 2nd and 3rd kicks
 {2 x 100 on 1:30 Kick
 {6 x 25 on :30 Alt 2nd and 3rd kicks
 {3 x 100 on 1:35 Kick
 {8 x 25 on :30 Alt 2nd and 3rd kicks
 {4 x 100 on 1:40 Kick
 {10 x 25 on :30 Alt 2nd and 3rd kicks
 1,200 1x{1 x 200 on 2:20 Pull alt bo by the 50
 {1 x 200 on 2:25 Pull atl bo by the 50
 {1 x 200 on 2:30 Pull alt bo by the 50
 {1 x 200 on 2:35 Pull alt bo by the 50
 {1 x 200 on 2:40 Pull alt bo by the 50
 {1 x 200 on 2:45 Pull alt bo by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 3x{8 x 25 on :20 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 6,150 Yards - Stress Value = 102

Workout #11601 - Thursday, 05 July 2012

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 100s back
 150 10 x 15 on :45 Shooters
 1,450 1x{1 x 100 on 1:40 Kick
 {4 x 25 on :35 Alt 2nd and 3rd kicks
 {2 x 100 on 1:45 Kick
 {6 x 25 on :35 Alt 2nd and 3rd kicks
 {3 x 100 on 1:50 Kick
 {8 x 25 on :35 Alt 2nd and 3rd kicks
 {2 x 100 on 1:55 Kick
 {8 x 25 on :35 Alt 2nd and 3rd kicks
 1,100 1x{1 x 200 on 2:35 Pull alt bo by the 50
 {1 x 200 on 2:40 Pull atl bo by the 50
 {1 x 200 on 2:45 Pull alt bo by the 50
 {1 x 200 on 2:50 Pull alt bo by the 50
 {1 x 200 on 2:55 Pull alt bo by the 50
 {1 x 100 on 1:30 Pull alt bo by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 3x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 500 10 x 50 on 1:00 Stroke Drills
 9:29 AM 5,500 Yards - Stress Value = 89

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 100s back
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:05 Kick
 {4 x 25 on :40 Alt 2nd and 3rd kicks
 {2 x 100 on 2:10 Kick
 {6 x 25 on :40 Alt 2nd and 3rd kicks
 {2 x 100 on 2:15 Kick
 {6 x 25 on :40 Alt 2nd and 3rd kicks
 {1 x 100 on 2:20 Kick
 {8 x 25 on :40 Alt 2nd and 3rd kicks
 900 1x{1 x 200 on 3:20 Pull alt bo by the 50
 {1 x 200 on 3:25 Pull atl bo by the 50
 {1 x 200 on 3:30 Pull alt bo by the 50
 {1 x 200 on 3:35 Pull alt bo by the 50
 {1 x 100 on 1:50 Pull alt bo by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 3x{6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :45 Butterfly
 {1 on :30 Rest
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 4,650 Yards - Stress Value = 74

Workout #11602 - Thursday, 05 July 2012

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 100s back
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 1:50 Kick
 {4 x 25 on :40 Alt 2nd and 3rd kicks
 {2 x 100 on 1:55 Kick
 {6 x 25 on :40 Alt 2nd and 3rd kicks
 {2 x 100 on 2:00 Kick
 {8 x 25 on :40 Alt 2nd and 3rd kicks
 {2 x 100 on 2:05 Kick
 {6 x 25 on :40 Alt 2nd and 3rd kicks
 1,000 1x{1 x 200 on 3:00 Pull alt bo by the 50
 {1 x 200 on 3:05 Pull atl bo by the 50
 {1 x 200 on 3:10 Pull alt bo by the 50
 {1 x 200 on 3:15 Pull alt bo by the 50
 {1 x 200 on 3:20 Pull alt bo by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 3x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :35 Butterfly
 {1 on :30 Rest
 {4 x 25 on :40 Butterfly
 {1 on :30 Rest
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 5,200 Yards - Stress Value = 84

5:00 PM Start

Yards Set Description
 =====
 600 1 on 12:00 Dynamic Stretch
 800 1 x 600 on 10:00 Choice
 1 x 800 on 16:00 Social Kick-8X25 random spr
 kicks on your own
 480 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
 300 12 x 25 on :45 Variable Speed
 100 1 x 100 on 4:00 Your best stroke OTB
 500 10 x 50 on 1:00 Stroke Drills
 6:29 PM 2,780 Yards - Stress Value = 51

Workout #11608 - Thursday, 05 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

Workout #11603 - Thursday, 05 July 2012

Group 3 - Bronze

Workout #11609 - Thursday, 05 July 2012

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 1 on 15:00 Techniques-open turns on
 side wall (work on timing of pullout)
 150 10 x 15 on :45 Shooters
 150 6 x 25 on 1:00 Perfect Breaststroke
 750 1x{1 x 250 on 10:00 Breast drill 2klp
 {1 x 250 on 10:00 Breast drill-fly kick
 {1 x 250 on 10:00 Breast drill-4 sec glide
 150 6 x 25 on 1:00 Pefect breaststroke
 200 4 x 50 on 1:30 Breastsroke-descend to ludicr
 SPEED!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
 1 on 20:00 Techniques-Breast Starts
 400 8 x 50 on 1:15 Stroke Drills
 25 breast drill 25 choice drill
 7:27 PM 2,300 Yards - Stress Value = 12

Workout #11604 - Thursday, 05 July 2012

Taper 2 - 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 100s back
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 1:25 Kick
 {4 x 25 on :30 Alt 2nd and 3rd kicks
 {2 x 100 on 1:30 Kick
 {4 x 25 on :30 Alt 2nd and 3rd kicks
 {2 x 100 on 1:35 Kick
 {4 x 25 on :30 Alt 2nd and 3rd kicks
 800 1x{1 x 200 on 2:30 Pull alt bo by the 50
 {1 x 200 on 2:35 Pull alt bo by the 50
 {1 x 200 on 2:40 Pull alt bo by the 50
 {1 x 200 on 2:45 Pull alt bo by the 50
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{8 x 25 on :20 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 8:34 AM 3,100 Yards - Stress Value = 50

Workout #11605 - Thursday, 05 July 2012

Taper 2 - 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 100s back
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 1:40 Kick
 {4 x 25 on :35 Alt 2nd and 3rd kicks
 {2 x 100 on 1:45 Kick
 {4 x 25 on :35 Alt 2nd and 3rd kicks
 {1 x 100 on 1:50 Kick

{4 x 25 on :35 Alt 2nd and 3rd kicks
 750 1x{1 x 200 on 2:45 Pull alt bo by the 50
 {1 x 200 on 2:50 Pull alt bo by the 50
 {1 x 200 on 2:55 Pull alt bo by the 50
 {1 x 150 on 2:15 Pull alt bo by the 50
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 500 1x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 8:34 AM 2,850 Yards - Stress Value = 45

Workout #11606 - Thursday, 05 July 2012

Taper 2 - Silver

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 100s back
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 1:50 Kick
 {4 x 25 on :40 Alt 2nd and 3rd kicks
 {1 x 100 on 1:55 Kick
 {4 x 25 on :40 Alt 2nd and 3rd kicks
 {1 x 100 on 2:00 Kick
 {4 x 25 on :40 Alt 2nd and 3rd kicks
 650 1x{1 x 50 on :45 Pull alt bo by the 50
 {1 x 200 on 3:10 Pull alt bo by the 50
 {1 x 200 on 3:15 Pull alt bo by the 50
 {1 x 200 on 3:20 Pull alt bo by the 50
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 500 1x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :35 Butterfly
 {1 on :30 Rest
 {4 x 25 on :40 Butterfly
 {1 on :30 Rest
 250 1 x 250 on 4:00 Stroke Drills
 8:35 AM 2,650 Yards - Stress Value = 41

Workout #11607 - Thursday, 05 July 2012

Taper 2 - 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 100s back
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:05 Kick
 {4 x 25 on :40 Alt 2nd and 3rd kicks
 {1 x 100 on 2:10 Kick
 {4 x 25 on :40 Alt 2nd and 3rd kicks
 {1 x 100 on 2:15 Kick
 {2 x 25 on :40 Alt 2nd and 3rd kicks
 600 1x{1 x 200 on 3:30 Pull alt bo by the 50
 {1 x 200 on 3:35 Pull alt bo by the 50
 {1 x 200 on 3:40 Pull alt bo by the 50
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 400 1x{6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :45 Butterfly
 {1 on :30 Rest
 250 1 x 250 on 4:00 Stroke Drills
 8:34 AM 2,450 Yards - Stress Value = 37

{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
 8 x 50 on 1:00 Stroke Drills
 9:31 AM 7,450 Yards - Stress Value = 130

Workout #11611 - Friday, 06 July 2012

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
 1,650 1x{4 x 50 on 1:00 Kick-descend
 {1 x 200 on 3:40 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 200 on 3:35 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 150 on 2:35 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 100 on 1:45 Kick
 {4 x 50 on 1:00 Kick-descend
 the last 50 of each set faster
 then the last of the previous set
 1,350 1x{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:10 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:35 Pulls-nbbf&w + 2 yds
 {2 x 125 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
 2,400 1x{1 x 200 on 3:10 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 1:20 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 3:10 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 3:10 Individual Medley
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:20 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,750 Yards - Stress Value = 116

Workout #11610 - Friday, 06 July 2012

Group 3 - IM'ers

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
 1,800 1x{4 x 50 on 1:00 Kick-descend
 {1 x 200 on 3:00 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 200 on 2:55 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 200 on 2:50 Kick
 {4 x 50 on 1:00 Kick-descend
 {1 x 200 on 2:45 Kick
 {4 x 50 on 1:00 Kick-descend
 the last 50 of each set faster
 then the last of the previous set
 1,500 1x{2 x 100 on 1:15 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:35 Pulls-nbbf&w + 2 yds
 {2 x 150 on 1:55 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:15 Pulls-nbbf&w + 2 yds
 {2 x 200 on 2:35 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 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

Workout #11612 - Friday, 06 July 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,450 1x{3 x 50 on 1:10 Kick-descend
 {1 x 200 on 4:10 Kick
 {3 x 50 on 1:10 Kick-descend
 {1 x 200 on 4:05 Kick
 {3 x 50 on 1:10 Kick-descend
 {1 x 200 on 4:00 Kick
 {3 x 50 on 1:10 Kick-descend
 {1 x 100 on 1:55 Kick
 {3 x 50 on 1:10 Kick-descend
 the last 50 of each set faster
 then the last of the previous set
 1,200 1x{2 x 100 on 1:35 Pulls-nbbf&w + 2 yds
 {2 x 125 on 2:00 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:25 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:50 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 3:40 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 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 3:40 Individual Medley
 {1 x 100 on 1:40 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 6,050 Yards - Stress Value = 103

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 1:45 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
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,550 Yards - Stress Value = 94

Workout #11614 - Friday, 06 July 2012

Taper 2 - All

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 Choice
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:30 Kick
 300 6 x 50 on 1:00 Pulls-nbbf&w
 300 12 x 25 on :45 #2 stroke
 400 8 x 50 on 1:00 Stroke Drills
 8:19 AM 2,050 Yards - Stress Value = 12

7:00 AM Start
 Yards Set Description EGY WORK STK PACE
 =====
 1 on 25:00 DS/Ted's Abs L DRY
 600 1 x 600 on 10:00 Choice REC S CHO 1:40
 150 10 x 15 on :45 Shooters SP3 S CHO 5:00
 300 3 x 100 on 2:30 Kick REC K CHO 2:30
 300 6 x 50 on 1:00 Pulls-nbbf&w EN1 P FR 2:00
 300 12 x 25 on :45 #2 stroke EN1 S FR 3:00
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2:00
 8:19 AM 2,050 Yards - Stress Value = 12

Workout #11613 - Friday, 06 July 2012

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
 1,300 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 3:30 Kick
 {3 x 50 on 1:15 Kick-descend
 {1 x 100 on 2:15 Kick
 {3 x 50 on 1:15 Kick-descend
 the last 50 of each set faster
 then the last of the previous set
 1,100 1x{2 x 100 on 1:45 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

Workout #11615 - Monday, 09 July 2012

Group 3 - Distance

1 minute rest between sets

Yards	7:00 AM Start Set Description
600	1 on 25:00 DS/Physio Ball Shoulders 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,000	1x{4 x 25 on :30 Kick no board BSLR-10 {3 x 100 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR-11 {3 x 100 on 1:35 Kick {4 x 25 on :30 Kick no board BSLR-12 {3 x 100 on 1:30 Kick {4 x 25 on :30 Kick no board BSLR-11 {3 x 100 on 1:25 Kick {4 x 25 on :30 Kick no board BSLR-10 {3 x 100 on 1:20 Kick
1,500	1x{ No breath last 12 yards of each 100 {1 x 500 on 6:40 Pulls {1 x 400 on 5:20 Pulls {1 x 300 on 4:00 Pulls {1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 500 on 5:50 Freestyle {5 x 100 on 1:30 Free-hold 1:05 {1 x 400 on 4:40 Freestyle {4 x 100 on 1:25 Free-hold 1:04 {1 x 300 on 3:30 Freestyle {3 x 100 on 1:20 Free-hold 1:03 {1 x 200 on 2:20 Freestyle {2 x 100 on 1:15 Free-hold 1:02
300	6 x 50 on 1:00 Stroke Drills 9:30 AM 7,550 Yards - Stress Value = 125

Workout #11616 - Monday, 09 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	7:00 AM Start Set Description
600	1 on 25:00 DS/Physio Ball Shoulders 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,700	1x{4 x 25 on :35 Kick no board BSLR-10 {3 x 100 on 1:50 Kick {4 x 25 on :35 Kick no board BSLR-11 {3 x 100 on 1:45 Kick {4 x 25 on :35 Kick no board BSLR-12 {3 x 100 on 1:40 Kick {4 x 25 on :35 Kick no board BSLR-11 {3 x 100 on 1:35 Kick {4 x 25 on :35 Kick no board BSLR-10
1,300	1x{ No breath last 12 yards of each 100 {1 x 500 on 7:30 Pulls {1 x 400 on 6:00 Pulls {1 x 300 on 4:30 Pulls {1 x 100 on 1:20 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 500 on 6:50 Freestyle {5 x 100 on 1:40 Free-hold 1:12 {1 x 400 on 5:35 Freestyle {4 x 100 on 1:35 Free-hold 1:11 {1 x 300 on 4:10 Freestyle {3 x 100 on 1:30 Free-hold 1:10
300	6 x 50 on 1:00 Stroke Drills 9:30 AM 6,650 Yards - Stress Value = 109

Workout #11617 - Monday, 09 July 2012

Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description
550	1 on 25:00 DS/Physio Ball Shoulders 1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :40 Kick no board BSLR-10 {3 x 100 on 2:10 Kick {4 x 25 on :40 Kick no board BSLR-11 {3 x 100 on 2:05 Kick {4 x 25 on :40 Kick no board BSLR-12 {3 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR-11 {2 x 75 on 1:30 Kick
1,200	1x{ No breath last 12 yards of each 100 {1 x 500 on 8:20 Pulls {1 x 400 on 6:40 Pulls {1 x 200 on 3:20 Pulls {1 x 100 on 1:40 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 500 on 7:55 Freestyle {5 x 100 on 1:50 Free-hold 1:20 {1 x 400 on 6:20 Freestyle {4 x 100 on 1:45 Free-hold 1:19 {1 x 200 on 3:10 Freestyle {1 x 100 on 1:40 Free-hold 1:18
300	6 x 50 on 1:00 Stroke Drills 9:30 AM 5,950 Yards - Stress Value = 97

Workout #11618 - Monday, 09 July 2012

Group 3 - Bronze

1 minute rest between sets

Yards	7:00 AM Start Set Description
500	1 on 25:00 DS/Physio Ball Shoulders 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-10 {3 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR-11 {3 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR-12 {3 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR-11
1,100	1x{ No breath last 12 yards of each 100 {1 x 500 on 9:10 Pulls {1 x 400 on 7:20 Pulls {1 x 200 on 3:30 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 500 on 8:45 Freestyle {5 x 100 on 1:55 Free-hold 1:30 {1 x 300 on 5:15 Freestyle {3 x 100 on 1:50 Free-hold 1:28 {1 x 200 on 3:30 Freestyle {1 x 100 on 1:45 Free-hold 1:26
300	6 x 50 on 1:00 Stroke Drills 9:29 AM 5,450 Yards - Stress Value = 88

Workout #11619 - Monday, 09 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 7:00 Swim-kick-drlll-swim		
150	10 x 15 on :45 Shooters		
100	1 x 100 on 4:00 Free for time from a push		
2,700	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		
250	1 x 250 on 4:00 Stroke Drills		
400	4 x 100 on 1:30 Free descend to ludicrous sr		
300	6 x 50 on 1:00 Stroke Drills		
	6:30 PM 4,300 Yards - Stress Value = 70		

{2 x 100 on 1:20 Freestyle	EN2
{1 on 1:00 Rest	
{1 x 100 on 1:20 Freestyle	EN2
10 x 50 on 1:00 Stroke Drills	REC
7:29 PM 5,800 Yards - Stress Value = 90	

Workout #11621 - Monday, 09 July 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
900	1x{2 x 125 on 2:20 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:15 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:10 Pulls-no br L.12 yds	EN2	
	{2 x 75 on 1:15 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
2,000	1x{6 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:30 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 5,450 Yards - Stress Value = 83		

Workout #11620 - Monday, 09 July 2012

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 100 on 1:55 Kick	EN2	
1,000	1x{2 x 125 on 2:05 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:00 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 1:55 Pulls-no br L.12 yds	EN2	
	{2 x 125 on 1:50 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
2,100	1x{6 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		

Workout #11622 - Monday, 09 July 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:25 Kick	EN2	
800	1x{2 x 125 on 2:30 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:25 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:20 Pulls-no br L.12 yds	EN2	
	{1 x 50 on :55 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
1,800	1x{6 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:45 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:31 PM 5,050 Yards - Stress Value = 76		

Workout #11623 - Monday, 09 July 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:45 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{3 x 100 on 2:50 Kick	EN2	
	{2 x 25 on 1:00 Kick no board BSLR	EN2	
700	1x{2 x 100 on 2:15 Pulls-no br L.12 yds	EN1	
	{2 x 100 on 2:10 Pulls-no br L.12 yds	EN1	
	{2 x 100 on 2:10 Pulls-no br L.12 yds	EN2	
	{1 x 100 on 2:05 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
1,500	1x{5 x 100 on 2:00 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 2:00 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 2:00 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 2:00 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 2:00 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 4,350 Yards - Stress Value = 65		

Workout #11624 - Tuesday, 10 July 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
7:00 AM	Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 7:30 Kick as far as you can in 7:
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
1,250	1x{2 x 200 on 2:40 Pulls BTB
	{3 x 150 on 1:55 Pulls BTB
	{4 x 100 on 1:15 Pulls BTB
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 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{1 x 100 on 1:30 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,140 Yards - Stress Value = 95

Workout #11625 - Tuesday, 10 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 7:30 Kick as far as you can in 7:
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
1,150	1x{2 x 200 on 3:00 Pulls BTB
	{3 x 150 on 2:10 Pulls BTB
	{3 x 100 on 1:25 Pulls BTB
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 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 50 on :40 Backstroke
	{1 x 100 on 1:40 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,840 Yards - Stress Value = 89

Workout #11629 - Tuesday, 10 July 2012

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 11:00 Dynamic Stretch
150	1 x 400 on 7:00 Choice
1,350	3x{ 10 x 15 on :45 Shooters
	{ 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
1,400	1x{ 1 x 100 on 1:40 14 strokes per length (spl)
	{ 1 x 100 on 1:40 75-14 spl /25-12 spl
	{ 1 x 100 on 1:40 50-14 spl/50-12 spl
	{ 1 x 100 on 1:40 25-14 spl/ 75-12 spl
	{ 1 x 100 on 1:40 12 strokes per length
	{ 1 x 100 on 1:35 14 strokes per length (spl)
	{ 1 x 100 on 1:35 75-14 spl /25-12 spl
	{ 1 x 100 on 1:35 50-14 spl/50-12 spl
	{ 1 x 100 on 1:35 25-14 spl/ 75-12 spl
	{ 1 x 100 on 1:35 12 strokes per length
	{ 1 x 100 on 1:30 14 strokes per length (spl)
	{ 1 x 100 on 1:30 75-14 spl /25-12 spl
	{ 1 x 100 on 1:30 25-14 spl/ 75-12 spl
	{ 1 x 100 on 1:30 12 strokes per length
300	6 x 50 on 1:00 Stroke Drills

6:31 PM 3,600 Yards - Stress Value = 55

Workout #11626 - Tuesday, 10 July 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS/Core
150	1 x 550 on 10:00 Underwater trn drill
600	10 x 15 on :45 Shooters
840	1 x 600 on 7:30 Kick as far as you can in 7:
	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
1,000	1x{ 2 x 200 on 3:15 Pulls BTB
	{ 2 x 150 on 2:25 Pulls BTB
	{ 3 x 100 on 1:35 Pulls BTB
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	4x{ 4 x 25 on :45 Bathtub Drill with fins
	{ 1 x 100 on 1:40 Backstroke
	{ 1 x 100 on 1:35 Backstroke
	{ 1 x 50 on :45 Backstroke
	{ 1 x 50 on 1:30 Freestyle
	{ 1 x 50 on 2:00 Back-100%, min 8 KOW
300	6 x 50 on 3:00 Stroke Drills

9:42 AM 5,440 Yards - Stress Value = 86

Workout #11630 - Tuesday, 10 July 2012

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 11:00 Dynamic Stretch
150	1 x 400 on 7:00 Choice
1,200	3x{ 10 x 15 on :45 Shooters
	{ 1 x 50 on 1:05 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 1:40 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 2:15 Kick-Free-100%
	{ 1 x 25 on :30 Free breathe on 7-100%
	{ 1 x 25 on 1:00 Ez-Free
1,200	1x{ 1 x 100 on 1:50 14 strokes per length (spl)
	{ 1 x 100 on 1:50 75-14 spl /25-12 spl
	{ 1 x 100 on 1:50 50-14 spl/50-12 spl
	{ 1 x 100 on 1:50 25-14 spl/ 75-12 spl
	{ 1 x 100 on 1:50 12 strokes per length
	{ 1 x 100 on 1:45 14 strokes per length (spl)
	{ 1 x 100 on 1:45 75-14 spl /25-12 spl
	{ 1 x 100 on 1:45 50-14 spl/50-12 spl
	{ 1 x 100 on 1:45 25-14 spl/ 75-12 spl
	{ 1 x 100 on 1:45 12 strokes per length
	{ 1 x 100 on 1:40 14 strokes per length (spl)
	{ 1 x 100 on 1:40 12 strokes per length
300	6 x 50 on 1:00 Stroke Drills

6:30 PM 3,250 Yards - Stress Value = 53

Workout #11627 - Tuesday, 10 July 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Core
150	1 x 500 on 10:00 Underwater trn drill
600	10 x 15 on :45 Shooters
720	1 x 600 on 7:30 Kick as far as you can in 7:
	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
	{ 1 on 1:00 Rest
900	1x{ 1 x 200 on 3:40 Pulls BTB
	{ 2 x 150 on 2:45 Pulls BTB
	{ 4 x 100 on 1:45 Pulls BTB
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	4x{ 4 x 25 on :45 Bathtub Drill with fins
	{ 1 x 100 on 1:50 Backstroke
	{ 1 x 100 on 1:45 Backstroke
	{ 1 x 50 on 1:45 Freestyle
	{ 1 x 50 on 2:00 Back-100%, min 8 KOW
300	6 x 50 on 1:00 Stroke Drills

9:30 AM 4,970 Yards - Stress Value = 78

Workout #11628 - Tuesday, 10 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM Start		
=====	=====	=====
	1 on 11:00 Dynamic Stretch	
400	1 x 400 on 7:00 Choice	
150	10 x 15 on :45 Shooters	
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 (spl)	
	{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	
	{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	
	{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	
300	6 x 50 on 1:00 Stroke Drills	
	6:30 PM 3,700 Yards - Stress Value = 56	

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:30 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:20 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:05 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
800	1x{2 x 100 on 1:45 Pulls	EN1
	{2 x 100 on 1:40 Pulls	EN1
	{2 x 100 on 1:35 Pulls	EN1
	{2 x 100 on 1:30 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
2,175	1x{5 x 125 on 2:15 Backstroke	EN2
	{1 x 50 on 1:00 Back 3+1	EN2
	{4 x 125 on 2:10 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{3 x 125 on 2:05 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+1	EN2
	{1 x 125 on 2:00 Backstroke	EN2
	{5 x 50 on 1:00 Back 6+1	EN2
225	1 x 225 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:30 PM 4,900 Yards - Stress Value = 74	

Workout #11633 - Tuesday, 10 July 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
800	1x{2 x 100 on 1:40 Pulls	EN1
	{2 x 100 on 1:35 Pulls	EN1
	{2 x 100 on 1:30 Pulls	EN1
	{2 x 100 on 1:25 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
2,375	1x{5 x 125 on 2:05 Backstroke	EN2
	{1 x 50 on 1:00 Back 3+1	EN2
	{4 x 125 on 2:00 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{3 x 125 on 1:55 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+1	EN2
	{2 x 125 on 1:50 Backstroke	EN2
	{4 x 50 on 1:00 Back 6+1	EN2
	{1 x 125 on 1:45 Backstroke	EN2
275	1 x 275 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:30 PM 5,200 Yards - Stress Value = 79	

Yards	Set Description	EGY
5:00 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:45 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:30 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:15 Kick streamline on back	EN2
700	1x{2 x 100 on 1:50 Pulls	EN1
	{2 x 100 on 1:45 Pulls	EN1
	{2 x 100 on 1:40 Pulls	EN1
	{1 x 100 on 1:35 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
1,950	1x{4 x 125 on 2:30 Backstroke	EN2
	{2 x 50 on 1:10 Back 3+1	EN2
	{3 x 125 on 2:25 Backstroke	EN2
	{3 x 50 on 1:10 Back 4+1	EN2
	{2 x 125 on 2:20 Backstroke	EN2
	{4 x 50 on 1:10 Back 5+1	EN2
	{1 x 125 on 2:15 Backstroke	EN2
	{5 x 50 on 1:10 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:30 PM 4,450 Yards - Stress Value = 68	

Workout #11632 - Tuesday, 10 July 2012

Workout #11634 - Tuesday, 10 July 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on 1:00 Kick no board B	EN2
	{1 x 100 on 3:00 Kick streamline on back	EN2
	{4 x 25 on 1:00 Kick no board B	EN2
	{2 x 100 on 3:00 Kick streamline on back	EN2
	{2 x 25 on 1:00 Kick no board B	EN2
	{1 x 100 on 3:00 Kick streamline on back	EN2
650	1x{2 x 100 on 2:00 Pulls	EN1
	{2 x 100 on 1:55 Pulls	EN1
	{2 x 100 on 1:50 Pulls	EN1
	{1 x 50 on :50 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
1,750	1x{1 x 50 on 1:15 Back 2+1	EN2
	{4 x 100 on 2:10 Backstroke	EN2
	{2 x 50 on 1:15 Back 3+1	EN2
	{3 x 100 on 2:05 Backstroke	EN2
	{3 x 50 on 1:15 Back 4+1	EN2
	{2 x 100 on 2:00 Backstroke	EN2
	{4 x 50 on 1:15 Back 5+1	EN2
	{1 x 100 on 1:55 Backstroke	EN2
	{5 x 50 on 1:15 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:29 PM 4,000 Yards - Stress Value = 60	

Workout #11635 - Wednesday, 11 July 2012

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====
	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	
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	
1,500	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	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
900	1x{1 x 50 on :45 Butterfly 2-2	
	{4 x 25 on :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	
1,400	1x{2 x 200 on 2:45 Pulls	
	{2 x 200 on 2:40 Pulls	
	{2 x 200 on 2:35 Pulls	
	{1 x 200 on 2:30 Pulls	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	

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	
	9:30 AM 6,800 Yards - Stress Value = 105	

Workout #11636 - Wednesday, 11 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====
	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	
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	
1,300	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	
	{1 x 100 on 1:35 Kick	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
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	
1,250	1x{2 x 200 on 3:00 Pulls	
	{2 x 200 on 2:55 Pulls	
	{2 x 200 on 2:50 Pulls	
	{1 x 50 on :40 Pulls	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
800	1x{1 x 50 on :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	
	9:30 AM 6,150 Yards - Stress Value = 90	

Workout #11637 - Wednesday, 11 July 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM 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 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
 1,200 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
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{1 x 50 on :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
 1,150 1x{2 x 200 on 3:15 Pulls
 {2 x 200 on 3:10 Pulls
 {2 x 175 on 2:40 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{1 x 50 on :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
 9:30 AM 5,650 Yards - Stress Value = 81

Workout #11638 - Wednesday, 11 July 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
 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
 1,050 1x{3 x 100 on 2:20 Kick
 {3 x 100 on 2:15 Kick
 {3 x 100 on 2:10 Kick
 {2 x 75 on 1:35 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 1,050 1x{2 x 200 on 3:30 Pulls
 {2 x 200 on 3:25 Pulls
 {2 x 125 on 2:10 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 9:30 AM 5,250 Yards - Stress Value = 73

Workout #11639 - Thursday, 12 July 2012

Group 3 - Breast

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
 150 10 x 15 on :45 Shooters
 1,600 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
 {3 x 100 on 2:00 Kick-all under 1:28
 {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 1:27
 {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 1:26
 {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 1:45 Kick-all under 1:25
 900 1 x 900 on 14:00 Odd 100's free-start end br
 when hips pass flags BH wall brkout when kr
 the flags even 100s breast pull
 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{1 x 125 on 2:05 Breaststroke
 {5 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:00 Breaststroke
 {4 x 50 on :55 Breast under/over
 {3 x 125 on 1:55 Breaststroke
 {3 x 50 on :50 Breast under/over
 {4 x 125 on 1:50 Breaststroke-descend
 {2 x 50 on :45 Breast under/over
 {5 x 125 on 1:45 Breaststroke-descend
 {1 x 50 on :40 Breast under/over
 { All 125's 2X pullouts on bulkhead wall
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,325 Yards - Stress Value = 85

Workout #11640 - Thursday, 12 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
1,600	Odd 100's free even 100's back
1x	10 x 15 on :45 Shooters
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 1:44
	{ 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 1:43
	{ 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 1:42
	{ 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
800	{ 3 x 100 on 1:45 Kick hold under 1:41
1 x	1 x 800 on 14:00 Odd 100's free-start end br
	when hips pass flags BH wall brkout when kr
	the flags even 100s breast pull
200 4x	{ 1 x 25 on :50 Sculling drills
2,375 1x	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{ 1 x 125 on 2:20 Breaststroke
	{ 5 x 50 on 1:05 Breast under/over
	{ 2 x 125 on 2:15 Breaststroke
	{ 4 x 50 on 1:00 Breast under/over
	{ 3 x 125 on 2:10 Breaststroke
	{ 3 x 50 on :55 Breast under/over
	{ 4 x 125 on 2:05 Breaststroke-descend
	{ 2 x 50 on :50 Breast under/over
	{ 3 x 125 on 2:00 Breaststroke-descend
	{ 1 x 50 on :45 Breast under/over
250	{ All 125's 2X pullouts on bulkhead wall
1 x	1 x 250 on 4:00 Stroke Drills
	9:31 AM 5,975 Yards - Stress Value = 80

Workout #11641 - Thursday, 12 July 2012

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 Underwater trn drill
1,450	Odd 100's free even 100's back
1x	10 x 15 on :45 Shooters
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 2:10 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
	{ 3 x 100 on 2:10 Kick-all under 2:00
	{ 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

750	1 x 750 on 14:00 Odd 100's free-start end br
	when hips pass flags BH wall brkout when kr
	the flags even 100s breast pull
200 4x	{ 1 x 25 on :50 Sculling drills
2,100 1x	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{ 1 x 125 on 2:30 Breaststroke
	{ 5 x 50 on 1:15 Breast under/over
	{ 2 x 125 on 2:25 Breaststroke
	{ 4 x 50 on 1:10 Breast under/over
	{ 3 x 125 on 2:20 Breaststroke
	{ 3 x 50 on 1:05 Breast under/over
	{ 4 x 125 on 2:15 Breaststroke-descend
	{ 2 x 50 on 1:00 Breast under/over
	{ 2 x 75 on 1:15 Breaststroke-descend
	{ All 125's 2X pullouts on bulkhead wall
200	1 x 200 on 3:00 Stroke Drills
	9:29 AM 5,400 Yards - Stress Value = 71

Workout #11642 - Thursday, 12 July 2012

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 Underwater trn drill
1,300 1x	Odd 100's free even 100's back
	10 x 15 on :45 Shooters
	{ 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 2:10
	{ 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
	{ 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
	{ 3 x 100 on 2:30 Kick-all under 2:00
	{ 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
700	1 x 700 on 14:00 Odd 100's free-start end br
	when hips pass flags BH wall brkout when kr
	the flags even 100s breast pull
200 4x	{ 1 x 25 on :50 Sculling drills
2,100 1x	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{ 1 x 125 on 2:35 Breaststroke
	{ 5 x 50 on 1:15 Breast under/over
	{ 2 x 125 on 2:30 Breaststroke
	{ 4 x 50 on 1:10 Breast under/over
	{ 3 x 125 on 2:25 Breaststroke
	{ 3 x 50 on 1:05 Breast under/over
	{ 4 x 125 on 2:20 Breaststroke-descend
	{ 2 x 50 on 1:00 Breast under/over
	{ 2 x 75 on 1:20 Breaststroke-descend
	{ All 125's 2X pullouts on bulkhead wall
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 5,150 Yards - Stress Value = 67

Workout #11643 - Thursday, 12 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM Start			
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 7:00 Choice	F	
150	10 x 15 on :45 Shooters	S	
1,000	10 x 100 on 2:00 Challenge Kick Set w/fins	F	
1,230	1x{9 x 30 on 1:00 Freestyle	S	
	{1 x 120 on 3:00 Freestyle (8 LAPS)	F	
	{7 x 30 on 1:00 Freestyle	S	
	{1 x 120 on 3:00 Freestyle	F	
	{5 x 30 on 1:00 Freestyle	S	
	{1 x 120 on 3:00 Freestyle	F	
	{3 x 30 on 1:00 Freestyle	S	
	{1 x 120 on 3:00 Freestyle	F	
	{1 x 30 on 1:00 Freestyle	S	
250	1 x 250 on 4:00 Stroke Drills	F	
6:30 PM 3,030 Yards - Stress Value = 101			

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
1,600	1x{4 x 25 on :30 Kick no board BSLR
	{6 x 50 on 1:00 Kick-descend in 3's
	{4 x 25 on :30 Kick no board BSLR
	{6 x 50 on :55 Kick-descend in 3's
	{4 x 25 on :30 Kick no board BSLR
	{6 x 50 on :50 Kick-descend in 3's
	{4 x 25 on :30 Kick no board BSLR
	{6 x 50 on :45 Kick-descend in 3's
1,200	1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
	{4 x 75 on :55 Pulls-nbbf&w + 2 yds
	{4 x 75 on :50 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	1x{4 x 100 on 1:15 Individual Medley
	{1 on 1:00 Rest
	{4 x 125 on 1:35 IM w/50 free
	{1 on 1:00 Rest
	{4 x 150 on 1:55 IM 25,25 50, 50
	{1 on 1:00 Rest
	{4 x 175 on 2:15 IM 25, 50, 50, 50
	{1 on 1:00 Rest
	{4 x 200 on 2:35 Individual Medley
350	7 x 50 on 1:00 Stroke Drills
9:30 AM 7,100 Yards - Stress Value = 121	

Workout #11644 - Thursday, 12 July 2012

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill		
	odd 100's free even 100's back		
	1 on 10:00 Techniques-back/breast turns		
150	10 x 15 on :45 Shooters		
2,000	1x{4 x 25 on 1:00 Perfect fly		
	{1 x 200 on 5:00 Stroke Drills-Superman Fly		
	{1 x 200 on 5:00 Stroke Drills-explosion		
	{4 x 25 on 1:00 Perfect Back		
	{1 x 200 on 5:00 Stroke Drill-double arm		
	{1 x 200 on 5:00 Stroke Drill-wave drill		
	{4 x 25 on 1:00 Perfect Breaststroke		
	{1 x 200 on 5:00 Stroke Drills 2Klp		
	{1 x 200 on 5:00 Stroke Drills 4sec glide		
	{4 x 25 on 1:00 Perfect Fly		
	{1 x 200 on 5:00 Stroke Drill-thumb/finger dr		
	{1 x 200 on 5:00 Stroke Drills-1 arm		
800	16 x 50 on 1:30 Mid Pool IM's		
	Alt turns: fly/back, back/breast, breast/fr		
200	1 x 200 on 3:00 Individual Medley		
250	1 x 250 on 4:00 Stroke Drills		
7:30 PM 3,900 Yards - Stress Value = 18			

Workout #11646 - Friday, 13 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
=====	=====
7:00 AM Start	
	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
1,400	1x{4 x 25 on :35 Kick no board BSLR
	{6 x 50 on 1:05 Kick-descend in 3's
	{4 x 25 on :35 Kick no board BSLR
	{6 x 50 on 1:00 Kick-descend in 3's
	{4 x 25 on :35 Kick no board BSLR
	{6 x 50 on :55 Kick-descend in 3's
	{4 x 25 on :35 Kick no board BSLR
	{2 x 50 on :50 Kick-descend
1,050	1x{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{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
2,800	1x{4 x 100 on 1:25 Individual Medley
	{1 on 1:00 Rest
	{4 x 125 on 1:50 IM w/50 free
	{1 on 1:00 Rest
	{4 x 150 on 2:10 IM 25,25 50, 50
	{1 on 1:00 Rest
	{4 x 175 on 2:30 IM 25, 50, 50, 50
	{1 on 1:00 Rest
	{3 x 200 on 2:55 Individual Medley
250	5 x 50 on 1:00 Stroke Drills
9:30 AM 6,450 Yards - Stress Value = 110	

Workout #11649 - Friday, 13 July 2012

Groups 2 & 3 combined workout - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM Start			
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		
500	1 x 500 on 8:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 10:00 IM for time from a push	SP2	
1,000	1 x 1000 on 15:00 Social Kick	REC	
500	1 x 500 on 35:00 IM Relay Game	EN2	
6:30 PM 2,250 Yards - Stress Value = 26			

Workout #11645 - Friday, 13 July 2012

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Workout #11647 - Friday, 13 July 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
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
1,300	1x{4 x 25 on :40 Kick no board BSLR
	{6 x 50 on 1:05 Kick-descend in 3's
	{4 x 25 on :40 Kick no board BSLR
	{6 x 50 on 1:00 Kick-descend in 3's
	{4 x 25 on :40 Kick no board BSLR
	{6 x 50 on :55 Kick-descend in 3's
	{4 x 25 on :40 Kick no board BSLR
1,000	1x{2 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{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
2,425	1x{4 x 100 on 1:40 Individual Medley
	{1 on 1:00 Rest
	{4 x 125 on 2:05 IM w/50 free
	{1 on 1:00 Rest
	{4 x 150 on 2:30 IM 25,25 50, 50
	{1 on 1:00 Rest
	{3 x 175 on 2:55 IM 25, 50, 50, 50
	{1 on 1:00 Rest
	{2 x 200 on 3:20 Individual Medley
250	5 x 50 on 1:00 Stroke Drills
9:30 AM	5,875 Yards - Stress Value = 99

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,800	10 x 15 on :45 Shooters
1,800	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
	{4 x 50 on :45 Kick
1,350	1x{2 x 50 on :40 Pull no br L.12 yds
	{2 x 75 on 1:00 Pull no br L.12 yds
	{2 x 100 on 1:20 Pull no br L.12 yds
	{2 x 125 on 1:40 Pull no br L.12 yds
	{2 x 150 on 2:00 Pull no br L.12 yds
	{2 x 175 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
2,500	1x{1 x 250 on 3:10 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 3:05 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 3:00 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 2:55 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 2:50 Freestyle
	{5 x 50 on 1:00 Freestyle
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	6,900 Yards - Stress Value = 158

Workout #11651 - Monday, 16 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Ted's Abs
150	1 x 500 on 10:00 Reverse IM drill
1,100	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:15 Kick-descend in 3's
	{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:10 Kick-descend in 3's
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
900	1x{2 x 75 on 1:25 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,025	1x{4 x 100 on 2:00 Individual Medley
	{1 on 1:00 Rest
	{4 x 125 on 2:30 IM w/50 free
	{1 on 1:00 Rest
	{4 x 150 on 3:00 IM 25,25 50, 50
	{1 on 1:00 Rest
	{3 x 175 on 3:30 IM 25, 50, 50, 50
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	5,175 Yards - Stress Value = 87

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Physio Balls
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,550	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 125 on 2:20 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 100 on 1:50 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{2 x 25 on :35 Kick no board BSLR
1,250	1x{2 x 75 on 1:05 Pull no br L.12 yds
	{2 x 100 on 1:25 Pull no br L.12 yds
	{2 x 125 on 1:50 Pull no br L.12 yds
	{2 x 150 on 2:10 Pull no br L.12 yds
	{2 x 175 on 2:30 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 250 on 3:35 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 3:30 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 3:25 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 3:20 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 3:15 Freestyle
	{3 x 50 on 1:00 Freestyle
250	5 x 50 on 1:00 Stroke Drills
9:30 AM	6,400 Yards - Stress Value = 146

Workout #11650 - Monday, 16 July 2012

Group 3 - Distance

1 minute rest between sets

Workout #11657 - Monday, 16 July 2012

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	F
=====	=====	=
	1 on 10:00 Dynamic Stretch	
600	1 x 600 on 10:00 Swim-kick-drill-swim	F
	L.30 yds of each part-100%	
180	12 x 15 on :45 Spinners	S
	1 on 10:00 Techniques-Stanford turn drills	F
2,200	4x{1 x 25 on :30 Freestyle	S
	{1 x 25 on :40 Freestyle	S
	{1 x 25 on :50 Freestyle	S
	{1 x 25 on 1:00 Freestyle	S
	{1 x 150 on 1:55 Freestyle	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 50 on :35 Freestyle	F
	{1 x 150 on 3:30 Stroke Drills	F
350	7 x 50 on 1:00 Stroke Drills	F
	6:30 PM 3,330 Yards - Stress Value = 77	

Workout #11652 - Monday, 16 July 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	F
=====	=====	=
	1 on 25:00 DS/Physio Balls	
550	1 x 550 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,350	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 1:35 Kick	
	{2 x 25 on :40 Kick no board BS	
	{1 x 50 on 1:00 Kick	
1,050	1x{1 x 50 on :50 Pull no br L.12 yds	
	{1 x 100 on 1:40 Pull no br L.12 yds	
	{2 x 125 on 2:05 Pull no br L.12 yds	
	{2 x 150 on 2:30 Pull no br L.12 yds	
	{2 x 175 on 2:55 Pull no br L.12 yds	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,250	1x{1 x 200 on 3:10 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:10 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:05 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:05 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:00 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:00 Freestyle	
	{1 x 50 on 1:00 Freestyle	
300	6 x 50 on 1:00 Stroke Drills	
	9:30 AM 5,850 Yards - Stress Value = 132	

Workout #11658 - Monday, 16 July 2012

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	F
=====	=====	=
	1 on 10:00 Dynamic Stretch	
550	1 x 550 on 10:00 Swim-kick-drill-swim	F
	L.30 yds of each part-100%	

180	12 x 15 on :45 Spinners	S
	1 on 10:00 Techniques-Stanford turn drills	F
2,000	4x{1 x 25 on :30 Freestyle	S
	{1 x 25 on :40 Freestyle	S
	{1 x 25 on :50 Freestyle	S
	{1 x 25 on 1:00 Freestyle	S
	{1 x 150 on 2:10 Freestyle	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 50 on :40 Freestyle	F
	{1 x 100 on 3:00 Stroke Drills	F
350	7 x 50 on 1:00 Stroke Drills	F
	6:30 PM 3,080 Yards - Stress Value = 77	

Workout #11653 - Monday, 16 July 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	F
=====	=====	=
	1 on 25:00 DS/Physio Ball	
500	1 x 500 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	
	{4 x 100 on 2:20 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{4 x 75 on 1:40 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 75 on 1:35 Kick	
	{2 x 25 on :45 Kick no board BS	
	{1 x 50 on 1:00 Kick	
950	1x{1 x 50 on :55 Pull no br L.12 yds	
	{2 x 125 on 2:20 Pull no br L.12 yds	
	{2 x 150 on 2:45 Pull no br L.12 yds	
	{2 x 175 on 3:15 Pull no br L.12 yds	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,050	1x{1 x 200 on 4:00 Freestyle	
	{5 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:55 Freestyle	
	{5 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:50 Freestyle	
	{5 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:45 Freestyle	
	{5 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:40 Freestyle	
	{1 x 50 on 1:00 Freestyle	
250	5 x 50 on 1:00 Stroke Drills	
	9:30 AM 5,350 Yards - Stress Value = 125	

Workout #11659 - Monday, 16 July 2012

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	F
=====	=====	=
	1 on 10:00 Dynamic Stretch	
500	1 x 500 on 10:00 Swim-kick-drill-swim	F
	L.30 yds of each part-100%	
180	12 x 15 on :45 Spinners	S
	1 on 10:00 Techniques-Stanford turn drills	F
1,800	4x{1 x 25 on :30 Freestyle	S
	{1 x 25 on :40 Freestyle	S
	{1 x 25 on :50 Freestyle	S
	{1 x 25 on 1:00 Freestyle	S
	{1 x 150 on 2:25 Freestyle	F
	{1 x 100 on 1:35 Freestyle	F
	{1 x 50 on :45 Freestyle	F
	{1 x 50 on 2:20 Stroke Drills	F
350	7 x 50 on 1:00 Stroke Drills	F
	6:30 PM 2,830 Yards - Stress Value = 76	

Workout #11656 - Monday, 16 July 2012
Group 3 - Speed Acquisition
1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
600	1 on 10:00 Dynamic Stretch		
	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
	L.30 yds of each part-100%		
180	12 x 15 on :45 Spinners	SP3	
	1 on 10:00 Techniques-Stanford turn drills		
2,400	4x{1 x 25 on :30 Freestyle	EN2	
	{1 x 25 on :40 Freestyle	EN2	
	{1 x 25 on :50 Freestyle	EN2	
	{1 x 25 on 1:00 Freestyle	EN2	
	{1 x 150 on 1:40 Freestyle	EN2	
	{1 x 100 on 1:05 Freestyle	EN2	
	{1 x 50 on :30 Freestyle	EN2	
350	{1 x 200 on 4:00 Stroke Drills	EN2	
	7 x 50 on 1:00 Stroke Drills	EN2	
	6:30 PM 3,530 Yards - Stress Value = 77		

Workout #11660 - Monday, 16 July 2012
Group 2 - Back
1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
500	1 on 30:00 DS/Physio Ball/Team Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
750	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick no board	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{2 x 125 on 2:30 Kick no board	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
600	1x{1 x 100 on 1:50 Back pulls	EN1	
	{1 x 100 on 1:45 Back pulls	EN1	
	{1 x 100 on 1:40 Back pulls	EN1	
	{1 x 100 on 1:35 Back Pulls	EN2	
	{1 x 100 on 1:30 Back Pulls	EN2	
	{1 x 100 on 1:25 Back Pulls	EN2	
100	4 x 25 on 1:00 Backstroke Drill	EN1	
300	6 x 50 on 3:00 Backstroke	SP2	
	1 on 15:00 Techniques-Back Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:04 PM 2,650 Yards - Stress Value = 61		

Workout #11661 - Monday, 16 July 2012
Group 2 - Gold
1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
500	1 on 30:00 DS/Physio Ball/Team Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
700	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:15 Kick no board	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{2 x 100 on 2:10 Kick no board	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
550	1x{1 x 100 on 2:00 Back Pulls	EN2	
	{1 x 100 on 1:55 Back Pulls	EN2	
	{1 x 100 on 1:50 Back pulls	EN1	
	{1 x 100 on 1:45 Back pulls	EN1	
	{1 x 100 on 1:40 Back pulls	EN1	
	{1 x 50 on :50 Back Pulls	EN2	
100	4 x 25 on 1:00 Backstroke Drill	EN1	
300	6 x 50 on 3:00 Backstroke	SP2	

1	on 15:00 Techniques-Back Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:04 PM 2,550 Yards - Stress Value = 59		

Workout #11662 - Monday, 16 July 2012
Group 2 - Silver
1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
450	1 on 30:00 DS/Physio Ball/Team Mtg		
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
700	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:30 Kick no board	EN2	
	{6 x 25 on :45 Kick no board BSLRBS	EN2	
	{2 x 100 on 2:20 Kick no board	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
500	1x{1 x 100 on 2:10 Back Pulls	EN2	
	{1 x 100 on 2:05 Back pulls	EN1	
	{1 x 100 on 2:00 Back Pulls	EN2	
	{1 x 100 on 1:55 Back Pulls	EN2	
	{1 x 100 on 1:50 Back pulls	EN1	
100	4 x 25 on 1:00 Backstroke Drill	EN1	
300	6 x 50 on 3:00 Backstroke	SP2	
	1 on 15:00 Techniques-Back Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:04 PM 2,450 Yards - Stress Value = 59		

Workout #11663 - Monday, 16 July 2012
Group 2 - Bronze
1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
400	1 on 30:00 DS/Physio Ball/Team Mtg		
150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
550	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 150 on 4:15 Kick no board	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 2:40 Kick no board	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
450	1x{1 x 100 on 2:20 Back Pulls	EN2	
	{1 x 100 on 2:15 Back pulls	EN1	
	{1 x 100 on 2:10 Back Pulls	EN2	
	{1 x 100 on 2:05 Back pulls	EN1	
	{1 x 50 on 1:00 Back Pulls	EN2	
100	4 x 25 on 1:00 Backstroke Drill	EN1	
300	6 x 50 on 3:00 Backstroke	SP2	
	1 on 15:00 Techniques-Back Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:04 PM 2,200 Yards - Stress Value = 55		

Workout #11654 - Monday, 16 July 2012

Taper 3 - Distance

1 minute rest between sets

7:00 AM 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
 900 1x{4 x 25 on :30 Kick no board BSLR
 {2 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
 {2 x 50 on :45 Kick
 700 1x{2 x 50 on :40 Pull no br L.12 yds
 {2 x 75 on 1:00 Pull no br L.12 yds
 {2 x 100 on 1:20 Pull no br L.12 yds
 {2 x 125 on 1:40 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{1 x 250 on 3:00 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 250 on 2:55 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 250 on 2:50 Freestyle
 {4 x 50 on 1:00 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 8:43 AM 3,800 Yards - Stress Value = 82

{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 1x{5 x 100 on 1:25 Pulls BTS
 {4 x 100 on 1:20 Pulls BTS
 {3 x 100 on 1:15 Pulls BTS
 {2 x 100 on 1:10 Pulls BTS
 {1 x 100 on 1:05 Pulls BTS
 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{1 x 200 on 2:30 Backstroke
 {8 x 25 on :30 Back 8KOW+1 100%
 {2 x 175 on 2:10 Backstroke
 {7 x 25 on :30 Back 9KOW+1 100%
 {3 x 150 on 1:55 Backstroke
 {6 x 25 on :30 Back 10KOW+1 100%
 {4 x 125 on 1:35 Backstroke
 {5 x 25 on :30 Back 11KOW+1 100%
 {5 x 100 on 1:15 Backstroke
 {4 x 25 on :30 Back 12KOW+1 100%
 200 1 x 200 on 3:00 Stroke Drills
 9:32 AM 6,930 Yards - Stress Value = 113

Workout #11665 - Tuesday, 17 July 2012

Group 3 - Gold

1 minute rest between sets

Workout #11655 - Monday, 16 July 2012

Taper 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:50 Kick
 {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
 650 1x{2 x 75 on 1:05 Pull no br L.12 yds
 {1 x 100 on 1:25 Pull no br L.12 yds
 {2 x 125 on 1:50 Pull no br L.12 yds
 {1 x 150 on 2:10 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{1 x 250 on 3:25 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 250 on 3:20 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 250 on 3:15 Freestyle
 {3 x 50 on 1:00 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 8:43 AM 3,600 Yards - Stress Value = 77

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 8:00 Kick as far as you can in 8:
 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
 1,300 1x{5 x 100 on 1:35 Pulls BTS
 {4 x 100 on 1:30 Pulls BTS
 {3 x 100 on 1:25 Pulls BTS
 {1 x 100 on 1:20 Pulls BTS
 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 2:55 Backstroke
 {8 x 25 on :30 Back 8KOW+1 100%
 {2 x 175 on 2:35 Backstroke
 {7 x 25 on :30 Back 9KOW+1 100%
 {3 x 150 on 2:10 Backstroke
 {6 x 25 on :30 Back 10KOW+1 100%
 {4 x 125 on 1:50 Backstroke
 {5 x 25 on :30 Back 11KOW+1 100%
 {3 x 100 on 1:25 Backstroke
 {2 x 25 on :30 Back 12KOW+1 100%
 200 1 x 200 on 3:00 Stroke Drills
 9:32 AM 6,480 Yards - Stress Value = 104

Workout #11664 - Tuesday, 17 July 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 8:00 Kick as far as you can in 8:
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30

Workout #11666 - Tuesday, 17 July 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 25:00 DS/Core
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
550	1 x 550 on 8:00 Kick as far as you can in 8:
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
1,200	1x{5 x 100 on 1:45 Pulls BTS
	{4 x 100 on 1:40 Pulls BTS
	{2 x 100 on 1:35 Pulls BTS
	{1 x 100 on 1:30 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 200 on 3:20 Backstroke
	{8 x 25 on :35 Back 8KOW+1 100%
	{2 x 175 on 2:55 Backstroke
	{7 x 25 on :35 Back 9KOW+1 100%
	{2 x 150 on 2:30 Backstroke
	{6 x 25 on :35 Back 10KOW+1 100%
	{4 x 125 on 2:05 Backstroke
	{5 x 25 on :35 Back 11KOW+1 100%
	{2 x 100 on 1:40 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	9:33 AM 6,030 Yards - Stress Value = 96

Workout #11667 - Tuesday, 17 July 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 25:00 DS/Core
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
550	1 x 550 on 8:00 Kick as far as you can in 8:
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
1,100	1x{4 x 100 on 1:50 Pulls BTS
	{3 x 100 on 1:45 Pulls BTS
	{2 x 100 on 1:40 Pulls BTS
	{2 x 100 on 1:35 Pulls BTS
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 3:40 Backstroke
	{8 x 25 on :35 Back 8KOW+1 100%
	{2 x 175 on 3:15 Backstroke
	{7 x 25 on :35 Back 9KOW+1 100%
	{2 x 150 on 2:45 Backstroke
	{6 x 25 on :35 Back 10KOW+1 100%
	{2 x 125 on 2:20 Backstroke
	{5 x 25 on :35 Back 11KOW+1 100%
	{3 x 100 on 1:50 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	9:32 AM 5,730 Yards - Stress Value = 94

Workout #11670 - Tuesday, 17 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
	1 on 10:00 Dynamic Stretch
750	1 x 750 on 10:00 Free 2min easy 10/50, 20/40
1,000	1 x 1000 on 15:00 Indian File Kicking w/fins
	30/30, 40/20, 30/30, 20/40, 10/50 1min easy
150	10 x 15 on :45 Shooters
300	12 x 25 on :40 Variable Speed 25's
1,800	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 #11671 - Tuesday, 17 July 2012

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
	=====		
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1 x 600 on 9:00 Pulls	EN1	
	Alt 100 breathe toward bleacher and		
	100 breathe toward scoreboard		
600	1x{1 x 200 on 3:45 Kick	EN2	
	{1 x 200 on 3:40 Kick	EN2	
	{1 x 200 on 3:40 Kick	EN2	
100	4 x 25 on 1:00 Free Drills	REC	
750	10 x 75 on 1:30 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Techniques-Starts		
	6:54 PM 2,950 Yards - Stress Value = 39		

Workout #11672 - Tuesday, 17 July 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
	=====		
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1 x 550 on 9:00 Pulls	EN1	
	Alt 100 breathe toward bleacher and		
	100 breathe toward scoreboard		
525	1x{1 x 175 on 3:45 Kick	EN2	
	{1 x 175 on 3:40 Kick	EN2	
	{1 x 175 on 3:40 Kick	EN2	
100	4 x 25 on 1:00 Free Drills	REC	
750	10 x 75 on 1:30 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Techniques-Starts		
	6:54 PM 2,825 Yards - Stress Value = 39		

Workout #11673 - Tuesday, 17 July 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1 x 500 on 9:00 Pulls	EN1	
	Alt 100 breathe toward bleacher and 100 breathe toward scoreboard		
450	1x{1 x 150 on 3:45 Kick	EN2	
	{1 x 150 on 3:40 Kick	EN2	
	{1 x 150 on 3:40 Kick	EN2	
100	4 x 25 on 1:00 Free Drills	REC	
750	10 x 75 on 1:30 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Techniques-Starts		
	6:54 PM 2,650 Yards - Stress Value = 35		

Workout #11674 - Tuesday, 17 July 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1 x 450 on 9:00 Pulls	EN1	
	Alt 100 breathe toward bleacher and 100 breathe toward scoreboard		
375	1x{1 x 125 on 3:45 Kick	EN2	
	{1 x 125 on 3:40 Kick	EN2	
	{1 x 125 on 3:40 Kick	EN2	
200	4 x 50 on 1:00 Free Drills	REC	
500	10 x 50 on 1:30 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Techniques-Starts		
	6:54 PM 2,325 Yards - Stress Value = 26		

Workout #11668 - Tuesday, 17 July 2012

Taper 3 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Core		
400	1 x 400 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
550	1 x 550 on 8:00 Kick as far as you can in 8:		
700	1x{2 x 100 on 1:20 Pulls BTS		
	{2 x 100 on 1:15 Pulls BTS		
	{2 x 100 on 1:10 Pulls BTS		
	{1 x 100 on 1:05 Pulls BTS		
100	2x{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 2:30 Backstroke		
	{4 x 25 on :30 Back 8KOW+1 100%		
	{2 x 175 on 2:10 Backstroke		
	{4 x 25 on :30 Back 9KOW+1 100%		
	{2 x 150 on 1:55 Backstroke		
	{4 x 25 on :30 Back 10KOW+1 100%		
	{2 x 125 on 1:35 Backstroke		
	{4 x 25 on :30 Back 11KOW+1 100%		
	{2 x 100 on 1:15 Backstroke		
200	1 x 200 on 3:00 Stroke Drills		
	8:37 AM 3,800 Yards - Stress Value = 63		

Workout #11669 - Tuesday, 17 July 2012

Taper 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Core		
400	1 x 400 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
550	1 x 550 on 8:00 Kick as far as you can in 8:		
600	1x{3 x 100 on 1:30 Pulls BTS		
	{2 x 100 on 1:25 Pulls BTS		
	{1 x 100 on 1:20 Pulls BTS		
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 200 on 2:55 Backstroke		
	{4 x 25 on :30 Back 8KOW+1 100%		
	{2 x 175 on 2:35 Backstroke		
	{4 x 25 on :30 Back 9KOW+1 100%		
	{2 x 150 on 2:10 Backstroke		
	{4 x 25 on :30 Back 10KOW+1 100%		
	{2 x 125 on 1:50 Backstroke		
	{2 x 25 on :30 Back 11KOW+1 100%		
	{1 x 100 on 1:25 Backstroke		
200	1 x 200 on 3:00 Stroke Drills		
	8:37 AM 3,550 Yards - Stress Value = 57		

Workout #11675 - Wednesday, 18 July 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	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		
1,800	1x{8 x 25 on :30 Kick no board B 10+1		
	{1 x 200 on 3:20 Kick		
	{8 x 25 on :30 Kick no board S 10+1		
	{2 x 175 on 2:50 Kick		
	{8 x 25 on :30 Kick no board L 10+1		
	{3 x 150 on 2:20 Kick		
	{8 x 25 on :30 Kick no board R 10+1		
1,500	1x{1 x 250 on 3:15 Lungbuster pulls		
	{2 x 200 on 2:35 Lungbuster pulls		
	{3 x 150 on 1:55 Lungbuster pulls		
	{4 x 100 on 1:15 Lungbuster pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,300	1x{3 x 50 on :55 Breast hold under :35		
	{1 x 150 on 2:20 Breaststroke		
	{3 x 50 on :55 Breast hold under :35		
	{2 x 125 on 1:55 Breaststroke		
	{3 x 50 on :55 Breast hold under :35		
	{3 x 100 on 1:30 Breaststroke		
	{3 x 50 on :55 Breast hold under :35		
	{1 x 150 on 2:15 Breaststroke		
	{3 x 50 on :55 Breast hold under :35		
	{2 x 125 on 1:50 Breaststroke		
	{3 x 50 on :55 Breast hold under :35		
	{3 x 100 on 1:25 Breaststroke		
300	1 x 300 on 5:00 Stroke Drills		
	9:30 AM 6,850 Yards - Stress Value = 140		

Workout #11676 - Wednesday, 18 July 2012

Group 3 - Gold

1 minute rest between sets

```

7:00 AM 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
1,500 1x{8 x 25 on :35 Kick no board B 10+1
      {1 x 150 on 2:50 Kick
      {8 x 25 on :35 Kick no board S 10+1
      {2 x 125 on 2:20 Kick
      {8 x 25 on :35 Kick no board L 10+1
      {3 x 100 on 1:45 Kick
      {8 x 25 on :35 Kick no board R 10+1
1,350 1x{1 x 250 on 3:40 Lungbuster pulls
      {2 x 200 on 2:55 Lungbuster pulls
      {2 x 150 on 2:10 Lungbuster pulls
      {4 x 100 on 1:25 Lungbuster pulls
200 4x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100 1x{3 x 50 on 1:00 Breast hold under :43
      {1 x 150 on 2:30 Breaststroke
      {3 x 50 on 1:00 Breast hold under :43
      {2 x 125 on 2:05 Breaststroke
      {3 x 50 on 1:00 Breast hold under :43
      {3 x 100 on 1:40 Breaststroke
      {3 x 50 on 1:00 Breast hold under :43
      {1 x 150 on 2:25 Breaststroke
      {3 x 50 on 1:00 Breast hold under :43
      {2 x 125 on 2:00 Breaststroke
      {3 x 50 on 1:00 Breast hold under :43
      {1 x 100 on 1:35 Breaststroke
300 1 x 300 on 5:00 Stroke Drills
9:30 AM 6,200 Yards - Stress Value = 129
    
```

Workout #11678 - Wednesday, 18 July 2012

Group 3 - Bronze

1 minute rest between sets

```

7:00 AM 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 Shooters
1,800 1x{8 x 25 on :30 Kick no board B 10+1
      {1 x 200 on 3:20 Kick
      {8 x 25 on :30 Kick no board S 10+1
      {2 x 175 on 2:50 Kick
      {8 x 25 on :30 Kick no board L 10+1
      {3 x 150 on 2:20 Kick
      {8 x 25 on :30 Kick no board R 10+1
1,100 1x{1 x 200 on 3:35 Lungbuster pulls
      {2 x 150 on 2:40 Lungbuster pulls
      {4 x 100 on 1:45 Lungbuster pulls
      {4 x 50 on :55 Pulls
      { Alt 50's breathing toward blchr/scrbd
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 50 on 1:10 Breast hold under :55
      {1 x 150 on 3:15 Breaststroke
      {3 x 50 on 1:10 Breast hold under :55
      {2 x 125 on 2:45 Breaststroke
      {3 x 50 on 1:10 Breast hold under :55
      {2 x 100 on 2:10 Breaststroke
      {3 x 50 on 1:10 Breast hold under :55
      {1 x 150 on 3:05 Breaststroke
      {3 x 50 on 1:10 Breast hold under :55
      {1 x 100 on 2:05 Breaststroke
      {2 x 50 on 1:10 Breast hold under :55
250 1 x 250 on 4:00 Stroke Drills
9:30 AM 5,700 Yards - Stress Value = 123
    
```

Workout #11677 - Wednesday, 18 July 2012

Group 3 - Silver

1 minute rest between sets

```

7:00 AM 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
1,350 1x{8 x 25 on :40 Kick no board B 10+1
      {1 x 150 on 3:10 Kick
      {6 x 25 on :40 Kick no board S 10+1
      {2 x 125 on 2:35 Kick
      {6 x 25 on :40 Kick no board L 10+1
      {3 x 100 on 2:00 Kick
      {6 x 25 on :40 Kick no board R 10+1
1,200 1x{1 x 250 on 4:05 Lungbuster pulls
      {2 x 200 on 3:15 Lungbuster pulls
      {3 x 150 on 2:25 Lungbuster pulls
      {2 x 50 on :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
1,900 1x{3 x 50 on 1:05 Breast hold under :48
      {1 x 150 on 2:45 Breaststroke
      {3 x 50 on 1:05 Breast hold under :48
      {2 x 125 on 2:15 Breaststroke
      {3 x 50 on 1:05 Breast hold under :48
      {3 x 100 on 1:50 Breaststroke
      {3 x 50 on 1:05 Breast hold under :48
      {1 x 150 on 2:40 Breaststroke
      {3 x 50 on 1:05 Breast hold under :48
      {2 x 100 on 1:45 Breaststroke
      {2 x 50 on 1:05 Breast hold under :48
300 1 x 300 on 5:00 Stroke Drills
9:30 AM 5,650 Yards - Stress Value = 118
    
```

Workout #11679 - Wednesday, 18 July 2012

8:44 AM 3,450 Yards - Stress Value = 70

Taper 3 - Breast

1 minute rest between sets

```

7:00 AM 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
850 1x{4 x 25 on :30 Kick no board B 10+1
      {1 x 200 on 3:20 Kick
      {4 x 25 on :30 Kick no board S 10+1
      {1 x 100 on 1:35 Kick
      {4 x 25 on :30 Kick no board L 10+1
      {1 x 150 on 2:20 Kick
      {4 x 25 on :30 Kick no board R 10+1
700 1x{1 x 250 on 3:15 Lungbuster pulls
      {1 x 200 on 2:35 Lungbuster pulls
      {1 x 150 on 1:55 Lungbuster pulls
      {1 x 100 on 1:15 Lungbuster pulls
100 2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350 1x{2 x 50 on :55 Breast hold under :35
      {1 x 150 on 2:20 Breaststroke
      {2 x 50 on :55 Breast hold under :35
      {1 x 125 on 1:55 Breaststroke
      {2 x 50 on :55 Breast hold under :35
      {1 x 100 on 1:30 Breaststroke
      {2 x 50 on :55 Breast hold under :35
      {1 x 150 on 2:15 Breaststroke
      {2 x 50 on :55 Breast hold under :35
      {1 x 125 on 1:50 Breaststroke
      {2 x 50 on :55 Breast hold under :35
      {1 x 100 on 1:25 Breaststroke
200    1 x 200 on 4:00 Stroke Drills
8:44 AM 3,750 Yards - Stress Value = 80
    
```

Workout #11681 - Wednesday, 18 July 2012

Taper 3 - Silver

1 minute rest between sets

```

7:00 AM 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
650 1x{4 x 25 on :40 Kick no board B 10+1
      {1 x 100 on 2:05 Kick
      {4 x 25 on :40 Kick no board S 10+1
      {1 x 50 on 1:00 Kick
      {4 x 25 on :40 Kick no board L 10+1
      {1 x 100 on 1:55 Kick
      {4 x 25 on :40 Kick no board R 10+1
550 1x{1 x 250 on 4:05 Lungbuster pulls
      {1 x 200 on 3:15 Lungbuster pulls
      {1 x 100 on 1:35 Lungbuster pulls
100 2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,125 1x{2 x 50 on 1:05 Breast hold under :48
      {1 x 150 on 2:45 Breaststroke
      {2 x 50 on 1:05 Breast hold under :48
      {1 x 125 on 2:15 Breaststroke
      {2 x 50 on 1:05 Breast hold under :48
      {1 x 100 on 1:50 Breaststroke
      {2 x 50 on 1:05 Breast hold under :48
      {1 x 150 on 2:40 Breaststroke
      {2 x 50 on 1:05 Breast hold under :48
      {1 x 100 on 1:45 Breaststroke
200    1 x 200 on 4:00 Stroke Drills
8:44 AM 3,325 Yards - Stress Value = 66
    
```

Workout #11680 - Wednesday, 18 July 2012

Taper 3 - Gold

1 minute rest between sets

```

7:00 AM 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
750 1x{4 x 25 on :35 Kick no board B 10+1
      {1 x 150 on 2:50 Kick
      {4 x 25 on :35 Kick no board S 10+1
      {1 x 150 on 2:45 Kick
      {4 x 25 on :35 Kick no board L 10+1
      {1 x 100 on 1:45 Kick
      {2 x 25 on :35 Kick no board R 10+1
600 1x{1 x 250 on 3:40 Lungbuster pulls
      {1 x 200 on 2:55 Lungbuster pulls
      {1 x 100 on 1:25 Lungbuster pulls
      {1 x 50 on :40 Lungbuster pulls
100 2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250 1x{2 x 50 on 1:00 Breast hold under :43
      {1 x 150 on 2:30 Breaststroke
      {2 x 50 on 1:00 Breast hold under :43
      {1 x 125 on 2:05 Breaststroke
      {2 x 50 on 1:00 Breast hold under :43
      {1 x 100 on 1:40 Breaststroke
      {2 x 50 on 1:00 Breast hold under :43
      {1 x 150 on 2:25 Breaststroke
      {1 x 50 on 1:00 Breast hold under :43
      {1 x 125 on 2:00 Breaststroke
      {1 x 50 on 1:00 Breast hold under :43
      {1 x 100 on 1:35 Breaststroke
200    1 x 200 on 4:00 Stroke Drills
    
```

Workout #11682 - Thursday, 19 July 2012

Group 3 - Fly

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 free even 100's back
150    10 x 15 on :45 Shooters
2,000 1x{1 x 125 on 2:10 Kick
        {4 x 25 on :30 Kick-#4
        {2 x 125 on 2:05 Kick
        {4 x 25 on :30 Kick #4
        {3 x 125 on 2:00 Kick
        {4 x 25 on :30 Kick #4
        {3 x 125 on 1:55 Kick
        {4 x 25 on :30 Kick #4
        {2 x 125 on 1:50 Kick
        {4 x 25 on :30 Kick #4
        {1 x 125 on 1:45 Kick
1,050  21 x 50 on :40 Pulls break when alt
        feet, knees, hips
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 2:40 Fly w/fins
        {1 x 200 on 2:35 Fly w/fins
        {1 x 200 on 2:30 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:15 Freestyle
        {1 on :45 Put on Fins
        {1 x 200 on 2:35 Fly w/fins
        {1 x 200 on 2:30 Fly w/fins
        {1 x 200 on 2:25 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:10 Freestyle
        {1 on :45 Put fins on
        {1 x 200 on 2:30 Fly w/fins
        {1 x 200 on 2:25 Fly w/fins
        {1 x 200 on 2:20 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:05 Freestyle
500    10 x 50 on 1:00 Stroke Drills
9:29 AM 7,200 Yards - Stress Value = 108
    
```

Workout #11683 - Thursday, 19 July 2012

Group 3 - Gold

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 free even 100's back
150    10 x 15 on :45 Shooters
1,700 1x{1 x 125 on 2:30 Kick
        {4 x 25 on :35 Kick-#4
        {2 x 125 on 2:25 Kick
        {4 x 25 on :35 Kick #4
        {3 x 125 on 2:20 Kick
        {4 x 25 on :35 Kick #4
        {3 x 125 on 2:15 Kick
        {4 x 25 on :35 Kick #4
        {2 x 75 on 1:20 Kick
        {1 x 25 on :35 Kick #4
900    18 x 50 on :45 Pulls break when alt
        feet, knees, hips
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 Fly w/fins
        {1 x 200 on 2:55 Fly w/fins
        {1 x 200 on 2:50 Fly w/fins
    
```

```

{1 on :30 Take off fins
{2 x 100 on 1:20 Freestyle
{1 on :45 Put on Fins
{1 x 200 on 2:50 Fly w/fins
{1 x 200 on 2:45 Fly w/fins
{1 x 200 on 2:40 Fly w/fins
{1 on :30 Take off fins
{2 x 100 on 1:15 Freestyle
{1 on :45 Put fins on
{1 x 200 on 2:45 Fly w/fins
{1 x 200 on 2:40 Fly w/fins
{1 x 200 on 2:35 Fly w/fins
{1 on :30 Take off fins
{3 x 100 on 1:10 Freestyle
500    10 x 50 on 1:00 Stroke Drills
9:30 AM 6,550 Yards - Stress Value = 97
    
```

Workout #11684 - Thursday, 19 July 2012

Group 3 - Silver

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
        1 on 25:00 DS-Physio Ball Abs
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
1,500 1x{1 x 125 on 2:45 Kick
        {4 x 25 on :40 Kick-#4
        {2 x 125 on 2:40 Kick
        {4 x 25 on :40 Kick #4
        {3 x 125 on 2:35 Kick
        {4 x 25 on :40 Kick #4
        {2 x 125 on 2:30 Kick
        {4 x 25 on :40 Kick #4
        {2 x 50 on 1:00 Kick
800    16 x 50 on :50 Pulls break when alt
        feet, knees, hips
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 3:20 Fly w/fins
        {1 x 200 on 3:15 Fly w/fins
        {1 x 200 on 3:10 Fly w/fins
        {1 on :30 Take off fins
        {2 x 100 on 1:35 Freestyle
        {1 on :45 Put on Fins
        {1 x 200 on 3:15 Fly w/fins
        {1 x 200 on 3:10 Fly w/fins
        {1 x 200 on 3:05 Fly w/fins
        {1 on :30 Take off fins
        {2 x 100 on 1:30 Freestyle
        {1 on :45 Put fins on
        {1 x 100 on 1:35 Fly w/fins
        {1 x 100 on 1:30 Fly w/fins
        {1 x 50 on :45 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:25 Freestyle
500    10 x 50 on 1:00 Stroke Drills
9:30 AM 5,850 Yards - Stress Value = 85
    
