

Workout #8405 - Saturday, 01 January 2011
HighSchl - Swim Like A Champion Day
1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 26:00 DS and Core
600	1 x 600 on 10:00 Choice
240	16 x 15 on :45 LN1-Shooters
900	9 x 100 on 1:20 LN2-Kick w/fins
800	4 x 200 on 3:00 LN3-Pulls odd 50's br toward
750	5 x 150 on 2:20 LN4-IM alt w/out free-weak s
450	3x{6 x 25 on :30 LN5-Butterfly
	{1 on 1:00 Rest
750	10 x 75 on 1:10 LN6-Back all 3KOW+alt 25's c
700	4 x 175 on 3:00 LN7-Brst-alt 50flykick 50reç
	Last 25 double pullout-100% effort
800	8 x 100 on 1:30 LN-8 Fr-des in 4's
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 6,240 Yards - Stress Value = 79

7:00 AM Start

Yards	Set Description
600	1 on 26:00 DS and Core
240	1 x 600 on 10:00 Choice
650	1x{6 x 100 on 1:45 LN2-kick w/fins
	{1 x 50 on :50 Kick w/fins
650	1x{4 x 150 on 2:40 LN3-Pulls odds/evens bre twr
	{1 x 50 on :50 Pulls
600	6 x 100 on 1:55 LN4-Individual Medley
375	3x{5 x 25 on :40 LN5-Butterfly
	{1 on :30 Rest
600	8 x 75 on 1:25 LN6-Back all 3KOW+alt 25's of
600	4 x 150 on 3:00 LN7-Brst-alt 50flykick 50reç
	Last 25 double pullout-100% effort
650	1x{6 x 100 on 1:50 LN8-Free descend in 3's
	{1 x 50 on :50 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 5,215 Yards - Stress Value = 64

Workout #8406 - Saturday, 01 January 2011
HighSchl - Gold
1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 26:00 DS and Core
600	1 x 600 on 10:00 Choice
240	16 x 15 on :45 LN1-Shooters
800	8 x 100 on 1:30 LN2-Kick w/fins
800	4 x 200 on 3:00 LN3-Pulls odd 50's br toward
750	6 x 125 on 2:00 LN4-IM alt +25 free/#1stroke
450	3x{6 x 25 on :30 LN5-Butterfly
	{1 on 1:00 Rest
675	9 x 75 on 1:15 LN6-Back all 3KOW+alt 25's of
700	4 x 175 on 3:00 LN7-Brst-alt 50flykick 50reç
	Last 25 double pullout-100% effort
800	8 x 100 on 1:30 LN-8 Fr-des in 4's
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 6,065 Yards - Stress Value = 76

Workout #8428 - Monday, 03 January 2011
HighSchl - Back
1 minute rest between sets

4:36 PM Start

Yards	Set Description	EGY	WORK
1,900	1x{2 x 200 on 3:30 Backstroke	EN1	S
	{2 x 175 on 3:00 Backstroke	EN1	S
	{2 x 150 on 2:30 Backstroke	EN1	S
	{2 x 125 on 2:00 Backstroke	EN1	S
	{2 x 100 on 1:35 Backstroke	EN1	S
	{2 x 75 on 1:10 Backstroke	EN1	S
	{2 x 50 on :45 Backstroke	EN1	S
	{6 x 25 on :30 Back-des in 3's	EN2	S
	1 on 12:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		

5:35 PM 2,150 Yards - Stress Value = 21

Workout #8407 - Saturday, 01 January 2011
HighSchl - Silver
1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 26:00 DS and Core
600	1 x 600 on 10:00 Choice
240	16 x 15 on :45 LN1-Shooters
800	8 x 100 on 1:30 LN2-Kick w/fins
700	4 x 175 on 3:00 LN3-Pulls odd 50's br toward
600	6 x 100 on 1:55 LN4-Individual Medley
450	3x{6 x 25 on :35 LN5-Butterfly
	{1 on :30 Rest
675	9 x 75 on 1:20 LN6-Back all 3KOW+alt 25's of
600	4 x 150 on 2:50 LN7-Brst-alt 50flykick 50reç
	Last 25 double pullout-100% effort
700	7 x 100 on 1:40 LN-8 Fr-des1-4&5-7
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 5,615 Yards - Stress Value = 70

Workout #8425 - Monday, 03 January 2011
HighSchl - Breast
1 minute rest between sets

4:36 PM Start

Yards	Set Description	EGY	WORK
1,700	1x{1 x 200 on 3:40 Breaststroke	EN1	S
	{4 x 75 on 1:30 Breast 2X pullouts	EN1	S
	{2 x 150 on 2:40 Breaststroke	EN1	S
	{4 x 75 on 1:25 Breast 2X pullouts	EN1	S
	{3 x 100 on 1:45 Breaststroke	EN1	S
	{4 x 75 on 1:20 Breast 2X pullouts	EN1	P
	1 on 12:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:35 PM 1,950 Yards - Stress Value = 17

Workout #8408 - Saturday, 01 January 2011
HighSchl - Bronze
1 minute rest between sets

Workout #8409 - Monday, 03 January 2011
HighSchl - Distance
1 minute rest between sets

300 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,250 Yards - Stress Value = 20

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 500 on 6:55 Freestyle	EN1	
	{1 x 400 on 5:30 Freestyle	EN1	
	{1 x 300 on 4:05 Freestyle	EN1	
	{1 x 200 on 2:45 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,350 Yards - Stress Value = 21		

Workout #8422 - Monday, 03 January 2011
HighSchl - Distance
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	4:36 PM Start		
2,300	1x{2 x 150 on 2:00 Freestyle	EN1	
	{4 x 50 on :45 Freestyle-great finishes	EN1	
	{2 x 175 on 2:20 Freestyle	EN1	
	{4 x 50 on 2:45 Freestyle-Great finishes	EN1	
	{2 x 200 on 2:40 Freestyle	EN1	
	{4 x 50 on :45 Freestyle-Great Finishes	EN1	
	{2 x 225 on 3:00 Freestyle	EN1	
	{4 x 50 on :45 Freestyle-Great Finishes	EN1	
	1 on 12:00 Techniques-Relay starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,550 Yards - Stress Value = 23		

Workout #8412 - Monday, 03 January 2011
HighSchl - Fly
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	5:30 AM Start		
400	1 on 40:00 DS and Weights		
150	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
1,150	10 x 15 on :45 Shooters	SP3	
	1x{4 x 50 on :55 Fly 25L25R	EN1	
	{2 x 75 on 1:35 Kick	EN1	
	{5 x 50 on :50 Fly 25L25R	EN1	
	{2 x 75 on 1:35 Kick	EN1	
	{5 x 50 on :45 Fly 25L25R	EN1	
	{2 x 75 on 1:35 Kick	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,950 Yards - Stress Value = 18		

Workout #8410 - Monday, 03 January 2011
HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	5:30 AM Start		
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{1 x 500 on 7:30 Freestyle	EN1	
	{1 x 400 on 6:00 Freestyle	EN1	
	{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	

Workout #8413 - Monday, 03 January 2011
HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	5:30 AM Start		
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{5 x 50 on 1:00 Fly 25L25R	EN1	
	{2 x 75 on 1:40 Kick	EN1	
	{4 x 50 on :55 Fly 25L25R	EN1	
	{2 x 75 on 1:40 Kick	EN1	
	{4 x 50 on :50 Fly 25L25R	EN1	
	{2 x 75 on 1:40 Kick	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,900 Yards - Stress Value = 18		

Workout #8416 - Monday, 03 January 2011
HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	5:30 AM Start		
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,280	1x{4 x 100 on 1:40 Freestyle	EN1	
	{1 x 50 on 1:00 Free-Great Finish	EN1	
	{3 x 100 on 1:40 Freestyle	EN1	
	{2 x 50 on 1:00 Free-Great Finishes	EN1	
	{2 x 140 on 1:30 Freestyle	EN1	
	{3 x 50 on 1:00 Free-Great Finishes	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,130 Yards - Stress Value = 19		

Workout #8423 - Monday, 03 January 2011
HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	4:36 PM Start		
2,050	1x{2 x 150 on 2:15 Freestyle	EN1	
	{3 x 50 on :50 Freestyle-great finishes	EN1	
	{2 x 175 on 2:35 Freestyle	EN1	
	{3 x 50 on :50 Freestyle-Great finishes	EN1	
	{2 x 200 on 3:00 Freestyle	EN1	
	{3 x 50 on :50 Freestyle-Great Finishes	EN1	
	{2 x 225 on 3:25 Freestyle	EN1	
	{2 x 50 on :50 Freestyle-Great Finishes	EN1	
	1 on 12:00 Techniques-Relay starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,300 Yards - Stress Value = 22		

Workout #8426 - Monday, 03 January 2011
HighSchl - Gold/Silver
1 minute rest between sets

4:36 PM Start

Yards	Set Description	EGY	WORK
1,550	1x{1 x 200 on 4:00 Breaststroke	EN1	S
	{4 x 75 on 1:40 Breast 2X pullouts	EN1	S
	{2 x 150 on 2:55 Breaststroke	EN1	S
	{4 x 75 on 1:35 Breast 2X pullouts	EN1	S
	{3 x 100 on 1:55 Breaststroke	EN1	S
	{3 x 50 on 1:00 Breast 2X pullouts	EN1	P
	1 on 12:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		

5:35 PM 1,800 Yards - Stress Value = 16

Workout #8429 - Monday, 03 January 2011
HighSchl - Gold/Silver
1 minute rest between sets

4:36 PM Start

Yards	Set Description	EGY	WORK
1,750	1x{2 x 200 on 3:45 Backstroke	EN1	S
	{2 x 175 on 3:15 Backstroke	EN1	S
	{2 x 150 on 2:45 Backstroke	EN1	S
	{2 x 125 on 2:15 Backstroke	EN1	S
	{2 x 100 on 1:45 Backstroke	EN1	S
	{2 x 75 on 1:15 Backstroke	EN1	S
	{4 x 25 on :30 Back-des in 3's	EN2	S
	1 on 12:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		

5:35 PM 2,000 Yards - Stress Value = 19

Workout #8418 - Monday, 03 January 2011
HighSchl - Platinum
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
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 :45 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 :45 Kick no board BSLR		
	{2 x 100 on 2:00 Kick		
	{2 x 50 on 1:00 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{3 x 50 on 1:00 Kick		
900	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		
	{4 x 75 on 1:00 Pull no br L.12 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

4:35 PM 2,900 Yards - Stress Value = 29

Workout #8419 - Monday, 03 January 2011
HighSchl - Gold
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		

1,000 1x{4 x 25 on :45 Kick no board BSLR

{1 x 150 on 3:15 Kick

{1 x 100 on 2:10 Kick

{1 x 50 on 1:05 Kick

{4 x 25 on :45 Kick no board BSLR

{2 x 100 on 2:10 Kick

{2 x 50 on 1:05 Kick

{4 x 25 on :45 Kick no board BSLR

{2 x 50 on 1:05 Kick

750 1x{4 x 75 on 1:15 Pull no br L.12 yds

{4 x 75 on 1:10 Pull no br L.12 yds

{2 x 75 on 1:05 Pull no br L.12 yds

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

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

4:35 PM 2,700 Yards - Stress Value = 27

Workout #8420 - Monday, 03 January 2011
HighSchl - Silver
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
550	1 on 30:00 Shoulders and DS		
150	10 x 15 on :45 Shooters		
950	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 100 on 2:20 Kick		
	{2 x 50 on 1:10 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{3 x 50 on 1:05 Kick		
700	1x{2 x 75 on 1:25 Pull no br L.12 yds		
	{4 x 75 on 1:20 Pull no br L.12 yds		
	{5 x 50 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		

4:35 PM 2,550 Yards - Stress Value = 26

Workout #8421 - Monday, 03 January 2011
HighSchl - Bronze
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
500	1 x 500 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
900	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 150 on 3:45 Kick		
	{1 x 100 on 2:30 Kick		
	{1 x 50 on 1:15 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:30 Kick		
	{1 x 50 on 1:15 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{3 x 50 on 1:15 Kick		
650	1x{2 x 75 on 1:30 Pull no br L.12 yds		
	{4 x 75 on 1:25 Pull no br L.12 yds		
	{2 x 75 on 1:20 Pull no br L.12 yds		
	{1 x 50 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		

4:35 PM 2,400 Yards - Stress Value = 25

Workout #8411 - Monday, 03 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
350	1 x 350 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{1 x 500 on 8:20 Freestyle	EN1	
	{1 x 400 on 6:40 Freestyle	EN1	
	{1 x 300 on 5:00 Freestyle	EN1	
	{1 x 100 on 1:40 Freestyle	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 19		

Workout #8414 - Monday, 03 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
350	1 x 350 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{4 x 50 on 1:05 Fly 25L25R	EN1	
	{2 x 75 on 1:50 Kick	EN1	
	{3 x 50 on 1:00 Fly 25L25R	EN1	
	{2 x 75 on 1:50 Kick	EN1	
	{3 x 50 on :55 Fly 25L25R	EN1	
	{2 x 75 on 1:50 Kick	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,700 Yards - Stress Value = 18		

Workout #8417 - Monday, 03 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 40:00 Weights and Stretch		
350	1 x 350 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{4 x 100 on 1:50 Freestyle	EN1	
	{1 x 50 on 1:00 Free-Great Finish	EN1	
	{3 x 100 on 1:50 Freestyle	EN1	
	{2 x 50 on 1:00 Free-Great Finishes	EN1	
	{2 x 100 on 1:50 Freestyle	EN1	
	{1 x 50 on 1:00 Free-Great Finish	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,900 Yards - Stress Value = 16		

Workout #8424 - Monday, 03 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	4:36 PM Start		
1,850	1x{2 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on :55 Freestyle-great finishes	EN1	
	{2 x 175 on 2:55 Freestyle	EN1	
	{3 x 50 on :55 Freestyle-Great finishes	EN1	
	{2 x 200 on 3:20 Freestyle	EN1	
	{1 x 50 on :55 Freestyle-Great Finishes	EN1	
	{2 x 225 on 3:45 Freestyle	EN1	
	1 on 12:00 Techniques-Relay starts		

250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,100 Yards - Stress Value = 19	

Workout #8427 - Monday, 03 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	4:36 PM Start		
1,450	1x{1 x 200 on 4:20 Breaststroke	EN1	S
	{4 x 75 on 1:45 Breast 2X pullouts	EN1	S
	{2 x 150 on 3:10 Breaststroke	EN1	S
	{4 x 75 on 1:40 Breast 2X pullouts	EN1	S
	{3 x 100 on 2:05 Breaststroke	EN1	S
	{1 x 50 on 1:05 Breast 2X pullouts	EN1	P
	1 on 12:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	5:35 PM 1,700 Yards - Stress Value = 14		

Workout #8430 - Monday, 03 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	4:36 PM Start		
1,650	1x{2 x 200 on 4:00 Backstroke	EN1	S
	{2 x 175 on 3:25 Backstroke	EN1	S
	{2 x 150 on 2:50 Backstroke	EN1	S
	{2 x 125 on 2:20 Backstroke	EN1	S
	{2 x 100 on 1:50 Backstroke	EN1	S
	{2 x 75 on 1:20 Backstroke	EN1	S
	1 on 12:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	5:35 PM 1,900 Yards - Stress Value = 17		

Workout #8415 - Monday, 03 January 2011
HighSchl - Sprint
1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	5:30 AM Start		
400	1 on 40:00 DS and Weights		
150	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
1,300	10 x 15 on :45 Shooters	SP3	
	1x{4 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on 1:00 Free-Great Finish	EN1	
	{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 50 on 1:00 Free-Great Finishes	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on 1:00 Free-Great Finishes	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 19		

Workout #8438 - Wednesday, 05 January 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY
4:49 PM Start		
1,825	1x{3 x 125 on 2:05 Breast L.25 3X pullouts 3 x 50 on :45 Breaststroke 3 x 125 on 2:00 Breast L.25 3X pullouts 3 x 50 on :50 Breaststroke 3 x 125 on 1:55 Breast L.25 3X pullouts 3 x 50 on :55 Breast L.25 3X Pullouts 2 x 125 on 1:50 Breast L.25 3X pullouts	EN2 EN2 EN2 EN2 EN2 EN2 EN2
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC M
5:35 PM 2,125 Yards - Stress Value = 38		

Yards	Set Description	EGY
4:49 PM Start		
1,600	1x{3 x 100 on 1:50 Breast L.25 3X pullouts 3 x 50 on :55 Breaststroke 3 x 100 on 1:50 Breast L.25 3X pullouts 3 x 50 on 1:00 Breaststroke 3 x 100 on 1:45 Breast L.25 3X pullouts 2 x 50 on 1:05 Breaststroke 3 x 100 on 1:40 Breast L.25 3X pullouts	EN2 EN2 EN2 EN2 EN2 EN2 EN2
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC M
5:35 PM 1,900 Yards - Stress Value = 32		

Workout #8441 - Wednesday, 05 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM Start				
2,500	1x{4 x 125 on 1:30 Freestyle 1 x 500 on 5:50 Freestyle 4 x 125 on 1:30 Freestyle 1 x 500 on 5:40 Freestyle 4 x 125 on 1:30 Freestyle	EN2 EN2 EN2 EN2 EN2	S S S S S	FR FR FR FR FR
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC M	D	CD
5:35 PM 2,800 Yards - Stress Value = 50				

Yards	Set Description	EGY	WORK	STK
4:49 PM Start				
1,650	1x{1 x 200 on 3:20 Butterfly 4 x 25 on :40 Fly 15m under 2 x 175 on 2:50 Butterfly 4 x 25 on :40 Fly 12m under 3 x 125 on 1:55 Butterfly 4 x 25 on :40 Fly 9m under 4 x 100 on 1:30 Butterfly 1 x 25 on :40 Fly 6m under	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S P S S S	FLY FLY FLY FLY FLY FLY FLY FLY
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC M	D	CD
5:35 PM 1,950 Yards - Stress Value = 33				

Workout #8440 - Wednesday, 05 January 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM Start				
1,800	1x{1 x 200 on 3:00 Butterfly 4 x 25 on :35 Fly 15m under 2 x 175 on 2:35 Butterfly 4 x 25 on :35 Fly 12m under 3 x 150 on 2:10 Butterfly 4 x 25 on :40 Fly 9m under 4 x 100 on 1:25 Butterfly 4 x 25 on :35 Fly 6m under	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S P S S S	FLY FLY FLY FLY FLY FLY FLY FLY
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC M	D	CD
5:35 PM 2,100 Yards - Stress Value = 36				

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
600	1 on 36:00 DS and Weights 1 x 600 on 20:00 Indvdl Prsrcptns			
150	10 x 15 on :45 Shooters			
1,400	1x{6 x 25 on :30 Kick no board BSLRBS 1 x 200 on 3:25 Kick 6 x 25 on :30 Kick no board BSLRLR 1 x 200 on 3:20 Kick 6 x 25 on :30 Kick no board BSLRBS 1 x 200 on 3:15 Kick 6 x 25 on :30 Kick no board BSLRLR 1 x 200 on 3:10 Kick			
100	1 x 100 on 2:00 Kick for time			
750	1 x 750 on 10:00 Lungbuster pulls Breathe 3-5-7-9 continuous			
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:50 PM 3,100 Yards - Stress Value = 51				

Workout #8436 - Wednesday, 05 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM Start				
2,175	1x{4 x 125 on 1:45 Freestyle 1 x 400 on 5:30 Freestyle 4 x 125 on 1:45 Freestyle 1 x 400 on 5:15 Freestyle 3 x 125 on 1:45 Freestyle	EN2 EN2 EN2 EN2 EN2	S S S S S	FR FR FR FR FR
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC M	D	CD
5:35 PM 2,475 Yards - Stress Value = 44				

Workout #8439 - Wednesday, 05 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Workout #8432 - Wednesday, 05 January 2011
HighSchl - Gold
1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 36:00 DS and Weights
150	1 x 600 on 20:00 Indvdl Prsrctps
1,200	10 x 15 on :45 Shooters
	1x{6 x 25 on :35 Kick no board BSLRBS
	{1 x 200 on 3:50 Kick
	{6 x 25 on :35 Kick no board BSLRLR
	{1 x 200 on 3:45 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 200 on 3:40 Kick
100	{6 x 25 on :35 Kick no board BSLRLR
650	1 x 100 on 2:00 Kick for time
	1 x 650 on 10:00 Lungbuster pulls
	Breathe 3-5-7-9 continuous
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:50 PM 2,800 Yards - Stress Value = 45

Workout #8433 - Wednesday, 05 January 2011
HighSchl - Silver
1 minute rest between sets

Yards	Set Description
3:00 PM	Start
550	1 on 36:00 DS and Weights
150	1 x 550 on 20:00 Indvdl Prsrctps
1,100	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:20 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:15 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:10 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:05 Kick
100	1 x 100 on 2:00 Kick for time
600	1 x 600 on 10:00 Lungbuster pulls
	Breathe 3-5-7-9 continuous
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:50 PM 2,600 Yards - Stress Value = 42

Workout #8434 - Wednesday, 05 January 2011
HighSchl - Bronze
1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 36:00 DS and Weights
150	1 x 500 on 20:00 Indvdl Prsrctps
1,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:35 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:25 Kick
	{4 x 25 on :45 Kick no board BSLR
100	1 x 100 on 2:00 Kick for time
550	1 x 550 on 10:00 Lungbuster pulls
	Breathe 3-5-7-9 continuous
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:50 PM 2,400 Yards - Stress Value = 39

Workout #8437 - Wednesday, 05 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
2,000	1x{4 x 125 on 1:55 Freestyle	EN2	S	FR
	{1 x 400 on 5:50 Freestyle	EN2	S	FR
	{4 x 125 on 1:55 Freestyle	EN2	S	FR
	{1 x 400 on 5:40 Freestyle	EN2	S	FR
	{2 x 100 on 1:35 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 2,300 Yards - Stress Value = 40			

Workout #8442 - Wednesday, 05 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
1,450	1x{1 x 200 on 3:45 Butterfly	EN2	S	FLY
	{4 x 25 on :45 Fly 15m under	EN2	S	FLY
	{2 x 175 on 3:15 Butterfly	EN2	S	FLY
	{4 x 25 on :45 Fly 12m under	EN2	S	FLY
	{3 x 150 on 2:45 Butterfly	EN2	P	FLY
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY
	{2 x 75 on 1:20 Butterfly	EN2	S	FLY
300	1 x 300 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 1,750 Yards - Stress Value = 29			

Workout #8447 - Thursday, 06 January 2011
HighSchl - Distance
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
2,400	1x{1 x 300 on 3:45 Freestyle	EN2	S	FR
	{6 x 50 on :40 Free hold 33	EN2	S	FR
	{1 x 300 on 3:40 Freestyle	EN2	S	FR
	{6 x 50 on :40 Free hold 32	EN2	S	FR
	{1 x 300 on 3:35 Freestyle	EN2	S	FR
	{6 x 50 on :40 Free hold 31	EN2	S	FR
	{1 x 300 on 3:30 Freestyle	EN2	S	FR
	{6 x 50 on :40 Free hold 30	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 #8448 - Thursday, 06 January 2011
HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
2,100	1x{1 x 300 on 4:10 Freestyle	EN2	S	FR
	{5 x 50 on :50 Free hold 38	EN2	S	FR
	{1 x 300 on 4:05 Freestyle	EN2	S	FR
	{4 x 50 on :50 Free hold 37	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{4 x 50 on :50 Free hold 36	EN2	S	FR
	{1 x 300 on 3:55 Freestyle	EN2	S	FR
	{5 x 50 on :50 Free hold 35	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 2,300 Yards - Stress Value = 42			

Workout #8451 - Thursday, 06 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start
 Yards Set Description E
 =====
 2,000 1x{1 x 100 on 1:40 Individual Medley F
 {4 x 75 on 1:10 Fly-25L 25R 25 B F
 {2 x 100 on 1:35 Individual Medley F
 {4 x 75 on 1:10 Back 25L 25R 25B F
 {3 x 100 on 1:30 Individual Medley F
 {4 x 75 on 1:20 Brst 25Flk 25Frk 25Rk F
 {2 x 100 on 1:25 Individual Medley F
 {4 x 75 on 1:10 Fr 25sclsdfst25catchup25reg F
 200 1 x 200 on 3:00 Stroke Drills F
 1 on 10:00 Ice
 5:35 PM 2,200 Yards - Stress Value = 40

Workout #8454 - Thursday, 06 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WC
 =====
 1,800 1x{8 x 25 on :30 Odds sprint evens drill EN2
 {4 x 125 on 1:55 Free-descend EN2
 {8 x 25 on :30 Odds sprint evens drill EN2
 {4 x 100 on 1:30 Free-descend EN2
 {8 x 25 on :30 Odds sprint evens free EN2
 {4 x 75 on 1:05 Free-descend EN2
 100 1 x 100 on 2:00 Free for time EN3
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 2,100 Yards - Stress Value = 42

Workout #8450 - Thursday, 06 January 2011

HighSchl - IM'ers

1 minute rest between sets

4:49 PM Start
 Yards Set Description E
 =====
 2,200 1x{1 x 100 on 1:25 Individual Medley F
 {4 x 75 on 1:05 Fly-25L 25R 25 B F
 {2 x 100 on 1:20 Individual Medley F
 {4 x 75 on 1:05 Back 25L 25R 25B F
 {3 x 100 on 1:15 Individual Medley F
 {4 x 75 on 1:10 Brst 25Flk 25Frk 25Rk F
 {4 x 100 on 1:15 Individual Medley F
 {4 x 75 on 1:05 Fr 25sclsdfst25catchup25reg F
 250 1 x 250 on 4:00 Stroke Drills F
 1 on 10:00 Ice
 5:35 PM 2,450 Yards - Stress Value = 44

Workout #8443 - Thursday, 06 January 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 Shoulders and DS
 1 x 600 on 20:00 Indvdl Prsrcptns
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ Fastest Interval
 1,400 1x{4 x 50 on 1:00 Kick #3
 {1 x 200 on 3:15 Kick
 {4 x 50 on 1:00 Kick #2
 {2 x 150 on 2:25 Kick
 {4 x 50 on 1:00 Kick #3

{3 x 100 on 1:40 Kick
 800 1x{2 x 100 on 1:25 Pulls
 {2 x 100 on 1:20 Pulls
 {2 x 100 on 1:15 Pulls
 {2 x 100 on 1:10 Pulls
 { Odds br toward blchr
 { Evens breathe toward scbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:48 PM 3,550 Yards - Stress Value = 56

Workout #8444 - Thursday, 06 January 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 Shoulders & DS
 1 x 600 on 20:00 Indvdl Prsrcptns
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ Fastest Interval
 1,300 1x{4 x 50 on 1:05 Kick #3
 {1 x 200 on 3:50 Kick
 {4 x 50 on 1:05 Kick #2
 {2 x 150 on 2:50 Kick
 {4 x 50 on 1:00 Kick #3
 {2 x 100 on 1:55 Kick
 750 1x{2 x 100 on 1:35 Pulls
 {2 x 100 on 1:30 Pulls
 {2 x 100 on 1:25 Pulls
 {2 x 75 on 1:00 Pulls
 { Odds br toward blchr
 { Evens breathe toward scbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:48 PM 3,400 Yards - Stress Value = 51

Workout #8445 - Thursday, 06 January 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 25:00 Shoulders & DS
 1 x 550 on 20:00 Indvdl Prsrcptns
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ Fastest Interval
 1,150 1x{4 x 50 on 1:10 Kick #3
 {1 x 200 on 4:10 Kick
 {4 x 50 on 1:10 Kick #2
 {1 x 150 on 3:05 Kick
 {4 x 50 on 1:10 Kick #3
 {2 x 100 on 2:05 Kick
 650 1x{2 x 100 on 1:45 Pulls
 {2 x 100 on 1:40 Pulls
 {2 x 100 on 1:35 Pulls
 {1 x 50 on :45 Pulls
 { Odds br toward blchr
 { Evens breathe toward scbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:48 PM 3,100 Yards - Stress Value = 47

Workout #8446 - Thursday, 06 January 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 25:00 Shoulders & DS			
500	1 x 500 on 20:00 Underwater trn drill			
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
500	5 x 100 on 2:00 Kick @ Fastest Interval			
1,100	1x{3 x 50 on 1:15 Kick #3			
	{1 x 200 on 4:30 Kick			
	{4 x 50 on 1:15 Kick #2			
	{1 x 150 on 3:20 Kick			
	{3 x 50 on 1:15 Kick #3			
	{2 x 100 on 2:15 Kick			
	{1 x 50 on 1:10 Kick #2			
600	1x{2 x 100 on 1:50 Pulls			
	{2 x 100 on 1:45 Pulls			
	{2 x 100 on 1:40 Pulls			
	{ Odds br toward blchr			
	{ Evens breathe toward scbd			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:48 PM 2,950 Yards - Stress Value = 44			

Workout #8449 - Thursday, 06 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
=====	=====	=====	=====	=====
1,900	1x{1 x 250 on 3:50 Freestyle	EN2	S	FR
	{5 x 50 on :55 Free hold 43	EN2	S	FR
	{1 x 250 on 3:45 Freestyle	EN2	S	FR
	{5 x 50 on :55 Free hold 42	EN2	S	FR
	{1 x 250 on 3:40 Freestyle	EN2	S	FR
	{4 x 50 on :55 Free hold 41	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{4 x 50 on :55 Free hold 40	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 2,100 Yards - Stress Value = 38			

Workout #8452 - Thursday, 06 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
=====	=====	=====	=====	=====
1,700	1x{1 x 100 on 1:55 Individual Medley	F		
	{4 x 75 on 1:20 Fly-25L 25R 25 B	F		
	{2 x 100 on 1:50 Individual Medley	F		
	{4 x 75 on 1:20 Back 25L 25R 25B	F		
	{1 x 100 on 1:45 Individual Medley	F		
	{4 x 75 on 1:30 Brst 25Flk 25Frk 25Rk	F		
	{1 x 100 on 1:40 Individual Medley	F		
	{4 x 75 on 1:20 Fr 25scldfst25catchup25reg	F		
250	1 x 250 on 4:00 Stroke Drills	F		
	1 on 10:00 Ice			
	5:35 PM 1,950 Yards - Stress Value = 34			

Workout #8455 - Thursday, 06 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
=====	=====	=====	=====	=====

1,600	1x{6 x 25 on :30 Odds sprint evens drill	EN2		
	{4 x 125 on 2:05 Free-descend	EN2		
	{6 x 25 on :30 Odds sprint evens drill	EN2		
	{3 x 100 on 1:40 Free-descend	EN2		
	{8 x 25 on :30 Odds sprint evens free	EN2		
	{4 x 75 on 1:15 Free-descend	EN2		
100	1 x 100 on 2:00 Free for time	EN3		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:35 PM 1,900 Yards - Stress Value = 38			

Workout #8453 - Thursday, 06 January 2011

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
=====	=====	=====	=====	=====
1,950	1x{10 x 25 on :25 Odds sprint evens drill	EN2		
	{4 x 125 on 1:45 Free-descend	EN2		
	{10 x 25 on :25 Odds sprint evens drill	EN2		
	{4 x 100 on 1:20 Free-descend	EN2		
	{10 x 25 on :25 Odds sprint evens free	EN2		
	{4 x 75 on :55 Free-descend	EN2		
100	1 x 100 on 2:00 Free for time	EN3		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:35 PM 2,250 Yards - Stress Value = 45			

Workout #8462 - Friday, 07 January 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
=====	=====	=====	=====	=====
	1 on 37:30 DS and Weights			
400	1 x 400 on 7:00 Reverse IM drill	REC		
150	10 x 15 on :45 Shooters	SP3		
1,300	1x{3 x 200 on 3:00 Backstroke	EN1		
	{2 x 75 on 1:10 Back 2KOW +1	EN1		
	{2 x 150 on 2:15 Backstroke	EN1		
	{2 x 75 on 1:10 Back 2KOW +1	EN1		
	{1 x 100 on 1:30 Backstroke	EN1		
400	4 x 100 on 1:30 Freestyle-Descend to	EN2		
	ludicrous speed			
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Stretch (if needed)/Ice			
	7:05 AM 2,450 Yards - Stress Value = 28			

Workout #8456 - Friday, 07 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
=====	=====	=====	=====	=====
	1 on 37:30 DS and Weights			
400	1 x 400 on 7:00 Reverse IM drill	REC		
150	10 x 15 on :45 Shooters	SP3		
1,500	1x{2 x 225 on 3:00 Freestyle	EN1		
	{2 x 200 on 2:40 Freestyle	EN1		
	{2 x 175 on 2:20 Freestyle	EN1		
	{2 x 150 on 2:00 Freestyle	EN1		
400	4 x 100 on 1:30 Freestyle-Descend to	EN2		
	ludicrous speed			
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Stretch (if needed)/Ice			
	7:05 AM 2,650 Yards - Stress Value = 29			

Workout #8457 - Friday, 07 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{2 x 225 on 3:25 Freestyle	EN1	
	{2 x 200 on 3:00 Freestyle	EN1	
	{2 x 175 on 2:40 Freestyle	EN1	
	{2 x 50 on :45 Freestyle	EN1	
400	4 x 100 on 1:30 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:05 AM	2,450 Yards - Stress Value = 27		

Workout #8460 - Friday, 07 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{2 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on :50 Free Build to fast finish	EN1	
	{2 x 125 on 2:05 Freestyle	EN1	
	{3 x 50 on :50 Free Build to fast finish	EN1	
	{1 x 100 on 1:40 Freestyle	EN1	
	{3 x 50 on :50 Build to fast finish	EN1	
400	4 x 100 on 1:40 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:05 AM	2,250 Yards - Stress Value = 26		

Workout #8463 - Friday, 07 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{3 x 200 on 3:20 Backstroke	EN1	
	{2 x 75 on 1:15 Back 2KOW +1	EN1	
	{2 x 125 on 2:05 Backstroke	EN1	
	{2 x 75 on 1:15 Back 2KOW +1	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
300	3 x 100 on 1:40 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:05 AM	2,300 Yards - Stress Value = 25		

Workout #8465 - Friday, 07 January 2011

HighSchl - Individual Prescriptions

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
3:00 PM	Start			
=====	=====	====	====	====
	1 on 25:00 DS/Core/Explanation		L	I
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
	600-Gold, 550-Silver, 500-Bronze			

800	1x{1 x 200 on 15:00 Station #1	REC	D	C
	{1 on 2:30 Rotate to next IP			
	{1 x 200 on 15:00 Station #2	REC	D	C
	{1 on 2:30 Rotate to next IP			
	{1 x 200 on 15:00 Station #3	REC	D	I
	{1 on 2:30 Rotate to next IP			
	{1 x 200 on 15:00 Station #4	REC	D	C
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	
5:05 PM	1,900 Yards			

Workout #8458 - Friday, 07 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
350	1 x 350 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 225 on 3:45 Freestyle	EN1	
	{2 x 200 on 3:20 Freestyle	EN1	
	{2 x 175 on 2:55 Freestyle	EN1	
300	3 x 100 on 1:40 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:04 AM	2,200 Yards - Stress Value = 24		

Workout #8461 - Friday, 07 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{2 x 150 on 2:45 Freestyle	EN1	
	{3 x 50 on :55 Free Build to fast finish	EN1	
	{2 x 125 on 2:20 Freestyle	EN1	
	{3 x 50 on :55 Free Build to fast finish	EN1	
	{1 x 100 on 1:50 Freestyle	EN1	
	{2 x 50 on :55 Build to fast finish	EN1	
300	3 x 100 on 1:50 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:05 AM	2,100 Yards - Stress Value = 23		

Workout #8464 - Friday, 07 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
350	1 x 350 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{3 x 150 on 2:45 Backstroke	EN1	
	{2 x 75 on 1:20 Back 2KOW +1	EN1	
	{2 x 125 on 2:20 Backstroke	EN1	
	{2 x 75 on 1:20 Back 2KOW +1	EN1	
	{1 x 100 on 1:50 Backstroke	EN1	
300	3 x 100 on 1:50 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:06 AM	2,100 Yards - Stress Value = 23		

Workout #8459 - Friday, 07 January 2011

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 37:30 DS and Weights	
400	1 x 400 on 7:00 Reverse IM drill	REC
150	10 x 15 on :45 Shooters	SP3
1,200	1x{2 x 150 on 2:15 Freestyle	EN1
	{3 x 50 on :45 Free Build to fast finish	EN1
	{2 x 125 on 1:55 Freestyle	EN1
	{3 x 50 on :45 Free Build to fast finish	EN1
	{2 x 100 on 1:30 Freestyle	EN1
	{3 x 50 on :45 Build to fast finish	EN1
400	4 x 100 on 1:35 Freestyle-Descend to ludicrous speed	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Stretch (if needed)/Ice	
7:05 AM	2,350 Yards - Stress Value = 27	

{6 x 15 on :40 Underwater Fly Kick	
{1 x 100 on 1:55 Kick	
{6 x 25 on :40 Tombstone Kicking	
{4 x 15 on :35 Underwater Fly Kick	
{1 x 100 on 1:55 Kick	
{6 x 25 on :45 Tombstone Kicking	
{2 x 15 on :30 Underwater Fly Kicking	
{1 x 25 on :45 Tombstone Kicking	
650 1x{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	
{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	
{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds	
{1 x 50 on :45 Pulls-nbbf&w + 2 yds	
100 2x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500 20 x 75 on 1:30 Freestyle	
250 1 x 250 on 4:00 Stroke Drills	
1 on 10:00 Ice	
9:35 AM 4,400 Yards - Stress Value = 124	

Workout #8468 - Saturday, 08 January 2011

HighSchl - Silver

1 minute rest between sets

Workout #8466 - Saturday, 08 January 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 40:00 DS and Circuit
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 1:40 Kick
	{1 x 25 on :25 Tombstone Kicking
	{8 x 15 on :45 Underwater Fly Kick
	{1 x 100 on 1:40 Kick
	{4 x 25 on :30 Tombstone Kicking
	{6 x 15 on :40 Underwater Fly Kick
	{1 x 100 on 1:40 Kick
	{6 x 25 on :35 Tombstone Kicking
	{4 x 15 on :35 Underwater Fly Kick
	{1 x 100 on 1:40 Kick
	{8 x 25 on :40 Tombstone Kicking
	{2 x 15 on :30 Underwater Fly Kicking
	{1 x 100 on 1:40 Kick
	{1 x 25 on :45 Tomstone Kicking
750	1x{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds
	{2 x 50 on :40 Pulls-nbbf&w + 2 yds
	{2 x 25 on :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
1,500	20 x 75 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
9:35 AM	4,650 Yards - Stress Value = 128

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 40:00 DS and Circuit
550	1 x 550 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:05 Kick
	{1 x 25 on :35 Tombstone Kicking
	{8 x 15 on :45 Underwater Fly Kick
	{1 x 100 on 2:05 Kick
	{4 x 25 on :40 Tombstone Kicking
	{6 x 15 on :45 Underwater Fly Kick
	{1 x 100 on 2:05 Kick
	{6 x 25 on :45 Tombstone Kicking
	{4 x 15 on :40 Underwater Fly Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :50 Tombstone Kicking
	{2 x 15 on :40 Underwater Fly Kicking
	{1 x 25 on :55 Tombstone Kicking
600	1x{2 x 125 on 2:05 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:40 Pulls-nbbf&w + 2 yds
	{2 x 75 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
1,500	20 x 75 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
9:35 AM	4,200 Yards - Stress Value = 122

Workout #8467 - Saturday, 08 January 2011

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 40:00 DS and Circuit
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 1:55 Kick
	{1 x 25 on :30 Tombstone Kicking
	{8 x 15 on :45 Underwater Fly Kick
	{1 x 100 on 1:55 Kick
	{4 x 25 on :35 Tombstone Kicking

Workout #8469 - Saturday, 08 January 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WOF
500	1 on 40:00 DS and Circuit		
150	1 x 500 on 10:00 Choice		
1,000	10 x 15 on :45 Shooters		
	1x{1 x 100 on 2:15 Kick		
	{1 x 25 on :45 Tombstone Kicking		
	{8 x 15 on :45 Underwater Fly Kick		
	{1 x 100 on 2:15 Kick		
	{4 x 25 on :45 Tombstone Kicking		
	{6 x 15 on :45 Underwater Fly Kick		
	{1 x 100 on 2:15 Kick		
	{6 x 25 on :45 Tombstone Kicking		
	{4 x 15 on :45 Underwater Fly Kick		
	{1 x 100 on 2:15 Kick		
	{2 x 15 on :45 Underwater Fly Kicking		
	{1 x 25 on :55 Tombstone Kicking		
550	1x{2 x 125 on 2:15 Pulls-nbbf&w + 2 yds		
	{2 x 100 on 1:50 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		
1,500	20 x 75 on 1:30 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
	9:35 AM 4,050 Yards - Stress Value = 120		

Workout #8480 - Monday, 10 January 2011

HighSchl - Back

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WOF
2,475	1x{5 x 125 on 1:55 Back alt 25's 10KOW	EN2	§
	{4 x 50 on :45 Back-descend	EN2	§
	{5 x 125 on 1:50 Back alt 25's 10KOW	EN2	§
	{4 x 50 on :45 Back-descend	EN2	§
	{5 x 125 on 1:45 Back alt 25's 10KOW	EN2	§
	{4 x 50 on :45 Back-descend	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	9:35 AM 2,675 Yards - Stress Value = 48		

Workout #8477 - Monday, 10 January 2011

HighSchl - Breast

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WOF
2,300	1x{4 x 125 on 2:05 100 Breast 25 free	EN2	§
	{3 x 100 on 1:40 Breast-descend	EN2	§
	{4 x 100 on 1:40 25 back 75 breast	EN2	§
	{3 x 100 on 1:35 Breast-descend	EN2	§
	{4 x 75 on 1:15 50 Breast 25 free	EN2	§
	{3 x 100 on 1:30 Breaststroke	EN2	§
	{4 x 50 on :50 25 Back 25 Breast	EN2	§
200	1 x 200 on 2:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	9:35 AM 2,500 Yards - Stress Value = 46		

Workout #8474 - Monday, 10 January 2011

HighSchl - Distance

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WC
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2,800	1x{1 x 500 on 6:15 Freestyle	EN2
	{5 x 100 on 1:20 Free hold time I give	EN2
	{1 x 400 on 5:00 Freestyle	EN2
	{4 x 100 on 1:20 Free hold time i give	EN2
	{1 x 300 on 3:45 Freestyle	EN2
	{3 x 100 on 1:20 Free hold time I give	EN2
	{1 x 200 on 2:30 Freestyle	EN2
	{2 x 100 on 1:20 Free hold time I give	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	9:35 AM 3,000 Yards - Stress Value = 56	

Workout #8487 - Monday, 10 January 2011

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
600	1 on 25:00 Shoulders and DS		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
2,500	10 x 15 on :45 Shooters	SP3	
	1x{4 x 125 on 1:50 Pull no br L.12 yds	EN1	
	{1 x 125 on 1:35 Freestyle	EN1	
	{3 x 125 on 1:45 Pull no br L.12 yds	EN1	
	{2 x 125 on 1:40 Freestyle	EN1	
	{2 x 125 on 1:40 Pull no br L.12 yds	EN1	
	{3 x 125 on 1:45 Freestyle	EN1	
	{1 x 125 on 1:35 Pull no br L.12 yds	EN1	
	{4 x 125 on 1:50 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:35 PM 3,500 Yards - Stress Value = 30		

Workout #8490 - Monday, 10 January 2011

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
600	1 on 25:00 Shoulders and DS		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
2,200	10 x 15 on :45 Shooters	SP3	
	1x{4 x 125 on 1:50 Pull no br L.12 yds	EN1	
	{6 x 50 on :45 Butterfly	EN2	
	{3 x 125 on 1:45 Pull no br L.12 yds	EN1	
	{5 x 50 on :50 Butterfly	EN2	
	{2 x 125 on 1:40 Pull no br L.12 yds	EN1	
	{4 x 50 on :55 Butterfly	EN1	
	{1 x 125 on 1:35 Pull no br L.12 yds	EN1	
	{4 x 50 on 1:00 Butterfly	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:35 PM 3,250 Yards - Stress Value = 33		

Workout #8475 - Monday, 10 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WC
2,550	1x{1 x 500 on 7:00 Freestyle	EN2	
	{5 x 100 on 1:30 Free hold time I give	EN2	
	{1 x 400 on 5:35 Freestyle	EN2	
	{4 x 100 on 1:30 Free hold time i give	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{3 x 100 on 1:30 Free hold time I give	EN2	
	{1 x 150 on 2:05 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:35 AM 2,750 Yards - Stress Value = 51

Workout #8478 - Monday, 10 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WOF
2,100	1x{4 x 125 on 2:20 100 Breast 25 free	EN2	§
	{3 x 100 on 1:50 Breast-descend	EN2	§
	{4 x 100 on 1:50 25 back 75 breast	EN2	§
	{3 x 100 on 1:45 Breast-descend	EN2	§
	{4 x 75 on 1:20 50 Breast 25 free	EN2	§
	{3 x 100 on 1:40 Breast-descend	EN2	§
200	1 x 200 on 2:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 2,300 Yards - Stress Value = 42

Workout #8481 - Monday, 10 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WOF
2,175	1x{5 x 125 on 2:10 Back alt 25's 10KOW	EN2	§
	{3 x 50 on :50 Back-descend	EN2	§
	{5 x 125 on 2:05 Back alt 25's 10KOW	EN2	§
	{3 x 50 on :50 Back-descend	EN2	§
	{5 x 125 on 2:00 Back alt 25's 10KOW	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 2,375 Yards - Stress Value = 42

Workout #8488 - Monday, 10 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Shoulders and DS		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,400	1x{4 x 125 on 1:55 Pull no br L.12 yds	EN1	
	{1 x 125 on 1:40 Freestyle	EN1	
	{3 x 125 on 1:50 Pull no br L.12 yds	EN1	
	{2 x 125 on 1:45 Freestyle	EN1	
	{2 x 125 on 1:45 Pull no br L.12 yds	EN1	
	{3 x 125 on 1:50 Freestyle	EN1	
	{1 x 125 on 1:40 Pull no br L.12 yds	EN1	
	{4 x 100 on 1:30 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

4:35 PM 3,400 Yards - Stress Value = 29

Workout #8491 - Monday, 10 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Shoulders and DS		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,050	1x{4 x 125 on 1:55 Pull no br L.12 yds	EN1	
	{6 x 50 on :50 Butterfly	EN2	
	{3 x 125 on 1:50 Pull no br L.12 yds	EN1	
	{5 x 50 on :55 Butterfly	EN2	
	{2 x 125 on 1:45 Pull no br L.12 yds	EN1	
	{3 x 50 on 1:00 Butterfly	EN1	
	{1 x 125 on 1:40 Pull no br L.12 yds	EN1	
	{2 x 50 on 1:05 Butterfly	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		

4:35 PM 3,100 Yards - Stress Value = 32

Workout #8494 - Monday, 10 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Shoulders and DS		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,950	1x{4 x 125 on 2:00 Pull no br L.12 yds	EN1	
	{12 x 25 on :35 Free 6brths -1 X2	EN1	
	{3 x 125 on 1:55 Pull no br L.12 yds	EN1	
	{10 x 25 on :35 Free 5brths -1 X2	EN1	
	{2 x 125 on 1:50 Pull no br L.12 yds	EN1	
	{8 x 25 on :35 Free 4brths -1 X2	EN1	
	{1 x 75 on 1:05 Pull no br L.12 yds	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

4:35 PM 2,900 Yards - Stress Value = 25

Workout #8470 - Monday, 10 January 2011

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS and Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
2,100	1x{4 x 25 on :30 Kick no board BSLR		
	{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		
	{2 x 150 on 2:30 Kick		
	{2 x 100 on 1:40 Kick		
	{2 x 50 on :50 Kick		
	{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		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

8:43 AM 3,050 Yards - Stress Value = 50

Workout #8471 - Monday, 10 January 2011
HighSchl - Gold
1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,800 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:50 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 150 on 2:50 Kick
 {2 x 100 on 1:55 Kick
 {2 x 50 on :55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {3 x 150 on 2:50 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:43 AM 2,750 Yards - Stress Value = 44

Workout #8472 - Monday, 10 January 2011
HighSchl - Silver
1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 150 on 3:10 Kick
 {2 x 100 on 2:05 Kick
 {2 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 150 on 3:10 Kick
 {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
 8:43 AM 2,500 Yards - Stress Value = 40

Workout #8473 - Monday, 10 January 2011
HighSchl - Bronze
1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:20 Kick
 {2 x 100 on 2:15 Kick
 {2 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick

200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:43 AM 2,350 Yards - Stress Value = 38

Workout #8476 - Monday, 10 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

8:44 AM Start
 Yards Set Description EGY WORF
 =====
 2,250 1x{1 x 500 on 8:00 Freestyle EN2
 {5 x 100 on 1:40 Free hold time I give EN2
 {1 x 400 on 6:25 Freestyle EN2
 {4 x 100 on 1:40 Free hold time i give EN2
 {1 x 250 on 4:00 Freestyle EN2
 {2 x 100 on 1:40 Free hold time I give EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,450 Yards - Stress Value = 45

Workout #8479 - Monday, 10 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

8:44 AM Start
 Yards Set Description EGY WORF
 =====
 1,900 1x{4 x 125 on 2:30 100 Breast 25 free EN2 S
 {3 x 100 on 1:55 Breast-descend EN2 S
 {4 x 100 on 2:00 25 back 75 breast EN2 S
 {3 x 100 on 1:45 Breast-descend EN2 S
 {4 x 75 on 1:30 50 Breast 25 free EN2 S
 {1 x 100 on 1:50 Breast-descend EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC I
 1 on 10:00 Ice M
 9:35 AM 2,100 Yards - Stress Value = 38

Workout #8482 - Monday, 10 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

8:44 AM Start
 Yards Set Description EGY WORF
 =====
 2,000 1x{5 x 125 on 2:20 Back alt 25's 10KOW EN2 S
 {3 x 50 on :55 Back-descend EN2 S
 {5 x 125 on 2:15 Back alt 25's 10KOW EN2 S
 {4 x 50 on :55 Back-descend EN2 S
 {4 x 100 on 1:50 Back alt 25's 10KOW EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC I
 1 on 10:00 Ice M
 9:35 AM 2,200 Yards - Stress Value = 39

Workout #8489 - Monday, 10 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	===	===
	1 on 25:00 Shoulders and DS		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,050	1x{4 x 125 on 2:10 Pull no br L.12 yds	EN1	
	{1 x 100 on 1:35 Freestyle	EN1	
	{3 x 125 on 2:05 Pull no br L.12 yds	EN1	
	{2 x 100 on 1:40 Freestyle	EN1	
	{2 x 125 on 2:00 Pull no br L.12 yds	EN1	
	{3 x 100 on 1:45 Freestyle	EN1	
	{1 x 125 on 1:55 Pull no br L.12 yds	EN1	
	{2 x 100 on 1:50 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:35 PM 3,050 Yards - Stress Value = 26		

Workout #8492 - Monday, 10 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	===	===
	1 on 25:00 Shoulders and DS		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,900	1x{4 x 125 on 2:10 Pull no br L.12 yds	EN1	
	{5 x 50 on :55 Butterfly	EN2	
	{3 x 125 on 2:05 Pull no br L.12 yds	EN1	
	{4 x 50 on 1:00 Butterfly	EN2	
	{2 x 125 on 2:00 Pull no br L.12 yds	EN1	
	{3 x 50 on 1:05 Butterfly	EN1	
	{1 x 125 on 1:55 Pull no br L.12 yds	EN1	
	{1 x 50 on 1:00 Butterfly	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:35 PM 2,900 Yards - Stress Value = 29		

Workout #8495 - Monday, 10 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	===	===
	1 on 25:00 Shoulders and DS		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,725	1x{4 x 125 on 2:10 Pull no br L.12 yds	EN1	
	{12 x 25 on :40 Free 6brths -1 X2	EN1	
	{3 x 125 on 2:05 Pull no br L.12 yds	EN1	
	{10 x 25 on :40 Free 5brths -1 X2	EN1	
	{2 x 125 on 2:00 Pull no br L.12 yds	EN1	
	{2 x 25 on :40 Free 2brths -1	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:35 PM 2,625 Yards - Stress Value = 22		

Workout #8493 - Monday, 10 January 2011

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	===	===
	1 on 25:00 Shoulders and DS		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	

150	10 x 15 on :45 Shooters	SP3
2,050	1x{4 x 125 on 1:55 Pull no br L.12 yds	EN1
	{12 x 25 on :30 Free 6brths -1 X2	EN1
	{3 x 125 on 1:50 Pull no br L.12 yds	EN1
	{10 x 25 on :30 Free 5brths -1 X2	EN1
	{2 x 125 on 1:45 Pull no br L.12 yds	EN1
	{8 x 25 on :30 Free 4brths -1 X2	EN1
	{1 x 125 on 1:40 Pull no br L.12 yds	EN1
	{2 x 25 on :30 Free 2brths -1 X2	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	4:34 PM 3,000 Yards - Stress Value = 25	

Workout #8483 - Monday, 10 January 2011

HS Boys - Taper 1

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,750	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
	{2 x 150 on 2:30 Kick
	{2 x 100 on 1:40 Kick
	{2 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:35 AM 2,600 Yards - Stress Value = 41

Workout #8484 - Monday, 10 January 2011

HS Boys - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:50 Kick
	{2 x 100 on 1:55 Kick
	{2 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:50 Kick
	{1 x 100 on 1:55 Kick
	{2 x 50 on :55 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:35 AM 2,400 Yards - Stress Value = 37

Workout #8485 - Monday, 10 January 2011

HS Boys - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,350 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 150 on 3:10 Kick
 {2 x 100 on 2:05 Kick
 {2 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:10 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:35 AM 2,150 Yards - Stress Value = 33

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 25:00 Shoulders and DS
 400 1 x 400 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,450 1x{4 x 100 on 1:30 Pull no br L.12 yds EN1
 {5 x 50 on :45 Butterfly EN1
 {3 x 100 on 1:25 Pull no br L.12 yds EN1
 {4 x 50 on :50 Butterfly EN1
 {2 x 100 on 1:20 Pull no br L.12 yds EN1
 {2 x 50 on :55 Butterfly EN1
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 13:00 Techniques-Starts
 1 on 10:00 Ice
 4:35 PM 2,250 Yards - Stress Value = 20

Workout #8497 - Monday, 10 January 2011

Taper 1 - Gold/Silver

1 minute rest between sets

Workout #8486 - Monday, 10 January 2011

HS Boys - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:20 Kick
 {2 x 100 on 2:15 Kick
 {2 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {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
 8:35 AM 2,000 Yards - Stress Value = 31

3:00 PM Start

Yards Set Description EGY WOF
 =====
 1 on 25:00 Shoulders and DS
 400 1 x 400 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,400 1x{4 x 100 on 1:35 Pull no br L.12 yds EN1
 {1 x 50 on :40 Freestyle EN1
 {3 x 100 on 1:30 Pull no br L.12 yds EN1
 {2 x 50 on :45 Freestyle EN1
 {2 x 100 on 1:25 Pull no br L.12 yds EN1
 {3 x 50 on :50 Freestyle EN1
 {1 x 100 on 1:20 Pull no br L.12 yds EN1
 {2 x 50 on :55 Freestyle EN1
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 13:00 Techniques-Starts
 1 on 10:00 Ice
 4:35 PM 2,200 Yards - Stress Value = 20

Workout #8500 - Monday, 10 January 2011

Taper 1 - Gold/Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 25:00 Shoulders and DS
 400 1 x 400 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,500 1x{4 x 100 on 1:30 Pull no br L.12 yds EN1
 {1 x 50 on :35 Freestyle EN1
 {3 x 100 on 1:25 Pull no br L.12 yds EN1
 {2 x 50 on :40 Freestyle EN1
 {2 x 100 on 1:20 Pull no br L.12 yds EN1
 {3 x 50 on :45 Freestyle EN1
 {1 x 100 on 1:15 Pull no br L.12 yds EN1
 {4 x 50 on :50 Freestyle EN1
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 13:00 Techniques-Starts
 1 on 10:00 Ice
 4:35 PM 2,300 Yards - Stress Value = 21

Yards Set Description EGY WOF
 =====
 1 on 25:00 Shoulders and DS
 400 1 x 400 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,350 1x{4 x 100 on 1:35 Pull no br L.12 yds EN1
 {4 x 50 on :50 Butterfly EN1
 {3 x 100 on 1:30 Pull no br L.12 yds EN1
 {3 x 50 on :55 Butterfly EN1
 {2 x 100 on 1:25 Pull no br L.12 yds EN1
 {2 x 50 on 1:00 Butterfly EN1
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 13:00 Techniques-Starts
 1 on 10:00 Ice
 4:35 PM 2,150 Yards - Stress Value = 20

Workout #8499 - Monday, 10 January 2011

Taper 1 - Fly

Workout #8503 - Monday, 10 January 2011

Taper 1 - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Shoulders and DS		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{4 x 100 on 1:40 Pull no br L.12 yds	EN1	
	{8 x 25 on :35 Free 8brths-1	EN1	
	{3 x 100 on 1:35 Pull no br L.12 yds	EN1	
	{6 x 25 on :35 Free 6brths -1	EN1	
	{1 x 100 on 1:30 Pull no br L.12 yds	EN1	
	{2 x 25 on :35 Free 2brths -1	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 13:00 Techniques-Starts		
	1 on 10:00 Ice		
4:35 PM	1,950 Yards - Stress Value = 18		

Workout #8498 - Monday, 10 January 2011

Taper 1 - Silver/Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Shoulders and DS		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{4 x 100 on 1:45 Pull no br L.12 yds	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{3 x 100 on 1:40 Pull no br L.12 yds	EN1	
	{2 x 50 on :50 Freestyle	EN1	
	{2 x 100 on 1:35 Pull no br L.12 yds	EN1	
	{3 x 50 on :55 Freestyle	EN1	
	{1 x 100 on 1:30 Pull no br L.12 yds	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 13:00 Techniques-Starts		
	1 on 10:00 Ice		
4:35 PM	2,100 Yards - Stress Value = 19		

Workout #8501 - Monday, 10 January 2011

Taper 1 - Silver/Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Shoulders and DS		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{4 x 100 on 1:45 Pull no br L.12 yds	EN1	
	{3 x 50 on :55 Butterfly	EN1	
	{3 x 100 on 1:40 Pull no br L.12 yds	EN1	
	{2 x 50 on 1:00 Butterfly	EN1	
	{2 x 100 on 1:35 Pull no br L.12 yds	EN1	
	{2 x 50 on 1:00 Butterfly	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 13:00 Techniques-Starts		
	1 on 10:00 Ice		
4:35 PM	2,050 Yards - Stress Value = 19		

Workout #8504 - Monday, 10 January 2011

Taper 1 - Silver/Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Shoulders and DS		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	

150	10 x 15 on :45 Shooters	SP3
1,050	1x{3 x 100 on 1:45 Pull no br L.12 yds	EN1
	{8 x 25 on :40 Free 8brths-1	EN1
	{2 x 100 on 1:40 Pull no br L.12 yds	EN1
	{6 x 25 on :40 Free 6brths -1	EN1
	{1 x 100 on 1:35 Pull no br L.12 yds	EN1
	{4 x 25 on :40 Free 4brths -1	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 13:00 Techniques-Starts	
	1 on 10:00 Ice	
4:35 PM	1,800 Yards - Stress Value = 17	

Workout #8502 - Monday, 10 January 2011

Taper 1 - Sprint

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Shoulders and DS		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{4 x 100 on 1:35 Pull no br L.12 yds	EN1	
	{8 x 25 on :30 Free 8brths-1	EN1	
	{3 x 100 on 1:30 Pull no br L.12 yds	EN1	
	{6 x 25 on :30 Free 6brths -1	EN1	
	{2 x 100 on 1:25 Pull no br L.12 yds	EN1	
	{2 x 25 on :30 Free 2brths -1	EN1	
	{1 x 50 on :40 Pull no br L.12 yds	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 13:00 Techniques-Starts		
	1 on 10:00 Ice		
4:35 PM	2,100 Yards - Stress Value = 19		

Workout #8531 - Tuesday, 11 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:37 PM Start

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

Workout #8512 - Wednesday, 12 January 2011

HighSchl - Breast

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY	WORK	STK	PAC
=====	=====	===	=====	=====	=====
1,800	24 x 75 on 1:30 Breaststroke	EN3	S	BR	2:(
	Alt 75 Br, 25 Ba-50 Br, 50 Br-25 Free				
250	1 x 250 on 3:00 Stroke Drills	REC	D	CD	1:1
	1 on 10:00 ice		M		
5:35 PM	2,050 Yards - Stress Value = 108				

Workout #8509 - Wednesday, 12 January 2011

HighSchl - Distance

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY
 =====
 2,600 13 x 200 on 2:40 Freestyle-hold time I give EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,850 Yards - Stress Value = 156

{3 x 100 on 1:50 Kick hold under 1:33
 {4 x 25 on :30 Kick no board L 10+1 KOW
 {3 x 100 on 1:50 Kick hold under 1:29
 {4 x 25 on :30 Kick no board R 10+1 KOW
 {3 x 100 on 1:50 Kick hold under 1:26
 750 1x{2 x 125 on 1:35 Lungbuster pulls
 {2 x 125 on 1:30 Lungbuster pulls
 {2 x 125 on 1:25 Lungbuster pulls
 { Breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 3,200 Yards - Stress Value = 50

Workout #8513 - Wednesday, 12 January 2011

HighSchl - Fly

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY WC
 =====
 1,950 6x{1 x 100 on 1:20 Free-hold time I give EN2
 {1 x 25 on :40 Butterfly EN3
 {1 x 25 on :35 Butterfly EN3
 {1 x 25 on :30 Butterfly EN3
 {1 x 25 on :25 Butterfly EN3
 {1 x 25 on :20 Butterfly EN3
 {1 x 100 on 2:00 Freestyle REC
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,200 Yards - Stress Value = 57

Workout #8506 - Wednesday, 12 January 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 600 1 x 600 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :35 Kick no board B 10+1 KOW
 {3 x 100 on 2:00 Kick-hold under 1:50
 {4 x 25 on :35 Kick no board S 10+1 KOW
 {3 x 100 on 2:00 Kick hold under 1:48
 {4 x 25 on :35 Kick no board L 10+1 KOW
 {3 x 100 on 2:00 Kick hold under 1:46
 {4 x 25 on :35 Kick no board R 10+1 KOW
 {1 x 100 on 2:00 Kick hold under 1:44
 650 1x{2 x 125 on 1:45 Lungbuster pulls
 {2 x 125 on 1:40 Lungbuster pulls
 {2 x 75 on 1:00 Lungbuster pulls
 { Breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 2,900 Yards - Stress Value = 44

Workout #8510 - Wednesday, 12 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY
 =====
 2,400 12 x 200 on 2:55 Freestyle-hold time I give EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,650 Yards - Stress Value = 144

Workout #8507 - Wednesday, 12 January 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 550 1 x 550 on 15:00 Individual Medley
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :40 Kick no board B 10+1 KOW
 {3 x 100 on 2:10 Kick-hold under 2:01
 {4 x 25 on :40 Kick no board S 10+1 KOW
 {3 x 100 on 2:10 Kick hold under 1:57
 {4 x 25 on :40 Kick no board L 10+1 KOW
 {2 x 100 on 2:10 Kick hold under 1:54
 {4 x 25 on :40 Kick no board R 10+1 KOW
 {1 x 50 on 1:05 Kick hold under :55
 600 1x{2 x 125 on 1:55 Lungbuster pulls
 {2 x 125 on 1:50 Lungbuster pulls
 {2 x 50 on :45 Lungbuster pulls
 { Breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 2,650 Yards - Stress Value = 40

Workout #8514 - Wednesday, 12 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY WC
 =====
 1,800 6x{1 x 100 on 1:35 Free-hold time I give EN2
 {1 x 25 on :40 Butterfly EN3
 {1 x 25 on :35 Butterfly EN3
 {1 x 25 on :30 Butterfly EN3
 {1 x 25 on :25 Butterfly EN3
 {1 x 100 on 2:00 Freestyle REC
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,050 Yards - Stress Value = 48

Workout #8505 - Wednesday, 12 January 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 600 1 x 600 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board B 10+1 KOW
 {3 x 100 on 1:50 Kick-hold under 1:36
 {4 x 25 on :30 Kick no board S 10+1 KOW

Workout #8508 - Wednesday, 12 January 2011
HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Stretch
 500 1 x 500 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board B 10+1 KOW
 {3 x 100 on 2:15 Kick-hold under 2:08
 {4 x 25 on :45 Kick no board S 10+1 KOW
 {3 x 100 on 2:15 Kick hold under 2:06
 {4 x 25 on :45 Kick no board L 10+1 KOW
 {2 x 100 on 2:15 Kick hold under 2:04
 {4 x 25 on :45 Kick no board R 10+1 KOW
 550 1x{2 x 125 on 2:05 Lungbuster pulls
 {2 x 125 on 2:00 Lungbuster pulls
 {1 x 50 on :50 Lungbuster pulls
 { Breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 2,500 Yards - Stress Value = 37

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:33 PM 2,150 Yards - Stress Value = 36

Workout #8517 - Wednesday, 12 January 2011
Taper 1 - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,350 1x{4 x 25 on :35 Kick no board B 10+1 KOW
 {3 x 100 on 2:00 Kick-hold under 1:50
 {4 x 25 on :35 Kick no board S 10+1 KOW
 {3 x 100 on 2:00 Kick hold under 1:48
 {4 x 25 on :35 Kick no board L 10+1 KOW
 {3 x 100 on 2:00 Kick hold under 1:46
 {4 x 25 on :35 Kick no board R 10+1 KOW
 {1 x 50 on 1:00 Kick hold under :47
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:33 PM 2,000 Yards - Stress Value = 33

Workout #8511 - Wednesday, 12 January 2011
HighSchl - Silver/Bronze

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY
 =====
 2,200 11 x 200 on 3:10 Freestyle-hold time I give EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,450 Yards - Stress Value = 132

Workout #8518 - Wednesday, 12 January 2011
Taper 1 - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :40 Kick no board B 10+1 KOW
 {3 x 100 on 2:10 Kick-hold under 2:01
 {4 x 25 on :40 Kick no board S 10+1 KOW
 {3 x 100 on 2:10 Kick hold under 1:57
 {4 x 25 on :40 Kick no board L 10+1 KOW
 {2 x 100 on 2:10 Kick hold under 1:54
 {4 x 25 on :40 Kick no board R 10+1 KOW
 {1 x 50 on 1:00 Kick hold under :55
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:33 PM 1,900 Yards - Stress Value = 31

Workout #8515 - Wednesday, 12 January 2011
HighSchl - Silver/Bronze

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY WC
 =====
 1,500 6x{1 x 100 on 1:45 Free-hold time I give EN2
 {1 x 25 on :45 Butterfly EN3
 {1 x 25 on :40 Butterfly EN3
 {1 x 25 on :35 Butterfly EN3
 {1 x 25 on :30 Butterfly EN3
 {1 x 50 on 1:30 Freestyle REC
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 1,750 Yards - Stress Value = 48

Workout #8519 - Wednesday, 12 January 2011
Taper 1 - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Indvdl Prsrctns
 500 1 x 500 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board B 10+1 KOW
 {3 x 100 on 2:15 Kick-hold under 2:08
 {4 x 25 on :45 Kick no board S 10+1 KOW
 {3 x 100 on 2:15 Kick hold under 2:06
 {4 x 25 on :45 Kick no board L 10+1 KOW
 {2 x 100 on 2:15 Kick hold under 2:04
 {2 x 25 on :45 Kick no board R 10+1 KOW
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:33 PM 1,900 Yards - Stress Value = 29

Workout #8516 - Wednesday, 12 January 2011
Taper 1 - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :30 Kick no board B 10+1 KOW
 {3 x 100 on 1:50 Kick-hold under 1:36
 {4 x 25 on :30 Kick no board S 10+1 KOW
 {3 x 100 on 1:50 Kick hold under 1:33
 {4 x 25 on :30 Kick no board L 10+1 KOW
 {3 x 100 on 1:50 Kick hold under 1:29
 {4 x 25 on :30 Kick no board R 10+1 KOW
 {2 x 100 on 1:50 Kick hold under 1:26
 100 2x{1 x 25 on :50 Sculling drills

Workout #8524 - Thursday, 13 January 2011

HighSchl - Distance

1 minute rest between sets

{2 x 200 on 3:20 IM hold under 2:50 SP1 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:35 PM 2,600 Yards - Stress Value = 148

4:37 PM Start

Yards	Set Description	EGY	WOF
2,700	1x{1 x 500 on 7:00 Free Hold under 5:45	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 6:40 Free Hold under 5:45	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 6:20 Free Hold under 5:45	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 100 on 2:00 Free hold under 1:00	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 3,050 Yards - Stress Value = 75		

Workout #8525 - Thursday, 13 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:37 PM Start

Yards	Set Description	EGY	WOF
2,550	1x{1 x 500 on 7:30 Free Hold under 6:25	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:08	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:15 Free Hold under 6:25	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:08	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:00 Free Hold under 6:25	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free hold under 1:08	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,900 Yards - Stress Value = 75		

Workout #8528 - Thursday, 13 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:37 PM Start

Yards	Set Description	EGY	WORK
2,350	1x{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{1 x 200 on 3:20 IM hold under 2:50	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{2 x 200 on 3:20 IM hold under 2:50	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{3 x 200 on 3:20 IM hold under 2:50	SP1	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S

Workout #8527 - Thursday, 13 January 2011

HighSchl - IM'ers

1 minute rest between sets

4:37 PM Start

Yards	Set Description	EGY	WORK
2,750	1x{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 200 on 3:00 IM hold under 2:35	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{2 x 200 on 2:55 IM hold under 2:35	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{3 x 200 on 2:50 IM hold under 2:35	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{4 x 200 on 2:45 IM hold under 2:35	SP1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	5:35 PM 3,000 Yards - Stress Value = 180		

Workout #8520 - Thursday, 13 January 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 22:00 Shoulders and DS
	1 x 600 on 16:00 Indvdl Prsrcptns
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,750	1x{1 x 125 on 2:15 Kick
	{1 x 50 on :55 Kick-hold :47
	{2 x 125 on 2:10 Kick
	{2 x 50 on :55 Kick-hold :46
	{3 x 125 on 2:05 Kick
	{3 x 50 on :55 Kick hold :45
	{4 x 125 on 2:00 Kick
	{4 x 50 on :55 Kick hold :44
1,000	1x{1 x 200 on 2:25 Pulls
	{1 x 200 on 2:30 Pulls
	{1 x 200 on 2:35 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 200 on 2:45 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:36 PM 3,600 Yards - Stress Value = 52

Workout #8521 - Thursday, 13 January 2011

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 22:00 Shoulders and DS 1 x 600 on 16:00 Indvdl Prsrcptns Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,550	1x{1 x 125 on 2:25 Kick {1 x 50 on 1:00 Kick-hold :51 {2 x 125 on 2:20 Kick {2 x 50 on 1:00 Kick-hold :50 {3 x 125 on 2:15 Kick {3 x 50 on 1:00 Kick hold :49 {4 x 100 on 1:50 Kick {2 x 50 on 1:00 Kick hold :48
900	1x{1 x 200 on 2:40 Pulls {1 x 200 on 2:45 Pulls {1 x 200 on 2:50 Pulls {1 x 200 on 2:55 Pulls {1 x 100 on 1:30 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:36 PM	3,300 Yards - Stress Value = 47

Workout #8522 - Thursday, 13 January 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
550	1 on 22:00 Shoulders and DS 1 x 550 on 16:00 Indvdl Prsrcptns Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,450	1x{1 x 125 on 2:40 Kick {1 x 50 on 1:05 Kick-hold :55 {2 x 125 on 2:35 Kick {2 x 50 on 1:05 Kick-hold :54 {3 x 125 on 2:30 Kick {3 x 50 on 1:05 Kick hold :53 {3 x 100 on 2:00 Kick {2 x 50 on 1:05 Kick hold :52
800	1x{1 x 200 on 3:00 Pulls {1 x 200 on 3:05 Pulls {1 x 200 on 3:10 Pulls {1 x 200 on 3:15 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:36 PM	3,050 Yards - Stress Value = 44

Workout #8523 - Thursday, 13 January 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 22:00 Shoulders and DS 1 x 500 on 16:00 Indvdl Prsrcptns Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,300	1x{1 x 125 on 2:55 Kick {1 x 50 on 1:10 Kick-hold 1:03 {2 x 125 on 2:50 Kick {2 x 50 on 1:10 Kick-hold 1:02 {3 x 125 on 2:45 Kick {3 x 50 on 1:10 Kick hold 1:01 {2 x 100 on 2:10 Kick

750	{1 x 50 on 1:10 Kick hold 1:00 1x{1 x 200 on 3:20 Pulls {1 x 200 on 3:25 Pulls {1 x 200 on 3:30 Pulls {1 x 150 on 2:45 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:36 PM	2,800 Yards - Stress Value = 39

Workout #8526 - Thursday, 13 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:37 PM	Start		
2,350	1x{1 x 500 on 8:00 Free Hold under 7:05 {1 x 50 on :40 Freestyle {1 x 100 on 2:00 Freestyle {1 x 100 on 2:00 Free Hold under 1:18 {1 x 50 on 1:00 Freestyle {1 x 500 on 7:45 Free Hold under 7:05 {1 x 50 on :40 Freestyle {1 x 100 on 2:00 Freestyle {1 x 100 on 2:00 Free Hold under 1:18 {1 x 50 on 1:00 Freestyle {1 x 500 on 7:30 Free Hold under 7:05 {1 x 50 on :40 Freestyle {1 x 100 on 2:00 Freestyle {1 x 100 on 2:00 Free hold under 1:18	EN2	
350	7 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	
5:35 PM	2,700 Yards - Stress Value = 75		

Workout #8529 - Thursday, 13 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:37 PM	Start		
2,150	1x{1 x 50 on :50 Your #1 Stroke {1 x 100 on 2:30 Freestyle {1 x 200 on 3:40 IM hold under 3:10 {1 x 50 on 1:30 Freestyle {1 x 50 on :50 Your #1 Stroke {1 x 100 on 2:30 Freestyle {2 x 200 on 3:40 IM hold under 3:10 {1 x 50 on 1:30 Freestyle {1 x 50 on :50 Your #1 Stroke {1 x 100 on 2:30 Freestyle {3 x 200 on 3:40 IM hold under 3:10 {1 x 50 on 1:00 Freestyle {1 x 50 on :50 Your #1 Stroke {1 x 100 on 2:30 Freestyle {1 x 200 on 3:40 IM hold under 3:10	SP2	S
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D
5:35 PM	2,400 Yards - Stress Value = 132		

Workout #8532 - Thursday, 13 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

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

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:24 PM Start			
1,650	1x{1 x 500 on 7:30 Free Hold under 6:25	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:08	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:15 Free Hold under 6:25	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:08	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:05 PM	1,900 Yards - Stress Value = 50		

Workout #8530 - Thursday, 13 January 2011

HighSchl - Sprint

1 minute rest between sets

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

Workout #8541 - Thursday, 13 January 2011

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:24 PM Start			
1,550	1x{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{1 x 200 on 3:20 IM hold under 2:50	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{2 x 200 on 3:20 IM hold under 2:50	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{2 x 200 on 3:20 IM hold under 2:50	SP1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:08 PM	1,800 Yards - Stress Value = 95		

Workout #8544 - Thursday, 13 January 2011

Taper 1 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:24 PM Start			
1,400	1x{1 x 50 on 1:05 Free Hold under:31	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:05	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :32	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 100 on 1:55 Free Hold under 1:08	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Free Hold under :33	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 100 on 1:50 Free Hold under 1:11	SP1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:09 PM	1,650 Yards - Stress Value = 75		

Workout #8537 - Thursday, 13 January 2011

Taper 1 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:24 PM Start			
1,750	1x{1 x 500 on 7:00 Free Hold under 5:45	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 6:40 Free Hold under 5:45	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:05 PM	2,000 Yards - Stress Value = 50		

Workout #8538 - Thursday, 13 January 2011

Workout #8540 - Thursday, 13 January 2011

Taper 1 - IM's

1 minute rest between sets

4:24 PM Start			
Yards	Set Description	EGY	WORK
1,750	1x{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 200 on 3:00 IM hold under 2:35	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{2 x 200 on 2:55 IM hold under 2:35	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{3 x 200 on 2:50 IM hold under 2:35	SP1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:07 PM 2,000 Yards - Stress Value = 111			

Taper 1 - Silver

1 minute rest between sets

3:00 PM Start	
Yards	Set Description
550	1 on 22:00 Shoulders and DS
	1 x 550 on 16:00 Indvdl Prsrcptns
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,050	1x{1 x 125 on 2:40 Kick
	{1 x 50 on 1:05 Kick-hold :55
	{2 x 125 on 2:35 Kick
	{2 x 50 on 1:05 Kick-hold :54
	{3 x 125 on 2:30 Kick
	{3 x 50 on 1:05 Kick hold :53
500	1x{1 x 200 on 3:00 Pulls
	{1 x 150 on 2:20 Pulls
	{1 x 150 on 2:25 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:23 PM 2,350 Yards - Stress Value = 33	

Workout #8533 - Thursday, 13 January 2011

Taper 1 - Platinum

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WORK
400	1 on 22:00 Shoulders and DS		
	1 x 400 on 16:00 Indvdl Prsrcptns		
	Odd 100's free evens 100's back		
150	10 x 15 on :45 Shooters		
1,250	1x{1 x 125 on 2:15 Kick		
	{1 x 50 on :55 Kick-hold :47		
	{2 x 125 on 2:10 Kick		
	{2 x 50 on :55 Kick-hold :46		
	{3 x 125 on 2:05 Kick		
	{2 x 50 on :55 Kick hold :45		
	{2 x 125 on 2:00 Kick		
600	1x{1 x 200 on 2:25 Pulls		
	{1 x 200 on 2:30 Pulls		
	{1 x 200 on 2:35 Pulls		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:23 PM 2,500 Yards - Stress Value = 38			

Workout #8536 - Thursday, 13 January 2011

Taper 1 - Bronze

1 minute rest between sets

3:00 PM Start	
Yards	Set Description
400	1 on 22:00 Shoulders and DS
	1 x 400 on 16:00 Indvdl Prsrcptns
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
950	1x{1 x 125 on 2:55 Kick
	{1 x 50 on 1:10 Kick-hold 1:03
	{2 x 125 on 2:50 Kick
	{2 x 50 on 1:10 Kick-hold 1:02
	{3 x 125 on 2:45 Kick
	{1 x 50 on 1:10 Kick hold 1:01
450	1x{1 x 200 on 3:20 Pulls
	{1 x 150 on 2:40 Pulls
	{1 x 100 on 1:50 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:23 PM 2,050 Yards - Stress Value = 29	

Workout #8534 - Thursday, 13 January 2011

Taper 1 - Gold

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WORK
400	1 on 22:00 Shoulders and DS		
	1 x 400 on 16:00 Indvdl Prsrcptns		
	Odd 100's free evens 100's back		
150	10 x 15 on :45 Shooters		
1,150	1x{1 x 125 on 2:25 Kick		
	{1 x 50 on 1:00 Kick-hold :51		
	{2 x 125 on 2:20 Kick		
	{2 x 50 on 1:00 Kick-hold :50		
	{3 x 125 on 2:15 Kick		
	{3 x 50 on 1:00 Kick hold :49		
	{1 x 100 on 1:50 Kick		
550	1x{1 x 200 on 2:40 Pulls		
	{1 x 200 on 2:45 Pulls		
	{1 x 150 on 2:10 Pulls		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:23 PM 2,350 Yards - Stress Value = 36			

Workout #8539 - Thursday, 13 January 2011

Taper 1 - Silver/Bronze

1 minute rest between sets

4:24 PM Start			
Yards	Set Description	EGY	WOF
1,550	1x{1 x 500 on 8:00 Free Hold under 7:05	EN2	
	{1 x 50 on :40 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:18	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:45 Free Hold under 7:05	EN2	
	{1 x 50 on :40 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:18	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:06 PM 1,800 Yards - Stress Value = 50			

Workout #8535 - Thursday, 13 January 2011

Workout #8542 - Thursday, 13 January 2011

Taper 1 - Silver/Bronze

1 minute rest between sets

4:24 PM Start

Yards	Set Description	EGY	WORK
1,350	1x{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{1 x 200 on 3:40 IM hold under 3:10	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{2 x 200 on 3:40 IM hold under 3:10	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
250	{1 x 200 on 3:40 IM hold under 3:10	SP1	S
	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:07 PM 1,600 Yards - Stress Value = 79			

Workout #8545 - Thursday, 13 January 2011

Taper 1 - Silver/Bronze

1 minute rest between sets

4:24 PM Start

Yards	Set Description	EGY	WOF
1,400	1x{1 x 50 on 1:05 Free Hold under:37	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{1 x 100 on 2:00 Free Hold under 1:15	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{2 x 50 on 1:00 Free Hold under :38	SP1	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{2 x 100 on 1:55 Free Hold under 1:20	SP1	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{3 x 50 on :55 Free Hold under :39	SP1	S
	{1 x 100 on 2:30 Freestyle	REC	S
250	{3 x 100 on 1:50 Free Hold under 1:23	SP1	S
	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 ice		M
5:09 PM 1,650 Yards - Stress Value = 75			

Workout #8543 - Thursday, 13 January 2011

Taper 1 - Sprint

1 minute rest between sets

4:24 PM Start

Yards	Set Description	EGY	WOF
1,400	1x{1 x 50 on 1:05 Free Hold under:27	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{2 x 50 on 1:00 Free Hold under :28	SP1	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{2 x 100 on 1:55 Free Hold under 1:02	SP1	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{3 x 50 on :55 Free Hold under :29	SP1	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{3 x 100 on 1:50 Free Hold under 1:04	SP1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 ice		M
5:09 PM 1,650 Yards - Stress Value = 75			

Workout #8549 - Thursday, 13 January 2011

Taper 2 - Distance

1 minute rest between sets

4:24 PM Start

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

1,750	1x{1 x 500 on 7:00 Free Hold under 5:45	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 100 on 2:00 Back Hold under 1:10	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 6:40 Free Hold under 5:45	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
250	{1 x 100 on 2:00 Back Hold under 1:10	SP2	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:05 PM 2,000 Yards - Stress Value = 50			

Workout #8550 - Thursday, 13 January 2011

Taper 2 - IM'ers

1 minute rest between sets

4:24 PM Start

Yards	Set Description	EGY	WORK
1,550	1x{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 200 on 3:00 IM hold under 2:35	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{2 x 200 on 2:55 IM hold under 2:35	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
250	{2 x 200 on 2:50 IM hold under 2:35	SP1	S
	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:04 PM 1,800 Yards - Stress Value = 95			

Workout #8546 - Thursday, 13 January 2011

Taper 2 - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
400	1 on 22:00 Shoulders and DS		
	1 x 400 on 16:00 Indvdl Prsrcptns		
	Odd 100's free evens 100's back		
150	10 x 15 on :45 Shooters		
1,100	1x{1 x 125 on 2:15 Kick		
	{1 x 50 on :55 Kick-hold :47		
	{2 x 125 on 2:10 Kick		
	{2 x 50 on :55 Kick-hold :46		
	{3 x 125 on 2:05 Kick		
	{1 x 50 on :55 Kick hold :45		
	{2 x 75 on 1:10 Kick		
	1 on 9:00 Techniques-Starts		
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 1,750 Yards - Stress Value = 25			

Workout #8547 - Thursday, 13 January 2011

Taper 2 - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 22:00 Shoulders and DS
 400 1 x 400 on 16:00 Indvdl Prsrcptns
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 125 on 2:25 Kick
 {1 x 50 on 1:00 Kick-hold :51
 {2 x 125 on 2:20 Kick
 {2 x 50 on 1:00 Kick-hold :50
 {3 x 125 on 2:15 Kick
 {2 x 50 on 1:00 Kick hold :49
 1 on 9:00 Techniques-Starts
 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 1,650 Yards - Stress Value = 23

400 1 x 400 on 7:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S I
 1,600 1x{1 x 550 on 7:30 Freestyle EN1 S F
 {1 x 450 on 6:00 Freestyle REC S F
 {1 x 350 on 4:30 Freestyle EN1 S F
 {1 x 250 on 3:00 Freestyle EN2 S F
 300 6 x 50 on 1:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 7:05 AM 2,450 Yards - Stress Value = 21

Workout #8553 - Friday, 14 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS and Weights L WT
 400 1 x 400 on 7:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S I
 1,400 1x{1 x 550 on 8:30 Freestyle EN1 S F
 {1 x 450 on 6:30 Freestyle REC S F
 {1 x 350 on 5:00 Freestyle EN1 S F
 {1 x 50 on :40 Freestyle EN2 S F
 300 6 x 50 on 1:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 7:05 AM 2,250 Yards - Stress Value = 17

Workout #8548 - Thursday, 13 January 2011

Taper 2 - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 22:00 Shoulders and DS
 550 1 x 550 on 16:00 Indvdl Prsrcptns
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 900 1x{1 x 125 on 2:40 Kick
 {1 x 50 on 1:05 Kick-hold :55
 {2 x 125 on 2:35 Kick
 {2 x 50 on 1:05 Kick-hold :54
 {3 x 125 on 2:30 Kick
 1 on 9:00 Techniques-Starts
 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 1,700 Yards - Stress Value = 21

Workout #8556 - Friday, 14 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS and Weights L WT
 400 1 x 400 on 7:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S I
 1,250 1x{4 x 125 on 2:05 Freestyle EN1 S F
 {3 x 125 on 2:00 Freestyle EN1 S F
 {2 x 125 on 1:55 Freestyle EN1 S F
 {1 x 125 on 1:50 Freestyle EN2 S F
 350 7 x 50 on 1:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 7:05 AM 2,150 Yards - Stress Value = 19

Workout #8551 - Thursday, 13 January 2011

Taper 2 - Sprint

1 minute rest between sets

4:24 PM Start
 Yards Set Description EGY WOF
 =====
 1,400 1x{1 x 50 on 1:05 Free Hold under:27 SP2
 {1 x 100 on 2:30 Freestyle REC
 {1 x 100 on 2:00 Free Hold under 1:00 SP2
 {1 x 100 on 2:30 Freestyle REC
 {2 x 50 on 1:00 Free Hold under :28 SP1
 {1 x 100 on 2:30 Freestyle REC
 {2 x 100 on 1:55 Free Hold under 1:02 SP1
 {1 x 100 on 2:30 Freestyle REC
 {3 x 50 on :55 Free Hold under :29 SP1
 {1 x 100 on 2:30 Freestyle REC
 {3 x 100 on 1:50 Free Hold under 1:04 SP1
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:09 PM 1,650 Yards - Stress Value = 75

Workout #8559 - Friday, 14 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS and Weights L WT
 400 1 x 400 on 7:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S I
 1,050 1x{4 x 75 on 1:25 IM w/out the free EN2 S I
 {4 x 75 on 1:20 IM w/out the free EN1 S I
 {4 x 75 on 1:15 IM w/out the free EN1 S I
 {2 x 75 on 1:10 IM w/out the free EN1 S I
 400 8 x 50 on 1:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 7:05 AM 2,000 Yards - Stress Value = 20

Workout #8552 - Friday, 14 January 2011

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS and Weights L WT

Workout #8558 - Friday, 14 January 2011

HighSchl - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,200	1x{4 x 75 on 1:20 IM w/out the free	EN1	S	I
	{4 x 75 on 1:15 IM w/out the free	EN1	S	I
	{4 x 75 on 1:10 IM w/out the free	EN1	S	I
	{4 x 75 on 1:05 IM w/out the free	EN2	S	I
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:05 AM 2,100 Yards - Stress Value = 21			

Workout #8554 - Friday, 14 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,250	1x{1 x 450 on 7:30 Freestyle	REC	S	F
	{1 x 350 on 5:30 Freestyle	EN1	S	F
	{1 x 250 on 3:45 Freestyle	EN1	S	F
	{1 x 150 on 2:10 Freestyle	EN2	S	F
	{1 x 50 on :40 Freestyle	EN2	S	F
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:04 AM 2,100 Yards - Stress Value = 16			

Workout #8557 - Friday, 14 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,200	1x{4 x 125 on 2:20 Freestyle	EN1	S	F
	{3 x 125 on 2:15 Freestyle	EN1	S	F
	{2 x 125 on 2:10 Freestyle	EN1	S	F
	{1 x 75 on 1:15 Freestyle	EN2	S	F
250	5 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:05 AM 2,000 Yards - Stress Value = 19			

Workout #8560 - Friday, 14 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,050	1x{4 x 75 on 1:30 IM w/out the free	EN1	S	I
	{4 x 75 on 1:25 IM w/out the free	EN2	S	I
	{4 x 75 on 1:20 IM w/out the free	EN1	S	I
	{2 x 75 on 1:15 IM w/out the free	EN1	S	I
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:05 AM 1,950 Yards - Stress Value = 20			

Workout #8555 - Friday, 14 January 2011

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,250	1x{4 x 125 on 1:55 Freestyle	EN1	S	F
	{3 x 125 on 1:50 Freestyle	EN1	S	F
	{2 x 125 on 1:45 Freestyle	EN1	S	F
	{1 x 125 on 1:40 Freestyle	EN2	S	F
400	8 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:05 AM 2,200 Yards - Stress Value = 19			

Workout #8604 - Friday, 14 January 2011

Taper 1 - Silver/Bronze

1 minute rest between sets

8:23 AM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
	1,350 1x{4 x 150 on 2:50 Breast des 1-3 hold 4	EN2	
	{4 x 100 on 1:50 Breast des 1-3 hold 4	EN2	
	{4 x 50 on :55 Breast des 1-3 hold 4	EN2	
250	{3 x 50 on 1:00 Breast All Best Effot	EN3	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:04 AM 1,600 Yards - Stress Value = 33		

Workout #8567 - Friday, 14 January 2011

All Taper Groups - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,200	1x{4 x 75 on 1:20 Back 1/2/3 KOW	EN1	S	F
	{4 x 75 on 1:15 Back 2/3/4 KOW	EN1	S	F
	{4 x 75 on 1:10 Back 3/4/5 KOW	EN1	S	F
	{4 x 75 on 1:05 Back 4/5/6 KOW	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:01 AM 1,950 Yards - Stress Value = 21			

Workout #8561 - Friday, 14 January 2011

All Taper Groups - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,350	1x{1 x 550 on 7:30 Freestyle	EN1	S	F
	{1 x 450 on 6:00 Freestyle	REC	S	F
	{1 x 350 on 4:30 Freestyle	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	6:59 AM 2,100 Yards - Stress Value = 16			

Workout #8562 - Friday, 14 January 2011

All Taper Groups - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,250	1x{1 x 550 on 8:30 Freestyle	EN1	S	F
	{1 x 450 on 6:30 Freestyle	REC	S	F
	{1 x 250 on 3:30 Freestyle	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:00 AM 2,000 Yards - Stress Value = 14				

All Taper Groups - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
150	1 x 400 on 7:00 Reverse IM drill	REC	D	I
1,025	10 x 15 on :45 Shooters	SP3	S	I
	1x{4 x 125 on 2:20 Freestyle	EN1	S	F
	{3 x 125 on 2:15 Freestyle	EN1	S	F
	{2 x 75 on 1:15 Freestyle	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:00 AM 1,775 Yards - Stress Value = 17				

Workout #8565 - Friday, 14 January 2011

All Taper Groups - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,200	1x{4 x 125 on 2:05 Freestyle	EN1	S	F
	{3 x 125 on 2:00 Freestyle	EN1	S	F
	{2 x 125 on 1:55 Freestyle	EN1	S	F
	{1 x 75 on 1:05 Freestyle	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:01 AM 1,950 Yards - Stress Value = 19				

Workout #8569 - Friday, 14 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
150	1 x 400 on 7:00 Reverse IM drill	REC	D	I
1,050	10 x 15 on :45 Shooters	SP3	S	I
	1x{4 x 75 on 1:30 Back 1/2/3 KOW	EN1	S	F
	{4 x 75 on 1:25 Back 2/3/4 KOW	EN2	S	F
	{4 x 75 on 1:20 Back 3/4/5 KOW	EN1	S	F
	{2 x 75 on 1:15 Back 4/5/6 KOW	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:01 AM 1,800 Yards - Stress Value = 20				

Workout #8568 - Friday, 14 January 2011

All Taper Groups - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,050	1x{4 x 75 on 1:25 Back 1/2/3 KOW	EN2	S	F
	{3 x 125 on 1:50 Freestyle	EN1	S	F
	{4 x 75 on 1:20 Back 2/3/4 KOW	EN1	S	F
	{4 x 75 on 1:15 Back 3/4/5 KOW	EN1	S	F
	{2 x 75 on 1:10 Back 4/5/6 KOW	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:00 AM 1,800 Yards - Stress Value = 20				

Workout #8564 - Friday, 14 January 2011

All Taper Groups - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
150	1 x 400 on 7:00 Reverse IM drill	REC	D	I
1,250	10 x 15 on :45 Shooters	SP3	S	I
	1x{4 x 125 on 1:55 Freestyle	EN1	S	F
	{3 x 125 on 1:50 Freestyle	EN1	S	F
	{2 x 125 on 1:45 Freestyle	EN1	S	F
	{1 x 125 on 1:40 Freestyle	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:00 AM 2,000 Yards - Stress Value = 19				

Workout #8563 - Friday, 14 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
150	1 x 400 on 7:00 Reverse IM drill	REC	D	I
1,100	10 x 15 on :45 Shooters	SP3	S	I
	1x{1 x 450 on 7:30 Freestyle	REC	S	F
	{1 x 350 on 5:30 Freestyle	EN1	S	F
	{1 x 250 on 3:45 Freestyle	EN1	S	F
	{1 x 50 on :45 Freestyle	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
6:59 AM 1,850 Yards - Stress Value = 13				

Workout #8566 - Friday, 14 January 2011

Workout #8571 - Saturday, 15 January 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Circuit
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :45 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 :45 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 :45 Kick no brd L-9+1 KOW
 {2 x 75 on 1:15 Kick
 {2 x 75 on 1:10 Kick
 {4 x 25 on :45 Kick no brd R 9+1 KOW
 {2 x 75 on 1:10 Kick
 {2 x 75 on 1:05 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
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{6 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:10 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,600 Yards - Stress Value = 91

Workout #8570 - Saturday, 15 January 2011

HighSchl - Individual Prescriptions

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 25:00 DS/Core/Explanation L I
 600 1 x 600 on 10:00 Reverse IM drill REC D
 600-Gold, 550-Silver, 500-Bronze
 800 1x{1 x 200 on 15:00 Station #1 REC D C
 {1 on 2:30 Rotate to next IP
 {1 x 200 on 15:00 Station #2 REC D C
 {1 on 2:30 Rotate to next IP
 {1 x 200 on 15:00 Station #3 REC D I
 {1 on 2:30 Rotate to next IP
 {1 x 200 on 15:00 Station #4 REC D C
 500 10 x 50 on 1:00 Stroke Drills REC D
 1 on 10:00 Ice L
 5:05 PM 1,900 Yards

Workout #8572 - Saturday, 15 January 2011

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Circuit

600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:35 Kick
 {2 x 75 on 1:30 Kick
 {4 x 25 on :45 Kick no brd S-9+1 KOW
 {2 x 75 on 1:30 Kick
 {2 x 75 on 1:25 Kick
 {4 x 25 on :45 Kick no brd L-9+1 KOW
 {2 x 75 on 1:25 Kick
 {2 x 75 on 1:20 Kick
 {4 x 25 on :45 Kick no brd R 9+1 KOW
 {2 x 50 on :55 Kick
 700 1x{1 x 150 on 2:15 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 100 on 1:20 Pulls-nbbf&w + 4 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{5 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:20 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,150 Yards - Stress Value = 82

Workout #8573 - Saturday, 15 January 2011

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 Circuit and Stretch
 550 1 x 550 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:45 Kick
 {2 x 75 on 1:40 Kick
 {4 x 25 on :45 Kick no brd S-9+1 KOW
 {2 x 75 on 1:40 Kick
 {2 x 75 on 1:35 Kick
 {4 x 25 on :45 Kick no brd L-9+1 KOW
 {2 x 75 on 1:35 Kick
 {2 x 75 on 1:30 Kick
 {4 x 25 on :45 Kick no brd R 9+1 KOW
 600 1x{1 x 150 on 2:30 Pulls-nbbf&w
 {1 x 150 on 2:25 Pulls-nbbf&w + 1 yd
 {1 x 150 on 2:20 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:35 Pulls-nbbf&w + 3 yds
 {1 x 50 on :45 Pulls-nbbf&w + 4 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{5 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:30 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 4,700 Yards - Stress Value = 74

Workout #8574 - Saturday, 15 January 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Circuit
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
 {2 x 75 on 1:50 Kick
 {2 x 75 on 1:45 Kick
 {4 x 25 on :45 Kick no brd S-9+1 KOW
 {2 x 75 on 1:45 Kick
 {2 x 75 on 1:40 Kick
 {4 x 25 on :45 Kick no brd L-9+1 KOW
 {2 x 75 on 1:40 Kick
 {2 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no brd R 9+1 KOW
 550 1x{1 x 150 on 2:45 Pulls-nbbf&w
 {1 x 150 on 2:40 Pulls-nbbf&w + 1 yd
 {1 x 100 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:40 Pulls-nbbf&w + 3 yds
 {1 x 50 on :50 Pulls-nbbf&w + 4 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{5 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:45 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 4,350 Yards - Stress Value = 68

Workout #8575 - Saturday, 15 January 2011

Taper 1 - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Circuit
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
 {1 x 75 on 1:25 Kick
 {1 x 75 on 1:20 Kick
 {4 x 25 on :45 Kick no brd S-9+1 KOW
 {1 x 75 on 1:20 Kick
 {1 x 75 on 1:15 Kick
 {4 x 25 on :45 Kick no brd L-9+1 KOW
 {1 x 75 on 1:15 Kick
 {1 x 75 on 1:10 Kick
 {4 x 25 on :45 Kick no brd R 9+1 KOW
 {1 x 75 on 1:10 Kick
 {1 x 75 on 1:05 Kick
 450 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
 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 1:10 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:10 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:10 Freestyle

{1 on 1:00 Rest
 {1 x 100 on 1:10 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:16 AM 4,000 Yards - Stress Value = 66

Workout #8576 - Saturday, 15 January 2011

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Circuit
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
 {1 x 75 on 1:35 Kick
 {1 x 75 on 1:30 Kick
 {4 x 25 on :45 Kick no brd S-9+1 KOW
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:25 Kick
 {4 x 25 on :45 Kick no brd L-9+1 KOW
 {1 x 50 on :55 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :45 Kick no brd R 9+1 KOW
 {2 x 50 on :55 Kick
 450 1x{1 x 150 on 2:15 Pulls
 {1 x 150 on 2:10 Pulls-nbbf&w + 1 yd
 {1 x 150 on 2:05 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
 1,400 1x{5 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:20 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:16 AM 3,800 Yards - Stress Value = 60

Workout #8577 - Saturday, 15 January 2011

Taper 1 - Silver

1 minute rest between sets

```

7:00 AM Start
Yards Set Description
=====
1 on 40:00 Circuit and Stretch
400 1 x 400 on 10:00 Choice
150 10 x 15 on :45 Shooters
850 1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
    {1 x 75 on 1:45 Kick
    {1 x 75 on 1:40 Kick
    {4 x 25 on :45 Kick no brd S-9+1 KOW
    {1 x 75 on 1:40 Kick
    {1 x 75 on 1:35 Kick
    {4 x 25 on :45 Kick no brd L-9+1 KOW
    {1 x 75 on 1:35 Kick
    {1 x 75 on 1:30 Kick
    {4 x 25 on :45 Kick no brd R 9+1 KOW
400 1x{1 x 150 on 2:30 Pulls-nbbf&w
    {1 x 150 on 2:25 Pulls-nbbf&w + 1 yd
    {1 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
1,300 1x{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
400 8 x 50 on 1:00 Stroke Drills
    1 on 10:00 Ice
9:17 AM 3,600 Yards - Stress Value = 57
    
```

1 minute rest between sets

```

7:00 AM Start
Yards Set Description
=====
1 on 40:00 DS and Circuit
400 1 x 400 on 10:00 Choice
150 10 x 15 on :45 Shooters
900 1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
    {1 x 75 on 1:25 Kick
    {1 x 75 on 1:20 Kick
    {4 x 25 on :45 Kick no brd S-9+1 KOW
    {1 x 75 on 1:20 Kick
    {1 x 75 on 1:15 Kick
    {4 x 25 on :45 Kick no brd L-9+1 KOW
    {1 x 75 on 1:15 Kick
    {1 x 75 on 1:10 Kick
    {4 x 25 on :45 Kick no brd R 9+1 KOW
    {1 x 50 on :45 Kick
    1 on 9:00 Techniques-Starts
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 1:10 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
450 9 x 50 on 1:00 Stroke Drills
    1 on 10:00 Ice
9:17 AM 3,500 Yards - Stress Value = 57
    
```

Workout #8578 - Saturday, 15 January 2011

Taper 1 - Bronze

1 minute rest between sets

```

7:00 AM Start
Yards Set Description
=====
1 on 40:00 DS and Circuit
400 1 x 400 on 10:00 Choice
150 10 x 15 on :45 Shooters
825 1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
    {1 x 75 on 1:50 Kick
    {1 x 75 on 1:45 Kick
    {4 x 25 on :45 Kick no brd S-9+1 KOW
    {1 x 75 on 1:45 Kick
    {1 x 75 on 1:40 Kick
    {4 x 25 on :45 Kick no brd L-9+1 KOW
    {1 x 75 on 1:40 Kick
    {1 x 50 on 1:05 Kick
    {4 x 25 on :45 Kick no brd R 9+1 KOW
350 1x{1 x 150 on 2:45 Pulls-nbbf&w
    {1 x 150 on 2:40 Pulls-nbbf&w + 1 yd
    {1 x 50 on :50 Pulls-nbbf&w + 2 yds
100 2x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100 1x{5 x 100 on 1:45 Freestyle
    {1 on 1:00 Rest
    {3 x 100 on 1:45 Freestyle
    {1 on 1:00 Rest
    {2 x 100 on 1:45 Freestyle
    {1 on 1:00 Rest
    {1 x 100 on 1:45 Freestyle
400 8 x 50 on 1:00 Stroke Drills
    1 on 10:00 Ice
9:17 AM 3,325 Yards - Stress Value = 51
    
```

Workout #8580 - Saturday, 15 January 2011

Taper 2 - Gold

1 minute rest between sets

```

7:00 AM Start
Yards Set Description
=====
1 on 40:00 DS and Circuit
400 1 x 400 on 10:00 Choice
150 10 x 15 on :45 Shooters
850 1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
    {1 x 75 on 1:35 Kick
    {1 x 75 on 1:30 Kick
    {4 x 25 on :45 Kick no brd S-9+1 KOW
    {1 x 75 on 1:30 Kick
    {1 x 75 on 1:25 Kick
    {4 x 25 on :45 Kick no brd L-9+1 KOW
    {1 x 50 on :55 Kick
    {1 x 50 on :50 Kick
    {4 x 25 on :45 Kick no brd R 9+1 KOW
    {1 x 50 on :55 Kick
    1 on 9:00 Techniques-Starts
100 2x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400 1x{5 x 100 on 1:20 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
450 9 x 50 on 1:00 Stroke Drills
    1 on 10:00 Ice
9:17 AM 3,350 Yards - Stress Value = 53
    
```

Workout #8579 - Saturday, 15 January 2011

Taper 2 - Swim Like A Champion Day

Workout #8581 - Saturday, 15 January 2011

Taper 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM Start			
=====	=====	=====	=====
	1 on 40:00 Circuit and Stretch		
400	1 x 400 on 10:00 Choice		
150	10 x 15 on :45 Shooters		
800	1x{4 x 25 on :45 Kick no brd B- 9+1 KOW		
	{1 x 75 on 1:45 Kick		
	{1 x 75 on 1:40 Kick		
	{4 x 25 on :45 Kick no brd S-9+1 KOW		
	{1 x 75 on 1:40 Kick		
	{1 x 75 on 1:35 Kick		
	{4 x 25 on :45 Kick no brd L-9+1 KOW		
	{1 x 50 on 1:05 Kick		
	{1 x 50 on 1:00 Kick		
	{4 x 25 on :45 Kick no brd R 9+1 KOW		
	1 on 9:00 Techniques-Starts		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,300	1x{5 x 100 on 1:30 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		
400	8 x 50 on 1:00 Stroke Drills		
	1 on 10:00 Ice		
	9:17 AM 3,150 Yards - Stress Value = 50		

Workout #8592 - Monday, 17 January 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:36 AM Start			
=====	=====	=====	=====
3,100	1x{3 x 200 on 2:55 Backstroke-descend	EN2	
	{1 x 100 on 1:25 Backstroke	EN2	
	{1 x 100 on 1:20 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{3 x 200 on 2:50 Backstroke-descend	EN2	
	{1 x 100 on 1:20 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{1 x 100 on 1:10 Backstroke	EN2	
	{3 x 200 on 2:45 Backstroke-descend	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{1 x 100 on 1:10 Backstroke	EN2	
	{1 x 100 on 1:05 Backstroke	EN2	
	{4 x 100 on 1:30 Back des to LudSpeed	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 3,350 Yards - Stress Value = 62		

Workout #8589 - Monday, 17 January 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
8:36 AM Start			
=====	=====	=====	=====
2,650	1x{4 x 250 on 4:00 Breast des 1-3 hold 4	EN2	
	{4 x 200 on 3:10 Breast des 1-3 hold 4	EN2	
	{4 x 150 on 2:20 Breast des 1-3 hold 4	EN2	
	{5 x 50 on 1:00 Breast all best effort	EN3	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 2,900 Yards - Stress Value = 63		

Workout #8586 - Monday, 17 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:36 AM Start			
=====	=====	=====	=====
3,600	1x{3 x 500 on 6:10 Freestyle-descend	EN2	S
	{3 x 400 on 4:50 Freestyle-descend	EN2	S
	{3 x 300 on 3:30 Freestyle-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	9:35 AM 3,850 Yards - Stress Value = 72		

Workout #8614 - Monday, 17 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM Start			
=====	=====	=====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrcptns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,400	1x{1 x 200 on 2:50 Freestyle	EN1	S
	{1 x 200 on 2:45 Freestyle	EN1	S
	{1 x 200 on 2:40 Freestyle	EN1	S
	{1 x 200 on 2:35 Freestyle	EN1	S
	{1 x 200 on 2:30 Freestyle	EN2	S
	{1 x 200 on 2:25 Freestyle	EN2	S
	{1 x 200 on 2:20 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	4:35 PM 2,150 Yards - Stress Value = 26		

Workout #8620 - Monday, 17 January 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM Start			
=====	=====	=====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrcptns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,125	1x{1 x 25 on :25 Butterfly	EN1	S
	{1 x 50 on :40 Freestyle	EN2	S
	{2 x 25 on :25 Butterfly	EN2	S
	{2 x 50 on :40 Freestyle	EN2	S
	{3 x 25 on :25 Butterfly	EN2	S
	{3 x 50 on :40 Freestyle	EN2	S
	{4 x 25 on :25 Butterfly	EN2	S
	{4 x 50 on :40 Freestyle	EN2	S
	{5 x 25 on :25 Butterfly	EN2	S
	{5 x 50 on :40 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	4:34 PM 1,925 Yards - Stress Value = 28		

Workout #8587 - Monday, 17 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:36 AM Start

Yards	Set Description	EGY	WORK
3,150	1x{3 x 500 on 6:50 Freestyle-descend	EN2	S
	{3 x 400 on 5:25 Freestyle-descend	EN2	S
	{3 x 150 on 2:00 Freestyle-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:34 AM 3,400 Yards - Stress Value = 63

Workout #8590 - Monday, 17 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:36 AM Start

Yards	Set Description	EGY	WORK
2,500	1x{4 x 250 on 4:20 Breast des 1-3 hold 4	EN2	
	{4 x 200 on 3:25 Breast des 1-3 hold 4	EN2	
	{4 x 150 on 2:30 Breast des 1-3 hold 4	EN2	
	{2 x 50 on 1:00 Breast all best effort	EN3	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:35 AM 2,750 Yards - Stress Value = 54

Workout #8593 - Monday, 17 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WORK
2,700	1x{3 x 200 on 3:15 Backstroke-descend	EN2	S
	{1 x 100 on 1:40 Backstroke	EN2	S
	{1 x 100 on 1:35 Backstroke	EN2	S
	{1 x 100 on 1:30 Backstroke	EN2	S
	{3 x 200 on 3:10 Backstroke-descend	EN2	S
	{1 x 100 on 1:35 Backstroke	EN2	S
	{1 x 100 on 1:30 Backstroke	EN2	S
	{1 x 100 on 1:25 Backstroke	EN2	S
	{3 x 200 on 3:05 Backstroke-descend	EN2	S
	{1 x 100 on 1:30 Backstroke	EN2	S
	{1 x 100 on 1:25 Backstroke	EN2	S
	{1 x 100 on 1:20 Backstroke	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:35 AM 2,950 Yards - Stress Value = 54

Workout #8615 - Monday, 17 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrcptns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,350	1x{1 x 200 on 3:00 Freestyle	EN1	S
	{1 x 200 on 2:55 Freestyle	EN1	S
	{1 x 200 on 2:50 Freestyle	EN1	S
	{1 x 200 on 2:45 Freestyle	EN1	S
	{1 x 200 on 2:40 Freestyle	EN1	S
	{1 x 200 on 2:35 Freestyle	EN1	S
	{1 x 150 on 1:55 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

4:35 PM 2,100 Yards - Stress Value = 21

Workout #8618 - Monday, 17 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrcptns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,125	1x{1 x 125 on 2:05 Freestyle	EN1	S
	{1 x 125 on 2:00 Freestyle	EN1	S
	{1 x 125 on 1:55 Freestyle	EN1	S
	{1 x 125 on 1:50 Freestyle	EN2	S
	{1 x 125 on 1:45 Freestyle	EN2	S
	{1 x 100 on 1:40 Freestyle	EN1	S
	{1 x 100 on 1:35 Freestyle	EN1	S
	{1 x 100 on 1:30 Freestyle	EN2	S
	{1 x 100 on 1:25 Freestyle	EN2	S
	{1 x 75 on 1:15 Freestyle	EN1	S
	{1 x 25 on :25 Freestyle	EN2	S
250	1 on 15:00 Techniques-Relay Starts		D
	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

4:35 PM 1,925 Yards - Stress Value = 20

Workout #8621 - Monday, 17 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrcptns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,075	1x{1 x 25 on :30 Butterfly	EN1	S
	{1 x 50 on :45 Freestyle	EN2	S
	{2 x 25 on :30 Butterfly	EN2	S
	{2 x 50 on :45 Freestyle	EN2	S
	{3 x 25 on :30 Butterfly	EN2	S
	{3 x 50 on :45 Freestyle	EN2	S
	{4 x 25 on :30 Butterfly	EN2	S
	{4 x 50 on :45 Freestyle	EN2	S
	{5 x 25 on :30 Butterfly	EN2	S
	{4 x 50 on :45 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

4:35 PM 1,875 Yards - Stress Value = 27

Workout #8582 - Monday, 17 January 2011

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 1:55 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
 100 1 x 100 on 2:00 Kick for time
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:35 AM 2,550 Yards - Stress Value = 44

Workout #8583 - Monday, 17 January 2011

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 50 on :55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:25 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 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
 {1 x 150 on 2:45 Kick
 {2 x 25 on :30 Kick no board BS
 100 1 x 100 on 2:00 Kick for time
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:35 AM 2,350 Yards - Stress Value = 40

Workout #8584 - Monday, 17 January 2011

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 100 1 x 100 on 2:00 Kick for time

100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:35 AM 2,100 Yards - Stress Value = 36

Workout #8585 - Monday, 17 January 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 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
 {2 x 100 on 2:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:40 Kick
 100 1 x 100 on 2:00 Kick for time
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:34 AM 1,950 Yards - Stress Value = 34

Workout #8588 - Monday, 17 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

8:36 AM Start
 Yards Set Description EGY WORK S
 =====
 2,700 1x{3 x 400 on 6:20 Freestyle-descend EN2 S
 {3 x 300 on 4:40 Freestyle-descend EN2 S
 {3 x 200 on 3:05 Freestyle-descend EN2 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:34 AM 2,950 Yards - Stress Value = 54

Workout #8591 - Monday, 17 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

8:36 AM Start
 Yards Set Description EGY WC
 =====
 2,250 1x{4 x 200 on 3:50 Breast des 1-3 hold 4 EN2
 {4 x 150 on 2:50 Breast des 1-3 hold 4 EN2
 {6 x 100 on 1:50 Breast des in 3's EN2
 {5 x 50 on 1:00 Breast all best effort EN3
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,500 Yards - Stress Value = 55

Workout #8594 - Monday, 17 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

8:36 AM Start

Yards	Set Description	EGY	WORK
2,350	1x{3 x 200 on 3:45 Backstroke-descend	EN2	S
	{1 x 100 on 1:55 Backstroke	EN2	S
	{1 x 100 on 1:50 Backstroke	EN2	S
	{1 x 100 on 1:45 Backstroke	EN2	S
	{3 x 200 on 3:40 Backstroke-descend	EN2	S
	{1 x 100 on 1:50 Backstroke	EN2	S
	{1 x 100 on 1:45 Backstroke	EN2	S
	{1 x 100 on 1:40 Backstroke	EN2	S
	{3 x 150 on 2:40 Backstroke-descend	EN2	S
	{1 x 100 on 2:00 Back-Great Effort	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:35 AM 2,600 Yards - Stress Value = 47

	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrctns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
925	1x{1 x 25 on :35 Butterfly	EN1	S
	{1 x 50 on :50 Freestyle	EN2	S
	{2 x 25 on :35 Butterfly	EN2	S
	{2 x 50 on :50 Freestyle	EN2	S
	{3 x 25 on :35 Butterfly	EN2	S
	{3 x 50 on :50 Freestyle	EN2	S
	{4 x 25 on :35 Butterfly	EN2	S
	{4 x 50 on :50 Freestyle	EN2	S
	{5 x 25 on :35 Butterfly	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

4:35 PM 1,725 Yards - Stress Value = 24

Workout #8617 - Monday, 17 January 2011

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 22:00 Shoulders and DS		L
150	1 x 400 on 15:00 Indvdl Prsrctns	REC	D
1,200	1x{1 x 200 on 3:15 Freestyle	EN1	S
	{1 x 200 on 3:10 Freestyle	EN1	S
	{1 x 200 on 3:05 Freestyle	EN1	S
	{1 x 200 on 3:00 Freestyle	EN1	S
	{1 x 200 on 2:55 Freestyle	EN1	S
	{1 x 200 on 2:50 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

4:35 PM 1,950 Yards - Stress Value = 20

3:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 22:00 Shoulders and DS		L
150	1 x 400 on 15:00 Indvdl Prsrctns	REC	D
1,250	1x{1 x 125 on 1:55 Freestyle	EN1	S
	{1 x 125 on 1:50 Freestyle	EN1	S
	{1 x 125 on 1:45 Freestyle	EN1	S
	{1 x 125 on 1:40 Freestyle	EN2	S
	{1 x 125 on 1:35 Freestyle	EN2	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{1 x 75 on 1:10 Freestyle	EN1	S
	{1 x 75 on 1:05 Freestyle	EN1	S
	{1 x 75 on 1:00 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

4:35 PM 2,050 Yards - Stress Value = 23

Workout #8619 - Monday, 17 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 22:00 Shoulders and DS		L
150	1 x 400 on 15:00 Indvdl Prsrctns	REC	D
1,025	1x{1 x 125 on 2:15 Freestyle	EN1	S
	{1 x 125 on 2:10 Freestyle	EN1	S
	{1 x 125 on 2:05 Freestyle	EN1	S
	{1 x 125 on 2:00 Freestyle	EN2	S
	{1 x 125 on 1:55 Freestyle	EN2	S
	{1 x 100 on 1:55 Freestyle	EN1	S
	{1 x 100 on 1:50 Freestyle	EN1	S
	{1 x 100 on 1:45 Freestyle	EN2	S
	{1 x 100 on 1:40 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
225	1 x 225 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

4:35 PM 1,800 Yards - Stress Value = 19

Workout #8605 - Monday, 17 January 2011

Taper 1 - Back

1 minute rest between sets

8:23 AM Start

Yards	Set Description	EGY	WORK
1,800	1x{3 x 200 on 2:55 Backstroke-descend	EN2	S
	{1 x 100 on 1:25 Backstroke	EN2	S
	{1 x 100 on 1:20 Backstroke	EN2	S
	{1 x 100 on 1:15 Backstroke	EN2	S
	{2 x 200 on 2:50 Backstroke-descend	EN2	S
	{1 x 100 on 1:20 Backstroke	EN2	S
	{1 x 100 on 1:15 Backstroke	EN2	S
	{1 x 100 on 1:10 Backstroke	EN2	S
	{1 x 200 on 2:45 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:03 AM 2,050 Yards - Stress Value = 36

Workout #8622 - Monday, 17 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
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Workout #8602 - Monday, 17 January 2011

9:04 AM 1,900 Yards - Stress Value = 33

Taper 1 - Breast

1 minute rest between sets

8:23 AM Start
 Yards Set Description EGY WC
 =====
 1,600 1x{4 x 200 on 3:10 Breast des 1-3 hold 4 EN2
 {4 x 150 on 2:20 Breast des 1-3 hold 4 EN2
 {4 x 50 on 1:00 Breast all best effort EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 9:04 AM 1,850 Yards - Stress Value = 40

Workout #8599 - Monday, 17 January 2011

Taper 1 - Distance

1 minute rest between sets

8:23 AM Start
 Yards Set Description EGY WORK S
 =====
 2,100 1x{3 x 400 on 4:50 Freestyle-descend EN2 S
 {3 x 300 on 3:30 Freestyle-descend EN2 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:03 AM 2,350 Yards - Stress Value = 42

Workout #8600 - Monday, 17 January 2011

Taper 1 - Gold/Silver

1 minute rest between sets

8:23 AM Start
 Yards Set Description EGY WORK S
 =====
 1,800 1x{3 x 400 on 5:30 Freestyle-descend EN2 S
 {3 x 200 on 2:40 Freestyle-descend EN2 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:03 AM 2,050 Yards - Stress Value = 36

Workout #8603 - Monday, 17 January 2011

Taper 1 - Gold/Silver

1 minute rest between sets

8:23 AM Start
 Yards Set Description EGY WC
 =====
 1,500 1x{4 x 200 on 3:25 Breast des 1-3 hold 4 EN2
 {4 x 150 on 2:30 Breast des 1-3 hold 4 EN2
 {2 x 50 on 1:00 Breast all best effort EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 9:04 AM 1,750 Yards - Stress Value = 34

Workout #8606 - Monday, 17 January 2011

Taper 1 - Gold/Silver

1 minute rest between sets

8:23 AM Start
 Yards Set Description EGY WORK
 =====
 1,650 1x{3 x 200 on 3:15 Backstroke-descend EN2 S
 {1 x 100 on 1:40 Backstroke EN2 S
 {1 x 100 on 1:35 Backstroke EN2 S
 {1 x 100 on 1:30 Backstroke EN2 S
 {2 x 150 on 2:20 Backstroke-descend EN2 S
 {1 x 100 on 1:35 Backstroke EN2 S
 {1 x 100 on 1:30 Backstroke EN2 S
 {1 x 100 on 1:25 Backstroke EN2 S
 {1 x 150 on 2:10 Backstroke EN2 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M

Workout #8595 - Monday, 17 January 2011

Taper 1 - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:10 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:22 AM 1,650 Yards - Stress Value = 26

Workout #8596 - Monday, 17 January 2011

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 50 on :55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:25 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {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
 8:22 AM 1,550 Yards - Stress Value = 24

Workout #8597 - Monday, 17 January 2011

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 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
 8:22 AM 1,400 Yards - Stress Value = 21

Workout #8598 - Monday, 17 January 2011

Taper 1 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
500	1 x 500 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
700	1x{4 x 25 on :45 Kick no board BSLR		
	{2 x 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		
	{2 x 75 on 1:40 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
8:22 AM	1,450 Yards - Stress Value = 20		

Workout #8601 - Monday, 17 January 2011

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:23 AM	Start		
=====	=====	=====	=====
1,500	1x{3 x 300 on 4:45 Freestyle-descend	EN2	S
	{3 x 200 on 3:05 Freestyle-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:02 AM	1,750 Yards - Stress Value = 30		

Workout #8607 - Monday, 17 January 2011

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:23 AM	Start		
=====	=====	=====	=====
1,350	1x{3 x 150 on 2:50 Backstroke-descend	EN2	S
	{1 x 100 on 1:55 Backstroke	EN2	S
	{1 x 100 on 1:50 Backstroke	EN2	S
	{1 x 100 on 1:45 Backstroke	EN2	S
	{2 x 150 on 2:45 Backstroke-descend	EN2	S
	{1 x 100 on 1:50 Backstroke	EN2	S
	{1 x 100 on 1:45 Backstroke	EN2	S
	{1 x 100 on 1:40 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:03 AM	1,600 Yards - Stress Value = 27		

Workout #8612 - Monday, 17 January 2011

Taper 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:23 AM	Start		
=====	=====	=====	=====
1,800	1x{3 x 200 on 2:55 Backstroke-descend	EN2	S
	{1 x 100 on 1:25 Backstroke	EN2	S
	{1 x 100 on 1:20 Backstroke	EN2	S
	{1 x 100 on 1:15 Backstroke	EN2	S
	{2 x 200 on 2:50 Backstroke-descend	EN2	S
	{1 x 100 on 1:20 Backstroke	EN2	S
	{1 x 100 on 1:15 Backstroke	EN2	S
	{1 x 100 on 1:10 Backstroke	EN2	S
	{1 x 200 on 2:45 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:03 AM	2,050 Yards - Stress Value = 36		

Workout #8613 - Monday, 17 January 2011

Taper 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
8:23 AM	Start		
=====	=====	=====	=====
1,600	1x{4 x 200 on 3:10 Breast des 1-3 hold 4	EN2	
	{4 x 150 on 2:20 Breast des 1-3 hold 4	EN2	
250	{4 x 50 on 1:00 Breast all best effort	EN3	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:04 AM	1,850 Yards - Stress Value = 40		

Workout #8611 - Monday, 17 January 2011

Taper 2 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:23 AM	Start		
=====	=====	=====	=====
1,800	1x{3 x 400 on 5:30 Freestyle-descend	EN2	S
	{3 x 200 on 2:40 Freestyle-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:03 AM	2,050 Yards - Stress Value = 36		

Workout #8608 - Monday, 17 January 2011

Taper 2 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM	Start		
=====	=====	=====	=====
400	1 on 40:00 DS and Weights		
150	1 x 400 on 10:00 Swim-kick-pull-swim		
800	10 x 15 on :45 Shooters		
	1x{4 x 25 on :30 Kick no board BSLR		
	{2 x 50 on :50 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 75 on 1:15 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 100 on 1:35 Kick		
	{2 x 25 on :30 Kick no board BS		
	1 on 4:00 Techniques-Relay Starts		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
8:23 AM	1,450 Yards - Stress Value = 22		

Workout #8609 - Monday, 17 January 2011

Taper 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM	Start		
=====	=====	=====	=====
400	1 on 40:00 DS and Weights		
150	1 x 400 on 10:00 Swim-kick-pull-swim		
750	10 x 15 on :45 Shooters		
	1x{4 x 25 on :35 Kick no board BSLR		
	{2 x 50 on :55 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 75 on 1:25 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 100 on 1:55 Kick		
	1 on 4:00 Techniques-Relay Starts		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
8:23 AM	1,400 Yards - Stress Value = 21		

Workout #8610 - Monday, 17 January 2011

Taper 2 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS and Weights		L
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	D
150	10 x 15 on :45 Shooters	SP3	S
600	1x{4 x 25 on :40 Kick no board BSLR	EN1	S
	{2 x 50 on 1:05 Kick	EN2	S
	{4 x 25 on :40 Kick no board BSLR	EN1	S
	{2 x 75 on 1:35 Kick	EN2	S
	{2 x 25 on :40 Kick no board BS	EN1	S
	{1 x 100 on 2:05 Kick	EN2	S
	1 on 4:00 Techniques-Relay Starts		D
100	2x{1 x 25 on :50 Sculling drills		S
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S
8:23 AM	1,250 Yards - Stress Value = 18		

Workout #8623 - Monday, 17 January 2011

All Taper Groups - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrctns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,000	1x{1 x 200 on 2:45 Freestyle	EN1	S
	{1 x 200 on 2:40 Freestyle	EN1	S
	{1 x 200 on 2:35 Freestyle	EN1	S
	{1 x 200 on 2:30 Freestyle	EN2	S
	{1 x 200 on 2:25 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:29 PM	1,750 Yards - Stress Value = 20		

Workout #8629 - Monday, 17 January 2011

All Taper Groups - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrctns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
875	1x{1 x 25 on :25 Butterfly	EN1	S
	{1 x 50 on :40 Freestyle	EN2	S
	{2 x 25 on :25 Butterfly	EN2	S
	{2 x 50 on :40 Freestyle	EN2	S
	{3 x 25 on :25 Butterfly	EN2	S
	{3 x 50 on :40 Freestyle	EN2	S
	{4 x 25 on :25 Butterfly	EN2	S
	{4 x 50 on :40 Freestyle	EN2	S
	{5 x 25 on :25 Butterfly	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:30 PM	1,675 Yards - Stress Value = 23		

Workout #8624 - Monday, 17 January 2011

All Taper Groups - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 22:00 Shoulders and DS		L

400	1 x 400 on 15:00 Indvdl Prsrctns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
900	1x{1 x 200 on 2:55 Freestyle	EN1	S
	{1 x 200 on 2:50 Freestyle	EN1	S
	{1 x 200 on 2:45 Freestyle	EN1	S
	{1 x 200 on 2:40 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:29 PM	1,650 Yards - Stress Value = 16		

Workout #8627 - Monday, 17 January 2011

All Taper Groups - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrctns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
875	1x{1 x 125 on 2:05 Freestyle	EN1	S
	{1 x 125 on 2:00 Freestyle	EN1	S
	{1 x 125 on 1:55 Freestyle	EN1	S
	{1 x 125 on 1:50 Freestyle	EN2	S
	{1 x 100 on 1:35 Freestyle	EN1	S
	{1 x 100 on 1:30 Freestyle	EN2	S
	{1 x 100 on 1:25 Freestyle	EN2	S
	{1 x 75 on 1:15 Freestyle	EN1	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:31 PM	1,675 Yards - Stress Value = 17		

Workout #8630 - Monday, 17 January 2011

All Taper Groups - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrctns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
825	1x{1 x 25 on :30 Butterfly	EN1	S
	{1 x 50 on :45 Freestyle	EN2	S
	{2 x 25 on :30 Butterfly	EN2	S
	{2 x 50 on :45 Freestyle	EN2	S
	{3 x 25 on :30 Butterfly	EN2	S
	{3 x 50 on :45 Freestyle	EN2	S
	{4 x 25 on :30 Butterfly	EN2	S
	{4 x 50 on :45 Freestyle	EN2	S
	{3 x 25 on :30 Butterfly	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:31 PM	1,625 Yards - Stress Value = 23		

Workout #8625 - Monday, 17 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrcptns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
800	1x{1 x 200 on 3:10 Freestyle	EN1	S
	{1 x 200 on 3:05 Freestyle	EN1	S
	{1 x 200 on 3:00 Freestyle	EN1	S
	{1 x 200 on 2:55 Freestyle	EN1	S
	1 on 15:00 Techniques-Relay Starts		D
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:29	PM 1,550 Yards - Stress Value = 14		

Workout #8628 - Monday, 17 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrcptns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
800	1x{1 x 125 on 2:10 Freestyle	EN1	S
	{1 x 125 on 2:05 Freestyle	EN1	S
	{1 x 125 on 2:00 Freestyle	EN2	S
	{1 x 125 on 1:55 Freestyle	EN2	S
	{1 x 100 on 1:50 Freestyle	EN1	S
	{1 x 100 on 1:45 Freestyle	EN2	S
	{1 x 100 on 1:40 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
225	1 x 225 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:31	PM 1,575 Yards - Stress Value = 17		

Workout #8631 - Monday, 17 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrcptns	REC	D
150	10 x 15 on :45 Shooters	SP3	S
650	1x{1 x 25 on :35 Butterfly	EN1	S
	{1 x 50 on :50 Freestyle	EN2	S
	{2 x 25 on :35 Butterfly	EN2	S
	{2 x 50 on :50 Freestyle	EN2	S
	{3 x 25 on :35 Butterfly	EN2	S
	{3 x 50 on :50 Freestyle	EN2	S
	{4 x 25 on :35 Butterfly	EN2	S
	{2 x 50 on :50 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:30	PM 1,450 Yards - Stress Value = 19		

Workout #8626 - Monday, 17 January 2011

All Taper Groups - Sprint

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 22:00 Shoulders and DS		L
400	1 x 400 on 15:00 Indvdl Prsrcptns	REC	D

150	10 x 15 on :45 Shooters	SP3	S
950	1x{1 x 125 on 1:55 Freestyle	EN1	S
	{1 x 125 on 1:50 Freestyle	EN1	S
	{1 x 125 on 1:45 Freestyle	EN1	S
	{1 x 125 on 1:40 Freestyle	EN2	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
	{1 x 75 on 1:05 Freestyle	EN1	S
	{1 x 75 on 1:00 Freestyle	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:31	PM 1,750 Yards - Stress Value = 18		

Workout #8632 - Tuesday, 18 January 2011

HighSchl - Distance

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Core
600	1 x 600 on 15:00 Indvdl Prsrcptns
150	10 x 15 on :45 Shooters
2,400	1x{1 x 300 on 4:00 Freestyle
	{3 x 100 on 1:10 Free descend
	{2 x 300 on 3:45 Freestyle
	{2 x 100 on 1:15 Free-descend
	{3 x 300 on 3:30 Freestyle
	{1 x 100 on 1:20 Free-descend
1,500	1x{4 x 125 on 2:10 Kick
	{4 x 125 on 2:05 Kick
	{4 x 125 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
2,400	1x{1 x 300 on 4:00 Freestyle
	{3 x 100 on 1:10 Free-descend
	{2 x 300 on 3:45 Freestyle
	{2 x 100 on 1:15 Free-descend
	{3 x 300 on 3:30 Freestyle
	{1 x 100 on 1:20 Free-descend
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
9:35	AM 7,350 Yards - Stress Value = 129

Workout #8633 - Tuesday, 18 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS and Core
150	1 x 600 on 15:00 Indvdl Prsrctns
2,100	10 x 15 on :45 Shooters
1,250	1x{1 x 300 on 4:15 Freestyle
	{3 x 100 on 1:20 Free descend
	{2 x 300 on 4:10 Freestyle
	{2 x 100 on 1:25 Free-descend
	{2 x 300 on 4:05 Freestyle
	{1 x 100 on 1:30 Free-descend
1,250	1x{4 x 125 on 2:30 Kick
	{4 x 125 on 2:25 Kick
	{2 x 125 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
2,100	1x{1 x 300 on 4:15 Freestyle
	{3 x 100 on 1:20 Free-descend
	{2 x 300 on 4:10 Freestyle
	{2 x 100 on 1:25 Free-descend
	{2 x 300 on 4:05 Freestyle
	{1 x 100 on 1:30 Free-descend
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 6,500 Yards - Stress Value = 112

150	10 x 15 on :45 Shooters
1,650	1x{1 x 250 on 4:00 Freestyle
	{5 x 50 on :55 Free 8-7-6-5-4 breaths
	{8 x 25 on :30 Free descend in 3's
	{1 x 200 on 3:10 Freestyle
	{4 x 50 on :55 Free 7-6-5-4 breaths
	{6 x 25 on :30 Descend in 3's
	{1 x 150 on 2:25 Freestyle
	{3 x 50 on :55 Free 6-5-4 breaths
	{4 x 25 on :30 Free descend
1,250	1x{4 x 125 on 2:30 Kick
	{4 x 125 on 2:25 Kick
	{2 x 125 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
1,650	1x{1 x 250 on 4:00 Freestyle
	{5 x 50 on :55 Free 8-7-6-5-4 breaths
	{8 x 25 on :30 Free descend in 3's
	{1 x 200 on 3:10 Freestyle
	{4 x 50 on :55 Free 7-6-5-4 breaths
	{6 x 25 on :30 Free-descend in 3's
	{1 x 150 on 2:25 Freestyle
	{3 x 50 on :55 Free 6-5-4 breaths
	{4 x 25 on :30 Free-descend
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,600 Yards - Stress Value = 97

Workout #8635 - Tuesday, 18 January 2011

HighSchl - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS and Core
150	1 x 600 on 15:00 Indvdl Prsrctns
1,650	10 x 15 on :45 Shooters
1,850	1x{12 x 25 on :30 Fly-descend in 4's
	{3 x 100 on 1:40 Individual Medley
	{8 x 25 on :30 Back-descend in 4's
	{3 x 100 on 1:35 Individual Medley
	{8 x 25 on :35 Breast-descend in 4's
	{2 x 100 on 1:30 Individual Medley
	{6 x 25 on :25 Free descend in 3's
1,250	1x{4 x 125 on 2:30 Kick
	{4 x 125 on 2:25 Kick
	{2 x 125 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
1,650	1x{12 x 25 on :30 Fly decend in 4's
	{3 x 100 on 1:40 Individual Medley
	{8 x 25 on :30 Back descend in 4's
	{3 x 100 on 1:35 Individual Medley
	{8 x 25 on :35 Breast descend in 4's
	{2 x 100 on 1:30 Individual Medley
	{6 x 25 on :25 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,600 Yards - Stress Value = 97

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS and Core
150	1 x 600 on 15:00 Indvdl Prsrctns
1,850	10 x 15 on :45 Shooters
1,850	1x{12 x 25 on :25 Fly-descend in 4's
	{3 x 100 on 1:30 Individual Medley
	{12 x 25 on :25 Back-descend in 4's
	{3 x 100 on 1:25 Individual Medley
	{12 x 25 on :30 Breast-descend in 4's
	{2 x 100 on 1:20 Individual Medley
	{6 x 25 on :20 Free descend in 3's
1,350	1x{4 x 125 on 2:20 Kick
	{4 x 125 on 2:15 Kick
	{3 x 100 on 1:45 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
1,850	1x{12 x 25 on :25 Fly decend in 4's
	{3 x 100 on 1:30 Individual Medley
	{12 x 25 on :25 Back descend in 4's
	{3 x 100 on 1:25 Individual Medley
	{12 x 25 on :30 Breast descend in 4's
	{2 x 100 on 1:20 Individual Medley
	{6 x 25 on :20 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 6,100 Yards - Stress Value = 107

Workout #8639 - Tuesday, 18 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS and Core
	1 x 600 on 15:00 Indvdl Prsrctns

Workout #8634 - Tuesday, 18 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 550 1 x 550 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,850 1x{1 x 300 on 4:50 Freestyle
 {3 x 100 on 1:35 Free descend
 {2 x 300 on 4:45 Freestyle
 {2 x 100 on 1:40 Free-descend
 {1 x 300 on 4:40 Freestyle
 {3 x 50 on :50 Free-descend
 1,150 1x{4 x 125 on 2:45 Kick
 {4 x 125 on 2:40 Kick
 {2 x 75 on 1:35 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{1 x 300 on 4:50 Freestyle
 {3 x 100 on 1:35 Free-descend
 {2 x 300 on 4:45 Freestyle
 {2 x 100 on 1:40 Free-descend
 {1 x 300 on 4:40 Freestyle
 {3 x 50 on :50 Free-descend
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,850 Yards - Stress Value = 100

150 10 x 15 on :45 Shooters
 1,550 1x{1 x 250 on 4:15 Freestyle
 {5 x 50 on 1:00 Free 8-7-6-5-4 breaths
 {6 x 25 on :30 Free descend in 3's
 {1 x 200 on 3:25 Freestyle
 {4 x 50 on 1:00 Free 7-6-5-4 breaths
 {4 x 25 on :30 Free-descend
 {1 x 150 on 2:35 Freestyle
 {3 x 50 on 1:00 Free 6-5-4 breaths
 {4 x 25 on :30 Free descend
 1,150 1x{4 x 125 on 2:45 Kick
 {4 x 125 on 2:40 Kick
 {2 x 75 on 1:30 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,550 1x{1 x 250 on 4:15 Freestyle
 {5 x 50 on 1:00 Free 8-7-6-5-4 breaths
 {6 x 25 on :30 Free descend in 3's
 {1 x 200 on 3:25 Freestyle
 {4 x 50 on 1:00 Free 7-6-5-4 breaths
 {4 x 25 on :30 Free-descend
 {1 x 150 on 2:35 Freestyle
 {3 x 50 on 1:00 Free 6-5-4 breaths
 {4 x 25 on :30 Free-descend
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,250 Yards - Stress Value = 91

Workout #8638 - Tuesday, 18 January 2011

HighSchl - Sprint

1 minute rest between sets

Workout #8637 - Tuesday, 18 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 550 1 x 550 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,450 1x{8 x 25 on :35 Fly-descend in 4's
 {3 x 100 on 1:50 Individual Medley
 {8 x 25 on :35 Back-descend in 4's
 {2 x 100 on 1:45 Individual Medley
 {8 x 25 on :40 Breast-descend in 4's
 {2 x 100 on 1:40 Individual Medley
 {6 x 25 on :30 Free descend in 3's
 1,150 1x{4 x 125 on 2:45 Kick
 {4 x 125 on 2:40 Kick
 {2 x 75 on 1:30 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{8 x 25 on :35 Fly descend in 4's
 {3 x 100 on 1:50 Individual Medley
 {8 x 25 on :35 Back descend in 4's
 {2 x 100 on 1:45 Individual Medley
 {8 x 25 on :40 Breast descend in 4's
 {2 x 100 on 1:40 Individual Medley
 {6 x 25 on :30 Free-descend in 3's
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,050 Yards - Stress Value = 87

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,750 1x{1 x 250 on 3:45 Freestyle
 {5 x 50 on :50 Free 8-7-6-5-4 breaths
 {10 x 25 on :30 Free descend in 3's
 {1 x 200 on 3:00 Freestyle
 {4 x 50 on :50 Free 7-6-5-4 breaths
 {8 x 25 on :30 Descend in 3's
 {1 x 150 on 2:15 Freestyle
 {3 x 50 on :50 Free 6-5-4 breaths
 {4 x 25 on :30 Free descend
 1,350 1x{4 x 125 on 2:20 Kick
 {4 x 125 on 2:15 Kick
 {3 x 100 on 1:45 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
 1,750 1x{1 x 250 on 3:45 Freestyle
 {5 x 50 on :50 Free 8-7-6-5-4 breaths
 {10 x 25 on :30 Free descend in 3's
 {1 x 200 on 3:00 Freestyle
 {4 x 50 on :50 Free 7-6-5-4 breaths
 {8 x 25 on :30 Free-descend in 3's
 {1 x 150 on 2:15 Freestyle
 {3 x 50 on :50 Free 6-5-4 breaths
 {4 x 25 on :30 Free-descend
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,900 Yards - Stress Value = 103

Workout #8640 - Tuesday, 18 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 550 1 x 550 on 15:00 Indvdl Prsrctns

Workout #8641 - Tuesday, 18 January 2011
All Taper Groups - Distance
1 minute rest between sets

Yards	Set Description	EC
	1 on 25:00 DS and Core	
600	1 x 600 on 15:00 Indvdl Prsrctns	RE
150	10 x 15 on :45 Shooters	SF
1,800	1x{1 x 300 on 4:00 Freestyle	EM
	{3 x 100 on 1:10 Free descend	EM
	{1 x 300 on 3:55 Freestyle	EM
	{2 x 100 on 1:15 Free-descend	EM
	{2 x 300 on 3:50 Freestyle	EM
	{1 x 100 on 1:20 Free-descend	EM
750	1x{2 x 125 on 2:15 Kick	EM
	{2 x 125 on 2:10 Kick	EM
	{2 x 125 on 2:05 Kick	EM
	1 on 19:00 Techniques-Starts/Relay Starts	
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
9:00 AM 3,500 Yards - Stress Value = 54		

Workout #8648 - Tuesday, 18 January 2011
All Taper Groups - Gold/Silver
1 minute rest between sets

Yards	Set Description	EC
	1 on 25:00 DS and Core	
600	1 x 600 on 15:00 Indvdl Prsrctns	RE
150	10 x 15 on :45 Shooters	SF
1,250	1x{1 x 250 on 4:00 Freestyle	EM
	{5 x 50 on :55 Free 8-7-6-5-4 breaths	EM
	{10 x 25 on :30 Free descend in 3's	EM
	{1 x 200 on 3:10 Freestyle	EM
	{4 x 50 on :55 Free 7-6-5-4 breaths	EM
	{4 x 25 on :30 Free-Descend	EM
650	1x{2 x 125 on 2:30 Kick	EM
	{2 x 125 on 2:25 Kick	EM
	{2 x 75 on 1:25 Kick	EM
	1 on 19:00 Techniques-Starts/Relay Starts	
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
9:00 AM 2,850 Yards - Stress Value = 44		

Workout #8642 - Tuesday, 18 January 2011
All Taper Groups - Gold/Silver
1 minute rest between sets

Yards	Set Description	EC
	1 on 25:00 DS and Core	
600	1 x 600 on 15:00 Indvdl Prsrctns	RE
150	10 x 15 on :45 Shooters	SF
1,600	1x{1 x 300 on 4:15 Freestyle	EM
	{3 x 100 on 1:20 Free descend	EM
	{1 x 300 on 4:10 Freestyle	EM
	{2 x 100 on 1:25 Free-descend	EM
	{2 x 200 on 2:45 Freestyle	EM
	{1 x 100 on 1:30 Free-descend	EM
650	1x{2 x 125 on 2:30 Kick	EM
	{2 x 125 on 2:25 Kick	EM
	{2 x 75 on 1:25 Kick	EM
	1 on 19:00 Techniques-Starts/Relay Starts	
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
9:00 AM 3,200 Yards - Stress Value = 48		

Workout #8644 - Tuesday, 18 January 2011
All Taper Groups - IM'ers
1 minute rest between sets

Yards	Set Description	EC
	1 on 25:00 DS and Core	
600	1 x 600 on 15:00 Indvdl Prsrctns	RE
150	10 x 15 on :45 Shooters	SF
1,200	1x{8 x 25 on :30 Fly-descend in 4's	EM
	{2 x 100 on 1:30 Individual Medley	EM
	{8 x 25 on :30 Back-descend in 4's	EM
	{1 x 100 on 1:25 Individual Medley	EM
	{8 x 25 on :35 Breast-descend in 4's	EM
	{1 x 100 on 1:20 Individual Medley	EM
	{8 x 25 on :30 Free descend in 4's	EM
750	1x{2 x 125 on 2:15 Kick	EM
	{2 x 125 on 2:10 Kick	EM
	{2 x 125 on 2:05 Kick	EM
	1 on 19:00 Techniques-Starts/Relay Starts	
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
9:00 AM 2,900 Yards - Stress Value = 45		

Workout #8645 - Tuesday, 18 January 2011
All Taper Groups - Gold/Silver
1 minute rest between sets

Yards	Set Description	EC
	1 on 25:00 DS and Core	
600	1 x 600 on 15:00 Indvdl Prsrctns	RE
150	10 x 15 on :45 Shooters	SF
1,150	1x{8 x 25 on :30 Fly-descend in 4's	EM
	{2 x 100 on 1:40 Individual Medley	EM
	{8 x 25 on :30 Back-descend in 4's	EM
	{1 x 100 on 1:35 Individual Medley	EM
	{8 x 25 on :35 Breast-descend in 4's	EM
	{1 x 100 on 1:30 Individual Medley	EM
	{6 x 25 on :30 Free descend in 3's	EM
650	1x{2 x 125 on 2:30 Kick	EM
	{2 x 125 on 2:25 Kick	EM
	{2 x 75 on 1:25 Kick	EM
	1 on 19:00 Techniques-Starts/Relay Starts	
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
9:00 AM 2,750 Yards - Stress Value = 42		

Workout #8643 - Tuesday, 18 January 2011
All Taper Groups - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EC
	1 on 25:00 DS and Core	
550	1 x 550 on 15:00 Indvdl Prsrctns	RE
150	10 x 15 on :45 Shooters	SF
1,400	1x{1 x 300 on 4:50 Freestyle	EM
	{3 x 100 on 1:35 Free descend	EM
	{1 x 300 on 4:45 Freestyle	EM
	{2 x 100 on 1:40 Free-descend	EM
	{1 x 300 on 4:40 Freestyle	EM
600	1x{2 x 125 on 2:45 Kick	EM
	{2 x 100 on 2:10 Kick	EM
	{2 x 75 on 1:35 Kick	EM
	1 on 19:00 Techniques-Starts/Relay Starts	
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
9:00 AM 2,900 Yards - Stress Value = 43		

Workout #8646 - Tuesday, 18 January 2011
All Taper Groups - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EG
7:00 AM Start		
=====	=====	=====
	1 on 25:00 DS and Core	
550	1 x 550 on 15:00 Indvdl Prsrctns	RE
150	10 x 15 on :45 Shooters	SI
1,050	1x{8 x 25 on :35 Fly-descend in 4's	EM
	{1 x 100 on 1:50 Individual Medley	EM
	{8 x 25 on :35 Back-descend in 4's	EM
	{1 x 100 on 1:45 Individual Medley	EM
	{8 x 25 on :40 Breast-descend in 4's	EM
	{1 x 100 on 1:40 Individual Medley	EM
	{6 x 25 on :30 Free descend in 3's	EM
600	1x{2 x 125 on 2:45 Kick	EM
	{2 x 100 on 2:10 Kick	EM
	{2 x 75 on 1:35 Kick	EM
	1 on 19:00 Techniques-Starts/Relay Starts	
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
9:00 AM	2,550 Yards - Stress Value = 39	

Workout #8657 - Wednesday, 19 January 2011
HighSchl - Breast
1 minute rest between sets

Yards	Set Description	EGY	WORK
4:46 PM Start			
=====	=====	=====	=====
1,800	1x{2 x 50 on :55 Breast hold under :44	EN3	S
	{1 x 150 on 2:25 Breaststroke	EN2	S
	{2 x 50 on :55 Breast hold under :43	EN3	S
	{2 x 125 on 2:00 Breaststroke	EN2	S
	{2 x 50 on :55 Breast hold under :42	EN3	S
	{2 x 100 on 1:35 Breaststroke	EN2	S
	{2 x 50 on :55 Breast hold under :41	EN3	S
	{1 x 150 on 2:20 Breaststroke	EN2	S
	{2 x 50 on :55 Breast hold under :40	EN3	S
	{2 x 125 on 1:55 Breaststroke	EN2	S
	{2 x 50 on :55 Breast hold under :39	EN3	S
	{2 x 100 on 1:30 Breaststroke	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:35 PM	2,200 Yards - Stress Value = 60		

Workout #8649 - Tuesday, 18 January 2011
All Taper Groups - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	1 on 25:00 DS and Core	
550	1 x 550 on 15:00 Indvdl Prsrctns	REC
150	10 x 15 on :45 Shooters	SP
1,200	1x{1 x 250 on 4:15 Freestyle	EN2
	{5 x 50 on 1:00 Free 8-7-6-5-4 breaths	EN2
	{10 x 25 on :30 Free descend in 3's	EN2
	{1 x 200 on 3:25 Freestyle	EN2
	{3 x 50 on 1:00 Free 7-6-5 breaths	EN2
	{4 x 25 on :30 Free-Descend	EN2
600	1x{2 x 125 on 2:45 Kick	EN2
	{2 x 100 on 2:10 Kick	EN2
	{2 x 75 on 1:35 Kick	EN2
	1 on 19:00 Techniques-Starts/RelayStarts	
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
9:00 AM	2,700 Yards - Stress Value = 42	

Workout #8654 - Wednesday, 19 January 2011
HighSchl - Distance
1 minute rest between sets

Yards	Set Description	EGY	WORK
4:46 PM Start			
=====	=====	=====	=====
2,400	1x{2 x 50 on :45 Free hold under:31	EN3	S
	{1 x 500 on 6:10 Freestyle	EN2	S
	{2 x 50 on :45 Free hold under :31	EN3	S
	{1 x 500 on 6:00 Freestyle	EN2	S
	{2 x 50 on :45 Free hold under :31	EN3	S
	{1 x 500 on 5:50 Freestyle	EN2	S
	{2 x 50 on :45 Free hold under :31	EN3	S
	{1 x 500 on 5:40 Freestyle	EN2	S
	{ Hold all 500's under 5:40		
400	8 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:35 PM	2,800 Yards - Stress Value = 64		

Workout #8647 - Tuesday, 18 January 2011
All Taper Groups - Sprint
1 minute rest between sets

Yards	Set Description	EG
7:00 AM Start		
=====	=====	=====
	1 on 25:00 DS and Core	
600	1 x 600 on 15:00 Indvdl Prsrctns	RE
150	10 x 15 on :45 Shooters	SI
1,300	1x{1 x 250 on 3:45 Freestyle	EM
	{5 x 50 on :50 Free 8-7-6-5-4 breaths	EM
	{10 x 25 on :30 Free descend in 3's	EM
	{1 x 200 on 3:00 Freestyle	EM
	{4 x 50 on :50 Free 7-6-5-4 breaths	EM
	{6 x 25 on :30 Descend in 3's	EM
750	1x{2 x 125 on 2:15 Kick	EM
	{2 x 125 on 2:10 Kick	EM
	{2 x 125 on 2:05 Kick	EM
	1 on 19:00 Techniques-Starts/Relay Starts	
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
9:00 AM	3,000 Yards - Stress Value = 47	

Workout #8659 - Wednesday, 19 January 2011
HighSchl - Fly
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:46 PM Start				
=====	=====	=====	=====	=====
1,900	1x{2 x 125 on 1:35 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u1d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:30 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u2d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:25 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u3d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:25 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u4d	EN2	S	FLY
	{ Hold all 25's :16 or faster			
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:33 PM	2,250 Yards - Stress Value = 32			

Workout #8655 - Wednesday, 19 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:46 PM	Start			
2,300	1x{2 x 50 on :45 Free hold under :35	EN3	S	
	{1 x 500 on 7:00 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :35	EN3	S	
	{1 x 500 on 6:50 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :35	EN3	S	
	{1 x 500 on 6:40 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :35	EN3	S	
	{1 x 400 on 5:10 Freestyle	EN2	S	
	{ Hold all 500's under 6:40			
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM	2,600 Yards - Stress Value = 62			

Workout #8660 - Wednesday, 19 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:46 PM	Start			
1,700	1x{2 x 125 on 2:00 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins lu1d	EN2	S	FLY
	{1 x 100 on 1:40 Freestyle	REC	S	FR
	{2 x 125 on 1:55 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins lu2d	EN2	S	FLY
	{1 x 100 on 1:40 Freestyle	REC	S	FR
	{2 x 125 on 1:50 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins lu3d	EN2	S	FLY
	{1 x 100 on 1:40 Freestyle	REC	S	FR
	{2 x 125 on 1:45 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins lu4d	EN2	S	FLY
	{ Hold all 25's :18 or faster			
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	2,100 Yards - Stress Value = 28			

Workout #8650 - Wednesday, 19 January 2011

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 35:00 DS and Weights
150	1 x 600 on 15:00 Indvdl Prsrctns
150	10 x 15 on :45 Shooters
1,500	1x{6 x 25 on :30 Kick no board B
	{2 x 150 on 2:30 Kick
	{6 x 25 on :30 Kick no board S
	{2 x 125 on 2:00 Kick
	{6 x 25 on :30 Kick no board L
	{2 x 100 on 1:30 Kick
	{6 x 25 on :30 Kick no board R
	{2 x 75 on 1:05 Kick
1,000	1x{1 x 200 on 2:25 Lungbuster pulls
	{2 x 150 on 1:50 Lungbuster pulls
	{3 x 100 on 1:15 Lungbuster pulls
	{4 x 50 on :40 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:45 PM	3,350 Yards - Stress Value = 46

Workout #8651 - Wednesday, 19 January 2011

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 35:00 DS and Weights
150	1 x 600 on 15:00 Indvdl Prsrctns
150	10 x 15 on :45 Shooters
1,250	1x{6 x 25 on :35 Kick no board B
	{2 x 150 on 2:55 Kick
	{6 x 25 on :35 Kick no board S
	{2 x 125 on 2:20 Kick
	{6 x 25 on :35 Kick no board L
	{1 x 100 on 1:50 Kick
	{6 x 25 on :35 Kick no board R
900	1x{1 x 200 on 2:45 Lungbuster pulls
	{2 x 150 on 2:05 Lungbuster pulls
	{3 x 100 on 1:25 Lungbuster pulls
	{2 x 50 on :45 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:45 PM	3,000 Yards - Stress Value = 40

Workout #8652 - Wednesday, 19 January 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
550	1 on 35:00 DS and Weights
150	1 x 550 on 15:00 Indvdl Prsrctns
150	10 x 15 on :45 Shooters
1,150	1x{6 x 25 on :40 Kick no board B
	{2 x 125 on 2:35 Kick
	{6 x 25 on :40 Kick no board S
	{2 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board L
	{2 x 75 on 1:30 Kick
	{6 x 25 on :40 Kick no board R
800	1x{1 x 200 on 3:05 Lungbuster pulls
	{2 x 150 on 2:20 Lungbuster pulls
	{3 x 100 on 1:35 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:45 PM	2,750 Yards - Stress Value = 37

Workout #8653 - Wednesday, 19 January 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 35:00 DS and Weights
150	1 x 500 on 15:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,000	1x{6 x 25 on :45 Kick no board B
	{2 x 100 on 2:10 Kick
	{6 x 25 on :45 Kick no board S
	{2 x 75 on 1:35 Kick
	{6 x 25 on :45 Kick no board L
	{2 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board R
750	1x{1 x 200 on 3:20 Lungbuster pulls
	{2 x 150 on 2:30 Lungbuster pulls
	{2 x 100 on 1:40 Lungbuster pulls
	{1 x 50 on :50 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:45 PM	2,500 Yards - Stress Value = 33

Workout #8656 - Wednesday, 19 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{2 x 50 on :50 Free hold under :39	EN3	S	
	{1 x 400 on 6:25 Freestyle	EN2	S	
	{2 x 50 on :50 Free hold under :39	EN3	S	
	{1 x 400 on 6:20 Freestyle	EN2	S	
	{2 x 50 on :50 Free hold under :39	EN3	S	
	{1 x 400 on 6:15 Freestyle	EN2	S	
	{2 x 50 on :50 Free hold under :39	EN3	S	
	{1 x 400 on 6:10 Freestyle	EN2	S	
	{ Hold all 400's under 6:05			
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM 2,300 Yards - Stress Value = 56				

Workout #8658 - Wednesday, 19 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WORK	STK
1,650	1x{2 x 50 on 1:00 Breast hold under :50	EN3	S	
	{1 x 150 on 2:45 Breaststroke	EN2	S	
	{2 x 50 on 1:00 Breast hold under :49	EN3	S	
	{2 x 125 on 2:15 Breaststroke	EN2	S	
	{2 x 50 on 1:00 Breast hold under :48	EN3	S	
	{1 x 100 on 1:45 Breaststroke	EN2	S	
	{2 x 50 on 1:00 Breast hold under :47	EN3	S	
	{1 x 150 on 2:40 Breaststroke	EN2	S	
	{2 x 50 on 1:00 Breast hold under :46	EN3	S	
	{2 x 125 on 2:10 Breaststroke	EN2	S	
	{3 x 50 on 1:00 Breast hold under :45	EN3	S	
	{1 x 100 on 1:40 Breaststroke	EN2	S	
350	7 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM 2,000 Yards - Stress Value = 59				

Workout #8661 - Wednesday, 19 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{2 x 100 on 1:45 Fly w/fins	EN2	S	FLY
	{4 x 25 on :40 Fly w/fins 1u1d	EN2	S	FLY
	{1 x 100 on 1:50 Freestyle	REC	S	FR
	{2 x 100 on 1:40 Fly w/fins	EN2	S	FLY
	{4 x 25 on :40 Fly w/fins 1u2d	EN2	S	FLY
	{1 x 100 on 1:50 Freestyle	REC	S	FR
	{2 x 100 on 1:35 Fly w/fins	EN2	S	FLY
	{4 x 25 on :40 Fly w/fins 1u3d	EN2	S	FLY
	{1 x 100 on 1:50 Freestyle	REC	S	FR
	{2 x 100 on 1:30 Fly w/fins	EN2	S	FLY
	{4 x 25 on :40 Fly w/fins 1u4d	EN2	S	FLY
	{ Hold all 25's :25 or faster			
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 1,900 Yards - Stress Value = 24				

Workout #8669 - Wednesday, 19 January 2011
All Taper Groups - Breast
1 minute rest between sets

4:26 PM Start

Yards	Set Description	EGY	WORK	STK

1,150 1x{2 x 50 on :55 Breast hold under :45 EN3 S

	{1 x 150 on 2:30 Breaststroke	EN2	S	
	{2 x 50 on :55 Breast hold under :45	EN3	S	
	{2 x 125 on 2:05 Breaststroke	EN2	S	
	{2 x 50 on :55 Breast hold under :45	EN3	S	
	{2 x 100 on 1:40 Breaststroke	EN2	S	
	{2 x 50 on :55 Breast hold under :45	EN3	S	
	{2 x 75 on 1:15 Breaststroke	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:03 PM 1,450 Yards - Stress Value = 39				

Workout #8666 - Wednesday, 19 January 2011
All Taper Groups - Distance
1 minute rest between sets

4:26 PM Start

Yards	Set Description	EGY	WORK	STK
1,300	1x{2 x 50 on :45 Free hold under :35	EN3	S	
	{1 x 500 on 6:20 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :35	EN3	S	
	{1 x 500 on 6:10 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :35	EN3	S	
	{ Hold all 500's under 5:40			
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:00 PM 1,600 Yards - Stress Value = 38				

Workout #8671 - Wednesday, 19 January 2011
All Taper Groups - Fly
1 minute rest between sets

4:26 PM Start

Yards	Set Description	EGY	WORK	STK
1,400	1x{2 x 125 on 1:40 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u1d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:35 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u2d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:30 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u3d	EN2	S	FLY
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:05 PM 1,700 Yards - Stress Value = 24				

Workout #8667 - Wednesday, 19 January 2011
All Taper Groups - Gold/Silver
1 minute rest between sets

4:26 PM Start

Yards	Set Description	EGY	WORK	STK
1,300	1x{2 x 50 on :45 Free hold under :39	EN3	S	
	{1 x 500 on 7:00 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :39	EN3	S	
	{1 x 500 on 6:50 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :39	EN3	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:02 PM 1,600 Yards - Stress Value = 38				

Workout #8672 - Wednesday, 19 January 2011

All Taper Groups - Gold/Silver

1 minute rest between sets

4:26 PM Start

Yards	Set Description	EGY	WORK	STK
1,200	1x{2 x 125 on 2:05 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins 1u1d	EN2	S	FLY
	{1 x 100 on 1:40 Freestyle	REC	S	FR
	{2 x 125 on 2:00 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins 1u2d	EN2	S	FLY
	{1 x 100 on 1:40 Freestyle	REC	S	FR
	{2 x 125 on 1:55 Fly w/fins	EN2	S	FLY
	{2 x 25 on :35 Fly w/fins 1u3d	EN2	S	FLY
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:05 PM 1,500 Yards - Stress Value = 20

Workout #8662 - Wednesday, 19 January 2011

All Taper Groups - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 35:00 DS and Weights
600	1 x 600 on 15:00 Indvdl Prsrctps
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 125 on 2:05 Kick
300	1x{1 x 150 on 2:00 Lungbuster pulls
	{1 x 100 on 1:20 Lungbuster pulls
	{1 x 50 on :40 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:25 PM 1,900 Yards - Stress Value = 24

Workout #8663 - Wednesday, 19 January 2011

All Taper Groups - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 35:00 DS and Weights
600	1 x 600 on 15:00 Indvdl Prsrctps
150	10 x 15 on :45 Shooters
780	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{4 x 45 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
250	1x{1 x 150 on 2:15 Lungbuster pulls
	{1 x 100 on 1:30 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:25 PM 1,880 Yards - Stress Value = 25

Workout #8664 - Wednesday, 19 January 2011

All Taper Groups - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 35:00 DS and Weights
550	1 x 550 on 15:00 Indvdl Prsrctps
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR

	{2 x 125 on 2:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:10 Kick
200	1x{1 x 150 on 2:30 Lungbuster pulls
	{1 x 50 on :50 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:25 PM 1,650 Yards - Stress Value = 21

Workout #8665 - Wednesday, 19 January 2011

All Taper Groups - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 35:00 DS and Weights
500	1 x 500 on 15:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 125 on 2:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:45 Kick
200	1x{1 x 150 on 2:45 Lungbuster pulls
	{1 x 50 on :55 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:25 PM 1,550 Yards - Stress Value = 20

Workout #8668 - Wednesday, 19 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

4:26 PM Start

Yards	Set Description	EGY	WORK	STK
1,100	1x{2 x 50 on :50 Free hold under:41	EN3	S	
	{1 x 400 on 6:25 Freestyle	EN2	S	
	{2 x 50 on :50 Free hold under :41	EN3	S	
	{1 x 400 on 6:20 Freestyle	EN2	S	
	{2 x 50 on :50 Free hold under :41	EN3	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

5:01 PM 1,400 Yards - Stress Value = 34

Workout #8670 - Wednesday, 19 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

4:26 PM Start

Yards	Set Description	EGY	WOF
1,050	1x{2 x 50 on 1:00 Breast hold under :50	EN3	
	{1 x 150 on 2:45 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast hold under :50	EN3	
	{2 x 125 on 2:20 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast hold under :50	EN3	
	{1 x 100 on 1:50 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast hold under :50	EN3	
	{2 x 75 on 1:25 Breaststroke	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:04 PM 1,350 Yards - Stress Value = 37

Workout #8673 - Wednesday, 19 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:26 PM Start				
1,050	1x{2 x 100 on 1:50 Fly w/fins	EN2	S	FLY
	{4 x 25 on :40 Fly w/fins 1u1d	EN2	S	FLY
	{1 x 100 on 1:50 Freestyle	REC	S	FR
	{2 x 100 on 1:45 Fly w/fins	EN2	S	FLY
	{4 x 25 on :40 Fly w/fins 1u2d	EN2	S	FLY
	{1 x 100 on 1:50 Freestyle	REC	S	FR
	{2 x 100 on 1:40 Fly w/fins	EN2	S	FLY
	{2 x 25 on :40 Fly w/fins 1u3d	EN2	S	FLY
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
4:54 PM	1,350 Yards - Stress Value = 17			

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:33 PM Start			
2,450	1x{6 x 125 on 2:05 Free hold time I give	EN2	
	{6 x 25 on :30 SD w/ fast finishes	EN2	
	{6 x 100 on 1:40 Free-hold time I give	EN2	
	{6 x 25 on :35 SD w/fast finishes	EN2	
	{6 x 75 on 1:15 Free-hold time I give	EN2	
	{6 x 25 on :40 SD w/fast finishes	EN2	
	{4 x 50 on :50 Free-hold time I give	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	2,800 Yards - Stress Value = 49		

Workout #8678 - Thursday, 20 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
4:33 PM Start			
3,400	1x{3 x 150 on 1:50 Freestyle	EN2	
	{5 x 100 on 1:25 Free Hold time I give	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{4 x 125 on 1:45 Free Hold time I give	EN2	
	{3 x 250 on 3:00 Freestyle	EN2	
	{4 x 150 on 2:05 Free Hold time I give	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	3,700 Yards - Stress Value = 68		

Workout #8681 - Thursday, 20 January 2011

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
4:33 PM Start			
3,050	1x{2 x 250 on 3:30 50fl 50fr 50fl 50fr 50fl	EN2	
	{4 x 100 on 1:25 Individual Medley	EN2	
	{2 x 250 on 3:30 50ba 50fr 50ba 50fr 50ba	EN2	
	{4 x 100 on 1:25 Individual Medley	EN2	
	{2 x 250 on 3:45 50br 50fr 50br 50fr 50br	EN2	
	{4 x 100 on 1:25 Individual Medley	EN2	
	{1 x 150 on 3:00 Freestyle	REC	
	{1 x 200 on 3:00 IM for time	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	3,350 Yards - Stress Value = 58		

Workout #8679 - Thursday, 20 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:33 PM Start			
3,100	1x{3 x 150 on 2:05 Freestyle	EN2	
	{5 x 100 on 1:35 Free Hold time I give	EN2	
	{3 x 200 on 2:45 Freestyle	EN2	
	{4 x 125 on 1:55 Free Hold time I give	EN2	
	{3 x 250 on 3:25 Freestyle	EN2	
	{2 x 150 on 2:20 Free Hold time I give	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	3,400 Yards - Stress Value = 62		

Workout #8674 - Thursday, 20 January 2011

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM Start			
500	1 on 25:00 Shoulders and DS		
	1 x 500 on 15:00 Indvdl Prsrctps		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
1,500	1x{1 x 100 on 1:55 Kick		
	{1 x 100 on 1:50 Kick		
	{1 x 100 on 1:45 Kick		
	{1 x 100 on 1:40 Kick		
	{1 x 100 on 1:35 Kick		
	{1 x 100 on 1:30 Kick		
	{1 x 100 on 1:25 Kick		
	{1 x 100 on 1:20 Kick		
	{1 x 100 on 1:25 Kick		
	{1 x 100 on 1:30 Kick		
	{1 x 100 on 1:35 Kick		
	{1 x 100 on 1:40 Kick		
	{1 x 100 on 1:45 Kick		
	{1 x 100 on 1:50 Kick		
	{1 x 100 on 1:55 Kick		
800	1x{4 x 50 on :50 Pulls		
	{4 x 50 on :45 Pulls		
	{4 x 50 on :40 Pulls		
	{4 x 50 on :35 Pulls		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:32 PM	3,050 Yards - Stress Value = 46		

Workout #8682 - Thursday, 20 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:33 PM Start			
2,700	1x{2 x 250 on 4:00 50fl 50fr 50fl 50fr 50fl	EN2	
	{4 x 100 on 1:35 Individual Medley	EN2	
	{2 x 250 on 4:00 50ba 50fr 50ba 50fr 50ba	EN2	
	{3 x 100 on 1:35 Individual Medley	EN2	
	{2 x 250 on 4:15 50br 50fr 50br 50fr 50br	EN2	
	{2 x 100 on 1:35 Individual Medley	EN2	
	{1 x 100 on 3:00 Freestyle	REC	
	{1 x 200 on 3:00 IM for time	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	3,000 Yards - Stress Value = 52		

Workout #8685 - Thursday, 20 January 2011

Workout #8675 - Thursday, 20 January 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Shoulders and DS
 600 1 x 600 on 15:00 Indvdl Prsrcptns
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 750 1x{3 x 50 on :55 Pulls
 {4 x 50 on :50 Pulls
 {4 x 50 on :45 Pulls
 {4 x 50 on :40 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:32 PM 2,900 Yards - Stress Value = 42

Workout #8676 - Thursday, 20 January 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Shoulders and DS
 550 1 x 550 on 15:00 Indvdl Prsrcptns
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:05 Kick
 700 1x{2 x 50 on 1:00 Pulls
 {4 x 50 on :55 Pulls
 {4 x 50 on :50 Pulls
 {4 x 50 on :45 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:32 PM 2,650 Yards - Stress Value = 38

Workout #8677 - Thursday, 20 January 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Shoulders and DS
 500 1 x 500 on 15:00 Indvdl Prsrcptns
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters

1,050 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:25 Kick
 {1 x 50 on 1:15 Kick
 600 1x{2 x 50 on 1:05 Pulls
 {3 x 50 on 1:00 Pulls
 {3 x 50 on :55 Pulls
 {4 x 50 on :50 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:32 PM 2,400 Yards - Stress Value = 36

Workout #8680 - Thursday, 20 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:33 PM Start
 Yards Set Description EGY WC
 =====
 2,750 1x{3 x 150 on 2:25 Freestyle EN2
 {4 x 100 on 1:45 Free Hold time I give EN2
 {3 x 200 on 3:10 Freestyle EN2
 {4 x 125 on 2:10 Free Hold time I give EN2
 {2 x 250 on 4:00 Freestyle EN2
 {2 x 150 on 2:35 Free Hold time I give EN2
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 3,000 Yards - Stress Value = 55

Workout #8683 - Thursday, 20 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:33 PM Start
 Yards Set Description EGY
 =====
 2,450 1x{2 x 200 on 3:35 50fl 50fr 50fl 50fr 50fl EN2
 {4 x 100 on 1:45 Individual Medley EN2
 {2 x 200 on 3:35 50ba 50fr 50ba 50fr 50ba EN2
 {3 x 100 on 1:45 Individual Medley EN2
 {2 x 200 on 3:45 50br 50fr 50br 50fr 50br EN2
 {3 x 100 on 1:45 Individual Medley EN2
 {1 x 50 on 1:30 Freestyle REC
 {1 x 200 on 4:00 IM for time EN2
 300 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,750 Yards - Stress Value = 48

