

**Workout #18140 - Friday, 01 January 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS/Weights
300	1 x 600 on 10:00 Reverse IM drill
	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
900	1 on 15:00 Indvdl Prsrceptns
3x{1	1 x 200 on 3:30 3:00 Social Kick :30 to wall
	{4 x 25 on :45 Sprint Kick
	1 on 15:00 Indvdl Prsrceptns
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	5 x 100 on 3:00 Your #1 non free
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:34 AM 3,000 Yards - Stress Value = 90

**Workout #18149 - Monday, 04 January 2016**

**HighSchl - Breast**

**1 minute rest between sets**

4:41 PM Start

Yards	Set Description	EGY
2,400	1x{1 x 150 on 2:15 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{2 x 125 on 1:50 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{3 x 100 on 1:25 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{4 x 75 on 1:00 Breaststroke	EN2
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst	EN2
	{4 x 50 on :40 Breaststroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,650 Yards - Stress Value = 48	

**Workout #18146 - Monday, 04 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:41 PM Start

Yards	Set Description	EGY	WORK	STK
2,500	1x{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{5 x 50 on :40 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{5 x 50 on :45 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{5 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{5 x 50 on 1:00 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{5 x 50 on 1:00 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:34 PM 2,750 Yards - Stress Value = 50			

**Workout #18142 - Monday, 04 January 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
120	8 x 15 on :45 Spinners
1,300	1x{4 x 25 on :30 Kick no board BSLR

	{2 x 100 on 1:50 Kick-1 fast 1 jmi
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:45 Kick 1 fast 1 jmi
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick 1 fast 1 jmi
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick 1 fast 1 jmi
	{4 x 25 on :30 Kick no board BSLR
1,500	1x{4 x 125 on 1:45 Pulls-no br L.12/14/16/18 yc
	{4 x 125 on 1:40 Pulls-no br L.12/14/16/18 yc
	{4 x 125 on 1:35 Pulls-no br L.12/14/16/18 yc
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:40 PM 3,720 Yards - Stress Value = 63

**Workout #18143 - Monday, 04 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
120	8 x 15 on :45 Spinners
1,200	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:00 Kick-1 fast 1 jmi
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:55 Kick 1 fast 1 jmi
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Kick 1 fast 1 jmi
	{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on :55 Kick 1 fast 1 jmi
	{4 x 25 on :30 Kick no board BSLR
1,300	1x{4 x 125 on 1:55 Pulls-no br L.12/14/16/18 yc
	{4 x 125 on 1:50 Pulls-no br L.12/14/16/18 yc
	{4 x 75 on 1:05 Pulls-no br L.12/14/16/18 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:40 PM 3,420 Yards - Stress Value = 57

**Workout #18147 - Monday, 04 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:41 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on :45 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on 1:00 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{3 x 50 on 1:05 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 = 48			

**Workout #18150 - Monday, 04 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:41 PM Start  
 Yards Set Description EGY  
 =====  
 2,300 1x{1 x 150 on 2:30 Breaststroke EN2  
 {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst EN2  
 {2 x 125 on 2:00 Breaststroke EN2  
 {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst EN2  
 {3 x 100 on 1:35 Breaststroke EN2  
 {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst EN2  
 {4 x 75 on 1:10 Breaststroke EN2  
 {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst EN2  
 {2 x 50 on :45 Breaststroke EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 2,550 Yards - Stress Value = 46

**Workout #18144 - Monday, 04 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 120 8 x 15 on :45 12.5 ez 12.5 fast grt finishes  
 1,050 1x{4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 2:15 Kick-1 fast 1 jmi  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 2:10 Kick 1 fast 1 jmi  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 2:05 Kick 1 fast 1 jmi  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 50 on 1:00 Kick-fast  
 1,200 1x{4 x 100 on 1:45 Pulls-no br L.12/14/16/18 yc  
 {4 x 100 on 1:40 Pulls-no br L.12/14/16/18 yc  
 {4 x 100 on 1:35 Pulls-no br L.12/14/16/18 yc  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:40 PM 3,120 Yards - Stress Value = 52

**Workout #18148 - Monday, 04 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:41 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,200 1x{1 x 250 on 4:10 Freestyle EN2 S FR  
 {5 x 50 on :50 Freestyle EN2 S FR  
 {1 x 250 on 4:10 Freestyle EN2 S FR  
 {5 x 50 on :55 Freestyle EN2 S FR  
 {1 x 250 on 4:10 Freestyle EN2 S FR  
 {5 x 50 on 1:00 Freestyle EN2 S FR  
 {1 x 250 on 4:10 Freestyle EN2 S FR  
 {5 x 50 on 1:05 Freestyle EN2 S FR  
 {1 x 200 on 3:00 Freestyle EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:35 PM 2,450 Yards - Stress Value = 44

**Workout #18151 - Monday, 04 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:41 PM Start  
 Yards Set Description EGY  
 =====  
 2,050 1x{1 x 150 on 2:45 Breaststroke EN2  
 {4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst EN2

{2 x 125 on 2:15 Breaststroke EN2  
 {4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst EN2  
 {3 x 100 on 1:45 Breaststroke EN2  
 {4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst EN2  
 {4 x 75 on 1:15 Breaststroke EN2  
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst EN2  
 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 2,300 Yards - Stress Value = 41

**Workout #18145 - Monday, 04 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 120 8 x 15 on :45 Spinners  
 900 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:30 Kick-1 fast 1 jmi  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:25 Kick 1 fast 1 jmi  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:20 Kick 1 fast 1 jmi  
 1,000 1x{4 x 100 on 1:55 Pulls-no br L.12/14/16/18 yc  
 {4 x 100 on 1:50 Pulls-no br L.12/14/16/18 yc  
 {4 x 50 on 1:05 Pulls-no br L.12/14/16/18 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:40 PM 2,720 Yards - Stress Value = 45

**Workout #18141 - Monday, 04 January 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 40:00 DS/Weights L  
 1 x 400 on 5:00 5:00 Warm-up EN1 D  
 8 x 15 on :45 Spinners SP3 S  
 4 x 50 on 1:00 Free-build to 90% EN2 S  
 with great finishes  
 All Drills are at least two drills &  
 all three 50's must be different  
 1,500 1x{1 x 150 on :01 Free L.25 5 breaths SP2 S  
 {1 on 2:59 Rest M  
 {3 x 50 on 1:00 Stroke Drills REC D  
 {1 x 125 on :01 Free L.25 4 breaths SP2 S  
 {1 x 25 on 2:59 Freestyle REC S  
 {3 x 50 on 1:00 Stroke Drills REC D  
 {1 x 100 on :01 Free L.25 3 breaths SP2 S  
 {1 x 50 on 2:59 Freestyle REC S  
 {3 x 50 on 1:00 Stroke Drills REC D  
 {1 x 75 on :01 Free L.25 2 breaths SP2 S  
 {1 x 75 on 2:59 Freestyle REC S  
 {3 x 50 on 1:00 Stroke Drills REC D  
 {1 x 50 on :01 Free L.25 1 breath SP2 S  
 {1 x 100 on 2:59 Freestyle REC S  
 {1 x 25 on :01 Free no breath SP2  
 {1 x 125 on 3:00 Freestyle REC S  
 250 1 x 250 on 4:00 Stroke Drills REC D  
 7:04 AM 2,470 Yards - Stress Value = 65

**Workout #18152 - Tuesday, 05 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
120	8 x 15 on :45 Spinners	SP3	S	FR
2,800	1x{1 x 500 on 6:40 Freestyle	EN2	S	FR
	{1 x 400 on 5:20 Freestyle	EN2	S	FR
	{1 x 400 on 5:00 Freestyle	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{1 x 300 on 3:45 Freestyle	EN2	S	FR
	{1 x 300 on 3:40 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
7:04 AM 3,570 Yards - Stress Value = 61				

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DSWeights		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
2,100	2x{1 x 50 on :50 Fly 1st 25-12,5yds under	EN2	S	FR
	{1 x 100 on 1:40 Fly 2nd 25-12,5yds under	EN2	S	FR
	{1 x 100 on 1:40 Fly 3rd 25-12,5yds under	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 50 on :50 Fly 1st 25 no breath L12.5	EN2	S	FR
	{1 x 100 on 1:40 Fly 2nd 25 no breath L12.5	EN2	S	FR
	{1 x 100 on 1:40 Fly 3rd 25 no breath L12.5	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 50 on :50 Fly 1st 25 100%	EN2	S	FR
	{1 x 100 on 1:40 Fly 2nd 25 100%	EN2	S	FR
	{1 x 100 on 1:40 Fly 3rd 25 100%	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
7:04 AM 2,850 Yards - Stress Value = 36				

**Workout #18154 - Tuesday, 05 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DSWeights		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
120	8 x 15 on :45 Spinners	SP3	S	FR
2,300	1x{1 x 500 on 8:20 Freestyle	EN2	S	FR
	{1 x 400 on 6:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:00 Freestyle	EN2	S	FR
	{1 x 300 on 5:00 Freestyle	EN2	S	FR
	{1 x 300 on 4:30 Freestyle	EN2	S	FR
	{1 x 300 on 4:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
7:05 AM 3,070 Yards - Stress Value = 51				

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DSWeights		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
120	8 x 15 on :45 Spinners	SP3	S	FR
2,300	1x{1 x 500 on 8:20 Freestyle	EN2	S	FR
	{1 x 400 on 6:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:00 Freestyle	EN2	S	FR
	{1 x 300 on 5:00 Freestyle	EN2	S	FR
	{1 x 300 on 4:30 Freestyle	EN2	S	FR
	{1 x 300 on 4:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
7:05 AM 3,070 Yards - Stress Value = 51				

**Workout #18157 - Tuesday, 05 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DSWeights		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
120	8 x 15 on :45 Spinners	SP3	S	FR
2,600	1x{1 x 500 on 7:30 Freestyle	EN2	S	FR
	{1 x 400 on 6:00 Freestyle	EN2	S	FR
	{1 x 400 on 5:20 Freestyle	EN2	S	FR
	{1 x 300 on 4:30 Freestyle	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{1 x 300 on 3:55 Freestyle	EN2	S	FR
	{1 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
7:05 AM 3,370 Yards - Stress Value = 57				

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DSWeights		L	DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
1,900	2x{1 x 50 on :55 Fly 1st 25-12,5yds under	EN2	S	FR
	{1 x 100 on 1:55 Fly 2nd 25-12,5yds under	EN2	S	FR
	{1 x 100 on 1:55 Fly 3rd 25-12,5yds under	EN2	S	FR
	{1 x 50 on :55 Freestyle	EN2	S	FR
	{1 x 50 on :55 Fly 1st 25 no breath L12.5	EN2	S	FR
	{1 x 100 on 1:55 Fly 2nd 25 no breath L12.5	EN2	S	FR
	{1 x 100 on 1:55 Fly 3rd 25 no breath L12.5	EN2	S	FR
	{1 x 50 on :55 Freestyle	EN2	S	FR
	{1 x 50 on :55 Fly 1st 25 100%	EN2	S	FR
	{1 x 100 on 1:50 Fly 2nd 25 100%	EN2	S	FR
	{1 x 100 on 1:50 Fly 3rd 25 100%	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
7:05 AM 2,650 Yards - Stress Value = 36				

**Workout #18156 - Tuesday, 05 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DSWeights		L	DRY

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DSWeights		L	DRY

**Workout #18165 - Wednesday, 06 January 2016**

**HighSchl - Back**

**1 minute rest between sets**

4:42 PM Start  
 Yards Set Description  
 =====  
 2,450 1x{4 x 100 on 1:25 Backstroke  
 {6 x 50 on :50 Back-odds drills evens descend  
 {3 x 150 on 2:05 Backstroke  
 {6 x 50 on :50 Back-odds drill evens descend  
 {2 x 200 on 2:50 Backstroke  
 {6 x 50 on :50 Back-odds drill evens descend  
 {1 x 300 on 4:15 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:34 PM 2,700 Yards - Stress Value = 49

**Workout #18162 - Wednesday, 06 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:42 PM Start  
 Yards Set Description EGY WORK STK PAC  
 =====  
 3,000 3 x 1000 on 12:30 Freestyle EN2 S FR 1:1  
 #1 3 KOW +1 up to 7-repeat  
 #2 Alt breakouts  
 #3 hb 2 strokes off wall +1 up to 5- repeat  
 250 1 x 250 on 4:00 Stroke Drills REC D CD 1:3  
 1 on 10:00 Ice M  
 5:35 PM 3,250 Yards - Stress Value = 60

**Workout #18158 - Wednesday, 06 January 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 45:00 DS/TRX Bands  
 120 20 x 25 on :30 Wednesday Warm-up  
 1,750 8 x 15 on :45 Spinners  
 1x{8 x 25 on :30 Kick no board BSLR 15 KOW  
 {2 x 75 on 1:10 Kick  
 {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 13 KOW  
 {4 x 125 on 1:50 Kick  
 {8 x 25 on :30 Kick no board BSLR 12 KOW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:41 PM 2,570 Yards - Stress Value = 42

**Workout #18159 - Wednesday, 06 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 45:00 DS/TRX Bands  
 120 20 x 25 on :30 Wednesday Warm-up  
 1,525 8 x 15 on 1:00 Spinners  
 1x{8 x 25 on :30 Kick no board BSLR 15 KOW  
 {2 x 75 on 1:20 Kick  
 {8 x 25 on :30 Kick no board BSLR 14 KOW  
 {3 x 100 on 1:45 Kick  
 {8 x 25 on :30 Kick no board BSLR 13 KOW  
 {3 x 125 on 2:10 Kick  
 {4 x 25 on :30 Kick no board BSLR 12 KOW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:41 PM 2,345 Yards - Stress Value = 38

**Workout #18163 - Wednesday, 06 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:42 PM Start  
 Yards Set Description EGY WORK STK PAC  
 =====  
 2,550 3 x 850 on 12:30 Freestyle EN2 S FR 1:2  
 #1 3 KOW +1 up to 7-repeat  
 #2 Alt breakouts  
 #3 hb 2 strokes off wall +1 up to 5- repeat  
 250 1 x 250 on 4:00 Stroke Drills REC D CD 1:3  
 1 on 10:00 Ice M  
 5:35 PM 2,800 Yards - Stress Value = 51

**Workout #18166 - Wednesday, 06 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:42 PM Start  
 Yards Set Description  
 =====  
 2,400 1x{4 x 100 on 1:35 Backstroke  
 {6 x 50 on :50 Back-odds drills evens descend  
 {3 x 150 on 2:20 Backstroke  
 {6 x 50 on :50 Back-odds drill evens descend  
 {2 x 200 on 3:05 Backstroke  
 {6 x 50 on :50 Back-descend  
 {1 x 250 on 3:45 Backstroke  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,600 Yards - Stress Value = 48

**Workout #18160 - Wednesday, 06 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 45:00 DS/TRX Bands  
 120 20 x 25 on :30 Wednesday Warm-up  
 1,300 8 x 15 on 1:00 15m under #5-8 w/fins  
 1x{8 x 25 on :35 Kick no board BSLR 15 KOW  
 {2 x 75 on 1:30 Kick  
 {8 x 25 on :35 Kick no board BSLR 14 KOW  
 {3 x 100 on 1:55 Kick  
 {4 x 25 on :35 Kick no board BSLR 13 KOW  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :35 Kick no board BSLR 12 KOW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:40 PM 2,120 Yards - Stress Value = 33

**Workout #18164 - Wednesday, 06 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:42 PM Start  
 Yards Set Description EGY WORK STK PAC  
 =====  
 2,250 3 x 750 on 12:30 Freestyle EN2 S FR 1:4  
 #1 3 KOW +1 up to 7-repeat  
 #2 Alt breakouts  
 #3 hb 2 strokes off wall +1 up to 5- repeat  
 250 1 x 250 on 4:00 Stroke Drills REC D CD 1:3  
 1 on 10:00 Ice M  
 5:35 PM 2,500 Yards - Stress Value = 45

**Workout #18167 - Wednesday, 06 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:42 PM Start

Yards	Set Description
2,100	1x{4 x 100 on 1:45 Backstroke {6 x 50 on :55 Back-odds drills evens descend {3 x 150 on 2:40 Backstroke {6 x 50 on :55 Back-odds drill evens descend {2 x 200 on 3:30 Backstroke {5 x 50 on :55 Back-descend
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
5:35 PM 2,350 Yards - Stress Value = 42	

**Workout #18161 - Wednesday, 06 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
500	1 on 45:00 DS/TRX Bands 20 x 25 on :30 Wednesday Warm-up
120	8 x 15 on 1:00 Spinners
1,150	1x{8 x 25 on :40 Kick no board BSLR 15 KOW {2 x 75 on 1:45 Kick {8 x 25 on :40 Kick no board BSLR 14 KOW {3 x 100 on 2:20 Kick {4 x 25 on :40 Kick no board BSLR 13 KOW {2 x 100 on 2:20 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:41 PM 1,970 Yards - Stress Value = 30	

**Workout #18171 - Thursday, 07 January 2016**

**HighSchl - Breast**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
400	1 on 40:00 DS/Weights 1 x 400 on 5:00 5:00 Warm-up
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free
1,800	1x{6 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:30 2K1P w/ tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:25 2K1P w/ tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:20 2K1P w/tennis balls
250	1 x 250 on 4:00 Stroke Drills
7:04 AM 2,750 Yards - Stress Value = 30	

**Workout #18168 - Thursday, 07 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
400	1 on 40:00 DS/Weights 1 x 400 on 5:00 5:00 Warm-up
120	8 x 15 on :45 Spinners
2,800	1x{1 x 500 on 6:15 Freestyle Neg Split {5 x 100 on 1:15 Free Hold Avg from 500 {1 x 400 on 5:00 Freestyle Neg Split {4 x 100 on 1:15 Free Hold Avg from 400 {1 x 300 on 3:45 Freestyle Neg Split {3 x 100 on 1:15 Free Hold Avg from 300 {1 x 200 on 2:30 Freestyle Neg split

{2 x 100 on 1:15 Free Hold Avg from 200 EN2  
250 1 x 250 on 4:00 Stroke Drills REC  
7:03 AM 3,570 Yards - Stress Value = 61

**Workout #18178 - Thursday, 07 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WC					
2,800	2x{1 x 125 on 1:35 Free 7 KOW {3 x 100 on 1:15 Free 6 breaths mid 50 {2 x 125 on 1:35 Free 5 KOW {2 x 100 on 1:15 Free 7 breaths mid 50 {3 x 125 on 1:35 Free 3 KOW {1 x 100 on 1:15 Free 8 breaths mid 50 {1 x 50 on 1:00 Freestyle	EN1	EN1	EN2	EN2	EN2	EN2	REC
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	REC					
5:35 PM 3,050 Yards - Stress Value = 45								

**Workout #18181 - Thursday, 07 January 2016**

**HighSchl - Fly**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY								
2,400	1x{1 x 100 on 1:20 3 strokes off walls {9 x 25 on :25 Fly-descend in 3s {2 x 100 on 1:20 3 strokes off walls {9 x 25 on :25 Fly-descend in 3s {3 x 100 on 1:20 3 strokes off walls {9 x 25 on :25 Fly-descend in 3s {4 x 100 on 1:20 3 strokes fly off walls {9 x 25 on :25 Fly-descend in 3s {5 x 100 on 1:20 3 strokes fly off walls	EN2	EN2	EN1	EN2	EN2	EN2	EN2	EN2	EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC								
5:34 PM 2,650 Yards - Stress Value = 44										

**Workout #18174 - Thursday, 07 January 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
600	1 on 25:00 DS/Shoulders 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back		
120	8 x 15 on :45 Spinners		
1,750	1x{5 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick {4 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick {3 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick {2 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick {1 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick		
1,200	24 x 50 on :40 Pulls odds btb evens bts		
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:39 PM 3,870 Yards - Stress Value = 66			

**Workout #18169 - Thursday, 07 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY WC
5:30 AM	Start	
400	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	REC
120	8 x 15 on :45 Spinners	SP3
2,500	1x{1 x 500 on 6:50 Freestyle Neg Split	EN2
	{5 x 100 on 1:25 Free Hold Avg from 500	EN2
	{1 x 400 on 5:30 Freestyle Neg Split	EN2
	{4 x 100 on 1:25 Free Hold Avg from 400	EN2
	{1 x 300 on 4:10 Freestyle Neg Split	EN2
	{4 x 100 on 1:25 Free Hold Avg from 300	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
7:03 AM	3,270 Yards - Stress Value = 55	

{2 x 125 on 1:45 Free 5 KOW	EN2
{2 x 100 on 1:25 Free 7 breaths mid 50	EN2
{2 x 125 on 1:45 Free 3 KOW	EN2
{1 x 100 on 1:25 Free 8 breaths mid 50	EN2
{1 x 50 on 1:00 Freestyle	REC
1 x 250 on 4:00 Stroke Drills	REC
1 on 10:00 Ice	
5:36 PM	2,800 Yards - Stress Value = 40

**Workout #18182 - Thursday, 07 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY WC
4:44 PM	Start	
2,100	1x{1 x 100 on 1:30 3 strokes off walls	EN1
	{9 x 25 on :30 Fly-descend in 3s	EN2
	{2 x 100 on 1:30 3 strokes off walls	EN1
	{9 x 25 on :30 Fly-descend in 3s	EN2
	{3 x 100 on 1:30 3 strokes off walls	EN2
	{9 x 25 on :30 Fly-descend in 3s	EN2
	{4 x 100 on 1:30 3 strokes fly off walls	EN2
	{9 x 25 on :30 Fly-descend	EN2
	{2 x 100 on 1:30 3 strokes fly off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,350 Yards - Stress Value = 37	

**Workout #18172 - Thursday, 07 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY WC
5:30 AM	Start	
400	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	F
300	12 x 25 on :40 Variable Speed	S
	Rd 1 #1, Rd 2 #2, Rd 3 free	
1,650	1x{6 x 25 on :40 Brst with paddles alt 2/3	PO F
	{3 x 150 on 2:40 2K1P w/ tennis balls	F
	{6 x 25 on :40 Brst w/paddles "X"pullouts	F
	{3 x 150 on 2:35 2K1P w/ tennis balls	F
	{6 x 25 on :40 Brst with paddles alt 2/3	PO F
	{2 x 150 on 2:30 2K1P w/tennis balls	F
250	1 x 250 on 4:00 Stroke Drills	F
7:03 AM	2,600 Yards - Stress Value = 29	

**Workout #18170 - Thursday, 07 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY WC
5:30 AM	Start	
400	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	REC
120	8 x 15 on :45 Spinners	SP3
2,200	1x{1 x 500 on 7:30 Freestyle Neg Split	EN2
	{5 x 100 on 1:35 Free Hold Avg from 500	EN2
	{1 x 400 on 6:00 Freestyle Neg Split	EN2
	{4 x 100 on 1:35 Free Hold Avg from 400	EN2
	{1 x 200 on 3:00 Freestyle Neg Split	EN2
	{2 x 100 on 1:35 Free Hold Avg from 200	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
7:02 AM	2,970 Yards - Stress Value = 49	

**Workout #18175 - Thursday, 07 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY WC
3:00 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	
120	8 x 15 on :45 Spinners	
1,450	1x{1 x 50 on :55 Kick	
	{8 x 25 on :35 Kick your weakest kick	
	{4 x 50 on :55 Kick	
	{8 x 25 on :35 Kick your weakest kick	
	{3 x 50 on :55 Kick	
	{6 x 25 on :35 Kick your weakest kick	
	{2 x 50 on :55 Kick	
	{6 x 25 on :35 Kick your weakest kick	
	{1 x 50 on :55 Kick	
	{8 x 25 on :35 Kick your weakest kick	
1,050	21 x 50 on :45 Pulls odds btb evens bts	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:39 PM	3,420 Yards - Stress Value = 57	

**Workout #18173 - Thursday, 07 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY WC
5:30 AM	Start	
400	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	F
300	12 x 25 on :40 Variable Speed	S
	Rd 1 #1, Rd 2 #2, Rd 3 free	
1,600	1x{6 x 25 on :40 Brst with paddles alt 2/3	PO F
	{3 x 150 on 2:50 2K1P w/tennis balls	F
	{6 x 25 on :40 Brst with paddles alt 2/3	PO F
	{3 x 150 on 2:45 2K1P w/ tennis balls	F
	{4 x 25 on :40 Brst with paddles alt 2/3	PO F
	{2 x 150 on 2:40 2K1P w/tennis balls	F
250	1 x 250 on 4:00 Stroke Drills	F
7:03 AM	2,550 Yards - Stress Value = 28	

**Workout #18179 - Thursday, 07 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY WC
4:44 PM	Start	
2,550	2x{1 x 125 on 1:45 Free 7 KOW	EN1
	{3 x 100 on 1:25 Free 6 breaths mid 50	EN1

**Workout #18176 - Thursday, 07 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 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
120	8 x 15 on :45 Spinners
1,350	1x{2 x 50 on 1:00 Kick {8 x 25 on :40 Kick your weakest kick {4 x 50 on 1:00 Kick {8 x 25 on :40 Kick your weakest kick {3 x 50 on 1:00 Kick {6 x 25 on :40 Kick your weakest kick {2 x 50 on 1:00 Kick {6 x 25 on :40 Kick your weakest kick {1 x 50 on 1:00 Kick {2 x 25 on :40 Kick your weakest kick
950	19 x 50 on :50 Pulls odds btb evens bts
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:39 PM 3,170 Yards - Stress Value = 53

**Workout #18180 - Thursday, 07 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WC
2,250	2x{1 x 125 on 2:00 Free 7 KOW {2 x 100 on 1:35 Free 6 breaths mid 50 {1 x 125 on 2:00 Free 5 KOW {2 x 100 on 1:35 Free 7 breaths mid 50 {1 x 125 on 2:00 Free 3 KOW {3 x 100 on 1:25 Free 8 breaths mid 50 {1 x 50 on 1:00 Freestyle	EN1	EN1
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	REC
	5:35 PM 2,500 Yards - Stress Value = 36		

**Workout #18183 - Thursday, 07 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY
1,825	1x{1 x 100 on 1:40 3 strokes off walls {9 x 25 on :35 Fly-descend in 3s {2 x 100 on 1:40 3 strokes off walls {9 x 25 on :35 Fly-descend in 3s {3 x 100 on 1:40 3 strokes off walls {9 x 25 on :35 Fly-descend in 3's {4 x 100 on 1:40 3 strokes fly off walls {6 x 25 on :35 Fly-descend	EN1 EN2 EN1 EN2 EN2 EN2 EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC
	5:35 PM 2,075 Yards - Stress Value = 32	

**Workout #18177 - Thursday, 07 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
500	1 on 25:00 DS/Shoulders 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
120	8 x 15 on :45 Spinners

1,200	1x{1 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick {2 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick {4 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick {5 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick
800	16 x 50 on 1:00 Pulls odds btb evens bts
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:39 PM 2,820 Yards - Stress Value = 47

**Workout #18184 - Friday, 08 January 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 40:00 DS/Weights 1 x 400 on 5:00 5:00 Warm-up	REC	
	1x{1 on 7:30 Vrtcl Kck w/fins {1 on 7:30 Running Pit Sprints {1 on 7:30 StrthCrzd-assist {1 on 7:30 8X25@45 fins/ftennis balls {1 on 7:30 8X25@45 undwtr w/fins {1 on 7:30 OTB 15m sprints	SP3 SP3 SP3 SP3 SP3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:06 AM 650 Yards		

**Workout #18185 - Friday, 08 January 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
500	1 on 52:00 Jump Rope/Yoga 1 x 500 on 15:00 5min easy swim 10min IP	F	
180	12 x 15 on :45 Start/Shooter/Finish	S	
900	1x{1 x 200 on 4:00 IM-25 kick 25 drill {4 x 25 on :45 IMO easy speed {1 x 200 on 4:00 IM-25 kick 25 drill {4 x 25 on :45 IMO easy speed {1 x 200 on 4:00 IM-25 kick 25 drill {4 x 25 on :45 IMO easy speed	F F F F F	
500	1 x 500 on 15:00 10 min IP 5 min easy swim 1 on 10:00 Ice	F	
	5:05 PM 2,080 Yards - Stress Value = 10		

**Workout #18186 - Saturday, 09 January 2016**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Ted's abs  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Spinners  
 1,600 2x{1 x 100 on 1:25 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:15 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:10 Kick  
 {1 x 100 on 1:35 Kick  
 900 9 x 100 on 1:15 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,700 18 x 150 on 2:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 20:00 Stretch/Ice  
 9:35 AM 6,400 Yards - Stress Value = 104

**Workout #18187 - Saturday, 09 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Ted's Abs  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Spinners  
 1,450 2x{1 x 100 on 1:30 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 50 on :40 Kick  
 {1 x 75 on 1:20 Kick  
 850 1x{1 x 50 on :40 Pulls-nbbf&w + 2 yds  
 {8 x 100 on 1:20 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 16 x 150 on 2:15 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 20:00 Stretch/Ice  
 9:35 AM 5,900 Yards - Stress Value = 95

**Workout #18188 - Saturday, 09 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Ted's Abs  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Spinners  
 1,200 2x{1 x 100 on 1:50 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 2:00 Kick  
 750 1x{1 x 50 on :45 Pulls-nbbf&w + 2 yds  
 {7 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 14 x 150 on 2:30 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills

1 on 20:00 Stretch and Ice  
 9:34 AM 5,200 Yards - Stress Value = 83

**Workout #18189 - Saturday, 09 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Ted's Abs  
 500 1 x 500 on 10:00 Reverse IM drill  
 120 8 x 15 on :45 Spnners  
 1,100 2x{1 x 100 on 2:15 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 50 on :55 Kick  
 {1 x 100 on 2:20 Kick  
 600 6 x 100 on 1:55 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,950 13 x 150 on 2:45 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 20:00 Stretch/ice  
 9:35 AM 4,720 Yards - Stress Value = 74

**Workout #18198 - Monday, 11 January 2016**

**HighSchl - Back**

**1 minute rest between sets**

4:47 PM Start  
 Yards Set Description  
 =====  
 2,150 1x{5 x 125 on 1:40 Backstroke-Alt 25 of 12.5 YU  
 {8 x 25 on :25 Des in 4's/4&8 15m under  
 {4 x 100 on 1:20 Back alt 25 of 12.5 YU  
 {8 x 25 on :25 Des in 4's/4&8 15m under  
 {3 x 75 on 1:00 Back Alt 25 of 12.5 YU  
 {8 x 25 on :25 Des in 4's/4&8 15m under  
 {2 x 50 on :40 Back Alt 25 of 12.5 YU  
 {8 x 25 on :25 Des in 4's/4&8 15m under  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:34 PM 2,400 Yards - Stress Value = 42

**Workout #18195 - Monday, 11 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:47 PM Start  
 Yards Set Description  
 =====  
 2,700 1x{2 x 225 on 2:30 Freestyle 3 KOW  
 {2 x 225 on 2:35 Freestyle 3 KOW-5 off last w  
 {2 x 225 on 2:40 Freestyle-3 KOW 7 off last w  
 {2 x 225 on 2:45 Freestyle 3 KOW 9 off last w  
 {2 x 225 on 2:50 Freestyle 3 KOW 11 off last  
 {2 x 225 on 2:55 Freestyle 3 KOW 13 off last  
 hold all 225's faster then 1st interval  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,950 Yards - Stress Value = 54

**Workout #18191 - Monday, 11 January 2016**

**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
1,600	10 x 15 on :45 Shooters
250	1x{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:50 Kick
1,600	1x{2 x 200 on 2:30 Pull no br L.12 yds
	{2 x 200 on 2:25 Pulls-no br L.12 yds
	{2 x 200 on 2:20 Pull no br L.12 yds
	{2 x 200 on 2:15 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
	4:46 PM 4,150 Yards - Stress Value = 68

**Workout #18192 - Monday, 11 January 2016**

**HighSchl - Gold**

**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
1,500	10 x 15 on :45 Shooters
250	1x{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{2 x 100 on 2:00 Kick
1,400	1x{2 x 200 on 2:45 Pull no br L.12 yds
	{2 x 200 on 2:40 Pull no br L.12 yds
	{1 x 200 on 2:35 Pulls-no br L.12 yds
	{2 x 200 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
	4:46 PM 3,850 Yards - Stress Value = 54

**Workout #18196 - Monday, 11 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description
2,400	1x{2 x 200 on 2:30 Freestyle 3 KOW
	{2 x 200 on 2:35 Freestyle 3 KOW-5 off last w
	{2 x 200 on 2:40 Freestyle-3 KOW 7 off last w
	{2 x 200 on 2:45 Freestyle 3 KOW 9 off last w
	{2 x 200 on 2:50 Freestyle 3 KOW 11 off last
	{2 x 200 on 2:55 Freestyle 3 KOW 13 off last
	hold all 200's faster then 1st interval
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 2,650 Yards - Stress Value = 48

**Workout #18199 - Monday, 11 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description
2,050	1x{5 x 125 on 1:50 Backstroke-Alt 25 of 12.5 YU
	{8 x 25 on :25 Des in 4's/4&8 15m under
	{4 x 100 on 1:25 Backstroke-Alt 25 of 12.5 YU
	{8 x 25 on :25 Des in 4's/4&8 15m under
	{3 x 75 on 1:05 Backstroke-Alt 25 of 12.5 YU
	{8 x 25 on :25 Des in 4's/4&8 15m under
	{2 x 50 on :40 Backstroke-Alt 25 of 12.5 YU
	{4 x 25 on :25 Des in 4's/4 15m under
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:34 PM 2,300 Yards - Stress Value = 40

**Workout #18193 - Monday, 11 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Balls
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
250	1x{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 2:05 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 2:10 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 2:15 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
1,200	1x{2 x 200 on 3:10 Pull no br L.12 yds
	{2 x 200 on 3:05 Pull no br L.12 yds
	{2 x 200 on 3:00 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:46 PM 3,400 Yards - Stress Value = 46

**Workout #18197 - Monday, 11 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description
2,100	1x{2 x 175 on 2:30 Freestyle 3 KOW
	{2 x 175 on 2:35 Freestyle 3 KOW-5 off last w
	{2 x 175 on 2:40 Freestyle-3 KOW 7 off last w
	{2 x 175 on 2:45 Freestyle 3 KOW 9 off last w
	{2 x 175 on 2:50 Freestyle 3 KOW 11 off last
	{2 x 175 on 2:55 Freestyle 3 KOW 13 off last
	hold all 175's faster then 1st interval
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 2,350 Yards - Stress Value = 42

**Workout #18200 - Monday, 11 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description
1,800	1x{5 x 125 on 2:05 Backstroke-Alt 25 of 10 KOW
	{8 x 25 on :30 Des in 4's/4&8 15m under
	{4 x 100 on 1:40 Back alt 25 of 10 KOW
	{8 x 25 on :30 Des in 4's/4&8 15m under
	{3 x 75 on 1:15 Back Alt 25 of 10 KOW
	{6 x 25 on :30 Des in 3's/3&6 15m under
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:34 PM 2,050 Yards - Stress Value = 35

**Workout #18194 - Monday, 11 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physiso Balls
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,100	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 2:30 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{2 x 100 on 2:35 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{2 x 100 on 2:40 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
1,000	1x{2 x 200 on 3:50 Pull no br L.12 yds
	{2 x 200 on 3:45 Pull no br L.12 yds
	{1 x 200 on 3:40 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:46 PM 3,000 Yards - Stress Value = 40

**Workout #18201 - Tuesday, 12 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS/Weights	
150	1 x 400 on 5:00 5:00 Warm-up	REC
2,700	10 x 15 on :45 Shooters	SP3
	1x{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 102	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 101	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 100	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle hold under 59	EN2
	{1 x 300 on 3:20 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	7:04 AM 3,500 Yards - Stress Value = 60	

**Workout #18190 - Monday, 11 January 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
400	1 on 40:00 DS/Weights
150	1 x 400 on 5:00 5:00 Warm-up
300	10 x 15 on :45 Shooters
1,500	6 x 50 on 2:00 Freestyle
	1x{1 x 100 on 1:30 14 strokes per length
	{1 x 100 on 1:30 75-14 spl /25-12 spl
	{1 x 100 on 1:30 50-14 spl/50-12 spl
	{1 x 100 on 1:30 25-14 spl/ 75-12 spl
	{1 x 100 on 1:30 12 strokes per length-fast
	{1 x 100 on 1:25 14 strokes per length (spl)
	{1 x 100 on 1:25 75-14 spl /25-12 spl
	{1 x 100 on 1:25 50-14 spl/50-12 spl
	{1 x 100 on 1:25 25-14 spl/ 75-12 spl
	{1 x 100 on 1:25 12 strokes per length-fast
	{1 x 100 on 1:20 14 strokes per length (spl)
	{1 x 100 on 1:20 75-14 spl /25-12 spl
	{1 x 100 on 1:20 50-14 spl/50-12 spl
	{1 x 100 on 1:20 25-14 spl/ 75-12 spl
	{1 x 100 on 1:20 12 strokes per length-fast
250	1 x 250 on 4:00 Stroke Drills
	7:05 AM 2,600 Yards - Stress Value = 53

**Workout #18202 - Tuesday, 12 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS/Weights	
150	1 x 400 on 5:00 5:00 Warm-up	REC
2,400	10 x 15 on :45 Shooters	SP3
	1x{1 x 300 on 3:50 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 110	EN2
	{1 x 300 on 3:50 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 109	EN2
	{1 x 300 on 3:50 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 108	EN2
	{1 x 300 on 3:50 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 107	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	7:03 AM 3,200 Yards - Stress Value = 54	

**Workout #18205 - Tuesday, 12 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Weights			L WTS
150	1 x 400 on 5:00 5:00 Warm-up	REC		D FR
2,050	10 x 15 on :45 Shooters	SP3		S CHO
	1x{1 x 200 on 3:15 Breaststroke	EN2		S BR
	{3 x 50 on 1:00 Breast	EN3		S BR
	{2 x 175 on 2:45 Breaststroke	EN2		S BR
	{3 x 50 on 1:00 Breast	EN3		S BR
	{3 x 150 on 2:15 Breaststroke	EN2		S BR
	{3 x 50 on 1:00 Breast	EN3		S BR
	{4 x 125 on 1:55 Breaststroke	EN2		S BR
	{2 x 50 on 1:00 Breaststroke	EN3		S BR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	7:05 AM 2,850 Yards - Stress Value = 69			

**Workout #18204 - Tuesday, 12 January 2016**

**HighSchl - Breast**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WC
400	1 on 40:00 DS/Weights		
150	1 x 400 on 5:00 5:00 Warm-up	REC	
2,200	10 x 15 on :45 Shooters	SP3	
	1x{1 x 200 on 2:50 Breaststroke	EN2	
	{3 x 50 on 1:00 Breaststroke	EN3	
	{2 x 175 on 2:25 Breaststroke	EN2	
	{3 x 50 on 1:00 Breaststroke	EN3	
	{3 x 150 on 2:05 Breaststroke	EN2	
	{3 x 50 on 1:00 Breaststroke	EN3	
	{4 x 125 on 1:40 Breaststroke	EN2	
	{3 x 50 on 1:00 Breaststroke	EN3	
	{1 x 100 on 1:45 Breast hold under 110	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:05 AM 3,000 Yards - Stress Value = 74		

**Workout #18203 - Tuesday, 12 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS/Weights	
150	1 x 400 on 5:00 5:00 Warm-up	REC
2,100	10 x 15 on :45 Shooters	SP3
	1x{1 x 300 on 4:20 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle hold under 118	EN2
	{1 x 300 on 4:20 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 117	EN2
	{1 x 300 on 4:20 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 116	EN2
	{1 x 300 on 4:20 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	7:03 AM 2,900 Yards - Stress Value = 48	

**Workout #18206 - Tuesday, 12 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Weights		L	WTS
150	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
1,775	10 x 15 on :45 Shooters	SP3	S	CHO
	1x{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR
	{2 x 175 on 3:15 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR
	{3 x 150 on 2:45 Breaststroke	EN2	S	BR
	{2 x 50 on 1:10 Breaststroke	EN3	S	BR
	{3 x 125 on 2:15 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	7:05 AM 2,575 Yards - Stress Value = 58			

**Workout #18211 - Wednesday, 13 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY
2,700	1x{2 x 200 on 2:30 Free hold 210	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:30 Freestyle hold 209	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:35 Free Hold 208	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:35 Free hold 207	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:40 Free hold 205	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{1 x 200 on 2:40 Free-100%	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,950 Yards - Stress Value = 54	

**Workout #18214 - Wednesday, 13 January 2016**

**HighSchl - Fly**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,650	1x{1 x 100 on 1:10 Freestyle	EN1	S	FR
	{6 x 50 on :45 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN1	S	FR
	{5 x 50 on :45 Fly 2-4, 7 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN1	S	FR

	{4 x 50 on :45 Fly 2-5 6 KOW	EN2	S	FLY
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
	{3 x 50 on :45 Fly 2-4, 5 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN1	S	FR
	{2 x 50 on :45 Fly 2-3, 4 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN1	S	FLY
	{1 x 50 on :45 Fly 2-2, 3 KOW	EN1	S	FLY
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,900 Yards - Stress Value = 31			

**Workout #18207 - Wednesday, 13 January 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
500	1 on 45:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,750	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR 12 yds
	{6 x 75 on 1:15 Kick
	{4 x 25 on :30 Kick no board BSLR 14 yards
	{5 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR 16 yards
	{4 x 125 on 2:20 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:44 PM 2,600 Yards - Stress Value = 43

**Workout #18208 - Wednesday, 13 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
500	1 on 45:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,575	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR 12 yds
	{6 x 75 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR 14 yds
	{5 x 100 on 2:00 Kick
	{2 x 25 on :30 Kick no board BS 16 yds
	{3 x 125 on 2:35 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:44 PM 2,425 Yards - Stress Value = 40

**Workout #18212 - Wednesday, 13 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY
2,500	1x{2 x 200 on 2:40 Free hold 224	EN
	{1 x 100 on 1:25 Free HB +1 off each wall	EN
	{2 x 200 on 2:40 Freestyle hold 222	EN
	{1 x 100 on 1:25 Free HB +1 off each wall	EN
	{2 x 200 on 2:45 Free Hold 220	EN
	{1 x 100 on 1:25 Free HB +1 off each wall	EN
	{2 x 200 on 2:45 Free hold 218	EN
	{1 x 100 on 1:25 Free HB +1 off each wall	EN
	{2 x 200 on 2:50 Free hold 216 #1, #2-100%	EN
	{1 x 100 on 1:25 Free HB +1 off each wall	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	5:35 PM 2,750 Yards - Stress Value = 50	

**Workout #18215 - Wednesday, 13 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,350	1x{1 x 100 on 1:20 Freestyle	EN1	S	FR
	{6 x 50 on :50 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 125 on 1:40 Freestyle	EN1	S	FR
	{5 x 50 on :50 Fly 2-4, 7 KOW	EN1	S	FLY
	{2 x 125 on 1:40 Freestyle	EN1	S	FR
	{4 x 50 on :50 Fly 2-5 6 KOW	EN2	S	FLY
	{2 x 125 on 1:40 Freestyle	EN2	S	FR
	{3 x 50 on :50 Fly 2-4, 5 KOW	EN1	S	FLY
	{2 x 125 on 1:40 Freestyle	EN1	S	FR
	{1 x 50 on :50 Fly 2-3, 4 KOW	EN1	S	FLY
	{2 x 125 on 1:40 Freestyle	EN1	S	FLY
250	{1 x 50 on :50 Fly 2-2, 3 KOW	EN1	S	FLY
	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 PM 2,600 Yards - Stress Value = 25

**Workout #18209 - Wednesday, 13 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 DS/TRX Bands			
500	20 x 25 on :30 Wednesday Warm-up			
150	10 x 15 on :45 Shooter			
1,450	1x{4 x 25 on :35 Kick no board BSLR 12 yds			
	{6 x 75 on 1:35 Kick			
	{4 x 25 on :35 Kick no board BSLR 14 yds			
	{5 x 100 on 2:10 Kick			
	{4 x 25 on :35 Kick no board BSLR 16 yds			
	{1 x 200 on 4:30 Kick			
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 2,300 Yards - Stress Value = 37

**Workout #18213 - Wednesday, 13 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,300	1x{2 x 200 on 2:55 Free hold 240	EN2		
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2		
	{2 x 200 on 2:55 Freestyle hold 239	EN2		
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2		
	{2 x 200 on 3:00 Free Hold 238	EN2		
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2		
	{2 x 200 on 3:00 Free hold 237	EN2		
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2		
	{1 x 200 on 3:05 Free-100%	EN2		
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			

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

**Workout #18216 - Wednesday, 13 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 100 on 1:30 Freestyle	EN1	S	FR
	{6 x 50 on :55 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 100 on 1:30 Freestyle	EN1	S	FR

	{5 x 50 on :55 Fly 2-4, 7 KOW	EN1	S	FLY
	{2 x 100 on 1:30 Freestyle	EN1	S	FR
	{4 x 50 on :55 Fly 2-5 6 KOW	EN2	S	FLY
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{3 x 50 on :55 Fly 2-4, 5 KOW	EN1	S	FLY
	{2 x 100 on 1:30 Freestyle	EN1	S	FR
	{1 x 50 on :55 Fly 2-3, 4 KOW	EN1	S	FLY
	{2 x 100 on 1:30 Freestyle	EN1	S	FLY
	{1 x 50 on :55 Fly 2-2, 3 KOW	EN1	S	FLY
	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 PM 2,350 Yards - Stress Value = 24

**Workout #18210 - Wednesday, 13 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 DS/TRX Bands			
500	20 x 25 on :30 Wednesday Warm-up			
150	10 x 15 on :45 Shooo			
1,250	1x{4 x 25 on :45 Kick no board BSLR 8 yds			
	{6 x 75 on 1:45 Kick			
	{4 x 25 on :45 Kick no board BSLR 10 yds			
	{5 x 100 on 2:20 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			

4:44 PM 2,100 Yards - Stress Value = 33

**Workout #18220 - Thursday, 14 January 2016**

**HighSchl - Back**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			
400	1 x 400 on 5:00 5:00 Warm-up	REC		
150	10 x 15 on :45 Shooters			SP3
2,525	1x{2 x 125 on 1:35 Backstroke	EN1		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{3 x 125 on 1:30 Backstroke	EN1		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{4 x 125 on 1:30 Backstroke	EN2		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{4 x 100 on 1:15 Backstroke	EN2		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{3 x 100 on 1:10 Backstroke	EN2		
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3		
	{2 x 100 on 1:10 Backstroke	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		

7:05 AM 3,325 Yards - Stress Value = 70

**Workout #18217 - Thursday, 14 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			L DRY
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
150	10 x 15 on :45 Shooters			SP3
3,000	1x{1 x 600 on 7:30 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 7:25 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 7:20 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 7:15 Free L.100 6bk	EN2	S	FR
	{1 x 600 on 7:10 Free L.125 6bk	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD

7:06 AM 3,750 Yards - Stress Value = 66

**Workout #18218 - Thursday, 14 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	CHO
2,750	1x{1 x 600 on 8:15 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 8:10 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 8:05 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 8:00 Free L.100 6bk	EN2	S	FR
	{1 x 350 on 4:30 Free L.125 6bk	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
7:06 AM	3,500 Yards - Stress Value = 61			

**Workout #18221 - Thursday, 14 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	CHO
2,325	1x{2 x 125 on 1:45 Backstroke	EN1	S	FR
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3	S	FR
	{3 x 125 on 1:40 Backstroke	EN1	S	FR
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3	S	FR
	{4 x 125 on 1:40 Backstroke	EN2	S	FR
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3	S	FR
	{3 x 100 on 1:20 Backstroke	EN2	S	FR
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3	S	FR
	{3 x 100 on 1:20 Backstroke	EN2	S	FR
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3	S	FR
	{1 x 100 on 1:15 Backstroke	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
7:05 AM	3,125 Yards - Stress Value = 66			

**Workout #18219 - Thursday, 14 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	CHO
2,400	1x{1 x 600 on 9:00 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 8:55 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 8:50 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 8:45 Free L.100 6bk	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
7:05 AM	3,150 Yards - Stress Value = 54			

**Workout #18222 - Thursday, 14 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	CHO
2,050	1x{2 x 125 on 2:00 Backstroke	EN1	S	FR
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3	S	FR
	{3 x 125 on 2:00 Backstroke	EN1	S	FR
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3	S	FR
	{3 x 125 on 1:55 Backstroke	EN2	S	FR

{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
{3 x 100 on 1:40 Backstroke	EN2
{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
{3 x 100 on 1:35 Backstroke	EN2
{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
{2 x 100 on 1:30 Backstroke	EN2
1 x 250 on 4:00 Stroke Drills	REC

7:05 AM 2,850 Yards - Stress Value = 51

**Workout #18223 - Friday, 15 January 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
400	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	S	FR
1,180	1x{1 x 250 on 10:00 Vertical Kick with weight belts	EN1	S	FR
	{1 x 180 on 10:00 Running Pit Sprints X 9 @ 1	EN1	S	FR
	{1 x 150 on 10:00 StretchCordz-sprint resist	EN1	S	FR
	{1 x 300 on 10:00 12X25@45 parchutes & paddle	EN1	S	FR
	{1 x 300 on 10:00 9 X 25 @ 1:00 Underwater	EN1	S	FR
	{ holding weights	EN1	S	FR
	{1 on 10:00 OTB 15m sprints w/ weight belts	EN1	S	FR
350	1 x 350 on 5:00 Freestyle	REC	S	FR
8:52 AM	1,930 Yards - Stress Value = 47			

**Workout #18224 - Friday, 15 January 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
400	1 on 15:00 Ted's Dynamic Stretch		L	WTS
400	1 x 400 on 15:00 5:00 Warm-up-10:00 IP's	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	CHO
150	1 on 10:00 Techniques-Back turns	REC	S	FR
250	1 x 250 on 20:00 Freestyle Remediation	REC	S	FR
250	1 on 15:00 Individual Prescriptions	REC	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	S	FR
	1 on 10:00 Ice	REC	S	FR
4:40 PM	1,050 Yards - Stress Value = 6			

**Workout #18225 - Saturday, 16 January 2016**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Ted's Abs  
 150 1 x 600 on 10:00 Rev IM Drill  
 10 x 15 on :45 Shooters  
 Rd 1 #1, Rd 2 #2, Rd 3 free  
 800 1 x 800 on 11:00 Pull-Alt breakouts  
 + NBBF&W+2 yds  
 .  
 Odd 100's freestyle kick with 1 arm  
 extended alt at 50  
 Even 100's fly or breast  
 1,500 1x{2 x 100 on 2:10 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:05 Kick w/snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:00 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 1:55 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 1:50 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 1:45 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 18 x 100 on 2:01 Beat the clock  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:35 AM 5,300 Yards - Stress Value = 90

**Workout #18226 - Saturday, 16 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Ted's Abs  
 150 1 x 600 on 10:00 Rev IM Drill  
 10 x 15 on :45 Shooters  
 800 1 x 800 on 11:00 Pull-Alt breakouts  
 + NBBF&W+2 yds  
 .  
 Odd 100's freestyle kick with 1 arm  
 extended alt at 50  
 Even 100's fly or breast  
 1,400 1x{2 x 100 on 2:20 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:15 Kick w/snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:10 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:05 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:00 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {1 x 100 on 1:55 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 18 x 100 on 2:01 Beat the clock  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:35 AM 5,200 Yards - Stress Value = 88

**Workout #18227 - Saturday, 16 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Ted's Abs  
 150 1 x 550 on 10:00 Rev IM Drill  
 10 x 15 on :45 Shooters  
 800 1 x 800 on 11:00 Pull-Alt breakouts  
 + NBBF&W+2 yds  
 .  
 Odd 100's freestyle kick with 1 arm  
 extended alt at 50  
 Even 100's fly or breast  
 1,350 1x{2 x 100 on 2:30 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:25 Kick w/snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:20 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:15 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:10 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {1 x 100 on 2:05 Kick w/ snorkel  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 18 x 100 on 2:01 Beat the clock  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:35 AM 5,100 Yards - Stress Value = 87

**Workout #18228 - Saturday, 16 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Ted's Abs  
 150 1 x 500 on 10:00 Rev IM Drill  
 10 x 15 on :45 Shooters  
 800 1 x 800 on 11:00 Pull-Alt breakouts  
 + NBBF&W+2 yds  
 .  
 Odd 100's freestyle kick with 1 arm  
 extended alt at 50  
 Even 100's fly or breast  
 1,250 1x{2 x 100 on 2:40 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:35 Kick w/snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:30 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:25 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:20 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 18 x 100 on 2:01 Beat the clock  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:35 AM 4,950 Yards - Stress Value = 85

**Workout #18236 - Monday, 18 January 2016**

**HighSchl - Breast**

**1 minute rest between sets**

8:51 AM Start

Yards	Set Description	EGY	WORK	STP
2,125	1x{1 x 125 on 2:00 Breaststroke	EN1	S	BF
	{4 x 50 on :55 Breast under/over	EN2	S	BF
	{2 x 125 on 1:55 Breaststroke	EN1	S	BF
	{3 x 50 on :55 Breast under/over	EN2	S	BF
	{3 x 125 on 1:50 Breaststroke	EN1	S	BF
	{2 x 50 on :55 Breast under/over	EN2	S	BF
	{4 x 125 on 1:45 Breaststroke	EN2	S	BF
	{1 x 50 on :55 Breast unde/over	EN2	S	BF
	{3 x 125 on 1:40 Breaststroke	EN2	S	BF
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI
9:29 AM 2,375 Yards - Stress Value = 35				

300	12 x 25 on :40 Variable Speed			
1,700	1x{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:55 Kick			
	{2 x 100 on 1:50 Kick			
	{6 x 25 on :30 Kick no board BSLRBS			
	{2 x 100 on 1:50 Kick			
	{2 x 100 on 1:45 Kick			
	{8 x 25 on :30 Kick no board BSLR X2			
	{2 x 100 on 1:45 Kick			
	{2 x 100 on 1:40 Kick			
	{2 x 25 on :30 Kick no board BSLRBS			
750	3x{1 x 50 on :45 Pull 8 SOT-HB			
	{1 x 50 on :45 Pull 7 SOT-HB			
	{1 x 50 on :45 Pull 6 SOT-HB			
	{1 x 50 on :45 Pull 5 SOT-HB			
	{1 x 50 on :45 Pull 4 SOT-HB			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:52 AM 3,550 Yards - Stress Value = 58				

**Workout #18233 - Monday, 18 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

8:51 PM Start

Yards	Set Description	EGY	W
2,800	1x{1 x 400 on 5:00 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 4:55 Free L.100 des 25's	EN2	
	{1 x 400 on 4:50 Free L.100 BWHPF	EN2	
	{1 x 400 on 4:45 Free L.100 SFBO	EN2	
	{1 x 400 on 4:40 Free L.100 Br on 5	EN2	
	{1 x 400 on 4:35 Free L.100-6bk	EN2	
	{1 x 400 on 4:30 Free-best effort	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:30 PM 3,050 Yards - Stress Value = 56			

**Workout #18234 - Monday, 18 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

8:51 AM Start

Yards	Set Description	EGY	W
2,550	1x{1 x 400 on 5:30 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 5:25 Free L.100 des 25's	EN2	
	{1 x 400 on 5:20 Free L.100 BWHPF	EN2	
	{1 x 400 on 5:15 Free L.100 SFBO	EN2	
	{1 x 400 on 5:10 Free L.100 Br on 5	EN2	
	{1 x 400 on 5:05 Free L.100-6bk	EN2	
	{1 x 150 on 1:50 Free-100%	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:30 AM 2,800 Yards - Stress Value = 63			

**Workout #18229 - Monday, 18 January 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS/Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
180	12 x 15 on :40 Variable Speed
1,800	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
	{6 x 25 on :30 Kick no board BSLRBS
750	3x{1 x 50 on :40 Pull 8 SOT-HB
	{1 x 50 on :40 Pull 7 SOT-HB
	{1 x 50 on :40 Pull 6 SOT-HB
	{1 x 50 on :40 Pull 5 SOT-HB
	{1 x 50 on :40 Pull 4 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:50 AM 3,530 Yards - Stress Value = 55	

**Workout #18237 - Monday, 18 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

8:51 AM Start

Yards	Set Description	EGY	WOF
2,050	1x{1 x 125 on 2:10 Breaststroke	EN1	
	{4 x 50 on :55 Breast under/over	EN2	
	{2 x 125 on 2:05 Breaststroke	EN1	
	{3 x 50 on :55 Breast under/over	EN2	
	{3 x 125 on 2:00 Breaststroke	EN1	
	{2 x 50 on :55 Breast under/over	EN2	
	{4 x 125 on 1:55 Breaststroke-descend	EN2	
	{2 x 50 on :55 Breast under/over	EN2	
	{2 x 125 on 1:50 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:30 AM 2,300 Yards - Stress Value = 33			

**Workout #18230 - Monday, 18 January 2016**

**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 Swim-kick-pull-swim

**Workout #18231 - Monday, 18 January 2016**

**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 Swim-kick-pull-swim
300	12 x 25 on :40 Variable Speed
1,550	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{2 x 100 on 2:00 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
600	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
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:50 AM 3,200 Yards - Stress Value = 53

**Workout #18235 - Monday, 18 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

8:51 AM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
2,350	1x{1 x 400 on 5:55 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 5:50 Free L.100 des 25's	EN2	
	{1 x 400 on 5:45 Free L.100 BWHPF	EN2	
	{1 x 400 on 5:40 Free L.100 SFBO	EN2	
	{1 x 400 on 5:35 Free L.100 Br on 5	EN2	
	{1 x 350 on 4:50 Free-100%	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	9:30 AM 2,600 Yards - Stress Value = 47		

**Workout #18238 - Monday, 18 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

8:51 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
1,700	1x{1 x 100 on 2:00 Breaststroke	EN1	
	{4 x 50 on 1:05 Breast under/over	EN2	
	{2 x 100 on 1:55 Breaststroke	EN1	
	{3 x 50 on 1:05 Breast under/over	EN2	
	{3 x 100 on 1:50 Breaststroke	EN1	
	{2 x 50 on 1:05 Breast under/over	EN2	
	{4 x 100 on 1:45 Breaststroke-descend	EN2	
	{1 x 50 on 1:05 Breast under/over	EN2	
	{2 x 100 on 1:40 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	9:29 AM 1,950 Yards - Stress Value = 28		

**Workout #18232 - Monday, 18 January 2016**

**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 Swim-kick-pull-swim
165	11 x 15 on :45 Cross pool sprints
1,200	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick

	{2 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:25 Kick
	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
600	3x{1 x 50 on :55 Pull 8 SOT-HB
	{1 x 50 on :55 Pull 7 SOT-HB
	{1 x 50 on :55 Pull 6 SOT-HB
	{1 x 50 on :55 Pull 5 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:51 AM 2,665 Yards - Stress Value = 41

**Workout #18239 - Monday, 18 January 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Balls	
400	1 x 400 on 5:00 5:00 Warm-up	REC
300	12 x 25 on :40 Variable Speed	SP3
400	1 x 400 on 8:00 Social Kick w/ 4X25 fast	REC
100	1 x 100 on 2:00 Kick for time	SP2
450	1x{6 x 25 on :45 Freestyle	REC
	{1 x 300 on 15:00 Rabbit game	SP3
300	6 x 50 on 2:00 Freestyle	SP2
250	1 x 250 on 5:00 5:00 cool down	REC
	1 on 10:00 Ice	
	4:46 PM 2,200 Yards - Stress Value = 64	

**Workout #18240 - Tuesday, 19 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 DS/Weghts		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
300	12 x 25 on :40 Variable Speed	SP3	
2,700	1x{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold under 1:00	EN2	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:25 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold under 1:00	EN2	
	{1 x 200 on 2:25 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold under 1:00	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 400 on 4:50 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold under 1:00	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 500 on 5:30 Freestyle	EN2	
250	1 x 250 on 5:00 5:00 cool down	REC	
	7:05 AM 3,650 Yards - Stress Value = 62		

**Workout #18243 - Tuesday, 19 January 2016**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 AM	Start	
400	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	RE
300	12 x 25 on :40 Variable Speed	SI
2,600	1x{1 x 250 on 3:25 Fly 1+1 stroke off walls	EN
	{2 x 225 on 3:05 Fly 2+1 stroke off walls	EN
	{3 x 200 on 2:40 Fly 3+1 stroke off walls	EN
	{4 x 175 on 2:15 Fly 4+1 strokes off walls	EN
	{4 x 150 on 1:55 Fly 5+1 stroke off walls	EN
250	1 x 250 on 5:00 5:00 Cool Down	RE
7:06 AM	3,550 Yards - Stress Value = 64	

300	12 x 25 on :40 Variable Speed	SP3
2,150	1x{1 x 100 on 1:30 Freestyle	EN2
	{1 x 100 on 1:40 Free Hold under 1:15	EN2
	{1 x 300 on 4:20 Freestyle	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{1 x 200 on 2:55 Freestyle	EN2
	{1 x 100 on 1:40 Free Hold under 1:14	EN2
	{1 x 200 on 2:55 Freestyle	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{1 x 300 on 4:20 Freestyle	EN2
	{1 x 100 on 1:40 Free hold under 1:13	EN2
	{1 x 100 on 1:30 Freestyle	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{1 x 400 on 5:45 Freestyle	EN2
	{1 x 100 on 1:40 Free hold under 1:12	EN2
250	1 x 250 on 5:00 5:00 Cool down	REC
7:04 AM	3,100 Yards - Stress Value = 52	

**Workout #18241 - Tuesday, 19 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
300	12 x 25 on :40 Variable Speed	SP3	
2,550	1x{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:25 Free Hold under 1:10	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 200 on 2:35 Freestyle	EN2	
	{1 x 100 on 1:25 Free Hold under 1:09	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 100 on 1:25 Free hold under 1:08	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 400 on 5:30 Freestyle	EN2	
	{1 x 100 on 1:25 Free Hold under 1:07	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 350 on 4:20 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:05 AM	3,500 Yards - Stress Value = 59		

**Workout #18245 - Tuesday, 19 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	RE	
120	8 x 15 on :45 Spinners	SI	
2,200	1x{1 x 250 on 4:20 Fly 1+1 stroke off walls	EN	
	{2 x 225 on 3:50 Fly 2+1 stroke off walls	EN	
	{3 x 200 on 3:20 Fly 3+1 stroke off walls	EN	
	{4 x 175 on 2:50 Fly 4+1 strokes off walls	EN	
	{2 x 100 on 1:35 Fly 5+1 strokes off walls	EN	
250	1 x 250 on 5:00 5:00 cool down	RE	
7:06 AM	2,970 Yards - Stress Value = 49		

**Workout #18253 - Wednesday, 20 January 2016**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:39 PM	Start		
2,375	1x{3 x 25 on :30 Back -6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:20 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN2	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:25 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:30 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:35 Backstroke	EN2	
	{3 x 25 on :30 Back 6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:40 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:30 PM	2,575 Yards - Stress Value = 46		

**Workout #18244 - Tuesday, 19 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 AM	Start	
400	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	RE
300	12 x 25 on :40 Variable Speed	SI
2,375	1x{1 x 250 on 3:45 Fly 1+1 stroke off walls	EN
	{2 x 225 on 3:20 Fly 2+1 stroke off walls	EN
	{3 x 200 on 2:55 Fly 3+1 stroke off walls	EN
	{4 x 175 on 2:30 Fly 4+1 strokes off walls	EN
	{3 x 125 on 1:45 Fly 5+1 stroke off walls	EN
250	1 x 250 on 5:00 5:00 cool down	RE
7:06 AM	3,325 Yards - Stress Value = 60	

**Workout #18242 - Tuesday, 19 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	

**Workout #18256 - Wednesday, 20 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 40:00 DS/Weights		L	DRY
400	1 x 400 on 5:00 5:00 Swim	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	CMB
2,925	1x{2 x 225 on 2:55 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:50 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:45 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:40 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:35 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:30 Free L.25 6bk	EN2	S	FR
	{1 x 225 on 2:25 Free L.25 6bk	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	7:06 AM 3,925 Yards - Stress Value = 70			

**Workout #18250 - Wednesday, 20 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:39 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
3,000	1x{1 x 300 on 3:40 Free count strokes			
	{2 x 300 on 3:35 Free #2-3 KOW			
	{3 x 300 on 3:30 Free #3 4 strokes off each w			
	{4 x 300 on 3:25 Free #4 descend each 50			
300	1 x 300 on 5:00 Stroke Drills			
	1 on 10:00 Ice			
	5:30 PM 3,300 Yards - Stress Value = 51			

**Workout #18246 - Wednesday, 20 January 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 45:00 DS/TRX Bands			
500	20 x 25 on :30 Wednesday Warm-up			
300	12 x 25 on :40 Variable Speed			
	Hold BSLR's under :20, nonBSLR at least 5s			
1,600	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			
	{4 x 75 on 1:10 Kick			
	{4 x 25 on :30 Kick no board BSLR 14 KOW			
	{4 x 100 on 1:30 Kick			
	{4 x 25 on :30 Kick no board BSLR 13 KOW			
	{4 x 125 on 1:50 Kick			
	{4 x 25 on :30 Kick no board BSLR 12 KOW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:38 PM 2,600 Yards - Stress Value = 46			

**Workout #18247 - Wednesday, 20 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 45:00 DS/TRX Bands			
500	20 x 25 on :30 Wednesday Warm-up			
300	12 x 25 on :40 Variable Speed			
	Hold BSLR's under :23, nonBSLR at least 5s			
1,400	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			
	{4 x 75 on 1:20 Kick			
	{4 x 25 on :30 Kick no board BSLR 14 KOW			
	{3 x 100 on 1:45 Kick			
	{4 x 25 on :30 Kick no board BSLR 13 KOW			
	{4 x 125 on 2:10 Kick			

200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:38 PM 2,400 Yards - Stress Value = 42

**Workout #18251 - Wednesday, 20 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:39 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,750	1x{1 x 275 on 3:45 Free count strokes			
	{2 x 275 on 3:40 Free #2-3 KOW			
	{3 x 275 on 3:35 Free #3 4 strokes off each w			
	{4 x 275 on 3:30 Free #4 descend each 50			
300	1 x 300 on 5:00 Stroke Drills			
	1 on 10:00 Ice			
	5:31 PM 3,050 Yards - Stress Value = 47			

**Workout #18254 - Wednesday, 20 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:39 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,125	1x{3 x 25 on :35 Back -6 kick switch	EN1		
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2		
	{1 x 200 on 2:45 Backstroke	EN2		
	{3 x 25 on :35 Back-6 kick switch	EN2		
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2		
	{1 x 200 on 2:50 Backstroke	EN2		
	{3 x 25 on :35 Back-6 kick switch	EN1		
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2		
	{1 x 200 on 2:55 Backstroke	EN2		
	{3 x 25 on :35 Back-6 kick switch	EN1		
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2		
	{1 x 200 on 3:00 Backstroke	EN2		
	{3 x 25 on :35 Back-6 kick switch	EN1		
	{3 x 50 on :55 Back-descend 5/7/C KOW	EN2		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:31 PM 2,325 Yards - Stress Value = 41			

**Workout #18258 - Wednesday, 20 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 40:00 DS/Weights		L	DRY
400	1 x 400 on 5:00 5:00 swim	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	CMB
2,300	1x{2 x 200 on 3:10 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 3:05 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 3:00 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 2:55 Free L.25 6bk	EN2	S	FR
	{2 x 200 on 2:50 Free L.25 6bk	EN2	S	FR
	{2 x 150 on 2:05 Free L.25 6bk	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	7:06 AM 3,300 Yards - Stress Value = 58			

**Workout #18248 - Wednesday, 20 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
	Hold BSLR's under :27, nonBSLR at least 5s
1,200	1x{4 x 25 on :35 Kick no board BSLR 15 KOW
	{4 x 75 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR 14 KOW
	{3 x 100 on 2:05 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{4 x 75 on 1:25 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:38 PM 2,200 Yards - Stress Value = 38

**Workout #18252 - Wednesday, 20 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:39 PM Start

Yards	Set Description
=====	=====
2,500	1x{1 x 250 on 3:45 Free-count strokes
	{2 x 250 on 3:40 Free #2-3 KOW
	{3 x 250 on 3:35 Free #3 4 strokes off each w
	{4 x 250 on 3:30 Free #4 descend each 50
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
	5:31 PM 2,800 Yards - Stress Value = 42

**Workout #18255 - Wednesday, 20 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:39 PM Start

Yards	Set Description	EGY
=====	=====	=====
1,900	1x{3 x 25 on :40 Back -6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:10 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN2
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:15 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:20 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:25 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:31 PM 2,100 Yards - Stress Value = 37	

**Workout #18249 - Wednesday, 20 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
	Hold BSLR's under :34, nonBSLR at least 5s
1,050	1x{4 x 25 on :40 Kick no board BSLR 15 KOW
	{4 x 75 on 1:45 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{2 x 100 on 2:20 Kick

{4 x 25 on :40 Kick no board BSLR 13 KOW  
 {2 x 125 on 2:50 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:38 PM 2,050 Yards - Stress Value = 35

**Workout #18259 - Thursday, 21 January 2016**

**HighSchl - Breast**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Weights
400	1 x 400 on 5:00 5:00 Warm-up
300	12 x 25 on :40 Variable Speed
2,050	1x{3 x 100 on 1:25 Breaststroke
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{3 x 100 on 1:25 Breaststroke
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn
	{3 x 100 on 1:25 Breaststroke
	{4 x 50 on 1:10 Under/overs-2X pullouts-turn
	{3 x 100 on 1:25 Breaststroke
	{4 x 50 on 1:15 Under/overs-2X pullout-turn
	{3 x 100 on 1:25 Breaststroke
300	1 x 300 on 5:00 5:00 cool down
	7:06 AM 3,050 Yards - Stress Value = 59

**Workout #18257 - Thursday, 21 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 40:00 DS/Weights			L DRY
400	1 x 400 on 5:00 5:00 swim	REC	D	FR
300	12 x 25 on :40 Variable Speed	SP3	S	CMB
2,600	1x{2 x 225 on 3:10 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 3:05 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 3:00 Free L.25 6bk	EN2	S	FR
	{2 x 225 on 2:55 Free L.25 6bk	EN2	P	FR
	{2 x 225 on 2:50 Free L.25 6bk	EN2	S	FR
	{2 x 175 on 2:10 Free L.25 6bk	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	7:06 AM 3,600 Yards - Stress Value = 64			

**Workout #18260 - Thursday, 21 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Weights
400	1 x 400 on 5:00 5:00 Warm-up
300	12 x 25 on :40 Variable Speed
1,950	1x{3 x 100 on 1:35 Breaststroke
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{3 x 100 on 1:35 Breaststroke
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn
	{3 x 100 on 1:35 Breaststroke
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn
	{3 x 100 on 1:35 Breaststroke
	{3 x 50 on 1:15 Under/overs-2X pullout-turn
	{3 x 100 on 1:35 Breaststroke
300	1 x 300 on 5:00 5:00 Warm-up
	7:06 AM 2,950 Yards - Stress Value = 57

**Workout #18261 - Thursday, 21 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Weights
400	1 x 400 on 5:00 5:00 Warm-up
300	12 x 25 on :40 Variable speed
1,750	1x{3 x 100 on 1:50 Breaststroke
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{3 x 100 on 1:50 Breaststroke
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn
	{3 x 100 on 1:50 Breaststroke
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn
	{3 x 100 on 1:50 Breaststroke
	{3 x 50 on 1:15 Under/Overs-2X Pullouts-turn
	{1 x 100 on 1:45 Breaststroke
300	1 x 300 on 5:00 5:00 Cool down
7:06 AM	2,750 Yards - Stress Value = 59

{5 x 100 on 1:10 Freestyle	EN2	S	FR
{2 x 150 on 1:50 Freestyle	EN2	S	FR
{5 x 100 on 1:10 Freestyle	EN2	S	FR
{2 x 150 on 1:50 Freestyle	EN1	S	FR
{5 x 100 on 1:10 Freestyle	EN2	S	FR
{2 x 150 on 1:50 Freestyle	EN1	S	FR
Hold 100's 1:02 or faster			
300	1 x 300 on 5:00 5:00 Cool down	REC	D CD
	1 on 10:00 Ice		M
5:36 PM	3,800 Yards - Stress Value = 58		

**Workout #18272 - Monday, 25 January 2016**

**HighSchl - Fly**

**1 minute rest between sets**

4:38 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
2,900	1x{1 x 25 on :25 Butterfly	EN2	S	FLY
	{1 x 50 on :40 Freestyle	EN2	S	FR
	{2 x 25 on :20 Butterfly	EN2	S	FLY
	{2 x 50 on :40 Freestyle	EN2	S	FR
	{3 x 25 on :25 Butterfly	EN2	S	FR
	{3 x 50 on :40 Freestyle	EN2	S	FR
	{4 x 25 on :20 Butterfly	EN2	S	FR
	{4 x 50 on :40 Freestyle	EN2	S	FR
	{5 x 25 on :25 Butterfly	EN2	S	FLY
	{5 x 50 on :40 Freestyle	EN2	S	FR
	{6 x 25 on :20 Butterfly	EN2	S	FLY
	{6 x 50 on :40 Freestyle	EN2	S	FR
	{7 x 25 on :25 Butterfly	EN2	S	FLY
	{7 x 50 on :40 Freestyle	EN2	S	FR
	{8 x 25 on :20 Butterfly	EN2	S	FLY
	{8 x 50 on :40 Freestyle	EN2	S	FR
	{8 x 25 on :25 Butterfly	EN2	S	FLY
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	3,200 Yards - Stress Value = 58			

**Workout #18262 - Friday, 22 January 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
1x{	1 on 7:30 Vrtcl Kck w/fins	SP3	
	1 on 7:30 Running Pit Sprints	SP3	
	1 on 7:30 StrthCrdz-assist	SP3	
	1 on 7:30 8X25@45 fins/ftennis balls	SP3	
	1 on 7:30 8X25@45 undwtr w/fins	SP3	
	1 on 7:30 OTB 15m sprints	SP3	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:06 AM	650 Yards		

**Workout #18265 - Monday, 25 January 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
	1 on 30:00 DS/Physio Balls			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
180	8 x 15 on :45 Spinners			
1,500	1x{4 x 25 on :30 Kick no board BSLR			
	{2 x 125 on 2:00 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 125 on 2:05 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 125 on 2:10 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 125 on 2:15 Kick			
	{4 x 25 on :30 Kick no board BSLR			
1,100	1x{2 x 100 on 1:15 Pull 7 SOLW			
	{2 x 125 on 1:35 Pull 6 SOLW			
	{2 x 150 on 1:50 Pull 5 SOLW			
	{2 x 175 on 2:15 Pull 4 SOLW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:37 PM	3,520 Yards - Stress Value = 48			

**Workout #18269 - Monday, 25 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:38 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
3,500	1x{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{5 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN1	S	FR

**Workout #18266 - Monday, 25 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 120 8 x 15 on :45 Spinners  
 1,350 1x{4 x 25 on :30 Kick no board BSLR  
 {2 x 125 on 2:20 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 125 on 2:30 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 75 on 1:35 Kick  
 {2 x 25 on :30 Kick no board BS  
 950 1x{1 x 50 on :45 Pull 7 SOLW  
 {2 x 125 on 1:50 Pull 6 SOLW  
 {2 x 150 on 2:05 Pull 5 SOLW  
 {2 x 175 on 2:30 Pull 4 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:37 PM 3,220 Yards - Stress Value = 43

**Workout #18270 - Monday, 25 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:38 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 3,200 1x{2 x 150 on 2:05 Freestyle EN1 S FR  
 {5 x 100 on 1:15 Freestyle EN2 S FR  
 {2 x 150 on 2:05 Freestyle EN1 S FR  
 {5 x 100 on 1:15 Freestyle EN2 S FR  
 {2 x 150 on 2:05 Freestyle EN2 S FR  
 {5 x 100 on 1:15 Freestyle EN2 S FR  
 {2 x 150 on 2:05 Freestyle EN1 S FR  
 {5 x 100 on 1:15 Freestyle EN2 S FR  
 Hold 100's 1:09 or faster  
 300 1 x 300 on 5:00 5:00 Cool down REC D CD  
 1 on 10:00 Ice M  
 5:36 PM 3,500 Yards - Stress Value = 55

**Workout #18273 - Monday, 25 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:38 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,500 1x{1 x 25 on :30 Butterfly EN2 S FLY  
 {1 x 50 on :45 Freestyle EN2 S FR  
 {2 x 25 on :25 Butterfly EN2 S FLY  
 {2 x 50 on :45 Freestyle EN2 S FR  
 {3 x 25 on :30 Butterfly EN2 S FR  
 {3 x 50 on :45 Freestyle EN2 S FR  
 {4 x 25 on :25 Butterfly EN2 S FR  
 {4 x 50 on :45 Freestyle EN2 S FR  
 {5 x 25 on :30 Butterfly EN2 S FLY  
 {5 x 50 on :45 Freestyle EN2 S FR  
 {6 x 25 on :25 Butterfly EN2 S FLY  
 {6 x 50 on :45 Freestyle EN2 S FR  
 {7 x 25 on :30 Butterfly EN2 S FLY  
 {7 x 50 on :45 Freestyle EN2 S FR  
 {8 x 25 on :25 Butterfly EN2 S FLY  
 {4 x 50 on :45 Freestyle EN2 S FR  
 300 1 x 300 on 5:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:35 PM 2,800 Yards - Stress Value = 50

**Workout #18267 - Monday, 25 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 120 8 x 15 on :45 Spinners  
 1,200 1x{4 x 25 on :35 Kick no board BSLR  
 {2 x 125 on 2:40 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 2:10 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 2:15 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 50 on 1:10 Kick  
 750 1x{2 x 125 on 2:00 Pull 6 SOLW  
 {1 x 150 on 2:25 Pull 5 SOLW  
 {2 x 175 on 2:50 Pull 4 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:36 PM 2,820 Yards - Stress Value = 39

**Workout #18271 - Monday, 25 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:38 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,800 1x{2 x 150 on 2:25 Freestyle EN1 S FR  
 {4 x 100 on 1:25 Freestyle EN2 S FR  
 {2 x 150 on 2:25 Freestyle EN1 S FR  
 {4 x 100 on 1:25 Freestyle EN2 S FR  
 {2 x 150 on 2:25 Freestyle EN2 S FR  
 {4 x 100 on 1:25 Freestyle EN2 S FR  
 {2 x 150 on 2:25 Freestyle EN1 S FR  
 {4 x 100 on 1:25 Freestyle EN2 S FR  
 hold 100's 1:22 or faster  
 300 1 x 300 on 5:00 5:00 cool down REC D CD  
 1 on 10:00 Ice M  
 5:36 PM 3,100 Yards - Stress Value = 47

**Workout #18274 - Monday, 25 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:38 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,300 1x{1 x 25 on :30 Butterfly EN2 S FLY  
 {1 x 50 on :50 Freestyle EN2 S FR  
 {2 x 25 on :30 Butterfly EN2 S FLY  
 {2 x 50 on :50 Freestyle EN2 S FR  
 {3 x 25 on :30 Butterfly EN2 S FR  
 {3 x 50 on :50 Freestyle EN2 S FR  
 {4 x 25 on :30 Butterfly EN2 S FR  
 {4 x 50 on :50 Freestyle EN2 S FR  
 {5 x 25 on :30 Butterfly EN2 S FLY  
 {5 x 50 on :50 Freestyle EN2 S FR  
 {6 x 25 on :30 Butterfly EN2 S FLY  
 {6 x 50 on :50 Freestyle EN2 S FR  
 {7 x 25 on :30 Butterfly EN2 S FLY  
 {7 x 50 on :45 Freestyle EN2 S FR  
 {8 x 25 on :25 Butterfly EN2 S FLY  
 300 1 x 300 on 5:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:35 PM 2,600 Yards - Stress Value = 46

**Workout #18268 - Monday, 25 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STF
3:00 PM Start				
400	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FF
120	8 x 15 on :45 Spinners	SP3	S	FF
500	1 on 30:00 DS/Physio Balls			
120	1 x 500 on 10:00 Swim-kick-pull-swim			
1,000	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:25 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:30 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:35 Kick			
	{4 x 25 on :45 Kick no board BSLR			
750	1x{2 x 75 on 1:20 Pull 7 SOLW			
	{1 x 125 on 2:20 Pull 6 SOLW			
	{2 x 150 on 2:45 Pull 5 SOLW			
	{1 x 175 on 3:15 Pull 4 SOLW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:37 PM 2,570 Yards - Stress Value = 35			

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STF
5:30 AM Start				
400	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FF
120	8 x 15 on :45 Spinners	SP3	S	FF
2,500	1x{1 x 350 on 4:25 Freestyle	EN2	S	FF
	{3 x 50 on :35 Free-Great Effort	EN3	S	FF
	{1 x 350 on 4:20 Freestyle	EN2	S	FF
	{3 x 50 on :40 Free-Great Effort	EN2	S	FF
	{1 x 350 on 4:15 Freestyle	EN2	S	FF
	{3 x 50 on :45 Free-Great Effort	EN3	S	FF
	{1 x 350 on 4:10 Freestyle	EN2	S	FF
	{3 x 50 on :50 Free-Great Effort	EN3	S	FF
	{1 x 350 on 4:05 Freestyle	EN2	S	FF
	{3 x 50 on :55 Free-Great Effort	EN3	S	FF
300	1 x 300 on 5:00 5:00 cool down	REC	D	CI
	7:02 AM 3,320 Yards - Stress Value = 79			

**Workout #18294 - Tuesday, 26 January 2016**

**HighSchl - Fly**

**1 minute rest between sets**

**Workout #18264 - Monday, 25 January 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STF
5:30 AM Start				
400	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FF
120	8 x 15 on :45 Spinners	SP3	S	FF
400	2x{3 x 50 on 1:10 Freestyle	SP1	S	
	{1 x 50 on 1:30 Freestyle	SP1	S	
	{ #1 20yds sprint-30yds easy, #2 30yds sprint			
	{ #3 all easy, #4 sprint			
500	10 x 50 on 1:00 Kick-ALL OUT 100%	EN2	K	C
400	2x{3 x 50 on 1:10 Stroke	SP1	S	S
	{1 x 50 on 1:30 Stroke	SP1	S	S
	{ Same as above --#3 can be free			
300	1 x 300 on 5:00 5:00 Cool Down	REC	S	
	7:01 AM 2,120 Yards - Stress Value = 79			

Yards	Set Description	EGY	WORK	STF
5:30 AM Start				
400	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FF
120	8 x 15 on :45 Spinners	SP3	S	FF
2,500	1x{1 x 200 on 2:45 3 strokes fly off walls	EN2	S	FF
	{8 x 25 on :25 Fly-10 KOW	EN2	S	FF
	{2 x 175 on 2:20 3 strokes fly off walls	EN2	S	FF
	{8 x 25 on :25 Fly-11 KOW	EN2	S	FF
	{3 x 150 on 1:55 3 strokes fly off walls	EN2	S	FF
	{6 x 25 on :25 Fly-12 KOW	EN2	S	FF
	{4 x 125 on 1:35 3 strokes fly off walls	EN2	S	FF
	{6 x 25 on :25 Fly-13 KOW	EN2	S	FF
	{3 x 100 on 1:20 3 strokes fly off walls	EN2	S	FF
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CI
	7:05 AM 3,320 Yards - Stress Value = 55			

**Workout #18276 - Tuesday, 26 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

**Workout #18278 - Tuesday, 26 January 2016**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STF
5:30 AM Start				
400	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FF
120	8 x 15 on :45 Spinners	SP3	S	FF
2,200	1x{1 x 100 on 1:15 Backstroke	EN2	S	FF
	{4 x 25 on :30 Back 12yds under -1 kick	EN2	S	FF
	{2 x 100 on 1:15 Backstroke	EN2	S	FF
	{4 x 25 on :30 Back 12yds under -1 kick	EN2	S	FF
	{3 x 100 on 1:15 Backstroke	EN1	S	FF
	{4 x 25 on :30 Back 12yds under -1 kick	EN2	S	FF
	{4 x 100 on 1:20 Backstroke	EN2	S	FF
	{4 x 25 on :30 Back 12yds under -1 kick	EN2	S	FF
	{3 x 100 on 1:15 Backstroke	EN2	S	FF
	{4 x 25 on :30 Back 12yds under -1 kick	EN2	S	FF
	{2 x 100 on 1:15 Backstroke	EN2	S	FF
	{4 x 25 on :30 Back 12yds under -1 kick	EN2	S	FF
	{1 x 100 on 1:15 Backstroke	EN2	S	FF
300	1 x 300 on 5:00 5:00 cool down	REC	D	CI
	7:02 AM 3,020 Yards - Stress Value = 46			

Yards	Set Description	EGY	WORK	STF
5:30 AM Start				
400	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FF
120	8 x 15 on :45 Spinners	SP3	S	FF
2,350	1x{1 x 350 on 4:55 Freestyle	EN2	S	FF
	{3 x 50 on :40 Free-Great Effort	EN3	S	FF
	{1 x 350 on 4:50 Freestyle	EN2	S	FF
	{3 x 50 on :45 Free-Great Effort	EN3	S	FF
	{1 x 350 on 4:45 Freestyle	EN2	S	FF
	{3 x 50 on :50 Free-Great Effort	EN3	S	FF
	{1 x 350 on 4:40 Freestyle	EN2	S	FF
	{3 x 50 on :55 Free-Great Effort	EN3	S	FF
	{1 x 350 on 4:35 Freestyle	EN2	S	FF
300	1 x 300 on 5:00 5:00 cool down	REC	D	CI
	7:03 AM 3,170 Yards - Stress Value = 76			

**Workout #18275 - Tuesday, 26 January 2016**

**HighSchl - Distance**

**Workout #18279 - Tuesday, 26 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	W	STK
400	1 on 40:00 DS/Weights			
400	1 x 400 on 5:00 5:00 Warm-up	REC		
120	8 x 15 on :45 Spinners	SP3		
2,050	1x{1 x 100 on 1:25 Backstroke	EN1		
	{4 x 25 on :30 Back 12yds under -1 kick	EN2		
	{2 x 100 on 1:25 Backstroke	EN1		
	{4 x 25 on :30 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:25 Backstroke	EN1		
	{4 x 25 on :30 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:30 Backstroke	EN1		
	{4 x 25 on :30 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:25 Backstroke	EN2		
	{4 x 25 on :30 Back 12yds under -1 kick	EN2		
	{2 x 100 on 1:25 Backstroke	EN2		
	{2 x 25 on :30 Back 12yds under -1 kick	EN2		
300	1 x 300 on 5:00 5:00 cool down	REC		
	7:02 AM 2,870 Yards - Stress Value = 36			

**Workout #18277 - Tuesday, 26 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	W	STK
400	1 on 40:00 DS/Weights		L	W
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	F
120	8 x 15 on :45 Spinners	SP3	S	F
2,000	1x{1 x 350 on 5:45 Freestyle	EN2	S	F
	{3 x 50 on :45 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:40 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:35 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:30 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
300	1 x 300 on 5:00 5:00 cool down	REC	D	C
	7:02 AM 2,820 Yards - Stress Value = 69			

**Workout #18280 - Tuesday, 26 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	W	STK
400	1 on 40:00 DS/Weights			
400	1 x 400 on 5:00 5:00 Warm-up	REC		
120	8 x 15 on :45 Spinners	SP3		
1,800	1x{1 x 100 on 1:35 Backstroke	EN1		
	{4 x 25 on :35 Back 12yds under -1 kick	EN2		
	{2 x 100 on 1:35 Backstroke	EN1		
	{4 x 25 on :35 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:35 Backstroke	EN1		
	{4 x 25 on :35 Back 12yds under -1 kick	EN2		
	{4 x 100 on 1:40 Backstroke	EN1		
	{4 x 25 on :35 Back 12yds under -1 kick	EN2		
	{3 x 100 on 1:35 Backstroke	EN2		
	{4 x 25 on :35 Back 12yds under -1 kick	EN2		
300	1 x 300 on 5:00 5:00 cool down	REC		
	7:02 AM 2,620 Yards - Stress Value = 31			

**Workout #18288 - Wednesday, 27 January 2016**

**HighSchl - Breast**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description	EGY	W	STK
2,350	1x{2 x 200 on 3:00 Breaststroke	EN2	S	BR
	{2 x 200 on 2:55 Breaststroke	EN2	S	BR
	{2 x 200 on 2:50 Breaststroke	EN2	S	BR
	{2 x 200 on 2:45 Breaststroke	EN2	S	BR
	{2 x 200 on 2:40 Breaststroke	EN2	S	BR
	{2 x 175 on 2:20 Breaststroke	EN2	S	BR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:36 PM 2,650 Yards - Stress Value = 47			

**Workout #18285 - Wednesday, 27 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description	EGY	W	STK
2,625	1x{3 x 225 on 3:00 Freestyle	EN2	S	FR
	{3 x 200 on 2:30 Freestyle	EN2	S	FR
	{3 x 175 on 2:10 Freestyle	EN2	S	FR
	{3 x 150 on 1:50 Freestyle	EN2	S	FR
	{3 x 125 on 1:30 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CD
	1 on 10:00 Ice			M
	5:36 PM 2,925 Yards - Stress Value = 53			

**Workout #18281 - Wednesday, 27 January 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	W	STK
500	1 on 45:00 DS/TRX Bands			
120	20 x 25 on :30 Wednesday Warm-up			
120	8 x 15 on :45 Spinners			
1,800	1x{6 x 25 on :30 Kick no board B			
	{3 x 100 on 2:05 Kick-descend			
	{6 x 25 on :30 Kick no board S			
	{3 x 100 on 2:00 Kick-descend			
	{6 x 25 on :30 Kick no board L			
	{3 x 100 on 1:55 Kick-descend			
	{6 x 25 on :30 Kick no board R			
	{3 x 100 on 1:50 Kick-descend			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:46 PM 2,620 Yards - Stress Value = 43			

**Workout #18282 - Wednesday, 27 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 45:00 DS/TRX Bands			
120	20 x 25 on :30 Wednesday Warm-up			
1,700	8 x 15 on :45 Spinners			
	1x{6 x 25 on :30 Kick no board B			
	{3 x 100 on 2:15 Kick-descend			
	{6 x 25 on :30 Kick no board S			
	{3 x 100 on 2:10 Kick-descend			
	{6 x 25 on :30 Kick no board L			
	{3 x 100 on 2:05 Kick-descend			
	{6 x 25 on :30 Kick no board R			
	{2 x 100 on 2:00 Kick-descend			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:46 PM 2,520 Yards - Stress Value = 41			

**Workout #18286 - Wednesday, 27 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{3 x 225 on 3:10 Freestyle	EN2	S	FR
	{3 x 200 on 2:45 Freestyle	EN2	S	FR
	{3 x 175 on 2:20 Freestyle	EN2	S	FR
	{3 x 150 on 1:55 Freestyle	EN2	S	FR
	{3 x 50 on :40 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
300	1 x 300 on 5:00 5:00 Cool Down REC		D	CD
	1 on 10:00 Ice		M	
	5:36 PM 2,700 Yards - Stress Value = 48			

**Workout #18289 - Wednesday, 27 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description	EGY	WORK	STK
2,150	1x{2 x 200 on 3:15 Breaststroke	EN2	S	BR
	{2 x 200 on 3:10 Breaststroke	EN2	S	BR
	{2 x 200 on 3:05 Breaststroke	EN2	S	BR
	{2 x 200 on 3:00 Breaststroke	EN2	S	BR
	{2 x 200 on 2:55 Breaststroke	EN2	S	BR
	{1 x 150 on 2:10 Breaststroke	EN2	S	BR
300	1 x 300 on 5:00 5:00 Cool Down REC		D	CD
	1 on 10:00 Ice		M	
	5:36 PM 2,450 Yards - Stress Value = 43			

**Workout #18283 - Wednesday, 27 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 45:00 DS/TRX Bands			
120	20 x 25 on :30 Wednesday Warm-up			
1,550	8 x 15 on :45 Spinners			
	1x{6 x 25 on :35 Kick no board B			
	{3 x 100 on 2:25 Kick-descend			
	{6 x 25 on :35 Kick no board S			
	{3 x 100 on 2:20 Kick-descend			
	{6 x 25 on :35 Kick no board L			
	{3 x 100 on 2:15 Kick-descend			

	{6 x 25 on :35 Kick no board R			
	{1 x 50 on 1:00 Kick-FAST			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:46 PM 2,370 Yards - Stress Value = 38			

**Workout #18287 - Wednesday, 27 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{3 x 225 on 3:30 Freestyle	EN2	S	FR
	{3 x 200 on 3:05 Freestyle	EN2	S	FR
	{3 x 175 on 2:40 Freestyle	EN2	S	FR
	{3 x 100 on 1:30 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
300	1 x 300 on 5:00 5:00 Cool Down REC		D	CD
	1 on 10:00 Ice		M	
	5:36 PM 2,400 Yards - Stress Value = 42			

**Workout #18290 - Wednesday, 27 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{2 x 200 on 3:45 Breaststroke	EN2	S	BR
	{2 x 200 on 3:40 Breaststroke	EN2	S	BR
	{2 x 200 on 3:35 Breaststroke	EN2	S	BR
	{2 x 200 on 3:30 Breaststroke	EN2	S	BR
	{1 x 200 on 3:25 Breaststroke	EN2	S	BR
300	1 x 300 on 5:00 5:00 Cool Down REC		D	CD
	1 on 10:00 Ice		M	
	5:36 PM 2,100 Yards - Stress Value = 36			

**Workout #18284 - Wednesday, 27 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 45:00 DS/TRX Bands			
120	20 x 25 on :30 Wednesday Warm-up			
1,400	8 x 15 on :45 Spinners			
	1x{6 x 25 on :40 Kick no board B			
	{3 x 100 on 2:35 Kick-descend			
	{6 x 25 on :40 Kick no board S			
	{3 x 100 on 2:30 Kick-descend			
	{4 x 25 on :40 Kick no board L			
	{3 x 100 on 2:25 Kick-descend			
	{4 x 25 on :40 Kick no board R			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:46 PM 2,220 Yards - Stress Value = 35			

**Workout #18304 - Thursday, 28 January 2016**

**HighSchl - Back**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WOF
2,400	1x{4 x 125 on 1:45 Back 10 KOLW	EN2	
	{4 x 100 on 1:30 Back hold under 1:12	EN2	
	{4 x 125 on 1:40 Back 11 KOLW	EN2	
	{3 x 100 on 1:30 Back hold under 1:10	EN2	
	{4 x 125 on 1:35 Back 12 KOLW	EN2	
	{2 x 100 on 1:30 Back hold under 1:08	EN2	
300	1 x 300 on 5:00 5:00 Cool Down	REC	
	1 on 10:00 Ice		
5:35 PM 2,700 Yards - Stress Value = 48			

**Workout #18291 - Thursday, 28 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CHO
120	8 x 15 on :45 Spinners	SP3	S	FR
3,000	4 x 750 on 8:45 Freestyle-descend	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
7:04 AM 3,820 Yards - Stress Value = 65				

**Workout #18301 - Thursday, 28 January 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,500	1x{1 x 250 on 2:50 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 225 on 2:35 Freestyle	EN2	S	FR
	{4 x 50 on :55 Freestyle	EN3	S	FR
	{3 x 200 on 2:20 Freestyle	EN2	S	FR
	{2 x 75 on 1:20 Freestyle	EN3	S	FR
	{4 x 175 on 2:05 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM 2,800 Yards - Stress Value = 70				

**Workout #18297 - Thursday, 28 January 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 DS/Shoulders			
600	1 x 600 on 10:00 Underwater trn drill			
120	8 x 15 on :45 Spinners			
1,650	1x{4 x 25 on :30 Kick IM order			
	{2 x 125 on 2:15 Kick			
	{2 x 100 on 2:05 Kick your non #1			
	{4 x 25 on :30 Kick IM			
	{2 x 125 on 2:10 Kick			
	{2 x 100 on 2:00 Kick your non #1			
	{4 x 25 on :30 Kick IM order			
	{2 x 125 on 2:05 Kick			
	{2 x 100 on 1:55 Kick your non #1			
1,600	2x{1 x 100 on 1:25 Pulls BWSPF-6			
	{1 x 100 on 1:25 Pulls BWHPF-5			
	{1 x 100 on 1:25 Pulls BWKPF-4			
	{1 x 100 on 1:25 Pulls BWFPPF-3			
	{1 x 100 on 1:20 Pulls BWSPF-6			
	{1 x 100 on 1:20 Pulls BWHPF-5			

	{1 x 100 on 1:20 Pulls BWKPF-4			
	{1 x 100 on 1:20 Pulls BWFPPF-3			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:44 PM 4,170 Yards - Stress Value = 56				

**Workout #18292 - Thursday, 28 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CD
120	8 x 15 on :45 Shooters	SP3	S	FR
2,700	4 x 675 on 8:45 Freestyle-descend	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
7:04 AM 3,520 Yards - Stress Value = 59				

**Workout #18295 - Thursday, 28 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CD
120	8 x 15 on :45 Spinners	SP3	S	FR
2,150	1x{1 x 200 on 3:00 3 strokes fly off walls	EN2		
	{8 x 25 on :30 Fly 10 KOW	EN2		
	{2 x 175 on 2:35 3 strokes fly off walls	EN2		
	{8 x 25 on :30 Fly-11 KOW	EN2		
	{3 x 150 on 2:10 3 strokes fly off walls	EN2		
	{8 x 25 on :30 Fly-12 KOW	EN2		
	{4 x 75 on 1:05 3 strokes fly off walls	EN2		
	{6 x 25 on :30 Fly-13 KOW	EN2		
	{1 x 100 on 1:25 3 strokes fly off walls	EN2		
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
7:05 AM 2,970 Yards - Stress Value = 48				

**Workout #18298 - Thursday, 28 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 DS/Shoulders			
600	1 x 600 on 10:00 Underwater trn drill			
400	8 x 50 on :45 Spinners			
1,500	1x{4 x 25 on :30 Kick IM order no board			
	{2 x 125 on 2:30 Kick			
	{2 x 100 on 2:20 Kick your non #1			
	{4 x 25 on :30 Kick IM order no board			
	{2 x 125 on 2:25 Kick			
	{2 x 100 on 2:15 Kick your non #1			
	{4 x 25 on :30 Kick IM order no board			
	{2 x 125 on 2:20 Kick			
	{1 x 50 on 1:00 Kick your non #1			
1,400	2x{1 x 100 on 1:35 Pulls BWSPF-6			
	{1 x 100 on 1:35 Pulls BWHPF-5			
	{1 x 100 on 1:35 Pulls BWKPF-4			
	{1 x 100 on 1:35 Pulls BWFPPF-3			
	{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			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:44 PM 4,100 Yards - Stress Value = 62				

**Workout #18302 - Thursday, 28 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
2,150	1x{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{6 x 25 on :35 Freestyle	EN3	S	FR
	{2 x 225 on 3:00 Freestyle	EN2	S	FR
	{4 x 50 on 1:00 Freestyle	EN3	S	FR
	{3 x 200 on 2:45 Freestyle	EN2	S	FR
	{2 x 75 on 1:25 Freestyle	EN3	S	FR
	{2 x 175 on 2:25 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM	2,450 Yards - Stress Value = 63			

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 25:00 DS/Shoulders			
120	1 x 500 on 10:00 Underwater trn drill			
	8 x 15 on :45 Spinners			
1,300	1x{4 x 25 on :40 Kick IM order no board			
	{2 x 125 on 2:45 Kick			
	{2 x 100 on 2:30 Kick your non #1			
	{4 x 25 on :40 Kick IM order no board			
	{2 x 125 on 2:40 Kick			
	{2 x 100 on 2:25 Kick your non #1			
	{4 x 25 on :40 Kick I order no board			
	{1 x 100 on 2:20 Kick			
1,200	2x{1 x 50 on :55 Pulls BWSPPF-6			
	{1 x 100 on 1:50 Pulls BWHPPF-5			
	{1 x 100 on 1:50 Pulls BWKPPF-4			
	{1 x 100 on 1:50 Pulls BWFPPF-3			
	{1 x 100 on 1:45 Pulls BWSPPF-6			
	{1 x 100 on 1:45 Pulls BWHPPF-5			
	{1 x 50 on :50 Pulls BWKPPF-4			
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	3,320 Yards - Stress Value = 46			

**Workout #18305 - Thursday, 28 January 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:45 PM	Start		
2,150	1x{4 x 125 on 1:55 Back 10 KOLW	EN2	
	{4 x 100 on 1:40 Back hold under 1:18	EN2	
	{4 x 125 on 1:50 Back 11 KOLW	EN2	
	{3 x 100 on 1:40 Back hold under 1:16	EN2	
	{2 x 125 on 1:45 Back 12 KOLW	EN2	
	{2 x 100 on 1:40 Back hold under 1:14	EN2	
300	1 x 300 on 5:00 5:00 Cool Down	REC	
	1 on 10:00 Ice		
5:35 PM	2,450 Yards - Stress Value = 43		

**Workout #18303 - Thursday, 28 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
1,900	1x{1 x 250 on 3:40 Freestyle	EN2	S	FR
	{6 x 25 on :40 Freestyle	EN3	S	FR
	{2 x 225 on 3:20 Freestyle	EN2	S	FR
	{4 x 50 on 1:10 Freestyle	EN3	S	FR
	{3 x 200 on 3:00 Freestyle	EN2	S	FR
	{2 x 50 on 1:10 Freestyle	EN3	S	FR
	{1 x 150 on 2:20 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM	2,200 Yards - Stress Value = 56			

**Workout #18293 - Thursday, 28 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	CD
120	8 x 15 on :45 Spinners	SP3	S	FR
2,400	4 x 600 on 8:45 Freestyle-descend	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
7:04 AM	3,220 Yards - Stress Value = 53			

**Workout #18306 - Thursday, 28 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:45 PM	Start		
1,900	1x{4 x 125 on 2:10 Back 10 KOLW	EN2	
	{3 x 100 on 1:55 Back hold under 1:30	EN2	
	{4 x 125 on 2:05 Back 11 KOLW	EN2	
	{3 x 100 on 1:55 Back hold under 1:28	EN2	
	{2 x 125 on 2:00 Back 12 KOLW	EN2	
	{1 x 50 on :55 Back hold under :44	EN2	
300	1 x 300 on 5:00 5:00 Cool Down	REC	
	1 on 10:00 Ice		
5:35 PM	2,200 Yards - Stress Value = 38		

**Workout #18296 - Thursday, 28 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 AM	Start	
	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 5:00 Warm-up	REC
120	8 x 15 on :45 Spinners	SP3
2,000	1x{1 x 200 on 3:15 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-10 KOW	EN2
	{2 x 175 on 2:50 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-11 KOW	EN2
	{3 x 150 on 2:25 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-12 KOW	EN2
	{4 x 125 on 2:00 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-13 KOW	EN2
300	1 x 300 on 5:00 5:00 Cool down	REC
7:05 AM	2,820 Yards - Stress Value = 45	

**Workout #18299 - Thursday, 28 January 2016**

**HighSchl - Silver**

**1 minute rest between sets**

**Workout #18300 - Thursday, 28 January 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
550	1 on 25:00 DS/Shoulders		
120	1 x 550 on 10:00 Underwater trn drill		
1,150	8 x 15 on :45 Spinners		
	1x{4 x 25 on :40 Kick IM order		
	{2 x 100 on 2:30 Kick		
	{2 x 75 on 2:15 Kick your non #1		
	{4 x 25 on :40 Kick IM order		
	{2 x 100 on 2:25 Kick		
	{2 x 75 on 2:10 Kick your non #1		
	{4 x 25 on :40 Kick IM order		
	{2 x 75 on 1:45 Kick		
1,200	2x{1 x 100 on 1:55 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 BWFPF-3		
	{1 x 50 on :55 Pulls BWSPF-6		
	{1 x 50 on :55 Pulls BWHPF-5		
	{1 x 50 on :55 Pulls BWKPN-4		
	{1 x 50 on :55 Freestyle		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:45 PM 3,220 Yards - Stress Value = 42		

**Workout #18307 - Friday, 29 January 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 40:00 DS/Weights		I
	1 x 400 on 5:00 5:00 Warm-up	REC	S
	1x{1 on 6:30 Vrtcl Kck w/fins	SP3	K
	{ -in diving well under 3M board		
	{1 on 6:30 Running Pit Sprints (6)	SP3	S
	{ in diving well		
	{1 on 6:30 8X20@40 undwtr w/fins	SP3	K
	{ -in diving well lane		
	{1 on 6:30 StrthCrdrz-assist	SP3	S
	{ -lanes 3 and 4		
	{1 on 6:30 8X25@45 fins/tennis balls	SP3	S
	{ -in lane 2		
	{1 on 6:30 OTB 15m sprints	SP3	S
	{ -in lane 1		
300	1 x 300 on 5:00 5:00 Cool Down	REC	I
	1 on 10:00 Ice		M
	7:05 AM 700 Yards		

**Workout #18309 - Friday, 29 January 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
	1 x 400 on 5:00 5:00 Warm-up	REC	
	1x{1 on 5:30 Vrtcl Kck w/fins	SP3	
	{1 on 5:30 5-Running Pit Sprints	SP3	
	{1 on 5:30 StrthCrdrz-assist	SP3	
	{1 on 5:30 6X25@45 fins/ftennis balls	SP3	
	{1 on 5:30 6X25@45 undwtr w/fins	SP3	
	{1 on 5:30 OTB 15m sprints	SP3	
	1 on 10:00 Ice		
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:05 AM 700 Yards		

**Workout #18308 - Friday, 29 January 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
400	1 on 40:00 Yoga		
180	1 x 400 on 15:00 5:00 Warmup/10:00 IP	REC	
250	12 x 15 on :45 Start/Shooter/Finish	SP3	
200	1 x 250 on 20:00 Freestyle Remediation	REC	
300	8 x 25 on 1:30 Wall Crushers	EN1	
	1 x 300 on 15:00 10:00 IP/5:00 Cool down	REC	
	1 on 10:00 Ice		
	5:05 PM 1,330 Yards - Stress Value = 9		

**Workout #18318 - Monday, 01 February 2016**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY
4:21 PM	Start	
1,300	1x{2 x 175 on 2:45 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :45 Free w/6bk	EN2
	{2 x 150 on 2:20 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :45 Free w/6bk	EN2
	{2 x 125 on 1:55 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :45 Free w/6bk	EN2
	{2 x 100 on 1:30 Brst L.50 fr kck Lw2xPo	EN2
	{1 x 50 on :45 Free w/6bk	EN2
300	1 x 300 on 5:00 5:00 Cool Down	REC
	1 on 10:00 Ice	
	4:57 PM 1,600 Yards - Stress Value = 26	

**Workout #18315 - Monday, 01 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
4:21 PM	Start			
1,650	1x{3 x 300 on 3:25 Freestyle #2 100%	EN2		S
	{3 x 200 on 2:15 Freestyle #2 100%	EN2		S
	{3 x 50 on :35 Freestyle #2 100%	EN2		S
	{ 1st and last 25 of each swim 6bk			
300	1 x 300 on 5:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	4:56 PM 1,950 Yards - Stress Value = 33			

**Workout #18311 - Monday, 01 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:20 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:15 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:10 Kick  
 750 1x{1 x 125 on 1:35 Pulls 8 SOLW  
 {1 x 125 on 1:35 Pulls 7 SOLW  
 {1 x 125 on 1:35 Pulls 6 SOLW  
 {1 x 125 on 1:35 Pulls 5 SOLW  
 {1 x 125 on 1:35 Pulls 4 SOLW  
 {1 x 125 on 1:35 Pulls 3 SOLW  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:20 PM 2,300 Yards - Stress Value = 30

{1 x 50 on :45 Free w/6bk EN2  
 {2 x 150 on 2:30 Brst L.50 fr kck Lw2xPo EN2  
 {1 x 50 on :45 Free w/6bk EN2  
 {2 x 125 on 2:00 Brst L.50 fr kck Lw2xPo EN2  
 {1 x 50 on :45 Free w/6bk EN2  
 {2 x 100 on 1:30 Brst L.50 fr kck Lw2xPo EN2  
 1 x 300 on 5:00 5:00 Cool down REC  
 1 on 10:00 Ice  
 4:58 PM 1,550 Yards - Stress Value = 25

**Workout #18313 - Monday, 01 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 350 1 x 350 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 3:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 2:55 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 100 on 1:55 Kick  
 600 1x{1 x 100 on 1:35 Pulls 8 SOLW  
 {1 x 100 on 1:35 Pulls 7 SOLW  
 {1 x 100 on 1:35 Pulls 6 SOLW  
 {1 x 100 on 1:35 Pulls 5 SOLW  
 {1 x 100 on 1:35 Pulls 4 SOLW  
 {1 x 100 on 1:35 Pulls 3 SOLW  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:20 PM 1,900 Yards - Stress Value = 26