```

Workout #11685 - Thursday, 19 July 2012

Group 3 - Bronze

1 minute rest between sets

Yards	7:00 AM Start
=====	Set Description
	1 on 25:00 DS-Physio Ball Abs
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
1,400	1x{1 x 125 on 3:00 Kick
	{4 x 25 on :40 Kick-#4
	{2 x 125 on 2:55 Kick
	{4 x 25 on :40 Kick #4
	{3 x 125 on 2:50 Kick
	{4 x 25 on :40 Kick #4
	{2 x 125 on 2:45 Kick
	{4 x 25 on :40 Kick #4
750	15 x 50 on :55 Pulls break when alt
	feet, knees, hips
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 150 on 2:45 Fly w/fins
	{1 x 150 on 2:40 Fly w/fins
	{1 x 150 on 2:35 Fly w/fins
	{1 on :30 Take off fins
	{2 x 100 on 1:45 Freestyle
	{1 on :45 Put on Fins
	{1 x 150 on 2:40 Fly w/fins
	{1 x 150 on 2:35 Fly w/fins
	{1 x 150 on 2:30 Fly w/fins
	{1 on :30 Take off fins
	{3 x 100 on 1:40 Freestyle
	{1 on :45 Put fins on
	{1 x 100 on 1:45 Fly w/fins
	{1 x 100 on 1:40 Fly w/fins
	{1 x 100 on 1:35 Fly w/fins
	{1 on :30 Take off fins
	{3 x 100 on 1:35 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 5,500 Yards - Stress Value = 80

Workout #11688 - Thursday, 19 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	5:00 PM Start
=====	Set Description
	1 on 10:00 Dynamic Stretcch
1,000	4x{1 x 150 on 4:00 25 closed fist 25 rev free
	{ 50 Tombstone, 50 brethe 2+1
	{4 x 25 on :45 IM order-100%
	{ Fly-5 KOW, Back 7 KOW,
	{ Breast 2X pullouts, free 9 KOW
165	11 x 15 on :45 Modified Pit Sprints
600	12x{1 x 25 on :01 1/3 each of streamline kick
	{ tarzan, no breath sprint/rest 10s @25
	{1 x 25 on 1:29 Kick no board BSLR
100	1 x 100 on 2:00 Freestyle
500	1x{1 x 25 on :30 Freestyle
	{1 x 75 on 1:30 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 75 on 1:30 Freestyle
	{1 x 25 on :30 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 25 on :30 Freestyle
	{1 x 75 on 1:30 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	6:30 PM 2,765 Yards - Stress Value = 106

Workout #11690 - Thursday, 19 July 2012

Group 2 - IM'ers

1 minute rest between sets

Yards	5:00 PM Start
=====	Set Description
	1 on 25:00 DS/Shoulders/Tm Mtg
500	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	1 on 10:00 Techniques-bucket turns
	10 x 15 on :45 Shooters
1,200	1x{1 on 2:00 Fly Technique Talk
	{4 x 25 on 1:00 Perfect fly
	{3 x 50 on 1:30 Fly Kick
	{4 x 25 on 1:00 Fly drill
	{1 x 50 on 1:30 Perfect fly
	{1 on 2:00 Back Technique
	{4 x 25 on 1:00 Perfect backstroke
	{3 x 50 on 1:30 Back Kick
	{4 x 25 on 1:00 Back Drill
	{1 x 50 on 1:30 Perfect Backstroke
	{1 on 2:00 Breast Technique talk
	{4 x 25 on 1:00 Perfect Breast
	{3 x 50 on 1:30 Breast Kick
	{4 x 25 on 1:00 Breast drill
	{1 x 50 on 1:30 Perfect Breast
200	1 x 200 on 5:00 IM Perfect form 80%+ effort
	1 on 10:00 Techniques-Relay starts
	6:59 PM 2,050 Yards - Stress Value = 17

Workout #11686 - Thursday, 19 July 2012

Taper 3 - Fly

1 minute rest between sets

Yards	7:00 AM Start
=====	Set Description
	1 on 25:00 DS-Physio Ball Abs
400	1 x 400 on 10:00 Choice
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{1 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick #4
	{2 x 125 on 1:50 Kick
	{4 x 25 on :30 Kick #4
	{1 x 125 on 1:45 Kick
600	12 x 50 on :40 Pulls break when alt
	feet, knees, hips
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 2:40 Fly w/fins
	{1 x 150 on 1:55 Fly w/fins
	{1 x 100 on 1:15 Fly w/fins
	{1 on :30 Take off fins
	{2 x 100 on 1:10 Freestyle
	{1 on :45 Put on Fins
	{1 x 200 on 2:35 Fly w/fins
	{1 x 150 on 1:50 Fly w/fins
	{1 x 100 on 1:10 Fly w/fins
	{1 on :30 Take off fins
	{2 x 100 on 1:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	8:34 AM 3,500 Yards - Stress Value = 51

Workout #11687 - Thursday, 19 July 2012

Taper 3 - Gold

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS-Physio Ball Abs
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
575	1x{1 x 125 on 2:30 Kick
	{2 x 25 on :35 Kick-#4
	{1 x 125 on 2:25 Kick
	{2 x 25 on :35 Kick #4
	{1 x 125 on 2:20 Kick
	{4 x 25 on :35 Kick #4
500	10 x 50 on :45 Pulls break when alt
	feet, knees, hips
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{1 x 200 on 3:00 Fly w/fins
	{1 x 200 on 2:55 Fly w/fins
	{1 on :30 Take off fins
	{2 x 100 on 1:20 Freestyle
	{1 on :45 Put on Fins
	{1 x 200 on 2:50 Fly w/fins
	{1 x 200 on 2:45 Fly w/fins
	{1 on :30 Take off fins
	{1 x 100 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	8:34 AM 3,075 Yards - Stress Value = 41

Workout #11689 - Thursday, 19 July 2012

Taper 3 - Speed Acquisition

1 minute rest between sets

Yards	5:00 PM Start Set Description	EGY	WOF
=====	=====	===	===
	1 on 10:00 Dyamic Stretch		
400	1 x 400 on 1:30 Freestyle Drill	REC	
300	3 x 100 on 1:45 Kick	EN2	
400	8 x 50 on 1:00 Down drill, back build	EN1	
	1-4 free 5-8 non free		
400	4 x 100 on 1:30 Free-descend	EN2	
50	2 x 25 on 2:00 Choice OTB	SP3	
200	1 x 200 on 3:00 Stroke Drill	REC	
200	1 x 200 on 4:00 IM Broken at the 50 OTB	SP2	
	Rest 10-20-30 seconds		
500	10 x 50 on 1:00 Stroke Drills	REC	
	6:00 PM 2,450 Yards - Stress Value = 40		

Workout #11698 - Friday, 20 July 2012

Groups 2 & 3 combined workout - Gold

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	=====
	1 on 12:00 Dymanic Stretch
600	1 x 600 on 10:00 Choice
180	12 x 15 on :45 Start/Shooter/Finish
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%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,480 Yards - Stress Value = 56

Workout #11699 - Friday, 20 July 2012

Groups 2 & 3 combined workout - Silver

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	=====
	1 on 12:00 Dymanic Stretch
550	1 x 550 on 10:00 Choice
180	12 x 15 on :45 Start/Shooter/Finish
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%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,230 Yards - Stress Value = 52

Workout #11700 - Friday, 20 July 2012

Groups 2 & 3 combined workout - Bronze

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	=====
	1 on 12:00 Dymanic Stretch
500	1 x 500 on 10:00 Choice
180	12 x 15 on :45 Start/Shooter/Finish
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%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,080 Yards - Stress Value = 50

Workout #11697 - Friday, 20 July 2012

Groups 2 & 3 combined workout - Speed Acquisition

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	=====
	1 on 12:00 Dymanic Stretch
600	1 x 600 on 10:00 Choice
180	12 x 15 on :45 Start/Shooter/Finish
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%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,630 Yards - Stress Value = 59

Workout #11691 - Friday, 20 July 2012

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	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
	The entire set is with fins
2,250	1x{4 x 25 on :30 Kick no board BSLR 10KOW {3 x 150 on 2:10 Kick with flippers {4 x 25 on :30 Kick no board BSLR 12 KOW {3 x 150 on 2:05 Kick with flippers {4 x 25 on :30 Kick no board BSLR 14 KOW {3 x 150 on 2:00 Kick with flippers {6 x 25 on :30 Kick no board BSLR 16KOW {3 x 150 on 1:55 Kick with flippers
1,200	1x{6 x 50 on :40 Pulls-nbbf&w + 2 yds {6 x 50 on :45 Pulls-nbbf&w + 4 yds {6 x 50 on :50 Pulls-nbbf&w + 6 yds {6 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 finishes
2,400	12x{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 Choice for time OTB
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 7,300 Yards - Stress Value = 109

Workout #11692 - Friday, 20 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Teds Abs
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire kick set is with fins
2,050	1x{4 x 25 on :30 Kick no board BSLR 10KOW {3 x 150 on 2:25 Kick with flippers {4 x 25 on :30 Kick no board BSLR 12 KOW {3 x 150 on 2:20 Kick with flippers {4 x 25 on :30 Kick no board BSLR 14 KOW {3 x 150 on 2:15 Kick with flippers {4 x 25 on :30 Kick no board BSLR 16KOW {3 x 100 on 1:25 Kick with flippers
1,050	1x{6 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 finishes
2,200	11x{1 x 100 on 1:25 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on :50 Freestyle
100	1 x 100 on 2:00 Choice OTB
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,650 Yards - Stress Value = 101

Workout #11693 - Friday, 20 July 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	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
	The entire kick set is with fins
1,950	1x{4 x 25 on :30 Kick no board BSLR 10KOW {3 x 150 on 2:35 Kick with flippers {4 x 25 on :30 Kick no board BSLR 12 KOW {3 x 150 on 2:30 Kick with flippers {4 x 25 on :30 Kick no board BSLR 14 KOW {3 x 150 on 2:25 Kick with flippers {4 x 25 on :30 Kick no board BSLR 16KOW {2 x 100 on 1:35 Kick with flippers
950	1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds {5 x 50 on :55 Pulls-nbbf&w + 4 yds {5 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 1:40 Individual Medley {1 x 50 on :45 Freestyle {1 x 50 on :55 Freestyle
100	1 x 100 on 2:00 Choice OTB
400	8 x 50 on 1:00 Stroke Drills
	9:29 AM 6,100 Yards - Stress Value = 92

Workout #11694 - Friday, 20 July 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	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
	The entire kick set is with fins
1,750	1x{4 x 25 on :40 Kick no board BSLR 10KOW {3 x 100 on 1:50 Kick with flippers {4 x 25 on :40 Kick no board BSLR 12 KOW {3 x 100 on 1:45 Kick with flippers {4 x 25 on :40 Kick no board BSLR 14 KOW {3 x 100 on 1:40 Kick with flippers {4 x 25 on :40 Kick no board BSLR 16KOW {3 x 150 on 2:20 Kick with flippers
900	1x{4 x 50 on :55 Pulls-nbbf&w + 2 yds {4 x 50 on 1:00 Pulls-nbbf&w + 4 yds {5 x 50 on 1:05 Pulls-nbbf&w + 6 yds {5 x 50 on 1:10 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
1,600	8x{1 x 100 on 1:55 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:10 Freestyle
100	1 x 100 on 2:00 Choice OTB
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,600 Yards - Stress Value = 85

Workout #11695 - Friday, 20 July 2012

Taper 3 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 on 25:00 DS/Ted's Abs
150	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire set is with fins
1,100	1x{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 2:00 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 16KOW
	{3 x 150 on 1:55 Kick with flippers
600	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
	{3 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 1:15 Individual Medley
	{1 x 50 on :35 Freestyle
	{1 x 50 on :45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	8:41 AM 4,000 Yards - Stress Value = 57

Workout #11696 - Friday, 20 July 2012

Taper 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 on 25:00 DS/Teds Abs
150	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire kick set is with fins
1,000	1x{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 2:15 Kick with flippers
	{6 x 25 on :30 Kick no board BSLR 16KOW
	{3 x 100 on 1:25 Kick with flippers
550	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
	{2 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
1,400	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
	8:43 AM 3,850 Yards - Stress Value = 54

Workout #11701 - Monday, 23 July 2012

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,600	1x{6 x 25 on :30 Kick no board B
	{1 x 100 on 1:15 Kick
	{6 x 25 on :30 Kick no board B
	{2 x 100 on 1:20 Kick
	{6 x 25 on :30 Kick no board B
	{3 x 100 on 1:25 Kick
	{6 x 25 on :30 Kick no board B
	{4 x 100 on 1:35 Kick
1,200	8 x 150 on 1:55 Pulls-no br L.8yds+1

200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4,000	1x{1 x 600 on 7:20 Freestyle
	{2 x 500 on 6:00 Freestyle
	{3 x 400 on 4:45 Freestyle
	{4 x 300 on 3:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 8,000 Yards - Stress Value = 128

Workout #11702 - Monday, 23 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{6 x 25 on :35 Kick no board B
	{1 x 100 on 1:35 Kick
	{6 x 25 on :35 Kick no board B
	{2 x 100 on 1:40 Kick
	{6 x 25 on :35 Kick no board B
	{3 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board B
	{4 x 50 on :55 Kick
1,050	7 x 150 on 2:10 Pulls-no br L.8yds+1
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{1 x 600 on 8:20 Freestyle
	{2 x 500 on 6:50 Freestyle
	{3 x 400 on 5:25 Freestyle
	{3 x 200 on 2:40 Freestyle
	{2 x 100 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	9:31 AM 7,200 Yards - Stress Value = 112

Workout #11703 - Monday, 23 July 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Physio Ball
150	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,290	1x{4 x 25 on :40 Kick no board B
	{1 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board B
	{2 x 100 on 1:55 Kick
	{6 x 40 on :30 Kick no board B
	{3 x 100 on 2:00 Kick
	{6 x 25 on :40 Kick no board B
	{1 x 100 on 2:05 Kick
1,000	8 x 125 on 2:00 Pulls-no br L.8yds+1
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{1 x 600 on 9:20 Freestyle
	{2 x 500 on 7:40 Freestyle
	{3 x 400 on 6:05 Freestyle
	{2 x 150 on 2:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 6,540 Yards - Stress Value = 100

Workout #11704 - Monday, 23 July 2012

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
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 B {1 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board B {2 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board B {3 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board B {1 x 50 on 1:10 Kick
875	7 x 125 on 2:10 Pulls-no br L.8yds+1
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 600 on 10:30 Freestyle {2 x 500 on 8:40 Freestyle {3 x 400 on 6:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
9:31 AM 5,825 Yards - Stress Value = 87	

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Physio Ball
150	1 x 400 on 10:00 Swim-kick-pull-swim
800	10 x 15 on :45 Shooters
1x{4 x 25 on :30 Kick no board B {1 x 100 on 1:15 Kick {4 x 25 on :30 Kick no board B {1 x 100 on 1:20 Kick {4 x 25 on :30 Kick no board B {1 x 100 on 1:25 Kick {4 x 25 on :30 Kick no board B {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	1x{1 x 600 on 7:20 Freestyle {1 x 500 on 6:00 Freestyle {1 x 400 on 4:45 Freestyle {1 x 300 on 3:30 Freestyle {1 x 200 on 2:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
8:33 AM 3,700 Yards - Stress Value = 51	

Workout #11706 - Monday, 23 July 2012

Taper 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
600	1 on 12:00 Dynamic Stretch		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
800	10 x 15 on :45 Shooters	SP3	
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, #1 & #4 OTB	SP1	
500	10 x 50 on 1:00 Kick-ALL OUT 100%	EN2	
800	4x{3 x 50 on 1:10 Stroke {1 x 50 on 1:30 Stroke { Same as above --#3 can be free	SP1	
250	1 x 250 on 4:00 Freestyle	REC	
100	1 x 100 on 2:00 Choice OTB	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:30 PM 3,200 Yards - Stress Value = 138			

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Physio Ball
150	1 x 400 on 10:00 Swim-kick-pull-swim
650	10 x 15 on :45 Shooters
1x{4 x 25 on :35 Kick no board B {1 x 100 on 1:35 Kick {4 x 25 on :35 Kick no board B {1 x 100 on 1:40 Kick {4 x 25 on :35 Kick no board B {1 x 100 on 1:45 Kick {2 x 25 on :35 Kick no board B	
100	2x{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 600 on 8:20 Freestyle {1 x 500 on 6:50 Freestyle {1 x 400 on 5:25 Freestyle {1 x 200 on 2:40 Freestyle
250	1 x 250 on 4:00 Stroke Drills
8:33 AM 3,250 Yards - Stress Value = 42	

Workout #11709 - Monday, 23 July 2012

Group 2 - Taper 2

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
500	1 on 25:00 DS/Physio Balls	
150	1 x 500 on 10:00 Choice	REC
500	10 x 15 on :45 Shooters	SP3
500	10 x 50 on 1:15 Kick #3,6,9 best effort	EN1
1,050	1 on 15:00 Techniques-Relay Starts	
3x{1 x 100 on 2:00 Non Free {1 x 100 on 2:00 Freestyle {1 x 100 on 2:00 Individual Medley {1 x 50 on 2:00 Choice-100%	REC	
200	1 on 10:00 Techniques-Relay Starts	REC
200	1 x 200 on 4:00 Stroke Drills	REC
7:23 PM 2,400 Yards - Stress Value = 26		

Workout #11705 - Monday, 23 July 2012

Taper 3 - Distance

1 minute rest between sets

Workout #11707 - Monday, 23 July 2012

Taper 3 - Silver

1 minute rest between sets

7:00 AM 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
 660 1x{4 x 25 on :40 Kick no board B
 {1 x 100 on 1:50 Kick
 {4 x 25 on :40 Kick no board B
 {1 x 100 on 1:55 Kick
 {4 x 40 on :30 Kick no board B
 {1 x 50 on 1:00 Kick
 {2 x 25 on :40 Kick no board B
 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 600 on 9:20 Freestyle
 {1 x 500 on 7:40 Freestyle
 {1 x 400 on 6:05 Freestyle
 {1 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:33 AM 3,110 Yards - Stress Value = 39

840 2x{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 on back
 1,150 1x{2 x 200 on 2:50 Pulls BTB
 {2 x 175 on 2:30 Pulls BTB
 {2 x 150 on 2:05 Pulls BTB
 {2 x 50 on :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
 2,825 1x{5 x 125 on 2:00 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {5 x 125 on 1:55 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {5 x 125 on 1:50 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {4 x 125 on 1:45 Back alt 25's 10KOW
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,515 Yards - Stress Value = 110

Workout #11712 - Tuesday, 24 July 2012

Group 3 - Silver

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
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 8:00 Kick as far as you can in 8:
 840 2x{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 on back
 1,300 1x{2 x 200 on 2:30 Pulls BTB
 {2 x 175 on 2:10 Pulls BTB
 {2 x 150 on 1:50 Pulls BTB
 {2 x 125 on 1:35 Pulls BTB
 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{5 x 125 on 1:50 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {5 x 125 on 1:45 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {5 x 125 on 1:40 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {5 x 125 on 1:35 Back alt 25's 10KOW
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,990 Yards - Stress Value = 119

7:00 AM 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
 550 1 x 550 on 8:00 Kick as far as you can in 8:
 840 2x{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 on back
 1,050 1x{2 x 200 on 3:15 Pulls BTB
 {2 x 175 on 2:50 Pulls BTB
 {2 x 150 on 2:25 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,525 1x{5 x 125 on 2:15 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {5 x 125 on 2:10 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {5 x 125 on 2:05 Back alt 25's 10KOW
 {2 x 50 on :55 Back-descend
 {2 x 125 on 2:00 Back alt 25's 10KOW
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,115 Yards - Stress Value = 103

Workout #11711 - Tuesday, 24 July 2012

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
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 8:00 Kick as far as you can in 8:

Workout #11713 - Tuesday, 24 July 2012

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 550 1 x 550 on 8:00 Kick as far as you can in 8:
 840 2x{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 on back
 950 1x{2 x 200 on 3:30 Pulls BTB
 {2 x 150 on 2:35 Pulls BTB
 {2 x 100 on 1:45 Pulls BTB
 {1 x 50 on :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
 2,000 1x{4 x 100 on 2:15 Back alt 25's 10KOW
 {3 x 50 on 1:10 Back-descend
 {4 x 100 on 2:10 Back alt 25's 10KOW
 {3 x 50 on 1:10 Back-descend
 {5 x 100 on 2:05 Back alt 25's 10KOW
 {2 x 50 on 1:00 Back-descend
 {3 x 100 on 2:00 Back alt 25's 10KOW
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,440 Yards - Stress Value = 92

Workout #11716 - Tuesday, 24 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 750 3x{1 x 150 on 2:30 2:00 swim/:30 to get to a wa
 {4 x 25 on :45 IM order-100% Effort
 400 8 x 50 on 2:00 12.5 Tombstone kicking, 25
 sprint kick w/ super fast turn, 12.5 easy
 150 6 x 25 on 1:30 Bacwards freestyle
 1,300 2x{1 x 100 on 3:00 25 Kick 75 Free
 {1 x 100 on 3:00 25free 25 kick 50free
 {1 x 100 on 3:00 50free 25kick 25free
 {1 x 100 on 3:00 75free 25kick
 {1 x 250 on 4:30 Stroke Drills
 6:30 PM 2,600 Yards - Stress Value = 120

Workout #11717 - Tuesday, 24 July 2012

Group 2 - All

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 25:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 300 3 x 100 on 3:00 Kick w/ or w/out board EN1
 400 8 x 50 on 1:30 Down Drill Back Build EN1
 1-4 Free 5-8 non free
 300 3 x 100 on 2:00 Descend EN2
 50 2 x 25 on 2:00 OTB walk backs SP2
 100 1 x 100 on 3:00 EZ swim REC
 100 1 x 100 on 3:00 Choice SP2

250 1 x 250 on 5:00 Stroke Drills REC
 1 on 15:00 Techniques-starts or relay start
 7:18 PM 2,150 Yards - Stress Value = 34

Workout #11714 - Tuesday, 24 July 2012

Taper 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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 6:00 Kick as far as you can in 6:
 650 1x{1 x 200 on 2:30 Pulls BTB
 {1 x 175 on 2:10 Pulls BTB
 {1 x 150 on 1:50 Pulls BTB
 {1 x 125 on 1:35 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{2 x 125 on 1:50 Back alt 25's 10KOW
 {3 x 50 on :45 Back-descend
 {2 x 125 on 1:45 Back alt 25's 10KOW
 {3 x 50 on :45 Back-descend
 {2 x 125 on 1:40 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 200 {2 x 125 on 1:35 Back alt 25's 10KOW
 1 x 200 on 3:00 Stroke Drills
 8:32 AM 3,500 Yards - Stress Value = 59

Workout #11715 - Tuesday, 24 July 2012

Taper 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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 6:00 Kick as far as you can in 6:
 625 1x{1 x 200 on 2:50 Pulls BTB
 {1 x 175 on 2:30 Pulls BTB
 {1 x 150 on 2:05 Pulls BTB
 {1 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
 1,400 1x{2 x 125 on 2:00 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {2 x 125 on 1:55 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {2 x 125 on 1:50 Back alt 25's 10KOW
 {2 x 50 on :50 Back-descend
 {2 x 125 on 1:45 Back alt 25's 10KOW
 200 1 x 200 on 3:00 Stroke Drills
 8:32 AM 3,375 Yards - Stress Value = 57

Workout #11718 - Wednesday, 25 July 2012

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/ 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	1x{5 x 200 on 3:00 Individual Medley
	{4 x 200 on 2:55 Individual Medley
	{3 x 200 on 2:50 Individual Medley
	{2 x 200 on 2:45 Individual Medley
	{1 x 200 on 2:40 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
9:30 AM	7,150 Yards - Stress Value = 114

Workout #11719 - Wednesday, 25 July 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/ 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
2,800	1x{5 x 200 on 3:15 Individual Medley
	{4 x 200 on 3:10 Individual Medley
	{3 x 200 on 3:05 Individual Medley
	{2 x 200 on 3:00 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	6,550 Yards - Stress Value = 112

Workout #11720 - Wednesday, 25 July 2012

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS/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{5 x 200 on 3:35 Individual Medley
	{4 x 200 on 3:30 Individual Medley
	{3 x 200 on 3:20 Individual Medley
	{1 x 100 on 1:35 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
9:30 AM	5,900 Yards - Stress Value = 100

Workout #11721 - Wednesday, 25 July 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Abs
150	1 x 500 on 10:00 Reverse IM drill
1,200	10 x 15 on :45 Shooters
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{5 x 200 on 4:00 Individual Medley
	{4 x 200 on 3:55 Individual Medley
	{2 x 200 on 3:50 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
9:30 AM	5,400 Yards - Stress Value = 90

Workout #11722 - Wednesday, 25 July 2012

Taper 3 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/ Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	1x{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
	{2 x 25 on :30 Kick no board BS
600	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds
	{1 x 200 on 2:35 Pulls-nbbf&w + 2 yds
	{1 x 200 on 2:30 Pulls-nbbf&w + 2 yds
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 3:00 Individual Medley
	{1 x 200 on 2:55 Individual Medley
	{1 x 200 on 2:50 Individual Medley
	{2 x 200 on 2:45 Individual Medley
	{2 x 200 on 2:40 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:38 AM 3,700 Yards - Stress Value = 60

Workout #11723 - Wednesday, 25 July 2012

Taper 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/ Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
700	1x{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 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:40 Kick
450	1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:20 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 3:15 Individual Medley
	{1 x 200 on 3:10 Individual Medley
	{2 x 200 on 3:05 Individual Medley
	{2 x 200 on 3:00 Individual Medley
	{1 x 100 on 1:25 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:37 AM 3,350 Yards - Stress Value = 55

Workout #11724 - Wednesday, 25 July 2012

Taper 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	1x{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 150 on 3:00 Kick

	{2 x 25 on :35 Kick no board BS
500	1x{1 x 200 on 3:10 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:20 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:15 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
1,100	1x{1 x 200 on 3:35 Individual Medley
	{1 x 200 on 3:30 Individual Medley
	{1 x 200 on 3:20 Individual Medley
	{2 x 200 on 3:15 Individual Medley
	{1 x 100 on 1:35 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:37 AM 3,100 Yards - Stress Value = 50

Workout #11725 - Wednesday, 25 July 2012

Taper 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
550	1x{1 x 200 on 4:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{4 x 25 on :45 Kick no board BSLR
450	1x{1 x 200 on 3:30 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:35 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:40 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{1 x 200 on 4:00 Individual Medley
	{1 x 200 on 3:55 Individual Medley
	{1 x 200 on 3:50 Individual Medley
	{2 x 200 on 3:45 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:38 AM 2,900 Yards - Stress Value = 46

Workout #11726 - Monday, 30 July 2012

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EC
7:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
800	1x{2 x 50 on 1:30 Kick no board BS	EM
	{1 x 100 on 2:00 Kick	EM
	{1 x 100 on 1:55 Kick	EM
	{1 x 100 on 1:50 Kick	EM
	{2 x 50 on 1:30 Kick no board LR	EM
	{1 x 100 on 2:00 Kick	EM
	{1 x 100 on 1:55 Kick	EM
	{1 x 100 on 1:50 Kick	EM
600	1x{2 x 100 on 1:40 Pulls-no br L.10 yds	EM
	{2 x 100 on 1:40 Pulls-no br L.12 yds	EM
	{2 x 100 on 1:40 Pulls-no br L.14 yds	EM
200	2x{1 x 50 on 1:30 Sculling drills	EM
	{1 x 50 on 1:15 25 ez 25 fast grt finishes	EM
1,800	12 x 150 on 2:15 Freestyle-descend in 3's	EM
200	1 x 200 on 4:00 Stroke Drills	RF
	8:54 AM 4,150 Meters - Stress Value = 71	

Workout #11727 - Monday, 30 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

4:00 PM Start
Meters Set Description
=====

1 on 10:00 Dynamic Stretch
400 1 x 400 on 7:00 Underwater trn drill
150 10 x 15 on :45 Shooters
750 15 x 50 on 1:00 Kick-descend in 3's
150 1 x 150 on 3:00 Freestyle-From a push for time
750 10 x 75 on 2:00 Freestyle
500 10 x 50 on 1:00 Stroke Drills
5:18 PM 2,700 Meters - Stress Value = 107

150 10 x 15 on :45 Shooters SP3
1,000 5x{1 x 50 on 1:15 12.5 fast 37.5 ez SP2
{1 x 50 on 1:15 25 fast 25 ez SP2
{1 x 50 on 1:15 37.5 fast 25 ez SP2
{1 x 50 on 1:15 All fast SP2
225 1 x 225 on 4:00 Freestyle REC
400 8x{1 x 25 on 1:30 10 seconds vertical kick SP2
{1 x 25 on 1:30 Sculling Drill REC
300 6 x 50 on 1:00 Stroke Drill REC
5:30 PM 2,475 Meters - Stress Value = 141

Workout #11731 - Tuesday, 31 July 2012

Group 2 - Back

1 minute rest between sets

Workout #11728 - Monday, 30 July 2012

Group 2 - Freestylers

1 minute rest between sets

4:00 PM Start
Meters Set Description EGY WORK S
=====

1 on 10:00 Dyamic Stretch L I
400 1 x 400 on 10:00 Swim-kick-pull-swim REC S
150 10 x 15 on :45 Shooters SP3 S C
750 15 x 50 on 1:00 Kick-descend in 3s EN2 K C
1,800 12 x 150 on 2:30 Free-descend in 3's EN2 S
500 10 x 50 on 1:00 Stroke Drills REC D
5:27 PM 3,600 Meters - Stress Value = 64

4:00 PM Start
Meters Set Description EGY
=====

1 on 10:00 Dynamic Stretch
400 1 x 400 on 8:00 Underwater trn drill REC
150 10 x 15 on :45 Shooters SP3
550 1x{4 x 25 on :45 Kick no board B EN2
{1 x 150 on 3:00 Kick streamline on back EN2
{4 x 25 on :45 Kick no board B EN2
{2 x 100 on 2:00 Kick streamline on back EN2
400 1x{1 x 100 on 1:40 Pulls EN1
{1 x 100 on 1:35 Pulls EN1
{1 x 100 on 1:30 Pulls EN1
{1 x 100 on 1:25 Pulls EN1
Odds BTB, evens BTS
100 4 x 25 on :45 Backstroke Drills REC
1,200 1x{2 x 125 on 2:00 Backstroke EN2
{2 x 50 on 1:00 Back 4+1 EN2
{2 x 125 on 1:55 Backstroke EN2
{3 x 50 on 1:00 Back 5+1 EN2
{2 x 125 on 1:50 Backstroke EN2
{4 x 50 on 1:00 Back 6+1 EN2
200 1 x 200 on 4:00 Stroke Drills REC
5:20 PM 3,000 Meters - Stress Value = 49

Workout #11729 - Tuesday, 31 July 2012

Group 3 - Breast

1 minute rest between sets

7:15 AM Start
Meters Set Description
=====

1 on 10:00 Dynamic Stretch
400 1 x 400 on 10:00 Choice
150 10 x 15 on :45 Shooters
750 1x{1 x 100 on 2:00 Kick
{1 x 150 on 2:45 Kick
{1 x 100 on 1:50 Kick
{1 x 150 on 2:45 Kick
{1 x 100 on 1:40 Kick
{1 x 150 on 2:45 Kick
500 1x{1 x 100 on 1:50 Lungbuster pulls
{1 x 100 on 1:45 Lungbuster pulls
{1 x 100 on 1:40 Lungbuster pulls
{1 x 100 on 1:35 Lungbuster pulls
{1 x 100 on 1:30 Lungbuster pulls
Breathe 3-5-7 continuous
200 2x{1 x 50 on 1:30 Sculling drills
{1 x 50 on 1:15 12.5 ez 12.5 fast grt finishe
1,500 1x{2 x 200 on 3:30 Breaststroke
{4 x 50 on 1:15 25 breast w/free kick 25 easy
{2 x 150 on 2:35 Breaststroke
{4 x 50 on 1:15 25 breast w/free kick 25 easy
{2 x 100 on 1:40 Breaststroke
{4 x 50 on 1:15 25 breast w/free kick 25 easy
200 1 x 200 on 4:00 Stroke Drills
8:53 AM 3,700 Meters - Stress Value = 63

Workout #11732 - Wednesday, 01 August 2012

Group 3 - Fly

1 minute rest between sets

7:15 AM Start
Yards Set Description
=====

1 on 10:00 Dynamic Stretch
400 1 x 400 on 8:00 Free L.25 of each 100 Non Fr
150 10 x 15 on :45 Shooters
800 1x{1 x 200 on 3:45 Butterfly
{1 x 200 on 3:40 Butterfly
{1 x 200 on 3:35 Butterfly
{1 x 200 on 3:30 Butterfly
800 1 x 800 on 16:00 IM Kick
200 4 x 50 on 1:00 #1 2bk, #2 4bk, #3 6bk, #4 2k
800 1x{1 x 200 on 3:40 Butterfly
{1 x 200 on 3:35 Butterfly
{1 x 200 on 3:30 Butterfly
{1 x 200 on 3:25 Butterfly
500 10 x 50 on 1:00 Pulls-nbbf&w + 2 yds
200 1 x 200 on 4:00 Stroke Drills
8:52 AM 3,850 Yards - Stress Value = 66

Workout #11730 - Tuesday, 31 July 2012

Group 3 - Speed Acquisition

1 minute rest between sets

4:00 PM Start
Meters Set Description EGY
=====

1 on 10:00 Dynamic Stretch
400 1 x 400 on 8:00 Choice REC

Workout #11733 - Wednesday, 01 August 2012

Group 2 - Breast

1 minute rest between sets

7:15 AM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
150	1 x 400 on 8:00 Free L.25 of each 100 Non Fr
700	10 x 15 on :45 Shooters
800	1x{1 x 200 on 4:00 Breaststroke
200	{2 x 150 on 2:55 Breaststroke
700	{4 x 50 on 1:00 Breaststroke-descend
800	1 x 800 on 16:00 IM Kick
200	4 x 50 on 1:00 #1 2bk, #2 4bk, #3 6bk, #4 2k
700	1x{1 x 200 on 3:55 Breaststroke
300	{2 x 150 on 2:50 Breaststroke
	{4 x 50 on :55 Breaststroke-descend
	1 x 300 on 5:00 Stroke Drills

8:40 AM 3,250 Yards - Stress Value = 52

Yards	Set Description
400	1 on 10:00 Dyamic Stretch
150	1 x 400 on 8:00 Reverse IM drill
850	10 x 15 on :45 Shooters
400	1x{3 x 50 on 1:00 Kick-descend
400	{1 x 200 on 3:00 Kick
400	{3 x 50 on 1:00 Kick-descend
400	{1 x 200 on 2:55 Kick
400	{3 x 50 on 1:00 Kick-descend
100	1x{1 x 100 on 1:15 Pulls-nbbf&w + 2 yds
1,800	{1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
100	{1 x 100 on 1:25 Pulls-nbbf&w + 2 yds
100	{1 x 100 on 1:30 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
1,800	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	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
250	1 x 250 on 4:00 Stroke Drills

8:24 AM 3,950 Yards - Stress Value = 67

Workout #11734 - Thursday, 02 August 2012

Group 3 - Back

1 minute rest between sets

7:30 AM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
150	1 x 400 on 8:00 Choice
500	10 x 15 on :45 Shooters
600	1 x 500 on 7:00 Kick as far as you can in 7:
	12 x 50 on :45 Pulls-descend in 3's
	Odd sets breathe toward bleachers
	even sets breathe toward scoreboard
100	2x{1 x 25 on :50 Sculling drills
1,500	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{4 x 25 on :30 Back -6 kick switch
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW
	{1 x 200 on 2:30 Backstroke
	{4 x 25 on :30 Back-6 kick switch
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW
	{1 x 200 on 2:25 Backstroke
	{4 x 25 on :30 Back-6 kick switch
	{4 x 50 on :45 Back-descend 3/5/7/9 KOW
	{1 x 200 on 2:20 Backstroke
250	1 x 250 on 4:00 Stroke Drills

8:48 AM 3,500 Yards - Stress Value = 56

Workout #11737 - Monday, 06 August 2012

Group 3 - Distance

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
150	1 x 400 on 10:00 Swim-kick-pull-swim
900	10 x 15 on :45 Shooters
600	1x{4 x 25 on :30 Kick no board BSLR-10
	{3 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-11
	{3 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-12
600	1x{ No breath last 12 yards of each 100
	{1 x 300 on 4:00 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 100 on 1:20 Pulls
100	2x{1 x 25 on :50 Sculling drills
1,800	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 400 on 4:40 Freestyle
	{4 x 100 on 1:25 Free-hold 1:05
	{1 x 300 on 3:30 Freestyle
	{3 x 100 on 1:20 Free-hold 1:04
	{1 x 200 on 2:20 Freestyle
	{2 x 100 on 1:15 Free-hold 1:03
200	1 x 200 on 1:00 Stroke Drills

8:25 AM 4,150 Yards - Stress Value = 67

Workout #11735 - Thursday, 02 August 2012

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Meters	Set Description	EGY	WORK
	1 on 10:00 Dyamic Stretch		L
500	1 x 500 on 8:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
400	4 x 100 on 2:00 Kick	EN2	K
500	10 x 50 on 1:00 Down Drill back build	EN1	S
	Odds free evens stroke		
500	5 x 100 on 1:45 #1 and #5 closed fist	EN1	S
	#3, #4, #5 descend		
200	8 x 25 on 1:00 Odds OTB, evens ez	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D

6:12 PM 2,500 Meters - Stress Value = 32

Workout #11736 - Friday, 03 August 2012

Group 3 - IM's

1 minute rest between sets

7:00 AM Start

Workout #11738 - Monday, 06 August 2012

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
	5:00 PM Start		
1	on 10:00 Dyamic Stretch		L
500	1 x 500 on 8:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
400	4 x 100 on 2:00 Kick	EN2	K
500	10 x 50 on 1:00 Down Drill back build	EN1	S
	Odds free evens stroke		
500	5 x 100 on 1:45 #1 and #5 closed fist	EN1	S
	#3, #4, #5 descend		
200	8 x 25 on 1:00 Odds OTB, evens ez	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	6:12 PM 2,500 Meters - Stress Value = 32		

Workout #11739 - Tuesday, 07 August 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
	7:30 AM Start
1	on 10:00 Dynamic Stretch
400	1 x 400 on 8:00 Choice
150	10 x 15 on :45 Shooters
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
	{2 x 100 on 2:00 Kick-all under 1:45
	{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 1:55 Kick-all under 1:45
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 125 on 2:05 Breaststroke
	{2 x 50 on 1:00 Breast drill
	{2 x 125 on 2:05 Breaststroke
	{2 x 50 on 1:00 Breast drill
	{3 x 125 on 2:05 Breaststroke
	{2 x 50 on 1:00 Breast drill
	{4 x 125 on 2:05 Breaststroke-descend
200	1 x 200 on 3:00 Stroke Drills
	8:48 AM 3,000 Yards - Stress Value = 31

Workout #11740 - Tuesday, 04 September 2012

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
	4:00 PM Start
1	on 30:00 DS/Core/Spotlight
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 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
1,000	1x{8 x 50 on :50 Freestyle
	{6 x 50 on :45 Freestyle
	{4 x 50 on :40 Freestyle

{2 x 50 on :35 Freestyle

Odds breathe on 3-5, evens 4 strokes off wa

250 1 x 250 on 5:00 Stroke Drills

5:30 PM 2,700 Yards - Stress Value = 28

Workout #11741 - Tuesday, 04 September 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	4:00 PM Start
1	on 30:00 DS/Core/Spotlight
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 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
900	1x{6 x 50 on :55 Freestyle
	{6 x 50 on :50 Freestyle
	{4 x 50 on :45 Freestyle
	{2 x 50 on :40 Freestyle
	Odds breathe on 3-5, evens 4 strokes off wa
250	1 x 250 on 5:00 Stroke Drills
	5:30 PM 2,550 Yards - Stress Value = 26

Workout #11742 - Tuesday, 04 September 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	4:00 PM Start
1	on 30:00 DS/Core/Spotlight
350	1 x 350 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 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{6 x 50 on 1:00 Freestyle
	{4 x 50 on :55 Freestyle
	{4 x 50 on :50 Freestyle
	{2 x 50 on :45 Freestyle
	Odds breathe on 3-5, evens 4 strokes off wa
250	1 x 250 on 5:00 Stroke Drills
	5:30 PM 2,350 Yards - Stress Value = 25

Workout #11743 - Tuesday, 04 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 PM Start

Yards	Set Description
300	1 on 30:00 DS/Core/Spotlight
150	1 x 300 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:30 Kick
	{1 x 100 on 2:25 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 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
750	1x{3 x 50 on 1:05 Freestyle
	{6 x 50 on 1:00 Freestyle
	{4 x 50 on :55 Freestyle
	{2 x 50 on :50 Freestyle
	Odds breathe on 3-5, evens 4 strokes off wa
250	1 x 250 on 5:00 Stroke Drills
	5:30 PM 2,200 Yards - Stress Value = 24

Workout #11744 - Tuesday, 04 September 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
400	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	2x{1 x 150 on 3:30 Social Kick	REC	
	{4 x 25 on :45 Sprint Kick	EN2	
800	4 x 200 on 3:30 3:00 swims :30 rest	EN1	
	1 on 9:00 Techniques-Starts		
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:00 PM 2,050 Yards - Stress Value = 18		

Workout #11745 - Wednesday, 05 September 2012

Group 3 - Back

1 minute rest between sets

4:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Stomach/Spotlight
150	1 x 400 on 7:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick-fly
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick-brst
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick-free
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{2 x 150 on 2:25 Backstroke
	{2 x 125 on 2:00 Backstroke
	{2 x 100 on 1:35 Backstroke
	{2 x 75 on 1:10 Backstroke
	{2 x 50 on :45 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:30 PM 2,600 Yards - Stress Value = 25

Workout #11746 - Wednesday, 05 September 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Stomach/Spotlight
150	1 x 400 on 7:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:05 Kick-fly
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:05 Kick-brst
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick-free
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 150 on 2:40 Backstroke
	{2 x 125 on 2:10 Backstroke
	{2 x 100 on 1:40 Backstroke
	{2 x 75 on 1:10 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:30 PM 2,450 Yards - Stress Value = 23

Workout #11747 - Wednesday, 05 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start

Yards	Set Description
350	1 on 30:00 DS/Stomach/Spotlight
150	1 x 350 on 7:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:10 Kick-fly
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:10 Kick-brst
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:10 Kick-free
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{2 x 150 on 2:55 Backstroke
	{2 x 125 on 2:25 Backstroke
	{2 x 100 on 1:55 Backstroke
	{1 x 50 on :55 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:30 PM 2,250 Yards - Stress Value = 20

Workout #11748 - Wednesday, 05 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 PM Start

Yards	Set Description
350	1 on 30:00 DS/Stomach/Spotlight
150	1 x 350 on 7:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:15 Kick-fly
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:15 Kick-brst
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:15 Kick-free
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{2 x 150 on 3:15 Backstroke
	{2 x 125 on 2:40 Backstroke
	{2 x 100 on 2:05 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:30 PM 2,200 Yards - Stress Value = 20

Workout #11746 - Wednesday, 05 September 2012

Group 3 - Gold

1 minute rest between sets

Workout #11749 - Wednesday, 05 September 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Stomach/Tm Mtg
 500 1 x 500 on 10:00 Free L.25 of each 100 non F
 150 10 x 15 on :45 Shooters
 300 12 x 25 on :45 Kick no board BSLR
 600 6x{1 x 50 on 1:10 Backstroke +1KOW
 {1 x 50 on 1:10 Backstroke pull
 { Concentrate on great strokes!
 1 on 10:00 Backstroke Start Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,800 Yards - Stress Value = 18

Workout #11750 - Thursday, 06 September 2012

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 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
 750 1 x 750 on 12:00 Breaststroke
 Alt 50 reg/50 fly kick/50 4 sec glide/
 50 2K1P/50 build
 1 on 10:00 Game
 5:00 PM 2,200 Yards - Stress Value = 26

Workout #11751 - Thursday, 06 September 2012

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 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
 700 1 x 700 on 12:00 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 #11752 - Thursday, 06 September 2012

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 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
 650 1 x 650 on 12:00 Breaststroke
 Alt 50 reg/50 fly kick/50 4 sec glide/
 50 2K1P/50 build
 1 on 10:00 Game
 5:00 PM 1,900 Yards - Stress Value = 22

Workout #11753 - Thursday, 06 September 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 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
 600 1 x 600 on 12:00 Breaststroke
 Alt 50 reg/50 fly kick/50 4 sec glide/
 50 2K1P/50 build
 1 on 10:00 Game
 5:00 PM 1,850 Yards - Stress Value = 22

Workout #11754 - Thursday, 06 September 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg L I
 400 1 x 400 on 8:00 Underwater trn drill REC D C
 Odd 100's free even 100's back
 200 8 x 25 on :45 Breaststroke REC S
 Teaching Pts.=head still/wave action/shoulder
 1 on 9:00 Breast Drill-Body Poistion REC D
 1 on 9:00 Breast Kick Drill REC D
 1 on 9:00 Breast Recovery Drill REC D
 600 6 x 100 on 2:00 Breaststroke EN1 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 7:00 PM 1,450 Yards - Stress Value = 6

Workout #11755 - Tuesday, 11 September 2012

Group 3 - Freestylers

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:35 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 200 on 3:00 Freestyle
 {4 x 25 on :30 Free br on 5
 {1 x 200 on 2:50 Freestyle
 {4 x 25 on :30 Free br on 6
 {1 x 200 on 2:40 Freestyle
 {4 x 25 on :30 Free br on 7
 {1 x 200 on 2:30 Freestyle
 {4 x 25 on :30 Free br on 8
 {1 x 200 on 2:20 Freestyle
 {4 x 25 on :30 Free br on 9
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 3,650 Yards - Stress Value = 43

Workout #11756 - Tuesday, 11 September 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on 1:05 Kick
 {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
 1,450 1x{1 x 200 on 3:15 Freestyle
 {4 x 25 on :30 Free br on 5
 {1 x 200 on 3:05 Freestyle
 {4 x 25 on :30 Free br on 6
 {1 x 200 on 2:55 Freestyle
 {4 x 25 on :30 Free br on 7
 {1 x 200 on 2:45 Freestyle
 {4 x 25 on :30 Free br on 8
 {1 x 150 on 2:00 Freestyle
 {4 x 25 on :30 Free br on 9
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 3,500 Yards - Stress Value = 40

Workout #11757 - Tuesday, 11 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 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
 1,200 1x{1 x 200 on 3:30 Freestyle
 {4 x 25 on :40 Free br on 5
 {1 x 200 on 3:20 Freestyle
 {4 x 25 on :40 Free br on 6
 {1 x 200 on 3:10 Freestyle
 {4 x 25 on :40 Free br on 7
 {1 x 200 on 3:00 Freestyle
 {4 x 25 on :40 Free br on 8
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 3,150 Yards - Stress Value = 34

Workout #11758 - Tuesday, 11 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 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
 750 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:30 Kick
 {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
 1,100 1x{1 x 200 on 4:00 Freestyle
 {4 x 25 on :45 Free br on 5
 {1 x 200 on 3:50 Freestyle
 {4 x 25 on :45 Free br on 6
 {1 x 200 on 3:40 Freestyle
 {4 x 25 on :45 Free br on 7
 {1 x 200 on 3:30 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 2,900 Yards - Stress Value = 31

Workout #11759 - Tuesday, 11 September 2012

Group 2 - Distance

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	V
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	12 x 50 on 1:00 Kick-odds fast	EN2	
200	1 x 200 on 5:00 Free Stroke Drills	REC	
1,200	1x{6 x 25 on :30 Freestyle	EN1	
	{6 x 25 on :30 Free-6bk	EN1	
	{6 x 25 on :30 Free-descend in 3's	EN2	
	{6 x 25 on :30 Free-3KOW+1	EN2	
	{6 x 25 on :30 Free br 2+1 up to 7	EN2	
	{6 x 25 on :30 Free half easy half fast	EN2	
	{6 x 25 on :30 Free br on weak side	EN2	
	{6 x 25 on :30 Free-all100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:00 PM 2,750 Yards - Stress Value = 40

Workout #11760 - Tuesday, 11 September 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	V
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	10 x 50 on 1:10 Kick-odds fast	EN2	
200	1 x 200 on 5:00 Free Stroke Drills	REC	
1,200	1x{6 x 25 on :30 Freestyle	EN1	
	{6 x 25 on :30 Free-6bk	EN1	
	{6 x 25 on :30 Free-descend in 3's	EN2	
	{6 x 25 on :30 Free-3KOW+1	EN2	
	{6 x 25 on :30 Free br 2+1 up to 7	EN2	
	{6 x 25 on :30 Free half easy half fast	EN2	
	{6 x 25 on :30 Free br on weak side	EN2	
	{6 x 25 on :30 Free-all100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:00 PM 2,650 Yards - Stress Value = 38

Workout #11761 - Tuesday, 11 September 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	V
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
450	9 x 50 on 1:20 Kick-odds fast	EN2	
200	1 x 200 on 5:00 Free Stroke Drills	REC	
1,200	1x{6 x 25 on :30 Freestyle	EN1	
	{6 x 25 on :30 Free-6bk	EN1	
	{6 x 25 on :30 Free-descend in 3's	EN2	
	{6 x 25 on :30 Free-3KOW+1	EN2	
	{6 x 25 on :30 Free br 2+1 up to 7	EN2	
	{6 x 25 on :30 Free half easy half fast	EN2	
	{6 x 25 on :30 Free br on weak side	EN2	
	{6 x 25 on :30 Free-all100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:00 PM 2,600 Yards - Stress Value = 37

Workout #11762 - Tuesday, 11 September 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	V
400	1 on 25:00 DS/Core/Tm Mtg		
150	1 x 400 on 8:00 Underwater trn drill	REC	
400	10 x 15 on :45 Shooters	SP3	
200	8 x 50 on 1:30 Kick-odds fast	EN2	
800	1 x 200 on 5:00 Free Stroke Drills	REC	
	1x{4 x 25 on :45 Free	EN1	
	{4 x 25 on :45 Free-6bk	EN1	
	{4 x 25 on :45 Free-descend in 3's	EN2	
	{4 x 25 on :45 Free-3KOW+1	EN2	
	{4 x 25 on :45 Free br 2+1 up to 7	EN2	
	{4 x 25 on :45 Free half easy half fast	EN2	
	{4 x 25 on :45 Free br on weak side	EN2	
	{4 x 25 on :45 Free-all100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:00 PM 2,150 Yards - Stress Value = 28

Workout #11763 - Wednesday, 12 September 2012

Group 3 - Breast

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	V
600	1 on 30:00 DS/Abs/Spotlight		
150	1 x 600 on 10:00 Free L.25 of each 100 non f		
950	1x{8 x 25 on :40 Kick no board BSLR x 2		
	{2 x 75 on 1:25 Kick		
	{6 x 25 on :40 Kick no board BSLRBS		
	{2 x 75 on 1:20 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{2 x 75 on 1:15 Kick		
	{2 x 25 on :40 Kick no board LR		
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{4 x 50 on 1:00 Breast Pull		
	{2 x 75 on 1:10 Breast 2X pullouts		
	{4 x 50 on :55 Breast Pulls		
	{2 x 75 on 1:15 Breast 2X pullouts		
	{4 x 50 on :50 Breast Pulls		
	{2 x 75 on 1:20 Breast 2X Pullouts		
	{4 x 50 on :45 Breast Pulls		
	{2 x 75 on 1:25 Breast 2X Pullouts		
200	1 x 200 on 3:00 Stroke Drills		

5:46 PM 3,400 Yards - Stress Value = 47

Workout #11764 - Wednesday, 12 September 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 900 1x{8 x 25 on :40 Kick no board BSLR x 2
 {2 x 75 on 1:35 Kick
 {6 x 25 on :40 Kick no board BSLRBS
 {2 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 50 on :55 Kick
 {2 x 25 on :40 Kick no board LR
 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 50 on 1:10 Breast Pull
 {2 x 75 on 1:15 Breast 2X pullouts
 {4 x 50 on 1:05 Breast Pulls
 {2 x 75 on 1:20 Breast 2X pullouts
 {3 x 50 on 1:00 Breast Pulls
 {2 x 75 on 1:25 Breast 2X Pullouts
 {2 x 50 on :55 Breast Pulls
 {2 x 75 on 1:30 Breast 2X Pullouts
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 3,200 Yards - Stress Value = 43

Workout #11765 - Wednesday, 12 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 900 1x{8 x 25 on :40 Kick no board BSLR x 2
 {2 x 75 on 1:40 Kick
 {6 x 25 on :40 Kick no board BSLRBS
 {2 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:00 Kick
 {2 x 25 on :40 Kick no board LR
 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 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
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 3,050 Yards - Stress Value = 42

Workout #11766 - Wednesday, 12 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 800 1x{8 x 25 on :45 Kick no board BSLR x 2
 {2 x 75 on 1:45 Kick
 {6 x 25 on :45 Kick no board BSLRBS
 {2 x 50 on 1:10 Kick

{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {2 x 25 on :45 Kick no board LR
 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 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
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 2,750 Yards - Stress Value = 39

Workout #11767 - Wednesday, 12 September 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 25:00 DS/Abs/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 750 1x{1 x 250 on 5:00 Kick EN2
 {1 x 200 on 4:00 Kick EN2
 {1 x 150 on 3:00 Kick EN2
 {1 x 100 on 2:00 Kick EN2
 {1 x 50 on 1:00 Kick EN2
 100 1 x 100 on 3:00 Kick for time EN2
 350 1x{2 x 25 on 1:00 Breast Drills EN2
 {2 x 25 on :30 Breaststroke EN2
 {2 x 25 on 1:00 Breast Drills EN2
 {2 x 25 on :30 Breaststroke EN2
 {2 x 25 on 1:00 Breast Drills EN2
 {2 x 25 on :30 Breaststroke EN2
 {2 x 25 on 1:00 Breast Drills EN2
 250 5 x 50 on 2:00 Breaststroke SP1
 200 1 x 200 on 3:00 Stroke Drills REC
 7:01 PM 2,300 Yards - Stress Value = 50

Workout #11768 - Wednesday, 12 September 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs/Tm Mtg
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 650 1x{1 x 250 on 5:40 Kick
 {1 x 200 on 4:30 Kick
 {1 x 150 on 3:20 Kick
 {1 x 50 on 1:05 Kick
 100 1 x 100 on 3:00 Kick for time
 350 1x{2 x 25 on 1:00 Breast Drills
 {2 x 25 on :30 Breaststroke
 {2 x 25 on 1:00 Breast Drills
 {2 x 25 on :30 Breaststroke
 {2 x 25 on 1:00 Breast Drills
 {2 x 25 on :30 Breaststroke
 250 5 x 50 on 2:00 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 7:01 PM 2,200 Yards - Stress Value = 48

Workout #11769 - Wednesday, 12 September 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Abs/Tm Mtg
450	1 x 450 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
600	1x{1 x 250 on 6:10 Kick
	{1 x 200 on 5:00 Kick
	{1 x 150 on 3:45 Kick
100	1 x 100 on 3:00 Kick for time
350	1x{2 x 25 on 1:00 Breast Drills
	{2 x 25 on :30 Breaststroke
	{2 x 25 on 1:00 Breast Drills
	{2 x 25 on :30 Breaststroke
	{2 x 25 on 1:00 Breast Drills
	{2 x 25 on :30 Breaststroke
	{2 x 25 on 1:00 Breast Drills
250	5 x 50 on 2:00 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
7:01 PM	2,100 Yards - Stress Value = 47

Workout #11770 - Wednesday, 12 September 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Abs/Tm Mtg
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
500	1x{1 x 250 on 6:50 Kick
	{1 x 150 on 4:10 Kick
	{1 x 100 on 2:45 Kick
100	1 x 100 on 3:00 Kick for time
350	1x{2 x 25 on 1:00 Breast Drills
	{2 x 25 on :30 Breaststroke
	{2 x 25 on 1:00 Breast Drills
	{2 x 25 on :30 Breaststroke
	{2 x 25 on 1:00 Breast Drills
	{2 x 25 on :30 Breaststroke
	{2 x 25 on 1:00 Breast Drills
250	5 x 50 on 2:00 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
7:00 PM	1,950 Yards - Stress Value = 45

Workout #11771 - Thursday, 13 September 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	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
1,200	1x{2 x 100 on 1:30 Kick
	{4 x 25 on :45 Sprint Kick
	{2 x 100 on 1:35 Kick
	{4 x 25 on :45 Sprint Kick
	{2 x 100 on 1:40 Kick
	{4 x 25 on :45 Sprint Kick
	{2 x 100 on 1:45 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
1,350	1x{6 x 75 on 1:10 Back mid 25 closed fist
	{6 x 75 on 1:05 Back-mid 25 10 KOW

{6 x 75 on 1:00 Back-GREAT EFFORT
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 3,650 Yards - Stress Value = 57

Workout #11772 - Thursday, 13 September 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	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
1,100	1x{2 x 100 on 1:45 Kick
	{4 x 25 on :45 Sprint Kick
	{2 x 100 on 1:50 Kick
	{4 x 25 on :45 Sprint Kick
	{2 x 100 on 1:55 Kick
	{4 x 25 on :45 Sprint Kick
	{1 x 100 on 2:00 Kick
	{4 x 25 on :45 Sprint Kick
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{6 x 75 on 1:15 Back mid 25 closed fist
	{6 x 75 on 1:10 Back-mid 25 10 KOW
	{5 x 75 on 1:05 Back-GREAT EFFORT
250	1 x 250 on 4:00 Stroke Drills
5:45 PM	3,475 Yards - Stress Value = 54

Workout #11773 - Thursday, 13 September 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
4:00 PM	Start
=====	=====
	1 on 30:00 DS/Shoulders/Spotlight
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
1,050	1x{2 x 100 on 1:55 Kick
	{4 x 25 on :45 Sprint Kick
	{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Sprint Kick
	{2 x 100 on 2:05 Kick
	{4 x 25 on :45 Sprint Kick
	{1 x 100 on 2:10 Kick
	{2 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
1,125	1x{5 x 75 on 1:25 Back mid 25 closed fist
	{5 x 75 on 1:20 Back-mid 25 10 KOW
	{5 x 75 on 1:15 Back-GREAT EFFORT
250	1 x 250 on 4:00 Stroke Drills
5:45 PM	3,225 Yards - Stress Value = 51

Workout #11774 - Thursday, 13 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 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
 1,000 1x{2 x 100 on 2:15 Kick
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 2:25 Kick
 {2 x 25 on :45 Sprint kick
 {3 x 50 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
 975 1x{4 x 75 on 1:40 Back mid 25 closed fist
 {4 x 75 on 1:35 Back-mid 25 10 KOW
 {5 x 75 on 1:30 Back-GREAT EFFORT
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 2,975 Yards - Stress Value = 46

{1 x 50 on 1:00 Pull br on 5
 {6 x 25 on :30 Fly
 {1 x 50 on 1:00 Pull br on 5
 {8 x 25 on :30 Fly
 {1 x 50 on 1:00 Pull br on 5
 {6 x 25 on :30 Fly
 {1 x 50 on 1:00 Pull br on 5
 {4 x 25 on :30 Fly
 {1 x 50 on 1:00 Pull br on 5
 {2 x 25 on :30 Fly
 {1 x 50 on 1:00 Pull br on 5
 50's= Plat :29 or under, Gold :32 or under
 Silver :36 or under, Bronze :55 or under
 400 16 x 25 on :30 Variable Speed
 200 1 x 200 on 3:00 Stroke Drills
 5:01 PM 3,450 Yards - Stress Value = 62

Workout #11775 - Thursday, 13 September 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 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
 100 4 x 25 on :45 Perfect Backstroke
 600 1x{1 x 200 on 7:00 Stroke Drills
 {1 x 200 on 7:00 Stroke Drills
 {1 x 200 on 7:00 Stroke Drills
 100 4 x 25 on :45 Perfect Backstroke
 200 1 x 200 on 4:00 Backstroke-Great technique
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,900 Yards - Stress Value = 10

4:00 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
 1,400 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 4:00 Freestyle
 {3 x 100 on 1:30 Free-descend
 {1 x 300 on 3:55 Freestyle
 {3 x 100 on 1:30 Free-descend
 {1 x 300 on 3:50 Freestyle
 {3 x 100 on 1:30 Free-descend
 {1 x 300 on 3:45 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 4,700 Yards - Stress Value = 78

Workout #11776 - Friday, 14 September 2012

Group 3 - Fly

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
 150 10 x 15 on :45 Shooters
 700 1x{1 x 50 on 1:00 Vertical Kick
 {1 x 50 on 1:00 Kick-100%
 {1 on :30 back into diving well
 {1 x 50 on 1:00 Vertical Kick
 {1 x 100 on 2:00 Kick-100%
 {1 on :30 back into diving well
 {1 x 50 on 1:00 Vertical Kick
 {1 x 150 on 3:00 Kick-100%
 {1 on :30 get back into diving well
 {1 x 50 on 1:00 Vertical Kick
 {1 x 200 on 4:00 Kick-100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 50 on 1:00 Pull br on 5
 {2 x 25 on :30 Fly
 {1 x 50 on 1:00 Pull br on 5
 {4 x 25 on :30 Fly

Workout #11778 - Monday, 17 September 2012

Group 3 - Gold

1 minute rest between sets

4:00 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 :35 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 1:40 Free-descend
 {1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:40 Free-descend
 {1 x 300 on 4:10 Freestyle
 {3 x 100 on 1:40 Free-descend
 250 5 x 50 on 1:00 Stroke Drills
 5:59 PM 4,250 Yards - Stress Value = 69

Workout #11779 - Monday, 17 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 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 :40 Kick no board BSLR
 {2 x 125 on 2:35 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
 1,650 1x{1 x 300 on 5:00 Freestyle
 {3 x 100 on 1:50 Free-descend
 {1 x 300 on 4:55 Freestyle
 {3 x 100 on 1:50 Free-descend
 {1 x 300 on 4:50 Freestyle
 {3 x 50 on :55 Free-descend
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 3,950 Yards - Stress Value = 64

Workout #11780 - Monday, 17 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 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
 1,450 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 250 on 4:50 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 3,600 Yards - Stress Value = 58

Workout #11781 - Monday, 17 September 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Physio Ball/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,000 1x{4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:10 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:05 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:00 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:00 Kick on back no board EN2
 50's=#1 on back hands seperated, #2 on right
 #3 on left side
 150 6 x 25 on :45 Back drills REC
 400 8 x 50 on 2:00 Backstroke SP1
 300 1 x 300 on 6:00 Stroke Drills REC
 7:15 PM 2,500 Yards - Stress Value = 58

Workout #11782 - Monday, 17 September 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Physio Ball/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 900 1x{4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:20 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:15 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:10 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {1 x 50 on 1:05 Kick on back no board EN2
 50's=#1 on back hands seperated, #2 on right
 #3 on left side
 150 6 x 25 on :45 Back drills REC
 400 8 x 50 on 2:00 Backstroke SP1
 300 1 x 300 on 6:00 Stroke Drills REC
 7:15 PM 2,400 Yards - Stress Value = 56

Workout #11783 - Monday, 17 September 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Physio Ball/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
850	1x{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:30 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:25 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	50's=#1 on back hands seperated, #2 on right		
	#3 on left side		
150	6 x 25 on :45 Back drills	REC	
400	8 x 50 on 2:00 Backstroke	SP1	
300	1 x 300 on 6:00 Stroke Drills	REC	
7:15 PM	2,300 Yards - Stress Value = 55		

Workout #11784 - Monday, 17 September 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Physio Ball/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{4 x 25 on 1:00 Kick no board B	EN2	
	{3 x 50 on 1:30 Kick no board on back	EN2	
	{4 x 25 on 1:00 Kick no board B	EN2	
	{3 x 50 on 1:25 Kick no board on back	EN2	
	{4 x 25 on 1:00 Kick no board B	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	50's=#1 on back hands seperated, #2 on right		
	#3 on left side		
150	6 x 25 on :45 Back drills	REC	
400	8 x 50 on 2:00 Backstroke	SP1	
300	1 x 300 on 6:00 Stroke Drills	REC	
7:15 PM	2,150 Yards - Stress Value = 53		

Workout #11785 - Tuesday, 18 September 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Core/Spotlight		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
300	3 x 100 on 2:00 Kick @ Fastest Interval		
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		
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 3:00 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 2:55 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 2:50 Backstroke
100	1 x 100 on 3:00 Backstroke for time
250	5 x 50 on 1:00 Stroke Drills
6:00 PM	3,855 Yards - Stress Value = 67

Workout #11786 - Tuesday, 18 September 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Core/Spotlight		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
300	3 x 100 on 2:00 Kick @ Fastest Interval		
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		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,225	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 3:15 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 3:10 Backstroke		
	{3 x 25 on :40 Back-6 kick switch		
	{3 x 50 on :55 Back-descend 3/5/7 KOW		
	{1 x 150 on 2:20 Backstroke		
100	1 x 100 on 3:00 Backstroke for time		
250	5 x 50 on 1:00 Stroke Drills		
6:00 PM	3,805 Yards - Stress Value = 66		

Workout #11787 - Tuesday, 18 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ Fastest Interval
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
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 3:30 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 3:25 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW
100	1 x 100 on 3:00 Backstroke for time
250	5 x 50 on 1:00 Stroke Drills
	5:59 PM 3,605 Yards - Stress Value = 63

Workout #11788 - Tuesday, 18 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 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
300	3 x 100 on 2:00 Kick @ Fastest Interval
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
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,025	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
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
100	1 x 100 on 3:00 Backstroke for time
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 3,505 Yards - Stress Value = 62

Workout #11789 - Tuesday, 18 September 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====

	1 on 30:00 DS/Core/TM Mtg		
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN2	
150	6 x 25 on 1:00 Breast Drill	REC	
900	1x{2 x 150 on 2:40 Breaststroke	EN2	
	{2 x 150 on 2:35 Breaststroke	EN2	
	{2 x 150 on 2:30 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:15 PM 2,700 Yards - Stress Value = 39		

Workout #11790 - Tuesday, 18 September 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/TM Mtg		
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
150	6 x 25 on 1:00 Breast Drill	REC	
800	1x{2 x 150 on 2:55 Breaststroke	EN2	
	{2 x 150 on 2:50 Breaststroke	EN2	
	{2 x 100 on 1:50 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:15 PM 2,500 Yards - Stress Value = 35		

Workout #11791 - Tuesday, 18 September 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/TM Mtg		
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN1	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN1	
150	6 x 25 on 1:00 Breast Drill	REC	
800	1x{2 x 150 on 3:10 Breaststroke	EN2	
	{2 x 150 on 3:05 Breaststroke	EN2	
	{2 x 100 on 2:00 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:16 PM 2,450 Yards - Stress Value = 34		

Workout #11792 - Tuesday, 18 September 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/TM Mtg		
350	1 x 350 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{1 x 100 on 2:35 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN1	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN1	
	{1 x 100 on 2:20 Kick	EN2	
150	6 x 25 on 1:00 Breast Drill	REC	
650	1x{2 x 150 on 3:20 Breaststroke	EN2	
	{2 x 100 on 2:10 Breaststroke	EN2	
	{3 x 50 on 1:05 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:15 PM 2,200 Yards - Stress Value = 31		

Workout #11793 - Wednesday, 19 September 2012

Group 3 - Fly

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR-10 KOW
	{4 x 75 on 1:15 Kick
	{4 x 25 on :40 Kick no board BSLR-11 KOW
	{4 x 75 on 1:10 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-13 KOW
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 1:30 Fly 2-3-4-5 strokes off wall
	{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
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 4,700 Yards - Stress Value = 68

Workout #11794 - Wednesday, 19 September 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
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 :45 Kick no board BSLR-10 KOW
	{4 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR-11 KOW
	{4 x 75 on 1:25 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{2 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR-13 KOW
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 1:40 Fly 3-4-5 strokes off walls
	{4 x 100 on 1:35 Fly 2-3-4-5 strokes off wall
	{4 x 100 on 1:30 Fly 2-3-4-5 strokes off wall
250	5 x 50 on 1:00 Stroke Drills
	6:01 PM 4,300 Yards - Stress Value = 61

Workout #11795 - Wednesday, 19 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
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 :45 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
1,000	1x{3 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
250	5 x 50 on 1:00 Stroke Drills
	6:01 PM 3,950 Yards - Stress Value = 56

Workout #11796 - Wednesday, 19 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR-10 KOW
	{2 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-11 KOW
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 75 on 1:45 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
900	1x{3 x 100 on 2:10 Fly 3-4-5 strokes off walls
	{3 x 100 on 2:05 Fly 3-4-5 strokes off walls
	{3 x 100 on 2:00 Fly 3-4-5 strokes off walls
250	5 x 50 on 1:00 Stroke Drills
	6:01 PM 3,550 Yards - Stress Value = 50

Workout #11797 - Wednesday, 19 September 2012

Group 2 - Fly

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 25 on :45 Kick no board S-10 KOW	EN2
	{1 x 100 on 2:00 Kick	EN2
	{4 x 25 on :45 Kick no board S-11 KOW	EN2
	{1 x 100 on 1:55 Kick	EN2
	{4 x 25 on :45 Kick no board S-12 KOW	EN2
	{1 x 100 on 1:50 Kick	EN2
	{4 x 25 on :45 Kick no board S-13 KOW	EN2
	{1 x 100 on 1:45 Kick	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
900	1x{3 x 100 on 1:35 2-3-4 strokes off walls	EN2
	{3 x 100 on 1:25 2-3-4 strokes off walls	EN2
	{3 x 100 on 1:20 2-3-4 strokes off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:15 PM 2,700 Yards - Stress Value = 40	

Workout #11798 - Wednesday, 19 September 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{4 x 25 on :45 Kick no board S-10 KOW	EN2
	{1 x 100 on 2:15 Kick	EN2
	{4 x 25 on :45 Kick no board S-11 KOW	EN2
	{1 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Kick no board S-12 KOW	EN2
	{1 x 100 on 2:05 Kick	EN2
	{4 x 25 on :45 Kick no board S-13 KOW	EN2
	{1 x 50 on 1:00 Kick	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
750	1x{3 x 100 on 1:45 2-3-4 strokes off walls	EN2