Workout #8686 - Thursday, 20 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:33 PM Start
 Yards Set Description EGY WC
 =====
 2,250 1x{6 x 125 on 2:15 Free hold time I give EN2
 {4 x 25 on :40 SD w/ fast finishes EN2
 {6 x 100 on 1:50 Free-hold time I give EN2
 {4 x 25 on :40 SD w/fast finishes EN2
 {6 x 75 on 1:20 Free-hold time I give EN2
 {3 x 50 on 1:00 Free-hold time I give EN2
 {4 x 25 on :40 SD w/fast finishes EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,600 Yards - Stress Value = 45

Workout #8684 - Thursday, 20 January 2011

HighSchl - Sprint

1 minute rest between sets

4:33 PM Start
 Yards Set Description EGY WC
 =====
 2,700 1x{6 x 125 on 1:55 Free hold time I give EN2
 {8 x 25 on :25 SD w/ fast finishes EN2
 {6 x 100 on 1:30 Free-hold time I give EN2
 {8 x 25 on :30 SD w/fast finishes EN2
 {6 x 75 on 1:10 Free-hold time I give EN2
 {8 x 25 on :35 SD w/fast finishes EN2
 {6 x 50 on :45 Free hold time I give EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 3,050 Yards - Stress Value = 54

4:11 PM Start
 Yards Set Description EGY WC
 =====
 950 1x{2 x 125 on 2:15 Free hold time I give EN1
 {4 x 25 on :40 SD w/ fast finishes EN1
 {2 x 100 on 1:50 Free-hold time I give EN1
 {4 x 25 on :40 SD w/fast finishes EN1
 {2 x 75 on 1:25 Free-hold time I give EN1
 {4 x 25 on :40 SD w/fast finishes EN1
 {1 x 50 on :55 Free-hold time I give EN2
 250 1 on 14:00 Techniques-Relay Starts
 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:00 PM 1,200 Yards - Stress Value = 10

Workout #8694 - Thursday, 20 January 2011

All Taper Groups - IM'ers

1 minute rest between sets

4:11 PM Start
 Yards Set Description EGY WC
 =====
 1,400 1x{2 x 150 on 2:00 Freestyle EN1
 {2 x 100 on 1:30 Free Hold time I give EN1
 {2 x 200 on 2:40 Freestyle EN1
 {2 x 125 on 1:55 Free Hold time I give EN1
 {1 x 250 on 3:20 Freestyle EN1
 1 on 14:00 Techniques-Relay Starts
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:00 PM 1,650 Yards - Stress Value = 13

4:11 PM Start
 Yards Set Description EGY WC
 =====
 1,250 1x{1 x 250 on 3:45 50fl 50fr 50fl 50fr 50fl EN1
 {2 x 100 on 1:25 Individual Medley EN1
 {1 x 250 on 3:45 50ba 50fr 50ba 50fr 50ba EN1
 {2 x 100 on 1:25 Individual Medley EN1
 {1 x 250 on 5:00 50br 50fr 50br 50fr 50br EN1
 {1 x 100 on 1:25 Individual Medley EN1
 250 1 on 14:00 Techniques-Relay Starts
 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:00 PM 1,500 Yards - Stress Value = 11

Workout #8687 - Thursday, 20 January 2011

All Taper Groups - Platinum

1 minute rest between sets

4:11 PM Start
 Yards Set Description EGY WC
 =====
 1,250 1x{2 x 150 on 2:15 Freestyle EN1
 {2 x 100 on 1:40 Free Hold time I give EN1
 {2 x 200 on 3:00 Freestyle EN1
 {2 x 125 on 2:05 Free Hold time I give EN1
 {1 x 100 on 1:30 Freestyle EN1
 250 1 on 14:00 Techniques-Relay Starts
 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:00 PM 1,500 Yards - Stress Value = 12

3:00 PM Start
 Yards Set Description EGY WC
 =====
 600 1 on 25:00 Shoulders and DS
 1 x 600 on 15:00 Indvdl Prsrctps
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 300 1x{2 x 50 on :50 Pulls
 {2 x 50 on :45 Pulls
 {2 x 50 on :40 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:10 PM 1,650 Yards - Stress Value = 19

Workout #8695 - Thursday, 20 January 2011

All Taper Groups - Gold/Silver

1 minute rest between sets

4:11 PM Start
 Yards Set Description EGY WC
 =====
 1,150 1x{1 x 250 on 4:15 50fl 50fr 50fl 50fr 50fl EN1
 {2 x 100 on 1:35 Individual Medley EN1
 {1 x 250 on 4:15 50ba 50fr 50ba 50fr 50ba EN1
 {2 x 100 on 1:35 Individual Medley EN1
 {1 x 250 on 4:30 50br 50fr 50br 50fr 50br EN1
 250 1 on 14:00 Techniques-Relay Starts
 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:00 PM 1,400 Yards - Stress Value = 10

Workout #8698 - Thursday, 20 January 2011

All Taper Groups - Gold/Silver

1 minute rest between sets

Workout #8688 - Thursday, 20 January 2011

All Taper Groups - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 25:00 Shoulders and DS 1 x 600 on 15:00 Indvdl Prsrcptns Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:05 Kick
300	1x{2 x 50 on :55 Pulls {2 x 50 on :50 Pulls {2 x 50 on :45 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:10 PM	1,600 Yards - Stress Value = 17

Workout #8689 - Thursday, 20 January 2011

All Taper Groups - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
550	1 on 25:00 Shoulders and DS 1 x 550 on 15:00 Indvdl Prsrcptns Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:20 Kick
250	1x{1 x 50 on 1:00 Pulls {2 x 50 on :55 Pulls {2 x 50 on :50 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:10 PM	1,450 Yards - Stress Value = 16

Workout #8690 - Thursday, 20 January 2011

All Taper Groups - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 25:00 Shoulders and DS 1 x 500 on 15:00 Indvdl Prsrcptns Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:25 Kick
250	1x{1 x 50 on 1:05 Pulls {2 x 50 on 1:00 Pulls {2 x 50 on :55 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:10 PM	1,400 Yards - Stress Value = 16

Workout #8693 - Thursday, 20 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:11 PM	Start		

Yards	Set Description	EGY	WC
1,150	1x{2 x 150 on 2:30 Freestyle {2 x 100 on 1:50 Free Hold time I give {2 x 200 on 3:20 Freestyle {2 x 125 on 2:20 Free Hold time I give	EN1	
250	1 on 14:00 Techniques-Relay Starts 1 x 250 on 4:00 Stroke Drills		REC
5:00 PM	1,400 Yards - Stress Value = 11		

Workout #8696 - Thursday, 20 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:11 PM	Start		
1,050	1x{2 x 200 on 3:45 50fl 50fr 50fl 50fr 50fl {1 x 100 on 1:45 Individual Medley {1 x 200 on 3:45 50ba 50fr 50ba 50fr 50ba {1 x 100 on 1:45 Individual Medley {1 x 200 on 4:00 50br 50fr 50br 50fr 50br {1 x 50 on 1:00 Your best non free	EN1	
250	1 on 14:00 Techniques-Relay Starts 1 x 250 on 4:00 Stroke Drills		REC
5:00 PM	1,300 Yards - Stress Value = 10		

Workout #8699 - Thursday, 20 January 2011

All Taper Groups - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:11 PM	Start		
950	1x{2 x 125 on 2:25 Free hold time I give {4 x 25 on :40 SD w/ fast finishes {2 x 100 on 1:55 Free-hold time I give {4 x 25 on :40 SD w/fast finishes {2 x 75 on 1:25 Free-hold time I give {3 x 50 on 1:00 Free-hold time I give	EN1	
250	1 on 14:00 Techniques-Relay Starts 1 x 250 on 4:00 Stroke Drills		REC
5:00 PM	1,200 Yards - Stress Value = 10		

Workout #8697 - Thursday, 20 January 2011

All Taper Groups - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WC
4:11 PM	Start		
1,000	1x{2 x 125 on 2:05 Free hold time I give {4 x 25 on :40 SD w/ fast finishes {2 x 100 on 1:40 Free-hold time I give {4 x 25 on :40 SD w/fast finishes {2 x 75 on 1:15 Free-hold time I give {4 x 25 on :40 SD w/fast finishes {2 x 50 on :50 Free hold time I give	EN1	
250	1 on 14:00 Techniques-Relay Starts 1 x 250 on 4:00 Stroke Drills		REC
5:00 PM	1,250 Yards - Stress Value = 10		

Workout #8703 - Friday, 21 January 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,375	11 x 125 on 1:45 Backstroke Alt 25's of 10 KOW #4,#8 #11-100%	EN2	S	BK
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM 2,275 Yards - Stress Value = 34				

Workout #8700 - Friday, 21 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,500	5 x 300 on 3:45 Freestyle Neg split each one-descend #2-#4 Hold #5 as fast as #4	EN2	S	FR
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM 2,450 Yards - Stress Value = 36				

Workout #8701 - Friday, 21 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,500	5 x 300 on 4:15 Freestyle Neg split each one-descend #2-#4 Hold #5 as fast as #4	EN2	S	FR
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM 2,300 Yards - Stress Value = 36				

Workout #8704 - Friday, 21 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,250	10 x 125 on 2:00 Backstroke Alt 25's of 10 KOW #3,#7 #10-100%	EN2	S	BK
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM 2,150 Yards - Stress Value = 31				

Workout #8707 - Friday, 21 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,000	5x{1 x 100 on 1:35 Freestyle-DPS {4 x 25 on :40 Free 10/12/14/16 SFS	EN1	S	S
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:06 AM 1,850 Yards - Stress Value = 51				

Workout #8702 - Friday, 21 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
350	1 x 350 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,250	5 x 250 on 4:15 Freestyle Neg split each one-descend #2-#4 Hold #5 as fast as #4	EN2	S	FR
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM 2,000 Yards - Stress Value = 31				

Workout #8705 - Friday, 21 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
350	1 x 350 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,125	9 x 125 on 2:15 Backstroke Alt 25's of 10 KOW #3,#6,#9-100%	EN2	S	BK
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM 1,925 Yards - Stress Value = 28				

Workout #8708 - Friday, 21 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
350	1 x 350 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,000	5x{1 x 100 on 1:45 Freestyle-DPS {4 x 25 on :45 Free 10/12/14/16 SFS	EN1	S	S
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:08 AM 1,800 Yards - Stress Value = 51				

Workout #8707 - Friday, 21 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Workout #8706 - Friday, 21 January 2011

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS and Weights		L
400	1 x 400 on 7:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,000	5x{1 x 100 on 1:25 Freestyle-DPS	EN1	S
	{4 x 25 on :40 Free 10/12/14/16 SFS	SP1	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:05 AM 1,850 Yards - Stress Value = 51		

Workout #8710 - Friday, 21 January 2011

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	3:00 PM Start		
	1 on 15:00 Dynamic Stretch		
1,000	1 x 1000 on 17:30 Choice		
	Silver 900, Bronze 800		
150	10 x 15 on :45 Shooters		
400	4x{1 x 25 on 1:00 Kick on left side face down		
	{1 x 25 on 1:00 Kick on right side face down		
	{1 x 25 on 1:00 Kick on left side face up		
	{1 x 25 on 1:00 Kick on right side face up		
	1 on 10:00 Techniques-Your Choice		
300	6 x 50 on 1:00 25 build 25 drill		
400	4x{1 x 25 on :45 Freestyle-EZ		
	{1 x 25 on :45 Freestyle 1/2 EZ 1/2 Fast		
	{1 x 25 on :45 Freestyle 1/2 fast 1/2 EZ		
	{1 x 25 on :45 Freestyle-all fast		
	1 on 10:00 Techniques-Your Choice		
500	1 x 500 on 10:00 Stroke Drills		
	1 on 10:00 Ice		
	5:00 PM 2,750 Yards - Stress Value = 14		

Workout #8709 - Friday, 21 January 2011

All Taper Groups - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
	5:30 AM Start				
	1 on 40:00 DS and Weights		L	DRY	
400	1 x 400 on 7:00 Choice	REC	S	CHO	1:45
150	10 x 15 on :45 Shooters	SP3	S	CHO	5:00
600	1 x 600 on 10:00 Choice	REC	D	CHO	1:40
	1 on 10:00 Ice			M	
	6:47 AM 1,150 Yards - Stress Value = 6				

Workout #8730 - Monday, 24 January 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	4:40 PM Start			
2,650	1x{3 x 100 on 1:25 Backstroke	EN2	S	BK
	{2 x 100 on 1:20 Backstroke	EN2	S	BK
	{1 x 100 on 1:15 Backstroke	EN2	S	BK
	{12 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:20 Backstroke	EN2	S	BK
	{2 x 100 on 1:15 Backstroke	EN2	S	BK
	{1 x 100 on 1:10 Backstroke	EN2	S	BK
	{12 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:15 Backstroke	EN2	S	BK
	{2 x 100 on 1:10 Backstroke	EN2	S	BK

	{1 x 100 on 1:05 Backstroke	EN2	S	BK
	{10 x 25 on :30 Back 4 KOW +1	EN2	S	BK
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 = 53			

Workout #8727 - Monday, 24 January 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	4:40 PM Start			
2,300	1x{1 x 200 on 3:10 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 2:45 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:20 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{4 x 125 on 1:55 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,550 Yards - Stress Value = 78			

Workout #8711 - Monday, 24 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	WOF
=====	=====	=====	=====	=====
	5:30 AM Start			
	1 on 40:00 DS and Weights			
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC		
150	10 x 15 on :45 Shooters	SP3		
2,000	1x{1 x 500 on 6:05 Freestyle	EN2		
	{1 x 500 on 6:00 Freestyle	EN2		
	{1 x 500 on 5:55 Freestyle	EN2		
	{1 x 500 on 5:50 Freestyle	EN2		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	7:05 AM 2,750 Yards - Stress Value = 46			

Workout #8724 - Monday, 24 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	4:40 PM Start			
3,125	1x{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:15 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:10 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:05 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:00 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 2:55 Freestyle	EN2	S	FR
225	1 x 225 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 3,350 Yards - Stress Value = 90			

Workout #8714 - Monday, 24 January 2011

HighSchl - Fly

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS and Weights	
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,800	1x{1 x 150 on 1:55 2 strokes fly off walls	EN2
	{1 x 150 on 2:00 3 strokes fly off walls	EN2
	{1 x 150 on 2:05 4 strokes fly off walls	EN2
	{2 x 100 on 1:15 2 strokes fly off walls	EN2
	{2 x 100 on 1:20 3 strokes fly off walls	EN2
	{2 x 100 on 1:25 4 strokes fly off walls	EN2
	{3 x 50 on :35 2 strokes fly off walls	EN2
	{3 x 50 on :40 3 strokes fly off walls	EN2
	{3 x 50 on :45 4 strokes fly off walls	EN2
	{4 x 25 on :20 2 strokes fly off walls	EN2
	{4 x 25 on :25 3 strokes fly off walls	EN2
	{4 x 25 on :30 4 strokes fly off walls	EN2
200	1 x 200 on 2:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,550 Yards - Stress Value = 42	

Workout #8712 - Monday, 24 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,700	1x{1 x 425 on 6:05 Freestyle	EN2	
	{1 x 425 on 6:00 Freestyle	EN2	
	{1 x 425 on 5:55 Freestyle	EN2	
	{1 x 425 on 5:50 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,450 Yards - Stress Value = 38		

Workout #8715 - Monday, 24 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 Weights and Stretch	
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,550	1x{1 x 150 on 2:10 2 strokes fly off walls	EN2
	{1 x 150 on 2:15 3 strokes fly off walls	EN2
	{1 x 150 on 2:20 4 strokes fly off walls	EN2
	{2 x 100 on 1:25 2 strokes fly off walls	EN2
	{2 x 100 on 1:30 3 strokes fly off walls	EN2
	{2 x 100 on 1:35 4 strokes fly off walls	EN2
	{3 x 50 on :40 2 strokes fly off walls	EN2
	{3 x 50 on :45 3 strokes fly off walls	EN2
	{3 x 50 on :50 4 strokes fly off walls	EN2
	{2 x 25 on :30 Butterfly	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,300 Yards - Stress Value = 37	

Workout #8718 - Monday, 24 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 150 on 2:20 Freestyle	EN1	
	{2 x 100 on 1:35 Freestyle	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{1 x 150 on 2:15 Freestyle	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN2	
	{1 x 150 on 2:10 Freestyle	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
	{3 x 50 on :40 Freestyle	EN2	
	{4 x 25 on :30 Free-descend to 100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,250 Yards - Stress Value = 29		

Workout #8725 - Monday, 24 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,825	1x{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:30 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:25 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:20 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:15 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{1 x 200 on 2:35 Freestyle	EN2	S	FR
225	1 x 225 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 3,050 Yards - Stress Value = 84			

Workout #8728 - Monday, 24 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 3:00 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:30 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{4 x 125 on 2:00 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 2,500 Yards - Stress Value = 75			

Workout #8731 - Monday, 24 January 2011
HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,500	1x{3 x 100 on 1:35 Backstroke	EN2	S	BK
	{2 x 100 on 1:30 Backstroke	EN2	S	BK
	{1 x 100 on 1:25 Backstroke	EN2	S	BK
	{10 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:30 Backstroke	EN2	S	BK
	{2 x 100 on 1:25 Backstroke	EN2	S	BK
	{1 x 100 on 1:20 Backstroke	EN2	S	BK
	{10 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:25 Backstroke	EN2	S	BK
	{2 x 100 on 1:20 Backstroke	EN2	S	BK
	{1 x 100 on 1:15 Backstroke	EN2	S	BK
	{8 x 25 on :30 Back 4 KOW +1	EN2	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,750 Yards - Stress Value = 50

Workout #8722 - Monday, 24 January 2011
HighSchl - Silver
1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS and Core
550	1 x 550 on 15:00 Indvdl Prsrctns
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{2 x 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
900	1x{2 x 200 on 3:15 Pull no br L.12 yds
	{2 x 175 on 2:45 Pull no br L.12 yds
	{1 x 150 on 2:20 Pull no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:38 PM 2,900 Yards - Stress Value = 40

Workout #8720 - Monday, 24 January 2011
HighSchl - Platinum
1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS and Core
600	1 x 600 on 15:00 Indvdl Prsrctns
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:45 Kick
1,200	1x{2 x 200 on 2:35 Pull no br L.12 yds
	{2 x 200 on 2:30 Pull no br L.12 yds
	{2 x 200 on 2:25 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

4:38 PM 3,650 Yards - Stress Value = 54

Workout #8723 - Monday, 24 January 2011
HighSchl - Bronze
1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS and Core
550	1 x 550 on 15:00 Indvdl Prsrctns
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
850	1x{1 x 200 on 3:30 Pull no br L.12 yds
	{2 x 200 on 3:25 Pull no br L.12 yds
	{2 x 125 on 2:05 Pull no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:38 PM 2,750 Yards - Stress Value = 36

Workout #8721 - Monday, 24 January 2011
HighSchl - Gold
1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS and Core
600	1 x 600 on 15:00 Indvdl Prsrctns
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:50 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{1 x 100 on 2:00 Kick
1,050	1x{2 x 200 on 2:50 Pull no br L.12 yds
	{2 x 175 on 2:25 Pull no br L.12 yds
	{2 x 150 on 2:00 Pull no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:38 PM 3,300 Yards - Stress Value = 45

Workout #8713 - Monday, 24 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 DS and Weights		
350	1 x 350 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters		SP3
1,600	1x{1 x 400 on 6:05 Freestyle		EN2
	{1 x 400 on 6:00 Freestyle		EN2
	{1 x 400 on 5:55 Freestyle		EN2
	{1 x 400 on 5:50 Freestyle		EN2
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		

7:05 AM 2,300 Yards - Stress Value = 38

Workout #8716 - Monday, 24 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 40:00 Weights and Stretch	
350	1 x 350 on 7:00 Swim-kick-drill-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,400	1x{1 x 150 on 2:25 2 strokes fly off walls EN2	
	{1 x 150 on 2:30 3 strokes fly off walls EN2	
	{1 x 150 on 2:35 4 strokes fly off walls EN2	
	{2 x 100 on 1:35 2 strokes fly off walls EN2	
	{2 x 100 on 1:40 3 strokes fly off walls EN2	
	{2 x 100 on 1:45 4 strokes fly off walls EN2	
	{2 x 50 on :45 2 strokes fly off walls EN2	
	{2 x 50 on :50 3 strokes fly off walls EN2	
	{3 x 50 on :55 4 strokes fly off walls EN2	
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:05 AM 2,100 Yards - Stress Value = 34

Workout #8719 - Monday, 24 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
350	1 x 350 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{1 x 150 on 2:35 Freestyle EN1		
	{2 x 100 on 1:45 Freestyle EN1		
	{3 x 50 on :55 Freestyle EN1		
	{1 x 150 on 2:30 Freestyle EN1		
	{2 x 100 on 1:40 Freestyle EN1		
	{3 x 50 on :50 Freestyle EN2		
	{1 x 150 on 2:25 Freestyle EN2		
	{2 x 100 on 1:35 Freestyle EN2		
	{1 x 50 on :45 Freestyle EN2		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,100 Yards - Stress Value = 27

Workout #8726 - Monday, 24 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			
2,425	1x{1 x 125 on 2:30 Freestyle EN3		S	FR
	{2 x 200 on 3:15 Freestyle EN2		S	FR
	{1 x 125 on 2:30 Freestyle EN3		S	FR
	{2 x 200 on 3:10 Freestyle EN2		S	FR
	{1 x 125 on 2:30 Freestyle EN3		S	FR
	{2 x 200 on 3:05 Freestyle EN2		S	FR
	{1 x 125 on 2:30 Freestyle EN3		S	FR
	{2 x 200 on 3:00 Freestyle EN2		S	FR
	{1 x 125 on 2:30 Freestyle EN3		S	FR
	{1 x 200 on 2:55 Freestyle EN2		S	FR
225	1 x 225 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 PM 2,650 Yards - Stress Value = 76

Workout #8729 - Monday, 24 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
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Yards	Set Description	EGY	WORK	STK
2,000	1x{1 x 200 on 3:45 Breaststroke EN2		S	BR
	{3 x 50 on 1:10 Breast EN3		S	BR
	{2 x 175 on 3:15 Breaststroke EN2		S	BR
	{3 x 50 on 1:10 Breaststroke EN3		S	BR
	{3 x 150 on 2:45 Breaststroke EN2		S	BR
	{3 x 50 on 1:10 Breaststroke EN3		S	BR
	{4 x 100 on 1:45 Breaststroke EN2		S	BR
	{3 x 50 on 1:10 Breaststroke EN3		S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 PM 2,250 Yards - Stress Value = 64

Workout #8732 - Monday, 24 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{3 x 100 on 1:45 Backstroke EN2		S	BK
	{2 x 100 on 1:40 Backstroke EN2		S	BK
	{1 x 100 on 1:35 Backstroke EN2		S	BK
	{8 x 25 on :40 Back 4 KOW +1 EN2		S	BK
	{3 x 100 on 1:40 Backstroke EN2		S	BK
	{2 x 100 on 1:35 Backstroke EN2		S	BK
	{1 x 100 on 1:30 Backstroke EN2		S	BK
	{8 x 25 on :40 Back 4 KOW +1 EN2		S	BK
	{3 x 100 on 1:35 Backstroke EN2		S	BK
	{2 x 100 on 1:30 Backstroke EN2		S	BK
	{1 x 100 on 1:25 Backstroke EN2		S	BK
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 #8717 - Monday, 24 January 2011

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 40:00 Weights and Stretch	
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,700	1x{1 x 150 on 2:05 Freestyle EN1	
	{2 x 100 on 1:25 Freestyle EN1	
	{3 x 50 on :45 Freestyle EN1	
	{1 x 150 on 2:00 Freestyle EN1	
	{2 x 100 on 1:20 Freestyle EN1	
	{3 x 50 on :40 Freestyle EN2	
	{1 x 150 on 1:55 Freestyle EN2	
	{2 x 100 on 1:15 Freestyle EN2	
	{3 x 50 on :35 Freestyle EN2	
	{8 x 25 on :30 Free-dscnd in 4's to 100% EN2	
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:05 AM 2,450 Yards - Stress Value = 33

Workout #8733 - Tuesday, 25 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 30:00 Physio Balls and DS		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,100	1x{1 x 600 on 8:00 Freestyle	EN1	
	{1 x 500 on 6:40 Freestyle	EN1	
	{1 x 400 on 5:20 Freestyle	EN1	
	{1 x 300 on 4:00 Freestyle	EN1	
	{1 x 200 on 2:40 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
300	3 x 100 on 1:30 Free Descend to Ludicrous Speed!!!!	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	7:05 AM 3,150 Yards - Stress Value = 33		

Workout #8734 - Tuesday, 25 January 2011

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 30:00 Physio Balls and DS		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,850	1x{1 x 600 on 9:00 Freestyle	EN1	
	{1 x 500 on 7:30 Freestyle	EN1	
	{1 x 400 on 6:00 Freestyle	EN1	
	{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 50 on :45 Freestyle	EN1	
300	3 x 100 on 1:35 Free Descend to Ludicrous Speed!!!!	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	7:05 AM 2,900 Yards - Stress Value = 30		

Workout #8735 - Tuesday, 25 January 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 30:00 Physio Balls and DS		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,700	1x{1 x 600 on 9:45 Freestyle	EN1	
	{1 x 500 on 8:10 Freestyle	EN1	
	{1 x 400 on 6:30 Freestyle	EN1	
	{1 x 200 on 3:15 Freestyle	EN1	
300	3 x 100 on 1:40 Free Descend to Ludicrous Speed!!!!	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	7:05 AM 2,750 Yards - Stress Value = 29		

Workout #8736 - Tuesday, 25 January 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 30:00 Physio Balls and DS		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	

1,600	1x{1 x 600 on 10:30 Freestyle	EN1
	{1 x 500 on 8:45 Freestyle	EN1
	{1 x 400 on 7:00 Freestyle	EN1
	{1 x 100 on 1:45 Freestyle	EN1
300	3 x 100 on 1:50 Free Descend to Ludicrous Speed!!!!	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 ice	
	7:06 AM 2,600 Yards - Stress Value = 28	

Workout #8744 - Wednesday, 26 January 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY
4:49 PM	Start	
=====	=====	===
1,950	1x{3 x 125 on 2:00 Breast L.25 3X pullouts	EN2
	{3 x 50 on :45 Breaststroke	EN2
	{3 x 125 on 1:55 Breast L.25 3X pullouts	EN2
	{3 x 50 on :50 Breaststroke	EN2
	{3 x 125 on 1:50 Breast L.25 3X pullouts	EN2
	{3 x 50 on :55 Breaststroke	EN2
	{3 x 125 on 1:45 Breast L.25 3X pullouts	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,250 Yards - Stress Value = 41	

Workout #8741 - Wednesday, 26 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
=====	=====	===	===	===
2,500	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:40 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:30 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 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 #8746 - Wednesday, 26 January 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
=====	=====	===	===	===
1,800	1x{1 x 200 on 2:55 Butterfly	EN2	S	FLY
	{4 x 25 on :35 Fly 15m under	EN2	S	FLY
	{2 x 175 on 2:30 Butterfly	EN2	S	FLY
	{4 x 25 on :35 Fly 12m under	EN2	S	FLY
	{3 x 150 on 2:05 Butterfly	EN2	P	FLY
	{4 x 25 on :40 Fly 9m under	EN2	S	FLY
	{4 x 100 on 1:20 Butterfly	EN2	S	FR
	{4 x 25 on :35 Fly 6m under	EN2	S	FLY
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,100 Yards - Stress Value = 36			

Workout #8742 - Wednesday, 26 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
2,175	1x{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 5:20 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 5:10 Freestyle	EN2	S	FR
	{3 x 125 on 1:45 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 2,475 Yards - Stress Value = 44				

Workout #8745 - Wednesday, 26 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,650	1x{3 x 100 on 1:50 Breast L.25 3X pullouts	EN2		
	{3 x 50 on :55 Breaststroke	EN2		
	{3 x 100 on 1:45 Breast L.25 3X pullouts	EN2		
	{3 x 50 on 1:00 Breaststroke	EN2		
	{3 x 100 on 1:40 Breast L.25 3X pullouts	EN2		
	{3 x 50 on 1:05 Breaststroke	EN2		
	{3 x 100 on 1:40 Breast L.25 3X pullouts	EN2		
300	1 x 300 on 5:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM 1,950 Yards - Stress Value = 33				

Workout #8747 - Wednesday, 26 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,675	1x{1 x 200 on 3:15 Butterfly	EN2	S	FLY
	{4 x 25 on :40 Fly 15m under	EN2	S	FLY
	{2 x 175 on 2:45 Butterfly	EN2	S	FLY
	{4 x 25 on :40 Fly 12m under	EN2	S	FLY
	{3 x 125 on 1:50 Butterfly	EN2	P	FLY
	{4 x 25 on :40 Fly 9m under	EN2	S	FLY
	{4 x 100 on 1:30 Butterfly	EN2	S	FLY
	{2 x 25 on :40 Fly 6m under	EN2	S	FLY
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 1,975 Yards - Stress Value = 34				

Workout #8737 - Wednesday, 26 January 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS and Weights			
600	1 x 600 on 15:00 Indvdl Prsrctns			
150	10 x 15 on :45 Shooters			
1,400	1x{6 x 25 on :30 Kick no board BSLRBS			
	{1 x 200 on 3:15 Kick			
	{6 x 25 on :30 Kick no board BSLRLR			
	{1 x 200 on 3:10 Kick			
	{6 x 25 on :30 Kick no board BSLRBS			
	{1 x 200 on 3:05 Kick			
	{6 x 25 on :30 Kick no board BSLRLR			
	{1 x 200 on 3:00 Kick			
100	1 x 100 on 2:00 Kick for time			
750	1 x 750 on 9:30 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
4:48 PM 3,100 Yards - Stress Value = 51	

Workout #8738 - Wednesday, 26 January 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 40:00 DS and Weights
600	1 x 600 on 15:00 Indvdl Prsrctns
150	10 x 15 on :45 Shooters
1,200	1x{6 x 25 on :35 Kick no board BSLRBS
	{1 x 200 on 3:45 Kick
	{6 x 25 on :35 Kick no board BSLRLR
	{1 x 200 on 3:35 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 200 on 3:30 Kick
	{6 x 25 on :35 Kick no board BSLRLR
100	1 x 100 on 2:00 Kick for time
650	1 x 650 on 9:15 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
4:48 PM 2,800 Yards - Stress Value = 45	

Workout #8739 - Wednesday, 26 January 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 40:00 DS and Weights
550	1 x 550 on 15:00 Indvdl Prsrctns
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:15 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:10 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:00 Kick
100	1 x 100 on 2:00 Kick for time
600	1 x 600 on 9:30 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
4:48 PM 2,550 Yards - Stress Value = 41	

Workout #8740 - Wednesday, 26 January 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 500 1 x 500 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 100 1 x 100 on 2:00 Kick for time
 550 1 x 550 on 9:30 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
 4:48 PM 2,400 Yards - Stress Value = 39

Workout #8743 - Wednesday, 26 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,000 1x{4 x 125 on 1:55 Freestyle EN2 S FR
 {1 x 400 on 5:45 Freestyle EN2 S FR
 {4 x 125 on 1:55 Freestyle EN2 S FR
 {1 x 400 on 5:35 Freestyle EN2 S FR
 {2 x 100 on 1:35 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 2,300 Yards - Stress Value = 40

Workout #8748 - Wednesday, 26 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,500 1x{1 x 200 on 3:40 Butterfly EN2 S FLY
 {4 x 25 on :45 Fly 15m under EN2 S FLY
 {2 x 175 on 3:10 Butterfly EN2 S FLY
 {4 x 25 on :45 Fly 12m under EN2 S FLY
 {3 x 150 on 2:40 Butterfly EN2 P FLY
 {4 x 25 on :45 Fly 9m under EN2 S FLY
 {2 x 100 on 1:45 Butterfly EN2 S FLY
 300 1 x 300 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 1,800 Yards - Stress Value = 30

Workout #8753 - Thursday, 27 January 2011

HighSchl - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 800 2x{4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 2:10 Kick #3
 {1 x 100 on 2:00 Kick #2
 {1 x 100 on 1:50 Kick

100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{1 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 4:46 PM 3,300 Yards - Stress Value = 44

Workout #8749 - Thursday, 27 January 2011

HighSchl - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 28:00 DS and Physio Ball Abs
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 2,700 1x{3 x 150 on 2:10 Freestyle-descend EN2
 {3 x 150 on 2:05 Freestyle-descend EN2
 {3 x 150 on 2:00 Freestyle-descend EN2
 {3 x 150 on 1:55 Freestyle-descend EN2
 {3 x 150 on 1:50 Freestyle-descend EN2
 {3 x 150 on 1:45 Freestyle-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 ice
 7:05 AM 3,450 Yards - Stress Value = 60

Workout #8750 - Thursday, 27 January 2011

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 28:00 DS and Physio Ball Abs
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 2,550 1x{2 x 150 on 2:20 Freestyle-descend EN2
 {3 x 150 on 2:15 Freestyle-descend EN2
 {3 x 150 on 2:10 Freestyle-descend EN2
 {3 x 150 on 2:05 Freestyle-descend EN2
 {3 x 150 on 2:00 Freestyle-descend EN2
 {3 x 150 on 1:55 Freestyle-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 ice
 7:05 AM 3,300 Yards - Stress Value = 57

Workout #8754 - Thursday, 27 January 2011

HighSchl - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 750 2x{4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 2:20 Kick #3
 {1 x 100 on 2:10 Kick #2
 {1 x 75 on 1:30 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 7x{1 x 100 on 1:25 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 4:46 PM 3,050 Yards - Stress Value = 41

Workout #8751 - Thursday, 27 January 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 28:00 DS and Physio Ball Abs		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
2,250	1x{3 x 150 on 2:30 Freestyle-descend	EN2	
	{3 x 150 on 2:25 Freestyle-descend	EN2	
	{3 x 150 on 2:20 Freestyle-descend	EN2	
	{3 x 150 on 2:15 Freestyle-descend	EN2	
	{3 x 150 on 2:10 Freestyle-descend	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		
	7:05 AM 3,000 Yards - Stress Value = 51		

Workout #8755 - Thursday, 27 January 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	====	====
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
700	2x{4 x 25 on :45 Tombstone Kicking		
	{1 x 100 on 2:30 Kick #3		
	{1 x 100 on 2:20 Kick #2		
	{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		
1,200	6x{1 x 100 on 1:35 Individual Medley		
	{1 x 50 on :45 Freestyle		
	{1 x 50 on :55 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
	4:45 PM 2,800 Yards - Stress Value = 37		

Workout #8752 - Thursday, 27 January 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 28:00 DS and Physio Ball Abs		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
2,100	1x{2 x 150 on 2:45 Freestyle-descend	EN2	
	{3 x 150 on 2:40 Freestyle-descend	EN2	
	{3 x 150 on 2:35 Freestyle-descend	EN2	
	{3 x 150 on 2:30 Freestyle-descend	EN2	
	{3 x 150 on 2:25 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	7:05 AM 2,800 Yards - Stress Value = 48		

Workout #8756 - Thursday, 27 January 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	====	====
	1 on 10:00 Dynamic Stretch		
350	1 x 350 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		

150	10 x 15 on :45 Shooters		
650	2x{4 x 25 on :45 Tombstone Kicking		
	{1 x 100 on 2:40 Kick #3		
	{1 x 100 on 2:30 Kick #2		
	{1 x 25 on :35 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	6x{1 x 100 on 1:45 Individual Medley		
	{1 x 50 on :50 Freestyle		
	{1 x 50 on 1:05 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
	4:47 PM 2,700 Yards - Stress Value = 36		

Workout #8763 - Friday, 28 January 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{3 x 200 on 2:55 Backstroke	EN1	
	{2 x 75 on 1:10 Back 2KOW +1	EN1	
	{2 x 150 on 2:10 Backstroke	EN1	
	{2 x 75 on 1:10 Back 2KOW +1	EN1	
	{1 x 100 on 1:25 Backstroke	EN1	
400	4 x 100 on 1:30 Freestyle-Descend to	EN2	
	ludicrous speed		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:05 AM 2,450 Yards - Stress Value = 28		

Workout #8757 - Friday, 28 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{2 x 225 on 2:55 Freestyle	EN1	
	{2 x 200 on 2:35 Freestyle	EN1	
	{2 x 175 on 2:15 Freestyle	EN1	
	{2 x 150 on 1:55 Freestyle	EN1	
400	4 x 100 on 1:30 Freestyle-Descend to	EN2	
	ludicrous speed		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:05 AM 2,650 Yards - Stress Value = 29		

Workout #8758 - Friday, 28 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{2 x 225 on 3:15 Freestyle	EN1	
	{2 x 200 on 2:50 Freestyle	EN1	
	{2 x 175 on 2:30 Freestyle	EN1	
	{2 x 75 on 1:05 Freestyle	EN1	
400	4 x 100 on 1:30 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:05 AM 2,500 Yards - Stress Value = 28		

Workout #8761 - Friday, 28 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{2 x 150 on 2:25 Freestyle	EN1	
	{3 x 50 on :50 Free Build to fast finish	EN1	
	{2 x 125 on 2:00 Freestyle	EN1	
	{3 x 50 on :50 Free Build to fast finish	EN1	
	{1 x 100 on 1:35 Freestyle	EN1	
	{3 x 50 on :50 Build to fast finish	EN1	
400	4 x 100 on 1:40 Freestyle-Descend to ludicrous speed	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:05 AM 2,300 Yards - Stress Value = 26		

Workout #8764 - Friday, 28 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{3 x 200 on 3:15 Backstroke	EN1	
	{2 x 75 on 1:15 Back 2KOW +1	EN1	
	{2 x 125 on 2:00 Backstroke	EN1	
	{2 x 75 on 1:15 Back 2KOW +1	EN1	
	{1 x 100 on 1:35 Backstroke	EN1	
300	3 x 100 on 1:40 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:05 AM 2,300 Yards - Stress Value = 25		

Workout #8766 - Friday, 28 January 2011

HighSchl - Individual Prescriptions

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
3:00 PM	Start			
=====	=====	====	====	====
	1 on 25:00 DS and Core		L	I
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
	600-Gold, 550-Silver, 500-Bronze			

800	1x{1 x 200 on 15:00 Station #1	REC	D	C
	{1 on 2:30 Rotate to next IP			
	{1 x 200 on 15:00 Station #2	REC	D	C
	{1 on 2:30 Rotate to next IP			
	{1 x 200 on 15:00 Station #3	REC	D	I
	{1 on 2:30 Rotate to next IP			
	{1 x 200 on 15:00 Station #4	REC	D	C
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	
	5:05 PM 1,900 Yards			

Workout #8759 - Friday, 28 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
350	1 x 350 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{2 x 225 on 3:40 Freestyle	EN1	
	{2 x 200 on 3:15 Freestyle	EN1	
	{2 x 175 on 2:50 Freestyle	EN1	
	{1 x 50 on :45 Freestyle	EN1	
300	3 x 100 on 1:40 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:05 AM 2,250 Yards - Stress Value = 24		

Workout #8762 - Friday, 28 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{2 x 150 on 2:40 Freestyle	EN1	
	{3 x 50 on :55 Free Build to fast finish	EN1	
	{2 x 125 on 2:15 Freestyle	EN1	
	{3 x 50 on :55 Free Build to fast finish	EN1	
	{1 x 100 on 1:45 Freestyle	EN1	
	{2 x 50 on :55 Build to fast finish	EN1	
300	3 x 100 on 1:50 Freestyle-Descend to ludicrous speed	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:05 AM 2,150 Yards - Stress Value = 23		

Workout #8765 - Friday, 28 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 37:30 DS and Weights		
350	1 x 350 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{3 x 150 on 2:40 Backstroke	EN1	
	{2 x 75 on 1:20 Back 2KOW +1	EN1	
	{2 x 125 on 2:15 Backstroke	EN1	
	{2 x 75 on 1:20 Back 2KOW +1	EN1	
	{1 x 100 on 1:45 Backstroke	EN1	
300	3 x 100 on 1:50 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:05 AM 2,100 Yards - Stress Value = 23		

Workout #8760 - Friday, 28 January 2011
HighSchl - Sprint
1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 150 on 2:10 Freestyle	EN1	
	{3 x 50 on :45 Free Build to fast finish	EN1	
	{2 x 125 on 1:50 Freestyle	EN1	
	{3 x 50 on :45 Free Build to fast finish	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	{3 x 50 on :45 Build to fast finish	EN1	
400	4 x 100 on 1:35 Freestyle-Descend to ludicrous speed	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:05 AM 2,400 Yards - Stress Value = 27		

Workout #8767 - Saturday, 29 January 2011
HighSchl - Swim Like A Champion Day
1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 DS and Circuit		
600	1 x 600 on 10:00 Choice		
150	10 x 15 on :45 Shooters		
1,000	1x{1 x 200 on 3:20 Kick		
	{4 x 50 on :45 Kick		
	{1 x 150 on 2:30 Kick		
	{3 x 50 on :50 Kick-hold under :45		
	{1 x 100 on 1:40 Kick		
	{2 x 50 on :55 Kick hold under :45		
	{1 x 50 on :50 Kick		
	{1 x 50 on 1:00 Kick hold under :45		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,000	1x{4 x 125 on 2:00 Freestyle		
	{1 on 1:00 Rest		
	{4 x 125 on 1:55 Freestyle		
	{1 on 1:00 Rest		
	{4 x 125 on 1:50 Freestyle		
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 59:59 Shower/Get Breakfast		
	1 on 10:00 Dynamic Stretch		

800	1 x 800 on 12:00 Choice
100	4 x 25 on 1:00 OTB-walkbacks
200	1 x 200 on 3:00 Cool Down
	1 on 14:00 In Locker Room for Pre Meet Talk
	1 on 59:59 Meet Starts
	12:39 PM 5,300 Yards - Stress Value = 149

Workout #8768 - Saturday, 29 January 2011
HighSchl - Gold
1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	7:00 AM Start		
	1 on 40:00 DS and Circuit		
600	1 x 600 on 10:00 Choice		
150	10 x 15 on :45 Shooters		
900	1x{1 x 200 on 3:50 Kick		
	{4 x 50 on :50 Kick		
	{1 x 150 on 2:55 Kick		
	{3 x 50 on :55 Kick-hold under :50		
	{1 x 100 on 1:55 Kick		
	{2 x 50 on 1:00 Kick hold under :50		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,000	1x{4 x 125 on 2:00 Freestyle		
	{1 on 1:00 Rest		
	{4 x 125 on 1:55 Freestyle		
	{1 on 1:00 Rest		
	{4 x 125 on 1:50 Freestyle		
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 59:59 Shower/Get Breakfast		
	1 on 10:00 Dynamic Stretch		
800	1 x 800 on 12:00 Choice		
100	4 x 25 on 1:00 OTB-walkbacks		
200	1 x 200 on 3:00 Cool Down		
	1 on 14:00 In Locker Room for Pre Meet Talk		
	1 on 59:59 Meet Starts		
	12:39 PM 5,200 Yards - Stress Value = 147		

Workout #8769 - Saturday, 29 January 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 40:00 DS and Circuit
150	1 x 550 on 10:00 Choice
800	10 x 15 on :45 Shooters
1x{	1 x 200 on 4:10 Kick
	{4 x 50 on :55 Kick
	{1 x 150 on 3:10 Kick
	{3 x 50 on 1:00 Kick-hold under :55
	{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
2,000	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 59:59 Shower/Get Breakfast
	1 on 10:00 Dynamic Stretch
800	1 x 800 on 12:00 Choice
100	4 x 25 on 1:00 OTB-walkbacks
200	1 x 200 on 3:00 Cool Down
	1 on 14:00 In Locker Room for Pre Meet Talk
	1 on 59:59 Meet Starts
	12:39 PM 5,050 Yards - Stress Value = 65

Yards	Set Description	EGY	WORK
4:34 PM	Start		
3,100	1x{5 x 125 on 1:55 Back alt 25's 10KOW	EN2	§
	{4 x 50 on :45 Back-descend	EN2	§
	{5 x 125 on 1:50 Back alt 25's 10KOW	EN2	§
	{4 x 50 on :45 Back-descend	EN2	§
	{5 x 125 on 1:45 Back alt 25's 10KOW	EN2	§
	{4 x 50 on :45 Back-descend	EN2	§
	{5 x 125 on 1:40 Back alt 25's 10KOW	EN2	§
300	1 x 300 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	5:35 PM 3,400 Yards - Stress Value = 60		

Workout #8787 - Monday, 31 January 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description
4:34 PM	Start
2,750	1x{5 x 125 on 2:05 100 Breast 25 free
	{3 x 100 on 1:40 Breast-descend
	{5 x 100 on 1:40 25 back 75 breast
	{3 x 100 on 1:35 Breast-descend
	{5 x 75 on 1:15 50 Breast 25 free
	{3 x 100 on 1:30 Breaststroke
	{5 x 50 on :50 25 Back 25 Breast
	{1 x 100 on 1:25 Breaststroke
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 3,050 Yards - Stress Value = 55

Yards	Set Description	EGY	WORK
4:34 PM	Start		
2,750	1x{5 x 125 on 2:05 100 Breast 25 free	EN2	§
	{3 x 100 on 1:40 Breast-descend	EN2	§
	{5 x 100 on 1:40 25 back 75 breast	EN2	§
	{3 x 100 on 1:35 Breast-descend	EN2	§
	{5 x 75 on 1:15 50 Breast 25 free	EN2	§
	{3 x 100 on 1:30 Breaststroke	EN2	§
	{5 x 50 on :50 25 Back 25 Breast	EN2	§
	{1 x 100 on 1:25 Breaststroke	EN2	§
300	1 x 300 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	5:35 PM 3,050 Yards - Stress Value = 55		

Workout #8770 - Saturday, 29 January 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 40:00 DS and Circuit
150	1 x 500 on 10:00 Choice
750	10 x 15 on :45 Shooters
1x{	1 x 200 on 4:30 Kick
	{4 x 50 on 1:00 Kick
	{1 x 150 on 3:20 Kick
	{2 x 50 on 1:05 Kick-hold under 1:00
	{1 x 100 on 2:15 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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
250	1 x 250 on 4:00 Stroke Drills
	1 on 59:59 Shower/Get Breakfast
	1 on 10:00 Dynamic Stretch
800	1 x 800 on 12:00 Choice
100	4 x 25 on 1:00 OTB-walkbacks
200	1 x 200 on 3:00 Cool Down
	1 on 14:00 In Locker Room for Pre Meet Talk
	1 on 59:59 Meet Starts
	12:39 PM 4,550 Yards - Stress Value = 120

Workout #8771 - Monday, 31 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
600	1 on 40:00 DS and Weights		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
1,500	10 x 15 on :45 Shooters	SP3	
1x{	2 x 125 on 1:45 Pull no br L.12 yds	EN1	
	{2 x 125 on 1:35 Freestyle	EN1	
	{2 x 125 on 1:40 Pull no br L.12 yds	EN1	
	{2 x 125 on 1:40 Freestyle	EN1	
	{2 x 125 on 1:35 Pull no br L.12 yds	EN1	
	{2 x 125 on 1:45 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 21		

Workout #8784 - Monday, 31 January 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
4:34 PM	Start		
3,400	1x{1 x 500 on 6:15 Freestyle	EN2	
	{5 x 100 on 1:20 Free hold time I give	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
	{5 x 100 on 1:20 Free hold time i give	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{5 x 100 on 1:20 Free hold time I give	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{5 x 100 on 1:20 Free hold time I give	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 3,700 Yards - Stress Value = 68		

Workout #8790 - Monday, 31 January 2011

HighSchl - Back

1 minute rest between sets

Workout #8774 - Monday, 31 January 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 DS and Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{2 x 125 on 1:50 Pull no br L.12 yds	EN1	
	{4 x 50 on :45 Butterfly	EN2	
	{2 x 125 on 1:45 Pull no br L.12 yds	EN1	
	{4 x 50 on :50 Butterfly	EN2	
	{2 x 125 on 1:40 Pull no br L.12 yds	EN1	
	{3 x 50 on :55 Butterfly	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 22		

Workout #8772 - Monday, 31 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 DS and Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{2 x 125 on 1:50 Pull no br L.12 yds	EN1	
	{2 x 125 on 1:45 Freestyle	EN1	
	{2 x 125 on 1:45 Pull no br L.12 yds	EN1	
	{2 x 125 on 1:50 Freestyle	EN1	
	{2 x 125 on 1:40 Pull no br L.12 yds	EN1	
	{2 x 75 on 1:10 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 18		

Workout #8775 - Monday, 31 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 DS and Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{2 x 125 on 1:55 Pull no br L.12 yds	EN1	
	{4 x 50 on :50 Butterfly	EN2	
	{2 x 125 on 1:50 Pull no br L.12 yds	EN1	
	{4 x 50 on :55 Butterfly	EN2	
	{2 x 125 on 1:45 Pull no br L.12 yds	EN1	
	{2 x 50 on 1:00 Butterfly	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,250 Yards - Stress Value = 21		

Workout #8778 - Monday, 31 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 DS and Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,150	1x{3 x 125 on 1:55 Pull no br L.12 yds	EN1	
	{10 x 25 on :35 Free 5brths -1 X2	EN1	
	{2 x 125 on 1:50 Pull no br L.12 yds	EN1	

{8 x 25 on :35 Free 4brths -1 X2	EN1
{1 x 75 on 1:05 Pull no br L.12 yds	EN1
1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Ice	
7:05 AM 2,100 Yards - Stress Value = 17	

Workout #8785 - Monday, 31 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	4:34 PM Start		
	1x{1 x 500 on 7:00 Freestyle	EN2	
	{5 x 100 on 1:30 Free hold time I give	EN2	
	{1 x 400 on 5:35 Freestyle	EN2	
	{5 x 100 on 1:30 Free hold time i give	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{5 x 100 on 1:30 Free hold time I give	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{2 x 100 on 1:30 Free hold time I give	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 3,400 Yards - Stress Value = 62		

Workout #8788 - Monday, 31 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	4:34 PM Start		
	1x{5 x 125 on 2:20 100 Breast 25 free	EN2	§
	{3 x 100 on 1:50 Breast-descend	EN2	§
	{5 x 100 on 1:50 25 back 75 breast	EN2	§
	{3 x 100 on 1:45 Breast-descend	EN2	§
	{5 x 75 on 1:20 50 Breast 25 free	EN2	§
	{3 x 100 on 1:40 Breast-descend	EN2	§
	{1 x 50 on :55 25 back 25 breast	EN2	§
300	1 x 300 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	5:35 PM 2,750 Yards - Stress Value = 49		

Workout #8791 - Monday, 31 January 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	4:34 PM Start		
	1x{4 x 125 on 2:10 Back alt 25's 10KOW	EN2	§
	{6 x 50 on :50 Back-descend	EN2	§
	{4 x 125 on 2:05 Back alt 25's 10KOW	EN2	§
	{6 x 50 on :50 Back-descend	EN2	§
	{4 x 125 on 2:00 Back alt 25's 10KOW	EN2	§
	{4 x 50 on :50 Back-descend	EN2	§
	{4 x 100 on 1:35 Back alt 25's 10KOW	EN2	§
300	1 x 300 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	5:35 PM 3,000 Yards - Stress Value = 54		

Workout #8780 - Monday, 31 January 2011
HighSchl - Platinum
1 minute rest between sets

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

600	1 on 25:00 Shoulders and DS
600	1 x 600 on 15:00 Indvdl Prsrctps
150	10 x 15 on :45 Shooters
2,100	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
	{2 x 150 on 2:30 Kick
	{2 x 100 on 1:40 Kick
	{2 x 50 on :50 Kick
	{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
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:33 PM 3,050 Yards - Stress Value = 50

Workout #8781 - Monday, 31 January 2011
HighSchl - Gold
1 minute rest between sets

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

600	1 on 25:00 Shoulders and DS
600	1 x 600 on 15:00 Indvdl Prsrctps
150	10 x 15 on :45 Shooters
1,800	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:50 Kick
	{2 x 100 on 1:55 Kick
	{2 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 150 on 2:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:33 PM 2,750 Yards - Stress Value = 44

Workout #8782 - Monday, 31 January 2011
HighSchl - Silver
1 minute rest between sets

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

550	1 on 25:00 Shoulders and DS
550	1 x 550 on 15:00 Indvdl Prsrctps
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:10 Kick
	{2 x 100 on 2:05 Kick
	{2 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:10 Kick
	{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
4:33 PM 2,500 Yards - Stress Value = 40

Workout #8783 - Monday, 31 January 2011
HighSchl - Bronze
1 minute rest between sets

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

500	1 on 25:00 Shoulders and DS
500	1 x 500 on 15:00 Indvdl Prsrctps
150	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:20 Kick
	{2 x 100 on 2:15 Kick
	{2 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:10 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:33 PM 2,350 Yards - Stress Value = 38

Workout #8773 - Monday, 31 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

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

550	1 on 40:00 DS and Weights		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters		SP3
1,150	1x{2 x 125 on 2:05 Pull no br L.12 yds		EN1
	{2 x 100 on 1:40 Freestyle		EN1
	{2 x 125 on 2:00 Pull no br L.12 yds		EN1
	{2 x 100 on 1:45 Freestyle		EN1
	{2 x 125 on 1:55 Pull no br L.12 yds		EN1
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:04 AM 2,100 Yards - Stress Value = 16		

Workout #8776 - Monday, 31 January 2011
HighSchl - Silver/Bronze
1 minute rest between sets

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

550	1 on 40:00 DS and Weights		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters		SP3
1,025	1x{2 x 125 on 2:10 Pull no br L.12 yds		EN1
	{3 x 50 on :55 Butterfly		EN2
	{2 x 125 on 2:05 Pull no br L.12 yds		EN1
	{3 x 50 on 1:00 Butterfly		EN2
	{1 x 125 on 2:00 Pull no br L.12 yds		EN1
	{2 x 50 on 1:05 Butterfly		EN1
300	1 x 300 on 5:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,025 Yards - Stress Value = 18		

Workout #8779 - Monday, 31 January 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	WOF
=====	=====	=====	=====	=====	=====
	1 on 40:00 DS and Weights				
550	1 x 550 on 10:00 Swim-kick-pull-swim	600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters	SP3	
975	1x{3 x 125 on 2:05 Pull no br L.12 yds	1,250	1x{3 x 125 on 1:50 Pull no br L.12 yds	EN1	
	{10 x 25 on :40 Free 5brths -1 X2		{10 x 25 on :30 Free 5brths -1 X2	EN1	
	{2 x 125 on 2:00 Pull no br L.12 yds		{2 x 125 on 1:45 Pull no br L.12 yds	EN1	
	{4 x 25 on :40 Free 5brths -1		{8 x 25 on :30 Free 4brths -1 X2	EN1	
200	1 x 200 on 4:00 Stroke Drills	200	{1 x 125 on 1:40 Pull no br L.12 yds	EN1	
	1 on 10:00 Ice		{2 x 25 on :30 Free 2brths -1 X2	EN1	
			1 x 200 on 3:00 Stroke Drills	REC	
			1 on 10:00 Ice		
	7:05 AM 1,875 Yards - Stress Value = 15		7:05 AM 2,200 Yards - Stress Value = 17		

Workout #8794 - Tuesday, 01 February 2011

HighSchl - Lane 2

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	WORK	§
=====	=====	=====	=====	=====	=====	=====
	1 on 25:00 Physio Ball Shoulders/DS					L I
2,700	1x{1 x 500 on 8:00 Freestyle	400	1 x 400 on 7:00 Underwater trn drill	REC		D
	{5 x 100 on 1:40 Free hold time I give	150	10 x 15 on :45 Shooters	SP3		S F
	{1 x 400 on 6:25 Freestyle	2,800	28 x 100 on 1:20 Freestyle	EN2		S
	{5 x 100 on 1:40 Free hold time i give	250	1 x 250 on 4:00 Freestyle	REC		D
	{1 x 300 on 4:45 Freestyle		1 on 10:00 Ice			M
	{5 x 100 on 1:40 Free hold time I give		7:05 AM 3,600 Yards - Stress Value = 62			
300	1 x 300 on 5:00 Stroke Drills					
	1 on 10:00 Ice					
	5:35 PM 3,000 Yards - Stress Value = 54					

Workout #8795 - Tuesday, 01 February 2011

HighSchl - Lane 3

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	WORK	§
=====	=====	=====	=====	=====	=====	=====
	1 on 25:00 Physio Ball Shoulders/DS					L I
2,300	1x{5 x 125 on 2:30 100 Breast 25 free	400	1 x 400 on 7:00 Underwater trn drill	REC		D
	{3 x 100 on 1:55 Breast-descend	150	10 x 15 on :45 Shooters	SP3		S F
	{5 x 100 on 2:00 25 back 75 breast	2,600	26 x 100 on 1:25 Freestyle	EN2		S
	{3 x 100 on 1:45 Breast-descend	250	1 x 250 on 4:00 Freestyle	REC		D
	{5 x 75 on 1:30 50 Breast 25 free		1 on 10:00 Ice			M
	{2 x 100 on 1:50 Breast-descend		7:04 AM 3,400 Yards - Stress Value = 58			
300	1 x 300 on 5:00 Stroke Drills					
	1 on 10:00 Ice					
	5:35 PM 2,600 Yards - Stress Value = 46					

Workout #8796 - Tuesday, 01 February 2011

HighSchl - Lane 4

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	WORK	§
=====	=====	=====	=====	=====	=====	=====
	1 on 25:00 Physio Ball Shoulders/DS					L I
	1 x 400 on 7:00 Underwater trn drill	400	1 x 400 on 7:00 Underwater trn drill	REC		D
	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters	SP3		S F
2,475	1x{5 x 125 on 2:20 Back alt 25's 10KOW	2,500	25 x 100 on 1:30 Freestyle	EN2		S
	{4 x 50 on :55 Back-descend	250	1 x 250 on 4:00 Freestyle	REC		D
	{5 x 125 on 2:15 Back alt 25's 10KOW		1 on 10:00 Ice			M
	{4 x 50 on :55 Back-descend		7:05 AM 3,300 Yards - Stress Value = 56			
	{5 x 125 on 2:10 Back alt 25's 10KOW					
	{4 x 50 on :55 Back-descend					
300	1 x 300 on 5:00 Stroke Drills					
	1 on 10:00 Ice					
	5:35 PM 2,775 Yards - Stress Value = 48					

Workout #8777 - Monday, 31 January 2011

HighSchl - Sprint

1 minute rest between sets

Workout #8797 - Tuesday, 01 February 2011

HighSchl - Lane 5

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes start time 5:30 AM and stress value 50.

Table with columns: Yards, Set Description, EGY, WORK, S. Includes start time 7:00 and stress value 75.

Workout #8793 - Tuesday, 01 February 2011

HighSchl - Freestylers

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes start time 5:30 AM and stress value 66.

Workout #8806 - Thursday, 03 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, S. Includes start time 1:00 PM and stress value 148.

Workout #8802 - Thursday, 03 February 2011

HighSchl - Distance

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 1:00 PM and stress value 75.

Workout #8809 - Thursday, 03 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 1:00 PM and stress value 123.

Workout #8803 - Thursday, 03 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 1:00 PM.

Workout #8805 - Thursday, 03 February 2011

HighSchl - IM'sers

1 minute rest between sets

Yards	Set Description	EGY	WORK
2,750	1x{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 200 on 3:00 IM hold under 2:28	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{2 x 200 on 2:55 IM hold under 2:28	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{3 x 200 on 2:50 IM hold under 2:28	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{4 x 200 on 2:45 IM hold under 2:28	SP1	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	2:00 PM 3,050 Yards - Stress Value = 180		

Workout #8798 - Thursday, 03 February 2011

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
600	1 on 40:00 DS and Weights
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
2,050	1x{1 x 125 on 2:10 Kick
	{4 x 50 on :55 Kick-hold :47
	{2 x 125 on 2:05 Kick
	{4 x 50 on :55 Kick-hold :46
	{3 x 125 on 2:00 Kick
	{4 x 50 on :55 Kick hold :45
	{4 x 125 on 1:55 Kick
	{4 x 50 on :55 Kick hold :44
1,200	1x{1 x 200 on 2:20 Pulls
	{1 x 200 on 2:25 Pulls
	{1 x 200 on 2:30 Pulls
	{1 x 200 on 2:35 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 200 on 2:45 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	12:59 PM 4,200 Yards - Stress Value = 64

Workout #8799 - Thursday, 03 February 2011

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
600	1 on 40:00 DS and Weights
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,800	1x{1 x 125 on 2:25 Kick
	{4 x 50 on 1:00 Kick-hold :51
	{2 x 125 on 2:20 Kick
	{4 x 50 on 1:00 Kick-hold :50
	{3 x 125 on 2:15 Kick
	{4 x 50 on 1:00 Kick hold :49
	{3 x 100 on 1:50 Kick

	{3 x 50 on 1:00 Kick hold :48
1,100	1x{1 x 200 on 2:35 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 200 on 2:45 Pulls
	{1 x 200 on 2:50 Pulls
	{1 x 200 on 2:55 Pulls
	{1 x 100 on 1:30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	12:59 PM 3,850 Yards - Stress Value = 58

Workout #8800 - Thursday, 03 February 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
550	1 on 40:00 DS and Weights
	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,650	1x{1 x 125 on 2:40 Kick
	{4 x 50 on 1:05 Kick-hold :55
	{2 x 125 on 2:35 Kick
	{4 x 50 on 1:05 Kick-hold :54
	{3 x 125 on 2:30 Kick
	{4 x 50 on 1:05 Kick hold :53
	{2 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick hold :52
1,000	1x{1 x 200 on 2:55 Pulls
	{1 x 200 on 3:00 Pulls
	{1 x 200 on 3:05 Pulls
	{1 x 200 on 3:10 Pulls
	{1 x 200 on 3:15 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	12:59 PM 3,550 Yards - Stress Value = 54

Workout #8801 - Thursday, 03 February 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
500	1 on 40:00 DS and Weights
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,500	1x{1 x 125 on 2:55 Kick
	{4 x 50 on 1:10 Kick-hold 1:03
	{2 x 125 on 2:50 Kick
	{4 x 50 on 1:10 Kick-hold 1:02
	{3 x 125 on 2:45 Kick
	{4 x 50 on 1:10 Kick hold 1:01
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:10 Kick hold 1:00
900	1x{1 x 200 on 3:15 Pulls
	{1 x 200 on 3:20 Pulls
	{1 x 200 on 3:25 Pulls
	{1 x 200 on 3:30 Pulls
	{1 x 100 on 1:50 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	12:56 PM 3,150 Yards - Stress Value = 44

Workout #8804 - Thursday, 03 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

1:00 PM Start

Yards	Set Description	EGY	WOF
2,350	1x{1 x 500 on 8:00 Free Hold under 6:50	EN2	
	{1 x 50 on :40 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:15	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:45 Free Hold under 6:50	EN2	
	{1 x 50 on :40 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:15	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:30 Free Hold under 6:50	EN2	
	{1 x 50 on :40 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Free hold under 1:15	SP2	
450	9 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	2:00 PM 2,800 Yards - Stress Value = 75		

Workout #8807 - Thursday, 03 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

1:00 PM Start

Yards	Set Description	EGY	WORK
2,150	1x{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{1 x 200 on 3:40 IM hold under 3:00	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{2 x 200 on 3:40 IM hold under 3:00	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{3 x 200 on 3:40 IM hold under 3:00	SP1	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 50 on :50 Your #1 Stroke	SP2	S
	{1 x 100 on 2:30 Freestyle	REC	S
	{1 x 200 on 3:40 IM hold under 3:00	SP1	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	2:00 PM 2,450 Yards - Stress Value = 132		

Workout #8810 - Thursday, 03 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

1:00 PM Start

Yards	Set Description	EGY	WOF
2,200	1x{1 x 50 on 1:05 Free Hold under:37	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:15	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :38	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 100 on 1:55 Free Hold under 1:20	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Free Hold under :39	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 100 on 1:50 Free Hold under 1:23	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 50 on :50 Free Hold under :40	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 100 on 1:45 Free Hold AFAP	SP1	

250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 ice	
	2:00 PM 2,450 Yards - Stress Value = 123	

Workout #8808 - Thursday, 03 February 2011

HighSchl - Sprint

1 minute rest between sets

1:00 PM Start

Yards	Set Description	EGY	WOF
2,200	1x{1 x 50 on 1:05 Free Hold under:27	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :28	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 100 on 1:55 Free Hold under 1:02	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Free Hold under :29	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 100 on 1:50 Free Hold under 1:04	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 50 on :50 Free Hold under :30	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 100 on 1:45 Free Hold AFAP	SP1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		
	2:00 PM 2,450 Yards - Stress Value = 123		

Workout #8817 - Friday, 04 February 2011

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 40:00 DS and Weights			L WT
400	1 x 400 on 7:00 Reverse IM drill	REC		D I
150	10 x 15 on :45 Shooters	SP3		S I
1,500	1x{4 x 75 on 1:15 Back 1/2/3 KOW	EN1		S F
	{4 x 25 on :30 Bathtub drill-8	EN2		S F
	{4 x 75 on 1:10 Back 2/3/4 KOW	EN1		S F
	{4 x 25 on :30 Bathtub drill 7	EN2		S F
	{4 x 75 on 1:05 Back 3/4/5 KOW	EN1		S F
	{4 x 25 on :30 Bathtub drill-6	EN2		S F
	{4 x 75 on 1:00 Back 4/5/6 KOW	EN2		S F
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
	7:05 AM 2,250 Yards - Stress Value = 27			

Workout #8827 - Friday, 04 February 2011

HighSchl - Breast

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK	PAC
1,500	20 x 75 on 1:30 Breaststroke	EN3		S BR	2:0
	Alt 75 Br, 25 Ba-50 Br, 50 Br-25 Free				
250	1 x 250 on 3:00 Stroke Drills	REC		D CD	1:1
	1 on 10:00 ice			M	
	5:04 PM 1,750 Yards - Stress Value = 90				

Workout #8811 - Friday, 04 February 2011

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,600	1x{1 x 550 on 7:15 Freestyle	EN1	S	F
	{1 x 450 on 5:45 Freestyle	REC	S	F
	{1 x 350 on 4:15 Freestyle	EN1	S	F
	{1 x 250 on 2:55 Freestyle	EN2	S	F
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:05 AM 2,450 Yards - Stress Value = 21				

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,400	1x{4 x 125 on 2:00 Freestyle	EN1	S	F
	{1 x 50 on :50 Free-6 breaths	EN1	S	F
	{3 x 125 on 1:55 Freestyle	EN1	S	F
	{1 x 50 on :50 Free 6 breaths	EN1	S	F
	{2 x 125 on 1:50 Freestyle	EN1	S	F
	{1 x 50 on :50 Free-6 breaths	EN1	S	F
	{1 x 125 on 1:45 Freestyle	EN2	S	F
250	5 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:05 AM 2,200 Yards - Stress Value = 19				

Workout #8818 - Friday, 04 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,275	1x{4 x 75 on 1:20 Back 1/2/3 KOW	EN2	S	F
	{4 x 25 on :35 Bathtub drill-8	EN2	S	F
	{4 x 75 on 1:15 Back 2/3/4 KOW	EN1	S	F
	{4 x 25 on :35 Bathtub drill-7	EN2	S	F
	{4 x 75 on 1:10 Back 3/4/5 KOW	EN1	S	F
	{4 x 25 on :35 Bathtub drill-6	EN2	S	F
	{1 x 75 on 1:05 Back 4/5/6 KOW	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:05 AM 2,025 Yards - Stress Value = 25				

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,275	1x{4 x 75 on 1:20 Back 1/2/3 KOW	EN2	S	F
	{4 x 25 on :35 Bathtub drill-8	EN2	S	F
	{4 x 75 on 1:15 Back 2/3/4 KOW	EN1	S	F
	{4 x 25 on :35 Bathtub drill-7	EN2	S	F
	{4 x 75 on 1:10 Back 3/4/5 KOW	EN1	S	F
	{4 x 25 on :35 Bathtub drill-6	EN2	S	F
	{1 x 75 on 1:05 Back 4/5/6 KOW	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:05 AM 2,025 Yards - Stress Value = 25				

Workout #8828 - Friday, 04 February 2011

HighSchl - Fly

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	ST
1,625	5x{1 x 100 on 1:20 Free-hold time I give	EN2	S	F
	{1 x 25 on :40 Butterfly	EN3	S	F
	{1 x 25 on :35 Butterfly	EN3	S	F
	{1 x 25 on :30 Butterfly	EN3	S	F
	{1 x 25 on :25 Butterfly	EN3	S	F
	{1 x 25 on :20 Butterfly	EN3	S	F
	{1 x 100 on 2:00 Freestyle	REC	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 ice			M
5:05 PM 1,875 Yards - Stress Value = 50				

4:20 PM Start

Yards	Set Description	EGY	WORK	ST
2,000	10 x 200 on 2:55 Freestyle-hold time I give	EN3	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
5:05 PM 2,250 Yards - Stress Value = 120				

Workout #8825 - Friday, 04 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

Workout #8812 - Friday, 04 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS and Weights		L	WT
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	I
1,450	1x{1 x 550 on 8:05 Freestyle	EN1	S	F
	{1 x 450 on 6:20 Freestyle	EN1	S	F
	{1 x 350 on 4:45 Freestyle	EN1	S	F
	{1 x 100 on 1:15 Freestyle	EN2	S	F
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
7:05 AM 2,300 Yards - Stress Value = 22				

4:20 PM Start

Yards	Set Description	EGY	WORK	ST
1,500	5x{1 x 100 on 1:35 Free-hold time I give	EN2	S	F
	{1 x 25 on :40 Butterfly	EN3	S	F
	{1 x 25 on :35 Butterfly	EN3	S	F
	{1 x 25 on :30 Butterfly	EN3	S	F
	{1 x 25 on :25 Butterfly	EN3	S	F
	{1 x 100 on 2:00 Freestyle	REC	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 ice			M
5:04 PM 1,750 Yards - Stress Value = 42				

Workout #8829 - Friday, 04 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

Workout #8815 - Friday, 04 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
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Workout #8820 - Friday, 04 February 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board B 10+1 KOW
 {3 x 100 on 1:45 Kick-hold under 1:35
 {4 x 25 on :30 Kick no board S 10+1 KOW
 {3 x 100 on 1:45 Kick hold under 1:32
 {4 x 25 on :30 Kick no board L 10+1 KOW
 {3 x 100 on 1:45 Kick hold under 1:28
 {4 x 25 on :30 Kick no board R 10+1 KOW
 {3 x 100 on 1:45 Kick hold under 1:25
 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 2,450 Yards - Stress Value = 38

Workout #8821 - Friday, 04 February 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :35 Kick no board B 10+1 KOW
 {3 x 100 on 1:55 Kick-hold under 1:49
 {4 x 25 on :35 Kick no board S 10+1 KOW
 {3 x 100 on 1:55 Kick hold under 1:47
 {4 x 25 on :35 Kick no board L 10+1 KOW
 {3 x 100 on 1:55 Kick hold under 1:45
 {4 x 25 on :35 Kick no board R 10+1 KOW
 {1 x 100 on 1:55 Kick hold under 1:43
 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 2,250 Yards - Stress Value = 34

Workout #8822 - Friday, 04 February 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :40 Kick no board B 10+1 KOW
 {3 x 100 on 2:05 Kick-hold under 1:59
 {4 x 25 on :40 Kick no board S 10+1 KOW
 {3 x 100 on 2:05 Kick hold under 1:57
 {4 x 25 on :40 Kick no board L 10+1 KOW
 {2 x 100 on 2:05 Kick hold under 1:54
 {4 x 25 on :40 Kick no board R 10+1 KOW
 {1 x 50 on 1:05 Kick hold under :55
 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 = 31

Workout #8823 - Friday, 04 February 2011

HighSchl - Bronze

1 minute rest between sets

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

1 on 25:00 DS and Core
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board B 10+1 KOW
 {3 x 100 on 2:10 Kick-hold under 2:06
 {4 x 25 on :45 Kick no board S 10+1 KOW
 {3 x 100 on 2:10 Kick hold under 2:04
 {4 x 25 on :45 Kick no board L 10+1 KOW
 {2 x 100 on 2:10 Kick hold under 2:02
 {4 x 25 on :45 Kick no board R 10+1 KOW
 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 1,950 Yards - Stress Value = 30

Workout #8813 - Friday, 04 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS and Weights L WT
 400 1 x 400 on 7:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S I
 1,300 1x{1 x 500 on 8:00 Freestyle EN2 S F
 {1 x 450 on 7:05 Freestyle REC S F
 {1 x 350 on 5:20 Freestyle EN1 S F
 300 6 x 50 on 1:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 7:05 AM 2,150 Yards - Stress Value = 20

Workout #8816 - Friday, 04 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS and Weights L WT
 400 1 x 400 on 7:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S I
 1,150 1x{4 x 125 on 2:20 Freestyle EN1 S F
 {1 x 50 on :55 Free-6 breaths EN1 S F
 {3 x 125 on 2:15 Freestyle EN1 S F
 {1 x 50 on :55 Free-6 breaths EN1 S F
 {1 x 125 on 2:10 Freestyle EN1 S F
 {1 x 50 on :55 Free-6 breaths EN1 S F
 300 6 x 50 on 1:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 7:05 AM 2,000 Yards - Stress Value = 16

Workout #8819 - Friday, 04 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS and Weights L WT
 400 1 x 400 on 7:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S I
 1,200 1x{4 x 75 on 1:25 Back 1/2/3 KOW EN1 S F
 {4 x 25 on :40 Bathtub drill-8 EN2 S F
 {4 x 75 on 1:20 Back 2/3/4 KOW EN2 S F
 {4 x 25 on :40 Bathtub drill-7 EN2 S F
 {2 x 75 on 1:15 Back 3/4/5 KOW EN1 S F
 {4 x 25 on :40 Bathtub drill-6 EN2 S F
 {2 x 75 on 1:10 Back 4/5/6 KOW EN1 S F
 200 1 x 200 on 3:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 7:05 AM 1,950 Yards - Stress Value = 25

Workout #8826 - Friday, 04 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:20 PM Start
 Yards Set Description EGY
 =====
 1,800 9 x 200 on 3:10 Freestyle-hold time I give EN3
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 5:05 PM 2,050 Yards - Stress Value = 108

6:00 AM Start

Yards Set Description
 =====
 600 1 on 40:00 DS and Circuit
 150 1 x 600 on 10:00 Choice
 1,500 10 x 15 on :45 Shooters
 1x{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 :40 Tombstone Kick
 {2 x 75 on 1:20 Kick
 {2 x 75 on 1:10 Kick
 {2 x 75 on 1:05 Kick
 {4 x 25 on :40 Tombstone Kick
 {3 x 50 on :50 Kick
 {3 x 50 on :45 Kick
 {3 x 50 on :40 Kick
 {4 x 25 on :40 Tombstone Kick
 600 1x{2 x 100 on 1:10 Pull BWSPF
 {2 x 100 on 1:15 Pulls BWHPF
 {2 x 100 on 1:20 Pulls BWKPF
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,625 1x{5 x 125 on 1:27 Freestyle
 {1 x 50 on 1:00 Freestyle
 {4 x 125 on 1:26 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 125 on 1:25 Freestyle
 {3 x 50 on 1:00 Freestyle
 {2 x 125 on 1:24 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 125 on 1:23 Freestyle
 {5 x 50 on 1:00 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 8:35 AM 5,875 Yards - Stress Value = 126

Workout #8830 - Friday, 04 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:20 PM Start
 Yards Set Description EGY WC
 =====
 1,250 5x{1 x 100 on 1:45 Free-hold time I give EN2
 {1 x 25 on :45 Butterfly EN3
 {1 x 25 on :40 Butterfly EN3
 {1 x 25 on :35 Butterfly EN3
 {1 x 25 on :30 Butterfly EN3
 {1 x 50 on 1:30 Freestyle REC
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:04 PM 1,500 Yards - Stress Value = 42

Workout #8831 - Friday, 04 February 2011

HighSchl - Miguel Santos

1 minute rest between sets

3:45 PM Start
 Yards Set Description EGY v
 =====
 1,700 1x{4 x 25 on :30 Kick no board B 10+1 KOW EN2
 {3 x 100 on 1:35 Kick-hold under 1:25 EN2
 {4 x 25 on :30 Kick no board B 10+1 KOW EN2
 {3 x 100 on 1:35 Kick hold under 1:24 EN2
 {4 x 25 on :30 Kick no board B 10+1 KOW EN2
 {3 x 100 on 1:35 Kick hold under 1:23 EN2
 {4 x 25 on :30 Kick no board B 10+1 KOW EN2
 {4 x 100 on 1:35 Kick hold under 1:22 EN2
 4:14 PM 1,700 Yards - Stress Value = 34

Workout #8814 - Friday, 04 February 2011

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS and Weights L WT
 400 1 x 400 on 7:00 Reverse IM drill REC D I
 150 10 x 15 on :45 Shooters SP3 S I
 1,450 1x{4 x 125 on 1:50 Freestyle EN1 S F
 {1 x 50 on :45 Free-6 breaths EN1 S F
 {3 x 125 on 1:45 Freestyle EN1 S F
 {1 x 50 on :45 Free-6 breaths EN1 S F
 {2 x 125 on 1:40 Freestyle EN1 S F
 {1 x 50 on :45 Free-6 breaths EN1 S F
 {1 x 125 on 1:35 Freestyle EN2 S F
 {1 x 50 on :45 Free-6 breaths EN1 S F
 300 6 x 50 on 1:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 7:05 AM 2,300 Yards - Stress Value = 19

Workout #8832 - Saturday, 05 February 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Workout #8833 - Saturday, 05 February 2011

HighSchl - Gold

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Circuit
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,350 1x{1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {4 x 25 on :40 Tombstone Kick
 {2 x 75 on 1:30 Kick
 {2 x 75 on 1:25 Kick
 {2 x 75 on 1:20 Kick
 {4 x 25 on :40 Tombstone Kick
 {3 x 50 on :55 Kick
 {3 x 50 on :50 Kick
 {1 x 50 on :40 Kick
 {2 x 25 on :40 Tombstone Kick
 550 1x{2 x 100 on 1:20 Pull BWSPF
 {2 x 100 on 1:25 Pulls BWHPF
 {2 x 75 on 1:10 Pulls BWKPF
 100 2x{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 1:39 Freestyle
 {1 x 50 on 1:00 Freestyle
 {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
 {4 x 50 on 1:00 Freestyle
 {1 x 125 on 1:35 Freestyle
 {2 x 50 on 1:00 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 8:35 AM 5,525 Yards - Stress Value = 114

Workout #8834 - Saturday, 05 February 2011

HighSchl - Silver

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Circuit
 550 1 x 550 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :40 Tombstone Kick
 {2 x 75 on 1:35 Kick
 {2 x 75 on 1:30 Kick
 {2 x 75 on 1:25 Kick
 {4 x 25 on :40 Tombstone Kick
 {2 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {2 x 25 on :40 Tombstone Kick
 450 1x{2 x 100 on 1:35 Pull BWSPF
 {2 x 75 on 1:15 Pulls BWHPF
 {1 x 100 on 1:45 Pulls BWKPF
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 1x{5 x 100 on 1:27 Freestyle
 {1 x 50 on 1:00 Freestyle
 {4 x 100 on 1:26 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 100 on 1:25 Freestyle
 {3 x 50 on 1:00 Freestyle

{2 x 100 on 1:24 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 100 on 1:23 Freestyle
 {5 x 50 on 1:00 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 8:35 AM 5,050 Yards - Stress Value = 113

Workout #8835 - Saturday, 05 February 2011

HighSchl - Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Circuit
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {4 x 25 on :40 Tombstone Kick
 {2 x 75 on 1:40 Kick
 {1 x 75 on 1:35 Kick
 {1 x 75 on 1:30 Kick
 {4 x 25 on :40 Tombstone Kick
 {3 x 50 on 1:05 Kick
 {3 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {2 x 25 on :40 Tombstone Kick
 450 1x{1 x 100 on 1:40 Pull BWSPF
 {2 x 100 on 1:45 Pulls BWHPF
 {2 x 75 on 1:20 Pulls BWKPF
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{5 x 100 on 1:39 Freestyle
 {1 x 50 on 1:00 Freestyle
 {4 x 100 on 1:38 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 100 on 1:37 Freestyle
 {3 x 50 on 1:00 Freestyle
 {2 x 100 on 1:36 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 100 on 1:35 Freestyle
 {2 x 50 on 1:00 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 8:35 AM 4,900 Yards - Stress Value = 103

Workout #8836 - Saturday, 05 February 2011

HighSchl - Miguel Santos

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WORK STK F
 =====
 1,550 1x{1 x 100 on 1:40 Kick EN2 K CHO 1
 {1 x 100 on 1:35 Kick EN2 K CHO 1
 {1 x 100 on 1:30 Kick EN2 K CHO 1
 {4 x 25 on :40 Tombstone Kick EN2 K FR 2
 {2 x 75 on 1:10 Kick EN2 K CHO 1
 {2 x 75 on 1:05 Kick EN2 K CHO 1
 {2 x 75 on 1:00 Kick EN2 K CHO 1
 {4 x 25 on :40 Tombstone Kick EN2 K FR 2
 {3 x 50 on :45 Kick EN2 K CHO 1
 {3 x 50 on :40 Kick EN2 K CHO 1
 {3 x 50 on :35 Kick EN2 K CHO 1
 {6 x 25 on :40 Tombstone Kick EN2 K CHO 2
 7:27 AM 1,550 Yards - Stress Value = 31

Workout #8837 - Monday, 07 February 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,700	1x{1 x 200 on 2:30 Freestyle	EN1	
	{4 x 75 on 1:10 Freestyle-descend	EN1	
	{1 x 200 on 2:35 Freestyle	EN1	
	{4 x 75 on 1:05 Freestyle-descend	EN1	
	{1 x 200 on 2:40 Freestyle	EN1	
	{4 x 75 on 1:00 Freestyle-descend	EN1	
	{1 x 200 on 2:45 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,500 Yards - Stress Value = 23		

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 39:00 DS and Weights		
150	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
1,300	1x{1 x 150 on 2:45 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 25 on :30 Fly lupdown	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{1 x 150 on 2:50 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 25 on :30 Fly lup2down	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{1 x 150 on 2:55 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 25 on :30 Fly lup3down	EN2	
	{1 x 50 on :50 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,100 Yards - Stress Value = 20		

Workout #8840 - Monday, 07 February 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 150 on 2:30 Butterfly	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{4 x 25 on :30 Fly lupdown	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{1 x 150 on 2:35 Butterfly	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{4 x 25 on :30 Fly lup2down	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{1 x 150 on 2:40 Butterfly	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{4 x 25 on :30 Fly lup3down	EN2	
	{1 x 50 on :45 Freestyle	EN1	
	{1 x 150 on 2:45 Butterfly	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	2,150 Yards - Stress Value = 21		

Workout #8844 - Monday, 07 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 39:00 DS and Weights		
150	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
1,425	1x{4 x 50 on :50 Freestyle	EN1	
	{3 x 75 on 1:20 Freestyle-descend	EN1	
	{4 x 50 on :50 Freestyle	EN1	
	{3 x 75 on 1:15 Freestyle-descend	EN1	
	{4 x 50 on :50 Freestyle	EN1	
	{3 x 75 on 1:10 Freestyle-descend	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	50's=#1 DPS, #2 Straight Arm Finish		
	#3 6bk L.25, #4 5 KOW w/ SFBO		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,225 Yards - Stress Value = 20		

Workout #8838 - Monday, 07 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,650	1x{1 x 200 on 2:45 Freestyle	EN1	
	{4 x 75 on 1:10 Freestyle-descend	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{4 x 75 on 1:05 Freestyle-descend	EN1	
	{1 x 200 on 2:55 Freestyle	EN1	
	{4 x 75 on 1:00 Freestyle-descend	EN1	
	{1 x 150 on 2:15 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,450 Yards - Stress Value = 23		

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 39:00 DS and Weights		
150	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
1,425	1x{1 x 200 on 3:00 Freestyle	EN1	
	{4 x 75 on 1:20 Freestyle-descend	EN1	
	{1 x 200 on 3:05 Freestyle	EN1	
	{4 x 75 on 1:15 Freestyle-descend	EN1	
	{1 x 200 on 3:10 Freestyle	EN1	
	{3 x 75 on 1:10 Freestyle-descend	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,225 Yards - Stress Value = 20		

Workout #8841 - Monday, 07 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

Workout #8842 - Monday, 07 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 39:00 DS and Weights
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,150 1x{1 x 150 on 3:00 Butterfly EN1
 {1 x 100 on 1:45 Freestyle EN1
 {4 x 25 on :40 Fly lup1down EN1
 {1 x 50 on :55 Freestyle EN1
 {1 x 150 on 3:05 Butterfly EN1
 {1 x 100 on 1:45 Freestyle EN1
 {4 x 25 on :40 Fly lup2down EN1
 {1 x 50 on :55 Freestyle EN1
 {1 x 150 on 3:10 Butterfly EN1
 {1 x 100 on 1:45 Freestyle EN1
 {4 x 25 on :40 Fly lup3down EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 1,950 Yards - Stress Value = 19

3:00 PM Start

Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 15:00 Indvdl Prsrcptns
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 125 on 2:10 Kick
 {2 x 125 on 2:05 Kick
 {4 x 125 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
 2,100 1x{1 x 300 on 4:00 Freestyle
 {3 x 100 on 1:10 Free-descend
 {2 x 300 on 3:45 Freestyle
 {3 x 100 on 1:15 Free-descend
 {1 x 300 on 3:30 Freestyle
 {3 x 100 on 1:20 Free-descend
 1 on 10:00 Techniques-Relay Starts
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 4,250 Yards - Stress Value = 68

Workout #8847 - Tuesday, 08 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

Workout #8845 - Monday, 07 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 39:00 DS and Weights
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,275 1x{4 x 50 on :55 Freestyle EN1
 {3 x 75 on 1:30 Freestyle-descend EN1
 {4 x 50 on :55 Freestyle EN1
 {3 x 75 on 1:25 Freestyle-descend EN1
 {4 x 50 on :55 Freestyle EN1
 {3 x 75 on 1:20 Freestyle-descend EN1
 50's=#1 DPS, #2 Straight Arm Finish
 #3 6bk L.25, #4 5 KOW w/ SFBO
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,075 Yards - Stress Value = 18

3:00 PM Start

Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 15:00 Indvdl Prsrcptns
 150 10 x 15 on :45 Shooters
 850 1x{2 x 125 on 2:30 Kick
 {2 x 125 on 2:25 Kick
 {2 x 125 on 2:20 Kick
 {1 x 100 on 1:50 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:20 Free-descend
 {2 x 300 on 4:10 Freestyle
 {3 x 100 on 1:25 Free-descend
 {1 x 300 on 4:05 Freestyle
 {1 x 100 on 1:30 Free-fast
 1 on 10:00 Techniques-Relay Starts
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 3,900 Yards - Stress Value = 61

Workout #8843 - Monday, 07 February 2011

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 39:00 DS and Weights
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,600 1x{4 x 50 on :45 Freestyle EN1
 {4 x 75 on 1:10 Freestyle-descend EN1
 {4 x 50 on :45 Freestyle EN1
 {4 x 75 on 1:05 Freestyle-descend EN1
 {4 x 50 on :45 Freestyle EN1
 {4 x 75 on 1:00 Freestyle-descend EN1
 {2 x 50 on :45 Freestyle EN1
 50's=#1 DPS, #2 Straight Arm Finish
 #3 6bk L.25, #4 5 KOW w/ SFBO
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,400 Yards - Stress Value = 22

Workout #8846 - Tuesday, 08 February 2011

HighSchl - Distance

1 minute rest between sets

Workout #8850 - Tuesday, 08 February 2011
HighSchl - Gold/Silver
1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 15:00 Indvdl Prsrctps
 150 10 x 15 on :45 Shooters
 850 1x{2 x 125 on 2:30 Kick
 {2 x 125 on 2:25 Kick
 {2 x 125 on 2:20 Kick
 {1 x 100 on 1:50 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{8 x 25 on :30 Fly descend in 4's
 {3 x 100 on 1:40 Individual Medley
 {8 x 25 on :30 Back descend in 4's
 {2 x 100 on 1:35 Individual Medley
 {8 x 25 on :35 Breast descend in 4's
 {2 x 100 on 1:30 Individual Medley
 {6 x 25 on :25 Free-descend in 3's
 1 on 10:00 Techniques-Relay Starts
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 3,450 Yards - Stress Value = 52

Workout #8853 - Tuesday, 08 February 2011
HighSchl - Gold/Silver
1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 15:00 Indvdl Prsrctps
 150 10 x 15 on :45 Shooters
 850 1x{2 x 125 on 2:30 Kick
 {2 x 125 on 2:25 Kick
 {2 x 125 on 2:20 Kick
 {1 x 100 on 1:50 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 250 on 4:00 Freestyle
 {5 x 50 on :55 Free 8-7-6-5-4 breaths
 {4 x 25 on :30 Free descend
 {1 x 200 on 3:10 Freestyle
 {4 x 50 on :55 Free 7-6-5-4 breaths
 {4 x 25 on :30 Free-descend
 {1 x 150 on 2:25 Freestyle
 {3 x 50 on :55 Free 6-5-4 breaths
 {4 x 25 on :30 Free-descend
 1 on 10:00 Techniques-Relay Starts
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 3,500 Yards - Stress Value = 53

Workout #8849 - Tuesday, 08 February 2011
HighSchl - IM'ers
1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 15:00 Indvdl Prsrctps
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 125 on 2:10 Kick
 {2 x 125 on 2:05 Kick
 {4 x 125 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

1,700 1x{8 x 25 on :25 Fly descend in 4's
 {3 x 100 on 1:30 Individual Medley
 {8 x 25 on :25 Back descend in 4's
 {3 x 100 on 1:25 Individual Medley
 {8 x 25 on :30 Breast descend in 4's
 {3 x 100 on 1:20 Individual Medley
 {8 x 25 on :20 Free-descend in 4's
 1 on 10:00 Techniques-Relay Starts
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 3,850 Yards - Stress Value = 60

Workout #8848 - Tuesday, 08 February 2011
HighSchl - Silver/Bronze
1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 550 1 x 550 on 15:00 Indvdl Prsrctps
 150 10 x 15 on :45 Shooters
 800 1x{2 x 125 on 2:45 Kick
 {2 x 125 on 2:40 Kick
 {2 x 125 on 2:35 Kick
 {1 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 1x{1 x 300 on 4:50 Freestyle
 {3 x 100 on 1:35 Free-descend
 {2 x 300 on 4:45 Freestyle
 {3 x 100 on 1:40 Free-descend
 {1 x 150 on 2:20 Freestyle
 1 on 10:00 Techniques-Relay Starts
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 3,550 Yards - Stress Value = 55

Workout #8851 - Tuesday, 08 February 2011
HighSchl - Silver/Bronze
1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 550 1 x 550 on 15:00 Indvdl Prsrctps
 150 10 x 15 on :45 Shooters
 800 1x{2 x 125 on 2:45 Kick
 {2 x 125 on 2:40 Kick
 {2 x 125 on 2:35 Kick
 {1 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{6 x 25 on :35 Fly descend in 3's
 {3 x 100 on 1:50 Individual Medley
 {6 x 25 on :35 Back descend in 3's
 {2 x 100 on 1:45 Individual Medley
 {6 x 25 on :40 Breast descend in 3's
 {2 x 100 on 1:40 Individual Medley
 {6 x 25 on :30 Free-descend in 3's
 1 on 10:00 Techniques-Relay Starts
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 3,200 Yards - Stress Value = 48

Workout #8854 - Tuesday, 08 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 550 1 x 550 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 800 1x{2 x 125 on 2:45 Kick
 {2 x 125 on 2:40 Kick
 {2 x 125 on 2:35 Kick
 {1 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 250 on 4:15 Freestyle
 {5 x 50 on 1:00 Free 8-7-6-5-4 breaths
 {4 x 25 on :30 Free descend
 {1 x 200 on 3:25 Freestyle
 {4 x 50 on 1:00 Free 7-6-5-4 breaths
 {4 x 25 on :30 Free-descend
 {1 x 150 on 2:35 Freestyle
 {3 x 50 on 1:00 Free 6-5-4 breaths
 1 on 10:00 Techniques-Relay Starts
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 3,300 Yards - Stress Value = 50

{2 x 50 on :55 Breast hold under :38 EN3 S
 {1 x 125 on 1:55 Breaststroke EN2 S
 {2 x 50 on :55 Breast hold under :37 EN3 S
 {1 x 100 on 1:30 Breaststroke EN2 S
 1 on 10:00 Techniques-Relay Starts I
 250 1 x 250 on 4:00 Stroke Drills REC I
 1 on 10:00 Ice M
 5:17 PM 1,600 Yards - Stress Value = 50

Workout #8859 - Wednesday, 09 February 2011

HighSchl - Distance

1 minute rest between sets

4:29 PM Start
 Yards Set Description
 =====
 1,800 1x{2 x 50 on :45 Free hold under:31 EN3 S
 {1 x 500 on 6:10 Freestyle EN2 S
 {2 x 50 on :45 Free hold under :31 EN3 S
 {1 x 500 on 6:00 Freestyle EN2 S
 {2 x 50 on :45 Free hold under :31 EN3 S
 {1 x 500 on 5:50 Freestyle EN2 S
 { Hold all 500's under 5:35
 1 on 10:00 Techniques-Relay Starts D
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:17 PM 2,050 Yards - Stress Value = 48

4:29 PM Start
 Yards Set Description EGY WORK
 =====
 1,800 1x{2 x 50 on :45 Free hold under:31 EN3 S
 {1 x 500 on 6:10 Freestyle EN2 S
 {2 x 50 on :45 Free hold under :31 EN3 S
 {1 x 500 on 6:00 Freestyle EN2 S
 {2 x 50 on :45 Free hold under :31 EN3 S
 {1 x 500 on 5:50 Freestyle EN2 S
 { Hold all 500's under 5:35
 1 on 10:00 Techniques-Relay Starts D
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:17 PM 2,050 Yards - Stress Value = 48

Workout #8852 - Tuesday, 08 February 2011

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 125 on 2:10 Kick
 {2 x 125 on 2:05 Kick
 {4 x 125 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
 1,600 1x{1 x 250 on 3:45 Freestyle
 {5 x 50 on :50 Free 8-7-6-5-4 breaths
 {8 x 25 on :30 Free descend in 4's
 {1 x 200 on 3:00 Freestyle
 {4 x 50 on :50 Free 7-6-5-4 breaths
 {6 x 25 on :30 Free-descend in 3's
 {1 x 150 on 2:15 Freestyle
 {3 x 50 on :50 Free 6-5-4 breaths
 {2 x 25 on :30 Free-Fast
 1 on 10:00 Techniques-Relay Starts
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:05 PM 3,750 Yards - Stress Value = 58

Workout #8864 - Wednesday, 09 February 2011

HighSchl - Fly

1 minute rest between sets

4:29 PM Start
 Yards Set Description EGY WORK
 =====
 1,550 1x{2 x 125 on 1:25 Fly w/fins EN2 S
 {8 x 25 on :30 Fly w/fins 1u2d EN2 S
 {1 x 100 on 1:30 Freestyle REC S
 {2 x 125 on 1:20 Fly w/fins EN2 S
 {8 x 25 on :30 Fly w/fins 1u3d EN2 S
 {1 x 100 on 1:30 Freestyle REC S
 {2 x 125 on 1:15 Fly w/fins EN2 S
 {8 x 25 on :30 Fly w/fins 1u4d EN2 S
 { Hold all 25's :16 or faster
 1 on 10:00 Techniques-Relay Starts D
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:17 PM 1,800 Yards - Stress Value = 27

Workout #8860 - Wednesday, 09 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:29 PM Start
 Yards Set Description EGY WORK
 =====
 1,600 1x{2 x 50 on :45 Free hold under:33 EN3 S
 {1 x 500 on 7:00 Freestyle EN2 S
 {2 x 50 on :45 Free hold under :33 EN3 S
 {1 x 500 on 6:50 Freestyle EN2 S
 {2 x 50 on :45 Free hold under :33 EN3 S
 {1 x 300 on 4:00 Freestyle EN2 S
 { Hold all 500's under 6:15
 1 on 10:00 Techniques-Relay Starts D
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:17 PM 1,850 Yards - Stress Value = 44

Workout #8862 - Wednesday, 09 February 2011

HighSchl - Breast

1 minute rest between sets

4:29 PM Start
 Yards Set Description EGY WORK
 =====
 1,350 1x{2 x 50 on :55 Breast hold under :42 EN3 S
 {1 x 150 on 2:25 Breaststroke EN2 S
 {2 x 50 on :55 Breast hold under :41 EN3 S
 {1 x 125 on 2:00 Breaststroke EN2 S
 {2 x 50 on :55 Breast hold under :40 EN3 S
 {1 x 100 on 1:35 Breaststroke EN2 S
 {2 x 50 on :55 Breast hold under :39 EN3 S
 {1 x 150 on 2:20 Breaststroke EN2 S

5:17 PM 1,850 Yards - Stress Value = 44

Workout #8865 - Wednesday, 09 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:29 PM Start

Yards	Set Description	EGY	WORK
1,400	1x{2 x 125 on 1:35 Fly w/fins 8 x 25 on :35 Fly w/fins lu2d 1 x 100 on 1:40 Freestyle 2 x 125 on 1:30 Fly w/fins 8 x 25 on :35 Fly w/fins lu3d 1 x 100 on 1:40 Freestyle 2 x 125 on 1:25 Fly w/fins 2 x 25 on :35 Fly w/fins lu4d { Hold all 25's :18 or faster	EN2	S
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:17 PM 1,650 Yards - Stress Value = 24			

Workout #8855 - Wednesday, 09 February 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 35:00 DS and Weights
150	1 x 600 on 15:00 Indvdl Prsrctps
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :30 Kick no board B 2 x 150 on 2:25 Kick 4 x 25 on :30 Kick no board S 2 x 125 on 1:55 Kick 6 x 25 on :30 Kick no board C
500	1x{1 x 150 on 1:50 Lungbuster pulls 2 x 100 on 1:15 Lungbuster pulls 3 x 50 on :40 Lungbuster pulls { Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:28 PM 2,250 Yards - Stress Value = 30	

Workout #8856 - Wednesday, 09 February 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 35:00 DS and Weights
150	1 x 600 on 15:00 Indvdl Prsrctps
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :35 Kick no board B 2 x 150 on 2:50 Kick 4 x 25 on :35 Kick no board S 2 x 100 on 1:50 Kick 2 x 25 on :35 Kick no board C
450	1x{1 x 150 on 2:05 Lungbuster pulls 2 x 100 on 1:25 Lungbuster pulls 2 x 50 on :45 Lungbuster pulls { Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:28 PM 2,050 Yards - Stress Value = 26	

Workout #8857 - Wednesday, 09 February 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
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Yards	Set Description	EGY	WORK
550	1 on 35:00 DS and Weights		
150	1 x 550 on 15:00 Indvdl Prsrctps		
150	10 x 15 on :45 Shooters		
700	1x{4 x 25 on :40 Kick no board B 2 x 125 on 2:35 Kick 4 x 25 on :40 Kick no board S 2 x 100 on 2:00 Kick 2 x 25 on :40 Kick no board C		
400	1x{1 x 150 on 2:20 Lungbuster pulls 2 x 100 on 1:35 Lungbuster pulls 1 x 50 on :50 Lungbuster pulls { Breathe 3-5-7-9 by the 25's		
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:28 PM 1,900 Yards - Stress Value = 24			

Workout #8858 - Wednesday, 09 February 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 35:00 DS and Weights
150	1 x 500 on 15:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board B 2 x 125 on 2:40 Kick 4 x 25 on :45 Kick no board S 2 x 75 on 1:35 Kick 2 x 25 on :45 Kick no board C
400	1x{1 x 150 on 2:30 Lungbuster pulls 2 x 100 on 1:45 Lungbuster pulls 1 x 50 on :55 Lungbuster pulls { Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:28 PM 1,800 Yards - Stress Value = 23	

Workout #8861 - Wednesday, 09 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:29 PM Start

Yards	Set Description	EGY	WORK
1,500	1x{2 x 50 on :50 Free hold under:37 1 x 400 on 6:25 Freestyle 2 x 50 on :50 Free hold under :37 1 x 400 on 6:20 Freestyle 2 x 50 on :50 Free hold under :37 1 x 400 on 6:15 Freestyle { Hold all 400's under 5:50	EN3	S
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:18 PM 1,750 Yards - Stress Value = 42			

Workout #8863 - Wednesday, 09 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:29 PM Start

Yards	Set Description	EGY	WOF
1,200	1x{1 x 150 on 2:45 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast hold under :49	EN3	
	{1 x 125 on 2:15 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast hold under :48	EN3	
	{1 x 100 on 1:45 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast hold under :47	EN3	
	{1 x 150 on 2:40 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast hold under :46	EN3	
	{1 x 125 on 2:10 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast hold under :45	EN3	
	{1 x 50 on :50 Breaststroke	EN2	
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:17 PM 1,450 Yards - Stress Value = 43

{2 x 150 on 2:05 Free Hold time I give	EN2
1 on 10:00 Techniques-Relay Starts	
1 x 250 on 4:00 Stroke Drills	REC
1 on 10:00 ice	

5:00 PM 1,800 Yards - Stress Value = 31

Workout #8872 - Thursday, 10 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
1,400	1x{1 x 150 on 2:05 Freestyle	EN2	
	{2 x 100 on 1:30 Free Hold time I give	EN2	
	{2 x 200 on 2:45 Freestyle	EN2	
	{2 x 125 on 1:50 Free Hold time I give	EN2	
	{1 x 250 on 3:25 Freestyle	EN2	
	{1 x 150 on 2:15 Free Hold time I give	EN2	
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		

5:00 PM 1,650 Yards - Stress Value = 28

Workout #8866 - Wednesday, 09 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:29 PM Start

Yards	Set Description	EGY	WORK
1,200	1x{2 x 100 on 1:30 Fly w/fins	EN2	S
	{6 x 25 on :40 Fly w/fins lu2d	EN2	S
	{1 x 100 on 1:50 Freestyle	REC	S
	{2 x 100 on 1:25 Fly w/fins	EN2	S
	{6 x 25 on :40 Fly w/fins lu3d	EN2	S
	{1 x 100 on 1:50 Freestyle	REC	S
	{2 x 100 on 1:20 Fly w/fins	EN2	S
	{4 x 25 on :40 Fly w/fins lu4d	EN2	S
	{ Hold all 25's :22 or faster		
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:17 PM 1,450 Yards - Stress Value = 20

Workout #8875 - Thursday, 10 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
1,350	1x{1 x 250 on 3:50 50fl 50fr 50fl 50fr 50fl	EN2	
	{2 x 100 on 1:35 Individual Medley	EN2	
	{1 x 250 on 3:50 50ba 50fr 50ba 50fr 50ba	EN2	
	{2 x 100 on 1:35 Individual Medley	EN2	
	{1 x 250 on 4:05 50br 50fr 50br 50fr 50br	EN2	
	{2 x 100 on 1:35 Individual Medley	EN2	
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		

5:02 PM 1,600 Yards - Stress Value = 27

Workout #8883 - Thursday, 10 February 2011

HighSchl - Back

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 33:00 DS and Weights			L WTS
200	1 x 200 on 3:00 Reverse IM drill	REC		D IM
150	10 x 15 on :45 Shooters	SP3		S IM
1,375	11 x 125 on 1:45 Backstroke	EN2		S BK
	Alt 25's of 10 KOW			
	#4,#8 #11-100%			
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M

7:05 AM 1,925 Yards - Stress Value = 34

Workout #8878 - Thursday, 10 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
1,150	1x{2 x 125 on 2:05 Free hold time I give	EN2	
	{4 x 25 on :30 SD w/ fast finishes	EN2	
	{3 x 100 on 1:40 Free-hold time I give	EN2	
	{4 x 25 on :35 SD w/fast finishes	EN2	
	{4 x 75 on 1:15 Free-hold time I give	EN2	
	{4 x 25 on :40 SD w/fast finishes	EN2	
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		

5:02 PM 1,400 Yards - Stress Value = 23

Workout #8871 - Thursday, 10 February 2011

HighSchl - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
1,550	1x{1 x 150 on 1:45 Freestyle	EN2	
	{2 x 100 on 1:25 Free Hold time I give	EN2	
	{2 x 200 on 2:20 Freestyle	EN2	
	{2 x 125 on 1:45 Free Hold time I give	EN2	
	{1 x 250 on 2:55 Freestyle	EN2	

Workout #8874 - Thursday, 10 February 2011

HighSchl - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
1,450	1x{1 x 250 on 3:25 50fl 50fr 50fl 50fr 50fl	EN2
	{2 x 100 on 1:25 Individual Medley	EN2
	{1 x 250 on 3:25 50ba 50fr 50ba 50fr 50ba	EN2
	{2 x 100 on 1:25 Individual Medley	EN2
	{1 x 250 on 3:40 50br 50fr 50br 50fr 50br	EN2
	{3 x 100 on 1:25 Individual Medley	EN2
	1 on 10:00 Techniques-Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 ice	

5:01 PM 1,700 Yards - Stress Value = 29

Yards	Set Description
500	1 on 25:00 Shoulders and DS
150	1 x 500 on 15:00 Indvdl Prsrctns
600	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
300	1x{1 x 50 on 1:00 Pulls
	{1 x 50 on :55 Pulls
	{2 x 50 on :50 Pulls
	{2 x 50 on :45 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:14 PM 1,650 Yards - Stress Value = 21

Workout #8867 - Thursday, 10 February 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 25:00 Shoulders and DS
150	1 x 500 on 15:00 Indvdl Prsrctns
800	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
400	1x{2 x 50 on :50 Pulls
	{2 x 50 on :45 Pulls
	{2 x 50 on :40 Pulls
	{2 x 50 on :35 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:14 PM 1,950 Yards - Stress Value = 27

Workout #8870 - Thursday, 10 February 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 25:00 Shoulders and DS
150	1 x 500 on 15:00 Indvdl Prsrctns
550	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 on 1:15 Kick
300	1x{1 x 50 on 1:05 Pulls
	{1 x 50 on 1:00 Pulls
	{2 x 50 on :55 Pulls
	{2 x 50 on :50 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:14 PM 1,600 Yards - Stress Value = 20

Workout #8868 - Thursday, 10 February 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 25:00 Shoulders and DS
150	1 x 500 on 15:00 Indvdl Prsrctns
700	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
350	1x{1 x 50 on :55 Pulls
	{2 x 50 on :50 Pulls
	{2 x 50 on :45 Pulls
	{2 x 50 on :40 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:14 PM 1,800 Yards - Stress Value = 24

Workout #8873 - Thursday, 10 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
1,200	1x{1 x 150 on 2:25 Freestyle		EN2
	{2 x 100 on 1:45 Free Hold time I give		EN2
	{1 x 200 on 3:10 Freestyle		EN2
	{2 x 125 on 2:10 Free Hold time I give		EN2
	{1 x 250 on 4:00 Freestyle		EN2
	{1 x 150 on 2:35 Free Hold time I give		EN2
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 ice		

5:00 PM 1,450 Yards - Stress Value = 24

Workout #8869 - Thursday, 10 February 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Workout #8876 - Thursday, 10 February 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
1,200	1x{1 x 200 on 3:30 50fl 50fr 50fl 50fr 50fl	EN2	
	{2 x 100 on 1:45 Individual Medley	EN2	
	{1 x 200 on 3:30 50ba 50fr 50ba 50fr 50ba	EN2	
	{2 x 100 on 1:45 Individual Medley	EN2	
	{1 x 200 on 3:45 50br 50fr 50br 50fr 50br	EN2	
	{2 x 100 on 1:45 Individual Medley	EN2	
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:02 PM	1,450 Yards - Stress Value = 24		

HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:45 AM	Start			
1	on 33:00 DS and Weights			L WTS
200	1 x 200 on 4:00 Reverse IM drill	REC		D IM
150	10 x 15 on :45 Shooters	SP3		S IM
1,500	5 x 300 on 4:15 Freestyle	EN2		S FR
	Neg split each one-descend #2-#4			
	Hold #5 as fast as #4			
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
7:08 AM	2,050 Yards - Stress Value = 36			

Workout #8884 - Friday, 11 February 2011
HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
1,100	1x{2 x 125 on 2:15 Free hold time I give	EN2	
	{4 x 25 on :40 SD w/ fast finishes	EN2	
	{3 x 100 on 1:50 Free-hold time I give	EN2	
	{4 x 25 on :40 SD w/fast finishes	EN2	
	{4 x 75 on 1:20 Free-hold time I give	EN2	
	{2 x 25 on :40 SD w/fast finishes	EN2	
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:02 PM	1,350 Yards - Stress Value = 22		

Yards	Set Description	EGY	WORK	STK
5:45 AM	Start			
1	on 33:00 DS and Weights			L WTS
200	1 x 200 on 3:00 Reverse IM drill	REC		D IM
150	10 x 15 on :45 Shooters	SP3		S IM
1,250	10 x 125 on 2:00 Backstroke	EN2		S BK
	Alt 25's of 10 KOW			
	#3, #7 #10-100%			
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
7:05 AM	1,800 Yards - Stress Value = 31			

Workout #8887 - Friday, 11 February 2011
HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
1,300	1x{2 x 125 on 1:50 Free hold time I give	EN2	
	{6 x 25 on :25 SD w/ fast finishes	EN2	
	{3 x 100 on 1:25 Free-hold time I give	EN2	
	{6 x 25 on :30 SD w/fast finishes	EN2	
	{4 x 75 on 1:05 Free-hold time I give	EN2	
	{6 x 25 on :35 SD w/fast finishes	EN2	
	1 on 10:00 Techniques-Relay Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:02 PM	1,550 Yards - Stress Value = 26		

Yards	Set Description	EGY	WORK	STK
5:45 AM	Start			
1	on 33:00 DS and Weights			L
200	1 x 200 on 3:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,000	5x{1 x 100 on 1:35 Freestyle-DPS	EN1		S
	{4 x 25 on :40 Free 10/12/14/16 SFS	SP1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
7:07 AM	1,550 Yards - Stress Value = 51			

Workout #8880 - Friday, 11 February 2011
HighSchl - Distance
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:45 AM	Start			
1	on 33:00 DS and Weights			L WTS
200	1 x 200 on 4:00 Reverse IM drill	REC		D IM
150	10 x 15 on :45 Shooters	SP3		S IM
1,500	5 x 300 on 3:45 Freestyle	EN2		S FR
	Neg split each one-descend #2-#4			
	Hold #5 as fast as #4			
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
7:05 AM	2,050 Yards - Stress Value = 36			

Workout #8881 - Friday, 11 February 2011

Workout #8893 - Friday, 11 February 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 35:00 Dynamic Stretch/Circuit			
500	1 x 500 on 10:00 Choice			
150	10 x 15 on :45 Shooters			
450	1x{2 x 125 on 2:50 Kick			
	{1 x 100 on 2:15 Kick			
	{2 x 50 on 1:10 Kick			
350	1x{1 x 150 on 2:35 Pulls			
	{1 x 150 on 2:30 Pulls			
	{1 x 50 on :50 Pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,050	1x{12 x 50 on 1:00 Free every 3rd one 100%			
	{6 x 50 on 1:05 Free every 2nd one 100%			
	{3 x 50 on 1:10 Freestyle-100%			
300	6 x 50 on 1:00 Stroke Drills			
	1 on 10:00 Ice			
	9:00 AM 3,000 Yards - Stress Value = 45			

Workout #8882 - Friday, 11 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 33:00 DS and Weights		L	WTS
200	1 x 200 on 4:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,250	5 x 250 on 4:15 Freestyle	EN2	S	FR
	Neg split each one-descend #2-#4			
	Hold #5 as fast as #4			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	7:08 AM 1,800 Yards - Stress Value = 31			

Workout #8885 - Friday, 11 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 33:00 DS and Weights		L	WTS
200	1 x 200 on 3:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,125	9 x 125 on 2:15 Backstroke	EN2	S	BK
	Alt 25's of 10 KOW			
	#3,#6,#9-100%			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	7:06 AM 1,675 Yards - Stress Value = 28			

Workout #8888 - Friday, 11 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 33:00 DS and Weights		L	
200	1 x 200 on 4:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	4x{1 x 100 on 1:45 Freestyle-DPS	EN1	S	
	{4 x 25 on :45 Free 10/12/14/16 SFS	SP1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

7:05 AM 1,350 Yards - Stress Value = 42

Workout #8886 - Friday, 11 February 2011

HighSchl - Sprint

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 33:00 DS and Weights		L	
200	1 x 200 on 3:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	5x{1 x 100 on 1:25 Freestyle-DPS	EN1	S	
	{4 x 25 on :40 Free 10/12/14/16 SFS	SP1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	7:06 AM 1,550 Yards - Stress Value = 51			

Workout #8889 - Friday, 11 February 2011

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch			
800	1 x 800 on 15:00 Choice		F	
150	10 x 15 on :45 Shooters		S	
750	1x{1 x 250 on 7:30 Indvdl Prsrctns		F	
	{1 on 2:30 Switch IP			
	{1 x 250 on 7:30 Indvdl Prsrctns		F	
	{1 on 2:30 Switch IP			
	{1 x 250 on 7:30 Indvdl Prsrctns		F	
200	2x{1 x 25 on :45 Kick on left side face down		F	
	{1 x 25 on :45 Kick on right side face down		F	
	{1 x 25 on :45 Kick on left side face up		F	
	{1 x 25 on :45 Kick on right side face up		F	
650	1x{1 x 50 on 1:30 Free Sprint Count Strokes		S	
	{1 x 25 on :40 Free 15 strokes		F	
	{1 x 25 on :40 Free 14 strokes		F	
	{1 x 25 on :40 Free 13 strokes		F	
	{1 x 25 on :40 Free 12 strokes		F	
	{1 x 25 on :40 Free 11 strokes		F	
	{1 x 25 on :40 Free 10 strokes		F	
	{1 x 25 on :40 Free 9 strokes		F	
	{1 x 25 on :40 Free 8 strokes		F	
	{1 x 25 on :40 Free 7 strokes		F	
	{1 x 25 on :40 Free 6 strokes		F	
	{1 x 50 on 1:30 Free Sprint Count Strokes		S	
	{1 x 25 on :35 Free 15 strokes		F	
	{1 x 25 on :35 Free 14 strokes		F	
	{1 x 25 on :35 Free 13 strokes		F	
	{1 x 25 on :35 Free 12 strokes		F	
	{1 x 25 on :35 Free 11 strokes		F	
	{1 x 25 on :35 Free 10 strokes		F	
	{1 x 25 on :35 Free 9 strokes		F	
	{1 x 25 on :35 Free 8 strokes		F	
	{1 x 25 on :35 Free 7 strokes		F	
	{1 x 25 on :35 Free 6 strokes		F	
	{1 x 50 on 1:30 Free Sprint Count Strokes		S	
250	1 x 250 on 4:00 Stroke Drills		F	
	1 on 10:00 Ice			
	4:48 PM 2,800 Yards - Stress Value = 21			

Workout #8890 - Saturday, 12 February 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Dynamic Stretch/Circuit
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 600 1x{2 x 125 on 2:15 Kick
 {2 x 100 on 1:45 Kick
 {2 x 75 on 1:15 Kick
 450 1x{1 x 150 on 1:55 Pulls
 {1 x 150 on 1:50 Pulls
 {1 x 150 on 1:45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{12 x 50 on :50 Free every 3rd one 100%
 {8 x 50 on :55 Free every 2nd one 100%
 {4 x 50 on 1:00 Free all 100%
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:00 AM 3,500 Yards - Stress Value = 55

Workout #8891 - Saturday, 12 February 2011

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Dynamic Stretch/Circuit
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 550 1x{2 x 125 on 2:30 Kick
 {2 x 100 on 1:55 Kick
 {2 x 50 on :55 Kick
 400 1x{1 x 150 on 2:05 Pulls
 {1 x 150 on 2:00 Pulls
 {1 x 100 on 1:20 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{12 x 50 on :50 Free every 3rd one 100%
 {8 x 50 on :55 Free every 2nd one 100%
 {4 x 50 on 1:00 Free all 100%
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:00 AM 3,400 Yards - Stress Value = 52

Workout #8892 - Saturday, 12 February 2011

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 Dynamic Stretch/Circuit
 550 1 x 550 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 500 1x{2 x 125 on 2:40 Kick
 {1 x 100 on 2:05 Kick
 {2 x 75 on 1:30 Kick
 350 1x{1 x 150 on 2:20 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
 1,100 1x{12 x 50 on :55 Free every 3rd one 100%
 {8 x 50 on 1:00 Free every 2nd one 100%
 {2 x 50 on 1:05 Freestyle-100%
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice

9:00 AM 3,150 Yards - Stress Value = 45

Workout #8905 - Monday, 14 February 2011

HighSchl - Back

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1,300 1x{2 x 100 on 1:25 Backstroke
 {2 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {2 x 100 on 1:20 Backstroke
 {2 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 250 1 on 10:00 Techniques-Starts/Relay Starts
 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 1,550 Yards - Stress Value = 26

Workout #8902 - Monday, 14 February 2011

HighSchl - Breast

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1,150 1x{1 x 200 on 3:10 Breaststroke
 {2 x 50 on 1:00 Breast
 {2 x 175 on 2:45 Breaststroke
 {2 x 50 on 1:00 Breaststroke
 {2 x 150 on 2:20 Breaststroke
 {2 x 50 on 1:00 Breaststroke
 250 1 on 10:00 Techniques-Starts/Relay Starts
 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:00 PM 1,400 Yards - Stress Value = 35

Workout #8899 - Monday, 14 February 2011

HighSchl - Distance

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1,375 1x{1 x 125 on 2:00 Freestyle
 {2 x 250 on 3:15 Freestyle
 {1 x 125 on 2:00 Freestyle
 {2 x 250 on 3:10 Freestyle
 {1 x 125 on 2:00 Freestyle
 250 1 on 10:00 Techniques-Starts/Relay Starts
 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 4:59 PM 1,625 Yards - Stress Value = 44

Workout #8900 - Monday, 14 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:15 PM Start
 Yards Set Description EC
 =====
 1,250 1x{1 x 125 on 2:15 Freestyle EM
 {2 x 250 on 3:30 Freestyle EM
 {1 x 125 on 2:15 Freestyle EM
 {2 x 250 on 3:25 Freestyle EM
 1 on 10:00 Techniques-Starts/Relay Starts
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 4:59 PM 1,500 Yards - Stress Value = 36

3:00 PM Start

Yards Set Description
 =====
 1 on 25:00 DS and Core
 500 1 x 500 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR-12 KOW
 {1 x 100 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {2 x 100 on 1:35 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 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
 4:14 PM 1,850 Yards - Stress Value = 24

Workout #8903 - Monday, 14 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:15 PM Start
 Yards Set Description EC
 =====
 1,100 1x{1 x 200 on 3:30 Breaststroke EM
 {2 x 50 on 1:00 Breast EM
 {2 x 175 on 3:00 Breaststroke EM
 {2 x 50 on 1:00 Breaststroke EM
 {2 x 150 on 2:30 Breaststroke EM
 {1 x 50 on 1:00 Breaststroke EM
 1 on 10:00 Techniques-Starts/Relay Starts
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 5:00 PM 1,350 Yards - Stress Value = 32

Workout #8896 - Monday, 14 February 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 500 1 x 500 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board BSLR-12 KOW
 {1 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {2 x 75 on 1:20 Kick
 550 1x{1 x 200 on 2:50 Pull no br L.12 yds
 {1 x 150 on 2:05 Pull no br L.12 yds
 {2 x 100 on 1:20 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:14 PM 1,750 Yards - Stress Value = 21

Workout #8906 - Monday, 14 February 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:15 PM Start
 Yards Set Description EC
 =====
 1,200 1x{2 x 100 on 1:35 Backstroke EM
 {2 x 100 on 1:30 Backstroke EM
 {1 x 50 on :45 Backstroke EM
 {6 x 25 on :30 Back 4 KOW +1 EM
 {2 x 100 on 1:30 Backstroke EM
 {2 x 100 on 1:25 Backstroke EM
 {1 x 50 on :40 Backstroke EM
 {6 x 25 on :30 Back 4 KOW +1 EM
 1 on 10:00 Techniques-Starts/Relay Starts
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 5:00 PM 1,450 Yards - Stress Value = 24

Workout #8897 - Monday, 14 February 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 500 1 x 500 on 15:00 Indvdl Prsrctns
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board BSLR-12 KOW
 {1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {2 x 50 on 1:05 Kick
 450 1x{1 x 200 on 3:15 Pull no br L.12 yds
 {1 x 150 on 2:25 Pull no br L.12 yds
 {1 x 100 on 1:30 Pull no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:14 PM 1,600 Yards - Stress Value = 19

Workout #8894 - Monday, 14 February 2011

HighSchl - All

1 minute rest between sets

6:00 AM Start
 Yards Set Description EGY WORK S
 =====
 1 on 25:00 DS and Weights L I
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC S C
 150 10 x 15 on :45 Shooters SP3 S C
 1 on 9:00 Techniques-Starts D
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 7:05 AM 800 Yards - Stress Value = 6

Workout #8895 - Monday, 14 February 2011

HighSchl - Platinum

1 minute rest between sets

Workout #8898 - Monday, 14 February 2011
HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 25:00 DS and Core
150	1 x 500 on 15:00 Indvdl Prsrctns
400	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{1 x 100 on 2:15 Kick
450	1x{1 x 150 on 2:40 Pull no br L.12 yds
	{2 x 100 on 1:45 Pull no br L.12 yds
	{2 x 50 on :50 Pull no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:14 PM 1,600 Yards - Stress Value = 19

Workout #8901 - Monday, 14 February 2011
HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
1,075	1x{1 x 125 on 2:30 Freestyle	EM
	{2 x 200 on 3:15 Freestyle	EM
	{1 x 125 on 2:30 Freestyle	EM
	{2 x 150 on 2:20 Freestyle	EM
	{1 x 125 on 2:30 Freestyle	EM
	1 on 10:00 Techniques-Starts/Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	4:59 PM 1,325 Yards - Stress Value = 38	

Workout #8904 - Monday, 14 February 2011
HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
1,000	1x{1 x 200 on 3:45 Breaststroke	EM
	{2 x 50 on 1:10 Breast	EM
	{2 x 175 on 3:15 Breaststroke	EM
	{2 x 50 on 1:10 Breaststroke	EM
	{1 x 150 on 2:45 Breaststroke	EM
	{2 x 50 on 1:10 Breaststroke	EM
	1 on 10:00 Techniques-Starts/Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	5:00 PM 1,250 Yards - Stress Value = 32	

Workout #8907 - Monday, 14 February 2011
HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
1,050	1x{1 x 100 on 1:45 Backstroke	EM
	{2 x 100 on 1:40 Backstroke	EM
	{1 x 100 on 1:35 Backstroke	EM
	{6 x 25 on :40 Back 4 KOW +1	EM
	{1 x 100 on 1:40 Backstroke	EM
	{2 x 100 on 1:35 Backstroke	EM
	{1 x 100 on 1:30 Backstroke	EM
	{4 x 25 on :40 Back 4 KOW +1	EM
	1 on 10:00 Techniques-Starts/Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	RE

1 on 10:00 Ice
 5:00 PM 1,300 Yards - Stress Value = 21

Workout #8921 - Tuesday, 15 February 2011
Group 3 - Distance

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 15:00 Dynamic Stretch
150	1 x 600 on 10:00 Underwater trn drill
700	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:30 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{2 x 225 on 2:45 Freestyle
	{2 x 200 on 2:30 Freestyle
	{2 x 175 on 2:15 Freestyle
	{2 x 150 on 2:00 Freestyle
	{2 x 125 on 1:45 Freestyle
	{2 x 100 on 1:25 Freestyle
	{2 x 75 on 1:05 Freestyle
	{2 x 50 on :45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	6:27 PM 4,000 Yards - Stress Value = 43

Workout #8912 - Tuesday, 15 February 2011
HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EC
4:03 PM	Start	
1,750	1x{2 x 200 on 2:30 Freestyle	EM
	{2 x 175 on 2:15 Freestyle	EM
	{2 x 150 on 2:00 Freestyle	EM
	{2 x 125 on 1:45 Freestyle	EM
	{2 x 100 on 1:25 Freestyle	EM
	{2 x 75 on 1:05 Freestyle	EM
	{2 x 50 on :45 Freestyle	EM
	1 on 10:00 Techniques-Starts/Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	4:52 PM 2,000 Yards - Stress Value = 18	

Workout #8913 - Tuesday, 15 February 2011
HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EC
4:03 PM	Start	
1,650	1x{2 x 200 on 2:40 Freestyle	EM
	{2 x 175 on 2:25 Freestyle	EM
	{2 x 150 on 2:10 Freestyle	EM
	{2 x 125 on 1:50 Freestyle	EM
	{2 x 100 on 1:30 Freestyle	EM
	{2 x 75 on 1:10 Freestyle	EM
	1 on 10:00 Techniques-Starts/Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	4:52 PM 1,900 Yards - Stress Value = 17	

Workout #8916 - Tuesday, 15 February 2011
HighSchl - Gold/Silver
1 minute rest between sets

4:03 PM Start

Yards	Set Description	EC
1,450	1x{3 x 100 on 1:30 Freestyle	EM
	{3 x 75 on 1:10 Freestyle	EM
	{3 x 50 on :45 Freestyle	EM
	{2 x 25 on :30 Free-Build to 100%	EM
	{2 x 100 on 1:40 Freestyle	EM
	{2 x 75 on 1:15 Freestyle	EM
	{2 x 50 on :50 Freestyle	EM
	{2 x 25 on :30 Build to 100%	EM
	{1 x 100 on 1:50 Freestyle	EM
	{1 x 75 on 1:20 Freestyle	EM
	{1 x 50 on :55 Freestyle	EM
	1 on 10:00 Techniques-Starts/Relay Starts	RE
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	

4:52 PM 1,700 Yards - Stress Value = 14

Workout #8919 - Tuesday, 15 February 2011
HighSchl - Gold/Silver
1 minute rest between sets

4:03 PM Start

Yards	Set Description	EC
1,300	1x{2 x 100 on 1:35 Individual Medley	EM
	{4 x 25 on :30 Butterfly	EM
	{2 x 100 on 1:40 Individual Medley	EM
	{4 x 25 on :30 Backstroke	EM
	{2 x 100 on 1:45 Individual Medley	EM
	{4 x 25 on :30 Breaststroke	EM
	{3 x 100 on 1:50 Individual Medley	EM
	{4 x 25 on :30 Freestyle	EM
	1 on 10:00 Techniques-Starts/Relay Starts	RE
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	

4:52 PM 1,550 Yards - Stress Value = 13

Workout #8918 - Tuesday, 15 February 2011
HighSchl - IM'ers
1 minute rest between sets

4:03 PM Start

Yards	Set Description	EC
1,400	1x{2 x 100 on 1:25 Individual Medley	EM
	{4 x 25 on :30 Butterfly	EM
	{2 x 100 on 1:30 Individual Medley	EM
	{4 x 25 on :30 Backstroke	EM
	{3 x 100 on 1:35 Individual Medley	EM
	{4 x 25 on :30 Breaststroke	EM
	{3 x 100 on 1:40 Individual Medley	EM
	{4 x 25 on :30 Freestyle	EM
	1 on 10:00 Techniques-Starts/Relay Starts	RE
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	

4:52 PM 1,650 Yards - Stress Value = 14

Workout #8908 - Tuesday, 15 February 2011
HighSchl - Platinum
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EC
500	1 on 25:00 Shoulders and DS	
500	1 x 500 on 15:00 Indvdl Prsrctns	
150	10 x 15 on :45 Shooters	

400	1x{1 x 50 on 1:00 Kick	
	{1 x 50 on :55 Kick	
	{1 x 50 on :50 Kick	
	{2 x 50 on 1:00 Kick	
	{2 x 50 on :55 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	

4:02 PM 1,150 Yards - Stress Value = 10

Workout #8909 - Tuesday, 15 February 2011
HighSchl - Gold
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EC
	1 on 25:00 Shoulders and DS	
500	1 x 500 on 15:00 Indvdl Prsrctns	
150	10 x 15 on :45 Shooters	
400	1x{1 x 50 on 1:05 Kick	
	{1 x 50 on 1:00 Kick	
	{1 x 50 on :55 Kick	
	{2 x 50 on 1:00 Kick	
	{2 x 50 on :55 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	

4:02 PM 1,150 Yards - Stress Value = 10

Workout #8910 - Tuesday, 15 February 2011
HighSchl - Silver
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EC
	1 on 25:00 Shoulders and DS	
500	1 x 500 on 15:00 Indvdl Prsrctns	
150	10 x 15 on :45 Shooters	
350	1x{1 x 50 on 1:10 Kick	
	{1 x 50 on 1:05 Kick	
	{1 x 50 on 1:00 Kick	
	{2 x 50 on 1:05 Kick	
	{1 x 50 on 1:00 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	

4:02 PM 1,100 Yards - Stress Value = 9

Workout #8911 - Tuesday, 15 February 2011
HighSchl - Bronze
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EC
	1 on 25:00 Shoulders and DS	
500	1 x 500 on 15:00 Indvdl Prsrctns	
150	10 x 15 on :45 Shooters	
350	1x{1 x 50 on 1:10 Kick	
	{1 x 50 on 1:05 Kick	
	{1 x 50 on 1:00 Kick	
	{2 x 50 on 1:05 Kick	
	{1 x 50 on 1:00 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	

4:02 PM 1,100 Yards - Stress Value = 9

Workout #8914 - Tuesday, 15 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:03 PM Start

Yards	Set Description	EC
1,600	1x{2 x 200 on 2:50 Freestyle	EM
	{2 x 175 on 2:30 Freestyle	EM
	{2 x 150 on 2:15 Freestyle	EM
	{2 x 125 on 1:55 Freestyle	EM
	{2 x 100 on 1:35 Freestyle	EM
	{2 x 50 on :50 Freestyle	EM
	1 on 10:00 Techniques-Starts/Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	RF
	1 on 10:00 Ice	
4:52 PM 1,850 Yards - Stress Value = 16		

Workout #8917 - Tuesday, 15 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:03 PM Start

Yards	Set Description	EC
1,325	1x{2 x 100 on 1:40 Freestyle	EM
	{2 x 75 on 1:15 Freestyle	EM
	{2 x 50 on :50 Freestyle	EM
	{2 x 25 on :30 Free-Build to 100%	EM
	{2 x 100 on 1:50 Freestyle	EM
	{2 x 75 on 1:20 Freestyle	EM
	{2 x 50 on :55 Freestyle	EM
	{2 x 25 on :30 Build to 100%	EM
	{2 x 100 on 1:55 Freestyle	EM
	{1 x 75 on 1:25 Freestyle	EM
	{1 x 50 on 1:00 Freestyle	EM
	1 on 10:00 Techniques-Starts/Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	RF
	1 on 10:00 Ice	
4:52 PM 1,575 Yards - Stress Value = 13		

Workout #8920 - Tuesday, 15 February 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:03 PM Start

Yards	Set Description	EC
1,150	1x{2 x 100 on 1:45 Individual Medley	EM
	{4 x 25 on :35 Butterfly	EM
	{2 x 100 on 1:50 Individual Medley	EM
	{4 x 25 on :35 Backstroke	EM
	{2 x 100 on 1:55 Individual Medley	EM
	{4 x 25 on :35 Breaststroke	EM
	{2 x 100 on 2:00 Individual Medley	EM
	{2 x 25 on :35 Freestyle	EM
	1 on 10:00 Techniques-Starts/Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	RF
	1 on 10:00 Ice	
4:52 PM 1,400 Yards - Stress Value = 11		

Workout #8915 - Tuesday, 15 February 2011

HighSchl - Sprint

1 minute rest between sets

4:03 PM Start

Yards	Set Description	EC
1,550	1x{3 x 100 on 1:20 Freestyle	EM
	{3 x 75 on 1:00 Freestyle	EM
	{3 x 50 on :40 Freestyle	EM
	{4 x 25 on :30 Free-Build to 100%	EM
	{2 x 100 on 1:30 Freestyle	EM

{2 x 75 on 1:10 Freestyle	EM
{2 x 50 on :45 Freestyle	EM
{4 x 25 on :30 Build to 100%	EM
{1 x 100 on 1:40 Freestyle	EM
{1 x 75 on 1:15 Freestyle	EM
{1 x 50 on :50 Freestyle	EM
1 on 10:00 Techniques-Starts/Relay Starts	
1 x 250 on 4:00 Stroke Drills	RF
1 on 10:00 Ice	
4:52 PM 1,800 Yards - Stress Value = 16	

Workout #8923 - Wednesday, 16 February 2011

Group 3 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
	1 on 15:00 Dynamic Stretch	
600	1 x 600 on 10:00 Free L.25 of each 100 non f	
150	10 x 15 on :45 Shooters	
1,000	1x{4 x 25 on :45 Kick no board BSLR	
	{3 x 50 on :45 Kick	
	{4 x 25 on :40 Kick no board BSLR	
	{3 x 50 on :50 Kick	
	{4 x 25 on :35 Kick no board BSLR	
	{3 x 50 on :55 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{3 x 50 on 1:00 Kick	
	Holld all 50's :45 seconds or faster	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,400	1x{3 x 200 on 2:55 Backstroke-descend	
	{1 x 100 on 1:25 Backstroke	
	{1 x 100 on 1:20 Backstroke	
	{1 x 100 on 1:15 Backstroke	
	{3 x 200 on 2:50 Backstroke-descend	
	{1 x 100 on 1:20 Backstroke	
	{1 x 100 on 1:15 Backstroke	
	{1 x 100 on 1:10 Backstroke	
	{3 x 200 on 2:45 Backstroke-descend	
250	1 x 250 on 4:00 Stroke Drills	
6:40 PM 4,500 Yards - Stress Value = 74		

Workout #8922 - Wednesday, 16 February 2011

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 DS and Weights		L
400	1 x 400 on 8:00 Freestyle Drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
300	3 x 100 on 2:15 Kick	EN1	K
	Plat hold under 1:45, Gold under 1:55		
	Silver under 2:05, Bronze just make		
600	6 x 100 on 1:45 Choice descend in 3's	EN1	S
	to about 80-85%		
	with GREAT FINISHES		
400	8 x 50 on 1:00 Down easy back build	EN1	S
	#1-4 all free, #5-8 down free back your best r		
75	3 x 25 on 2:00 OTB walk backs	SP3	S
500	5 x 100 on 1:45 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	1 on 20:00 Time Trials		
5:02 PM 2,425 Yards - Stress Value = 22			

Workout #8926 - Friday, 18 February 2011

Group 3 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 13:00 Dynamic Stretch
150	1 x 600 on 10:00 Reverse IM drill
1,200	10 x 15 on :45 Shooters
1,200	3x{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:05 Kick #3
	{1 x 100 on 1:55 Kick #2
	{1 x 100 on 1:45 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	1x{2 x 250 on 3:30 50fl 50fr 50fl 50fr 50fl
	{4 x 100 on 1:30 Individual Medley
	{2 x 250 on 3:30 50ba 50fr 50ba 50fr 50ba
	{4 x 100 on 1:30 Individual Medley
	{2 x 250 on 3:45 50br 50fr 50br 50fr 50br
	{4 x 100 on 1:30 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 ice
	7:00 PM 5,000 Yards - Stress Value = 84

8:00 AM Start

Yards	Set Description
600	1 on 15:00 Dynamic Stretch
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
	{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 :40 Kick no board BSLR
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:10 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
3,400	1x{1 x 500 on 6:15 Freestyle
	{5 x 100 on 1:20 Free hold time I give
	{1 x 400 on 5:00 Freestyle
	{5 x 100 on 1:20 Free hold time i give
	{1 x 300 on 3:45 Freestyle
	{5 x 100 on 1:20 Free hold time I give
	{1 x 200 on 2:30 Freestyle
	{5 x 100 on 1:20 Free hold time I give
400	8 x 50 on 1:00 Stroke Drills
	9:55 AM 5,700 Yards - Stress Value = 95

Workout #8924 - Friday, 18 February 2011

HighSchl - All

1 minute rest between sets

6:15 AM Start

Yards	Set Description	EGY	WORK
1,000	1 on 10:00 Dynamic Stretch		L
150	1 x 1000 on 17:00 Swim-kick-pull-swim	REC	S
200	10 x 15 on :45 Shooters	SP3	S
	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:05 AM 1,350 Yards - Stress Value = 6		

Workout #8927 - Monday, 21 February 2011

HighSchl - Distance

1 minute rest between sets

8:00 AM Start

Yards	Set Description
600	1 on 15:00 Dynamic Stretch
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
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:25 Kick
	{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
3,400	1x{1 x 500 on 6:15 Freestyle
	{5 x 100 on 1:20 Free hold 107
	{1 x 400 on 5:00 Freestyle
	{5 x 100 on 1:20 Free hold 106
	{1 x 300 on 3:45 Freestyle
	{5 x 100 on 1:20 Free hold 105
	{1 x 200 on 2:30 Freestyle
	{5 x 100 on 1:20 Free hold 104
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	10:01 AM 5,450 Yards - Stress Value = 93

Workout #8925 - Friday, 18 February 2011

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description
1,000	1 on 15:00 Dynamic Stretch
	1 x 1000 on 17:30 Choice
	Silver 900, Bronze 800
150	10 x 15 on :45 Shooters
	200 Medley Relay Starts
400	4x{1 x 25 on 1:00 Kick on left side face down
	{1 x 25 on 1:00 Kick on right side face down
	{1 x 25 on 1:00 Kick on left side face up
	{1 x 25 on 1:00 Kick on right side face up
	1 on 7:30 Techniques-Your Choice
	200 Free Relay Starts
300	6 x 50 on 1:00 25 build 25 drill
400	4x{1 x 25 on :45 Freestyle-EZ
	{1 x 25 on :45 Freestyle 1/2 EZ 1/2 Fast
	{1 x 25 on :45 Freestyle 1/2 fast 1/2 EZ
	{1 x 25 on :45 Freestyle-all fast
	1 on 7:30 Techniques-Your Choice
	400 Free Relay Starts
500	1 x 500 on 10:00 Stroke Drills
	1 on 10:00 Ice
	4:54 PM 2,750 Yards - Stress Value = 14

Workout #8928 - Monday, 21 February 2011

Group 3 - Distance

1 minute rest between sets

Workout #8930 - Tuesday, 22 February 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 1x{2 x 125 on 2:10 Kick
 {2 x 125 on 2:05 Kick
 {2 x 125 on 2:00 Kick
 {2 x 125 on 1:55 Kick
 {2 x 125 on 1:50 Kick
 750 1 x 750 on 11:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 1x{6 x 75 on 1:15 Back 1/2/3 KOW
 {8 x 25 on :30 Bathtub drill-8
 {6 x 75 on 1:10 Back 2/3/4 KOW
 {6 x 25 on :30 Bathtub drill 7
 {6 x 75 on 1:05 Back 3/4/5 KOW
 {4 x 25 on :30 Bathtub drill-6
 {6 x 75 on 1:00 Back 4/5/6 KOW
 400 8 x 50 on 1:00 Stroke Drills
 5:30 PM 5,600 Yards - Stress Value = 71

Workout #8929 - Tuesday, 22 February 2011

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Weights
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 1x{1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 {1 x 100 on 1:45 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{4 x 300 on 3:45 Freestyle
 {3 x 250 on 3:05 Freestyle
 {2 x 200 on 2:25 Freestyle
 {1 x 150 on 1:50 Freestyle
 {1 x 100 on 1:11 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:03 PM 4,650 Yards - Stress Value = 54

Workout #8932 - Wednesday, 23 February 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 14:00 Dynamic Stretch
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on :45 Kick
 {4 x 25 on :40 Kick no board BSLR
 {4 x 50 on :50 Kick
 {4 x 25 on :35 Kick no board BSLR
 {4 x 50 on :55 Kick

{4 x 25 on :30 Kick no board BSLR
 {4 x 50 on 1:00 Kick
 700 7 x 100 on 1:30 Lungbuster pulls
 Breathe 3-5-7 continuous
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{4 x 125 on 2:05 100 Breast 25 free
 {3 x 100 on 1:40 Breast-descend
 {4 x 100 on 1:40 25 back 75 breast
 {3 x 100 on 1:35 Breast-descend
 {4 x 75 on 1:15 50 Breast 25 free
 {3 x 100 on 1:30 Breast-descend
 {4 x 50 on :50 25 Back 25 Breast
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 5,350 Yards - Stress Value = 81

Workout #8931 - Wednesday, 23 February 2011

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Weights
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 500 2x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {1 x 50 on :50 Kick
 600 1 x 600 on 8:00 Lungbuster pulls
 Breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 3x{2 x 200 on 2:40 Free-hold time I give
 {1 x 250 on 4:00 Freestyle
 1 on 15:00 Ice
 4:59 PM 3,900 Yards - Stress Value = 92

Workout #8933 - Thursday, 24 February 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest Interval
 850 1x{4 x 25 on :45 Tombstone Kicking
 {3 x 75 on 1:20 Kick-descend
 {3 x 75 on 1:15 Kick-descend
 {3 x 75 on 1:10 Kick-descend
 {1 on 1:00 Rest
 {1 x 75 on 1:30 Kick-100%
 1,000 1x{2 x 125 on 1:35 Pull BWSPF
 {2 x 125 on 1:40 Pull BWHPF
 {2 x 125 on 1:45 Pull BWKPF
 {2 x 125 on 1:50 Pull BWFPF
 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{10 x 25 on :30 Butterfly
 {2 x 150 on 2:15 IM w/out the fly
 {8 x 25 on :30 Butterfly
 {2 x 150 on 2:10 IM w/out the fly
 {4 x 25 on :30 Butterfly
 {2 x 150 on 2:05 IM w/out the fly
 {2 x 25 on :30 Butterfly
 {2 x 150 on 2:00 IM w/out the fly
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 5,300 Yards - Stress Value = 76

Workout #8934 - Monday, 28 February 2011

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 600 1 x 600 on 10:00 Swim-kick-drill-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :45 Kick no board B
 {2 x 125 on 2:00 Kick
 {4 x 25 on :45 Kick no board S
 {2 x 125 on 1:55 Kick
 {4 x 25 on :45 Kick no board L
 {2 x 125 on 1:50 Kick
 {4 x 25 on :45 Kick no board R
 {2 x 125 on 1:50 Kick
 750 15 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
 2,500 1x{2 x 200 on 2:30 Freestyle
 {4 x 75 on 1:10 Freestyle-descend
 {2 x 200 on 2:35 Freestyle
 {4 x 75 on 1:05 Freestyle-descend
 {2 x 200 on 2:40 Freestyle
 {4 x 75 on 1:00 Freestyle-descend
 {2 x 200 on 2:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 5,750 Yards - Stress Value = 67

{1 x 75 on 1:15 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 75 on 1:25 Kick
 {1 x 75 on 1:20 Kick
 {1 x 75 on 1:15 Kick
 {1 x 75 on 1:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 75 on 1:20 Kick
 {1 x 75 on 1:15 Kick
 {1 x 75 on 1:10 Kick
 {1 x 75 on 1:05 Kick
 1,000 1x{2 x 125 on 1:50 Lungbuster pulls
 { br 2-3-4-5-6 by 25
 {2 x 125 on 1:45 Lungbuster pulls
 { br 3-4-5-6-7 by 25
 {2 x 125 on 1:40 Lungbuster pulls
 { br 7-6-5-4-3 by 25
 {2 x 125 on 1:35 Lungbuster pulls
 { br 6-5-4-3-2 by 25
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{2 x 50 on :55 Breast hold under :42
 {1 x 150 on 2:25 Breaststroke
 {2 x 50 on :55 Breast hold under :41
 {1 x 125 on 2:00 Breaststroke
 {2 x 50 on :55 Breast hold under :40
 {1 x 100 on 1:35 Breaststroke
 {2 x 50 on :55 Breast hold under :39
 {1 x 150 on 2:20 Breaststroke
 {2 x 50 on :55 Breast hold under :38
 {1 x 125 on 1:55 Breaststroke
 {2 x 50 on :55 Breast hold under :37
 {1 x 100 on 1:30 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:04 PM 4,750 Yards - Stress Value = 99

Workout #8935 - Tuesday, 01 March 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 150 on 2:30 Kick
 {2 x 125 on 2:05 Kick
 {2 x 100 on 1:40 Kick
 {2 x 75 on 1:15 Kick
 {2 x 50 on :50 Kick
 750 1 x 750 on 10:30 Pulls-alt breakouts when
 feet, knees, hips, shoulders pass flags
 100 2x{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 1:55 Back alt 25's 10KOW
 {3 x 50 on :45 Back-descend
 {4 x 125 on 1:50 Back alt 25's 9KOW
 {3 x 50 on :45 Back-descend
 {4 x 125 on 1:45 Back alt 25's 8KOW
 {3 x 50 on :45 Back-descend
 {4 x 125 on 1:40 Back alt 25's 7KOW
 200 1 x 200 on 3:00 Stroke Drills
 5:19 PM 5,250 Yards - Stress Value = 83

Workout #8937 - Thursday, 03 March 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 2:00 Kick-odds fast descend
 #1 140, #3 135, #5 130, #7 125
 500 10 x 50 on :50 Pulls odd br toward blchr
 evens breathe toward scoreboard
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{2 x 125 on 1:35 Fly w/fins
 {6 x 25 on :30 Fly w/fins 1u1d
 {1 x 100 on 1:30 Freestyle
 {2 x 125 on 1:30 Fly w/fins
 {6 x 25 on :30 Fly w/fins 1u2d
 {1 x 100 on 1:30 Freestyle
 {2 x 125 on 1:25 Fly w/fins
 {6 x 25 on :30 Fly w/fins 1u3d
 {1 x 100 on 1:30 Freestyle
 {2 x 125 on 1:25 Fly w/fins
 {6 x 25 on :30 Fly w/fins 1u4d
 { Hold all 25's :16 or faster
 400 8 x 50 on 1:00 Stroke Drills
 5:12 PM 4,250 Yards - Stress Value = 57

Workout #8936 - Wednesday, 02 March 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:25 Kick
 {1 x 75 on 1:20 Kick

Workout #8938 - Friday, 04 March 2011

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 12:00 Dynamic Stretch
 600 1 x 600 on 10:00 Reverse IM drill REC
 150 10 x 15 on :45 Shooters SP3
 400 16 x 25 on :45 Kick no board BSLR X4 EN2
 Round #1-10KOW, #2-12 KOW, #3 14-KOW, #4 16
 450 1x{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds EN1
 {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds EN1
 {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds EN1
 1,750 1x{1 x 50 on :30 Your #1 Stroke SP2
 {1 x 100 on 2:00 Freestyle REC
 {1 x 200 on 3:00 IM hold under 2:28 SP1
 {1 x 50 on 1:30 Freestyle REC
 {1 x 50 on :30 Your #1 Stroke SP2
 {1 x 100 on 2:00 Freestyle REC
 {2 x 200 on 2:55 IM hold under 2:28 SP1
 {1 x 50 on 1:30 Freestyle REC
 {1 x 50 on :30 Your #1 Stroke SP2
 {1 x 100 on 2:00 Freestyle REC
 {3 x 200 on 2:50 IM hold under 2:28 SP1
 400 8 x 50 on 1:00 Stroke Drills REC
 5:00 PM 3,750 Yards - Stress Value = 131

Workout #8939 - Monday, 07 March 2011

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:20 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
 1,700 1x{2 x 225 on 2:45 Freestyle
 {1 x 200 on 2:30 Freestyle
 {2 x 175 on 2:10 Freestyle
 {1 x 150 on 1:50 Freestyle
 {2 x 125 on 1:35 Freestyle
 {1 x 100 on 1:15 Freestyle
 {2 x 75 on :55 Freestyle
 {1 x 50 on :40 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 4:50 PM 3,250 Yards - Stress Value = 41

Workout #8940 - Tuesday, 08 March 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 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
 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 150 on 2:15 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 50 on 1:00 Backstroke
 {2 x 75 on 1:10 Backstroke 2 KOW +1
 {1 x 150 on 2:10 Backstroke
 {1 x 100 on 1:25 Backstroke
 {2 x 50 on 1:00 Backstroke
 {2 x 75 on 1:15 Backstroke 2KOW +1
 {1 x 150 on 2:05 Backstroke
 {1 x 100 on 1:20 Backstroke
 {3 x 50 on 1:00 Backstroke
 {2 x 75 on 1:20 Backstroke 2 KOW +1
 350 7 x 50 on 1:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 5:00 PM 3,000 Yards - Stress Value = 53

Workout #8941 - Wednesday, 09 March 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch
 400 1 x 400 on 8:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 500 1x{1 x 150 on 3:00 Kick
 {2 x 100 on 1:50 Kick
 {3 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
 1,300 1x{1 x 150 on 2:30 Breaststroke
 {2 x 50 on 1:00 Breast Drill
 {2 x 125 on 2:05 Breaststroke
 {2 x 50 on 1:00 Breast Drill
 {3 x 100 on 1:40 Breaststroke
 {2 x 50 on 1:00 Breast Drill
 {4 x 75 on 1:15 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 4:48 PM 2,750 Yards - Stress Value = 26

Workout #8942 - Monday, 11 April 2011

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 400 1 x 400 on 7:00 Swim-kick-drill-swim
 150 10 x 15 on :45 Shooters
 500 2x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 50 on 1:00 Kick no board
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 6 x 250 on 3:30 3:00 swims :30 rest
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 3,050 Yards - Stress Value = 29

Workout #8943 - Tuesday, 12 April 2011

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs-Spotlight
 400 1 x 400 on 7:00 Underwater trn drill
 250 1 x 250 on 10:00 Techniques-TN Turn Drills
 500 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{3 x 50 on :40 Pulls
 {1 x 150 on 2:15 Pulls
 {3 x 50 on :45 Pulls
 {1 x 150 on 2:10 Freestyle
 {3 x 50 on :50 Pulls
 {1 x 150 on 2:05 Freestyle
 {3 x 50 on :55 Pulls
 {1 x 150 on 2:00 Freestyle
 {3 x 50 on 1:00 Pulls
 {1 x 150 on 1:55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 3,100 Yards - Stress Value = 33

Workout #8944 - Tuesday, 12 April 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs-Spotlight
 400 1 x 400 on 7:00 Underwater trn drill
 250 1 x 250 on 10:00 Techniques-TN Turn Drills
 450 1x{1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{3 x 50 on :45 Pulls
 {1 x 150 on 2:20 Pulls
 {3 x 50 on :50 Pulls
 {1 x 150 on 2:15 Freestyle
 {3 x 50 on :55 Pulls
 {1 x 150 on 2:10 Freestyle
 {3 x 50 on 1:00 Pulls
 {1 x 150 on 2:05 Freestyle
 {2 x 50 on 1:05 Pulls
 {1 x 100 on 1:20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,950 Yards - Stress Value = 30

Workout #8945 - Tuesday, 12 April 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs-Spotlight
 350 1 x 350 on 7:00 Underwater trn drill
 250 1 x 250 on 10:00 Techniques-TN Turn Drills
 450 1x{1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:05 Kick

{1 x 100 on 2:00 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
 1,300 1x{3 x 50 on :50 Pulls
 {1 x 150 on 2:30 Pulls
 {3 x 50 on :55 Pulls
 {1 x 150 on 2:25 Freestyle
 {3 x 50 on 1:00 Pulls
 {1 x 150 on 2:20 Freestyle
 {2 x 50 on 1:05 Pulls
 {1 x 150 on 2:15 Freestyle
 {1 x 50 on 1:10 Pulls
 {1 x 100 on 1:30 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,800 Yards - Stress Value = 28

Workout #8946 - Tuesday, 12 April 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs-Spotlight
 300 1 x 300 on 7:00 Underwater trn drill
 250 1 x 250 on 10:00 Techniques-TN Turn Drills
 400 1x{1 x 100 on 2:40 Kick
 {1 x 100 on 2:35 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:15 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,050 1x{3 x 50 on 1:00 Pulls
 {1 x 100 on 2:00 Pulls
 {3 x 50 on 1:05 Pulls
 {1 x 100 on 1:55 Freestyle
 {3 x 50 on 1:10 Pulls
 {1 x 100 on 1:50 Freestyle
 {3 x 50 on 1:15 Pulls
 {1 x 100 on 1:40 Freestyle
 {1 x 50 on 1:20 Pulls
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,450 Yards - Stress Value = 22

Workout #8948 - Thursday, 14 April 2011

Group 3 - Lane 2

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders-Spotlight
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 250 1 x 250 on 10:00 Techniques-TN Turn Drills
 650 1x{3 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on :50 Kick-descend
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 14 x 100 on 1:20 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:00 PM 3,100 Yards - Stress Value = 43

Workout #8949 - Thursday, 14 April 2011

Group 3 - Lane 3

1 minute rest between sets

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS-Shoulders-Spotlight
400 1 x 400 on 7:00 Underwater trn drill
Odd 100's free even 100's back
250 1 x 250 on 10:00 Techniques-TN Turn Drills
650 1x{3 x 50 on 1:05 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{3 x 50 on 1:00 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{3 x 50 on :55 Kick-descend
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300 13 x 100 on 1:25 Freestyle
200 1 x 200 on 3:00 Stroke Drills
5:00 PM 3,000 Yards - Stress Value = 41

Workout #8950 - Thursday, 14 April 2011

Group 3 - Lane 4

1 minute rest between sets

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS-Shoulders-Spotlight
400 1 x 400 on 7:00 Underwater trn drill
Odd 100's free even 100's back
250 1 x 250 on 10:00 Techniques-TN Turn Drills
650 1x{3 x 50 on 1:05 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{3 x 50 on 1:00 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{3 x 50 on :55 Kick-descend
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300 13 x 100 on 1:30 Freestyle
200 1 x 200 on 3:00 Stroke Drills
5:01 PM 3,000 Yards - Stress Value = 41

Workout #8951 - Thursday, 14 April 2011

Group 3 - Lane 5

1 minute rest between sets

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS-Shoulders-Spotlight
350 1 x 350 on 7:00 Underwater trn drill
Odd 100's free even 100's back
250 1 x 250 on 10:00 Techniques-TN Turn Drills
600 1x{3 x 50 on 1:10 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{3 x 50 on 1:05 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{2 x 50 on 1:00 Kick-descend
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200 12 x 100 on 1:35 Freestyle
200 1 x 200 on 3:00 Stroke Drills
5:00 PM 2,800 Yards - Stress Value = 38

Workout #8952 - Thursday, 14 April 2011

Group 3 - Lane 6

1 minute rest between sets

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

1 on 25:00 DS-Shoulders-Spotlight
350 1 x 350 on 7:00 Underwater trn drill
Odd 100's free even 100's back
250 1 x 250 on 10:00 Techniques-TN Turn Drills
600 1x{3 x 50 on 1:10 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{3 x 50 on 1:05 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{2 x 50 on 1:00 Kick-descend
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100 11 x 100 on 1:40 Freestyle
200 1 x 200 on 3:00 Stroke Drills
5:00 PM 2,700 Yards - Stress Value = 36

Workout #8953 - Thursday, 14 April 2011

Group 3 - Lane 7

1 minute rest between sets

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS-Shoulders-Spotlight
300 1 x 300 on 7:00 Underwater trn drill
Odd 100's free even 100's back
250 1 x 250 on 10:00 Techniques-TN Turn Drills
550 1x{3 x 50 on 1:15 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{3 x 50 on 1:10 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{1 x 50 on 1:05 Kick-descend
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000 10 x 100 on 1:50 Freestyle
200 1 x 200 on 3:00 Stroke Drills
5:00 PM 2,500 Yards - Stress Value = 33

Workout #8954 - Thursday, 14 April 2011

Group 3 - Lane 8

1 minute rest between sets

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS-Shoulders-Spotlight
300 1 x 300 on 7:00 Underwater trn drill
Odd 100's free even 100's back
250 1 x 250 on 10:00 Techniques-TN Turn Drills
550 1x{3 x 50 on 1:15 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{3 x 50 on 1:10 Kick-descend
{4 x 25 on :45 Kick no board BSLR
{1 x 50 on 1:05 Kick-descend
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000 10 x 100 on 1:55 Freestyle
200 1 x 200 on 3:00 Stroke Drills
5:01 PM 2,500 Yards - Stress Value = 33

Workout #8947 - Thursday, 14 April 2011

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS-Shoulders-Spotlight 1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back
250	1 x 250 on 10:00 Techniques-TN Turn Drills
650	1x{3 x 50 on 1:00 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 50 on :55 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 50 on :50 Kick-descend
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	15 x 100 on 1:15 Freestyle
200	1 x 200 on 3:00 Stroke Drills
5:00 PM	3,200 Yards - Stress Value = 45

Workout #8955 - Monday, 18 April 2011

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 25:00 DS-Core-Spotlight 1 x 500 on 8:30 Swim-kick-pull-swim
250	1 x 250 on 10:00 Techniques-TN Turn Drills
1,150	1x{4 x 25 on :45 Kick no board BSLR-12 KOW {2 x 150 on 3:00 Kick {4 x 25 on :40 Kick no board BSLR-11 KOW {2 x 125 on 2:25 Kick {4 x 25 on :35 Kick no board BSLR-10 KOW {2 x 100 on 1:50 Kick {4 x 25 on :30 Kick no board BSLR-9 KOW
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 4:15 Freestyle {3 x 100 on 1:20 Freestyle-descend {1 x 300 on 4:10 Freestyle {3 x 100 on 1:25 Freestyle-descend {1 x 300 on 4:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:15 PM	3,850 Yards - Stress Value = 40

Workout #8956 - Monday, 18 April 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 25:00 DS-Core-Spotlight 1 x 500 on 8:30 Swim-kick-pull-swim
250	1 x 250 on 10:00 Techniques-TN Turn Drills
1,050	1x{4 x 25 on :45 Kick no board BSLR-12 KOW {2 x 150 on 3:00 Kick {4 x 25 on :45 Kick no board BSLR-11 KOW {2 x 125 on 2:30 Kick {4 x 25 on :45 Kick no board BSLR-10 KOW {2 x 75 on 1:30 Kick {2 x 25 on :45 Kick no board BS-9 KOW
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 300 on 4:30 Freestyle {3 x 100 on 1:30 Freestyle-descend {1 x 300 on 4:25 Freestyle {3 x 100 on 1:35 Freestyle-descend {1 x 150 on 2:10 Freestyle

250 1 x 250 on 4:00 Stroke Drills
5:15 PM 3,600 Yards - Stress Value = 38

Workout #8957 - Monday, 18 April 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
450	1 on 25:00 DS-Core-Spotlight 1 x 450 on 8:30 Swim-kick-pull-swim
250	1 x 250 on 10:00 Techniques-TN Turn Drills
1,000	1x{4 x 25 on :45 Kick no board BSLR-12 KOW {2 x 125 on 2:45 Kick {4 x 25 on :45 Kick no board BSLR-11 KOW {2 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR-10 KOW {2 x 75 on 1:40 Kick {2 x 25 on :45 Kick no board BS-9 KOW {1 x 50 on 1:05 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 250 on 4:15 Freestyle {3 x 100 on 1:40 Freestyle-descend {1 x 250 on 4:10 Freestyle {3 x 100 on 1:45 Freestyle-descend {1 x 150 on 2:20 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:15 PM	3,400 Yards - Stress Value = 36

Workout #8958 - Monday, 18 April 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS-Core-Spotlight 1 x 400 on 8:30 Swim-kick-pull-swim
250	1 x 250 on 10:00 Techniques-TN Turn Drills
950	1x{4 x 25 on :45 Kick no board BSLR-12 KOW {2 x 125 on 3:00 Kick {4 x 25 on :45 Kick no board BSLR-11 KOW {2 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR-10 KOW {2 x 75 on 1:45 Kick {2 x 25 on :45 Kick no board BS-9 KOW
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 250 on 4:40 Freestyle {3 x 100 on 1:50 Freestyle-descend {1 x 250 on 4:35 Freestyle {3 x 100 on 1:50 Freestyle-descend
250	1 x 250 on 4:00 Stroke Drills
5:15 PM	3,150 Yards - Stress Value = 33

Workout #8959 - Monday, 18 April 2011

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
	1 on 20:00 DS-Core
400	1 x 400 on 8:00 Swim-kick-pull-swim
250	1 x 250 on 10:00 Techniques-TN Turn Drills
650	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-11 KOW
	{2 x 75 on 1:30 Kick
	{4 x 25 on :45 Kick no board BSLR-10 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 250 on 3:45 Freestyle
	{3 x 100 on 1:35 Freestyle-descend
	{1 x 250 on 3:40 Freestyle
	{3 x 100 on 1:40 Freestyle-descend
	{1 x 250 on 3:35 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 3,050 Yards - Stress Value = 35

Workout #8962 - Monday, 18 April 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	1 on 20:00 DS-Core
300	1 x 300 on 8:00 Swim-kick-pull-swim
250	1 x 250 on 10:00 Techniques-TN Turn Drills
550	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 75 on 2:05 Kick
	{4 x 25 on :45 Kick no board BSLR-11 KOW
	{2 x 50 on 1:20 Kick
	{4 x 25 on :45 Kick no board BSLR-10 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{1 x 200 on 4:20 Freestyle
	{3 x 100 on 2:05 Freestyle-descend
	{1 x 200 on 4:15 Freestyle
	{3 x 100 on 2:10 Freestyle-descend
200	1 x 200 on 4:00 Stroke Drills
	7:01 PM 2,500 Yards - Stress Value = 29

Workout #8960 - Monday, 18 April 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	1 on 20:00 DS-Core
400	1 x 400 on 8:00 Swim-kick-pull-swim
250	1 x 250 on 10:00 Techniques-TN Turn Drills
600	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR-11 KOW
	{2 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR-10 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 250 on 4:15 Freestyle
	{3 x 100 on 1:45 Freestyle-descend
	{1 x 250 on 4:10 Freestyle
	{4 x 100 on 1:50 Freestyle-descend
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,850 Yards - Stress Value = 31

Workout #8963 - Tuesday, 19 April 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS-Abs-Spotlight
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ Fastest Interval
600	1x{2 x 75 on 1:10 Pulls br toward blchrs
	{2 x 75 on 1:10 Pulls br toward scrbd
	{2 x 75 on 1:05 Pulls br toward blchrs
	{2 x 75 on 1:05 Pulls br toward scrbd
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 200 on 3:00 Backstroke
	{2 x 75 on 1:15 Back 2KOW +1
	{2 x 150 on 2:15 Backstroke
	{2 x 75 on 1:15 Back 2KOW +1
	{1 x 100 on 1:30 Backstroke
	{2 x 75 on 1:15 Back 2KOW +1
400	4 x 100 on 1:30 Freestyle-descend to LUDICROUS SPEED!!!!!!
250	5 x 50 on 1:00 Stroke Drills
	5:15 PM 3,950 Yards - Stress Value = 48

Workout #8961 - Monday, 18 April 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	1 on 20:00 DS-Core
350	1 x 350 on 8:00 Swim-kick-pull-swim
250	1 x 250 on 10:00 Techniques-TN Turn Drills
550	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-11 KOW
	{2 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no board BSLR-10 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{1 x 250 on 4:40 Freestyle
	{3 x 100 on 1:55 Freestyle-descend
	{1 x 250 on 4:35 Freestyle
	{3 x 100 on 2:00 Freestyle-descend
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,650 Yards - Stress Value = 29

Workout #8964 - Tuesday, 19 April 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs-Spotlight
 500 1 x 500 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest Interval
 550 1x{2 x 75 on 1:15 Pulls br toward blchrs
 {2 x 75 on 1:15 Pulls br toward scrbd
 {2 x 75 on 1:10 Pulls br toward blchrs
 {2 x 50 on :45 Pulls br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{3 x 200 on 3:20 Backstroke
 {2 x 75 on 1:15 Back 2KOW +1
 {1 x 150 on 2:30 Backstroke
 {2 x 75 on 1:15 Back 2KOW +1
 {1 x 100 on 1:40 Backstroke
 {2 x 75 on 1:15 Back 2KOW +1
 {1 x 50 on :50 Backstroke
 400 4 x 100 on 1:30 Freestyle-descend to
 LUDICROUS SPEED!!!!!!
 250 5 x 50 on 1:00 Stroke Drills
 5:15 PM 3,800 Yards - Stress Value = 46

Workout #8965 - Tuesday, 19 April 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs-Spotlight
 450 1 x 450 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest Interval
 500 1x{2 x 75 on 1:20 Pulls br toward blchrs
 {2 x 75 on 1:20 Pulls br toward scrbd
 {2 x 75 on 1:15 Pulls br toward blchrs
 {1 x 50 on :50 Pulls br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{2 x 200 on 3:40 Backstroke
 {2 x 75 on 1:25 Back 2KOW +1
 {1 x 150 on 2:45 Backstroke
 {2 x 75 on 1:25 Back 2KOW +1
 {2 x 100 on 1:50 Backstroke
 {2 x 75 on 1:25 Back 2KOW +1
 300 3 x 100 on 1:45 Freestyle-descend to
 LUDICROUS SPEED!!!!!!
 250 5 x 50 on 1:00 Stroke Drills
 5:15 PM 3,450 Yards - Stress Value = 42

Workout #8966 - Tuesday, 19 April 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs-Spotlight
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest Interval
 450 1x{2 x 75 on 1:30 Pulls br toward blchrs
 {2 x 75 on 1:30 Pulls br toward scrbd
 {1 x 75 on 1:25 Pulls br toward blchrs
 {1 x 75 on 1:25 Pulls br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,050 1x{2 x 200 on 4:10 Backstroke
 {2 x 50 on 1:10 Back 2KOW +1
 {2 x 150 on 3:10 Backstroke
 {2 x 50 on 1:10 Back 2KOW +1
 {1 x 100 on 2:05 Backstroke
 {1 x 50 on 1:10 Back 2KOW +1
 300 3 x 100 on 2:00 Freestyle-descend to
 LUDICROUS SPEED!!!!!!
 250 5 x 50 on 1:00 Stroke Drills
 5:15 PM 3,200 Yards - Stress Value = 38

Workout #8967 - Wednesday, 20 April 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders-Spotlight
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board B
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:25 Kick
 {1 x 75 on 1:20 Kick
 {4 x 25 on :45 Kick no board S
 {1 x 75 on 1:25 Kick
 {1 x 75 on 1:20 Kick
 {1 x 75 on 1:15 Kick
 {4 x 25 on :45 Kick no board L
 {1 x 75 on 1:20 Kick
 {1 x 75 on 1:15 Kick
 {1 x 75 on 1:10 Kick
 {5 x 25 on :45 Kick no board L
 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 3:20 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:30 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:40 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :50 Breaststroke
 {8 x 25 on :30 Breast 2X pullouts
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,600 Yards - Stress Value = 42

Workout #8968 - Wednesday, 20 April 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders-Spotlight
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :45 Kick no board B
 {1 x 75 on 1:40 Kick
 {1 x 75 on 1:35 Kick
 {1 x 75 on 1:30 Kick
 {4 x 25 on :45 Kick no board S
 {1 x 75 on 1:35 Kick
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:25 Kick
 {4 x 25 on :45 Kick no board L
 {2 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :45 Kick no board L
 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 3:30 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:40 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:45 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :55 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,500 Yards - Stress Value = 40

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders-Spotlight
 400 1 x 400 on 8:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :45 Kick no board B
 {1 x 50 on 1:20 Kick
 {1 x 50 on 1:15 Kick
 {1 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board S
 {1 x 50 on 1:15 Kick
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board L
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board L
 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 200 on 4:10 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {2 x 150 on 3:10 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {3 x 100 on 2:05 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {3 x 50 on 1:05 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,050 Yards - Stress Value = 33

Workout #8971 - Thursday, 21 April 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders-Spotlight
 450 1 x 450 on 8:00 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no board B
 {1 x 75 on 1:45 Kick
 {1 x 75 on 1:40 Kick
 {1 x 75 on 1:35 Kick
 {4 x 25 on :45 Kick no board S
 {1 x 75 on 1:40 Kick
 {1 x 75 on 1:35 Kick
 {1 x 75 on 1:30 Kick
 {4 x 25 on :45 Kick no board L
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board L
 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 3:45 Breaststroke
 {2 x 25 on :35 Breast 2X pullouts
 {2 x 150 on 2:50 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {3 x 100 on 1:50 Breaststroke
 {6 x 25 on :35 Breast 2X pullouts
 {2 x 50 on 1:00 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,250 Yards - Stress Value = 37