**Workout #18312 - Monday, 01 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:35 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:30 Kick  
 {6 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:25 Kick  
 675 1x{1 x 125 on 1:45 Pulls 8 SOLW  
 {1 x 125 on 1:45 Pulls 7 SOLW  
 {1 x 125 on 1:45 Pulls 6 SOLW  
 {1 x 125 on 1:45 Pulls 5 SOLW  
 {1 x 125 on 1:45 Pulls 4 SOLW  
 {1 x 50 on :40 Pulls 3 SOLW  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:20 PM 2,125 Yards - Stress Value = 27

**Workout #18317 - Monday, 01 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:21 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1,350 1x{3 x 300 on 4:15 Freestyle #2 100% EN2 S  
 {3 x 150 on 2:05 Freestyle #2 100% EN2 S  
 { 1st and last 25 of each swim 6bk  
 300 1 x 300 on 5:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 4:56 PM 1,650 Yards - Stress Value = 27

**Workout #18316 - Monday, 01 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:21 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1,500 1x{3 x 300 on 3:50 Freestyle #2 100% EN2 S  
 {3 x 200 on 2:30 Freestyle #2 100% EN2 S  
 { 1st and last 25 of each swim 6bk  
 300 1 x 300 on 5:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 4:56 PM 1,800 Yards - Stress Value = 30

**Workout #18320 - Monday, 01 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:21 PM Start  
 Yards Set Description EGY  
 =====  
 1,050 1x{2 x 175 on 3:25 Brst L.50 fr kck Lw2xPo EN2  
 {1 x 50 on :50 Free w/6bk EN2  
 {2 x 150 on 2:50 Brst L.50 fr kck Lw2xPo EN2  
 {1 x 50 on :50 Free w/6bk EN2  
 {2 x 125 on 2:20 Brst L.50 fr kck Lw2xPo EN2  
 {1 x 50 on :50 Free w/6bk EN2  
 300 1 x 300 on 5:00 5:00 Cool down REC  
 1 on 10:00 Ice  
 4:57 PM 1,350 Yards - Stress Value = 21

**Workout #18319 - Monday, 01 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:21 PM Start  
 Yards Set Description EGY  
 =====  
 1,250 1x{2 x 175 on 3:00 Brst L.50 fr kck Lw2xPo EN2

**Workout #18314 - Monday, 01 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
300	1 on 30:00 DS/Physio Balls			L WTS
150	1 x 300 on 10:00 Swim-kick-pull-swim			D FR
550	1x{4 x 25 on :45 Shooters			S STK
	{1 x 150 on 3:45 Freestyle			S FLY
	{4 x 25 on :40 Kick no board BSLR			S FLY
	{1 x 100 on 2:25 Freestyle			P FLY
	{4 x 25 on :40 Kick no board BSLR			S FLY
475	1x{1 x 100 on 1:55 Pulls 8 SOLW			S FR
	{1 x 100 on 1:55 Pulls 7 SOLW			S FR
	{1 x 100 on 1:55 Pulls 6 SOLW			S FR
	{1 x 100 on 1:55 Pulls 5 SOLW			S FR
	{1 x 75 on 1:25 Pulls 4 SOLW			S FR
100	2x{1 x 25 on :50 Sculling drills			S FR
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			S FR
	4:20 PM 1,575 Yards - Stress Value = 22			M

**Workout #18310 - Monday, 01 February 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Weights			L WTS
150	1 x 400 on 5:00 5:00 Warm-up	REC		D FR
1,100	10 x 15 on :45 Shooters	SP3		S STK
	1x{1 x 100 on 1:30 IM OTB	SP1		S IM
	{4 x 25 on :30 Fly-100%	SP1		S FLY
	{1 x 250 on 5:00 Freestyle	REC		S FF
	{1 x 100 on 1:45 IM OTB	SP1		S IM
	{4 x 25 on :30 Backstroke-100%	SP1		S BF
	{1 x 250 on 5:00 Freestyle	REC		S FF
	{1 x 100 on 2:00 IM OTB	SP1		S IM
	{4 x 25 on :30 Breaststroke-100%	SP1		S BF
300	1 x 300 on 5:00 5:00 Cool down	REC		D CI
	1 on 10:00 Ice			M
	7:03 AM 1,950 Yards - Stress Value = 54			

**Workout #18321 - Tuesday, 02 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Weights			L WTS
150	1 x 400 on 5:00 5:00 Warm-up	REC		D FR
1,850	10 x 15 on :45 Shooters	SP3		S STK
	#1 1st 25 100%, #2 1st 50 100%			
	1x{2 x 225 on 2:40 Free 3KOW/LW11	EN2		S FR
	{2 x 200 on 2:20 Free 3KOW/LW12	EN2		S FR
	{2 x 175 on 2:00 Free 3KOW/LW13	EN2		S FR
	{2 x 150 on 1:40 Free 3 KOW/LW14	EN2		S FR
	{2 x 125 on 1:20 Free 3KOW/LW15	EN2		S FR
	{1 x 100 on 1:05 Free 3KOW/LW16	EN2		S FR
	L.25 of each SFBO, 6BK, & breathe on 3			
300	1 x 300 on 5:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:03 AM 2,700 Yards - Stress Value = 43			

**Workout #18324 - Tuesday, 02 February 2016**

**HighSchl - Fly**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC		S FR
150	10 x 15 on :45 Shooters	SP3		S STK
1,200	1x{4 x 25 on :35 Fly 15m under	EN3		S FLY
	{2 x 175 on 2:30 Butterfly	EN2		S FLY
	{4 x 25 on :35 Fly 12m under	EN3		S FLY
	{2 x 150 on 2:05 Butterfly	EN2		P FLY
	{4 x 25 on :35 Fly 9m under	EN3		S FLY
	{2 x 125 on 1:40 Butterfly	EN2		S FR
300	1 x 300 on 5:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:01 AM 2,050 Yards - Stress Value = 42			

**Workout #18322 - Tuesday, 02 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC		S FR
150	10 x 15 on :45 Shooters	SP3		S STK
	#1 1st 25 100%, #2 1st 50 100%			
1,700	1x{2 x 225 on 3:00 Free 3KOW/LW11	EN2		S FR
	{2 x 200 on 2:35 Free 3KOW/LW12	EN2		S FR
	{2 x 175 on 2:15 Free 3KOW/LW13	EN2		S FR
	{2 x 150 on 1:55 Free 3 KOW/LW14	EN2		S FR
	{2 x 100 on 1:15 Free 3 KOW/LW15	EN2		S FR
	L.25 of each SFBO, 6BK, & breathe on 3			
300	1 x 300 on 5:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:03 AM 2,550 Yards - Stress Value = 40			

**Workout #18325 - Tuesday, 02 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Ds/Weights			L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC		D FR
150	10 x 15 on :45 Shooters	SP3		S STK
1,100	1x{4 x 25 on :35 Fly 15m under	EN3		S FLY
	{2 x 175 on 2:45 Butterfly	EN2		S FLY
	{4 x 25 on :35 Fly 12m under	EN3		S FLY
	{2 x 150 on 2:15 Butterfly	EN2		P FLY
	{4 x 25 on :35 Fly 9m under	EN3		S FLY
	{2 x 75 on 1:05 Butterfly	EN2		S FR
300	1 x 300 on 5:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:01 AM 1,950 Yards - Stress Value = 40			

**Workout #18323 - Tuesday, 02 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 DS/Weights		L	WTS
150	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
1,500	10 x 15 on :45 Shooters	SP3	S	STK
	#1 1st 25 100%, #2 1st 50 100%			
	1x{2 x 225 on 3:15 Free 3KOW/LW11	EN2	S	FR
	{2 x 200 on 2:50 Free 3KOW/LW12	EN2	S	FR
	{2 x 175 on 2:25 Free 3KOW/LW13	EN2	S	FR
	{2 x 150 on 2:05 Free 3 KOW/LW14	EN2	S	FR
	L.25 of each SFBO, 6BK, & breathe on 3			
	1 on 10:00 Ice		M	
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CD
7:03 AM	2,350 Yards - Stress Value = 36			

**Workout #18326 - Tuesday, 02 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 DS/Weights		L	WTS
150	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
1,000	10 x 15 on :45 Shooters	SP3	S	STK
	1x{2 x 25 on :40 Fly 15m under	EN3	S	FLY
	{2 x 175 on 3:10 Butterfly	EN2	S	FLY
	{4 x 25 on :40 Fly 12m under	EN3	S	FLY
	{2 x 150 on 2:40 Butterfly	EN2	P	FLY
	{4 x 25 on :40 Fly 9m under	EN3	S	FLY
	{1 x 100 on 1:45 Butterfly	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
7:02 AM	1,850 Yards - Stress Value = 36			

**Workout #18340 - Wednesday, 03 February 2016**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:23 PM	Start			
1,625	1x{1 x 125 on 1:40 Backstroke	EN1	S	BK
	{2 x 50 on :40 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 1:40 Backstroke	EN1	S	BK
	{2 x 50 on :45 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 1:35 Backstroke	EN1	S	BK
	{2 x 50 on :50 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:35 Backstroke	EN2	S	BK
	{2 x 50 on :55 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:30 Backstroke	EN2	S	BK
	{2 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:30 Backstroke	EN2	S	BK
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	
5:02 PM	1,925 Yards - Stress Value = 48			

**Workout #18327 - Wednesday, 03 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 AM	Start	
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
600	6 x 100 on 2:00 Kick-evens 100%	EN2
1,700	1x{1 x 400 on 5:00 Freestyle	DPS
		EN1

	{5 x 100 on 1:25 Hold 500 pace	EN2
	{1 x 300 on 3:45 Free neg split each one	EN2
	{5 x 100 on 1:25 Hold 500 pace	EN2
300	1 x 300 on 5:00 5:00 Cool Down	REC
	1 on 10:00 Ice	
7:02 AM	3,150 Yards - Stress Value = 48	

**Workout #18337 - Wednesday, 03 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:23 PM	Start			
1,750	1x{2 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 250 on 2:50 Freestyle	EN2	S	FR
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 250 on 2:50 Freestyle	EN2	S	FR
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 250 on 2:50 Freestyle	EN2	S	FR
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
	125's hold:1st set 121, 2nd set 120			
	3rd set 119, & 4th set 118			
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	
5:00 PM	2,050 Yards - Stress Value = 35			

**Workout #18330 - Wednesday, 03 February 2016**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 AM	Start	
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
600	6 x 100 on 2:00 Kick-evens 100%	EN2
1,300	1x{1 x 200 on 2:40 3 strokes fly off walls	EN2
	{6 x 25 on :30 Fly-with free kick	EN2
	{2 x 175 on 2:20 3 strokes fly off walls	EN2
	{6 x 25 on :30 Fly-with free kick	EN2
	{2 x 150 on 2:00 3 strokes fly off walls	EN2
	{6 x 25 on :30 Fly-with free kick	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:00 AM	2,750 Yards - Stress Value = 44	

**Workout #18333 - Wednesday, 03 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY
3:00 PM	Start	
	1 on 45:00 DS/TRX bands	
400	16 x 25 on :30 Wednesday Warm-up	
150	10 x 15 on :45 Shooters	
850	1x{4 x 25 on :30 Kick no board BSLR	
	{1 x 250 on 3:45 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{1 x 200 on 2:55 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{1 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	
4:22 PM	1,500 Yards - Stress Value = 23	

**Workout #18328 - Wednesday, 03 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
600	6 x 100 on 2:00 Kick-evens 100%	EN2
1,600	1x{1 x 400 on 5:20 Freestyle DPS	EN1
	{5 x 100 on 1:30 Hold 500 pace	EN2
	{1 x 300 on 4:00 Free neg split each one	EN2
	{4 x 100 on 1:30 Hold 500 pace	EN2
300	1 x 300 on 5:00 5:00 cool down	REC
	1 on 10:00 Ice	
	7:02 AM 3,050 Yards - Stress Value = 46	

**Workout #18331 - Wednesday, 03 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
600	6 x 100 on 2:00 Kick-evens 100%	EN2
1,200	1x{1 x 200 on 2:55 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-with free kick	EN2
	{2 x 175 on 2:30 3 strokes fly off wallls	EN2
	{6 x 25 on :35 Fly-with free kick	EN2
	{2 x 150 on 2:10 3 strokes fly off walls	EN2
	{2 x 25 on :35 Fly-with free kick	EN2
300	1 x 300 on 5:00 5:00 Cool down	REC
	1 on 10:00 Ice	
	7:00 AM 2,650 Yards - Stress Value = 42	

**Workout #18334 - Wednesday, 03 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 DS/TRX bands	
400	16 x 25 on :30 Wednesday Warm-up	
150	10 x 15 on :45 Shooters	
750	1x{4 x 25 on :30 Kick no board BSLR	
	{1 x 200 on 3:35 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{1 x 100 on 1:45 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{6 x 25 on :30 Kick no board BSLRBS	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:22 PM 1,400 Yards - Stress Value = 21	

**Workout #18338 - Wednesday, 03 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	4:23 PM Start			
1,500	1x{2 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 250 on 3:20 Freestyle	EN2	S	FR
	{2 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{2 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 250 on 3:10 Freestyle	EN2	S	FR
	125's hold:1st set 134, 2nd set 133,			

and 3rd set 132

300	1 x 300 on 5:00 5:00 cool down	REC	D	CD
	1 on 10:00 Ice		M	
	5:00 PM 1,800 Yards - Stress Value = 30			

**Workout #18341 - Wednesday, 03 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	4:23 PM Start			
1,375	1x{1 x 125 on 1:55 Backstroke	EN1	S	BK
	{2 x 50 on :45 Backstroke AFAP	EN2	S	BK
	{1 x 125 on 1:55 Backstroke	EN1	S	BK
	{2 x 50 on :55 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 1:50 Backstroke	EN1	S	BK
	{2 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:50 Backstroke	EN2	S	BK
	{2 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:45 Backstroke	EN2	S	BK
	{2 x 50 on 1:00 Back AFAP	EN2	S	BK
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CD
	1 on 10:00 Ice		M	
	5:02 PM 1,675 Yards - Stress Value = 35			

**Workout #18329 - Wednesday, 03 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
=====	=====	=====
	5:30 AM Start	
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
600	6 x 100 on 2:00 Kick-evens 100%	EN2
1,500	1x{1 x 400 on 5:40 Freestyle DPS	EN1
	{4 x 100 on 1:35 Hold 500 pace	EN2
	{1 x 300 on 4:15 Free neg split each one	EN2
	{4 x 100 on 1:35 Hold 500 pace	EN2
300	1 x 300 on 5:00 5:00 Cool down	REC
	1 on 10:00 Ice	
	7:02 AM 2,950 Yards - Stress Value = 44	

**Workout #18332 - Wednesday, 03 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
=====	=====	=====
	5:30 AM Start	
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
600	6 x 100 on 2:00 Kick-evens 100%	EN2
1,050	1x{1 x 200 on 3:20 3 strokes fly off walls	EN2
	{6 x 25 on :40 Fly-with free kick	EN2
	{2 x 175 on 2:50 3 strokes fly off wallls	EN2
	{4 x 25 on :40 Fly-with free kick	EN2
	{1 x 150 on 2:25 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly-with free kick	EN3
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:00 AM 2,500 Yards - Stress Value = 43	

**Workout #18335 - Wednesday, 03 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/TRX bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 250 on 5:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{4 x 25 on :35 Kick no board BSLR
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:22 PM 1,350 Yards - Stress Value = 20

**Workout #18339 - Wednesday, 03 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:23 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,350	1x{2 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{2 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 250 on 3:30 Freestyle	EN2	S	FR
	{2 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 250 on 3:25 Freestyle	EN2	S	FR
	100's hold:1st set 121, 2nd set 120, and 3rd set 119			
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CD
	1 on 10:00 Ice			M
	5:00 PM 1,650 Yards - Stress Value = 27			

**Workout #18342 - Wednesday, 03 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:23 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,150	1x{1 x 125 on 2:20 Backstroke	EN1	S	BK
	{2 x 50 on :55 Backstroke AFAP	EN2	S	BK
	{1 x 125 on 2:20 Backstroke	EN1	S	BK
	{2 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 2:15 Backstroke	EN1	S	BK
	{2 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 2:15 Backstroke	EN2	S	BK
	{2 x 50 on 1:15 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 2:05 Backstroke	EN2	S	BK
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CD
	1 on 10:00 Ice			M
	5:02 PM 1,450 Yards - Stress Value = 30			

**Workout #18336 - Wednesday, 03 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/TRX bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:35 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:25 Kick
	{4 x 25 on :40 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  
4:22 PM 1,250 Yards - Stress Value = 18

**Workout #18346 - Thursday, 04 February 2016**

**HighSchl - Breast**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Weights		L
400	1 x 400 on 5:00 5:00 Warm-up	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,200	1x{ Descend each set of 3		
	{3 x 175 on 2:40 Breast 2/3/4 PO/LW	EN2	S
	{3 x 150 on 2:15 Breast 2/3/4 PO/LW	EN2	S
	{3 x 75 on 1:05 Breast 2/3/4 PO/LW	EN2	S
	1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	6:59 AM 2,050 Yards - Stress Value = 29		

**Workout #18343 - Thursday, 04 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	STK
1,500	1x{ Hold non 300 swims under :32/50			
	{1 x 300 on 3:25 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN2	S	FR
	{1 x 300 on 3:25 Freestyle	EN2	S	FR
	{3 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 x 300 on 3:25 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice			M
	6:59 AM 2,350 Yards - Stress Value = 36			

**Workout #18344 - Thursday, 04 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 40:00 DS/Weights		L	WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	STK
1,350	1x{ Hold all non 300 swims under :37/50			
	{1 x 300 on 3:55 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN2	S	FR
	{1 x 300 on 3:55 Freestyle	EN2	S	FR
	{2 x 75 on 1:05 Freestyle	EN2	S	FR
	{1 x 300 on 3:55 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice			M
	7:00 AM 2,200 Yards - Stress Value = 33			

**Workout #18347 - Thursday, 04 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 40:00 DS/Weights L  
 400 1 x 400 on 5:00 5:00 Warm-up REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 1,050 1x{ Descend each set of 3  
 { 3 x 175 on 2:55 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 150 on 2:30 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 25 on :30 Breast 2/3/4 PO/LW EN2 S  
 300 1 x 300 on 5:00 5:00 cool down REC D  
 1 on 10:00 Ice M  
 6:59 AM 1,900 Yards - Stress Value = 27

**Workout #18350 - Friday, 05 February 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 50:00 DS/Yoga  
 400 1 x 400 on 15:00 5:00 Warm-up 10:00 IP's  
 180 12 x 15 on :45 Start/Shooter/Finish  
 600 1 x 600 on 12:00 Social Kick- with 4 X 25 fast  
 1 on 10:00 Open Turn-remediati  
 300 1 x 300 on 15:00 10:00 IP's 5:00 Cool down  
 1 on 10:00 Ice  
 5:04 PM 1,480 Yards - Stress Value = 13

**Workout #18345 - Thursday, 04 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1 on 40:00 DS/Weights L WTS  
 400 1 x 400 on 5:00 5:00 Warm-up REC D FR  
 150 10 x 15 on :45 Shooters SP3 S STK  
 1,100 1x{ Hold all non 300 swims under :42/50  
 { 1 x 300 on 4:25 Freestyle EN2 S FR  
 { 2 x 150 on 2:30 Freestyle EN2 S FR  
 { 1 x 300 on 4:25 Freestyle EN2 S FR  
 { 2 x 100 on 1:40 Freestyle EN2 S FR  
 300 1 x 300 on 5:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 6:59 AM 1,950 Yards - Stress Value = 28

**Workout #18351 - Saturday, 06 February 2016**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Ted's Abs  
 400 1 x 400 on 7:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 800 1x{ 1 x 100 on 1:15 Kick  
 { 1 x 100 on 1:30 Kick  
 { 1 x 100 on 1:10 Kick  
 { 1 x 100 on 1:30 Kick  
 { 1 x 100 on 1:05 Kick  
 { 1 x 100 on 1:30 Kick  
 { 1 x 100 on 1:00 Kick  
 { 1 x 100 on 1:30 Kick  
 200 4x{ 1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{ 4 x 125 on 1:26 Freestyle  
 { 2 x 50 on 1:00 Freestyle  
 { 3 x 125 on 1:25 Freestyle  
 { 3 x 50 on 1:00 Freestyle  
 { 2 x 125 on 1:24 Freestyle  
 { 4 x 50 on 1:00 Freestyle  
 { 1 x 125 on 1:23 Freestyle  
 300 1 x 300 on 5:00 5:00 Cool Down  
 1 on 10:00 Ice  
 7:46 AM 3,550 Yards - Stress Value = 72

**Workout #18348 - Thursday, 04 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 40:00 DS/Weights L  
 400 1 x 400 on 5:00 5:00 Warm-up REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 975 1x{ Descend each set of 3  
 { 3 x 150 on 2:50 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 125 on 2:20 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 50 on :55 Breast 2/3/4 PO/LW EN2 S  
 300 1 x 300 on 5:00 5:00 Cool down REC D  
 1 on 10:00 Ice M  
 7:00 AM 1,825 Yards - Stress Value = 26

**Workout #18349 - Friday, 05 February 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 400 1 x 400 on 5:00 5:00 Swim  
 300 3 x 100 on 3:00 Freestyle  
 600 1x{ 1 x 200 on 7:30 Station #1 25 yd OTB  
 { with weight belts, count strokes-finish to  
 { 1 x 200 on 7:30 Station #2 Running Pit Sprir  
 { 6 X 20@1:00 with weight belts  
 { 1 x 200 on 7:30 Vertical Kick  
 { 2x 10/20/30 seconds w/ weight belts, count  
 300 1 x 300 on 5:00 5:00 Cool down  
 1 on 10:00 Ice  
 7:05 AM 1,600 Yards - Stress Value = 68

**Workout #18352 - Saturday, 06 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

6:00 AM Start

Yards	Set Description
400	1 on 30:00 DS/Ted's Abs
150	1 x 400 on 7:00 Reverse IM drill
	10 x 15 on :45 Shooters
	Your primary stroke or free
700	1x{1 x 100 on 1:25 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:20 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:15 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:10 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{4 x 125 on 1:38 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:37 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 125 on 1:36 Freestyle
	{3 x 50 on 1:00 Freestyle
	{1 x 125 on 1:35 Freestyle
300	1 x 300 on 5:00 5:00 Cool Down
	1 on 10:00 Ice
	7:47 AM 3,400 Yards - Stress Value = 68

	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on 1:00 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{4 x 125 on 2:15 Freestyle
	{2 x 50 on 1:15 Freestyle
	{3 x 125 on 2:14 Freestyle
	{2 x 50 on 1:15 Freestyle
	{1 x 125 on 2:13 Freestyle
300	1 x 300 on 5:00 5:00 Cool Down
	1 on 10:00 Ice
	7:45 AM 2,750 Yards - Stress Value = 48

**Workout #18363 - Monday, 08 February 2016**

**HighSchl - Back**

**1 minute rest between sets**

4:16 PM Start

Yards	Set Description	EG
1,725	1x{1 x 225 on 2:55 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:05 Back 10 KOW L. Wall	EN
	{2 x 225 on 2:55 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:05 Back 10 KOW L. Wall	EN
	{2 x 225 on 2:55 Backstroke	EN
300	1 x 300 on 5:00 Stroke Drills	RE
	1 on 10:00 Ice	
	4:57 PM 2,025 Yards - Stress Value = 34	

**Workout #18353 - Saturday, 06 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

6:00 AM Start

Yards	Set Description
350	1 on 30:00 DS/Ted's Abs
150	1 x 350 on 7:00 Reverse IM drill
	10 x 15 on :45 Shooters
	Your primary stroke or free
650	1x{1 x 100 on 1:35 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:50 Kick
	{1 x 50 on :40 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,425	1x{4 x 125 on 1:49 Freestyle
	{2 x 50 on 1:10 Freestyle
	{3 x 125 on 1:48 Freestyle
	{3 x 50 on 1:10 Freestyle
	{2 x 125 on 1:47 Freestyle
	{1 x 50 on 1:10 Freestyle
300	1 x 300 on 5:00 5:00 Cool Down
	1 on 10:00 Ice
	7:46 AM 3,075 Yards - Stress Value = 59

**Workout #18360 - Monday, 08 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
1,700	1x{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 200 on 2:15 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{1 x 200 on 2:15 Freestyle	EN2	S	FR
	{1 x 200 on 2:05 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice			M
	4:53 PM 2,000 Yards - Stress Value = 32			

**Workout #18356 - Monday, 08 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	E
	1 on 30:00 DS/Physio Balls	
400	1 x 400 on 10:00 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	S
	200 Free Relay work on exchanges	
900	1x{4 x 25 on :30 Kick no board BSLR	E
	{3 x 100 on 1:50 Kick	E
	{4 x 25 on :30 Kick no board BSLR	E
	{2 x 100 on 1:45 Kick	E
	{4 x 25 on :30 Kick no board BSLR	E
	{1 x 100 on 1:40 Kick	E
600	1 x 600 on 7:30 Pull no breath last 10 yds E of each 50	E
	4:15 PM 2,050 Yards - Stress Value = 30	

**Workout #18354 - Saturday, 06 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

6:00 AM Start

Yards	Set Description
350	1 on 30:00 DS/Ted's Abs
150	1 x 350 on 7:00 Reverse IM drill
	10 x 15 on :45 Shooters
	Your primary stroke or free
550	1x{1 x 100 on 1:50 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:45 Kick

**Workout #18357 - Monday, 08 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 30:00 DS/Physio Balls	
400	1 x 400 on 10:00 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	S
	200 Free Relay work on exchanges	
850	1x{4 x 25 on :30 Kick no board BSLR	E
	{3 x 100 on 2:00 Kick	E
	{4 x 25 on :30 Kick no board BSLR	E
	{2 x 75 on 1:25 Kick	E
	{4 x 25 on :30 Kick no board BSLR	E
	{1 x 100 on 1:50 Kick	E
550	1 x 550 on 7:30 Pull no breath last 10 yds of each 50	E
	4:15 PM 1,950 Yards - Stress Value = 29	

**Workout #18361 - Monday, 08 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,550	1x{1 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 150 on 1:50 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{1 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool Down	REC	D	CD
	1 on 10:00 Ice			M
	4:53 PM 1,850 Yards - Stress Value = 29			

**Workout #18364 - Monday, 08 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:16 PM Start

Yards	Set Description	EC
=====	=====	=====
1,550	1x{1 x 200 on 2:55 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{2 x 200 on 2:55 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{2 x 175 on 2:35 Backstroke	EN
300	1 x 300 on 5:00 5:00 cool down	RE
	1 on 10:00 Ice	
	4:57 PM 1,850 Yards - Stress Value = 31	

**Workout #18358 - Monday, 08 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 30:00 DS/Physio Balls	
350	1 x 350 on 10:00 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	S
	200 Free Relay work on exchanges	
750	1x{4 x 25 on :35 Kick no board BSLR	E
	{2 x 100 on 2:10 Kick	E
	{4 x 25 on :35 Kick no board BSLR	E

	{1 x 100 on 2:05 Kick	E
	{4 x 25 on :30 Kick no board BSLR	E
	{2 x 75 on 1:30 Kick	E
550	1 x 550 on 7:30 Pull no breath last 10 yds of each 50	E
	4:15 PM 1,800 Yards - Stress Value = 27	

**Workout #18362 - Monday, 08 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,400	1x{1 x 150 on 2:20 Freestyle	EN2	S	FR
	{1 x 150 on 2:15 Freestyle	EN2	S	FR
	{1 x 150 on 2:10 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{1 x 150 on 2:15 Freestyle	EN2	S	FR
	{1 x 150 on 2:10 Freestyle	EN2	S	FR
	{1 x 150 on 2:05 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{1 x 150 on 2:10 Freestyle	EN2	S	FR
	{1 x 150 on 2:05 Freestyle	EN2	S	FR
	{1 x 100 on 1:20 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	4:53 PM 1,700 Yards - Stress Value = 26			

**Workout #18365 - Monday, 08 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:16 PM Start

Yards	Set Description	EC
=====	=====	=====
1,300	1x{1 x 175 on 2:55 Backstroke	EN
	{6 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{2 x 175 on 2:55 Backstroke	EN
	{6 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{1 x 175 on 2:55 Backstroke	EN
300	1 x 300 on 5:00 Stroke Drills	RE
	1 on 10:00 Ice	
	4:57 PM 1,600 Yards - Stress Value = 27	

**Workout #18359 - Monday, 08 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 30:00 DS/Physio Balls	
300	1 x 300 on 10:00 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	S
	200 Free Relay work on exchanges	
650	1x{4 x 25 on :40 Kick no board BSLR	E
	{2 x 100 on 2:30 Kick	E
	{4 x 25 on :40 Kick no board BSLR	E
	{1 x 100 on 2:25 Kick	E
	{4 x 25 on :40 Kick no board BSLR	E
	{1 x 50 on 1:10 Kick	E
550	1 x 550 on 7:30 Pull no breath last 10 yds of each 50	E
	4:15 PM 1,650 Yards - Stress Value = 25	

**Workout #18355 - Monday, 08 February 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 400 1 on 40:00 DS/Weights  
 150 1 x 400 on 5:00 5:00 Warm-up  
 10 x 15 on :45 Shooters  
 Medley relay practice exchanges  
 100 4 x 25 on 1:00 IM order-under water  
 until you reach 12.5 yards  
 100 2x{1 x 25 on :01 1/3 each of streamline kick  
 { tarzan, no breath sprint rest/rest 5 second  
 {1 x 25 on 1:29 Kick no board BSLR  
 50 2x{1 on 1:00 Vertical Kick  
 {1 x 25 on :01 12.5yds undr/Body Driven Frees  
 {1 on 1:59 Sculling Drll Feet First  
 200 4 x 50 on 2:00 Freestyle  
 300 1 x 300 on 5:00 5:00 Cool Down  
 1 on 10:00 Ice  
 7:05 AM 1,300 Yards - Stress Value = 40

**Workout #18369 - Tuesday, 09 February 2016**

**HighSchl - Breast**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY  
 =====  
 400 1 on 40:00 DS/Weights  
 1 x 400 on 5:00 5:00 Warm-up REC  
 150 10 x 15 on :45 Shooters SP3  
 400 free relay work on exchanges  
 1,300 1x{1 x 150 on 2:15 Breaststroke EN2  
 {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst EN2  
 {2 x 125 on 1:50 Breaststroke EN2  
 {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst EN2  
 {3 x 100 on 1:25 Breaststroke EN2  
 300 1 x 300 on 5:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:02 AM 2,150 Yards - Stress Value = 32

**Workout #18366 - Tuesday, 09 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 400 1 on 40:00 DS/Weights L DRY  
 1 x 400 on 5:00 5:00 Warm-up REC D FR  
 150 10 x 15 on :45 Shooters SP3 S STK  
 400 free relay work on exchanges  
 1,500 1x{1 x 500 on 6:15 Freestyle EN2 S FR  
 {3 x 100 on 1:15 Freestyle EN2 S FR  
 {1 x 400 on 5:00 Freestyle EN2 S FR  
 {4 x 75 on :55 Freestyle EN2 S FR  
 300 1 x 300 on 5:00 5:00 Cool down REC D CD  
 1 on 10:00 Ice M  
 7:00 AM 2,350 Yards - Stress Value = 36

**Workout #18376 - Tuesday, 09 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:12 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,500 1x{1 x 250 on 3:00 Freestyle EN2 S FR  
 {5 x 50 on :40 Freestyle EN2 S FR  
 {1 x 250 on 3:00 Freestyle EN2 S FR  
 {5 x 50 on :45 Freestyle EN2 S FR

{1 x 250 on 3:00 Freestyle EN2 S FR  
 {5 x 50 on :50 Freestyle EN2 S FR  
 300 1 x 300 on 5:00 5:00 Cool Down REC D CD  
 1 on 10:00 Ice M  
 4:49 PM 1,800 Yards - Stress Value = 30

**Workout #18379 - Tuesday, 09 February 2016**

**HighSchl - Fly**

**1 minute rest between sets**

4:12 PM Start  
 Yards Set Description  
 =====  
 1,500 1x{1 x 100 on 1:30 Fly 1st 25-12,5yds under  
 {1 x 100 on 1:30 Fly 2nd 25-12,5yds under  
 {1 x 100 on 1:30 Fly 3rd 25-12,5yds under  
 {2 x 100 on 1:15 Free-build to 90%-Great Fini  
 {1 x 100 on 1:30 Fly 1st 25 no breath L12.5  
 {1 x 100 on 1:30 Fly 2nd 25 no breath L12.5  
 {1 x 100 on 1:30 Fly 3rd 25 no breath L12.5  
 {2 x 100 on 1:15 Free-build to 90%-Great Fini  
 {1 x 100 on 1:30 Fly 1st 25 100%  
 {1 x 100 on 1:30 Fly 2nd 25 100%  
 {1 x 100 on 1:30 Fly 3rd 25 100%  
 {2 x 100 on 1:15 Free-build to 90%-Great Fini  
 300 1 x 300 on 5:00 5:00 Cool down  
 1 on 10:00 Ice  
 4:49 PM 1,800 Yards - Stress Value = 30

**Workout #18372 - Tuesday, 09 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Core  
 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 200 medley relay work on exchanges  
 750 1x{1 x 100 on 1:55 Kick  
 {1 x 50 on 1:00 Kick-100% Effort  
 {1 x 100 on 1:50 Kick  
 {1 x 50 on 1:00 Kick-100% Effort  
 {1 x 100 on 1:45 Kick  
 {1 x 50 on 1:00 Kick-100% Effort  
 {1 x 100 on 1:40 Kick  
 {1 x 50 on 1:00 Kick-100%  
 {1 x 100 on 1:35 Kick  
 {1 x 50 on 1:00 Kick-100% Effort  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:11 PM 1,500 Yards - Stress Value = 23

**Workout #18367 - Tuesday, 09 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 400 1 on 40:00 DS/WEights L WTS  
 1 x 400 on 5:00 5:00 Warm-up REC D FR  
 150 10 x 15 on :45 Shooters SP3 S STK  
 400 free relay work on exchanges  
 1,425 1x{1 x 500 on 6:40 Freestyle EN2 S FR  
 {3 x 100 on 1:20 Freestyle EN2 S FR  
 {1 x 400 on 5:20 Freestyle EN2 S FR  
 {3 x 75 on 1:00 Freestyle EN2 S FR  
 300 1 x 300 on 5:00 5:00 Cool down REC D CD  
 1 on 10:00 Ice M  
 7:00 AM 2,275 Yards - Stress Value = 34

**Workout #18370 - Tuesday, 09 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY  
 =====  
 1 on 40:00 DS/Weights  
 400 1 x 400 on 5:00 5:00 Warm-up REC  
 150 10 x 15 on :45 Shooters SP3  
 400 free relay work on exchanges  
 1,200 1x{1 x 150 on 2:30 Breaststroke EN2  
 {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst EN2  
 {2 x 125 on 2:00 Breaststroke EN2  
 {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst EN2  
 {2 x 100 on 1:35 Breaststroke EN2  
 300 1 x 300 on 5:00 5:00 Cool down REC  
 1 on 10:00 Ice  
 7:02 AM 2,050 Yards - Stress Value = 30

**Workout #18373 - Tuesday, 09 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core  
 400 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 200 medley relay work on exchanges  
 750 1x{1 x 100 on 1:55 Kick  
 {1 x 50 on 1:00 Kick-100% Effort  
 {1 x 100 on 1:50 Kick  
 {1 x 50 on 1:00 Kick-100% Effort  
 {1 x 100 on 1:45 Kick  
 {1 x 50 on 1:00 Kick-100% Effort  
 {1 x 100 on 1:40 Kick  
 {1 x 50 on 1:00 Kick-100%  
 {1 x 100 on 1:35 Kick  
 {1 x 50 on 1:00 Kick-100% Effort  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:11 PM 1,500 Yards - Stress Value = 23

**Workout #18377 - Tuesday, 09 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:12 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,400 1x{1 x 250 on 3:15 Freestyle EN2 S FR  
 {5 x 50 on :45 Freestyle EN2 S FR  
 {1 x 250 on 3:15 Freestyle EN2 S FR  
 {5 x 50 on :50 Freestyle EN2 S FR  
 {1 x 250 on 3:15 Freestyle EN2 S FR  
 {3 x 50 on :55 Freestyle EN2 S FR  
 300 1 x 300 on 5:00 5:00 Cool down REC D CD  
 1 on 10:00 Ice M  
 4:49 PM 1,700 Yards - Stress Value = 28

**Workout #18380 - Tuesday, 09 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:12 PM Start  
 Yards Set Description  
 =====  
 1,350 1x{1 x 50 on :50 Fly 1st 25-12,5yds under  
 {1 x 100 on 1:40 Fly 2nd 25-12,5yds under  
 {1 x 100 on 1:40 Fly 3rd 25-12,5yds under  
 {2 x 100 on 1:25 Free-build to 90%-Great Fini  
 {1 x 50 on :50 Fly 1st 25 no breath L12.5

{1 x 100 on 1:40 Fly 2nd 25 no breath L12.5  
 {1 x 100 on 1:40 Fly 3rd 25 no breath L12.5  
 {2 x 100 on 1:25 Free-build to 90%-Great Fini  
 {1 x 50 on :50 Fly 1st 25 100%  
 {1 x 100 on 1:40 Fly 2nd 25 100%  
 {1 x 100 on 1:40 Fly 3rd 25 100%  
 {2 x 100 on 1:25 Free-build to 90%-Great Fini  
 1 x 300 on 5:00 5:00 Cool down  
 1 on 10:00 Ice  
 4:49 PM 1,650 Yards - Stress Value = 27

**Workout #18368 - Tuesday, 09 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1 on 40:00 DS/Weights L WTS  
 400 1 x 400 on 5:00 5:00 Warm-up REC D FR  
 150 10 x 15 on :45 Shooters SP3 S STK  
 400 free relay work on exchanges  
 1,300 1x{1 x 500 on 7:20 Freestyle EN2 S FR  
 {4 x 100 on 1:25 Freestyle EN2 S FR  
 {1 x 400 on 5:50 Freestyle EN2 S FR  
 300 1 x 300 on 5:00 5:00 Cool down REC D CD  
 1 on 10:00 Ice M  
 7:00 AM 2,150 Yards - Stress Value = 32

**Workout #18371 - Tuesday, 09 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY  
 =====  
 1 on 40:00 DS/Weights  
 400 1 x 400 on 5:00 5:00 Warm-up REC  
 150 10 x 15 on :45 Shooters SP3  
 400 free relay work on exchanges  
 1,100 1x{1 x 150 on 2:45 Breaststroke EN2  
 {4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst EN2  
 {2 x 125 on 2:15 Breaststroke EN2  
 {4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst EN2  
 {1 x 100 on 1:45 Breaststroke EN2  
 300 1 x 300 on 5:00 5:00 Cool down REC  
 1 on 10:00 Ice  
 7:02 AM 1,950 Yards - Stress Value = 28

**Workout #18374 - Tuesday, 09 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core  
 400 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 700 1x{1 x 100 on 2:05 Kick  
 {1 x 50 on 1:05 Kick-100% Effort  
 {1 x 100 on 2:00 Kick  
 {1 x 50 on 1:05 Kick-100% Effort  
 {1 x 100 on 1:55 Kick  
 {1 x 50 on 1:05 Kick-100%  
 {1 x 100 on 1:50 Kick  
 {1 x 50 on 1:05 Kick-100% Effort  
 {1 x 100 on 1:45 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:11 PM 1,450 Yards - Stress Value = 22

**Workout #18378 - Tuesday, 09 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
1,300	1x{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	

4:49 PM 1,600 Yards - Stress Value = 26

**Workout #18381 - Tuesday, 09 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
1,150	1x{1 x 50 on :55 Fly 1st 25-12,5yds under			
	{1 x 100 on 1:55 Fly 2nd 25-12,5yds under			
	{1 x 100 on 1:55 Fly 3rd 25-12,5yds under			
	{2 x 50 on :45 Free-build to 90%-Great Finish			
	{1 x 50 on :55 Fly 1st 25 no breath L12.5			
	{1 x 100 on 1:55 Fly 2nd 25 no breath L12.5			
	{1 x 100 on 1:55 Fly 3rd 25 no breath L12.5			
	{2 x 50 on :45 Free-build to 90%-Great Finish			
	{1 x 50 on :55 Fly 1st 25 100%			
	{1 x 100 on 1:50 Fly 2nd 25 100%			
	{1 x 100 on 1:50 Fly 3rd 25 100%			
	{2 x 100 on 1:30 Free-build to 90%-Great Fini			
300	1 x 300 on 5:00 5:00 Cool down			
	1 on 10:00 Ice			

4:49 PM 1,450 Yards - Stress Value = 23

**Workout #18375 - Tuesday, 09 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Core			
350	1 x 350 on 10:00 Top Hat Drill			
150	10 x 15 on :45 Shooters			
700	1x{1 x 100 on 2:05 Kick			
	{1 x 50 on 1:05 Kick-100% Effort			
	{1 x 100 on 2:00 Kick			
	{1 x 50 on 1:05 Kick-100% Effort			
	{1 x 100 on 1:55 Kick			
	{1 x 50 on 1:05 Kick-100%			
	{1 x 100 on 1:50 Kick			
	{1 x 50 on 1:05 Kick-100% Effort			
	{1 x 100 on 1:45 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:11 PM 1,400 Yards - Stress Value = 22

**Workout #18389 - Wednesday, 10 February 2016**

**HighSchl - Back**

**1 minute rest between sets**

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{1 x 100 on 1:25 Backstroke			
	{6 x 50 on :45 Back-odds drills evens descend			
	{1 x 150 on 2:00 Backstroke			
	{6 x 50 on :45 Back-odds drill evens descend			

	{1 x 200 on 2:35 Backstroke			
	{6 x 50 on :45 Back-odds drill evens descend			
300	1 x 300 on 5:00 5:00 Cool down			
	1 on 10:00 Ice			

4:48 PM 1,650 Yards - Stress Value = 27

**Workout #18386 - Wednesday, 10 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
1,550	1x{1 x 500 on 6:40 Freestyle	EN2	S	FR
	{1 x 400 on 5:00 Freestyle	EN2	S	FR
	{1 x 300 on 3:40 Freestyle	EN2	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:05 Freestyle	EN2	S	FR
	{1 x 50 on :30 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	

4:48 PM 1,850 Yards - Stress Value = 31

**Workout #18382 - Wednesday, 10 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/TRX Bands			
400	16 x 25 on :30 Wednesday Warm-up			
150	10 x 15 on :45 Shooters			
600	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			
	{1 x 75 on 1:15 Kick			
	{4 x 25 on :30 Kick no board BSLR 14 KOW			
	{1 x 100 on 1:40 Kick			
	{4 x 25 on :30 Kick no board BSLR 13 KOW			
	{1 x 125 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			

4:11 PM 1,350 Yards - Stress Value = 20

**Workout #18383 - Wednesday, 10 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/TRX Bands			
400	16 x 25 on :30 Wednesday Warm-up			
150	10 x 15 on :45 Shooters			
550	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			
	{1 x 50 on :55 Kick			
	{4 x 25 on :30 Kick no board BSLR 14 KOW			
	{1 x 100 on 1:50 Kick			
	{4 x 25 on :30 Kick no board BSLR 13 KOW			
	{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			

4:11 PM 1,300 Yards - Stress Value = 19

**Workout #18387 - Wednesday, 10 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{1 x 500 on 6:45 Freestyle	EN2	S	FR
	{1 x 400 on 5:20 Freestyle	EN2	S	FR
	{1 x 300 on 3:55 Freestyle	EN2	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:15 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM 1,800 Yards - Stress Value = 30				

**Workout #18390 - Wednesday, 10 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
1,200	1x{1 x 100 on 1:35 Backstroke			
	{6 x 50 on :50 Back-odds drills evens descend			
	{1 x 150 on 2:15 Backstroke			
	{6 x 50 on :50 Back-odds drill evens descend			
	{1 x 200 on 2:55 Backstroke			
	{3 x 50 on :50 Back-descend			
300	1 x 300 on 5:00 5:00 Cool down			
	1 on 10:00 Ice			
4:48 PM 1,500 Yards - Stress Value = 24				

**Workout #18384 - Wednesday, 10 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/TRX Bands			
400	16 x 25 on :30 Wednesday Warm-up			
150	10 x 15 on :45 Shooters			
500	1x{4 x 25 on :35 Kick no board BSLR 15 KOW			
	{1 x 50 on 1:00 Kick			
	{4 x 25 on :35 Kick no board BSLR 14 KOW			
	{1 x 100 on 2:00 Kick			
	{4 x 25 on :35 Kick no board BSLR 13 KOW			
	{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			
4:11 PM 1,250 Yards - Stress Value = 18				

**Workout #18388 - Wednesday, 10 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:12 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{1 x 500 on 7:15 Freestyle	EN2	S	FR
	{1 x 400 on 5:40 Freestyle	EN2	S	FR
	{1 x 300 on 4:10 Freestyle	EN2	S	FR
	{1 x 150 on 2:00 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM 1,650 Yards - Stress Value = 27				

**Workout #18391 - Wednesday, 10 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:12 PM Start

Yards	Set Description
1,100	1x{1 x 100 on 1:45 Backstroke
	{6 x 50 on :55 Back-odds drills evens descend
	{1 x 150 on 2:35 Backstroke
	{6 x 50 on :55 Back-odds drill evens descend
	{1 x 200 on 3:20 Backstroke
	{1 x 50 on :55 Back-FAST
300	1 x 300 on 5:00 5:00 Cool down
	1 on 10:00 Ice
4:48 PM 1,400 Yards - Stress Value = 22	

**Workout #18385 - Wednesday, 10 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 35:00 DS/TRX Bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :40 Kick no board BSLR 15 KOW
	{1 x 50 on 1:15 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{1 x 100 on 2:30 Kick
	{2 x 25 on :40 Kick no board BS 13 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:11 PM 1,150 Yards - Stress Value = 16	

**Workout #18395 - Thursday, 11 February 2016**

**HighSchl - Breast**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	PA
	1 on 40:00 DS/Weights				F
400	1 x 400 on 5:00 5:00 Warm-up				F
150	10 x 15 on :45 Shooters				S
1,050	1x{4 x 25 on :40 Brst with paddles alt 2/3 PO				F
	{2 x 150 on 2:30 2K1P w/ tennis balls				F
	{4 x 25 on :40 Brst with paddles alt 2/3 PO				F
	{2 x 150 on 2:25 2K1P w/ tennis balls				F
	{4 x 25 on :40 Brst with paddles alt 2/3 PO				F
	{1 x 150 on 2:20 2K1P w/tennis balls				F
300	1 x 300 on 5:00 Stroke Drills				F
	1 on 10:00 Ice				
7:02 AM 1,900 Yards - Stress Value = 17					

**Workout #18392 - Thursday, 11 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	PA
	1 on 40:00 DSWeights				L WTS
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR	1:
150	10 x 15 on :45 Shooters	SP3	S	CHO	5:
1,500	3 x 500 on 6:00 Freestyle	EN2	S	FR	1:
	#1 3 KOW +1 up to 7-repeat				
	#2 Alt breakouts				
	#3 hb 3 strokes off wall +1 up to 6- repeat				
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD	1:
	1 on 10:00 Ice				M
6:59 AM 2,350 Yards - Stress Value = 36					

**Workout #18402 - Thursday, 11 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	W
4:11 PM	Start		
1,700	1x{1 x 400 on 5:00 Freestyle Neg Split	EN2	
	{4 x 100 on 1:15 Free Hold Avg from 400	EN2	
	{1 x 300 on 3:45 Freestyle Neg Split	EN2	
	{3 x 100 on 1:15 Free Hold Avg from 300	EN2	
	{1 x 200 on 2:30 Freestyle Neg split	EN2	
	{1 x 100 on 1:15 Free Hold Avg from 200	EN2	
300	1 x 300 on 5:00 5:00 Cool down	REC	
	1 on 10:00 Ice		
4:49 PM	2,000 Yards - Stress Value = 34		

**Workout #18405 - Thursday, 11 February 2016**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:11 PM	Start			
1,050	7x{6 x 25 on :20 Butterfly	EN2	S	FLY
	{1 on 1:00 Rest		M	
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM	1,350 Yards - Stress Value = 21			

**Workout #18398 - Thursday, 11 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
3:00 PM	Start				
	1 on 25:00 DS/Shoulders				
400	1 x 400 on 10:00 Underwater trn drill				
	Odd 100's free even 100's back				
150	10 x 15 on :45 Shooters				
1,000	1x{2 x 50 on :45 Kick				
	{4 x 25 on :30 Kick your weakest kick				
	{2 x 50 on :45 Kick				
	{4 x 25 on :30 Kick your weakest kick				
	{2 x 50 on :45 Kick				
	{4 x 25 on :30 Kick your weakest kick				
	{2 x 50 on :45 Kick				
	{4 x 25 on :30 Kick your weakest kick				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:10 PM	1,750 Yards - Stress Value = 28				

**Workout #18393 - Thursday, 11 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:30 AM	Start				
	1 on 40:00 DSWeights		L	WTS	
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR	1:
150	10 x 15 on :45 Shooters	SP3	S	CHO	5:
1,350	3 x 450 on 6:00 Freestyle	EN2	S	FR	1:
	#1 3 KOW +1 up to 7-repeat				
	#2 Alt breakouts				
	#3 hb 3 strokes off wall +1 up to 6- repeat				
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD	1:
	1 on 10:00 Ice		M		
6:59 AM	2,200 Yards - Stress Value = 33				

**Workout #18396 - Thursday, 11 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	W
5:30 AM	Start		
	1 on 40:00 DS/Weights		
400	1 x 400 on 5:00 5:00 Warm-up		F
150	10 x 15 on :45 Shooters		S
1,050	1x{4 x 25 on :40 Brst with paddles alt 2/3 PO		F
	{2 x 150 on 2:40 2K1P w/ tennis balls		F
	{4 x 25 on :40 Brst w/paddles "X"pullouts		F
	{2 x 150 on 2:35 2K1P w/ tennis balls		F
	{4 x 25 on :40 Brst with paddles alt 2/3 PO		F
	{1 x 150 on 2:30 2K1P w/tennis balls		F
300	1 x 300 on 5:00 5:00 Cool down		F
	1 on 10:00 Ice		
7:02 AM	1,900 Yards - Stress Value = 17		

**Workout #18399 - Thursday, 11 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	W
3:00 PM	Start		
	1 on 25:00 DS/Shoulders		
400	1 x 400 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
800	1x{1 x 50 on :55 Kick		
	{4 x 25 on :35 Kick your weakest kick		
	{1 x 50 on :55 Kick		
	{4 x 25 on :35 Kick your weakest kick		
	{1 x 50 on :55 Kick		
	{4 x 25 on :35 Kick your weakest kick		
	{2 x 50 on :55 Kick		
	{4 x 25 on :35 Kick your weakest kick		
	{1 x 50 on :55 Kick		
	{4 x 25 on :35 Kick your weakest kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:10 PM	1,550 Yards - Stress Value = 24		

**Workout #18403 - Thursday, 11 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	W
4:11 PM	Start		
	1x{1 x 400 on 5:30 Freestyle Neg Split	EN2	
	{4 x 100 on 1:25 Free Hold Avg from 400	EN2	
	{1 x 300 on 4:10 Freestyle Neg Split	EN2	
	{3 x 100 on 1:25 Free Hold Avg from 300	EN2	
	{1 x 200 on 2:40 Freestyle Neg Split	EN2	
300	1 x 300 on :50 5:00 Cool down	REC	
	1 on 10:00 Ice		
4:45 PM	1,900 Yards - Stress Value = 32		

**Workout #18406 - Thursday, 11 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:11 PM	Start			
	6x{6 x 25 on :25 Butterfly	EN2	S	FLY
	{1 on 1:00 Rest		M	
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM	1,200 Yards - Stress Value = 18			

**Workout #18394 - Thursday, 11 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:30 AM Start					
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR	1:
150	10 x 15 on :45 Shooters	SP3	S	CHO	5:
1,275	3 x 425 on 6:00 Freestyle	EN2	S	FR	1:
	#1 3 KOW +1 up to 7-repeat				
	#2 Alt breakouts				
	#3 hb 3 strokes off wall +1 up to 6- repeat				
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD	1:
	1 on 10:00 Ice			M	
	6:59 AM 2,125 Yards - Stress Value = 32				

**Workout #18397 - Thursday, 11 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:30 AM Start					
400	1 on 40:00 DS/Weights				
150	1 x 400 on 5:00 5:00 Warm-up				
1,000	10 x 15 on :45 Shooters				
	1x{4 x 25 on :40 Brst with paddles alt 2/3	PO	F		
	{2 x 150 on 2:50 2K1p w/tennis balls				
	{4 x 25 on :40 Brst with paddles alt 2/3	PO	F		
	{2 x 150 on 2:45 2K1P w/ tennis balls				
	{4 x 25 on :40 Brst with paddles alt 2/3	PO	F		
	{1 x 100 on 1:45 2K1P w/tennis balls				
300	1 x 300 on 5:00 5:00 Cool down				
	1 on 10:00 Ice				
	7:02 AM 1,850 Yards - Stress Value = 16				

**Workout #18400 - Thursday, 11 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
3:00 PM Start					
400	1 on 25:00 DS/Shoulders				
150	1 x 400 on 10:00 Underwater trn drill				
	Odd 100's free even 100's back				
750	10 x 15 on :45 Shooters				
	1x{1 x 50 on 1:00 Kick				
	{4 x 25 on :40 Kick your weakest kick				
	{1 x 50 on 1:00 Kick				
	{4 x 25 on :40 Kick your weakest kick				
	{2 x 50 on 1:00 Kick				
	{4 x 25 on :40 Kick your weakest kick				
	{2 x 50 on 1:00 Kick				
	{4 x 25 on :40 Kick your weakest kick				
	{1 x 50 on 1:00 Kick				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	4:10 PM 1,500 Yards - Stress Value = 23				

**Workout #18404 - Thursday, 11 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
4:11 PM Start					
1,400	1x{1 x 400 on 6:00 Freestyle Neg Split	EN2			
	{4 x 100 on 1:35 Free Hold Avg from 400	EN2			
	{1 x 300 on 4:30 Freestyle Neg Split	EN2			
	{3 x 100 on 1:35 Free Hold Avg from 300	EN2			
300	1 x 300 on 5:00 5:00 Cool down	REC			

1 on 10:00 Ice  
4:49 PM 1,700 Yards - Stress Value = 28

**Workout #18407 - Thursday, 11 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
4:11 PM Start					
750	5x{6 x 25 on :30 Butterfly	EN2			
	{1 on 1:00 Rest				
300	1 x 300 on 5:00 5:00 Cool down	REC			
	1 on 10:00 Ice				
	4:47 PM 1,050 Yards - Stress Value = 15				

**Workout #18401 - Thursday, 11 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
3:00 PM Start					
400	1 on 25:00 DS/Shoulders				
150	1 x 400 on 10:00 Underwater trn drill				
	Odd 100's free even 100's back				
650	10 x 15 on :45 Shooters				
	1x{1 x 50 on 1:10 Kick				
	{4 x 25 on :45 Kick your weakest kick				
	{1 x 50 on 1:10 Kick				
	{4 x 25 on :45 Kick your weakest kick				
	{1 x 50 on 1:10 Kick				
	{4 x 25 on :45 Kick your weakest kick				
	{2 x 50 on 1:10 Kick				
	{4 x 25 on :45 Kick your weakest kick				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	4:10 PM 1,400 Yards - Stress Value = 21				

**Workout #18408 - Friday, 12 February 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:30 AM Start					
400	1 on 40:00 DS and Weights				
600	1 x 400 on 5:00 5:00 Warm-up	REC			
	1x{1 x 200 on 8:30 Station #4	SP2			
	{ sprint resist stretch cordz				
	{1 x 200 on 8:30 Station #5	SP2			
	{ 8X25@1:00 parachutes and paddles				
	{1 x 200 on 8:30 Station #6	SP2			
	{ 6x25@1:15 undrwtr kick holding weight				
200	2 x 100 on 3:00 Freestyle	SP1			
300	1 x 300 on 5:00 5:00 Cool down	REC			
	1 on 10:00 Ice				
	7:05 AM 1,500 Yards - Stress Value = 76				

**Workout #18409 - Friday, 12 February 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

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

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Ted's DS  
 350 1 x 350 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Fast Kicks with a board  
 600 1x{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 100 on 1:40 Kick  
 {1 x 100 on 2:05 Kick  
 400 4 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 9 x 150 on 2:30 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 8:38 AM 3,250 Yards - Stress Value = 46

**Workout #18410 - Saturday, 13 February 2016**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Ted's DS  
 400 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Fast kicks with a board  
 800 1x{1 x 100 on 1:25 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:15 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:10 Kick  
 {1 x 100 on 1:35 Kick  
 400 4 x 100 on 1:15 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  
 1,350 9 x 150 on 2:00 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 8:32 AM 3,500 Yards - Stress Value = 53

**Workout #18413 - Saturday, 13 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Ted's DS  
 300 1 x 300 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Fast kicks with a board  
 500 1x{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  
 300 3 x 100 on 1:50 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 9 x 100 on 2:00 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 8:33 AM 2,550 Yards - Stress Value = 38

**Workout #18411 - Saturday, 13 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Ted's DS  
 400 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Fast Kicks with a board  
 650 1x{1 x 100 on 1:40 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 50 on :40 Kick  
 400 4 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  
 1,350 9 x 150 on 2:15 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 8:36 AM 3,350 Yards - Stress Value = 47

**Workout #18412 - Saturday, 13 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

**Workout #18425 - Monday, 15 February 2016**

**Group 3 - Distance**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Balls  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 1,500 10 x 15 on :45 Shooters  
 1x{4 x 25 on :30 Kick no board BSLR  
 {2 x 100 on 1:45 Kick-1 fast 1 jmi  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 100 on 1:40 Kick 1 fast 1 jmi  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 100 on 1:35 Kick 1 fast 1 jmi  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 100 on 1:30 Kick 1 fast 1 jmi  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 100 on 1:25 Kick 1 fast 1 jmi  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 1x{5 x 200 on 2:45 Freestyle  
 {4 x 200 on 2:40 Freestyle  
 {3 x 200 on 2:35 Freestyle  
 {2 x 200 on 2:30 Freestyle  
 {1 x 200 on 2:25 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 7:15 PM 5,950 Yards - Stress Value = 98

**Workout #18426 - Monday, 15 February 2016**

**Group 3 - Gold**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Balls  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 1,250 10 x 15 on :45 Shooters  
 1x{4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 1:55 Kick-1 fast 1 jmi  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 1:50 Kick 1 fast 1 jmi  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 1:45 Kick 1 fast 1 jmi  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 1:15 Kick 1 fast 1 jmi  
 {4 x 25 on :35 Kick no board BSLR  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,800 1x{5 x 200 on 2:55 Freestyle  
 {4 x 200 on 2:50 Freestyle  
 {3 x 200 on 2:45 Freestyle  
 {2 x 200 on 2:40 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 7:15 PM 5,500 Yards - Stress Value = 89

**Workout #18427 - Monday, 15 February 2016**

**Group 3 - Silver**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Physio Balls  
 150 1 x 550 on 10:00 Swim-kick-pull-swim  
 1,150 10 x 15 on :45 Shooters  
 1x{4 x 25 on :40 Kick no board BSLR  
 {2 x 100 on 2:10 Kick-1 fast 1 jmi  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 100 on 2:05 Kick 1 fast 1 jmi  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 100 on 2:00 Kick 1 fast 1 jmi  
 {4 x 25 on :40 Kick no board BSLR

{2 x 75 on 1:25 Kick 1 fast 1 jmi  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,550 1x{5 x 200 on 3:10 Freestyle  
 {4 x 200 on 3:05 Freestyle  
 {3 x 200 on 3:00 Freestyle  
 {1 x 150 on 2:10 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 7:15 PM 5,100 Yards - Stress Value = 82

**Workout #18428 - Monday, 15 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Physio Balls  
 150 1 x 500 on 10:00 Swim-kick-pull-swim  
 1,000 10 x 15 on :45 Shooters  
 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:30 Kick-1 fast 1 jmi  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:25 Kick 1 fast 1 jmi  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:20 Kick 1 fast 1 jmi  
 {2 x 25 on :45 Kick no board BS  
 {1 x 50 on 1:00 Kick 1 fast  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{5 x 200 on 3:50 Freestyle  
 {3 x 200 on 3:50 Freestyle  
 {2 x 200 on 3:45 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 7:14 PM 4,350 Yards - Stress Value = 68

**Workout #18422 - Monday, 15 February 2016**

**HighSchl - Back**

**1 minute rest between sets**

4:19 PM Start  
 Yards Set Description EGY WC  
 =====  
 1,225 1x{4 x 100 on 1:20 Back alt 25 of 12.5 YU EN2  
 {8 x 25 on :25 Des in 4's/4&8 15m under EN2  
 {3 x 75 on 1:00 Back Alt 25 of 12.5 YU EN2  
 {8 x 25 on :25 Des in 4's/4&8 15m under EN2  
 {2 x 50 on :40 Back Alt 25 of 12.5 YU EN2  
 {4 x 25 on :25 Des in 4's/4&8 15m under EN2  
 300 1 x 300 on 5:00 5:00 Cool down REC  
 1 on 10:00 Ice  
 4:53 PM 1,525 Yards - Stress Value = 24

**Workout #18419 - Monday, 15 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:19 PM Start  
 Yards Set Description EGY WC  
 =====  
 1,475 1x{1 x 125 on 1:35 Free 7 KOW EN1  
 {3 x 100 on 1:15 Free 6 breaths mid 50 EN1  
 {2 x 125 on 1:35 Free 5 KOW EN2  
 {2 x 100 on 1:10 Free 7 breaths mid 50 EN2  
 {3 x 125 on 1:35 Free 3 KOW EN2  
 {1 x 100 on 1:05 Free 8 breaths mid 50 EN2  
 {1 x 125 on 1:35 Free 9 breaths mid 50 EN2  
 300 1 x 300 on 5:00 5:00 Cool down REC  
 1 on 10:00 Ice  
 4:54 PM 1,775 Yards - Stress Value = 25

**Workout #18415 - Monday, 15 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 100 on 1:50 Kick
600	1x{1 x 200 on 2:35 Pull no br L.12 yds
	{1 x 200 on 2:30 Pull no br L.12 yds
	{1 x 200 on 2:25 Pulls-no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:18 PM 2,050 Yards - Stress Value = 32

**Workout #18416 - Monday, 15 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 100 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 100 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 100 on 2:00 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 50 on 1:05 Kick
550	1x{1 x 200 on 2:50 Pull no br L.12 yds
	{1 x 200 on 2:45 Pull no br L.12 yds
	{1 x 150 on 2:00 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
	4:18 PM 1,950 Yards - Stress Value = 28

**Workout #18420 - Monday, 15 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:19 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
1,350	1x{1 x 125 on 1:45 Free 7 KOW	EN1	
	{3 x 100 on 1:25 Free 6 breaths mid 50	EN1	
	{2 x 125 on 1:45 Free 5 KOW	EN2	
	{2 x 100 on 1:20 Free 7 breaths mid 50	EN2	
	{2 x 125 on 1:45 Free 3 KOW	EN2	
	{1 x 100 on 1:15 Free 8 breaths mid 50	EN2	
	{1 x 125 on 1:45 Free 9 breaths mid 50	REC	
300	1 x 300 on 5:00 5:00 Cool down	REC	
	1 on 10:00 Ice		
	4:54 PM 1,650 Yards - Stress Value = 20		

**Workout #18423 - Monday, 15 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:19 PM Start

Yards	Set Description
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=====	=====
1,225	1x{4 x 100 on 1:25 Backstroke-Alt 25 of 12.5 YU
	{8 x 25 on :25 Des in 4's/4&8 15m under
	{3 x 75 on 1:05 Backstroke-Alt 25 of 12.5 YU
	{8 x 25 on :25 Des in 4's/4&8 15m under
	{2 x 50 on :40 Backstroke-Alt 25 of 12.5 YU
	{4 x 25 on :25 Des in 4's/4 15m under
300	1 x 300 on 5:00 5:00 Cool down
	1 on 10:00 Ice
	4:54 PM 1,525 Yards - Stress Value = 24

**Workout #18417 - Monday, 15 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :35 Kick no board BSLR-12 KOW
	{1 x 100 on 2:05 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{1 x 100 on 2:10 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{1 x 100 on 2:15 Kick
	{2 x 25 on :35 Kick no board BS-12 KOW
450	1x{1 x 200 on 3:15 Pull no br L.12 yds
	{1 x 200 on 3:10 Pull no br L.12 yds
	{1 x 50 on :45 Pull no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:18 PM 1,750 Yards - Stress Value = 23

**Workout #18421 - Monday, 15 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:19 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
1,200	1x{1 x 125 on 2:00 Free 7 KOW	EN1	
	{2 x 100 on 1:35 Free 6 breaths mid 50	EN1	
	{1 x 125 on 2:00 Free 5 KOW	EN2	
	{2 x 100 on 1:30 Free 7 breaths mid 50	EN2	
	{1 x 125 on 2:00 Free 3 KOW	EN2	
	{3 x 100 on 1:25 Free 8 breaths mid 50	EN2	
	{1 x 125 on 2:00 Free 9 breaths mid 50	EN2	
300	1 x 300 on 5:00 5:00 Cool down	REC	
	1 on 10:00 Ice		
	4:54 PM 1,500 Yards - Stress Value = 19		

**Workout #18424 - Monday, 15 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:19 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
1,025	1x{4 x 100 on 1:40 Back alt 25 of 10 KOW	EN2	
	{8 x 25 on :30 Des in 4's/4&8 15m under	EN2	
	{3 x 75 on 1:15 Back Alt 25 of 10 KOW	EN2	
	{8 x 25 on :30 Des in 4's/4&8 15m under	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:53 PM 1,275 Yards - Stress Value = 20		

**Workout #18418 - Monday, 15 February 2016**

**1 minute rest between sets**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physiso Balls  
 350 1 x 350 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-12 KOW  
 {1 x 100 on 2:30 Kick  
 {4 x 25 on :40 Kick no board BSLR-12 KOW  
 {1 x 100 on 2:35 Kick  
 {4 x 25 on :40 Kick no board BSLR-12 KOW  
 {1 x 50 on 1:20 Kick  
 400 1x{1 x 200 on 3:40 Pull no br L.12 yds  
 {1 x 200 on 3:35 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:18 PM 1,550 Yards - Stress Value = 21

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core  
 600 1 x 600 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Backstroke  
 840 2x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 300 6 x 50 on 2:00 Freestyle  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{3 x 150 on 2:35 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 5 secs  
 {3 x 150 on 2:30 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 4 secs  
 {3 x 150 on 2:25 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 3 secs  
 {2 x 125 on 1:55 Backstroke  
 {1 x 100 on 2:30 Backstroke afof  
 400 8 x 50 on 1:00 Stroke Drills  
 7:22 PM 4,590 Yards - Stress Value = 94

**Workout #18414 - Monday, 15 February 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 40:00 DS/Weights  
 400 1 x 400 on 5:00 5:00 Warm-up REC  
 150 10 x 15 on :45 Shooters SP3  
 1,100 2x{8 x 25 on :40 Variable Speed EN1  
 {1 x 100 on 3:00 Your #1 broken at 25 SP2  
 { rest 10 seconds at each 25  
 {1 x 250 on 5:00 EZ-free REC  
 1 on 10:00 Ice  
 8:31 AM 1,650 Yards - Stress Value = 30

**Workout #18445 - Tuesday, 16 February 2016**

**Group 3 - Silver**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core  
 550 1 x 550 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Backstroke  
 840 2x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 300 6 x 50 on 2:00 Freestyle  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{3 x 150 on 2:55 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 5 secs  
 {3 x 150 on 2:50 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 4 secs  
 {3 x 100 on 1:50 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 3 secs  
 {2 x 100 on 1:45 Backstroke  
 {1 x 100 on 2:30 Backstroke afof  
 400 8 x 50 on 1:00 Stroke Drills  
 7:22 PM 4,340 Yards - Stress Value = 108

**Workout #18443 - Tuesday, 16 February 2016**

**Group 3 - Back**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core  
 600 1 x 600 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Backstroke  
 840 2x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 300 6 x 50 on 2:00 Freestyle  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 1x{3 x 150 on 2:20 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 5 secs  
 {3 x 150 on 2:15 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 4 secs  
 {3 x 150 on 2:10 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 3 secs  
 {3 x 150 on 2:05 Backstroke  
 {1 x 100 on 2:30 Backstroke afof  
 400 8 x 50 on 1:00 Stroke Drills  
 7:22 PM 4,790 Yards - Stress Value = 116

**Workout #18444 - Tuesday, 16 February 2016**

**Group 3 - Gold**

**Workout #18446 - Tuesday, 16 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1,200 1 on 30:00 DS/Core  
 300 1 x 500 on 10:00 Top Hat Drill  
 500 10 x 15 on :45 Shooters  
 150 1 x 100 on 3:00 Backstroke  
 100 2x{ Alt 15 Tombstone Kick 15 underwa  
 { 2 x 30 on 1:00 Kick  
 { 2 x 30 on :55 Kick  
 { 2 x 30 on :50 Kick  
 { 2 x 30 on :45 Kick  
 { 2 x 30 on :40 Kick  
 { 2 x 30 on :35 Kick  
 { 2 x 30 on :30 Kick  
 300 6 x 50 on 2:00 Freestyle  
 200 4x{ 1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{ 3 x 150 on 3:05 Backstroke  
 { 1 x 100 on 2:30 Backstroke w/in 5 secs  
 { 3 x 150 on 3:00 Backstroke  
 { 1 x 100 on 2:30 Backstroke w/in 4 secs  
 { 2 x 150 on 2:55 Backstroke  
 { 1 x 100 on 2:30 Backstroke w/in 3 secs  
 { 1 x 150 on 2:50 Backstroke  
 { 1 x 100 on 2:30 Backstroke afof  
 400 8 x 50 on 1:00 Stroke Drills  
 7:22 PM 4,240 Yards - Stress Value = 107

**HighSchl - Freestylers**

**1 minute rest between sets**

4:20 PM Start  
 Yards Set Description EGY WORK STK PA  
 =====  
 1,200 12 x 100 on 1:15 Freestyle EN2 S FR 1:  
 300 1 x 300 on 5:00 5:00 Cool down REC D CD 1:  
 1 on 10:00 Ice M  
 4:51 PM 1,500 Yards - Stress Value = 24

**Workout #18435 - Tuesday, 16 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/ Core  
 400 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{ 1 x 200 on 3:05 Kick  
 { 1 x 200 on 3:00 Kick  
 { 1 x 200 on 2:55 Kick  
 { 1 x 200 on 2:50 Kick  
 { 1 x 200 on 2:45 Kick  
 400 1 x 400 on 5:15 Pulls-odd 50's btb  
 Even 50's BTS  
 200 4x{ 1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:19 PM 2,150 Yards - Stress Value = 36

**Workout #18432 - Tuesday, 16 February 2016**

**HighSchl - Breast**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1 on 40:00 DS/Weights L WTS  
 400 1 x 400 on 5:00 5:00 Warm-up REC D FR  
 150 10 x 15 on :45 Shooters SP3 S CHO  
 1,300 1x{ 1 x 200 on 2:50 Breaststroke EN2 S BR  
 { 3 x 50 on 1:00 Breaststroke EN3 S BR  
 { 2 x 175 on 2:25 Breaststroke EN2 S BR  
 { 3 x 50 on 1:00 Breaststroke EN3 S BR  
 { 3 x 150 on 2:05 Breaststroke EN2 S BR  
 300 1 x 300 on 5:00 5:00 Cool down REC D CD  
 1 on 10:00 Ice M  
 7:01 AM 2,150 Yards - Stress Value = 44

**Workout #18430 - Tuesday, 16 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Weights  
 400 1 x 400 on 5:00 5:00 Warm-up  
 150 10 x 15 on :45 Shooters  
 1,400 1x{ 1 x 200 on 2:30 Freestyle 3 KOW  
 { 1 x 200 on 2:35 Freestyle 3 KOW-5 off last w  
 { 1 x 200 on 2:40 Freestyle-3 KOW 7 off last w  
 { 1 x 200 on 2:45 Freestyle 3 KOW 9 off last w  
 { 1 x 200 on 2:50 Freestyle 3 KOW 11 off last  
 { 2 x 200 on 2:55 Freestyle 3 KOW 13 off last  
 hold all 200's faster then 1st interval  
 300 1 x 300 on 5:00 5:00 Cool down  
 1 on 10:00 Ice  
 7:01 AM 2,250 Yards - Stress Value = 34

**Workout #18429 - Tuesday, 16 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Weights  
 400 1 x 400 on 5:00 5:00 Warm-up  
 150 10 x 15 on :45 Shooters  
 1,575 1x{ 1 x 225 on 2:30 Freestyle 3 KOW  
 { 1 x 225 on 2:35 Freestyle 3 KOW-5 off last w  
 { 1 x 225 on 2:40 Freestyle-3 KOW 7 off last w  
 { 1 x 225 on 2:45 Freestyle 3 KOW 9 off last w  
 { 1 x 225 on 2:50 Freestyle 3 KOW 11 off last  
 { 2 x 225 on 2:55 Freestyle 3 KOW 13 off last  
 hold all 225's faster then 1st interval  
 300 1 x 300 on 5:00 5:00 Cool down  
 1 on 10:00 Ice  
 7:01 AM 2,425 Yards - Stress Value = 35

**Workout #18433 - Tuesday, 16 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1 on 40:00 DS/Weights L WTS  
 400 1 x 400 on 5:00 5:00 Warm-up REC D FR  
 150 10 x 15 on :45 Shooters SP3 S CHO  
 1,150 1x{ 1 x 200 on 3:15 Breaststroke EN2 S BR  
 { 3 x 50 on 1:00 Breast EN3 S BR  
 { 2 x 175 on 2:45 Breaststroke EN2 S BR  
 { 3 x 50 on 1:00 Breast EN3 S BR  
 { 2 x 150 on 2:15 Breaststroke EN2 S BR  
 300 1 x 300 on 5:00 5:00 Cool down REC D CD  
 1 on 10:00 Ice M  
 7:01 AM 2,000 Yards - Stress Value = 41

**Workout #18439 - Tuesday, 16 February 2016**

**Workout #18436 - Tuesday, 16 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
400	1 on 30:00 DS/Core
150	1 x 400 on 10:00 Top Hat Drill
850	10 x 15 on :45 Shooters
	1x{1 x 200 on 3:35 Kick
	{1 x 200 on 3:30 Kick
	{1 x 200 on 3:25 Kick
	{1 x 200 on 3:20 Kick
	{1 x 50 on :45 Kick
350	1 x 350 on 5:15 Pulls-odd 100's btb
	Even 100's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:19 PM	1,950 Yards - Stress Value = 32

**Workout #18437 - Tuesday, 16 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
400	1 on 30:00 DS/Core
150	1 x 400 on 10:00 Top Hat Drill
750	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:05 Kick
	{1 x 200 on 4:00 Kick
	{1 x 200 on 3:55 Kick
	{1 x 150 on 2:50 Kick
300	1 x 300 on 5:15 Pulls-odd 50's btb
	Even 50's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:19 PM	1,800 Yards - Stress Value = 29

**Workout #18440 - Tuesday, 16 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
4:20 PM	Start				
1,100	11 x 100 on 1:20 Freestyle	EN2	S	FR	1:
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD	1:
	1 on 10:00 Ice			M	
4:51 PM	1,400 Yards - Stress Value = 22				

**Workout #18441 - Tuesday, 16 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
4:20 PM	Start				
1,000	10 x 100 on 1:25 Freestyle	EN2	S	FR	1:
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD	1:
	1 on 10:00 Ice			M	
4:51 PM	1,300 Yards - Stress Value = 20				

**Workout #18431 - Tuesday, 16 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
5:30 AM	Start
400	1 on 40:00 DS/Weights
150	1 x 400 on 5:00 5:00 Warm-up
1,225	10 x 15 on :45 Shooters
	1x{1 x 175 on 2:30 Freestyle 3 KOW
	{1 x 175 on 2:35 Freestyle 3 KOW-5 off last w
	{1 x 175 on 2:40 Freestyle-3 KOW 7 off last w
	{1 x 175 on 2:45 Freestyle 3 KOW 9 off last w
	{1 x 175 on 2:50 Freestyle 3 KOW 11 off last
	{2 x 175 on 2:55 Freestyle 3 KOW 13 off last
	hold all 175's faster then 1st interval
300	1 x 300 on 5:00 5:00 Cool down
	1 on 10:00 Ice
7:01 AM	2,075 Yards - Stress Value = 33

**Workout #18438 - Tuesday, 16 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
350	1 on 30:00 DS/Core
150	1 x 350 on 10:00 Top Hat Drill
650	10 x 15 on :45 Shooters
	1x{1 x 150 on 3:30 Kick
	{1 x 150 on 3:25 Kick
	{1 x 150 on 3:20 Kick
	{1 x 150 on 3:15 Kick
	{1 x 50 on 1:00 Kick
275	1 x 275 on 5:15 Pulls-odd 50's btb
	Even 50's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:19 PM	1,625 Yards - Stress Value = 27

**Workout #18434 - Tuesday, 16 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 DS/Weights			L WTS
150	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
1,000	10 x 15 on :45 Shooters	SP3	S	CHO
	1x{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR
	{2 x 175 on 3:15 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR
	{1 x 150 on 2:45 Breaststroke	EN2	S	BR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice			M
7:01 AM	1,850 Yards - Stress Value = 38			

**Workout #18442 - Tuesday, 16 February 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
4:20 PM	Start				
900	9 x 100 on 1:35 Freestyle	EN2	S	FR	1:
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD	1:
	1 on 10:00 Ice			M	
4:51 PM	1,200 Yards - Stress Value = 18				

**Workout #18448 - Wednesday, 17 February 2016**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
500	1 on 35:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,450	1x{4 x 25 on :45 Shooters {1 x 150 on 2:20 Kick {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
800	8 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
2,450	1x{4 x 125 on 2:00 Breast L.25 3X pullouts {3 x 50 on :45 Breaststroke {4 x 125 on 1:55 Breast L.25 3X pullouts {3 x 50 on :50 Breaststroke {4 x 125 on 1:50 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {4 x 125 on 1:45 Breast L.25 3X pullouts
400	8 x 50 on 1:00 Stroke Drills
	7:25 PM 5,950 Yards - Stress Value = 94

**Workout #18449 - Wednesday, 17 February 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
500	1 on 35:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,100	1x{4 x 25 on :45 Shooters {1 x 150 on 2:50 Kick {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
700	7 x 100 on 1:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,275	1x{4 x 125 on 2:10 Breast L.25 3X pullouts {3 x 50 on :50 Breaststroke {4 x 125 on 2:05 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {4 x 125 on 2:00 Breast L.25 3X pullouts {2 x 50 on 1:00 Breaststroke {3 x 125 on 1:55 Breast L.25 3X pullouts
400	8 x 50 on 1:00 Stroke Drills
	7:25 PM 5,325 Yards - Stress Value = 90

**Workout #18450 - Wednesday, 17 February 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
500	1 on 35:00 DS/TRX Bands
	20 x 25 on :30 Wednesday Warm-up

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
600	6 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
2,050	1x{4 x 125 on 2:20 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {4 x 125 on 2:15 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {4 x 125 on 2:10 Breast L.25 3X pullouts {3 x 50 on 1:05 Breaststroke {1 x 100 on 1:40 Breast L.25 3X pullouts
400	8 x 50 on 1:00 Stroke Drills
	7:24 PM 4,900 Yards - Stress Value = 75

**Workout #18451 - Wednesday, 17 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
500	1 on 35:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,000	1x{4 x 25 on :45 Shooters {1 x 150 on 3:05 Kick {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
600	6 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
2,050	1x{4 x 125 on 2:20 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {4 x 125 on 2:15 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {4 x 125 on 2:10 Breast L.25 3X pullouts {3 x 50 on 1:05 Breaststroke {1 x 100 on 1:40 Breast L.25 3X pullouts
400	8 x 50 on 1:00 Stroke Drills
	7:24 PM 4,900 Yards - Stress Value = 75

**Workout #18447 - Wednesday, 17 February 2016**

**HighSchl - Race day warmup**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM	Start		
	1 on 15:00 Dynamic Stretch/Tm Mtg		L
400	1 x 400 on 7:00 Freestyle Drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
300	3 x 100 on 2:15 Kick	EN1	K
600	12 x 50 on 1:15 Down drill back build	EN1	S
	Odds free evens non free		
400	16 x 25 on :40 Variable Speed	SP3	S
50	2 x 25 on 2:00 OTB	EN2	S
300	1 x 300 on 5:00 5:00 Cool down	REC	D
	1 on 15:00 Ice/Time Trials		M
	4:33 PM 2,200 Yards - Stress Value = 32		

**Workout #18452 - Thursday, 18 February 2016**

**Group 3 - Fly**

**1 minute rest between sets**

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

{4 x 50 on 1:00 Kick  
 {6 x 25 on :40 Kick your weakest kick  
 {3 x 50 on 1:00 Kick  
 {4 x 25 on :40 Kick your weakest kick  
 500 5 x 100 on 3:00 Freestyle  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,325 1x{4 x 100 on 1:45 Fly 2-3-4-5 SOW  
 {4 x 100 on 1:40 Fly 2-3-4-5 SOW  
 {4 x 100 on 1:35 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  
 {1 x 100 on 2:00 Freestyle  
 {2 x 50 on :50 Fly 4-5 SOW  
 {2 x 50 on :45 Fly 4-5 SOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:00 PM 4,775 Yards - Stress Value = 104

**Workout #18455 - Thursday, 18 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 12:00 Ted's Dynamic Stretch  
 150 1 x 500 on 10:00 Underwater trn drill  
 700 10 x 15 on :45 Shooters  
 1x{8 x 25 on :45 Kick your weakest kick  
 {3 x 50 on 1:10 Kick  
 {6 x 25 on :45 Kick your weakest kick  
 {3 x 50 on 1:10 Kick  
 {2 x 25 on :45 Kick your weakest kick  
 500 5 x 100 on 3:00 Freestyle  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,075 1x{4 x 100 on 1:55 Fly 2-3-4-5 SOW  
 {4 x 100 on 1:50 Fly 2-3-4-5 SOW  
 {4 x 100 on 1:45 Fly 2-3-4-5 SOW  
 {1 x 50 on 1:30 Stroke Drills  
 {3 x 75 on 1:30 Fly 3-4-5 SOW  
 {3 x 75 on 1:25 Fly 3-4-5 SOW  
 {3 x 75 on 1:20 Fly 3-4-5 SOW  
 {1 x 50 on 1:30 Freestyle  
 {2 x 50 on 1:00 Fly 4-5 SOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:00 PM 4,375 Yards - Stress Value = 100

**Workout #18453 - Thursday, 18 February 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 12:00 Ted's Dymaic Stretch  
 150 1 x 600 on 10:00 Underwater trn drill  
 850 10 x 15 on :45 Shooters  
 1x{8 x 25 on :35 Kick your weakest kick  
 {4 x 50 on :55 Kick  
 {8 x 25 on :35 Kick your weakest kick  
 {3 x 50 on :55 Kick  
 {4 x 25 on :35 Kick your weakest kick  
 500 5 x 100 on 3:00 Freestyle  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,625 1x{4 x 100 on 1:35 Fly 2-3-4-5 SOW  
 {4 x 100 on 1:30 Fly 2-3-4-5 SOW  
 {4 x 100 on 1:25 Fly 2-3-4-5 SOW  
 {4 x 100 on 1:20 Fly 2-3-4-5 SOW  
 {1 x 150 on 3:00 Stroke Drills  
 {3 x 75 on 1:10 Fly 3-4-5 SOW  
 {3 x 75 on 1:05 Fly 3-4-5 SOW  
 {3 x 75 on 1:00 Fly 3-4-5 SOW  
 {1 x 100 on 2:00 Freestyle  
 {2 x 50 on :45 Fly 4-5 SOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:00 PM 5,175 Yards - Stress Value = 111

**Workout #18454 - Thursday, 18 February 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 550 1 on 12:00 Ted's Dynamic Stretch  
 150 1 x 550 on 10:00 Underwater trn drill  
 800 10 x 15 on :45 Shooters  
 1x{8 x 25 on :40 Kick your weakest kick

**Workout #18457 - Friday, 19 February 2016**

**Group 3 - IM'ers**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 12:00 Ted's DS  
 150 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 100 on 2:00 Kick  
 {1 x 100 on 2:00 Kick-100%  
 {1 x 100 on 1:55 Kick  
 {2 x 75 on 1:30 Kick-100%  
 {1 x 100 on 1:50 Kick  
 {3 x 50 on 1:00 Kick-100%  
 {1 x 100 on 1:45 Kick  
 {4 x 25 on :30 Kick-100%  
 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  
 250 5 x 50 on 1:00 Stroke Drills  
 6:30 PM 4,100 Yards - Stress Value = 52

**Workout #18458 - Friday, 19 February 2016**

**Group 3 - Gold**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 12:00 Ted's DS  
 150 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 100 on 2:00 Kick  
 {1 x 100 on 2:00 Kick-100%  
 {1 x 100 on 1:55 Kick  
 {2 x 75 on 1:30 Kick-100%  
 {1 x 100 on 1:50 Kick  
 {3 x 50 on 1:00 Kick-100%  
 {1 x 100 on 1:45 Kick  
 {4 x 25 on :30 Kick-100%  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 9x{1 x 100 on 1:20 Individual Medley  
 {1 x 50 on :40 Freestyle  
 {1 x 50 on :50 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 6:30 PM 3,900 Yards - Stress Value = 49

**Workout #18459 - Friday, 19 February 2016**

**Group 3 - Silver**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 550 1 on 12:00 Ted's DS  
 150 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 850 1x{1 x 100 on 2:10 Kick  
 {1 x 100 on 2:10 Kick-100%  
 {1 x 100 on 2:05 Kick  
 {2 x 75 on 1:35 Kick-100%  
 {1 x 100 on 2:00 Kick  
 {3 x 50 on 1:05 Kick-100%  
 {1 x 100 on 1:55 Kick  
 {2 x 25 on :35 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 8x{1 x 100 on 1:30 Individual Medley  
 {1 x 50 on :45 Freestyle  
 {1 x 50 on :55 Freestyle

250 5 x 50 on 1:00 Stroke Drills  
 6:30 PM 3,600 Yards - Stress Value = 45

**Workout #18460 - Friday, 19 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 12:00 Ted's DS  
 150 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 800 1x{1 x 100 on 2:20 Kick  
 {1 x 100 on 2:20 Kick-100%  
 {1 x 100 on 2:15 Kick  
 {2 x 75 on 1:45 Kick-100%  
 {1 x 100 on 2:10 Kick  
 {3 x 50 on 1:10 Kick-100%  
 {1 x 100 on 1:55 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 7x{1 x 100 on 1:50 Individual Medley  
 {1 x 50 on :55 Freestyle  
 {1 x 50 on 1:05 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 6:31 PM 3,300 Yards - Stress Value = 41

**Workout #18456 - Friday, 19 February 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Dynamic Stretch  
 600 1 x 600 on 12:00 Choice-mix of drills kick swim  
 150 10 x 15 on :45 Shooters  
 400 Free Relay work on starts  
 250 1 x 250 on 8:00 Indvdl Prsrctns-nothing hard  
 no starts  
 400 1 x 400 on 7:30 Social Kick  
 200 Free Relay work on starts  
 400 8 x 50 on 1:15 Mid pool swims  
 fast 2 yds out from flags and back  
 1 on 7:30 Techniques-Starts  
 Medley Relay work on starts  
 300 12 x 25 on :45 Variable Speed  
 500 1 x 500 on 10:00 Stroke Drills  
 every 3rd 25 closed fist  
 1 on 17:00 Ice/Tm Mtg  
 4:45 PM 2,600 Yards - Stress Value = 13

**Workout #18468 - Monday, 22 February 2016**

**1 minute rest between sets**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
600	1 on 26:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,950	10 x 15 on :45 Shooters
	1x{4 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
	{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
1,450	1x{8 x 25 on :30 Kick no board BSLR
	{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
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%
500	10 x 50 on 1:00 Stroke Drills
	7:30 PM 6,950 Yards - Stress Value = 88

Yards	Set Description
5:00 PM Start	
550	1 on 26:00 DS/Physio Ball
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,650	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 150 on 3:00 Kick
	{3 x 100 on 2:00 Kick
	{3 x 50 on 1:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{2 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
1,250	1x{1 x 100 on 1:25 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:30 Pulls
	{3 x 50 on 1:00 Pulls-no br L.13 yds
	{3 x 100 on 1:35 Pulls
	{3 x 50 on 1:00 Pulls-no br L.14 yds
	{2 x 100 on 1:40 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 600 on 9:30 Free Neg Split
	{1 x 500 on 7:55 Free L.25 of each 100 6BK
	{1 x 400 on 6:20 Free descend 100's
	{1 x 250 on 3:55 Free-100%
500	10 x 50 on 1:00 Stroke Drills
	7:30 PM 6,050 Yards - Stress Value = 78

**Workout #18471 - Monday, 22 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
600	1 on 26:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,800	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:45 Kick
	{3 x 100 on 1:50 Kick
	{3 x 50 on :55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:45 Kick
	{2 x 100 on 1:50 Kick
	{2 x 50 on :55 Kick
	{4 x 25 on :30 Kick no board BSLR
1,400	1x{1 x 100 on 1:15 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:20 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:25 Pulls
	{2 x 50 on :50 Pulls-no breath L.14 yds
	{4 x 100 on 1:30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{1 x 600 on 8:30 Free Neg Split
	{1 x 500 on 7:05 Free L.25 of each 100 6BK
	{1 x 400 on 5:40 Free descend 100's
	{1 x 300 on 4:15 Free-build each 50
	{1 x 150 on 2:00 Free-100%
500	10 x 50 on 1:00 Stroke Drills
	7:30 PM 6,600 Yards - Stress Value = 87

Yards	Set Description
5:00 PM Start	
500	1 on 26:00 DS/Physio Ball
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:30 Kick
	{2 x 100 on 2:20 Kick
	{2 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:25 Kick
	{2 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
	{2 x 25 on :45 Kick no board BS
1,100	1x{1 x 100 on 1:45 Pulls
	{3 x 50 on 1:05 Pulls-no br L.12 yds
	{2 x 100 on 1:50 Pulls
	{3 x 50 on 1:05 Pulls-no br L.13 yds
	{3 x 100 on 1:55 Pulls
	{4 x 50 on 1:05 Pulls-no br L.14 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 600 on 11:00 Free Neg Split
	{1 x 500 on 9:10 Free L.25 of each 100 6BK
	{1 x 300 on 5:30 Free descend 100's
	{1 x 100 on 1:50 Free-100%
500	10 x 50 on 1:00 Stroke Drills
	7:30 PM 5,350 Yards - Stress Value = 67

**Workout #18470 - Monday, 22 February 2016**

**Group 3 - Silver**

**Workout #18464 - Monday, 22 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:22 PM Start  
 Yards Set Description EGY  
 =====  
 1,200 1x{2 x 100 on 1:30 Freestyle hold under 105 EN2  
 {1 x 300 on 3:50 Freestyle EN2  
 {2 x 100 on 1:25 Freestyle hold under 104 EN2  
 {1 x 300 on 3:50 Freestyle EN2  
 {2 x 100 on 1:20 Freestyle hold under 103 EN2  
 300 1 x 300 on 5:00 5:00 Cool down REC  
 1 on 10:00 Ice  
 4:55 PM 1,500 Yards - Stress Value = 24

900 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 100 on 2:15 Kick  
 {1 x 100 on 2:10 Kick  
 {4 x 25 on :35 Kick no board BSLRBS  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:05 Kick  
 {4 x 25 on :35 Kick no board BSLR X2  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 250 1x{1 x 50 on :50 Pull 8 SOT-HB  
 {1 x 50 on :50 Pull 7 SOT-HB  
 {1 x 50 on :50 Pull 6 SOT-HB  
 {1 x 50 on :50 Pull 5 SOT-HB  
 {1 x 50 on :50 Pull 4 SOT-HB  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:20 PM 1,800 Yards - Stress Value = 24

**Workout #18466 - Monday, 22 February 2016**

**HighSchl - Fly**

**1 minute rest between sets**

4:22 PM Start  
 Yards Set Description EGY  
 =====  
 950 1x{1 x 100 on 1:30 3 strokes off walls EN1  
 {6 x 25 on :30 Fly-descend in 3s EN2  
 {1 x 100 on 1:25 3 strokes off walls EN1  
 {6 x 25 on :30 Fly-descend in 3s EN2  
 {1 x 100 on 1:20 3 strokes off walls EN2  
 {6 x 25 on :30 Fly-descend in 3s EN2  
 {1 x 100 on 1:15 3 strokes fly off walls EN2  
 {4 x 25 on :25 Fly-descend EN2  
 300 1 x 300 on 5:00 Stroke Drills REC  
 1 on 10:00 Ice  
 4:55 PM 1,250 Yards - Stress Value = 17

**Workout #18465 - Monday, 22 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:22 PM Start  
 Yards Set Description EGY  
 =====  
 1,150 1x{1 x 300 on 4:10 Freestyle EN2  
 {2 x 100 on 1:30 Freestyle hold under 112 EN2  
 {1 x 300 on 4:05 Freestyle EN2  
 {2 x 100 on 1:30 Freestyle hold under 111 EN2  
 {1 x 150 on 2:00 Freestyle EN2  
 300 1 x 300 on 5:00 5:00 Cool down REC  
 1 on 10:00 Ice  
 4:55 PM 1,450 Yards - Stress Value = 23

**Workout #18462 - Monday, 22 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Team Mtg/DS/Physio Balls  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {4 x 25 on :30 Kick no board BSLR X2  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 250 1x{1 x 50 on :45 Pull 8 SOT-HB  
 {1 x 50 on :45 Pull 7 SOT-HB  
 {1 x 50 on :45 Pull 6 SOT-HB  
 {1 x 50 on :45 Pull 5 SOT-HB  
 {1 x 50 on :45 Pull 4 SOT-HB  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:19 PM 1,900 Yards - Stress Value = 26

**Workout #18467 - Monday, 22 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:22 PM Start  
 Yards Set Description EGY  
 =====  
 950 1x{1 x 100 on 1:35 3 strokes off walls EN1  
 {6 x 25 on :30 Fly-descend in 3s EN2  
 {1 x 100 on 1:30 3 strokes off walls EN1  
 {6 x 25 on :30 Fly-descend in 3s EN2  
 {1 x 100 on 1:25 3 strokes off walls EN2  
 {6 x 25 on :30 Fly-descend in 3's EN2  
 {1 x 100 on 1:20 3 strokes fly off walls EN2  
 {4 x 25 on :30 Fly-descend EN2  
 300 1 x 300 on 5:00 Stroke Drills REC  
 1 on 10:00 Ice  
 4:55 PM 1,250 Yards - Stress Value = 17

**Workout #18463 - Monday, 22 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

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

**Workout #18461 - Monday, 22 February 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 400 1 on 40:00 DSWeights  
 150 1 x 400 on 5:00 5:00 Warm-up  
 1,100 10 x 15 on :45 Shooters  
 1x{1 x 100 on 1:30 14 strokes per length  
 {1 x 100 on 1:30 75-14 spl /25-12 spl  
 {1 x 100 on 1:30 50-14 spl/50-12 spl  
 {1 x 100 on 1:30 25-14 spl/ 75-12 spl  
 {1 x 100 on 1:30 12 strokes per length-fast  
 {1 x 100 on 2:00 Freestyle  
 {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-fast  
 300 1 x 300 on 5:00 5:00 Cool down  
 1 on 10:00 Ice  
 6:58 AM 1,950 Yards - Stress Value = 17

{1 x 30 on 1:59 Sprint free no 1 breath  
 { 15 yd under water fly kick  
 950 1x{4 x 100 on 1:35 Pulls BTB  
 {3 x 100 on 1:30 Pulls BTS  
 {2 x 100 on 1:25 Pulls BTS  
 {1 x 50 on :40 Pulls BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishe  
 2,000 1x{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  
 {1 x 50 on :45 Backstroke  
 {4 x 100 on 1:25 Backstroke  
 {1 x 50 on :55 Backstroke  
 {1 x 50 on :50 Backstroke  
 {1 x 50 on :45 Backstroke  
 {3 x 100 on 1:20 Backstroke  
 {1 x 50 on :55 Backstroke  
 300 6 x 50 on 2:00 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 7:29 PM 5,300 Yards - Stress Value = 76

**Workout #18482 - Tuesday, 23 February 2016**

**Group 3 - Back**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Core  
 150 1 x 600 on 10:00 Top Hat Drill  
 600 10 x 15 on :45 Shooters  
 1,000 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  
 1x{4 x 100 on 1:30 Pulls BTB  
 {3 x 100 on 1:25 Pulls BTS  
 {2 x 100 on 1:20 Pulls BTS  
 {1 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 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 1:20 Backstroke  
 {1 x 50 on :50 Backstroke  
 {1 x 50 on :45 Backstroke  
 {1 x 50 on :40 Backstroke  
 {4 x 100 on 1:15 Backstroke  
 {1 x 50 on :50 Backstroke  
 {1 x 50 on :45 Backstroke  
 {1 x 50 on :40 Backstroke  
 300 6 x 50 on 2:00 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 7:29 PM 5,550 Yards - Stress Value = 79

**Workout #18484 - Tuesday, 23 February 2016**

**Group 3 - Silver**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Core  
 150 1 x 550 on 10:00 Top Hat Drill  
 600 10 x 15 on :45 Shooters  
 1,000 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  
 1x{3 x 100 on 1:40 Pulls BTB  
 {3 x 100 on 1:35 Pulls BTS  
 {2 x 100 on 1:30 Pulls BTS  
 {1 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 finishe  
 1,750 1x{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  
 {4 x 100 on 1:35 Backstroke  
 {1 x 50 on 1:00 Backstroke  
 {1 x 50 on :55 Backstroke  
 {1 x 50 on :50 Backstroke  
 {1 x 100 on 1:30 Backstroke  
 300 6 x 50 on 2:00 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 7:28 PM 4,950 Yards - Stress Value = 72

**Workout #18483 - Tuesday, 23 February 2016**

**Group 3 - Gold**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Core  
 150 1 x 600 on 10:00 Top Hat Drill  
 600 10 x 15 on :45 Shooters  
 600 10x{1 x 30 on :01 Sprint kick

**Workout #18485 - Tuesday, 23 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
500	1 on 30:00 DS/Core			
150	1 x 500 on 10:00 Top Hat Drill			
600	10 x 15 on :45 Shooters			
800	10x{1 x 30 on :01 Sprint kick 1 x 30 on 1:59 Sprint free no 1 breath 15 yd under water fly kick			
200	1x{2 x 100 on 1:55 Pulls BTB 3 x 100 on 1:50 Pulls BTS 2 x 100 on 1:45 Pulls BTS 1 x 100 on 1:40 Pulls BTB			
1,500	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 100 on 2:00 Backstroke 1 x 50 on 1:05 Backstroke 1 x 50 on 1:00 Backstroke 1 x 50 on :55 Backstroke 4 x 100 on 1:55 Backstroke 1 x 50 on 1:05 Backstroke 1 x 50 on 1:00 Backstroke 1 x 50 on :55 Backstroke 4 x 100 on 1:50 Backstroke			
300	6 x 50 on 2:00 Freestyle			
500	10 x 50 on 1:00 Stroke Drills			
7:27 PM 4,550 Yards - Stress Value = 69				

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Weights			L WTS
150	1 x 400 on 5:00 5:00 Warm-up	REC		D FF
1,350	10 x 15 on :45 Shooters	SP3		S FF
	1x{1 x 350 on 4:25 Freestyle	EN2		S FF
	{3 x 50 on :35 Free-Great Effort	EN3		S FF
	{1 x 350 on 4:20 Freestyle	EN2		S FF
	{3 x 50 on :40 Free-Great Effort	EN2		S FF
	{1 x 350 on 4:15 Freestyle	EN2		S FF
300	1 x 300 on 5:00 5:00 cool down	REC		D CI
	1 on 10:00 Ice			M
6:58 AM 2,200 Yards - Stress Value = 39				

**Workout #18478 - Tuesday, 23 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:25 PM Start				
900	1x{1 x 300 on 3:45 Freestyle	EN2		S FR
	{1 x 300 on 3:40 Freestyle	EN2		S FR
	{1 x 300 on 3:35 Freestyle	EN2		S FR
300	1 x 300 on 5:00 5:00 Cool down	REC		D CD
	1 on 10:00 Ice			L DRY
4:52 PM 1,200 Yards - Stress Value = 18				

**Workout #18476 - Tuesday, 23 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
400	1 on 30:00 DS/Core			
150	1 x 400 on 10:00 Top Hat Drill			
150	10 x 15 on :45 Shooters			
850	3 x 50 on 2:00 Freestyle			
	5 x 100 on 2:00 Kick-odds100%			
1,100	1x{2 x 150 on 2:00 Pulls	EN2		
	{2 x 125 on 1:40 Pulls	EN2		
	{2 x 100 on 1:20 Pulls	EN2		
	{2 x 50 on :40 Pulls	EN2		
150	3x{1 x 25 on :50 Sculling drills	EN1		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2		
4:26 PM 2,200 Yards - Stress Value = 40				

**Workout #18473 - Tuesday, 23 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 on 40:00 DS/Weights			L WTS
150	1 x 400 on 5:00 5:00 Warm-up	REC		D FF
1,200	10 x 15 on :45 Shooters	SP3		S FF
	1x{1 x 350 on 4:55 Freestyle	EN2		S FF
	{3 x 50 on :40 Free-Great Effort	EN3		S FF
	{1 x 350 on 4:50 Freestyle	EN2		S FF
	{3 x 50 on :45 Free-Great Effort	EN3		S FF
	{1 x 200 on 2:40 Freestyle	EN2		S FF
300	1 x 300 on 5:00 5:00 cool down	REC		D CI
	1 on 10:00 Ice			M
6:58 AM 2,050 Yards - Stress Value = 42				

**Workout #18480 - Tuesday, 23 February 2016**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:25 PM Start				
600	1x{1 x 100 on 1:30 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breast	EN3	S	BR
	{1 x 100 on 1:25 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
	{1 x 100 on 1:20 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice			M
4:52 PM 900 Yards - Stress Value = 24				

**Workout #18472 - Tuesday, 23 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

**Workout #18475 - Tuesday, 23 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	W
5:30 AM	Start		
400	1 on 40:00 DS/Weights		
150	1 x 400 on 5:00 5:00 Warm-up	REC	
1,050	10 x 15 on :45 Shooters	SP3	
	1x{1 x 100 on 1:25 Backstroke	EN1	
	{4 x 25 on :30 Back 12yds under -1 kick	EN2	
	{2 x 100 on 1:25 Backstroke	EN1	
	{4 x 25 on :30 Back 12yds under -1 kick	EN2	
	{3 x 100 on 1:25 Backstroke	EN1	
	{6 x 25 on :30 Back 12yds under -1 kick	EN2	
	{1 x 100 on 1:30 Backstroke	EN1	
300	1 x 300 on 5:00 5:00 cool down	REC	
	1 on 10:00 Ice		
6:58 AM	1,900 Yards - Stress Value = 20		

**Workout #18477 - Tuesday, 23 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	W
3:00 PM	Start		
400	1 on 30:00 DS/Ted's Abs		
150	1 x 400 on 10:00 Top Hat Drill		
150	10 x 15 on :45 Shooters		
500	3 x 50 on 2:00 Freestyle		
750	5 x 100 on 2:00 Kick-odds 100%		
	1x{2 x 150 on 2:15 Pulls		
	{2 x 125 on 1:50 Pulls		
	{2 x 100 on 1:30 Pulls		
150	3x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:26 PM	2,100 Yards - Stress Value = 37		

**Workout #18479 - Tuesday, 23 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:25 PM	Start			
825	1x{1 x 275 on 3:45 Freestyle	EN2	S	FR
	{1 x 275 on 3:40 Freestyle	EN2	S	FR
	{1 x 275 on 3:35 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		L	DRY
4:52 PM	1,125 Yards - Stress Value = 18			

**Workout #18481 - Tuesday, 23 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:25 PM	Start			
600	1x{1 x 100 on 1:40 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breast	EN3	S	BR
	{1 x 100 on 1:35 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
	{1 x 100 on 1:25 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	
4:52 PM	900 Yards - Stress Value = 24			

**Workout #18493 - Wednesday, 24 February 2016**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
500	1 on 30:00 DS/TRX bands
150	20 x 25 on :30 Wednesday Warm-up
1,300	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:10 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
	{6 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR
1,600	1x{1 x 400 on 5:30 Lungbuster pulls
	{2 x 300 on 4:05 Lungbuster pulls
	{3 x 200 on 2:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{1 x 200 on 3:00 Butterfly
	{1 x 150 on 2:00 Freestyle
	{2 x 200 on 3:00 Butterfly
	{1 x 150 on 2:00 Freestyle
	{3 x 200 on 3:00 Butterfly
	{1 x 150 on 2:00 Freestyle
	{4 x 200 on 3:00 Butterfly
500	10 x 50 on 1:00 Stroke Drills
7:30 PM	6,700 Yards - Stress Value = 97

**Workout #18494 - Wednesday, 24 February 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
5:00 AM	Start
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,200	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{6 x 75 on 1:20 Kick
1,500	1x{1 x 400 on 5:50 Lungbuster pulls
	{2 x 300 on 4:20 Lungbuster pulls
	{3 x 150 on 2:10 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
2,050	1x{1 x 200 on 3:25 Butterfly
	{1 x 150 on 2:15 Freestyle
	{2 x 200 on 3:25 Butterfly
	{1 x 150 on 2:15 Freestyle
	{3 x 200 on 3:25 Butterfly
	{1 x 150 on 2:15 Freestyle
	{2 x 200 on 3:25 Butterfly
500	10 x 50 on 1:00 Stroke Drills
7:29 AM	6,100 Yards - Stress Value = 84

**Workout #18495 - Wednesday, 24 February 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,050	1x{4 x 25 on :45 Shooters {2 x 75 on 1:30 Kick {4 x 25 on :35 Kick no board BSLR {4 x 75 on 1:30 Kick {4 x 25 on :35 Kick no board BSLR {4 x 75 on 1:30 Kick {4 x 25 on :35 Kick no board BSLR {4 x 75 on 1:30 Kick
1,400	1x{1 x 400 on 6:10 Lungbuster pulls {2 x 300 on 4:35 Lungbuster pulls {4 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{1 x 200 on 3:40 Butterfly {1 x 150 on 2:25 Freestyle {2 x 200 on 3:40 Butterfly {1 x 150 on 2:25 Freestyle {3 x 200 on 3:40 Butterfly {1 x 100 on 1:40 Freestyle {2 x 200 on 3:40 Butterfly
500	10 x 50 on 1:00 Stroke Drills
	7:30 PM 5,800 Yards - Stress Value = 80

**Workout #18496 - Wednesday, 24 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
850	1x{4 x 25 on :45 Shooters {2 x 75 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:10 Kick
1,200	1x{1 x 400 on 7:15 Lungbuster pulls {2 x 300 on 5:30 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
1,600	1x{1 x 150 on 3:30 Butterfly {1 x 150 on 2:45 Freestyle {2 x 150 on 3:30 Butterfly {1 x 150 on 2:45 Freestyle {3 x 150 on 3:30 Butterfly {1 x 100 on 1:50 Freestyle {2 x 150 on 3:30 Butterfly
500	10 x 50 on 1:00 Stroke Drills
	7:30 PM 5,000 Yards - Stress Value = 66

**Workout #18489 - Wednesday, 24 February 2016**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
1,500	1x{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	EN2	S	FR
		EN3	S	FR
		EN2	S	FR
		EN3	S	FR
		EN2	S	FR
		EN3	S	FR

300	1 x 300 on 5:00 5:00 Cool down REC	D	CD
	1 on 10:00 Ice	M	
	4:46 PM 1,800 Yards - Stress Value = 42		