	{3 x 100 on 1:40 2-3-4 strokes off walls	EN2
	{2 x 75 on 1:10 3-4 strokes off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:15 PM 2,500 Yards - Stress Value = 36	

Workout #11799 - Wednesday, 19 September 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
700	1x{4 x 25 on :45 Kick no board S-10 KOW	EN2
	{1 x 100 on 2:30 Kick	EN2
	{4 x 25 on :45 Kick no board S-11 KOW	EN2
	{1 x 100 on 2:25 Kick	EN2
	{4 x 25 on :45 Kick no board S-12 KOW	EN2
	{1 x 100 on 2:20 Kick	EN2
	{4 x 25 on :45 Kick no board S-13 KOW	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
700	1x{3 x 100 on 1:55 2-3-4 strokes off walls	EN2
	{2 x 100 on 1:50 3-4 strokes off walls	EN2
	{2 x 100 on 1:45 3-4 strokes off walls	EN2

250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:15 PM 2,400 Yards - Stress Value = 34	

Workout #11800 - Wednesday, 19 September 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY WC
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
550	1x{4 x 25 on 1:00 Kick no board S-10 KOW	EN2
	{1 x 100 on 3:00 Kick	EN2
	{4 x 25 on 1:00 Kick no board S-11 KOW	EN2
	{1 x 100 on 2:55 Kick	EN2
	{4 x 25 on 1:00 Kick no board S-12 KOW	EN2
	{1 x 50 on 1:25 Kick	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
600	1x{2 x 100 on 2:10 3-4 strokes off walls	EN2
	{2 x 100 on 2:05 3-4 strokes off walls	EN2
	{2 x 100 on 2:00 3-4 strokes off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:15 PM 2,150 Yards - Stress Value = 29	

Workout #11801 - Thursday, 20 September 2012

Group 3 - Breast

1 minute rest between sets

4:00 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	
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 2:00 Breaststroke	
	{4 x 50 on 1:00 Breast under/over	
	{2 x 125 on 1:55 Breaststroke	
	{3 x 50 on 1:00 Breast under/over	
	{3 x 125 on 1:50 Breaststroke	
	{2 x 50 on 1:00 Breast under/over	
	{4 x 125 on 1:45 Breaststroke-descend	
	{1 x 50 on 1:00 Breast unde/over	
250	1 x 250 on 4:00 Freestyle	
	6:00 PM 4,450 Yards - Stress Value = 65	

Workout #11802 - Thursday, 20 September 2012

Group 3 - Gold

1 minute rest between sets

4:00 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
 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
 1,600 1x{1 x 125 on 2:15 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:10 Breaststroke
 {3 x 50 on 1:00 Breast under/over
 {3 x 125 on 2:05 Breaststroke
 {2 x 50 on 1:00 Breast under/over
 {4 x 100 on 1:35 Breaststroke-descend
 250 1 x 250 on 4:00 Freestyle
 5:59 PM 4,100 Yards - Stress Value = 58

Workout #11803 - Thursday, 20 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 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
 1,200 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 2:25 Breaststroke
 {3 x 50 on 1:10 Breast under/over
 {2 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:10 Breast under/over
 {3 x 125 on 2:15 Breaststroke
 {2 x 50 on 1:10 Breast under/over
 {3 x 100 on 1:45 Breaststroke-descend
 250 1 x 250 on 4:00 Freestyle
 6:00 PM 3,800 Yards - Stress Value = 53

Workout #11804 - Thursday, 20 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 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
 1,050 1x{2 x 100 on 2:30 Kick

{4 x 25 on :45 Kick weakest kick
 {2 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick weakest kick
 {2 x 100 on 2:30 Kick
 {6 x 25 on :45 Kick weakest kick
 {1 x 100 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
 1,150 1x{1 x 100 on 2:25 Breaststroke
 {4 x 50 on 1:15 Breast under/over
 {2 x 100 on 2:20 Breaststroke
 {3 x 50 on 1:15 Breast under/over
 {3 x 100 on 2:15 Breaststroke
 {2 x 50 on 1:15 Breast under/over
 {1 x 100 on 2:10 Breaststroke-descend
 250 1 x 250 on 4:00 Freestyle
 5:59 PM 3,300 Yards - Stress Value = 46

Workout #11805 - Friday, 21 September 2012

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 10:00 Dynamic Stretch I
 600 1 x 600 on 10:00 Reverse IM drill REC I
 240 6 x 40 on 3:00 Running Pit Sprints + SP2 S
 25 yard all out no breath sprint
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S
 2,100 3x{1 x 50 on :01 Your #1 stroke SP2 S
 {1 x 250 on 6:00 Freestyle REC S
 {1 x 200 on :01 Individual Medley SP2 S
 {1 x 200 on 6:00 Freestyle SP2 S
 4:57 PM 3,120 Yards - Stress Value = 166

Workout #11806 - Friday, 21 September 2012

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 44:00 Dryland L DRY
 500 1 x 500 on 10:00 Reverse IM drill REC D IM
 150 10 x 15 on :45 Shooters SP3 S FR
 1,600 4 x 400 on 5:20 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Freestyle REC D FR
 6:30 PM 2,450 Yards - Stress Value = 38

Workout #11807 - Friday, 21 September 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 44:00 Dryland L DRY
 500 1 x 500 on 10:00 Reverse IM drill REC D IM
 150 10 x 15 on :45 Shooters SP3 S FR
 1,400 4 x 350 on 5:20 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Freestyle REC D FR
 6:30 PM 2,250 Yards - Stress Value = 34

Workout #11808 - Friday, 21 September 2012

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 44:00 Dryland		L DRY	
450	1 x 450 on 10:00 Reverse IM drill	REC	D IM	
150	10 x 15 on :45 Shooters	SP3	S FR	
1,200	4 x 300 on 5:20 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Freestyle	REC	D FR	
	6:30 PM 2,000 Yards - Stress Value = 30			

Workout #11809 - Friday, 21 September 2012

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 44:00 Dryland		L DRY	
400	1 x 400 on 10:00 Reverse IM drill	REC	D IM	
150	10 x 15 on :45 Shooters	SP3	S FR	
1,000	4 x 250 on 5:20 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Freestyle	REC	D FR	
	6:30 PM 1,750 Yards - Stress Value = 26			

Workout #11810 - Monday, 24 September 2012

Group 3 - Distance

1 minute rest between sets

4:00 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
1,300	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
	{2 x 150 on 2:25 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:20 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 5:05 Freestyle
	{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
350	7 x 50 on 1:00 Stroke Drills
	6:15 PM 5,900 Yards - Stress Value = 96

Workout #11811 - Monday, 24 September 2012

Group 3 - Gold

1 minute rest between sets

4:00 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
1,100	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 150 on 2:50 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:45 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 5:35 Freestyle
	{1 x 400 on 5:30 Freestyle
	{1 x 400 on 5:25 Freestyle
	{1 x 400 on 5:20 Freestyle
	{1 x 200 on 2:35 Freestyle
350	7 x 50 on 1:00 Stroke Drills
	6:15 PM 5,450 Yards - Stress Value = 87

Workout #11812 - Monday, 24 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 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
1,000	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
	{2 x 150 on 3:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:30 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 6:10 Freestyle
	{1 x 400 on 6:05 Freestyle
	{1 x 400 on 6:00 Freestyle
	{1 x 400 on 5:55 Freestyle
350	7 x 50 on 1:00 Stroke Drills
	6:15 PM 4,950 Yards - Stress Value = 78

Workout #11813 - Monday, 24 September 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:00 PM	Start		
550	1 on 30:00 DS/Physio Ball/Spotlight		
150	1 x 550 on 10:00 Swim-kick-pull-swim		
800	10 x 15 on :45 Shooters		
100	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:40 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		
	{3 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		
350	7 x 50 on 1:00 Stroke Drills		
	6:14 PM 4,050 Yards - Stress Value = 61		

Workout #11814 - Monday, 24 September 2012

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Physio Balls/Tm Mtg		
	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
	In diving well		
150	10 x 15 on :45 Shooters		SP3
750	1x{1 x 250 on 5:00 Kick		EN2
	{1 x 200 on 4:00 Kick		EN2
	{1 x 150 on 3:00 Kick		EN2
	{1 x 100 on 2:00 Kick		EN2
	{1 x 50 on 1:00 Kick		EN2
100	1 x 100 on 3:00 Kick for time		EN2
400	1x{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :30 Breaststroke		EN2
	{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :30 Breaststroke		EN2
	{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :30 Breaststroke		EN2
	{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :30 Breaststroke		EN2
100	4 x 25 on :45 Stroke Drills		REC
300	6 x 50 on 2:00 Breaststroke		SP1
250	1 x 250 on 5:00 Stroke Drills		REC
	7:15 PM 2,550 Yards - Stress Value = 55		

Workout #11815 - Monday, 24 September 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Physio Balls/Tm Mtg		
	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
	In diving well		
150	10 x 15 on :45 Shooters		SP3
650	1x{1 x 250 on 5:40 Kick		EN2

	{1 x 200 on 4:30 Kick		EN2
	{1 x 150 on 3:20 Kick		EN2
	{1 x 50 on 1:05 Kick		EN2
100	1 x 100 on 3:00 Kick for time		EN2
350	1x{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :35 Breaststroke		EN2
	{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :35 Breaststroke		EN2
	{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :35 Breaststroke		EN2
	{2 x 25 on 1:00 Breast Pulls		EN2
100	4 x 25 on :45 Stroke Drills		EN1
300	6 x 50 on 2:00 Breaststroke		SP1
250	1 x 250 on 5:00 Stroke Drills		REC
	7:15 PM 2,400 Yards - Stress Value = 53		

Workout #11816 - Monday, 24 September 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
400	1 on 30:00 DS/Physio Balls/Tm Mtg		
	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
	in diving well		
150	10 x 15 on :45 Shooters		SP3
600	1x{1 x 250 on 6:10 Kick		EN2
	{1 x 200 on 5:00 Kick		EN2
	{1 x 150 on 3:40 Kick		EN2
100	1 x 100 on 3:00 Kick for time		EN2
350	1x{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :40 Breaststroke		EN2
	{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :40 Breaststroke		EN2
	{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :40 Breaststroke		EN2
	{2 x 25 on 1:00 Breast Pulls		EN2
	{2 x 25 on :40 Breaststroke		EN2
100	4 x 25 on :45 Stroke Drills		REC
300	6 x 50 on 2:00 Breaststroke		SP1
250	1 x 250 on 5:00 Stroke Drills		REC
	7:15 PM 2,250 Yards - Stress Value = 51		

Workout #11817 - Monday, 24 September 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
400	1 on 30:00 DS/Physio Balls/Tm Mtg		
	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
	in diving well		
150	10 x 15 on :45 Shooters		SP3
450	1x{1 x 200 on 6:00 Kick		EN2
	{1 x 150 on 4:30 Kick		EN2
	{1 x 100 on 3:00 Kick		EN2
100	1 x 100 on 3:00 Kick for time		EN2
300	1x{2 x 25 on 1:15 Breast Pulls		EN2
	{2 x 25 on :45 Breaststroke		EN2
	{2 x 25 on 1:15 Breast Pulls		EN2
	{2 x 25 on :45 Breaststroke		EN2
	{2 x 25 on 1:15 Breast Pulls		EN2
	{2 x 25 on :45 Breaststroke		EN2
100	4 x 25 on :45 Stroke Drills		REC
300	6 x 50 on 2:00 Breaststroke		SP1
250	1 x 250 on 5:00 Stroke Drills		REC
	7:14 PM 2,050 Yards - Stress Value = 47		

Workout #11818 - Tuesday, 25 September 2012

Group 3 - Back

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ fastest interval
840	2x{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
750	1x{2 x 125 on 1:45 Pulls-br weak side
	{2 x 125 on 1:40 Pulls br weak side
	{2 x 125 on 1:35 Pulls br weak side
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%
200	1 x 200 on 3:00 Stroke Drills
	6:16 PM 5,340 Yards - Stress Value = 77

{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%
200 1 x 200 on 3:00 Stroke Drills
6:16 PM 4,990 Yards - Stress Value = 70

Workout #11820 - Tuesday, 25 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ fastest interval
840	2x{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
600	1x{2 x 125 on 2:10 Pulls-br weak side
	{2 x 100 on 1:40 Pulls br weak side
	{2 x 75 on 1:10 Pulls br weak side
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%
200	1 x 200 on 3:00 Stroke Drills
	6:16 PM 4,740 Yards - Stress Value = 68

Workout #11819 - Tuesday, 25 September 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ fastest interval
840	2x{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
650	1x{2 x 125 on 1:55 Pulls-br weak side
	{2 x 125 on 1:50 Pulls br weak side
	{2 x 75 on 1:05 Pulls br weak side
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

Workout #11821 - Tuesday, 25 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	1 on 30:00 DS/Core/Spotlight		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
400	4 x 100 on 2:00 Kick @ fastest interval	EN2	
660	2x{4 x 30 on 1:00 Kick		
	{4 x 30 on :55 Kick		
	{3 x 30 on :50 Kick		
	{ 15y streamline kick on back		
	{ 15y underwater fly kick		
400	1x{2 x 100 on 2:20 Pulls-br weak side		
	{2 x 100 on 2:15 Pulls br weak side		
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		
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:16 PM 3,860 Yards - Stress Value = 58		

Workout #11822 - Tuesday, 25 September 2012

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	1 on 30:00 DS/Core/Spotlight		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{2 x 100 on 2:00 Kick w/board L.25 100%	EN2	
	{2 x 100 on 1:55 Kick no board L25 100%	EN2	
	{2 x 75 on 1:30 Kick w/board L25 100%	EN2	
	{2 x 75 on 1:25 Kick no board L25 100%	EN2	
	{2 x 50 on 1:00 Kick w/boad L25 100%	EN2	
	{2 x 50 on :55 Kick no board L25 100%	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
750	5x{6 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
	1 on 10:00 Techniques-Starts		
	7:14 PM 2,400 Yards - Stress Value = 39		

Workout #11823 - Tuesday, 25 September 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	1 on 30:00 DS/Core/Spotlight		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 2:15 Kick w/board L.25 100%	EN2	
	{2 x 100 on 2:10 Kick no board L25 100%	EN2	
	{2 x 75 on 1:40 Kick w/board L25 100%	EN2	
	{2 x 75 on 1:35 Kick no board L25 100%	EN2	
	{1 x 50 on 1:10 Kick w/boad L25 100%	EN2	
	{1 x 50 on 1:05 Kick no board L25 100%	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	

Yards	Set Description	EGY	V
750	5x{6 x 25 on :35 Butterfly	EN2	
	{1 on 1:00 Rest		
	ONLY DO 3 IN THE 5TH SET		
	1 on 10:00 Techniques-Starts		
	7:16 PM 2,300 Yards - Stress Value = 37		

Workout #11824 - Tuesday, 25 September 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	1 on 30:00 DS/Core/Spotlight		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{2 x 100 on 2:30 Kick w/board L.25 100%	EN2	
	{2 x 100 on 2:25 Kick no board L25 100%	EN2	
	{2 x 75 on 1:50 Kick w/board L25 100%	EN2	
	{2 x 75 on 1:45 Kick no board L25 100%	EN2	
	{1 x 50 on 1:00 Kick w/board L.25 100%	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
600	4x{6 x 25 on :40 Butterfly	EN2	
	{1 on 1:00 Rest		
	1 on 10:00 Techniques-Starts		
	7:14 PM 2,050 Yards - Stress Value = 33		

Workout #11825 - Tuesday, 25 September 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	1 on 30:00 DS/Core/Spotlight		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{2 x 100 on 2:45 Kick w/board L.25 100%	EN2	
	{2 x 100 on 2:40 Kick no board L25 100%	EN2	
	{2 x 75 on 1:50 Kick w/board L25 100%	EN2	
	{2 x 75 on 1:45 Kick no board L25 100%	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
600	4x{6 x 25 on :45 Butterfly	EN2	
	{1 on 1:00 Rest		
	ONLY DO 4 IN THE 4TH SET		
	1 on 10:00 Techniques-Starts		
	7:16 PM 1,950 Yards - Stress Value = 32		

Workout #11826 - Wednesday, 26 September 2012

Group 3 - Breast

1 minute rest between sets

4:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Abs/Spotlight
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{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
1,500 15 x 100 on 1:20 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
6:15 PM 5,800 Yards - Stress Value = 85

Workout #11827 - Wednesday, 26 September 2012

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Abs/Spotlight
600 1 x 600 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
1,300 1x{4 x 25 on :35 Kick no board BSLR-11KOW
{2 x 75 on 1:30 Kick
{4 x 25 on :35 Kick no board BSLR 12KOW
{4 x 75 on 1:25 Kick
{4 x 25 on :35 Kick no board BSLR 13KOW
{4 x 75 on 1:20 Kick
{4 x 25 on :35 Kick no board BSLR 14KOW
{2 x 75 on 1:15 Kick
1,300 13 x 100 on 1:30 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
6:15 PM 5,200 Yards - Stress Value = 74

Workout #11828 - Wednesday, 26 September 2012

Group 3 - Silver

1 minute rest between sets

4:00 PM Start
Yards Set Description
=====

1 on 30:00 DS/Abs/Spotlight
550 1 x 550 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 :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
1,200 12 x 100 on 1:40 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
6:15 PM 4,700 Yards - Stress Value = 66

Workout #11829 - Wednesday, 26 September 2012

Group 3 - Bronze

1 minute rest between sets

4:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Abs/Spotlight
500 1 x 500 on 10:00 Free L.25 of each 100 Non F
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
6:15 PM 4,100 Yards - Stress Value = 57

Workout #11830 - Wednesday, 26 September 2012

1 minute rest between sets

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	Stress Value
500	1 on 30:00 DS/Abs/Tm Mtg	REC	S C	54
150	10 x 15 on :45 Shooters	SP3	S	
900	1x{4 x 100 on 1:55 Kick-IM order	EN2	K	
	{4 x 75 on 1:25 Kick-IM order	EN2	K	
	{4 x 50 on :55 Kick-IM order	EN2	K	
100	4 x 25 on :45 Stroke Drills	EN2	D	
1,400	1x{4 x 25 on :30 Butterfly	EN2	S F	
	{1 x 300 on 4:30 Individual Medley	EN2	S	
	{4 x 25 on :30 Backstroke	EN2	S	
	{2 x 200 on 3:00 Individual Medley	EN2	S	
	{4 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:30 Individual Medley	EN2	S	
	{4 x 25 on :30 Freestyle	EN2	S	
	1 on 10:00 Killer Relays	EN2	S	

Yards	Set Description	EGY	WORK	Stress Value
400	1 on 30:00 DS/Abs/Tm Mtg	REC	S C	40
150	10 x 15 on :45 Shooters	SP3	S	
600	1x{4 x 100 on 2:40 Kick-IM order	EN2	K	
	{4 x 50 on 1:20 Kick-IM order	EN2	K	
100	4 x 25 on :45 Stroke Drills	EN2	D	
1,000	1x{4 x 25 on :45 Butterfly	EN2	S F	
	{1 x 200 on 4:15 Individual Medley	EN2	S	
	{4 x 25 on :40 Backstroke	EN2	S	
	{1 x 200 on 4:10 Individual Medley	EN2	S	
	{4 x 25 on :40 Breaststroke	EN2	S	
	{2 x 100 on 2:05 Individual Medley	EN2	S	
	{4 x 25 on :40 Freestyle	EN2	S	
	1 on 10:00 Killer Relays	EN2	S	

Workout #11834 - Thursday, 27 September 2012

Group 3 - Fly

1 minute rest between sets

Workout #11831 - Wednesday, 26 September 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	Stress Value
500	1 on 30:00 DS/Abs/Tm Mtg	REC	S C	50
150	10 x 15 on :45 Shooters	SP3	S	
800	1x{4 x 100 on 2:10 Kick-IM order	EN2	K	
	{4 x 75 on 1:35 Kick-IM order	EN2	K	
	{2 x 50 on 1:00 Kick-IM order	EN2	K	
100	4 x 25 on :45 Stroke Drills	EN2	D	
1,300	1x{4 x 25 on :30 Butterfly	EN2	S F	
	{1 x 300 on 5:00 Individual Medley	EN2	S	
	{4 x 25 on :30 Backstroke	EN2	S	
	{2 x 200 on 3:20 Individual Medley	EN2	S	
	{4 x 25 on :30 Breaststroke	EN2	S	
	{2 x 100 on 1:40 Individual Medley	EN2	S	
	{4 x 25 on :30 Freestyle	EN2	S	
	1 on 10:00 Killer Relays	EN2	S	

Yards	Set Description	EGY	WORK	Stress Value
600	1 on 30:00 DS/Shoulders/Spotlight	REC	S C	97
150	10 x 15 on :45 Shooters	SP3	S	
1,200	1x{2 x 100 on 2:00 Kick alt 50's-2 weakest kick	EN2	K	
	{2 x 50 on :45 Kick your best kick	EN2	K	
	{2 x 100 on 1:55 Kick alt 50's-2 weakest kick	EN2	K	
	{2 x 50 on :45 Kick your best kick	EN2	K	
	{2 x 100 on 1:50 Kick alt 50's-2 weakest kick	EN2	K	
	{2 x 50 on :45 Kick your best kick	EN2	K	
	{2 x 100 on 1:45 Kick alt 50's-2 weakest kick	EN2	K	
	{2 x 50 on :45 Kick your best kick	EN2	K	
1,200	1x{2 x 125 on 1:40 Pulls BWFPF	EN2	S	
	{2 x 75 on 1:00 Pull 1 breath mid 25	EN2	S	
	{2 x 125 on 1:40 Pulls BWKPF	EN2	S	
	{2 x 75 on 1:00 Pulls mid 25 1 breath	EN2	S	
	{2 x 125 on 1:40 Pulls BWHPF	EN2	S	
	{2 x 75 on 1:00 Pulls mid 25 1 breath	EN2	S	
200	4x{1 x 25 on :50 Sculling drills	EN2	S	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2	S	
2,200	1x{4 x 75 on 1:15 Fly-25L-25B-25L	EN2	S	
	{1 x 100 on 1:15 Freestyle	EN2	S	
	{4 x 75 on 1:10 Fly-25L-25B-25R	EN2	S	
	{2 x 100 on 1:15 Freestyle	EN2	S	
	{4 x 75 on 1:05 Fly-25L-25B-25R	EN2	S	
	{3 x 100 on 1:15 Freestyle	EN2	S	
	{4 x 75 on 1:00 Fly-25L-25B-25R	EN2	S	
	{4 x 100 on 1:15 Freestyle	EN2	S	
350	7 x 50 on 1:00 Stroke Drills	EN2	D	

Workout #11832 - Wednesday, 26 September 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	Stress Value
450	1 on 30:00 DS/Abs/Tm Mtg	REC	S C	44
150	10 x 15 on :45 Shooters	SP3	S	
700	1x{4 x 100 on 2:20 Kick-IM order	EN2	K	
	{4 x 75 on 1:45 Kick-IM order	EN2	K	
100	4 x 25 on :45 Stroke Drills	EN2	D	
1,100	1x{4 x 25 on :40 Butterfly	EN2	S F	
	{1 x 300 on 5:30 Individual Medley	EN2	S	
	{4 x 25 on :40 Backstroke	EN2	S	
	{1 x 200 on 3:40 Individual Medley	EN2	S	
	{4 x 25 on :40 Breaststroke	EN2	S	
	{2 x 100 on 1:50 Individual Medley	EN2	S	
	{4 x 25 on :40 Freestyle	EN2	S	
	1 on 10:00 Killer Relays	EN2	S	

Workout #11833 - Wednesday, 26 September 2012

Group 2 - Bronze

Workout #11835 - Thursday, 27 September 2012

Group 3 - Gold

1 minute rest between sets

Yards	4:00 PM Start 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
1,050	1x{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
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 75 on 1:10 Pull 1 breath mid 25 2 x 125 on 1:50 Pulls BWKPF 2 x 75 on 1:10 Pulls mid 25 1 breath 2 x 125 on 1:50 Pulls BWHPF
350	7 x 50 on 1:00 Stroke Drills
	6:16 PM 5,400 Yards - Stress Value = 87

Workout #11836 - Thursday, 27 September 2012

Group 3 - Silver

1 minute rest between sets

Yards	4:00 PM Start Set Description
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
950	1x{2 x 125 on 2:05 Pulls BWKPF 2 x 75 on 1:15 Pull 1 breath mid 25 2 x 125 on 2:05 Pulls BWKPF 2 x 75 on 1:15 Pulls mid 25 1 breath 3 x 50 on :50 Pulls BWHPF
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
	6:15 PM 4,850 Yards - Stress Value = 77

Workout #11837 - Thursday, 27 September 2012

Group 3 - Bronze

1 minute rest between sets

Yards	4:00 PM Start Set Description
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
700	1x{2 x 100 on 2:10 Pulls BWKPF 2 x 75 on 1:35 Pull 1 breath mid 25 2 x 100 on 2:10 Pulls BWKPF 2 x 75 on 1:35 Pulls mid 25 1 breath
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	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
350	7 x 50 on 1:00 Stroke Drills
	6:16 PM 4,200 Yards - Stress Value = 65

Workout #11838 - Thursday, 27 September 2012

Group 2 - Freestylers

1 minute rest between sets

Yards	5:30 PM Start Set Description
500	1 on 30:00 DS/Shoulders/TmMtg 1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
100	4 x 25 on :45 Perfect Freestyle
750	1x{1 x 250 on 8:00 Kick Drills 1 x 250 on 8:00 Drills-breathing/body position 1 x 250 on 8:00 Stroke Drill-pull pattern
100	4 x 25 on :45 Perfect freestyle
400	8 x 50 on :45 Great effort!!!!!!
200	1 x 200 on 3:00 Stroke Drills
	1 on 12:00 Techniques-starts and breakouts
	7:15 PM 2,200 Yards - Stress Value = 16

Workout #11839 - Friday, 28 September 2012

Group 3 - IM'ers

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	
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 #11840 - Friday, 28 September 2012

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	
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 #11841 - Friday, 28 September 2012

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 #11842 - Friday, 28 September 2012

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		

Workout #11843 - Friday, 28 September 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
=====	=====	====	====	==
	5:00 PM Start			
	1 on 44:00 DS/Dryland/Tm Mtg		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
1,600	1x{2 x 200 on 3:00 Backstroke	EN2	S	F
	{2 x 200 on 2:55 Backstroke	EN2	S	F
	{2 x 200 on 2:50 Backstroke	EN2	S	F
	{2 x 200 on 2:45 Backstroke	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	6:30 PM 2,400 Yards - Stress Value = 38			

Workout #11844 - Friday, 28 September 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
=====	=====	====	====	==
	5:00 PM Start			
	1 on 44:00 DS/Dryland/Tm Mtg		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{2 x 175 on 3:00 Backstroke	EN2	S	F
	{2 x 175 on 2:55 Backstroke	EN2	S	F
	{2 x 175 on 2:50 Backstroke	EN2	S	F
	{2 x 175 on 2:45 Backstroke	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	6:30 PM 2,200 Yards - Stress Value = 34			

Workout #11845 - Friday, 28 September 2012

6:15 PM 7,300 Yards - Stress Value = 123

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 44:00 DS/Dryland/Tm Mtg		L DF	
350	1 x 350 on 8:00 Reverse IM drill	REC	D I	
150	10 x 15 on :45 Shooters	SP3	S F	
1,200	1x{2 x 150 on 3:00 Backstroke	EN2	S F	
	{2 x 150 on 2:55 Backstroke	EN2	S F	
	{2 x 150 on 2:50 Backstroke	EN2	S F	
	{2 x 150 on 2:45 Backstroke	EN2	S F	
250	1 x 250 on 4:00 Stroke Drills	REC	D C	
	6:30 PM 1,950 Yards - Stress Value = 30			

Workout #11846 - Friday, 28 September 2012

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 44:00 DS/Dryland/Tm Mtg		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{2 x 125 on 3:00 Backstroke	EN2	S F	
	{2 x 125 on 2:55 Backstroke	EN2	S F	
	{2 x 125 on 2:50 Backstroke	EN2	S F	
	{2 x 125 on 2:45 Backstroke	EN2	S F	
250	1 x 250 on 4:00 Stroke Drills	REC	D C	
	6:30 PM 1,700 Yards - Stress Value = 26			

Workout #11847 - Monday, 01 October 2012

Group 3 - Distance

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	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

Workout #11848 - Monday, 01 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	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
	6:15 PM 6,450 Yards - Stress Value = 106

Workout #11849 - Monday, 01 October 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:45 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
6:15 PM	5,875 Yards - Stress Value = 92

Workout #11850 - Monday, 01 October 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
=====	=====
	1 on 30:00 DS/Core/Spotlight
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 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
6:15 PM 5,200 Yards - Stress Value = 85

Workout #11851 - Monday, 01 October 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 kick for time	EN2	
1,400	1x{8 x 25 on :45 Kick no board S	EN2	
	{6 x 50 on 1:00 Kick-descend	EN2	
	{6 x 25 on :45 Kick no board S	EN2	
	{5 x 50 on 1:00 Kick-descend	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{4 x 50 on 1:00 Kick-descend	EN2	
	{2 x 25 on :45 Kick no board S	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
200	8 x 25 on 3:00 Butterfly	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:33 PM	2,700 Yards - Stress Value = 56		

Workout #11852 - Monday, 01 October 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 kick for time	EN2	
1,250	1x{8 x 25 on :45 Kick no board S	EN2	
	{6 x 50 on 1:10 Kick-descend	EN2	
	{6 x 25 on :45 Kick no board S	EN2	
	{5 x 50 on 1:10 Kick-descend	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{4 x 50 on 1:10 Kick-descend	EN2	
	{2 x 25 on :45 Kick no board S	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
200	8 x 25 on 3:00 Butterfly	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:33 PM	2,550 Yards - Stress Value = 53		

Workout #11853 - Monday, 01 October 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 kick for time	EN2	
1,150	1x{8 x 25 on :45 Kick no board S	EN2	
	{5 x 50 on 1:20 Kick-descend	EN2	
	{6 x 25 on :45 Kick no board S	EN2	
	{4 x 50 on 1:20 Kick-descend	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{3 x 50 on 1:20 Kick-descend	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
200	8 x 25 on 3:00 Butterfly	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:33 PM	2,400 Yards - Stress Value = 51		

Workout #11854 - Monday, 01 October 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 kick for time	EN2	
1,000	1x{4 x 25 on 1:00 Kick no board S	EN2	
	{5 x 50 on 1:30 Kick-descend	EN2	
	{4 x 25 on 1:00 Kick no board S	EN2	
	{4 x 50 on 1:30 Kick-descend	EN2	
	{4 x 25 on 1:00 Kick no board S	EN2	
	{3 x 50 on 1:30 Kick-descend	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
200	8 x 25 on 3:00 Butterfly	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:33 PM	2,200 Yards - Stress Value = 48		

	{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		
6:15 PM	5,825 Yards - Stress Value = 90		

Workout #11855 - Wednesday, 03 October 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
=====	=====
	1 on 30:00 DS/Abs/Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
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
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
6:15 PM	6,500 Yards - Stress Value = 104

Workout #11857 - Wednesday, 03 October 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
=====	=====
	1 on 30:00 DS/Abs/Spotlight
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
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
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
6:15 PM	5,300 Yards - Stress Value = 81

Workout #11856 - Wednesday, 03 October 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
=====	=====
	1 on 30:00 DS/Abs/Spotlight
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{8 x 25 on :35 Kick no board B
	{2 x 75 on 1:25 Kick hold time I give

Workout #11858 - Wednesday, 03 October 2012

Group 3 - Bronze

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 30:00 DS/Abs/Spotlight		
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{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		
	6:15 PM 4,575 Yards - Stress Value = 70		

Workout #11859 - Wednesday, 03 October 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 25:00 DS/Abs/Tm Mtg		L
500	1 x 500 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
800	8 x 100 on 2:00 Kick-odds 100%	EN2	K
600	1x{3 x 50 on 1:00 Lungbuster pulls {3 x 50 on :55 Lungbuster pulls {3 x 50 on :50 Lungbuster pulls {3 x 50 on :45 Lungbuster pulls breathe 3-5-7 continous	EN1 EN2 EN1 EN1	P P P P
150	6 x 25 on :45 Free Stroke Drills	REC	D
1,600	1x{1 x 100 on 1:30 Freestyle {2 x 50 on :45 Free 10KOW L.25 100% {2 x 100 on 1:30 Freestyle {4 x 50 on :50 Free 10KOW L.25 100% {3 x 100 on 1:30 Freestyle {6 x 50 on :55 Free 10KOW L.25 100% {4 x 100 on 1:30 Freestyle	EN1 EN2 EN1 EN2 EN1 EN2 EN1	S S S S S S S
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Techniques-Starts	REC	D D
	7:30 PM 4,000 Yards - Stress Value = 53		

Workout #11860 - Wednesday, 03 October 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 25:00 DS/Abs/Tm Mtg		I
500	1 x 500 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
700	7 x 100 on 2:15 Kick-odds 100%	EN2	F

600	1x{3 x 50 on 1:00 Lungbuster pulls {3 x 50 on :55 Lungbuster pulls {3 x 50 on :50 Lungbuster pulls {3 x 50 on :45 Lungbuster pulls breathe 3-5-7 continous	EN1 EN2 EN1 EN1	F F F F
150	6 x 25 on :45 Free Stroke Drills	REC	I
1,450	1x{1 x 100 on 1:40 Freestyle {2 x 50 on :50 Free 10KOW L.25 100% {2 x 100 on 1:40 Freestyle {4 x 50 on :55 Free 10KOW L.25 100% {3 x 100 on 1:40 Freestyle {5 x 50 on 1:00 Free 10KOW L.25 100% {3 x 100 on 1:40 Freestyle	EN1 EN2 EN1 EN2 EN1 EN2 EN1	S S S S S S S
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Techniques-Starts	REC	I I
	7:30 PM 3,750 Yards - Stress Value = 49		

Workout #11861 - Wednesday, 03 October 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 25:00 DS/Abs/Tm Mtg		I
450	1 x 450 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
600	6 x 100 on 2:30 Kick-odds 100%	EN2	F
550	1x{3 x 50 on 1:05 Lungbuster pulls {3 x 50 on 1:00 Lungbuster pulls {3 x 50 on :55 Lungbuster pulls {2 x 50 on :50 Lungbuster pulls breathe 3-5-7 continous	EN1 EN1 EN2 EN1	F F F F
150	6 x 25 on :45 Free Stroke Drills	REC	I
1,300	1x{1 x 100 on 1:55 Freestyle {2 x 50 on :55 Free 10KOW L.25 100% {2 x 100 on 1:55 Freestyle {4 x 50 on 1:00 Free 10KOW L.25 100% {3 x 100 on 1:55 Freestyle {4 x 50 on 1:05 Free 10KOW L.25 100% {2 x 100 on 1:55 Freestyle	EN1 EN2 EN1 EN2 EN1 EN2 EN1	S S S S S S S
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Techniques-Starts	REC	I I
	7:29 PM 3,400 Yards - Stress Value = 44		

Workout #11862 - Wednesday, 03 October 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 25:00 DS/Abs/Tm Mtg		I
400	1 x 400 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
600	6 x 100 on 2:45 Kick-odds 100%	EN2	F
500	1x{3 x 50 on 1:10 Lungbuster pulls {3 x 50 on 1:05 Lungbuster pulls {3 x 50 on 1:00 Lungbuster pulls {1 x 50 on :55 Lungbuster pulls breathe 3-5-7 continous	EN1 EN1 EN1 EN2	F F F F
150	6 x 25 on :45 Free Stroke Drills	REC	I
1,150	1x{1 x 100 on 2:10 Freestyle {2 x 50 on 1:00 Free 10KOW L.25 100% {2 x 100 on 2:10 Freestyle {3 x 50 on 1:05 Free 10KOW L.25 100% {3 x 100 on 2:10 Freestyle {4 x 50 on 1:10 Free 10KOW L.25 100% {1 x 100 on 2:10 Freestyle	EN1 EN2 EN1 EN2 EN1 EN2 EN1	S S S S S S S
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Techniques-Starts	REC	I I
	7:31 PM 3,150 Yards - Stress Value = 41		

Workout #11863 - Thursday, 04 October 2012

Group 3 - Breast

1 minute rest between sets

3:45 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
 1-5 fly 6-10 breast
 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 BWFPF
 {2 x 150 on 1:55 Pulls BWKPF
 {3 x 150 on 1:50 Pulls BWHPF
 {4 x 150 on 1:45 Pulls BWSPF
 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 25 on :30 Butterfly
 {1 x 200 on 3:00 Breaststroke
 {1 x 100 on 1:15 Freestyle
 {6 x 25 on :30 Breaststroke
 {1 x 200 on 3:00 Butterfly
 {1 x 100 on 1:15 Freestyle
 {6 x 25 on :30 Breaststroke
 {2 x 150 on 2:20 Breaststroke
 {1 x 100 on 1:15 Freestyle
 {6 x 25 on :30 Breaststroke
 {2 x 150 on 2:20 Butterfly
 {1 x 100 on 1:15 Freestyle
 100 1 x 100 on 3:00 Individual Medley
 250 5 x 50 on 1:00 Stroke Drills
 6:15 PM 6,400 Yards - Stress Value = 111

Workout #11864 - Thursday, 04 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 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
 1-5 fly 6-10 breast
 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 BWFPF
 {2 x 150 on 2:10 Pulls BWKPF
 {3 x 150 on 2:05 Pulls BWHPF
 {4 x 100 on 1:20 Pulls BWSPF
 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 25 on :30 Butterfly
 {1 x 200 on 3:15 Breaststroke
 {1 x 100 on 1:20 Freestyle
 {6 x 25 on :30 Breaststroke
 {1 x 200 on 3:15 Butterfly
 {1 x 100 on 1:20 Freestyle
 {6 x 25 on :30 Butterfly
 {2 x 150 on 2:35 Breaststroke
 {1 x 100 on 1:20 Freestyle

{6 x 25 on :30 Breaststroke
 {2 x 150 on 2:35 Butterfly
 100 1 x 100 on 3:00 Individual Medley
 250 5 x 50 on 1:00 Stroke Drills
 6:15 PM 5,950 Yards - Stress Value = 102

Workout #11865 - Thursday, 04 October 2012

Group 3 - Silver

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1-5 fly 6-10 breast
 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 BWFPF
 {2 x 150 on 2:30 Pulls BWKPF
 {3 x 150 on 2:25 Pulls BWHPF
 {2 x 100 on 1:35 Pulls BWSPF
 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 25 on :35 Butterfly
 {1 x 150 on 2:40 Breaststroke
 {1 x 100 on 1:35 Freestyle
 {6 x 25 on :35 Breaststroke
 {1 x 150 on 2:40 Butterfly
 {1 x 100 on 1:35 Freestyle
 {6 x 25 on :35 Butterfly
 {2 x 100 on 1:50 Breaststroke
 {1 x 100 on 1:35 Freestyle
 {6 x 25 on :30 Breaststroke
 {2 x 100 on 1:50 Butterfly
 {1 x 100 on 1:35 Freestyle
 100 1 x 100 on 3:00 Individual Medley
 250 5 x 50 on 1:00 Stroke Drills
 6:14 PM 5,350 Yards - Stress Value = 91

Workout #11866 - Thursday, 04 October 2012

Group 3 - Bronze

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Spotlight
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
	1-5 fly 6-10 breast
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 x 100 on 2:25 Kick-non #1 kick
1,000	1x{1 x 150 on 2:50 Pulls BWFPF
	{2 x 150 on 2:45 Pulls BWKPF
	{3 x 150 on 2:40 Pulls BWHPF
	{1 x 100 on 1:45 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{4 x 25 on :45 Butterfly
	{1 x 150 on 3:00 Breaststroke
	{1 x 100 on 1:50 Freestyle
	{4 x 25 on :45 Breaststroke
	{1 x 150 on 3:00 Butterfly
	{1 x 100 on 1:50 Freestyle
	{4 x 25 on :45 Butterfly
	{2 x 100 on 2:00 Breaststroke
	{1 x 100 on 1:50 Freestyle
	{4 x 25 on :45 Breaststroke
	{2 x 100 on 2:00 Butterfly
	{1 x 50 on :55 Freestyle
100	1 x 100 on 3:00 Individual Medley
250	5 x 50 on 1:00 Stroke Drills
	6:15 PM 4,800 Yards - Stress Value = 81

Workout #11867 - Thursday, 04 October 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
150	6 x 25 on 1:00 Perfect Backstroke	REC	
750	1x{1 x 250 on 8:00 Stroke Drills	REC	
	{1 x 250 on 8:00 Stroke Drills	REC	
	{1 x 250 on 8:00 Stroke Drills	REC	
150	6 x 25 on 1:00 Perfect Backstroke	REC	
1,100	1x{2 x 150 on 2:15 Backstroke	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 150 on 2:10 Backstroke	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 150 on 2:05 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 8:00 Techniques-Back Starts		
	7:30 PM 3,000 Yards - Stress Value = 28		

Workout #11871 - Friday, 05 October 2012

Group 3 - Gold/Silver

1 minute rest between sets

5:30 AM 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
	7:01 AM 4,100 Yards - Stress Value = 50

Workout #11868 - Friday, 05 October 2012

Group 3 - IM's

1 minute rest between sets

5:30 AM 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
	7:01 AM 4,650 Yards - Stress Value = 58

Workout #11869 - Friday, 05 October 2012

Group 3 - Platinum-Gold

1 minute rest between sets

5:30 AM 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
	7:01 AM 4,450 Yards - Stress Value = 55

Workout #11870 - Friday, 05 October 2012

Group 3 - Gold

1 minute rest between sets

5:30 AM 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
 7:02 AM 4,300 Yards - Stress Value = 53

Workout #11872 - Friday, 05 October 2012

Group 3 - Silver

1 minute rest between sets

5:30 AM 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
 7:02 AM 3,900 Yards - Stress Value = 48

Workout #11874 - Friday, 05 October 2012

Group 3 - Bronze

1 minute rest between sets

5:30 AM 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
 7:01 AM 3,250 Yards - Stress Value = 40

Workout #11873 - Friday, 05 October 2012

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM 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
 7:01 AM 3,575 Yards - Stress Value = 44

Workout #11875 - Monday, 08 October 2012

Group 3 - Distance

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Splight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,600 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
 6:15 PM 7,500 Yards - Stress Value = 134

Workout #11876 - Monday, 08 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Sptlght
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,350 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
 6:15 PM 6,750 Yards - Stress Value = 119

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ fastest interval
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 2,400 1x{4 x 200 on 3:20 Pulls BW?PF
 {4 x 175 on 2:55 Pulls BW?PF
 {4 x 125 on 2:05 Pulls BW?PF
 {4 x 100 on 1:40 Pulls BW?PF
 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 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 6:14 PM 5,510 Yards - Stress Value = 143

Workout #11878 - Monday, 08 October 2012

Group 3 - Bronze

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Sptlght
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 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
 6:15 PM 5,350 Yards - Stress Value = 93

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Sptlght
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,150 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
 6:15 PM 6,000 Yards - Stress Value = 105

Workout #11885 - Monday, 08 October 2012

Group 3 - Silver

1 minute rest between sets

Workout #11886 - Monday, 08 October 2012

Group 3 - Bronze

1 minute rest between sets

3:45 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Core/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill RE
 150 10 x 15 on :45 Shooters SF
 400 4 x 100 on 2:00 Kick @ fastest interval EM
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 2,200 1x{4 x 200 on 3:40 Pulls BW?PF
 {4 x 175 on 3:10 Pulls BW?PF
 {4 x 100 on 1:50 Pulls BW?PF
 {4 x 75 on 1:20 Pulls BW?PF
 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 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 6:14 PM 5,260 Yards - Stress Value = 139

Workout #11879 - Monday, 08 October 2012

Group 2 - IM's

1 minute rest between sets

5:30 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Physio Ball/TM
 500 1 x 500 on 10:00 Swim-kick-pull-swim RE
 150 10 x 15 on :45 Shooters SF
 1,200 1x{6 x 50 on 1:00 Kick-fly-descend
 {6 x 50 on 1:00 Kick-back-descend
 {6 x 50 on 1:00 Kick-breast-descend
 {6 x 50 on 1:00 Kick-free-descend
 100 1 x 100 on 3:00 IM Kick for time-no board EM
 200 8 x 25 on :45 Stroke Drills 2 on each RE
 600 6 x 100 on 4:00 Individual Medley SF
 500 10 x 50 on 1:00 Stroke Drills RE
 7:31 PM 3,250 Yards - Stress Value = 92

Workout #11880 - Monday, 08 October 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Physio Ball/TM
 500 1 x 500 on 10:00 Swim-kick-pull-swim RE
 150 10 x 15 on :45 Shooters SF
 1,100 1x{6 x 50 on 1:05 Kick-fly-descend
 {6 x 50 on 1:05 Kick-back-descend
 {6 x 50 on 1:05 Kick-breast-descend
 {4 x 50 on 1:05 Kick-free-descend
 100 1 x 100 on 3:00 IM Kick for time-no board EM
 200 8 x 25 on :45 Stroke Drills 2 on each RE
 600 6 x 100 on 4:00 Individual Medley SF
 500 10 x 50 on 1:00 Stroke Drills RE
 7:31 PM 3,150 Yards - Stress Value = 90

Workout #11881 - Monday, 08 October 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Physio Ball/TM
 450 1 x 450 on 10:00 Swim-kick-pull-swim RE

150 10 x 15 on :45 Shooters SF
 950 1x{5 x 50 on 1:15 Kick-fly-descend
 {5 x 50 on 1:15 Kick-back-descend
 {5 x 50 on 1:15 Kick-breast-descend
 {4 x 50 on 1:15 Kick-free-descend
 100 1 x 100 on 3:00 IM Kick for time-no board EM
 200 8 x 25 on :45 Stroke Drills 2 on each RE
 600 6 x 100 on 4:00 Individual Medley SF
 500 10 x 50 on 1:00 Stroke Drills RE
 7:31 PM 2,950 Yards - Stress Value = 87

Workout #11882 - Monday, 08 October 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Physio Ball/TM
 400 1 x 400 on 10:00 Swim-kick-pull-swim RE
 150 10 x 15 on :45 Shooters SF
 800 1x{4 x 50 on 1:25 Kick-fly-descend
 {4 x 50 on 1:25 Kick-back-descend
 {4 x 50 on 1:25 Kick-breast-descend
 {4 x 50 on 1:25 Kick-free-descend
 100 1 x 100 on 3:00 IM Kick for time-no board EM
 200 8 x 25 on :45 Stroke Drills 2 on each RE
 600 6 x 100 on 4:00 Individual Medley SF
 500 10 x 50 on 1:00 Stroke Drills RE
 7:30 PM 2,750 Yards - Stress Value = 84

Workout #11883 - Tuesday, 09 October 2012

Group 3 - Back

1 minute rest between sets

3:45 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill RE
 150 10 x 15 on :45 Shooters SF
 400 4 x 100 on 2:00 Kick @ fastest interval EM
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 3,000 1x{4 x 225 on 3:00 Pulls BW?PF
 {4 x 200 on 2:40 Pulls BW?PF
 {4 x 175 on 2:20 Pulls BW?PF
 {4 x 150 on 2:00 Pulls BW?PF
 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 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 6:14 PM 6,160 Yards - Stress Value = 155

Workout #11884 - Tuesday, 09 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
360	4 x 100 on 2:00 Kick @ fastest interval
	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
2,700	1x{4 x 225 on 3:20 Pulls BW?PF
	{ 4 x 200 on 3:00 Pulls BW?PF
	{ 4 x 150 on 2:15 Pulls BW?PF
	{ 4 x 100 on 1:30 Pulls BW?PF
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 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	6:15 PM 5,860 Yards - Stress Value = 149

Workout #11894 - Tuesday, 09 October 2012

Group 3 - Bronze

1 minute rest between sets

3:45 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs/Spotlight
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
1,350	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
	{ 4 x 100 on 2:20 Kick
	{ 1 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
	6:16 PM 5,100 Yards - Stress Value = 88

Workout #11887 - Tuesday, 09 October 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
1,000	10 x 15 on :45 Shooters	SP3	
	1x{2 x 150 on 2:45 Kick	EN2	
	{ 2 x 125 on 2:15 Kick	EN2	
	{ 2 x 100 on 1:45 Kick	EN2	

{ 2 x 75 on 1:15 Kick	EN2
{ 2 x 50 on :50 Kick	EN2
1 x 750 on 10:30 Pulls-nbbf&w + 2 yds	EN1
6 x 25 on :45 Stroke Drills	REC
12 x 150 on 2:15 Freestyle	EN2
Descend in 3's	
1 x 250 on 5:00 Stroke Drills	REC
7:30 PM 4,600 Yards - Stress Value = 70	

Workout #11888 - Tuesday, 09 October 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
850	10 x 15 on :45 Shooters	SP3	
	1x{2 x 150 on 3:10 Kick	EN2	
	{ 2 x 125 on 2:35 Kick	EN2	
	{ 2 x 100 on 2:00 Kick	EN2	
	{ 2 x 50 on :55 Kick	EN2	
675	1 x 675 on 10:30 Pulls-nbbf&w + 2 yds	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
1,650	11 x 150 on 2:30 Freestyle	EN2	
	Descend in 3's		
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:31 PM 4,225 Yards - Stress Value = 63		

Workout #11889 - Tuesday, 09 October 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
450	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 450 on 10:00 Underwater trn drill	REC	
750	10 x 15 on :45 Shooters	SP3	
	1x{2 x 150 on 3:30 Kick	EN2	
	{ 2 x 125 on 2:50 Kick	EN2	
	{ 2 x 100 on 2:15 Kick	EN2	
600	1 x 600 on 10:30 Pulls-nbbf&w + 2 yds	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
1,500	10 x 150 on 2:45 Freestyle	EN2	
	Descend in 3's		
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:31 PM 3,850 Yards - Stress Value = 57		

Workout #11890 - Tuesday, 09 October 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
400	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
650	10 x 15 on :45 Shooters	SP3	
	1x{2 x 150 on 3:45 Kick	EN2	
	{ 2 x 100 on 2:30 Kick	EN2	
	{ 2 x 75 on 1:50 Kick	EN2	
550	1 x 550 on 10:30 Pulls-nbbf&w + 2 yds	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
1,350	9 x 150 on 3:00 Freestyle	EN2	
	Descend in 3's		
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:29 PM 3,500 Yards - Stress Value = 52		

Workout #11891 - Wednesday, 10 October 2012

Group 3 - Breast

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,900 1x{1 x 100 on 1:35 Kick
 {2 x 50 on 1:00 Kick-good effort
 {2 x 100 on 1:35 Kick
 {2 x 50 on 1:00 Kick-good effort
 {3 x 100 on 1:35 Kick
 {2 x 50 on 1:00 Kick good effort
 {4 x 100 on 1:35 Kick
 {2 x 50 on 1:00 Kick
 {5 x 100 on 1:35 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
 6:15 PM 6,600 Yards - Stress Value = 116

Workout #11892 - Wednesday, 10 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,650 1x{1 x 100 on 1:50 Kick
 {2 x 50 on 1:05 Kick-good effort
 {2 x 100 on 1:50 Kick
 {2 x 50 on 1:05 Kick-good effort
 {3 x 100 on 1:50 Kick
 {2 x 50 on 1:05 Kick good effort
 {4 x 100 on 1:50 Kick
 {2 x 50 on 1:05 Kick
 {5 x 50 on :55 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
 1 x 250 on 4:00 Stroke Drills
 6:16 PM 6,150 Yards - Stress Value = 107

Workout #11893 - Wednesday, 10 October 2012

Group 3 - Silver

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,500 1x{1 x 100 on 2:00 Kick
 {2 x 50 on 1:10 Kick-good effort
 {2 x 100 on 2:00 Kick
 {2 x 50 on 1:10 Kick-good effort
 {3 x 100 on 2:00 Kick
 {2 x 50 on 1:10 Kick good effort
 {4 x 100 on 2:00 Kick
 {2 x 50 on 1:10 Kick
 {2 x 50 on 1:10 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
 6:16 PM 5,750 Yards - Stress Value = 100

Workout #11895 - Wednesday, 10 October 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 28:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
1,200	1x{4 x 25 on :45 Kick no board B	F
	{2 x 100 on 2:00 Kick-on back	F
	{4 x 25 on :45 Kick no board B	F
	{2 x 100 on 2:00 Kick on left side	F
	{4 x 25 on :45 Kick no board B	F
	{2 x 100 on 2:00 Kick on right side	F
	{4 x 25 on :45 Kick no board B	F
	{2 x 100 on 2:00 Kick no board choice	F
	{ 25's 10KOW+1	
150	6 x 25 on :45 Stroke Drills	F
1,300	1x{2 x 125 on 2:00 Back L.25 15 KOW	F
	{4 x 25 on :40 Back-build to great finishes	F
	{2 x 125 on 1:55 Back L.25 15KOW	F
	{4 x 25 on :40 Back build to great finishes	F
	{2 x 125 on 1:50 Back L.25 15KOW	F
	{4 x 25 on :40 Back build to great finishes	F
	{2 x 125 on 1:45 Back L.25 15KOW	F
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Game	F
	7:30 PM 3,500 Yards - Stress Value = 56	

Workout #11896 - Wednesday, 10 October 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 28:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
1,100	1x{4 x 25 on :45 Kick no board B	F
	{2 x 100 on 2:10 Kick-on back	F
	{4 x 25 on :45 Kick no board B	F
	{2 x 100 on 2:10 Kick on left side	F
	{4 x 25 on :45 Kick no board B	F
	{2 x 100 on 2:10 Kick on right side	F
	{4 x 25 on :45 Kick no board B	F
	{1 x 100 on 2:10 Kick no board choice	F
	{ 25's 10KOW+1	
150	6 x 25 on :45 Stroke Drills	F
1,150	1x{2 x 125 on 2:15 Back L.25 15 KOW	F
	{4 x 25 on :40 Back-build to great finishes	F
	{2 x 125 on 2:10 Back L.25 15KOW	F
	{4 x 25 on :40 Back build to great finishes	F
	{2 x 125 on 2:05 Back L.25 15KOW	F
	{4 x 25 on :40 Back build to great finishes	F
	{1 x 100 on 1:35 Back L.25 15KOW	F
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Game	F
	7:30 PM 3,250 Yards - Stress Value = 51	

Workout #11897 - Wednesday, 10 October 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 28:00 DS/Abs/Tm Mtg	
450	1 x 450 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
1,050	1x{4 x 25 on :45 Kick no board B	F

	{2 x 100 on 2:20 Kick-on back	F
	{4 x 25 on :45 Kick no board B	F
	{2 x 100 on 2:20 Kick on left side	F
	{4 x 25 on :45 Kick no board B	F
	{2 x 100 on 2:20 Kick on right side	F
	{4 x 25 on :45 Kick no board B	F
	{1 x 50 on 1:10 Kick no board choice	F
	{ 25's 10KOW+1	
150	6 x 25 on :45 Stroke Drills	F
1,050	1x{2 x 125 on 2:30 Back L.25 15 KOW	F
	{4 x 25 on :40 Back-build to great finishes	F
	{2 x 125 on 2:25 Back L.25 15KOW	F
	{4 x 25 on :40 Back build to great finishes	F
	{2 x 125 on 2:20 Back L.25 15KOW	F
	{4 x 25 on :40 Back build to great finishes	F
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Game	F
	7:30 PM 3,050 Yards - Stress Value = 48	

Workout #11898 - Wednesday, 10 October 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 28:00 DS/Abs/Tm Mtg	
400	1 x 400 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
900	1x{4 x 25 on 1:00 Kick no board B	F
	{2 x 100 on 2:30 Kick-on back	F
	{4 x 25 on 1:00 Kick no board B	F
	{2 x 100 on 2:30 Kick on left side	F
	{4 x 25 on 1:00 Kick no board B	F
	{2 x 75 on 1:55 Kick on right side	F
	{2 x 25 on 1:00 Kick no board B	F
	{ 25's 10KOW+1	
150	6 x 25 on :45 Stroke Drills	F
900	1x{2 x 100 on 2:15 Back L.25 15 KOW	F
	{4 x 25 on :45 Back-build to great finishes	F
	{2 x 100 on 2:10 Back L.25 15KOW	F
	{4 x 25 on :45 Back build to great finishes	F
	{2 x 100 on 2:05 Back L.25 15KOW	F
	{4 x 25 on :45 Back build to great finishes	F
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Game	F
	7:29 PM 2,700 Yards - Stress Value = 42	

Workout #11899 - Thursday, 11 October 2012

Group 3 - Fly

1 minute rest between sets

3:45 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
 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
 1,400 2x{2 x 125 on 1:40 Pulls
 {2 x 100 on 1:20 Pulls
 {2 x 75 on 1:00 Pulls
 {2 x 50 on :40 Pulls
 { 1st set BTB, 2nd set BTS
 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
 6:14 PM 6,725 Yards - Stress Value = 107

{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
 {1 x 100 on 2:00 Freestyle
 6:14 PM 6,025 Yards - Stress Value = 96

Workout #11901 - Thursday, 11 October 2012

Group 3 - Silver

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 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
 1,350 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
 1,100 2x{2 x 125 on 2:05 Pulls
 {2 x 100 on 1:40 Pulls
 {2 x 50 on :50 Pulls
 { 1st set BTB, 2nd set BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 3x{1 x 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
 6:14 PM 5,150 Yards - Stress Value = 84

Workout #11900 - Thursday, 11 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 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
 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
 {2 x 100 on 1:55 Kick 2 weakest kicks
 1,250 2x{2 x 125 on 1:55 Pulls
 {2 x 100 on 1:30 Pulls
 {2 x 75 on 1:05 Pulls
 {1 x 25 on :25 Pulls
 { 1st set BTB, 2nd set BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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

Workout #11902 - Thursday, 11 October 2012

Group 3 - Bronze

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Spotlight		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
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		
900	2x{2 x 125 on 2:30 Pulls		
	{2 x 100 on 2:00 Pulls		
	{ 1st set BTB, 2nd set BTS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,275	3x{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		
	6:14 PM 4,175 Yards - Stress Value = 67		

Workout #11903 - Thursday, 11 October 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	1 on 5:00 Technique Talk-Breast		
150	6 x 25 on 1:00 Perfect Breast	EN1	
600	1x{1 x 200 on 8:00 Stroke Drills	REC	
	{1 x 200 on 8:00 Stroke Drills	REC	
	{1 x 200 on 8:00 Stroke Drill	REC	
150	6 x 25 on 1:00 Perfect Breast	EN1	
600	1x{1 x 200 on 3:15 Breaststroke	EN2	
	{1 x 200 on 3:10 Breaststroke	EN2	
	{1 x 200 on 3:05 Breaststroke	EN2	
	1 on 10:00 Techniques-Starts		
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 2,400 Yards - Stress Value = 22		

Workout #11904 - Friday, 12 October 2012

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
800	1 x 800 on 12:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	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%
300	6 x 50 on 1:00 Stroke Drills

4:59 PM 4,000 Yards - Stress Value = 69

Workout #11905 - Friday, 12 October 2012

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
800	1 x 800 on 12:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	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%
300	6 x 50 on 1:00 Stroke Drills
	4:59 PM 3,850 Yards - Stress Value = 66

Workout #11906 - Friday, 12 October 2012

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
700	1 x 700 on 12:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 15:00 Vertical Kicking
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%
300	6 x 50 on 1:00 Stroke Drills
	4:59 PM 3,550 Yards - Stress Value = 62

Workout #11907 - Friday, 12 October 2012

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 12:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 15:00 Vertical Kicking
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%
300	6 x 50 on 1:00 Stroke Drills
	4:59 PM 3,350 Yards - Stress Value = 60

Workout #11908 - Friday, 12 October 2012

Group 2 - Fly

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes workout details for Group 2 - Fly, starting at 5:00 PM and ending at 6:30 PM with 2,100 Yards.

Table with columns: Yards, Set Description, EGY, WORK, S. Includes additional workout details for Group 2 - Fly, starting at 6:30 PM with 1,650 Yards.

Workout #11912 - Monday, 15 October 2012

Group 3 - Distance

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes workout details for Group 3 - Distance, starting at 3:45 PM and ending at 6:13 PM with 7,350 Yards.

Workout #11909 - Friday, 12 October 2012

Group 2 - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes workout details for Group 2 - Gold, starting at 5:00 PM and ending at 6:30 PM with 1,950 Yards.

Workout #11910 - Friday, 12 October 2012

Group 2 - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes workout details for Group 2 - Silver, starting at 5:00 PM and ending at 6:30 PM with 1,800 Yards.

Workout #11913 - Monday, 15 October 2012

Group 3 - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes workout details for Group 3 - Gold, starting at 3:45 PM and ending at 6:13 PM with 6,500 Yards.

Workout #11911 - Friday, 12 October 2012

Group 2 - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes workout details for Group 2 - Bronze, starting at 5:00 PM and ending at 6:13 PM with 800 Yards.

Workout #11914 - Monday, 15 October 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
=====	=====
	1 on 30:00 DS/Physio Balls/Spotlight
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
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
2,200	1x{4 x 200 on 3:15 Freestyle
	{3 x 200 on 3:10 Freestyle
	{2 x 200 on 3:05 Freestyle
	{1 x 200 on 3:00 Freestyle
	{1 x 200 on 2:55 Freestyle
400	1 x 400 on 6:00 Stroke Drills
	6:12 PM 5,850 Yards - Stress Value = 99

Workout #11915 - Monday, 15 October 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
=====	=====
	1 on 30:00 DS/Physio Balls/Spotlight
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
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
	6:13 PM 5,150 Yards - Stress Value = 86

Workout #11916 - Monday, 15 October 2012

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 150 on 2:45 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	

	{2 x 100 on 1:50 Kick	EN2
	{2 x 75 on 1:20 Kick	EN2
	{2 x 50 on :50 Kick	EN2
100	1 x 100 on 3:00 Kick for time	EN3
200	2 x 100 on 2:30 25 kick 25 drill	EN1
	25 build 25 6bk	
900	1x{1 x 150 on 2:30 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:25 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:20 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:15 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:10 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:05 Pulls-no br L.12 yds	EN1
200	8 x 25 on :45 Freestyle Drill	REC
300	6 x 50 on 2:00 Freestyle	SP1
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 3,600 Yards - Stress Value = 70	

Workout #11917 - Monday, 15 October 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{2 x 150 on 3:15 Kick	EN2	
	{2 x 125 on 2:40 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
200	2 x 100 on 2:30 25 kick 25 drill	EN1	
	25 build 25 6bk		
850	1x{1 x 150 on 2:40 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:35 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:30 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:25 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:20 Pulls-no br L.12 yds	EN1	
	{1 x 100 on 1:30 Pulls-no br L.12 yds	EN1	
200	8 x 25 on :45 Stroke Drills	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,450 Yards - Stress Value = 67		

Workout #11918 - Monday, 15 October 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 150 on 3:40 Kick	EN2	
	{2 x 125 on 2:55 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
200	2 x 100 on 2:30 25 kick 25 drill	EN1	
	25 build 25 6bk		
750	1x{1 x 150 on 2:55 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:50 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:45 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:40 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:35 Pulls-no br L.12 yds	EN1	
200	8 x 25 on :45 Stroke Drills	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,200 Yards - Stress Value = 64		

Workout #11919 - Monday, 15 October 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
400	1 on 30:00 DS/Physio Balls/Tm Mtg	REC	
150	1 x 400 on 10:00 Swim-kick-pull-swim	SP3	
650	10 x 15 on :45 Shooters	EN2	
	1x{1 x 150 on 4:30 Kick	EN2	
	{2 x 125 on 3:45 Kick	EN2	
	{2 x 100 on 3:00 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
200	2 x 100 on 2:30 25 kick 25 drill	EN1	
	25 build 25 6bk		
650	1x{1 x 150 on 3:05 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 3:00 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:55 Pulls-no br L.12 yds	EN1	
	{1 x 150 on 2:50 Pulls-no br L.12 yds	EN1	
	{1 x 50 on :55 Pulls-no br L.12 yds	EN1	
200	8 x 25 on :45 Stroke Drills	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 2,900 Yards - Stress Value = 59		

Yards	Set Description
600	1 on 30:00 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 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
1,400	1x{1 x 500 on 7:05 Pulls
	{1 x 400 on 5:40 Pulls
	{1 x 300 on 4:15 Pulls
	{1 x 200 on 2:50 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550	1x{3 x 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 200 on 2:55 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{4 x 50 on :55 Back-descend 3/5/7/9 KOW
400	8 x 50 on 1:00 Stroke Drills
	6:15 PM 5,780 Yards - Stress Value = 80

Workout #11920 - Tuesday, 16 October 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
600	1 on 30:00 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 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
1,500	1x{1 x 500 on 6:30 Pulls
	{1 x 400 on 5:15 Pulls
	{1 x 300 on 3:55 Pulls
	{1 x 200 on 2:35 Pulls
	{1 x 100 on 1:15 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	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 2:45 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
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7 KOW
	{1 x 200 on 2:35 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 2:30 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	6:15 PM 6,030 Yards - Stress Value = 84

Workout #11922 - Tuesday, 16 October 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
550	1 on 30:00 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 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
1,250	1x{1 x 500 on 7:55 Pulls
	{1 x 400 on 6:20 Pulls
	{1 x 300 on 4:45 Pulls
	{1 x 50 on :45 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	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 3:20 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 3:15 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 3:10 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{2 x 50 on 1:00 Back-descend 5/7 KOW
400	8 x 50 on 1:00 Stroke Drills
	6:15 PM 5,480 Yards - Stress Value = 76

Workout #11921 - Tuesday, 16 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 PM Start

Workout #11923 - Tuesday, 16 October 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:45 PM Start		
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
500	5 x 100 on 2:00 Kick @ Fastest Interval	EN2
980	1x{1 x 50 on 1:00 Vertical Kick-30/30	EN2
	{4 x 30 on :45 15 underwater 15 sprint free	EN2
	{2 x 50 on 1:00 Vertical Kick 35/25	EN2
	{4 x 30 on :45 15 undwater 15 sprint free	EN2
	{3 x 50 on 1:00 Vertical Kick 40/20	EN2
	{4 x 30 on :45 15 underwater 15 sprint free	EN2
	{4 x 50 on 1:00 Vertical Kick 45/15	EN2
	{4 x 30 on :45 15 underwater 15 sprint free	EN2
1,100	1x{1 x 500 on 9:00 Pulls	EN2
	{1 x 400 on 7:10 Pulls	EN2
	{1 x 200 on 3:35 Pulls	EN2
200	4x{1 x 25 on :50 Sculling drills	EN2
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2
1,300	1x{3 x 25 on :40 Back -6 kick switch	EN1
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW	EN2
	{1 x 200 on 4:00 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN2
	{3 x 50 on 1:05 Back-descend 3/5/7/ KOW	EN2
	{1 x 200 on 3:55 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN2
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW	EN2
	{1 x 200 on 3:50 Backstroke	EN2
	{1 x 25 on :40 Back-6 kick switch	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
6:15 PM 5,130 Yards - Stress Value = 72		

Workout #11924 - Tuesday, 16 October 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 50 on :45 Kick on back no board	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 50 on :50 Kick on back no board	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on :55 Kick on back no board	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{4 x 50 on 1:00 Kick on back no board	EN2
400	8 x 50 on :50 Pulls odds br toward blchr	EN1
	evens br toward scrbd	EN1
200	8 x 25 on :45 Stroke Drills	REC
1,275	1x{3 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 3:00 Backstroke	EN2
	{3 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 2:55 Backstroke	EN2
	{3 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 2:50 Backstroke	EN2
	1 on 10:00 Techniques-Back Starts	REC
7:30 PM 3,425 Yards - Stress Value = 53		

Workout #11925 - Tuesday, 16 October 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
500	1 on 30:00 DS/Core/Tm Mtg	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 50 on :55 Kick on back no board	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 50 on 1:00 Kick on back no board	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:05 Kick on back no board	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:10 Kick on back no board	EN2
350	7 x 50 on :55 Pulls odds br toward blchr	EN1
	evens br toward scrbd	EN1
200	8 x 25 on :45 Stroke Drills	REC
1,200	1x{3 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 3:20 Backstroke	EN2
	{3 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 3:15 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{3 x 50 on :55 Back-descend 3/5/7 KOW	EN2
	{1 x 125 on 2:00 Backstroke	EN2
	1 on 10:00 Techniques-Back Starts	REC
7:30 PM 3,250 Yards - Stress Value = 50		

Workout #11926 - Tuesday, 16 October 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
450	1 on 30:00 DS/Core/Tm Mtg	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 50 on 1:05 Kick on back no board	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 50 on 1:10 Kick on back no board	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:15 Kick on back no board	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 50 on 1:20 Kick on back no board	EN2
350	7 x 50 on :55 Pulls odds br toward blchr	EN1
	evens br toward scrbd	EN1
200	8 x 25 on :45 Stroke Drills	REC
1,075	1x{3 x 25 on :40 Back -6 kick switch	EN1
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW	EN2
	{1 x 150 on 2:45 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN2
	{3 x 50 on 1:00 Back-descend 3/5/7/ KOW	EN2
	{1 x 150 on 2:40 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW	EN2
	{1 x 100 on 1:45 Backstroke	EN2
	1 on 10:00 Techniques-Back Starts	REC
7:30 PM 3,025 Yards - Stress Value = 47		

Workout #11927 - Tuesday, 16 October 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board B
 {1 x 50 on 1:15 Kick on back no board
 {4 x 25 on 1:00 Kick no board B
 {2 x 50 on 1:20 Kick on back no board
 {4 x 25 on 1:00 Kick no board B
 {2 x 50 on 1:25 Kick on back no board
 {2 x 25 on 1:00 Kick no board B
 300 6 x 50 on 1:05 Pulls odds br toward blchr
 evens br toward scrbd
 200 8 x 25 on :45 Stroke Drills
 925 1x{3 x 25 on :45 Back -6 kick switch
 {3 x 50 on 1:15 Back-descend 3/5/7 KOW
 {1 x 150 on 3:15 Backstroke
 {3 x 25 on :45 Back-6 kick switch
 {3 x 50 on 1:15 Back-descend 3/5/7/ KOW
 {1 x 150 on 3:10 Backstroke
 {3 x 25 on :45 Back-6 kick switch
 {2 x 50 on 1:15 Back-5/7 KOW
 1 on 10:00 Techniques-Back Starts
 7:30 PM 2,575 Yards - Stress Value = 39

{1 x 150 on 2:55 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 2:50 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 2:45 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 2:40 100 Breast Pull 50 Sprint Fr
 {1 x 100 on 1:45 50 Breast Pull 50 Sprint Fr
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 2x{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
 {4 x 50 on :50 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 6:16 PM 5,900 Yards - Stress Value = 72

Workout #11930 - Wednesday, 17 October 2012

Group 3 - Silver

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set
 750 1x{1 x 150 on 3:20 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 3:15 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 3:10 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 3:05 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 3:00 100 Breast Pull 50 Sprint Fr