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs-Spotlight
 500 1 x 500 on 8:00 Underwater trn drill
 150 Odd 100s free even 100's back
 750 10 x 15 on :45 Shooters
 750 15 x 50 on 1:00 Kick
 Alt 1-free, 2-brst, 3-back
 750 15 x 50 on :45 Pulls
 Alt break outs-shoulders, hips & knees
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 5x{1 x 100 on 1:20 Free
 {1 x 25 on :40 Butterfly
 {1 x 25 on :35 Butterfly
 {1 x 25 on :30 Butterfly
 {1 x 25 on :25 Butterfly
 {1 x 50 on 1:00 Freestyle
 200 1 x 200 on 3:00 Freestyle
 5:16 PM 3,800 Yards - Stress Value = 39

Workout #8970 - Wednesday, 20 April 2011

Group 3 - Bronze

Workout #8972 - Thursday, 21 April 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS-Physio Ball Abs-Spotlight
500	1 x 500 on 8:00 Underwater trn drill
	Odd 100s free even 100's back
150	10 x 15 on :45 Shooters
650	13 x 50 on 1:05 Kick
	Alt 1-free, 2-brst, 3-back
700	14 x 50 on :50 Pulls
	Alt break outs-shoulders, hips & knees
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	5x{1 x 100 on 1:30 Free
	{1 x 25 on :40 Butterfly
	{1 x 25 on :35 Butterfly
	{1 x 25 on :30 Butterfly
	{1 x 25 on :25 Butterfly
	{1 x 50 on 1:00 Freestyle
200	1 x 200 on 3:00 Freestyle
	5:17 PM 3,650 Yards - Stress Value = 36

{1 x 25 on :35 Butterfly
 {1 x 50 on 1:15 Freestyle
 200 1 x 200 on 3:00 Freestyle
 5:17 PM 3,150 Yards - Stress Value = 34

Workout #8975 - Monday, 25 April 2011

Group 3 - All

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 20:00 DS - Spotlight
	Swimmer of the week-Explain T-30
600	1 x 600 on 10:00 Swim-kick-drill-swim REC
	No equipment
250	5 x 50 on 1:00 Build to 80%
3,000	1 x 3000 on 30:00 T-30
250	1 x 250 on 4:00 Stroke Drills
	4:42 PM 4,100 Yards - Stress Value = 62

Workout #8976 - Monday, 25 April 2011

Group 2 - Distance

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS - Spotlight
	Swimmer of the week-Explain T-20
500	1 x 500 on 10:00 Swim-kick-drill-swim
250	5 x 50 on 1:00 Build to 80%
2,000	1 x 2000 on 20:00 T-20
200	1 x 200 on 4:00 Stroke Drills
1,050	1x{3 x 100 on 2:00 Kick
	{5 x 30 on 1:00 15 undwtr fly kick 15 sprint
	{2 x 100 on 2:00 Kick
	{5 x 30 on 1:00 15 undwtr fly kick 15 sprint
	{1 x 100 on 2:00 Kick
	{5 x 30 on 1:00 15 undwtr fly kick 15 sprint
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 4,200 Yards - Stress Value = 63

Workout #8973 - Thursday, 21 April 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS-Physio Ball Abs-Spotlight
450	1 x 450 on 8:00 Underwater trn drill
	Odd 100s free even 100's back
150	10 x 15 on :45 Shooters
600	12 x 50 on 1:10 Kick
	Alt 1-free, 2-brst, 3-back
650	13 x 50 on :55 Pulls
	Alt break outs-shoulders, hips & knees
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	5x{1 x 100 on 1:40 Free
	{1 x 25 on :45 Butterfly
	{1 x 25 on :40 Butterfly
	{1 x 25 on :35 Butterfly
	{1 x 25 on :30 Butterfly
	{1 x 50 on 1:00 Freestyle
200	1 x 200 on 3:00 Freestyle
	5:18 PM 3,500 Yards - Stress Value = 36

Workout #8977 - Monday, 25 April 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS - Spotlight
	Swimmer of the week-Explain T-20
450	1 x 450 on 10:00 Swim-kick-drill-swim
250	5 x 50 on 1:00 Build to 80%
2,000	1 x 2000 on 20:00 T-20
200	1 x 200 on 4:00 Stroke Drills
930	1x{3 x 100 on 2:15 Kick
	{5 x 30 on 1:10 15 undwtr fly kick 15 sprint
	{2 x 100 on 2:15 Kick
	{5 x 30 on 1:10 15 undwtr fly kick 15 sprint
	{1 x 100 on 2:15 Kick
	{1 x 30 on 1:10 15 undwtr fly kick 15 sprint
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 4,030 Yards - Stress Value = 61

Workout #8974 - Thursday, 21 April 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS-Physio Ball Abs-Spotlight
400	1 x 400 on 8:00 Underwater trn drill
	Odd 100s free even 100's back
150	10 x 15 on :45 Shooters
600	12 x 50 on 1:15 Kick
	Alt 1-free, 2-brst, 3-back
600	12 x 50 on 1:00 Pulls
	Alt break outs-shoulders, hips & knees
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	4x{1 x 100 on 1:50 Free
	{1 x 25 on :50 Butterfly
	{1 x 25 on :45 Butterfly
	{1 x 25 on :40 Butterfly

Workout #8978 - Monday, 25 April 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
600	1 on 30:00 DS - Spotlight
150	Swimmer of the week-Explain T-20
500	1 x 400 on 10:00 Swim-kick-drill-swim
1,000	4 x 50 on 1:15 Build to 80%
200	1 x 2000 on 20:00 T-20
200	1 x 200 on 4:00 Stroke Drills
840	1x{3 x 100 on 2:40 Kick
	{3 x 30 on 1:20 15 undrwtr fly kick 15 sprint
	{2 x 100 on 2:40 Kick
	{3 x 30 on 1:20 15 undrwtr fly kick 15 sprint
	{1 x 100 on 2:40 Kick
	{2 x 30 on 1:20 15 undrwtr fly kick 15 sprint
200	1 x 200 on 4:00 Stroke Drills

7:15 PM 3,840 Yards - Stress Value = 59

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS-Core-Spotlight
150	1 x 600 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
1,000	4 x 125 on 2:30 Kick @ Fastest Interval
200	10 x 100 on 2:00 Challenge Kick Set w/fins
4x{1	1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{3 x 100 on 1:45 Backstroke
	{2 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{8 x 25 on :30 Back 4 KOW +1
	{3 x 100 on 1:40 Backstroke
	{2 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{4 x 25 on :30 Back 4 KOW +1
250	1 x 250 on 4:00 Stroke Drills

5:30 PM 4,200 Yards - Stress Value = 68

Workout #8979 - Monday, 25 April 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
600	1 on 30:00 DS - Spotlight
150	Swimmer of the week-Explain T-20
350	1 x 350 on 10:00 Swim-kick-drill-swim
200	4 x 50 on 1:15 Build to 80%
2,000	1 x 2000 on 20:00 T-20
200	1 x 200 on 4:00 Stroke Drills
710	1x{2 x 100 on 3:00 Kick
	{3 x 30 on 1:30 15 undrwtr fly kick 15 sprint
	{2 x 100 on 3:00 Kick
	{2 x 30 on 1:30 15 undrwtr fly kick 15 sprint
	{1 x 100 on 3:00 Kick
	{2 x 30 on 1:30 15 undrwtr fly kick 15 sprint
200	1 x 200 on 4:00 Stroke Drills

7:14 PM 3,660 Yards - Stress Value = 56

Workout #8982 - Tuesday, 26 April 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS-Core-Spotlight
150	1 x 550 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
1,000	4 x 125 on 1:50 Kick @ Fastest Interval
200	10 x 100 on 2:00 Challenge Kick Set w/fins
4x{1	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 1:55 Backstroke
	{2 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{6 x 25 on :40 Back 4 KOW +1
	{2 x 100 on 1:50 Backstroke
	{2 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{6 x 25 on :40 Back 4 KOW +1
250	1 x 250 on 4:00 Stroke Drills

5:29 PM 3,950 Yards - Stress Value = 64

Workout #8980 - Tuesday, 26 April 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS-Core-Spotlight
150	1 x 600 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
1,000	4 x 125 on 2:30 Kick @ Fastest Interval
200	10 x 100 on 2:00 Challenge Kick Set w/fins
4x{1	1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{3 x 100 on 1:35 Backstroke
	{2 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{8 x 25 on :30 Back 4 KOW +1
	{3 x 100 on 1:30 Backstroke
	{2 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{8 x 25 on :30 Back 4 KOW +1
250	1 x 250 on 4:00 Stroke Drills

5:30 PM 4,300 Yards - Stress Value = 70

Workout #8983 - Tuesday, 26 April 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS-Core-Spotlight
150	1 x 500 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
1,000	4 x 100 on 2:30 Kick @ Fastest Interval
200	10 x 100 on 2:00 Challenge Kick Set w/fins
4x{1	1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150	1x{2 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
	{8 x 25 on :45 Back 4 KOW +1
	{2 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{6 x 25 on :45 Back 4 KOW +1
250	1 x 250 on 4:00 Stroke Drills

5:31 PM 3,650 Yards - Stress Value = 59

Workout #8981 - Tuesday, 26 April 2011

Group 3 - Gold

1 minute rest between sets

Workout #8984 - Wednesday, 27 April 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 125 on 2:15 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 1:50 Kick
 {4 x 25 on :35 Kick no board BSLR
 {3 x 75 on 1:20 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
 1,800 1x{4 x 125 on 2:05 100 Breast 25 free
 {3 x 100 on 1:40 Breast-descend
 {4 x 100 on 1:40 25 back 75 breast
 {3 x 100 on 1:35 Breast-descend
 {4 x 75 on 1:15 50 Breast 25 free
 200 1 x 200 on 3:00 Stroke Drills
 5:29 PM 4,250 Yards - Stress Value = 70

Workout #8985 - Wednesday, 27 April 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 125 on 2:30 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {3 x 75 on 1:30 Kick
 {4 x 25 on :35 Kick no board BSLR
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 1x{4 x 125 on 2:15 100 Breast 25 free
 {3 x 100 on 1:50 Breast-descend
 {4 x 100 on 1:50 25 back 75 breast
 {3 x 100 on 1:45 Breast-descend
 {2 x 75 on 1:20 50 Breast 25 free
 200 1 x 200 on 3:00 Stroke Drills
 5:29 PM 4,000 Yards - Stress Value = 65

Workout #8986 - Wednesday, 27 April 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 125 on 2:45 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 75 on 1:40 Kick
 {2 x 25 on :40 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

1,550 1x{4 x 125 on 2:20 100 Breast 25 free
 {3 x 100 on 1:55 Breast-descend
 {4 x 100 on 1:55 25 back 75 breast
 {3 x 100 on 1:50 Breast-descend
 {1 x 50 on :55 25 Breast 25 free
 200 1 x 200 on 3:00 Stroke Drills
 5:30 PM 3,800 Yards - Stress Value = 62

Workout #8987 - Wednesday, 27 April 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 500 1 x 500 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,100 1x{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
 {3 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:45 Kick
 {4 x 25 on :40 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
 1,450 1x{4 x 125 on 2:35 100 Breast 25 free
 {3 x 100 on 2:05 Breast-descend
 {4 x 100 on 2:05 25 back 75 breast
 {2 x 100 on 2:00 Breast-descend
 {1 x 50 on 1:00 25 Breast 25 free
 200 1 x 200 on 3:00 Stroke Drills
 5:30 PM 3,600 Yards - Stress Value = 59

Workout #8988 - Thursday, 28 April 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS-Shoulders-Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 1:45 Kick
 {1 x 100 on 2:00 Kick #4
 {1 x 100 on 1:40 Kick
 {1 x 100 on 2:00 Kick #4
 {1 x 100 on 1:35 Kick
 {1 x 100 on 2:00 Kick #4
 {1 x 100 on 1:30 Kick
 {1 x 100 on 2:00 Kick #4
 1,200 1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:05 Pulls Alt breakouts
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 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
 1,050 1x{2 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {10 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {12 x 25 on :30 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 4,250 Yards - Stress Value = 53

Workout #8989 - Thursday, 28 April 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 28:00 DS-Shoulders-Spotlight
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 2:10 Kick #4
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick #4
 {1 x 100 on 1:50 Kick
 {1 x 100 on 2:10 Kick #4
 {1 x 100 on 1:45 Kick
 {1 x 50 on 1:00 Kick #4
 1,100 1x{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:10 Pulls Alt breakouts
 {4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 {4 x 50 on :45 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
 900 1x{2 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {10 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :35 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,950 Yards - Stress Value = 46

Workout #8991 - Thursday, 28 April 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 28:00 DS-Shoulders-Spotlight
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:20 Kick
 {1 x 50 on 1:30 Kick #4
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:30 Kick #4
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:30 Kick #4
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:30 Kick #4
 900 1x{4 x 75 on 1:25 Pulls-nbbf&w + 2 yds
 {4 x 50 on :55 Pulls Alt breakouts
 {4 x 50 on :55 Pulls-nbbf&w + 2 yds
 {4 x 50 on :55 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
 725 1x{2 x 25 on :45 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :45 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :45 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :45 Butterfly
 {1 on 1:00 Rest
 {9 x 25 on :45 Butterfly
 225 1 x 225 on 4:00 Stroke Drills
 5:30 PM 3,300 Yards - Stress Value = 38

Workout #8990 - Thursday, 28 April 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 28:00 DS-Shoulders-Spotlight
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:10 Kick
 {1 x 100 on 2:20 Kick #4
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:20 Kick #4
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:20 Kick #4
 {1 x 50 on :55 Kick
 1,000 1x{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:15 Pulls Alt breakouts
 {4 x 50 on :50 Pulls-nbbf&w + 2 yds
 {4 x 50 on :50 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
 800 1x{2 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {12 x 25 on :40 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,600 Yards - Stress Value = 41

Workout #8992 - Friday, 29 April 2011

Group 3 - Swim Like A Champion Day

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS-Phyio Ball Abs-Spotlight
 600 1 x 600 on 10:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 100 1 x 100 on 5:00 IM for time from a push SP2
 400 1 x 400 on 10:00 Social Kick REC
 200 1 x 200 on 23:00 IM Relay Game SP1
 5:00 PM 1,450 Yards - Stress Value = 32

Workout #8993 - Monday, 02 May 2011

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core-Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:30 Kick #4-100%
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 1:25 Kick #4-100%
 {4 x 25 on :35 Kick no board BSLR
 {4 x 75 on 1:20 Kick #4 100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:15 Kick #4 100%
 750 1x{4 x 25 on :30 Pulls 2 breaths
 {2 x 75 on :55 Pull no br L.12 yds
 {4 x 25 on :30 Pulls 2 breaths
 {2 x 75 on 1:00 Pull no br L.12 yds
 {4 x 25 on :30 Pulls 2 breaths
 {2 x 75 on 1:05 Pulls 2 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 5 x 400 on 5:00 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:45 PM 5,600 Yards - Stress Value = 91

Workout #8994 - Monday, 02 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core-Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:40 Kick #4-100%
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 1:35 Kick #4-100%
 {4 x 25 on :35 Kick no board BSLR
 {4 x 75 on 1:30 Kick #4 100%
 {4 x 25 on :35 Kick no board BS
 {2 x 50 on :55 Kick #2 100%
 700 1x{4 x 25 on :30 Pulls 2 breaths
 {2 x 75 on 1:05 Pull no br L.12 yds
 {4 x 25 on :30 Pulls 2 breaths
 {2 x 75 on 1:10 Pull no br L.12 yds
 {4 x 25 on :30 Pulls 2 breaths
 {2 x 50 on :45 Pulls 2 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4 x 400 on 6:00 Freestyle
 350 7 x 50 on 1:00 Stroke Drills
 5:45 PM 5,000 Yards - Stress Value = 78

Workout #8995 - Monday, 02 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core-Spotlight
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:50 Kick #4-100%
 {4 x 25 on :40 Kick no board BSLR

{4 x 75 on 1:40 Kick #4-100%
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 1:35 Kick #4 100%
 {4 x 25 on :40 Kick no board BSLR
 650 1x{4 x 25 on :30 Pulls 2 breaths
 {2 x 75 on 1:10 Pull no br L.12 yds
 {4 x 25 on :30 Pulls 2 breaths
 {2 x 75 on 1:15 Pull no br L.12 yds
 {2 x 25 on :30 Pulls 2 breaths
 {2 x 50 on :50 Pulls 2 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4 x 400 on 6:40 Freestyle
 200 4 x 50 on 1:00 Stroke Drills
 5:45 PM 4,650 Yards - Stress Value = 75

Workout #8996 - Monday, 02 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core-Spotlight
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 2:00 Kick #4-100%
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:55 Kick #4-100%
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:50 Kick #2 100%
 {4 x 25 on :45 Kick no board BS
 500 1x{4 x 25 on :40 Pulls 2 breaths
 {2 x 75 on 1:25 Pull no br L.12 yds
 {4 x 25 on :40 Pulls 2 breaths
 {2 x 50 on :55 Pull no br L.12 yds
 {2 x 25 on :40 Pulls 2 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4 x 400 on 7:30 Freestyle
 200 1 x 200 on 1:00 Stroke Drills
 5:45 PM 4,300 Yards - Stress Value = 70

Workout #8997 - Monday, 02 May 2011

Group 2 - Distance

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core SoTW-Spotlight
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:35 Kick #4-100%
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:30 Kick #4-100%
 {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
 1,600 4 x 400 on 6:00 Freestyle
 350 7 x 50 on 1:00 Stroke Drills
 7:15 PM 3,600 Yards - Stress Value = 58

Workout #8998 - Monday, 02 May 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS-Core SoTW-Spotlight
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 1:45 Kick #4-100%
	{4 x 25 on :45 Kick no board BSLR
	{5 x 50 on 1:10 Kick #4 & #5 100%
	{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
1,600	4 x 400 on 6:40 Freestyle
200	4 x 50 on 1:00 Stroke Drills
	7:15 PM 3,400 Yards - Stress Value = 57

600	4 x 150 on 2:55 Kick @ Fastest Interval
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:20 Backstroke
	{1 on 1:00 Rest
	{5 x 100 on 1:20 Backstroke
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Backstroke
	{1 on 1:00 Rest
	{3 x 100 on 1:20 Backstroke
	{1 on 1:00 Rest
	{2 x 100 on 1:20 Backstroke
	{1 on 1:00 Rest
	{1 x 100 on 1:20 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 4,930 Yards - Stress Value = 80

Workout #8999 - Monday, 02 May 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS-Core SoTW-Spotlight
350	1 x 350 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR
	{5 x 50 on 1:20 Kick #4 & #5 100%
	{4 x 25 on :45 Kick no board BSLR
	{5 x 50 on 1:15 Kick #4 & #5 100%
	{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
1,200	3 x 400 on 7:20 Freestyle
350	7 x 50 on 1:00 Stroke Drills
	7:13 PM 3,050 Yards - Stress Value = 48

Workout #9002 - Tuesday, 03 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	4 x 150 on 3:00 Kick @ Fastest Interval
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{6 x 100 on 1:30 Backstroke
	{1 on 1:00 Rest
	{5 x 100 on 1:30 Backstroke
	{1 on 1:00 Rest
	{4 x 100 on 1:30 Backstroke
	{1 on 1:00 Rest
	{3 x 100 on 1:30 Backstroke
	{1 on 1:00 Rest
	{1 x 100 on 1:30 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 4,730 Yards - Stress Value = 76

Workout #9000 - Monday, 02 May 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS-Core SoTW-Spotlight
300	1 x 300 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR
	{5 x 50 on 1:30 Kick #4 & #5 100%
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:25 Kick #4 100%
	{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
1,200	3 x 400 on 8:00 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	7:15 PM 2,900 Yards - Stress Value = 47

Workout #9001 - Tuesday, 03 May 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters

Workout #9003 - Tuesday, 03 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Stomach and Stretch
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	4 x 150 on 3:00 Kick @ Fastest Interval
920	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on 1:00 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{2 x 30 on 1:00 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{6 x 100 on 1:45 Backstroke
	{1 on 1:00 Rest
	{5 x 100 on 1:45 Backstroke
	{1 on 1:00 Rest
	{4 x 100 on 1:45 Backstroke
	{1 on 1:00 Rest
	{2 x 100 on 1:45 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 4,420 Yards - Stress Value = 71

Workout #9004 - Tuesday, 03 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	4 x 150 on 3:00 Kick @ Fastest Interval
920	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on 1:00 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{2 x 30 on 1:00 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{6 x 100 on 2:10 Backstroke
	{1 on 1:00 Rest
	{5 x 100 on 2:10 Backstroke
	{1 on 1:00 Rest
	{3 x 100 on 2:10 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 4,070 Yards - Stress Value = 65

Workout #9005 - Wednesday, 04 May 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Shoulders-Stretch-Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no board B 10+1
	{1 x 150 on 2:35 Kick
	{4 x 25 on :45 Kick no board S 10+1

	{2 x 125 on 2:10 Kick
	{4 x 25 on :45 Kick no board L 10+1
	{3 x 100 on 1:45 Kick
	{4 x 25 on :45 Kick no board R 10+1
	{4 x 75 on 1:20 Kick
1,250	1x{1 x 150 on 2:00 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{3 x 100 on 1:20 Lungbuster pulls
	{4 x 75 on 1:00 Lungbuster pulls
	{5 x 50 on :40 Lungbuster pulls
	Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{1 x 125 on 1:50 2 strokes fly off walls
	{1 x 125 on 1:50 3 strokes fly off walls
	{1 x 125 on 1:50 4 strokes fly off walls
	{2 x 100 on 1:25 2 strokes fly off walls
	{2 x 100 on 1:25 3 strokes fly off walls
	{2 x 100 on 1:25 4 strokes fly off walls
	{3 x 75 on 1:05 2 strokes fly off walls
	{3 x 75 on 1:05 3 strokes fly off walls
	{3 x 75 on 1:05 4 strokes fly off walls
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 5,500 Yards - Stress Value = 78

Workout #9006 - Wednesday, 04 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Shoulders-Stretch-Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board B 10+1
	{1 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no board S 10+1
	{2 x 125 on 2:30 Kick
	{4 x 25 on :45 Kick no board L 10+1
	{3 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board R 10+1
	{4 x 50 on 1:00 Kick
1,100	1x{1 x 150 on 2:15 Lungbuster pulls
	{2 x 125 on 1:55 Lungbuster pulls
	{3 x 100 on 1:30 Lungbuster pulls
	{4 x 75 on 1:10 Lungbuster pulls
	{2 x 50 on :45 Lungbuster pulls
	Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,425	1x{1 x 125 on 2:05 2 strokes fly off walls
	{1 x 125 on 2:05 3 strokes fly off walls
	{1 x 125 on 1:40 4 strokes fly off walls
	{2 x 100 on 1:40 2 strokes fly off walls
	{2 x 100 on 1:40 3 strokes fly off walls
	{2 x 100 on 1:40 4 strokes fly off walls
	{2 x 75 on 1:15 2 strokes fly off walls
	{2 x 75 on 1:15 3 strokes fly off walls
	{3 x 50 on :50 4 strokes fly off walls
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 5,025 Yards - Stress Value = 72

Workout #9007 - Wednesday, 04 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders-Stretch-Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board B 10+1
 {1 x 150 on 3:15 Kick
 {4 x 25 on :45 Kick no board S 10+1
 {2 x 125 on 2:40 Kick
 {4 x 25 on :45 Kick no board L 10+1
 {3 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board R 10+1
 {2 x 50 on 1:05 Kick
 1,000 1x{1 x 150 on 2:30 Lungbuster pulls
 {2 x 125 on 2:05 Lungbuster pulls
 {3 x 100 on 1:40 Lungbuster pulls
 {2 x 75 on 1:15 Lungbuster pulls
 {3 x 50 on :50 Lungbuster pulls
 Breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,275 1x{1 x 125 on 2:15 2 strokes fly off walls
 {1 x 125 on 2:15 3 strokes fly off walls
 {1 x 125 on 2:15 4 strokes fly off walls
 {2 x 100 on 1:50 2 strokes fly off walls
 {2 x 100 on 1:50 3 strokes fly off walls
 {2 x 100 on 1:50 4 strokes fly off walls
 {2 x 50 on :55 2 strokes fly off walls
 {2 x 50 on :55 3 strokes fly off walls
 {2 x 50 on :55 4 strokes fly off walls
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 4,625 Yards - Stress Value = 67

Workout #9008 - Wednesday, 04 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders-Stretch-Spotlight
 500 1 x 500 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board B 10+1
 {1 x 150 on 3:30 Kick
 {4 x 25 on :45 Kick no board S 10+1
 {2 x 125 on 2:55 Kick
 {4 x 25 on :45 Kick no board L 10+1
 {3 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board R 10+1
 {1 x 50 on 1:10 Kick
 850 1x{1 x 150 on 3:00 Lungbuster pulls
 {2 x 125 on 2:30 Lungbuster pulls
 {2 x 100 on 2:00 Lungbuster pulls
 {2 x 75 on 1:30 Lungbuster pulls
 {2 x 50 on 1:00 Lungbuster pulls
 Breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 125 on 2:30 2 strokes fly off walls
 {1 x 125 on 2:30 3 strokes fly off walls
 {2 x 100 on 2:00 2 strokes fly off walls
 {2 x 100 on 2:00 3 strokes fly off walls
 {2 x 100 on 2:00 4 strokes fly off walls
 {2 x 50 on 1:00 2 strokes fly off walls
 {2 x 50 on 1:00 3 strokes fly off walls
 {3 x 50 on 1:00 4 strokes fly off walls
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 4,300 Yards - Stress Value = 63

Workout #9009 - Thursday, 05 May 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs-Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 200 on 4:00 Kick IM
 {3 x 50 on :50 Kick-descend
 {1 x 200 on 4:00 Kick IM
 {3 x 50 on :50 Kick-descend
 {1 x 200 on 4:00 Kick IM
 {3 x 50 on :50 Kick-descend
 {1 x 200 on 4:00 Kick IM
 1,000 1 x 1000 on 13:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 125 on 2:10 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breast under/over
 {3 x 125 on 2:00 Breaststroke
 {2 x 50 on 1:00 Breast under/over
 {4 x 125 on 1:55 Breaststroke-descend
 {1 x 50 on 1:00 Breast under/over
 350 7 x 50 on 1:00 Stroke Drills
 5:45 PM 5,300 Yards - Stress Value = 70

Workout #9010 - Thursday, 05 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs-Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 200 on 4:15 Kick IM
 {3 x 50 on 1:00 Kick-descend
 {1 x 200 on 4:15 Kick IM
 {3 x 50 on 1:00 Kick-descend
 {1 x 100 on 2:05 Kick IM no board
 900 1 x 900 on 13:30 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{1 x 125 on 2:20 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 2:15 Breaststroke
 {3 x 50 on 1:00 Breast under/over
 {3 x 125 on 2:10 Breaststroke
 {2 x 50 on 1:00 Breast under/over
 {4 x 100 on 1:40 Breaststroke-descend
 {1 x 50 on 1:00 Breast under/over
 350 7 x 50 on 1:00 Stroke Drills
 5:45 PM 5,000 Yards - Stress Value = 65

Workout #9011 - Thursday, 05 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs-Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 200 on 4:30 Kick IM
 {3 x 50 on 1:05 Kick-descend
 {1 x 200 on 4:30 Kick IM
 {3 x 50 on 1:05 Kick-descend
 {1 x 200 on 4:30 Kick IM
 {3 x 50 on 1:05 Kick-descend
 800 1 x 800 on 13:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 125 on 2:30 Breaststroke
 {4 x 50 on 1:10 Breast under/over
 {2 x 125 on 2:25 Breaststroke
 {3 x 50 on 1:10 Breast under/over
 {3 x 125 on 2:20 Breaststroke
 {2 x 50 on 1:10 Breast under/over
 {2 x 100 on 1:50 Breaststroke-descend
 {1 x 50 on 1:10 Breast under/over
 350 7 x 50 on 1:00 Stroke Drills
 5:45 PM 4,550 Yards - Stress Value = 58

Workout #9012 - Thursday, 05 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs-Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 5:00 Kick IM
 {3 x 50 on 1:15 Kick-descend
 {1 x 200 on 5:00 Kick IM
 {3 x 50 on 1:15 Kick-descend
 {1 x 200 on 5:00 Kick IM
 {1 x 50 on 1:15 Kick-fast
 700 1 x 700 on 13:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 100 on 2:30 Breaststroke
 {3 x 50 on 1:20 Breast under/over
 {2 x 100 on 2:25 Breaststroke
 {2 x 50 on 1:20 Breast under/over
 {3 x 100 on 2:20 Breaststroke
 {1 x 50 on 1:20 Breast under/over
 {3 x 100 on 2:15 Breaststroke-descend
 350 7 x 50 on 1:00 Stroke Drills
 5:45 PM 4,050 Yards - Stress Value = 52

Workout #9013 - Friday, 06 May 2011

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core-Spotlight
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 200 10x{1 on :30 Flutter Kick on Wall
 {1 x 20 on 1:30 Flip on whistle underwater f
 { kick to other side easy swim aft
 { every line you don't make = 5 pu

500 2x{1 x 25 on :45 Free 15 strokes
 {1 x 25 on :45 Free 14 strokes
 {1 x 25 on :45 Free 13 strokes
 {1 x 25 on :45 Free 12 strokes
 {1 x 25 on :45 Free 11 strokes
 {1 x 25 on :45 Free 10 strokes
 {1 x 25 on :45 Free 9 strokes
 {1 x 25 on :45 Free 8 strokes
 {1 x 25 on :45 Free 7 strokes
 {1 x 25 on :45 Free 6 strokes
 100 1 x 100 on 3:00 Freestyle For Time OTB
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 1,800 Yards - Stress Value = 20

Workout #9014 - Monday, 09 May 2011

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core-Spotlight
 600 1 x 600 on 10:00 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 2:35 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :55 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 2:25 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR
 1,000 1x{2 x 125 on 2:00 Pull no br L.12 yds
 {2 x 125 on 1:55 Pull no br L.12 yds
 {2 x 125 on 1:50 Pull no br L.12 yds
 {2 x 125 on 1:45 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,400 1x{1 x 500 on 6:30 Freestyle
 {5 x 100 on 1:25 Free hold time I give
 {1 x 400 on 5:10 Freestyle
 {5 x 100 on 1:25 Free hold time i give
 {1 x 300 on 3:55 Freestyle
 {5 x 100 on 1:25 Free hold time I give
 {1 x 200 on 2:35 Freestyle
 {5 x 100 on 1:25 Free hold time I give
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 6,900 Yards - Stress Value = 110

Workout #9015 - Monday, 09 May 2011

Group 3 - Gold

1 minute rest between sets

Yards	3:30 PM Start	Set Description
=====	=====	=====
	1 on 30:00	DS-Core-Spotlight
600	1 x 600 on 10:00	Swim-kick-pull-swim
150	10 x 15 on :45	Shooters
1,100	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 2:55	Kick
	{1 x 100 on 1:55	Kick
	{1 x 50 on :55	Kick
	{4 x 25 on :35	Kick no board BSLR
	{1 x 150 on 2:50	Kick
	{1 x 50 on :50	Kick
900	1x{2 x 125 on 2:10	Pull no br L.12 yds
	{2 x 125 on 2:05	Pull no br L.12 yds
	{2 x 125 on 2:00	Pull no br L.12 yds
	{2 x 75 on 1:10	Pull no br L.12 yds
200	4x{1 x 25 on :50	Sculling drills
	{1 x 25 on :40	12.5 ez 12.5 fast grt finishes
3,100	1x{1 x 500 on 7:05	Freestyle
	{5 x 100 on 1:35	Free hold time I give
	{1 x 400 on 5:40	Freestyle
	{5 x 100 on 1:35	Free hold time i give
	{1 x 300 on 4:15	Freestyle
	{5 x 100 on 1:35	Free hold time I give
	{1 x 200 on 2:50	Freestyle
	{2 x 100 on 1:35	Free hold time I give
250	5 x 50 on 1:00	Stroke Drills
	6:00 PM 6,300 Yards - Stress Value = 100	

Workout #9016 - Monday, 09 May 2011

Group 3 - Silver

1 minute rest between sets

Yards	3:30 PM Start	Set Description
=====	=====	=====
	1 on 30:00	DS-Core-Spotlight
550	1 x 550 on 10:00	Swim-kick-pull-swim
150	10 x 15 on :45	Shooters
1,000	1x{4 x 25 on :40	Kick no board BSLR
	{1 x 150 on 3:15	Kick
	{1 x 100 on 2:10	Kick
	{1 x 50 on 1:05	Kick
	{4 x 25 on :40	Kick no board BSLR
	{1 x 150 on 3:10	Kick
	{1 x 100 on 2:05	Kick
	{1 x 50 on 1:00	Kick
	{4 x 25 on :40	Kick no board BSLR
	{1 x 100 on 2:00	Kick
800	1x{2 x 125 on 2:20	Pull no br L.12 yds
	{2 x 100 on 1:50	Pull no br L.12 yds
	{2 x 100 on 1:45	Pull no br L.12 yds
	{2 x 75 on 1:15	Pull no br L.12 yds
200	4x{1 x 25 on :50	Sculling drills
	{1 x 25 on :40	12.5 ez 12.5 fast grt finishes
2,750	1x{1 x 500 on 7:55	Freestyle
	{5 x 100 on 1:45	Free hold time I give
	{1 x 400 on 6:20	Freestyle
	{5 x 100 on 1:45	Free hold time i give
	{1 x 300 on 4:45	Freestyle
	{5 x 100 on 1:45	Free hold time I give
	{1 x 50 on 1:00	Freestyle-100%
250	5 x 50 on 1:00	Stroke Drills
	6:00 PM 5,700 Yards - Stress Value = 91	

Workout #9017 - Monday, 09 May 2011

Group 3 - Bronze

1 minute rest between sets

Yards	3:30 PM Start	Set Description
=====	=====	=====
	1 on 30:00	DS-Core-Spotlight
500	1 x 500 on 10:00	Swim-kick-pull-swim
150	10 x 15 on :45	Shooters
850	1x{4 x 25 on :45	Kick no board BSLR
	{1 x 150 on 3:45	Kick
	{1 x 100 on 2:30	Kick
	{1 x 50 on 1:15	Kick
	{4 x 25 on :45	Kick no board BSLR
	{1 x 150 on 3:40	Kick
	{1 x 100 on 2:25	Kick
	{4 x 25 on :45	Kick no board BSLR
700	1x{2 x 100 on 2:10	Pull no br L.12 yds
	{2 x 100 on 2:05	Pull no br L.12 yds
	{2 x 100 on 2:00	Pull no br L.12 yds
	{1 x 100 on 1:55	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 400 on 8:00	Freestyle
	{5 x 100 on 2:00	Free hold time I give
	{1 x 300 on 6:00	Freestyle
	{5 x 100 on 2:00	Free hold time i give
	{1 x 200 on 4:00	Freestyle
	{4 x 100 on 2:00	Free hold time I give
250	5 x 50 on 1:00	Stroke Drills
	5:59 PM 4,950 Yards - Stress Value = 78	

Workout #9018 - Monday, 09 May 2011

Group 2 - Distance

1 minute rest between sets

Yards	5:30 PM Start	Set Description
=====	=====	=====
	1 on 25:00	DS-Core-Spotlight
500	1 x 500 on 10:00	Swim-kick-pull-swim
150	10 x 15 on :45	Shooters
900	1x{4 x 25 on :45	Kick no board BSLR
	{1 x 150 on 3:00	Kick
	{1 x 100 on 2:00	Kick
	{1 x 50 on 1:00	Kick
	{4 x 25 on :45	Kick no board BSLR
	{1 x 150 on 2:55	Kick
	{1 x 100 on 1:55	Kick
	{1 x 50 on :55	Kick
	{4 x 25 on :45	Kick no board BSLR
200	4x{1 x 25 on :50	Sculling drills
	{1 x 25 on :40	12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 500 on 7:30	Freestyle
	{5 x 100 on 1:40	Free hold time I give
	{1 x 400 on 6:00	Freestyle
	{4 x 100 on 1:40	Free hold time i give
	{1 x 300 on 4:30	Freestyle
200	1 on 9:00	Techniques-Starts
	1 x 200 on 3:00	Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 68	

Workout #9019 - Monday, 09 May 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core-Spotlight
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:15 Kick
 {1 x 50 on 1:05 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
 1,800 1x{1 x 500 on 8:20 Freestyle
 {5 x 100 on 1:50 Free hold time I give
 {1 x 400 on 6:40 Freestyle
 {4 x 100 on 1:50 Free hold time i give
 1 on 9:00 Techniques-Starts
 200 1 x 200 on 3:00 Stroke Drills
 7:29 PM 3,650 Yards - Stress Value = 60

Workout #9020 - Monday, 09 May 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core-Spotlight
 450 1 x 450 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 150 on 3:40 Kick
 {1 x 100 on 2:30 Kick
 {1 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:25 Kick
 {1 x 50 on 1:15 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
 1,500 1x{1 x 400 on 8:00 Freestyle
 {4 x 100 on 2:10 Free hold time I give
 {1 x 300 on 6:00 Freestyle
 {4 x 100 on 2:10 Free hold time i give
 1 on 9:00 Techniques-Starts
 200 1 x 200 on 3:00 Stroke Drills
 7:29 PM 3,250 Yards - Stress Value = 53

Workout #9021 - Monday, 09 May 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core-Spotlight
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 4:00 Kick
 {1 x 100 on 2:40 Kick
 {1 x 50 on 1:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:35 Kick
 {1 x 50 on 1:15 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
 1,400 1x{1 x 400 on 9:00 Freestyle
 {4 x 100 on 2:30 Free hold time I give
 {1 x 300 on 6:45 Freestyle
 {3 x 100 on 2:30 Free hold time i give
 1 on 9:00 Techniques-Starts
 200 1 x 200 on 3:00 Stroke Drills
 7:31 PM 3,100 Yards - Stress Value = 51

Workout #9022 - Tuesday, 10 May 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 4 x 175 on 3:30 Kick @ fastest interval
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 { 15y streamline kick on back/15y underwater
 1,350 1x{2 x 100 on 1:30 Pulls
 {2 x 100 on 1:25 Pulls
 {2 x 100 on 1:20 Pulls
 {2 x 75 on 1:10 Pulls
 {2 x 75 on 1:05 Pulls
 {2 x 75 on 1:00 Pulls
 {2 x 50 on :50 Pulls
 {2 x 50 on :45 Pulls
 {2 x 50 on :40 Pulls
 { #1 of each line breathe toward blchrs
 { #2 of each line breath toward scrbrd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{3 x 50 on :55 Breast hold under :45
 {1 x 150 on 2:30 Breaststroke
 {3 x 50 on :55 Breast hold under :45
 {2 x 125 on 2:05 Breaststroke
 {3 x 50 on :55 Breast hold under :45
 {3 x 100 on 1:40 Breaststroke
 {3 x 50 on :55 Breast hold under :45
 {3 x 100 on 1:35 Breaststroke
 {3 x 50 on :55 Breast hold under :45
 {2 x 125 on 2:00 Breaststroke
 {3 x 50 on :55 Breast hold under :45
 {1 x 150 on 2:25 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,970 Yards - Stress Value = 126

Workout #9023 - Tuesday, 10 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 4 x 175 on 3:30 Kick @ fastest interval
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 { 15y streamline kick on back/15y underwater
 1,200 1x{2 x 100 on 1:40 Pulls
 {2 x 100 on 1:35 Pulls
 {2 x 100 on 1:30 Pulls
 {2 x 75 on 1:20 Pulls
 {2 x 75 on 1:15 Pulls
 {2 x 75 on 1:10 Pulls
 {2 x 50 on :50 Pulls
 {1 x 50 on :45 Pulls
 { #1 of each line breathe toward blchrs
 { #2 of each line breath toward scrbrd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{3 x 50 on 1:00 Breast hold under :50
 {1 x 150 on 2:40 Breaststroke
 {3 x 50 on 1:00 Breast hold under :50
 {2 x 125 on 2:10 Breaststroke
 {3 x 50 on 1:00 Breast hold under :50
 {3 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:00 Breast hold under :50
 {3 x 100 on 1:40 Breaststroke
 {3 x 50 on 1:00 Breast hold under :50
 {2 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breast hold under :50
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,670 Yards - Stress Value = 121

Workout #9024 - Tuesday, 10 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 4 x 175 on 3:30 Kick @ fastest interval
 360 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 { 15y streamline kick on back/15y underwater
 1,100 1x{2 x 100 on 1:50 Pulls
 {2 x 100 on 1:45 Pulls
 {2 x 100 on 1:40 Pulls
 {2 x 75 on 1:25 Pulls
 {2 x 75 on 1:20 Pulls
 {2 x 75 on 1:15 Pulls
 {1 x 50 on :50 Pulls
 { #1 of each line breathe toward blchrs
 { #2 of each line breath toward scrbrd
 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{3 x 50 on 1:05 Breast hold under :55
 {1 x 150 on 2:50 Breaststroke
 {3 x 50 on 1:05 Breast hold under :55
 {2 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:05 Breast hold under :55
 {3 x 100 on 1:50 Breaststroke
 {3 x 50 on 1:05 Breast hold under :55
 {3 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:05 Breast hold under :55
 {2 x 125 on 2:15 Breaststroke
 {1 x 50 on 1:00 Breast hold under :55
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,360 Yards - Stress Value = 113

Workout #9025 - Tuesday, 10 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 4 x 175 on 3:30 Kick @ fastest interval
 360 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 { 15y streamline kick on back/15y underwater
 1,000 1x{2 x 100 on 2:05 Pulls
 {2 x 100 on 2:00 Pulls
 {2 x 100 on 1:55 Pulls
 {2 x 50 on 1:05 Pulls
 {2 x 50 on 1:00 Pulls
 {2 x 50 on :55 Pulls
 {2 x 50 on :50 Pulls
 { #1 of each line breathe toward blchrs
 { #2 of each line breath toward scrbrd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{3 x 50 on 1:10 Breast hold under 1:00
 {1 x 150 on 3:30 Breaststroke
 {3 x 50 on 1:10 Breast hold under 1:00
 {2 x 125 on 2:50 Breaststroke
 {3 x 50 on 1:10 Breast hold under 1:00
 {3 x 100 on 2:15 Breaststroke
 {3 x 50 on 1:10 Breast hold under 1:00
 {3 x 100 on 2:15 Breaststroke
 {2 x 50 on 1:10 Breast hold under 1:00
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 4,860 Yards - Stress Value = 100

Workout #9026 - Wednesday, 11 May 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
600	1 on 30:00 DS-Shoulders-Spotlight 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :30 Kick no board BSLR 11KOW 2 x 100 on 2:00 Kick #2-Fast 4 x 25 on :35 Kick no board BSLR 12KOW 2 x 100 on 1:55 Kick #2-Fast 4 x 25 on :40 Kick no board BSLR 13KOW 2 x 100 on 1:50 Kick 4 x 25 on :45 Kick no board BSLR 14KOW 2 x 100 on 1:45 Kick #2-Fast
1,500	1x{1 x 150 on 1:45 Lungbuster pulls 2 x 150 on 1:50 Lungbuster pulls 3 x 150 on 1:55 Lungbuster pulls 4 x 150 on 2:00 Lungbuster pulls { Breathe 3-5-7 by the 50
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{4 x 125 on 2:00 Back alt 25's 10KOW 4 x 50 on :50 Back-descend 4 x 125 on 1:55 Back alt 25's 10KOW 4 x 50 on :50 Back-descend 4 x 125 on 1:50 Back alt 25's 10KOW 4 x 50 on :50 Back-descend 4 x 125 on 1:45 Back alt 25's 10KOW
250	5 x 50 on 1:00 Stroke Drills
6:00 PM	6,500 Yards - Stress Value = 108

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS-Shoulders-Spotlight 1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :40 Kick no board BSLR 11KOW 2 x 100 on 2:15 Kick #2-Fast 4 x 25 on :45 Kick no board BSLR 12KOW 2 x 100 on 2:10 Kick #2-Fast 4 x 25 on :45 Kick no board BSLR 13KOW 2 x 100 on 2:05 Kick 4 x 25 on :45 Kick no board BSLR 14KOW
1,200	1x{1 x 150 on 2:20 Lungbuster pulls 2 x 150 on 2:25 Lungbuster pulls 3 x 150 on 2:30 Lungbuster pulls 2 x 150 on 2:35 Lungbuster pulls { Breathe 3-5-7 by the 50
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{4 x 125 on 2:20 Back alt 25's 10KOW 3 x 50 on 1:00 Back-descend 4 x 125 on 2:15 Back alt 25's 10KOW 3 x 50 on 1:00 Back-descend 4 x 125 on 2:10 Back alt 25's 10KOW 2 x 50 on 1:00 Back-descend 2 x 125 on 2:05 Back alt 25's 10KOW
250	5 x 50 on 1:00 Stroke Drills
6:00 PM	5,500 Yards - Stress Value = 92

Workout #9029 - Wednesday, 11 May 2011

Group 3 - Bronze

1 minute rest between sets

Workout #9027 - Wednesday, 11 May 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
600	1 on 30:00 DS-Shoulders-Spotlight 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :35 Kick no board BSLR 11KOW 2 x 100 on 2:10 Kick #2-Fast 4 x 25 on :40 Kick no board BSLR 12KOW 2 x 100 on 2:05 Kick #2-Fast 4 x 25 on :45 Kick no board BSLR 13KOW 2 x 100 on 2:00 Kick 4 x 25 on :45 Kick no board BSLR 14KOW 1 x 50 on :55 Kick-Fast
1,350	1x{1 x 150 on 2:00 Lungbuster pulls 2 x 150 on 2:05 Lungbuster pulls 3 x 150 on 2:10 Lungbuster pulls 3 x 150 on 2:15 Lungbuster pulls { Breathe 3-5-7 by the 50
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,375	1x{4 x 125 on 2:10 Back alt 25's 10KOW 3 x 50 on :55 Back-descend 4 x 125 on 2:05 Back alt 25's 10KOW 3 x 50 on :55 Back-descend 4 x 125 on 2:00 Back alt 25's 10KOW 4 x 50 on :55 Back-descend 3 x 125 on 1:55 Back alt 25's 10KOW
250	5 x 50 on 1:00 Stroke Drills
6:00 PM	5,975 Yards - Stress Value = 99

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS-Shoulders-Spotlight 1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR 11KOW 2 x 100 on 2:40 Kick #2-Fast 4 x 25 on :45 Kick no board BSLR 12KOW 2 x 100 on 2:35 Kick #2-Fast 4 x 25 on :45 Kick no board BSLR 13KOW 2 x 100 on 2:30 Kick
1,000	1x{1 x 150 on 2:45 Lungbuster pulls 2 x 150 on 2:50 Lungbuster pulls 3 x 150 on 2:55 Lungbuster pulls 1 x 100 on 2:00 Lungbuster pulls { Breathe 3-5-7 by the 50
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{4 x 100 on 2:15 Back alt 25's 10KOW 3 x 50 on 1:10 Back-descend 4 x 100 on 2:10 Back alt 25's 10KOW 3 x 50 on 1:10 Back-descend 4 x 100 on 2:05 Back alt 25's 10KOW 2 x 50 on 1:10 Back-descend 2 x 100 on 2:00 Back alt 25's 10KOW
250	5 x 50 on 1:00 Stroke Drills
6:00 PM	4,800 Yards - Stress Value = 81

Workout #9028 - Wednesday, 11 May 2011

Group 3 - Silver

1 minute rest between sets

Workout #9030 - Thursday, 12 May 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS-Physio Ball Abs-Sportlight
 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
 875 1x{3 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
 {3 x 75 on 1:00 Fly-25L25R25B
 860 1x{1 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on :45 15side kick 15underwater fly
 {2 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on :45 15side kick 15underwater fly
 {3 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on :45 15side kick 15underwater fly
 {4 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on :45 15side kick 15underwater fly
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 875 1x{3 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
 {3 x 75 on 1:00 Fly-25L25R25B
 1,200 1x{4 x 75 on 1:10 Pulls
 {3 x 50 on :45 Pulls-stroke counts
 {3 x 75 on 1:05 Pulls
 {3 x 50 on :45 Pulls-stroke counts
 {2 x 75 on 1:00 Pulls
 {3 x 50 on :45 Pulls Stroke Counts
 {1 x 75 on :55 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 875 1x{3 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
 {3 x 75 on 1:00 Fly-25L25R25B
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 6,135 Yards - Stress Value = 87

Workout #9031 - Thursday, 12 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS-Physio Ball Abs-Sportlight
 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
 800 1x{3 x 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {2 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on 1:10 Fly-25L25R25B
 860 1x{1 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on :45 15side kick 15underwater fly
 {2 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on :45 15side kick 15underwater fly
 {3 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on :45 15side kick 15underwater fly
 {4 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on :45 15side kick 15underwater fly
 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 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {2 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on 1:10 Fly-25L25R25B
 1,100 1x{4 x 75 on 1:15 Pulls
 {3 x 50 on :50 Pulls-stroke counts
 {3 x 75 on 1:10 Pulls
 {3 x 50 on :50 Pulls-stroke counts
 {2 x 75 on 1:05 Pulls
 {1 x 50 on :50 Pulls Stroke Counts
 {1 x 75 on 1:00 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 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {2 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on 1:10 Fly-25L25R25B
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,810 Yards - Stress Value = 82

Workout #9032 - Thursday, 12 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS-Physio Ball Abs-Sportlight
 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
 675 1x{3 x 75 on 1:25 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {2 x 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {2 x 50 on :50 Fly-12.5L12.5R25B
 770 1x{1 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on 1:00 15side kick 15underwater fly
 {2 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on 1:00 15side kick 15underwater fly
 {3 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on 1:00 15side kick 15underwater fly
 {4 x 50 on 1:00 Vertical Kick 45/15
 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 1:25 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {2 x 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {2 x 50 on :50 Fly-12.5L12.5R25B
 975 1x{4 x 75 on 1:25 Pulls
 {3 x 50 on :55 Pulls-stroke counts
 {3 x 75 on 1:20 Pulls
 {3 x 50 on :55 Pulls-stroke counts
 {2 x 75 on 1:15 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 675 1x{3 x 75 on 1:25 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {2 x 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {2 x 50 on :50 Fly-12.5L12.5R25B
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,170 Yards - Stress Value = 72

Workout #9033 - Thursday, 12 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS-Physio Ball Abs-Sportlight
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 550 1x{2 x 75 on 1:35 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {2 x 75 on 1:30 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {1 x 50 on 1:00 Fly-12.5L12.5R25B
 770 1x{1 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on 1:00 15side kick 15underwater fly
 {2 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on 1:00 15side kick 15underwater fly
 {3 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on 1:00 15side kick 15underwater fly
 {4 x 50 on 1:00 Vertical Kick 45/15
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 550 1x{2 x 75 on 1:35 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {2 x 75 on 1:30 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {1 x 50 on 1:00 Fly-12.5L12.5R25B
 900 1x{4 x 75 on 1:30 Pulls
 {3 x 50 on 1:00 Pulls-stroke counts
 {3 x 75 on 1:25 Pulls
 {3 x 50 on 1:00 Pulls-stroke counts
 {1 x 75 on 1:20 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 550 1x{2 x 75 on 1:35 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {2 x 75 on 1:30 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {1 x 50 on 1:00 Fly-12.5L12.5R25B
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 4,670 Yards - Stress Value = 65

180 12 x 15 on :45 Start/Shooter/Finish
 1,850 1x{16 x 50 on :50 Freestyle every 4th one 100%
 {9 x 50 on :55 Freestyle every 3rd one 100%
 {8 x 50 on 1:00 Freestyle every 2nd one 100%
 {4 x 50 on 1:05 Freestyle all 100%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 4:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 3,430 Yards - Stress Value = 56

Workout #9037 - Friday, 13 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dymanic Stretch
 550 1 x 550 on 10:00 Reverse IM drill
 180 12 x 15 on :45 Start/Shooter/Finish
 1,650 1x{12 x 50 on :55 Freestyle every 4th one 100%
 {9 x 50 on 1:00 Freestyle every 3rd one 100%
 {8 x 50 on 1:05 Freestyle every 2nd one 100%
 {4 x 50 on 1:10 Freestyle all 100%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 4:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 3,230 Yards - Stress Value = 52

Workout #9034 - Friday, 13 May 2011

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dymanic Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 180 12 x 15 on :45 Start/Shooter/Finish
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%
 {12 x 50 on :50 Freestyle every 3rd one 100%
 {8 x 50 on :55 Freestyle every 2nd one 100%
 {4 x 50 on 1:00 Freestyle all 100%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 4:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 3,630 Yards - Stress Value = 59

Workout #9035 - Friday, 13 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dymanic Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 180 12 x 15 on :45 Start/Shooter/Finish
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%
 {12 x 50 on :50 Freestyle every 3rd one 100%
 {8 x 50 on :55 Freestyle every 2nd one 100%
 {4 x 50 on 1:00 Freestyle all 100%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 4:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 3,630 Yards - Stress Value = 59

Workout #9036 - Friday, 13 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dymanic Stretch
 550 1 x 550 on 10:00 Reverse IM drill

Workout #9038 - Monday, 16 May 2011

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 28:00 DS-Core-Spotlight
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :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 2:10 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 2:00 Kick
1,400	1x{4 x 25 on :20 Pulls-no br L.12 yds {2 x 125 on 1:50 Pulls-no br L.12 yds {4 x 25 on :20 Pulls-no br L.12 yds {2 x 125 on 1:45 Pulls-no br L.12 yds {4 x 25 on :20 Pulls-no br L.12 yds {2 x 125 on 1:40 Pulls-no br L.12 yds {4 x 25 on :20 Pulls-no br L.12 yds {2 x 125 on 1:35 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,150	21 x 150 on 2:05 Free-descend in 3's & descend each set of 3's avg time
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	7,150 Yards - Stress Value = 114

Workout #9039 - Monday, 16 May 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 28:00 DS-Core-Spotlight
600	1 x 600 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 2:35 Kick {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 75 on 1:30 Kick {4 x 25 on :35 Kick no board BSLR {2 x 50 on :55 Kick
1,200	1x{4 x 25 on :25 Pulls-no br L.12 yds {2 x 125 on 2:00 Pulls-no br L.12 yds {4 x 25 on :25 Pulls-no br L.12 yds {2 x 125 on 1:55 Pulls-no br L.12 yds {4 x 25 on :25 Pulls-no br L.12 yds {2 x 75 on 1:10 Pulls-no br L.12 yds {4 x 25 on :25 Pulls-no br L.12 yds {2 x 75 on 1:05 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
2,850	19 x 150 on 2:15 Free-descend in 3's & descend each set of 3's avg time
250	1 x 250 on 4:00 Stroke Drills
5:59 PM	6,400 Yards - Stress Value = 101

Workout #9040 - Monday, 16 May 2011

Group 3 - Silver

1 minute rest between sets

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

	1 on 28:00 DS-Core-Spotlight
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :40 Kick no board BSLR {2 x 125 on 2:45 Kick {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:10 Kick {4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:35 Kick {4 x 25 on :40 Kick no board BSLR {1 x 50 on 1:05 Kick
1,050	1x{4 x 25 on :30 Pulls-no br L.12 yds {2 x 125 on 2:10 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {2 x 100 on 1:40 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {2 x 75 on 1:15 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {1 x 50 on :50 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	18 x 150 on 2:30 Free-descend in 3's & descend each set of 3's avg time
250	1 x 250 on 4:00 Stroke Drills
6:01 PM	5,950 Yards - Stress Value = 94

Workout #9041 - Monday, 16 May 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 28:00 DS-Core-Spotlight
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	1x{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 2:25 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:10 Kick
800	1x{4 x 25 on :40 Pulls-no br L.12 yds {2 x 100 on 2:00 Pulls-no br L.12 yds {4 x 25 on :40 Pulls-no br L.12 yds {1 x 100 on 1:55 Pulls-no br L.12 yds {4 x 25 on :40 Pulls-no br L.12 yds {1 x 50 on 1:00 Pulls-no br L.12 yds {4 x 25 on :40 Pulls-no br L.12 yds {1 x 50 on :50 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	16 x 150 on 2:45 Free-descend in 3's & descend each set of 3's avg time
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,200 Yards - Stress Value = 82

Workout #9042 - Monday, 16 May 2011

Group 2 - Distance

1 minute rest between sets

Yards	Set Description
500	1 on 20:00 DS-Core-Spotlight
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,500	10 x 15 on :45 Shooters
750	1 x 1500 on 25:00 T-20
200	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:35 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :45 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
1,350	9 x 150 on 2:30 Free-descend in 3's
	& descend each set of 3's avg time
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,700 Yards - Stress Value = 80

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
400	1 on 20:00 DS-Core-Spotlight
150	1 x 400 on 10:00 Swim-kick-pull-swim
1,500	10 x 15 on :45 Shooters
600	1 x 1500 on 25:00 T-20
200	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:20 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	7 x 150 on 3:15 Free-descend in 3's
	& descend each set of 3's avg time
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,150 Yards - Stress Value = 71

Workout #9043 - Monday, 16 May 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
500	1 on 20:00 DS-Core-Spotlight
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,500	10 x 15 on :45 Shooters
700	1 x 1500 on 25:00 T-20
200	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	8 x 150 on 2:45 Free-descend in 3's
	& descend each set of 3's avg time
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 4,500 Yards - Stress Value = 76

Workout #9046 - Tuesday, 17 May 2011

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
600	1 on 30:00 DS-Abs-Spotlight
150	1 x 600 on 10:00 Underwater trn drill
800	10 x 15 on :45 Shooters
360	4 x 200 on 4:00 Kick @ Fastest Interval
600	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
200	12 x 50 on :45 Pull odds br toward blchr
	evens br toward scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,150	3x{2 x 25 on :30 Build to 100%
	{1 x 100 on 1:15 Freestyle
	{4 x 25 on :30 Fly lup 2down
	{1 x 100 on 1:15 Freestyle
	{6 x 25 on :30 Fly No Br L.7 yds
	{1 x 100 on 1:15 Freestyle
	{8 x 25 on :30 Fly 5KOW No br BO
	{1 x 250 on 4:00 Freestyle
	6:01 PM 5,860 Yards - Stress Value = 85

Workout #9044 - Monday, 16 May 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
450	1 on 20:00 DS-Core-Spotlight
150	1 x 450 on 10:00 Swim-kick-pull-swim
1,500	10 x 15 on :45 Shooters
650	1 x 1500 on 25:00 T-20
200	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:05 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	8 x 150 on 3:00 Free-descend in 3's
	& descend each set of 3's avg time
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 4,400 Yards - Stress Value = 75

Workout #9045 - Monday, 16 May 2011

Workout #9047 - Tuesday, 17 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 4 x 200 on 4:00 Kick @ Fastest Interval
 360 12 x 30 on 1:00 15y BSLR underwater
 Vertical Kick (Fr) for 20 kIcks
 15y flutter Kick BSLR
 500 10 x 50 on :50 Pull odds br toward blchr
 evens br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 3x{2 x 25 on :30 Build to 100%
 {1 x 100 on 1:25 Freestyle
 {4 x 25 on :30 Fly lup 2down
 {1 x 100 on 1:25 Freestyle
 {6 x 25 on :30 Fly No Br L.7 yds
 {1 x 100 on 1:25 Freestyle
 {7 x 25 on :30 Fly 5KOW No br BO
 {1 x 225 on 4:00 Freestyle
 6:01 PM 5,610 Yards - Stress Value = 82

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 3x{2 x 25 on :45 Build to 100%
 {1 x 100 on 1:50 Freestyle
 {4 x 25 on :45 Fly lup 2down
 {1 x 100 on 1:50 Freestyle
 {6 x 25 on :45 Fly No Br L.7 yds
 {1 x 50 on :55 Freestyle
 {1 x 150 on 4:00 Freestyle
 6:00 PM 4,560 Yards - Stress Value = 68

Workout #9050 - Wednesday, 18 May 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders-Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :45 Kick no board B 12+1
 {1 x 50 on :50 Kick
 {4 x 25 on :45 Kick no board S 12+1
 {2 x 75 on 1:15 Kick
 {4 x 25 on :45 Kick no board L 12+1
 {3 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board R 12+1 KOW
 {4 x 125 on 2:05 Kick
 900 1x{2 x 75 on 1:05 Lungbuster pulls
 { br 2-3-4
 {2 x 75 on 1:05 Lungbuster pulls
 { br.3-4-5
 {2 x 75 on 1:05 Lungbuster pulls
 { br 4-5-6
 {2 x 75 on 1:05 Lungbuster pulls
 { br 5-6-7
 {2 x 75 on 1:05 Lungbuster pulls
 { br 6-7-8
 {2 x 75 on 1:05 Lungbuster pulls
 { br 7-8-9
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,750 1x{4 x 125 on 2:00 Breast L.25 3X pullouts
 {5 x 50 on :45 Breaststroke
 {4 x 125 on 1:55 Breast L.25 3X pullouts
 {5 x 50 on :50 Breaststroke
 {4 x 125 on 1:50 Breast L.25 3X pullouts
 {5 x 50 on :55 Breaststroke
 {4 x 125 on 1:45 Breast L.25 3X pullouts
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 6,250 Yards - Stress Value = 103

Workout #9048 - Tuesday, 17 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 4 x 200 on 4:00 Kick @ Fastest Interval
 360 12 x 30 on 1:00 15y BSLR underwater
 Vertical Kick (Fr) for 20 kIcks
 15y flutter Kick BSLR
 450 9 x 50 on :55 Pull odds br toward blchr
 evens br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,550 3x{2 x 25 on :35 Build to 100%
 {1 x 100 on 1:35 Freestyle
 {4 x 25 on :35 Fly lup 2down
 {1 x 100 on 1:35 Freestyle
 {5 x 25 on :35 Fly No Br L.7 yds
 {1 x 50 on :50 Freestyle
 {6 x 25 on :35 Fly 5KOW No br BO
 {1 x 175 on 4:00 Freestyle
 6:01 PM 5,060 Yards - Stress Value = 76

Workout #9049 - Tuesday, 17 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 4 x 200 on 4:00 Kick @ Fastest Interval
 360 12 x 30 on 1:00 15y BSLR underwater
 Vertical Kick (Fr) for 20 kIcks
 15y flutter Kick BSLR
 450 9 x 50 on 1:00 Pull odds br toward blchr
 evens br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills

Workout #9051 - Wednesday, 18 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders-Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :45 Kick no board B 12+1
 {2 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board S 12+1
 {2 x 75 on 1:25 Kick
 {4 x 25 on :45 Kick no board L 12+1
 {3 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board R 12+1 KOW
 {4 x 75 on 1:25 Kick
 750 1x{2 x 75 on 1:15 Lungbuster pulls
 { br 2-3-4
 {2 x 75 on 1:15 Lungbuster pulls
 { br.3-4-5
 {2 x 75 on 1:15 Lungbuster pulls
 { br 4-5-6
 {2 x 75 on 1:15 Lungbuster pulls
 { br 5-6-7
 {2 x 75 on 1:15 Lungbuster pulls
 { br 6-7-8
 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 2:15 Breast L.25 3X pullouts
 {5 x 50 on :50 Breaststroke
 {4 x 125 on 2:10 Breast L.25 3X pullouts
 {5 x 50 on :55 Breaststroke
 {4 x 125 on 2:05 Breast L.25 3X pullouts
 {4 x 50 on 1:00 Breaststroke
 {2 x 125 on 2:00 Breast L.25 3X pullouts
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 5,650 Yards - Stress Value = 92

Workout #9052 - Wednesday, 18 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders-Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board B 12+1
 {1 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board S 12+1
 {2 x 75 on 1:40 Kick
 {4 x 25 on :45 Kick no board L 12+1
 {3 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board R 12+1 KOW
 {2 x 125 on 2:40 Kick
 700 1x{2 x 75 on 1:20 Lungbuster pulls
 { br 2-3-4
 {2 x 75 on 1:20 Lungbuster pulls
 { br.3-4-5
 {2 x 75 on 1:20 Lungbuster pulls
 { br 4-5-6
 {2 x 75 on 1:20 Lungbuster pulls
 { br 5-6-7
 {2 x 50 on :55 Lungbuster pulls
 { br 7-8
 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 125 on 2:25 Breast L.25 3X pullouts
 {4 x 50 on :55 Breaststroke
 {4 x 125 on 2:20 Breast L.25 3X pullouts
 {4 x 50 on 1:00 Breaststroke

{4 x 125 on 2:15 Breast L.25 3X pullouts
 {4 x 50 on 1:05 Breaststroke
 {2 x 75 on 1:20 Breast L.25 3X pullouts
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 5,250 Yards - Stress Value = 85

Workout #9053 - Wednesday, 18 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders-Spotlight
 500 1 x 500 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,050 1x{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 1:55 Kick
 {4 x 25 on :45 Kick no board L 12+1
 {3 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board R 12+1 KOW
 {2 x 75 on 1:55 Kick
 650 1x{2 x 75 on 1:30 Lungbuster pulls
 { br 2-3-4
 {2 x 75 on 1:30 Lungbuster pulls
 { br.3-4-5
 {2 x 75 on 1:30 Lungbuster pulls
 { br 4-5-6
 {2 x 75 on 1:30 Lungbuster pulls
 { br 5-6-7
 {1 x 50 on 1:00 Lungbuster pulls
 { br 7-8
 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 2:40 Breast L.25 3X pullouts
 {4 x 50 on 1:00 Breaststroke
 {4 x 125 on 2:35 Breast L.25 3X pullouts
 {4 x 50 on 1:05 Breaststroke
 {4 x 125 on 2:30 Breast L.25 3X pullouts
 {3 x 50 on 1:10 Breaststroke
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 4,850 Yards - Stress Value = 78

Workout #9054 - Thursday, 19 May 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS-Physio Ball Abs-Spotlight?
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins
 2,200 1x{1 x 200 on 2:40 Pull BWFPF
 {4 x 50 on :45 Free 3/5/7/9 KOW
 {2 x 175 on 2:20 Pulls BWKPF
 {4 x 50 on :45 Free 3/5/7/9 KOW
 {3 x 150 on 2:00 Pull BWHPF
 {4 x 50 on :45 Free 3/5/7/9 KOW
 {4 x 100 on 1:20 Pulls BWSPF
 {4 x 50 on :45 Free 3/5//7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {2 x 75 on :55 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :45 Backstroke
 {3 x 50 on :40 Backstroke
 {3 x 50 on :35 Backstroke
 {1 x 100 on 1:45 Backstroke Drill
 {4 x 25 on :25 Backstroke-100%
 {4 x 25 on :20 Backstroke-100%
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 6,750 Yards - Stress Value = 101

{2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :50 Backstroke
 {2 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {1 x 100 on 1:45 Backstroke Drill
 {4 x 25 on :30 Backstroke-100%
 {2 x 25 on :25 Backstroke-100%
 1 x 300 on 5:00 Stroke Drills
 6:00 PM 6,300 Yards - Stress Value = 93

Workout #9056 - Thursday, 19 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS-Physio Ball Abs-Spotlight?
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins
 1,800 1x{1 x 200 on 3:15 Pull BWFPF
 {4 x 50 on :55 Free 3/5/7/9 KOW
 {2 x 175 on 2:50 Pulls BWKPF
 {4 x 50 on :55 Free 3/5/7/9 KOW
 {3 x 150 on 2:25 Pull BWHPF
 {3 x 50 on :55 Free 5/7/9 KOW
 {1 x 100 on 1:40 Pulls BWSPF
 {3 x 50 on :50 Free 5//7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 150 on 3:30 Backstroke Drill
 {2 x 75 on 1:25 Backstroke
 {2 x 75 on 1:20 Backstroke
 {1 x 75 on 1:15 Backstroke
 {1 x 75 on 1:10 Backstroke
 {1 x 100 on 2:20 Backstroke Drill
 {3 x 50 on :55 Backstroke
 {2 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 100 on 2:20 Backstroke Drill
 {2 x 25 on :35 Backstroke-100%
 {2 x 25 on :30 Backstroke-100%
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,800 Yards - Stress Value = 87

Workout #9055 - Thursday, 19 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS-Physio Ball Abs-Spotlight?
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins
 1,950 1x{1 x 200 on 3:00 Pull BWFPF
 {4 x 50 on :50 Free 3/5/7/9 KOW
 {2 x 175 on 2:40 Pulls BWKPF
 {4 x 50 on :50 Free 3/5/7/9 KOW
 {3 x 150 on 2:15 Pull BWHPF
 {4 x 50 on :50 Free 3/5/7/9 KOW
 {2 x 100 on 1:30 Pulls BWSPF
 {3 x 50 on :50 Free 5//7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 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 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke

Workout #9057 - Thursday, 19 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs-Spotlight?
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins
 1,600 1x{1 x 200 on 3:50 Pull BWFPF
 {4 x 50 on 1:00 Free 3/5/7/9 KOW
 {2 x 175 on 3:20 Pulls BWKPF
 {4 x 50 on 1:00 Free 3/5/7/9 KOW
 {2 x 150 on 2:50 Pull BWHPF
 {3 x 50 on 1:00 Free 5/7/9 KOW
 {1 x 100 on 1:50 Pulls BWSPF
 {2 x 50 on :55 Free 7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{1 x 100 on 2:10 Backstroke
 {1 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 3:00 Backstroke Drill
 {1 x 75 on 1:40 Backstroke
 {1 x 75 on 1:35 Backstroke
 {1 x 75 on 1:30 Backstroke
 {1 x 75 on 1:25 Backstroke
 {1 x 100 on 3:00 Backstroke Drill
 {1 x 50 on 1:10 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 100 on 3:00 Backstroke Drill
 {6 x 25 on :45 Backstroke-100%
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,150 Yards - Stress Value = 77

Workout #9058 - Friday, 20 May 2011

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Dryland-Spotlight?
 600 1 x 600 on 10:00 Choice
 165 11 x 15 on :45 Cross Pool Sprints-Diving Well
 1 on 8:00 Sculling Drills
 100 1 x 100 on 5:00 Your Choice OTB
 1 on 26:00 Killer Relays
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 1,115 Yards - Stress Value = 17

Workout #9059 - Monday, 23 May 2011

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 100 on 1:50 Kick
 {1 x 100 on 2:00 Kick
 {2 x 100 on 1:45 Kick
 {1 x 100 on 2:00 Kick
 {3 x 100 on 1:40 Kick
 {1 x 100 on 2:00 Kick

{4 x 100 on 1:35 Kick
 {1 x 100 on 2:00 Kick
 1,600 1x{1 x 100 on 1:10 Pulls
 {3 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:15 Pulls
 {3 x 50 on :55 Pulls-no br L.13 yds
 {3 x 100 on 1:20 Pulls
 {3 x 50 on :50 Pulls-no br L.14 yds
 {4 x 100 on 1:25 Pulls
 {3 x 50 on :45 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 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
 400 4 x 100 on 1:30 Descend to Ludicrous
 Speed!!!!!!!!!!!!!!!!!!!!
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 6,700 Yards - Stress Value = 75

Workout #9060 - Monday, 23 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 2:10 Kick
 {2 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick
 {3 x 100 on 1:50 Kick
 {1 x 100 on 2:10 Kick
 {3 x 100 on 1:45 Kick
 {1 x 50 on 1:05 Kick
 1,500 1x{1 x 100 on 1:20 Pulls
 {3 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:25 Pulls
 {3 x 50 on :55 Pulls-no br L.13 yds
 {3 x 100 on 1:30 Pulls
 {3 x 50 on :50 Pulls-no br L.14 yds
 {3 x 100 on 1:35 Pulls
 {3 x 50 on :45 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 600 on 9:00 Free Neg Split
 {1 x 400 on 6:00 Free L.25 of each 100 6BK
 {1 x 400 on 6:00 Free descend 100's
 {1 x 200 on 3:00 Free SFBO SW/3KOBHW
 {1 x 200 on 3:00 Free-build each 50
 400 4 x 100 on 1:30 Descend to Ludicrous
 Speed!!!!!!!!!!!!!!!!!!!!
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 6,250 Yards - Stress Value = 69

Workout #9061 - Monday, 23 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:15 Kick
 {3 x 100 on 2:00 Kick
 {1 x 100 on 2:15 Kick
 {2 x 100 on 1:55 Kick
 {1 x 50 on 1:15 Kick
 1,350 1x{1 x 100 on 1:30 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:35 Pulls
 {2 x 50 on 1:00 Pulls-no br L.13 yds
 {3 x 100 on 1:40 Pulls
 {2 x 50 on 1:00 Pulls-no br L.14 yds
 {4 x 100 on 1:45 Pulls
 {1 x 50 on 1:00 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 500 on 8:20 Free Neg Split
 {1 x 400 on 6:40 Free L.25 of each 100 6BK
 {1 x 300 on 5:00 Free descend 100's
 {1 x 200 on 3:20 Free SFBO SW/3KOBHW
 {1 x 200 on 3:20 Free-build each 50
 300 3 x 100 on 1:45 Descend to Ludicrous
 Speed!!!!!!!!!!!!!!!!!!!!
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 5,650 Yards - Stress Value = 59

Workout #9062 - Monday, 23 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 100 on 1:50 Kick with flippers
 {1 x 100 on 2:00 Kick with flippers
 {2 x 100 on 1:45 Kick with flippers
 {1 x 100 on 2:00 Kick with flippers
 {3 x 100 on 1:40 Kick with flippers
 {1 x 100 on 2:00 Kick with flippers
 {4 x 100 on 1:35 Kick with flippers
 {1 x 100 on 2:00 Kick with flippers
 1,150 1x{1 x 100 on 1:50 Pulls
 {2 x 50 on 1:10 Pulls-no br L.12 yds
 {2 x 100 on 1:55 Pulls
 {2 x 50 on 1:10 Pulls-no br L.13 yds
 {3 x 100 on 2:00 Pulls
 {2 x 50 on 1:10 Pulls-no br L.14 yds
 {2 x 100 on 2:05 Pulls
 {1 x 50 on 1:10 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 500 on 9:35 Free Neg Split
 {1 x 400 on 7:40 Free L.25 of each 100 6BK
 {1 x 300 on 5:45 Free descend 100's
 {1 x 200 on 3:50 Free SFBO SW/3KOBHW
 300 3 x 100 on 2:00 Descend to Ludicrous
 Speed!!!!!!!!!!!!!!!!!!!!
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 5,450 Yards - Stress Value = 60

Workout #9063 - Monday, 23 May 2011

Group 2 - Distance

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS-Core-SOW
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 2:10 Kick
 {2 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick
 {3 x 100 on 1:50 Kick
 {1 x 100 on 2:10 Kick
 1,200 1x{3 x 50 on 1:00 Pulls-no br L.12 yds
 {1 x 100 on 1:25 Pulls
 {3 x 50 on :55 Pulls-no br L.13 yds
 {2 x 100 on 1:30 Pulls
 {3 x 50 on :50 Pulls-no br L.14 yds
 {3 x 100 on 1:35 Pulls
 {3 x 50 on :45 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 500 on 7:30 Free L.25 of each 100 6BK
 {1 x 400 on 6:00 Free descend 100's
 {1 x 300 on 4:30 Free SFBO SW/3KOBHW
 {1 x 200 on 3:00 Free-build each 50
 400 4 x 100 on 1:45 Descend to Ludicrous
 Speed!!!!!!!!!!!!!!!!!!!!
 250 5 x 50 on 1:00 Stroke Drills
 7:30 PM 4,900 Yards - Stress Value = 54

Workout #9064 - Monday, 23 May 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS-Core-SOW
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:20 Kick
 {3 x 100 on 2:05 Kick
 1,050 1x{3 x 50 on 1:00 Pulls-no br L.12 yds
 {1 x 100 on 1:35 Pulls
 {2 x 50 on 1:00 Pulls-no br L.13 yds
 {2 x 100 on 1:40 Pulls
 {2 x 50 on 1:00 Pulls-no br L.14 yds
 {3 x 100 on 1:45 Pulls
 {2 x 50 on 1:00 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 500 on 8:20 Free L.25 of each 100 6BK
 {1 x 400 on 6:40 Free descend 100's
 {1 x 300 on 5:00 Free SFBO SW/3KOBHW
 400 4 x 100 on 1:45 Descend to Ludicrous
 Speed!!!!!!!!!!!!!!!!!!!!
 250 5 x 50 on 1:00 Stroke Drills
 7:29 PM 4,450 Yards - Stress Value = 48

Workout #9065 - Monday, 23 May 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS-Core-SOW
350	1 x 350 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{1 x 100 on 2:25 Kick
	{1 x 50 on 1:15 Kick
	{2 x 100 on 2:20 Kick
	{1 x 50 on 1:15 Kick
	{3 x 100 on 2:15 Kick
	{1 x 50 on 1:15 Kick
950	1x{2 x 50 on 1:10 Pulls-no br L.12 yds
	{1 x 100 on 1:45 Pulls
	{2 x 50 on 1:10 Pulls-no br L.13 yds
	{2 x 100 on 1:50 Pulls
	{2 x 50 on 1:10 Pulls-no br L.14 yds
	{2 x 100 on 1:55 Pulls
	{3 x 50 on 1:10 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	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 300 on 5:30 Free SFBO SW/3KOBHW
300	3 x 100 on 2:00 Descend to Ludicrous
	Speed!!!!!!!!!!!!!!!!!!!!
250	5 x 50 on 1:00 Stroke Drills
	7:30 PM 4,150 Yards - Stress Value = 43

	1 on 30:00 DS-Abs-Team Mtg
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
100	1 x 100 on 3:00 Kick for time
550	1 x 550 on 10:00 Social Kick-Plat must make
	Gold must make 500, Silver 450, Bronze 400
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,000	1 x 1000 on 13:30 Pulls-Alt 50 br toward blc
	50 br toward scrbd
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 200 on 3:00 Backstroke
	{2 x 75 on 1:15 Backstroke 2KOW+1
	{3 x 150 on 2:15 Backstroke
	{2 x 75 on 1:15 Backstroke 2KOW+1
	{2 x 100 on 1:30 Backstroke
	{2 x 75 on 1:15 Backstroke 2KOW+1
	{1 x 50 on :45 Backstroke
	{2 x 75 on 1:15 Backstroke 2KOW+1
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 5,930 Yards - Stress Value = 74

Workout #9068 - Tuesday, 24 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Abs-Team Mtg
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
100	1 x 100 on 3:00 Kick for time
500	1 x 500 on 10:00 Social Kick-Plat must make
	Gold must make 500, Silver 450, Bronze 400
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
900	1 x 900 on 13:30 Pulls-Alt 50 br toward blc
	50 br toward scrbd
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 200 on 3:20 Backstroke
	{2 x 75 on 1:20 Backstroke 2KOW+1
	{3 x 150 on 2:30 Backstroke
	{2 x 75 on 1:20 Backstroke 2KOW+1
	{2 x 100 on 1:40 Backstroke
	{2 x 75 on 1:20 Backstroke 2KOW+1
	{1 x 50 on :50 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 5,630 Yards - Stress Value = 70

Workout #9067 - Tuesday, 24 May 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start

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

Workout #9069 - Tuesday, 24 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Team Mtg
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 3:00 Kick for time
 450 1 x 450 on 10:00 Social Kick-Plat must make
 Gold must make 500, Silver 450, Bronze 400
 920 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on 1:00 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {2 x 30 on 1:00 15 underwater 15 sprint free
 800 1 x 800 on 13:30 Pulls-Alt 50 br toward blch
 50 br toward scrbd
 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 200 on 3:40 Backstroke
 {2 x 75 on 1:25 Backstroke 2KOW+1
 {3 x 150 on 2:45 Backstroke
 {2 x 75 on 1:25 Backstroke 2KOW+1
 {2 x 100 on 1:50 Backstroke
 {2 x 75 on 1:25 Backstroke 2KOW+1
 {1 x 50 on :55 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,170 Yards - Stress Value = 65

3:30 PM Start

Yards Set Description
 =====
 1 on 30:00 DS and Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 200 on 3:30 Kick
 {4 x 25 on :45 Kick no board B
 {2 x 150 on 2:40 Kick
 {4 x 25 on :45 Kick no board S
 {3 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board L
 {4 x 50 on :50 Kick
 {4 x 25 on :45 Kick no board R
 1,250 1x{2 x 125 on 1:45 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 125 on 1:45 Lungbuster pulls
 { Breathe 3-4-5 continous
 {2 x 125 on 1:45 Lungbuster pulls
 { Breathe 4-5-6 continous
 {2 x 125 on 1:45 Lungbuster pulls
 { Breathe 5-6-7 Continous
 {2 x 125 on 1:45 Lungbuster pulls
 { Breathe 6-7-8 continous
 1 on 10:00 Techniques-Starts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{2 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {10 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {2 x 25 on :30 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 4,850 Yards - Stress Value = 46

Workout #9070 - Tuesday, 24 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Abs-Team Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 3:00 Kick for time
 450 1 x 450 on 10:00 Social Kick-Plat must make
 Gold must make 500, Silver 450, Bronze 400
 920 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on 1:00 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {2 x 30 on 1:00 15 underwater 15 sprint free
 700 1 x 700 on 13:30 Pulls-Alt 50 br toward blch
 50 br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,550 1x{3 x 200 on 4:10 Backstroke
 {2 x 50 on 1:10 Backstroke 2KOW+1
 {3 x 150 on 3:10 Backstroke
 {2 x 50 on 1:10 Backstroke 2KOW+1
 {2 x 100 on 2:05 Backstroke
 {1 x 50 on 1:10 Backstroke 2KOW+1
 {1 x 50 on 1:00 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,820 Yards - Stress Value = 60

Workout #9071 - Wednesday, 25 May 2011

Group 3 - Fly

1 minute rest between sets

Workout #9072 - Wednesday, 25 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 200 on 4:00 Kick
 {4 x 25 on :45 Kick no board B
 {2 x 150 on 3:00 Kick
 {4 x 25 on :45 Kick no board S
 {3 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board L
 {2 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board R
 900 1x{2 x 125 on 1:55 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 125 on 1:55 Lungbuster pulls
 { Breathe 3-4-5 continuous
 {2 x 125 on 1:55 Lungbuster pulls
 { Breathe 4-5-6 continuous
 {2 x 75 on 1:10 Lungbuster pulls
 { Breathe 5-6-7 Continuous
 1 on 10:00 Techniques-Starts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{2 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {10 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {2 x 25 on :35 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 4,500 Yards - Stress Value = 43

Workout #9073 - Wednesday, 25 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Shoulders
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 200 on 4:20 Kick
 {4 x 25 on :45 Kick no board B
 {2 x 150 on 3:15 Kick
 {4 x 25 on :45 Kick no board S
 {2 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board L
 {2 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board R
 800 1x{2 x 125 on 2:05 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 125 on 2:05 Lungbuster pulls
 { Breathe 3-4-5 continuous
 {2 x 125 on 2:05 Lungbuster pulls
 { Breathe 4-5-6 continuous
 {1 x 50 on :50 Lungbuster pulls
 { Breathe 5-6-7 Continuous
 1 on 10:00 Techniques-Starts

200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 1x{2 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {4 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {8 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {2 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {2 x 25 on :40 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 4,100 Yards - Stress Value = 39

Workout #9074 - Wednesday, 25 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Shoulders
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 200 on 5:00 Kick
 {4 x 25 on :45 Kick no board B
 {1 x 150 on 3:45 Kick
 {4 x 25 on :45 Kick no board S
 {2 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board L
 {3 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board R
 700 1x{2 x 100 on 2:00 Lungbuster pulls
 { Breathe 2-3-4 continuous
 {2 x 100 on 2:00 Lungbuster pulls
 { Breathe 3-4-5 continuous
 {2 x 100 on 2:00 Lungbuster pulls
 { Breathe 4-5-6 continuous
 {1 x 100 on 2:00 Lungbuster pulls
 { Breathe 5-6-7 Continuous
 1 on 10:00 Techniques-Starts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 1x{2 x 25 on :40 Butterfly w/fins
 {1 on 1:00 Rest
 {4 x 25 on :40 Butterfly w/fins
 {1 on 1:00 Rest
 {6 x 25 on :40 Butterfly w/fins
 {1 on 1:00 Rest
 {8 x 25 on :40 Butterfly w/fins
 {1 on 1:00 Rest
 {8 x 25 on :40 Butterfly w/fins
 {1 on 1:00 Rest
 {6 x 25 on :40 Butterfly w/fins
 {1 on 1:00 Rest
 {2 x 25 on :40 Butterfly w/fins
 {1 on 1:00 Rest
 {2 x 25 on :40 Butterfly w/fins
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 3,850 Yards - Stress Value = 40

Workout #9075 - Thursday, 26 May 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 1,500 1x{6 x 50 on :40 Pulls
 {6 x 50 on :45 Pulls
 {6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{4 x 125 on 2:05 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 100 on 1:40 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 75 on 1:15 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 50 on :50 25 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 100 1 x 100 on 5:00 Ind Med for time OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,800 Yards - Stress Value = 55

{4 x 100 on 1:50 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 75 on 1:25 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 50 on :55 25 Breast 25 Free
 100 1 x 100 on 5:00 Ind Med for time OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,450 Yards - Stress Value = 51

Workout #9077 - Thursday, 26 May 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1x{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 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:15 Kick your best kick
 {1 x 50 on 1:10 Kick your 2nd best kick
 {1 x 50 on 1:15 Kick your 3rd best kick
 1,250 1x{6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 {6 x 50 on 1:05 Pulls
 {1 x 50 on 1:10 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{4 x 125 on 2:30 100 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {4 x 100 on 2:00 75 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {4 x 75 on 1:30 50 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 100 1 x 100 on 5:00 Ind Med for time OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,000 Yards - Stress Value = 45

Workout #9076 - Thursday, 26 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 2:05 Kick your best kick
 {1 x 50 on 1:05 Kick your 2nd best kick
 {1 x 50 on 1:10 Kick your 3rd best kick
 1,350 1x{6 x 50 on :45 Pulls
 {6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 {3 x 50 on 1:05 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{4 x 125 on 2:20 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill

Workout #9078 - Thursday, 26 May 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {2 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:25 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:30 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 1,200 1x{6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 {6 x 50 on 1:05 Pulls
 {6 x 50 on 1:10 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{4 x 125 on 2:45 100 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {3 x 100 on 2:15 75 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {2 x 75 on 1:40 50 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {1 x 50 on 1:05 25 Breast 25 Free
 100 1 x 100 on 5:00 Ind Med for time OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 4,600 Yards - Stress Value = 41

Workout #9080 - Tuesday, 31 May 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core-Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ Fastest Interval
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 { 15y streamline kick on back/15y
 1,500 1x{1 x 250 on 3:20 Pulls
 {2 x 200 on 2:40 Pulls
 {3 x 150 on 2:00 Pulls
 {4 x 100 on 1:20 Pulls
 { Alt 50's breathing toward blchr/scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{4 x 125 on 2:30 Breaststroke
 {3 x 50 on :40 Freestyle
 {3 x 125 on 2:20 Breaststroke
 {3 x 50 on :40 Freestyle
 {2 x 125 on 2:10 Breaststroke
 {3 x 50 on :40 Freestyle
 {1 x 125 on 2:00 Breaststroke
 { 1st 25 under water

100 1 x 100 on 4:00 Breast for time from push
 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
 30 6 x 5 on 1:00 Stroke Drills
 6:00 PM 5,600 Yards - Stress Value = 77

Workout #9079 - Tuesday, 31 May 2011

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WC
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC
 150 10 x 15 on :45 Shooters SP3
 2,100 1x{3 x 100 on 1:20 Free Hold time I give EN2
 {1 x 200 on 3:00 Freestyle EN3
 {3 x 100 on 1:20 Free Hold time I give EN2
 {2 x 200 on 3:00 Freestyle EN3
 {3 x 100 on 1:20 Free Hold time I give EN2
 {3 x 200 on 3:00 Freestyle EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 7:02 AM 2,900 Yards - Stress Value = 96

Workout #9081 - Tuesday, 31 May 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Core-Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ Fastest Interval
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 { 15y streamline kick on back/15y
 1,300 1x{1 x 250 on 3:45 Pulls
 {2 x 200 on 3:00 Pulls
 {3 x 150 on 2:15 Pulls
 {2 x 100 on 1:30 Pulls
 { Alt 50's breathing toward blchr/scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 1x{4 x 125 on 2:30 Breaststroke
 {3 x 50 on :45 Freestyle
 {3 x 125 on 2:25 Breaststroke
 {3 x 50 on :45 Freestyle
 {2 x 125 on 2:10 Breaststroke
 {2 x 50 on :45 Freestyle
 {1 x 125 on 2:05 Breaststroke
 { 1st 25 under water
 100 1 x 100 on 4:00 Breast for time from push
 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
 30 6 x 5 on 1:00 Stroke Drills
 6:00 PM 5,350 Yards - Stress Value = 74

Workout #9082 - Tuesday, 31 May 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS-Core-Spotlight
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ Fastest Interval
360	1x{3 x 30 on 1:00 Kick
	{3 x 30 on :55 Kick
	{3 x 30 on :50 Kick
	{3 x 30 on :45 Kick
	{ 15y streamline kick on back/15y
1,150	1x{1 x 250 on 4:10 Pulls
	{2 x 200 on 3:20 Pulls
	{3 x 150 on 2:30 Pulls
	{1 x 50 on :50 Pulls
	{ Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 125 on 2:40 Breaststroke
	{2 x 50 on :50 Freestyle
	{3 x 125 on 2:35 Breaststroke
	{2 x 50 on :50 Freestyle
	{2 x 125 on 2:30 Breaststroke
	{1 x 50 on :50 Freestyle
	{1 x 125 on 2:25 Breaststroke
	{ 1st 25 under water
100	1 x 100 on 4:00 Breast for time from push
350	1x{4 x 25 on :30 Freestyle
	{6 x 25 on :25 Freestyle
	{4 x 25 on :20 Freestyle
30	6 x 5 on 1:00 Stroke Drills
	6:00 PM 4,890 Yards - Stress Value = 69

Workout #9083 - Tuesday, 31 May 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS-Core-Spotlight
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ Fastest Interval
360	1x{3 x 30 on 1:00 Kick
	{3 x 30 on :55 Kick
	{3 x 30 on :50 Kick
	{3 x 30 on :45 Kick
	{ 15y streamline kick on back/15y
1,050	1x{1 x 200 on 3:40 Pulls
	{2 x 150 on 2:45 Pulls
	{3 x 100 on 1:50 Pulls
	{5 x 50 on :55 Pulls
	{ Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{4 x 100 on 2:20 Breaststroke
	{3 x 50 on :55 Freestyle
	{3 x 100 on 2:15 Breaststroke
	{3 x 50 on :55 Freestyle
	{2 x 100 on 2:10 Breaststroke
	{2 x 50 on :55 Freestyle
	{1 x 100 on 2:05 Breaststroke
	{ 1st 25 under water
100	1 x 100 on 4:00 Breast for time from push
350	1x{4 x 25 on :30 Freestyle
	{6 x 25 on :25 Freestyle
	{4 x 25 on :20 Freestyle
30	6 x 5 on 1:00 Stroke Drills

6:00 PM 4,640 Yards - Stress Value = 70

Workout #9088 - Wednesday, 01 June 2011

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS-Shoulders
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
2,100	1x{3 x 125 on 2:15 Kick L.25 100%
	{6 x 25 on :30 Kick no board B
	{3 x 125 on 2:10 Kick L.25 100%
	{6 x 25 on :30 Kick no board S
	{3 x 125 on 2:05 Kick L.25 100%
	{6 x 25 on :30 Kick no board L
	{3 x 125 on 2:00 Kick L.25 100%
	{6 x 25 on :30 Kick no board R
1,000	1 x 1000 on 14:00 Lungbuster pulls
	Breathe 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	2x{3 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
	{3 x 75 on 1:00 Fly-25L25R25B
	{1 x 100 on 2:30 Freestyle
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 6,250 Yards - Stress Value = 97

Workout #9084 - Wednesday, 01 June 2011

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 40:00 DS-Weights
400	1 x 400 on 7:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
2,000	10x{1 x 100 on 1:15 Individual Medley
	{1 x 50 on :35 Freestyle
	{1 x 50 on :45 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	7:00 AM 2,850 Yards - Stress Value = 36

Workout #9085 - Wednesday, 01 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 40:00 DS-Weights
400	1 x 400 on 7:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
1,800	9x{1 x 100 on 1:25 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	7:01 AM 2,650 Yards - Stress Value = 33

Workout #9089 - Wednesday, 01 June 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,800 1x{3 x 125 on 2:35 Kick L.25 100%
 {6 x 25 on :35 Kick no board B
 {3 x 125 on 2:30 Kick L.25 100%
 {6 x 25 on :35 Kick no board S
 {2 x 125 on 2:25 Kick L.25 100%
 {6 x 25 on :35 Kick no board L
 {2 x 125 on 2:20 Kick L.25 100%
 {4 x 25 on :35 Kick no board R
 950 1 x 950 on 14:00 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 2x{3 x 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {2 x 75 on 1:10 Fly-25L25R25B
 {1 x 100 on 2:30 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 6:01 PM 5,750 Yards - Stress Value = 87

Workout #9086 - Wednesday, 01 June 2011

Group 3 - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS-Weights
 350 1 x 350 on 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 1,600 8x{1 x 100 on 1:35 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 7:00 AM 2,400 Yards - Stress Value = 30

Workout #9090 - Wednesday, 01 June 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,625 1x{3 x 125 on 2:50 Kick L.25 100%
 {6 x 25 on :40 Kick no board B
 {2 x 125 on 2:45 Kick L.25 100%
 {6 x 25 on :40 Kick no board S
 {2 x 125 on 2:40 Kick L.25 100%
 {4 x 25 on :40 Kick no board L
 {2 x 125 on 2:35 Kick L.25 100%
 {4 x 25 on :40 Kick no board R
 850 1 x 850 on 14:00 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 2x{2 x 75 on 1:30 Fly-25L25R25B
 {4 x 25 on :40 Fly 5/7/9/11 KOW
 {2 x 75 on 1:25 Fly-25L25R25B
 {4 x 25 on :40 Fly 5/7/9/11 KOW

{2 x 75 on 1:20 Fly-25L25R25B
 {1 x 100 on 3:00 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 6:01 PM 5,125 Yards - Stress Value = 75

Workout #9087 - Wednesday, 01 June 2011

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS-Weights
 350 1 x 350 on 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 1,400 7x{1 x 100 on 1:50 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:00 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 7:00 AM 2,200 Yards - Stress Value = 27

Workout #9091 - Wednesday, 01 June 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,202 1x{2 x 1 on 2:35 Kick L.25 100%
 {6 x 25 on :45 Kick no board B
 {2 x 100 on 2:30 Kick L.25 100%
 {6 x 25 on :45 Kick no board S
 {2 x 100 on 2:25 Kick L.25 100%
 {6 x 25 on :45 Kick no board L
 {2 x 100 on 2:20 Kick L.25 100%
 {6 x 25 on :45 Kick no board R
 750 1 x 750 on 14:00 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 2x{2 x 75 on 1:45 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {2 x 75 on 1:40 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {1 x 75 on 1:35 Fly-25L25R25B
 {1 x 50 on 2:30 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 6:01 PM 4,302 Yards - Stress Value = 63

Workout #9093 - Thursday, 02 June 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS-Abs-Spotlight
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even's back
150	10 x 15 on :45 Shooters
1,500	1x{1 x 100 on 1:40 Kick 2 x 25 on :30 Kick non #1 2 x 100 on 1:40 Kick 3 x 50 on 1:00 Kick non #1 3 x 100 on 1:40 Kick 4 x 75 on 1:30 Kick non #1 4 x 100 on 1:40 Kick
1,350	1x{3 x 125 on 1:50 Pulls Break shkff 4 x 50 on :40 Pulls-no br L.12 yds 2 x 125 on 1:40 Pulls Break shkff 4 x 50 on :40 Pulls-no br L.12 yds 1 x 125 on 1:35 Pulls Break shkff 4 x 50 on :40 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 50 on :45 Backstroke 4 x 25 on :45 Bath Tub Drill-6 1 x 100 on 1:15 Backstroke w/fins 4 x 50 on :45 Backstroke 10 KOSW 4 x 25 on :45 Bathtub Drill -7 2 x 100 on 1:20 Backstroke w/fins 4 x 50 on :45 Backstroke 10KOBHW 4 x 25 on :45 Bathtub Drill-9 3 x 100 on 1:25 Backstroke w/fins 4 x 50 on :45 Backstroke 10KOW 4 x 25 on :45 Bathtub Drill-8 4 x 100 on 1:30 Backstroke w/fins
250	5 x 50 on 1:00 Stroke Drills
6:00 PM	6,250 Yards - Stress Value = 133

Workout #9092 - Thursday, 02 June 2011

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters	SP3	
2,200	1x{4 x 125 on 2:00 Freestyle 1 on 1:00 Rest 4 x 125 on 1:55 Freestyle 1 on 1:00 Rest 4 x 125 on 1:50 Freestyle 1 on 1:00 Rest 4 x 125 on 1:45 Freestyle 1 x 200 on 3:00 Stroke Drills	EN3 EN3 EN3 EN3 EN3 REC	
7:03 AM	2,750 Yards - Stress Value = 126		

Workout #9094 - Thursday, 02 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS-Abs-Spotlight
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even's back
150	10 x 15 on :45 Shooters

1,300	1x{1 x 100 on 1:55 Kick 2 x 25 on :35 Kick non #1 2 x 100 on 1:55 Kick 3 x 50 on 1:05 Kick non #1 3 x 100 on 1:55 Kick 4 x 75 on 1:40 Kick non #1 2 x 100 on 1:55 Kick
1,200	1x{3 x 125 on 2:00 Pulls Break shkff 4 x 50 on :45 Pulls-no br L.12 yds 2 x 125 on 1:55 Pulls Break shkff 4 x 50 on :45 Pulls-no br L.12 yds 1 x 125 on 1:50 Pulls Break shkff 1 x 50 on :45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{4 x 50 on :50 Backstroke 4 x 25 on :45 Bath Tub Drill-6 1 x 100 on 1:20 Backstroke w/fins 4 x 50 on :50 Backstroke 10 KOSW 4 x 25 on :45 Bathtub Drill -7 2 x 100 on 1:25 Backstroke w/fins 4 x 50 on :50 Backstroke 10KOBHW 4 x 25 on :45 Bathtub Drill-9 3 x 100 on 1:30 Backstroke w/fins 4 x 50 on :50 Backstroke 10KOW 4 x 25 on :45 Bathtub Drill-8 3 x 100 on 1:35 Backstroke w/fins
250	5 x 50 on 1:00 Stroke Drills
6:00 PM	5,800 Yards - Stress Value = 120

Workout #9095 - Thursday, 02 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS-Abs-Spotlight
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:05 Kick 2 x 25 on :40 Kick non #1 2 x 100 on 2:05 Kick 3 x 50 on 1:10 Kick non #1 3 x 100 on 2:05 Kick 4 x 75 on 1:45 Kick non #1 1 x 100 on 2:05 Kick
1,100	1x{3 x 125 on 2:10 Pulls Break shkff 3 x 50 on :50 Pulls-no br L.12 yds 2 x 125 on 2:05 Pulls Break shkff 3 x 50 on :50 Pulls-no br L.12 yds 1 x 125 on 2:00 Pulls Break shkff 1 x 50 on :50 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{4 x 50 on :55 Backstroke 4 x 25 on :45 Bath Tub Drill-6 1 x 100 on 1:30 Backstroke w/fins 4 x 50 on :55 Backstroke 10 KOSW 4 x 25 on :45 Bathtub Drill -7 2 x 100 on 1:35 Backstroke w/fins 4 x 50 on :55 Backstroke 10KOBHW 4 x 25 on :45 Bathtub Drill-9 3 x 100 on 1:40 Backstroke w/fins 4 x 50 on :55 Backstroke 10KOW 4 x 25 on :45 Bathtub Drill-8 1 x 100 on 1:45 Backstroke w/fins
250	5 x 50 on 1:00 Stroke Drills
6:00 PM	5,350 Yards - Stress Value = 104

Workout #9096 - Thursday, 02 June 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 30:00 DS-Abs-Spotlight			
500	1 x 500 on 10:00 Underwater trn drill			
	Odd 100's free even's back			
150	10 x 15 on :45 Shooters			
950	1x{1 x 100 on 2:40 Kick			
	{3 x 50 on 1:30 Kick non #1			
	{2 x 100 on 2:35 Kick			
	{4 x 75 on 2:15 Kick non #1			
	{2 x 100 on 2:30 Kick			
950	1x{3 x 100 on 1:55 Pulls Break shkf			
	{3 x 50 on 1:00 Pulls-no br L.12 yds			
	{2 x 100 on 1:50 Pulls Break shkf			
	{3 x 50 on 1:00 Pulls-no br L.12 yds			
	{1 x 100 on 1:45 Pulls Break shkf			
	{1 x 50 on 1:00 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			
1,800	1x{3 x 50 on 1:05 Backstroke			
	{4 x 25 on :45 Bath Tub Drill-6			
	{1 x 100 on 1:40 Backstroke w/fins			
	{3 x 50 on 1:05 Backstroke 10 KOSW			
	{4 x 25 on :45 Bathtub Drill -7			
	{2 x 100 on 1:45 Backstroke w/fins			
	{3 x 50 on 1:05 Backstroke 10KOBHW			
	{4 x 25 on :45 Bathtub Drill-9			
	{3 x 100 on 1:50 Backstroke w/fins			
	{3 x 50 on 1:05 Backstroke 10KOW			
	{4 x 25 on :45 Bathtub Drill-8			
	{2 x 100 on 1:45 Backstroke w/fins			
250	5 x 50 on 1:00 Stroke Drills			
	6:01 PM 4,800 Yards - Stress Value = 98			

Workout #9097 - Friday, 03 June 2011

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 40:00 DS and Weights			
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S C	
1,900	1x{4 x 25 on :30 Butterfly	EN2	S F	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
	{1 x 100 on 1:15 Freestyle	EN2	S	
	{4 x 25 on :30 Backstroke	EN2	S	
	{2 x 175 on 2:40 IM w/25 free	EN2	S	
	{2 x 100 on 1:15 Freestyle	EN2	S	
	{4 x 25 on :30 Breaststroke	EN2	S	
	{3 x 150 on 2:15 IM w/out the free	EN2	S	
	{3 x 100 on 1:15 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	7:01 AM 2,700 Yards - Stress Value = 44			

Workout #9098 - Friday, 03 June 2011

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 40:00 DS and Weights			
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S C	
1,750	1x{4 x 25 on :30 Butterfly	EN2	S F	
	{1 x 200 on 3:20 Individual Medley	EN2	S	

{1 x 100 on 1:25 Freestyle	EN2	S
{4 x 25 on :30 Backstroke	EN2	S
{2 x 175 on 2:55 IM w/25 free	EN2	S
{2 x 100 on 1:25 Freestyle	EN2	S
{4 x 25 on :30 Breaststroke	EN2	S
{2 x 150 on 2:30 IM w/out the free	EN2	S
{3 x 100 on 1:25 Freestyle	EN2	S
1 x 250 on 4:00 Stroke Drills	REC	D
7:01 AM 2,550 Yards - Stress Value = 41		

Workout #9099 - Friday, 03 June 2011

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 40:00 DS and Weights			
350	1 x 350 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S C	
1,550	1x{4 x 25 on :35 Butterfly	EN2	S F	
	{1 x 200 on 3:40 Individual Medley	EN2	S	
	{1 x 100 on 1:35 Freestyle	EN2	S	
	{4 x 25 on :35 Backstroke	EN2	S	
	{2 x 175 on 3:15 IM w/25 free	EN2	S	
	{2 x 100 on 1:35 Freestyle	EN2	S	
	{4 x 25 on :35 Breaststroke	EN2	S	
	{2 x 150 on 2:45 IM w/out the free	EN2	S	
	{1 x 100 on 1:35 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	7:01 AM 2,300 Yards - Stress Value = 37			

Workout #9100 - Friday, 03 June 2011

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 40:00 DS and Weights			
350	1 x 350 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S C	
1,400	1x{4 x 25 on :40 Butterfly	EN2	S F	
	{2 x 100 on 2:00 Individual Medley	EN2	S	
	{1 x 100 on 1:45 Freestyle	EN2	S	
	{4 x 25 on :40 Backstroke	EN2	S	
	{2 x 100 on 2:00 Individual Medley	EN2	S	
	{2 x 100 on 1:45 Freestyle	EN2	S	
	{4 x 25 on :40 Breaststroke	EN2	S	
	{2 x 100 on 2:00 Individual Medley	EN2	S	
	{2 x 100 on 1:45 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	7:01 AM 2,150 Yards - Stress Value = 34			

Workout #9101 - Friday, 03 June 2011

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS-Physio Ball Abs-Spotlight	
400	1 x 400 on 7:00 Reverse IM drill	REC
150	10 x 15 on :45 Shooters	SP3
640	8x{2 x 20 on 1:15 Running Pit Sprint	SP1
	{ +1 pushup after every pit sprint	
	{1 x 40 on 2:00 Tombstone Kick	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	5:00 PM 1,490 Yards - Stress Value = 38	

Workout #9102 - Monday, 06 June 2011

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,100	1x{1 x 500 on 6:15 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:01 AM 2,900 Yards - Stress Value = 48		

Group 3 - Lane 3

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,900	1x{1 x 500 on 6:50 Freestyle	EN2	
	{2 x 100 on 1:35 Freestyle	EN2	
	{1 x 400 on 5:30 Freestyle	EN2	
	{2 x 100 on 1:35 Freestyle	EN2	
	{1 x 300 on 4:05 Freestyle	EN2	
	{3 x 100 on 1:35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:00 AM 2,700 Yards - Stress Value = 44		

Workout #9110 - Monday, 06 June 2011

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS-Core		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,900	1x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{2 x 150 on 2:25 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{3 x 150 on 2:20 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{4 x 150 on 2:15 Kick	EN2	
1,250	1x{1 x 125 on 1:30 Pulls-no br L.12 yds	EN2	
	{2 x 125 on 1:35 Pulls-no br L.12 yds	EN2	
	{3 x 125 on 1:40 Pulls-no br L.12 yds	EN2	
	{4 x 125 on 1:45 Pulls-no br L.12 yds	EN2	
200	4x{1 x 25 on :50 Sculling drills	EN2	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2	
2,800	1x{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 400 on 4:55 Freestyle	EN2	
	{1 x 400 on 4:50 Freestyle	EN2	
	{1 x 400 on 4:45 Freestyle	EN2	
	{1 x 400 on 4:40 Freestyle	EN2	
	{1 x 400 on 4:35 Freestyle	EN2	
	{1 x 400 on 4:30 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	6:01 PM 7,300 Yards - Stress Value = 127		

Workout #9105 - Monday, 06 June 2011

Group 3 - Lane 4

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,900	1x{1 x 500 on 7:10 Freestyle	EN2	
	{2 x 100 on 1:35 Freestyle	EN2	
	{1 x 400 on 5:45 Freestyle	EN2	
	{2 x 100 on 1:35 Freestyle	EN2	
	{1 x 300 on 4:20 Freestyle	EN2	
	{3 x 100 on 1:35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:01 AM 2,700 Yards - Stress Value = 44		

Workout #9106 - Monday, 06 June 2011

Group 3 - Lane 5

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{1 x 500 on 7:30 Freestyle	EN2	
	{2 x 100 on 1:40 Freestyle	EN2	
	{1 x 400 on 6:00 Freestyle	EN2	
	{2 x 100 on 1:40 Freestyle	EN2	
	{1 x 300 on 4:30 Freestyle	EN2	
	{2 x 100 on 1:40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:00 AM 2,600 Yards - Stress Value = 42		

Workout #9103 - Monday, 06 June 2011

Group 3 - Lane 2

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,000	1x{1 x 500 on 6:30 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 x 400 on 5:10 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 x 300 on 3:55 Freestyle	EN2	
	{2 x 100 on 1:30 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:00 AM 2,800 Yards - Stress Value = 46		

Workout #9104 - Monday, 06 June 2011

Workout #9107 - Monday, 06 June 2011

Group 3 - Lane 6

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{1 x 500 on 7:50 Freestyle	EN2	
	{2 x 100 on 1:40 Freestyle	EN2	
	{1 x 400 on 6:15 Freestyle	EN2	
	{2 x 100 on 1:40 Freestyle	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
	{2 x 100 on 1:40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:01 AM 2,600 Yards - Stress Value = 42		

Workout #9108 - Monday, 06 June 2011

Group 3 - Lane 7

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 400 on 6:45 Freestyle	EN2	
	{2 x 100 on 1:45 Freestyle	EN2	
	{1 x 300 on 5:05 Freestyle	EN2	
	{2 x 100 on 1:45 Freestyle	EN2	
	{1 x 200 on 3:25 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:00 AM 2,400 Yards - Stress Value = 38		

Workout #9109 - Monday, 06 June 2011

Group 3 - Lane 8

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 400 on 7:15 Freestyle	EN2	
	{2 x 100 on 1:55 Freestyle	EN2	
	{1 x 300 on 5:30 Freestyle	EN2	
	{2 x 100 on 1:55 Freestyle	EN2	
	{1 x 200 on 3:35 Freestyle	EN2	
	{2 x 100 on 1:55 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:00 AM 2,300 Yards - Stress Value = 36		

Workout #9111 - Monday, 06 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS-Core		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,550	1x{4 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 3:00 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{2 x 150 on 2:55 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{3 x 150 on 2:50 Kick		

	{4 x 25 on :35 Kick no board BSLR		
	{5 x 50 on :55 Kick		
1,050	1x{1 x 125 on 1:45 Pulls-no br L.12 yds		
	{2 x 125 on 1:50 Pulls-no br L.12 yds		
	{3 x 125 on 1:55 Pulls-no br L.12 yds		
	{3 x 100 on 1:35 Pulls-no br L.12 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,400	1x{1 x 400 on 5:50 Freestyle		
	{1 x 400 on 5:45 Freestyle		
	{1 x 400 on 5:40 Freestyle		
	{1 x 400 on 5:35 Freestyle		
	{1 x 400 on 5:20 Freestyle		
	{1 x 400 on 5:15 Freestyle		
400	8 x 50 on 1:00 Stroke Drills		
	6:00 PM 6,350 Yards - Stress Value = 108		

Workout #9112 - Monday, 06 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS-Core		
550	1 x 550 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,400	1x{4 x 25 on :40 Kick no board BSLR		
	{1 x 150 on 3:15 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{2 x 150 on 3:10 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{3 x 150 on 3:05 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{1 x 100 on 2:00 Kick		
950	1x{1 x 125 on 2:00 Pulls-no br L.12 yds		
	{2 x 125 on 2:05 Pulls-no br L.12 yds		
	{3 x 125 on 2:10 Pulls-no br L.12 yds		
	{2 x 100 on 1:45 Pulls-no br L.12 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,000	1x{1 x 400 on 6:40 Freestyle		
	{1 x 400 on 6:35 Freestyle		
	{1 x 400 on 6:30 Freestyle		
	{1 x 400 on 6:25 Freestyle		
	{1 x 400 on 6:20 Freestyle		
400	8 x 50 on 1:00 Stroke Drills		
	6:00 PM 5,650 Yards - Stress Value = 95		

Workout #9113 - Monday, 06 June 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Core
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:35 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
850	1x{1 x 100 on 1:45 Pulls-no br L.12 yds
	{2 x 100 on 1:50 Pulls-no br L.12 yds
	{3 x 100 on 1:55 Pulls-no br L.12 yds
	{5 x 50 on 1:00 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
1,850	1x{1 x 400 on 7:15 Freestyle
	{1 x 400 on 7:10 Freestyle
	{1 x 400 on 7:05 Freestyle
	{1 x 400 on 7:00 Freestyle
	{1 x 250 on 4:15 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 5,200 Yards - Stress Value = 87

Workout #9114 - Monday, 06 June 2011

Group 2 - Distance

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS-Core-SWOTW
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 2:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 150 on 2:50 Kick
	{4 x 25 on :45 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 400 on 6:00 Freestyle
	{1 x 400 on 5:55 Freestyle
	{1 x 400 on 5:50 Freestyle
	{1 x 400 on 5:45 Freestyle
	{1 x 400 on 5:40 Freestyle
	{1 x 400 on 5:35 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	7:30 PM 4,850 Yards - Stress Value = 82

Workout #9115 - Monday, 06 June 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS-Core-SWOTW
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:15 Kick
	{4 x 25 on :45 Kick no board BSLR

	{2 x 150 on 3:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 400 on 6:45 Freestyle
	{1 x 400 on 6:40 Freestyle
	{1 x 400 on 6:35 Freestyle
	{1 x 400 on 6:30 Freestyle
	{1 x 400 on 6:25 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	7:30 PM 4,500 Yards - Stress Value = 73

Workout #9116 - Monday, 06 June 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS-Core-SWOTW
450	1 x 450 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:35 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 400 on 7:30 Freestyle
	{1 x 400 on 7:25 Freestyle
	{1 x 400 on 7:20 Freestyle
	{1 x 400 on 7:15 Freestyle
	{1 x 150 on 2:40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	7:30 PM 4,100 Yards - Stress Value = 66

Workout #9117 - Monday, 06 June 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS-Core-SWOTW
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 :45 Kick no board BSLR
	{1 x 150 on 4:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:50 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 400 on 8:00 Freestyle
	{1 x 400 on 7:55 Freestyle
	{1 x 400 on 7:50 Freestyle
	{1 x 400 on 7:45 Freestyle
	{1 x 100 on 1:55 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	7:30 PM 3,900 Yards - Stress Value = 63

Workout #9122 - Tuesday, 07 June 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS-Abs		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
625	5 x 125 on 2:30 Kick @ Fastest Interval		
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR		
1,000	1 x 1000 on 13:00 Pulls alt 100 br toward bleachers, 100 toward scrbd		
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{6 x 100 on 1:30 Backstroke { 4 x 25 on :45 Back Drill { 5 x 100 on 1:25 Backstroke { 4 x 25 on :45 Back Drill { 4 x 100 on 1:20 Backstroke { 4 x 25 on :45 Back Drill { 3 x 100 on 1:15 Backstroke { 4 x 25 on :45 Back Drill { 2 x 100 on 1:10 Backstroke { 4 x 25 on :45 Back Drill { 1 x 100 on 1:05 Backstroke		
400	8 x 50 on 1:00 Stroke Drills		
6:01 PM	5,935 Yards - Stress Value = 79		

Workout #9118 - Tuesday, 07 June 2011

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{8 x 25 on :30 Odds fly evens free { 1 x 100 on 1:25 Individual Medley { 8 x 25 on :30 Odds back evens free { 1 x 200 on 2:50 Individual Medley { 8 x 25 on :30 Odds breast evens free { 1 x 300 on 4:15 Individual Medley { 8 x 25 on :30 Freestyle { 1 x 400 on 5:40 Individual Medley	EN1	EN2
200	1 x 200 on 3:00 Stroke Drills	REC	
7:02 AM	2,550 Yards - Stress Value = 36		

Workout #9119 - Tuesday, 07 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,700	1x{8 x 25 on :30 Odds fly evens free { 1 x 100 on 1:35 Individual Medley { 8 x 25 on :30 Odds back evens free { 1 x 200 on 3:10 Individual Medley { 8 x 25 on :30 Odds breast evens free { 1 x 300 on 4:45 Individual Medley { 8 x 25 on :30 Freestyle { 1 x 300 on 4:45 IM w/out the free	EN1	EN2
200	1 x 200 on 3:00 Stroke Drills	REC	
7:02 AM	2,450 Yards - Stress Value = 34		

Workout #9123 - Tuesday, 07 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS-Abs		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
625	5 x 125 on 2:30 Kick @ Fastest Interval		
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR		
900	1 x 900 on 13:00 Pulls alt 100 br toward bleachers, 100 toward scrbd		
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,400	1x{6 x 100 on 1:40 Backstroke { 4 x 25 on :45 Back Drill { 4 x 100 on 1:35 Backstroke { 4 x 25 on :45 Back Drill { 3 x 100 on 1:30 Backstroke { 4 x 25 on :45 Back Drill { 3 x 100 on 1:25 Backstroke { 4 x 25 on :45 Back Drill { 2 x 100 on 1:20 Backstroke { 4 x 25 on :45 Back Drill { 1 x 100 on 1:15 Backstroke		
400	8 x 50 on 1:00 Stroke Drills		
6:01 PM	5,635 Yards - Stress Value = 74		

Workout #9120 - Tuesday, 07 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,550	1x{8 x 25 on :35 Odds fly evens free { 1 x 100 on 1:45 Individual Medley { 8 x 25 on :35 Odds back evens free { 1 x 200 on 3:30 Individual Medley { 8 x 25 on :35 Odds breast evens free { 1 x 300 on 5:15 Individual Medley { 6 x 25 on :30 Freestyle { 1 x 200 on 3:30 IM w/out the free	EN1	EN2
200	1 x 200 on 3:00 Stroke Drills	REC	
7:02 AM	2,300 Yards - Stress Value = 32		

Workout #9124 - Tuesday, 07 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS-Abs		
550	1 x 550 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
625	5 x 125 on 2:00 Kick @ Fastest Interval		
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR		
800	1 x 800 on 13:00 Pulls alt 100 br toward bleachers, 100 toward scrbd		
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 100 on 1:50 Backstroke { 4 x 25 on :45 Back Drill { 4 x 100 on 1:45 Backstroke { 4 x 25 on :45 Back Drill { 3 x 100 on 1:40 Backstroke { 4 x 25 on :45 Back Drill { 2 x 100 on 1:35 Backstroke { 4 x 25 on :45 Back Drill { 2 x 100 on 1:30 Backstroke { 4 x 25 on :45 Back Drill { 1 x 100 on 1:25 Backstroke		
400	8 x 50 on 1:00 Stroke Drills		
	5:58 PM 5,285 Yards - Stress Value = 69		

Workout #9121 - Tuesday, 07 June 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{6 x 25 on :40 Odds fly evens free { 1 x 100 on 1:55 Individual Medley { 6 x 25 on :40 Odds back evens free { 1 x 200 on 3:50 Individual Medley { 6 x 25 on :40 Odds breast evens free { 1 x 300 on 5:45 Individual Medley { 6 x 25 on :30 Freestyle { 1 x 200 on 3:50 IM w/out the free	EN1 EN2 EN1 EN2 EN2 EN2 EN1 EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:02 AM 2,150 Yards - Stress Value = 31		

Workout #9125 - Tuesday, 07 June 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS-Abs		
500	1 x 500 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
625	5 x 125 on 2:30 Kick @ Fastest Interval		
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR		
700	1 x 700 on 13:00 Pulls alt 100 br toward bleachers, 100 toward scrbd		
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,000	1x{5 x 100 on 2:05 Backstroke { 4 x 25 on :45 Back Drill		

{ 4 x 100 on 2:00 Backstroke
{ 4 x 25 on :45 Back Drill
{ 3 x 100 on 1:55 Backstroke
{ 4 x 25 on :45 Back Drill
{ 2 x 100 on 1:50 Backstroke
{ 4 x 25 on :45 Back Drill
{ 2 x 100 on 1:45 Backstroke
8 x 50 on 1:00 Stroke Drills
6:01 PM 4,935 Yards - Stress Value = 66

Workout #9130 - Wednesday, 08 June 2011

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS-Shoulders-Spotlight		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,400	1x{6 x 25 on :30 Kick no board B { 4 x 50 on :45 Kick { 6 x 25 on :30 Kick no board S { 4 x 50 on :50 Kick { 6 x 25 on :30 Kick no board L { 4 x 50 on :55 Kick { 6 x 25 on :30 Kick no board R { 4 x 50 on 1:00 Kick		
1,200	1x{2 x 200 on 2:45 Lungbuster pulls { 2 x 200 on 2:40 Lungbuster pulls { 2 x 200 on 2:35 Lungbuster pulls		
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,300	1x{3 x 50 on :55 Breast hold under :40 { 1 x 150 on 2:25 Breaststroke { 3 x 50 on :55 Breast hold under :40 { 2 x 125 on 2:00 Breaststroke { 3 x 50 on :55 Breast hold under :40 { 3 x 100 on 1:35 Breaststroke { 3 x 50 on :55 Breast hold under :40 { 1 x 150 on 2:20 Breaststroke { 3 x 50 on :55 Breast hold under :40 { 2 x 125 on 1:55 Breaststroke { 3 x 50 on :55 Breast hold under :40 { 3 x 100 on 1:30 Breaststroke		
500	10 x 50 on 1:00 Stroke Drills		
	6:01 PM 6,350 Yards - Stress Value = 134		

Workout #9126 - Wednesday, 08 June 2011

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
400	1 x 400 on 7:00 Free L.25 of each 100 Non Fr		
150	10 x 15 on :45 Shooters		
1,800	1x{2 x 150 on 2:00 Freestyle { 3 x 50 on 1:00 Pulls-100% { 2 x 150 on 1:55 Freestyle { 3 x 50 on 1:00 Pulls-100% { 2 x 150 on 1:50 Freestyle { 3 x 50 on 1:00 Pulls-100% { 2 x 150 on 1:45 Freestyle { 3 x 50 on 1:00 Pulls-100%		
250	5 x 50 on 1:00 Stroke Drills		
	7:00 AM 2,600 Yards - Stress Value = 42		

Workout #9127 - Wednesday, 08 June 2011

Group 3 - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 1,700 1x{2 x 150 on 2:15 Freestyle
 {3 x 50 on 1:00 Pulls-100%
 {2 x 150 on 2:10 Freestyle
 {3 x 50 on 1:00 Pulls-100%
 {2 x 150 on 2:05 Freestyle
 {3 x 50 on 1:00 Pulls-100%
 {2 x 150 on 2:00 Freestyle
 {1 x 50 on 1:00 Pulls-100%
 250 5 x 50 on 1:00 Stroke Drills
 7:00 AM 2,500 Yards - Stress Value = 40

Workout #9131 - Wednesday, 08 June 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders-Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 25 on :35 Kick no board B
 {4 x 50 on :50 Kick
 {6 x 25 on :35 Kick no board S
 {4 x 50 on :55 Kick
 {6 x 25 on :35 Kick no board L
 {5 x 50 on 1:00 Kick
 {6 x 25 on :35 Kick no board R
 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
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{3 x 50 on 1:00 Breast hold under :48
 {1 x 150 on 2:35 Breaststroke
 {3 x 50 on 1:00 Breast hold under :48
 {2 x 125 on 2:10 Breaststroke
 {3 x 50 on 1:00 Breast hold under :48
 {3 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:00 Breast hold under :48
 {1 x 150 on 2:30 Breaststroke
 {3 x 50 on 1:00 Breast hold under :48
 {2 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breast hold under :48
 {1 x 100 on 1:40 Breaststroke
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,900 Yards - Stress Value = 125

Workout #9128 - Wednesday, 08 June 2011

Group 3 - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 400 1 x 400 on 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 1,550 1x{2 x 150 on 2:30 Freestyle
 {3 x 50 on 1:00 Pulls-100%
 {2 x 150 on 2:25 Freestyle
 {3 x 50 on 1:00 Pulls-100%
 {2 x 150 on 2:20 Freestyle

{3 x 50 on 1:00 Pulls-100%
 {1 x 150 on 2:15 Freestyle
 {1 x 50 on 1:00 Pulls-100%
 250 5 x 50 on 1:00 Stroke Drills
 7:00 AM 2,350 Yards - Stress Value = 37

Workout #9132 - Wednesday, 08 June 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders-Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 1,100 1x{6 x 25 on :40 Kick no board B
 {4 x 50 on :55 Kick
 {6 x 25 on :40 Kick no board S
 {4 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board L
 {4 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board R
 1,000 1x{2 x 200 on 3:15 Lungbuster pulls
 {2 x 200 on 3:10 Lungbuster pulls
 {1 x 200 on 3:05 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{3 x 50 on 1:05 Breast hold under :53
 {1 x 150 on 2:50 Breaststroke
 {3 x 50 on 1:05 Breast hold under :53
 {2 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:05 Breast hold under :53
 {3 x 100 on 1:55 Breaststroke
 {3 x 50 on 1:05 Breast hold under :53
 {1 x 150 on 2:45 Breaststroke
 {3 x 50 on 1:05 Breast hold under :53
 {2 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:05 Breast hold under :53
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,450 Yards - Stress Value = 117

Workout #9129 - Wednesday, 08 June 2011

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 350 1 x 350 on 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 1,500 1x{2 x 150 on 2:45 Freestyle
 {2 x 50 on 1:00 Pulls-100%
 {2 x 150 on 2:40 Freestyle
 {2 x 50 on 1:00 Pulls-100%
 {2 x 150 on 2:35 Freestyle
 {2 x 50 on 1:00 Pulls-100%
 {2 x 150 on 2:30 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 7:00 AM 2,250 Yards - Stress Value = 36

Workout #9133 - Wednesday, 08 June 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Shoulders-Spotlight
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 975 1x{4 x 25 on :45 Kick no board B
 {4 x 50 on 1:05 Kick
 {5 x 25 on :45 Kick no board S
 {4 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board L
 {3 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board R
 850 1x{2 x 200 on 3:40 Lungbuster pulls
 {1 x 200 on 3:35 Lungbuster pulls
 {2 x 125 on 2:10 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{3 x 50 on 1:10 Breast hold under :59
 {1 x 150 on 3:15 Breaststroke
 {3 x 50 on 1:10 Breast hold under :59
 {2 x 125 on 2:45 Breaststroke
 {3 x 50 on 1:10 Breast hold under :59
 {2 x 100 on 2:10 Breaststroke
 {3 x 50 on 1:10 Breast hold under :59
 {1 x 150 on 3:05 Breaststroke
 {3 x 50 on 1:10 Breast hold under :59
 {1 x 100 on 2:05 Breaststroke
 {2 x 50 on 1:10 Breast hold under :59
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 4,875 Yards - Stress Value = 106

{2 x 125 on 1:40 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,600 Yards - Stress Value = 80

Workout #9134 - Thursday, 09 June 2011

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS and Weights L W
 400 1 x 400 on 7:00 Underwater trn drill REC D
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3 S C
 1,800 9 x 200 on 3:00 Challenge IM Set EN2 S
 250 5 x 50 on 1:00 Stroke Drills REC D
 7:00 AM 2,600 Yards - Stress Value = 42

Workout #9135 - Thursday, 09 June 2011

Group 3 - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS and Weights L W
 400 1 x 400 on 7:00 Underwater trn drill REC D
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3 S C
 1,575 9 x 175 on 3:00 Challenge IM Set EN2 S
 250 5 x 50 on 1:00 Stroke Drills REC D
 7:00 AM 2,375 Yards - Stress Value = 38

Workout #9138 - Thursday, 09 June 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,500 1x{1 x 125 on 2:15 Kick
 {3 x 25 on :30 Kick-#4
 {2 x 125 on 2:10 Kick
 {3 x 25 on :30 Kick #4
 {3 x 125 on 2:05 Kick
 {3 x 25 on :30 Kick #4
 {2 x 125 on 2:00 Kick
 {3 x 25 on :30 Kick #4
 {1 x 125 on 1:55 Kick
 {3 x 25 on :30 Kick #4
 750 15 x 50 on :45 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,150 1x{14 x 25 on :25 Fly 2-2, 9 KOW
 {2 x 125 on 1:40 Freestyle
 {12 x 25 on :25 Fly 2-3, 8 KOW
 {2 x 125 on 1:40 Freestyle
 {10 x 25 on :25 Fly 2-4, 7 KOW
 {2 x 125 on 1:40 Freestyle
 {8 x 25 on :25 Fly 2-5 6 KOW
 {2 x 125 on 1:40 Freestyle
 {6 x 25 on :25 Fly 2-4, 5 KOW
 {2 x 125 on 1:40 Freestyle
 {4 x 25 on :25 Fly 2-3, 4 KOW
 {2 x 125 on 1:40 Freestyle
 {2 x 25 on :25 Fly 2-2, 3 KOW

Workout #9139 - Thursday, 09 June 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 125 on 2:35 Kick
 {3 x 25 on :35 Kick-#4
 {2 x 125 on 2:30 Kick
 {3 x 25 on :35 Kick #4
 {2 x 125 on 2:25 Kick
 {3 x 25 on :35 Kick #4
 {2 x 75 on 1:25 Kick
 {3 x 25 on :35 Kick #4
 {2 x 75 on 1:20 Kick
 {3 x 25 on :35 Kick #4
 700 14 x 50 on :50 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,700 1x{14 x 25 on :30 Fly 2-2, 9 KOW
 {2 x 125 on 1:50 Freestyle
 {12 x 25 on :30 Fly 2-3, 8 KOW
 {2 x 125 on 1:50 Freestyle
 {10 x 25 on :30 Fly 2-4, 7 KOW
 {2 x 125 on 1:50 Freestyle
 {8 x 25 on :30 Fly 2-5 6 KOW
 {2 x 125 on 1:50 Freestyle
 {6 x 25 on :30 Fly 2-4, 5 KOW
 {2 x 75 on 1:05 Freestyle
 {4 x 25 on :30 Fly 2-3, 4 KOW
 {2 x 75 on 1:05 Freestyle
 {2 x 25 on :30 Fly 2-2, 3 KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,900 Yards - Stress Value = 70

{2 x 75 on 1:30 Kick
 {3 x 25 on :40 Kick #4
 {2 x 50 on 1:00 Kick
 {3 x 25 on :40 Kick #4
 650 13 x 50 on :55 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{14 x 25 on :35 Fly 2-2, 9 KOW
 {2 x 125 on 2:05 Freestyle
 {12 x 25 on :35 Fly 2-3, 8 KOW
 {2 x 100 on 1:40 Freestyle
 {10 x 25 on :35 Fly 2-4, 7 KOW
 {2 x 100 on 1:40 Freestyle
 {8 x 25 on :35 Fly 2-5 6 KOW
 {2 x 100 on 1:40 Freestyle
 {6 x 25 on :35 Fly 2-4, 5 KOW
 {2 x 75 on 1:15 Freestyle
 {4 x 25 on :35 Fly 2-3, 4 KOW
 {2 x 50 on :50 Freestyle
 {2 x 25 on :35 Fly 2-2, 3 KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:04 PM 5,450 Yards - Stress Value = 64

Workout #9137 - Thursday, 09 June 2011

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS and Weights L W
 350 1 x 350 on 7:00 Underwater trn drill REC D
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3 S C
 1,350 9 x 150 on 3:00 Challenge IM Set EN2 S
 250 5 x 50 on 1:00 Stroke Drills REC D
 7:00 AM 2,100 Yards - Stress Value = 33

Workout #9136 - Thursday, 09 June 2011

Group 3 - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS and Weights L W
 400 1 x 400 on 7:00 Underwater trn drill REC D
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3 S C
 1,575 9 x 175 on 3:00 Challenge IM Set EN2 S
 250 5 x 50 on 1:00 Stroke Drills REC D
 7:00 AM 2,375 Yards - Stress Value = 38

Workout #9140 - Thursday, 09 June 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 125 on 2:45 Kick
 {3 x 25 on :40 Kick-#4
 {2 x 125 on 2:40 Kick
 {3 x 25 on :40 Kick #4
 {2 x 75 on 1:35 Kick
 {3 x 25 on :40 Kick #4

Workout #9141 - Thursday, 09 June 2011

7:00 AM 2,750 Yards - Stress Value = 43

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:30 PM Start				
500	1 on 30:00 DS-Physio Ball Abs 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
1,075	1x{1 x 100 on 2:30 Kick {3 x 25 on :40 Kick-#4 {2 x 100 on 2:25 Kick {3 x 25 on :40 Kick #4 {2 x 100 on 2:20 Kick {3 x 25 on :40 Kick #4 {2 x 50 on 1:10 Kick {3 x 25 on :40 Kick #4 {2 x 50 on 1:05 Kick {3 x 25 on :40 Kick #4			
600	12 x 50 on 1:00 Pulls break when alt feet, knees, hips			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,900	1x{14 x 25 on :40 Fly 2-2, 9 KOW {2 x 50 on :55 Freestyle {12 x 25 on :40 Fly 2-3, 8 KOW {2 x 50 on :55 Freestyle {10 x 25 on :40 Fly 2-4, 7 KOW {2 x 50 on :55 Freestyle {8 x 25 on :40 Fly 2-5 6 KOW {2 x 50 on :55 Freestyle {6 x 25 on :40 Fly 2-4, 5 KOW {1 x 50 on :55 Freestyle {4 x 25 on :40 Fly 2-3, 4 KOW {1 x 50 on :55 Freestyle {2 x 25 on :40 Fly 2-2, 3 KOW			
250	1 x 250 on 4:00 Stroke Drills			
6:00 PM 4,675 Yards - Stress Value = 56				

Workout #9145 - Friday, 10 June 2011

Group 3 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM Start				
400	1 on 40:00 DS and Weights			
150	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,650	1x{3 x 200 on 3:05 Freestyle {3 x 200 on 3:00 Freestyle {2 x 200 on 2:55 Freestyle {1 x 50 on :40 Freestyle	EN2	S	F
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
7:00 AM 2,550 Yards - Stress Value = 39				

Workout #9143 - Friday, 10 June 2011

Group 3 - Platinum-Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM Start				
400	1 on 40:00 DS and Weights			
150	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,850	1x{4 x 200 on 2:45 Freestyle {3 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle {1 x 50 on :35 Freestyle	EN2	S	F
350	7 x 50 on 1:00 Stroke Drills	REC	D	C

Workout #9142 - Friday, 10 June 2011

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM Start				
400	1 on 40:00 DS and Weights			
150	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
2,000	1x{4 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {2 x 200 on 2:20 Freestyle {1 x 200 on 2:15 Freestyle	EN2	S	F
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
7:00 AM 2,900 Yards - Stress Value = 46				

Workout #9144 - Friday, 10 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM Start				
400	1 on 40:00 DS and Weights			
150	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,750	1x{3 x 200 on 2:55 Freestyle {3 x 200 on 2:50 Freestyle {2 x 200 on 2:45 Freestyle {1 x 150 on 2:00 Freestyle	EN2	S	F
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
7:00 AM 2,650 Yards - Stress Value = 41				

Workout #9146 - Friday, 10 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM Start				
400	1 on 40:00 DS and Weights			
150	1 x 400 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,550	1x{3 x 200 on 3:15 Freestyle {3 x 200 on 3:10 Freestyle {2 x 175 on 2:45 Freestyle	EN2	S	F
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
7:00 AM 2,450 Yards - Stress Value = 37				

Workout #9148 - Friday, 10 June 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM Start				
350	1 on 40:00 DS and Weights			
150	1 x 350 on 7:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,300	1x{3 x 200 on 3:50 Freestyle {2 x 200 on 3:45 Freestyle {2 x 150 on 2:45 Freestyle	EN2	S	F
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
7:00 AM 2,150 Yards - Stress Value = 32				

Workout #9147 - Friday, 10 June 2011

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK ST
=====	=====	=====	=====
	1 on 40:00 DS and Weights		L W I
400	1 x 400 on 7:00 Reverse IM drill	REC	D I
150	10 x 15 on :45 Shooters	SP3	S F
1,450	1x{3 x 200 on 3:30 Freestyle	EN2	S F
	{2 x 200 on 3:25 Freestyle	EN2	S F
	{2 x 200 on 3:20 Freestyle	EN2	S F
	{1 x 50 on :50 Freestyle	EN2	S F
350	7 x 50 on 1:00 Stroke Drills	REC	D C
	7:00 AM 2,350 Yards - Stress Value = 35		

Workout #9149 - Friday, 10 June 2011

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK ST
=====	=====	=====	=====
	1 on 12:00 Dynamic Stretch		L I
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		
500	10 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		
250	1 x 250 on 4:00 Freestyle	REC	S
100	1 x 100 on 2:00 Choice OTB	SP2	S C
250	1 x 250 on 4:00 Stroke Drills	REC	D
	5:00 PM 3,250 Yards - Stress Value = 138		

Workout #9150 - Monday, 13 June 2011

Group 3 - Distance

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Core
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{2 x 100 on 1:40 Kick
	{1 x 100 on 2:00 Kick
	{3 x 100 on 1:35 Kick
	{1 x 100 on 2:00 Kick
	{4 x 100 on 1:30 Kick
	{1 x 100 on 2:00 Kick
1,600	1x{1 x 100 on 1:05 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:10 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:15 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{4 x 100 on 1:20 Pulls
	{3 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 600 on 7:40 Free Neg Split
	{1 x 500 on 6:25 Free L.25 of each 100 6BK
	{1 x 400 on 5:10 Free descend 100's
	{1 x 300 on 3:50 Free SFBO SW/3KOBHW
	{1 x 200 on 2:35 Free-build each 50

400 4 x 100 on 1:30 Descend to Ludicrous
Speed!!!!!!!!!!!!!!!!!!!!!!
500 10 x 50 on 1:00 Stroke Drills
9:30 AM 6,850 Yards - Stress Value = 75

Workout #9151 - Monday, 13 June 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Core
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,250	1x{1 x 100 on 1:55 Kick
	{1 x 100 on 2:10 Kick
	{2 x 100 on 1:50 Kick
	{1 x 100 on 2:10 Kick
	{3 x 100 on 1:45 Kick
	{1 x 100 on 2:10 Kick
	{3 x 100 on 1:50 Kick
	{1 x 50 on 1:05 Kick
1,450	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
	{3 x 50 on :50 Pulls-no br L.14 yds
	{3 x 100 on 1:30 Pulls
	{2 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 600 on 8:30 Free Neg Split
	{1 x 400 on 5:40 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-build each 50
400	4 x 100 on 1:30 Descend to Ludicrous Speed!!!!!!!!!!!!!!!!!!!!!!
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 6,350 Yards - Stress Value = 68

Workout #9152 - Monday, 13 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 30:00 DS-Core
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 2:05 Kick
	{1 x 100 on 2:15 Kick
	{2 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick
	{3 x 100 on 1:55 Kick
	{1 x 100 on 2:15 Kick
	{2 x 100 on 1:50 Kick
	{1 x 50 on 1:15 Kick
1,300	1x{1 x 100 on 1:30 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:35 Pulls
	{2 x 50 on 1:00 Pulls-no br L.13 yds
	{3 x 100 on 1:40 Pulls
	{2 x 50 on 1:00 Pulls-no br L.14 yds
	{4 x 100 on 1:45 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 500 on 8:05 Free Neg Split
	{1 x 400 on 6:30 Free L.25 of each 100 6BK
	{1 x 300 on 4:50 Free descend 100's
	{1 x 200 on 3:15 Free SFBO SW/3KOBHW
	{1 x 200 on 3:15 Free-build each 50
300	3 x 100 on 1:45 Descend to Ludicrous
	Speed!!!!!!!!!!!!!!!!!!!!
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 5,750 Yards - Stress Value = 59

Workout #9153 - Monday, 13 June 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 30:00 DS-Core
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{2 x 100 on 2:10 Kick
	{1 x 100 on 2:20 Kick
	{2 x 100 on 2:05 Kick
	{1 x 100 on 2:20 Kick
	{2 x 100 on 2:05 Kick
	{1 x 50 on 1:10 Kick
1,100	1x{1 x 100 on 1:45 Pulls
	{2 x 50 on 1:10 Pulls-no br L.12 yds
	{2 x 100 on 1:50 Pulls
	{2 x 50 on 1:10 Pulls-no br L.13 yds
	{3 x 100 on 1:55 Pulls
	{2 x 50 on 1:10 Pulls-no br L.14 yds
	{2 x 100 on 2:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{1 x 500 on 9:10 Free Neg Split
	{1 x 400 on 7:20 Free L.25 of each 100 6BK
	{1 x 300 on 5:30 Free descend 100's
	{1 x 200 on 3:40 Free SFBO SW/3KOBHW
300	3 x 100 on 1:55 Descend to Ludicrous
	Speed!!!!!!!!!!!!!!!!!!!!
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 5,200 Yards - Stress Value = 54

Workout #9154 - Monday, 13 June 2011

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 12:00 Dynamic Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
800	4x{3 x 50 on 1:10 Freestyle	SP1	
	{1 x 50 on 1:30 Freestyle	SP1	
	{ #1 20yds sprint-30yds easy, #2 30yds sprint		
	{ #3 all easy, #4 sprint, #1 & #4 OTB		
500	10 x 50 on 1:00 Kick-ALL OUT 100%	EN2	
800	4x{3 x 50 on 1:10 Stroke	SP1	
	{1 x 50 on 1:30 Stroke	SP1	
	{ Same as above --#3 can be free		
250	1 x 250 on 4:00 Freestyle	REC	
100	1 x 100 on 2:00 Choice OTB	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:30 PM 3,200 Yards - Stress Value = 138		

Workout #9155 - Tuesday, 14 June 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 25:00 DS-Abs
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	5 x 150 on 3:00 Kick @ Fastest Interval
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,200	12 x 100 on 1:20 Pulls-Alt 50 br toward blcb
	50 br toward scrbd
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 200 on 2:50 Backstroke
	{2 x 75 on 1:10 Backstroke 2KOW+1
	{3 x 150 on 2:10 Backstroke
	{2 x 75 on 1:10 Backstroke 2KOW+1
	{2 x 100 on 1:25 Backstroke
	{2 x 75 on 1:10 Backstroke 2KOW+1
	{1 x 50 on :40 Backstroke
	{2 x 75 on 1:10 Backstroke 2KOW+1
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 6,380 Yards - Stress Value = 75

Workout #9159 - Tuesday, 14 June 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:00 PM Start		
	1 on 35:00 DS and Circuit		
400	1 x 400 on 7:00 Underwater trn drill	REC	
2,250	1x{1 x 50 on 1:00 Kick	EN1	
	{1 x 100 on 2:00 Kick-100%	EN3	
	{2 x 75 on 1:25 Kick	EN1	
	{1 x 100 on 2:00 Kick-100%	EN3	
	{3 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 2:00 Kick-100%	EN3	
	{4 x 125 on 2:15 Kick	EN2	
	{1 x 100 on 2:00 Kick-100%	EN3	
	{5 x 150 on 2:40 Kick	EN2	
	{1 x 100 on 2:00 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:30 PM 2,900 Yards - Stress Value = 63		

Workout #9156 - Tuesday, 14 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:00 AM Start		
	1 on 25:00 DS-Abs		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
750	5 x 150 on 3:00 Kick @ Fastest Interval		
980	1x{1 x 50 on 1:00 Vertical Kick-30/30		
	{4 x 30 on 1:00 15 underwater 15 sprint free		
	{2 x 50 on 1:00 Vertical Kick 35/25		
	{4 x 30 on :55 15 undwater 15 sprint free		
	{3 x 50 on 1:00 Vertical Kick 40/20		
	{4 x 30 on :50 15 underwater 15 sprint free		
	{4 x 50 on 1:00 Vertical Kick 45/15		
	{4 x 30 on :45 15 underwater 15 sprint free		
1,000	10 x 100 on 1:30 Pulls-Alt 50 br toward blch		
	50 br toward scrbd		
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 200 on 3:10 Backstroke		
	{2 x 75 on 1:15 Backstroke 2KOW+1		
	{3 x 150 on 2:25 Backstroke		
	{2 x 75 on 1:15 Backstroke 2KOW+1		
	{2 x 100 on 1:35 Backstroke		
	{2 x 75 on 1:15 Backstroke 2KOW+1		
	{1 x 50 on :45 Backstroke		
400	8 x 50 on 1:00 Stroke Drills		
	9:30 AM 6,030 Yards - Stress Value = 71		

Workout #9160 - Tuesday, 14 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:00 PM Start		
	1 on 35:00 DS and Circuit		
400	1 x 400 on 7:00 Underwater trn drill	REC	
2,000	1x{1 x 50 on 1:00 Kick	EN1	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{2 x 75 on 1:30 Kick	EN1	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{3 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{4 x 125 on 2:25 Kick	EN2	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{4 x 150 on 2:55 Kick	EN2	

250 1 x 250 on 4:00 Stroke Drills REC
6:30 PM 2,650 Yards - Stress Value = 54

Workout #9169 - Tuesday, 14 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:00 AM Start		
	1 on 30:00 DS-Physio Ball Abs		
550	1 x 550 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
1,050	1x{1 x 100 on 1:55 Kick your best kick		
	{2 x 50 on 1:10 Kick your 2nd best kick		
	{2 x 50 on 1:15 Kick your 3rd best kick		
	{1 x 100 on 2:00 Kick your best kick		
	{2 x 50 on 1:10 Kick your 2nd best kick		
	{2 x 50 on 1:15 Kick your 3rd best kick		
	{1 x 100 on 2:05 Kick your best kick		
	{2 x 50 on 1:10 Kick your 2nd best kick		
	{1 x 50 on 1:15 Kick your 3rd best kick		
	{1 x 100 on 2:10 Kick your best kick		
	{1 x 50 on 1:10 Kick your 2nd best kick		
	{1 x 50 on 1:15 Kick your 3rd best kick		
1,250	1x{6 x 50 on :50 Pulls		
	{6 x 50 on :55 Pulls		
	{6 x 50 on 1:00 Pulls		
	{6 x 50 on 1:05 Pulls		
	{1 x 50 on 1:10 Pulls		
	{ Break Outs in sets of 2 (shoulders/hips/kne		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,450	1x{4 x 125 on 2:25 100 Breast 25 Free		
	{4 x 25 on :40 Breast Drill		
	{4 x 100 on 1:55 75 Breast 25 Free		
	{4 x 25 on :40 Breast Drill		
	{4 x 75 on 1:25 50 Breast 25 Free		
	{2 x 25 on :40 Breast Drill		
100	1 x 100 on 2:00 Breast for time		
400	8 x 50 on 1:00 Stroke Drills		
	9:30 AM 5,150 Yards - Stress Value = 45		

Workout #9161 - Tuesday, 14 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:00 PM Start		
	1 on 35:00 DS and Circuit		
400	1 x 400 on 7:00 Underwater trn drill	REC	
1,850	1x{1 x 50 on 1:05 Kick	EN1	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{2 x 75 on 1:40 Kick	EN1	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{2 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{4 x 125 on 2:45 Kick	EN2	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{3 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:30 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:30 PM 2,500 Yards - Stress Value = 55		

Workout #9157 - Tuesday, 14 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 PM	Start
=====	=====
	1 on 25:00 DS-Abs
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	5 x 150 on 3:00 Kick for time
920	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on 1:00 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{2 x 30 on 1:00 15 underwater 15 sprint free
900	9 x 100 on 1:40 Pulls-Alt 50 br toward blchr
	50 br toward scrbd
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 200 on 3:30 Backstroke
	{2 x 75 on 1:20 Backstroke 2KOW+1
	{3 x 150 on 2:40 Backstroke
	{2 x 75 on 1:20 Backstroke 2KOW+1
	{2 x 100 on 1:45 Backstroke
	{2 x 75 on 1:20 Backstroke 2KOW+1
	{1 x 50 on :50 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	9:29 PM 5,620 Yards - Stress Value = 67

Workout #9158 - Tuesday, 14 June 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Abs
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	5 x 150 on 3:00 Kick @ Fastest Interval
920	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on 1:00 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{2 x 30 on 1:00 15 underwater 15 sprint free
800	8 x 100 on 1:50 Pulls-Alt 50 br toward blchr
	50 br toward scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550	1x{3 x 200 on 4:00 Backstroke
	{2 x 50 on 1:05 Backstroke 2KOW+1
	{3 x 150 on 3:00 Backstroke
	{2 x 50 on 1:05 Backstroke 2KOW+1
	{2 x 100 on 2:00 Backstroke
	{1 x 50 on 1:05 Backstroke 2KOW+1
	{1 x 50 on 1:00 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 5,270 Yards - Stress Value = 62

Workout #9162 - Tuesday, 14 June 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	=====	=====

	1 on 35:00 DS and Circuit	
350	1 x 350 on 7:00 Underwater trn drill	REC
1,650	1x{1 x 50 on 1:15 Kick	EN1
	{1 x 100 on 2:45 Kick-100%	EN3
	{2 x 75 on 1:50 Kick	EN1
	{1 x 100 on 2:45 Kick-100%	EN3
	{3 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:45 Kick-100%	EN3
	{3 x 125 on 3:05 Kick	EN2
	{1 x 100 on 2:45 Kick-100%	EN3
	{2 x 150 on 3:40 Kick	EN2
	{1 x 75 on 2:00 Kick-100%	EN3
250	1 x 250 on 4:00 Stroke Drills	REC
	6:30 PM 2,250 Yards - Stress Value = 50	

Workout #9163 - Wednesday, 15 June 2011

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS-Shoulders-Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,800	1x{8 x 25 on :30 Kick no board B
	{2 x 125 on 2:10 Kick
	{8 x 25 on :30 Kick no board S
	{2 x 125 on 2:05 Kick
	{8 x 25 on :30 Kick no board L
	{2 x 125 on 2:00 Kick
	{8 x 25 on :30 Kick no board R
	{2 x 125 on 1:55 Kick
1,200	24 x 50 on :45 Lungbuster pulls
	Alt 3-5-7-9 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
1,850	1x{1 x 100 on 1:30 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 25 on :25 Fly lupdown +1
	{1 x 50 on :45 Freestyle
	{1 x 150 on 2:15 Butterfly
	{1 x 50 on :45 Freestyle
	{6 x 25 on :25 Fly lupdown +1
	{1 x 50 on :45 Freestyle
	{1 x 200 on 3:00 Butterfly
	{1 x 50 on :45 Freestyle
	{8 x 25 on :25 Fly lupdown+1
	{1 x 50 on :45 Freestyle
	{1 x 150 on 2:15 Butterfly
	{1 x 50 on :45 Freestyle
	{6 x 25 on :25 Fly lupdown+1
	{1 x 50 on :45 Freestyle
	{1 x 100 on 1:30 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 25 on :25 Fly lupdown+1
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 6,300 Yards - Stress Value = 84

Workout #9164 - Wednesday, 15 June 2011

Group 3 - Gold

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 30:00 DS-Shoulders-Spotlight
600 1 x 600 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
1,550 1x{8 x 25 on :35 Kick no board B
      {2 x 125 on 2:25 Kick
      {8 x 25 on :35 Kick no board S
      {2 x 125 on 2:20 Kick
      {6 x 25 on :35 Kick no board L
      {2 x 100 on 1:50 Kick
      {6 x 25 on :35 Kick no board R
      {2 x 75 on 1:20 Kick
1,050 21 x 50 on :50 Lungbuster pulls
      Alt 3-5-7-9 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
1,650 1x{1 x 100 on 1:40 Butterfly
      {1 x 50 on :45 Freestyle
      {4 x 25 on :30 Fly lupldown +1
      {1 x 50 on :45 Freestyle
      {1 x 150 on 2:30 Butterfly
      {1 x 50 on :45 Freestyle
      {6 x 25 on :30 Fly lupldown +1
      {1 x 50 on :45 Freestyle
      {1 x 200 on 3:20 Butterfly
      {1 x 50 on :45 Freestyle
      {8 x 25 on :30 Fly lupldown+1
      {1 x 50 on :45 Freestyle
      {1 x 150 on 2:30 Butterfly
      {1 x 50 on :45 Freestyle
      {4 x 25 on :30 Fly lupldown+1
      {1 x 50 on :45 Freestyle
      {1 x 100 on 1:40 Butterfly
500 10 x 50 on 1:00 Stroke Drills
9:30 AM 5,700 Yards - Stress Value = 74
    
```

Workout #9165 - Wednesday, 15 June 2011

Group 3 - Silver

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 30:00 DS-Shoulders-Spotlight
550 1 x 550 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
1,400 1x{6 x 25 on :40 Kick no board B
      {2 x 125 on 2:40 Kick
      {6 x 25 on :40 Kick no board S
      {2 x 100 on 2:05 Kick
      {6 x 25 on :40 Kick no board L
      {2 x 100 on 2:00 Kick
      {6 x 25 on :40 Kick no board R
      {2 x 75 on 1:25 Kick
950 19 x 50 on :55 Lungbuster pulls
      Alt 3-5-7-9 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
1,450 1x{1 x 100 on 1:50 Butterfly
      {1 x 50 on :50 Freestyle
      {4 x 25 on :35 Fly lupldown +1
      {1 x 50 on :50 Freestyle
      {1 x 150 on 2:45 Butterfly
      {1 x 50 on :50 Freestyle
      {6 x 25 on :35 Fly lupldown +1
      {1 x 50 on :50 Freestyle
      {1 x 200 on 3:40 Butterfly
      {1 x 50 on :50 Freestyle
    
```

```

{8 x 25 on :35 Fly lupldown+1
{1 x 50 on :50 Freestyle
{1 x 150 on 2:45 Butterfly
{1 x 50 on :50 Freestyle
{2 x 25 on :35 Fly lupldown+1
500 10 x 50 on 1:00 Stroke Drills
9:30 AM 5,200 Yards - Stress Value = 68
    
```

Workout #9166 - Wednesday, 15 June 2011

Group 3 - Bronze

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 30:00 DS-Shoulders-Spotlight
500 1 x 500 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
1,330 1x{6 x 25 on :45 Kick no board B
      {2 x 100 on 2:30 Kick
      {4 x 25 on :45 Kick no board S
      {2 x 100 on 2:25 Kick
      {4 x 45 on :45 Kick no board L
      {2 x 100 on 2:20 Kick
      {4 x 25 on :45 Kick no board R
      {2 x 100 on 2:15 Kick
900 18 x 50 on 1:00 Lungbuster pulls
      Alt 3-5-7-9 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
1,300 1x{1 x 100 on 2:05 Butterfly
      {1 x 50 on :55 Freestyle
      {4 x 25 on :40 Fly lupldown +1
      {1 x 50 on :55 Freestyle
      {1 x 150 on 3:10 Butterfly
      {1 x 50 on :55 Freestyle
      {6 x 25 on :40 Fly lupldown +1
      {1 x 50 on :55 Freestyle
      {1 x 200 on 4:15 Butterfly
      {1 x 50 on :55 Freestyle
      {6 x 25 on :40 Fly lupldown +1
      {1 x 50 on :55 Freestyle
      {1 x 150 on 3:10 Butterfly
500 10 x 50 on 1:00 Stroke Drills
9:30 AM 4,880 Yards - Stress Value = 64
    
```

Workout #9167 - Thursday, 16 June 2011

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's even 100's back
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 1,500 1x{6 x 50 on :40 Pulls
 {6 x 50 on :45 Pulls
 {6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{4 x 125 on 2:00 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 100 on 1:35 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 75 on 1:10 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 50 on :45 25 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 100 1 x 100 on 2:00 100 Brst for time
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,950 Yards - Stress Value = 63

Workout #9168 - Thursday, 16 June 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100s free even 100s back
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:45 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
 {1 x 50 on 1:05 Kick your 2nd best kick
 {1 x 50 on 1:10 Kick your 3rd best kick
 1,350 1x{6 x 50 on :45 Pulls
 {6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 {3 x 50 on 1:05 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,650 1x{4 x 125 on 2:15 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 100 on 1:45 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {4 x 75 on 1:15 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {3 x 50 on :50 25 Breast 25 Free
 100 1 x 100 on 2:00 Breast for time
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,550 Yards - Stress Value = 59

Workout #9170 - Thursday, 16 June 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Abs
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {2 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:25 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:30 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 1,200 1x{6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 {6 x 50 on 1:05 Pulls
 {6 x 50 on 1:10 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{4 x 125 on 2:45 100 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {3 x 100 on 2:10 75 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {2 x 75 on 1:35 50 Breast 25 Free
 {2 x 25 on :45 Breast Drill
 {1 x 50 on :55 25 Breast 25 Free
 100 1 x 100 on 2:00 Breast for time
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 4,700 Yards - Stress Value = 48

Workout #9171 - Thursday, 16 June 2011

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS and Dryland
 600 1 x 600 on 10:00 Underwater trn drill REC
 Odd 100's free even 100's back
 180 12 x 15 on :45 Start/Shooter/Finish SP3
 1,500 5x{1 x 25 on :30 Freestyle SP2
 {1 x 25 on :40 Freestyle SP2
 {1 x 25 on :50 Freestyle SP2
 {1 x 25 on 1:00 Freestyle SP2
 {1 x 200 on 4:00 Stroke Drills REC
 200 1 x 200 on 3:00 Stroke Drills REC
 6:30 PM 2,480 Yards - Stress Value = 55

Workout #9172 - Friday, 17 June 2011

Group 3 - IM'ers

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 30:00 DS-Physio Ball Shoulders
600 1 x 600 on 10:00 Reverse IM drill
150 10 x 15 on :45 Shooters
2,700 1x{1 x 100 on :20 Kick with flippers
      {1 x 100 on :25 Kick with flippers
      {1 x 100 on :30 Kick with flippers
      {1 x 100 on :35 Kick with flippers
      {1 x 100 on :40 Kick with flippers
      {1 x 100 on :45 Kick with flippers
      {1 x 100 on :50 Kick with flippers
      {1 x 100 on :55 Kick with flippers
      {1 x 100 on 1:00 Kick with flippers
      {1 x 100 on 1:05 Kick with flippers
      {1 x 100 on 1:10 Kick with flippers
      {1 x 100 on 1:15 Kick with flippers
      {1 x 100 on 1:20 Kick with flippers
      {1 x 100 on 1:25 Kick with flippers
      {1 x 100 on 1:30 Kick with flippers
      {1 x 100 on 1:35 Kick with flippers
      {1 x 100 on 1:40 Kick with flippers
      {1 x 100 on 1:45 Kick with flippers
      {1 x 100 on 1:50 Kick with flippers
      {1 x 100 on 1:55 Kick with flippers
      {1 x 100 on 2:00 Kick with flippers
      {1 x 100 on 2:05 Kick with flippers
      {1 x 100 on 2:10 Kick with flippers
      {1 x 100 on 2:15 Kick with flippers
      {1 x 100 on 2:20 Kick with flippers
      {1 x 100 on 2:25 Kick with flippers
      {1 x 100 on 2:30 Kick with flippers
200 4x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800 1x{6 x 25 on :30 Freestyle
      {1 x 100 on 1:30 Individual Medley
      {6 x 25 on :30 odds free evens fly
      {1 x 200 on 3:00 Individual Medley
      {6 x 25 on :30 odds free evens back
      {1 x 300 on 4:30 Individual Medley
      {6 x 25 on :30 odds free evens brst
      {1 x 400 on 5:40 Individual Medley
      {6 x 25 on :25 odds free evens fly
      {1 x 300 on 4:15 Individual Medley
      {6 x 25 on :25 odds free evens back
      {1 x 200 on 2:50 Individual Medley
      {6 x 25 on :25 odds free evens brst
      {1 x 100 on 1:25 Individual Medley
      {6 x 25 on :25 Freestyle
300 6 x 50 on 1:00 Stroke Drills
9:30 AM 6,750 Yards - Stress Value = 113
    
```

```

{1 x 100 on :55 Kick with flippers
{1 x 100 on 1:00 Kick with flippers
{1 x 100 on 1:05 Kick with flippers
{1 x 100 on 1:10 Kick with flippers
{1 x 100 on 1:15 Kick with flippers
{1 x 100 on 1:20 Kick with flippers
{1 x 100 on 1:25 Kick with flippers
{1 x 100 on 1:30 Kick with flippers
{1 x 100 on 1:35 Kick with flippers
{1 x 100 on 1:40 Kick with flippers
{1 x 100 on 1:45 Kick with flippers
{1 x 100 on 1:50 Kick with flippers
{1 x 100 on 1:55 Kick with flippers
{1 x 100 on 2:00 Kick with flippers
{1 x 100 on 2:05 Kick with flippers
{1 x 100 on 2:10 Kick with flippers
{1 x 100 on 2:15 Kick with flippers
{1 x 100 on 2:20 Kick with flippers
{1 x 100 on 2:25 Kick with flippers
{1 x 100 on 2:30 Kick with flippers
200 4x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,750 1x{6 x 25 on :30 Freestyle
      {1 x 100 on 1:35 Individual Medley
      {6 x 25 on :30 odds free evens fly
      {1 x 200 on 3:10 Individual Medley
      {6 x 25 on :30 odds free evens back
      {1 x 300 on 4:45 Individual Medley
      {6 x 25 on :30 odds free evens brst
      {1 x 400 on 6:00 Individual Medley
      {6 x 25 on :25 odds free evens fly
      {1 x 300 on 4:30 Individual Medley
      {6 x 25 on :25 odds free evens back
      {1 x 200 on 3:00 Individual Medley
      {6 x 25 on :25 odds free evens brst
      {1 x 100 on 1:30 Individual Medley
      {4 x 25 on :25 Freestyle
300 6 x 50 on 1:00 Stroke Drills
9:30 AM 6,700 Yards - Stress Value = 112
    
```

Workout #9173 - Friday, 17 June 2011

Group 3 - Gold

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 30:00 DS-Physio Ball Shoulders
600 1 x 600 on 10:00 Reverse IM drill
150 10 x 15 on :45 Shooters
2,700 1x{1 x 100 on :20 Kick with flippers
      {1 x 100 on :25 Kick with flippers
      {1 x 100 on :30 Kick with flippers
      {1 x 100 on :35 Kick with flippers
      {1 x 100 on :40 Kick with flippers
      {1 x 100 on :45 Kick with flippers
      {1 x 100 on :50 Kick with flippers
    
```

Workout #9174 - Friday, 17 June 2011

Group 3 - Silver

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
      1 on 30:00 DS-Physio Ball Shoulders
    550 1 x 550 on 10:00 Reverse IM drill
    150 10 x 15 on :45 Shooters
  2,700 1x{1 x 100 on :20 Kick with flippers
        {1 x 100 on :25 Kick with flippers
        {1 x 100 on :30 Kick with flippers
        {1 x 100 on :35 Kick with flippers
        {1 x 100 on :40 Kick with flippers
        {1 x 100 on :45 Kick with flippers
        {1 x 100 on :50 Kick with flippers
        {1 x 100 on :55 Kick with flippers
        {1 x 100 on 1:00 Kick with flippers
        {1 x 100 on 1:05 Kick with flippers
        {1 x 100 on 1:10 Kick with flippers
        {1 x 100 on 1:15 Kick with flippers
        {1 x 100 on 1:20 Kick with flippers
        {1 x 100 on 1:25 Kick with flippers
        {1 x 100 on 1:30 Kick with flippers
        {1 x 100 on 1:35 Kick with flippers
        {1 x 100 on 1:40 Kick with flippers
        {1 x 100 on 1:45 Kick with flippers
        {1 x 100 on 1:50 Kick with flippers
        {1 x 100 on 1:55 Kick with flippers
        {1 x 100 on 2:00 Kick with flippers
        {1 x 100 on 2:05 Kick with flippers
        {1 x 100 on 2:10 Kick with flippers
        {1 x 100 on 2:15 Kick with flippers
        {1 x 100 on 2:20 Kick with flippers
        {1 x 100 on 2:25 Kick with flippers
        {1 x 100 on 2:30 Kick with flippers
    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 25 on :40 Freestyle
        {1 x 100 on 2:00 Individual Medley
        {4 x 25 on :40 odds free evens fly
        {1 x 200 on 4:00 Individual Medley
        {4 x 25 on :40 odds free evens back
        {1 x 300 on 6:00 Individual Medley
        {4 x 25 on :40 odds free evens brst
        {1 x 300 on 5:55 Individual Medley
        {4 x 25 on :40 odds free evens fly
        {1 x 200 on 3:55 Individual Medley
        {4 x 25 on :40 odds free evens back
        {1 x 100 on 1:55 Individual Medley
        {4 x 25 on :40 odds free evens brst
        {1 x 100 on 1:50 Individual Medley
        {2 x 25 on :40 Freestyle
    300 6 x 50 on 1:00 Stroke Drills
    9:30 AM 6,400 Yards - Stress Value = 107
  
```

```

{1 x 100 on :55 Kick with flippers
{1 x 100 on 1:00 Kick with flippers
{1 x 100 on 1:05 Kick with flippers
{1 x 100 on 1:10 Kick with flippers
{1 x 100 on 1:15 Kick with flippers
{1 x 100 on 1:20 Kick with flippers
{1 x 100 on 1:25 Kick with flippers
{1 x 100 on 1:30 Kick with flippers
{1 x 100 on 1:35 Kick with flippers
{1 x 100 on 1:40 Kick with flippers
{1 x 100 on 1:45 Kick with flippers
{1 x 100 on 1:50 Kick with flippers
{1 x 100 on 1:55 Kick with flippers
{1 x 100 on 2:00 Kick with flippers
{1 x 100 on 2:05 Kick with flippers
{1 x 100 on 2:10 Kick with flippers
{1 x 100 on 2:15 Kick with flippers
{1 x 100 on 2:20 Kick with flippers
{1 x 100 on 2:25 Kick with flippers
{1 x 100 on 2:30 Kick with flippers
    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 25 on :40 Freestyle
        {1 x 100 on 2:00 Individual Medley
        {4 x 25 on :40 odds free evens fly
        {1 x 200 on 4:00 Individual Medley
        {4 x 25 on :40 odds free evens back
        {1 x 300 on 6:00 Individual Medley
        {4 x 25 on :40 odds free evens brst
        {1 x 300 on 5:55 Individual Medley
        {4 x 25 on :40 odds free evens fly
        {1 x 200 on 3:55 Individual Medley
        {4 x 25 on :40 odds free evens back
        {1 x 100 on 1:55 Individual Medley
        {4 x 25 on :40 odds free evens brst
        {1 x 100 on 1:50 Individual Medley
        {2 x 25 on :40 Freestyle
    300 6 x 50 on 1:00 Stroke Drills
    9:30 AM 5,900 Yards - Stress Value = 98
  
```

Workout #9175 - Friday, 17 June 2011

Group 3 - Bronze

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
      1 on 30:00 DS-Physio Ball Shoulders
    500 1 x 500 on 10:00 Reverse IM drill
    150 10 x 15 on :45 Shooters
  2,700 1x{1 x 100 on :20 Kick with flippers
        {1 x 100 on :25 Kick with flippers
        {1 x 100 on :30 Kick with flippers
        {1 x 100 on :35 Kick with flippers
        {1 x 100 on :40 Kick with flippers
        {1 x 100 on :45 Kick with flippers
        {1 x 100 on :50 Kick with flippers
  
```

Workout #9176 - Monday, 20 June 2011

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Core
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 3:10 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:05 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:00 Butterfly
1,200	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:45 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 3:10 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:05 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:00 Butterfly
1,300	1x{2 x 200 on 2:40 Pulls-no br L.12 yds
	{2 x 175 on 2:20 Pulls-no br L.12 yds
	{2 x 150 on 2:00 Pulls-no br L.12 yds
	{2 x 125 on 1:40 Pulls-no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 3:10 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:05 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:00 Butterfly
150	1 x 150 on 3:00 Stroke Drills
100	1 x 100 on 3:00 Fly for time OTB
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 6,300 Yards - Stress Value = 99

Workout #9177 - Monday, 20 June 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Core
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
650	1x{1 x 200 on 3:30 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:25 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 150 on 2:30 Butterfly
1,000	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick no board BSLR

	{1 x 50 on :55 Kick
	{1 x 50 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 3:30 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:25 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 2:30 Butterfly
1,200	1x{2 x 200 on 3:00 Pulls-no br L.12 yds
	{2 x 175 on 2:35 Pulls-no br L.12 yds
	{2 x 150 on 2:15 Pulls-no br L.12 yds
	{2 x 75 on 1:05 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
650	1x{1 x 200 on 3:30 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:25 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 150 on 2:30 Butterfly
150	1 x 150 on 3:00 Stroke Drills
100	1 x 100 on 3:00 Fly for time OTB
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 5,900 Yards - Stress Value = 92

Workout #9178 - Monday, 20 June 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Core
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{1 x 200 on 3:50 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:45 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 100 on 1:50 Butterfly
900	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{4 x 25 on :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
600	1x{1 x 200 on 3:50 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:45 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 100 on 1:50 Butterfly
1,100	1x{2 x 200 on 3:15 Pulls-no br L.12 yds
	{2 x 175 on 2:50 Pulls-no br L.12 yds
	{2 x 150 on 2:25 Pulls-no br L.12 yds
	{1 x 50 on :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
600	1x{1 x 200 on 3:50 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:45 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 100 on 1:50 Butterfly
150	1 x 150 on 3:00 Stroke Drills
100	1 x 100 on 3:00 Fly for time OTB
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 5,450 Yards - Stress Value = 84

Workout #9179 - Monday, 20 June 2011

Group 3 - Bronze

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 25:00 DS and Core
500  1 x 500 on 10:00 Swim-kick-pull-swim
150  10 x 15 on :45 Shooters
550  1x{1 x 150 on 3:10 Fly w/fins
    {2 x 25 on :30 Freestyle
    {1 x 150 on 3:05 Fly w/fins
    {2 x 25 on :30 Freestyle
    {1 x 150 on 3:00 Fly w/fins
750  1x{4 x 25 on :45 Kick no board BSLR
    {1 x 100 on 2:20 Kick
    {1 x 100 on 2:25 Kick
    {4 x 25 on :45 Kick no board BSLR
    {1 x 100 on 2:25 Kick
    {1 x 100 on 2:30 Kick
    {4 x 25 on :45 Kick no board BSLR
    {1 x 50 on 1:15 Kick
100  2x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
550  1x{1 x 150 on 3:10 Fly w/fins
    {2 x 25 on :30 Freestyle
    {1 x 150 on 3:05 Fly w/fins
    {2 x 25 on :30 Freestyle
    {1 x 150 on 3:00 Fly w/fins
1,000 1x{1 x 200 on 3:40 Pulls-no br L.12 yds
    {2 x 175 on 3:15 Pulls-no br L.12 yds
    {2 x 150 on 2:45 Pulls-no br L.12 yds
    {2 x 75 on 1:20 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
550  1x{1 x 150 on 3:10 Fly w/fins
    {2 x 25 on :30 Freestyle
    {1 x 150 on 3:05 Fly w/fins
    {2 x 25 on :30 Freestyle
    {1 x 150 on 3:00 Fly w/fins
150  1 x 150 on 3:00 Stroke Drills
100  1 x 100 on 3:00 Fly for time OTB
500  10 x 50 on 1:00 Stroke Drills
9:31 AM 5,000 Yards - Stress Value = 76
    
```