**Workout #18491 - Wednesday, 24 February 2016**

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
1,500	1x{2 x 125 on 1:35 IM w/50 free {3 x 50 on :45 Fly {2 x 125 on 1:45 IM w/50 breast {3 x 50 on :45 Backstroke {2 x 125 on 1:40 IM w/50 back {3 x 50 on :50 Breast {2 x 125 on 1:40 IM w/50 fly {1 x 50 on :40 Freestyle	EN2	S	IM
		EN2	S	FLY
		EN2	S	IM
		EN2	S	BK
		EN2	S	IM
		EN2	S	BR
		EN2	S	IM
		EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down REC	D	CD	
	1 on 10:00 Ice	M		
	4:46 PM 1,800 Yards - Stress Value = 30			

**Workout #18486 - Wednesday, 24 February 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
400	1 on 30:00 DS/TRX Bands
150	16 x 25 on :30 Wednesday Warm-up
900	1x{4 x 25 on :30 Kick no board BSLR 15 KOW {2 x 75 on 1:15 Kick {4 x 25 on :30 Kick no board BSLR 14 KOW {2 x 100 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR 13 KOW {2 x 125 on 2:05 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:08 PM 1,550 Yards - Stress Value = 24

**Workout #18487 - Wednesday, 24 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
400	1 on 30:00 DS/TRX Bands
150	16 x 25 on :30 Wednesday Warm-up
800	1x{4 x 25 on :30 Kick no board BSLR 15 KOW {2 x 75 on 1:25 Kick {4 x 25 on :30 Kick no board BSLR 14 KOW {2 x 100 on 1:50 Kick {4 x 25 on :30 Kick no board BSLR 13 KOW {2 x 75 on 1:20 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:08 PM 1,450 Yards - Stress Value = 22

**Workout #18490 - Wednesday, 24 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:09 PM Start

Yards	Set Description	EGY	WORK	STK
1,400	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 150 on 2:05 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	

4:46 PM 1,700 Yards - Stress Value = 40

200	4x{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			
1,650	1x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	{3 x 50 on 1:00 Breast descend			
	{1 x 200 on 4:00 Breast 3-4-5-6 sec glide			
	{3 x 50 on :55 Breast-descend			
	{1 x 200 on 4:00 Breast-Kick on back			
	{3 x 50 on :50 Breast-descend			
	{1 x 200 on 4:00 Breast-Kick on back			
	{3 x 50 on :50 Breast-descend			
	{1 x 200 on 4:00 Breast 3-4-5-6 glide			
	{1 x 50 on :55 Breast-Fast			
500	5 x 100 on 3:00 Freestyle			
500	10 x 50 on 1:00 Stroke Drills			
	7:27 PM 5,200 Yards - Stress Value = 87			

**Workout #18492 - Wednesday, 24 February 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:09 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{2 x 125 on 1:40 IM w/50 free	EN2	S	IM
	{2 x 50 on :50 Fly	EN2	S	FLY
	{2 x 125 on 1:55 IM w/50 breast	EN2	S	IM
	{2 x 50 on :50 Backstroke	EN2	S	BK
	{2 x 125 on 1:45 IM w/50 back	EN2	S	IM
	{2 x 50 on :55 Breast	EN2	S	BR
	{2 x 125 on 1:50 IM w/50 fly	EN2	S	IM
	{1 x 50 on :40 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 5:00 Cool down	REC	D	CD
	1 on 10:00 Ice		M	

4:46 PM 1,650 Yards - Stress Value = 27

**Workout #18499 - Thursday, 25 February 2016**

**Group 3 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
1,450	10 x 15 on :45 Shooters
1,450	1x{2 x 100 on 1:45 Kick your best kick
	{2 x 50 on 1:05 Kick your 2nd best kick
	{2 x 50 on 1:10 Kick your 3rd best kick
	{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
	{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
	{1 x 100 on 2:00 Kick your best kick
	{2 x 50 on 1:05 Kick your 2nd best kick
	{1 x 50 on 1:10 Kick your 3rd best kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550	1x{1 x 200 on 4:15 Breast 2K1P
	{3 x 50 on 1:05 Breast descend
	{1 x 200 on 4:15 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:00 Breast-descend
	{1 x 200 on 4:15 Breast-Kick on back
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:15 Breast-Kick on back
	{3 x 50 on :55 Breast-descend
	{1 x 150 on 3:10 Breast 3-4-5-6 glide
500	5 x 100 on 3:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	7:27 PM 4,950 Yards - Stress Value = 85

**Workout #18488 - Wednesday, 24 February 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/TRX Bands
150	16 x 25 on :30 Wednesday Warm-up
700	10 x 15 on :45 Shooters
700	1x{4 x 25 on :35 Kick no board BSLR 15 KOW
	{2 x 75 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR 14 KOW
	{2 x 100 on 2:05 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{1 x 50 on 1:05 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:08 PM 1,350 Yards - Stress Value = 20

**Workout #18498 - Thursday, 25 February 2016**

**Group 3 - Breast**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
1,600	10 x 15 on :45 Shooters
1,600	1x{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 1:35 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 1:40 Kick your best kick

**Workout #18500 - Thursday, 25 February 2016**

**Group 3 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
550	1 on 30:00 DS/Shoulders
150	1 x 550 on 10:00 Underwater trn drill
1,350	10 x 15 on :45 Shooters
	1x{2 x 100 on 1:55 Kick your best kick
	{2 x 50 on 1:10 Kick your 2nd best kick
	{2 x 50 on 1:15 Kick your 3rd best kick
	{2 x 100 on 2:00 Kick your best kick
	{2 x 50 on 1:10 Kick your 2nd best kick
	{2 x 50 on 1:15 Kick your 3rd best kick
	{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
	{1 x 100 on 2:10 Kick your best kick
	{1 x 50 on 1:10 Kick your 2nd best kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 150 on 3:25 Breast 2K1P
	{3 x 50 on 1:10 Breast descend
	{1 x 150 on 3:25 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast 3-4-5-6 glide
	{2 x 50 on 1:05 Breast-fast
500	5 x 100 on 3:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	7:27 PM 4,700 Yards - Stress Value = 85

**Workout #18501 - Thursday, 25 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders
150	1 x 500 on 10:00 Underwater trn drill
1,250	10 x 15 on :45 Shooters
	1x{2 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 2:20 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 2:25 Kick your best kick
	{3 x 50 on 1:10 Kick your 2nd best kick
	{2 x 50 on 1:15 Kick your 3rd best kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 150 on 3:45 Breast 2K1P
	{3 x 50 on 1:15 Breast descend
	{1 x 150 on 3:45 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:10 Breast-descend
	{1 x 150 on 3:45 Breast-Kick on back
	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:45 Breast-Kick on back
	{3 x 50 on :55 Breast-descend
	{1 x 150 on 3:45 Breast 3-4-5-6 glide
500	5 x 100 on 3:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	7:27 PM 4,450 Yards - Stress Value = 83

**Workout #18505 - Thursday, 25 February 2016**

**HighSchl - Race day warmup**

**1 minute rest between sets**

4:50 PM Start

Yards	Set Description	EGY	WORK	S
400	1 on 10:00 Dynamic Stretch			L I
150	1 x 400 on 8:00 Freestyle Drill	REC		D
400	10 x 15 on :45 Shooters	SP3		S C
400	4 x 100 on 2:15 Kick	EN1		K C
400	8 x 50 on 1:15 Down Drill Back Build	EN1		S C
300	12 x 25 on :40 Variable Speed	EN1		S C
50	2 x 25 on 2:30 OTB	SP3		S C
300	1 x 300 on 5:00 5:00 Cool down	REC		D
	5:59 PM 2,000 Yards - Stress Value = 19			

**Workout #18497 - Thursday, 25 February 2016**

**HighSchl - State Champions**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	S
400	1 on 40:00 DS/Weights			L W
400	1 x 400 on 5:00 5:00 Warm-up	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,200	1x{3 x 100 on 1:30 Free-build to 80%	EN1		S
	{4 x 25 on :30 Drill IM order	REC		D
	{3 x 100 on 1:25 Free-build to 85%	EN1		S
	{4 x 25 on :30 Drill IM order	REC		D
	{3 x 100 on 1:20 Free-build to 90%	EN1		S
	{4 x 25 on :30 Drill IM order	REC		D
300	1 x 300 on 5:00 5:00 Cool down	REC		D
	1 on 10:00 Ice			M
	7:00 AM 2,050 Yards - Stress Value = 15			

**Workout #18502 - Thursday, 25 February 2016**

**Taper 1 - Breast**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Shoulders
150	1 x 400 on 10:00 Underwater trn drill
800	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:30 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 1:35 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
	{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
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 4:00 Breast 3-4-5-6 sec glide
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:00 Breast-Kick on back
	{3 x 50 on :50 Breast-descend
	{1 x 200 on 4:00 Breast-Kick on back
	{3 x 50 on :50 Breast-descend
	{1 x 200 on 4:00 Breast 3-4-5-6 glide
	{1 x 50 on :55 Breast-Fast
200	2 x 100 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	6:48 PM 3,200 Yards - Stress Value = 44

**Workout #18505 - Thursday, 25 February 2016**

**HighSchl - Race day warmup**

**1 minute rest between sets**

**Workout #18503 - Thursday, 25 February 2016**

**Taper 1 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1x{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 x 100 on 1:50 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 x 100 on 1:55 Kick your best kick
	{1 x 50 on 1:05 Kick your 2nd best kick
	{1 x 50 on 1:10 Kick your 3rd best kick
	{1 x 100 on 2:00 Kick your best kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 200 on 4:15 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:00 Breast-descend
	{1 x 200 on 4:15 Breast-Kick on back
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:15 Breast-Kick on back
	{3 x 50 on :55 Breast-descend
	{1 x 150 on 3:10 Breast 3-4-5-6 glide
200	2 x 100 on 3:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	6:47 PM 3,000 Yards - Stress Value = 43

600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
450	9 x 50 on 1:00 Kick-descend in 3's
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{4 x 100 on 1:16 Individual Medley
	{4 x 50 on 1:00 Fly-100%
	{4 x 100 on 1:15 Individual Medley
	{4 x 50 on 1:00 Back-100%
	{4 x 100 on 1:14 Individual Medley
	{4 x 50 on 1:00 Breast-100%
	{4 x 100 on 1:13 Individual Medley
	{4 x 50 on 1:00 Free-100%
300	1 x 300 on 5:00 5:00 Cool down
	5:00 PM 4,100 Yards - Stress Value = 97

**Workout #18507 - Friday, 26 February 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 11:00 Ted's DS
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
450	9 x 50 on 1:00 Kick-descend in 3's
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 100 on 1:23 Individual Medley
	{4 x 50 on 1:00 Fly-100%
	{4 x 100 on 1:22 Individual Medley
	{4 x 50 on 1:00 Back-100%
	{4 x 100 on 1:21 Individual Medley
	{4 x 50 on 1:00 Breast-100%
	{3 x 100 on 1:20 Individual Medley
	{3 x 50 on 1:00 Free-100%
300	1 x 300 on 5:00 5:00 Cool down
	5:00 PM 3,950 Yards - Stress Value = 92

=====	=====
	1 on 11:00 Ted's DS
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
450	9 x 50 on 1:00 Kick-descend in 3's
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 100 on 1:23 Individual Medley
	{4 x 50 on 1:00 Fly-100%
	{4 x 100 on 1:22 Individual Medley
	{4 x 50 on 1:00 Back-100%
	{4 x 100 on 1:21 Individual Medley
	{4 x 50 on 1:00 Breast-100%
	{3 x 100 on 1:20 Individual Medley
	{3 x 50 on 1:00 Free-100%
300	1 x 300 on 5:00 5:00 Cool down
	5:00 PM 3,950 Yards - Stress Value = 92

**Workout #18504 - Thursday, 25 February 2016**

**Taper 1 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
350	1 x 350 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
650	1x{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 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 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 50 on 1:05 Kick your best kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{1 x 150 on 3:25 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast 3-4-5-6 glide
	{1 x 50 on 1:05 Breast-fast
200	2 x 100 on 3:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	6:46 PM 2,800 Yards - Stress Value = 43

**Workout #18508 - Friday, 26 February 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 11:00 Ted's DS
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
400	8 x 50 on 1:05 Kick-descend in 4's
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{4 x 100 on 1:34 Individual Medley
	{4 x 50 on 1:00 Fly-100%
	{4 x 100 on 1:33 Individual Medley
	{4 x 50 on 1:00 Back-100%
	{3 x 100 on 1:32 Individual Medley
	{4 x 50 on 1:00 Breast-100%
	{3 x 100 on 1:31 Individual Medley
	{2 x 50 on 1:00 Free-100%
300	1 x 300 on 5:00 5:00 Cool down
	5:00 PM 3,700 Yards - Stress Value = 86

**Workout #18506 - Friday, 26 February 2016**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 11:00 Ted's DS

**Workout #18509 - Friday, 26 February 2016**

**1 minute rest between sets**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 11:00 Ted's DS  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 400 8 x 50 on 1:10 Kick-descend in 4's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{3 x 100 on 1:53 Individual Medley  
 {3 x 50 on 1:10 Fly-100%  
 {3 x 100 on 1:52 Individual Medley  
 {3 x 50 on 1:10 Back-100%  
 {3 x 100 on 1:51 Individual Medley  
 {3 x 50 on 1:10 Breast-100%  
 {3 x 100 on 1:50 Individual Medley  
 {2 x 50 on 1:10 Free-100%  
 300 1 x 300 on 5:00 5:00 Cool down  
 5:01 PM 3,300 Yards - Stress Value = 73

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 11:00 Ted's DS  
 350 1 x 350 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 200 4 x 50 on 1:05 Kick-descend  
 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 100 on 1:34 Individual Medley  
 {3 x 50 on 1:00 Fly-100%  
 {2 x 100 on 1:33 Individual Medley  
 {3 x 50 on 1:00 Back-100%  
 {2 x 100 on 1:32 Individual Medley  
 {3 x 50 on 1:00 Breast-100%  
 {1 x 100 on 1:31 Individual Medley  
 {1 x 50 on 1:00 Free-100%  
 300 1 x 300 on 5:00 5:00 Cool down  
 4:38 PM 2,300 Yards - Stress Value = 54

**Workout #18513 - Monday, 29 February 2016**

**Group 3 - Distance**

**1 minute rest between sets**

**Workout #18510 - Friday, 26 February 2016**

**Taper 1 - IM'ers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 11:00 Ted's DS  
 400 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 200 4 x 50 on 1:00 Kick-descend  
 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 100 on 1:16 Individual Medley  
 {3 x 50 on 1:00 Fly-100%  
 {2 x 100 on 1:15 Individual Medley  
 {3 x 50 on 1:00 Back-100%  
 {2 x 100 on 1:14 Individual Medley  
 {3 x 50 on 1:00 Breast-100%  
 {2 x 100 on 1:13 Individual Medley  
 {3 x 50 on 1:00 Free-100%  
 300 1 x 300 on 5:00 5:00 Cool down  
 4:38 PM 2,550 Yards - Stress Value = 62

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,450 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  
 1,300 1x{2 x 200 on 2:40 Pull 1 breath L.25  
 {2 x 175 on 2:20 Pull 1 breath L.25  
 {2 x 150 on 2:00 Pull 1 breath L.25  
 {2 x 125 on 1:40 Pull 1 breath L.25  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,900 1x{1 x 300 on 3:40 Freestyle  
 {1 x 300 on 3:30 Freestyle  
 {1 x 300 on 3:20 Freestyle  
 {1 x 100 on 2:30 Freestyle  
 {1 x 300 on 3:35 Freestyle  
 {1 x 300 on 3:25 Freestyle  
 {1 x 300 on 3:15 Freestyle  
 {1 x 100 on 2:30 Freestyle  
 {1 x 300 on 3:30 Freestyle  
 {1 x 300 on 3:20 Freestyle  
 {1 x 300 on 3:10 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 7,100 Yards - Stress Value = 104

**Workout #18511 - Friday, 26 February 2016**

**Taper 1 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 11:00 Ted's DS  
 400 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 200 4 x 50 on 1:00 Kick-descend  
 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 100 on 1:23 Individual Medley  
 {3 x 50 on 1:00 Fly-100%  
 {2 x 100 on 1:22 Individual Medley  
 {3 x 50 on 1:00 Back-100%  
 {2 x 100 on 1:21 Individual Medley  
 {3 x 50 on 1:00 Breast-100%  
 {2 x 100 on 1:20 Individual Medley  
 {2 x 50 on 1:00 Free-100%  
 300 1 x 300 on 5:00 5:00 Cool down  
 4:38 PM 2,500 Yards - Stress Value = 59

**Workout #18512 - Friday, 26 February 2016**

**Taper 1 - Silver**

**Workout #18514 - Monday, 29 February 2016**

6:00 PM 5,875 Yards - Stress Value = 79

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Physio Balls
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,350	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:50 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{1 x 150 on 2:45 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:40 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{1 x 150 on 2:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :50 Kick
1,250	1x{2 x 200 on 2:55 Pull 1 breath L.25
	{2 x 175 on 2:30 Pull 1 breath L.25
	{2 x 150 on 2:10 Pull 1 breath L.25
	{2 x 100 on 1:25 Pull 1 breath L.25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{1 x 250 on 3:40 Freestyle
	{1 x 250 on 3:30 Freestyle
	{1 x 250 on 3:20 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 250 on 3:35 Freestyle
	{1 x 250 on 3:25 Freestyle
	{1 x 250 on 3:15 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 250 on 3:30 Freestyle
	{1 x 250 on 3:20 Freestyle
	{1 x 250 on 3:10 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 6,500 Yards - Stress Value = 93

**Workout #18516 - Monday, 29 February 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/Physio Balls
150	1 x 500 on 10:00 Swim-kick-pull-swim
950	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{6 x 25 on :45 Kick no board BSLRBS
	{1 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:25 Kick
	{6 x 25 on :45 Kick no board BSLRBS
	{1 x 100 on 2:20 Kick
950	1x{2 x 200 on 3:50 Pull 1 breath L.25
	{2 x 175 on 3:20 Pull 1 breath L.25
	{2 x 100 on 1:50 Pull 1 breath L.25
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 3:30 Freestyle
	{1 x 200 on 3:20 Freestyle
	{1 x 200 on 3:10 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,150 Yards - Stress Value = 73

**Workout #18515 - Monday, 29 February 2016**

**Workout #18517 - Monday, 29 February 2016**

**Group 3 - Silver**

**Taper 1 - Distance**

**1 minute rest between sets**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 DS/Physio Balls
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,150	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 150 on 3:05 Kick
	{8 x 25 on :35 Kick no board BSLRX2
	{1 x 150 on 3:00 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 100 on 1:55 Kick
1,150	1x{2 x 200 on 3:10 Pull 1 breath L.25
	{2 x 175 on 2:45 Pull 1 breath L.25
	{2 x 150 on 2:20 Pull 1 breath L.25
	{2 x 50 on :45 Pull 1 breath L.25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,175	1x{1 x 225 on 3:40 Freestyle
	{1 x 225 on 3:30 Freestyle
	{1 x 225 on 3:20 Freestyle
	{1 x 75 on 2:30 Freestyle
	{1 x 225 on 3:35 Freestyle
	{1 x 225 on 3:25 Freestyle
	{1 x 225 on 3:15 Freestyle
	{1 x 75 on 2:30 Freestyle
	{1 x 225 on 3:30 Freestyle
	{1 x 225 on 3:20 Freestyle
	{1 x 225 on 3:10 Freestyle
500	10 x 50 on 1:00 Stroke Drills

Yards	Set Description
3:30 PM	Start
400	1 on 30:00 DS/Physio Balls
150	1 x 400 on 10:00 Swim-kick-pull-swim
650	10 x 15 on :45 Shooters
	1x{1 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:10 Kick
450	1x{1 x 175 on 2:20 Pull 1 breath L.25
	{1 x 150 on 2:00 Pull 1 breath L.25
	{1 x 125 on 1:40 Pull 1 breath L.25
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{1 x 300 on 3:35 Freestyle
	{1 x 300 on 3:30 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 300 on 3:25 Freestyle
	{1 x 300 on 3:20 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 300 on 3:15 Freestyle
	{1 x 300 on 3:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:12 PM 3,900 Yards - Stress Value = 60

**Workout #18518 - Monday, 29 February 2016**

**Taper 1 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 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 :30 Kick no board BSLR  
 {1 x 150 on 2:40 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:35 Kick  
 {2 x 25 on :30 Kick no board BS  
 400 1x{1 x 175 on 2:30 Pull 1 breath L.25  
 {1 x 150 on 2:10 Pull 1 breath L.25  
 {1 x 75 on 1:05 Pull 1 breath L.25  
 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 250 on 3:35 Freestyle  
 {1 x 250 on 3:30 Freestyle  
 {1 x 50 on 1:30 Freestyle  
 {1 x 250 on 3:25 Freestyle  
 {1 x 250 on 3:20 Freestyle  
 {1 x 50 on 1:30 Freestyle  
 {1 x 250 on 3:15 Freestyle  
 {1 x 250 on 3:10 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:12 PM 3,450 Yards - Stress Value = 52

**Workout #18519 - Monday, 29 February 2016**

**Taper 1 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 500 1x{1 x 150 on 3:05 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 3:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 350 1x{1 x 175 on 2:45 Pull 1 breath L.25  
 {1 x 150 on 2:20 Pull 1 breath L.25  
 {1 x 25 on :30 Pull 1 breath  
 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 225 on 3:35 Freestyle  
 {1 x 225 on 3:30 Freestyle  
 {1 x 50 on 1:30 Freestyle  
 {1 x 225 on 3:25 Freestyle  
 {1 x 225 on 3:20 Freestyle  
 {1 x 50 on 1:30 Freestyle  
 {1 x 225 on 3:15 Freestyle  
 {1 x 225 on 3:10 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:12 PM 3,200 Yards - Stress Value = 44

**Workout #18520 - Tuesday, 01 March 2016**

**Taper 1 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 540 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  
 200 1x{1 x 50 on 2:00 Freestyle  
 {3 x 50 on 2:00 Freestyle  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{2 x 25 on :40 Back -6 kick switch  
 {3 x 50 on :45 Back-descend 3/5/7 KOW  
 {1 x 200 on 2:35 Backstroke  
 {2 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  
 {2 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  
 {2 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :45 Back-descend 3/5/7 KOW  
 {1 x 200 on 2:20 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:06 PM 3,240 Yards - Stress Value = 57

**Workout #18521 - Tuesday, 01 March 2016**

**Taper 1 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 540 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  
 200 1x{1 x 50 on 2:00 Freestyle  
 {3 x 50 on 2:00 Freestyle  
 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 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  
 {2 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  
 {2 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  
 {2 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :50 Back-descend 3/5/7 KOW  
 {1 x 100 on 1:15 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:06 PM 3,140 Yards - Stress Value = 55

**Workout #18522 - Tuesday, 01 March 2016**

**Taper 1 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
540	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
200	1x{1 x 50 on 2:00 Freestyle
	{3 x 50 on 2:00 Freestyle
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 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
	{2 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
	{2 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
	{2 x 25 on :40 Back-6 kick switch
	{2 x 50 on :55 Back-descend 5/7 KOW
250	1 x 250 on 4:00 Stroke Drills
5:06 PM	2,990 Yards - Stress Value = 52

**Workout #18523 - Tuesday, 01 March 2016**

**Taper 1 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Core
350	1 x 350 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
540	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
200	1x{1 x 50 on 2:00 Freestyle
	{3 x 50 on 2:00 Freestyle
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 25 on :45 Back -6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 150 on 3:00 Backstroke
	{2 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7/ KOW
	{1 x 150 on 2:55 Backstroke
	{2 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 150 on 2:50 Backstroke
	{2 x 25 on :45 Back-6 kick switch
250	1 x 250 on 4:00 Stroke Drills
5:06 PM	2,690 Yards - Stress Value = 47

**Workout #18524 - Wednesday, 02 March 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/TRX Bands
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters

2,000	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{4 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
800	1 x 800 on 10:00 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 150 on 2:15 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XKlp, 25clsdfst
	{2 x 125 on 1:50 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XKlp, 25clsdfst
	{3 x 100 on 1:25 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XKlp, 25clsdfst
	{4 x 75 on 1:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XKlp, 25clsdfst
	{4 x 50 on :40 Breaststroke
500	10 x 50 on 1:00 Stroke Drills
6:01 PM	6,650 Yards - Stress Value = 104

**Workout #18525 - Wednesday, 02 March 2016**

**Taper 1 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/TRX Bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{2 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{2 x 75 on 1:05 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 150 on 2:15 Breaststroke
	{2 x 75 on 1:20 25flyK, 25XKlp, 25clsdfst
	{2 x 125 on 1:50 Breaststroke
	{2 x 75 on 1:20 25flyK, 25XKlp, 25clsdfst
	{3 x 100 on 1:25 Breaststroke
	{2 x 75 on 1:20 25flyK, 25XKlp, 25clsdfst
	{4 x 75 on 1:00 Breaststroke
	{2 x 75 on 1:20 25flyK, 25XKlp, 25clsdfst
	{3 x 50 on :40 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
5:12 PM	3,650 Yards - Stress Value = 61

**Workout #18526 - Wednesday, 02 March 2016**

**Taper 1 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :30 Kick no board BSLR  
 {2 x 75 on 1:20 Kick  
 {4 x 25 on :30 Kick no board BSLR-12  
 {2 x 75 on 1:15 Kick  
 {4 x 25 on :30 Kick no board BSLR-14  
 {2 x 75 on 1:10 Kick  
 {4 x 25 on :30 Kick no board BSLR-12  
 {1 x 50 on :45 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 150 on 2:30 Breaststroke  
 {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst  
 {2 x 125 on 2:00 Breaststroke  
 {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst  
 {3 x 100 on 1:35 Breaststroke  
 {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst  
 {4 x 75 on 1:10 Breaststroke  
 {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst  
 250 1 x 250 on 4:00 Stroke Drills  
 5:13 PM 3,400 Yards - Stress Value = 56

**Workout #18527 - Wednesday, 02 March 2016**

**Taper 1 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :35 Kick no board BSLR  
 {2 x 75 on 1:30 Kick  
 {4 x 25 on :35 Kick no board BSLR-12  
 {2 x 75 on 1:25 Kick  
 {4 x 25 on :35 Kick no board BSLR-14  
 {2 x 50 on :55 Kick  
 {4 x 25 on :35 Kick no board BSLR-12  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,450 1x{1 x 150 on 2:45 Breaststroke  
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst  
 {2 x 125 on 2:15 Breaststroke  
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst  
 {3 x 100 on 1:45 Breaststroke  
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst  
 {2 x 75 on 1:15 Breaststroke  
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst  
 250 1 x 250 on 4:00 Stroke Drills  
 5:12 PM 3,150 Yards - Stress Value = 51

**Workout #18528 - Wednesday, 02 March 2016**

**Taper 1 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:50 Kick  
 {4 x 25 on :45 Kick no board BSLR-12  
 {2 x 75 on 1:45 Kick

{4 x 25 on :45 Kick no board BSLR-14  
 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 150 on 3:10 Breaststroke  
 {2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst  
 {2 x 125 on 2:35 Breaststroke  
 {2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst  
 {3 x 100 on 2:00 Breaststroke  
 {2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst  
 {2 x 75 on 1:25 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:13 PM 2,800 Yards - Stress Value = 44

**Workout #18530 - Thursday, 03 March 2016**

**Taper 1 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 200 on 3:05 Kick  
 {6 x 25 on :30 Kick weak kick  
 {1 x 150 on 2:15 Kick  
 {6 x 25 on :30 Kick weak kick  
 {1 x 100 on 1:25 Kick  
 {6 x 25 on :30 Weak Kick  
 400 1 x 400 on 6:00 Pulls BWFPF  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{2 x 100 on 1:30 2 strokes fly off walls  
 {1 x 100 on 1:25 2 strokes fly off walls  
 {1 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  
 {2 x 100 on 1:25 3 strokes fly off walls  
 {1 x 100 on 1:20 3 strokes fly off walls  
 {1 x 100 on 1:15 3 strokes fly off walls  
 {1 x 100 on 1:10 3 strokes fly off walls  
 {1 x 50 on 1:00 Freestyle  
 {2 x 100 on 1:20 4 strokes fly off walls  
 {1 x 100 on 1:15 4 strokes fly off walls  
 {1 x 100 on 1:10 4 strokes fly off walls  
 {1 x 100 on 1:05 4 strokes fly off walls  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 3,800 Yards - Stress Value = 58

**Workout #18531 - Thursday, 03 March 2016**

**Taper 1 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 800 1x{1 x 200 on 3:25 Kick  
 {4 x 25 on :35 Kick weak kick  
 {1 x 150 on 2:30 Kick  
 {4 x 25 on :35 Kick weak kick  
 {1 x 100 on 1:35 Kick  
 {6 x 25 on :35 Weak Kick  
 400 1 x 400 on 6:00 Pulls BWFPF  
 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 100 on 1:40 2 strokes fly off walls  
 {1 x 100 on 1:35 2 strokes fly off walls  
 {1 x 100 on 1:30 2 strokes fly off walls  
 {1 x 100 on 1:25 2 strokes fly off walls  
 {1 x 50 on 1:00 Freestyle  
 {2 x 100 on 1:35 3 strokes fly off walls  
 {1 x 100 on 1:30 3 strokes fly off walls  
 {1 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  
 {1 x 100 on 1:25 4 strokes fly off walls  
 {1 x 100 on 1:15 4 strokes fly off walls  
 {1 x 50 on :35 4 strokes fly off walls  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 3,550 Yards - Stress Value = 53

**Workout #18532 - Thursday, 03 March 2016**

**Taper 1 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 350 1 x 350 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 700 1x{1 x 150 on 3:00 Kick  
 {4 x 25 on :40 Kick weak kick  
 {1 x 150 on 2:55 Kick  
 {4 x 25 on :40 Kick weak kick  
 {1 x 100 on 1:55 Kick  
 {4 x 25 on :40 Weak Kick  
 350 1 x 350 on 6:00 Pulls BWFPF  
 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{2 x 100 on 1:50 2 strokes fly off walls  
 {1 x 100 on 1:45 2 strokes fly off walls  
 {1 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  
 {1 x 100 on 1:45 3 strokes fly off walls  
 {1 x 100 on 1:40 3 strokes fly off walls  
 {1 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  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 3,200 Yards - Stress Value = 48

**Workout #18533 - Thursday, 03 March 2016**

**Taper 1 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 300 1 x 300 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{1 x 150 on 3:30 Kick  
 {4 x 25 on :45 Kick weak kick  
 {1 x 100 on 2:15 Kick  
 {4 x 25 on :45 Kick weak kick  
 {1 x 50 on 1:05 Kick  
 {4 x 25 on :45 Weak Kick  
 300 1 x 300 on 6:00 Pulls BWFPF  
 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 100 on 2:05 2 strokes fly off walls  
 {1 x 100 on 2:00 2 strokes fly off walls  
 {1 x 100 on 1:55 2 strokes fly off walls  
 {1 x 50 on 1:15 Freestyle  
 {1 x 100 on 2:00 3 strokes fly off walls  
 {1 x 100 on 1:55 3 strokes fly off walls  
 {1 x 100 on 1:50 3 strokes fly off walls  
 {1 x 100 on 1:45 3 strokes fly off walls  
 {1 x 50 on 1:15 Freestyle  
 {1 x 100 on 1:55 4 strokes fly off walls  
 {1 x 100 on 1:50 4 strokes fly off walls  
 {1 x 100 on 1:45 4 strokes fly off walls  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 2,800 Yards - Stress Value = 41

**Workout #18529 - Thursday, 03 March 2016**

**Divisional - Race day warmup**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 30:00 DS/Shoulders L I  
 400 1 x 400 on 10:00 Freestyle Drill REC D  
 150 10 x 15 on :45 Shooters SP3 S C  
 300 3 x 100 on 2:15 Kick EN1 K C  
 400 8 x 50 on 1:15 Down Drill Back Build EN1 S C  
 300 12 x 25 on :40 Variable Speed EN1 S C  
 50 2 x 25 on 2:30 OTB SP3 S C  
 250 1 x 250 on 4:00 Stroke Drills REC D  
 4:58 PM 1,850 Yards - Stress Value = 18

**Workout #18535 - Friday, 04 March 2016**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
400	1 on 12:00 Ted's Dynamic Stretch
150	1 x 400 on 10:00 Reverse IM drill
800	10 x 15 on :45 Shooters
1,200	1x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 2:00 Kick-all under 1:20 {1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 1:55 Kick-all under 1:20
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 {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:05 Freestyle {1 x 100 on 1:25 Individual Medley {1 x 100 on 1:10 Freestyle {1 x 100 on 1:20 Individual Medley {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 100 on 1:20 Freestyle {1 x 200 on 3:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	4:47 PM 2,900 Yards - Stress Value = 42

**Workout #18536 - Friday, 04 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
400	1 on 12:00 Ted's Dynamic Stretch
150	1 x 400 on 10:00 Reverse IM drill
800	10 x 15 on :45 Shooters
1,200	1x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 2:00 Kick-all under 1:30 {1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 1:55 Kick-all under 1:30
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 200 on 3:00 Individual Medley {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:10 Freestyle {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:15 Freestyle {1 x 100 on 1:25 Individual Medley {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Individual Medley {1 x 100 on 1:25 Freestyle {1 x 200 on 3:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	4:47 PM 2,900 Yards - Stress Value = 42

**Workout #18537 - Friday, 04 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
750	1 on 12:00 Ted's Dynamic Stretch
350	1 x 350 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	1x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 2:10 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 125 on 2:40 Kick-all under 2:10
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 3:20 Individual Medley {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:20 Freestyle {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:25 Freestyle {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Individual Medley {1 x 100 on 1:35 Freestyle {1 x 200 on 3:20 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	4:49 PM 2,800 Yards - Stress Value = 41

**Workout #18538 - Friday, 04 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
700	1 on 12:00 Ted's Dynamic Stretch
300	1 x 300 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	1x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 2:30 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 {2 x 100 on 2:30 Kick-all under 2:05
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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
250	1 x 250 on 4:00 Stroke Drills
	4:48 PM 2,400 Yards - Stress Value = 34

**Workout #18534 - Friday, 04 March 2016**

**Divisional - Race day warmup**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SEC
	3:30 PM Start			
400	1 on 12:00 Ted's Dynamic Stretch		L	I
400	1 x 400 on 10:00 Freestyle Drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	C
300	3 x 100 on 2:15 Kick	EN1	K	C
400	8 x 50 on 1:15 Down Drill Back Build	EN1	S	C
300	12 x 25 on :40 Variable Speed	EN1	S	C
50	2 x 25 on 2:30 OTB	SP3	S	C
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	4:40 PM 1,850 Yards - Stress Value = 18			

**Workout #18539 - Monday, 07 March 2016**

**Taper 1 - Distance**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	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 {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 {1 x 150 on 2:20 Kick
600	1x{2 x 25 on :30 Pull 2 breaths each {1 x 150 on 2:00 Pulls-no br L.12 yds {2 x 25 on :30 Pull 2 breaths each {1 x 150 on 1:55 Pulls-no br L.12 yds {2 x 25 on :30 Pull 2 breaths each {1 x 150 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
1,350	1x{1 x 250 on 2:55 Freestyle {6 x 50 on :45 Freestyle {1 x 250 on 2:55 Freestyle {6 x 50 on :50 Freestyle {1 x 250 on 2:55 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:10 PM 3,750 Yards - Stress Value = 84

**Workout #18540 - Monday, 07 March 2016**

**Taper 1 - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 25:00 DS/Physio Ball
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:45 Kick {4 x 25 on :30 Kick no board BSLR {2 x 150 on 2:40 Kick {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:45 Kick
500	1x{2 x 25 on :30 Pull 2 breaths each {1 x 150 on 2:15 Pulls-no br L.12 yds {2 x 25 on :30 Pull 2 breaths each {1 x 150 on 2:10 Pulls-no br L.12 yds {4 x 25 on :30 Pull 3 breaths each
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 250 on 3:20 Freestyle {6 x 50 on :45 Freestyle {1 x 250 on 3:20 Freestyle

{5 x 50 on :50 Freestyle  
 {1 x 250 on 3:20 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:10 PM 3,550 Yards - Stress Value = 78

**Workout #18541 - Monday, 07 March 2016**

**Taper 1 - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 25:00 DS/Physio Ball
350	1 x 350 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :35 Kick no board BSLR {1 x 150 on 3:10 Kick {4 x 25 on :35 Kick no board BSLR {2 x 150 on 3:05 Kick {2 x 25 on :35 Kick no board BS
450	1x{2 x 25 on :35 Pull 2 breaths each {1 x 150 on 2:30 Pulls-no br L.12 yds {2 x 25 on :35 Pull 2 breaths each {1 x 150 on 2:25 Pulls-no br L.12 yds {2 x 25 on :35 Pull 2 breaths each
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 250 on 3:45 Freestyle {5 x 50 on :50 Freestyle {1 x 250 on 3:45 Freestyle {5 x 50 on :55 Freestyle {1 x 200 on 2:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:10 PM 3,200 Yards - Stress Value = 70

**Workout #18542 - Monday, 07 March 2016**

**Taper 1 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 25:00 DS/Physio Ball
300	1 x 300 on 10:00 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 2:30 Kick {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
400	1x{2 x 25 on :40 Pull 2 breaths each {1 x 150 on 2:45 Pulls-no br L.12 yds {2 x 25 on :40 Pull 2 breaths each {1 x 150 on 2:40 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
1,000	1x{1 x 250 on 4:30 Freestyle {5 x 50 on 1:00 Freestyle {1 x 250 on 4:25 Freestyle {5 x 50 on 1:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:10 PM 2,750 Yards - Stress Value = 62

**Workout #18543 - Tuesday, 08 March 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 360 1x{12 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 750 1 x 750 on 9:30 Pulls alt 100 br toward  
 bleachers, 100 toward scrbd  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{5 x 100 on 1:15 Backstroke  
 {4 x 25 on :30 Back Drill  
 {4 x 100 on 1:10 Backstroke  
 {4 x 25 on :30 Back Drill  
 {2 x 100 on 1:05 Backstroke  
 {4 x 25 on :30 Back Drill  
 {1 x 100 on 1:05 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:09 PM 3,510 Yards - Stress Value = 45

**Workout #18544 - Tuesday, 08 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 360 1x{12 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 675 1 x 675 on 9:30 Pulls alt 100 br toward  
 bleachers, 100 toward scrbd  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{4 x 100 on 1:25 Backstroke  
 {4 x 25 on :30 Back Drill  
 {3 x 100 on 1:20 Backstroke  
 {4 x 25 on :30 Back Drill  
 {2 x 100 on 1:20 Backstroke  
 {6 x 25 on :30 Back Drill  
 {1 x 100 on 1:15 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:09 PM 3,285 Yards - Stress Value = 40

**Workout #18545 - Tuesday, 08 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 350 1 x 350 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 360 1x{12 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 625 1 x 625 on 9:30 Pulls alt 100 br toward  
 bleachers, 100 toward scrbd  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{4 x 100 on 1:40 Backstroke  
 {4 x 25 on :35 Back Drill  
 {3 x 100 on 1:35 Backstroke  
 {4 x 25 on :35 Back Drill

{2 x 100 on 1:30 Backstroke  
 {2 x 25 on :35 Back Drill  
 250 1 x 250 on 4:00 Stroke Drills  
 5:09 PM 2,985 Yards - Stress Value = 37

**Workout #18546 - Tuesday, 08 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 300 1 x 300 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 360 1x{12 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 500 1 x 500 on 9:30 Pulls alt 100 br toward  
 bleachers, 100 toward scrbd  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{4 x 100 on 2:00 Backstroke  
 {4 x 25 on :40 Back Drill  
 {3 x 100 on 1:55 Backstroke  
 {4 x 25 on :40 Back Drill  
 {1 x 100 on 1:50 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:09 PM 2,660 Yards - Stress Value = 34

**Workout #18547 - Wednesday, 09 March 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/TRXBands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :30 Kick no board B 12+1  
 {1 x 50 on :40 Kick  
 {4 x 25 on :30 Kick no board S 12+1  
 {2 x 75 on 1:00 Kick  
 {4 x 25 on :30 Kick no board L 12+1  
 {3 x 100 on 1:20 Kick  
 {4 x 25 on :30 Kick no board R 12+1  
 450 1x{3 x 75 on 1:00 Lungbuster pulls  
 { br 5-6-7  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br 6-7-8  
 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 125 on 1:50 Breast L.25 3X pullouts  
 {2 x 50 on :45 Breast 2k1p  
 {2 x 125 on 1:50 Breast L.25 3X pullouts  
 {2 x 50 on :50 Breast 3k1p  
 {2 x 125 on 1:45 Breast L.25 3X pullouts  
 {1 x 50 on :55 Breast 4k1p  
 {1 x 125 on 1:45 Breast L.25 3X pullouts  
 250 1 x 250 on 4:00 Stroke Drills  
 5:02 PM 3,375 Yards - Stress Value = 50

**Workout #18551 - Wednesday, 09 March 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRXBands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :30 Kick no board B 12+1 {1 x 50 on :40 Kick {4 x 25 on :30 Kick no board S 12+1 {2 x 75 on 1:00 Kick {4 x 25 on :30 Kick no board L 12+1 {3 x 100 on 1:20 Kick {4 x 25 on :30 Kick no board R 12+1
450	1x{3 x 75 on 1:00 Lungbuster pulls { br 5-6-7 {3 x 75 on 1:00 Lungbuster pulls { br 6-7-8
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 :45 Butterfly 2-2 {4 x 25 on :25 Butterfly lup 1down {3 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 {3 x 50 on :45 Butterfly 2-5 {4 x 25 on :25 Butterfly-descend {3 x 50 on :45 Butterfly 2-6
250	1 x 250 on 4:00 Stroke Drills
	5:03 PM 3,400 Yards - Stress Value = 51

**Workout #18548 - Wednesday, 09 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRX Bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :30 Kick no board B 12+1 {1 x 50 on :55 Kick {4 x 25 on :30 Kick no board S 12+1 {2 x 75 on 1:20 Kick {4 x 25 on :30 Kick no board L 12+1 {3 x 100 on 1:40 Kick
375	1x{3 x 75 on 1:05 Lungbuster pulls { br 4-5-6 {2 x 75 on 1:05 Lungbuster pulls { br 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
1,000	1x{2 x 125 on 2:00 Breast L.25 3X pullouts {2 x 50 on :50 Breast 2k1p {2 x 125 on 2:00 Breast L.25 3X pullouts {2 x 50 on :55 Breast 3k1p {2 x 125 on 1:55 Breast L.25 3X pullouts {1 x 50 on 1:00 Breast 4k1p
250	1 x 250 on 4:00 Stroke Drills
	5:02 PM 3,075 Yards - Stress Value = 46

**Workout #18552 - Wednesday, 09 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRX Bands
400	16 x 25 on :30 Wednesday Warm-up

150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :30 Kick no board B 12+1 {1 x 50 on :55 Kick {4 x 25 on :30 Kick no board S 12+1 {2 x 75 on 1:20 Kick {4 x 25 on :30 Kick no board L 12+1 {3 x 100 on 1:40 Kick
375	1x{3 x 75 on 1:05 Lungbuster pulls { br 4-5-6 {2 x 75 on 1:05 Lungbuster pulls { br 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
1,000	1x{3 x 50 on :50 Butterfly 2-2 {4 x 25 on :30 Butterfly lup 1down {3 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 {3 x 50 on :50 Butterfly 2-5 {4 x 25 on :30 Butterfly-descend
250	1 x 250 on 4:00 Stroke Drills
	5:03 PM 3,075 Yards - Stress Value = 46

**Workout #18549 - Wednesday, 09 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRX Bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :35 Kick no board B 12+1 {1 x 50 on 1:00 Kick {4 x 25 on :35 Kick no board S 12+1 {2 x 75 on 1:30 Kick {4 x 25 on :35 Kick no board L 12+1 {2 x 100 on 2:00 Kick
325	1x{3 x 75 on 1:15 Lungbuster pulls { br 4-5-6 {2 x 50 on :50 Lungbuster pulls { br 6-7
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
925	1x{2 x 125 on 2:15 Breast L.25 3X pullouts {2 x 50 on :55 Breast 2k1p {2 x 125 on 2:15 Breast L.25 3X pullouts {2 x 50 on 1:00 Breast 3k1p {1 x 125 on 2:05 Breast L.25 3X pullouts {2 x 50 on 1:00 Breast 4k1p
250	1 x 250 on 4:00 Stroke Drills
	5:02 PM 2,850 Yards - Stress Value = 41

**Workout #18553 - Wednesday, 09 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on :35 Kick no board B 12+1  
 {1 x 50 on 1:00 Kick  
 {4 x 25 on :35 Kick no board S 12+1  
 {2 x 75 on 1:30 Kick  
 {4 x 25 on :35 Kick no board L 12+1  
 {2 x 100 on 2:00 Kick  
 325 1x{3 x 75 on 1:15 Lungbuster pulls  
 { br 4-5-6  
 {2 x 50 on :50 Lungbuster pulls  
 { br 6-7  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 850 1x{3 x 50 on :55 Butterfly 2-2  
 {4 x 25 on :35 Butterfly lup 1down  
 {3 x 50 on :55 Butterfly 2-3  
 {4 x 25 on :35 Butterfly lup 2down  
 {3 x 50 on :55 Butterfly 2-4  
 {4 x 25 on :35 Butterfly lup 3down  
 {1 x 50 on :55 Butterfly 2-5  
 {2 x 25 on :35 Butterfly-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 5:03 PM 2,775 Yards - Stress Value = 40

**Workout #18550 - Wednesday, 09 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board B 12+1  
 {1 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board S 12+1  
 {2 x 75 on 1:45 Kick  
 {4 x 25 on :35 Kick no board L 12+1  
 {1 x 50 on 1:10 Kick  
 300 1x{3 x 75 on 1:25 Lungbuster pulls  
 { br 4-5-6  
 {1 x 75 on 1:20 Lungbuster pulls  
 { br 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  
 800 1x{2 x 100 on 2:10 Breast L.25 3X pullouts  
 {2 x 50 on 1:05 Breast 2k1p  
 {2 x 100 on 2:05 Breast L.25 3X pullouts  
 {2 x 50 on 1:10 Breast 3k1p  
 {2 x 100 on 2:00 Breast L.25 3X pullouts  
 250 1 x 250 on 4:00 Stroke Drills  
 5:02 PM 2,550 Yards - Stress Value = 36

**Workout #18554 - Wednesday, 09 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board B 12+1  
 {1 x 50 on 1:15 Kick

{4 x 25 on :45 Kick no board S 12+1  
 {2 x 75 on 1:45 Kick  
 {4 x 25 on :35 Kick no board L 12+1  
 {1 x 50 on 1:10 Kick  
 300 1x{3 x 75 on 1:25 Lungbuster pulls  
 { br 4-5-6  
 {1 x 75 on 1:20 Lungbuster pulls  
 { br 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  
 800 1x{3 x 50 on 1:00 Butterfly 2-2  
 {4 x 25 on :40 Butterfly lup 1down  
 {3 x 50 on 1:00 Butterfly 2-3  
 {4 x 25 on :40 Butterfly lup 2down  
 {3 x 50 on 1:00 Butterfly 2-4  
 {4 x 25 on :40 Butterfly lup 3down  
 {1 x 50 on 1:00 Butterfly 2-5  
 250 1 x 250 on 4:00 Stroke Drills  
 5:03 PM 2,550 Yards - Stress Value = 36

**Workout #18555 - Thursday, 10 March 2016**

**Group 3 - Race day warmup**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 25:00 DS/Shoulders L  
 400 1 x 400 on 10:00 Freestyle Drill REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 300 3 x 100 on 2:15 Kick L.25 build EN2 K  
 500 10 x 50 on 1:00 Down Drill Back Build EN1 S  
 300 12 x 25 on :40 Variable Speed SP3 S  
 50 2 x 25 on 2:00 OTB SP3 S  
 250 1 x 250 on 4:00 Stroke Drills REC D  
 4:52 PM 1,950 Yards - Stress Value = 31

**Workout #18556 - Monday, 14 March 2016**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:30 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 50 on :50 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:30 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 50 on :50 Kick  
 800 1x{1 x 100 on 1:10 Pulls  
 {2 x 50 on 1:00 Pulls-no br L.12 yds  
 {1 x 100 on 1:15 Pulls  
 {2 x 50 on :55 Pulls-no br L.13 yds  
 {1 x 100 on 1:20 Pulls  
 {2 x 50 on :50 Pulls-no br L.14 yds  
 {1 x 100 on 1:25 Pulls  
 {2 x 50 on :45 Pulls-no br L.15 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{4 x 125 on 2:00 Freestyle  
 {1 on 1:00 Rest  
 {3 x 125 on 1:55 Freestyle  
 {1 on 1:00 Rest  
 {2 x 125 on 1:50 Freestyle  
 {1 on 1:00 Rest  
 {1 x 125 on 1:45 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:16 PM 3,750 Yards - Stress Value = 107

**Workout #18557 - Monday, 14 March 2016**

**1 minute rest between sets**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Physio Ball
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 150 on 2:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{1 x 50 on :55 Kick
800	1x{1 x 100 on 1:20 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{1 x 100 on 1:25 Pulls
	{2 x 50 on :55 Pulls-no br L.13 yds
	{1 x 100 on 1:30 Pulls
	{2 x 50 on :50 Pulls-no br L.14 yds
	{1 x 100 on 1:35 Pulls
	{2 x 50 on :45 Pulls-no br L.15 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{3 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{2 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{1 x 125 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:16 PM	3,650 Yards - Stress Value = 105

**Workout #18558 - Monday, 14 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Physio Ball
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 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
750	1x{1 x 100 on 1:30 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{1 x 100 on 1:35 Pulls
	{2 x 50 on :55 Pulls-no br L.13 yds
	{1 x 100 on 1:40 Pulls
	{2 x 50 on :50 Pulls-no br L.14 yds
	{1 x 100 on 1:45 Pulls
	{1 x 50 on :45 Pulls-no br L.15 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{4 x 100 on 2:00 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:50 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:16 PM	3,250 Yards - Stress Value = 87

**Workout #18559 - Monday, 14 March 2016**

**Group 3 - Bronze**

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Physio Ball
150	1 x 400 on 10:00 Swim-kick-pull-swim
500	10 x 15 on :45 Shooters
1x{4 x 25 on :45 Kick no board BSLR	
	{1 x 150 on 3:40 Kick
	{1 x 100 on 2:25 Kick
	{1 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
650	1x{1 x 100 on 1:45 Pulls
	{2 x 50 on 1:05 Pulls-no br L.12 yds
	{1 x 100 on 1:50 Pulls
	{2 x 50 on 1:00 Pulls-no br L.13 yds
	{1 x 100 on 1:55 Pulls
	{3 x 50 on :55 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
1,000	1x{4 x 100 on 2:00 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:50 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:16 PM	3,050 Yards - Stress Value = 85

**Workout #18560 - Tuesday, 15 March 2016**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Core
150	1 x 400 on 10:00 Top Hat Drill
440	10 x 15 on :45 Shooters
1x{1 x 50 on 1:00 Vertical Kick-30/30	
	{2 x 30 on 1:00 15 underwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 35/25
	{2 x 30 on :55 15 underwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 40/20
	{2 x 30 on :50 15 underwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 45/15
	{2 x 30 on :45 15 underwater 15 sprint free
600	1x{1 x 200 on 2:35 Pulls BTB
	{2 x 150 on 1:55 Pulls BTB
	{1 x 100 on 1:15 Pulls BTB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	2x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:16 Backstroke
	{1 x 100 on 1:11 Backstroke
	{1 x 100 on 1:06 Backstroke
	{1 x 100 on 1:42 Freestyle
	{1 x 50 on 2:15 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
5:06 PM	3,040 Yards - Stress Value = 44

**Workout #18561 - Tuesday, 15 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 440 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {2 x 30 on 1:00 15 underwater 15 sprint free  
 {1 x 50 on 1:00 Vertical Kick 35/25  
 {2 x 30 on :55 15 undwater 15 sprint free  
 {1 x 50 on 1:00 Vertical Kick 40/20  
 {2 x 30 on :50 15 underwater 15 sprint free  
 {1 x 50 on 1:00 Vertical Kick 45/15  
 {2 x 30 on :45 15 underwater 15 sprint free  
 550 1x{1 x 200 on 2:50 Pulls BTB  
 {1 x 150 on 2:05 Pulls BTB  
 {2 x 100 on 1:20 Pulls BTB  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 2x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 1:26 Backstroke  
 {1 x 100 on 1:21 Backstroke  
 {1 x 100 on 1:16 Backstroke  
 {1 x 50 on 1:12 Freestyle  
 {1 x 50 on 2:15 Back-100%, min 8 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:06 PM 2,890 Yards - Stress Value = 43

**Workout #18562 - Tuesday, 15 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 350 1 x 350 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 440 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {2 x 30 on 1:00 15 underwater 15 sprint free  
 {1 x 50 on 1:00 Vertical Kick 35/25  
 {2 x 30 on :55 15 undwater 15 sprint free  
 {1 x 50 on 1:00 Vertical Kick 40/20  
 {2 x 30 on :50 15 underwater 15 sprint free  
 {1 x 50 on 1:00 Vertical Kick 45/15  
 {2 x 30 on :45 15 underwater 15 sprint free  
 500 1x{1 x 200 on 3:10 Pulls BTB  
 {1 x 150 on 2:20 Pulls BTB  
 {2 x 75 on 1:10 Pulls BTB  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 950 2x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 1:29 Backstroke  
 {1 x 100 on 1:27 Backstroke  
 {1 x 100 on 1:25 Backstroke  
 {1 x 25 on :54 Free-12.5 then turn back  
 {1 x 50 on 2:15 Back-100%, min 8 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:06 PM 2,740 Yards - Stress Value = 42

**Workout #18563 - Tuesday, 15 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 300 1 x 300 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 440 1x{1 x 50 on 1:00 Vertical Kick-30/30

{2 x 30 on 1:00 15 underwater 15 sprint free  
 {1 x 50 on 1:00 Vertical Kick 35/25  
 {2 x 30 on :55 15 undwater 15 sprint free  
 {1 x 50 on 1:00 Vertical Kick 40/20  
 {2 x 30 on :50 15 underwater 15 sprint free  
 {1 x 50 on 1:00 Vertical Kick 45/15  
 {2 x 30 on :45 15 underwater 15 sprint free  
 450 1x{1 x 200 on 3:35 Pulls BTB  
 {1 x 150 on 2:40 Pulls BTB  
 {1 x 100 on 1:45 Pulls BTB  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 850 2x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 1:51 Backstroke  
 {1 x 100 on 1:49 Backstroke  
 {1 x 50 on :49 Backstroke  
 {1 x 25 on :46 Free-12.5 then turn back  
 {1 x 50 on 2:15 Back-100%, min 8 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:06 PM 2,540 Yards - Stress Value = 40

**Workout #18564 - Wednesday, 16 March 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 1,100 1x{1 x 125 on 2:00 Kick L.25 100%  
 {6 x 25 on :30 Kick no board B  
 {1 x 125 on 1:55 Kick L.25 100%  
 {6 x 25 on :30 Kick no board S  
 {1 x 125 on 1:50 Kick L.25 100%  
 {6 x 25 on :30 Kick no board L  
 {1 x 125 on 1:45 Kick L.25 100%  
 {6 x 25 on :30 Kick no board R  
 600 3 x 200 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{5 x 75 on 1:05 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {4 x 75 on 1:00 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on :55 Fly-25L25R25B  
 {4 x 25 on :30 Fly-5-7-9-11 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:11 PM 3,800 Yards - Stress Value = 56

**Workout #18565 - Wednesday, 16 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 125 on 2:15 Kick L.25 100%  
 {6 x 25 on :30 Kick no board B  
 {1 x 125 on 2:10 Kick L.25 100%  
 {6 x 25 on :30 Kick no board S  
 {1 x 125 on 2:05 Kick L.25 100%  
 {4 x 25 on :30 Kick no board L  
 {2 x 100 on 1:40 Kick L.25 100%  
 {3 x 25 on :30 Kick no board R  
 525 3 x 175 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,125 1x{4 x 75 on 1:15 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {4 x 75 on 1:10 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:05 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5-7-9-11 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:11 PM 3,600 Yards - Stress Value = 53

{4 x 25 on :45 Kick no board S  
 {1 x 100 on 2:20 Kick L.25 100%  
 {2 x 25 on :45 Kick no board L  
 {1 x 100 on 2:15 Kick L.25 100%  
 {4 x 25 on :45 Kick no board R  
 450 3 x 150 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 975 1x{4 x 75 on 1:25 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:20 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {2 x 75 on 1:15 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/79/11 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:11 PM 3,075 Yards - Stress Value = 44

**Workout #18568 - Thursday, 17 March 2016**

**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 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{6 x 25 on :30 Sprint Kick #1  
 {1 x 150 on 3:00 Kick #3  
 {1 x 150 on 3:00 Kick #2  
 {6 x 25 on :30 Sprint Kick #1  
 {1 x 125 on 2:25 Kick #3  
 {1 x 125 on 2:25 Kick #2  
 {6 x 25 on :30 Sprint Kick #1  
 {1 x 100 on 1:50 Kick #3  
 {1 x 100 on 1:50 Kick #2  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{3 x 100 on 1:15 Breaststroke  
 {1 on 1:00 Rest  
 {3 x 100 on 1:20 Breaststroke  
 {1 on 1:00 Rest  
 {1 x 100 on 1:25 Breaststroke  
 {1 on 1:00 Rest  
 {3 x 100 on 1:20 Breaststroke  
 {1 on 1:00 Rest  
 {3 x 100 on 1:15 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:10 PM 3,400 Yards - Stress Value = 55

**Workout #18566 - Wednesday, 16 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 925 1x{1 x 125 on 2:30 Kick L.25 100%  
 {6 x 25 on :35 Kick no board B  
 {1 x 125 on 2:25 Kick L.25 100%  
 {6 x 25 on :35 Kick no board S  
 {1 x 100 on 1:55 Kick L.25 100%  
 {4 x 25 on :35 Kick no board L  
 {1 x 75 on 1:25 Kick L.25 100%  
 {4 x 25 on :35 Kick no board R  
 450 3 x 150 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 975 1x{4 x 75 on 1:25 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:20 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {2 x 75 on 1:15 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/79/11 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:11 PM 3,250 Yards - Stress Value = 47

**Workout #18567 - Wednesday, 16 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/TRX Bands  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 750 1x{1 x 100 on 2:30 Kick L.25 100%  
 {4 x 25 on :45 Kick no board B  
 {1 x 100 on 2:25 Kick L.25 100%

**Workout #18569 - Thursday, 17 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,150	1x{6 x 25 on :30 Sprint Kick #1
	{2 x 125 on 2:35 Kick #3
	{2 x 125 on 2:35 Kick #2
	{6 x 25 on :30 Sprint Kick #1
	{2 x 100 on 2:00 Kick #3
	{3 x 50 on 1:00 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{3 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:30 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:35 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:30 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	5:10 PM 3,150 Yards - Stress Value = 51

**Workout #18570 - Thursday, 17 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
350	1 x 350 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,050	1x{6 x 25 on :35 Sprint Kick #1
	{2 x 125 on 2:50 Kick #3
	{2 x 125 on 2:50 Kick #2
	{6 x 25 on :35 Sprint Kick #1
	{1 x 100 on 2:10 Kick #3
	{2 x 75 on 1:35 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{3 x 100 on 1:40 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:45 Breaststroke
	{1 on :45 Rest
	{2 x 100 on 1:40 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	5:10 PM 2,900 Yards - Stress Value = 47

**Workout #18571 - Thursday, 17 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
300	1 x 300 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :40 Sprint Kick #1
	{2 x 125 on 3:15 Kick #3
	{2 x 125 on 3:10 Kick #2
	{4 x 25 on :40 Sprint Kick #1
	{2 x 100 on 2:35 Kick #3

100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
850	1x{3 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 2:00 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 2:05 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 2:00 Breaststroke
	{1 on 1:00 Rest
	{1 x 50 on :50 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	5:10 PM 2,550 Yards - Stress Value = 41

**Workout #18572 - Friday, 18 March 2016**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 Dynamic Stretch	
400	1 x 400 on 10:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
1,400	1x{1 x 100 on 1:25 Individual Medley	F
	{2 x 75 on 1:10 Fly-25L 25R 25 B	E
	{2 x 100 on 1:20 Individual Medley	E
	{2 x 75 on 1:10 Back 25L 25R 25B	E
	{3 x 100 on 1:15 Individual Medley	E
	{2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	F
	{2 x 100 on 1:10 Individual Medley	E
	{2 x 75 on 1:05 Fr 25scldsfst25catchup25reg	E
750	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds	E
	{1 x 175 on 2:20 Pulls-nbbf&w + 2 yds	E
	{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds	F
	{1 x 125 on 1:40 Pulls-nbbf&w + 2 yds	F
	{1 x 100 on 1:20 Pulls-nbbf&w + 2 yds	F
800	1x{2 x 25 on :30 Kick no board B	E
	{1 x 100 on 1:30 Kick	E
	{2 x 25 on :30 Kick no board S	E
	{2 x 100 on 1:30 Kick	E
	{2 x 25 on :30 Kick no board L	E
	{3 x 100 on 1:30 Kick	E
	{2 x 25 on :30 Kick no board R	E
250	1 x 250 on 4:00 Stroke Drills	F
	4:55 PM 3,750 Yards - Stress Value = 58	

**Workout #18573 - Friday, 18 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	===	===
	1 on 15:00 Dynamic Stretch		
400	1 x 400 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 100 on 1:30 Individual Medley	EN2	
	{2 x 75 on 1:15 Fly-25L 25R 25 B	EN2	
	{2 x 100 on 1:25 Individual Medley	EN2	
	{2 x 75 on 1:15 Back 25L 25R 25B	EN2	
	{3 x 100 on 1:20 Individual Medley	EN2	
	{2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	EN2	
	{2 x 100 on 1:15 Individual Medley	EN2	
	{2 x 50 on :50 Fr 25sclsdfst25catchup	EN2	
700	1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 175 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
700	1x{2 x 25 on :30 Kick no board B	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{2 x 25 on :30 Kick no board S	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 25 on :30 Kick no board L	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 25 on :30 Kick no board R	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	4:55 PM 3,550 Yards - Stress Value = 54		

**Workout #18574 - Friday, 18 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	===	===
	1 on 15:00 Dynamic Stretch		
350	1 x 350 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{1 x 100 on 1:40 Individual Medley	EN2	
	{2 x 75 on 1:15 Fly-25L 25R 25 B	EN2	
	{2 x 100 on 1:35 Individual Medley	EN2	
	{2 x 75 on 1:15 Back 25L 25R 25B	EN2	
	{3 x 100 on 1:30 Individual Medley	EN2	
	{2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	EN2	
	{2 x 100 on 1:25 Individual Medley	EN2	
650	1x{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 175 on 2:40 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
600	1x{2 x 25 on :35 Kick no board B	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{2 x 25 on :35 Kick no board S	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{2 x 25 on :35 Kick no board L	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 25 on :35 Kick no board R	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	4:55 PM 3,250 Yards - Stress Value = 50		

**Workout #18575 - Friday, 18 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	===	===
	1 on 15:00 Dynamic Stretch		
300	1 x 300 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{1 x 100 on 1:55 Individual Medley	EN2	

	{2 x 75 on 1:30 Fly-25L 25R 25 B	EN2	
	{2 x 100 on 1:50 Individual Medley	EN2	
	{2 x 75 on 1:30 Back 25L 25R 25B	EN2	
	{3 x 100 on 1:45 Individual Medley	EN2	
	{2 x 75 on 1:30 Brst 25FlK 25FrK 25Rk	EN2	
550	1x{1 x 200 on 3:40 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 175 on 3:10 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:40 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 25 on :30 Pulls-nbbf&w + 2 yds	EN1	
500	1x{2 x 25 on :45 Kick no board B	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{2 x 25 on :45 Kick no board S	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{2 x 25 on :45 Kick no board L	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{2 x 25 on :45 Kick no board R	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	4:55 PM 2,800 Yards - Stress Value = 43		

**Workout #18576 - Monday, 21 March 2016**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Physio Ball
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 500 on 6:30 Free L.25 of each 100 6BK
	{1 x 400 on 5:10 Free descend 100's
	{1 x 300 on 3:55 Free SFBO SW/3KOBHW
	{1 x 200 on 2:35 Free-build each 50
	{1 x 100 on 1:15 Free-100%
250	1 x 250 on 4:00 Stroke Drills
	5:06 PM 3,600 Yards - Stress Value = 46

**Workout #18577 - Monday, 21 March 2016**

**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  
 1,100 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 50 on :55 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 50 on :55 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {1 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  
 1,400 1x{1 x 500 on 7:05 Free L.25 of each 100 6BK  
 {1 x 400 on 5:40 Free descend 100's  
 {1 x 200 on 2:50 Free SFBO SW/3KOBHW  
 {1 x 200 on 2:50 Free-buid each 50  
 {1 x 100 on 1:25 Free-100%  
 250 1 x 250 on 4:00 Stroke Drills  
 5:06 PM 3,600 Yards - Stress Value = 45

**Workout #18578 - Monday, 21 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 350 1 x 350 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 3:00 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 50 on 1:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 3:00 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 50 on 1:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{1 x 500 on 7:55 Free L.25 of each 100 6BK  
 {1 x 400 on 6:20 Free descend 100's  
 {1 x 250 on 3:55 Free build each 50  
 {1 x 100 on 1:35 Free-100%  
 250 1 x 250 on 4:00 Stroke Drills  
 5:06 PM 3,100 Yards - Stress Value = 39

**Workout #18579 - Monday, 21 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 300 1 x 300 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  
 {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 3:30 Kick  
 {1 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{1 x 500 on 9:10 Free L.25 of each 100 6BK  
 {1 x 400 on 7:20 Free descend 100's  
 {1 x 150 on 2:40 Free-100%  
 250 1 x 250 on 4:00 Stroke Drills  
 5:06 PM 2,650 Yards - Stress Value = 34

**Workout #18580 - Tuesday, 22 March 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 700 7 x 100 on 1:40 Kick-odds fast  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{1 x 150 on 2:00 Backstroke  
 {1 x 125 on 2:00 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 {1 x 150 on 2:00 Backstroke  
 {2 x 125 on 2:00 Same as above  
 {1 x 150 on 2:00 Backstroke  
 {3 x 125 on 2:00 Same as above  
 {1 x 150 on 2:00 Backstroke  
 {4 x 125 on 2:00 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 5:05 PM 3,450 Yards - Stress Value = 57

**Workout #18581 - Tuesday, 22 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/core  
 400 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 700 7 x 100 on 1:50 Kick-odds fast  
 only do a 50 on #7  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{1 x 150 on 2:15 Backstroke  
 {1 x 125 on 2:05 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 {1 x 150 on 2:15 Backstroke  
 {2 x 125 on 2:05 Same as above  
 {1 x 150 on 2:15 Backstroke  
 {3 x 125 on 2:05 Same as above  
 {1 x 150 on 2:15 Backstroke  
 {4 x 100 on 1:40 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 5:07 PM 3,350 Yards - Stress Value = 55

**Workout #18582 - Tuesday, 22 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
350	1 x 350 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick odds fast
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 150 on 2:30 Backstroke
	{1 x 125 on 2:15 Back R.10sec at 100
	{ L.25 10 KOW-100% Effort EBO
	{1 x 150 on 2:30 Backstroke
	{2 x 125 on 2:15 Same as above
	{1 x 150 on 2:30 Backstroke
	{3 x 125 on 2:15 Same as above
	{1 x 150 on 2:30 Backstroke
	{2 x 125 on 2:15 Same as above
250	1 x 250 on 4:00 Stroke Drills
5:05	PM 3,050 Yards - Stress Value = 50

**Workout #18583 - Tuesday, 22 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
300	1 x 300 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:30 Kick odds fast
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 150 on 3:00 Backstroke
	{1 x 100 on 2:15 Back R.10sec at 75
	{ L.25 10 KOW-100% Effort EBO
	{1 x 150 on 3:00 Backstroke
	{2 x 100 on 2:15 Same as above
	{1 x 150 on 3:00 Backstroke
	{3 x 100 on 2:15 Same as above
	{1 x 150 on 3:00 Backstroke
	{1 x 100 on 2:15 Same as above
250	1 x 250 on 4:00 Stroke Drills
5:06	PM 2,600 Yards - Stress Value = 42

**Workout #18584 - Wednesday, 23 March 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRX Bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR-16
	{2 x 100 on 1:20 Kick
	{4 x 25 on :40 Kick no board BSLR-15
	{2 x 100 on 1:25 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{2 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR-13
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 200 on 3:00 Breaststroke
	{2 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:10 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
	{3 x 100 on 1:25 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts

{4 x 50 on :40 Breaststroke  
 {8 x 25 on :30 Breast 2X pullouts  
 250 1 x 250 on 4:00 Stroke Drills  
 5:07 PM 3,400 Yards - Stress Value = 41

**Workout #18585 - Wednesday, 23 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRX Bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board BSLR-16
	{2 x 100 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR-15
	{2 x 100 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{2 x 100 on 1:45 Kick
	{2 x 25 on :30 Kick no board BS-13
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 200 on 3:15 Breaststroke
	{2 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:25 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
	{3 x 100 on 1:35 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{4 x 50 on :45 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
250	1 x 250 on 4:00 Stroke Drills
5:07	PM 3,300 Yards - Stress Value = 40

**Workout #18586 - Wednesday, 23 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRX Bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR-16
	{2 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR-15
	{2 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{1 x 100 on 2:00 Kick
	{2 x 25 on :35 Kick no board BS-13
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 200 on 3:40 Breaststroke
	{2 x 25 on :35 Breast 2X pullouts
	{2 x 150 on 2:40 Breaststroke
	{4 x 25 on :35 Breast 2X pullouts
	{3 x 100 on 1:45 Breaststroke
	{6 x 25 on :35 Breast 2X pullouts
	{4 x 50 on :50 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
5:07	PM 3,050 Yards - Stress Value = 36

**Workout #18587 - Wednesday, 23 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 400 1 on 25:00 DS/TRX Bands  
 150 16 x 25 on :30 Wednesday Warm-up  
 700 10 x 15 on :45 Shooters  
 1x{4 x 25 on :45 Kick no board BSLR-16  
 {2 x 100 on 2:15 Kick  
 {4 x 25 on :45 Kick no board BSLR-15  
 {2 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board BSLR-14  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 200 on 4:00 Breaststroke  
 {2 x 25 on :45 Breast 2X pullouts  
 {2 x 150 on 2:55 Breaststroke  
 {4 x 25 on :45 Breast 2X pullouts  
 {3 x 100 on 1:55 Breaststroke  
 {4 x 25 on :45 Breast 2X pullouts  
 250 {2 x 50 on :55 Breaststroke  
 1 x 250 on 4:00 Stroke Drills  
 5:07 PM 2,750 Yards - Stress Value = 31

**Workout #18588 - Thursday, 24 March 2016**

**Group 3 - Fly**

**1 minute rest between sets**

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

**Workout #18589 - Thursday, 24 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 400 1 on 25:00 DS/Shoulders  
 1 x 400 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 50 on :50 Kick  
 {2 x 100 on 2:10 Kick 2 weakest kicks  
 {1 x 50 on :50 Kick  
 {2 x 100 on 2:05 Kick 2 weakest kicks  
 {2 x 50 on :50 Kick  
 {2 x 100 on 2:00 Kick 2 weakest kicks  
 {2 x 50 on :50 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 5x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest

do 10 on round 5

250 1 x 250 on 5:00 Stroke Drills  
 5:09 PM 2,800 Yards - Stress Value = 44

**Workout #18590 - Thursday, 24 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 350 1 on 25:00 DS/Shoulders  
 1 x 350 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 800 1x{1 x 50 on 1:00 Kick  
 {2 x 100 on 2:20 Kick 2 weakest kicks  
 {1 x 50 on 1:00 Kick  
 {2 x 100 on 2:15 Kick 2 weakest kicks  
 {1 x 50 on 1:00 Kick  
 {2 x 100 on 2:10 Kick 2 weakest kicks  
 {1 x 50 on 1:00 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 5x{8 x 25 on :35 Butterfly  
 {1 on 1:00 Rest  
 only do 4 on 5th round  
 250 1 x 250 on 5:00 Stroke Drills  
 5:13 PM 2,650 Yards - Stress Value = 42

**Workout #18591 - Thursday, 24 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 300 1 on 25:00 DS/Shoulders  
 1 x 300 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 1:10 Kick  
 {2 x 100 on 2:35 Kick 2 weakest kicks  
 {1 x 50 on 1:10 Kick  
 {2 x 100 on 2:30 Kick 2 weakest kicks  
 {1 x 50 on 1:10 Kick  
 {2 x 50 on 1:15 Kick 2 weakest kicks  
 {1 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  
 800 4x{8 x 25 on :40 Butterfly  
 {1 on 1:00 Rest  
 only do 4 on 5th round  
 250 1 x 250 on 5:00 Stroke Drills  
 5:10 PM 2,300 Yards - Stress Value = 36

**Workout #18592 - Friday, 25 March 2016**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:15 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 DS/Weights  
 400 1 x 400 on 10:00 Reverse IM drill  
 180 12 x 15 on :45 Start/Shooter/Finish  
 500 20 x 25 on :45 Kick no board BSLR w/fins  
 All 100%  
 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 500 on 7:30 Individual Medley  
 {1 x 400 on 6:00 Individual Medley  
 {1 x 300 on 4:30 Individual Medley  
 {1 x 200 on 3:00 Individual Medley  
 { IM's are 25 drill 25 swim  
 200 1 x 200 on 3:00 IM-Broken at the 50's  
 Rest 10-20-30 seconds  
 250 1 x 250 on 4:00 Stroke Drills  
 9:11 AM 3,030 Yards - Stress Value = 65

7:15 AM Start

Yards Set Description  
 =====  
 1 on 45:00 DS/Weights  
 300 1 x 300 on 10:00 Reverse IM drill  
 180 12 x 15 on :45 Start/Shooter/Finish  
 500 20 x 25 on :45 Kick no board BSLR w/fins  
 All 100%  
 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 400 on 8:00 Individual Medley  
 {1 x 300 on 6:00 Individual Medley  
 {1 x 200 on 4:00 Individual Medley  
 {1 x 100 on 2:00 Individual Medley  
 { IM's are 25 drill 25 swim  
 200 1 x 200 on 3:00 IM-Broken at the 50's  
 Rest 10-20-30 seconds  
 250 1 x 250 on 4:00 Stroke Drills  
 9:10 AM 2,530 Yards - Stress Value = 57

**Workout #18596 - Monday, 28 March 2016**

**Group 3 - Distance**

**1 minute rest between sets**

**Workout #18593 - Friday, 25 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

7:15 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 DS/Weights  
 400 1 x 400 on 10:00 Reverse IM drill  
 180 12 x 15 on :45 Start/Shooter/Finish  
 500 20 x 25 on :45 Kick no board BSLR w/fins  
 All 100%  
 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 500 on 7:30 Individual Medley  
 {1 x 400 on 6:00 Individual Medley  
 {1 x 300 on 4:30 Individual Medley  
 {1 x 200 on 3:00 Individual Medley  
 { IM's are 25 drill 25 swim  
 200 1 x 200 on 3:00 IM-Broken at the 50's  
 Rest 10-20-30 seconds  
 250 1 x 250 on 4:00 Stroke Drills  
 9:11 AM 3,030 Yards - Stress Value = 65

3:30 PM Start

Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,050 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  
 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{1 x 300 on 3:50 Freestyle  
 {1 x 300 on 3:40 Freestyle  
 {1 x 300 on 3:30 Freestyle  
 {1 x 100 on 2:30 Freestyle  
 {1 x 300 on 3:45 Freestyle  
 {1 x 300 on 3:35 Freestyle  
 {1 x 300 on 3:25 Freestyle  
 250 1 x 250 on 5:00 Stroke Drills  
 5:11 PM 3,850 Yards - Stress Value = 63

**Workout #18594 - Friday, 25 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

7:15 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 DS/Weights  
 350 1 x 350 on 10:00 Reverse IM drill  
 180 12 x 15 on :45 Start/Shooter/Finish  
 500 20 x 25 on :45 Kick no board BSLR w/fins  
 All 100%  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{1 x 500 on 8:45 Individual Medley  
 {1 x 400 on 7:00 Individual Medley  
 {1 x 300 on 5:15 Individual Medley  
 { IM's are 25 drill 25 swim  
 200 1 x 200 on 3:00 IM-Broken at the 50's  
 Rest 10-20-30 seconds  
 250 1 x 250 on 4:00 Stroke Drills  
 9:11 AM 2,780 Yards - Stress Value = 61

**Workout #18595 - Friday, 25 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

**Workout #18597 - Monday, 28 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {6 x 25 on :30 Kick no board BSLRBS  
 {1 x 150 on 2:40 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:35 Kick  
 {6 x 25 on :30 Kick no board BSLRBS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{1 x 275 on 3:50 Freestyle  
 {1 x 275 on 3:40 Freestyle  
 {1 x 275 on 3:30 Freestyle  
 {1 x 100 on 2:30 Freestyle  
 {1 x 275 on 3:45 Freestyle  
 {1 x 275 on 3:35 Freestyle  
 {1 x 275 on 3:25 Freestyle  
 250 1 x 250 on 5:00 Stroke Drills  
 5:11 PM 3,700 Yards - Stress Value = 63

**Workout #18598 - Monday, 28 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 350 1 x 350 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 3:05 Kick  
 {6 x 25 on :35 Kick no board BSLRBS  
 {1 x 150 on 3:00 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 2:55 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 250 on 3:50 Freestyle  
 {1 x 250 on 3:40 Freestyle  
 {1 x 250 on 3:30 Freestyle  
 {1 x 100 on 2:30 Freestyle  
 {1 x 250 on 3:45 Freestyle  
 {1 x 250 on 3:35 Freestyle  
 {1 x 250 on 3:25 Freestyle  
 250 1 x 250 on 5:00 Stroke Drills  
 5:11 PM 3,350 Yards - Stress Value = 54

**Workout #18599 - Monday, 28 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 300 1 x 300 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 750 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:15 Kick  
 {6 x 25 on :45 Kick no board BSLRBS  
 {1 x 100 on 2:10 Kick  
 {8 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:05 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,450 1x{1 x 225 on 3:50 or 200 Freestyle  
 {1 x 225 on 3:40 or 200 Freestyle  
 {1 x 225 on 3:30 or 200 Freestyle  
 {1 x 100 on 2:30 Freestyle  
 {1 x 225 on 3:45 or 200 Freestyle  
 {1 x 225 on 3:35 or 200 Freestyle  
 {1 x 225 on 3:25 or 200 Freestyle  
 250 1 x 250 on 5:00 Stroke Drills  
 5:11 PM 3,000 Yards - Stress Value = 45

**Workout #18600 - Tuesday, 29 March 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 8:00 Vertical Kicking w/brick  
 750 6 x 125 on 1:40 Pulls odds BTB evens BTS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 100's 15m under, 50's 12.5yds under  
 off last wall  
 1,200 1x{2 x 100 on 1:25 Back w/fins  
 {2 x 50 on 1:00 Backstroke  
 {2 x 100 on 1:20 Back w/fins  
 {2 x 50 on 1:00 Backstroke  
 {2 x 100 on 1:15 Back w/fins  
 {2 x 50 on 1:00 Backstroke  
 {2 x 100 on 1:10 Back w/fins  
 {2 x 50 on 1:00 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:03 PM 3,250 Yards - Stress Value = 53

**Workout #18601 - Tuesday, 29 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 8:00 Vertical Kicking w/brick  
 750 6 x 125 on 1:50 Pulls odds BTB evens BTS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 100's 15m under, 50's 12.5yds under  
 off last wall  
 1,200 1x{2 x 100 on 1:30 Back w/fins  
 {2 x 50 on 1:00 Backstroke  
 {2 x 100 on 1:25 Back w/fins  
 {2 x 50 on 1:00 Backstroke  
 {2 x 100 on 1:20 Back w/fins  
 {2 x 50 on 1:00 Backstroke  
 {2 x 100 on 1:15 Back w/fins  
 {2 x 50 on 1:00 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:04 PM 3,250 Yards - Stress Value = 53

**Workout #18602 - Tuesday, 29 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
1	on 25:00 DS/Core
350	1 x 350 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 8:00 Vertical Kicking w/brick
600	6 x 100 on 1:40 Pulls odds BTB evens BTS
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall
1,100	1x{2 x 100 on 1:40 Back w/fins 2 x 50 on 1:00 Backstroke 2 x 100 on 1:35 Back w/fins 2 x 50 on 1:00 Backstroke 2 x 100 on 1:30 Back w/fins 2 x 50 on 1:00 Backstroke 2 x 100 on 1:25 Back w/fins
250	1 x 250 on 4:00 Stroke Drills
5:03 PM	2,950 Yards - Stress Value = 48

**Workout #18603 - Tuesday, 29 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
1	on 25:00 DS/Core
300	1 x 300 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 8:00 Vertical Kicking w/brick
600	6 x 100 on 1:50 Pulls odds BTB evens BTS
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall
1,000	1x{2 x 100 on 1:50 Back w/fins 2 x 50 on 1:05 Backstroke 2 x 100 on 1:45 Back w/fins 2 x 50 on 1:05 Backstroke 2 x 100 on 1:40 Back w/fins 2 x 50 on 1:05 Backstroke 1 x 100 on 1:40 Back w/fins
250	1 x 250 on 4:00 Stroke Drills
5:04 PM	2,800 Yards - Stress Value = 46

**Workout #18606 - Wednesday, 30 March 2016**

**Group 3 - IM'sers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM	Start		
1	on 10:00 Dynamic Stretch		I
400	16 x 25 on :30 Wednesday Warm-up	REC	I
150	10 x 15 on :45 Shooters	SP3	S
600	1 x 600 on 12:00 Kick w/6X25's-100%	EN2	F
2,100	1x{4 x 75 on 1:10 Individual Medley 4 x 75 on :55 Free L.25 6bk 4 x 75 on 1:05 Individual Medley 4 x 75 on :55 Free L.25 6bk 4 x 75 on 1:00 Individual Medley 4 x 75 on :55 Free L.25 6bk 4 x 75 on :55 Individual Medley	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
4:44 PM	3,500 Yards - Stress Value = 60		

**Workout #18604 - Wednesday, 30 March 2016**

**Group 3 - Race day warmup**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 AM	Start		
1	on 10:00 Dynamic Stretch		L I
400	1 x 400 on 10:00 Freestyle Drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S C
300	3 x 100 on 2:15 Kick L.25 build	EN2	K C
400	8 x 50 on 1:00 Down Drill Back Build	EN1	S C
300	12 x 25 on :40 Variable Speed	SP3	S
50	2 x 25 on 2:00 OTB	SP3	S C
250	1 x 250 on 4:00 Stroke Drills	REC	D
7:05 AM	1,850 Yards - Stress Value = 30		

**Workout #18605 - Wednesday, 30 March 2016**

**Group 3 - Race day warmup**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM	Start		
1	on 10:00 Dynamic Stretch		L I
400	1 x 400 on 10:00 Freestyle Drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S C
300	3 x 100 on 2:15 Kick L.25 build	EN2	K C
400	8 x 50 on 1:00 Down Drill Back Build	EN1	S C
300	12 x 25 on :40 Variable Speed	SP3	S
50	2 x 25 on 2:00 OTB	SP3	S C
250	1 x 250 on 4:00 Stroke Drills	REC	D
4:35 PM	1,850 Yards - Stress Value = 30		

**Workout #18607 - Wednesday, 30 March 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM	Start		
1	on 10:00 Dynamic Stretch		I
400	16 x 25 on :30 Wednesday Warm-up	REC	I
150	10 x 15 on :45 Shooters	SP3	S
600	1 x 600 on 12:00 Kick w/6X25's-100%	EN2	F
1,950	1x{4 x 75 on 1:15 Individual Medley 4 x 75 on 1:00 Free L.25 6bk 4 x 75 on 1:10 Individual Medley 4 x 75 on 1:00 Free L.25 6bk 4 x 75 on 1:05 Individual Medley 3 x 75 on 1:00 Free L.25 6bk 3 x 75 on 1:00 Individual Medley	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
4:44 PM	3,350 Yards - Stress Value = 56		

**Workout #18608 - Wednesday, 30 March 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM	Start		
400	1 on 10:00 Dynamic Stretch		I
400	16 x 25 on :30 Wednesday Warm-up	REC	I
150	10 x 15 on :45 Shooters	SP3	S
600	1 x 600 on 12:00 Kick w/6X25's-100%	EN2	K
1,650	1x{4 x 75 on 1:25 Individual Medley	EN2	S
	{4 x 75 on 1:10 Free L.25 6bk	EN2	S
	{4 x 75 on 1:20 Individual Medley	EN2	S
	{4 x 75 on 1:10 Free L.25 6bk	EN2	S
	{4 x 75 on 1:15 Individual Medley	EN2	S
	{1 x 75 on 1:10 Free L.25 6bk	EN2	S
	{1 x 75 on 1:10 Individual Medley	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
4:44 PM	3,050 Yards - Stress Value = 52		

	{ 3rd 100 90% effort		
	{2 x 100 on 1:30 Backstroke		EN2
	{ 2nd 100 95% effort		
	{1 x 100 on 1:30 Backstroke		EN2
	{ 100% effort		
750	15 x 50 on 1:00 Pulls odds BTB evens BTS		EN1
	Hold breath 3 strokes off 1st wall		
	Hold breath 3+1 off turn wall1 to 7-repeat		
600	1x{3 x 100 on 1:30 Backstroke		EN2
	{ 3rd 100 L.25 12 yds under		
	{2 x 100 on 1:30 Backstroke		EN2
	{ 2nd 100 L.25 14yds under		
	{1 x 100 on 1:30 Backstroke		EN2
	{ L.25 16yds under		
50	1 x 50 on 3:00 Back for time		SP2
500	10 x 50 on 1:00 Stroke Drills		REC
5:00 PM	3,050 Yards - Stress Value = 43		

**Workout #18612 - Tuesday, 12 April 2016**

**Group 3 - Gold**

**1 minute rest between sets**

**Workout #18609 - Wednesday, 30 March 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM	Start		
400	1 on 10:00 Dynamic Stretch		I
400	16 x 25 on :30 Wednesday Warm-up	REC	I
150	10 x 15 on :45 Shooters	SP3	S
600	1 x 600 on 12:00 Kick w/6X25's-100%	EN2	K
1,425	1x{3 x 75 on 1:35 Individual Medley	EN2	S
	{4 x 75 on 1:20 Free L.25 6bk	EN2	S
	{4 x 75 on 1:30 Individual Medley	EN2	S
	{4 x 75 on 1:20 Free L.25 6bk	EN2	S
	{4 x 75 on 1:25 Individual Medley	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
4:44 PM	2,825 Yards - Stress Value = 46		

Yards	Set Description	EGY
3:30 PM	Start	
400	1 on 25:00 DS/Core	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
500	1x{3 x 100 on 1:40 Backstroke	EN2
	{ 3rd 100 90% effort	
	{2 x 75 on 1:15 Backstroke	EN2
	{ 2nd 75 95% effort	
	{1 x 50 on :50 Backstroke	EN2
	{ 100% effort	
750	15 x 50 on 1:00 Pulls odds BTB evens BTS	EN1
	Hold breath 3 strokes off 1st wall	
	Hold breath 3+1 off turn wall1 to 7-repeat	
500	1x{3 x 100 on 1:40 Backstroke	EN2
	{ 3rd 100 L.25 12 yds under	
	{2 x 75 on 1:15 Backstroke	EN2
	{ 2nd 75 L.25 14yds under	
	{1 x 50 on :50 Backstroke	EN2
	{ L.25 16yds under	
50	1 x 50 on 3:00 Back for time	SP2
500	10 x 50 on 1:00 Stroke Drills	REC
5:00 PM	2,850 Yards - Stress Value = 39	

**Workout #18610 - Monday, 11 April 2016**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM	Start		
400	1 on 30:00 DS/Physio Balls/Tm Mtg		L I
400	1 x 400 on 5:00 5:00 Warm-up	REC	D
150	10 x 15 on :45 Shooters	SP3	S
750	3 x 250 on 3:30 3:00 swims :30 rest	EN2	S
	#1 Closed fist every 4th 25		
	#2 3+1 fly kicks off bulkhead wall		
	#3 build each 50 to 100%		
250	5 x 50 on 1:15 Kick-super fast turns	EN2	K
750	3 x 250 on 3:30 3:00 swims :30 rest	EN2	S
	#1 Catch-up/zipper drill every 4th 25		
	#2 Hold breath 2+1 of shallow end wall		
	#3-descend each 50 to 100%		
50	1 x 50 on 2:00 Free OTB	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
5:00 PM	2,850 Yards - Stress Value = 42		

**Workout #18611 - Tuesday, 12 April 2016**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
400	1 on 25:00 DS/Core	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{3 x 100 on 1:30 Backstroke	EN2

**Workout #18613 - Tuesday, 12 April 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Core	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
475	1x{3 x 75 on 1:25 Backstroke	EN2
	{ 3rd 75 90% effort	
	{ 2 x 75 on 1:25 Backstroke	EN2
	{ 2nd 75 95% effort	
	{ 1 x 100 on 1:50 Backstroke	EN2
	{ 100% effort	
750	15 x 50 on 1:00 Pulls odds BTB evens BTS	EN1
	Hold breath 3 strokes off 1st wall	
	Hold breath 3+1 off turn wall to 7-repeat	
475	1x{3 x 75 on 1:25 Backstroke	EN2
	{ 3rd 100 L.25 12 yds under	
	{ 2 x 75 on 1:25 Backstroke	EN2
	{ 2nd 75 L.25 14yds under	
	{ 1 x 100 on 1:50 Backstroke	EN2
	{ L.25 16yds under	
50	1 x 50 on 3:00 Back for time	SP2
500	10 x 50 on 1:00 Stroke Drills	REC
	5:00 PM 2,800 Yards - Stress Value = 37	

**Workout #18614 - Tuesday, 12 April 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Core	
400	1 x 400 on 5:00 5:00 Warm-up	REC
150	10 x 15 on :45 Shooters	SP3
375	1x{3 x 75 on 1:45 Backstroke	EN2
	{ 3rd 75 90% effort	
	{ 2 x 50 on 1:10 Backstroke	EN2
	{ 2nd 50 95% effort	
	{ 1 x 50 on 1:10 Backstroke	EN2
	{ 100% effort	
600	12 x 50 on 1:15 Pulls odds BTB evens BTS	EN1
	Hold breath 3 strokes off 1st wall	
	Hold breath 3+1 off turn wall to 7-repeat	
375	1x{3 x 75 on 1:45 Backstroke	EN2
	{ 3rd 100 L.25 12 yds under	
	{ 2 x 50 on 1:10 Backstroke	EN2
	{ 2nd 75 L.25 14yds under	
	{ 1 x 50 on 1:10 Backstroke	EN2
	{ L.25 16yds under	
50	1 x 50 on 3:00 Back for time	SP2
500	10 x 50 on 1:00 Stroke Drills	REC
	5:00 PM 2,450 Yards - Stress Value = 31	

**Workout #18615 - Wednesday, 13 April 2016**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	F
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/TRX Bands	
400	1 x 400 on 5:00 5:00 Warm-up	F
150	10 x 15 on :45 Shooters	S
600	1x{2 x 100 on 1:45 Breast-odds 2X pullouts on	F
	{ start wall-evens 2X pullouts on bh wall	
	{ 2 x 50 on :50 25brst 25free-6bk br on 5	F
	{ 2 x 100 on 1:40 Breast-same as above	F
	{ 2 x 50 on :50 Same as above	F
600	1x{4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5 yds under	

	{ 2 x 75 on 1:30 Kick	F
	{ 4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5yds +.5 bl under	
	{ 2 x 75 on 1:30 Kick	F
	{ 4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5yds + 1 bl under	
600	1x{2 x 100 on 1:40 Breast 1st&4th 25-2K1P	F
	{ 2nd 25 4 strks under 2 up	
	{ 3rd 25 build to 100%	
	{ 2 x 50 on :50 25brst 25free 6bk br on 7	F
	{ 2 x 100 on 1:35 Breast-same as above	F
	{ 2 x 50 on :50 Same as above	F
50	1 x 50 on 3:00 Breast OTB for time	S
350	7 x 50 on 1:00 Stroke Drills	F
	5:00 PM 2,750 Yards - Stress Value = 46	

**Workout #18616 - Wednesday, 13 April 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	F
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/TRX Bands	
400	1 x 400 on 5:00 5:00 Warm-up	F
150	10 x 15 on :45 Shooters	S
600	1x{2 x 100 on 1:45 Breast-odds 2X pullouts on	F
	{ start wall-evens 2X pullouts on bh wall	
	{ 2 x 50 on :50 25brst 25free-6bk br on 5	F
	{ 2 x 100 on 1:40 Breast-same as above	F
	{ 2 x 50 on :50 Same as above	F
600	1x{4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5 yds under	
	{ 2 x 75 on 1:30 Kick	F
	{ 4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5yds +.5 bl under	
	{ 2 x 75 on 1:30 Kick	F
	{ 4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5yds + 1 bl under	
600	1x{2 x 100 on 1:40 Breast 1st&4th 25-2K1P	F
	{ 2nd 25 4 strks under 2 up	
	{ 3rd 25 build to 100%	
	{ 2 x 50 on :50 25brst 25free 6bk br on 7	F
	{ 2 x 100 on 1:35 Breast-same as above	F
	{ 2 x 50 on :50 Same as above	F
50	1 x 50 on 3:00 Breast OTB for time	S
350	7 x 50 on 1:00 Stroke Drills	F
	5:00 PM 2,750 Yards - Stress Value = 46	

**Workout #18617 - Wednesday, 13 April 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/TRX Bands	
400	1 x 400 on 5:00 5:00 Warm-up	F
150	10 x 15 on :45 Shooters	E
550	1x{2 x 100 on 1:55 Breast-odds 2X pullouts on { start wall-evens 2X pullouts on bh wall	F
	{ 2 x 50 on :55 25brst 25free-6bk br on 5	F
	{ 2 x 100 on 1:50 Breast-same as above	F
	{ 1 x 50 on :55 Same as above	F
550	1x{4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5 yds under	
	{ 2 x 75 on 1:45 Kick	F
	{ 4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5yds +.5 bl under	
	{ 2 x 50 on 1:10 Kick	F
	{ 4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5yds + 1 bl under	
550	1x{2 x 100 on 1:50 Breast 1st&4th 25-2K1P	F
	{ 2nd 25 4 strks under 2 up	
	{ 3rd 25 build to 100%	
	{ 2 x 50 on :55 25brst 25free 6bk br on 7	F
	{ 2 x 100 on 1:45 Breast-same as above	F
	{ 1 x 50 on :55 Same as above	F
50	1 x 50 on 3:00 Breast OTB for time	E
350	7 x 50 on 1:00 Stroke Drills	F
	5:00 PM 2,600 Yards - Stress Value = 43	

**Workout #18618 - Wednesday, 13 April 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/TRX Bands	
400	1 x 400 on 5:00 5:00 Warm-up	F
150	10 x 15 on :45 Shooters	E
500	1x{2 x 100 on 2:10 Breast-odds 2X pullouts on { start wall-evens 2X pullouts on bh wall	F
	{ 1 x 50 on 1:05 25brst 25free-6bk br on 5	F
	{ 2 x 100 on 2:05 Breast-same as above	F
	{ 1 x 50 on 1:05 Same as above	F
500	1x{4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5 yds under	
	{ 2 x 50 on 1:30 Kick	F
	{ 4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5yds +.5 bl under	
	{ 2 x 50 on 1:30 Kick	F
	{ 4 x 25 on :45 Kick no board BSLR	F
	{ Minimum 12.5yds + 1 bl under	
500	1x{2 x 100 on 2:05 Breast 1st&4th 25-2K1P	F
	{ 2nd 25 4 strks under 2 up	
	{ 3rd 25 build to 100%	
	{ 1 x 50 on 1:05 25brst 25free 6bk br on 7	F
	{ 2 x 100 on 2:00 Breast-same as above	F
	{ 1 x 50 on 1:05 Same as above	F
50	1 x 50 on 3:00 Breast OTB for time	E
350	7 x 50 on 1:00 Stroke Drills	F
	5:01 PM 2,450 Yards - Stress Value = 40	

**Workout #18619 - Thursday, 14 April 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 5:00 5:00 Warm-up	

150	10 x 15 on :45 Shooters	
	Free:hb 3 SOW + NB inside flags/straight ar	
750	1x{5 x 25 on :30 Fly with free kick	
	{ 2 x 50 on :45 Freestyle	
	{ 4 x 25 on :30 Fly with free kick	
	{ 2 x 50 on :45 Freestyle	
	{ 3 x 25 on :30 Fly with free kick	
	{ 2 x 50 on :45 Freestyle	
	{ 2 x 25 on :30 Fly with free kick	
	{ 2 x 50 on :45 Freestyle	
500	10 x 50 on 1:00 Pulls-Alt breakouts-shldrs/r	
	knees/feet-hb 3 SOW	
750	1x{5 x 25 on :30 Fly 1up2down	
	{ 2 x 50 on :45 Freestyle	
	{ 4 x 25 on :30 Fly 5KOW+1	
	{ 2 x 50 on :45 Freestyle	
	{ 3 x 25 on :30 Fly hb 3 SOW	
	{ 2 x 50 on :45 Freestyle	
	{ 2 x 25 on :30 Fly nb 1.10 yds	
	{ 2 x 50 on :45 Freestyle	
50	1 x 50 on 3:00 Fly OTB	
350	7 x 50 on 1:00 Stroke Drills	
	5:00 PM 2,950 Yards - Stress Value = 45	

**Workout #18620 - Thursday, 14 April 2016**

**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 5:00 5:00 Warm-up	
150	10 x 15 on :45 Shooters	
	Free:hb 3 SOW + NB inside flags/straight ar	
650	1x{5 x 25 on :35 Fly with free kick	
	{ 2 x 50 on :45 Freestyle	
	{ 4 x 25 on :35 Fly with free kick	
	{ 2 x 50 on :45 Freestyle	
	{ 3 x 25 on :35 Fly with free kick	
	{ 1 x 50 on :45 Freestyle	
	{ 2 x 25 on :35 Fly with free kick	
	{ 1 x 50 on :45 Freestyle	
500	10 x 50 on 1:00 Pulls-Alt breakouts-shldrs/r	
	knees/feet-hb 3 SOW	
650	1x{5 x 25 on :35 Fly 1up2down	
	{ 2 x 50 on :45 Freestyle	
	{ 4 x 25 on :35 Fly 5KOW+1	
	{ 2 x 50 on :45 Freestyle	
	{ 3 x 25 on :35 Fly hb 3 SOW	
	{ 1 x 50 on :45 Freestyle	
	{ 2 x 25 on :35 Fly nb 1.10 yds	
	{ 1 x 50 on :45 Freestyle	
50	1 x 50 on 3:00 Fly OTB	
350	7 x 50 on 1:00 Stroke Drills	
	5:00 PM 2,750 Yards - Stress Value = 41	

**Workout #18621 - Thursday, 14 April 2016**

**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 5:00 5:00 Warm-up	
150	10 x 15 on :45 Shooters	
	Free:hb 3 SOW + NB inside flags/straight ar	
550	1x{5 x 25 on :40 Fly with free kick	
	{2 x 50 on :50 Freestyle	
	{4 x 25 on :40 Fly with free kick	
	{1 x 50 on :50 Freestyle	
	{3 x 25 on :40 Fly with free kick	
	{1 x 50 on :45 Freestyle	
	{2 x 25 on :40 Fly with free kick	
500	10 x 50 on 1:00 Pulls-Alt breakouts-shldrs/r	
	knees/feet-hb 3 SOW	
550	1x{5 x 25 on :40 Fly lup2down	
	{2 x 50 on :50 Freestyle	
	{4 x 25 on :40 Fly 5KOW+1	
	{1 x 50 on :50 Freestyle	
	{3 x 25 on :40 Fly hb 3 SOW	
	{1 x 50 on :50 Freestyle	
	{2 x 25 on :40 Fly nb 1.10 yds	
50	1 x 50 on 3:00 Fly OTB	
350	7 x 50 on 1:00 Stroke Drills	
	5:00 PM 2,550 Yards - Stress Value = 37	

**Workout #18622 - Thursday, 14 April 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	
3:30 PM	Start	
=====	=====	
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 5:00 5:00 Warm-up	
150	10 x 15 on :45 Shooters	
	Free:hb 3 SOW + NB inside flags/straight ar	
500	1x{4 x 25 on :45 Fly with free kick	
	{1 x 50 on :55 Freestyle	
	{4 x 25 on :45 Fly with free kick	
	{1 x 50 on :55 Freestyle	
	{3 x 25 on :45 Fly with free kick	
	{2 x 50 on :55 Freestyle	
	{1 x 25 on :45 Fly with free kick	
400	8 x 50 on 1:10 Pulls-Alt breakouts-shldrs/hi	
	knees/feet-hb 3 SOW	
500	1x{4 x 25 on :45 Fly lup2down	
	{1 x 50 on :55 Freestyle	
	{4 x 25 on :45 Fly 5KOW+1	
	{1 x 50 on :55 Freestyle	
	{3 x 25 on :45 Fly hb 3 SOW	
	{2 x 50 on :55 Freestyle	
	{1 x 25 on :45 Fly nb 1.10 yds	
50	1 x 50 on 3:00 Fly OTB	
350	7 x 50 on 1:00 Stroke Drills	
	5:00 PM 2,350 Yards - Stress Value = 34	

**Workout #18623 - Friday, 15 April 2016**

**Group 3 - IM'ers**

**1 minute rest between sets**

Yards	Set Description	
3:30 PM	Start	
=====	=====	
	1 on 15:00 Ted's DS	
400	1 x 400 on 5:00 5:00 Warm-up	
150	10 x 15 on :45 Shooters	
1,000	1x{2 x 50 on 1:00 Fly-good effort	
	{1 x 150 on 2:15 IM w/ no fly	
	{2 x 50 on 1:00 Back-good effort	

	{1 x 150 on 2:15 IM w/no back	E
	{2 x 50 on 1:00 Breast-good effort	E
	{1 x 150 on 2:15 IM w/no breast	E
	{2 x 50 on 1:00 Free-good effort	E
	{1 x 150 on 2:15 IM w/ no free	E
400	16 x 25 on :45 Kick no board BSLR	E
	1st 4 12.5 yds under, 2nd 4 12.5+.5bl under	E
	3rd 4 12.5+1 bl under, last 4 12.5 +1.5 bl	E
1,000	1x{2 x 50 on 1:00 Fly-drill	F
	{1 x 150 on 2:15 IM w/ no fly-good effort	E
	{2 x 50 on 1:00 Back-drill	F
	{1 x 150 on 2:15 IM w/no back-good effort	E
	{2 x 50 on 1:00 Breast-drill	F
	{1 x 150 on 2:15 IM w/no breast-good effort	E
	{2 x 50 on 1:00 Free-drill	F
	{1 x 150 on 2:15 IM w/ no free-good effort	E
100	1 x 100 on 4:00 IM OTB for Time	S
300	6 x 50 on 1:00 Stroke Drills	F
	5:00 PM 3,350 Yards - Stress Value = 52	

**Workout #18624 - Friday, 15 April 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	
3:30 PM	Start	
=====	=====	
	1 on 15:00 Ted's DS	
400	1 x 400 on 5:00 5:00 Warm-up	F
150	10 x 15 on :45 Shooters	S
950	1x{2 x 50 on 1:00 Fly-good effort	E
	{1 x 150 on 2:30 IM w/ no fly	E
	{2 x 50 on 1:00 Back-good effort	E
	{1 x 150 on 2:30 IM w/no back	E
	{2 x 50 on 1:00 Breast-good effort	E
	{1 x 150 on 2:30 IM w/no breast	E
	{1 x 50 on 1:00 Free-good effort	E
	{1 x 150 on 2:30 IM w/ no free	E
400	16 x 25 on :45 Kick no board BSLR	E
	1st 4 12.5 yds under, 2nd 4 12.5+.5bl under	E
	3rd 4 12.5+1 bl under, last 4 12.5 +1.5 bl	E
950	1x{2 x 50 on 1:00 Fly-drill	F
	{1 x 150 on 2:30 IM w/ no fly-good effort	E
	{2 x 50 on 1:00 Back-drill	F
	{1 x 150 on 2:30 IM w/no back-good effort	E
	{2 x 50 on 1:00 Breast-drill	F
	{1 x 150 on 2:30 IM w/no breast-good effort	E
	{1 x 50 on 1:00 Free-drill	F
	{1 x 150 on 2:30 IM w/ no free-good effort	E
100	1 x 100 on 4:00 IM OTB for Time	S
300	6 x 50 on 1:00 Stroke Drills	F
	5:00 PM 3,250 Yards - Stress Value = 51	

**Workout #18625 - Friday, 15 April 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	E
3:30 PM	Start	
=====	=====	=====
	1 on 15:00 Ted's DS	
400	1 x 400 on 5:00 5:00 Warm-up	F
150	10 x 15 on :45 Shooters	£
850	1x{1 x 50 on 1:10 Fly-good effort	F
	{1 x 150 on 2:45 IM w/ no fly	E
	{1 x 50 on 1:10 Back-good effort	F
	{1 x 150 on 2:45 IM w/no back	E
	{1 x 50 on 1:10 Breast-good effort	F
	{1 x 150 on 2:45 IM w/no breast	E
	{2 x 50 on 1:10 Free-good effort	F
	{1 x 150 on 2:45 IM w/ no free	E
400	16 x 25 on :45 Kick no board BSLR	E
	1st 4 12.5 yds under, 2nd 4 12.5+.5bl under	
	3rd 4 12.5+1 bl under, last 4 12.5 +1.5 bl	
850	1x{1 x 50 on 1:10 Fly-drill	F
	{1 x 150 on 2:45 IM w/ no fly-good effort	F
	{1 x 50 on 1:10 Back-drill	F
	{1 x 150 on 2:45 IM w/no back-good effort	F
	{1 x 50 on 1:10 Breast-drill	F
	{1 x 150 on 2:45 IM w/no breast-good effort	E
	{2 x 50 on 1:10 Free-drill	F
	{1 x 150 on 2:45 IM w/ no free-good effort	E
100	1 x 100 on 4:00 IM OTB for Time	£
300	6 x 50 on 1:00 Stroke Drills	F
	5:00 PM 3,050 Yards - Stress Value = 49	

**Workout #18626 - Friday, 15 April 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	E
3:30 PM	Start	
=====	=====	=====
	1 on 15:00 Ted's DS	
400	1 x 400 on 5:00 5:00 Warm-up	F
150	10 x 15 on :45 Shooters	£
700	1x{1 x 50 on 1:15 Fly-good effort	F
	{1 x 150 on 3:15 IM w/ no fly	E
	{1 x 50 on 1:15 Back-good effort	F
	{1 x 150 on 3:15 IM w/no back	E
	{1 x 50 on 1:15 Breast-good effort	E
	{1 x 150 on 3:15 IM w/no breast	E
	{2 x 50 on 1:20 Free-good effort	F
400	16 x 25 on :45 Kick no board BSLR	F
	1st 4 12.5 yds under, 2nd 4 12.5+.5bl under	
	3rd 4 12.5+1 bl under, last 4 12.5 +1.5 bl	
700	1x{1 x 50 on 1:15 Fly-drill	F
	{1 x 150 on 3:15 IM w/ no fly-good effort	E
	{1 x 50 on 1:15 Back-drill	F
	{1 x 150 on 3:15 IM w/no back-good effort	F
	{1 x 50 on 1:15 Breast-drill	F
	{1 x 150 on 3:15 IM w/no breast-good effort	F
	{2 x 50 on 1:20 Free-drill	F
100	1 x 100 on 4:00 IM OTB for Time	£
300	6 x 50 on 1:00 Stroke Drills	F
	5:00 PM 2,750 Yards - Stress Value = 44	

**Workout #18627 - Monday, 18 April 2016**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY WOF
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Physio Balls	
400	1 x 400 on 5:00 5:00 Warm-up	REC
300	3 x 100 on 2:15 Kick	EN2
400	8 x 50 on 1:00 Down Drill-Back Build	EN1

200	8 x 25 on :40 Variable Speed	EN2
1,300	1x{1 x 200 on 6:00 Free-OTB for time	SP1
	{1 x 500 on 8:00 EZ-Free	REC
	{1 x 100 on 4:00 Free OTB for time	SP1
	{1 x 500 on 8:00 Freestyle	REC
1,000	20 x 50 on :55 Free-hold 200 Pace	SP1
	or 20 @1:00, 1:05, 1:10, or 1:15	
350	1 x 350 on 5:00 5:00 Cool down	REC
	5:17 PM 3,950 Yards - Stress Value = 118	