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 2x{1 x 200 on 3:40 Breaststroke
 {2 x 25 on :35 Breast 2X pullouts
 {1 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
 {4 x 50 on :55 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 6:16 PM 5,450 Yards - Stress Value = 65

Workout #11928 - Wednesday, 17 October 2012

Group 3 - Breast

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set
 900 1x{1 x 150 on 3:00 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 2:50 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 2:40 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 2:30 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 2:20 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 2:10 100 Breast Pull 50 Sprint Fr
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 2x{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
 200 1 x 200 on 3:00 Stroke Drills
 6:16 PM 6,150 Yards - Stress Value = 75

Workout #11929 - Wednesday, 17 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set
 850 1x{1 x 150 on 3:00 100 Breast Pull 50 Sprint Fr

Workout #11931 - Wednesday, 17 October 2012

Group 3 - Bronze

1 minute rest between sets

{4 x 75 on 1:20 50 Breast 25 free EN2 §
 {2 x 100 on 1:40 Breaststroke EN2 §
 {2 x 50 on :55 25 Back 25 Breast EN2 §
 1 on 10:00 Game
 7:27 PM 3,700 Yards - Stress Value = 67

3:45 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Spotlight
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set
 700 1x{1 x 150 on 3:35 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 3:30 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 3:25 100 Breast Pull 50 Sprint Fr
 {1 x 150 on 3:20 100 Breast Pull 50 Sprint Fr
 {1 x 100 on 2:05 50 Breast Pull 50 Sprint Fre
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 2x{1 x 200 on 4:00 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 3:00 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {2 x 100 on 2:00 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {3 x 50 on 1:00 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 6:16 PM 5,050 Yards - Stress Value = 61

Workout #11934 - Wednesday, 17 October 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 30:00 DS/Abs/Spotlight I
 450 1 x 450 on 10:00 Choice REC §
 150 10 x 15 on :45 Shooters SP3 §
 850 1x{1 x 150 on 3:15 Kick EN2 F
 {2 x 125 on 2:45 Kick EN2 F
 {2 x 100 on 2:10 Kick EN2 F
 {2 x 75 on 1:40 Kick EN2 F
 {2 x 50 on 1:05 Kick EN2 F
 1,900 1x{4 x 125 on 2:30 100 Breast 25 free EN2 §
 {3 x 100 on 2:00 Breast EN2 §
 {4 x 100 on 2:00 25 back 75 breast EN2 §
 {3 x 100 on 1:55 Breast EN2 §
 {4 x 75 on 1:30 50 Breast 25 free EN2 §
 {1 x 100 on 1:50 Breaststroke EN2 §
 1 on 10:00 Game
 7:27 PM 3,350 Yards - Stress Value = 61

Workout #11932 - Wednesday, 17 October 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 30:00 DS/Abs/Spotlight I
 500 1 x 500 on 10:00 Choice REC §
 150 10 x 15 on :45 Shooters SP3 §
 1,000 1x{2 x 150 on 2:45 Kick EN2 F
 {2 x 125 on 2:15 Kick EN2 F
 {2 x 100 on 1:50 Kick EN2 F
 {2 x 75 on 1:20 Kick EN2 F
 {2 x 50 on :55 Kick EN2 F
 2,300 1x{4 x 125 on 2:05 100 Breast 25 free EN2 §
 {3 x 100 on 1:40 Breast EN2 §
 {4 x 100 on 1:40 25 back 75 breast EN2 §
 {3 x 100 on 1:35 Breast EN2 §
 {4 x 75 on 1:15 50 Breast 25 free EN2 §
 {3 x 100 on 1:30 Breaststroke EN2 §
 {4 x 50 on :50 25 Back 25 Breast EN2 §
 1 on 10:00 Game
 7:27 PM 3,950 Yards - Stress Value = 72

Workout #11935 - Wednesday, 17 October 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 30:00 DS/Abs/Spotlight I
 450 1 x 450 on 10:00 Choice REC §
 150 10 x 15 on :45 Shooters SP3 §
 800 1x{1 x 150 on 3:30 Kick EN2 F
 {2 x 125 on 2:55 Kick EN2 F
 {2 x 100 on 2:20 Kick EN2 F
 {2 x 75 on 1:45 Kick EN2 F
 {1 x 50 on 1:10 Kick EN2 F
 1,700 1x{4 x 125 on 2:50 100 Breast 25 free EN2 §
 {2 x 100 on 2:10 Breast EN2 §
 {4 x 100 on 2:15 25 back 75 breast EN2 §
 {2 x 100 on 2:05 Breast EN2 §
 {4 x 75 on 1:40 50 Breast 25 free EN2 §
 {1 x 100 on 2:00 Breaststroke EN2 §
 1 on 10:00 Game
 7:27 PM 3,100 Yards - Stress Value = 56

Workout #11933 - Wednesday, 17 October 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 30:00 DS/Abs/Spotlight I
 500 1 x 500 on 10:00 Choice REC §
 150 10 x 15 on :45 Shooters SP3 §
 950 1x{2 x 150 on 3:00 Kick EN2 F
 {2 x 125 on 2:30 Kick EN2 F
 {2 x 100 on 2:00 Kick EN2 F
 {2 x 75 on 1:30 Kick EN2 F
 {1 x 50 on 1:00 Kick EN2 F
 2,100 1x{4 x 125 on 2:20 100 Breast 25 free EN2 §
 {3 x 100 on 1:50 Breast EN2 §
 {4 x 100 on 1:50 25 back 75 breast EN2 §
 {3 x 100 on 1:45 Breast EN2 §

Workout #11947 - Wednesday, 17 October 2012

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	Yards	Set Description
5:00 PM	Start				
=====	=====	=====	=====	=====	=====
	1 on 40:00 DS and Dryland		L I		1 on 45:00 TmPic/DS/ShouldersSpotlight
450	1 x 450 on 10:00 Reverse IM drill	REC	D	600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters	SP3	S		Odd 100's free even 100's back
1,200	1x{4 x 25 on :40 Butterfly	EN2	S F	150	10 x 15 on :45 Shooters
	{1 x 100 on 1:55 Individual Medley	EN2	S	1,450	1x{1 x 50 on :55 Kick
	{4 x 25 on :40 Backstroke	EN2	S		{8 x 25 on :35 Kick your weakest kick
	{2 x 100 on 1:55 Individual Medley	EN2	S		{4 x 50 on :55 Kick
	{4 x 25 on :40 Breaststroke	EN2	S		{8 x 25 on :35 Kick your weakest kick
	{3 x 100 on 1:55 Individual Medley	EN2	S		{3 x 50 on :55 Kick
	{4 x 25 on :40 Freestyle	EN2	S		{6 x 25 on :35 Kick your weakest kick
	{2 x 100 on 1:55 Individual Medley	EN2	S	1,300	1x{1 x 50 on :55 Kick
150	1 x 150 on 3:00 Stroke Drills	REC	D		{8 x 25 on :35 Kick your weakest kick
6:30 PM	1,950 Yards - Stress Value = 30				1,300 1x{1 x 100 on 1:30 Pulls BWFPF

Workout #11936 - Thursday, 18 October 2012

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	Yards	Set Description
3:45 PM	Start				
=====	=====	=====	=====	=====	=====
	1 on 45:00 TmPic/DS/ShouldersSpotlight				1 on 45:00 TmPic/DS/ShouldersSpotlight
600	1 x 600 on 10:00 Underwater trn drill				1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters				Odd 100's free even 100's back
1,750	1x{5 x 50 on :45 Kick			200	4x{1 x 25 on :50 Sculling drills
	{8 x 25 on :30 Kick your weakest kick				{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{4 x 50 on :45 Kick			2,475	1x{4 x 100 on 1:35 Fly 2-3-4-5 SOW
	{8 x 25 on :30 Kick your weakest kick				{4 x 100 on 1:30 Fly 2-3-4-5 SOW
	{3 x 50 on :45 Kick				{4 x 100 on 1:25 Fly 2-3-4-5 SOW
	{8 x 25 on :30 Kick your weakest kick				{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{2 x 50 on :45 Kick			200	1 x 200 on 4:00 Stroke Drills
	{8 x 25 on :30 Kick your weakest kick				{3 x 75 on 1:10 Fly 3-4-5 SOW
	{1 x 50 on :45 Kick				{3 x 75 on 1:05 Fly 3-4-5 SOW
	{8 x 25 on :30 Kick your weakest kick				{3 x 75 on 1:00 Fly 3-4-5 SOW
1,400	1x{1 x 100 on 1:20 Pulls BWFPF			200	1 x 200 on 3:00 Stroke Drills
	{4 x 25 on :30 Pulls HB 5 SOW +1			6:35 PM	6,375 Yards - Stress Value = 94
	{2 x 100 on 1:20 Pulls BWFPF				
	{4 x 25 on :30 Pulls HB 6 SOW+1				
	{3 x 100 on 1:20 Pulls BWHPF				
	{4 x 25 on :30 Pulls HB 7 SOW+1				
	{2 x 100 on 1:20 Pulls BWFPF				
	{4 x 25 on :30 Pulls HB 8 SOW+1				
	{1 x 100 on 1:20 Pulls BWFPF				
	{4 x 25 on :30 Pulls HB 9 SOW+1				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
2,875	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				
200	1 x 200 on 3:00 Stroke Drills				
6:35 PM	7,175 Yards - Stress Value = 105				

Workout #11937 - Thursday, 18 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 PM Start

Workout #11938 - Thursday, 18 October 2012

Group 3 - Silver

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 45:00 TmPic/DS/ShouldersSpotlight
 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
 1,350 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
 1,150 1x{1 x 100 on 1:40 Pulls BWFPF
 {4 x 25 on :35 Pulls HB 5 SOW +1
 {2 x 100 on 1:40 Pulls BWFPF
 {4 x 25 on :35 Pulls HB 6 SOW+1
 {2 x 100 on 1:40 Pulls BWHPF
 {4 x 25 on :35 Pulls HB 7 SOW+1
 {2 x 100 on 1:40 Pulls BWFPF
 {2 x 25 on :35 Pulls HB 8 SOW+1
 {1 x 100 on 1:40 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,125 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
 200 1 x 200 on 3:00 Stroke Drills
 6:35 PM 5,725 Yards - Stress Value = 82

Workout #11939 - Thursday, 18 October 2012

Group 3 - Bronze

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 45:00 TmPic/DS/ShouldersSpotlight
 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
 1,200 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
 1,000 1x{1 x 100 on 1:55 Pulls BWFPF
 {4 x 25 on :40 Pulls HB 5 SOW +1
 {2 x 100 on 1:55 Pulls BWFPF
 {4 x 25 on :40 Pulls HB 6 SOW+1
 {2 x 100 on 1:55 Pulls BWHPF
 {4 x 25 on :40 Pulls HB 7 SOW+1
 {2 x 100 on 1:55 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 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
 200 1 x 200 on 3:00 Stroke Drills
 6:35 PM 5,000 Yards - Stress Value = 74

Workout #11940 - Thursday, 18 October 2012

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Shoulders/TmMtg
 500 1 x 500 on 10:00 Underwater Trn Drills REC
 150 10 x 15 on :45 Shooters SP3
 150 6 x 25 on 1:00 Perfect Fly EN1
 600 1x{1 x 200 on 7:00 Stroke Drills REC
 {1 x 200 on 7:00 Stroke Drills REC
 {1 x 200 on 7:00 Stroke Drills REC
 150 6 x 25 on 1:00 Perfect Fly EN1
 1 on 15:00 Techniques-Starts/Open Turns
 800 4x{8 x 25 on :30 Butterfly EN2
 {1 on 1:00 Rest
 7:31 PM 2,350 Yards - Stress Value = 26

Workout #11941 - Friday, 19 October 2012

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 10:00 Dynamic Stretch
 600 1 x 600 on 10:00 Reverse IM drill REC
 150 10 x 15 on :45 Shooters SP3
 100 1 x 100 on 5:00 IM from a push for time SP2
 500 1 x 500 on 10:00 Social Kick REC
 1 on 45:00 IM Relay Game EN1
 5:01 PM 1,350 Yards - Stress Value = 16

Workout #11945 - Friday, 19 October 2012

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS and Dryland L I
 500 1 x 500 on 10:00 Reverse IM drill REC D
 150 10 x 15 on :45 Shooters SP3 S
 1,500 1x{6 x 25 on :30 Butterfly EN2 S F
 {1 x 100 on 1:40 Individual Medley EN2 S
 {6 x 25 on :30 Backstroke EN2 S
 {2 x 100 on 1:40 Individual Medley EN2 S
 {6 x 25 on :30 Breaststroke EN2 S
 {3 x 100 on 1:40 Individual Medley EN2 S
 {6 x 25 on :30 Freestyle EN2 S
 {3 x 100 on 1:40 Individual Medley EN2 S
 150 1 x 150 on 3:00 Stroke Drills REC D
 6:31 PM 2,300 Yards - Stress Value = 36

Workout #11942 - Friday, 19 October 2012

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 40:00 DS and Dryland		L I	
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,600	1x{6 x 25 on :30 Butterfly	EN2	S F	
	{1 x 100 on 1:25 Individual Medley	EN2	S	
	{6 x 25 on :30 Backstroke	EN2	S	
	{2 x 100 on 1:25 Individual Medley	EN2	S	
	{6 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:25 Individual Medley	EN2	S	
	{6 x 25 on :30 Freestyle	EN2	S	
	{4 x 100 on 1:25 Individual Medley	EN2	S	
150	1 x 150 on 3:00 Stroke Drills	REC	D	
	6:31 PM 2,400 Yards - Stress Value = 38			

Workout #11943 - Friday, 19 October 2012

Group 2 - Platinum-Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 40:00 DS and Dryland		L I	
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,550	1x{6 x 25 on :30 Butterfly	EN2	S F	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{6 x 25 on :30 Backstroke	EN2	S	
	{2 x 100 on 1:30 Individual Medley	EN2	S	
	{6 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:30 Individual Medley	EN2	S	
	{8 x 25 on :30 Freestyle	EN2	S	
	{3 x 100 on 1:30 Individual Medley	EN2	S	
150	1 x 150 on 3:00 Stroke Drills	REC	D	
	6:31 PM 2,350 Yards - Stress Value = 37			

Workout #11944 - Friday, 19 October 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 40:00 DS and Dryland		L I	
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,500	1x{6 x 25 on :30 Butterfly	EN2	S F	
	{1 x 100 on 1:35 Individual Medley	EN2	S	
	{6 x 25 on :30 Backstroke	EN2	S	
	{2 x 100 on 1:35 Individual Medley	EN2	S	
	{6 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:35 Individual Medley	EN2	S	
	{6 x 25 on :30 Freestyle	EN2	S	
	{3 x 100 on 1:35 Individual Medley	EN2	S	
150	1 x 150 on 3:00 Stroke Drills	REC	D	
	6:31 PM 2,300 Yards - Stress Value = 36			

Workout #11946 - Friday, 19 October 2012

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 40:00 DS and Dryland		L I	
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	

1,400	1x{4 x 25 on :35 Butterfly	EN2	S F
	{1 x 100 on 1:45 Individual Medley	EN2	S
	{4 x 25 on :35 Backstroke	EN2	S
	{2 x 100 on 1:45 Individual Medley	EN2	S
	{4 x 25 on :35 Breaststroke	EN2	S
	{3 x 100 on 1:45 Individual Medley	EN2	S
	{4 x 25 on :35 Freestyle	EN2	S
	{4 x 100 on 1:45 Individual Medley	EN2	S
150	1 x 150 on 3:00 Stroke Drills	REC	D
	6:31 PM 2,150 Yards - Stress Value = 34		

Workout #11948 - Friday, 19 October 2012

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 40:00 DS and Dryland		L I	
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,100	1x{4 x 25 on :40 Butterfly	EN2	S F	
	{1 x 100 on 2:10 Individual Medley	EN2	S	
	{4 x 25 on :40 Backstroke	EN2	S	
	{2 x 100 on 2:10 Individual Medley	EN2	S	
	{4 x 25 on :40 Breaststroke	EN2	S	
	{3 x 100 on 2:10 Individual Medley	EN2	S	
	{4 x 25 on :40 Freestyle	EN2	S	
	{1 x 100 on 2:10 Individual Medley	EN2	S	
150	1 x 150 on 3:00 Stroke Drills	REC	D	
	6:30 PM 1,800 Yards - Stress Value = 28			

Workout #11949 - Monday, 22 October 2012

Group 3 - Freestylers

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 25:00 DS/Physio Ball1 Shoulders			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,800	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			
	{4 x 50 on :45 Kick			
2,000	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			
	{4 x 50 on 1:00 Pulls every one 4th 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 2:00 Free-descend			
300	6 x 50 on 1:00 Stroke Drills			
	6:15 PM 6,850 Yards - Stress Value = 118			

Workout #11950 - Monday, 22 October 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
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 :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 {4 x 25 on :35 Kick no board BSLR {1 x 50 on :55 Kick
1,850	1x{16 x 50 on :50 Pulls every 4tn one 4 breaths {12 x 50 on :55 Pulls every 3rd one 4 breaths {6 x 50 on 1:00 Pulls every 2nd one 4 breaths {3 x 50 on 1:05 Pulls every one 4th 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 2:15 Freestyle-descend
300	6 x 50 on 1:00 Stroke Drills
6:16 PM	6,250 Yards - Stress Value = 107

Workout #11951 - Monday, 22 October 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	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 {4 x 25 on :40 Kick no board BSLR
1,650	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 {3 x 50 on 1:10 Pulls every one 4th 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	10 x 150 on 2:30 Freestyle-descend
300	6 x 50 on 1:00 Stroke Drills
6:15 PM	5,700 Yards - Stress Value = 97

Workout #11952 - Monday, 22 October 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
500	1 x 500 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 {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 {2 x 100 on 2:25 Kick {2 x 25 on :45 Kick no board BS
1,500	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
{3 x 50 on 1:15 Pulls every one 4th breaths
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
300 6 x 50 on 1:00 Stroke Drills
6:15 PM 5,150 Yards - Stress Value = 87

Workout #11953 - Monday, 22 October 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	W
5:30 PM	Start		
500	1 on 30:00 DS/Physio Balls/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
950	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick {1 x 50 on 1:00 EZ-swim	EN2	EN2
100	1 x 100 on 3:00 Kick for time-on back	EN3	
650	1 x 650 on 10:30 Pulls-nbbf&w	EN1	
300	2 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1	
50	1 x 50 on 4:00 Back-100% Count strokes	SP2	
350	7 x 50 on 2:00 Backstroke	SP1	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM	3,300 Yards - Stress Value = 72		

Workout #11954 - Monday, 22 October 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	W
5:30 PM	Start		
500	1 on 30:00 DS/Physio Balls/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
850	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Kick {1 x 50 on 1:00 EZ-swim	EN2	EN2
100	1 x 100 on 3:00 Kick for time-on back	EN3	
600	1 x 600 on 10:30 Pulls-nbbf&w	EN1	
300	2 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1	
50	1 x 50 on 4:00 Back-100% Count strokes	SP2	
350	7 x 50 on 2:00 Backstroke	SP1	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM	3,150 Yards - Stress Value = 70		

Workout #11955 - Monday, 22 October 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
675	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 2:40 Kick	EN2
	{1 x 100 on 2:35 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 75 on 1:50 Kick	EN2
	{1 x 50 on 1:45 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 50 on 1:00 EZ-swim	REC
100	1 x 100 on 3:00 Kick for time-on back	EN3
550	1 x 550 on 10:30 Pulls-nbbf&w	EN1
300	2 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1
50	1 x 50 on 4:00 Back-100% Count strokes	SP2
350	7 x 50 on 2:00 Backstroke	SP1
250	1 x 250 on 4:00 Stroke Drills	REC
	7:30 PM 2,875 Yards - Stress Value = 67	

Workout #11956 - Monday, 22 October 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
575	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 3:00 Kick	EN2
	{1 x 100 on 2:55 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 75 on 2:55 Kick	EN2
	{1 x 50 on 2:50 Kick	EN2
	{1 x 50 on 1:30 EZ-swim	REC
100	1 x 100 on 3:00 Kick for time-on back	EN3
450	1 x 450 on 10:30 Pulls-nbbf&w	EN1
300	2 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1
50	1 x 50 on 4:00 Back-100% Count strokes	SP2
350	7 x 50 on 2:00 Backstroke	SP1
250	1 x 250 on 4:00 Stroke Drills	REC
	7:30 PM 2,625 Yards - Stress Value = 63	

Workout #11957 - Tuesday, 23 October 2012

Group 3 - Back

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	6 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
1,200	1 x 1200 on 15:00 Pull 1st half br toward sc
	2nd half br toward blchr
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 10 secs
	{3 x 150 on 2:15 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 8 secs
	{3 x 150 on 2:10 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 6 secs
	{3 x 150 on 2:05 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 4 secs
250	1 x 250 on 4:00 Stroke Drills
	6:14 PM 6,140 Yards - Stress Value = 114

Workout #11958 - Tuesday, 23 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	6 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
1,100	1 x 1100 on 15:00 Pull 1st half br toward sc
	2nd half br toward blchr
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
2,050	1x{3 x 150 on 2:35 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 10 secs
	{3 x 150 on 2:30 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 8 secs
	{3 x 150 on 2:25 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 6 secs
	{2 x 150 on 2:20 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 4 secs
250	1 x 250 on 4:00 Stroke Drills
	6:15 PM 5,890 Yards - Stress Value = 110

Workout #11959 - Tuesday, 23 October 2012

Group 3 - Silver

1 minute rest between sets

		5:30 PM Start		
Yards	Set Description	Yards	Set Description	EGY WC
=====	=====	=====	=====	=====
	1 on 25:00 DS/Core		1 on 30:00 DS/Core/Tm Mtg	
550	1 x 550 on 10:00 Underwater trn drill	500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters	SP3
600	6 x 100 on 2:00 Kick @ fastest interval	850	1x{2 x 125 on 2:25 Kick	EN2
840	2x{ Alt 15 Tombstone Kick 15 underwa		{2 x 25 on :45 Kick-100%	EN2
	{2 x 30 on 1:00 Kick		{2 x 100 on 1:55 Kick	EN2
	{2 x 30 on :55 Kick		{2 x 25 on :45 Kick-100%	EN2
	{2 x 30 on :50 Kick	200	{2 x 75 on 1:25 Kick	EN2
	{2 x 30 on :45 Kick		{2 x 25 on :45 Kick-100%	EN2
	{2 x 30 on :40 Kick	200	{2 x 50 on :55 Kick	EN2
	{2 x 30 on :35 Kick		4 x 50 on 1:30 Kick @fastest interval	EN2
	{2 x 30 on :30 Kick	200	8 x 25 on :45 Breast Drill	EN1
950	1 x 950 on 15:00 Pull 1st half br toward scr	1,050	1x{1 x 200 on 4:00 Breaststroke	EN2
	2nd half br toward blchr		{3 x 50 on 1:00 Breaststroke-descend	EN2
200	4x{1 x 25 on :50 Sculling drills		{1 x 200 on 3:45 Breaststroke	EN2
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	200	{3 x 50 on 1:00 Breaststroke-descend	EN2
100	1 x 100 on 3:00 Back for time from a push		{1 x 200 on 3:30 Breaststroke	EN2
1,800	1x{3 x 150 on 2:55 Backstroke		{3 x 50 on 1:00 Breaststroke-descend	EN2
	{1 x 100 on 2:30 Backstroke w/in 10 secs		1 x 200 on 3:00 Stroke Drills	REC
	{3 x 150 on 2:50 Backstroke		1 on 12:00 Techniques-Breast Starts	
	{1 x 100 on 2:30 Backstroke w/in 8 secs		7:30 PM 3,150 Yards - Stress Value = 50	
	{3 x 100 on 1:50 Backstroke			
	{1 x 100 on 2:30 Backstroke w/in 6 secs			
	{2 x 100 on 1:45 Backstroke			
	{1 x 100 on 2:30 Backstroke w/in 4 secs			
250	1 x 250 on 4:00 Stroke Drills			
	6:14 PM 5,440 Yards - Stress Value = 104			

Workout #11962 - Tuesday, 23 October 2012

Group 2 - Gold

1 minute rest between sets

		5:30 PM Start		
Yards	Set Description	Yards	Set Description	EGY WC
=====	=====	=====	=====	=====
	1 on 25:00 DS/Core		1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters	SP3
750	1x{2 x 125 on 2:45 Kick	750	1x{2 x 125 on 2:45 Kick	EN2
	{2 x 25 on :45 Kick-100%		{2 x 25 on :45 Kick-100%	EN2
	{2 x 100 on 2:10 Kick		{2 x 100 on 2:10 Kick	EN2
	{2 x 25 on :45 Kick-100%		{2 x 25 on :45 Kick-100%	EN2
	{2 x 75 on 1:35 Kick		{2 x 75 on 1:35 Kick	EN2
	{2 x 25 on :45 Kick-100%		{2 x 25 on :45 Kick-100%	EN2
200	4 x 50 on 1:30 Kick @fastest interval	200	4 x 50 on 1:30 Kick @fastest interval	EN2
200	8 x 25 on :45 Breast Drill	200	8 x 25 on :45 Breast Drill	EN1
950	1x{1 x 200 on 4:20 Breaststroke	950	1x{1 x 200 on 4:20 Breaststroke	EN2
	{3 x 50 on 1:10 Breaststroke-descend		{3 x 50 on 1:10 Breaststroke-descend	EN2
	{1 x 200 on 4:10 Breaststroke		{1 x 200 on 4:10 Breaststroke	EN2
	{3 x 50 on 1:10 Breaststroke-descend		{3 x 50 on 1:10 Breaststroke-descend	EN2
	{1 x 200 on 4:00 Breaststroke		{1 x 200 on 4:00 Breaststroke	EN2
	{1 x 50 on 1:10 Breaststroke-fast!		{1 x 50 on 1:10 Breaststroke-fast!	EN2
200	1 x 200 on 3:00 Stroke Drills	200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 12:00 Techniques-Breast Starts		1 on 12:00 Techniques-Breast Starts	
	7:30 PM 2,950 Yards - Stress Value = 46		7:30 PM 2,950 Yards - Stress Value = 46	

Workout #11960 - Tuesday, 23 October 2012

Group 3 - Bronze

1 minute rest between sets

		3:45 PM Start	
Yards	Set Description	Yards	Set Description
=====	=====	=====	=====
	1 on 25:00 DS/Core		1 on 25:00 DS/Core
500	1 x 500 on 10:00 Underwater trn drill	500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick @ fastest interval	600	6 x 100 on 2:00 Kick @ fastest interval
840	2x{ Alt 15 Tombstone Kick 15 underwa	840	2x{ Alt 15 Tombstone Kick 15 underwa
	{2 x 30 on 1:00 Kick		{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick		{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick		{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick		{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick		{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick		{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick		{2 x 30 on :30 Kick
800	1 x 800 on 15:00 Pull 1st half br toward scr	800	1 x 800 on 15:00 Pull 1st half br toward scr
	2nd half br toward blchr		2nd half br toward blchr
200	4x{1 x 25 on :50 Sculling drills	200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		{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	100	1 x 100 on 3:00 Back for time from a push
1,650	1x{3 x 150 on 3:15 Backstroke	1,650	1x{3 x 150 on 3:15 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 10 secs		{1 x 100 on 2:30 Backstroke w/in 10 secs
	{2 x 150 on 3:10 Backstroke		{2 x 150 on 3:10 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 8 secs		{1 x 100 on 2:30 Backstroke w/in 8 secs
	{2 x 150 on 3:05 Backstroke		{2 x 150 on 3:05 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 6 secs		{1 x 100 on 2:30 Backstroke w/in 6 secs
	{2 x 100 on 2:00 Backstroke		{2 x 100 on 2:00 Backstroke
	{1 x 100 on 2:30 Backstroke w/in 4 secs		{1 x 100 on 2:30 Backstroke w/in 4 secs
250	1 x 250 on 4:00 Stroke Drills	250	1 x 250 on 4:00 Stroke Drills
	6:14 PM 5,090 Yards - Stress Value = 99		6:14 PM 5,090 Yards - Stress Value = 99

Workout #11961 - Tuesday, 23 October 2012

Group 2 - Breast

1 minute rest between sets

Workout #11963 - Tuesday, 23 October 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{2 x 125 on 3:10 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
	{2 x 100 on 2:30 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
	{2 x 75 on 1:50 Kick	EN2	
200	4 x 50 on 1:30 Kick @fastest interval	EN2	
200	8 x 25 on :45 Breast Drills	EN1	
900	1x{1 x 200 on 4:45 Breaststroke	EN2	
	{3 x 50 on 1:15 Breaststroke-descend	EN2	
	{1 x 200 on 4:30 Breaststroke	EN2	
	{3 x 50 on 1:15 Breaststroke-descend	EN2	
	{1 x 200 on 4:15 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 12:00 Techniques-Breast Starts		
7:30 PM	2,800 Yards - Stress Value = 44		

1,600	2x{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		
1,950	1x{3 x 125 on 2:00 Breast L.25 3X pullouts		
	{3 x 50 on :45 Breaststroke		
	{3 x 125 on 1:55 Breast L.25 3X pullouts		
	{3 x 50 on :50 Breaststroke		
	{3 x 125 on 1:50 Breast L.25 3X pullouts		
	{3 x 50 on :55 Breaststroke		
	{3 x 125 on 1:45 Breast L.25 3X pullouts		
100	1 x 100 on 2:00 Freestyle		
100	1 x 100 on 3:00 Breast OTB		
350	7 x 50 on 1:00 Stroke Drills		
6:15 PM	6,500 Yards - Stress Value = 116		

Workout #11966 - Wednesday, 24 October 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{2 x 125 on 3:45 Kick	EN2	
	{2 x 25 on 1:00 Kick-100%	EN2	
	{2 x 100 on 3:00 Kick	EN2	
	{2 x 25 on 1:00 Kick-100%	EN2	
200	4 x 50 on 1:30 Kick @fastest interval	EN2	
200	8 x 25 on :45 Breast Drill	EN1	
850	1x{1 x 150 on 3:45 Breaststroke	EN2	
	{3 x 50 on 1:15 Breaststroke-descend	EN2	
	{1 x 150 on 3:35 Breaststroke	EN2	
	{3 x 50 on 1:15 Breaststroke-descend	EN2	
	{1 x 150 on 3:25 Breaststroke	EN2	
	{2 x 50 on 1:15 Breaststroke-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 12:00 Techniques-Breast Starts		
7:30 PM	2,550 Yards - Stress Value = 40		

Yards	Set Description
3:45 PM	Start
=====	=====
	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
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
1,800	1x{3 x 125 on 2:10 Breast L.25 3X pullouts
	{2 x 50 on :50 Breaststroke
	{3 x 125 on 2:05 Breast L.25 3X pullouts
	{2 x 50 on :55 Breaststroke
	{3 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
100	1 x 100 on 2:00 Freestyle
100	1 x 100 on 3:00 Breaststroke OTB
350	7 x 50 on 1:00 Stroke Drills
6:16 PM	5,900 Yards - Stress Value = 106

Workout #11965 - Wednesday, 24 October 2012

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
3:45 PM	Start		
=====	=====	====	==
	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		

Workout #11967 - Wednesday, 24 October 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
=====	=====
	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
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 Breaststroke
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,625	1x{3 x 125 on 2:20 Breast L.25 3X pullouts
	{2 x 50 on :55 Breaststroke
	{3 x 125 on 2:15 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:10 Breast L.25 3X pullouts
	{2 x 50 on 1:05 Breaststroke
	{2 x 100 on 1:40 Breast L.25 3X pullouts
100	1 x 100 on 2:00 Freestyle
100	1 x 100 on 3:00 Breast OTB
350	7 x 50 on 1:00 Stroke Drills
	6:16 PM 5,475 Yards - Stress Value = 96

Workout #11968 - Wednesday, 24 October 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
=====	=====
	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 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
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
1,625	1x{3 x 125 on 2:30 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:25 Breast L.25 3X pullouts
	{2 x 50 on 1:05 Breaststroke
	{3 x 125 on 2:20 Breast L.25 3X pullouts
	{1 x 50 on 1:10 Breaststroke
	{2 x 125 on 2:15 Breast L.25 3X pullouts
100	1 x 100 on 2:00 Freestyle

100 1 x 100 on 3:00 Breast OTB
 350 7 x 50 on 1:00 Stroke Drills
 6:17 PM 5,175 Yards - Stress Value = 91

Workout #11969 - Wednesday, 24 October 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{ 8-9-10-11 KOW	
	{3 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 9-10-11-12 KOW	
	{3 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 10-11-12-13 KOW	
	{3 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 11-12-13-14 KOW	
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,600	1x{3 x 100 on 1:40 2 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly	EN2
	{3 x 100 on 1:35 3 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly	EN2
	{3 x 100 on 1:30 4 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly	EN2
	{3 x 100 on 1:25 5 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relays	
	7:30 PM 3,600 Yards - Stress Value = 58	

Workout #11970 - Wednesday, 24 October 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{ 8-9-10-11 KOW	
	{3 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 9-10-11-12 KOW	
	{3 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 10-11-12-13 KOW	
	{1 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 11-12-13-14 KOW	
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,400	1x{3 x 100 on 1:50 2 strokes fly off walls	EN2
	{4 x 25 on :35 Butterfly	EN2
	{3 x 100 on 1:45 3 strokes fly off walls	EN2
	{4 x 25 on :35 Butterfly	EN2
	{3 x 100 on 1:40 4 strokes fly off walls	EN2
	{4 x 25 on :35 Butterfly	EN2
	{2 x 100 on 1:35 5 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relays	
	7:29 PM 3,300 Yards - Stress Value = 52	

Workout #11971 - Wednesday, 24 October 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 8-9-10-11 KOW	
	{3 x 50 on 1:20 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 9-10-11-12 KOW	
	{3 x 50 on 1:20 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 10-11-12-13 KOW	
	{1 x 50 on 1:00 Kick	EN2
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,150	1x{3 x 100 on 2:15 2 strokes fly off walls	EN2
	{4 x 25 on :45 Butterfly	EN2
	{3 x 100 on 2:10 3 strokes fly off walls	EN2
	{4 x 25 on :45 Butterfly	EN2
	{2 x 100 on 2:05 4 strokes fly off walls	EN2
	{2 x 25 on :45 Butterfly	EN2
	{1 x 100 on 2:00 5 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relays	
	7:30 PM 2,900 Yards - Stress Value = 45	

900	1x{1 x 50 on :45 Butterfly 2-2	
	{4 x 25 on :25 Butterfly 1up 1down	
	{2 x 50 on :45 Butterfly 2-3	
	{4 x 25 on :25 Butterfly 1up 2down	
	{3 x 50 on :45 Butterfly 2-4	
	{4 x 25 on :25 Butterfly 1up 3down	
	{4 x 50 on :45 Butterfly 2-5	
	{4 x 25 on :25 Butterfly-descend	
1,500	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	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
900	1x{1 x 50 on :45 Butterfly 2-2	
	{4 x 25 on :25 Butterfly 1up 1down	
	{2 x 50 on :45 Butterfly 2-3	
	{4 x 25 on :25 Butterfly 1up 2down	
	{3 x 50 on :45 Butterfly 2-4	
	{4 x 25 on :25 Butterfly 1up 3down	
	{4 x 50 on :45 Butterfly 2-5	
	{4 x 25 on :25 Butterfly-descend	
1,400	1x{2 x 200 on 2:45 Pulls	
	{2 x 200 on 2:40 Pulls	
	{2 x 200 on 2:35 Pulls	
	{1 x 200 on 2:30 Pulls	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
900	1x{1 x 50 on :45 Butterfly 2-2	
	{4 x 25 on :25 Butterfly 1up 1down	
	{2 x 50 on :45 Butterfly 2-3	
	{4 x 25 on :25 Butterfly 1up 2down	
	{3 x 50 on :45 Butterfly 2-4	
	{4 x 25 on :25 Butterfly 1up 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	
	6:15 PM 6,800 Yards - Stress Value = 105	

Workout #11972 - Wednesday, 24 October 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 8-9-10-11 KOW	
	{2 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 9-10-11-12 KOW	
	{2 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 10-11-12-13 KOW	
	{2 x 50 on 1:30 Kick	EN2
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,050	1x{2 x 100 on 2:30 2 strokes fly off walls	EN2
	{4 x 25 on :45 Butterfly	EN2
	{2 x 100 on 2:25 3 strokes fly off walls	EN2
	{4 x 25 on :45 Butterfly	EN2
	{2 x 100 on 2:20 4 strokes fly off walls	EN2
	{2 x 25 on :45 Butterfly	EN2
	{2 x 100 on 2:15 5 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relays	
	7:30 PM 2,700 Yards - Stress Value = 42	

Workout #11973 - Thursday, 25 October 2012

Group 3 - Fly

1 minute rest between sets

3:45 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

Workout #11974 - Thursday, 25 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 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
150	10 x 15 on :45 Shooters
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
1,300	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 1 x 100 on 1:35 Kick
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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
1,250	1x{2 x 200 on 3:00 Pulls 2 x 200 on 2:55 Pulls 2 x 200 on 2:50 Pulls 1 x 50 on :40 Pulls
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 50 on :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

6:15 PM 6,150 Yards - Stress Value = 90

Workout #11975 - Thursday, 25 October 2012

Group 3 - Silver

1 minute rest between sets

3:45 PM Start

Yards	Set Description
600	1 on 25:00 DS/Soulders 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
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
1,200	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

100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 50 on :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
1,150	1x{2 x 200 on 3:15 Pulls 2 x 200 on 3:10 Pulls 2 x 175 on 2:40 Pulls
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 50 on :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

6:15 PM 5,650 Yards - Stress Value = 81

Workout #11976 - Thursday, 25 October 2012

Group 3 - Bronze

1 minute rest between sets

3:45 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
150	10 x 15 on :45 Shooters
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
1,050	1x{3 x 100 on 2:20 Kick 3 x 100 on 2:15 Kick 3 x 100 on 2:10 Kick 2 x 75 on 1:35 Kick
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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
1,050	1x{2 x 200 on 3:30 Pulls 2 x 200 on 3:25 Pulls 2 x 125 on 2:10 Pulls
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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

6:15 PM 5,250 Yards - Stress Value = 73

Workout #11977 - Thursday, 25 October 2012

1 minute rest between sets

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
240	16 x 15 on :45 4 on each stroke	EN1	
100	1 x 100 on 2:00 IM w/great form	EN2	
600	6 x 100 on 1:40 Individual Medley	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
7:30 PM	1,890 Yards - Stress Value = 22		

Yards	Set Description
600	1 on 30:00 DS/Phsyio Ball/Spotlight
150	10 x 15 on :45 Shooters
1,850	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:20 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 50 on :40 Kik
	{3 x 50 on :45 Kick
	{3 x 50 on :50 Kick
	{3 x 50 on :55 Kick
	{4 x 25 on :30 Kick no board BSLR
100	1 x 100 on 2:00 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
3,200	1x{1 x 400 on 6:00 Freestyle
	{4 x 100 on 1:15 Freestyle
	{1 x 400 on 5:45 Freestyle
	{4 x 100 on 1:20 Freestyle
	{1 x 400 on 5:30 Freestyle
	{4 x 100 on 1:25 Freestyle
	{1 x 400 on 5:15 Freestyle
	{4 x 100 on 1:30 Freestyle
500	10 x 50 on 1:00 Stroke Drills
6:15 PM	6,600 Yards - Stress Value = 111

Workout #11978 - Friday, 26 October 2012

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
700	1x{1 x 50 on 1:00 Vertical Kick
	{1 x 50 on 1:00 Kick-100%
	{1 on :30 back into diving well
	{1 x 50 on 1:00 Vertical Kick
	{1 x 100 on 2:00 Kick-100%
	{1 on :30 back into diving well
	{1 x 50 on 1:00 Vertical Kick
	{1 x 150 on 3:00 Kick-100%
	{1 on :30 get back into diving well
	{1 x 50 on 1:00 Vertical Kick
	{1 x 200 on 4:00 Kick-100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
360	9 x 40 on 3:00 Running pit sprint +
	25 yd sprint no breath
400	8 x 50 on 1:00 Stroke Drills
7:00 AM	2,410 Yards - Stress Value = 51

Yards	Set Description
100	1 x 100 on 2:00 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
3,200	1x{1 x 400 on 6:00 Freestyle
	{4 x 100 on 1:15 Freestyle
	{1 x 400 on 5:45 Freestyle
	{4 x 100 on 1:20 Freestyle
	{1 x 400 on 5:30 Freestyle
	{4 x 100 on 1:25 Freestyle
	{1 x 400 on 5:15 Freestyle
	{4 x 100 on 1:30 Freestyle
500	10 x 50 on 1:00 Stroke Drills
6:15 PM	6,600 Yards - Stress Value = 111

Workout #11981 - Monday, 29 October 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
450	1x{1 x 50 on 1:00 Vertical Kick
	{1 x 50 on 1:00 Kick-100%
	{1 on 1:00 back into diving well
	{1 x 50 on 1:00 Vertical Kick
	{1 x 100 on 2:00 Kick-100%
	{1 on 1:00 back into diving well
	{1 x 50 on 1:00 Vertical Kick
	{1 x 150 on 3:00 Kick-100%
200	5 x 40 on 3:00 Running pit sprint +
	25 yd sprint no breath
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	1,400 Yards - Stress Value = 31

Yards	Set Description
3:45 PM	Start
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 :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on :50 Kick
	{3 x 50 on :55 Kick
	{3 x 50 on 1:00 Kick
	{4 x 25 on :35 Kick no board BSLR
100	1 x 100 on 2:00 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
2,900	1x{1 x 400 on 6:40 Freestyle
	{4 x 100 on 1:25 Freestyle
	{1 x 400 on 6:20 Freestyle
	{4 x 100 on 1:30 Freestyle
	{1 x 400 on 6:00 Freestyle
	{4 x 100 on 1:35 Freestyle
	{1 x 400 on 5:40 Freestyle
	{1 x 100 on 1:40 Freestyle
500	10 x 50 on 1:00 Stroke Drills
6:15 PM	6,050 Yards - Stress Value = 100

Workout #11979 - Friday, 26 October 2012

Group 2 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORF
5:00 PM	Start		
400	1 x 400 on 8:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters	SP3	I
450	1x{1 x 50 on 1:00 Vertical Kick	EN2	F
	{1 x 50 on 1:00 Kick-100%	EN2	F
	{1 on 1:00 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 1:00 back into diving well		
	{1 x 50 on 1:00 Vertical Kick	EN2	F
	{1 x 150 on 3:00 Kick-100%	EN2	F
200	5 x 40 on 3:00 Running pit sprint +	SP1	S
	25 yd sprint no breath		
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:30 PM	1,400 Yards - Stress Value = 31		

Workout #11980 - Monday, 29 October 2012

Group 3 - Distance

Workout #11982 - Monday, 29 October 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
500	1 on 30:00 DS/Physio Balls/Spotlight
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:20 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:00 Kick
	{2 x 50 on 1:05 Kick
100	1 x 100 on 2:00 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
2,800	1x{1 x 400 on 7:20 Freestyle
	{4 x 100 on 1:35 Freestyle
	{1 x 400 on 7:00 Freestyle
	{4 x 100 on 1:40 Freestyle
	{1 x 400 on 6:40 Freestyle
	{4 x 100 on 1:45 Freestyle
	{1 x 400 on 6:20 Freestyle
350	7 x 50 on 1:00 Stroke Drills
6:15 PM 5,550 Yards - Stress Value = 94	

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM	Start		
500	1 on 30:00 DS/Physio Ball/TM Mtg		I
500	1 x 500 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,050	1x{6 x 25 on :45 Kick no board B-10KOW	EN2	F
	{3 x 50 on :55 Breast Kick	EN2	F
	{6 x 25 on :45 Kick no board S-11KOW	EN2	F
	{3 x 50 on :55 Kick-breast	EN2	F
	{6 x 25 on :45 Kick no board L-12KOW	EN2	F
	{3 x 50 on :55 Kick-breast	EN2	F
	{6 x 25 on :45 Kick no board R-13KOW	EN2	F
200	8 x 25 on :45 Drills 2 on each	REC	I
1,250	1x{1 x 150 on 2:20 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:15 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:10 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:05 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:00 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Game		S
7:30 PM 3,350 Yards - Stress Value = 52			

Workout #11985 - Monday, 29 October 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM	Start		
500	1 on 30:00 DS/Physio Ball/TM Mtg		I
500	1 x 500 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,000	1x{6 x 25 on :45 Kick no board B-10KOW	EN2	F
	{3 x 50 on 1:05 Breast Kick	EN2	F
	{6 x 25 on :45 Kick no board S-11KOW	EN2	F
	{3 x 50 on 1:05 Kick-breast	EN2	F
	{6 x 25 on :45 Kick no board L-12KOW	EN2	F
	{2 x 50 on 1:05 Kick-breast	EN2	F
	{6 x 25 on :45 Kick no board R-13KOW	EN2	F
200	8 x 25 on :45 Drills 2 on each	REC	I
1,150	1x{1 x 150 on 2:35 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:30 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:25 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:20 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:15 IM w/out the free	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Game		S
7:30 PM 3,200 Yards - Stress Value = 49			

Workout #11983 - Monday, 29 October 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
500	1 on 30:00 DS/Physio Balls/Spotlight
500	1 x 500 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
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 75 on 1:45 Kick
	{1 x 75 on 1:50 Kick
	{2 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick
	{2 x 50 on 1:10 Kick
	{1 x 50 on 1:15 Freestyle
	{4 x 25 on :45 Kick no board BSLR
100	1 x 100 on 2:00 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
2,600	1x{1 x 400 on 8:00 Freestyle
	{4 x 100 on 1:45 Freestyle
	{1 x 400 on 7:40 Freestyle
	{4 x 100 on 1:50 Freestyle
	{1 x 400 on 7:20 Freestyle
	{4 x 100 on 1:55 Freestyle
	{1 x 200 on 3:30 Freestyle
300	6 x 50 on 1:00 Stroke Drills
6:15 PM 5,100 Yards - Stress Value = 87	

Workout #11984 - Monday, 29 October 2012

Group 2 - IM'ers

Workout #11986 - Monday, 29 October 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/TM Mtg		I
450	1 x 450 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,000	1x{6 x 25 on :45 Kick no board B-10KOW	EN2	F
	{3 x 50 on 1:10 Breast Kick	EN2	F
	{6 x 25 on :45 Kick no board S-11KOW	EN2	F
	{3 x 50 on 1:10 Kick-breast	EN2	F
	{6 x 25 on :45 Kick no board L-12KOW	EN2	F
	{3 x 50 on 1:10 Kick-breast	EN2	F
	{4 x 25 on :45 Kick no board R-13KOW	EN2	F
200	8 x 25 on :45 Drills 2 on each	REC	I
1,100	1x{1 x 150 on 2:55 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:50 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:45 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 2:40 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 100 on 1:40 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Game		S
	7:30 PM 3,100 Yards - Stress Value = 48		

	{1 x 30 on 1:59 Sprint free no 1 breath		
	{15 yd under water fly kick		
1,200	1x{1 x 250 on 3:20 Pulls		
	{2 x 125 on 1:40 Pulls		
	{1 x 200 on 2:40 Pulls		
	{2 x 100 on 1:20 Pulls		
	{1 x 150 on 2:00 Pulls		
	{2 x 75 on 1:00 Pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe		
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 1:15 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		
250	5 x 50 on 1:00 Stroke Drills		
	6:15 PM 6,200 Yards - Stress Value = 76		

Workout #11989 - Tuesday, 30 October 2012

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/TM Mtg		I
450	1 x 450 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
950	1x{6 x 25 on :45 Kick no board B-10KOW	EN2	F
	{3 x 50 on 1:15 Breast Kick	EN2	F
	{6 x 25 on :45 Kick no board S-11KOW	EN2	F
	{3 x 50 on 1:15 Kick-breast	EN2	F
	{6 x 25 on :45 Kick no board L-12KOW	EN2	F
	{3 x 50 on 1:15 Kick-breast	EN2	F
	{2 x 25 on :45 Kick no board R-13KOW	EN2	F
200	8 x 25 on :45 Drills 2 on each	REC	I
1,000	1x{1 x 150 on 3:15 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 3:10 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 3:05 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
	{1 x 150 on 3:00 IM w/out the free	EN2	S
	{4 x 25 on :30 Freestyle-all fast	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Game		S
	7:30 PM 2,950 Yards - Stress Value = 45		

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 10:00 Kick as far as you can kic
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
1,050	1x{1 x 250 on 3:40 Pulls
	{2 x 125 on 1:55 Pulls
	{1 x 150 on 2:15 Pulls
	{1 x 200 on 3:00 Pulls
	{2 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 finishe
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
250	5 x 50 on 1:00 Stroke Drills
	6:15 PM 5,750 Yards - Stress Value = 70

Workout #11988 - Tuesday, 30 October 2012

Group 3 - Back

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 10:00 Kick as far as you can kic
600	10x{1 x 30 on :01 Sprint kick

Workout #11990 - Tuesday, 30 October 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	Yards	Set Description	EGY	WC
3:45 PM	Start				
500	1 on 30:00 DS/Core/Spotlight	500	1 on 30:00 DS/Core/Tm Mtg		
550	1 x 550 on 10:00 Underwater trn drill	500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters	SP3	
600	1 x 600 on 10:00 Kick as far as you can kic	900	1x{1 x 150 on 2:45 Kick	EN2	
600	10x{1 x 30 on :01 Sprint kick		{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 30 on 1:59 Sprint free no 1 breath		{1 x 150 on 2:40 Kick	EN2	
	{ 15 yd under water fly kick		{3 x 50 on 1:00 Kick-descend	EN2	
950	1x{1 x 250 on 4:10 Pulls	300	{3 x 50 on 1:00 Kick-descend	EN2	
	{2 x 125 on 2:05 Pulls	150	12 x 25 on 1:00 Breast Pulls	EN1	
	{1 x 150 on 2:30 Pulls	1,400	1 x 150 on 4:00 50 2bk/50 4bk/50 6bk	EN1	
	{1 x 200 on 3:20 Pulls		1x{4 x 50 on :55 25 breast 25 free	EN1	
	{2 x 50 on :50 Pulls		{4 x 75 on 1:20 50 breast 25 free	EN2	
200	4x{1 x 25 on :50 Sculling drills		{4 x 100 on 1:40 75 breast 25 free	EN1	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe		{4 x 125 on 1:55 100 breast 25 free	EN1	
1,750	1x{4 x 100 on 1:50 Backstroke		1 on 11:00 Starts		
	{1 x 50 on 1:00 Backstroke		7:30 PM 3,400 Yards - Stress Value = 46		
	{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				
400	4 x 100 on 1:40 Free-Descend to Ludicrous				
250	5 x 50 on 1:00 Stroke Drills				
	6:16 PM 5,450 Yards - Stress Value = 67				

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{1 x 150 on 2:45 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 150 on 2:40 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 150 on 2:35 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
300	12 x 25 on 1:00 Breast Pulls	EN1	
150	1 x 150 on 4:00 50 2bk/50 4bk/50 6bk	EN1	
1,400	1x{4 x 50 on :55 25 breast 25 free	EN1	
	{4 x 75 on 1:20 50 breast 25 free	EN2	
	{4 x 100 on 1:40 75 breast 25 free	EN1	
	{4 x 125 on 1:55 100 breast 25 free	EN1	
	1 on 11:00 Starts		
	7:30 PM 3,400 Yards - Stress Value = 46		

Workout #11993 - Tuesday, 30 October 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	Yards	Set Description	EGY	WC
3:45 PM	Start				
500	1 on 30:00 DS/Core/Spotlight	500	1 on 30:00 DS/Core/Tm Mtg		
550	1 x 550 on 10:00 Underwater trn drill	500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters	SP3	
600	1 x 600 on 10:00 Kick as far as you can kic	800	1x{1 x 150 on 3:10 Kick	EN2	
600	10x{1 x 30 on :01 Sprint kick		{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 30 on 1:59 Sprint free no 1 breath		{1 x 150 on 3:05 Kick	EN2	
	{ 15 yd under water fly kick		{3 x 50 on 1:05 Kick-descend	EN2	
850	1x{1 x 250 on 4:35 Pulls	300	{1 x 150 on 3:00 Kick	EN2	
	{2 x 125 on 2:15 Pulls	150	{1 x 50 on 1:05 Kick-fast	EN2	
	{1 x 150 on 2:45 Pulls	1,275	12 x 25 on 1:00 Breast Pulls	EN1	
	{1 x 200 on 3:40 Pulls		1 x 150 on 4:00 50 2bk/50 4bk/50 6bk	EN1	
200	4x{1 x 25 on :50 Sculling drills		1x{4 x 50 on 1:00 25 breast 25 free	EN1	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe		{4 x 75 on 1:25 50 breast 25 free	EN2	
1,550	1x{4 x 100 on 2:00 Backstroke		{4 x 100 on 1:50 75 breast 25 free	EN1	
	{1 x 50 on 1:05 Backstroke		{3 x 125 on 2:15 100 breast 25 free	EN1	
	{1 x 50 on 1:00 Backstroke		1 on 11:00 Starts		
	{1 x 50 on :55 Backstroke		7:30 PM 3,175 Yards - Stress Value = 43		
	{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				
400	4 x 100 on 1:50 Free-Descend to Ludicrous				
250	5 x 50 on 1:00 Stroke Drills				
	6:17 PM 5,100 Yards - Stress Value = 64				

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{1 x 150 on 3:10 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 150 on 3:05 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 50 on 1:05 Kick-fast	EN2	
300	12 x 25 on 1:00 Breast Pulls	EN1	
150	1 x 150 on 4:00 50 2bk/50 4bk/50 6bk	EN1	
1,275	1x{4 x 50 on 1:00 25 breast 25 free	EN1	
	{4 x 75 on 1:25 50 breast 25 free	EN2	
	{4 x 100 on 1:50 75 breast 25 free	EN1	
	{3 x 125 on 2:15 100 breast 25 free	EN1	
	1 on 11:00 Starts		
	7:30 PM 3,175 Yards - Stress Value = 43		

Workout #11994 - Tuesday, 30 October 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	Yards	Set Description	EGY	WC
3:45 PM	Start				
500	1 on 30:00 DS/Core/Spotlight	500	1 on 30:00 DS/Core/Tm Mtg		
550	1 x 550 on 10:00 Underwater trn drill	500	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters	SP3	
600	1 x 600 on 10:00 Kick as far as you can kic	700	1x{1 x 150 on 3:30 Kick	EN2	
600	10x{1 x 30 on :01 Sprint kick		{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 30 on 1:59 Sprint free no 1 breath		{1 x 150 on 3:25 Kick	EN2	
	{ 15 yd under water fly kick		{3 x 50 on 1:10 Kick-descend	EN2	
850	1x{1 x 250 on 4:35 Pulls	300	{1 x 100 on 2:15 Kick	EN2	
	{2 x 125 on 2:15 Pulls	150	12 x 25 on 1:00 Breast Pulls	EN1	
	{1 x 150 on 2:45 Pulls	1,125	1 x 150 on 4:00 50 2bk/50 4bk/50 6bk	EN1	
	{1 x 200 on 3:40 Pulls		1x{2 x 50 on 1:05 25 breast 25 free	EN1	
200	4x{1 x 25 on :50 Sculling drills		{3 x 75 on 1:35 50 breast 25 free	EN2	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe		{3 x 100 on 2:05 75 breast 25 free	EN1	
1,550	1x{4 x 100 on 2:00 Backstroke		{4 x 125 on 2:30 100 breast 25 free	EN1	
	{1 x 50 on 1:05 Backstroke		1 on 11:00 Starts		
	{1 x 50 on 1:00 Backstroke		7:30 PM 2,875 Yards - Stress Value = 38		
	{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				
400	4 x 100 on 1:50 Free-Descend to Ludicrous				
250	5 x 50 on 1:00 Stroke Drills				
	6:17 PM 5,100 Yards - Stress Value = 64				

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{1 x 150 on 3:30 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 150 on 3:25 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 100 on 2:15 Kick	EN2	
300	12 x 25 on 1:00 Breast Pulls	EN1	
150	1 x 150 on 4:00 50 2bk/50 4bk/50 6bk	EN1	
1,125	1x{2 x 50 on 1:05 25 breast 25 free	EN1	
	{3 x 75 on 1:35 50 breast 25 free	EN2	
	{3 x 100 on 2:05 75 breast 25 free	EN1	
	{4 x 125 on 2:30 100 breast 25 free	EN1	
	1 on 11:00 Starts		
	7:30 PM 2,875 Yards - Stress Value = 38		

Workout #11992 - Tuesday, 30 October 2012

Group 2 - Breast

Workout #11995 - Tuesday, 30 October 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{1 x 100 on 3:00 Kick	EN2	
	{3 x 50 on 1:30 Kick-descend	EN2	
	{1 x 100 on 2:55 Kick	EN2	
	{2 x 50 on 1:30 Kick-descend	EN2	
	{1 x 100 on 2:50 Kick	EN2	
300	12 x 25 on 1:00 Breast Pulls	EN1	
150	1 x 150 on 4:00 50 2bk/50 4bk/50 6bk	EN1	
975	1x{4 x 50 on 1:15 25 breast 25 free	EN1	
	{3 x 75 on 1:50 50 breast 25 free	EN2	
	{3 x 100 on 2:25 75 breast 25 free	EN1	
	{2 x 125 on 2:55 100 breast 25 free	EN1	
	1 on 11:00 Starts		
	7:30 PM 2,525 Yards - Stress Value = 33		

Workout #11996 - Wednesday, 31 October 2012

Group 3 - Fly

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	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		
1,900	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		
250	10 x 25 on 1:00 Fly Drills		
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		
500	10 x 50 on 1:00 Stroke Drills		
	6:16 PM 6,200 Yards - Stress Value = 94		

Workout #11997 - Wednesday, 31 October 2012

Group 3 - Gold

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	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		
1,750	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		

250	10 x 25 on 1:00 Fly Drills
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
500	10 x 50 on 1:00 Stroke Drills
	6:16 PM 5,750 Yards - Stress Value = 84

Workout #11998 - Wednesday, 31 October 2012

Group 3 - Silver

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	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		
1,600	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		
	{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		
250	10 x 25 on 1:00 Fly Drills		
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 3:40 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		
500	10 x 50 on 1:00 Stroke Drills		
	6:15 PM 5,350 Yards - Stress Value = 77		

Workout #11999 - Wednesday, 31 October 2012

Group 3 - Bronze

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	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 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		
250	10 x 25 on 1:00 Fly Drills		
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 3:15 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		
500	10 x 50 on 1:00 Stroke Drills		
	6:15 PM 4,800 Yards - Stress Value = 67		

Workout #12000 - Thursday, 01 November 2012

Group 2 - Freestylers

1 minute rest between sets

		3:30 PM Start		
Yards	Set Description	Yards	Set Description	F
	1 on 10:00 Dynamic Stretch			
600	1 x 600 on 10:00 Reverse IM drill			F
150	10 x 15 on :45 Shooters			S
900	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
500	1 x 500 on 10:00 Underwater trn drill			F
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			F
120	8 x 15 on 1:00 Freestyle			F
	1x{1 on 13:00 Body Position Drills			F
	{1 on 13:00 Stroke Drills			F
	{1 on 13:00 TN turn drills			F
90	6 x 15 on 1:00 Freestyle			F
400	4 x 100 on 1:45 Free-descend to Ludicrous Sp			F
300	6 x 50 on 1:00 Stroke Drills			F
	7:30 PM 1,560 Yards - Stress Value = 16			

Workout #12001 - Friday, 02 November 2012

Group 3 - IM'ers

1 minute rest between sets

		3:30 PM Start		
Yards	Set Description	Yards	Set Description	F
	1 on 10:00 Dynamic Stretch			
600	1 x 600 on 10:00 Reverse IM drill			F
150	10 x 15 on :45 Shooters			S
900	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
	{2 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
	{2 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
	{2 x 100 on 1:50 Kick-all under 1:20			F
100	1 x 100 on 1:30 Freestyle	100	1 x 100 on 1:30 Freestyle	F
2,400	1x{1 x 200 on 3:00 Individual Medley	2,100	1x{1 x 200 on 3:20 Individual Medley	F
	{1 x 100 on 1:30 Individual Medley		{1 x 100 on 1:40 Individual Medley	F
	{1 x 100 on 1:05 Freestyle		{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:25 Individual Medley		{1 x 100 on 1:35 Individual Medley	F
	{1 x 100 on 1:10 Freestyle		{1 x 100 on 1:20 Freestyle	F
	{1 x 100 on 1:20 Individual Medley		{1 x 100 on 1:30 Individual Medley	F
	{1 x 100 on 1:15 Freestyle		{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:15 Individual Medley		{1 x 100 on 1:25 Individual Medley	F
	{1 x 100 on 1:20 Freestyle		{1 x 100 on 1:30 Individual Medley	F
	{1 x 200 on 3:00 Individual Medley		{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:25 Individual Medley		{1 x 100 on 1:30 Individual Medley	F
	{1 x 100 on 1:05 Freestyle		{1 x 100 on 1:20 Freestyle	F
	{1 x 100 on 1:20 Individual Medley		{1 x 100 on 1:25 Individual Medley	F
	{1 x 100 on 1:10 Freestyle		{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:15 Individual Medley		{1 x 200 on 3:20 Individual Medley	F
	{1 x 100 on 1:15 Freestyle		{1 x 100 on 1:15 Freestyle	F
	{1 x 200 on 3:00 Individual Medley		{1 x 100 on 1:30 Stroke	F
	{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			
200	1 x 200 on 3:00 Stroke Drills			F
	5:01 PM 4,350 Yards - Stress Value = 66			

Workout #12002 - Friday, 02 November 2012

Group 3 - Gold

1 minute rest between sets

Workout #12003 - Friday, 02 November 2012

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	
3:30 PM	Start	
=====	=====	=====
	1 on 10:00 Dynamic Stretch	F
550	1 x 550 on 10:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
850	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
	{2 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
	{2 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
100	{3 x 50 on 1:05 Kick-all under :52	F
	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
	{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
200	1 x 200 on 3:00 Stroke	F
5:01 PM	3,650 Yards - Stress Value = 53	

Workout #12004 - Friday, 02 November 2012

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	
3:30 PM	Start	
=====	=====	=====
	1 on 10:00 Dynamic Stretch	F
500	1 x 500 on 10:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
850	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
	{2 x 100 on 2:15 Kick-all under 2:05	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 2:05	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 50 on 1:05 Kick-all under 1:00	F
100	1 x 100 on 1:30 Freestyle	F
1,600	1x{1 x 200 on 4:00 Individual Medley	F
	{1 x 100 on 2:00 Individual Medley	F
	{1 x 100 on 1:40 Freestyle	F
	{1 x 100 on 1:55 Individual Medley	F

{1 x 100 on 1:45 Freestyle	F
{1 x 100 on 1:50 Individual Medley	F
{1 x 100 on 1:50 Freestyle	F
{1 x 200 on 4:00 Individual Medley	F
{1 x 100 on 1:55 Individual Medley	F
{1 x 100 on 1:40 Freestyle	F
{1 x 100 on 1:50 Individual Medley	F
{1 x 100 on 1:45 Freestyle	F
{1 x 100 on 1:45 Individual Medley	F
{1 x 100 on 1:50 Freestyle	F
200 1 x 200 on 3:00 Stroke	F
5:00 PM	3,400 Yards - Stress Value = 49

Workout #12005 - Friday, 02 November 2012

Group 2 - Backstroke

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland			L DRY
500	1 x 500 on 10:00 Reverse IM drill	REC		D IM
150	10 x 15 on :45 Shooters	SP3		S BK
500	5 x 100 on 4:00 Backstroke	SP1		S BK
200	1 x 200 on 4:00 Stroke Drills	REC		D CD
6:30 PM	1,350 Yards - Stress Value = 46			

Workout #12019 - Monday, 05 November 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 30:00 DS/Phyio Balls/Tm Mtg			L DF
500	1 x 500 on 10:00 Choice	REC		S F
150	10 x 15 on :45 Shooters	SP3		S FI
900	1x{4 x 25 on :45 Kick no board BSLR	EN2		K FI
	{3 x 100 on 1:55 Kick	EN2		K FI
	{4 x 25 on :45 Kick no board BSLR	EN2		K FI
	{2 x 100 on 1:50 Kick	EN2		K FI
	{4 x 25 on :45 Kick no board BSLR	EN2		K FI
	{1 x 100 on 1:45 Kick	EN2		K FI
500	1x{2 x 50 on 1:00 Pull 9 SOT-HB	EN1		P F
	{2 x 50 on 1:00 Pull 8 SOT-HB	EN1		P F
	{2 x 50 on 1:00 Pull 7 SOT-HB	EN1		P F
	{2 x 50 on 1:00 Pull 6 SOT-HB	EN1		P F
	{2 x 50 on 1:00 Pull 5 SOT-HB	EN1		P F
1,200	6x{8 x 25 on :25 Butterfly	EN2		S FI
	{1 on 1:00 Rest			M
	1 on 10:00 Game			
7:29 PM	3,250 Yards - Stress Value = 53			

Workout #12020 - Monday, 05 November 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
1	on 30:00 DS/Phyio Balls/Tm Mtg		L	DF
500	1 x 500 on 10:00 Choice	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	FI
850	1x{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{3 x 100 on 2:10 Kick	EN2	K	FI
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 100 on 2:05 Kick	EN2	K	FI
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{1 x 50 on 1:00 Kick	EN2	K	FI
500	1x{2 x 50 on 1:00 Pull 9 SOT-HB	EN1	P	F
	{2 x 50 on 1:00 Pull 8 SOT-HB	EN1	P	F
	{2 x 50 on 1:00 Pull 7 SOT-HB	EN1	P	F
	{2 x 50 on 1:00 Pull 6 SOT-HB	EN1	P	F
	{2 x 50 on 1:00 Pull 5 SOT-HB	EN1	P	F
1,200	6x{8 x 25 on :30 Butterfly	EN2	S	FI
	{1 on 1:00 Rest		M	
	1 on 10:00 Game			
7:33 PM	3,200 Yards - Stress Value = 52			

Workout #12021 - Monday, 05 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
1	on 30:00 DS/Phyio Balls/Tm Mtg		L	DF
450	1 x 450 on 10:00 Choice	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	FI
800	1x{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 100 on 2:20 Kick	EN2	K	FI
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 100 on 2:15 Kick	EN2	K	FI
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{1 x 100 on 2:10 Kick	EN2	K	FI
400	1x{2 x 50 on 1:10 Pull 9 SOT-HB	EN1	P	F
	{2 x 50 on 1:10 Pull 8 SOT-HB	EN1	P	F
	{2 x 50 on 1:10 Pull 7 SOT-HB	EN1	P	F
	{2 x 50 on 1:10 Pull 6 SOT-HB	EN1	P	F
1,000	5x{8 x 25 on :40 Butterfly	EN2	S	FI
	{1 on 1:00 Rest		M	
	1 on 10:00 Game			
7:34 PM	2,800 Yards - Stress Value = 46			

Workout #12022 - Monday, 05 November 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
1	on 30:00 DS/Phyio Balls/Tm Mtg		L	DF
400	1 x 400 on 10:00 Choice	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	FI
800	1x{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 100 on 2:30 Kick	EN2	K	FI
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 100 on 2:25 Kick	EN2	K	FI
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{1 x 100 on 2:10 Kick	EN2	K	FI
400	1x{2 x 50 on 1:10 Pull 9 SOT-HB	EN1	P	F
	{2 x 50 on 1:10 Pull 8 SOT-HB	EN1	P	F
	{2 x 50 on 1:10 Pull 7 SOT-HB	EN1	P	F
	{2 x 50 on 1:10 Pull 6 SOT-HB	EN1	P	F
800	4x{8 x 25 on :45 Butterfly	EN2	S	FI
	{1 on 1:00 Rest		M	

1 on 10:00 Game
7:31 PM 2,550 Yards - Stress Value = 42

Workout #12016 - Monday, 05 November 2012

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:55 PM	Start			
1,350	1x{1 x 125 on 1:55 Backstroke			F
	{2 x 125 on 1:50 Backstroke			F
	{3 x 125 on 1:45 Backstroke			F
	{3 x 100 on 1:20 Backstroke			F
	{2 x 100 on 1:15 Backstroke			F
	{1 x 100 on 1:10 Backstroke			F
300	6 x 50 on 1:00 Back 12.5 yds off turn-100%			F
200	1 x 200 on 3:00 Stroke Drills			F
	1 on 10:00 Ice			
5:35 PM	1,850 Yards - Stress Value = 37			

Workout #12013 - Monday, 05 November 2012

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:55 PM	Start			
1,350	1x{1 x 125 on 2:15 Breaststroke	EN1	S	BR
	{2 x 125 on 2:10 Breaststroke	EN1	S	BR
	{3 x 125 on 2:05 Breaststroke	EN1	S	BR
	{3 x 100 on 1:35 Breaststroke	EN2	S	BR
	{2 x 100 on 1:30 Breaststroke	EN2	S	BR
	{1 x 100 on 1:25 Breaststroke	EN2	S	BR
150	3 x 50 on 1:00 Breast-100%	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 = 28			

Workout #12010 - Monday, 05 November 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY
4:55 PM	Start	
1,800	1x{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 110	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 110	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 110	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,100 Yards - Stress Value = 36	

Workout #12011 - Monday, 05 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:55 PM Start
 Yards Set Description EGY
 =====
 1,600 1x{1 x 300 on 4:15 Freestyle EN2
 {3 x 100 on 1:40 Freestyle hold under 118 EN2
 {1 x 300 on 4:15 Freestyle EN2
 {3 x 100 on 1:35 Freestyle hold under 118 EN2
 {1 x 300 on 4:15 Freestyle EN2
 {1 x 100 on 1:30 Freestyle hold under 118 EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,900 Yards - Stress Value = 32

Workout #12014 - Monday, 05 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:55 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,350 1x{1 x 125 on 2:30 Breaststroke EN1 S BR
 {2 x 125 on 2:25 Breaststroke EN1 S BR
 {3 x 125 on 2:20 Breaststroke EN1 S BR
 {3 x 100 on 1:50 Breaststroke EN2 S BR
 {2 x 100 on 1:45 Breaststroke EN2 S BR
 {1 x 100 on 1:40 Breaststroke EN2 S BR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:34 PM 1,550 Yards - Stress Value = 19

Workout #12017 - Monday, 05 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:55 PM Start
 Yards Set Description F
 =====
 1,350 1x{1 x 125 on 2:10 Backstroke F
 {2 x 125 on 2:05 Backstroke F
 {3 x 125 on 2:00 Backstroke F
 {3 x 100 on 1:35 Backstroke F
 {2 x 100 on 1:30 Backstroke F
 {1 x 100 on 1:25 Backstroke F
 150 3 x 50 on 1:00 Back 12.5 yds off turn-100% F
 200 1 x 200 on 3:00 Stroke Drills F
 1 on 10:00 Ice
 5:35 PM 1,700 Yards - Stress Value = 28

Workout #12006 - Monday, 05 November 2012

HighSchl - Platinum

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
 10 x 15 on :45 Shooters
 1,900 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick
 {2 x 100 on 1:40 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 1:40 Kick
 {2 x 100 on 1:35 Kick
 {8 x 25 on :30 Kick no board BSLR X2
 {2 x 100 on 1:35 Kick
 {2 x 100 on 1:30 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
 4:54 PM 3,600 Yards - Stress Value = 56

Workout #12007 - Monday, 05 November 2012

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
 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {8 x 25 on :35 Kick no board BSLR X2
 {2 x 100 on 1:50 Kick
 {1 x 50 on :50 Kick
 750 3x{1 x 50 on :35 Kick no board BSLRBS
 {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
 4:54 PM 3,350 Yards - Stress Value = 51

Workout #12008 - Monday, 05 November 2012

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
 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 {2 x 100 on 2:05 Kick
 {6 x 25 on :40 Kick no board BSLRBS
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {8 x 25 on :40 Kick no board BSLR X2
 {2 x 100 on 2:00 Kick
 {4 x 25 on :40 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
 4:55 PM 3,100 Yards - Stress Value = 47

Workout #12009 - Monday, 05 November 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
=====	=====	=====	=====
	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		
1,350	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 75 on 1:35 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		
	4:53 PM 2,800 Yards - Stress Value = 43		

Workout #12012 - Monday, 05 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:55 PM	Start		
=====	=====	=====	=====
1,400	1x{1 x 300 on 4:45 Freestyle	EN2	
	{3 x 100 on 1:50 Freestyle hold under 128	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle hold under 128	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 1,700 Yards - Stress Value = 28		

Workout #12015 - Monday, 05 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:55 PM	Start		
=====	=====	=====	=====
1,050	1x{1 x 100 on 2:15 Breaststroke	EN1	
	{2 x 100 on 2:10 Breaststroke	EN1	
	{3 x 100 on 2:05 Breaststroke	EN1	
	{3 x 75 on 1:35 Breaststroke	EN2	
	{2 x 75 on 1:30 Breaststroke	EN2	
	{1 x 75 on 1:25 Breaststroke	EN2	
150	3 x 50 on 1:00 25 breast 25 free-100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 1,400 Yards - Stress Value = 18		

Workout #12018 - Monday, 05 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:55 PM	Start			
=====	=====	=====	=====	=====
1,350	1x{1 x 125 on 2:30 Backstroke	EN1	S	BK
	{2 x 125 on 2:25 Backstroke	EN1	S	BK
	{3 x 125 on 2:20 Backstroke	EN1	S	BK
	{3 x 100 on 1:50 Backstroke	EN2	S	BK
	{2 x 100 on 1:45 Backstroke	EN2	S	BK

{1 x 100 on 1:40 Backstroke	EN2	S	BK
200 1 x 200 on 3:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice		M	
5:34 PM 1,550 Yards - Stress Value = 19			

Workout #12049 - Tuesday, 06 November 2012

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/CoreTm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	25 kicks are 100%	
900	1x{4 x 25 on :45 Kick IM order-no board	EN2
	{2 x 100 on 1:50 Kick-fly	EN2
	{4 x 25 on :45 Kick IM order-no board	EN2
	{2 x 100 on 1:50 Kick-breast	EN2
	{4 x 25 on :45 Kick IM order-no board	EN2
	{2 x 100 on 1:50 Kick-free	EN2
200	8 x 25 on :45 IM stroke drills 2 on each	REC
1,800	1x{3 x 200 on 3:00 Individual Medley	EN2
	{3 x 200 on 2:50 Individual Medley	EN2
	{3 x 200 on 2:40 Individual Medley	EN2
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 3,800 Yards - Stress Value = 60	

Workout #12050 - Tuesday, 06 November 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/CoreTm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	25 kicks are 100%	
800	1x{4 x 25 on :45 Kick IM order-no board	EN2
	{2 x 100 on 2:05 Kick-fly	EN2
	{4 x 25 on :45 Kick IM order-no board	EN2
	{2 x 100 on 2:05 Kick-breast	EN2
	{4 x 25 on :45 Kick IM order-no board	EN2
	{1 x 100 on 2:05 Kick-free	EN2
200	8 x 25 on :45 IM stroke drills 2 on each	REC
1,600	1x{3 x 200 on 3:20 Individual Medley	EN2