Workout #9181 - Tuesday, 21 June 2011

Group 3 - Breast

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 25:00 DS-Abs
600  1 x 600 on 10:00 Underwater trn drill
150  10 x 15 on :45 Shooters
875  5 x 175 on 2:35 Kick @ Fastest Interval
420  1x{2 x 30 on 1:00 Kick
    {2 x 30 on :55 Kick
    {2 x 30 on :50 Kick
    {2 x 30 on :45 Kick
    {2 x 30 on :40 Kick
    {2 x 30 on :35 Kick
    {2 x 30 on :30 Kick
1,500 1x{1 x 250 on 3:15 Pulls
    {2 x 200 on 2:35 Pulls
    {3 x 150 on 1:55 Pulls
    {4 x 100 on 1:15 Pulls
    { Alt 50's breathing toward blchr/scrbd
200  4x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,475 1x{5 x 125 on 2:10 Breaststroke
    {3 x 50 on :40 Freestyle
    {4 x 125 on 2:05 Breaststroke
    {3 x 50 on :40 Freestyle
    {3 x 125 on 2:00 Breaststroke
    {3 x 50 on :40 Freestyle
    {2 x 125 on 1:55 Breaststroke
    {3 x 50 on :40 Freestyle
    {1 x 125 on 1:50 Breaststroke
    { 1st 25 under water
300  6 x 50 on 1:00 Stroke Drills
9:25 AM 6,520 Yards - Stress Value = 78
    
```

Workout #9180 - Monday, 20 June 2011

Group 3 - Speed Acquisition

1 minute rest between sets

```

5:00 PM Start
Yards  Set Description
=====
1 on 25:00 DS and Core
600  1 x 600 on 10:00 Choice
150  10 x 15 on :45 Shooters
200  10x{1 on :30 Flutter Kick on Wall
    {1 x 20 on 1:30 Flip on whistle underwater f
    { kick to other side easy swim aft
    { every line you don't make = 5 pu
500  2x{1 x 25 on :45 Free 15 strokes
    {1 x 25 on :45 Free 14 strokes
    {1 x 25 on :45 Free 13 strokes
    {1 x 25 on :45 Free 12 strokes
    {1 x 25 on :45 Free 11 strokes
    {1 x 25 on :45 Free 10 strokes
    {1 x 25 on :45 Free 9 strokes
    {1 x 25 on :45 Free 8 strokes
    {1 x 25 on :45 Free 7 strokes
    {1 x 25 on :45 Free 6 strokes
100  1 x 100 on 3:00 Freestyle For Time OTB
250  1 x 250 on 4:00 Stroke Drills
6:30 PM 1,800 Yards - Stress Value = 20
    
```


Workout #9182 - Tuesday, 21 June 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS-Abs
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
875	5 x 175 on 3:30 Kick @ Fastest Interval
420	1x{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
1,350	1x{1 x 250 on 3:40 Pulls
	{2 x 200 on 2:55 Pulls
	{3 x 150 on 2:10 Pulls
	{2 x 100 on 1:25 Pulls
	{1 x 50 on :40 Pulls
	{ Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{5 x 125 on 2:20 Breaststroke
	{3 x 50 on :45 Freestyle
	{4 x 125 on 2:15 Breaststroke
	{3 x 50 on :45 Freestyle
	{3 x 125 on 2:10 Breaststroke
	{2 x 50 on :45 Freestyle
	{1 x 125 on 2:05 Breaststroke
	{2 x 50 on :45 Freestyle
	{1 x 125 on 2:00 Breaststroke
	{ 1st 25 under water
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,145 Yards - Stress Value = 73

	{3 x 30 on :45 Kick
1,200	1x{1 x 250 on 4:05 Pulls
	{2 x 200 on 3:15 Pulls
	{3 x 150 on 2:25 Pulls
	{2 x 50 on :45 Pulls
	{ Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{5 x 125 on 2:30 Breaststroke
	{2 x 50 on :50 Freestyle
	{4 x 125 on 2:25 Breaststroke
	{2 x 50 on :50 Freestyle
	{3 x 125 on 2:20 Breaststroke
	{1 x 50 on :50 Freestyle
	{2 x 125 on 2:15 Breaststroke
	{1 x 50 on :50 Freestyle
	{ 1st 25 under water
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,685 Yards - Stress Value = 67

Workout #9187 - Tuesday, 21 June 2011

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS-Circuit
425	1 x 425 on 7:00 Choice
180	9 x 20 on 1:00 Running pit sprints w/ turn
1,050	3x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{1 x 50 on :59 Kick
	{1 x 50 on :58 Kick
	{1 x 50 on :57 Kick
	{1 x 50 on 2:06 25 streamline kick/no breath
	{ between flags and wall-25 100% breathe on 6
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 1,905 Yards - Stress Value = 39

	{ Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{5 x 125 on 2:20 Breaststroke
	{3 x 50 on :45 Freestyle
	{4 x 125 on 2:15 Breaststroke
	{3 x 50 on :45 Freestyle
	{3 x 125 on 2:10 Breaststroke
	{2 x 50 on :45 Freestyle
	{1 x 125 on 2:05 Breaststroke
	{2 x 50 on :45 Freestyle
	{1 x 125 on 2:00 Breaststroke
	{ 1st 25 under water
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,145 Yards - Stress Value = 73

Workout #9186 - Tuesday, 21 June 2011

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS-Circuit
425	1 x 425 on 7:00 Choic
180	9 x 20 on 1:00 Running pit sprints w/ turn
1,050	3x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on :55 Kick
	{1 x 50 on :54 Kick
	{1 x 50 on :53 Kick
	{1 x 50 on :52 Kick
	{1 x 50 on 2:24 25 streamline kick/no breath
	{ between flags and wall-25 100% breathe on 6
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 1,905 Yards - Stress Value = 39

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS-Abs
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
875	5 x 175 on 3:30 Kick @ Fastest Interval
360	1x{3 x 30 on 1:00 Kick
	{3 x 30 on :55 Kick
	{3 x 30 on :50 Kick
	{3 x 30 on :45 Kick
1,100	1x{1 x 200 on 3:35 Pulls
	{2 x 150 on 2:40 Pulls
	{3 x 100 on 1:45 Pulls
	{6 x 50 on :55 Pulls
	{ Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{5 x 100 on 2:20 Breaststroke
	{3 x 50 on :55 Freestyle
	{4 x 100 on 2:15 Breaststroke
	{3 x 50 on :55 Freestyle
	{3 x 100 on 2:10 Breaststroke
	{2 x 50 on :55 Freestyle
	{2 x 100 on 2:05 Breaststroke
	{ 1st 25 under water
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,285 Yards - Stress Value = 67

Workout #9183 - Tuesday, 21 June 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS-Abs
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
875	5 x 175 on 3:30 Kick @ Fastest Interval
360	1x{3 x 30 on 1:00 Kick
	{3 x 30 on :55 Kick
	{3 x 30 on :50 Kick

	{ Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{5 x 100 on 2:20 Breaststroke
	{3 x 50 on :55 Freestyle
	{4 x 100 on 2:15 Breaststroke
	{3 x 50 on :55 Freestyle
	{3 x 100 on 2:10 Breaststroke
	{2 x 50 on :55 Freestyle
	{2 x 100 on 2:05 Breaststroke
	{ 1st 25 under water
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,285 Yards - Stress Value = 67

Workout #9188 - Tuesday, 21 June 2011

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS-Circuit
 375 1 x 375 on 7:00 Choice
 180 9 x 20 on 1:00 Running pit sprints w/ turn
 900 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:15 Kick
 {1 x 50 on 1:14 Kick
 {1 x 50 on 1:13 Kick
 {1 x 50 on 2:17 25 streamline kick/no breath
 { between flags and wall-25 100% breathe on 6
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 1,705 Yards - Stress Value = 36

Workout #9185 - Tuesday, 21 June 2011

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Circuit
 425 1 x 425 on 7:00 Choice
 180 9 x 20 on 1:00 Running pit sprints w/ turn
 1,200 3x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on :50 Kick
 {1 x 50 on :49 Kick
 {1 x 50 on :48 Kick
 {1 x 50 on :47 Kick
 {1 x 50 on :46 Kick
 {1 x 50 on 2:00 25 streamline kick/no breath
 { between flags and wall-25 100% breathe on 6
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 2,055 Yards - Stress Value = 42

Workout #9189 - Wednesday, 22 June 2011

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :30 Kick no board B
 {2 x 125 on 2:10 Kick
 {4 x 25 on :30 Kick no board S
 {2 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick no board L
 {2 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board R
 {2 x 125 on 1:55 Kick
 1,400 1x{4 x 25 on :20 Pulls br on 3
 {2 x 125 on 1:50 Lungbuster pulls
 {4 x 25 on :20 Pulls-br on 5
 {2 x 125 on 1:45 Lungbuster pulls
 {4 x 25 on :20 Pulls-br on 7
 {2 x 125 on 1:40 Lungbuster pulls
 {4 x 25 on :20 Pulls br on 9
 {2 x 125 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
 3,150 21 x 150 on 2:05 Free-descend in 3's
 & descend each set of 3's avg time
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 7,300 Yards - Stress Value = 114

Workout #9190 - Wednesday, 22 June 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :35 Kick no board B
 {2 x 125 on 2:30 Kick
 {4 x 25 on :35 Kick no board S
 {2 x 125 on 2:25 Kick
 {4 x 25 on :35 Kick no board L
 {2 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board R
 {2 x 50 on :55 Kick
 1,200 1x{4 x 25 on :25 Pulls-br on 3
 {2 x 125 on 2:00 Lungbuster pulls
 {4 x 25 on :25 Pulls-br on 5
 {2 x 125 on 1:55 Lungbuster pulls
 {4 x 25 on :25 Pulls-br on 7
 {2 x 75 on 1:10 Lungbuster pulls
 {4 x 25 on :25 Pulls-br on 9
 {2 x 75 on 1:05 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,850 19 x 150 on 2:15 Free-descend in 3's
 & descend each set of 3's avg time
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,600 Yards - Stress Value = 102

Workout #9191 - Wednesday, 22 June 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :40 Kick no board B
 {2 x 125 on 2:40 Kick
 {4 x 25 on :40 Kick no board S
 {2 x 100 on 2:05 Kick
 {4 x 25 on :40 Kick no board L
 {2 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board R
 {1 x 50 on 1:00 Kick
 1,050 1x{4 x 25 on :30 Pulls-br on 3
 {2 x 125 on 2:10 Lungbuster pulls
 {4 x 25 on :30 Pulls-br on 5
 {2 x 100 on 1:40 Lungbuster pulls
 {4 x 25 on :30 Pulls-br on 7
 {2 x 75 on 1:15 Lungbuster pulls
 {4 x 25 on :30 Pulls-br on 9
 {1 x 50 on :50 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,700 18 x 150 on 2:30 Free-descend in 3's
 & descend each set of 3's avg time
 400 8 x 50 on 1:00 Stroke Drills
 9:32 AM 6,100 Yards - Stress Value = 94

Workout #9192 - Wednesday, 22 June 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :45 Kick no board B
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board S
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board L
 {2 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board R
 {1 x 50 on 1:05 Kick
 800 1x{4 x 25 on :40 Pulls-br on 3
 {2 x 100 on 2:00 Lungbuster pulls
 {4 x 25 on :40 Pulls-br on 5
 {1 x 100 on 1:55 Lungbuster pulls
 {4 x 25 on :40 Pulls-br on 7
 {1 x 50 on 1:00 Lungbuster pulls
 {4 x 25 on :40 Pulls-br on 9
 {1 x 50 on :50 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 16 x 150 on 2:45 Free-descend in 3's
 & descend each set of 3's avg time
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,400 Yards - Stress Value = 83

{3 x 50 on :40 Backstroke
 {3 x 50 on :35 Backstroke
 {1 x 100 on 1:45 Backstroke Drill
 {4 x 25 on :25 Backstroke-100%
 {4 x 25 on :20 Backstroke-100%
 300 1 x 300 on 5:00 Stroke Drills
 9:29 AM 7,150 Yards - Stress Value = 109

Workout #9194 - Thursday, 23 June 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 1:55 Kick
 {2 x 25 on :35 Kick non #1
 {2 x 100 on 1:55 Kick
 {3 x 50 on 1:05 Kick non #1
 {3 x 100 on 1:55 Kick
 {4 x 75 on 1:40 Kick non #1
 {2 x 100 on 1:55 Kick
 1,950 1x{1 x 200 on 3:00 Pull BWFPF
 {4 x 50 on :45 Free 3/5/7/9 KOW
 {2 x 175 on 2:35 Pulls BWKPF
 {4 x 50 on :45 Free 3/5/7/9 KOW
 {3 x 150 on 2:15 Pull BWHPF
 {4 x 50 on :45 Free 3/5/7/9 KOW
 {2 x 100 on 1:30 Pulls BWSPF
 {3 x 50 on :45 Free 5//7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 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 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :50 Backstroke
 {2 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {1 x 100 on 1:45 Backstroke Drill
 {4 x 25 on :30 Backstroke-100%
 {2 x 25 on :25 Backstroke-100%
 300 1 x 300 on 5:00 Stroke Drills
 9:29 AM 6,500 Yards - Stress Value = 97

Workout #9193 - Thursday, 23 June 2011

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,500 1x{1 x 100 on 1:40 Kick
 {2 x 25 on :30 Kick non #1
 {2 x 100 on 1:40 Kick
 {3 x 50 on 1:00 Kick non #1
 {3 x 100 on 1:40 Kick
 {4 x 75 on 1:30 Kick non #1
 {4 x 100 on 1:40 Kick
 2,200 1x{1 x 200 on 2:40 Pull BWFPF
 {4 x 50 on :40 Free 3/5/7/9 KOW
 {2 x 175 on 2:20 Pulls BWKPF
 {4 x 50 on :40 Free 3/5/7/9 KOW
 {3 x 150 on 2:00 Pull BWHPF
 {4 x 50 on :40 Free 3/5/7/9 KOW
 {4 x 100 on 1:20 Pulls BWSPF
 {4 x 50 on :40 Free 3/5//7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {2 x 75 on :55 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :45 Backstroke

Workout #9195 - Thursday, 23 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Physio Ball Abs
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:05 Kick 2 x 25 on :40 Kick non #1 2 x 100 on 2:05 Kick 3 x 50 on 1:10 Kick non #1 3 x 100 on 2:05 Kick 4 x 75 on 1:45 Kick non #1 1 x 100 on 2:05 Kick
1,800	1x{1 x 200 on 3:15 Pull BWFPF 4 x 50 on :50 Free 3/5/7/9 KOW 2 x 175 on 2:50 Pulls BWKPF 4 x 50 on :50 Free 3/5/7/9 KOW 3 x 150 on 2:25 Pull BWHPF 3 x 50 on :50 Free 5/7/9 KOW 1 x 100 on 1:40 Pulls BWSPF 3 x 50 on :50 Free 5//7/9 KOW { 50's-KOW are off turns/strart 3KOW
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 100 on 1:50 Backstroke 1 x 100 on 1:45 Backstroke 1 x 100 on 1:40 Backstroke 1 x 100 on 1:35 Backstroke 1 x 100 on 1:30 Backstroke 1 x 150 on 3:30 Backstroke Drill 2 x 75 on 1:25 Backstroke 2 x 75 on 1:20 Backstroke 1 x 75 on 1:15 Backstroke 1 x 75 on 1:10 Backstroke 1 x 100 on 2:20 Backstroke Drill 3 x 50 on :55 Backstroke 2 x 50 on :50 Backstroke 1 x 50 on :45 Backstroke 1 x 100 on 2:20 Backstroke Drill 2 x 25 on :35 Backstroke-100% 2 x 25 on :30 Backstroke-100%
300	1 x 300 on 5:00 Stroke Drills
	9:29 AM 5,900 Yards - Stress Value = 89

200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 100 on 2:10 Backstroke 1 x 100 on 2:05 Backstroke 1 x 100 on 2:00 Backstroke 1 x 100 on 1:55 Backstroke 1 x 100 on 3:00 Backstroke Drill 1 x 75 on 1:40 Backstroke 1 x 75 on 1:35 Backstroke 1 x 75 on 1:30 Backstroke 1 x 75 on 1:25 Backstroke 1 x 100 on 3:00 Backstroke Drill 1 x 50 on 1:10 Backstroke 1 x 50 on 1:05 Backstroke 1 x 50 on 1:00 Backstroke 1 x 100 on 3:00 Backstroke Drill 6 x 25 on :45 Backstroke-100%
300	1 x 300 on 5:00 Stroke Drills
	9:29 AM 5,000 Yards - Stress Value = 74

Workout #9197 - Thursday, 23 June 2011

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch
600	1 x 600 on 10:00 Choice
1,000	1 x 1000 on 16:00 Vertical Kick
640	8x{1 x 15 on :45 Pit Sprint/turn drill { with explosive jump to bulkhead 1 x 25 on 1:00 10 yards under/15 yards { super fast w/great breakouts & finish 1 x 25 on :01 Your best non free stroke OTB { with explosive jump to bulkhead 1 x 15 on 1:29 Sculling drill
300	12 x 25 on :40 Variable Speed
100	1 x 100 on 3:00 Your best stroke OTB
500	10 x 50 on 1:00 Stroke Drills
	6:30 PM 3,140 Yards - Stress Value = 75

5:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch
600	1 x 600 on 10:00 Choice
1,000	1 x 1000 on 16:00 Vertical Kick
640	8x{1 x 15 on :45 Pit Sprint/turn drill { with explosive jump to bulkhead 1 x 25 on 1:00 10 yards under/15 yards { super fast w/great breakouts & finish 1 x 25 on :01 Your best non free stroke OTB { with explosive jump to bulkhead 1 x 15 on 1:29 Sculling drill
300	12 x 25 on :40 Variable Speed
100	1 x 100 on 3:00 Your best stroke OTB
500	10 x 50 on 1:00 Stroke Drills
	6:30 PM 3,140 Yards - Stress Value = 75

Workout #9196 - Thursday, 23 June 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Physio Ball Abs
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 2:40 Kick 3 x 50 on 1:30 Kick non #1 2 x 100 on 2:35 Kick 4 x 75 on 2:15 Kick non #1 2 x 100 on 2:30 Kick
1,600	1x{1 x 200 on 3:50 Pull BWFPF 4 x 50 on :55 Free 3/5/7/9 KOW 2 x 175 on 3:20 Pulls BWKPF 4 x 50 on :55 Free 3/5/7/9 KOW 2 x 150 on 2:50 Pull BWHPF 3 x 50 on :55 Free 5/7/9 KOW 1 x 100 on 1:50 Pulls BWSPF 2 x 50 on :55 Free 7/9 KOW { 50's-KOW are off turns/strart 3KOW

Workout #9198 - Friday, 24 June 2011

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 35:00 DS-Physio Ball Shoulder-Team Mtg
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :45 Kick no board BSLR-16 KOW
	{2 x 150 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR-14 KOW
	{2 x 150 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR-13 KOW
	{2 x 150 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR-10 KOW
	{2 x 150 on 2:15 Kick
750	1x{3 x 50 on :40 Pulls-nbbf&w
	{3 x 50 on :40 Pulls-nbbf&w + 1 yd
	{3 x 50 on :40 Pulls-nbbf&w + 2 yds
	{3 x 50 on :40 Pulls-nbbf&w + 3 yds
	{3 x 50 on :40 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
2,800	1x{1 x 100 on 1:30 Butterfly
	{1 x 100 on 1:25 Butterfly
	{1 x 100 on 1:20 Butterfly
	{1 x 100 on 1:15 Butterfly
	{1 x 300 on 4:00 IM w/out the fly
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{1 x 100 on 1:10 Backstroke
	{1 x 300 on 4:00 IM w/out the back
	{1 x 100 on 1:40 Breaststroke
	{1 x 100 on 1:35 Breaststroke
	{1 x 100 on 1:30 Breaststroke
	{1 x 100 on 1:25 Breaststroke
	{1 x 300 on 4:00 IM w/out the breast
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:05 Freestyle
	{1 x 300 on 4:00 IM w/out the free
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,400 Yards - Stress Value = 108

Workout #9199 - Friday, 24 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 35:00 DS-Physio Ball Shoulder-Team Mtg
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no board BSLR-16 KOW
	{2 x 150 on 2:55 Kick
	{4 x 25 on :45 Kick no board BSLR-14 KOW
	{2 x 150 on 2:50 Kick
	{4 x 25 on :45 Kick no board BSLR-13 KOW
	{2 x 150 on 2:45 Kick
	{4 x 25 on :45 Kick no board BSLR-10 KOW
	{2 x 50 on :55 Kick
650	1x{3 x 50 on :45 Pulls-nbbf&w
	{3 x 50 on :45 Pulls-nbbf&w + 1 yd
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds
	{3 x 50 on :45 Pulls-nbbf&w + 3 yds
	{1 x 50 on :45 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
2,500	1x{1 x 100 on 1:40 Butterfly

{1 x 100 on 1:35 Butterfly	
{1 x 100 on 1:30 Butterfly	
{1 x 300 on 4:30 IM w/out the fly	
{1 x 100 on 1:35 Backstroke	
{1 x 100 on 1:30 Backstroke	
{1 x 100 on 1:25 Backstroke	
{1 x 300 on 4:30 IM w/out the back	
{1 x 100 on 1:45 Breaststroke	
{1 x 100 on 1:40 Breaststroke	
{1 x 100 on 1:35 Breaststroke	
{1 x 300 on 4:30 IM w/out the breast	
{1 x 100 on 1:25 Freestyle	
{1 x 100 on 1:20 Freestyle	
{1 x 100 on 1:15 Freestyle	
{1 x 100 on 1:10 Freestyle	
{1 x 300 on 4:30 IM w/out the free	
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,800 Yards - Stress Value = 96

Workout #9200 - Friday, 24 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 35:00 DS-Physio Ball Shoulder-Team Mtg
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR-16 KOW
	{2 x 150 on 3:10 Kick
	{4 x 25 on :45 Kick no board BSLR-14 KOW
	{2 x 150 on 3:05 Kick
	{4 x 25 on :45 Kick no board BSLR-13 KOW
	{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-10 KOW
	{2 x 50 on 1:00 Kick
600	1x{3 x 50 on :50 Pulls-nbbf&w
	{3 x 50 on :50 Pulls-nbbf&w + 1 yd
	{2 x 50 on :50 Pulls-nbbf&w + 2 yds
	{2 x 50 on :50 Pulls-nbbf&w + 3 yds
	{2 x 50 on :50 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
2,250	1x{1 x 100 on 1:50 Butterfly
	{1 x 100 on 1:45 Butterfly
	{1 x 100 on 1:40 Butterfly
	{1 x 300 on 5:15 IM w/out the fly
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 300 on 5:15 IM w/out the back
	{1 x 100 on 1:55 Breaststroke
	{1 x 100 on 1:50 Breaststroke
	{1 x 100 on 1:45 Breaststroke
	{1 x 300 on 5:15 IM w/out the breast
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:25 Freestyle
	{1 x 150 on 2:40 IM w/out the free
300	6 x 50 on 1:00 Stroke Drills
	9:31 AM 5,350 Yards - Stress Value = 88

Workout #9201 - Friday, 24 June 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS-Physio Ball Shoulder-Team Mtg
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :45 Kick no board BSLR-16 KOW
 {2 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR-14 KOW
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR-13 KOW
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR-10 KOW
 {2 x 100 on 2:15 Kick
 500 1x{2 x 50 on :55 Pulls-nbbf&w
 {2 x 50 on :55 Pulls-nbbf&w + 1 yd
 {2 x 50 on :55 Pulls-nbbf&w + 2 yds
 {2 x 50 on :55 Pulls-nbbf&w + 3 yds
 {2 x 50 on :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
 1,950 1x{1 x 100 on 2:15 Butterfly
 {1 x 100 on 2:10 Butterfly
 {1 x 300 on 6:30 IM w/out the fly
 {1 x 100 on 2:10 Backstroke
 {1 x 100 on 2:05 Backstroke
 {1 x 300 on 6:30 IM w/out the back
 {1 x 100 on 2:10 Breaststroke
 {1 x 100 on 2:05 Breaststroke
 {1 x 300 on 5:15 IM w/out the breast
 {1 x 100 on 1:35 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 150 on 2:40 IM w/out the free
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 4,800 Yards - Stress Value = 78

Workout #9202 - Monday, 27 June 2011

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,000 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:20 Kick
 {4 x 50 on 1:00 Freestyle
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:15 Kick
 {4 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:10 Kick
 {4 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:05 Kick
 {4 x 50 on 1:00 Kick
 1,250 1x{1 x 125 on 1:30 Pulls-no br L.12 yds
 {2 x 125 on 1:35 Pulls-no br L.12 yds
 {3 x 125 on 1:40 Pulls-no br L.12 yds
 {4 x 125 on 1:45 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,200 1x{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
 {1 x 400 on 4:35 Freestyle

{1 x 400 on 4:30 Freestyle
 {1 x 400 on 4:25 Freestyle
 {1 x 400 on 4:20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 7,650 Yards - Stress Value = 137

Workout #9203 - Monday, 27 June 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,800 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:55 Kick
 {4 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:50 Kick
 {4 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:45 Kick
 {4 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:40 Kick
 1,050 1x{1 x 125 on 1:45 Pulls-no br L.12 yds
 {2 x 125 on 1:50 Pulls-no br L.12 yds
 {3 x 125 on 1:55 Pulls-no br L.12 yds
 {3 x 100 on 1:35 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{1 x 400 on 5:50 Freestyle
 {1 x 400 on 5:45 Freestyle
 {1 x 400 on 5:40 Freestyle
 {1 x 400 on 5:35 Freestyle
 {1 x 400 on 5:20 Freestyle
 {1 x 400 on 5:15 Freestyle
 {1 x 400 on 5:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 6,850 Yards - Stress Value = 121

Workout #9207 - Monday, 27 June 2011

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dymanic Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 180 12 x 15 on :45 Start/Shooter/Finish
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%
 {12 x 50 on :50 Freestyle every 3rd one 100%
 {8 x 50 on :55 Freestyle every 2nd one 100%
 {4 x 50 on 1:00 Freestyle all 100%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 4:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:31 PM 3,630 Yards - Stress Value = 59

Workout #9204 - Monday, 27 June 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:15 Kick
 {3 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:10 Kick
 {3 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:05 Kick
 {3 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:00 Kick
 950 1x{1 x 125 on 2:00 Pulls-no br L.12 yds
 {2 x 125 on 2:05 Pulls-no br L.12 yds
 {3 x 125 on 2:10 Pulls-no br L.12 yds
 {2 x 100 on 1:45 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{1 x 400 on 6:30 Freestyle
 {1 x 400 on 6:25 Freestyle
 {1 x 400 on 6:20 Freestyle
 {1 x 400 on 6:15 Freestyle
 {1 x 400 on 6:10 Freestyle
 {1 x 300 on 4:30 Freestyle
 9:25 AM 5,800 Yards - Stress Value = 106

{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 850 1x{1 x 100 on 1:45 Pulls-no br L.12 yds
 {2 x 100 on 1:50 Pulls-no br L.12 yds
 {3 x 100 on 1:55 Pulls-no br L.12 yds
 {5 x 50 on 1:00 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
 2,000 1x{1 x 400 on 7:15 Freestyle
 {1 x 400 on 7:10 Freestyle
 {1 x 400 on 7:05 Freestyle
 {1 x 400 on 7:00 Freestyle
 {1 x 400 on 6:55 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 9:30 AM 5,350 Yards - Stress Value = 93

Workout #9209 - Monday, 27 June 2011

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dymanic Stretch
 550 1 x 550 on 10:00 Reverse IM drill
 180 12 x 15 on :45 Start/Shooter/Finish
 1,650 1x{12 x 50 on :55 Freestyle every 4th one 100%
 {9 x 50 on 1:00 Freestyle every 3rd one 100%
 {8 x 50 on 1:05 Freestyle every 2nd one 100%
 {4 x 50 on 1:10 Freestyle all 100%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 4:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:31 PM 3,230 Yards - Stress Value = 52

Workout #9208 - Monday, 27 June 2011

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dymanic Stretch
 550 1 x 550 on 10:00 Reverse IM drill
 180 12 x 15 on :45 Start/Shooter/Finish
 1,850 1x{16 x 50 on :50 Freestyle every 4th one 100%
 {9 x 50 on :55 Freestyle every 3rd one 100%
 {8 x 50 on 1:00 Freestyle every 2nd one 100%
 {4 x 50 on 1:05 Freestyle all 100%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 4:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:31 PM 3,430 Yards - Stress Value = 56

Workout #9206 - Monday, 27 June 2011

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dymanic Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 180 12 x 15 on :45 Start/Shooter/Finish
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%
 {12 x 50 on :50 Freestyle every 3rd one 100%
 {8 x 50 on :55 Freestyle every 2nd one 100%
 {4 x 50 on 1:00 Freestyle all 100%
 500 10 x 50 on 1:00 Stroke Drills
 100 1 x 100 on 4:00 Your Choice OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:31 PM 3,630 Yards - Stress Value = 59

Workout #9205 - Monday, 27 June 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:40 Kick
 {3 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:35 Kick
 {3 x 50 on 1:15 Freestyle
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:30 Kick
 {3 x 50 on 1:15 Kick

Workout #9210 - Tuesday, 28 June 2011

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS-Abs
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	5 x 200 on 4:00 Kick @ Fastest Interval
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
1,000	1 x 1000 on 12:45 Pulls alt 100 br toward bleachers, 100 toward scrbd
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{6 x 100 on 1:30 Backstroke { 4 x 25 on :40 Back Drill { 5 x 100 on 1:25 Backstroke { 4 x 25 on :40 Back Drill { 4 x 100 on 1:20 Backstroke { 4 x 25 on :40 Back Drill { 3 x 100 on 1:15 Backstroke { 4 x 25 on :40 Back Drill { 2 x 100 on 1:10 Backstroke { 4 x 25 on :40 Back Drill { 1 x 100 on 1:05 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 6,310 Yards - Stress Value = 87

Workout #9214 - Tuesday, 28 June 2011

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
	1 on 40:00 DS and Circuit			L DRY
400	1 x 400 on 7:00 Choice	REC		S CHO
2,800	1x{7 x 100 on 1:05 Kick w/fins { 1 on 1:00 Rest { 6 x 100 on 1:05 Kick w/fins { 1 on 1:00 Rest { 5 x 100 on 1:05 Kick w/fins { 1 on 1:00 Rest { 4 x 100 on 1:05 Kick w/fins { 1 on 1:00 Rest { 3 x 100 on 1:05 Kick w/fins { 1 on 1:00 Rest { 2 x 100 on 1:05 Kick w/fins { 1 on 1:00 Rest { 1 x 100 on 1:05 Kick w/fins	EN2		K FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	6:30 PM 3,450 Yards - Stress Value = 56			

Workout #9211 - Tuesday, 28 June 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS-Abs
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	5 x 200 on 4:00 Kick @ Fastest Interval
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
900	1 x 900 on 12:45 Pulls alt 100 br toward bleachers, 100 toward scrbd

200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{6 x 100 on 1:40 Backstroke { 4 x 25 on :40 Back Drill { 4 x 100 on 1:35 Backstroke { 4 x 25 on :40 Back Drill { 3 x 100 on 1:30 Backstroke { 4 x 25 on :40 Back Drill { 3 x 100 on 1:25 Backstroke { 4 x 25 on :40 Back Drill { 2 x 100 on 1:20 Backstroke { 4 x 25 on :40 Back Drill { 1 x 100 on 1:15 Backstroke
350	7 x 50 on 1:00 Stroke Drills
	9:31 AM 5,960 Yards - Stress Value = 82

Workout #9212 - Tuesday, 28 June 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS-Abs
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	5 x 200 on 4:00 Kick @ Fastest Interval
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
800	1 x 800 on 12:45 Pulls alt 100 br toward bleachers, 100 toward scrbd
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 100 on 1:50 Backstroke { 4 x 25 on :45 Back Drill { 4 x 100 on 1:45 Backstroke { 4 x 25 on :45 Back Drill { 3 x 100 on 1:40 Backstroke { 4 x 25 on :45 Back Drill { 2 x 100 on 1:35 Backstroke { 4 x 25 on :45 Back Drill { 2 x 100 on 1:30 Backstroke { 4 x 25 on :45 Back Drill { 1 x 100 on 1:25 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	9:31 AM 5,560 Yards - Stress Value = 77

Workout #9213 - Tuesday, 28 June 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 5 x 200 on 4:00 Kick @ Fastest Interval
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 700 1 x 700 on 12:45 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{5 x 100 on 2:05 Backstroke
 {4 x 25 on :45 Back Drill
 {4 x 100 on 2:00 Backstroke
 {4 x 25 on :45 Back Drill
 {3 x 100 on 1:55 Backstroke
 {4 x 25 on :45 Back Drill
 {2 x 100 on 1:50 Backstroke
 {4 x 25 on :45 Back Drill
 {2 x 100 on 1:45 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 5,210 Yards - Stress Value = 74

Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,800 1x{8 x 25 on :30 Kick no board B 10+1
 {1 x 200 on 3:20 Kick
 {8 x 25 on :30 Kick no board S 10+1
 {2 x 175 on 2:50 Kick
 {8 x 25 on :30 Kick no board L 10+1
 {3 x 150 on 2:20 Kick
 {8 x 25 on :30 Kick no board R 10+1
 1,500 1x{1 x 250 on 3:15 Lungbuster pulls
 {2 x 200 on 2:35 Lungbuster pulls
 {3 x 150 on 1:55 Lungbuster pulls
 {4 x 100 on 1:15 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{3 x 50 on :55 Breast hold under :37
 {1 x 150 on 2:25 Breaststroke
 {3 x 50 on :55 Breast hold under :37
 {2 x 125 on 2:00 Breaststroke
 {3 x 50 on :55 Breast hold under :37
 {3 x 100 on 1:35 Breaststroke
 {3 x 50 on :55 Breast hold under :37
 {1 x 150 on 2:20 Breaststroke
 {3 x 50 on :55 Breast hold under :37
 {2 x 125 on 1:55 Breaststroke
 {3 x 50 on :55 Breast hold under :37
 {3 x 100 on 1:30 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,800 Yards - Stress Value = 140

Workout #9218 - Tuesday, 28 June 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,800 1x{8 x 25 on :30 Kick no board B 10+1
 {1 x 200 on 3:20 Kick
 {8 x 25 on :30 Kick no board S 10+1
 {2 x 175 on 2:50 Kick
 {8 x 25 on :30 Kick no board L 10+1
 {3 x 150 on 2:20 Kick
 {8 x 25 on :30 Kick no board R 10+1
 1,100 1x{1 x 200 on 3:35 Lungbuster pulls
 {2 x 150 on 2:40 Lungbuster pulls
 {4 x 100 on 1:45 Lungbuster pulls
 {4 x 50 on :55 Pulls
 { Alt 50's breathing toward blchr/scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{3 x 50 on 1:10 Breast hold under :55
 {1 x 150 on 3:15 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {2 x 125 on 2:45 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {2 x 100 on 2:10 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {1 x 150 on 3:05 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {1 x 100 on 2:05 Breaststroke
 250 {2 x 50 on 1:10 Breast hold under :55
 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,700 Yards - Stress Value = 123

Workout #9216 - Wednesday, 29 June 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,500 1x{8 x 25 on :35 Kick no board B 10+1
 {1 x 150 on 2:55 Kick
 {8 x 25 on :35 Kick no board S 10+1
 {2 x 125 on 2:25 Kick
 {8 x 25 on :35 Kick no board L 10+1
 {3 x 100 on 1:50 Kick
 {8 x 25 on :35 Kick no board R 10+1
 1,350 1x{1 x 250 on 3:40 Lungbuster pulls
 {2 x 200 on 2:55 Lungbuster pulls
 {2 x 150 on 2:10 Lungbuster pulls
 {4 x 100 on 1:25 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{3 x 50 on 1:00 Breast hold under :45
 {1 x 150 on 2:35 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {2 x 125 on 2:10 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {3 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {1 x 150 on 2:30 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {2 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breast hold under :45
 {1 x 100 on 1:40 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,150 Yards - Stress Value = 129

Workout #9215 - Wednesday, 29 June 2011

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Workout #9217 - Wednesday, 29 June 2011

Group 3 - Silver

1 minute rest between sets

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,350 1x{8 x 25 on :40 Kick no board B 10+1
 {1 x 150 on 3:10 Kick
 {6 x 25 on :40 Kick no board S 10+1
 {2 x 125 on 2:35 Kick
 {6 x 25 on :40 Kick no board L 10+1
 {3 x 100 on 2:00 Kick
 {6 x 25 on :40 Kick no board R 10+1
 1,200 1x{1 x 250 on 4:05 Lungbuster pulls
 {2 x 200 on 3:15 Lungbuster pulls
 {3 x 150 on 2:25 Lungbuster pulls
 {2 x 50 on :50 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{3 x 50 on 1:05 Breast hold under :50
 {1 x 150 on 2:50 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {2 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {3 x 100 on 1:55 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {1 x 150 on 2:45 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {2 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,650 Yards - Stress Value = 121

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 125 on 2:10 Kick
 {4 x 25 on :30 Kick-#4
 {2 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick #4
 {3 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick #4
 {2 x 125 on 1:55 Kick
 {4 x 25 on :30 Kick #4
 {1 x 125 on 1:50 Kick
 {3 x 25 on :30 Kick #4
 1,000 20 x 50 on :40 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,150 1x{7 x 50 on :50 Fly 2-2, 9 KOW
 {2 x 125 on 1:35 Freestyle
 {6 x 50 on :50 Fly 2-3, 8 KOW
 {2 x 125 on 1:35 Freestyle
 {5 x 50 on :50 Fly 2-4, 7 KOW
 {2 x 125 on 1:35 Freestyle
 {4 x 50 on :50 Fly 2-5 6 KOW
 {2 x 125 on 1:35 Freestyle
 {3 x 50 on :50 Fly 2-4, 5 KOW
 {2 x 125 on 1:35 Freestyle
 {2 x 50 on :50 Fly 2-3, 4 KOW
 {2 x 125 on 1:35 Freestyle
 {1 x 50 on :50 Fly 2-2, 3 KOW
 {2 x 125 on 1:35 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 7,100 Yards - Stress Value = 82

Workout #9219 - Wednesday, 29 June 2011

Taper 1 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :30 Kick no board B 10+1
 {1 x 200 on 3:20 Kick
 {4 x 25 on :30 Kick no board S 10+1
 {1 x 150 on 2:25 Kick
 {4 x 25 on :30 Kick no board L 10+1
 {1 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board R 10+1
 700 1x{1 x 250 on 3:15 Lungbuster pulls
 {1 x 200 on 2:35 Lungbuster pulls
 {1 x 150 on 1:55 Lungbuster pulls
 {1 x 100 on 1:15 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,025 1x{2 x 50 on 1:00 Breast hold under :48
 {1 x 150 on 2:35 Breaststroke
 {2 x 50 on 1:00 Breast hold under :48
 {1 x 125 on 2:10 Breaststroke
 {2 x 50 on 1:00 Breast hold under :48
 {1 x 100 on 1:45 Breaststroke
 {2 x 50 on 1:00 Breast hold under :48
 {1 x 150 on 2:30 Breaststroke
 {2 x 50 on 1:00 Breast hold under :48
 250 1 x 250 on 4:00 Stroke Drills
 8:43 AM 3,575 Yards - Stress Value = 72

Workout #9220 - Thursday, 30 June 2011

Group 3 - Fly

Workout #9221 - Thursday, 30 June 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Physio Ball Abs
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,375	1x{1 x 125 on 2:30 Kick {4 x 25 on :35 Kick-#4 {2 x 125 on 2:25 Kick {4 x 25 on :35 Kick #4 {2 x 125 on 2:20 Kick {4 x 25 on :35 Kick #4 {2 x 75 on 1:20 Kick {4 x 25 on :35 Kick #4 {2 x 75 on 1:15 Kick {2 x 25 on :35 Kick #4
900	18 x 50 on :45 Pulls break when alt feet, knees, hips
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,710	1x{7 x 50 on 1:00 Fly 2-2, 9 KOW {2 x 125 on 1:45 Freestyle {6 x 60 on 1:00 Fly 2-3, 8 KOW {2 x 125 on 1:45 Freestyle {5 x 50 on 1:00 Fly 2-4, 7 KOW {2 x 125 on 1:45 Freestyle {4 x 50 on 1:00 Fly 2-5 6 KOW {2 x 125 on 1:45 Freestyle {3 x 50 on 1:00 Fly 2-4, 5 KOW {2 x 75 on 1:05 Freestyle {2 x 50 on 1:00 Fly 2-3, 4 KOW {2 x 50 on :40 Freestyle {1 x 50 on 1:00 Fly 2-2, 3 KOW
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	6,335 Yards - Stress Value = 71

Workout #9222 - Thursday, 30 June 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Physio Ball Abs
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,150	1x{1 x 125 on 2:40 Kick {3 x 25 on :40 Kick-#4 {2 x 125 on 2:35 Kick {3 x 25 on :40 Kick #4 {2 x 75 on 2:30 Kick {3 x 25 on :40 Kick #4 {2 x 75 on 1:25 Kick {3 x 25 on :40 Kick #4 {2 x 50 on :55 Kick {3 x 25 on :40 Kick #4
800	16 x 50 on :50 Pulls break when alt feet, knees, hips
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,350	1x{7 x 50 on 1:05 Fly 2-2, 9 KOW {2 x 125 on 2:00 Freestyle {6 x 50 on 1:05 Fly 2-3, 8 KOW {2 x 100 on 1:35 Freestyle {5 x 50 on 1:05 Fly 2-4, 7 KOW {2 x 100 on 1:35 Freestyle {4 x 50 on 1:05 Fly 2-5 6 KOW {2 x 100 on 1:35 Freestyle

{3 x 50 on 1:05 Fly 2-4, 5 KOW
{1 x 50 on :45 Freestyle
{2 x 50 on 1:05 Fly 2-3, 4 KOW
{1 x 50 on :45 Freestyle
{1 x 50 on 1:05 Fly 2-2, 3 KOW
8 x 50 on 1:00 Stroke Drills
9:31 AM 5,600 Yards - Stress Value = 63

Workout #9223 - Thursday, 30 June 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Physio Ball Abs
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 2:25 Kick {3 x 25 on :40 Kick-#4 {2 x 100 on 2:20 Kick {3 x 25 on :40 Kick #4 {2 x 100 on 2:15 Kick {4 x 25 on :40 Kick #4 {2 x 50 on 1:05 Kick {4 x 25 on :40 Kick #4 {2 x 50 on 1:05 Kick {4 x 25 on :40 Kick #4
750	15 x 50 on :55 Pulls break when alt feet, knees, hips
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{7 x 50 on 1:15 Fly 2-2, 9 KOW {2 x 50 on :55 Freestyle {6 x 50 on 1:15 Fly 2-3, 8 KOW {2 x 50 on :55 Freestyle {5 x 50 on 1:15 Fly 2-4, 7 KOW {2 x 50 on :55 Freestyle {4 x 50 on 1:15 Fly 2-5 6 KOW {2 x 50 on :55 Freestyle {3 x 50 on 1:15 Fly 2-4, 5 KOW {2 x 50 on :55 Freestyle {2 x 50 on 1:15 Fly 2-3, 4 KOW {1 x 50 on :55 Freestyle {1 x 50 on 1:15 Fly 2-2, 3 KOW
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	5,100 Yards - Stress Value = 59

Workout #9226 - Thursday, 30 June 2011

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 13:00 Dynamic Stretching
500	1 x 500 on 12:00 Too complicated to type out
96	12 x 8 on :45 Spinners
400	16 x 25 on 1:00 4 on each stroke-under water until you reach the false start rope-super
600	12x{1 x 25 on :01 1/3 each of streamline kick { tarzan, no breath sprint rest/rest 5 secon {1 x 25 on 1:29 Kick no board BSLR
450	9 x 50 on 1:00 Freestyle-Hold time I give y
400	8 x 50 on 1:00 Stroke Drills
6:30 PM	2,446 Yards - Stress Value = 86

Workout #9224 - Thursday, 30 June 2011

Taper 1 - Fly

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 25:00 DS-Physio Ball Abs
400  1 x 400 on 10:00 Underwater trn drill
      Odd 100's free even 100's back
150  10 x 15 on :45 Shooters
750  1x{1 x 125 on 2:10 Kick
      {2 x 25 on :30 Kick-#4
      {2 x 125 on 2:05 Kick
      {3 x 25 on :30 Kick #4
      {2 x 125 on 2:00 Kick
450  9 x 50 on :40 Pulls break when alt
      feet, knees, hips
100  2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500 1x{6 x 50 on :50 Fly 2-2, 9 KOW
      {2 x 125 on 1:35 Freestyle
      {5 x 50 on :50 Fly 2-3, 8 KOW
      {2 x 125 on 1:35 Freestyle
      {4 x 50 on :50 Fly 2-4, 7 KOW
      {2 x 125 on 1:35 Freestyle
200  1 x 200 on 3:00 Stroke Drills
8:36 AM 3,550 Yards - Stress Value = 34
    
```

```

{1 x 125 on 2:10 Kick
{4 x 25 on :45 Kick no board -S--
{1 x 50 on :55 Kick
{1 x 75 on 1:30 Kick-100%
{1 x 100 on 1:45 Kick
{1 x 125 on 2:10 Kick
{4 x 25 on :45 Kick no board ---L-
{1 x 50 on :55 Kick
{1 x 75 on 1:20 Kick
{1 x 100 on 2:00 Kick-100%
{1 x 125 on 2:10 Kick
{4 x 25 on :45 Kick no board ---R
{1 x 50 on :55 Kick
{1 x 75 on 1:20 Kick
{1 x 100 on 1:45 Kick
{1 x 125 on 2:30 Kick-100%
1,000 5 x 200 on 2:40 Pulls-nbbf&w + 2 yds
200 4x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400 1x{1 x 200 on 2:45 Individual Medley
      {1 x 100 on 1:30 Individual Medley
      {1 x 100 on 1:05 Freestyle
      {1 x 100 on 1:25 Individual Medley
      {1 x 100 on 1:10 Freestyle
      {1 x 100 on 1:20 Individual Medley
      {1 x 100 on 1:15 Freestyle
      {1 x 100 on 1:15 Individual Medley
      {1 x 100 on 1:20 Freestyle
      {1 x 200 on 2:45 Individual Medley
      {1 x 100 on 1:25 Individual Medley
      {1 x 100 on 1:05 Freestyle
      {1 x 100 on 1:20 Individual Medley
      {1 x 100 on 1:10 Freestyle
      {1 x 100 on 1:15 Individual Medley
      {1 x 100 on 1:15 Freestyle
      {1 x 200 on 2:45 Individual Medley
      {1 x 100 on 1:20 Individual Medley
      {1 x 100 on 1:05 Freestyle
      {1 x 100 on 1:15 Individual Medley
      {1 x 100 on 1:10 Freestyle
400  8 x 50 on 1:00 Stroke Drills
9:31 AM 6,550 Yards - Stress Value = 114
    
```

Workout #9225 - Thursday, 30 June 2011

Taper 1 - Silver

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 25:00 DS-Physio Ball Abs
400  1 x 400 on 10:00 Underwater trn drill
      Odd 100's free even 100's back
150  10 x 15 on :45 Shooters
700  1x{1 x 125 on 2:40 Kick
      {3 x 25 on :40 Kick-#4
      {2 x 125 on 2:35 Kick
      {4 x 25 on :40 Kick #4
      {2 x 75 on 2:30 Kick
300  6 x 50 on :50 Pulls break when alt
      feet, knees, hips
100  2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550 1x{6 x 50 on 1:05 Fly 2-2, 9 KOW
      {2 x 125 on 1:45 Freestyle
      {5 x 50 on 1:05 Fly 2-3, 8 KOW
      {2 x 100 on 1:25 Freestyle
      {4 x 50 on 1:05 Fly 2-4, 7 KOW
      {2 x 100 on 1:25 Freestyle
      {3 x 50 on 1:05 Fly 2-5 6 KOW
200  1 x 200 on 4:00 Stroke Drills
8:48 AM 3,400 Yards - Stress Value = 35
    
```

400 8 x 50 on 1:00 Stroke Drills
9:31 AM 6,550 Yards - Stress Value = 114

Workout #9227 - Friday, 01 July 2011

Group 3 - IM'ers

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 30:00 DS-Physio Ball Shldrs-Team Mtg
600  1 x 600 on 10:00 Alt 100 choice 100 Rev IM I
150  10 x 15 on :45 Shooters
1,800 1x{4 x 25 on :45 Kick no board B----
      {1 x 50 on 1:00 Kick-100%
      {1 x 75 on 1:20 Kick
      {1 x 100 on 1:45 Kick
    
```

Workout #9228 - Friday, 01 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs-Team Mtg
600	1 x 600 on 10:00 Alt 100 choice 100 Rev IM I
150	10 x 15 on :45 Shooters
1,700	1x{4 x 25 on :45 Kick no board B----
	{1 x 50 on 1:00 Kick-100%
	{1 x 75 on 1:25 Kick
	{1 x 100 on 1:55 Kick
	{1 x 125 on 2:25 Kick
	{4 x 25 on :45 Kick no board -S--
	{1 x 50 on :55 Kick
	{1 x 75 on 1:30 Kick-100%
	{1 x 100 on 1:55 Kick
	{1 x 125 on 2:25 Kick
	{4 x 25 on :45 Kick no board ---L-
	{1 x 50 on :55 Kick
	{1 x 75 on 1:25 Kick
	{1 x 100 on 2:00 Kick-100%
	{1 x 125 on 2:25 Kick
	{4 x 25 on :45 Kick no board ---R
	{1 x 75 on 1:25 Kick
	{1 x 50 on :55 Kick
	{1 x 125 on 2:30 Kick-100%
875	5 x 175 on 2:35 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{1 x 200 on 3:15 Individual Medley
	{1 x 100 on 1:40 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:25 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:30 Freestyle
	{1 x 200 on 3:15 Individual Medley
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:25 Freestyle
	{1 x 200 on 3:15 Individual Medley
	{1 x 50 on :35 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 5,975 Yards - Stress Value = 104

{1 x 50 on 1:05 Kick
{1 x 75 on 1:45 Kick
{1 x 100 on 2:20 Kick-100%
{1 x 125 on 2:40 Kick
{4 x 25 on :45 Kick no board ---R
{1 x 50 on 1:05 Kick
{1 x 100 on 2:00 Kick-100%
875 5 x 175 on 2:50 Pulls-nbbf&w + 2 yds
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750 1x{1 x 200 on 3:40 Individual Medley
{1 x 100 on 1:50 Individual Medley
{1 x 100 on 1:30 Freestyle
{1 x 100 on 1:45 Individual Medley
{1 x 100 on 1:35 Freestyle
{1 x 100 on 1:40 Individual Medley
{1 x 100 on 1:40 Freestyle
{1 x 200 on 3:40 Individual Medley
{1 x 100 on 1:45 Individual Medley
{1 x 100 on 1:30 Freestyle
{1 x 100 on 1:40 Individual Medley
{1 x 100 on 1:35 Freestyle
{1 x 200 on 3:40 Individual Medley
{1 x 100 on 1:40 Individual Medley
{1 x 50 on :45 Freestyle
400 8 x 50 on 1:00 Stroke Drills
9:31 AM 5,525 Yards - Stress Value = 94

Workout #9229 - Friday, 01 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs-Team Mtg
550	1 x 550 on 10:00 Alt 100 choice 100 Rev IM I
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :45 Kick no board B----
	{1 x 50 on 1:10 Kick-100%
	{1 x 75 on 1:35 Kick
	{1 x 100 on 2:05 Kick
	{1 x 125 on 2:40 Kick
	{4 x 25 on :45 Kick no board -S--
	{1 x 50 on 1:05 Kick
	{1 x 75 on 1:45 Kick-100%
	{1 x 100 on 2:05 Kick
	{1 x 125 on 2:40 Kick
	{4 x 25 on :45 Kick no board ---L-

Workout #9230 - Friday, 01 July 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs-Team Mtg
500	1 x 500 on 10:00 Alt 100 choice 100 Rev IM I
150	10 x 15 on :45 Shooters
1,600	1x{ Kick set is all with fins
	{ 4 x 25 on :45 Kick no board B----
	{ 1 x 50 on 1:10 Kick-100%
	{ 1 x 75 on 1:35 Kick
	{ 1 x 100 on 2:05 Kick
	{ 1 x 125 on 2:40 Kick
	{ 4 x 25 on :45 Kick no board -S--
	{ 1 x 50 on 1:05 Kick
	{ 1 x 75 on 1:45 Kick-100%
	{ 1 x 100 on 2:05 Kick
	{ 1 x 125 on 2:40 Kick
	{ 4 x 25 on :45 Kick no board ---L-
	{ 1 x 50 on 1:05 Kick
	{ 1 x 75 on 1:45 Kick
	{ 1 x 100 on 2:20 Kick-100%
	{ 1 x 125 on 2:40 Kick
	{ 4 x 25 on :45 Kick no board ---R
	{ 1 x 50 on 1:05 Kick
	{ 1 x 100 on 3:00 Kick-100%
750	5 x 150 on 2:45 Pulls-nbbf&w + 2 yds
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	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 200 on 4:00 Individual Medley
	{ 1 x 100 on 1:55 Individual Medley
	{ 1 x 100 on 1:40 Freestyle
	{ 1 x 100 on 1:50 Individual Medley
	{ 1 x 100 on 1:45 Freestyle
	{ 1 x 200 on 4:00 Individual Medley
	{ 1 x 100 on 1:45 Individual Medley
	{ 1 x 100 on 1:40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,200 Yards - Stress Value = 90

Workout #9231 - Friday, 01 July 2011

Taper 1 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs-Team Mtg
400	1 x 400 on 10:00 Alt 100 choice 100 Rev IM I
150	10 x 15 on :45 Shooters
750	1x{ 4 x 25 on :45 Kick no board BSLR
	{ 1 x 50 on 1:00 Kick-100%
	{ 1 x 75 on 1:20 Kick
	{ 1 x 100 on 1:45 Kick
	{ 4 x 25 on :45 Kick no board BSLR
	{ 1 x 50 on :55 Kick
	{ 1 x 75 on 1:30 Kick-100%
	{ 1 x 100 on 1:45 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
1,900	1x{ 1 x 200 on 2:45 Individual Medley
	{ 1 x 100 on 1:25 Individual Medley
	{ 1 x 100 on 1:05 Freestyle
	{ 1 x 100 on 1:20 Individual Medley
	{ 1 x 100 on 1:10 Freestyle

{ 1 x 100 on 1:15 Individual Medley
{ 1 x 100 on 1:15 Freestyle
{ 1 x 200 on 2:45 Individual Medley
{ 1 x 100 on 1:20 Individual Medley
{ 1 x 100 on 1:05 Freestyle
{ 1 x 100 on 1:15 Individual Medley
{ 1 x 100 on 1:10 Freestyle
{ 1 x 200 on 2:45 Individual Medley
{ 1 x 100 on 1:15 Individual Medley
{ 1 x 100 on 1:15 Freestyle
{ 1 x 100 on 1:10 Individual Medley
250 1 x 250 on 4:00 Stroke Drills
8:43 AM 3,550 Yards - Stress Value = 62

Workout #9232 - Friday, 01 July 2011

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs-Team Mtg
400	1 x 400 on 10:00 Alt 100 choice 100 Rev IM I
150	10 x 15 on :45 Shooters
750	1x{ 4 x 25 on :45 Kick no board BSLR
	{ 1 x 50 on 1:00 Kick-100%
	{ 1 x 75 on 1:25 Kick
	{ 1 x 100 on 1:55 Kick
	{ 4 x 25 on :45 Kick no board BSLR
	{ 1 x 50 on :55 Kick
	{ 1 x 75 on 1:30 Kick-100%
	{ 1 x 100 on 1:55 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
1,800	1x{ 1 x 200 on 3:15 Individual Medley
	{ 1 x 100 on 1:40 Individual Medley
	{ 1 x 100 on 1:15 Freestyle
	{ 1 x 100 on 1:35 Individual Medley
	{ 1 x 100 on 1:20 Freestyle
	{ 1 x 100 on 1:30 Individual Medley
	{ 1 x 100 on 1:25 Freestyle
	{ 1 x 100 on 1:25 Individual Medley
	{ 1 x 100 on 1:30 Freestyle
	{ 1 x 200 on 3:15 Individual Medley
	{ 1 x 100 on 1:35 Individual Medley
	{ 1 x 100 on 1:15 Freestyle
	{ 1 x 100 on 1:30 Individual Medley
	{ 1 x 100 on 1:20 Freestyle
	{ 1 x 100 on 1:25 Individual Medley
	{ 1 x 100 on 1:25 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	8:45 AM 3,450 Yards - Stress Value = 60

Workout #9233 - Friday, 01 July 2011

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Shldrs-Team Mtg
 550 1 x 550 on 10:00 Alt 100 choice 100 Rev IM I
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:10 Kick-100%
 {1 x 75 on 1:35 Kick
 {1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {1 x 75 on 1:45 Kick-100%
 {1 x 100 on 2:05 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
 1,600 1x{1 x 200 on 3:40 Individual Medley
 {1 x 100 on 1:50 Individual Medley
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:45 Individual Medley
 {1 x 100 on 1:35 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {1 x 100 on 1:40 Freestyle
 {1 x 200 on 3:40 Individual Medley
 {1 x 100 on 1:45 Individual Medley
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {1 x 100 on 1:35 Freestyle
 {1 x 200 on 3:40 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 8:47 AM 3,400 Yards - Stress Value = 56

Workout #9234 - Monday, 04 July 2011

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,700 1x{1 x 100 on 1:45 Kick
 {1 x 100 on 2:00 Kick
 {2 x 100 on 1:40 Kick
 {1 x 100 on 2:00 Kick
 {3 x 100 on 1:35 Kick
 {1 x 100 on 2:00 Kick
 {3 x 100 on 1:30 Kick
 {1 x 100 on 2:00 Kick
 {2 x 100 on 1:25 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:20 Kick
 1,850 1x{1 x 125 on 1:20 Pulls
 {3 x 50 on :55 Pulls-no br L.12 yds
 {2 x 125 on 1:25 Pulls
 {3 x 50 on :50 Pulls-no br L.13 yds
 {3 x 125 on 1:30 Pulls
 {3 x 50 on :45 Pulls-no br L.14 yds
 {4 x 125 on 1:35 Pulls
 {3 x 50 on :40 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 600 on 7:40 Free Neg Split
 {1 x 500 on 6:25 Free L.25 of each 100 6BK
 {1 x 400 on 5:10 Free descend 100's
 {1 x 300 on 3:50 Free SFBO SW/3KOBHW
 {1 x 200 on 2:35 Free-build each 50
 400 4 x 100 on 1:30 Descend to Ludicrous

Speed!!!!!!!!!!!!!!!!!!!!

400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 7,300 Yards - Stress Value = 84

Workout #9235 - Monday, 04 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 1x{1 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick
 {2 x 100 on 1:50 Kick
 {1 x 100 on 2:10 Kick
 {3 x 100 on 1:45 Kick
 {1 x 100 on 2:10 Kick
 {3 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick
 {2 x 100 on 1:50 Freestyle
 1,650 1x{1 x 125 on 1:30 Pulls
 {3 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 125 on 1:35 Pulls
 {3 x 50 on :55 Pulls-no br L.13 yds
 {3 x 125 on 1:40 Pulls
 {3 x 50 on :50 Pulls-no br L.14 yds
 {2 x 125 on 1:45 Pulls
 {4 x 50 on :45 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 600 on 8:30 Free Neg Split
 {1 x 400 on 5:40 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-build each 50
 400 4 x 100 on 1:30 Descend to Ludicrous
 Speed!!!!!!!!!!!!!!!!!!!!
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,700 Yards - Stress Value = 75

Workout #9236 - Monday, 04 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS-Core
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{1 x 100 on 2:05 Kick
	{1 x 100 on 2:15 Kick
	{2 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick
	{3 x 100 on 1:55 Kick
	{1 x 100 on 2:15 Kick
	{3 x 100 on 2:05 Kick
	{1 x 50 on 1:15 Kick
	{1 x 100 on 2:00 Kick
1,450	1x{1 x 125 on 1:50 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 125 on 1:55 Pulls
	{3 x 50 on 1:00 Pulls-no br L.13 yds
	{3 x 125 on 2:00 Pulls
	{3 x 50 on 1:00 Pulls-no br L.14 yds
	{2 x 125 on 2:05 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 500 on 8:05 Free Neg Split
	{1 x 400 on 6:30 Free L.25 of each 100 6BK
	{1 x 300 on 4:50 Free descend 100's
	{1 x 200 on 3:15 Free SFBO SW/3KOBHW
	{1 x 200 on 3:15 Free-build each 50
300	3 x 100 on 1:45 Descend to Ludicrous
	Speed!!!!!!!!!!!!!!!!!!!!
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 6,000 Yards - Stress Value = 66

Workout #9237 - Monday, 04 July 2011

Group 3 - Bronze

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS-Core
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:25 Kick
	{1 x 100 on 2:30 Kick
	{2 x 100 on 2:20 Kick
	{1 x 100 on 2:30 Kick
	{3 x 100 on 2:15 Kick
	{1 x 100 on 2:30 Kick
	{2 x 100 on 2:25 Kick
	{1 x 100 on 2:30 Kick
1,250	1x{1 x 100 on 1:40 Pulls
	{3 x 50 on 1:10 Pulls-no br L.12 yds
	{2 x 100 on 1:45 Pulls
	{3 x 50 on 1:10 Pulls-no br L.13 yds
	{3 x 100 on 1:50 Pulls
	{3 x 50 on 1:10 Pulls-no br L.14 yds
	{2 x 100 on 1:55 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{1 x 500 on 9:10 Free Neg Split
	{1 x 400 on 7:20 Free L.25 of each 100 6BK
	{1 x 300 on 5:30 Free descend 100's
	{1 x 200 on 3:40 Free SFBO SW/3KOBHW
300	3 x 100 on 1:55 Descend to Ludicrous
	Speed!!!!!!!!!!!!!!!!!!!!
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 5,400 Yards - Stress Value = 59

Workout #9238 - Monday, 04 July 2011

Taper 1 - Distance

1 minute rest between sets

Yards	7:00 AM Start 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
800	1x{1 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{2 x 100 on 1:40 Kick
	{1 x 100 on 2:00 Kick
	{3 x 100 on 1:35 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 600 on 7:40 Free Neg Split
	{1 x 500 on 6:25 Free L.25 of each 100 6BK
	{1 x 400 on 5:10 Free descend 100's
	{1 x 300 on 3:50 Free SFBO SW/3KOBHW
250	1 x 250 on 4:00 Stroke Drills
	8:33 AM 3,500 Yards - Stress Value = 32

Workout #9239 - Monday, 04 July 2011

Taper 1 - Gold

1 minute rest between sets

Yards	7:00 AM Start 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
800	1x{1 x 100 on 1:55 Kick
	{1 x 100 on 2:10 Kick
	{2 x 100 on 1:50 Kick
	{1 x 100 on 2:10 Kick
	{3 x 100 on 1:45 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 600 on 8:30 Free Neg Split
	{1 x 400 on 5:40 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
250	1 x 250 on 4:00 Stroke Drills
	8:34 AM 3,300 Yards - Stress Value = 30

Workout #9240 - Monday, 04 July 2011

Taper 1 - Silver

1 minute rest between sets

Yards	7:00 AM Start 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
700	1x{1 x 100 on 2:05 Kick
	{1 x 100 on 2:15 Kick
	{2 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick
	{2 x 100 on 1:55 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 500 on 8:05 Free Neg Split
	{1 x 400 on 6:30 Free L.25 of each 100 6BK
	{1 x 300 on 4:50 Free descend 100's
	{1 x 200 on 3:15 Free SFBO SW/3KOBHW
	{1 x 200 on 3:15 Free-build each 50
250	1 x 250 on 4:00 Stroke Drills
	8:36 AM 3,200 Yards - Stress Value = 29

Workout #9241 - Tuesday, 05 July 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
600	1 on 25:00 DS-Abs			
150	1 x 600 on 10:00 Underwater trn drill			
600	10 x 15 on :45 Shooters			
600	6 x 100 on 2:00 Kick @ Fastest Interval			
980	1x{1 x 50 on 1:00 Vertical Kick-30/30			
	{4 x 30 on :45 15 underwater 15 sprint free			
	{2 x 50 on 1:00 Vertical Kick 35/25			
	{4 x 30 on :45 15 undwater 15 sprint free			
	{3 x 50 on 1:00 Vertical Kick 40/20			
	{4 x 30 on :45 15 underwater 15 sprint free			
	{4 x 50 on 1:00 Vertical Kick 45/15			
	{4 x 30 on :45 15 underwater 15 sprint free			
1,300	13 x 100 on 1:20 Pulls-Alt 50 br toward blch			
	50 br toward scrbd			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,350	1x{4 x 200 on 2:45 Backstroke			
	{2 x 75 on 1:10 Backstroke 2KOW+1			
	{3 x 175 on 2:25 Backstroke			
	{2 x 75 on 1:10 Backstroke 3KOW+1			
	{2 x 150 on 2:05 Backstroke			
	{2 x 75 on 1:10 Backstroke 4KOW+1			
	{1 x 125 on 1:45 Backstroke			
	{2 x 75 on 1:10 Backstroke 5KOW+1			
400	8 x 50 on 1:00 Stroke Drills			
	9:30 AM 6,580 Yards - Stress Value = 97			

Workout #9248 - Tuesday, 05 July 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 35:00 DS and Circuit			L DRY
2,200	1 x 400 on 7:00 Choice	REC		S CHO
	1x{1 x 150 on 2:45 Kick	EN1		K CHO
	{1 x 50 on 1:00 Kick-100%	EN3		K CHO
	{2 x 150 on 2:40 Kick	EN1		K CHO
	{2 x 50 on 1:00 Kick-100%	EN3		K CHO
	{3 x 150 on 2:35 Kick	EN2		K CHO
	{3 x 50 on 1:00 Kick-100%	EN3		K CHO
	{4 x 150 on 2:30 Kick	EN2		K CHO
	{4 x 50 on 1:00 Kick-100%	EN3		K CHO
	{1 x 200 on 3:00 Freestyle-EZ	REC		S FR
100	1 x 100 on 2:00 Kick for time	SP2		K CHO
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	6:30 PM 2,950 Yards - Stress Value = 66			

Workout #9242 - Tuesday, 05 July 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
600	1 on 25:00 DS-Abs			
150	1 x 600 on 10:00 Underwater trn drill			
600	10 x 15 on :45 Shooters			
600	6 x 100 on 2:00 Kick @ Fastest Interval			
980	1x{1 x 50 on 1:00 Vertical Kick-30/30			
	{4 x 30 on :45 15 underwater 15 sprint free			
	{2 x 50 on 1:00 Vertical Kick 35/25			
	{4 x 30 on :45 15 undwater 15 sprint free			
	{3 x 50 on 1:00 Vertical Kick 40/20			
	{4 x 30 on :45 15 underwater 15 sprint free			

	{4 x 50 on 1:00 Vertical Kick 45/15			
	{4 x 30 on :45 15 underwater 15 sprint free			
1,200	12 x 100 on 1:30 Pulls-Alt 50 br toward blch			
	50 br toward scrbd			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,125	1x{4 x 200 on 3:10 Backstroke			
	{2 x 75 on 1:15 Backstroke 2KOW+1			
	{3 x 175 on 2:45 Backstroke			
	{2 x 75 on 1:15 Backstroke 3KOW+1			
	{2 x 150 on 2:20 Backstroke			
	{2 x 75 on 1:15 Backstroke 4KOW+1			
	{1 x 50 on :45 Backstroke			
400	8 x 50 on 1:00 Stroke Drills			
	9:30 AM 6,255 Yards - Stress Value = 93			

Workout #9249 - Tuesday, 05 July 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 35:00 DS and Circuit			L DRY
2,000	1 x 400 on 7:00 Choice	REC		S CHO
	1x{1 x 150 on 3:00 Kick	EN1		K CHO
	{1 x 50 on 1:00 Kick-100%	EN3		K CHO
	{2 x 150 on 2:55 Kick	EN1		K CHO
	{2 x 50 on 1:00 Kick-100%	EN3		K CHO
	{3 x 150 on 2:50 Kick	EN2		K CHO
	{3 x 50 on 1:00 Kick-100%	EN3		K CHO
	{4 x 100 on 1:50 Kick	EN2		K CHO
	{4 x 50 on 1:00 Kick-100%	EN3		K CHO
	{1 x 200 on 4:00 Freestyle-EZ	REC		S FR
100	1 x 100 on 2:00 Kick for time	SP2		K CHO
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	6:30 PM 2,750 Yards - Stress Value = 62			

Workout #9250 - Tuesday, 05 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 35:00 DS and Circuit			L DRY
1,800	1 x 400 on 7:00 Choice	REC		S FR
	1x{1 x 125 on 2:45 Kick	EN1		K CHO
	{1 x 50 on 1:10 Kick-100%	EN3		K CHO
	{2 x 125 on 2:40 Kick	EN1		K CHO
	{2 x 50 on 1:10 Kick-100%	EN3		K CHO
	{3 x 125 on 2:35 Kick	EN2		K CHO
	{3 x 50 on 1:10 Kick-100%	EN3		K CHO
	{4 x 100 on 2:00 Kick	EN2		K CHO
	{3 x 50 on 1:10 Kick-100%	EN3		K CHO
	{1 x 200 on 4:00 Freestyle-EZ	REC		S FR
100	1 x 100 on 2:00 Kick for time	SP2		K CHO
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	6:30 PM 2,550 Yards - Stress Value = 56			

Workout #9243 - Tuesday, 05 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ Fastest Interval
 860 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {3 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {3 x 30 on 1:00 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {3 x 30 on 1:00 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on 1:00 15 underwater 15 sprint free
 1,050 1x{10 x 100 on 1:40 Pulls-Alt 50 br toward blch
 { 50 br toward scrbd
 {1 x 50 on :50 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{4 x 200 on 3:25 Backstroke
 {2 x 75 on 1:20 Backstroke 2KOW+1
 {3 x 150 on 2:35 Backstroke
 {2 x 75 on 1:20 Backstroke 3KOW+1
 {2 x 125 on 2:10 Backstroke
 {2 x 75 on 1:20 Backstroke 4KOW+1
 400 8 x 50 on 1:00 Stroke Drills
 9:30 PM 5,760 Yards - Stress Value = 87

1 on 35:00 DS and Circuit L DRY
 350 1 x 350 on 7:00 Choice REC S CHO
 1,650 1x{1 x 100 on 2:30 Kick EN1 K CHO
 {1 x 50 on 1:15 Kick-100% EN3 K CHO
 {2 x 100 on 2:25 Kick EN1 K CHO
 {2 x 50 on 1:15 Kick-100% EN3 K CHO
 {3 x 100 on 2:20 Kick EN2 K CHO
 {3 x 50 on 1:15 Kick-100% EN3 K CHO
 {4 x 100 on 2:15 Kick EN2 K CHO
 {3 x 50 on 1:15 Kick-100% EN3 K CHO
 {1 x 200 on 4:00 Freestyle-EZ REC S FR
 100 1 x 100 on 2:00 Kick for time SP2 K CHO
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 6:30 PM 2,350 Yards - Stress Value = 54

Workout #9252 - Tuesday, 05 July 2011

Group 2 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 2:10 Kick
 {3 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick
 {4 x 100 on 1:50 Kick
 1,400 1x{1 x 100 on 1:30 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:35 Pulls
 {2 x 50 on :55 Pulls-no br L.13 yds
 {3 x 100 on 1:40 Pulls
 {2 x 50 on :50 Pulls-no br L.14 yds
 {4 x 100 on 1:45 Pulls
 {2 x 50 on :45 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 600 on 9:00 Free Neg Split
 {1 x 500 on 7:30 Free L.25 of each 100 6BK
 {1 x 400 on 6:00 Free descend 100's
 {1 x 300 on 4:30 Free SFBO SW/3KOBHW
 {1 x 200 on 3:00 Free-build each 50
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:29 PM 5,900 Yards - Stress Value = 62

Workout #9244 - Tuesday, 05 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ Fastest Interval
 860 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {3 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {3 x 30 on 1:00 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {3 x 30 on 1:00 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {3 x 30 on 1:00 15 underwater 15 sprint free
 950 1x{9 x 100 on 1:50 Pulls-Alt 50 br toward blch
 { 50 br toward scrbd
 {1 x 50 on :50 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{4 x 200 on 3:50 Backstroke
 {2 x 50 on 1:05 Backstroke 2KOW+1
 {3 x 150 on 2:55 Backstroke
 {2 x 50 on 1:05 Backstroke 3KOW+1
 {2 x 100 on 1:55 Backstroke
 {1 x 50 on 1:05 Backstroke 4KOW+1
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,360 Yards - Stress Value = 81

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 2:10 Kick
 {3 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick
 {4 x 100 on 1:50 Kick
 1,400 1x{1 x 100 on 1:30 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:35 Pulls
 {2 x 50 on :55 Pulls-no br L.13 yds
 {3 x 100 on 1:40 Pulls
 {2 x 50 on :50 Pulls-no br L.14 yds
 {4 x 100 on 1:45 Pulls
 {2 x 50 on :45 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 600 on 9:00 Free Neg Split
 {1 x 500 on 7:30 Free L.25 of each 100 6BK
 {1 x 400 on 6:00 Free descend 100's
 {1 x 300 on 4:30 Free SFBO SW/3KOBHW
 {1 x 200 on 3:00 Free-build each 50
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:29 PM 5,900 Yards - Stress Value = 62

Workout #9251 - Tuesday, 05 July 2011

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STK
 =====

Workout #9253 - Tuesday, 05 July 2011

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:20 Kick
 {3 x 100 on 2:05 Kick
 {1 x 100 on 2:20 Kick
 {3 x 100 on 2:00 Kick
 1,300 1x{1 x 100 on 1:40 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:45 Pulls
 {2 x 50 on :55 Pulls-no br L.13 yds
 {3 x 100 on 1:50 Pulls
 {2 x 50 on :50 Pulls-no br L.14 yds
 {3 x 100 on 1:55 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 600 on 10:00 Free Neg Split
 {1 x 500 on 8:20 Free L.25 of each 100 6BK
 {1 x 400 on 6:40 Free descend 100's
 {1 x 300 on 5:00 Free SFBO SW/3KOBHW
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:29 PM 5,450 Yards - Stress Value = 57

5:00 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
 1,000 1x{4 x 50 on 1:20 Kick
 {1 x 100 on 2:45 Kick
 {4 x 50 on 1:15 Kick
 {1 x 100 on 2:45 Kick
 {4 x 50 on 1:10 Kick
 {1 x 100 on 2:45 Kick
 {2 x 50 on 1:05 Kick
 1,050 1x{1 x 100 on 2:00 Pulls
 {2 x 50 on 1:15 Pulls-no br L.12 yds
 {2 x 100 on 2:05 Pulls
 {2 x 50 on 1:15 Pulls-no br L.13 yds
 {3 x 100 on 2:10 Pulls
 {3 x 50 on 1:15 Pulls-no br L.14 yds
 {1 x 100 on 2:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 500 on 10:00 Free Neg Split
 {1 x 400 on 8:00 Free L.25 of each 100 6BK
 {1 x 300 on 6:00 Free descend 100's
 {1 x 200 on 4:00 Free SFBO SW/3KOBHW
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:27 PM 4,450 Yards - Stress Value = 47

Workout #9245 - Tuesday, 05 July 2011

Taper 1 - Back

1 minute rest between sets

Workout #9254 - Tuesday, 05 July 2011

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick
 {2 x 100 on 2:20 Kick
 {1 x 100 on 2:30 Kick
 {3 x 100 on 2:15 Kick
 {1 x 100 on 2:30 Kick
 {2 x 100 on 2:10 Kick
 1,200 1x{1 x 100 on 1:50 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:55 Pulls
 {2 x 50 on 1:00 Pulls-no br L.13 yds
 {3 x 100 on 2:00 Pulls
 {2 x 50 on 1:00 Pulls-no br L.14 yds
 {2 x 100 on 1:55 Pulls
 {2 x 50 on 1:00 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 500 on 9:10 Free Neg Split
 {1 x 400 on 7:20 Free L.25 of each 100 6BK
 {1 x 400 on 7:00 Free descend 100's
 {1 x 300 on 5:30 Free SFBO SW/3KOBHW
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:28 PM 5,000 Yards - Stress Value = 52

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ Fastest Interval
 320 1x{2 x 50 on 1:00 Vertical Kick-30/30
 {2 x 30 on :45 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {2 x 30 on :45 15 undwater 15 sprint free
 600 6 x 100 on 1:20 Pulls-Alt 50 br toward blchr
 50 br toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{2 x 200 on 2:45 Backstroke
 {1 x 75 on 1:10 Backstroke 2KOW+1
 {2 x 175 on 2:25 Backstroke
 {1 x 75 on 1:10 Backstroke 3KOW+1
 {2 x 150 on 2:05 Backstroke
 {1 x 75 on 1:10 Backstroke 4KOW+1
 {1 x 125 on 1:45 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 8:38 AM 3,520 Yards - Stress Value = 53

Workout #9255 - Tuesday, 05 July 2011

Group 2 - Bronze

1 minute rest between sets

Workout #9256 - Tuesday, 05 July 2011

Taper 1 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 35:00 DS and Circuit		L	DRY
400	1 x 400 on 7:00 Choice	REC	S	CHO
400	1x{1 x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 100 on 1:55 Kick	EN2	K	CHO
	{1 x 100 on 1:50 Kick	EN2	K	CHO
	{1 x 100 on 1:45 Kick	EN2	K	CHO
200	1 x 200 on 3:00 Freestyle	REC	S	FR
100	1 x 100 on 2:00 Kick for time	SP2	K	CHO
400	1 x 400 on 7:00 Stroke Drills	REC	D	CD
6:06 PM	1,500 Yards - Stress Value = 18			

Workout #9246 - Tuesday, 05 July 2011

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Abs
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ Fastest Interval
320	1x{2 x 50 on 1:00 Vertical Kick-30/30
	{2 x 30 on :45 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{2 x 30 on :45 15 undwater 15 sprint free
500	5 x 100 on 1:30 Pulls-Alt 50 br toward blchr
	50 br toward scrbd
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,275	1x{2 x 200 on 3:10 Backstroke
	{1 x 75 on 1:15 Backstroke 2KOW+1
	{2 x 175 on 2:45 Backstroke
	{1 x 75 on 1:15 Backstroke 3KOW+1
	{2 x 150 on 2:20 Backstroke
	{1 x 75 on 1:15 Backstroke 4KOW+1
250	1 x 250 on 4:00 Stroke Drills
8:39 AM	3,295 Yards - Stress Value = 51

Workout #9247 - Tuesday, 05 July 2011

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
7:00 PM	Start
=====	=====
	1 on 25:00 DS-Abs
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ Fastest Interval
320	1x{2 x 50 on 1:00 Vertical Kick-30/30
	{2 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{2 x 30 on 1:00 15 undwater 15 sprint free
400	4 x 100 on 1:40 Pulls-Alt 50 br toward blchr
	50 br toward scrbd
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,175	1x{2 x 200 on 3:25 Backstroke
	{1 x 75 on 1:20 Backstroke 2KOW+1
	{2 x 150 on 2:35 Backstroke
	{1 x 75 on 1:20 Backstroke 3KOW+1
	{2 x 125 on 2:10 Backstroke
	{1 x 75 on 1:20 Backstroke 4KOW+1
250	1 x 250 on 4:00 Stroke Drills
8:39 PM	3,095 Yards - Stress Value = 47

Workout #9257 - Wednesday, 06 July 2011

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Shoulders
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,800	1x{8 x 25 on :30 Kick no board B
	{2 x 125 on 2:05 Kick
	{8 x 25 on :30 Kick no board S
	{2 x 125 on 2:00 Kick
	{8 x 25 on :30 Kick no board L
	{2 x 125 on 1:55 Kick
	{8 x 25 on :30 Kick no board R
	{2 x 125 on 1:50 Kick
1,200	24 x 50 on :45 Lungbuster pulls
	Alt 5-7-9 by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{1 x 50 on :45 Butterfly
	{1 x 50 on :40 Freestyle
	{2 x 25 on :25 Fly lupdown+1
	{1 x 50 on :40 Freestyle
	{1 x 100 on 1:25 Butterfly
	{1 x 50 on :40 Freestyle
	{4 x 25 on :25 Fly lupdown +1
	{1 x 50 on :40 Freestyle
	{1 x 150 on 2:10 Butterfly
	{1 x 50 on :40 Freestyle
	{6 x 25 on :25 Fly lupdown +1
	{1 x 50 on :40 Freestyle
	{1 x 200 on 2:50 Butterfly
	{1 x 50 on :40 Freestyle
	{8 x 25 on :25 Fly lupdown+1
	{1 x 50 on :40 Freestyle
	{1 x 150 on 2:05 Butterfly
	{1 x 50 on :40 Freestyle
	{6 x 25 on :25 Fly lupdown+1
	{1 x 50 on :40 Freestyle
	{1 x 100 on 1:25 Butterfly
	{1 x 50 on :40 Freestyle
	{4 x 25 on :25 Fly lupdown+1
	{1 x 50 on :40 Freestyle
	{1 x 50 on :40 Butterfly
	{1 x 50 on :40 Freestyle
	{2 x 25 on :25 Fly lupdown+1
500	10 x 50 on 1:00 Stroke Drills
9:29 AM	6,700 Yards - Stress Value = 101

Workout #9258 - Wednesday, 06 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS-Shoulders
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,500	1x{8 x 25 on :35 Kick no board B
	{2 x 125 on 2:25 Kick
	{8 x 25 on :35 Kick no board S
	{2 x 125 on 2:20 Kick
	{6 x 25 on :35 Kick no board L
	{2 x 100 on 1:50 Kick
	{6 x 25 on :35 Kick no board R
	{2 x 50 on :55 Kick
1,050	21 x 50 on :50 Lungbuster pulls
	Alt 5-7-9 by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 50 on :45 Butterfly
	{1 x 50 on :45 Freestyle
	{2 x 25 on :30 Fly lupdown+1
	{1 x 50 on :45 Freestyle
	{1 x 100 on 1:35 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 25 on :30 Fly lupdown +1
	{1 x 50 on :45 Freestyle
	{1 x 150 on 2:25 Butterfly
	{1 x 50 on :45 Freestyle
	{6 x 25 on :30 Fly lupdown +1
	{1 x 50 on :45 Freestyle
	{1 x 200 on 3:15 Butterfly
	{1 x 50 on :45 Freestyle
	{8 x 25 on :30 Fly lupdown+1
	{1 x 50 on :45 Freestyle
	{1 x 150 on 2:25 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 25 on :30 Fly lupdown+1
	{1 x 50 on :45 Freestyle
	{1 x 100 on 1:35 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 25 on :30 Fly lupdown+1
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 6,000 Yards - Stress Value = 88

Workout #9259 - Wednesday, 06 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS-Shoulders
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,400	1x{6 x 25 on :40 Kick no board B
	{2 x 125 on 2:35 Kick
	{6 x 25 on :40 Kick no board S
	{2 x 100 on 2:00 Kick
	{6 x 25 on :40 Kick no board L
	{2 x 100 on 1:55 Kick
	{6 x 25 on :40 Kick no board R
	{2 x 75 on 1:25 Kick
950	19 x 50 on :55 Lungbuster pulls
	Alt 5-7-9 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
1,750	1x{1 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 25 on :35 Fly lupdown+1
	{1 x 50 on :50 Freestyle

{1 x 100 on 1:45 Butterfly
{1 x 50 on :50 Freestyle
{4 x 25 on :35 Fly lupdown +1
{1 x 50 on :50 Freestyle
{1 x 150 on 2:40 Butterfly
{1 x 50 on :50 Freestyle
{6 x 25 on :35 Fly lupdown +1
{1 x 50 on :50 Freestyle
{1 x 200 on 3:30 Butterfly
{1 x 50 on :50 Freestyle
{8 x 25 on :35 Fly lupdown+1
{1 x 50 on :50 Freestyle
{1 x 150 on 2:40 Butterfly
{1 x 50 on :50 Freestyle
{6 x 25 on :35 Fly lupdown+1
500 10 x 50 on 1:00 Stroke Drills
9:30 AM 5,500 Yards - Stress Value = 81

Workout #9260 - Wednesday, 06 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS-Shoulders
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,330	1x{6 x 25 on :45 Kick no board B
	{2 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 100 on 2:20 Kick
	{4 x 45 on :45 Kick no board L
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board R
	{2 x 100 on 2:10 Kick
900	18 x 50 on 1:00 Lungbuster pulls
	Alt 5-7-9 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	1x{1 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 25 on :40 Fly lupdown+1
	{1 x 50 on :55 Freestyle
	{1 x 100 on 2:00 Butterfly
	{1 x 50 on :55 Freestyle
	{4 x 25 on :40 Fly lupdown +1
	{1 x 50 on :55 Freestyle
	{1 x 150 on 3:00 Butterfly
	{1 x 50 on :55 Freestyle
	{6 x 25 on :40 Fly lupdown +1
	{1 x 50 on :55 Freestyle
	{1 x 200 on 4:00 Butterfly
	{1 x 50 on :55 Freestyle
	{8 x 25 on :40 Fly lupdown +1
	{1 x 50 on :55 Freestyle
	{1 x 150 on 3:00 Butterfly
	{1 x 50 on :55 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 5,180 Yards - Stress Value = 76

Workout #9261 - Wednesday, 06 July 2011

Taper 1 - Fly

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 25:00 DS-Shoulders
400 1 x 400 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
700 1x{4 x 25 on :30 Kick no board BSLR
    {2 x 125 on 2:05 Kick
    {4 x 25 on :30 Kick no board BSLR
    {2 x 125 on 2:00 Kick
450 9 x 50 on :45 Lungbuster pulls
    Alt 5-7-9 by the 50
100 2x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400 1x{1 x 50 on :45 Butterfly
    {1 x 50 on :40 Freestyle
    {2 x 25 on :25 Fly lupdown+1
    {1 x 50 on :40 Freestyle
    {1 x 100 on 1:25 Butterfly
    {1 x 50 on :40 Freestyle
    {4 x 25 on :25 Fly lupdown +1
    {1 x 50 on :40 Freestyle
    {1 x 150 on 2:10 Butterfly
    {1 x 50 on :40 Freestyle
    {6 x 25 on :25 Fly lupdown +1
    {1 x 50 on :40 Freestyle
    {1 x 200 on 2:50 Butterfly
    {1 x 50 on :40 Freestyle
    {8 x 25 on :25 Fly lupdown+1
    {1 x 50 on :40 Freestyle
250 1 x 250 on 4:00 Stroke Drills
8:37 AM 3,450 Yards - Stress Value = 52
    
```

Taper 1 - Silver

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 25:00 DS-Shoulders
350 1 x 350 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
650 1x{4 x 25 on :40 Kick no board BSLR
    {2 x 125 on 2:35 Kick
    {4 x 25 on :40 Kick no board BSLR
    {2 x 100 on 2:00 Kick
450 9 x 50 on :55 Lungbuster pulls
    Alt 5-7-9 by the 50
100 2x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150 1x{1 x 50 on :55 Butterfly
    {1 x 50 on :50 Freestyle
    {2 x 25 on :35 Fly lupdown+1
    {1 x 50 on :50 Freestyle
    {1 x 100 on 1:45 Butterfly
    {1 x 50 on :50 Freestyle
    {4 x 25 on :35 Fly lupdown +1
    {1 x 50 on :50 Freestyle
    {1 x 150 on 2:40 Butterfly
    {1 x 50 on :50 Freestyle
    {6 x 25 on :35 Fly lupdown +1
    {1 x 50 on :50 Freestyle
    {1 x 200 on 3:30 Butterfly
    {1 x 50 on :50 Freestyle
250 1 x 250 on 4:00 Stroke Drills
8:42 AM 3,100 Yards - Stress Value = 46
    
```

Workout #9262 - Wednesday, 06 July 2011

Taper 1 - Gold

1 minute rest between sets

```

7:00 AM Start
Yards  Set Description
=====
1 on 25:00 DS-Shoulders
400 1 x 400 on 10:00 Free L.25 of each 100 Non F
150 10 x 15 on :45 Shooters
700 1x{4 x 25 on :35 Kick no board BSLR
    {2 x 125 on 2:25 Kick
    {4 x 25 on :35 Kick no board BSLR
    {2 x 125 on 2:20 Kick
450 9 x 50 on :50 Lungbuster pulls
    Alt 5-7-9 by the 50
100 2x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350 1x{1 x 50 on :45 Butterfly
    {1 x 50 on :45 Freestyle
    {2 x 25 on :30 Fly lupdown+1
    {1 x 50 on :45 Freestyle
    {1 x 100 on 1:35 Butterfly
    {1 x 50 on :45 Freestyle
    {4 x 25 on :30 Fly lupdown +1
    {1 x 50 on :45 Freestyle
    {1 x 150 on 2:25 Butterfly
    {1 x 50 on :45 Freestyle
    {6 x 25 on :30 Fly lupdown +1
    {1 x 50 on :45 Freestyle
    {1 x 200 on 3:15 Butterfly
    {1 x 50 on :45 Freestyle
    {8 x 25 on :30 Fly lupdown+1
250 1 x 250 on 4:00 Stroke Drills
8:43 AM 3,400 Yards - Stress Value = 51
    
```

Workout #9263 - Wednesday, 06 July 2011

Workout #9264 - Thursday, 07 July 2011

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS-Physio Ball Abs
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's even 100's back
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:25 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 1,500 1x{6 x 50 on :40 Pulls
 {6 x 50 on :45 Pulls
 {6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{6 x 125 on 1:55 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {6 x 100 on 1:30 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {6 x 75 on 1:05 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {6 x 50 on :40 25 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,550 Yards - Stress Value = 60

Workout #9265 - Thursday, 07 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS-Physio Ball Abs
 1 x 600 on 10:00 Underwater trn drill
 Odd 100s free even 100s back
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {1 x 50 on 1:05 Kick your 2nd best kick
 {1 x 50 on 1:10 Kick your 3rd best kick
 1,350 1x{6 x 50 on :45 Pulls
 {6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 {3 x 50 on 1:05 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 1x{6 x 125 on 2:10 100 Breast 25 Free

{4 x 25 on :30 Breast Drill
 {6 x 100 on 1:40 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {6 x 75 on 1:10 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {3 x 50 on :50 25 Breast 25 Free
 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,050 Yards - Stress Value = 55

Workout #9266 - Thursday, 07 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS-Physio Ball Abs
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:05 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {1 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:10 Kick your best kick
 {1 x 50 on 1:10 Kick your 2nd best kick
 {1 x 50 on 1:15 Kick your 3rd best kick
 1,250 1x{6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 {6 x 50 on 1:05 Pulls
 {1 x 50 on 1:10 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{6 x 125 on 2:20 100 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {6 x 100 on 1:50 75 Breast 25 Free
 {4 x 25 on :40 Breast Drill
 {4 x 75 on 1:25 50 Breast 25 Free
 {2 x 25 on :40 Breast Drill
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,500 Yards - Stress Value = 48

Workout #9267 - Thursday, 07 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {2 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:25 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:30 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 1,200 1x{6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 {6 x 50 on 1:05 Pulls
 {6 x 50 on 1:10 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 1x{4 x 125 on 2:40 100 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {4 x 100 on 2:10 75 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {4 x 75 on 1:35 50 Breast 25 Free
 {4 x 25 on :45 Breast Drill
 {3 x 50 on :55 25 Breast 25 Free
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,000 Yards - Stress Value = 43

Workout #9271 - Thursday, 07 July 2011

Group 3 - Recovery/Technique Day

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 600 1 x 600 on 10:00 Choice-Alternating 25 of yc
 each 100. 1st 100 75fr/25 #1, 2nd 100 50fr
 3rd 100 25fr/25#1/50fr, 4th 100 25#1/75free
 Last 200 your choice with a 50 of your #1
 75 5 x 15 on :45 Shooters
 400 1x{3 x 50 on 1:10 Kick Fly #1 no board on back
 { #2 w/board, #3 no board on stomach
 {4 x 25 on :30 Pull-Fly
 {4 x 25 on :30 Drill-Fly
 {1 x 50 on 1:00 Fly-Build to Great Finish
 75 5 x 15 on :45 Shooters
 400 1x{3 x 50 on 1:10 Kick Back #1 streamline on ba
 { #2 rt side- arm extended face up, #3 same a
 {4 x 25 on :30 Pulls-Back
 {4 x 25 on :30 Drill-Back
 {1 x 50 on 1:00 Back-Build to Great Finish
 75 5 x 15 on :45 Shooters
 400 1x{3 x 50 on 1:10 Kick-Breast #1 no board on ba
 { #2 w/board #3 no board on stomach
 {4 x 25 on :30 Pull-Breast
 {4 x 25 on :30 Drill-Breast
 {1 x 50 on 1:00 Breast-Build to Great Finish
 75 5 x 15 on :45 Shooters
 400 1x{3 x 50 on 1:10 Kick-Free #1 streamline
 { #2 rt side-arm extended face down, #3 same
 {4 x 25 on :30 Pull-Free

{4 x 25 on :30 Drill-Free
 {1 x 50 on 1:00 Free-Build to Great Finish
 350 7 x 50 on 1:00 Stroke Drills
 6:30 PM 2,850 Yards - Stress Value = 32

Workout #9272 - Thursday, 07 July 2011

Group 2 - Recovery/Technique Day

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Abs
 600 1 x 600 on 10:00 Choice-Alternating 25 of yc
 each 100. 1st 100 75fr/25 #1, 2nd 100 50fr
 3rd 100 25fr/25#1/50fr, 4th 100 25#1/75free
 Last 200 your choice with a 50 of your #1
 120 8 x 15 on :45 Shooters
 400 1x{3 x 50 on 1:15 Kick Fly #1 no board on back
 { #2 w/board, #3 no board on stomach
 {4 x 25 on :45 Pull-Fly
 {4 x 25 on :45 Drill-Fly
 {1 x 50 on 1:00 Fly-Build to Great Finish
 120 8 x 15 on :45 Shooters
 400 1x{3 x 50 on 1:15 Kick Back #1 streamline on ba
 { #2 rt side- arm extended face up, #3 same a
 {4 x 25 on :45 Pulls-Back
 {4 x 25 on :45 Drill-Back
 {1 x 50 on 1:15 Back-Build to Great Finish
 120 8 x 15 on :45 Shooters
 400 1x{3 x 50 on 1:15 Kick-Breast #1 no board on ba
 { #2 w/board #3 no board on stomach
 {4 x 25 on :45 Pull-Breast
 {4 x 25 on :45 Drill-Breast
 {1 x 50 on 1:15 Breast-Build to Great Finish
 120 8 x 15 on :45 Shooters
 400 1x{3 x 50 on 1:15 Kick-Free #1 streamline
 { #2 rt side-arm extended face down, #3 same
 {4 x 25 on :45 Pull-Free
 {4 x 25 on :45 Drill-Free
 {1 x 50 on 1:15 Free-Build to Great Finish
 400 8 x 50 on 1:15 Stroke Drills
 1 on 8:00 Techniques-Starts
 1 on 20:00 Individual Instruction
 7:30 PM 3,080 Yards - Stress Value = 40

Workout #9268 - Thursday, 07 July 2011

Taper 1 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's even 100's back
 150 10 x 15 on :45 Shooters
 600 1x{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
 600 1x{6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{3 x 125 on 1:55 100 Breast 25 Free
 {3 x 25 on :30 Breast Drill
 {3 x 100 on 1:30 75 Breast 25 Free
 {3 x 25 on :30 Breast Drill
 {3 x 75 on 1:05 50 Breast 25 Free
 {3 x 25 on :30 Breast Drill
 {3 x 50 on :40 25 Breast 25 Free
 {3 x 25 on :30 Breast Drill
 250 1 x 250 on 4:00 Stroke Drills
 8:42 AM 3,450 Yards - Stress Value = 33

Workout #9269 - Thursday, 07 July 2011

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100s free even 100s back
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {1 x 50 on 1:10 Kick your 3rd best kick
 600 1x{6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{3 x 125 on 2:10 100 Breast 25 Free
 {3 x 25 on :30 Breast Drill
 {3 x 100 on 1:40 75 Breast 25 Free
 {3 x 25 on :30 Breast Drill
 {3 x 75 on 1:10 50 Breast 25 Free
 {2 x 25 on :30 Breast Drill
 {3 x 50 on :50 25 Breast 25 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:42 AM 3,300 Yards - Stress Value = 30

Workout #9270 - Thursday, 07 July 2011

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs

350 1 x 350 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 500 1x{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 x 50 on 1:15 Kick your 3rd best kick
 600 1x{6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{3 x 125 on 2:20 100 Breast 25 Free
 {3 x 25 on :40 Breast Drill
 {3 x 100 on 1:50 75 Breast 25 Free
 {3 x 25 on :40 Breast Drill
 {3 x 75 on 1:25 50 Breast 25 Free
 {2 x 25 on :40 Breast Drill
 250 1 x 250 on 4:00 Stroke Drills
 8:43 AM 3,050 Yards - Stress Value = 27

Workout #9273 - Friday, 08 July 2011

Group 3 - IM's

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Shldrs Tm Mtg
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 25 on :45 Tombstone Kicking
 {3 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 25 on :45 Tombstone Kicking
 {3 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 25 on :45 Tombstone Kicking
 {3 x 100 on 1:50 Kick
 1,200 1 x 1200 on 15:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,700 1x{2 x 250 on 3:30 50fl 50fr 50fl 50fr 50fl
 {4 x 100 on 1:30 Individual Medley
 {2 x 250 on 3:30 50ba 50fr 50ba 50fr 50ba
 {4 x 100 on 1:30 Individual Medley
 {2 x 250 on 3:45 50br 50fr 50br 50fr 50br
 {4 x 100 on 1:30 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,600 Yards - Stress Value = 104

Workout #9274 - Friday, 08 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs Tm Mtg
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{3 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{3 x 50 on 1:05 Kick
1,000	1 x 1000 on 15:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{2 x 250 on 4:10 50fl 50fr 50fl 50fr 50fl
	{4 x 100 on 1:40 Individual Medley
	{2 x 250 on 4:10 50ba 50fr 50ba 50fr 50ba
	{4 x 100 on 1:40 Individual Medley
	{2 x 250 on 4:10 50br 50fr 50br 50fr 50br
	{1 x 100 on 1:40 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 5,950 Yards - Stress Value = 93

Workout #9275 - Friday, 08 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs Tm Mtg
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:15 Kick
900	1 x 900 on 15:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{2 x 250 on 4:35 50fl 50fr 50fl 50fr 50fl
	{3 x 100 on 1:50 Individual Medley
	{2 x 250 on 4:35 50ba 50fr 50ba 50fr 50ba
	{3 x 100 on 1:50 Individual Medley
	{2 x 250 on 4:35 50br 50fr 50br 50fr 50br
	{1 x 100 on 1:50 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 5,450 Yards - Stress Value = 85

Workout #9276 - Friday, 08 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs Tm Mtg
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR

	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:25 Kick
	1 x 800 on 15:00 Pulls-nbbf&w + 2 yds
	200 4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{2 x 250 on 5:25 50fl 50fr 50fl 50fr 50fl
	{2 x 100 on 2:05 Individual Medley
	{2 x 250 on 5:25 50ba 50fr 50ba 50fr 50ba
	{2 x 100 on 2:05 Individual Medley
	{2 x 250 on 5:25 50br 50fr 50br 50fr 50br
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 4,900 Yards - Stress Value = 76

Workout #9277 - Friday, 08 July 2011

Taper 1 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs Tm Mtg
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:50 Kick
	1 x 500 on 7:30 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 250 on 3:45 50fl 50fr 50fl 50fr 50fl
	{2 x 100 on 1:35 Individual Medley
	{1 x 250 on 3:45 50ba 50fr 50ba 50fr 50ba
	{2 x 100 on 1:35 Individual Medley
	{1 x 250 on 4:00 50br 50fr 50br 50fr 50br
	{2 x 100 on 1:35 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:38 AM 3,150 Yards - Stress Value = 46

Workout #9278 - Friday, 08 July 2011

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS-Physio Ball Shldrs Tm Mtg
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 2:05 Kick
	1 x 500 on 8:00 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 250 on 4:10 50fl 50fr 50fl 50fr 50fl
	{2 x 100 on 1:45 Individual Medley
	{1 x 250 on 4:10 50ba 50fr 50ba 50fr 50ba
	{2 x 100 on 1:45 Individual Medley
	{1 x 250 on 4:10 50br 50fr 50br 50fr 50br
	{1 x 100 on 1:45 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 3,050 Yards - Stress Value = 44

Workout #9279 - Friday, 08 July 2011

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS-Physio Ball Shldrs Tm Mtg
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 2:15 Kick
 500 1 x 500 on 8:30 Pulls-nbbf+w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{1 x 250 on 4:30 50fl 50fr 50fl 50fr 50fl
 {2 x 100 on 1:50 Individual Medley
 {1 x 250 on 4:30 50ba 50fr 50ba 50fr 50ba
 {2 x 100 on 1:50 Individual Medley
 {1 x 250 on 4:30 50br 50fr 50br 50fr 50br
 250 1 x 250 on 4:00 Stroke Drills
 8:40 AM 2,950 Yards - Stress Value = 42

{4 x 25 on :35 Kick no board S
 {2 x 125 on 2:25 Kick
 {4 x 25 on :35 Kick no board L
 {2 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board R
 {2 x 50 on :55 Kick
 1,200 1x{4 x 25 on :25 Pulls-br on 3
 {2 x 125 on 2:00 Lungbuster pulls
 {4 x 25 on :25 Pulls-br on 5
 {2 x 125 on 1:55 Lungbuster pulls
 {4 x 25 on :25 Pulls-br on 7
 {2 x 75 on 1:10 Lungbuster pulls
 {4 x 25 on :25 Pulls-br on 9
 {2 x 75 on 1:05 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,850 1x{3 x 150 on 2:25 Freestyle
 {3 x 150 on 2:20 Freestyle
 {3 x 150 on 2:15 Freestyle
 {3 x 150 on 2:10 Freestyle
 {3 x 150 on 2:05 Freestyle
 {4 x 150 on 2:00 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 6,700 Yards - Stress Value = 102

Workout #9280 - Monday, 11 July 2011

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :30 Kick no board B
 {2 x 125 on 2:10 Kick
 {4 x 25 on :30 Kick no board S
 {2 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick no board L
 {2 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board R
 {2 x 125 on 1:55 Kick
 1,400 1x{4 x 25 on :20 Pulls br on 3
 {2 x 125 on 1:50 Lungbuster pulls
 {4 x 25 on :20 Pulls-br on 5
 {2 x 125 on 1:45 Lungbuster pulls
 {4 x 25 on :20 Pulls-br on 7
 {2 x 125 on 1:40 Lungbuster pulls
 {4 x 25 on :20 Pulls br on 9
 {2 x 125 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
 3,150 1x{3 x 150 on 2:15 Freestyle
 {3 x 150 on 2:10 Freestyle
 {3 x 150 on 2:05 Freestyle
 {3 x 150 on 2:00 Freestyle
 {3 x 150 on 1:55 Freestyle
 {3 x 150 on 1:50 Freestyle
 {3 x 150 on 1:45 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 7,400 Yards - Stress Value = 114

Workout #9292 - Monday, 11 July 2011

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Stretch
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,350 3x{1 x 50 on 1:00 Kick Free-100%
 {1 x 25 on :30 Free breathe on 3-100%
 {1 x 25 on 1:30 Ez-Free
 {1 x 75 on 1:30 Kick Free-100%
 {1 x 25 on :30 Free breathe on 5-100%
 {1 x 50 on 1:30 Ez-Free
 {1 x 100 on 2:00 Kick-Free-100%
 {1 x 25 on :30 Free breathe on 7-100%
 {1 x 75 on 1:30 Ez-Free
 1,450 1x{1 x 100 on 1:35 14 strokes per length (spl)
 {1 x 100 on 1:35 75-14 spl /25-12 spl
 {1 x 100 on 1:35 50-14 spl/50-12 spl
 {1 x 100 on 1:35 25-14 spl/ 75-12 spl
 {1 x 100 on 1:35 12 strokes per length
 {1 x 100 on 1:30 14 strokes per length (spl)
 {1 x 100 on 1:30 75-14 spl /25-12 spl
 {1 x 100 on 1:30 50-14 spl/50-12 spl
 {1 x 100 on 1:30 25-14 spl/ 75-12 spl
 {1 x 100 on 1:30 12 strokes per length
 {1 x 100 on 1:25 14 strokes per length (spl)
 {1 x 100 on 1:25 75-14 spl /25-12 spl
 {1 x 100 on 1:25 50-14 spl/50-12 spl
 {1 x 100 on 1:25 25-14 spl/ 75-12 spl
 {1 x 50 on :40 12 strokes per length
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 3,750 Yards - Stress Value = 55

Workout #9281 - Monday, 11 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :35 Kick no board B
 {2 x 125 on 2:30 Kick

Workout #9282 - Monday, 11 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS-Core
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :40 Kick no board B {2 x 125 on 2:40 Kick {4 x 25 on :40 Kick no board S {2 x 100 on 2:05 Kick {4 x 25 on :40 Kick no board L {2 x 75 on 1:30 Kick {4 x 25 on :40 Kick no board R {1 x 50 on 1:00 Kick
1,050	1x{4 x 25 on :30 Pulls-br on 3 {2 x 125 on 2:10 Lungbuster pulls {4 x 25 on :30 Pulls-br on 5 {2 x 100 on 1:40 Lungbuster pulls {4 x 25 on :30 Pulls-br on 7 {2 x 75 on 1:15 Lungbuster pulls {4 x 25 on :30 Pulls-br on 9 {1 x 50 on :50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,550	1x{3 x 150 on 2:40 Freestyle {3 x 150 on 2:35 Freestyle {3 x 150 on 2:30 Freestyle {3 x 150 on 2:25 Freestyle {3 x 150 on 2:20 Freestyle {2 x 150 on 2:15 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 6,050 Yards - Stress Value = 91

Group 3 - Bronze

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS-Core
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 B {2 x 100 on 2:25 Kick {4 x 25 on :45 Kick no board S {2 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board L {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board R {1 x 50 on 1:05 Kick
800	1x{4 x 25 on :40 Pulls-br on 3 {2 x 100 on 2:00 Lungbuster pulls {4 x 25 on :40 Pulls-br on 5 {1 x 100 on 1:55 Lungbuster pulls {4 x 25 on :40 Pulls-br on 7 {1 x 50 on 1:00 Lungbuster pulls {4 x 25 on :40 Pulls-br on 9 {1 x 50 on :50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{3 x 150 on 2:55 Freestyle {3 x 150 on 2:50 Freestyle {3 x 150 on 2:45 Freestyle {3 x 150 on 2:40 Freestyle {3 x 150 on 2:35 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 5,350 Yards - Stress Value = 80

Workout #9293 - Monday, 11 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	=====
	1 on 11:00 Dynamic Stretch
550	1 x 550 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,125	3x{1 x 50 on 1:10 Kick Free-100% {1 x 25 on :40 Free breathe on 3-100% {1 x 25 on 1:30 Ez-Free {1 x 75 on 1:45 Kick Free-100% {1 x 25 on :40 Free breathe on 5-100% {1 x 50 on 1:30 Ez-Free {1 x 100 on 2:20 Kick-Free-100% {1 x 25 on :40 Free breathe on 7-100%
1,350	1x{1 x 100 on 1:40 14 strokes per length (spl) {1 x 100 on 1:40 75-14 spl /25-12 spl {1 x 100 on 1:40 50-14 spl/50-12 spl {1 x 100 on 1:40 25-14 spl/ 75-12 spl {1 x 50 on :50 12 strokes per length {1 x 100 on 1:35 14 strokes per length (spl) {1 x 100 on 1:35 75-14 spl /25-12 spl {1 x 100 on 1:35 50-14 spl/50-12 spl {1 x 100 on 1:35 25-14 spl/ 75-12 spl {1 x 50 on :45 12 strokes per length {1 x 100 on 1:30 14 strokes per length (spl) {1 x 100 on 1:30 75-14 spl /25-12 spl {1 x 100 on 1:30 50-14 spl/50-12 spl {1 x 100 on 1:30 25-14 spl/ 75-12 spl {1 x 50 on :45 12 strokes per length
200	1 x 200 on 3:00 Stroke Drills
	6:29 PM 3,375 Yards - Stress Value = 53

Workout #9294 - Monday, 11 July 2011

Group 3 - Bronze

1 minute rest between sets

Yards	5:00 PM Start Set Description
=====	=====
	1 on 11:00 Dynamic Stretch
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,125	3x{1 x 50 on 1:10 Kick Free-100% {1 x 25 on :40 Free breathe on 3-100% {1 x 25 on 1:30 Ez-Free {1 x 75 on 1:45 Kick Free-100% {1 x 25 on :40 Free breathe on 5-100% {1 x 50 on 1:30 Ez-Free {1 x 100 on 2:20 Kick-Free-100% {1 x 25 on :40 Free breathe on 7-100%
1,250	1x{1 x 100 on 1:55 14 strokes per length (spl) {1 x 100 on 1:55 75-14 spl /25-12 spl {1 x 100 on 1:55 50-14 spl/50-12 spl {1 x 100 on 1:55 25-14 spl/ 75-12 spl {1 x 50 on 1:00 12 strokes per length {1 x 100 on 1:50 14 strokes per length (spl) {1 x 100 on 1:50 75-14 spl /25-12 spl {1 x 100 on 1:50 50-14 spl/50-12 spl {1 x 100 on 1:50 25-14 spl/ 75-12 spl {1 x 50 on :55 12 strokes per length {1 x 100 on 1:45 14 strokes per length (spl) {1 x 100 on 1:45 75-14 spl /25-12 spl {1 x 100 on 1:45 50-14 spl/50-12 spl {1 x 50 on :50 12 strokes per length
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 3,225 Yards - Stress Value = 52

Workout #9283 - Monday, 11 July 2011

Workout #9284 - Monday, 11 July 2011

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
=====	=====
	1 on 11:00 Dynamic Stretch
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,350	3x{1 x 50 on 1:00 Kick Free-100%
	{1 x 25 on :30 Free breathe on 3-100%
	{1 x 25 on 1:30 Ez-Free
	{1 x 75 on 1:30 Kick Free-100%
	{1 x 25 on :30 Free breathe on 5-100%
	{1 x 50 on 1:30 Ez-Free
	{1 x 100 on 2:00 Kick-Free-100%
	{1 x 25 on :30 Free breathe on 7-100%
	{1 x 75 on 1:30 Ez-Free
1,500	1x{1 x 100 on 1:30 14 strokes per length (spl)
	{1 x 100 on 1:30 75-14 spl /25-12 spl
	{1 x 100 on 1:30 50-14 spl/50-12 spl
	{1 x 100 on 1:30 25-14 spl/ 75-12 spl
	{1 x 100 on 1:30 12 strokes per length
	{1 x 100 on 1:25 14 strokes per length (spl)
	{1 x 100 on 1:25 75-14 spl /25-12 spl
	{1 x 100 on 1:25 50-14 spl/50-12 spl
	{1 x 100 on 1:25 25-14 spl/ 75-12 spl
	{1 x 100 on 1:25 12 strokes per length
	{1 x 100 on 1:20 14 strokes per length (spl)
	{1 x 100 on 1:20 75-14 spl /25-12 spl
	{1 x 100 on 1:20 50-14 spl/50-12 spl
	{1 x 100 on 1:20 25-14 spl/ 75-12 spl
	{1 x 100 on 1:20 12 strokes per length
200	1 x 200 on 3:00 Stroke Drills
6:30 PM	3,800 Yards - Stress Value = 56

Group 2 - Gold/Silver

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
=====	=====
	1 on 25:00 DS-Core
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board B
	{2 x 100 on 2:35 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board L
	{2 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board R
	{2 x 100 on 2:20 Kick
1,200	1x{4 x 25 on :30 Pulls-br on 3
	{2 x 100 on 2:00 Lungbuster pulls
	{4 x 25 on :30 Pulls-br on 5
	{2 x 100 on 1:55 Lungbuster pulls
	{4 x 25 on :30 Pulls-br on 7
	{2 x 100 on 1:50 Lungbuster pulls
	{4 x 25 on :30 Pulls-br on 9
	{2 x 100 on 1:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,875	1x{3 x 125 on 2:25 Freestyle
	{3 x 125 on 2:20 Freestyle
	{3 x 125 on 2:15 Freestyle
	{3 x 125 on 2:10 Freestyle
	{3 x 125 on 2:05 Freestyle
300	6 x 50 on 1:00 Stroke Drills
7:30 PM	5,475 Yards - Stress Value = 86

Workout #9287 - Monday, 11 July 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
=====	=====
	1 on 25:00 DS-Core
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no board B
	{2 x 125 on 2:35 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 125 on 2:30 Kick
	{4 x 25 on :45 Kick no board L
	{2 x 125 on 2:25 Kick
	{4 x 25 on :45 Kick no board R
	{2 x 125 on 2:20 Kick
1,400	1x{4 x 25 on :30 Pulls-br on 3
	{2 x 125 on 2:00 Lungbuster pulls
	{4 x 25 on :30 Pulls-br on 5
	{2 x 125 on 1:55 Lungbuster pulls
	{4 x 25 on :30 Pulls-br on 7
	{2 x 125 on 1:50 Lungbuster pulls
	{4 x 25 on :30 Pulls-br on 9
	{2 x 125 on 1:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{3 x 150 on 2:25 Freestyle
	{3 x 150 on 2:20 Freestyle
	{3 x 150 on 2:15 Freestyle
	{3 x 150 on 2:10 Freestyle
	{3 x 150 on 2:05 Freestyle
300	6 x 50 on 1:00 Stroke Drills
7:30 PM	6,300 Yards - Stress Value = 96

Yards	Set Description
5:00 PM Start	
=====	=====
	1 on 25:00 DS-Core
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board B
	{2 x 75 on 2:35 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 75 on 2:30 Kick
	{4 x 25 on :45 Kick no board L
	{2 x 75 on 2:25 Kick
	{4 x 25 on :45 Kick no board R
	{2 x 75 on 2:20 Kick
1,000	1x{4 x 25 on :30 Pulls-br on 3
	{2 x 75 on 2:00 Lungbuster pulls
	{4 x 25 on :30 Pulls-br on 5
	{2 x 75 on 1:55 Lungbuster pulls
	{4 x 25 on :30 Pulls-br on 7
	{2 x 75 on 1:50 Lungbuster pulls
	{4 x 25 on :30 Pulls-br on 9
	{2 x 75 on 1:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{3 x 100 on 2:25 Freestyle
	{3 x 100 on 2:20 Freestyle
	{3 x 100 on 2:15 Freestyle
	{3 x 100 on 2:10 Freestyle
	{3 x 100 on 2:05 Freestyle
300	6 x 50 on 1:00 Stroke Drills
7:30 PM	4,650 Yards - Stress Value = 71

Workout #9286 - Monday, 11 July 2011

Workout #9295 - Monday, 11 July 2011

Taper 2 - Breast

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS-Abs
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ Fastest Interval
120	1x{1 x 30 on :45 Kick
	{1 x 30 on :40 Kick
	{1 x 30 on :35 Kick
	{1 x 30 on :30 Kick
500	1x{1 x 200 on 2:30 Pulls
	{1 x 150 on 1:50 Pulls
	{1 x 100 on 1:15 Pulls
	{1 x 50 on :35 Pulls
	{ Alt 50's breathing toward blchr/scrbd
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{2 x 125 on 2:05 Breaststroke
	{2 x 50 on :40 Freestyle
	{2 x 125 on 2:00 Breaststroke
	{2 x 50 on :40 Freestyle
	{2 x 125 on 1:55 Breaststroke
	{2 x 50 on :40 Freestyle
	{2 x 125 on 1:50 Breaststroke
	{2 x 50 on :40 Freestyle
	{2 x 125 on 1:45 Breaststroke
	{ 1st 25 under water
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 3,570 Yards - Stress Value = 45

Group 3 - Platinum

1 minute rest between sets

Yards	5:00 PM Start Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 35:00 DS and Circuit			L DRY
400	1 x 400 on 7:00 Choice	REC		D CHO
2,200	1x{1 x 125 on 2:30 Kick	EN1		K CHO
	{1 x 125 on 2:20 Kick	EN2		K CHO
	{1 x 125 on 2:10 Kick	EN2		K CHO
	{1 x 75 on 1:30 Freestyle	REC		S FR
	{1 x 100 on 2:30 IM OTB	SP2		S IM
	{1 x 125 on 2:25 Kick	EN2		K CHO
	{1 x 125 on 2:15 Kick	EN2		K CHO
	{1 x 125 on 2:05 Kick	EN2		K CHO
	{1 x 75 on 1:30 Freestyle	REC		S FR
	{1 x 100 on 2:30 Freestyle OTB	SP2		S FR
	{1 x 125 on 2:20 Kick	EN2		K CHO
	{1 x 125 on 2:10 Kick	EN2		K CHO
	{1 x 125 on 2:00 Kick	EN2		K CHO
	{1 x 75 on 1:30 Freestyle	REC		S FR
	{1 x 100 on 2:30 IM OTB	SP2		S FR
	{1 x 125 on 2:15 Kick	EN2		K CHO
	{1 x 125 on 2:05 Kick	EN2		K CHO
	{1 x 125 on 1:55 Kick	EN2		K CHO
	{1 x 75 on 1:30 Freestyle	REC		S FR
	{1 x 100 on 2:30 Choice OTB	SP2		S CHO
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	6:30 PM 2,800 Yards - Stress Value = 63			

Workout #9289 - Tuesday, 12 July 2011

Group 3 - Gold

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS-Abs
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	6 x 125 on 2:30 Kick @ Fastest Interval
420	1x{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
1,500	1x{1 x 250 on 3:10 Pulls
	{2 x 200 on 2:30 Pulls
	{3 x 150 on 1:50 Pulls
	{4 x 100 on 1:15 Pulls
	{ Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,475	1x{5 x 125 on 2:05 Breaststroke
	{3 x 50 on :40 Freestyle
	{4 x 125 on 2:00 Breaststroke
	{3 x 50 on :40 Freestyle
	{3 x 125 on 1:55 Breaststroke
	{3 x 50 on :40 Freestyle
	{2 x 125 on 1:50 Breaststroke
	{3 x 50 on :40 Freestyle
	{1 x 125 on 1:45 Breaststroke
	{ 1st 25 under water
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 6,595 Yards - Stress Value = 75

Yards	7:00 AM Start Set Description
=====	=====
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	6 x 125 on 2:30 Kick @ Fastest Interval
420	1x{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
1,350	1x{1 x 250 on 3:35 Pulls
	{2 x 200 on 2:50 Pulls
	{3 x 150 on 2:05 Pulls
	{2 x 100 on 1:25 Pulls
	{1 x 50 on :40 Pulls
	{ Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{5 x 125 on 2:15 Breaststroke
	{3 x 50 on :45 Freestyle
	{4 x 125 on 2:10 Breaststroke
	{3 x 50 on :45 Freestyle
	{3 x 125 on 2:05 Breaststroke
	{2 x 50 on :45 Freestyle
	{1 x 125 on 2:00 Breaststroke
	{2 x 50 on :45 Freestyle
	{1 x 125 on 1:55 Breaststroke
	{ 1st 25 under water
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 6,220 Yards - Stress Value = 70

Workout #9299 - Tuesday, 12 July 2011

Workout #9300 - Tuesday, 12 July 2011

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
	1 on 35:00 DS and Circuit			L DRY
400	1 x 400 on 7:00 Choice	REC		D CMB
2,125	1x{1 x 125 on 2:30 Kick	EN1		K CHO
	{1 x 125 on 2:25 Kick	EN2		K CHO
	{1 x 100 on 1:55 Kick	EN2		K CHO
	{1 x 75 on 1:40 Freestyle	REC		S FR
	{1 x 100 on 2:30 IM OTB	SP2		S IM
	{1 x 125 on 2:25 Kick	EN2		K CHO
	{1 x 125 on 2:20 Kick	EN2		K CHO
	{1 x 100 on 1:55 Kick	EN2		K CHO
	{1 x 75 on 1:35 Freestyle	REC		S FR
	{1 x 100 on 2:30 Freestyle OTB	SP2		S FR
	{1 x 125 on 2:20 Kick	EN2		K CHO
	{1 x 125 on 2:15 Kick	EN2		K CHO
	{1 x 100 on 1:50 Kick	EN2		K CHO
	{1 x 75 on 1:35 Freestyle	REC		S FR
	{1 x 100 on 2:30 IM OTB	SP2		S FR
	{1 x 125 on 2:15 Kick	EN2		K CHO
	{1 x 125 on 2:10 Kick	EN2		K CHO
	{1 x 125 on 1:45 Kick	EN2		K CHO
	{1 x 75 on 1:25 Freestyle	REC		S FR
	{1 x 100 on 2:30 Choice OTB	SP2		S CHO
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	6:30 PM 2,725 Yards - Stress Value = 63			

Workout #9290 - Tuesday, 12 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
	1 on 25:00 DS-Abs			
550	1 x 550 on 10:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
750	6 x 125 on 2:30 Kick @ Fastest Interval			
360	1x{3 x 30 on 1:00 Kick			
	{3 x 30 on :55 Kick			
	{3 x 30 on :50 Kick			
	{3 x 30 on :45 Kick			
1,200	1x{1 x 250 on 4:00 Pulls			
	{2 x 200 on 3:10 Pulls			
	{3 x 150 on 2:20 Pulls			
	{2 x 50 on :45 Pulls			
	{ Alt 50's breathing toward blchr/scrbd			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,050	1x{5 x 125 on 2:25 Breaststroke			
	{2 x 50 on :50 Freestyle			
	{4 x 125 on 2:20 Breaststroke			
	{2 x 50 on :50 Freestyle			
	{3 x 125 on 2:15 Breaststroke			
	{1 x 50 on :50 Freestyle			
	{2 x 125 on 2:10 Breaststroke			
	{1 x 50 on :50 Freestyle			
	{ 1st 25 under water			
500	10 x 50 on 1:00 Stroke Drills			
	9:29 AM 5,760 Yards - Stress Value = 64			

Workout #9301 - Tuesday, 12 July 2011

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===

	1 on 35:00 Circuit and Stretch			L DRY
350	1 x 350 on 7:00 Choice	REC		D CHO
2,000	1x{1 x 125 on 2:45 Kick	EN1		K CHO
	{1 x 125 on 2:40 Kick	EN2		K CHO
	{1 x 75 on 1:35 Kick	EN2		K CHO
	{1 x 75 on 1:30 Freestyle	REC		S FR
	{1 x 100 on 2:30 IM OTB	SP2		S IM
	{1 x 125 on 2:40 Kick	EN2		K CHO
	{1 x 125 on 2:35 Kick	EN2		K CHO
	{1 x 75 on 1:30 Kick	EN2		K CHO
	{1 x 75 on 1:30 Freestyle	REC		S FR
	{1 x 100 on 2:30 Freestyle OTB	SP2		S FR
	{1 x 125 on 2:35 Kick	EN2		K CHO
	{1 x 125 on 2:30 Kick	EN2		K CHO
	{1 x 75 on 1:25 Kick	EN2		K CHO
	{1 x 75 on 1:30 Freestyle	REC		S FR
	{1 x 100 on 2:30 IM OTB	SP2		S FR
	{1 x 125 on 2:30 Kick	EN2		K CHO
	{1 x 125 on 2:25 Kick	EN2		K CHO
	{1 x 75 on 1:25 Kick	EN2		K CHO
	{1 x 75 on 1:25 Freestyle	REC		S FR
	{1 x 100 on 2:30 Choice OTB	SP2		S CHO
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	6:30 PM 2,550 Yards - Stress Value = 63			

Workout #9291 - Tuesday, 12 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
	1 on 25:00 DS-Abs			
500	1 x 500 on 10:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
750	6 x 125 on 2:30 Kick @ Fastest Interval			
360	1x{3 x 30 on 1:00 Kick			
	{3 x 30 on :55 Kick			
	{3 x 30 on :50 Kick			
	{3 x 30 on :45 Kick			
1,050	1x{1 x 200 on 3:30 Pulls			
	{2 x 150 on 2:40 Pulls			
	{3 x 100 on 1:45 Pulls			
	{5 x 50 on :55 Pulls			
	{ Alt 50's breathing toward blchr/scrbd			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,800	1x{5 x 100 on 2:20 Breaststroke			
	{3 x 50 on :55 Freestyle			
	{4 x 100 on 2:15 Breaststroke			
	{3 x 50 on :55 Freestyle			
	{3 x 100 on 2:10 Breaststroke			
	{2 x 50 on :55 Freestyle			
	{2 x 100 on 2:05 Breaststroke			
	{ 1st 25 under water			
500	10 x 50 on 1:00 Stroke Drills			
	9:30 AM 5,310 Yards - Stress Value = 63			

Workout #9302 - Tuesday, 12 July 2011

Group 3 - Bronze

1 minute rest between sets

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start				5:00 PM Start	
Yards	Set Description	EGY	WOF	Yards	Set Description
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Circuit			550	1 on 25:00 DS-Abs
300	1 x 300 on 7:00 Underwater trn drill	REC		150	1 x 550 on 10:00 Underwater trn drill
1,700	1x{1 x 100 on 2:30 Kick	EN1		500	10 x 15 on :45 Shooters
	{1 x 100 on 2:25 Kick	EN2		420	5 x 100 on 2:00 Kick @ Fastest Interval
	{1 x 100 on 2:20 Kick	EN2		1x{	Alt 15 Tombstone Kick 15 underwater Dolphin
	{1 x 50 on 1:15 Freestyle	REC		{2 x 30 on 1:00 Kick	
	{1 x 100 on 2:30 IM OTB	SP2		{2 x 30 on :55 Kick	
	{1 x 100 on 2:30 Kick	EN2		{2 x 30 on :50 Kick	
	{1 x 100 on 2:25 Kick	EN2		{2 x 30 on :45 Kick	
	{1 x 100 on 2:20 Kick	EN2		{2 x 30 on :40 Kick	
	{1 x 50 on 1:00 Freestyle	REC		{2 x 30 on :35 Kick	
	{1 x 100 on 2:30 Freestyle OTB	SP2		{2 x 30 on :30 Kick	
	{1 x 100 on 2:30 Kick	EN2		650	1x{1 x 250 on 4:20 Pulls
	{1 x 100 on 2:25 Kick	EN2		{1 x 200 on 3:30 Pulls	
	{1 x 100 on 2:20 Kick	EN2		{1 x 150 on 2:40 Pulls	
	{1 on :45 Rest			{1 x 50 on :55 Pulls	
	{1 x 100 on 2:30 IM OTB	SP2		{	Alt 50's breathing toward blchr/scrbd
	{1 x 100 on 2:30 Kick	EN2		200	4x{1 x 25 on :50 Sculling drills
	{1 x 100 on 2:25 Kick	EN2		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	{1 x 100 on 2:20 Kick	EN2		2,000	1x{5 x 100 on 2:20 Breaststroke
	{1 on :30 Rest			{3 x 50 on 1:00 Freestyle	
	{1 x 100 on 2:30 Choice OTB	SP2		{4 x 100 on 2:15 Breaststroke	
200	1 x 200 on 3:00 Stroke Drills	REC		{3 x 50 on 1:00 Freestyle	
	6:30 PM 2,200 Yards - Stress Value = 63			{3 x 100 on 2:10 Breaststroke	
				{3 x 50 on 1:00 Freestyle	
				{2 x 100 on 2:05 Breaststroke	
				{3 x 50 on :50 Freestyle	
				{	1st 25 under water
				400	8 x 50 on 1:00 Stroke Drills
					1 on 10:00 Techniques-Starts
					7:30 PM 4,870 Yards - Stress Value = 56

Workout #9296 - Tuesday, 12 July 2011

Group 2 - Breast

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS-Abs
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ Fastest Interval
420	1x{ Alt 15 Tombstone Kick 15 underwater Dolphin
	{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
750	1x{1 x 250 on 3:45 Pulls
	{1 x 200 on 3:00 Pulls
	{1 x 150 on 2:15 Pulls
	{1 x 100 on 1:30 Pulls
	{1 x 50 on :45 Pulls
	{
	Alt 50's breathing toward blchr/scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,475	1x{5 x 125 on 2:20 Breaststroke
	{3 x 50 on :50 Freestyle
	{4 x 125 on 2:15 Breaststroke
	{3 x 50 on :50 Freestyle
	{3 x 125 on 2:10 Breaststroke
	{3 x 50 on :50 Freestyle
	{2 x 125 on 2:05 Breaststroke
	{3 x 50 on :50 Freestyle
	{1 x 125 on 2:00 Breaststroke
	{
	1st 25 under water
400	8 x 50 on 1:00 Stroke Drills
	1 on 10:00 Techniques-Starts
	7:31 PM 5,495 Yards - Stress Value = 63

Workout #9297 - Tuesday, 12 July 2011

Workout #9298 - Tuesday, 12 July 2011

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ Fastest Interval 400
 420 1x{ Alt 15 Tombstone Kick 15 underwater Dolphin
 { 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
 500 1x{ 1 x 200 on 4:20 Pulls
 { 1 x 150 on 3:30 Pulls
 { 1 x 100 on 2:40 Pulls
 { 1 x 50 on :55 Pulls
 { Alt 50's breathing toward blchr/scrbd
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{ 5 x 75 on 2:20 Breaststroke
 { 2 x 50 on 1:15 Freestyle
 { 4 x 75 on 2:15 Breaststroke
 { 2 x 50 on 1:15 Freestyle
 { 3 x 75 on 2:10 Breaststroke
 { 2 x 50 on 1:15 Freestyle
 { 2 x 75 on 2:05 Breaststroke
 { 2 x 50 on 1:15 Freestyle
 { 1st 25 under water
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:29 PM 4,120 Yards - Stress Value = 48

{ 1 x 100 on 1:40 Breaststroke
 { 1 x 100 on 1:35 Breaststroke
 { 1 x 100 on 1:30 Breaststroke
 { 1 x 100 on 1:25 Breaststroke
 { 1 x 300 on 4:00 IM w/out the breast
 { 1 x 100 on 1:20 Freestyle
 { 1 x 100 on 1:15 Freestyle
 { 1 x 100 on 1:10 Freestyle
 { 1 x 100 on 1:05 Freestyle
 { 1 x 300 on 4:00 IM w/out the free
 8 x 50 on 1:00 Stroke Drills
 9:31 AM 6,750 Yards - Stress Value = 110

Workout #9304 - Wednesday, 13 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,400 1x{ 4 x 25 on :45 Kick no board BSLR-16 KOW
 { 2 x 150 on 2:55 Kick
 { 4 x 25 on :45 Kick no board BSLR-14 KOW
 { 2 x 150 on 2:50 Kick
 { 4 x 25 on :45 Kick no board BSLR-13 KOW
 { 2 x 150 on 2:45 Kick
 { 4 x 25 on :45 Kick no board BSLR-10 KOW
 { 2 x 50 on :55 Kick
 900 1x{ 4 x 50 on :45 Pulls-nbbf&w
 { 4 x 50 on :45 Pulls-nbbf&w + 1 yd
 { 4 x 50 on :45 Pulls-nbbf&w + 2 yds
 { 3 x 50 on :45 Pulls-nbbf&w + 3 yds
 { 3 x 50 on :45 Pulls-nbbf&w + 4 yds
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{ 1 x 100 on 1:40 Butterfly
 { 1 x 100 on 1:35 Butterfly
 { 1 x 100 on 1:30 Butterfly
 { 1 x 300 on 4:30 IM w/out the fly
 { 1 x 100 on 1:35 Backstroke
 { 1 x 100 on 1:30 Backstroke
 { 1 x 100 on 1:25 Backstroke
 { 1 x 300 on 4:30 IM w/out the back
 { 1 x 100 on 1:45 Breaststroke
 { 1 x 100 on 1:40 Breaststroke
 { 1 x 100 on 1:35 Breaststroke
 { 1 x 300 on 4:30 IM w/out the breast
 { 1 x 100 on 1:25 Freestyle
 { 1 x 100 on 1:20 Freestyle
 { 1 x 100 on 1:15 Freestyle
 { 1 x 100 on 1:10 Freestyle
 { 1 x 300 on 4:30 IM w/out the free
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 6,150 Yards - Stress Value = 98

Workout #9303 - Wednesday, 13 July 2011

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,600 1x{ 4 x 25 on :45 Kick no board BSLR-16 KOW
 { 2 x 150 on 2:30 Kick
 { 4 x 25 on :45 Kick no board BSLR-14 KOW
 { 2 x 150 on 2:25 Kick
 { 4 x 25 on :45 Kick no board BSLR-13 KOW
 { 2 x 150 on 2:20 Kick
 { 4 x 25 on :45 Kick no board BSLR-10 KOW
 { 2 x 150 on 2:15 Kick
 1,000 1x{ 4 x 50 on :40 Pulls-nbbf&w
 { 4 x 50 on :40 Pulls-nbbf&w + 1 yd
 { 4 x 50 on :40 Pulls-nbbf&w + 2 yds
 { 4 x 50 on :40 Pulls-nbbf&w + 3 yds
 { 4 x 50 on :40 Pulls-nbbf&w + 4 yds
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{ 1 x 100 on 1:30 Butterfly
 { 1 x 100 on 1:25 Butterfly
 { 1 x 100 on 1:20 Butterfly
 { 1 x 100 on 1:15 Butterfly
 { 1 x 300 on 4:00 IM w/out the fly
 { 1 x 100 on 1:25 Backstroke
 { 1 x 100 on 1:20 Backstroke
 { 1 x 100 on 1:15 Backstroke
 { 1 x 100 on 1:10 Backstroke
 { 1 x 300 on 4:00 IM w/out the back

Workout #9305 - Wednesday, 13 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS and Shoulders
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR-16 KOW
	{2 x 150 on 3:10 Kick
	{4 x 25 on :45 Kick no board BSLR-14 KOW
	{2 x 150 on 3:05 Kick
	{4 x 25 on :45 Kick no board BSLR-13 KOW
	{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-10 KOW
	{2 x 50 on 1:00 Kick
800	1x{3 x 50 on :50 Pulls-nbbf&w
	{3 x 50 on :50 Pulls-nbbf&w + 1 yd
	{3 x 50 on :50 Pulls-nbbf&w + 2 yds
	{3 x 50 on :50 Pulls-nbbf&w + 3 yds
	{4 x 50 on :50 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{1 x 100 on 1:50 Butterfly
	{1 x 100 on 1:45 Butterfly
	{1 x 100 on 1:40 Butterfly
	{1 x 300 on 5:15 IM w/out the fly
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 300 on 5:15 IM w/out the back
	{1 x 100 on 1:55 Breaststroke
	{1 x 100 on 1:50 Breaststroke
	{1 x 100 on 1:45 Breaststroke
	{1 x 300 on 5:15 IM w/out the breast
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:25 Freestyle
400	{1 x 150 on 2:40 IM w/out the free
	8 x 50 on 1:00 Stroke Drills
	9:32 AM 5,650 Yards - Stress Value = 92

Workout #9306 - Wednesday, 13 July 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS and Shoulders
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR-16 KOW
	{2 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR-14 KOW
	{2 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR-13 KOW
	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR-10 KOW
	{2 x 100 on 2:15 Kick
750	1x{3 x 50 on :55 Pulls-nbbf&w
	{3 x 50 on :55 Pulls-nbbf&w + 1 yd
	{3 x 50 on :55 Pulls-nbbf&w + 2 yds
	{3 x 50 on :55 Pulls-nbbf&w + 3 yds
	{3 x 50 on :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
1,950	1x{1 x 100 on 2:15 Butterfly
	{1 x 100 on 2:10 Butterfly
	{1 x 300 on 6:30 IM w/out the fly
	{1 x 100 on 2:10 Backstroke
	{1 x 100 on 2:05 Backstroke

{1 x 300 on 6:30 IM w/out the back
{1 x 100 on 2:10 Breaststroke
{1 x 100 on 2:05 Breaststroke
{1 x 300 on 5:15 IM w/out the breast
{1 x 100 on 1:35 Freestyle
{1 x 100 on 1:30 Freestyle
{1 x 100 on 1:25 Freestyle
{1 x 150 on 2:40 IM w/out the free
6 x 50 on 1:00 Stroke Drills

9:30 AM 5,050 Yards - Stress Value = 83

Workout #9307 - Wednesday, 13 July 2011

Taper 2 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS and Shoulders
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR-16 KOW
	{2 x 150 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR-14 KOW
	{2 x 150 on 2:25 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 100 on 1:25 Butterfly
	{1 x 100 on 1:20 Butterfly
	{1 x 100 on 1:15 Butterfly
	{1 x 150 on 2:00 IM w/out the fly
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{1 x 100 on 1:10 Backstroke
	{1 x 150 on 2:00 IM w/out the back
	{1 x 100 on 1:35 Breaststroke
	{1 x 100 on 1:30 Breaststroke
	{1 x 100 on 1:25 Breaststroke
	{1 x 150 on 2:00 IM w/out the breast
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:05 Freestyle
	{1 x 150 on 2:00 IM w/out the free
250	1 x 250 on 4:00 Stroke Drills
	8:40 AM 3,500 Yards - Stress Value = 58

Workout #9308 - Wednesday, 13 July 2011

Taper 2 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Shoulders
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board BSLR-16 KOW
 {2 x 150 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR-14 KOW
 {2 x 150 on 2:25 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 100 on 1:35 Butterfly
 {1 x 100 on 1:30 Butterfly
 {1 x 100 on 1:25 Butterfly
 {1 x 150 on 2:00 IM w/out the fly
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 150 on 2:00 IM w/out the back
 {1 x 100 on 1:45 Breaststroke
 {1 x 100 on 1:40 Breaststroke
 {1 x 100 on 1:35 Breaststroke
 {1 x 150 on 2:00 IM w/out the breast
 {1 x 100 on 1:20 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:10 Freestyle
 {1 x 150 on 2:00 IM w/out the free
 250 1 x 250 on 4:00 Stroke Drills
 8:42 AM 3,500 Yards - Stress Value = 58

{1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :45 Backstroke
 {3 x 50 on :40 Backstroke
 {3 x 50 on :35 Backstroke
 {1 x 100 on 1:45 Backstroke Drill
 {4 x 25 on :25 Backstroke-100%
 {4 x 25 on :20 Backstroke-100%
 8 x 50 on 1:00 Stroke Drills
 9:30 AM 7,250 Yards - Stress Value = 109

Workout #9310 - Thursday, 14 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 1:50 Kick
 {2 x 25 on :35 Kick non #1
 {2 x 100 on 1:50 Kick
 {3 x 50 on 1:05 Kick non #1
 {3 x 100 on 1:50 Kick
 {4 x 75 on 1:40 Kick non #1
 {2 x 100 on 1:50 Kick
 1,950 1x{1 x 200 on 2:55 Pull BWFPF
 {4 x 50 on :45 Free 3/5/7/9 KOW
 {2 x 175 on 2:30 Pulls BWKPF
 {4 x 50 on :45 Free 3/5/7/9 KOW
 {3 x 150 on 2:10 Pull BWHPF
 {4 x 50 on :45 Free 3/5/7/9 KOW
 {2 x 100 on 1:25 Pulls BWSPF
 {3 x 50 on :45 Free 5//7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 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 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :50 Backstroke
 {2 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {1 x 100 on 1:45 Backstroke Drill
 {4 x 25 on :30 Backstroke-100%
 {2 x 25 on :25 Backstroke-100%
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,600 Yards - Stress Value = 97

Workout #9309 - Thursday, 14 July 2011

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,500 1x{1 x 100 on 1:35 Kick
 {2 x 25 on :30 Kick non #1
 {2 x 100 on 1:35 Kick
 {3 x 50 on 1:00 Kick non #1
 {3 x 100 on 1:35 Kick
 {4 x 75 on 1:30 Kick non #1
 {4 x 100 on 1:35 Kick
 2,200 1x{1 x 200 on 2:35 Pull BWFPF
 {4 x 50 on :40 Free 3/5/7/9 KOW
 {2 x 175 on 2:15 Pulls BWKPF
 {4 x 50 on :40 Free 3/5/7/9 KOW
 {3 x 150 on 1:55 Pull BWHPF
 {4 x 50 on :40 Free 3/5/7/9 KOW
 {4 x 100 on 1:15 Pulls BWSPF
 {4 x 50 on :40 Free 3/5//7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {2 x 75 on :55 Backstroke

Workout #9311 - Thursday, 14 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:00 Kick
 {2 x 25 on :40 Kick non #1
 {2 x 100 on 2:00 Kick
 {3 x 50 on 1:10 Kick non #1
 {3 x 100 on 2:00 Kick
 {4 x 75 on 1:45 Kick non #1
 {1 x 100 on 2:00 Kick
 1,800 1x{1 x 200 on 3:10 Pull BWFPF
 {4 x 50 on :50 Free 3/5/7/9 KOW
 {2 x 175 on 2:45 Pulls BWKPF
 {4 x 50 on :50 Free 3/5/7/9 KOW
 {3 x 150 on 2:20 Pull BWHPF
 {3 x 50 on :50 Free 5/7/9 KOW
 {1 x 100 on 1:35 Pulls BWSPF
 {3 x 50 on :50 Free 5//7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 150 on 3:30 Backstroke Drill
 {2 x 75 on 1:25 Backstroke
 {2 x 75 on 1:20 Backstroke
 {1 x 75 on 1:15 Backstroke
 {1 x 75 on 1:10 Backstroke
 {1 x 100 on 2:20 Backstroke Drill
 {3 x 50 on :55 Backstroke
 {2 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 100 on 2:20 Backstroke Drill
 {2 x 25 on :35 Backstroke-100%
 {2 x 25 on :30 Backstroke-100%
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,000 Yards - Stress Value = 89

200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{1 x 100 on 2:10 Backstroke
 {1 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 3:00 Backstroke Drill
 {1 x 75 on 1:40 Backstroke
 {1 x 75 on 1:35 Backstroke
 {1 x 75 on 1:30 Backstroke
 {1 x 75 on 1:25 Backstroke
 {1 x 100 on 3:00 Backstroke Drill
 {1 x 50 on 1:10 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 100 on 3:00 Backstroke Drill
 {6 x 25 on :45 Backstroke-100%
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,100 Yards - Stress Value = 74

Workout #9315 - Thursday, 14 July 2011

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Stretching
 265 1 x 265 on 10:00 25swim/5squat/15 swim/5pushup
 15 swim/5 squats/25 swim-repeat 3 times + 25 s
 180 12 x 15 on :45 Cross pool sprints
 800 1 x 800 on 16:00 Vertical Kicking
 300 12 x 25 on :40 IM order-build
 400 1 x 400 on 20:00 Killer Relays
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 2,445 Yards - Stress Value = 58

Workout #9312 - Thursday, 14 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:30 Kick
 {3 x 50 on 1:30 Kick non #1
 {2 x 100 on 2:25 Kick
 {4 x 75 on 2:15 Kick non #1
 {2 x 100 on 2:20 Kick
 1,600 1x{1 x 200 on 3:45 Pull BWFPF
 {4 x 50 on :55 Free 3/5/7/9 KOW
 {2 x 175 on 3:15 Pulls BWKPF
 {4 x 50 on :55 Free 3/5/7/9 KOW
 {2 x 150 on 2:45 Pull BWHPF
 {3 x 50 on :50 Free 5/7/9 KOW
 {1 x 100 on 1:45 Pulls BWSPF
 {2 x 50 on :50 Free 7/9 KOW
 { 50's-KOW are off turns/strart 3KOW

Workout #9317 - Thursday, 14 July 2011

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:15 Kick
 {2 x 25 on :40 Kick non #1
 {2 x 100 on 2:15 Kick
 {3 x 50 on 1:20 Kick non #1
 {2 x 100 on 2:15 Kick
 {4 x 75 on 1:50 Kick non #1
 1,350 1x{1 x 200 on 3:30 Pull BWFPF
 {4 x 50 on :55 Free 3/5/7/9 KOW
 {2 x 150 on 2:40 Pulls BWKPF
 {4 x 50 on :55 Free 3/5/7/9 KOW
 {3 x 100 on 1:50 Pull BWHPF
 {3 x 50 on :55 Free 5/7/9 KOW
 { 50's-KOW are off turns/strart 3KOW
 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 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 2:15 Backstroke Drill
 {2 x 75 on 1:30 Backstroke
 {2 x 75 on 1:25 Backstroke
 {2 x 75 on 1:20 Backstroke
 {2 x 75 on 1:15 Backstroke
 {1 x 100 on 2:15 Backstroke Drill
 {3 x 50 on 1:00 Backstroke
 {2 x 50 on :55 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 1 on 12:00 Techniques-Starts
 7:30 PM 5,000 Yards - Stress Value = 76

Workout #9320 - Thursday, 14 July 2011

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Ball Abs
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :45 Kick no board BSLR-16 KOW
 {2 x 150 on 3:20 Kick
 {4 x 25 on :45 Kick no board BSLR-14 KOW
 {2 x 150 on 3:15 Kick
 {4 x 25 on :45 Kick no board BSLR-13 KOW
 {2 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR-10 KOW
 {1 x 50 on 1:05 Kick
 750 1x{3 x 50 on :55 Pulls-nbbf&w
 {3 x 50 on :55 Pulls-nbbf&w + 1 yd
 {3 x 50 on :55 Pulls-nbbf&w + 2 yds
 {3 x 50 on :55 Pulls-nbbf&w + 3 yds
 {3 x 50 on :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
 2,150 1x{1 x 100 on 2:00 Butterfly
 {1 x 100 on 1:55 Butterfly
 {1 x 100 on 1:50 Butterfly
 {1 x 300 on 5:30 IM w/out the fly
 {1 x 100 on 1:50 Backstroke

{1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 300 on 5:30 IM w/out the back
 {1 x 100 on 2:00 Breaststroke
 {1 x 100 on 1:55 Breaststroke
 {1 x 100 on 1:50 Breaststroke
 {1 x 300 on 5:30 IM w/out the breast
 {1 x 100 on 1:50 Freestyle
 {1 x 100 on 1:45 Freestyle
 {1 x 150 on 2:45 IM w/out the free
 500 10 x 50 on 1:00 Stroke Drills
 7:30 PM 5,500 Yards - Stress Value = 88

Workout #9319 - Thursday, 14 July 2011

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :45 Kick no board BSLR-16 KOW
 {2 x 150 on 2:55 Kick
 {4 x 25 on :45 Kick no board BSLR-14 KOW
 {2 x 150 on 2:50 Kick
 {4 x 25 on :45 Kick no board BSLR-13 KOW
 {2 x 150 on 2:45 Kick
 {4 x 25 on :45 Kick no board BSLR-10 KOW
 {2 x 50 on :55 Kick
 900 1x{4 x 50 on :45 Pulls-nbbf&w
 {4 x 50 on :45 Pulls-nbbf&w + 1 yd
 {4 x 50 on :45 Pulls-nbbf&w + 2 yds
 {3 x 50 on :45 Pulls-nbbf&w + 3 yds
 {3 x 50 on :45 Pulls-nbbf&w + 4 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{1 x 100 on 1:45 Butterfly
 {1 x 100 on 1:40 Butterfly
 {1 x 100 on 1:35 Butterfly
 {1 x 300 on 5:00 IM w/out the fly
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 300 on 5:00 IM w/out the back
 {1 x 100 on 1:50 Breaststroke
 {1 x 100 on 1:45 Breaststroke
 {1 x 100 on 1:40 Breaststroke
 {1 x 300 on 5:00 IM w/out the breast
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:20 Freestyle
 {1 x 300 on 5:00 IM w/out the free
 500 10 x 50 on 1:00 Stroke Drills
 7:30 PM 6,150 Yards - Stress Value = 96

Workout #9316 - Thursday, 14 July 2011

Group 2 - Backstroke

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 25:00 DS-Physio Ball Abs
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,100	1x{1 x 100 on 2:00 Kick 2 x 25 on :35 Kick non #1 2 x 100 on 2:00 Kick 3 x 50 on 1:10 Kick non #1 3 x 100 on 2:00 Kick 4 x 75 on 1:40 Kick non #1
1,600	1x{1 x 200 on 3:00 Pull BWFPF 4 x 50 on :45 Free 3/5/7/9 KOW 2 x 175 on 2:40 Pulls BWKPF 4 x 50 on :45 Free 3/5/7/9 KOW 3 x 150 on 2:20 Pull BWHPF 4 x 50 on :45 Free 3/5/7/9 KOW { 50's-KOW are off turns/strart 3KOW
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 100 on 1:50 Backstroke 1 x 100 on 1:45 Backstroke 1 x 100 on 1:40 Backstroke 1 x 100 on 1:35 Backstroke 1 x 100 on 1:30 Backstroke 1 x 100 on 2:00 Backstroke Drill 2 x 75 on 1:20 Backstroke 2 x 75 on 1:15 Backstroke 2 x 75 on 1:10 Backstroke 2 x 75 on 1:05 Backstroke 1 x 100 on 2:00 Backstroke Drill 3 x 50 on :55 Backstroke 3 x 50 on :50 Backstroke 3 x 50 on :45 Backstroke
250	1 x 250 on 4:00 Stroke Drills 1 on 12:00 Techniques-Starts
	7:30 PM 5,650 Yards - Stress Value = 86

Workout #9318 - Thursday, 14 July 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 25:00 DS-Physio Ball Abs
400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
850	1x{1 x 100 on 2:30 Kick 2 x 25 on :45 Kick non #1 2 x 100 on 2:30 Kick 3 x 50 on 1:30 Kick non #1 2 x 100 on 2:30 Kick 2 x 75 on 2:15 Kick non #1
1,200	1x{1 x 200 on 4:00 Pull BWFPF 4 x 50 on 1:15 Free 3/5/7/9 KOW 2 x 150 on 3:00 Pulls BWKPF 4 x 50 on 1:15 Free 3/5/7/9 KOW 3 x 100 on 2:00 Pull BWHPF { 50's-KOW are off turns/strart 3KOW
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 100 on 2:30 Backstroke 1 x 100 on 2:25 Backstroke 1 x 100 on 2:20 Backstroke 1 x 100 on 2:15 Backstroke 1 x 50 on 1:30 Backstroke Drill

{2 x 75 on 1:55 Backstroke
{2 x 75 on 1:50 Backstroke
{2 x 75 on 1:45 Backstroke
{2 x 75 on 1:40 Backstroke
{1 x 100 on 2:15 Backstroke Drill
{1 x 50 on 1:15 Backstroke
{1 x 50 on 1:10 Backstroke
1 x 250 on 4:00 Stroke Drills
1 on 12:00 Techniques-Starts
7:30 PM 4,300 Yards - Stress Value = 66

Workout #9321 - Thursday, 14 July 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 25:00 DS and Physio Ball Abs
400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :45 Kick no board BSLR-16 KOW 2 x 100 on 2:55 Kick 4 x 25 on :45 Kick no board BSLR-14 KOW 2 x 100 on 2:50 Kick 4 x 25 on :45 Kick no board BSLR-13 KOW 2 x 100 on 2:45 Kick 4 x 25 on :45 Kick no board BSLR-10 KOW 1 x 50 on 1:20 Kick
600	1x{3 x 50 on 1:10 Pulls-nbbf&w 3 x 50 on 1:10 Pulls-nbbf&w + 1 yd 2 x 50 on 1:10 Pulls-nbbf&w + 2 yds 2 x 50 on 1:10 Pulls-nbbf&w + 3 yds 2 x 50 on 1:10 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
1,550	1x{1 x 75 on 2:00 Butterfly 1 x 75 on 1:55 Butterfly 1 x 75 on 1:50 Butterfly 1 x 200 on 5:30 Individual Medley 1 x 75 on 1:50 Backstroke 1 x 75 on 1:45 Backstroke 1 x 75 on 1:40 Backstroke 1 x 200 on 5:30 Individual Medley 1 x 75 on 2:00 Breaststroke 1 x 75 on 1:55 Breaststroke 1 x 75 on 1:50 Breaststroke 1 x 200 on 5:30 Individual Medley 1 x 75 on 1:50 Freestyle 1 x 75 on 1:45 Freestyle 1 x 125 on 2:45 Individual Medley 10 x 50 on 1:00 Stroke Drills
	7:30 PM 4,450 Yards - Stress Value = 74

Workout #9313 - Thursday, 14 July 2011

Taper 2 - Back

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Physio Ball Abs
400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 1:35 Kick {2 x 25 on :30 Kick non #1 {1 x 100 on 1:35 Kick {3 x 50 on 1:00 Kick non #1
750	1x{1 x 100 on 1:15 Pull BWFPF {3 x 50 on :40 Free 5/7/9 KOW {1 x 100 on 1:15 Pull BWHPF {3 x 50 on :40 Free 5/7/9 KOW {1 x 100 on 1:15 Pulls BWSPF {3 x 50 on :40 Free 5//7/9 KOW { 50's-KOW are off turns/strart 3KOW
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 100 on 1:15 Backstroke {1 x 100 on 1:10 Backstroke {1 x 100 on 1:45 Backstroke Drill {1 x 75 on 1:10 Backstroke {1 x 75 on 1:05 Backstroke {1 x 75 on 1:00 Backstroke {1 x 75 on :55 Backstroke {1 x 100 on 1:45 Backstroke Drill {3 x 50 on :45 Backstroke {3 x 50 on :40 Backstroke {3 x 50 on :35 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	8:35 AM 3,500 Yards - Stress Value = 52

Workout #9314 - Thursday, 14 July 2011

Taper 2 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Physio Ball Abs
400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 1:40 Kick {2 x 25 on :30 Kick non #1 {1 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick non #1
750	1x{1 x 100 on 1:20 Pull BWFPF {3 x 50 on :40 Free 5/7/9 KOW {1 x 100 on 1:20 Pull BWHPF {3 x 50 on :40 Free 5/7/9 KOW {1 x 100 on 1:20 Pulls BWSPF {3 x 50 on :40 Free 5//7/9 KOW { 50's-KOW are off turns/strart 3KOW
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 100 on 1:35 Backstroke {1 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 100 on 1:15 Backstroke {1 x 100 on 1:45 Backstroke Drill {1 x 75 on 1:10 Backstroke {1 x 75 on 1:05 Backstroke {1 x 75 on 1:00 Backstroke

{1 x 75 on :55 Backstroke
{1 x 100 on 1:45 Backstroke Drill
{3 x 50 on :50 Backstroke
{3 x 50 on :45 Backstroke
{3 x 50 on :40 Backstroke
250 1 x 250 on 4:00 Stroke Drills
8:36 AM 3,500 Yards - Stress Value = 52

Workout #9322 - Friday, 15 July 2011

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Physio Ball Shoulders Tm mtg
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 3:05 Butterfly {2 x 25 on :30 Freestyle {1 x 200 on 3:00 Butterfly {2 x 25 on :30 Freestyle {1 x 200 on 2:55 Butterfly
1,200	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:25 Kick {1 x 100 on 1:30 Kick {1 x 100 on 1:35 Kick {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:30 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:35 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:45 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 3:05 Butterfly {2 x 25 on :30 Freestyle {1 x 200 on 3:00 Butterfly {2 x 25 on :30 Freestyle {1 x 200 on 2:55 Butterfly
1,300	1x{2 x 200 on 2:40 Pulls-no br L.12 yds {2 x 175 on 2:20 Pulls-no br L.12 yds {2 x 150 on 2:00 Pulls-no br L.12 yds {2 x 125 on 1:40 Pulls-no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 3:05 Butterfly {2 x 25 on :30 Freestyle {1 x 200 on 3:00 Butterfly {2 x 25 on :30 Freestyle {1 x 200 on 2:55 Butterfly
200	1 x 200 on 4:00 Stroke Drills
100	1 x 100 on 4:00 Fly for time OTB
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 6,350 Yards - Stress Value = 99

Workout #9323 - Friday, 15 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 1x{1 x 200 on 3:25 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 200 on 3:20 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 150 on 2:15 Butterfly
 1,000 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on :55 Kick
 {1 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 650 1x{1 x 200 on 3:25 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 200 on 3:20 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 150 on 2:15 Butterfly
 1,200 1x{2 x 200 on 3:00 Pulls-no br L.12 yds
 {2 x 175 on 2:35 Pulls-no br L.12 yds
 {2 x 150 on 2:15 Pulls-no br L.12 yds
 {2 x 75 on 1:05 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
 650 1x{1 x 200 on 3:25 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 200 on 3:20 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 150 on 2:15 Butterfly
 200 1 x 200 on 4:00 Stroke Drills
 100 1 x 100 on 4:00 Fly for time OTB
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,900 Yards - Stress Value = 91

Workout #9324 - Friday, 15 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 1x{1 x 200 on 3:40 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 200 on 3:35 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 100 on 1:45 Butterfly
 900 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {4 x 25 on :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
 600 1x{1 x 200 on 3:40 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 200 on 3:35 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 100 on 1:45 Butterfly
 1,100 1x{2 x 200 on 3:15 Pulls-no br L.12 yds
 {2 x 175 on 2:50 Pulls-no br L.12 yds
 {2 x 150 on 2:25 Pulls-no br L.12 yds
 {1 x 50 on :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
 600 1x{1 x 200 on 3:40 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 200 on 3:35 Butterfly
 {2 x 25 on :30 Freestyle
 {1 x 100 on 1:45 Butterfly
 150 1 x 150 on 4:00 Stroke Drills
 100 1 x 100 on 4:00 Fly for time OTB
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,450 Yards - Stress Value = 84

Workout #9325 - Friday, 15 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 550 1x{1 x 150 on 3:05 Fly w/fins
 {2 x 25 on :30 Freestyle
 {1 x 150 on 3:00 Fly w/fins
 {2 x 25 on :30 Freestyle
 {1 x 150 on 2:55 Fly w/fins
 750 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:15 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 550 1x{1 x 150 on 3:05 Fly w/fins
 {2 x 25 on :30 Freestyle
 {1 x 150 on 3:00 Fly w/fins
 {2 x 25 on :30 Freestyle
 {1 x 150 on 2:55 Fly w/fins
 1,000 1x{1 x 200 on 3:40 Pulls-no br L.12 yds
 {2 x 175 on 3:15 Pulls-no br L.12 yds
 {2 x 150 on 2:45 Pulls-no br L.12 yds
 {2 x 75 on 1:20 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
 550 1x{1 x 150 on 3:05 Fly w/fins
 {2 x 25 on :30 Freestyle
 {1 x 150 on 3:00 Fly w/fins
 {2 x 25 on :30 Freestyle
 {1 x 150 on 2:55 Fly w/fins
 150 1 x 150 on 4:00 Stroke Drills
 100 1 x 100 on 4:00 Fly for time OTB
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,000 Yards - Stress Value = 76

Workout #9326 - Friday, 15 July 2011

Taper 2 - Fly

1 minute rest between sets

Yards	7:00 AM Start Set Description
600	1 on 25:00 DS/Physio Ball Shoulders Tm mtg
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 3:05 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:00 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 2:55 Butterfly
500	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 3:05 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 3:00 Butterfly
	{2 x 25 on :30 Freestyle
	{1 x 200 on 2:55 Butterfly
200	1 x 200 on 4:00 Stroke Drills
100	1 x 100 on 4:00 Fly for time OTB
500	10 x 50 on 1:00 Stroke Drills
	8:43 AM 3,550 Yards - Stress Value = 46

Workout #9327 - Monday, 18 July 2011

Group 3 - Distance

1 minute rest between sets

Yards	7:00 AM Start Set Description
600	1 on 25:00 DS-Core
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,000	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:15 Kick
	{4 x 50 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:10 Kick
	{4 x 50 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:05 Kick
	{4 x 50 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:00 Kick
	{4 x 50 on 1:00 Kick
1,250	1x{1 x 125 on 1:30 Pulls-no br L.12 yds
	{2 x 125 on 1:35 Pulls-no br L.12 yds
	{3 x 125 on 1:40 Pulls-no br L.12 yds
	{4 x 125 on 1:45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,200	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
	{1 x 400 on 4:35 Freestyle
	{1 x 400 on 4:30 Freestyle
	{1 x 400 on 4:25 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	9:31 AM 7,650 Yards - Stress Value = 137

Workout #9328 - Monday, 18 July 2011

Group 3 - Gold

1 minute rest between sets

Yards	7:00 AM Start Set Description
600	1 on 25:00 DS-Core
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,800	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:50 Kick
	{4 x 50 on 1:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:45 Kick
	{4 x 50 on 1:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:40 Kick
	{4 x 50 on 1:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:35 Kick
1,150	1x{1 x 125 on 1:40 Pulls-no br L.12 yds
	{2 x 125 on 1:45 Pulls-no br L.12 yds
	{3 x 125 on 1:50 Pulls-no br L.12 yds
	{4 x 100 on 1:30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 400 on 5:45 Freestyle
	{1 x 400 on 5:40 Freestyle
	{1 x 400 on 5:35 Freestyle
	{1 x 400 on 5:20 Freestyle
	{1 x 400 on 5:15 Freestyle
	{1 x 400 on 5:10 Freestyle
	{1 x 400 on 5:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	9:31 AM 6,950 Yards - Stress Value = 123

Workout #9329 - Monday, 18 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description
550	1 on 25:00 DS-Core
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,650	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:10 Kick
	{3 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:05 Kick
	{3 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:00 Kick
	{3 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 3:55 Kick
1,050	1x{1 x 125 on 1:55 Pulls-no br L.12 yds
	{2 x 125 on 1:55 Pulls-no br L.12 yds
	{3 x 125 on 2:00 Pulls-no br L.12 yds
	{3 x 100 on 1:40 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 400 on 6:25 Freestyle
	{1 x 400 on 6:20 Freestyle
	{1 x 400 on 6:15 Freestyle
	{1 x 400 on 6:10 Freestyle
	{1 x 400 on 6:05 Freestyle
	{1 x 400 on 6:00 Freestyle
	9:26 AM 6,000 Yards - Stress Value = 110

Workout #9330 - Monday, 18 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:30 Kick
 {3 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {3 x 50 on 1:15 Freestyle
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:20 Kick
 {3 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:15 Kick
 850 1x{1 x 100 on 1:45 Pulls-no br L.12 yds
 {2 x 100 on 1:50 Pulls-no br L.12 yds
 {3 x 100 on 1:55 Pulls-no br L.12 yds
 {5 x 50 on 1:00 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
 2,000 1x{1 x 400 on 7:15 Freestyle
 {1 x 400 on 7:10 Freestyle
 {1 x 400 on 7:05 Freestyle
 {1 x 400 on 7:00 Freestyle
 {1 x 400 on 6:55 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 9:30 AM 5,400 Yards - Stress Value = 94

Workout #9341 - Monday, 18 July 2011

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 750 1 x 750 on 10:00 2 min easy-10/50-20/40-30/3
 40/20-30/30-20/40-20/50-1 min easy
 180 12 x 15 on :45 Start/shooter/finish
 250 1 x 250 on 5:00 Social Kick
 100 1 x 100 on 2:00 Kick for time
 600 6x{1 x 50 on :01 Freestyle w/fins
 { #1-4 breaths, #2 10 KOW on turn,
 { #5 straight arm recovery, #6 perfect swim
 {1 x 50 on 2:59 Freestyle
 450 1x{6 x 25 on :45 Freestyle
 {1 x 300 on 15:00 Rabbit game
 400 8 x 50 on 1:00 Stroke Drill
 6:30 PM 2,730 Yards - Stress Value = 67

Workout #9333 - Monday, 18 July 2011

Group 2 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:00 Kick
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 3:55 Kick
 {3 x 50 on 1:00 Kick

{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 3:50 Kick
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 3:45 Kick
 750 1x{1 x 125 on 1:50 Pulls-no br L.12 yds
 {2 x 125 on 1:55 Pulls-no br L.12 yds
 {3 x 125 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
 2,400 1x{1 x 400 on 6:15 Freestyle
 {1 x 400 on 6:10 Freestyle
 {1 x 400 on 6:05 Freestyle
 {1 x 400 on 6:00 Freestyle
 {1 x 400 on 5:55 Freestyle
 {1 x 400 on 5:50 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 7:31 PM 6,150 Yards - Stress Value = 104

Workout #9334 - Monday, 18 July 2011

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 450 1 x 450 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:30 Kick
 {2 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:25 Kick
 {2 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:20 Kick
 {2 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:15 Kick
 600 1x{1 x 100 on 1:50 Pulls-no br L.12 yds
 {2 x 100 on 1:55 Pulls-no br L.12 yds
 {3 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
 2,100 1x{1 x 350 on 6:15 Freestyle
 {1 x 350 on 6:10 Freestyle
 {1 x 350 on 6:05 Freestyle
 {1 x 350 on 6:00 Freestyle
 {1 x 350 on 5:55 Freestyle
 {1 x 350 on 5:50 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 7:31 PM 5,500 Yards - Stress Value = 92

Workout #9335 - Monday, 18 July 2011

Group 2 - Bronze

1 minute rest between sets

5:00 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
 1,300 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 4:00 Kick
 {2 x 50 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:55 Kick
 {2 x 50 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:50 Kick
 {2 x 50 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:45 Kick
 450 1x{1 x 75 on 1:50 Pulls-no br L.12 yds
 {2 x 75 on 1:55 Pulls-no br L.12 yds
 {3 x 75 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
 1,800 1x{1 x 300 on 6:15 Freestyle
 {1 x 300 on 6:10 Freestyle
 {1 x 300 on 6:05 Freestyle
 {1 x 300 on 6:00 Freestyle
 {1 x 300 on 5:55 Freestyle
 {1 x 300 on 5:50 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 7:31 PM 4,800 Yards - Stress Value = 79

Workout #9331 - Monday, 18 July 2011

Taper 2 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:30 Kick
 {4 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 400 on 5:15 Freestyle
 {1 x 400 on 5:10 Freestyle
 {1 x 400 on 5:05 Freestyle
 {1 x 400 on 5:00 Freestyle
 {1 x 400 on 4:55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:33 AM 3,500 Yards - Stress Value = 58

Workout #9332 - Monday, 18 July 2011

Taper 2 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Core
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:45 Kick
 {4 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR

100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 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 400 on 5:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:34 AM 3,500 Yards - Stress Value = 58

Workout #9342 - Monday, 18 July 2011

Taper 2 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 750 1 x 750 on 10:00 2 min easy-10/50-20/40-30/30
 40/20-30/30-20/40-20/50-1 min easy
 180 12 x 15 on :45 Start/shooter/finish
 250 1 x 250 on 5:00 Social Kick
 100 1 x 100 on 2:00 Kick for time
 750 1 x 750 on 12:00 Stroke Drill
 5:54 PM 2,030 Yards - Stress Value = 25

Workout #9351 - Tuesday, 19 July 2011

Age Group - Taper 1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1x{1 x 125 on 2:30 Kick
 {5 x 25 on :45 Kick-#4
 {2 x 125 on 2:25 Kick
 400 8 x 50 on :50 Pulls break when alt
 feet, knees, hips
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{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
 {2 x 50 on 1:00 Fly 2-3, 4 KOW
 {2 x 100 on 1:45 Freestyle
 {1 x 50 on 1:00 Fly 2-2, 3 KOW
 250 1 on 10:00 Techniques-Starts
 1 x 250 on 5:00 Stroke Drills
 6:47 PM 2,900 Yards - Stress Value = 30

Workout #9352 - Tuesday, 19 July 2011

Age Group - Taper 2

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 25:00 DS-Abs
350	1 x 350 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
425	1x{1 x 100 on 2:30 Kick
	{5 x 25 on :45 Kick-#4
	{2 x 100 on 2:25 Kick
350	7 x 50 on 1:00 Pulls break when alt
	feet, knees, hips
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{4 x 50 on 1:10 Fly 2-5 6 KOW
	{2 x 100 on 2:00 Freestyle
	{3 x 50 on 1:10 Fly 2-4, 5 KOW
	{2 x 100 on 2:00 Freestyle
	{2 x 50 on 1:10 Fly 2-3, 4 KOW
	{2 x 100 on 2:00 Freestyle
	{1 x 50 on 1:10 Fly 2-2, 3 KOW
	1 on 10:00 Techniques-Starts
250	1 x 250 on 5:00 Stroke Drills
	6:50 PM 2,725 Yards - Stress Value = 30