**Workout #18628 - Tuesday, 19 April 2016**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY W
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Core	
400	1 x 400 on 5:00 5:00 Warm-up	REC
1,100	1x{1 x 100 on 4:00 Freestyle for time OTB	SP2
	{1 x 500 on 8:00 Freestyle	REC
	{1 x 100 on 4:00 Backstroke for time	SP2
	{1 x 400 on 7:00 EZ Free	REC
750	30 x 25 on :30 at 100 free pace	SP1
	or 30 @ :35, :40, or :45	
750	1 x 750 on 10:00 EZ Free	REC
750	30 x 25 on :30 at 100 backstroke pace	
	or 30 @ :35, :40, or :45	
400	1 x 400 on 7:00 EZ Free	REC
	5:15 PM 4,150 Yards - Stress Value = 80	

**Workout #18629 - Wednesday, 20 April 2016**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY WORK
3:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/TRX Bands	I
400	1 x 400 on 5:00 5:00 Warm-up	REC I
950	1x{1 x 100 on 4:00 Breast for time OTB	SP2 £
	{1 x 400 on 7:00 EZ free	REC £
	{1 x 50 on 3:00 Free for time OTB	SP2 £
	{1 x 400 on 7:00 EZ Free	REC £
750	30 x 25 on :30 100 Breast Pace	SP1 £
	or 30 @ :35, :40, or :45	
600	1 x 600 on 10:00 EZ Free	REC £
1,000	40 x 25 on :30 50 free pace	SP1 £
400	1 x 400 on 7:00 EZ Free	REC £
	5:23 PM 4,100 Yards - Stress Value = 155	

**Workout #18630 - Thursday, 21 April 2016**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Shoulders	
400	1 x 400 on 5:00 5:00 Warm-up	REC
600	1x{1 x 100 on 3:00 Fly-OTB for time	SP2
	{1 x 500 on 10:00 Choice	REC
1,000	20 x 50 on :55 at 200 free pace	SP2
	or 20 @1:00, 1:05, or 1:10	
500	1 x 500 on 10:00 Choice	REC
750	30 x 25 on :30 Butterfly	SP2
500	1 x 500 on 10:00 Choice	REC
	1 on 10:00 Race Skills-Turns/Underwaters	REC
	only if time permits	
	5:22 PM 3,750 Yards - Stress Value = 185	

**Workout #18631 - Friday, 22 April 2016**

**Group 3 - Swim Like A Champion Day**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 20:00 DS/Ted's Abs			
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	
90	6 x 15 on :45 Shooters	SP3	S	C
200	4 x 50 on 1:10 Kick	EN2	K	C
200	4 x 50 on 1:00 Down drill back build	EN1	S	C
100	4 x 25 on :40 Variable Speed	EN2	S	
500	1 x 500 on 30:00 Free OTB for time	SP1	S	
1	on 13:00 Water Polo		S	
5:00 PM 1,490 Yards - Stress Value = 52				

Yards	Set Description	EGY	WORK	STK
1	on 25:00 DS/Shoulders			
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	
100	1 x 100 on 5:00 100 Fly for time OTB	SP2	S	C
750	30 x 25 on :30 Your best non free 100 pace	SP2	S	C
500	1 x 500 on 10:00 Follow the leader	REC	D	
750	30 x 25 on :30 100 Free Pace	SP2	S	C
500	1 x 500 on 10:00 Choice	REC	D	
1	on 15:00 Racing Skills-Relay Starts		S	
250	1 x 250 on 15:00 Killer Relays	SP2	S	C
5:31 PM 3,250 Yards - Stress Value = 185				

**Workout #18636 - Friday, 29 April 2016**

**Group 3 - All**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 30:00 DS/Phyio BallsTm Mtg			
400	1 x 400 on 5:00 5:00 Warm-up	EN1	D	
1,800	24 x 75 on 1:10 500 free pace	SP1	S	C
1:10/1:15/1:20/1:25/1:30/1:35/1:40				
500	10 x 50 on 1:00 Stroke Drills	REC	D	
750	30 x 25 on :30 Your #1 stroke at 100 pace	SP1	S	C
500	10 x 50 on 1:00 Stroke Drills	REC	D	
1	on 15:00 Racing Skills-Underwater work	EN1	S	
5:27 PM 3,950 Yards - Stress Value = 208				

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 25:00 Ted's DS and Abs			
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	
1,000	20 x 50 on :50 Your #1 stroke at 200 Pace	SP2	S	C
500	10 x 50 on 1:00 Stroke Drills	REC	D	
750	30 x 25 on :30 at 50 free pace	SP2	S	C
450	15 x 30 on 1:00 Racing Skills-Underwaters	SP3	S	C
5:01 PM 3,100 Yards - Stress Value = 193				

**Workout #18637 - Monday, 02 May 2016**

**Group 3 - All**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 25:00 DS/Tm Mtg			
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
1,500	30 x 50 on :55 200 Free Pace	SP2	S	FR
500	1 x 500 on 6:00 Social Kick Tag	REC	K	CHO
1,500	30 x 50 on :55 200 Back Pace	SP2	S	BK
500	1 x 500 on 6:00 Follow the leader	REC	S	CHO
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BR
250	1 x 250 on 4:00 Freestyle	REC	S	CHO
5:46 PM 6,150 Yards - Stress Value = 450				

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 35:00 DS/Tm Mtg/Core if time			
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	
750	30 x 25 on :30 100 Fly Pace	SP1	S	C
200	1 x 200 on 6:00 RR/Snack break-walking	REC	D	
1	on 10:00 Racing Skills-Starts		S	
750	30 x 25 on :30 100 Free Pace	SP1	S	C
200	1 x 200 on 6:00 RR/Snack break-walking	REC	D	
750	30 x 25 on :30 100 Breast Pace	SP1	S	C
200	1 x 200 on 6:00 RR/Snack break-walking	REC	D	
480	16 x 30 on 1:00 Racing Skills-underwaters	SP3	S	C
5:46 PM 3,730 Yards - Stress Value = 199				

**Workout #18638 - Tuesday, 03 May 2016**

**Group 3 - All**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 30:00 DS/TRX Bands			
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	
200	1 x 200 on 8:00 Back for time OTB	SP2	S	C
1	on 10:00 Social kick/tag	REC	D	
1,500	30 x 50 on :50 Backstroke	SP1	S	C
or :55, 1:00, 1:05, or 1:10				
600	12 x 50 on 1:00 Stroke Drills	REC	D	
200	1 x 200 on 8:00 Breaststroke	SP2	S	C
270	18 x 15 on 1:00 Spinners/sculling drills	SP3	S	C
5:31 PM 3,170 Yards - Stress Value = 171				

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 25:00 DS/Tm Mtg			
400	1 x 400 on 5:00 5:00 Warm-up	REC	D	FR
1,500	30 x 50 on :55 200 Free Pace	SP2	S	FR
500	1 x 500 on 6:00 Social Kick Tag	REC	K	CHO
1,500	30 x 50 on :55 200 Back Pace	SP2	S	BK
500	1 x 500 on 6:00 Follow the leader	REC	S	CHO
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BR
250	1 x 250 on 4:00 Freestyle	REC	S	CHO
5:46 PM 6,150 Yards - Stress Value = 450				

**Workout #18635 - Thursday, 28 April 2016**

**Group 3 - All**

**1 minute rest between sets**

3:30 PM Start

**Workout #18639 - Wednesday, 04 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
	3:30 PM Start	
1	on 35:00 DS/TRX Bands/Tm Mtg	
400	1 x 400 on 5:00 5:00 Warm-up	
750	30 x 25 on :30 100 Back Pace	
300	1 x 300 on 6:00 Choice	
600	24 x 25 on :25 50 Free Pace	
200	1 x 200 on 10:00 Racing Skills-Backstroke start	
1,000	40 x 25 on :30 200 Fly pace	
600	1 x 600 on 10:00 Too complicated to type out	
360	24 x 15 on :45 Racing skills-Standford turn dri	
	5:46 PM 4,210 Yards - Stress Value = 202	

**Workout #18640 - Thursday, 05 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	W
	3:30 PM Start		
1	on 35:00 DS/TM Mtg/Shoulders if time		
400	1 x 400 on 5:00 5:00 Warm-up	REC	
1,500	30 x 50 on :55 200 Free Pace	SP2	
250	1 x 250 on 5:00 Choice	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
250	1 x 250 on 5:00 Choice	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
250	1 x 250 on 5:00 Choice	REC	
250	1 x 250 on 15:00 Partner timed Free turns	EN1	
	5:45 PM 4,400 Yards - Stress Value = 302		

**Workout #18641 - Friday, 06 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	3:30 PM Start		
1	on 35:00 Teds's DS/Ted's Abs/Tm Mtg	L	
400	1 x 400 on 5:00 5:00 Warm-up	REC	S
750	30 x 25 on :30 100 Fly Pace	SP2	S
	1 on 10:00 RR/Snack break/walking	REC	L
750	30 x 25 on :30 100 Back Pace	SP2	S
	1 on 8:00 Rd 1 #1, Rd 2 #2, Rd 3 free	REC	D
	5:00 PM 1,900 Yards - Stress Value = 150		

**Workout #18642 - Monday, 09 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	3:30 PM Start		
1	on 15:00 DS/Tm Mtg		
400	1 x 400 on 5:00 Choice	REC	
1,800	24 x 75 on 1:10 500 Free Pace	SP1	
250	1 x 250 on 5:00 Freestyle	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
250	1 x 250 on 5:00 Freestyle	REC	
750	30 x 25 on :30 100 Fly pace	SP2	
250	1 x 250 on 5:00 Freestyle	REC	
2,500	25 x 100 on 1:25 Your #1 stroke/distance	SP2	
	The 25X100 is for those who swim the 1650		
	If your best distance is a 200 do 30X50@:45, 5		
	If you best distance is a 100 do 30X25@:30		
250	1 x 250 on 5:00 Choice	REC	
	6:02 PM 7,950 Yards - Stress Value = 619		

**Workout #18643 - Tuesday, 10 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
	3:30 PM Start	
1	on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 5:00 Choice	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
250	1 x 250 on 5:00 Choice	REC
	1 on 15:00 Racing Skills-Open Turns	SP3
750	30 x 25 on :30 100 Back pace	SP2
250	1 x 250 on 5:00 Choice	REC
	1 on 15:00 Racing Skills-Partner timed turn	SP3
500	20 x 25 on :25 50 Free Pace	SP2
250	1 x 250 on 5:00 Choice	REC
	1 on 12:00 Racing Skills-Starts	
	6:00 PM 3,900 Yards - Stress Value = 275	

**Workout #18644 - Wednesday, 11 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
	3:30 PM Start				
1	on 35:00 DS/TRX Bands/Tm Mtg			L DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,000	40 x 25 on :30 200 Fly Pace	SP2	S	FLY	2:
250	1 x 250 on 5:00 Social kick	REC	S	CHO	2:
750	30 x 25 on :30 100 Breast Pace	SP2	S	BR	2:
250	1 x 250 on 5:00 Social Kick	REC	S	CHO	2:
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2:
250	1 x 250 on 5:00 Social Kick	REC	S	CHO	2:
2,250	30 x 75 on 1:05 Your #2 Event	SP2	S	STK	1:
	The 30X75 is for those who swim the 1000				
	If your #2 distance is a 200 do 30X50@:45, 50,				
	If your #2 distance is a 100 do 30X25@:30				
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD	1:
	6:01 PM 6,200 Yards - Stress Value = 475				

**Workout #18645 - Thursday, 12 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
	3:30 PM Start	
1	on 15:00 DS/Tm Mtg	
400	1 x 400 on 5:00 Choice	RE
1,500	30 x 50 on :50 200 Free Pace	SP1
500	1 x 500 on 10:00 Follow the leader	RE
1,500	30 x 50 on :55 200 Back Pace	SP1
	1 on 15:00 DS/Watch Video	RE
500	20 x 25 on :25 50 Free Pace	SP1
500	1 x 500 on 10:00 Too complicated to type out	RE
750	30 x 25 on :30 100 Back Pace	SP1
500	1 x 500 on 10:00 Stroke Drill	RE
	5:59 PM 6,150 Yards - Stress Value = 425	

**Workout #18646 - Friday, 13 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
	3:30 PM Start				
	1 on 10:00 Ted's DS		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BR	1:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	2:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
	5:04 PM 4,150 Yards - Stress Value = 300				

**Workout #18647 - Monday, 16 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
	3:30 PM Start	
	1 on 30:00 DS/Physio Balls/Tm Mtg	
400	1 x 400 on 5:00 Choice	REC
2,500	25 x 100 on 1:25 Your #1 event If your best distance is a 200 do 30X50@:45, 5 If your best distance is a 100 do 30X25@:30	SP2
500	1 x 500 on 10:00 Social KICK tag	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
500	1 x 500 on 10:00 Social Kick-tag	REC
750	30 x 25 on :30 100 Free Pace	SP2
250	1 x 250 on 5:00 Choice of drill	REC
	1 on 13:00 Racing Skills-Physio Ball Starts	
	6:00 PM 5,900 Yards - Stress Value = 425	

**Workout #18648 - Tuesday, 17 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
	3:30 PM Start	
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 5:00 Choice	REC
2,250	30 x 75 on 1:05 Your #1 event	SP2
400	1 x 400 on 8:00 Top Hat Drill	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
400	1 x 400 on 8:00 Closed fist with snorkels	REC
750	30 x 25 on :30 100 Breast Pace	SP2
400	1 x 400 on 8:00 Underwater trn drill	REC
	1 on 12:00 Racing Skills-1 leg starts	SP3
	6:00 PM 6,100 Yards - Stress Value = 450	

**Workout #18649 - Wednesday, 18 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
	3:30 PM Start	
	1 on 27:00 DS/TRX Bands/Tm Mtg	
400	1 x 400 on 5:00 Choice	REC
2,250	30 x 75 on 1:05 500 Free Pace	SP2
400	1 x 400 on 8:00 Vertical Kick volleyball	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
400	1 x 400 on 8:00 Vertical kick-volley ball	REC
750	30 x 25 on :30 100 Back Pace	SP2
400	16 x 25 on :30 Wednesday Warm-up	REC
	1 on 12:00 Racing Skills-Timed Tivo Starts	
	6:00 PM 6,100 Yards - Stress Value = 450	

**Workout #18650 - Thursday, 19 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
	3:30 PM Start	
	1 on 30:00 DS/Shoulders/Tm Mtg	
400	1 x 400 on 5:00 Choice	REC
	1 on 15:00 Racing Skills-Stanford turn drill	
1,500	30 x 50 on :50 200 Free Pace	SP2
250	1 x 250 on 10:00 Watch Video/fix errors	REC
750	30 x 25 on :30 100 Fly Pace	SP2
250	1 x 250 on 10:00 Watch Video/fix errors	REC
500	20 x 25 on :25 50 Free Pace	SP2
250	1 x 250 on 10:00 Watch Video/fix errors	REC
	1 on 15:00 Racing Skills-timed free turns	
	6:00 PM 3,900 Yards - Stress Value = 275	

**Workout #18651 - Monday, 23 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
	3:30 PM Start				
	1 on 30:00 DS/Tm Mtg		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
2,250	30 x 75 on 1:05 Your #1 event	SP2	S	STK	1:
	1 on 6:00 Walking	REC	L	DRY	
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	2:
	1 on 6:00 Walking	REC	L	DRY	
750	30 x 25 on :30 100 Breast Pace	SP2	S	BR	2:
	1 on 6:00 Walking	REC	L	DRY	
1,500	30 x 50 on :50 200 Back Pace	SP2	S	BK	1:
	1 on 6:00 Walking	REC	L	DRY	
	6:01 PM 5,650 Yards - Stress Value = 525				

**Workout #18652 - Tuesday, 24 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
	3:30 PM Start				
	1 on 30:00 DS/Tm Mtg		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2:
	1 on 12:00 Your warm-up	REC	L	DRY	
750	30 x 25 on :30 100 Back Pace	SP2	S	BK	2:
	1 on 12:00 Your warm-up	REC	L	DRY	
1,500	30 x 50 on :50 200 Breast Pace	SP2	S	BR	1:
	1 on 12:00 Your warm-up	REC	L	DRY	
500	20 x 25 on :30 50 Free Pace	SP2	S	FR	2:
	1 on 10:00 Walking	REC	L	DRY	
	6:00 PM 3,900 Yards - Stress Value = 350				

**Workout #18653 - Wednesday, 25 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
3:30 PM Start				
400	1 x 400 on 5:00 Choice	REC	S	CH
2,250	30 x 75 on 1:05 500 Free Pace	SP2	S	F
1	on 15:00 Your warm-up	REC	D	DF
750	30 x 25 on :30 100 Breast Pace	SP2	S	F
1	on 10:00 Your Warm-up	REC	L	DF
750	30 x 25 on :30 100 Fly Pace	SP2	S	FI
400	16 x 25 on :30 Wednesday Warm-up	REC	D	F
1	on 15:00 Racing Skills-Open Turns		D	ST
6:00 PM 4,550 Yards - Stress Value = 375				

Yards	Set Description	EGY	WC
3:30 PM Start			
=====			
	1 on 30:00 DS/TRX bands		
400	1 x 400 on 5:00 Choice	REC	
2,250	30 x 75 on 1:05 Your #1 or #2	SP2	
	if your #1/#2 is a 200 do 30X50		
	if your #1/#2 is a 100 do 30X25		
250	1 x 250 on 10:00 5m ez/5m video	REC	
1,500	30 x 50 on :55 200 pace of best non free	SP2	
250	1 x 250 on 15:00 5m ez/5m video	REC	
750	30 x 25 on :30 100 Free pace	SP2	
	1 on 10:00 Racing Skills-Starts		EN2
6:01 PM 5,400 Yards - Stress Value = 450			

**Workout #18658 - Thursday, 02 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
3:30 PM Start				
=====				
	1 on 30:00 DS/Physio Ball			
400	1 x 400 on 5:00 Choice	REC	S	CH
1,800	24 x 75 on 1:10 500 Free Pace	SP2	S	F
250	1 x 250 on 10:00 5m ez/5m video	REC	S	CH
750	30 x 25 on :30 100 pace of your 2nd best non fr	SP2	S	F
250	1 x 250 on 15:00 5m ez/5m video	REC	S	CH
500	20 x 25 on :30 50 Free Pace	SP2	S	F
250	1 x 250 on 15:00 5m ez/5m walking/5m video	REC	S	CH
	1 on 15:00 Racing Skills-Timed partner turn			
5:59 PM 4,200 Yards - Stress Value = 305				
6:00 PM 3,400 Yards - Stress Value = 300				

Yards	Set Description	EGY	WORK	STK	F
3:30 PM Start					
=====					
	1 on 30:00 DS/Physio Ball				
400	1 x 400 on 5:00 Choice	REC	S	CH	
1,800	24 x 75 on 1:10 500 Free Pace	SP2	S	F	
250	1 x 250 on 10:00 5m ez/5m video	REC	S	CH	
750	30 x 25 on :30 100 pace of your 2nd best non fr	SP2	S	F	
250	1 x 250 on 15:00 5m ez/5m video	REC	S	CH	
500	20 x 25 on :30 50 Free Pace	SP2	S	F	
250	1 x 250 on 15:00 5m ez/5m walking/5m video	REC	S	CH	
	1 on 15:00 Racing Skills-Timed partner turn				
5:59 PM 4,200 Yards - Stress Value = 305					

**Workout #18659 - Monday, 06 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
6:30 AM Start					
=====					
	1 on 45:00 DS/Weights				L DRY
400	1 x 400 on 5:00 Choice	REC	S	CH	1
1,500	30 x 50 on :50 200 Free Pace	SP2	S	F	1
350	1 x 350 on 7:00 Social Kick Tag	REC	K	CH	2
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BR	1
350	1 x 350 on 7:00 Social Kick Tag	REC	K	CH	2
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	2
350	1 x 350 on 7:00 Social Kick Tag	REC	K	CH	2
750	30 x 25 on :30 100 Back Pace	SP2	S	BK	2
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1
9:16 AM 6,200 Yards - Stress Value = 450					

Yards	Set Description	EGY	WORK	STK	F
6:30 AM Start					
=====					
	1 on 45:00 DS/Weights				L DRY
400	1 x 400 on 5:00 Choice	REC	S	CH	1
1,500	30 x 50 on :50 200 Free Pace	SP2	S	F	1
350	1 x 350 on 7:00 Social Kick Tag	REC	K	CH	2
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BR	1
350	1 x 350 on 7:00 Social Kick Tag	REC	K	CH	2
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	2
350	1 x 350 on 7:00 Social Kick Tag	REC	K	CH	2
750	30 x 25 on :30 100 Back Pace	SP2	S	BK	2
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1
9:16 AM 6,200 Yards - Stress Value = 450					

**Workout #18656 - Tuesday, 31 May 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM Start			
=====			
	1 on 30:00 DS/Core		
400	1 x 400 on 5:00 Choice	REC	
2,500	25 x 100 on 1:25 Your #1 or #2	SP2	
	if your #1/#2 is a 200 do 30X50		
	if your #1/#2 is a 100 do 30X25		
250	1 x 250 on 10:00 5m ez/5m video	REC	
1,500	30 x 50 on :50 200 Free pace	SP2	
250	1 x 250 on 15:00 5m ez/5m video	REC	
750	30 x 25 on :30 100 pace of best non free	SP2	
1	on 10:00 Racing Skills-underwaters		EN2
6:01 PM 5,650 Yards - Stress Value = 475			

Yards	Set Description	EGY	WORK	ST
5:00 PM Start				
=====				
	1 on 15:00 Ted's DS			L DF
400	1 x 400 on 5:00 Choice	REC	S	CH
2,500	25 x 100 on 1:25 1650 Pace	SP2	S	F
	Or 1650 for time			
250	1 x 250 on 10:00 5:00 EZ/5:00 Video	REC	S	CH
500	20 x 25 on :25 50 Free Pace	SP2	S	F
250	1 x 250 on 10:00 500 EZ/5:00 Video	REC	S	CH
6:29 PM 3,900 Yards - Stress Value = 300				

**Workout #18657 - Wednesday, 01 June 2016**

**Group 3 - All**

**1 minute rest between sets**

**Workout #18661 - Tuesday, 07 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,500	30 x 50 on :50 200 Fly Pace	SP2	S	FLY	1:
400	1 x 400 on 8:00 Top Hat Drill	REC	D	FR	2:
1,500	30 x 50 on :50 200 Back Pace	SP2	S	BK	1:
400	1 x 400 on 8:00 Top Hat Drill	REC	D	FR	2:
750	30 x 25 on :30 100 Breast Pace	SP2	S	BR	2:
400	1 x 400 on 8:00 Top Hat Drill	REC	D	FR	2:
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2:
250	1 x 250 on 3:00 Choice	REC	S	CHO	1:
9:15 AM 6,350 Yards - Stress Value = 450					

**Workout #18662 - Tuesday, 07 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:00 PM Start					
2,250	30 x 75 on 1:05 1000 Free Pace				
250	1 x 250 on 15:00 5min ez/Racing Skills Tmd Strt				
500	20 x 25 on :25 50 Free Pace				
250	1 x 250 on 15:00 5min ez/Racing Skills Tmd Strt				
6:30 PM 3,250 Yards - Stress Value = 279					

**Workout #18663 - Wednesday, 08 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,500	30 x 50 on :50 400 IM Pace	SP2	S	FR	1:
300	1 x 300 on 15:00 5m ez, 5m walking, 5m video	RE	L	DRY	
Find something to fix for each stroke					
1,500	30 x 50 on :50 200 IM Pace	SP2	S	FR	1:
300	1 x 300 on 10:00 5m ez, 5m video	RE	L	DRY	
1,500	30 x 50 on :50 200 Free Pace	SP2	S	FR	1:
9:15 AM 5,500 Yards - Stress Value = 450					

**Workout #18664 - Thursday, 09 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	FR	1:
1 on 8:00 Your dryland routine					
1,500	30 x 50 on :50 200 Free Pace	SP2	S	FR	1:
1 on 8:00 Your dryland routine					
750	30 x 25 on :30 100 Back Pace	SP2	S	BK	2:
1 on 8:00 Your dryland routine					
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	2:
250	1 x 250 on 3:00 Choice	REC	S	CHO	1:
9:15 AM 5,150 Yards - Stress Value = 450					

**Workout #18665 - Thursday, 09 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:00 PM Start					
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,800	24 x 75 on 1:10 500 Free Pace	SP2	S	FR	1:
1 on 16:00 Racing Skills-timed breakouts					
1,000	20 x 50 on :25 50 Free Pace	SP2	S	FR	1:
1 on 16:00 Racing Skills-timed finishes					
6:30 PM 3,200 Yards - Stress Value = 280					

**Workout #18666 - Friday, 10 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 PM Start					
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,500	30 x 50 on :50 200 Back Pace	SP2	S	BK	1:
1 on 8:00 Your dryland routine					
1,500	30 x 50 on :50 200 Fly Pace	SP2	S	FLY	1:
1 on 8:00 Your dryland routine					
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2:
1 on 8:00 Your dryland routine					
750	30 x 25 on :30 100 Breast Pace	SP2	S	BR	2:
250	1 x 250 on 6:00 Easy swim/video	REC	S	CD	2:
9:15 PM 5,150 Yards - Stress Value = 450					

**Workout #18667 - Monday, 13 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
750	30 x 25 on :30 100 Breast Pace	SP2	S	BR	2:
200	1 x 200 on 7:00 5 min easy 2 min video	REC	S	CD	2:
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2:
250	1 x 250 on 7:00 Follow the leader	REC	S	CD	2:
1,500	30 x 50 on :55 200 Fly Pace	SP2	S	FR	2:
1 on 8:00 Your dryland routine					
1,500	30 x 50 on :50 200 Back Pace	SP2	S	FR	2:
200	1 x 200 on 3:00 Stroke Drills	REC	S	CD	2:
9:15 AM 5,550 Yards - Stress Value = 450					

**Workout #18668 - Monday, 13 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:00 PM Start					
1 on 15:00 Your dryland routine					
500	1 x 500 on 8:00 Too complicated to type out	REC	S	CHO	1:
2,500	25 x 100 on 1:25 1650 Free Pace	SP2	S	FR	1:
1 on 15:00 Racing Skills-Underwaters					
500	20 x 25 on :25 50 Free Pace	SP2	S	FR	1:
250	1 x 250 on 4:00 Underwater trn drill	REC	S	CHO	1:
6:30 PM 3,750 Yards - Stress Value = 300					

**Workout #18669 - Tuesday, 14 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:30 AM Start			
400	1 x 400 on 5:00 Choice	REC	ε
750	30 x 25 on :30 100 Back Pace	SP2	ε
250	1 x 250 on 8:00 5 min easy 3 min video	REC	ε
750	30 x 25 on :30 100 Fly Pace	SP2	ε
250	1 x 250 on 8:00 Social Kick tag	REC	ε
1,500	30 x 50 on :55 200 Breast Pace	SP2	ε
1,500	30 x 50 on :50 200 Free Pace	SP2	ε
250	1 x 250 on 4:00 Top Hat Drill	REC	I
9:20 AM 5,650 Yards - Stress Value = 450			

**Workout #18670 - Tuesday, 14 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:00 PM Start			
500	1 x 500 on 8:00 Too complicated to type out	REC	ε
2,250	30 x 75 on 1:05 1000 Free Pace	SP2	ε
500	20 x 25 on :25 50 Free Pace	SP2	ε
250	1 x 250 on 4:00 Alt 25 closed fist/25 thumb dra	REC	I
6:30 PM 3,500 Yards - Stress Value = 275			

**Workout #18671 - Wednesday, 15 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
6:30 AM Start			
400	1 x 400 on 5:00 Choice	REC	ε
1,500	30 x 50 on :50 400 IM Pace	SP2	ε
250	1 x 250 on 15:00 5 min easy 10 min video	REC	ε
1,500	30 x 50 on :50 200 IM Pace	SP2	ε
250	1 x 250 on 15:00 Sculling Drills	EN1	ε
1,500	30 x 50 on :50 200 Free Pace	SP2	ε
250	1 x 250 on 4:00 Continuous pre-set	REC	ε
9:15 AM 5,650 Yards - Stress Value = 452			

**Workout #18672 - Thursday, 16 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:30 AM Start			
400	1 x 400 on 5:00 Choice	REC	ε
750	30 x 25 on :30 100 Free Pace	SP2	ε
250	1 x 250 on 8:00 5 min easy 3 min video	REC	ε
750	30 x 25 on :30 100 Breast Pace	SP2	ε
200	1 x 200 on 10:00 Vertical Kick Volleyball	EN2	ε
1,500	30 x 50 on :50 200 Back Pace	SP2	ε
1,000	40 x 25 on :30 200 Fly Pace	SP2	ε
250	1 x 250 on 5:00 Underwater trn drill-back	REC	I
9:15 AM 5,100 Yards - Stress Value = 404			

**Workout #18673 - Thursday, 16 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:00 PM Start			
500	1 x 500 on 8:00 Too complicated to type out	REC	ε
1,800	24 x 75 on 1:05 500 Free Pace	SP2	ε
500	20 x 25 on :25 50 Free Pace	SP2	ε
300	1 x 300 on 5:00 Reverse IM drill	REC	ε
6:30 PM 3,100 Yards - Stress Value = 230			

**Workout #18674 - Friday, 17 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:30 AM Start			
400	1 x 400 on 5:00 Choice	REC	ε
750	30 x 25 on :30 100 Fly Pace	SP2	ε
250	1 x 250 on 8:00 5 min easy 3 min video	REC	ε
750	30 x 25 on :30 100 Back Pace	SP2	ε
200	1 x 200 on 8:00 Racing Skills-Relay Starts/goggle toss	REC	ε
1,500	30 x 50 on :50 200 Free Pace	SP2	ε
1,500	30 x 50 on :55 200 Breast Pace	SP2	ε
200	1 x 200 on 3:00 Choice	REC	ε
9:15 AM 5,550 Yards - Stress Value = 450			

**Workout #18675 - Friday, 17 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:00 PM Start			
500	1 x 500 on 8:00 Too complicated to type out	REC	ε
1,500	30 x 50 on 1:00 Your #1	SP2	ε
100	1 x 100 on 6:00 Time Trial your choice	SP2	ε
100	1 x 100 on 6:00 Time Trial your choice	SP2	ε
100	1 x 100 on 6:00 Time Trial your choice	SP2	ε
100	1 x 100 on 6:00 Time Trial your choice	SP2	ε
6:31 PM 2,100 Yards - Stress Value = 160			

**Workout #18676 - Monday, 20 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:30 AM Start			
400	1 x 400 on 5:00 Choice	REC	ε
1,500	30 x 50 on :55 200 Breast Pace	SP2	ε
200	1 x 200 on 5:00 3 min ez 2 min video	REC	ε
1,500	30 x 50 on :50 200 Free Pace	SP2	ε
750	30 x 25 on :30 100 Fly Pace	SP2	ε
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC	ε
9:15 AM 4,650 Yards - Stress Value = 375			

**Workout #18677 - Monday, 20 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
	5:00 PM Start	
1	on 15:00 Your dryland routine	
500	1 x 500 on 8:00 Too complicated to type out	REC
2,500	25 x 100 on 1:25 1650 Free Pace	SP2
420	14 x 30 on 1:00 Racing Skills-Underwaters	SP2
500	20 x 25 on :25 50 Free Pace	SP2
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC
	6:31 PM 4,220 Yards - Stress Value = 317	

**Workout #18678 - Tuesday, 21 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	6:30 AM Start			
1	on 15:00 Your Dryland Routine			
500	1 x 500 on 8:00 Too complicated to type out	REC		
1,800	24 x 75 on 1:05 500 Free Pace	SP2		
1	on 24:00 Racing Skills-Tivo Starts + timed starts			REC
500	20 x 25 on :25 50 Free Pace	SP2		
300	1 x 300 on 5:00 Underwater trn drill	REC		
	6:30 PM 3,100 Yards - Stress Value = 230			

**Workout #18679 - Tuesday, 21 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	5:00 PM Start			
1	on 15:00 Your dryland routine	REC		
500	1 x 500 on 8:00 Too complicated to type out	REC		
	Start in Lane 3			
2,250	30 x 75 on 1:05 1000 Free Pace	SP2		
	1 on 18:00 Racing Skills-Open Turns	REC		
500	20 x 25 on :25 50 Free Pace	SP2		
250	1 x 250 on 4:00 Top Hat Drill	REC		
	6:30 PM 3,500 Yards - Stress Value = 275			

**Workout #18680 - Wednesday, 22 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	6:30 AM Start			
1	on 15:00 Your dryland routine	REC		
500	1 x 500 on 8:00 Too complicated to type out	REC		
1,500	30 x 50 on :50 200 IM Pace	SP2		
250	1 x 250 on 20:00 5m easy/5m video/10m YDR	REC		
1,500	30 x 50 on :50 400 IM Pace	SP2		
250	1 x 250 on 20:00 Sculling drills	EN1		
750	30 x 25 on :30 100 Free Pace	SP2		
250	1 x 250 on 4:00 Continuous pre-set	REC		
	9:15 AM 4,900 Yards - Stress Value = 377			

**Workout #18681 - Thursday, 23 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	6:30 AM Start			

Yards	Set Description	EGY	WORK	S
	5:00 PM Start			
1	on 15:00 Your Dryland Routine			
500	1 x 500 on 8:00 Too complicated to type out	REC		
1,500	30 x 50 on :50 200 Free Pace	SP2		
	1 on 8:00 5 min ez 3 min video	REC		
1,500	30 x 50 on :55 200 Breast Pace	SP2		
200	1 x 200 on 8:00 Vertical Kick Relay	EN2		
750	30 x 25 on :30 100 Back Pace	SP2		
	1 on 6:00 Your Dryland Routine			
750	30 x 25 on :30 100 Pace	SP2		
250	1 x 250 on 4:00 Underwater trn drill	REC		
	9:15 AM 5,350 Yards - Stress Value = 454			

**Workout #18682 - Thursday, 23 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	5:00 PM Start			
1	on 15:00 Your Dryland Routine			
500	1 x 500 on 8:00 Too complicated to type out	REC		
1,800	24 x 75 on 1:05 500 Free Pace	SP2		
1	on 24:00 Racing Skills-Tivo Starts + timed starts			REC
500	20 x 25 on :25 50 Free Pace	SP2		
300	1 x 300 on 5:00 Underwater trn drill	REC		
	6:30 PM 3,100 Yards - Stress Value = 230			

**Workout #18683 - Friday, 24 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	6:30 AM Start			
1	on 15:00 DS/Weights			I
400	1 x 400 on 5:00 Choice	REC		
1,000	40 x 25 on :30 200 Fly Pace	SP2		
250	1 x 250 on 8:00 5 min ez/3 min video	REC		
1,500	30 x 50 on :50 200 Back Pace	SP2		
	1 on 13:00 Racing Skills-Relay strarts			I
750	30 x 25 on :30 100 Breast Pace	SP2		
	1 on 8:00 Your Dryland Routine			I
750	30 x 25 on :30 100 Free Pace	SP2		
300	1 x 300 on 5:00 Reverse IM drill	REC		
	9:15 AM 4,950 Yards - Stress Value = 400			

**Workout #18684 - Friday, 24 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	5:00 PM Start			
1	on 15:00 Your dryland routine			
500	1 x 500 on 8:00 Too complicated to type out	REC		
1,500	30 x 50 on :55 Your #1 200	SP2		
	1 on 16:00 Racing Skills-partner timed turn	REC		
750	30 x 25 on :30 Your #1 100	SP2		
300	1 x 300 on 5:00 Reverse IM drill	REC		
	6:30 PM 3,050 Yards - Stress Value = 225			

**Workout #18685 - Monday, 27 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	6:30 AM Start			
1	on 45:00 DS/Weights		L W	
1	on 30:00 Meeting with Ava		M	
400	1 x 400 on 5:00 Choice	REC	S C	
750	30 x 25 on :30 100 Breast Pace	SP2	S	
250	1 x 250 on 9:00 5 min ez 4 min video	REC	S C	
750	30 x 25 on :30 100 Free Pace	SP2	S	
250	1 x 250 on 10:00 Follow the leader	REC	S C	
1,500	30 x 50 on :50 200 Fly Pace	SP2	S F	
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	REC	D	
	9:15 AM 4,200 Yards - Stress Value = 300			

**Workout #18686 - Monday, 27 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	5:00 PM Start			
1	on 15:00 Ted's DS		L I	
500	20 x 25 on :30 Wednesday Warm-up	REC	S	
2,500	25 x 100 on 1:25 1650 Free Pace	SP2	S	
1	on 12:00 Racing Skills-Starts	SP3	S C	
500	20 x 25 on :25 50 Free Pace	SP2	S	
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC	D	
	6:30 PM 3,800 Yards - Stress Value = 300			

**Workout #18687 - Tuesday, 28 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	6:30 AM Start			
1	on 45:00 DS/Weights		L I	
400	1 x 400 on 5:00 Choice	REC	S C	
750	30 x 25 on :30 100 Back Pace	SP2	S	
250	1 x 250 on 7:00 4 min ez 3 min video	REC	S C	
750	30 x 25 on :30 100 Fly Pace	SP2	S F	
250	1 x 250 on 7:00 Social Kick Tag	REC	K C	
1,500	30 x 50 on :50 200 Free Pace	SP2	S	
1	on 7:00 Your dryland routine		L I	
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	
250	1 x 250 on 4:00 Top Hat Drill	REC	D	
	9:15 AM 5,650 Yards - Stress Value = 450			

**Workout #18688 - Tuesday, 28 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	5:00 PM Start			
1	on 15:00 Ted's DS	REC		
500	20 x 25 on :30 Wednesday Warm-up	REC		
2,250	30 x 75 on 1:05 1000 Free Pace	SP2		
1	on 16:00 Racing Skills-Timed partner turn	REC		
500	20 x 25 on :25 50 Free Pace	SP2		
250	1 x 250 on 4:00 Top Hat Drill	REC		
	6:30 PM 3,500 Yards - Stress Value = 275			

**Workout #18689 - Wednesday, 29 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	6:30 AM Start		

Yards	Set Description	EGY	WORK	STK
1	on 45:00 DS/Weights		L W	
400	1 x 400 on 5:00 Choice	REC	S C	
1,500	30 x 50 on :50 200 IM Pace	SP2	S	
250	1 x 250 on 15:00 5m easy/5m video/5m YDR	REC	S	
1,500	30 x 50 on :50 400 IM Pace	SP2	S	
250	1 x 250 on 15:00 Sculling drills	EN1	S	
1,500	30 x 50 on :50 200 Back or Free	SP2	S	
250	1 x 250 on 4:00 Continuous pre-set	REC	S	
	9:15 AM 5,650 Yards - Stress Value = 452			

**Workout #18690 - Thursday, 30 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	6:30 AM Start			
1	on 45:00 DS/Weights		L W	
400	1 x 400 on 5:00 Choice	REC	S C	
750	30 x 25 on :30 100 Free Pace	SP2	S	
250	1 x 250 on 8:00 5 min ez 3 min video	REC	S C	
750	30 x 25 on :30 100 Breast Pace	SP2	S	
200	1 x 200 on 10:00 Vertical Kick	EN2	K F	
1,500	30 x 50 on :50 200 Back Pace	SP2	S	
1	on 10:00 Your Dryland Routine		L I	
1,000	40 x 25 on :30 100 Fly Pace	SP2	S F	
300	1 x 300 on 5:00 Underwater trn drill	REC	D	
	9:15 AM 5,150 Yards - Stress Value = 404			

**Workout #18691 - Thursday, 30 June 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	5:00 PM Start			
1	on 15:00 Ted's DS		L I	
500	20 x 25 on :30 Wednesday Warm-up	REC	D	
1,800	24 x 75 on 1:05 500 Free Pace	SP2	S	
1	on 22:00 Racing Skills-Tivo Starts + timed starts	REC	D C	
500	20 x 25 on :25 50 Free Pace	SP2	S	
300	1 x 300 on 5:00 Underwater trn drill	REC	D	
	6:30 PM 3,100 Yards - Stress Value = 230			

**Workout #18692 - Friday, 01 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	6:30 AM Start			
1	on 45:00 Yoga		L DRY	
400	1 x 400 on 5:00 Choice	REC	S CHO	
750	30 x 25 on :30 100 Fly Pace	SP2	S FLY	
250	1 x 250 on 7:00 4m easy 3m video	REC	S CHO	
750	30 x 25 on :30 100 Back Pace	SP2	S BK	
250	1 x 250 on 7:00 Racing Skills	REC	D CHO	
1,500	30 x 50 on :50 200 Free Pace	SP2	S FR	
1	on 7:00 Your Dryland Routine		L DRY	
1,500	30 x 50 on :55 200 Breast Pace	SP2	S BR	
300	1 x 300 on 5:00 Reverse IM drill	REC	D IM	
	9:16 AM 5,700 Yards - Stress Value = 450			

**Workout #18693 - Friday, 01 July 2016**

**Group 3 - All**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 15:00 Ted's DS			
500	1 x 500 on 8:00 Too complicated to type out	REC		
1,500	30 x 50 on :55 Your #1 200	SP2		
1	on 16:00 Racing Skills-partner timed turn	REC		
750	30 x 25 on :30 Your #1 100	SP2		
300	1 x 300 on 5:00 Reverse IM drill	REC		
6:30 PM 3,050 Yards - Stress Value = 225				

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 15:00 Ted's DS			L DRY
400	1 x 400 on 5:00 Choice	REC		S CHO
1,000	40 x 25 on :30 200 Fly Pace	SP2		S FLY
1	on 10:00 5m ez 5 min ydr	REC		S CHO
750	30 x 25 on :30 100 Back Pace	SP2		S BK
250	1 x 250 on 10:00 5m ez 5 min ydr	REC		S CHO
1,500	30 x 50 on :50 200 Free Pace	SP2		S FR
250	1 x 250 on 10:00 5m ez 5 min ydr	REC		S CHO
750	30 x 25 on :30 100 Breast Pace	SP2		S BR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
7:15 PM 5,100 Yards - Stress Value = 400				

**Workout #18694 - Monday, 04 July 2016**

**Group 3 - All**

**1 minute rest between sets**

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 45:00 DS/Weights			L WTS
400	1 x 400 on 5:00 Choice	REC		S CHO 1
2,500	25 x 100 on 1:25 1650 Free Pace	SP2		S FR 1
200	1 x 200 on 3:00 Choice	REC		S CHO 1
1,500	30 x 50 on :55 400 IM Pace	SP2		S IM 1
200	1 x 200 on 3:00 Choice	REC		S CHO 1
750	30 x 25 on :30 100 Back Pace	SP2		S BK 2
200	1 x 200 on 3:00 Choice	REC		S CHO 1
750	30 x 25 on :30 100 Free Pace	SP2		S FR 2
250	1 x 250 on 4:00 Choice	REC		S CHO 1
9:15 AM 6,750 Yards - Stress Value = 550				

**Workout #18698 - Thursday, 07 July 2016**

**Group 3 - All**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 15:00 Ted's DS			L DRY
400	1 x 400 on 5:00 Choice	REC		S CHC
1,500	30 x 50 on :55 Your #2 200	SP2		S STP
200	1 x 200 on 7:00 3m ez 4min walking	REC		S CHC
750	30 x 25 on :30 Your #2 100	SP2		S STP
200	1 x 200 on 7:00 3m ez 4min walking	REC		S CHC
1,500	30 x 50 on :50 Your #1 200	SP2		S STP
200	1 x 200 on 7:00 3m ez 4min walking	SP2		S CHC
750	30 x 25 on :30 Your #1 100	SP2		S STP
200	1 x 200 on 3:00 Stroke Drills	REC		D CI
9:15 AM 5,700 Yards - Stress Value = 470				

**Workout #18695 - Tuesday, 05 July 2016**

**Group 3 - All**

**1 minute rest between sets**

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 30:00 Team Meeting w/ Ava			M
1	on 15:00 Ted's DS			L DRY
1,500	30 x 50 on :55 200 Breast Pace	SP2		S BR
250	1 x 250 on 10:00 5m ez 5 min ydr	REC		S CHO
750	30 x 25 on :30 100 Fly Pace	SP2		S FLY
250	1 x 250 on 5:00 5m ez 5 min ydr	REC		S CHO
1,500	30 x 50 on :50 200 Back Pace	SP2		S BK
250	1 x 250 on 10:00 5m ez 5 min ydr	REC		S CHO
500	20 x 25 on :30 50 Free Pace	SP2		S FR
250	1 x 250 on 4:00 Choice	REC		S CHO
9:09 AM 5,250 Yards - Stress Value = 425				

**Workout #18699 - Thursday, 07 July 2016**

**Group 3 - All**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 15:00 Ted's DS			I
500	20 x 25 on :30 Wednesday Warm-up	REC		I
750	30 x 25 on :30 100 Fly Pace	SP2		S
250	1 x 250 on 10:00 5m ez 5 min ydr	REC		S
500	20 x 25 on :25 50 Free Pace	SP2		S
250	1 x 250 on 5:00 Stroke Drills	REC		I
1	on 15:00 Racing Skills-Trophy Starts			I
6:23 PM 2,250 Yards - Stress Value = 125				

**Workout #18696 - Tuesday, 05 July 2016**

**Group 3 - All**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
1	on 15:00 Ted's DS			L
500	20 x 25 on :30 Wednesday Warm-up	REC		S
750	30 x 25 on :30 100 Breast Pace	SP2		S
250	1 x 250 on 10:00 5m ez 5 min ydr	REC		S
750	30 x 25 on :30 100 Free Pace	SP2		S
250	1 x 250 on 5:00 Stroke Drills	REC		S
1	on 15:00 Racing Skills-1 leg starts	REC		D
6:29 PM 2,500 Yards - Stress Value = 150				

**Workout #18700 - Monday, 11 July 2016**

**Group 3 - All**

**1 minute rest between sets**

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 45:00 DS/Weights			L I
1	on 27:00 Team Meeting w/ Ava			M
400	1 x 400 on 5:00 Choice	REC		S C
1,500	30 x 50 on :55 200 Breast Pace	SP2		S
200	1 x 200 on 5:00 3 min ez 2 min video	REC		S C
1,500	30 x 50 on :50 200 Free Pace	SP2		S
1	on 5:00 Your Dryland Routine			L I
750	30 x 25 on :30 100 Fly Pace	SP2		S F
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC		S
9:15 AM 4,650 Yards - Stress Value = 375				

**Workout #18697 - Wednesday, 06 July 2016**

**Group 3 - All**

**1 minute rest between sets**

**Workout #18701 - Monday, 11 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM Start		
500	1 on 15:00 Ted's DS	
2,500	20 x 25 on :30 Wednesday Warm-up	REC
	25 x 100 on 1:25 1650 Free Pace	SP2
	1 on 12:00 Racing Skills-Stanford Turn Dri	EN1
500	20 x 25 on :25 50 Free Pace	SP2
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC
6:30 PM 3,800 Yards - Stress Value = 300		

**Workout #18702 - Tuesday, 12 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	§
6:30 AM Start				
500	1 on 15:00 Ted's DS			
1,500	20 x 25 on :30 Wednesday Warm-up	REC	S	C
1,800	1 on 11:00 Racing Skills-timed partner turn	SP2	S	F
250	24 x 75 on 1:05 500 Free Pace	REC	S	C
1,500	1 on 11:00 Racing Skills-Sooiners	SP2	S	
250	20 x 25 on :25 50 Free Pace	REC	K	C
750	30 x 25 on :30 100 Breast Pace	SP2	S	
	1 on 8:00 Your Dryland Routine		L	I
750	30 x 25 on :30 100 Free Pace	SP2	S	
250	1 x 250 on 4:00 Top Hat Drill	REC	D	
9:15 AM 5,650 Yards - Stress Value = 450				

**Workout #18703 - Tuesday, 12 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
500	1 on 15:00 Ted's DS	REC	
2,250	20 x 25 on :30 Wednesday Warm-up	REC	
	30 x 75 on 1:05 1000 Free Pace	SP2	
	1 on 16:00 Racing Skills-TN Turn Drills	REC	
500	20 x 25 on :25 50 Free Pace	SP2	
250	1 x 250 on 4:00 Top Hat Drill	REC	
6:30 PM 3,500 Yards - Stress Value = 275			

**Workout #18704 - Wednesday, 13 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC	§
6:30 AM Start				
400	1 on 15:00 Ted's DS			
1,500	1 x 400 on 5:00 Choice	REC	S	C
1,500	30 x 50 on :50 200 IM Pace	SP2	S	F
250	1 x 250 on 15:00 5m easy/5m video/5m YDR	REC		
1,500	30 x 50 on :50 400 IM Pace	SP2		
250	1 x 250 on 15:00 Sculling drills	EN1		
1,500	30 x 50 on :50 200 Free Pace	SP2		
250	1 x 250 on 4:00 Continuous pre-set	REC		
9:15 AM 5,650 Yards - Stress Value = 452				

**Workout #18705 - Thursday, 14 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	§
6:30 AM Start				
500	1 on 15:00 Ted's DS			
1,500	1 x 500 on 8:00 Follow the leader	REC	S	C
750	30 x 50 on :55 Your #1 200	SP2	S	C
300	1 on 16:00 Racing Skills-Tivo Starts	REC	D	S
750	30 x 25 on :30 Your #1 100	SP2	S	S
300	1 x 300 on 5:00 Reverse IM drill	REC	D	
6:30 PM 3,050 Yards - Stress Value = 225				

1	on 45:00 DS/Weights		L	I
400	1 x 400 on 5:00 Choice	REC	S	C
1,500	30 x 50 on :50 200 Free Pace	SP2	S	
	1 on 8:00 5 min ez 3 min video	REC	S	C
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	
200	1 x 200 on 8:00 Vertical Kick Relay	EN2	K	F
750	30 x 25 on :30 100 Back Pace	SP2	S	
	1 on 6:00 Your Dryland Routine		L	I
750	30 x 25 on :30 100 Fly Pace	SP2	S	F
250	1 x 250 on 4:00 Underwater trn drill	REC	D	
9:15 AM 5,350 Yards - Stress Value = 454				

**Workout #18706 - Thursday, 14 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM Start		
500	1 on 15:00 Ted's DS	
1,800	20 x 25 on :30 Wednesday Warm-up	REC
500	1 on 11:00 Racing Skills-timed partner turn	SP2
300	24 x 75 on 1:05 500 Free Pace	SP2
	1 on 11:00 Racing Skills-Sooiners	REC
	20 x 25 on :25 50 Free Pace	SP2
	1 x 300 on 5:00 Underwater trn drill	REC
6:30 PM 3,100 Yards - Stress Value = 230		

**Workout #18707 - Friday, 15 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	§
6:30 AM Start				
400	1 on 15:00 Ted's DS			
1,500	1 x 400 on 5:00 Choice	REC	S	C
250	30 x 50 on :50 200 Back Pace	SP2	S	F
1,000	1 x 250 on 8:00 5 min ez/3 min video	REC	I	
	40 x 25 on :30 200 Fly Pace	SP2	S	
750	1 on 13:00 Racing Skills-Relay strarts	SP2	I	
	30 x 25 on :30 100 Free Pace	SP2	S	
750	1 on 8:00 Your Dryland Routine		I	
300	30 x 25 on :30 100 Breast Pace	SP2	S	
	1 x 300 on 5:00 Reverse IM drill	REC	I	
9:15 AM 4,950 Yards - Stress Value = 400				

**Workout #18708 - Friday, 15 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	§
5:00 PM Start				
500	1 on 15:00 Ted's DS			
1,500	1 x 500 on 8:00 Follow the leader	REC	S	C
	30 x 50 on :55 Your #1 200	SP2	S	C
750	1 on 16:00 Racing Skills-Tivo Starts	REC	D	S
300	30 x 25 on :30 Your #1 100	SP2	S	S
	1 x 300 on 5:00 Reverse IM drill	REC	D	
6:30 PM 3,050 Yards - Stress Value = 225				

**Workout #18709 - Monday, 18 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					
1	on 45:00 DS/Weights		L	DRY	
1	on 30:00 Meeting w/ Ava		M		
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
750	30 x 25 on :30 100 free pace	SP2	S	FLY	2:
1	on 10:00 5m ez swim 5m video	REC	S	CHO	
750	30 x 25 on :30 100 Breast pace	SP2	S	FR	1:
1	on 10:00 Your dryland routine		L	DRY	
1,500	30 x 50 on :50 200 Fly or Back pace	SP2	S	BR	1:
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	REC	D	CD	1:
9:14 AM 3,700 Yards - Stress Value = 300					

**Workout #18710 - Monday, 18 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:00 PM Start					
1	on 15:00 Ted's DS				
500	20 x 25 on :30 Wednesday Warm-up	REC	S	FR	
2,500	25 x 100 on 1:25 1650 Free Pace	SP2	S	FR	
1	on 12:00 Racing Skills-backstroke starts				
500	20 x 25 on :25 50 Free Pace	SP2	S	FR	
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC	D	CD	1:
6:30 PM 3,800 Yards - Stress Value = 300					

**Workout #18711 - Tuesday, 19 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					
1	on 45:00 DS/Weights		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	2:
1	on 7:00 5m ez 2m video	REC	D	CHO	
1,500	30 x 50 on :50 200 Free Pace	SP2	S	FR	1:
1	on 8:00 Social Kick Tag	REC	K	CMB	
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BR	1:
1	on 7:00 Your Dryland routine		L	DRY	
750	30 x 25 on :30 100 Back Pace	SP2	S	BK	2:
300	1 x 300 on 5:00 Top Hat Drill	REC	D	CD	1:
9:15 AM 5,200 Yards - Stress Value = 450					

**Workout #18712 - Tuesday, 19 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:00 PM Start					
1	on 15:00 Ted's DS	REC	L	DRY	
500	20 x 25 on :30 Wednesday Warm-up	REC	S	FR	
2,250	30 x 75 on 1:05 1000 Free Pace	SP2	S	FR	
225	15 x 15 on 1:00 Shooters-your #1	SP3	S	CHO	
500	20 x 25 on :25 50 Free Pace	SP2	S	FR	
250	1 x 250 on 4:00 Top Hat Drill	REC	D	FR	
6:30 PM 3,725 Yards - Stress Value = 284					

**Workout #18713 - Wednesday, 20 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					
1	on 45:00 DS/Weights		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,500	30 x 50 on :50 200 IM Pace	SP2	S	FR	1:
250	1 x 250 on 15:00 Sculling drills	REC	D	CHO	
1,500	30 x 50 on :50 Your #1 200	SP2	S	FR	1:
1	on 15:00 5m ez/5 min video/5m YDR	REC	S	CHO	
750	30 x 25 on :30 Your #1 100	SP2	S	FR	1:
300	1 x 300 on 5:00 Continous Pre-set	REC	D	CHO	
9:05 AM 4,700 Yards - Stress Value = 375					

**Workout #18714 - Monday, 25 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					
1	on 45:00 DS/Weights		L	DRY	
1	on 30:00 Team Meeting w/ Ava		M		
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,500	30 x 50 on :50 200 Fly Pace	SP2	S	FR	1:
200	1 x 200 on 5:00 3 min ez 2 min video	REC	S	FR	
1,500	30 x 50 on :50 200 Back Pace	SP2	S	FR	1:
1	on 5:00 Your Dryland Routine		L	DRY	
750	30 x 25 on :30 100 Breast or Free Pace	SP2	S	FR	1:
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC	D	CD	1:
9:15 AM 4,650 Yards - Stress Value = 375					

**Workout #18715 - Monday, 25 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:00 PM Start					
1	on 15:00 Ted's DS				
500	20 x 25 on :30 Wednesday Warm-up	REC	S	FR	
2,500	25 x 100 on 1:25 1650 Free Pace	SP2	S	FR	
1	on 12:00 Racing Skills-Noodle back starts				
500	20 x 25 on :25 50 Free Pace	SP2	S	FR	
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC	D	CD	1:
6:30 PM 3,800 Yards - Stress Value = 300					

**Workout #18716 - Tuesday, 26 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
6:30 AM Start					
1	on 45:00 DS/Weights		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,500	30 x 50 on :50 200 Breast Pace	SP2	S	FR	1:
250	1 x 250 on 8:00 5 min ez 3 min video	REC	S	CHO	
1,500	30 x 50 on :50 200 Free Pace	SP2	S	FR	1:
250	1 x 250 on 8:00 Social Kick Tag	REC	K	CMB	
750	30 x 25 on :30 100 Fly Pace	SP2	S	FR	1:
1	on 8:00 Your Dryland Routine		L	DRY	
750	30 x 25 on :30 100 Back Pace	SP2	S	FR	1:
250	1 x 250 on 4:00 Top Hat Drill	REC	D	CD	1:
9:15 AM 5,650 Yards - Stress Value = 450					

**Workout #18717 - Tuesday, 26 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	W
	5:00 PM Start		
1	on 15:00 Ted's DS	REC	
500	20 x 25 on :30 Wednesday Warm-up	REC	
2,250	30 x 75 on 1:05 1000 Free Pace	SP2	
1	on 16:00 Racing Skills-Back-Physio Ball		
500	20 x 25 on :25 50 Free Pace	SP2	
250	1 x 250 on 4:00 Top Hat Drill	REC	
	6:30 PM 3,500 Yards - Stress Value = 275		

**Workout #18718 - Wednesday, 27 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	6:30 AM Start		
1	on 45:00 DS/Weights		
400	1 x 400 on 5:00 Choice	REC	
1,500	30 x 50 on :50 200 IM Pace	SP2	
250	1 x 250 on 15:00 5m easy/5m video/5m YDR	REC	
1,500	30 x 50 on :50 400 IM Pace	SP2	
250	1 x 250 on 15:00 Sculling drills	EN1	
750	30 x 25 on :30 100 Free or Breast Pace	SP2	
250	1 x 250 on 4:00 Continuous pre-set	REC	
	9:05 AM 4,900 Yards - Stress Value = 377		

**Workout #18719 - Thursday, 28 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	6:30 AM Start			
1	on 45:00 DS/Weights			
400	1 x 400 on 5:00 Choice	REC		
1,500	30 x 50 on :50 200 Back Pace	SP2		
1	on 8:00 5 min ez 3 min video	REC		
1,000	40 x 25 on :30 200 Fly Pace	SP2		
200	1 x 200 on 12:00 Vertical Kick Relay	EN2		
750	30 x 25 on :30 100 Free Pace	SP2		
1	on 10:00 Your Dryland Routine			
750	30 x 25 on :30 100 Breast Pace	SP2		
250	1 x 250 on 4:00 Underwater trn drill	REC		
	9:15 AM 4,850 Yards - Stress Value = 404			

**Workout #18720 - Thursday, 28 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	5:00 PM Start			
1	on 15:00 Ted's DS			
500	20 x 25 on :30 Wednesday Warm-up	REC		
1,800	24 x 75 on 1:05 500 Free Pace	SP3		
1	on 11:00 Racing Skills-timed partner turn	SP2		
1	on 11:00 Racing Skills-Spinners	REC		
500	20 x 25 on :25 50 Free Pace	SP2		
300	1 x 300 on 5:00 Underwater trn drill	REC		
	6:30 PM 3,100 Yards - Stress Value = 230			

**Workout #18721 - Friday, 29 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	6:30 AM Start			

Yards	Set Description	EGY	WORK	S
1	on 45:00 DS/Weights			
400	1 x 400 on 5:00 Choice	REC		
1,500	30 x 50 on :50 200 Free Pace	SP2		
250	1 x 250 on 8:00 5 min ez/3 min video	REC		
1,500	30 x 50 on :55 200 Breast Pace	SP2		
1	on 8:00 Racing Skills-Spinners			
750	30 x 25 on :30 100 Back Pace	SP2		
1	on 5:00 Your Dryland Routine			
750	30 x 25 on :30 100 Fly Pace	SP2		
300	1 x 300 on 5:00 Reverse IM drill	REC		
	9:15 AM 5,450 Yards - Stress Value = 450			

**Workout #18722 - Friday, 29 July 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	5:00 PM Start			
1	on 15:00 Ted's DS			
500	1 x 500 on 8:00 Follow the leader	REC		
1,500	30 x 50 on :55 Your #1 200	SP2		
1	on 16:00 Racing Skills-Tivo Starts	REC		
750	30 x 25 on :30 Your #1 100	SP2		
300	1 x 300 on 5:00 Reverse IM drill	REC		
	6:30 PM 3,050 Yards - Stress Value = 225			

**Workout #18723 - Monday, 01 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	6:30 AM Start			
1	on 45:00 DS/Weights			
1	on 27:00 Team Meeting w/ Ava			
400	1 x 400 on 5:00 Choice	REC		
750	30 x 25 on :30 100 Breast or Free Pace	SP2		
200	1 x 200 on 5:00 3 min ez 2 min video	REC		
1,500	30 x 50 on :50 200 Free Pace	SP2		
1	on 5:00 Your Dryland Routine			
1,500	30 x 50 on :55 200 Breast Pace	SP2		
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC		
	9:15 AM 4,650 Yards - Stress Value = 375			

**Workout #18724 - Tuesday, 02 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	6:30 AM Start			
1	on 45:00 DS/Weights			
400	1 x 400 on 5:00 Choice	REC		
750	30 x 25 on :30 100 Free Pace	SP2		
250	1 x 250 on 8:00 5 min ez 3 min video	REC		
750	30 x 25 on :30 100 Breast Pace	SP2		
250	1 x 250 on 8:00 Social Kick Tag	REC		
1,500	30 x 50 on :50 200 Back Pace	SP2		
1	on 8:00 Your Dryland Routine			
1,500	30 x 50 on :50 200 Fly Pace	SP2		
250	1 x 250 on 4:00 Top Hat Drill	REC		
	9:15 AM 5,650 Yards - Stress Value = 450			

**Workout #18725 - Wednesday, 03 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
6:30 AM Start				
1	on 45:00 DS/Weights			
400	1 x 400 on 5:00 Choice	REC		
1,500	30 x 50 on :50 200 IM Pace	SP2		
250	1 x 250 on 15:00 5m easy/5m video/5m YDR	REC		
1,500	30 x 50 on :50 400 IM Pace	SP2		
250	1 x 250 on 15:00 Sculling drills	EN1		
750	30 x 25 on :30 100 Back or Fly Pace	SP2		
250	1 x 250 on 4:00 Continuous pre-set	REC		
9:05 AM 4,900 Yards - Stress Value = 377				

**Workout #18726 - Thursday, 04 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
6:30 AM Start				
1	on 45:00 DS/Weights			
400	1 x 400 on 5:00 Choice	REC		
750	30 x 25 on :30 100 Fly Pace	SP2		
	1 on 8:00 5 min ez 3 min video	REC		
750	30 x 25 on :30 100 Back Pace	SP2		
200	1 x 200 on 8:00 Vertical Kick Relay	EN2		
1,500	30 x 50 on :55 200 Breast Pace	SP2		
	1 on 6:00 Your Dryland Routine			
750	30 x 25 on :50 200 Free Pace	SP2		
250	1 x 250 on 4:00 Underwater trn drill	REC		
9:15 AM 4,600 Yards - Stress Value = 379				

**Workout #18727 - Friday, 05 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
6:30 AM Start				
1	on 45:00 DS/Weights			
400	1 x 400 on 5:00 Choice	REC		
750	30 x 25 on :30 100 Breast Pace	SP2		
250	1 x 250 on 8:00 5 min ez/3 min video	REC		
750	30 x 25 on :30 100 Free Pace	SP2		
	1 on 15:00 Racing Skills-Tivo Starts			
1,000	40 x 25 on :30 200 Fly Pace	SP2		
	1 on 6:00 Your Dryland Routine			
1,500	30 x 50 on :50 200 Back Pace	SP2		
300	1 x 300 on 5:00 Reverse IM drill	REC		
9:15 AM 4,950 Yards - Stress Value = 400				

**Workout #18728 - Monday, 08 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
6:30 AM Start				
1	on 45:00 DS/Weights			
	1 on 30:00 Team Meeting w/ Ava			
400	1 x 400 on 5:00 Choice	REC		
1,500	30 x 50 on :50 200 Back Pace	SP2		
200	1 x 200 on 5:00 3 min ez 2 min video	REC		
1,500	30 x 50 on :50 200 Fly Pace	SP2		
	1 on 5:00 Your Dryland Routine			
750	30 x 25 on :30 100 free or 100 breast	SP2		
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC		
9:15 AM 4,650 Yards - Stress Value = 375				

**Workout #18729 - Tuesday, 09 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
6:30 AM Start				
1	on 45:00 DS/Weights			
400	1 x 400 on 5:00 Choice	REC		
1,500	30 x 50 on :55 200 Breast Pace	SP2		
250	1 x 250 on 8:00 5 min ez 3 min video	REC		
1,500	30 x 50 on :50 200 Free Pace	SP2		
250	1 x 250 on 8:00 Social Kick Tag	REC		
750	30 x 25 on :30 100 Fly Pace	SP2		
	1 on 5:00 Your Dryland Routine			
750	30 x 25 on :30 100 Back Pace	SP2		
250	1 x 250 on 4:00 Top Hat Drill	REC		
9:15 AM 5,650 Yards - Stress Value = 450				

**Workout #18730 - Wednesday, 10 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
6:30 AM Start				
1	on 45:00 DS/Weights			
400	1 x 400 on 5:00 Choice	REC		
1,500	30 x 50 on :50 200 IM Pace	SP2		
250	1 x 250 on 15:00 5m easy/5m video/5m YDR	REC		
1,500	30 x 50 on :50 400 IM Pace	SP2		
250	1 x 250 on 15:00 Sculling drills	EN1		
750	30 x 25 on :30 100 Free or Breast Pace	SP2		
250	1 x 250 on 4:00 Continuous pre-set	REC		
9:05 AM 4,900 Yards - Stress Value = 377				

**Workout #18731 - Thursday, 11 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
6:30 AM Start				
1	on 45:00 DS/Weights			
400	1 x 400 on 5:00 Choice	REC		
1,000	40 x 25 on :30 200 Fly Pace	SP2		
	1 on 10:00 7 min ez 3 min video	REC		
1,500	30 x 50 on :50 200 Back Pace	SP2		
200	1 x 200 on 10:00 Vertical Kick Relay	EN2		
750	30 x 25 on :30 100 Breast Pace	SP2		
	1 on 10:00 Your Dryland Routine			
750	30 x 25 on :30 100 Free Pace	SP2		
250	1 x 250 on 4:00 Underwater trn drill	REC		
9:15 AM 4,850 Yards - Stress Value = 404				

**Workout #18732 - Friday, 12 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
6:30 AM Start				
1	on 45:00 DS/Yoga			
400	1 x 400 on 5:00 Choice	REC		
1,500	30 x 50 on :50 200 Free Pace	SP2		
250	1 x 250 on 8:00 5 min ez/3 min video	REC		
1,500	30 x 50 on :50 200 Breat Pace	SP2		
	1 on 10:00 Racing Skills-Tivo Starts			
750	30 x 25 on :30 100 Back Pace	SP2		
	1 on 6:00 Your Dryland Routine			
750	30 x 25 on :30 100 Fly Pace	SP2		
300	1 x 300 on 5:00 Reverse IM drill	REC		
9:15 AM 5,450 Yards - Stress Value = 450				

**Workout #18733 - Wednesday, 17 August 2016**

**Group 3 - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 10:00 Ted's DS
150	1 x 600 on 10:00 Swim-kick-pull-swim
500	10 x 15 on :45 Shooters
100	5 x 100 on 2:00 Kick-odds good effort
800	2x{1 x 25 on :50 Sculling drills
200	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4 x 200 on 3:00 Freestyle-descend
	1 x 200 on 3:00 Stroke Drills
	4:01 PM 2,350 Yards - Stress Value = 32

Yards	Set Description	EGY	WORK	STK	PACE
600	1 on 10:00 Ted's DS				L DRY
150	1 x 600 on 10:00 Reverse IM drill	REC	S	FR	1:15
1,600	10 x 15 on :45 Shooters	SP3	S	FR	1:50
	1x{6 x 25 on :30 Butterfly	EN1	S	FR	1:36
	{1 x 100 on 1:30 Individual Medley	EN1	S	FR	2:00
	{6 x 25 on :30 Backstroke	EN1	S	FR	
	{2 x 100 on 1:30 Individual Medley	EN1	S	FR	
	{6 x 25 on :30 Breaststroke	EN1	S	FR	
	{3 x 100 on 1:30 Individual Medley	EN1	S	FR	
	{6 x 25 on :30 Freestyle	EN1	S	FR	
200	{4 x 100 on 1:30 Individual Medley	EN1	S	FR	
	1 x 200 on 3:00 Stroke Drills	REC	D	CD	1:30
	4:01 PM 2,550 Yards - Stress Value = 24				

**Workout #18738 - Friday, 19 August 2016**

**Group 3 - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	PACE
400	1 on 10:00 Ted's DS				L DRY
1,500	1 x 400 on 5:00 Freestyle	REC	S	FR	1:15
250	30 x 50 on :50 200 Free Pace	EN2	S	FR	1:50
	Must complete at swim at least 16				
250	1 x 250 on 4:00 Easy Kick	REC	S	CHO	1:30
750	30 x 25 on :30 100 of your best non free	SP2	S	FR	2:00
200	1 x 200 on 3:00 Easy	REC	S	CHO	1:30
	4:06 PM 3,100 Yards - Stress Value = 105				

Yards	Set Description	EGY	WORK	STK	PACE
400	1 on 10:00 Ted's DS				L DRY
1,500	1 x 400 on 5:00 Freestyle	REC	S	FR	1:15
250	30 x 50 on :55 400 IM Pace	SP2	S	FR	1:50
500	1 x 250 on 4:00 EZ Free	REC	S	FR	1:36
	20 x 25 on :30 50 Free Pace	SP2	S	FR	2:00
	Must complete at least 12				
200	1 x 200 on 3:00 Easy	REC	S	CHO	1:30
	4:04 PM 2,850 Yards - Stress Value = 200				

**Workout #18739 - Monday, 22 August 2016**

**Group 3 - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
400	1 on 10:00 Ted's DS
150	1 x 400 on 6:00 Swim-kick-pull-swim
100	10 x 15 on :45 Shooters
500	2x{1 x 25 on :50 Sculling drills
100	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1 x 250 on 5:00 Kick-odd 25's breast
200	even 25's fly or free
	1x{ L.100 of each good effort, L.25 6bk
	{1 x 500 on 6:40 Freestyle
	{1 x 400 on 5:20 Freestyle
	{1 x 300 on 4:00 Freestyle
	{1 x 200 on 2:40 Freestyle
	{1 x 100 on 1:20 Freestyle
	1 x 200 on 3:00 Stroke Drills
	4:00 PM 2,600 Yards - Stress Value = 41

Yards	Set Description	EGY	WORK	STK	PACE
400	1 on 10:00 Ted's DS				L DRY
150	1 x 400 on 6:00 Swim-kick-pull-swim				
100	10 x 15 on :45 Shooters				
500	2x{1 x 25 on :50 Sculling drills				
100	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
800	1 x 250 on 5:00 Kick-odd 25's breast				
200	even 25's fly or free				
	1x{ L.100 of each good effort, L.25 6bk				
	{1 x 500 on 6:40 Freestyle				
	{1 x 400 on 5:20 Freestyle				
	{1 x 300 on 4:00 Freestyle				
	{1 x 200 on 2:40 Freestyle				
	{1 x 100 on 1:20 Freestyle				
200	1 x 200 on 3:00 Stroke Drills				
	4:00 PM 2,600 Yards - Stress Value = 41				

**Workout #18736 - Thursday, 18 August 2016**

**Group 3 - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	PACE
400	1 on 10:00 Ted's DS				L DRY
1,500	1 x 400 on 5:00 Freestyle	REC	S	FR	1:15
250	30 x 50 on :55 200 Back Pace	EN2	S	FR	1:50
	Must complete at swim at least 16				
250	1 x 250 on 4:00 Choice	REC	S	CHO	1:30
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2:00
	Must complete at swim at least 16				
200	1 x 200 on 3:00 Easy	REC	S	CHO	1:30
	4:09 PM 3,100 Yards - Stress Value = 105				

Yards	Set Description	EGY	WORK	STK	PACE
400	1 on 10:00 Ted's DS				L DRY
1,500	1 x 400 on 5:00 Choice	REC	S	CHO	1:15
250	30 x 50 on :50 200 Fly Pace	SP2	S	FLY	1:40
	Must do at least 16				
250	1 x 250 on 5:00 EZ Swim	REC	S	CHO	2:00
750	30 x 25 on :30 100 Back Pace	SP2	S	BK	2:00
	Must do at least 16				
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	1:30
	4:07 PM 3,100 Yards - Stress Value = 225				

**Workout #18737 - Friday, 19 August 2016**

**Group 3 - IM's**

**1 minute rest between sets**

3:00 PM Start

**Workout #18741 - Tuesday, 23 August 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Ted's DS  
 400 1 x 400 on 6:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1x{4 x 25 on :45 Kick no board B  
 {4 x 25 on :40 Kick no board B  
 {4 x 25 on :35 Kick no board B  
 {4 x 25 on :30 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  
 900 1x{ 1st and last wall 12.5 yards under water  
 {2 x 150 on 2:15 Backstroke  
 {2 x 125 on 1:50 Backstroke  
 {2 x 100 on 1:25 Backstroke  
 {2 x 75 on 1:05 Backstroke  
 250 1 x 250 on 4:00 Stomach and Stretch  
 4:00 PM 2,200 Yards - Stress Value = 29

**Workout #18742 - Tuesday, 23 August 2016**

**Group 3 - All**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WORK STK F  
 =====  
 1 on 10:00 Ted's DS L DRY  
 400 1 x 400 on 5:00 Choice REC S CHO 1  
 1,500 30 x 50 on :50 200 Free Pace SP2 S FR 1  
 Must complete at least 12  
 250 1 x 250 on 5:00 EZ-kick or swim REC D CHO 2  
 750 30 x 25 on :30 100 Breast Pace SP2 S BR 2  
 Must complete at least 16  
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1  
 4:07 PM 3,100 Yards - Stress Value = 225

**Workout #18743 - Wednesday, 24 August 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Ted's DS  
 400 16 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 300 3 x 100 on 2:00 Kick-Odds fast breast  
 evens choice  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{3 x 100 on 1:50 Breast-descend  
 {3 x 100 on 1:45 Breast-descend  
 {3 x 100 on 1:40 Breast-descend  
 200 1 x 200 on 4:00 Stroke Drills  
 4:00 PM 2,050 Yards - Stress Value = 30

**Workout #18744 - Wednesday, 24 August 2016**

**Group 3 - All**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WORK STK PAC  
 =====  
 1 on 10:00 Ted's DS L DRY  
 400 1 x 400 on 5:00 Choice REC S CHO 1:1  
 1,500 30 x 50 on :50 200 Back Pace SP2 S BK 1:4  
 Must do at least 12  
 250 1 x 250 on 5:00 Your choice REC D CHO 2:0  
 750 30 x 25 on :30 100 Fly Pace SP2 S FLY 2:0

Must do at least 16

200 1 x 200 on 3:00 Stroke Drills REC D CD 1:3  
 4:07 PM 3,100 Yards - Stress Value = 225

**Workout #18745 - Thursday, 25 August 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Ted's DS  
 400 1 x 400 on 6:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :30 Kick no board S  
 {4 x 100 on 2:00 Fly kick-descend  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{3 x 100 on 1:30 Fly 2 strokes off each wall  
 {3 x 100 on 1:25 Fly 2 strokes off each wall  
 {3 x 100 on 1:20 Fly 2 strokes off each wall  
 250 1 x 250 on 5:00 Stroke Drills  
 4:00 PM 2,300 Yards - Stress Value = 34

**Workout #18746 - Thursday, 25 August 2016**

**Group 3 - All**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WORK STK PA  
 =====  
 1 on 10:00 Ted's DS L DRY  
 400 1 x 400 on 5:00 Choice REC S CHO 1:  
 1,200 24 x 50 on :55 200 Breast Pace EN2 S BR 1:  
 Must do at least 12  
 250 1 x 250 on 5:00 Choice REC S CHO 2:  
 600 24 x 25 on :30 100 Free Pace SP2 S FR 2:  
 Must do at least 16  
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1:  
 4:01 PM 2,650 Yards - Stress Value = 84

**Workout #18747 - Monday, 29 August 2016**

**Group 3 - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Ted's DS  
 400 1 x 400 on 6:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 300 3 x 100 on 2:00 Kick on fastest interval  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 5 x 300 on 4:00 Free-descend  
 1-4, hold #5 exactly same pace as #4  
 200 1 x 200 on 3:00 Stroke Drills  
 4:01 PM 2,650 Yards - Stress Value = 42

**Workout #18748 - Monday, 29 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
	3:00 PM Start				
	1 on 10:00 Ted's DS			L DRY	
400	1 x 400 on 5:00 Choice	REC		S CHO	1:1
1,200	24 x 50 on :50 200 Back Pace	SP2		S BK	1:4
	Must do at least 12				
250	1 x 250 on 5:00 Choice	REC		S CHO	2:0
600	24 x 25 on :30 100 Free Pace	SP2		S FR	2:0
	Must do at least 16				
250	1 x 250 on 4:00 Stroke Drills	REC		D CD	1:3
	4:00 PM 2,700 Yards - Stress Value = 180				

**Workout #18752 - Thursday, 01 September 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
	3:00 PM Start				
	1 on 10:00 Ted's DS			L DRY	
400	1 x 400 on 5:00 Choice	REC		S CHO	1:1
1,200	24 x 50 on :50 200 Free Pace	SP2		S FR	1:4
	Must do at least 12				
250	1 x 250 on 5:00 Choice	REC		S CHO	2:0
600	24 x 25 on :30 100 Back Pace	SP2		S BK	2:0
	Must do at least 16				
250	1 x 250 on 4:00 Stroke Drills	REC		D CD	1:3
	4:00 PM 2,700 Yards - Stress Value = 180				

**Workout #18749 - Wednesday, 31 August 2016**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
	3:00 PM Start				
	1 on 10:00 Ted's DS			L DRY	
400	1 x 400 on 6:00 Top Hat Drill	REC		D FR	
150	10 x 15 on :45 Shooters	SP3		S BK	
1,800	1x{4 x 150 on 2:15 Backstroke	EN2		S BK	
	{4 x 25 on :30 Back-100%	EN2		S BK	
	{4 x 125 on 1:50 Backstroke	EN2		S BK	
	{4 x 25 on :30 Back-100%	EN2		S BK	
	{4 x 100 on 1:30 Backstroke	EN2		S BK	
	{4 x 25 on :30 Back-100%	EN2		S BK	
250	1 x 250 on 4:00 Stroke Drills	REC		D CD	
	4:00 PM 2,600 Yards - Stress Value = 42				

**Workout #18753 - Friday, 02 September 2016**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
	3:00 AM Start				
	1 on 10:00 Ted's DS			L DF	
400	1 x 400 on 6:00 Reverse IM drill	REC		D I	
150	10 x 15 on :45 Shooters	SP3		S F	
250	1 x 250 on 5:00 Kick	EN2		K F	
1,500	1x{1 x 200 on 3:00 Breaststroke	EN1		S F	
	{2 x 25 on :30 Breast 2X pullouts	EN1		S F	
	{2 x 150 on 2:15 Breaststroke	EN1		S F	
	{4 x 25 on :30 Breast 2X pullouts	EN1		S F	
	{3 x 100 on 1:30 Breaststroke	EN1		S F	
	{6 x 25 on :30 Breast 2X pullouts	EN1		S F	
	{4 x 50 on :45 Breaststroke	EN1		S F	
	{8 x 25 on :30 Breast 2X pullouts	EN1		S F	
200	1 x 200 on 3:00 Stroke Drills	REC		D C	
	4:01 AM 2,500 Yards - Stress Value = 26				

**Workout #18750 - Wednesday, 31 August 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
	3:00 PM Start				
	1 on 10:00 Ted's DS			L DRY	
400	1 x 400 on 5:00 Choice	REC		S CHO	1:
1,200	24 x 50 on :55 200 Breast Pace	SP2		S BR	1:
	Must do at least 12				
250	1 x 250 on 5:00 Stroke Drills	REC		D CD	2:
600	24 x 25 on :30 100 Fly Pace	SP2		S FLY	2:
	Must do at least 16				
200	1 x 200 on 3:00 Stroke Drills	REC		D CD	1:
	4:01 PM 2,650 Yards - Stress Value = 180				

**Workout #18754 - Friday, 02 September 2016**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
	3:00 PM Start				
	1 on 10:00 Ted's DS			L DRY	
400	1 x 400 on 5:00 Choice	REC		S CHO	1:
1,200	24 x 50 on :50 200 Fly Pace	SP2		S FLY	1:
	Must do at least 12				
250	1 x 250 on 5:00 Stroke Drills	REC		D CD	2:
600	24 x 25 on :30 100 Breast Pace	SP2		S BR	2:
	Must do at least 16				
200	1 x 200 on 3:00 Stroke Drills	REC		D CD	1:
	3:59 PM 2,650 Yards - Stress Value = 180				

**Workout #18751 - Thursday, 01 September 2016**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
	3:00 PM Start				
	1 on 10:00 Ted's DS			L DRY	
400	1 x 400 on 6:00 Underwater trn drill				
150	10 x 15 on :45 Shooters				
200	8 x 25 on :30 Kick no board S				
	10 KOW +1				
100	2x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
1,600	2x{1 x 200 on 3:00 Fly w/fins				
	{1 x 200 on 2:50 175 Fly 25 Free w/fins				
	{1 x 200 on 2:40 150 Fly 50 Free w/fins				
	{1 x 200 on 2:30 125 Fly 75 Free w/fins				
200	1 x 200 on 3:00 Stroke Drills				
	4:01 PM 2,650 Yards - Stress Value = 42				

**Workout #18759 - Tuesday, 06 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
	3:30 PM Start				
	1 on 20:00 DS/Tm Mtg			L DRY	
400	1 x 400 on 5:00 Choice	REC		D CHO	1:1
1,200	24 x 50 on :50 200 Fly Pace	SP2		S FLY	1:4
200	1 x 200 on 3:00 Stroke Drills	REC		D FR	1:3
600	24 x 25 on :30 100 Back Pace	SP2		S BK	2:0
200	1 x 200 on 3:00 Stroke Drills	REC		D CD	1:3
1,200	24 x 50 on :50 200 Free Pace	SP2		S FR	1:4
200	1 x 200 on 3:00 Stroke Drills	REC		D CD	1:3
	5:02 PM 4,000 Yards - Stress Value = 300				

**Workout #18755 - Tuesday, 06 September 2016**

**1 minute rest between sets**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Core/Team Mtg
150	1 x 400 on 8:00 Top Hat Drill
500	10 x 15 on :45 Shooters
1,800	10 x 50 on 1:00 Kick
	1st 25 of each 100 12 strokes or less
2x{1 x 100 on 1:30 Free L.25 6bk	
{1 x 100 on 1:30 Free L.25 8 KOW	
{1 x 100 on 1:30 Free L.25 your weak stroke	
{1 x 100 on 1:25 Free L.25 tarzan	
{1 x 100 on 1:25 Free L.25 clsd fst	
{1 x 100 on 1:25 Free L.25 breath on 5	
{1 x 100 on 1:20 Free L.25 br to weak side	
{1 x 100 on 1:20 Free L.25 4 strks then h.b	
{1 x 100 on 1:20 Free L.25 body driven	
250	1 x 250 on 4:00 Stroke Drills

5:00 PM 3,100 Yards - Stress Value = 34

3:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Core/Team Mtg
150	1 x 400 on 8:00 Top Hat Drill
400	10 x 15 on :45 Shooters
1,350	8 x 50 on 1:15 Kick
2x{1 x 100 on 2:00 Free L.25 6bk	
{1 x 100 on 2:00 Free L.25 8 KOW	
{1 x 100 on 2:00 Free L.25 your weak stroke	
{1 x 75 on 1:25 Free L.25 tarzan	
{1 x 75 on 1:25 Free L.25 clsd fst	
{1 x 75 on 1:25 Free L.25 breath on 5	
{1 x 50 on :55 Free L.25 br to weak side	
{1 x 50 on :55 Free L.25 4 strks then h.b	
{1 x 50 on :55 Free L.25 body driven	
250	1 x 250 on 4:00 Stroke Drills

5:00 PM 2,550 Yards - Stress Value = 29

**Workout #18760 - Wednesday, 07 September 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Core/Team Mtg
150	1 x 400 on 8:00 Top Hat Drill
500	10 x 15 on :45 Shooters
1,700	10 x 50 on 1:00 Kick
	1st 25 of each 100 12 strokes or less
2x{1 x 100 on 1:35 Free L.25 6bk	
{1 x 100 on 1:35 Free L.25 8 KOW	
{1 x 100 on 1:35 Free L.25 your weak stroke	
{1 x 100 on 1:30 Free L.25 tarzan	
{1 x 100 on 1:30 Free L.25 clsd fst	
{1 x 100 on 1:30 Free L.25 breath on 5	
{1 x 100 on 1:25 Free L.25 br to weak side	
{1 x 100 on 1:25 Free L.25 4 strks then h.b	
{1 x 50 on :40 Free L.25 body driven	
250	1 x 250 on 4:00 Stroke Drills

5:00 PM 3,000 Yards - Stress Value = 33

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
600	10 x 15 on :45 Shooters
1x{4 x 25 on :45 Kick no board BSLR	
{1 x 100 on 2:00 Kick streamline on back	
{4 x 25 on :45 Kick no board BSLR	
{1 x 100 on 2:00 Kick on left side	
{4 x 25 on :45 Kick no board BSLR	
{1 x 100 on 2:00 Kick on right side	
100	2x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
900	1x{3 x 75 on 1:20 Back 12.5 yds under
{3 x 75 on 1:15 Back 12.5 yds under	
{3 x 75 on 1:10 Back 12.5 yds under	
{3 x 75 on 1:05 Back 12.5 yds under	
250	1 x 250 on 4:00 Stroke Drills

5:00 PM 2,500 Yards - Stress Value = 34

**Workout #18764 - Wednesday, 07 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Core/Team Mtg
150	1 x 400 on 8:00 Top Hat Drill
450	10 x 15 on :45 Shooters
9	9 x 50 on 1:10 Kick
	1st 25 of each 100 12 strokes or less
2x{1 x 100 on 1:40 Free L.25 6bk	
{1 x 100 on 1:40 Free L.25 8 KOW	
{1 x 100 on 1:40 Free L.25 your weak stroke	
{1 x 100 on 1:35 Free L.25 tarzan	
{1 x 100 on 1:35 Free L.25 clsd fst	
{1 x 100 on 1:35 Free L.25 breath on 5	
{1 x 100 on 1:30 Free L.25 br to weak side	
{1 x 50 on :45 Free L.25 4 strks then h.b	
{1 x 50 on :45 Free L.25 body driven	
250	1 x 250 on 4:00 Stroke Drills

5:01 PM 2,850 Yards - Stress Value = 31

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PF
400	1 on 15:00 Ted's DS			L	DRY
1,500	1 x 400 on 5:00 Choice	REC		D	CHO 1:
250	30 x 50 on :50 200 Back Pace	SP2		S	BK 1:
750	1 x 250 on 4:00 Stroke Drills	REC		D	FR 1:
250	30 x 25 on :30 100 Breast Pace	SP2		S	BR 2:
250	1 x 250 on 4:00 Stroke Drills	REC		D	CD 1:
600	24 x 25 on :30 50 Free Pace	SP2		S	FR 2:
250	1 x 250 on 4:00 Stroke Drills	REC		D	CD 1:

5:00 PM 4,000 Yards - Stress Value = 285

**Workout #18758 - Tuesday, 06 September 2016**

**Group 3 - Bronze**

**Workout #18761 - Wednesday, 07 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
550	10 x 15 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick streamline on back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick on left side
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:05 Kick on right side
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
825	1x{3 x 75 on 1:30 Back 12.5 yds under
	{3 x 75 on 1:25 Back 12.5 yds under
	{3 x 75 on 1:20 Back 12.5 yds under
	{2 x 75 on 1:15 Back 12.5 yds under
250	1 x 250 on 4:00 Stroke Drills
5:01 PM	2,375 Yards - Stress Value = 32

**Workout #18762 - Wednesday, 07 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
500	10 x 15 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick streamline on back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 Kick on left side
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 Kick on right side
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{3 x 75 on 1:40 Back 12.5 yds under
	{3 x 75 on 1:35 Back 12.5 yds under
	{3 x 75 on 1:30 Back 12.5 yds under
	{1 x 75 on 1:20 Back 12.5 yds under
250	1 x 250 on 4:00 Stroke Drills
5:00 PM	2,250 Yards - Stress Value = 30

**Workout #18763 - Wednesday, 07 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
500	10 x 15 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Kick streamline on back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Kick on left side
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Kick on right side
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
675	1x{3 x 75 on 1:50 Back 12.5 yds under
	{3 x 75 on 1:45 Back 12.5 yds under
	{3 x 75 on 1:40 Back 12.5 yds under
250	1 x 250 on 4:00 Stroke Drills
5:00 PM	2,175 Yards - Stress Value = 28

**Workout #18765 - Thursday, 08 September 2016**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
800	10 x 15 on :45 Shooters
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
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1 x 1000 on 17:00 Breaststroke
	Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build
	1 on 10:00 Game
5:00 PM	2,450 Yards - Stress Value = 28

**Workout #18769 - Thursday, 08 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
3:30 PM	Start				
400	1 on 15:00 Ted's DS			L DRY	
1,200	1 x 400 on 5:00 Choice	REC		D CHO	1:
250	24 x 50 on :55 200 Breast Pace SP2			S BR	1:
750	1 x 250 on 4:00 Stroke Drills	REC		D FR	1:
250	30 x 25 on :30 100 Free Pace	SP2		S FR	2:
750	1 x 250 on 4:00 Stroke Drills	REC		D CD	1:
250	30 x 25 on :30 100 Fly Pace	SP2		S FLY	2:
250	1 x 250 on 4:00 Stroke Drills	REC		D CD	1:
5:00 PM	3,850 Yards - Stress Value = 270				

**Workout #18766 - Thursday, 08 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
700	10 x 15 on :45 Shooters
1x{1	x 100 on 2:10 Kick-sprint L.25
	{1 x 100 on 2:10 Kick no board-fly on stomach
	{1 x 100 on 2:10 Kick-sprint L.50
	{1 x 100 on 2:10 Kick no board on back/side
	{1 x 100 on 2:10 Kick-sprint L.75
	{1 x 100 on 2:10 Kick no board breast on back
	{1 x 100 on 2:10 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1 x 900 on 17:00 Breaststroke
	Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build
	1 on 10:00 Game
5:00 PM	2,250 Yards - Stress Value = 26

**Workout #18767 - Thursday, 08 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
350	1 on 25:00 DS/Shoulders
	1 x 350 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:20 Kick-sprint L.25
	{1 x 100 on 2:20 Kick no board-fly on stomach
	{1 x 100 on 2:20 Kick-sprint L.50
	{1 x 100 on 2:20 Kick no board on back/side
	{1 x 100 on 2:20 Kick-sprint L.75
	{1 x 100 on 2:20 Kick no board breast on back
	{1 x 50 on 1:10 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
850	1 x 850 on 17:00 Breaststroke
	Alt 50 reg/50 fly kick/50 4 sec glide/
	50 2K1P/50 build
	1 on 10:00 Game
	5:00 PM 2,100 Yards - Stress Value = 24

**Workout #18768 - Thursday, 08 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
350	1 on 25:00 DS/Shoulders
	1 x 350 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:30 Kick-sprint L.25
	{1 x 100 on 2:30 Kick no board-fly on stomach
	{1 x 100 on 2:30 Kick-sprint L.50
	{1 x 100 on 2:30 Kick no board on back/side
	{1 x 100 on 2:30 Kick-sprint L.75
	{1 x 100 on 2:30 Kick no board breast on back
	{1 x 50 on 1:00 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1 x 800 on 17:00 Breaststroke
	Alt 50 reg/50 fly kick/50 4 sec glide/
	50 2K1P/50 build
	1 on 10:00 Game
	5:00 PM 2,050 Yards - Stress Value = 24

**Workout #18774 - Monday, 12 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PA
	1 on 15:00 Ted's DS			L	DRY
400	1 x 400 on 5:00 Choice	REC		S	CHO 1:
1,500	30 x 50 on :55 200 Breast Pace	SP2		S	BR 1:
250	1 x 250 on 5:00 Choice	REC		S	CHO 2:
750	30 x 25 on :30 100 Free Pace	SP2		S	FR 2:
250	1 x 250 on 5:00 Choice	REC		S	CHO 2:
1,500	30 x 50 on :50 200 IM Pace	SP2		S	IM 1:
250	1 x 250 on 4:00 Choice	REC		S	CD 1:
	5:18 PM 4,900 Yards - Stress Value = 375				

**Workout #18770 - Monday, 12 September 2016**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Shoulders
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,050	10 x 15 on :45 Shooters
	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
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 300 on 3:55 Freestyle
	{3 x 100 on 1:25 Free-descend
	{1 x 300 on 3:50 Freestyle
	{3 x 100 on 1:25 Free-descend
	{1 x 300 on 3:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:14 PM 3,750 Yards - Stress Value = 59

**Workout #18771 - Monday, 12 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Shoulders
150	1 x 600 on 10:00 Swim-kick-pull-swim
950	10 x 15 on :45 Shooters
	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 75 on 1:25 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 300 on 4:20 Freestyle
	{3 x 100 on 1:35 Free-descend
	{1 x 300 on 4:15 Freestyle
	{4 x 100 on 1:35 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	5:14 PM 3,450 Yards - Stress Value = 53

**Workout #18772 - Monday, 12 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball Shoulders
150	1 x 550 on 10:00 Swim-kick-pull-swim
900	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 125 on 2:45 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{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
1,200	1x{1 x 300 on 5:00 Freestyle
	{3 x 100 on 1:45 Free-descend
	{1 x 300 on 4:55 Freestyle
	{3 x 100 on 1:45 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 3,250 Yards - Stress Value = 50

**Workout #18773 - Monday, 12 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Ball Shoulders
150	1 x 500 on 10:00 Swim-kick-pull-swim
800	10 x 15 on :45 Shooters
1,000	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
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 300 on 6:00 Freestyle {3 x 100 on 2:00 Free-descend {1 x 300 on 5:55 Freestyle {1 x 100 on 2:00 Free-Fast
250	1 x 250 on 4:00 Stroke Drills
5:14 PM 2,900 Yards - Stress Value = 44	

**Workout #18775 - Tuesday, 13 September 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Spotlight/DS/Core
150	1 x 600 on 10:00 Top Hat Drill
800	10 x 15 on :45 Shooters
750	8 x 100 on 1:40 Kick-Odds 100%
100	1x{2 x 75 on 1:10 Pulls BWFPF {4 x 75 on 1:05 Pulls BWFPF {4 x 75 on 1:00 Pulls BWFPF
1,300	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 3:45 Backstroke {2 x 75 on 1:10 Back-8 KOBHW {1 x 200 on 3:00 Backstroke {2 x 75 on 1:10 Back 8 KOBHW {1 x 150 on 2:15 Backstroke {2 x 75 on 1:10 Back 8 KOBHW {1 x 100 on 1:30 Backstroke {2 x 75 on 1:10 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 3,900 Yards - Stress Value = 45	

**Workout #18779 - Tuesday, 13 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PACE
400	1 on 20:00 Spotlight/DS			L	DRY
1,500	1 x 400 on 5:00 Choice	REC		S	CHO 1:15
250	30 x 50 on :50 200 Free Pace	SP2		S	FR 1:40
750	1 x 250 on 5:00 Choice	REC		S	CHO 2:00
250	30 x 25 on :30 100 Fly Pace	SP2		S	FLY 2:00
1,500	1 x 250 on 5:00 Choice	REC		S	CHO 2:00
250	30 x 50 on :50 400 IM Pace	SP2		S	IM 1:40
250	1 x 250 on 4:00 Choice	REC		S	CD 1:36
5:20 PM 4,900 Yards - Stress Value = 375					

**Workout #18776 - Tuesday, 13 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
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Yards	Set Description
600	1 on 30:00 Spotlight/DS/Core
150	1 x 600 on 10:00 Top Hat Drill
800	10 x 15 on :45 Shooters
650	8 x 100 on 1:50 Kick-odds fast
1,200	1x{2 x 75 on 1:15 Pulls BWFPF {4 x 75 on 1:10 Pulls BWFPF {4 x 50 on :45 Pulls BWFPF
1,200	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 Backstroke {2 x 75 on 1:15 Back-8 KOBHW {1 x 200 on 3:15 Backstroke {2 x 75 on 1:15 Back 8 KOBHW {1 x 150 on 2:25 Backstroke {2 x 75 on 1:15 Back 8 KOBHW {1 x 100 on 1:35 Backstroke {1 x 50 on :50 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:16 PM 3,700 Yards - Stress Value = 26	

**Workout #18777 - Tuesday, 13 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 Spotlight/DS/Core
150	1 x 550 on 10:00 Top Hat Drill
700	10 x 15 on :45 Shooters
600	7 x 100 on 2:00 Kick-Odds 100%
100	1x{2 x 75 on 1:25 Pulls BWFPF {4 x 75 on 1:20 Pulls BWFPF {3 x 50 on :50 Pulls BWFPF
1,050	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{1 x 250 on 4:35 Backstroke {2 x 75 on 1:25 Back-8 KOBHW {1 x 200 on 3:40 Backstroke {2 x 75 on 1:25 Back 8 KOBHW {1 x 150 on 2:45 Backstroke {2 x 75 on 1:25 Back 8 KOBHW
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 3,350 Yards - Stress Value = 39	

**Workout #18778 - Tuesday, 13 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Spotlight/DS/Core
150	1 x 500 on 10:00 Top Hat Drill
600	10 x 15 on :45 Shooters
550	6 x 100 on 2:15 Kick-Odds 100%
100	1x{2 x 75 on 1:30 Pulls BWFPF {4 x 75 on 1:25 Pulls BWFPF {2 x 50 on :55 Pulls BWFPF
1,000	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 250 on 5:00 Backstroke {2 x 75 on 1:30 Back-8 KOBHW {1 x 200 on 4:00 Backstroke {2 x 75 on 1:30 Back 8 KOBHW {1 x 150 on 3:00 Backstroke {2 x 50 on 1:00 Back 8 KOBHW
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 3,100 Yards - Stress Value = 35	

**Workout #18780 - Wednesday, 14 September 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Sptlght/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
800	10 x 15 on :45 Shooters
1x{4 x 25 on :30 Kick no board B---	
	{1 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board-S--
	{1 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board --L-
	{1 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board ---R
	{1 x 100 on 1:30 Kick
600	1x{1 x 200 on 2:50 Lungbuster pulls
	{1 x 200 on 2:45 Lungbuster pulls
	{1 x 200 on 2:40 Lungbuster pulls
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{5 x 50 on 1:00 Breast 2X pullouts BHwall
	{1 x 75 on 1:30 Breast kick on back
	{4 x 50 on :55 Breast 2X pullouts SBwall
	{1 x 75 on 1:30 Breast Kick on back
	{3 x 50 on :50 Breast 2X pullouts BHwall
	{1 x 75 on 1:30 Breast Kick on back
	{2 x 50 on :45 Breast 2X pullouts SBwall
	{1 x 75 on 1:30 Breast Kick on back
	{1 x 50 on :40 Breast 2X pullouts BHwall
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 3,450 Yards - Stress Value = 44

**Workout #18784 - Wednesday, 14 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 Spotlight/DS		I
400	1 x 400 on 5:00 Choice	REC	£
800	40 x 20 on :30 200 Fly Pace	SP2	£
	1 on 10:00 Your Dryland Routine	REC	£
600	30 x 20 on :30 100 Back Pace	SP2	£
210	14 x 15 on 1:00 Racing Skills-Shooters	SP3	£
480	24 x 20 on :25 50 Free Pace	SP2	£
250	1 x 250 on 4:00 Choice	REC	£
	5:13 PM 2,740 Yards - Stress Value = 196		

**Workout #18781 - Wednesday, 14 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Sptlght/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
750	10 x 15 on :45 Shooters
1x{4 x 25 on :30 Kick no board B---	
	{1 x 100 on 2:00 Kick
	{4 x 25 on :30 Kick no board-S--
	{1 x 100 on 1:55 Kick
	{4 x 25 on :30 Kick no board --L-
	{1 x 100 on 1:50 Kick
	{4 x 25 on :30 Kick no board ---R
	{1 x 50 on :50 Kick
600	1x{1 x 200 on 3:00 Lungbuster pulls
	{1 x 200 on 2:55 Lungbuster pulls
	{1 x 200 on 2:50 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,050	1x{5 x 50 on 1:00 Breast 2X pullouts BHwall
	{1 x 75 on 1:30 Breast kick on back
	{4 x 50 on :55 Breast 2X pullouts SBwall
	{1 x 75 on 1:30 Breast Kick on back
	{3 x 50 on :50 Breast 2X pullouts BHwall
	{1 x 75 on 1:30 Breast Kick on back
	{2 x 50 on :45 Breast 2X pullouts SBwall
	{1 x 75 on 1:30 Breast Kick on back
	{1 x 50 on :40 Breast 2X pullouts BHwall
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 3,400 Yards - Stress Value = 43

**Workout #18782 - Wednesday, 14 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Sptlght/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :35 Kick no board B---
	{1 x 100 on 2:10 Kick
	{4 x 25 on :35 Kick no board-S--
	{1 x 100 on 2:05 Kick
	{4 x 25 on :35 Kick no board --L-
	{1 x 100 on 2:00 Kick
	{2 x 25 on :35 Kick no board ---R
550	1x{1 x 200 on 3:20 Lungbuster pulls
	{1 x 200 on 3:15 Lungbuster pulls
	{1 x 150 on 2:25 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
925	1x{5 x 50 on 1:10 Breast 2X pullouts BHwall
	{1 x 75 on 1:40 Breast kick on back
	{4 x 50 on 1:05 Breast 2X pullouts SBwall
	{1 x 75 on 1:40 Breast Kick on back
	{3 x 50 on 1:00 Breast 2X pullouts BHwall
	{1 x 75 on 1:40 Breast Kick on back
	{2 x 50 on :55 Breast 2X pullouts SBwall
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 3,125 Yards - Stress Value = 38

**Workout #18783 - Wednesday, 14 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Sptlght/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board B---
	{1 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board-S--
	{1 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board --L/R
	{1 x 50 on 1:05 Kick
500	1x{1 x 200 on 3:40 Lungbuster pulls
	{1 x 200 on 3:35 Lungbuster pulls
	{1 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
825	1x{5 x 50 on 1:15 Breast 2X pullouts BHwall
	{1 x 75 on 1:50 Breast kick on back
	{4 x 50 on 1:10 Breast 2X pullouts SBwall
	{1 x 75 on 1:50 Breast Kick on back
	{3 x 50 on 1:05 Breast 2X pullouts BHwall
	{1 x 75 on 1:50 Breast Kick on back
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 2,875 Yards - Stress Value = 33

**Workout #18785 - Thursday, 15 September 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Sptlght/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
900	1x{1 x 100 on 1:35 Kick 3 x 50 on 1:00 Tombstone Kicking 2 x 100 on 1:40 Kick 2 x 50 on 1:00 Tombstone Kicking 3 x 100 on 1:45 Kick 1 x 50 on 1:00 Tombstone Kicking
600	1x{4 x 50 on :40 Pulls-nbbf&w + 2 yds 4 x 50 on :45 Pulls-nbbf&w + 2 yds 4 x 50 on :50 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
1,100	1x{1 x 100 on 1:30 Fly 2-2 2 x 50 on :45 Free-3 br down, 4 back 2 x 25 on :30 Butterfly 2 x 75 on 1:10 Fly, #1 2-2, #2 2-3 2 x 50 on :45 Free 3 br down, 4 back 4 x 25 on :30 Butterfly 3 x 50 on :45 Fly, #1 2-2, #2 2-3, { #3 2-4 2 x 50 on :45 Free 3 br down, 4 back 6 x 25 on :30 Butterfly 4 x 25 on :30 Fly #1 2-2, #2 2-3 { #3 2-4 #4 2-5
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 3,650 Yards - Stress Value = 42	

**Workout #18789 - Thursday, 15 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PF
	1 on 20:00 Spotlight/DS			L	DRY
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,200	24 x 50 on :50 200 Back Pace	SP2	S	BK	1:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
480	24 x 20 on :30 100 Breast Pace	SP2	S	BR	2:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
1,800	24 x 75 on 1:10 100 Free Pace	SP2	S	FR	1:
250	1 x 250 on 4:00 Choice	REC	S	CD	1:
5:15 PM 4,630 Yards - Stress Value = 348					

**Workout #18786 - Thursday, 15 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Sptlght/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
850	1x{1 x 100 on 1:45 Kick 3 x 50 on 1:05 Tombstone Kicking 2 x 100 on 1:50 Kick 2 x 50 on 1:05 Tombstone Kicking 2 x 100 on 1:55 Kick 1 x 50 on 1:00 Kick 1 x 50 on 1:05 Tombstone Kicking
500	1x{4 x 50 on :45 Pulls-nbbf&w + 2 yds 4 x 50 on :50 Pulls-nbbf&w + 2 yds 2 x 50 on :55 Pulls-nbbf&w + 2 yds

100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{1 x 100 on 1:40 Fly 2-2 2 x 50 on :50 Free-3 br down, 4 back 2 x 25 on :30 Butterfly 2 x 75 on 1:15 Fly, #1 2-2, #2 2-3 2 x 50 on :50 Free 3 br down, 4 back 4 x 25 on :30 Butterfly 3 x 50 on :50 Fly, #1 2-2, #2 2-3, { #3 2-4 2 x 50 on :50 Free 3 br down, 4 back 4 x 25 on :30 Butterfly 4 x 25 on :30 Fly #1 2-2, #2 2-3 { #3 2-4 #4 2-5
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 3,450 Yards - Stress Value = 38	

**Workout #18787 - Thursday, 15 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 Sptlght/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
750	1x{1 x 100 on 2:00 Kick 3 x 50 on 1:15 Tombstone Kicking 2 x 100 on 2:05 Kick 2 x 50 on 1:15 Tombstone Kicking 2 x 100 on 2:10 Kick
450	1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds 3 x 50 on :55 Pulls-nbbf&w + 2 yds 2 x 50 on 1:00 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
950	1x{1 x 100 on 1:50 Fly 2-2 2 x 50 on :55 Free-3 br down, 4 back 2 x 25 on :35 Butterfly 2 x 75 on 1:20 Fly, #1 2-2, #2 2-3 2 x 50 on :55 Free 3 br down, 4 back 4 x 25 on :35 Butterfly 3 x 50 on :55 Fly, #1 2-2, #2 2-3, { #3 2-4 1 x 50 on :55 Free 3 br down, 4 back 4 x 25 on :35 Butterfly 2 x 25 on :35 Fly #1 2-2, #2 2-3
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 3,150 Yards - Stress Value = 35	

**Workout #18788 - Thursday, 15 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 Sptlght/DS/Shoulders
150	1 x 500 on 10:00 Underwater trn drill
650	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:15 Kick
	{3 x 50 on 1:20 Tombstone Kicking
	{2 x 100 on 2:20 Kick
	{2 x 50 on 1:20 Tombstone Kicking
	{1 x 100 on 2:30 Kick
450	1x{4 x 50 on :55 Pulls-nbbf&w + 2 yds
	{4 x 50 on 1:00 Pulls-nbbf&w + 2 yds
	{1 x 50 on 1:05 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
800	1x{1 x 100 on 2:00 Fly 2-2
	{2 x 50 on :55 Free-3 br down, 4 back
	{2 x 25 on :45 Butterfly
	{2 x 75 on 1:30 Fly, #1 2-2, #2 2-3
	{2 x 50 on :55 Free 3 br down, 4 back
	{4 x 25 on :45 Butterfly
	{3 x 50 on 1:00 Fly, #1 2-2, #2 2-3,
	{ #3 2-4
	{2 x 25 on :45 Butterfly
200	1 x 200 on 4:00 Stroke Drills
5:15 PM	2,850 Yards - Stress Value = 31

**Workout #18791 - Friday, 16 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PACE
3:30 PM	Start				
400	1 on 20:00 Spotlight/DS			L DRY	
600	1 x 400 on 5:00 Choice	REC		S CHO	1:15
600	30 x 20 on :30 100 Fly Pace	SP2		S FLY	2:30
250	1 x 250 on 5:00 Choice	REC		S CHO	2:00
600	30 x 20 on :30 100 Back Pace	SP2		S BK	2:30
250	1 x 250 on 5:00 Choice	REC		S CHO	2:00
600	30 x 20 on :30 100 Free Pace	SP2		S FR	2:30
250	1 x 250 on 4:00 Choice	REC		S CD	1:30
5:00 PM	2,950 Yards - Stress Value = 180				