	{3 x 200 on 3:15 Individual Medley	EN2
	{2 x 200 on 3:10 Individual Medley	EN2
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:31 PM 3,500 Yards - Stress Value = 54	

Workout #12051 - Tuesday, 06 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	25 kicks are 100%	
700	1x{4 x 25 on :45 Kick IM order-no board	EN2
	{2 x 100 on 2:20 Kick-fly	EN2
	{4 x 25 on :45 Kick IM order-no board	EN2
	{2 x 100 on 2:20 Kick-breast	EN2
	{4 x 25 on :45 Kick IM order-no board	EN2
200	8 x 25 on :45 IM stroke drills 2 on each	REC
1,400	1x{3 x 200 on 3:40 Individual Medley	EN2
	{2 x 200 on 3:35 Individual Medley	EN2
	{2 x 200 on 3:30 Individual Medley	EN2
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
7:29 PM	3,150 Yards - Stress Value = 48	

Workout #12052 - Tuesday, 06 November 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	25 kicks are 100%	
700	1x{4 x 25 on :45 Kick IM order-no board	EN2
	{2 x 100 on 2:35 Kick-fly	EN2
	{4 x 25 on :45 Kick IM order-no board	EN2
	{1 x 100 on 2:35 Kick-breast	EN2
	{4 x 25 on :45 Kick IM order-no board	EN2
	{2 x 50 on 1:10 Kick-free	EN2
200	8 x 25 on :45 IM stroke drills 2 on each	REC
1,200	1x{2 x 200 on 4:10 Individual Medley	EN2
	{2 x 200 on 4:05 Individual Medley	EN2
	{2 x 200 on 4:00 Individual Medley	EN2
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
7:29 PM	2,900 Yards - Stress Value = 44	

Workout #12023 - Tuesday, 06 November 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,450	1x{2 x 225 on 2:50 Free L.25 6bk	EN2	
	{2 x 225 on 2:45 Free L.25 6bk	EN2	
	{2 x 225 on 2:40 Free L.25 6bk	EN2	
	{2 x 225 on 2:35 Free L.25 6bk	EN2	
	{2 x 225 on 2:30 Free L.25 6bk	EN2	
	{1 x 200 on 2:10 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	3,200 Yards - Stress Value = 55		

Workout #12036 - Tuesday, 06 November 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
2,400	1x{1 x 800 on 9:45 Freestyle	EN2	S	FR
	{1 x 800 on 9:30 Freestyle	EN2	S	FR
	{1 x 800 on 9:15 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice/Tm Mtg		L	DRY
5:35 PM	2,700 Yards - Stress Value = 48			

Workout #12026 - Tuesday, 06 November 2012

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
400	1 x 400 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,900	1x{1 x 100 on 1:30 3 strokes off walls	EN1
	{9 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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM	2,650 Yards - Stress Value = 39	

Workout #12024 - Tuesday, 06 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,175	1x{2 x 200 on 2:50 Free L.25 6bk	EN2	
	{2 x 200 on 2:45 Free L.25 6bk	EN2	
	{2 x 200 on 2:40 Free L.25 6bk	EN2	
	{2 x 200 on 2:35 Free L.25 6bk	EN2	
	{2 x 200 on 2:30 Free L.25 6bk	EN2	
	{1 x 175 on 2:10 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,925 Yards - Stress Value = 50		

Workout #12027 - Tuesday, 06 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,650	1x{1 x 100 on 1:40 3 strokes off walls	EN1
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{2 x 100 on 1:35 3 strokes off walls	EN1
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{3 x 100 on 1:25 3 strokes off walls	EN2
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{3 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	
7:05 AM	2,400 Yards - Stress Value = 36	

Workout #12030 - Tuesday, 06 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,700	1x{1 x 100 on 1:40 Free L.25 6bk	EN1	
	{2 x 100 on 1:35 Free L.25 6bk	EN2	
	{3 x 100 on 1:30 Free L.25 6bk	EN2	
	{6 x 25 on :30 Free br/ev 3-descend	EN2	
	{1 x 75 on 1:20 Free L.25 6bk	EN2	
	{2 x 75 on 1:15 Free L.25 6bk	EN2	
	{3 x 75 on 1:10 Free L.25 6bk	EN2	
	{6 x 25 on :30 Free br/ev 5-descend	EN2	
	{1 x 50 on :55 Free L.25 6bk	EN2	
	{2 x 50 on :50 Free L.25 6bk	EN2	
	{3 x 50 on :45 Free L.25 6bk	EN2	
	{2 x 25 on :30 Free br/ev 7-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,450 Yards - Stress Value = 39		

Workout #12037 - Tuesday, 06 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
=====	=====	=====	=====	=====
2,100	1x{1 x 700 on 9:45 Freestyle	EN2	S	FR
	{1 x 700 on 9:30 Freestyle	EN2	S	FR
	{1 x 700 on 9:15 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice/Tm Mtg		L	DRY
5:35 PM	2,400 Yards - Stress Value = 42			

Workout #12040 - Tuesday, 06 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:50 PM	Start		
=====	=====	=====	=====
2,000	5x{1 x 100 on 1:40 Free Long and Smooth	EN1	
	{2 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
	{1 x 50 on :50 25 Tarzan-25 100%	EN2	
	{1 x 50 on :50 10 KOW SFBO	EN2	

{1 x 50 on :50 Breathe 3+2	EN2
200 1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Ice/Tm Mtg	
5:38 PM 2,200 Yards - Stress Value = 28	

Workout #12043 - Tuesday, 06 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:50 PM	Start		
=====	=====	=====	=====
1,900	2x{2 x 50 on :50 Butterfly	EN2	§
	{1 x 150 on 2:30 IM w/out the fly	EN2	§
	{2 x 50 on :50 Backstroke	EN2	§
	{1 x 150 on 2:30 IM w/out the back	EN2	§
	{2 x 50 on :55 Breaststroke	EN2	§
	{1 x 150 on 2:30 IM w/out the breast	EN2	§
	{1 x 50 on :45 Freestyle	EN2	§
	{1 x 150 on 2:30 IM w/out the free	EN2	§
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice/Tm Mtg		I
5:37 PM	2,150 Yards - Stress Value = 38		

Workout #12042 - Tuesday, 06 November 2012

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:50 PM	Start		
=====	=====	=====	=====
2,000	2x{2 x 50 on :45 Butterfly	EN2	§
	{1 x 150 on 2:15 IM w/out the fly	EN2	§
	{2 x 50 on :45 Backstroke	EN2	§
	{1 x 150 on 2:15 IM w/out the back	EN2	§
	{2 x 50 on :50 Breaststroke	EN2	§
	{1 x 150 on 2:15 IM w/out the breast	EN2	§
	{2 x 50 on :40 Freestyle	EN2	§
	{1 x 150 on 2:15 IM w/out the free	EN2	§
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice/Tm Mtg		I
5:35 PM	2,250 Yards - Stress Value = 40		

Workout #12032 - Tuesday, 06 November 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
=====	=====
600	1 on 30:00 DS/Core/Tm Mtg
150	1 x 600 on 10:00 Underwater trn drill
650	10 x 15 on :45 Shooters
1,100	1 x 650 on 10:00 Kick as far as possible
1,650	11 x 100 on 2:00 Kick-odds100%
	1x{4 x 150 on 2:00 Pulls
	{4 x 125 on 1:40 Pulls
	{4 x 100 on 1:20 Pulls
	{3 x 50 on :40 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:49 PM	4,200 Yards - Stress Value = 56

Workout #12033 - Tuesday, 06 November 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 10:00 Kick as far as possible
1,100	11 x 100 on 2:00 Kick-odds 100%
1,450	1x{4 x 150 on 2:15 Pulls
	{4 x 125 on 1:50 Pulls
	{3 x 100 on 1:30 Pulls
	{1 x 50 on :45 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:49 PM 3,950 Yards - Stress Value = 54

Workout #12034 - Tuesday, 06 November 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
550	1 x 550 on 10:00 Kick as far as possible
1,100	11 x 100 on 2:00 Kick odds 100%
1,300	1x{4 x 150 on 2:30 Pulls
	{4 x 125 on 2:05 Pulls
	{2 x 100 on 1:40 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:49 PM 3,700 Yards - Stress Value = 52

Workout #12035 - Tuesday, 06 November 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Kick as far as possible
1,100	11 x 100 on 2:00 Kick-odds 100%
1,150	1x{3 x 150 on 2:45 Pulls
	{2 x 125 on 2:20 Pulls
	{4 x 100 on 1:50 Pulls
	{1 x 50 on :55 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:49 PM 3,450 Yards - Stress Value = 48

Workout #12025 - Tuesday, 06 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,900	1x{2 x 175 on 2:50 Free L.25 6bk	EN2	
	{2 x 175 on 2:45 Free L.25 6bk	EN2	
	{2 x 175 on 2:40 Free L.25 6bk	EN2	
	{2 x 175 on 2:35 Free L.25 6bk	EN2	

{2 x 175 on 2:30 Free L.25 6bk	EN2
{1 x 150 on 2:10 Free L.25 6bk	EN2
1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Ice	
7:05 AM 2,600 Yards - Stress Value = 44	

Workout #12028 - Tuesday, 06 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Weights	
350	1 x 350 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,450	1x{1 x 100 on 1:55 3 strokes off walls	EN1
	{6 x 25 on :35 Fly-descend in 3s	EN2
	{2 x 100 on 1:50 3 strokes off walls	EN1
	{6 x 25 on :35 Fly-descend in 3s	EN2
	{3 x 100 on 1:45 3 strokes off walls	EN2
	{6 x 25 on :30 Fly-descend in 3s	EN2
	{3 x 100 on 1:40 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	
	7:05 AM 2,150 Yards - Stress Value = 32	

Workout #12031 - Tuesday, 06 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 100 on 1:50 Free L.25 6bk	EN1	
	{2 x 100 on 1:45 Free L.25 6bk	EN2	
	{3 x 100 on 1:40 Free L.25 6bk	EN2	
	{4 x 25 on :30 Free br/ev 3-descend	EN2	
	{1 x 75 on 1:25 Free L.25 6bk	EN2	
	{2 x 75 on 1:20 Free L.25 6bk	EN2	
	{3 x 75 on 1:15 Free L.25 6bk	EN2	
	{4 x 25 on :30 Free br/ev 5-descend	EN2	
	{1 x 50 on 1:00 Free L.25 6bk	EN2	
	{2 x 50 on :55 Free L.25 6bk	EN2	
	{3 x 50 on :50 Free L.25 6bk	EN2	
200	{2 x 25 on :30 Free br/ev 7-descend	EN2	
	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 37		

Workout #12038 - Tuesday, 06 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,800	1x{1 x 600 on 9:45 Freestyle	EN2	S	FR
	{1 x 600 on 9:30 Freestyle	EN2	S	FR
	{1 x 600 on 9:15 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice/Tm Mtg		L	DRY
	5:35 PM 2,100 Yards - Stress Value = 36			

Workout #12041 - Tuesday, 06 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:50 PM	Start		
1,600	4x{1 x 100 on 1:50 Free Long and Smooth 2 x 75 on 1:25 2bk-4bk-6bk by 25's 1 x 50 on :55 25 Tarzan-25 100% 1 x 50 on :55 10 KOW SFBO 1 x 50 on :55 Breathe 3+2	EN1 EN1 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice/Tm Mtg	REC	
5:34 PM 1,800 Yards - Stress Value = 22			

Workout #12044 - Tuesday, 06 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:50 PM	Start		
1,500	2x{1 x 50 on 1:00 Butterfly 1 x 150 on 3:00 IM w/out the fly 1 x 50 on 1:00 Backstroke 1 x 150 on 3:00 IM w/out the back 1 x 50 on 1:00 Breaststroke 1 x 150 on 3:00 IM w/out the breast 1 x 50 on 1:00 Freestyle 1 x 100 on 2:00 Individual Medley	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice/Tm Mtg	REC	
5:35 PM 1,750 Yards - Stress Value = 30			

Workout #12029 - Tuesday, 06 November 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
1,800	10 x 15 on :45 Shooters 1x{1 x 100 on 1:30 Free L.25 6bk 2 x 100 on 1:25 Free L.25 6bk 3 x 100 on 1:20 Free L.25 6bk 6 x 25 on :30 Free br/ev 3-descend 1 x 75 on 1:10 Free L.25 6bk 2 x 75 on 1:05 Free L.25 6bk 3 x 75 on 1:00 Free L.25 6bk 6 x 25 on :30 Free br/ev 5-descend 1 x 50 on :50 Free L.25 6bk 2 x 50 on :45 Free L.25 6bk 3 x 50 on :40 Free L.25 6bk 6 x 25 on :30 Free br/ev 7-descend	SP3 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
7:05 AM 2,600 Yards - Stress Value = 41			

Workout #12039 - Tuesday, 06 November 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:50 PM	Start		
2,000	5x{1 x 100 on 1:30 Free Long and Smooth 2 x 75 on 1:10 2bk-4bk-6bk by 25's 1 x 50 on :45 25 Tarzan-25 100% 1 x 50 on :45 10 KOW SFBO 1 x 50 on :45 Breathe 3+2	EN1 EN1 EN2 EN2 EN2	

200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice/Tm Mtg	
5:35 PM 2,200 Yards - Stress Value = 28		

Workout #12062 - Wednesday, 07 November 2012

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
900	10 x 15 on :45 Shooters	SP3	
1,200	9 x 100 on 2:00 Kick-odds 100% 1x{2 x 100 on 1:30 Lungbuster pulls 2 x 100 on 1:25 Lungbuster pulls 2 x 100 on 1:20 Lungbuster pulls 2 x 100 on 1:30 Lungbuster pulls 2 x 100 on 1:25 Lungbuster pulls 2 x 100 on 1:20 Lungbuster pulls	EN2 EN1 EN2 EN2 EN2 EN2	
150	6 x 25 on :45 Stroke Drills	REC	
300	1 on 20:00 Killer Relays 6 x 50 on 1:10 Stroke Drills	EN2 REC	
7:30 PM 3,200 Yards - Stress Value = 46			

Workout #12063 - Wednesday, 07 November 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
800	10 x 15 on :45 Shooters	SP3	
1,050	8 x 100 on 2:15 Kick-odds 100% 1x{2 x 100 on 1:40 Lungbuster pulls 2 x 100 on 1:35 Lungbuster pulls 2 x 100 on 1:30 Lungbuster pulls 2 x 100 on 1:40 Lungbuster pulls 2 x 100 on 1:35 Lungbuster pulls 1 x 50 on :45 Lungbuster pulls	EN2 EN1 EN2 EN2 EN2 EN2	
150	6 x 25 on :45 Stroke Drills	REC	
300	1 on 20:00 Killer Relays 6 x 50 on 1:10 Stroke Drills	EN2 REC	
7:30 PM 2,950 Yards - Stress Value = 41			

Workout #12064 - Wednesday, 07 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
450	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
700	10 x 15 on :45 Shooters	SP3	
900	7 x 100 on 2:30 Kick-odds 100% 1x{2 x 100 on 1:50 Lungbuster pulls 2 x 100 on 1:45 Lungbuster pulls 2 x 100 on 1:40 Lungbuster pulls 1 x 100 on 1:50 Lungbuster pulls 1 x 100 on 1:45 Lungbuster pulls 1 x 100 on 1:40 Lungbuster pulls	EN2 EN1 EN2 EN2 EN2 EN2	
150	6 x 25 on :45 Stroke Drills	REC	
300	1 on 20:00 Killer Relays 6 x 50 on 1:10 Stroke Drills	EN2 REC	
7:29 PM 2,650 Yards - Stress Value = 36			

Workout #12065 - Wednesday, 07 November 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	6 x 100 on 3:00 Kick-odds 100%	EN2	
800	1x{2 x 100 on 2:00 Lungbuster pulls	EN1	
	{2 x 100 on 1:55 Lungbuster pulls	EN2	
	{1 x 100 on 1:50 Lungbuster pulls	EN2	
	{1 x 100 on 2:00 Lungbuster pulls	EN2	
	{1 x 100 on 1:55 Lungbuster pulls	EN2	
	{1 x 100 on 1:50 Lungbuster pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
	1 on 20:00 Killer Relays	EN2	
300	6 x 50 on 1:10 Stroke Drills	REC	
	7:29 PM 2,400 Yards - Stress Value = 32		

{2 x 175 on 2:30 Butterfly	EN2	S FLY	1
{6 x 25 on :45 Fly 12m under	EN3	S FLY	3
{3 x 150 on 2:05 Butterfly	EN2	P FLY	1
{6 x 25 on :45 Fly 9m under	EN3	S FLY	3
{4 x 100 on 1:20 Butterfly	EN2	S FR	1
{6 x 25 on :45 Fly 6m under	EN3	S FLY	3
6 x 50 on 1:00 Stroke Drills	REC	D CD	2
1 on 10:00 Ice		M	
5:35 PM 2,300 Yards - Stress Value = 64			

Workout #12054 - Wednesday, 07 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
2,600	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 2:40 Freestyle	EN2	S	FR
	{2 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	
5:34 PM 2,850 Yards - Stress Value = 76				

Workout #12056 - Wednesday, 07 November 2012

HighSchl - Breast

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
2,400	1x{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{5 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 2:35 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:10 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{4 x 125 on 1:45 Breaststroke	EN2	S	BR
	{5 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 2,650 Yards - Stress Value = 84				

Workout #12057 - Wednesday, 07 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
2,250	1x{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 3:00 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:30 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{4 x 125 on 2:00 Breaststroke	EN2	S	BR
	{3 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 2,500 Yards - Stress Value = 75				

Workout #12053 - Wednesday, 07 November 2012

HighSchl - Distance

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
3,000	1x{2 x 200 on 2:40 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
	{2 x 200 on 2:15 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	
5:34 PM 3,250 Yards - Stress Value = 84				

Workout #12060 - Wednesday, 07 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	====	====	====	====
1,800	1x{1 x 200 on 3:25 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 2:55 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{3 x 150 on 2:25 Butterfly	EN2	P	FLY	1
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 1:35 Butterfly	EN2	S	FR	1
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM 2,100 Yards - Stress Value = 60					

Workout #12059 - Wednesday, 07 November 2012

HighSchl - Fly

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	====	====	====	====
2,000	1x{1 x 200 on 2:55 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3

Workout #12045 - Wednesday, 07 November 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Tm Mtg
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
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
1,500	1x{2 x 200 on 2:40 Lungbuster pulls {3 x 150 on 2:00 Lungbuster pulls {4 x 100 on 1:20 Lungbuster pulls {5 x 50 on :40 Lungbuster pulls Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:40 PM 4,400 Yards - Stress Value = 73

Workout #12046 - Wednesday, 07 November 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Tm Mtg
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,650	1x{4 x 25 on :35 Kick no board BSLR 15 KOW {6 x 75 on 1:20 Kick {4 x 25 on :35 Kick no board BSLR 14 KOW {5 x 100 on 1:45 Kick {4 x 25 on :35 Kick no board BSLR 13 KOW {4 x 75 on 1:15 Kick {4 x 25 on :35 Kick no board BSLR 12 KOW
1,350	1x{2 x 200 on 2:55 Lungbuster pulls {3 x 150 on 2:10 Lungbuster pulls {4 x 100 on 1:25 Lungbuster pulls {2 x 50 on :40 Lungbuster pulls Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:40 PM 3,950 Yards - Stress Value = 64

Workout #12047 - Wednesday, 07 November 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Tm Mtg
550	1 x 550 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 :40 Kick no board BSLR 15 KOW {6 x 75 on 1:35 Kick {4 x 25 on :40 Kick no board BSLR 14 KOW {3 x 100 on 2:05 Kick {4 x 25 on :40 Kick no board BSLR 13 KOW {2 x 125 on 2:35 Kick {4 x 25 on :40 Kick no board BSLR 12 KOW
1,200	1x{2 x 200 on 3:15 Lungbuster pulls {3 x 150 on 2:25 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {1 x 50 on :50 Lungbuster pulls

Br 3-5-7-9 continuous

200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:40 PM 3,500 Yards - Stress Value = 56

Workout #12048 - Wednesday, 07 November 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Tm Mtg
500	1 x 500 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 :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
1,050	1x{2 x 200 on 3:50 Lungbuster pulls {3 x 150 on 2:50 Lungbuster pulls {2 x 100 on 1:50 Lungbuster pulls Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:39 PM 3,150 Yards - Stress Value = 50

Workout #12055 - Wednesday, 07 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,400	1x{2 x 200 on 3:25 Freestyle {1 x 100 on 1:45 Freestyle {2 x 200 on 3:20 Freestyle {1 x 100 on 1:45 Freestyle {2 x 200 on 3:15 Freestyle {1 x 100 on 1:45 Freestyle {2 x 200 on 3:10 Freestyle {1 x 100 on 1:45 Freestyle {2 x 200 on 3:05 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 2,650 Yards - Stress Value = 64			

Workout #12058 - Wednesday, 07 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,000	1x{1 x 200 on 3:45 Breaststroke {3 x 50 on 1:10 Breast {2 x 175 on 3:15 Breaststroke {3 x 50 on 1:10 Breaststroke {3 x 150 on 2:45 Breaststroke {3 x 50 on 1:10 Breaststroke {4 x 100 on 1:45 Breaststroke {3 x 50 on 1:10 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 2,250 Yards - Stress Value = 64			

Workout #12061 - Wednesday, 07 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,650	1x{1 x 200 on 3:50 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 3:20 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{2 x 150 on 2:45 Butterfly	EN2	P	FLY	1
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 1:45 Butterfly	EN2	S	FR	1
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 1,950 Yards - Stress Value = 57

Workout #12088 - Thursday, 08 November 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 30:00 DS/Sholders/Tm Mtg				
500	1 x 500 on 10:00 Underwater trn drill				
150	10 x 15 on :45 Shooters				
	1 on 2:00 Back Technqe reminders				
150	6 x 25 on 1:00 Perfect backstroke				
600	1x{1 x 200 on 10:00 Back drill				
	{1 x 200 on 10:00 Back drill-stroke				
	{1 x 200 on 10:00 Back-breakouts				
150	6 x 25 on 1:00 Perfect backstroke				
400	4 x 100 on 1:45 Backstroke-descend to ludicr				
	speed!!!! (silver 2X75, 2X100, bronze 4X75)				
250	1 x 250 on 5:00 Stroke Drills				
	1 on 10:00 Techniques-backstroke starts				

7:30 PM 2,200 Yards - Stress Value = 16

Workout #12072 - Thursday, 08 November 2012

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 35:00 DS and Weights				
400	1 x 400 on 7:00 Underwater trn drill				
	Odd 100's free even 100's back				
150	10 x 15 on :45 Shooters				
	Your primary stroke(s)				
1,750	1x{5 x 125 on 1:50 Backstroke-Alt 25 of 10 KOW				
	{4 x 25 on :30 Back 8-9-10-11 KOW				
	{4 x 100 on 1:25 Back alt 25 of 10 KOW				
	{4 x 25 on :30 Back 8-9-10-11 KOW				
	{3 x 75 on 1:05 Back Alt 25 of 10 KOW				
	{4 x 25 on :30 Back 8-9-10-11 KOW				
	{2 x 50 on :40 Back Alt 25 of 10 KOW				
	{4 x 25 on :30 Back 8-9-10-11 KOW				
250	1 x 250 on 4:00 Stroke Drills				
	1 on 10:00 Ice				

7:05 AM 2,550 Yards - Stress Value = 40

Workout #12066 - Thursday, 08 November 2012

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 35:00 DS and Weights				

400	1 x 400 on 7:00 Underwater trn drill	REC			
	Odd 100's free even 100's back				
150	10 x 15 on :45 Shooters				SP3
	Your primary stroke(s)				
2,250	1x{3 x 225 on 3:00 Free-descend				EN2
	{3 x 200 on 2:40 Free-descend				EN2
	{3 x 175 on 2:20 Free-descend				EN2
	{3 x 150 on 2:00 Free-descend				EN2
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice				

7:06 AM 3,000 Yards - Stress Value = 51

Workout #12079 - Thursday, 08 November 2012

HighSchl - Distance

1 minute rest between sets

4:39 PM Start

Yards	Set Description	EGY	WORK	STK	F
3,000	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR	
	{1 x 500 on 6:00 Freestyle	EN2	S	FR	
	{4 x 125 on 1:30 Freestyle	EN2	S	FR	
	{1 x 500 on 5:55 Freestyle	EN2	S	FR	
	{4 x 125 on 1:30 Freestyle	EN2	S	FR	
	{1 x 500 on 5:50 Freestyle	EN2	S	FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	
	1 on 10:00 Ice		M		

5:29 PM 3,200 Yards - Stress Value = 60

Workout #12067 - Thursday, 08 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 35:00 DS and Weights				
400	1 x 400 on 7:00 Underwater trn drill	REC			
	Odd 100's free even 100's back				
150	10 x 15 on :45 Shooters				SP3
	Your primary stroke(s)				
1,950	1x{3 x 225 on 3:20 Free-descend				EN2
	{3 x 200 on 2:55 Free-descend				EN2
	{3 x 175 on 2:30 Free-descend				EN2
	{1 x 150 on 2:10 Free-descend				EN2
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice				

7:05 AM 2,700 Yards - Stress Value = 45

Workout #12070 - Thursday, 08 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 35:00 DS and Weights				
400	1 x 400 on 7:00 Underwater trn drill	REC			
	Odd 100's free even 100's back				
150	10 x 15 on :45 Shooters				SP3
	Your primary stroke(s)				
1,650	1x{3 x 100 on 1:40 Free-descend				EN2
	{6 x 50 on :50 Free-descend				EN2
	{3 x 100 on 1:35 Free-descend				EN2
	{6 x 50 on :55 Free-descend				EN2
	{3 x 100 on 1:30 Free-descend				EN2
	{3 x 50 on 1:00 Free-descend				EN2
250	1 x 250 on 4:00 Stroke Drills	REC			
	1 on 10:00 Ice				

7:05 AM 2,450 Yards - Stress Value = 39

Workout #12073 - Thursday, 08 November 2012

HighSchl - Gold/Silver

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
 150 10 x 15 on :45 Shooters
 Your primary stroke(s)
 1,650 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
 {4 x 25 on :30 Back 8-9-10-11 KOW
 {2 x 50 on :50 Back Alt 25 of 10 KOW
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:06 AM 2,450 Yards - Stress Value = 38

Workout #12085 - Thursday, 08 November 2012

HighSchl - IM'ers

1 minute rest between sets

4:39 PM Start
 Yards Set Description
 =====
 2,200 1x{1 x 100 on 1:35 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 1:25 Individual Medley
 {4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk
 {4 x 100 on 1:20 Individual Medley
 {4 x 75 on 1:05 Fr 25scldsdfst25catchup25reg
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:29 PM 2,500 Yards - Stress Value = 44

Workout #12080 - Thursday, 08 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:39 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,550 1x{4 x 125 on 1:45 Freestyle EN2 S FR
 {1 x 400 on 5:45 Freestyle EN2 S FR
 {4 x 125 on 1:45 Freestyle EN2 S FR
 {1 x 400 on 5:40 Freestyle EN2 S FR
 {4 x 125 on 1:45 Freestyle EN2 S FR
 {1 x 250 on 3:20 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:29 PM 2,750 Yards - Stress Value = 51

Workout #12075 - Thursday, 08 November 2012

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
 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 your #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
 1,050 1x{3 x 50 on :40 Pulls
 {3 x 75 on 1:00 Pulls
 {3 x 100 on 1:20 Pulls
 {3 x 125 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
 4:38 PM 3,800 Yards - Stress Value = 55

Workout #12083 - Thursday, 08 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:39 PM Start
 Yards Set Description EGY v
 =====
 2,025 1x{6 x 150 on 2:45 Free Alt 25's 6bk Br 5 EN2
 {5 x 125 on 2:15 Free Alt 25's 6BK Br 5 EN2
 {4 x 100 on 1:45 Free Alt 25's 6bk Br 5 EN2
 {2 x 50 on :45 Alt 25 6bk Br 5 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:30 PM 2,225 Yards - Stress Value = 40

Workout #12086 - Thursday, 08 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:39 PM Start
 Yards Set Description
 =====
 2,025 1x{1 x 100 on 1:45 Individual Medley
 {4 x 75 on 1:10 Fly-25L 25R 25 B
 {2 x 100 on 1:40 Individual Medley
 {4 x 75 on 1:10 Back 25L 25R 25B
 {3 x 100 on 1:35 Individual Medley
 {4 x 75 on 1:20 Brst 25FlK 25FrK 25Rk
 {3 x 100 on 1:30 Individual Medley
 {3 x 75 on 1:10 Fr 25scldsdfst25catchup25reg
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:29 PM 2,325 Yards - Stress Value = 40

Workout #12076 - Thursday, 08 November 2012

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
 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
 900 1x{3 x 50 on :45 Pulls
 {3 x 75 on 1:10 Pulls
 {3 x 100 on 1:30 Pulls
 {3 x 75 on 1:10 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:38 PM 3,400 Yards - Stress Value = 48

{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 1x{3 x 50 on :55 Pulls
 {3 x 75 on 1:25 Pulls
 {3 x 100 on 1:55 Pulls
 {1 x 75 on 1:10 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:38 PM 2,900 Yards - Stress Value = 42

Workout #12068 - Thursday, 08 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,800 1x{3 x 225 on 3:45 Free-descend EN2
 {3 x 200 on 3:20 Free-descend EN2
 {3 x 175 on 2:55 Free-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 2,500 Yards - Stress Value = 42

Workout #12077 - Thursday, 08 November 2012

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
 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
 800 1x{3 x 50 on :50 Pulls
 {3 x 75 on 1:15 Pulls
 {3 x 100 on 1:40 Pulls
 {1 x 125 on 2:05 Pulls
 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 3,100 Yards - Stress Value = 44

Workout #12071 - Thursday, 08 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,400 1x{3 x 100 on 2:00 Free-descend EN2
 {4 x 50 on :55 Free-descend EN2
 {3 x 100 on 1:55 Free-descend EN2
 {3 x 50 on 1:00 Free-descend EN2
 {3 x 100 on 1:50 Free-descend EN2
 {3 x 50 on 1:05 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,150 Yards - Stress Value = 34

Workout #12078 - Thursday, 08 November 2012

HighSchl - Bronze

1 minute rest between sets

3:00 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
 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

Workout #12074 - Thursday, 08 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 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
 Your primary stroke(s)
 1,400 1x{5 x 125 on 2:25 Backstroke-Alt 25 of 10 KOW
 {4 x 25 on :40 Back 8-9-10-11 KOW
 {4 x 100 on 1:55 Back alt 25 of 10 KOW
 {2 x 25 on :40 Back 8-9 KOW
 {3 x 75 on 1:25 Back Alt 25 of 10 KOW
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,150 Yards - Stress Value = 33

Workout #12081 - Thursday, 08 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:39 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,150 1x{4 x 100 on 1:40 Freestyle EN2 S FR
 {1 x 400 on 6:30 Freestyle EN2 S FR
 {4 x 100 on 1:40 Freestyle EN2 S FR
 {1 x 400 on 6:25 Freestyle EN2 S FR
 {4 x 100 on 1:40 Freestyle EN2 S FR
 {1 x 150 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
 5:29 PM 2,350 Yards - Stress Value = 43

Workout #12084 - Thursday, 08 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:39 PM Start
 Yards Set Description EGY W
 =====
 1,800 1x{3 x 150 on 3:05 Free Alt 25's 6bk Br 5 EN2
 {5 x 125 on 2:30 Free Alt 25's 6BK Br 5 EN2
 {4 x 100 on 1:55 Free Alt 25's 6bk Br 5 EN2
 {3 x 75 on 1:25 Free Alt 25's 6BK Br 5 EN2
 {2 x 50 on :55 Alt 25 6bk Br 5 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:29 PM 2,000 Yards - Stress Value = 35

Workout #12087 - Thursday, 08 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:39 PM Start
 Yards Set Description F
 =====
 1,750 1x{1 x 100 on 2:00 Individual Medley F
 {4 x 75 on 1:25 Fly-25L 25R 25 B F
 {2 x 100 on 1:55 Individual Medley F
 {4 x 75 on 1:25 Back 25L 25R 25B F
 {2 x 100 on 1:50 Individual Medley F
 {4 x 75 on 1:30 Brst 25FlK 25FrK 25Rk F
 {2 x 100 on 1:45 Individual Medley F
 {2 x 75 on 1:20 Fr 25sclsdfst25catchup25reg F
 300 6 x 50 on 1:00 Stroke Drills F
 1 on 10:00 Ice
 5:29 PM 2,050 Yards - Stress Value = 35

Workout #12069 - Thursday, 08 November 2012

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,800 1x{3 x 100 on 1:30 Free-descend EN2
 {6 x 50 on :45 Free-descend EN2
 {3 x 100 on 1:25 Free-descend EN2
 {6 x 50 on :50 Free-descend EN2
 {3 x 100 on 1:20 Free-descend EN2
 {6 x 50 on :55 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,600 Yards - Stress Value = 42

Workout #12082 - Thursday, 08 November 2012

HighSchl - Sprint

1 minute rest between sets

4:39 PM Start
 Yards Set Description EGY W
 =====
 2,250 1x{6 x 150 on 2:25 Free Alt 25's 6bk Br 5 EN2
 {5 x 125 on 2:00 Free Alt 25's 6BK Br 5 EN2
 {4 x 100 on 1:35 Free Alt 25's 6bk Br 5 EN2
 {3 x 75 on 1:10 Free Alt 25's 6BK Br 5 EN2
 {2 x 50 on :45 Alt 25 6bk Br 5 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:29 PM 2,450 Yards - Stress Value = 44

Workout #12089 - Friday, 09 November 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Teds Abs
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 750 1 x 750 on 15:00 Kick 10/50, 15/45, 20/40 X
 Social Kick on easy part
 250 1 x 250 on 15:00 Techniques-TN Turn Drills
 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 2:00 Fly 75 Drill 25 build
 {2 x 100 on 2:00 Back 75 Drill 25 build
 {2 x 100 on 2:00 Breast 75 Drill 25 build
 {2 x 100 on 2:00 Free 75 drill 25 build
 1 on 10:00 Techniques-Relay Starts
 1 on 10:00 Ice
 5:05 PM 2,750 Yards - Stress Value = 24

Workout #12090 - Saturday, 10 November 2012

HighSchl - Swim Like A Champion Day

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,600 2x{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 100 on 1:20 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
 2,625 1x{5 x 125 on 1:27 Freestyle
 {1 x 50 on 1:00 Freestyle
 {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
 {5 x 50 on 1:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 8:27 AM 5,425 Yards - Stress Value = 114

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,300 2x{1 x 100 on 2:05 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:15 Kick
 {1 x 25 on :25 Kick(Dont do this 2nd round)
 {1 x 25 on :40 Kick(Dont do this 2nd round)
 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{5 x 125 on 1:57 Freestyle
 {1 x 50 on 1:10 Freestyle
 {4 x 125 on 1:56 Freestyle
 {2 x 50 on 1:10 Freestyle
 {3 x 125 on 1:55 Freestyle
 {3 x 50 on 1:10 Freestyle
 {2 x 125 on 1:54 Freestyle
 {2 x 50 on 1:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:28 AM 4,600 Yards - Stress Value = 86

Workout #12093 - Saturday, 10 November 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,300 2x{1 x 100 on 2:10 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:15 Kick
 {1 x 25 on :25 Kick(Dont do this 2nd round)
 {1 x 25 on :40 Kick(Dont do this 2nd round)
 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 2:17 Freestyle
 {2 x 50 on 1:15 Freestyle
 {3 x 125 on 2:16 Freestyle
 {2 x 50 on 1:15 Freestyle
 {2 x 125 on 2:15 Freestyle
 {3 x 50 on 1:15 Freestyle
 {1 x 125 on 2:14 Freestyle
 {4 x 50 on 1:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:29 AM 4,200 Yards - Stress Value = 85

Workout #12091 - Saturday, 10 November 2012

HighSchl - Gold

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,400 2x{1 x 100 on 1:55 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on :50 Kick
 {1 x 50 on 1:05 Kick(Dont do this 50 2nd rour
 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 1:42 Freestyle
 {1 x 50 on 1:00 Freestyle
 {4 x 125 on 1:41 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 125 on 1:40 Freestyle
 {3 x 50 on 1:00 Freestyle
 {2 x 125 on 1:39 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 125 on 1:38 Freestyle
 {2 x 50 on 1:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 8:29 AM 5,075 Yards - Stress Value = 102

Workout #12092 - Saturday, 10 November 2012

HighSchl - Silver

1 minute rest between sets

Workout #12107 - Monday, 12 November 2012

Group 2 - IM'sers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg
500	1 x 500 on 10:00 Choce
150	10 x 15 on :45 Shooters
600	1x{6 x 25 on :40 Fly Kick-descend in 3's
	{6 x 25 on :40 Back kick-no board-descend in
	{6 x 25 on :40 Breast Kick-descend
	{6 x 25 on :40 Free Kick-descend
200	8 x 25 on :45 Stroke Drills
1,800	1x{4 x 100 on 1:30 Individual Medley
	{8 x 25 on :30 IM order odds fast evens drlll
	{4 x 100 on 1:25 Individual Medley
	{8 x 25 on :30 IM order odds fast evens drill
	{4 x 100 on 1:20 Individual Medley
	{8 x 25 on :30 IM order odds fast evens drill
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Game
7:29 PM	3,500 Yards - Stress Value = 54

Workout #12110 - Monday, 12 November 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg
500	1 x 500 on 10:00 Choce
150	10 x 15 on :45 Shooters
550	1x{6 x 25 on :45 Fly Kick-descend in 3's
	{6 x 25 on :45 Back kick-no board-descend in
	{6 x 25 on :45 Breast Kick-descend
	{4 x 25 on :30 Free Kick-descend
200	8 x 25 on :45 Stroke Drills
1,300	1x{3 x 100 on 2:10 Individual Medley
	{8 x 25 on :40 IM order odds fast evens drlll
	{3 x 100 on 2:05 Individual Medley
	{8 x 25 on :40 IM order odds fast evens drill
	{3 x 100 on 2:00 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Game
7:30 PM	2,950 Yards - Stress Value = 43

Workout #12108 - Monday, 12 November 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg
500	1 x 500 on 10:00 Choce
150	10 x 15 on :45 Shooters
600	1x{6 x 25 on :40 Fly Kick-descend in 3's
	{6 x 25 on :40 Back kick-no board-descend in
	{6 x 25 on :40 Breast Kick-descend
	{6 x 25 on :40 Free Kick-descend
200	8 x 25 on :45 Stroke Drills
1,650	1x{4 x 100 on 1:40 Individual Medley
	{8 x 25 on :35 IM order odds fast evens drlll
	{4 x 100 on 1:35 Individual Medley
	{8 x 25 on :35 IM order odds fast evens drill
	{3 x 100 on 1:30 Individual Medley
	{6 x 25 on :35 IM order odds fast evens drill
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Game
7:31 PM	3,350 Yards - Stress Value = 51

Workout #12104 - Monday, 12 November 2012

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:42 PM	Start		
=====	=====	=====	=====
2,500	1x{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:30 Backstroke	EN2	S
	{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
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
250	{1 x 200 on 2:50 Backstroke	EN2	S
	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:33 PM	2,750 Yards - Stress Value = 50		

Workout #12109 - Monday, 12 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg
500	1 x 500 on 10:00 Choce
150	10 x 15 on :45 Shooters
550	1x{6 x 25 on :45 Fly Kick-descend in 3's
	{6 x 25 on :45 Back kick-no board-descend in
	{6 x 25 on :45 Breast Kick-descend
	{4 x 25 on :30 Free Kick-descend
200	8 x 25 on :45 Stroke Drills
1,500	1x{4 x 100 on 1:55 Individual Medley
	{8 x 25 on :35 IM order odds fast evens drlll
	{4 x 100 on 1:50 Individual Medley
	{8 x 25 on :35 IM order odds fast evens drill
	{3 x 100 on 1:45 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Game
7:30 PM	3,150 Yards - Stress Value = 47

Workout #12101 - Monday, 12 November 2012

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM	Start			
=====	=====	=====	=====	=====
2,150	1x{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{2 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
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:55 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN2	S	BR
	{1 x 200 on 2:50 Breaststroke	EN2	S	BR
200	{2 x 25 on :30 Breast 2K1P	EN1	D	BR
	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:33 PM	2,350 Yards - Stress Value = 37			

Workout #12098 - Monday, 12 November 2012

HighSchl - Distance

1 minute rest between sets

4:44 AM Start

Yards	Set Description	EGY	WORK	STK
3,000	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
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
200	{1 x 100 on 1:10 Freestyle	EN2	S	FR
	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 AM 3,200 Yards - Stress Value = 48

Workout #12099 - Monday, 12 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:42 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 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN2	S	FR
	{3 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{2 x 100 on 1:20 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:33 PM 2,850 Yards - Stress Value = 43

Workout #12102 - Monday, 12 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{2 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:35 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{6 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	S	BR
	{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{2 x 25 on :35 Breast 2K1P	EN2	S	BR
	{1 x 100 on 1:35 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:33 PM 2,100 Yards - Stress Value = 33

Workout #12105 - Monday, 12 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{3 x 100 on 1:40 Backstroke-descend	EN2	S	
	{1 x 200 on 2:50 Backstroke	EN2	S	

{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
1 x 250 on 4:00 Stroke Drills	REC	D
1 on 10:00 Ice		M

5:33 PM 2,450 Yards - Stress Value = 44

Workout #12094 - Monday, 12 November 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/ Physio Balls
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 125 on 1:40 Kick
	{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
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

4:41 PM 3,800 Yards - Stress Value = 54

Workout #12095 - Monday, 12 November 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/ Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,450	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:10 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:15 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:20 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:00 Kick
1,000	1x{1 x 100 on 1:25 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 = 47

Workout #12096 - Monday, 12 November 2012

HighSchl - Silver

1 minute rest between sets

Table with columns: Yards, Set Description. Includes start time 3:00 PM and various swim set descriptions like '1 on 30:00 DS/ Physio Ball' and '1 x 550 on 10:00 Swim-kick-pull-swim'.

Workout #12097 - Monday, 12 November 2012

HighSchl - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description. Includes start time 3:00 PM and various swim set descriptions like '1 on 30:00 DS/ Physio Ball' and '1 x 500 on 10:00 Swim-kick-pull-swim'.

Workout #12119 - Monday, 12 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes start time 5:30 AM and various swim set descriptions like '1 on 35:00 DS and Weights' and '1 x 350 on 7:00 Underwater trn drill'.

Workout #12100 - Monday, 12 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK. Includes start time 4:42 PM and various swim set descriptions like '1x{2 x 150 on 2:25 Freestyle' and '1 x 250 on 4:00 Stroke Drills'.

Workout #12103 - Monday, 12 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK. Includes start time 4:42 PM and various swim set descriptions like '1x{1 x 200 on 4:00 Breaststroke' and '1 x 200 on 3:00 Stroke Drills'.

Workout #12106 - Monday, 12 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 4:42 PM and various swim set descriptions like '1x{3 x 100 on 1:55 Backstroke-descend' and '1 x 250 on 4:00 Stroke Drills'.

Workout #12133 - Tuesday, 13 November 2012

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
400	4 x 100 on 2:15 Kick @ Fastest Interval	EN2
700	1x{1 x 125 on 1:55 Pulls BTB	EN1
	{1 x 125 on 1:55 Pulls BTS	EN1
	{1 x 100 on 1:30 Pulls BTB	EN1
	{1 x 100 on 1:30 Pulls BTS	EN1
	{1 x 75 on 1:05 Pulls BTB	EN1
	{1 x 75 on 1:05 Pulls BTS	EN1
	{1 x 50 on :40 Pulls BTB	EN1
	{1 x 50 on :40 Pulls BTS	EN1
150	6 x 25 on :45 Stroke Drills	REC
1,900	1x{2 x 200 on 2:50 Freestyle	EN2
	{4 x 25 on :30 Free br on 5	EN1
	{2 x 200 on 2:45 Freestyle	EN2
	{4 x 25 on :30 Free 7 KOW	EN1
	{2 x 200 on 2:40 Freestyle	EN2
	{4 x 25 on :30 Free-build to 100%	EN2
	{2 x 200 on 2:35 Freestyle	EN2
150	1 x 150 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 3,950 Yards - Stress Value = 56	

Workout #12134 - Tuesday, 13 November 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
400	4 x 100 on 2:15 Kick @ Fastest Interval	EN2
600	1x{1 x 125 on 2:15 Pulls BTB	EN1
	{1 x 125 on 2:15 Pulls BTS	EN1
	{1 x 100 on 1:45 Pulls BTB	EN1
	{1 x 100 on 1:45 Pulls BTS	EN1
	{1 x 75 on 1:15 Pulls BTB	EN1
	{1 x 75 on 1:15 Pulls BTS	EN1
150	6 x 25 on :45 Stroke Drills	REC
1,700	1x{2 x 200 on 3:20 Freestyle	EN2
	{4 x 25 on :30 Free br on 5	EN1
	{2 x 200 on 3:15 Freestyle	EN2
	{4 x 25 on :30 Free 7 KOW	EN1
	{2 x 200 on 3:10 Freestyle	EN2
	{4 x 25 on :30 Free-build to 100%	EN2
	{2 x 100 on 1:35 Freestyle	EN2
150	1 x 150 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:31 PM 3,650 Yards - Stress Value = 52	

Workout #12135 - Tuesday, 13 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
300	3 x 100 on 2:45 Kick @ Fastest Interval	EN2
550	1x{1 x 125 on 2:25 Pulls BTB	EN1
	{1 x 125 on 2:25 Pulls BTS	EN1

	{1 x 100 on 1:55 Pulls BTB	EN1
	{1 x 100 on 1:55 Pulls BTS	EN1
	{1 x 50 on :55 Pulls BTB	EN1
	{1 x 50 on :55 Pulls BTS	EN1
150	6 x 25 on :45 Stroke Drills	REC
1,350	1x{2 x 200 on 3:45 Freestyle	EN2
	{4 x 25 on :45 Free br on 5	EN1
	{2 x 150 on 2:45 Freestyle	EN2
	{4 x 25 on :45 Free 7 KOW	EN1
	{2 x 150 on 2:40 Freestyle	EN2
	{4 x 25 on :45 Free-build to 100%	EN2
	{1 x 50 on :55 Freestyle	EN2
150	1 x 150 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:31 PM 3,100 Yards - Stress Value = 41	

Workout #12136 - Tuesday, 13 November 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
300	3 x 100 on 3:00 Kick @ Fastest Interval	EN2
450	1x{1 x 100 on 2:10 Pulls BTB	EN1
	{1 x 100 on 2:10 Pulls BTS	EN1
	{1 x 75 on 1:35 Pulls BTB	EN1
	{1 x 75 on 1:35 Pulls BTS	EN1
	{1 x 50 on 1:00 Pulls BTB	EN1
	{1 x 50 on 1:00 Pulls BTS	EN1
150	6 x 25 on :45 Stroke Drills	REC
1,300	1x{2 x 200 on 4:00 Freestyle	EN2
	{4 x 25 on :45 Free br on 5	EN1
	{2 x 150 on 2:55 Freestyle	EN2
	{4 x 25 on :45 Free 7 KOW	EN1
	{2 x 150 on 2:50 Freestyle	EN2
	{4 x 25 on :45 Free-build to 100%	EN2
150	1 x 150 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 2,900 Yards - Stress Value = 40	

Workout #12111 - Tuesday, 13 November 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,150	1x{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:05	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:04	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold 1:03	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold :55	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,950 Yards - Stress Value = 46		

Workout #12124 - Tuesday, 13 November 2012

HighSchl - Distance

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WOF
2,400	1x{1 x 400 on 4:55 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 4:50 Free L.100 des 25's	EN2	
	{1 x 400 on 4:45 Free L.100 BWHPF	EN2	
	{1 x 400 on 4:40 Free L.100 SFBO	EN2	
	{1 x 400 on 4:35 Free L.100 Br on 5	EN2	
	{1 x 400 on 4:30 Free L.100-6bk	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,650 Yards - Stress Value = 48		

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{2 x 150 on 2:30 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 2:05 Fly 2+1 stroke off walls	EN2	
	{4 x 100 on 1:40 Fly 3+1 stroke off walls	EN2	
	{5 x 75 on 1:15 Fly 4+1 strokes off walls	EN2	
	{5 x 50 on :50 Fly 5+1 stroke off walls	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,450 Yards - Stress Value = 41		

Workout #12118 - Tuesday, 13 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,925	1x{2 x 150 on 2:15 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 1:50 Fly 2+1 stroke off walls	EN2	
	{4 x 100 on 1:25 Fly 3+1 stroke off walls	EN2	
	{5 x 75 on 1:05 Fly 4+1 strokes off walls	EN2	
	{6 x 50 on :45 Fly 5+1 stroke off walls	EN2	
	{7 x 25 on :25 Fly 6 strokes off walls	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,675 Yards - Stress Value = 46		

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	2x{4 x 50 on :50 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :50 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :50 Free Alt 6bk 25	EN2	
	{1 x 50 on :50 Free ALL 6BK	EN2	
625	1x{4 x 100 on 1:40 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{3 x 75 on 1:15 Free br 5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:06 AM 2,425 Yards - Stress Value = 38		

Workout #12125 - Tuesday, 13 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,950	1x{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:18	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:17	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 100 on 1:30 Free hold 1:16	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:15	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,750 Yards - Stress Value = 42		

4:50 PM Start

Yards	Set Description	EGY	WOF
2,100	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 100 on 1:20 Free-6bk	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:36 PM 2,350 Yards - Stress Value = 42		

Workout #12115 - Tuesday, 13 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
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Workout #12128 - Tuesday, 13 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:50 PM Start
 Yards Set Description
 =====
 1,900 1x{1 x 200 on 3:20 Individual Medley
 {1 x 150 on 2:30 IM w75 fly drill/75 fast
 {1 x 200 on 3:15 Individual Medley
 {1 x 150 on 2:30 IM w/75 back drill/75 fast
 {1 x 200 on 3:10 Individual Medley
 {2 x 150 on 2:15 IMw/75 breast drill/75 fast
 {1 x 200 on 3:05 Individual Medley
 {2 x 150 on 2:30 IM w/75 free drill/75 fast
 {1 x 200 on 3:00 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 2,150 Yards - Stress Value = 38

Workout #12131 - Tuesday, 13 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:50 PM Start
 Yards Set Description EGY V
 =====
 1,800 1x{4 x 75 on 1:15 Free 7 KOW EN2
 {3 x 25 on :30 Free-descnd-high elbow EN2
 {4 x 100 on 1:40 Free BWHPF EN2
 {3 x 25 on :30 Free-descnd-Stgth Arm EN2
 {4 x 125 on 2:05 Free-SFBO EN2
 {3 x 25 on :30 Free-descnd-goggle wtrln EN2
 {2 x 150 on 2:30 Free-breath on 5 EN2
 {3 x 25 on :30 Free-GREAT Mechanics EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,000 Yards - Stress Value = 38

Workout #12127 - Tuesday, 13 November 2012

HighSchl - IM'sers

1 minute rest between sets

4:50 PM Start
 Yards Set Description
 =====
 2,050 1x{1 x 200 on 2:50 Individual Medley
 {2 x 150 on 2:15 IM w75 fly drill/75 fast
 {1 x 200 on 2:45 Individual Medley
 {2 x 150 on 2:15 IM w/75 back drill/75 fast
 {1 x 200 on 2:40 Individual Medley
 {2 x 150 on 2:15 IMw/75 breast drill/75 fast
 {1 x 200 on 2:35 Individual Medley
 {1 x 150 on 2:15 IM w/75 free drill/75 fast
 {1 x 200 on 2:30 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,300 Yards - Stress Value = 41

Workout #12120 - Tuesday, 13 November 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Team Pics and dryland
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 560 1x{8 x 20 on 1:00 Kick underwater w/fins
 {1 on 1:00 Change
 {16 x 25 on :30 Sprint Kick w/fins

1,350 1x{2 x 250 on 3:15 Pulls Alt BTB/S
 {2 x 225 on 2:55 Pulls Alt BTB/S
 {2 x 200 on 2:35 Pulls-Alt- BTB/S
 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 3,360 Yards - Stress Value = 42

Workout #12121 - Tuesday, 13 November 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Team Pics and Dryland
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 560 1x{8 x 20 on 1:00 Kick underwater w/fins
 {1 on 1:00 Change
 {16 x 25 on :30 Sprint Kick w/fins
 1,250 1x{2 x 250 on 3:35 Pulls Alt BTB/S
 {2 x 225 on 3:10 Pulls Alt BTB/S
 {2 x 150 on 2:05 Pulls-Alt- BTB/S
 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 3,260 Yards - Stress Value = 41

Workout #12122 - Tuesday, 13 November 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Team pics and drylnd
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 560 1x{8 x 20 on 1:00 Kick underwater w/fins
 {1 on 1:00 Change
 {16 x 25 on :30 Sprint Kick w/fins
 1,100 1x{2 x 225 on 3:35 Pulls Alt BTB/S
 {2 x 200 on 3:10 Pulls Alt BTB/S
 {2 x 125 on 2:00 Pulls-Alt- BTB/S
 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 3,060 Yards - Stress Value = 39

Workout #12123 - Tuesday, 13 November 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Team pics and dryland
 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
 560 1x{8 x 20 on 1:00 Kick underwater w/fins
 {1 on 1:00 Change
 {16 x 25 on :30 Sprint Kick w/fins
 1,000 1x{2 x 225 on 3:55 Pulls Alt BTB/S
 {2 x 200 on 3:30 Pulls Alt BTB/S
 {2 x 75 on 1:20 Pulls-Alt- BTB/S
 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 2,910 Yards - Stress Value = 39

Workout #12113 - Tuesday, 13 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:25	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:24	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 100 on 1:45 Free hold 1:23	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 50 on :50 Free Hold :32	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,450 Yards - Stress Value = 37		

{1 x 150 on 2:50 IM w75 fly drill/75 fast
{1 x 200 on 3:45 Individual Medley
{1 x 150 on 2:50 IM w/75 back drill/75 fast
{1 x 200 on 3:40 Individual Medley
{1 x 150 on 2:50 IMw/75 breast drill/75 fast
{1 x 200 on 3:35 Individual Medley
{1 x 150 on 2:50 IM w/75 free drill/75 fast
{1 x 200 on 3:30 Individual Medley
1 x 250 on 4:00 Stroke Drills
1 on 10:00 Ice
5:35 PM 1,850 Yards - Stress Value = 32

Workout #12132 - Tuesday, 13 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
1,450	1x{4 x 75 on 1:30 Free 7 KOW	EN2	
	{3 x 25 on :40 Free-descend-high elbow	EN2	
	{2 x 100 on 1:55 Free BWHPF	EN2	
	{3 x 25 on :40 Free-descnd-Stgth Arm	EN2	
	{4 x 125 on 2:25 Free-SFBO	EN2	
	{3 x 25 on :40 Free-descnd-goggle wtrln	EN2	
	{1 x 150 on 2:55 Free-breath on 5	EN2	
	{3 x 25 on :40 Free-GREAT Mechanics	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 1,650 Yards - Stress Value = 31		

Workout #12116 - Tuesday, 13 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,500	1x{2 x 150 on 2:45 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 2:20 Fly 2+1 stroke off walls	EN2	
	{4 x 100 on 1:55 Fly 3+1 stroke off walls	EN2	
	{5 x 75 on 1:25 Fly 4+1 strokes off walls	EN2	
	{1 x 50 on :55 Fly 5+1 stroke off walls	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,200 Yards - Stress Value = 37		

Workout #12117 - Tuesday, 13 November 2012

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	2x{4 x 50 on :45 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :45 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :45 Free Alt 6bk 25	EN2	
	{1 x 50 on :45 Free ALL 6BK	EN2	
750	1x{4 x 100 on 1:30 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{3 x 75 on 1:10 Free br 5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{2 x 50 on :45 Free br 7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{1 x 25 on :25 Free br 9 w/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 = 40		

Workout #12126 - Tuesday, 13 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
1,700	1x{1 x 300 on 5:15 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 300 on 5:10 Free L.100 des 25's	EN2	
	{1 x 300 on 5:05 Free L.100 BWHPF	EN2	
	{1 x 300 on 5:00 Free L.100 SFBO	EN2	
	{1 x 300 on 4:55 Free L.100 Br on 5	EN2	
	{1 x 200 on 3:15 Free-L.100 6bk	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 1,950 Yards - Stress Value = 34		

Workout #12129 - Tuesday, 13 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
1,600	1x{1 x 200 on 3:50 Individual Medley		

Workout #12130 - Tuesday, 13 November 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WC
4:50 PM	Start		
2,100	1x{4 x 75 on 1:10 Free 7 KOW	EN2	
	{3 x 25 on :30 Free-descend-high elbow	EN2	
	{4 x 100 on 1:10 Free BWHPF	EN2	
	{3 x 25 on :30 Free-descnd-Stgth Arm	EN2	
	{4 x 125 on 1:55 Free-SFBO	EN2	
	{3 x 25 on :30 Free-descnd-goggle wtrln	EN2	
	{4 x 150 on 2:15 Free-breath on 5	EN2	
	{3 x 25 on :30 Free-GREAT Mechanics	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:36 PM	2,300 Yards - Stress Value = 44		

Workout #12150 - Wednesday, 14 November 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{4 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:10 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:05 Kick on back no board	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:00 Kick no board BSLR	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
100	1 x 100 on 2:00 Freestyle	REC	
100	1 x 100 on 3:00 Kick for time-on back	EN2	
200	8 x 25 on :45 Backstroke drill	REC	
800	1x{1 x 200 on 6:00 Backstroke	SP1	
	{2 x 150 on 5:00 Backstroke	SP1	
	{3 x 100 on 4:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:33 PM	3,050 Yards - Stress Value = 92		

Workout #12151 - Wednesday, 14 November 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{4 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:20 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:15 Kick on back no board	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 75 on 1:35 Kick no board BSLR	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
100	1 x 100 on 2:00 Freestyle	REC	
100	1 x 100 on 3:00 Kick for time-on back	EN2	
200	8 x 25 on :45 Backstroke drill	REC	
800	1x{1 x 200 on 6:00 Backstroke	SP1	
	{2 x 150 on 5:00 Backstroke	SP1	
	{3 x 100 on 4:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:33 PM	3,000 Yards - Stress Value = 91		

Workout #12152 - Wednesday, 14 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
450	1 on 30:00 DS/Abs/Tm Mtg		
150	10 x 15 on :45 Shooters	SP3	
900	1x{4 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:30 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:25 Kick on back no board	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 50 on 1:10 Kick no board BSLR	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
50	1 x 50 on 2:00 Freestyle	REC	
100	1 x 100 on 3:00 Kick for time-on back	EN2	
200	8 x 25 on :45 Backstroke drill	REC	
800	1x{1 x 200 on 6:00 Backstroke	SP1	
	{2 x 150 on 5:00 Backstroke	SP1	
	{3 x 100 on 4:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:33 PM	2,850 Yards - Stress Value = 90		

Workout #12153 - Wednesday, 14 November 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
400	1 on 30:00 DS/Abs/Tm Mtg		
150	10 x 15 on :45 Shooters	SP3	
900	1x{4 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:40 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{1 x 100 on 2:35 Kick on back no board	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:30 Kick no board BSLR	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
50	1 x 50 on 2:00 Freestyle	REC	
100	1 x 100 on 3:00 Kick for time-on back	EN2	
200	8 x 25 on :45 Backstroke drill	REC	
800	1x{1 x 200 on 6:00 Backstroke	SP1	
	{2 x 150 on 5:00 Backstroke	SP1	
	{3 x 100 on 4:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:33 PM	2,800 Yards - Stress Value = 90		

Workout #12144 - Wednesday, 14 November 2012

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
4:44 PM	Start		
2,150	1x{4 x 100 on 1:30 Breaststroke		
	{2 x 50 on 1:00 Under/Overs-2X Pullouts-turn		
	{4 x 100 on 1:30 Breaststroke		
	{3 x 50 on 1:05 Under/overs-2X pullouts-turn		
	{4 x 100 on 1:30 Breaststroke		
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn		
	{4 x 100 on 1:30 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		
5:35 PM	2,350 Yards - Stress Value = 53		

Workout #12152 - Wednesday, 14 November 2012

Group 2 - Silver

Workout #12141 - Wednesday, 14 November 2012

HighSchl - Distance

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 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
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:36 PM 2,900 Yards - Stress Value = 82

Workout #12147 - Wednesday, 14 November 2012

HighSchl - Fly

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WC
 =====
 2,300 1x{4 x 125 on 1:55 75fly25free25fly 1u2d EN1
 {2 x 50 on 1:15 Fly 10 KOW EN3
 {4 x 125 on 1:50 75fly25free25fly 1u3d EN2
 {2 x 50 on 1:15 Fly 12 KOW EN3
 {4 x 125 on 1:45 75fly25free25fly 2u2d EN2
 {2 x 50 on 1:15 Fly 14 KOW EN3
 {4 x 125 on 1:40 75fly25free25fly 2u3d EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,500 Yards - Stress Value = 53

Workout #12142 - Wednesday, 14 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,450 1x{1 x 250 on 3:25 Freestyle EN2 S FR
 {6 x 25 on :30 Freestyle EN3 S FR
 {2 x 225 on 3:10 Freestyle EN2 S FR
 {5 x 50 on :55 Freestyle EN3 S FR
 {3 x 200 on 2:50 Freestyle EN2 S FR
 {4 x 75 on 1:20 Freestyle EN3 S FR
 {3 x 150 on 2:10 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 2,650 Yards - Stress Value = 77

Workout #12145 - Wednesday, 14 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start
 Yards Set Description
 =====
 1,950 1x{3 x 100 on 1:45 Breaststroke
 {2 x 50 on 1:00 Under/Overs-2X Pullouts-turn
 {4 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:05 Under/overs-2X pullouts-turn
 {4 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:10 Under/overs-2X pullouts-turn
 {3 x 100 on 1:45 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
 5:35 PM 2,150 Yards - Stress Value = 49

Workout #12148 - Wednesday, 14 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WC
 =====
 2,050 1x{4 x 125 on 2:10 75fly25free25fly 1u2d EN1
 {2 x 50 on 1:15 Fly 10 KOW EN3
 {4 x 125 on 2:05 75fly25free25fly 1u3d EN2
 {2 x 50 on 1:15 Fly 12 KOW EN3
 {4 x 125 on 2:00 75fly25free25fly 2u2d EN2
 {2 x 50 on 1:15 Fly 14 KOW EN3
 {2 x 125 on 1:55 75fly25free25fly 2u3d EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,250 Yards - Stress Value = 48

Workout #12137 - Wednesday, 14 November 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 20:00 DS/Vis
 150 1 x 600 on 10:00 Free L.25 of each 100 Non F
 1,800 10 x 15 on :45 Shooters
 1x{ Hold avg 50 time under :45 for entire set
 {4 x 25 on :30 Kick no board BSLR-10 KOW
 {1 x 200 on 3:15 Kick
 {4 x 25 on :35 Kick no board BSLR 12 KOW
 {2 x 175 on 2:55 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {3 x 150 on 2:35 Kick
 {4 x 25 on :45 Kick no board BSLR 16 KOW
 {4 x 100 on 1:45 Kick
 1,500 1x{ Br 3-5-7 cont/L.25 2 breaths
 {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
 {2 x 125 on 1:35 Lungbuster pulls
 {2 x 125 on 1:30 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 4,250 Yards - Stress Value = 68

Workout #12138 - Wednesday, 14 November 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,650 1x{ Hold avg 50 time under :50 for entire set
 { 4 x 25 on :35 Kick no board BSLR-10 KOW
 { 1 x 200 on 3:35 Kick
 { 4 x 25 on :35 Kick no board BSLR 12 KOW
 { 2 x 175 on 3:15 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 2 x 150 on 2:50 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 4 x 100 on 1:55 Kick
 1,350 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 2 x 125 on 2:05 Lungbuster pulls
 { 2 x 125 on 2:00 Lungbuster pulls
 { 2 x 125 on 1:55 Lungbuster pulls
 { 2 x 125 on 1:50 Lungbuster pulls
 { 2 x 125 on 1:45 Lungbuster pulls
 { 1 x 100 on 1:20 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,950 Yards - Stress Value = 62

Workout #12139 - Wednesday, 14 November 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,500 1x{ Hold avg 50 time under :55 for entire set
 { 4 x 25 on :40 Kick no board BSLR-10 KOW
 { 1 x 200 on 4:00 Kick
 { 4 x 25 on :40 Kick no board BSLR 12 KOW
 { 2 x 175 on 3:35 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 3 x 150 on 3:10 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 1 x 100 on 2:10 Kick
 1,250 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 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
 { 2 x 100 on 1:35 Lungbuster pulls
 { 1 x 50 on :45 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,650 Yards - Stress Value = 58

Workout #12140 - Wednesday, 14 November 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,400 1x{ Hold avg 50 time under 1:00 for entire set
 { 4 x 25 on :45 Kick no board BSLR-10 KOW
 { 1 x 200 on 4:20 Kick

{ 4 x 25 on :40 Kick no board BSLR 12 KOW
 { 2 x 175 on 3:55 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 2 x 150 on 3:30 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 3 x 50 on 1:10 Kick
 1,150 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 2 x 125 on 2:25 Lungbuster pulls
 { 2 x 125 on 2:20 Lungbuster pulls
 { 2 x 125 on 2:15 Lungbuster pulls
 { 2 x 100 on 1:45 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
 4:43 PM 3,400 Yards - Stress Value = 54

Workout #12143 - Wednesday, 14 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,200 1x{ 1 x 250 on 3:50 Freestyle EN2 S FR
 { 6 x 25 on :30 Freestyle EN3 S FR
 { 2 x 225 on 3:30 Freestyle EN2 S FR
 { 5 x 50 on :55 Freestyle EN3 S FR
 { 3 x 200 on 3:15 Freestyle EN2 S FR
 { 4 x 75 on 1:20 Freestyle EN3 S FR
 { 1 x 200 on 3:20 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 2,400 Yards - Stress Value = 72

Workout #12146 - Wednesday, 14 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start
 Yards Set Description
 =====
 1,700 1x{ 3 x 100 on 2:05 Breaststroke
 { 2 x 50 on 1:15 Under/Overs-2X Pullouts-turn
 { 4 x 100 on 2:05 Breaststroke
 { 2 x 50 on 1:15 Under/overs-2X pullouts-turn
 { 4 x 100 on 2:05 Breaststroke
 { 2 x 50 on 1:20 Under/overs-2X pullouts-turn
 { 3 x 100 on 2:05 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 1,900 Yards - Stress Value = 42

Workout #12149 - Wednesday, 14 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WC
 =====
 1,700 1x{ 4 x 100 on 2:10 50fly25free25fly 1u2d EN1
 { 2 x 50 on 1:15 Fly 10 KOW EN3
 { 4 x 100 on 2:05 50fly25free25fly 1u3d EN2
 { 2 x 50 on 1:15 Fly 12 KOW EN3
 { 4 x 100 on 2:00 50fly25free25fly 2u2d EN2
 { 2 x 50 on 1:15 Fly 14 KOW EN3
 { 2 x 100 on 1:55 50fly25free25fly 2u3d EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,900 Yards - Stress Value = 42

Workout #12160 - Thursday, 15 November 2012

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,950	1x{ 4 x 125 on 1:50 Back 10 KOLW	EN2	
	{ 3 x 50 on :45 Back hold under :38	EN2	
	{ 4 x 125 on 1:45 Back 11 KOLW	EN2	
	{ 3 x 50 on :50 Back hold under :38	EN2	
	{ 4 x 125 on 1:40 Back 12 KOLW	EN2	
	{ 3 x 50 on :55 Back hold under :38	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,700 Yards - Stress Value = 45		

Workout #12154 - Thursday, 15 November 2012

HighSchl - Distance

1 minute rest between sets

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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,400	1x{ Hold all 1:20 base swims under 1:05		
	{ 1 x 300 on 3:30 Freestyle	EN2	
	{ 2 x 150 on 2:00 Freestyle	EN2	
	{ 1 x 300 on 3:30 Freestyle	EN2	
	{ 4 x 75 on 1:00 Freestyle	EN2	
	{ 1 x 300 on 3:30 Freestyle	EN2	
	{ 3 x 100 on 1:20 Freestyle	EN2	
	{ 1 x 300 on 3:30 Freestyle	EN2	
	{ 6 x 50 on :40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 3,150 Yards - Stress Value = 54		

Workout #12167 - Thursday, 15 November 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
=====	=====	===	=====	=
	4:10 PM Start			
2,700	1x{ 4 x 250 on 3:10 Freestyle-Descend	EN2	S	
	{ 4 x 225 on 2:45 Freestyle-descend	EN2	S	
	{ 4 x 200 on 2:25 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	5:00 PM 3,000 Yards - Stress Value = 54			

Workout #12155 - Thursday, 15 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	5:30 AM Start		
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		

2,100	1x{ Hold all 1:30 based swims under 1:15		
	{ 1 x 300 on 4:00 Freestyle	EN2	
	{ 2 x 150 on 2:15 Freestyle	EN2	
	{ 1 x 300 on 4:00 Freestyle	EN2	
	{ 4 x 75 on 1:10 Freestyle	EN2	
	{ 1 x 300 on 4:00 Freestyle	EN2	
	{ 3 x 100 on 1:30 Freestyle	EN2	
	{ 1 x 300 on 4:00 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 2,850 Yards - Stress Value = 48		

Workout #12158 - Thursday, 15 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	5:30 AM Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,650	1x{ 2 x 150 on 2:30 Freestyle	EN2	
	{ 3 x 50 on 1:05 Free hold under :45	EN2	
	{ 2 x 150 on 2:30 Freestyle	EN2	
	{ 3 x 50 on 1:00 Free hold under :44	EN2	
	{ 2 x 150 on 2:30 Freestyle	EN2	
	{ 3 x 50 on :55 Free hold under :43	EN2	
	{ 1 x 150 on 2:30 Freestyle	EN2	
	{ 3 x 50 on :50 Free hold under :42	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 39		

Workout #12161 - Thursday, 15 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	5:30 AM Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,650	1x{ 4 x 125 on 2:05 Back 10 KOLW	EN2	
	{ 3 x 50 on :55 Back hold under :43	EN2	
	{ 4 x 125 on 2:00 Back 11 KOLW	EN2	
	{ 3 x 50 on 1:00 Back hold under :43	EN2	
	{ 2 x 100 on 1:35 Back 12 KOLW	EN2	
	{ 3 x 50 on 1:05 Back hold under :43	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 39		

Workout #12168 - Thursday, 15 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
=====	=====	===	=====	=
	4:10 PM Start			
2,300	1x{ 4 x 250 on 3:35 Freestyle-Descend	EN2	S	
	{ 4 x 225 on 3:10 Freestyle-descend	EN2	S	
	{ 4 x 100 on 1:25 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	4:59 PM 2,600 Yards - Stress Value = 46			

Workout #12171 - Thursday, 15 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
1,900	1x{4 x 150 on 2:30 Free L.25 4 -1 breath	EN2	
	{4 x 125 on 2:05 Free L.25 4 -1 breath	EN2	
	{4 x 100 on 1:40 Free L.25 4 -1 breath	EN2	
	{4 x 75 on 1:15 Free L.25 4 -1 breath	EN2	
	{2 x 50 on :50 Free L.25 2 -1 breath	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:00 PM	2,250 Yards - Stress Value = 38		

Workout #12174 - Thursday, 15 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
2,200	1x{2 x 250 on 4:05 50fl 50fr 50fl 50fr 50fl	EN2
	{3 x 100 on 1:30 Individual Medley	EN2
	{2 x 250 on 4:05 50ba 50fr 50ba 50fr 50ba	EN2
	{2 x 100 on 1:30 Individual Medley	EN2
	{2 x 250 on 4:20 50br 50fr 50br 50fr 50br	EN2
	{2 x 100 on 1:30 Individual Medley	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 ice	
5:01 PM	2,450 Yards - Stress Value = 44	

Workout #12173 - Thursday, 15 November 2012

HighSchl - IM'ers

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
2,400	1x{2 x 250 on 3:45 50fl 50fr 50fl 50fr 50fl	EN2
	{3 x 100 on 1:20 Individual Medley	EN2
	{2 x 250 on 3:45 50ba 50fr 50ba 50fr 50ba	EN2
	{3 x 100 on 1:20 Individual Medley	EN2
	{2 x 250 on 4:00 50br 50fr 50br 50fr 50br	EN2
	{3 x 100 on 1:20 Individual Medley	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 ice	
5:00 PM	2,650 Yards - Stress Value = 48	

Workout #12163 - Thursday, 15 November 2012

HighSchl - Platinum

1 minute rest between sets

2:55 PM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :30 Kick IM order no board
	{2 x 125 on 2:05 Kick
	{2 x 100 on 2:05 Kick your non #1
	{4 x 25 on :30 Kick IM order no board
	{2 x 125 on 2:00 Kick
	{2 x 100 on 2:00 Kick your non #1