{3 x 150 on 2:35 Kick	EN2	K CHO
{3 x 50 on 1:00 Kick-100%	EN3	K CHO
{4 x 150 on 2:30 Kick	EN2	K CHO
{4 x 50 on 1:00 Kick-100%	EN3	K CHO
{1 x 200 on 3:00 Freestyle-EZ	REC	S FR
100 1 x 100 on 2:00 Kick for time	SP2	K CHO
250 1 x 250 on 4:00 Stroke Drills	REC	D CD
6:30 PM 2,950 Yards - Stress Value = 66		

Workout #9337 - Tuesday, 19 July 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Abs
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	6 x 150 on 3:00 Kick @ Fastest Interval
360	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
1,100	1 x 1100 on 15:30 Pulls alt 100 br toward
	bleachers, 100 toward scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{6 x 100 on 1:40 Backstroke
	{4 x 25 on :35 Back Drill
	{4 x 100 on 1:35 Backstroke
	{4 x 25 on :35 Back Drill
	{3 x 100 on 1:30 Backstroke
	{4 x 25 on :35 Back Drill
	{3 x 100 on 1:25 Backstroke
	{4 x 25 on :35 Back Drill
	{2 x 100 on 1:20 Backstroke
	{4 x 25 on :35 Back Drill
400	{1 x 100 on 1:15 Backstroke
	8 x 50 on 1:00 Stroke Drills
	9:31 AM 6,110 Yards - Stress Value = 82

Workout #9336 - Tuesday, 19 July 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Abs
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	6 x 150 on 3:00 Kick @ Fastest Interval
360	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
1,200	1 x 1200 on 15:30 Pulls alt 100 br toward
	bleachers, 100 toward scrbd
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{6 x 100 on 1:30 Backstroke
	{4 x 25 on :30 Back Drill
	{5 x 100 on 1:25 Backstroke
	{4 x 25 on :30 Back Drill
	{4 x 100 on 1:20 Backstroke
	{4 x 25 on :30 Back Drill
	{3 x 100 on 1:15 Backstroke
	{4 x 25 on :30 Back Drill
	{2 x 100 on 1:10 Backstroke
	{4 x 25 on :30 Back Drill
	{1 x 100 on 1:05 Backstroke
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 6,510 Yards - Stress Value = 87

Workout #9344 - Tuesday, 19 July 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 35:00 DS and Circuit			L DRY
400	1 x 400 on 7:00 Choice	REC		S FR
2,000	1x{1 x 150 on 3:00 Kick	EN1		K CHO
	{1 x 50 on 1:00 Kick-100%	EN3		K CHO
	{2 x 150 on 2:55 Kick	EN1		K CHO
	{2 x 50 on 1:00 Kick-100%	EN3		K CHO
	{3 x 150 on 2:50 Kick	EN2		K CHO
	{3 x 50 on 1:00 Kick-100%	EN3		K CHO
	{4 x 100 on 1:50 Kick	EN2		K CHO
	{4 x 50 on 1:00 Kick-100%	EN3		K CHO
	{1 x 200 on 4:00 Freestyle-EZ	REC		S FR
100	1 x 100 on 2:00 Kick for time	SP2		K CHO
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	6:30 PM 2,750 Yards - Stress Value = 62			

Workout #9343 - Tuesday, 19 July 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 35:00 DS and Circuit			L DRY
400	1 x 400 on 7:00 Choice	REC		S CHO
2,200	1x{1 x 150 on 2:45 Kick	EN1		K CHO
	{1 x 50 on 1:00 Kick-100%	EN3		K CHO
	{2 x 150 on 2:40 Kick	EN1		K CHO
	{2 x 50 on 1:00 Kick-100%	EN3		K CHO

Workout #9338 - Tuesday, 19 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
550	1 on 25:00 DS-Abs			
150	1 x 550 on 10:00 Underwater trn drill			
900	10 x 15 on :45 Shooters			
360	6 x 150 on 3:00 Kick @ Fastest Interval			
1,000	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR			
200	1 x 1000 on 15:30 Pulls alt 100 br toward bleachers, 100 toward scrbd			
2,200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
400	1x{5 x 100 on 1:50 Backstroke { 4 x 25 on :40 Back Drill { 4 x 100 on 1:45 Backstroke { 4 x 25 on :40 Back Drill { 3 x 100 on 1:40 Backstroke { 4 x 25 on :40 Back Drill { 2 x 100 on 1:35 Backstroke { 4 x 25 on :40 Back Drill { 2 x 100 on 1:30 Backstroke { 4 x 25 on :40 Back Drill { 1 x 100 on 1:25 Backstroke			
300	6 x 50 on 1:00 Stroke Drills			
9:31 AM	5,660 Yards - Stress Value = 77			

4 x 25 on :45 Back Drill			
4 x 100 on 2:00 Backstroke			
4 x 25 on :45 Back Drill			
3 x 100 on 1:55 Backstroke			
4 x 25 on :45 Back Drill			
2 x 100 on 1:50 Backstroke			
4 x 25 on :45 Back Drill			
1 x 100 on 1:45 Backstroke			
8 x 50 on 1:00 Stroke Drills			
9:31 AM	5,210 Yards - Stress Value = 72		

Workout #9346 - Tuesday, 19 July 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 35:00 DS and Circuit			L DRY
1,650	1 x 400 on 7:00 Choice	REC		S FR
100	1x{1 x 100 on 2:30 Kick { 1 x 50 on 1:15 Kick-100%	EN1		K CHO
250	{ 2 x 100 on 2:25 Kick { 2 x 50 on 1:15 Kick-100% { 3 x 100 on 2:20 Kick { 3 x 50 on 1:15 Kick-100% { 4 x 100 on 2:15 Kick { 3 x 50 on 1:15 Kick-100% { 1 x 200 on 4:00 Freestyle-EZ { 1 x 100 on 2:00 Kick for time	EN3		K CHO
6:30 PM	2,400 Yards - Stress Value = 54	EN1		K CHO
		EN3		K CHO
		EN2		K CHO
		EN3		K CHO
		EN2		K CHO
		EN3		K CHO
		REC		S FR
		SP2		K CHO
		REC		D CD

Workout #9345 - Tuesday, 19 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 35:00 DS and Circuit			L DRY
1,800	1 x 400 on 7:00 Choice	REC		S FR
100	1x{1 x 125 on 2:45 Kick { 1 x 50 on 1:10 Kick-100%	EN1		K CHO
250	{ 2 x 125 on 2:40 Kick { 2 x 50 on 1:10 Kick-100% { 3 x 125 on 2:35 Kick { 3 x 50 on 1:10 Kick-100% { 4 x 100 on 2:00 Kick { 3 x 50 on 1:10 Kick-100% { 1 x 200 on 4:00 Freestyle-EZ { 1 x 100 on 2:00 Kick for time { 1 x 250 on 4:00 Stroke Drills	EN3		K CHO
6:30 PM	2,550 Yards - Stress Value = 56	EN1		K CHO
		EN3		K CHO
		EN2		K CHO
		EN3		K CHO
		EN2		K CHO
		EN3		K CHO
		REC		S FR
		SP2		K CHO
		REC		D CD

Workout #9348 - Tuesday, 19 July 2011

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
500	1 on 25:00 DS-Abs			
150	1 x 500 on 10:00 Underwater trn drill			
950	10 x 15 on :45 Shooters			
600	1x{1 x 125 on 2:30 Kick { 4 x 25 on :45 Kick-#4 { 2 x 125 on 2:25 Kick { 4 x 25 on :45 Kick #4 { 3 x 125 on 2:20 Kick 12 x 50 on :50 Pulls break when alt feet, knees, hips			
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,600	1x{7 x 50 on 1:00 Fly 2-2, 9 KOW { 2 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 2-2, 3 KOW { 1 on 10:00 Techniques-Starts { 1 x 250 on 5:00 Stroke Drills			
7:30 PM	5,250 Yards - Stress Value = 59			

Workout #9339 - Tuesday, 19 July 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
500	1 on 25:00 DS-Abs			
150	1 x 500 on 10:00 Underwater trn drill			
1,000	10 x 15 on :45 Shooters			
360	5 x 200 on 4:00 Kick @ Fastest Interval			
700	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR			
200	1 x 700 on 12:45 Pulls alt 100 br toward bleachers, 100 toward scrbd			
1,900	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1x{5 x 100 on 2:05 Backstroke			

Workout #9349 - Tuesday, 19 July 2011

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs
 450 1 x 450 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 850 1x{1 x 125 on 2:55 Kick
 {4 x 25 on :45 Kick-#4
 {2 x 125 on 2:50 Kick
 {3 x 25 on :45 Kick #4
 {3 x 100 on 2:15 Kick
 500 10 x 50 on 1:00 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{7 x 50 on 1:15 Fly 2-2, 9 KOW
 {2 x 75 on 1:30 Freestyle
 {6 x 50 on 1:15 Fly 2-3, 8 KOW
 {2 x 75 on 1:30 Freestyle
 {5 x 50 on 1:15 Fly 2-4, 7 KOW
 {2 x 75 on 1:30 Freestyle
 {4 x 50 on 1:15 Fly 2-5 6 KOW
 {2 x 75 on 1:30 Freestyle
 {3 x 50 on 1:15 Fly 2-4, 5 KOW
 {2 x 75 on 1:30 Freestyle
 {2 x 50 on 1:15 Fly 2-3, 4 KOW
 250 1 on 10:00 Techniques-Starts
 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,500 Yards - Stress Value = 53

Workout #9350 - Tuesday, 19 July 2011

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Abs
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:55 Kick
 {4 x 25 on :45 Kick-#4
 {2 x 100 on 2:50 Kick
 {3 x 25 on :45 Kick #4
 {3 x 75 on 2:15 Kick
 400 8 x 50 on 1:10 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 1x{7 x 50 on 1:30 Fly 2-2, 9 KOW
 {2 x 50 on 1:15 Freestyle
 {6 x 50 on 1:30 Fly 2-3, 8 KOW
 {2 x 50 on 1:15 Freestyle
 {5 x 50 on 1:30 Fly 2-4, 7 KOW
 {2 x 50 on 1:15 Freestyle
 {4 x 50 on 1:30 Fly 2-5 6 KOW
 {2 x 50 on 1:15 Freestyle
 {3 x 50 on 1:30 Fly 2-4, 5 KOW
 1 on 10:00 Techniques-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 3,750 Yards - Stress Value = 43

Workout #9340 - Tuesday, 19 July 2011

Taper 2 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====

1 on 25:00 DS-Abs
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ Fastest Interval
 180 1x{6 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 400 1 x 400 on 6:00 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
 1,700 1x{6 x 100 on 1:35 Backstroke
 {4 x 25 on :40 Back Drill
 {5 x 100 on 1:30 Backstroke
 {4 x 25 on :40 Back Drill
 {4 x 100 on 1:25 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 8:43 AM 3,480 Yards - Stress Value = 50

Workout #9347 - Tuesday, 19 July 2011

Taper 2 - Swim Like A Champion Day

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 12:00 Dynamic Stretch
 500 1 x 500 on 10:00 Choice REC
 90 6 x 15 on :45 Shooters SP3
 450 9 x 50 on :50 Free-Descend in 3's to 85% EN1
 500 1 x 500 on 10:00 Stroke Drills REC
 5:48 PM 1,540 Yards - Stress Value = 8

Workout #9365 - Wednesday, 20 July 2011

Age Group - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 400 1x{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
 400 1 x 400 on 7:00 Lungbuster pulls
 Breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{1 x 100 on 1:45 Free 50 Drill 50 build
 {1 x 125 on 2:30 Breaststroke
 {1 x 100 on 1:45 Free 50 drill 50 build
 {2 x 100 on 2:00 Breaststroke
 {1 x 100 on 1:45 Free 50 drill 50 build
 {3 x 75 on 1:30 Breaststroke
 {1 x 100 on 1:45 Free 12.5y tuck spin
 {4 x 50 on 1:00 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:36 AM 2,850 Yards - Stress Value = 27

Workout #9353 - Wednesday, 20 July 2011

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,625 1x{1 x 125 on 2:10 Kick
 {4 x 25 on :30 Kick no board B
 {2 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick no board S
 {3 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board R
 {2 x 125 on 1:55 Kick
 {4 x 25 on :30 Kick no board R
 {1 x 125 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR
 1,000 20 x 50 on :40 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,150 1x{7 x 50 on :50 Fly 2-2, 9 KOW
 {2 x 125 on 1:35 Freestyle
 {6 x 50 on :50 Fly 2-3, 8 KOW
 {2 x 125 on 1:35 Freestyle
 {5 x 50 on :50 Fly 2-4, 7 KOW
 {2 x 125 on 1:35 Freestyle
 {4 x 50 on :50 Fly 2-5 6 KOW
 {2 x 125 on 1:35 Freestyle
 {3 x 50 on :50 Fly 2-4, 5 KOW
 {2 x 125 on 1:35 Freestyle
 {2 x 50 on :50 Fly 2-3, 4 KOW
 {2 x 125 on 1:35 Freestyle
 {1 x 50 on :50 Fly 2-2, 3 KOW
 {2 x 125 on 1:35 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 7,125 Yards - Stress Value = 82

Workout #9354 - Wednesday, 20 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,375 1x{1 x 125 on 2:30 Kick
 {4 x 25 on :35 Kick no board B
 {2 x 125 on 2:25 Kick
 {4 x 25 on :35 Kick no board S
 {2 x 125 on 2:20 Kick
 {4 x 25 on :35 Kick no board L
 {2 x 75 on 1:20 Kick
 {4 x 25 on :35 Kick no board R
 {2 x 75 on 1:15 Kick
 {2 x 25 on :35 Kick no board BS
 900 18 x 50 on :45 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,710 1x{7 x 50 on 1:00 Fly 2-2, 9 KOW
 {2 x 125 on 1:45 Freestyle
 {6 x 60 on 1:00 Fly 2-3, 8 KOW
 {2 x 125 on 1:45 Freestyle
 {5 x 50 on 1:00 Fly 2-4, 7 KOW
 {2 x 125 on 1:45 Freestyle
 {4 x 50 on 1:00 Fly 2-5 6 KOW
 {2 x 125 on 1:45 Freestyle
 {3 x 50 on 1:00 Fly 2-4, 5 KOW

{2 x 75 on 1:05 Freestyle
 {2 x 50 on 1:00 Fly 2-3, 4 KOW
 {2 x 50 on :40 Freestyle
 {1 x 50 on 1:00 Fly 2-2, 3 KOW
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 6,335 Yards - Stress Value = 71

Workout #9355 - Wednesday, 20 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,125 1x{1 x 125 on 2:40 Kick
 {4 x 25 on :40 Kick no board B
 {2 x 125 on 2:35 Kick
 {4 x 25 on :40 Kick no board S
 {2 x 75 on 2:30 Kick
 {4 x 25 on :40 Kick no board L
 {2 x 75 on 1:25 Kick
 {4 x 25 on :40 Kick no board R
 {1 x 50 on :55 Kick
 800 16 x 50 on :50 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,350 1x{7 x 50 on 1:05 Fly 2-2, 9 KOW
 {2 x 125 on 2:00 Freestyle
 {6 x 50 on 1:05 Fly 2-3, 8 KOW
 {2 x 100 on 1:35 Freestyle
 {5 x 50 on 1:05 Fly 2-4, 7 KOW
 {2 x 100 on 1:35 Freestyle
 {4 x 50 on 1:05 Fly 2-5 6 KOW
 {2 x 100 on 1:35 Freestyle
 {3 x 50 on 1:05 Fly 2-4, 5 KOW
 {1 x 50 on :45 Freestyle
 {2 x 50 on 1:05 Fly 2-3, 4 KOW
 {1 x 50 on :45 Freestyle
 {1 x 50 on 1:05 Fly 2-2, 3 KOW
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,575 Yards - Stress Value = 60

Workout #9356 - Wednesday, 20 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 100 on 2:25 Kick
 {4 x 25 on :40 Kick no board B
 {2 x 100 on 2:20 Kick
 {4 x 25 on :40 Kick no board S
 {2 x 100 on 2:15 Kick
 {4 x 25 on :40 Kick no board L
 {2 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board R
 {2 x 50 on 1:05 Kick
 {2 x 25 on :40 Kick no board BS
 750 15 x 50 on :55 Pulls break when alt
 feet, knees, hips
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{7 x 50 on 1:15 Fly 2-2, 9 KOW
 {2 x 50 on :55 Freestyle
 {6 x 50 on 1:15 Fly 2-3, 8 KOW
 {2 x 50 on :55 Freestyle
 {5 x 50 on 1:15 Fly 2-4, 7 KOW
 {2 x 50 on :55 Freestyle
 {4 x 50 on 1:15 Fly 2-5 6 KOW
 {2 x 50 on :55 Freestyle
 {3 x 50 on 1:15 Fly 2-4, 5 KOW
 {2 x 50 on :55 Freestyle
 {2 x 50 on 1:15 Fly 2-3, 4 KOW
 {1 x 50 on :55 Freestyle
 400 {1 x 50 on 1:15 Fly 2-2, 3 KOW
 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,100 Yards - Stress Value = 58

Workout #9357 - Wednesday, 20 July 2011

Taper 2 - All

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 350 1x{1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BS
 {1 x 100 on 2:00 Kick
 {2 x 25 on :45 Kick no board LR
 300 6 x 50 on 1:00 Down Free back build
 1-4 free, 5-8 stroke
 400 4 x 100 on 1:45 Free-Desc 1-4
 50 2 x 25 on 2:00 OTB-your choice walk backs
 400 1 x 400 on 8:00 Stroke Drills
 8:23 AM 2,050 Yards - Stress Value = 23

Workout #9361 - Thursday, 21 July 2011

Age Group - Taper 1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:15 Kick-Descend in 3's

180 1x{6 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{4 x 25 on :45 Back Drill
 {4 x 100 on 1:40 Backstroke
 {4 x 25 on :45 Back Drill
 {3 x 100 on 1:35 Backstroke
 {4 x 25 on :45 Back Drill
 {2 x 100 on 1:30 Backstroke
 {4 x 25 on :45 Back Drill
 {1 x 100 on 1:25 Backstroke
 1 on 10:00 Techniques-starts
 300 6 x 50 on 1:00 Stroke Drills
 6:49 PM 2,830 Yards - Stress Value = 36

Workout #9362 - Thursday, 21 July 2011

Age Group - Taper 2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:30 Kick-Descend in 3's
 180 1x{6 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{4 x 25 on :45 Back Drill
 {4 x 100 on 1:50 Backstroke
 {4 x 25 on :45 Back Drill
 {3 x 100 on 1:45 Backstroke
 {4 x 25 on :45 Back Drill
 {2 x 100 on 1:40 Backstroke
 {4 x 25 on :45 Back Drill
 {1 x 100 on 1:35 Backstroke
 1 on 10:00 Techniques-starts
 250 1 x 250 on 5:00 Stroke Drills
 6:51 PM 2,780 Yards - Stress Value = 36

Workout #9358 - Thursday, 21 July 2011

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:15 Kick-Descend in 3's
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 600 1 x 600 on 10:00 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 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{6 x 100 on 1:50 Backstroke
 {4 x 25 on :45 Back Drill
 {5 x 100 on 1:45 Backstroke
 {4 x 25 on :45 Back Drill
 {4 x 100 on 1:40 Backstroke
 {4 x 25 on :45 Back Drill
 {3 x 100 on 1:35 Backstroke
 {4 x 25 on :45 Back Drill
 {2 x 100 on 1:30 Backstroke
 {4 x 25 on :45 Back Drill
 {1 x 100 on 1:25 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 7:31 PM 5,410 Yards - Stress Value = 75

1 on 25:00 DS-Physio Ball Abs
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 450 6 x 75 on 2:15 Kick-Descend in 3's
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 400 1 x 400 on 9:00 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{4 x 75 on 2:05 Backstroke
 {4 x 25 on :45 Back Drill
 {4 x 75 on 2:00 Backstroke
 {4 x 25 on :45 Back Drill
 {4 x 75 on 1:55 Backstroke
 {4 x 25 on :45 Back Drill
 {3 x 75 on 1:50 Backstroke
 {4 x 25 on :45 Back Drill
 {2 x 75 on 1:45 Backstroke
 {4 x 25 on :45 Back Drill
 {1 x 75 on 1:40 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 7:29 PM 4,210 Yards - Stress Value = 55

Workout #9363 - Friday, 22 July 2011

Age Group - Taper 1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 400 1 x 400 on 8:00 Choice
 120 8 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board B 10+1
 {1 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board S 10+1
 {1 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board L 10+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 1x{3 x 50 on 1:05 Breast hold under :50
 {1 x 150 on 2:50 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {2 x 125 on 2:20 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {3 x 100 on 1:55 Breaststroke
 {3 x 50 on 1:05 Breast hold under :50
 {4 x 75 on 1:25 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 6:22 PM 2,820 Yards - Stress Value = 69

Workout #9359 - Thursday, 21 July 2011

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Physio Ball Abs
 450 1 x 450 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 450 6 x 75 on 2:15 Kick-Descend in 3's
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 450 1 x 450 on 9:00 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{4 x 100 on 2:05 Backstroke
 {4 x 25 on :45 Back Drill
 {4 x 100 on 2:00 Backstroke
 {4 x 25 on :45 Back Drill
 {4 x 100 on 1:55 Backstroke
 {4 x 25 on :45 Back Drill
 {3 x 100 on 1:50 Backstroke
 {4 x 25 on :45 Back Drill
 {2 x 100 on 1:45 Backstroke
 {4 x 25 on :45 Back Drill
 {1 x 100 on 1:40 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 7:29 PM 4,760 Yards - Stress Value = 64

Workout #9360 - Thursday, 21 July 2011

Group 2 - Bronze

1 minute rest between sets

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

Workout #9364 - Friday, 22 July 2011

Age Group - Taper 2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 400 1 x 400 on 8:00 Choice
 120 8 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board B 10+1
 {1 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board S 10+1
 {1 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board L 10+1
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{3 x 50 on 1:10 Breast hold under :55
 {1 x 150 on 3:00 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {2 x 125 on 2:30 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {3 x 100 on 2:00 Breaststroke
 {3 x 50 on 1:10 Breast hold under :55
 {2 x 75 on 1:30 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 6:21 PM 2,670 Yards - Stress Value = 66

{1 x 100 on 1:35 Freestyle
 {1 x 100 on 1:40 Freestyle
 {1 x 100 on 1:45 Freestyle
 {1 x 100 on 1:50 Freestyle
 {1 x 300 on 5:15 Freestyle
 {1 x 100 on 1:45 Freestyle
 {1 x 100 on 1:50 Freestyle
 1 x 250 on 4:00 Stroke Drills
 6:30 PM 2,650 Yards - Stress Value = 23

Workout #9366 - Monday, 25 July 2011

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 200 on 3:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 2:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on :50 Kick
 1,200 1x{2 x 150 on 2:15 Pulls-no br L.12 yds
 {2 x 150 on 2:10 Pulls-no br L.12 yds
 {2 x 150 on 2:05 Pulls-no br L.12 yds
 {2 x 150 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
 2,800 1x{1 x 500 on 6:40 Freestyle
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:20 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 400 on 5:20 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:20 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 2:40 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 2:40 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:30 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 6,850 Yards - Stress Value = 66

Workout #9374 - Monday, 25 July 2011

Age Group - Taper 1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 400 on 6:00 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:35 Freestyle
 {1 x 100 on 1:40 Freestyle
 {1 x 300 on 4:30 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:35 Freestyle
 {1 x 100 on 1:40 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:29 PM 2,800 Yards - Stress Value = 25

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 200 on 3:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 2:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on :50 Kick
 1,200 1x{2 x 150 on 2:15 Pulls-no br L.12 yds
 {2 x 150 on 2:10 Pulls-no br L.12 yds
 {2 x 150 on 2:05 Pulls-no br L.12 yds
 {2 x 150 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
 2,800 1x{1 x 500 on 6:40 Freestyle
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:20 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 400 on 5:20 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:20 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 2:40 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 2:40 Freestyle
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:30 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 6,850 Yards - Stress Value = 66

Workout #9375 - Monday, 25 July 2011

Age Group - Taper 2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 450 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
 {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
 1,300 1x{1 x 400 on 7:00 Freestyle

Workout #9367 - Monday, 25 July 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
=====	=====
	1 on 25:00 DS and Core
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 :45 Kick no board BSLR
	{2 x 200 on 4:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
1,100	1x{2 x 150 on 2:25 Pulls-no br L.12 yds
	{2 x 150 on 2:20 Pulls-no br L.12 yds
	{2 x 150 on 2:15 Pulls-no br L.12 yds
	{2 x 100 on 1:25 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{1 x 500 on 7:30 Freestyle
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:25 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 400 on 6:00 Freestyle
	{1 x 100 on 1:25 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 300 on 4:30 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 50 on :45 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 6,300 Yards - Stress Value = 59

Workout #9368 - Monday, 25 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
=====	=====
	1 on 25:00 DS and Core
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 200 on 4:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR
1,000	1x{2 x 150 on 2:35 Pulls-no br L.12 yds
	{2 x 150 on 2:30 Pulls-no br L.12 yds
	{2 x 150 on 2:25 Pulls-no br L.12 yds
	{2 x 50 on :50 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{1 x 500 on 8:20 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 100 on 1:45 Freestyle
	{1 x 100 on 1:50 Freestyle
	{1 x 400 on 6:40 Freestyle
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Freestyle

	{1 x 100 on 1:45 Freestyle
	{1 x 100 on 1:50 Freestyle
	{1 x 300 on 5:00 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 50 on :50 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 5,850 Yards - Stress Value = 55

Workout #9369 - Monday, 25 July 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
=====	=====
	1 on 25:00 DS and Core
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:05 Kick
900	1x{2 x 150 on 2:50 Pulls-no br L.12 yds
	{2 x 150 on 2:45 Pulls-no br L.12 yds
	{2 x 150 on 2:40 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 500 on 9:10 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 100 on 1:45 Freestyle
	{1 x 100 on 1:50 Freestyle
	{1 x 100 on 1:55 Freestyle
	{1 x 100 on 2:00 Freestyle
	{1 x 400 on 7:20 Freestyle
	{1 x 100 on 1:45 Freestyle
	{1 x 100 on 1:50 Freestyle
	{1 x 100 on 1:55 Freestyle
	{1 x 100 on 2:00 Freestyle
	{1 x 300 on 5:30 Freestyle
	9:20 AM 5,000 Yards - Stress Value = 53

Workout #9370 - Monday, 25 July 2011

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	F
5:00 PM Start		
=====	=====	=
	1 on 10:00 Dynamic Stretch	
400	1 x 400 on 7:00 Choice	F
150	10 x 15 on :45 Shooters	S
1,000	10 x 100 on 2:00 Challenge Kick Set w/fins	F
1,230	1x{9 x 30 on 1:00 Freestyle	S
	{1 x 120 on 3:00 Freestyle (8 LAPS)	F
	{7 x 30 on 1:00 Freestyle	S
	{1 x 120 on 3:00 Freestyle	F
	{5 x 30 on 1:00 Freestyle	S
	{1 x 120 on 3:00 Freestyle	F
	{3 x 30 on 1:00 Freestyle	S
	{1 x 120 on 3:00 Freestyle	F
	{1 x 30 on 1:00 Freestyle	S
250	1 x 250 on 4:00 Stroke Drills	F
	6:30 PM 3,030 Yards - Stress Value = 101	

Workout #9371 - Monday, 25 July 2011

Group 2 - Distance

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Core
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 200 on 4:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
1,200	1x{2 x 150 on 2:30 Pulls-no br L.12 yds
	{2 x 150 on 2:25 Pulls-no br L.12 yds
	{2 x 150 on 2:20 Pulls-no br L.12 yds
	{2 x 150 on 2:15 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 500 on 7:30 Freestyle
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:25 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 400 on 6:00 Freestyle
	{1 x 100 on 1:25 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 300 on 4:30 Freestyle
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	7:31 PM 6,250 Yards - Stress Value = 60

{1 x 100 on 2:00 Freestyle
 {1 x 200 on 3:30 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 7:30 PM 5,550 Yards - Stress Value = 54

Workout #9373 - Monday, 25 July 2011

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Core
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 200 on 5:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Kick
	{2 x 25 on :45 Kick no board BS
900	1x{2 x 150 on 3:10 Pulls-no br L.12 yds
	{2 x 150 on 3:05 Pulls-no br L.12 yds
	{2 x 150 on 3:00 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
1,800	1x{1 x 500 on 10:30 Freestyle
	{1 x 100 on 1:55 Freestyle
	{1 x 100 on 2:00 Freestyle
	{1 x 100 on 2:05 Freestyle
	{1 x 100 on 2:10 Freestyle
	{1 x 100 on 2:15 Freestyle
	{1 x 300 on 6:15 Freestyle
	{1 x 100 on 2:05 Freestyle
	{1 x 100 on 2:10 Freestyle
	{1 x 100 on 2:15 Freestyle
	{1 x 200 on 4:10 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	7:32 PM 5,050 Yards - Stress Value = 47

Workout #9372 - Monday, 25 July 2011

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Core
450	1 x 450 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 200 on 4:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
1,050	1x{2 x 150 on 2:45 Pulls-no br L.12 yds
	{2 x 150 on 2:40 Pulls-no br L.12 yds
	{2 x 150 on 2:35 Pulls-no br L.12 yds
	{1 x 150 on 2:30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 500 on 8:45 Freestyle
	{1 x 100 on 1:40 Freestyle
	{1 x 100 on 1:45 Freestyle
	{1 x 100 on 1:50 Freestyle
	{1 x 100 on 1:55 Freestyle
	{1 x 100 on 2:00 Freestyle
	{1 x 400 on 7:00 Freestyle
	{1 x 100 on 1:45 Freestyle
	{1 x 100 on 1:50 Freestyle
	{1 x 100 on 1:55 Freestyle

Workout #9387 - Tuesday, 26 July 2011

Age Group - Taper 1

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Abs
400	1 x 400 on 10:00 Underwater trn drill
150	1 x 150 on 7:30 Techniques-Relay Starts
500	1x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,275	1x{3 x 25 on :40 Back -6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:15 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7/ KOW
	{1 x 200 on 3:10 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:05 Backstroke
225	1 x 225 on 5:00 Stroke Drills
	6:30 PM 2,650 Yards - Stress Value = 39

Workout #9388 - Tuesday, 26 July 2011

9:32 AM 6,675 Yards - Stress Value = 96

Age Group - Taper 2

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
400	1 on 25:00 DS and Abs
150	1 x 400 on 10:00 Underwater trn drill
450	1 x 150 on 7:30 Techniques-Relay Starts
	1x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 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
1,125	1x{3 x 25 on :45 Back -6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 200 on 3:40 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7/ KOW
	{1 x 150 on 2:40 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 100 on 1:45 Backstroke
225	1 x 225 on 4:00 Stroke Drills
	6:30 PM 2,450 Yards - Stress Value = 35

Workout #9376 - Tuesday, 26 July 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS and Abs
150	1 x 600 on 10:00 Underwater trn drill
1,500	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
100	1 x 100 on 3:00 Kick For Time
1,500	1 x 1500 on 20:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,125	1x{3 x 25 on :40 Back -6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7 KOW
	{1 x 200 on 3:00 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7/ KOW
	{1 x 200 on 2:50 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7 KOW
	{1 x 200 on 2:40 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :50 Back-descend 3/5/7 KOW
	{1 x 200 on 2:30 Backstroke
500	10 x 50 on 1:00 Stroke Drills

Workout #9380 - Tuesday, 26 July 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:00 PM	Start			
400	1 on 35:00 DS and Circuit			L DF
2,000	1 x 400 on 7:00 Choice	REC		S CF
	1x{1 x 50 on 1:15 Tombstone Kicking	EN2		K F
	{1 x 75 on 1:30 Kick	EN2		K F
	{1 x 75 on 1:30 Kick	EN2		K FI
	{2 x 50 on 1:10 Tombstone Kicking	EN2		K F
	{2 x 75 on 1:25 Kick	EN2		K F
	{2 x 75 on 1:25 Kick	EN2		K FI
	{3 x 50 on 1:05 Tombstone Kicking	EN2		K F
	{3 x 75 on 1:20 Kick	EN2		K F
	{3 x 75 on 1:20 Kick	EN2		K FI
	{4 x 50 on 1:00 Tombstone Kicking	EN2		K F
	{4 x 75 on 1:15 Kick	EN2		K F
	{4 x 75 on 1:15 Kick	EN2		K FI
400	8 x 50 on 1:00 Stroke Drills	REC		D C
	6:30 PM 2,800 Yards - Stress Value = 40			

Workout #9377 - Tuesday, 26 July 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS and Abs
150	1 x 600 on 10:00 Underwater trn drill
1,300	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
100	1 x 100 on 3:00 Kick For Time
1,400	1 x 1400 on 20:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,975	1x{3 x 25 on :40 Back -6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:15 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7/ KOW
	{1 x 200 on 3:10 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:05 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:00 Backstroke
	{3 x 25 on :40 Back 6 kick switch
	{1 x 200 on 2:50 Backstroke
500	10 x 50 on 1:00 Stroke Drills
	9:32 AM 6,225 Yards - Stress Value = 90

Workout #9381 - Tuesday, 26 July 2011

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 35:00 DS and Circuit			L DF
400	1 x 400 on 7:00 Choice	REC		D CF
1,850	1x{1 x 50 on 1:20 Tombstone Kicking	EN2		K F
	{1 x 75 on 1:35 Kick	EN2		K F
	{1 x 75 on 1:35 Kick	EN2		K FI
	{2 x 50 on 1:15 Tombstone Kicking	EN2		K F
	{2 x 75 on 1:30 Kick	EN2		K F
	{2 x 75 on 1:30 Kick	EN2		K FI
	{3 x 50 on 1:10 Tombstone Kicking	EN2		K F
	{3 x 75 on 1:25 Kick	EN2		K F
	{3 x 75 on 1:25 Kick	EN2		K FI
	{4 x 50 on 1:05 Tombstone Kicking	EN2		K F
	{3 x 75 on 1:20 Kick	EN2		K F
	{3 x 75 on 1:20 Kick	EN2		K FI
400	8 x 50 on 1:00 Stroke Drills	REC		D C
6:30 PM 2,650 Yards - Stress Value = 36				

Workout #9378 - Tuesday, 26 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 DS and Abs			
550	1 x 550 on 10:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
1,200	1x{1 x 100 on 2:20 Kick			
	{1 x 100 on 2:15 Kick			
	{1 x 100 on 2:10 Kick			
	{1 x 100 on 2:05 Kick			
	{1 x 100 on 2:00 Kick			
	{1 x 100 on 1:55 Kick			
	{1 x 100 on 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 2:20 Kick			
100	1 x 100 on 3:00 Kick For Time			
1,250	1 x 1250 on 20:00 Pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,875	1x{3 x 25 on :40 Back -6 kick switch			
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW			
	{1 x 200 on 3:30 Backstroke			
	{3 x 25 on :40 Back-6 kick switch			
	{3 x 50 on 1:00 Back-descend 3/5/7/ KOW			
	{1 x 200 on 3:25 Backstroke			
	{3 x 25 on :40 Back-6 kick switch			
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW			
	{1 x 200 on 3:20 Backstroke			
	{3 x 25 on :40 Back-6 kick switch			
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW			
	{1 x 200 on 3:15 Backstroke			
	{3 x 25 on :40 Back 6 kick switch			
	{1 x 100 on 1:30 Backstroke			
500	10 x 50 on 1:00 Stroke Drills			
9:32 AM 5,825 Yards - Stress Value = 79				

Workout #9382 - Tuesday, 26 July 2011

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST

Yards	Set Description	EGY	WORK	ST
	1 on 35:00 DS and Circuit			L DF
400	1 x 400 on 7:00 Choice	REC		D CF
1,650	1x{1 x 50 on 1:25 Tombstone Kicking	EN2		K F
	{1 x 75 on 1:45 Kick	EN2		K F
	{1 x 75 on 1:45 Kick	EN2		K FI
	{2 x 50 on 1:20 Tombstone Kicking	EN2		K F
	{2 x 75 on 1:40 Kick	EN2		K F
	{2 x 75 on 1:40 Kick	EN2		K FI
	{3 x 50 on 1:15 Tombstone Kicking	EN2		K F
	{3 x 75 on 1:35 Kick	EN2		K F
	{3 x 75 on 1:35 Kick	EN2		K FI
	{4 x 50 on 1:10 Tombstone Kicking	EN2		K F
	{2 x 75 on 1:30 Kick	EN2		K F
	{1 x 100 on 2:00 Kick	EN2		K FI
400	8 x 50 on 1:00 Stroke Drills	REC		D C
6:30 PM 2,450 Yards - Stress Value = 33				

Workout #9379 - Tuesday, 26 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 DS and Shoulders			
500	1 x 500 on 10:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
1,150	1x{1 x 100 on 2:30 Kick			
	{1 x 100 on 2:25 Kick			
	{1 x 100 on 2:20 Kick			
	{1 x 100 on 2:15 Kick			
	{1 x 100 on 2:10 Kick			
	{1 x 100 on 2:05 Kick			
	{1 x 100 on 2:10 Kick			
	{1 x 100 on 2:15 Kick			
	{1 x 100 on 2:20 Kick			
	{1 x 100 on 2:25 Kick			
	{1 x 100 on 2:30 Kick			
	{1 x 50 on 1:15 Kick			
100	1 x 100 on 3:00 Kick For Time			
1,150	1 x 1150 on 20:00 Pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,575	1x{3 x 25 on :45 Back -6 kick switch			
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW			
	{1 x 150 on 3:15 Backstroke			
	{3 x 25 on :45 Back-6 kick switch			
	{3 x 50 on 1:05 Back-descend 3/5/7/ KOW			
	{1 x 150 on 3:10 Backstroke			
	{3 x 25 on :45 Back-6 kick switch			
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW			
	{1 x 150 on 3:05 Backstroke			
	{3 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			
	{3 x 25 on :45 Back 6 kick switch			
500	10 x 50 on 1:00 Stroke Drills			
9:32 AM 5,275 Yards - Stress Value = 72				

Workout #9383 - Tuesday, 26 July 2011

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 35:00 DS and Circuit		L	DF
350	1 x 350 on 7:00 Choice	REC	D	CF
1,400	1x{1 x 50 on 1:40 Tombstone Kicking	EN2	K	F
	{1 x 75 on 2:00 Kick	EN2	K	F
	{1 x 75 on 2:00 Kick	EN2	K	FI
	{2 x 50 on 1:35 Tombstone Kicking	EN2	K	F
	{2 x 75 on 1:55 Kick	EN2	K	F
	{2 x 75 on 1:55 Kick	EN2	K	FI
	{3 x 50 on 1:30 Tombstone Kicking	EN2	K	F
	{3 x 75 on 1:50 Kick	EN2	K	F
	{3 x 75 on 1:50 Kick	EN2	K	FI
	{4 x 50 on 1:25 Tombstone Kicking	EN2	K	F
400	8 x 50 on 1:00 Stroke Drills	REC	D	C
	6:30 PM 2,150 Yards - Stress Value = 28			

Workout #9384 - Tuesday, 26 July 2011

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Abs
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,100	1x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 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
100	1 x 100 on 3:00 Kick For Time
1,650	1 x 1650 on 24:45 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,975	1x{3 x 25 on :40 Back -6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:15 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7/ KOW
	{1 x 200 on 3:10 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:05 Backstroke
	{3 x 25 on :40 Back-6 kick switch
	{3 x 50 on :55 Back-descend 3/5/7 KOW
	{1 x 200 on 3:00 Backstroke
	{3 x 25 on :40 Back 6 kick switch
	{1 x 200 on 2:50 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	7:31 PM 6,075 Yards - Stress Value = 88

Workout #9385 - Tuesday, 26 July 2011

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Abs
450	1 x 450 on 10:00 Underwater trn drill

150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 2:30 Kick
	{1 x 100 on 2:25 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:25 Kick
	{1 x 100 on 2:30 Kick
100	1 x 100 on 3:00 Kick For Time
1,400	1 x 1400 on 24:45 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{3 x 25 on :45 Back -6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 200 on 3:40 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7/ KOW
	{1 x 200 on 3:35 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 200 on 3:30 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 200 on 3:25 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	7:31 PM 5,300 Yards - Stress Value = 77

Workout #9386 - Tuesday, 26 July 2011

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS and Abs
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1x{1 x 100 on 2:45 Kick
	{1 x 100 on 2:40 Kick
	{1 x 100 on 2:35 Kick
	{1 x 100 on 2:30 Kick
	{1 x 100 on 2:30 Kick
	{1 x 100 on 2:35 Kick
	{1 x 100 on 2:40 Kick
	{1 x 50 on 2:45 Kick
100	1 x 100 on 3:00 Kick For Time
1,100	1 x 1100 on 24:45 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{3 x 25 on :45 Back -6 kick switch
	{3 x 50 on 1:15 Back-descend 3/5/7 KOW
	{1 x 150 on 3:30 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:15 Back-descend 3/5/7/ KOW
	{1 x 150 on 3:25 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:15 Back-descend 3/5/7 KOW
	{1 x 150 on 3:20 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:15 Back-descend 3/5/7 KOW
	{1 x 150 on 3:15 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	7:31 PM 4,600 Yards - Stress Value = 67

Workout #9393 - Wednesday, 27 July 2011

Age Group - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Shoulders
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:05 Kick-descend in 3's
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:00 Kick-descend in 3's
 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 1:45 Individual Medley
 {2 x 125 on 2:10 IM w/50 free
 {2 x 150 on 2:40 IM 25,25 50, 50
 {2 x 175 on 3:05 IM 25, 50, 50, 50
 {1 x 200 on 3:30 Individual Medley
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Techniques-Relay Starts
 8:43 AM 2,750 Yards - Stress Value = 42

Workout #9394 - Wednesday, 27 July 2011

Age Group - Taper 2

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Shoulders
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:10 Kick-descend in 3's
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:05 Kick-descend in 3's
 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 2:00 Individual Medley
 {2 x 125 on 2:30 IM w/50 free
 {2 x 150 on 3:00 IM 25,25 50, 50
 {2 x 175 on 3:05 IM 25, 50, 50, 50
 {1 x 200 on 4:00 Individual Medley
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Techniques-Relay Starts
 8:46 AM 2,750 Yards - Stress Value = 42

Workout #9389 - Wednesday, 27 July 2011

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board BSLR
 {6 x 50 on 1:00 Kick-descend in 3's
 {4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :55 Kick-descend in 3's
 {4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :50 Kick-descend in 3's
 {4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :45 Kick-descend in 3's
 1,200 1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 75 on :55 Pulls-nbbf&w + 2 yds
 {4 x 75 on :50 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 1x{4 x 100 on 1:20 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 1:40 IM w/50 free
 {1 on 1:00 Rest
 {4 x 150 on 2:00 IM 25,25 50, 50
 {1 on 1:00 Rest
 {4 x 175 on 2:20 IM 25, 50, 50, 50
 {1 on 1:00 Rest
 {4 x 200 on 2:40 Individual Medley
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 7,050 Yards - Stress Value = 121

Workout #9390 - Wednesday, 27 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Shoulders
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :35 Kick no board BSLR
 {6 x 50 on 1:05 Kick-descend in 3's
 {4 x 25 on :35 Kick no board BSLR
 {6 x 50 on 1:00 Kick-descend in 3's
 {4 x 25 on :35 Kick no board BSLR
 {6 x 50 on :55 Kick-descend in 3's
 {4 x 25 on :35 Kick no board BSLR
 {2 x 50 on :50 Kick-descend
 1,050 1x{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{4 x 100 on 1:30 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 1:55 IM w/50 free
 {1 on 1:00 Rest
 {4 x 150 on 2:15 IM 25,25 50, 50
 {1 on 1:00 Rest
 {4 x 175 on 2:35 IM 25, 50, 50, 50
 {1 on 1:00 Rest
 {2 x 200 on 3:00 Individual Medley
 300 6 x 50 on 1:00 Stroke Drills
 9:29 AM 6,300 Yards - Stress Value = 106

Workout #9391 - Wednesday, 27 July 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
550	1 on 25:00 DS and Shoulders
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,300	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{6 x 50 on 1:05 Kick-descend in 3's
	{4 x 25 on :40 Kick no board BSLR
	{6 x 50 on 1:00 Kick-descend in 3's
	{4 x 25 on :40 Kick no board BSLR
	{6 x 50 on :55 Kick-descend in 3's
	{4 x 25 on :40 Kick no board BSLR
1,000	1x{2 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:25 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{4 x 100 on 1:45 Individual Medley
	{1 on 1:00 Rest
	{4 x 125 on 2:10 IM w/50 free
	{1 on 1:00 Rest
	{3 x 150 on 2:40 IM 25,25 50, 50
	{1 on 1:00 Rest
	{4 x 175 on 2:35 IM 25, 50, 50, 50
	{1 on 1:00 Rest
	{2 x 200 on 3:30 Individual Medley
300	6 x 50 on 1:00 Stroke Drills
	9:31 AM 5,950 Yards - Stress Value = 100

Workout #9392 - Wednesday, 27 July 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
500	1 on 25:00 DS and Shoulders
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
1,100	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:15 Kick-descend in 3's
	{4 x 25 on :45 Kick no board BSLR
	{6 x 50 on 1:10 Kick-descend in 3's
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
900	1x{2 x 75 on 1:25 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{4 x 100 on 2:15 Individual Medley
	{1 on 1:00 Rest
	{4 x 125 on 2:45 IM w/50 free
	{1 on 1:00 Rest
	{4 x 150 on 3:20 IM 25,25 50, 50
	{1 on 1:00 Rest
	{2 x 175 on 3:45 IM 25, 50, 50, 50
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,000 Yards - Stress Value = 84

Workout #9404 - Thursday, 28 July 2011

Age Group - Taper 1

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
400	1 on 15:00 Dynamic Stretch
180	1 x 400 on 8:00 Freestyle-Drill
300	12 x 15 on :45 Start/Shooter/Finish
300	3 x 100 on 2:30 Kick L.25 good effort
	6 x 50 on 1:15 1-3 Down EZ free, back fr bui
	4-6 Down EZ free, back stroke build
600	1x{3 x 100 on 2:00 IM-descend
	{3 x 100 on 2:00 Freestyle
250	1 on 1:00 Techniques-Relay Starts
	1 x 250 on 5:00 Stroke Drills
	8:11 AM 2,030 Yards - Stress Value = 19

Workout #9395 - Thursday, 28 July 2011

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
	1 on 25:00 DS and Physio Ball Abs
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,600	1x{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{3 x 100 on 2:00 Kick-all under 1:30
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{3 x 100 on 1:55 Kick-all under 1:30
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{3 x 100 on 1:50 Kick-all under 1:30
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{3 x 100 on 1:45 Kick-all under 1:30
1,000	1x{4 x 100 on 1:30 Pulls BWFPF
	{3 x 100 on 1:25 Pulls BWKPF
	{2 x 100 on 1:20 Pulls BWHPF
	{1 x 100 on 1:15 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{4 x 25 on :30 Breast TO drill w/fins
	{4 x 75 on 1:15 Breast 2X pullouts BHW
	{1 x 100 on 2:00 Breast Drill (put fins on)
	{4 x 25 on :35 Breast TO drill w/fins
	{4 x 75 on 1:10 Breast 2X pullouts BHW
	{1 x 100 on 2:00 Breast Drill (put fins on)
	{4 x 25 on :40 Breast TO drill w/fins
	{4 x 75 on 1:05 Breast 2X pullouts BHW
	{1 x 100 on 2:00 Breast Drill (put fins on)
	{4 x 25 on :45 Breast TO drill w/fins
	{4 x 75 on 1:00 Breast 2X pullouts BHW
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 5,950 Yards - Stress Value = 75

Workout #9396 - Thursday, 28 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Ball Abs
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 1,500 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
 {3 x 100 on 2:05 Kick-all under 1:45
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:00 Kick-all under 1:45
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {2 x 100 on 1:55 Kick-all under 1:40
 950 1x{3 x 100 on 1:35 Pulls BWFPF
 {3 x 100 on 1:30 Pulls BWKPF
 {2 x 100 on 1:25 Pulls BWHPF
 {3 x 50 on :40 Pulls BWSPPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{4 x 25 on :30 Breast TO drill w/fins
 {4 x 75 on 1:20 Breast 2X pullouts BHW
 {1 x 100 on 2:00 Breast Drill (put fins on)
 {4 x 25 on :35 Breast TO drill w/fins
 {4 x 75 on 1:15 Breast 2X pullouts BHW
 {1 x 100 on 2:00 Breast Drill (put fins on)
 {4 x 25 on :40 Breast TO drill w/fins
 {4 x 75 on 1:10 Breast 2X pullouts BHW
 {1 x 100 on 2:00 Breast Drill (put fins on)
 {4 x 25 on :45 Breast TO drill w/fins
 {4 x 75 on 1:05 Breast 2X pullouts BHW
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 5,800 Yards - Stress Value = 73

{1 x 100 on 1:40 12 strokes per length
 {1 x 100 on 1:35 14 strokes per length (spl)
 {1 x 100 on 1:35 75-14 spl /25-12 spl
 {1 x 100 on 1:35 50-14 spl/50-12 spl
 {1 x 100 on 1:35 25-14 spl/ 75-12 spl
 {1 x 100 on 1:35 12 strokes per length
 {1 x 100 on 1:30 14 strokes per length (spl)
 {1 x 100 on 1:30 75-14 spl /25-12 spl
 {1 x 100 on 1:30 25-14 spl/ 75-12 spl
 {1 x 100 on 1:30 12 strokes per length
 300 6 x 50 on 1:00 Stroke Drills
 6:31 PM 3,600 Yards - Stress Value = 55

Workout #9397 - Thursday, 28 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Ball Abs
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 1,400 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 2:20 Kick-all under 2:00
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:15 Kick-all under 2:00
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:10 Kick-all under 2:00
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {1 x 100 on 2:05 Kick-all under 1:55
 900 1x{4 x 100 on 1:40 Pulls BWFPF
 {3 x 100 on 1:35 Pulls BWKPF
 {2 x 100 on 1:30 Pulls BWHPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{4 x 25 on :30 Breast TO drill w/fins
 {4 x 75 on 1:30 Breast 2X pullouts BHW
 {1 x 100 on 2:00 Breast Drill (put fins on)
 {4 x 25 on :35 Breast TO drill w/fins
 {4 x 75 on 1:25 Breast 2X pullouts BHW
 {1 x 100 on 2:00 Breast Drill (put fins on)
 {4 x 25 on :40 Breast TO drill w/fins
 {4 x 75 on 1:20 Breast 2X pullouts BHW
 {1 x 100 on 2:00 Breast Drill (put fins on)
 {4 x 25 on :45 Breast TO drill w/fins
 {2 x 75 on 1:15 Breast 2X pullouts BHW
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 5,450 Yards - Stress Value = 66

Workout #9400 - Thursday, 28 July 2011

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Stretch
 400 1 x 400 on 7:00 Choice
 150 10 x 15 on :45 Shooters
 1,350 3x{1 x 50 on 1:00 Kick Free-100%
 {1 x 25 on :30 Free breathe on 3-100%
 {1 x 25 on 1:30 Ez-Free
 {1 x 75 on 1:30 Kick Free-100%
 {1 x 25 on :30 Free breathe on 5-100%
 {1 x 50 on 1:30 Ez-Free
 {1 x 100 on 2:00 Kick-Free-100%
 {1 x 25 on :30 Free breathe on 7-100%
 {1 x 75 on 1:30 Ez-Free
 1,400 1x{1 x 100 on 1:40 14 strokes per length (spl)
 {1 x 100 on 1:40 75-14 spl /25-12 spl
 {1 x 100 on 1:40 50-14 spl/50-12 spl
 {1 x 100 on 1:40 25-14 spl/ 75-12 spl

Workout #9401 - Thursday, 28 July 2011

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Stretch
 400 1 x 400 on 7:00 Choice
 150 10 x 15 on :45 Shooters
 1,200 3x{1 x 50 on 1:05 Kick Free-100%
 {1 x 25 on :30 Free breathe on 3-100%
 {1 x 25 on 1:30 Ez-Free
 {1 x 75 on 1:40 Kick Free-100%
 {1 x 25 on :30 Free breathe on 5-100%
 {1 x 50 on 1:30 Ez-Free
 {1 x 100 on 2:15 Kick-Free-100%
 {1 x 25 on :30 Free breathe on 7-100%
 {1 x 25 on 1:00 Ez-Free
 1,200 1x{1 x 100 on 1:50 14 strokes per length (spl)
 {1 x 100 on 1:50 75-14 spl /25-12 spl
 {1 x 100 on 1:50 50-14 spl/50-12 spl
 {1 x 100 on 1:50 25-14 spl/ 75-12 spl
 {1 x 100 on 1:50 12 strokes per length
 {1 x 100 on 1:45 14 strokes per length (spl)
 {1 x 100 on 1:45 75-14 spl /25-12 spl
 {1 x 100 on 1:45 50-14 spl/50-12 spl
 {1 x 100 on 1:45 25-14 spl/ 75-12 spl
 {1 x 100 on 1:45 12 strokes per length
 {1 x 100 on 1:40 14 strokes per length (spl)
 {1 x 100 on 1:40 12 strokes per length
 300 6 x 50 on 1:00 Stroke Drills
 6:30 PM 3,250 Yards - Stress Value = 53

{4 x 25 on :45 Breast TO drill w/fins
 {4 x 75 on 1:35 Breast 2X pullouts BHW
 {1 x 50 on 1:30 Breast Drill (put fins on)
 {4 x 25 on :45 Breast TO drill w/fins
 {4 x 75 on 1:30 Breast 2X pullouts BHW
 {1 x 50 on 1:30 Breast Drill (put fins on)
 {4 x 25 on :45 Breast TO drill w/fins
 10 x 50 on 1:00 Stroke Drills
 9:31 AM 4,950 Yards - Stress Value = 62

Workout #9402 - Thursday, 28 July 2011

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Stretch
 350 1 x 350 on 7:00 Choice
 150 10 x 15 on :45 Shooters
 1,200 3x{1 x 50 on 1:10 Kick Free-100%
 {1 x 25 on :30 Free breathe on 3-100%
 {1 x 25 on 1:30 Ez-Free
 {1 x 75 on 1:45 Kick Free-100%
 {1 x 25 on :30 Free breathe on 5-100%
 {1 x 50 on 1:30 Ez-Free
 {1 x 100 on 2:20 Kick-Free-100%
 {1 x 25 on :30 Free breathe on 7-100%
 {1 x 25 on :45 Ez-Free
 1,100 1x{1 x 100 on 2:00 14 strokes per length (spl)
 {1 x 100 on 2:00 75-14 spl /25-12 spl
 {1 x 100 on 2:00 50-14 spl/50-12 spl
 {1 x 100 on 2:00 25-14 spl/ 75-12 spl
 {1 x 100 on 2:00 12 strokes per length
 {1 x 100 on 1:55 14 strokes per length (spl)
 {1 x 100 on 1:55 75-14 spl /25-12 spl
 {1 x 100 on 1:55 50-14 spl/50-12 spl
 {1 x 100 on 1:55 25-14 spl/ 75-12 spl
 {1 x 100 on 1:55 12 strokes per length
 {1 x 50 on :55 14 strokes per length (spl)
 {1 x 50 on :50 12 strokes per length
 300 6 x 50 on 1:00 Stroke Drills
 6:30 PM 3,100 Yards - Stress Value = 51

Workout #9398 - Thursday, 28 July 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Ball Abs
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 1,350 1x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:30 Kick-all under 2:10
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:25 Kick-all under 2:10
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:20 Kick-all under 2:10
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {1 x 50 on 1:00 Kick-all under :55
 800 1x{3 x 100 on 1:55 Pulls BWFPF
 {2 x 100 on 1:50 Pulls BWKPF
 {2 x 100 on 1:45 Pulls BWHPF
 {1 x 100 on 1:40 Pulls BWSPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{4 x 25 on :45 Breast TO drill w/fins
 {4 x 75 on 1:40 Breast 2X pullouts BHW
 {1 x 50 on 1:30 Breast Drill (put fins on)

Workout #9399 - Thursday, 28 July 2011

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Stretch
 400 1 x 400 on 7:00 Choice
 150 10 x 15 on :45 Shooters
 1,350 3x{1 x 50 on 1:00 Kick Free-100%
 {1 x 25 on :30 Free breathe on 3-100%
 {1 x 25 on 1:30 Ez-Free
 {1 x 75 on 1:30 Kick Free-100%
 {1 x 25 on :30 Free breathe on 5-100%
 {1 x 50 on 1:30 Ez-Free
 {1 x 100 on 2:00 Kick-Free-100%
 {1 x 25 on :30 Free breathe on 7-100%
 {1 x 75 on 1:30 Ez-Free
 1,500 1x{1 x 100 on 1:30 14 strokes per length (spl)
 {1 x 100 on 1:30 75-14 spl /25-12 spl
 {1 x 100 on 1:30 50-14 spl/50-12 spl
 {1 x 100 on 1:30 25-14 spl/ 75-12 spl
 {1 x 100 on 1:30 12 strokes per length
 {1 x 100 on 1:25 14 strokes per length (spl)
 {1 x 100 on 1:25 75-14 spl /25-12 spl
 {1 x 100 on 1:25 50-14 spl/50-12 spl
 {1 x 100 on 1:25 25-14 spl/ 75-12 spl
 {1 x 100 on 1:25 12 strokes per length
 {1 x 100 on 1:20 14 strokes per length (spl)
 {1 x 100 on 1:20 75-14 spl /25-12 spl
 {1 x 100 on 1:20 50-14 spl/50-12 spl
 {1 x 100 on 1:20 25-14 spl/ 75-12 spl
 {1 x 100 on 1:20 12 strokes per length
 300 6 x 50 on 1:00 Stroke Drills
 6:30 PM 3,700 Yards - Stress Value = 56

{4 x 75 on 1:35 Breast 2X pullouts BHW
 {1 x 100 on 2:30 Breast Drill (put fins on)
 {4 x 25 on :45 Breast TO drill w/fins
 {4 x 75 on 1:30 Breast 2X pullouts BHW
 {1 x 100 on 2:30 Breast Drill (put fins on)
 {4 x 25 on :45 Breast TO drill w/fins
 {4 x 75 on 1:25 Breast 2X pullouts BHW
 10 x 50 on 1:00 Stroke Drills
 7:28 PM 4,850 Yards - Stress Value = 64

Workout #9405 - Friday, 29 July 2011

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Balls
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 900 1x{3 x 100 on 1:25 2 strokes fly off walls
 {3 x 100 on 1:20 2 strokes fly off walls
 {3 x 100 on 1:15 2 strokes fly off walls
 1,400 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:45 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:25 3 strokes fly off walls
 {3 x 100 on 1:20 3 strokes fly off walls
 {3 x 100 on 1:15 3 strokes fly off walls
 1,300 13 x 100 on 1:20 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:25 4 strokes fly off walls
 {3 x 100 on 1:20 4 strokes fly off walls
 {3 x 100 on 1:15 4 strokes fly off walls
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 6,850 Yards - Stress Value = 101

Workout #9403 - Thursday, 28 July 2011

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Ball Abs
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:20 Kick-all under 2:00
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:15 Kick-all under 2:00
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:10 Kick-all under 2:00
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:05 Kick-all under 1:55
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{4 x 25 on :45 Breast TO drill w/fins
 {4 x 75 on 1:40 Breast 2X pullouts BHW
 {1 x 100 on 2:30 Breast Drill (put fins on)
 {4 x 25 on :45 Breast TO drill w/fins

Workout #9406 - Friday, 29 July 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Balls
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 1x{3 x 100 on 1:35 2 strokes fly off walls
 {3 x 100 on 1:30 2 strokes fly off walls
 {2 x 100 on 1:25 2 strokes fly off walls
 1,250 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {5 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{3 x 100 on 1:35 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
 1,100 11 x 100 on 1:30 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{3 x 100 on 1:35 4 strokes fly off walls
 {3 x 100 on 1:30 4 strokes fly off walls
 {2 x 100 on 1:25 4 strokes fly off walls
 500 10 x 50 on 1:00 Stroke Drills
 9:33 AM 6,200 Yards - Stress Value = 90

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Balls
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 1x{2 x 100 on 2:00 2 strokes fly off walls
 {2 x 100 on 1:55 2 strokes fly off walls
 {2 x 100 on 1:50 2 strokes fly off walls
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{2 x 100 on 2:00 3 strokes fly off walls
 {2 x 100 on 1:55 3 strokes fly off walls
 {2 x 100 on 1:50 3 strokes fly off walls
 800 8 x 100 on 1:50 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{2 x 100 on 2:00 4 strokes fly off walls
 {2 x 100 on 1:55 4 strokes fly off walls
 {2 x 100 on 1:50 4 strokes fly off walls
 500 10 x 50 on 1:00 Stroke Drills
 9:28 AM 5,050 Yards - Stress Value = 72

Workout #9407 - Friday, 29 July 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Physio Balls
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 700 1x{2 x 100 on 1:45 2 strokes fly off walls
 {2 x 100 on 1:40 2 strokes fly off walls
 {3 x 100 on 1:35 2 strokes fly off walls
 1,200 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:05 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{2 x 100 on 1:45 3 strokes fly off walls
 {2 x 100 on 1:40 3 strokes fly off walls
 {3 x 100 on 1:35 3 strokes fly off walls
 1,000 10 x 100 on 1:40 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{2 x 100 on 1:45 4 strokes fly off walls
 {2 x 100 on 1:40 4 strokes fly off walls
 {3 x 100 on 1:35 4 strokes fly off walls
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,700 Yards - Stress Value = 82

Workout #9414 - Monday, 01 August 2011

Age Group - Taper 3

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS and Core
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{3 x 150 on 2:30 Freestyle
 {3 x 150 on 2:25 Freestyle
 {3 x 150 on 2:20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:23 AM 2,650 Yards - Stress Value = 41

Workout #9408 - Friday, 29 July 2011

Group 3 - Bronze

Workout #9409 - Monday, 01 August 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	V
7:00 AM Start			
600	1 on 45:00 Dryland and stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
200	8 x 25 on 2:00 Freestyle OTB-walkbacks	SP2	
2,250	1x{1 x 50 on 1:00 Kick	EN1	
	{1 x 100 on 2:00 Kick-100%	EN3	
	{2 x 75 on 1:25 Kick	EN1	
	{1 x 100 on 2:00 Kick-100%	EN3	
	{3 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 2:00 Kick-100%	EN3	
	{4 x 125 on 2:15 Kick	EN2	
	{1 x 100 on 2:00 Kick-100%	EN3	
	{5 x 150 on 2:40 Kick	EN2	
	{1 x 100 on 2:00 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:00 AM 3,300 Yards - Stress Value = 83			

Yards	Set Description	EGY	V
7:00 AM Start			
550	1 on 45:00 Dryland and stretch		
200	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
1,650	8 x 25 on 2:00 Freestyle OTB-walkbacks	SP2	
	1x{1 x 50 on 1:15 Kick	EN1	
	{1 x 100 on 2:45 Kick-100%	EN3	
	{2 x 75 on 1:50 Kick	EN1	
	{1 x 100 on 2:45 Kick-100%	EN3	
	{3 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:45 Kick-100%	EN3	
	{3 x 125 on 3:05 Kick	EN2	
	{1 x 100 on 2:45 Kick-100%	EN3	
	{2 x 150 on 3:40 Kick	EN2	
	{1 x 75 on 2:00 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:00 AM 2,650 Yards - Stress Value = 70			

Workout #9413 - Monday, 01 August 2011

Group 3 - Taper 3

1 minute rest between sets

Yards	Set Description	EGY	V
7:00 AM Start			
600	1 on 45:00 Dryland and stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
200	8 x 25 on 2:00 Freestyle OTB-walkbacks	SP2	
2,000	1x{1 x 50 on 1:00 Kick	EN1	
	{1 x 100 on 2:15 Kick-100%	EN3	
	{2 x 75 on 1:30 Kick	EN1	
	{1 x 100 on 2:15 Kick-100%	EN3	
	{3 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:15 Kick-100%	EN3	
	{4 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:15 Kick-100%	EN3	
	{4 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:15 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:00 AM 3,050 Yards - Stress Value = 78			

Yards	Set Description	EGY	V
7:00 AM Start			
400	1 on 25:00 DS and Core		
150	1 x 400 on 7:00 Swim-kick-pull-swim		
800	10 x 15 on :45 Shooters		
	2x{4 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:30 Kick		
	{1 x 100 on 1:35 Kick		
	{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		
1,800	1x{3 x 150 on 1:55 Freestyle		
	{3 x 150 on 1:50 Freestyle		
	{3 x 150 on 1:45 Freestyle		
	{3 x 150 on 1:40 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
8:28 AM 3,500 Yards - Stress Value = 58			

Workout #9415 - Monday, 01 August 2011

Group 3 - Taper 3

1 minute rest between sets

Yards	Set Description	EGY	V
7:00 AM Start			
550	1 on 45:00 Dryland and stretch		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
200	8 x 25 on 2:00 Freestyle OTB-walkbacks	SP2	
1,850	1x{1 x 50 on 1:05 Kick	EN1	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{2 x 75 on 1:40 Kick	EN1	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{2 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{4 x 125 on 2:45 Kick	EN2	
	{1 x 100 on 2:30 Kick-100%	EN3	
	{3 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:30 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:00 AM 2,850 Yards - Stress Value = 75			

Yards	Set Description	EGY	V
5:00 PM Start			
600	1 on 10:00 Dynamic Stretch		
150	1 x 600 on 10:00 Choice		
250	10 x 15 on :45 Shooters		
250	1 x 250 on 5:00 Kick-no board		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
200	1 x 200 on 5:00 Individual Medley		
	Break at each 50 Rest		
	10-20-30 seconds		
250	1 x 250 on 4:00 Stroke Drills		
5:50 PM 1,550 Yards - Stress Value = 28			

Workout #9412 - Monday, 01 August 2011

Group 3 - Bronze

1 minute rest between sets

Workout #9421 - Tuesday, 02 August 2011

Age Group - Taper 3

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 on 25:00 DS and Abs
150	1 x 400 on 7:00 Underwater trn drill
300	10 x 15 on :45 Shooters
120	3 x 100 on 1:50 Kick
120	1x{1 x 30 on :30 Kick
	{1 x 30 on :35 Kick
	{1 x 30 on :40 Kick
	{1 x 30 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
1,150	1x{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 50 on 1:00 Backstroke Drill
	{2 x 75 on 1:20 Backstroke
	{2 x 75 on 1:15 Backstroke
	{2 x 75 on 1:10 Backstroke
	{1 x 50 on 1:00 Backstroke Drill
	{4 x 50 on :50 Backstroke
250	1 x 250 on 4:00 Stroke Drills
8:22 AM	2,470 Yards - Stress Value = 35

Workout #9416 - Tuesday, 02 August 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 45:00 Circuit and Stretch
160	1 x 600 on 10:00 Underwater trn drill
2,000	8 x 20 on 2:00 Running pit sprints w/ turn
	5x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on :50 Kick
	{1 x 50 on :49 Kick
	{1 x 50 on :48 Kick
	{1 x 50 on :47 Kick
	{1 x 50 on :46 Kick
	{1 x 50 on 2:00 25 streamline kick/no breath
	{ between flags and wall-25 100% breathe on 6
200	1 x 200 on 3:00 Stroke Drills
9:02 AM	2,960 Yards - Stress Value = 63

Workout #9417 - Tuesday, 02 August 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 45:00 Circuit and Stretch
160	1 x 600 on 10:00 Underwater trn drill
1,750	8 x 20 on 2:00 Running pit sprints w/ turn
	5x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on :55 Kick
	{1 x 50 on :54 Kick
	{1 x 50 on :53 Kick
	{1 x 50 on :52 Kick
	{1 x 50 on 2:26 25 streamline kick/no breath
	{ between flags and wall-25 100% breathe on 6
200	1 x 200 on 3:00 Stroke Drills
9:02 AM	2,710 Yards - Stress Value = 58

Workout #9418 - Tuesday, 02 August 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 45:00 Circuit and Stretch
160	1 x 550 on 10:00 Underwater trn drill
1,750	8 x 20 on 2:00 Running pit sprints w/ turn
	5x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{1 x 50 on :59 Kick
	{1 x 50 on :58 Kick
	{1 x 50 on :57 Kick
	{1 x 50 on 2:06 25 streamline kick/no breath
	{ between flags and wall-25 100% breathe on 6
200	1 x 200 on 3:00 Stroke Drills
9:02 AM	2,660 Yards - Stress Value = 58

Workout #9419 - Tuesday, 02 August 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 45:00 Circuit and Stretch
160	1 x 500 on 10:00 Underwater trn drill
1,500	8 x 20 on 2:00 Running pit sprints w/ turn
	5x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Kick
	{1 x 50 on 1:14 Kick
	{1 x 50 on 1:13 Kick
	{1 x 50 on 2:18 25 streamline kick/no breath
	{ between flags and wall-25 100% breathe on 6
200	1 x 200 on 3:00 Stroke Drills
9:02 AM	2,360 Yards - Stress Value = 53

Workout #9420 - Tuesday, 02 August 2011

Group 3 - Taper 3

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 on 25:00 DS and Abs
150	1 x 400 on 7:00 Underwater trn drill
300	10 x 15 on :45 Shooters
300	3 x 100 on 1:25 Kick
300	1x{4 x 30 on :30 Kick
	{3 x 30 on :35 Kick
	{2 x 30 on :40 Kick
	{1 x 30 on :45 Kick
500	1 x 500 on 6:30 Pulls Alt 100's 25 br to lef
	50 br on 3-5-7-9-11, 25 br to right
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{1 x 100 on 1:10 Backstroke
	{1 x 100 on 1:05 Backstroke
	{1 x 100 on 1:30 Backstroke Drill
	{1 x 75 on 1:05 Backstroke
	{1 x 75 on 1:00 Backstroke
	{1 x 75 on :55 Backstroke
	{1 x 75 on :50 Backstroke
	{1 x 100 on 1:30 Backstroke Drill
	{3 x 50 on :45 Backstroke
	{3 x 50 on :40 Backstroke
	{3 x 50 on :35 Backstroke
250	1 x 250 on 4:00 Stroke Drills
8:32 AM	3,450 Yards - Stress Value = 50

Workout #9427 - Wednesday, 03 August 2011

Age Group - Taper 3

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS-Shoulders
 400 1 x 400 on 7:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :45 Kick no board B 10+1
 {1 x 150 on 2:45 Kick
 {4 x 25 on :45 Kick no board S 10+1
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board LR 10+1
 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{3 x 50 on :55 Breast descend
 {1 x 150 on 2:50 Breaststroke
 {3 x 50 on :55 Breast descend
 {1 x 125 on 2:20 Breaststroke
 {3 x 50 on :55 Breast descend
 {1 x 100 on 1:55 Breaststroke
 {3 x 50 on :55 Breast descend
 {1 x 75 on 1:25 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:26 AM 2,500 Yards - Stress Value = 62

{1 on 1:00 Rest
 {1 x 100 on 1:20 Kick w/fins
 350 7 x 50 on 1:00 Stroke Drills
 9:01 AM 3,815 Yards - Stress Value = 76

Workout #9424 - Wednesday, 03 August 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Plyometrics
 575 1 x 575 on 10:00 Free L.25 of each 100 Non F
 240 8 x 30 on 2:00 15 undrwtr fly kick/15 fly
 2,400 1x{7 x 100 on 1:30 Kick w/fins
 {1 on 1:00 Rest
 {6 x 100 on 1:30 Kick w/fins
 {1 on 1:00 Rest
 {5 x 100 on 1:30 Kick w/fins
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Kick w/fins
 {1 on 1:00 Rest
 {1 x 100 on 1:30 Kick w/fins
 {1 on 1:00 Rest
 {1 x 100 on 1:20 Kick w/fins
 350 7 x 50 on 1:00 Stroke Drills
 9:02 AM 3,565 Yards - Stress Value = 72

Workout #9422 - Wednesday, 03 August 2011

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Plyometrics
 625 1 x 625 on 10:00 Free L.25 of each 100 non f
 240 8 x 30 on 2:00 15 undrwtr fly kick/15 fly
 2,800 1x{7 x 100 on 1:10 Kick w/fins
 {1 on 1:00 Rest
 {6 x 100 on 1:10 Kick w/fins
 {1 on 1:00 Rest
 {5 x 100 on 1:10 Kick w/fins
 {1 on 1:00 Rest
 {4 x 100 on 1:10 Kick w/fins
 {1 on 1:00 Rest
 {3 x 100 on 1:10 Kick w/fins
 {1 on 1:00 Rest
 {2 x 100 on 1:10 Kick w/fins
 {1 on 1:00 Rest
 {1 x 100 on 1:10 Kick w/fins
 350 7 x 50 on 1:00 Stroke Drills
 9:00 AM 4,015 Yards - Stress Value = 80

Workout #9425 - Wednesday, 03 August 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Plyometrics
 525 1 x 525 on 10:00 Free L.25 of each 100 Non F
 240 8 x 30 on 2:00 15 undrwtr fly kick/15 fly
 2,200 1x{7 x 100 on 1:40 Kick w/fins
 {1 on 1:00 Rest
 {6 x 100 on 1:40 Kick w/fins
 {1 on 1:00 Rest
 {5 x 100 on 1:40 Kick w/fins
 {1 on 1:00 Rest
 {4 x 100 on 1:40 Kick w/fins
 350 7 x 50 on 1:00 Stroke Drills
 9:01 AM 3,315 Yards - Stress Value = 68

Workout #9423 - Wednesday, 03 August 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Plyometrics
 625 1 x 625 on 10:00 Free L.25 of each 100 non f
 240 8 x 30 on 2:00 15 undrwtr fly kick/15 fly
 2,600 1x{7 x 100 on 1:20 Kick w/fins
 {1 on 1:00 Rest
 {6 x 100 on 1:20 Kick w/fins
 {1 on 1:00 Rest
 {5 x 100 on 1:20 Kick w/fins
 {1 on 1:00 Rest
 {4 x 100 on 1:20 Kick w/fins
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Kick w/fins

Workout #9426 - Wednesday, 03 August 2011

Group 3 - Taper 3

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS-Shoulders
400	1 x 400 on 7:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :30 Kick no board B 10+1
	{1 x 150 on 2:30 Kick
	{4 x 25 on :30 Kick no board S 10+1
	{1 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board LR 10+1
	{1 x 50 on :45 Kick
600	6 x 100 on 1:15 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
1,300	1x{3 x 50 on :55 Breast hold under :35
	{1 x 150 on 2:20 Breaststroke
	{3 x 50 on :55 Breast hold under :35
	{2 x 125 on 1:55 Breaststroke
	{3 x 50 on :55 Breast hold under :35
	{3 x 100 on 1:30 Breaststroke
	{3 x 50 on :55 Breast hold under :35
250	1 x 250 on 4:00 Stroke Drills
	8:34 AM 3,400 Yards - Stress Value = 80

Workout #9433 - Thursday, 04 August 2011

Age Group - Taper 3

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS and Physio Ball Abs
400	1 x 400 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
600	1x{2 x 100 on 1:25 2 strokes fly off walls
	{2 x 100 on 1:20 2 strokes fly off walls
	{2 x 100 on 1:15 2 strokes fly off walls
400	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{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
600	1x{2 x 100 on 1:25 3 strokes fly off walls
	{2 x 100 on 1:20 3 strokes fly off walls
	{2 x 100 on 1:15 3 strokes fly off walls
250	1 x 250 on 4:00 Stroke Drills
	8:22 AM 2,500 Yards - Stress Value = 38

Workout #9428 - Thursday, 04 August 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
=====	=====	=====	=====
	1 on 45:00 DS and Circuit		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	odd 100's free even 100's back		
400	8 x 50 on 2:00 15yds jump/10 yds fly	SP2	
	25 yds backstroke-10 KOW		
2,200	1x{1 x 125 on 2:30 Kick	EN1	
	{1 x 125 on 2:20 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2	
	{1 x 75 on 1:30 Freestyle	REC	
	{1 x 100 on 2:30 IM OTB	SP2	

{1 x 125 on 2:25 Kick	EN2
{1 x 125 on 2:15 Kick	EN2
{1 x 125 on 2:05 Kick	EN2
{1 x 75 on 1:30 Freestyle	REC
{1 x 100 on 2:30 Freestyle OTB	SP2
{1 x 125 on 2:20 Kick	EN2
{1 x 125 on 2:10 Kick	EN2
{1 x 125 on 2:00 Kick	EN2
{1 x 75 on 1:30 Freestyle	REC
{1 x 100 on 2:30 IM OTB	SP2
{1 x 125 on 2:15 Kick	EN2
{1 x 125 on 2:05 Kick	EN2
{1 x 125 on 1:55 Kick	EN2
{1 x 75 on 1:30 Freestyle	REC
{1 x 100 on 2:30 Choice OTB	SP2
200 1 x 200 on 3:00 Stroke Drills	REC
9:00 AM 3,400 Yards - Stress Value = 103	

Workout #9429 - Thursday, 04 August 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
=====	=====	=====	=====
	1 on 45:00 DS and Circuit		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	odd 100's free even 100's back		
400	8 x 50 on 2:00 15yds jump/10 yds fly	SP2	
	25 yds backstroke-10 KOW		
2,125	1x{1 x 125 on 2:30 Kick	EN1	
	{1 x 125 on 2:25 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 75 on 1:40 Freestyle	REC	
	{1 x 100 on 2:30 IM OTB	SP2	
	{1 x 125 on 2:25 Kick	EN2	
	{1 x 125 on 2:20 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 75 on 1:35 Freestyle	REC	
	{1 x 100 on 2:30 Freestyle OTB	SP2	
	{1 x 125 on 2:20 Kick	EN2	
	{1 x 125 on 2:15 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 75 on 1:35 Freestyle	REC	
	{1 x 100 on 2:30 IM OTB	SP2	
	{1 x 125 on 2:15 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2	
	{1 x 125 on 1:45 Kick	EN2	
	{1 x 75 on 1:25 Freestyle	REC	
	{1 x 100 on 2:30 Choice OTB	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM 3,325 Yards - Stress Value = 103			

Workout #9430 - Thursday, 04 August 2011

Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WC
=====	=====	====	==
	1 on 45:00 DS and Circuit		
550	1 x 550 on 10:00 Underwater trn drill odd 100's free even 100's back	REC	
400	8 x 50 on 2:00 15yds jump/10 yds fly 25 yds backstroke-10 KOW	SP2	
2,000	1x{1 x 125 on 2:45 Kick 1 x 125 on 2:40 Kick 1 x 75 on 1:35 Kick 1 x 75 on 1:30 Freestyle 1 x 100 on 2:30 IM OTB 1 x 125 on 2:40 Kick 1 x 125 on 2:35 Kick 1 x 75 on 1:30 Kick 1 x 75 on 1:30 Freestyle 1 x 100 on 2:30 Freestyle OTB 1 x 125 on 2:35 Kick 1 x 125 on 2:30 Kick 1 x 75 on 1:25 Kick 1 x 75 on 1:30 Freestyle 1 x 100 on 2:30 IM OTB 1 x 125 on 2:30 Kick 1 x 125 on 2:25 Kick 1 x 75 on 1:25 Kick 1 x 75 on 1:25 Freestyle 1 x 100 on 2:30 Choice OTB	EN1 EN2 EN2 REC SP2 EN2 EN2 EN2 REC SP2 EN2 EN2 EN2 REC SP2 EN2 EN2 EN2 REC SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 3,150 Yards - Stress Value = 103		

Workout #9431 - Thursday, 04 August 2011

Group 3 - Bronze

1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WC
=====	=====	====	==
	1 on 45:00 DS and Circuit		
500	1 x 500 on 10:00 Underwater trn drill odd 100's free even 100's back	REC	
400	8 x 50 on 2:00 15yds jump/10 yds fly 25 yds backstroke-10 KOW	SP2	
1,700	1x{1 x 100 on 2:30 Kick 1 x 100 on 2:25 Kick 1 x 100 on 2:20 Kick 1 x 50 on 1:15 Freestyle 1 x 100 on 2:30 IM OTB 1 x 100 on 2:30 Kick 1 x 100 on 2:25 Kick 1 x 100 on 2:20 Kick 1 x 50 on 1:00 Freestyle 1 x 100 on 2:30 Freestyle OTB 1 x 100 on 2:30 Kick 1 x 100 on 2:25 Kick 1 x 100 on 2:20 Kick 1 on :45 Rest 1 x 100 on 2:30 IM OTB 1 x 100 on 2:30 Kick 1 x 100 on 2:25 Kick 1 x 100 on 2:20 Kick 1 on :30 Rest 1 x 100 on 2:30 Choice OTB	EN1 EN2 EN2 REC SP2 EN2 EN2 EN2 REC SP2 EN2 EN2 EN2 EN2 SP2 EN2 EN2 EN2 SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 2,800 Yards - Stress Value = 103		

Workout #9432 - Thursday, 04 August 2011

Group 3 - Taper 3

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 25:00 DS and Physio Ball Abs
400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
900	1x{3 x 100 on 1:25 2-3-4 strokes fly off walls 3 x 100 on 1:20 2-3-4 strokes fly off walls 3 x 100 on 1:15 2-3-4 strokes fly off walls
500	1x{4 x 25 on :45 Kick no board BSLR 1 x 100 on 1:30 Kick 4 x 25 on :45 Kick no board BSLR 2 x 100 on 1:35 Kick
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 1:25 3-4-5 strokes fly off walls 3 x 100 on 1:20 3-4-5 strokes fly off walls 3 x 100 on 1:15 3-4-5 strokes fly off walls
500	10 x 50 on 1:00 Stroke Drills
	8:37 AM 3,450 Yards - Stress Value = 52

Workout #9434 - Friday, 05 August 2011

Group 3 - All

1 minute rest between sets

Yards	7:00 AM Start Set Description	F
=====	=====	=
	1 on 45:00 DS and Dryland	
600	1 x 600 on 10:00 Reverse IM drill	F
400	1 x 400 on 8:00 4X100 Kick @fastest interval	F
240	8 x 30 on 2:00 Relay Starts	S
400	1 x 400 on 8:00 4X100 Kick @fastest interval	F
800	1 x 800 on 16:00 Vertical Kick w/weight belts	F
400	1 x 400 on 8:00 4X100 Kick @ fastest interval	F
250	1 x 250 on 4:00 Stroke Drills	F
	9:01 AM 3,090 Yards - Stress Value = 50	

Workout #9435 - Friday, 05 August 2011

Group 3 - Taper 3

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 15:00 Dynamic Stretch
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
350	1x{1 x 125 on 2:20 Kick 1 x 100 on 1:50 Kick 1 x 75 on 1:20 Kick 1 x 50 on :50 Kick
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{8 x 25 on :30 IM order 2 x 50 on 1:00 Butterfly Drills 1 x 100 on 1:30 Butterfly 8 x 25 on :30 IM order 2 x 50 on 1:00 Back Drill 1 x 100 on 1:25 Backstroke 8 x 25 on :30 IM order 2 x 50 on 1:00 Breast Drill 1 x 100 on 1:35 Breaststroke 8 x 25 on :30 IM order 2 x 50 on 1:00 Free Drills 1 x 100 on 1:20 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	8:31 AM 3,400 Yards - Stress Value = 26

Workout #9436 - Monday, 08 August 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC
200	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
2,200	1x{1 x 150 on 2:45 Kick	EN1
	{1 x 50 on 1:00 Kick-100%	EN3
	{2 x 150 on 2:40 Kick	EN1
	{2 x 50 on 1:00 Kick-100%	EN3
	{3 x 150 on 2:35 Kick	EN2
	{3 x 50 on 1:00 Kick-100%	EN3
	{4 x 150 on 2:30 Kick	EN2
	{4 x 50 on 1:00 Kick-100%	EN3
	{1 x 200 on 3:00 Freestyle-EZ	REC
100	1 x 100 on 2:00 Kick for time	SP2
250	1 x 250 on 4:00 Stroke Drills	REC
9:00 AM 3,350 Yards - Stress Value = 86		

Yards	Set Description	EGY
7:00 AM Start		
500	1 on 45:00 DS and Dryland	
200	1 x 500 on 10:00 Swim-kick-pull-swim	REC
1,650	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
	1x{1 x 100 on 2:30 Kick	EN1
	{1 x 50 on 1:15 Kick-100%	EN3
	{2 x 100 on 2:25 Kick	EN1
	{2 x 50 on 1:15 Kick-100%	EN3
	{3 x 100 on 2:20 Kick	EN2
	{3 x 50 on 1:15 Kick-100%	EN3
	{4 x 100 on 2:15 Kick	EN2
	{3 x 50 on 1:15 Kick-100%	EN3
	{1 x 200 on 4:00 Freestyle-EZ	REC
100	1 x 100 on 2:00 Kick for time	SP2
250	1 x 250 on 4:00 Stroke Drills	REC
9:00 AM 2,700 Yards - Stress Value = 74		

Workout #9440 - Tuesday, 09 August 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC
200	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
2,000	1x{1 x 150 on 3:00 Kick	EN1
	{1 x 50 on 1:00 Kick-100%	EN3
	{2 x 150 on 2:55 Kick	EN1
	{2 x 50 on 1:00 Kick-100%	EN3
	{3 x 150 on 2:50 Kick	EN2
	{3 x 50 on 1:00 Kick-100%	EN3
	{4 x 100 on 1:50 Kick	EN2
	{4 x 50 on 1:00 Kick-100%	EN3
	{1 x 200 on 4:00 Freestyle-EZ	REC
100	1 x 100 on 2:00 Kick for time	SP2
250	1 x 250 on 4:00 Stroke Drills	REC
9:00 AM 3,150 Yards - Stress Value = 82		

Yards	Set Description	EGY
7:00 AM Start		
600	1 on 45:00 DS and Circuit	
360	1 x 600 on 10:00 Underwater trn drill	
1,800	1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`	
	{1 on 2:00 Rotate put on/remover fins	
	{8 x 20 on 1:00 Cross pool underwater fly kic	
	1x{4 x 25 on :45 Kick no board BSLR 10 KOW	
	{1 x 100 on 1:45 Kick	
	{1 x 100 on 1:40 Kick	
	{1 x 100 on 1:35 Kick	
	{1 x 50 on 1:30 EZ free put on fins	
	{4 x 25 on :45 Kick no board BSLR 11 KOW	
	{1 x 100 on 1:40 Kick	
	{1 x 100 on 1:35 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 50 on 1:30 EZ free put on fins	
	{4 x 25 on :45 Kick no board BSLR 12 KOW	
	{1 x 100 on 1:35 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:25 Kick	
	{1 x 50 on 1:30 EZ free put on fins	
	{4 x 25 on :45 Kick no board BSLR 13 KOW	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:25 Kick	
	{1 x 100 on 1:20 Kick	
	{1 x 50 on 1:30 EZ free put fins on	
100	1 x 100 on 2:00 Kick for time w/flippers	
250	1 x 250 on 4:00 Stroke Drills	
9:00 AM 3,110 Yards - Stress Value = 59		

Workout #9438 - Monday, 08 August 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC
200	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
1,800	1x{1 x 125 on 2:45 Kick	EN1
	{1 x 50 on 1:10 Kick-100%	EN3
	{2 x 125 on 2:40 Kick	EN1
	{2 x 50 on 1:10 Kick-100%	EN3
	{3 x 125 on 2:35 Kick	EN2
	{3 x 50 on 1:10 Kick-100%	EN3
	{4 x 100 on 2:00 Kick	EN2
	{3 x 50 on 1:10 Kick-100%	EN3
	{1 x 200 on 4:00 Freestyle-EZ	REC
100	1 x 100 on 2:00 Kick for time	SP2
250	1 x 250 on 4:00 Stroke Drills	REC
9:00 AM 2,900 Yards - Stress Value = 76		

Workout #9439 - Monday, 08 August 2011

Group 3 - Bronze

1 minute rest between sets

Workout #9441 - Tuesday, 09 August 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Circuit
 600 1 x 600 on 10:00 Underwater trn drill
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`
 {1 on 2:00 Rotate put on/remover fins
 {8 x 20 on 1:00 Cross pool underwater fly kic
 1,600 1x{4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 11 KOW
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 13 KOW
 {1 x 100 on 1:45 Kick
 {1 x 50 on 1:30 EZ free put fins on
 100 1 x 100 on 2:00 Kick for time w/flippers
 250 1 x 250 on 4:00 Stroke Drills
 9:00 AM 2,910 Yards - Stress Value = 55

Workout #9442 - Tuesday, 09 August 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Circuit
 550 1 x 550 on 10:00 Underwater trn drill
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`
 {1 on 2:00 Rotate put on/remover fins
 {8 x 20 on 1:00 Cross pool underwater fly kic
 1,550 1x{4 x 25 on :45 Kick no board BSLR 10 KOW
 {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 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 11 KOW
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 13 KOW
 {1 x 100 on 1:55 Kick
 {1 on :30 put fins on
 100 1 x 100 on 2:00 Kick for time w/flippers
 250 1 x 250 on 4:00 Stroke Drills
 9:00 AM 2,810 Yards - Stress Value = 55

Workout #9443 - Tuesday, 09 August 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards Set Description
 =====
 1 on 45:00 DS and Circuit
 500 1 x 500 on 10:00 Underwater trn drill
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`
 {1 on 2:00 Rotate put on/remover fins
 {8 x 20 on 1:00 Cross pool underwater fly kic
 1,400 1x{4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 11 KOW
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {2 x 25 on :45 Kick no board BS 13 KOW
 100 1 x 100 on 2:00 Kick for time w/flippers
 250 1 x 250 on 4:00 Stroke Drills
 8:59 AM 2,610 Yards - Stress Value = 52

Workout #9444 - Wednesday, 10 August 2011

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Plyometrics
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 240 8 x 30 on 2:00 Running Pit Springs
 2,000 1x{1 x 50 on 1:15 Tombstone Kicking
 {1 x 75 on 1:30 Kick
 {1 x 75 on 1:30 Kick
 {2 x 50 on 1:10 Tombstone Kicking
 {2 x 75 on 1:25 Kick
 {2 x 75 on 1:25 Kick
 {3 x 50 on 1:05 Tombstone Kicking
 {3 x 75 on 1:20 Kick
 {3 x 75 on 1:20 Kick
 {4 x 50 on 1:00 Tombstone Kicking
 {4 x 75 on 1:15 Kick
 {4 x 75 on 1:15 Kick
 400 8 x 50 on 1:00 Stroke Drills
 9:00 AM 3,240 Yards - Stress Value = 50

Workout #9445 - Wednesday, 10 August 2011

Group 3 - Gold

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 45:00 DS and Plyometrics
600	1 x 600 on 10:00 Free L.25 of each 100 non f
240	8 x 30 on 2:00 Running Pit Springs
1,850	1x{1 x 50 on 1:20 Tombstone Kicking
	{1 x 75 on 1:35 Kick
	{1 x 75 on 1:35 Kick
	{2 x 50 on 1:15 Tombstone Kicking
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:30 Kick
	{3 x 50 on 1:10 Tombstone Kicking
	{3 x 75 on 1:25 Kick
	{3 x 75 on 1:25 Kick
	{4 x 50 on 1:05 Tombstone Kicking
	{3 x 75 on 1:20 Kick
	{3 x 75 on 1:20 Kick
400	8 x 50 on 1:00 Stroke Drills
	9:00 AM 3,090 Yards - Stress Value = 46

Workout #9446 - Wednesday, 10 August 2011

Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 45:00 DS and Plyometrics
550	1 x 550 on 10:00 Free L.25 of each 100 non f
240	8 x 30 on 2:00 Running Pit Springs
1,650	1x{1 x 50 on 1:25 Tombstone Kicking
	{1 x 75 on 1:45 Kick
	{1 x 75 on 1:45 Kick
	{2 x 50 on 1:20 Tombstone Kicking
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:40 Kick
	{3 x 50 on 1:15 Tombstone Kicking
	{3 x 75 on 1:35 Kick
	{3 x 75 on 1:35 Kick
	{4 x 50 on 1:10 Tombstone Kicking
	{2 x 75 on 1:30 Kick
	{1 x 100 on 2:00 Kick
400	8 x 50 on 1:00 Stroke Drills
	9:00 AM 2,840 Yards - Stress Value = 43

Workout #9447 - Wednesday, 10 August 2011

Group 3 - Bronze

1 minute rest between sets

Yards	7:00 AM Start Set Description
=====	=====
	1 on 45:00 DS and Plyometrics
500	1 x 500 on 10:00 Free L.25 of each 100 non f
240	8 x 30 on 2:00 Running Pit Springs
1,400	1x{1 x 50 on 1:40 Tombstone Kicking
	{1 x 75 on 2:00 Kick
	{1 x 75 on 2:00 Kick
	{2 x 50 on 1:35 Tombstone Kicking
	{2 x 75 on 1:55 Kick
	{2 x 75 on 1:55 Kick
	{3 x 50 on 1:30 Tombstone Kicking
	{3 x 75 on 1:50 Kick
	{3 x 75 on 1:50 Kick
	{4 x 50 on 1:25 Tombstone Kicking
400	8 x 50 on 1:00 Stroke Drills
	9:00 AM 2,540 Yards - Stress Value = 38

Workout #9448 - Thursday, 11 August 2011

Group 3 - Platinum

1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 DS and Circuit		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
200	8 x 25 on 2:00 Fly w/fins		SP2
2,400	1x{3 x 200 on 3:00 Kick		EN2
	{1 x 300 on 6:00 Free -Ez Swim		REC
	{3 x 150 on 2:15 Kick		EN2
	{1 x 300 on 6:00 Free Ez Swim		REC
	{3 x 100 on 1:30 Kick		EN2
	{1 x 300 on 6:00 Free Ez Swim		REC
	{3 x 50 on :45 Kick		EN2
300	1 x 300 on 5:00 Stroke Drills		REC
	9:00 AM 3,500 Yards - Stress Value = 50		

Workout #9449 - Thursday, 11 August 2011

Group 3 - Gold

1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 DS and Circuit		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
200	8 x 25 on 2:00 Fly w/fins		SP2
2,250	1x{3 x 200 on 3:30 Kick		EN2
	{1 x 250 on 5:00 Free -Ez Swim		REC
	{3 x 150 on 2:35 Kick		EN2
	{1 x 250 on 5:00 Free Ez Swim		REC
	{3 x 100 on 1:45 Kick		EN2
	{1 x 250 on 5:00 Free Ez Swim		REC
	{3 x 50 on :50 Kick		EN2
300	1 x 300 on 5:00 Stroke Drills		REC
	9:00 AM 3,350 Yards - Stress Value = 50		

Workout #9450 - Thursday, 11 August 2011

Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 DS and Circuit		
550	1 x 550 on 10:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
200	8 x 25 on 2:00 Fly w/fins		SP2
2,100	1x{3 x 200 on 3:50 Kick		EN2
	{1 x 200 on 4:00 Free -Ez Swim		REC
	{3 x 150 on 2:50 Kick		EN2
	{1 x 200 on 4:00 Free Ez Swim		REC
	{3 x 100 on 1:55 Kick		EN2
	{1 x 200 on 4:00 Free Ez Swim		REC
	{3 x 50 on :55 Kick		EN2
300	1 x 300 on 5:00 Stroke Drills		REC
	9:00 AM 3,150 Yards - Stress Value = 50		

Workout #9451 - Thursday, 11 August 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY WC
=====	=====	=====
	1 on 45:00 DS and Circuit	
500	1 x 500 on 10:00 Underwater trn drill	REC
	Odd 100s free even 100's back	
200	8 x 25 on 2:00 Fly w/fins	SP2
1,850	1x{2 x 200 on 4:30 Kick	EN2
	{1 x 200 on 4:00 Free -Ez Swim	REC
	{3 x 150 on 3:25 Kick	EN2
	{1 x 200 on 4:00 Free Ez Swim	REC
	{3 x 100 on 2:15 Kick	EN2
	{1 x 200 on 4:00 Free Ez Swim	REC
	{2 x 50 on 1:05 Kick	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	9:00 AM 2,850 Yards - Stress Value = 45	

Workout #9452 - Friday, 12 August 2011

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 DS and Dryland	
600	1 x 600 on 10:00 Too complicated to type	REC
240	8 x 30 on 2:00 Alt Fly-Free over/unders	SP2
1,850	1x{4 x 25 on :30 Kick no board BSLR	EN2
	{1 x 100 on 1:30 Kick-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{6 x 25 on :35 Kick no board BSLRBS	EN2
	{2 x 100 on 1:35 Kick #2-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{8 x 25 on :40 Kick no board BSLR	EN2
	{3 x 100 on 1:40 Kick #3 100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{10 x 25 on :45 Kick no board BSLRX2LR	EN2
	{4 x 100 on 1:45 Kick #4 100%	EN2
450	1x{1 x 150 on 3:00 Freestyle	REC
	{1 x 100 on 2:00 Kick for time	SP2
	{1 x 200 on 3:00 Stroke Drills	REC
	9:00 AM 3,140 Yards - Stress Value = 54	

Workout #9453 - Friday, 12 August 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 DS and Dryland	
600	1 x 600 on 10:00 Too complicated to type	REC
240	8 x 30 on 2:00 Alt Fly-Free over/unders	SP2
1,750	1x{4 x 25 on :30 Kick no board BSLR	EN2
	{1 x 100 on 1:45 Kick-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{6 x 25 on :35 Kick no board BSLRBS	EN2
	{2 x 100 on 1:50 Kick #2-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{8 x 25 on :40 Kick no board BSLR	EN2
	{3 x 100 on 1:55 Kick #3 100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{6 x 25 on :45 Kick no board BSLRLR	EN2
	{4 x 100 on 2:00 Kick #4 100%	EN2
450	1x{1 x 150 on 3:00 Freestyle	REC
	{1 x 100 on 2:00 Kick for time	SP2
	{1 x 200 on 3:00 Stroke Drills	REC
	9:00 AM 3,040 Yards - Stress Value = 52	

Workout #9454 - Friday, 12 August 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 DS and Dryland	
550	1 x 550 on 10:00 Too complicated to type	REC
240	8 x 30 on 2:00 Alt Fly-Free over/unders	SP2
1,600	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 1:55 Kick-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:00 Kick #2-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 100 on 2:05 Kick #3 100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{6 x 25 on :45 Kick no board BSLRBS	EN2
	{4 x 100 on 2:10 Kick #4 100%	EN2
450	1x{1 x 150 on 3:00 Freestyle	REC
	{1 x 100 on 2:00 Kick for time	SP2
	{1 x 200 on 3:00 Stroke Drills	REC
	9:00 AM 2,840 Yards - Stress Value = 49	

Workout #9455 - Friday, 12 August 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 DS and Dryland	
500	1 x 500 on 10:00 Too complicated to type	REC
240	8 x 30 on 2:00 Alt Fly-Free over/unders	SP2
1,550	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:05 Kick-100%	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:10 Kick #2-100%	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 100 on 2:15 Kick #3 100%	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{4 x 100 on 2:20 Kick #4 100%	EN2
400	1x{1 x 100 on 3:00 Freestyle	REC
	{1 x 100 on 2:00 Kick for time	SP2
	{1 x 200 on 3:00 Stroke Drills	REC
	9:00 AM 2,690 Yards - Stress Value = 48	

Workout #9456 - Monday, 15 August 2011

1 minute rest between sets

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start		Yards		Set Description		EGY	WOF
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
	1 on 45:00 DS and Dryland				1 on 45:00 DS and Dryland		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
200	8 x 25 on 2:00 SCUBA Belt Sprints	SP3		200	8 x 25 on 2:00 SCUBA Belt Sprints	SP3	
2,700	1x{1 x 125 on 2:15 Kick	EN2		2,350	1x{1 x 125 on 2:40 Kick	EN2	
	{1 x 125 on 2:14 Kick	EN2			{1 x 125 on 2:39 Kick	EN2	
	{1 x 125 on 2:13 Kick	EN2			{1 x 125 on 2:38 Kick	EN2	
	{1 x 125 on 2:12 Kick	EN2			{1 x 125 on 2:37 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 2:06 Freestyle	REC			{1 x 50 on 1:06 Freestyle	REC	
	{1 x 125 on 2:11 Kick	EN2			{1 x 125 on 2:36 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2			{1 x 125 on 2:35 Kick	EN2	
	{1 x 125 on 2:09 Kick	EN2			{1 x 125 on 2:34 Kick	EN2	
	{1 x 125 on 2:08 Kick	EN2			{1 x 125 on 2:33 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 1:52 Freestyle	REC			{1 x 50 on 1:12 Freestyle	REC	
	{1 x 125 on 2:07 Kick	EN2			{1 x 125 on 2:32 Kick	EN2	
	{1 x 125 on 2:06 Kick	EN2			{1 x 125 on 2:31 Kick	EN2	
	{1 x 125 on 2:05 Kick	EN2			{1 x 125 on 2:30 Kick	EN2	
	{1 x 125 on 2:04 Kick	EN2			{1 x 125 on 2:29 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 2:08 Freestyle	REC			{1 x 50 on :58 Freestyle	REC	
	{1 x 125 on 2:03 Kick	EN2			{1 x 75 on 1:26 Kick	EN2	
	{1 x 125 on 2:02 Kick	EN2			{1 x 75 on 1:25 Kick	EN2	
	{1 x 125 on 2:01 Kick	EN2			{1 x 75 on 1:24 Kick	EN2	
	{1 x 125 on 2:00 Kick	EN2			{1 x 75 on 1:23 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC			{1 x 200 on 3:00 Stroke Drills	REC	
9:01 AM	3,500 Yards - Stress Value = 44			9:01 AM	3,100 Yards - Stress Value = 44		

Workout #9459 - Monday, 15 August 2011

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start		Yards		Set Description		EGY	WOF
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
	1 on 45:00 DS and Dryland				1 on 45:00 DS and Dryland		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
200	8 x 25 on 2:00 SCUBA Belt Sprints	SP3		200	8 x 25 on 2:00 SCUBA Belt Sprints	SP3	
2,550	1x{1 x 125 on 2:25 Kick	EN2		2,300	1x{1 x 100 on 2:15 Kick	EN2	
	{1 x 125 on 2:24 Kick	EN2			{1 x 100 on 2:14 Kick	EN2	
	{1 x 125 on 2:23 Kick	EN2			{1 x 125 on 2:13 Kick	EN2	
	{1 x 125 on 2:22 Kick	EN2			{1 x 125 on 2:12 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 2:06 Freestyle	REC			{1 x 50 on 1:21 Freestyle	REC	
	{1 x 125 on 2:21 Kick	EN2			{1 x 100 on 2:11 Kick	EN2	
	{1 x 125 on 2:20 Kick	EN2			{1 x 100 on 2:10 Kick	EN2	
	{1 x 125 on 2:19 Kick	EN2			{1 x 100 on 2:09 Kick	EN2	
	{1 x 125 on 2:18 Kick	EN2			{1 x 100 on 2:08 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 2:12 Freestyle	REC			{1 x 50 on 1:07 Freestyle	REC	
	{1 x 125 on 2:17 Kick	EN2			{1 x 100 on 2:07 Kick	EN2	
	{1 x 125 on 2:16 Kick	EN2			{1 x 100 on 2:06 Kick	EN2	
	{1 x 125 on 2:15 Kick	EN2			{1 x 100 on 2:05 Kick	EN2	
	{1 x 125 on 2:14 Kick	EN2			{1 x 100 on 2:04 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 1:58 Freestyle	REC			{1 x 50 on 1:23 Freestyle	REC	
	{1 x 100 on 1:46 Kick	EN2			{1 x 125 on 2:34 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2			{1 x 125 on 2:33 Kick	EN2	
	{1 x 100 on 1:44 Kick	EN2			{1 x 125 on 2:32 Kick	EN2	
	{1 x 50 on :52 Kick	EN2			{1 x 125 on 2:31 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC			{1 x 200 on 3:00 Stroke Drills	REC	
9:01 AM	3,350 Yards - Stress Value = 43			9:01 AM	3,000 Yards - Stress Value = 44		

Workout #9458 - Monday, 15 August 2011

Group 3 - Silver

Workout #9460 - Tuesday, 16 August 2011

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 45:00 DS and Circuit	
600	1 x 600 on 10:00 Underwater trn drill	REC
180	9 x 20 on 1:30 Running Pit Sprints	SP3
	Alt fly/brst/free-GREAT Finishes	
1,875 1x	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undwtr Fly Kick	EN2
	{3 x 100 on 2:00 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 1:50 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 1:30 Kick-descend	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 1:25 Kick	EN2
	{1 x 75 on 1:30 Freestyle	REC
100	1 x 100 on 2:00 Kick for time	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
9:01 AM 2,955 Yards - Stress Value = 39		

{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :30 Undrwtr Fly Kick	EN2
{3 x 100 on 1:50 Kick-descend	EN2
{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :30 Undrwtr Fly Kick	EN2
{1 x 100 on 1:45 Kick	EN2
{1 x 75 on 1:45 Freestyle	REC
1 x 100 on 2:00 Kick for time	EN2
1 x 200 on 3:00 Stroke Drills	REC
9:01 AM 2,755 Yards - Stress Value = 35	

Workout #9462 - Tuesday, 16 August 2011

Group 3 - Silver

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 45:00 DS and Circuit	
550	1 x 550 on 10:00 Underwater trn drill	REC
180	9 x 20 on 1:30 Running Pit Sprints	SP3
	Alt fly/brst/free-GREAT Finishes	
1,500 1x	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undwtr Fly Kick	EN2
	{3 x 100 on 2:15 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:10 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:05 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:00 Kick-descend	EN2
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{1 on :20 Freestyle	REC
	1 x 100 on 2:00 Kick for time	EN2
	1 x 200 on 3:00 Stroke Drills	REC
9:01 AM 2,530 Yards - Stress Value = 33		

Workout #9461 - Tuesday, 16 August 2011

Group 3 - Gold

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 45:00 DS and Circuit	
600	1 x 600 on 10:00 Underwater trn drill	REC
180	9 x 20 on 1:30 Running Pit Sprints	SP3
	Alt fly/brst/free-GREAT Finishes	
1,675 1x	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undwtr Fly Kick	EN2
	{3 x 100 on 2:05 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:00 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 1:55 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2

Workout #9463 - Tuesday, 16 August 2011

Group 3 - Bronze

1 minute rest between sets

Yards	7:00 AM Start	EGY	▼
=====	Set Description	=====	=====
	1 on 45:00 DS and Circuit		
500	1 x 500 on 10:00 Underwater trn drill	REC	
180	9 x 20 on 1:30 Running Pit Sprints	SP3	
	Alt fly/brst/free-GREAT Finishes		
1,440	1x{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undwtr Fly Kick	EN2	
	{3 x 100 on 2:30 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{3 x 100 on 2:25 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{3 x 100 on 2:20 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	100
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	300
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{3 x 100 on 2:15 Kick-descend	EN2	
	{1 on :20 Freestyle	REC	
100	1 x 100 on 2:00 Kick for time	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:02 AM 2,420 Yards - Stress Value = 33		

Workout #9464 - Wednesday, 17 August 2011

Group 3 - Platinum

1 minute rest between sets

Yards	7:00 AM Start
=====	Set Description
	1 on 45:00 DS and Dryland
600	1 x 600 on 10:00 Free L.25 of each 100 non f
400	8 x 50 on 2:00 Back w/fins 1st 25
	16KOW -2, 2nd 25 2KOW +2
1,900	1x{1 x 50 on :45 Kick
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{2 x 100 on 1:35 Kick
	{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 150 on 2:25 Kick
	{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
	{4 x 200 on 3:15 Kick
	{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
100	1 x 100 on 2:00 Kick for time w/fins
300	6 x 50 on 1:00 Stroke Drills
	9:00 AM 3,300 Yards - Stress Value = 72

Workout #9465 - Wednesday, 17 August 2011

Group 3 - Gold

1 minute rest between sets

Yards	7:00 AM Start
=====	Set Description
	1 on 45:00 DS and Dryland
600	1 x 600 on 10:00 Free L.25 of each 100 non f
400	8 x 50 on 2:00 Back w/fins 1st 25
	16KOW -2, 2nd 25 2KOW +2
1,850	1x{1 x 50 on :50 Kick
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{2 x 100 on 1:45 Kick
	{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 150 on 2:45 Kick
	{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
	{4 x 200 on 3:40 Kick
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	1 x 100 on 2:00 Kick for time w/fins
	6 x 50 on 1:00 Stroke Drills
	9:01 AM 3,250 Yards - Stress Value = 72

Workout #9466 - Wednesday, 17 August 2011

Group 3 - Silver

1 minute rest between sets

Yards	7:00 AM Start
=====	Set Description
	1 on 45:00 DS and Dryland
550	1 x 550 on 10:00 Free L.25 of each 100 non f
400	8 x 50 on 2:00 Back w/fins 1st 25
	16KOW -2, 2nd 25 2KOW +2
1,650	1x{1 x 50 on :55 Kick
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{2 x 100 on 2:00 Kick
	{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 150 on 3:05 Kick
	{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 200 on 4:15 Kick
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	1 x 100 on 2:00 Kick for time w/fins
	6 x 50 on 1:00 Stroke Drills
	9:01 AM 3,000 Yards - Stress Value = 68

Workout #9467 - Wednesday, 17 August 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
=====	=====	=====	=====
	1 on 45:00 DS and Dryland		
500	1 x 500 on 10:00 Free L.25 of each 100 non f		
400	8 x 50 on 2:00 Back w/fins 1st 25		
	16KOW -2, 2nd 25 2KOW +2		
1,500	1x{1 x 50 on 1:00 Kick		
	{1 x 25 on :45 Kick on left side face down		
	{1 x 25 on :45 Kick on right side face down		
	{1 x 25 on :45 Kick on left side face up		
	{1 x 25 on :45 Kick on right side face up		
	{2 x 100 on 2:10 Kick		
	{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 150 on 3:20 Kick		
	{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 200 on 4:40 Kick		
	{1 x 25 on :45 Kick on left side face down		
	{1 x 25 on :45 Kick on right side face down		
100	1 x 100 on 2:00 Kick for time w/fins		
300	6 x 50 on 1:00 Stroke Drills		
	9:00 AM 2,800 Yards - Stress Value = 65		

Workout #9468 - Thursday, 18 August 2011

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Circuit		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
2,500	1x{4 x 50 on 1:15 Tombstone kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{4 x 50 on 1:10 Tombstone Kick	EN2	
	{2 x 100 on 1:35 Kick hold under 130	EN2	
	{4 x 50 on 1:05 Tombstone Kick	EN2	
	{3 x 100 on 1:40 Kick hold under 130	EN2	
	{4 x 50 on 1:00 Tombstone Kick	EN2	
	{4 x 100 on 1:45 Kick hold under 1:30	EN2	
	{4 x 50 on :55 Tombstone Kick	EN2	
	{5 x 100 on 1:45 Kick hold under 1:30	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 3,620 Yards - Stress Value = 82		

Workout #9469 - Thursday, 18 August 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Circuit		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	

	{1 x 25 on 1:59 Freestyle	SP2	
2,250	1x{3 x 50 on 1:20 Tombstone kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{3 x 50 on 1:15 Tombstone Kick	EN2	
	{2 x 100 on 1:50 Kick hold under 145	EN2	
	{3 x 50 on 1:10 Tombstone Kick	EN2	
	{3 x 100 on 1:55 Kick hold under 145	EN2	
	{3 x 50 on 1:05 Tombstone Kick	EN2	
	{4 x 100 on 2:00 Kick hold under 145	EN2	
	{3 x 50 on 1:00 Tombstone Kick	EN2	
	{5 x 100 on 2:05 Kick hold under 145	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 3,370 Yards - Stress Value = 77		

Workout #9470 - Thursday, 18 August 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Circuit		
550	1 x 550 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
2,050	1x{3 x 50 on 1:30 Tombstone kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{3 x 50 on 1:25 Tombstone Kick	EN2	
	{2 x 100 on 2:00 Kick hold under 155	EN2	
	{3 x 50 on 1:20 Tombstone Kick	EN2	
	{3 x 100 on 2:05 Kick hold under 155	EN2	
	{2 x 50 on 1:15 Tombstone Kick	EN2	
	{4 x 100 on 2:10 Kick hold under 155	EN2	
	{2 x 50 on 1:10 Tombstone Kick	EN2	
	{4 x 100 on 2:15 Kick hold under 155	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 3,120 Yards - Stress Value = 73		

Workout #9471 - Thursday, 18 August 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Circuit		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
1,950	1x{2 x 50 on 1:30 Tombstone kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:25 Tombstone Kick	EN2	
	{2 x 100 on 2:15 Kick hold under 210	EN2	
	{2 x 50 on 1:20 Tombstone Kick	EN2	
	{3 x 100 on 2:20 Kick hold under 210	EN2	
	{2 x 50 on 1:15 Tombstone Kick	EN2	
	{4 x 100 on 2:25 Kick hold under 210	EN2	
	{3 x 50 on 1:10 Tombstone Kick	EN2	
	{4 x 100 on 2:30 Kick hold under 210	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 2,970 Yards - Stress Value = 71		

Workout #9472 - Friday, 19 August 2011

Group 3 - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 45:00 DS/Dryland/Clean/Team Mtg I
 600 1 x 600 on 10:00 Choice REC S
 90 6 x 15 on :45 Shooters SP3 S
 500 1 x 500 on 10:00 Social kick w/ 10 sec EN1 F
 sprints
 200 1 x 200 on 4:00 Freestyle REC S
 100 1 x 100 on 2:00 Kick for time SP2 S
 1 on 40:00 Water Polo
 9:00 AM 1,490 Yards - Stress Value = 19

Workout #9473 - Tuesday, 06 September 2011

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{8 x 50 on :50 Freestyle
 {6 x 50 on :45 Freestyle
 {4 x 50 on :40 Freestyle
 {2 x 50 on :35 Freestyle
 Odds breathe on 3-5, evens 4 strokes off wa
 250 1 x 250 on 5:00 Stroke Drills
 5:00 PM 2,700 Yards - Stress Value = 28

Workout #9474 - Tuesday, 06 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:05 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{6 x 50 on :55 Freestyle
 {6 x 50 on :50 Freestyle
 {4 x 50 on :45 Freestyle
 {2 x 50 on :40 Freestyle
 Odds breathe on 3-5, evens 4 strokes off wa
 250 1 x 250 on 5:00 Stroke Drills
 5:00 PM 2,550 Yards - Stress Value = 26

Workout #9475 - Tuesday, 06 September 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{6 x 50 on 1:00 Freestyle
 {4 x 50 on :55 Freestyle
 {4 x 50 on :50 Freestyle
 {2 x 50 on :45 Freestyle
 Odds breathe on 3-5, evens 4 strokes off wa
 250 1 x 250 on 5:00 Stroke Drills
 5:00 PM 2,350 Yards - Stress Value = 25

Workout #9476 - Tuesday, 06 September 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:15 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 1x{3 x 50 on 1:05 Freestyle
 {6 x 50 on 1:00 Freestyle
 {4 x 50 on :55 Freestyle
 {2 x 50 on :50 Freestyle
 Odds breathe on 3-5, evens 4 strokes off wa
 250 1 x 250 on 5:00 Stroke Drills
 5:00 PM 2,200 Yards - Stress Value = 24

Workout #9477 - Tuesday, 06 September 2011

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Core/Tm Mtg
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 750 3x{1 x 150 on 3:30 Social Kick REC
 {4 x 25 on :45 Sprint Kick EN2
 400 1x{1 x 100 on 1:00 Swim EN1
 {1 on :30 Rest REC
 {1 x 100 on 1:30 Swim EN1
 {1 on :30 Rest REC
 {1 x 100 on 2:00 Swim EN1
 {1 on :30 Rest
 {1 x 100 on 2:30 Swim EN1
 1 on 7:00 Techniques-Starts
 200 1 x 200 on 4:00 Stroke Drills REC
 7:00 PM 1,900 Yards - Stress Value = 16

Workout #9478 - Wednesday, 07 September 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 30:00 DS/Stomach/Spotlight
150	1 x 400 on 7:00 Free L.25 of each 100 non fr
750	10 x 15 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
{3	x 50 on 1:00 Kick-fly
{4	x 25 on :45 Kick no board BSLR
{3	x 50 on 1:00 Kick-brst
{4	x 25 on :45 Kick no board BSLR
{3	x 50 on 1:00 KICK-free
100	2x{1 x 25 on :50 Sculling drills
{1	x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{2 x 150 on 2:25 Backstroke
{2	x 125 on 2:00 Backstroke
{2	x 100 on 1:35 Backstroke
{2	x 75 on 1:10 Backstroke
{2	x 50 on :45 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:00 PM	2,600 Yards - Stress Value = 25

Workout #9479 - Wednesday, 07 September 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 30:00 DS/Stomach/Spotlight
150	1 x 400 on 7:00 Free L.25 of each 100 non fr
700	10 x 15 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
{3	x 50 on 1:05 Kick-fly
{4	x 25 on :45 Kick no board BSLR
{3	x 50 on 1:05 Kick-brst
{4	x 25 on :45 Kick no board BSLR
{2	x 50 on 1:05 KICK-free
100	2x{1 x 25 on :50 Sculling drills
{1	x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 150 on 2:40 Backstroke
{2	x 125 on 2:10 Backstroke
{2	x 100 on 1:40 Backstroke
{2	x 75 on 1:10 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:00 PM	2,450 Yards - Stress Value = 23

Workout #9480 - Wednesday, 07 September 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
350	1 on 30:00 DS/Stomach/Spotlight
150	1 x 350 on 7:00 Free L.25 of each 100 Non Fr
650	10 x 15 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
{2	x 50 on 1:10 Kick-fly
{4	x 25 on :45 Kick no board BSLR
{3	x 50 on 1:10 Kick-brst
{4	x 25 on :45 Kick no board BSLR
{2	x 50 on 1:10 KICK-free
100	2x{1 x 25 on :50 Sculling drills
{1	x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{2 x 150 on 2:55 Backstroke
{2	x 125 on 2:25 Backstroke
{2	x 100 on 1:55 Backstroke
{1	x 50 on :55 Backstroke

200 1 x 200 on 3:00 Stroke Drills
5:00 PM 2,250 Yards - Stress Value = 20

Workout #9481 - Wednesday, 07 September 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
350	1 on 30:00 DS/Stomach/Spotlight
150	1 x 350 on 7:00 Free L.25 of each 100 Non Fr
650	10 x 15 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
{2	x 50 on 1:15 Kick-fly
{4	x 25 on :45 Kick no board BSLR
{2	x 50 on 1:15 Kick-brst
{4	x 25 on :45 Kick no board BSLR
{3	x 50 on 1:15 KICK-free
100	2x{1 x 25 on :50 Sculling drills
{1	x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{2 x 150 on 3:15 Backstroke
{2	x 125 on 2:40 Backstroke
{2	x 100 on 2:05 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:00 PM	2,200 Yards - Stress Value = 20

Workout #9482 - Wednesday, 07 September 2011

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
500	1 on 30:00 DS/Stomach/Tm Mtg
150	1 x 500 on 10:00 Free L.25 of each 100 non F
300	10 x 15 on :45 Shooters
600	12 x 25 on :45 Kick no board BSLR
6x{1	x 50 on 1:10 Backstroke +1KOW
{1	x 50 on 1:10 Backstroke pull
{	Concentrate on great strokes!
1	on 10:00 Backstroke Start Game
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	1,800 Yards - Stress Value = 18

Workout #9483 - Thursday, 08 September 2011

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 30:00 DS/Shoulders/Spotlight
150	1 x 400 on 7:00 Underwater trn drill
800	Odd 100's free even 100's back
150	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
{1	x 100 on 2:00 Kick no board free on side
100	2x{1 x 25 on :50 Sculling drills
{1	x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1 x 750 on 12:00 Breaststroke
	Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build
1	on 10:00 Game
5:00 PM	2,200 Yards - Stress Value = 26

Workout #9484 - Thursday, 08 September 2011

Group 3 - Gold

1 minute rest between sets

Alt 50 reg/50 fly kick/50 4 sec glide/
50 2K1P/50 build
1 on 10:00 Game
5:00 PM 1,850 Yards - Stress Value = 22

Yards	Set Description
3:30 PM	Start
400	1 on 30:00 DS/Shoulders/Spotlight
	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 2:10 Kick-sprint L.25
	{1 x 100 on 2:10 Kick no board-fly on stomach
	{1 x 100 on 2:10 Kick-sprint L.50
	{1 x 100 on 2:10 Kick no board on back/side
	{1 x 100 on 2:10 Kick-sprint L.75
	{1 x 100 on 2:10 Kick no board breast on back
	{1 x 100 on 2:10 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1 x 700 on 12:00 Breaststroke
	Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build
	1 on 10:00 Game
5:00 PM	2,050 Yards - Stress Value = 24

Workout #9485 - Thursday, 08 September 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
350	1 on 30:00 DS/Shoulders/Spotlight
	1 x 350 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:20 Kick-sprint L.25
	{1 x 100 on 2:20 Kick no board-fly on stomach
	{1 x 100 on 2:20 Kick-sprint L.50
	{1 x 100 on 2:20 Kick no board on back/side
	{1 x 100 on 2:20 Kick-sprint L.75
	{1 x 100 on 2:20 Kick no board breast on back
	{1 x 50 on 1:10 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650	1 x 650 on 12:00 Breaststroke
	Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build
	1 on 10:00 Game
5:00 PM	1,900 Yards - Stress Value = 22

Workout #9486 - Thursday, 08 September 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
350	1 on 30:00 DS/Shoulders/Spotlight
	1 x 350 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:30 Kick-sprint L.25
	{1 x 100 on 2:30 Kick no board-fly on stomach
	{1 x 100 on 2:30 Kick-sprint L.50
	{1 x 100 on 2:30 Kick no board on back/side
	{1 x 100 on 2:30 Kick-sprint L.75
	{1 x 100 on 2:30 Kick no board breast on back
	{1 x 50 on 1:00 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1 x 600 on 12:00 Breaststroke

Workout #9487 - Thursday, 08 September 2011

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 PM	Start			
400	1 on 30:00 DS/Shoulders/Tm Mtg			L I
	1 x 400 on 8:00 Underwater trn drill	REC		D C
	Odd 100's free even 100's back			
200	8 x 25 on :45 Breaststroke	REC		S
	Teaching Pts.=head still/wave action/shoulder			
	1 on 9:00 Breast Drill-Body Poistion	REC		D
	1 on 9:00 Breast Kick Drill	REC		D
	1 on 9:00 Breast Recovery Drill	REC		D
600	6 x 100 on 2:00 Breaststroke	EN1		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
7:00 PM	1,450 Yards - Stress Value = 6			

Workout #9488 - Monday, 12 September 2011

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Physio Ball/Stretch
150	1 x 600 on 10:00 Swim-kick-pull-swim
700	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{1 x 225 on 3:15 Freestyle
	{2 x 225 on 3:10 Freestyle
	{3 x 225 on 3:05 Freestyle
	{4 x 225 on 3:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
5:15 PM	4,000 Yards - Stress Value = 36

Workout #9489 - Monday, 12 September 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Physio Ball/Stretch
150	1 x 600 on 10:00 Swim-kick-pull-swim
650	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,025	1x{1 x 225 on 3:35 Freestyle
	{2 x 225 on 3:30 Freestyle
	{3 x 225 on 3:25 Freestyle
	{3 x 225 on 3:20 Freestyle
200	1 x 200 on 3:00 Stroke Drills
5:15 PM	3,725 Yards - Stress Value = 33

200 1 x 200 on 3:00 Stroke Drills
5:14 PM 3,075 Yards - Stress Value = 27

Workout #9492 - Monday, 12 September 2011

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM	Start		
400	1 on 30:00 DS/Physio Ball/Tm Mtg		I
150	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
600	10 x 15 on :45 Shooters	SP3	S
	1x{4 x 25 on :45 Kick no board BSLR	EN1	F
	{3 x 50 on 1:10 Kick	EN1	F
	{4 x 25 on :45 Kick no board BSLR	EN1	F
	{2 x 50 on 1:05 Kick	EN1	F
	{4 x 25 on :45 Kick no board BSLR	EN1	F
	{1 x 50 on 1:00 Kick	EN2	F
100	1 x 100 on 3:00 Kick For Time	EN2	F
400	1 x 400 on 7:00 Pulls	EN1	F
200	4 x 50 on 2:00 Freestyle	SP1	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
7:00 PM	2,100 Yards - Stress Value = 35		

Workout #9490 - Monday, 12 September 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 DS/Physio Ball/Stretch
150	1 x 550 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 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:15 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 225 on 3:55 Freestyle
	{2 x 225 on 3:50 Freestyle
	{3 x 225 on 3:45 Freestyle
	{2 x 225 on 3:40 Freestyle
200	1 x 200 on 3:00 Stroke Drills
5:15 PM	3,400 Yards - Stress Value = 30

Workout #9493 - Tuesday, 13 September 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Core/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
300	10 x 15 on :45 Shooters
420	3 x 100 on 2:00 Kick @ Fastest Interval
	1x{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
500	10 x 50 on :45 Pulls odds br-scrbd evens br-bleachers
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{8 x 75 on 1:10 Backstroke
	{6 x 75 on 1:05 Backstroke
	{4 x 75 on 1:00 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:16 PM	3,620 Yards - Stress Value = 40

Workout #9491 - Monday, 12 September 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/Physio Ball/Stretch
150	1 x 500 on 10:00 Swim-kick-pull-swim
550	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Kick
	{1 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
	{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
1,575	1x{1 x 225 on 4:20 Freestyle
	{2 x 225 on 4:15 Freestyle
	{3 x 225 on 4:10 Freestyle
	{1 x 225 on 4:05 Freestyle

Workout #9494 - Tuesday, 13 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ Fastest Interval
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 450 9 x 50 on :50 Pulls odds br-scrbd
 evens br-bleachers
 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{6 x 75 on 1:15 Backstroke
 {6 x 75 on 1:10 Backstroke
 {4 x 75 on 1:05 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,420 Yards - Stress Value = 37

Workout #9495 - Tuesday, 13 September 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ Fastest Interval
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 400 8 x 50 on :55 Pulls odds br-scrbd
 evens br-bleachers
 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{6 x 75 on 1:25 Backstroke
 {4 x 75 on 1:20 Backstroke
 {4 x 75 on 1:15 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,170 Yards - Stress Value = 36

Workout #9496 - Tuesday, 13 September 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ Fastest Interval
 420 1x{2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick

{2 x 30 on :30 Kick
 400 8 x 50 on 1:00 Pulls odds br-scrbd
 evens br-bleachers
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 975 1x{5 x 75 on 1:35 Backstroke
 {4 x 75 on 1:30 Backstroke
 {4 x 75 on 1:25 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,045 Yards - Stress Value = 36

Workout #9497 - Tuesday, 13 September 2011

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Core/Team Mtg
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 700 7 x 100 on 2:00 Kick-odds fast EN2
 200 2x{1 x 25 on :40 Freestyle 1/2 EZ 1/2 Fast EN1
 {1 x 25 on :40 Freestyle 1/2 fast 1/2 EZ EN1
 {1 x 25 on :40 Freestyle-all fast EN2
 {1 x 25 on :40 Freestyle-EZ REC
 500 10 x 50 on 1:00 Backstroke KOW+1 EN2
 1 on 10:00 Techniques-Back Starts
 7:00 PM 1,950 Yards - Stress Value = 31

Workout #9498 - Tuesday, 13 September 2011

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Core/Team Mtg
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 600 6 x 100 on 2:30 Kick-odds fast EN2
 200 2x{1 x 25 on :40 Freestyle 1/2 EZ 1/2 Fast EN1
 {1 x 25 on :40 Freestyle 1/2 fast 1/2 EZ EN1
 {1 x 25 on :40 Freestyle-all fast EN2
 {1 x 25 on :40 Freestyle-EZ REC
 400 8 x 50 on 1:20 Backstroke KOW+1 EN2
 1 on 10:00 Techniques-Back Starts
 7:01 PM 1,750 Yards - Stress Value = 27

Workout #9499 - Wednesday, 14 September 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Stomach/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :40 Kick no board BSLR x 2
 {2 x 75 on 1:25 Kick
 {6 x 25 on :40 Kick no board BSLRBS
 {2 x 75 on 1:20 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:15 Kick
 {2 x 25 on :40 Kick no board LR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{4 x 50 on 1:00 Breast Pull
 {2 x 75 on 1:10 Breast 2X pullouts
 {4 x 50 on :55 Breast Pulls
 {2 x 75 on 1:15 Breast 2X pullouts
 {4 x 50 on :50 Breast Pulls
 {2 x 75 on 1:20 Breast 2X Pullouts
 {4 x 50 on :45 Breast Pulls
 {2 x 75 on 1:25 Breast 2X Pullouts
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,400 Yards - Stress Value = 47

Workout #9500 - Wednesday, 14 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Stomach/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 900 1x{8 x 25 on :40 Kick no board BSLR x 2
 {2 x 75 on 1:35 Kick
 {6 x 25 on :40 Kick no board BSLRBS
 {2 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 50 on :55 Kick
 {2 x 25 on :40 Kick no board LR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{4 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:15 Breast 2X pullouts
 {4 x 50 on 1:05 Breast Pulls
 {2 x 75 on 1:20 Breast 2X pullouts
 {3 x 50 on 1:00 Breast Pulls
 {2 x 75 on 1:25 Breast 2X Pullouts
 {2 x 50 on :55 Breast Pulls
 {2 x 75 on 1:30 Breast 2X Pullouts
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,200 Yards - Stress Value = 43

Workout #9501 - Wednesday, 14 September 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Stomach/Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 900 1x{8 x 25 on :40 Kick no board BSLR x 2
 {2 x 75 on 1:40 Kick
 {6 x 25 on :40 Kick no board BSLRBS

{2 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:00 Kick
 {2 x 25 on :40 Kick no board LR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:20 Breast 2X pullouts
 {4 x 50 on 1:10 Breast Pulls
 {2 x 75 on 1:25 Breast 2X pullouts
 {3 x 50 on 1:05 Breast Pulls
 {2 x 75 on 1:30 Breast 2X Pullouts
 {3 x 50 on 1:00 Breast Pulls
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,050 Yards - Stress Value = 42

Workout #9502 - Wednesday, 14 September 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Stomach/Spotlight
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 800 1x{8 x 25 on :45 Kick no board BSLR x 2
 {2 x 75 on 1:45 Kick
 {6 x 25 on :45 Kick no board BSLRBS
 {2 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {2 x 25 on :45 Kick no board LR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{3 x 50 on 1:30 Breast Pull
 {2 x 75 on 1:30 Breast 2X pullouts
 {3 x 50 on 1:25 Breast Pulls
 {2 x 75 on 1:35 Breast 2X pullouts
 {3 x 50 on 1:20 Breast Pulls
 {2 x 75 on 1:40 Breast 2X Pullouts
 {2 x 50 on 1:20 Breast Pulls
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 2,750 Yards - Stress Value = 39

Workout #9503 - Wednesday, 14 September 2011

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 25:00 DS/Stomach/Tm Mtg L I
 500 1 x 500 on 10:00 Choice REC S C
 150 10 x 15 on :45 Shooters SP3 S
 400 1x{4 x 25 on :45 Kick no board BSLR EN2 K F
 {2 x 50 on 1:05 Kick EN2 K C
 {4 x 25 on :45 Kick no board BSLR EN2 K F
 {2 x 50 on 1:00 Kick EN2 K C
 100 4 x 25 on :40 IM order-build EN1 S
 750 1x{2 x 50 on 1:10 Breast Pull EN1 P
 {2 x 75 on 1:15 Breast 2X pullouts EN2 S
 {2 x 50 on 1:05 Breast Pulls EN1 P
 {2 x 75 on 1:20 Breast 2X pullouts EN2 S
 {2 x 50 on 1:00 Breast Pulls EN2 P
 {2 x 75 on 1:25 Breast 2X Pullouts EN1 S
 200 1 on 10:00 Relays!!!! EN1 S
 1 x 200 on 3:00 Stroke Drills REC D
 7:00 PM 2,100 Yards - Stress Value = 27

Workout #9504 - Wednesday, 14 September 2011

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 25:00 DS/Stomach/Tm Mtg L I
 400 1 x 400 on 10:00 Choice REC S C
 150 10 x 15 on :45 Shooters SP3 S
 400 1x{4 x 25 on :45 Kick no board BSLR EN2 K F
 {2 x 50 on 1:15 Kick EN2 K C
 {4 x 25 on :45 Kick no board BSLR EN2 K F
 {2 x 50 on 1:15 Kick EN2 K C
 100 4 x 25 on :40 IM order-build EN1 S
 600 1x{2 x 50 on 1:30 Breast Pull EN1 P
 {2 x 75 on 1:30 Breast 2X pullouts EN2 S
 {2 x 50 on 1:25 Breast Pulls EN1 P
 {2 x 75 on 1:35 Breast 2X pullouts EN2 S
 {2 x 50 on 1:20 Breast Pulls EN2 P
 1 on 10:00 Relays!!!! EN1 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 7:00 PM 1,850 Yards - Stress Value = 25

Workout #9505 - Thursday, 15 September 2011

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 1:40 Kick
 {2 x 50 on 1:00 Kick-non #1
 {2 x 100 on 1:40 Kick
 {2 x 50 on 1:00 Kick-non #1
 {3 x 100 on 1:40 Kick
 {2 x 50 on 1:00 Kick-non #1
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{2 x 75 on 1:10 IM w/out the fly
 {2 x 25 on :30 Butterfly
 {2 x 75 on 1:10 IM w/out the fly
 {4 x 25 on :30 Butterfly
 {2 x 75 on 1:10 IM w/out the fly
 {6 x 25 on :30 Butterfly
 {2 x 75 on 1:10 IM w/out the fly
 {8 x 25 on :30 Butterfly
 {2 x 75 on 1:10 IM w/out the fly
 400 4 x 100 on 1:30 Free-descend to
 LUDICROUS SPEED!!!!!!!!!!!!!!!!!!!!
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,650 Yards - Stress Value = 51

Workout #9506 - Thursday, 15 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 1:55 Kick
 {2 x 50 on 1:05 Kick-non #1
 {2 x 100 on 1:55 Kick
 {2 x 50 on 1:05 Kick-non #1
 {2 x 100 on 1:55 Kick

{2 x 50 on 1:05 Kick-non #1
 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 75 on 1:15 IM w/out the fly
 {2 x 25 on :30 Butterfly
 {2 x 75 on 1:15 IM w/out the fly
 {4 x 25 on :30 Butterfly
 {2 x 75 on 1:15 IM w/out the fly
 {6 x 25 on :30 Butterfly
 {2 x 75 on 1:15 IM w/out the fly
 400 4 x 100 on 1:30 Free-descend to
 LUDICROUS SPEED!!!!!!!!!!!!!!!!!!!!
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 3,500 Yards - Stress Value = 49

Workout #9507 - Thursday, 15 September 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick-non #1
 {2 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick-non #1
 {2 x 100 on 2:10 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{2 x 75 on 1:20 IM w/out the fly
 {2 x 25 on :35 Butterfly
 {2 x 75 on 1:20 IM w/out the fly
 {4 x 25 on :35 Butterfly
 {2 x 75 on 1:20 IM w/out the fly
 {6 x 25 on :35 Butterfly
 {2 x 75 on 1:20 IM w/out the fly
 {6 x 25 on :35 Butterfly
 {1 x 100 on 1:45 Individual Medley
 300 3 x 100 on 1:40 Free-descend to
 LUDICROUS SPEED!!!!!!!!!!!!!!!!!!!!
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,200 Yards - Stress Value = 44

Workout #9508 - Thursday, 15 September 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-non #1
 {2 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-non #1
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:15 Kick-non #1
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 1x{2 x 75 on 1:30 IM w/out the fly
 {2 x 25 on :40 Butterfly
 {2 x 75 on 1:30 IM w/out the fly
 {4 x 25 on :40 Butterfly
 {2 x 75 on 1:30 IM w/out the fly
 {6 x 25 on :40 Butterfly
 {2 x 75 on 1:30 IM w/out the fly
 {2 x 25 on :40 Butterfly
 300 3 x 100 on 2:00 Free-descend to
 LUDICROUS SPEED!!!!!!!!!!!!!!!!!!!!!!
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 2,900 Yards - Stress Value = 39

{3 x 50 on :50 Kick
 {3 x 50 on :45 Kick
 {3 x 50 on :40 Kick
 600 1 x 600 on 8:00 Pulls-no br L.12 yds of each
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 1x{1 x 125 on 1:50 2 strokes fly off walls
 {1 x 125 on 1:50 3 strokes fly off walls
 {1 x 125 on 1:50 4 strokes fly off walls
 {2 x 100 on 1:25 2 strokes fly off walls
 {2 x 100 on 1:25 3 strokes fly off walls
 {2 x 100 on 1:25 4 strokes fly off walls
 {3 x 75 on 1:05 2 strokes fly off walls
 {3 x 75 on 1:05 3 strokes fly off walls
 {3 x 75 on 1:05 4 strokes fly off walls
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,700 Yards - Stress Value = 66

Workout #9511 - Monday, 19 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Abs/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {2 x 50 on 1:00 Kick
 {2 x 50 on :55 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {3 x 50 on :55 Kick
 {3 x 50 on :50 Kick
 550 1 x 550 on 8:00 Pulls-no br L.12 yds of each
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 125 on 2:00 2 strokes fly off walls
 {1 x 125 on 2:00 3 strokes fly off walls
 {1 x 125 on 2:00 4 strokes fly off walls
 {2 x 100 on 1:35 2 strokes fly off walls
 {2 x 100 on 1:35 3 strokes fly off walls
 {2 x 100 on 1:35 4 strokes fly off walls
 {2 x 75 on 1:15 2 strokes fly off walls
 {3 x 75 on 1:15 3 strokes fly off walls
 {2 x 75 on 1:15 4 strokes fly off walls
 300 6 x 50 on 1:00 Stroke Drills
 5:31 PM 4,350 Yards - Stress Value = 61

Workout #9509 - Thursday, 15 September 2011

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 400 1 x 400 on 8:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 6 x 25 on 1:00 Butterfly EN1
 1 on 9:00 Fly Drill-Body Drill REC
 1 on 9:00 Fly-Drill-Leverage REC
 1 on 9:00 Fly Drill-Kick EN1
 400 1x{1 x 150 on 4:00 Butterfly EN1
 {1 x 50 on 1:00 Freestyle REC
 {1 x 100 on 2:00 Butterfly EN2
 {1 x 50 on 1:00 Freestyle REC
 {1 x 50 on 1:00 Butterfly EN1
 300 6 x 50 on 1:15 Stroke Drills REC
 7:01 PM 1,250 Yards - Stress Value = 6

Workout #9510 - Monday, 19 September 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Abs/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 50 on :55 Kick
 {2 x 50 on :50 Kick
 {2 x 50 on :45 Kick
 {4 x 25 on :35 Kick no board BSLR

Workout #9512 - Monday, 19 September 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 DS/Physio Ball Abs/Spotlight
150	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:15 Kick
	{1 x 50 on 1:10 Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:10 Kick
	{2 x 50 on 1:05 Kick
	{2 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:05 Kick
	{1 x 50 on 1:00 Kick
500	1 x 500 on 8:00 Pulls-no br L.12 yds of each
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 125 on 2:10 2 strokes fly off walls
	{1 x 125 on 2:10 3 strokes fly off walls
	{1 x 125 on 2:10 4 strokes fly off walls
	{2 x 100 on 1:45 2 strokes fly off walls
	{2 x 100 on 1:45 3 strokes fly off walls
	{2 x 100 on 1:45 4 strokes fly off walls
	{1 x 75 on 1:20 2 strokes fly off walls
	{2 x 75 on 1:20 3 strokes fly off walls
	{2 x 75 on 1:20 4 strokes fly off walls
300	6 x 50 on 1:00 Stroke Drills
5:30 PM	3,950 Yards - Stress Value = 55

Workout #9513 - Monday, 19 September 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/Physio Ball Abs/Spotlight
150	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:20 Kick
	{1 x 50 on 1:15 Kick
	{1 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:15 Kick
	{2 x 50 on 1:10 Kick
	{2 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick
500	1 x 500 on 8:00 Pulls-no br L.12 yds of each
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 125 on 2:30 2 strokes fly off walls
	{1 x 125 on 2:30 3 strokes fly off walls
	{1 x 125 on 2:30 4 strokes fly off walls
	{2 x 100 on 2:00 2 strokes fly off walls
	{2 x 100 on 2:00 3 strokes fly off walls
	{2 x 100 on 2:00 4 strokes fly off walls
	{1 x 75 on 1:30 2 strokes fly off walls
	{1 x 75 on 1:30 3 strokes fly off walls
	{1 x 75 on 1:30 4 strokes fly off walls
300	6 x 50 on 1:00 Stroke Drills
5:30 PM	3,700 Yards - Stress Value = 52

Workout #9514 - Monday, 19 September 2011

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
400	1 on 30:00 DS/Physio Balls/TM Mtg	
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
550	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 75 on 1:30 Kick	EN2
100	1 x 100 on 3:00 Kick for time-on back	SP2
100	4 x 25 on :45 IM-order Build	EN1
50	1 x 50 on 4:00 Back-count your strokes	EN3
300	6 x 50 on 2:00 Backstroke	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
7:01 PM	1,850 Yards - Stress Value = 34	

Workout #9515 - Monday, 19 September 2011

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
400	1 on 30:00 DS/Physio Balls/TM Mtg	
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
450	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 2:30 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 75 on 1:45 Kick	EN2
100	1 x 100 on 3:00 Kick for time-on back	SP2
100	4 x 25 on :45 IM-order Build	EN1
50	1 x 50 on 4:00 Back-count your strokes	EN3
300	6 x 50 on 2:00 Backstroke	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
7:01 PM	1,750 Yards - Stress Value = 32	

Workout #9516 - Tuesday, 20 September 2011

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
600	1 on 30:00 DS/Core/Spotlight	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
300	3 x 100 on 2:00 Kick @ Fastest Interval	
980	1x{1 x 50 on 1:00 Vertical Kick-30/30	
	{4 x 30 on :45 15 underwater 15 sprint free	
	{2 x 50 on 1:00 Vertical Kick 35/25	
	{4 x 30 on :45 15 undwater 15 sprint free	
	{3 x 50 on 1:00 Vertical Kick 40/20	
	{4 x 30 on :45 15 underwater 15 sprint free	
	{4 x 50 on 1:00 Vertical Kick 45/15	
	{4 x 30 on :45 15 underwater 15 sprint free	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,275	1x{3 x 25 on :40 Back -6 kick switch	
	{3 x 50 on :50 Back-descend 3/5/7 KOW	
	{1 x 200 on 3:00 Backstroke	
	{3 x 25 on :40 Back-6 kick switch	
	{3 x 50 on :50 Back-descend 3/5/7/ KOW	
	{1 x 200 on 2:55 Backstroke	
	{3 x 25 on :40 Back-6 kick switch	
	{3 x 50 on :50 Back-descend 3/5/7 KOW	
	{1 x 200 on 2:50 Backstroke	
100	1 x 100 on 3:00 Backstroke for time	
250	5 x 50 on 1:00 Stroke Drills	
5:30 PM	3,855 Yards - Stress Value = 67	

Workout #9517 - Tuesday, 20 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ Fastest Interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on :45 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :45 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :45 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,225 1x{3 x 25 on :40 Back -6 kick switch
 {3 x 50 on :55 Back-descend 3/5/7 KOW
 {1 x 200 on 3:15 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :55 Back-descend 3/5/7/ KOW
 {1 x 200 on 3:10 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :55 Back-descend 3/5/7 KOW
 {1 x 150 on 2:20 Backstroke
 100 1 x 100 on 3:00 Backstroke for time
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 3,805 Yards - Stress Value = 66

Workout #9518 - Tuesday, 20 September 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ Fastest Interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on :45 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :45 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :45 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,075 1x{3 x 25 on :40 Back -6 kick switch
 {3 x 50 on 1:00 Back-descend 3/5/7 KOW
 {1 x 200 on 3:30 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on 1:00 Back-descend 3/5/7/ KOW
 {1 x 200 on 3:25 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on 1:00 Back-descend 3/5/7 KOW
 100 1 x 100 on 3:00 Backstroke for time
 250 5 x 50 on 1:00 Stroke Drills
 5:29 PM 3,605 Yards - Stress Value = 63

Workout #9519 - Tuesday, 20 September 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description

=====

1 on 30:00 DS/Core/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ Fastest Interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on :45 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :45 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :45 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,025 1x{3 x 25 on :40 Back -6 kick switch
 {3 x 50 on 1:05 Back-descend 3/5/7 KOW
 {1 x 200 on 3:50 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on 1:05 Back-descend 3/5/7/ KOW
 {1 x 150 on 2:50 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on 1:05 Back-descend 3/5/7 KOW
 100 1 x 100 on 3:00 Backstroke for time
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 3,505 Yards - Stress Value = 62

Workout #9520 - Tuesday, 20 September 2011

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Core/TM Mtg
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 700 1x{1 x 100 on 2:00 Kick EN2
 {1 x 100 on 2:15 Kick EN1
 {1 x 100 on 1:55 Kick EN2
 {1 x 100 on 2:15 Kick EN2
 {1 x 100 on 1:50 Kick EN2
 {1 x 100 on 2:15 Kick EN1
 {1 x 100 on 1:45 Kick EN2
 100 4 x 25 on 1:00 IM order-build EN1
 600 4 x 150 on 2:40 Breaststroke EN2
 1 on 10:00 Techniques-Starts
 6:59 PM 1,950 Yards - Stress Value = 31

Workout #9521 - Tuesday, 20 September 2011

Group 2 - Gold/Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Core/TM Mtg
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 650 1x{1 x 100 on 2:15 Kick EN2
 {1 x 100 on 2:30 Kick EN1
 {1 x 100 on 2:10 Kick EN2
 {1 x 100 on 2:30 Kick EN2
 {1 x 100 on 2:05 Kick EN2
 {1 x 100 on 2:30 Kick EN1
 {1 x 50 on 1:00 Kick EN2
 100 4 x 25 on 1:00 IM order-build EN1
 625 5 x 125 on 2:30 Breaststroke EN2
 1 on 10:00 Techniques-Starts
 7:01 PM 1,925 Yards - Stress Value = 30

Workout #9522 - Tuesday, 20 September 2011

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/TM Mtg		
350	1 x 350 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{1 x 100 on 2:30 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	
	{1 x 100 on 2:15 Kick	EN2	
100	4 x 25 on 1:00 IM order-build	EN1	
500	5 x 100 on 2:20 Breaststroke	EN2	
	1 on 10:00 Techniques-Starts		
6:59 PM	1,650 Yards - Stress Value = 26		

Workout #9523 - Wednesday, 21 September 2011

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 27:00 DS/Abs/Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :35 Kick no board BSLR-10
	{3 x 50 on :45 Kick-descend
	{4 x 25 on :35 Kick no board BSLR-11
	{4 x 50 on :50 Kick-descend
	{4 x 25 on :35 Kick no board BSLR-12
	{5 x 50 on :55 Kick-descend
	{4 x 25 on :35 Kick no board BSLR-13
	{6 x 50 on 1:00 Kick-descend
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,980	1x{1 x 200 on 3:20 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{2 x 175 on 2:50 Breaststroke
	{4 x 30 on :30 Under/overs
	{1 on :30 Rest
	{4 x 30 on :30 Under/overs
	{3 x 150 on 2:20 Breaststroke
	{1 on :30 Rest
	{4 x 125 on 1:55 Breaststroke
	{4 x 30 on :30 Under/overs
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	4,480 Yards - Stress Value = 92

Workout #9524 - Wednesday, 21 September 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 27:00 DS/Abs/Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :35 Kick no board BSLR-10
	{3 x 50 on :50 Kick-descend
	{4 x 25 on :35 Kick no board BSLR-11
	{4 x 50 on :55 Kick-descend
	{4 x 25 on :35 Kick no board BSLR-12
	{5 x 50 on 1:00 Kick-descend
	{4 x 25 on :35 Kick no board BSLR-13

	{5 x 50 on 1:05 Kick-descend
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,820	1x{1 x 200 on 3:35 Breaststroke
	{4 x 30 on :35 Under/overs
	{1 on :30 Rest
	{2 x 175 on 3:05 Breaststroke
	{4 x 30 on :35 Under/overs
	{1 on :30 Rest
	{4 x 30 on :35 Under/overs
	{3 x 150 on 2:35 Breaststroke
	{1 on :30 Rest
	{4 x 100 on 1:40 Breaststroke
	{2 x 30 on :35 Under/overs
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	4,270 Yards - Stress Value = 86

Workout #9525 - Wednesday, 21 September 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 27:00 DS/Abs/Spotlight
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :40 Kick no board BSLR-10
	{3 x 50 on :55 Kick-descend
	{4 x 25 on :40 Kick no board BSLR-11
	{3 x 50 on 1:00 Kick-descend
	{4 x 25 on :40 Kick no board BSLR-12
	{4 x 50 on 1:05 Kick-descend
	{4 x 25 on :40 Kick no board BSLR-13
	{4 x 50 on 1:10 Kick-descend
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,620	1x{1 x 200 on 3:50 Breaststroke
	{4 x 30 on :40 Under/overs
	{1 on :30 Rest
	{2 x 175 on 3:20 Breaststroke
	{4 x 30 on :40 Under/overs
	{1 on :30 Rest
	{4 x 30 on :40 Under/overs
	{3 x 150 on 2:50 Breaststroke
	{1 on :30 Rest
	{4 x 50 on :55 Breaststroke
	{2 x 30 on :40 Under/overs
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	3,870 Yards - Stress Value = 79

Workout #9526 - Wednesday, 21 September 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:30 PM	Start			
500	1 on 27:00 DS/Abs/Spotlight			
150	1 x 500 on 10:00 Free L.25 of each 100 Non F			
950	10 x 15 on :45 Shooters			
	1x{4 x 25 on :45 Kick no board BSLR-10			
	{3 x 50 on 1:05 Kick-descend			
	{4 x 25 on :45 Kick no board BSLR-11			
	{3 x 50 on 1:10 Kick-descend			
	{4 x 25 on :45 Kick no board BSLR-12			
	{3 x 50 on 1:15 Kick-descend			
	{4 x 25 on :45 Kick no board BSLR-13			
	{2 x 50 on 1:20 Kick-descend			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,520	1x{1 x 200 on 4:05 Breaststroke			
	{4 x 30 on :45 Under/overs			
	{1 on :30 Rest			
	{2 x 175 on 3:30 Breaststroke			
	{4 x 30 on :45 Under/overs			
	{1 on :30 Rest			
	{3 x 150 on 2:55 Breaststroke			
	{4 x 30 on :45 Under/overs			
	{1 on :30 Rest			
	{2 x 50 on :55 Breaststroke			
	{2 x 30 on :45 Under/overs			
250	1 x 250 on 4:00 Stroke Drills			
	5:30 PM 3,570 Yards - Stress Value = 74			

Workout #9527 - Wednesday, 21 September 2011

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
600	1 on 30:00 DS/Abs/Tm Mtg			L DF
150	1 x 600 on 10:00 Choice	REC		S CF
600	10 x 15 on :45 Shooters	SP3		S FI
	1x{3 x 50 on 1:15 Kick	EN2		K FI
	{3 x 50 on 1:10 Kick	EN2		K FI
	{3 x 50 on 1:05 Kick	EN2		K FI
	{3 x 50 on 1:00 Kick	EN2		K FI
150	3 x 50 on 1:15 Freestyle-descend	EN1		S F
400	16 x 25 on :30 Butterfly	EN2		S FI
100	1 x 100 on 1:30 EZ-Free	REC		S C
	1 on 10:00 Game or Relay			M
	7:00 PM 2,000 Yards - Stress Value = 28			

Workout #9528 - Wednesday, 21 September 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
600	1 on 30:00 DS/Abs/Tm Mtg			L DF
150	1 x 600 on 10:00 Choice	REC		S CF
550	10 x 15 on :45 Shooters	SP3		S FI
	1x{3 x 50 on 1:20 Kick	EN2		K FI
	{3 x 50 on 1:15 Kick	EN2		K FI
	{3 x 50 on 1:10 Kick	EN2		K FI
	{2 x 50 on 1:05 Kick	EN2		K FI
150	3 x 50 on 1:15 Freestyle-descend	EN1		S F
325	13 x 25 on :35 Butterfly	EN2		S FI
100	1 x 100 on 1:30 EZ-Free	REC		S C
	1 on 10:00 Game or Relay			M
	7:00 PM 1,875 Yards - Stress Value = 25			

Workout #9529 - Wednesday, 21 September 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
600	1 on 30:00 DS/Abs/Tm Mtg			L DF
150	1 x 600 on 10:00 Choice	REC		S CF
500	10 x 15 on :45 Shooters	SP3		S FI
	1x{3 x 50 on 1:25 Kick	EN2		K FI
	{3 x 50 on 1:20 Kick	EN2		K FI
	{3 x 50 on 1:15 Kick	EN2		K FI
	{1 x 50 on 1:10 Kick	EN2		K FI
150	3 x 50 on 1:15 Freestyle-descend	EN1		S F
250	10 x 25 on :45 Butterfly	EN2		S FI
100	1 x 100 on 1:30 EZ-Free	REC		S C
	1 on 10:00 Game or Relay			M
	7:00 PM 1,750 Yards - Stress Value = 23			

Workout #9530 - Wednesday, 21 September 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
600	1 on 30:00 DS/Abs/Tm Mtg			L DF
150	1 x 600 on 10:00 Choice	REC		S CF
500	10 x 15 on :45 Shooters	SP3		S FI
	1x{3 x 50 on 1:30 Kick	EN2		K FI
	{3 x 50 on 1:25 Kick	EN2		K FI
	{3 x 50 on 1:20 Kick	EN2		K FI
	{1 x 50 on 1:15 Kick	EN2		K FI
150	3 x 50 on 1:15 Freestyle-descend	EN1		S F
200	8 x 25 on 1:00 Butterfly	EN2		S FI
100	1 x 100 on 1:30 EZ-Free	REC		S C
	1 on 10:00 Game or Relay			M
	7:00 PM 1,700 Yards - Stress Value = 22			

Workout #9531 - Thursday, 22 September 2011

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:30 PM	Start			
600	1 on 30:00 DS/Shoulders/Spotlight			
	1 x 600 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
1,200	1x{1 x 100 on 1:30 Kick your best kick			
	{2 x 50 on 1:00 Kick your 2nd best kick			
	{2 x 50 on 1:05 Kick your 3rd best kick			
	{1 x 100 on 1:35 Kick your best kick			
	{2 x 50 on 1:00 Kick your 2nd best kick			
	{2 x 50 on 1:05 Kick your 3rd best kick			
	{1 x 100 on 1:40 Kick your best kick			
	{2 x 50 on 1:00 Kick your 2nd best kick			
	{2 x 50 on 1:05 Kick your 3rd best kick			
	{1 x 100 on 1:45 Kick your best kick			
	{2 x 50 on 1:00 Kick your 2nd best kick			
	{2 x 50 on 1:05 Kick your 3rd best kick			
600	12 x 50 on :45 Pulls Alt breakouts when			
	shoulders/hips/knees/ankles pass flags			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,200	16 x 75 on 1:30 Freestyle			
250	1 x 250 on 4:00 Stroke Drills			
	5:31 PM 4,200 Yards - Stress Value = 98			

Workout #9532 - Thursday, 22 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders/Spotlight
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 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
 {1 x 50 on 1:05 Kick your 2nd best kick
 {1 x 50 on 1:10 Kick your 3rd best kick
 600 12 x 50 on :45 Pulls Alt breakouts when
 shoulders/hips/knees/ankles pass flags
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 16 x 75 on 1:30 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:31 PM 4,100 Yards - Stress Value = 96

{2 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:25 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {1 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:30 Kick your best kick
 450 9 x 50 on :55 Pulls Alt breakouts when
 shoulders/hips/knees/ankles pass flags
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 16 x 75 on 1:30 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:31 PM 3,700 Yards - Stress Value = 93

Workout #9535 - Thursday, 22 September 2011

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Shoulders/Team Mtg
 400 1 x 400 on 8:00 Underwater trn drill REC
 Odd 100's free evens 100's back
 200 8 x 25 on 1:00 2 on each stroke REC
 1x{1 on 6:00 Fly Drill-Float REC
 {1 on 6:00 Back Drill-Build REC
 {1 on 6:00 Breast Drill-Race w/Great Tech REC
 {1 on 6:00 Free Drill-Be The Best Racer REC
 1 on 10:00 Techniques-IM Turns REC
 200 1 x 200 on 4:00 Individual Medley EN1
 200 1 x 200 on 3:00 Stroke Drills REC
 7:01 PM 1,000 Yards - Stress Value = 2

Workout #9533 - Thursday, 22 September 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Shoulders/Spotlight
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,050 1x{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
 {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 2:15 Kick your best kick
 {1 x 50 on 1:00 Kick you 2nd best kick
 500 10 x 50 on :50 Pulls Alt breakouts when
 shoulders/hips/knees/ankles pass flags
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 16 x 75 on 1:30 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:31 PM 3,900 Yards - Stress Value = 95

Workout #9536 - Friday, 23 September 2011

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Spotlight
 1,050 3x{1 x 250 on 3:30 3:00 swim/:30 to get to a wa
 {4 x 25 on :45 IM order-100% Effort
 300 6 x 50 on 1:45 12.5 Tombstone kicking, 25
 sprint kick w/ super fast turn, 12.5 easy
 100 4 x 25 on 1:00 Backwards freestyle
 1,200 2x{1 x 100 on 3:00 25 Kick 75 Free
 {1 x 100 on 3:00 25free 25 kick 50free
 {1 x 100 on 3:00 50free 25kick 25free
 {1 x 100 on 3:00 75free 25kick
 {1 x 200 on 4:00 Stroke Drills
 5:00 PM 2,650 Yards - Stress Value = 117

Workout #9534 - Thursday, 22 September 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Shoulders/Spotlight
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:15 Kick your best kick

Workout #9537 - Monday, 26 September 2011

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:25 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR
1,200	1x{2 x 200 on 2:30 Pulls-no br L.12 yds
	{2 x 200 on 2:35 Pulls-no br L.12 yds
	{2 x 200 on 2:40 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{4 x 125 on 2:00 Breaststroke
	{3 x 50 on 1:00 Brst-dscnd-2Xpullouts-turns
	{4 x 125 on 1:55 Breaststroke
	{3 x 50 on 1:00 Brst-descnd-2Xpullouts turns
	{4 x 125 on 1:50 Breaststroke
	{3 x 50 on 1:00 Brst-dscnd-2Xpullouts turns
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 5,650 Yards - Stress Value = 97

Workout #9538 - Monday, 26 September 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,100	10 x 15 on :45 Shooters
1,100	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
	{2 x 150 on 2:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 1:55 Kick
	{2 x 25 on :35 Kick no board BS
1,100	1x{2 x 200 on 2:45 Pulls-no br L.12 yds
	{2 x 200 on 2:50 Pulls-no br L.12 yds
	{2 x 150 on 2:10 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{4 x 125 on 2:10 Breaststroke
	{3 x 50 on 1:00 Brst-dscnd-2Xpullouts-turns
	{4 x 125 on 2:05 Breaststroke
	{3 x 50 on 1:00 Brst-descnd-2Xpullouts turns
	{4 x 100 on 1:40 Breaststroke
	{2 x 50 on 1:00 Brst-dscnd-2Xpullouts turns
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 5,200 Yards - Stress Value = 88

Workout #9539 - Monday, 26 September 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,000	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :40 Kick no board BSLR

	{1 x 150 on 3:15 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:00 Kick
	{2 x 25 on :40 Kick no board BS
950	1x{2 x 200 on 3:10 Pulls-no br L.12 yds
	{2 x 200 on 3:15 Pulls-no br L.12 yds
	{1 x 150 on 2:30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 125 on 2:30 Breaststroke
	{3 x 50 on 1:00 Brst-dscnd-2Xpullouts-turns
	{4 x 100 on 1:55 Breaststroke
	{3 x 50 on 1:00 Brst-descnd-2Xpullouts turns
	{3 x 100 on 1:50 Breaststroke
	{2 x 50 on 1:00 Brst-dscnd-2Xpullouts turns
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 4,700 Yards - Stress Value = 79

Workout #9540 - Monday, 26 September 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 500 on 10:00 Swim-kick-pull-swim
900	10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:10 Kick
	{2 x 25 on :45 Kick no board BS
850	1x{2 x 200 on 3:40 Pulls-no br L.12 yds
	{1 x 200 on 3:35 Pulls-no br L.12 yds
	{2 x 125 on 2:10 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
1,400	1x{4 x 100 on 2:15 Breaststroke
	{3 x 50 on 1:10 Brst-dscnd-2Xpullouts-turns
	{4 x 100 on 2:10 Breaststroke
	{3 x 50 on 1:10 Brst-descnd-2Xpullouts turns
	{2 x 100 on 2:05 Breaststroke
	{2 x 50 on 1:10 Brst-dscnd-2Xpullouts turns
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 4,250 Yards - Stress Value = 71

Workout #9541 - Monday, 26 September 2011

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{1 x 250 on 5:00 Kick	EN2	
	{1 x 200 on 4:00 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
400	1x{2 x 25 on 1:00 Breast Pulls	EN2	
	{2 x 25 on :30 Breaststroke	EN2	
	{2 x 25 on 1:00 Breast Pulls	EN2	
	{2 x 25 on :30 Breaststroke	EN2	
	{2 x 25 on 1:00 Breast Pulls	EN2	
	{2 x 25 on :30 Breaststroke	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
300	6 x 50 on 2:00 Breaststroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:15 PM 2,600 Yards - Stress Value = 57		

Workout #9542 - Monday, 26 September 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{1 x 250 on 5:40 Kick	EN2	
	{1 x 200 on 4:30 Kick	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
350	1x{2 x 25 on 1:00 Breast Pulls	EN2	
	{2 x 25 on :35 Breaststroke	EN2	
	{2 x 25 on 1:00 Breast Pulls	EN2	
	{2 x 25 on :35 Breaststroke	EN2	
	{2 x 25 on 1:00 Breast Pulls	EN2	
	{2 x 25 on :35 Breaststroke	EN2	
	{2 x 25 on 1:00 Breast Pulls	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
300	6 x 50 on 2:00 Breaststroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:15 PM 2,450 Yards - Stress Value = 54		

Workout #9543 - Monday, 26 September 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{1 x 250 on 6:10 Kick	EN2	
	{1 x 200 on 5:00 Kick	EN2	
	{1 x 150 on 3:40 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
350	1x{2 x 25 on 1:00 Breast Pulls	EN2	
	{2 x 25 on :40 Breaststroke	EN2	
	{2 x 25 on 1:00 Breast Pulls	EN2	

{2 x 25 on :40 Breaststroke	EN2
{2 x 25 on 1:00 Breast Pulls	EN2
{2 x 25 on :40 Breaststroke	EN2
{2 x 25 on 1:00 Breast Pulls	EN2
150 1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
300 6 x 50 on 2:00 Breaststroke	SP1
250 1 x 250 on 5:00 Stroke Drills	REC
7:15 PM 2,300 Yards - Stress Value = 53	

Workout #9544 - Monday, 26 September 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1x{1 x 200 on 6:00 Kick	EN2	
	{1 x 150 on 4:30 Kick	EN2	
	{1 x 100 on 3:00 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
300	1x{2 x 25 on 1:15 Breast Pulls	EN2	
	{2 x 25 on :45 Breaststroke	EN2	
	{2 x 25 on 1:15 Breast Pulls	EN2	
	{2 x 25 on :45 Breaststroke	EN2	
	{2 x 25 on 1:15 Breast Pulls	EN2	
	{2 x 25 on :45 Breaststroke	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
300	6 x 50 on 2:00 Breaststroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:14 PM 2,050 Yards - Stress Value = 49		

Workout #9545 - Tuesday, 27 September 2011

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @fastest interval
360	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
1,200	1x{4 x 75 on 1:10 Pulls
	{4 x 75 on 1:05 Pulls
	{4 x 75 on 1:00 Pulls
	{4 x 75 on :55 Pulls
	{ Odds breathe toward blchrs
	{ evns breathe toward scrbd
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 50 on :50 Fly 2-4, 7 KOW
	{2 x 125 on 1:35 Freestyle
	{4 x 50 on :50 Fly 2-5 6 KOW
	{2 x 125 on 1:35 Freestyle
	{3 x 50 on :50 Fly 2-4, 5 KOW
	{2 x 125 on 1:35 Freestyle
	{2 x 50 on :50 Fly 2-3, 4 KOW
	{2 x 125 on 1:35 Freestyle
	{1 x 50 on :50 Fly 2-2, 3 KOW
	{2 x 125 on 1:35 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	5:45 PM 5,310 Yards - Stress Value = 64

Workout #9546 - Tuesday, 27 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @fastest interval
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 1,125 1x{3 x 75 on 1:15 Pulls
 {4 x 75 on 1:10 Pulls
 {4 x 75 on 1:05 Pulls
 {4 x 75 on 1:00 Pulls
 { Odds breathe toward blchrs
 { evns breathe toward scrbd
 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{5 x 50 on :55 Fly 2-4, 7 KOW
 {2 x 125 on 1:45 Freestyle
 {4 x 50 on :55 Fly 2-5 6 KOW
 {2 x 125 on 1:45 Freestyle
 {3 x 50 on :55 Fly 2-4, 5 KOW
 {2 x 125 on 1:45 Freestyle
 {2 x 50 on :55 Fly 2-3, 4 KOW
 {2 x 125 on 1:45 Freestyle
 {1 x 50 on :55 Fly 2-2, 3 KOW
 {1 x 50 on :40 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 5:45 PM 5,035 Yards - Stress Value = 58

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @fastest interval
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 975 1x{3 x 75 on 1:25 Pulls
 {4 x 75 on 1:20 Pulls
 {4 x 75 on 1:15 Pulls
 {2 x 75 on 1:10 Pulls
 { Odds breathe toward blchrs
 { evns breathe toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{5 x 50 on 1:10 Fly 2-4, 7 KOW
 {2 x 100 on 1:45 Freestyle
 {4 x 50 on 1:10 Fly 2-5 6 KOW
 {2 x 100 on 1:45 Freestyle
 {3 x 50 on 1:10 Fly 2-4, 5 KOW
 {1 x 100 on 1:45 Freestyle
 {2 x 50 on 1:10 Fly 2-3, 4 KOW
 {1 x 100 on 1:45 Freestyle
 {1 x 50 on 1:10 Fly 2-2, 3 KOW
 {1 x 50 on :55 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 5:45 PM 4,385 Yards - Stress Value = 55

Workout #9549 - Tuesday, 27 September 2011

Group 2 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @fastest interval
 360 1x{12 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 1,050 1x{3 x 75 on 1:20 Pulls
 {4 x 75 on 1:15 Pulls
 {4 x 75 on 1:10 Pulls
 {3 x 75 on 1:05 Pulls
 { Odds breathe toward blchrs
 { evns breathe toward scrbd
 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{5 x 50 on 1:00 Fly 2-4, 7 KOW
 {2 x 100 on 1:35 Freestyle
 {4 x 50 on 1:00 Fly 2-5 6 KOW
 {2 x 100 on 1:35 Freestyle
 {3 x 50 on 1:00 Fly 2-4, 5 KOW
 {2 x 100 on 1:35 Freestyle
 {2 x 50 on 1:00 Fly 2-3, 4 KOW
 {2 x 100 on 1:35 Freestyle
 {1 x 50 on 1:00 Fly 2-2, 3 KOW
 {1 x 50 on :45 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 5:45 PM 4,710 Yards - Stress Value = 56

5:30 PM Start
 Yards Set Description EGY v
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 700 1x{4 x 25 on :45 Kick no board BSLR EN2
 {3 x 50 on 1:30 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {2 x 50 on 1:20 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {1 x 50 on 1:10 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 150 1 x 150 on 3:00 50-2bk/50-4bk/50-6bk EN1
 750 1x{4 x 75 on 1:30 2 strokes fly off walls EN1
 {3 x 75 on 1:25 3 strokes fly off walls EN2
 {2 x 75 on 1:20 4 strokes fly off walls EN2
 {1 x 75 on 1:15 5 strokes fly off walls EN2
 1 on 10:00 Techniques-Fly Starts SP3
 200 1 x 200 on 4:00 Stroke Drills REC
 7:16 PM 2,450 Yards - Stress Value = 34

Workout #9548 - Tuesday, 27 September 2011

Group 3 - Bronze

1 minute rest between sets

Workout #9550 - Tuesday, 27 September 2011

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 550 1x{4 x 25 on 1:00 Kick no board BSLR EN2
 {3 x 50 on 1:45 Kick EN2
 {4 x 25 on 1:00 Kick no board BSLR EN2
 {2 x 50 on 1:30 Kick EN2
 {4 x 25 on 1:00 Kick no board BSLR EN2
 150 1 x 150 on 3:00 50-2bk/50-4bk/50-6bk EN1
 500 1x{4 x 50 on 1:30 2 strokes fly off walls EN1
 {3 x 50 on 1:25 3 strokes fly off walls EN2
 {2 x 50 on 1:20 4 strokes fly off walls EN2
 {1 x 50 on 1:15 5 strokes fly off walls EN2
 200 1 on 10:00 Techniques-Fly Starts SP3
 1 x 200 on 4:00 Stroke Drills REC
 7:16 PM 1,950 Yards - Stress Value = 27