**Workout #18790 - Friday, 16 September 2016**

**Group 3 - Sprint**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 20:00 Spotlight/DS
150	1 x 500 on 8:00 Reverse IM drill
1,000	10 x 15 on :45 Spinners
400	8x{1 x 25 on :01 1/3 Challenge Kick Set w/fins!!
	{ 1/3 Sprint no breath 5 seconds rest at 25
	{1 x 25 on 1:29 Kick no board BSLR
150	10 x 15 on :45 Shooters
400	4 x 100 on 1:30 Freestyle-Descend to Ludicrc
	SPEED!!!
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,800 Yards - Stress Value = 80

**Workout #18792 - Monday, 19 September 2016**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 Spotlight/DS/PB shoulders
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,200	2x{10 x 15 on :45 Shooters
	{1 x 100 on 1:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:20 Kick
	{4 x 25 on :45 Kick no board BSLR
750	1x{3 x 75 on 1:05 Pull no br L.12 yds
	{3 x 75 on 1:00 Pull no br L.12 yds
	{4 x 75 on :55 Pull no br L.12 yds
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 500 on 6:45 Freestyle Even Pace
	{1 x 500 on 6:45 Freestyle-Neg Split
	{1 x 500 on 6:45 Freestyle-descend by 100's
	{ All 3 swims should be the same time
200	1 x 200 on 3:00 Stroke Drills
5:30 PM	4,550 Yards - Stress Value = 78

**Workout #18796 - Monday, 19 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
3:30 PM	Start				
400	1 on 20:00 Spotlight/DS			L DRY	
750	1 x 400 on 5:00 Choice	REC		S CHO	1:1
250	1 x 250 on :30 100 Fly Pace	SP2		S FLY	2:0
250	1 x 250 on 5:00 Choice	REC		S CHO	2:0
1,200	24 x 50 on :55 200 Back Pace	SP2		S BK	1:5
250	1 x 250 on 5:00 Choice	REC		S CHO	2:0
1,200	24 x 50 on :50 200 Free Pace	SP2		S FR	1:4
250	1 x 250 on 4:00 Choice	REC		S CD	1:3
480	24 x 20 on :30 50 Free Pace	SP2		S FR	2:3
250	1 x 250 on 5:00 Stroke Drills	REC		D CD	2:0
5:31 PM	5,030 Yards - Stress Value = 363				

**Workout #18793 - Monday, 19 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 Spotlight/DS/PB shoulders
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,100	2x{10 x 15 on :45 Shooters
	{1 x 100 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{2 x 25 on :45 Kick no board BS/LR
750	1x{4 x 75 on 1:10 Pull no br L.12 yds
	{4 x 75 on 1:05 Pull no br L.12 yds
	{2 x 75 on 1:00 Pull no br L.12 yds
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 450 on 6:45 Freestyle Even Pace
	{1 x 450 on 6:45 Freestyle-Neg Split
	{1 x 450 on 6:45 Freestyle-descend by 100's
	{ All 3 swims should be the same time
200	1 x 200 on 3:00 Stroke Drills
5:30 PM	4,300 Yards - Stress Value = 73

**Workout #18792 - Monday, 19 September 2016**

**Group 3 - Distance**

**1 minute rest between sets**

**Workout #18794 - Monday, 19 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Spotlight/DS/PB shoulders  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,100 2x{1 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:55 Kick  
 {2 x 25 on :45 Kick no board BS/LR  
 550 1x{4 x 75 on 1:20 Pull no br L.12 yds  
 {2 x 75 on 1:15 Pull no br L.12 yds  
 {2 x 50 on :45 Pull no br L.12 yds  
 150 3x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{1 x 400 on 6:45 Freestyle Even Pace  
 {1 x 400 on 6:45 Freestyle-Neg Split  
 {1 x 400 on 6:45 Freestyle-descend by 100's  
 { All 3 swims should be the same time  
 200 1 x 200 on 3:00 Stroke Drills  
 5:30 PM 3,900 Yards - Stress Value = 66

**Workout #18795 - Monday, 19 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Spotlight/DS/PB shoulders  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 2x{1 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:00 Kick  
 {2 x 25 on :45 Kick no board BS/LR  
 600 1x{4 x 75 on 1:25 Pull no br L.12 yds  
 {4 x 75 on 1:20 Pull no br L.12 yds  
 150 3x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{1 x 350 on 6:45 Freestyle Even Pace  
 {1 x 350 on 6:45 Freestyle-Neg Split  
 {1 x 350 on 6:45 Freestyle-descend by 100's  
 { All 3 swims should be the same time  
 200 1 x 200 on 3:00 Stroke Drills  
 5:30 PM 3,650 Yards - Stress Value = 62

**Workout #18797 - Tuesday, 20 September 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Spotlight/DS/Core  
 600 1 x 600 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 900 1x{3 x 100 on 1:45 Kick  
 {3 x 50 on 1:00 Kick  
 {2 x 100 on 1:40 Kick  
 {2 x 50 on 1:00 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 50 on 1:00 Kick  
 1,200 1x{1 x 300 on 4:00 Pulls BWFPN  
 {2 x 250 on 3:15 Pulls BWKPN  
 {2 x 200 on 2:30 Pulls BWHPN  
 150 3x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 2x{1 x 100 on 1:25 Backstroke  
 {1 x 100 on 1:20 Backstroke  
 {1 x 100 on 1:15 Backstroke  
 {4 x 25 on :30 Backstroke 12yds under water  
 {1 x 50 on :45 Backstroke  
 {1 x 50 on :40 Backstroke  
 {1 x 50 on :35 Backstroke  
 {1 x 50 on 1:30 Freestyle  
 {1 x 200 on 3:30 Backstroke for time  
 200 1 x 200 on 3:00 Stroke Drills  
 5:31 PM 4,800 Yards - Stress Value = 97

**Workout #18801 - Tuesday, 20 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK STK PA  
 =====  
 1 on 20:00 Spotlight/DS L DRY  
 400 1 x 400 on 5:00 Choice REC S CHO 1:  
 600 30 x 20 on :25 100 Free Pace SP2 S FR 2:  
 250 1 x 250 on 5:00 Choice REC S CHO 2:  
 1,200 24 x 50 on :55 200 Breast Pace SP2 S BR 1:  
 250 1 x 250 on 5:00 Choice REC S CHO 2:  
 1,200 24 x 50 on :55 200 Fly Pace SP2 S FLY 1:  
 250 1 x 250 on 4:00 Choice REC S CD 1:  
 480 24 x 20 on :30 50 Free Pace SP2 S FR 2:  
 250 1 x 250 on 5:00 Stroke Drills REC D CD 2:  
 5:31 PM 4,880 Yards - Stress Value = 348

**Workout #18798 - Tuesday, 20 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Spotlight/DS/Core  
 600 1 x 600 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 850 1x{3 x 100 on 1:55 Kick  
 {3 x 50 on 1:05 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 50 on 1:05 Kick  
 {1 x 100 on 1:45 Kick  
 1,100 1x{1 x 300 on 4:15 Pulls BWFPN  
 {2 x 250 on 3:30 Pulls BWKPN  
 {2 x 150 on 2:10 Pulls BWHPN  
 150 3x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 2x{1 x 100 on 1:35 Backstroke  
 {1 x 100 on 1:30 Backstroke  
 {1 x 100 on 1:25 Backstroke  
 {4 x 25 on :35 Backstroke 12yds under water  
 {1 x 50 on :50 Backstroke  
 {1 x 50 on :45 Backstroke  
 {1 x 50 on 1:00 Freestyle  
 {1 x 200 on 3:30 Backstroke for time  
 200 1 x 200 on 3:00 Stroke Drills  
 5:31 PM 4,550 Yards - Stress Value = 93

**Workout #18799 - Tuesday, 20 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 Spotlight/DS/Core
150	1 x 550 on 10:00 Top Hat Drill
750	10 x 15 on :45 Shooters
1x	{3 x 100 on 2:10 Kick
	{2 x 50 on 1:10 Kick
	{2 x 100 on 2:05 Kick
	{1 x 50 on 1:10 Kick
	{1 x 100 on 2:00 Kick
950	1x{1 x 300 on 5:00 Pulls BWFPN
	{2 x 250 on 4:10 Pulls BWKPN
	{1 x 150 on 2:30 Pulls BWHPN
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	2x{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{4 x 25 on :40 Backstroke 12yds under water
	{1 x 50 on :55 Backstroke-build
	{1 x 50 on 1:30 Freestyle
	{1 x 200 on 4:00 Backstroke for time
200	1 x 200 on 3:00 Stroke Drills
5:34 PM	4,150 Yards - Stress Value = 87

**Workout #18800 - Tuesday, 20 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 Spotlight/DS/Core
150	1 x 500 on 10:00 Underwater trn drill
650	10 x 15 on :45 Shooters
1x	{3 x 100 on 2:30 Kick
	{1 x 50 on 1:15 Kick
	{2 x 100 on 2:25 Kick
	{1 x 50 on 1:15 Kick
	{1 x 50 on 1:10 Kick
900	1x{1 x 300 on 5:30 Pulls BWFPN
	{1 x 250 on 4:35 Pulls BWKPN
	{2 x 175 on 3:10 Pulls BWHPN
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	2x{1 x 100 on 2:15 Backstroke
	{1 x 100 on 2:10 Backstroke
	{1 x 100 on 2:05 Backstroke
	{4 x 25 on :45 Backstroke 12yds under water
	{1 x 50 on :30 Rest
	{1 x 100 on 3:00 Backstroke for time
200	1 x 200 on 3:00 Stroke Drills
5:31 PM	3,650 Yards - Stress Value = 65

**Workout #18802 - Wednesday, 21 September 2016**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,200	10 x 15 on :45 Shooters
2x	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :45 Kick
	{2 x 75 on 1:10 Kick
	{3 x 100 on 1:35 Kick
100	1 x 100 on 2:00 Kick for time
150	3x{1 x 25 on :50 Sculling drills

	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	2x{4 x 100 on 1:25 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 100 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	4,550 Yards - Stress Value = 82

**Workout #18806 - Wednesday, 21 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
3:30 PM	Start				
1	on 20:00 Spotlight/DS			L	DRY
400	1 x 400 on 5:00 Choice	REC		S	CHO 1:
600	30 x 20 on :25 100 Breast Pace	SP2		S	BR 2:
250	1 x 250 on 5:00 Choice	REC		S	CHO 2:
1,200	24 x 50 on :50 200 Free Pace	SP2		S	FR 1:
250	1 x 250 on 5:00 Choice	REC		S	CHO 2:
1,200	24 x 50 on :55 200 Back Pace	SP2		S	FLY 1:
250	1 x 250 on 4:00 Choice	REC		S	CD 1:
480	24 x 20 on :30 50 Free Pace	SP2		S	FR 2:
250	1 x 250 on 5:00 Stroke Drills	REC		D	CD 2:
5:29 PM	4,880 Yards - Stress Value = 348				

**Workout #18803 - Wednesday, 21 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,000	10 x 15 on :45 Shooters
2x	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :50 Kick
	{2 x 75 on 1:20 Kick
	{2 x 100 on 1:50 Kick
100	1 x 100 on 2:00 Kick for time
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	2x{3 x 100 on 1:35 3 strokes fly off walls
	{3 x 100 on 1:30 3 strokes fly off walls
	{2 x 100 on 1:25 3 strokes fly off walls
	{1 x 100 on 1:20 3 strokes fly off walls
	{1 x 100 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:29 PM	4,150 Yards - Stress Value = 74

**Workout #18804 - Wednesday, 21 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS/TRX Bands  
 500 20 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 1,000 2x{4 x 25 on :35 Kick no board BSLR  
 {1 x 50 on :55 Kick  
 {2 x 75 on 1:30 Kick  
 {2 x 100 on 2:00 Kick  
 100 1 x 100 on 2:00 Kick for time  
 150 3x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 2x{3 x 100 on 1:45 3 strokes fly off walls  
 {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 1:15 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 3,850 Yards - Stress Value = 70

{3 x 50 on 1:00 Under water Brst/Sprint Free  
 {1 x 100 on 1:20 Individual Medley  
 {1 x 100 on 2:00 Freestyle  
 {3 x 50 on 1:00 Breast-100% Effort  
 250 1 x 250 on 4:00 Stroke Drills  
 5:29 PM 4,700 Yards - Stress Value = 85

**Workout #18811 - Thursday, 22 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK STK PF  
 =====  
 1 on 20:00 Spotlight/DS L DRY  
 400 1 x 400 on 5:00 Choice REC S CHO 1:  
 600 30 x 20 on :25 100 Back Pace SP2 S BK 2:  
 250 1 x 250 on 5:00 Choice REC S CHO 2:  
 800 40 x 20 on :30 200 Fly Pace SP2 S FLY 2:  
 250 1 x 250 on 5:00 Choice REC S CHO 2:  
 960 24 x 40 on :50 200 Breast Pace SP2 S BR 2:  
 250 1 x 250 on 4:00 Choice REC S CD 1:  
 480 24 x 20 on :30 50 Free Pace SP2 S FR 2:  
 250 1 x 250 on 5:00 Stroke Drills REC D CD 2:  
 5:27 PM 4,240 Yards - Stress Value = 284

**Workout #18805 - Wednesday, 21 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS/TRX Bands  
 500 20 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 800 2x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:05 Kick  
 {2 x 75 on 1:45 Kick  
 {1 x 100 on 2:30 Kick  
 100 1 x 100 on 2:00 Kick for time  
 150 3x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 2x{2 x 100 on 2:05 3 strokes fly off walls  
 {2 x 100 on 2:00 3 strokes fly off walls  
 {2 x 100 on 1:55 3 strokes fly off walls  
 {1 x 50 on :55 3 strokes fly off walls  
 {1 x 50 on 1:15 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 3,350 Yards - Stress Value = 60

**Workout #18808 - Thursday, 22 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 SL/DS/Shoulders  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 100 on 1:55 Kick  
 {2 x 75 on 1:25 Kick  
 {3 x 50 on :55 Kick  
 750 1x{5 x 50 on :45 Pulls  
 {4 x 75 on 1:05 Pulls  
 {2 x 100 on 1:20 Pulls  
 150 3x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 125 on 2:20 Breaststroke  
 {2 x 50 on 1:00 Under water Brst/Sprint Free  
 {1 x 100 on 1:40 Individual Medley  
 {2 x 125 on 2:15 Breaststroke  
 {3 x 50 on 1:00 Under water Brst/Sprint Free  
 {1 x 100 on 1:35 Individual Medley  
 {3 x 125 on 2:10 Breaststroke  
 {2 x 50 on 1:00 Under water Brst/Sprint Free  
 {1 x 100 on 1:30 Individual Medley  
 {1 x 50 on 2:00 Freestyle  
 {3 x 50 on 1:00 Breast-100% Effort  
 250 1 x 250 on 4:00 Stroke Drills  
 5:29 PM 4,200 Yards - Stress Value = 76

**Workout #18807 - Thursday, 22 September 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 SL/DS/Shoulders  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 100 on 1:35 Kick  
 {4 x 75 on 1:10 Kick  
 {4 x 50 on :45 Kick  
 900 1x{4 x 50 on :40 Pulls  
 {4 x 75 on :55 Pulls  
 {4 x 100 on 1:10 Pulls  
 150 3x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{1 x 125 on 2:05 Breaststroke  
 {3 x 50 on 1:00 Under water Brst/Sprint Free  
 {1 x 100 on 1:30 Individual Medley  
 {2 x 125 on 2:00 Breaststroke  
 {3 x 50 on 1:00 Under water Brst/Sprint Free  
 {1 x 100 on 1:25 Individual Medley  
 {3 x 125 on 1:55 Breaststroke

**Workout #18809 - Thursday, 22 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 SL/DS/Shoulders
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
650	1x{3 x 100 on 2:10 Kick
	{2 x 75 on 1:35 Kick
	{4 x 50 on 1:00 Kick
600	1x{2 x 50 on :55 Pulls
	{4 x 75 on 1:20 Pulls
	{2 x 100 on 1:40 Pulls
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 100 on 2:05 Breaststroke
	{2 x 50 on 1:10 Under water Brst/Sprint Free
	{1 x 100 on 2:00 Individual Medley
	{2 x 100 on 2:00 Breaststroke
	{3 x 50 on 1:10 Under water Brst/Sprint Free
	{1 x 100 on 1:55 Individual Medley
	{3 x 100 on 1:55 Breaststroke
	{2 x 50 on 1:10 Under water Brst/Sprint Free
	{1 x 100 on 1:50 Individual Medley
	{1 x 50 on 2:00 Freestyle
	{3 x 50 on 1:00 Breast-100% Effort
250	1 x 250 on 4:00 Stroke Drills
	5:29 PM 3,800 Yards - Stress Value = 70

**Workout #18810 - Thursday, 22 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 SL/DS/Shoulders
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
550	1x{3 x 100 on 2:30 Kick
	{2 x 75 on 1:50 Kick
	{2 x 50 on 1:05 Kick
550	1x{1 x 50 on 1:00 Pulls
	{4 x 75 on 1:25 Pulls
	{2 x 100 on 1:50 Pulls
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 100 on 2:20 Breaststroke
	{2 x 50 on 1:10 Under water Brst/Sprint Free
	{1 x 100 on 2:15 Individual Medley
	{2 x 100 on 2:15 Breaststroke
	{2 x 50 on 1:10 Under water Brst/Sprint Free
	{1 x 100 on 2:10 Individual Medley
	{3 x 100 on 2:10 Breaststroke
	{1 x 50 on 1:00 Under water Brst/Sprint Free
	{1 x 100 on 2:10 Individual Medley
	{1 x 50 on 2:00 Freestyle
	{3 x 50 on 1:00 Breast-100% Effort
250	1 x 250 on 4:00 Stroke Drills
	5:29 PM 3,500 Yards - Stress Value = 64

**Workout #18813 - Friday, 23 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
	1 on 20:00 Spotlight/DS			L DRY	
400	1 x 400 on 5:00 Choice	REC		S CHO	1:15
600	30 x 20 on :30 100 Fly Pace	SP2		S FLY	2:30
250	1 x 250 on 5:00 Choice	REC		S CHO	2:00

600	30 x 20 on :30 100 Back Pace	SP2	S	BK	2:30
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:00
600	30 x 20 on :30 100 Free Pace	SP2	S	FR	2:30
250	1 x 250 on 4:00 Choice	REC	S	CD	1:30
	5:00 PM 2,950 Yards - Stress Value = 180				

**Workout #18812 - Friday, 23 September 2016**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 20:00 Spotlight and DS	
500	1 x 500 on 8:00 Reverse IM drill	F
600	6 x 100 on 2:00 Evens-100%, odds within 20sec	F
	of best 100 kick	
150	10 x 15 on :45 Shooter	S
600	6 x 100 on 6:00 Freestyle-OTB for time	S
250	1 x 250 on 4:00 Stroke Drills	F
	5:02 PM 2,100 Yards - Stress Value = 66	

**Workout #18814 - Monday, 26 September 2016**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 SL/DS/Physio Ball
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 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR
1,300	1x{4 x 25 on :30 Pulls-no br L.12 yds
	{1 x 150 on 2:00 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{2 x 150 on 1:55 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{3 x 150 on 1:50 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 400 on 5:00 Freestyle
	{1 x 400 on 4:55 Freestyle
	{1 x 400 on 4:50 Freestyle
	{1 x 400 on 4:45 Freestyle
	{1 x 400 on 4:40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	5:45 PM 5,950 Yards - Stress Value = 96

**Workout #18818 - Monday, 26 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:30 PM Start				
400	1 on 30:00 SL/DS/Tm mtg			L DRY
400	1 x 400 on 5:00 Choice	REC		S CHO
750	30 x 25 on :30 100 Breast Pace	SP2		S BR
250	1 x 250 on 5:00 Choice	REC		S CHO
750	30 x 25 on :30 100 Free Pace	SP2		S FR
250	1 x 250 on 5:00 Follow the leader	REC		S CMB
1,200	24 x 50 on :55 200 Fly Pace	SP2		S FLY
1 on 5:00 Your dryland routine				
1,200	24 x 50 on :50 200 Back Pace	SP2		S BK
250	1 x 250 on 5:00 Stroke Drills	REC		D CD
5:44 PM 5,050 Yards - Stress Value = 390				

**Workout #18815 - Monday, 26 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
=====	
	1 on 30:00 SL/DS/Physio Ball
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 2:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:35 Kick
	{2 x 25 on :35 Kick no board BSLR
1,250	1x{4 x 25 on :30 Pulls-no br L.12 yds
	{1 x 150 on 2:15 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{2 x 150 on 2:10 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{3 x 150 on 2:05 Pulls-no br L.12 yds
	{2 x 25 on :30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 400 on 5:30 Freestyle
	{1 x 400 on 5:25 Freestyle
	{1 x 400 on 5:20 Freestyle
	{1 x 400 on 5:15 Freestyle
	{1 x 200 on 2:35 Freestyle
400	8 x 50 on 1:00 Stroke Drills
5:45 PM 5,500 Yards - Stress Value = 87	

**Workout #18816 - Monday, 26 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
=====	
	1 on 30:00 SL/DS/Physio Ball
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 3:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:25 Kick
1,100	1x{4 x 25 on :30 Pulls-no br L.12 yds
	{1 x 150 on 2:30 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{2 x 150 on 2:25 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{3 x 100 on 1:35 Pulls-no br L.12 yds

	{2 x 25 on :30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 400 on 6:05 Freestyle
	{1 x 400 on 6:00 Freestyle
	{1 x 400 on 5:55 Freestyle
	{1 x 400 on 5:50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
5:44 PM 5,000 Yards - Stress Value = 78	

**Workout #18817 - Monday, 26 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
=====	
	1 on 30:00 SL/DS/Physio Ball
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:15 Kick
	{2 x 25 on :45 Kick no board BSLR
800	1x{4 x 25 on :45 Pulls-no br L.12 yds
	{1 x 100 on 2:10 Pulls-no br L.12 yds
	{4 x 25 on :45 Pulls-no br L.12 yds
	{2 x 100 on 2:05 Pulls-no br L.12 yds
	{4 x 25 on :45 Pulls-no br L.12 yds
	{2 x 100 on 2:00 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 400 on 8:00 Freestyle
	{1 x 400 on 7:55 Freestyle
	{1 x 400 on 7:50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
5:44 PM 4,050 Yards - Stress Value = 60	

**Workout #18819 - Tuesday, 27 September 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 SL/DS/Core  
 600 1 x 600 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 1,500 2x{1 x 125 on 2:00 Kick with flippers  
 {1 x 125 on 1:55 Kick with flippers  
 {1 x 125 on 1:50 Kick with flippers  
 {1 x 125 on 1:45 Kick with flippers  
 {1 x 125 on 1:40 Kick with flippers  
 {1 x 125 on 1:35 Kick with flippers  
 1,400 1x{1 x 500 on 6:15 Pulls BWHPN  
 {1 x 400 on 5:00 Pulls BWHPN  
 {1 x 300 on 3:45 Pulls BWHPN  
 {1 x 200 on 2:30 Pulls BWHPN  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes  
 {3 x 125 on 1:55 Backstroke  
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes  
 {3 x 100 on 1:30 Backstroke  
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes  
 {3 x 75 on 1:05 Backstroke  
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes  
 {3 x 50 on :40 Backstroke  
 200 8 x 25 on 1:00 Backstroke-odds underwater  
 evens 100% effort  
 250 1 x 250 on 4:00 Stroke Drills  
 5:45 PM 5,650 Yards - Stress Value = 94

**Workout #18823 - Tuesday, 27 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 20:00 SL/DS I  
 400 1 x 400 on 5:00 Choice REC S  
 750 30 x 25 on :30 100 Back Pace SP2 S  
 250 1 x 250 on 8:00 5 min easy 3 min video REC S  
 750 30 x 25 on :30 100 Fly Pace SP2 S  
 250 1 x 250 on 8:00 Social Kick tag REC F  
 1,200 24 x 50 on :55 200 Breast Pace SP2 S  
 1 on 10:00 Your dryland routine I  
 1,200 24 x 50 on :50 200 Free Pace SP2 S  
 250 1 x 250 on 4:00 Top Hat Drill REC I  
 5:44 PM 5,050 Yards - Stress Value = 390

**Workout #18820 - Tuesday, 27 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 SL/DS/Core  
 600 1 x 600 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 1,350 2x{1 x 125 on 2:10 Kick with flippers  
 {1 x 125 on 2:05 Kick with flippers  
 {1 x 125 on 2:00 Kick with flippers  
 {1 x 125 on 1:55 Kick with flippers  
 {1 x 125 on 1:50 Kick with flippers  
 {1 x 50 on :45 Kick with flippers  
 1,250 1x{1 x 500 on 7:05 Pulls BWHPN  
 {1 x 400 on 5:40 Pulls BWHPN  
 {1 x 300 on 4:10 Pulls BWHPN  
 {1 x 50 on :40 Pulls BWHPN  
 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 75 on 1:30 25L 25R 25 bathtub 8 strokes  
 {3 x 125 on 2:05 Backstroke  
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes  
 {3 x 100 on 1:35 Backstroke  
 {1 x 75 on 1:30 25L 25R 25 bathtub 8 strokes  
 {3 x 75 on 1:10 Backstroke  
 {2 x 75 on 1:30 25L 25R 25 bathtub 8 strokes  
 200 8 x 25 on 1:00 Backstroke-odds underwater  
 evens 100% effort  
 250 1 x 250 on 4:00 Stroke Drills  
 5:45 PM 5,275 Yards - Stress Value = 86

**Workout #18821 - Tuesday, 27 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 SL/DS/Core  
 550 1 x 550 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 1,250 2x{1 x 125 on 2:20 Kick with flippers  
 {1 x 125 on 2:15 Kick with flippers  
 {1 x 125 on 2:10 Kick with flippers  
 {1 x 125 on 2:05 Kick with flippers  
 {1 x 125 on 2:00 Kick with flippers  
 1,050 1x{1 x 500 on 8:15 Pulls BWHPN  
 {1 x 300 on 4:50 Pulls BWHPN  
 {1 x 200 on 3:15 Pulls BWHPN  
 {1 x 50 on :45 Pulls BWHPN  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{1 x 75 on 1:40 25L 25R 25 bathtub 8 strokes  
 {2 x 125 on 2:20 Backstroke  
 {1 x 75 on 1:40 25L 25R 25 bathtub 8 strokes  
 {2 x 100 on 1:50 Backstroke  
 {1 x 75 on 1:40 25L 25R 25 bathtub 8 strokes  
 {2 x 75 on 1:20 Backstroke  
 {1 x 75 on 1:40 25L 25R 25 bathtub 8 strokes  
 {4 x 50 on :55 Backstroke  
 200 8 x 25 on 1:00 Backstroke-odds underwater  
 evens 100% effort  
 250 1 x 250 on 4:00 Stroke Drills  
 5:45 PM 4,750 Yards - Stress Value = 80

**Workout #18822 - Tuesday, 27 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 SL/DS/Core
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	2x{1 x 100 on 2:00 Kick with flippers
	{1 x 100 on 1:55 Kick with flippers
	{1 x 100 on 1:50 Kick with flippers
	{1 x 100 on 1:45 Kick with flippers
	{1 x 100 on 1:40 Kick with flippers
	{1 x 100 on 1:35 Kick with flippers
950	1x{1 x 500 on 9:15 Pulls BWHPN
	{1 x 300 on 5:30 Pulls BWHPN
	{1 x 150 on 2:40 Pulls BWHPN
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{1 x 75 on 2:00 25L 25R 25 bathtub 8 strokes
	{2 x 125 on 2:30 Backstroke
	{1 x 75 on 2:00 25L 25R 25 bathtub 8 strokes
	{2 x 100 on 2:00 Backstroke
	{1 x 75 on 2:00 25L 25R 25 bathtub 8 strokes
	{2 x 75 on 1:30 Backstroke
	{1 x 75 on 2:00 25L 25R 25 bathtub 8 strokes
	{2 x 50 on 1:00 Backstroke
200	8 x 25 on 1:00 Backstroke-odds underwater
	evens 100% effort
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 4,450 Yards - Stress Value = 75

250	1 x 250 on 7:00 4 min easy 3 min video	REC
750	30 x 25 on :30 100 Breast Pace	SP2
200	1 x 200 on 8:00 Vertical Kick Volleyball	EN2
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 8:00 Your Dryland Routine	
1,000	40 x 25 on :30 200 Fly Pace	SP2
250	1 x 250 on 5:00 Choice	REC
	5:45 PM 5,100 Yards - Stress Value = 404	

**Workout #18825 - Wednesday, 28 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:55 Kick
1,100	1x{2 x 200 on 3:00 Lungbuster pulls
	{2 x 200 on 2:55 Lungbuster pulls
	{2 x 150 on 2:05 Lungbuster pulls
	{ Breathe 3-4-5-6 by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	2x{4 x 75 on 1:20 Breaststroke 2X Pullouts
	{3 x 75 on 1:15 Breaststroke 2X Pullouts
	{2 x 75 on 1:10 Breaststroke 2X Pullouts
	{1 x 75 on 1:05 Breaststroke 2X Pullouts
	{1 x 100 on 2:00 Freestyle
	{2 x 25 on :40 Breast-100% effort great TO
200	1 x 200 on 3:00 Stroke Drills
	5:46 PM 4,900 Yards - Stress Value = 89

**Workout #18824 - Wednesday, 28 September 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :50 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 100 on 1:30 Kick
1,200	1x{2 x 200 on 2:40 Lungbuster pulls
	{2 x 200 on 2:35 Lungbuster pulls
	{2 x 200 on 2:30 Lungbuster pulls
	{ Breathe 3-4-5-6 by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	2x{4 x 75 on 1:15 Breaststroke 2X Pullouts
	{3 x 75 on 1:10 Breaststroke 2X Pullouts
	{2 x 75 on 1:05 Breaststroke 2X Pullouts
	{1 x 75 on 1:00 Breaststroke 2X Pullouts
	{1 x 100 on 1:30 Freestyle
	{4 x 25 on :40 Breast-100% effort great TO
200	1 x 200 on 3:00 Stroke Drills
	5:46 PM 5,350 Yards - Stress Value = 106

**Workout #18826 - Wednesday, 28 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
950	1x{2 x 200 on 3:20 Lungbuster pulls
	{2 x 200 on 3:15 Lungbuster pulls
	{1 x 150 on 2:25 Lungbuster pulls
	{ Breathe 3-4-5-6 by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	2x{4 x 75 on 1:30 Breaststroke 2X Pullouts
	{3 x 75 on 1:25 Breaststroke 2X Pullouts
	{2 x 75 on 1:20 Breaststroke 2X Pullouts
	{1 x 75 on 1:30 Freestyle
	{2 x 25 on :40 Breast-100% effort great TO
200	1 x 200 on 3:00 Stroke Drills
	5:46 PM 4,500 Yards - Stress Value = 82

**Workout #18828 - Wednesday, 28 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 20:00 SL/DS		
400	1 x 400 on 5:00 Choice	REC	
750	30 x 25 on :30 100 Free Pace	SP2	

**Workout #18827 - Wednesday, 28 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR {4 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:40 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Kick
850	1x{2 x 200 on 3:40 Lungbuster pulls {1 x 200 on 3:35 Lungbuster pulls {1 x 200 on 3:30 Lungbuster pulls {1 x 50 on :45 Lungbuster pulls { Breathe 3-4-5-6 by the 50
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	2x{4 x 75 on 1:40 Breaststroke 2X Pullouts {3 x 75 on 1:35 Breaststroke 2X Pullouts {1 x 75 on 1:30 Breaststroke 2X Pullouts {1 x 50 on 1:00 Freestyle {2 x 25 on :40 Breast-100% effort great TO
200	1 x 200 on 3:00 Stroke Drills
	5:45 PM 4,050 Yards - Stress Value = 74

**Workout #18829 - Thursday, 29 September 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 SL/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{4 x 100 on 1:40 Kick {3 x 100 on 1:35 Kick {2 x 100 on 1:30 Kick {1 x 100 on 1:25 Kick {1 x 50 on 2:00 Kick {3 x 50 on 1:00 Kick-100% Effort
1,400	1x{1 x 250 on 3:05 Pulls {5 x 50 on 1:00 Pulls 4 breaths {1 x 200 on 2:30 Pulls {4 x 50 on 1:00 Pulls-4 breaths {1 x 150 on 1:50 Pulls {3 x 50 on 1:00 Pulls 4 breaths {1 x 100 on 1:15 Pulls {2 x 50 on 1:00 Pulls 4 breaths
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6x{8 x 25 on :25 Butterfly {1 on 1:00 Rest
250	1 x 250 on 4:00 Stroke Drills
	5:44 PM 5,000 Yards - Stress Value = 89

**Workout #18833 - Thursday, 29 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 20:00 SL/DS	
400	1 x 400 on 5:00 Choice	REC
750	30 x 25 on :30 100 Fly Pace	SP2
250	1 x 250 on 8:00 5 min easy 3 min video	REC
750	30 x 25 on :30 100 Back Pace	SP2

200	1 x 200 on 8:00 Racing Skills-Relay Starts/ goggle toss	REC
1,300	26 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Your Dryland routine	
1,300	26 x 50 on :55 200 Breast Pace	SP2
200	1 x 200 on 3:00 Choice	REC
	5:45 PM 5,150 Yards - Stress Value = 410	

**Workout #18830 - Thursday, 29 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 SL/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
1,000	1x{4 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {1 x 50 on 2:00 Kick {3 x 50 on 1:00 Kick-100% Effort
1,350	1x{1 x 250 on 3:35 Pulls {5 x 50 on 1:00 Pulls 4 breaths {1 x 200 on 2:50 Pulls {4 x 50 on 1:00 Pulls-4 breaths {1 x 150 on 2:05 Pulls {3 x 50 on 1:00 Pulls 4 breaths {1 x 100 on 1:25 Pulls {1 x 50 on 1:00 Pulls 4 breaths
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6x{8 x 25 on :30 Butterfly {1 on 1:00 Rest
250	1 x 250 on 4:00 Stroke Drills
	5:48 PM 4,750 Yards - Stress Value = 84

**Workout #18831 - Thursday, 29 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 SL/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{4 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {1 x 50 on 2:00 Kick {2 x 50 on 1:00 Kick-100% Effort
1,250	1x{1 x 250 on 4:05 Pulls {5 x 50 on 1:00 Pulls 4 breaths {1 x 200 on 3:20 Pulls {4 x 50 on 1:00 Pulls-4 breaths {1 x 150 on 2:25 Pulls {3 x 50 on 1:00 Pulls 4 breaths {1 x 50 on :45 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{8 x 25 on :35 Butterfly {1 on 1:00 Rest
250	1 x 250 on 4:00 Stroke Drills
	5:47 PM 4,350 Yards - Stress Value = 75

**Workout #18832 - Thursday, 29 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 SL/DS/Shoulders
150	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
850	10 x 15 on :45 Shooters
1,200	1x{3 x 100 on 2:15 Kick 2 x 100 on 2:10 Kick 1 x 100 on 2:00 Kick 1 x 50 on 2:00 Kick 4 x 50 on 1:15 Kick-100% Effort
200	1x{1 x 250 on 4:35 Pulls 5 x 50 on 1:00 Pulls 4 breaths 1 x 200 on 3:35 Pulls 4 x 50 on 1:00 Pulls-4 breaths 1 x 150 on 2:35 Pulls 3 x 50 on 1:00 Pulls 4 breaths
750	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	5x{6 x 25 on :40 Butterfly 1 on 1:00 Rest
5:44 PM	1 x 250 on 5:00 Stroke Drills 3,900 Yards - Stress Value = 71

**Workout #18835 - Friday, 30 September 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 20:00 SL/DS
150	1 x 600 on 10:00 Reverse IM drill
500	10 x 15 on :45 Shooters
200	1x{4 x 25 on :30 Kick no board BSLR 1 x 125 on 2:25 Kick 1 x 125 on 2:20 Kick 1 x 100 on 1:50 Kick 1 x 50 on :55 Kick
1,700	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{1 x 400 on 6:00 Individual Medley 2 x 100 on 1:25 Freestyle 1 x 300 on 4:25 Individual Medley 2 x 100 on 1:35 Backstroke 1 x 200 on 2:55 Individual Medley 2 x 75 on 1:20 Breaststroke 1 x 100 on 1:25 Individual Medley 2 x 75 on 1:15 Butterfly
4:59 PM	1 x 250 on 4:00 Stroke Drills 3,400 Yards - Stress Value = 45

**Workout #18834 - Friday, 30 September 2016**

**Group 3 - IM'ers**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 20:00 SL/DS
150	1 x 600 on 10:00 Reverse IM drill
600	10 x 15 on :45 Shooters
200	1x{4 x 25 on :30 Kick no board BSLR 1 x 125 on 2:05 Kick 1 x 125 on 2:00 Kick 1 x 125 on 1:55 Kick 1 x 125 on 1:50 Kick
1,800	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{1 x 400 on 5:30 Individual Medley 2 x 100 on 1:20 Freestyle 1 x 300 on 4:00 Individual Medley 2 x 100 on 1:30 Backstroke 1 x 200 on 2:35 Individual Medley 2 x 100 on 1:40 Breaststroke 1 x 100 on 1:15 Individual Medley 2 x 100 on 1:30 Butterfly
4:59 PM	1 x 250 on 4:00 Stroke Drills 3,600 Yards - Stress Value = 47

**Workout #18836 - Friday, 30 September 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 20:00 SL/DS
150	1 x 550 on 10:00 Reverse IM drill
450	10 x 15 on :45 Shooters
200	1x{4 x 25 on :35 Kick no board BSLR 1 x 100 on 2:10 Kick 1 x 100 on 2:05 Kick 1 x 100 on 2:00 Kick 1 x 50 on :55 Kick
1,500	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{1 x 400 on 6:45 Individual Medley 2 x 75 on 1:10 Freestyle 1 x 300 on 5:00 Individual Medley 2 x 75 on 1:20 Backstroke 1 x 200 on 3:15 Individual Medley 2 x 50 on 1:00 Breaststroke 1 x 100 on 1:35 Individual Medley 2 x 50 on :55 Butterfly
4:59 PM	1 x 250 on 4:00 Stroke Drills 3,100 Yards - Stress Value = 43

**Workout #18838 - Friday, 30 September 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PACE
3:30 PM	Start				
400	1 on 20:00 Spotlight/DS			L DRY	
600	1 x 400 on 5:00 Choice	REC		S CHO	1:15
250	30 x 20 on :30 100 Fly Pace	SP2		S FLY	2:30
600	1 x 250 on 5:00 Choice	REC		S CHO	2:00
250	30 x 20 on :30 100 Back Pace	SP2		S BK	2:30
600	1 x 250 on 5:00 Choice	REC		S CHO	2:00
250	30 x 20 on :30 100 Free Pace	SP2		S FR	2:30
250	1 x 250 on 4:00 Choice	REC		S CD	1:30
5:00 PM	2,950 Yards - Stress Value = 180				

**Workout #18837 - Friday, 30 September 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 SL/DS  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 350 1x{4 x 25 on :45 Kick no board BSLR  
     {1 x 100 on 2:30 Kick  
     {1 x 100 on 2:25 Kick  
     {1 x 50 on 1:10 Kick  
 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 400 on 7:45 Individual Medley  
     {2 x 50 on :50 Freestyle  
     {1 x 300 on 5:45 Individual Medley  
     {2 x 50 on :55 Backstroke  
     {1 x 200 on 3:45 Individual Medley  
     {2 x 50 on 1:05 Breaststroke  
     {1 x 100 on 1:50 Individual Medley  
     {1 x 50 on 1:00 Butterfly  
 250 1 x 250 on 4:00 Stroke Drills  
 4:59 PM 2,800 Yards - Stress Value = 39

**Workout #18839 - Monday, 03 October 2016**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS/Phsyio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 400 16 x 25 on 1:00 Kick no board BSLR  
     Rd 1-normal, Rd 2 12.5 yards sprint after k  
     Rd 3 all under, Rd 4 choice  
 1,200 1x{1 x 325 on 4:30 Pull no br L.12 yds  
     {1 x 275 on 3:45 Pull no br L.12 yds  
     {1 x 225 on 3:00 Pull no br L.12 yds  
     {1 x 175 on 2:15 Pull no br L.12 yds  
     {1 x 125 on 1:30 Pull no br L.12 yds  
     {1 x 75 on :50 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,200 1x{1 x 300 on 3:45 Freestyle  
     {3 x 100 on 1:35 Kick  
     {2 x 250 on 3:05 Freestyle  
     {3 x 100 on 1:35 Kick  
     {3 x 200 on 2:30 Freestyle  
     {3 x 100 on 1:35 Kick  
     {4 x 150 on 1:50 Freestyle  
     {3 x 100 on 1:35 Kick  
 500 10 x 50 on 1:00 Stroke Drills  
 6:01 PM 6,250 Yards - Stress Value = 94

**Workout #18843 - Monday, 03 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 20:00 SL/DS I  
 400 1 x 400 on 5:00 Choice REC S  
 1,500 30 x 50 on :55 200 Breast Pace SP2 S  
 250 1 x 250 on 10:00 5 min ez 5 min video REC S  
 1,500 30 x 50 on :50 200 Free Pace SP2 S  
 1 on 15:00 Your Dryland Routine I  
 600 30 x 20 on :30 100 Fly Pace SP2 S  
 300 1 x 300 on 5:00 Breast kicking w board EN1 F  
 600 30 x 20 on :30 100 Back Pace SP2 S

250 1 x 250 on 5:00 Stroke Drills REC I  
 6:00 PM 5,400 Yards - Stress Value = 423

**Workout #18840 - Monday, 03 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS/Phsyio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 400 16 x 25 on 1:00 Kick no board BSLR  
     Rd 1-normal, Rd 2 12.5 yards sprint after k  
     Rd 3 all under, Rd 4 choice  
 1,100 1x{1 x 275 on 4:00 Pull no br L.12 yds  
     {1 x 225 on 3:15 Pull no br L.12 yds  
     {1 x 175 on 2:30 Pull no br L.12 yds  
     {2 x 125 on 1:50 Pull no br L.12 yds  
     {2 x 75 on 1:05 Pull no br L.12 yds  
     {1 x 25 on :20 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,900 1x{1 x 300 on 4:10 Freestyle  
     {3 x 100 on 1:50 Kick  
     {2 x 250 on 3:25 Freestyle  
     {3 x 100 on 1:50 Kick  
     {3 x 200 on 2:45 Freestyle  
     {3 x 100 on 1:50 Kick  
     {4 x 150 on 2:05 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 6:02 PM 5,850 Yards - Stress Value = 89

**Workout #18841 - Monday, 03 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS/Phsyio Balls  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 400 16 x 25 on 1:00 Kick no board BSLR  
     Rd 1-normal, Rd 2 12.5 yards sprint after k  
     Rd 3 all under, Rd 4 choice  
 950 1x{1 x 275 on 4:40 Pull no br L.12 yds  
     {1 x 225 on 3:45 Pull no br L.12 yds  
     {1 x 175 on 2:50 Pull no br L.12 yds  
     {1 x 125 on 2:00 Pull no br L.12 yds  
     {1 x 75 on 1:10 Pull no br L.12 yds  
     {3 x 25 on :25 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,550 1x{1 x 300 on 4:45 Freestyle  
     {2 x 100 on 2:05 Kick  
     {2 x 250 on 4:00 Freestyle  
     {2 x 100 on 2:05 Kick  
     {3 x 200 on 3:10 Freestyle  
     {2 x 100 on 2:05 Kick  
     {3 x 150 on 2:20 Freestyle  
     {1 x 100 on 2:05 Kick  
 500 10 x 50 on 1:00 Stroke Drills  
 6:01 PM 5,300 Yards - Stress Value = 79

**Workout #18842 - Monday, 03 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/Phsyio Balls
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
400	16 x 25 on 1:00 Kick no board BSLR Rd 1-normal, Rd 2 12.5 yards sprint after k Rd 3 all under, Rd 4 choice
850	1x{1 x 275 on 5:00 Pull no br L.12 yds {1 x 225 on 4:10 Pull no br L.12 yds {1 x 175 on 3:15 Pull no br L.12 yds {1 x 125 on 2:15 Pull no br L.12 yds {1 x 50 on :55 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{1 x 300 on 5:30 Freestyle {2 x 100 on 2:10 Kick {2 x 250 on 4:30 Freestyle {2 x 100 on 2:10 Kick {3 x 200 on 3:40 Freestyle {2 x 100 on 2:10 Kick {2 x 150 on 2:40 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 4,950 Yards - Stress Value = 72

**Workout #18844 - Wednesday, 05 October 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,400	1x{8 x 25 on :30 Kick no board BBSSLLRR {3 x 100 on 1:45 Kick {6 x 25 on :30 Kick no board BSLR +2 wkst {3 x 100 on 1:45 Kick {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board 2 best
1,200	3x{1 x 100 on 1:15 Lungbuster pulls {1 x 100 on 1:20 Lungbuster pulls {1 x 100 on 1:25 Lungbuster pulls {1 x 100 on 1:30 Lungbuster pulls { Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{1 x 125 on 2:05 Butterfly {1 x 100 on 1:35 Butterfly {1 x 75 on 1:10 Butterfly {1 x 50 on :45 Butterfly {1 x 25 on :30 Fly-whole stroke lup 2down {1 x 25 on :45 Sculling drills {1 x 200 on 5:00 Broken IM 10-20-30 sec rest/ { 1st set 2-2, 2nd set 2-3, 3rd set 2-4 (Mini
250	1 x 250 on 4:00 Stroke Drills
	5:58 PM 5,500 Yards - Stress Value = 124

**Workout #18848 - Wednesday, 05 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 20:00 SL/DS		L
400	1 x 400 on 5:00 Choice	REC	S
1,500	30 x 50 on :50 200 Back Pace	SP2	S

250	1 x 250 on 10:00 5 min ez 5 min video	REC	S
1,500	30 x 50 on :50 200 Fly Pace	SP2	S
250	1 x 250 on 10:00 Social Kick Tag	REC	K
600	30 x 20 on :30 100 Free Pace	SP2	S
	1 on 14:00 Your Dryland Routine		L
600	30 x 20 on :30 100 Breast Pace	SP2	S
250	1 x 250 on 4:00 Top Hat Drill	REC	D
	6:00 PM 5,350 Yards - Stress Value = 420		

**Workout #18845 - Wednesday, 05 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,300	1x{8 x 25 on :30 Kick no board BBSSLLRR {3 x 100 on 1:55 Kick {6 x 25 on :30 Kick no board BSLR +2 wkst {3 x 100 on 1:55 Kick {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:55 Kick {2 x 25 on :30 Kick no board 2 best
1,050	3x{1 x 100 on 1:25 Lungbuster pulls {1 x 100 on 1:30 Lungbuster pulls {1 x 100 on 1:35 Lungbuster pulls {1 x 50 on :55 Lungbuster pulls { Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	3x{1 x 125 on 2:15 Butterfly {1 x 100 on 1:45 Butterfly {1 x 75 on 1:15 Butterfly {1 x 25 on :30 Fly-whole stroke lup 2down {1 x 25 on :45 Sculling drills {1 x 200 on 5:00 Broken IM 10-20-30 sec rest/ { 1st set 2-2, 2nd set 2-3, 3rd set 2-4 (Mini
250	1 x 250 on 4:00 Stroke Drills
	5:57 PM 5,100 Yards - Stress Value = 117

**Workout #18846 - Wednesday, 05 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,150	1x{8 x 25 on :35 Kick no board BBSSLLRR {3 x 100 on 2:05 Kick {6 x 25 on :35 Kick no board BSLR +2 wkst {3 x 100 on 2:05 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on 1:00 Kick {2 x 25 on :35 Kick no board 2 best
900	3x{1 x 100 on 1:40 Lungbuster pulls {1 x 100 on 1:45 Lungbuster pulls {1 x 100 on 1:50 Lungbuster pulls { Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	3x{1 x 125 on 2:30 Butterfly {1 x 100 on 1:55 Butterfly {1 x 75 on 1:25 Butterfly {1 x 25 on :30 Fly-whole stroke lup 2down {1 x 25 on :45 Sculling drills {1 x 200 on 5:30 Broken IM 10-20-30 sec rest/ { 1st set 2-2, 2nd set 2-3, 3rd set 2-4 (Mini
250	1 x 250 on 3:00 Stroke Drills
	5:58 PM 4,800 Yards - Stress Value = 111

Odd 100's free even 100's back

150	10 x 15 on :45 Shooters
1,500	1x{1 x 500 on 6:40 Kick with flippers {1 x 400 on 5:20 Kick with flippers {1 x 300 on 4:00 Kick with flippers {1 x 200 on 2:40 Kick with flippers {1 x 100 on 1:20 Kick with flippers
1,000	1x{1 x 125 on 2:00 Pull 100 free 25 breast {1 x 125 on 2:05 Pull 75 free 50 breast {1 x 125 on 2:10 Pull 50 free 75 breast {1 x 125 on 2:15 Pull 25 free 100 breast {1 x 100 on 1:30 Pull 75 free 25 breast {1 x 100 on 1:35 Pull 50 free 50 breast {1 x 100 on 1:40 Pull 25 free 75 breast {1 x 75 on 1:05 Pull 50 free 25 breast {1 x 75 on 1:10 Pull 25 free 50 breast {1 x 50 on :45 Pull 25 free 25 breast
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{4 x 25 on :30 Breast TO drill w/fins {6 x 75 on 1:20 Breaststroke {1 x 100 on 2:00 Breast Drill (put fins on) {4 x 25 on :35 Breast TO drill w/fins {6 x 75 on 1:15 Breaststroke {1 x 100 on 2:00 Breast Drill (put fins on) {4 x 25 on :40 Breast TO drill w/fins {6 x 75 on 1:10 Breaststroke {1 x 100 on 2:00 Breast Drill (put fins on) {4 x 25 on :45 Breast TO drill w/fins {6 x 75 on 1:05 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	6:01 PM 6,200 Yards - Stress Value = 95

**Workout #18847 - Wednesday, 05 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/SL/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{8 x 25 on :45 Kick no board BBSSLLRR {2 x 100 on 2:20 Kick {6 x 25 on :45 Kick no board BSLR +2 wkst {2 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:10 Kick {2 x 25 on :45 Kick no board 2 best
900	3x{1 x 100 on 1:50 Lungbuster pulls {1 x 100 on 1:55 Lungbuster pulls {1 x 100 on 2:00 Lungbuster pulls { Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,425	3x{1 x 100 on 2:15 Butterfly {1 x 75 on 1:40 Butterfly {1 x 50 on 1:05 Freestyle {1 x 25 on :30 Fly-whole stroke lup 2down {1 x 25 on :45 Sculling drills {1 x 200 on 5:30 Broken IM 10-20-30 sec rest/ { 1st set 2-2, 2nd set 2-3, 3rd set 2-4 (Mini
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 4,375 Yards - Stress Value = 103

**Workout #18853 - Thursday, 06 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 20:00 SL/DS			L I
400	1 x 400 on 5:00 Choice	REC		S C
1,500	30 x 50 on :50 200 Free Pace	SP2		S
	1 on 10:00 5 min ez 5 min video	REC		S C
1,500	30 x 50 on :55 200 Breast Pace	SP2		S
200	1 x 200 on 10:00 Vertical Kick Relay	EN2		K F
600	30 x 20 on :30 100 Back Pace	SP2		S
	1 on 12:00 Your Dryland Routine			L I
600	30 x 20 on :30 100 Fly Pace	SP2		S F
250	1 x 250 on 4:00 Underwater trn drill	REC		D
	6:00 PM 5,050 Yards - Stress Value = 424			

**Workout #18849 - Thursday, 06 October 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill

**Workout #18850 - Thursday, 06 October 2016**

6:01 PM 5,150 Yards - Stress Value = 78

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 35:00 SL/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
1,300	1x{1 x 500 on 7:30 Kick with flippers {1 x 400 on 6:00 Kick with flippers {1 x 300 on 4:30 Kick with flippers {1 x 100 on 1:30 Kick with flippers
900	1x{1 x 125 on 2:10 Pull 100 free 25 breast {1 x 125 on 2:15 Pull 75 free 50 breast {1 x 125 on 2:20 Pull 50 free 75 breast {1 x 125 on 2:25 Pull 25 free 100 breast {1 x 100 on 1:40 Pull 75 free 25 breast {1 x 100 on 1:45 Pull 50 free 50 breast {1 x 100 on 1:50 Pull 25 free 75 breast {1 x 50 on :50 Pull 25 free 25 breast {1 x 50 on 1:00 Pull 50 breast
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{4 x 25 on :30 Breast TO drill w/fins {6 x 75 on 1:30 Breaststroke {1 x 100 on 2:15 Breast Drill (put fins on) {4 x 25 on :35 Breast TO drill w/fins {6 x 75 on 1:25 Breaststroke {1 x 100 on 2:15 Breast Drill (put fins on) {4 x 25 on :40 Breast TO drill w/fins {6 x 75 on 1:20 Breaststroke {1 x 50 on 1:15 Breast Drill (put fins on) {4 x 25 on :45 Breast TO drill w/fins {2 x 75 on 1:15 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,550 Yards - Stress Value = 83

**Workout #18851 - Thursday, 06 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 35:00 SL/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 400 on 6:40 Kick with flippers {1 x 300 on 5:00 Kick with flippers {2 x 200 on 3:20 Kick with flippers {1 x 100 on 1:40 Kick with flippers
850	1x{1 x 125 on 2:20 Pull 100 free 25 breast {1 x 125 on 2:25 Pull 75 free 50 breast {1 x 125 on 2:30 Pull 50 free 75 breast {1 x 125 on 2:35 Pull 25 free 100 breast {1 x 100 on 1:50 Pull 75 free 25 breast {1 x 100 on 1:55 Pull 50 free 50 breast {1 x 100 on 2:00 Pull 25 free 75 breast {1 x 50 on :55 Pull 25 free 25 breast
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{4 x 25 on :40 Breast TO drill w/fins {6 x 75 on 1:40 Breaststroke {1 x 50 on 1:30 Breast Drill (put fins on) {4 x 25 on :45 Breast TO drill w/fins {6 x 75 on 1:35 Breaststroke {1 x 50 on 1:30 Breast Drill (put fins on) {4 x 25 on :50 Breast TO drill w/fins {4 x 75 on 1:30 Breaststroke {1 x 50 on 1:30 Breast Drill {4 x 75 on 1:25 Breaststroke
250	1 x 250 on 4:00 Stroke Drills

**Workout #18852 - Thursday, 06 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 35:00 SL/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
1,050	1x{1 x 400 on 7:20 Kick with flippers {1 x 300 on 5:30 Kick with flippers {1 x 200 on 3:40 Kick with flippers {1 x 100 on 1:50 Kick with flippers {1 x 50 on :55 Kick with flippers
700	1x{1 x 125 on 2:30 Pull 100 free 25 breast {1 x 125 on 2:40 Pull 75 free 50 breast {1 x 125 on 2:50 Pull 50 free 75 breast {1 x 125 on 3:00 Pull 25 free 100 breast {1 x 125 on 3:30 Pull 125 Breast {1 x 75 on 1:45 Pull 25 free 50 breast
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{4 x 25 on :45 Breast TO drill w/fins {6 x 75 on 1:50 Breaststroke {1 x 50 on 1:30 Breast Drill (put fins on) {4 x 25 on :50 Breast TO drill w/fins {6 x 75 on 1:45 Breaststroke {1 x 50 on 1:30 Breast Drill (put fins on) {4 x 25 on :55 Breast TO drill w/fins {6 x 75 on 1:40 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
6:01 PM	4,600 Yards - Stress Value = 69

**Workout #18854 - Friday, 07 October 2016**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 20:00 SL/DS 1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{3 x 50 on 1:00 Closed fist back {1 x 250 on 3:40 Backstroke {3 x 50 on 1:00 Right Arm Backstroke {2 x 200 on 2:55 Backstroke {3 x 50 on 1:00 Left Arm Backstroke {3 x 150 on 2:10 Backstroke {3 x 50 on 1:00 4 Rt 4 Lt 4 reg {4 x 100 on 1:25 Backstroke-descend
400	8 x 50 on 1:00 Stroke Drills
5:00 PM	3,450 Yards - Stress Value = 30

**Workout #18858 - Friday, 07 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
1	on 20:00 SL/DS		L	DRY
400	1 x 400 on 5:00 Choice	REC	S	CHO
600	24 x 25 on :30 200 Fly Pace	SP2	S	FLY
250	1 x 250 on 5:00 Choice	REC	D	CHO
1,200	24 x 50 on :50 200 Back Pace	SP2	S	BK
250	1 x 250 on 5:00 Choice	REC	D	CHO
600	24 x 25 on :30 100 Breast Pace	SP2	S	BR
300	1 x 300 on 5:00 Reverse IM drill	REC	D	CD
5:00 PM	3,600 Yards - Stress Value = 240			

**Workout #18855 - Friday, 07 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
1	on 20:00 SL/DS		L	
600	1 x 600 on 10:00 Reverse IM drill			
150	10 x 15 on :45 Shooters			
200	4x{1 x 25 on :50 Sculling drills			
1,950	1x{3 x 50 on 1:00 Closed fist back			
	{1 x 250 on 4:10 Backstroke			
	{3 x 50 on 1:00 Right Arm Backstroke			
	{2 x 200 on 3:15 Backstroke			
	{3 x 50 on 1:00 Left Arm Backstroke			
	{3 x 150 on 2:25 Backstroke			
	{2 x 50 on 1:00 4 Rt 4 Lt 4 Reg			
400	{3 x 100 on 1:35 Backstroke-descend			
	8 x 50 on 1:00 Stroke Drills			
5:00 PM	3,300 Yards - Stress Value = 28			

**Workout #18856 - Friday, 07 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
1	on 20:00 SL/DS		L	
550	1 x 550 on 10:00 Reverse IM drill			
150	10 x 15 on :45 Shooters			
200	4x{1 x 25 on :50 Sculling drills			
1,700	1x{3 x 50 on 1:10 Closed fist back			
	{1 x 250 on 4:40 Backstroke			
	{2 x 50 on 1:10 Right Arm Backstroke			
	{2 x 200 on 3:45 Backstroke			
	{2 x 50 on 1:10 Left Arm Backstroke			
	{3 x 150 on 2:50 Backstroke			
	{1 x 50 on 1:10 4 Rt 4 Lt 4 Reg			
	{4 x 50 on :55 Backstroke-descend			
400	8 x 50 on 1:00 Stroke Drills			
5:00 PM	3,000 Yards - Stress Value = 24			

**Workout #18857 - Friday, 07 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
1	on 20:00 DS/SL		L	
500	1 x 500 on 10:00 Reverse IM drill			
150	10 x 15 on :45 Shooters			
200	4x{1 x 25 on :50 Sculling drills			

1,600	1x{2 x 50 on 1:10 Closed fist back			
	{1 x 250 on 5:15 Backstroke			
	{2 x 50 on 1:10 Right Arm Backstroke			
	{2 x 200 on 4:10 Backstroke			
	{2 x 50 on 1:10 Left Arm Backstroke			
	{3 x 150 on 3:05 Backstroke			
	{1 x 50 on 1:10 4 Rt 4 Lt 4 Reg			
	{3 x 50 on 1:00 Backstroke-descend			
400	8 x 50 on 1:00 Stroke Drills			
5:00 PM	2,850 Yards - Stress Value = 23			

**Workout #18863 - Monday, 10 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
1	on 20:00 SL/DS		L	
400	1 x 400 on 5:00 Choice	REC	S	
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	
200	1 x 200 on 10:00 5 min ez 5 min video	REC	S	
1,500	30 x 50 on :50 200 Free Pace	SP2	S	
	1 on 10:00 Your Dryland Routine		L	
750	30 x 25 on :30 100 Fly Pace	SP2	S	
210	14 x 15 on 1:00 Shooters	SP3	S	
480	24 x 20 on :30 50 Free Pace	SP2	S	
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC	S	
6:01 PM	5,340 Yards - Stress Value = 431			

**Workout #18859 - Monday, 10 October 2016**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:30 PM	Start			
1	on 35:00 SL/DS/Physio Balls		L	
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,600	2x{4 x 25 on :30 Kick no board BSLR			
	{1 x 100 on 1:30 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{1 x 100 on 1:25 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{1 x 100 on 1:20 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{1 x 100 on 1:15 Kick			
1,500	1x{1 x 200 on 2:30 Pulls-nbbf&w + 2 yds			
	{2 x 175 on 2:10 Pulls-nbbf&w + 2 yds			
	{3 x 150 on 1:55 Pulls-nbbf&w + 2 yds			
	{4 x 125 on 1:45 Pulls-nbbf&w + 2 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,100	1x{6 x 100 on 1:10 Freestyle			
	{1 on 1:00 Rest			
	{5 x 100 on 1:10 Freestyle			
	{1 on 1:00 Rest			
	{4 x 100 on 1:10 Freestyle			
	{1 on 1:00 Rest			
	{3 x 100 on 1:10 Freestyle			
	{1 on 1:00 Rest			
	{2 x 100 on 1:10 Freestyle			
	{1 on 1:00 Rest			
	{1 x 100 on 1:10 Freestyle			
250	1 x 250 on 4:00 Stroke Drills			
6:00 PM	6,400 Yards - Stress Value = 112			

**Workout #18860 - Monday, 10 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	2x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR
1,400	1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:25 Pulls-nbbf&w + 2 yds
	{3 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	{4 x 100 on 1:25 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{6 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:20 Freestyle
250	1 x 250 on 4:00 Stroke Drills
6:01	PM 6,000 Yards - Stress Value = 104

550	1 x 550 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
500	1x{1 x 50 on :55 Fly w/fins
	{2 x 25 on :40 Underwater Fly Kick
	{1 x 100 on 1:50 Fly w/fins
	{2 x 25 on :40 Underwater Fly Kick
	{1 x 150 on 2:45 Fly w/fins
	{2 x 25 on :40 Underwater Fly Kick
	{1 x 50 on :55 Fly w/fins
1,200	1x{2 x 100 on 1:55 Kick
	{3 x 50 on 1:05 Kick 1 ez 2-100%
	{2 x 100 on 2:00 Kick
	{3 x 50 on 1:05 Kick 1 ez 2-100%
	{2 x 100 on 2:05 Kick
	{2 x 50 on 1:05 Kick 1 ez 1-100%
	{2 x 100 on 2:00 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{1 x 50 on :55 Fly w/fins
	{2 x 25 on :40 Underwater Fly Kick
	{1 x 100 on 1:50 Fly w/fins
	{2 x 25 on :40 Underwater Fly Kick
	{1 x 150 on 2:45 Fly w/fins
	{2 x 25 on :40 Underwater Fly Kick
	{1 x 50 on :55 Fly w/fins
1,250	1x{1 x 400 on 6:45 Pulls
	{1 x 400 on 6:40 Pulls
	{1 x 400 on 6:35 Pulls
	{1 x 50 on :50 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{1 x 50 on :55 Fly w/fins
	{2 x 25 on :40 Underwater Fly Kick
	{1 x 100 on 1:50 Fly w/fins
	{2 x 25 on :40 Underwater Fly Kick
	{1 x 150 on 2:45 Fly w/fins
	{2 x 25 on :40 Underwater Fly Kick
	{1 x 50 on :55 Fly w/fins
200	1 x 200 on 3:00 Stroke Drills
6:00	PM 5,050 Yards - Stress Value = 85

**Workout #18861 - Monday, 10 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/Physio Balls
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	2x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick
	{2 x 25 on :45 Kick no board BS/LR
	{3 x 50 on :55 Kick
1,200	1x{1 x 200 on 3:15 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:50 Pulls-nbbf&w + 2 yds
	{3 x 150 on 2:25 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:35 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{6 x 100 on 1:30 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:30 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:30 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
6:00	PM 5,450 Yards - Stress Value = 94

**Workout #18866 - Monday, 10 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/Core

**Workout #18876 - Monday, 10 October 2016**

**1 minute rest between sets**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 35:00 SL/DS/Shoulders  
 150 1 x 550 on 10:00 Underwater trn drill  
 1,050 10 x 15 on :45 Shooters  
 1x{1 x 100 on 1:55 Kick your best kick  
 {2 x 50 on 1:10 Kick your 2nd best kick  
 {2 x 50 on 1:15 Kick your 3rd best kick  
 {1 x 100 on 2:00 Kick your best kick  
 {2 x 50 on 1:10 Kick your 2nd best kick  
 {2 x 50 on 1:15 Kick your 3rd best kick  
 {1 x 100 on 2:05 Kick your best kick  
 {2 x 50 on 1:10 Kick your 2nd best kick  
 {2 x 50 on 1:15 Kick your 3rd best kick  
 {1 x 100 on 2:10 Kick your best kick  
 {1 x 50 on 1:10 Kick your 2nd best kick  
 1,000 10 x 100 on 1:30 Pulls  
 Every 3rd one breakout WFPF  
 On each 3rd one build each 25 to 100%  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{1 x 150 on 3:25 Breast 2K1P  
 {3 x 50 on 1:10 Breast descend  
 {1 x 150 on 3:25 Breast 3-4-5-6 sec glide  
 {3 x 50 on 1:05 Breast-descend  
 {1 x 150 on 3:25 Breast-Kick on back  
 {4 x 50 on 1:00 Breast-descend  
 {1 x 150 on 3:25 Breast-Kick on back  
 {3 x 50 on 1:00 Breast-descend  
 {1 x 150 on 3:25 Breast 3-4-5-6 glide  
 {3 x 50 on 1:05 Breast-descend  
 {1 x 150 on 3:25 Breast 2K1P  
 {3 x 50 on 1:10 Breast-descend  
 250 5 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,050 Yards - Stress Value = 59

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 SL/DS/Core  
 150 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 450 1x{1 x 50 on 1:00 Fly w/fins  
 {2 x 25 on :45 Underwater Fly Kick  
 {1 x 100 on 2:00 Fly w/fins  
 {2 x 25 on :45 Underwater Fly Kick  
 {1 x 150 on 3:00 Fly w/fins  
 {2 x 25 on :45 Underwater Fly Kick  
 1,100 1x{2 x 100 on 2:05 Kick  
 {3 x 50 on 1:10 Kick 1 ez 2-100%  
 {2 x 100 on 2:10 Kick  
 {3 x 50 on 1:10 Kick 1 ez 2-100%  
 {2 x 100 on 2:15 Kick  
 {2 x 50 on 1:10 Kick 1 ez 1-100%  
 {1 x 100 on 2:20 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 450 1x{1 x 50 on 1:00 Fly w/fins  
 {2 x 25 on :45 Underwater Fly Kick  
 {1 x 100 on 2:00 Fly w/fins  
 {2 x 25 on :45 Underwater Fly Kick  
 {1 x 150 on 3:00 Fly w/fins  
 {2 x 25 on :45 Underwater Fly Kick  
 1,150 1x{1 x 400 on 7:15 Pulls  
 {1 x 400 on 7:10 Pulls  
 {1 x 350 on 6:20 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 450 1x{1 x 50 on 1:00 Fly w/fins  
 {2 x 25 on :45 Underwater Fly Kick  
 {1 x 100 on 2:00 Fly w/fins  
 {2 x 25 on :45 Underwater Fly Kick  
 {1 x 150 on 3:00 Fly w/fins  
 {2 x 25 on :45 Underwater Fly Kick  
 200 1 x 200 on 3:00 Stroke Drills  
 6:00 PM 4,650 Yards - Stress Value = 78

**Workout #18862 - Monday, 10 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 SL/DS/Physio Balls  
 150 1 x 500 on 10:00 Swim-kick-pull-swim  
 1,200 10 x 15 on :45 Shooters  
 2x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:15 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:10 Kick  
 {2 x 25 on :45 Kick no board BS/LR  
 {3 x 50 on 1:05 Kick  
 1,050 1x{1 x 200 on 3:40 Pulls-nbbf&w + 2 yds  
 {2 x 175 on 3:10 Pulls-nbbf&w + 2 yds  
 {3 x 150 on 2:45 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :55 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{6 x 100 on 1:45 Freestyle  
 {1 on 1:00 Rest  
 {5 x 100 on 1:45 Freestyle  
 {1 on 1:00 Rest  
 {4 x 100 on 1:45 Freestyle  
 {1 on 1:00 Rest  
 {1 x 100 on 1:45 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 6:01 PM 4,950 Yards - Stress Value = 85

**Workout #18867 - Monday, 10 October 2016**

**Group 3 - Bronze**

**Workout #18877 - Monday, 10 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 SL/DS/Shoulders
150	1 x 500 on 10:00 Underwater trn drill
900	10 x 15 on :45 Shooters
1x{	1 x 100 on 2:15 Kick your best kick
	{ 2 x 50 on 1:20 Kick your 2nd best kick
	{ 1 x 50 on 1:25 Kick your 3rd best kick
	{ 1 x 100 on 2:20 Kick your best kick
	{ 2 x 50 on 1:20 Kick your 2nd best kick
	{ 1 x 50 on 1:25 Kick your 3rd best kick
	{ 1 x 100 on 2:25 Kick your best kick
	{ 2 x 50 on 1:20 Kick your 2nd best kick
	{ 1 x 50 on 1:25 Kick your 3rd best kick
	{ 1 x 100 on 2:30 Kick your best kick
	{ 1 x 50 on 1:20 Kick your 2nd best kick
800	8 x 100 on 1:50 Pulls
	Every 3rd one breakout WFPF
	On each 3rd one build each 25 to 100%
200 4x{	1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700 1x{	1 x 150 on 3:45 Breast 2K1P
	{ 3 x 50 on 1:15 Breast descend
	{ 1 x 150 on 3:45 Breast 3-4-5-6 sec glide
	{ 3 x 50 on 1:10 Breast-descend
	{ 1 x 150 on 3:45 Breast-Kick on back
	{ 3 x 50 on 1:05 Breast-descend
	{ 1 x 150 on 3:45 Breast-Kick on back
	{ 3 x 50 on 1:05 Breast-descend
	{ 1 x 100 on 2:30 Breast 3-4-5-6 glide
	{ 3 x 50 on 1:10 Breast-descend
	{ 1 x 100 on 2:30 Breast 2K1P
	{ 3 x 50 on 1:15 Breast-descend
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 4,500 Yards - Stress Value = 51

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

**Workout #18868 - Tuesday, 11 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 SL/DS		L
400	1 x 400 on 5:00 Choice	REC	S
1,500	30 x 50 on :50 200 Back Pace	SP2	S
250	1 x 250 on 10:00 5 min ez 5 min video	REC	S
1,500	30 x 50 on :50 200 Fly Pace	SP2	S
250	1 x 250 on 10:00 Social Kick Tag	REC	K
750	30 x 25 on :30 100 Free Pace	SP2	S
	1 on 10:00 Your Dryland Routine		L
750	30 x 25 on :30 100 Breast Pace	SP2	S
250	1 x 250 on 4:00 Top Hat Drill	REC	D
	5:56 PM 5,650 Yards - Stress Value = 450		

**Workout #18864 - Tuesday, 11 October 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 35:00 SL/DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
650 1x{	1 x 50 on :45 Fly w/fins
	{ 2 x 25 on :30 Underwater Fly Kick
	{ 1 x 100 on 1:30 Fly w/fins
	{ 2 x 25 on :30 Underwater Fly Kick
	{ 1 x 150 on 2:15 Fly w/fins
	{ 2 x 25 on :30 Underwater Fly Kick
	{ 1 x 200 on 3:00 Fly w/fins
1,400 1x{	2 x 100 on 1:25 Kick
	{ 3 x 50 on 1:00 Kick 1 ez 2-100%
	{ 2 x 100 on 1:30 Kick
	{ 3 x 50 on 1:00 Kick 1 ez 2-100%
	{ 2 x 100 on 1:35 Kick
	{ 3 x 50 on 1:00 Kick 1 ez 2-100%
	{ 2 x 100 on 1:40 Kick
	{ 3 x 50 on 1:00 Kick 1 ez 2-100%
100 2x{	1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650 1x{	1 x 50 on :45 Fly w/fins
	{ 2 x 25 on :30 Underwater Fly Kick
	{ 1 x 100 on 1:30 Fly w/fins
	{ 2 x 25 on :30 Underwater Fly Kick
	{ 1 x 150 on 2:15 Fly w/fins
	{ 2 x 25 on :30 Underwater Fly Kick
	{ 1 x 200 on 3:00 Fly w/fins
1,600 1x{	1 x 400 on 5:10 Pulls

**Workout #18865 - Tuesday, 11 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
600	1 on 35:00 SL/DS/Core
150	1 x 600 on 10:00 Top Hat Drill
600	10 x 15 on :45 Shooters
	1x{1 x 50 on :50 Fly w/fins
	{2 x 25 on :35 Underwater Fly Kick
	{1 x 100 on 1:40 Fly w/fins
	{2 x 25 on :35 Underwater Fly Kick
	{1 x 150 on 2:30 Fly w/fins
	{2 x 25 on :35 Underwater Fly Kick
	{1 x 150 on 2:30 Fly w/fins
1,250	1x{2 x 100 on 1:45 Kick
	{3 x 50 on 1:05 Kick 1 ez 2-100%
	{2 x 100 on 1:50 Kick
	{3 x 50 on 1:05 Kick 1 ez 2-100%
	{2 x 100 on 1:55 Kick
	{3 x 50 on 1:05 Kick 1 ez 2-100%
	{2 x 100 on 2:00 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{1 x 50 on :50 Fly w/fins
	{2 x 25 on :35 Underwater Fly Kick
	{1 x 100 on 1:40 Fly w/fins
	{2 x 25 on :35 Underwater Fly Kick
	{1 x 150 on 2:30 Fly w/fins
	{2 x 25 on :35 Underwater Fly Kick
1,400	1x{1 x 400 on 6:00 Pulls
	{1 x 400 on 5:55 Pulls
	{1 x 400 on 5:50 Pulls
	{1 x 200 on 2:50 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{1 x 50 on :50 Fly w/fins
	{2 x 25 on :35 Underwater Fly Kick
	{1 x 100 on 1:40 Fly w/fins
	{2 x 25 on :35 Underwater Fly Kick
	{1 x 150 on 2:30 Fly w/fins
	{2 x 25 on :35 Underwater Fly Kick
	{1 x 150 on 2:30 Fly w/fins
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 5,600 Yards - Stress Value = 95

**Workout #18869 - Wednesday, 12 October 2016**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,125	10 x 15 on :45 Shooters
	3x{1 x 125 on 2:30 Kick-worst stroke
	{1 x 125 on 2:20 Kick-2nd best stroke
	{1 x 125 on 2:10 Kick-best stroke
2,000	1x{1 x 300 on 4:00 Lungbuster pulls
	{2 x 250 on 3:20 Lungbuster pulls
	{3 x 200 on 2:40 Lungbuster pulls
	{4 x 150 on 2:00 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{4 x 125 on 1:50 Backstroke
	{3 x 50 on :45 Backstroke-descend
	{3 x 125 on 1:50 Backstroke
	{4 x 50 on :45 Back-desc 1-3, 4 fast
	{2 x 125 on 1:50 Backstroke
	{5 x 50 on :45 Back-desc 1-3, 4&5 fasgt
	{1 x 125 on 1:50 Backstroke
	{6 x 50 on :45 Back-desc 1-3, 4,5,6 fast

250 1 x 250 on 5:00 Stroke Drills  
6:00 PM 6,375 Yards - Stress Value = 75

**Workout #18873 - Wednesday, 12 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	3:30 PM Start		
	1 on 20:00 SL/DS		I
400	1 x 400 on 5:00 Choice	REC	S
1,000	40 x 25 on :30 200 Fly Pace	SP2	S
250	1 x 250 on 10:00 5 min ez/5 min video	REC	I
1,500	30 x 50 on :50 200 Back Pace	SP2	S
	1 on 13:00 Racing Skills-Relay starts		I
750	30 x 25 on :30 100 Breast Pace	SP2	S
	1 on 15:00 Your Dryland Routine		I
600	24 x 25 on :30 50 Free Pace	SP2	S
300	1 x 300 on 5:00 Reverse IM drill	REC	I
	5:56 PM 4,800 Yards - Stress Value = 385		

**Workout #18870 - Wednesday, 12 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
975	3x{1 x 125 on 2:45 Kick-worst stroke
	{1 x 100 on 2:10 Kick-2nd best stroke
	{1 x 100 on 2:00 Kick-best stroke
1,800	1x{1 x 300 on 4:30 Lungbuster pulls
	{2 x 250 on 3:45 Lungbuster pulls
	{3 x 200 on 3:00 Lungbuster pulls
	{4 x 100 on 1:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{4 x 125 on 2:05 Backstroke
	{3 x 50 on :55 Backstroke-descend
	{3 x 125 on 2:05 Backstroke
	{4 x 50 on :55 Back-desc 1-3, 4 fast
	{2 x 125 on 2:05 Backstroke
	{5 x 50 on :55 Back-desc 1-3, 4&5 fast
	{1 x 125 on 2:05 Backstroke
250	1 x 250 on 5:00 Stroke Drills
	6:00 PM 5,725 Yards - Stress Value = 65

**Workout #18871 - Wednesday, 12 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 SL/DS/TRX Bands  
 150 20 x 25 on :30 Wednesday Warm-up  
 900 10 x 15 on :45 Shooters  
 3x{1 x 125 on 2:55 Kick-worst stroke  
 {1 x 125 on 2:45 Kick-2nd best stroke  
 {1 x 50 on 1:05 Kick-best stroke  
 1,600 1x{1 x 300 on 4:50 Lungbuster pulls  
 {2 x 250 on 4:05 Lungbuster pulls  
 {3 x 200 on 3:15 Lungbuster pulls  
 {2 x 100 on 1:40 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,675 1x{4 x 125 on 2:15 Backstroke  
 {3 x 50 on 1:05 Backstroke-descend  
 {3 x 125 on 2:15 Backstroke  
 {4 x 50 on 1:05 Back-desc 1-3, 4 fast  
 {2 x 125 on 2:15 Backstroke  
 {4 x 50 on 1:05 Back-desc 1-3, 4 fast  
 225 1 x 225 on 5:00 Stroke Drills  
 6:01 PM 5,250 Yards - Stress Value = 61

{1 x 100 on 1:45 Kick your best kick  
 {2 x 50 on 1:00 Kick your 2nd best kick  
 {2 x 50 on 1:05 Kick your 3rd best kick  
 1,200 12 x 100 on 1:15 Pulls  
 Every 3rd one breakout WFPF  
 On each 3rd one build each 25 to 100%  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 200 on 4:00 Breast 2K1P  
 {3 x 50 on 1:00 Breast descend  
 {1 x 200 on 4:00 Breast 3-4-5-6 sec glide  
 {3 x 50 on :55 Breast-descend  
 {1 x 200 on 4:00 Breast-Kick on back  
 {3 x 50 on :50 Breast-descend  
 {1 x 200 on 4:00 Breast-Kick on back  
 {3 x 50 on :50 Breast-descend  
 {1 x 200 on 4:00 Breast 3-4-5-6 glide  
 {3 x 50 on :55 Breast-descend  
 {1 x 200 on 4:00 Breast 2K1P  
 {3 x 50 on 1:00 Breast-descend  
 250 5 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,700 Yards - Stress Value = 62

**Workout #18878 - Thursday, 13 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 20:00 SL/DS I  
 400 1 x 400 on 5:00 Choice REC S  
 1,500 30 x 50 on :50 200 Free Pace SP2 S  
 1 on 10:00 5 min ez 5 min video REC S  
 1,500 30 x 50 on :55 200 Breast Pace SP2 S  
 210 14 x 15 on 1:00 Racing Skills-spinners SP3 F  
 750 30 x 25 on :30 100 Back Pace SP2 S  
 1 on 11:00 Your Dryland Routine I  
 480 24 x 20 on :30 50 Free Pace SP2 S  
 250 1 x 250 on 4:00 Underwater trn drill REC I  
 6:00 PM 5,090 Yards - Stress Value = 431

**Workout #18872 - Wednesday, 12 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 SL/DS/TRX Bands  
 150 20 x 25 on :30 Wednesday Warm-up  
 900 10 x 15 on :45 Shooters  
 3x{1 x 100 on 2:30 Kick-worst stroke  
 {1 x 100 on 2:20 Kick-2nd best stroke  
 {1 x 100 on 2:10 Kick-best stroke  
 1,450 1x{1 x 300 on 5:30 Lungbuster pulls  
 {2 x 250 on 4:35 Lungbuster pulls  
 {3 x 200 on 3:40 Lungbuster pulls  
 {1 x 50 on :55 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{4 x 100 on 2:15 Backstroke  
 {3 x 50 on 1:15 Backstroke-descend  
 {3 x 100 on 2:15 Backstroke  
 {4 x 50 on 1:15 Back-desc 1-3, 4 fast  
 {2 x 100 on 2:15 Backstroke  
 {2 x 50 on 1:15 Back-both fast  
 250 1 x 250 on 5:00 Stroke Drills  
 6:00 PM 4,800 Yards - Stress Value = 53

**Workout #18874 - Thursday, 13 October 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 35:00 SL/DS/Shoulders  
 150 1 x 600 on 10:00 Underwater trn drill  
 1,200 10 x 15 on :45 Shooters  
 1x{1 x 100 on 1:30 Kick your best kick  
 {2 x 50 on 1:00 Kick your 2nd best kick  
 {2 x 50 on 1:05 Kick your 3rd best kick  
 {1 x 100 on 1:35 Kick your best kick  
 {2 x 50 on 1:00 Kick your 2nd best kick  
 {2 x 50 on 1:05 Kick your 3rd best kick  
 {1 x 100 on 1:40 Kick your best kick  
 {2 x 50 on 1:00 Kick your 2nd best kick  
 {2 x 50 on 1:05 Kick your 3rd best kick

**Workout #18875 - Thursday, 13 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 35:00 SL/DS/Shoulders  
 150 1 x 600 on 10:00 Underwater trn drill  
 1,100 10 x 15 on :45 Shooters  
 1,100 1x{1 x 100 on 1:45 Kick your best kick  
 {2 x 50 on 1:05 Kick your 2nd best kick  
 {2 x 50 on 1:10 Kick your 3rd best kick  
 {1 x 100 on 1:50 Kick your best kick  
 {2 x 50 on 1:05 Kick your 2nd best kick  
 {2 x 50 on 1:10 Kick your 3rd best kick  
 {1 x 100 on 1:55 Kick your best kick  
 {2 x 50 on 1:05 Kick your 2nd best kick  
 {2 x 50 on 1:10 Kick your 3rd best kick  
 {1 x 100 on 2:00 Kick your best kick  
 {2 x 50 on 1:05 Kick your 2nd best kick  
 1,100 11 x 100 on 1:20 Pulls  
 Every 3rd one breakout WFPF  
 On each 3rd one build each 25 to 100%  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,950 1x{1 x 200 on 4:15 Breast 2K1P  
 {3 x 50 on 1:05 Breast descend  
 {1 x 200 on 4:15 Breast 3-4-5-6 sec glide  
 {3 x 50 on 1:00 Breast-descend  
 {1 x 200 on 4:15 Breast-Kick on back  
 {3 x 50 on :55 Breast-descend  
 {1 x 200 on 4:15 Breast-Kick on back  
 {3 x 50 on :55 Breast-descend  
 {1 x 150 on 3:10 Breast 3-4-5-6 glide  
 {3 x 50 on 1:00 Breast-descend  
 {1 x 100 on 2:05 Breast 2K1P  
 {3 x 50 on 1:05 Breast-descend  
 250 5 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,350 Yards - Stress Value = 59

**Workout #18881 - Thursday, 13 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 20:00 SL/DS  
 150 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Sprint Kick  
 {1 x 125 on 2:30 Kick  
 {4 x 25 on :45 Sprint kick  
 {1 x 125 on 2:30 Kick  
 {4 x 25 on :45 Sprint Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 7x{1 x 100 on 1:30 Individual Medley  
 {1 x 50 on :45 Freestyle  
 {1 x 50 on 1:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 4:59 PM 3,050 Yards - Stress Value = 53

**Workout #18882 - Thursday, 13 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 20:00 SL/DS  
 150 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Sprint Kick

{1 x 125 on 2:30 Kick  
 {4 x 25 on :45 Sprint kick  
 {1 x 125 on 2:30 Kick  
 {4 x 25 on :45 Sprint Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 6x{1 x 100 on 2:00 Individual Medley  
 {1 x 50 on :55 Freestyle  
 {1 x 50 on 1:10 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:01 PM 2,850 Yards - Stress Value = 49

**Workout #18879 - Friday, 14 October 2016**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 SL/DS  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Sprint Kick  
 {1 x 150 on 2:30 Kick  
 {4 x 25 on :45 Sprint kick  
 {1 x 150 on 2:30 Kick  
 {4 x 25 on :45 Sprint Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 9x{1 x 100 on 1:15 Individual Medley  
 {1 x 50 on :35 Freestyle  
 {1 x 50 on :45 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:00 PM 3,550 Yards - Stress Value = 61

**Workout #18883 - Friday, 14 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK STK PACE  
 =====  
 1 on 20:00 Spotlight/DS L DRY  
 400 1 x 400 on 5:00 Choice REC S CHO 1:15  
 600 30 x 20 on :30 100 Fly Pace SP2 S FLY 2:30  
 250 1 x 250 on 5:00 Choice REC S CHO 2:00  
 600 30 x 20 on :30 100 Back Pace SP2 S BK 2:30  
 250 1 x 250 on 5:00 Choice REC S CHO 2:00  
 600 30 x 20 on :30 100 Free Pace SP2 S FR 2:30  
 250 1 x 250 on 4:00 Choice REC S CD 1:36  
 5:00 PM 2,950 Yards - Stress Value = 180

**Workout #18882 - Thursday, 13 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 20:00 SL/DS  
 150 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Sprint Kick

**Workout #18880 - Friday, 14 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 20:00 SL/DS  
 150 1 x 600 on 10:00 Reverse IM drill  
 550 10 x 15 on :45 Shooters  
 1x{4 x 25 on :45 Sprint Kick  
 {1 x 150 on 2:45 Kick  
 {4 x 25 on :45 Sprint kick  
 {1 x 100 on 1:50 Kick  
 {4 x 25 on :45 Sprint Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 8x{1 x 100 on 1:20 Individual Medley  
 {1 x 50 on :40 Freestyle  
 {1 x 50 on :50 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 4:59 PM 3,300 Yards - Stress Value = 57

**Workout #18888 - Monday, 17 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 20:00 SL/DS L I  
 400 1 x 400 on 5:00 Choice REC S C  
 2,500 25 x 100 on 1:25 1650 Free Pace SP2 S  
 250 1 x 250 on 8:00 4 min ez 4 min video REC S C  
 1,500 30 x 50 on :55 400 IM Pace SP2 S  
 1 on 8:00 Your Dryland Routine L C  
 750 30 x 25 on :30 100 Back Pace SP2 S  
 250 1 x 250 on 4:00 Choice REC S C  
 750 30 x 25 on :30 100 Free Pace SP2 S  
 250 1 x 250 on 4:00 Choice REC S C  
 6:00 PM 6,650 Yards - Stress Value = 550

**Workout #18884 - Monday, 17 October 2016**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS Physio Balls  
 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  
 {3 x 50 on :50 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 100 on 1:40 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 150 on 2:30 Kick  
 1,200 1x{2 x 225 on 3:15 Pull no br L.25 yds  
 {2 x 175 on 2:30 Pull no br L.25 yds  
 {2 x 125 on 1:50 Pull no br L.25 yds  
 {2 x 75 on 1:05 Pull no br L.25 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,800 1x{2 x 200 on 2:19 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {2 x 200 on 2:18 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {2 x 200 on 2:17 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {2 x 200 on 2:16 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {2 x 200 on 2:15 Freestyle  
 350 7 x 50 on 1:00 Stroke Drills  
 6:00 PM 6,500 Yards - Stress Value = 144

**Workout #18885 - Monday, 17 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

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

**Workout #18886 - Monday, 17 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS Physio Balls  
 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 :35 Kick no board BSLR  
 {3 x 50 on 1:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 100 on 2:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 125 on 2:30 Kick  
 1,000 1x{2 x 225 on 4:00 Pull no br L.25 yds  
 {2 x 175 on 3:05 Pull no br L.25 yds  
 {2 x 100 on 1:45 Pull no br L.25 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,300 1x{2 x 200 on 3:09 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {2 x 200 on 3:08 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {2 x 200 on 3:07 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 200 on 3:06 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 350 7 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,550 Yards - Stress Value = 122

**Workout #18887 - Monday, 17 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS Physio Balls
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:45 Kick
900	1x{2 x 225 on 4:30 Pull no br L.25 yds
	{2 x 175 on 3:30 Pull no br L.25 yds
	{1 x 100 on 2:00 Pull no br L.25 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{2 x 200 on 3:40 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 200 on 3:39 Freestyle
	{4 x 50 on 1:00 Freestyle
	{2 x 200 on 3:38 Freestyle
	{3 x 50 on 1:00 Freestyle
	{1 x 200 on 3:37 Freestyle
	{3 x 50 on 1:00 Freestyle
350	7 x 50 on 1:00 Stroke Drills
	6:00 PM 4,900 Yards - Stress Value = 108

**Workout #18889 - Tuesday, 18 October 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{3 x 50 on 1:00 Kick-descend
	{3 x 50 on :55 Kick-descend
	{3 x 50 on :50 Kick-descend
1,300	1x{1 x 200 on 2:40 Pulls
	{1 x 200 on 2:35 Pulls
	{1 x 200 on 2:30 Pulls
	{3 x 75 on 1:05 Pulls-descend
	{3 x 75 on 1:00 Pulls-descend
	{3 x 75 on :55 Pulls-descend
	{1 x 25 on :30 Pull-ez
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:35 Backstroke min 3KOW
	{1 x 100 on 1:30 Backstroke 3KOW
	{1 x 100 on 1:25 Backstroke 3KOW
	{1 x 100 on 1:30 Freestyle 3KOW
	{3 x 50 on 1:30 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,600 Yards - Stress Value = 93

**Workout #18893 - Tuesday, 18 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 20:00 SL/DS			L I
1,500	30 x 50 on :55 200 Breast Pace	SP2		S
250	1 x 250 on 10:00 5m ez 5 min ydr	REC		S C
750	30 x 25 on :30 100 Fly Pace	SP2		S F
250	1 x 250 on 5:00 5m ez 5 min ydr	REC		S C
1,500	30 x 50 on :50 200 Back Pace	SP2		S
250	1 x 250 on 10:00 5m ez 5 min ydr	REC		S C
600	24 x 25 on :30 50 Free Pace	SP2		S
250	1 x 250 on 4:00 Choice	REC		S C
	1 on 15:00 Racing Skills-Tivo Starts	EN1		D
	6:01 PM 5,350 Yards - Stress Value = 435			

**Workout #18890 - Tuesday, 18 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{3 x 50 on 1:05 Kick-descend
	{3 x 50 on 1:00 Kick-descend
	{3 x 50 on :55 Kick-descend
1,200	1x{1 x 200 on 3:00 Pulls
	{1 x 200 on 2:55 Pulls
	{1 x 100 on 1:25 Pulls
	{3 x 75 on 1:10 Pulls-descend
	{3 x 75 on 1:05 Pulls-descend
	{3 x 75 on 1:00 Pulls-descend
	{1 x 25 on :30 Pull-ez
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:40 Backstroke 3KOW
	{1 x 100 on 1:35 Backstroke 3KOW
	{1 x 100 on 1:30 Backstroke 3KOW
	{1 x 50 on 1:00 Freestyle 3KOW
	{3 x 50 on 1:30 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
	5:58 PM 5,250 Yards - Stress Value = 89

**Workout #18891 - Tuesday, 18 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 35:00 SL/DS/Core
150	1 x 550 on 10:00 Top Hat Drill
950	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 1:55 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick-descend {3 x 50 on 1:05 Kick-descend {3 x 50 on 1:00 Kick-descend
200	4x{1 x 200 on 3:20 Pulls {1 x 150 on 2:25 Pulls {3 x 75 on 1:20 Pulls-descend {3 x 75 on 1:15 Pulls-descend {3 x 75 on 1:10 Pulls-descend
1,650	1x{1 x 25 on :30 Pull-ez 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	3x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 1:55 Backstroke 3KOW {1 x 100 on 1:50 Backstroke 3KOW {1 x 50 on :55 Backstroke 3KOW {1 x 50 on 1:15 Freestyle 3KOW {3 x 50 on 1:30 Back-100%, min 8 KOW
5:59 PM	1 x 250 on 4:00 Stroke Drills 4,800 Yards - Stress Value = 83

Yards	Set Description
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,200	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:40 Kick {4 x 25 on :30 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 :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
200	4x{4 x 125 on 1:45 Lungbuster pulls {4 x 125 on 1:40 Lungbuster pulls {4 x 125 on 1:35 Lungbuster pulls { Breathe 3-4-5-6-7 continuous
1,600	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1x{1 x 100 on 1:45 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {2 x 100 on 1:40 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,400 Yards - Stress Value = 84

**Workout #18898 - Wednesday, 19 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
400	1 on 20:00 SL/DS
1,000	1 x 400 on 5:00 Choice
750	40 x 25 on :30 200 Fly Pace
250	1 on 10:00 5m ez 5 min ydr
1,500	30 x 25 on :30 100 Back Pace
250	1 x 250 on 10:00 5m ez 5 min ydr
750	30 x 25 on :30 100 Breast Pace
200	1 x 200 on 3:00 Stroke Drills
1,000	1 on 10:00 Racing Skills-Open Turns
6:00 PM	5,100 Yards - Stress Value = 400

Yards	Set Description	EGY	WORK	ST
400	1 on 20:00 SL/DS			L DF
1,000	1 x 400 on 5:00 Choice	REC		S CF
750	40 x 25 on :30 200 Fly Pace	SP2		S FI
250	1 on 10:00 5m ez 5 min ydr	REC		S CF
1,500	30 x 25 on :30 100 Back Pace	SP2		S F
250	1 x 250 on 10:00 5m ez 5 min ydr	REC		S CF
750	30 x 25 on :30 100 Breast Pace	SP2		S F
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Racing Skills-Open Turns			D
6:00 PM	5,100 Yards - Stress Value = 400			

**Workout #18894 - Wednesday, 19 October 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

**Workout #18895 - Wednesday, 19 October 2016**

**1 minute rest between sets**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,100	10 x 15 on :45 Shooters
500	1x{4 x 25 on :30 Kick no board BSLR
150	{1 x 100 on 2:00 Kick
1,100	{1 x 100 on 1:55 Kick
500	{1 x 100 on 1:50 Kick
1,100	{4 x 25 on :30 Kick no board BSLR
500	{1 x 100 on 1:55 Kick
1,100	{1 x 100 on 1:50 Kick
500	{1 x 100 on 1:45 Kick
1,300	1x{4 x 125 on 1:55 Lungbuster pulls
200	{4 x 125 on 1:50 Lungbuster pulls
1,600	{3 x 100 on 1:25 Lungbuster pulls
200	{ Breathe 3-4-5-6-7 continuous
1,600	4x{1 x 25 on :50 Sculling drills
250	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 100 on 1:45 Breaststroke
250	{8 x 25 on 1:00 From dive/10 pushups
1,600	{2 x 100 on 1:40 Breaststroke
250	{8 x 25 on 1:00 From dive/10 pushups
1,600	{3 x 100 on 1:35 75 Breast 25 Free
250	{8 x 25 on 1:00 From dive/10 pushups
1,600	{4 x 100 on 1:30 75 Breast 25 free
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,100 Yards - Stress Value = 78

Yards	Set Description
3:30 PM	Start
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
800	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :45 Kick no board BSLR
200	{1 x 100 on 2:20 Kick
1,050	{1 x 100 on 2:15 Kick
200	{1 x 100 on 2:10 Kick
1,050	{4 x 25 on :45 Kick no board BSLR
200	{1 x 100 on 2:15 Kick
1,050	{1 x 100 on 2:10 Kick
200	{4 x 25 on :45 Kick no board BSLR
1,425	1x{4 x 125 on 2:20 Lungbuster pulls
200	{4 x 125 on 2:15 Lungbuster pulls
1,425	{1 x 50 on :50 Lungbuster pulls
200	{ Breathe 3-4-5-6-7 continuous
1,425	4x{1 x 25 on :50 Sculling drills
200	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,425	1x{1 x 100 on 1:45 50 Breast 50 free
200	{8 x 25 on 1:00 From dive/10 pushups
1,425	{2 x 100 on 1:40 50 Breast 50 Free
200	{8 x 25 on 1:00 From dive/10 pushups
1,425	{3 x 75 on 1:35 Breaststroke
200	{8 x 25 on 1:00 From dive/10 pushups
1,425	{4 x 75 on 1:30 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	4,375 Yards - Stress Value = 63

**Workout #18899 - Thursday, 20 October 2016**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 35:00 SL/DS/Shoulders
150	1 x 600 on 10:00 SL/DS/Shoulders
900	Odd 100' free even 100's back
150	10 x 15 on :45 Shooters
900	1x{3 x 100 on 1:30 Fly 2 strokes off each wall
1,100	{3 x 100 on 1:25 Fly 2 strokes off each wall
1,100	{3 x 100 on 1:20 Fly 2 strokes off each wall
1,100	1x{2 x 125 on 2:30 25 tombstone kick 100 free k
100	{3 x 100 on 2:00 25 tombstone kick 75 free ki
100	{4 x 75 on 1:30 25 tombstone kick 50 free kic
100	{5 x 50 on 1:00 25 tombstone kick 25 free kic
100	2x{1 x 25 on :50 Sculling drills
900	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{3 x 100 on 1:30 Fly 3 strokes off each wall
1,050	{3 x 100 on 1:25 Fly 3 strokes off each wall
1,050	{3 x 100 on 1:20 Fly 3 strokes off each wall
1,050	1x{1 x 100 on 1:45 Pulls
100	{3 x 50 on :35 Pulls
1,150	{2 x 100 on 1:45 Pulls
1,150	{3 x 50 on :35 Pulls
1,150	{3 x 100 on 1:45 Pulls
1,150	{3 x 50 on :35 Pulls
200	4x{1 x 25 on :50 Sculling drills
1,500	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 100 on 1:45 75 Breast 25 free
250	{8 x 25 on 1:00 From dive/10 pushups
1,500	{2 x 100 on 1:40 75 Breast 25 Free
250	{8 x 25 on 1:00 From dive/10 pushups
1,500	{3 x 100 on 1:35 50 Breast 50 Free
250	{8 x 25 on 1:00 From dive/10 pushups
1,500	{4 x 75 on 1:30 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	4,700 Yards - Stress Value = 70

Yards	Set Description
3:30 PM	Start
600	1 on 35:00 SL/DS/Shoulders
150	1 x 600 on 10:00 SL/DS/Shoulders
900	Odd 100' free even 100's back
150	10 x 15 on :45 Shooters
900	1x{3 x 100 on 1:30 Fly 2 strokes off each wall
1,100	{3 x 100 on 1:25 Fly 2 strokes off each wall
1,100	{3 x 100 on 1:20 Fly 2 strokes off each wall
1,100	1x{2 x 125 on 2:30 25 tombstone kick 100 free k
100	{3 x 100 on 2:00 25 tombstone kick 75 free ki
100	{4 x 75 on 1:30 25 tombstone kick 50 free kic
100	{5 x 50 on 1:00 25 tombstone kick 25 free kic
100	2x{1 x 25 on :50 Sculling drills
900	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{3 x 100 on 1:30 Fly 3 strokes off each wall
1,050	{3 x 100 on 1:25 Fly 3 strokes off each wall
1,050	{3 x 100 on 1:20 Fly 3 strokes off each wall
1,050	1x{1 x 100 on 1:45 Pulls
100	{3 x 50 on :35 Pulls
1,150	{2 x 100 on 1:45 Pulls
1,150	{3 x 50 on :35 Pulls
1,150	{3 x 100 on 1:45 Pulls
1,150	{3 x 50 on :35 Pulls
200	4x{1 x 25 on :50 Sculling drills
1,500	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{3 x 100 on 1:30 Fly 4 strokes off each wall
250	{3 x 100 on 1:25 Fly 4 strokes off each wall
250	{3 x 100 on 1:20 Fly 4 strokes off each wall
250	1 x 250 on 4:00 Stroke Drills
5:59 PM	6,050 Yards - Stress Value = 97

**Workout #18897 - Wednesday, 19 October 2016**

**Group 3 - Bronze**

**Workout #18903 - Thursday, 20 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:30 PM Start				
400	1 x 400 on 5:00 Choice	REC		L DRY
1,500	30 x 50 on :55 Your #2 200	SP2		S CHC
200	1 x 200 on 7:00 3m ez 4min walking	REC		S STP
750	30 x 25 on :30 Your #2 100	SP2		S CHC
200	1 x 200 on 7:00 3m ez 4min walking	REC		S STP
1,500	30 x 50 on :50 Your #1 200	SP2		S CHC
200	1 x 200 on 7:00 3m ez 4min walking	SP2		S STP
750	30 x 25 on :30 Your #1 100	SP2		S CHC
200	1 x 200 on 3:00 Stroke Drills	REC		D CI
	1 on 10:00 Racing Skills-Spinners			D
6:00 PM 5,700 Yards - Stress Value = 470				

**Workout #18900 - Thursday, 20 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
600	1 x 600 on 10:00 Underwater trn drill Odd 100' free even 100's back
150	10 x 15 on :45 Shooters
800	1x{3 x 100 on 1:40 Fly 2 strokes off each wall 3 x 100 on 1:35 Fly 2 strokes off each wall 2 x 100 on 1:30 Fly 2 strokes off each wall
1,000	1x{2 x 125 on 2:40 25 tombstone kick 100 free k 3 x 100 on 2:10 25 tombstone kick 75 free ki 4 x 75 on 1:35 25 tombstone kick 50 free kic 3 x 50 on 1:05 25 tombstone kick 25 free kic
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{3 x 100 on 1:40 Fly 3 strokes off each wall 3 x 100 on 1:35 Fly 3 strokes off each wall 2 x 100 on 1:30 Fly 3 strokes off each wall
850	1x{1 x 100 on 2:00 Pulls 3 x 50 on :45 Pulls 2 x 100 on 2:00 Pulls 2 x 50 on :45 Pulls 3 x 100 on 2:00 Pulls
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{3 x 100 on 1:40 Fly 4 strokes off each wall 3 x 100 on 1:35 Fly 4 strokes off each wall 2 x 100 on 1:30 Fly 4 strokes off each wall
250	1 x 250 on 4:00 Stroke Drills
5:59 PM 5,450 Yards - Stress Value = 85	

**Workout #18901 - Thursday, 20 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
550	1 x 550 on 10:00 Underwater trn drill Odd 100' free even 100's back
150	10 x 15 on :45 Shooters
700	1x{3 x 100 on 1:50 Fly 2 strokes off each wall 2 x 100 on 1:45 Fly 2 strokes off each wall 2 x 100 on 1:40 Fly 2 strokes off each wall
950	1x{2 x 125 on 2:50 25 tombstone kick 100 free k 3 x 100 on 2:15 25 tombstone kick 75 free ki 4 x 75 on 1:45 25 tombstone kick 50 free kic 2 x 50 on 1:10 25 tombstone kick 25 free kic
100	2x{1 x 25 on :50 Sculling drills

700	1x{3 x 100 on 1:50 Fly 3 strokes off each wall 2 x 100 on 1:45 Fly 3 strokes off each wall 2 x 100 on 1:40 Fly 3 strokes off each wall
750	1x{1 x 100 on 2:15 Pulls 2 x 50 on :50 Pulls 2 x 100 on 2:15 Pulls 3 x 50 on :50 Pulls 2 x 100 on 2:15 Pulls
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{3 x 100 on 1:50 Fly 4 strokes off each wall 2 x 100 on 1:45 Fly 4 strokes off each wall 2 x 100 on 1:40 Fly 4 strokes off each wall
250	1 x 250 on 4:00 Stroke Drills
5:59 PM 4,950 Yards - Stress Value = 77	

**Workout #18902 - Thursday, 20 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
500	1 on 35:00 SL/DS/Shoulders 1 x 500 on 10:00 Underwater trn drill Odd 100' free even 100's back
150	10 x 15 on :45 Shooters
600	1x{3 x 100 on 2:05 Fly 2 strokes off each wall 2 x 100 on 2:00 Fly 2 strokes off each wall 1 x 100 on 1:55 Fly 2 strokes off each wall
900	1x{2 x 125 on 3:00 25 tombstone kick 100 free k 3 x 100 on 2:25 25 tombstone kick 75 free ki 4 x 75 on 1:45 25 tombstone kick 50 free kic 1 x 50 on 1:10 25 tombstone kick 25 free kic
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{3 x 100 on 2:05 Fly 3 strokes off each wall 2 x 100 on 2:00 Fly 3 strokes off each wall 1 x 100 on 1:55 Fly 3 strokes off each wall
650	1x{1 x 100 on 2:30 Pulls 2 x 50 on :55 Pulls 2 x 100 on 2:30 Pulls 1 x 50 on :55 Pulls 2 x 100 on 2:30 Pulls
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{3 x 100 on 2:05 Fly 4 strokes off each wall 2 x 100 on 2:00 Fly 4 strokes off each wall 1 x 100 on 1:50 Fly 4 strokes off each wall
250	1 x 250 on 4:00 Stroke Drills
5:59 PM 4,450 Yards - Stress Value = 68	

**Workout #18905 - Friday, 21 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PACE
3:30 PM Start					
	1 on 20:00 Spotlight/DS			L DRY	
400	1 x 400 on 5:00 Choice	REC		S CHO	1:15
600	30 x 20 on :30 100 Free Pace	SP2		S FR	2:30
250	1 x 250 on 5:00 Choice	REC		S CHO	2:00
600	30 x 20 on :30 100 Fly Pace	SP2		S FLY	2:30
250	1 x 250 on 5:00 Choice	REC		S CHO	2:00
600	30 x 20 on :30 100 Back Pace	SP2		S BK	2:30
250	1 x 250 on 4:00 Choice	REC		S CD	1:30
5:00 PM 2,950 Yards - Stress Value = 180					

**Workout #18904 - Friday, 21 October 2016**

**Group 3 - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
600	1 on 20:00 SL/DS		L
400	1 x 600 on 10:00 Reverse IM drill	REC	S
150	4 x 100 on 2:00 Kick on Fastest Interval	EN2	S
1,800	10 x 15 on :45 Shooters	SP2	S
	6x{1 x 25 on :30 Freestyle	SP2	S
	{1 x 25 on :40 Freestyle	SP2	S
	{1 x 25 on :50 Freestyle	SP2	S
	{1 x 25 on 1:00 Freestyle	SP2	S
	{1 x 200 on 4:00 Freestyle	REC	S
5:01 PM	2,950 Yards - Stress Value = 74		

3:30 PM Start

Yards	Set Description	EGY	WORK
600	1 on 35:00 SL/DS Physio Balls		L
150	1 x 600 on 10:00 Swim-kick-pull-swim		S
1,100	10 x 15 on :45 Shooters		S
	1x{4 x 25 on :30 Kick no board BSLR		S
	{4 x 100 on 2:00 Kick		S
	{4 x 25 on :30 Kick no board BSLR		S
	{4 x 75 on 1:30 Kick		S
	{4 x 25 on :30 Kick no board BSLR		S
	{2 x 50 on 1:00 Kick		S
1,350	1x{3 x 150 on 2:15 Pull no br L.18 yds		S
	{2 x 150 on 2:45 Pulls-Great Effort!!!		S
	{3 x 100 on 1:30 Pull no br L.18 yds		S
	{2 x 100 on 1:50 Pulls Great Effort!!!		S
	{2 x 50 on :45 Pull no br L.18 yds		S
200	4x{1 x 25 on :50 Sculling drills		S
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S
2,000	1x{4 x 125 on 2:00 Freestyle		S
	{1 on 1:00 Rest		S
	{4 x 125 on 1:55 Freestyle		S
	{1 on 1:00 Rest		S
	{4 x 125 on 1:50 Freestyle		S
	{1 on 1:00 Rest		S
	{4 x 125 on 1:45 Freestyle		S
400	8 x 50 on 1:00 Stroke Drills		S
6:00 PM	5,800 Yards - Stress Value = 188		