1,200	1x{1 x 100 on 1:30 Pulls BWSPF-6
	{1 x 100 on 1:30 Pulls BWHPF-5
	{1 x 100 on 1:30 Pulls BWKPF-4
	{1 x 100 on 1:30 Pulls BWFPP-3
	{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 BWFPP-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 BWFPP-1
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:10 PM	3,200 Yards - Stress Value = 42

Workout #12164 - Thursday, 15 November 2012

HighSchl - Gold

1 minute rest between sets

2:55 PM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :35 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 :35 Kick IM order no board
	{2 x 125 on 2:25 Kick
	{1 x 50 on 1:10 Kick your non #1
1,050	1x{1 x 100 on 1:40 Pulls BWSPF-6
	{1 x 100 on 1:40 Pulls BWHPF-5
	{1 x 100 on 1:40 Pulls BWKPF-4
	{1 x 100 on 1:40 Pulls BWFPP-3
	{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 BWFPP-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
4:10 PM	2,900 Yards - Stress Value = 37

Workout #12165 - Thursday, 15 November 2012

HighSchl - Silver

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
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick IM order no board
	{2 x 100 on 2:30 Kick
	{2 x 75 on 2:15 Kick your non #1
	{4 x 25 on :45 Kick IM order no board
	{2 x 100 on 2:25 Kick
900	1x{1 x 100 on 1:55 Pulls BWSPF-6
	{1 x 100 on 1:55 Pulls BWHPF-5
	{1 x 100 on 1:55 Pulls BWKPF-4
	{1 x 100 on 1:55 Pulls BWFPP-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 BWFPP-2
	{1 x 100 on 1:50 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
4:10 PM	2,450 Yards - Stress Value = 32

Workout #12166 - Thursday, 15 November 2012
HighSchl - Bronze

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
 150 10 x 15 on :45 Shooters
 850 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 100 on 2:25 Kick your non #1
 950 1x{1 x 100 on 1:50 Pulls BWSPF-6
 {1 x 100 on 1:50 Pulls BWHPF-5
 {1 x 100 on 1:50 Pulls BWKPF-4
 {1 x 100 on 1:50 Pulls BWFPP-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 BWFPP-2
 {1 x 100 on 1:35 Pulls BWSPF-4
 {1 x 50 on :45 Pulls BWHPF-3
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:10 PM 2,650 Yards - Stress Value = 34

Workout #12156 - Thursday, 15 November 2012
HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS/Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,800 1x{ Hold all 1:40 based swims under 1:25
 {1 x 300 on 4:30 Freestyle EN2
 {2 x 150 on 2:40 Freestyle EN2
 {1 x 300 on 4:30 Freestyle EN2
 {4 x 75 on 1:20 Freestyle EN2
 {1 x 300 on 4:30 Freestyle EN2
 {3 x 100 on 1:45 Freestyle EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 9:00 Ice
 7:05 AM 2,500 Yards - Stress Value = 42

Workout #12159 - Thursday, 15 November 2012
HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,400 1x{2 x 150 on 3:00 Freestyle EN2
 {2 x 50 on 1:10 Free hold under:50 EN2
 {2 x 150 on 3:00 Freestyle EN2
 {2 x 50 on 1:05 Free hold under :49 EN2
 {2 x 150 on 3:00 Freestyle EN2
 {2 x 50 on 1:00 Free hold under :48 EN2
 {1 x 150 on 3:00 Freestyle EN2
 {1 x 50 on :55 Free hold under :47 EN2
 200 1 x 200 on 3:00 Stroke Drills REC

1 on 10:00 Ice
 7:05 AM 2,100 Yards - Stress Value = 34

Workout #12162 - Thursday, 15 November 2012
HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,300 1x{4 x 100 on 2:15 Back 10 KOLW EN2
 {3 x 50 on 1:00 Back hold under :52 EN2
 {4 x 100 on 2:10 Back 11 KOLW EN2
 {3 x 50 on 1:05 Back hold under :52 EN2
 {2 x 100 on 2:05 Back 12 KOLW EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,000 Yards - Stress Value = 32

Workout #12169 - Thursday, 15 November 2012
HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WORK S
 =====
 2,100 1x{4 x 200 on 3:20 Freestyle-Descend EN2 S
 {4 x 175 on 2:50 Freestyle-descend EN2 S
 {4 x 150 on 2:20 Freestyle-descend EN2 S
 300 1 x 300 on 5:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:00 PM 2,400 Yards - Stress Value = 42

Workout #12172 - Thursday, 15 November 2012
HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WC
 =====
 1,800 1x{4 x 150 on 2:45 Free L.25 4 -1 breath EN2
 {4 x 125 on 2:15 Free L.25 4 -1 breath EN2
 {4 x 100 on 1:50 Free L.25 4 -1 breath EN2
 {4 x 75 on 1:20 Free L.25 4 -1 breath EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:01 PM 2,150 Yards - Stress Value = 36

Workout #12175 - Thursday, 15 November 2012
HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY
 =====
 1,750 1x{2 x 250 on 5:00 50f1 50fr 50f1 50fr 50f1 EN2
 {2 x 100 on 2:00 Individual Medley EN2
 {2 x 250 on 5:00 50ba 50fr 50ba 50fr 50ba EN2
 {2 x 100 on 1:55 Individual Medley EN2
 {1 x 250 on 5:00 50br 50fr 50br 50fr 50br EN2
 {1 x 100 on 1:50 Individual Medley EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:00 PM 2,000 Yards - Stress Value = 35

Workout #12157 - Thursday, 15 November 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{2 x 150 on 2:15 Freestyle	EN2	
	{3 x 50 on 1:00 Free hold under:40	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{3 x 50 on :55 Free hold under :39	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{3 x 50 on :50 Free hold under :38	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{3 x 50 on :45 Free hold under :37	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,550 Yards - Stress Value = 42		

Workout #12170 - Thursday, 15 November 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WC
4:10 PM	Start		
=====	=====	====	====
2,100	1x{4 x 150 on 2:15 Free L.25 4 -1 breath	EN2	
	{4 x 125 on 1:50 Free L.25 4 -1 breath	EN2	
	{4 x 100 on 1:30 Free L.25 4 -1 breath	EN2	
	{4 x 75 on 1:05 Free L.25 4 -1 breath	EN2	
	{4 x 50 on :45 Free L.25 4 -1 breath	EN2	
	{4 x 25 on :30 Free 4 -1 breath	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:00 PM	2,450 Yards - Stress Value = 42		

Workout #12177 - Friday, 16 November 2012

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	====	====	====
	1 on 40:00 DS and Dryland		L DF	
250	1 x 250 on 5:00 Reverse IM drill	REC	D I	
150	10 x 15 on :45 Shooters	SP3	S ST	
	alt breast and fly			
1,600	2x{4 x 50 on 1:00 Fly luld +1d	EN2	S FI	
	{4 x 25 on :30 Fly10 KOW +!			
	{1 x 100 on 2:00 Freestyle	REC	S F	
	{4 x 50 on 1:00 Breast-2X pulouts	EN2	S F	
	{4 x 25 on :30 Breast-descend	EN2	S F	
	{1 x 100 on 2:00 Freestyle	REC	S F	
150	1 x 150 on 2:00 Stroke Drills	REC	D C	
6:30 PM	2,150 Yards - Stress Value = 26			

Workout #12178 - Friday, 16 November 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	====	====	====
	1 on 40:00 DS and Dryland		L DF	
250	1 x 250 on 5:00 Reverse IM drill	REC	D I	
150	10 x 15 on :45 Shooters	SP3	S ST	
	alt breast and fly			
1,400	2x{3 x 50 on 1:10 Fly luld +1d	EN2	S FI	

{4 x 25 on :30 Fly10 KOW +!				
{1 x 100 on 2:15 Freestyle	REC	S F		
{3 x 50 on 1:10 Breast-2X pulouts	EN2	S F		
{4 x 25 on :30 Breast-descend	EN2	S F		
{1 x 100 on 2:15 Freestyle	REC	S F		
1 x 150 on 2:00 Stroke Drills	REC	D C		
6:29 PM	1,950 Yards - Stress Value = 22			

Workout #12179 - Friday, 16 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	====	====	====
	1 on 40:00 DS and Dryland		L DF	
250	1 x 250 on 5:00 Reverse IM drill	REC	D I	
150	10 x 15 on :45 Shooters	SP3	S ST	
	alt breast and fly			
1,200	2x{3 x 50 on 1:20 Fly luld +1d	EN2	S FI	
	{4 x 25 on :40 Fly10 KOW +!			
	{1 x 50 on 1:30 Freestyle	REC	S F	
	{3 x 50 on 1:20 Breast-2X pulouts	EN2	S F	
	{4 x 25 on :40 Breast-descend	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S F	
150	1 x 150 on 2:00 Stroke Drills	REC	D C	
6:31 PM	1,750 Yards - Stress Value = 22			

Workout #12180 - Friday, 16 November 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	====	====	====
	1 on 40:00 DS and Dryland		L DF	
250	1 x 250 on 5:00 Reverse IM drill	REC	D I	
150	10 x 15 on :45 Shooters	SP3	S ST	
	alt breast and fly			
1,100	2x{3 x 50 on 1:30 Fly luld +1d	EN2	S FI	
	{4 x 25 on :45 Fly10 KOW +!			
	{1 x 50 on 1:30 Freestyle	REC	S F	
	{2 x 50 on 1:30 Breast-2X pulouts	EN2	S F	
	{4 x 25 on :45 Breast-descend	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S F	
150	1 x 150 on 2:00 Stroke Drills	REC	D C	
6:31 PM	1,650 Yards - Stress Value = 20			

Workout #12176 - Friday, 16 November 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:00 PM	Start			
=====	=====	====	====	====
	1 on 30:00 DS/Ted's Abs		I	
400	1 x 400 on 6:00 Choice	REC	S	
	1 on 15:00 Techniques-Turn drills	REC	I	
150	10 x 15 on :45 Shooters	SP3	S	
1,200	1x{1 x 200 on 4:00 IM-25 kick 25 drill	EN1	F	
	{4 x 25 on :45 Fly easy speed	EN1	S	
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1	I	
	{4 x 25 on :45 Back easy speed	EN1	S	
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1	F	
	{4 x 25 on :45 Breast easy speed	EN1	S	
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1	I	
	{4 x 25 on :45 Free-easy speed	EN1	S	
400	16 x 25 on :45 Goggle Malfunction	EN1	S	
	1 on 9:00 Relay Starts		I	
200	1 x 200 on 3:00 Stroke Drills	REC	I	
	1 on 10:00 Ice		M	
5:05 PM	2,350 Yards - Stress Value = 22			

Workout #12181 - Saturday, 17 November 2012

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,650 1x{1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {6 x 25 on :40 Tombstone Kick
 {2 x 75 on 1:20 Kick
 {2 x 75 on 1:10 Kick
 {2 x 75 on 1:05 Kick
 {6 x 25 on :40 Tombstone Kick
 {3 x 50 on :50 Kick
 {3 x 50 on :45 Kick
 {3 x 50 on :40 Kick
 {6 x 25 on :40 Tombstone Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 6:00 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 3,700 Yards - Stress Value = 89

{1 x 100 on 2:00 Kick
 {4 x 25 on :45 Tombstone Kick
 {2 x 75 on 1:35 Kick
 {2 x 75 on 1:30 Kick
 {2 x 75 on 1:25 Kick
 {4 x 25 on :45 Tombstone Kick
 {3 x 50 on 1:05 Kick
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Tombstone Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 6:00 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 3,400 Yards - Stress Value = 83

Workout #12184 - Saturday, 17 November 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,250 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Tombstone Kick
 {2 x 75 on 1:50 Kick
 {2 x 75 on 1:45 Kick
 {2 x 75 on 1:40 Kick
 {4 x 25 on :45 Tombstone Kick
 {2 x 50 on 1:10 Kick
 {2 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {2 x 25 on :45 Tombstone Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 6:00 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 3,300 Yards - Stress Value = 81

Workout #12182 - Saturday, 17 November 2012

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,450 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {6 x 25 on :40 Tombstone Kick
 {2 x 75 on 1:30 Kick
 {2 x 75 on 1:25 Kick
 {2 x 75 on 1:20 Kick
 {6 x 25 on :40 Tombstone Kick
 {2 x 50 on 1:00 Kick
 {2 x 50 on :55 Kick
 {2 x 50 on :50 Kick
 {4 x 25 on :40 Tombstone Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 6 x 100 on 6:00 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 3,500 Yards - Stress Value = 85

Workout #12188 - Monday, 19 November 2012

Group 3 - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{8 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:30 Freestyle
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:25 Freestyle
 {4 x 25 on :45 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
 4:44 PM 2,850 Yards - Stress Value = 38

Workout #12183 - Saturday, 17 November 2012

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,350 1x{1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick

Workout #12198 - Monday, 19 November 2012

Group 2 - Fly

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,400	1x{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:00 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
	{2 x 100 on 1:55 Kick	EN2
	{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 1:50 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
250	5 x 50 on 1:15 25 easy free 25 fly drill	REC
900	1x{4 x 75 on 1:15 Fly 25L-25R-25B	EN2
	{1 x 50 on :45 Freestyle	EN1
	{3 x 75 on 1:10 Fly 25L-25R-25B	EN2
	{1 x 50 on :45 Freestyle	EN2
	{2 x 75 on 1:05 Fly 25L-25R-25B	EN2
	{1 x 50 on :45 Freestyle	EN1
	{1 x 75 on 1:00 Fly 25L-25R-25B	EN2
	1 on 12:00 Game	
	7:30 PM 3,200 Yards - Stress Value = 50	

Workout #12199 - Monday, 19 November 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,350	1x{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:15 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
	{2 x 100 on 2:10 Kick	EN2
	{8 x 25 on :45 Kick no board S	EN2
	{1 x 100 on 2:05 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
	{1 x 50 on 1:00 Kick	EN2
250	5 x 50 on 1:15 25 easy free 25 fly drill	REC
825	1x{4 x 75 on 1:25 Fly 25L-25R-25B	EN2
	{1 x 50 on :50 Freestyle	EN1
	{3 x 75 on 1:20 Fly 25L-25R-25B	EN2
	{1 x 50 on :50 Freestyle	EN2
	{2 x 75 on 1:15 Fly 25L-25R-25B	EN2
	{1 x 50 on :50 Freestyle	EN1
	1 on 12:00 Game	
	7:31 PM 3,075 Yards - Stress Value = 47	

Workout #12200 - Monday, 19 November 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,300	1x{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:30 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
	{2 x 100 on 2:25 Kick	EN2
	{8 x 25 on :45 Kick no board S	EN2
	{1 x 100 on 2:20 Kick	EN2
	{6 x 25 on :45 Fly w/free kick	EN2

	{1 x 50 on 1:10 Kick	EN2
250	5 x 50 on 1:15 25 easy free 25 fly drill	REC
675	1x{2 x 75 on 1:35 Fly 25L-25R-25B	EN2
	{1 x 50 on :55 Freestyle	EN1
	{3 x 75 on 1:30 Fly 25L-25R-25B	EN2
	{1 x 50 on :55 Freestyle	EN2
	{2 x 75 on 1:25 Fly 25L-25R-25B	EN2
	{1 x 50 on :55 Freestyle	EN1
	1 on 12:00 Game	
	7:30 PM 2,875 Yards - Stress Value = 43	

Workout #12201 - Monday, 19 November 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,250	1x{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:40 Kick	EN2
	{6 x 25 on :45 Fly w/free kick	EN2
	{2 x 100 on 2:35 Kick	EN2
	{6 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:30 Kick	EN2
	{6 x 25 on :45 Fly w/free kick	EN2
250	5 x 50 on 1:15 25 easy free 25 fly drill	REC
600	1x{2 x 75 on 1:45 Fly 25L-25R-25B	EN2
	{1 x 50 on 1:05 Freestyle	EN1
	{2 x 75 on 1:40 Fly 25L-25R-25B	EN2
	{1 x 50 on 1:05 Freestyle	EN2
	{2 x 75 on 1:35 Fly 25L-25R-25B	EN2
	{1 x 50 on 1:05 Freestyle	EN1
	1 on 12:00 Game	
	7:29 PM 2,650 Yards - Stress Value = 41	

Workout #12195 - Monday, 19 November 2012

HighSchl - Back

1 minute rest between sets

4:46 PM Start		
Yards	Set Description	EGY WC
=====	=====	=====
2,250	1x{1 x 150 on 2:20 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 150 on 2:00 Back #5 100%	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,550 Yards - Stress Value = 44	

Workout #12192 - Monday, 19 November 2012

HighSchl - Breast

1 minute rest between sets

4:46 PM Start		
Yards	Set Description	EC
=====	=====	=====
2,250	1x{1 x 150 on 2:35 Breaststroke	EN
	{2 x 150 on 2:30 Breast #2, 2X pullouts	EN
	{3 x 150 on 2:25 Breast #3 alt 25 fly kick	EN
	{4 x 150 on 2:20 Breast #4 descend 50's	EN
	{5 x 150 on 2:15 Breast #5-100%	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
	5:36 PM 2,450 Yards - Stress Value = 44	

Workout #12189 - Monday, 19 November 2012

HighSchl - Distance

1 minute rest between sets

4:46 PM Start
Yards Set Description
2,500 1x{1 x 250 on 3:15 Freestyle
2 x 250 on 3:10 Free #2-3 KOW
3 x 250 on 3:05 Free #3 4 strokes off each v
4 x 250 on 3:00 Free #4 descend each 50
350 7 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice
5:35 PM 2,850 Yards - Stress Value = 42

1,500 1x{8 x 25 on :30 Kick no board BSLR
2 x 150 on 2:20 Kick
8 x 25 on :30 Kick no board BSLR
2 x 150 on 2:15 Kick
8 x 25 on :30 Kick no board BSLR
2 x 150 on 2:10 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
4:44 PM 3,950 Yards - Stress Value = 50

Workout #12190 - Monday, 19 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:46 PM Start
Yards Set Description
2,300 1x{1 x 250 on 3:35 Freestyle
2 x 250 on 3:30 Free #2-3 KOW
3 x 250 on 3:25 Free #3 4 strokes off each v
4 x 200 on 2:45 Free #4 descend each 50
300 6 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice
5:35 PM 2,600 Yards - Stress Value = 38

Workout #12186 - Monday, 19 November 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
Yards Set Description
600 1 on 30:00 DS/Physio Balls/Tm Mtg
150 1 x 600 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
1,250 1x{8 x 25 on :35 Kick no board BSLR
2 x 150 on 2:50 Kick
8 x 25 on :35 Kick no board BSLR
2 x 150 on 2:45 Kick
8 x 25 on :35 Kick no board BSLR
1 x 50 on :50 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
4:44 PM 3,550 Yards - Stress Value = 44

Workout #12193 - Monday, 19 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:46 PM Start
Yards Set Description
2,000 1x{1 x 150 on 2:50 Breaststroke
2 x 150 on 2:45 Breast #2, 2X pullouts
3 x 150 on 2:40 Breast #3 alt 25 fly kick
4 x 150 on 2:35 Breast #4 descend 50's
5 x 100 on 1:45 Breast #5-100%
200 1 x 200 on 3:00 Stroke Drills
1 on 10:00 Ice
5:36 PM 2,200 Yards - Stress Value = 39

Workout #12187 - Monday, 19 November 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
Yards Set Description
550 1 on 30:00 DS/Physio Balls/Tm Mtg
150 1 x 550 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
1,050 1x{8 x 25 on :40 Kick no board BSLR
1 x 150 on 3:15 Freestyle
8 x 25 on :40 Kick no board BSLR
1 x 150 on 3:10 Freestyle
8 x 25 on :40 Kick no board BSLR
1 x 150 on 3:05 Kick
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
4:44 PM 3,150 Yards - Stress Value = 41

Workout #12196 - Monday, 19 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

4:46 PM Start
Yards Set Description
1,875 1x{1 x 150 on 2:45 Backstroke
2 x 150 on 2:40 Back #2 5 KOW
3 x 150 on 2:35 Back #3 descend 50's
4 x 150 on 2:30 Back #4 odd 50's fast
5 x 75 on 1:15 Back #5 100%
300 6 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice
5:36 PM 2,175 Yards - Stress Value = 37

Workout #12185 - Monday, 19 November 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
Yards Set Description
600 1 on 30:00 DS/Physio Balls/Tm Mtg
150 1 x 600 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters

Workout #12191 - Monday, 19 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:46 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 v
 {4 x 200 on 3:00 Free #4 descend each 50
 350 7 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,350 Yards - Stress Value = 34

===== =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 2,000 1x{1 x 350 on 4:15 Freestyle EN2
 {3 x 50 on :45 Free-Great Effort EN3
 {1 x 350 on 4:10 Freestyle EN2
 {3 x 50 on :50 Free-Great Effort EN2
 {1 x 350 on 4:05 Freestyle EN2
 {3 x 50 on :55 Free-Great Effort EN3
 {1 x 350 on 4:00 Freestyle EN2
 {3 x 50 on 1:00 Free-Great Effort EN3
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,800 Yards - Stress Value = 64

Workout #12194 - Monday, 19 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:46 PM Start
 Yards Set Description EC
 =====
 1,875 1x{1 x 125 on 2:35 Breaststroke EN
 {2 x 125 on 2:30 Breast #2, 2X pullouts EN
 {3 x 125 on 2:25 Breast #3 alt 25 fly kick EN
 {4 x 125 on 2:20 Breast #4 descend 50's EN
 {5 x 125 on 2:15 Breast #5-100% EN
 200 1 x 200 on 3:00 Stroke Drills RE
 1 on 10:00 Ice
 5:36 PM 2,075 Yards - Stress Value = 36

Workout #12215 - Tuesday, 20 November 2012

HighSchl - Distance

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 3,000 1x{1 x 600 on 7:45 Free L.25 6bk EN2 S FR
 {1 x 600 on 7:30 Free L.50 6bk EN2 S FR
 {1 x 600 on 7:15 Free L.75 6bk EN2 S FR
 {1 x 600 on 7:00 Free L.100 6bk EN2 S FR
 {1 x 600 on 6:45 Free L.125 6bk EN2 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 = 60

Workout #12197 - Monday, 19 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY WC
 =====
 1,400 1x{1 x 100 on 2:20 Backstroke EN1
 {2 x 100 on 2:15 Back #2 5 KOW EN2
 {3 x 100 on 2:10 Back #3 descend 50's EN2
 {4 x 100 on 2:05 Back #4 odd 50's fast EN2
 {4 x 100 on 2:00 Back #5 100% EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,800 Yards - Stress Value = 27

Workout #12205 - Tuesday, 20 November 2012

HighSchl - Fly

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,800 1x{1 x 200 on 3:00 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-Great effort EN2
 {2 x 175 on 2:35 3 strokes fly off walls EN2
 {4 x 25 on :35 Fly-Great Effort EN3
 {3 x 150 on 2:10 3 strokes fly off walls EN2
 {4 x 25 on :40 Fly-Great effort EN3
 {4 x 125 on 1:50 3 strokes fly off walls EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,550 Yards - Stress Value = 50

Workout #12218 - Tuesday, 20 November 2012

HighSchl - Breast

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WC
 =====
 2,400 1x{4 x 50 on 1:00 Breast under/overs EN2
 {4 x 100 on 1:25 25 breast 75 free EN1
 {4 x 50 on 1:00 Breast under/overs EN3
 {4 x 100 on 1:25 50 free 50 breast EN2
 {4 x 50 on 1:00 100 Breast under/overs EN3
 {4 x 100 on 1:25 75 Breast 25 free EN2
 {4 x 50 on 1:00 Breast under/overs EN3
 {4 x 100 on 1:25 Breaststroke EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 2,600 Yards - Stress Value = 68

Workout #12202 - Tuesday, 20 November 2012

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF

Workout #12203 - Tuesday, 20 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
1,800	1x{1 x 350 on 5:00 Freestyle	EN2	
	{3 x 50 on :45 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 4:50 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 150 on 2:05 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,600 Yards - Stress Value = 60			

Workout #12206 - Tuesday, 20 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
1,700	1x{1 x 200 on 3:20 3 strokes fly off walls	EN2	
	{4 x 25 on :35 Fly-Great effort	EN2	
	{2 x 175 on 2:50 3 strokes fly off walls	EN2	
	{4 x 25 on :40 Fly-Great Effort	EN3	
	{3 x 150 on 2:20 3 strokes fly off walls	EN2	
	{4 x 25 on :45 Fly-Great effort	EN3	
	{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		
7:06 AM 2,450 Yards - Stress Value = 48			

Workout #12209 - Tuesday, 20 November 2012

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
1,600	1x{1 x 125 on 2:10 Free hold under 1:50	EN2	
	{2 x 75 on 1:10 Freestyle	EN2	
	{2 x 125 on 2:15 Free hold under 1:50	EN2	
	{2 x 75 on 1:15 Freestyle	EN2	
	{3 x 125 on 2:20 Free hold under 1:50	EN2	
	{2 x 75 on 1:20 Freestyle	EN2	
	{4 x 100 on 1:50 Free hold under 1:25	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,350 Yards - Stress Value = 38			

Workout #12211 - Tuesday, 20 November 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM Start	

Yards	Set Description	EGY	WOF	STK
4:43 PM Start				
	1 on 25:00 DS/Core			
600	1 x 600 on 10:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
500	5 x 100 on 2:00 Kick @ fastest interval			
1,400	1x{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 x 200 on 2:50 Kick			
1,300	1 x 1300 on 16:30 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			
4:43 PM 4,150 Yards - Stress Value = 72				

Workout #12212 - Tuesday, 20 November 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
3:00 PM Start				
	1 on 25:00 DS/Core			
600	1 x 600 on 10:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
500	5 x 100 on 2:00 Kick @ fastest interval			
1,200	1x{1 x 200 on 3:50 Kick			
	{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			
1,150	1 x 1150 on 16:30 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			
4:43 PM 3,800 Yards - Stress Value = 65				

Workout #12216 - Tuesday, 20 November 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
4:43 PM Start				
	1 on 25:00 DS/Core			
600	1 x 600 on 10:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
500	5 x 100 on 2:00 Kick @ fastest interval			
1,200	1x{1 x 200 on 3:50 Kick			
	{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			
1,150	1 x 1150 on 16:30 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			
4:43 PM 3,800 Yards - Stress Value = 65				
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
5:35 PM 2,875 Yards - Stress Value = 50				

Workout #12219 - Tuesday, 20 November 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
2,100	1x{3 x 50 on 1:10 Breast under/overs 4 x 100 on 1:40 25 breast 75 free 3 x 50 on 1:10 Breast under/overs 4 x 100 on 1:40 50 free 50 breast 3 x 50 on 1:10 100 Breast under/overs 4 x 100 on 1:40 75 Breast 25 free 3 x 50 on 1:10 Breast under/overs 3 x 100 on 1:40 Breaststroke	EN2 EN1 EN3 EN2 EN3 EN2 EN3 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
5:36 PM 2,300 Yards - Stress Value = 56			

Workout #12213 - Tuesday, 20 November 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
550	1 on 25:00 DS/Core 1 x 550 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
500	5 x 100 on 2:00 Kick @ fastest interval		
1,050	1x{1 x 200 on 4:15 Kick 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 50 on :55 Kick		
1,000	1 x 1000 on 16:30 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		
4:43 PM 3,450 Yards - Stress Value = 59			

Workout #12217 - Tuesday, 20 November 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,250	1x{1 x 450 on 7:45 Free L.25 6bk 1 x 450 on 7:30 Free L.50 6bk 1 x 450 on 7:15 Free L.75 6bk 1 x 450 on 7:00 Free L.100 6bk 1 x 450 on 6:45 Free L.125 6bk	EN2 EN2 EN2 EN2 EN2	S S S S S	FR FR FR FR FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
5:35 PM 2,500 Yards - Stress Value = 45				

Workout #12220 - Tuesday, 20 November 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
1,800	1x{3 x 50 on 1:20 Breast under/overs 3 x 100 on 1:50 25 breast 75 free 3 x 50 on 1:20 Breast under/overs 3 x 100 on 1:50 50 free 50 breast 3 x 50 on 1:20 100 Breast under/overs 3 x 100 on 1:50 75 Breast 25 free 3 x 50 on 1:20 Breast under/overs 3 x 100 on 1:50 Breaststroke	EN2 EN1 EN3 EN2 EN3 EN2 EN3 EN2	

200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM 2,000 Yards - Stress Value = 51		

Workout #12214 - Tuesday, 20 November 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
500	1 on 25:00 DS/Core 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		
950	1x{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 150 on 3:10 Kick 1 x 50 on 1:05 Kick		
800	1 x 800 on 16:30 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		
4:43 PM 3,100 Yards - Stress Value = 53			

Workout #12204 - Tuesday, 20 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
350	1 on 35:00 DS and Weights 1 x 350 on 7:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters Your primary stroke or free		SP3
1,650	1x{1 x 350 on 5:40 Freestyle 3 x 50 on :50 Free-Great Effort 1 x 350 on 5:35 Freestyle 3 x 50 on :55 Free-Great Effort 1 x 350 on 5:30 Freestyle 3 x 50 on 1:00 Free-Great Effort 1 x 150 on 2:15 Freestyle	EN2 EN3 EN2 EN3 EN2 EN3 EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
7:05 AM 2,400 Yards - Stress Value = 57			

Workout #12207 - Tuesday, 20 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
350	1 on 35:00 DS and Weights 1 x 350 on 7:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters Your primary stroke or free		SP3
1,350	1x{1 x 200 on 3:45 3 strokes fly off walls 4 x 25 on :45 Fly-Great effort 2 x 175 on 3:15 3 strokes fly off walls 4 x 25 on :45 Fly-Great Effort 3 x 150 on 2:45 3 strokes fly off walls 4 x 25 on :45 Fly-Great effort 1 x 50 on :50 3 strokes fly off walls	EN2 EN2 EN2 EN3 EN2 EN3 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
7:05 AM 2,050 Yards - Stress Value = 41			

Workout #12210 - Tuesday, 20 November 2012

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,300	1x{1 x 100 on 2:00 Free hold under 1:40	EN2	
	{2 x 50 on 1:00 Freestyle	EN2	
	{2 x 100 on 2:05 Free hold under 1:40	EN2	
	{2 x 50 on 1:05 Freestyle	EN2	
	{3 x 100 on 2:10 Free hold under 1:40	EN2	
	{2 x 50 on 1:10 Freestyle	EN2	
	{4 x 100 on 2:15 Free hold under 1:40	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,000 Yards - Stress Value = 32		

Workout #12208 - Tuesday, 20 November 2012

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{1 x 125 on 2:00 Free hold under 1:40	EN2	
	{2 x 75 on 1:00 Freestyle	EN2	
	{2 x 125 on 2:05 Free hold under 1:40	EN2	
	{2 x 75 on 1:05 Freestyle	EN2	
	{3 x 125 on 2:10 Free hold under 1:40	EN2	
	{2 x 75 on 1:10 Freestyle	EN2	
	{4 x 125 on 2:15 Free hold under 1:40	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,450 Yards - Stress Value = 40		

Workout #12221 - Tuesday, 20 November 2012

High School Bronze Group - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
=====	=====	====	====	====
1,550	1x{4 x 50 on 1:15 Back-3 KOW	EN2	S	BK
	{4 x 75 on 1:50 Back 3 KOW	EN2	S	BK
	{4 x 100 on 2:25 Back 3 KOW	EN2	S	BK
	{4 x 125 on 2:45 Back 3 KOW	EN2	S	BK
	{1 x 150 on 3:15 Back 3 KOW	EN2	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 1,800 Yards - Stress Value = 31			

Workout #12222 - Wednesday, 21 November 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
1,400	1x{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 x 200 on 2:50 Kick
1,300 1 x 1300 on 16:30 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
4:43 PM 4,150 Yards - Stress Value = 72

Workout #12223 - Friday, 23 November 2012

HighSchl - Freestylers

1 minute rest between sets

Yards	Set Description
9:00 AM	Start
=====	=====
	1 on 25:00 DS/Abs/Tm Mtg
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
2,100	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick
	{2 x 100 on 1:35 Kick
	{2 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:40 Kick
	{3 x 100 on 1:35 Kick
	{3 x 100 on 1:30 Kick
2,250	1x{2 x 200 on 2:40 Lungbuster pulls
	{2 x 50 on 1:00 Pulls 5 breaths total
	{2 x 175 on 2:20 Lungbuster pulls
	{2 x 50 on 1:00 Pulls 5 breaths total
	{2 x 150 on 2:00 Lungbuster pulls
	{2 x 50 on 1:00 Pulls 5 breaths total
	{2 x 125 on 1:40 Lungbuster pulls
	{2 x 50 on 1:00 Pulls 5 breaths total
	{2 x 100 on 1:20 Lungbuster pulls
	{2 x 50 on 1:00 Pulls 5 breaths total
	{2 x 75 on 1:00 Lungbuster pulls
	{2 x 50 on 1:00 Pulls 5 breaths total
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,500	7x{5 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
400	8 x 50 on 1:00 Stroke Drills
	12:03 PM 9,200 Yards - Stress Value = 143

Workout #12224 - Friday, 23 November 2012

HighSchl - Gold

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Abs/Tm Mtg
 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{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board BSLR
 {3 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 2,050 1x{2 x 200 on 3:00 Lungbuster pulls
 {2 x 50 on 1:00 Pulls 5 breaths total
 {2 x 175 on 2:40 Lungbuster pulls
 {2 x 50 on 1:00 Pulls 5 breaths total
 {2 x 150 on 2:15 Lungbuster pulls
 {2 x 50 on 1:00 Pulls 5 breaths total
 {2 x 125 on 1:55 Lungbuster pulls
 {2 x 50 on 1:00 Pulls 5 breaths total
 {2 x 100 on 1:30 Lungbuster pulls
 {3 x 50 on 1:00 Pulls 5 breaths total
 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{5 x 100 on 1:25 Freestyle
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 12:01 PM 8,200 Yards - Stress Value = 125

Workout #12225 - Friday, 23 November 2012

HighSchl - Silver

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Abs/Tm Mtg
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {2 x 100 on 2:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:00 Kick
 1,850 1x{2 x 200 on 3:20 Lungbuster pulls
 {2 x 50 on 1:10 Pulls 5 breaths total
 {2 x 175 on 2:55 Lungbuster pulls
 {2 x 50 on 1:10 Pulls 5 breaths total
 {2 x 150 on 2:30 Lungbuster pulls
 {2 x 50 on 1:10 Pulls 5 breaths total
 {2 x 125 on 2:05 Lungbuster pulls
 {2 x 50 on 1:10 Pulls 5 breaths total
 {2 x 75 on 1:15 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

3,000 6x{5 x 100 on 1:35 Freestyle
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 12:06 PM 7,700 Yards - Stress Value = 118

Workout #12226 - Friday, 23 November 2012

HighSchl - Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Abs/Tm Mtg
 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{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:35 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:35 Kick
 {2 x 100 on 2:30 Kick
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:35 Kick
 1,600 1x{2 x 200 on 4:00 Lungbuster pulls
 {2 x 50 on 1:15 Pulls 8 breaths total
 {2 x 175 on 3:30 Lungbuster pulls
 {2 x 50 on 1:15 Pulls 8 breaths total
 {2 x 150 on 3:00 Lungbuster pulls
 {2 x 50 on 1:15 Pulls 8 breaths total
 {2 x 125 on 2:30 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 5x{5 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 12:03 PM 6,650 Yards - Stress Value = 100

Workout #12227 - Saturday, 24 November 2012

HighSchl - Swim Like A Champion Day

1 minute rest between sets

10:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Ted's Abs
 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 2,000 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 2:00 Kick
 {2 x 100 on 1:35 Kick
 {1 x 100 on 2:00 Kick
 {3 x 100 on 1:35 Kick
 {1 x 100 on 2:00 Kick
 {4 x 100 on 1:35 Kick
 {1 x 100 on 2:00 Kick
 {5 x 100 on 1:35 Kick
 2,700 3x{3 x 300 on 4:00 Pulls-nbbf&w + 2 yds
 { dscnd 1-3, #1 DPS, #2 L.25 of each 100
 { build, #3 BWHPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,600 24 x 150 on 2:00 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1:01 PM 9,650 Yards - Stress Value = 142

Workout #12228 - Saturday, 24 November 2012

HighSchl - Gold

1 minute rest between sets

10:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,750 1x{1 x 100 on 2:05 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 2:05 Kick
 {2 x 100 on 1:50 Kick
 {1 x 100 on 2:05 Kick
 {3 x 100 on 1:50 Kick
 {1 x 100 on 2:05 Kick
 {4 x 100 on 1:50 Kick
 {1 x 50 on 1:10 Kick
 {3 x 100 on 1:50 Kick
 2,475 3x{3 x 275 on 4:00 Pulls-nbbf&w + 2 yds
 { dscnd 1-3, #1 DPS, #2 L.25 of each 100
 { build, #3 BWHPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,150 21 x 150 on 2:15 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1:01 PM 8,725 Yards - Stress Value = 126

Workout #12229 - Saturday, 24 November 2012

HighSchl - Silver

1 minute rest between sets

10:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs
 550 1 x 550 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,550 1x{1 x 100 on 2:20 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:20 Kick
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:20 Kick
 {3 x 100 on 2:05 Kick
 {1 x 100 on 2:20 Kick
 {4 x 100 on 2:05 Kick
 {1 x 50 on 1:10 Kick
 {1 x 100 on 2:05 Kick
 2,025 3x{3 x 225 on 4:00 Pulls-nbbf&w + 2 yds
 { dscnd 1-3, #1 DPS, #2 L.25 of each 100
 { build, #3 BWHPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,850 19 x 150 on 2:30 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1:01 PM 7,725 Yards - Stress Value = 111

Workout #12230 - Saturday, 24 November 2012

HighSchl - Bronze

1 minute rest between sets

10:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Ted's Abs
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,350 1x{1 x 100 on 2:45 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:45 Kick
 {2 x 100 on 2:20 Kick
 {1 x 100 on 2:45 Kick

{3 x 100 on 2:20 Kick
 {1 x 50 on 1:30 Kick
 {4 x 100 on 2:20 Kick
 1,800 3x{3 x 200 on 4:00 Pulls-nbbf&w + 2 yds
 { dscnd 1-3, #1 DPS, #2 L.25 of each 100
 { build, #3 BWHPF
 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 3:00 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1:01 PM 6,800 Yards - Stress Value = 97

Workout #12231 - Monday, 26 November 2012

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
 150 10 x 15 on :45 Shooters
 1,800 1x{8 x 25 on :30 Kick no board BSLR
 {3 x 200 on 3:05 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 200 on 3:00 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 2:55 Kick
 1,000 1x{2 x 125 on 1:40 Pulls-no br L.6 yds
 {2 x 125 on 1:40 Pulls-no br L.8 yds
 {2 x 125 on 1:40 Pulls-no br L.10 yds
 {2 x 125 on 1:40 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
 4:43 PM 3,750 Yards - Stress Value = 52

Workout #12232 - Monday, 26 November 2012

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
 150 10 x 15 on :45 Shooters
 1,550 1x{8 x 25 on :35 Kick no board BSLR
 {2 x 200 on 3:40 Kick
 {8 x 25 on :35 Kick no board BSLR
 {2 x 200 on 3:30 Kick
 {6 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:20 Kick
 950 1x{2 x 125 on 1:50 Pulls-no br L.6 yds
 {2 x 125 on 1:50 Pulls-no br L.8 yds
 {2 x 125 on 1:50 Pulls-no br L.10 yds
 {2 x 100 on 1:30 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
 4:43 PM 3,450 Yards - Stress Value = 47

Workout #12233 - Monday, 26 November 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	Yards
3:00 PM Start		
1 on 30:00 DS/Physio Balls		500
500 1 x 500 on 10:00 Swim-kick-pull-swim		150
150 10 x 15 on :45 Shooters		800
1,350 1x{8 x 25 on :40 Kick no board BSLR		
{3 x 150 on 3:15 Kick		
{6 x 25 on :40 Kick no board BSLR		
{2 x 150 on 3:05 Kick		500
{4 x 25 on :40 Kick no board BSLR		150
{1 x 150 on 2:55 Kick		1,400
800 1x{2 x 125 on 2:05 Pulls-no br L.6 yds		
{2 x 125 on 2:05 Pulls-no br L.8 yds		
{2 x 100 on 1:40 Pulls-no br L.10 yds		
{1 x 100 on 1:40 Pulls-no br L.12 yds		
200 4x{1 x 25 on :50 Sculling drills		150
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:43 PM 3,000 Yards - Stress Value = 42		

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM Start		
1 on 30:00 DS/Core/Tm Mtg		==
1 x 500 on 10:00 Underwater trn drill		RF
10 x 15 on :45 Shooters		SF
1 x 800 on 16:00 Kick-alt 10s fast 50s ez		EM
15s fast 45s easy		
20s fast 40s easy		
25s fast 35s easy		
4 x 125 on 2:15 Pulls-nbbf&w		EM
6 x 25 on 1:00 Stroke Drills		RF
1x{2 x 175 on 3:00 Freestyle		EM
{2 x 175 on 2:55 Freestyle		EM
{2 x 175 on 2:50 Freestyle		EM
{2 x 175 on 2:45 Freestyle		EM
1 on 10:00 Techniques-Starts		
1 x 150 on 3:00 Stroke Drills		RF
7:31 PM 3,650 Yards - Stress Value = 46		

Workout #12242 - Tuesday, 27 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	Yards
3:00 PM Start		
1 on 30:00 DS/Physio Balls		450
500 1 x 500 on 10:00 Swim-kick-pull-swim		150
150 10 x 15 on :45 Shooters		800
1,200 1x{6 x 25 on :45 Kick no board BSLR		
{3 x 150 on 3:30 Kick		
{6 x 25 on :45 Kick no board BSLR		
{2 x 150 on 3:25 Kick		400
{4 x 25 on :45 Kick no board BSLR		150
{1 x 50 on 1:05 Kick		1,200
700 1x{2 x 100 on 2:00 Pulls-no br L.6 yds		
{2 x 100 on 2:00 Pulls-no br L.8 yds		
{2 x 100 on 2:00 Pulls-no br L.10 yds		
{1 x 100 on 2:00 Pulls-no br L.12 yds		
200 4x{1 x 25 on :50 Sculling drills		150
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:43 PM 2,750 Yards - Stress Value = 39		

5:30 PM Start

Yards	Set Description	EC
1 on 30:00 DS/Core/Tm Mtg		==
1 x 450 on 10:00 Underwater trn drill		RF
10 x 15 on :45 Shooters		SF
1 x 800 on 16:00 Kick-alt 10s fast 50s ez		EM
15s fast 45s easy		
20s fast 40s easy		
25s fast 35s easy		
4 x 100 on 2:15 Pulls-nbbf&w		EM
6 x 25 on 1:00 Stroke Drills		RF
1x{2 x 150 on 3:00 Freestyle		EM
{2 x 150 on 2:55 Freestyle		EM
{2 x 150 on 2:50 Freestyle		EM
{2 x 150 on 2:45 Freestyle		EM
1 on 10:00 Techniques-Starts		
1 x 150 on 3:00 Stroke Drills		RF
7:31 PM 3,300 Yards - Stress Value = 41		

Workout #12243 - Tuesday, 27 November 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 PM Start		
1 on 30:00 DS/Core/Tm Mtg		400
500 1 x 500 on 10:00 Underwater trn drill		150
150 10 x 15 on :45 Shooters		800
800 1 x 800 on 16:00 Kick-alt 10s fast 50s ez		EM
15s fast 45s easy		
20s fast 40s easy		
25s fast 35s easy		
4 x 150 on 2:15 Pulls-nbbf&w		300
6 x 25 on 1:00 Stroke Drills		150
1,600 1x{2 x 200 on 3:00 Freestyle		1,000
{2 x 200 on 2:55 Freestyle		EM
{2 x 200 on 2:50 Freestyle		EM
{2 x 200 on 2:45 Freestyle		EM
{2 x 200 on 2:45 Freestyle		EM
1 on 10:00 Techniques-Starts		
1 x 150 on 3:00 Stroke Drills		150
1 x 150 on 3:00 Stroke Drills		RF
7:31 PM 3,950 Yards - Stress Value = 48		

5:30 PM Start

Yards	Set Description	EC
1 on 30:00 DS/Core/Tm Mtg		==
1 x 400 on 10:00 Underwater trn drill		RF
10 x 15 on :45 Shooters		SF
1 x 800 on 16:00 Kick-alt 10s fast 50s ez		EM
15s fast 45s easy		
20s fast 40s easy		
25s fast 35s easy		
4 x 75 on 2:15 Pulls-nbbf&w		EM
6 x 25 on 1:00 Stroke Drills		RF
1x{2 x 125 on 3:00 Freestyle		EM
{2 x 125 on 2:55 Freestyle		EM
{2 x 125 on 2:50 Freestyle		EM
{2 x 125 on 2:45 Freestyle		EM
1 on 10:00 Techniques-Starts		
1 x 150 on 3:00 Stroke Drills		RF
7:31 PM 2,950 Yards - Stress Value = 36		

Workout #12241 - Tuesday, 27 November 2012

Workout #12236 - Tuesday, 27 November 2012

HighSchl - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 8:00 Dynamic Stretch
 400 1 x 400 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 Your primary or free
 1,400 1x{1 x 150 on 2:00 Pulls BTS
 {2 x 125 on 1:40 Pulls BTB
 {3 x 100 on 1:20 Pulls BTS
 {4 x 75 on 1:00 Pulls BTB
 {5 x 50 on :40 Pulls BTS
 {6 x 25 on :20 Pulls 2 breaths each
 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 200 on 2:40 Freestyle
 {4 x 50 on :45 Free-80-90%
 {1 x 200 on 2:35 Freestyle
 {4 x 50 on :45 Free 80-90%
 {1 x 200 on 2:30 Freestyle
 {4 x 50 on :45 Free 80-90%
 {1 x 200 on 2:25 Freestyle
 {4 x 50 on :45 Free 80-90%
 {1 x 200 on 2:20 Freestyle
 {4 x 50 on :45 Free 80-90%
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 4,400 Yards - Stress Value = 91

150 10 x 15 on :45 Shooters
 Your primary or free
 1,100 1x{1 x 150 on 2:35 Pulls BTS
 {2 x 125 on 2:10 Pulls BTB
 {3 x 100 on 1:45 Pulls BTS
 {4 x 75 on 1:15 Pulls BTB
 {2 x 50 on :50 Pulls BTS
 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 3:30 Freestyle
 {4 x 50 on :55 Free-80-90%
 {1 x 200 on 3:25 Freestyle
 {4 x 50 on :55 Free 80-90%
 {1 x 200 on 3:20 Freestyle
 {4 x 50 on :55 Free 80-90%
 {1 x 200 on 3:15 Freestyle
 {3 x 50 on :55 Free 80-90%
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 3,600 Yards - Stress Value = 76

Workout #12239 - Tuesday, 27 November 2012

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 8:00 Dynamic Stretch
 300 1 x 300 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 Your primary or free
 900 1x{1 x 150 on 3:05 Pulls BTS
 {2 x 125 on 2:35 Pulls BTB
 {3 x 100 on 2:05 Pulls BTS
 {4 x 50 on 1:05 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{1 x 200 on 4:10 Freestyle
 {3 x 50 on 1:05 Free-80-90%
 {1 x 200 on 4:05 Freestyle
 {3 x 50 on 1:05 Free 80-90%
 {1 x 200 on 4:00 Freestyle
 {3 x 50 on 1:05 Free 80-90%
 {1 x 200 on 3:55 Freestyle
 {2 x 50 on 1:05 Free 80-90%
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 7:06 AM 3,150 Yards - Stress Value = 62

Workout #12235 - Tuesday, 27 November 2012

HS Girls - All

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 8:00 Dynamic Stretch
 400 1 x 400 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 Your primary or free
 1,250 1x{1 x 150 on 2:15 Pulls BTS
 {2 x 125 on 1:50 Pulls BTB
 {3 x 100 on 1:30 Pulls BTS
 {4 x 75 on 1:05 Pulls BTB
 {5 x 50 on :45 Pulls BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 200 on 3:00 Freestyle
 {4 x 50 on :50 Free-80-90%
 {1 x 200 on 2:55 Freestyle
 {4 x 50 on :50 Free 80-90%
 {1 x 200 on 2:50 Freestyle
 {4 x 50 on :50 Free 80-90%
 {1 x 200 on 2:45 Freestyle
 {4 x 50 on :50 Free 80-90%
 {1 x 200 on 2:40 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 4,050 Yards - Stress Value = 84

5:30 AM Start
 Yards Set Description EGY WORK S
 =====
 1 on 35:00 DS/Weights L W
 400 1 x 400 on 6:00 Underwater trn drill REC D
 150 10 x 15 on :45 Shooters SP3 S C
 6:20 AM 550 Yards - Stress Value = 6

Workout #12238 - Tuesday, 27 November 2012

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 8:00 Dynamic Stretch
 350 1 x 350 on 6:00 Underwater trn drill

Workout #12255 - Wednesday, 28 November 2012

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{6 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:15 Kick alt 50ls/50rs	EN2	
	{6 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:10 Kick alt 50ls/50rs	EN2	
	{6 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:05 Kick alt 50ls/50rs	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
	alt 50ls/50rs		
150	6 x 25 on :45 Stroke Drills	REC	
1,800	1x{3 x 150 on 2:15 Backstroke	EN2	
	{3 x 150 on 2:10 Backstroke	EN2	
	{3 x 150 on 2:05 Backstroke	EN2	
	{3 x 150 on 2:00 Backstroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 4,000 Yards - Stress Value = 69		

Workout #12256 - Wednesday, 28 November 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{6 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:30 Kick alt 50ls/50rs	EN2	
	{6 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:25 Kick alt 50ls/50rs	EN2	
	{6 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:10 Kick alt 25ls/25rs	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
	alt 50ls/50rs		
150	6 x 25 on :45 Stroke Drills	REC	
1,500	1x{3 x 125 on 2:15 Backstroke	EN2	
	{3 x 125 on 2:10 Backstroke	EN2	
	{3 x 125 on 2:05 Backstroke	EN2	
	{3 x 125 on 2:00 Backstroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,650 Yards - Stress Value = 64		

Workout #12257 - Wednesday, 28 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{6 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:45 Kick alt 50ls/50rs	EN2	
	{6 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:40 Kick alt 50ls/50rs	EN2	
	{6 x 25 on :45 Kick no board B	EN2	
	{1 x 100 on 2:35 Kick alt 25ls/25rs	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
	alt 50ls/50rs		
150	6 x 25 on :45 Stroke Drills	REC	
1,200	1x{3 x 100 on 2:15 Backstroke	EN2	
	{3 x 100 on 2:10 Backstroke	EN2	

	{3 x 100 on 2:05 Backstroke	EN2
	{3 x 100 on 2:00 Backstroke	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 3,250 Yards - Stress Value = 55	

Workout #12258 - Wednesday, 28 November 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{4 x 25 on 1:00 Kick no board B	EN2	
	{2 x 100 on 3:00 Kick alt 50ls/50rs	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:55 Kick alt 50ls/50rs	EN2	
	{4 x 25 on 1:00 Kick no board B	EN2	
	{1 x 100 on 2:50 Kick alt 25ls/25rs	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
	alt 50ls/50rs		
150	6 x 25 on :45 Stroke Drills	REC	
900	1x{3 x 75 on 2:15 Backstroke	EN2	
	{3 x 75 on 2:10 Backstroke	EN2	
	{3 x 75 on 2:05 Backstroke	EN2	
	{3 x 75 on 2:00 Backstroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 2,750 Yards - Stress Value = 44		

Workout #12248 - Wednesday, 28 November 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 10:00 Ice			M
3,400	1x{4 x 400 on 5:00 Freestyle #3 100%	EN2		S
	{4 x 300 on 3:40 Freestyle #3 100%	EN2		S
	{3 x 200 on 2:25 Freestyle #2 100%	EN2		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	5:35 PM 3,650 Yards - Stress Value = 68			

Workout #12251 - Wednesday, 28 November 2012

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
2,600	1x{1 x 200 on 3:00 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 3:00 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 3:00 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{4 x 200 on 3:00 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{1 x 200 on 3:00 IM best effort	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 2,850 Yards - Stress Value = 60		

Workout #12244 - Wednesday, 28 November 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 25:00 DS/Abs
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,700	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:30 Kick
	{6 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick
	{8 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:30 Kick
	{10 x 25 on :30 Kick no board BSLR
	{4 x 100 on 1:30 Kick
1,200	1x{2 x 100 on 1:30 Lungbuster pulls
	{2 x 100 on 1:25 Lungbuster pulls
	{2 x 100 on 1:20 Lungbuster pulls
	{2 x 100 on 1:15 Lungbuster pulls
	{2 x 100 on 1:10 Lungbuster pulls
	{2 x 100 on 1:05 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:38 PM	3,850 Yards - Stress Value = 66

Workout #12245 - Wednesday, 28 November 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 25:00 DS/Abs
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,450	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{6 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:45 Kick
	{8 x 25 on :35 Kick no board BSLR
	{3 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 1:45 Kick
1,050	1x{2 x 100 on 1:40 Lungbuster pulls
	{2 x 100 on 1:35 Lungbuster pulls
	{2 x 100 on 1:30 Lungbuster pulls
	{2 x 100 on 1:25 Lungbuster pulls
	{2 x 100 on 1:20 Lungbuster pulls
	{1 x 50 on :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
4:38 PM	3,450 Yards - Stress Value = 58

Workout #12249 - Wednesday, 28 November 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
4:38 PM	Start			
2,950	1x{4 x 400 on 5:40 Freestyle #3 100%	EN2		S
	{3 x 300 on 4:10 Freestyle #2 100%	EN2		S
	{3 x 150 on 2:05 Freestyle #2 100%	EN2		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
5:35 PM	3,200 Yards - Stress Value = 59			

Workout #12252 - Wednesday, 28 November 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
4:38 PM	Start		
2,400	1x{1 x 200 on 3:20 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 3:20 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 3:20 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 3:20 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{1 x 200 on 3:20 IM best effort	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	2,650 Yards - Stress Value = 56		

Workout #12246 - Wednesday, 28 November 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
550	1 on 25:00 DS/Abs
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,250	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:05 Kick
	{6 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:05 Kick
950	1x{2 x 100 on 1:50 Lungbuster pulls
	{2 x 100 on 1:45 Lungbuster pulls
	{2 x 100 on 1:40 Lungbuster pulls
	{2 x 100 on 1:35 Lungbuster pulls
	{2 x 75 on 1:10 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:38 PM	3,100 Yards - Stress Value = 52

Workout #12250 - Wednesday, 28 November 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
4:38 PM	Start			
2,700	1x{3 x 400 on 6:20 Freestyle #2 100%	EN2		S
	{3 x 300 on 4:40 Freestyle #2 100%	EN2		S
	{3 x 200 on 3:05 Freestyle #2 100%	EN2		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
5:36 PM	2,950 Yards - Stress Value = 54			

Workout #12253 - Wednesday, 28 November 2012

HighSchl - Silver

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WC
2,100	1x{1 x 200 on 3:50 Individual Medley	EN2	
	{4 x 25 on :35 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 3:50 Individual Medley	EN2	
	{4 x 25 on :35 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 3:50 Individual Medley	EN2	
	{4 x 25 on :35 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 3:50 Individual Medley	EN2	
	{4 x 25 on :35 IM order-GREAT FINISHES	EN2	
	{1 x 100 on 1:55 IM best effort	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,350 Yards - Stress Value = 46		

Workout #12247 - Wednesday, 28 November 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	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 Shooters		
1,100	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:25 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:25 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{3 x 100 on 2:25 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:25 Kick		
800	1x{2 x 100 on 2:05 Lungbuster pulls		
	{2 x 100 on 2:00 Lungbuster pulls		
	{2 x 100 on 1:55 Lungbuster pulls		
	{2 x 100 on 1:50 Lungbuster pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:38 PM 2,750 Yards - Stress Value = 46		

Workout #12254 - Wednesday, 28 November 2012

HighSchl - Bronze

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WC
1,800	1x{1 x 200 on 4:20 Individual Medley	EN2	
	{4 x 25 on :40 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 4:20 Individual Medley	EN2	
	{4 x 25 on :40 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 4:20 Individual Medley	EN2	
	{4 x 25 on :40 IM order-GREAT FINISHES	EN2	
	{1 x 200 on 4:20 IM best effort	EN2	
	{4 x 25 on :40 IM order-GREAT FINISHES	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 2,050 Yards - Stress Value = 36		

Workout #12266 - Thursday, 29 November 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Shoulders/Tm Mtg		

500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	1 on 2:00 Technique Talk		
150	6 x 25 on :45 Perfect Breast-no pullouts	EN1	
600	1x{1 x 200 on 8:00 Breast Kick Drill	REC	
	{1 x 200 on 8:00 Breast Drill-Fast hands	REC	
	{1 x 200 on 8:00 Breast Drill-Timing	REC	
150	6 x 25 on :45 Perfect Breast-no pullouts	EN1	
	1 on 10:00 Techniques-Breast Pullouts	REC	
	Return to main pool after technique work		
800	16 x 50 on 1:00 Breast-Great Effort	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:30 PM 2,550 Yards - Stress Value = 26		

Workout #12271 - Thursday, 29 November 2012

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 35:00 DS-Dryland		
400	1 x 400 on 10:00 Reverse IM drill	REC	
800	1 x 800 on 16:00 Vertical Kick	EN2	
150	1 x 150 on 3:00 50 2bk, 50 4bk 50 6bk	REC	
500	1x{7 x 25 on :45 Butterfly 1u1d	EN2	
	{1 x 25 on :45 Freestyle	REC	
	{6 x 25 on :45 Butterfly 1u2d	EN2	
	{1 on :30 Rest		
	{4 x 25 on :45 Butterfly 1u3d	EN2	
	{1 on 1:00 Rest		
	{2 x 25 on :45 Butterfly 1u4d	EN2	
50	1 x 50 on 2:00 Fly OTB	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:31 PM 2,100 Yards - Stress Value = 27		

Workout #12262 - Thursday, 29 November 2012

HighSchl - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,750	1x{2 x 225 on 3:50 Brst L.50 fr kck Lw2xPo	EN2	
	{2 x 200 on 3:20 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	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 41		

Workout #12259 - Thursday, 29 November 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,250	1x{2 x 250 on 3:20 Free 3 KOW/LW 10	EN1	
	{2 x 225 on 2:55 Free 3KOW/LW11	EN2	
	{2 x 200 on 2:30 Free 3KOW/LW12	EN2	
	{2 x 175 on 2:10 Free 3KOW/LW13	EN2	
	{2 x 150 on 1:50 Free 3 KOW/LW14	EN2	
	{2 x 125 on 1:30 Free 3KOW/LW15	EN2	
	L.25 of each SFBO, 6BK, & breathe on 3		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 3,000 Yards - Stress Value = 46		

	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{2 x 250 on 4:10 Free 3 KOW/LW 10	EN1	
	{2 x 225 on 3:40 Free 3KOW/LW11	EN2	
	{2 x 200 on 3:10 Free 3KOW/LW12	EN2	
	{2 x 175 on 2:45 Free 3KOW/LW13	EN2	
	{2 x 50 on :45 Free 3 KOW/LW14	EN2	
	L.25 of each SFBO, 6BK, & breathe on 3		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,550 Yards - Stress Value = 37		

Workout #12264 - Thursday, 29 November 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
1,450	1x{2 x 225 on 4:35 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 200 on 4:00 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 175 on 3:25 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 100 on 1:55 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :55 Brst L.25 fr kck Lw2xPo	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,200 Yards - Stress Value = 35	

Workout #12265 - Thursday, 29 November 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS and Weights	
350	1 x 350 on 7:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
1,300	1x{2 x 200 on 4:30 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 175 on 3:55 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 150 on 3:05 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 125 on 2:30 Brst L.25 fr kck Lw2xPo	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,000 Yards - Stress Value = 32	

Workout #12263 - Thursday, 29 November 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{2 x 225 on 4:15 Brst L.50 fr kck Lw2xPo	EN2	
	{2 x 200 on 3:45 Brst L.50 fr kck Lw2xPo	EN2	
	{2 x 175 on 3:10 Brst L.50 fr kck Lw2xPo	EN2	
	{2 x 150 on 2:40 Brst L.50 fr kck Lw2xPo	EN2	
	{2 x 50 on :50 Brst L.25 fr kck Lw2xPo	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:06 AM 2,350 Yards - Stress Value = 38		

Workout #12261 - Thursday, 29 November 2012

HighSchl - Silver

1 minute rest between sets

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

Workout #12268 - Friday, 30 November 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 35:00 DS-Dryland		
500	1 x 500 on 10:00 Reverse IM drill	REC	
800	1 x 800 on 16:00 Vertical Kick	EN2	
150	1 x 150 on 3:00 50 2bk, 50 4bk 50 6bk	REC	
800	1x{8 x 25 on :30 Butterfly luld	EN2	
	{1 x 100 on 2:00 Freestyle	REC	
	{6 x 25 on :30 Butterfly lu2d	EN2	
	{1 x 100 on 2:00 Freestyle	REC	
	{4 x 25 on :30 Butterfly lu3d	EN2	
	{1 x 100 on 2:00 Freestyle	REC	
	{2 x 25 on :30 Butterfly lu4d	EN2	
50	1 x 50 on 2:00 Fly OTB	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:30 PM 2,500 Yards - Stress Value = 27		

Workout #12269 - Friday, 30 November 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 35:00 DS-Dryland		
500	1 x 500 on 10:00 Reverse IM drill	REC	
800	1 x 800 on 16:00 Vertical Kick	EN2	
150	1 x 150 on 3:00 50 2bk, 50 4bk 50 6bk	REC	
650	1x{8 x 25 on :35 Butterfly luld	EN2	
	{1 x 50 on 1:20 Freestyle	REC	
	{6 x 25 on :35 Butterfly lu2d	EN2	
	{1 x 50 on 1:30 Freestyle	REC	
	{4 x 25 on :35 Butterfly lu3d	EN2	
	{1 x 50 on 1:40 Freestyle	REC	
	{2 x 25 on :35 Butterfly lu4d	EN2	
50	1 x 50 on 2:00 Fly OTB	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:31 PM 2,350 Yards - Stress Value = 27		

Workout #12270 - Friday, 30 November 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 35:00 DS-Dryland		
450	1 x 450 on 10:00 Reverse IM drill	REC	
800	1 x 800 on 16:00 Vertical Kick	EN2	
150	1 x 150 on 3:00 50 2bk, 50 4bk 50 6bk	REC	
550	1x{8 x 25 on :40 Butterfly luld	EN2	
	{1 on :40 Rest		
	{6 x 25 on :40 Butterfly lu2d	EN2	
	{1 on 1:00 Rest		
	{4 x 25 on :40 Butterfly lu3d	EN2	
	{1 x 50 on 1:20 Freestyle	REC	
	{2 x 25 on :40 Butterfly lu4d	EN2	
50	1 x 50 on 2:00 Fly OTB	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:31 PM 2,200 Yards - Stress Value = 27		

Workout #12267 - Friday, 30 November 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
=====	=====	====	==

	1 on 30:00 DS/Ted's Abs/Tm Mtg		
600	1 x 600 on 10:00 Reverse IM drill		
150	10 x 15 on :45 Shooters		
	Your primary stroke or free		
1,350	1x{1 x 600 on 12:00 Vertical Kick		
	{1 on 1:00 Transistion		
	{1 x 250 on 12:00 Techniques-breast pullouts		
	{1 on 1:00 Transistion		
	{1 x 250 on 12:00 Techniques-TN turn Drills		
	{1 on 1:00 Transistion		
	{1 x 250 on 16:00 Techniques-Relay Starts		
	{1 on 1:00 Transistion		
400	4 x 100 on 2:00 Stroke Drills		
	1 on 10:00 Ice		
	5:05 PM 2,500 Yards - Stress Value = 20		

Workout #12284 - Monday, 03 December 2012

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,150	1x{4 x 25 on :45 Kick no board S	EN2
	{4 x 75 on 1:30 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{3 x 100 on 2:00 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{2 x 125 on 2:30 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,200	1x{2 x 100 on 1:30 Fly 2 strokes off walls	EN2
	{4 x 25 on :45 Fly hb-L.8yds	EN2
	{2 x 100 on 1:30 Fly 3 strokes off walls	EN2
	{4 x 25 on :45 Fly-hb L.8 yds	EN2
	{2 x 100 on 1:30 Fly 4 strokes off walls	EN2
	{4 x 25 on :45 Fly hb-L.8yds	EN2
	{2 x 100 on 1:30 Fly 5 strokes off walls	EN2
	{4 x 25 on :45 Fly hb-L.8yds	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:31 PM 3,350 Yards - Stress Value = 53	

Workout #12285 - Monday, 03 December 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,050	1x{4 x 25 on :45 Kick no board S	EN2
	{4 x 75 on 1:40 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{3 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{2 x 75 on 1:40 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,150	1x{2 x 100 on 1:40 Fly 2 strokes off walls	EN2
	{4 x 25 on :45 Fly hb-L.8yds	EN2
	{2 x 100 on 1:40 Fly 3 strokes off walls	EN2
	{4 x 25 on :45 Fly-hb L.8 yds	EN2
	{2 x 100 on 1:40 Fly 4 strokes off walls	EN2
	{4 x 25 on :45 Fly hb-L.8yds	EN2
	{2 x 100 on 1:40 Fly 5 strokes off walls	EN2
	{2 x 25 on :45 Fly hb-L.8yds	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:31 PM 3,200 Yards - Stress Value = 50	

Workout #12286 - Monday, 03 December 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,000	1x{4 x 25 on :45 Kick no board S	EN2
	{2 x 75 on 1:55 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{3 x 100 on 2:25 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{2 x 125 on 2:55 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,050	1x{2 x 100 on 1:55 Fly 2 strokes off walls	EN2
	{4 x 25 on :45 Fly hb-L.8yds	EN2
	{2 x 100 on 1:55 Fly 3 strokes off walls	EN2
	{4 x 25 on :45 Fly-hb L.8 yds	EN2
	{2 x 100 on 1:55 Fly 4 strokes off walls	EN2
	{4 x 25 on :45 Fly hb-L.8yds	EN2
	{1 x 100 on 1:55 Fly 5 strokes off walls	EN2
	{2 x 25 on :45 Fly hb-L.8yds	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:31 PM 3,000 Yards - Stress Value = 47	

Workout #12287 - Monday, 03 December 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 25 on 1:00 Kick no board S	EN2
	{2 x 75 on 2:10 Kick	EN2
	{4 x 25 on 1:00 Kick no board S	EN2
	{2 x 100 on 2:50 Kick	EN2
	{4 x 25 on 1:00 Kick no board S	EN2
	{3 x 50 on 1:20 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
950	1x{2 x 100 on 2:15 Fly 2 strokes off walls	EN2
	{4 x 25 on :45 Fly hb-L.8yds	EN2
	{2 x 100 on 2:15 Fly 3 strokes off walls	EN2
	{4 x 25 on :45 Fly-hb L.8 yds	EN2
	{2 x 100 on 2:15 Fly 4 strokes off walls	EN2
	{2 x 25 on :45 Fly hb-L.8yds	EN2
	{1 x 100 on 2:15 Fly 5 strokes off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:31 PM 2,650 Yards - Stress Value = 41	

Workout #12276 - Monday, 03 December 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	4:40 PM Start	
3,000	1x{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 105	EN2
	{1 x 300 on 3:20 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 3:30 Freestyle	EN2

{3 x 100 on 1:10 Free hold afap EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 3,350 Yards - Stress Value = 60

Workout #12280 - Monday, 03 December 2012

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
	4:40 PM Start				
2,050	1x{1 x 200 on 3:00 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 15m under	EN3	S	FLY	2
	{2 x 175 on 2:35 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 12m under	EN3	S	FLY	2
	{3 x 150 on 2:10 Butterfly	EN2	P	FLY	1
	{6 x 25 on :40 Fly 9m under	EN3	S	FLY	2
	{4 x 100 on 1:25 Butterfly	EN2	S	FR	1
	{8 x 25 on :40 Fly 6m under	EN3	S	FLY	2
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	5:35 PM 2,350 Yards - Stress Value = 67				

Workout #12272 - Monday, 03 December 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	3:00 PM Start	
600	1 on 30:00 DS/Shoulders/Vis	
150	1 x 600 on 10:00 Swim-kick-pull-swim	
1,900	10 x 15 on :45 Shooters	
	1x{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:35 Kick	
	{2 x 100 on 1:30 Kick	
	{6 x 25 on :30 Kick no board BSLRBS	
	{2 x 100 on 1:30 Kick	
	{2 x 100 on 1:25 Kick	
	{8 x 25 on :30 Kick no board BSLR X2	
	{2 x 100 on 1:25 Kick	
	{2 x 100 on 1:20 Kick	
	{10 x 25 on :30 Kick no board BSLRX2 LR	
750	3x{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	
	{1 x 50 on :40 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	
	4:40 PM 3,600 Yards - Stress Value = 56	

Workout #12273 - Monday, 03 December 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Vis
 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 :35 Kick no board BSLR
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {8 x 25 on :35 Kick no board BSLR X2
 {2 x 100 on 1:45 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 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
 dont do last two 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
 4:42 PM 3,300 Yards - Stress Value = 51

Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Vis
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {6 x 25 on :40 Kick no board BSLRBS
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {8 x 25 on :40 Kick no board BSLR X2
 {2 x 100 on 1:55 Kick
 600 3x{4 x 25 on :40 Kick no board BSLRBS
 {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
 4:41 PM 2,950 Yards - Stress Value = 45

Workout #12278 - Monday, 03 December 2012

HighSchl - Silver

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY
 =====
 2,500 1x{1 x 300 on 4:00 Freestyle EN2
 {3 x 100 on 1:40 Freestyle hold under 115 EN2
 {1 x 300 on 4:05 Freestyle EN2
 {3 x 100 on 1:35 Freestyle hold under 114 EN2
 {1 x 300 on 4:10 Freestyle EN2
 {1 x 100 on 1:30 Freestyle hold under 113 EN2
 {1 x 300 on 4:15 Freestyle EN2
 {3 x 100 on 1:25 Freestyle hold under 112 EN2
 {1 x 300 on 4:20 Freestyle EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,850 Yards - Stress Value = 50

4:40 PM Start
 Yards Set Description EGY
 =====
 2,200 1x{1 x 300 on 4:30 Freestyle EN2
 {3 x 100 on 1:50 Freestyle hold under 125 EN2
 {1 x 300 on 4:35 Freestyle EN2
 {3 x 100 on 1:45 Freestyle hold under 124 EN2
 {1 x 300 on 4:40 Freestyle EN2
 {3 x 100 on 1:40 Freestyle hold under 123 EN2
 {1 x 300 on 4:45 Freestyle EN2
 {1 x 100 on 1:35 Freestyle hold under 122 EN2
 350 7 x 50 on 1:00 Freestyle REC
 1 on 10:00 Ice
 5:34 PM 2,550 Yards - Stress Value = 44

Workout #12282 - Monday, 03 December 2012

HighSchl - Silver

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1,950 1x{1 x 200 on 3:20 Butterfly EN2 S FLY 1
 {6 x 25 on :40 Fly 15m under EN3 S FLY 2
 {2 x 175 on 2:55 Butterfly EN2 S FLY 1
 {6 x 25 on :40 Fly 12m under EN3 S FLY 2
 {3 x 150 on 2:25 Butterfly EN2 P FLY 1
 {6 x 25 on :40 Fly 9m under EN3 S FLY 2
 {3 x 100 on 1:30 Butterfly EN2 S FR 1
 {8 x 25 on :40 Fly 6m under EN3 S FLY 2
 300 6 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:36 PM 2,250 Yards - Stress Value = 65

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1,650 1x{1 x 200 on 3:45 Butterfly EN2 S FLY 1
 {6 x 25 on :45 Fly 15m under EN3 S FLY 3
 {2 x 175 on 3:15 Butterfly EN2 S FLY 1
 {6 x 25 on :45 Fly 12m under EN3 S FLY 3
 {2 x 150 on 2:40 Butterfly EN2 P FLY 1
 {6 x 25 on :45 Fly 9m under EN3 S FLY 3
 {2 x 100 on 1:45 Butterfly EN2 S FR 1
 {6 x 25 on :45 Fly 6m under EN3 S FLY 3
 300 6 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 1,950 Yards - Stress Value = 57

Workout #12274 - Monday, 03 December 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Workout #12275 - Monday, 03 December 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Vis		
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		
	{3 x 50 on 1:05 Kick		
	{2 x 25 on :45 Kick no board BS		
600	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		
	don't do last 50 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		
	4:41 PM 2,750 Yards - Stress Value = 42		

Workout #12279 - Monday, 03 December 2012

HighSchl - Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
1,950	1x{1 x 300 on 5:30 Freestyle	EN2	
	{3 x 100 on 2:00 Freestyle hold under 145	EN2	
	{1 x 300 on 5:35 Freestyle	EN2	
	{3 x 100 on 1:55 Freestyle hold under 144	EN2	
	{1 x 300 on 5:40 Freestyle	EN2	
	{3 x 100 on 1:50 Freestyle hold under 143	EN2	
	{1 x 150 on 2:55 Freestyle	EN2	
350	7 x 50 on 1:00 Freestyle	REC	
	1 on 10:00 Ice		
	5:35 PM 2,300 Yards - Stress Value = 39		

Workout #12283 - Monday, 03 December 2012

HighSchl - Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
1,500	1x{1 x 200 on 4:30 Butterfly	EN2	S	FLY	2
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 3:55 Butterfly	EN2	S	FLY	2
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{2 x 150 on 3:20 Butterfly	EN2	P	FLY	2
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 2:10 Butterfly	EN2	S	FR	2
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	5:34 PM 1,800 Yards - Stress Value = 48				

Workout #12296 - Tuesday, 04 December 2012

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	

150	10 x 15 on :45 Shooters	SP3
1,200	1x{2 x 150 on 3:00 Kick L.50 100%	EN2
	{2 x 150 on 2:55 Kick L.50 100%	EN2
	{2 x 150 on 2:50 Kick L.50 100%	EN2
	{2 x 150 on 2:45 Kick L.50 100%	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,200	1x{2 x 125 on 2:30 Breast L.25 100%	EN2