{1 x 100 on 1:40 Kick
 {6 x 25 on :35 Kick no board S
 {2 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board L
 {2 x 100 on 1:50 Kick
 {4 x 25 on :35 Kick no board R
 1,100 2x{4 x 50 on :55 Lungbuster pulls
 {4 x 50 on :50 Lungbuster pulls
 {3 x 50 on :45 Lungbuster pulls
 { 2nd time through set do 2X @:45
 { Breathe 3-5-7-9 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 1x{3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {2 x 25 on :30 Back 4 KOW +1
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 5,550 Yards - Stress Value = 91

Workout #9551 - Wednesday, 28 September 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,200 1x{6 x 25 on :30 Kick no board B
 {1 x 100 on 1:20 Kick
 {6 x 25 on :30 Kick no board S
 {2 x 100 on 1:25 Kick
 {6 x 25 on :30 Kick no board L
 {3 x 100 on 1:30 Kick
 {6 x 25 on :30 Kick no board R
 1,200 2x{4 x 50 on :50 Lungbuster pulls
 {4 x 50 on :45 Lungbuster pulls
 {4 x 50 on :40 Lungbuster pulls
 { Breathe 3-5-7-9 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:25 Backstroke
 {2 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:20 Backstroke
 {2 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 6,000 Yards - Stress Value = 100

Workout #9553 - Wednesday, 28 September 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs/Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 900 1x{6 x 25 on :40 Kick no board B
 {1 x 100 on 1:55 Kick
 {4 x 25 on :40 Kick no board S
 {2 x 100 on 2:00 Kick
 {4 x 25 on :40 Kick no board L
 {3 x 50 on 1:00 Kick
 {4 x 25 on :40 Kick no board R
 1,000 2x{3 x 50 on 1:00 Lungbuster pulls
 {3 x 50 on :55 Lungbuster pulls
 {4 x 50 on :50 Lungbuster pulls
 { 2nd time through set do 3X @:50
 { Breathe 3-5-7-9 by the 50
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,050 1x{3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {2 x 25 on :30 Back 4 KOW +1
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 5,100 Yards - Stress Value = 83

Workout #9552 - Wednesday, 28 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B

Workout #9554 - Wednesday, 28 September 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	V
3:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Abs/Spotlight		
500	1 x 500 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
750	1x{4 x 25 on :45 Kick no board B		
	{1 x 100 on 2:15 Kick		
	{4 x 25 on :45 Kick no board S		
	{2 x 100 on 2:20 Kick		
	{4 x 25 on :45 Kick no board L		
	{1 x 50 on 1:10 Kick		
	{4 x 25 on :45 Kick no board R		
900	2x{3 x 50 on 1:05 Lungbuster pulls		
	{3 x 50 on 1:00 Lungbuster pulls		
	{3 x 50 on :55 Lungbuster pulls		
	{ Breathe 3-5-7-9 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		
1,700	1x{3 x 100 on 2:05 Backstroke		
	{2 x 100 on 2:00 Backstroke		
	{1 x 100 on 1:55 Backstroke		
	{6 x 25 on :45 Back 4 KOW +1		
	{3 x 100 on 2:00 Backstroke		
	{2 x 100 on 1:55 Backstroke		
	{1 x 100 on 1:50 Backstroke		
	{6 x 25 on :45 Back 4 KOW +1		
	{2 x 100 on 1:55 Backstroke		
250	1 x 250 on 4:00 Stroke Drills		
	5:45 PM 4,450 Yards - Stress Value = 72		

375	1 x 375 on 6:30 Lungbuster pulls	EN1
	breathe 3-5-7 continuous	
150	1 x 150 on 3:00 50-2bk/50-4bk/50-6bk	EN1
900	1x{2 x 100 on 2:10 Individual Medley	EN2
	{2 x 100 on 2:05 Individual Medley	EN2
	{2 x 100 on 2:00 Individual Medley	EN2
	{2 x 100 on 1:55 Individual Medley	EN2
	{1 x 100 on 1:50 Individual Medley	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Killer Relays-IM	SP2
	7:15 PM 2,775 Yards - Stress Value = 38	

Workout #9557 - Wednesday, 28 September 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	V
5:30 PM	Start		
=====	=====	=====	=====
	1 on 27:00 DS/Abs/Tm Mtg		
600	1 x 600 on 10:00 Choice-10 min swim	REC	
150	10 x 15 on :45 Shooters	SP3	
350	1x{2 x 50 on 1:20 Kick-your best kick	EN2	
	{3 x 50 on 1:30 Kick-your 2nd best kick	EN2	
	{2 x 50 on 1:40 Kick-your wkst kick	EN2	
350	1 x 350 on 6:30 Lungbuster pulls	EN1	
	breathe 3-5-7 continuous		
150	1 x 150 on 3:00 50-2bk/50-4bk/50-6bk	EN1	
800	1x{2 x 100 on 2:25 Individual Medley	EN2	
	{2 x 100 on 2:20 Individual Medley	EN2	
	{2 x 100 on 2:15 Individual Medley	EN2	
	{2 x 100 on 2:10 Individual Medley	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Killer Relays-IM	SP2	
	7:15 PM 2,600 Yards - Stress Value = 35		

Workout #9555 - Wednesday, 28 September 2011

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	V
5:30 PM	Start		
=====	=====	=====	=====
	1 on 27:00 DS/Abs/Tm Mtg		
600	1 x 600 on 10:00 Choice-10 min swim	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1x{3 x 50 on 1:00 Kick-your best kick	EN2	
	{3 x 50 on 1:10 Kick-your 2nd best kick	EN2	
	{3 x 50 on 1:20 Kick-your wkst kick	EN2	
400	1 x 400 on 6:30 Lungbuster pulls	EN1	
	breathe 3-5-7 continuous		
150	1 x 150 on 3:00 50-2bk/50-4bk/50-6bk	EN1	
1,000	1x{2 x 100 on 2:00 Individual Medley	EN2	
	{2 x 100 on 1:55 Individual Medley	EN2	
	{2 x 100 on 1:50 Individual Medley	EN2	
	{2 x 100 on 1:45 Individual Medley	EN2	
	{2 x 100 on 1:40 Individual Medley	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Killer Relays-IM	SP2	
	7:15 PM 2,950 Yards - Stress Value = 41		

Workout #9558 - Wednesday, 28 September 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	V
5:30 PM	Start		
=====	=====	=====	=====
	1 on 27:00 DS/Abs/Tm Mtg		
600	1 x 600 on 10:00 Choice-10 min swim	REC	
150	10 x 15 on :45 Shooters	SP3	
300	1x{2 x 50 on 1:30 Kick-your best kick	EN2	
	{2 x 50 on 1:45 Kick-your 2nd best kick	EN2	
	{2 x 50 on 2:00 Kick-your wkst kick	EN2	
300	1 x 300 on 6:30 Lungbuster pulls	EN1	
	breathe 3-5-7 continuous		
150	1 x 150 on 3:00 50-2bk/50-4bk/50-6bk	EN1	
700	1x{2 x 100 on 2:45 Individual Medley	EN2	
	{2 x 100 on 2:40 Individual Medley	EN2	
	{2 x 100 on 2:35 Individual Medley	EN2	
	{1 x 100 on 2:30 Individual Medley	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Killer Relays-IM	SP2	
	7:15 PM 2,400 Yards - Stress Value = 31		

Workout #9556 - Wednesday, 28 September 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	V
5:30 PM	Start		
=====	=====	=====	=====
	1 on 27:00 DS/Abs/Tm Mtg		
600	1 x 600 on 10:00 Choice-10 min swim	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{2 x 50 on 1:10 Kick-your best kick	EN2	
	{3 x 50 on 1:20 Kick-your 2nd best kick	EN2	
	{3 x 50 on 1:30 Kick-your wkst kick	EN2	

Workout #9559 - Thursday, 29 September 2011

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders/Spotlight
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free Even 100's back
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 100 on 1:30 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:35 Kick
 {2 x 100 on 1:30 Kick
 1,200 1x{2 x 150 on 2:15 Pulls-alt breakouts
 {2 x 150 on 2:10 Pulls-alt breakouts
 {2 x 150 on 2:05 Pulls-alt breakouts
 {2 x 150 on 2:00 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
 2,100 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
 5:46 PM 6,050 Yards - Stress Value = 86

Workout #9560 - Thursday, 29 September 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders/Spotlight
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free Even 100's back
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:45 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 1,100 1x{1 x 150 on 2:25 Pulls-alt breakouts
 {2 x 150 on 2:20 Pulls-alt breakouts
 {2 x 150 on 2:15 Pulls-alt breakouts
 {2 x 175 on 2:30 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{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
 {1 x 100 on 1:15 Freestyle
 8 x 50 on 1:00 Stroke Drills
 5:46 PM 5,550 Yards - Stress Value = 78

Workout #9561 - Thursday, 29 September 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Shoulders/Spotlight
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free Even 100's back
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:55 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 1:55 Kick
 1,000 1x{1 x 150 on 2:35 Pulls-alt breakouts
 {2 x 150 on 2:30 Pulls-alt breakouts
 {2 x 150 on 2:25 Pulls-alt breakouts
 {2 x 125 on 2:00 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
 1,700 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
 {2 x 100 on 1:25 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 5:46 PM 5,100 Yards - Stress Value = 70

Workout #9562 - Thursday, 29 September 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free Even 100's back
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:15 Kick
 {1 x 100 on 2:45 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:35 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 950 1x{2 x 150 on 2:45 Pulls-alt breakouts
 {2 x 150 on 2:40 Pulls-alt breakouts
 {2 x 150 on 2:35 Pulls-alt breakouts
 {1 x 50 on :50 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
 1,600 1x{6 x 100 on 1:35 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:35 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:35 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:35 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 5:47 PM 4,750 Yards - Stress Value = 64

{4 x 25 on :35 Kick no board BSLR
 {2 x 175 on 2:50 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 150 on 2:30 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{3 x 200 on 2:35 Freestyle
 {2 x 200 on 2:30 Freestyle
 {1 x 200 on 2:25 Freestyle
 1,000 1 x 1000 on 13:00 Pulls-no br L.12 yds of ea
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{3 x 200 on 2:30 Freestyle
 {2 x 200 on 2:25 Freestyle
 {1 x 200 on 2:20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 7,100 Yards - Stress Value = 114

Workout #9565 - Monday, 03 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Abs/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{3 x 200 on 2:55 Freestyle
 {2 x 200 on 2:50 Freestyle
 {1 x 100 on 1:25 Freestyle
 1,150 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:45 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 175 on 3:20 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 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
 1,100 1x{3 x 200 on 2:50 Freestyle
 {2 x 200 on 2:45 Freestyle
 {1 x 100 on 1:20 Freestyle
 900 1 x 900 on 13:00 Pulls-no br L.12 yds of ea
 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 200 on 2:45 Freestyle
 {2 x 200 on 2:40 Freestyle
 {1 x 100 on 1:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 6,550 Yards - Stress Value = 104

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 150 6 x 25 on 1:00 Freestyle EN1
 1x{1 on 10:00 Body Position Drills REC
 {1 on 10:00 Coordination Drills REC
 {1 on 10:00 Recovery Drills REC
 100 4 x 25 on 1:00 Freestyle EN1
 400 4 x 100 on 1:45 Free-descend to EN2
 LUDICROUS SPEED!!!!!!!!!!!!!!!!!!!!
 200 1 x 200 on 4:00 Stroke Drills REC
 7:15 PM 1,500 Yards - Stress Value = 17

Workout #9563 - Thursday, 29 September 2011

Group 2 - Freestylers

1 minute rest between sets

Workout #9564 - Monday, 03 October 2011

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Abs/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{3 x 200 on 2:40 Freestyle
 {2 x 200 on 2:35 Freestyle
 {1 x 200 on 2:30 Freestyle
 1,300 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:10 Kick

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Abs/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{3 x 200 on 2:40 Freestyle
 {2 x 200 on 2:35 Freestyle
 {1 x 200 on 2:30 Freestyle
 1,300 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:10 Kick

Workout #9566 - Monday, 03 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball Abs/Spotlight
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{3 x 200 on 3:15 Freestyle
	{1 x 200 on 3:10 Freestyle
	{1 x 200 on 3:05 Freestyle
1,050	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:15 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 175 on 3:40 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 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
1,000	1x{3 x 200 on 3:10 Freestyle
	{1 x 200 on 3:05 Freestyle
	{1 x 200 on 3:00 Freestyle
800	1 x 800 on 13:00 Pulls-no br L.12 yds of eac
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 200 on 3:05 Freestyle
	{1 x 200 on 3:00 Freestyle
	{1 x 200 on 2:55 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	6:02 PM 6,000 Yards - Stress Value = 95

Workout #9567 - Monday, 03 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball Abs/Spotlight
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	1x{2 x 200 on 3:30 Freestyle
	{2 x 200 on 3:25 Freestyle
	{1 x 100 on 1:40 Freestyle
950	1x{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
	{2 x 150 on 3:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 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
900	1x{2 x 200 on 3:25 Freestyle
	{2 x 200 on 3:20 Freestyle
	{1 x 100 on 1:35 Freestyle
750	1 x 750 on 13:00 Pulls-no br L.12 yds of eac
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 200 on 3:25 Freestyle
	{2 x 200 on 3:20 Freestyle
	{1 x 100 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	6:01 PM 5,500 Yards - Stress Value = 87

Workout #9568 - Monday, 03 October 2011

Group 2 - Fly

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	EGY WOF
	=====
	=====

	1 on 30:00 DS/Physio Ball Abs/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:40 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:35 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
100	1 x 100 on 3:00 Kick for time	SP2
600	1x{3 x 50 on 1:00 Pulls-no br L.12 yds	EN1
	{3 x 50 on :55 Pulls-no br L.12 yds	EN1
	{3 x 50 on :50 Pulls-no br L.12 yds	EN1
	{3 x 50 on :45 Pulls-no br L.12 yds	EN2
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
500	20 x 25 on :25 Butterfly	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	7:15 PM 2,950 Yards - Stress Value = 49	

Workout #9569 - Monday, 03 October 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		EGY	WOF
Yards	Set Description		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:35 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	1 x 100 on 3:00 Kick for time	SP2	
550	1x{4 x 50 on 1:00 Pulls-no br L.12 yds	EN1	
	{4 x 50 on :55 Pulls-no br L.12 yds	EN1	
	{3 x 50 on :50 Pulls-no br L.12 yds	EN1	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
450	18 x 25 on :30 Butterfly	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	7:15 PM 2,850 Yards - Stress Value = 45		

Workout #9570 - Monday, 03 October 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		EGY	WOF
Yards	Set Description		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 75 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	1 x 100 on 3:00 Kick for time	SP2	
500	1x{4 x 50 on 1:10 Pulls-no br L.12 yds	EN1	
	{3 x 50 on 1:05 Pulls-no br L.12 yds	EN1	
	{3 x 50 on 1:00 Pulls-no br L.12 yds	EN1	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
375	15 x 25 on :35 Butterfly	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	7:15 PM 2,625 Yards - Stress Value = 43		

Workout #9571 - Monday, 03 October 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Ball Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 4:00 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:45 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	SP2	
400	1x{3 x 50 on 1:20 Pulls-no br L.12 yds	EN1	
	{3 x 50 on 1:15 Pulls-no br L.12 yds	EN1	
	{2 x 50 on 1:10 Pulls-no br L.12 yds	EN1	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
300	12 x 25 on :45 Butterfly	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	7:14 PM 2,250 Yards - Stress Value = 37		

850	1x{1 x 50 on :45 Kick	EN2	K CHO	1:30
	{1 x 100 on 2:00 Kick	EN1	K CHO	2:00
	{2 x 50 on :50 Kick	EN2	K CHO	1:40
	{1 x 100 on 1:55 Kick	EN1	K CHO	1:55
	{3 x 50 on :50 Kick	EN2	K CHO	1:40
	{1 x 100 on 1:50 Kick	EN1	K CHO	1:50
	{2 x 50 on :50 Kick	EN2	K CHO	1:40
	{1 x 100 on 1:45 Kick	EN2	K CHO	1:45
	{1 x 50 on :45 Kick	EN2	K CHO	1:30
100	1 x 100 on 1:30 Freestyle	REC	S FR	1:30
850	1x{1 x 50 on :45 Kick	EN2	K CHO	1:30
	{1 x 100 on 2:00 Kick	EN1	K CHO	2:00
	{2 x 50 on :50 Kick	EN2	K CHO	1:40
	{1 x 100 on 1:55 Kick	EN1	K CHO	1:55
	{3 x 50 on :50 Kick	EN2	K CHO	1:40
	{1 x 100 on 1:50 Kick	EN1	K CHO	1:50
	{2 x 50 on :50 Kick	EN2	K CHO	1:40
	{1 x 100 on 1:45 Kick	EN2	K CHO	1:45
	{1 x 50 on :45 Kick	EN2	K CHO	1:30
	4:04 PM 1,800 Yards - Stress Value = 28			

Workout #9573 - Wednesday, 05 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PACF
=====	=====				
	1 on 30:00 DS/Abs/Spotlight				
600	1 x 600 on 10:00 Free L.25 of each 100 non f				
150	10 x 15 on :45 Shooters				
850	1x{1 x 50 on :40 Kick				
	{1 x 100 on 2:00 Kick				
	{2 x 50 on :45 Kick				
	{1 x 100 on 1:55 Kick				
	{3 x 50 on :50 Kick				
	{1 x 100 on 1:50 Kick				
	{2 x 50 on :45 Kick				
	{1 x 100 on 1:45 Kick				
	{1 x 50 on :40 Kick				
100	1 x 100 on 1:30 Freestyle				
850	1x{1 x 50 on :40 Kick				
	{1 x 100 on 2:00 Kick				
	{2 x 50 on :45 Kick				
	{1 x 100 on 1:55 Kick				
	{3 x 50 on :50 Kick				
	{1 x 100 on 1:50 Kick				
	{2 x 50 on :45 Kick				
	{1 x 100 on 1:45 Kick				
	{1 x 50 on :40 Kick				
1,200	1x{1 x 400 on 5:30 Lungbuster pulls				
	{1 x 400 on 5:00 Lungbuster pulls				
	{1 x 400 on 5:00 Lungbuster pulls				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
2,325	1x{5 x 125 on 1:55 Back alt 25's 10KOW				
	{3 x 50 on :45 Back-descend				
	{5 x 125 on 1:50 Back alt 25's 10KOW				
	{3 x 50 on :45 Back-descend				
	{5 x 125 on 1:45 Back alt 25's 10KOW				
	{3 x 50 on :45 Back-descend				
300	1 x 300 on 5:00 Stroke Drills				
	6:00 PM 6,575 Yards - Stress Value = 101				

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PACF
=====	=====				
	1 on 30:00 DS/Abs/Spotlight				
600	1 x 600 on 10:00 Free L.25 of each 100 non f				
150	10 x 15 on :45 Shooters				
850	1x{1 x 50 on :50 Kick				
	{1 x 100 on 2:10 Kick				
	{2 x 50 on :50 Kick				
	{1 x 100 on 2:05 Kick				
	{3 x 50 on :55 Kick				
	{1 x 100 on 2:00 Kick				
	{2 x 50 on :50 Kick				
	{1 x 100 on 1:55 Kick				
	{1 x 50 on :50 Kick				
100	1 x 100 on 1:30 Freestyle				
750	1x{1 x 50 on :50 Kick				
	{1 x 100 on 2:10 Kick				
	{2 x 50 on :50 Kick				
	{1 x 100 on 2:05 Kick				
	{3 x 50 on :55 Kick				
	{1 x 100 on 2:00 Kick				
	{3 x 50 on :50 Kick				
1,100	1x{1 x 400 on 5:50 Lungbuster pulls				
	{1 x 400 on 5:40 Lungbuster pulls				
	{1 x 300 on 4:10 Lungbuster pulls				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
2,150	1x{5 x 125 on 2:05 Back alt 25's 10KOW				
	{3 x 50 on :50 Back-descend				
	{5 x 125 on 2:00 Back alt 25's 10KOW				
	{3 x 50 on :50 Back-descend				
	{4 x 125 on 1:55 Back alt 25's 10KOW				
	{2 x 50 on :50 Back-descend				
300	1 x 300 on 5:00 Stroke Drills				
	6:00 PM 6,200 Yards - Stress Value = 94				

Workout #9576 - Wednesday, 05 October 2011

Group 3 - Platinum-Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PACF
=====	=====				

Workout #9574 - Wednesday, 05 October 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS/Abs/Spotlight
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
850	1x{1 x 50 on :55 Kick
	{1 x 100 on 2:20 Kick
	{2 x 50 on 1:00 Kick
	{1 x 100 on 2:15 Kick
	{3 x 50 on 1:05 Kick
	{1 x 100 on 2:10 Kick
	{2 x 50 on 1:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on :55 Kick
100	1 x 100 on 1:30 Freestyle
550	1x{1 x 50 on :55 Kick
	{1 x 100 on 2:20 Kick
	{2 x 50 on 1:00 Kick
	{1 x 100 on 2:15 Kick
	{2 x 50 on 1:05 Kick
	{1 x 100 on 2:10 Kick
1,000	1x{1 x 400 on 6:30 Lungbuster pulls
	{1 x 400 on 6:20 Lungbuster pulls
	{1 x 200 on 3:10 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{5 x 125 on 2:15 Back alt 25's 10KOW
	{3 x 50 on :55 Back-descend
	{5 x 125 on 2:10 Back alt 25's 10KOW
	{3 x 50 on :55 Back-descend
	{4 x 125 on 2:05 Back alt 25's 10KOW
300	1 x 300 on 5:00 Stroke Drills
	6:01 PM 5,750 Yards - Stress Value = 87

Workout #9575 - Wednesday, 05 October 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS/Abs/Spotlight
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
850	1x{1 x 50 on 1:00 Kick
	{1 x 100 on 2:30 Kick
	{2 x 50 on 1:05 Kick
	{1 x 100 on 2:25 Kick
	{3 x 50 on 1:10 Kick
	{1 x 100 on 2:20 Kick
	{2 x 50 on 1:05 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:00 Kick
100	1 x 100 on 1:30 Freestyle
400	1x{1 x 50 on 1:00 Kick
	{1 x 100 on 2:30 Kick
	{2 x 50 on 1:05 Kick
	{1 x 100 on 2:25 Kick
	{1 x 50 on 1:10 Kick
850	1x{1 x 400 on 7:30 Lungbuster pulls
	{1 x 400 on 7:15 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
1,800	1x{4 x 125 on 2:30 Back alt 25's 10KOW
	{3 x 50 on 1:00 Back-descend
	{4 x 125 on 2:25 Back alt 25's 10KOW
	{3 x 50 on 1:00 Back-descend
	{4 x 125 on 2:20 Back alt 25's 10KOW

300 1 x 300 on 5:00 Stroke Drills
6:00 PM 5,150 Yards - Stress Value = 77

Workout #9577 - Wednesday, 05 October 2011

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 28:00 DS/Core/Tm Mtg
500	1 x 500 on 9:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:30 Kick @ fastest interval
360	1x{3 x 30 on 1:00 Kick + missile jumps
	{3 x 30 on :50 Kick + missile jumps
	{3 x 30 on :40 Kick + missile jumps
	{3 x 30 on :30 Kick + missile jumps
400	8 x 50 on :50 Pulls-nbbf&w
150	1 x 150 on 3:00 50-2bk/50-4bk/50-6bk
1,200	1x{1 x 400 on 6:00 Freestyle
	{1 x 400 on 5:55 Freestyle
	{1 x 400 on 5:50 Freestyle
	1 on 10:00 Techniques-Starts
	7:15 PM 3,060 Yards - Stress Value = 51

Workout #9578 - Wednesday, 05 October 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 28:00 DS/Core/Tm Mtg
450	1 x 450 on 9:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:30 Kick @ fastest interval
360	1x{3 x 30 on 1:00 Kick + missile jumps
	{3 x 30 on :50 Kick + missile jumps
	{3 x 30 on :40 Kick + missile jumps
	{3 x 30 on :30 Kick + missile jumps
350	7 x 50 on :55 Pulls-nbbf&w
150	1 x 150 on 3:00 50-2bk/50-4bk/50-6bk
1,050	1x{1 x 350 on 6:00 Freestyle
	{1 x 350 on 5:55 Freestyle
	{1 x 350 on 5:50 Freestyle
	1 on 10:00 Techniques-Starts
	7:15 PM 2,810 Yards - Stress Value = 48

Workout #9579 - Wednesday, 05 October 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 28:00 DS/Core/Tm Mtg
400	1 x 400 on 9:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:30 Kick @ fastest interval
300	1x{3 x 30 on 1:00 Kick + missile jumps
	{3 x 30 on :55 Kick + missile jumps
	{3 x 30 on :50 Kick + missile jumps
	{1 x 30 on :45 Kick + missile jumps
350	7 x 50 on 1:00 Pulls-nbbf&w
150	1 x 150 on 3:00 50-2bk/50-4bk/50-6bk
975	1x{1 x 325 on 6:00 Freestyle
	{1 x 325 on 5:55 Freestyle
	{1 x 325 on 5:50 Freestyle
	1 on 10:00 Techniques-Starts
	7:15 PM 2,625 Yards - Stress Value = 44

Workout #9580 - Wednesday, 05 October 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS/Core/Tm Mtg
 350 1 x 350 on 9:00 Free L.25 of each 100 Non Fr
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:30 Kick @ fastest interval
 300 1x{3 x 30 on 1:00 Kick + missile jumps
 {3 x 30 on :55 Kick + missile jumps
 {3 x 30 on :50 Kick + missile jumps
 {1 x 30 on :45 Kick + missile jumps
 300 6 x 50 on 1:05 Pulls-nbbf&w
 150 1 x 150 on 3:00 50-2bk/50-4bk/50-6bk
 900 1x{1 x 300 on 6:00 Freestyle
 {1 x 300 on 5:55 Freestyle
 {1 x 300 on 5:50 Freestyle
 1 on 10:00 Techniques-Starts
 7:15 PM 2,450 Yards - Stress Value = 43

Workout #9581 - Thursday, 06 October 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 100 on 1:30 Kick-your #1
 {3 x 50 on 1:00 Kick (#2, #1 build, #3)
 {2 x 125 on 1:55 Kick-your #1
 {3 x 50 on 1:00 Kick (#2, #1 build, #3)
 {3 x 150 on 2:20 Kick
 {3 x 50 on 1:00 Kick (#2, #1 build, #3)
 100 1 x 100 on 3:00 Kick for Time
 1,300 1x{1 x 100 on 1:30 Pulls BTB
 {2 x 100 on 1:25 Pulls BTS
 {1 x 100 on 1:20 Pull BTB
 {2 x 100 on 1:15 Pulls BTS
 {1 x 100 on 1:10 Pulls BTB
 {2 x 100 on 1:15 Pulls BTS
 {1 x 100 on 1:20 Pulls BTB
 {2 x 100 on 1:25 Pulls BTS
 {1 x 100 on 1:30 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 500 10 x 50 on 1:00 Stroke Drills
 5:59 PM 5,700 Yards - Stress Value = 94

Workout #9585 - Thursday, 06 October 2011

Group 3 - Platinum-Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY V
 =====
 1,050 1x{1 x 100 on 1:40 Kick-your #1 EN2
 {3 x 50 on 1:00 Kick (#2, #1 build, #3) EN2
 {2 x 125 on 2:05 Kick-your #1 EN2
 {3 x 50 on 1:00 Kick (#2, #1 build, #3) EN2
 {2 x 150 on 2:35 Kick EN2
 {2 x 50 on 1:00 Kick (#2, #3) EN2
 100 1 x 100 on 3:00 Kick for Time SP2
 3:53 PM 1,150 Yards - Stress Value = 31

Workout #9582 - Thursday, 06 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:50 Kick-your #1
 {3 x 50 on 1:00 Kick (#2, #1 build, #3)
 {2 x 125 on 2:20 Kick-your #1
 {3 x 50 on 1:00 Kick (#2, #1 build, #3)
 {3 x 100 on 1:55 Kick
 {3 x 50 on 1:00 Kick (#2, #1 build, #3)
 100 1 x 100 on 3:00 Kick for Time
 1,150 1x{1 x 100 on 1:40 Pulls BTB
 {1 x 100 on 1:35 Pulls BTS
 {1 x 100 on 1:30 Pull BTB
 {2 x 100 on 1:25 Pulls BTS
 {1 x 100 on 1:20 Pulls BTB
 {2 x 100 on 1:25 Pulls BTS
 {1 x 100 on 1:30 Pulls BTB
 {1 x 100 on 1:35 Pulls BTS
 {3 x 50 on :50 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 7x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 500 10 x 50 on 1:00 Stroke Drills
 5:59 PM 5,200 Yards - Stress Value = 86

Workout #9583 - Thursday, 06 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:00 Kick-your #1
 {3 x 50 on 1:10 Kick (#2, #1 build, #3)
 {2 x 100 on 2:00 Kick-your #1
 {3 x 50 on 1:10 Kick (#2, #1 build, #3)
 {3 x 100 on 2:00 Kick
 {2 x 50 on 1:10 Kick (#2, #3)
 100 1 x 100 on 3:00 Kick for Time
 1,050 1x{1 x 100 on 1:50 Pulls BTB
 {1 x 100 on 1:45 Pulls BTS
 {1 x 100 on 1:40 Pull BTB
 {2 x 100 on 1:35 Pulls BTS
 {1 x 100 on 1:30 Pulls BTB
 {2 x 100 on 1:35 Pulls BTS
 {1 x 100 on 1:40 Pulls BTB
 {1 x 100 on 1:45 Pulls BTS
 {1 x 50 on :55 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 6x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 500 10 x 50 on 1:00 Stroke Drills
 5:58 PM 4,750 Yards - Stress Value = 78

Workout #9584 - Thursday, 06 October 2011

5:00 PM 2,850 Yards - Stress Value = 38

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM	Start		
500	1 on 30:00 DS/Shoulders/Spotlight		
	1 x 500 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
850	1x{1 x 100 on 2:15 Kick-your #1		
	{3 x 50 on 1:20 Kick (#2, #1 build, #3)		
	{2 x 75 on 1:45 Kick-your #1		
	{3 x 50 on 1:20 Kick (#2, #1 build, #3)		
	{2 x 75 on 1:50 Kick		
	{3 x 50 on 1:20 Kick (#2, #1 build, #3)		
100	1 x 100 on 3:00 Kick for Time		
950	1x{1 x 100 on 2:00 Pulls BTB		
	{1 x 100 on 1:55 Pulls BTS		
	{1 x 100 on 1:50 Pull BTB		
	{1 x 100 on 1:45 Pulls BTS		
	{1 x 100 on 1:40 Pulls BTB		
	{1 x 100 on 1:45 Pulls BTS		
	{1 x 100 on 1:50 Pulls BTB		
	{1 x 100 on 1:55 Pulls BTS		
	{3 x 50 on 1:00 Pulls BTB		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,050	6x{7 x 25 on :40 Butterfly		
	{1 on 1:00 Rest		
500	10 x 50 on 1:00 Stroke Drills		
	5:58 PM 4,300 Yards - Stress Value = 70		

Workout #9586 - Thursday, 06 October 2011

Group 2 - Backstroke

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM	Start		
500	1 on 30:00 DS/Shoulders/Tm Mtg		
	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
150	6 x 25 on 1:00 Backstroke	EN1	
	1x{1 on 10:00 Body Position Drills	REC	
	{1 on 10:00 Kick Drills	REC	
	{1 on 10:00 Stroke Drills	REC	
100	4 x 25 on 1:00 Backstroke	EN1	
400	4 x 100 on 1:45 Backstroke-descend to	EN2	
	LUDICROUS SPEED!!!!!!!!!!!!!!!!!!!!		
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:15 PM 1,500 Yards - Stress Value = 17		

Workout #9587 - Friday, 07 October 2011

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM	Start		
600	1 on 20:00 DS/Spotlight		I
	1 x 600 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 100 on 1:40 Breaststroke	EN2	
	{8 x 25 on 1:00 From dive/6 pushups	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{8 x 25 on 1:00 From dive/8 pushups	EN2	
	{3 x 100 on 1:30 Breaststroke	EN2	
	{8 x 25 on 1:00 From dive/10 pushups	EN2	
	{4 x 100 on 1:25 Breaststroke	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	I

Workout #9588 - Friday, 07 October 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM	Start		
500	1 on 20:00 DS/Spotlight		I
	1 x 600 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 100 on 1:50 Breaststroke	EN2	
	{1 x 25 on :50 From dive/6 pushups	EN2	
	{7 x 25 on 1:00 From dive/6 pushups	EN2	
	{2 x 100 on 1:45 Breaststroke	EN2	
	{2 x 25 on :50 From dive/8 pushups	EN2	
	{6 x 25 on 1:00 From dive/8 pushups	EN2	
	{3 x 100 on 1:40 Breaststroke	EN2	
	{3 x 25 on :50 From dive/10 pushups	EN2	
	{5 x 25 on 1:00 From dive/10 pushups	EN2	
	{4 x 100 on 1:35 Breaststroke	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	I
	5:01 PM 2,850 Yards - Stress Value = 38		

Workout #9589 - Friday, 07 October 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM	Start		
550	1 on 20:00 DS/Spotlight		I
	1 x 550 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 100 on 2:00 Breaststroke	EN2	
	{2 x 25 on :50 From dive/6 pushups	EN2	
	{6 x 25 on 1:00 From dive/6 pushups	EN2	
	{2 x 100 on 1:55 Breaststroke	EN2	
	{4 x 25 on :50 From dive/8 pushups	EN2	
	{4 x 25 on 1:00 From dive/8 pushups	EN2	
	{3 x 100 on 1:50 Breaststroke	EN2	
	{6 x 25 on :50 From dive/10 pushups	EN2	
	{2 x 25 on 1:00 From dive/10 pushups	EN2	
	{4 x 100 on 1:45 Breaststroke	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	I
	5:02 PM 2,800 Yards - Stress Value = 38		

Workout #9590 - Friday, 07 October 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM	Start		
500	1 on 20:00 DS/Spotlight		I
	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 100 on 2:00 75 Breast 25 Free	EN2	
	{2 x 25 on :50 From dive/6 pushups	EN2	
	{6 x 25 on 1:00 From dive/6 pushups	EN2	
	{2 x 100 on 1:55 75 Breast 25 Free	EN2	
	{4 x 25 on :50 From dive/8 pushups	EN2	
	{4 x 25 on 1:00 From dive/8 pushups	EN2	
	{3 x 100 on 1:50 75 Breast 25 Free	EN2	
	{6 x 25 on :50 From dive/10 pushups	EN2	
	{2 x 25 on 1:00 From dive/10 pushups	EN2	
	{4 x 100 on 1:45 75 Breast 25 Free	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	I
	5:02 PM 2,750 Yards - Stress Value = 38		

Workout #9591 - Friday, 07 October 2011

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS and Dryland		L
400	1 x 400 on 8:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,250	1x{1 x 100 on 2:00 Breaststroke	EN2	S
	{6 x 25 on 1:00 From dive/5 pushups	EN2	S
	{2 x 100 on 1:55 Breaststroke	EN2	S
	{6 x 25 on 1:00 From dive/5 pushups	EN2	S
	{3 x 100 on 1:50 Breaststroke	EN2	S
	{6 x 25 on 1:00 From dive/5 pushups	EN2	S
	{1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM	1,800 Yards - Stress Value = 27		

	{3 x 50 on :50 Kick		
	{3 x 50 on :45 Kick		
	{3 x 50 on :40 Kick		
	{8 x 25 on :30 Kick no board BSLR		
300	6x{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 125 on 1:39 Freestyle		
	{4 x 50 on 1:00 Freestyle		
	{4 x 125 on 1:38 Freestyle		
	{4 x 50 on 1:00 Freestyle		
	{4 x 125 on 1:37 Freestyle		
	{4 x 50 on 1:00 Freestyle		
	{4 x 125 on 1:36 Freestyle		
	{4 x 50 on 1:00 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		
5:59 PM	6,350 Yards - Stress Value = 138		

Workout #9593 - Monday, 10 October 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Spotlight
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	1x{8 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
	{8 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:10 Kick
	{8 x 25 on :30 Kick no board BSLR
	{3 x 50 on :50 Kick
	{4 x 50 on :45 Kick
	{8 x 25 on :30 Kick no board BSLR
300	6x{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 125 on 1:39 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 125 on 1:38 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 125 on 1:37 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 125 on 1:36 Freestyle
	{4 x 50 on 1:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
5:59 PM	6,250 Yards - Stress Value = 136

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Spotlight
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,750	1x{8 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{8 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:25 Kick
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{8 x 25 on :35 Kick no board BSLR
	{3 x 50 on :55 Kick
	{2 x 50 on :50 Kick
	{1 x 50 on :45 Kick
	{4 x 25 on :35 Kick no board BSLR
300	6x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	1x{4 x 125 on 1:49 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 125 on 1:48 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 125 on 1:47 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 125 on 1:46 Freestyle
	{2 x 50 on 1:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
6:00 PM	6,000 Yards - Stress Value = 127

Workout #9592 - Monday, 10 October 2011

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Spotlight
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,000	1x{8 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
	{8 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{8 x 25 on :30 Kick no board BSLR

Workout #9594 - Monday, 10 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball/Spotlight
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,500	10 x 15 on :45 Shooters
1,500	1x{8 x 25 on :40 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
	{8 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:35 Kick
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:25 Kick
	{8 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:05 Kick
	{1 x 50 on 1:00 Kick
300	{2 x 25 on :40 Kick no board BS
2,450	6x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{4 x 125 on 1:59 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 125 on 1:58 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 125 on 1:57 Freestyle
	{4 x 50 on 1:00 Freestyle
	{2 x 125 on 1:56 Freestyle
	{2 x 50 on 1:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	5:59 PM 5,450 Yards - Stress Value = 117

Workout #9595 - Monday, 10 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Ball/Spotlight
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
1,300	1x{8 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Kick
	{1 x 100 on 2:25 Kick
	{8 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:50 Kick
	{2 x 75 on 1:45 Kick
	{8 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:15 Kick
	{2 x 50 on 1:10 Kick
300	6x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{4 x 100 on 1:49 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 100 on 1:48 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 100 on 1:47 Freestyle
	{4 x 50 on 1:00 Freestyle
	{4 x 100 on 1:46 Freestyle
	{2 x 50 on 1:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,050 Yards - Stress Value = 110

Workout #9596 - Monday, 10 October 2011

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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=====

1	on 30:00 DS/Physio Balls/Tm Mtg
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :40 Fly Kick-descend
	{4 x 25 on :40 Back kick-no board-descend
	{4 x 25 on :40 Breast Kick-descend
	{4 x 25 on :40 Free Kick-descend
100	1 x 100 on 3:00 IM kick-no board for time
500	1 x 500 on 8:00 Pulls-no br L.12 yds of each
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk
500	5 x 100 on 5:00 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	7:19 PM 2,500 Yards - Stress Value = 71

Workout #9598 - Tuesday, 11 October 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
1	on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ Fastest Interval
840	2x{ Alt 15 Tombstone Kick 15 underwater fly
	{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
1,250	1x{4 x 125 on 1:35 Pulls
	{3 x 125 on 1:40 Pulls
	{2 x 125 on 1:45 Pulls
	{1 x 125 on 1:50 Pulls
	{ Odds BTB, Evens BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{8 x 25 on :25 Butterfly
	{1 on 1:00 Rest
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 5,440 Yards - Stress Value = 84

Workout #9599 - Tuesday, 11 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest Interval
 840 2x{ Alt 15 Tombstone Kick 15 underwater fly
 {2 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {2 x 30 on :50 Kick
 {2 x 30 on :45 Kick
 {2 x 30 on :40 Kick
 {2 x 30 on :35 Kick
 {2 x 30 on :30 Kick
 1,150 1x{4 x 125 on 1:45 Pulls
 {3 x 125 on 1:50 Pulls
 {2 x 100 on 1:30 Pulls
 {1 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
 1,400 7x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,140 Yards - Stress Value = 80

Workout #9600 - Tuesday, 11 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest Interval
 720 2x{ Alt 15 Tombstone Kick 15 underwater fly
 {3 x 30 on 1:00 Kick
 {3 x 30 on :55 Kick
 {3 x 30 on :50 Kick
 {3 x 30 on :45 Kick
 950 1x{4 x 100 on 1:40 Pulls
 {3 x 100 on 1:45 Pulls
 {2 x 100 on 1:50 Pulls
 {1 x 50 on :55 Pulls
 { Odds BTB, Evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 6x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 5:59 PM 4,570 Yards - Stress Value = 73

Workout #9601 - Tuesday, 11 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest Interval

720 2x{ Alt 15 Tombstone Kick 15 underwater fly
 {3 x 30 on 1:00 Kick
 {3 x 30 on :55 Kick
 {3 x 30 on :50 Kick
 {3 x 30 on :45 Kick
 850 1x{4 x 100 on 1:50 Pulls
 {3 x 100 on 1:55 Pulls
 {2 x 75 on 1:30 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
 1,200 6x{8 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 6:03 PM 4,420 Yards - Stress Value = 72

Workout #9602 - Tuesday, 11 October 2011

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 30:00 DS/Core/Tm Mtg L
 500 1 x 500 on 10:00 Underwater trn drill REC D
 150 10 x 15 on :45 Shooters SP3 S
 700 7 x 100 on 2:00 Kick-odds fast EN2 K
 150 1 x 150 on 3:00 50 2bk/50 4bk/50 6bk EN1 S
 1,350 9 x 150 on 2:30 Free-descend in 3's EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 9:00 Techniques-Starts D
 7:15 PM 3,050 Yards - Stress Value = 49

Workout #9603 - Tuesday, 11 October 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 30:00 DS/Core/Tm Mtg L
 500 1 x 500 on 10:00 Underwater trn drill REC D
 150 10 x 15 on :45 Shooters SP3 S
 600 6 x 100 on 2:15 Kick-odds fast EN2 K
 150 1 x 150 on 3:00 50 2bk/50 4bk/50 6bk EN1 S
 1,200 8 x 150 on 2:45 Free-descend in 3's EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 9:00 Techniques-Starts D
 7:14 PM 2,800 Yards - Stress Value = 44

Workout #9604 - Tuesday, 11 October 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 30:00 DS/Core/Tm Mtg L
 450 1 x 450 on 10:00 Underwater trn drill REC D
 150 10 x 15 on :45 Shooters SP3 S
 600 6 x 100 on 2:30 Kick-odds fast EN2 K
 150 1 x 150 on 3:00 50 2bk/50 4bk/50 6bk EN1 S
 1,050 7 x 150 on 3:00 Free-descend in 3's EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 9:00 Techniques-Starts D
 7:14 PM 2,600 Yards - Stress Value = 41

Workout #9605 - Tuesday, 11 October 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		L
400	1 x 400 on 10:00 Underwater trn drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
500	5 x 100 on 3:00 Kick-odds fast	EN2	K
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	S
1,050	7 x 150 on 3:15 Free-descend in 3's	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 9:00 Techniques-Starts		D
	7:16 PM 2,450 Yards - Stress Value = 39		

Workout #9606 - Wednesday, 12 October 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,950	1x{8 x 25 on :30 Kick no board BSLR-14 KOW
	{3 x 50 on :50 Kick-descend
	{4 x 75 on 1:15 Kick-descend
	{8 x 25 on :30 Kick no board BSLR 13 KOW
	{3 x 50 on :50 Kick-descend
	{4 x 75 on 1:15 Kick-descend
	{8 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 50 on :50 Kick-descend
	{4 x 75 on 1:15 Kick-descend
1,000	1 x 1000 on 15:00 Lungbuster pulls
	breathe 3-5-7-9 by 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:30 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,950 Yards - Stress Value = 84

Workout #9607 - Wednesday, 12 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,700	1x{8 x 25 on :35 Kick no board BSLR-14 KOW
	{3 x 50 on :55 Kick-descend
	{4 x 75 on 1:25 Kick-descend
	{8 x 25 on :35 Kick no board BSLR 13 KOW
	{3 x 50 on :55 Kick-descend
	{4 x 75 on 1:25 Kick-descend
	{8 x 25 on :35 Kick no board BSLR 12 KOW
	{4 x 50 on :55 Kick-descend
1,000	1 x 1000 on 15:00 Lungbuster pulls
	breathe 3-5-7-9 by 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:45 Backstroke

	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,550 Yards - Stress Value = 79

Workout #9608 - Wednesday, 12 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,500	1x{8 x 25 on :40 Kick no board BSLR-14 KOW
	{3 x 50 on 1:00 Kick-descend
	{4 x 75 on 1:35 Kick-descend
	{8 x 25 on :40 Kick no board BSLR 13 KOW
	{3 x 50 on 1:00 Kick-descend
	{4 x 75 on 1:35 Kick-descend
	{8 x 25 on :40 Kick no board BSLR 12 KOW
900	1 x 900 on 15:00 Lungbuster pulls
	breathe 3-5-7-9 by 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 on :30 Rest
	{1 x 50 on 2:00 Back-100%, min 8 KOW
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,050 Yards - Stress Value = 74

Workout #9609 - Wednesday, 12 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,300	1x{8 x 25 on :45 Kick no board BSLR-14 KOW
	{3 x 50 on 1:10 Kick-descend
	{4 x 75 on 1:45 Kick-descend
	{8 x 25 on :45 Kick no board BSLR 13 KOW
	{2 x 50 on 1:10 Kick-descend
	{2 x 75 on 1:45 Kick-descend
	{8 x 25 on :45 Kick no board BSLR 12 KOW
800	1 x 800 on 15:00 Lungbuster pulls
	breathe 3-5-7-9 by 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 4,700 Yards - Stress Value = 66

Workout #9610 - Wednesday, 12 October 2011

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Abs/Spotlight		L	DRY
500	1 x 500 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooters	SP3	S	BR
600	1x{2 x 75 on 1:40 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 75 on 1:35 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 75 on 1:30 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 75 on 1:25 Kick	EN2	K	BR
250	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	10 x 25 on :45 Breast Pulls	EN1	P	BR
700	1x{2 x 125 on 2:15 Breaststroke	EN1	P	BR
	{2 x 100 on 1:45 Breaststroke	EN2	S	BR
	{2 x 75 on 1:20 Breaststroke	EN2	S	BR
	{2 x 50 on :50 Breaststroke	EN2	S	BR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
	7:15 PM 2,400 Yards - Stress Value = 31			

Workout #9611 - Wednesday, 12 October 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Abs/Spotlight		L	DRY
500	1 x 500 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooters	SP3	S	BR
550	1x{2 x 75 on 1:50 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 75 on 1:45 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 75 on 1:40 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 50 on 1:05 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
250	10 x 25 on :45 Breast Pulls	EN1	P	BR
650	1x{2 x 125 on 2:30 Breaststroke	EN1	P	BR
	{2 x 100 on 2:00 Breaststroke	EN2	S	BR
	{2 x 75 on 1:30 Breaststroke	EN2	S	BR
	{1 x 50 on 1:00 Breaststroke	EN2	S	BR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
	7:15 PM 2,300 Yards - Stress Value = 29			

Workout #9612 - Wednesday, 12 October 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Abs/Spotlight		L	DRY
450	1 x 450 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooters	SP3	S	BR
500	1x{2 x 75 on 2:00 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 75 on 1:55 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 75 on 1:50 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{1 x 50 on 1:10 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
200	8 x 25 on 1:00 Breast Pulls	EN1	P	BR

575	1x{1 x 125 on 2:50 Breaststroke	EN1	P	BR
	{2 x 100 on 2:15 Breaststroke	EN2	S	BR
	{2 x 75 on 1:40 Breaststroke	EN2	S	BR
	{2 x 50 on 1:10 Breaststroke	EN2	S	BR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
	7:15 PM 2,075 Yards - Stress Value = 28			

Workout #9613 - Wednesday, 12 October 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Abs/Spotlight		L	DRY
400	1 x 400 on 10:00 Choice	REC	S	CHO
150	10 x 15 on :45 Shooters	SP3	S	BR
450	1x{2 x 50 on 1:30 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 50 on 1:25 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{2 x 50 on 1:20 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
	{3 x 50 on 1:15 Kick	EN2	K	BR
	{1 on 1:00 Vertical Kick 30/30	EN2	K	BR
200	8 x 25 on 1:00 Breast Pulls	EN1	P	BR
500	1x{2 x 100 on 2:30 Breaststroke	EN2	S	BR
	{2 x 75 on 1:50 Breaststroke	EN2	S	BR
	{3 x 50 on 1:15 Breaststroke	EN2	S	BR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Game			
	7:15 PM 1,900 Yards - Stress Value = 27			

Workout #9614 - Thursday, 13 October 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Shoulders/Spotlight		L	DRY
600	1 x 600 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
1,500	1x{2 x 125 on 2:30 Kick alt 25's #1 & #3			
	{2 x 125 on 2:25 Kick alt 25's #1 & #2			
	{2 x 125 on 2:20 Kick alt 25's #1 & #3			
	{2 x 125 on 2:15 Kick alt 25's #1 & #2			
	{2 x 125 on 2:10 Kick Alt 25's #1 & #3			
	{2 x 125 on 2:05 Kick Alt 25's #1 & #2			
2,000	2x{3 x 50 on 1:00 Breast Pull			
	{4 x 25 on :30 Free w/6bk			
	{3 x 50 on :55 Breast Pull			
	{4 x 25 on :30 Free w/6bk			
	{3 x 50 on :50 Breast Pull			
	{4 x 25 on :30 Free w/6bk			
	{3 x 50 on :45 Breast Pull			
	{4 x 25 on :30 Free w/6bk			
	1st set free breathe on 3, 2X pullouts on 4			
	2nd set free breathe on 5, 2X pullouts on 6			
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 75 on 1:20 25 2k1p, 25 4s glide, 25 buil			
	{4 x 25 on :30 Breast TO drill w/free kick			
	{3 x 75 on 1:15 25 2k1p, 25 4s glide, 25 buil			
	{4 x 25 on :35 Breast TO drill w/ free kick			
	{2 x 75 on 1:10 25 2k1p, 25 4s glide, 25 buil			
	{6 x 25 on :40 Breast TO drill w/free kick			
	{1 x 75 on 1:05 25 2k1p, 25 4s glide, 25 buil			
	{4 x 25 on :45 Breast TO drill w/free kick			
200	1 x 200 on 1:00 Stroke Drills			
	6:00 PM 5,850 Yards - Stress Value = 87			

Workout #9615 - Thursday, 13 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,400 1x{2 x 125 on 2:40 Kick alt 25's #1 & #3
 {2 x 125 on 2:35 Kick alt 25's #1 & #2
 {2 x 125 on 2:30 Kick alt 25's #1 & #3
 {2 x 125 on 2:25 Kick alt 25's #1 & #2
 {2 x 125 on 2:20 Kick Alt 25's #1 & #3
 {2 x 75 on 1:25 Kick Alt 25's #1 & #2
 2,000 2x{3 x 50 on 1:00 Breast Pull
 {4 x 25 on :30 Free w/6bk
 {3 x 50 on :55 Breast Pull
 {4 x 25 on :30 Free w/6bk
 {3 x 50 on :50 Breast Pull
 {4 x 25 on :30 Free w/6bk
 {3 x 50 on :45 Breast Pull
 {4 x 25 on :30 Free w/6bk
 1st set free breathe on 3, 2X pullouts on 5
 2nd set free breathe on 5, 2X pullouts on 5
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{4 x 75 on 1:30 25 2k1p, 25 4s glide, 25 buil
 {4 x 25 on :30 Breast TO drill w/free kick
 {3 x 75 on 1:25 25 2k1p, 25 4s glide, 25 buil
 {4 x 25 on :35 Breast TO drill w/ free kick
 {2 x 75 on 1:20 25 2k1p, 25 4s glide, 25 buil
 {6 x 25 on :40 Breast TO drill w/free kick
 {1 x 75 on 1:15 25 2k1p, 25 4s glide, 25 buil
 {2 x 25 on :45 Breast TO drill w/free kick
 200 1 x 200 on 1:00 Stroke Drills
 6:00 PM 5,700 Yards - Stress Value = 84

Workout #9616 - Thursday, 13 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,300 1x{2 x 125 on 2:55 Kick alt 25's #1 & #3
 {2 x 125 on 2:45 Kick alt 25's #1 & #2
 {2 x 125 on 2:40 Kick alt 25's #1 & #3
 {2 x 125 on 2:35 Kick alt 25's #1 & #2
 {2 x 125 on 2:30 Kick Alt 25's #1 & #3
 {2 x 25 on :30 Kick Alt 25's #1 & #2
 1,700 2x{3 x 50 on 1:10 Breast Pull
 {4 x 25 on :30 Free w/6bk
 {3 x 50 on 1:05 Breast Pull
 {4 x 25 on :30 Free w/6bk
 {3 x 50 on 1:00 Breast Pull
 {4 x 25 on :30 Free w/6bk
 {1 x 50 on :55 Breast Pull
 {2 x 25 on :30 Free w/6bk
 1st set free breathe on 3, 2X pullouts on 5
 2nd set free breathe on 5, 2X pullouts on 5
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,050 1x{4 x 75 on 1:40 25 2k1p, 25 4s glide, 25 buil
 {4 x 25 on :40 Breast TO drill w/free kick
 {3 x 75 on 1:35 25 2k1p, 25 4s glide, 25 buil
 {4 x 25 on :40 Breast TO drill w/ free kick
 {2 x 75 on 1:30 25 2k1p, 25 4s glide, 25 buil

{4 x 25 on :45 Breast TO drill w/free kick
 {1 x 75 on 1:25 25 2k1p, 25 4s glide, 25 buil
 200 1 x 200 on 1:00 Stroke Drills
 6:00 PM 5,150 Yards - Stress Value = 74

Workout #9617 - Thursday, 13 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 1x{2 x 125 on 3:20 Kick alt 25's #1 & #3
 {2 x 125 on 3:15 Kick alt 25's #1 & #2
 {2 x 125 on 3:10 Kick alt 25's #1 & #3
 {2 x 125 on 3:05 Kick alt 25's #1 & #2
 {2 x 50 on 1:10 Kick Alt 25's #1 & #3
 1,500 2x{3 x 50 on 1:15 Breast Pull
 {4 x 25 on :40 Free w/6bk
 {2 x 50 on 1:10 Breast Pull
 {4 x 25 on :40 Free w/6bk
 {2 x 50 on 1:05 Breast Pull
 {4 x 25 on :40 Free w/6bk
 {1 x 50 on 1:00 Breast Pull
 {2 x 25 on :30 Free w/6bk
 1st set free breathe on 3, 2X pullouts on 5
 2nd set free breathe on 5, 2X pullouts on 5
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 1x{4 x 75 on 1:50 25 2k1p, 25 4s glide, 25 buil
 {4 x 25 on :45 Breast TO drill w/free kick
 {3 x 75 on 1:45 25 2k1p, 25 4s glide, 25 buil
 {2 x 25 on :45 Breast TO drill w/ free kick
 {2 x 75 on 1:40 25 2k1p, 25 4s glide, 25 buil
 {2 x 25 on :45 Breast TO drill w/free kick
 {1 x 75 on 1:35 25 2k1p, 25 4s glide, 25 buil
 200 1 x 200 on 1:00 Stroke Drills
 6:00 PM 4,600 Yards - Stress Value = 66

Workout #9618 - Thursday, 13 October 2011

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 120 THE REST OF PRACTICE IS IN DIVING WELL
 8 x 15 on :45 Butterfly
 1x{1 on 10:00 Fly Drill-breathing
 {1 on 10:00 Fly Drill-recovery
 {1 on 10:00 Fly Drill-Kick
 90 6 x 15 on :45 Butterfly
 240 4 x 60 on 1:30 Fly-descend to ludirous speed
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 1,350 Yards - Stress Value = 13

Workout #9619 - Friday, 14 October 2011

Group 3 - IM's

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 20:00 DS/Spotlight	
600	1 x 600 on 10:00 Choice	REC
180	12 x 15 on :45 Start/Shooter/Finish	SP3
500	20 x 25 on :45 Kick no board BSLR w/fins	EN2
1,400	1x{1 x 500 on 7:30 Individual Medley	EN2
	{1 x 400 on 6:00 Individual Medley	EN2
	{1 x 300 on 4:30 Individual Medley	EN2
	{1 x 200 on 3:00 Individual Medley	EN2
	{ IM's are 25 drill 25 swim	
200	1 x 200 on 5:00 IM-Broken at the 50's	SP2
	Rest 10-20-30 seconds	
250	5 x 50 on 1:00 Stroke Drills	REC
5:00 PM	3,130 Yards - Stress Value = 65	

Workout #9620 - Friday, 14 October 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 20:00 DS/Spotlight	
600	1 x 600 on 10:00 Choice	REC
180	12 x 15 on :45 Start/Shooter/Finish	SP3
500	20 x 25 on :45 Kick no board BSLR w/fins	EN2
1,250	1x{1 x 500 on 8:10 Individual Medley	EN2
	{1 x 400 on 6:30 Individual Medley	EN2
	{1 x 300 on 4:55 Individual Medley	EN2
	{1 x 50 on :50 Your #1	EN2
	{ IM's are 25 drill 25 swim	
200	1 x 200 on 5:00 IM-Broken at the 50's	SP2
	Rest 10-20-30 seconds	
250	5 x 50 on 1:00 Stroke Drills	REC
5:00 PM	2,980 Yards - Stress Value = 62	

Workout #9621 - Friday, 14 October 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 20:00 DS/Spotlight	
550	1 x 550 on 10:00 Choice	REC
180	12 x 15 on :45 Start/Shooter/Finish	SP3
500	20 x 25 on :45 Kick no board BSLR w/fins	EN2
1,200	1x{1 x 500 on 8:45 Individual Medley	EN2
	{1 x 400 on 7:00 Individual Medley	EN2
	{1 x 300 on 5:15 Individual Medley	EN2
	{ IM's are 25 drill 25 swim	
200	1 x 200 on 5:00 IM-Broken at the 50's	SP2
	Rest 10-20-30 seconds	
250	5 x 50 on 1:00 Stroke Drills	REC
5:00 PM	2,880 Yards - Stress Value = 61	

Workout #9622 - Friday, 14 October 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 20:00 DS/Spotlight	
500	1 x 500 on 10:00 Choice	REC
180	12 x 15 on :45 Start/Shooter/Finish	SP3
500	20 x 25 on :45 Kick no board BSLR w/fins	EN2

1,050	1x{1 x 400 on 8:00 Individual Medley	EN2
	{1 x 300 on 6:00 Individual Medley	EN2
	{1 x 200 on 4:00 Individual Medley	EN2
	{1 x 100 on 2:00 Individual Medley	EN2
	{1 x 50 on 1:00 Your #1	EN2
	{ IM's are 25 drill 25 swim	
200	1 x 200 on 5:00 IM-Broken at the 50's	SP2
	Rest 10-20-30 seconds	
250	5 x 50 on 1:00 Stroke Drills	REC
5:00 PM	2,680 Yards - Stress Value = 58	

Workout #9623 - Saturday, 15 October 2011

Group 3 - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY
8:15 AM	Start	
=====	=====	=====
1,000	1x{1 x 200 on 3:00 Free 2 KOW	
	{1 x 200 on 2:55 Free 3 KOW L.50 fast	
	{1 x 200 on 2:50 Free 4 KOW L.100 Fast	
	{1 x 200 on 2:45 Free 5 KOW L.150 Fast	
	{1 x 200 on 2:40 Free 6 KOW-all fast	
900	1x{9 x 50 on :50 Swim every 3rd on your #1	
	{6 x 50 on :50 Swim every 2nd one your #1	
	{3 x 50 on :50 All your #1	
	{ evens breathe toward scoreboard	
	{ Free swims-odds breathe toward bleachers	
850	1x{4 x 100 on 1:30 Free-descend to ludicrous sr	
	{9 x 50 on 1:00 Stroke Drills	
9:02 AM	2,750 Yards - Stress Value = 36	

Workout #9624 - Saturday, 15 October 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
8:15 AM	Start	
=====	=====	=====
950	1x{1 x 200 on 3:15 Free 2 KOW	
	{1 x 200 on 3:10 Free 3 KOW L.50 fast	
	{1 x 200 on 3:05 Free 4 KOW L.100 Fast	
	{1 x 200 on 3:00 Free 5 KOW L.150 Fast	
	{1 x 150 on 2:10 Free 6 KOW-all fast	
800	1x{9 x 50 on :55 Swim every 3rd on your #1	
	{5 x 50 on :55 Swim every 2nd one your #1	
	{2 x 50 on :55 All your #1	
	{ evens breathe toward scoreboard	
	{ Free swims-odds breathe toward bleachers	
850	1x{4 x 100 on 1:30 Free-descend to ludicrous sr	
	{9 x 50 on 1:00 Stroke Drills	
9:02 AM	2,600 Yards - Stress Value = 33	

Workout #9625 - Saturday, 15 October 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
8:15 AM	Start	
=====	=====	=====
900	1x{1 x 150 on 2:35 Free 2 KOW	
	{1 x 200 on 3:25 Free 3 KOW L.50 fast	
	{1 x 200 on 3:20 Free 4 KOW L.100 Fast	
	{1 x 200 on 3:15 Free 5 KOW L.150 Fast	
	{1 x 150 on 2:20 Free 6 KOW-all fast	
750	1x{9 x 50 on 1:00 Swim every 3rd on your #1	
	{6 x 50 on 1:00 Swim every 2nd one your #1	
	{ evens breathe toward scoreboard	
	{ Free swims-odds breathe toward bleachers	
800	1x{4 x 100 on 1:40 Free-descend to ludicrous sr	
	{8 x 50 on 1:00 Stroke Drills	
9:02 AM	2,450 Yards - Stress Value = 32	

Workout #9626 - Saturday, 15 October 2011

Group 3 - Bronze

1 minute rest between sets

8:15 AM Start
 Yards Set Description
 =====
 800 1x{1 x 100 on 2:00 Free 2 KOW
 {1 x 200 on 3:55 Free 3 KOW L.50 fast
 {1 x 200 on 3:50 Free 4 KOW L.100 Fast
 {1 x 200 on 3:45 Free 5 KOW L.150 Fast
 {1 x 100 on 1:50 Free 6 KOW-all fast
 600 1x{6 x 50 on 1:05 Swim every 3rd on your #1
 {4 x 50 on 1:05 Swim every 2nd one your #1
 {2 x 50 on 1:05 All your #1
 { evens breathe toward scoreboard
 { Free swims-odds breathe toward bleachers
 750 1x{4 x 100 on 1:55 Free-descend to ludicrous sr
 {7 x 50 on 1:00 Stroke Drills
 9:01 AM 2,150 Yards - Stress Value = 30

{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick #2 100%
 {4 x 25 on :35 Kick no board BSLR
 {4 x 125 on 2:25 Kick #1 100%
 300 6x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,475 1x{3 x 25 on :40 Back -6 kick switch
 {3 x 50 on :55 Back-descend 3/5/7 KOW
 {1 x 200 on 3:20 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :55 Back-descend 3/5/7/ KOW
 {2 x 200 on 3:15 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :55 Back-descend 3/5/7 KOW
 {3 x 150 on 2:25 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :55 Back-descend 3/5/7 KOW
 {1 x 150 on 2:20 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :55 Back-descend 3/5/7 KOW
 {1 x 150 on 2:15 Backstroke
 450 9 x 50 on 1:00 Stroke Drills
 6:00 PM 5,575 Yards - Stress Value = 90

Workout #9627 - Monday, 17 October 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball/Spotlight
 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
 {4 x 50 on :50 Kick #4 100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:15 Kick #3 100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 100 on 1:40 Kick #2 100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 125 on 2:05 Kick #1 100%
 300 6x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,925 1x{3 x 25 on :40 Back -6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7 KOW
 {1 x 200 on 3:00 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7/ KOW
 {2 x 200 on 2:50 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7 KOW
 {3 x 200 on 2:40 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7 KOW
 {2 x 200 on 2:35 Backstroke
 {3 x 25 on :40 Back-6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7 KOW
 {1 x 200 on 2:30 Backstroke
 450 9 x 50 on 1:00 Stroke Drills
 6:00 PM 6,225 Yards - Stress Value = 103

Workout #9629 - Monday, 17 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball/Spotlight
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 1,350 10 x 15 on :45 Shooters
 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:05 Kick #3 100%
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 1:35 Kick #3 100%
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:10 Kick #2 100%
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:10 Kick #1 100%
 300 6x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,275 1x{3 x 25 on :45 Back -6 kick switch
 {3 x 50 on 1:00 Back-descend 3/5/7 KOW
 {1 x 150 on 2:45 Backstroke
 {3 x 25 on :45 Back-6 kick switch
 {3 x 50 on 1:00 Back-descend 3/5/7/ KOW
 {2 x 150 on 2:40 Backstroke
 {3 x 25 on :45 Back-6 kick switch
 {3 x 50 on 1:00 Back-descend 3/5/7 KOW
 {3 x 150 on 2:35 Backstroke
 {3 x 25 on :45 Back-6 kick switch
 {3 x 50 on 1:00 Back-descend 3/5/7 KOW
 {2 x 150 on 2:30 Backstroke
 {3 x 25 on :45 Back-6 kick switch
 {2 x 50 on 1:00 Back-descend 5/7 KOW
 450 9 x 50 on 1:00 Stroke Drills
 6:00 PM 5,075 Yards - Stress Value = 81

Workout #9628 - Monday, 17 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball/Spotlight
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,600 10 x 15 on :45 Shooters
 1x{4 x 25 on :35 Kick no board BSLR
 {4 x 50 on :55 Kick #4 100%
 {4 x 25 on :35 Kick no board BSLR
 {4 x 75 on 1:25 Kick #3 100%

Workout #9630 - Monday, 17 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:10 Kick #3 100% {4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:45 Kick #3 100% {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick #2 100% {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick #1 100%	EN2	EN2
300	6x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN1	EN1
2,150	1x{3 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 {3 x 25 on :45 Back-6 kick switch {3 x 50 on 1:05 Back-descend 3/5/7/ KOW {2 x 150 on 2:55 Backstroke {3 x 25 on :45 Back-6 kick switch {3 x 50 on 1:05 Back-descend 3/5/7 KOW {3 x 150 on 2:50 Backstroke {3 x 25 on :45 Back-6 kick switch {3 x 50 on 1:05 Back-descend 3/5/7 KOW {2 x 150 on 2:45 Backstroke {2 x 25 on :45 Back-6 kick switch	EN2	EN2
450	9 x 50 on 1:00 Stroke Drills	REC	
6:00 PM 4,800 Yards - Stress Value = 76			

Workout #9631 - Monday, 17 October 2011

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Physio Balls/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
1,000	10 x 15 on :45 Shooters	SP3	
	1x{2 x 150 on 3:00 Kick {2 x 125 on 2:30 Kick {2 x 100 on 2:00 Kick {2 x 75 on 1:30 Kick {2 x 50 on 1:00 Kick	EN2	EN2
100	1 x 100 on 3:00 Kick for time	EN3	
300	3 x 100 on 2:30 25 kick 25 drill 25 build 25 6bk	EN1	
900	1x{1 x 150 on 2:35 Pulls-no br L.12 yds {1 x 150 on 2:30 Pulls-no br L.12 yds {1 x 150 on 2:25 Pulls-no br L.12 yds {1 x 150 on 2:20 Pulls-no br L.12 yds {1 x 150 on 2:15 Pulls-no br L.12 yds {1 x 150 on 2:10 Pulls-no br L.12 yds	EN1	EN1
150	1 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1	
300	6 x 50 on 2:00 Freestyle	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:31 PM 3,600 Yards - Stress Value = 73			

Workout #9632 - Monday, 17 October 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Physio Balls/Tm Mtg		

500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{2 x 150 on 3:20 Kick {2 x 125 on 2:45 Kick {2 x 100 on 2:15 Kick {2 x 75 on 1:40 Kick	EN2
100	1 x 100 on 3:00 Kick for time	EN3
300	3 x 100 on 2:30 25 kick 25 drill 25 build 25 6bk	EN1
850	1x{1 x 150 on 2:45 Pulls-no br L.12 yds {1 x 150 on 2:40 Pulls-no br L.12 yds {1 x 150 on 2:35 Pulls-no br L.12 yds {1 x 150 on 2:30 Pulls-no br L.12 yds {1 x 150 on 2:25 Pulls-no br L.12 yds {1 x 100 on 1:35 Pulls-no br L.12 yds	EN1
150	1 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1
300	6 x 50 on 2:00 Freestyle	SP1
200	1 x 200 on 4:00 Stroke Drills	REC
7:31 PM 3,450 Yards - Stress Value = 70		

Workout #9633 - Monday, 17 October 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Physio Balls/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 150 on 3:45 Kick {2 x 125 on 3:05 Kick {2 x 100 on 2:30 Kick {1 x 50 on 1:15 Kick	EN2	EN2
100	1 x 100 on 3:00 Kick for time	EN3	
300	3 x 100 on 2:30 25 kick 25 drill 25 build 25 6bk	EN1	
750	1x{1 x 150 on 3:00 Pulls-no br L.12 yds {1 x 150 on 2:55 Pulls-no br L.12 yds {1 x 150 on 2:50 Pulls-no br L.12 yds {1 x 150 on 2:45 Pulls-no br L.12 yds {1 x 150 on 2:40 Pulls-no br L.12 yds	EN1	EN1
150	1 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1	
300	6 x 50 on 2:00 Freestyle	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:31 PM 3,200 Yards - Stress Value = 67			

Workout #9634 - Monday, 17 October 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{1 x 150 on 4:30 Kick {2 x 125 on 3:45 Kick {2 x 100 on 3:00 Kick {1 x 50 on 1:30 Kick	EN2	EN2
100	1 x 100 on 3:00 Kick for time	EN3	
300	3 x 100 on 2:30 25 kick 25 drill 25 build 25 6bk	EN1	
700	1x{1 x 150 on 3:15 Pulls-no br L.12 yds {1 x 150 on 3:10 Pulls-no br L.12 yds {1 x 150 on 3:05 Pulls-no br L.12 yds {1 x 150 on 3:00 Pulls-no br L.12 yds {1 x 100 on 1:55 Pulls-no br L.12 yds	EN1	EN1
150	1 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1	
300	6 x 50 on 2:00 Freestyle	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:31 PM 2,950 Yards - Stress Value = 63			

Workout #9635 - Tuesday, 18 October 2011

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
600	1 on 30:00 DS/Core/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
480	4 x 100 on 2:00 Kick @fastest interval
1,350	1x{16 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
200	1x{3 x 75 on 1:10 Pulls { 4 x 75 on 1:05 Pulls { 5 x 75 on 1:00 Pulls { 6 x 75 on :55 Pulls { Odds breathe toward blchrs { evns breathe toward scrbd
2,550	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{6 x 50 on :45 Fly 2-3 8 KOW { 2 x 125 on 1:35 Freestyle { 5 x 50 on :45 Fly 2-4, 7 KOW { 2 x 125 on 1:35 Freestyle { 4 x 50 on :45 Fly 2-5 6 KOW { 2 x 125 on 1:35 Freestyle { 3 x 50 on :45 Fly 2-4, 5 KOW { 2 x 125 on 1:35 Freestyle { 2 x 50 on :45 Fly 2-3, 4 KOW { 2 x 125 on 1:35 Freestyle { 1 x 50 on :45 Fly 2-2, 3 KOW { 2 x 125 on 1:35 Freestyle
	10 x 50 on 1:00 Stroke Drills
	5:59 PM 6,230 Yards - Stress Value = 84

Workout #9637 - Tuesday, 18 October 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
550	1 on 30:00 DS/Core/Spotlight
150	1 x 550 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
480	4 x 100 on 2:00 Kick @fastest interval
1,125	1x{16 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
200	1x{3 x 75 on 1:20 Pulls { 4 x 75 on 1:15 Pulls { 4 x 75 on 1:10 Pulls { 4 x 75 on 1:05 Pulls { Odds breathe toward blchrs { evns breathe toward scrbd
2,250	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{6 x 50 on :55 Fly 2-3 8 KOW { 2 x 100 on 1:30 Freestyle { 5 x 50 on :55 Fly 2-4, 7 KOW { 2 x 100 on 1:30 Freestyle { 4 x 50 on :55 Fly 2-5 6 KOW { 2 x 100 on 1:30 Freestyle { 3 x 50 on :55 Fly 2-4, 5 KOW { 2 x 100 on 1:30 Freestyle { 2 x 50 on :50 Fly 2-3, 4 KOW { 2 x 100 on 1:30 Freestyle { 1 x 50 on :50 Fly 2-2, 3 KOW { 2 x 100 on 1:30 Freestyle
	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,655 Yards - Stress Value = 70

Workout #9636 - Tuesday, 18 October 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
600	1 on 30:00 DS/Core/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
480	4 x 100 on 2:00 Kick @fastest interval
1,275	1x{16 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
200	1x{3 x 75 on 1:15 Pulls { 4 x 75 on 1:10 Pulls { 5 x 75 on 1:05 Pulls { 5 x 75 on 1:00 Pulls { Odds breathe toward blchrs { evns breathe toward scrbd
2,350	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{6 x 50 on :50 Fly 2-3 8 KOW { 2 x 125 on 1:45 Freestyle { 5 x 50 on :50 Fly 2-4, 7 KOW { 2 x 125 on 1:45 Freestyle { 4 x 50 on :50 Fly 2-5 6 KOW { 2 x 125 on 1:45 Freestyle { 3 x 50 on :50 Fly 2-4, 5 KOW { 2 x 125 on 1:45 Freestyle { 2 x 50 on :50 Fly 2-3, 4 KOW { 2 x 125 on 1:45 Freestyle { 1 x 50 on :50 Fly 2-2, 3 KOW { 1 x 50 on :40 Freestyle
	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,955 Yards - Stress Value = 75

Workout #9638 - Tuesday, 18 October 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
500	1 on 30:00 DS/Core/Spotlight
150	1 x 500 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
480	4 x 100 on 2:00 Kick @fastest interval
975	1x{16 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
200	1x{4 x 75 on 1:25 Pulls { 4 x 75 on 1:20 Pulls { 4 x 75 on 1:15 Pulls { 1 x 75 on 1:10 Pulls { Odds breathe toward blchrs { evns breathe toward scrbd
1,850	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{6 x 50 on 1:05 Fly 2-3 8 KOW { 2 x 100 on 1:45 Freestyle { 5 x 50 on 1:05 Fly 2-4, 7 KOW { 2 x 100 on 1:45 Freestyle { 4 x 50 on 1:05 Fly 2-5 6 KOW { 2 x 100 on 1:45 Freestyle { 3 x 50 on 1:05 Fly 2-4, 5 KOW { 1 x 100 on 1:45 Freestyle { 2 x 50 on 1:05 Fly 2-3, 4 KOW { 1 x 100 on 1:45 Freestyle { 1 x 50 on 1:05 Fly 2-2, 3 KOW
	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,055 Yards - Stress Value = 63

Workout #9639 - Tuesday, 18 October 2011

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill F
 150 10 x 15 on :45 Shooters S
 600 3x{1 x 25 on :45 Kick on left side face down F
 {1 x 25 on :45 Kick on right side face down F
 {1 x 25 on :45 Kick on left side face up F
 {1 x 25 on :45 Kick on right side face up F 250
 {1 x 100 on 2:30 Streamline Kick on Back F
 { Fast Turns w/5 KOW
 600 12 x 50 on 1:00 Back pulls-cross ankles F
 descend in sets of 3-long streamline off tu
 150 1 x 150 on 3:00 2bk-4bk-6bk by 25's F
 1,000 2x{10 x 50 on 1:00 Backstroke F
 { Start 10 KOW -1, Turn 1 KOW +1
 250 1 x 250 on 4:00 Stroke Drills F
 1 on 10:00 Techniques-Starts
 7:30 PM 3,250 Yards - Stress Value = 50

Workout #9640 - Tuesday, 18 October 2011

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 2x{1 x 25 on 1:00 Kick on left side face down
 {1 x 25 on 1:00 Kick on right side face down
 {1 x 25 on 1:00 Kick on left side face up
 {1 x 25 on 1:00 Kick on right side face up
 {1 x 100 on 3:00 Streamline Kick on Back
 { Fast Turns w/5 KOW
 600 12 x 50 on 1:15 Back pulls-cross ankles
 descend in sets of 3-long streamline off tu
 150 1 x 150 on 3:00 2bk-4bk-6bk by 25's
 800 2x{8 x 50 on 1:15 Backstroke
 { Start 10 KOW -1, Turn 1 KOW +1
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:30 PM 2,850 Yards - Stress Value = 40

Workout #9641 - Wednesday, 19 October 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :45 Kick no board BSLR-12
 {3 x 50 on :45 Kick-descend
 {4 x 25 on :45 Kick no board BSLR-13
 {4 x 50 on :50 Kick-descend
 {4 x 25 on :45 Kick no board BSLR-14
 {5 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR-15
 {6 x 50 on 1:00 Kick-descend
 1,000 10 x 100 on 1:30 Lungbuster pulls
 Breathe 3-5-7-9 continuous/hold time I give
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{1 x 200 on 3:15 Breaststroke

{4 x 30 on :30 Under/overs
 {1 on :30 Rest
 {2 x 175 on 2:45 Breaststroke
 {4 x 30 on :30 Under/overs
 {1 on :30 Rest
 {3 x 150 on 2:20 Breaststroke
 {4 x 30 on :30 Under/overs
 {1 on :30 Rest
 {4 x 125 on 1:55 Breaststroke
 {4 x 30 on :30 Under/overs
 {1 on :30 Rest
 {5 x 100 on 1:30 Breaststroke
 {4 x 30 on :30 Under/overs
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 6,100 Yards - Stress Value = 123

Workout #9642 - Wednesday, 19 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :45 Kick no board BSLR-12
 {3 x 50 on :50 Kick-descend
 {4 x 25 on :45 Kick no board BSLR-13
 {4 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR-14
 {5 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR-15
 {5 x 50 on 1:05 Kick-descend
 1,000 10 x 100 on 1:30 Lungbuster pulls
 Breathe 3-5-7-9 continuous/hold time I give
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{1 x 200 on 3:30 Breaststroke
 {4 x 30 on :35 Under/overs
 {1 on :30 Rest
 {2 x 175 on 3:00 Breaststroke
 {4 x 30 on :35 Under/overs
 {1 on :30 Rest
 {3 x 150 on 2:30 Breaststroke
 {4 x 30 on :35 Under/overs
 {1 on :30 Rest
 {4 x 125 on 2:05 Breaststroke
 {4 x 30 on :35 Under/overs
 {1 on :30 Rest
 {2 x 100 on 1:35 Breaststroke
 {4 x 30 on :35 Under/overs
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,750 Yards - Stress Value = 116

Workout #9643 - Wednesday, 19 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Spotlight
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR-12
	{3 x 50 on :55 Kick-descend
	{4 x 25 on :45 Kick no board BSLR-13
	{4 x 50 on 1:00 Kick-descend
	{4 x 25 on :45 Kick no board BSLR-14
	{5 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board BSLR-15
	{4 x 50 on 1:10 Kick-descend
900	9 x 100 on 1:40 Lungbuster pulls
	Breathe 3-5-7-9 continuous/hold time I give
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,080	1x{1 x 200 on 3:45 Breaststroke
	{4 x 30 on :40 Under/overs
	{1 on :30 Rest
	{2 x 175 on 3:15 Breaststroke
	{4 x 30 on :40 Under/overs
	{1 on :30 Rest
	{3 x 150 on 2:45 Breaststroke
	{4 x 30 on :40 Under/overs
	{1 on :30 Rest
	{4 x 125 on 2:15 Breaststroke
	{4 x 30 on :40 Under/overs
	{1 on :30 Rest
	{1 x 100 on 1:45 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 5,330 Yards - Stress Value = 110

Workout #9644 - Wednesday, 19 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Spotlight
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR-12
	{3 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board BSLR-13
	{4 x 50 on 1:10 Kick-descend
	{4 x 25 on :45 Kick no board BSLR-14
	{5 x 50 on 1:15 Kick-descend
	{4 x 25 on :45 Kick no board BSLR-15
	{2 x 50 on 1:20 Kick-descend
800	8 x 100 on 1:50 Lungbuster pulls
	Breathe 3-5-7-9 continuous/hold time I give
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,920	1x{1 x 200 on 4:00 Breaststroke
	{4 x 30 on :45 Under/overs
	{1 on :30 Rest
	{2 x 175 on 3:30 Breaststroke
	{4 x 30 on :45 Under/overs
	{1 on :30 Rest
	{3 x 150 on 3:00 Breaststroke
	{4 x 30 on :45 Under/overs
	{1 on :30 Rest
	{4 x 125 on 2:30 Breaststroke
	{2 x 30 on :45 Under/overs
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 4,920 Yards - Stress Value = 101

Workout #9645 - Wednesday, 19 October 2011

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	
=====	=====	=
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
1,350	1x{4 x 25 on :45 Kick no board BSLR-10 KOW	F
	{3 x 50 on 1:15 Kick #1br, #2 fly, #3 free	F
	{ Great effort on the 50's	
	{2 x 100 on 2:00 Kick	F
	{4 x 25 on :45 Kick no board BSLR-11 KOW	F
	{3 x 50 on 1:15 Kick #1br, #2 fly, #3 free	F
	{ Great effort on the 50's	
	{2 x 100 on 1:55 Kick	F
	{4 x 25 on :45 Kick no board BSLR-12 KOW	F
	{3 x 50 on 1:15 Kick #1 br, #2 fly, #3 free	F
	{2 x 100 on 1:50 Kick	F
150	1 x 150 on 3:00 2bk-4bk-6bk by 25's	F
1,200	6x{1 x 100 on 1:40 Individual Medley	F
	{1 x 50 on :50 Freestyle	F
	{1 x 50 on 1:00 Freestyle	F
100	1 x 100 on 2:00 Stroke Drills	F
	1 on 10:00 Game-Musical Kickboards	
	7:31 PM 3,450 Yards - Stress Value = 53	

Workout #9646 - Wednesday, 19 October 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	
=====	=====	=
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
1,250	1x{4 x 25 on :45 Kick no board BSLR-10 KOW	F
	{3 x 50 on 1:15 Kick #1br, #2 fly, #3 free	F
	{ Great effort on the 50's	
	{2 x 100 on 2:15 Kick	F
	{4 x 25 on :45 Kick no board BSLR-11 KOW	F
	{3 x 50 on 1:15 Kick #1br, #2 fly, #3 free	F
	{ Great effort on the 50's	
	{2 x 100 on 2:10 Kick	F
	{4 x 25 on :45 Kick no board BSLR-12 KOW	F
	{3 x 50 on 1:15 Kick #1 br, #2 fly, #3 free	F
	{1 x 100 on 2:05 Kick	F
150	1 x 150 on 3:00 2bk-4bk-6bk by 25's	F
1,050	6x{1 x 100 on 1:50 Individual Medley	F
	{1 x 50 on :50 Freestyle	F
	{1 x 25 on :50 Freestyle	F
100	1 x 100 on 2:00 Stroke Drills	F
	1 on 10:00 Game-Musical Kickboards	
	7:31 PM 3,200 Yards - Stress Value = 51	

Workout #9647 - Wednesday, 19 October 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Choice	F	
150	10 x 15 on :45 Shooters	S	
1,000	1x{4 x 25 on 1:00 Kick no board BSLR-10 KOW	F	
	{ 3 x 50 on 1:30 Kick #1br, #2 fly, #3 free	F	
	{ Great effort on the 50's		
	{ 1 x 100 on 2:30 Kick	F	
	{ 4 x 25 on 1:00 Kick no board BSLR-11 KOW	F	
	{ 3 x 50 on 1:30 Kick #1br, #2 fly, #3 free	F	
	{ Great effort on the 50's		
	{ 1 x 100 on 2:25 Kick	F	
	{ 4 x 25 on 1:00 Kick no board BSLR-12 KOW	F	
	{ 3 x 50 on 1:30 Kick #1 br, #2 fly, #3 free	F	
	{ 1 x 50 on 1:10 Kick	F	
150	1 x 150 on 3:00 2bk-4bk-6bk by 25's	F	
1,050	6x{1 x 100 on 2:00 Individual Medley	F	
	{ 1 x 50 on :55 Freestyle	F	
	{ 1 x 25 on :35 Freestyle	F	
100	1 x 100 on 2:00 Stroke Drills	F	
	1 on 10:00 Game-Musical Kickboards		
	7:31 PM 2,900 Yards - Stress Value = 46		

Workout #9648 - Wednesday, 19 October 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Choice	F	
150	10 x 15 on :45 Shooters	S	
950	1x{4 x 25 on 1:00 Kick no board BSLR-10 KOW	F	
	{ 3 x 50 on 1:30 Kick #1br, #2 fly, #3 free	F	
	{ Great effort on the 50's		
	{ 1 x 100 on 3:00 Kick	F	
	{ 4 x 25 on 1:00 Kick no board BSLR-11 KOW	F	
	{ 3 x 50 on 1:30 Kick #1br, #2 fly, #3 free	F	
	{ Great effort on the 50's		
	{ 1 x 100 on 3:00 Kick	F	
	{ 4 x 25 on 1:00 Kick no board BSLR-12 KOW	F	
	{ 3 x 50 on 1:30 Kick #1 br, #2 fly, #3 free	F	
150	1 x 150 on 3:00 2bk-4bk-6bk by 25's	F	
600	6x{1 x 100 on 3:00 Individual Medley	F	
	{ 1 on :30 Rest		
100	1 x 100 on 2:00 Stroke Drills	F	
	1 on 10:00 Game-Musical Kickboards		
	7:31 PM 2,350 Yards - Stress Value = 39		

Workout #9649 - Thursday, 20 October 2011

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	THE REST OF PRACTICE IS IN DIVING WELL		
120	8 x 15 on :45 Breaststrokes	EN1	
	1x{1 on 12:00 Breast Drill-stroke/body	REC	
	{ 1 on 12:00 Breast Drill-recovery	REC	
	{ 1 on 12:00 Breast Drill-Kick	REC	
120	8 x 15 on :45 Breaststroke	EN1	

500	5 x 100 on 2:00 Breast-descend	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
7:30 PM 1,790 Yards - Stress Value = 18		

Workout #9650 - Friday, 21 October 2011

Group 3 - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:30 PM Start				
=====	=====	=====	=====	=====
	1 on 15:00 DS and brief Team Mtg		L	DF
600	1 x 600 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	I
3,000	5x{1 x 25 on :30 Freestyle	SP2	S	F
	{ 1 x 25 on :40 Freestyle	SP2	S	F
	{ 1 x 25 on :50 Freestyle	SP2	S	F
	{ 1 x 25 on 1:00 Freestyle	SP2	S	F
	{ 1 x 150 on 1:45 Freestyle	EN2	S	F
	{ 1 x 100 on 1:10 Freestyle	EN2	S	F
	{ 1 x 50 on :35 Freestyle	EN2	S	F
	{ 1 x 200 on 4:00 Stroke Drills	REC	D	C
	4:58 PM 3,750 Yards - Stress Value = 84			

Workout #9651 - Friday, 21 October 2011

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:30 PM Start				
=====	=====	=====	=====	=====
	1 on 15:00 DS and brief Team Mtg		L	DF
600	1 x 600 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	I
2,750	5x{1 x 25 on :30 Freestyle	SP2	S	F
	{ 1 x 25 on :40 Freestyle	SP2	S	F
	{ 1 x 25 on :50 Freestyle	SP2	S	F
	{ 1 x 25 on 1:00 Freestyle	SP2	S	F
	{ 1 x 150 on 2:00 Freestyle	EN2	S	F
	{ 1 x 100 on 1:20 Freestyle	EN2	S	F
	{ 1 x 50 on :40 Freestyle	EN2	S	F
	{ 1 x 150 on 3:30 Stroke Drills	REC	D	C
	4:58 PM 3,500 Yards - Stress Value = 84			

Workout #9652 - Friday, 21 October 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:30 PM Start				
=====	=====	=====	=====	=====
	1 on 15:00 DS and brief Team Mtg		L	DF
550	1 x 550 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	I
2,500	5x{1 x 25 on :30 Freestyle	SP2	S	F
	{ 1 x 25 on :40 Freestyle	SP2	S	F
	{ 1 x 25 on :50 Freestyle	SP2	S	F
	{ 1 x 25 on 1:00 Freestyle	SP2	S	F
	{ 1 x 150 on 2:15 Freestyle	EN2	S	F
	{ 1 x 100 on 1:30 Freestyle	EN2	S	F
	{ 1 x 50 on :45 Freestyle	EN2	S	F
	{ 1 x 100 on 3:00 Stroke Drills	REC	D	C
	4:58 PM 3,200 Yards - Stress Value = 84			

Workout #9653 - Friday, 21 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 15:00 DS and brief Team Mtg		L	DF
550	1 x 550 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	I
2,250	5x{1 x 25 on :30 Freestyle	SP2	S	F
	{1 x 25 on :40 Freestyle	SP2	S	F
	{1 x 25 on :50 Freestyle	SP2	S	F
	{1 x 25 on 1:00 Freestyle	SP2	S	F
	{1 x 150 on 2:35 Freestyle	EN2	S	F
	{1 x 100 on 1:45 Freestyle	EN2	S	F
	{1 x 50 on :50 Freestyle	EN2	S	F
	{1 x 50 on 2:20 Stroke Drills	REC	D	C
4:58 PM	2,950 Yards - Stress Value = 84			

Workout #9658 - Monday, 24 October 2011

Group 3 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball11 Shoulders
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,800	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 125 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :45 Kick
2,000	1x{16 x 50 on :45 Pulls every 4tn one 4 breaths
	{12 x 50 on :50 Pulls every 3rd one 4 breaths
	{8 x 50 on :55 Pulls every 2nd one 4 breaths
	{4 x 50 on 1:00 Pulls every one 4th breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{3 x 200 on 2:30 Freestyle
	{3 x 200 on 2:25 Freestyle
	{3 x 200 on 2:20 Freestyle
400	8 x 50 on 1:00 Stroke Drills
7:30 PM	6,950 Yards - Stress Value = 118

Workout #9659 - Monday, 24 October 2011

Group 3 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball11 Shoulders
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 125 on 2:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on :55 Kick
1,850	1x{16 x 50 on :50 Pulls every 4tn one 4 breaths
	{12 x 50 on :55 Pulls every 3rd one 4 breaths
	{6 x 50 on 1:00 Pulls every 2nd one 4 breaths
	{3 x 50 on 1:05 Pulls every one 4th breaths
200	4x{1 x 25 on :50 Sculling drills

	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{3 x 200 on 2:50 Freestyle
	{3 x 200 on 2:45 Freestyle
	{2 x 200 on 2:40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
7:31 PM	6,300 Yards - Stress Value = 106

Workout #9660 - Monday, 24 October 2011

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball11 Shoulders
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 125 on 2:40 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
1,650	1x{12 x 50 on :55 Pulls every 4tn one 4 breaths
	{12 x 50 on 1:00 Pulls every 3rd one 4 breaths
	{6 x 50 on 1:05 Pulls every 2nd one 4 breaths
	{3 x 50 on 1:10 Pulls every one 4th breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{3 x 200 on 3:35 Freestyle
	{2 x 200 on 3:30 Freestyle
	{1 x 200 on 3:25 Freestyle
400	8 x 50 on 1:00 Stroke Drills
7:29 PM	5,500 Yards - Stress Value = 91

Workout #9661 - Monday, 24 October 2011

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball11 Shoulders
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:25 Kick
	{2 x 25 on :45 Kick no board BS
1,500	1x{12 x 50 on 1:00 Pulls every 4tn one 4 breaths
	{9 x 50 on 1:05 Pulls every 3rd one 4 breaths
	{6 x 50 on 1:10 Pulls every 2nd one 4 breaths
	{3 x 50 on 1:15 Pulls every one 4th breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{3 x 200 on 3:10 Freestyle
	{2 x 200 on 3:05 Freestyle
	{3 x 150 on 2:15 Freestyle
400	8 x 50 on 1:00 Stroke Drills
7:30 PM	5,350 Yards - Stress Value = 89

Workout #9654 - Monday, 24 October 2011

Group 2 - Back

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
950	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:55 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 1:55 Kick	EN2
	{1 x 100 on 1:50 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 1:50 Kick	EN2
	{1 x 100 on 1:45 Kick	EN2
	{1 x 50 on 1:00 EZ-swim	REC
100	1 x 100 on 3:00 Kick for time-on back	EN3
650	1 x 650 on 10:30 Pulls-nbbf&w	EN1
300	2 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1
50	1 x 50 on 4:00 Back-100% Count strokes	SP2
350	7 x 50 on 2:00 Backstroke	SP1
250	1 x 250 on 4:00 Stroke Drills	REC
	7:30 PM 3,300 Yards - Stress Value = 72	

Workout #9655 - Monday, 24 October 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:20 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:10 Kick	EN2
	{1 x 50 on 1:00 EZ-swim	REC
100	1 x 100 on 3:00 Kick for time-on back	EN3
600	1 x 600 on 10:30 Pulls-nbbf&w	EN1
300	2 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1
50	1 x 50 on 4:00 Back-100% Count strokes	SP2
350	7 x 50 on 2:00 Backstroke	SP1
250	1 x 250 on 4:00 Stroke Drills	REC
	7:30 PM 3,150 Yards - Stress Value = 70	

Workout #9656 - Monday, 24 October 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
675	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 2:40 Kick	EN2
	{1 x 100 on 2:35 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 75 on 1:50 Kick	EN2
	{1 x 50 on 1:45 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 50 on 1:00 EZ-swim	REC

100	1 x 100 on 3:00 Kick for time-on back	EN3
550	1 x 550 on 10:30 Pulls-nbbf&w	EN1
300	2 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1
50	1 x 50 on 4:00 Back-100% Count strokes	SP2
350	7 x 50 on 2:00 Backstroke	SP1
250	1 x 250 on 4:00 Stroke Drills	REC
	7:30 PM 2,875 Yards - Stress Value = 67	

Workout #9657 - Monday, 24 October 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
575	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 3:00 Kick	EN2
	{1 x 100 on 2:55 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 75 on 2:55 Kick	EN2
	{1 x 50 on 2:50 Kick	EN2
	{1 x 50 on 1:30 EZ-swim	REC
100	1 x 100 on 3:00 Kick for time-on back	EN3
450	1 x 450 on 10:30 Pulls-nbbf&w	EN1
300	2 x 150 on 3:00 2bk-4bk-6bk by 25's	EN1
50	1 x 50 on 4:00 Back-100% Count strokes	SP2
350	7 x 50 on 2:00 Backstroke	SP1
250	1 x 250 on 4:00 Stroke Drills	REC
	7:30 PM 2,625 Yards - Stress Value = 63	

Workout #9662 - Monday, 24 October 2011

HS Girls - Distance

1 minute rest between sets

3:00 PM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 30:00 DS/Physio Balll/Tm Mtg	
600	1 x 600 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,600	1x{4 x 25 on :30 Kick no board BSLR	
	{4 x 125 on 2:15 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{4 x 100 on 1:45 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{4 x 75 on 1:15 Kick	
	{4 x 25 on :30 Kick no board BSLR	
1,050	1x{12 x 50 on :55 Pulls every 3rd one 6 breaths	
	{6 x 50 on 1:00 Pulls every 2nd one 6 breaths	
	{3 x 50 on 1:05 Pulls every one 6 breaths	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,800	1x{3 x 200 on 2:50 Freestyle	
	{3 x 200 on 2:45 Freestyle	
	{3 x 200 on 2:40 Freestyle	
500	10 x 50 on 1:00 Stroke Drills	
	1 on 10:00 Ice	
	5:35 PM 5,900 Yards - Stress Value = 96	

Workout #9663 - Monday, 24 October 2011

HS Girls - Gold/Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balll/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 2:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 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
 1,200 1x{2 x 200 on 3:30 Freestyle
 {2 x 200 on 3:25 Freestyle
 {2 x 200 on 3:20 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:04 PM 3,550 Yards - Stress Value = 52

{1 x 200 on 2:35 Pulls
 {2 x 100 on 1:30 Pulls BTB
 {1 x 200 on 2:30 Pulls
 {2 x 100 on 1:30 Pulls BTS
 300 6x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {2 x 75 on :55 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :45 Backstroke
 {3 x 50 on :40 Backstroke
 {3 x 50 on :35 Backstroke
 {1 x 100 on 1:45 Backstroke
 {4 x 25 on :30 Backstroke-100%
 {4 x 25 on :25 Backstroke-100%
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 6,430 Yards - Stress Value = 97

Workout #9664 - Monday, 24 October 2011

HS Girls - Silver/Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balll/Tm Mtg
 450 1 x 450 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 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
 {3 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{2 x 200 on 3:50 Freestyle
 {2 x 200 on 3:45 Freestyle
 {2 x 200 on 3:40 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:06 PM 3,400 Yards - Stress Value = 50

Workout #9674 - Tuesday, 25 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @fastest interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 1,550 1x{1 x 200 on 3:00 Pulls
 {2 x 100 on 1:30 Pulls BTB
 {1 x 200 on 2:55 Pulls
 {2 x 100 on 1:30 Pulls BTS
 {1 x 200 on 2:50 Pulls
 {2 x 100 on 1:30 Pulls BTB
 {1 x 150 on 2:05 Pulls
 {2 x 100 on 1:30 Pulls BTS
 300 6x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 200 on 3:45 Backstroke Drill
 {2 x 75 on 1:20 Backstroke
 {2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {1 x 150 on 2:45 Backstroke Drill
 {3 x 50 on :55 Backstroke
 {4 x 50 on :50 Backstroke
 {4 x 50 on :45 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 6,180 Yards - Stress Value = 94

Workout #9673 - Tuesday, 25 October 2011

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @fastest interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 1,600 1x{1 x 200 on 2:45 Pulls
 {2 x 100 on 1:30 Pulls BTB
 {1 x 200 on 2:40 Pulls
 {2 x 100 on 1:30 Pulls BTS

Workout #9675 - Tuesday, 25 October 2011

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Core
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @fastest interval
980 1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,400 1x	{1 x 200 on 3:10 Pulls
	{2 x 100 on 1:45 Pulls BTB
	{1 x 200 on 3:05 Pulls
	{2 x 100 on 1:45 Pulls BTS
	{1 x 200 on 3:00 Pulls
	{2 x 100 on 1:45 Pulls BTB
	{1 x 200 on 2:55 Pulls
300 6x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800 1x	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 200 on 4:00 Backstroke Drill
	{2 x 75 on 1:30 Backstroke
	{2 x 75 on 1:25 Backstroke
	{2 x 75 on 1:20 Backstroke
	{2 x 75 on 1:15 Backstroke
	{1 x 150 on 3:00 Backstroke Drill
	{3 x 50 on 1:00 Backstroke
	{2 x 50 on :55 Backstroke
	{2 x 50 on :50 Backstroke
200	1 x 200 on 3:00 Stroke Drills
6:00 PM	5,780 Yards - Stress Value = 87

{1 x 100 on 1:55 Backstroke	
{1 x 100 on 1:50 Backstroke	
{1 x 100 on 1:45 Backstroke	
{1 x 100 on 1:40 Backstroke	
{1 x 200 on 4:00 Freestyle Drill	
{2 x 75 on 1:40 Backstroke	
{2 x 75 on 1:35 Backstroke	
{2 x 75 on 1:30 Backstroke	
{2 x 75 on 1:25 Backstroke	
{1 x 150 on 3:00 Freestyle Drill	
{3 x 50 on 1:05 Backstroke	
{1 x 50 on 1:00 Backstroke	
200 1 x 200 on 3:00 Stroke Drills	
6:00 PM	5,430 Yards - Stress Value = 81

Workout #9669 - Tuesday, 25 October 2011

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
850 1x	{2 x 125 on 2:25 Kick
	{2 x 25 on :45 Kick-100%
	{2 x 100 on 1:55 Kick
	{2 x 25 on :45 Kick-100%
	{2 x 75 on 1:25 Kick
	{2 x 25 on :45 Kick-100%
	{2 x 50 on :55 Kick
200	4 x 50 on 1:30 Kick @fastest interval
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk
1,050 1x	{1 x 200 on 4:00 Breaststroke
	{3 x 50 on 1:00 Breaststroke-descend
	{1 x 200 on 3:45 Breaststroke
	{3 x 50 on 1:00 Breaststroke-descend
	{1 x 200 on 3:30 Breaststroke
	{3 x 50 on 1:00 Breaststroke-descend
200	1 x 200 on 3:00 Stroke Drills
	1 on 12:00 Techniques-Breast Starts
7:30 PM	3,250 Yards - Stress Value = 51

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
850 1x	{2 x 125 on 2:25 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
	{2 x 75 on 1:25 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
	{2 x 50 on :55 Kick	EN2	
200	4 x 50 on 1:30 Kick @fastest interval	EN2	
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
1,050 1x	{1 x 200 on 4:00 Breaststroke	EN2	
	{3 x 50 on 1:00 Breaststroke-descend	EN2	
	{1 x 200 on 3:45 Breaststroke	EN2	
	{3 x 50 on 1:00 Breaststroke-descend	EN2	
	{1 x 200 on 3:30 Breaststroke	EN2	
	{3 x 50 on 1:00 Breaststroke-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 12:00 Techniques-Breast Starts		
7:30 PM	3,250 Yards - Stress Value = 51		

Workout #9676 - Tuesday, 25 October 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/Core
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @fastest interval
980 1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,250 1x	{1 x 200 on 3:30 Pulls
	{2 x 100 on 1:55 Pulls BTB
	{1 x 200 on 3:25 Pulls
	{2 x 100 on 1:55 Pulls BTS
	{1 x 200 on 3:20 Pulls
	{2 x 100 on 1:55 Pulls BTB
	{1 x 50 on :45 Pulls
300 6x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650 1x	{1 x 100 on 2:00 Backstroke

Workout #9670 - Tuesday, 25 October 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750 1x	{2 x 125 on 2:45 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
200	4 x 50 on 1:30 Kick @fastest interval	EN2	
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
950 1x	{1 x 200 on 4:20 Breaststroke	EN2	
	{3 x 50 on 1:10 Breaststroke-descend	EN2	
	{1 x 200 on 4:10 Breaststroke	EN2	
	{3 x 50 on 1:10 Breaststroke-descend	EN2	
	{1 x 200 on 4:00 Breaststroke	EN2	
	{1 x 50 on 1:10 Breaststroke-fast!	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 12:00 Techniques-Breast Starts		
7:30 PM	3,050 Yards - Stress Value = 47		

Workout #9671 - Tuesday, 25 October 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{2 x 125 on 3:10 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
	{2 x 100 on 2:30 Kick	EN2	
	{2 x 25 on :45 Kick-100%	EN2	
	{2 x 75 on 1:50 Kick	EN2	
200	4 x 50 on 1:30 Kick @fastest interval	EN2	
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
900	1x{1 x 200 on 4:45 Breaststroke	EN2	
	{3 x 50 on 1:15 Breaststroke-descend	EN2	
	{1 x 200 on 4:30 Breaststroke	EN2	
	{3 x 50 on 1:15 Breaststroke-descend	EN2	
	{1 x 200 on 4:15 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 12:00 Techniques-Breast Starts		
7:30 PM	2,900 Yards - Stress Value = 45		

	{1 x 200 on 2:55 Pulls		
	{2 x 100 on 1:30 Pulls BTS		
	{1 x 200 on 2:50 Pulls		
	{2 x 100 on 1:30 Pulls BTB		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,900	1x{1 x 100 on 1:40 Backstroke		
	{1 x 100 on 1:35 Backstroke		
	{1 x 100 on 1:30 Backstroke		
	{1 x 100 on 1:25 Backstroke		
	{1 x 100 on 1:20 Backstroke		
	{1 x 200 on 3:45 Backstroke Drill		
	{2 x 75 on 1:20 Backstroke		
	{2 x 75 on 1:15 Backstroke		
	{2 x 75 on 1:10 Backstroke		
	{2 x 75 on 1:05 Backstroke		
	{1 x 150 on 2:45 Backstroke Drill		
	{3 x 50 on :55 Backstroke		
	{3 x 50 on :50 Backstroke		
	{3 x 50 on :45 Backstroke		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
5:35 PM	5,630 Yards - Stress Value = 83		

Workout #9665 - Tuesday, 25 October 2011

HS Girls - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	12 x 100 on 1:25 Freestyle	EN1	
500	20 x 25 on :30 Odds IM order evens ez free	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,450 Yards - Stress Value = 23		

Workout #9666 - Tuesday, 25 October 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 1:35 Freestyle	EN1	
500	20 x 25 on :30 Odds IM order evens ez free	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	2,250 Yards - Stress Value = 21		

Workout #9677 - Tuesday, 25 October 2011

HS Girls - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
=====	=====	=====	=====
	1 on 29:00 DS/Core/Tm Mtg		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
400	4 x 100 on 2:00 Kick @fastest interval		
980	1x{1 x 50 on 1:00 Vertical Kick-30/30		
	{4 x 30 on 1:00 15 underwater 15 sprint free		
	{2 x 50 on 1:00 Vertical Kick 35/25		
	{4 x 30 on :55 15 undwater 15 sprint free		
	{3 x 50 on 1:00 Vertical Kick 40/20		
	{4 x 30 on :50 15 underwater 15 sprint free		
	{4 x 50 on 1:00 Vertical Kick 45/15		
	{4 x 30 on :45 15 underwater 15 sprint free		
1,200	1x{1 x 200 on 3:00 Pulls		
	{2 x 100 on 1:30 Pulls BTB		

Workout #9678 - Tuesday, 25 October 2011

HS Girls - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 29:00 DS/Core/Tm Mtg
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @fastest interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 1,200 1x{1 x 200 on 3:00 Pulls
 {2 x 100 on 1:30 Pulls BTB
 {1 x 200 on 2:55 Pulls
 {2 x 100 on 1:30 Pulls BTS
 {1 x 200 on 2:50 Pulls
 {2 x 100 on 1:30 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 200 on 3:45 Backstroke Drill
 {2 x 75 on 1:25 Backstroke
 {2 x 75 on 1:20 Backstroke
 {2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke
 {1 x 150 on 2:45 Backstroke Drill
 {3 x 50 on 1:00 Backstroke
 {3 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,530 Yards - Stress Value = 81

{4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 1x{1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 75 on 1:35 Backstroke
 {1 x 75 on 1:30 Backstroke
 {1 x 75 on 1:25 Backstroke
 {1 x 75 on 1:10 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:02 PM 3,430 Yards - Stress Value = 52

Workout #9668 - Tuesday, 25 October 2011

HS Girls - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 800 8 x 100 on 2:00 Freestyle EN1
 350 14 x 25 on :45 Odds IM order evens ez free EN1
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 1,900 Yards - Stress Value = 18

Workout #9667 - Tuesday, 25 October 2011

HS Girls - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 8:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 900 9 x 100 on 1:45 Freestyle EN1
 350 14 x 25 on :45 Odds IM order evens ez free EN1
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,000 Yards - Stress Value = 19

Workout #9679 - Tuesday, 25 October 2011

HS Girls - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 29:00 DS/Core/Tm Mtg
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @fastest interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30

Workout #9680 - Tuesday, 25 October 2011

HS Girls - Bronze

1 minute rest between sets

{1 x 100 on 3:00 Breast for time OTB
 {1 x 300 on 5:00 Stroke Drills
 5:59 PM 6,450 Yards - Stress Value = 116

3:00 PM Start
 Yards Set Description
 =====
 1 on 29:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @fastest interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 775 1x{1 x 100 on 2:20 Backstroke
 {1 x 100 on 2:15 Backstroke
 {1 x 100 on 2:10 Backstroke
 {1 x 100 on 2:05 Backstroke
 {1 x 75 on 1:45 Backstroke
 {1 x 75 on 1:40 Backstroke
 {1 x 75 on 1:35 Backstroke
 {1 x 50 on 1:15 Backstroke
 {1 x 50 on 1:10 Backstroke
 {1 x 50 on 1:05 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:02 PM 3,205 Yards - Stress Value = 48

Workout #9686 - Wednesday, 26 October 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/ABS
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :35 Kick no board BSLR-15 KOW
 {1 x 150 on 2:55 Kick
 {4 x 25 on :35 Kick no board BSLR-14 KOW
 {1 x 150 on 2:50 Kick
 {4 x 25 on :35 Kick no board BSLR 13 KOW
 {1 x 150 on 2:45 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {1 x 150 on 2:40 Kick
 {4 x 25 on :35 Kick no board BSLR-11 KOW
 {1 x 50 on :50 Kick
 1,500 2x{1 x 100 on 2:10 Breast Pull
 {1 x 100 on 1:35 Breaststroke
 {1 x 100 on 2:05 Breast Pull
 {1 x 100 on 1:40 Breaststroke
 {1 x 100 on 2:00 Breast Pull
 {1 x 100 on 1:45 Breaststroke
 {1 x 100 on 1:55 Breast Pull
 {1 x 50 on :55 Breaststroke
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{3 x 125 on 2:10 Breast L.25 3X pullouts
 {2 x 50 on :55 Breaststroke
 {3 x 125 on 2:05 Breast L.25 3X pullouts
 {2 x 50 on 1:00 Breaststroke
 {3 x 125 on 2:00 Breast L.25 3X pullouts
 {2 x 50 on 1:05 Breaststroke
 {3 x 125 on 1:55 Breast L.25 3X pullouts
 500 1x{1 x 100 on 3:00 Freestyle
 {1 x 100 on 3:00 Breast for time OTB
 {1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,900 Yards - Stress Value = 106

Workout #9685 - Wednesday, 26 October 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/ABS
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :30 Kick no board BSLR-15 KOW
 {1 x 150 on 2:30 Kick
 {4 x 25 on :30 Kick no board BSLR-14 KOW
 {1 x 150 on 2:25 Kick
 {4 x 25 on :30 Kick no board BSLR 13 KOW
 {1 x 150 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR-11 KOW
 {1 x 150 on 2:10 Kick
 {4 x 50 on :30 Kick no board BSLR-10 KOW
 1,600 2x{1 x 100 on 2:00 Breast Pull
 {1 x 100 on 1:25 Breaststroke
 {1 x 100 on 1:55 Breast Pull
 {1 x 100 on 1:30 Breaststroke
 {1 x 100 on 1:50 Breast Pull
 {1 x 100 on 1:35 Breaststroke
 {1 x 100 on 1:45 Breast Pull
 {1 x 100 on 1:40 Breaststroke
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{3 x 125 on 2:00 Breast L.25 3X pullouts
 {3 x 50 on :50 Breaststroke
 {3 x 125 on 1:55 Breast L.25 3X pullouts
 {3 x 50 on :55 Breaststroke
 {3 x 125 on 1:50 Breast L.25 3X pullouts
 {3 x 50 on 1:00 Breaststroke
 {3 x 125 on 1:45 Breast L.25 3X pullouts
 500 1x{1 x 100 on 3:00 Freestyle

Workout #9687 - Wednesday, 26 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/ABs
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :40 Kick no board BSLR-15 KOW
	{1 x 150 on 3:10 Kick
	{4 x 25 on :40 Kick no board BSLR-14 KOW
	{1 x 150 on 3:05 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{1 x 150 on 3:00 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{1 x 100 on 1:55 Kick
	{2 x 25 on :40 Kick no board BSLR-11 KOW
1,400	2x{1 x 100 on 2:20 Breast Pull
	{1 x 100 on 1:45 Breaststroke
	{1 x 100 on 2:15 Breast Pull
	{1 x 100 on 1:50 Breaststroke
	{1 x 100 on 2:10 Breast Pull
	{1 x 100 on 1:55 Breaststroke
	{1 x 100 on 2:00 Breaststroke
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,675	1x{3 x 125 on 2:20 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:15 Breast L.25 3X pullouts
	{2 x 50 on 1:05 Breaststroke
	{3 x 125 on 2:10 Breast L.25 3X pullouts
	{2 x 50 on 1:10 Breaststroke
	{2 x 125 on 2:05 Breast L.25 3X pullouts
500	1x{1 x 100 on 3:00 Freestyle
	{1 x 100 on 3:00 Breast for time OTB
	{1 x 300 on 5:00 Stroke Drills
	6:00 PM 5,475 Yards - Stress Value = 97

Workout #9688 - Wednesday, 26 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/ABs
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR-15 KOW
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR-14 KOW
	{1 x 150 on 3:25 Kick
	{4 x 25 on :45 Kick no board BSLR 13 KOW
	{1 x 150 on 3:20 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{1 x 50 on 1:05 Kick
1,300	2x{1 x 100 on 2:30 Breast Pull
	{1 x 100 on 1:50 Breaststroke
	{1 x 100 on 2:25 Breast Pull
	{1 x 100 on 1:55 Breaststroke
	{1 x 100 on 2:20 Breast Pull
	{1 x 100 on 2:00 Breaststroke
	{1 x 50 on 1:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,625	1x{3 x 125 on 2:30 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:25 Breast L.25 3X pullouts
	{2 x 50 on 1:05 Breaststroke
	{3 x 125 on 2:20 Breast L.25 3X pullouts
	{1 x 50 on 1:10 Breaststroke
	{2 x 125 on 2:15 Breast L.25 3X pullouts

500	1x{1 x 100 on 3:00 Freestyle
	{1 x 100 on 3:00 Breast for time OTB
	{1 x 300 on 5:00 Stroke Drills
	6:00 PM 5,175 Yards - Stress Value = 92

Workout #9681 - Wednesday, 26 October 2011

Group 2 - Fly

1 minute rest between sets

5:30 PM Start		EGY
Yards	Set Description	=====
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{ 8-9-10-11 KOW	
	{3 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 9-10-11-12 KOW	
	{3 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 10-11-12-13 KOW	
	{3 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 11-12-13-14 KOW	
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,600	1x{3 x 100 on 1:40 2 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly	EN2
	{3 x 100 on 1:35 3 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly	EN2
	{3 x 100 on 1:30 4 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly	EN2
	{3 x 100 on 1:25 5 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relays	
	7:30 PM 3,600 Yards - Stress Value = 58	

Workout #9682 - Wednesday, 26 October 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		EGY
Yards	Set Description	=====
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{ 8-9-10-11 KOW	
	{3 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 9-10-11-12 KOW	
	{3 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 10-11-12-13 KOW	
	{1 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{ 11-12-13-14 KOW	
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,400	1x{3 x 100 on 1:50 2 strokes fly off walls	EN2
	{4 x 25 on :35 Butterfly	EN2
	{3 x 100 on 1:45 3 strokes fly off walls	EN2
	{4 x 25 on :35 Butterfly	EN2
	{3 x 100 on 1:40 4 strokes fly off walls	EN2
	{4 x 25 on :35 Butterfly	EN2
	{2 x 100 on 1:35 5 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relays	
	7:29 PM 3,300 Yards - Stress Value = 52	

Workout #9683 - Wednesday, 26 October 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 8-9-10-11 KOW	
	{3 x 50 on 1:20 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 9-10-11-12 KOW	
	{3 x 50 on 1:20 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 10-11-12-13 KOW	
	{1 x 50 on 1:00 Kick	EN2
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,150	1x{3 x 100 on 2:15 2 strokes fly off walls	EN2
	{4 x 25 on :45 Butterfly	EN2
	{3 x 100 on 2:10 3 strokes fly off walls	EN2
	{4 x 25 on :45 Butterfly	EN2
	{2 x 100 on 2:05 4 strokes fly off walls	EN2
	{2 x 25 on :45 Butterfly	EN2
	{1 x 100 on 2:00 5 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relays	
7:30 PM	2,900 Yards - Stress Value = 45	

{1 x 150 on 2:35 Kick	
{4 x 25 on :30 Kick no board BSLR-14 KOW	
{1 x 150 on 2:30 Kick	
{4 x 25 on :30 Kick no board BSLR 13 KOW	
{1 x 150 on 2:25 Kick	
{4 x 25 on :30 Kick no board BSLR-12 KOW	
{1 x 150 on 2:20 Kick	
{4 x 25 on :30 Kick no board BSLR-11 KOW	
1,400 2x{1 x 100 on 2:10 Breast Pull	
{1 x 100 on 1:35 Breaststroke	
{1 x 100 on 2:05 Breast Pull	
{1 x 100 on 1:40 Breaststroke	
{1 x 100 on 2:00 Breast Pull	
{1 x 100 on 1:45 Breaststroke	
{1 x 100 on 1:55 Breast Pull	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,800 1x{3 x 125 on 2:10 Breast L.25 3X pullouts	
{2 x 50 on :55 Breaststroke	
{3 x 125 on 2:05 Breast L.25 3X pullouts	
{2 x 50 on 1:00 Breaststroke	
{3 x 125 on 2:00 Breast L.25 3X pullouts	
{2 x 50 on 1:05 Breaststroke	
500 1x{3 x 125 on 1:55 Breast L.25 3X pullouts	
{1 x 100 on 3:00 Freestyle	
{1 x 100 on 3:00 Breast for time OTB	
{1 x 300 on 5:00 Stroke Drills	
1 on 10:00 Ice	
5:34 PM 5,750 Yards - Stress Value = 104	

Workout #9690 - Wednesday, 26 October 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 8-9-10-11 KOW	
	{2 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 9-10-11-12 KOW	
	{2 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{ 10-11-12-13 KOW	
	{2 x 50 on 1:30 Kick	EN2
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,050	1x{2 x 100 on 2:30 2 strokes fly off walls	EN2
	{4 x 25 on :45 Butterfly	EN2
	{2 x 100 on 2:25 3 strokes fly off walls	EN2
	{4 x 25 on :45 Butterfly	EN2
	{2 x 100 on 2:20 4 strokes fly off walls	EN2
	{2 x 25 on :45 Butterfly	EN2
	{2 x 100 on 2:15 5 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relays	
7:30 PM	2,700 Yards - Stress Value = 42	

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 25:00 DS/ABS
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :40 Kick no board BSLR-15 KOW
	{1 x 150 on 3:10 Kick
	{4 x 25 on :40 Kick no board BSLR-14 KOW
	{1 x 150 on 3:05 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{1 x 150 on 3:00 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
1,400	2x{1 x 100 on 2:10 Breast Pull
	{1 x 100 on 1:35 Breaststroke
	{1 x 100 on 2:05 Breast Pull
	{1 x 100 on 1:40 Breaststroke
	{1 x 100 on 2:00 Breast Pull
	{1 x 100 on 1:45 Breaststroke
	{1 x 100 on 1:55 Breast Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{3 x 125 on 2:10 Breast L.25 3X pullouts
	{2 x 50 on :55 Breaststroke
	{3 x 125 on 2:05 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:00 Breast L.25 3X pullouts
	{2 x 50 on 1:05 Breaststroke
	{3 x 125 on 1:55 Breast L.25 3X pullouts
500	1x{1 x 100 on 3:00 Freestyle
	{1 x 100 on 3:00 Breast for time OTB
	{1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
5:34 PM	5,500 Yards - Stress Value = 99

Workout #9689 - Wednesday, 26 October 2011

HS Girls - Breast

1 minute rest between sets

Yards	Set Description	EGY
3:00 PM	Start	
=====	=====	=====
	1 on 25:00 DS/ABS	
600	1 x 600 on 10:00 Free L.25 of each 100 Non F	
150	10 x 15 on :45 Shooters	
1,100	1x{4 x 25 on :30 Kick no board BSLR-15 KOW	

Workout #9691 - Wednesday, 26 October 2011

HS Girls - Silver/Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/ABs
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :45 Kick no board BSLR-15 KOW
 {1 x 150 on 3:30 Kick
 {4 x 25 on :45 Kick no board BSLR-14 KOW
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR 13 KOW
 {1 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{3 x 125 on 2:10 Breast L.25 3X pullouts
 {2 x 50 on :55 Breaststroke
 {3 x 125 on 2:05 Breast L.25 3X pullouts
 {2 x 50 on 1:00 Breaststroke
 {3 x 125 on 2:00 Breast L.25 3X pullouts
 {2 x 50 on 1:05 Breaststroke
 {3 x 125 on 1:55 Breast L.25 3X pullouts
 500 1x{1 x 100 on 3:00 Freestyle
 {1 x 100 on 3:00 Breast for time OTB
 {1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 5:06 PM 3,900 Yards - Stress Value = 77

Workout #9697 - Thursday, 27 October 2011

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1x{1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,800 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 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
 { Alt 25 #2, 25 #3, 50 #1
 1,350 1x{6 x 100 on 1:20 Pulls alt BO sh, hp, kn, ft
 {6 x 75 on 1:00 Pulls alt BO sh, hp, kn
 {6 x 50 on :40 Puls alt BO sh, hp
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 12x{1 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 7,000 Yards - Stress Value = 93

Workout #9698 - Thursday, 27 October 2011

Group 3 - Gold

1 minute rest between sets

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

Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,700 1x{1 x 200 on 4:25 Kick
 {1 x 200 on 4:20 Kick
 {1 x 200 on 4:15 Kick
 {1 x 200 on 4:10 Kick
 {1 x 200 on 4:05 Kick
 {1 x 200 on 4:00 Kick
 {1 x 200 on 3:55 Kick
 {1 x 200 on 3:50 Kick
 {1 x 100 on 1:55 Kick
 { Alt 25 #2, 25 #3, 50 #1
 1,150 1x{6 x 100 on 1:30 Pulls alt BO sh, hp, kn, ft
 {6 x 75 on 1:10 Pulls alt BO sh, hp, kn
 {2 x 50 on :45 Puls alt BO sh, hp
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 10x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 5:59 PM 6,300 Yards - Stress Value = 83

Workout #9699 - Thursday, 27 October 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1x{1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 200 on 4:40 Kick
 {1 x 200 on 4:35 Kick
 {1 x 200 on 4:30 Kick
 {1 x 200 on 4:25 Kick
 {1 x 200 on 4:20 Kick
 {1 x 200 on 4:15 Kick
 {1 x 200 on 4:10 Kick
 {1 x 200 on 4:05 Kick
 { Alt 25 #2, 25 #3, 50 #1
 1,050 1x{4 x 100 on 1:40 Pulls alt BO sh, hp, kn, ft
 {6 x 75 on 1:15 Pulls alt BO sh, hp, kn
 {4 x 50 on :50 Puls alt BO sh, hp
 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 1:45 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,900 Yards - Stress Value = 77

Workout #9700 - Thursday, 27 October 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1x{1 on 25:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,450 1x{1 x 200 on 5:00 Kick
 {1 x 200 on 4:55 Kick
 {1 x 200 on 4:50 Kick
 {1 x 200 on 4:45 Kick
 {1 x 200 on 4:40 Kick
 {1 x 200 on 4:35 Kick
 {1 x 200 on 4:30 Kick
 {1 x 50 on 1:05 Kick #1
 { Alt 25 #2, 25 #3, 50 #1
 950 1x{4 x 100 on 1:55 Pulls alt BO sh, hp, kn, ft
 {4 x 75 on 1:25 Pulls alt BO sh, hp, kn
 {5 x 50 on :55 Puls alt BO sh, hp
 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 2:00 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:00 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,450 Yards - Stress Value = 70

Workout #9696 - Thursday, 27 October 2011

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 500 1 on 30:00 DS/Shoulders/Tm Mtg
 1 x 500 on 10:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 THE REST OF PRACTICE IS IN DIVING WELL
 240 16 x 15 on :45 4 on each stroke EN1
 1x{1 on 12:00 Fly Drills REC
 {1 on 12:00 Back Drills REC
 {1 on 12:00 Breast Drills REC
 100 1 x 100 on 2:00 IM w/great form EN2
 600 6 x 100 on 1:40 Individual Medley EN2
 300 6 x 50 on 1:00 Stroke Drills REC
 7:30 PM 1,890 Yards - Stress Value = 22

Workout #9701 - Thursday, 27 October 2011

HS Girls - IM'ers

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders/Tm Mtg
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 200 on 4:25 Kick
 {1 x 200 on 4:20 Kick
 {1 x 200 on 4:15 Kick
 {1 x 200 on 4:10 Kick
 {1 x 200 on 4:05 Kick
 {1 x 200 on 4:00 Kick
 {1 x 200 on 3:55 Kick
 {1 x 200 on 3:50 Kick
 { Alt 25 #2, 25 #3, 50 #1
 1,150 1x{6 x 100 on 1:30 Pulls alt BO sh, hp, kn, ft

{6 x 75 on 1:10 Pulls alt BO sh, hp, kn
 {2 x 50 on :45 Puls alt BO sh, hp
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 10x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,950 Yards - Stress Value = 81

Workout #9692 - Thursday, 27 October 2011

HS Girls - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK
 =====
 600 1 on 35:00 DS and Weights L
 1 x 600 on 10:00 Underwater trn drill REC D
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters SP3 S
 1,800 12 x 150 on 2:15 Free-descend in 3's EN2 S
 Each set of 3's avg time should be faster
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 9:00 Ice M
 7:05 AM 2,750 Yards - Stress Value = 42

Workout #9693 - Thursday, 27 October 2011

HS Girls - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK
 =====
 600 1 on 35:00 DS and Weights L
 1 x 600 on 10:00 Underwater trn drill REC D
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters SP3 S
 1,650 11 x 150 on 2:30 Free-descend in 3's EN2 S
 Each set of 3's avg time should be faster
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 9:00 Ice M
 7:06 AM 2,600 Yards - Stress Value = 39

Workout #9702 - Thursday, 27 October 2011
HS Girls - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 30:00 DS/Shoulders/Tm Mtg 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,450	1x{1 x 200 on 4:45 Kick {1 x 200 on 4:40 Kick {1 x 200 on 4:35 Kick {1 x 200 on 4:30 Kick {1 x 200 on 4:25 Kick {1 x 200 on 4:20 Kick {1 x 200 on 4:15 Kick {1 x 50 on 1:00 Kick #1 { Alt 25 #2, 25 #3, 50 #1
1,150	1x{6 x 100 on 1:30 Pulls alt BO sh, hp, kn, ft {6 x 75 on 1:10 Pulls alt BO sh, hp, kn {2 x 50 on :45 Puls alt BO sh, hp
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	9x{1 x 100 on 1:40 Individual Medley {1 x 50 on :45 Freestyle {1 x 50 on :55 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
	5:35 PM 5,600 Yards - Stress Value = 75

Workout #9694 - Thursday, 27 October 2011
HS Girls - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
550	1 on 35:00 DS and Weights 1 x 550 on 10:00 Underwater trn drill Odd 100's free evens 100's back	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,500	10 x 150 on 2:45 Free-descend in 3's Each set of 3's avg time should be faster	EN2	S
200	1 x 200 on 3:00 Stroke Drills 1 on 9:00 Ice	REC	D
	7:06 AM 2,400 Yards - Stress Value = 36		M

Workout #9703 - Thursday, 27 October 2011
HS Girls - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
550	1 on 30:00 DS/Shoulders/Tm Mtg 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 200 on 4:55 Kick {1 x 200 on 4:50 Kick {1 x 200 on 4:45 Kick {1 x 200 on 4:40 Kick {1 x 200 on 4:35 Kick {1 x 200 on 4:30 Kick { Alt 25 #2, 25 #3, 50 #1
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	7x{1 x 100 on 1:50 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills

1 on 10:00 Ice
 5:08 PM 3,750 Yards - Stress Value = 53

Workout #9695 - Thursday, 27 October 2011
HS Girls - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
500	1 on 35:00 DS and Weights 1 x 500 on 10:00 Underwater trn drill Odd 100's free evens 100's back	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,350	9 x 150 on 3:00 Free-descend in 3's Each set of 3's avg time should be faster	EN2	S
200	1 x 200 on 3:00 Stroke Drills 1 on 9:00 Ice	REC	D
	7:05 AM 2,200 Yards - Stress Value = 33		M

Workout #9704 - Thursday, 27 October 2011
HS Girls - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM	Start		
500	1 on 30:00 DS/Shoulders/Tm Mtg 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
1,150	1x{1 x 200 on 5:15 Kick {1 x 200 on 5:10 Kick {1 x 200 on 5:05 Kick {1 x 200 on 5:00 Kick {1 x 200 on 4:55 Kick {1 x 150 on 3:35 Kick { Alt 25 #2, 25 #3, 50 #1		
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 2:15 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:05 Freestyle		
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice		
	5:08 PM 3,450 Yards - Stress Value = 49		

Workout #9705 - Friday, 28 October 2011
Group 3 - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM	Start		
800	1 on 12:00 Dynamic Stretch 1 x 800 on 12:00 Choice		REC
180	12 x 15 on :45 Start/Shooter/Finish		
200	2x{1 x 25 on :30 Freestyle-EZ {1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast		REC
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ		EN1
	{1 x 25 on :30 Freestyle-all fast		EN2
100	1 x 100 on 3:00 IM for time		SP2
500	1 x 500 on 10:00 Social Kick 1 on 30:00 IM Relay Game		REC
250	1 x 250 on 4:00 Stroke Drills		EN3
	4:59 PM 2,030 Yards - Stress Value = 11		REC

Workout #9706 - Friday, 28 October 2011

HS Girls - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY
3:00 PM Start		
=====	=====	=====
	1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg	
600	1 x 600 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,200	1x{1 x 200 on 4:00 IM-25 kick 25 drill	EN1
	{4 x 25 on :45 Fly Drills	REC
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1
	{4 x 25 on :45 Back Drills	REC
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1
	{4 x 25 on :45 Breast Drills	REC
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1
	{4 x 25 on :45 Free-drills	REC
600	12 x 50 on 1:00 Pulls-nbbf&w +1 stroke	EN1
	1 on 15:00 Techniques-Starts/Turns	
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	5:00 PM 3,250 Yards - Stress Value = 28	

Workout #9707 - Saturday, 29 October 2011

HS Girls - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
=====	=====
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	16 x 100 on 2:00 Kick-odds 100%
1,000	1 x 1000 on 15:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,000 Yards - Stress Value = 122

Workout #9708 - Saturday, 29 October 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
=====	=====
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,400	14 x 100 on 2:10 Kick-odds 100%
1,000	1 x 1000 on 15:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:34 AM 4,800 Yards - Stress Value = 118

Workout #9709 - Saturday, 29 October 2011

HS Girls - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
=====	=====
	1 on 40:00 DS and Weights
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters

1,300	13 x 100 on 2:30 Kick-odds 100%
850	1 x 850 on 15:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 ice
	9:36 AM 4,500 Yards - Stress Value = 114

Workout #9710 - Saturday, 29 October 2011

HS Girls - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
=====	=====
	1 on 40:00 DS and Weights
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	12 x 100 on 2:45 Kick-odds 100%
750	1 x 750 on 15:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:36 AM 4,250 Yards - Stress Value = 112

Workout #9715 - Monday, 31 October 2011

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
10:00 AM Start	
=====	=====
	1 on 25:00 DS/Core/Tm Mtg
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{1 x 200 on 2:30 Freestyle
	{2 x 150 on 1:50 Freestyle
	{3 x 100 on 1:10 Freestyle
2,000	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:50 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:45 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:40 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:35 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:30 Kick-descend
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 200 on 2:30 Freestyle
	{2 x 150 on 1:50 Freestyle
	{3 x 100 on 1:10 Freestyle
1,250	1x{2 x 125 on 2:00 Pulls-no br L.12 yds
	{2 x 125 on 1:55 Pulls-no br L.12 yds
	{2 x 125 on 1:50 Pulls-no br L.12 yds
	{2 x 125 on 1:45 Pulls-no br L.12 yds
	{2 x 125 on 1:40 Pulls-no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 200 on 2:30 Freestyle
	{2 x 150 on 1:50 Freestyle
	{3 x 100 on 1:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	12:31 PM 6,850 Yards - Stress Value = 104

Workout #9716 - Monday, 31 October 2011

Group 3 - Gold

1 minute rest between sets

```

10:00 AM Start
Yards  Set Description
=====
    1 on 25:00 DS/Core/Tm Mtg
  600  1 x 600 on 10:00 Swim-kick-pull-swim
  150  10 x 15 on :45 Shooters
  750  1x{1 x 200 on 2:40 Freestyle
      {2 x 125 on 1:35 Freestyle
      {3 x 100 on 1:15 Freestyle
1,750  1x{4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 2:05 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 2:00 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 1:55 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 1:50 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {1 x 50 on :55 Kick-descend
  100  2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
  750  1x{1 x 200 on 2:40 Freestyle
      {2 x 125 on 1:35 Freestyle
      {3 x 100 on 1:15 Freestyle
1,200  1x{2 x 125 on 2:05 Pulls-no br L.12 yds
      {2 x 125 on 2:00 Pulls-no br L.12 yds
      {2 x 125 on 1:55 Pulls-no br L.12 yds
      {2 x 125 on 1:50 Pulls-no br L.12 yds
      {2 x 100 on 1:25 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
  750  1x{1 x 200 on 2:40 Freestyle
      {2 x 125 on 1:35 Freestyle
      {3 x 100 on 1:15 Freestyle
  250  1 x 250 on 4:00 Stroke Drills
12:31 PM 6,400 Yards - Stress Value = 96
    
```

Workout #9717 - Monday, 31 October 2011

Group 3 - Silver

1 minute rest between sets

```

10:00 AM Start
Yards  Set Description
=====
    1 on 25:00 DS/Core/Tm Mtg
  550  1 x 550 on 10:00 Swim-kick-pull-swim
  150  10 x 15 on :45 Shooters
  650  1x{1 x 200 on 3:00 Freestyle
      {1 x 150 on 2:15 Freestyle
      {3 x 100 on 1:30 Freestyle
1,650  1x{4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 2:20 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 2:15 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 2:10 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 2:05 Kick-descend
      {2 x 25 on :45 Kick no board BS
  100  2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
  650  1x{1 x 200 on 3:00 Freestyle
      {1 x 150 on 2:15 Freestyle
      {3 x 100 on 1:30 Freestyle
1,100  1x{2 x 125 on 2:15 Pulls-no br L.12 yds
      {2 x 125 on 2:10 Pulls-no br L.12 yds
      {2 x 125 on 2:05 Pulls-no br L.12 yds
      {2 x 125 on 2:00 Pulls-no br L.12 yds
      {1 x 100 on 1:35 Pulls-no br L.12 yds
  100  2x{1 x 25 on :50 Sculling drills
    
```

```

      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650  1x{1 x 200 on 3:00 Freestyle
      {1 x 150 on 2:15 Freestyle
      {3 x 100 on 1:30 Freestyle
250  1 x 250 on 4:00 Stroke Drills
12:31 PM 5,850 Yards - Stress Value = 87
    
```

Workout #9718 - Monday, 31 October 2011

Group 3 - Bronze

1 minute rest between sets

```

10:00 AM Start
Yards  Set Description
=====
    1 on 25:00 DS/Core/Tm Mtg
  500  1 x 500 on 10:00 Swim-kick-pull-swim
  150  10 x 15 on :45 Shooters
  550  1x{1 x 200 on 3:20 Freestyle
      {1 x 150 on 2:30 Freestyle
      {2 x 100 on 1:40 Freestyle
1,500  1x{4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 2:30 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 2:25 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {3 x 100 on 2:20 Kick-descend
      {4 x 25 on :45 Kick no board BSLR
      {2 x 100 on 2:15 Kick-descend
  100  2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
  550  1x{1 x 200 on 3:20 Freestyle
      {1 x 150 on 2:30 Freestyle
      {2 x 100 on 1:40 Freestyle
1,000  1x{2 x 125 on 2:25 Pulls-no br L.12 yds
      {2 x 125 on 2:20 Pulls-no br L.12 yds
      {2 x 125 on 2:15 Pulls-no br L.12 yds
      {2 x 125 on 2:10 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
  550  1x{1 x 200 on 3:20 Freestyle
      {1 x 150 on 2:30 Freestyle
      {2 x 100 on 1:40 Freestyle
  250  1 x 250 on 4:00 Stroke Drills
12:30 PM 5,250 Yards - Stress Value = 77
    
```

Workout #9711 - Monday, 31 October 2011

HS Girls - Distance

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{1 x 200 on 2:40 Freestyle {2 x 100 on 1:20 Freestyle {4 x 50 on :40 Freestyle
2,000	1x{4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:55 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:50 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:45 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:40 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:35 Kick-descend
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{1 x 200 on 2:40 Freestyle {2 x 100 on 1:20 Freestyle {4 x 50 on :40 Freestyle
1,750	1x{3 x 125 on 2:05 Pulls-no br L.12 yds {3 x 125 on 2:00 Pulls-no br L.12 yds {3 x 125 on 1:55 Pulls-no br L.12 yds {3 x 125 on 1:50 Pulls-no br L.12 yds {2 x 125 on 1:45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{1 x 200 on 2:40 Freestyle {2 x 100 on 1:20 Freestyle {4 x 50 on :40 Freestyle
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
	10:00 AM 7,100 Yards - Stress Value = 104

Workout #9712 - Monday, 31 October 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
550	1x{1 x 200 on 2:50 Freestyle {2 x 100 on 1:25 Freestyle {3 x 50 on :45 Freestyle
1,750	1x{4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:15 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:10 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:05 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:00 Kick-descend {4 x 25 on :45 Kick no board BSLR {1 x 50 on :55 Kick-descend
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
550	1x{1 x 200 on 2:50 Freestyle {2 x 100 on 1:25 Freestyle {3 x 50 on :45 Freestyle
1,750	1x{3 x 125 on 2:05 Pulls-no br L.12 yds {3 x 125 on 2:00 Pulls-no br L.12 yds {3 x 125 on 1:55 Pulls-no br L.12 yds {3 x 125 on 1:50 Pulls-no br L.12 yds

	{2 x 125 on 1:45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
550	1x{1 x 200 on 2:50 Freestyle {2 x 100 on 1:25 Freestyle {3 x 50 on :45 Freestyle
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
	10:00 AM 6,700 Yards - Stress Value = 96

Workout #9713 - Monday, 31 October 2011

HS Girls - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
450	1x{1 x 200 on 3:30 Freestyle {2 x 100 on 1:45 Freestyle {1 x 50 on :50 Freestyle
1,600	1x{4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:30 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:25 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:20 Kick-descend {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:15 Kick-descend
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 200 on 3:30 Freestyle {2 x 100 on 1:45 Freestyle {1 x 50 on :50 Freestyle
500	1 x 500 on 9:00 Pulls-no br L.12 yds of each
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 200 on 3:30 Freestyle {2 x 100 on 1:45 Freestyle {1 x 50 on :50 Freestyle
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
	9:35 AM 4,750 Yards - Stress Value = 70

Workout #9714 - Monday, 31 October 2011

HS Girls - Bronze

1 minute rest between sets

```

7:00 AM Start
Yards Set Description
=====
1 on 30:00 DS/Core/Tm Mtg
500 1 x 500 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
400 1x{1 x 200 on 3:50 Freestyle
    {1 x 100 on 1:55 Freestyle
    {2 x 50 on :55 Freestyle
1,400 1x{4 x 25 on :45 Kick no board BSLR
    {3 x 100 on 3:00 Kick-descend
    {4 x 25 on :45 Kick no board BSLR
    {3 x 100 on 2:55 Kick-descend
    {4 x 25 on :45 Kick no board BSLR
    {3 x 100 on 2:50 Kick-descend
    {4 x 25 on :45 Kick no board BSLR
    {1 x 100 on 2:20 Kick-descend
100 2x{1 x 25 on :50 Sculling drills
    {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400 1x{1 x 200 on 3:50 Freestyle
    {1 x 100 on 1:55 Freestyle
    {2 x 50 on :55 Freestyle
400 1 x 400 on 9:00 Pulls-no br L.12 yds of each
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 200 on 3:30 Freestyle
    {2 x 100 on 1:45 Freestyle
    {1 x 50 on :50 Freestyle
400 8 x 50 on 1:00 Stroke Drills
    1 on 10:00 Ice
9:35 AM 4,300 Yards - Stress Value = 63
    
```

Workout #9727 - Tuesday, 01 November 2011

Group 3 - Back

1 minute rest between sets

```

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS/Physio Ball Shoulders
600 1 x 600 on 10:00 Underwater trn drill
150 10 x 15 on :45 Shooters
500 5 x 100 on 2:00 Kick @ fastest interval
840 1x{1 x 30 on 1:00 Kick
    {2 x 30 on :55 Kick
    {3 x 30 on :50 Kick
    {4 x 30 on :45 Kick
    {5 x 30 on :40 Kick
    {6 x 30 on :35 Kick
    {7 x 30 on :30 Kick
    { Bathtub drill/turn/underwater
1,400 2x{1 x 250 on 3:20 Pulls
    {1 x 200 on 2:40 Pulls
    {1 x 150 on 2:00 Pulls
    {1 x 100 on 1:20 Pulls
    { 1st time breathe toward blchr
    { 2nd time breathe toward scrbd
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 100 on 1:30 Backstroke
    {4 x 75 on 1:30 Backstroke
    {2 x 100 on 1:25 Backstroke
    {4 x 75 on 1:30 Backstroke
    {2 x 100 on 1:20 Backstroke
    {4 x 75 on 1:30 Backstroke
    {2 x 100 on 1:15 Backstroke
    {4 x 75 on 1:30 Backstroke
    {2 x 100 on 1:10 Backstroke
400 8 x 50 on 1:00 Stroke Drills
6:00 PM 6,290 Yards - Stress Value = 137
    
```

Workout #9728 - Tuesday, 01 November 2011

Group 3 - Gold

1 minute rest between sets

```

3:30 PM Start
Yards Set Description
=====
1 on 25:00 DS/Physio Ball Shoulders
600 1 x 600 on 10:00 Underwater trn drill
150 10 x 15 on :45 Shooters
500 5 x 100 on 2:00 Kick @ fastest interval
840 1x{1 x 30 on 1:00 Kick
    {2 x 30 on :55 Kick
    {3 x 30 on :50 Kick
    {4 x 30 on :45 Kick
    {5 x 30 on :40 Kick
    {6 x 30 on :35 Kick
    {7 x 30 on :30 Kick
    { Bathtub drill/turn/underwater
1,200 2x{1 x 250 on 3:45 Pulls
    {1 x 200 on 3:00 Pulls
    {1 x 100 on 1:30 Pulls
    {1 x 50 on :45 Pulls
    { 1st time breathe toward blchr
    { 2nd time breathe toward scrbd
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 100 on 1:40 Backstroke
    {4 x 75 on 1:30 Backstroke
    {2 x 100 on 1:35 Backstroke
    {4 x 75 on 1:30 Backstroke
    {2 x 100 on 1:30 Backstroke
    {4 x 75 on 1:30 Backstroke
    {2 x 100 on 1:25 Backstroke
    {4 x 75 on 1:30 Backstroke
    {2 x 100 on 1:20 Backstroke
400 8 x 50 on 1:00 Stroke Drills
6:00 PM 6,090 Yards - Stress Value = 135
    
```


Workout #9729 - Tuesday, 01 November 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shoulders
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 840 1x{1 x 30 on 1:00 Kick
 {2 x 30 on :55 Kick
 {3 x 30 on :50 Kick
 {4 x 30 on :45 Kick
 {5 x 30 on :40 Kick
 {6 x 30 on :35 Kick
 {7 x 30 on :30 Kick
 { Bathtub drill/turn/underwater
 1,150 2x{1 x 225 on 3:45 Pulls
 {1 x 200 on 3:20 Pulls
 {1 x 100 on 1:40 Pulls
 {1 x 50 on :45 Pulls
 { 1st time breathe toward blchr
 { 2nd time breathe toward scrbd
 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 100 on 1:50 Backstroke
 {4 x 75 on 1:30 Backstroke
 {1 x 100 on 1:45 Backstroke
 {4 x 75 on 1:30 Backstroke
 {2 x 100 on 1:40 Backstroke
 {4 x 75 on 1:30 Backstroke
 {2 x 100 on 1:35 Backstroke
 {4 x 75 on 1:30 Backstroke
 {2 x 100 on 1:30 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,790 Yards - Stress Value = 132

Workout #9730 - Tuesday, 01 November 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shoulders
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 660 1x{6 x 30 on 1:00 Kick
 {4 x 30 on :55 Kick
 {4 x 30 on :50 Kick
 {4 x 30 on :45 Kick
 {4 x 30 on :40 Kick
 { Bathtub drill/turn/underwater
 1,000 2x{1 x 200 on 3:40 Pulls
 {1 x 150 on 2:45 Pulls
 {1 x 100 on 1:50 Pulls
 {1 x 50 on :55 Pulls
 { 1st time breathe toward blchr
 { 2nd time breathe toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,775 1x{2 x 100 on 2:00 Backstroke
 {4 x 75 on 1:45 Backstroke
 {2 x 100 on 1:55 Backstroke
 {4 x 75 on 1:45 Backstroke
 {2 x 100 on 1:50 Backstroke
 {4 x 75 on 1:45 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 75 on 1:45 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,185 Yards - Stress Value = 110

Workout #9723 - Tuesday, 01 November 2011

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 900 1x{1 x 150 on 2:45 Kick EN2
 {3 x 50 on 1:00 Kick-descend EN2
 {1 x 150 on 2:40 Kick EN2
 {3 x 50 on 1:00 Kick-descend EN2
 {1 x 150 on 2:35 Kick EN2
 {3 x 50 on 1:00 Kick-descend EN2
 250 10 x 25 on 1:00 Breast Pulls EN1
 150 1 x 150 on 3:00 50 2bk/50 4bk/50 6bk EN1
 1,400 1x{4 x 50 on 1:00 25 breast 25 free EN1
 {4 x 75 on 1:25 50 breast 25 free EN2
 {4 x 100 on 1:50 75 breast 25 free EN1
 {4 x 125 on 2:15 100 breast 25 free EN1
 1 on 11:00 Starts
 7:30 PM 3,350 Yards - Stress Value = 45

Workout #9724 - Tuesday, 01 November 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 800 1x{1 x 150 on 3:10 Kick EN2
 {3 x 50 on 1:05 Kick-descend EN2
 {1 x 150 on 3:05 Kick EN2
 {3 x 50 on 1:05 Kick-descend EN2
 {1 x 150 on 3:00 Kick EN2
 {1 x 50 on 1:05 Kick-fast EN2
 250 10 x 25 on 1:00 Breast Pulls EN1
 150 1 x 150 on 3:00 50 2bk/50 4bk/50 6bk EN1
 1,275 1x{4 x 50 on 1:05 25 breast 25 free EN1
 {4 x 75 on 1:35 50 breast 25 free EN2
 {4 x 100 on 2:05 75 breast 25 free EN1
 {3 x 125 on 2:35 100 breast 25 free EN1
 1 on 11:00 Starts
 7:30 PM 3,125 Yards - Stress Value = 42

Workout #9725 - Tuesday, 01 November 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{1 x 150 on 3:30 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 150 on 3:25 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 100 on 2:15 Kick	EN2	
250	10 x 25 on 1:00 Breast Pulls	EN1	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
1,175	1x{3 x 50 on 1:10 25 breast 25 free	EN1	
	{3 x 75 on 1:45 50 breast 25 free	EN2	
	{3 x 100 on 2:15 75 breast 25 free	EN1	
	{4 x 125 on 2:45 100 breast 25 free	EN1	
	1 on 11:00 Starts		
7:30 PM	2,875 Yards - Stress Value = 38		

Workout #9726 - Tuesday, 01 November 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{1 x 100 on 3:00 Kick	EN2	
	{3 x 50 on 1:30 Kick-descend	EN2	
	{1 x 100 on 2:55 Kick	EN2	
	{2 x 50 on 1:30 Kick-descend	EN2	
	{1 x 100 on 2:50 Kick	EN2	
250	10 x 25 on 1:00 Breast Pulls	EN1	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
1,050	1x{3 x 50 on 1:15 25 breast 25 free	EN1	
	{3 x 75 on 1:50 50 breast 25 free	EN2	
	{3 x 100 on 2:25 75 breast 25 free	EN1	
	{3 x 125 on 2:55 100 breast 25 free	EN1	
	1 on 11:00 Starts		
7:29 PM	2,550 Yards - Stress Value = 34		

Workout #9731 - Tuesday, 01 November 2011

HS Girls - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
=====	=====	====	==
	1 on 25:00 DS/Physio Ball Shoulders		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	5 x 100 on 2:00 Kick @ fastest interval		
840	1x{1 x 30 on 1:00 Kick		
	{2 x 30 on :55 Kick		
	{3 x 30 on :50 Kick		
	{4 x 30 on :45 Kick		
	{5 x 30 on :40 Kick		
	{6 x 30 on :35 Kick		
	{7 x 30 on :30 Kick		
	{ Bathtub drill/turn/underwater		
1,200	2x{1 x 250 on 3:45 Pulls		
	{1 x 200 on 3:00 Pulls		
	{1 x 100 on 1:30 Pulls		
	{1 x 50 on :45 Pulls		
	{ 1st time breathe toward blchr		
	{ 2nd time breathe toward scrbd		

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 100 on 1:40 Backstroke		
	{4 x 75 on 1:30 Backstroke		
	{2 x 100 on 1:35 Backstroke		
	{4 x 75 on 1:30 Backstroke		
	{2 x 100 on 1:30 Backstroke		
	{4 x 75 on 1:30 Backstroke		
	{2 x 100 on 1:25 Backstroke		
	{4 x 75 on 1:30 Backstroke		
	{2 x 100 on 1:20 Backstroke		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
5:35 PM	5,890 Yards - Stress Value = 135		

Workout #9719 - Tuesday, 01 November 2011

HS Girls - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	==
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,900	1x{1 x 100 on 1:30 Individual Medley	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
	{2 x 125 on 1:45 Freestyle	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
	{3 x 150 on 2:05 Freestyle	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
	{4 x 175 on 2:30 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,700 Yards - Stress Value = 24		

Workout #9720 - Tuesday, 01 November 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	==
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{1 x 100 on 1:40 Individual Medley	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{2 x 125 on 1:55 Freestyle	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{3 x 150 on 2:15 Freestyle	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{3 x 200 on 3:00 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,600 Yards - Stress Value = 23		

Workout #9732 - Tuesday, 01 November 2011

HS Girls - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 690 1x{3 x 30 on 1:00 Kick
 {5 x 30 on :55 Kick
 {5 x 30 on :50 Kick
 {5 x 30 on :45 Kick
 {5 x 30 on :40 Kick
 { Bathtub drill/turn/underwater
 1,200 2x{1 x 250 on 3:45 Pulls
 {1 x 200 on 3:00 Pulls
 {1 x 100 on 1:30 Pulls
 {1 x 50 on :45 Pulls
 { 1st time breathe toward blchr
 { 2nd time breathe toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{2 x 100 on 1:50 Backstroke
 {4 x 75 on 1:30 Backstroke
 {2 x 100 on 1:45 Backstroke
 {4 x 75 on 1:30 Backstroke
 {2 x 100 on 1:40 Backstroke
 {4 x 75 on 1:30 Backstroke
 {2 x 100 on 1:35 Backstroke
 {4 x 75 on 1:30 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:34 PM 5,540 Yards - Stress Value = 128

{5 x 30 on :45 Kick
 {5 x 30 on :40 Kick
 { Bathtub drill/turn/underwater
 1,000 2x{1 x 250 on 4:20 Pulls
 {1 x 200 on 3:30 Pulls
 {1 x 50 on :55 Pulls
 { 1st time breathe toward blchr
 { 2nd time breathe toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{2 x 100 on 2:00 Backstroke
 {4 x 75 on 1:45 Backstroke
 {2 x 100 on 1:55 Backstroke
 {4 x 75 on 1:45 Backstroke
 {2 x 100 on 1:50 Backstroke
 {4 x 75 on 1:45 Backstroke
 {2 x 100 on 1:45 Backstroke
 {2 x 75 on 1:45 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 5,040 Yards - Stress Value = 115

Workout #9722 - Tuesday, 01 November 2011

HS Girls - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 300 1 x 300 on 7:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 1,400 1x{1 x 100 on 2:10 Individual Medley EN1
 {1 x 100 on 1:55 Freestyle EN1
 {1 x 100 on 2:10 Individual Medley EN1
 {2 x 125 on 2:25 Freestyle EN1
 {1 x 100 on 2:10 Individual Medley EN1
 {3 x 150 on 2:50 Freestyle EN1
 {1 x 100 on 2:10 Individual Medley EN1
 {1 x 200 on 3:45 Freestyle EN1
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,100 Yards - Stress Value = 19

Workout #9721 - Tuesday, 01 November 2011

HS Girls - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 1,550 1x{1 x 100 on 1:55 Individual Medley EN1
 {1 x 100 on 1:45 Freestyle EN1
 {1 x 100 on 1:55 Individual Medley EN1
 {2 x 125 on 2:10 Freestyle EN1
 {1 x 100 on 1:55 Individual Medley EN1
 {3 x 150 on 2:35 Freestyle EN1
 {1 x 100 on 1:55 Individual Medley EN1
 {2 x 175 on 3:00 Freestyle EN1
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,300 Yards - Stress Value = 21

Workout #9733 - Tuesday, 01 November 2011

HS Girls - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shoulders
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:30 Kick @ fastest interval
 690 1x{3 x 30 on 1:00 Kick
 {5 x 30 on :55 Kick
 {5 x 30 on :50 Kick

Workout #9734 - Tuesday, 01 November 2011

HS Girls - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shoulders
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:30 Kick @ fastest interval
 600 1x{6 x 30 on 1:00 Kick
 {7 x 30 on :55 Kick
 {7 x 30 on :50 Kick
 { Bathtub drill/turn/underwater
 900 2x{1 x 200 on 4:00 Pulls
 {1 x 150 on 3:00 Pulls
 {1 x 100 on 2:00 Pulls
 { 1st time breathe toward blchr
 { 2nd time breathe toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{2 x 100 on 2:15 Backstroke
 {4 x 75 on 1:45 Backstroke
 {2 x 100 on 2:10 Backstroke
 {4 x 75 on 1:45 Backstroke
 {2 x 100 on 2:05 Backstroke
 {4 x 75 on 1:45 Backstroke
 {2 x 100 on 2:00 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:34 PM 4,650 Yards - Stress Value = 103

150 10 x 15 on :45 Shooters
 1,750 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:20 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {4 x 75 on 1:20 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:20 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 {2 x 75 on 1:20 Kick
 250 10 x 25 on 1:00 Fly Drills
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{1 x 200 on 3:25 Butterfly
 {1 x 200 on 3:00 Freestyle
 {2 x 200 on 3:25 Butterfly
 {1 x 200 on 3:00 Freestyle
 {3 x 200 on 3:25 Butterfly
 {1 x 100 on 1:30 Freestyle
 {3 x 200 on 3:25 Butterfly
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,750 Yards - Stress Value = 84

Workout #9741 - Wednesday, 02 November 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:30 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {4 x 75 on 1:30 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:30 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 250 10 x 25 on 1:00 Fly Drills
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{1 x 200 on 3:40 Butterfly
 {1 x 200 on 3:15 Freestyle
 {2 x 200 on 3:40 Butterfly
 {1 x 200 on 3:15 Freestyle
 {3 x 200 on 3:40 Butterfly
 {1 x 100 on 1:40 Freestyle
 {2 x 200 on 3:40 Butterfly
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,350 Yards - Stress Value = 77

Workout #9739 - Wednesday, 02 November 2011

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,900 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {4 x 75 on 1:10 Kick
 {8 x 25 on :40 Kick no board BSLRx2
 {4 x 75 on 1:10 Kick
 {10 x 25 on :45 Kick no board BSLRX2+LR
 {4 x 75 on 1:10 Kick
 250 10 x 25 on 1:00 Fly Drills
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{1 x 200 on 3:00 Butterfly
 {1 x 200 on 2:45 Freestyle
 {2 x 200 on 3:00 Butterfly
 {1 x 200 on 2:45 Freestyle
 {3 x 200 on 3:00 Butterfly
 {1 x 200 on 2:45 Freestyle
 {4 x 200 on 3:00 Butterfly
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 6,200 Yards - Stress Value = 94

Workout #9740 - Wednesday, 02 November 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F

Workout #9742 - Wednesday, 02 November 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 25:00 DS/Abs		
500	1 x 500 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,350	1x{4 x 25 on :45 Kick no board BSLR		
	{4 x 50 on 1:10 Kick		
	{6 x 25 on :45 Kick no board BSLRBS		
	{4 x 50 on 1:10 Kick		
	{8 x 25 on :45 Kick no board BSLRx2		
	{4 x 50 on 1:10 Kick		
	{10 x 25 on :45 Kick no board BSLRX2+LR		
	{1 x 50 on 1:10 Kick		
250	10 x 25 on 1:00 Fly Drills		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,850	1x{1 x 150 on 3:15 Butterfly		
	{1 x 200 on 3:30 Freestyle		
	{2 x 150 on 3:15 Butterfly		
	{1 x 200 on 3:30 Freestyle		
	{3 x 150 on 3:15 Butterfly		
	{1 x 100 on 1:45 Freestyle		
	{3 x 150 on 3:15 Butterfly		
500	10 x 50 on 1:00 Stroke Drills		
	6:00 PM 4,800 Yards - Stress Value = 67		

Workout #9735 - Wednesday, 02 November 2011

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Team Mtg		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{1 x 100 on 2:05 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
1,650	1x{1 x 200 on 4:00 Butterfly	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{2 x 175 on 3:25 Butterfly	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{3 x 150 on 2:50 Butterfly	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{4 x 125 on 2:20 Butterfly	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
	7:30 PM 3,550 Yards - Stress Value = 54		

Workout #9736 - Wednesday, 02 November 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Team Mtg		

500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{1 x 100 on 2:20 Kick	EN2
	{1 x 50 on 1:10 Kick-100%	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 50 on 1:10 Kick-100%	EN2
	{1 x 100 on 2:10 Kick	EN2
	{1 x 50 on 1:10 Kick-100%	EN2
	{1 x 100 on 2:05 Kick	EN2
	{1 x 50 on 1:10 Kick-100%	EN2
	{1 x 100 on 2:00 Kick	EN2
	{2 x 50 on 1:10 Kick-100%	EN2
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,400	1x{1 x 200 on 4:30 Butterfly	EN1
	{1 x 50 on 1:10 Freestyle	REC
	{2 x 175 on 3:55 Butterfly	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{3 x 150 on 3:20 Butterfly	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{2 x 125 on 2:45 Butterfly	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 3,200 Yards - Stress Value = 47	

Workout #9737 - Wednesday, 02 November 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Team Mtg		
450	1 x 450 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{1 x 100 on 2:35 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 100 on 2:15 Kick	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
1,300	1x{1 x 200 on 5:00 Butterfly	EN1	
	{1 x 50 on 1:15 Freestyle	REC	
	{2 x 175 on 4:20 Butterfly	EN2	
	{1 x 50 on 1:15 Freestyle	REC	
	{3 x 150 on 3:40 Butterfly	EN2	
	{1 x 50 on 1:20 Freestyle	REC	
	{2 x 75 on 1:45 Butterfly	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
	7:30 PM 2,950 Yards - Stress Value = 43		

Workout #9738 - Wednesday, 02 November 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	5:30 PM Start		
	1 on 30:00 DS/Abs/Team Mtg		
400	1 x 400 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{1 x 100 on 3:10 Kick	EN2	
	{1 x 50 on 1:30 Kick-100%	EN2	
	{1 x 100 on 3:05 Kick	EN2	
	{1 x 50 on 1:30 Kick-100%	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{2 x 50 on 1:30 Kick-100%	EN2	
	{1 x 100 on 2:55 Kick	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1	
1,150	1x{1 x 150 on 4:00 Butterfly	EN1	
	{1 x 50 on 1:30 Freestyle	REC	
	{2 x 125 on 3:15 Butterfly	EN2	
	{1 x 50 on 1:30 Freestyle	REC	
	{3 x 100 on 2:35 Butterfly	EN2	
	{1 x 50 on 1:30 Freestyle	REC	
200	{4 x 75 on 1:55 Butterfly	EN2	
	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
	7:30 PM 2,650 Yards - Stress Value = 39		

Workout #9743 - Wednesday, 02 November 2011

HS Girls - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	3:00 PM Start		
	1 on 25:00 DS/Abs		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,900	1x{4 x 25 on :30 Kick no board BSLR		
	{4 x 75 on 1:15 Kick		
	{6 x 25 on :35 Kick no board BSLRBS		
	{4 x 75 on 1:15 Kick		
	{8 x 25 on :40 Kick no board BSLRx2		
	{4 x 75 on 1:15 Kick		
	{10 x 25 on :45 Kick no board BSLRX2+LR		
	{4 x 75 on 1:15 Kick		
150	6 x 25 on :45 Fly Drills		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,500	1x{1 x 200 on 3:25 Butterfly		
	{1 x 200 on 3:00 Freestyle		
	{2 x 200 on 3:25 Butterfly		
	{1 x 200 on 3:00 Freestyle		
	{3 x 200 on 3:25 Butterfly		
	{1 x 100 on 1:30 Freestyle		
	{4 x 200 on 3:25 Butterfly		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
	5:35 PM 5,750 Yards - Stress Value = 91		

Workout #9744 - Wednesday, 02 November 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	3:00 PM Start		
	1 on 25:00 DS/Abs		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,650	1x{4 x 25 on :35 Kick no board BSLR		
	{4 x 75 on 1:30 Kick		

	{6 x 25 on :40 Kick no board BSLRBS		
	{4 x 75 on 1:30 Kick		
	{8 x 25 on :45 Kick no board BSLRx2		
	{4 x 75 on 1:30 Kick		
	{10 x 25 on :45 Kick no board BSLRX2+LR		
	{1 x 50 on 1:00 Kick		
270	6 x 45 on 1:00 Fly Drills		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,300	1x{1 x 200 on 3:40 Butterfly		
	{1 x 200 on 3:05 Freestyle		
	{2 x 200 on 3:40 Butterfly		
	{1 x 200 on 3:05 Freestyle		
	{3 x 200 on 3:40 Butterfly		
	{1 x 100 on 1:35 Freestyle		
	{3 x 200 on 3:40 Butterfly		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
	5:35 PM 5,420 Yards - Stress Value = 82		

Workout #9745 - Wednesday, 02 November 2011

HS Girls - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	3:00 PM Start		
	1 on 25:00 DS/Abs		
550	1 x 550 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,500	1x{4 x 25 on :45 Kick no board BSLR		
	{4 x 75 on 1:40 Kick		
	{6 x 25 on :45 Kick no board BSLRBS		
	{4 x 75 on 1:40 Kick		
	{8 x 25 on :45 Kick no board BSLRx2		
	{2 x 75 on 1:40 Kick		
	{10 x 25 on :45 Kick no board BSLRX2+LR		
	{1 x 50 on 1:05 Kick		
270	6 x 45 on 1:00 Fly Drills		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,100	1x{1 x 200 on 4:00 Butterfly		
	{1 x 200 on 3:30 Freestyle		
	{2 x 200 on 4:00 Butterfly		
	{1 x 200 on 3:30 Freestyle		
	{3 x 200 on 4:00 Butterfly		
	{1 x 200 on 3:30 Freestyle		
	{2 x 150 on 3:00 Butterfly		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
	5:35 PM 5,020 Yards - Stress Value = 73		

Workout #9750 - Wednesday, 02 November 2011

HS Girls - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	====	====
	5:30 AM Start		
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 400 on 7:30 Freestyle	EN2	
	{1 x 400 on 7:25 Freestyle	EN2	
	{1 x 400 on 7:20 Freestyle	EN2	
	{1 x 300 on 5:25 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,250 Yards - Stress Value = 36		

Workout #9746 - Wednesday, 02 November 2011

HS Girls - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,350 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:20 Kick
 {6 x 25 on :45 Kick no board BSLRBS
 {4 x 50 on 1:20 Kick
 {8 x 25 on :45 Kick no board BSLRx2
 {4 x 50 on 1:20 Kick
 {10 x 25 on :45 Kick no board BSLRx2+LR
 {1 x 50 on 1:20 Kick
 270 6 x 45 on 1:00 Fly Drills
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{1 x 150 on 3:30 Butterfly
 {1 x 200 on 3:45 Freestyle
 {2 x 150 on 3:30 Butterfly
 {1 x 200 on 3:45 Freestyle
 {3 x 150 on 3:30 Butterfly
 {1 x 100 on 1:55 Freestyle
 {3 x 150 on 3:30 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,570 Yards - Stress Value = 66

Workout #9753 - Thursday, 03 November 2011

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:50 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {2 x 50 on 1:05 Kick your 2nd best kick
 1,500 15 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
 1,950 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
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 5,850 Yards - Stress Value = 63

Workout #9752 - Thursday, 03 November 2011

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 1,500 15 x 100 on 1:30 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
 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
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 6,100 Yards - Stress Value = 65

Workout #9754 - Thursday, 03 November 2011

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 100 on 1:55 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:00 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:05 Kick your best kick
 {2 x 50 on 1:10 Kick your 2nd best kick
 {2 x 50 on 1:15 Kick your 3rd best kick
 {1 x 100 on 2:10 Kick your best kick
 {1 x 50 on 1:10 Kick your 2nd best kick
 1,300 13 x 100 on 1:45 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
 1,800 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
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:25 Breast 2K1P
 {3 x 50 on 1:10 Breast-descend
 350 7 x 50 on 1:00 Stroke Drills
 5:59 PM 5,400 Yards - Stress Value = 61

Workout #9755 - Thursday, 03 November 2011

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:25 Kick your best kick
 {2 x 50 on 1:20 Kick your 2nd best kick
 {1 x 50 on 1:25 Kick your 3rd best kick
 {1 x 100 on 2:30 Kick your best kick
 {1 x 50 on 1:20 Kick your 2nd best kick
 1,200 12 x 100 on 1:55 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
 350 7 x 50 on 1:00 Stroke Drills
 6:00 PM 5,000 Yards - Stress Value = 55

Workout #9751 - Thursday, 03 November 2011

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 THE REST OF PRACTICE IS IN DIVING WELL
 120 8 x 15 on 1:00 Freestyle
 1x{1 on 13:00 Body Position Drills
 {1 on 13:00 Stroke Drills
 {1 on 13:00 TN turn drills
 90 6 x 15 on 1:00 Freestyle
 400 4 x 100 on 1:45 Free-descend to Ludicrous Sp
 300 6 x 50 on 1:00 Stroke Drills
 7:30 PM 1,560 Yards - Stress Value = 16

Workout #9747 - Thursday, 03 November 2011

HS Girls - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 2,000 1x{1 x 400 on 5:45 Freestyle EN2
 {1 x 400 on 5:40 Freestyle EN2
 {1 x 400 on 5:35 Freestyle EN2
 {1 x 400 on 5:30 Freestyle EN2
 {1 x 400 on 5:25 Freestyle EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,800 Yards - Stress Value = 46

Workout #9748 - Thursday, 03 November 2011

HS Girls - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 1,900 1x{1 x 400 on 6:00 Freestyle EN2
 {1 x 400 on 5:55 Freestyle EN2
 {1 x 400 on 5:50 Freestyle EN2
 {1 x 400 on 5:45 Freestyle EN2
 {1 x 300 on 4:15 Freestyle EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,700 Yards - Stress Value = 44

Workout #9756 - Thursday, 03 November 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,050	1x{1 x 100 on 1:55 Kick your best kick		
	{2 x 50 on 1:10 Kick your 2nd best kick		
	{2 x 50 on 1:15 Kick your 3rd best kick		
	{1 x 100 on 2:00 Kick your best kick		
	{2 x 50 on 1:10 Kick your 2nd best kick		
	{2 x 50 on 1:15 Kick your 3rd best kick		
	{1 x 100 on 2:05 Kick your best kick		
	{2 x 50 on 1:10 Kick your 2nd best kick		
	{2 x 50 on 1:15 Kick your 3rd best kick		
	{1 x 100 on 2:10 Kick your best kick		
	{1 x 50 on 1:10 Kick your 2nd best kick		
1,200	12 x 100 on 1:45 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		
1,800	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		
	{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	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
	5:34 PM 5,250 Yards - Stress Value = 60		

Workout #9749 - Thursday, 03 November 2011

HS Girls - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,700	1x{1 x 400 on 6:40 Freestyle	EN2	
	{1 x 400 on 6:35 Freestyle	EN2	
	{1 x 400 on 6:30 Freestyle	EN2	
	{1 x 400 on 6:25 Freestyle	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 40		

Workout #9757 - Thursday, 03 November 2011

HS Girls - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		
550	1 x 550 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,000	1x{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		
{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 2:15 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		
{1 x 100 on 2:20 Kick your best kick		
10 x 100 on 2:00 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	
1,800	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	
	{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	1 x 250 on 4:00 Stroke Drills	
	1 on 10:00 Ice	
	5:33 PM 4,950 Yards - Stress Value = 58	

Workout #9758 - Thursday, 03 November 2011

HS Girls - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		
500	1 x 500 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
950	1x{1 x 100 on 2:20 Kick your best kick		
	{2 x 50 on 1:15 Kick your 2nd best kick		
	{1 x 50 on 1:20 Kick your 3rd best kick		
	{1 x 100 on 2:25 Kick your best kick		
	{2 x 50 on 1:15 Kick your 2nd best kick		
	{1 x 50 on 1:20 Kick your 3rd best kick		
	{1 x 100 on 2:30 Kick your best kick		
	{2 x 50 on 1:15 Kick your 2nd best kick		
	{1 x 50 on 1:20 Kick your 3rd best kick		
	{1 x 100 on 2:35 Kick your best kick		
	{2 x 50 on 1:15 Kick you 2nd best kick		
	9 x 100 on 2:15 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		
1,700	1x{1 x 100 on 2:30 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 150 on 3:45 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	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
	5:35 PM 4,650 Yards - Stress Value = 54		

Workout #9759 - Friday, 04 November 2011

Group 3 - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM Start			
600	1 on 10:00 Dynamic Stretch		L I
600	1 x 600 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
900	2x{1 x 50 on :30 Your #1 stroke	SP2	S S
	{1 on 1:00 Freestyle	REC	S
	{1 x 200 on 3:00 Freestyle	EN3	S
	{1 x 200 on 5:00 Freestyle	REC	S
400	1 x 400 on 8:00 Social Kick	REC	S C
1,400	2x{1 x 400 on 6:00 Freestyle	SP2	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 50 on :30 Freestyle	SP2	S
	{1 x 200 on 4:00 Freestyle	REC	S
100	1 x 100 on 1:30 Free-OTB	SP2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:00 PM 3,800 Yards - Stress Value = 140			

400	{1 x 75 on :01 Free OTB
525	{1 x 175 on 4:59 Freestyle
	{1 x 50 on :01 Your #1 non free
	{1 x 150 on 3:59 Freestyle
	4 x 100 on 1:30 Free-Descend to Ludicrous
	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
9:35 AM 5,200 Yards - Stress Value = 100	

Workout #9762 - Saturday, 05 November 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
	1 on 35:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	1x{1 x 200 on 4:10 Kick
	{3 x 50 on 1:05 Kick-descend
	{1 x 150 on 3:05 Kick
	{3 x 50 on 1:05 Kick-descend
	{1 x 150 on 3:00 Kick
	{3 x 50 on 1:05 Kick-descend
	{1 x 100 on 1:55 Kick
	{3 x 50 on 1:05 Kick-descend
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	2x{1 x 125 on :01 Free OTB
	{1 x 225 on 6:59 Freestyle
	{1 x 100 on :01 Your #1 non free OTB
	{1 x 200 on 5:59 Freestyle
	{1 x 75 on :01 Free OTB
	{1 x 175 on 4:59 Freestyle
	{1 x 50 on :01 Your #1 non free
	{1 x 150 on 3:59 Freestyle
400	4 x 100 on 1:40 Free-Descend to Ludicrous
225	1 x 225 on 3:30 Stroke Drills
	1 on 10:00 Ice
9:35 AM 4,975 Yards - Stress Value = 96	

Workout #9760 - Friday, 04 November 2011

HS Girls - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY
3:00 PM Start		
	1 on 25:00 DS/Physio Balls	
800	1 x 800 on 15:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
800	1 x 800 on 16:00 Kick alt 15/45, 20/40, 25/35, 30/30	EN1
750	15 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1
600	1x{4 x 25 on :45 Fly Drills	REC
	{1 x 50 on 1:00 Fly-Good Effort	EN2
	{4 x 25 on :45 Back Drills	EN2
	{1 x 50 on 1:00 Back-Good Effort	EN2
	{4 x 25 on :45 Breast Drills	REC
	{1 x 50 on 1:00 Breast-Good Effort	EN2
	{4 x 25 on :45 Free Drills	REC
	{1 x 50 on 1:00 Free-Good Effort	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Relay Starts	
	1 on 10:00 Ice	
5:05 PM 3,350 Yards - Stress Value = 28		

Workout #9761 - Saturday, 05 November 2011

HS Girls - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
	1 on 35:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,400	1x{1 x 200 on 3:30 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 200 on 3:25 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 200 on 3:20 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 200 on 3:15 Kick
	{3 x 50 on 1:00 Kick-descend
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	2x{1 x 125 on :01 Free OTB
	{1 x 225 on 6:59 Freestyle
	{1 x 100 on :01 Your #1 non free OTB
	{1 x 200 on 5:59 Freestyle

Workout #9763 - Saturday, 05 November 2011

HS Girls - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 150 on 3:30 Kick
 {3 x 50 on 1:10 Kick-descend
 {1 x 150 on 3:25 Kick
 {3 x 50 on 1:10 Kick-descend
 {1 x 150 on 3:20 Kick
 {3 x 50 on 1:10 Kick-descend
 {1 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick-descend
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 2x{1 x 125 on :01 Free OTB
 {1 x 225 on 6:59 Freestyle
 {1 x 100 on :01 Your #1 non free OTB
 {1 x 200 on 5:59 Freestyle
 {1 x 75 on :01 Free OTB
 {1 x 175 on 4:59 Freestyle
 {1 x 50 on :01 Your #1 non free
 {1 x 150 on 3:59 Freestyle
 400 4 x 100 on 1:50 Free-Descend to Ludicrous
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 4,800 Yards - Stress Value = 94

500 1 x 500 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,400 1x{4 x 25 on :45 Kick no board BSLR EN2
 {4 x 100 on 2:00 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {3 x 100 on 1:55 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {2 x 100 on 1:50 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {1 x 100 on 1:45 Kick EN2
 600 1x{2 x 50 on 1:00 Pull 10 SOT-HB EN1
 {2 x 50 on 1:00 Pull 9 SOT-HB EN1
 {2 x 50 on 1:00 Pull 8 SOT-HB EN1
 {2 x 50 on 1:00 Pull 7 SOT-HB EN1
 {2 x 50 on 1:00 Pull 6 SOT-HB EN1
 {2 x 50 on 1:00 Pull 5 SOT-HB EN1
 200 8 x 25 on 1:00 Superman fly w/fins EN1
 500 20 x 25 on :25 Butterfly EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 7:30 PM 3,600 Yards - Stress Value = 52

Workout #9779 - Monday, 07 November 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Phyio Balls/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 1,300 1x{4 x 25 on :45 Kick no board BSLR EN2
 {4 x 100 on 2:15 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {3 x 100 on 2:10 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {2 x 100 on 2:05 Kick EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 600 1x{2 x 50 on 1:00 Pull 10 SOT-HB EN1
 {2 x 50 on 1:00 Pull 9 SOT-HB EN1
 {2 x 50 on 1:00 Pull 8 SOT-HB EN1
 {2 x 50 on 1:00 Pull 7 SOT-HB EN1
 {2 x 50 on 1:00 Pull 6 SOT-HB EN1
 {2 x 50 on 1:00 Pull 5 SOT-HB EN1
 200 8 x 25 on 1:00 Superman fly w/fins EN1
 450 18 x 25 on :30 Butterfly EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 7:30 PM 3,450 Yards - Stress Value = 49

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 150 on 3:45 Kick
 {3 x 50 on 1:15 Kick-descend
 {1 x 150 on 3:40 Kick
 {3 x 50 on 1:15 Kick-descend
 {1 x 150 on 3:35 Kick
 {3 x 50 on 1:15 Kick-descend
 {1 x 150 on 3:30 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 2x{1 x 125 on :01 Free OTB
 {1 x 225 on 6:59 Freestyle
 {1 x 100 on :01 Your #1 non free OTB
 {1 x 200 on 5:59 Freestyle
 {1 x 75 on :01 Free OTB
 {1 x 175 on 4:59 Freestyle
 {1 x 50 on :01 Your #1 non free
 {1 x 150 on 3:59 Freestyle
 400 4 x 100 on 2:00 Free-Descend to Ludicrous
 150 1 x 150 on 2:30 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,650 Yards - Stress Value = 93

Workout #9778 - Monday, 07 November 2011

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Phyio Balls/Tm Mtg

EGY WOF
 =====
 1 on 30:00 DS/Phyio Balls/Tm Mtg

Workout #9780 - Monday, 07 November 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Phyio Balls/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{4 x 100 on 2:30 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{3 x 100 on 2:25 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 2:20 Kick	EN2	
500	1x{2 x 50 on 1:10 Pull 10 SOT-HB	EN1	
	{2 x 50 on 1:10 Pull 9 SOT-HB	EN1	
	{2 x 50 on 1:10 Pull 8 SOT-HB	EN1	
	{2 x 50 on 1:10 Pull 7 SOT-HB	EN1	
	{1 x 50 on 1:10 Pull 6 SOT-HB	EN1	
	{1 x 50 on 1:10 Pull 5 SOT-HB	EN1	
200	8 x 25 on 1:00 Superman fly w/fins	EN1	
400	16 x 25 on :35 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:31 PM 3,050 Yards - Stress Value = 42		

Workout #9781 - Monday, 07 November 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
=====	=====	=====	=====
	1 on 30:00 DS/Phyio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{3 x 100 on 3:05 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 3:00 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{3 x 50 on 1:25 Kick	EN2	
400	1x{2 x 50 on 1:30 Pull 10 SOT-HB	EN1	
	{2 x 50 on 1:30 Pull 9 SOT-HB	EN1	
	{2 x 50 on 1:30 Pull 8 SOT-HB	EN1	
	{2 x 50 on 1:30 Pull 7 SOT-HB	EN1	
200	8 x 25 on 1:00 Superman fly w/fins	EN1	
300	12 x 25 on :45 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 2,650 Yards - Stress Value = 37		

Workout #9775 - Monday, 07 November 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:55 PM Start			
=====	=====	=====	=====
1,350	1x{1 x 125 on 1:55 Backstroke	F	
	{2 x 125 on 1:50 Backstroke	F	
	{3 x 125 on 1:45 Backstroke	F	
	{3 x 100 on 1:20 Backstroke	F	
	{2 x 100 on 1:15 Backstroke	F	
	{1 x 100 on 1:10 Backstroke	F	
300	6 x 50 on 1:00 Back 12.5 yds off turn-100%	F	
200	1 x 200 on 3:00 Stroke Drills	F	
	1 on 10:00 Ice		
	5:35 PM 1,850 Yards - Stress Value = 37		

Workout #9772 - Monday, 07 November 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:55 PM Start				
=====	=====	=====	=====	=====
1,350	1x{1 x 125 on 2:15 Breaststroke	EN1	S	BR
	{2 x 125 on 2:10 Breaststroke	EN1	S	BR
	{3 x 125 on 2:05 Breaststroke	EN1	S	BR
	{3 x 100 on 1:35 Breaststroke	EN2	S	BR
	{2 x 100 on 1:30 Breaststroke	EN2	S	BR
	{1 x 100 on 1:25 Breaststroke	EN2	S	BR
150	3 x 50 on 1:00 Breast-100%	EN3	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 1,700 Yards - Stress Value = 28			

Workout #9769 - Monday, 07 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:55 PM Start				
=====	=====	=====	=====	=====
1,800	1x{1 x 300 on 3:30 Freestyle	EN2		
	{3 x 100 on 1:30 Freestyle hold under 110	EN2		
	{1 x 300 on 3:30 Freestyle	EN2		
	{3 x 100 on 1:25 Freestyle hold under 110	EN2		
	{1 x 300 on 3:30 Freestyle	EN2		
	{3 x 100 on 1:20 Freestyle hold under 110	EN2		
300	1 x 300 on 5:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:35 PM 2,100 Yards - Stress Value = 36			

Workout #9770 - Monday, 07 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:55 PM Start				
=====	=====	=====	=====	=====
1,600	1x{1 x 300 on 4:15 Freestyle	EN2		
	{3 x 100 on 1:40 Freestyle hold under 118	EN2		
	{1 x 300 on 4:15 Freestyle	EN2		
	{3 x 100 on 1:35 Freestyle hold under 118	EN2		
	{1 x 300 on 4:15 Freestyle	EN2		
	{1 x 100 on 1:30 Freestyle hold under 118	EN2		
300	1 x 300 on 5:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:35 PM 1,900 Yards - Stress Value = 32			

Workout #9773 - Monday, 07 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:55 PM Start				
=====	=====	=====	=====	=====
1,350	1x{1 x 125 on 2:30 Breaststroke	EN1	S	BR
	{2 x 125 on 2:25 Breaststroke	EN1	S	BR
	{3 x 125 on 2:20 Breaststroke	EN1	S	BR
	{3 x 100 on 1:50 Breaststroke	EN2	S	BR
	{2 x 100 on 1:45 Breaststroke	EN2	S	BR
	{1 x 100 on 1:40 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:34 PM 1,550 Yards - Stress Value = 19			

Workout #9776 - Monday, 07 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:55 PM Start

Yards	Set Description	F
1,350	1x{1 x 125 on 2:10 Backstroke	F
	{2 x 125 on 2:05 Backstroke	F
	{3 x 125 on 2:00 Backstroke	F
	{3 x 100 on 1:35 Backstroke	F
	{2 x 100 on 1:30 Backstroke	F
	{1 x 100 on 1:25 Backstroke	F
150	3 x 50 on 1:00 Back 12.5 yds off turn-100%	F
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Ice	

5:35 PM 1,700 Yards - Stress Value = 28

Workout #9765 - Monday, 07 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	F
	1 on 40:00 DS/Physio Balls/Tm Mtg	
600	1 x 600 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,900	1x{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:45 Kick	
	{2 x 100 on 1:40 Kick	
	{6 x 25 on :30 Kick no board BSLRBS	
	{2 x 100 on 1:40 Kick	
	{2 x 100 on 1:35 Kick	
	{8 x 25 on :30 Kick no board BSLR X2	
	{2 x 100 on 1:35 Kick	
	{2 x 100 on 1:30 Kick	
	{10 x 25 on :30 Kick no board BSLRX2 LR	
750	3x{1 x 50 on :45 Pull 8 SOT-HB	
	{1 x 50 on :45 Pull 7 SOT-HB	
	{1 x 50 on :45 Pull 6 SOT-HB	
	{1 x 50 on :45 Pull 5 SOT-HB	
	{1 x 50 on :45 Pull 4 SOT-HB	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	

4:54 PM 3,600 Yards - Stress Value = 56

Workout #9766 - Monday, 07 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	F
	1 on 40:00 DS/Physio Balls/Tm Mtg	
600	1 x 600 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,650	1x{4 x 25 on :35 Kick no board BSLR	
	{2 x 100 on 2:00 Kick	
	{2 x 100 on 1:55 Kick	
	{6 x 25 on :35 Kick no board BSLRBS	
	{2 x 100 on 1:55 Kick	
	{2 x 100 on 1:50 Kick	
	{8 x 25 on :35 Kick no board BSLR X2	
	{2 x 100 on 1:50 Kick	
	{1 x 50 on :50 Kick	
	{6 x 25 on :35 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
4:54 PM 3,350 Yards - Stress Value = 51

Workout #9767 - Monday, 07 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	F
	1 on 40:00 DS/Physio Balls/Tm Mtg	
550	1 x 550 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,450	1x{4 x 25 on :40 Kick no board BSLR	
	{2 x 100 on 2:10 Kick	
	{2 x 100 on 2:05 Kick	
	{6 x 25 on :40 Kick no board BSLRBS	
	{2 x 100 on 2:05 Kick	
	{1 x 100 on 2:00 Kick	
	{8 x 25 on :40 Kick no board BSLR X2	
	{2 x 100 on 2:00 Kick	
	{4 x 25 on :40 Kick no board BSLRBS	
750	3x{1 x 50 on :50 Pull 8 SOT-HB	
	{1 x 50 on :50 Pull 7 SOT-HB	
	{1 x 50 on :50 Pull 6 SOT-HB	
	{1 x 50 on :50 Pull 5 SOT-HB	
	{1 x 50 on :50 Pull 4 SOT-HB	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	

4:55 PM 3,100 Yards - Stress Value = 47

Workout #9768 - Monday, 07 November 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	F
	1 on 40:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,350	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:20 Kick	
	{2 x 100 on 2:15 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:15 Kick	
	{2 x 100 on 2:10 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 75 on 1:35 Kick	
	{4 x 25 on :45 Kick no board BSLRBS	
600	3x{1 x 50 on :55 Pull 8 SOT-HB	
	{1 x 50 on :55 Pull 7 SOT-HB	
	{1 x 50 on :55 Pull 6 SOT-HB	
	{1 x 50 on :55 Pull 5 SOT-HB	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	

4:53 PM 2,800 Yards - Stress Value = 43

Workout #9771 - Monday, 07 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:55 PM Start

Yards	Set Description	EGY
1,400	1x{1 x 300 on 4:45 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold under 128	EN2
	{1 x 300 on 4:45 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle hold under 128	EN2
	{1 x 200 on 3:10 Freestyle	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM 1,700 Yards - Stress Value = 28		

{4 x 25 on :30 odds free evens brst	EN1
{1 x 100 on 1:40 Individual Medley	EN2
{4 x 25 on :30 odds free evens fly	EN2
{1 x 100 on 1:40 Individual Medley	EN2
{4 x 25 on :30 odds free evens back	EN2
{1 x 100 on 1:40 Individual Medley	EN2
{4 x 25 on :30 odds free evens brst	EN2
{1 x 100 on 1:40 Individual Medley	EN2
{4 x 25 on :30 Freestyle	EN1
1 on 9:00 Techniques-Starts	
100 1 x 100 on 2:00 Stroke Drills	REC
7:30 PM 3,350 Yards - Stress Value = 50	

Workout #9792 - Tuesday, 08 November 2011

Group 2 - Gold

1 minute rest between sets

Workout #9774 - Monday, 07 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:55 PM Start

Yards	Set Description	EGY	WC
1,050	1x{1 x 100 on 2:15 Breaststroke	EN1	
	{2 x 100 on 2:10 Breaststroke	EN1	
	{3 x 100 on 2:05 Breaststroke	EN1	
	{3 x 75 on 1:35 Breaststroke	EN2	
	{2 x 75 on 1:30 Breaststroke	EN2	
	{1 x 75 on 1:25 Breaststroke	EN2	
150	3 x 50 on 1:00 25 breast 25 free-100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 1,400 Yards - Stress Value = 18			

5:30 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Core/Tm Mtg	
150	1 x 500 on 10:00 Underwater trn drill	REC
700	10 x 15 on :45 Shooters	SP3
	1x{4 x 50 on 1:10 Kick IM order Fly fast	EN2
	{4 x 50 on 1:10 Kick IM order back fast	EN2
	{4 x 50 on 1:10 Kick IM order breast fast	EN2
	{2 x 50 on 1:00 Kick choice, free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
	with fins	
1,300	1x{4 x 25 on :35 Freestyle	EN1
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens fly	EN1
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens back	EN1
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens brst	EN1
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens fly	EN2
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens back	EN2
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens brst	EN2
100	1 on 9:00 Techniques-Starts	
	1 x 100 on 2:00 Stroke Drills	REC
7:30 PM 3,050 Yards - Stress Value = 45		

Workout #9777 - Monday, 07 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:55 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{1 x 125 on 2:30 Backstroke	EN1	S	BK
	{2 x 125 on 2:25 Backstroke	EN1	S	BK
	{3 x 125 on 2:20 Backstroke	EN1	S	BK
	{3 x 100 on 1:50 Backstroke	EN2	S	BK
	{2 x 100 on 1:45 Backstroke	EN2	S	BK
	{1 x 100 on 1:40 Backstroke	EN2	S	BK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM 1,550 Yards - Stress Value = 19				

Workout #9791 - Tuesday, 08 November 2011

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 50 on 1:00 Kick IM order Fly fast	EN2
	{4 x 50 on 1:00 Kick IM order back fast	EN2
	{4 x 50 on 1:00 Kick IM order breast fast	EN2
	{4 x 50 on 1:00 Kick IM order free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
	with fins	
1,500	1x{4 x 25 on :30 Freestyle	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{4 x 25 on :30 odds free evens fly	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{4 x 25 on :30 odds free evens back	EN1
	{1 x 100 on 1:40 Individual Medley	EN2

Workout #9793 - Tuesday, 08 November 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 50 on 1:20 Kick IM order Fly fast	EN2
	{4 x 50 on 1:20 Kick IM order back fast	EN2
	{3 x 50 on 1:20 Kick IM order breast fast	EN2
	{1 x 50 on 1:20 Kick free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke with fins	EN1
1,200	1x{4 x 25 on :40 Freestyle	EN1
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens fly	EN1
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens back	EN1
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens brst	EN1
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens fly	EN2
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens back	EN2
	{1 x 100 on 2:00 Individual Medley	EN2
	1 on 9:00 Techniques-Starts	
100	1 x 100 on 2:00 Stroke Drills	REC
	7:30 PM 2,800 Yards - Stress Value = 41	

Workout #9794 - Tuesday, 08 November 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
500	1x{3 x 50 on 1:30 Kick IM order Fly fast	EN2
	{3 x 50 on 1:30 Kick IM order back fast	EN2
	{3 x 50 on 1:30 Kick IM order breast fast	EN2
	{1 x 50 on 1:30 Kick free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke with fins	EN1
1,050	1x{4 x 25 on :45 Freestyle	EN1
	{1 x 100 on 2:15 Individual Medley	EN2
	{4 x 25 on :45 odds free evens fly	EN1
	{1 x 100 on 2:15 Individual Medley	EN2
	{4 x 25 on :45 odds free evens back	EN1
	{1 x 100 on 2:15 Individual Medley	EN2
	{4 x 25 on :45 odds free evens brst	EN1
	{1 x 100 on 2:15 Individual Medley	EN2
	{4 x 25 on :45 odds free evens fly	EN2
	{1 x 100 on 2:15 Individual Medley	EN2
	{2 x 25 on :45 odds free evens back	EN2
	1 on 9:00 Techniques-Starts	
100	1 x 100 on 2:00 Stroke Drills	REC
	7:29 PM 2,500 Yards - Stress Value = 36	

Workout #9782 - Tuesday, 08 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	

2,250	1x{2 x 225 on 3:00 Free L.25 6bk	EN2
	{2 x 225 on 2:55 Free L.25 6bk	EN2
	{2 x 225 on 2:50 Free L.25 6bk	EN2
	{2 x 225 on 2:45 Free L.25 6bk	EN2
	{2 x 225 on 2:40 Free L.25 6bk	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 3,000 Yards - Stress Value = 51	

Workout #9799 - Tuesday, 08 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:45 PM	Start			
=====	=====	=====	=====	=====
2,400	1x{1 x 800 on 10:00 Freestyle	EN2	S	FR
	{1 x 800 on 9:45 Freestyle	EN2	S	FR
	{1 x 800 on 9:30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice/Tm Mtg		L	DRY
	5:35 PM 2,650 Yards - Stress Value = 48			

Workout #9785 - Tuesday, 08 November 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,750	1x{1 x 100 on 1:30 3 strokes off walls	EN1
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{2 x 100 on 1:25 3 strokes off walls	EN1
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{3 x 100 on 1:20 3 strokes off walls	EN2
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{4 x 100 on 1:15 3 strokes fly off walls	EN2
	{6 x 25 on :30 Fly-descend in 3s	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,500 Yards - Stress Value = 38	

Workout #9783 - Tuesday, 08 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,000	1x{2 x 200 on 3:00 Free L.25 6bk	EN2	
	{2 x 200 on 2:55 Free L.25 6bk	EN2	
	{2 x 200 on 2:50 Free L.25 6bk	EN2	
	{2 x 200 on 2:45 Free L.25 6bk	EN2	
	{2 x 200 on 2:40 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,750 Yards - Stress Value = 46		

Workout #9786 - Tuesday, 08 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY. Includes start time 5:30 AM and total yards 2,400.