**Workout #18906 - Monday, 24 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
600	1 on 20:00 SL/DS		L
400	1 x 400 on 5:00 Choice	REC	S
1,500	30 x 50 on :50 200 Fly Pace	SP2	S
200	1 x 200 on 10:00 5 min ez 5 min video	REC	S
1,500	30 x 50 on :55 200 Breast Pace	SP2	S
	1 on 10:00 Your Dryland Routine		L
750	30 x 25 on :30 100 Free Pace	SP2	S
	1 on 10:00 Follow the leader	REC	D
750	30 x 25 on :30 100 Back Pace	SP2	S
300	1 x 300 on 5:00 Swim/Kick/Drill/Swim	REC	S
5:59 PM	5,400 Yards - Stress Value = 450		

**Workout #18909 - Monday, 24 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
550	1 on 35:00 SL/DS Physio Balls		L
150	1 x 550 on 10:00 Swim-kick-pull-swim		S
1,000	10 x 15 on :45 Shooters		S
	1x{4 x 25 on :35 Kick no board BSLR		S
	{4 x 100 on 2:10 Kick		S
	{4 x 25 on :35 Kick no board BSLR		S
	{4 x 75 on 1:35 Kick		S
	{4 x 25 on :35 Kick no board BSLR		S
1,250	1x{3 x 150 on 2:30 Pull no br L.18 yds		S
	{1 x 150 on 3:00 Pulls-Great Effort!!!		S
	{3 x 100 on 1:40 Pull no br L.18 yds		S
	{1 x 100 on 2:00 Pulls Great Effort!!!		S
	{3 x 50 on :50 Pull no br L.18 yds		S
	{2 x 50 on 1:00 Pulls-Great Effort		S
200	4x{1 x 25 on :50 Sculling drills		S
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S
1,600	1x{4 x 100 on 2:00 Freestyle		S
	{1 on 1:00 Rest		S
	{4 x 100 on 1:55 Freestyle		S
	{1 on 1:00 Rest		S
	{4 x 100 on 1:50 Freestyle		S
	{1 on 1:00 Rest		S
	{4 x 100 on 1:45 Freestyle		S
400	8 x 50 on 1:00 Stroke Drills		S
6:00 PM	5,150 Yards - Stress Value = 154		

**Workout #18907 - Monday, 24 October 2016**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
600	1 on 35:00 SL/DS Physio Balls		L
150	1 x 600 on 10:00 Swim-kick-pull-swim		S
1,200	10 x 15 on :45 Shooters		S
	1x{4 x 25 on :30 Kick no board BSLR		S
	{4 x 100 on 1:45 Kick		S
	{4 x 25 on :30 Kick no board BSLR		S
	{4 x 75 on 1:20 Kick		S
	{4 x 25 on :30 Kick no board BSLR		S
	{4 x 50 on :50 Kick		S
1,500	1x{3 x 150 on 2:00 Pull no br L.18 yds		S
	{2 x 150 on 2:30 Pulls-Great Effort!!!		S
	{3 x 100 on 1:20 Pull no br L.18 yds		S
	{2 x 100 on 1:40 Pulls Great Effort!!!		S
	{3 x 50 on :40 Pull no br L.18 yds		S
	{2 x 50 on :50 Pulls-Great Effort!!!		S
200	4x{1 x 25 on :50 Sculling drills		S
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S
2,000	1x{4 x 125 on 2:00 Freestyle		S
	{1 on 1:00 Rest		S
	{4 x 125 on 1:55 Freestyle		S
	{1 on 1:00 Rest		S
	{4 x 125 on 1:50 Freestyle		S
	{1 on 1:00 Rest		S
	{4 x 125 on 1:45 Freestyle		S
400	8 x 50 on 1:00 Stroke Drills		S
6:00 PM	6,050 Yards - Stress Value = 197		

**Workout #18908 - Monday, 24 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

**Workout #18910 - Monday, 24 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 SL/DS Physio Balls
150	1 x 500 on 10:00 Swim-kick-pull-swim
850	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 1:40 Kick
	{2 x 25 on :45 Kick no board BS
1,150	1x{3 x 150 on 2:45 Pull no br L.18 yds
	{1 x 150 on 3:15 Pulls-Great Effort!!!
	{3 x 100 on 1:50 Pull no br L.18 yds
	{1 x 100 on 2:10 Pulls Great Effort!!!
	{3 x 50 on :55 Pull no br L.18 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 100 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:45 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 4,850 Yards - Stress Value = 145

**Workout #18911 - Tuesday, 25 October 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 35:00 SL/DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,200	6x{1 x 100 on 1:30 Kick
	{1 x 100 on 2:00 Kick
1,250	1x{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
	{3 x 100 on 1:20 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
	{5 x 50 on :40 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :49 12.5 ez 12.5 fast grt finishes
1,600	2x{1 x 50 on :45 Backstroke 5 KOW
	{1 x 50 on :50 Backstroke 7 KOW
	{1 x 50 on :55 Backstroke 9 KOW
	{1 x 50 on 1:00 Backstroke 11 KOW
	{1 x 200 on 3:15 Backstroke (1-15 KOW)
	{3 x 100 on 1:30 Backstroke-descend
	{ #1 No KOW, #2 3 KOW, #3 min 5 KOW
	{1 x 100 on 2:00 Freestyle
300	12 x 25 on 1:00 Underwater Fly Kick on Back with fins
300	1 x 300 on 5:00 Stroke Drills
	5:59 PM 5,600 Yards - Stress Value = 62

**Workout #18915 - Tuesday, 25 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 SL/DS		L
400	1 x 400 on 5:00 Choice	REC	S
1,500	30 x 50 on :50 200 Back Pace	SP2	S
250	1 x 250 on 10:00 4 min ez 6 min video	REC	S

1,500	30 x 50 on :50 200 Free Pace	SP2	S
250	1 x 250 on 12:00 Social Kick Tag	REC	K
750	30 x 25 on :30 100 Breast Pace	SP2	S
	1 on 12:00 Your dryland routine		L
750	30 x 25 on :30 100 Fly Pace	SP2	S
250	1 x 250 on 4:00 Top Hat Drill	REC	D
	6:00 PM 5,650 Yards - Stress Value = 450		

**Workout #18920 - Tuesday, 25 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STF
	1 on 20:00 SL/DS			L DRY
400	1 x 400 on 5:00 Choice	REC	S	CHC
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BF
250	1 x 250 on 10:00 5m easy/5m video	REC	S	CHC
1,000	40 x 25 on :30 200 Fly Pace	SP2	S	FLY
250	1 x 250 on 12:00 Sculling drills	EN1	D	CME
750	30 x 25 on :30 100 Back Pace	SP2	S	BF
	1 on 12:00 Your Dryland Routine			L DRY
750	30 x 25 on :30 100 Free Pace	SP2	S	FF
250	1 x 250 on 4:00 Continuous pre-set	REC	D	CME
	5:58 PM 5,150 Yards - Stress Value = 402			

**Workout #18912 - Tuesday, 25 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 35:00 SL/DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,000	5x{1 x 100 on 1:50 Kick
	{1 x 100 on 2:20 Kick
1,100	1x{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
	{3 x 100 on 1:30 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{2 x 50 on :45 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :49 12.5 ez 12.5 fast grt finishes
1,500	2x{1 x 50 on :50 Backstroke 5 KOW
	{1 x 50 on :55 Backstroke 7 KOW
	{1 x 50 on 1:00 Backstroke 9 KOW
	{1 x 200 on 3:30 Backstroke (1-15 KOW)
	{3 x 100 on 1:40 Backstroke-descend
	{ #1 No KOW, #2 3 KOW, #3 min 5 KOW
	{1 x 100 on 2:00 Freestyle
300	12 x 25 on 1:00 Underwater Fly Kick on Back with fins
300	1 x 300 on 5:00 Stroke Drills
	5:59 PM 5,150 Yards - Stress Value = 57

**Workout #18913 - Tuesday, 25 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS/Core  
 550 1 x 550 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 900 6x{1 x 100 on 1:55 Kick  
 {1 x 50 on 1:20 Kick  
 1,000 1x{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds  
 {2 x 125 on 2:05 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 1:40 Pulls-nbbf&w + 2 yds  
 {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :49 12.5 ez 12.5 fast grt finishes  
 1,300 2x{1 x 50 on :55 Backstroke 5 KOW  
 {1 x 50 on 1:00 Backstroke 7 KOW  
 {1 x 200 on 4:00 Backstroke (1-15 KOW)  
 {3 x 100 on 1:55 Backstroke-descend  
 { #1 No KOW, #2 3 KOW, #3 min 5 KOW  
 {1 x 50 on 1:30 Freestyle  
 300 12 x 25 on 1:00 Underwater Fly Kick on Back  
 with fins  
 300 1 x 300 on 5:00 Stroke Drills  
 5:58 PM 4,700 Yards - Stress Value = 55

**Workout #18914 - Tuesday, 25 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS/Core  
 500 1 x 500 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Shooters  
 900 6x{1 x 100 on 2:05 Kick  
 {1 x 50 on 1:20 Kick  
 900 1x{1 x 150 on 2:45 Pulls-nbbf&w + 2 yds  
 {2 x 125 on 2:20 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 1:50 Pulls-nbbf&w + 2 yds  
 {2 x 75 on 1:20 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :55 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :49 12.5 ez 12.5 fast grt finishes  
 1,200 2x{1 x 50 on 1:00 Backstroke 5 KOW  
 {1 x 50 on 1:05 Backstroke 7 KOW  
 {1 x 200 on 4:30 Backstroke (1-15 KOW)  
 {3 x 100 on 2:10 Backstroke-descend  
 { #1 No KOW, #2 3 KOW, #3 min 5 KOW  
 {1 on :30 Rest  
 300 12 x 25 on 1:00 Underwater Fly Kick on Back  
 with fins  
 300 1 x 300 on 5:00 Stroke Drills  
 6:00 PM 4,450 Yards - Stress Value = 54

**Workout #18916 - Wednesday, 26 October 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS/TRX Bands  
 500 20 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 1,800 1x{3 x 100 on 1:45 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {3 x 100 on 1:40 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {3 x 100 on 1:35 Kick  
 {8 x 25 on :30 Kick no board BSLR

{3 x 100 on 1:30 Kick  
 1,200 1x{1 x 300 on 4:00 Lungbuster pulls  
 {2 x 150 on 2:00 Lungbuster pulls  
 {3 x 100 on 1:20 Lungbuster pulls  
 {4 x 75 on 1:00 Lungbuster pulls  
 { Breathe 3-4-5-6-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 200 on 3:45 Breast w/ fly kick  
 {1 x 200 on 4:00 Breast w/ free kick  
 {1 x 200 on 4:15 Breaststroke Pull  
 {1 x 200 on 3:30 Breaststroke  
 {1 x 150 on 2:45 Breast w/ fly kick  
 {1 x 150 on 2:55 Breast w/ free kick  
 {1 x 150 on 3:05 Breaststroke Pull  
 {1 x 150 on 2:30 Breaststroke  
 {1 x 100 on 1:45 Breast w/ fly kick  
 {1 x 100 on 1:50 Breast w/ free kick  
 {1 x 100 on 2:00 Breaststroke Pull  
 {1 x 100 on 1:35 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 6:00 PM 5,850 Yards - Stress Value = 77

**Workout #18917 - Wednesday, 26 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 SL/DS/TRX Bands  
 500 20 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Shooters  
 1,650 1x{3 x 100 on 2:00 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {3 x 100 on 1:55 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {3 x 100 on 1:50 Kick  
 {6 x 25 on :30 Kick no board BSLR  
 {2 x 100 on 1:45 Kick  
 1,100 1x{1 x 300 on 4:15 Lungbuster pulls  
 {2 x 150 on 2:10 Lungbuster pulls  
 {3 x 100 on 1:25 Lungbuster pulls  
 {2 x 75 on 1:05 Lungbuster pulls  
 {1 x 50 on :45 Lungbuster pulls  
 { Breathe 3-4-5-6-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{1 x 200 on 4:00 Breast w/ fly kick  
 {1 x 200 on 4:15 Breast w/ free kick  
 {1 x 200 on 4:30 Breaststroke Pull  
 {1 x 200 on 3:40 Breaststroke  
 {1 x 150 on 2:55 Breast w/ fly kick  
 {1 x 150 on 3:05 Breast w/ free kick  
 {1 x 150 on 3:15 Breaststroke Pull  
 {1 x 150 on 2:40 Breaststroke  
 {1 x 50 on :55 Breast w/ fly kick  
 {1 x 50 on 1:00 Breast w/ free kick  
 {1 x 50 on 1:05 Breaststroke Pull  
 {1 x 100 on 1:45 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 6:00 PM 5,450 Yards - Stress Value = 70

**Workout #18918 - Wednesday, 26 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,450	1x{3 x 100 on 2:10 Kick
	{8 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:05 Kick
	{6 x 25 on :35 Kick no board BSLRCC
	{3 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:55 Kick
950	1x{1 x 300 on 5:00 Lungbuster pulls
	{2 x 150 on 2:30 Lungbuster pulls
	{2 x 100 on 1:40 Lungbuster pulls
	{2 x 75 on 1:15 Lungbuster pulls
	{ Breathe 3-4-5-6-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550	1x{1 x 200 on 4:20 Breast w/ fly kick
	{1 x 200 on 4:30 Breast w/ free kick
	{1 x 200 on 4:40 Breaststroke Pull
	{1 x 200 on 4:00 Breaststroke
	{1 x 150 on 3:10 Breast w/ fly kick
	{1 x 150 on 3:20 Breast w/ free kick
	{1 x 150 on 3:30 Breaststroke Pull
	{1 x 150 on 3:00 Breaststroke
	{1 x 50 on :55 Breast w/ fly kick
	{1 x 50 on 1:00 Breast w/ free kick
	{1 x 50 on 1:05 Breaststroke Pull
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 5,000 Yards - Stress Value = 63

**Workout #18919 - Wednesday, 26 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,250	1x{2 x 100 on 2:25 Kick
	{8 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:20 Kick
	{8 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:10 Kick
	{2 x 25 on :45 Kick no board BSLR
850	1x{1 x 300 on 5:30 Lungbuster pulls
	{2 x 150 on 2:45 Lungbuster pulls
	{2 x 100 on 1:50 Lungbuster pulls
	{1 x 50 on :55 Lungbuster pulls
	{ Breathe 3-4-5-6-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 200 on 4:40 Breast w/ fly kick
	{1 x 150 on 3:45 Breast w/ free kick
	{1 x 150 on 3:45 Breaststroke Pull
	{1 x 150 on 3:20 Breaststroke
	{1 x 150 on 3:30 Breast w/ fly kick
	{1 x 100 on 2:30 Breast w/ free kick
	{1 x 100 on 2:30 Breaststroke Pull
	{1 x 100 on 2:15 Breaststroke
	{1 x 100 on 2:20 Breast w/ fly kick
	{1 x 50 on 1:15 Breast w/ free kick
	{1 x 50 on 1:15 Breaststroke Pull
	{1 x 50 on 1:10 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	5:59 PM 4,500 Yards - Stress Value = 56

**Workout #18921 - Thursday, 27 October 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 35:00 SL/DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 1:25 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:25 Kick
1,650	1 x 1650 on 20:00 Pulls Alt Breakouts
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{2 x 125 on 1:50 Fly 100 2-2, 25 whole stroke
	{1 x 100 on 1:15 Freestyle
	{4 x 25 on :30 Fly lup1down
	{2 x 125 on 1:50 Fly 100 2-3, 25 whole stroke
	{2 x 100 on 1:15 Freestyle
	{4 x 25 on :30 Fly lup2down
	{2 x 125 on 1:50 Fly 100 2-4, 25 whole stroke
	{3 x 100 on 1:15 Freestyle
	{4 x 25 on :30 Fly lup3down
	{2 x 125 on 1:50 Fly 100 2-5, 25 whole stroke
	{4 x 100 on 1:15 Freestyle
	{4 x 25 on :30 Fly lup4down
350	7 x 50 on 1:00 Stroke Drills
	6:00 PM 6,650 Yards - Stress Value = 112

**Workout #18925 - Thursday, 27 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 SL/DS		L
400	1 x 400 on 5:00 Choice	REC	S
1,500	30 x 50 on :50 200 Free Pace	SP2	S
250	1 x 250 on 10:00 5 min ez 5 min video	REC	S
1,500	30 x 50 on :50 200 Back Pace	SP2	S
200	1 x 200 on 12:00 Vertical Kick	EN2	K
750	30 x 25 on :30 100 Fly Pace	SP2	S
	1 on 12:00 Your Dryland Routine		L
750	30 x 25 on :30 100 Breast Pace	SP2	S
250	1 x 250 on 4:00 Underwater trn drill	REC	D
	6:00 PM 5,600 Yards - Stress Value = 454		

**Workout #18922 - Thursday, 27 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 35:00 SL/DS/Shoulders 1 x 600 on 10:00 Underwater trn drill Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,100	1x{1 x 100 on 1:45 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick
1,450	1 x 1450 on 20:00 Pulls Alt breakouts
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{2 x 125 on 2:05 Fly 100 2-2, 25 whole stroke {1 x 100 on 1:25 Freestyle {4 x 25 on :30 Fly lup1down {2 x 125 on 2:05 Fly 100 2-3, 25 whole stroke {2 x 100 on 1:25 Freestyle {4 x 25 on :30 Fly lup2down {2 x 125 on 2:05 Fly 100 2-4, 25 whole stroke {3 x 100 on 1:25 Freestyle {4 x 25 on :30 Fly lup3down {2 x 125 on 2:05 Fly 100 2-5, 25 whole stroke {2 x 100 on 1:25 Freestyle {4 x 25 on :30 Fly lup4down
350	7 x 50 on 1:00 Stroke Drills
	6:00 PM 6,050 Yards - Stress Value = 100

350 7 x 50 on 1:00 Stroke Drills  
5:59 PM 5,400 Yards - Stress Value = 88

**Workout #18924 - Thursday, 27 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 SL/DS/Shoulders 1 x 500 on 10:00 Underwater trn drill Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 2:05 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick
1,100	1 x 1100 on 20:00 Pulls Alt Breakouts
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 125 on 2:45 Fly 100 2-2, 25 whole stroke {1 x 100 on 1:45 Freestyle {3 x 25 on :40 Fly lup1down {1 x 125 on 2:45 Fly 100 2-3, 25 whole stroke {2 x 100 on 1:45 Freestyle {3 x 25 on :40 Fly lup2down {1 x 125 on 2:45 Fly 100 2-4, 25 whole stroke {3 x 100 on 1:45 Freestyle {3 x 25 on :40 Fly lup3down {1 x 125 on 2:45 Fly 100 2-5, 25 whole stroke {4 x 100 on 1:45 Freestyle {1 x 25 on :40 Fly lup4down
350	7 x 50 on 1:00 Stroke Drills
	5:59 PM 4,950 Yards - Stress Value = 79

**Workout #18923 - Thursday, 27 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 35:00 SL/DS/Shoulders 1 x 550 on 10:00 Underwater trn drill Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 1:55 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick
1,250	1 x 1250 on 20:00 Pulls Alt breakouts
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{2 x 125 on 2:20 Fly 100 2-2, 25 whole stroke {1 x 100 on 1:35 Freestyle {4 x 25 on :35 Fly lup1down {2 x 125 on 2:20 Fly 100 2-3, 25 whole stroke {1 x 100 on 1:35 Freestyle {4 x 25 on :35 Fly lup2down {2 x 125 on 2:20 Fly 100 2-4, 25 whole stroke {1 x 100 on 1:35 Freestyle {4 x 25 on :35 Fly lup3down {2 x 125 on 2:20 Fly 100 2-5, 25 whole stroke {2 x 100 on 1:35 Freestyle {4 x 25 on :35 Fly lup4down

**Workout #18927 - Friday, 28 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PACE
	1 on 20:00 Spotlight/DS				L DRY
400	1 x 400 on 5:00 Choice	REC		S CHO	1:15
750	30 x 25 on :30 100 Back Pace	SP2		S BK	2:00
250	1 x 250 on 5:00 Choice	REC		S CHO	2:00
600	30 x 20 on :30 100 Free Pace	SP2		S FR	2:30
250	1 x 250 on 5:00 Choice	REC		S CHO	2:00
600	30 x 20 on :30 100 Fly Pace	SP2		S FLY	2:30
250	1 x 250 on 4:00 Choice	REC		S CD	1:36
	5:00 PM 3,100 Yards - Stress Value = 195				

**Workout #18926 - Friday, 28 October 2016**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	4x{3 x 50 on 1:10 Freestyle	SP1	S	
	{1 x 50 on 1:30 Freestyle	SP1	S	
	{ #1 20yds sprint-30yds easy, #2 30yds sprint			
	{ #3 all easy, #4 sprint, #1 & #4 OTB			
400	8 x 50 on :50 Kick-ALL OUT 100%	EN2	K	C
800	4x{3 x 50 on 1:10 Stroke	SP1	S	S
	{1 x 50 on 1:30 Stroke	SP1	S	S
	{ Same as above #3 can be free			
100	1 x 100 on 2:00 Choice OTB	SP2	S	C
200	1 x 200 on 3:00 Stroke Drills	REC	D	
5:00 PM 2,850 Yards - Stress Value = 136				

**Workout #18928 - Monday, 31 October 2016**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
600	1 on 35:00 SL/DS/Physio Balls			
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 :30 Kick no board BSLR			
	{1 x 100 on 1:45 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{2 x 125 on 2:10 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{3 x 150 on 2:35 Kick			
1,500	1x{1 x 500 on 6:15 Pull no br L.16 yds			
	{1 x 400 on 5:00 Pull no br L.16 yds			
	{1 x 300 on 3:45 Pull no br L.16 yds			
	{1 x 200 on 2:30 Pull no br L.16 yds			
	{1 x 100 on 1:15 Pull no br L.16 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
3,200	1x{4 x 200 on 2:25 Freestyle			
	{3 x 100 on 1:20 Freestyle			
	{3 x 200 on 2:20 Freestyle			
	{3 x 100 on 1:20 Freestyle			
	{2 x 200 on 2:15 Freestyle			
	{3 x 100 on 1:20 Freestyle			
	{1 x 200 on 2:10 Freestyle			
	{3 x 100 on 1:20 Freestyle			
250	1 x 250 on 4:00 Stroke Drills			
5:59 PM 7,000 Yards - Stress Value = 97				

**Workout #18932 - Monday, 31 October 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
400	1 on 20:00 SL/DS		L	DRY
400	1 x 400 on 5:00 Choice	REC	S	CHO
750	30 x 25 on :30 100 Breast Pace	SP2	S	BR
500	1 x 500 on 10:00 Social Kick Tag	REC	K	FLY
1,500	30 x 50 on :55 200 Free Pace	SP2	S	FR
500	1 x 500 on 10:00 Social Kick Tag	REC	K	BR
1,500	30 x 50 on :50 200 Back Pace	SP2	S	BK
350	1 x 350 on 10:00 Social Kick Tag	REC	K	FR
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
6:00 PM 6,500 Yards - Stress Value = 450				

**Workout #18929 - Monday, 31 October 2016**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
600	1 on 35:00 SL/DS/Physio Balls			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
950	1x{4 x 25 on :35 Kick no board BSLR			
	{1 x 100 on 2:00 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{2 x 125 on 2:25 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{3 x 100 on 1:55 Kick			
1,300	1x{1 x 400 on 5:40 Pull no br L.16 yds			
	{1 x 300 on 4:15 Pull no br L.16 yds			
	{1 x 200 on 2:50 Pull no br L.16 yds			
	{1 x 100 on 1:25 Pull no br L.16 yds			
	{6 x 50 on :40 Pull no br L.16 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,800	1x{4 x 200 on 2:45 Freestyle			
	{2 x 100 on 1:30 Freestyle			
	{3 x 200 on 2:40 Freestyle			
	{2 x 100 on 1:30 Freestyle			
	{2 x 200 on 2:35 Freestyle			
	{2 x 100 on 1:30 Freestyle			
	{1 x 200 on 2:30 Freestyle			
	{2 x 100 on 1:30 Freestyle			
250	1 x 250 on 4:00 Stroke Drills			
5:58 PM 6,250 Yards - Stress Value = 88				

**Workout #18930 - Monday, 31 October 2016**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
550	1 on 35:00 SL/DS/Physio Balls			
550	1 x 550 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
850	1x{4 x 25 on :45 Kick no board BSLR			
	{1 x 100 on 2:10 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 125 on 2:40 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:05 Kick			
1,150	1x{1 x 400 on 6:40 Pull no br L.16 yds			
	{1 x 300 on 4:55 Pull no br L.16 yds			
	{1 x 200 on 3:15 Pull no br L.16 yds			
	{1 x 100 on 1:35 Pull no br L.16 yds			
	{3 x 50 on :50 Pull no br L.16 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,400	1x{4 x 200 on 3:10 Freestyle			
	{2 x 100 on 1:45 Freestyle			
	{3 x 200 on 3:05 Freestyle			
	{2 x 100 on 1:45 Freestyle			
	{2 x 200 on 3:00 Freestyle			
	{2 x 100 on 1:45 Freestyle			
250	1 x 250 on 4:00 Stroke Drills			
5:58 PM 5,550 Yards - Stress Value = 79				

**Workout #18931 - Monday, 31 October 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
500	1 on 35:00 SL/DS/Physio Balls	
500	1 x 500 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
750	1x{4 x 25 on :45 Kick no board BSLR	
	{1 x 100 on 2:20 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 125 on 2:50 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{1 x 100 on 2:15 Kick	
1,000	1x{1 x 400 on 7:20 Pull no br L.16 yds	
	{1 x 300 on 5:30 Pull no br L.16 yds	
	{1 x 200 on 3:40 Pull no br L.16 yds	
	{1 x 100 on 1:50 Pull no br L.16 yds	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,200	1x{3 x 200 on 3:30 Freestyle	
	{2 x 100 on 2:00 Freestyle	
	{3 x 200 on 3:25 Freestyle	
	{2 x 100 on 2:00 Freestyle	
	{2 x 200 on 3:20 Freestyle	
	{2 x 100 on 2:00 Freestyle	
250	1 x 250 on 4:00 Stroke Drills	
	5:58 PM 5,050 Yards - Stress Value = 71	

**Workout #18950 - Monday, 31 October 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Core/ Team Meeting	
500	1 x 500 on 9:00 By the 100 Top Hat Drill	REC
	+ Thumb Drag Drill, + Closed Fist progressi	
150	10 x 15 on :45 Shooters	SP3
700	1x{4 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:25 Fly Kick with board	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:20 Fly kick with board	EN2
	{4 x 25 on :45 Kick no board S	EN2
150	6 x 25 on 1:00 Sculling Drill down	REC
	Underwaters on the way back	
1,000	1x{4 x 50 on 1:10 Butterfly 2-2	EN2
	{4 x 25 on :40 Fly lup ldown	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{4 x 50 on 1:10 Butterfly 2-3	EN2
	{4 x 25 on :40 Fly lup 2down	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{4 x 50 on 1:10 Butterfly 2-4	EN2
	{4 x 25 on :40 Fly lup 3down	EN2
600	24 x 25 on :35 Butterfly-USRPT	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:31 PM 3,350 Yards - Stress Value = 50	

**Workout #18951 - Monday, 31 October 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Core/ Team Meeting	
500	1 x 500 on 9:00 By the 100 Top Hat Drill	REC
	+ Thumb Drag Drill, + Closed Fist progressi	
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:35 Fly Kick with board	EN2
	{4 x 25 on :45 Kick no board S	EN2

	{2 x 100 on 2:30 Fly kick with board	EN2
	{2 x 25 on :45 Kick no board S	EN2
150	6 x 25 on 1:00 Sculling Drill down	REC
	Underwaters on the way back	
950	1x{4 x 50 on 1:15 Butterfly 2-2	EN2
	{4 x 25 on :40 Fly lup ldown	EN2
	{1 x 50 on 1:05 Freestyle	REC
	{4 x 50 on 1:15 Butterfly 2-3	EN2
	{4 x 25 on :40 Fly lup 2down	EN2
	{1 x 50 on 1:05 Freestyle	REC
	{4 x 50 on 1:15 Butterfly 2-4	EN2
	{2 x 25 on :40 Fly lup 3down	EN2
600	24 x 25 on :35 Butterfly-USRPT	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 3,250 Yards - Stress Value = 48	

**Workout #18952 - Monday, 31 October 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Core/ Team Meeting	
500	1 x 500 on 9:00 By the 100 Top Hat Drill	REC
	+ Thumb Drag Drill, + Closed Fist progressi	
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:45 Fly Kick with board	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:40 Fly kick with board	EN2
	{2 x 25 on :45 Kick no board S	EN2
150	6 x 25 on 1:00 Sculling Drill down	REC
	Underwaters on the way back	
900	1x{4 x 50 on 1:20 Butterfly 2-2	EN2
	{4 x 25 on :40 Fly lup ldown	EN2
	{1 x 50 on 1:05 Freestyle	REC
	{4 x 50 on 1:20 Butterfly 2-3	EN2
	{4 x 25 on :40 Fly lup 2down	EN2
	{1 x 50 on 1:05 Freestyle	REC
	{4 x 50 on 1:20 Butterfly 2-4	EN2
500	20 x 25 on :40 Butterfly-USRPT	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:31 PM 3,100 Yards - Stress Value = 45	

**Workout #18933 - Tuesday, 01 November 2016**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,400	1x{2 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick {2 x 100 on 1:45 Kick {3 x 50 on :55 Kick {2 x 100 on 1:50 Kick {3 x 50 on :50 Kick {2 x 100 on 1:55 Kick {3 x 50 on :45 Kick
1,200	1x{1 x 250 on 3:30 Pulls {2 x 125 on 1:45 Pulls {1 x 200 on 2:45 Pulls {2 x 100 on 1:25 Pulls {1 x 150 on 2:05 Pulls {2 x 75 on 1:05 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 100 on 1:30 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {4 x 100 on 1:25 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {4 x 100 on 1:20 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {4 x 100 on 1:15 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke
400	4 x 100 on 1:30 Free-Descend to Ludicrous
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	6,400 Yards - Stress Value = 74

1,250	1x{2 x 100 on 1:50 Kick {2 x 50 on 1:10 Kick {2 x 100 on 1:55 Kick {2 x 50 on 1:05 Kick {2 x 100 on 2:00 Kick {2 x 50 on 1:00 Kick {2 x 100 on 1:55 Kick {3 x 50 on :55 Kick
1,100	1x{1 x 250 on 3:45 Pulls {2 x 125 on 1:55 Pulls {1 x 200 on 3:00 Pulls {2 x 100 on 1:30 Pulls {1 x 150 on 2:15 Pulls {1 x 50 on :45 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{4 x 100 on 1:40 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {4 x 100 on 1:35 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {4 x 100 on 1:30 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {2 x 100 on 1:25 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke
400	4 x 100 on 1:30 Free-Descend to Ludicrous
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,900 Yards - Stress Value = 65

**Workout #18937 - Tuesday, 01 November 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 SL/DS
400	1 x 400 on 5:00 Choice
750	30 x 25 on :30 100 Back Pace
250	1 x 250 on 10:00 4 min Top Hat Drill 6 min vide
1,500	30 x 50 on :55 200 Breast Pace
600	1 x 600 on 10:00 Top Hat Drill
1,500	30 x 50 on :50 200 Fly Pace
600	1 x 600 on 10:00 Top Hat Drill
750	30 x 25 on :30 100 Free Pace
250	1 x 250 on 4:00 Choice
6:00 PM	6,600 Yards - Stress Value = 450

**Workout #18934 - Tuesday, 01 November 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters

**Workout #18935 - Tuesday, 01 November 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 35:00 SL/DS/Core
550	1 x 550 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,200	1x{2 x 100 on 1:55 Kick
	{2 x 50 on 1:10 Kick
	{2 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick
	{2 x 100 on 2:05 Kick
	{2 x 50 on 1:00 Kick
	{2 x 100 on 2:10 Kick
	{2 x 50 on :55 Kick
1,050	1x{1 x 250 on 4:05 Pulls
	{2 x 125 on 2:05 Pulls
	{1 x 200 on 3:15 Pulls
	{2 x 100 on 1:35 Pulls
	{1 x 150 on 2:30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{3 x 100 on 1:55 Backstroke
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{3 x 100 on 1:50 Backstroke
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{3 x 100 on 1:45 Backstroke
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{2 x 100 on 1:40 Backstroke
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:00 Backstroke
400	4 x 100 on 1:40 Free-Descend to Ludicrous
250	1 x 250 on 4:00 Stroke Drills
6:01 PM 5,450 Yards - Stress Value = 60	

**Workout #18936 - Tuesday, 01 November 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 SL/DS/Core
500	1 x 500 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,050	1x{2 x 100 on 2:10 Kick
	{2 x 50 on 1:10 Kick
	{2 x 100 on 2:15 Kick
	{2 x 50 on 1:10 Kick
	{2 x 100 on 2:20 Kick
	{1 x 50 on 1:10 Kick
	{2 x 100 on 2:25 Kick
900	1x{1 x 250 on 4:30 Pulls
	{2 x 125 on 2:15 Pulls
	{1 x 200 on 3:40 Pulls
	{2 x 100 on 1:50 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{3 x 100 on 2:15 Backstroke
	{1 x 50 on 1:10 Backstroke
	{1 x 50 on 1:05 Backstroke
	{3 x 100 on 2:10 Backstroke
	{1 x 50 on 1:10 Backstroke
	{1 x 50 on 1:05 Backstroke
	{3 x 100 on 2:05 Backstroke
	{1 x 50 on 1:10 Backstroke
	{1 x 50 on 1:05 Backstroke

{2 x 100 on 2:00 Backstroke

{1 x 50 on 1:10 Backstroke

300 3 x 100 on 1:50 Free-Descend to Ludicrous

250 1 x 250 on 4:00 Stroke Drills

6:00 PM 4,800 Yards - Stress Value = 53

**Workout #18953 - Tuesday, 01 November 2016**

**Group 2 - Silver-1**

**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 7:00 Snorkel Sun Yang Free
150	10 x 15 on :45 Shooters
550	1x{2 x 100 on 2:30 Kick on back
	{4 x 25 on :45 Odds kick on left side face out
	{ Evens kick on right side face out
	{2 x 25 on :45 Same as above
	{2 x 100 on 2:25 Kick on back
100	4 x 25 on 1:00 Sculling Drill down
1,000	1x{2 x 150 on 3:00 Backstroke 3 KOW
	{2 x 125 on 2:30 Backstroke 3 KOW
	{2 x 100 on 2:00 Backstroke 3 KOW
	{2 x 75 on 1:30 Backstroke 3 KOW
	{2 x 50 on 1:00 Backstroke 3 kow
600	24 x 25 on :35 Backstroke USRPT
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 6:00 Stroke Drills
7:30 PM 3,050 Yards - Stress Value = 97	

**Workout #18954 - Tuesday, 01 November 2016**

**Group 2 - Silver-2**

**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 7:00 Snorkel Sun Yang Free
150	10 x 15 on :45 Shooters
550	1x{2 x 100 on 2:40 Kick on back
	{4 x 25 on :45 Odds kick on left side face out
	{ Evens kick on right side face out
	{2 x 25 on :45 Same as above
	{2 x 100 on 2:35 Kick on back
100	4 x 25 on 1:00 Sculling Drill down
900	1x{2 x 150 on 3:15 Backstroke 3 KOW
	{2 x 125 on 2:40 Backstroke 3 KOW
	{2 x 100 on 2:10 Backstroke 3 KOW
	{2 x 75 on 1:40 Backstroke 3 KOW
600	24 x 25 on :35 Backstroke USRPT
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 6:00 Stroke Drills
7:30 PM 2,950 Yards - Stress Value = 95	

**Workout #18955 - Tuesday, 01 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg
400	1 x 400 on 7:00 Snorkel Sun Yang Free
150	10 x 15 on :45 Shooters
500	1x{2 x 100 on 2:50 Kick on back
	{4 x 25 on :45 Odds kick on left side face out
	{ Evens kick on right side face out
	{2 x 25 on :45 Same as above
	{2 x 75 on 2:05 Kick on back
100	4 x 25 on 1:00 Sculling Drill down
900	1x{2 x 150 on 3:15 Backstroke 3 KOW
	{2 x 125 on 2:40 Backstroke 3 KOW
	{2 x 100 on 2:10 Backstroke 3 KOW
	{2 x 75 on 1:40 Backstroke 3 KOW
500	20 x 25 on :40 Backstroke USRPT
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 6:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 84

**Workout #18938 - Wednesday, 02 November 2016**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,250	1x{1 x 100 on 1:50 Kick
	{2 x 75 on 1:20 Kick
	{1 x 100 on 1:50 Kick
	{2 x 75 on 1:15 Kick
	{1 x 100 on 1:50 Kick
	{2 x 75 on 1:10 Kick
	{1 x 100 on 1:50 Kick
	{2 x 75 on 1:05 Kick
	{1 x 100 on 1:50 Kick
	{2 x 75 on 1:00 Kick
1,500	1x{1 x 150 on 2:00 Pulls
	{1 x 150 on 1:55 Pulls
	{1 x 150 on 1:50 Pulls
	{1 x 125 on 1:40 Pulls
	{1 x 125 on 1:35 Pulls
	{1 x 125 on 1:30 Pulls
	{1 x 100 on 1:20 Pulls
	{1 x 100 on 1:15 Pulls
	{1 x 100 on 1:10 Pulls
	{1 x 75 on 1:00 Pulls
	{1 x 75 on :55 Pulls
	{1 x 75 on :50 Pulls
	{1 x 50 on :40 Pulls
	{1 x 50 on :35 Pulls
	{1 x 50 on :30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{5 x 100 on 1:30 3 Strokes Fly off walls
	{4 x 25 on :30 Fly 1 up 2 down
	{4 x 25 on :20 Freestyle
	{4 x 100 on 1:25 3 Strokes Fly off walls
	{4 x 25 on :30 Fly lup 2 down
	{4 x 25 on :20 Freestyle
	{3 x 100 on 1:20 3 Strokes Fly off walls
	{4 x 25 on :30 Fly lup 2 down
	{4 x 25 on :20 Freestyle
	{2 x 100 on 1:15 3 Strokes Fly off walls
	{4 x 25 on :30 Fly 1 up 2 down
	{4 x 25 on :20 Freestyle
	{1 x 100 on 1:10 3 Strokes Fly off walls
	{4 x 25 on :30 Fly 1 up 2 down

{4 x 25 on :20 Freestyle

350 7 x 50 on 1:00 Stroke Drills

6:00 PM 6,450 Yards - Stress Value = 101

**Workout #18942 - Wednesday, 02 November 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 20:00 SL/DS	
400	1 x 400 on 5:00 Choice	RE
750	30 x 25 on :30 100 Fly Pace	SE
300	1 x 300 on 15:00 5m ez, 5m walking, 5m video	RE
1,500	30 x 50 on :50 200 Back Pace	SE
300	1 x 300 on 10:00 5m ez, 5m video	RE
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 10:00 YDR	
750	30 x 25 on :30 100 Breast Pace	SE
250	1 x 250 on 4:00 Stroke Drills	RE
	6:01 PM 5,750 Yards - Stress Value = 450	

**Workout #18939 - Wednesday, 02 November 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:05 Kick
	{2 x 75 on 1:30 Kick
	{1 x 100 on 2:05 Kick
	{2 x 75 on 1:25 Kick
	{1 x 100 on 2:05 Kick
	{2 x 75 on 1:20 Kick
	{1 x 100 on 2:05 Kick
	{2 x 75 on 1:20 Kick
	{1 x 50 on 1:00 Kick
1,300	1x{1 x 150 on 2:15 Pulls
	{1 x 150 on 2:10 Pulls
	{1 x 150 on 2:05 Pulls
	{1 x 125 on 1:55 Pulls
	{1 x 125 on 1:50 Pulls
	{1 x 125 on 1:45 Pulls
	{1 x 100 on 1:30 Pulls
	{1 x 100 on 1:25 Pulls
	{1 x 50 on :40 Pulls
	{1 x 75 on 1:10 Pulls
	{1 x 75 on 1:05 Pulls
	{1 x 75 on 1:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{5 x 100 on 1:40 3 Strokes Fly off walls
	{4 x 25 on :30 Fly 1 up 2 down
	{4 x 25 on :25 Freestyle
	{4 x 100 on 1:35 3 Strokes Fly off walls
	{4 x 25 on :30 Fly lup 2 down
	{4 x 25 on :25 Freestyle
	{3 x 100 on 1:30 3 Strokes Fly off walls
	{4 x 25 on :30 Fly lup 2 down
	{4 x 25 on :25 Freestyle
	{2 x 100 on 1:25 3 Strokes Fly off walls
	{4 x 25 on :30 Fly 1 up 2 down
	{4 x 25 on :25 Freestyle
	{1 x 100 on 1:20 3 Strokes Fly off walls
350	7 x 50 on 1:00 Stroke Drills
	6:00 PM 5,850 Yards - Stress Value = 90

**Workout #18940 - Wednesday, 02 November 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,000	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 2:10 Kick
	{2 x 75 on 1:35 Kick
	{1 x 100 on 2:10 Kick
	{2 x 75 on 1:30 Kick
	{1 x 100 on 2:10 Kick
	{2 x 75 on 1:25 Kick
	{1 x 100 on 2:10 Kick
	{2 x 75 on 1:20 Kick
1,150	1x{1 x 150 on 2:30 Pulls
	{1 x 150 on 2:25 Pulls
	{1 x 150 on 2:20 Pulls
	{1 x 125 on 2:05 Pulls
	{1 x 125 on 2:00 Pulls
	{1 x 125 on 1:55 Pulls
	{1 x 100 on 1:40 Pulls
	{1 x 100 on 1:35 Pulls
	{1 x 100 on 1:30 Pulls
	{1 x 25 on :30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{5 x 100 on 1:50 3 Strokes Fly off walls
	{4 x 25 on :35 Fly 1 up 2 down
	{4 x 25 on :30 Freestyle
	{4 x 100 on 1:45 3 Strokes Fly off walls
	{4 x 25 on :35 Fly lup 2 down
	{4 x 25 on :30 Freestyle
	{3 x 100 on 1:40 3 Strokes Fly off walls
	{4 x 25 on :35 Fly lup 2 down
	{4 x 25 on :30 Freestyle
	{2 x 100 on 1:35 3 Strokes Fly off walls
350	7 x 50 on 1:00 Stroke Drills
	6:00 PM 5,350 Yards - Stress Value = 80

**Workout #18945 - Wednesday, 02 November 2016**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 35:00 SL/DS/Shoulders
150	1 x 550 on 10:00 Underwater trn drill
	odd 100's free even 100's back
1,300	10 x 15 on :45 Shooters
1,300	1x{8 x 25 on :35 Kick no board B
	{2 x 50 on 1:00 Kick
	{8 x 25 on :35 Kick no board S
	{3 x 50 on 1:00 Kick
	{6 x 25 on :35 Kick no board L
	{4 x 50 on 1:00 Kick
	{6 x 25 on :35 Kick no board R
	{3 x 50 on 1:10 Kick descend
800	8 x 100 on 1:50 Lungbuster pulls
	Odds breathe 3-5-7-9 by the 25 evens breath
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 150 on 3:15 Breaststroke
	{1 x 100 on 2:10 Breaststroke
	{2 x 50 on 1:05 Breaststroke
	{1 x 150 on 3:15 Breaststroke
	{2 x 100 on 2:10 Breaststroke
	{1 x 50 on 1:05 Breaststroke
	{2 x 150 on 3:15 Breaststroke
	{1 x 100 on 2:10 Breaststroke
	{1 x 50 on 1:05 Breaststroke
	{ When there is 2 repeats the second one is f

400	1x{4 x 25 on :30 Freestyle
	{4 x 25 on :25 Freestyle
	{4 x 25 on :20 Freestyle
	{4 x 25 on :15 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	5:58 PM 4,900 Yards - Stress Value = 58

**Workout #18941 - Wednesday, 02 November 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 SL/DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
950	10 x 15 on :45 Shooters
950	1x{1 x 100 on 2:20 Kick
	{2 x 75 on 1:40 Kick
	{1 x 100 on 2:20 Kick
	{2 x 75 on 1:35 Kick
	{1 x 100 on 2:20 Kick
	{2 x 75 on 1:30 Kick
	{1 x 100 on 2:20 Kick
	{2 x 50 on 1:00 Kick
1,050	1x{1 x 150 on 2:45 Pulls
	{1 x 150 on 2:40 Pulls
	{1 x 150 on 2:35 Pulls
	{1 x 125 on 2:15 Pulls
	{1 x 125 on 2:10 Pulls
	{1 x 125 on 2:05 Pulls
	{1 x 100 on 1:50 Pulls
	{1 x 100 on 1:45 Pulls
	{1 x 25 on :30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{5 x 100 on 2:00 3 Strokes Fly off walls
	{4 x 25 on :35 Fly 1 up 2 down
	{4 x 25 on :30 Freestyle
	{4 x 100 on 1:55 3 Strokes Fly off walls
	{4 x 25 on :35 Fly lup 2 down
	{2 x 25 on :30 Freestyle
	{3 x 100 on 1:50 3 Strokes Fly off walls
	{4 x 25 on :35 Fly lup 2 down
	{2 x 25 on :30 Freestyle
	{2 x 100 on 1:45 3 Strokes Fly off walls
350	7 x 50 on 1:00 Stroke Drills
	6:00 PM 5,100 Yards - Stress Value = 75

**Workout #18956 - Wednesday, 02 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY W
350	1 on 30:00 SL/DS/Core	
150	14 x 25 on :30 Wednesday Warm-up	REC
600	10 x 15 on :45 Shooters	SP3
100	6 x 100 on 2:15 Breast Kick-odds fast!	EN2
	4 x 25 on 1:00 Sculling Drill down	REC
	Underwaters back	
1,050	1x{1 x 150 on 3:15 Breaststroke	EN1
	{1 x 150 on 3:30 Breast 2K1P	REC
	{1 x 150 on 3:10 Breaststroke	EN2
	{1 x 150 on 3:30 Breast 3K1P	REC
	{1 x 150 on 3:05 Breaststroke	EN2
	{1 x 150 on 3:30 Breast 4K1P	REC
	{1 x 150 on 3:00 Breaststroke	EN2
600	24 x 25 on :35 Breast-USRPT	SP2
	1 on 10:00 Game	
250	1 x 250 on 4:00 Stroke Drills	REC
	7:30 PM 3,100 Yards - Stress Value = 89	

**Workout #18957 - Wednesday, 02 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 30:00 SL/DS/Core		
350	14 x 25 on :30 Wednesday Warm-up	REC	
150	10 x 15 on :45 Shooters	SP3	
600	6 x 100 on 2:25 Breast Kick-odds fast!	EN2	
100	4 x 25 on 1:00 Sculling Drill down	REC	
	Underwaters back		
1,000	1x{1 x 150 on 3:25 Breaststroke	EN1	
	{1 x 100 on 2:30 Breast 2K1P	REC	
	{1 x 150 on 3:20 Breaststroke	EN2	
	{1 x 100 on 2:30 Breast 3K1P	REC	
	{1 x 150 on 3:15 Breaststroke	EN2	
	{1 x 100 on 2:30 Breast 4K1P	REC	
	{1 x 150 on 3:10 Breaststroke	EN2	
	{1 x 100 on 2:00 Breast 2K1P		
600	24 x 25 on :35 Breast-USRPT	SP2	
	1 on 10:00 Game		
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:31 PM 3,050 Yards - Stress Value = 89		

1,200	1x{1 x 150 on 2:45 Breaststroke		
	{1 x 100 on 1:50 Breaststroke		
	{2 x 50 on :55 Breaststroke		
	{1 x 150 on 2:45 Breaststroke		
	{2 x 100 on 1:50 Breaststroke		
	{1 x 50 on :55 Breaststroke		
	{2 x 150 on 2:45 Breaststroke		
	{1 x 100 on 1:50 Breaststroke		
	{1 x 50 on :55 Breaststroke		
	{ When there is 2 repeats the second one is f		
800	2x{4 x 25 on :30 Freestyle		
	{4 x 25 on :25 Freestyle		
	{4 x 25 on :20 Freestyle		
	{4 x 25 on :15 Freestyle		
300	6 x 50 on 1:00 Stroke Drills		
	5:59 PM 5,750 Yards - Stress Value = 66		

**Workout #18947 - Thursday, 03 November 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
	1 on 20:00 SL/DS			L DRY	
400	1 x 400 on 5:00 Choice	REC		S CHO	1
750	30 x 25 on :30 100 Free Pace	SP2		S FR	2
	1 on 13:00 Your dryland routine			L DRY	
1,000	40 x 25 on :30 200 Fly Pace	SP2		S FLY	2
	1 on 13:00 Your dryland routine			L DRY	
1,500	30 x 50 on :55 200 Breast Pace	SP2		S BR	1
	1 on 13:00 Your dryland routine	REC		L DRY	
750	30 x 25 on :30 100 Back Pace	SP2		S BK	2
250	1 x 250 on 3:00 Choice	REC		S CHO	1
	6:00 PM 4,650 Yards - Stress Value = 400				

**Workout #18958 - Wednesday, 02 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 30:00 SL/DS/Core		
350	14 x 25 on :30 Wednesday Warm-up	REC	
150	10 x 15 on :45 Shooters	SP3	
500	5 x 100 on 2:35 Breast Kick-odds fast!	EN2	
100	4 x 25 on 1:00 Sculling Drill down	REC	
	Underwaters back		
950	1x{1 x 150 on 3:35 Breaststroke	EN1	
	{1 x 100 on 2:30 Breast 2K1P	REC	
	{1 x 150 on 3:30 Breaststroke	EN2	
	{1 x 100 on 2:30 Breast 3K1P	REC	
	{1 x 150 on 3:25 Breaststroke	EN2	
	{1 x 100 on 2:30 Breast 4K1P	REC	
	{1 x 150 on 3:20 Breaststroke	EN2	
	{1 x 50 on 2:00 Breast 2K1P		
600	24 x 25 on :35 Breast-USRPT	SP2	
	1 on 10:00 Game		
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:30 PM 2,900 Yards - Stress Value = 87		

**Workout #18943 - Thursday, 03 November 2016**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 SL/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{8 x 25 on :30 Kick no board B
	{2 x 50 on :50 Kick
	{8 x 25 on :30 Kick no board S
	{3 x 50 on :50 Kick
	{8 x 25 on :30 Kick no board L
	{4 x 50 on :50 Kick
	{8 x 25 on :30 Kick no board R
	{5 x 50 on 1:00 Kick descend 1-4 #5 same as 4
1,000	10 x 100 on 1:20 Lungbuster pulls
	Odds breathe 3-5-7-9 by the 25 evens breath
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

**Workout #18944 - Thursday, 03 November 2016**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 35:00 SL/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
1,450	1x{8 x 25 on :30 Kick no board B {2 x 50 on :55 Kick {8 x 25 on :30 Kick no board S {3 x 50 on :55 Kick {8 x 25 on :30 Kick no board L {4 x 50 on :55 Kick {8 x 25 on :30 Kick no board R {4 x 50 on 1:00 Kick descend 1-4
1,000	10 x 100 on 1:25 Lungbuster pulls Odds breathe 3-5-7-9 by the 25 evens breath
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 150 on 2:45 Breaststroke {1 x 100 on 1:50 Breaststroke {2 x 50 on :55 Breaststroke {1 x 150 on 2:45 Breaststroke {2 x 100 on 1:50 Breaststroke {1 x 50 on :55 Breaststroke {2 x 150 on 2:45 Breaststroke {1 x 100 on 1:50 Breaststroke {1 x 50 on :55 Breaststroke { When there is 2 repeats the second one is f
800	2x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle
250	1 x 250 on 4:30 Stroke Drills

5:59 PM 5,650 Yards - Stress Value = 65

**Workout #18946 - Thursday, 03 November 2016**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 SL/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{6 x 25 on :45 Kick no board B {2 x 50 on 1:10 Kick {6 x 25 on :45 Kick no board S {3 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board L {4 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board R {3 x 50 on 1:10 Kick descend
800	8 x 100 on 1:50 Lungbuster pulls Odds breathe 3-5-7-9 by the 25 evens breath
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 150 on 3:15 Breaststroke {1 x 100 on 2:10 Breaststroke {2 x 50 on 1:05 Breaststroke {1 x 150 on 3:15 Breaststroke {2 x 100 on 2:10 Breaststroke {1 x 50 on 1:05 Breaststroke {2 x 150 on 3:15 Breaststroke {1 x 100 on 2:10 Breaststroke {1 x 50 on 1:05 Breaststroke { When there is 2 repeats the second one is f
400	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle

{4 x 25 on :15 Freestyle  
300 6 x 50 on 1:00 Stroke Drills  
5:58 PM 4,650 Yards - Stress Value = 54

**Workout #18949 - Friday, 04 November 2016**

**Group 3 - USRPT**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PACE
400	1 on 20:00 Spotlight/DS			L	DRY
600	1 x 400 on 5:00 Choice	REC		S	CHO 1:15
600	30 x 20 on :30 100 Fly Pace	SP2		S	FLY 2:30
250	1 x 250 on 5:00 Choice	REC		S	CHO 2:00
750	30 x 25 on :30 100 Back Pace	SP2		S	BK 2:00
250	1 x 250 on 5:00 Choice	REC		S	CHO 2:00
600	30 x 20 on :30 100 Free Pace	SP2		S	FR 2:30
250	1 x 250 on 4:00 Choice	REC		S	CD 1:30

5:00 PM 3,100 Yards - Stress Value = 195

**Workout #18948 - Friday, 04 November 2016**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 20:00 SL/DS
1,000	1 x 600 on 1:00 Reverse IM drill
1,000	1 x 1000 on 15:00 Indian File Kicking w/fins
150	10 x 15 on :45 Shooters
2,250	5x{1 x 200 on 4:00 Broken at 50/10-20-30 scnds {1 x 250 on 5:00 Stroke Drills Rd 1 Fly, Rd 2 Back, Rd 3, Breast, Rd 4 Fre

5:02 PM 4,000 Yards - Stress Value = 106

**Workout #18959 - Friday, 04 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
500	1 on 40:00 DS/Dryland		L
150	4 x 125 on 2:45 SwimUSS	REC	S
1,000	10 x 15 on :45 Shooters	SP3	S
1,000	1x{1 x 250 on 5:40 200 IM +50 Free	EN2	S
250	{1 x 250 on 5:40 200 IM + 50 breast	EN2	S
250	{1 x 250 on 5:40 200 IM + 50 back	EN2	S
250	{1 x 250 on 5:40 200 IM + 50 Fly	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D

6:30 PM 1,900 Yards - Stress Value = 26

**Workout #18960 - Friday, 04 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
500	1 on 40:00 DS/Dryland		L
150	4 x 125 on 2:45 SwimUSS	REC	S
950	10 x 15 on :45 Shooters	SP3	S
950	1x{1 x 250 on 6:15 200 IM +50 Free	EN2	S
200	{1 x 250 on 6:15 200 IM + 50 breast	EN2	S
200	{1 x 250 on 6:15 200 IM + 50 back	EN2	S
200	{1 x 200 on 5:00 200 IM	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D

6:30 PM 1,800 Yards - Stress Value = 25

**Workout #18961 - Friday, 04 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland		L
500	4 x 125 on 2:45 SwimUSS	REC	S
150	10 x 15 on :45 Shooters	SP3	S
875	1x{1 x 225 on 6:15 200 IM + 25 free	EN2	S
	{1 x 225 on 6:15 200 IM + 25 breast	EN2	S
	{1 x 225 on 6:15 200 IM +25 back	EN2	S
	{1 x 200 on 5:00 200 IM	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	6:30 PM 1,725 Yards - Stress Value = 22		

**Workout #18965 - Monday, 07 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Dynamic Stretch/Shoulders		
500	1 x 500 on 9:00 By the 100: Top Hat Drill + Thumb Drag Drill, + Closed Fist progressi		
150	10 x 15 on :45 Shooters		
900	1x{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:45 Fly Kick on board		
	{1 x 100 on 2:15 Free Kick on board		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:20 Breast Kick on Board		
	{1 x 100 on 2:15 Free Kick on Board		
	{4 x 25 on :45 Kick no board BSLR		
150	6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks		
1,350	1x{1 x 100 on 2:15 Individual Medley		
	{4 x 25 on :30 Butterfly		
	{2 x 100 on 2:10 Individual Medley		
	{4 x 25 on :30 Backstroke		
	{3 x 100 on 2:05 Individual Medley		
	{4 x 25 on :30 Breaststroke		
	{4 x 100 on 2:00 Individual Medley		
	{2 x 25 on :30 Freestyle-100% 2 breaths each		
600	24 x 25 on :35 100 Free Pace		
250	1 x 250 on 5:00 Stroke Drills		
	7:30 PM 3,900 Yards - Stress Value = 113		

**Workout #18966 - Monday, 07 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Dynamic Stretch/Shoulders		
500	1 x 500 on 9:00 By the 100: Top Hat Drill + Thumb Drag Drill, + Closed Fist progressi		
150	10 x 15 on :45 Shooters		
850	1x{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 3:00 Fly Kick on board		
	{1 x 100 on 2:30 Free Kick on board		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:35 Breast Kick on Board		
	{1 x 100 on 2:30 Free Kick on Board		
	{2 x 25 on :45 Kick no board BS		
150	6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks		
1,150	1x{1 x 100 on 2:30 Individual Medley		
	{4 x 25 on :35 Butterfly		
	{2 x 100 on 2:25 Individual Medley		
	{4 x 25 on :35 Backstroke		
	{3 x 100 on 2:20 Individual Medley		
	{4 x 25 on :35 Breaststroke		

{2 x 100 on 2:15 Individual Medley  
 {2 x 25 on :35 Freestyle-100% 2 breaths each  
 500 20 x 25 on :40 100 Free Pace  
 250 1 x 250 on 5:00 Stroke Drills  
 7:29 PM 3,550 Yards - Stress Value = 98

**Workout #18967 - Monday, 07 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Dynamic Stretch/Shoulders		
500	1 x 500 on 9:00 By the 100: Top Hat Drill + Thumb Drag Drill, + Closed Fist progressi		
150	10 x 15 on :45 Shooters		
800	1x{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 3:15 Fly Kick on board		
	{1 x 100 on 2:45 Free Kick on board		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:50 Breast Kick on Board		
	{1 x 100 on 2:45 Free Kick on Board		
150	6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks		
1,050	1x{1 x 100 on 2:45 Individual Medley		
	{4 x 25 on :40 Butterfly		
	{2 x 100 on 2:40 Individual Medley		
	{4 x 25 on :40 Backstroke		
	{3 x 100 on 2:35 Individual Medley		
	{4 x 25 on :40 Breaststroke		
	{1 x 100 on 2:30 Individual Medley		
	{2 x 25 on :35 Freestyle-100% 2 breaths each		
450	18 x 25 on :45 100 Free Pace		
250	1 x 250 on 5:00 Stroke Drills		
	7:30 PM 3,350 Yards - Stress Value = 90		

**Workout #18972 - Monday, 07 November 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:50 PM Start

Yards	Set Description	EGY	WORK
2,400	1x{1 x 300 on 3:45 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle hold under 110	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle hold under 109	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle hold under 108	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle hold AFAP	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	5:29 PM 2,700 Yards - Stress Value = 48		

**Workout #18963 - Monday, 07 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 40:00 DS/Weights		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1
2,400	24 x 100 on 1:25 1650 Free Pace	SP2	S	FR	1
300	1 x 300 on 5:00 Choice	REC	S	CHO	1
400	20 x 20 on :30 Your #4 100	SP2	S	STK	2
	7:07 AM 3,500 Yards - Stress Value = 280				

**Workout #18964 - Monday, 07 November 2016**

4:48 PM 3,400 Yards - Stress Value = 52

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	3:00 PM Start		
400	1 on 20:00 DS/Tm Mtg/Showers	L	S
1,500	1 x 400 on 5:00 Choice	REC	S
200	30 x 50 on :55 200 Breast Pace	SP2	S
1,500	1 x 200 on 10:00 Clsd fst prgsn/video	REC	D
1,500	30 x 50 on :50 200 Free Pace	SP2	S
	1 on 10:00 YDR	L	S
750	30 x 25 on :30 100 Fly Pace	SP2	S
	1 on 12:00 Racing Skills-Starts	D	S
750	30 x 25 on :30 100 Back Pace	SP2	S
250	1 x 250 on 4:00 Continuous Pre-set	REC	D
	5:30 PM 5,350 Yards - Stress Value = 450		

**Workout #18973 - Monday, 07 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
	4:50 PM Start	
2,300	1x{1 x 300 on 4:05 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 114	EN2
	{1 x 300 on 4:05 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 113	EN2
	{1 x 300 on 4:05 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 112	EN2
	{1 x 300 on 4:05 Freestyle	EN2
	{2 x 100 on 1:35 Freestyle hold AFAP	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	5:30 PM 2,600 Yards - Stress Value = 46	

**Workout #18968 - Monday, 07 November 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
600	1 on 35:00 DS/Physio Balls/Shower
450	1 x 600 on 10:00 Swim-kick-pull-swim
1,900	10 x 45 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick
	{2 x 100 on 1:35 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:35 Kick
	{2 x 100 on 1:30 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{2 x 100 on 1:30 Kick
	{2 x 100 on 1:25 Kick
	{10 x 25 on :30 Kick no board BSLRX2 LR
750	3x{1 x 50 on :45 Pull 8 SOT-HB
	{1 x 50 on :45 Pull 7 SOT-HB
	{1 x 50 on :45 Pull 6 SOT-HB
	{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:48 PM 3,900 Yards - Stress Value = 68

**Workout #18970 - Monday, 07 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
550	1 on 35:00 DS/Physio Balls/Tm Mtg
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Kick
	{2 x 100 on 2:15 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{2 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{6 x 25 on :40 Kick no board BSLRLR
	{2 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
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
	4:47 PM 2,900 Yards - Stress Value = 44

**Workout #18969 - Monday, 07 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
600	1 on 35:00 DS/Physio Balls/Shower
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,700	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{2 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{2 x 25 on :30 Kick no board BSLR
750	3x{1 x 50 on :45 Pull 8 SOT-HB
	{1 x 50 on :45 Pull 7 SOT-HB
	{1 x 50 on :45 Pull 6 SOT-HB
	{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

**Workout #18974 - Monday, 07 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
	4:50 PM Start	
2,100	1x{1 x 300 on 4:40 Freestyle	EN2
	{2 x 100 on 1:45 Freestyle hold under 125	EN2
	{1 x 300 on 4:40 Freestyle	EN2
	{2 x 100 on 1:45 Freestyle hold under 124	EN2
	{1 x 300 on 4:40 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle hold under 123	EN2
	{1 x 300 on 4:40 Freestyle	EN2
	{2 x 100 on 1:45 Freestyle hold AFAP	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	5:30 PM 2,350 Yards - Stress Value = 42	

**Workout #18971 - Monday, 07 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
500	1 on 35:00 DS/Physio Balls/Shower
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,250	10 x 15 on :45 Shooters
	{ 2 x 100 on 2:30 Kick
	{ 2 x 100 on 2:25 Kick
	{ 4 x 25 on :45 Kick no board BSLR
	{ 2 x 100 on 2:25 Kick
	{ 2 x 100 on 2:20 Kick
	{ 4 x 25 on :45 Kick no board BSLR
	{ 1 x 100 on 2:20 Kick
	{ 2 x 25 on :45 Kick no board BS
600	3x{1 x 50 on 1:05 Pull 8 SOT-HB
	{ 1 x 50 on 1:05 Pull 7 SOT-HB
	{ 1 x 50 on 1:05 Pull 6 SOT-HB
	{ 1 x 50 on 1:05 Pulls 5 SOT-HB(not 3rd rd)
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 2,700 Yards - Stress Value = 41

**Workout #18975 - Monday, 07 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

4:50 PM Start

Yards	Set Description	EGY	WORK
1,800	1x{1 x 300 on 5:30 Freestyle	EN2	§
	{ 2 x 100 on 2:00 Freestyle hold AFAP	EN2	§
	{ 1 x 300 on 5:30 Freestyle	EN2	§
	{ 2 x 100 on 2:00 Freestyle hold AFAP	EN2	§
	{ 1 x 300 on 5:30 Freestyle	EN2	§
	{ 2 x 100 on 2:00 Freestyle hold AFAP	EN2	§
	{ 1 x 300 on 5:30 Freestyle	EN2	§
250	1 x 250 on 5:00 Stroke Drills	REC	I
	5:30 PM 2,050 Yards - Stress Value = 36		

**Workout #18962 - Monday, 07 November 2016**

**HighSchl - Speed Acquisition**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
400	1 on 40:00 DS/Weights
300	1 x 400 on 5:00 5 minute warm-up
200	6 x 50 on 2:00 Freestyle
250	8 x 25 on 1:00 2 on each stroke-under water until you reach 12.5 yards
	5x{1 x 25 on :01 1/3 each of streamline kick
	{ tarzan, no breath sprint rest/rest 5 second
	{ 1 x 25 on 1:29 Kick no board BSLR
100	4x{1 on 1:00 Vertical Kick
	{ 1 x 25 on :01 12.5yds undr/Body Driven Frees
	{ 1 on 1:59 Sculling Drll Feet First
250	1 x 250 on 5:00 Stroke Drills
	7:05 AM 1,500 Yards - Stress Value = 57

**Workout #18985 - Tuesday, 08 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Core
	1 x 500 on 9:00 Sun Yang Free w/ snorkels

150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board S
	{ 4 x 50 on 1:20 Fly Kick w/board
	{ 4 x 25 on :45 Kick no board S
	{ 4 x 50 on 1:15 Fly Kick w/board
	{ 2 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,100	1x{4 x 100 on 2:20 Fly 2 strokes off wall
	{ 1 x 50 on 1:00 Closed Fist Freestyle
	{ 3 x 100 on 2:15 Fly 3 strokes off wall
	{ 1 x 50 on 1:00 Closed Fist Freestyle
	{ 2 x 100 on 2:10 Fly 4 strokes off walls
	{ 1 x 50 on 1:00 Closed Fist Freestyle
	{ 1 x 50 on 1:00 Fly 5 strokes off walls
500	20 x 25 on :40 100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 3,250 Yards - Stress Value = 81

**Workout #18986 - Tuesday, 08 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Core
150	1 x 500 on 9:00 Sun Yang Free w/ snorkels
600	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board S
	{ 4 x 50 on 1:30 Fly Kick w/board
	{ 4 x 25 on :45 Kick no board S
	{ 3 x 50 on 1:25 Fly Kick w/board
	{ 2 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,000	1x{4 x 100 on 2:35 Fly 2 strokes off wall
	{ 1 x 50 on 1:00 Closed Fist Freestyle
	{ 3 x 100 on 2:30 Fly 3 strokes off wall
	{ 1 x 50 on 1:00 Closed Fist Freestyle
	{ 1 x 100 on 2:25 Fly 4 strokes off walls
	{ 1 x 50 on 1:00 Closed Fist Freestyle
	{ 1 x 50 on 1:10 Fly 5 strokes off walls
450	18 x 25 on :45 100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 73

**Workout #18987 - Tuesday, 08 November 2016**

**Group 2 - Silver-3**  
**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Core
150	1 x 500 on 9:00 Sun Yang Free w/ snorkels
550	10 x 15 on :45 Shooters
1x{4	25 on :45 Kick no board S
	{3 x 50 on 1:45 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
	{3 x 50 on 1:40 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
850	1x{3 x 100 on 3:00 Fly 2 strokes off wall
	{1 x 50 on 1:15 Closed Fist Freestyle
	{2 x 100 on 2:55 Fly 3 strokes off wall
	{1 x 50 on 1:15 Closed Fist Freestyle
	{1 x 100 on 2:50 Fly 4 strokes off walls
	{1 x 50 on 1:15 Closed Fist Freestyle
	{1 x 100 on 2:45 Fly 5 strokes off walls
400	16 x 25 on :50 100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 66

**Workout #18981 - Tuesday, 08 November 2016**

**HighSchl - Back**  
**1 minute rest between sets**

9:00 AM Start

Yards	Set Description
1,650	1x{5 x 125 on 1:45 Backstroke-Alt 25 of 12.5 YU
	{4 x 25 on :30 Back 8+1 KOW
	{4 x 100 on 1:25 Back alt 25 of 12.5 YU
	{4 x 25 on :30 Back 8+1 KOW
	{3 x 75 on 1:00 Back Alt 25 of 12.5 YU
	{4 x 25 on :30 Back 8+1 KOW
	{2 x 50 on :40 Back Alt 25 of 12.5 YU
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 1,900 Yards - Stress Value = 32

**Workout #18976 - Tuesday, 08 November 2016**

**HighSchl - USRPT**  
**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 DS/Weights			L I
400	1 x 400 on 5:00 Choice	REC		S C
1,500	30 x 50 on :50 200 Fly Pace	SP2		S F
200	1 x 200 on 5:00 Clsd Fst Prgsn/Video	REC		L I
1,500	30 x 50 on :50 200 Back Pace	SP2		S
	1 on 5:00 Walking	REC		L I
750	30 x 25 on :30 100 Breast Pace	SP2		S
150	10 x 15 on 1:00 Your #1 Shooter	SP3		S S
750	30 x 25 on :30 100 Free Pace	SP2		S
200	1 x 200 on 3:00 Top Hat Drill	REC		D
	9:35 AM 5,450 Yards - Stress Value = 456			

**Workout #18977 - Tuesday, 08 November 2016**

**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 Top Hat Drill

150	10 x 15 on :45 Shooters
	All 50 kicks hold under fastest interval
1,500	1x{3 x 50 on :40 Kick
	{1 x 100 on 2:00 Kick L.25 100%
	{3 x 50 on :45 Kick
	{1 x 125 on 2:25 Kick L.25 100%
	{3 x 50 on :50 Kick
	{1 x 150 on 2:50 Kick L.25 100%
	{3 x 50 on :55 Kick
	{1 x 175 on 3:15 Kick L.25 100%
	{3 x 50 on 1:00 Kick
	{1 x 200 on 3:40 Kick L.25 100%
1,800	1x{8 x 75 on 1:05 Pulls odds BTB evens BTS
	{8 x 75 on 1:00 Pulls odds BTB evens BTS
	{8 x 75 on :55 Pulls odds BTB evens BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:59 AM 4,250 Yards - Stress Value = 74

**Workout #18978 - Tuesday, 08 November 2016**

**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 Top Hat Drill
150	10 x 15 on :45 Shooters
	All 50 kicks hold under fastest interval
1,350	1x{3 x 50 on :50 Kick
	{1 x 100 on 2:00 Kick L.25 100%
	{3 x 50 on :55 Kick
	{1 x 125 on 2:25 Kick L.25 100%
	{3 x 50 on 1:00 Kick
	{1 x 150 on 2:50 Kick L.25 100%
	{3 x 50 on 1:05 Kick
	{1 x 175 on 3:15 Kick L.25 100%
	{2 x 50 on 1:10 Kick
	{1 x 100 on 2:00 Kick L.25 100%
1,650	1x{8 x 75 on 1:10 Pulls odds BTB evens BTS
	{6 x 75 on 1:05 Pulls odds BTB evens BTS
	{8 x 75 on 1:00 Pulls odds BTB evens BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:59 AM 3,950 Yards - Stress Value = 68

**Workout #18982 - Tuesday, 08 November 2016**

**HighSchl - Gold**  
**1 minute rest between sets**

9:00 AM Start

Yards	Set Description
1,550	1x{5 x 125 on 1:55 Backstroke-Alt 25 of 12.5 YU
	{4 x 25 on :30 Back 8+1 KOW
	{4 x 100 on 1:30 Backstroke-Alt 25 of 12.5 YU
	{4 x 25 on :30 Back 8+1 KOW
	{3 x 75 on 1:05 Backstroke-Alt 25 of 12.5 YU
	{4 x 25 on :30 Back 8+1 KOW
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 1,800 Yards - Stress Value = 30

**Workout #18979 - Tuesday, 08 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 40:00 DS/Weights
150	1 x 550 on 10:00 Top Hat Drill
1,200	10 x 15 on :45 Shooters All 50 kicks hold under fastest interval
1,200	1x{3 x 50 on 1:00 Kick {1 x 100 on 2:10 Kick L.25 100% {3 x 50 on 1:05 Kick {1 x 125 on 2:35 Kick L.25 100% {3 x 50 on 1:10 Kick {1 x 150 on 3:00 Kick L.25 100% {3 x 50 on 1:15 Kick {1 x 175 on 3:25 Kick L.25 100% {1 x 50 on 1:20 Kick
1,350	1x{8 x 75 on 1:20 Pulls odds BTB evens BTS {6 x 75 on 1:15 Pulls odds BTB evens BTS {4 x 75 on 1:10 Pulls odds BTB evens BTS
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:57 AM 3,450 Yards - Stress Value = 59

**Workout #18983 - Tuesday, 08 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description
1,225	1x{5 x 125 on 2:25 Backstroke-Alt 25 of 10 KOW {4 x 25 on :40 Back 8+1 KOW {4 x 100 on 1:55 Back alt 25 of 10 KOW {4 x 25 on :40 Back 8+1 KOW
250	1 x 250 on 4:00 Stroke Drills
	9:31 AM 1,475 Yards - Stress Value = 24

**Workout #18980 - Tuesday, 08 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 40:00 DS/Weights
150	1 x 500 on 10:00 Top Hat Drill
1,050	10 x 15 on :45 Shooters All 50 kicks hold under fastest interval
1,050	1x{3 x 50 on 1:10 Kick {1 x 100 on 2:30 Kick L.25 100% {3 x 50 on 1:15 Kick {1 x 125 on 3:05 Kick L.25 100% {3 x 50 on 1:20 Kick {1 x 150 on 3:40 Kick L.25 100% {3 x 50 on 1:25 Kick {1 x 75 on 2:15 Kick L.25 100%
1,050	1x{6 x 75 on 1:45 Pulls odds BTB evens BTS {6 x 75 on 1:40 Pulls odds BTB evens BTS {2 x 75 on 1:35 Pulls odds BTB evens BTS
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:59 AM 2,950 Yards - Stress Value = 50

**Workout #18984 - Tuesday, 08 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description

875	1x{4 x 100 on 2:30 Backstroke-Alt 25 of 12.5 YU {4 x 25 on :45 Back 8+1 KOW {3 x 75 on 1:50 Backstroke-Alt 25 of 12.5 YU {4 x 25 on :45 Back 8+1 KOW {2 x 25 on 1:30 Backstroke-Alt 25 of 12.5 YU
175	1 x 175 on 4:00 Stroke Drills
	9:30 AM 1,050 Yards - Stress Value = 16

**Workout #18993 - Wednesday, 09 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13
750	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board B {1 x 150 on 3:25 Kick {4 x 25 on :45 Kick no board B {1 x 150 on 3:20 Kick {4 x 25 on :45 Kick no board B {1 x 150 on 3:15 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,150	1x{2 x 125 on 2:40 Backstroke {2 x 50 on 1:00 Backstroke 5 KOW {2 x 125 on 2:35 Backstroke {2 x 50 on 1:00 Backstroke 6 KOW {2 x 100 on 2:00 Backstroke {2 x 50 on 1:00 Backstroke 7 KOW {2 x 75 on 1:30 Backstroke
600	24 x 25 on :35 Backstroke
250	1 on 10:00 Relay 1 x 250 on 5:00 Closed Fist
	7:30 PM 3,400 Yards - Stress Value = 109

**Workout #18994 - Wednesday, 09 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13
700	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board B {1 x 150 on 3:40 Kick {4 x 25 on :45 Kick no board B {1 x 150 on 3:35 Kick {4 x 25 on :45 Kick no board B {1 x 100 on 2:20 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,050	1x{2 x 125 on 2:55 Backstroke {2 x 50 on 1:10 Backstroke 5 KOW {2 x 125 on 2:50 Backstroke {2 x 50 on 1:10 Backstroke 6 KOW {2 x 100 on 2:15 Backstroke {3 x 50 on 1:05 Backstroke 7 KOW
500	20 x 25 on :40 Backstroke
250	1 on 10:00 Relay 1 x 250 on 5:00 Closed Fist
	7:30 PM 3,150 Yards - Stress Value = 96

**Workout #18995 - Wednesday, 09 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:15 PM	Start			
400	1 on 35:00 DS/Dryland			
150	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13			
650	10 x 15 on :45 Shooters			
100	1x{4 x 25 on :45 Kick no board B {1 x 100 on 2:45 Kick {4 x 25 on :45 Kick no board B {1 x 100 on 2:40 Kick {6 x 25 on :45 Kick no board B {1 x 100 on 2:30 Kick			
950	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks			
500	1x{2 x 125 on 3:15 Backstroke {2 x 50 on 1:10 Backstroke 5 KOW {2 x 125 on 3:10 Backstroke {2 x 50 on 1:10 Backstroke 6 KOW {2 x 100 on 2:30 Backstroke {1 x 50 on 1:10 Backstroke 7 KOW			
250	20 x 25 on :40 Backstroke 1 on 10:00 Relay 1 x 250 on 5:00 Closed Fist			
	7:30 PM 3,000 Yards - Stress Value = 93			

**Workout #19000 - Wednesday, 09 November 2016**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
4:40 PM	Start			
2,375	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 125 on 2:00 Breaststroke {1 x 50 on 1:00 Breast unde/over {5 x 125 on 1:55 Breaststroke	EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2	S F S F S F S F S F	S F S F S F S F S F
400	8 x 50 on 1:00 Stroke Drills	REC	D	C
	5:30 PM 2,775 Yards - Stress Value = 39			

**Workout #18989 - Wednesday, 09 November 2016**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 AM	Start	
400	1 on 15:00 DS/Showers	
150	1 x 400 on 6:00 Top Hat Drill	REC
1,000	10 x 15 on :45 Shooters	SP3
2,050	10 x 100 on 2:00 Challenge Kick Set The 3rd 25 of each round lup2down	EN2
	1x{1 x 100 on 1:30 3 strokes off walls {6 x 25 on :25 Fly-descend in 3s {2 x 100 on 1:25 3 strokes off walls {9 x 25 on :25 Fly-descend in 3s {3 x 100 on 1:20 3 strokes off walls {12 x 25 on :25 Fly-descend in 3s {4 x 100 on 1:15 3 strokes fly off walls {15 x 25 on :25 Fly-descend in 3s	EN2 EN2 EN1 EN2 EN2 EN2 EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	7:00 AM 3,900 Yards - Stress Value = 65	

**Workout #18988 - Wednesday, 09 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 AM	Start			
400	1 on 15:00 DS/Showers			L I
2,250	1 x 400 on 5:00 Choice	REC	S	C
250	30 x 75 on 1:10 Freestyle	SP2	S	
	250 1 x 250 on 5:00 Closed Fist/Snorkels	REC	D	
	If you are done find 2 things on video and rec your journal. Do your dryland routine until r			
600	30 x 20 on :30 Your #3 100	SP2	S	S
150	15 x 10 on :45 Silo Missile Jumps	SP3	K	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	7:05 AM 3,850 Yards - Stress Value = 291			

**Workout #19004 - Wednesday, 09 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
3:00 PM	Start			
400	1 on 15:00 DS/Showers			
1,500	1 x 400 on 5:00 Choice			
200	30 x 50 on :50 200 Free Pace			
1,500	1 x 200 on 8:00 CFP/Video			
250	30 x 50 on :55 200 Breast Pace			
750	1 x 250 on 8:00 Social Kick Tag			
260	30 x 25 on :30 100 Fly Pace			
750	13 x 20 on 1:00 Spinners/Hands-Up Sculling Drill			
500	30 x 25 on :30 100 Free Pace			
	20 x 25 on :30 Wednesday Warm-up			
	5:30 PM 6,110 Yards - Stress Value = 462			

**Workout #18996 - Wednesday, 09 November 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
3:00 PM	Start			
500	1 on 40:00 DS/TRX Bands			
150	20 x 25 on :30 Wednesday Warm-up			
1,950	10 x 15 on :45 Shooters			
	1x{4 x 25 on :30 Kick no board BSLR 15 KOW {6 x 75 on 1:10 Kick {4 x 25 on :30 Kick no board BSLR 14 KOW {5 x 100 on 1:30 Kick {4 x 25 on :30 Kick no board BSLR 13 KOW {4 x 125 on 1:50 Kick {8 x 25 on :30 Kick no board BSLRX2 12 KOW			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:39 PM 2,800 Yards - Stress Value = 47			

**Workout #18990 - Wednesday, 09 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS/Showers	
400	1 x 400 on 6:00 Top Hat Drill	REC
150	10 x 15 on :45 Shooters	SP3
1,000	10 x 100 on 2:00 Challenge Kick Set	EN2
	The 3rd 25 of each round lup2down	
1,900	1x{1 x 100 on 1:40 3 strokes off walls	EN2
	{6 x 25 on :30 Fly-descend in 3s	EN2
	{2 x 100 on 1:35 3 strokes off walls	EN1
	{9 x 25 on :30 Fly-descend in 3s	EN2
	{3 x 100 on 1:30 3 strokes off walls	EN2
	{12 x 25 on :30 Fly-descend in 3s	EN2
	{4 x 100 on 1:25 3 strokes fly off walls	EN2
250	{9 x 25 on :30 Fly-descend in 3s	EN2
	1 x 250 on 4:00 Stroke Drills	REC
7:00 AM	3,700 Yards - Stress Value = 61	

**Workout #18997 - Wednesday, 09 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/TRX Bands	
500	20 x 25 on :30 Wednesday Warm-up	
150	10 x 15 on :45 Shooters	
1,750	1x{4 x 25 on :30 Kick no board BSLR 15 KOW	
	{6 x 75 on 1:20 Kick	
	{4 x 25 on :30 Kick no board BSLR 14 KOW	
	{5 x 100 on 1:45 Kick	
	{4 x 25 on :30 Kick no board BSLR 13 KOW	
	{4 x 75 on 1:15 Kick	
	{8 x 25 on :30 Kick no board BSLR 12 KOW	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:39 PM	2,600 Yards - Stress Value = 43	

**Workout #19001 - Wednesday, 09 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
2,225	1x{1 x 125 on 2:25 Breaststroke	EN1	
	{4 x 50 on 1:00 Breast under/over	EN2	
	{2 x 125 on 2:20 Breaststroke	EN1	
	{3 x 50 on 1:00 Breast under/over	EN2	
	{3 x 125 on 2:15 Breaststroke	EN1	
	{3 x 50 on 1:00 Breast under/over	EN2	
	{4 x 125 on 2:10 Breaststroke-descend	EN2	
	{2 x 50 on 1:00 Breast under/over	EN2	
	{3 x 125 on 2:05 Breaststroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
5:30 PM	2,625 Yards - Stress Value = 37		

**Workout #18991 - Wednesday, 09 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS/Showers	
400	1 x 400 on 6:00 Top Hat Drill	REC
150	10 x 15 on :45 Shooters	SP3
1,000	10 x 100 on 2:00 Challenge Kick Set	EN2

Yards	Set Description	EGY
=====	=====	=====
1,675	1x{1 x 100 on 1:55 3 strokes off walls	EN2
	{6 x 25 on :35 Fly-descend in 3s	EN2
	{2 x 100 on 1:50 3 strokes off walls	EN1
	{9 x 25 on :35 Fly-descend in 3s	EN2
	{3 x 100 on 1:45 3 strokes off walls	EN2
	{12 x 25 on :35 Fly-descend in 3s	EN2
	{4 x 100 on 1:40 3 strokes fly off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
7:01 AM	3,475 Yards - Stress Value = 57	

**Workout #18998 - Wednesday, 09 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 DS/TRX Bands		
500	20 x 25 on :30 Wednesday Warm-up		
150	10 x 15 on :45 Shooters		
1,450	1x{4 x 25 on :35 Kick no board BSLR 15 KOW		
	{6 x 75 on 1:35 Kick		
	{4 x 25 on :35 Kick no board BSLR 14 KOW		
	{3 x 100 on 2:05 Kick		
	{4 x 25 on :35 Kick no board BSLR 13 KOW		
	{2 x 125 on 2:35 Kick		
	{6 x 25 on :35 Kick no board BSLR 12 KOW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:39 PM	2,300 Yards - Stress Value = 37		

**Workout #19002 - Wednesday, 09 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
1,850	1x{1 x 100 on 2:15 Breaststroke	EN1	
	{4 x 50 on 1:15 Breast under/over	EN2	
	{2 x 100 on 2:10 Breaststroke	EN1	
	{3 x 50 on 1:15 Breast under/over	EN2	
	{3 x 100 on 2:05 Breaststroke	EN1	
	{3 x 50 on 1:15 Breast under/over	EN2	
	{4 x 100 on 2:00 Breaststroke-descend	EN2	
	{3 x 50 on 1:15 Breast under/over	EN2	
	{2 x 100 on 1:55 Breaststroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
5:30 PM	2,250 Yards - Stress Value = 31		

**Workout #18992 - Wednesday, 09 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 15:00 DS/Showers		I
300	1 x 300 on 6:00 Top Hat Drill	REC	I
150	10 x 15 on :45 Shooters	SP3	S
1,000	10 x 100 on 2:00 Challenge Kick Set	EN2	F
1,200	1x{1 x 100 on 2:30 3 strokes off walls	EN2	S
	{6 x 25 on :45 Fly-descend in 3s	EN2	S
	{2 x 100 on 2:30 3 strokes off walls	EN1	S
	{9 x 25 on :45 Fly-descend in 3s	EN2	S
	{3 x 100 on 2:30 3 strokes off walls	EN2	S
	{9 x 25 on :45 Fly-descend in 3s	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
7:00 AM	2,900 Yards - Stress Value = 47		

**Workout #18999 - Wednesday, 09 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
500	1 on 40:00 DS/TRX Bands		
150	20 x 25 on :30 Wednesday Warm-up		
1,150	10 x 15 on :45 Shooters		
	1x{4 x 25 on :45 Kick no board BSLR 15 KOW		
	{4 x 75 on 2:00 Kick		
	{4 x 25 on :45 Kick no board BSLR 14 KOW		
	{3 x 100 on 2:35 Kick		
	{4 x 25 on :40 Kick no board BSLR 13 KOW		
	{2 x 125 on 3:05 Kick		
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 2,000 Yards - Stress Value = 31		

**Workout #19003 - Wednesday, 09 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:40 PM	Start		
1,400	1x{1 x 100 on 3:00 Breaststroke	EN1	
	{4 x 50 on 1:30 Breast under/over	EN2	
	{2 x 100 on 2:55 Breaststroke	EN1	
	{2 x 50 on 1:30 Breast under/over	EN2	
	{3 x 100 on 2:50 Breaststroke	EN1	
	{2 x 50 on 1:30 Breast under/over	EN2	
	{4 x 100 on 2:45 Breaststroke-descend	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 1,800 Yards - Stress Value = 22		

**Workout #19027 - Thursday, 10 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
500	1 on 40:00 DS/Dryland		
150	4 x 125 on 2:45 SwimUSS		
1,000	10 x 15 on :45 Shooters		
	1x{4 x 100 on 2:15 Free L.25 6bk breathe on 7		
	{3 x 100 on 2:10 Free L.25 6bk breathe on 5		
	{2 x 100 on 2:05 Free L.25 6bk breathe on 3		
	{1 x 100 on 2:00 Free L.25 6bk lmted. brthing		
250	1 x 250 on 5:00 Stroke Drills		
	6:29 PM 1,900 Yards - Stress Value = 26		

**Workout #19014 - Thursday, 10 November 2016**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
	1 on 40:00 DS and Weights		L	DRY
400	1 x 400 on 5:00 5:00 warm-up	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	STK
	All 1:20 based swims hold 1:10 base			
2,150	1x{1 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Free Hold 1:05	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{1 x 50 on :50 Freestyle	REC	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Free Hold 1:05	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 50 on :50 Freestyle	REC	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR

{1 x 100 on 1:30 Free hold 1:05	EN2	S	FR
{1 x 100 on 1:20 Freestyle	EN2	S	FR
{1 x 50 on :50 Freestyle	REC	S	FR
{1 x 400 on 5:20 Freestyle	EN2	S	FR
{1 x 100 on 1:30 Free Hold 1:05	EN2	S	FR
9 x 50 on 1:00 Stroke Drills	REC	D	CD
7:05 AM 3,150 Yards - Stress Value = 46			

**Workout #19010 - Thursday, 10 November 2016**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
	Odd 50's hold :38 or faster			
2,650	1x{1 x 100 on 1:15 Freestyle	EN1	S	FR
	{6 x 50 on :45 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 125 on 1:35 Freestyle	EN1	S	FR
	{5 x 50 on :45 Fly 2-4, 7 KOW	EN1	S	FLY
	{2 x 125 on 1:35 Freestyle	EN1	S	FR
	{4 x 50 on :45 Fly 2-5 6 KOW	EN2	S	FLY
	{2 x 125 on 1:35 Freestyle	EN2	S	FR
	{3 x 50 on :45 Fly 2-4, 5 KOW	EN1	S	FLY
	{2 x 125 on 1:35 Freestyle	EN1	S	FR
	{2 x 50 on :45 Fly 2-3, 4 KOW	EN1	S	FLY
	{2 x 125 on 1:35 Freestyle	EN1	S	FLY
	{1 x 50 on :45 Fly 2-2, 3 KOW	EN1	S	FLY
	{2 x 125 on 1:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	5:30 PM 2,850 Yards - Stress Value = 31			

**Workout #19005 - Thursday, 10 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
5:30 AM	Start				
	1 on 40:00 DS/Weights		L	WTS	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:1
1,800	24 x 75 on 1:15 500 Free Pace	SP2	S	FR	1:4
250	1 x 250 on 4:00 Choice	REC	S	CHO	1:3
600	30 x 20 on :30 Your #2 100	SP2	S	STK	2:3
	7:07 AM 3,050 Yards - Stress Value = 240				

**Workout #19029 - Thursday, 10 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM	Start		
	1 on 15:00 DS/Showers		L
400	1 x 400 on 5:00 Choice	REC	S
1,500	30 x 50 on :50 200 Back Pace	SP2	S
200	1 x 200 on 10:00 CFP/Video	REC	D
1,000	40 x 25 on :30 200 Fly Pace	SP2	S
	1 on 10:00 Walking	REC	L
750	30 x 25 on :30 100 Free Pace	SP2	S
	1 on 15:00 Racing Skills-1 leg starts		D
750	30 x 25 on :30 100 Breast Pace	SP2	S
250	1 x 250 on 5:00 Underwater trn drill	REC	D
	5:21 PM 4,850 Yards - Stress Value = 400		



**Workout #19008 - Thursday, 10 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
550	1 on 30:00 DS/Shoulders			
1,400	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			
1,100	11 x 100 on 1:45 Pulls odds BTB evens BTS			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:49 PM 3,400 Yards - Stress Value = 56				

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
500	1 on 30:00 DS/Shoulders			
1,300	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
1,300	1x{2 x 125 on 3:00 Kick your #1 {1 x 50 on 1:15 Kick your #2 {1 x 50 on 1:20 Kick your #3 {2 x 125 on 2:55 Kick your #1 {1 x 50 on 1:15 Kick you #2 {1 x 50 on 1:20 Kick your #3 {2 x 150 on 3:25 Kick your #1 {2 x 50 on 1:15 Kick your #2 {1 x 50 on 1:20 Kick your #3 {1 x 150 on 3:20 Kick your#1			
800	8 x 100 on 2:30 Pulls odds BTB evens BTS			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:49 PM 2,950 Yards - Stress Value = 48				

**Workout #19013 - Thursday, 10 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

**Workout #19012 - Thursday, 10 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM Start				
1,850	1x{1 x 100 on 1:45 Freestyle {6 x 50 on 1:00 Fly 2-3, 8 KOW {2 x 100 on 1:45 Freestyle {5 x 50 on 1:00 Fly 2-4, 7 KOW {2 x 100 on 1:45 Freestyle {4 x 50 on 1:00 Fly 2-5 6 KOW {2 x 100 on 1:45 Freestyle {3 x 50 on 1:00 Fly 2-4, 5 KOW {2 x 100 on 1:45 Freestyle {1 x 50 on 1:00 Fly 2-3, 4 KOW	EN1	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
5:29 PM 2,050 Yards - Stress Value = 22				

Yards	Set Description	EGY	WORK	STK
4:50 PM Start				
1,250	1x{1 x 100 on 2:30 Freestyle {6 x 50 on 1:30 Fly 2-3, 8 KOW {2 x 100 on 2:30 Freestyle {5 x 50 on 1:30 Fly 2-4, 7 KOW {2 x 100 on 2:30 Freestyle {4 x 50 on 1:30 Fly 2-5 6 KOW	EN1	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
5:29 PM 1,450 Yards - Stress Value = 14				

**Workout #19025 - Friday, 11 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
500	1 on 40:00 DS/Dryland			
150	4 x 125 on 2:45 SwimUSS			
1,250	1x{4 x 125 on 2:15 Free L.25 6bk breathe on 7 {3 x 125 on 2:10 Free L.25 6bk breathe on 5 {2 x 125 on 2:05 Free L.25 6bk breathe on 3 {1 x 125 on 2:00 Free L.25 6bk lmted. brthing			
250	1 x 250 on 5:00 Stroke Drills			
6:29 PM 2,150 Yards - Stress Value = 31				

**Workout #19017 - Thursday, 10 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 on 40:00 DS and Weights		L	DRY
150	1 x 400 on 5:00 5:00 Swim	REC	D	FR
1,450	1x{1 x 100 on 2:30 Freestyle {1 x 100 on 2:15 Free Hold 2:00 {1 x 300 on 7:30 Freestyle {1 x 50 on 1:30 Freestyle {1 x 200 on 5:00 Freestyle {1 x 100 on 2:15 Free Hold 2:00 {1 x 200 on 5:00 Freestyle {1 x 50 on 1:30 Freestyle {1 x 300 on 7:30 Freestyle {1 x 50 on 1:00 Free hold :59	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
7:05 AM 2,200 Yards - Stress Value = 33				

**Workout #19026 - Friday, 11 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
500	1 on 40:00 DS/Dryland			
150	4 x 125 on 2:45 SwimUSS			
1,150	1x{4 x 125 on 2:30 Free L.25 6bk breathe on 7 {3 x 100 on 1:55 Free L.25 6bk breathe on 5 {2 x 125 on 2:20 Free L.25 6bk breathe on 3 {1 x 100 on 1:50 Free L.25 6bk lmted. brthing			
250	1 x 250 on 5:00 Stroke Drills			
6:30 PM 2,050 Yards - Stress Value = 29				

**Workout #19009 - Thursday, 10 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

**Workout #19019 - Friday, 11 November 2016**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Weights  
 400 1 x 400 on 5:00 Choice  
 150 10 x 15 on :45 Shooters  
 2,900 1x{1 x 200 on 2:35 Free count strokes  
 {2 x 300 on 3:45 Free #2-3 KOW  
 {3 x 300 on 3:40 Free #3 4 strokes off each w  
 {4 x 300 on 3:35 Free #4 descend each 50  
 200 1 x 200 on 3:00 Stroke Drills  
 7:05 AM 3,650 Yards - Stress Value = 56

**Workout #19018 - Friday, 11 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK PAC  
 =====  
 1 on 40:00 DS/Weights L WTS  
 400 1 x 400 on 5:00 Choice REC S CHO 1:1  
 1,500 30 x 50 on :50 400 IM Pace SP2 S IM 1:4  
 250 1 x 250 on 5:00 Choice REC S CHO 2:0  
 750 30 x 25 on :30 Your #1 100 SP2 S STK 2:0  
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1:3  
 7:07 AM 3,100 Yards - Stress Value = 225

**Workout #19023 - Friday, 11 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 40:00 Yoga I  
 400 1 x 400 on 5:00 Choice REC S  
 750 30 x 25 on :30 100 Fly Pace SP2 S  
 1 on 14:00 Stanford Turn Drills REC I  
 750 30 x 25 on :30 100 Back Pace SP2 S  
 200 1 x 200 on 7:00 CFP/Video REC I  
 750 30 x 25 on :30 100 Free Pace SP2 S  
 250 1 x 250 on 4:00 Closed fist w/snorkels REC I  
 5:00 PM 3,100 Yards - Stress Value = 225

**Workout #19020 - Friday, 11 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Weights  
 400 1 x 400 on 5:00 Choice  
 150 10 x 15 on :45 Shooters  
 2,650 1x{1 x 175 on 2:35 Free count strokes  
 {2 x 275 on 3:45 Free #2-3 KOW  
 {3 x 275 on 3:40 Free #3 4 strokes off each w  
 {4 x 275 on 3:35 Free #4 descend each 50  
 200 1 x 200 on 3:00 Stroke Drills  
 7:05 AM 3,400 Yards - Stress Value = 52

**Workout #19021 - Friday, 11 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

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

1 on 40:00 DS/Weights  
 400 1 x 400 on 5:00 Choice  
 150 10 x 15 on :45 Shooters  
 2,175 1x{1 x 150 on 2:35 Free-count strokes  
 {2 x 225 on 3:45 Free #2-3 KOW  
 {3 x 225 on 3:40 Free #3 4 strokes off each w  
 {4 x 225 on 3:35 Free #4 descend each 50  
 200 1 x 200 on 3:00 Stroke Drills  
 7:05 AM 2,925 Yards - Stress Value = 44

**Workout #19022 - Friday, 11 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Weights  
 400 1 x 400 on 5:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,450 1x{1 x 100 on 2:35 Free-count strokes  
 {2 x 150 on 3:45 Free #2-3 KOW  
 {3 x 150 on 3:40 Free #3 4 strokes off each w  
 {4 x 150 on 3:35 Free #4 descend each 50  
 200 1 x 200 on 3:00 Stroke Drills  
 7:05 AM 2,200 Yards - Stress Value = 31

**Workout #19024 - Friday, 11 November 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Yoga  
 600 1 x 600 on 12:00 Choice  
 180 12 x 15 on :45 Start/Shooter/Finish  
 250 1 x 250 on 14:00 Stanford Turn Drills  
 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{3 x 100 on 1:45 Fly 75 Drill 25 build  
 {3 x 100 on 1:45 Back 75 Drill 25 build  
 {3 x 100 on 1:45 Breast 75 Drill 25 build  
 {3 x 100 on 1:45 Free 75 drill 25 build  
 1 on 14:00 Techniques-Relay Starts  
 5:00 PM 2,430 Yards - Stress Value = 21

**Workout #19030 - Saturday, 12 November 2016**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Shoulders/Ted's Abs  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,800 1x{1 x 400 on 6:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 300 on 5:00 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 200 on 3:20 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 600 1x{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:20 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:15 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 11 x 200 on 3:00 Challenge Set  
 500 10 x 50 on 1:00 Stroke Drills  
 9:29 AM 6,050 Yards - Stress Value = 94

500 10 x 50 on 1:00 Stroke Drills  
 9:29 AM 5,700 Yards - Stress Value = 88

**Workout #19032 - Saturday, 12 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Shoulders/Ted's Abs  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,300 1x{1 x 400 on 9:00 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 300 on 6:45 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 450 1x{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:40 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:35 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :45 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,925 11 x 175 on 3:00 Challenge Set  
 500 10 x 50 on 1:00 Stroke Drills  
 9:29 AM 5,075 Yards - Stress Value = 76

**Workout #19028 - Saturday, 12 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 15:00 DS/Showers L I  
 480 24 x 20 on :30 50 Free Pace SP2 S  
 1 on 15:00 YDR L I  
 1,500 30 x 50 on :50 200 IM Pace SP2 S  
 400 1 x 400 on 15:00 CFP/Video REC D  
 1,500 30 x 50 on :50 Your #1 200 Pace SP2 S  
 200 1 x 200 on 15:00 Sculling Drills REC D C  
 600 24 x 25 on :30 50 Free Pace SP2 S  
 400 1 x 400 on 8:00 Closed Fist Snorkels REC D  
 9:28 AM 5,080 Yards - Stress Value = 408

**Workout #19033 - Saturday, 12 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Shoulders/Ted's Abs  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,150 1x{1 x 300 on 7:30 Kick  
 {1 x 100 on 2:25 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:15 Kick  
 {1 x 200 on 5:00 Kick  
 {1 x 100 on 2:25 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 150 on 3:30 Kick  
 250 1x{1 x 100 on 3:00 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 2:55 Pulls-nbbf&w + 2 yds  
 {1 x 50 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  
 1,650 11 x 150 on 3:00 Challenge Set  
 500 10 x 50 on 1:00 Stroke Drills  
 9:29 AM 4,400 Yards - Stress Value = 66

**Workout #19031 - Saturday, 12 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Shoulders/Ted's Abs  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,550 1x{1 x 400 on 7:40 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 300 on 5:45 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 150 on 2:45 Kick  
 500 1x{2 x 100 on 1:35 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:25 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 11 x 200 on 3:00 Challenge Set

**Workout #19044 - Monday, 14 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP  
 150 10 x 15 on :45 Shooters Alt BR/BA  
 750 1x{2 x 25 on :45 Kick no board B  
 {2 x 100 on 2:20 Breast Kick w/board  
 {2 x 25 on :45 Kick no board B  
 {4 x 75 on 1:40 Breast Kick w/board  
 {4 x 25 on :45 Kick no board B  
 {1 x 50 on 1:05 Breast Kick w/board  
 100 4 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,150 1x{3 x 50 on 1:05 25 back/25 breast  
 {2 x 100 on 2:00 Backstroke  
 {2 x 50 on 1:05 25 back/25 breast  
 {2 x 100 on 2:10 Breaststroke  
 {2 x 50 on 1:05 25 back/25 breast  
 {2 x 75 on 1:25 Backstroke  
 {2 x 50 on 1:05 25 back/25 breast  
 {2 x 75 on 1:35 Breaststroke  
 600 24 x 25 on :35 100 Breast Pace  
 1 on 10:00 Racing Skills-Starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 3,500 Yards - Stress Value = 104

{4 x 75 on 2:00 Breast Kick w/board  
 {2 x 25 on :45 Kick no board B  
 100 4 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,000 1x{2 x 50 on 1:15 25 back/25 breast  
 {2 x 100 on 2:20 Backstroke  
 {2 x 50 on 1:15 25 back/25 breast  
 {2 x 100 on 2:30 Breaststroke  
 {1 x 50 on 1:15 25 back/25 breast  
 {2 x 75 on 1:45 Backstroke  
 {1 x 50 on 1:15 25 back/25 breast  
 {2 x 75 on 1:55 Breaststroke  
 450 18 x 25 on :45 100 Breast Pace  
 1 on 10:00 Racing Skills-Starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:29 PM 3,100 Yards - Stress Value = 84

**Workout #19040 - Monday, 14 November 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 3,000 1x{1 x 600 on 7:50 Free L.25 6bk EN2 S FR  
 {1 x 600 on 7:40 Free L.50 6bk EN2 S FR  
 {1 x 600 on 7:30 Free L.75 6bk EN2 S FR  
 {1 x 600 on 7:20 Free L.100 6bk EN2 S FR  
 {1 x 600 on 7:10 Free L.125 6bk EN2 S FR  
 400 8 x 50 on 1:00 Stroke Drills REC D CD  
 5:30 PM 3,400 Yards - Stress Value = 60

**Workout #19045 - Monday, 14 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP  
 150 10 x 15 on :45 Shooters Alt BR/BA  
 750 1x{2 x 25 on :45 Kick no board B  
 {2 x 100 on 2:30 Breast Kick w/board  
 {2 x 25 on :45 Kick no board B  
 {4 x 75 on 1:50 Breast Kick w/board  
 {2 x 25 on :45 Kick no board B  
 {2 x 50 on 1:05 Breast Kick w/board  
 100 4 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,100 1x{2 x 50 on 1:10 25 back/25 breast  
 {2 x 100 on 2:10 Backstroke  
 {2 x 50 on 1:10 25 back/25 breast  
 {2 x 100 on 2:20 Breaststroke  
 {2 x 50 on 1:10 25 back/25 breast  
 {2 x 75 on 1:35 Backstroke  
 {2 x 50 on 1:10 25 back/25 breast  
 {2 x 75 on 1:45 Breaststroke  
 500 20 x 25 on :40 100 Breast Pace  
 1 on 10:00 Racing Skills-Starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 3,350 Yards - Stress Value = 93

**Workout #19034 - Monday, 14 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK F  
 =====  
 1 on 40:00 DS/Weights L DRY  
 400 1 x 400 on 5:00 Choice REC S CHO 1  
 2,400 24 x 100 on 1:20 1650 Free Pace SP2 S FR 1  
 300 1 x 300 on 5:00 Choice REC S CHO 1  
 600 24 x 25 on :30 50 Free Pace SP2 S STK 2  
 250 1 x 250 on 4:00 Stroke Drills REC D CD 1  
 7:12 AM 3,950 Yards - Stress Value = 300

**Workout #19035 - Monday, 14 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 15:00 DS/Showers I  
 400 1 x 400 on 5:00 Choice REC S  
 750 30 x 25 on :30 100 Breast Pace SP2 S  
 1 on 13:00 Racing Skills-Trophy Starts I  
 750 30 x 25 on :30 100 Free Pace SP2 S  
 200 1 x 200 on 13:00 CFP/Video REC S  
 1,000 40 x 25 on :30 200 Fly Pace SP2 S  
 1 on 13:00 YDR REC I  
 1,500 30 x 50 on :55 200 Breast Pace SP2 S  
 250 1 x 250 on 5:00 Continuous pre-set REC I  
 5:28 PM 4,850 Yards - Stress Value = 400

**Workout #19046 - Monday, 14 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP  
 150 10 x 15 on :45 Shooters Alt BR/BA  
 650 1x{2 x 25 on :45 Kick no board B  
 {2 x 100 on 2:45 Breast Kick w/board  
 {2 x 25 on :45 Kick no board B

**Workout #19036 - Monday, 14 November 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
600	1 on 30:00 DS/ Physio Balls
300	1 x 600 on 10:00 Swim-kick-pull-swim
1,500	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free
1,500	1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:50 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:55 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:00 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:05 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:10 Kick w/snorkel
1,100	1x{2 x 100 on 1:15 Pull 7 SOLW {2 x 125 on 1:35 Pull 6 SOLW {2 x 150 on 1:50 Pull 5 SOLW {2 x 175 on 2:15 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM	3,700 Yards - Stress Value = 55

**Workout #19037 - Monday, 14 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
600	1 on 30:00 DS/ Physio Ball
300	1 x 600 on 10:00 Swim-kick-pull-swim
1,350	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free
1,350	1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:05 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:10 Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:15 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:20 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on 1:15 Kick w/snorkel
950	1x{1 x 50 on :45 Pull 7 SOLW {2 x 125 on 1:50 Pull 6 SOLW {2 x 150 on 2:05 Pull 5 SOLW {2 x 175 on 2:30 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM	3,400 Yards - Stress Value = 50

**Workout #19041 - Monday, 14 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
2,500	1x{1 x 500 on 7:50 Free L.25 6bk EN2 {1 x 500 on 7:40 Free L.50 6bk EN2 {1 x 500 on 7:30 Free L.75 6bk EN2 {1 x 500 on 7:20 Free L.100 6bk EN2 {1 x 500 on 7:10 Free L.125 6bk EN2		S	FR
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
5:30 PM	2,900 Yards - Stress Value = 50			

**Workout #19038 - Monday, 14 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
550	1 on 30:00 DS/ Physio Ball
300	1 x 550 on 10:00 Swim-kick-pull-swim
1,250	12 x 25 on :40 Cross pool sprints Rd 1 #1, Rd 2 #2, Rd 3 free
1,250	1x{4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:15 Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:20 Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:25 Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:30 Kick {2 x 25 on :35 Kick no board BS
850	1x{1 x 100 on 1:35 Pull 7 SOLW {2 x 125 on 2:00 Pull 6 SOLW {1 x 150 on 2:25 Pull 5 SOLW {2 x 175 on 2:50 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM	3,150 Yards - Stress Value = 48

**Workout #19042 - Monday, 14 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
2,250	1x{1 x 450 on 7:50 Free L.25 6bk EN2 {1 x 450 on 7:40 Free L.50 6bk EN2 {1 x 450 on 7:30 Free L.75 6bk EN2 {1 x 450 on 7:20 Free L.100 6bk EN2 {1 x 450 on 7:10 Free L.125 6bk EN2		S	FR
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
5:30 PM	2,650 Yards - Stress Value = 45			

**Workout #19039 - Monday, 14 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
500	1 on 30:00 DS/ Physio Ball/Tm Mtg
300	1 x 500 on 10:00 Swim-kick-pull-swim
1,050	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free
1,050	1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:35 Kick w/snorkel {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:40 Kick w/snorkel {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:45 Kick w/snorkel {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:25 Kick w/snorkel
575	1x{2 x 75 on 1:45 Pull 7 SOLW {1 x 125 on 3:00 Pull 6 SOLW {2 x 150 on 3:30 Pull 5 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	2,625 Yards - Stress Value = 41