	{2 x 25 on :45 Stroke Drills	EN1
	{ all 25 drills should be fast	
	{2 x 125 on 2:25 Breast L.25 100%	EN2
	{2 x 25 on :45 Stroke Drills	REC
	{2 x 125 on 2:20 Breast L.25 100%	EN2
	{2 x 25 on :45 Stroke Drills	EN1
	{2 x 125 on 2:15 Breast L.25 100%	EN2
	{2 x 25 on :45 Stroke Drills	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 3,400 Yards - Stress Value = 50	

Workout #12297 - Tuesday, 04 December 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 150 on 3:00 Kick L.50 100%	EN2	
	{2 x 150 on 2:55 Kick L.50 100%	EN2	
	{2 x 150 on 2:50 Kick L.50 100%	EN2	
	{2 x 150 on 2:45 Kick L.50 100%	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
1,100	1x{2 x 125 on 2:30 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{ all 25 drills should be fast		
	{2 x 125 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{2 x 100 on 2:20 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{2 x 100 on 2:15 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 3,300 Yards - Stress Value = 48		

Workout #12298 - Tuesday, 04 December 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 125 on 3:00 Kick L.50 100%	EN2	
	{2 x 125 on 2:55 Kick L.50 100%	EN2	
	{2 x 125 on 2:50 Kick L.50 100%	EN2	
	{2 x 125 on 2:45 Kick L.50 100%	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
1,000	1x{2 x 100 on 2:30 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{ all 25 drills should be fast		
	{2 x 100 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{2 x 100 on 2:20 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{2 x 100 on 2:15 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 2,950 Yards - Stress Value = 42		

{2 x 50 on :45 Back Alt 25 of 10 KOW
 {6 x 25 on :30 Back 8-9-10-11-12-13KOW
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,550 Yards - Stress Value = 41

Workout #12288 - Tuesday, 04 December 2012

HighSchl - Distance

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	
150	10 x 15 on :45 Shooters	SP3	
2,250	1x{2 x 225 on 2:45 Free L.25 6bk	EN2	
	{2 x 225 on 2:40 Free L.25 6bk	EN2	
	{2 x 225 on 2:35 Free L.25 6bk	EN2	
	{2 x 225 on 2:30 Free L.25 6bk	EN2	
	{2 x 225 on 2:25 Free L.25 6bk	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 3,100 Yards - Stress Value = 51		

Workout #12289 - Tuesday, 04 December 2012

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	
150	10 x 15 on :45 Shooters	SP3	
2,000	1x{2 x 200 on 2:45 Free L.25 6bk	EN2	
	{2 x 200 on 2:40 Free L.25 6bk	EN2	
	{2 x 200 on 2:35 Free L.25 6bk	EN2	
	{2 x 200 on 2:30 Free L.25 6bk	EN2	
	{2 x 200 on 2:25 Free L.25 6bk	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,850 Yards - Stress Value = 46		

Workout #12293 - Tuesday, 04 December 2012

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,650	1x{5 x 125 on 2:00 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 1:20 Back Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{2 x 50 on :55 Back Alt 25 of 10 KOW		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 38		

Workout #12299 - Tuesday, 04 December 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 3:00 Kick L.50 100%	EN2	
	{2 x 100 on 2:55 Kick L.50 100%	EN2	
	{2 x 100 on 2:50 Kick L.50 100%	EN2	
	{2 x 100 on 2:45 Kick L.50 100%	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
900	1x{2 x 100 on 2:30 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{ all 25 drills should be fast		
	{2 x 100 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{2 x 75 on 2:20 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{2 x 75 on 2:15 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 2,650 Yards - Stress Value = 36		

Workout #12292 - Tuesday, 04 December 2012

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 35:00 DS and Weights
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
	Your primary stroke(s)
1,800	1x{5 x 125 on 1:45 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{4 x 100 on 1:25 Back alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{3 x 75 on 1:05 Back Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW

Workout #12290 - Tuesday, 04 December 2012

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,750	1x{2 x 175 on 2:45 Free L.25 6bk	EN2	
	{2 x 175 on 2:40 Free L.25 6bk	EN2	
	{2 x 175 on 2:35 Free L.25 6bk	EN2	
	{2 x 175 on 2:30 Free L.25 6bk	EN2	
	{2 x 175 on 2:25 Free L.25 6bk	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,550 Yards - Stress Value = 41		

Workout #12294 - Tuesday, 04 December 2012

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,450	1x{5 x 125 on 2:10 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :40 Back 8-9-10-11 KOW		
	{3 x 100 on 1:45 Back alt 25 of 10 KOW		
	{4 x 25 on :40 Back 8-9-10-11 KOW		
	{3 x 75 on 1:20 Back Alt 25 of 10 KOW		
	{4 x 25 on :40 Back 8-9-10-11		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 34		

Workout #12291 - Tuesday, 04 December 2012

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{2 x 150 on 2:45 Free L.25 6bk	EN2	
	{2 x 150 on 2:40 Free L.25 6bk	EN2	
	{2 x 150 on 2:35 Free L.25 6bk	EN2	
	{2 x 150 on 2:30 Free L.25 6bk	EN2	
	{2 x 150 on 2:25 Free L.25 6bk	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 36		

Workout #12295 - Tuesday, 04 December 2012

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,250	1x{4 x 125 on 2:40 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :40 Back 8-9-10-11 KOW		
	{3 x 100 on 2:10 Back alt 25 of 10 KOW		
	{4 x 25 on :40 Back 8-9-10-11 KOW		
	{2 x 75 on 1:35 Back Alt 25 of 10 KOW		

{4 x 25 on :40 Back 8-9-10-11
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 1,950 Yards - Stress Value = 31

Workout #12312 - Wednesday, 05 December 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 25:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 200 on 3:30 Kick	EN2	
	{2 x 175 on 3:05 Kick	EN2	
	{3 x 150 on 2:40 Kick	EN2	
	{4 x 125 on 2:15 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
700	1 x 700 on 10:00 Alt 50 pull 50 swim	EN1	
200	8 x 25 on :45 Free Drills	REC	
400	8 x 50 on 2:30 Free For Time	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:30 PM 3,750 Yards - Stress Value = 81		

Workout #12313 - Wednesday, 05 December 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 25:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 200 on 3:50 Kick	EN2	
	{2 x 175 on 3:25 Kick	EN2	
	{3 x 150 on 3:00 Kick	EN2	
	{3 x 100 on 2:05 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
600	1 x 600 on 10:00 Alt 50 pull 50 swim	EN1	
200	8 x 25 on :45 Free Drills	REC	
400	8 x 50 on 2:30 Free For Time	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:30 PM 3,500 Yards - Stress Value = 77		

Workout #12314 - Wednesday, 05 December 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 25:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{1 x 200 on 4:20 Kick	EN2	
	{2 x 175 on 3:45 Kick	EN2	
	{3 x 150 on 3:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
550	1 x 550 on 10:00 Alt 50 pull 50 swim	EN1	
200	8 x 25 on :45 Free Drills	REC	
400	8 x 50 on 2:30 Free For Time	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:30 PM 3,300 Yards - Stress Value = 75		

Workout #12315 - Wednesday, 05 December 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 25:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{1 x 200 on 5:00 Kick	EN2	
	{2 x 175 on 4:25 Kick	EN2	
	{3 x 150 on 3:40 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
550	1 x 550 on 10:00 Alt 50 pull 50 swim	EN1	
200	8 x 25 on :45 Free Drills	REC	
400	8 x 50 on 2:30 Free For Time	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:30 PM 3,100 Yards - Stress Value = 71		

Workout #12304 - Wednesday, 05 December 2012

HighSchl - Distance

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	====	====	====	====
3,000	1x{2 x 200 on 2:40 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:35 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:30 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:25 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice			M	
	5:35 PM 3,300 Yards - Stress Value = 84				

Workout #12308 - Wednesday, 05 December 2012

HighSchl - IM'ers

1 minute rest between sets

4:40 PM Start

Yards	Set Description	F
=====	=====	=====
2,725	1x{1 x 100 on 1:30 Individual Medley	F
	{6 x 75 on 1:10 Fly-25L 25R 25 B	F
	{2 x 100 on 1:25 Individual Medley	F
	{6 x 75 on 1:10 Back 25L 25R 25B	F
	{3 x 100 on 1:20 Individual Medley	F
	{6 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	F
	{4 x 100 on 1:15 Individual Medley	F
	{5 x 75 on 1:05 Fr 25sclsdfst25catchup25reg	F
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Ice	
	5:35 PM 2,925 Yards - Stress Value = 55	

Workout #12300 - Wednesday, 05 December 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 27:00 DS/Abs/Tm Mtg
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters

1,850	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 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{4 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR 12 KOW
1,000	1x{1 x 200 on 2:35 Lungbuster pulls
	{2 x 150 on 1:55 Lungbuster pulls
	{3 x 100 on 1:15 Lungbuster pulls
	{4 x 50 on :35 Lungbuster pulls
	Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:39 PM 3,800 Yards - Stress Value = 63

Workout #12301 - Wednesday, 05 December 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 27:00 DS/Abs/Tm Mtg
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{4 x 25 on :35 Kick no board BSLR 15 KOW
	{6 x 75 on 1:20 Kick
	{4 x 25 on :35 Kick no board BSLR 14 KOW
	{5 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{5 x 50 on :50 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
900	1x{1 x 200 on 2:50 Lungbuster pulls
	{2 x 150 on 2:05 Lungbuster pulls
	{3 x 100 on 1:25 Lungbuster pulls
	{2 x 50 on :40 Lungbuster pulls
	Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:39 PM 3,450 Yards - Stress Value = 56

Workout #12305 - Wednesday, 05 December 2012

HighSchl - Gold

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	====	====	====	====
2,600	1x{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:55 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:50 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:45 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{2 x 100 on 1:35 Freestyle	EN3	S	FR	1
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice			M	
	5:35 PM 2,850 Yards - Stress Value = 76				

Workout #12309 - Wednesday, 05 December 2012

HighSchl - Gold

1 minute rest between sets

4:40 PM Start
 Yards Set Description
 =====
 2,500 1x{1 x 100 on 1:40 Individual Medley
 {5 x 75 on 1:15 Fly-25L 25R 25 B
 {2 x 100 on 1:35 Individual Medley
 {5 x 75 on 1:15 Back 25L 25R 25B
 {3 x 100 on 1:30 Individual Medley
 {5 x 75 on 1:20 Brst 25FlK 25FrK 25Rk
 {4 x 100 on 1:25 Individual Medley
 {5 x 75 on 1:10 Fr 25sclsdfst25catchup25reg
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:34 PM 2,700 Yards - Stress Value = 52

Workout #12302 - Wednesday, 05 December 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 27:00 DS/Abs/Tm Mtg
 1 x 550 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 :40 Kick no board BSLR 15 KOW
 {3 x 75 on 1:35 Kick
 {3 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {3 x 100 on 2:00 Kick
 {4 x 25 on :40 Kick no board BSLR 13 KOW
 {2 x 125 on 2:30 Kick
 {4 x 25 on :40 Kick no board BSLR 12 KOW
 800 1x{1 x 200 on 3:10 Lungbuster pulls
 {2 x 150 on 2:20 Lungbuster pulls
 {3 x 100 on 1:35 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 3,100 Yards - Stress Value = 49

Workout #12306 - Wednesday, 05 December 2012

HighSchl - Silver

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK I
 =====
 2,400 1x{2 x 200 on 3:20 Freestyle EN2 S FR 1
 {1 x 100 on 1:40 Freestyle EN3 S FR 1
 {2 x 200 on 3:15 Freestyle EN2 S FR 1
 {1 x 100 on 1:40 Freestyle EN3 S FR 1
 {2 x 200 on 3:10 Freestyle EN2 S FR 1
 {1 x 100 on 1:40 Freestyle EN3 S FR 1
 {2 x 200 on 3:05 Freestyle EN2 S FR 1
 {1 x 100 on 1:40 Freestyle EN3 S FR 1
 {2 x 200 on 3:00 Freestyle EN2 S FR 1
 250 5 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 2,650 Yards - Stress Value = 64

Workout #12310 - Wednesday, 05 December 2012

HighSchl - Silver

1 minute rest between sets

4:40 PM Start
 Yards Set Description
 =====
 2,200 1x{1 x 100 on 1:55 Individual Medley

{4 x 75 on 1:25 Fly-25L 25R 25 B
 {2 x 100 on 1:50 Individual Medley
 {4 x 75 on 1:25 Back 25L 25R 25B
 {3 x 100 on 1:45 Individual Medley
 {4 x 75 on 1:30 Brst 25FlK 25FrK 25Rk
 {4 x 100 on 1:45 Individual Medley
 {4 x 75 on 1:20 Fr 25sclsdfst25catchup25reg
 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,400 Yards - Stress Value = 44

Workout #12303 - Wednesday, 05 December 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 27:00 DS/Abs/Tm Mtg
 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :40 Kick no board BSLR 15 KOW
 {4 x 75 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {3 x 100 on 2:15 Kick
 {4 x 25 on :40 Kick no board BSLR 13 KOW
 {2 x 125 on 2:45 Kick
 {4 x 25 on :40 Kick no board BSLR 12 KOW
 {1 x 50 on 1:05 Kick
 650 1x{1 x 200 on 4:00 Lungbuster pulls
 {2 x 150 on 2:55 Lungbuster pulls
 {1 x 100 on 1:55 Lungbuster pulls
 {1 x 50 on :55 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 2,800 Yards - Stress Value = 45

Workout #12307 - Wednesday, 05 December 2012

HighSchl - Bronze

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK I
 =====
 2,000 1x{2 x 200 on 3:50 Freestyle EN2 S FR 1
 {1 x 100 on 1:55 Freestyle EN3 S FR 1
 {2 x 200 on 3:45 Freestyle EN2 S FR 1
 {1 x 100 on 1:55 Freestyle EN3 S FR 1
 {2 x 200 on 3:40 Freestyle EN2 S FR 1
 {1 x 100 on 1:55 Freestyle EN3 S FR 1
 {2 x 200 on 3:35 Freestyle EN2 S FR 1
 {1 x 100 on 1:55 Freestyle EN3 S FR 1
 300 6 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 2,300 Yards - Stress Value = 56

Workout #12311 - Wednesday, 05 December 2012

HighSchl - Bronze

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WC
 =====
 2,000 1x{1 x 100 on 2:10 Individual Medley F
 {4 x 75 on 1:35 Fly-25L 25R 25 B F
 {2 x 100 on 2:05 Individual Medley F
 {4 x 75 on 1:35 Back 25L 25R 25B F
 {3 x 100 on 2:00 Individual Medley F
 {4 x 75 on 1:40 Brst 25Flk 25Frk 25Rk F
 {2 x 100 on 1:55 Individual Medley F
 {4 x 75 on 1:25 Fr 25scldsdfst25catchup25reg F
 200 1 x 200 on 3:00 Stroke Drills F
 1 on 10:00 Ice
 5:36 PM 2,200 Yards - Stress Value = 40

Workout #12336 - Thursday, 06 December 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 500 1 on 30:00 DS/Shoulders/Tm Mtg
 1 x 500 on 10:00 Underwater trn drill REC
 Odd 100s free even 100s back
 150 10 x 15 on :45 Shooters SP3
 150 6 x 25 on 1:00 Perfect Backstroke REC
 750 1x{1 x 250 on 8:00 Stroke Drills REC
 {1 x 250 on 8:00 Stroke Drills REC
 {1 x 250 on 8:00 Stroke Drills REC
 150 6 x 25 on :45 Pefect Backstroke EN2
 Gold do 175's, silver 150's, and Bronze 125's
 800 4 x 200 on 3:15 Back 1+ KOW-descend EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 13:00 Techniques-Back Starts
 7:30 PM 2,750 Yards - Stress Value = 25

Workout #12332 - Thursday, 06 December 2012

HighSchl - Back

1 minute rest between sets

4:29 PM Start
 Yards Set Description EGY
 =====
 2,250 1x{1 x 125 on 1:50 Backstroke EN1
 {2 x 125 on 1:45 Backstroke EN1
 {3 x 125 on 1:40 Backstroke EN1
 {4 x 125 on 1:35 Backstroke EN2
 {4 x 100 on 1:20 Backstroke EN2
 {3 x 100 on 1:15 Backstroke EN2
 {2 x 100 on 1:10 Backstroke EN2
 {1 x 100 on 1:05 Backstroke EN2
 250 5 x 50 on 1:00 Back 12.5 yds-under 100% SP2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:20 PM 2,750 Yards - Stress Value = 62

Workout #12320 - Thursday, 06 December 2012

HighSchl - Breast

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 400 1 on 35:00 DS and Weights
 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)

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
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,550 Yards - Stress Value = 41

Workout #12316 - Thursday, 06 December 2012

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 400 1 on 35:00 DS and Weights
 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 2,250 1x{3 x 225 on 2:50 Free-descend EN2
 {3 x 200 on 2:30 Free-descend EN2
 {3 x 175 on 2:10 Free-descend EN2
 {3 x 150 on 1:50 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 3,050 Yards - Stress Value = 51

Workout #12328 - Thursday, 06 December 2012

HighSchl - Distance

1 minute rest between sets

4:29 PM Start
 Yards Set Description EGY WORK STK
 =====
 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
 300 1 x 300 on 5:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:21 PM 3,300 Yards - Stress Value = 60

Workout #12324 - Thursday, 06 December 2012

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
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 150 on 2:25 Kick your #1
 {2 x 50 on :55 Kick your #2
 {2 x 50 on 1:00 Kick your #3
 {1 x 150 on 2:20 Kick your #1
 {2 x 50 on :55 Kick you #2
 {2 x 50 on 1:00 Kick your #3
 {1 x 150 on 2:15 Kick your #1
 {2 x 50 on :55 Kick your #2
 {2 x 50 on 1:00 Kick your #3
 {1 x 150 on 2:10 Kick your#1
 1,050 1x{3 x 50 on :40 Pulls
 {3 x 75 on 1:00 Pulls
 {3 x 100 on 1:15 Pulls
 {3 x 125 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
 4:28 PM 3,200 Yards - Stress Value = 43

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
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 150 on 2:50 Kick your #1
 {2 x 50 on 1:05 Kick your #2
 {1 x 50 on 1:10 Kick your #3
 {1 x 150 on 2:45 Kick your #1
 {1 x 50 on 1:05 Kick you #2
 {2 x 50 on 1:10 Kick your #3
 {1 x 150 on 2:40 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 2:35 Kick your#1
 900 1x{3 x 50 on :45 Pulls
 {3 x 75 on 1:10 Pulls
 {3 x 100 on 1:25 Pulls
 {3 x 75 on 1:05 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:28 PM 2,900 Yards - Stress Value = 38

Workout #12329 - Thursday, 06 December 2012

HighSchl - Gold

1 minute rest between sets

Workout #12317 - Thursday, 06 December 2012

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 2,000 1x{3 x 225 on 3:15 Free-descend EN2
 {3 x 200 on 2:50 Free-descend EN2
 {3 x 175 on 2:25 Free-descend EN2
 {2 x 100 on 1:25 Free-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,750 Yards - Stress Value = 46

4:29 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,650 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 350 on 4:40 Freestyle EN2 S FR
 125's hold:1st set 140, 2nd set 139,
 and 3rd set 138
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:20 PM 2,850 Yards - Stress Value = 53

Workout #12333 - Thursday, 06 December 2012

HighSchl - Gold

1 minute rest between sets

Workout #12321 - Thursday, 06 December 2012

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 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
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,400 Yards - Stress Value = 39

4:29 PM Start
 Yards Set Description EGY
 =====
 2,150 1x{1 x 125 on 2:05 Backstroke EN1
 {2 x 125 on 2:00 Backstroke EN1
 {3 x 125 on 1:55 Backstroke EN1
 {4 x 125 on 1:50 Backstroke EN2
 {4 x 100 on 1:35 Backstroke EN2
 {3 x 100 on 1:30 Backstroke EN2
 {2 x 100 on 1:25 Backstroke EN2
 100 2 x 50 on 1:00 Back 12.5 yds-under 100% SP2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:20 PM 2,500 Yards - Stress Value = 45

Workout #12325 - Thursday, 06 December 2012

HighSchl - Gold

1 minute rest between sets

Workout #12318 - Thursday, 06 December 2012

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,800 1x{3 x 225 on 3:35 Free-descend EN2
 {3 x 200 on 3:10 Free-descend EN2
 {3 x 175 on 2:45 Free-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,500 Yards - Stress Value = 42

4:29 PM Start

Yards Set Description EGY WORK STK
 =====
 2,250 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 250 on 3:50 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
 5:20 PM 2,450 Yards - Stress Value = 45

Workout #12334 - Thursday, 06 December 2012

HighSchl - Silver

1 minute rest between sets

Workout #12322 - Thursday, 06 December 2012

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 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
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:04 AM 2,200 Yards - Stress Value = 36

4:29 PM Start

Yards Set Description EGY
 =====
 1,850 1x{1 x 125 on 2:30 Backstroke EN1
 {2 x 125 on 2:25 Backstroke EN1
 {3 x 125 on 2:20 Backstroke EN1
 {4 x 125 on 2:15 Backstroke EN2
 {3 x 100 on 1:50 Backstroke EN2
 {2 x 100 on 1:45 Backstroke EN2
 {1 x 100 on 1:40 Backstroke EN2
 50 1 x 50 on 1:00 Back 12.5 yds-under 100% SP2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:20 PM 2,150 Yards - Stress Value = 34

Workout #12319 - Thursday, 06 December 2012

HighSchl - Bronze

1 minute rest between sets

Workout #12326 - Thursday, 06 December 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,575 1x{3 x 225 on 4:00 Free-descend EN2
 {3 x 200 on 3:30 Free-descend EN2
 {3 x 100 on 1:45 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,325 Yards - Stress Value = 38

5:30 AM Start

Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,575 1x{3 x 225 on 4:00 Free-descend EN2
 {3 x 200 on 3:30 Free-descend EN2
 {3 x 100 on 1:45 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,325 Yards - Stress Value = 38

Workout #12330 - Thursday, 06 December 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 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
 950 1x{1 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
 {1 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
 {1 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
 800 1x{3 x 50 on :50 Pulls
 {3 x 75 on 1:15 Pulls
 {3 x 100 on 1:40 Pulls
 {1 x 125 on 2:05 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:29 PM 2,650 Yards - Stress Value = 35

Workout #12323 - Thursday, 06 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke(s)		
1,400	1x{ Descend each set of 3		
	{3 x 175 on 3:35 Breast 2/3/4 PO/LW	EN2	
	{3 x 150 on 3:05 Breast 2/3/4 PO/LW	EN2	
	{3 x 125 on 2:35 Breast 2/3/4 PO/LW	EN2	
	{1 x 50 on 1:05 Breast 4 PO/LW	EN2	
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM	2,100 Yards - Stress Value = 34		

Workout #12327 - Thursday, 06 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
500	1 on 25:00 DS/Shoulders			
150	1 x 500 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 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			
	{1 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			
	{1 x 150 on 3:25 Kick your #1			
	{1 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	1x{3 x 50 on :55 Pulls			
	{3 x 75 on 1:25 Pulls			
	{3 x 100 on 1:55 Pulls			
	{1 x 75 on 1:10 Pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:28 PM	2,450 Yards - Stress Value = 32			

Workout #12331 - Thursday, 06 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:29 PM	Start			
2,000	1x{4 x 100 on 1:55 Freestyle	EN2	S	FR
	{1 x 400 on 7:20 Freestyle	EN2	S	FR
	{4 x 100 on 1:55 Freestyle	EN2	S	FR
	{1 x 400 on 7:15 Freestyle	EN2	S	FR
	{4 x 100 on 1:55 Freestyle	EN2	S	FR
	100's hold:1st set 149, 2nd set 148, and 3rd set 147			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:21 PM	2,200 Yards - Stress Value = 40			

Workout #12335 - Thursday, 06 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:29 PM	Start			

Yards	Set Description	EGY
1,550	1x{1 x 125 on 2:50 Backstroke	EN1
	{2 x 125 on 2:45 Backstroke	EN1
	{3 x 125 on 2:35 Backstroke	EN1
	{4 x 125 on 2:30 Backstroke	EN2
	{2 x 100 on 2:15 Backstroke	EN2
	{1 x 100 on 2:10 Backstroke	EN2
50	1 x 50 on 1:30 Back 12.5 yds-under 100%	SP2
250	1 x 250 on 4:55 Stroke Drills	REC
	1 on 10:00 Ice	
5:20 PM	1,850 Yards - Stress Value = 28	

Workout #12337 - Friday, 07 December 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
600	1 on 30:00 DS/Ted's Abs			
150	1 x 600 on 10:00 Choice			
750	10 x 15 on :45 Shooters			
1,250	1 x 750 on 15:00 Social Kick w/random 30s sr			
	1x{1 x 50 on 1:30 Free Sprint Count Strokes			
	{1 x 25 on :40 Free 15 strokes			
	{1 x 25 on :40 Free 14 strokes			
	{1 x 25 on :40 Free 13 strokes			
	{1 x 25 on :40 Free 12 strokes			
	{1 x 25 on :40 Free 11 strokes			
	{1 x 25 on :40 Free 10 strokes			
	{1 x 25 on :40 Free 9 strokes			
	{1 x 25 on :40 Free 8 strokes			
	{1 x 25 on :40 Free 7 strokes			
	{1 x 25 on :40 Free 6 strokes			
	{1 x 50 on 1:30 Free Sprint Count Strokes			
	{1 x 25 on :35 Free 15 strokes			
	{1 x 25 on :35 Free 14 strokes			
	{1 x 25 on :35 Free 13 strokes			
	{1 x 25 on :35 Free 12 strokes			
	{1 x 25 on :35 Free 11 strokes			
	{1 x 25 on :35 Free 10 strokes			
	{1 x 25 on :35 Free 9 strokes			
	{1 x 25 on :35 Free 8 strokes			
	{1 x 25 on :35 Free 7 strokes			
	{1 x 25 on :35 Free 6 strokes			
	{1 x 50 on 1:30 Free Sprint Count Strokes			
	{1 x 25 on :30 Free 15 strokes			
	{1 x 25 on :30 Free 14 strokes			
	{1 x 25 on :30 Free 13 strokes			
	{1 x 25 on :30 Free 12 strokes			
	{1 x 25 on :30 Free 11 strokes			
	{1 x 25 on :30 Free 10 strokes			
	{1 x 25 on :30 Free 9 strokes			
	{1 x 25 on :30 Free 8 strokes			
	{1 x 25 on :30 Free 7 strokes			
	{1 x 25 on :30 Free 6 strokes			
	{1 x 50 on 1:30 Free Sprint Count Strokes			
	{1 x 25 on :25 Free 15 strokes			
	{1 x 25 on :25 Free 14 strokes			
	{1 x 25 on :25 Free 13 strokes			
	{1 x 25 on :25 Free 12 strokes			
	{1 x 25 on :25 Free 11 strokes			
	{1 x 25 on :25 Free 10 strokes			
	{1 x 25 on :25 Free 9 strokes			
	{1 x 25 on :25 Free 8 strokes			
	{1 x 25 on :25 Free 7 strokes			
	{1 x 25 on :25 Free 6 strokes			
	{1 x 50 on 1:30 Sprint Free Count Strokes			
	1 on 15:00 Indvdl Prsrctns			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			
5:05 PM	2,950 Yards - Stress Value = 39			

Workout #12338 - Saturday, 08 December 2012

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	Yards	Set Description
6:00 AM Start			
500	1 on 40:00 DS and Weights	500	1 x 500 on 10:00 Reverse IM drill
150	1 x 600 on 10:00 Reverse IM drill	150	10 x 15 on :45 Shooters
600	10 x 15 on :45 Shooters	1,100	IM, primary stroke, or free
150	IM, primary stroke, or free	1,300	1 x 100 on 1:00 Kick for time
100	1 x 100 on 1:00 Kick for time	1,000	11 x 100 on 2:00 Challenge Kick Set w/fins
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins	1,300	1x{1 x 400 on 7:00 Pulls-nbbf&w + 2 yds
1,700	1x{1 x 400 on 5:20 Pulls-nbbf&w + 2 yds	200	{2 x 300 on 5:15 Pulls-nbbf&w + 2 yds
	{2 x 300 on 4:00 Pulls-nbbf&w + 2 yds	1,200	{3 x 100 on 1:45 Pulls-nbbf&w + 2 yds
	{3 x 200 on 2:40 Pulls-nbbf&w + 2 yds	250	4x{1 x 25 on :50 Sculling drills
	{2 x 50 on :40 Pulls 5 breaths each		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	4x{1 x 25 on :50 Sculling drills		16 x 75 on 1:30 Freestyle
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		1 x 250 on 4:00 Stroke Drills
1,200	16 x 75 on 1:30 Freestyle		1 on 10:00 Ice
250	1 x 250 on 4:00 Stroke Drills		8:35 AM 4,800 Yards - Stress Value = 117
	1 on 10:00 Ice		
	8:35 AM 5,300 Yards - Stress Value = 122		

Workout #12354 - Monday, 10 December 2012

Group 2 - Freestylers

1 minute rest between sets

Workout #12339 - Saturday, 08 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	Yards	Set Description	EGY	WORK S
6:00 AM Start					
500	1 on 30:00 DS/Physio Balls/Tm Mtg	500	1 x 500 on 10:00 Choice	REC	S C
150	1 x 600 on 10:00 Reverse IM drill	150	10 x 15 on :45 Shooters	SP3	S
1,100	10 x 15 on :45 Shooters	1,100	1x{1 x 100 on 1:45 Kick	EN2	K
	IM, primary stroke, or free		{3 x 50 on 1:00 Kick	EN1	K
100	1 x 100 on 1:00 Kick for time		{1 x 100 on 1:45 Kick	EN2	K
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins		{3 x 50 on 1:00 Kick	EN1	K C
1,600	1x{1 x 400 on 5:45 Pulls-nbbf&w + 2 yds		{1 x 100 on 1:45 Kick	EN2	K
	{2 x 300 on 4:15 Pulls-nbbf&w + 2 yds	150	{1 x 100 on 1:45 Kick	EN2	K
	{3 x 200 on 2:55 Pulls-nbbf&w + 2 yds	2,000	6 x 25 on :45 Stroke Drills	REC	D
200	4x{1 x 25 on :50 Sculling drills		10 x 200 on 3:15 Challenge Set	EN2	S
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		1 on 10:00 Game		
1,200	16 x 75 on 1:30 Freestyle		7:30 PM 3,900 Yards - Stress Value = 64		
250	1 x 250 on 4:00 Stroke Drills				
	1 on 10:00 Ice				
	8:35 AM 5,200 Yards - Stress Value = 120				

Workout #12355 - Monday, 10 December 2012

Group 2 - Gold

1 minute rest between sets

Workout #12340 - Saturday, 08 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	Yards	Set Description	EGY	WORK S
6:00 AM Start					
500	1 on 30:00 DS/Physio Balls/Tm Mtg	500	1 x 500 on 10:00 Choice	REC	S C
150	1 x 550 on 10:00 Reverse IM drill	150	10 x 15 on :45 Shooters	SP3	S
950	10 x 15 on :45 Shooters	950	1x{1 x 100 on 2:00 Kick	EN2	K
	IM, primary stroke, or free		{3 x 50 on 1:10 Kick	EN1	K
100	1 x 100 on 1:00 Kick for time		{1 x 100 on 2:00 Kick	EN2	K
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins		{3 x 50 on 1:10 Kick	EN1	K C
1,450	1x{1 x 400 on 6:20 Pulls-nbbf&w + 2 yds		{1 x 100 on 2:00 Kick	EN2	K C
	{2 x 300 on 4:45 Pulls-nbbf&w + 2 yds	150	{1 x 50 on 1:10 Kick	EN1	K
	{3 x 150 on 2:25 Pulls-nbbf&w + 2 yds	1,750	{1 x 50 on 1:00 Kick	EN2	K
200	4x{1 x 25 on :50 Sculling drills		6 x 25 on :45 Stroke Drills	REC	D
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		10 x 175 on 3:15 Challenge Set	EN2	S
1,200	16 x 75 on 1:30 Freestyle		1 on 10:00 Game		
250	1 x 250 on 4:00 Stroke Drills		7:30 PM 3,500 Yards - Stress Value = 56		
	1 on 10:00 Ice				
	8:36 AM 5,000 Yards - Stress Value = 118				

Workout #12341 - Saturday, 08 December 2012

HighSchl - Bronze

1 minute rest between sets

Workout #12356 - Monday, 10 December 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
5:30 PM Start					
	1 on 30:00 DS/Physio Balls/Tm Mtg				
450	1 x 450 on 10:00 Choice	REC	S	C	
150	10 x 15 on :45 Shooters	SP3	S		
900	1x{1 x 100 on 2:10 Kick	EN2	K		
	{3 x 50 on 1:15 Kick	EN1	K		
	{1 x 100 on 2:10 Kick	EN2	K		
	{3 x 50 on 1:15 Kick	EN1	K	C	
	{1 x 100 on 2:10 Kick	EN2	K		
	{3 x 50 on 1:15 Kick	EN1	K	C	
	{1 x 100 on 2:10 Kick	EN2	K		
	{1 x 50 on 1:00 Kick	EN2	K		
150	6 x 25 on :45 Stroke Drills	REC	D		
1,500	10 x 150 on 3:15 Challenge Set	EN2	S		
	1 on 10:00 Game				
7:30 PM 3,150 Yards - Stress Value = 51					

Workout #12357 - Monday, 10 December 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
5:30 PM Start					
	1 on 30:00 DS/Physio Balls/Tm Mtg				
400	1 x 400 on 10:00 Choice	REC	S	C	
150	10 x 15 on :45 Shooters	SP3	S		
750	1x{1 x 100 on 2:30 Kick	EN2	K		
	{2 x 50 on 1:30 Kick	EN1	K		
	{1 x 100 on 2:30 Kick	EN2	K		
	{2 x 50 on 1:30 Kick	EN1	K	C	
	{1 x 100 on 2:30 Kick	EN2	K		
	{2 x 50 on 1:30 Kick	EN1	K	C	
	{1 x 100 on 2:30 Kick	EN2	K		
	{1 x 50 on 1:30 Kick	EN2	K		
150	6 x 25 on :45 Stroke Drills	REC	D		
1,250	10 x 125 on 3:15 Challenge Set	EN2	S		
	1 on 10:00 Game				
7:30 PM 2,700 Yards - Stress Value = 43					

Workout #12346 - Monday, 10 December 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:40 PM Start					
	1 on 30:00 DS/Physio Balls/Tm Mtg				
3,125	1x{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:50 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:55 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:50 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:45 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:40 Freestyle	EN2	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM 3,425 Yards - Stress Value = 90					

Workout #12350 - Monday, 10 December 2012

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:40 PM Start					

2,200	1x{1 x 200 on 3:05 Butterfly	EN2	S	FLY	1
	{8 x 25 on :40 Fly 15m under	EN2	S	FLY	2
	{2 x 175 on 2:40 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 12m under	EN2	S	FLY	2
	{3 x 150 on 2:15 Butterfly	EN2	P	FLY	1
	{4 x 25 on :40 Fly 9m under	EN2	S	FLY	2
	{4 x 100 on 1:25 Butterfly	EN2	S	FR	1
	{2 x 25 on :40 Fly 6m under	EN2	S	FLY	2
	{4 x 75 on 1:05 Freestyle				1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:36 PM 2,500 Yards - Stress Value = 38					

Workout #12342 - Monday, 10 December 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM Start					
	1 on 30:00 DS and Core				
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-12 KOW				
	{3 x 100 on 1:30 Kick				
	{4 x 25 on :30 Kick no board BSLR-12 KOW				
	{3 x 100 on 1:35 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				
1,200	1x{2 x 200 on 2:40 Pull no br L.12 yds				
	{2 x 200 on 2:35 Pull no br L.12 yds				
	{2 x 200 on 2:30 Pull no br L.12 yds				
100	2x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:39 PM 3,650 Yards - Stress Value = 54					

Workout #12343 - Monday, 10 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM Start					
	1 on 30:00 DS and Core				
600	1 x 600 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-12 KOW				
	{3 x 100 on 1:45 Kick				
	{4 x 25 on :35 Kick no board BSLR-12 KOW				
	{3 x 100 on 1:50 Kick				
	{4 x 25 on :35 Kick no board BSLR-12 KOW				
	{3 x 100 on 1:55 Kick				
	{4 x 25 on :35 Kick no board BSLR-12 KOW				
	{1 x 100 on 2:00 Kick				
1,100	1x{2 x 200 on 2:55 Pull no br L.12 yds				
	{2 x 200 on 2:50 Pull no br L.12 yds				
	{2 x 150 on 2:05 Pull no br L.12 yds				
100	2x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:39 PM 3,350 Yards - Stress Value = 45					

Workout #12347 - Monday, 10 December 2012

HighSchl - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes 4:40 PM Start and 5:36 PM 2,925 Yards - Stress Value = 80.

Table with columns: EGY, WORK, STK, F. Includes 2 x 200 on 3:15 Freestyle, 1 x 125 on 2:30 Freestyle, 2 x 200 on 3:10 Freestyle, 1 x 125 on 2:30 Freestyle, 2 x 200 on 3:05 Freestyle, 1 x 75 on 1:30 Freestyle, 6 x 50 on 1:00 Stroke Drills, 1 on 10:00 Ice. Total: 5:35 PM 2,475 Yards - Stress Value = 68.

Workout #12352 - Monday, 10 December 2012

HighSchl - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes 4:40 PM Start and 5:35 PM 2,050 Yards - Stress Value = 35.

Workout #12351 - Monday, 10 December 2012

HighSchl - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes 4:40 PM Start and 5:36 PM 2,200 Yards - Stress Value = 38.

Workout #12345 - Monday, 10 December 2012

HighSchl - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes 3:00 PM Start and 4:39 PM 2,800 Yards - Stress Value = 37.

Workout #12344 - Monday, 10 December 2012

HighSchl - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes 3:00 PM Start and 4:39 PM 2,950 Yards - Stress Value = 40.

Workout #12349 - Monday, 10 December 2012

HighSchl - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes 4:40 PM Start and 5:35 PM 2,150 Yards - Stress Value = 55.

Workout #12348 - Monday, 10 December 2012

HighSchl - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes 4:40 PM Start.

Workout #12353 - Monday, 10 December 2012

HighSchl - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes workout details for 4:40 PM Start, 1,550 yards, and 5:35 PM 1,850 Yards - Stress Value = 31.

Workout #12378 - Tuesday, 11 December 2012

Group 2 - Breast

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for 5:30 PM Start, 1,200 yards, and 7:30 PM 3,750 Yards - Stress Value = 63.

Workout #12379 - Tuesday, 11 December 2012

Group 2 - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for 5:30 PM Start, 1,100 yards, and 150 yards 6 x 25 on :45 Stroke Drills.

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for 1,500 yards and 7:30 PM 3,500 Yards - Stress Value = 58.

Workout #12380 - Tuesday, 11 December 2012

Group 2 - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for 5:30 PM Start, 950 yards, and 7:30 PM 3,200 Yards - Stress Value = 53.

Workout #12381 - Tuesday, 11 December 2012

Group 2 - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for 5:30 PM Start, 1,300 yards, and 7:30 PM 2,950 Yards - Stress Value = 49.

Workout #12362 - Tuesday, 11 December 2012

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	===	===
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,850	1x{4 x 125 on 1:50 Back 10 KOLW	EN2	
	{3 x 50 on :45 Back hold under :37	EN2	
	{4 x 125 on 1:45 Back 11 KOLW	EN2	
	{3 x 50 on :50 Back hold under :36	EN2	
	{4 x 125 on 1:40 Back 12 KOLW	EN2	
	{1 x 50 on :55 Back hold under :35	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,650 Yards - Stress Value = 43		

Workout #12374 - Tuesday, 11 December 2012

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EC
4:45 PM Start		
=====	=====	==
2,250	1x{1 x 150 on 2:30 Breaststroke	EM
	{2 x 150 on 2:25 Breast #2, 2X pullouts	EM
	{3 x 150 on 2:20 Breast #3 alt 25 fly kick	EM
	{4 x 150 on 2:15 Breast #4 descend 50's	EM
	{5 x 150 on 2:10 Breast #5-100%	EM
250	1 x 250 on 4:00 Stroke Drills	RF
	1 on 10:00 Ice	
	5:35 PM 2,500 Yards - Stress Value = 44	

Workout #12358 - Tuesday, 11 December 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	===	===
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,150	1x{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:02	EN2	
	{1 x 300 on 3:30 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 200 on 2:20 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:01	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:30 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold 1:00	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 400 on 4:40 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold :55	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,950 Yards - Stress Value = 46		

Workout #12370 - Tuesday, 11 December 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM Start				
=====	=====	===	=====	=====

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
	{1 x 600 on 6:40 Free L.125 6bk	EN2	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 = 60			

Workout #12366 - Tuesday, 11 December 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM Start	
=====	=====
	1 on 30:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,500	1x{4 x 50 on :55 Kick-descend
	{1 x 100 on 1:35 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 100 on 1:30 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 100 on 1:25 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 100 on 1:20 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 100 on 1:15 Kick
1,500	1x{ 1st repeat BTB, 2nd BTS
	{2 x 200 on 2:35 Pulls L.25 2 breaths
	{2 x 175 on 2:15 Pulls L.25 2 breaths
	{2 x 150 on 1:55 Pulls L.25 2 breaths
	{2 x 125 on 1:35 Pulls L.25 2 breaths
	{2 x 100 on 1:15 Pulls L.25 2 breaths
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 3,950 Yards - Stress Value = 68

Workout #12359 - Tuesday, 11 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	===	===
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,850	1x{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:13	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:12	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 100 on 1:30 Free hold 1:11	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,650 Yards - Stress Value = 41		

Workout #12363 - Tuesday, 11 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{4 x 125 on 2:00 Back 10 KOLW 3 x 50 on :55 Back hold under :41 4 x 125 on 1:55 Back 11 KOLW 3 x 50 on 1:00 Back hold under :40 2 x 125 on 1:50 Back 12 KOLW 1 x 50 on 1:05 Back hold under :39	EN2 EN2 EN2 EN2 EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,400 Yards - Stress Value = 38		

Workout #12367 - Tuesday, 11 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,350	1x{4 x 50 on 1:00 Kick-descend 1 x 100 on 1:55 Kick 4 x 50 on 1:00 Kick-descend 1 x 100 on 1:50 Kick 3 x 50 on 1:00 Kick-descend 1 x 100 on 1:45 Kick 3 x 50 on 1:00 Kick-descend 1 x 100 on 1:40 Kick 3 x 50 on 1:00 Kick-descend 1 x 100 on 1:35 Kick		
1,400	1x{ 1st repeat BTB, 2nd BTS 2 x 200 on 2:50 Pulls L.25 2 breaths 2 x 175 on 2:30 Pulls L.25 2 breaths 2 x 150 on 2:10 Pulls L.25 2 breaths 2 x 125 on 1:45 Pulls L.25 2 breaths 2 x 50 on :40 Pulls L.25 2 breaths		
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	3,700 Yards - Stress Value = 63		

Workout #12371 - Tuesday, 11 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
2,625	1x{1 x 525 on 7:20 Free L.25 6bk 1 x 525 on 7:10 Free L.50 6bk 1 x 525 on 7:00 Free L.75 6bk 1 x 525 on 6:50 Free L.100 6bk 1 x 525 on 6:40 Free L.125 6bk	EN2 EN2 EN2 EN2 EN2	S S S S S	FR FR FR FR FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	2,875 Yards - Stress Value = 50			

Workout #12375 - Tuesday, 11 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:45 PM	Start		
			EC

Yards	Set Description	EGY	WOF
2,125	1x{1 x 150 on 2:45 Breaststroke 2 x 150 on 2:40 Breast #2, 2X pullouts 3 x 150 on 2:35 Breast #3 alt 25 fly kick 4 x 150 on 2:30 Breast #4 descend 50's 5 x 125 on 2:00 Breast #5-100%	EN EN EN EN EN	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:36 PM	2,375 Yards - Stress Value = 41		

Workout #12360 - Tuesday, 11 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 100 on 1:35 Freestyle 1 x 100 on 1:45 Free Hold 1:22 1 x 300 on 4:45 Freestyle 1 x 50 on :55 Freestyle 1 x 200 on 3:10 Freestyle 1 x 100 on 1:45 Free Hold 1:21 1 x 200 on 3:10 Freestyle 1 x 50 on :55 Freestyle 1 x 300 on 4:45 Freestyle 1 x 100 on 1:45 Free hold 1:20 1 x 100 on 1:35 Freestyle	EN2 EN2 EN2 REC EN2 EN2 EN2 REC EN2 EN2 EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,350 Yards - Stress Value = 36		

Workout #12368 - Tuesday, 11 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
550	1 x 550 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,200	1x{4 x 50 on 1:05 Kick-descend 1 x 100 on 2:10 Kick 4 x 50 on 1:05 Kick-descend 1 x 100 on 2:05 Kick 4 x 50 on 1:05 Kick-descend 1 x 100 on 2:00 Kick 4 x 50 on 1:05 Kick-descend 1 x 100 on 1:55 Kick		
1,200	1x{ 1st repeat BTB, 2nd BTS 2 x 200 on 3:15 Pulls L.25 2 breaths 2 x 175 on 2:50 Pulls L.25 2 breaths 2 x 150 on 2:25 Pulls L.25 2 breaths 2 x 75 on 1:10 Pulls L.25 2 breaths		
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	3,300 Yards - Stress Value = 56		

Workout #12372 - Tuesday, 11 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,375	1x{1 x 475 on 7:20 Free L.25 6bk	EN2	S	FR
	{1 x 475 on 7:10 Free L.50 6bk	EN2	S	FR
	{1 x 475 on 7:00 Free L.75 6bk	EN2	S	FR
	{1 x 475 on 6:50 Free L.100 6bk	EN2	S	FR
	{1 x 475 on 6:40 Free L.125 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,625 Yards - Stress Value = 50				

Workout #12376 - Tuesday, 11 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,875	1x{1 x 125 on 2:30 Breaststroke	EN		
	{2 x 125 on 2:25 Breast #2, 2X pullouts	EN		
	{3 x 125 on 2:20 Breast #3 alt 25 fly kick	EN		
	{4 x 125 on 2:15 Breast #4 descend 50's	EN		
	{5 x 125 on 2:10 Breast #5-100%	EN		
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,125 Yards - Stress Value = 36				

Workout #12361 - Tuesday, 11 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
350	1 x 350 on 7:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters	SP3		
Your primary stroke or free				
1,350	1x{1 x 100 on 1:55 Freestyle	EN2		
	{1 x 100 on 2:05 Free Hold 145	EN2		
	{1 x 300 on 5:45 Freestyle	EN2		
	{1 x 50 on 1:15 Freestyle	REC		
	{1 x 200 on 3:50 Freestyle	EN2		
	{1 x 100 on 2:05 Free Hold 1:44	EN2		
	{1 x 200 on 3:50 Freestyle	EN2		
	{1 x 50 on 1:15 Freestyle	REC		
	{1 x 100 on 2:05 Free hold 1:43	EN2		
	{1 x 150 on 2:45 Freestyle	EN2		
250	5 x 50 on 1:00 Stroke Drills	REC		
	1 on 10:00 Ice			
7:05 AM 2,100 Yards - Stress Value = 31				

Workout #12369 - Tuesday, 11 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
500	1 x 500 on 10:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters	SP3		
1,000	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			
	{3 x 50 on 1:15 Kick-descend			
	{1 x 100 on 2:20 Kick			

1,000	1x{3 x 50 on 1:15 Kick-descend			
	{1 x 100 on 2:15 Kick			
	{2 x 200 on 4:00 Pulls L.25 2 breaths			
	{2 x 175 on 3:25 Pulls L.25 2 breaths			
	{2 x 125 on 2:20 Pulls L.25 2 breaths			
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 2,850 Yards - Stress Value = 48				

Workout #12373 - Tuesday, 11 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,000	1x{1 x 400 on 7:20 Free L.25 6bk	EN2	S	FR
	{1 x 400 on 7:10 Free L.50 6bk	EN2	S	FR
	{1 x 400 on 7:00 Free L.75 6bk	EN2	S	FR
	{1 x 400 on 6:50 Free L.100 6bk	EN2	S	FR
	{1 x 400 on 6:40 Free L.125 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,250 Yards - Stress Value = 40				

Workout #12377 - Tuesday, 11 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,750	1x{1 x 125 on 2:45 Breaststroke	EN		
	{2 x 125 on 2:40 Breast #2, 2X pullouts	EN		
	{3 x 125 on 2:35 Breast #3 alt 25 fly kick	EN		
	{4 x 125 on 2:30 Breast #4 descend 50's	EN		
	{5 x 100 on 1:55 Breast #5-100%	EN		
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:36 PM 2,000 Yards - Stress Value = 34				

Workout #12364 - Tuesday, 11 December 2012

HS Boys - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
350	1 x 350 on 7:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters	SP3		
Your primary stroke or free				
1,400	1x{4 x 100 on 1:50 Back 10 KOLW	EN2		
	{3 x 50 on 1:00 Back hold under :49	EN2		
	{4 x 100 on 1:45 Back 11 KOLW	EN2		
	{3 x 50 on 1:05 Back hold under :48	EN2		
	{2 x 100 on 1:40 Back 12 KOLW	EN2		
	{2 x 50 on 1:10 Back hold under :47	EN2		
250	5 x 50 on 1:00 Stroke Drills	REC		
	1 on 10:00 Ice			
7:05 AM 2,150 Yards - Stress Value = 34				

Workout #12365 - Tuesday, 11 December 2012

HS Boys - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{3 x 100 on 2:15 Back 10 KOLW	EN2	
	{2 x 50 on 1:05 Back hold under :55	EN2	
	{3 x 100 on 2:10 Back 11 KOLW	EN2	
	{2 x 50 on 1:10 Back hold under :54	EN2	
	{3 x 100 on 2:05 Back 12 KOLW	EN2	
	{2 x 50 on 1:15 Back hold under :53	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,950 Yards - Stress Value = 30		

Yards	Set Description
450	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 450 on 10:00 Swim-kick-pull-swim
1,050	10 x 15 on :45 Shooters
	1x{6 x 25 on :45 Kick no board B
	{1 x 100 on 2:00 130 kick :30 race to start v
	{6 x 25 on :45 Kick no board B
	{1 x 150 on 2:30 2:00 kick :30 race to start
	{6 x 25 on :45 Kick no board B
	{1 x 200 on 3:00 230 kick :30 race to start v
	{6 x 25 on :45 Kick no board B
150	6 x 25 on 1:00 Backstroke Drill
1,400	4x{1 x 200 on 3:40 Backstroke
	{3 x 50 on 1:10 Back-descend
	do 4 X 50's on round 4
250	1 x 250 on 4:00 Stroke Drills
	7:28 PM 3,450 Yards - Stress Value = 58

Workout #12397 - Wednesday, 12 December 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
500	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{6 x 25 on :45 Kick no board B
	{1 x 100 on 2:00 130 kick :30 race to start v
	{6 x 25 on :45 Kick no board B
	{1 x 150 on 2:30 2:00 kick :30 race to start
	{6 x 25 on :45 Kick no board B
	{1 x 200 on 3:00 230 kick :30 race to start v
	{6 x 25 on :45 Kick no board B
150	6 x 25 on 1:00 Backstroke Drill
1,750	5x{1 x 200 on 3:00 Backstroke
	{3 x 50 on 1:00 Back-descend
250	1 x 250 on 4:00 Stroke Drills
7:29 PM	3,850 Yards - Stress Value = 65

Yards	Set Description
400	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 400 on 10:00 Swim-kick-pull-swim
1,050	10 x 15 on :45 Shooters
	1x{6 x 25 on :45 Kick no board B
	{1 x 100 on 2:00 130 kick :30 race to start v
	{6 x 25 on :45 Kick no board B
	{1 x 150 on 2:30 2:00 kick :30 race to start
	{6 x 25 on :45 Kick no board B
	{1 x 200 on 3:00 230 kick :30 race to start v
	{6 x 25 on :45 Kick no board B
150	6 x 25 on 1:00 Backstroke Drill
1,400	4x{1 x 200 on 4:20 Backstroke
	{3 x 50 on 1:20 Back-descend
	dont do 50's on round 4
250	1 x 250 on 4:00 Stroke Drills
	7:33 PM 3,400 Yards - Stress Value = 58

Workout #12386 - Wednesday, 12 December 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
500	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{6 x 25 on :45 Kick no board B
	{1 x 100 on 2:00 130 kick :30 race to start v
	{6 x 25 on :45 Kick no board B
	{1 x 150 on 2:30 2:00 kick :30 race to start
	{6 x 25 on :45 Kick no board B
	{1 x 200 on 3:00 230 kick :30 race to start v
	{6 x 25 on :45 Kick no board B
150	6 x 25 on 1:00 Backstroke Drill
1,750	5x{1 x 200 on 3:20 Backstroke
	{3 x 50 on 1:05 Back-descend
	no 50's on round 5
250	1 x 250 on 4:00 Stroke Drills
7:32 PM	3,850 Yards - Stress Value = 65

Yards	Set Description	EGY	WORK	STK	F
2,700	1x{1 x 250 on 2:45 Freestyle	EN2	S	FR	1
	{6 x 25 on :30 Freestyle	EN3	S	FR	2
	{2 x 225 on 2:30 Freestyle	EN2	S	FR	1
	{5 x 50 on :55 Freestyle	EN3	S	FR	1
	{3 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{4 x 75 on 1:20 Freestyle	EN3	S	FR	1
250	{4 x 175 on 2:00 Freestyle	EN2	S	FR	1
	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	5:35 PM 2,950 Yards - Stress Value = 82				

Workout #12396 - Wednesday, 12 December 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Workout #12390 - Wednesday, 12 December 2012

HighSchl - IM'sers

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WC
 =====
 2,500 1x{ 5 x 100 on 1:30 Individual Medley EN2
 { 2 x 100 on 1:30 50 Fly 50 Back EN2
 { 1 x 50 on 1:00 #1Stroke/Fast/CntStrks EN3
 { 4 x 100 on 1:25 Individual Medley EN2
 { 2 x 100 on 1:30 50 Breast 50 Free EN2
 { 1 x 50 on 1:00 #1Stroke/Fast/CntStrks EN3
 { 3 x 100 on 1:20 Individual Medley EN2
 { 2 x 100 on 1:40 50 Back 50 Breast EN2
 { 1 x 50 on 1:00 #1Stroke/Fast/CntStrks EN3
 { 2 x 100 on 1:15 Individual Medley EN2
 { 2 x 100 on 1:30 50 Fly 50 Free EN2
 { 1 x 50 on 1:00 #1Stroke/Fast/CntStrks EN3
 { 1 x 100 on 1:10 Individual Medley EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,700 Yards - Stress Value = 58

Workout #12382 - Wednesday, 12 December 2012

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 20:00 DS/Tm Mtg
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,800 1x{ Hold avg 50 time under :45 for entire set
 { 4 x 25 on :30 Kick no board BSLR-10 KOW
 { 1 x 200 on 3:10 Kick
 { 4 x 25 on :35 Kick no board BSLR 12 KOW
 { 2 x 175 on 2:50 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 3 x 150 on 2:30 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 4 x 100 on 1:45 Kick
 1,500 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 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
 { 2 x 125 on 1:25 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 4,250 Yards - Stress Value = 68

Workout #12383 - Wednesday, 12 December 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 20:00 DS/Tm Mtg
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,650 1x{ Hold avg 50 time under :52 for entire set
 { 4 x 25 on :35 Kick no board BSLR-10 KOW
 { 1 x 200 on 3:30 Kick
 { 4 x 25 on :35 Kick no board BSLR 12 KOW
 { 2 x 175 on 3:10 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 2 x 150 on 2:45 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 4 x 100 on 1:55 Kick

1,350 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 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
 { 2 x 125 on 1:40 Lungbuster pulls
 { 1 x 100 on 1:20 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,950 Yards - Stress Value = 62

Workout #12387 - Wednesday, 12 December 2012

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK F
 =====
 2,450 1x{ 1 x 250 on 3:15 Freestyle EN2 S FR 1
 { 6 x 25 on :30 Freestyle EN3 S FR 2
 { 2 x 225 on 3:00 Freestyle EN2 S FR 1
 { 5 x 50 on :55 Freestyle EN3 S FR 1
 { 3 x 200 on 2:45 Freestyle EN2 S FR 1
 { 4 x 75 on 1:20 Freestyle EN3 S FR 1
 { 3 x 150 on 2:05 Freestyle EN2 S FR 1
 250 5 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:36 PM 2,700 Yards - Stress Value = 77

Workout #12391 - Wednesday, 12 December 2012

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WC
 =====
 2,300 1x{ 5 x 100 on 1:40 Individual Medley EN2
 { 2 x 100 on 1:40 50 Fly 50 Back EN2
 { 1 x 50 on 1:00 #1Stroke/Fast/CntStrks EN3
 { 4 x 100 on 1:35 Individual Medley EN2
 { 2 x 100 on 1:40 50 Breast 50 Free EN2
 { 1 x 50 on 1:00 #1Stroke/Fast/CntStrks EN3
 { 3 x 100 on 1:30 Individual Medley EN2
 { 2 x 100 on 1:50 50 Back 50 Breast EN2
 { 1 x 50 on 1:00 #1Stroke/Fast/CntStrks EN3
 { 1 x 100 on 1:25 Individual Medley EN2
 { 2 x 100 on 1:40 50 Fly 50 Free EN2
 { 1 x 50 on 1:00 #1Stroke/Fast/CntStrks EN3
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 2,500 Yards - Stress Value = 54

Workout #12384 - Wednesday, 12 December 2012

HighSchl - Silver

1 minute rest between sets

Table with columns: Yards, Set Description. Includes workout details for 3:00 PM Start, ending at 4:42 PM with 3,650 Yards and Stress Value = 58.

1 minute rest between sets

Table with columns: Yards, Set Description. Includes workout details for 3:00 PM Start, ending at 4:42 PM with 3,400 Yards and Stress Value = 54.

Workout #12388 - Wednesday, 12 December 2012

HighSchl - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes workout details for 4:43 PM Start, ending at 5:35 PM with 2,400 Yards and Stress Value = 71.

Workout #12389 - Wednesday, 12 December 2012

HighSchl - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes workout details for 4:43 PM Start, ending at 5:35 PM with 2,200 Yards and Stress Value = 65.

Workout #12392 - Wednesday, 12 December 2012

HighSchl - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for 4:43 PM Start, ending at 5:35 PM with 2,200 Yards and Stress Value = 48.

Workout #12393 - Wednesday, 12 December 2012

HighSchl - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for 4:43 PM Start, ending at 5:35 PM with 2,000 Yards and Stress Value = 44.

Workout #12385 - Wednesday, 12 December 2012

HighSchl - Bronze

Workout #12402 - Thursday, 13 December 2012

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,900	1x{ 1 x 200 on 2:55 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast 2X pullouts	EN1	
	{ 2 x 175 on 2:30 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast 2X pullouts	EN1	
	{ 3 x 150 on 2:05 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast 2X pullouts	EN1	
	{ 4 x 125 on 1:40 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast 2X pullouts	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,650 Yards - Stress Value = 25			

Workout #12403 - Thursday, 13 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{ 1 x 200 on 3:20 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast 2X pullouts	EN1	
	{ 2 x 175 on 2:50 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast 2X pullouts	EN1	
	{ 3 x 150 on 2:25 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast 2X pullouts	EN1	
	{ 3 x 100 on 1:35 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast 2X pullouts	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,450 Yards - Stress Value = 23			

Workout #12398 - Thursday, 13 December 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
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	
	{ 4 x 75 on :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	
	{ 6 x 50 on :35 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 3,150 Yards - Stress Value = 54			

Workout #12400 - Thursday, 13 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
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	
	{ 4 x 75 on 1:15 Freestyle	EN2	
	{ 1 x 300 on 4:25 Freestyle	EN2	
	{ 3 x 100 on 1:40 Freestyle	EN2	
	{ 1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,500 Yards - Stress Value = 42			

Workout #12399 - Thursday, 13 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
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	
	{ 4 x 75 on 1:05 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	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,850 Yards - Stress Value = 48			

Workout #12404 - Thursday, 13 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,500	1x{ 1 x 200 on 3:40 Breaststroke	EN1	
	{ 4 x 25 on :35 Breast 2X pullouts	EN1	
	{ 2 x 175 on 3:10 Breaststroke	EN1	
	{ 4 x 25 on :35 Breast 2X pullouts	EN1	
	{ 2 x 150 on 2:40 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast 2X pullouts	EN1	
	{ 3 x 100 on 1:45 Breaststroke	EN1	
	{ 2 x 25 on :30 Breast 2X pullouts	EN1	
	{ 1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,200 Yards - Stress Value = 21			

Workout #12401 - Thursday, 13 December 2012

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{ Hold all non 300 swims under :50/50		
	{1 x 300 on 5:20 Freestyle	EN2	
	{2 x 150 on 2:45 Freestyle	EN2	
	{1 x 300 on 5:20 Freestyle	EN2	
	{4 x 75 on 1:20 Freestyle	EN2	
	{1 x 300 on 5:20 Freestyle	EN2	
	{1 x 100 on 1:50 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 38		

Workout #12405 - Thursday, 13 December 2012

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,350	1x{1 x 200 on 4:00 Breaststroke	EN1	
	{4 x 25 on :40 Breast 2X pullouts	EN1	
	{2 x 175 on 3:25 Breaststroke	EN1	
	{4 x 25 on :40 Breast 2X pullouts	EN1	
	{2 x 150 on 2:55 Breaststroke	EN1	
	{4 x 25 on :40 Breast 2X pullouts	EN1	
	{2 x 100 on 1:55 Breaststroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 20		

Workout #12407 - Friday, 14 December 2012

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	SE
=====	=====	=====	=====	=====
	1 on 40:00 Dryland		L	I
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	F
800	4x{8 x 25 on :25 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
	Breathing Pattern, 1u1d, 1u2d, 1u3d,			
	two 1u4d, 1u3d, 1u2d, 1u1d			
	1 on 10:00 TiVo Starts		D	
150	1 x 150 on 2:00 Stroke Drills	REC	D	
	6:31 PM 1,600 Yards - Stress Value = 22			

Workout #12408 - Friday, 14 December 2012

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	SE
=====	=====	=====	=====	=====
	1 on 40:00 Dryland		L	I
500	1 x 500 on 10:00 Reverse IM drill	REC	D	

150	10 x 15 on :45 Shooters	SP3	S	F
800	4x{8 x 25 on :30 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
	{ round 4 will be modified			
	Breathing Pattern, 1u1d, 1u2d, 1u3d,			
	two 1u4d, 1u3d, 1u2d, 1u1d			
	1 on 10:00 TiVo Starts		D	
150	1 x 150 on 2:00 Stroke Drills	REC	D	
	6:33 PM 1,600 Yards - Stress Value = 22			

Workout #12409 - Friday, 14 December 2012

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	SE
=====	=====	=====	=====	=====
	1 on 40:00 Dryland		L	I
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	F
600	3x{8 x 25 on :40 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
	{ round 3 will be modified			
	Breathing Pattern, 1u1d, 1u2d, 1u3d,			
	two 1u4d, 1u3d, 1u2d, 1u1d			
	1 on 10:00 TiVo Starts		D	
150	1 x 150 on 2:00 Stroke Drills	REC	D	
	6:32 PM 1,350 Yards - Stress Value = 18			

Workout #12410 - Friday, 14 December 2012

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	SE
=====	=====	=====	=====	=====
	1 on 40:00 Dryland		L	I
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	F
600	3x{8 x 25 on :45 Butterfly	EN2	S	F
	{1 on 1:00 Rest		M	
	{ round 3 will be modified			
	Breathing Pattern, 1u1d, 1u2d, 1u3d,			
	two 1u4d, 1u3d, 1u2d, 1u1d			
	1 on 10:00 TiVo Starts		D	
150	1 x 150 on 2:00 Stroke Drills	REC	D	
	6:34 PM 1,300 Yards - Stress Value = 18			

Workout #12406 - Friday, 14 December 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	SE
=====	=====	=====	=====	=====
	1 on 29:00 DS/Ted's ABs			
800	1 x 800 on 12:00 Choice mix of kick drill and r			
150	10 x 15 on :45 Shooters			
	1 on 15:00 Techniques-TN Turn Drills			
500	10 x 50 on 1:15 Mid pool swims			
	1 on 15:00 Techniques-Starts			
200	1 x 200 on 15:00 Rabbit Game			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
	5:05 PM 1,900 Yards - Stress Value = 15			

Workout #12411 - Saturday, 15 December 2012
HighSchl - Swim Like A Champion Day
1 minute rest between sets

{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

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 #12412 - Saturday, 15 December 2012
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 #12413 - Saturday, 15 December 2012
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

Workout #12414 - Saturday, 15 December 2012
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 #12435 - Monday, 17 December 2012
Group 2 - Fly
1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,400	1x{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:00 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
	{2 x 100 on 1:55 Kick	EN2
	{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 1:50 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
250	5 x 50 on 1:15 25 easy free 25 fly drill	REC
900	1x{4 x 75 on 1:15 Fly 25L-25R-25B	EN2
	{1 x 50 on :45 Freestyle	EN1
	{3 x 75 on 1:10 Fly 25L-25R-25B	EN2
	{1 x 50 on :45 Freestyle	EN2
	{2 x 75 on 1:05 Fly 25L-25R-25B	EN2
	{1 x 50 on :45 Freestyle	EN1
	{1 x 75 on 1:00 Fly 25L-25R-25B	EN2
	1 on 12:00 Game	
7:30 PM	3,200 Yards - Stress Value = 50	

Workout #12436 - Monday, 17 December 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,350	1x{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:15 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
	{2 x 100 on 2:10 Kick	EN2
	{8 x 25 on :45 Kick no board S	EN2
	{1 x 100 on 2:05 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
	{1 x 50 on 1:00 Kick	EN2
250	5 x 50 on 1:15 25 easy free 25 fly drill	REC
825	1x{4 x 75 on 1:25 Fly 25L-25R-25B	EN2
	{1 x 50 on :50 Freestyle	EN1
	{3 x 75 on 1:20 Fly 25L-25R-25B	EN2
	{1 x 50 on :50 Freestyle	EN2
	{2 x 75 on 1:15 Fly 25L-25R-25B	EN2
	{1 x 50 on :50 Freestyle	EN1
	1 on 12:00 Game	
	7:31 PM 3,075 Yards - Stress Value = 47	

Workout #12437 - Monday, 17 December 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,300	1x{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:30 Kick	EN2
	{8 x 25 on :45 Fly w/free kick	EN2
	{2 x 100 on 2:25 Kick	EN2
	{8 x 25 on :45 Kick no board S	EN2
	{1 x 100 on 2:20 Kick	EN2
	{6 x 25 on :45 Fly w/free kick	EN2
	{1 x 50 on 1:10 Kick	EN2
250	5 x 50 on 1:15 25 easy free 25 fly drill	REC
675	1x{2 x 75 on 1:35 Fly 25L-25R-25B	EN2
	{1 x 50 on :55 Freestyle	EN1
	{3 x 75 on 1:30 Fly 25L-25R-25B	EN2
	{1 x 50 on :55 Freestyle	EN2
	{2 x 75 on 1:25 Fly 25L-25R-25B	EN2
	{1 x 50 on :55 Freestyle	EN1
	1 on 12:00 Game	
	7:30 PM 2,875 Yards - Stress Value = 43	

Workout #12438 - Monday, 17 December 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,250	1x{8 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:40 Kick	EN2
	{6 x 25 on :45 Fly w/free kick	EN2
	{2 x 100 on 2:35 Kick	EN2
	{6 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:30 Kick	EN2
	{6 x 25 on :45 Fly w/free kick	EN2

250	5 x 50 on 1:15 25 easy free 25 fly drill	REC
600	1x{2 x 75 on 1:45 Fly 25L-25R-25B	EN2
	{1 x 50 on 1:05 Freestyle	EN1
	{2 x 75 on 1:40 Fly 25L-25R-25B	EN2
	{1 x 50 on 1:05 Freestyle	EN2
	{2 x 75 on 1:35 Fly 25L-25R-25B	EN2
	{1 x 50 on 1:05 Freestyle	EN1
	1 on 12:00 Game	
	7:29 PM 2,650 Yards - Stress Value = 41	

Workout #12419 - Monday, 17 December 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:43 PM Start					
=====	=====	=====	=====	=====	=====
2,500	1x{1 x 250 on 3:05 Freestyle				
	{2 x 250 on 3:00 Free #2-3 KOW				
	{3 x 250 on 2:55 Free #3 4 strokes off each w				
	{4 x 250 on 2:50 Free #4 descend each 50				
250	1 x 250 on 4:00 Free-Best Effort				
300	6 x 50 on 1:00 Stroke Drills				
	1 on 10:00 Ice				
	5:35 PM 3,050 Yards - Stress Value = 47				

Workout #12423 - Monday, 17 December 2012

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:43 PM Start					
=====	=====	=====	=====	=====	=====
1,600	8x{8 x 25 on :25 Fly	EN2	S		1
	{ BP 1u1d, 1u2d 1u3d,				
	{ two 1u4d, 1u3d, 1u2d, 1u1d				
	{1 on 1:00 Rest		M		
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	5:35 PM 1,900 Yards - Stress Value = 32				

Workout #12415 - Monday, 17 December 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM Start					
=====	=====	=====	=====	=====	=====
600	1 on 30:00 DS/Physio Balls/Tm Mtg				
150	1 x 600 on 10:00 Swim-kick-pull-swim				
1,500	1x{8 x 25 on :30 Kick no board BSLR				
	{2 x 150 on 2:15 Kick				
	{8 x 25 on :30 Kick no board BSLR				
	{2 x 150 on 2:10 Kick				
	{8 x 25 on :30 Kick no board BSLR				
	{2 x 150 on 2:05 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				
	4:42 PM 3,950 Yards - Stress Value = 50				

Workout #12416 - Monday, 17 December 2012

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Physio Balls/Tm Mtg
600 1 x 600 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
1,200 1x{8 x 25 on :35 Kick no board BSLR
{2 x 150 on 2:45 Kick
{8 x 25 on :35 Kick no board BSLR
{2 x 150 on 2:40 Kick
{8 x 25 on :35 Kick no board BSLR
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
4:42 PM 3,500 Yards - Stress Value = 43

{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
4:42 PM 3,100 Yards - Stress Value = 40

Workout #12421 - Monday, 17 December 2012

HighSchl - Silver

1 minute rest between sets

4:43 PM Start
Yards Set Description
=====
2,000 1x{1 x 200 on 3:10 Freestyle
{2 x 200 on 3:05 Free #2-3 KOW
{3 x 200 on 3:00 Free #3 4 strokes off each w
{4 x 200 on 2:55 Free #4 descend each 50
200 1 x 200 on 3:00 Free-Best Effort
350 7 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice
5:35 PM 2,550 Yards - Stress Value = 38

Workout #12420 - Monday, 17 December 2012

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
Yards Set Description
=====
2,300 1x{1 x 250 on 3:30 Freestyle
{2 x 250 on 3:25 Free #2-3 KOW
{3 x 250 on 3:20 Free #3 4 strokes off each w
{4 x 200 on 2:40 Free #4 descend each 50
200 1 x 200 on 3:00 Free-Best Effort
300 6 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice
5:35 PM 2,800 Yards - Stress Value = 42

Workout #12425 - Monday, 17 December 2012

HighSchl - Silver

1 minute rest between sets

4:43 PM Start
Yards Set Description EGY WORK STK F
=====
1,200 6x{8 x 25 on :35 Fly EN2 S 2
{ BP 1u1d, 1u2d 1u3d,
{ two 1u4d, 1u3d, 1u2d, 1u1d
300 1 on 1:00 Rest M
6 x 50 on 1:00 Stroke Drills REC D CD 2
1 on 10:00 Ice M
5:34 PM 1,500 Yards - Stress Value = 24

Workout #12424 - Monday, 17 December 2012

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
Yards Set Description EGY WORK STK F
=====
1,400 7x{8 x 25 on :30 Fly EN2 S 2
{ BP 1u1d, 1u2d 1u3d,
{ two 1u4d, 1u3d, 1u2d, 1u1d
300 1 on 1:00 Rest M
6 x 50 on 1:00 Stroke Drills REC D CD 2
1 on 10:00 Ice M
5:35 PM 1,700 Yards - Stress Value = 28

Workout #12418 - Monday, 17 December 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Physio Balls/Tm Mtg
500 1 x 500 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
950 1x{8 x 25 on :45 Kick no board BSLR
{2 x 150 on 3:30 Kick
{6 x 25 on :45 Kick no board BSLRBS
{2 x 100 on 2:15 Kick
{4 x 25 on :45 Kick no board BSLR
1,000 1x{2 x 100 on 1:50 Pulls 8 SOLW
{2 x 100 on 1:50 Pulls 7 SOLW
{2 x 100 on 1:50 Pulls 6 SOLW
{2 x 100 on 1:50 Pulls 5 SOLW
{2 x 100 on 1:50 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
4:42 PM 2,800 Yards - Stress Value = 37

Workout #12417 - Monday, 17 December 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Physio Balls/Tm Mtg
550 1 x 550 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
1,000 1x{8 x 25 on :40 Kick no board BSLR
{1 x 150 on 3:10 Freestyle
{8 x 25 on :40 Kick no board BSLR
{1 x 150 on 3:05 Freestyle
{8 x 25 on :40 Kick no board BSLR
{1 x 100 on 2:00 Kick
1,200 1x{2 x 100 on 1:35 Pulls 8 SOLW

Workout #12422 - Monday, 17 December 2012

HighSchl - Bronze

1 minute rest between sets

4:43 PM Start
 Yards Set Description
 =====
 2,000 1x{1 x 200 on 3:40 Freestyle
 {2 x 200 on 3:35 Free #2-3 KOW
 {3 x 200 on 3:30 Free #3 4 strokes off each v
 {4 x 200 on 3:25 Free #4 descend each 50
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,300 Yards - Stress Value = 34

Workout #12426 - Monday, 17 December 2012

HighSchl - Bronze

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1,000 5x{8 x 25 on :45 Fly EN2 S 3
 { BP lupld, lu2d lu3d,
 { two lu4d, lu3d, lu2d, lu1d
 {1 on 1:00 Rest M
 300 6 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 1,300 Yards - Stress Value = 20

Workout #12439 - Tuesday, 18 December 2012

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 500 1 on 30:00 DS/Core/Tm Mtg