Workout #9789 - Tuesday, 08 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 5:30 AM and total yards 2,450.

Workout #9800 - Tuesday, 08 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, STK. Includes start time 4:50 PM and total yards 2,350.

Workout #9803 - Tuesday, 08 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes start time 4:50 PM and total yards 2,000.

{1 x 50 on :50 Breathe 3+2 EN2
1 x 200 on 3:00 Stroke Drills REC
1 on 10:00 Ice/Tm Mtg
5:38 PM 2,200 Yards - Stress Value = 28

Workout #9806 - Tuesday, 08 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 4:50 PM and total yards 2,150.

Workout #9805 - Tuesday, 08 November 2011

HighSchl - IM'ers

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 4:50 PM and total yards 2,250.

Workout #9795 - Tuesday, 08 November 2011

HighSchl - Platinum

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 3:00 PM and total yards 4,050.

Workout #9796 - Tuesday, 08 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins
1,450	1x{4 x 150 on 2:15 Pulls
	{4 x 125 on 1:50 Pulls
	{3 x 100 on 1:30 Pulls
	{1 x 50 on :45 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:49 PM 3,850 Yards - Stress Value = 52

Workout #9797 - Tuesday, 08 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins
1,300	1x{4 x 150 on 2:30 Pulls
	{4 x 125 on 2:05 Pulls
	{2 x 100 on 1:40 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:49 PM 3,650 Yards - Stress Value = 51

Workout #9798 - Tuesday, 08 November 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins
1,150	1x{3 x 150 on 2:45 Pulls
	{2 x 125 on 2:20 Pulls
	{4 x 100 on 1:50 Pulls
	{1 x 50 on :55 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:49 PM 3,450 Yards - Stress Value = 48

Workout #9784 - Tuesday, 08 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,750	1x{2 x 175 on 3:00 Free L.25 6bk	EN2	
	{2 x 175 on 2:55 Free L.25 6bk	EN2	
	{2 x 175 on 2:50 Free L.25 6bk	EN2	
	{2 x 175 on 2:45 Free L.25 6bk	EN2	

{2 x 175 on 2:40 Free L.25 6bk	EN2
200 1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Ice	
7:05 AM 2,450 Yards - Stress Value = 41	

Workout #9787 - Tuesday, 08 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Weights	
350	1 x 350 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,450	1x{1 x 100 on 1:55 3 strokes off walls	EN1
	{6 x 25 on :35 Fly-descend in 3s	EN2
	{2 x 100 on 1:50 3 strokes off walls	EN1
	{6 x 25 on :35 Fly-descend in 3s	EN2
	{3 x 100 on 1:45 3 strokes off walls	EN2
	{6 x 25 on :30 Fly-descend in 3s	EN2
	{3 x 100 on 1:40 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-descend	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM 2,150 Yards - Stress Value = 32		

Workout #9790 - Tuesday, 08 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 100 on 1:50 Free L.25 6bk	EN1	
	{2 x 100 on 1:45 Free L.25 6bk	EN2	
	{3 x 100 on 1:40 Free L.25 6bk	EN2	
	{4 x 25 on :30 Free br/ev 3-descend	EN2	
	{1 x 75 on 1:25 Free L.25 6bk	EN2	
	{2 x 75 on 1:20 Free L.25 6bk	EN2	
	{3 x 75 on 1:15 Free L.25 6bk	EN2	
	{4 x 25 on :30 Free br/ev 5-descend	EN2	
	{1 x 50 on 1:00 Free L.25 6bk	EN2	
	{2 x 50 on :55 Free L.25 6bk	EN2	
	{3 x 50 on :50 Free L.25 6bk	EN2	
	{2 x 25 on :30 Free br/ev 7-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,300 Yards - Stress Value = 37			

Workout #9801 - Tuesday, 08 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,800	1x{1 x 600 on 10:00 Freestyle	EN2	S	FR
	{1 x 600 on 9:45 Freestyle	EN2	S	FR
	{1 x 600 on 9:30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice/Tm Mtg		L	DRY
5:35 PM 2,050 Yards - Stress Value = 36				

Workout #9804 - Tuesday, 08 November 2011
HighSchl - Silver/Bronze
1 minute rest between sets

200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice/Tm Mtg
 5:35 PM 2,200 Yards - Stress Value = 28

Yards	Set Description	EGY	WOF
4:50 PM	Start		
1,600	4x{1 x 100 on 1:50 Free Long and Smooth 2 x 75 on 1:20 2bk-4bk-6bk by 25's 1 x 50 on :55 25 Tarzan-25 100% 1 x 50 on :55 10 KOW SFBO 1 x 50 on :55 Breathe 3+2	EN1 EN1 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice/Tm Mtg	REC	
5:33 PM	1,800 Yards - Stress Value = 22		

Workout #9807 - Tuesday, 08 November 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WOF
4:50 PM	Start		
1,600	2x{1 x 50 on :55 Butterfly 1 x 150 on 2:45 IM w/out the fly 1 x 50 on :55 Backstroke 1 x 150 on 2:30 IM w/out the back 1 x 50 on :55 Breaststroke 1 x 150 on 2:45 IM w/out the breast 1 x 50 on :55 Freestyle 1 x 150 on 2:45 IM w/out the free	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	§ § § § § § § §
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice/Tm Mtg	REC	I I
5:34 PM	1,850 Yards - Stress Value = 32		

Workout #9788 - Tuesday, 08 November 2011
HighSchl - Sprint
1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights 1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{1 x 100 on 1:30 Free L.25 6bk 2 x 100 on 1:25 Free L.25 6bk 3 x 100 on 1:20 Free L.25 6bk 6 x 25 on :30 Free br/ev 3-descend 1 x 75 on 1:10 Free L.25 6bk 2 x 75 on 1:05 Free L.25 6bk 3 x 75 on 1:00 Free L.25 6bk 6 x 25 on :30 Free br/ev 5-descend 1 x 50 on :50 Free L.25 6bk 2 x 50 on :45 Free L.25 6bk 3 x 50 on :40 Free L.25 6bk 6 x 25 on :30 Free br/ev 7-descend	EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
7:05 AM	2,600 Yards - Stress Value = 41		

Workout #9802 - Tuesday, 08 November 2011
HighSchl - Sprint
1 minute rest between sets

Yards	Set Description	EGY	WOF
4:50 PM	Start		
2,000	5x{1 x 100 on 1:30 Free Long and Smooth 2 x 75 on 1:10 2bk-4bk-6bk by 25's 1 x 50 on :45 25 Tarzan-25 100% 1 x 50 on :45 10 KOW SFBO 1 x 50 on :45 Breathe 3+2	EN1 EN1 EN2 EN2 EN2	

Workout #9808 - Wednesday, 09 November 2011
Group 3 - Platinum
1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 20:00 DS/Tm Mtg 1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,850	1x{4 x 25 on :30 Kick no board BSLR 15 KOW 6 x 75 on 1:15 Kick 4 x 25 on :30 Kick no board BSLR 14 KOW 5 x 100 on 1:35 Kick 4 x 25 on :30 Kick no board BSLR 13 KOW 4 x 125 on 1:55 Kick 4 x 25 on :30 Kick no board BSLR 12 KOW
1,500	1x{2 x 200 on 2:40 Lungbuster pulls 3 x 150 on 2:00 Lungbuster pulls 4 x 100 on 1:20 Lungbuster pulls 5 x 50 on :40 Lungbuster pulls Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:40 PM	4,300 Yards - Stress Value = 71

Workout #9809 - Wednesday, 09 November 2011
Group 3 - Gold
1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 20:00 DS/Tm Mtg 1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,650	1x{4 x 25 on :35 Kick no board BSLR 15 KOW 6 x 75 on 1:20 Kick 4 x 25 on :35 Kick no board BSLR 14 KOW 5 x 100 on 1:45 Kick 4 x 25 on :35 Kick no board BSLR 13 KOW 4 x 75 on 1:15 Kick 4 x 25 on :35 Kick no board BSLR 12 KOW
1,350	1x{2 x 200 on 2:55 Lungbuster pulls 3 x 150 on 2:10 Lungbuster pulls 4 x 100 on 1:25 Lungbuster pulls 2 x 50 on :45 Lungbuster pulls Br 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:40 PM	3,950 Yards - Stress Value = 64

Workout #9810 - Wednesday, 09 November 2011

Group 3 - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
550	1 on 20:00 DS/Tm Mtg			
150	1 x 550 on 10:00 Free L.25 of each 100 Non F			
1,400	10 x 15 on :45 Shooters			
1x	4 x 25 on :40 Kick no board BSLR 15 KOW			
	{ 6 x 75 on 1:35 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 14 KOW			
	{ 3 x 100 on 2:05 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 13 KOW			
	{ 2 x 125 on 2:35 Kick			
1,200	1x{ 4 x 25 on :40 Kick no board BSLR 12 KOW			
	{ 2 x 200 on 3:15 Lungbuster pulls			
	{ 3 x 150 on 2:25 Lungbuster pulls			
	{ 3 x 100 on 1:35 Lungbuster pulls			
	{ 1 x 50 on :50 Lungbuster pulls			
	Br 3-5-7-9 continuous			
200	4x{ 1 x 25 on :50 Sculling drills			
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:40 PM 3,500 Yards - Stress Value = 56			

Workout #9811 - Wednesday, 09 November 2011

Group 3 - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 20:00 DS/Tm Mtg			
150	1 x 500 on 10:00 Free L.25 of each 100 Non F			
1,250	10 x 15 on :45 Shooters			
1x	4 x 25 on :45 Kick no board BSLR 15 KOW			
	{ 4 x 75 on 1:45 Kick			
	{ 4 x 25 on :45 Kick no board BSLR 14 KOW			
	{ 3 x 100 on 2:20 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 13 KOW			
	{ 2 x 125 on 2:50 Kick			
1,100	1x{ 4 x 25 on :40 Kick no board BSLR 12 KOW			
	{ 2 x 200 on 3:35 Lungbuster pulls			
	{ 3 x 150 on 2:40 Lungbuster pulls			
	{ 2 x 100 on 1:45 Lungbuster pulls			
	{ 1 x 50 on :55 Lungbuster pulls			
	Br 3-5-7-9 continuous			
200	4x{ 1 x 25 on :50 Sculling drills			
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:39 PM 3,200 Yards - Stress Value = 51			

Workout #9821 - Wednesday, 09 November 2011

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 30:00 DS/Abs/Tm Mtg			
150	1 x 500 on 10:00 Choice			
	10 x 15 on :45 Shooters			
	1 on 15:00 Kick Set			
	1 on 15:00 Pull Set			
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk			
	1 on 25:00 Main Set			
	1 on 10:00 Game			
	7:31 PM 950 Yards - Stress Value = 6			

Workout #9815 - Wednesday, 09 November 2011

HighSchl - Breast

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,300	1x{ 1 x 200 on 3:10 Breaststroke	EN2	S	BR
	{ 4 x 50 on 1:00 Breast	EN3	S	BR
	{ 2 x 175 on 2:45 Breaststroke	EN2	S	BR
	{ 4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{ 3 x 150 on 2:20 Breaststroke	EN2	S	BR
	{ 4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{ 4 x 125 on 1:55 Breaststroke	EN2	S	BR
250	1x{ 4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{ 1 x 250 on 4:00 Stroke Drills	REC	D	CD
	{ 1 on 10:00 Ice		M	
	5:35 PM 2,550 Yards - Stress Value = 78			

Workout #9812 - Wednesday, 09 November 2011

HighSchl - Distance

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{ 2 x 200 on 2:45 Freestyle	EN2	S	FR
	{ 1 x 100 on 1:30 Freestyle	EN3	S	FR
	{ 2 x 200 on 2:40 Freestyle	EN2	S	FR
	{ 1 x 100 on 1:30 Freestyle	EN3	S	FR
	{ 2 x 200 on 2:35 Freestyle	EN2	S	FR
	{ 1 x 100 on 1:30 Freestyle	EN3	S	FR
	{ 2 x 200 on 2:30 Freestyle	EN2	S	FR
	{ 1 x 100 on 1:30 Freestyle	EN3	S	FR
	{ 2 x 200 on 2:25 Freestyle	EN2	S	FR
	{ 1 x 100 on 1:30 Freestyle	EN3	S	FR
	{ 2 x 200 on 2:20 Freestyle	EN2	S	FR
	{ 1 x 100 on 1:30 Freestyle	EN3	S	FR
250	1x{ 1 x 250 on 4:00 Stroke Drills	REC	D	CD
	{ 1 on 10:00 Ice		M	
	5:35 PM 3,250 Yards - Stress Value = 84			

Workout #9818 - Wednesday, 09 November 2011

HighSchl - Fly

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,000	1x{ 1 x 200 on 2:55 Butterfly	EN2	S	FLY	1
	{ 6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{ 2 x 175 on 2:30 Butterfly	EN2	S	FLY	1
	{ 6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{ 3 x 150 on 2:05 Butterfly	EN2	P	FLY	1
	{ 6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{ 4 x 100 on 1:20 Butterfly	EN2	S	FR	1
	{ 6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
300	1x{ 6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	{ 1 on 10:00 Ice		M		
	5:35 PM 2,300 Yards - Stress Value = 64				

Workout #9815 - Wednesday, 09 November 2011

HighSchl - Breast

1 minute rest between sets

Workout #9813 - Wednesday, 09 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,600	1x{2 x 200 on 3:05 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
250	{2 x 100 on 1:40 Freestyle	EN3	S	FR
	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,850 Yards - Stress Value = 76

Workout #9816 - Wednesday, 09 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 3:00 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:30 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{4 x 125 on 2:00 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,500 Yards - Stress Value = 75

Workout #9819 - Wednesday, 09 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,800	1x{1 x 200 on 3:25 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 2:55 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{3 x 150 on 2:25 Butterfly	EN2	P	FLY	1
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 1:35 Butterfly	EN2	S	FR	1
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,100 Yards - Stress Value = 60

Workout #9814 - Wednesday, 09 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{2 x 200 on 3:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:45 Freestyle	EN3	S	FR
	{2 x 200 on 3:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:45 Freestyle	EN3	S	FR
	{2 x 200 on 3:15 Freestyle	EN2	S	FR
	{1 x 100 on 1:45 Freestyle	EN3	S	FR
	{2 x 200 on 3:10 Freestyle	EN2	S	FR

{1 x 100 on 1:45 Freestyle	EN3	S	FR
{2 x 200 on 3:05 Freestyle	EN2	S	FR
250 1 x 250 on 4:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice		M	

5:35 PM 2,650 Yards - Stress Value = 64

Workout #9817 - Wednesday, 09 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breast	EN3	S	BR
	{2 x 175 on 3:15 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR
	{3 x 150 on 2:45 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR
	{4 x 100 on 1:45 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,250 Yards - Stress Value = 64

Workout #9820 - Wednesday, 09 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,650	1x{1 x 200 on 3:50 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 3:20 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{2 x 150 on 2:45 Butterfly	EN2	P	FLY	1
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 1:45 Butterfly	EN2	S	FR	1
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 1,950 Yards - Stress Value = 57

Workout #9846 - Thursday, 10 November 2011

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders/Tm Mtg
150	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
	10 x 15 on :45 Shooters
	THE REST OF PRACTICE IS IN DIVING WELL
120	8 x 15 on 1:00 Backstroke
	1x{1 on 13:00 Body Position Drills
	{1 on 13:00 Stroke Drills
	{1 on 13:00 TN turn drills
90	6 x 15 on 1:00 Backstroke
400	4 x 100 on 1:45 Back-descend to Ludicrous Sp
300	6 x 50 on 1:00 Stroke Drills

7:30 PM 1,560 Yards - Stress Value = 16

Workout #9828 - Thursday, 10 November 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
	Your primary stroke(s)		
1,750	1x{5 x 125 on 1:50 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{4 x 100 on 1:25 Back alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{3 x 75 on 1:05 Back Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{2 x 50 on :40 Back Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
7:05 AM	2,550 Yards - Stress Value = 40		

Workout #9822 - Thursday, 10 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke(s)		
2,250	1x{3 x 225 on 3:00 Free-descend	EN2	
	{3 x 200 on 2:40 Free-descend	EN2	
	{3 x 175 on 2:20 Free-descend	EN2	
	{3 x 150 on 2:00 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:06 AM	3,000 Yards - Stress Value = 51		

Workout #9835 - Thursday, 10 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
=====	=====	=====	=====	=====
3,000	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 6:00 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:55 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:50 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills		REC	D CD
	1 on 10:00 Ice			M
5:35 PM	3,200 Yards - Stress Value = 60			

Workout #9823 - Thursday, 10 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke(s)		

1,950	1x{3 x 225 on 3:20 Free-descend	EN2
	{3 x 200 on 2:55 Free-descend	EN2
	{3 x 175 on 2:30 Free-descend	EN2
	{1 x 150 on 2:10 Free-descend	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM	2,700 Yards - Stress Value = 45	

Workout #9826 - Thursday, 10 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

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

Workout #9829 - Thursday, 10 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
	Your primary stroke(s)		
1,650	1x{5 x 125 on 2:05 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{4 x 100 on 1:40 Back alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{3 x 75 on 1:15 Back Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{2 x 50 on :50 Back Alt 25 of 10 KOW		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
7:06 AM	2,450 Yards - Stress Value = 38		

Workout #9836 - Thursday, 10 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
=====	=====	=====	=====	=====
2,550	1x{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 5:45 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 5:40 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 250 on 3:20 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	2,750 Yards - Stress Value = 51			

Workout #9839 - Thursday, 10 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY V
 =====
 2,025 1x{6 x 150 on 2:45 Free Alt 25's 6bk Br 5 EN2
 {5 x 125 on 2:15 Free Alt 25's 6BK Br 5 EN2
 {4 x 100 on 1:45 Free Alt 25's 6bk Br 5 EN2
 {2 x 50 on :45 Alt 25 6bk Br 5 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 2,225 Yards - Stress Value = 40

Workout #9842 - Thursday, 10 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:45 PM Start
 Yards Set Description F
 =====
 2,025 1x{1 x 100 on 1:45 Individual Medley F
 {4 x 75 on 1:10 Fly-25L 25R 25 B F
 {2 x 100 on 1:40 Individual Medley F
 {4 x 75 on 1:10 Back 25L 25R 25B F
 {3 x 100 on 1:35 Individual Medley F
 {4 x 75 on 1:20 Brst 25FlK 25FrK 25Rk F
 {3 x 100 on 1:30 Individual Medley F
 {3 x 75 on 1:10 Fr 25sclsdfst25catchup25reg F
 300 6 x 50 on 1:00 Stroke Drills F
 1 on 10:00 Ice
 5:35 PM 2,325 Yards - Stress Value = 40

Workout #9841 - Thursday, 10 November 2011

HighSchl - IM's

1 minute rest between sets

4:45 PM Start
 Yards Set Description F
 =====
 2,200 1x{1 x 100 on 1:35 Individual Medley F
 {4 x 75 on 1:10 Fly-25L 25R 25 B F
 {2 x 100 on 1:30 Individual Medley F
 {4 x 75 on 1:10 Back 25L 25R 25B F
 {3 x 100 on 1:25 Individual Medley F
 {4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk F
 {4 x 100 on 1:20 Individual Medley F
 {4 x 75 on 1:05 Fr 25sclsdfst25catchup25reg F
 300 6 x 50 on 1:00 Stroke Drills F
 1 on 10:00 Ice
 5:35 PM 2,500 Yards - Stress Value = 44

Workout #9831 - Thursday, 10 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 40:00 Team Pictures-Dryland
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 150 on 2:30 Kick your #1
 {2 x 50 on 1:00 Kick your #2
 {2 x 50 on 1:05 Kick your #3
 {1 x 150 on 2:25 Kick your #1
 {2 x 50 on 1:00 Kick you #2
 {2 x 50 on 1:05 Kick your #3
 {1 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

{1 x 150 on 2:15 Kick your#1
 1,050 1x{3 x 50 on :40 Pulls
 {3 x 75 on 1:00 Pulls
 {3 x 100 on 1:20 Pulls
 {3 x 125 on 1:40 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 3,200 Yards - Stress Value = 43

Workout #9832 - Thursday, 10 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 40:00 Team Pictures-Dryland
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 150 on 2:55 Kick your #1
 {2 x 50 on 1:05 Kick your #2
 {1 x 50 on 1:10 Kick your #3
 {1 x 150 on 2:50 Kick your #1
 {1 x 50 on 1:05 Kick you #2
 {2 x 50 on 1:10 Kick your #3
 {1 x 150 on 2:45 Kick your #1
 {1 x 50 on 1:05 Kick your #2
 {2 x 50 on 1:10 Kick your #3
 {1 x 150 on 2:40 Kick your#1
 900 1x{3 x 50 on :45 Pulls
 {3 x 75 on 1:10 Pulls
 {3 x 100 on 1:30 Pulls
 {3 x 75 on 1:10 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 2,900 Yards - Stress Value = 38

Workout #9833 - Thursday, 10 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 40:00 Team Pictures-Dryland
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 950 1x{1 x 150 on 3:15 Kick your #1
 {1 x 50 on 1:10 Kick your #2
 {1 x 50 on 1:15 Kick your #3
 {1 x 150 on 3:10 Kick your #1
 {2 x 50 on 1:10 Kick you #2
 {1 x 50 on 1:15 Kick your #3
 {1 x 150 on 3:05 Kick your #1
 {2 x 50 on 1:10 Kick your #2
 {1 x 50 on 1:15 Kick your #3
 {1 x 100 on 2:00 Kick your#1
 800 1x{3 x 50 on :50 Pulls
 {3 x 75 on 1:15 Pulls
 {3 x 100 on 1:40 Pulls
 {1 x 125 on 2:05 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 2,650 Yards - Stress Value = 35

Workout #9834 - Thursday, 10 November 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
500	10 x 15 on :45 Shooters		
	Your primary stroke(s)		
850	1x{1 x 125 on 2:25 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :40 Back 8-9-10-11 KOW		
	{4 x 100 on 1:55 Back alt 25 of 10 KOW		
	{2 x 25 on :40 Back 8-9 KOW		
	{3 x 75 on 1:25 Back Alt 25 of 10 KOW		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 33		

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
2,150	1x{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:30 Freestyle	EN2	S	FR
	{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:25 Freestyle	EN2	S	FR
	{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 150 on 2:20 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 2,350 Yards - Stress Value = 43			

Workout #9837 - Thursday, 10 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
500	10 x 15 on :45 Shooters		
	Your primary stroke(s)		
850	1x{3 x 225 on 3:45 Free-descend	EN2	
	{3 x 200 on 3:20 Free-descend	EN2	
	{3 x 175 on 2:55 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:06 AM 2,500 Yards - Stress Value = 42		

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
1,800	1x{3 x 150 on 3:05 Free Alt 25's 6bk Br 5	EN2		
	{5 x 125 on 2:30 Free Alt 25's 6BK Br 5	EN2		
	{4 x 100 on 1:55 Free Alt 25's 6bk Br 5	EN2		
	{3 x 75 on 1:25 Free Alt 25's 6BK Br 5	EN2		
	{2 x 50 on :55 Alt 25 6bk Br 5	EN2		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:35 PM 2,000 Yards - Stress Value = 35			

Workout #9824 - Thursday, 10 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
500	10 x 15 on :45 Shooters		
	Your primary stroke(s)		
1,800	1x{3 x 225 on 3:45 Free-descend	EN2	
	{3 x 200 on 3:20 Free-descend	EN2	
	{3 x 175 on 2:55 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:06 AM 2,500 Yards - Stress Value = 42		

Workout #9840 - Thursday, 10 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
500	10 x 15 on :45 Shooters		
	Your primary stroke(s)		
1,400	1x{3 x 100 on 2:00 Free-descend	EN2	
	{4 x 50 on :55 Free-descend	EN2	
	{3 x 100 on 1:55 Free-descend	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
	{3 x 100 on 1:50 Free-descend	EN2	
	{3 x 50 on 1:05 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 34		

Yards	Set Description	EGY	WORK	STK
4:45 PM	Start			
1,750	1x{1 x 100 on 2:00 Individual Medley	F		
	{4 x 75 on 1:25 Fly-25L 25R 25 B	F		
	{2 x 100 on 1:55 Individual Medley	F		
	{4 x 75 on 1:25 Back 25L 25R 25B	F		
	{2 x 100 on 1:50 Individual Medley	F		
	{4 x 75 on 1:30 Brst 25FlK 25FrK 25Rk	F		
	{2 x 100 on 1:45 Individual Medley	F		
	{2 x 75 on 1:20 Fr 25scldsfst25catchup25reg	F		
300	6 x 50 on 1:00 Stroke Drills	F		
	1 on 10:00 Ice			
	5:35 PM 2,050 Yards - Stress Value = 35			

Workout #9827 - Thursday, 10 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
500	10 x 15 on :45 Shooters		
	Your primary stroke(s)		
1,400	1x{3 x 100 on 2:00 Free-descend	EN2	
	{4 x 50 on :55 Free-descend	EN2	
	{3 x 100 on 1:55 Free-descend	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
	{3 x 100 on 1:50 Free-descend	EN2	
	{3 x 50 on 1:05 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 34		

Workout #9843 - Thursday, 10 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:45 PM	Start		
1,750	1x{1 x 100 on 2:00 Individual Medley	F	
	{4 x 75 on 1:25 Fly-25L 25R 25 B	F	
	{2 x 100 on 1:55 Individual Medley	F	
	{4 x 75 on 1:25 Back 25L 25R 25B	F	
	{2 x 100 on 1:50 Individual Medley	F	
	{4 x 75 on 1:30 Brst 25FlK 25FrK 25Rk	F	
	{2 x 100 on 1:45 Individual Medley	F	
	{2 x 75 on 1:20 Fr 25scldsfst25catchup25reg	F	
300	6 x 50 on 1:00 Stroke Drills	F	
	1 on 10:00 Ice		
	5:35 PM 2,050 Yards - Stress Value = 35		

Workout #9830 - Thursday, 10 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #9825 - Thursday, 10 November 2011

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
1,800	1x{3 x 100 on 1:30 Free-descend	EN2	
	{6 x 50 on :45 Free-descend	EN2	
	{3 x 100 on 1:25 Free-descend	EN2	
	{6 x 50 on :50 Free-descend	EN2	
	{3 x 100 on 1:20 Free-descend	EN2	
	{6 x 50 on :55 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,600 Yards - Stress Value = 42		

{1 x 100 on 1:50 Kick
{1 x 100 on 1:30 Kick
{1 x 100 on 1:50 Kick
{1 x 100 on 1:25 Kick
{1 x 100 on 1:50 Kick
{1 x 100 on 1:20 Kick
{1 x 100 on 1:50 Kick
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,625 1x{5 x 125 on 1:30 Freestyle
{1 x 50 on 1:00 Freestyle
{4 x 125 on 1:29 Freestyle
{2 x 50 on 1:00 Freestyle
{3 x 125 on 1:28 Freestyle
{3 x 50 on 1:00 Freestyle
{2 x 125 on 1:27 Freestyle
{4 x 50 on 1:00 Freestyle
{1 x 125 on 1:26 Freestyle
{5 x 50 on 1:00 Freestyle
500 10 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice
9:34 AM 5,675 Yards - Stress Value = 114

Workout #9838 - Thursday, 10 November 2011

HighSchl - Sprint

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
2,250	1x{6 x 150 on 2:25 Free Alt 25's 6bk Br 5	EN2	
	{5 x 125 on 2:00 Free Alt 25's 6BK Br 5	EN2	
	{4 x 100 on 1:35 Free Alt 25's 6bk Br 5	EN2	
	{3 x 75 on 1:10 Free Alt 25's 6BK Br 5	EN2	
	{2 x 50 on :45 Alt 25 6bk Br 5	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,450 Yards - Stress Value = 44		

Workout #9847 - Saturday, 12 November 2011

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,400	2x{1 x 100 on 1:55 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on :50 Kick
	{1 x 50 on 1:05 Kick(Dont do this 50 2nd rour
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,475	1x{5 x 125 on 1:45 Freestyle
	{1 x 50 on 1:00 Freestyle
	{4 x 125 on 1:44 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:43 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 125 on 1:42 Freestyle
	{4 x 50 on 1:00 Freestyle
	{1 x 125 on 1:41 Freestyle
	{2 x 50 on 1:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,325 Yards - Stress Value = 102

Workout #9844 - Friday, 11 November 2011

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Tm Mtg
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
750	1 x 750 on 15:00 Kick 10/50, 15/45, 20/40 X
	Social Kick on easy part
250	1 x 250 on 15:00 Techniques-TN Turn Drills
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{2 x 100 on 2:00 Fly 75 Drill 25 build
	{2 x 100 on 2:00 Back 75 Drill 25 build
	{2 x 100 on 2:00 Breast 75 Drill 25 build
	{2 x 100 on 2:00 Free 75 drill 25 build
	1 on 10:00 Techniques-Relay Starts
	1 on 10:00 Ice
	5:05 PM 2,750 Yards - Stress Value = 24

Workout #9845 - Saturday, 12 November 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,600	2x{1 x 100 on 1:35 Kick

Workout #9848 - Saturday, 12 November 2011

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,300	2x{1 x 100 on 2:05 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:15 Kick
	{1 x 25 on :25 Kick(Dont do this 2nd round)
	{1 x 25 on :40 Kick(Dont do this 2nd round)
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{5 x 125 on 2:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{4 x 125 on 1:59 Freestyle
	{2 x 50 on 1:15 Freestyle
	{3 x 125 on 1:58 Freestyle
	{3 x 50 on 1:15 Freestyle
	{2 x 125 on 1:57 Freestyle
	{2 x 50 on 1:15 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 4,850 Yards - Stress Value = 86

Workout #9849 - Saturday, 12 November 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,300	2x{1 x 100 on 2:05 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:15 Kick
	{1 x 25 on :25 Kick(Dont do this 2nd round)
	{1 x 25 on :40 Kick(Dont do this 2nd round)
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{4 x 125 on 2:20 Freestyle
	{2 x 50 on 1:15 Freestyle
	{3 x 125 on 2:19 Freestyle
	{2 x 50 on 1:15 Freestyle
	{2 x 125 on 2:18 Freestyle
	{3 x 50 on 1:15 Freestyle
	{1 x 125 on 2:17 Freestyle
	{4 x 50 on 1:15 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:34 AM 4,450 Yards - Stress Value = 85

Workout #9863 - Monday, 14 November 2011

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

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

	1 on 30:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
400	1x{4 x 25 on :40 Fly Kick-descend	EN
	{4 x 25 on :40 Back kick-no board-descend	EN
	{4 x 25 on :40 Breast Kick-descend	EN
	{4 x 25 on :40 Free Kick-descend	EN
100	1 x 100 on 3:00 IM kick-no board for time	SF
900	1x{2 x 75 on 1:10 Pull 10 SOLW	EN
	{2 x 100 on 1:30 Pull-9 SOLW	EN
	{2 x 125 on 2:00 Pull 8 SOLW	EN
	{2 x 150 on 2:15 Pull 7 SOLW	EN
300	2 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN
500	5 x 100 on 5:00 Individual Medley	SF
300	6 x 50 on 1:00 Stroke Drills	RF
	7:30 PM 3,150 Yards - Stress Value = 76	

Workout #9860 - Monday, 14 November 2011

HighSchl - Back

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
2,500	1x{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:30 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:35 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:40 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:45 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:50 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	5:35 PM 2,750 Yards - Stress Value = 50		

Workout #9857 - Monday, 14 November 2011

HighSchl - Breast

1 minute rest between sets

4:44 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,150	1x{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{2 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:15 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:10 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:55 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN2	S	BR
	{1 x 200 on 2:50 Breaststroke	EN2	S	BR
	{2 x 25 on :30 Breast 2K1P	EN1	D	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 AM 2,350 Yards - Stress Value = 37			

Workout #9854 - Monday, 14 November 2011

HighSchl - Distance

1 minute rest between sets

4:44 AM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{5 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN2	S	FR
	{3 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{2 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
200	{1 x 100 on 1:10 Freestyle	EN2	S	FR
	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 AM 3,200 Yards - Stress Value = 48

Workout #9855 - Monday, 14 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:44 AM Start

Yards	Set Description	EGY	WORK	STK
2,600	1x{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{5 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN2	S	FR
	{3 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{2 x 100 on 1:20 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 AM 2,850 Yards - Stress Value = 43

Workout #9858 - Monday, 14 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:44 AM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{2 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:35 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:25 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	S	BR
	{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{2 x 25 on :35 Breast 2K1P	EN2	S	BR
	{1 x 100 on 1:35 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 AM 2,100 Yards - Stress Value = 33

Workout #9861 - Monday, 14 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{3 x 100 on 1:40 Backstroke-descend	EN2	S	
	{1 x 200 on 2:50 Backstroke	EN2	S	

{3 x 100 on 1:40 Backstroke-descend	EN2	S
{1 x 200 on 2:55 Backstroke	EN2	S
{3 x 100 on 1:40 Backstroke-descend	EN2	S
{1 x 200 on 3:00 Backstroke	EN2	S
{3 x 100 on 1:40 Backstroke-descend	EN2	S
{1 x 200 on 3:05 Backstroke	EN2	S
{2 x 100 on 1:40 Backstroke-descend	EN2	S
1 x 250 on 4:00 Stroke Drills	REC	D
1 on 10:00 Ice		M

5:35 PM 2,450 Yards - Stress Value = 44

Workout #9850 - Monday, 14 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,750	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:10 Kick
1,100	1x{2 x 100 on 1:20 Pull 7 SOLW
	{2 x 125 on 1:40 Pull 6 SOLW
	{2 x 150 on 2:00 Pull 5 SOLW
	{2 x 175 on 2:20 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

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

Workout #9851 - Monday, 14 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,450	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:15 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:20 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:25 Kick
	{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
	{1 x 50 on 1:00 Kick
1,000	1x{1 x 100 on 1:30 Pull 7 SOLW
	{2 x 125 on 1:55 Pull 6 SOLW
	{2 x 150 on 2:15 Pull 5 SOLW
	{2 x 175 on 2:35 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:43 PM 3,400 Yards - Stress Value = 47

Workout #9852 - Monday, 14 November 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
=====	=====			
1	on 30:00 DS/ Physio Ball Shoulders/Tm mtg			
550	1 x 550 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,250	1x{4 x 25 on :40 Kick no board BSLR			
	{2 x 125 on 2:30 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{2 x 100 on 2:05 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{2 x 100 on 2:10 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{1 x 75 on 1:40 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{1 x 25 on :35 Kick			
850	1x{1 x 100 on 1:40 Pull 7 SOLW			
	{2 x 125 on 2:05 Pull 6 SOLW			
	{1 x 150 on 2:30 Pull 5 SOLW			
	{2 x 175 on 2:55 Pull 4 SOLW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:43 PM 3,000 Yards - Stress Value = 42			

Workout #9853 - Monday, 14 November 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
=====	=====			
1	on 30:00 DS/ Physio Ball Shoulders/Tm mtg			
500	1 x 500 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,150	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:15 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:20 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:25 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{3 x 50 on 1:15 Kick			
800	1x{2 x 100 on 1:50 Pull 7 SOLW			
	{1 x 125 on 2:20 Pull 6 SOLW			
	{2 x 150 on 2:45 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			
	4:43 PM 2,800 Yards - Stress Value = 39			

Workout #9856 - Monday, 14 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 AM Start				
=====	=====			
2,300	1x{2 x 150 on 2:25 Freestyle	EN1	S	FR
	{5 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN1	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 AM 2,550 Yards - Stress Value = 37			

Workout #9859 - Monday, 14 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
=====	=====			
1,700	1x{1 x 200 on 4:00 Breaststroke	EN2	S	BR
	{2 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:55 Breaststroke	EN2	S	BR
	{4 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:50 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{4 x 25 on :40 Breast 2K1P	EN1	S	BR
	{1 x 150 on 2:40 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 1,900 Yards - Stress Value = 29			

Workout #9862 - Monday, 14 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM Start				
=====	=====			
1,950	1x{3 x 100 on 1:55 Backstroke-descend	EN2	S	
	{1 x 200 on 3:30 Backstroke	EN2	S	
	{3 x 100 on 1:55 Backstroke-descend	EN2	S	
	{1 x 200 on 3:25 Backstroke	EN2	S	
	{3 x 100 on 1:55 Backstroke-descend	EN2	S	
	{1 x 200 on 3:20 Backstroke	EN2	S	
	{3 x 100 on 1:55 Backstroke-descend	EN2	S	
	{1 x 150 on 2:25 Backstroke	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M
	5:35 PM 2,200 Yards - Stress Value = 39			

Workout #9886 - Tuesday, 15 November 2011

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM Start				
=====	=====			
150	1 on 30:00 DS/Core/Tm Mtg			
500	1 x 500 on 10:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters			SP3
400	4 x 100 on 2:15 Kick @ Fastest Interval	EN2		
700	1x{1 x 125 on 2:00 Pulls BTB	EN1		
	{1 x 125 on 2:00 Pulls BTS	EN1		
	{1 x 100 on 1:35 Pulls BTB	EN1		
	{1 x 100 on 1:35 Pulls BTS	EN1		
	{1 x 75 on 1:10 Pulls BTB	EN1		
	{1 x 75 on 1:10 Pulls BTS	EN1		
	{1 x 50 on :45 Pulls BTB	EN1		
	{1 x 50 on :45 Pulls BTS	EN1		
150	1 x 150 on 3:30 50 2bk/50 4bk/50 6bk	EN1		
1,900	1x{2 x 200 on 3:00 Freestyle	EN2		
	{4 x 25 on :30 Free br on 5	EN1		
	{2 x 200 on 2:55 Freestyle	EN2		
	{4 x 25 on :30 Free 7 KOW	EN1		
	{2 x 200 on 2:50 Freestyle	EN2		
	{4 x 25 on :30 Free-build to 100%	EN2		
	{2 x 200 on 2:45 Freestyle	EN2		
150	1 x 150 on 3:00 Stroke Drills	REC		
	1 on 10:00 Techniques-Starts			
	7:30 PM 3,950 Yards - Stress Value = 58			

Workout #9887 - Tuesday, 15 November 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
400	4 x 100 on 2:15 Kick @ Fastest Interval	EN2
600	1x{1 x 125 on 2:15 Pulls BTB	EN1
	{1 x 125 on 2:15 Pulls BTS	EN1
	{1 x 100 on 1:45 Pulls BTB	EN1
	{1 x 100 on 1:45 Pulls BTS	EN1
	{1 x 75 on 1:15 Pulls BTB	EN1
	{1 x 75 on 1:15 Pulls BTS	EN1
150	1 x 150 on 3:30 50 2bk/50 4bk/50 6bk	EN1
1,700	1x{2 x 200 on 3:20 Freestyle	EN2
	{4 x 25 on :30 Free br on 5	EN1
	{2 x 200 on 3:15 Freestyle	EN2
	{4 x 25 on :30 Free 7 KOW	EN1
	{2 x 200 on 3:10 Freestyle	EN2
	{4 x 25 on :30 Free-build to 100%	EN2
	{2 x 100 on 1:35 Freestyle	EN2
150	1 x 150 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
7:30 PM	3,650 Yards - Stress Value = 54	

Workout #9888 - Tuesday, 15 November 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
300	3 x 100 on 2:45 Kick @ Fastest Interval	EN2
550	1x{1 x 125 on 2:25 Pulls BTB	EN1
	{1 x 125 on 2:25 Pulls BTS	EN1
	{1 x 100 on 1:55 Pulls BTB	EN1
	{1 x 100 on 1:55 Pulls BTS	EN1
	{1 x 50 on :55 Pulls BTB	EN1
	{1 x 50 on :55 Pulls BTS	EN1
150	1 x 150 on 3:30 50 2bk/50 4bk/50 6bk	EN1
1,350	1x{2 x 200 on 3:45 Freestyle	EN2
	{4 x 25 on :45 Free br on 5	EN1
	{2 x 150 on 2:45 Freestyle	EN2
	{4 x 25 on :45 Free 7 KOW	EN1
	{2 x 150 on 2:40 Freestyle	EN2
	{4 x 25 on :45 Free-build to 100%	EN2
	{1 x 50 on :55 Freestyle	EN2
150	1 x 150 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
7:30 PM	3,100 Yards - Stress Value = 43	

Workout #9889 - Tuesday, 15 November 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
300	3 x 100 on 3:00 Kick @ Fastest Interval	EN2
450	1x{1 x 100 on 2:10 Pulls BTB	EN1
	{1 x 100 on 2:10 Pulls BTS	EN1
	{1 x 75 on 1:35 Pulls BTB	EN1
	{1 x 75 on 1:35 Pulls BTS	EN1

	{1 x 50 on 1:00 Pulls BTB	EN1
	{1 x 50 on 1:00 Pulls BTS	EN1
150	1 x 150 on 3:30 50 2bk/50 4bk/50 6bk	EN1
1,300	1x{2 x 200 on 4:00 Freestyle	EN2
	{4 x 25 on :45 Free br on 5	EN1
	{2 x 150 on 2:55 Freestyle	EN2
	{4 x 25 on :45 Free 7 KOW	EN1
	{2 x 150 on 2:50 Freestyle	EN2
	{4 x 25 on :45 Free-build to 100%	EN2
150	1 x 150 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
7:29 PM	2,900 Yards - Stress Value = 42	

Workout #9864 - Tuesday, 15 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,150	1x{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:10	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:09	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold 1:08	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold :59	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,950 Yards - Stress Value = 46		

Workout #9877 - Tuesday, 15 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	W
4:50 PM	Start		
=====	=====	=====	=====
2,400	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	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	2,650 Yards - Stress Value = 48		

Workout #9867 - Tuesday, 15 November 2011

HighSchl - Fly

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	WC
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights				
400	1 x 400 on 7:00 Underwater trn drill	REC			
150	10 x 15 on :45 Shooters	SP3			
	Your primary stroke or free				
1,925	1x{2 x 150 on 2:15 Fly 1+1 stroke off walls	EN2	1,000	2x{4 x 50 on :50 Free Alt 6bk-1/4 pool	EN2
	{3 x 125 on 1:50 Fly 2+1 stroke off walls	EN2		{3 x 50 on :50 Free Alt 6bk 1/3 pool	EN2
	{4 x 100 on 1:25 Fly 3+1 stroke off walls	EN2		{2 x 50 on :50 Free Alt 6bk 25	EN2
	{5 x 75 on 1:05 Fly 4+1 strokes off walls	EN2		{1 x 50 on :50 Free ALL 6BK	EN2
	{6 x 50 on :45 Fly 5+1 stroke off walls	EN2	625	1x{4 x 100 on 1:40 Free br 3-5-7-9 by 25	EN2
	{7 x 25 on :25 Fly 6 strokes off walls	EN2		{ with alt 25 of 6bk	
200	1 x 200 on 3:00 Stroke Drills	REC	250	{3 x 75 on 1:15 Free br 5-7-9 by 25	EN2
	1 on 10:00 Ice			{ with alt 25 of 6bk	
	7:05 AM 2,675 Yards - Stress Value = 46			1 x 250 on 4:00 Stroke Drills	REC
				1 on 10:00 Ice	
				7:06 AM 2,425 Yards - Stress Value = 38	

Workout #9878 - Tuesday, 15 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	WOF
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights				
400	1 x 400 on 7:00 Underwater trn drill	REC			
150	10 x 15 on :45 Shooters	SP3			
	Your primary stroke or free				
1,950	1x{1 x 100 on 1:25 Freestyle	EN2	2,100	1x{1 x 400 on 5:45 Free L.100 6-7-8-9 KOW	EN2
	{1 x 100 on 1:30 Free Hold 1:18	EN2		{1 x 400 on 5:40 Free L.100 des 25's	EN2
	{1 x 300 on 4:10 Freestyle	EN2		{1 x 400 on 5:35 Free L.100 BWHPF	EN2
	{1 x 50 on :50 Freestyle	REC		{1 x 400 on 5:30 Free L.100 SFBO	EN2
	{1 x 200 on 2:45 Freestyle	EN2	250	{1 x 400 on 5:25 Free L.100 Br on 5	EN2
	{1 x 100 on 1:30 Free Hold 1:17	EN2		{1 x 100 on 1:20 Free-6bk	EN2
	{1 x 200 on 2:45 Freestyle	EN2		5 x 50 on 1:00 Stroke Drills	REC
	{1 x 50 on :50 Freestyle	REC		1 on 10:00 Ice	
	{1 x 300 on 4:10 Freestyle	EN2		5:36 PM 2,350 Yards - Stress Value = 42	
	{1 x 100 on 1:30 Free hold 1:16	EN2			
	{1 x 100 on 1:25 Freestyle	EN2			
	{1 x 50 on :50 Freestyle	REC			
	{1 x 200 on 2:45 Freestyle	EN2			
	{1 x 100 on 1:30 Free Hold 1:15	EN2			
250	1 x 250 on 4:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	7:05 AM 2,750 Yards - Stress Value = 42				

Workout #9881 - Tuesday, 15 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start		Yards	Set Description	EGY	W
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights				
400	1 x 400 on 7:00 Underwater trn drill	REC			
150	10 x 15 on :45 Shooters	SP3			
	Your primary stroke or free				
1,700	1x{2 x 150 on 2:30 Fly 1+1 stroke off walls	EN2	1,800	1x{4 x 75 on 1:15 Free 7 KOW	EN2
	{3 x 125 on 2:05 Fly 2+1 stroke off walls	EN2		{3 x 25 on :30 Free-descnd-high elbow	EN2
	{4 x 100 on 1:40 Fly 3+1 stroke off walls	EN2		{4 x 100 on 1:40 Free BWHPF	EN2
	{5 x 75 on 1:15 Fly 4+1 strokes off walls	EN2		{3 x 25 on :30 Free-descnd-Stgth Arm	EN2
	{5 x 50 on :50 Fly 5+1 stroke off walls	EN2		{4 x 125 on 2:05 Free-SFBO	EN2
200	1 x 200 on 3:00 Stroke Drills	REC		{3 x 25 on :30 Free-descnd-goggle wtrln	EN2
	1 on 10:00 Ice			{2 x 150 on 2:30 Free-breath on 5	EN2
	7:05 AM 2,450 Yards - Stress Value = 41			{3 x 25 on :30 Free-GREAT Mechanics	EN2
				1 x 200 on 3:00 Stroke Drills	REC
				1 on 10:00 Ice	
				5:35 PM 2,000 Yards - Stress Value = 38	

Workout #9871 - Tuesday, 15 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Workout #9884 - Tuesday, 15 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:50 PM Start
 Yards Set Description
 =====
 1,900 1x{1 x 200 on 3:20 Individual Medley
 {1 x 150 on 2:30 IM w75 fly drill/75 fast
 {1 x 200 on 3:15 Individual Medley
 {1 x 150 on 2:30 IM w/75 back drill/75 fast
 {1 x 200 on 3:10 Individual Medley
 {2 x 150 on 2:15 IMw/75 breast drill/75 fast
 {1 x 200 on 3:05 Individual Medley
 {2 x 150 on 2:30 IM w/75 free drill/75 fast
 {1 x 200 on 3:00 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 2,150 Yards - Stress Value = 38

Workout #9883 - Tuesday, 15 November 2011

HighSchl - IM'ers

1 minute rest between sets

4:50 PM Start
 Yards Set Description
 =====
 2,050 1x{1 x 200 on 3:00 Individual Medley
 {2 x 150 on 2:15 IM w75 fly drill/75 fast
 {1 x 200 on 2:55 Individual Medley
 {2 x 150 on 2:15 IM w/75 back drill/75 fast
 {1 x 200 on 2:50 Individual Medley
 {2 x 150 on 2:15 IMw/75 breast drill/75 fast
 {1 x 200 on 2:45 Individual Medley
 {1 x 150 on 2:15 IM w/75 free drill/75 fast
 {1 x 200 on 2:40 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,300 Yards - Stress Value = 41

Workout #9873 - Tuesday, 15 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Core/Tm Mtg
 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 560 1x{8 x 20 on 1:00 Kick underwater w/fins
 {1 on 1:00 Change
 {16 x 25 on :30 Sprint Kick w/fins
 1,350 1x{2 x 250 on 3:15 Pulls Alt BTB/S
 {2 x 225 on 2:55 Pulls Alt BTB/S
 {2 x 200 on 2:35 Pulls-Alt- BTB/S
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:49 PM 3,360 Yards - Stress Value = 42

Workout #9874 - Tuesday, 15 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Core/Tm Mtg
 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 560 1x{8 x 20 on 1:00 Kick underwater w/fins

{1 on 1:00 Change
 {16 x 25 on :30 Sprint Kick w/fins
 1,250 1x{2 x 250 on 3:35 Pulls Alt BTB/S
 {2 x 225 on 3:10 Pulls Alt BTB/S
 {2 x 150 on 2:05 Pulls-Alt- BTB/S
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:49 PM 3,260 Yards - Stress Value = 41

Workout #9875 - Tuesday, 15 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Core/Tm Mtg
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 560 1x{8 x 20 on 1:00 Kick underwater w/fins
 {1 on 1:00 Change
 {16 x 25 on :30 Sprint Kick w/fins
 1,100 1x{2 x 225 on 3:35 Pulls Alt BTB/S
 {2 x 200 on 3:10 Pulls Alt BTB/S
 {2 x 125 on 2:00 Pulls-Alt- BTB/S
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:49 PM 3,060 Yards - Stress Value = 39

Workout #9876 - Tuesday, 15 November 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 560 1x{8 x 20 on 1:00 Kick underwater w/fins
 {1 on 1:00 Change
 {16 x 25 on :30 Sprint Kick w/fins
 1,000 1x{2 x 225 on 3:55 Pulls Alt BTB/S
 {2 x 200 on 3:30 Pulls Alt BTB/S
 {2 x 75 on 1:20 Pulls-Alt- BTB/S
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:49 PM 2,910 Yards - Stress Value = 39

Workout #9866 - Tuesday, 15 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
1	on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
1,700	1x{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:25	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:24	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 100 on 1:45 Free hold 1:23	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 50 on :50 Free Hold :32	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,450 Yards - Stress Value = 37			

Workout #9869 - Tuesday, 15 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM Start			
1	on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
1,500	1x{2 x 150 on 2:45 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 2:20 Fly 2+1 stroke off walls	EN2	
	{4 x 100 on 1:55 Fly 3+1 stroke off walls	EN2	
	{5 x 75 on 1:25 Fly 4+1 strokes off walls	EN2	
	{1 x 50 on :55 Fly 5+1 stroke off walls	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,200 Yards - Stress Value = 37			

Workout #9872 - Tuesday, 15 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

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

Workout #9879 - Tuesday, 15 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:50 PM Start			
1,700	1x{1 x 300 on 5:15 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 300 on 5:10 Free L.100 des 25's	EN2	
	{1 x 300 on 5:05 Free L.100 BWHPF	EN2	
	{1 x 300 on 5:00 Free L.100 SFBO	EN2	
	{1 x 300 on 4:55 Free L.100 Br on 5	EN2	
	{1 x 200 on 3:15 Free-L.100 6bk	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 1,950 Yards - Stress Value = 34			

Workout #9882 - Tuesday, 15 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:50 PM Start			
1,600	1x{4 x 75 on 1:20 Free 7 KOW	EN2	
	{3 x 25 on :40 Free-descnd-high elbow	EN2	
	{2 x 100 on 1:50 Free BWHPF	EN2	
	{3 x 25 on :40 Free-descnd-Stgth Arm	EN2	
	{4 x 125 on 2:15 Free-SFBO	EN2	
	{3 x 25 on :40 Free-descnd-goggle wtrln	EN2	
	{2 x 150 on 2:45 Free-breath on 5	EN2	
	{3 x 25 on :40 Free-GREAT Mechanics	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:36 PM 1,800 Yards - Stress Value = 34			

Workout #9885 - Tuesday, 15 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:50 PM Start			
1,600	1x{1 x 200 on 3:50 Individual Medley		
	{1 x 150 on 2:50 IM w75 fly drill/75 fast		
	{1 x 200 on 3:45 Individual Medley		
	{1 x 150 on 2:50 IM w/75 back drill/75 fast		
	{1 x 200 on 3:40 Individual Medley		
	{1 x 150 on 2:50 IMw/75 breast drill/75 fast		
	{1 x 200 on 3:35 Individual Medley		
	{1 x 150 on 2:50 IM w/75 free drill/75 fast		
	{1 x 200 on 3:30 Individual Medley		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
5:35 PM 1,850 Yards - Stress Value = 32			

Workout #9870 - Tuesday, 15 November 2011

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	2x{4 x 50 on :45 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :45 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :45 Free Alt 6bk 25	EN2	
	{1 x 50 on :45 Free ALL 6BK	EN2	
750	1x{4 x 100 on 1:30 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{3 x 75 on 1:10 Free br 5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
	{2 x 50 on :45 Free br 7-9 by 25	EN2	
	{ with alt 25 of 6bk		
250	{1 x 25 on :25 Free br 9 w/6bk	EN2	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,550 Yards - Stress Value = 40		

Workout #9880 - Tuesday, 15 November 2011

HighSchl - Sprint

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
2,100	1x{4 x 75 on 1:10 Free 7 KOW	EN2	
	{3 x 25 on :30 Free-descend-high elbow	EN2	
	{4 x 100 on 1:10 Free BWHPF	EN2	
	{3 x 25 on :30 Free-descnd-Stgth Arm	EN2	
	{4 x 125 on 1:55 Free-SFBO	EN2	
	{3 x 25 on :30 Free-descnd-goggle wtrln	EN2	
	{4 x 150 on 2:15 Free-breath on 5	EN2	
	{3 x 25 on :30 Free-GREAT Mechanics	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:36 PM 2,300 Yards - Stress Value = 44		

Workout #9903 - Wednesday, 16 November 2011

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:10 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:05 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:00 Kick no board on back	EN2	
150	6 x 25 on 1:00 Backstroke Drill	REC	
1,400	1x{1 x 200 on 3:30 Backstroke	EN2	
	{4 x 25 on :30 Back 7KOW descend	EN2	
	{1 x 200 on 3:25 Backstroke	EN2	
	{4 x 25 on :30 Back 8KOW descend	EN2	
	{1 x 200 on 3:20 Backstroke	EN2	
	{4 x 25 on :30 Back 9KOW descend	EN2	
	{1 x 200 on 3:15 Backstroke	EN2	
	{4 x 25 on :30 Back 10 KOW descend	EN2	
	{1 x 200 on 3:10 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game w/ fins		

7:30 PM 3,350 Yards - Stress Value = 52

Workout #9904 - Wednesday, 16 November 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
850	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:25 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:20 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:05 Kick no board on back	EN2	
150	6 x 25 on 1:00 Backstroke Drill	REC	
1,250	1x{1 x 200 on 3:50 Backstroke	EN2	
	{4 x 25 on :35 Back 7KOW descend	EN2	
	{1 x 200 on 3:45 Backstroke	EN2	
	{4 x 25 on :35 Back 8KOW descend	EN2	
	{1 x 200 on 3:40 Backstroke	EN2	
	{4 x 25 on :35 Back 9KOW descend	EN2	
	{1 x 200 on 3:35 Backstroke	EN2	
	{4 x 25 on :35 Back 10 KOW descend	EN2	
	{1 x 50 on :50 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game w/ fins		
	7:30 PM 3,150 Yards - Stress Value = 48		

Workout #9905 - Wednesday, 16 November 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:40 Kick no board on back	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:35 Kick no board on back	EN2	
	{2 x 25 on 1:00 Kick no board BS	EN2	
	{1 x 50 on 1:15 Kick no board on back	EN2	
150	6 x 25 on 1:00 Backstroke Drill	REC	
1,050	1x{1 x 200 on 4:15 Backstroke	EN2	
	{4 x 25 on :45 Back 7KOW descend	EN2	
	{1 x 200 on 4:10 Backstroke	EN2	
	{4 x 25 on :45 Back 8KOW descend	EN2	
	{1 x 200 on 4:05 Backstroke	EN2	
	{4 x 25 on :45 Back 9KOW descend	EN2	
	{1 x 150 on 3:00 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game w/ fins		
	7:30 PM 2,750 Yards - Stress Value = 41		

Workout #9906 - Wednesday, 16 November 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 3:00 Kick no board on back	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:55 Kick no board on back	EN2	
	{2 x 25 on 1:00 Kick no board BS	EN2	
150	6 x 25 on 1:00 Backstroke Drill	REC	
1,000	1x{1 x 200 on 4:30 Backstroke	EN2	
	{4 x 25 on :45 Back 7KOW descend	EN2	
	{1 x 200 on 4:25 Backstroke	EN2	
	{4 x 25 on :45 Back 8KOW descend	EN2	
	{1 x 200 on 4:20 Backstroke	EN2	
	{4 x 25 on :45 Back 9KOW descend	EN2	
	{1 x 100 on 2:05 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game w/ fins		
7:30 PM	2,600 Yards - Stress Value = 39		

{4 x 125 on 1:50 75fly25free25fly 1u3d	EN2
{2 x 50 on 1:15 Fly 12 KOW	EN3
{4 x 125 on 1:45 75fly25free25fly 2u2d	EN2
{2 x 50 on 1:15 Fly 14 KOW	EN3
{4 x 125 on 1:40 75fly25free25fly 2u3d	EN2
1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Ice	
5:35 PM 2,500 Yards - Stress Value = 53	

Workout #9895 - Wednesday, 16 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
=====	=====	=====	=====	=====
2,450	1x{1 x 250 on 3:25 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 225 on 3:10 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN3	S	FR
	{3 x 200 on 2:50 Freestyle	EN2	S	FR
	{4 x 75 on 1:20 Freestyle	EN3	S	FR
	{3 x 150 on 2:10 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:36 PM	2,650 Yards - Stress Value = 77			

Workout #9897 - Wednesday, 16 November 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
=====	=====	=====	=====	=====
2,100	1x{4 x 100 on 1:35 Breaststroke			
	{2 x 50 on 1:00 Under/Overs-2X Pullouts-turn			
	{4 x 100 on 1:35 Breaststroke			
	{3 x 50 on 1:05 Under/overs-2X pullouts-turn			
	{4 x 100 on 1:35 Breaststroke			
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn			
	{4 x 100 on 1:35 Breaststroke			
	{2 x 50 on 1:15 Under/overs-2X pullout-turn			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			
5:35 PM	2,300 Yards - Stress Value = 52			

Workout #9898 - Wednesday, 16 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
=====	=====	=====	=====	=====
1,950	1x{3 x 100 on 1:45 Breaststroke			
	{2 x 50 on 1:00 Under/Overs-2X Pullouts-turn			
	{4 x 100 on 1:45 Breaststroke			
	{3 x 50 on 1:05 Under/overs-2X pullouts-turn			
	{4 x 100 on 1:45 Breaststroke			
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn			
	{3 x 100 on 1:45 Breaststroke			
	{3 x 50 on 1:15 Under/overs-2X pullout-turn			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			
5:35 PM	2,150 Yards - Stress Value = 49			

Workout #9894 - Wednesday, 16 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
=====	=====	=====	=====	=====
2,700	1x{1 x 250 on 2:55 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 225 on 2:40 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN3	S	FR
	{3 x 200 on 2:25 Freestyle	EN2	S	FR
	{4 x 75 on 1:20 Freestyle	EN3	S	FR
	{4 x 175 on 2:10 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:36 PM	2,900 Yards - Stress Value = 82			

Workout #9901 - Wednesday, 16 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:44 PM	Start		
=====	=====	=====	=====
2,000	1x{4 x 125 on 2:10 75fly25free25fly 1u2d	EN1	
	{2 x 50 on 1:15 Fly 10 KOW	EN3	
	{4 x 125 on 2:05 75fly25free25fly 1u3d	EN2	
	{2 x 50 on 1:15 Fly 12 KOW	EN3	
	{4 x 125 on 2:00 75fly25free25fly 2u2d	EN2	
	{2 x 50 on 1:15 Fly 14 KOW	EN3	
	{2 x 100 on 1:35 50fly25free25fly 2u3d	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	2,200 Yards - Stress Value = 47		

Workout #9900 - Wednesday, 16 November 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
4:44 PM	Start		
=====	=====	=====	=====
2,300	1x{4 x 125 on 1:55 75fly25free25fly 1u2d	EN1	
	{2 x 50 on 1:15 Fly 10 KOW	EN3	

Workout #9890 - Wednesday, 16 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,800 1x{ Hold avg 50 time under :47 for entire set
 { 4 x 25 on :30 Kick no board BSLR-10 KOW
 { 1 x 200 on 3:15 Kick
 { 4 x 25 on :35 Kick no board BSLR 12 KOW
 { 2 x 175 on 2:55 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 3 x 150 on 2:35 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 4 x 100 on 1:45 Kick
 1,500 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 2 x 125 on 1:55 Lungbuster pulls
 { 2 x 125 on 1:50 Lungbuster pulls
 { 2 x 125 on 1:45 Lungbuster pulls
 { 2 x 125 on 1:40 Lungbuster pulls
 { 2 x 125 on 1:35 Lungbuster pulls
 { 2 x 125 on 1:30 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 4,250 Yards - Stress Value = 68

Workout #9891 - Wednesday, 16 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,650 1x{ Hold avg 50 time under :53 for entire set
 { 4 x 25 on :35 Kick no board BSLR-10 KOW
 { 1 x 200 on 3:35 Kick
 { 4 x 25 on :35 Kick no board BSLR 12 KOW
 { 2 x 175 on 3:15 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 2 x 150 on 2:50 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 4 x 100 on 1:55 Kick
 1,350 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 2 x 125 on 2:05 Lungbuster pulls
 { 2 x 125 on 2:00 Lungbuster pulls
 { 2 x 125 on 1:55 Lungbuster pulls
 { 2 x 125 on 1:50 Lungbuster pulls
 { 2 x 125 on 1:45 Lungbuster pulls
 { 1 x 100 on 1:20 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,950 Yards - Stress Value = 62

Workout #9892 - Wednesday, 16 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,500 1x{ Hold avg 50 time under :57 for entire set
 { 4 x 25 on :40 Kick no board BSLR-10 KOW
 { 1 x 200 on 4:00 Kick

{ 4 x 25 on :40 Kick no board BSLR 12 KOW
 { 2 x 175 on 3:35 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 3 x 150 on 3:10 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 1 x 100 on 2:10 Kick
 1,250 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 2 x 125 on 2:15 Lungbuster pulls
 { 2 x 125 on 2:10 Lungbuster pulls
 { 2 x 125 on 2:05 Lungbuster pulls
 { 2 x 125 on 2:00 Lungbuster pulls
 { 2 x 100 on 1:35 Lungbuster pulls
 { 1 x 50 on :45 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,650 Yards - Stress Value = 58

Workout #9893 - Wednesday, 16 November 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,400 1x{ Hold avg 50 time under :47 for entire set
 { 4 x 25 on :45 Kick no board BSLR-10 KOW
 { 1 x 200 on 4:20 Kick
 { 4 x 25 on :40 Kick no board BSLR 12 KOW
 { 2 x 175 on 3:55 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 2 x 150 on 3:30 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 3 x 50 on 1:10 Kick
 1,150 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 2 x 125 on 2:25 Lungbuster pulls
 { 2 x 125 on 2:20 Lungbuster pulls
 { 2 x 125 on 2:15 Lungbuster pulls
 { 2 x 100 on 1:45 Lungbuster pulls
 { 2 x 100 on 1:40 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 3,400 Yards - Stress Value = 54

Workout #9912 - Wednesday, 16 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,500 1x{ 2 x 150 on 2:45 Freestyle EN2
 { 2 x 50 on 1:10 Free hold under:50 EN2
 { 2 x 150 on 2:45 Freestyle EN2
 { 2 x 50 on 1:05 Free hold under :49 EN2
 { 2 x 150 on 2:45 Freestyle EN2
 { 2 x 50 on 1:00 Free hold under :48 EN2
 { 1 x 150 on 2:45 Freestyle EN2
 { 3 x 50 on :55 Free hold under :47 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,200 Yards - Stress Value = 36

Workout #9896 - Wednesday, 16 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,150	1x{1 x 250 on 4:00 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 225 on 3:40 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN3	S	FR
	{3 x 200 on 3:20 Freestyle	EN2	S	FR
	{4 x 75 on 1:20 Freestyle	EN3	S	FR
	{1 x 150 on 2:30 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,350 Yards - Stress Value = 71

Workout #9899 - Wednesday, 16 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{3 x 100 on 1:55 Breaststroke			
	{2 x 50 on 1:15 Under/Overs-2X Pullouts-turn			
	{4 x 100 on 1:55 Breaststroke			
	{2 x 50 on 1:15 Under/overs-2X pullouts-turn			
	{4 x 100 on 1:55 Breaststroke			
	{2 x 50 on 1:20 Under/overs-2X pullouts-turn			
	{3 x 100 on 1:55 Breaststroke			
	{2 x 50 on 1:15 Under/overs-2X pullout-turn			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			

5:35 PM 2,000 Yards - Stress Value = 44

Workout #9902 - Wednesday, 16 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WC
1,800	1x{4 x 100 on 2:00 50fly25free25fly 1u2d	EN1	
	{2 x 50 on 1:15 Fly 10 KOW	EN3	
	{4 x 100 on 1:55 50fly25free25fly 1u3d	EN2	
	{2 x 50 on 1:15 Fly 12 KOW	EN3	
	{4 x 100 on 1:50 50fly25free25fly 2u2d	EN2	
	{2 x 50 on 1:15 Fly 14 KOW	EN3	
	{3 x 100 on 1:45 50fly25free25fly 2u3d	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:34 PM 2,000 Yards - Stress Value = 44

Workout #9929 - Thursday, 17 November 2011

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	THE REST OF PRACTICE IN DIVING WELL		
120	8 x 15 on :45 Breast Great Technique	REC	
	1x{1 on 18:00 Drill-Kick	REC	
	{1 on 18:00 Drill-Body Position	REC	
	{1 on 18:00 Drill-Stroke	REC	
200	1 x 200 on 4:00 Breast-Great Effort	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:30 PM 1,170 Yards - Stress Value = 26

Workout #9913 - Thursday, 17 November 2011

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,950	1x{4 x 125 on 1:50 Back 10 KOLW	EN2	
	{3 x 50 on :45 Back hold under :38	EN2	
	{4 x 125 on 1:45 Back 11 KOLW	EN2	
	{3 x 50 on :50 Back hold under :38	EN2	
	{4 x 125 on 1:40 Back 12 KOLW	EN2	
	{3 x 50 on :55 Back hold under :38	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,700 Yards - Stress Value = 45

Workout #9907 - Thursday, 17 November 2011

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

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

7:05 AM 3,150 Yards - Stress Value = 54

Workout #9920 - Thursday, 17 November 2011

HighSchl - Distance

1 minute rest between sets

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,700	1x{4 x 250 on 3:10 Freestyle-Descend	EN2	S	
	{4 x 225 on 2:45 Freestyle-descend	EN2	S	
	{4 x 200 on 2:25 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

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

Workout #9908 - Thursday, 17 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
	5:30 AM Start				5:30 AM Start		
	1 on 35:00 DS and Weights				1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC		350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back				Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3		150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free				Your primary stroke or free		
2,100	1x{ Hold all 1:30 based swims under 1:20			1,450	1x{4 x 100 on 1:55 Back 10 KOLW		EN2
	{1 x 300 on 4:00 Freestyle	EN2			{3 x 50 on 1:00 Back hold under :52		EN2
	{2 x 150 on 2:15 Freestyle	EN2			{4 x 100 on 1:50 Back 11 KOLW		EN2
	{1 x 300 on 4:00 Freestyle	EN2		200	{3 x 50 on 1:05 Back hold under :52		EN2
	{4 x 75 on 1:10 Freestyle	EN2			{2 x 100 on 1:45 Back 12 KOLW		EN2
	{1 x 300 on 4:00 Freestyle	EN2			{3 x 50 on 1:10 Back hold under :52		EN2
	{3 x 100 on 1:30 Freestyle	EN2			1 x 200 on 3:00 Stroke Drills		REC
	{1 x 300 on 4:00 Freestyle	EN2			1 on 10:00 Ice		
200	1 x 200 on 3:00 Stroke Drills	REC			7:05 AM 2,150 Yards - Stress Value = 35		
	1 on 9:00 Ice						
	7:05 AM 2,850 Yards - Stress Value = 48						

Workout #9921 - Thursday, 17 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
	4:45 PM Start				4:45 PM Start		
	1x{4 x 250 on 3:35 Freestyle-Descend	EN2	S		{4 x 225 on 3:10 Freestyle-descend	EN2	S
	{4 x 100 on 1:25 Freestyle-descend	EN2	S		{4 x 100 on 1:25 Freestyle-descend	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D		1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M		1 on 10:00 Ice		M
	5:34 PM 2,600 Yards - Stress Value = 46						

Workout #9924 - Thursday, 17 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
	5:30 AM Start				4:45 PM Start		
	1 on 35:00 DS and Weights				1x{4 x 150 on 2:30 Free L.25 4 -1 breath	EN2	
400	1 x 400 on 7:00 Underwater trn drill	REC			{4 x 125 on 2:05 Free L.25 4 -1 breath	EN2	
	Odd 100's free even 100's back				{4 x 100 on 1:40 Free L.25 4 -1 breath	EN2	
150	10 x 15 on :45 Shooters	SP3			{4 x 75 on 1:15 Free L.25 4 -1 breath	EN2	
	Your primary stroke or free				{2 x 50 on :50 Free L.25 2 -1 breath	EN2	
1,650	1x{2 x 150 on 2:30 Freestyle	EN2			7 x 50 on 1:00 Stroke Drills	REC	
	{3 x 50 on 1:05 Free hold under:45	EN2			1 on 10:00 Ice		
	{2 x 150 on 2:30 Freestyle	EN2			5:35 PM 2,250 Yards - Stress Value = 38		
	{3 x 50 on 1:00 Free hold under :44	EN2					
	{2 x 150 on 2:30 Freestyle	EN2					
	{3 x 50 on :55 Free hold under :43	EN2					
	{1 x 150 on 2:30 Freestyle	EN2					
	{3 x 50 on :50 Free hold under :42	EN2					
200	1 x 200 on 3:00 Stroke Drills	REC					
	1 on 10:00 Ice						
	7:05 AM 2,400 Yards - Stress Value = 39						

Workout #9914 - Thursday, 17 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,650	1x{4 x 125 on 2:05 Back 10 KOLW	EN2	
	{3 x 50 on :55 Back hold under :43	EN2	
	{4 x 125 on 2:00 Back 11 KOLW	EN2	
	{3 x 50 on 1:00 Back hold under :43	EN2	
	{2 x 100 on 1:35 Back 12 KOLW	EN2	
	{3 x 50 on 1:05 Back hold under :43	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 39		

Workout #9927 - Thursday, 17 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	4:45 PM Start		
	1x{2 x 250 on 4:05 50fl 50fr 50fl 50fr 50fl	EN2	
	{3 x 100 on 1:30 Individual Medley	EN2	
	{2 x 250 on 4:05 50ba 50fr 50ba 50fr 50ba	EN2	
	{2 x 100 on 1:30 Individual Medley	EN2	
	{2 x 250 on 4:20 50br 50fr 50br 50fr 50br	EN2	
	{2 x 100 on 1:30 Individual Medley	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		
	5:36 PM 2,450 Yards - Stress Value = 44		

Workout #9915 - Thursday, 17 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Workout #9926 - Thursday, 17 November 2011

HighSchl - IM'ers

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY
 =====
 2,400 1x{2 x 250 on 3:45 50fl 50fr 50fl 50fr 50fl EN2
 {3 x 100 on 1:20 Individual Medley EN2
 {2 x 250 on 3:45 50ba 50fr 50ba 50fr 50ba EN2
 {3 x 100 on 1:20 Individual Medley EN2
 {2 x 250 on 4:00 50br 50fr 50br 50fr 50br EN2
 {3 x 100 on 1:20 Individual Medley EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,650 Yards - Stress Value = 48

Workout #9916 - Thursday, 17 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders/MT
 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :30 Kick IM order no board
 {2 x 125 on 2:05 Kick
 {2 x 100 on 2:05 Kick your non #1
 {4 x 25 on :30 Kick IM order no board
 {2 x 125 on 2:00 Kick
 {2 x 100 on 2:00 Kick your non #1
 {4 x 25 on :30 Kick IM order no board
 {2 x 125 on 1:55 Kick
 {2 x 100 on 1:55 Kick your non #1
 1,200 1x{1 x 100 on 1:30 Pulls BWSPF-6
 {1 x 100 on 1:30 Pulls BWHPF-5
 {1 x 100 on 1:30 Pulls BWKPF-4
 {1 x 100 on 1:30 Pulls BWFPF-3
 {1 x 100 on 1:25 Pulls BWSPF-5
 {1 x 100 on 1:25 Pulls BWHPF-4
 {1 x 100 on 1:25 Pulls BWKPF-3
 {1 x 100 on 1:25 Pulls BWFPF-2
 {1 x 100 on 1:20 Pulls BWSPF-4
 {1 x 100 on 1:20 Pulls BWHPF-3
 {1 x 100 on 1:20 Pulls BWKPF-2
 {1 x 100 on 1:20 Pulls BWFPF-1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,800 Yards - Stress Value = 53

Workout #9917 - Thursday, 17 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders/MT
 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :35 Kick IM order no board
 {2 x 125 on 2:30 Kick
 {2 x 100 on 2:20 Kick your non #1
 {4 x 25 on :35 Kick IM order no board
 {2 x 125 on 2:25 Kick
 {2 x 100 on 2:15 Kick your non #1
 {4 x 25 on :35 Kick IM order no board
 {2 x 75 on 1:25 Kick
 {1 x 100 on 1:55 Kick your non #1
 1,000 1x{1 x 100 on 1:40 Pulls BWSPF-6
 {1 x 100 on 1:40 Pulls BWHPF-5

{1 x 100 on 1:40 Pulls BWKPF-4
 {1 x 100 on 1:40 Pulls BWFPF-3
 {1 x 100 on 1:35 Pulls BWSPF-5
 {1 x 100 on 1:35 Pulls BWHPF-4
 {1 x 100 on 1:35 Pulls BWKPF-3
 {1 x 100 on 1:35 Pulls BWFPF-2
 {1 x 100 on 1:30 Pulls BWSPF-4
 {1 x 100 on 1:30 Pulls BWHPF-3
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,400 Yards - Stress Value = 47

Workout #9918 - Thursday, 17 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Shoulders/MT
 150 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick IM order no board
 {2 x 100 on 2:30 Kick
 {2 x 75 on 2:15 Kick your non #1
 {4 x 25 on :45 Kick IM order no board
 {2 x 100 on 2:25 Kick
 {2 x 75 on 2:10 Kick your non #1
 {4 x 25 on :45 Kick IM order no board
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:10 Kick your non #1
 900 1x{1 x 100 on 1:55 Pulls BWSPF-6
 {1 x 100 on 1:55 Pulls BWHPF-5
 {1 x 100 on 1:55 Pulls BWKPF-4
 {1 x 100 on 1:55 Pulls BWFPF-3
 {1 x 100 on 1:50 Pulls BWSPF-5
 {1 x 100 on 1:50 Pulls BWHPF-4
 {1 x 100 on 1:50 Pulls BWKPF-3
 {1 x 100 on 1:50 Pulls BWFPF-2
 {1 x 100 on 1:50 Pulls BWSPF-4
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 2,850 Yards - Stress Value = 39

Workout #9919 - Thursday, 17 November 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
550	1 on 30:00 DS/Shoulders/MT		
150	1 x 550 on 10:00 Underwater trn drill		
1,250	10 x 15 on :45 Shooters		
	1x{4 x 25 on :40 Kick IM order no board		
	{2 x 125 on 2:45 Kick		
	{2 x 100 on 2:30 Kick your non #1		
	{4 x 25 on :40 Kick IM order no board		
	{2 x 100 on 2:05 Kick		
	{2 x 100 on 2:25 Kick your non #1		
	{4 x 25 on :40 Kick IM order no board		
	{1 x 50 on 1:00 Kick		
	{1 x 50 on 1:10 Kick your non #1		
950	1x{1 x 100 on 1:50 Pulls BWSPF-6		
	{1 x 100 on 1:50 Pulls BWHPF-5		
	{1 x 100 on 1:50 Pulls BWKPF-4		
	{1 x 100 on 1:50 Pulls BWFPPF-3		
	{1 x 100 on 1:45 Pulls BWSPF-5		
	{1 x 100 on 1:45 Pulls BWHPF-4		
	{1 x 100 on 1:45 Pulls BWKPF-3		
	{1 x 100 on 1:45 Pulls BWFPPF-2		
	{1 x 100 on 1:35 Pulls BWSPF-4		
	{1 x 50 on :45 Pulls BWHPF-3		
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 3,100 Yards - Stress Value = 42		

Workout #9909 - Thursday, 17 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 on 35:00 DS/Weights		
150	1 x 400 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
350	10 x 15 on :45 Shooters		
	Your primary stroke or free		
1,800	1x{ Hold all 1:40 based swims under 1:30		
	{1 x 300 on 4:30 Freestyle	EN2	
	{2 x 150 on 2:40 Freestyle	EN2	
	{1 x 300 on 4:30 Freestyle	EN2	
	{4 x 75 on 1:20 Freestyle	EN2	
	{1 x 300 on 4:30 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 42		

Workout #9922 - Thursday, 17 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
4:45 PM Start				
2,100	1x{4 x 200 on 3:20 Freestyle-Descend	EN2	S	
	{4 x 175 on 2:50 Freestyle-descend	EN2	S	
	{4 x 150 on 2:20 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	5:35 PM 2,400 Yards - Stress Value = 42			

Workout #9925 - Thursday, 17 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:45 PM Start			
1,800	1x{4 x 150 on 2:45 Free L.25 4 -1 breath	EN2	
	{4 x 125 on 2:15 Free L.25 4 -1 breath	EN2	
	{4 x 100 on 1:50 Free L.25 4 -1 breath	EN2	
	{4 x 75 on 1:20 Free L.25 4 -1 breath	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:36 PM 2,150 Yards - Stress Value = 36		

Workout #9928 - Thursday, 17 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:45 PM Start			
1,950	1x{2 x 250 on 4:30 50fl 50fr 50fl 50fr 50fl	EN2	
	{3 x 100 on 1:45 Individual Medley	EN2	
	{2 x 250 on 4:30 50ba 50fr 50ba 50fr 50ba	EN2	
	{2 x 100 on 1:45 Individual Medley	EN2	
	{1 x 250 on 4:45 50br 50fr 50br 50fr 50br	EN2	
	{2 x 100 on 1:45 Individual Medley	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 ice		
	5:35 PM 2,200 Yards - Stress Value = 39		

Workout #9910 - Thursday, 17 November 2011

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
1,800	1x{2 x 150 on 2:15 Freestyle	EN2	
	{3 x 50 on 1:00 Free hold under:40	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{3 x 50 on :55 Free hold under :39	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{3 x 50 on :50 Free hold under :38	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{3 x 50 on :45 Free hold under :37	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,550 Yards - Stress Value = 42		

Workout #9923 - Thursday, 17 November 2011

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WC
4:45 PM Start			
2,100	1x{4 x 150 on 2:15 Free L.25 4 -1 breath	EN2	
	{4 x 125 on 1:50 Free L.25 4 -1 breath	EN2	
	{4 x 100 on 1:30 Free L.25 4 -1 breath	EN2	
	{4 x 75 on 1:05 Free L.25 4 -1 breath	EN2	
	{4 x 50 on :45 Free L.25 4 -1 breath	EN2	
	{4 x 25 on :30 Free 4 -1 breath	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,450 Yards - Stress Value = 42		

Workout #9930 - Friday, 18 November 2011

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY V
	3:00 PM Start	
600	1 on 30:00 DS/Abs/Vis/Tm mtg	
150	1 x 600 on 10:00 Choice	REC
	10 x 15 on :45 Shooters	SP3
	1 on 10:00 Sculling Drills in Diving Well	REC
	1 on 18:00 Techniques-TN turn drills	REC
600	8 x 75 on 1:30 Free-Great Turns	EN1
	1 on 10:00 Techniques-Kick board starts	
300	12 x 25 on :45 Goggle Malfunction	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:05 PM 1,900 Yards - Stress Value = 15	

Workout #9931 - Saturday, 19 November 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,650	1x{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{6 x 25 on :40 Tombstone Kick
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{6 x 25 on :40 Tombstone Kick
	{3 x 50 on :50 Kick
	{3 x 50 on :45 Kick
	{3 x 50 on :40 Kick
	{6 x 25 on :40 Tombstone Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	6 x 100 on 6:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:36 AM 3,700 Yards - Stress Value = 89

Workout #9932 - Saturday, 19 November 2011

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,450	1x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{6 x 25 on :40 Tombstone Kick
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:25 Kick
	{2 x 75 on 1:20 Kick
	{6 x 25 on :40 Tombstone Kick
	{2 x 50 on 1:00 Kick
	{2 x 50 on :55 Kick
	{2 x 50 on :50 Kick
	{4 x 25 on :40 Tombstone Kick
200	4x{1 x 25 on :50 Sculling drills

	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	6 x 100 on 6:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:36 AM 3,500 Yards - Stress Value = 85

Workout #9933 - Saturday, 19 November 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,350	1x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{4 x 25 on :45 Tombstone Kick
	{2 x 75 on 1:35 Kick
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:25 Kick
	{4 x 25 on :45 Tombstone Kick
	{2 x 50 on 1:10 Kick
	{2 x 50 on 1:05 Kick
	{2 x 50 on 1:00 Kick
	{4 x 25 on :45 Tombstone Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	6 x 100 on 6:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:36 AM 3,400 Yards - Stress Value = 83

Workout #9934 - Saturday, 19 November 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,300	1x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Tombstone Kick
	{2 x 75 on 1:45 Kick
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:35 Kick
	{4 x 25 on :45 Tombstone Kick
	{2 x 50 on 1:10 Kick
	{2 x 50 on 1:05 Kick
	{2 x 50 on 1:00 Kick
	{2 x 25 on :45 Tombstone Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	6 x 100 on 6:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:36 AM 3,350 Yards - Stress Value = 82

Workout #9938 - Monday, 21 November 2011

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
500	1 on 30:00 DS/Shoulders/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim		
1,050	10 x 15 on :45 Shooters		
	1x{8 x 25 on :45 Kick no board BSLR		
	{2 x 150 on 3:30 Freestyle		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 150 on 3:25 Freestyle		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:15 Kick		
1,000	1x{2 x 100 on 1:50 Pulls 8 SOLW		
	{2 x 100 on 1:50 Pulls 7 SOLW		
	{2 x 100 on 1:50 Pulls 6 SOLW		
	{2 x 100 on 1:50 Pulls 5 SOLW		
	{2 x 100 on 1:50 Pulls 4 SOLW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:44 PM 2,900 Yards - Stress Value = 39		

Workout #9948 - Monday, 21 November 2011

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Physio Ball/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters	SP3	
	THE REST OF PRACTICE IN DIVING WELL		
90	6 x 15 on 1:00 Fly-Great Technique	REC	
	1x{1 on 18:00 Drill-Kick	REC	
	{1 on 18:00 Drill-Body Position	REC	
	{1 on 18:00 Drill-Stroke	REC	
100	1 x 100 on 3:00 Fly-Great Effort	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:30 PM 1,090 Yards - Stress Value = 16		

Workout #9945 - Monday, 21 November 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
4:46 PM	Start		
2,250	1x{1 x 150 on 2:20 Backstroke	EN1	
	{2 x 150 on 2:15 Back #2 5 KOW	EN2	
	{3 x 150 on 2:10 Back #3 descend 50's	EN2	
	{4 x 150 on 2:05 Back #4 odd 50's fast	EN2	
	{5 x 150 on 2:00 Back #5 100%	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,550 Yards - Stress Value = 44		

Workout #9942 - Monday, 21 November 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	RF
4:46 PM	Start		
2,250	1x{1 x 150 on 2:35 Breaststroke	EN	
	{2 x 150 on 2:30 Breast #2, 2X pullouts	EN	
	{3 x 150 on 2:25 Breast #3 alt 25 fly kick	EN	
	{4 x 150 on 2:20 Breast #4 descend 50's	EN	
	{5 x 150 on 2:15 Breast #5-100%	EN	
200	1 x 200 on 3:00 Stroke Drills	RF	

1 on 10:00 Ice
5:36 PM 2,450 Yards - Stress Value = 44

Workout #9939 - Monday, 21 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description
4:46 PM	Start
2,500	1x{1 x 250 on 3:15 Freestyle
	{2 x 250 on 3:10 Free #2-3 KOW
	{3 x 250 on 3:05 Free #3 4 strokes off each w
	{4 x 250 on 3:00 Free #4 descend each 50
350	7 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 2,850 Yards - Stress Value = 42

Workout #9953 - Monday, 21 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
400	1 on 35:00 DS and Weights	
150	1 x 400 on 7:00 Underwater trn drill	REC
	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
1,700	1x{1 x 200 on 3:20 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-Great effort	EN2
	{2 x 175 on 2:50 3 strokes fly off wallls	EN2
	{4 x 25 on :40 Fly-Great Effort	EN3
	{3 x 150 on 2:20 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN3
200	{4 x 100 on 1:30 3 strokes fly off walls	EN2
	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:06 AM 2,450 Yards - Stress Value = 48	

Workout #9940 - Monday, 21 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description
4:46 PM	Start
2,300	1x{1 x 250 on 3:35 Freestyle
	{2 x 250 on 3:30 Free #2-3 KOW
	{3 x 250 on 3:25 Free #3 4 strokes off each w
	{4 x 200 on 2:45 Free #4 descend each 50
300	6 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 2,600 Yards - Stress Value = 38

Workout #9943 - Monday, 21 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EC
4:46 PM	Start	
2,000	1x{1 x 150 on 2:50 Breaststroke	EN
	{2 x 150 on 2:45 Breast #2, 2X pullouts	EN
	{3 x 150 on 2:40 Breast #3 alt 25 fly kick	EN
	{4 x 150 on 2:35 Breast #4 descend 50's	EN
	{5 x 100 on 1:45 Breast #5-100%	EN
200	1 x 200 on 3:00 Stroke Drills	RF
	1 on 10:00 Ice	
	5:36 PM 2,200 Yards - Stress Value = 39	

Workout #9946 - Monday, 21 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY WC
 =====
 1,875 1x{1 x 150 on 2:45 Backstroke EN1
 {2 x 150 on 2:40 Back #2 5 KOW EN2
 {3 x 150 on 2:35 Back #3 descend 50's EN2
 {4 x 150 on 2:30 Back #4 odd 50's fast EN2
 {5 x 75 on 1:15 Back #5 100% EN2
 300 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 2,175 Yards - Stress Value = 37

Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{8 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:15 Freestyle
 {8 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:10 Freestyle
 {8 x 25 on :40 Kick no board BSLR
 {2 x 100 on 1:50 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
 4:45 PM 3,200 Yards - Stress Value = 42

Workout #9935 - Monday, 21 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 1x{8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:30 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:25 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:20 Kick
 1,500 1x{2 x 125 on 1:40 Pulls 8 SOLW
 {2 x 125 on 1:40 Pulls 7 SOLW
 {2 x 125 on 1:40 Pulls 6 SOLW
 {2 x 125 on 1:40 Pulls 5 SOLW
 {2 x 125 on 1:40 Pulls 4 SOLW
 {2 x 125 on 1:40 Pulls 3 SOLW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,950 Yards - Stress Value = 50

Workout #9954 - Monday, 21 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,350 1x{1 x 200 on 3:45 3 strokes fly off walls EN2
 {4 x 25 on :45 Fly-Great effort EN2
 {2 x 175 on 3:15 3 strokes fly off walls EN2
 {4 x 25 on :45 Fly-Great Effort EN3
 {3 x 150 on 2:45 3 strokes fly off walls EN2
 {4 x 25 on :45 Fly-Great effort EN3
 {1 x 50 on :50 3 strokes fly off walls EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,050 Yards - Stress Value = 41

Workout #9936 - Monday, 21 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{8 x 25 on :35 Kick no board BSLR
 {2 x 150 on 2:50 Kick
 {8 x 25 on :35 Kick no board BSLR
 {2 x 150 on 2:45 Kick
 {8 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 1,350 1x{2 x 125 on 1:50 Pulls 8 SOLW
 {2 x 125 on 1:50 Pulls 7 SOLW
 {2 x 125 on 1:50 Pulls 6 SOLW
 {2 x 125 on 1:50 Pulls 5 SOLW
 {2 x 125 on 1:50 Pulls 4 SOLW
 {1 x 100 on 1:30 Pulls 3 SOLW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:45 PM 3,600 Yards - Stress Value = 45

Workout #9941 - Monday, 21 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:46 PM Start
 Yards Set Description
 =====
 2,000 1x{1 x 200 on 3:15 Freestyle
 {2 x 200 on 3:10 Free #2-3 KOW
 {3 x 200 on 3:05 Free #3 4 strokes off each w
 {4 x 200 on 3:00 Free #4 descend each 50
 350 7 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,350 Yards - Stress Value = 34

Workout #9937 - Monday, 21 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Workout #9944 - Monday, 21 November 2011
HighSchl - Silver/Bronze
1 minute rest between sets

200 8 x 25 on :45 Variable Speed EN1
 400 8 x 50 on 2:00 Backstroke SP1
 250 1 x 250 on 5:00 Stroke Drills REC
 7:30 PM 3,400 Yards - Stress Value = 82

4:46 PM Start
 Yards Set Description EGY WC
 =====
 1,875 1x{1 x 125 on 2:35 Breaststroke EN
 {2 x 125 on 2:30 Breast #2, 2X pullouts EN
 {3 x 125 on 2:25 Breast #3 alt 25 fly kick EN
 {4 x 125 on 2:20 Breast #4 descend 50's EN
 {5 x 125 on 2:15 Breast #5-100% EN
 200 1 x 200 on 3:00 Stroke Drills RE
 1 on 10:00 Ice
 5:36 PM 2,075 Yards - Stress Value = 36

Workout #9972 - Tuesday, 22 November 2011
Group 2 - Gold
1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 100 1 x 100 on 3:00 Kick for time on Back EN3
 900 1x{4 x 125 on 2:45 Kick EN2
 {2 x 100 on 2:10 Kick EN2
 {2 x 75 on 1:35 Kick EN2
 {1 x 50 on 1:00 Kick EN2
 800 1x{2 x 100 on 2:00 50 pull 50 swim EN2
 {2 x 100 on 1:55 50 pull 50 swim EN2
 {2 x 100 on 1:50 50 pull 50 swim EN2
 {2 x 100 on 1:45 50 pull 50 swim EN2
 200 8 x 25 on :45 Variable Speed EN1
 400 8 x 50 on 2:00 Backstroke SP1
 250 1 x 250 on 5:00 Stroke Drills REC
 7:30 PM 3,300 Yards - Stress Value = 80

Workout #9947 - Monday, 21 November 2011
HighSchl - Silver/Bronze
1 minute rest between sets

4:46 PM Start
 Yards Set Description EGY WC
 =====
 1,500 1x{1 x 100 on 2:10 Backstroke EN1
 {2 x 100 on 2:05 Back #2 5 KOW EN2
 {3 x 100 on 2:00 Back #3 descend 50's EN2
 {4 x 100 on 1:55 Back #4 odd 50's fast EN2
 {5 x 100 on 1:50 Back #5 100% EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,900 Yards - Stress Value = 29

Workout #9973 - Tuesday, 22 November 2011
Group 2 - Silver
1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 450 1 x 450 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 100 1 x 100 on 3:00 Kick for time on Back EN3
 850 1x{4 x 125 on 3:00 Kick EN2
 {2 x 100 on 2:20 Kick EN2
 {2 x 75 on 1:40 Kick EN2
 700 1x{2 x 100 on 2:15 50 pull 50 swim EN2
 {2 x 100 on 2:10 50 pull 50 swim EN2
 {2 x 100 on 2:05 50 pull 50 swim EN2
 {2 x 50 on 1:00 50 pull 50 swim EN2
 200 8 x 25 on :45 Variable Speed EN1
 400 8 x 50 on 2:00 Backstroke SP1
 250 1 x 250 on 5:00 Stroke Drills REC
 7:30 PM 3,100 Yards - Stress Value = 77

Workout #9955 - Monday, 21 November 2011
HighSchl - Sprint
1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,700 1x{1 x 125 on 2:00 Free hold under 1:40 EN2
 {2 x 75 on 1:00 Freestyle EN2
 {2 x 125 on 2:05 Free hold under 1:40 EN2
 {2 x 75 on 1:05 Freestyle EN2
 {3 x 125 on 2:10 Free hold under 1:40 EN2
 {2 x 75 on 1:10 Freestyle EN2
 {4 x 125 on 2:15 Free hold under 1:40 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,450 Yards - Stress Value = 40

Workout #9971 - Tuesday, 22 November 2011
Group 2 - Back
1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 100 1 x 100 on 3:00 Kick for time on Back EN3
 1,000 1x{4 x 125 on 2:30 Kick EN2
 {3 x 100 on 1:55 Kick EN2
 {2 x 75 on 1:20 Kick EN2
 {1 x 50 on :45 Kick EN2
 800 1x{2 x 100 on 2:00 50 pull 50 swim EN2
 {2 x 100 on 1:55 50 pull 50 swim EN2
 {2 x 100 on 1:50 50 pull 50 swim EN2
 {2 x 100 on 1:45 50 pull 50 swim EN2

Workout #9974 - Tuesday, 22 November 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time on Back	EN3	
650	1x{2 x 125 on 3:45 Kick	EN2	
	{2 x 100 on 3:00 Kick	EN2	
	{2 x 75 on 2:15 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN2	
600	1x{2 x 100 on 2:30 50 pull 50 swim	EN2	
	{2 x 100 on 2:25 50 pull 50 swim	EN2	
	{2 x 100 on 2:20 50 pull 50 swim	EN2	
200	8 x 25 on :45 Variable Speed	EN1	
400	8 x 50 on 2:00 Backstroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 2,750 Yards - Stress Value = 71		

Workout #9949 - Tuesday, 22 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	==
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{1 x 350 on 4:15 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN3	
	{1 x 350 on 4:10 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN2	
	{1 x 350 on 4:05 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 350 on 4:00 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,800 Yards - Stress Value = 64		

Workout #9962 - Tuesday, 22 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
=====	=====	====	====	==
3,000	1x{1 x 600 on 7:45 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 7:30 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 7:15 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 7:00 Free L.100 6bk	EN2	S	FR
	{1 x 600 on 6:45 Free L.125 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 3,250 Yards - Stress Value = 60			

Workout #9952 - Tuesday, 22 November 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	==
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	

1,800	1x{1 x 200 on 3:00 3 strokes fly off walls	EN2
	{4 x 25 on :30 Fly-Great effort	EN2
	{2 x 175 on 2:35 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-Great Effort	EN3
	{3 x 150 on 2:10 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly-Great effort	EN3
	{4 x 125 on 1:50 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,550 Yards - Stress Value = 50	

Workout #9950 - Tuesday, 22 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	==
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{1 x 350 on 5:00 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN3	
	{1 x 350 on 4:55 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN2	
	{1 x 350 on 4:50 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 150 on 2:05 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,600 Yards - Stress Value = 60		

Workout #9956 - Tuesday, 22 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	==
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{1 x 125 on 2:10 Free hold under 1:50	EN2	
	{2 x 75 on 1:10 Freestyle	EN2	
	{2 x 125 on 2:15 Free hold under 1:50	EN2	
	{2 x 75 on 1:15 Freestyle	EN2	
	{3 x 125 on 2:20 Free hold under 1:50	EN2	
	{2 x 75 on 1:20 Freestyle	EN2	
	{4 x 100 on 1:50 Free hold under 1:25	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,350 Yards - Stress Value = 38		

Workout #9963 - Tuesday, 22 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
=====	=====	====	====	==
2,625	1x{1 x 525 on 7:45 Free L.25 6bk	EN2	S	FR
	{1 x 525 on 7:30 Free L.50 6bk	EN2	S	FR
	{1 x 525 on 7:15 Free L.75 6bk	EN2	S	FR
	{1 x 525 on 7:00 Free L.100 6bk	EN2	S	FR
	{1 x 525 on 6:45 Free L.125 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 2,875 Yards - Stress Value = 50			

Workout #9966 - Tuesday, 22 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,450	1x{1 x 150 on 2:30 IM w/out free	EN2	S	IM
	{2 x 75 on 1:05 Free w/ 6bk	EN2	S	FR
	{2 x 150 on 2:25 IM w/out free	EN2	S	IM
	{2 x 75 on 1:05 Free w/6bk	EN2	S	FR
	{3 x 150 on 2:20 IM w/out free	EN2	S	IM
	{2 x 75 on 1:05 Free w/6bk	EN2	S	FR
	{4 x 150 on 2:15 IM w/out free	EN2	S	IM
	{2 x 75 on 1:05 Free w/6bk	EN2	S	FIN
	{2 x 150 on 2:10 IM w/out free	EN2	S	IM
200	{1 x 50 on :45 Free w/6bk	EN2	S	FR
	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		L	DRY

5:35 PM 2,650 Yards - Stress Value = 49

Workout #9969 - Tuesday, 22 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK
1,900	1x{4 x 50 on :50 Freestyle	EN2	S
	{4 x 25 on :30 Free 6bk	EN3	S
	{4 x 50 on :50 Freestyle	EN2	S
	{6 x 25 on :30 Free--br on 3	EN3	S
	{4 x 50 on :50 Freestyle	EN2	S
	{8 x 25 on :30 Free 3KOW	EN3	S
	{4 x 50 on :50 Freestyle	EN2	S
	{10 x 25 on :30 Free nbbf&w	EN3	S
	{4 x 50 on :50 Freestyle	EN2	S
	{8 x 25 on :30 Free-3 breaths total	EN3	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:35 PM 2,200 Yards - Stress Value = 74

Workout #9965 - Tuesday, 22 November 2011

HighSchl - IM'ers

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,850	1x{1 x 150 on 2:15 IM w/out free	EN2	S	IM
	{2 x 75 on 1:00 Free w/ 6bk	EN2	S	FR
	{2 x 150 on 2:10 IM w/out free	EN2	S	IM
	{2 x 75 on 1:00 Free w/6bk	EN2	S	FR
	{3 x 150 on 2:05 IM w/out free	EN2	S	IM
	{2 x 75 on 1:00 Free w/6bk	EN2	S	FR
	{4 x 150 on 2:00 IM w/out free	EN2	S	IM
	{2 x 75 on 1:00 Free w/6bk	EN2	S	FIN
	{5 x 150 on 1:55 IM w/out free	EN2	S	IM
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		L	DRY

5:36 PM 3,050 Yards - Stress Value = 57

Workout #9958 - Tuesday, 22 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Core/Vis
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
50	1 x 50 on 2:00 Swim Off!!!!!!!!!!!!!!!!!!!!!!

500	5 x 100 on 2:00 Kick @ fastest interval
1,000	1x{1 x 200 on 3:30 Kick
	{1 x 200 on 3:25 Kick
	{1 x 200 on 3:20 Kick
	{1 x 200 on 3:15 Kick
	{1 x 200 on 3:10 Kick
1,000	1 x 1000 on 12:30 Pulls-odd 100's btb
	Even 100's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:42 PM 3,500 Yards - Stress Value = 62

Workout #9959 - Tuesday, 22 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Core/Vis
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
50	1 x 50 on 2:00 Swim Off!!!!!!!!!!!!!!!!!!!!!!
500	5 x 100 on 2:00 Kick @ fastest interval
850	1x{1 x 200 on 4:00 Kick
	{1 x 200 on 3:55 Kick
	{1 x 200 on 3:50 Kick
	{1 x 200 on 3:45 Kick
	{1 x 50 on :55 Kick
900	1 x 900 on 12:30 Pulls-odd 100's btb
	Even 100's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:42 PM 3,250 Yards - Stress Value = 57

Workout #9960 - Tuesday, 22 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Core/Vis
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
50	1 x 50 on 2:00 Swim Off!!!!!!!!!!!!!!!!!!!!!!
500	5 x 100 on 2:00 Kick @ fastest interval
800	1x{1 x 200 on 4:15 Kick
	{1 x 200 on 4:10 Kick
	{1 x 200 on 4:05 Kick
	{1 x 200 on 4:00 Kick
800	1 x 800 on 12:30 Pulls-odd 100's btb
	Even 100's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:42 PM 3,050 Yards - Stress Value = 54

Workout #9961 - Tuesday, 22 November 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Core/Vis		
150	1 x 500 on 10:00 Underwater trn drill	REC	
50	10 x 15 on :45 Shooters	SP3	
500	1 x 50 on 2:00 Swim Off!!!!!!!!!!!!!!!!!!!!!!		
500	5 x 100 on 2:00 Kick @ fastest interval		
750	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 150 on 3:10 Kick		
700	1 x 700 on 12:30 Pulls-odd 100's btb		
	Even 100's BTS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:42 PM 2,850 Yards - Stress Value = 51		

Workout #9951 - Tuesday, 22 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
1,650	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,650	1x{1 x 350 on 5:40 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN3	
	{1 x 350 on 5:35 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 350 on 5:30 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
	{1 x 150 on 2:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 57		

Workout #9957 - Tuesday, 22 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
1,300	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,300	1x{1 x 100 on 2:00 Free hold under 1:40	EN2	
	{2 x 50 on 1:00 Freestyle	EN2	
	{2 x 100 on 2:05 Free hold under 1:40	EN2	
	{2 x 50 on 1:05 Freestyle	EN2	
	{3 x 100 on 2:10 Free hold under 1:40	EN2	
	{2 x 50 on 1:10 Freestyle	EN2	
	{4 x 100 on 2:15 Free hold under 1:40	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,000 Yards - Stress Value = 32		

Workout #9964 - Tuesday, 22 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WOF	STK

Yards	Set Description	EGY	WOF	STK
2,250	1x{1 x 450 on 7:45 Free L.25 6bk	EN2		S FR
	{1 x 450 on 7:30 Free L.50 6bk	EN2		S FR
	{1 x 450 on 7:15 Free L.75 6bk	EN2		S FR
	{1 x 450 on 7:00 Free L.100 6bk	EN2		S FR
	{1 x 450 on 6:45 Free L.125 6bk	EN2		S FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	5:35 PM 2,500 Yards - Stress Value = 45			

Workout #9967 - Tuesday, 22 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WOF	STK
2,100	1x{1 x 150 on 2:50 IM w/out free	EN2		S IM
	{2 x 75 on 1:15 Free w/ 6bk	EN2		S FR
	{2 x 150 on 2:45 IM w/out free	EN2		S IM
	{2 x 75 on 1:15 Free w/6bk	EN2		S FR
	{3 x 150 on 2:40 IM w/out free	EN2		S IM
	{2 x 75 on 1:15 Free w/6bk	EN2		S FR
	{4 x 150 on 2:45 IM w/out free	EN2		S IM
	{2 x 75 on 1:15 Free w/6bk	EN2		S FIN
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			L DRY
	5:35 PM 2,300 Yards - Stress Value = 42			

Workout #9970 - Tuesday, 22 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WOF	STK
1,700	1x{4 x 50 on :55 Freestyle	EN2		S
	{4 x 25 on :35 Free 6bk	EN3		S
	{4 x 50 on :55 Freestyle	EN2		S
	{6 x 25 on :35 Free--br on 3	EN3		S
	{4 x 50 on :55 Freestyle	EN2		S
	{8 x 25 on :35 Free 3KOW	EN3		S
	{4 x 50 on :55 Freestyle	EN2		S
	{6 x 25 on :35 Free nbbf&w	EN3		S
	{4 x 50 on :55 Freestyle	EN2		S
	{4 x 25 on :30 Free-3 breaths total	EN3		S
300	6 x 50 on 1:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	5:35 PM 2,000 Yards - Stress Value = 62			

Workout #9968 - Tuesday, 22 November 2011

HighSchl - Sprint

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WOF	STK
2,000	1x{4 x 50 on :45 Freestyle	EN2		S
	{4 x 25 on :30 Free 6bk	EN3		S
	{4 x 50 on :45 Freestyle	EN2		S
	{6 x 25 on :30 Free--br on 3	EN3		S
	{4 x 50 on :45 Freestyle	EN2		S
	{8 x 25 on :30 Free 3KOW	EN3		S
	{4 x 50 on :45 Freestyle	EN2		S
	{10 x 25 on :30 Free nbbf&w	EN3		S
	{4 x 50 on :45 Freestyle	EN2		S
	{12 x 25 on :30 Free-3 breaths total	EN3		S
300	6 x 50 on 1:00 Stroke Drills	REC		I
	1 on 10:00 Ice			M
	5:35 PM 2,300 Yards - Stress Value = 80			

Workout #9988 - Wednesday, 23 November 2011

Group 2 - Breast

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 30:00 DS/Abs/Vis Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:30 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:35 Kick	EN2
	{1 x 100 on 2:00 kICK	EN2
	{1 x 100 on 1:40 kICK	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:45 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,800	1x{3 x 50 on 1:10 Br 1st 25 under 8stk -1	EN2
	{3 x 100 on 1:40 25 breast 75 free	EN1
	{3 x 50 on 1:10 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 1:40 50 free 50 breast	EN2
	{3 x 50 on 1:10 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 1:40 75 Breast 25 free	EN2
	{3 x 50 on 1:10 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 1:40 Breaststroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 3,700 Yards - Stress Value = 77	

Workout #9989 - Wednesday, 23 November 2011

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 30:00 DS/Abs/Vis Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 1:50 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 1:55 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:05 Kick	EN2
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,650	1x{2 x 50 on 1:15 Br 1st 25 under 8stk -1	EN2
	{3 x 100 on 1:50 25 breast 75 free	EN1
	{2 x 50 on 1:15 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 1:50 50 free 50 breast	EN2
	{2 x 50 on 1:15 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 1:50 75 Breast 25 free	EN2
	{3 x 50 on 1:15 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 1:50 Breaststroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 3,450 Yards - Stress Value = 68	

Workout #9990 - Wednesday, 23 November 2011

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 30:00 DS/Abs/Vis Tm Mtg	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3

700	1x{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:10 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:20 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,550	1x{2 x 50 on 1:20 Br 1st 25 under 8stk -1	EN2
	{3 x 100 on 2:00 25 breast 75 free	EN1
	{2 x 50 on 1:20 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 2:00 50 free 50 breast	EN2
	{2 x 50 on 1:20 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 2:00 75 Breast 25 free	EN2
	{1 x 50 on 1:20 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 2:00 Breaststroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 3,200 Yards - Stress Value = 60	

Workout #9991 - Wednesday, 23 November 2011

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY V
=====	=====	=====
	1 on 30:00 DS/Abs/Vis Tm Mtg	
400	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
550	1x{1 x 100 on 3:15 Kick	EN2
	{1 x 100 on 2:45 Kick	EN2
	{1 x 100 on 3:15 Kick	EN2
	{1 x 100 on 2:50 Kick	EN2
	{1 x 100 on 3:15 Kick	EN2
	{1 x 50 on 1:10 Kick	EN2
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	EN1
1,400	1x{2 x 50 on 1:30 Br 1st 25 under 8stk -1	EN2
	{2 x 100 on 2:15 25 breast 75 free	EN1
	{2 x 50 on 1:30 Br 1st 25 under 8stk -1	EN3
	{2 x 100 on 2:15 50 free 50 breast	EN2
	{3 x 100 on 2:15 75 Breast 25 free	EN2
	{2 x 50 on 1:30 Br 1st 25 under 8stk -1	EN3
	{3 x 100 on 2:15 Breaststroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:31 PM 2,850 Yards - Stress Value = 57	

Workout #9985 - Wednesday, 23 November 2011

HighSchl - Breast

1 minute rest between sets

4:38 PM Start		
Yards	Set Description	EGY WC
=====	=====	=====
2,400	1x{4 x 50 on 1:00 Breast under/overs	EN2
	{4 x 100 on 1:25 25 breast 75 free	EN1
	{4 x 50 on 1:00 Breast under/overs	EN3
	{4 x 100 on 1:25 50 free 50 breast	EN2
	{4 x 50 on 1:00 100 Breast under/overs	EN3
	{4 x 100 on 1:25 75 Breast 25 free	EN2
	{4 x 50 on 1:00 Breast under/overs	EN3
	{4 x 100 on 1:25 Breaststroke	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,750 Yards - Stress Value = 68	

Workout #9979 - Wednesday, 23 November 2011

HighSchl - Distance

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK
3,150	3x{1 x 500 on 5:30 Freestyle	EN3	S	FR
	{1 on 1:00 Rest		M	
	{1 x 50 on 1:00 Freestyle	SP2	S	FR
	{1 x 150 on 3:00 Freestyle	REC	S	FR
	{1 x 100 on 1:00 Freestyle	SP2	S	FR
	{1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM 3,150 Yards - Stress Value = 135				

Workout #9982 - Wednesday, 23 November 2011

HighSchl - Fly

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	10x{8 x 25 on :25 Butterfly	EN2	S	FLY
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:36 PM 2,200 Yards - Stress Value = 40				

Workout #9980 - Wednesday, 23 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK
2,850	3x{1 x 500 on 6:15 Freestyle	EN3	S	FR
	{1 on 1:00 Rest		M	
	{1 x 50 on 1:00 Freestyle	SP2	S	FR
	{1 x 100 on 2:15 Freestyle	REC	S	FR
	{1 x 100 on 1:10 Freestyle	SP2	S	FR
	{1 x 200 on 3:50 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM 2,850 Yards - Stress Value = 135				

Workout #9983 - Wednesday, 23 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	9x{8 x 25 on :30 Butterfly	EN2	S	FLY
	{1 on 1:00 Rest		M	
	Only do 4 on the 9th set			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:37 PM 2,000 Yards - Stress Value = 36				

Workout #9986 - Wednesday, 23 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WC
2,100	1x{3 x 50 on 1:10 Breast under/overs	EN2	
	{4 x 100 on 1:40 25 breast 75 free	EN1	
	{3 x 50 on 1:10 Breast under/overs	EN3	
	{4 x 100 on 1:40 50 free 50 breast	EN2	
	{3 x 50 on 1:10 100 Breast under/overs	EN3	
	{4 x 100 on 1:40 75 Breast 25 free	EN2	

{3 x 50 on 1:10 Breast under/overs EN3

{3 x 100 on 1:40 Breaststroke EN2

350 7 x 50 on 1:00 Stroke Drills REC

1 on 10:00 Ice

5:35 PM 2,450 Yards - Stress Value = 56

Workout #9975 - Wednesday, 23 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 20:00 DS and Vis
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,750	1x{2 x 125 on 2:05 Kick
	{1 x 100 on 1:40 Kick
	{2 x 125 on 2:05 Kick
	{1 x 100 on 1:35 Kick
	{2 x 125 on 2:05 Kick
	{1 x 100 on 1:30 Kick
	{2 x 125 on 2:05 Kick
	{1 x 100 on 1:25 Kick
	{2 x 125 on 2:05 Kick
	{1 x 100 on 1:20 Kick
1,500	1x{1 x 500 on 6:40 Lungbuster pulls
	{1 x 400 on 5:20 Lungbuster pulls
	{1 x 300 on 4:00 Lungbuster pulls
	{1 x 200 on 2:40 Lungbuster pulls
	{1 x 100 on 1:20 Lungbuster pulls
	breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:37 PM 4,200 Yards - Stress Value = 58	

Workout #9976 - Wednesday, 23 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 20:00 DS and Vis
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,500	1x{2 x 125 on 2:25 Kick
	{1 x 100 on 1:55 Kick
	{2 x 125 on 2:25 Kick
	{1 x 100 on 1:50 Kick
	{2 x 125 on 2:25 Kick
	{1 x 100 on 1:45 Kick
	{2 x 125 on 2:25 Kick
	{1 x 100 on 1:40 Kick
	{2 x 50 on :55 Kick
1,300	1x{1 x 500 on 7:30 Lungbuster pulls
	{1 x 400 on 6:00 Lungbuster pulls
	{1 x 300 on 4:30 Lungbuster pulls
	{1 x 100 on 1:30 Lungbuster pulls
	breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:37 PM 3,750 Yards - Stress Value = 51	

Workout #9977 - Wednesday, 23 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,350 1x{2 x 125 on 2:40 Kick
 {1 x 100 on 2:05 Kick
 {2 x 125 on 2:40 Kick
 {1 x 100 on 2:00 Kick
 {2 x 125 on 2:40 Kick
 {1 x 100 on 1:55 Kick
 {2 x 125 on 2:40 Kick
 {1 x 50 on :55 Kick
 1,200 1x{1 x 500 on 8:10 Lungbuster pulls
 {1 x 400 on 6:40 Lungbuster pulls
 {1 x 300 on 5:00 Lungbuster pulls
 breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:37 PM 3,450 Yards - Stress Value = 47

4:38 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,400 7x{8 x 25 on :40 Butterfly EN2 S FLY
 {1 on 1:00 Rest M
 Only do 4 on the 7th set
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:37 PM 1,600 Yards - Stress Value = 28

Workout #9987 - Wednesday, 23 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:38 PM Start
 Yards Set Description EGY WC
 =====
 1,800 1x{3 x 50 on 1:20 Breast under/overs EN2
 {3 x 100 on 1:50 25 breast 75 free EN1
 {3 x 50 on 1:20 Breast under/overs EN3
 {3 x 100 on 1:50 50 free 50 breast EN2
 {3 x 50 on 1:20 100 Breast under/overs EN3
 {3 x 100 on 1:50 75 Breast 25 free EN2
 {3 x 50 on 1:20 Breast under/overs EN3
 {3 x 100 on 1:50 Breaststroke EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:34 PM 2,150 Yards - Stress Value = 51

Workout #9978 - Wednesday, 23 November 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,250 1x{2 x 125 on 2:55 Kick
 {1 x 100 on 2:15 Kick
 {2 x 125 on 2:55 Kick
 {1 x 100 on 2:10 Kick
 {2 x 125 on 2:55 Kick
 {1 x 100 on 2:05 Kick
 {2 x 75 on 1:45 Kick
 {1 x 50 on :55 Kick
 1,050 1x{1 x 400 on 7:20 Lungbuster pulls
 {1 x 300 on 5:30 Lungbuster pulls
 {1 x 200 on 3:40 Lungbuster pulls
 {1 x 100 on 1:50 Lungbuster pulls
 {1 x 50 on :55 Lungbuster pulls
 breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:37 PM 3,150 Yards - Stress Value = 43

Workout #10004 - Thursday, 24 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

8:48 PM Start
 Yards Set Description EGY WORK S
 =====
 1,650 1x{1 x 75 on 1:20 Freestyle EN1 S
 {1 x 50 on :55 Freestyle EN2 S
 {8 x 25 on :30 Free-descend in 4's EN2 S
 {2 x 75 on 1:20 Freestyle EN1 S
 {2 x 50 on :55 Freestyle EN1 S
 {8 x 25 on :30 Free descend in 4's EN2 S
 {3 x 75 on 1:20 Freestyle EN1 S
 {3 x 50 on :55 Freestyle EN1 S
 {8 x 25 on :30 Free descend in 4's EN2 S
 {2 x 75 on 1:20 Freestyle EN1 S
 {1 x 50 on :55 Freestyle EN1 S
 {4 x 25 on :30 Free-descend EN2 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:35 PM 1,900 Yards - Stress Value = 25

Workout #9981 - Wednesday, 23 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:38 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,550 3x{1 x 400 on 6:15 Freestyle EN3 S FR
 {1 on 1:00 Rest M
 {1 x 50 on 1:00 Freestyle SP2 S FR
 {1 x 100 on 2:15 Freestyle REC S FR
 {1 x 100 on 1:10 Freestyle SP2 S FR
 {1 x 200 on 3:50 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:34 PM 2,550 Yards - Stress Value = 117

Workout #9984 - Wednesday, 23 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #10005 - Friday, 25 November 2011

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Shoulder/Tm Mtg		
500	1 x 500 on 10:00 Rev IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	REC	
2,250	1x{3 x 150 on 2:30 Freestyle-descend	EN2	
	{3 x 150 on 2:25 Freestyle-descend	EN2	
	{3 x 150 on 2:15 Freestyle-descend	EN2	
	{3 x 150 on 2:10 Freestyle-descend	EN2	
	{3 x 150 on 2:05 Freestyle-descend	EN2	
100	1 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	11:00 AM 4,050 Yards - Stress Value = 69		

Workout #10006 - Friday, 25 November 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Shoulder/Tm Mtg		
500	1 x 500 on 10:00 Rev IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{1 x 150 on 3:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{1 x 150 on 3:10 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	REC	
2,100	1x{3 x 150 on 2:40 Freestyle-descend	EN2	
	{3 x 150 on 2:35 Freestyle-descend	EN2	
	{3 x 150 on 2:30 Freestyle-descend	EN2	
	{3 x 150 on 2:25 Freestyle-descend	EN2	
	{2 x 150 on 2:15 Freestyle-descend	EN2	
100	1 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	11:00 AM 3,800 Yards - Stress Value = 64		

Workout #10007 - Friday, 25 November 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Shoulder/Tm Mtg		
450	1 x 450 on 10:00 Rev IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{1 x 150 on 3:30 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	

	{1 x 150 on 3:10 Kick	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	REC	
1,850	1x{3 x 150 on 2:50 Freestyle-descend	EN2	
	{2 x 150 on 2:45 Freestyle-descend	EN2	
	{3 x 150 on 2:40 Freestyle-descend	EN2	
	{3 x 150 on 2:35 Freestyle-descend	EN2	
	{2 x 100 on 1:40 Freestyle-descend	EN2	
100	1 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	10:59 AM 3,450 Yards - Stress Value = 58		

Workout #10008 - Friday, 25 November 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Shoulder/Tm Mtg		
400	1 x 400 on 10:00 Rev IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{1 x 150 on 4:00 Kick	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{1 x 50 on 1:20 Kick	EN2	
	{1 x 150 on 3:45 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
150	1 x 150 on 3:00 50 2bk/50 4bk/50 6bk	REC	
1,750	1x{3 x 150 on 3:00 Freestyle-descend	EN2	
	{3 x 150 on 2:55 Freestyle-descend	EN2	
	{3 x 150 on 2:50 Freestyle-descend	EN2	
	{2 x 150 on 2:45 Freestyle-descend	EN2	
	{1 x 100 on 1:45 Freestyle	EN2	
100	1 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	11:00 AM 3,250 Yards - Stress Value = 55		

Workout #10012 - Friday, 25 November 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=====	===	=====
	1 on 35:00 DS and Weights		L
400	1 x 400 on 7:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	Your primary stroke or free		
2,350	1x{1 x 250 on 3:30 Backstroke	EN2	S
	{4 x 50 on :45 Back -1 stroke	EN2	S
	{1 x 250 on 3:25 Backstroke	EN2	S
	{5 x 50 on :50 Back -1 stroke	EN2	S
	{1 x 250 on 3:20 Backstroke	EN2	S
	{6 x 50 on :55 Back -1 stroke	EN2	S
	{1 x 250 on 3:15 Backstroke	EN2	S
	{7 x 50 on 1:00 Back -1 stroke	EN2	S
	{1 x 250 on 3:10 Backstroke	EN2	S
	{ all 50's :38 or faster		
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Indvdl Prsrcptns	EN1	D
	1 on 10:00 Techniques-Relay Starts		D
	1 on 10:00 Ice		M
	5:04 PM 3,150 Yards - Stress Value = 53		

Workout #9996 - Friday, 25 November 2011

HighSchl - Distance

1 minute rest between sets

8:49 AM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{2 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN1	S	FR
	{2 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN1	S	FR
	{2 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN1	S	FR
	{2 x 200 on 2:15 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:34 AM 2,650 Yards - Stress Value = 40

Workout #10009 - Friday, 25 November 2011

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS and Weights			L
400	1 x 400 on 7:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
	Your primary stroke or free			
2,500	1x{10 x 50 on :45 Free-hold all under :35			
	{1 x 500 on 6:15 Freestyle			
	{10 x 50 on :50 Freestyle hold all under :34			
	{1 x 500 on 6:30 Free-hold under 6:15			
	{10 x 50 on :55 Free hold all under :33			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Indvdl Prsrcptns	EN1	D	
	1 on 10:00 Techniques-Relay Starts		D	
	1 on 10:00 Ice		M	

5:05 PM 3,300 Yards - Stress Value = 56

Workout #9997 - Friday, 25 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:49 AM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 200 on 3:00 Freestyle	EN1	S	FR
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 200 on 3:00 Freestyle	EN1	S	FR
	{2 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 200 on 3:00 Freestyle	EN1	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 AM 2,450 Yards - Stress Value = 38

Workout #10010 - Friday, 25 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS and Weights			L
400	1 x 400 on 7:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
	Your primary stroke or free			
2,250	1x{10 x 50 on :50 Free-hold all under :39			
	{1 x 500 on 6:50 Freestyle			
	{10 x 50 on :55 Freestyle hold all under :38			

	{1 x 400 on 6:00 Free-hold under 540			
	{7 x 50 on 1:00 Free hold all under :37			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Indvdl Prsrcptns			
	1 on 10:00 Techniques-Relay Starts			
	1 on 10:00 Ice			

5:05 PM 3,050 Yards - Stress Value = 51

Workout #10013 - Friday, 25 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS and Weights			L
400	1 x 400 on 7:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
	Your primary stroke or free			
2,200	1x{1 x 250 on 4:05 Backstroke	EN2	S	
	{4 x 50 on :50 Back -1 stroke	EN2	S	
	{1 x 250 on 4:00 Backstroke	EN2	S	
	{5 x 50 on :55 Back -1 stroke	EN2	S	
	{1 x 250 on 3:55 Backstroke	EN2	S	
	{5 x 50 on 1:00 Back -1 stroke	EN2	S	
	{1 x 250 on 3:50 Backstroke	EN2	S	
	{5 x 50 on 1:05 Back -1 stroke	EN2	S	
	{1 x 250 on 3:45 Backstroke	EN2	S	
	{ all 50's :43 or faster			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Indvdl Prsrcptns	EN1	D	
	1 on 10:00 Techniques-Relay Starts		D	
	1 on 10:00 Ice		M	

5:05 PM 3,000 Yards - Stress Value = 50

Workout #10016 - Friday, 25 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS and Weights			L
400	1 x 400 on 7:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
	Your primary stroke or free			
2,350	1x{1 x 250 on 3:45 Freestyle	EN2	S	
	{6 x 50 on :50 Free -1 stroke	EN2	S	
	{1 x 250 on 3:50 Freestyle	EN2	S	
	{6 x 50 on :50 Free -1 stroke	EN2	S	
	{1 x 250 on 3:55 Freestyle	EN2	S	
	{6 x 50 on :50 Free -1 stroke	EN2	S	
	{1 x 250 on 4:00 Freestyle	EN2	S	
	{6 x 50 on :50 Free -1 stroke	EN2	S	
	{1 x 150 on 2:30 Freestyle	EN2	S	
	{ all 50's :45 or faster			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Indvdl Prsrcptns	EN1	D	
	1 on 10:00 Techniques-Relay Starts		D	
	1 on 10:00 Ice		M	

5:05 PM 3,150 Yards - Stress Value = 53

Workout #10003 - Friday, 25 November 2011
HighSchl - Gold/Silver
1 minute rest between sets

{3 x 100 on 1:25 Breaststroke EN2 S BR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 9:35 PM 2,450 Yards - Stress Value = 44

8:48 PM Start

Yards	Set Description	EGY	WORK	STK
1,850	1x{1 x 75 on 1:10 Freestyle	EN1	S	
	{1 x 50 on :50 Freestyle	EN2	S	
	{8 x 25 on :30 Free-descend in 4's	EN2	S	
	{2 x 75 on 1:10 Freestyle	EN1	S	
	{2 x 50 on :50 Freestyle	EN1	S	
	{8 x 25 on :30 Free descend in 4's	EN2	S	
	{3 x 75 on 1:10 Freestyle	EN1	S	
	{3 x 50 on :50 Freestyle	EN1	S	
	{8 x 25 on :30 Free descend in 4's	EN2	S	
	{4 x 75 on 1:10 Freestyle	EN1	S	
	{4 x 50 on :50 Freestyle	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
9:35 PM 2,100 Yards - Stress Value = 26				

Workout #10000 - Friday, 25 November 2011
HighSchl - Gold/Silver
1 minute rest between sets

8:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{1 x 100 on 1:40 Butterfly	EN2	S FLY	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{2 x 100 on 1:35 Butterfly	EN2	S FLY	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{2 x 100 on 1:30 Butterfly	EN2	S FLY	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{1 x 100 on 1:35 Backstroke	EN2	S BK	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{2 x 100 on 1:30 Backstroke	EN2	S BK	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{2 x 100 on 1:25 Backstroke	EN2	S BK	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{1 x 100 on 1:45 Breaststroke	EN2	S BR	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{2 x 100 on 1:40 Breaststroke	EN2	S BR	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{2 x 100 on 1:35 Breaststroke	EN2	S BR	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
9:34 PM 2,150 Yards - Stress Value = 38				

Workout #9999 - Friday, 25 November 2011
HighSchl - IM'ers
1 minute rest between sets

8:49 PM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{1 x 100 on 1:30 Butterfly	EN2	S FLY	
	{1 x 50 on :40 Freestyle	EN2	S FR	
	{2 x 100 on 1:25 Butterfly	EN2	S FLY	
	{1 x 50 on :40 Freestyle	EN2	S FR	
	{3 x 100 on 1:20 Butterfly	EN2	S FLY	
	{1 x 50 on :40 Freestyle	EN2	S FR	
	{1 x 100 on 1:25 Backstroke	EN2	S BK	
	{1 x 50 on :40 Freestyle	EN2	S FR	
	{2 x 100 on 1:20 Backstroke	EN2	S BK	
	{1 x 50 on :40 Freestyle	EN2	S FR	
	{3 x 100 on 1:15 Backstroke	EN2	S BK	
	{1 x 50 on :40 Freestyle	EN2	S FR	
	{1 x 100 on 1:35 Breaststroke	EN2	S BR	
	{1 x 50 on :40 Freestyle	EN2	S FR	
	{2 x 100 on 1:30 Breaststroke	EN2	S BR	
	{1 x 50 on :40 Freestyle	EN2	S FR	

Workout #9992 - Friday, 25 November 2011
HighSchl - Platinum
1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Physio Ball Sh/Vis
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,450	1x{1 x 100 on 2:00 Kick hold under 1:30
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:00 Kick hold under 1:32
	{6 x 25 on :30 Kick no board BSLR
	{3 x 100 on 2:00 Kick hold under 1:34
	{8 x 25 on :30 Kick no board BSLR
	{4 x 100 on 2:00 Kick hold under 1:36
1,500	1x{1 x 150 on 1:50 Pull alt 50 BO-sh/hp/kn
	{2 x 150 on 1:55 Pull alt 50 BO-sh/hp/kn
	{3 x 150 on 2:00 Pull alt 50 BO-sh/hp/kn
	{4 x 150 on 2:00 Pull alt 50 BO-sh/hp/kn
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:47 AM 3,900 Yards - Stress Value = 61	

Workout #9993 - Friday, 25 November 2011
HighSchl - Gold
1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Physio Ball Sh/Vis
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,350	1x{1 x 100 on 2:00 Kick hold under 1:45
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:00 Kick hold under 1:47
	{6 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:00 Kick hold under 1:49
	{4 x 25 on :35 Kick no board BSLR
	{4 x 100 on 2:00 Kick hold under 1:51
1,350	1x{1 x 150 on 2:00 Pull alt 50 BO-sh/hp/kn
	{2 x 150 on 2:05 Pull alt 50 BO-sh/hp/kn
	{3 x 150 on 2:10 Pull alt 50 BO-sh/hp/kn
	{3 x 150 on 2:15 Pull alt 50 BO-sh/hp/kn
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:47 AM 3,650 Yards - Stress Value = 57	

Workout #9994 - Friday, 25 November 2011

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	Yards	Set Description
550	1 on 30:00 DS/Physio Ball Sh/Vis	350	1 on 35:00 DS and Weights
150	1 x 550 on 10:00 Choice	150	1 x 350 on 7:00 Choice
1,200	10 x 15 on :45 Shooters	2,050	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:15 Kick hold under 1:55		Your primary stroke or free
	{4 x 25 on :40 Kick no board BSLR		1x{8 x 50 on :55 Free-hold all under :45
	{2 x 100 on 2:15 Kick hold under 1:57		{1 x 400 on 6:30 Freestyle
	{4 x 25 on :40 Kick no board BSLR	250	{8 x 50 on :55 Freestyle hold all under :44
	{3 x 100 on 2:15 Kick hold under 1:59		{1 x 400 on 6:15 Freestyle
	{4 x 25 on :40 Kick no board BSLR		{9 x 50 on 1:05 Free hold all under :43
	{3 x 100 on 2:15 Kick hold under 1:51		1 x 250 on 4:00 Stroke Drills
1,200	1x{1 x 150 on 2:20 Pull alt 50 BO-sh/hp/kn		1 on 10:00 Indvdl Prsrcptns
	{2 x 150 on 2:25 Pull alt 50 BO-sh/hp/kn		1 on 10:00 Techniques-Relay Starts
	{3 x 150 on 2:30 Pull alt 50 BO-sh/hp/kn		1 on 10:00 Ice
	{2 x 150 on 2:35 Pull alt 50 BO-sh/hp/kn		5:05 PM 2,800 Yards - Stress Value = 47
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	8:47 AM 3,300 Yards - Stress Value = 53		

Workout #9995 - Friday, 25 November 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	Yards	Set Description
500	1 on 30:00 DS/Physio Ball Sh/Vis	400	1 on 35:00 DS and Weights
150	1 x 500 on 10:00 Choice	150	1 x 400 on 7:00 Choice
1,100	10 x 15 on :45 Shooters	2,000	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:30 Kick hold under 2:05		Your primary stroke or free
	{4 x 25 on :45 Kick no board BSLR		1x{1 x 250 on 4:30 Backstroke
	{2 x 100 on 2:30 Kick hold under 2:07		{4 x 50 on :55 Back -1 stroke
	{4 x 25 on :40 Kick no board BSLR	250	{1 x 250 on 4:25 Backstroke
	{3 x 100 on 2:30 Kick hold under 2:09		{4 x 50 on 1:00 Back -1 stroke
	{4 x 25 on :40 Kick no board BSLR		{1 x 250 on 4:20 Backstroke
	{2 x 100 on 2:30 Kick hold under 2:11		{4 x 50 on 1:05 Back -1 stroke
1,050	1x{1 x 150 on 2:35 Pull alt 50 BO-sh/hp/kn		{1 x 250 on 4:15 Backstroke
	{2 x 150 on 2:40 Pull alt 50 BO-sh/hp/kn		{3 x 50 on 1:10 Back -1 stroke
	{3 x 150 on 2:45 Pull alt 50 BO-sh/hp/kn		{1 x 250 on 4:10 Backstroke
	{1 x 150 on 2:50 Pull alt 50 BO-sh/hp/kn		{ all 50's :49 or faster
200	4x{1 x 25 on :50 Sculling drills		1 x 250 on 4:00 Stroke Drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		1 on 10:00 Indvdl Prsrcptns
	8:46 AM 3,000 Yards - Stress Value = 50		1 on 10:00 Techniques-Relay Starts
			1 on 10:00 Ice
			5:05 PM 2,800 Yards - Stress Value = 46

Workout #9998 - Friday, 25 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

8:49 AM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{2 x 200 on 3:15 Freestyle	EN2	S	FR
	{1 x 150 on 2:35 Freestyle	EN1	S	FR
	{2 x 200 on 3:10 Freestyle	EN2	S	FR
	{1 x 150 on 2:35 Freestyle	EN1	S	FR
	{2 x 200 on 3:05 Freestyle	EN2	S	FR
	{1 x 150 on 2:35 Freestyle	EN1	S	FR
	{1 x 250 on 3:45 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:35 AM 2,150 Yards - Stress Value = 35			

Workout #10011 - Friday, 25 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 35:00 DS and Weights	L	
150	1 x 400 on 7:00 Choice	REC	S
2,100	10 x 15 on :45 Shooters	SP3	S
	Your primary stroke or free		
	1x{1 x 250 on 4:10 Freestyle	EN2	S
	{5 x 50 on :55 Free -1 stroke	EN2	S
	{1 x 250 on 4:15 Freestyle	EN2	S
	{5 x 50 on :55 Free -1 stroke	EN2	S
	{1 x 250 on 4:20 Freestyle	EN2	S
	{5 x 50 on :55 Free -1 stroke	EN2	S
	{1 x 250 on 4:25 Freestyle	EN2	S
	{5 x 50 on :55 Free -1 stroke	EN2	S
	{1 x 100 on 1:50 Freestyle	EN2	S
	{ all 50's :45 or faster		
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Indvdl Prsrcptns	EN1	D
	1 on 10:00 Techniques-Relay Starts		D
	1 on 10:00 Ice		M
	5:05 PM 2,900 Yards - Stress Value = 48		

Workout #10001 - Friday, 25 November 2011
HighSchl - Silver/Bronze
1 minute rest between sets

8:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,700	1x{1 x 100 on 2:00 Butterfly	EN2	S	FLY
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{2 x 100 on 1:55 Butterfly	EN2	S	FLY
	{1 x 50 on :45 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Butterfly	EN2	S	FLY
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Backstroke	EN2	S	BK
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{2 x 100 on 1:50 Backstroke	EN2	S	BK
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 100 on 1:45 Backstroke	EN2	S	BK
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Breaststroke	EN2	S	BR
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{2 x 100 on 1:50 Breaststroke	EN2	S	BR
	{1 x 50 on :45 Freestyle	EN2	S	FR
	{2 x 100 on 1:45 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 PM 1,950 Yards - Stress Value = 34

Workout #10015 - Friday, 25 November 2011
HighSchl - Sprint
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS and Weights		L	
400	1 x 400 on 7:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
	Your primary stroke or free			
2,450	1x{1 x 250 on 3:30 Freestyle	EN2	S	
	{6 x 50 on :45 Free -1 stroke	EN2	S	
	{1 x 250 on 3:35 Freestyle	EN2	S	
	{6 x 50 on :45 Free -1 stroke	EN2	S	
	{1 x 250 on 3:40 Freestyle	EN2	S	
	{6 x 50 on :45 Free -1 stroke	EN2	S	
	{1 x 250 on 3:45 Freestyle	EN2	S	
	{6 x 50 on :45 Free -1 stroke	EN2	S	
	{1 x 250 on 3:10 Freestyle	EN2	S	
	{ all 50's :40 or faster			
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Indvdl Prsrcptns	EN1	D	
	1 on 10:00 Techniques-Relay Starts		D	
	1 on 10:00 Ice		M	

5:03 PM 3,250 Yards - Stress Value = 55

Workout #10002 - Friday, 25 November 2011
HighSchl - Sprint
1 minute rest between sets

8:48 PM Start

Yards	Set Description	EGY	WORK	STK
2,050	1x{1 x 75 on 1:05 Freestyle	EN1	S	
	{1 x 50 on :45 Freestyle	EN2	S	
	{8 x 25 on :25 Free-descend in 4's	EN2	S	
	{2 x 75 on 1:05 Freestyle	EN1	S	
	{2 x 50 on :45 Freestyle	EN1	S	
	{8 x 25 on :25 Free descend in 4's	EN2	S	
	{3 x 75 on 1:05 Freestyle	EN1	S	
	{3 x 50 on :45 Freestyle	EN1	S	
	{8 x 25 on :25 Free descend in 4's	EN2	S	
	{4 x 75 on 1:05 Freestyle	EN1	S	
	{4 x 50 on :45 Freestyle	EN1	S	

{8 x 25 on :25 Free descend in 4's EN2 S
 250 1 x 250 on 4:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:35 PM 2,300 Yards - Stress Value = 30

Workout #10028 - Monday, 28 November 2011
HighSchl - Back
1 minute rest between sets

4:09 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,950	1x{5 x 100 on 1:35 Backstroke	EN1	S	BK	1
	{6 x 25 on :30 Back 6 KOW +1	EN1	D	BK	2
	{4 x 100 on 1:30 Backstroke	EN1	S	BK	1
	{6 x 25 on :30 Back 6 KOW +1	EN1	D	BK	2
	{3 x 100 on 1:25 Backstroke	EN1	S	BK	1
	{6 x 25 on :30 Back 6 KOW +1	EN1	D	BK	2
	{3 x 100 on 1:20 Backstroke	EN1	S	BK	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:00 PM 2,350 Yards - Stress Value = 21

Workout #10025 - Monday, 28 November 2011
HighSchl - Breast
1 minute rest between sets

4:09 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,950	1x{1 x 150 on 2:30 Breaststroke	EN1	S	BR	1
	{4 x 25 on :30 Breast Drill	EN1	D	BR	2
	{2 x 150 on 2:30 Freestyle	EN1	S	BR	1
	{6 x 25 on :30 Breast Drill	EN1	D	BR	2
	{3 x 150 on 2:30 Freestyle	EN1	S	BR	1
	{8 x 25 on :30 Breast Drill	EN1	D	BR	2
	{4 x 150 on 2:30 Breaststroke	EN1	S	BR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:00 PM 2,250 Yards - Stress Value = 20

Workout #10022 - Monday, 28 November 2011
HighSchl - Distance
1 minute rest between sets

4:09 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,600	1x{1 x 500 on 6:40 Freestyle	EN1	S	FR	1
	{2 x 400 on 5:15 Freestyle	EN1	S	FR	1
	{3 x 300 on 3:50 Freestyle	EN1	S	FR	1
	{2 x 200 on 2:30 Freestyle	EN1	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:00 PM 2,900 Yards - Stress Value = 26

Workout #10023 - Monday, 28 November 2011
HighSchl - Gold/Silver
1 minute rest between sets

4:09 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,200	1x{1 x 500 on 7:35 Freestyle	EN1	S	FR	1
	{2 x 400 on 6:00 Freestyle	EN1	S	FR	1
	{3 x 300 on 4:25 Freestyle	EN1	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:00 PM 2,550 Yards - Stress Value = 22

Workout #10026 - Monday, 28 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:09 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,650	1x{1 x 150 on 2:45 Breaststroke	EN1	S	BR	1
	{4 x 25 on :35 Breast Drill	EN1	D	BR	2
	{2 x 150 on 2:45 Freestyle	EN1	S	BR	1
	{6 x 25 on :35 Breast Drill	EN1	D	BR	2
	{3 x 150 on 2:45 Freestyle	EN1	S	BR	1
	{8 x 25 on :35 Breast Drill	EN1	D	BR	2
	{2 x 150 on 2:45 Breaststroke	EN1	S	BR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:00 PM 2,000 Yards - Stress Value = 17

Workout #10029 - Monday, 28 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:09 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,700	1x{5 x 100 on 1:45 Backstroke	EN1	S	BK	1
	{6 x 25 on :35 Back 6 KOW +1	EN1	D	BK	2
	{4 x 100 on 1:40 Backstroke	EN1	S	BK	1
	{6 x 25 on :35 Back 6 KOW +1	EN1	D	BK	2
	{3 x 100 on 1:35 Backstroke	EN1	S	BK	1
	{6 x 25 on :35 Back 6 KOW +1	EN1	D	BK	2
	{1 x 50 on :45 Backstroke	EN1	S	BK	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:00 PM 2,100 Yards - Stress Value = 18

Workout #10018 - Monday, 28 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
600	1 x 600 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 200 on 3:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:10 Kick
1,000	1x{2 x 125 on 1:40 Pulls-no br L.6 yds
	{2 x 125 on 1:40 Pulls-no br L.8 yds
	{2 x 125 on 1:40 Pulls-no br L.10 yds
	{2 x 125 on 1:40 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:08 PM 2,850 Yards - Stress Value = 34

Workout #10019 - Monday, 28 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:50 Kick
	{4 x 25 on :35 Kick no board BSLR

{1 x 200 on 3:45 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on :55 Kick

850	1x{2 x 125 on 1:55 Pulls-no br L.6 yds
	{2 x 125 on 1:55 Pulls-no br L.8 yds
	{2 x 125 on 1:55 Pulls-no br L.10 yds
	{1 x 100 on 1:35 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:08 PM 2,550 Yards - Stress Value = 30

Workout #10020 - Monday, 28 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:15 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:05 Kick
800	1x{2 x 125 on 2:05 Pulls-no br L.6 yds
	{2 x 125 on 2:05 Pulls-no br L.8 yds
	{2 x 100 on 1:40 Pulls-no br L.10 yds
	{1 x 100 on 1:40 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:08 PM 2,350 Yards - Stress Value = 28

Workout #10021 - Monday, 28 November 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 Kick
750	1x{2 x 125 on 2:15 Pulls-no br L.6 yds
	{2 x 125 on 2:15 Pulls-no br L.8 yds
	{2 x 100 on 1:50 Pulls-no br L.10 yds
	{1 x 50 on :55 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:08 PM 2,200 Yards - Stress Value = 26

Workout #10024 - Monday, 28 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:09 PM	Start				
1,900	1x{1 x 500 on 8:20 Freestyle	EN1	S	FR	1
	{1 x 400 on 6:40 Freestyle	EN1	S	FR	1
	{2 x 300 on 5:00 Freestyle	EN1	S	FR	1
	{2 x 200 on 3:20 Freestyle	EN1	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:00 PM 2,300 Yards - Stress Value = 19					

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
Your primary stroke or free			
1,650	1x{1 x 700 on 10:30 Freestyle		EN1
	{1 x 600 on 9:00 Freestyle		EN1
	{1 x 350 on 5:15 Freestyle		EN1
350	7 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM 2,550 Yards - Stress Value = 23			

Workout #10027 - Monday, 28 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:09 PM	Start				
1,500	1x{1 x 150 on 3:00 Breaststroke	EN1	S	BR	2
	{4 x 25 on :40 Breast Drill	EN1	D	BR	2
	{2 x 150 on 3:00 Freestyle	EN1	S	BR	2
	{6 x 25 on :40 Breast Drill	EN1	D	BR	2
	{3 x 150 on 3:00 Freestyle	EN1	S	BR	2
	{8 x 25 on :40 Breast Drill	EN1	D	BR	2
	{1 x 150 on 3:00 Breaststroke	EN1	S	BR	2
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:00 PM 1,850 Yards - Stress Value = 16					

Workout #10035 - Tuesday, 29 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
Your primary stroke or free			
1,400	1x{4 x 100 on 1:35 Freestyle		EN1
	{6 x 50 on :55 Free-Des in 3's		EN1
	{4 x 100 on 1:30 Freestyle		EN1
	{6 x 50 on :55 Free-Des in 3's		EN1
350	7 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:04 AM 2,300 Yards - Stress Value = 20			

Workout #10030 - Monday, 28 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:09 PM	Start				
1,550	1x{5 x 100 on 1:55 Backstroke	EN1	S	BK	1
	{6 x 25 on :40 Back 6 KOW +1	EN1	D	BK	2
	{4 x 100 on 1:50 Backstroke	EN1	S	BK	1
	{6 x 25 on :40 Back 6 KOW +1	EN1	D	BK	2
	{3 x 100 on 1:45 Backstroke	EN1	S	BK	1
	{2 x 25 on :40 Back 6 KOW +1	EN1	D	BK	2
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:00 PM 1,950 Yards - Stress Value = 16					

Workout #10038 - Tuesday, 29 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
Your primary stroke or free			
1,350	1x{1 x 400 on 7:00 Individual Medley		EN1
	{16 x 25 on :30 IM order		EN1
	{1 x 300 on 5:15 Individual Medley		EN1
	{10 x 25 on :30 IM order		EN1
300	6 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM 2,200 Yards - Stress Value = 19			

Workout #10031 - Tuesday, 29 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
Your primary stroke or free			
1,800	1x{1 x 800 on 11:00 Freestyle		EN1
	{1 x 600 on 8:00 Freestyle		EN1
	{1 x 400 on 5:10 Freestyle		EN1
350	7 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM 2,700 Yards - Stress Value = 24			

Workout #10037 - Tuesday, 29 November 2011

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
Your primary stroke or free			
1,400	1x{1 x 400 on 6:30 Individual Medley		EN1
	{16 x 25 on :30 IM order		EN1
	{1 x 300 on 4:55 Individual Medley		EN1
	{12 x 25 on :30 IM order		EN1
300	6 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM 2,250 Yards - Stress Value = 20			

Workout #10032 - Tuesday, 29 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Workout #10033 - Tuesday, 29 November 2011
HighSchl - Silver/Bronze
1 minute rest between sets

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

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,500	1x{1 x 700 on 11:40 Freestyle	EN1	
	{1 x 500 on 8:20 Freestyle	EN1	
	{1 x 300 on 5:00 Freestyle	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,350 Yards - Stress Value = 21

Workout #10036 - Tuesday, 29 November 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,300	1x{3 x 100 on 1:50 Freestyle	EN1	
	{6 x 50 on 1:00 Free-Des in 3's	EN1	
	{4 x 100 on 1:45 Freestyle	EN1	
	{6 x 50 on 1:00 Free-Des in 3's	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,150 Yards - Stress Value = 19

Workout #10039 - Tuesday, 29 November 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,300	1x{1 x 400 on 8:00 Individual Medley	EN1	
	{12 x 25 on :30 IM order	EN1	
	{1 x 300 on 6:00 Individual Medley	EN1	
	{12 x 25 on :30 IM order	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,100 Yards - Stress Value = 19

Workout #10034 - Tuesday, 29 November 2011
HighSchl - Sprint
1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{4 x 100 on 1:25 Freestyle	EN1	
	{8 x 50 on :50 Free-Des in 4's	EN1	
	{4 x 100 on 1:20 Freestyle	EN1	
	{8 x 50 on :50 Free-Des in 4's	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

Workout #10064 - Wednesday, 30 November 2011
Group 2 - IM'ers
1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	5:30 PM Start	
	1 on 30:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 50 on 1:00 Kick IM order Fly fast	EN2
	{4 x 50 on 1:00 Kick IM order back fast	EN2
	{4 x 50 on 1:00 Kick IM order breast fast	EN2
	{4 x 50 on 1:00 Kick IM order free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
1,500	1x{4 x 25 on :30 Freestyle	EN1
	{1 x 100 on 1:35 Individual Medley	EN2
	{4 x 25 on :30 odds free evens fly	EN1
	{1 x 100 on 1:35 Individual Medley	EN2
	{4 x 25 on :30 odds free evens back	EN1
	{1 x 100 on 1:35 Individual Medley	EN2
	{4 x 25 on :30 odds free evens brst	EN1
	{1 x 100 on 1:35 Individual Medley	EN2
	{4 x 25 on :30 odds free evens fly	EN2
	{1 x 100 on 1:35 Individual Medley	EN2
	{4 x 25 on :30 odds free evens back	EN2
	{1 x 100 on 1:35 Individual Medley	EN2
	{4 x 25 on :30 odds free evens brst	EN2
	{1 x 100 on 1:35 Individual Medley	EN2
	{4 x 25 on :30 Freestyle	EN1
100	1 on 9:00 Techniques-Starts	
	1 x 100 on 2:00 Stroke Drills	REC