**Workout #19043 - Monday, 14 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{1 x 300 on 7:50 Free L.25 6bk	EN2	S	FR
	{1 x 300 on 7:40 Free L.50 6bk	EN2	S	FR
	{1 x 300 on 7:30 Free L.75 6bk	EN2	S	FR
	{1 x 300 on 7:20 Free L.100 6bk	EN2	S	FR
	{1 x 300 on 7:10 Free L.125 6bk	EN2	S	FR
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
5:30 PM 1,900 Yards - Stress Value = 30				

**Workout #19049 - Tuesday, 15 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Fly Kick w/board
	{1 x 100 on 2:20 Breast Kick w/board
	{1 x 100 on 2:10 Free Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Fly Kick w/board
	{1 x 100 on 2:20 Breast Kick w/board
	{1 x 100 on 2:10 Free Kick w/board
150	{4 x 25 on :45 Kick no board BSLR
	6 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,550	1x{1 x 100 on 2:00 Individual Medley
	{2 x 125 on 2:15 125 IM w/50 fly
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 2:00 Individual Medley
	{2 x 125 on 2:15 125 IM w/50 back
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 2:00 Individual Medley
	{2 x 125 on 2:30 125 IM w/50 breast
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 2:00 Individual Medley
	{2 x 125 on 2:15 125 IM w/50 free
750	30 x 25 on :30 100 Free Pace
200	1 x 200 on 3:00 Stroke Drills
7:31 PM 4,200 Yards - Stress Value = 127	

**Workout #19050 - Tuesday, 15 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:40 Fly Kick w/board
	{1 x 100 on 2:30 Breast Kick w/board
	{1 x 100 on 2:20 Free Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:40 Fly Kick w/board
	{1 x 100 on 2:30 Breast Kick w/board
	{1 x 100 on 2:20 Free Kick w/board
	{2 x 25 on :45 Kick no board BSLR
150	6 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,400	1x{1 x 100 on 2:10 Individual Medley
	{2 x 125 on 2:30 125 IM w/50 fly
	{1 x 50 on 1:10 Freestyle

{1 x 100 on 2:10 Individual Medley	
{2 x 125 on 2:30 125 IM w/50 back	
{1 x 50 on 1:10 Freestyle	
{1 x 100 on 2:10 Individual Medley	
{2 x 125 on 2:45 125 IM w/50 breast	
{1 x 50 on 1:10 Freestyle	
{2 x 100 on 2:15 Individual Medley	
600 24 x 25 on :35 100 Free Pace	
200 1 x 200 on 3:00 Stroke Drills	
7:30 PM 3,850 Yards - Stress Value = 108	

**Workout #19051 - Tuesday, 15 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:50 Fly Kick w/board
	{1 x 100 on 2:40 Breast Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:50 Fly Kick w/board
	{1 x 100 on 2:40 Breast Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
150	6 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,300	1x{1 x 100 on 2:20 Individual Medley
	{2 x 125 on 2:40 125 IM w/50 fly
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:20 Individual Medley
	{2 x 125 on 2:40 125 IM w/50 back
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:20 Individual Medley
	{2 x 125 on 3:00 125 IM w/50 breast
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:30 Individual Medley
500	20 x 25 on :40 100 Free Pace
200	1 x 200 on 3:00 Stroke Drills
7:29 PM 3,600 Yards - Stress Value = 95	

**Workout #19047 - Tuesday, 15 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	PF
400	1 on 40:00 DS/Weights			L	DRY
2,250	1 x 400 on 5:00 Choice	REC	S	CHO	1:
250	30 x 75 on 1:05 1000 Free Pace	SP2	S	FR	1:
600	1 x 250 on 4:00 Choice	REC	S	CHO	1:
200	24 x 25 on :25 50 Free Pace	SP2	S	FR	1:
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	1:
7:09 AM 3,700 Yards - Stress Value = 285					

**Workout #19048 - Tuesday, 15 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
2:55 PM Start					
400	1 on 15:00 DS/Showers		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
750	30 x 25 on :30 100 Back Pace	SP2	S	BK	2:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	2:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BR	1:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
1,500	30 x 50 on :50 200 Free Pace	SP2	S	FR	1:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
5:06 PM 5,900 Yards - Stress Value = 450					

**Workout #19061 - Wednesday, 16 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description
5:15 PM Start	
400	1 on 35:00 DS/Dryland
400	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13
150	10 x 15 on :45 Shooters Alt free and fly
750	1x{4 x 25 on :45 Kick no board BSLR-10 KOW 3 x 50 on 1:10 Free Kick w/board-descend 4 x 25 on :45 Kick no board BSLR-12 KOW 3 x 50 on 1:05 Free Kick w/board-descend 4 x 25 on :45 Kick no board BSLR-14 KOW 3 x 50 on 1:00 Free Kick w/board-descend
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,200	1x{4 x 25 on :35 Fly 2R-2L-2B 1 x 150 on 2:45 Freestyle 4 x 25 on :35 Fly 2R-2L-3B 1 x 150 on 2:40 Freestyle 4 x 25 on :35 Fly 2R-2L-4B 1 x 150 on 2:35 Freestyle 4 x 25 on :35 Fly 2R-2L-5B 1 x 150 on 2:30 Freestyle 4 x 25 on :35 Fly 2R-2L-6B 1 x 100 on 1:35 Freestyle-Best Effort
600	24 x 25 on :35 100 Fly Pace 1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 3,450 Yards - Stress Value = 105	

**Workout #19062 - Wednesday, 16 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description
5:15 PM Start	
400	1 on 35:00 DS/Dryland
400	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13
150	10 x 15 on :45 Shooters Alt free and fly
700	1x{4 x 25 on :45 Kick no board BSLR-10 KOW 3 x 50 on 1:15 Free Kick w/board-descend 4 x 25 on :45 Kick no board BSLR-12 KOW 3 x 50 on 1:10 Free Kick w/board-descend 4 x 25 on :45 Kick no board BSLR-14 KOW 2 x 50 on 1:05 Free Kick w/board-descend
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,050	1x{4 x 25 on :40 Fly 2R-2L-2B

{1 x 150 on 3:00 Freestyle
{4 x 25 on :40 Fly 2R-2L-3B
{1 x 150 on 2:55 Freestyle
{4 x 25 on :40 Fly 2R-2L-4B
{1 x 150 on 2:50 Freestyle
{4 x 25 on :40 Fly 2R-2L-5B
{1 x 150 on 2:45 Freestyle
{2 x 25 on :35 Fly 2R-2L-6B
20 x 25 on :40 100 Fly Pace
1 on 10:00 Racing Skills-Relay Starts
1 x 250 on 5:00 Stroke Drills
7:30 PM 3,150 Yards - Stress Value = 91

**Workout #19063 - Wednesday, 16 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description
5:15 PM Start	
400	1 on 35:00 DS/Dryland
400	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13
150	10 x 15 on :45 Shooters Alt free and fly
650	1x{4 x 25 on :45 Kick no board BSLR-10 KOW 3 x 50 on 1:20 Free Kick w/board-descend 4 x 25 on :45 Kick no board BSLR-12 KOW 3 x 50 on 1:15 Free Kick w/board-descend 4 x 25 on :45 Kick no board BSLR-14 KOW 1 x 50 on 1:10 Free Kick w/board-descend
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
950	1x{4 x 25 on :45 Fly 2R-2L-2B 1 x 150 on 3:15 Freestyle 4 x 25 on :45 Fly 2R-2L-3B 1 x 150 on 3:10 Freestyle 4 x 25 on :45 Fly 2R-2L-4B 1 x 150 on 3:05 Freestyle 4 x 25 on :45 Fly 2R-2L-5B 1 x 100 on 2:00 Freestyle-Best Effort
450	18 x 25 on :45 100 Fly Pace 1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 5:00 Stroke Drills
7:29 PM 2,950 Yards - Stress Value = 83	

**Workout #19056 - Wednesday, 16 November 2016**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY
4:48 PM Start		
2,100	1x{2 x 225 on 3:45 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 200 on 3:15 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 175 on 2:50 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 150 on 2:20 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 125 on 1:55 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 100 on 1:30 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 75 on 1:05 Brst L.50 fr kck Lw2xPo	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
5:31 PM 2,500 Yards - Stress Value = 42		

**Workout #19060 - Wednesday, 16 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
400	1 x 400 on 5:00 Choice	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
180	12 x 15 on 1:00 Spinners/Scullig Drills	SP3	
750	30 x 25 on :30 100 Breast Pace	SP2	
200	1 x 200 on 8:00 CFP/Video	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
250	1 x 250 on 5:00 Follow the Leader	REC	
1,500	30 x 50 on :50 200 Fly Pace	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	5:48 PM 5,780 Yards - Stress Value = 457		

**Workout #19052 - Wednesday, 16 November 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
500	1 on 59:00 Pictures/DS/TRX Bands		
300	20 x 25 on :30 Wednesday Warm-up		
	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,000	1x{4 x 25 on :30 Kick no board B		
	{2 x 100 on 2:00 Kick w/ snorkel		
	{4 x 25 on :30 Kick no board S		
	{2 x 100 on 2:00 Kick w/ snorkel		
	{4 x 25 on :30 Kick no board L		
	{2 x 100 on 2:00 Kick w/ snorkel		
	{4 x 25 on :30 Kick no board R		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:46 PM 2,000 Yards - Stress Value = 28		

**Workout #19053 - Wednesday, 16 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
500	1 on 59:00 Pictures/DS/TRX Bands		
300	20 x 25 on :30 Wednesday Warm-up		
	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
950	1x{4 x 25 on :30 Kick no board B		
	{2 x 100 on 2:10 Kick w/ snorkel		
	{4 x 25 on :30 Kick no board S		
	{2 x 100 on 2:10 Kick w/ snorkel		
	{4 x 25 on :30 Kick no board L		
	{2 x 75 on 1:40 Kick w/ snorkel		
	{4 x 25 on :30 Kick no board R		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:46 PM 1,950 Yards - Stress Value = 27		

**Workout #19057 - Wednesday, 16 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	4:48 PM Start		
1,950	1x{2 x 225 on 4:05 Brst L.50 fr kck Lw2xPo EN2		
	{2 x 200 on 3:35 Brst L.50 fr kck Lw2xPo EN2		
	{2 x 175 on 3:05 Brst L.50 fr kck Lw2xPo EN2		
	{2 x 150 on 2:35 Brst L.50 fr kck Lw2xPo EN2		

	{2 x 125 on 2:05 Brst L.50 fr kck Lw2xPo EN2		
	{2 x 100 on 1:35 Brst L.50 fr kck Lw2xPo EN2		
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:31 PM 2,350 Yards - Stress Value = 39		

**Workout #19054 - Wednesday, 16 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 59:00 Pictures/DS/TRX Bands		
500	20 x 25 on :30 Wednesday Warm-up		
300	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
800	1x{4 x 25 on :35 Kick no board B		
	{2 x 100 on 2:25 Kick w/ snorkel		
	{4 x 25 on :35 Kick no board S		
	{2 x 100 on 2:25 Kick w/ snorkel		
	{2 x 25 on :35 Kick no board L		
	{1 x 100 on 2:25 Kick w/ snorkel		
	{2 x 25 on :35 Kick no board R		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:46 PM 1,800 Yards - Stress Value = 24		

**Workout #19058 - Wednesday, 16 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	4:48 PM Start		
1,750	1x{2 x 225 on 4:30 Brst L.50 fr kck Lw2xPo EN2		
	{2 x 200 on 3:55 Brst L.50 fr kck Lw2xPo EN2		
	{2 x 175 on 3:25 Brst L.50 fr kck Lw2xPo EN2		
	{2 x 150 on 2:50 Brst L.50 fr kck Lw2xPo EN2		
	{2 x 125 on 2:20 Brst L.50 fr kck Lw2xPo EN2		
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:31 PM 2,150 Yards - Stress Value = 35		

**Workout #19055 - Wednesday, 16 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 59:00 Pictures/DS/TRX Bands		
500	20 x 25 on :30 Wednesday Warm-up		
300	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
750	1x{4 x 25 on :35 Kick no board B		
	{2 x 100 on 2:40 Kick w/ snorkel		
	{4 x 25 on :35 Kick no board S		
	{2 x 100 on 2:40 Kick w/ snorkel		
	{2 x 25 on :35 Kick no board LR		
	{1 x 100 on 2:40 Kick w/ snorkel		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:46 PM 1,750 Yards - Stress Value = 23		

**Workout #19059 - Wednesday, 16 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

4:48 PM Start

Yards	Set Description	EGY
1,500	1x{2 x 225 on 5:00 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 200 on 4:45 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 175 on 4:00 Brst L.50 fr kck Lw2xPo	EN2
	{2 x 150 on 3:15 Brst L.50 fr kck Lw2xPo	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
5:31 PM 1,900 Yards - Stress Value = 30		

**Workout #19064 - Thursday, 17 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	PAC
	1 on 40:00 DS/Weights		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:1
1,800	24 x 75 on 1:10 500 Free Pace	SP2	S	FR	1:3
250	1 x 250 on 5:00 Choice	REC	D	CHO	2:0
600	24 x 25 on :30 50 Free Pace	SP2	S	FR	2:0
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1:3
7:08 AM 3,300 Yards - Stress Value = 240					

**Workout #19065 - Thursday, 17 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

2:55 PM Start

Yards	Set Description	EGY	WORK	STK	PF
	1 on 20:00 DS/Tm Mtg/Shower		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	2:
250	1 x 250 on 5:00 Stroke Drills	REC	D	CHO	2:
750	30 x 25 on :30 100 Back Pace	SP2	S	BK	2:
250	1 x 250 on 5:00 Stroke Drills	REC	D	CHO	2:
1,500	30 x 50 on :50 200 Free Pace	SP2	S	FR	1:
250	1 x 250 on 5:00 Stroke Drills	REC	D	CHO	2:
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BR	1:
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD	2:
5:11 PM 5,900 Yards - Stress Value = 450					

**Workout #19073 - Thursday, 17 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Ted's Abs	
500	1 x 500 on 10:00 Rev IM Drill	
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free	
800	1 x 800 on 11:00 Pull-Alt breakouts + NBBF&W+2 yds . Odd 100's freestyle kick with 1 arm extended alt at 50 Even 100's fly or breast	
1,050	1x{2 x 100 on 2:40 Kick w/ snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:35 Kick w/snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:30 Kick w/ snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 100 on 2:25 Kick w/ snorkel {2 x 25 on :45 Sprint Kick on Back {2 x 25 on :45 Sprint Kick on Back	

200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,800	18 x 100 on 2:01 Beat the clock	
400	8 x 50 on 1:00 Stroke Drills	
9:24 AM 5,050 Yards - Stress Value = 81		

**Workout #19074 - Friday, 18 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland		L
500	4 x 125 on 2:45 SwimUSS	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,150	1x{1 x 100 on 2:00 Individual Medley {2 x 125 on 2:15 125 IM w/50 fly {1 x 50 on 1:00 Freestyle	EN2	S
	{1 x 100 on 2:00 Individual Medley {2 x 125 on 2:15 125 IM w/50 back {1 x 50 on 1:00 Freestyle	EN2	S
	{1 x 100 on 2:00 Individual Medley {2 x 125 on 2:30 125 IM w/50 breast	EN2	S
100	1 x 100 on 4:00 IM OTB For Time	SP2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:32 PM 2,100 Yards - Stress Value = 37			

**Workout #19075 - Friday, 18 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland		L
500	4 x 125 on 2:45 SwimUSS	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,025	1x{1 x 100 on 2:10 Individual Medley {2 x 125 on 2:30 125 IM w/50 fly {1 x 50 on 1:10 Freestyle	EN2	S
	{1 x 100 on 2:10 Individual Medley {2 x 125 on 2:30 125 IM w/50 back {1 x 50 on 1:10 Freestyle	EN2	S
	{1 x 100 on 2:10 Individual Medley {1 x 125 on 2:45 125 IM w/50 breast	EN2	S
100	1 x 100 on 4:00 IM OTB For Time	SP2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:32 PM 1,975 Yards - Stress Value = 34			

**Workout #19076 - Friday, 18 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland		L
500	4 x 125 on 2:45 SwimUSS	REC	S
150	10 x 15 on :45 Shooters	SP3	S
900	1x{1 x 100 on 2:20 Individual Medley {2 x 125 on 2:40 125 IM w/50 fly {1 x 50 on 1:15 Freestyle	EN2	S
	{1 x 100 on 2:20 Individual Medley {2 x 125 on 2:40 125 IM w/50 back {1 x 50 on 1:15 Freestyle	EN2	S
	{1 x 100 on 2:20 Individual Medley {1 x 100 on 4:00 IM OTB For Time	EN2	S
100	1 x 100 on 4:00 IM OTB For Time	SP2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM 1,850 Yards - Stress Value = 32			

**Workout #19066 - Friday, 18 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 AM	Start		
1,500	1 on 40:00 DS/Weights		I
250	30 x 50 on :50 200 IM Pace	SP2	ε
600	1 x 250 on 5:00 Stroke Drills	REC	I
250	24 x 25 on :30 50 Free Pace	SP2	ε
	1 x 250 on 5:00 Closed Fist w/snorkels	REC	I
7:00 AM	2,600 Yards - Stress Value = 210		

**Workout #19067 - Friday, 18 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM	Start		
400	1 on 40:00 Yoga		I
750	1 x 400 on 5:00 Choice	REC	ε
	30 x 25 on :30 100 Free Pace	SP2	ε
	1 on 14:00 TN Turn Drills	REC	I
750	30 x 25 on :30 100 Fly Pace	SP2	ε
200	1 x 200 on 7:00 CFP/Video	REC	I
750	30 x 25 on :30 100 Back Pace	SP2	ε
250	1 x 250 on 4:00 Closed fist w/snorkels	REC	I
5:00 PM	3,100 Yards - Stress Value = 225		

**Workout #19068 - Friday, 18 November 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM	Start		
600	1 on 40:00 DS/Yoga		L
180	1 x 600 on 10:00 Reverse IM drill	REC	D
200	12 x 15 on :45 Start/Shooter/Finish	SP3	S
300	1 x 200 on 14:00 TN Turn Drill	REC	D
	12 x 25 on :45 Goggle Malfunction	EN1	S
	1 on 10:00 Racing Skills Relay Starts		D
	1 on 20:00 Killer Relays	SP1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:00 PM	1,530 Yards - Stress Value = 10		

**Workout #19070 - Saturday, 19 November 2016**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
7:00 AM	Start		
600	1 on 30:00 DS/Ted's Abs		
300	1 x 600 on 10:00 Rev IM Drill		
	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
800	1 x 800 on 11:00 Pull-Alt breakouts + NBBF&W+2 yds		
	Odd 100's freestyle kick with 1 arm extended alt at 50		
	Even 100's fly or breast		
1,500	1x{2 x 100 on 2:10 Kick w/ snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
	{2 x 100 on 2:05 Kick w/snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
	{2 x 100 on 2:00 Kick w/ snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
	{2 x 100 on 1:55 Kick w/ snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
	{2 x 100 on 1:50 Kick w/ snorkel		

	{2 x 25 on :45 Sprint Kick on Back		
	{2 x 100 on 1:45 Kick w/ snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,800	18 x 100 on 2:01 Beat the clock		
400	8 x 50 on 1:00 Stroke Drills		
9:29 AM	5,600 Yards - Stress Value = 90		

**Workout #19069 - Saturday, 19 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM	Start		
	1 on 15:00 DS/Showers		
400	1 x 400 on 5:00 Choice		REC
1,500	30 x 50 on :55 400 IM Pace		SP2
200	1 x 200 on 10:00 CFP/Video		REC
1,500	30 x 50 on :50 Your #1 200 Pace		SP2
	1 on 15:00 YDR		
750	30 x 25 on :30 Your #1 non free 100 Pace		SP2
	1 on 15:00 Racing Skills-Open Turns		
600	24 x 25 on :30 50 Free Pace		SP2
250	1 x 250 on 4:00 Closed Fist w/Snorkels		REC
9:30 AM	5,200 Yards - Stress Value = 435		

**Workout #19071 - Saturday, 19 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
7:00 AM	Start		
	1 on 30:00 DS/Ted's Abs		
600	1 x 600 on 10:00 Rev IM Drill		
300	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
800	1 x 800 on 11:00 Pull-Alt breakouts + NBBF&W+2 yds		
	Odd 100's freestyle kick with 1 arm extended alt at 50		
	Even 100's fly or breast		
1,400	1x{2 x 100 on 2:20 Kick w/ snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
	{2 x 100 on 2:15 Kick w/snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
	{2 x 100 on 2:10 Kick w/ snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
	{2 x 100 on 2:05 Kick w/ snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
	{2 x 100 on 2:00 Kick w/ snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
	{1 x 100 on 1:55 Kick w/ snorkel		
	{2 x 25 on :45 Sprint Kick on Back		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,800	18 x 100 on 2:01 Beat the clock		
400	8 x 50 on 1:00 Stroke Drills		
9:29 AM	5,500 Yards - Stress Value = 88		

**Workout #19072 - Saturday, 19 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Ted's Abs  
 300 1 x 550 on 10:00 Rev IM Drill  
 12 x 25 on :40 Variable Speed  
 Rd 1 #1, Rd 2 #2, Rd 3 free  
 800 1 x 800 on 11:00 Pull-Alt breakouts  
 + NBBF&W+2 yds  
 .  
 Odd 100's freestyle kick with 1 arm  
 extended alt at 50  
 Even 100's fly or breast  
 1,350 1x{2 x 100 on 2:30 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:25 Kick w/snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:20 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:15 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {2 x 100 on 2:10 Kick w/ snorkel  
 {2 x 25 on :45 Sprint Kick on Back  
 {1 x 100 on 2:05 Kick w/ snorkel  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 18 x 100 on 2:01 Beat the clock  
 400 8 x 50 on 1:00 Stroke Drills  
 9:29 AM 5,400 Yards - Stress Value = 87

{1 x 75 on 1:45 Free Kick w/board  
 {1 x 25 on :30 Free Kick w/board  
 200 4 x 50 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,200 8 x 150 on 3:00 Free-descend in 3's  
 600 24 x 25 on :35 100 Free Pace  
 1 on 10:00 Racing Skills-Starts  
 200 1 x 200 on 4:00 Stroke Drills  
 7:29 PM 3,700 Yards - Stress Value = 107

**Workout #19089 - Monday, 21 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 DS/Dryland  
 150 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP  
 10 x 15 on :45 Shooters  
 800 1x{1 x 200 on 5:00 Free Kick wboard  
 {1 x 175 on 4:25 Free Kick w/board  
 {1 x 150 on 3:45 Free Kick w/board  
 {1 x 125 on 3:05 Free Kick w/board  
 {1 x 100 on 2:30 Free Kick w/board  
 {1 x 50 on 1:15 Free Kick w/board  
 200 4 x 50 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,050 7 x 150 on 3:20 Free-descend in 3's  
 500 20 x 25 on :40 100 Free Pace  
 1 on 10:00 Racing Skills-Starts  
 200 1 x 200 on 4:00 Stroke Drills  
 7:29 PM 3,400 Yards - Stress Value = 93

**Workout #19087 - Monday, 21 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 DS/Dryland  
 150 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP  
 10 x 15 on :45 Shooters  
 900 1x{1 x 200 on 4:20 Free Kick wboard  
 {1 x 175 on 3:50 Free Kick w/board  
 {1 x 150 on 3:15 Free Kick w/board  
 {1 x 125 on 2:45 Free Kick w/board  
 {1 x 100 on 2:10 Free Kick w/board  
 {1 x 75 on 1:40 Free Kick w/board  
 {1 x 50 on 1:05 Free Kick w/board  
 {1 x 25 on :30 Free Kick w/board  
 200 4 x 50 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,350 9 x 150 on 2:45 Free-descend in 3's  
 600 24 x 25 on :35 100 Free Pace  
 1 on 10:00 Racing Skills-Starts  
 200 1 x 200 on 4:00 Stroke Drills  
 7:30 PM 3,900 Yards - Stress Value = 111

**Workout #19083 - Monday, 21 November 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:51 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 3,000 1x{3 x 400 on 4:45 Freestyle #2 100% EN2 S  
 {3 x 300 on 3:35 Freestyle #2 100% EN2 S  
 {3 x 200 on 2:25 Freestyle #2 100% EN2 S  
 {3 x 100 on 1:10 Freestyle #2 100% EN2 S  
 { 1st and last 25 of each swim 6bk  
 200 1 x 200 on 3:00 Stroke Drills REC D  
 5:31 PM 3,200 Yards - Stress Value = 60

**Workout #19077 - Monday, 21 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK F  
 =====  
 400 1 on 40:00 DS/Weights L DRY  
 1 x 400 on 5:00 Choice REC S CHO 1  
 2,400 24 x 100 on 1:20 1650 Free Pace SP2 S FR 1  
 300 1 x 300 on 5:00 Choice REC S CHO 1  
 750 30 x 25 on :30 Your #3 100 Pace SP2 S STK 2  
 250 1 x 250 on 4:00 Stroke Drills REC D CD 1  
 7:15 AM 4,100 Yards - Stress Value = 315

**Workout #19088 - Monday, 21 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 DS/Dryland  
 150 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP  
 10 x 15 on :45 Shooters  
 850 1x{1 x 200 on 4:35 Free Kick wboard  
 {1 x 175 on 4:05 Free Kick w/board  
 {1 x 150 on 3:30 Free Kick w/board  
 {1 x 125 on 2:55 Free Kick w/board  
 {1 x 100 on 2:20 Free Kick w/board

**Workout #19078 - Monday, 21 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
400	1 x 400 on 5:00 Choice	REC	
1,500	30 x 50 on :50 200 Free Pace	SP2	
200	1 x 200 on 8:00 CFP/Video	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
1	on 14:00 YDR	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
1	on 15:00 Racing Skills-PB Back Starts		
750	30 x 25 on :30 100 Fly Pace	SP2	
250	1 x 250 on 4:00 Continous Pre-Set	REC	
5:30 PM	5,350 Yards - Stress Value = 450		

**Workout #19079 - Monday, 21 November 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 on 35:00 DS/Physio Balls/Showers		
150	10 x 15 on :45 Spinners		
1,500	1x{8 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:30 Kick		
	{8 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:25 Kick		
	{8 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:20 Kick		
1,500	1x{2 x 125 on 1:40 Pulls 8 SOLW		
	{2 x 125 on 1:40 Pulls 7 SOLW		
	{2 x 125 on 1:40 Pulls 6 SOLW		
	{2 x 125 on 1:40 Pulls 5 SOLW		
	{2 x 125 on 1:40 Pulls 4 SOLW		
	{2 x 125 on 1:40 Pulls 3 SOLW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:50 PM	3,950 Yards - Stress Value = 50		

**Workout #19080 - Monday, 21 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 on 35:00 DS/Physio Balls/Showers		
150	10 x 15 on :45 Spinners		
1,400	1x{8 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:50 Kick		
	{8 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:45 Kick		
	{8 x 25 on :30 Kick no board BSLR		
	{2 x 100 on 1:45 Kick		
1,350	1x{2 x 125 on 1:50 Pulls 8 SOLW		
	{2 x 125 on 1:50 Pulls 7 SOLW		
	{2 x 125 on 1:50 Pulls 6 SOLW		
	{2 x 125 on 1:50 Pulls 5 SOLW		
	{2 x 125 on 1:50 Pulls 4 SOLW		
	{1 x 100 on 1:30 Pulls 3 SOLW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:50 PM	3,700 Yards - Stress Value = 47		

**Workout #19084 - Monday, 21 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:51 PM	Start		
2,550	1x{3 x 400 on 5:30 Freestyle #2 100%	EN2	S
	{3 x 300 on 4:00 Freestyle #2 100%	EN2	S
	{3 x 150 on 1:55 Freestyle #2 100%	EN2	S
	{1st and last 25 of each swim 6bk		
200	1 x 200 on 3:00 Stroke Drills	REC	D
5:30 PM	2,750 Yards - Stress Value = 51		

**Workout #19081 - Monday, 21 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
550	1 on 35:00 DS/Physio Balls/Showers		
150	10 x 15 on :45 Spinners		
1,250	1x{8 x 25 on :35 Kick no board BSLR		
	{2 x 150 on 3:05 Freestyle		
	{8 x 25 on :35 Kick no board BSLR		
	{2 x 150 on 3:00 Freestyle		
	{4 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 2:55 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		
4:50 PM	3,350 Yards - Stress Value = 45		

**Workout #19085 - Monday, 21 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:51 PM	Start		
2,175	1x{3 x 300 on 5:00 Freestyle #2 100%	EN2	S
	{3 x 250 on 4:05 Freestyle #2 100%	EN2	S
	{3 x 175 on 2:50 Freestyle #2 100%	EN2	S
	{1st and last 25 of each swim 6bk		
200	1 x 200 on 3:00 Stroke Drills	REC	D
5:31 PM	2,375 Yards - Stress Value = 43		

**Workout #19082 - Monday, 21 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
500	1 on 35:00 DS/Physio Balls/Showers		
150	10 x 15 on :45 Spinners		
850	1x{4 x 25 on :45 Kick no board BSLR		
	{2 x 150 on 4:00 Kick		
	{6 x 25 on :45 Kick no board BSLRBS		
	{2 x 100 on 3:55 Kick		
	{4 x 25 on :45 Kick no board BSLR		
700	1x{2 x 100 on 3:00 Pulls 8 SOLW		
	{2 x 100 on 2:55 Pulls 7 SOLW		
	{2 x 100 on 2:50 Pulls 6 SOLW		
	{1 x 100 on 2:30 Pulls 5 SOLW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:50 PM	2,400 Yards - Stress Value = 32		

**Workout #19086 - Monday, 21 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
4:51 PM	Start				
1,350	1x{3 x 200 on 5:00 Freestyle #2 100%	EN2	S		
	{3 x 150 on 3:45 Freestyle #2 100%	EN2	S		
	{3 x 100 on 2:30 Freestyle #2 100%	EN2	S		
	{ 1st and last 25 of each swim 6bk				
200	1 x 200 on 4:00 Stroke Drills	REC	D		
5:30 PM	1,550 Yards - Stress Value = 27				

**Workout #19090 - Tuesday, 22 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:30 AM	Start				
400	1 on 40:00 DS/Weights		L	WT	
	1 x 400 on 5:00 Choice	REC	S	CF	
2,250	30 x 75 on 1:10 Your 1000 Free Pace	SP2	S	F	
250	1 x 250 on 4:00 Stroke Drills	REC	D	C	
750	30 x 25 on :30 Your #4 100 pace	SP2	S	ST	
250	1 x 250 on 4:00 Stroke Drills	REC	D	C	
7:17 AM	3,900 Yards - Stress Value = 300				

**Workout #19091 - Tuesday, 22 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
2:55 PM	Start				
1,500	1 on 15:00 DS/Showers		L	DRY	
250	30 x 50 on :50 200 Fly Pace	SP2	S	FLY	1:
1,500	1 x 250 on 5:00 Choice	REC	S	CHO	2:
250	30 x 50 on :50 200 Back Pace	SP2	S	BK	1:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
750	30 x 25 on :30 100 Breast Pace	SP2	S	BR	2:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2:
250	1 x 250 on 5:00 Choice	REC	S	CHO	2:
4:57 PM	5,500 Yards - Stress Value = 450				

**Workout #19092 - Wednesday, 23 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:15 PM	Start		
400	1 on 35:00 DS/Dryland		
	16 x 25 on :35 Wednesday Warm-up		REC
	2-16, 4-15, 6-14, 4-13		
150	10 x 15 on :45 Shooters		
750	1x{2 x 50 on 1:10 Fly Kick w/board		
	{6 x 25 on :45 Kick no board S		
	{3 x 50 on 1:10 Fly Kick w/board		
	{4 x 25 on :45 Kick no board S		
	{4 x 50 on 1:10 Fly Kick w/board		
	{2 x 25 on :45 Kick no board S		
100	4 x 25 on 1:00 Odds face in sculling drills		
	Evens-underwaters, count kicks		
	1 on 25:00 Teach Day		
600	24 x 25 on :35 100 Fly Pace		
	1 on 10:00 Racing Skills-Relay Starts		
250	1 x 250 on 4:00 Top Hat Drill		
7:30 PM	2,250 Yards - Stress Value = 81		

**Workout #19093 - Wednesday, 23 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:15 PM	Start		
400	1 on 35:00 DS/Dryland		
	16 x 25 on :35 Wednesday Warm-up		
	2-16, 4-15, 6-14, 4-13		
150	10 x 15 on :45 Shooters		
700	1x{2 x 50 on 1:15 Fly Kick w/board		
	{6 x 25 on :45 Kick no board S		
	{3 x 50 on 1:15 Fly Kick w/board		
	{4 x 25 on :45 Kick no board S		
	{4 x 50 on 1:15 Fly Kick w/board		
100	4 x 25 on 1:00 Odds face in sculling drills		
	Evens-underwaters, count kicks		
	1 on 25:00 Teach Day		
600	24 x 25 on :35 100 Fly Pace		
	1 on 10:00 Racing Skills-Relay Starts		
250	1 x 250 on 4:00 Top Hat Drill		
7:29 PM	2,200 Yards - Stress Value = 80		

**Workout #19094 - Wednesday, 23 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:15 PM	Start		
400	1 on 35:00 DS/Dryland		
	16 x 25 on :35 Wednesday Warm-up		
	2-16, 4-15, 6-14, 4-13		
150	10 x 15 on :45 Shooters		
700	1x{2 x 50 on 1:20 Fly Kick w/board		
	{6 x 25 on :45 Kick no board S		
	{3 x 50 on 1:20 Fly Kick w/board		
	{4 x 25 on :45 Kick no board S		
	{4 x 50 on 1:20 Fly Kick w/board		
100	4 x 25 on 1:00 Odds face in sculling drills		
	Evens-underwaters, count kicks		
	1 on 25:00 Teach Day		
500	20 x 25 on :40 100 Fly Pace		
	1 on 10:00 Racing Skills-Relay Starts		
250	1 x 250 on 4:00 Top Hat Drill		
7:30 PM	2,100 Yards - Stress Value = 70		

**Workout #19095 - Wednesday, 23 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM	Start		
400	1 on 15:00 DS/Showers		
	1 x 400 on 5:00 Choice		REC
1,500	30 x 50 on :50 400 IM Pace		SP2
200	1 x 200 on 10:00 CFP/Video		REC
750	30 x 25 on :30 100 Fly Pace		SP2
225	15 x 15 on 1:00 Spinners/Sculling Drills		SP3
750	30 x 25 on :30 100 Back Pace		SP2
	1 on 15:00 YDR		
750	30 x 25 on :30 100 Free Pace		SP2
500	10 x 50 on 1:00 Stroke Drills		REC
9:27 AM	5,075 Yards - Stress Value = 384		

**Workout #19100 - Wednesday, 23 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
	3:00 PM Start				
	1 on 40:00 DS/Weights	REC	L	WTS	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1
1,800	24 x 75 on 1:10 500 Free Pace	SP2	S	FR	1
750	30 x 25 on :30 Your #1 100 Pace	SP2	S	STK	2
	4:30 PM 2,950 Yards - Stress Value = 255				

**Workout #19107 - Wednesday, 23 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
	8:42 AM Start				
2,175	1x{1 x 200 on 3:20 Butterfly	EN2	S	FLY	
	{8 x 25 on :40 Fly 15m under	EN3	S	FLY	
	{2 x 175 on 2:50 Butterfly	EN2	S	FLY	
	{8 x 25 on :40 Fly 12m under	EN3	S	FLY	
	{3 x 150 on 2:20 Butterfly	EN2	P	FLY	
	{8 x 25 on :40 Fly 9m under	EN3	S	FLY	
	{3 x 125 on 1:55 Butterfly	EN2	S	FR	
	{8 x 25 on :40 Fly 6m under	EN3	S	FLY	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	
	9:31 AM 2,425 Yards - Stress Value = 76				

**Workout #19096 - Wednesday, 23 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
	7:00 AM Start				
500	1 on 45:00 DS/TRX Bands				
120	20 x 25 on :30 Wednesday Warm-up				
1,150	8 x 15 on :45 Spinners				
	1x{4 x 25 on :35 Kick no board BSLR				
	{1 x 250 on 5:15 Kick				
	{4 x 25 on :35 Kick no board BSLR				
	{2 x 200 on 4:05 Kick				
	{4 x 25 on :35 Kick no board BSLR				
	{1 x 150 on 3:00 Kick				
	{2 x 25 on :35 Kick no board BS				
600	3x{1 x 150 on 2:35 Pull w/paddles hold 2:15				
	{1 x 50 on 1:10 Pull-no paddles				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	8:48 AM 2,570 Yards - Stress Value = 48				

**Workout #19098 - Wednesday, 23 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
	8:49 AM Start				
1,650	1x{2 x 125 on 2:20 Backstroke	EN1	S	BK	
	{2 x 50 on :55 Backstroke AFAP	EN2	S	BK	
	{2 x 125 on 2:20 Backstroke	EN1	S	BK	
	{2 x 50 on 1:00 Backstroke AFAP	EN3	S	BK	
	{2 x 125 on 2:15 Backstroke	EN1	S	BK	
	{2 x 50 on 1:10 Backstroke AFAP	EN3	S	BK	
	{2 x 125 on 2:15 Backstroke	EN2	S	BK	
	{2 x 50 on 1:15 Backstroke AFAP	EN3	S	BK	
	{2 x 125 on 2:05 Backstroke	EN2	S	BK	
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	
	9:30 AM 2,050 Yards - Stress Value = 36				

**Workout #19097 - Wednesday, 23 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
	7:00 AM Start				
500	1 on 45:00 DS/TRX Bands				
120	20 x 25 on :30 Wednesday Warm-up				
950	8 x 15 on :45 Spinners				
	1x{4 x 25 on :45 Kick no board BSLR				
	{1 x 250 on 6:00 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{1 x 200 on 4:40 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{1 x 150 on 3:25 Kick				
	{2 x 25 on :45 Kick no board BS				
400	2x{1 x 150 on 3:30 Pulls w/paddles				
	{1 x 50 on 1:30 Pulls no paddles				
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 2,170 Yards - Stress Value = 38				

**Workout #19099 - Wednesday, 23 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
	8:49 AM Start				
950	1x{2 x 75 on 2:20 Backstroke	EN1	S	BK	
	{2 x 25 on :55 Backstroke AFAP	EN2	S	BK	
	{2 x 75 on 2:20 Backstroke	EN1	S	BK	
	{2 x 25 on 1:00 Backstroke AFAP	EN3	S	BK	
	{2 x 75 on 2:15 Backstroke	EN1	S	BK	
	{2 x 25 on 1:10 Backstroke AFAP	EN3	S	BK	
	{2 x 75 on 2:15 Backstroke	EN2	S	BK	
	{2 x 25 on 1:15 Backstroke AFAP	EN3	S	BK	
	{2 x 75 on 2:05 Backstroke	EN2	S	BK	
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	
	9:30 AM 1,350 Yards - Stress Value = 22				

**Workout #19111 - Friday, 25 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
	9:00 AM Start				
400	1 on 35:00 DS/Dryland				
150	4 x 100 on 2:15 SwimUSS				
1,000	25Swim, 25Under, 25Scull, 25Swim				
	10 x 15 on :45 Shooters				
	1x{2 x 200 on 2:35 Alt Kick on back/free w/brd				
	{2 x 100 on 2:30 Alt Kick on back/free w/brd				
	{2 x 100 on 2:25 Alt Kick on back/free w/brd				
	{2 x 100 on 2:20 Alt Kick on back/free w/brd				
100	4 x 25 on 1:00 Odds face in sculling drills				
	Evans-underwaters, count kicks				
1,250	1x{1 x 100 on 1:40 Backstroke				
	{6 x 50 on 1:00 Backstroke-3KOW				
	{1 x 100 on 1:45 Backstroke				
	{5 x 50 on 1:00 Backstroke-4KOW				
	{1 x 100 on 1:50 Backstroke				
	{4 x 50 on 1:00 Backstroke-5KOW				
	{1 x 100 on 1:55 Backstroke				
	{2 x 50 on 1:00 Backstroke-6KOW				
600	24 x 25 on :35 100 Back Pace				
	1 on 10:00 Relay				
250	1 x 250 on 4:00 Stroke Drills				
	11:15 AM 3,750 Yards - Stress Value = 111				

**Workout #19112 - Friday, 25 November 2016**

**Group 2 - Silver-2**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
9:00 AM Start				
400	1 on 35:00 DS/Dryland			
150	4 x 100 on 2:15 SwimUSS			
	25Swim, 25Under, 25Scull, 25Swim			
900	10 x 15 on :45 Shooters			
1,150	1x{2 x 200 on 2:45 Alt Kick on back/free w/brd			
	{2 x 100 on 2:40 Alt Kick on back/free w/brd			
	{2 x 100 on 2:35 Alt Kick on back/free w/brd			
	{2 x 50 on 1:15 Alt Kick on back/free w/brd			
100	4 x 25 on 1:00 Odds face in sculling drills			
	Evens-underwaters, count kicks			
1,150	1x{1 x 100 on 1:50 Backstroke			
	{6 x 50 on 1:05 Backstroke-3KOW			
	{1 x 100 on 1:55 Backstroke			
	{5 x 50 on 1:05 Backstroke-4KOW			
	{1 x 100 on 2:00 Backstroke			
	{4 x 50 on 1:05 Backstroke-5KOW			
	{1 x 100 on 2:05 Backstroke			
600	24 x 25 on :35 100 Back Pace			
	1 on 10:00 Relay			
250	1 x 250 on 4:00 Stroke Drills			
11:14 AM 3,550 Yards - Stress Value = 107				

**Workout #19113 - Friday, 25 November 2016**

**Group 2 - Silver-3**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
9:00 AM Start				
400	1 on 35:00 DS/Dryland			
150	4 x 100 on 2:15 SwimUSS			
	25Swim, 25Under, 25Scull, 25Swim			
900	10 x 15 on :45 Shooters			
1,050	1x{2 x 200 on 2:55 Alt Kick on back/free w/brd			
	{2 x 100 on 2:50 Alt Kick on back/free w/brd			
	{2 x 100 on 2:45 Alt Kick on back/free w/brd			
	{2 x 50 on 1:20 Alt Kick on back/free w/brd			
100	4 x 25 on 1:00 Odds face in sculling drills			
	Evens-underwaters, count kicks			
1,050	1x{1 x 100 on 2:00 Backstroke			
	{6 x 50 on 1:10 Backstroke-3KOW			
	{1 x 100 on 2:05 Backstroke			
	{5 x 50 on 1:10 Backstroke-4KOW			
	{1 x 100 on 2:10 Backstroke			
	{4 x 50 on 1:10 Backstroke-5KOW			
600	24 x 25 on :35 100 Back Pace			
	1 on 10:00 Relay			
250	1 x 250 on 4:00 Stroke Drills			
11:14 AM 3,450 Yards - Stress Value = 105				

**Workout #19106 - Friday, 25 November 2016**

**HighSchl - Fly**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:42 AM Start				
2,300	1x{1 x 200 on 3:00 Butterfly	EN2	S FLY	
	{8 x 25 on :40 Fly 15m under	EN3	S FLY	
	{2 x 175 on 2:35 Butterfly	EN2	S FLY	
	{8 x 25 on :40 Fly 12m under	EN3	S FLY	
	{3 x 150 on 2:10 Butterfly	EN2	P FLY	
	{8 x 25 on :40 Fly 9m under	EN3	S FLY	
	{4 x 125 on 1:45 Butterfly	EN2	S FR	
	{8 x 25 on :40 Fly 6m under	EN3	S FLY	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
9:30 AM 2,550 Yards - Stress Value = 78				

**Workout #19101 - Friday, 25 November 2016**

**HighSchl - USRPT**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
7:00 AM Start				
400	1 on 15:00 DS/Showers			L I
1,500	1 x 400 on 5:00 Choice	REC	S C	
200	30 x 50 on :50 200 Back Pace	SP2	S	
1,000	1 x 200 on 10:00 CFP/Video	REC	D	
	40 x 25 on :30 200 Fly Pace	SP2	S F	
	1 on 15:00 YDR			L I
750	30 x 25 on :30 100 Free Pace	SP2	S	
	1 on 15:00 Open Turn Drills	REC	D S	
750	30 x 25 on :30 100 Breast Pace	SP2	S	
250	1 x 250 on 4:00 Closed Fist/Snorkels	REC	D	
9:25 AM 4,850 Yards - Stress Value = 400				

**Workout #19110 - Friday, 25 November 2016**

**HighSchl - USRPT**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
400	1 on 40:00 DS/Weights			L I
1,500	1 x 400 on 5:00 Choice	REC	S	
	30 x 50 on :55 200 IM Pace	SP2	S	
	1 on 15:00 Tivo Starts			D
750	30 x 25 on :30 Your #1 100	SP2	S S	
	1 on 10:00 YDR	REC	L I	
250	1 x 250 on 4:00 Closed Fist/Snorkels	REC	D	
5:00 PM 2,900 Yards - Stress Value = 225				

**Workout #19102 - Friday, 25 November 2016**

**HighSchl - Platinum**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
7:00 AM Start				
600	1 on 35:00 DS/Shoulders/Showers			
120	1 x 600 on 10:00 Choice			
2,000	8 x 15 on :45 Spinners			
	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:15 Alt 50 fly kick on back			
	{ 50 tombstone kick			
	{3 x 100 on 1:55 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:10 Kick same as above			
	{3 x 100 on 1:50 Kick 25-fly/fr/br/cho			
	{4 x 50 on 1:05 Kick-Same as above			
	{3 x 100 on 1:45 Kick 25 fly/fr/br/cho			
	{4 x 50 on 1:00 Kick-Same as above			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:41 AM 2,920 Yards - Stress Value = 47				

**Workout #19103 - Friday, 25 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 35:00 DS/Shoulders/Showers  
 120 1 x 600 on 10:00 Choice  
 2,000 8 x 15 on :45 Spinners  
 1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:15 Alt 50 fly kick on back  
 { 50 tombstone kick  
 {3 x 100 on 1:55 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:10 Kick same as above  
 {3 x 100 on 1:50 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:05 Kick-Same as above  
 {3 x 100 on 1:45 Kick 25 fly/fr/br/cho  
 {4 x 50 on 1:00 Kick-Same as above  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:41 AM 2,920 Yards - Stress Value = 47

**Workout #19104 - Friday, 25 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 35:00 DS/Shoulders/Showers  
 120 1 x 550 on 10:00 Choice  
 1,650 8 x 15 on :45 Spinners  
 1x{3 x 100 on 2:20 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:30 Alt 50 fly kick on back  
 { 50 tombstone kick  
 {3 x 100 on 2:15 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:25 Kick same as above  
 {3 x 100 on 2:10 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:20 Kick-Same as above  
 {1 x 100 on 2:05 Kick 25 fly/fr/br/cho  
 {1 x 50 on 1:15 Kick fly kick on back  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:41 AM 2,520 Yards - Stress Value = 40

**Workout #19108 - Friday, 25 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

8:42 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,000 1x{1 x 200 on 3:45 Butterfly EN2 S FLY  
 {6 x 25 on :45 Fly 15m under EN3 S FLY  
 {2 x 175 on 3:15 Butterfly EN2 S FLY  
 {6 x 25 on :45 Fly 12m under EN3 S FLY  
 {3 x 150 on 2:40 Butterfly EN2 P FLY  
 {6 x 25 on :45 Fly 9m under EN3 S FLY  
 {4 x 100 on 1:45 Butterfly EN2 S FR  
 {6 x 25 on :45 Fly 6m under EN3 S FLY  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 9:31 AM 2,250 Yards - Stress Value = 64

**Workout #19105 - Friday, 25 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 DS/Shoulders/Showers  
 120 1 x 500 on 10:00 Choice  
 8 x 15 on :45 Spinners

1,600 1x{3 x 100 on 2:30 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:30 Alt 50 fly kick on back  
 { 50 tombstone kick  
 {3 x 100 on 2:25 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:25 Kick same as above  
 {3 x 100 on 2:20 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:20 Kick-Same as above  
 {1 x 100 on 2:15 Kick 25 fly/fr/br/cho  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:41 AM 2,420 Yards - Stress Value = 39

**Workout #19109 - Friday, 25 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

8:42 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,400 1x{1 x 200 on 6:00 Butterfly EN2 S FLY  
 {4 x 25 on 1:00 Fly 15m under EN3 S FLY  
 {2 x 175 on 5:00 Butterfly EN2 S FLY  
 {4 x 25 on 1:00 Fly 12m under EN3 S FLY  
 {3 x 150 on 4:10 Butterfly EN2 P FLY  
 {4 x 25 on 1:00 Fly 9m under EN3 S FLY  
 {1 x 100 on 2:45 Butterfly EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 9:31 AM 1,650 Yards - Stress Value = 40

**Workout #19114 - Saturday, 26 November 2016**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 35:00 DS/Ted's abs/Showers  
 150 1 x 600 on 10:00 Reverse IM drill  
 10 x 15 on :45 Shooters  
 1,600 2x{1 x 100 on 1:25 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:15 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:10 Kick  
 {1 x 100 on 1:35 Kick  
 1,200 12 x 100 on 1:15 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,625 1x{5 x 125 on 1:29 Freestyle  
 {1 x 50 on 1:00 Freestyle  
 {4 x 125 on 1:28 Freestyle  
 {2 x 50 on 1:00 Freestyle  
 {3 x 125 on 1:27 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 125 on 1:26 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {1 x 125 on 1:25 Freestyle  
 {5 x 50 on 1:00 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,875 Yards - Stress Value = 138

**Workout #19118 - Saturday, 26 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
7:00 AM	Start			
400	1 on 15:00 DS/Showers		L	I
1,500	1 x 400 on 5:00 Choice	REC	S	C
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	
1,500	1 on 12:00 Sculling Drill Relay	REC	D	C
1,500	30 x 50 on :50 200 Free Pace	SP2	S	
750	1 on 12:00 YDR	REC	L	I
200	30 x 25 on :30 100 Fly Pace	SP2	S	F
750	1 x 200 on 12:00 CFP/Video	REC	D	
250	30 x 25 on :30 100 Back Pace	SP2	S	
9:30 AM	1 x 250 on 5:00 Closed Fist/Snorkels	REC	D	
	9:30 AM 5,350 Yards - Stress Value = 450			

**Workout #19115 - Saturday, 26 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 35:00 DS/Ted's abs/Showers
150	1 x 600 on 10:00 Reverse IM drill
1,450	10 x 15 on :45 Shooters
1,450	2x{1 x 100 on 1:30 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:20 Kick
	{1 x 100 on 1:45 Kick
	{1 x 50 on :40 Kick
	{1 x 75 on 1:20 Kick
1,050	1x{1 x 50 on :40 Pulls-nbbf&w + 2 yds
	{10 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
2,475	1x{5 x 125 on 1:41 Freestyle
	{1 x 50 on 1:00 Freestyle
	{4 x 125 on 1:40 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:39 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 125 on 1:38 Freestyle
	{4 x 50 on 1:00 Freestyle
	{1 x 125 on 1:37 Freestyle
	{2 x 50 on 1:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
9:30 AM	6,425 Yards - Stress Value = 124

**Workout #19116 - Saturday, 26 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 35:00 DS/Ted's abs/Showers
150	1 x 550 on 10:00 Reverse IM drill
1,200	10 x 15 on :45 Shooters
1,200	2x{1 x 100 on 1:50 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 2:00 Kick
850	1x{1 x 50 on :45 Pulls-nbbf&w + 2 yds
	{8 x 100 on 1:45 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{5 x 125 on 1:54 Freestyle

{1 x 50 on 1:10 Freestyle
{4 x 125 on 1:53 Freestyle
{2 x 50 on 1:10 Freestyle
{3 x 125 on 1:52 Freestyle
{3 x 50 on 1:10 Freestyle
{2 x 125 on 1:51 Freestyle
{3 x 50 on 1:10 Freestyle
10 x 50 on 1:00 Stroke Drills
9:30 AM 5,650 Yards - Stress Value = 105

**Workout #19117 - Saturday, 26 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
500	1 on 35:00 DS/Ted's abs/Showers
150	1 x 500 on 10:00 Reverse IM drill
1,100	10 x 15 on :45 Spnners
1,100	2x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 on :55 Kick
	{1 x 100 on 2:20 Kick
500	5 x 100 on 2:30 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550	1x{4 x 100 on 2:20 Freestyle
	{2 x 50 on 1:15 Freestyle
	{3 x 100 on 2:19 Freestyle
	{2 x 50 on 1:15 Freestyle
	{2 x 100 on 2:18 Freestyle
	{3 x 50 on 1:15 Freestyle
	{1 x 100 on 2:17 Freestyle
	{4 x 50 on 1:15 Freestyle
500	10 x 50 on 1:00 Stroke Drills
9:30 AM	4,500 Yards - Stress Value = 87

**Workout #19129 - Monday, 28 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description
5:15 PM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
800	10 x 15 on :45 Shooters
800	1x{4 x 25 on :30 Kick no board S
	{2 x 125 on 3:00 Alt 25fly kick 25free kick
	{4 x 25 on :35 Kick no board S
	{2 x 125 on 2:55 Alt 25fly kick 25free kick
	{4 x 25 on :40 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
1,200	1x{1 x 100 on 2:00 Butterfly
	{2 x 50 on 1:00 Fly 2R2L2B
	{2 x 100 on 2:05 Butterfly
	{2 x 50 on 1:00 Fly 2R2L3B
	{3 x 100 on 2:10 Butterfly
	{2 x 50 on 1:00 Fly 2R2L4B
	{2 x 100 on 2:05 Butterfly
	{2 x 50 on 1:00 Fly 2R2L3B
600	24 x 25 on :35 100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
7:30 PM	3,600 Yards - Stress Value = 106

**Workout #19130 - Monday, 28 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	10 x 15 on 9:00 By 100: THD + ThmbDrg + CFP
700	1x{4 x 25 on :45 Kick no board S
	{2 x 125 on 3:15 Alt 25fly kick 25free kick
	{4 x 25 on :40 Kick no board S
	{2 x 75 on 1:55 Alt 25fly kick 25free kick
	{4 x 25 on :45 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,100	1x{1 x 100 on 2:10 Butterfly
	{2 x 50 on 1:05 Fly 2R2L2B
	{2 x 100 on 2:15 Butterfly
	{2 x 50 on 1:05 Fly 2R2L3B
	{3 x 100 on 2:20 Butterfly
	{2 x 50 on 1:05 Fly 2R2L4B
	{2 x 100 on 2:15 Butterfly
500	20 x 25 on :40 100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 92

**Workout #19131 - Monday, 28 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	10 x 15 on 9:00 By 100: THD + ThmbDrg + CFP
650	1x{4 x 25 on :40 Kick no board S
	{2 x 100 on 2:45 Alt 25fly kick 25free kick
	{4 x 25 on :45 Kick no board S
	{2 x 75 on 2:00 Alt 25fly kick 25free kick
	{4 x 25 on :45 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,000	1x{1 x 100 on 2:20 Butterfly
	{2 x 50 on 1:10 Fly 2R2L2B
	{2 x 100 on 2:25 Butterfly
	{2 x 50 on 1:10 Fly 2R2L3B
	{3 x 100 on 2:30 Butterfly
	{2 x 50 on 1:10 Fly 2R2L4B
	{1 x 100 on 2:25 Butterfly
450	18 x 25 on :45 100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 84

**Workout #19125 - Monday, 28 November 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{1 x 600 on 8:00 Freestyle	EN2	S	FR
	{4 x 125 on 1:35 Freestyle	EN2	S	FR
	{1 x 500 on 6:40 Freestyle	EN2	S	FR
	{4 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 x 400 on 5:20 Freestyle	EN2	S	FR
	{4 x 75 on :55 Freestyle	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	5:29 PM 3,250 Yards - Stress Value = 60			

**Workout #19119 - Monday, 28 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
400	1 on 40:00 DS/Weights			L	DRY
400	1 x 400 on 5:00 Choice	REC	S	CHO	1
2,400	24 x 100 on 1:20 1650 Free Pace	SP2	S	FR	1
300	1 x 300 on 5:00 Choice	REC	S	CHO	1
600	24 x 25 on :30 50 Free Pace	SP2	S	STK	2
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1
	7:12 AM 3,950 Yards - Stress Value = 300				

**Workout #19120 - Monday, 28 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
400	1 on 15:00 DS/Showers			L	I
400	1 x 400 on 5:00 Choice	REC	S	CHO	1
750	30 x 25 on :30 100 Free Pace	SP2	S		
	1 on 15:00 Racing Skills-Back Starts			D	
750	30 x 25 on :30 100 Back Pace	SP2	S		
200	1 x 200 on 10:00 CFP/Video	REC	D		
1,500	30 x 50 on :50 200 Back Pace	SP2	S		
	1 on 14:00 YDR	REC	L	I	
1,500	30 x 50 on :50 200 Fly Pace	SP2	S	F	
300	1 x 300 on 5:00 Continuous Pre-Set	REC	D		
	5:30 PM 5,400 Yards - Stress Value = 450				

**Workout #19121 - Monday, 28 November 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball
150	10 x 15 on :45 Shooters
1,700	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{6 x 25 on :30 Kick no board BSLRLR
	{2 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
750	3x{1 x 50 on :45 Pull 7 SOT-HB
	{1 x 50 on :45 Pull 6 SOT-HB
	{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
	{1 x 50 on :45 Pull 3 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:43 PM 3,400 Yards - Stress Value = 52

**Workout #19122 - Monday, 28 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
600	1 on 30:00 DS/Physio Ball			
150	1 x 600 on 10:00 Swim-kick-pull-swim			
1,600	10 x 15 on :45 Shooters			
	1x{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 2:10 Kick			
	{2 x 100 on 2:05 Kick			
	{6 x 25 on :30 Kick no board BSLRBS			
	{2 x 100 on 2:05 Kick			
	{2 x 100 on 2:00 Kick			
	{6 x 25 on :30 Kick no board BSLRLR			
	{2 x 100 on 2:00 Kick			
	{1 x 100 on 1:55 Kick			
	{4 x 25 on :30 Kick no board BSLR			
750	3x{1 x 50 on :45 Pull 7 SOT-HB			
	{1 x 50 on :45 Pull 6 SOT-HB			
	{1 x 50 on :45 Pull 5 SOT-HB			
	{1 x 50 on :45 Pull 4 SOT-HB			
	{1 x 50 on :45 Pull 3 SOT-HB			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:43 PM 3,300 Yards - Stress Value = 51				

**Workout #19126 - Monday, 28 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
2,850	1x{1 x 600 on 8:30 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 500 on 7:05 Freestyle	EN2	S	FR
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 400 on 5:40 Freestyle	EN2	S	FR
	{4 x 75 on 1:00 Freestyle	EN2	S	FR
	{1 x 150 on 2:05 Freestyle	EN2	S	FR
250	1 x 250 on 5:00 Stroke Drills REC	D	CD	
5:30 PM 3,100 Yards - Stress Value = 57				

**Workout #19123 - Monday, 28 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
550	1 on 30:00 DS/Physio Ball			
150	1 x 550 on 10:00 Swim-kick-pull-swim			
1,400	10 x 15 on :45 Shooters			
	1x{4 x 25 on :35 Kick no board BSLR			
	{2 x 100 on 2:25 Kick			
	{2 x 100 on 2:20 Kick			
	{6 x 25 on :35 Kick no board BSLRBS			
	{2 x 100 on 2:20 Kick			
	{1 x 100 on 2:15 Kick			
	{6 x 25 on :35 Kick no board BSLRLR			
	{2 x 100 on 2:15 Kick			
	{4 x 25 on :35 Kick no board BS			
750	3x{1 x 50 on :50 Pull 7 SOT-HB			
	{1 x 50 on :50 Pull 6 SOT-HB			
	{1 x 50 on :50 Pull 5 SOT-HB			
	{1 x 50 on :50 Pull 4 SOT-HB			
	{1 x 50 on :50 Pull 3 SOT-HB			
	Don't do the last 50 on the 3rd set			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:44 PM 3,050 Yards - Stress Value = 46				

**Workout #19127 - Monday, 28 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
2,550	1x{1 x 600 on 9:30 Freestyle	EN2	S	FR
	{4 x 125 on 1:55 Freestyle	EN2	S	FR
	{1 x 500 on 7:55 Freestyle	EN2	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 400 on 6:20 Freestyle	EN2	S	FR
	{2 x 75 on 1:10 Freestyle	EN2	S	FR
250	1 x 250 on 5:00 Stroke Drills REC	D	CD	
5:30 PM 2,800 Yards - Stress Value = 51				

**Workout #19124 - Monday, 28 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
500	1 on 30:00 DS/Physio Ball			
150	1 x 500 on 10:00 Swim-kick-pull-swim			
1,200	10 x 15 on :45 Shooters			
	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:40 Kick			
	{2 x 100 on 2:35 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:35 Kick			
	{2 x 100 on 2:30 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{1 x 100 on 2:30 Kick			
750	3x{1 x 50 on :55 Pull 7 SOT-HB			
	{1 x 50 on :55 Pull 6 SOT-HB			
	{1 x 50 on :55 Pull 5 SOT-HB			
	{1 x 50 on :55 Pull 4 SOT-HB			
	{1 x 50 on :55 Pull 3 SOT-HB			
	don't do last 2 50's on third set			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:45 PM 2,800 Yards - Stress Value = 42				

**Workout #19128 - Monday, 28 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
2,000	1x{1 x 500 on 10:00 Freestyle	EN2	S	FR
	{4 x 100 on 1:55 Freestyle	EN2	S	FR
	{1 x 400 on 8:00 Freestyle	EN2	S	FR
	{4 x 75 on 1:25 Freestyle	EN2	S	FR
	{1 x 300 on 6:00 Freestyle	EN2	S	FR
	{2 x 50 on :55 Freestyle	EN2	S	FR
250	1 x 250 on 5:00 Stroke Drills REC	D	CD	
5:30 PM 2,250 Yards - Stress Value = 40				

**Workout #19142 - Tuesday, 29 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 Sun Yang Free w/snorkel  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 50 on 1:15 Kick-descend  
 {4 x 50 on 1:10 Kick-descend  
 {4 x 50 on 1:05 Kick-descend  
 {5 x 50 on 1:00 Kick-all fast  
 200 4 x 50 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,300 1x{5 x 100 on 1:40 Freestyle  
 {1 on 1:00 Rest  
 {4 x 100 on 1:40 Freestyle  
 {1 on 1:00 Freestyle  
 {3 x 100 on 1:40 Freestyle  
 {1 on 1:00 Rest  
 {1 x 100 on 1:40 Freestyle  
 600 24 x 25 on :35 100 Free Pace  
 1 on 10:00 Racing Skills-back starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 3,850 Yards - Stress Value = 109

**Workout #19143 - Tuesday, 29 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 Sun Yang Free w/snorkel  
 150 10 x 15 on :45 Shooters  
 750 1x{4 x 50 on 1:20 Kick-descend  
 {4 x 50 on 1:15 Kick-descend  
 {4 x 50 on 1:10 Kick-descend  
 {3 x 50 on 1:05 Kick-all fast  
 200 4 x 50 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,250 1x{5 x 100 on 1:45 Freestyle  
 {1 on 1:00 Rest  
 {4 x 100 on 1:45 Freestyle  
 {1 on 1:00 Freestyle  
 {3 x 100 on 1:45 Freestyle  
 {1 on 1:00 Rest  
 {1 x 50 on :50 Freestyle  
 600 24 x 25 on :35 100 Free Pace  
 1 on 10:00 Racing Skills-back starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 3,700 Yards - Stress Value = 106

**Workout #19144 - Tuesday, 29 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 Sun Yang Free w/snorkel  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 50 on 1:25 Kick-descend  
 {4 x 50 on 1:20 Kick-descend  
 {4 x 50 on 1:15 Kick-descend  
 {2 x 50 on 1:10 Kick-all fast  
 200 4 x 50 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,200 1x{5 x 100 on 1:50 Freestyle  
 {1 on 1:00 Rest  
 {4 x 100 on 1:50 Freestyle

{1 on 1:00 Freestyle  
 {2 x 100 on 1:50 Freestyle  
 {1 on 1:00 Rest  
 {1 x 100 on 1:50 Freestyle  
 600 24 x 25 on :35 100 Free Pace  
 1 on 10:00 Racing Skills-back starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 3,600 Yards - Stress Value = 104

**Workout #19132 - Tuesday, 29 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK ST  
 =====  
 1 on 40:00 DS/Weights L WT  
 400 1 x 400 on 5:00 Choice REC S CF  
 2,250 30 x 75 on 1:10 Your 1000 Free Pace SP2 S F  
 250 1 x 250 on 4:00 Stroke Drills REC D C  
 750 30 x 25 on :30 Your #2 100 pace SP2 S ST  
 250 1 x 250 on 4:00 Stroke Drills REC D C  
 7:17 AM 3,900 Yards - Stress Value = 300

**Workout #19145 - Wednesday, 30 November 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 400 16 x 25 on :35 Wednesday Warm-up  
 2-16, 4-15, 6-14, 4-13  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:30 Kick on back  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:30 Kick on back  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:30 Kick on back  
 100 4 x 25 on 1:00 Evens-underwaters, count kick  
 Evens-underwaters, count kicks  
 1 on 25:00 Teach Day-Backstroke  
 600 24 x 25 on :35 100 Back Pace  
 1 on 10:00 Racing Skills-Relay starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 2,200 Yards - Stress Value = 80

**Workout #19146 - Wednesday, 30 November 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:15 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 400 16 x 25 on :35 Wednesday Warm-up  
 2-16, 4-15, 6-14, 4-13  
 150 10 x 15 on :45 Shooters  
 650 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:40 Kick on back  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:40 Kick on back  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:20 Kick on back  
 100 4 x 25 on 1:00 Evens-underwaters, count kick  
 Evens-underwaters, count kicks  
 1 on 25:00 Teach Day-Backstroke  
 600 24 x 25 on :35 100 Back Pace  
 1 on 10:00 Racing Skills-Relay starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 2,150 Yards - Stress Value = 79

**Workout #19147 - Wednesday, 30 November 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13
650	10 x 15 on :45 Shooters
100	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:50 Kick on back {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:50 Kick on back {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:25 Kick on back
500	4 x 25 on 1:00 Evens-underwaters, count kick Evens-underwaters, count kicks
250	1 on 25:00 Teach Day-Backstroke
7:30 PM	20 x 25 on :40 100 Back Pace
	1 on 10:00 Racing Skills-Relay starts
	1 x 250 on 5:00 Stroke Drills
	2,050 Yards - Stress Value = 69

	{2 x 75 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 100 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{4 x 125 on 2:25 Kick
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	3 x 400 on 5:15 Lungbuster pulls
	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:46 PM 3,400 Yards - Stress Value = 59

**Workout #19135 - Wednesday, 30 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
500	1 on 35:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,300	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR 15 KOW
	{2 x 75 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 100 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{4 x 125 on 2:40 Kick
	{2 x 25 on :30 Kick no board BS 12 KOW
	3 x 350 on 5:15 Lungbuster pulls
	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:46 PM 3,200 Yards - Stress Value = 55

**Workout #19138 - Wednesday, 30 November 2016**

**HighSchl - Back**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description	EC
2,250	1x{1 x 225 on 3:20 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{2 x 225 on 3:15 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{3 x 225 on 3:10 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	5:30 PM 2,550 Yards - Stress Value = 45	

**Workout #19139 - Wednesday, 30 November 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:47 PM Start

Yards	Set Description	EC
2,100	1x{1 x 200 on 3:20 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	{2 x 200 on 3:15 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	{3 x 200 on 3:10 Backstroke	EN
	{6 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	6 x 50 on 1:00 Stroke Drills	RE
	5:30 PM 2,400 Yards - Stress Value = 42	

**Workout #19133 - Wednesday, 30 November 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 DS>Showers		
400	1 x 400 on 5:00 Choice	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
225	15 x 15 on 1:00 Spinners/Sculling Drills	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
200	1 x 200 on 10:00 CFP/Video	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
	1 on 10:00 Partner Timed underwaters	SP3	
1,500	30 x 50 on :50 200 Free Pace	SP2	
500	20 x 25 on :30 Wednesday Warm-up	REC	
	5:35 PM 5,825 Yards - Stress Value = 450		

**Workout #19136 - Wednesday, 30 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
900	1 on 35:00 DS/TRX Bands
200	20 x 25 on :30 Wednesday Warm-up
	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR 15 KOW
	{2 x 75 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR 14 KOW
	{3 x 100 on 2:15 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{3 x 125 on 2:55 Kick
	{1 x 25 on :35 Kick no board B
	3 x 300 on 5:15 Lungbuster pulls
	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:46 PM 2,900 Yards - Stress Value = 49

**Workout #19134 - Wednesday, 30 November 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
900	1 on 35:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :30 Kick no board BSLR 15 KOW

**Workout #19140 - Wednesday, 30 November 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
4:47 PM	Start	
1,800	1x{1 x 175 on 3:20 Backstroke	EN
	{6 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{2 x 175 on 3:15 Backstroke	EN
	{6 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{3 x 175 on 3:10 Backstroke	EN
	{6 x 25 on :35 Back-descend Great Finishes	EN
300	6 x 50 on 1:00 Stroke Drills	RE
5:30 PM	2,100 Yards - Stress Value = 36	

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25Swim, 25Under, 25Scull, 25Swim
1,150	1x{10 x 15 on :45 Shooters
	{1 x 200 on 4:00 Breaststroke
	{2 x 50 on 1:05 Breast 2X pullouts BH wall
	{4 x 25 on :45 Breast w/free kick-fast hands
	{1 x 200 on 3:55 Breaststroke
	{2 x 50 on 1:00 Breast 2X pullouts BH wall
	{4 x 25 on :45 Breast w/free kick-fast hands
	{1 x 200 on 3:50 Breaststroke
	{2 x 50 on :55 Breast 2X pullous BH wall
	{2 x 25 on :45 Breast w/free kick-fast hands
250	1 x 250 on 4:00 Stroke Drills
6:30 PM	1,950 Yards - Stress Value = 29

**Workout #19137 - Wednesday, 30 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
500	1 on 35:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,050	1x{10 x 15 on :45 Shooters
	{4 x 25 on :40 Kick no board BSLR 15 KOW
	{2 x 75 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 100 on 2:30 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{3 x 100 on 2:35 Kick
750	3 x 250 on 5:15 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:46 PM	2,650 Yards - Stress Value = 44

**Workout #19152 - Friday, 02 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25Swim, 25Under, 25Scull, 25Swim
1,150	1x{10 x 15 on :45 Shooters
	{1 x 200 on 4:15 Breaststroke
	{2 x 50 on 1:10 Breast 2X pullouts BH wall
	{4 x 25 on :45 Breast w/free kick-fast hands
	{1 x 200 on 4:10 Breaststroke
	{2 x 50 on 1:05 Breast 2X pullouts BH wall
	{4 x 25 on :45 Breast w/free kick-fast hands
	{1 x 200 on 4:05 Breaststroke
	{3 x 50 on 1:00 Breast 2X pullous BH wall
250	1 x 250 on 4:00 Stroke Drills
6:30 PM	1,950 Yards - Stress Value = 29

**Workout #19141 - Wednesday, 30 November 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EC
4:47 PM	Start	
1,500	1x{1 x 150 on 3:20 Backstroke	EN
	{6 x 25 on :45 Back-descend Great Finishes	EN
	{2 x 75 on 1:40 Back 10 KOW L. Wall	EN
	{2 x 150 on 3:15 Backstroke	EN
	{6 x 25 on :45 Back-descend Great Finishes	EN
	{2 x 75 on 1:40 Back 10 KOW L. Wall	EN
	{3 x 150 on 3:10 Backstroke	EN
300	6 x 50 on 1:00 Stroke Drills	RE
5:29 PM	1,800 Yards - Stress Value = 30	

**Workout #19153 - Friday, 02 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25Swim, 25Under, 25Scull, 25Swim
1,100	1x{10 x 15 on :45 Shooters
	{1 x 200 on 4:30 Breaststroke
	{2 x 50 on 1:15 Breast 2X pullouts BH wall
	{4 x 25 on :45 Breast w/free kick-fast hands
	{1 x 200 on 4:20 Breaststroke
	{2 x 50 on 1:10 Breast 2X pullouts BH wall
	{4 x 25 on :45 Breast w/free kick-fast hands
	{1 x 200 on 4:15 Breaststroke
	{2 x 50 on 1:05 Breast 2X pullous BH wall
250	1 x 250 on 4:00 Stroke Drills
6:31 PM	1,900 Yards - Stress Value = 28

**Workout #19148 - Thursday, 01 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
5:30 AM	Start			
400	1 on 40:00 DS/Weights			L WTS
1,800	1 x 400 on 5:00 Choice	REC		S CHC
250	24 x 75 on 1:10 500 Free Pace	SP2		S FF
750	1 x 250 on 4:00 Choice	REC		S CHC
250	30 x 25 on :30 Your #1 Stroke Pace	SP2		S STP
250	1 x 250 on 4:00 Stroke Drills	REC		D CI
7:10 AM	3,450 Yards - Stress Value = 255			

**Workout #19151 - Friday, 02 December 2016**

**Group 2 - Silver-1**

**Workout #19149 - Friday, 02 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
5:30 AM	Start				
1	on 40:00 DS/Weights			L WTS	
400	1 x 400 on 5:00 Choice	REC		S CHO	1:1
1,500	30 x 50 on :55 200 IM Pace	SP2		S IM	1:5
250	1 x 250 on 4:00 Choice	REC		S CHO	1:3
600	24 x 25 on :30 50 Free Pace	SP2		S FR	2:0
200	1 x 200 on 3:00 Stroke Drills	REC		D CD	1:3
7:06 AM	2,950 Yards - Stress Value = 210				

**Workout #19150 - Friday, 02 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
3:00 PM	Start				
1	on 15:00 DS>Showers			L DRY	
750	30 x 25 on :30 100 Fly Pace	SP2		S FLY	2:
1	on 10:00 Timed Open Turns	SP3		D STK	
750	30 x 25 on :30 100 Back Pace	SP2		S BK	2:
200	1 x 200 on 10:00 CFP/Video	REC		D FR	5:
750	30 x 25 on :30 100 Breast Pace	SP2		S BR	2:
1	on 12:00 YDR			L DRY	
750	30 x 25 on :30 100 Free Pace	SP2		S FR	2:
500	10 x 50 on 1:00 Stroke Drills	REC		D CD	2:
5:02 PM	3,700 Yards - Stress Value = 300				

**Workout #19154 - Friday, 02 December 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
3:00 PM	Start				
1	on 47:00 DS/Yoga				
500	1 x 500 on 15:00 5min ez swim 10min IP's	REC			
180	12 x 15 on :45 Start/Shooter/Finish	SP3			
1	on 10:00 Sculling Drills in Diving Well	REC			
250	1 x 250 on 10:00 Indvdl Prsrceptns	REC			
750	30 x 25 on :30 100 Free Pace	SP2			
500	10 x 50 on 1:00 Stroke Drills	REC			
5:00 PM	2,180 Yards - Stress Value = 82				

**Workout #19165 - Monday, 05 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:00 PM	Start				
1	on 35:00 DS/Dryland				
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP				
150	10 x 15 on :45 Shooters				
1,100	1x{4 x 25 on :45 Kick no board B				
	{3 x 50 on 1:10 Kick on back no board				
	{6 x 25 on :45 Kick no board B				
	{3 x 75 on 1:45 Kick on back no board				
	{7 x 25 on :45 Kick no board B				
	{3 x 100 on 2:20 Kick on back no board				
300	6 x 50 on 1:00 Odds face in sculling drills				
	Evns-underwaters, count kicks				
1,900	1x{4 x 125 on 2:30 Backstroke				
	{3 x 50 on 1:00 Back 3KOW+1				
	{4 x 125 on 2:25 Backstroke				
	{3 x 50 on 1:05 Back 4KOW+1				
	{4 x 125 on 2:20 Backstroke				
	{2 x 50 on 1:10 Back 5KOW+1				
600	24 x 25 on :35 100 Back Pace				

250 1 x 250 on 5:00 Stroke Drills  
7:30 PM 4,800 Yards - Stress Value = 78

**Workout #19166 - Monday, 05 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:00 PM	Start				
1	on 35:00 DS/Dryland				
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP				
150	10 x 15 on :45 Shooters				
1,050	1x{4 x 25 on :45 Kick no board B				
	{3 x 50 on 1:15 Kick on back no board				
	{6 x 25 on :45 Kick no board B				
	{3 x 75 on 1:55 Kick on back no board				
	{5 x 25 on :45 Kick no board B				
	{3 x 100 on 2:30 Kick on back no board				
300	6 x 50 on 1:00 Odds face in sculling drills				
	Evns-underwaters, count kicks				
1,800	1x{4 x 125 on 2:40 Backstroke				
	{3 x 50 on 1:05 Back 3KOW+1				
	{4 x 125 on 2:35 Backstroke				
	{3 x 50 on 1:10 Back 4KOW+1				
	{4 x 125 on 2:30 Backstroke				
600	24 x 25 on :35 100 Back Pace				
250	1 x 250 on 5:00 Stroke Drills				
7:30 PM	4,650 Yards - Stress Value = 74				

**Workout #19167 - Monday, 05 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
5:00 PM	Start				
1	on 35:00 DS/Dryland				
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP				
150	10 x 15 on :45 Shooters				
1,000	1x{4 x 25 on :45 Kick no board B				
	{3 x 50 on 1:20 Kick on back no board				
	{4 x 25 on :45 Kick no board B				
	{3 x 75 on 2:05 Kick on back no board				
	{5 x 25 on :45 Kick no board B				
	{3 x 100 on 2:45 Kick on back no board				
300	6 x 50 on 1:00 Odds face in sculling drills				
	Evns-underwaters, count kicks				
1,550	1x{4 x 100 on 2:25 Backstroke				
	{3 x 50 on 1:15 Back 3KOW+1				
	{4 x 100 on 2:20 Backstroke				
	{3 x 50 on 1:20 Back 4KOW+1				
	{4 x 100 on 2:15 Backstroke				
	{1 x 50 on 1:25 Back 5KOW+1				
500	20 x 25 on :40 100 Back Pace				
250	1 x 250 on 5:00 Stroke Drills				
7:30 PM	4,250 Yards - Stress Value = 66				

**Workout #19161 - Monday, 05 December 2016**

**HighSchl - Distance**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	W
2,800	1x{1 x 500 on 6:15 Freestyle Neg Split	EN2	
	{5 x 100 on 1:15 Free Hold Avg from 500	EN2	
	{1 x 400 on 5:00 Freestyle Neg Split	EN2	
	{4 x 100 on 1:15 Free Hold Avg from 400	EN2	
	{1 x 300 on 3:45 Freestyle Neg Split	EN2	
	{3 x 100 on 1:15 Free Hold Avg from 300	EN2	
	{1 x 200 on 2:30 Freestyle Neg split	EN2	
	{2 x 100 on 1:15 Free Hold Avg from 200	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	

5:30 PM 3,200 Yards - Stress Value = 56

**Workout #19155 - Monday, 05 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 40:00 DS/Weights		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1
2,400	24 x 100 on 1:20 1650 Free Pace	SP2	S	FR	1
250	1 x 250 on 4:00 Choice	REC	S	CHO	1
750	30 x 25 on :30 Your #4 100	SP2	S	STK	2
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1

7:14 AM 4,050 Yards - Stress Value = 315

**Workout #19156 - Monday, 05 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 15:00 DS/Showers		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BF	
200	1 x 200 on 10:00 CFP/Video	REC	D	FF	
1,500	30 x 50 on :50 200 Free Pace	SP2	S	FF	
	1 on 10:00 YDR		L	DRY	
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	
	1 on 15:00 Racing Skills-Starts	REC	D		
750	30 x 25 on :30 100 Back Pace	SP2	S	BF	
300	1 x 300 on 5:00 Continuous Pre-Set	REC	D	CME	

5:29 PM 5,400 Yards - Stress Value = 450

**Workout #19157 - Monday, 05 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	W
	1 on 30:00 DS/Physio Balls		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
300	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,600	1x{4 x 25 on :30 Kick no board BSLR-12 KOW		
	{3 x 100 on 1:40 Kick		
	{4 x 25 on :30 Kick no board BSLR-12 KOW		
	{3 x 100 on 1:35 Kick		
	{4 x 25 on :30 Kick no board BSLR-12 KOW		
	{3 x 100 on 1:30 Kick		
	{4 x 25 on :30 Kick no board BSLR-12 KOW		
	{3 x 100 on 1:25 Kick		
1,600	1x{2 x 200 on 2:35 Pull no br L.12 yds		
	{2 x 200 on 2:30 Pull no br L.12 yds		
	{2 x 200 on 2:25 Pulls-no br L.12 yds		

{2 x 200 on 2:20 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:45 PM 4,300 Yards - Stress Value = 70

**Workout #19158 - Monday, 05 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	W
	1 on 30:00 DS/Physio Balls		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
300	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,350	1x{4 x 25 on :30 Kick no board BSLR-12 KOW		
	{3 x 100 on 2:00 Kick		
	{4 x 25 on :30 Kick no board BSLR-12 KOW		
	{3 x 100 on 1:55 Kick		
	{4 x 25 on :30 Kick no board BSLR-12 KOW		
	{3 x 100 on 1:50 Kick		
	{4 x 25 on :30 Kick no board BSLR-12 KOW		
	{1 x 50 on :55 Kick		
1,350	1x{2 x 200 on 3:00 Pull no br L.12 yds		
	{2 x 200 on 2:55 Pull no br L.12 yds		
	{2 x 200 on 2:50 Pull no br L.12 yds		
	{1 x 150 on 2:05 Pulls-no br L.12 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

4:45 PM 3,800 Yards - Stress Value = 56

**Workout #19162 - Monday, 05 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	W
2,400	1x{1 x 500 on 7:15 Freestyle Neg Split	EN2	
	{5 x 100 on 1:25 Free Hold Avg from 500	EN2	
	{1 x 400 on 5:45 Freestyle Neg Split	EN2	
	{4 x 100 on 1:25 Free Hold Avg from 400	EN2	
	{1 x 300 on 4:20 Freestyle Neg Split	EN2	
	{3 x 100 on 1:25 Free Hold Avg from 300	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	

5:30 PM 2,800 Yards - Stress Value = 48

**Workout #19159 - Monday, 05 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	W
550	1 on 30:00 DS/Physio Balls		
300	1 x 550 on 10:00 Swim-kick-pull-swim		
	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,250	1x{4 x 25 on :35 Kick no board BSLR-12 KOW		
	{3 x 100 on 2:10 Kick		
	{4 x 25 on :35 Kick no board BSLR-12 KOW		
	{3 x 100 on 2:05 Kick		
	{4 x 25 on :35 Kick no board BSLR-12 KOW		
	{2 x 100 on 2:00 Kick		
	{4 x 25 on :35 Kick no board BS-12 KOW		
	{1 x 50 on :55 Kick		
1,250	1x{2 x 200 on 3:15 Pull no br L.12 yds		
	{2 x 200 on 3:10 Pull no br L.12 yds		
	{2 x 200 on 3:05 Pull no br L.12 yds		
	{1 x 50 on :45 Pulls-no br L.12 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:45 PM 3,550 Yards - Stress Value = 51		

**Workout #19163 - Monday, 05 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	W
2,100	1x{1 x 500 on 8:15 Freestyle Neg Split	EN2	
	{5 x 100 on 1:40 Free Hold Avg from 500	EN2	
	{1 x 400 on 6:30 Freestyle Neg Split	EN2	
	{4 x 100 on 1:40 Free Hold Avg from 400	EN2	
	{1 x 200 on 3:20 Freestyle Neg Split	EN2	
	{1 x 100 on 1:40 Free Hold Avg from 200	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 2,500 Yards - Stress Value = 42		

**Workout #19160 - Monday, 05 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	W
550	1 on 30:00 DS/Physio Balls		
300	1 x 550 on 10:00 Swim-kick-pull-swim		
	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
1,000	1x{4 x 25 on :45 Kick no board BSLR-12 KOW		
	{3 x 100 on 2:30 Kick		
	{4 x 25 on :45 Kick no board BSLR-12 KOW		
	{2 x 100 on 2:25 Kick		
	{4 x 25 on :45 Kick no board BSLR-12 KOW		
	{1 x 100 on 2:20 Kick		
	{4 x 25 on :45 Kick no board BSLR-12 KOW		
1,000	1x{2 x 200 on 4:00 Pull no br L.12 yds		
	{2 x 200 on 3:55 Pull no br L.12 yds		
	{1 x 200 on 3:50 Pull no br L.12 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:45 PM 3,050 Yards - Stress Value = 44		

**Workout #19164 - Monday, 05 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	W
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1,800	1x{1 x 500 on 9:00 Freestyle Neg Split	EN2	
	{5 x 100 on 2:00 Free Hold Avg from 500	EN2	
	{1 x 400 on 7:15 Freestyle Neg Split	EN2	
	{4 x 100 on 2:00 Free Hold Avg from 400	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 2,200 Yards - Stress Value = 36		

**Workout #19169 - Tuesday, 06 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	W
	1 on 35:00 DS/Dryland		
500	1 x 500 on 9:00 Sun Yang Free w/snorkels		
150	10 x 15 on :45 Shooters		
950	1x{2 x 100 on 2:35 Breast Kick with board		
	{2 x 100 on 2:30 Breast Kick with board		
	{2 x 100 on 2:25 Breast Kick with board		
	{2 x 100 on 2:20 Breast Kick with board		
	{2 x 75 on 2:00 Brst Kick-100%		
150	6 x 25 on 1:00 Odds face in sculling drills		
	Evens-underwaters, count kicks		
1,450	1x{1 x 200 on 4:15 Breaststroke		
	{3 x 50 on 1:15 Breast 2X pullouts		
	{2 x 175 on 3:40 Breaststroke		
	{3 x 50 on 1:15 Breaststroke 2X pullouts		
	{3 x 150 on 3:05 Breaststroke		
	{3 x 50 on 1:15 Breaststroke 2X pullouts		
600	24 x 25 on :35 100 Breast Pace		
	1 on 10:00 Racing Skills-Starts		
250	1 x 250 on 5:00 Stroke Drills		
	7:30 PM 4,050 Yards - Stress Value = 114		

**Workout #19170 - Tuesday, 06 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	W
	1 on 35:00 DS/Dryland		
500	1 x 500 on 9:00 Sun Yang Free w/snorkels		
150	10 x 15 on :45 Shooters		
900	1x{2 x 100 on 2:45 Breast Kick with board		
	{2 x 100 on 2:40 Breast Kick with board		
	{2 x 100 on 2:35 Breast Kick with board		
	{2 x 100 on 2:30 Breast Kick with board		
	{1 x 100 on 2:25 Brst Kick-100%		
150	6 x 25 on 1:00 Odds face in sculling drills		
	Evens-underwaters, count kicks		
1,400	1x{1 x 200 on 4:30 Breaststroke		
	{3 x 50 on 1:15 Breast 2X pullouts		
	{2 x 175 on 3:55 Breaststroke		
	{3 x 50 on 1:15 Breaststroke 2X pullouts		
	{3 x 150 on 3:20 Breaststroke		
	{2 x 50 on 1:15 Breaststroke 2X pullouts		
500	20 x 25 on :40 100 Breast Pace		
	1 on 10:00 Racing Skills-Starts		
250	1 x 250 on 5:00 Stroke Drills		
	7:30 PM 3,850 Yards - Stress Value = 102		

**Workout #19171 - Tuesday, 06 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Sun Yang Free w/snorkels
850	10 x 15 on :45 Shooters
1,350	1x{2 x 100 on 3:00 Breast Kick with board {2 x 100 on 2:55 Breast Kick with board {2 x 100 on 2:50 Breast Kick with board {2 x 100 on 2:45 Breast Kick with board {1 x 50 on 1:00 Brst Kick-100%
150	6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,350	1x{1 x 200 on 4:45 Breaststroke {3 x 50 on 1:20 Breast 2X pullouts {2 x 175 on 4:05 Breaststroke {3 x 50 on 1:20 Breaststroke 2X pullouts {3 x 150 on 3:25 Breaststroke {1 x 50 on 1:20 Breaststroke 2X pullouts
450	18 x 25 on :45 100 Breast Pace
250	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 3,700 Yards - Stress Value = 95

**Workout #19168 - Tuesday, 06 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 40:00 DS/Weights			L WT
400	1 x 400 on 5:00 Choice	REC		S CF
2,250	30 x 75 on 1:10 Your 1000 Free Pace	SP2		S F
250	1 x 250 on 4:00 Stroke Drills	REC		D C
750	30 x 25 on :30 Your #3 100 pace	SP2		S ST
250	1 x 250 on 4:00 Stroke Drills	REC		D C
	7:17 AM 3,900 Yards - Stress Value = 300			

**Workout #19181 - Wednesday, 07 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13
950	10 x 15 on :45 Shooters
1,800	1x{3 x 100 on 2:30 Kick-descend {3 x 100 on 2:25 Kick-descend {3 x 100 on 2:20 Kick-descend {2 x 25 on :45 Sprint kick
150	6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,800	9 x 200 on 3:40 Freestyle In sets of 3: #1 2 KOW+1 #2-hb 2 SOW+1 #3-GREAT EFFORT
600	24 x 25 on :35 100 Free Pace
250	1 on 10:00 Game w/ Coach Drew
250	1 x 250 on 5:00 Stroke Drills
	7:31 PM 4,300 Yards - Stress Value = 121

**Workout #19182 - Wednesday, 07 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13
950	10 x 15 on :45 Shooters
1,575	1x{3 x 100 on 2:35 Kick-descend {3 x 100 on 2:30 Kick-descend {3 x 100 on 2:25 Kick-descend {2 x 25 on :45 Sprint kick
150	6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
600	9 x 175 on 3:40 Freestyle In sets of 3: #1 2 KOW+1 #2-hb 2 SOW+1 #3-GREAT EFFORT
250	24 x 25 on :35 100 Free Pace
250	1 on 10:00 Game w/ Coach Drew
250	1 x 250 on 5:00 Stroke Drills
	7:31 PM 4,075 Yards - Stress Value = 117

**Workout #19183 - Wednesday, 07 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13
900	10 x 15 on :45 Shooters
1,350	1x{3 x 100 on 2:40 Kick-descend {3 x 100 on 2:35 Kick-descend {3 x 100 on 2:30 Kick-descend
150	6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
600	9 x 150 on 3:40 Freestyle In sets of 3: #1 2 KOW+1 #2-hb 2 SOW+1 #3-GREAT EFFORT
250	24 x 25 on :35 100 Free Pace
250	1 on 10:00 Game w/ Coach Drew
250	1 x 250 on 5:00 Stroke Drills
	7:31 PM 3,800 Yards - Stress Value = 111

**Workout #19177 - Wednesday, 07 December 2016**

**HighSchl - Back**

**1 minute rest between sets**

4:36 PM Start

Yards	Set Description
2,250	1x{4 x 100 on 1:25 Backstroke {6 x 50 on :45 Back-odds drills evens descend {3 x 150 on 2:00 Backstroke {6 x 50 on :45 Back-odds drill evens descend {2 x 200 on 2:35 Backstroke {8 x 50 on :45 Back-odds drill evens descend
750	30 x 25 on :30 100 Free Pace
250	1 on 10:00 Game w/ Coach Drew
250	1 x 250 on 5:00 Stroke Drills
	5:30 PM 3,250 Yards - Stress Value = 120

**Workout #19172 - Wednesday, 07 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	3:00 PM Start		
400	1 on 20:00 DS/Tm Mtg/Showers		
1,500	1 x 400 on 5:00 Choice	REC	
200	30 x 50 on :50 200 Fly Pace	SP2	
1,500	1 x 200 on 8:00 CFB/Video	REC	
200	30 x 50 on :50 200 Back Pace	SP2	
1	on 10:00 Social Kick Tag	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
225	15 x 15 on 1:00 Spinners/Sculling Drills	SP3	
750	30 x 25 on :30 100 Free Pace	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	5:30 PM 5,575 Yards - Stress Value = 459		

**Workout #19173 - Wednesday, 07 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
500	1 on 35:00 DS/TRX Bands
300	20 x 25 on :30 Wednesday Warm-up
	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
1,250	1x{4 x 25 on :30 Kick no board BSLR 15 KOW
	{6 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{5 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
900	12 x 75 on 1:00 Lungbuster pulls
	Odds br 3-5-7, evens 4-6-8 by 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:35 PM 3,150 Yards - Stress Value = 57

**Workout #19174 - Wednesday, 07 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
500	1 on 35:00 DS/TRX Bands
300	20 x 25 on :30 Wednesday Warm-up
	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
1,050	1x{4 x 25 on :30 Kick no board BSLR 15 KOW
	{6 x 75 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{4 x 100 on 1:50 Kick
750	10 x 75 on 1:10 Lungbuster pulls
	Odds br 3-5-7, evens 4-6-8 by 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:35 PM 2,800 Yards - Stress Value = 50

**Workout #19178 - Wednesday, 07 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
	4:36 PM Start
2,000	1x{4 x 100 on 1:35 Backstroke
	{6 x 50 on :50 Back-odds drills evens descend
	{3 x 150 on 2:15 Backstroke
	{6 x 50 on :50 Back-odds drill evens descend
	{2 x 200 on 2:55 Backstroke

	{3 x 50 on :50 Back-descend
750	30 x 25 on :30 100 Free Pace
250	1 x 250 on 5:00 Stroke Drills
	5:30 PM 3,000 Yards - Stress Value = 115

**Workout #19175 - Wednesday, 07 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
	1 on 35:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
900	1x{4 x 25 on :35 Kick no board BSLR 15 KOW
	{6 x 75 on 1:35 Kick
	{2 x 25 on :35 Kick no board BSLR 14 KOW
	{3 x 100 on 2:05 Kick
675	9 x 75 on 1:20 Lungbuster pulls
	Odds br 3-5-7, evens 4-6-8 by 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:35 PM 2,575 Yards - Stress Value = 46

**Workout #19179 - Wednesday, 07 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
	4:36 PM Start
	1,800 1x{4 x 100 on 1:45 Backstroke
	{6 x 50 on :55 Back-odds drills evens descend
	{3 x 150 on 2:35 Backstroke
	{6 x 50 on :55 Back-odds drill evens descend
	{1 x 200 on 3:20 Backstroke
	{3 x 50 on :55 Back-descend
750	30 x 25 on :30 100 Free Pace
250	1 x 250 on 5:00 Stroke Drills
	5:30 PM 2,800 Yards - Stress Value = 111

**Workout #19176 - Wednesday, 07 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
	1 on 35:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
300	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
700	1x{4 x 25 on :45 Kick no board BSLR 15 KOW
	{4 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR 14 KOW
	{2 x 100 on 2:40 Kick
450	6 x 75 on 1:45 Lungbuster pulls
	Odds br 3-5-7, evens 4-6-8 by 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:34 PM 2,150 Yards - Stress Value = 37

**Workout #19180 - Wednesday, 07 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
4:36 PM	Start
1,300	1x{3 x 100 on 2:30 Backstroke
	{4 x 50 on 1:10 Back-odds drills evens descer
	{3 x 150 on 3:30 Backstroke
	{4 x 50 on 1:10 Back-odds drill evens descenc
	{1 x 100 on 2:30 Backstroke
	{1 x 50 on 1:10 Back-Fast
750	30 x 25 on :30 100 Free Pace
250	1 x 250 on 5:00 Stroke Drills
5:29 PM	2,300 Yards - Stress Value = 101

**Workout #19190 - Thursday, 08 December 2016**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY
4:44 PM	Start	
2,400	1x{1 x 100 on 1:25 3 strokes off walls	EN2
	{9 x 25 on :25 Fly-descend in 3s	EN2
	{2 x 100 on 1:20 3 strokes off walls	EN1
	{9 x 25 on :25 Fly-descend in 3s	EN2
	{3 x 100 on 1:15 3 strokes off walls	EN2
	{9 x 25 on :25 Fly-descend in 3s	EN2
	{4 x 100 on 1:15 3 strokes fly off walls	EN2
	{9 x 25 on :25 Fly-descend in 3s	EN2
	{5 x 100 on 1:10 3 strokes fly off walls	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
5:29 PM	2,900 Yards - Stress Value = 44	

**Workout #19184 - Thursday, 08 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
5:30 AM	Start				
	1 on 40:00 DS/Weights			L	WTS
400	1 x 400 on 5:00 Choice	REC	S	CHO	1
1,800	24 x 75 on 1:10 500 Free Pace	SP2	S	FR	1
250	1 x 250 on 4:00 Choice	REC	S	CHO	1
750	30 x 25 on :30 Your #2 100 Pace	SP2	S	STK	2
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1
7:10 AM	3,450 Yards - Stress Value = 255				

**Workout #19185 - Thursday, 08 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM	Start		
	1 on 20:00 DS/Tm Mtg/Showers		
400	1 x 400 on 5:00 Choice	REC	S
1,500	30 x 50 on :50 200 Free Pace	SP2	S
200	1 x 200 on 6:00 CFP/Video	REC	D
1,500	30 x 50 on :55 200 Breast Pace	SP2	S
	1 on 8:00 Walking	REC	L
1,000	40 x 25 on :30 200 Back Pace	SP2	S
	1 on 10:00 Racing Skills-1 leg starts		D
1,000	40 x 25 on :30 200 Fly Pace	SP2	S
250	1 x 250 on 4:00 Underwater trn drill	REC	D
5:32 PM	5,850 Yards - Stress Value = 500		

**Workout #19186 - Thursday, 08 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
600	1 on 30:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
120	8 x 15 on :45 Spinners
1,800	1x{2 x 150 on 2:25 Kick your #1
	{2 x 50 on 1:00 Kick your #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:20 Kick your #1
	{2 x 50 on 1:00 Kick you #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:15 Kick your #1
	{2 x 50 on 1:00 Kick your #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:10 Kick your#1
1,200	6 x 200 on 2:30 Pulls snorkels and paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM	3,920 Yards - Stress Value = 55

**Workout #19187 - Thursday, 08 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
600	1 on 30:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
120	8 x 15 on :45 Spinners
1,550	1x{2 x 150 on 2:55 Kick your #1
	{2 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:50 Kick your #1
	{1 x 50 on 1:05 Kick you #2
	{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:45 Kick your #1
	{1 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3
	{1 x 150 on 2:40 Kick your#1
1,050	6 x 175 on 2:30 Pulls snorkels and paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM	3,520 Yards - Stress Value = 48

**Workout #19191 - Thursday, 08 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
4:44 PM	Start	
2,025	1x{1 x 100 on 1:30 3 strokes off walls	EN1
	{9 x 25 on :30 Fly-descend in 3s	EN2
	{2 x 100 on 1:30 3 strokes off walls	EN1
	{9 x 25 on :30 Fly-descend in 3s	EN2
	{3 x 100 on 1:25 3 strokes off walls	EN2
	{9 x 25 on :30 Fly-descend in 3s	EN2
	{4 x 100 on 1:25 3 strokes fly off walls	EN2
	{6 x 25 on :30 Fly-descend	EN2
	{2 x 100 on 1:20 3 strokes fly off walls	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
5:29 PM	2,525 Yards - Stress Value = 36	

**Workout #19186 - Thursday, 08 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

**Workout #19188 - Thursday, 08 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY
550	1 on 30:00 DS/Shoulders	
	1 x 550 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
120	8 x 15 on :45 Spinners	
1,400	1x{2 x 150 on 3:15 Kick your #1	
	{1 x 50 on 1:10 Kick your #2	
	{1 x 50 on 1:15 Kick your #3	
	{2 x 150 on 3:10 Kick your #1	
	{2 x 50 on 1:10 Kick you #2	
	{1 x 50 on 1:15 Kick your #3	
	{2 x 150 on 3:05 Kick your #1	
	{2 x 50 on 1:10 Kick your #2	
	{1 x 50 on 1:15 Kick your #3	
	{1 x 100 on 2:00 Kick your#1	
900	6 x 150 on 2:30 Pulls snorkels and paddles	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:42 PM 3,170 Yards - Stress Value = 44	

**Workout #19192 - Thursday, 08 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY
1,775	1x{1 x 100 on 1:45 3 strokes off walls	EN1
	{9 x 25 on :35 Fly-descend in 3s	EN2
	{2 x 100 on 1:40 3 strokes off walls	EN1
	{9 x 25 on :35 Fly-descend in 3s	EN2
	{3 x 100 on 1:35 3 strokes off walls	EN2
	{9 x 25 on :35 Fly-descend in 3's	EN2
	{4 x 100 on 1:30 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-descend	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	5:29 PM 2,275 Yards - Stress Value = 31	

**Workout #19189 - Thursday, 08 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Shoulders	
	1 x 500 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
120	8 x 15 on :45 Spinners	
1,300	1x{2 x 125 on 3:00 Kick your #1	
	{1 x 50 on 1:15 Kick your #2	
	{1 x 50 on 1:20 Kick your #3	
	{2 x 125 on 2:55 Kick your #1	
	{1 x 50 on 1:15 Kick you #2	
	{1 x 50 on 1:20 Kick your #3	
	{2 x 150 on 3:25 Kick your #1	
	{2 x 50 on 1:15 Kick your #2	
	{1 x 50 on 1:20 Kick your #3	
	{1 x 150 on 3:20 Kick your#1	
750	6 x 125 on 2:30 Pulls snorkels and paddles	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:42 PM 2,870 Yards - Stress Value = 41	

**Workout #19193 - Thursday, 08 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY
1,450	1x{1 x 100 on 2:15 3 strokes off walls	EN1
	{6 x 25 on :40 Fly-descend in 3s	EN2
	{2 x 100 on 2:10 3 strokes off walls	EN1
	{6 x 25 on :40 Fly-descend in 3s	EN2
	{3 x 100 on 2:05 3 strokes off walls	EN2
	{6 x 25 on :40 Fly-descend in 3's	EN2
	{3 x 100 on 2:00 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly-descend	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	5:29 PM 1,950 Yards - Stress Value = 26	

**Workout #19197 - Friday, 09 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 DS/Dryland		L	I
400	4 x 100 on 2:15 SwimUSS	REC	D	
	25Swim, 25Under, 25Scull, 25Swim			
150	10 x 15 on :45 Shooters	SP3	S	
1,200	6x{1 x 100 on 2:00 Individual Medley	EN2	S	
	{1 x 50 on :50 Freestyle	EN2	S	
	{1 x 50 on 1:10 Freestyle	REC	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	6:29 PM 2,000 Yards - Stress Value = 24			

**Workout #19198 - Friday, 09 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 DS/Dryland		L	I
400	4 x 100 on 2:15 SwimUSS	REC	D	
	25Swim, 25Under, 25Scull, 25Swim			
150	10 x 15 on :45 Shooters	SP3	S	
1,200	6x{1 x 100 on 2:10 Individual Medley	EN2	S	
	{1 x 50 on :55 Freestyle	EN2	S	
	{1 x 50 on 1:15 Freestyle	REC	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	6:31 PM 2,000 Yards - Stress Value = 24			

**Workout #19199 - Friday, 09 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 DS/Dryland		L	I
400	4 x 100 on 2:15 SwimUSS	REC	D	
	25Swim, 25Under, 25Scull, 25Swim			
150	10 x 15 on :45 Shooters	SP3	S	
1,000	5x{1 x 100 on 2:20 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Freestyle	EN2	S	
	{1 x 50 on 1:20 Freestyle	REC	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	6:29 PM 1,800 Yards - Stress Value = 21			

**Workout #19193 - Thursday, 08 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

**Workout #19194 - Friday, 09 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 AM Start				
400	1 on 40:00 DS/Weights		L I	
1,500	1 x 400 on 5:00 Choice	REC	S C	
200	30 x 50 on :55 400 IM Pace	SP2	S	
750	1 x 200 on 3:00 Choice	REC	D C	
250	30 x 25 on :30 Your #1 100 Pace	SP2	S ε	
	1 x 250 on 5:00 Closed Fist/Snorkels	REC	D	
7:10 AM 3,100 Yards - Stress Value = 225				

**Workout #19195 - Friday, 09 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
3:00 PM Start				
400	1 on 15:00 DS/Showers		I	
750	1 x 400 on 5:00 Choice	REC	ε	
200	30 x 25 on :30 100 Breast Pace	SP2	ε	
750	1 x 200 on 8:00 CFP/Video	REC	I	
750	30 x 25 on :30 100 Back Pace	SP2	ε	
750	1 on 10:00 Stanford Turn Drills	REC	I	
750	30 x 25 on :30 100 Fly Pace	SP2	ε	
750	1 on 10:00 YDR	REC	I	
250	30 x 25 on :30 100 Free Pace	SP2	ε	
	1 x 250 on 5:00 Closed Fist w/Snorkels	REC	I	
4:59 PM 3,850 Yards - Stress Value = 300				

**Workout #19196 - Friday, 09 December 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WC	ε
3:00 PM Start				
500	1 on 47:00 DS/Yoga			
180	1 x 500 on 15:00 5 min swim/10 min IP	REC		
650	1 on 10:00 Stanford Turn Drill	REC		
	12 x 15 on :45 Start/Shooter/Finish	SP3		
	1x{1 x 250 on 4:30 Stroke Drills	REC		
	{4 x 25 on :40 Variable Speed	EN1		
	{1 x 200 on 3:30 Stroke Drills	REC		
	{4 x 25 on :40 Variable Speed	EN1		
750	30 x 25 on :30 100 Free Pace	SP2		
250	1 x 250 on 5:00 Stroke Drills	REC		
4:59 PM 2,330 Yards - Stress Value = 84				

**Workout #19200 - Saturday, 10 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	ε
6:00 AM Start			
400	1 on 15:00 DS/Showers		
480	1 x 400 on 5:00 Choice	REC	
250	Follow strict USRPT Protocol		
1,500	24 x 20 on :30 50 Free Pace in Diving Well	SP2	
250	1 x 250 on 5:00 Choice	REC	
1,500	30 x 50 on :55 200 IM Pace	SP2	
250	1 x 250 on 5:00 Choice	REC	
1,500	30 x 50 on :50 Your #1 200 Pace	SP2	
600	1 on 10:00 Racing Skills-Relay starts		
250	24 x 25 on :30 50 Free Pace in Main Pool	SP2	
	1 x 250 on 5:00 Stroke Drills	REC	
8:09 AM 5,230 Yards - Stress Value = 408			

**Workout #19221 - Monday, 12 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	ε
5:00 PM Start		
500	1 on 35:00 DS/Dryland	
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP	
1,350	10 x 15 on :45 Shooters	
	1x{ Every 3rd one 100%	
	{3 x 200 on 4:30 Breast Kick	
	{3 x 150 on 3:25 Breast Kick	
	{3 x 100 on 2:20 Breast Kick	
300	6 x 50 on 1:00 Odds face in sculling drills	
	Evns-underwaters, count kicks	
1,500	5 x 100 on 1:55 Breaststroke	
	{1 on 1:00 Rest	
	{4 x 100 on 1:55 Breaststroke	
	{1 on 1:00 Rest	
	{3 x 100 on 1:55 Breaststroke	
	{1 on 1:00 Rest	
	{2 x 100 on 1:55 Breaststroke	
	{1 on 1:00 Rest	
600	1 x 100 on 1:55 Breaststroke	
400	24 x 25 on :35 100 Breast Pace	
	8 x 50 on 1:00 Stroke Drills	
7:30 PM 4,800 Yards - Stress Value = 123		

**Workout #19222 - Monday, 12 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description	ε
5:00 PM Start		
500	1 on 35:00 DS/Dryland	
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP	
1,250	10 x 15 on :45 Shooters	
	1x{ Every 3rd one 100%	
	{3 x 200 on 4:45 Breast Kick	
	{3 x 150 on 3:40 Breast Kick	
	{2 x 100 on 2:30 Breast Kick	
300	6 x 50 on 1:00 Odds face in sculling drills	
	Evns-underwaters, count kicks	
1,400	5 x 100 on 2:05 Breaststroke	
	{1 on 1:00 Rest	
	{4 x 100 on 2:05 Breaststroke	
	{1 on 1:00 Rest	
	{3 x 100 on 2:05 Breaststroke	
	{1 on 1:00 Rest	
	{2 x 100 on 2:05 Breaststroke	
600	24 x 25 on :35 100 Breast Pace	
400	8 x 50 on 1:00 Stroke Drills	
7:30 PM 4,600 Yards - Stress Value = 119		

**Workout #19223 - Monday, 12 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,200	1x{ Every 3rd one 100%
	{3 x 200 on 5:00 Breast Kick
	{3 x 150 on 3:50 Breast Kick
	{3 x 50 on 1:15 Breast Kick
300	6 x 50 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
1,300	1x{5 x 100 on 2:15 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 2:15 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 2:15 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 2:15 Breaststroke
600	24 x 25 on :35 100 Breast Pace
400	8 x 50 on 1:00 Stroke Drills
	7:30 PM 4,450 Yards - Stress Value = 116