 150 1 x 500 on 10:00 Underwater trn drill REC
 1,000 10 x 15 on :45 Shooters SP3
 1x{4 x 25 on :45 Kick no board B EN2
 {2 x 100 on 2:10 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {2 x 100 on 2:05 Kick on back no board EN2
 {4 x 25 on :45 Kick no board B EN2
 {2 x 100 on 2:00 Kick no board BSLR EN2
 {4 x 25 on :45 Kick no board B EN2
 100 1 x 100 on 2:00 Freestyle REC
 100 1 x 100 on 3:00 Kick for time-on back EN2
 200 8 x 25 on :45 Backstroke drill REC
 800 1x{1 x 200 on 6:00 Backstroke SP1
 {2 x 150 on 5:00 Backstroke SP1
 {3 x 100 on 4:00 Backstroke SP1
 200 1 x 200 on 4:00 Stroke Drills REC
 7:33 PM 3,050 Yards - Stress Value = 92

Workout #12440 - Tuesday, 18 December 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 950 1x{4 x 25 on :45 Kick no board B EN2
 {2 x 100 on 2:20 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {2 x 100 on 2:15 Kick on back no board EN2
 {4 x 25 on :45 Kick no board B EN2
 {2 x 75 on 1:40 Kick no board BSLR EN2
 {4 x 25 on :45 Kick no board B EN2

100 1 x 100 on 2:00 Freestyle REC
 100 1 x 100 on 3:00 Kick for time-on back EN2
 200 8 x 25 on :45 Backstroke drill REC
 800 1x{1 x 200 on 6:00 Backstroke SP1
 {2 x 150 on 5:00 Backstroke SP1
 {3 x 100 on 4:00 Backstroke SP1
 200 1 x 200 on 4:00 Stroke Drills REC
 7:33 PM 3,000 Yards - Stress Value = 91

Workout #12441 - Tuesday, 18 December 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 450 1 x 450 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 900 1x{4 x 25 on :45 Kick no board B EN2
 {2 x 100 on 2:35 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {2 x 100 on 2:30 Kick on back no board EN2
 {4 x 25 on :45 Kick no board B EN2
 {1 x 100 on 2:25 Kick on back no board EN2
 {4 x 25 on :45 Kick no board B EN2
 100 1 x 100 on 2:00 Freestyle REC
 100 1 x 100 on 3:00 Kick for time-on back EN2
 200 8 x 25 on :45 Backstroke drill REC
 800 1x{1 x 200 on 6:00 Backstroke SP1
 {2 x 150 on 5:00 Backstroke SP1
 {3 x 100 on 4:00 Backstroke SP1
 200 1 x 200 on 4:00 Stroke Drills REC
 7:33 PM 2,900 Yards - Stress Value = 90

Workout #12442 - Tuesday, 18 December 2012

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 800 1x{4 x 25 on :45 Kick no board B EN2
 {2 x 100 on 3:00 Kick no board on back EN2
 {4 x 25 on :45 Kick no board B EN2
 {1 x 100 on 2:55 Kick on back no board EN2
 {4 x 25 on :45 Kick no board B EN2
 {1 x 100 on 2:50 Kick on back no board EN2
 {4 x 25 on :45 Kick no board B EN2
 100 1 x 100 on 2:00 Freestyle REC
 100 1 x 100 on 3:00 Kick for time-on back EN2
 200 8 x 25 on :45 Backstroke drill REC
 800 1x{1 x 200 on 6:00 Backstroke SP1
 {2 x 150 on 5:00 Backstroke SP1
 {3 x 100 on 4:00 Backstroke SP1
 200 1 x 200 on 4:00 Stroke Drills REC
 7:32 PM 2,750 Yards - Stress Value = 88

Workout #12431 - Tuesday, 18 December 2012

HighSchl - Back

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,600 4 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
 1,800 1x{ 100's 3-4-5 KOW
 {3 x 100 on 1:25 Backstroke
 {3 x 50 on :45 Back-Great Effort
 {3 x 100 on 1:25 Backstroke
 {3 x 50 on :50 Back-Great Effort
 {3 x 100 on 1:25 Freestyle
 {3 x 50 on :55 Back-Great Effort
 {3 x 100 on 1:25 Backstroke
 {3 x 50 on 1:00 Back-Great Effort
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 4,300 Yards - Stress Value = 92

Workout #12427 - Tuesday, 18 December 2012

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,600 4 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
 2,000 1x{1 x 350 on 4:10 Freestyle
 {3 x 50 on :40 Free-Great Effort
 {1 x 350 on 4:05 Freestyle
 {3 x 50 on :45 Free-Great Effort
 {1 x 350 on 4:00 Freestyle
 {3 x 50 on :50 Free-Great Effort
 {1 x 350 on 3:55 Freestyle
 {3 x 50 on :55 Free-Great Effort
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 4,550 Yards - Stress Value = 96

Workout #12428 - Tuesday, 18 December 2012

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,400 4 x 350 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
 1,800 1x{1 x 350 on 4:55 Freestyle
 {3 x 50 on :45 Free-Great Effort
 {1 x 350 on 4:50 Freestyle
 {3 x 50 on :50 Free-Great Effort
 {1 x 350 on 4:45 Freestyle
 {3 x 50 on :55 Free-Great Effort

{1 x 150 on 2:00 Freestyle
 {3 x 50 on 1:00 Free-Great Effort
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 4,100 Yards - Stress Value = 88

Workout #12432 - Tuesday, 18 December 2012

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,400 4 x 350 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
 1,700 1x{ 100's 3-4-5 KOW
 {3 x 100 on 1:35 Backstroke
 {3 x 50 on :45 Back-Great Effort
 {3 x 100 on 1:35 Backstroke
 {3 x 50 on :50 Back-Great Effort
 {3 x 100 on 1:35 Freestyle
 {3 x 50 on :55 Back-Great Effort
 {3 x 100 on 1:35 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 4,000 Yards - Stress Value = 82

Workout #12429 - Tuesday, 18 December 2012

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,300 4 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
 1,650 1x{1 x 350 on 5:35 Freestyle
 {3 x 50 on :50 Free-Great Effort
 {1 x 350 on 5:30 Freestyle
 {3 x 50 on :55 Free-Great Effort
 {1 x 350 on 5:25 Freestyle
 {3 x 50 on 1:00 Free-Great Effort
 {1 x 150 on 2:10 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 3,800 Yards - Stress Value = 77

Workout #12433 - Tuesday, 18 December 2012

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	Yards
=====	=====	=====
	1 on 10:00 Dynamic Stretch	
350	1 x 350 on 7:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
	Your primary stroke or free	500
1,300	4 x 325 on 5:00 Pulls	150
100	2x{1 x 25 on :50 Sculling drills	1,000
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,550	1x{ 100's 3-4-5 KOW	
	{3 x 100 on 1:45 Backstroke	
	{3 x 50 on :50 Back-Great Effort	
	{3 x 100 on 1:45 Backstroke	
	{3 x 50 on :55 Back-Great Effort	
	{3 x 100 on 1:45 Freestyle	
	{3 x 50 on 1:00 Back-Great Effort	100
	{2 x 100 on 1:45 Backstroke	2,000
250	1 x 250 on 4:00 Stroke Drills	
	1 on 10:00 Ice	
	7:05 AM 3,700 Yards - Stress Value = 75	

7:05 AM 3,200 Yards - Stress Value = 63

Workout #12455 - Wednesday, 19 December 2012

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Fly Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick on back	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick breast	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick free	EN2	
	4 x 25 on 1:00 Drill IM order	REC	
	5 x 400 on 6:00 Individual Medley	EN2	
	1 on 10:00 Techniques-Starts		
	7:30 PM 3,750 Yards - Stress Value = 66		

Workout #12430 - Tuesday, 18 December 2012

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	Yards
=====	=====	=====
	1 on 10:00 Dynamic Stretch	
350	1 x 350 on 7:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
	Your primary stroke or free	500
1,100	4 x 275 on 5:00 Pulls	150
100	2x{1 x 25 on :50 Sculling drills	950
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500	1x{1 x 350 on 6:20 Freestyle	
	{3 x 50 on 1:00 Free-Great Effort	
	{1 x 350 on 6:15 Freestyle	
	{3 x 50 on 1:00 Free-Great Effort	100
	{1 x 350 on 6:10 Freestyle	1,750
	{3 x 50 on 1:00 Free-Great Effort	
200	4 x 50 on 1:00 Stroke Drills	
	1 on 10:00 Ice	
	7:05 AM 3,400 Yards - Stress Value = 70	

Workout #12456 - Wednesday, 19 December 2012

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:15 Fly Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:15 Kick on back	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:15 Kick breast	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick free	EN2	
	4 x 25 on 1:00 Drill IM order	REC	
	5 x 350 on 6:00 Individual Medley	EN2	
	75 fly 100 back 100 breast 75 free		
	1 on 10:00 Techniques-Starts		
	7:30 PM 3,450 Yards - Stress Value = 60		

Workout #12434 - Tuesday, 18 December 2012

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	Yards
=====	=====	=====
	1 on 10:00 Dynamic Stretch	
350	1 x 350 on 7:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
	Your primary stroke or free	500
1,100	4 x 275 on 5:00 Pulls	150
100	2x{1 x 25 on :50 Sculling drills	850
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,250	1x{ 100's 3-4-5 KOW	
	{3 x 100 on 2:10 Backstroke	
	{2 x 50 on 1:10 Back-Great Effort	
	{3 x 100 on 2:05 Backstroke	
	{2 x 50 on 1:15 Back-Great Effort	100
	{3 x 100 on 2:00 Freestyle	1,500
	{3 x 50 on 1:20 Back-Great Effort	
250	1 x 250 on 4:00 Stroke Drills	
	1 on 10:00 Ice	

Workout #12457 - Wednesday, 19 December 2012

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:30 Fly Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:30 Kick on back	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:30 Kick breast	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:50 Kick free	EN2	
	4 x 25 on 1:00 Drill IM order	REC	
	5 x 300 on 6:00 Individual Medley	EN2	
	75 fly 75 back 75 breast 75 free		
	1 on 10:00 Techniques-Starts		
	7:30 PM 3,050 Yards - Stress Value = 53		

Workout #12458 - Wednesday, 19 December 2012

Group 2 - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for Group 2 - Bronze, ending with 7:30 PM 2,600 Yards - Stress Value = 45.

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for Group 2 - Bronze, ending with 4:40 PM 4,450 Yards - Stress Value = 94.

Workout #12444 - Wednesday, 19 December 2012

HighSchl - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for HighSchl - Gold, ending with 4:42 PM 3,850 Yards - Stress Value = 80.

Workout #12447 - Wednesday, 19 December 2012

HighSchl - Distance

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for HighSchl - Distance, ending with 5:33 PM 1,950 Yards - Stress Value = 72.

Workout #12448 - Wednesday, 19 December 2012

HighSchl - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for HighSchl - Gold, ending with 5:35 PM 1,950 Yards - Stress Value = 72.

Workout #12451 - Wednesday, 19 December 2012

HighSchl - IM'ers

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for HighSchl - IM'ers, ending with 5:35 PM 2,350 Yards - Stress Value = 96.

Workout #12452 - Wednesday, 19 December 2012

HighSchl - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for HighSchl - Gold, ending with 5:35 PM 2,150 Yards - Stress Value = 92.

Workout #12443 - Wednesday, 19 December 2012

HighSchl - Platinum

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for HighSchl - Platinum, ending with 1 x 250 on 3:45 Kick.

Workout #12445 - Wednesday, 19 December 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Tm Mtg
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,350 1x{4 x 25 on :40 Kick no board BSLR 16KOW
 {1 x 250 on 5:15 Kick
 {4 x 25 on :40 Kick no board BSLR 14KOW
 {1 x 200 on 4:05 Kick
 {4 x 25 on :40 Kick no board BSLR 12KOW
 {3 x 150 on 3:00 Kick
 {4 x 25 on :40 Kick no board BSLR 10KOW
 {1 x 50 on :55 Kick
 1,200 6x{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
 4:41 PM 3,450 Yards - Stress Value = 71

Workout #12449 - Wednesday, 19 December 2012

HighSchl - Silver

1 minute rest between sets

4:44 PM Start
 Yards Set Description EC
 =====
 1,800 1x{8 x 50 on 1:10 Free hold season best time EN
 {1 x 200 on 4:30 Freestyle DPS RE
 {8 x 50 on 1:10 Free hold best time RE
 {1 x 200 on 4:30 Freestyle DPS EN
 {8 x 50 on 1:10 Free hold goal time EN
 {1 x 200 on 4:30 Freestyle DPS RE
 1 on 10:00 Ice
 5:35 PM 1,800 Yards - Stress Value = 72

Workout #12453 - Wednesday, 19 December 2012

HighSchl - Silver

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY v
 =====
 1,750 1x{3 x 50 on 1:10 Fly hold season best EN3
 {3 x 100 on 1:50 50 back 50 breast EN2
 {6 x 25 on :30 Free-6bk great finishes SP2
 {3 x 50 on :55 Fly EN2
 {3 x 50 on 1:10 Back hold season best EN3
 {3 x 50 on 1:00 Breast EN2
 {6 x 25 on :30 Free 6bk great finishes SP2
 {3 x 100 on 1:50 50 fly 50 back EN2
 {3 x 50 on 1:10 Breast hold season best EN3
 {4 x 25 on :30 Free 6bk great finishes SP2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,000 Yards - Stress Value = 85

Workout #12446 - Wednesday, 19 December 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Tm Mtg
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board BSLR 16KOW
 {1 x 250 on 6:00 Kick

{4 x 25 on :45 Kick no board BSLR 14KOW
 {1 x 200 on 4:40 Kick
 {4 x 25 on :45 Kick no board BSLR 12KOW
 {1 x 150 on 3:25 Kick
 {4 x 25 on :45 Kick no board BSLR 10KOW
 {2 x 75 on 1:40 Kick
 1,200 6x{1 x 150 on 2:50 Pull w/paddles hold 2:35
 {1 x 50 on 1:15 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
 4:43 PM 3,250 Yards - Stress Value = 67

Workout #12450 - Wednesday, 19 December 2012

HighSchl - Bronze

1 minute rest between sets

4:44 PM Start
 Yards Set Description EC
 =====
 1,800 1x{8 x 50 on 1:10 Free hold season best time EN
 {1 x 200 on 4:30 Freestyle DPS RE
 {8 x 50 on 1:10 Free hold best time EN
 {1 x 200 on 4:30 Freestyle DPS RE
 {8 x 50 on 1:10 Free hold goal time EN
 {1 x 200 on 4:30 Freestyle DPS RE
 1 on 10:00 Ice
 5:35 PM 1,800 Yards - Stress Value = 72

Workout #12454 - Wednesday, 19 December 2012

HighSchl - Bronze

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY v
 =====
 1,600 1x{3 x 50 on 1:15 Fly hold season best EN3
 {3 x 100 on 2:00 50 back 50 breast EN2
 {4 x 25 on :40 Free-6bk great finishes SP2
 {3 x 50 on 1:00 Fly EN2
 {3 x 50 on 1:15 Back hold season best EN3
 {3 x 50 on 1:05 Breast EN2
 {4 x 25 on :40 Free 6bk great finishes SP2
 {3 x 100 on 2:00 50 fly 50 back EN2
 {3 x 50 on 1:15 Breast hold season best EN3
 {2 x 25 on :40 Free 6bk great finishes SP2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 1,850 Yards - Stress Value = 70

Workout #12467 - Thursday, 20 December 2012

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description EC
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill RE
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SF
 150 6 x 25 on :45 Perfect Freestyle EN
 750 1x{1 x 250 on 12:00 Stroke Drills RE
 {1 x 250 on 12:00 Stroke Drills RE
 {1 x 250 on 12:00 Stroke Drills RE
 200 8 x 25 on 1:00 Perfect Freestyle EN
 Straight arm free on the finishes
 400 4 x 100 on 2:00 Free-descend to ludicrous EN
 1 on 10:00 Techniques-1 leg starts
 7:30 PM 2,150 Yards - Stress Value = 18

Workout #12463 - Thursday, 20 December 2012
HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{2 x 200 on 3:00 Breaststroke	EN2	
	{2 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	2,750 Yards - Stress Value = 46		

1 on 10:00 Ice
 7:05 AM 2,500 Yards - Stress Value = 41

Workout #12461 - Thursday, 20 December 2012
HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	4 x 500 on 7:30 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
7:06 AM	2,750 Yards - Stress Value = 46		

Workout #12459 - Thursday, 20 December 2012
HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,400	4 x 600 on 7:30 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
7:06 AM	3,150 Yards - Stress Value = 54		

Workout #12465 - Thursday, 20 December 2012
HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,500	1x{2 x 150 on 3:00 Breaststroke	EN2	
	{2 x 150 on 2:55 Breaststroke	EN2	
	{2 x 150 on 2:50 Breaststroke	EN2	
	{2 x 150 on 2:45 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	2,250 Yards - Stress Value = 36		

Workout #12460 - Thursday, 20 December 2012
HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,200	4 x 550 on 7:30 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
7:06 AM	2,950 Yards - Stress Value = 50		

Workout #12462 - Thursday, 20 December 2012
HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	4 x 450 on 7:30 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
7:06 AM	2,550 Yards - Stress Value = 42		

Workout #12464 - Thursday, 20 December 2012
HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,750	1x{2 x 175 on 3:00 Breaststroke	EN2	
	{2 x 175 on 2:55 Breaststroke	EN2	
	{2 x 175 on 2:50 Breaststroke	EN2	
	{2 x 175 on 2:45 Breaststroke	EN2	
	{2 x 175 on 2:40 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

Workout #12466 - Thursday, 20 December 2012

HighSchl - Bronze

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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,250	1x{2 x 125 on 3:00 Breaststroke	EN2	
	{2 x 125 on 2:55 Breaststroke	EN2	
	{2 x 125 on 2:50 Breaststroke	EN2	
	{2 x 125 on 2:45 Breaststroke	EN2	
	{2 x 125 on 2:40 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,000 Yards - Stress Value = 31		

150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
800	1x{2 x 100 on 2:00 Kick	EN2
	{2 x 100 on 1:55 Kick	EN2
	{2 x 100 on 1:50 Kick	EN2
	{2 x 100 on 1:45 Kick	EN2
500	1x{2 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1
	{2 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1
	{2 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1
	{2 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1
	{2 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1
1,500	5x{1 x 150 on 2:15 Free-DPS	EN1
	{1 x 100 on 1:30 Individual Medley	EN1
	{1 x 50 on :45 Free-build to great finish	EN1
75	3 x 25 on 1:30 OTB-Walkbacks	SP3
250	1 x 250 on 4:00 Stroke Drills	REC
	I will be in the locker room by 9:50	
	9:45 AM 3,875 Yards - Stress Value = 45	

Workout #12471 - Monday, 24 December 2012

HighSchl - Swim Like A Champion Day

1 minute rest between sets

5:00 PM Start

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland		D
300	1 x 300 on 5:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,250	1x{2 x 100 on 1:45 Breaststroke	EN2	S
	{6 x 25 on 1:00 From dive/6 pushups	EN2	S
	{2 x 100 on 1:40 Breaststroke	EN2	S
	{6 x 25 on 1:00 From dive/6 pushups	EN2	S
	{2 x 100 on 1:35 Breaststroke	EN2	S
	{6 x 25 on 1:00 From dive/6 pushups	EN2	S
	{2 x 100 on 1:30 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 1,900 Yards - Stress Value = 31		

7:00 AM Start

Yards	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
10,000	100 x 100 on 1:20 Freestyle	EN2	S	FR	1:20
	1 on 10:00 Ice			M	
	9:23 AM 10,000 Yards - Stress Value = 200				

Workout #12484 - Wednesday, 26 December 2012

Group 2 - Back

1 minute rest between sets

9:00 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{6 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:15 Kick alt 50ls/50rs	EN2	
	{6 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:10 Kick alt 50ls/50rs	EN2	
	{6 x 25 on :45 Kick no board B	EN2	
	{2 x 100 on 2:05 Kick alt 50ls/50rs	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
	alt 50ls/50rs		
150	6 x 25 on :45 Stroke Drills	REC	
1,800	1x{3 x 150 on 2:15 Backstroke	EN2	
	{3 x 150 on 2:10 Backstroke	EN2	
	{3 x 150 on 2:05 Backstroke	EN2	
	{3 x 150 on 2:00 Backstroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	11:00 AM 4,000 Yards - Stress Value = 69		

Workout #12468 - Friday, 21 December 2012

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Ted's Abs		
800	1 x 800 on 12:00 Too complicated to type out		
150	10 x 15 on :45 Shooters		
	1 on 15:00 Techniques-1 leg starts		
1,250	1 x 1250 on 25:00 Whistle kick set		
	This set is done with fins		
	Intervals start at :15 and move up :05		
	Last interval is 2;00		
300	6x{1 x 25 on :50 Sculling drills		
	{ SD on back hands should be above head		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
400	4 x 100 on 1:30 Free Descend to Ludicrous		
250	1 x 250 on 5:00 Stroke Drills		
	1 on 10:00 Ice		
	5:05 PM 3,150 Yards - Stress Value = 43		

Workout #12470 - Saturday, 22 December 2012

HighSchl - Race day warmup

1 minute rest between sets

7:45 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 DS/Weights		
600	1 x 600 on 10:00 Reverse IM drill	REC	

Workout #12485 - Wednesday, 26 December 2012

Group 2 - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 9:00 AM and total yards 3,650.

Workout #12486 - Wednesday, 26 December 2012

Group 2 - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 9:00 AM and total yards 3,250.

Workout #12487 - Wednesday, 26 December 2012

Group 2 - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 9:00 AM and total yards 900.

Summary table for Workout #12485 with columns: Yards, Set Description, EGY, WOF. Total yards 2,750.

Workout #12480 - Wednesday, 26 December 2012

HighSchl - Back

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes start time 8:37 AM and total yards 3,100.

Workout #12476 - Wednesday, 26 December 2012

HighSchl - Distance

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes start time 8:37 AM and total yards 3,900.

Workout #12488 - Wednesday, 26 December 2012

HighSchl - Distance

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes start time 3:00 PM and total yards 4,750.

Workout #12492 - Wednesday, 26 December 2012

HighSchl - IM'ers

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
 150 10 x 15 on :45 Shooters
 Your primary or free
 1,400 1x{1 x 150 on 2:00 Pulls BTS
 {2 x 125 on 1:40 Pulls BTB
 {3 x 100 on 1:20 Pulls BTS
 {4 x 75 on 1:00 Pulls BTB
 {5 x 50 on :40 Pulls BTS
 {6 x 25 on :20 Pulls 2 breaths each
 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
 1,800 1x{1 x 200 on 2:50 Individual Medley
 {4 x 50 on :50 IM Order-80-90%
 {1 x 200 on 2:45 Individual Medley
 {4 x 50 on :50 IM order 80-90%
 {1 x 200 on 2:40 Individual Medley
 {4 x 50 on :50 IM order 80-90%
 {1 x 200 on 2:35 Individual Medley
 {4 x 50 on :50 IM order 80-90%
 {1 x 200 on 2:30 Individual Medley
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 4,550 Yards - Stress Value = 89

Workout #12472 - Wednesday, 26 December 2012

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 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:30 Kick
 {6 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick
 {8 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:30 Kick
 {10 x 25 on :30 Kick no board BSLR
 {4 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
 8:36 AM 2,650 Yards - Stress Value = 42

Workout #12473 - Wednesday, 26 December 2012

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 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {6 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:45 Kick
 {8 x 25 on :35 Kick no board BSLR
 {3 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board BSLR
 {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
 8:36 AM 2,400 Yards - Stress Value = 37

Workout #12477 - Wednesday, 26 December 2012

HighSchl - Gold

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WORK S
 =====
 3,100 1x{4 x 400 on 5:35 Freestyle #3 100% EN2 S
 {3 x 300 on 4:05 Freestyle #2 100% EN2 S
 {3 x 200 on 2:40 Freestyle #2 100% EN2 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:35 AM 3,350 Yards - Stress Value = 62

Workout #12481 - Wednesday, 26 December 2012

HighSchl - Gold

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WORK S
 =====
 2,500 1x{1 x 400 on 6:30 Backstroke EN2 S
 {3 x 100 on 1:40 Backstroke EN2 S
 {2 x 300 on 4:50 Backstroke EN2 S
 {3 x 100 on 1:40 Back-hold under 135 EN2 S
 {3 x 200 on 3:10 Backstroke EN2 S
 {3 x 100 on 1:40 Back hold under 130 EN2 S
 300 1 x 300 on 5:00 Stroke Drills REC I
 1 on 10:00 Ice M
 9:34 AM 2,800 Yards - Stress Value = 50

Workout #12489 - Wednesday, 26 December 2012

HighSchl - 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
 150 10 x 15 on :45 Shooters
 Your primary or free
 1,250 1x{1 x 150 on 2:15 Pulls BTS
 {2 x 125 on 1:50 Pulls BTB
 {3 x 100 on 1:30 Pulls BTS
 {4 x 75 on 1:05 Pulls BTB
 {5 x 50 on :45 Pulls BTS
 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
 1,800 1x{1 x 200 on 2:50 Freestyle
 {4 x 50 on :50 Free-80-90%
 {1 x 200 on 2:45 Freestyle
 {4 x 50 on :50 Free 80-90%
 {1 x 200 on 2:40 Freestyle
 {4 x 50 on :50 Free 80-90%
 {1 x 200 on 2:35 Freestyle
 {4 x 50 on :50 Free 80-90%
 {1 x 200 on 2:30 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 4,400 Yards - Stress Value = 86

Workout #12493 - Wednesday, 26 December 2012

HighSchl - 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
 150 10 x 15 on :45 Shooters
 Your primary or free
 1,250 1x{1 x 150 on 2:15 Pulls BTS
 {2 x 125 on 1:50 Pulls BTB
 {3 x 100 on 1:30 Pulls BTS
 {4 x 75 on 1:05 Pulls BTB
 {5 x 50 on :45 Pulls BTS
 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
 1,600 1x{1 x 200 on 3:10 Individual Medley
 {4 x 50 on :55 IM order-80-90%
 {1 x 200 on 3:05 Individual Medley
 {4 x 50 on :55 IM order 80-90%
 {1 x 200 on 3:00 Individual Medley
 {4 x 50 on :55 IM order 80-90%
 {1 x 200 on 2:55 Individual Medley
 {4 x 50 on :55 IM order 80-90%
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 4,200 Yards - Stress Value = 82

Workout #12474 - Wednesday, 26 December 2012

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 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:05 Kick
 {6 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:36 AM 2,150 Yards - Stress Value = 33

Workout #12478 - Wednesday, 26 December 2012

HighSchl - Silver

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WORK S
 =====
 2,700 1x{3 x 400 on 6:10 Freestyle #2 100% EN2 S
 {3 x 300 on 4:35 Freestyle #2 100% EN2 S
 {3 x 200 on 3:00 Freestyle #2 100% EN2 S
 300 1 x 300 on 5:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:35 AM 3,000 Yards - Stress Value = 54

Workout #12482 - Wednesday, 26 December 2012

HighSchl - Silver

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WORK

===== =====
 2,400 1x{1 x 400 on 7:00 Backstroke EN2 S
 {3 x 100 on 1:50 Backstroke EN2 S
 {2 x 300 on 5:10 Backstroke EN2 S
 {3 x 100 on 1:50 Back-hold under 145 EN2 S
 {3 x 200 on 3:20 Backstroke EN2 S
 {2 x 100 on 1:40 Back hold under 140 EN2 S
 300 1 x 300 on 5:00 Stroke Drills REC I
 1 on 10:00 Ice M
 9:35 AM 2,700 Yards - Stress Value = 48

Workout #12490 - Wednesday, 26 December 2012

HighSchl - 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
 150 10 x 15 on :45 Shooters
 Your primary or free
 1,100 1x{1 x 150 on 2:35 Pulls BTS
 {2 x 125 on 2:10 Pulls BTB
 {3 x 100 on 1:45 Pulls BTS
 {4 x 75 on 1:15 Pulls BTB
 {2 x 50 on :50 Pulls BTS
 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
 1,600 1x{1 x 200 on 3:10 Freestyle
 {4 x 50 on :55 Free-80-90%
 {1 x 200 on 3:05 Freestyle
 {4 x 50 on :55 Free 80-90%
 {1 x 200 on 3:00 Freestyle
 {4 x 50 on :55 Free 80-90%
 {1 x 200 on 2:55 Freestyle
 {4 x 50 on :55 Free 80-90%
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 4,000 Yards - Stress Value = 81

Workout #12494 - Wednesday, 26 December 2012

HighSchl - 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
 150 10 x 15 on :45 Shooters
 Your primary or free
 1,100 1x{1 x 150 on 2:35 Pulls BTS
 {2 x 125 on 2:10 Pulls BTB
 {3 x 100 on 1:45 Pulls BTS
 {4 x 75 on 1:15 Pulls BTB
 {2 x 50 on :50 Pulls BTS
 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
 1,450 1x{1 x 200 on 3:35 Individual Medley
 {4 x 50 on 1:00 IM order-80-90%
 {1 x 200 on 3:30 Individual Medley
 {4 x 50 on 1:00 IM order 80-90%
 {1 x 200 on 3:25 Individual Medley
 {4 x 50 on 1:00 IM order 80-90%
 {1 x 200 on 3:20 Individual Medley
 {1 x 50 on 1:00 #1 80-90%
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 3,850 Yards - Stress Value = 72

Workout #12475 - Wednesday, 26 December 2012

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 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
 {1 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 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
 8:36 AM 1,950 Yards - Stress Value = 30

Workout #12479 - Wednesday, 26 December 2012

HighSchl - Bronze

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WORK S
 =====
 2,250 1x{3 x 400 on 7:15 Freestyle #2 100% EN2 S
 {3 x 200 on 3:35 Freestyle #2 100% EN2 S
 {3 x 150 on 2:40 Freestyle #2 100% EN2 S
 300 1 x 300 on 5:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:34 AM 2,550 Yards - Stress Value = 45

Workout #12483 - Wednesday, 26 December 2012

HighSchl - Bronze

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WORK S
 =====
 2,000 1x{1 x 400 on 8:00 Backstroke EN2 S
 {3 x 100 on 2:00 Backstroke EN2 S
 {1 x 300 on 5:55 Backstroke EN2 S
 {3 x 100 on 2:00 Back-hold under 155 EN2 S
 {2 x 200 on 4:00 Backstroke EN2 S
 {3 x 100 on 2:00 Back hold under 150 EN2 S
 300 1 x 300 on 5:00 Stroke Drills REC I
 1 on 10:00 Ice M
 9:33 AM 2,300 Yards - Stress Value = 40

Workout #12491 - Wednesday, 26 December 2012

HighSchl - Bronze

1 minute rest between sets

3:00 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 Shooters
 Your primary or free
 900 1x{1 x 150 on 3:05 Pulls BTS
 {2 x 125 on 2:35 Pulls BTB
 {3 x 100 on 2:05 Pulls BTS
 {4 x 50 on 1:05 Pulls BTB
 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
 1,300 1x{1 x 200 on 4:00 Freestyle
 {3 x 50 on 1:05 Free-80-90%

{1 x 200 on 3:55 Freestyle
 {3 x 50 on 1:05 Free 80-90%
 {1 x 200 on 3:50 Freestyle
 {3 x 50 on 1:05 Free 80-90%
 {1 x 200 on 3:45 Freestyle
 {1 x 50 on 1:05 Free 80-90%
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 3,450 Yards - Stress Value = 61

Workout #12495 - Wednesday, 26 December 2012

HighSchl - Bronze

1 minute rest between sets

3:00 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 Shooters
 Your primary or free
 900 1x{1 x 150 on 3:05 Pulls BTS
 {2 x 125 on 2:35 Pulls BTB
 {3 x 100 on 2:05 Pulls BTS
 {4 x 50 on 1:05 Pulls BTB
 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
 1,200 1x{1 x 200 on 4:20 Individual Medley
 {4 x 50 on 1:10 IM order 80-90%
 {1 x 200 on 4:15 Individual Medley
 {4 x 50 on 1:10 IM order 80-90%
 {1 x 200 on 4:10 Individual Medley
 {4 x 50 on 1:10 IM order 80-90%
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 3,350 Yards - Stress Value = 63

Workout #12504 - Thursday, 27 December 2012

Group 2 - Breast

1 minute rest between sets

9:00 AM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 900 1x{1 x 150 on 2:45 Kick EN2
 {3 x 50 on 1:00 Kick-descend EN2
 {1 x 150 on 2:40 Kick EN2
 {3 x 50 on 1:00 Kick-descend EN2
 {1 x 150 on 2:35 Kick EN2
 {3 x 50 on 1:00 Kick-descend EN2
 300 12 x 25 on 1:00 Breast Pulls EN1
 150 6 x 25 on :45 Stroke Drills REC
 1,400 1x{4 x 50 on :50 25 breast 25 free EN1
 {4 x 75 on 1:15 50 breast 25 free EN2
 {4 x 100 on 1:35 75 breast 25 free EN1
 {4 x 125 on 1:50 100 breast 25 free EN1
 1 on 11:00 Starts
 11:00 AM 3,400 Yards - Stress Value = 44

Workout #12505 - Thursday, 27 December 2012

Group 2 - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for Group 2 - Gold starting at 9:00 AM.

1 on 11:00 Starts
11:00 AM 2,525 Yards - Stress Value = 31

Workout #12500 - Thursday, 27 December 2012

HighSchl - Breast

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for HighSchl - Breast starting at 7:00 AM.

Workout #12506 - Thursday, 27 December 2012

Group 2 - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for Group 2 - Silver starting at 9:00 AM.

Workout #12496 - Thursday, 27 December 2012

HighSchl - Distance

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for HighSchl - Distance starting at 7:00 AM.

Workout #12507 - Thursday, 27 December 2012

Group 2 - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes workout details for Group 2 - Bronze starting at 9:00 AM.

Workout #12512 - Thursday, 27 December 2012

HighSchl - Distance

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK. Includes workout details for HighSchl - Distance starting at 4:23 PM.

Workout #12516 - Thursday, 27 December 2012

HighSchl - Fly

1 minute rest between sets

4:23 PM Start

Yards	Set Description	EGY	WORK	ST
1,650	1x{3 x 150 on 2:15 Fly w/fins 4 x 25 on :30 Fly w/tennis balls 1 on 1:00 Put fins back on 3 x 150 on 2:10 Fly w/fins 4 x 25 on :30 Fly w/tennis balls 1 on 1:00 Put fins back on 3 x 150 on 2:05 Fly w/fins 4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	C
5:05 PM 1,850 Yards - Stress Value = 33				

Yards	Set Description
600	1 on 40:00 DS and Weights 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters Your primary stroke or free
3,000	6x{5 x 100 on 1:30 Freestyle 4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550	1x{2 x 225 on 4:10 Brst L.50 fr kck Lw2xPo 2 x 200 on 3:40 Brst L.50 fr kck Lw2xPo 2 x 175 on 3:05 Brst L.50 fr kck Lw2xPo 2 x 150 on 2:35 Brst L.50 fr kck Lw2xPo 1 x 50 on :50 Brst L.50 fr kck Lw2xPo
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
9:35 AM 5,700 Yards - Stress Value = 99	

Workout #12508 - Thursday, 27 December 2012

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
150	10 x 15 on :45 Shooters Your primary stroke or free
2,000	1x{1 x 100 on 1:05 Pulls BWSPF 2 x 100 on 1:10 Pulls BWHPF 3 x 100 on 1:15 Pulls BWKPF 4 x 100 on 1:20 Pulls BWFPF 1 x 100 on 1:05 Pulls BWSPF 2 x 100 on 1:10 Pulls BWHPF 3 x 100 on 1:15 Pulls BWKPF 4 x 100 on 1:20 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:22 PM 2,950 Yards - Stress Value = 48	

Workout #12509 - Thursday, 27 December 2012

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
150	10 x 15 on :45 Shooters Your primary stroke or free
1,750	1x{1 x 100 on 1:15 Pulls BWSPF 2 x 100 on 1:20 Pulls BWHPF 3 x 100 on 1:25 Pulls BWKPF 4 x 100 on 1:30 Pulls BWFPF 1 x 100 on 1:15 Pulls BWSPF 2 x 100 on 1:20 Pulls BWHPF 3 x 100 on 1:25 Pulls BWKPF 3 x 50 on :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
4:22 PM 2,700 Yards - Stress Value = 43	

Workout #12497 - Thursday, 27 December 2012

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS and Weights 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters Your primary stroke or free
3,000	6x{5 x 100 on 1:30 Freestyle 4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{2 x 250 on 3:35 Free 3 KOW/LW 10 2 x 225 on 3:10 Free 3KOW/LW11 2 x 200 on 2:45 Free 3KOW/LW12 2 x 175 on 2:20 Free 3KOW/LW13 2 x 125 on 1:40 Free 3 KOWLW14 L.25 of each SFBO, 6BK, & breathe on 3
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
9:35 AM 6,150 Yards - Stress Value = 102	

Workout #12513 - Thursday, 27 December 2012

HighSchl - Gold

1 minute rest between sets

4:23 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{1 x 400 on 5:25 Freestyle 1 x 400 on 5:20 Freestyle 1 x 400 on 5:15 Freestyle 1 x 400 on 5:10 Freestyle 1 x 400 on 5:05 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:05 PM 2,250 Yards - Stress Value = 40				

Workout #12501 - Thursday, 27 December 2012

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Workout #12517 - Thursday, 27 December 2012

HighSchl - Gold

1 minute rest between sets

4:23 PM Start

Yards	Set Description	EGY	WORK	ST
1,500	1x{3 x 150 on 2:30 Fly w/fins	EN2	S	FI
	{4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on		M	
	{3 x 150 on 2:25 Fly w/fins	EN2	S	FI
	{4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on		M	FI
	{3 x 100 on 1:35 Fly w/fins	EN2	S	FI
	{4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	

5:05 PM 1,700 Yards - Stress Value = 30

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
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,600	1x{1 x 100 on 1:25 Pulls BWSPF
	{2 x 100 on 1:30 Pulls BWHPF
	{3 x 100 on 1:35 Pulls BWKPF
	{4 x 100 on 1:40 Pulls BWFPF
	{1 x 100 on 1:25 Pulls BWSPF
	{2 x 100 on 1:30 Pulls BWHPF
	{3 x 100 on 1:35 Pulls BWKPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #12514 - Thursday, 27 December 2012

HighSchl - Silver

1 minute rest between sets

4:23 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{1 x 400 on 6:05 Freestyle	EN2	S	FR
	{1 x 400 on 6:00 Freestyle	EN2	S	FR
	{1 x 400 on 5:55 Freestyle	EN2	S	FR
	{1 x 400 on 5:50 Freestyle	EN2	S	FR
	{1 x 200 on 2:55 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:05 PM 2,050 Yards - Stress Value = 36

Workout #12518 - Thursday, 27 December 2012

HighSchl - Silver

1 minute rest between sets

4:23 PM Start

Yards	Set Description	EGY	WORK	ST
1,350	1x{3 x 150 on 2:45 Fly w/fins	EN2	S	FI
	{4 x 25 on :35 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on		M	
	{2 x 150 on 2:40 Fly w/fins	EN2	S	FI
	{4 x 25 on :35 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on		M	FI
	{2 x 150 on 2:35 Fly w/fins	EN2	S	FI
	{4 x 25 on :35 Fly w/tennis balls	EN2	S	FI
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	

5:05 PM 1,550 Yards - Stress Value = 27

Workout #12502 - Thursday, 27 December 2012

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 40:00 DS and Weights
	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
	Your primary stroke or free
2,500	5x{5 x 100 on 1:45 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{2 x 225 on 4:30 Brst L.50 fr kck Lw2xPo
	{2 x 200 on 3:55 Brst L.50 fr kck Lw2xPo
	{2 x 175 on 3:20 Brst L.50 fr kck Lw2xPo
	{2 x 100 on 1:50 Brst L.50 fr kck Lw2xPo
	{2 x 50 on :55 Brst L.50 fr kck Lw2xPo
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 5,100 Yards - Stress Value = 88

Workout #12510 - Thursday, 27 December 2012

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Workout #12499 - Thursday, 27 December 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 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
 Your primary stroke or free
 2,000 5x{4 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
 1,400 1x{2 x 250 on 5:00 Free 3 KOW/LW 10
 {2 x 225 on 4:25 Free 3KOW/LW11
 {2 x 200 on 3:55 Free 3KOW/LW12
 {1 x 50 on :55 Free 3KOW/LW13
 L.25 of each SFBO, 6BK, & breathe on 3
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:31 AM 4,500 Yards - Stress Value = 71

Workout #12503 - Thursday, 27 December 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 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
 Your primary stroke or free
 2,000 5x{4 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
 1,250 1x{2 x 225 on 5:10 Brst L.50 fr kck Lw2xPo
 {2 x 200 on 4:30 Brst L.50 fr kck Lw2xPo
 {2 x 175 on 3:55 Brst L.50 fr kck Lw2xPo
 {1 x 50 on 1:05 Brst L.50 fr kck Lw2xPo
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:31 AM 4,300 Yards - Stress Value = 73

Workout #12511 - Thursday, 27 December 2012

HighSchl - Bronze

1 minute rest between sets

3:00 PM 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
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,300 1x{1 x 100 on 1:45 Pulls BWSPF
 {2 x 100 on 1:50 Pulls BWHPF
 {3 x 100 on 1:55 Pulls BWKPF
 {4 x 100 on 2:00 Pulls BWFPPF
 {1 x 100 on 1:45 Pulls BWSPF
 {2 x 100 on 1:50 Pulls BWHPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:22 PM 2,150 Yards - Stress Value = 34

Workout #12515 - Thursday, 27 December 2012

HighSchl - Bronze

1 minute rest between sets

4:23 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,600 1x{1 x 400 on 6:40 Freestyle EN2 S FR
 {1 x 400 on 6:35 Freestyle EN2 S FR
 {1 x 400 on 6:30 Freestyle EN2 S FR
 {1 x 400 on 6:25 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:05 PM 1,850 Yards - Stress Value = 32

Workout #12519 - Thursday, 27 December 2012

HighSchl - Bronze

1 minute rest between sets

4:23 PM Start
 Yards Set Description EGY WORK ST
 =====
 1,150 1x{3 x 150 on 3:10 Fly w/fins EN2 S FI
 {4 x 25 on :40 Fly w/tennis balls EN2 S FI
 {1 on 1:00 Put fins back on M
 {2 x 150 on 3:05 Fly w/fins EN2 S FI
 {4 x 25 on :40 Fly w/tennis balls EN2 S FI
 {1 on 1:00 Put fins back on M FI
 {1 x 150 on 3:00 Fly w/fins EN2 S FI
 {2 x 25 on :40 Fly w/tennis balls EN2 S FI
 200 1 x 200 on 3:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 5:05 PM 1,350 Yards - Stress Value = 23

Workout #12532 - Friday, 28 December 2012

Group 2 - Fly

1 minute rest between sets

9:00 AM Start
 Yards Set Description EGY WORK S
 =====
 1 on 30:00 DS/Core/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 8 x 100 on 2:00 Kick-odds fast EN2 S F
 150 6 x 25 on :45 Fly Stroke Drills REC D F
 2,400 1x{6 x 25 on :30 Butterfly EN2 S F
 {1 x 200 on 3:00 Individual Medley EN2 S
 {5 x 50 on :55 Butterfly EN2 S F
 {1 x 200 on 3:05 Individual Medley EN2 S
 {4 x 75 on 1:20 Butterfly EN2 S F
 {1 x 200 on 3:10 Individual Medley EN2 S
 {3 x 100 on 1:45 Butterfly EN2 S F
 {1 x 200 on 3:15 Individual Medley EN2 S
 {2 x 125 on 2:10 Butterfly EN2 S F
 {1 x 200 on 3:15 Individual Medley EN2 S
 {1 x 150 on 2:35 Butterfly EN2 S F
 250 1 x 250 on 5:00 Stroke Drills REC D
 11:00 AM 4,250 Yards - Stress Value = 70

Workout #12533 - Friday, 28 December 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
9:00 AM Start				
=====	=====	=====	=====	=====
	1 on 30:00 DS/Core/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	
700	7 x 100 on 2:15 Kick-odds fast	EN2	S F	
150	6 x 25 on :45 Fly Stroke Drills	REC	D F	
2,100	1x{6 x 25 on :40 Butterfly	EN2	S F	
	{1 x 200 on 3:20 Individual Medley	EN2	S	
	{5 x 50 on 1:05 Butterfly	EN2	S F	
	{1 x 200 on 3:25 Individual Medley	EN2	S	
	{4 x 75 on 1:30 Butterfly	EN2	S F	
	{1 x 200 on 3:30 Individual Medley	EN2	S	
	{3 x 100 on 1:55 Butterfly	EN2	S F	
	{1 x 200 on 3:35 Individual Medley	EN2	S	
	{2 x 125 on 2:20 Butterfly	EN2	S F	
	{1 x 50 on :55 Individual Medley	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
11:00 AM 3,850 Yards - Stress Value = 62				

Workout #12534 - Friday, 28 December 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
9:00 AM Start				
=====	=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		L I	
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
600	6 x 100 on 2:35 Kick-odds fast	EN2	S F	
150	6 x 25 on :45 Fly Stroke Drills	REC	D F	
1,850	1x{6 x 25 on :45 Butterfly	EN2	S F	
	{1 x 200 on 3:40 Individual Medley	EN2	S	
	{5 x 50 on 1:15 Butterfly	EN2	S F	
	{1 x 200 on 3:45 Individual Medley	EN2	S	
	{4 x 75 on 1:45 Butterfly	EN2	S F	
	{1 x 200 on 3:50 Individual Medley	EN2	S	
	{3 x 100 on 2:15 Butterfly	EN2	S F	
	{1 x 200 on 3:55 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Butterfly	EN2	S F	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
11:00 AM 3,450 Yards - Stress Value = 55				

Workout #12535 - Friday, 28 December 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
9:00 AM Start				
=====	=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		L I	
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
600	6 x 100 on 2:50 Kick-odds fast	EN2	S F	
150	6 x 25 on :45 Fly Stroke Drills	REC	D F	
1,600	1x{6 x 25 on :45 Butterfly	EN2	S F	
	{1 x 200 on 4:00 Individual Medley	EN2	S	
	{5 x 50 on 1:25 Butterfly	EN2	S F	
	{1 x 200 on 4:05 Individual Medley	EN2	S	
	{4 x 75 on 2:05 Butterfly	EN2	S F	
	{1 x 200 on 4:10 Individual Medley	EN2	S	
	{3 x 100 on 2:45 Butterfly	EN2	S F	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
11:01 AM 3,150 Yards - Stress Value = 50				

Workout #12524 - Friday, 28 December 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
8:42 AM Start				
=====	=====	=====	=====	=====
2,000	1x{1 x 400 on 5:00 Freestyle	EN2	S	FR
	{16 x 25 on :30 Freestyle	EN3	S	FR
	{1 x 300 on 3:45 Freestyle	EN2	S	FR
	{12 x 25 on :30 Freestyle	EN2	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{8 x 25 on :30 Freestyle	EN2	S	FR
	{1 x 100 on 1:15 Freestyle	EN2	S	FR
	{4 x 25 on :30 Freestyle	EN3	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
9:36 AM 2,500 Yards - Stress Value = 60				

Workout #12528 - Friday, 28 December 2012

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
8:42 AM Start				
=====	=====	=====	=====	=====
2,000	1x{1 x 400 on 6:00 Individual Medley	EN2	S	
	{16 x 25 on :30 IM order	EN3	S	
	{1 x 300 on 4:30 Individual Medley	EN2	S	
	{12 x 25 on :30 IM order	EN2	S	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
	{8 x 25 on :30 IM order	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{4 x 25 on :30 IM order	EN3	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M
9:36 AM 2,400 Yards - Stress Value = 60				

Workout #12520 - Friday, 28 December 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
7:00 AM Start				
=====	=====	=====	=====	=====
	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			
	Your primary stroke or free			
1,800	1x{6 x 25 on :30 Kick no board B			
	{2 x 150 on 2:15 Kick			
	{6 x 25 on :30 Kick no board S			
	{2 x 150 on 2:10 Kick			
	{6 x 25 on :30 Kick no board L			
	{2 x 150 on 2:05 Kick			
	{6 x 25 on :30 Kick no board R			
	{2 x 150 on 2:00 Kick			
1,000	1x{4 x 50 on :40 Pulls-nbbf&w			
	{4 x 50 on :40 Pulls-nbbf&w + 1 yd			
	{4 x 50 on :40 Pulls-nbbf&w + 2 yds			
	{4 x 50 on :40 Pulls-nbbf&w + 3 yds			
	{4 x 50 on :40 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			
8:41 AM 3,750 Yards - Stress Value = 54				

Workout #12521 - Friday, 28 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
7:00 AM Start					
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				
Your primary stroke or free					
1,450	1x{6 x 25 on :35 Kick no board B				
	{2 x 150 on 2:40 Kick				
	{6 x 25 on :35 Kick no board S				
	{2 x 150 on 2:35 Kick				
	{6 x 25 on :35 Kick no board L				
	{2 x 150 on 2:30 Kick				
	{4 x 25 on :35 Kick no board R				
900	1x{4 x 50 on :45 Pulls-nbbf&w				
	{4 x 50 on :45 Pulls-nbbf&w + 1 yd				
	{4 x 50 on :45 Pulls-nbbf&w + 2 yds				
	{4 x 50 on :45 Pulls-nbbf&w + 3 yds				
	{2 x 50 on :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				
8:41 AM 3,300 Yards - Stress Value = 46					

Workout #12525 - Friday, 28 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:42 AM Start					
2,000	1x{1 x 400 on 5:40 Freestyle	EN2	S	FR	1
	{16 x 25 on :30 Freestyle	EN3	S	FR	2
	{1 x 300 on 4:15 Freestyle	EN2	S	FR	1
	{12 x 25 on :30 Freestyle	EN2	S	FR	2
	{1 x 200 on 2:50 Freestyle	EN2	S	FR	1
	{8 x 25 on :30 Freestyle	EN2	S	FR	2
	{1 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{4 x 25 on :30 Freestyle	EN3	S	FR	2
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice			M	
9:36 AM 2,400 Yards - Stress Value = 60					

Workout #12529 - Friday, 28 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:42 AM Start					
1,900	1x{1 x 400 on 6:40 Individual Medley	EN2	S		
	{16 x 25 on :30 IM order	EN3	S		
	{1 x 300 on 5:00 Individual Medley	EN2	S		
	{12 x 25 on :30 IM order	EN2	S		
	{1 x 200 on 3:20 Individual Medley	EN2	S		
	{8 x 25 on :30 IM order	EN2	S		
	{1 x 100 on 1:40 Individual Medley	EN2	S		
400	8 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice			M	
9:36 AM 2,300 Yards - Stress Value = 54					

Workout #12522 - Friday, 28 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
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
Your primary stroke or free	
1,250	1x{6 x 25 on :40 Kick no board B
	{2 x 150 on 3:05 Kick
	{6 x 25 on :40 Kick no board S
	{2 x 150 on 3:00 Kick
	{4 x 25 on :40 Kick no board L
	{1 x 150 on 2:55 Kick
	{4 x 25 on :40 Kick no board R
800	1x{4 x 50 on :50 Pulls-nbbf&w
	{3 x 50 on :50 Pulls-nbbf&w + 1 yd
	{3 x 50 on :50 Pulls-nbbf&w + 2 yds
	{3 x 50 on :50 Pulls-nbbf&w + 3 yds
	{3 x 50 on :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
8:41 AM 2,950 Yards - Stress Value = 43	

Workout #12526 - Friday, 28 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:42 AM Start					
1,800	1x{1 x 400 on 6:20 Freestyle	EN2	S	FR	1
	{16 x 25 on :35 Freestyle	EN3	S	FR	2
	{1 x 300 on 4:45 Freestyle	EN2	S	FR	1
	{12 x 25 on :35 Freestyle	EN2	S	FR	2
	{1 x 200 on 3:10 Freestyle	EN2	S	FR	1
	{8 x 25 on :35 Freestyle	EN2	S	FR	2
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice			M	
9:36 AM 2,150 Yards - Stress Value = 52					

Workout #12530 - Friday, 28 December 2012

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:42 AM Start					
1,650	1x{1 x 400 on 7:20 Individual Medley	EN2	S		
	{16 x 25 on :35 IM order	EN3	S		
	{1 x 300 on 5:30 Individual Medley	EN2	S		
	{12 x 25 on :35 IM order	EN2	S		
	{1 x 150 on 2:45 IM w/out the free	EN2	S		
	{4 x 25 on :35 IM order	EN2	S		
400	8 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice			M	
9:36 AM 2,050 Yards - Stress Value = 49					

Workout #12523 - Friday, 28 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
7:00 AM	Start				
500	1 on 30:00 DS/Ted's Abs				
150	1 x 500 on 10:00 Reverse IM drill				
1,100	10 x 15 on :45 Shooters				
	Your primary stroke or free				
1x	4 x 25 on :45 Kick no board B				
	{2 x 100 on 2:30 Kick				
	{4 x 25 on :45 Kick no board S				
	{2 x 100 on 2:25 Kick				
	{4 x 25 on :45 Kick no board L				
	{2 x 100 on 2:20 Kick				
	{4 x 25 on :45 Kick no board R				
	{1 x 100 on 2:15 Kick				
700	1x{2 x 50 on 1:00 Pulls-nbbf&w				
	{3 x 50 on 1:00 Pulls-nbbf&w + 1 yd				
	{3 x 50 on 1:00 Pulls-nbbf&w + 2 yds				
	{3 x 50 on 1:00 Pulls-nbbf&w + 3 yds				
	{3 x 50 on 1:00 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				
	8:41 AM 2,650 Yards - Stress Value = 39				

Workout #12527 - Friday, 28 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:42 AM	Start				
1,750	1x{1 x 400 on 7:00 Freestyle	EN2	S	FR	1
	{16 x 25 on :35 Freestyle	EN3	S	FR	2
	{1 x 300 on 5:15 Freestyle	EN2	S	FR	1
	{12 x 25 on :35 Freestyle	EN2	S	FR	2
	{1 x 200 on 3:30 Freestyle	EN2	S	FR	1
	{6 x 25 on :35 Freestyle	EN2	S	FR	2
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	9:36 AM 2,100 Yards - Stress Value = 51				

Workout #12531 - Friday, 28 December 2012

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:42 AM	Start				
1,350	1x{1 x 300 on 6:00 Individual Medley	EN2	S		
	{16 x 25 on :45 IM order	EN3	S		
	{1 x 200 on 4:00 Individual Medley	EN2	S		
	{8 x 25 on :45 IM order	EN2	S		
	{1 x 150 on 3:00 IM w/out the free	EN2	S		
	{4 x 25 on :45 IM order	EN2	S		
400	8 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		
	9:35 AM 1,750 Yards - Stress Value = 43				

Workout #12540 - Saturday, 29 December 2012

Group 3 - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:53 AM	Start				
2,100	1x{6 x 100 on 1:05 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:05 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		

{4 x 100 on 1:05 Freestyle	EN2	S	FR
{1 on 1:00 Rest		M	
{3 x 100 on 1:05 Freestyle	EN2	S	FR
{1 on 1:00 Rest		M	
{2 x 100 on 1:05 Freestyle	EN2	S	FR
{1 on 1:00 Rest		M	
{1 x 100 on 1:05 Freestyle	EN2	S	FR
1 x 200 on 3:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice		M	
9:35 AM 2,300 Yards - Stress Value = 42			

Workout #12541 - Saturday, 29 December 2012

Group 3 - Lane 2

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:53 AM	Start				
2,000	1x{6 x 100 on 1:15 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:15 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:15 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:15 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	
	1 on 10:00 Ice		M		
	9:36 AM 2,200 Yards - Stress Value = 40				

Workout #12542 - Saturday, 29 December 2012

Group 3 - Lane 3

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:53 AM	Start				
1,800	1x{6 x 100 on 1:20 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:20 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:20 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{2 x 100 on 1:20 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:20 Freestyle	EN2	S	FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	
	1 on 10:00 Ice		M		
	9:35 AM 2,000 Yards - Stress Value = 36				

Workout #12543 - Saturday, 29 December 2012

Group 3 - Lane 4

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:53 AM	Start				
1,700	1x{6 x 100 on 1:25 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:25 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:25 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:25 Freestyle	EN2	S	FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	
	1 on 10:00 Ice		M		
	9:36 AM 1,900 Yards - Stress Value = 34				

Workout #12544 - Saturday, 29 December 2012

Group 3 - Lane 5

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,600	1x{6 x 100 on 1:30 Freestyle {1 on 1:00 Rest {4 x 100 on 1:30 Freestyle {1 on 1:00 Rest {3 x 100 on 1:30 Freestyle {1 on 1:00 Rest {2 x 100 on 1:30 Freestyle {1 on 1:00 Rest {1 x 100 on 1:30 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
9:35 AM 1,800 Yards - Stress Value = 32				

Workout #12545 - Saturday, 29 December 2012

Group 3 - Lane 6

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,500	1x{5 x 100 on 1:35 Freestyle {1 on 1:00 Rest {4 x 100 on 1:35 Freestyle {1 on 1:00 Rest {3 x 100 on 1:35 Freestyle {1 on 1:00 Rest {2 x 100 on 1:35 Freestyle {1 on 1:00 Rest {1 x 100 on 1:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
9:35 AM 1,700 Yards - Stress Value = 30				

Workout #12546 - Saturday, 29 December 2012

Group 3 - Lane 7

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,400	1x{5 x 100 on 1:45 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle {1 on 1:00 Rest {3 x 100 on 1:45 Freestyle {1 on 1:00 Rest {2 x 100 on 1:45 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
9:35 AM 1,600 Yards - Stress Value = 28				

Workout #12547 - Saturday, 29 December 2012

Group 3 - Lane 8

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,300	1x{5 x 100 on 1:55 Freestyle {1 on 1:00 Rest {4 x 100 on 1:55 Freestyle {1 on 1:00 Rest {2 x 100 on 1:55 Freestyle {1 on 1:00 Rest {2 x 100 on 1:55 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD

1 on 10:00 Ice M

9:35 AM 1,500 Yards - Stress Value = 26

Workout #12536 - Saturday, 29 December 2012

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
600	1 on 40:00 DS/Weights
150	1 x 600 on 10:00 Choice
1,800	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 1:50 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:40 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:35 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:25 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:20 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:15 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:10 Kick {2 x 50 on 1:00 Kick no board
200	10 x 100 on 1:20 Pulls +1 stroke off walls
4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:54 AM 3,750 Yards - Stress Value = 49	

Workout #12537 - Saturday, 29 December 2012

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
600	1 on 40:00 Stretch/Physio Ball Shoulders
150	1 x 600 on 10:00 Choice
1,700	10 x 15 on :45 Shooters
1,700	1x{1 x 100 on 2:00 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:55 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:50 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:40 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:35 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:30 Kick {3 x 50 on 1:00 Kick no board {1 x 100 on 1:25 Kick {3 x 50 on 1:00 Kick no board
900	9 x 100 on 1:30 Pulls +1 stroke off walls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:54 AM 3,550 Yards - Stress Value = 46	

Workout #12538 - Saturday, 29 December 2012

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Stretch/Physio Ball Shoulders
 550 1 x 550 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,450 1x{1 x 100 on 2:20 Kick
 {2 x 50 on 1:10 Kick
 {1 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 2:05 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 2:00 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 1:55 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 1:50 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 1:45 Kick
 {3 x 50 on 1:10 Kick no board
 800 8 x 100 on 1:40 Pulls +1 stroke off walls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:54 AM 3,150 Yards - Stress Value = 40

{1 x 150 on 3:00 Kick streamline on back EN
 {6 x 25 on :45 Kick no board BSLR EN
 {1 x 150 on 3:00 Kick 50ls/50rts/50str EN
 25's 10 KOW +1 on each set
 100 4 x 25 on 1:00 Backstroke Drill RE
 2,100 1x{6 x 100 on 1:25 Backstroke EN
 {1 on 1:00 Rest
 {5 x 100 on 1:25 Backstroke EN
 {1 on 1:00 Rest
 {4 x 100 on 1:25 Backstroke EN
 {1 on 1:00 Rest
 {3 x 100 on 1:25 Backstroke EN
 {1 on 1:00 Rest
 {2 x 100 on 1:25 Backstroke EN
 {1 on 1:00 Rest
 {1 x 100 on 1:25 Backstroke EN
 200 1 x 200 on 3:00 Stroke Drills RE
 11:00 AM 4,250 Yards - Stress Value = 72

Workout #12564 - Monday, 31 December 2012

Group 2 - Copper

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio BallsTm Mtg
 400 1 x 400 on 10:00 Swim-kick-pull-swim RE
 150 10 x 15 on :45 Shooters SF
 800 1x{4 x 25 on 1:00 Kick no board B EN
 {1 x 100 on 3:30 Kick on left side-face up EN
 {4 x 25 on 1:00 Kick no board B EN
 {1 x 100 on 3:30 Kick on rt side face up EN
 {4 x 25 on 1:00 Kick no board B EN
 {1 x 100 on 3:30 Kick streamline on back EN
 {4 x 25 on 1:00 Kick no board BSLR EN
 {1 x 100 on 3:30 Kick 50ls/50rts EN
 25's 10 KOW +1 on each set
 100 4 x 25 on 1:00 Backstroke Drill RE
 1,300 1x{5 x 100 on 2:30 Backstroke EN
 {1 on 1:00 Rest
 {4 x 100 on 2:30 Backstroke EN
 {1 on 1:00 Rest
 {3 x 100 on 2:30 Backstroke EN
 {1 on 1:00 Rest
 {1 x 100 on 2:30 Backstroke EN
 200 1 x 200 on 3:00 Stroke Drills RE
 11:01 AM 2,950 Yards - Stress Value = 48

Workout #12539 - Saturday, 29 December 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Stretch/Physio Ball Shoulders
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 100 on 2:30 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 2:25 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 2:20 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 2:15 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 2:05 Kick
 {2 x 50 on 1:10 Kick no board
 {1 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick no board
 700 7 x 100 on 1:55 Pulls +1 stroke off walls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:54 AM 2,950 Yards - Stress Value = 38

9:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio BallsTm Mtg
 400 1 x 400 on 10:00 Swim-kick-pull-swim RE
 150 10 x 15 on :45 Shooters SF
 800 1x{4 x 25 on 1:00 Kick no board B EN
 {1 x 100 on 3:30 Kick on left side-face up EN
 {4 x 25 on 1:00 Kick no board B EN
 {1 x 100 on 3:30 Kick on rt side face up EN
 {4 x 25 on 1:00 Kick no board B EN
 {1 x 100 on 3:30 Kick streamline on back EN
 {4 x 25 on 1:00 Kick no board BSLR EN
 {1 x 100 on 3:30 Kick 50ls/50rts EN
 25's 10 KOW +1 on each set
 100 4 x 25 on 1:00 Backstroke Drill RE
 1,300 1x{5 x 100 on 2:30 Backstroke EN
 {1 on 1:00 Rest
 {4 x 100 on 2:30 Backstroke EN
 {1 on 1:00 Rest
 {3 x 100 on 2:30 Backstroke EN
 {1 on 1:00 Rest
 {1 x 100 on 2:30 Backstroke EN
 200 1 x 200 on 3:00 Stroke Drills RE
 11:01 AM 2,950 Yards - Stress Value = 48

Workout #12560 - Monday, 31 December 2012

Group 2 - Back

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio BallsTm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim RE
 150 10 x 15 on :45 Shooters SF
 1,200 1x{6 x 25 on :45 Kick no board B EN
 {1 x 150 on 3:00 Kick on left side-face up EN
 {6 x 25 on :45 Kick no board B EN
 {1 x 150 on 3:00 Kick on rt side face up EN
 {6 x 25 on :45 Kick no board B EN

9:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio BallsTm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim RE
 150 10 x 15 on :45 Shooters SF
 1,200 1x{6 x 25 on :45 Kick no board B EN
 {1 x 150 on 3:00 Kick on left side-face up EN
 {6 x 25 on :45 Kick no board B EN
 {1 x 150 on 3:00 Kick on rt side face up EN
 {6 x 25 on :45 Kick no board B EN

Workout #12561 - Monday, 31 December 2012

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
9:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Physio BallsTm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,100	1x{6 x 25 on :45 Kick no board B	EN
	{1 x 100 on 2:15 Kick on left side-face up	EN
	{6 x 25 on :45 Kick no board B	EN
	{1 x 100 on 2:15 Kick on rt side face up	EN
	{6 x 25 on :45 Kick no board B	EN
	{1 x 150 on 3:20 Kick streamline on back	EN
	{6 x 25 on :45 Kick no board BSLR	EN
	{1 x 150 on 3:20 Kick 50ls/50rts/50str	EN
	25's 10 KOW +1 on each set	
100	4 x 25 on 1:00 Backstroke Drill	RF
1,900	1x{6 x 100 on 1:35 Backstroke	EN
	{1 on 1:00 Rest	
	{5 x 100 on 1:35 Backstroke	EN
	{1 on 1:00 Rest	
	{4 x 100 on 1:35 Backstroke	EN
	{1 on 1:00 Rest	
	{3 x 100 on 1:35 Backstroke	EN
	{1 on 1:00 Rest	
200	1 x 200 on 3:00 Stroke Drills	RF
	11:00 AM 3,950 Yards - Stress Value = 66	

Workout #12562 - Monday, 31 December 2012

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
9:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Physio BallsTm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
1,050	1x{6 x 25 on :45 Kick no board B	EN
	{1 x 100 on 2:30 Kick on left side-face up	EN
	{6 x 25 on :45 Kick no board B	EN
	{1 x 100 on 2:30 Kick on rt side face up	EN
	{6 x 25 on :45 Kick no board B	EN
	{1 x 100 on 2:30 Kick streamline on back	EN
	{6 x 25 on :45 Kick no board BSLR	EN
	{1 x 150 on 3:45 Kick 50ls/50rts/50str	EN
	25's 10 KOW +1 on each set	
100	4 x 25 on 1:00 Backstroke Drill	RF
1,700	1x{5 x 100 on 1:50 Backstroke	EN
	{1 on 1:00 Rest	
	{4 x 100 on 1:50 Backstroke	EN
	{1 on 1:00 Rest	
	{4 x 100 on 1:50 Backstroke	EN
	{1 on 1:00 Rest	
	{3 x 100 on 1:50 Backstroke	EN
	{1 on 1:00 Rest	
	{1 x 100 on 1:50 Backstroke	EN
200	1 x 200 on 3:00 Stroke Drills	RF
	11:01 AM 3,650 Yards - Stress Value = 61	

Workout #12563 - Monday, 31 December 2012

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
9:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Physio BallsTm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RF

150	10 x 15 on :45 Shooters	SF
1,000	1x{6 x 25 on :45 Kick no board B	EN
	{1 x 100 on 2:45 Kick on left side-face up	EN
	{6 x 25 on :45 Kick no board B	EN
	{1 x 100 on 2:45 Kick on rt side face up	EN
	{6 x 25 on :45 Kick no board B	EN
	{1 x 100 on 2:45 Kick streamline on back	EN
	{6 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 3:00 Kick 50ls/50rts	EN
	25's 10 KOW +1 on each set	
100	4 x 25 on 1:00 Backstroke Drill	RF
1,600	1x{5 x 100 on 2:00 Backstroke	EN
	{1 on 1:00 Rest	
	{4 x 100 on 2:00 Backstroke	EN
	{1 on 1:00 Rest	
	{4 x 100 on 2:00 Backstroke	EN
	{1 on 1:00 Rest	
	{3 x 100 on 2:00 Backstroke	EN
200	1 x 200 on 3:00 Stroke Drills	RF
	11:00 AM 3,450 Yards - Stress Value = 58	

Workout #12552 - Monday, 31 December 2012

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY
4:40 PM	Start	
=====	=====	==
3,000	1x{1 x 300 on 3:10 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 103	EN2
	{1 x 300 on 3:15 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 102	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 101	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle hold under 100	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:10 Free hold afap	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 3,350 Yards - Stress Value = 60	

Workout #12556 - Monday, 31 December 2012

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
=====	=====	==	==	==	==
2,050	1x{1 x 200 on 2:50 Butterfly	EN2	S FLY	1	
	{6 x 25 on :40 Fly 15m under	EN3	S FLY	2	
	{2 x 175 on 2:30 Butterfly	EN2	S FLY	1	
	{6 x 25 on :40 Fly 12m under	EN3	S FLY	2	
	{3 x 150 on 2:05 Butterfly	EN2	P FLY	1	
	{6 x 25 on :40 Fly 9m under	EN3	S FLY	2	
	{4 x 100 on 1:20 Butterfly	EN2	S FR	1	
	{8 x 25 on :40 Fly 6m under	EN3	S FLY	2	
350	7 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 = 67				

Workout #12548 - Monday, 31 December 2012

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:30 Kick {2 x 100 on 1:25 Kick {6 x 25 on :30 Kick no board BSLRBS {2 x 100 on 1:25 Kick {2 x 100 on 1:20 Kick {8 x 25 on :30 Kick no board BSLR X2 {2 x 100 on 1:20 Kick {2 x 100 on 1:15 Kick {10 x 25 on :30 Kick no board BSLRX2 LR
750	3x{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 {1 x 50 on :40 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

8:39 AM 3,600 Yards - Stress Value = 56

Workout #12549 - Monday, 31 December 2012

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
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 :35 Kick no board BSLR {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {6 x 25 on :35 Kick no board BSLRBS {2 x 100 on 1:40 Kick {2 x 100 on 1:35 Kick {8 x 25 on :35 Kick no board BSLR X2 {2 x 100 on 1:35 Kick {6 x 25 on :35 Kick no board BSLRBS
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 dont do last two 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

8:41 AM 3,300 Yards - Stress Value = 51

Workout #12553 - Monday, 31 December 2012

HighSchl - Gold

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY
2,500	1x{1 x 300 on 3:50 Freestyle {3 x 100 on 1:40 Freestyle hold under 110 {1 x 300 on 3:55 Freestyle {3 x 100 on 1:35 Freestyle hold under 109 {1 x 300 on 4:00 Freestyle {1 x 100 on 1:30 Freestyle hold under 108 {1 x 300 on 4:05 Freestyle {3 x 100 on 1:25 Freestyle hold AFAP	EN2 EN2 EN2 EN2 EN2 EN2 EN2

{1 x 300 on 4:10 Freestyle	EN2
7 x 50 on 1:00 Stroke Drills	REC
1 on 10:00 Ice	
5:34 PM 2,850 Yards - Stress Value = 50	

Workout #12557 - Monday, 31 December 2012

HighSchl - Gold

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,950	1x{1 x 200 on 3:10 Butterfly {6 x 25 on :40 Fly 15m under {2 x 175 on 2:45 Butterfly {6 x 25 on :40 Fly 12m under {3 x 150 on 2:20 Butterfly {6 x 25 on :40 Fly 9m under {3 x 100 on 1:30 Butterfly {8 x 25 on :40 Fly 6m under	EN2 EN3 EN2 EN3 EN2 EN3 EN2 EN3	S S S S P S S	FLY FLY FLY FLY FLY FLY FR FLY	1 2 1 2 1 2 1 2
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC		D	CD

5:35 PM 2,250 Yards - Stress Value = 65

Workout #12550 - Monday, 31 December 2012

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {6 x 25 on :40 Kick no board BSLRBS {2 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {8 x 25 on :40 Kick no board BSLR X2 {1 x 100 on 1:55 Kick {4 x 25 on :40 Kick no board BSLRBS
600	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
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 2,850 Yards - Stress Value = 43

Workout #12554 - Monday, 31 December 2012

HighSchl - Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY
2,300	1x{1 x 300 on 4:20 Freestyle {3 x 100 on 1:50 Freestyle hold under 120 {1 x 300 on 4:25 Freestyle {3 x 100 on 1:45 Freestyle hold under 119 {1 x 300 on 4:30 Freestyle {3 x 100 on 1:40 Freestyle hold under 118 {1 x 300 on 4:35 Freestyle {2 x 100 on 1:35 Freestyle hold under 117	EN2 EN2 EN2 EN2 EN2 EN2 EN2
350	7 x 50 on 1:00 Freestyle 1 on 10:00 Ice	REC

5:35 PM 2,650 Yards - Stress Value = 46

Workout #12558 - Monday, 31 December 2012

HighSchl - Silver

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1,650 1x{1 x 200 on 3:40 Butterfly EN2 S FLY 1
 {6 x 25 on :45 Fly 15m under EN3 S FLY 3
 {2 x 175 on 3:10 Butterfly EN2 S FLY 1
 {6 x 25 on :45 Fly 12m under EN3 S FLY 3
 {2 x 150 on 2:35 Butterfly EN2 P FLY 1
 {6 x 25 on :45 Fly 9m under EN3 S FLY 3
 {2 x 100 on 1:40 Butterfly EN2 S FR 1
 {6 x 25 on :45 Fly 6m under EN3 S FLY 3
 350 7 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 2,000 Yards - Stress Value = 57

{6 x 25 on :45 Fly 15m under EN3 S FLY 3
 {2 x 175 on 3:55 Butterfly EN2 S FLY 2
 {6 x 25 on :45 Fly 12m under EN3 S FLY 3
 {2 x 150 on 3:20 Butterfly EN2 P FLY 2
 {6 x 25 on :45 Fly 9m under EN3 S FLY 3
 {2 x 100 on 2:10 Butterfly EN2 S FR 2
 300 6 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:34 PM 1,800 Yards - Stress Value = 48

Workout #12551 - Monday, 31 December 2012

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Physio Balls
 1 x 500 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 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
 {2 x 25 on :45 Kick no board BS
 600 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
 don't do last 50 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
 8:40 AM 2,700 Yards - Stress Value = 41

Workout #12555 - Monday, 31 December 2012

HighSchl - Bronze

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY
 =====
 1,950 1x{1 x 300 on 5:30 Freestyle EN2
 {3 x 100 on 2:00 Freestyle hold under 145 EN2
 {1 x 300 on 5:35 Freestyle EN2
 {3 x 100 on 1:55 Freestyle hold under 144 EN2
 {1 x 300 on 5:40 Freestyle EN2
 {3 x 100 on 1:50 Freestyle hold under 143 EN2
 {1 x 150 on 2:55 Freestyle EN2
 350 7 x 50 on 1:00 Freestyle REC
 1 on 10:00 Ice
 5:35 PM 2,300 Yards - Stress Value = 39

Workout #12559 - Monday, 31 December 2012

HighSchl - Bronze

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1,500 1x{1 x 200 on 4:30 Butterfly EN2 S FLY 2