**Workout #19207 - Monday, 12 December 2016**

**HighSchl - Distance**

**1 minute rest between sets**

2:02 PM Start

Yards	Set Description	EGY
=====	=====	=====
2,700	1x{2 x 200 on 2:30 Free hold 220	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:35 Freestyle hold 219	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:45 Free Hold 218	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:50 Free hold 217	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:55 Free hold 216	EN2
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{1 x 200 on 3:00 Free-100%	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	2:50 PM 3,200 Yards - Stress Value = 54	

**Workout #19201 - Monday, 12 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
	1 on 40:00 DS/Weights		L	DRY	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1
2,400	24 x 100 on 1:20 1650 Free Pace	SP2	S	FR	1
250	1 x 250 on 4:00 Choice	REC	S	CHO	1
625	25 x 25 on :30 50 Free Pace	SP2	S	FR	2
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1
	7:12 AM 3,925 Yards - Stress Value = 302				

**Workout #19202 - Monday, 12 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

12:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/Weights	
400	1 x 400 on 5:00 Choice	REC
2,400	24 x 100 on 1:10 1650 Free Pace	SP2
200	1 x 200 on 10:00 CFP/Video	REC

750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 20:00 Racing Skills-Trophy/Relay Start	
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 YDR	
1,500	30 x 50 on :50 200 Fly/Back Pace	SP2
300	1 x 300 on 5:00 Continuos Pre-Set	REC
	2:59 PM 6,300 Yards - Stress Value = 540	

**Workout #19203 - Monday, 12 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

12:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Spinners
	Kick set w/snrkls, flip turns, no kicks
	until shoulders reach the flags
1,900	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{2 x 100 on 1:45 Kick
	{2 x 100 on 1:40 Kick
	{10 x 25 on :30 Kick no board BSLRX2 LR
1,250	5x{1 x 50 on :40 Pull 8 SOT-HB
	{1 x 50 on :40 Pull 7 SOT-HB
	{1 x 50 on :40 Pull 6 SOT-HB
	{1 x 50 on :40 Pull 5 SOT-HB
	{1 x 50 on :40 Pull 4 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2:01 PM 4,100 Yards - Stress Value = 56

**Workout #19204 - Monday, 12 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

12:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Spinners
1,800	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{2 x 100 on 2:00 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{6 x 25 on :30 Kick no board BSLRBS
1,250	5x{1 x 50 on :45 Pull 8 SOT-HB
	{1 x 50 on :45 Pull 7 SOT-HB
	{1 x 50 on :45 Pull 6 SOT-HB
	{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
	{ Dont do the last two of 5th round
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	2:03 PM 4,000 Yards - Stress Value = 54

**Workout #19208 - Monday, 12 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

2:02 PM Start

Yards	Set Description	EGY
2,500	1x{2 x 200 on 2:45 Free hold 235	EN2
	{1 x 100 on 1:25 Free HB +1 off each wall	EN2
	{2 x 200 on 2:50 Freestyle hold 234	EN2
	{1 x 100 on 1:25 Free HB +1 off each wall	EN2
	{2 x 200 on 2:55 Free Hold 233	EN2
	{1 x 100 on 1:25 Free HB +1 off each wall	EN2
	{2 x 200 on 3:00 Free hold 232	EN2
	{1 x 100 on 1:25 Free HB +1 off each wall	EN2
	{2 x 200 on 3:05 Free hold 231	EN2
	{1 x 100 on 1:25 Free HB +1 off each wall	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
2:50 PM 3,000 Yards - Stress Value = 50		

**Workout #19205 - Monday, 12 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

12:00 PM Start

Yards	Set Description	EGY
550	1 on 40:00 DS/Weights	
150	1 x 550 on 10:00 Swim-kick-pull-swim	
1,600	10 x 15 on :45 Spinners	
	1x{4 x 25 on :35 Kick no board BSLR	
	{2 x 100 on 2:15 Kick	
	{2 x 100 on 2:10 Kick	
	{6 x 25 on :35 Kick no board BSLRBS	
	{2 x 100 on 2:10 Kick	
	{1 x 100 on 2:05 Kick	
	{8 x 25 on :35 Kick no board BSLR X2	
	{2 x 100 on 2:05 Kick	
	{1 x 100 on 2:00 Kick	
	{6 x 25 on :35 Kick no board BSLRBS	
1,250	5x{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	
	{ Only do 2 in the 5th round	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2:05 PM 3,750 Yards - Stress Value = 50		

**Workout #19209 - Monday, 12 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

2:02 PM Start

Yards	Set Description	EGY
2,300	1x{2 x 200 on 3:05 Free hold 255	EN2
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2
	{2 x 200 on 3:10 Freestyle hold 254	EN2
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2
	{2 x 200 on 3:15 Free Hold 253	EN2
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2
	{2 x 200 on 3:20 Free hold 252	EN2
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2
	{1 x 200 on 3:25 Free hold 251	EN2
	{1 x 100 on 1:35 Free HB +1 off each wall	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
2:50 PM 2,800 Yards - Stress Value = 46		

**Workout #19206 - Monday, 12 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

12:00 PM Start

Yards	Set Description	EGY
500	1 on 40:00 DS/Weights	
150	1 x 500 on 10:00 Swim-kick-pull-swim	
1,400	10 x 15 on :45 Spinners	
	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:30 Kick	
	{2 x 100 on 2:25 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:25 Kick	
	{2 x 100 on 2:20 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:20 Kick	
	{4 x 25 on :45 Kick no board BSLRBS	
1,000	4x{1 x 50 on :55 Pull 8 SOT-HB	
	{1 x 50 on :55 Pull 7 SOT-HB	
	{1 x 50 on :55 Pull 6 SOT-HB	
	{1 x 50 on :55 Pull 5 SOT-HB	
	{1 x 50 on :55 Pull 4 SOT-HB	
Dont do the last 2 of the 4th round		
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2:03 PM 3,250 Yards - Stress Value = 46		

**Workout #19210 - Monday, 12 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

2:02 PM Start

Yards	Set Description	EGY
1,800	1x{2 x 200 on 4:00 Free hold 345	EN2
	{1 x 100 on 2:00 Free HB +1 off each wall	EN2
	{2 x 200 on 4:05 Freestyle hold 344	EN2
	{1 x 100 on 2:00 Free HB +1 off each wall	EN2
	{2 x 200 on 4:10 Free Hold 343	EN2
	{1 x 100 on 2:00 Free HB +1 off each wall	EN2
	{1 x 200 on 4:15 Free hold 342	EN2
	{1 x 100 on 2:00 Free HB+1 off each wall	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
2:50 PM 2,300 Yards - Stress Value = 36		

**Workout #19224 - Tuesday, 13 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
500	1 on 35:00 DS/Dryland	
150	1 x 500 on 9:00 Sun Yang Freestyle w/snorkel	
950	10 x 15 on :45 Shooters	
	1x{4 x 100 on 2:25 Free Kick w/board	
	{4 x 25 on :45 Sprint Free Kick w/board	
	{4 x 75 on 1:40 Free Kick w/board	
	{4 x 25 on :45 Sprint Free Kick w/board	
	{1 x 50 on 1:05 Free Kick w/board	
150	6 x 25 on 1:00 Odds face in sculling drills	
Evans-underwaters, count kicks		
1,700	1x{2 x 125 on 2:30 Free br on 5 L.25	
	{3 x 50 on 1:00 Free 3 KOW breathe on LEFT si	
	{2 x 125 on 2:25 Free br on 5 L.25	
	{3 x 50 on 1:00 Free 3 KOW breathe on RIGHT s	
	{2 x 125 on 2:20 Free br on 5 L.25	
	{3 x 50 on 1:00 Free 3 KOW breathe on LEFT si	
	{2 x 125 on 2:15 Free br on 5 L.25	
	{3 x 50 on 1:00 Free 3 KOW breathe on RIGHT s	
	{1 x 100 on 1:45 Free br on 5 L.25	
600	24 x 25 on :35 100 Free Pace	
	1 on 10:00 Racing Skills-Starts	
250	1 x 250 on 5:00 Stroke Drills	
7:30 PM 4,300 Yards - Stress Value = 115		

**Workout #19225 - Tuesday, 13 December 2016**

5:30 PM 2,625 Yards - Stress Value = 39

**Group 2 - Silver-2**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 100 on 2:35 Free Kick w/board  
 {4 x 25 on :45 Sprint Free Kick w/board  
 {4 x 75 on 1:50 Free Kick w/board  
 {4 x 25 on :45 Sprint Free Kick w/board  
 150 6 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,550 1x{2 x 125 on 2:40 Free br on 5 L.25  
 {3 x 50 on 1:05 Free 3 KOW breathe on LEFT si  
 {2 x 125 on 2:35 Free br on 5 L.25  
 {3 x 50 on 1:05 Free 3 KOW breathe on RIGHT s  
 {2 x 125 on 2:30 Free br on 5 L.25  
 {3 x 50 on 1:05 Free 3 KOW breathe on LEFT si  
 {2 x 125 on 2:25 Free br on 5 L.25  
 {2 x 50 on 1:05 Free 3 KOW breathe on RIGHT s  
 600 24 x 25 on :35 100 Free Pace  
 1 on 10:00 Racing Skills-Starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 4,100 Yards - Stress Value = 111

**Workout #19226 - Tuesday, 13 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 100 on 2:45 Free Kick w/board  
 {4 x 25 on :45 Sprint Free Kick w/board  
 {4 x 75 on 2:00 Free Kick w/board  
 {2 x 25 on :45 Sprint Free Kick w/board  
 150 6 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,450 1x{2 x 125 on 2:50 Free br on 5 L.25  
 {3 x 50 on 1:10 Free 3 KOW breathe on LEFT si  
 {2 x 125 on 2:45 Free br on 5 L.25  
 {2 x 50 on 1:10 Free 3 KOW breathe on RIGHT s  
 {2 x 125 on 2:40 Free br on 5 L.25  
 {2 x 50 on 1:10 Free 3 KOW breathe on LEFT si  
 {2 x 125 on 2:35 Free br on 5 L.25  
 {2 x 50 on 1:10 Free 3 KOW breathe on RIGHT s  
 500 20 x 25 on :40 100 Free Pace  
 1 on 10:00 Racing Skills-Starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 3,850 Yards - Stress Value = 98

**Workout #19216 - Tuesday, 13 December 2016**

**HighSchl - Breast**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description EGY WORK STP  
 =====  
 2,375 1x{1 x 125 on 2:10 Breaststroke EN1 S BF  
 {4 x 50 on :55 Breast under/over EN2 S BF  
 {2 x 125 on 2:05 Breaststroke EN1 S BF  
 {3 x 50 on :55 Breast under/over EN2 S BF  
 {3 x 125 on 2:00 Breaststroke EN1 S BF  
 {2 x 50 on :55 Breast under/over EN2 S BF  
 {4 x 125 on 1:55 Breaststroke EN2 S BF  
 {1 x 50 on :55 Breast unde/over EN2 S BF  
 {5 x 125 on 1:50 Breaststroke EN2 S BF  
 250 1 x 250 on 4:00 Stroke Drills REC D CI

**Workout #19211 - Tuesday, 13 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK SI  
 =====  
 1 on 40:00 DS/Weights L WT  
 400 1 x 400 on 5:00 Choice REC S CI  
 2,250 30 x 75 on 1:10 Your 1000 Free Pace SP2 S F  
 250 1 x 250 on 4:00 Stroke Drills REC D C  
 600 24 x 25 on :30 50 Free Pace SP2 S F  
 250 1 x 250 on 4:00 Stroke Drills REC D C  
 7:14 AM 3,750 Yards - Stress Value = 285

**Workout #19220 - Tuesday, 13 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY W  
 =====  
 1 on 15:00 DS/Showers  
 400 1 x 400 on 5:00 Choice REC  
 750 30 x 25 on :30 100 Fly Pace SP2  
 225 15 x 15 on 1:00 Racing Skills #2 Shooters SP3  
 750 30 x 25 on :30 100 Back Pace SP2  
 200 1 x 200 on 8:00 CFP/Video REC  
 1,500 30 x 50 on :50 200 Breast Pace SP2  
 1 on 8:00 Walking REC  
 1,500 30 x 50 on :50 200 Free Pace SP2  
 1 on 10:00 Racing Skills-Relay Starts  
 250 1 x 250 on 5:00 Top Hat Drill REC  
 5:33 PM 5,575 Yards - Stress Value = 459

**Workout #19212 - Tuesday, 13 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core  
 600 1 x 600 on 10:00 Top Hat Drill  
 150 10 x 15 on :45 Spinners  
 All 50 kicks hold under fastest interval  
 1,500 1x{3 x 50 on :45 Kick  
 {1 x 100 on 2:00 Kick L.25 100%  
 {3 x 50 on :50 Kick  
 {1 x 125 on 2:25 Kick L.25 100%  
 {3 x 50 on :55 Kick  
 {1 x 150 on 2:50 Kick L.25 100%  
 {3 x 50 on 1:00 Kick  
 {1 x 175 on 3:15 Kick L.25 100%  
 {3 x 50 on 1:05 Kick  
 {1 x 200 on 3:40 Kick L.25 100%  
 Every 3rd 75-best effort  
 1,350 1x{6 x 75 on 1:05 Pulls odds BTB evens BTS  
 {6 x 75 on 1:00 Pulls odds BTB evens BTS  
 {6 x 75 on :55 Pulls odds BTB evens BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:44 PM 3,800 Yards - Stress Value = 65

**Workout #19213 - Tuesday, 13 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
600	1 on 30:00 DS/Core			
150	1 x 600 on 10:00 Top Hat Drill			
1,400	10 x 15 on :45 Spinners All 50 kicks hold under fastest interval			
1x{3	50 on :50 Kick			
	{1 x 100 on 2:00 Kick L.25 100%			
	{3 x 50 on :55 Kick			
	{1 x 125 on 2:25 Kick L.25 100%			
	{3 x 50 on 1:00 Kick			
	{1 x 150 on 2:50 Kick L.25 100%			
	{3 x 50 on 1:05 Kick			
	{1 x 175 on 3:15 Kick L.25 100%			
	{3 x 50 on 1:10 Kick			
	{1 x 100 on 2:00 Kick L.25 100%			
	Every 3rd 75 best effort			
1,200	1x{6 x 75 on 1:10 Pulls odds BTB evens BTS			
	{6 x 75 on 1:05 Pulls odds BTB evens BTS			
	{4 x 75 on 1:00 Pulls odds BTB evens BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:44 PM 3,550 Yards - Stress Value = 60			

**Workout #19217 - Tuesday, 13 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	WORK	ST
2,125	1x{1 x 125 on 2:20 Breaststroke	EN1	S	F
	{4 x 50 on 1:00 Breast under/over	EN2	S	F
	{2 x 125 on 2:15 Breaststroke	EN1	S	F
	{3 x 50 on 1:00 Breast under/over	EN2	S	F
	{3 x 125 on 2:10 Breaststroke	EN1	S	F
	{2 x 50 on 1:00 Breast under/over	EN2	S	F
	{4 x 125 on 2:05 Breaststroke	EN2	S	F
	{1 x 50 on 1:00 Breast unde/over	EN2	S	F
	{3 x 125 on 2:00 Breaststroke	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	5:29 PM 2,375 Yards - Stress Value = 35			

**Workout #19214 - Tuesday, 13 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
550	1 on 30:00 DS/Core			
150	1 x 550 on 10:00 Top Hat Drill			
1,250	10 x 15 on :45 Spinners All 50 kicks hold under fastest interval			
1x{3	50 on 1:00 Kick			
	{1 x 100 on 2:10 Kick L.25 100%			
	{3 x 50 on 1:05 Kick			
	{1 x 125 on 2:35 Kick L.25 100%			
	{3 x 50 on 1:10 Kick			
	{1 x 150 on 3:00 Kick L.25 100%			
	{3 x 50 on 1:15 Kick			
	{1 x 175 on 3:25 Kick L.25 100%			
	{2 x 50 on 1:15 Kick			
	Every 3rd 75-best effort			
1,125	1x{6 x 75 on 1:15 Pulls odds BTB evens BTS			
	{6 x 75 on 1:10 Pulls odds BTB evens BTS			
	{3 x 75 on 1:05 Pulls odds BTB evens BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:44 PM 3,275 Yards - Stress Value = 55			

**Workout #19218 - Tuesday, 13 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	WORK	ST
1,925	1x{1 x 125 on 2:30 Breaststroke	EN1	S	F
	{4 x 50 on 1:05 Breast under/over	EN2	S	F
	{2 x 125 on 2:25 Breaststroke	EN1	S	F
	{3 x 50 on 1:05 Breast under/over	EN2	S	F
	{3 x 125 on 2:20 Breaststroke	EN1	S	F
	{2 x 50 on 1:05 Breast under/over	EN2	S	F
	{4 x 125 on 2:15 Breaststroke	EN2	S	F
	{1 x 50 on 1:05 Breast unde/over	EN2	S	F
	{1 x 125 on 2:10 Breaststroke	EN2	S	F
	{1 x 50 on 1:05 Breast under/over	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	5:29 PM 2,175 Yards - Stress Value = 30			

**Workout #19215 - Tuesday, 13 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
500	1 on 30:00 DS/Core			
150	1 x 500 on 10:00 Top Hat Drill			
1,100	10 x 15 on :45 Spinners All 50 kicks hold under fastest interval			
1x{3	50 on 1:10 Kick			
	{1 x 100 on 2:30 Kick L.25 100%			
	{3 x 50 on 1:15 Kick			
	{1 x 125 on 3:05 Kick L.25 100%			
	{3 x 50 on 1:20 Kick			
	{1 x 150 on 3:40 Kick L.25 100%			
	{3 x 50 on 1:20 Kick			
	{1 x 125 on 3:00 Kick L.25 100%			
	Every 3rd 75 best effort			
975	1x{6 x 75 on 1:25 Pulls odds BTB evens BTS			
	{3 x 75 on 1:20 Pulls odds BTB evens BTS			
	{4 x 75 on 1:15 Pulls odds BTB evens BTS			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:44 PM 2,925 Yards - Stress Value = 48			

**Workout #19219 - Tuesday, 13 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	WORK	ST
1,625	1x{1 x 100 on 2:30 Breaststroke	EN1	S	F
	{4 x 50 on 1:15 Breast under/over	EN2	S	F
	{2 x 100 on 2:25 Breaststroke	EN1	S	F
	{3 x 50 on 1:15 Breast under/over	EN2	S	F
	{3 x 100 on 2:20 Breaststroke	EN1	S	F
	{2 x 50 on 1:15 Breast under/over	EN2	S	F
	{4 x 100 on 2:15 Breaststroke	EN2	S	F
	{1 x 50 on 1:15 Breast unde/over	EN2	S	F
	{1 x 125 on 2:10 Breaststroke	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	5:29 PM 1,875 Yards - Stress Value = 26			

**Workout #19237 - Wednesday, 14 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 400 16 x 25 on :35 Wednesday Warm-up  
 2-16, 4-15, 6-14, 4-13  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:15 Breast Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:45 Free Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {5 x 50 on 1:10 Fly Kick w/board  
 150 6 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,900 1x{1 x 400 on 8:00 Individual Medley  
 {16 x 25 on :30 IM order  
 {1 x 300 on 5:45 Individual Medley  
 {12 x 25 on :30 IM order  
 {1 x 200 on 3:40 Individual Medley  
 {8 x 25 on :30 IM order  
 {1 x 100 on 1:45 Individual Medley  
 600 24 x 25 on :35 Your #1 100 Pace  
 250 1 x 250 on 4:00 Stroke Drills  
 7:30 PM 4,600 Yards - Stress Value = 127

**Workout #19238 - Wednesday, 14 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 400 16 x 25 on :35 Wednesday Warm-up  
 2-16, 4-15, 6-14, 4-13  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:25 Breast Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:50 Free Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:15 Fly Kick w/board  
 150 6 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,700 1x{1 x 400 on 8:40 Individual Medley  
 {16 x 25 on :35 IM order  
 {1 x 300 on 6:15 Individual Medley  
 {12 x 25 on :35 IM order  
 {1 x 200 on 4:00 Individual Medley  
 {4 x 25 on :35 IM order  
 600 24 x 25 on :35 Your #1 100 Pace  
 250 1 x 250 on 4:00 Stroke Drills  
 7:30 PM 4,350 Yards - Stress Value = 122

**Workout #19239 - Wednesday, 14 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 400 16 x 25 on :35 Wednesday Warm-up  
 2-16, 4-15, 6-14, 4-13  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:35 Breast Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 2:00 Free Kick w/board  
 {4 x 25 on :45 Kick no board BSLR

{3 x 50 on 1:20 Fly Kick w/board  
 150 6 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,500 1x{1 x 300 on 7:00 Individual Medley  
 {16 x 25 on :40 IM order  
 {1 x 200 on 4:30 Individual Medley  
 {12 x 25 on :40 IM order  
 {1 x 100 on 2:00 Individual Medley  
 {8 x 25 on :40 IM order  
 600 24 x 25 on :35 Your #1 100 Pace  
 250 1 x 250 on 4:00 Stroke Drills  
 7:30 PM 4,100 Yards - Stress Value = 117

**Workout #19232 - Wednesday, 14 December 2016**

**HighSchl - Fly**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description EGY WORK STK F  
 =====  
 Odd 50's hold :36 or faster  
 2,650 1x{1 x 100 on 1:10 Freestyle EN1 S FR 1  
 {6 x 50 on :45 Fly 2-3, 8 KOW EN1 S FLY 1  
 {2 x 125 on 1:30 Freestyle EN1 S FR 1  
 {5 x 50 on :45 Fly 2-4, 7 KOW EN1 S FLY 1  
 {2 x 125 on 1:30 Freestyle EN1 S FR 1  
 {4 x 50 on :45 Fly 2-5 6 KOW EN2 S FLY 1  
 {2 x 125 on 1:30 Freestyle EN2 S FR 1  
 {3 x 50 on :45 Fly 2-4, 5 KOW EN1 S FLY 1  
 {2 x 125 on 1:30 Freestyle EN1 S FR 1  
 {2 x 50 on :45 Fly 2-3, 4 KOW EN1 S FLY 1  
 {2 x 125 on 1:30 Freestyle EN1 S FLY 1  
 {1 x 50 on :45 Fly 2-2, 3 KOW EN1 S FLY 1  
 {2 x 125 on 1:30 Freestyle EN2 S FR 1  
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2  
 5:30 PM 3,050 Yards - Stress Value = 31

**Workout #19228 - Wednesday, 14 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/TRX bands  
 500 20 x 25 on :30 Wednesday Warm-up  
 150 10 x 15 on :45 Spinners  
 Hold BSLR's under :22, nonBSLR at least 5s  
 1,600 1x{4 x 25 on :30 Kick no board BSLR 15 KOW  
 {4 x 75 on 1:10 Kick  
 {4 x 25 on :30 Kick no board BSLR 14 KOW  
 {4 x 100 on 1:30 Kick  
 {4 x 25 on :30 Kick no board BSLR 13 KOW  
 {4 x 125 on 1:50 Kick  
 {4 x 25 on :30 Kick no board BSLR 12 KOW  
 1,200 3 x 400 on 5:20 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:45 PM 3,650 Yards - Stress Value = 52

**Workout #19229 - Wednesday, 14 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
500	1 on 35:00 DS/TRX bands				
150	20 x 25 on :30 Wednesday Warm-up				
	10 x 15 on :45 Spinners				
	Hold BSLR's under :25, nonBSLR at least 5s				
1,400	1x{4 x 25 on :30 Kick no board BSLR 15 KOW				
	{4 x 75 on 1:20 Kick				
	{4 x 25 on :30 Kick no board BSLR 14 KOW				
	{3 x 100 on 1:45 Kick				
	{4 x 25 on :30 Kick no board BSLR 13 KOW				
	{4 x 125 on 2:10 Kick				
1,050	3 x 350 on 5:20 Lungbuster pulls				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	4:45 PM 3,300 Yards - Stress Value = 46				

**Workout #19233 - Wednesday, 14 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	WORK	STK	F
	Odd 50's :40 or faster				
2,350	1x{1 x 100 on 1:20 Freestyle	EN1	S	FR	1
	{6 x 50 on :50 Fly 2-3, 8 KOW	EN1	S	FLY	1
	{2 x 125 on 1:40 Freestyle	EN1	S	FR	1
	{5 x 50 on :50 Fly 2-4, 7 KOW	EN1	S	FLY	1
	{2 x 125 on 1:40 Freestyle	EN1	S	FR	1
	{4 x 50 on :50 Fly 2-5 6 KOW	EN2	S	FLY	1
	{2 x 125 on 1:40 Freestyle	EN2	S	FR	1
	{3 x 50 on :50 Fly 2-4, 5 KOW	EN1	S	FLY	1
	{2 x 125 on 1:40 Freestyle	EN1	S	FR	1
	{1 x 50 on :50 Fly 2-3, 4 KOW	EN1	S	FLY	1
	{2 x 125 on 1:40 Freestyle	EN1	S	FLY	1
400	{1 x 50 on :50 Fly 2-2, 3 KOW	EN1	S	FLY	1
	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	5:30 PM 2,750 Yards - Stress Value = 25				

**Workout #19230 - Wednesday, 14 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 35:00 DS/TRX bands				
500	20 x 25 on :30 Wednesday Warm-up				
150	10 x 15 on :45 Spinners				
	Hold BSLR's under :29, nonBSLR at least 5s				
1,200	1x{4 x 25 on :35 Kick no board BSLR 15 KOW				
	{4 x 75 on 1:35 Kick				
	{4 x 25 on :35 Kick no board BSLR 14 KOW				
	{4 x 100 on 2:05 Kick				
	{4 x 25 on :35 Kick no board BSLR 13 KOW				
	{2 x 75 on 1:25 Kick				
	{2 x 25 on :35 Kick no board BS 12 KOW				
900	3 x 300 on 5:20 Lungbuster pulls				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	4:45 PM 2,950 Yards - Stress Value = 50				

**Workout #19234 - Wednesday, 14 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	WORK	STK	F
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Yards	Set Description	EGY	WORK	STK	F
	Odd 50's :45 or faster				
2,100	1x{1 x 100 on 1:30 Freestyle	EN1	S	FR	1
	{6 x 50 on :55 Fly 2-3, 8 KOW	EN1	S	FLY	1
	{2 x 100 on 1:30 Freestyle	EN1	S	FR	1
	{5 x 50 on :55 Fly 2-4, 7 KOW	EN1	S	FLY	1
	{2 x 100 on 1:30 Freestyle	EN1	S	FR	1
	{4 x 50 on :55 Fly 2-5 6 KOW	EN2	S	FLY	1
	{2 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{3 x 50 on :55 Fly 2-4, 5 KOW	EN1	S	FLY	1
	{2 x 100 on 1:30 Freestyle	EN1	S	FR	1
	{1 x 50 on :55 Fly 2-3, 4 KOW	EN1	S	FLY	1
400	{2 x 100 on 1:30 Freestyle	EN1	S	FLY	1
	{1 x 50 on :55 Fly 2-2, 3 KOW	EN1	S	FLY	1
	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	5:30 PM 2,500 Yards - Stress Value = 24				

**Workout #19231 - Wednesday, 14 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 45:00 DS/TRX bands				
500	20 x 25 on :30 Wednesday Warm-up				
150	10 x 15 on :45 Spinners				
	Hold BSLR's under :34, nonBSLR at least 5s				
1,050	1x{4 x 25 on :40 Kick no board BSLR 15 KOW				
	{4 x 75 on 1:45 Kick				
	{4 x 25 on :40 Kick no board BSLR 14 KOW				
	{2 x 100 on 2:20 Kick				
	{4 x 25 on :40 Kick no board BSLR 13 KOW				
	{2 x 125 on 2:50 Kick				
250	1 x 250 on 5:20 Lungbuster pulls				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	4:45 PM 2,150 Yards - Stress Value = 34				

**Workout #19235 - Wednesday, 14 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

4:46 PM Start

Yards	Set Description	EGY	WORK	STK	F
	Odd 50's 1:00 or faster				
1,600	1x{1 x 100 on 1:55 Freestyle	EN1	S	FR	
	{6 x 50 on 1:10 Fly 2-3, 8 KOW	EN1	S	FLY	
	{2 x 100 on 1:55 Freestyle	EN1	S	FR	
	{5 x 50 on 1:10 Fly 2-4, 7 KOW	EN1	S	FLY	
	{2 x 100 on 1:55 Freestyle	EN1	S	FR	
	{4 x 50 on 1:10 Fly 2-5 6 KOW	EN2	S	FLY	
	{2 x 100 on 1:55 Freestyle	EN2	S	FR	
	{3 x 50 on 1:10 Fly 2-4, 5 KOW	EN1	S	FLY	
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	
	5:30 PM 2,000 Yards - Stress Value = 20				

**Workout #19227 - Wednesday, 14 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	3:00 PM Start		
=====	=====	=====	=====
	1 on 15:00 DS/Showers		L
400	1 x 400 on 5:00 Choice	REC	S
750	30 x 25 on :30 100 Free Pace	SP2	S
225	15 x 15 on 1:00 Spinners/Sculling Drills		D
750	30 x 25 on :30 100 Breast Pace	SP2	S
200	1 x 200 on 8:00 CFP/Video	REC	D
1,500	30 x 50 on :50 200 Back Pace	SP2	S
500	1 x 500 on 10:00 Too complicated to type out	REC	D
1,000	40 x 25 on :30 200 Fly Pace	SP2	S
500	20 x 25 on :30 Wednesday Warm-up	REC	L
	5:26 PM 5,825 Yards - Stress Value = 409		

**Workout #19236 - Thursday, 15 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
	5:30 AM Start				
=====	=====	=====	=====	=====	=====
	1 on 40:00 DS/Weights		L	WTS	
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:1
1,800	24 x 75 on 1:10 500 Free Pace	SP2	S	FR	1:3
250	1 x 250 on 4:00 Choice	REC	S	CHO	1:3
600	24 x 25 on :30 50 Free Pace	SP2	S	FR	2:0
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1:3
	7:07 AM 3,300 Yards - Stress Value = 240				

**Workout #19244 - Thursday, 15 December 2016**

**Beat Penn - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	4:43 PM Start		
=====	=====	=====	=====
2,375	1x{3 x 25 on :30 Back -6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:25 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN2	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:30 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:35 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
	{1 x 200 on 2:40 Backstroke	EN2	
	{3 x 25 on :30 Back 6 kick switch	EN1	
	{4 x 50 on :50 Back-descend 3/5/7/C KOW	EN2	
400	{1 x 200 on 2:45 Backstroke	EN2	
	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 2,775 Yards - Stress Value = 46		

**Workout #19248 - Thursday, 15 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	3:00 PM Start		
=====	=====	=====	=====
	1 on 15:00 DS/Showers		L
400	1 x 400 on 5:00 Choice	REC	S
750	30 x 25 on :30 100 Back Pace	SP2	S
	1 on 15:00 TiVo Starts		D
750	30 x 25 on :30 100 Fly Pace	SP2	S
200	1 x 200 on 8:00 CFP/Video	REC	D
1,500	30 x 50 on :50 200 Free Pace	SP2	S
	1 on 10:00 Walking	REC	L

1,500	30 x 50 on :55 200 Breast Pace	SP2	S
250	1 x 250 on 5:00 Underwater Turn Drill	REC	D
	5:27 PM 5,350 Yards - Stress Value = 450		

**Workout #19249 - Thursday, 15 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	3:00 PM Start		
=====	=====	=====	=====
	1 on 15:00 DS/Showers		L
750	30 x 25 on :30 Your #1-100 Pace	SP2	S
	1 on 15:00 TiVo Starts		REC
1,500	30 x 50 on :55 Your #2-200	SP2	S
	1 on 15:00 Racing Skills-Relay Starts		REC
	4:28 PM 2,250 Yards - Stress Value = 225		

**Workout #19240 - Thursday, 15 December 2016**

**Beat Penn - Platinum**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
=====	=====
	1 on 30:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
120	8 x 15 on :45 Spinners
1,800	1x{2 x 150 on 2:25 Kick your #1
	{2 x 50 on 1:00 Kick your #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:20 Kick your #1
	{2 x 50 on 1:00 Kick 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
1,200	6 x 200 on 2:30 Pulls snorkels and paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:42 PM 3,920 Yards - Stress Value = 55

**Workout #19241 - Thursday, 15 December 2016**

**Beat Penn - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
=====	=====
	1 on 30:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
120	8 x 15 on :45 Spinners
1,550	1x{2 x 150 on 2:55 Kick your #1
	{2 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:50 Kick your #1
	{1 x 50 on 1:05 Kick you #2
	{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:45 Kick your #1
	{1 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3
	{1 x 150 on 2:40 Kick your#1
1,050	6 x 175 on 2:30 Pulls snorkels and paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:42 PM 3,520 Yards - Stress Value = 48

**Workout #19245 - Thursday, 15 December 2016**

**Beat Penn - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
4:43 PM Start		
2,125	1x{3 x 25 on :35 Back -6 kick switch	EN1
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 2:45 Backstroke	EN2
	{3 x 25 on :35 Back-6 kick switch	EN2
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 2:50 Backstroke	EN2
	{3 x 25 on :35 Back-6 kick switch	EN1
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 2:55 Backstroke	EN2
	{3 x 25 on :35 Back-6 kick switch	EN1
	{4 x 50 on :55 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:00 Backstroke	EN2
	{3 x 25 on :35 Back-6 kick switch	EN1
	{3 x 50 on :55 Back-descend 5/7/C KOW	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
5:30 PM 2,525 Yards - Stress Value = 41		

**1 minute rest between sets**

Yards	Set Description	EGY
3:00 PM Start		
500	1 on 30:00 DS/Shoulders	
	1 x 500 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
1,300	8 x 15 on :45 Spinners	
	1x{2 x 125 on 3:00 Kick your #1	
	{1 x 50 on 1:15 Kick your #2	
	{1 x 50 on 1:20 Kick your #3	
	{2 x 125 on 2:55 Kick your #1	
	{1 x 50 on 1:15 Kick you #2	
	{1 x 50 on 1:20 Kick your #3	
	{2 x 150 on 3:25 Kick your #1	
	{2 x 50 on 1:15 Kick your #2	
	{1 x 50 on 1:20 Kick your #3	
	{1 x 150 on 3:20 Kick your#1	
750	6 x 125 on 2:30 Pulls snorkels and paddles	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:42 PM 2,870 Yards - Stress Value = 41		

**Workout #19242 - Thursday, 15 December 2016**

**Beat Penn - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
3:00 PM Start		
550	1 on 30:00 DS/Shoulders	
	1 x 550 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
120	8 x 15 on :45 Spinners	
1,400	1x{2 x 150 on 3:15 Kick your #1	
	{1 x 50 on 1:10 Kick your #2	
	{1 x 50 on 1:15 Kick your #3	
	{2 x 150 on 3:10 Kick your #1	
	{2 x 50 on 1:10 Kick you #2	
	{1 x 50 on 1:15 Kick your #3	
	{2 x 150 on 3:05 Kick your #1	
	{2 x 50 on 1:10 Kick your #2	
	{1 x 50 on 1:15 Kick your #3	
	{1 x 100 on 2:00 Kick your#1	
900	6 x 150 on 2:30 Pulls snorkels and paddles	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
4:42 PM 3,170 Yards - Stress Value = 44		

**Workout #19247 - Thursday, 15 December 2016**

**Beat Penn - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
4:43 PM Start		
1,550	1x{3 x 25 on :45 Back -6 kick switch	EN1
	{4 x 50 on 1:15 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 4:00 Backstroke	EN2
	{3 x 25 on :45 Back-6 kick switch	EN2
	{4 x 50 on 1:15 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:55 Backstroke	EN2
	{3 x 25 on :45 Back-6 kick switch	EN1
	{4 x 50 on 1:15 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:50 Backstroke	EN2
	{3 x 25 on :45 Back-6 kick switch	EN1
	{1 x 50 on 1:15 Back-fast 7 KOW	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
5:29 PM 1,950 Yards - Stress Value = 30		

**Workout #19254 - Friday, 16 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
400	1 on 40:00 DS/Dryland		L	DRY
	4 x 100 on 2:15 Swim-kick-pull	REC	D	FR
	25Swim, 25Under, 25Scull, 25Swim			
150	10 x 15 on :45 Shooters	SP3	S	FLY
900	6x{6 x 25 on :35 Butterfly	EN2	S	FLY
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:30 PM 1,650 Yards - Stress Value = 24				

**Workout #19246 - Thursday, 15 December 2016**

**Beat Penn - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
4:43 PM Start		
1,900	1x{3 x 25 on :40 Back -6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:10 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN2
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:15 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:20 Backstroke	EN2
	{3 x 25 on :40 Back-6 kick switch	EN1
	{4 x 50 on 1:00 Back-descend 3/5/7/C KOW	EN2
	{1 x 200 on 3:25 Backstroke	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
5:30 PM 2,300 Yards - Stress Value = 37		

**Workout #19243 - Thursday, 15 December 2016**

**Beat Penn - Bronze**

**Workout #19255 - Friday, 16 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Dryland		L DRY	
400	4 x 100 on 2:15 Swim-kick-pull	REC	D FR	
	25Swim, 25Under, 25Scull, 25Swim			
150	10 x 15 on :45 Shooters	SP3	S FLY	
900	6x{6 x 25 on :40 Butterfly	EN2	S FLY	
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	6:33 PM 1,650 Yards - Stress Value = 24			

**Workout #19256 - Friday, 16 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Dryland		L DRY	
400	4 x 100 on 2:15 Swim-kick-pull	REC	D FR	
	25Swim, 25Under, 25Scull, 25Swim			
150	10 x 15 on :45 Shooters	SP3	S FLY	
750	5x{6 x 25 on :45 Butterfly	EN2	S FLY	
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	6:31 PM 1,500 Yards - Stress Value = 21			

**Workout #19250 - Friday, 16 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Weights		L I	
1,500	1 x 400 on 5:00 Choice	REC	S C	
200	30 x 50 on :55 400 IM Pace	SP2	S	
750	1 x 200 on 3:00 Choice	REC	D C	
250	30 x 25 on :30 Your #1 100 Pace	SP2	S S	
	1 x 250 on 5:00 Closed Fist/Snorkels	REC	D	
	7:10 AM 3,100 Yards - Stress Value = 225			

**Workout #19262 - Friday, 16 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 15:00 DS/Showers		L I	
480	1 x 400 on 5:00 Choice	REC	S C	
480	24 x 20 on :30 50 Free Pace	SP2	S	
1,500	1 on 15:00 YDR	REC	L I	
400	30 x 50 on :55 200 IM Pace	SP2	S	
480	1 x 400 on 15:00 CFP/Video	REC	D	
480	24 x 20 on :30 50 Free Pace	SP2	S	
	The top 9 fastest in Diving Well, the rest in			
250	1 x 250 on 5:00 Closed Fist/Snorkels	REC	D	
	8:52 AM 3,510 Yards - Stress Value = 246			

**Workout #19251 - Friday, 16 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 15:00 DS/Showers		L I	

400	1 x 400 on 5:00 Choice	REC	S C
750	30 x 25 on :30 100 Back Pace	SP2	S
	1 on 15:00 TN Turn Drills	REC	D
750	30 x 25 on :30 100 Fly Pace	SP2	S F
200	1 x 200 on 8:00 CFP/Video	REC	D
750	30 x 25 on :30 100 Free Pace	SP2	S
	1 on 8:00 YDR	REC	L I
750	30 x 25 on :30 100 Breast Pace	SP2	S
250	1 x 250 on 4:00 Closed Fist/Snorkels	REC	D
	5:01 PM 3,850 Yards - Stress Value = 300		

**Workout #19252 - Friday, 16 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 15:00 DS/Showers		L I	
750	1 x 400 on 5:00 Choice	REC	S C	
	30 x 25 on :30 Your #2 100	SP2	S S	
	1 on 15:00 TN Turn Drills	REC	D	
1,500	30 x 50 on :50 Your #1 200	SP2	S S	
250	1 x 250 on 4:00 Closed Fist/Snorkels	REC	D	
	4:22 PM 2,900 Yards - Stress Value = 225			

**Workout #19253 - Friday, 16 December 2016**

**Beat Penn - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 45:00 DS/Yoga		L I	
300	1 x 400 on 15:00 Reverse IM drill--Ind Prscr		S C	
600	12 x 25 on :45 Start/Shooter/Finish		S	
	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 x 50 on 1:15 Kick-100% w/board			
250	1 on 15:00 TN Turn Drills		S	
250	1 x 250 on 10:00 Indvdl Prsrctns		S	
	1 x 250 on 4:00 Stroke Drills		D	
	4:59 PM 1,800 Yards - Stress Value = 36			

**Workout #19257 - Saturday, 17 December 2016**

**Beat Penn - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 30:00 DS/Ted's abs		L I	
150	1 x 600 on 10:00 Reverse IM drill		S C	
	10 x 15 on :45 Shooters		S	
	Kick set is with fins			
1,600	2x{1 x 100 on 1:25 Kick			
	{1 x 100 on 1:35 Kick			
	{1 x 100 on 1:20 Kick			
	{1 x 100 on 1:35 Kick			
	{1 x 100 on 1:15 Kick			
	{1 x 100 on 1:35 Kick			
	{1 x 100 on 1:10 Kick			
	{1 x 100 on 1:35 Kick			
1,500	15 x 100 on 1:15 Pulls-nbbf&w + 2 yds		S	
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,700	18 x 150 on 2:00 Freestyle		S	
500	10 x 50 on 1:00 Stroke Drills		S	
	9:28 AM 7,250 Yards - Stress Value = 116			

**Workout #19261 - Saturday, 17 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
7:00 AM Start					
400	1 x 400 on 5:00 Choice	REC	S	C	
600	24 x 25 on :30 50 Free Pace	SP2	S		
1,500	30 x 50 on :55 200 IM Pace	SP2	S		
400	1 x 400 on 15:00 CFP/Video	REC	D		
750	30 x 25 on :30 Your #1 Pace	SP2	S		
480	24 x 20 on :30 50 Free Pace	SP2	S		
The top 9 fastest in Diving Well, the rest in					
250	1 x 250 on 5:00 Closed Fist/Snorkels	REC	D		
9:23 AM 4,380 Yards - Stress Value = 333					

7:00 AM Start

Yards	Set Description	EGY	WORK	STK	PF
500	1 on 30:00 DS/Ted's Abs				
150	10 x 15 on :45 Shooters				
Kick Set is with fins					
1,000	2x{1 x 100 on 2:15 Kick				
	{1 x 100 on 2:20 Kick				
	{1 x 100 on 2:10 Kick				
	{1 x 100 on 2:20 Kick				
	{1 x 50 on :55 Kick				
	{1 x 50 on 1:10 Kick				
1,000	10 x 100 on 1:55 Pulls-nbbf&w + 2 yds				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
1,950	13 x 150 on 2:45 Freestyle				
500	10 x 50 on 1:00 Stroke Drills				
9:29 AM 5,300 Yards - Stress Value = 82					

**Workout #19258 - Saturday, 17 December 2016**

**Beat Penn - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
7:00 AM Start					
600	1 x 600 on 10:00 Reverse IM drill				
150	10 x 15 on :45 Shooters				
Kick set is with fins					
1,450	2x{1 x 100 on 1:30 Kick				
	{1 x 100 on 1:45 Kick				
	{1 x 100 on 1:25 Kick				
	{1 x 100 on 1:45 Kick				
	{1 x 100 on 1:20 Kick				
	{1 x 100 on 1:45 Kick				
	{1 x 50 on :40 Kick				
	{1 x 75 on 1:20 Kick				
1,300	13 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				
2,400	16 x 150 on 2:15 Freestyle				
500	10 x 50 on 1:00 Stroke Drills				
9:28 AM 6,600 Yards - Stress Value = 104					

**Workout #19263 - Monday, 19 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
12:00 PM Start					
400	1 x 400 on 5:00 Choice	REC	S		
1,500	30 x 50 on :50 Your #1 200 Pace	SP2	S		
50	1 x 50 on 5:00 50 Free Swim Off	SP2	S		
1,450	2x{1 x 100 on 1:30 Kick	REC	D		
	{1 x 100 on 1:45 Kick				
750	30 x 25 on :30 Your #2 100	SP2	S		
	1 on 15:00 Racing Skills-Starts				
250	1 x 250 on 4:00 Stroke Drills	REC	D		
1:43 PM 2,950 Yards - Stress Value = 230					

**Workout #19268 - Monday, 19 December 2016**

**Beat Penn - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
4:23 PM Start					
2,700	1x{2 x 150 on 1:50 Freestyle	EN1	S	FR	
	{5 x 100 on 1:10 Freestyle	EN2	S	FR	
	{2 x 150 on 1:50 Freestyle	EN1	S	FR	
	{5 x 100 on 1:10 Freestyle	EN2	S	FR	
	{2 x 150 on 1:50 Freestyle	EN2	S	FR	
	{5 x 100 on 1:10 Freestyle	EN2	S	FR	
	{2 x 150 on 1:50 Freestyle	EN1	S	FR	
Hold 100's 1:02 or faster					
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	
5:01 PM 2,950 Yards - Stress Value = 45					

**Workout #19259 - Saturday, 17 December 2016**

**Beat Penn - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
7:00 AM Start					
550	1 x 550 on 10:00 Reverse IM drill				
150	10 x 15 on :45 Shooters				
Kick set is with fins					
1,200	2x{1 x 100 on 1:50 Kick				
	{1 x 100 on 2:00 Kick				
	{1 x 100 on 1:45 Kick				
	{1 x 100 on 2:00 Kick				
	{1 x 100 on 1:40 Kick				
	{1 x 100 on 2:00 Kick				
1,200	12 x 100 on 1:35 Pulls-nbbf&w + 2 yds				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
2,100	14 x 150 on 2:30 Freestyle				
500	10 x 50 on 1:00 Stroke Drills				
9:27 AM 5,900 Yards - Stress Value = 92					

**Workout #19272 - Monday, 19 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
3:00 PM Start					
1 on 10:00 DS/Showers					
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:
1,500	30 x 50 on :55 200 Back Pace	SP2	S	BK	1:
200	1 x 200 on 5:00 Choice	REC	S	CHO	2:
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BR	1:
200	1 x 200 on 5:00 Choice	REC	S	CHO	2:
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2:
200	1 x 200 on 5:00 Choice	REC	S	CHO	2:
750	30 x 25 on :30 100 Fly Pace	SP2	S	FLY	2:
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	1:
5:07 PM 5,700 Yards - Stress Value = 450					

**Workout #19260 - Saturday, 17 December 2016**

**Beat Penn - Bronze**

**1 minute rest between sets**

**Workout #19264 - Monday, 19 December 2016**

**Beat Penn - 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  
 1,500 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  
 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 2,450 Yards - Stress Value = 38

{4 x 25 on :35 Kick no board BSLR  
 {2 x 125 on 2:30 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 125 on 2:35 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:22 PM 2,050 Yards - Stress Value = 31

**Workout #19270 - Monday, 19 December 2016**

**Beat Penn - Silver**

**1 minute rest between sets**

4:23 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,900 1x{2 x 150 on 2:35 Freestyle EN1 S FR  
 {4 x 100 on 1:35 Freestyle EN2 S FR  
 {2 x 150 on 2:35 Freestyle EN1 S FR  
 {4 x 100 on 1:35 Freestyle EN2 S FR  
 {2 x 150 on 2:35 Freestyle EN2 S FR  
 {2 x 100 on 1:35 Freestyle EN2 S FR  
 hold 100's 1:30 or faster  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 5:00 PM 2,150 Yards - Stress Value = 32

**Workout #19265 - Monday, 19 December 2016**

**Beat Penn - 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  
 1,300 1x{4 x 25 on :30 Kick no board BSLR  
 {2 x 125 on 2:10 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 125 on 2:15 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 125 on 2:20 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 75 on 1:25 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:22 PM 2,250 Yards - Stress Value = 34

**Workout #19267 - Monday, 19 December 2016**

**Beat Penn - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:15 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:25 Kick  
 {2 x 25 on :45 Kick no board BS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:22 PM 1,800 Yards - Stress Value = 27

**Workout #19269 - Monday, 19 December 2016**

**Beat Penn - Gold**

**1 minute rest between sets**

4:23 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,100 1x{2 x 150 on 2:25 Freestyle EN1 S FR  
 {4 x 100 on 1:25 Freestyle EN2 S FR  
 {2 x 150 on 2:25 Freestyle EN1 S FR  
 {4 x 100 on 1:25 Freestyle EN2 S FR  
 {2 x 150 on 2:25 Freestyle EN2 S FR  
 {4 x 100 on 1:25 Freestyle EN2 S FR  
 hold 100's 1:22 or faster  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 5:00 PM 2,350 Yards - Stress Value = 36

**Workout #19271 - Monday, 19 December 2016**

**Beat Penn - Bronze**

**1 minute rest between sets**

4:23 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,700 1x{2 x 150 on 2:50 Freestyle EN1 S FR  
 {2 x 100 on 1:55 Freestyle EN2 S FR  
 {2 x 150 on 2:50 Freestyle EN1 S FR  
 {3 x 100 on 1:55 Freestyle EN2 S FR  
 {2 x 150 on 2:50 Freestyle EN2 S FR  
 {3 x 100 on 1:55 Freestyle EN2 S FR  
 hold 100's 1:45 or faster  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 5:01 PM 1,950 Yards - Stress Value = 28

**Workout #19266 - Monday, 19 December 2016**

**Beat Penn - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :35 Kick no board BSLR  
 {2 x 125 on 2:25 Kick

**Workout #19273 - Tuesday, 20 December 2016**

**Group 3 - Silver-1**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board BSLR  
 {5 x 50 on 1:15 Fly Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:15 Fly Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:15 Fly Kick w/board  
 150 6 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,950 3x{1 x 100 on 1:55 3 strokes fly off walls  
 {1 x 100 on 1:50 3 strokes fly off walls  
 {1 x 100 on 1:45 3 strokes fly off walls  
 {1 x 100 on 1:40 3 strokes fly off walls  
 {1 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 :45 Rest  
 600 24 x 25 on :35 100 Fly Pace  
 1 on 10:00 Racing Skills-Starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:30 PM 4,500 Yards - Stress Value = 120

**Workout #19274 - Tuesday, 20 December 2016**

**Group 3 - Silver-2**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board BSLR  
 {5 x 50 on 1:20 Fly Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:20 Fly Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:20 Fly Kick w/board  
 150 6 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,800 3x{1 x 100 on 2:05 3 strokes fly off walls  
 {1 x 100 on 2:00 3 strokes fly off walls  
 {1 x 100 on 1:55 3 strokes fly off walls  
 {1 x 100 on 1:50 3 strokes fly off walls  
 {1 x 100 on 1:45 3 strokes fly off walls  
 {1 x 50 on :50 3 strokes fly off walls  
 { Don't do the 50 on the 3rd round  
 {1 x 50 on :45 Rest  
 500 20 x 25 on :40 100 Fly Pace  
 1 on 10:00 Racing Skills-Starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:31 PM 4,200 Yards - Stress Value = 106

**Workout #19275 - Tuesday, 20 December 2016**

**Group 3 - Silver-3**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:25 Fly Kick w/board  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:25 Fly Kick w/board

{4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:25 Fly Kick w/board  
 150 6 x 25 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,650 3x{1 x 100 on 2:15 3 strokes fly off walls  
 {1 x 100 on 2:10 3 strokes fly off walls  
 {1 x 100 on 2:05 3 strokes fly off walls  
 {1 x 100 on 2:00 3 strokes fly off walls  
 {1 x 100 on 1:55 3 strokes fly off walls  
 { Only do a 50 on the last 100 of 3rd round  
 {1 x 50 on :45 Rest  
 450 18 x 25 on :45 100 Fly Pace  
 1 on 10:00 Racing Skills-Starts  
 250 1 x 250 on 5:00 Stroke Drills  
 7:31 PM 3,950 Yards - Stress Value = 97

**Workout #19276 - Tuesday, 20 December 2016**

**Beat Penn - USRPT**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 15:00 DS/Showers  
 400 1 x 400 on 5:00 Choice REC  
 1,500 30 x 50 on :50 Your #2 200 Pace SP2  
 250 1 x 250 on 5:00 Non specific swimming REC  
 1 on 10:00 Racing Skills-Relay Starts  
 750 30 x 25 on :30 Your #1 100 or 100 Free Pace SP2  
 250 1 x 250 on 5:00 Non specific swimming REC  
 1 on 10:00 Team Meeting  
 4:34 PM 3,150 Yards - Stress Value = 225

**Workout #19277 - Wednesday, 21 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description E  
 =====  
 1 on 35:00 DS/Dryland F  
 416 16 x 26 on :35 Wednesday Warm-up F  
 2-16, 4-15, 6-14, 4-13  
 150 10 x 15 on :45 Shooters S  
 1,000 1x{1 x 100 on 2:30 Kick E  
 {2 x 50 on 1:15 Kick-100% E  
 {1 x 100 on 2:25 Kick E  
 {2 x 50 on 1:15 Kick-100% E  
 {1 x 100 on 2:20 Kick E  
 {2 x 50 on 1:15 Kick-100% E  
 {1 x 100 on 2:15 Kick E  
 {2 x 50 on 1:15 Kick-100% E  
 {1 x 100 on 2:10 Kick E  
 {2 x 50 on 1:15 Kick-100% E  
 150 6 x 25 on :30 Odds face in sculling drills F  
 Evens-underwaters, count kicks  
 2,100 1x{1 x 300 on 5:15 Freestyle E  
 {2 x 250 on 4:25 Freestyle E  
 {3 x 200 on 3:30 Freestyle E  
 {4 x 150 on 2:40 Freestyle E  
 {1 x 100 on 1:45 Freestyle-100%! E  
 750 30 x 25 on :30 100 Free Pace S  
 1 on 12:00 Game F  
 7:30 PM 4,566 Yards - Stress Value = 143

**Workout #19278 - Wednesday, 21 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description	E
5:00 PM	Start	
416	1 on 35:00 DS/Dryland	F
	16 x 26 on :35 Wednesday Warm-up	F
	2-16, 4-15, 6-14, 4-13	
150	10 x 15 on :45 Shooters	£
1,000	1x{1 x 100 on 2:40 Kick	F
	{2 x 50 on 1:15 Kick-100%	F
	{1 x 100 on 2:35 Kick	F
	{2 x 50 on 1:15 Kick-100%	F
	{1 x 100 on 2:30 Kick	F
	{2 x 50 on 1:15 Kick-100%	F
	{1 x 100 on 2:25 Kick	F
	{2 x 50 on 1:15 Kick-100%	F
150	6 x 25 on :30 Odds face in sculling drills	F
	Evens-underwaters, count kicks	
1,950	1x{1 x 300 on 5:30 Freestyle	F
	{2 x 250 on 4:40 Freestyle	F
	{3 x 200 on 3:40 Freestyle	F
	{3 x 150 on 2:50 Freestyle	F
	{1 x 100 on 1:50 Freestyle-100%!	F
750	30 x 25 on :30 100 Free Pace	£
	1 on 12:00 Game	F
	7:30 PM 4,416 Yards - Stress Value = 140	

**Workout #19279 - Wednesday, 21 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description	E
5:00 PM	Start	
416	1 on 35:00 DS/Dryland	F
	16 x 26 on :35 Wednesday Warm-up	F
	2-16, 4-15, 6-14, 4-13	
150	10 x 15 on :45 Shooters	£
900	1x{1 x 100 on 2:45 Kick	F
	{2 x 50 on 1:25 Kick-100%	F
	{1 x 100 on 2:40 Kick	F
	{2 x 50 on 1:25 Kick-100%	F
	{1 x 100 on 2:35 Kick	F
	{2 x 50 on 1:25 Kick-100%	F
	{1 x 100 on 2:30 Kick	F
	{2 x 50 on 1:25 Kick-100%	F
	{1 x 100 on 2:25 Kick	F
150	6 x 25 on :30 Odds face in sculling drills	F
	Evens-underwaters, count kicks	
1,800	1x{1 x 300 on 6:00 Freestyle	F
	{2 x 250 on 5:00 Freestyle	F
	{3 x 200 on 4:00 Freestyle	F
	{2 x 150 on 3:00 Freestyle	F
	{1 x 100 on 2:00 Freestyle-100%!	F
750	30 x 25 on :30 100 Free Pace	£
	1 on 12:00 Game	F
	7:29 PM 4,166 Yards - Stress Value = 135	

**Workout #19282 - Thursday, 22 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	E
5:00 PM	Start	
500	1 x 500 on 9:00 Free 3KOW+1 up to 10, back c	
150	10 x 15 on :45 Shooters	
950	1x{2 x 125 on 3:00 Breast Kick w/board	
	{4 x 25 on :45 Breast Kick on back, SL	

	{2 x 125 on 2:55 Breast Kick w/board	
	{4 x 25 on :45 Breast Kick on back, SL	
	{2 x 125 on 2:50 Breast Kick w/board	
150	6 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
1,000	1 x 1000 on 33:00 Teach Day-Breast	
600	24 x 25 on :35 100 Breast Pace	
250	1 on 10:00 Racing Skills-Starts	
	1 x 250 on 5:00 Stroke Drills	
	7:30 PM 3,600 Yards - Stress Value = 85	

**Workout #19283 - Thursday, 22 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description	E
5:00 PM	Start	
	1 on 35:00 DS/Dryland	
500	1 x 500 on 9:00 Free 3KOW+1 up to 10, back c	
150	10 x 15 on :45 Shooters	
900	1x{2 x 125 on 3:10 Breast Kick w/board	
	{4 x 25 on :45 Breast Kick on back, SL	
	{2 x 125 on 3:05 Breast Kick w/board	
	{4 x 25 on :45 Breast Kick on back, SL	
	{2 x 100 on 2:25 Breast Kick w/board	
150	6 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
1,000	1 x 1000 on 33:00 Teach Day-Breast	
600	24 x 25 on :35 100 Breast Pace	
250	1 on 10:00 Racing Skills-Starts	
	1 x 250 on 5:00 Stroke Drills	
	7:30 PM 3,550 Yards - Stress Value = 84	

**Workout #19284 - Thursday, 22 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description	E
5:00 PM	Start	
	1 on 35:00 DS/Dryland	
500	1 x 500 on 9:00 Free 3KOW+1 up to 10, back c	
150	10 x 15 on :45 Shooters	
850	1x{2 x 125 on 3:20 Breast Kick w/board	
	{4 x 25 on :45 Breast Kick on back, SL	
	{2 x 100 on 2:35 Breast Kick w/board	
	{4 x 25 on :45 Breast Kick on back, SL	
	{2 x 100 on 2:35 Breast Kick w/board	
150	6 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
1,000	1 x 1000 on 33:00 Teach Day-Breast	
600	24 x 25 on :35 100 Breast Pace	
250	1 on 10:00 Racing Skills-Starts	
	1 x 250 on 5:00 Stroke Drills	
	7:29 PM 3,500 Yards - Stress Value = 83	

**Workout #19294 - Thursday, 22 December 2016**

**HighSchl - Back**

**1 minute rest between sets**

4:41 PM Start

Yards	Set Description	EGY	WOF
3,100	1x{4 x 125 on 1:50 Back 9 KOLW	EN2	
	{3 x 100 on 1:30 Back hold under 1:14	EN2	
	{4 x 125 on 1:45 Back 10 KOLW	EN2	
	{3 x 100 on 1:30 Back hold under 1:12	EN2	
	{4 x 125 on 1:40 Back 11 KOLW	EN2	
	{3 x 100 on 1:30 Back hold under 1:10	EN2	
	{4 x 125 on 1:35 Back 12 KOLW	EN2	
	{2 x 100 on 1:30 Back hold under 1:08	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:30 PM 3,350 Yards - Stress Value = 62			

**Workout #19280 - Thursday, 22 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	PF
	1 on 40:00 DS/Weights			L	WTS
400	1 x 400 on 5:00 Choice	REC		S	CHO 1:
2,250	30 x 75 on 1:10 1000 Free Pace	SP2		S	FR 1:
200	1 x 200 on 3:00 Choice	REC		S	CHO 1:
600	24 x 25 on :30 50 Free Pace	SP2		S	FR 2:
200	1 x 200 on 3:00 Stroke Drills	REC		D	CD 1:
7:12 AM 3,650 Yards - Stress Value = 285					

**Workout #19281 - Thursday, 22 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 DS/Showers		
400	1 x 400 on 5:00 Choice	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
200	1 x 200 on 12:00 CFP/Video	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 12:00 Walking	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 15:00 Racing Skills-PB Back starts		
750	30 x 25 on :30 100 Free Pace	SP2	
250	1 x 250 on 5:00 Underwater trn drill	REC	
5:25 PM 4,850 Yards - Stress Value = 400			

**Workout #19290 - Thursday, 22 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Shoulders		
600	1 x 600 on 10:00 Underwater trn drill		
2,250	1x{6 x 25 on :30 Kick no board B		
	{3 x 50 on :45 Kick		
	{3 x 100 on 1:30 Kick		
	{3 x 150 on 2:15 Kick		
	{6 x 25 on :30 Kick no board S		
	{2 x 50 on :45 Kick		
	{2 x 100 on 1:30 Kick		
	{2 x 150 on 2:15 Kick		
	{6 x 25 on :30 Kick no board LR		
	{1 x 50 on :45 Kick		
	{1 x 100 on 1:30 Kick		
	{1 x 150 on 2:15 Kick		
1,100	1 x 1100 on 15:00 Pulls-alt breakouts		

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 4,150 Yards - Stress Value = 69

**Workout #19291 - Thursday, 22 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Shoulders		
600	1 x 600 on 10:00 Underwater trn drill		
1,900	1x{6 x 25 on :30 Kick no board B		
	{3 x 50 on :55 Kick		
	{3 x 100 on 1:50 Kick		
	{3 x 150 on 2:45 Kick		
	{6 x 25 on :30 Kick no board S		
	{2 x 50 on :55 Kick		
	{2 x 100 on 1:50 Kick		
	{2 x 150 on 2:45 Kick		
	{4 x 25 on :30 Kick no board LR		
1,050	1 x 1050 on 15:00 Pulls-alt breakouts		
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 3,750 Yards - Stress Value = 61			

**Workout #19295 - Thursday, 22 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

4:41 PM Start

Yards	Set Description	EGY	WOF
2,825	1x{4 x 125 on 2:00 Back 9 KOLW	EN2	
	{3 x 125 on 1:40 Back hold under 1:20	EN2	
	{4 x 125 on 1:55 Back 10 KOLW	EN2	
	{3 x 100 on 1:40 Back hold under 1:18	EN2	
	{4 x 125 on 1:50 Back 11 KOLW	EN2	
	{3 x 100 on 1:40 Back hold under 1:16	EN2	
	{2 x 125 on 1:45 Back 12 KOLW	EN2	
	{1 x 100 on 1:40 Back hold under 1:14	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:30 PM 3,075 Yards - Stress Value = 57			

**Workout #19292 - Thursday, 22 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Shoulders		
550	1 x 550 on 10:00 Underwater trn drill		
1,650	1x{4 x 25 on :35 Kick no board B		
	{3 x 50 on 1:05 Kick		
	{3 x 100 on 2:05 Kick		
	{3 x 150 on 3:05 Kick		
	{4 x 25 on :35 Kick no board S		
	{2 x 50 on 1:05 Kick		
	{2 x 100 on 2:05 Kick		
	{1 x 150 on 3:05 Kick		
	{4 x 25 on :35 Kick no board LR		
950	1 x 950 on 15:00 Pulls-alt breakouts		
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 = 54			

**Workout #19296 - Thursday, 22 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
2,450	1x{2 x 125 on 2:15 Back 9 KOLW	EN2	
	{3 x 100 on 1:55 Back hold under 1:32	EN2	
	{4 x 125 on 2:10 Back 10 KOLW	EN2	
	{3 x 100 on 1:55 Back hold under 1:30	EN2	
	{4 x 125 on 2:05 Back 11 KOLW	EN2	
	{3 x 100 on 1:55 Back hold under 1:28	EN2	
	{2 x 125 on 2:00 Back 12 KOLW	EN2	
250	{1 x 50 on :55 Back hold under :44	EN2	
	1 x 250 on 4:00 Stroke Drills	REC	
5:30 PM 2,700 Yards - Stress Value = 49			

**Workout #19293 - Thursday, 22 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 DS/Shoulders		
500	1 x 500 on 10:00 Underwater trn drill		
1,400	1x{4 x 25 on :45 Kick no board B		
	{2 x 50 on 1:15 Kick		
	{2 x 100 on 2:30 Kick		
	{2 x 150 on 3:45 Kick		
	{4 x 25 on :45 Kick no board S		
	{2 x 50 on 1:15 Kick		
	{2 x 100 on 2:30 Kick		
	{2 x 150 on 3:45 Kick		
800	1 x 800 on 15:00 Pulls-alt breakouts		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:40 PM 2,900 Yards - Stress Value = 46			

**Workout #19297 - Thursday, 22 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:41 PM Start			
1,900	1x{2 x 125 on 2:45 Back 9 KOLW	EN2	
	{3 x 100 on 2:30 Back hold under 2:00	EN2	
	{2 x 125 on 2:40 Back 10 KOLW	EN2	
	{3 x 100 on 2:30 Back hold under 1:58	EN2	
	{2 x 125 on 2:35 Back 11 KOLW	EN2	
	{3 x 100 on 2:30 Back hold under 1:56	EN2	
	{2 x 125 on 2:30 Back 12 KOLW	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:30 PM 2,150 Yards - Stress Value = 38			

**Workout #19288 - Friday, 23 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
	1 on 40:00 DS/Dryland		
400	4 x 100 on 2:15 Swim-kick-pull	REC	
	25Swim, 25Under, 25Scull, 25Swim		
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{4 x 25 on :45 Backstroke 9-10-11-12 KOW	EN2	
	{1 x 100 on 1:40 Backstroke	EN2	
	{4 x 25 on :40 Backstroke 9-10-11-12 KOW	EN2	
	{2 x 100 on 1:45 Backstroke	EN2	
	{4 x 25 on :35 Backstroke 9-10-11-12 KOW	EN2	
	{3 x 100 on 1:50 Backstroke	EN2	

	{4 x 25 on :30 Backstroke 9-10-11-12 KOW	EN2	
	{3 x 100 on 1:55 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:30 PM 2,050 Yards - Stress Value = 32			

**Workout #19298 - Friday, 23 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
	1 on 40:00 DS/Dryland		
400	4 x 100 on 2:15 Swim-kick-pull	REC	
	25Swim, 25Under, 25Scull, 25Swim		
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{4 x 25 on :45 Backstroke 9-10-11-12 KOW	EN2	
	{1 x 100 on 1:50 Backstroke	EN2	
	{4 x 25 on :40 Backstroke 9-10-11-12 KOW	EN2	
	{2 x 100 on 1:55 Backstroke	EN2	
	{4 x 25 on :35 Backstroke 9-10-11-12 KOW	EN2	
	{3 x 100 on 2:00 Backstroke	EN2	
	{2 x 25 on :30 Backstroke 9-10 KOW	EN2	
	{3 x 100 on 2:05 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:30 PM 2,000 Yards - Stress Value = 31			

**Workout #19299 - Friday, 23 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
	1 on 40:00 DS/Dryland		
400	4 x 100 on 2:15 Swim-kick-pull	REC	
	25Swim, 25Under, 25Scull, 25Swim		
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{4 x 25 on :45 Backstroke 9-10-11-12 KOW	EN2	
	{1 x 100 on 1:55 Backstroke	EN2	
	{4 x 25 on :45 Backstroke 9-10-11-12 KOW	EN2	
	{2 x 100 on 2:00 Backstroke	EN2	
	{4 x 25 on :40 Backstroke 9-10-11-12 KOW	EN2	
	{3 x 100 on 2:05 Backstroke	EN2	
	{4 x 25 on :40 Backstroke 9-10-11-12 KOW	EN2	
	{1 x 100 on 2:10 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:29 PM 1,850 Yards - Stress Value = 28			

**Workout #19285 - Friday, 23 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
5:30 AM Start					
	1 on 40:00 DS/Weights			L	DRY
400	1 x 400 on 5:00 Choice	REC	S	CHO	1:1
1,500	30 x 50 on :55 400 IM Pace	SP2	S	IM	1:5
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1:3
600	24 x 25 on :30 50 Free Pace	SP2	S	FR	2:0
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1:3
7:07 AM 3,000 Yards - Stress Value = 210					

**Workout #19286 - Friday, 23 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	W
	3:00 PM Start		
400	1 on 15:00 DS/Showers		
400	1 x 400 on 5:00 Choice	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
400	1 x 400 on 15:00 CFP/Video	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 15:00 Racing Skills-Open Turn Drills	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
250	1 x 250 on 4:00 Closed Fist Snorkels	REC	
	4:57 PM 4,050 Yards - Stress Value = 300		

Yards	Set Description	EGY	W
	9:00 AM Start		
1,600	1x{1 x 100 on 2:30 Butterfly		
	{6 x 50 on 1:15 3 strokes off walls		
	{1 x 100 on 2:30 Butterfly		
	{5 x 50 on 1:10 3 strokes off walls		
	{1 x 100 on 2:30 Butterfly		
	{4 x 50 on 1:05 3 strokes off walls		
	{1 x 100 on 2:30 Butterfly		
	{3 x 50 on 1:00 3 strokes off walls		
	{1 x 100 on 2:30 Butterfly		
	{2 x 50 on :55 3 strokes off walls		
	{1 x 100 on 2:30 Butterfly		
840	24 x 35 on :35 100 Fly Pace		
250	1 x 250 on 5:00 Stroke Drills		
	11:30 AM 4,590 Yards - Stress Value = 144		

**Workout #19310 - Monday, 26 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

**Workout #19287 - Friday, 23 December 2016**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	W
	3:00 PM Start		
	1 on 45:00 DS/Yoga		
600	1 x 600 on 10:00 Reverse IM drill		
300	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
	1 on 15:00 Indvdl Prsrctns		
900	3x{1 x 200 on 3:30 3:00 Social Kick :30 to wall		
	{4 x 25 on :45 Sprint Kick		
	1 on 15:00 Indvdl Prsrctns		
250	1 x 250 on 4:00 Stroke Drills		
	5:00 PM 2,050 Yards - Stress Value = 48		

Yards	Set Description	EGY	W
	9:00 AM Start		
	1 on 35:00 DS/Dryland		
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP		
150	10 x 15 on :45 Shooters		
1,050	1x{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:40 Fly Kick w/board		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:35 Fly Kick w/board		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:30 Fly Kick w/board		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 50 on 1:15 Fly Kick w/board		
150	6 x 25 on 1:00 Odds face in sculling drills		

**Workout #19289 - Saturday, 24 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
	7:00 AM Start				
	1 on 10:00 DS/Showers				L DRY
3,000	30 x 100 on 1:15 1650 Pace	SP2	S	FR	1:1
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	1:3
2,100	28 x 75 on 1:10 500 Free Pace	SP2	S	FR	1:3
200	1 x 200 on 3:00 Stroke Drills	REC	D	CHO	1:3
1,300	26 x 50 on :50 200 Free Pace	SP2	S	FR	1:4
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	1:3
600	24 x 25 on :30 100 Free Pace	SP2	S	FR	2:0
200	1 x 200 on 3:00 Stroke Drills	REC	D	CHO	1:3
550	22 x 25 on :30 50 Free Pace	SP2	S	FR	2:0
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	1:3
	9:30 AM 8,550 Yards - Stress Value = 755				

Yards	Set Description	EGY	W
	9:00 AM Start		
1,500	1x{1 x 100 on 2:40 Butterfly		
	{6 x 50 on 1:20 3 strokes off walls		
	{1 x 100 on 2:40 Butterfly		
	{5 x 50 on 1:15 3 strokes off walls		
	{1 x 100 on 2:40 Butterfly		
	{4 x 50 on 1:10 3 strokes off walls		
	{1 x 100 on 2:40 Butterfly		
	{3 x 50 on 1:05 3 strokes off walls		
	{1 x 100 on 2:40 Butterfly		
	{2 x 50 on 1:00 3 strokes off walls		
840	24 x 35 on :35 100 Fly Pace		
250	1 x 250 on 5:00 Stroke Drills		
	11:30 AM 4,440 Yards - Stress Value = 141		

**Workout #19309 - Monday, 26 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	EGY	W
	9:00 AM Start		
	1 on 35:00 DS/Dryland		
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP		
150	10 x 15 on :45 Shooters		
1,100	1x{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:30 Fly Kick w/board		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:25 Fly Kick w/board		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:20 Fly Kick w/board		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:15 Fly Kick w/board		
150	6 x 25 on 1:00 Odds face in sculling drills		

**Workout #19311 - Monday, 26 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WORK	ST
500	1 on 35:00 DS/Dryland			
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP			
1,000	10 x 15 on :45 Shooters			
	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:50 Fly Kick w/board			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:45 Fly Kick w/board			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:40 Fly Kick w/board			
	{4 x 25 on :45 Kick no board BSLR			
150	6 x 25 on 1:00 Odds face in sculling drills			
	Evens-underwaters, count kicks			
1,400	1x{1 x 100 on 2:50 Butterfly			
	{6 x 50 on 1:25 3 strokes off walls			
	{1 x 100 on 2:50 Butterfly			
	{5 x 50 on 1:20 3 strokes off walls			
	{1 x 100 on 2:50 Butterfly			
	{4 x 50 on 1:15 3 strokes off walls			
	{1 x 100 on 2:50 Butterfly			
	{3 x 50 on 1:10 3 strokes off walls			
	{1 x 100 on 2:50 Butterfly			
700	20 x 35 on :40 100 Fly Pace			
250	1 x 250 on 5:00 Stroke Drills			
	11:30 AM 4,150 Yards - Stress Value = 124			

**Workout #19304 - Monday, 26 December 2016**

**HighSchl - Distance**

**1 minute rest between sets**

8:43 AM Start

Yards	Set Description	EGY	WORK	ST
	#1 1st 25 100%, #2 1st 50 100%			
3,400	1x{2 x 300 on 4:00 Free 3KOW/LW8	EN2	S	F
	{2 x 275 on 3:40 Free 3 KOW/LW 9	EN2	S	F
	{2 x 250 on 3:15 Free 3 KOW/LW 10	EN1	S	F
	{2 x 225 on 2:55 Free 3KOW/LW11	EN2	S	F
	{2 x 200 on 2:30 Free 3KOW/LW12	EN2	S	F
	{2 x 175 on 2:10 Free 3KOW/LW13	EN2	S	F
	{2 x 150 on 1:50 Free 3 KOW/LW14	EN2	S	F
	{2 x 125 on 1:30 Free 3KOW/LW15	EN2	S	F
	L.25 of each SFBO, 6BK, & breathe on 3			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	9:31 AM 3,600 Yards - Stress Value = 63			

**Workout #19308 - Monday, 26 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 40:00 DS/Weights			L
400	1 x 400 on 5:00 Choice	REC	S	
1,500	30 x 50 on :55 200 IM Pace	SP2	S	
200	1 x 200 on 8:00 CFP/Video	REC	D	
1,500	30 x 50 on :50 200 Fly Pace	SP2	S	
	1 on 10:00 YDR	REC	L	
750	30 x 25 on :30 100 Back Pace	SP2	S	
	1 on 10:00 Racing Skills-Relay Starts	REC	D	
250	1 x 250 on 4:00 Continuous Pre-Set	REC	D	
	9:30 AM 4,600 Yards - Stress Value = 375			

**Workout #19312 - Monday, 26 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 15:00 DS/Showers			L DRY
400	1 x 400 on 5:00 Choice	REC	S	CHC
2,600	26 x 100 on 1:20 Freestyle	SP2	S	FF
200	1 x 200 on 6:00 CFP/Video	REC	D	FF
1,500	30 x 50 on :55 200 Breat Pace	SP2	S	BF
200	1 x 200 on 6:00 CFP/Video	REC	D	FF
750	30 x 25 on :30 100 Free Pace	SP2	S	FF
200	1 x 200 on 4:00 Continuous Pre-Set	REC	D	CI
	5:00 PM 5,850 Yards - Stress Value = 485			

**Workout #19300 - Monday, 26 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 40:00 DS/Weights			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
	Non BSLR's are with snorkel			
1,950	1x{8 x 25 on :30 Kick no board BSLR			
	{3 x 150 on 2:35 Kick			
	{8 x 25 on :30 Kick no board BSLR			
	{3 x 150 on 2:30 Kick			
	{8 x 25 on :30 Kick no board BSLR			
	{3 x 150 on 2:25 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:42 AM 3,050 Yards - Stress Value = 53			

**Workout #19301 - Monday, 26 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 40:00 DS/Weights			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
1,700	1x{8 x 25 on :30 Kick no board BSLR			
	{3 x 150 on 3:05 Kick			
	{8 x 25 on :30 Kick no board BSLR			
	{3 x 150 on 3:00 Kick			
	{8 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:55 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:42 AM 2,800 Yards - Stress Value = 48			

**Workout #19305 - Monday, 26 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

8:43 PM Start  
 Yards Set Description EGY WORK ST  
 =====  
 #1 1st 25 100%, #2 1st 50 100%  
 3,100 1x{2 x 300 on 4:20 Free 3 KOW/LW 8 EN2 S F  
 {2 x 275 on 4:00 Free 3 KOW/LW 9 EN2 S F  
 {2 x 250 on 3:30 Free 3 KOW/LW 10 EN1 S F  
 {2 x 225 on 3:10 Free 3KOW/LW11 EN2 S F  
 {2 x 200 on 2:45 Free 3KOW/LW12 EN2 S F  
 {2 x 175 on 2:20 Free 3KOW/LW13 EN2 S F  
 {2 x 125 on 1:40 Free 3 KOW/LW14 EN2 S F  
 L.25 of each SFBO, 6BK, & breathe on 3  
 200 1 x 200 on 3:00 Stroke Drills REC D C  
 9:31 PM 3,300 Yards - Stress Value = 57

**Workout #19302 - Monday, 26 December 2016**

**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 Swim-kick-pull-swim  
 300 12 x 25 on :40 Variable Speed  
 Rd 1 #1, Rd 2 #2, Rd 3 free  
 1,500 1x{8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 3:30 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 3:25 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 3:20 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:42 AM 2,550 Yards - Stress Value = 44

**Workout #19306 - Monday, 26 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

8:43 AM Start  
 Yards Set Description EGY WORK ST  
 =====  
 #1 1st 25 100%, #2 1st 50 100%  
 2,800 1x{2 x 300 on 4:45 Free 3 KOW/LW 8 EN2 S F  
 {2 x 275 on 4:15 Free 3 KOW/LW 9 EN2 S F  
 {2 x 250 on 3:50 Free 3 KOW/LW 10 EN1 S F  
 {2 x 225 on 3:25 Free 3KOW/LW11 EN2 S F  
 {2 x 200 on 3:00 Free 3KOW/LW12 EN2 S F  
 {2 x 150 on 2:10 Free 3KOW/LW13 EN2 S F  
 L.25 of each SFBO, 6BK, & breathe on 3  
 200 1 x 200 on 3:00 Stroke Drills REC D C  
 9:30 AM 3,000 Yards - Stress Value = 51

**Workout #19303 - Monday, 26 December 2016**

**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 Swim-kick-pull-swim  
 300 12 x 25 on :40 Variable Speed  
 Rd 1 #1, Rd 2 #2, Rd 3 free  
 1,350 1x{8 x 25 on :40 Kick no board BSLR  
 {2 x 150 on 3:50 Freestyle  
 {8 x 25 on :40 Kick no board BSLR  
 {2 x 150 on 3:45 Freestyle  
 {6 x 25 on :40 Kick no board BSLRBS

{2 x 100 on 2:25 Kick  
 100 4x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:39 AM 2,250 Yards - Stress Value = 40

**Workout #19307 - Monday, 26 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

8:43 AM Start  
 Yards Set Description EGY WORK ST  
 =====  
 #1 1st 25 100%, #2 1st 50 100%  
 2,400 1x{2 x 300 on 5:30 Free 3 KOW/LW 8 EN2 S F  
 {2 x 275 on 5:00 Free 3 KOW/LW 9 EN2 S F  
 {2 x 250 on 4:30 Free 3 KOW/LW 10 EN1 S F  
 {2 x 225 on 4:00 Free 3KOW/LW11 EN2 S F  
 {2 x 150 on 2:40 Free 3KOW/LW12 EN2 S F  
 L.25 of each SFBO, 6BK, & breathe on 3  
 200 1 x 200 on 3:00 Stroke Drills REC D C  
 9:31 AM 2,600 Yards - Stress Value = 43

**Workout #19322 - Tuesday, 27 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

9:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Dryland  
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels  
 150 10 x 15 on :45 Shooters  
 1,000 1x{1 x 100 on 2:30 Streamline kick on back  
 {2 x 100 on 2:25 Streamline kick on back  
 {3 x 100 on 2:20 Streamline kick on back  
 {4 x 100 on 2:15 Streamline kick on back  
 300 6 x 50 on 1:00 Odds face in sculling drills  
 Evens-underwaters, count kicks  
 1,600 1x{1 x 200 on 4:00 Backstroke  
 {4 x 50 on 1:00 Back-descend  
 {2 x 175 on 3:30 Backstroke  
 {4 x 50 on 1:00 Back-descend  
 {3 x 150 on 3:00 Backstroke  
 {4 x 50 on 1:00 Back-descend  
 600 24 x 25 on :35 100 Back Pace  
 1 on 10:00 Racing Skills-back starts  
 250 1 x 250 on 5:00 Stroke Drills  
 11:29 AM 4,400 Yards - Stress Value = 118

**Workout #19323 - Tuesday, 27 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description
9:00 AM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Sun Yang Free w/snorkels
950	10 x 15 on :45 Shooters
1x{	1 x 100 on 2:40 Streamline kick on back
	{ 2 x 100 on 2:35 Streamline kick on back
	{ 3 x 100 on 2:30 Streamline kick on back
	{ 3 x 100 on 2:25 Streamline kick on back
	{ 1 x 50 on 1:15 Streamline kick on back
300	6 x 50 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,500	1x{1 x 200 on 4:15 Backstroke
	{ 4 x 50 on 1:05 Back-descend
	{ 2 x 175 on 3:45 Backstroke
	{ 4 x 50 on 1:05 Back-descend
	{ 3 x 150 on 3:10 Backstroke
	{ 2 x 50 on 1:05 Back-descend
600	24 x 25 on :35 100 Back Pace
	1 on 10:00 Racing Skills-back starts
250	1 x 250 on 5:00 Stroke Drills
11:30 AM	4,250 Yards - Stress Value = 115

**Workout #19324 - Tuesday, 27 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description
9:00 AM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Sun Yang Free w/snorkels
850	10 x 15 on :45 Shooters
1x{	1 x 100 on 2:50 Streamline kick on back
	{ 2 x 100 on 2:45 Streamline kick on back
	{ 3 x 100 on 2:40 Streamline kick on back
	{ 2 x 100 on 2:35 Streamline kick on back
	{ 1 x 50 on 1:20 Streamline kick on back
300	6 x 50 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,450	1x{1 x 200 on 4:30 Backstroke
	{ 3 x 50 on 1:10 Back-descend
	{ 2 x 175 on 3:55 Backstroke
	{ 3 x 50 on 1:10 Back-descend
	{ 3 x 150 on 3:20 Backstroke
	{ 3 x 50 on 1:10 Back-descend
500	20 x 25 on :40 100 Back Pace
	1 on 10:00 Racing Skills-back starts
250	1 x 250 on 5:00 Stroke Drills
11:29 AM	4,000 Yards - Stress Value = 102

**Workout #19318 - Tuesday, 27 December 2016**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:46 AM	Start			
2,625	1x{3 x 125 on 1:40 Backstroke	EN1	S	BK
	{ 3 x 50 on :40 Backstroke AFAP	EN3	S	BK
	{ 3 x 125 on 1:40 Backstroke	EN1	S	BK
	{ 3 x 50 on :45 Backstroke AFAP	EN3	S	BK
	{ 3 x 125 on 1:40 Backstroke	EN1	S	BK
	{ 3 x 50 on :50 Backstroke AFAP	EN3	S	BK
	{ 3 x 125 on 1:40 Backstroke	EN2	S	BK
	{ 3 x 50 on :55 Backstroke AFAP	EN3	S	BK
	{ 3 x 125 on 1:40 Backstroke	EN2	S	BK
	{ 3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
9:29 AM	2,875 Yards - Stress Value = 73			

**Workout #19313 - Tuesday, 27 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	W
7:00 AM	Start		
400	1 on 40:00 DS/Weights		
1,500	1 x 400 on 5:00 Choice	REC	
2,250	30 x 75 on 1:10 1000 Free Pace	SP2	
200	1 x 200 on 6:00 CFP/Video	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 5:00 Walking	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 10:00 Racing Skills-timed free turns	SP3	
250	1 x 250 on 4:00 Top Hat Drill	REC	
9:30 AM	5,350 Yards - Stress Value = 450		

**Workout #19338 - Tuesday, 27 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PF
3:00 PM	Start				
400	1 on 15:00 DS/Showers			L	DRY
1,500	1 x 400 on 5:00 Choice	REC	S	CHO	1:
200	30 x 50 on :55 400 IM Pace	SP2	S	IM	1:
1,500	1 x 200 on 6:00 CFP/Video	REC	S	CHO	3:
1,500	30 x 50 on :50 200 Free Pace	SP2	S	FR	1:
200	1 x 200 on 6:00 CFP/Video	REC	D	FR	3:
750	30 x 25 on :30 100 Breast Pace	SP2	S	BR	2:
250	1 x 250 on 5:00 Top Hat Drill	REC	D	CD	2:
4:51 PM	4,800 Yards - Stress Value = 375				

**Workout #19314 - Tuesday, 27 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 40:00 DS/Weights
300	1 x 600 on 10:00 Top Hat Drill
1,400	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
1x{	1 x 200 on 3:25 Kick
	{ 1 x 200 on 3:20 Kick
	{ 1 x 200 on 3:15 Kick
	{ 1 x 200 on 3:10 Kick
	{ 1 x 200 on 3:05 Kick
	{ 1 x 200 on 3:00 Kick
	{ 1 x 200 on 2:55 Kick
1,100	1 x 1100 on 14:00 Pulls-odd 100's btb
	Even 100's BTS
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:45 AM	3,600 Yards - Stress Value = 64

**Workout #19315 - Tuesday, 27 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 40:00 DS/Weights  
 300 1 x 600 on 10:00 Underwater trn drill  
 12 x 25 on :40 Variable Speed  
 Rd 1 #1, Rd 2 #2, Rd 3 free  
 1,250 1x{1 x 200 on 3:45 Kick  
 {1 x 200 on 3:40 Kick  
 {1 x 200 on 3:35 Kick  
 {1 x 200 on 3:30 Kick  
 {1 x 200 on 3:25 Kick  
 {1 x 200 on 3:20 Kick  
 {1 x 50 on :55 Kick  
 1,050 1 x 1050 on 14:00 Pulls-odd 100's btb  
 Even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:45 AM 3,400 Yards - Stress Value = 60

**Workout #19319 - Tuesday, 27 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

8:46 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,375 1x{3 x 125 on 1:50 Backstroke EN1 S BK  
 {3 x 50 on :45 Backstroke AFAP EN2 S BK  
 {2 x 125 on 1:50 Backstroke EN1 S BK  
 {3 x 50 on :55 Backstroke AFAP EN3 S BK  
 {3 x 125 on 1:50 Backstroke EN1 S BK  
 {3 x 50 on 1:00 Backstroke AFAP EN3 S BK  
 {2 x 125 on 1:50 Backstroke EN2 S BK  
 {3 x 50 on 1:00 Backstroke AFAP EN3 S BK  
 {3 x 125 on 1:50 Backstroke EN2 S BK  
 {3 x 50 on 1:00 Back AFAP EN2 S BK  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 9:29 AM 2,625 Yards - Stress Value = 56

**Workout #19316 - Tuesday, 27 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 40:00 DS/Weights  
 300 1 x 550 on 10:00 Top Hat Drill  
 12 x 25 on :40 Variable Speed  
 1,150 1x{1 x 200 on 4:10 Kick  
 {1 x 200 on 4:05 Kick  
 {1 x 200 on 4:00 Kick  
 {1 x 200 on 3:55 Kick  
 {1 x 200 on 3:50 Kick  
 {1 x 150 on 2:40 Kick  
 950 1 x 950 on 14:00 Pulls-odd 100's btb  
 Even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:45 AM 3,150 Yards - Stress Value = 56

**Workout #19320 - Tuesday, 27 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

8:46 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,975 1x{3 x 125 on 2:15 Backstroke EN1 S BK

{3 x 50 on :55 Backstroke AFAP EN2 S BK  
 {2 x 125 on 2:15 Backstroke EN1 S BK  
 {3 x 50 on 1:00 Backstroke AFAP EN3 S BK  
 {3 x 125 on 2:15 Backstroke EN1 S BK  
 {3 x 50 on 1:10 Backstroke AFAP EN3 S BK  
 {2 x 125 on 2:15 Backstroke EN2 S BK  
 {3 x 50 on 1:15 Backstroke AFAP EN3 S BK  
 {1 x 125 on 2:15 Backstroke EN2 S BK  
 1 x 250 on 4:00 Stroke Drills REC D CD  
 9:29 AM 2,225 Yards - Stress Value = 47

**Workout #19317 - Tuesday, 27 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 40:00 DS/Weights  
 300 1 x 500 on 10:00 Top Hat Drill  
 12 x 25 on :40 Variable Speed  
 Rd 1 #1, Rd 2 #2, Rd 3 free  
 900 1x{1 x 150 on 3:55 Kick  
 {1 x 150 on 3:50 Kick  
 {1 x 150 on 3:45 Kick  
 {1 x 150 on 3:40 Kick  
 {1 x 150 on 3:35 Kick  
 {1 x 150 on 3:30 Kick  
 800 1 x 800 on 14:00 Pulls-odd 100's btb  
 Even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:45 AM 2,700 Yards - Stress Value = 48

**Workout #19321 - Tuesday, 27 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

8:46 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,800 1x{3 x 100 on 2:00 Backstroke EN1 S BK  
 {3 x 50 on 1:05 Backstroke AFAP EN2 S BK  
 {3 x 100 on 2:00 Backstroke EN1 S BK  
 {3 x 50 on 1:10 Backstroke AFAP EN3 S BK  
 {3 x 100 on 2:00 Backstroke EN1 S BK  
 {3 x 50 on 1:15 Backstroke AFAP EN3 S BK  
 {2 x 100 on 2:00 Backstroke EN2 S BK  
 {3 x 50 on 1:20 Backstroke AFAP EN3 S BK  
 {1 x 100 on 2:00 Backstroke EN2 S BK  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 9:30 AM 2,050 Yards - Stress Value = 45

**Workout #19325 - Wednesday, 28 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description
9:00 AM	Start
400	1 on 35:00 DS/Dryland
	16 x 25 on :35 Wednesday Warm-up
	2-16, 4-15, 6-14, 4-13
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:15 Kick 2 br, 2 fly, 2 fr
	{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:15 Kick 2 br, 2 fly, 2 fr
	{4 x 25 on :45 Kick no board BS
150	6 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,700	1x{3 x 100 on 2:00 Individual Medley
	{8 x 25 on :30 Butterfly
	{3 x 100 on 1:55 Individual Medley
	{8 x 25 on :30 Backstroke
	{3 x 100 on 1:50 Individual Medley
	{8 x 25 on :30 Breaststroke
	{2 x 100 on 1:45 Individual Medley
600	24 x 25 on :35 Your Choice
	1 on 10:00 Game
250	1 x 250 on 4:00 Stroke Drills
	11:30 AM 4,150 Yards - Stress Value = 58

**Workout #19326 - Wednesday, 28 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

Yards	Set Description
9:00 AM	Start
400	1 on 35:00 DS/Dryland
	16 x 25 on :35 Wednesday Warm-up
	2-16, 4-15, 6-14, 4-13
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:20 Kick 2 br, 2 fly, 2 fr
	{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:20 Kick 2 br, 2 fly, 2 fr
	{2 x 25 on :45 Kick no board BS
150	6 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,450	1x{3 x 100 on 2:15 Individual Medley
	{6 x 25 on :35 Butterfly
	{3 x 100 on 2:10 Individual Medley
	{6 x 25 on :35 Backstroke
	{3 x 100 on 2:05 Individual Medley
	{6 x 25 on :35 Breaststroke
	{1 x 100 on 2:00 Individual Medley
600	24 x 25 on :35 Your Choice
	1 on 10:00 Game
250	1 x 250 on 4:00 Stroke Drills
	11:29 AM 3,850 Yards - Stress Value = 52

**Workout #19327 - Wednesday, 28 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

Yards	Set Description
9:00 AM	Start
400	1 on 35:00 DS/Dryland
	16 x 25 on :35 Wednesday Warm-up
	2-16, 4-15, 6-14, 4-13
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:25 Kick 2 br, 2 fly, 2 fr
	{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:25 Kick 2 br, 2 fly, 2 fr

150	6 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,300	1x{3 x 100 on 2:30 Individual Medley
	{6 x 25 on :40 Butterfly
	{3 x 100 on 2:25 Individual Medley
	{6 x 25 on :40 Backstroke
	{3 x 100 on 2:20 Individual Medley
	{4 x 25 on :40 Breaststroke
500	20 x 25 on :40 Your Choice
	1 on 10:00 Game
250	1 x 250 on 4:00 Stroke Drills
	11:29 AM 3,550 Yards - Stress Value = 48

**Workout #19337 - Thursday, 29 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

Yards	Set Description	EGY
9:00 AM	Start	
400	1 on 35:00 DS/Dryland	
500	1 x 500 on 9:00 3KOW+1 up to 10 then -1	REC
150	10 x 15 on :45 Shooters	SP3
1,300	13 x 100 on 2:15 Challenge Kick set w/fins	EN2
150	6 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
	1 on 38:00 Teach Day	REC
600	24 x 25 on :35 100 Free Pace	SP2
250	1 x 250 on 5:00 Stroke Drills	REC
	11:30 AM 2,950 Yards - Stress Value = 92	

**Workout #19333 - Thursday, 29 December 2016**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY
8:44 AM	Start	
2,100	1x{1 x 200 on 2:55 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-with free kick	EN2
	{2 x 175 on 2:30 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-with free kick	EN2
	{3 x 150 on 2:05 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-with free kick	EN2
	{4 x 125 on 1:45 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-with free kick	EN3
400	8 x 50 on 1:00 Stroke Drills	REC
	9:29 AM 2,500 Yards - Stress Value = 48	

**Workout #19328 - Thursday, 29 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
7:00 AM	Start			
400	1 on 40:00 DS/Weights			L I
400	1 x 400 on 5:00 Choice	REC		S C
1,800	24 x 75 on 1:10 500 Free Pace	SP2		S
200	1 x 200 on 10:00 CFP/Video	REC		D
750	30 x 25 on :30 100 Back Pace	SP2		S
	1 on 10:00 Racing Skills-Goggle toss	REC		D C
1,000	40 x 25 on :30 200 Fly Pace	SP2		S F
250	1 x 250 on 5:00 Underwater trn drill	REC		D
	Find 2 things on video			
	9:18 AM 4,400 Yards - Stress Value = 355			

**Workout #19339 - Thursday, 29 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
400	1 on 15:00 DS/Showers		
400	1 x 400 on 5:00 Choice	REC	
600	24 x 25 on :30 50 Free Pace	SP2	
1	on 15:00 Racing Skills-Underwater work		
750	30 x 25 on :30 100 Free Pace	SP2	
200	1 x 200 on 10:00 CFP/Video	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
4:50 PM	3,700 Yards - Stress Value = 285		

**Workout #19329 - Thursday, 29 December 2016**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM	Start		
1	on 40:00 DS/Weights		
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back		
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free		
1,700	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho {4 x 50 on 1:15 Alt 50 fly kick on back {50 tombstone kick {3 x 100 on 1:55 Kick 25-fly/fr/br/cho {4 x 50 on 1:10 Kick same as above {3 x 100 on 1:50 Kick 25-fly/fr/br/cho {4 x 50 on 1:05 Kick-Same as above {2 x 100 on 1:45 Kick 25 fly/fr/br/cho		
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
8:42 AM	2,800 Yards - Stress Value = 48		

**Workout #19330 - Thursday, 29 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM	Start		
1	on 40:00 DS/Weights		
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back		
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free		
1,700	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho {4 x 50 on 1:15 Alt 50 fly kick on back {50 tombstone kick {3 x 100 on 1:55 Kick 25-fly/fr/br/cho {4 x 50 on 1:10 Kick same as above {3 x 100 on 1:50 Kick 25-fly/fr/br/cho {4 x 50 on 1:05 Kick-Same as above {2 x 100 on 1:45 Kick 25 fly/fr/br/cho		
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
8:42 AM	2,800 Yards - Stress Value = 48		

**Workout #19334 - Thursday, 29 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
8:44 AM	Start		
2,050	1x{1 x 200 on 3:10 3 strokes fly off walls {6 x 25 on :35 Fly-with free kick	EN2	EN2

{2 x 175 on 2:45 3 strokes fly off walls	EN2
{6 x 25 on :35 Fly-with free kick	EN2
{3 x 150 on 2:20 3 strokes fly off walls	EN2
{6 x 25 on :35 Fly-with free kick	EN2
{4 x 125 on 1:55 3 strokes fly off walls	EN2
{4 x 25 on :35 Fly-with free kick	EN2
8 x 50 on 1:00 Stroke Drills	REC
9:30 AM	2,450 Yards - Stress Value = 41

**Workout #19331 - Thursday, 29 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM	Start		
1	on 40:00 DS/Weights		
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back		
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free		
1,400	1x{3 x 100 on 2:20 Kick 25-fly/fr/br/cho {4 x 50 on 1:30 Alt 50 fly kick on back {50 tombstone kick {3 x 100 on 2:15 Kick 25-fly/fr/br/cho {4 x 50 on 1:25 Kick same as above {3 x 100 on 2:10 Kick 25-fly/fr/br/cho {2 x 50 on 1:20 Kick-Same as above		
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
8:42 AM	2,450 Yards - Stress Value = 42		

**Workout #19335 - Thursday, 29 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
8:44 AM	Start		
1,875	1x{1 x 200 on 3:25 3 strokes fly off walls {6 x 25 on :40 Fly-with free kick {2 x 175 on 2:55 3 strokes fly off walls {4 x 25 on :40 Fly-with free kick {3 x 150 on 2:30 3 strokes fly off walls {4 x 25 on :40 Fly-with free kick {3 x 125 on 2:00 3 strokes fly off walls {6 x 25 on :40 Fly-with free kick 8 x 50 on 1:00 Stroke Drills	EN2	EN2
9:30 AM	2,275 Yards - Stress Value = 48		

**Workout #19332 - Thursday, 29 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM	Start		
1	on 40:00 DS/Weights		
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back		
300	12 x 25 on :40 Variable Speed Rd 1 #1, Rd 2 #2, Rd 3 free		
1,350	1x{3 x 100 on 2:30 Kick 25-fly/fr/br/cho {4 x 50 on 1:30 Alt 50 fly kick on back {50 tombstone kick {3 x 100 on 2:25 Kick 25-fly/fr/br/cho {4 x 50 on 1:25 Kick same as above {3 x 100 on 2:20 Kick 25-fly/fr/br/cho {1 x 50 on 1:20 Kick-Same as above		
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
8:42 AM	2,350 Yards - Stress Value = 41		

**Workout #19336 - Thursday, 29 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

8:44 AM Start

Yards	Set Description	EGY
1,625	1x{1 x 200 on 4:00 3 strokes fly off walls	EN2
	{6 x 25 on :45 Fly-with free kick	EN2
	{2 x 175 on 3:30 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-with free kick	EN2
	{3 x 150 on 3:00 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-with free kick	EN2
	{1 x 125 on 2:30 3 strokes fly off walls	EN2
	{6 x 25 on :40 Fly-with free kick	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
9:30 AM 2,025 Yards - Stress Value = 42		

{3 x 50 on 1:05 Breast-descend  
 {1 x 150 on 4:00 Breast 3-4-5-6 glide  
 {3 x 50 on 1:00 Breast-descend  
 500 20 x 25 on :40 100 Breast Pace  
 250 1 x 250 on 5:00 Stroke Drills  
 11:30 AM 4,000 Yards - Stress Value = 101

**Workout #19340 - Friday, 30 December 2016**

**Group 2 - Silver-1**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY
	1 on 35:00 DS/Dryland	
400	4 x 100 on 2:15 SwimUSS	
150	10 x 15 on :45 Shooters	
1,150	1x{3 x 100 on 2:30 Breast kick w/board	
	{1 x 100 on 3:00 Breast Kick w/board-100%	
	{3 x 100 on 2:25 Breast kick w/board	
	{1 x 100 on 3:00 Breast kick w/board-100%	
	{3 x 100 on 2:20 Breast Kick w/board	
	{1 x 50 on 1:00 Breast kick w/board-100%	
150	6 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
1,550	1x{1 x 150 on 4:00 Breast 2K1P	
	{3 x 50 on 1:15 Breast descend	
	{1 x 150 on 4:00 Breast 3-4-5-6 sec glide	
	{3 x 50 on 1:10 Breast-descend	
	{1 x 150 on 4:00 Breast-Kick on back	
	{3 x 50 on 1:05 Breast-descend	
	{1 x 150 on 4:00 Breast-Kick on back	
	{3 x 50 on 1:00 Breast-descend	
	{1 x 150 on 4:00 Breast 3-4-5-6 glide	
	{4 x 50 on :55 Breast-descend	
600	24 x 25 on :35 100 Breast Pace	
250	1 x 250 on 5:00 Stroke Drills	
11:30 AM 4,250 Yards - Stress Value = 115		

**Workout #19342 - Friday, 30 December 2016**

**Group 2 - Silver-3**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY
	1 on 35:00 DS/Dryland	
400	4 x 100 on 2:15 SwimUSS	
150	10 x 15 on :45 Shooters	
1,000	1x{3 x 100 on 2:50 Breast kick w/board	
	{1 x 100 on 3:00 Breast Kick w/board-100%	
	{3 x 100 on 2:45 Breast kick w/board	
	{1 x 100 on 3:00 Breast kick w/board-100%	
	{2 x 100 on 2:40 Breast Kick w/board	
150	6 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
1,450	1x{1 x 150 on 4:00 Breast 2K1P	
	{3 x 50 on 1:25 Breast descend	
	{1 x 150 on 4:00 Breast 3-4-5-6 sec glide	
	{3 x 50 on 1:20 Breast-descend	
	{1 x 150 on 4:00 Breast-Kick on back	
	{3 x 50 on 1:15 Breast-descend	
	{1 x 150 on 4:00 Breast-Kick on back	
	{3 x 50 on 1:10 Breast-descend	
	{1 x 150 on 4:00 Breast 3-4-5-6 glide	
	{2 x 50 on 1:05 Breast-descend	
450	18 x 25 on :45 100 Breast Pace	
250	1 x 250 on 5:00 Stroke Drills	
11:30 AM 3,850 Yards - Stress Value = 95		

**Workout #19341 - Friday, 30 December 2016**

**Group 2 - Silver-2**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY
	1 on 35:00 DS/Dryland	
400	4 x 100 on 2:15 SwimUSS	
150	10 x 15 on :45 Shooters	
1,050	1x{3 x 100 on 2:40 Breast kick w/board	
	{1 x 100 on 3:00 Breast Kick w/board-100%	
	{3 x 100 on 2:35 Breast kick w/board	
	{1 x 100 on 3:00 Breast kick w/board-100%	
	{3 x 75 on 1:55 Breast Kick w/board	
	{1 x 25 on 1:00 Breast kick w/board-100%	
150	6 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
1,500	1x{1 x 150 on 4:00 Breast 2K1P	
	{3 x 50 on 1:20 Breast descend	
	{1 x 150 on 4:00 Breast 3-4-5-6 sec glide	
	{3 x 50 on 1:15 Breast-descend	
	{1 x 150 on 4:00 Breast-Kick on back	
	{3 x 50 on 1:10 Breast-descend	
	{1 x 150 on 4:00 Breast-Kick on back	

**Workout #19344 - Saturday, 31 December 2016**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
1,600	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no brd S-9+1 KOW
	{2 x 75 on 1:05 Kick
	{2 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no brd L-9+1 KOW
	{2 x 75 on 1:00 Kick
	{2 x 75 on :55 Kick
	{4 x 25 on :30 Kick no brd R 9+1 KOW
	{2 x 75 on :55 Kick
	{2 x 75 on :50 Kick
750	1x{1 x 150 on 2:05 Pulls-nbbf&w
	{1 x 150 on 2:00 Pulls-nbbf&w + 1 yd
	{1 x 150 on 1:55 Pulls-nbbf&w + 2 yds
	{1 x 150 on 1:50 Pulls-nbbf&w + 3 yds
	{1 x 150 on 1:45 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:05 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:05 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	1 on 20:00 Stretch and Ice
	9:30 AM 5,800 Yards - Stress Value = 93

**Workout #19347 - Saturday, 31 December 2016**

**HighSchl - Gold/Silver**

**1 minute rest between sets**

7:00 AM Start

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

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

**Workout #19345 - Saturday, 31 December 2016**

**HighSchl - Platinum-Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
1,550	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no brd S-9+1 KOW
	{2 x 75 on 1:05 Kick
	{2 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no brd L-9+1 KOW
	{2 x 75 on 1:00 Kick
	{2 x 75 on :55 Kick
	{4 x 25 on :30 Kick no brd R 9+1 KOW
	{2 x 75 on 1:00 Kick
	{2 x 50 on :35 Kick
750	1x{1 x 150 on 2:10 Pulls-nbbf&w
	{1 x 150 on 2:05 Pulls-nbbf&w + 1 yd
	{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
	{1 x 150 on 1:55 Pulls-nbbf&w + 3 yds
	{1 x 150 on 1:50 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:10 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	1 on 20:00 Stroke Drills
	9:30 AM 5,650 Yards - Stress Value = 92

**Workout #19343 - Saturday, 31 December 2016**

**HighSchl - USRPT**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK
	1 on 15:00 DS/Showers		I
400	1 x 400 on 5:00 Choice	REC	S
750	30 x 25 on :30 100 Breast Pace	SP2	S
	1 on 10:00 YDR	REC	I
1,500	30 x 50 on :50 200 Free Pace	SP2	S
200	1 x 200 on 8:00 CFP/Video	REC	I
750	30 x 25 on :30 100 Fly Pace	SP2	S
	1 on 15:00 Vertical Kick	EN1	F
1,500	30 x 50 on :50 200 Back Pace	SP2	S
250	1 x 250 on 5:00 Closed fist w/snorkels	REC	I
	9:24 AM 5,350 Yards - Stress Value = 450		

**Workout #19346 - Saturday, 31 December 2016**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
1,450	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :30 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no brd S-9+1 KOW
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no brd L-9+1 KOW
	{2 x 75 on 1:05 Kick
	{2 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no brd R 9+1 KOW
	{1 x 75 on 1:00 Kick
	{1 x 75 on :55 Kick
700	1x{1 x 100 on 1:30 Pulls-nbbf&w
	{1 x 150 on 2:10 Pulls-nbbf&w + 1 yd
	{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:00 Pulls-nbbf&w + 3 yds
	{1 x 150 on 1:55 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Stretch and Ice
	9:20 AM 5,450 Yards - Stress Value = 90

**Workout #19348 - Saturday, 31 December 2016**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

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

	{1 on 1:00 Rest
	{3 x 100 on 1:25 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 20:00 Stretch and Ice
	9:30 AM 5,000 Yards - Stress Value = 82

**Workout #19350 - Saturday, 31 December 2016**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 30:00 DS/Ted's Abs
150	1 x 500 on 10:00 Reverse IM drill
1,050	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :40 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no brd S-9+1 KOW
	{2 x 75 on 1:35 Kick
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no brd L-9+1 KOW
	{1 x 75 on 1:30 Kick
	{1 x 75 on 1:25 Kick
550	1x{1 x 50 on 1:00 Pulls-nbbf&w
	{1 x 100 on 1:55 Pulls-nbbf&w + 1 yd
	{1 x 100 on 1:50 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:40 Pulls-nbbf&w + 3 yds
	{1 x 150 on 2:35 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{6 x 100 on 1:40 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:40 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:40 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:40 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 20:00 Stretch and Ice
	9:30 AM 4,450 Yards - Stress Value = 73

**Workout #19349 - Saturday, 31 December 2016**

**HighSchl - Silver/Bronze**

**1 minute rest between sets**

7:00 AM Start

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