7:30 PM 3,350 Yards - Stress Value = 50

Workout #10065 - Wednesday, 30 November 2011
Group 2 - Gold
1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	5:30 PM Start	
	1 on 30:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
700	1x{4 x 50 on 1:10 Kick IM order Fly fast	EN2
	{4 x 50 on 1:10 Kick IM order back fast	EN2
	{4 x 50 on 1:10 Kick IM order breast fast	EN2
	{2 x 50 on 1:00 Kick choice, free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
1,300	1x{4 x 25 on :35 Freestyle	EN1
	{1 x 100 on 1:45 Individual Medley	EN2
	{4 x 25 on :35 odds free evens fly	EN1
	{1 x 100 on 1:45 Individual Medley	EN2
	{4 x 25 on :35 odds free evens back	EN1
	{1 x 100 on 1:45 Individual Medley	EN2
	{4 x 25 on :35 odds free evens brst	EN1
	{1 x 100 on 1:45 Individual Medley	EN2
	{4 x 25 on :35 odds free evens fly	EN2
	{1 x 100 on 1:45 Individual Medley	EN2
	{4 x 25 on :35 odds free evens back	EN2
	{1 x 100 on 1:45 Individual Medley	EN2
	{4 x 25 on :35 odds free evens brst	EN2
	1 on 10:00 Techniques-Starts	
100	1 x 100 on 2:00 Stroke Drills	REC

7:30 PM 3,050 Yards - Stress Value = 45

Workout #10066 - Wednesday, 30 November 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 50 on 1:20 Kick IM order Fly fast	EN2
	{4 x 50 on 1:20 Kick IM order back fast	EN2
	{3 x 50 on 1:20 Kick IM order breast fast	EN2
	{1 x 50 on 1:20 Kick free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
1,200	1x{4 x 25 on :40 Freestyle	EN1
	{1 x 100 on 1:55 Individual Medley	EN2
	{4 x 25 on :40 odds free evens fly	EN1
	{1 x 100 on 1:55 Individual Medley	EN2
	{4 x 25 on :40 odds free evens back	EN1
	{1 x 100 on 1:55 Individual Medley	EN2
	{4 x 25 on :40 odds free evens brst	EN1
	{1 x 100 on 1:55 Individual Medley	EN2
	{4 x 25 on :40 odds free evens fly	EN2
	{1 x 100 on 1:55 Individual Medley	EN2
	{4 x 25 on :40 odds free evens back	EN2
	{1 x 100 on 1:55 Individual Medley	EN2
	1 on 9:00 Techniques-Starts	
100	1 x 100 on 2:00 Stroke Drills	REC
7:30 PM	2,800 Yards - Stress Value = 41	

Workout #10067 - Wednesday, 30 November 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
500	1x{3 x 50 on 1:30 Kick IM order Fly fast	EN2
	{3 x 50 on 1:30 Kick IM order back fast	EN2
	{3 x 50 on 1:30 Kick IM order breast fast	EN2
	{1 x 50 on 1:30 Kick free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
1,050	1x{4 x 25 on :45 Freestyle	EN1
	{1 x 100 on 2:15 Individual Medley	EN2
	{4 x 25 on :45 odds free evens fly	EN1
	{1 x 100 on 2:15 Individual Medley	EN2
	{4 x 25 on :45 odds free evens back	EN1
	{1 x 100 on 2:15 Individual Medley	EN2
	{4 x 25 on :45 odds free evens brst	EN1
	{1 x 100 on 2:15 Individual Medley	EN2
	{4 x 25 on :45 odds free evens fly	EN2
	{1 x 100 on 2:15 Individual Medley	EN2
	{2 x 25 on :45 odds free evens back	EN2
	1 on 10:00 Techniques-Starts	
100	1 x 100 on 2:00 Stroke Drills	REC
7:30 PM	2,500 Yards - Stress Value = 36	

Workout #10050 - Wednesday, 30 November 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:33 PM	Start		
=====	=====	=====	=====
2,250	1x{2 x 200 on 3:20 Breaststroke	EN2	
	{1 on :30 Put fins on		
	{6 x 25 on :30 Breast TO Drill w/fins	EN2	
	{2 x 175 on 2:50 Breaststroke	EN2	
	{1 on :30 Put fins on		

{6 x 25 on :30 Breast TO drill w/fins	EN2
{2 x 150 on 2:20 Breaststroke	EN2
{1 on :30 Put fins on	
{6 x 25 on :30 Breast TO Drill w/fins	EN2
{2 x 125 on 1:55 Breaststroke	EN2
{1 on :30 Put fins on	
{6 x 25 on :30 Breast TO drill w/fins	EN2
{2 x 100 on 1:30 Breaststroke	EN2
{1 on :30 Put fins on	
{6 x 25 on :30 Breast TO drill w/fins	EN2
450 9 x 50 on 1:00 Stroke Drills	REC
1 on 10:00 Ice	
5:35 PM	2,700 Yards - Stress Value = 45

Workout #10044 - Wednesday, 30 November 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:33 PM	Start				
=====	=====	=====	=====	=====	=====
3,600	1x{4 x 400 on 5:00 Freestyle #3 100%	EN2	S		
	{4 x 300 on 3:40 Freestyle #3 100%	EN2	S		
	{4 x 200 on 2:25 Freestyle #3 100%	EN2	S		
300	6 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		
5:35 PM	3,900 Yards - Stress Value = 72				

Workout #10047 - Wednesday, 30 November 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:33 PM	Start				
=====	=====	=====	=====	=====	=====
3,000	1x{1 x 200 on 3:00 Butterfly	EN2	S	FLY	1
	{2 x 150 on 1:55 Freestyle	EN2	S	FR	1
	{2 x 200 on 2:55 Butterfly	EN2	S	FLY	1
	{2 x 150 on 2:00 Freestyle	EN2	S	FR	1
	{3 x 200 on 2:50 Butterfly	EN2	S	FLY	1
	{2 x 150 on 2:05 Freestyle	EN2	S	FR	1
	{2 x 200 on 2:45 Butterfly	EN2	S	FLY	1
	{2 x 150 on 2:15 Freestyle	EN1	S	FR	1
	{1 x 200 on 2:40 Butterfly	EN2	S	FLY	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM	3,450 Yards - Stress Value = 57				

Workout #10045 - Wednesday, 30 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:33 PM	Start				
=====	=====	=====	=====	=====	=====
3,200	1x{4 x 400 on 5:45 Freestyle #3 100%	EN2	S		
	{4 x 250 on 3:35 Freestyle #3 100%	EN2	S		
	{4 x 150 on 2:05 Freestyle #3 100%	EN2	S		
250	5 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		
5:35 PM	3,450 Yards - Stress Value = 64				

Workout #10048 - Wednesday, 30 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:33 PM Start

Yards	Set Description	EGY	WORK	STK
2,600	1x{1 x 200 on 3:20 Butterfly	EN2	S	FLY
	{2 x 100 on 1:25 Freestyle	EN2	S	FR
	{2 x 200 on 3:15 Butterfly	EN2	S	FLY
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{3 x 200 on 3:10 Butterfly	EN2	S	FLY
	{2 x 100 on 1:35 Freestyle	EN2	S	FR
	{2 x 200 on 3:05 Butterfly	EN2	S	FLY
	{2 x 100 on 1:40 Freestyle	EN1	S	FR
	{1 x 200 on 3:00 Butterfly	EN2	S	FLY
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 3,100 Yards - Stress Value = 50

Workout #10051 - Wednesday, 30 November 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:33 PM Start

Yards	Set Description	EGY	WOF
2,000	1x{2 x 200 on 3:40 Breaststroke	EN2	
	{1 on :30 Put fins on		
	{6 x 25 on :35 Breast TO Drill w/fins	EN2	
	{2 x 175 on 3:10 Breaststroke	EN2	
	{1 on :30 Put fins on		
	{6 x 25 on :35 Breast TO drill w/fins	EN2	
	{2 x 125 on 2:15 Breaststroke	EN2	
	{1 on :30 Put fins on		
	{6 x 25 on :35 Breast TO Drill w/fins	EN2	
	{2 x 100 on 1:45 Breaststroke	EN2	
	{1 on :30 Put fins on		
	{6 x 25 on :35 Breast TO drill w/fins	EN2	
	{2 x 50 on :50 Breaststroke	EN2	
	{1 on :30 Put fins on		
400	{4 x 25 on :35 Breast TO drill w/fins	EN2	
	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 2,400 Yards - Stress Value = 40

Workout #10040 - Wednesday, 30 November 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

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

4:32 PM 3,700 Yards - Stress Value = 54

Workout #10041 - Wednesday, 30 November 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 20:00 DS and Vis
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,250	1x{8 x 25 on :35 Kick no board BSLR 14 KOW
	{3 x 100 on 1:50 Kick
	{8 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 100 on 1:55 Kick hold under 1:50
	{6 x 25 on :35 Kick no board BSLR 10 KOW
	{2 x 100 on 2:00 Kick hold under 1:50
1,125	1x{4 x 125 on 1:55 Lungbuster pulls
	{ breathe 2-3-4-5-6
	{3 x 125 on 1:50 Lungbuster pulls
	{ breathe 3-4-5-6-7
	{2 x 100 on 1:25 Lungbuster pulls
	{ breathe 4-5-6-7
	{1 x 50 on :40 Lungbuster pulls
	{ breathe 8-9
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:32 PM 3,325 Yards - Stress Value = 47

Workout #10042 - Wednesday, 30 November 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 20:00 DS and Vis
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,150	1x{8 x 25 on :40 Kick no board BSLR 14 KOW
	{2 x 100 on 2:00 Kick
	{8 x 25 on :40 Kick no board BSLR 12 KOW
	{2 x 100 on 2:05 Kick hold under 2:00
	{6 x 25 on :40 Kick no board BSLR 10 KOW
	{2 x 100 on 2:10 Kick hold under 2:00
1,050	1x{4 x 125 on 2:05 Lungbuster pulls
	{ breathe 2-3-4-5-6
	{3 x 100 on 1:35 Lungbuster pulls
	{ breathe 3-4-5-6
	{2 x 100 on 1:30 Lungbuster pulls
	{ breathe 4-5-6-7
	{1 x 50 on :45 Lungbuster pulls
	{ breathe 8-9
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:33 PM 3,100 Yards - Stress Value = 44

Workout #10043 - Wednesday, 30 November 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,050 1x{6 x 25 on :45 Kick no board BSLR 14 KOW 400
 {2 x 100 on 2:10 Kick
 {6 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 100 on 2:15 Kick hold under 2:10
 {6 x 25 on :45 Kick no board BSLR 10 KOW
 {2 x 100 on 2:20 Kick hold under 2:10
 950 1x{4 x 100 on 1:50 Lungbuster pulls
 { breathe 2-3-4-5
 {3 x 100 on 1:45 Lungbuster pulls
 { breathe 3-4-5-6
 {2 x 100 on 1:40 Lungbuster pulls
 { breathe 4-5-6-7
 {1 x 50 on :45 Lungbuster pulls
 { breathe 8-9
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:32 PM 2,850 Yards - Stress Value = 41

{6 x 25 on :40 Breast TO drill w/fins EN2
 {2 x 125 on 2:25 Breaststroke EN2
 {1 on :30 Put fins on
 {6 x 25 on :40 Breast TO Drill w/fins EN2
 {2 x 75 on 1:25 Breaststroke EN2
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins EN2
 {2 x 50 on :55 Breaststroke EN2
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,200 Yards - Stress Value = 36

Workout #10056 - Thursday, 01 December 2011

HighSchl - Back

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,750 1x{1 x 25 on :30 Back w/TB-7KOW EN1
 {8 x 50 on :45 Back-hold :35 EN2
 {1 x 25 on :30 Back w/TB-7 KOW EN2
 {1 x 25 on :30 Back w/TB 8 KOW EN1
 {7 x 50 on :45 Back hold :35 EN2
 {1 x 25 on :30 Back w/TB 8KOW EN2
 {1 x 25 on :30 Back w/TB 9KOW EN1
 {6 x 50 on :45 Back hold :35 EN2
 {1 x 25 on :30 Back w/TB 9KOW EN2
 {1 x 25 on :30 Back w/TB 10KOW EN1
 {5 x 50 on :45 Back-hold :35 EN2
 {1 x 25 on :30 Back w/TB 10KOW EN2
 {1 x 25 on :30 Back w/TB 11KOW EN1
 {4 x 50 on :45 Back-hold :35 EN2
 {1 x 25 on :30 Back w/TB 11 KOW EN2
 1st TB 25-DPS/2nd 25 TB TO Drill
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,550 Yards - Stress Value = 36

Workout #10046 - Wednesday, 30 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:33 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,800 1x{4 x 300 on 5:00 Freestyle #3 100% EN2 S
 {4 x 250 on 4:05 Freestyle #3 100% EN2 S
 {4 x 150 on 2:25 Freestyle #3 100% EN2 S
 250 5 x 50 on 1:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:35 PM 3,050 Yards - Stress Value = 56

Workout #10049 - Wednesday, 30 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:33 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,200 1x{1 x 200 on 3:55 Butterfly EN2 S FLY
 {1 x 150 on 2:30 Freestyle EN2 S FR
 {2 x 200 on 3:50 Butterfly EN2 S FLY
 {1 x 150 on 2:35 Freestyle EN2 S FR
 {3 x 200 on 3:45 Butterfly EN2 S FLY
 {1 x 150 on 2:40 Freestyle EN2 S FR
 {2 x 200 on 3:40 Butterfly EN2 S FLY
 {1 x 150 on 2:45 Freestyle EN1 S FR
 500 10 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,700 Yards - Stress Value = 43

Workout #10053 - Thursday, 01 December 2011

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 2,250 1x{2 x 250 on 3:20 Free 3 KOW/LW 10 EN1
 {2 x 225 on 2:55 Free 3KOW/LW11 EN2
 {2 x 200 on 2:30 Free 3KOW/LW12 EN2
 {2 x 175 on 2:10 Free 3KOW/LW13 EN2
 {2 x 150 on 1:50 Free 3 KOW/LW14 EN2
 {2 x 125 on 1:30 Free 3KOW/LW15 EN2
 L.25 of each SFBO, 6BK, & breathe on 3
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 3,000 Yards - Stress Value = 46

Workout #10052 - Wednesday, 30 November 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:33 PM Start
 Yards Set Description EGY WOF
 =====
 1,800 1x{2 x 175 on 3:30 Breaststroke EN2
 {1 on :30 Put fins on
 {6 x 25 on :40 Breast TO Drill w/fins EN2
 {2 x 150 on 2:55 Breaststroke EN2
 {1 on :30 Put fins on

Workout #10054 - Thursday, 01 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{2 x 250 on 3:40 Free 3 KOW/LW 10	EN1	
	{2 x 225 on 3:15 Free 3KOW/LW11	EN2	
	{2 x 200 on 2:50 Free 3KOW/LW12	EN2	
	{2 x 175 on 2:25 Free 3KOW/LW13	EN2	
	{2 x 150 on 2:05 Free 3 KOW/LW14	EN2	
	L.25 of each SFBO, 6BK, & breathe on 3		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,750 Yards - Stress Value = 41		

Workout #10057 - Thursday, 01 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{1 x 25 on :30 Back w/TB-7KOW	EN1	
	{8 x 50 on :50 Back-hold :40	EN2	
	{1 x 25 on :30 Back w/TB-7 KOW	EN2	
	{1 x 25 on :30 Back w/TB 8 KOW	EN1	
	{7 x 50 on :50 Back hold :40	EN2	
	{1 x 25 on :30 Back w/TB 8KOW	EN2	
	{1 x 25 on :30 Back w/TB 9KOW	EN1	
	{6 x 50 on :50 Back hold :40	EN2	
	{1 x 25 on :30 Back w/TB 9KOW	EN2	
	{1 x 25 on :30 Back w/TB 10KOW	EN1	
	{4 x 50 on :50 Back-hold :40	EN2	
	{1 x 25 on :30 Back w/TB 10KOW	EN2	
	{1 x 25 on :30 Back w/TB 11KOW	EN1	
	{2 x 50 on :50 Back-hold :40	EN2	
	{1 x 25 on :30 Back w/TB 11 KOW	EN2	
	1st TB 25-DPS/2nd 25 TB TO Drill		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 33		

Workout #10060 - Thursday, 01 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,650	1x{4 x 150 on 2:30 Fr 2nd 25 bld-100%LW3K	EN2	
	{4 x 125 on 2:00 Fr 2nd 25 bld-100%LW4K	EN2	
	{4 x 100 on 1:35 Fr 2nd 25 bld-100%LW5K	EN2	
	{2 x 75 on 1:10 Fr 2nd 25 bld-100%LW6K	EN2	
	L.25 of each 6bk 4 breaths total		
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,450 Yards - Stress Value = 39

Workout #10055 - Thursday, 01 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{2 x 250 on 4:10 Free 3 KOW/LW 10	EN1	
	{2 x 225 on 3:40 Free 3KOW/LW11	EN2	
	{2 x 200 on 3:10 Free 3KOW/LW12	EN2	
	{2 x 175 on 2:45 Free 3KOW/LW13	EN2	
	{2 x 50 on :45 Free 3 KOW/LW14	EN2	
	L.25 of each SFBO, 6BK, & breathe on 3		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,550 Yards - Stress Value = 37		

Workout #10058 - Thursday, 01 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,400	1x{1 x 25 on :30 Back w/TB-7KOW	EN1	
	{7 x 50 on :55 Back-hold :45	EN2	
	{1 x 25 on :40 Back w/TB-7 KOW	EN2	
	{1 x 25 on :40 Back w/TB 8 KOW	EN1	
	{6 x 50 on :55 Back hold :45	EN2	
	{1 x 25 on :40 Back w/TB 8KOW	EN2	
	{1 x 25 on :40 Back w/TB 9KOW	EN1	
	{5 x 50 on :55 Back hold :45	EN2	
	{1 x 25 on :40 Back w/TB 9KOW	EN2	
	{1 x 25 on :40 Back w/TB 10KOW	EN1	
	{3 x 50 on :55 Back-hold :45	EN2	
	{1 x 25 on :40 Back w/TB 10KOW	EN2	
	{1 x 25 on :40 Back w/TB 11KOW	EN1	
	{2 x 50 on :55 Back-hold :45	EN2	
	{1 x 25 on :40 Back w/TB 11 KOW	EN2	
	1st TB 25-DPS/2nd 25 TB TO Drill		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 29		

Workout #10061 - Thursday, 01 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	W
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,500	1x{4 x 150 on 2:45 Fr 2nd 25 bld-100%LW3K	EN2	
	{4 x 125 on 2:15 Fr 2nd 25 bld-100%LW4K	EN2	
	{4 x 100 on 1:45 Fr 2nd 25 bld-100%LW5K	EN2	
	L.25 of each 6bk 4 breaths total		
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 36		

Workout #10059 - Thursday, 01 December 2011

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	W
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{4 x 150 on 2:15 Fr 2nd 25 bld-100%LW3K	EN2	
	{4 x 125 on 1:50 Fr 2nd 25 bld-100%LW4K	EN2	
	{4 x 100 on 1:25 Fr 2nd 25 bld-100%LW5K	EN2	
	{4 x 75 on 1:05 Fr 2nd 25 bld-100%LW6K	EN2	
	L.25 of each 6bk 4 breaths total		
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,600 Yards - Stress Value = 42		

Workout #10062 - Friday, 02 December 2011

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Vis		
800	1 x 800 on 12:00 Choice-mix of drill	REC	
	kick, pull. and non free		
150	10 x 15 on :45 Shooters	SP3	
1,000	1 x 1000 on 16:00 Vertical Kick	EN2	
	1 on 15:00 Techniques-Turn Drill	REC	
400	1x{1 x 200 on 12:00 Indvdl Prsrctns	REC	
	{1 x 200 on 12:00 Indvdl Prsrctns	REC	
250	1 x 250 on 5:00 5 minute easy swim	REC	
	1 on 10:00 Ice		
	5:04 PM 2,600 Yards - Stress Value = 26		

Workout #10068 - Saturday, 03 December 2011

HS Girls - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	W
7:00 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
600	1 x 600 on 10:00 Reverse IM drill		
150	10 x 15 on :45 Shooters-Free		
1,350	1x{1 x 150 on 2:35 Kick		
	{3 x 50 on 1:00 Kick-Fast Turns		
	{1 x 150 on 2:30 Kick		

	{3 x 50 on 1:00 Kick-Fast Turns		
	{1 x 150 on 2:25 Kick		
	{3 x 50 on 1:00 Kick-Fast turns		
	{1 x 150 on 2:20 Kick		
	{3 x 50 on 1:00 Kick-Fast Turns		
	{1 x 150 on 2:15 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,800	1x{6 x 25 on :30 Freestyle		
	{1 x 100 on 1:30 Individual Medley		
	{6 x 25 on :30 odds free evens fly		
	{1 x 200 on 3:00 Individual Medley		
	{6 x 25 on :30 odds free evens back		
	{1 x 300 on 4:30 Individual Medley		
	{6 x 25 on :30 odds free evens brst		
	{1 x 400 on 5:40 Individual Medley		
	{6 x 25 on :25 odds free evens fly		
	{1 x 300 on 4:15 Individual Medley		
	{6 x 25 on :25 odds free evens back		
	{1 x 200 on 2:50 Individual Medley		
	{6 x 25 on :25 odds free evens brst		
	{1 x 100 on 1:25 Individual Medley		
	{6 x 25 on :25 Freestyle		
250	5 x 50 on 1:00 Stroke Drills		
	1 on 10:00 Ice		
	9:35 AM 5,350 Yards - Stress Value = 86		

Workout #10069 - Saturday, 03 December 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description	EGY	W
7:00 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		
600	1 x 600 on 10:00 Reverse IM drill		
150	10 x 15 on :45 Shooters-Free		
1,200	1x{1 x 150 on 3:00 Kick		
	{3 x 50 on 1:05 Kick-Fast Turns		
	{1 x 150 on 2:55 Kick		
	{3 x 50 on 1:05 Kick-Fast Turns		
	{1 x 150 on 2:50 Kick		
	{3 x 50 on 1:05 Kick-Fast turns		
	{1 x 150 on 2:45 Kick		
	{3 x 50 on 1:05 Kick-Fast Turns		
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{6 x 25 on :30 Freestyle		
	{1 x 100 on 1:40 Individual Medley		
	{6 x 25 on :30 odds free evens fly		
	{1 x 200 on 3:20 Individual Medley		
	{6 x 25 on :30 odds free evens back		
	{1 x 300 on 5:00 Individual Medley		
	{6 x 25 on :30 odds free evens brst		
	{1 x 300 on 5:00 Individual Medley		
	{6 x 25 on :30 odds free evens fly		
	{1 x 300 on 4:50 Individual Medley		
	{4 x 25 on :30 odds free evens back		
	{1 x 200 on 3:15 Individual Medley		
	{4 x 25 on :30 odds free evens brst		
	{1 x 100 on 1:35 Individual Medley		
	{4 x 25 on :25 Freestyle		
250	5 x 50 on 1:00 Stroke Drills		
	1 on 10:00 Ice		
	9:35 AM 4,950 Yards - Stress Value = 78		

Workout #10070 - Saturday, 03 December 2011

HS Girls - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters-Free
 1,100 1x{1 x 150 on 3:20 Kick
 {2 x 50 on 1:10 Kick-Fast Turns
 {1 x 150 on 3:15 Kick
 {2 x 50 on 1:10 Kick-Fast Turns
 {1 x 150 on 3:10 Kick
 {3 x 50 on 1:10 Kick-Fast turns
 {1 x 150 on 3:05 Kick
 {3 x 50 on 1:10 Kick-Fast Turns
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,300 1x{4 x 25 on :35 Freestyle
 {1 x 100 on 1:50 Individual Medley
 {4 x 25 on :35 odds free evens fly
 {1 x 200 on 3:40 Individual Medley
 {4 x 25 on :35 odds free evens back
 {1 x 300 on 5:30 Individual Medley
 {4 x 25 on :35 odds free evens brst
 {1 x 300 on 5:30 Individual Medley
 {4 x 25 on :35 odds free evens fly
 {1 x 300 on 5:15 Individual Medley
 {4 x 25 on :35 odds free evens back
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :35 odds free evens brst
 {1 x 100 on 1:35 Individual Medley
 {4 x 25 on :35 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,550 Yards - Stress Value = 71

Workout #10071 - Saturday, 03 December 2011

HS Girls - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters-Free
 1,000 1x{1 x 150 on 3:40 Kick
 {2 x 50 on 1:15 Kick-Fast Turns
 {1 x 150 on 3:35 Kick
 {2 x 50 on 1:15 Kick-Fast Turns
 {1 x 150 on 3:30 Kick
 {2 x 50 on 1:15 Kick-Fast turns
 {1 x 150 on 3:25 Kick
 {2 x 50 on 1:15 Kick-Fast Turns
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{4 x 25 on :40 Freestyle
 {1 x 100 on 2:05 Individual Medley
 {4 x 25 on :40 odds free evens fly
 {1 x 200 on 4:10 Individual Medley
 {4 x 25 on :40 odds free evens back
 {1 x 300 on 6:30 Individual Medley
 {4 x 25 on :40 odds free evens brst
 {1 x 100 on 2:00 Individual Medley
 {4 x 25 on :40 odds free evens fly
 {1 x 200 on 4:00 Individual Medley
 {4 x 25 on :40 odds free evens back
 {1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 odds free evens brst
 {1 x 100 on 1:55 Individual Medley
 {4 x 25 on :40 Freestyle

250 5 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,100 Yards - Stress Value = 63

Workout #10085 - Monday, 05 December 2011

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Tm mtg
 600 1 x 600 on 11:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 3:00 Kick for time
 1,600 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:50 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:45 Kick-descend
 1,200 2x{3 x 50 on 1:00 Pulls 8 SOT-HB
 {3 x 50 on :55 Pulls 7 SOT HB
 {3 x 50 on :50 Pulls 6 SOT HB
 {3 x 50 on :45 Pulls 5 SOT HB
 200 8 x 25 on 1:00 Fly Drills with or without fi
 750 30 x 25 on :25 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Relay starts
 7:30 PM 4,850 Yards - Stress Value = 69

Workout #10095 - Monday, 05 December 2011

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Tm mtg
 550 1 x 550 on 11:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 3:00 Kick for time
 1,450 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:15 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:10 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:05 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:30 Kick-descend
 1,200 2x{3 x 50 on 1:00 Pulls 8 SOT-HB
 {3 x 50 on :55 Pulls 7 SOT HB
 {3 x 50 on :50 Pulls 6 SOT HB
 {3 x 50 on :45 Pulls 5 SOT HB
 200 8 x 25 on 1:00 Fly Drills with or without fi
 650 26 x 25 on :30 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Relay starts
 7:30 PM 4,550 Yards - Stress Value = 64

Workout #10096 - Monday, 05 December 2011

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Tm mtg
500	1 x 500 on 11:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
100	1 x 100 on 3:00 Kick for time
1,300	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:40 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:35 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:25 Kick-descend
1,000	2x{3 x 50 on 1:10 Pulls 8 SOT-HB
	{3 x 50 on 1:05 Pulls 7 SOT HB
	{2 x 50 on 1:00 Pulls 6 SOT HB
	{2 x 50 on :55 Pulls 5 SOT HB
200	8 x 25 on 1:00 Fly Drills with or without fi
550	22 x 25 on :35 Butterfly
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Relay starts
	7:31 PM 4,050 Yards - Stress Value = 57

Workout #10097 - Monday, 05 December 2011

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Tm mtg
450	1 x 450 on 11:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
100	1 x 100 on 3:00 Kick for time
1,050	1x{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Kick-descend
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 2:55 Kick-descend
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 2:50 Kick-descend
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 1:20 Kick-fast
900	2x{3 x 50 on 1:15 Pulls 8 SOT-HB
	{2 x 50 on 1:10 Pulls 7 SOT HB
	{2 x 50 on 1:05 Pulls 6 SOT HB
	{2 x 50 on 1:00 Pulls 5 SOT HB
200	8 x 25 on 1:00 Fly Drills with or without fi
450	18 x 25 on :45 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Relay starts
	7:31 PM 3,500 Yards - Stress Value = 49

Workout #10082 - Monday, 05 December 2011

HighSchl - Back

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY
=====	=====	=====
2,250	1x{1 x 125 on 1:50 Backstroke	EN1
	{2 x 125 on 1:45 Backstroke	EN1
	{3 x 125 on 1:40 Backstroke	EN1
	{4 x 125 on 1:35 Backstroke	EN2
	{4 x 100 on 1:20 Backstroke	EN2
	{3 x 100 on 1:15 Backstroke	EN2
	{2 x 100 on 1:10 Backstroke	EN2
	{1 x 100 on 1:05 Backstroke	EN2

150	3 x 50 on 1:00 Back 12.5 yds-under 100% SP2
300	6 x 50 on 1:00 Stroke Drills REC
	1 on 10:00 Ice
	5:35 PM 2,700 Yards - Stress Value = 52

Workout #10079 - Monday, 05 December 2011

HighSchl - Breast

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
2,250	1x{1 x 125 on 2:10 Breaststroke	EN1	S	BR	1
	{2 x 125 on 2:05 Breaststroke	EN1	S	BR	1
	{3 x 125 on 2:00 Breaststroke	EN1	S	BR	1
	{4 x 125 on 1:55 Breaststroke	EN2	S	BR	1
	{4 x 100 on 1:35 Breaststroke	EN2	S	BR	1
	{3 x 100 on 1:30 Breaststroke	EN2	S	BR	1
	{2 x 100 on 1:25 Breaststroke	EN2	S	BR	1
	{1 x 100 on 1:20 Breaststroke	EN2	S	BR	1
250	5 x 50 on 1:00 Stroke Drills REC	D	CD	2	
	1 on 10:00 Ice	M			
	5:35 PM 2,500 Yards - Stress Value = 37				

Workout #10076 - Monday, 05 December 2011

HighSchl - Distance

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY
=====	=====	=====
2,400	1x{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 109	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 109	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 109	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle hold under 109	EN2
450	9 x 50 on 1:00 Stroke Drills REC	
	1 on 10:00 Ice	
	5:35 PM 2,850 Yards - Stress Value = 48	

Workout #10077 - Monday, 05 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY
=====	=====	=====
2,200	1x{1 x 300 on 4:15 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 117	EN2
	{1 x 300 on 4:15 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 117	EN2
	{1 x 300 on 4:15 Freestyle	EN2
	{1 x 100 on 1:30 Freestyle hold under 117	EN2
	{1 x 300 on 4:15 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 117	EN2
350	7 x 50 on 1:00 Stroke Drills REC	
	1 on 10:00 Ice	
	5:35 PM 2,550 Yards - Stress Value = 44	

Workout #10080 - Monday, 05 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,850	1x{1 x 125 on 2:25 Breaststroke	EN1	S	BR	1
	{2 x 125 on 2:20 Breaststroke	EN1	S	BR	1
	{3 x 125 on 2:15 Breaststroke	EN1	S	BR	1
	{4 x 125 on 2:10 Breaststroke	EN2	S	BR	1
	{3 x 100 on 1:50 Breaststroke	EN2	S	BR	1
	{2 x 100 on 1:45 Breaststroke	EN2	S	BR	1
	{1 x 100 on 1:40 Breaststroke	EN2	S	BR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,150 Yards - Stress Value = 29

600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,650	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{2 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{8 x 25 on :35 Kick no board BSLR X2
	{2 x 100 on 1:45 Kick
	{1 x 50 on :50 Kick
	{6 x 25 on :35 Kick no board BSLRBS
750	3x{1 x 50 on :45 Pull 7 SOT-HB
	{1 x 50 on :45 Pull 6 SOT-HB
	{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
	{1 x 50 on :45 Pull 3 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:43 PM 3,350 Yards - Stress Value = 51

Workout #10083 - Monday, 05 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,150	1x{1 x 125 on 2:05 Backstroke	EN1	S	BK	1
	{2 x 125 on 2:00 Backstroke	EN1	S	BK	1
	{3 x 125 on 1:55 Backstroke	EN1	S	BK	1
	{4 x 125 on 1:50 Backstroke	EN2	S	BK	1
	{4 x 100 on 1:35 Backstroke	EN2	S	BK	1
	{3 x 100 on 1:30 Backstroke	EN2	S	BK	1
	{2 x 100 on 1:25 Backstroke	EN2	S	BK	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

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

Workout #10074 - Monday, 05 December 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Shoulders/Vis
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{2 x 100 on 2:00 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{2 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{8 x 25 on :40 Kick no board BSLR X2
	{2 x 100 on 1:55 Kick
	{4 x 25 on :40 Kick no board BSLRBS
750	3x{1 x 50 on :50 Pull 7 SOT-HB
	{1 x 50 on :50 Pull 6 SOT-HB
	{1 x 50 on :50 Pull 5 SOT-HB
	{1 x 50 on :50 Pull 4 SOT-HB
	{1 x 50 on :50 Pull 3 SOT-HB (not 3rd set)
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:44 PM 3,100 Yards - Stress Value = 47

Workout #10072 - Monday, 05 December 2011

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Shoulders/Vis
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	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 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 3,600 Yards - Stress Value = 56

Workout #10073 - Monday, 05 December 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Shoulders/Vis

Workout #10075 - Monday, 05 December 2011

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM Start					
500	1 x 500 on 10:00 Swim-kick-pull-swim				
150	10 x 15 on :45 Shooters				
1,350	1x{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:15 Kick				
	{2 x 100 on 2:10 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:10 Kick				
	{2 x 100 on 2:05 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 75 on 1:35 Kick				
	{4 x 25 on :45 Kick no board BSLR				
750	3x{1 x 50 on :55 Pull 7 SOT-HB				
	{1 x 50 on :55 Pull 6 SOT-HB				
	{1 x 50 on :55 Pull 5 SOT-HB				
	{1 x 50 on :55 Pull 4 SOT-HB				
	{1 x 50 on :55 Pulls 3 SOT-HB (only 3rd set)				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:45 PM 2,950 Yards - Stress Value = 45					

{3 x 125 on 2:20 Backstroke	EN1	S	BK	1
{4 x 125 on 2:15 Backstroke	EN2	S	BK	1
{3 x 100 on 1:50 Backstroke	EN2	S	BK	1
{2 x 100 on 1:45 Backstroke	EN2	S	BK	1
{1 x 100 on 1:40 Backstroke	EN2	S	BK	1
6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
1 on 10:00 Ice				M
5:35 PM 2,150 Yards - Stress Value = 29				

Workout #10086 - Tuesday, 06 December 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
2,250	1x{2 x 225 on 2:55 Free L.25 6bk		EN2
	{2 x 225 on 2:50 Free L.25 6bk		EN2
	{2 x 225 on 2:45 Free L.25 6bk		EN2
	{2 x 225 on 2:40 Free L.25 6bk		EN2
	{2 x 225 on 2:35 Free L.25 6bk		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM 3,050 Yards - Stress Value = 51			

Workout #10078 - Monday, 05 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
4:44 PM Start		
2,000	1x{1 x 300 on 4:45 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold under 128	EN2
	{1 x 300 on 4:45 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle hold under 128	EN2
	{1 x 300 on 4:45 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 128	EN2
	{1 x 200 on 3:10 Freestyle	EN2
300	6 x 50 on 1:00 Freestyle	REC
	1 on 10:00 Ice	
5:35 PM 2,300 Yards - Stress Value = 40		

Workout #10089 - Tuesday, 06 December 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM Start		
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,750	1x{1 x 100 on 1:25 4 strokes off walls	EN1
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{2 x 100 on 1:20 4 strokes off walls	EN1
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{3 x 100 on 1:20 4 strokes off walls	EN2
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{4 x 100 on 1:15 4 strokes fly off walls	EN2
	{6 x 25 on :30 Fly-descend in 3s	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM 2,500 Yards - Stress Value = 38		

Workout #10081 - Monday, 05 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:44 PM Start					
1,675	1x{1 x 100 on 2:15 Breaststroke	EN1	S	BR	2
	{2 x 100 on 2:10 Breaststroke	EN1	S	BR	2
	{3 x 100 on 2:05 Breaststroke	EN1	S	BR	2
	{4 x 100 on 1:55 Breaststroke	EN2	S	BR	1
	{4 x 75 on 1:30 Breaststroke	EN2	S	BR	2
	{3 x 75 on 1:25 Breaststroke	EN2	S	BR	1
	{2 x 75 on 1:20 Breaststroke	EN2	S	BR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM 1,975 Yards - Stress Value = 27					

Workout #10087 - Tuesday, 06 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
2,000	1x{2 x 200 on 2:55 Free L.25 6bk		EN2
	{2 x 200 on 2:50 Free L.25 6bk		EN2
	{2 x 200 on 2:45 Free L.25 6bk		EN2
	{2 x 200 on 2:40 Free L.25 6bk		EN2
	{2 x 200 on 2:35 Free L.25 6bk		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM 2,800 Yards - Stress Value = 46			

Workout #10084 - Monday, 05 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:44 PM Start					
1,850	1x{1 x 125 on 2:30 Backstroke	EN1	S	BK	2
	{2 x 125 on 2:25 Backstroke	EN1	S	BK	1

Workout #10090 - Tuesday, 06 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,650	1x{1 x 100 on 1:35 4 strokes off walls	EN1
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{2 x 100 on 1:30 4 strokes off walls	EN1
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{3 x 100 on 1:30 4 strokes off walls	EN2
	{8 x 25 on :30 Fly-descend in 4s	EN2
	{3 x 100 on 1:25 4 strokes fly off walls	EN2
	{6 x 25 on :30 Fly-descend in 3s	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,400 Yards - Stress Value = 36	

Workout #10093 - Tuesday, 06 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

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

Workout #10088 - Tuesday, 06 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,750	1x{2 x 175 on 2:55 Free L.25 6bk	EN2	
	{2 x 175 on 2:50 Free L.25 6bk	EN2	
	{2 x 175 on 2:45 Free L.25 6bk	EN2	
	{2 x 175 on 2:40 Free L.25 6bk	EN2	
	{2 x 175 on 2:35 Free L.25 6bk	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 41		

Workout #10091 - Tuesday, 06 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
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Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,450	1x{1 x 100 on 1:50 4 strokes off walls	EN1	
	{6 x 25 on :35 Fly-descend in 3s	EN2	
	{2 x 100 on 1:45 4 strokes off walls	EN1	
	{6 x 25 on :35 Fly-descend in 3s	EN2	
	{3 x 100 on 1:45 4 strokes off walls	EN2	
	{6 x 25 on :30 Fly-descend in 3s	EN2	
	{3 x 100 on 1:40 4 strokes fly off walls	EN2	
	{4 x 25 on :35 Fly-descend	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 32		

Workout #10094 - Tuesday, 06 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 100 on 1:50 Free L.30y 6bk	EN1	
	{2 x 100 on 1:45 Free L.30y 6bk	EN2	
	{3 x 100 on 1:40 Free L.30y 6bk	EN2	
	{4 x 25 on :30 Free br/ev 3-descend	EN2	
	{1 x 75 on 1:25 Free L.30y 6bk	EN2	
	{2 x 75 on 1:20 Free L.30y 6bk	EN2	
	{3 x 75 on 1:15 Free L.30y 6bk	EN2	
	{4 x 25 on :30 Free br/ev 5-descend	EN2	
	{1 x 50 on 1:00 Free L.30y 6bk	EN2	
	{2 x 50 on :55 Free L.30y 6bk	EN2	
	{3 x 50 on :50 Free L.30y 6bk	EN2	
	{2 x 25 on :30 Free br/ev 7-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 37		

Workout #10092 - Tuesday, 06 December 2011

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{1 x 100 on 1:30 Free L.30y 6bk	EN1	
	{2 x 100 on 1:25 Free L.30y 6bk	EN2	
	{3 x 100 on 1:20 Free L.30y 6bk	EN2	
	{6 x 25 on :25 Free br/ev 3-descend	EN2	
	{1 x 75 on 1:10 Free L.30y 6bk	EN2	
	{2 x 75 on 1:05 Free L.30y 6bk	EN2	
	{3 x 75 on 1:00 Free L.30y 6bk	EN2	
	{6 x 25 on :25 Free br/ev 5-descend	EN2	
	{1 x 50 on :50 Free L.30y 6bk	EN2	
	{2 x 50 on :45 Free L.30y 6bk	EN2	
	{3 x 50 on :40 Free L.30y 6bk	EN2	
	{6 x 25 on :25 Free br/ev 7-descend	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,650 Yards - Stress Value = 41		

Workout #10098 - Wednesday, 07 December 2011

Group 3 - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,850 1x{4 x 25 on :30 Kick no board BSLR 15 KOW
 {6 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR 14 KOW
 {5 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR 13 KOW
 {4 x 125 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR 12 KOW
 1,500 1x{2 x 200 on 2:35 Lungbuster pulls
 {3 x 150 on 1:55 Lungbuster pulls
 {4 x 100 on 1:15 Lungbuster pulls
 {5 x 50 on :40 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 4,300 Yards - Stress Value = 71

Workout #10099 - Wednesday, 07 December 2011

Group 3 - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :35 Kick no board BSLR 15 KOW
 {6 x 75 on 1:20 Kick
 {4 x 25 on :35 Kick no board BSLR 14 KOW
 {5 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board BSLR 13 KOW
 {4 x 75 on 1:15 Kick
 {4 x 25 on :35 Kick no board BSLR 12 KOW
 1,400 1x{2 x 200 on 2:50 Lungbuster pulls
 {3 x 150 on 2:05 Lungbuster pulls
 {4 x 100 on 1:25 Lungbuster pulls
 {3 x 50 on :40 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:40 PM 4,000 Yards - Stress Value = 65

Workout #10100 - Wednesday, 07 December 2011

Group 3 - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :40 Kick no board BSLR 15 KOW
 {3 x 75 on 1:35 Kick
 {3 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {3 x 100 on 2:00 Kick
 {4 x 25 on :40 Kick no board BSLR 13 KOW
 {2 x 125 on 2:30 Kick
 {4 x 25 on :40 Kick no board BSLR 12 KOW
 1,250 1x{2 x 200 on 3:10 Lungbuster pulls
 {3 x 150 on 2:20 Lungbuster pulls
 {3 x 100 on 1:30 Lungbuster pulls

{2 x 50 on :50 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 3,550 Yards - Stress Value = 56

Workout #10101 - Wednesday, 07 December 2011

Group 3 - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :40 Kick no board BSLR 15 KOW
 {4 x 75 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {3 x 100 on 2:15 Kick
 {4 x 25 on :40 Kick no board BSLR 13 KOW
 {2 x 125 on 2:45 Kick
 {4 x 25 on :40 Kick no board BSLR 12 KOW
 {1 x 50 on 1:05 Kick
 1,100 1x{2 x 200 on 3:30 Lungbuster pulls
 {3 x 150 on 2:35 Lungbuster pulls
 {2 x 100 on 1:45 Lungbuster pulls
 {1 x 50 on :55 Lungbuster pulls
 Br 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:39 PM 3,250 Yards - Stress Value = 52

Workout #10115 - Wednesday, 07 December 2011

Group 2 - B and C Level

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1 on 35:00 DS/Core/Tm Mtg L DRY
 400 1 x 400 on 11:00 Choice REC S CHO 2
 150 10 x 15 on :45 Shooters SP3 S BR 5
 900 1x{1 x 200 on 6:00 Kick EN2 K BR 3
 {2 x 175 on 5:15 Kick EN2 K BR 3
 {1 x 150 on 4:30 Kick EN2 K BR 3
 {2 x 100 on 3:00 Kick EN2 K BR 3
 750 1x{3 x 50 on 2:00 Breast Pull EN1 P BR 4
 {2 x 25 on 1:00 Breast 2K1P EN1 D BR 4
 {3 x 50 on 1:55 Breast Pull EN1 P BR 3
 {2 x 25 on 1:00 Breast 2K1P EN1 D BR 4
 {3 x 50 on 1:50 Breast Pull EN1 P BR 3
 {2 x 25 on 1:00 Breast 2K1P EN1 D BR 4
 {3 x 50 on 1:45 Breast Pull EN1 P BR 3
 700 7 x 100 on 2:30 Breaststroke EN1 S BR 2
 300 6 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Game D
 7:29 PM 3,200 Yards - Stress Value = 39

Workout #10111 - Wednesday, 07 December 2011

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
600	1 on 35:00 DS/Core/Tm Mtg		L DRY	
150	1 x 600 on 11:00 Choice	REC	S CHO	
1,500	10 x 15 on :45 Shooters	SP3	S BR	
1,200	1x{1 x 200 on 3:30 Kick	EN2	K BR	
	{2 x 175 on 3:05 Kick	EN2	K BR	
	{3 x 150 on 2:40 Kick	EN2	K BR	
	{4 x 125 on 2:15 Kick	EN2	K BR	
1,200	1x{4 x 50 on 1:30 Breast Pull	EN1	P BR	
	{4 x 25 on :30 Breast 2K1P	EN1	D BR	
	{4 x 50 on 1:25 Breast Pull	EN1	P BR	
	{4 x 25 on :30 Breast 2K1P	EN1	D BR	
	{4 x 50 on 1:20 Breast Pull	EN1	P BR	
	{4 x 25 on :30 Breast 2K1P	EN1	D BR	
	{4 x 50 on 1:15 Breast Pull	EN1	P BR	
	{4 x 25 on :30 Breast 2K1P	EN1	P BR	
1,200	12 x 100 on 1:30 Breaststroke	EN1	S BR	
300	6 x 50 on 1:00 Stroke Drills	REC	D CD	
	1 on 10:00 Game		D	
	7:30 PM 4,950 Yards - Stress Value = 60			

Workout #10112 - Wednesday, 07 December 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
550	1 on 35:00 DS/Core/Tm Mtg		L DRY	
150	1 x 550 on 11:00 Choice	REC	S CHO	
1,350	10 x 15 on :45 Shooters	SP3	S BR	
1,050	1x{1 x 200 on 4:00 Kick	EN2	K BR	
	{2 x 175 on 3:30 Kick	EN2	K BR	
	{3 x 150 on 3:00 Kick	EN2	K BR	
	{3 x 100 on 2:00 Kick	EN2	K BR	
	{1 x 50 on 1:00 Kick	EN2	K BR	
1,050	1x{3 x 50 on 1:40 Breast Pull	EN1	P BR	
	{4 x 25 on :35 Breast 2K1P	EN1	D BR	
	{3 x 50 on 1:35 Breast Pull	EN1	P BR	
	{4 x 25 on :35 Breast 2K1P	EN1	D BR	
	{3 x 50 on 1:30 Breast Pull	EN1	P BR	
	{4 x 25 on :35 Breast 2K1P	EN1	D BR	
	{4 x 50 on 1:25 Breast Pull	EN1	P BR	
	{4 x 25 on :35 Breast 2K1P	EN1	P BR	
1,000	10 x 100 on 1:45 Breaststroke	EN1	S BR	
300	6 x 50 on 1:00 Stroke Drills	REC	D CD	
	1 on 10:00 Game		D	
	7:30 PM 4,400 Yards - Stress Value = 55			

Workout #10113 - Wednesday, 07 December 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
500	1 on 35:00 DS/Core/Tm Mtg		L DRY		
150	1 x 500 on 11:00 Choice	REC	S CHO		
1,200	10 x 15 on :45 Shooters	SP3	S BR		
1,200	1x{1 x 200 on 4:30 Kick	EN2	K BR		
	{2 x 175 on 3:55 Kick	EN2	K BR		
	{2 x 150 on 3:25 Kick	EN2	K BR		
	{3 x 100 on 2:15 Kick	EN2	K BR		
	{1 x 50 on 1:05 Kick	EN2	K BR		
950	1x{3 x 50 on 1:45 Breast Pull	EN1	P BR		
	{4 x 25 on :40 Breast 2K1P	EN1	D BR		
	{3 x 50 on 1:40 Breast Pull	EN1	P BR		

{4 x 25 on :40 Breast 2K1P	EN1	D BR	2
{3 x 50 on 1:35 Breast Pull	EN1	P BR	3
{4 x 25 on :40 Breast 2K1P	EN1	D BR	2
{3 x 50 on 1:30 Breast Pull	EN1	P BR	3
{2 x 25 on :40 Breast 2K1P	EN1	P BR	2
900 9 x 100 on 2:00 Breaststroke	EN1	S BR	2
300 6 x 50 on 1:00 Stroke Drills	REC	D CD	2
1 on 10:00 Game		D	
7:29 PM 4,000 Yards - Stress Value = 50			

Workout #10114 - Wednesday, 07 December 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
450	1 on 35:00 DS/Core/Tm Mtg		L DRY		
150	1 x 450 on 11:00 Choice	REC	S CHO		
1,100	10 x 15 on :45 Shooters	SP3	S BR		
1,100	1x{1 x 200 on 5:00 Kick	EN2	K BR		
	{2 x 175 on 4:20 Kick	EN2	K BR		
	{1 x 150 on 3:45 Kick	EN2	K BR		
	{2 x 125 on 3:05 Kick	EN2	K BR		
	{1 x 100 on 2:30 Kick	EN2	K BR		
	{1 x 50 on 1:15 Kick	EN2	K BR		
800	1x{3 x 50 on 2:00 Breast Pull	EN1	P BR		
	{4 x 25 on :45 Breast 2K1P	EN1	D BR		
	{3 x 50 on 1:55 Breast Pull	EN1	P BR		
	{4 x 25 on :45 Breast 2K1P	EN1	D BR		
	{3 x 50 on 1:50 Breast Pull	EN1	P BR		
	{2 x 25 on :45 Breast 2K1P	EN1	D BR		
	{2 x 50 on 1:45 Breast Pull	EN1	P BR		
800	8 x 100 on 2:15 Breaststroke	EN1	S BR		
300	6 x 50 on 1:00 Stroke Drills	REC	D CD		
	1 on 10:00 Game		D		
	7:30 PM 3,600 Yards - Stress Value = 45				

Workout #10105 - Wednesday, 07 December 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
2,300	1x{1 x 200 on 3:05 Breaststroke	EN2	S BR		1
	{4 x 50 on 1:00 Breast	EN3	S BR		2
	{2 x 175 on 2:40 Breaststroke	EN2	S BR		1
	{4 x 50 on 1:00 Breaststroke	EN3	S BR		2
	{3 x 150 on 2:15 Breaststroke	EN2	S BR		1
	{4 x 50 on 1:00 Breaststroke	EN3	S BR		2
	{4 x 125 on 1:50 Breaststroke	EN2	S BR		1
	{4 x 50 on 1:00 Breaststroke	EN3	S BR		2
250	5 x 50 on 1:00 Stroke Drills	REC	D CD		2
	1 on 10:00 Ice		M		
	5:35 PM 2,550 Yards - Stress Value = 78				

Workout #10102 - Wednesday, 07 December 2011

HighSchl - Distance

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
3,000	1x{2 x 200 on 2:40 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:35 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:30 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:25 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
300	{2 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:25 Freestyle	EN3	S	FR	1
	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M

5:35 PM 3,300 Yards - Stress Value = 84

Workout #10108 - Wednesday, 07 December 2011

HighSchl - Fly

1 minute rest between sets

4:40 PM Start

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

5:35 PM 2,400 Yards - Stress Value = 70

Workout #10103 - Wednesday, 07 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,600	1x{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:55 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:50 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:45 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:35 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
250	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M

5:35 PM 2,850 Yards - Stress Value = 76

Workout #10106 - Wednesday, 07 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,250	1x{1 x 200 on 3:25 Breaststroke	EN2	S	BR	1
	{4 x 50 on 1:00 Breast	EN3	S	BR	2
	{2 x 175 on 2:55 Breaststroke	EN2	S	BR	1

{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
{3 x 150 on 2:25 Breaststroke	EN2	S	BR	1
{4 x 50 on 1:00 Breaststroke	EN3	S	BR	2
{4 x 125 on 2:00 Breaststroke	EN2	S	BR	1
{3 x 50 on 1:00 Breaststroke	EN3	S	BR	2
4 x 50 on 1:00 Stroke Drills	REC	D	CD	2
1 on 10:00 Ice				M

5:35 PM 2,450 Yards - Stress Value = 75

Workout #10109 - Wednesday, 07 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,950	1x{1 x 200 on 3:20 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 15m under	EN3	S	FLY	2
	{2 x 175 on 2:55 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 12m under	EN3	S	FLY	2
	{3 x 150 on 2:25 Butterfly	EN2	P	FLY	1
	{6 x 25 on :40 Fly 9m under	EN3	S	FLY	2
	{3 x 100 on 1:30 Butterfly	EN2	S	FR	1
	{8 x 25 on :40 Fly 6m under	EN3	S	FLY	2
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M

5:36 PM 2,250 Yards - Stress Value = 65

Workout #10104 - Wednesday, 07 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,400	1x{2 x 200 on 3:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M

5:35 PM 2,650 Yards - Stress Value = 64

Workout #10107 - Wednesday, 07 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,000	1x{1 x 200 on 3:40 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breast	EN3	S	BR	2
	{2 x 175 on 3:10 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR	2
	{3 x 150 on 2:40 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR	2
	{4 x 100 on 1:45 Breaststroke	EN2	S	BR	1
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR	2
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M

5:35 PM 2,250 Yards - Stress Value = 64

Workout #10110 - Wednesday, 07 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,650	1x{1 x 200 on 3:45 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 3:15 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{2 x 150 on 2:40 Butterfly	EN2	P	FLY	1
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 1:45 Butterfly	EN2	S	FR	1
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 1,950 Yards - Stress Value = 57

Workout #10142 - Thursday, 08 December 2011

Group 2 - B and C Level

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Shoulders/Tim Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 3:00 Kick	EN2	
	{1 x 50 on 1:30 Backstroke 10 KOW	EN2	
	{2 x 100 on 2:55 Kick	EN2	
	{1 x 50 on 1:30 Backstroke 11 KOW	EN2	
	{2 x 100 on 2:50 Kick	EN2	
	{1 x 50 on 1:30 Backstroke 12 KOW	EN2	
	{1 x 50 on 1:20 Kick	EN2	
150	6 x 25 on 1:15 Backstroke	EN1	
300	1x{1 x 100 on 13:00 Stroke Drill	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	
350	1x{1 x 100 on 2:20 Backstroke	EN2	
	{1 x 100 on 2:15 Backstroke	EN2	
	{1 x 100 on 2:10 Backstroke	EN1	
	{1 x 50 on 1:00 Backstroke	EN2	
	1 on 14:00 Techniques-Back starts		

7:30 PM 2,150 Yards - Stress Value = 30

Workout #10138 - Thursday, 08 December 2011

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Shoulders/Tim Mtg		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{2 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Backstroke 10 KOW	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{1 x 50 on 1:00 Backstroke 11 KOW	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{1 x 50 on 1:00 Backstroke 12 KOW	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{1 x 50 on 1:00 Backstroke 13 KOW	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	{1 x 50 on 1:00 Backstroke 14 KOW	EN2	
150	6 x 25 on 1:15 Backstroke	EN1	
300	1x{1 x 100 on 13:00 Stroke Drill	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	

500	1x{1 x 100 on 1:35 Backstroke	EN2
	{1 x 100 on 1:30 Backstroke	EN1
	{1 x 100 on 1:25 Backstroke	EN2
	{1 x 100 on 1:20 Backstroke	EN2
	{1 x 100 on 1:15 Backstroke	EN2

1 on 14:00 Techniques-Back starts
7:30 PM 2,950 Yards - Stress Value = 42

Workout #10139 - Thursday, 08 December 2011

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Shoulders/Tim Mtg		
550	1 x 550 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{2 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:10 Backstroke 10 KOW	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:10 Backstroke 11 KOW	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{1 x 50 on 1:10 Backstroke 12 KOW	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:10 Backstroke 13 KOW	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on 1:10 Backstroke 14 KOW	EN2	
150	6 x 25 on 1:15 Backstroke	EN1	
300	1x{1 x 100 on 13:00 Stroke Drill	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	
500	1x{1 x 100 on 1:45 Backstroke	EN2	
	{1 x 100 on 1:40 Backstroke	EN2	
	{1 x 100 on 1:35 Backstroke	EN2	
	{1 x 100 on 1:30 Backstroke	EN1	
	{1 x 100 on 1:25 Backstroke	EN2	
	1 on 14:00 Techniques-Back starts		

7:30 PM 2,750 Yards - Stress Value = 39

Workout #10140 - Thursday, 08 December 2011

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Shoulders/Tim Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 100 on 2:30 Kick	EN2	
	{1 x 50 on 1:15 Backstroke 10 KOW	EN2	
	{2 x 100 on 2:25 Kick	EN2	
	{1 x 50 on 1:15 Backstroke 11 KOW	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:15 Backstroke 12 KOW	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:15 Backstroke 13 KOW	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{1 x 50 on 1:10 Backstroke 14 KOW	EN2	
150	6 x 25 on 1:15 Backstroke	EN1	
300	1x{1 x 100 on 13:00 Stroke Drill	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	
400	1x{1 x 100 on 1:55 Backstroke	EN1	
	{1 x 100 on 1:50 Backstroke	EN2	
	{1 x 100 on 1:45 Backstroke	EN2	
	{1 x 100 on 1:40 Backstroke	EN2	
	1 on 14:00 Techniques-Back starts		

7:30 PM 2,500 Yards - Stress Value = 35

Workout #10141 - Thursday, 08 December 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	===	==
	1 on 35:00 DS/Shoulders/Tim Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
900	1x{2 x 100 on 2:45 Kick	EN2	
	{1 x 50 on 1:20 Backstroke 10 KOW	EN2	
	{2 x 100 on 2:40 Kick	EN2	
	{1 x 50 on 1:20 Backstroke 11 KOW	EN2	
	{2 x 100 on 2:35 Kick	EN2	
	{1 x 50 on 1:20 Backstroke 12 KOW	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 50 on 1:15 Backstroke 13 KOW	EN2	
150	6 x 25 on 1:15 Backstroke	EN1	
300	1x{1 x 100 on 13:00 Stroke Drill	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	
	{1 x 100 on 13:00 Stroke Drills	REC	
400	1x{1 x 100 on 2:05 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke	EN2	
	{1 x 100 on 1:55 Backstroke	EN1	
	{1 x 100 on 1:50 Backstroke	EN2	
	1 on 14:00 Techniques-Back starts		
7:30 PM	2,350 Yards - Stress Value = 33		

Workout #10122 - Thursday, 08 December 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
1,800	1x{5 x 125 on 1:45 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{4 x 100 on 1:20 Back alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{3 x 75 on 1:05 Back Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{2 x 50 on :40 Back Alt 25 of 10 KOW		
	{6 x 25 on :30 Back 8-9-10-11-12-13KOW		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,600 Yards - Stress Value = 41		

Workout #10116 - Thursday, 08 December 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
2,250	1x{3 x 225 on 2:55 Free-descend	EN2	
	{3 x 200 on 2:35 Free-descend	EN2	
	{3 x 175 on 2:15 Free-descend	EN2	
	{3 x 150 on 1:55 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	3,000 Yards - Stress Value = 51		

Workout #10129 - Thursday, 08 December 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
=====	=====	===	=====	=====
	1 on 35:00 DS and Weights			
3,000	1x{4 x 125 on 1:25 Freestyle	EN2	S	FR
	{1 x 500 on 5:50 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:45 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:40 Freestyle	EN2	S	FR
	125's hold:1st set 127, 2nd set 126, and 3rd set 125			
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	3,300 Yards - Stress Value = 60			

Workout #10117 - Thursday, 08 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	===	===
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
2,000	1x{3 x 225 on 3:15 Free-descend	EN2	
	{3 x 200 on 2:50 Free-descend	EN2	
	{3 x 175 on 2:25 Free-descend	EN2	
	{2 x 100 on 1:25 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,750 Yards - Stress Value = 46		

Workout #10120 - Thursday, 08 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

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

Workout #10123 - Thursday, 08 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
400	1 on 35:00 DS and Weights 1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters Your primary stroke(s)
1,650	1x{5 x 125 on 2:00 Backstroke-Alt 25 of 10 KOW 4 x 25 on :30 Back 8-9-10-11 KOW 4 x 100 on 1:35 Back alt 25 of 10 KOW 4 x 25 on :30 Back 8-9-10-11 KOW 3 x 75 on 1:15 Back Alt 25 of 10 KOW 4 x 25 on :30 Back 8-9-10-11 KOW 2 x 50 on :45 Back Alt 25 of 10 KOW
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
7:05 AM	2,450 Yards - Stress Value = 38

1 on 10:00 Ice
5:35 PM 2,550 Yards - Stress Value = 48

Workout #10135 - Thursday, 08 December 2011

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description
4:44 PM	Start
2,500	1x{1 x 100 on 1:30 Individual Medley 5 x 75 on 1:10 Fly-25L 25R 25 B 2 x 100 on 1:25 Individual Medley 5 x 75 on 1:10 Back 25L 25R 25B 3 x 100 on 1:20 Individual Medley 5 x 75 on 1:15 Brst 25FlK 25FrK 25Rk 4 x 100 on 1:15 Individual Medley 5 x 75 on 1:05 Fr 25sclsdfst25catchup25reg
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
5:35 PM	2,700 Yards - Stress Value = 52

Workout #10130 - Thursday, 08 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
2,650	1x{4 x 125 on 1:45 Freestyle 1 x 400 on 5:30 Freestyle 4 x 125 on 1:45 Freestyle 1 x 400 on 5:25 Freestyle 4 x 125 on 1:45 Freestyle 1 x 350 on 4:40 Freestyle 125's hold:1st set 142, 2nd set 141, and 3rd set 140	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:35 PM	2,850 Yards - Stress Value = 53		M	

Workout #10125 - Thursday, 08 December 2011

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 40:00 Team Pictures-Dryland 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 150 on 2:25 Kick your #1 2 x 50 on :55 Kick your #2 2 x 50 on 1:00 Kick your #3 1 x 150 on 2:20 Kick your #1 2 x 50 on :55 Kick you #2 2 x 50 on 1:00 Kick your #3 1 x 150 on 2:15 Kick your #1 2 x 50 on :55 Kick your #2 2 x 50 on 1:00 Kick your #3 1 x 150 on 2:10 Kick your#1
1,050	1x{3 x 50 on :40 Pulls 3 x 75 on 1:00 Pulls 3 x 100 on 1:15 Pulls 3 x 125 on 1:35 Pulls
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:43 PM	3,200 Yards - Stress Value = 43

Workout #10133 - Thursday, 08 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
2,150	1x{6 x 150 on 2:30 Free Alt 25's 6bk Br 5 5 x 125 on 2:05 Free Alt 25's 6BK Br 5 4 x 100 on 1:40 Free Alt 25's 6bk Br 5 3 x 75 on 1:15 Free Alt 25 6bk Br 5	EN2		
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC		
5:35 PM	2,400 Yards - Stress Value = 42			

Workout #10136 - Thursday, 08 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description
4:44 PM	Start
2,350	1x{1 x 100 on 1:40 Individual Medley 4 x 75 on 1:10 Fly-25L 25R 25 B 2 x 100 on 1:35 Individual Medley 4 x 75 on 1:10 Back 25L 25R 25B 3 x 100 on 1:30 Individual Medley 5 x 75 on 1:20 Brst 25FlK 25FrK 25Rk 4 x 100 on 1:25 Individual Medley 5 x 75 on 1:10 Fr 25sclsdfst25catchup25reg
200	1 x 200 on 3:00 Stroke Drills

Workout #10126 - Thursday, 08 December 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 Team Pictures-Dryland
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 150 on 2:50 Kick your #1
 {2 x 50 on 1:05 Kick your #2
 {1 x 50 on 1:10 Kick your #3
 {1 x 150 on 2:45 Kick your #1
 {1 x 50 on 1:05 Kick you #2
 {2 x 50 on 1:10 Kick your #3
 {1 x 150 on 2:40 Kick your #1
 {1 x 50 on 1:05 Kick your #2
 {2 x 50 on 1:10 Kick your #3
 {1 x 150 on 2:35 Kick your#1
 900 1x{3 x 50 on :45 Pulls
 {3 x 75 on 1:10 Pulls
 {3 x 100 on 1:25 Pulls
 {3 x 75 on 1:05 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 2,900 Yards - Stress Value = 38

{1 x 50 on 1:15 Kick you #2
 {1 x 50 on 1:20 Kick your #3
 {1 x 150 on 3:25 Kick your #1
 {1 x 50 on 1:15 Kick your #2
 {1 x 50 on 1:20 Kick your #3
 {1 x 150 on 3:20 Kick your#1
 750 1x{3 x 50 on :55 Pulls
 {3 x 75 on 1:25 Pulls
 {3 x 100 on 1:55 Pulls
 {1 x 75 on 1:10 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:43 PM 2,450 Yards - Stress Value = 32

Workout #10118 - Thursday, 08 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,800 1x{3 x 225 on 3:40 Free-descend EN2
 {3 x 200 on 3:15 Free-descend EN2
 {3 x 175 on 2:50 Free-descend EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 2,500 Yards - Stress Value = 42

Workout #10127 - Thursday, 08 December 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 Team Pictures-Dryland
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 950 1x{1 x 150 on 3:15 Kick your #1
 {1 x 50 on 1:10 Kick your #2
 {1 x 50 on 1:15 Kick your #3
 {1 x 150 on 3:10 Kick your #1
 {2 x 50 on 1:10 Kick you #2
 {1 x 50 on 1:15 Kick your #3
 {1 x 150 on 3:05 Kick your #1
 {2 x 50 on 1:10 Kick your #2
 {1 x 50 on 1:15 Kick your #3
 {1 x 100 on 2:00 Kick your#1
 800 1x{3 x 50 on :50 Pulls
 {3 x 75 on 1:15 Pulls
 {3 x 100 on 1:40 Pulls
 {1 x 125 on 2:05 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 2,650 Yards - Stress Value = 35

Workout #10121 - Thursday, 08 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke(s)
 1,500 1x{3 x 100 on 1:55 Free-descend EN2
 {4 x 50 on :50 Free-descend EN2
 {3 x 100 on 1:50 Free-descend EN2
 {4 x 50 on :55 Free-descend EN2
 {3 x 100 on 1:50 Free-descend EN2
 {4 x 50 on 1:00 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,250 Yards - Stress Value = 36

Workout #10128 - Thursday, 08 December 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 Team Pictures-Dryland
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 850 1x{1 x 125 on 3:00 Kick your #1
 {1 x 50 on 1:15 Kick your #2
 {1 x 50 on 1:20 Kick your #3
 {1 x 125 on 2:55 Kick your #1

Workout #10124 - Thursday, 08 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
350	1 on 35:00 DS and Weights 1 x 350 on 7:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters Your primary stroke(s)
1,450	1x{5 x 125 on 2:20 Backstroke-Alt 25 of 10 KOW 4 x 25 on :40 Back 8-9-10-11 KOW 4 x 100 on 1:50 Back alt 25 of 10 KOW 4 x 25 on :40 Back 8-9-10-11 KOW 3 x 75 on 1:20 Back Alt 25 of 10 KOW
250	1 x 250 on 3:00 Stroke Drills 1 on 10:00 Ice

7:05 AM 2,200 Yards - Stress Value = 34

Workout #10131 - Thursday, 08 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{4 x 100 on 1:40 Freestyle 1 x 400 on 6:20 Freestyle 4 x 100 on 1:40 Freestyle 1 x 400 on 6:15 Freestyle 4 x 100 on 1:40 Freestyle 1 x 250 on 3:50 Freestyle 100's hold:1st set 135, 2nd set 134, and 3rd set 132	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD

5:35 PM 2,450 Yards - Stress Value = 45

Workout #10134 - Thursday, 08 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	W
1,900	1x{5 x 150 on 2:55 Free Alt 25's 6bk Br 5 5 x 125 on 2:25 Free Alt 25's 6BK Br 5 4 x 100 on 1:55 Free Alt 25's 6bk Br 5 3 x 75 on 1:25 Free Alt 25's 6BK Br 5 1 x 50 on :50 Free 25 6bk Br 5	EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	

5:35 PM 2,100 Yards - Stress Value = 37

Workout #10137 - Thursday, 08 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	F
1,950	1x{1 x 100 on 1:55 Individual Medley 4 x 75 on 1:25 Fly-25L 25R 25 B 2 x 100 on 1:50 Individual Medley 4 x 75 on 1:25 Back 25L 25R 25B 3 x 100 on 1:45 Individual Medley 4 x 75 on 1:30 Brst 25FlK 25FrK 25Rk 3 x 100 on 1:45 Individual Medley 2 x 75 on 1:20 Fr 25sclsdfst25catchup25reg	F
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	F

5:35 PM 2,150 Yards - Stress Value = 39

Workout #10119 - Thursday, 08 December 2011

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

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

7:05 AM 2,700 Yards - Stress Value = 44

Workout #10132 - Thursday, 08 December 2011

HighSchl - Sprint

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	W
2,275	1x{6 x 150 on 2:15 Free Alt 25's 6bk Br 5 5 x 125 on 1:55 Free Alt 25's 6BK Br 5 4 x 100 on 1:30 Free Alt 25's 6bk Br 5 3 x 75 on 1:05 Free Alt 25's 6BK Br 5 2 x 50 on :40 Free Alt 25 6bk Br 5 1 x 25 on :20 Free 6BK Br 5	EN2	
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	

5:35 PM 2,575 Yards - Stress Value = 44

Workout #10143 - Friday, 09 December 2011

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
800	1 on 30:00 DS/Abs/Vis/Tm mtg 1 x 800 on 12:00 Choice-mix of swim, drill kick, pull, and non free	REC
150	10 x 15 on :45 Shooters	SP3
250	1 x 250 on 10:00 Indvdl Prsrcptns	REC
750	1 x 750 on 15:00 Social Kick	REC
250	1 on 15:00 Techniques-Relay Starts 1 x 250 on 10:00 Indvdl Prsrcptns	REC
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC

5:05 PM 2,700 Yards - Stress Value = 6

Workout #10144 - Saturday, 10 December 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
500	1 on 35:00 DS and Weights
150	1 x 500 on 10:00 Reverse IM drill
100	10 x 15 on :45 Shooters
100	IM, primary stroke, or free
1,100	1 x 100 on 1:00 Kick for time
1,700	11 x 100 on 2:00 Challenge Kick Set w/fins
1,350	1x{1 x 400 on 5:20 Pulls-nbbf&w + 2 yds
400	{2 x 300 on 4:00 Pulls-nbbf&w + 2 yds
	{3 x 200 on 2:40 Pulls-nbbf&w + 2 yds
	{2 x 50 on :40 Pulls 5 breaths each
200	4x{1 x 25 on :50 Sculling drills
1,350	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	18 x 75 on 1:30 Freestyle
	1 x 400 on 6:00 Stroke Drills
	1 on 10:00 Ice
8:35 AM	5,600 Yards - Stress Value = 131

6:00 AM Start

Yards	Set Description
500	1 on 35:00 DS and Weights
150	1 x 500 on 10:00 Reverse IM drill
100	10 x 15 on :45 Shooters
100	IM, primary stroke, or free
1,100	1 x 100 on 1:00 Kick for time
1,300	11 x 100 on 2:00 Challenge Kick Set w/fins
200	1x{1 x 400 on 7:00 Pulls-nbbf&w + 2 yds
	{2 x 300 on 5:15 Pulls-nbbf&w + 2 yds
	{3 x 100 on 1:45 Pulls-nbbf&w + 2 yds
1,350	4x{1 x 25 on :50 Sculling drills
400	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	18 x 75 on 1:30 Freestyle
	1 x 400 on 6:00 Stroke Drills
	1 on 10:00 Ice
8:35 AM	5,100 Yards - Stress Value = 126

Workout #10174 - Monday, 12 December 2011

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
600	1 on 35:00 DS and Weights
150	1 x 600 on 10:00 Reverse IM drill
100	10 x 15 on :45 Shooters
100	IM, primary stroke, or free
1,100	1 x 100 on 1:00 Kick for time
1,600	11 x 100 on 2:00 Challenge Kick Set w/fins
1,200	1x{4 x 25 on 5:45 Pulls-nbbf&w + 2 yds
	{2 x 300 on 4:15 Pulls-nbbf&w + 2 yds
	{3 x 200 on 2:55 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
1,350	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	18 x 75 on 1:30 Freestyle
	1 x 400 on 6:00 Stroke Drills
	1 on 10:00 Ice
8:35 AM	5,500 Yards - Stress Value = 129

5:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Balls/Tm Mtg
150	1 x 600 on 12:00 Swim-kick-pull-swim
800	10 x 15 on :45 Shooters
850	4x{4 x 25 on 1:00 17 sec kick on wall face in p
	{ flip turn, hold breath +1 stroke
	{1 x 100 on 3:00 Easy swim
700	1 x 850 on 17:00 Kick 17 seconds face in wat
150	43 seconds social kick
1,200	7 x 100 on 1:45 Pulls-17 breaths total for e
	6 x 25 on 1:00 Free Drills
	1x{4 x 25 on :30 Free-2bk
	{4 x 50 on 1:00 Free 25 2bk, 25 4bk
	{4 x 75 on 1:30 Free 25-2bk,25-4bk, 25-6bk
	{4 x 75 on 1:30 Free 25-6bk, 25-4bk, 25-2bk
	{4 x 50 on 1:00 Free 25-6bk, 25-4bk
	{4 x 25 on :30 Free 6bk
250	1 x 250 on 5:00 Stroke Drills
7:30 PM	4,700 Yards - Stress Value = 70

Workout #10175 - Monday, 12 December 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
6:00 AM	Start
550	1 on 35:00 DS and Weights
150	1 x 550 on 10:00 Reverse IM drill
100	10 x 15 on :45 Shooters
100	IM, primary stroke, or free
1,100	1 x 100 on 1:00 Kick for time
1,450	11 x 100 on 2:00 Challenge Kick Set w/fins
1,200	1x{1 x 400 on 6:20 Pulls-nbbf&w + 2 yds
	{2 x 300 on 4:45 Pulls-nbbf&w + 2 yds
	{3 x 150 on 2:25 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
1,350	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	18 x 75 on 1:30 Freestyle
	1 x 400 on 6:00 Stroke Drills
	1 on 10:00 Ice
8:36 AM	5,300 Yards - Stress Value = 127

5:00 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Balls/Tm Mtg
150	1 x 550 on 12:00 Swim-kick-pull-swim
800	10 x 15 on :45 Shooters
850	4x{4 x 25 on 1:00 17 sec kick on wall face in p
	{ flip turn, hold breath +1 stroke
	{1 x 100 on 3:00 Easy swim
600	1 x 850 on 17:00 Kick 17 seconds face in wat
150	43 seconds social kick
1,200	6 x 100 on 1:55 Pulls-17 breaths total for e
	6 x 25 on 1:00 Free Drills
	1x{4 x 25 on :30 Free-2bk
	{4 x 50 on 1:00 Free 25 2bk, 25 4bk
	{4 x 75 on 1:30 Free 25-2bk,25-4bk, 25-6bk
	{4 x 75 on 1:30 Free 25-6bk, 25-4bk, 25-2bk
	{4 x 50 on 1:00 Free 25-6bk, 25-4bk
	{4 x 25 on :30 Free 6bk
250	1 x 250 on 5:00 Stroke Drills
7:29 PM	4,550 Yards - Stress Value = 68

Workout #10147 - Saturday, 10 December 2011

HighSchl - Bronze

1 minute rest between sets

Workout #10176 - Monday, 12 December 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
=====	=====			
	1 on 30:00 DS/Physio Balls/Tm Mtg			
500	1 x 500 on 12:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
800	4x{4 x 25 on 1:00 17 sec kick on wall face in r { flip turn, hold breath +1 stroke { 1 x 100 on 3:00 Easy swim			
850	1 x 850 on 17:00 Kick 17 seconds face in wat 43 seconds social kick			
600	6 x 100 on 2:05 Pulls-17 breaths total for e			
150	6 x 25 on 1:00 Free Drills			
900	1x{4 x 25 on :40 Free-2bk 4 x 50 on 1:20 Free 25 2bk, 25 4bk 4 x 75 on 2:00 Free 25-2bk,25-4bk, 25-6bk 2 x 75 on 2:00 Free 25-6bk, 25-4bk, 25-2bk 2 x 50 on 1:20 Free 25-6bk, 25-4bk 2 x 25 on :40 Free 6bk			
250	1 x 250 on 5:00 Stroke Drills			
7:30 PM	4,200 Yards - Stress Value = 62			

Workout #10155 - Monday, 12 December 2011

HS Girls - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 AM	Start			
=====	=====			
2,150	1x{1 x 200 on 3:15 Breaststroke 2 x 25 on :30 Breast 2K1P 1 x 200 on 3:10 Breaststroke 4 x 25 on :30 Breast 2K1P 1 x 200 on 3:05 Breaststroke 6 x 25 on :30 Breast 2K1P 1 x 200 on 3:00 Breaststroke 6 x 25 on :30 Breast 2K1P 1 x 200 on 2:55 Breaststroke 6 x 25 on :30 Breast 2K1P 1 x 200 on 2:50 Breaststroke 4 x 25 on :30 Breast 2K1P 1 x 200 on 2:45 Breaststroke 2 x 25 on :30 Breast 2K1P	EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN1	S D S D S D S D S D S S S D	BR BR BR BR BR BR BR BR BR BR BR BR BR BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 AM	2,400 Yards - Stress Value = 37			

Workout #10177 - Monday, 12 December 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
=====	=====			
	1 on 30:00 DS/Physio Balls/Tm Mtg			
450	1 x 450 on 12:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
800	4x{4 x 25 on 1:00 17 sec kick on wall face in r { flip turn, hold breath +1 stroke { 1 x 100 on 3:00 Easy swim			
850	1 x 850 on 17:00 Kick 17 seconds face in wat 43 seconds social kick			
500	5 x 100 on 2:30 Pulls-17 breaths total for e			
150	6 x 25 on 1:00 Free Drills			
900	1x{4 x 25 on :40 Free-2bk 4 x 50 on 1:20 Free 25 2bk, 25 4bk 4 x 75 on 2:00 Free 25-2bk,25-4bk, 25-6bk 2 x 75 on 2:00 Free 25-6bk, 25-4bk, 25-2bk 2 x 50 on 1:20 Free 25-6bk, 25-4bk 2 x 25 on :40 Free 6bk			
250	1 x 250 on 5:00 Stroke Drills			
7:30 PM	4,050 Yards - Stress Value = 60			

Workout #10152 - Monday, 12 December 2011

HS Girls - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 AM	Start			
=====	=====			
3,000	1x{2 x 150 on 1:55 Freestyle 5 x 100 on 1:10 Freestyle 2 x 150 on 1:55 Freestyle 4 x 100 on 1:10 Freestyle 2 x 150 on 1:55 Freestyle 3 x 100 on 1:10 Freestyle 2 x 150 on 1:55 Freestyle 2 x 100 on 1:10 Freestyle 2 x 150 on 1:55 Freestyle 1 x 100 on 1:10 Freestyle 150's hold under 1:50 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN2 EN1 EN2 EN2 EN2 EN1 EN2 EN1 EN2 REC M	S S S S S S S S S S D M	FR FR FR FR FR FR FR FR FR FR CD M
5:35 AM	3,200 Yards - Stress Value = 48			

Workout #10153 - Monday, 12 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 AM	Start			
=====	=====			
2,600	1x{2 x 150 on 2:10 Freestyle 5 x 100 on 1:20 Freestyle 2 x 150 on 2:10 Freestyle 4 x 100 on 1:20 Freestyle 2 x 150 on 2:10 Freestyle 3 x 100 on 1:20 Freestyle 2 x 150 on 2:10 Freestyle 2 x 100 on 1:20 Freestyle hold 150's under 2:03 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 REC M	S S S S S S S S D M	FR FR FR FR FR FR FR FR CD M
5:35 AM	2,850 Yards - Stress Value = 43			

Workout #10158 - Monday, 12 December 2011

HS Girls - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
=====	=====			
2,500	1x{3 x 100 on 1:25 Backstroke-descend 1 x 200 on 2:30 Backstroke 3 x 100 on 1:25 Backstroke-descend 1 x 200 on 2:35 Backstroke 3 x 100 on 1:25 Backstroke-descend 1 x 200 on 2:40 Backstroke 3 x 100 on 1:25 Backstroke-descend 1 x 200 on 2:45 Backstroke 3 x 100 on 1:25 Backstroke-descend 1 x 200 on 2:50 Backstroke 1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 REC M	S S S S S S S S S S D M	
5:35 PM	2,800 Yards - Stress Value = 50			

Workout #10156 - Monday, 12 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

4:44 AM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{2 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:35 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:25 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	S	BR
	{1 x 200 on 3:15 Breaststroke	EN2	S	BR
	{2 x 25 on :35 Breast 2K1P	EN2	S	BR
200	{1 x 100 on 1:30 Breaststroke	EN2	S	BR
	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 AM 2,100 Yards - Stress Value = 33

Workout #10159 - Monday, 12 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

4:44 PM Start

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

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

Workout #10148 - Monday, 12 December 2011

HS Girls - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg
150	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,750	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:05 Kick
1,100	1x{2 x 100 on 1:20 Pull 7 SOLW
	{2 x 125 on 1:40 Pull 6 SOLW
	{2 x 150 on 1:55 Pull 5 SOLW
	{2 x 175 on 2:15 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

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

Workout #10149 - Monday, 12 December 2011

HS Girls - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg
150	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:10 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:15 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:20 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 50 on 1:00 Kick
1,000	1x{1 x 100 on 1:30 Pull 7 SOLW
	{2 x 125 on 1:50 Pull 6 SOLW
	{2 x 150 on 2:10 Pull 5 SOLW
	{2 x 175 on 2:30 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:43 PM 3,450 Yards - Stress Value = 48

Workout #10150 - Monday, 12 December 2011

HS Girls - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg
150	1 x 550 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,325	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:25 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:00 Kick
900	1x{2 x 100 on 1:40 Pull 7 SOLW
	{2 x 125 on 2:00 Pull 6 SOLW
	{1 x 100 on 1:35 Pull 5 SOLW
	{2 x 175 on 2:50 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

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

Workout #10151 - Monday, 12 December 2011

HS Girls - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg			
150	1 x 500 on 10:00 Swim-kick-pull-swim			
1,150	10 x 15 on :45 Shooters			
	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:10 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:15 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:20 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{3 x 50 on 1:15 Kick			
800	1x{2 x 100 on 1:50 Pull 7 SOLW			
	{1 x 125 on 2:20 Pull 6 SOLW			
	{2 x 150 on 2:40 Pull 5 SOLW			
	{1 x 175 on 3:10 Pull 4 SOLW			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:43 PM 2,800 Yards - Stress Value = 39			

Workout #10154 - Monday, 12 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

4:44 AM Start

Yards	Set Description	EGY	WORK	STK
2,300	1x{2 x 150 on 2:25 Freestyle	EN1	S	FR
	{5 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN1	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN1	S	FR
	hold 150's under 2:16			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 AM 2,550 Yards - Stress Value = 37			

Workout #10157 - Monday, 12 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
1,700	1x{1 x 200 on 3:55 Breaststroke	EN2	S	BR
	{2 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:50 Breaststroke	EN2	S	BR
	{4 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:35 Breaststroke	EN2	S	BR
	{4 x 25 on :40 Breast 2K1P	EN1	S	BR
	{1 x 150 on 2:35 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	5:35 PM 1,950 Yards - Stress Value = 29			

Workout #10160 - Monday, 12 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK

Yards	Set Description	EGY	WORK
1,950	1x{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:30 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:25 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:20 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 150 on 2:25 Backstroke	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	5:35 PM 2,250 Yards - Stress Value = 39		

Workout #10171 - Monday, 12 December 2011

HS Boys - Back

1 minute rest between sets

4:07 PM Start

Yards	Set Description	EGY	WORK
1,900	1x{3 x 100 on 1:25 Backstroke-descend	EN2	S
	{1 x 200 on 2:30 Backstroke	EN2	S
	{3 x 100 on 1:25 Backstroke-descend	EN2	S
	{1 x 200 on 2:35 Backstroke	EN2	S
	{3 x 100 on 1:25 Backstroke-descend	EN2	S
	{1 x 200 on 2:40 Backstroke	EN2	S
	{4 x 100 on 1:25 Backstroke-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	4:49 PM 2,150 Yards - Stress Value = 38		

Workout #10168 - Monday, 12 December 2011

HS Boys - Breast

1 minute rest between sets

4:07 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{1 x 200 on 3:15 Breaststroke	EN2	S	BR
	{2 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:10 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:55 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:50 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:53 PM 2,050 Yards - Stress Value = 31			

Workout #10165 - Monday, 12 December 2011

HS Boys - Distance

1 minute rest between sets

4:07 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{5 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN2	S	FR
	{2 x 100 on 1:10 Freestyle	EN2	S	FR
	150's hold under 1:50			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:46 PM 2,200 Yards - Stress Value = 34			

Workout #10166 - Monday, 12 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

4:07 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{5 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN1	S	FR
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:10 Freestyle	EN2	S	FR
	hold 150's under 2:03			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:47 PM 2,050 Yards - Stress Value = 30

Workout #10169 - Monday, 12 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

4:07 PM Start

Yards	Set Description	EGY	WORK	STK
1,550	1x{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{2 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:35 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:25 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:52 PM 1,750 Yards - Stress Value = 26

Workout #10172 - Monday, 12 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

4:07 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{3 x 100 on 1:35 Backstroke-descend	EN2	S	
	{1 x 200 on 2:50 Backstroke	EN2	S	
	{3 x 100 on 1:35 Backstroke-descend	EN2	S	
	{1 x 200 on 2:55 Backstroke	EN2	S	
	{3 x 100 on 1:35 Backstroke-descend	EN2	S	
	{1 x 200 on 3:00 Backstroke	EN2	S	
	{3 x 100 on 1:35 Backstroke-descend	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:50 PM 2,050 Yards - Stress Value = 36

Workout #10161 - Monday, 12 December 2011

HS Boys - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg			
400	1 x 400 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
700	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			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:06 PM 1,350 Yards - Stress Value = 20

Workout #10162 - Monday, 12 December 2011

HS Boys - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg			
400	1 x 400 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
600	1x{4 x 25 on :35 Kick no board BSLR			
	{2 x 125 on 2:10 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{2 x 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			

4:06 PM 1,250 Yards - Stress Value = 18

Workout #10163 - Monday, 12 December 2011

HS Boys - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg			
400	1 x 400 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
500	1x{4 x 25 on :40 Kick no board BSLR			
	{2 x 125 on 2:25 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{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			

4:06 PM 1,150 Yards - Stress Value = 16

Workout #10164 - Monday, 12 December 2011

HS Boys - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/ Physio Ball Shoulders/Tm mtg			
400	1 x 400 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
450	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:10 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{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			

4:06 PM 1,100 Yards - Stress Value = 15

Workout #10167 - Monday, 12 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

4:07 PM Start

Yards	Set Description	EGY	WORK	STK
1,550	1x{2 x 150 on 2:25 Freestyle	EN1	S	FR
	{5 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:25 Freestyle	EN1	S	FR
	{3 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 150 on 2:25 Freestyle	EN2	S	FR
	hold 150's under 2:16			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:47 PM 1,800 Yards - Stress Value = 25

Workout #10170 - Monday, 12 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:07 PM	Start			
1,450	1x{1 x 200 on 3:55 Breaststroke	EN2	S	BR
	{2 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:50 Breaststroke	EN2	S	BR
	{4 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:35 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:53 PM	1,700 Yards - Stress Value = 25			

Workout #10173 - Monday, 12 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:07 PM	Start		
1,500	1x{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:30 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:25 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:20 Backstroke	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:50 PM	1,800 Yards - Stress Value = 30		

Workout #10178 - Tuesday, 13 December 2011

HS Girls - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,150	1x{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:07	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:06	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold 1:05	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold :58	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,950 Yards - Stress Value = 46		

Workout #10181 - Tuesday, 13 December 2011

HS Girls - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	

1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
1,925	1x{2 x 150 on 2:10 Fly 1+1 stroke off walls	EN2
	{3 x 125 on 1:45 Fly 2+1 stroke off walls	EN2
	{4 x 100 on 1:25 Fly 3+1 stroke off walls	EN2
	{5 x 75 on 1:00 Fly 4+1 strokes off walls	EN2
	{6 x 50 on :45 Fly 5+1 stroke off walls	EN2
	{7 x 25 on :25 Fly 6 strokes off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM	2,725 Yards - Stress Value = 46	

Workout #10179 - Tuesday, 13 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,950	1x{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:16	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:15	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 100 on 1:30 Free hold 1:14	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:05	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,750 Yards - Stress Value = 42		

Workout #10182 - Tuesday, 13 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

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

Workout #10185 - Tuesday, 13 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

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

7:05 AM 2,450 Yards - Stress Value = 37

Workout #10183 - Tuesday, 13 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

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

Workout #10228 - Tuesday, 13 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

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

Workout #10186 - Tuesday, 13 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

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

Workout #10180 - Tuesday, 13 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	==
	5:30 AM Start		
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:22	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:21	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 100 on 1:45 Free hold 1:20	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 50 on :50 Free Hold :31	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

Workout #10189 - Tuesday, 13 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	==
	5:30 AM Start		
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,250	1x{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:22	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 100 on 1:45 Free Hold 1:21	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 150 on 2:20 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:58 AM 2,000 Yards - Stress Value = 29		

Workout #10184 - Tuesday, 13 December 2011

HS Girls - Sprint

1 minute rest between sets

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

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,450	1x{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:16	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:15	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 50 on :45 Free hold :32	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:58 AM	2,250 Yards - Stress Value = 33		

Workout #10191 - Tuesday, 13 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

Workout #10187 - Tuesday, 13 December 2011

HS Boys - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:07	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:06	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold 1:05	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:58 AM	2,400 Yards - Stress Value = 36		

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,300	1x{2 x 150 on 2:25 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 2:00 Fly 2+1 stroke off walls	EN2	
	{4 x 100 on 1:35 Fly 3+1 stroke off walls	EN2	
	{3 x 75 on 1:15 Fly 4+1 strokes off walls	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:58 AM	2,100 Yards - Stress Value = 32		

Workout #10194 - Tuesday, 13 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

Workout #10190 - Tuesday, 13 December 2011

HS Boys - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,450	1x{2 x 150 on 2:10 Fly 1+1 stroke off walls	EN2	
	{3 x 125 on 1:45 Fly 2+1 stroke off walls	EN2	
	{4 x 100 on 1:25 Fly 3+1 stroke off walls	EN2	
	{5 x 75 on 1:00 Fly 4+1 strokes off walls	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:58 AM	2,250 Yards - Stress Value = 36		

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	2x{4 x 50 on :50 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :50 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :50 Free Alt 6bk 25	EN2	
	{1 x 50 on :50 Free ALL 6BK	EN2	
200	1x{2 x 100 on 1:35 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:59 AM	2,000 Yards - Stress Value = 30		

Workout #10188 - Tuesday, 13 December 2011

HS Boys - Gold/Silver

Workout #10192 - Tuesday, 13 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS and Weights	
350	1 x 350 on 7:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	Your primary stroke or free	
1,150	1x{2 x 150 on 2:40 Fly 1+1 stroke off walls	EN2
	{3 x 125 on 2:15 Fly 2+1 stroke off walls	EN2
	{4 x 100 on 1:50 Fly 3+1 stroke off walls	EN2
	{1 x 75 on 1:20 Fly 4+1 strokes off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
6:58 AM	1,900 Yards - Stress Value = 30	

Workout #10195 - Tuesday, 13 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	2x{4 x 50 on 1:00 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on 1:00 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on 1:00 Free Alt 6bk 25	EN2	
	{1 x 50 on 1:00 Free ALL 6BK	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:58 AM	1,750 Yards - Stress Value = 26		

Workout #10193 - Tuesday, 13 December 2011

HS Boys - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	2x{4 x 50 on :45 Free Alt 6bk-1/4 pool	EN2	
	{3 x 50 on :45 Free Alt 6bk 1/3 pool	EN2	
	{2 x 50 on :45 Free Alt 6bk 25	EN2	
	{1 x 50 on :45 Free ALL 6BK	EN2	
400	1x{4 x 100 on 1:25 Free br 3-5-7-9 by 25	EN2	
	{ with alt 25 of 6bk		
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:00 AM	2,250 Yards - Stress Value = 34		

Workout #10204 - Wednesday, 14 December 2011

HS Girls - Breast

1 minute rest between sets

Yards	Set Description
=====	=====
4:43 PM	Start
2,200	1x{4 x 100 on 1:30 Breaststroke
	{3 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{4 x 100 on 1:30 Breaststroke
	{3 x 50 on 1:05 Under/overs-2X pullouts-turn
	{4 x 100 on 1:30 Breaststroke
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn
	{4 x 100 on 1:30 Breaststroke

{3 x 50 on 1:15 Under/overs-2X pullout-turn

200 1 x 200 on 3:00 Stroke Drills

1 on 10:00 Ice

5:35 PM 2,400 Yards - Stress Value = 56

Workout #10201 - Wednesday, 14 December 2011

HS Girls - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
4:43 PM	Start			
2,700	1x{1 x 250 on 2:50 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 225 on 2:35 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN3	S	FR
	{3 x 200 on 2:20 Freestyle	EN2	S	FR
	{4 x 75 on 1:20 Freestyle	EN3	S	FR
	{4 x 175 on 2:05 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	2,950 Yards - Stress Value = 82			

Workout #10207 - Wednesday, 14 December 2011

HS Girls - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
4:43 PM	Start		
2,350	1x{4 x 125 on 1:50 75fly25free25fly 1u2d	EN1	
	{2 x 50 on 1:15 Fly 10 KOW	EN3	
	{4 x 125 on 1:45 75fly25free25fly 1u3d	EN2	
	{2 x 50 on 1:15 Fly 12 KOW	EN3	
	{4 x 125 on 1:40 75fly25free25fly 2u2d	EN2	
	{3 x 50 on 1:15 Fly 14 KOW	EN3	
	{4 x 125 on 1:35 75fly25free25fly 2u3d	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	2,600 Yards - Stress Value = 56		

Workout #10202 - Wednesday, 14 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
4:43 PM	Start			
2,450	1x{1 x 250 on 3:20 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 225 on 3:05 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN3	S	FR
	{3 x 200 on 2:45 Freestyle	EN2	S	FR
	{4 x 75 on 1:20 Freestyle	EN3	S	FR
	{3 x 150 on 2:05 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	2,700 Yards - Stress Value = 77			

Workout #10205 - Wednesday, 14 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

4:43 PM Start
 Yards Set Description
 =====
 2,050 1x{ 4 x 100 on 1:40 Breaststroke
 { 3 x 50 on 1:00 Under/Overs-2X Pullouts-turn
 { 4 x 100 on 1:40 Breaststroke
 { 3 x 50 on 1:05 Under/overs-2X pullouts-turn
 { 4 x 100 on 1:40 Breaststroke
 { 3 x 50 on 1:10 Under/overs-2X pullouts-turn
 { 3 x 100 on 1:40 Breaststroke
 { 2 x 50 on 1:15 Under/overs-2X pullout-turn
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,250 Yards - Stress Value = 53

Workout #10208 - Wednesday, 14 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WC
 =====
 2,150 1x{ 4 x 125 on 2:05 75fly25free25fly 1u2d EN1
 { 2 x 50 on 1:15 Fly 10 KOW EN3
 { 4 x 125 on 2:00 75fly25free25fly 1u3d EN2
 { 4 x 50 on 1:15 Fly 12 KOW EN3
 { 4 x 125 on 1:55 75fly25free25fly 2u2d EN2
 { 3 x 50 on 1:15 Fly 14 KOW EN3
 { 3 x 100 on 1:30 50fly25free25fly 2u3d EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 2,400 Yards - Stress Value = 52

Workout #10197 - Wednesday, 14 December 2011

HS Girls - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,800 1x{ Hold avg 50 time under :45 for entire set
 { 4 x 25 on :30 Kick no board BSLR-10 KOW
 { 1 x 200 on 3:10 Kick
 { 4 x 25 on :35 Kick no board BSLR 12 KOW
 { 2 x 175 on 2:50 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 3 x 150 on 2:30 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 4 x 100 on 1:45 Kick
 1,500 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 2 x 125 on 1:50 Lungbuster pulls
 { 2 x 125 on 1:45 Lungbuster pulls
 { 2 x 125 on 1:40 Lungbuster pulls
 { 2 x 125 on 1:35 Lungbuster pulls
 { 2 x 125 on 1:30 Lungbuster pulls
 { 2 x 125 on 1:25 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 4,250 Yards - Stress Value = 68

Workout #10198 - Wednesday, 14 December 2011

HS Girls - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description

=====

1 on 20:00 DS/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,650 1x{ Hold avg 50 time under :52 for entire set
 { 4 x 25 on :35 Kick no board BSLR-10 KOW
 { 1 x 200 on 3:30 Kick
 { 4 x 25 on :35 Kick no board BSLR 12 KOW
 { 2 x 175 on 3:10 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 2 x 150 on 2:45 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 4 x 100 on 1:55 Kick
 1,350 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 2 x 125 on 2:00 Lungbuster pulls
 { 2 x 125 on 1:55 Lungbuster pulls
 { 2 x 125 on 1:50 Lungbuster pulls
 { 2 x 125 on 1:45 Lungbuster pulls
 { 2 x 125 on 1:40 Lungbuster pulls
 { 1 x 100 on 1:20 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,950 Yards - Stress Value = 62

Workout #10199 - Wednesday, 14 December 2011

HS Girls - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,500 1x{ Hold avg 50 time under :56 for entire set
 { 4 x 25 on :40 Kick no board BSLR-10 KOW
 { 1 x 200 on 3:55 Kick
 { 4 x 25 on :40 Kick no board BSLR 12 KOW
 { 2 x 175 on 3:30 Kick
 { 4 x 25 on :40 Kick no board BSLR 14 KOW
 { 3 x 150 on 3:05 Kick
 { 4 x 25 on :45 Kick no board BSLR 16 KOW
 { 1 x 100 on 2:05 Kick
 1,250 1x{ Br 3-5-7 cont/L.25 2 breaths
 { 2 x 125 on 2:10 Lungbuster pulls
 { 2 x 125 on 2:05 Lungbuster pulls
 { 2 x 125 on 2:00 Lungbuster pulls
 { 2 x 125 on 1:55 Lungbuster pulls
 { 2 x 100 on 1:30 Lungbuster pulls
 { 1 x 50 on :40 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,650 Yards - Stress Value = 58

Workout #10200 - Wednesday, 14 December 2011

HS Girls - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,400 1x{ Hold avg 50 time under 1:01 for entire set
 {4 x 25 on :45 Kick no board BSLR-10 KOW
 {1 x 200 on 4:15 Kick
 {4 x 25 on :40 Kick no board BSLR 12 KOW
 {2 x 175 on 3:50 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {2 x 150 on 3:25 Kick
 {4 x 25 on :45 Kick no board BSLR 16 KOW
 {3 x 50 on 1:10 Kick
 1,150 1x{ Br 3-5-7 cont/L.25 2 breaths
 {2 x 125 on 2:20 Lungbuster pulls
 {2 x 125 on 2:15 Lungbuster pulls
 {2 x 125 on 2:10 Lungbuster pulls
 {2 x 100 on 1:40 Lungbuster pulls
 {2 x 100 on 1:35 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:42 PM 3,400 Yards - Stress Value = 54

Workout #10203 - Wednesday, 14 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,150 1x{1 x 250 on 3:55 Freestyle EN2 S FR
 {6 x 25 on :30 Freestyle EN3 S FR
 {2 x 225 on 3:35 Freestyle EN2 S FR
 {5 x 50 on :55 Freestyle EN3 S FR
 {3 x 200 on 3:15 Freestyle EN2 S FR
 {4 x 75 on 1:20 Freestyle EN3 S FR
 {1 x 150 on 2:25 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,400 Yards - Stress Value = 71

Workout #10206 - Wednesday, 14 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

4:43 PM Start
 Yards Set Description
 =====
 1,850 1x{3 x 100 on 1:50 Breaststroke
 {3 x 50 on 1:15 Under/Overs-2X Pullouts-turn
 {4 x 100 on 1:50 Breaststroke
 {2 x 50 on 1:15 Under/overs-2X pullouts-turn
 {4 x 100 on 1:50 Breaststroke
 {2 x 50 on 1:20 Under/overs-2X pullouts-turn
 {3 x 100 on 1:50 Breaststroke
 {2 x 50 on 1:15 Under/overs-2X pullout-turn
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,050 Yards - Stress Value = 47

Workout #10209 - Wednesday, 14 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WC
 =====

1,900 1x{4 x 100 on 1:55 50fly25free25fly 1u2d EN1
 {2 x 50 on 1:15 Fly 10 KOW EN3
 {4 x 100 on 1:50 50fly25free25fly 1u3d EN2
 {2 x 50 on 1:15 Fly 12 KOW EN3
 {4 x 100 on 1:45 50fly25free25fly 2u2d EN2
 {2 x 50 on 1:15 Fly 14 KOW EN3
 {4 x 100 on 1:40 50fly25free25fly 2u3d EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,150 Yards - Stress Value = 46

Workout #10217 - Wednesday, 14 December 2011

HS Boys - Breast

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1,500 1x{4 x 100 on 1:30 Breaststroke
 {3 x 50 on 1:00 Under/Overs-2X Pullouts-turn
 {4 x 100 on 1:30 Breaststroke
 {3 x 50 on 1:05 Under/overs-2X pullouts-turn
 {4 x 100 on 1:30 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 4:39 PM 1,700 Yards - Stress Value = 42

Workout #10214 - Wednesday, 14 December 2011

HS Boys - Distance

1 minute rest between sets

4:00 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,700 1x{1 x 250 on 2:50 Freestyle EN2 S FR
 {6 x 25 on :30 Freestyle EN3 S FR
 {2 x 225 on 2:35 Freestyle EN2 S FR
 {5 x 50 on :55 Freestyle EN3 S FR
 {3 x 200 on 2:20 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:38 PM 1,950 Yards - Stress Value = 50

Workout #10220 - Wednesday, 14 December 2011

HS Boys - Fly

1 minute rest between sets

4:00 PM Start
 Yards Set Description EGY WC
 =====
 1,700 1x{4 x 125 on 1:50 75fly25free25fly 1u2d EN1
 {2 x 50 on 1:15 Fly 10 KOW EN3
 {4 x 125 on 1:45 75fly25free25fly 1u3d EN2
 {2 x 50 on 1:15 Fly 12 KOW EN3
 {4 x 125 on 1:40 75fly25free25fly 2u2d EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:41 PM 1,950 Yards - Stress Value = 37

Workout #10215 - Wednesday, 14 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WORK	STK
1,550	1x{ 1 x 250 on 3:20 Freestyle	EN2	S	FR
	{ 4 x 25 on :30 Freestyle	EN3	S	FR
	{ 2 x 225 on 3:05 Freestyle	EN2	S	FR
	{ 3 x 50 on :55 Freestyle	EN3	S	FR
	{ 3 x 200 on 2:45 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:38 PM 1,800 Yards - Stress Value = 41

3:00 PM Start

Yards	Set Description
400	1 on 20:00 DS/Vis
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
800	10 x 15 on :45 Shooters
	1x{ Hold avg 50 time under :52 for entire set
	{ 4 x 25 on :35 Kick no board BSLR-10 KOW
	{ 1 x 200 on 3:30 Kick
	{ 4 x 25 on :35 Kick no board BSLR 12 KOW
	{ 2 x 175 on 3:10 Kick
	{ 2 x 25 on :40 Kick no board BSLR 14 KOW
100	2x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:00 PM 1,450 Yards - Stress Value = 22

Workout #10218 - Wednesday, 14 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

4:00 PM Start

Yards	Set Description
1,400	1x{ 4 x 100 on 1:40 Breaststroke
	{ 3 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{ 4 x 100 on 1:40 Breaststroke
	{ 3 x 50 on 1:05 Under/overs-2X pullouts-turn
	{ 3 x 100 on 1:40 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice

4:39 PM 1,600 Yards - Stress Value = 40

Workout #10212 - Wednesday, 14 December 2011

HS Boys - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 20:00 DS/Vis
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
700	10 x 15 on :45 Shooters
	1x{ Hold avg 50 time under :56 for entire set
	{ 4 x 25 on :40 Kick no board BSLR-10 KOW
	{ 1 x 200 on 3:55 Kick
	{ 4 x 25 on :40 Kick no board BSLR 12 KOW
	{ 2 x 150 on 3:00 Kick
100	2x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:00 PM 1,350 Yards - Stress Value = 20

Workout #10221 - Wednesday, 14 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WC
1,450	1x{ 4 x 125 on 2:05 75fly25free25fly 1u2d	EN1	
	{ 2 x 50 on 1:15 Fly 10 KOW	EN3	
	{ 4 x 125 on 2:00 75fly25free25fly 1u3d	EN2	
	{ 2 x 50 on 1:15 Fly 12 KOW	EN3	
	{ 2 x 125 on 1:55 75fly25free25fly 2u2d	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

4:41 PM 1,700 Yards - Stress Value = 32

Workout #10213 - Wednesday, 14 December 2011

HS Boys - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 20:00 DS/Vis
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
650	10 x 15 on :45 Shooters
	1x{ Hold avg 50 time under 1:01 for entire set
	{ 4 x 25 on :45 Kick no board BSLR-10 KOW
	{ 1 x 200 on 4:15 Kick
	{ 4 x 25 on :40 Kick no board BSLR 12 KOW
	{ 2 x 125 on 2:45 Kick
100	2x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:00 PM 1,300 Yards - Stress Value = 19

Workout #10210 - Wednesday, 14 December 2011

HS Boys - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 20:00 DS/Vis
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
850	10 x 15 on :45 Shooters
	1x{ Hold avg 50 time under :45 for entire set
	{ 4 x 25 on :30 Kick no board BSLR-10 KOW
	{ 1 x 200 on 3:10 Kick
	{ 4 x 25 on :35 Kick no board BSLR 12 KOW
	{ 2 x 175 on 2:50 Kick
	{ 4 x 25 on :40 Kick no board BSLR 14 KOW
100	2x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:00 PM 1,500 Yards - Stress Value = 23

Workout #10216 - Wednesday, 14 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{ 1 x 250 on 3:55 Freestyle	EN2	S	FR
	{ 4 x 25 on :30 Freestyle	EN3	S	FR
	{ 2 x 225 on 3:35 Freestyle	EN2	S	FR
	{ 3 x 50 on :55 Freestyle	EN3	S	FR
	{ 2 x 200 on 3:15 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:38 PM 1,600 Yards - Stress Value = 37

Workout #10211 - Wednesday, 14 December 2011

HS Boys - Gold

1 minute rest between sets

Workout #10219 - Wednesday, 14 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WOF
1,250	1x{3 x 100 on 1:50 Breaststroke 3 x 50 on 1:15 Under/Overs-2X Pullouts-turn 4 x 100 on 1:50 Breaststroke 2 x 50 on 1:15 Under/overs-2X pullouts-turn		
200	{3 x 100 on 1:50 Breaststroke 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice		
4:39 PM 1,450 Yards - Stress Value = 35			

	{1 x 300 on 3:25 Freestyle	EN2
	{6 x 50 on :40 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 9:00 Ice	
7:05 AM 3,150 Yards - Stress Value = 54		

Workout #10224 - Thursday, 15 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

5:30 AM Start

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

Workout #10222 - Wednesday, 14 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WOF
1,300	1x{4 x 100 on 1:55 50fly25free25fly 1u2d 2 x 50 on 1:15 Fly 10 KOW 4 x 100 on 1:50 50fly25free25fly 1u3d 2 x 50 on 1:15 Fly 12 KOW 3 x 100 on 1:45 50fly25free25fly 2u2d	EN1 EN3 EN2 EN3 EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
4:41 PM 1,550 Yards - Stress Value = 30			

Workout #10227 - Thursday, 15 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

5:30 AM Start

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

Workout #10223 - Thursday, 15 December 2011

HS Girls - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
2,400	1x{ Hold all 1:20 base swims under 1:08		
	{1 x 300 on 3:25 Freestyle	EN2	
	{2 x 150 on 2:00 Freestyle	EN2	
	{1 x 300 on 3:25 Freestyle	EN2	
	{4 x 75 on 1:00 Freestyle	EN2	
	{1 x 300 on 3:25 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	

Workout #10230 - Thursday, 15 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

5:30 AM Start

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

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

Workout #10238 - Thursday, 15 December 2011

HS Boys - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{ Hold all 1:40 based swims under 1:28		
	{1 x 300 on 4:25 Freestyle	EN2	
	{2 x 150 on 2:40 Freestyle	EN2	
	{1 x 300 on 4:25 Freestyle	EN2	
	{4 x 75 on 1:20 Freestyle	EN2	
	{1 x 300 on 4:25 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 42		

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,500	1x{4 x 125 on 1:45 Back 10 KOLW	EN2	
	{3 x 50 on :45 Back hold under :37	EN2	
	{4 x 125 on 1:40 Back 11 KOLW	EN2	
	{3 x 50 on :50 Back hold under :36	EN2	
	{2 x 100 on 1:15 Back 12 KOLW	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	6:58 AM 2,300 Yards - Stress Value = 36		

Workout #10232 - Thursday, 15 December 2011

HS Boys - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,450	1x{4 x 100 on 1:50 Back 10 KOLW	EN2	
	{3 x 50 on 1:00 Back hold under :49	EN2	
	{4 x 100 on 1:45 Back 11 KOLW	EN2	
	{3 x 50 on 1:05 Back hold under :48	EN2	
	{2 x 100 on 1:40 Back 12 KOLW	EN2	
	{3 x 50 on 1:10 Back hold under :47	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,200 Yards - Stress Value = 35		

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{ Hold all 1:20 base swims under 1:08		
	{1 x 300 on 3:25 Freestyle	EN2	
	{2 x 150 on 2:00 Freestyle	EN2	
	{1 x 300 on 3:25 Freestyle	EN2	
	{4 x 75 on 1:00 Freestyle	EN2	
	{1 x 300 on 3:25 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	6:55 AM 2,350 Yards - Stress Value = 38		

Workout #10226 - Thursday, 15 December 2011

HS Girls - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
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Workout #10233 - Thursday, 15 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,400 1x{ Hold all 1:30 based swims under 1:17
 {1 x 300 on 3:55 Freestyle EN2
 {2 x 150 on 2:15 Freestyle EN2
 {1 x 300 on 3:55 Freestyle EN2
 {4 x 75 on 1:10 Freestyle EN2
 {1 x 200 on 2:35 Freestyle EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 9:00 Ice
 6:55 AM 2,150 Yards - Stress Value = 34

Workout #10236 - Thursday, 15 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,200 1x{2 x 150 on 2:25 Freestyle EN2
 {3 x 50 on 1:05 Free hold under:41 EN2
 {2 x 150 on 2:25 Freestyle EN2
 {3 x 50 on 1:00 Free hold under :40 EN2
 {2 x 150 on 2:25 Freestyle EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 6:57 AM 1,950 Yards - Stress Value = 30

Workout #10239 - Thursday, 15 December 2011

HS Boys - Gold/Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,250 1x{4 x 125 on 2:00 Back 10 KOLW EN2
 {3 x 50 on :55 Back hold under :41 EN2
 {4 x 125 on 1:55 Back 11 KOLW EN2
 {2 x 50 on 1:00 Back hold under :40 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 6:58 AM 2,050 Yards - Stress Value = 31

Workout #10234 - Thursday, 15 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back

150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,200 1x{ Hold all 1:40 based swims under 1:28
 {1 x 300 on 4:25 Freestyle EN2
 {2 x 150 on 2:40 Freestyle EN2
 {1 x 300 on 4:25 Freestyle EN2
 {4 x 75 on 1:20 Freestyle EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 9:00 Ice
 6:55 AM 1,900 Yards - Stress Value = 30

Workout #10237 - Thursday, 15 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,100 1x{2 x 150 on 2:40 Freestyle EN2
 {2 x 50 on 1:10 Free hold under:47 EN2
 {2 x 150 on 2:40 Freestyle EN2
 {2 x 50 on 1:05 Free hold under :46 EN2
 {2 x 150 on 2:40 Freestyle EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 6:57 AM 1,800 Yards - Stress Value = 28

Workout #10240 - Thursday, 15 December 2011

HS Boys - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,100 1x{4 x 100 on 1:50 Back 10 KOLW EN2
 {3 x 50 on 1:00 Back hold under :49 EN2
 {4 x 100 on 1:45 Back 11 KOLW EN2
 {3 x 50 on 1:05 Back hold under :48 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 6:58 AM 1,850 Yards - Stress Value = 28

Workout #10235 - Thursday, 15 December 2011

HS Boys - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
1,300	Your primary stroke or free		
1,300	1x{2 x 150 on 2:10 Freestyle	EN2	
	{3 x 50 on 1:00 Free hold under:35	EN2	
	{2 x 150 on 2:10 Freestyle	EN2	
	{3 x 50 on :55 Free hold under :34	EN2	
	{2 x 150 on 2:10 Freestyle	EN2	
	{2 x 50 on :50 Free hold under :33	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:58 AM	2,100 Yards - Stress Value = 32		

Workout #10241 - Friday, 16 December 2011

HS Girls - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM	Start		
800	1 on 30:00 DS/Vis/Abs		L
	1 x 800 on 12:00 Choice	REC	S
	1 on 15:00 Techniques-Relay Starts		D
	1 on 10:00 Indvdl Prsrctns	REC	D
780	3x{4 x 15 on :45 3 shooters/finish	SP3	S
	{1 x 200 on 4:00 Social Kick	REC	K
500	1x{1 x 250 on 10:00 Indvdl Prsrctns	REC	D
	{1 x 250 on 10:00 Indvdl Prsrctns	REC	D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:05 PM	2,330 Yards - Stress Value = 7		

Workout #10242 - Friday, 16 December 2011

HS Boys - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM	Start		
1,000	1 on 15:00 DS/Vis		L
	1 x 1000 on 15:00 Choice	REC	S
	1 on 12:00 Indvdl Prsrctns	REC	D
	1 on 15:00 Techniques-Relay Starts		D
	1 on 10:00 Indvdl Prsrctns	REC	D
520	2x{4 x 15 on :45 3 shooters/finish	SP3	S
	{1 x 200 on 4:00 Social Kick	REC	K
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice/Team Mtg		M
4:36 PM	1,720 Yards - Stress Value = 5		

Workout #10252 - Saturday, 17 December 2011

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:30 AM	Start		
400	1 on 30:00 DS/Shoulders/Tm Mtg		
400	1 x 400 on 8:00 Reverse IM drill		
150	10 x 15 on :45 Shooters		
1,400	1x{1 x 100 on 2:00 Your best kick-good effort		
	{4 x 25 on :30 Kick no board-Fly		
	{2 x 100 on 2:00 Kick your best kick-good eff		
	{4 x 25 on :35 Kick no board-back		

	{3 x 100 on 2:00 Kick you best kick-good effc		
	{4 x 25 on :40 Kick on back no brd-breast		
	{4 x 100 on 2:00 Kick-your best kick-good eff		
	{4 x 25 on :30 Kick-no borad -free		
600	1x{3 x 50 on 1:00 Pulls-nbbf&w + 2 yds		
	{3 x 50 on :55 Pulls-nbbf&w + 2 yds		
	{3 x 50 on :50 Pulls-nbbf&w + 2 yds		
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds		
200	8 x 25 on 1:00 Drills-2 on each stroke		
1,600	8x{1 x 100 on 1:30 Individual Medley		
	{1 x 50 on :40 Freestyle		
	{1 x 50 on 1:00 Freestyle		
	1 on 20:00 Killer Relay		
250	1 x 250 on 4:00 Stroke Drills		
11:00 AM	4,600 Yards - Stress Value = 66		

Workout #10253 - Saturday, 17 December 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:30 AM	Start		
400	1 on 30:00 DS/Shoulders/Tm Mtg		
400	1 x 400 on 8:00 Reverse IM drill		
150	10 x 15 on :45 Shooters		
1,200	1x{1 x 100 on 2:10 Your best kick-good effort		
	{4 x 25 on :35 Kick no board-Fly		
	{2 x 100 on 2:10 Kick your best kick-good eff		
	{4 x 25 on :40 Kick no board-back		
	{3 x 100 on 2:10 Kick you best kick-good effc		
	{4 x 25 on :45 Kick on back no brd-breast		
	{2 x 100 on 2:10 Kick-your best kick-good eff		
	{4 x 25 on :35 Kick-no borad -free		
600	1x{3 x 50 on 1:00 Pulls-nbbf&w + 2 yds		
	{3 x 50 on :55 Pulls-nbbf&w + 2 yds		
	{3 x 50 on :50 Pulls-nbbf&w + 2 yds		
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds		
200	8 x 25 on 1:00 Drills-2 on each stroke		
1,400	7x{1 x 100 on 1:45 Individual Medley		
	{1 x 50 on :45 Freestyle		
	{1 x 50 on 1:00 Freestyle		
	1 on 20:00 Killer Relay		
250	1 x 250 on 4:00 Stroke Drills		
10:58 AM	4,200 Yards - Stress Value = 59		

Workout #10254 - Saturday, 17 December 2011

Group 2 - Silver

1 minute rest between sets

8:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,100	1x{1 x 100 on 2:20 Your best kick-good effort
	{4 x 25 on :45 Kick no board-Fly
	{2 x 100 on 2:20 Kick your best kick-good eff
	{4 x 25 on :45 Kick no board-back
	{2 x 100 on 2:20 Kick you best kick-good effc
	{4 x 25 on :45 Kick on back no brd-breast
	{2 x 100 on 2:20 Kick-your best kick-good eff
	{4 x 25 on :45 Kick-no borad -free
500	1x{2 x 50 on 1:10 Pulls-nbbf&w + 2 yds
	{2 x 50 on 1:05 Pulls-nbbf&w + 2 yds
	{3 x 50 on 1:00 Pulls-nbbf&w + 2 yds
	{3 x 50 on :55 Pulls-nbbf&w + 2 yds
200	8 x 25 on 1:00 Drills-2 on each stroke
1,200	6x{1 x 100 on 2:00 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:10 Freestyle
	1 on 20:00 Killer Relay
250	1 x 250 on 4:00 Stroke Drills
	10:58 AM 3,800 Yards - Stress Value = 52

Workout #10255 - Saturday, 17 December 2011

Group 2 - Bronze

1 minute rest between sets

8:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
850	1x{1 x 100 on 2:45 Your best kick-good effort
	{4 x 25 on 1:00 Kick no board-Fly
	{1 x 100 on 2:45 Kick your best kick-good eff
	{4 x 25 on 1:00 Kick no board-back
	{1 x 100 on 2:45 Kick you best kick-good effc
	{4 x 25 on 1:00 Kick on back no brd-breast
	{1 x 100 on 2:45 Kick-your best kick-good eff
	{6 x 25 on 1:00 Kick-no borad -free
500	1x{2 x 50 on 1:10 Pulls-nbbf&w + 2 yds
	{2 x 50 on 1:05 Pulls-nbbf&w + 2 yds
	{3 x 50 on 1:00 Pulls-nbbf&w + 2 yds
	{3 x 50 on :55 Pulls-nbbf&w + 2 yds
200	8 x 25 on 1:00 Drills-2 on each stroke
1,000	5x{1 x 100 on 2:30 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:20 Freestyle
	1 on 20:00 Killer Relay
250	1 x 250 on 4:00 Stroke Drills
	10:58 AM 3,350 Yards - Stress Value = 44

Workout #10244 - Saturday, 17 December 2011

HS Girls - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	16 x 100 on 2:00 Kick-odds 100%
1,000	1 x 1000 on 15:00 Pulls
200	4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200 16 x 75 on 1:30 Freestyle
250 1 x 250 on 4:00 Stroke Drills
1 on 10:00 Ice
9:35 AM 5,000 Yards - Stress Value = 122

Workout #10245 - Saturday, 17 December 2011

HS Girls - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,400	14 x 100 on 2:10 Kick-odds 100%
1,000	1 x 1000 on 15:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	16 x 75 on 1:30 Freestyle
1,200	1 x 250 on 4:00 Stroke Drills
250	1 on 10:00 Ice
	9:34 AM 4,800 Yards - Stress Value = 118

Workout #10246 - Saturday, 17 December 2011

HS Girls - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,300	13 x 100 on 2:30 Kick-odds 100%
850	1 x 850 on 15:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	16 x 75 on 1:30 Freestyle
1,200	1 x 250 on 4:00 Stroke Drills
250	1 on 10:00 ice
	9:36 AM 4,500 Yards - Stress Value = 114

Workout #10247 - Saturday, 17 December 2011

HS Girls - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	12 x 100 on 2:45 Kick-odds 100%
750	1 x 750 on 15:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	16 x 75 on 1:30 Freestyle
1,200	1 x 250 on 4:00 Stroke Drills
250	1 on 10:00 Ice
	9:36 AM 4,250 Yards - Stress Value = 112

Workout #10248 - Saturday, 17 December 2011

HS Boys - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Weights
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick-Odds fast
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 300 on 4:00 Freestyle
 {2 x 250 on 3:20 Free #2 pull-nbbf&w+2y
 {3 x 200 on 2:40 Free #3 pull-nbbf&w+2y
 {4 x 150 on 2:00 Free #4 pull-nbbf&w+2
 250 5 x 50 on 1:00 Stroke Drills
 1 on 38:00 Ice/Vis/Team Meeting
 9:15 AM 3,500 Yards - Stress Value = 38

Workout #10249 - Saturday, 17 December 2011

HS Boys - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Weights
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick-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 300 on 4:30 Freestyle
 {2 x 250 on 3:45 Free #2 pull-nbbf&w+2y
 {3 x 200 on 3:00 Free #3 pull-nbbf&w+2y
 {3 x 150 on 2:15 Free #3 pull-nbbf&w+2
 250 5 x 50 on 1:00 Stroke Drills
 1 on 38:00 Ice/Vis/Team Meeting
 9:16 AM 3,350 Yards - Stress Value = 36

Workout #10250 - Saturday, 17 December 2011

HS Boys - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Weights
 400 1 x 400 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:10 Kick-Odds fast
 Only do a 50 on the last repeat
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 300 on 5:00 Freestyle
 {2 x 250 on 4:10 Free #2 pull-nbbf&w+2y
 {3 x 200 on 3:20 Free #3 pull-nbbf&w+2y
 {2 x 100 on 1:40 Free #2 pull-nbbf&w+2y
 250 5 x 50 on 1:00 Stroke Drills
 1 on 38:00 Ice/Vis/Team Meeting
 9:16 AM 3,100 Yards - Stress Value = 34

Workout #10251 - Saturday, 17 December 2011

HS Boys - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Weights
 400 1 x 400 on 7:00 Reverse IM drill

150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:30 Kick-Odds fast
 Only do a 50 on the last repeat
 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 300 on 5:30 Freestyle
 {2 x 200 on 3:40 Free #2 pull-nbbf&w+2y
 {3 x 150 on 2:45 Free #3 pull-nbbf&w+2y
 {3 x 100 on 1:50 Free #3 pull-nbbf&w+2y
 250 5 x 50 on 1:00 Stroke Drills
 1 on 38:00 Ice/Vis/Team Meeting
 9:16 AM 2,850 Yards - Stress Value = 30

Workout #10257 - Monday, 19 December 2011

HS Boys - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Vis
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 400 free relay practice exhcanges
 500 5 x 100 on 2:00 Kick #1 easy, 2-4 build
 600 2x{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds
 {3 x 50 on :45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 12 x 100 on 1:30 Free, stroke, IM, or choice
 do your own interval 10-15 seconds rest
 heart rate should be 20bpm for 10sec count
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 4:36 PM 3,300 Yards - Stress Value = 31

Workout #10258 - Monday, 19 December 2011

HS Boys - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Vis
 400 1 x 400 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 400 free relay practice exhcanges
 500 5 x 100 on 2:10 Kick #1 easy, 2-4 build
 600 2x{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds
 {3 x 50 on :50 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 12 x 100 on 1:30 Free, stroke, IM, or choice
 do your own interval 10-15 seconds rest
 heart rate should be 20bpm for 10sec count
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 4:38 PM 3,300 Yards - Stress Value = 31

Workout #10259 - Monday, 19 December 2011

HS Boys - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 15:00 DS/Vis
400	1 x 400 on 10:00 Choice
150	10 x 15 on :45 Shooters
	400 free relay practice exhcanges
400	4 x 100 on 2:30 Kick #1 easy, 2-4 build
600	2x{1 x 150 on 2:45 Pulls-nbbf&w + 2 yds
	{3 x 50 on :55 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	12 x 100 on 1:30 Free, stroke, IM, or choice
	do your own interval 10-15 seconds rest
	heart rate should be 20bpm for 10sec count
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
4:38 PM	3,200 Yards - Stress Value = 30

Workout #10256 - Monday, 19 December 2011

HS Boys - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 15:00 DS/Vis
400	1 x 400 on 10:00 Choice
150	10 x 15 on :45 Shooters
	400 free relay practice exhcanges
500	5 x 100 on 2:00 Kick #1 easy, 2-4 build
600	2x{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds
	{3 x 50 on :45 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	12 x 100 on 1:30 Free, stroke, IM, or choice
	do your own interval 10-15 seconds rest
	heart rate should be 20bpm for 10sec count
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
4:36 PM	3,300 Yards - Stress Value = 31

Workout #10287 - Tuesday, 20 December 2011

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
600	1 x 600 on 12:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{1 x 200 on 3:45 Kick	EN2	
	{3 x 50 on 1:00 Kick-super fast turns	EN2	
	{1 x 200 on 3:40 Kick	EN2	
	{3 x 50 on 1:00 Kick-super fast turns	EN2	
	{1 x 200 on 3:35 Kick	EN2	
	{3 x 50 on 1:00 Kick-super fast turns	EN2	
	{1 x 200 on 3:30 Kick	EN2	
	{3 x 50 on 1:00 Kick-super fast turns	EN2	
1,000	1x{2 x 200 on 3:20 Pulls	EN1	
	{2 x 150 on 2:30 Pulls	EN1	
	{2 x 100 on 1:40 Pulls	EN1	
	{2 x 50 on :50 Pulls	EN1	
	{ odd breathe toward bleachers		
	{ evens breath toward scrbd		
200	8 x 25 on 1:00 Free Drills	EN1	
	with great finishes		
1,800	1x{3 x 150 on 2:30 Free-descend	EN2	

	{3 x 150 on 2:25 Free-descend	EN2
	{3 x 150 on 2:20 Free-descend	EN2
	{3 x 150 on 2:15 Free-descend	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
7:30 PM	5,350 Yards - Stress Value = 82	

Workout #10288 - Tuesday, 20 December 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
600	1 x 600 on 12:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{1 x 200 on 4:15 Kick	EN2	
	{3 x 50 on 1:05 Kick-super fast turns	EN2	
	{1 x 200 on 4:10 Kick	EN2	
	{3 x 50 on 1:05 Kick-super fast turns	EN2	
	{1 x 200 on 4:05 Kick	EN2	
	{3 x 50 on 1:05 Kick-super fast turns	EN2	
	{1 x 200 on 4:00 Kick	EN2	
900	1x{2 x 200 on 3:40 Pulls	EN1	
	{2 x 150 on 2:45 Pulls	EN1	
	{2 x 100 on 1:50 Pulls	EN1	
	{ odds breathe toward bleachers		
	{ evens breathe toward scrbd		
200	8 x 25 on 1:00 Free Drills	EN1	
	with great finishes		
1,650	1x{3 x 150 on 2:45 Free-descend	EN2	
	{3 x 150 on 2:40 Free-descend	EN2	
	{3 x 150 on 2:35 Free-descend	EN2	
	{3 x 100 on 1:40 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:30 PM	4,950 Yards - Stress Value = 75		

Workout #10289 - Tuesday, 20 December 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 12:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{1 x 200 on 4:45 Kick	EN2	
	{3 x 50 on 1:15 Kick-super fast turns	EN2	
	{1 x 200 on 4:40 Kick	EN2	
	{3 x 50 on 1:15 Kick-super fast turns	EN2	
	{1 x 200 on 4:35 Kick	EN2	
	{4 x 50 on 1:15 Kick-super fast turns	EN2	
850	1x{2 x 200 on 4:00 Pulls	EN1	
	{2 x 150 on 3:00 Pulls	EN1	
	{3 x 50 on 1:00 Pulls	EN1	
	{ odds breathe toward bleachers		
	{ evens breathe toward scrbd		
200	8 x 25 on 1:00 Free Drills	EN1	
	with great finishes		
1,500	1x{3 x 150 on 3:00 Free-descend	EN2	
	{3 x 150 on 2:55 Free-descend	EN2	
	{3 x 150 on 2:50 Free-descend	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:31 PM	4,500 Yards - Stress Value = 69		

Workout #10290 - Tuesday, 20 December 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOC
5:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 12:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{1 x 150 on 4:00 Kick	EN2	
	{3 x 50 on 1:15 Kick-super fast turns	EN2	
	{1 x 150 on 3:55 Kick	EN2	
	{3 x 50 on 1:15 Kick-super fast turns	EN2	
	{1 x 150 on 3:50 Kick	EN2	
	{3 x 50 on 1:15 Kick-super fast turns	EN2	
	{1 x 150 on 3:45 Kick	EN2	
750	1x{2 x 150 on 3:30 Pulls	EN1	
	{3 x 100 on 2:15 Pulls	EN1	
	{3 x 50 on 1:05 Pulls	EN1	
	{ odds breathe toward bleachers		
	{ evens breathe toward scrbd		
200	8 x 25 on 1:00 Free Drills	EN1	
	with great finishes		
1,200	1x{3 x 100 on 2:30 Free-descend	EN2	
	{3 x 100 on 2:25 Free-descend	EN2	
	{3 x 100 on 2:20 Free-descend	EN2	
	{3 x 100 on 2:15 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 4,050 Yards - Stress Value = 61		

Workout #10261 - Tuesday, 20 December 2011

HS Girls - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{1 x 350 on 4:10 Freestyle	EN2	
	{3 x 50 on :40 Free-Great Effort	EN3	
	{1 x 350 on 4:05 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN2	
	{1 x 350 on 4:00 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN3	
	{1 x 350 on 3:55 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
300	1 x 300 on 6:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,850 Yards - Stress Value = 64		

Workout #10264 - Tuesday, 20 December 2011

HS Girls - Fly

1 minute rest between sets

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

250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,600 Yards - Stress Value = 50	

Workout #10262 - Tuesday, 20 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{1 x 350 on 4:55 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN3	
	{1 x 350 on 4:50 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN2	
	{1 x 350 on 4:45 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 150 on 2:00 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,650 Yards - Stress Value = 60		

Workout #10265 - Tuesday, 20 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

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

Workout #10268 - Tuesday, 20 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

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

Workout #10270 - Tuesday, 20 December 2011

HS Girls - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 1:45 Kick-hold all at 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 1x{1 x 200 on 3:00 Freestyle
 {2 x 200 on 2:55 Freestyle
 {3 x 200 on 2:50 Freestyle
 {4 x 200 on 2:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 4:41 PM 3,400 Yards - Stress Value = 50

300 3 x 100 on 2:30 Kick-hold all at 100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 200 on 4:00 Freestyle
 {2 x 200 on 3:55 Freestyle
 {3 x 200 on 3:50 Freestyle
 {1 x 200 on 3:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 4:41 PM 2,600 Yards - Stress Value = 36

Workout #10271 - Tuesday, 20 December 2011

HS Girls - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick-hold all at 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 1x{1 x 200 on 3:10 Freestyle
 {2 x 200 on 3:05 Freestyle
 {3 x 200 on 3:00 Freestyle
 {3 x 200 on 2:55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 4:41 PM 3,200 Yards - Stress Value = 46

Workout #10263 - Tuesday, 20 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,650 1x{1 x 350 on 5:35 Freestyle EN2
 {3 x 50 on :50 Free-Great Effort EN3
 {1 x 350 on 5:30 Freestyle EN2
 {3 x 50 on :55 Free-Great Effort EN3
 {1 x 350 on 5:25 Freestyle EN2
 {3 x 50 on 1:00 Free-Great Effort EN3
 {1 x 150 on 2:10 Freestyle EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,450 Yards - Stress Value = 57

Workout #10272 - Tuesday, 20 December 2011

HS Girls - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:15 Kick-hold all at 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 1x{1 x 200 on 3:30 Freestyle
 {2 x 200 on 3:25 Freestyle
 {3 x 200 on 3:20 Freestyle
 {4 x 150 on 2:25 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 4:42 PM 3,050 Yards - Stress Value = 44

Workout #10266 - Tuesday, 20 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

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

Workout #10273 - Tuesday, 20 December 2011

HS Girls - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters

Workout #10269 - Tuesday, 20 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

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

Workout #10267 - Tuesday, 20 December 2011

HS Girls - Sprint

1 minute rest between sets

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

Workout #10260 - Tuesday, 20 December 2011

HS Boys - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
5:30 AM	Start				
=====	=====	====	====	====	====
	1 on 25:00 DS and Weights			L DRY	
800	1 x 800 on 12:00 Choice	REC		S CHO	1:30
	1 on 58:00 Shave Down			M	
7:05 AM	800 Yards				

Workout #10291 - Wednesday, 21 December 2011

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
12:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Shoulders/Tm Mtg		
600	1 x 600 on 12:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 50 on 1:00 Kick no board on back	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 50 on 1:00 Kick no board on back	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 50 on 1:00 Kick no board on back	EN2	
	{2 x 100 on 1:45 Kick	EN2	

	{2 x 50 on 1:00 Kick no board on back	EN2
	{2 x 100 on 1:40 Kick	EN2
	{2 x 50 on 1:00 Kick no board on back	EN2
200	8 x 25 on 1:00 Stroke Drills	REC
1,900	1x{4 x 25 on :45 Breast Pulls	EN1
	{3 x 125 on 2:30 Breaststroke	EN2
	{4 x 25 on :45 Breast Pulls	EN2
	{3 x 125 on 2:25 Breaststroke	EN2
	{4 x 25 on :45 Breast Pulls	EN2
	{3 x 125 on 2:20 Breaststroke	EN2
	{4 x 25 on :45 Breast Pulls	EN1
	{3 x 125 on 2:15 Breaststroke	EN2
300	6 x 50 on 1:10 Stroke Drills	REC
	1 on 10:00 Game	
2:30 PM	4,650 Yards - Stress Value = 74	

Workout #10292 - Wednesday, 21 December 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
12:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Shoulders/Tm Mtg		
600	1 x 600 on 12:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{2 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:10 Kick no board on back	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:10 Kick no board on back	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:10 Kick no board on back	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 50 on 1:10 Kick no board on back	EN2	
	{1 x 100 on 2:00 Kick	EN2	
200	8 x 25 on 1:00 Stroke Drills	REC	
1,750	1x{4 x 25 on :45 Breast Pulls	EN1	
	{3 x 125 on 2:45 Breaststroke	EN2	
	{4 x 25 on :45 Breast Pulls	EN2	
	{3 x 125 on 2:40 Breaststroke	EN2	
	{4 x 25 on :45 Breast Pulls	EN2	
	{3 x 125 on 2:35 Breaststroke	EN2	
	{4 x 25 on :45 Breast Pulls	EN1	
	{3 x 75 on 1:30 Breaststroke	EN2	
300	6 x 50 on 1:10 Stroke Drills	REC	
	1 on 10:00 Game		
2:30 PM	4,300 Yards - Stress Value = 66		

Workout #10293 - Wednesday, 21 December 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
550	1 x 550 on 12:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{2 x 100 on 2:45 Kick	EN2	
	{2 x 50 on 1:20 Kick no board on back	EN2	
	{2 x 100 on 2:40 Kick	EN2	
	{2 x 50 on 1:20 Kick no board on back	EN2	
	{2 x 100 on 2:35 Kick	EN2	
	{2 x 50 on 1:20 Kick no board on back	EN2	
	{2 x 100 on 2:30 Kick	EN2	
200	8 x 25 on 1:00 Stroke Drills	REC	
1,475	1x{4 x 25 on 1:00 Breast Pulls	EN1	
	{3 x 125 on 3:00 Breaststroke	EN2	
	{4 x 25 on 1:00 Breast Pulls	EN2	
	{3 x 125 on 2:55 Breaststroke	EN2	
	{4 x 25 on 1:00 Breast Pulls	EN2	
	{3 x 125 on 2:50 Breaststroke	EN2	
	{2 x 25 on 1:00 Breast Pulls	EN2	
300	6 x 50 on 1:10 Stroke Drills	REC	
	1 on 10:00 Game		
	2:30 PM 3,775 Yards - Stress Value = 58		

Workout #10294 - Wednesday, 21 December 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 12:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 100 on 3:00 Kick	EN2	
	{2 x 50 on 1:30 Kick no board on back	EN2	
	{2 x 100 on 2:55 Kick	EN2	
	{2 x 50 on 1:30 Kick no board on back	EN2	
	{2 x 100 on 2:50 Kick	EN2	
	{2 x 50 on 1:30 Kick no board on back	EN2	
	{1 x 100 on 2:30 Kick	EN2	
200	8 x 25 on 1:00 Stroke Drills	REC	
1,300	1x{4 x 25 on 1:00 Breast Pulls	EN1	
	{3 x 100 on 2:45 Breaststroke	EN2	
	{4 x 25 on 1:00 Breast Pulls	EN2	
	{3 x 100 on 2:40 Breaststroke	EN2	
	{4 x 25 on 1:00 Breast Pulls	EN2	
	{3 x 100 on 2:35 Breaststroke	EN2	
	{4 x 25 on 1:00 Breast Pulls	EN2	
300	6 x 50 on 1:10 Stroke Drills	REC	
	1 on 10:00 Game		
	2:29 PM 3,450 Yards - Stress Value = 51		

Workout #10284 - Wednesday, 21 December 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	8:37 AM Start		
2,400	1x{4 x 50 on 1:00 Breast under/overs	EN2	
	{4 x 100 on 1:25 25 breast 75 free	EN1	
	{4 x 50 on 1:00 Breast under/overs	EN3	
	{4 x 100 on 1:25 50 free 50 breast	EN2	
	{4 x 50 on 1:00 100 Breast under/overs	EN3	
	{4 x 100 on 1:25 75 Breast 25 free	EN2	
	{4 x 50 on 1:00 Breast under/overs	EN3	
	{4 x 100 on 1:25 Breaststroke	EN2	

350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:34 AM 2,750 Yards - Stress Value = 68

Workout #10278 - Wednesday, 21 December 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	8:37 AM Start			
3,150	3x{1 x 500 on 5:30 Freestyle	EN3	S	FR
	{1 on 1:00 Rest		M	
	{1 x 50 on 1:00 Freestyle	SP2	S	FR
	{1 x 150 on 3:00 Freestyle	REC	S	FR
	{1 x 100 on 1:00 Freestyle	SP2	S	FR
	{1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:33 AM 3,150 Yards - Stress Value = 135			

Workout #10281 - Wednesday, 21 December 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	8:37 AM Start			
2,000	10x{8 x 25 on :25 Butterfly	EN2	S	FLY
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:35 AM 2,200 Yards - Stress Value = 40			

Workout #10279 - Wednesday, 21 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	8:37 AM Start			
2,850	3x{1 x 500 on 6:15 Freestyle	EN3	S	FR
	{1 on 1:00 Rest		M	
	{1 x 50 on 1:00 Freestyle	SP2	S	FR
	{1 x 100 on 2:15 Freestyle	REC	S	FR
	{1 x 100 on 1:10 Freestyle	SP2	S	FR
	{1 x 200 on 3:50 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:33 AM 2,850 Yards - Stress Value = 135			

Workout #10282 - Wednesday, 21 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	8:37 AM Start			
1,800	9x{8 x 25 on :30 Butterfly	EN2	S	FLY
	{1 on 1:00 Rest		M	
	Only do 4 on the 9th set			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:36 AM 2,000 Yards - Stress Value = 36			

Workout #10285 - Wednesday, 21 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WC
 =====
 2,100 1x{3 x 50 on 1:10 Breast under/overs EN2
 {4 x 100 on 1:40 25 breast 75 free EN1
 {3 x 50 on 1:10 Breast under/overs EN3
 {4 x 100 on 1:40 50 free 50 breast EN2
 {3 x 50 on 1:10 100 Breast under/overs EN3
 {4 x 100 on 1:40 75 Breast 25 free EN2
 {3 x 50 on 1:10 Breast under/overs EN3
 {3 x 100 on 1:40 Breaststroke EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:34 AM 2,450 Yards - Stress Value = 56

7:00 AM Start

Yards Set Description
 =====
 600 1 on 20:00 DS and Vis
 150 1 x 600 on 10:00 Free L.25 of each 100 Non F
 1,450 10 x 15 on :45 Shooters
 1x{2 x 125 on 2:25 Kick
 {1 x 100 on 1:55 Kick
 {2 x 125 on 2:25 Kick
 {1 x 100 on 1:50 Kick
 {2 x 125 on 2:25 Kick
 {1 x 100 on 1:45 Kick
 {2 x 125 on 2:25 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :55 Kick
 1,300 1x{1 x 500 on 7:30 Lungbuster pulls
 {1 x 400 on 5:55 Lungbuster pulls
 {1 x 300 on 4:25 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:36 AM 3,700 Yards - Stress Value = 50

Workout #10295 - Wednesday, 21 December 2011

HighSchl - Freestylers

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS/Circuit
 150 1 x 600 on 10:00 Free L.25 of each 100 non f
 10 x 15 on :45 Shooters
 Your primary stroke
 400 1 x 400 on 8:00 Kick-Alt 25 sprint kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 15 x 150 on 2:00 Freestyle
 Descend in 3's. Each set of 3 faster
 avg time then previous set
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice/Vis
 5:01 PM 3,850 Yards - Stress Value = 61

Workout #10296 - Wednesday, 21 December 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS/Circuit
 150 1 x 600 on 10:00 Free L.25 of each 100 non f
 10 x 15 on :45 Shooters
 Your primary stroke
 400 1 x 400 on 8:00 Kick-Alt 25 sprint kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 13 x 150 on 2:15 Freestyle
 Descend in 3's. Each set of 3 faster
 avg time then previous set
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice/Vis
 5:01 PM 3,550 Yards - Stress Value = 55

Workout #10274 - Wednesday, 21 December 2011

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 20:00 DS and Vis
 150 1 x 600 on 10:00 Free L.25 of each 100 Non F
 1,750 10 x 15 on :45 Shooters
 1x{2 x 125 on 2:05 Kick
 {1 x 100 on 1:35 Kick
 {2 x 125 on 2:05 Kick
 {1 x 100 on 1:30 Kick
 {2 x 125 on 2:05 Kick
 {1 x 100 on 1:25 Kick
 {2 x 125 on 2:05 Kick
 {1 x 100 on 1:20 Kick
 {2 x 125 on 2:05 Kick
 {1 x 100 on 1:15 Kick
 1,500 1x{1 x 500 on 6:40 Lungbuster pulls
 {1 x 400 on 5:15 Lungbuster pulls
 {1 x 300 on 3:55 Lungbuster pulls
 {1 x 200 on 2:35 Lungbuster pulls
 {1 x 100 on 1:15 Lungbuster pulls
 breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:36 AM 4,200 Yards - Stress Value = 58

Workout #10276 - Wednesday, 21 December 2011

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 20:00 DS and Vis
 150 1 x 550 on 10:00 Free L.25 of each 100 Non F
 1,350 10 x 15 on :45 Shooters
 1x{2 x 125 on 2:40 Kick
 {1 x 100 on 2:00 Kick
 {2 x 125 on 2:40 Kick
 {1 x 100 on 1:55 Kick
 {2 x 125 on 2:40 Kick
 {1 x 100 on 1:50 Kick
 {2 x 125 on 2:40 Kick
 {1 x 50 on :55 Kick
 1,200 1x{1 x 500 on 8:10 Lungbuster pulls
 {1 x 400 on 6:30 Lungbuster pulls
 {1 x 300 on 4:50 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
 8:36 AM 3,450 Yards - Stress Value = 47

Workout #10275 - Wednesday, 21 December 2011

HighSchl - Gold

1 minute rest between sets

Workout #10297 - Wednesday, 21 December 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Circuit
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 Your primary stroke
 400 1 x 400 on 8:00 Kick-Alt 25 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 12 x 150 on 2:30 Freestyle
 Descend in 3's. Each set of 3 faster
 avg time then previous set
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice/Vis
 5:01 PM 3,350 Yards - Stress Value = 52

Workout #10277 - Wednesday, 21 December 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,250 1x{2 x 125 on 2:55 Kick
 {1 x 100 on 2:15 Kick
 {2 x 125 on 2:55 Kick
 {1 x 100 on 2:10 Kick
 {2 x 125 on 2:55 Kick
 {1 x 100 on 2:05 Kick
 {2 x 75 on 1:45 Kick
 {1 x 50 on :55 Kick
 1,050 1x{1 x 400 on 7:15 Lungbuster pulls
 {1 x 300 on 5:25 Lungbuster pulls
 {1 x 200 on 3:35 Lungbuster pulls
 {1 x 100 on 1:45 Lungbuster pulls
 {1 x 50 on :50 Lungbuster pulls
 breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:36 AM 3,150 Yards - Stress Value = 43

Workout #10298 - Wednesday, 21 December 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Circuit
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 Your primary stroke
 400 1 x 400 on 8:00 Kick-Alt 25 sprint kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 10 x 150 on 2:45 Freestyle
 Descend in 3's. Each set of 3 faster
 avg time then previous set
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice/Vis
 5:00 PM 3,000 Yards - Stress Value = 46

Workout #10280 - Wednesday, 21 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

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

Workout #10283 - Wednesday, 21 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

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

Workout #10286 - Wednesday, 21 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

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

Workout #10312 - Thursday, 22 December 2011

Group 2 - Fly

1 minute rest between sets

12:00 PM Start
 Yards Set Description EGY WC
 =====
 600 1 on 30:00 DS/Physio Ball Abs/Tm Mtg
 1 x 600 on 12:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 1 on 10:00 Techniques-Open turns REC
 10 x 15 on :45 Shooters SP3
 1 on 10:00 Vertical Kicking EN2
 400 16 x 25 on 1:00 Kick no board S EN2
 1-8 with fins
 150 6 x 25 on 1:00 Butterfly EN2
 1x{1 on 10:00 Fly Drills REC
 {1 on 10:00 Fly Drills REC
 {1 on 10:00 Fly drills REC
 150 6 x 25 on 1:00 Butterfly EN2
 400 2 x 200 on 5:00 Butterfly EN2
 250 5 x 50 on 1:10 Stroke Drills REC
 2:31 PM 2,100 Yards - Stress Value = 28

Workout #10316 - Thursday, 22 December 2011

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
600	1 on 40:00 DS/Physio Ball/Vis		
150	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
400	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,150	16 x 25 on :45 Kick no board BSLR	EN2	
	11 +1 Kick to 18 then repeat		
	1x{ L.25 of each 125 12.5 yds underwater		
	{4 x 125 on 1:50 Backstroke	EN2	
	{3 x 50 on :40 Back-descend	EN2	
	{4 x 125 on 1:45 Backstroke	EN2	
	{3 x 50 on :40 Back-descend	EN2	
	{4 x 125 on 1:40 Backstroke	EN2	
	{3 x 50 on :40 Back-descend	EN2	
	{8 x 25 on :30 Back 10+1 KOW-100%	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:05 PM 3,800 Yards - Stress Value = 57		

Workout #10303 - Thursday, 22 December 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
8:38 AM	Start		
3,300	1x{3 x 150 on 1:50 Freestyle	EN2	
	{4 x 100 on 1:25 Free Hold time I give	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{4 x 125 on 1:45 Free Hold time I give	EN2	
	{3 x 250 on 3:00 Freestyle	EN2	
200	{4 x 150 on 2:05 Free Hold time I give	EN2	
	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	9:35 AM 3,500 Yards - Stress Value = 66		

Workout #10313 - Thursday, 22 December 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
600	1 on 40:00 DS/Physio Ball/Vis		
150	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
400	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,500	16 x 25 on :45 Kick no board BSLR	EN2	
	11 +1 Kick to 18 then repeat		
	1x{2 x 200 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:30 Free w/6bk	EN2	
	{2 x 200 on 2:25 Freestyle	EN2	
	{1 x 100 on 1:30 Free w/6bk	EN2	
	{2 x 200 on 2:20 Freestyle	EN2	
	{1 x 100 on 1:30 Free w/6bk	EN2	
	{2 x 200 on 2:15 Freestyle	EN2	
	{1 x 100 on 1:30 Free w/6bk	EN2	
	{2 x 200 on 2:10 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:05 PM 4,150 Yards - Stress Value = 64		

Workout #10304 - Thursday, 22 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
8:38 AM	Start		
3,000	1x{3 x 150 on 2:05 Freestyle	EN2	
	{4 x 100 on 1:35 Free Hold time I give	EN2	
	{3 x 200 on 2:45 Freestyle	EN2	
	{4 x 125 on 1:55 Free Hold time I give	EN2	
	{3 x 250 on 3:25 Freestyle	EN2	
200	{2 x 150 on 2:20 Free Hold time I give	EN2	
	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	9:36 AM 3,200 Yards - Stress Value = 60		

Workout #10307 - Thursday, 22 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
8:38 AM	Start		
2,650	1x{2 x 250 on 4:00 50fl 50fr 50fl 50fr 50fl	EN2	
	{4 x 100 on 1:35 Individual Medley	EN2	
	{2 x 250 on 4:00 50ba 50fr 50ba 50fr 50ba	EN2	
	{3 x 100 on 1:35 Individual Medley	EN2	
	{2 x 250 on 4:15 50br 50fr 50br 50fr 50br	EN2	
	{2 x 100 on 1:35 Individual Medley	EN2	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 200 on 3:00 IM for time	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	9:36 AM 2,850 Yards - Stress Value = 52		

Workout #10310 - Thursday, 22 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
8:38 AM	Start		
2,450	1x{6 x 125 on 2:05 Free hold time I give	EN2	
	{6 x 25 on :30 SD w/ fast finishes	EN2	
	{6 x 100 on 1:40 Free-hold time I give	EN2	
	{6 x 25 on :35 SD w/fast finishes	EN2	
	{6 x 75 on 1:15 Free-hold time I give	EN2	
	{6 x 25 on :40 SD w/fast finishes	EN2	
	{4 x 50 on :50 Free-hold time I give	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
	9:36 AM 2,650 Yards - Stress Value = 49		

Workout #10314 - Thursday, 22 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 40:00 DS/Physio Ball/Vis		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
400	16 x 25 on :45 Kick no board BSLR	EN2	
	11 +1 Kick to 18 then repeat		
2,150	1x{2 x 200 on 2:55 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{2 x 200 on 2:50 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{2 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{2 x 200 on 2:35 Freestyle	EN2	
	{1 x 100 on 1:40 Free w/6bk	EN2	
	{1 x 150 on 1:55 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:05 PM 3,800 Yards - Stress Value = 57		

{6 x 25 on :35 Free 6BK br on 2+1	EN2
{1 x 200 on 3:15 Free-SFT +3 strokes	EN2
10 x 50 on 1:00 Stroke Drills	REC
1 on 10:00 Ice	
5:05 PM 3,200 Yards - Stress Value = 45	

Workout #10306 - Thursday, 22 December 2011

HighSchl - IM'ers

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY
=====	=====	=====
2,950	1x{2 x 250 on 3:30 50fl 50fr 50fl 50fr 50fl	EN2
	{4 x 100 on 1:25 Individual Medley	EN2
	{2 x 250 on 3:30 50ba 50fr 50ba 50fr 50ba	EN2
	{4 x 100 on 1:25 Individual Medley	EN2
	{2 x 250 on 3:45 50br 50fr 50br 50fr	EN2
	{4 x 100 on 1:25 Individual Medley	EN2
	{1 x 50 on 1:30 Freestyle	REC
	{1 x 200 on 3:00 IM for time	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 ice	
	9:35 AM 3,150 Yards - Stress Value = 58	

Workout #10317 - Thursday, 22 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 40:00 DS/Physio Ball/Vis		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
400	16 x 25 on :45 Kick no board BSLR	EN2	
	11 +1 Kick to 18 then repeat		
1,850	1x{ L.25 of each 125 12.5 yds underwater		
	{4 x 125 on 2:05 Backstroke	EN2	
	{3 x 50 on :45 Back-descend	EN2	
	{4 x 125 on 2:00 Backstroke	EN2	
	{3 x 50 on :45 Back-descend	EN2	
	{2 x 125 on 1:55 Backstroke	EN2	
	{2 x 50 on :45 Back-descend	EN2	
	{8 x 25 on :35 Back 10+1 KOW-100%	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:05 PM 3,500 Yards - Stress Value = 51		

Workout #10299 - Thursday, 22 December 2011

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
600	1 on 35:00 DS and Weights	
	1 x 600 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	
1,500	1x{1 x 100 on 1:55 Kick	
	{1 x 100 on 1:50 Kick	
	{1 x 100 on 1:45 Kick	
	{1 x 100 on 1:40 Kick	
	{1 x 100 on 1:35 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:25 Kick	
	{1 x 100 on 1:20 Kick	
	{1 x 100 on 1:25 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:35 Kick	
	{1 x 100 on 1:40 Kick	
	{1 x 100 on 1:45 Kick	
	{1 x 100 on 1:50 Kick	
	{1 x 100 on 1:55 Kick	
800	1x{4 x 50 on :50 Pulls	
	{4 x 50 on :45 Pulls	
	{4 x 50 on :40 Pulls	
	{4 x 50 on :35 Pulls	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	8:37 AM 3,150 Yards - Stress Value = 46	

Workout #10320 - Thursday, 22 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 40:00 DS/Physio Ball/Vis		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
400	16 x 25 on :45 Kick no board BSLR	EN2	
	11 +1 Kick to 18 then repeat		
1,550	1x{8 x 25 on :35 Free 6BK, br on 2+1	EN2	
	{1 x 200 on 3:30 Free-SFT	EN2	
	{8 x 25 on :35 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:25 Free SFT +1 stroke	EN2	
	{8 x 25 on :35 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:20 Free SFT +2 strokes	EN2	

Workout #10300 - Thursday, 22 December 2011

HighSchl - Gold

1 minute rest between sets

		7:00 AM Start	
Yards	Set Description	Yards	Set Description
=====	=====	=====	=====
	1 on 35:00 DS and Weights		1 on 35:00 DS and Weights
600	1 x 600 on 10:00 Underwater trn drill	550	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back		Odd 100's free even 100's back
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 2:05 Kick	1,150	1x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:00 Kick		{1 x 100 on 2:15 Kick
	{1 x 100 on 1:55 Kick		{1 x 100 on 2:10 Kick
	{1 x 100 on 1:50 Kick		{1 x 100 on 2:05 Kick
	{2 x 100 on 1:45 Kick		{1 x 100 on 2:00 Kick
	{1 x 100 on 1:40 Kick		{1 x 100 on 1:55 Kick
	{1 x 100 on 1:45 Kick		{1 x 100 on 2:00 Kick
	{1 x 100 on 1:50 Kick		{1 x 100 on 2:05 Kick
	{1 x 100 on 1:55 Kick		{1 x 100 on 2:20 Kick
	{1 x 100 on 2:00 Kick	700	1x{2 x 50 on 1:00 Pulls
	{1 x 100 on 2:05 Kick		{4 x 50 on :55 Pulls
	{1 x 100 on 2:10 Kick		{4 x 50 on :50 Pulls
750	1x{3 x 50 on :55 Pulls	100	2x{1 x 25 on :50 Sculling drills
	{4 x 50 on :50 Pulls		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{4 x 50 on :45 Pulls		8:37 AM 2,650 Yards - Stress Value = 38
	{4 x 50 on :40 Pulls		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	8:37 AM 2,900 Yards - Stress Value = 42		

Workout #10302 - Thursday, 22 December 2011

HighSchl - Bronze

1 minute rest between sets

Workout #10323 - Thursday, 22 December 2011

HighSchl - Gold

1 minute rest between sets

		7:00 AM Start	
Yards	Set Description	Yards	Set Description
=====	=====	=====	=====
	1 on 34:00 DS/Teds Abs/Vis		1 on 35:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill	500	1 x 500 on 10:00 Underwater trn drill
			Odd 100's free even 100's back
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters
1,450	1x{6 x 25 on :35 Kick no brd B- 9+1 KOW	1,050	1x{1 x 100 on 2:30 Kick
	{2 x 75 on 1:35 Kick		{1 x 100 on 2:25 Kick
	{2 x 75 on 1:30 Kick		{1 x 100 on 2:20 Kick
	{6 x 25 on :35 Kick no brd S-9+1 KOW		{1 x 100 on 2:15 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 2:05 Kick
	{6 x 25 on :35 Kick no brd L-9 +1 KOW		{1 x 100 on 2:10 Kick
	{2 x 75 on 1:25 Kick	600	1x{2 x 50 on 1:05 Pulls
	{2 x 75 on 1:20 Kick		{3 x 50 on 1:00 Pulls
	{4 x 25 on :35 Kick no brd R-9+1 KOW		{3 x 50 on :55 Pulls
			{4 x 50 on :50 Pulls
200	4x{1 x 25 on :50 Sculling drills	100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
			8:37 AM 2,400 Yards - Stress Value = 36
2,750	5x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		
	{1 x 150 on 2:00 Freestyle		
	{1 x 100 on 1:20 Freestyle		
	{1 x 50 on :40 Freestyle		
	{1 x 150 on 3:30 Stroke Drills		
	1 on 10:00 Ice		
	9:35 AM 5,150 Yards - Stress Value = 115		

Workout #10301 - Thursday, 22 December 2011

HighSchl - Silver

1 minute rest between sets

Workout #10305 - Thursday, 22 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
2,550	1x{3 x 150 on 2:25 Freestyle	EN2	
	{2 x 100 on 1:45 Free Hold time I give	EN2	
	{3 x 200 on 3:10 Freestyle	EN2	
	{4 x 125 on 2:10 Free Hold time I give	EN2	
	{2 x 250 on 4:00 Freestyle	EN2	
	{2 x 150 on 2:35 Free Hold time I give	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:35 AM 2,750 Yards - Stress Value = 51			

Workout #10308 - Thursday, 22 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
2,350	1x{2 x 200 on 3:35 50fl 50fr 50fl 50fr 50fl	EN2	
	{3 x 100 on 1:45 Individual Medley	EN2	
	{2 x 200 on 3:35 50ba 50fr 50ba 50fr 50ba	EN2	
	{3 x 100 on 1:45 Individual Medley	EN2	
	{2 x 200 on 3:45 50br 50fr 50br 50fr 50br	EN2	
	{3 x 100 on 1:45 Individual Medley	EN2	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 200 on 4:00 IM for time	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:36 AM 2,550 Yards - Stress Value = 46			

Workout #10311 - Thursday, 22 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
2,250	1x{6 x 125 on 2:15 Free hold time I give	EN2	
	{4 x 25 on :40 SD w/ fast finishes	EN2	
	{6 x 100 on 1:50 Free-hold time I give	EN2	
	{4 x 25 on :40 SD w/fast finishes	EN2	
	{6 x 75 on 1:20 Free-hold time I give	EN2	
	{3 x 50 on 1:00 Free-hold time I give	EN2	
	{4 x 25 on :40 SD w/fast finishes	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:36 AM 2,450 Yards - Stress Value = 45			

Workout #10315 - Thursday, 22 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
550	1 on 40:00 DS/Physio Ball/Vis		
	1 x 550 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
400	16 x 25 on :45 Kick no board BSLR	EN2	
	11 +1 Kick to 18 then repeat		
1,900	1x{2 x 200 on 3:15 Freestyle	EN2	
	{1 x 100 on 1:50 Free w/6bk	EN2	
	{2 x 200 on 3:10 Freestyle	EN2	
	{1 x 100 on 1:50 Free w/6bk	EN2	
	{2 x 200 on 3:05 Freestyle	EN2	

{1 x 100 on 1:50 Free w/6bk	EN2
{2 x 200 on 3:00 Freestyle	EN2
10 x 50 on 1:00 Stroke Drills	REC
1 on 10:00 Ice	
5:05 PM 3,500 Yards - Stress Value = 52	

Workout #10318 - Thursday, 22 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
550	1 on 40:00 DS/Physio Ball/Vis		
	1 x 550 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
400	16 x 25 on :45 Kick no board BSLR	EN2	
	11 +1 Kick to 18 then repeat		
1,600	1x{ L.25 of each 125 12.5 yds underwater		
	{4 x 125 on 2:20 Backstroke	EN2	
	{3 x 50 on :55 Back-descend	EN2	
	{2 x 125 on 2:15 Backstroke	EN2	
	{3 x 50 on :55 Back-descend	EN2	
	{2 x 125 on 1:55 Backstroke	EN2	
	{2 x 50 on :55 Back-descend	EN2	
	{8 x 25 on :40 Back 10+1 KOW-100%	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:05 PM 3,200 Yards - Stress Value = 46			

Workout #10321 - Thursday, 22 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
550	1 on 40:00 DS/Physio Ball/Vis		
	1 x 550 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
400	16 x 25 on :45 Kick no board BSLR	EN2	
	11 +1 Kick to 18 then repeat		
1,400	1x{6 x 25 on :40 Free 6BK, br on 2+1	EN2	
	{1 x 200 on 3:45 Free-SFT	EN2	
	{6 x 25 on :40 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:40 Free SFT +1 stroke	EN2	
	{6 x 25 on :40 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:35 Free SFT +2 strokes	EN2	
	{6 x 25 on :40 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:30 Free-SFT +3 strokes	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:05 PM 3,000 Yards - Stress Value = 42			

Workout #10309 - Thursday, 22 December 2011

HighSchl - Sprint

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WC
2,700	1x{6 x 125 on 1:55 Free hold time I give	EN2	
	{8 x 25 on :25 SD w/ fast finishes	EN2	
	{6 x 100 on 1:30 Free-hold time I give	EN2	
	{8 x 25 on :30 SD w/fast finishes	EN2	
	{6 x 75 on 1:10 Free-hold time I give	EN2	
	{8 x 25 on :35 SD w/fast finishes	EN2	
	{6 x 50 on :45 Free hold time I give	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:36 AM 2,900 Yards - Stress Value = 54			

Workout #10319 - Thursday, 22 December 2011

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 40:00 DS/Physio Ball/Vis		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
400	16 x 25 on :45 Kick no board BSLR	EN2	
	11 +1 Kick to 18 then repeat		
1,700	1x{8 x 25 on :30 Free 6BK, br on 2+1	EN2	
	{1 x 200 on 3:15 Free-SFT	EN2	
	{8 x 25 on :30 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:10 Free SFT +1 stroke	EN2	
	{8 x 25 on :30 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:05 Free SFT +2 strokes	EN2	
	{6 x 25 on :30 Free 6BK br on 2+1	EN2	
	{1 x 200 on 3:00 Free-SFT +3 strokes	EN2	
	{6 x 25 on :30 Free-6BK br on 2+1	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:05 PM 3,350 Yards - Stress Value = 48			

Workout #10322 - Friday, 23 December 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 34:00 DS/Teds Abs/Vis		
600	1 x 600 on 10:00 Reverse IM drill		
150	10 x 15 on :45 Shooters		
1,800	1x{6 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		
	{6 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		
	{6 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		
	{6 x 25 on :30 Kick no brd R-9+1 KOW		
	{2 x 75 on 1:05 Kick		
	{2 x 75 on 1:00 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
3,000	5x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		

{1 x 150 on 1:45 Freestyle
 {1 x 100 on 1:10 Freestyle
 {1 x 50 on :35 Freestyle
 {1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Ice

9:35 AM 5,750 Yards - Stress Value = 122

Workout #10324 - Friday, 23 December 2011

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 34:00 DS/Teds Abs/Vis		
550	1 x 550 on 10:00 Reverse IM drill		
150	10 x 15 on :45 Shooters		
1,350	1x{6 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		
	{2 x 75 on 1:30 Kick		
	{2 x 75 on 1:25 Kick		
	{4 x 25 on :40 Kick no brd R-9+1 KOW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,500	5x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		
	{1 x 150 on 2:15 Freestyle		
	{1 x 100 on 1:30 Freestyle		
	{1 x 50 on :45 Freestyle		
	{1 x 100 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
9:35 AM 4,750 Yards - Stress Value = 113			

Workout #10325 - Friday, 23 December 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 34:00 DS/Teds Abs/Vis		
500	1 x 500 on 10:00 Reverse IM drill		
150	10 x 15 on :45 Shooters		
1,200	1x{6 x 25 on :45 Kick no brd B- 9+1 KOW		
	{2 x 75 on 1:50 Kick		
	{2 x 75 on 1:45 Kick		
	{4 x 25 on :45 Kick no brd S-9+1 KOW		
	{2 x 75 on 1:45 Kick		
	{2 x 75 on 1:40 Kick		
	{4 x 25 on :45 Kick no brd L-9 +1 KOW		
	{1 x 75 on 1:40 Kick		
	{1 x 75 on 1:35 Kick		
	{4 x 25 on :45 Kick no brd R-9+1 KOW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,250	5x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		
	{1 x 150 on 2:35 Freestyle		
	{1 x 100 on 1:45 Freestyle		
	{1 x 50 on :50 Freestyle		
	{1 x 50 on 2:20 Stroke Drills		
	1 on 10:00 Ice		
9:35 AM 4,300 Yards - Stress Value = 111			

Workout #10343 - Saturday, 24 December 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
12:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
450	1 x 450 on 12:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{2 x 100 on 2:45 Kick-fly	EN2	
	{1 x 50 on 1:30 Kick-100%	EN2	
	{2 x 100 on 2:45 Kick-on back no board	EN2	
	{1 x 50 on 1:30 Kick-100%	EN2	
	{2 x 100 on 2:45 Kick-breast	EN2	
	{1 x 50 on 1:30 Kick-100%	EN2	
	{2 x 100 on 2:45 Kick-free	EN2	
	{2 x 50 on 1:15 Kick-100%	EN2	
600	1 x 600 on 12:00 Lungbuster pulls	EN1	
	Breathe 2-3-4-5-6-7 continuous		
300	12 x 25 on 1:00 3 on each stroke	REC	
	2 drill one build		
1,100	1x{4 x 100 on 2:05 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 2:05 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 2:05 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 2:05 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 12:00 Techniques-Starts		
	2:30 PM 3,850 Yards - Stress Value = 55		

Workout #10326 - Saturday, 24 December 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
7:00 AM	Start				
=====	=====	=====	=====	=====	=====
10,000	100 x 100 on 1:20 Freestyle	EN2	S	FR	1:20
	1 on 10:00 Ice		M		
	9:23 AM 10,000 Yards - Stress Value = 200				

Workout #10340 - Monday, 26 December 2011

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
12:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{3 x 100 on 2:00 Kick-fly	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{3 x 100 on 2:00 Kick-on back no board	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{3 x 100 on 2:00 Kick-breast	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{3 x 100 on 2:00 Kick-free	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
800	1 x 800 on 12:00 Lungbuster pulls	EN1	
	Breathe 2-3-4-5-6-7 continuous		
300	12 x 25 on 1:00 3 on each stroke	REC	
	2 drill one build		
1,500	1x{5 x 100 on 1:25 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:25 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:25 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:25 Individual Medley	EN2	

{1 on 1:00 Rest		
{1 x 100 on 1:25 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 12:00 Techniques-Starts	
2:30 PM 4,950 Yards - Stress Value = 72		

Workout #10341 - Monday, 26 December 2011

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
12:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
550	1 x 550 on 12:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{3 x 100 on 2:15 Kick-fly	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{3 x 100 on 2:15 Kick-on back no board	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{3 x 100 on 2:15 Kick-breast	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{2 x 75 on 1:40 Kick-free	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
750	1 x 750 on 12:00 Lungbuster pulls	EN1	
	Breathe 2-3-4-5-6-7 continuous		
300	12 x 25 on 1:00 3 on each stroke	REC	
	2 drill one build		
1,400	1x{5 x 100 on 1:35 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:35 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:35 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:35 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 12:00 Techniques-Starts		
2:30 PM 4,600 Yards - Stress Value = 67			

Workout #10342 - Monday, 26 December 2011

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
12:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 12:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{2 x 100 on 2:30 Kick-fly	EN2	
	{1 x 50 on 1:30 Kick-100%	EN2	
	{2 x 100 on 2:30 Kick-on back no board	EN2	
	{1 x 50 on 1:30 Kick-100%	EN2	
	{2 x 100 on 2:30 Kick-breast	EN2	
	{1 x 50 on 1:30 Kick-100%	EN2	
	{3 x 100 on 2:30 Kick-free	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
700	1 x 700 on 12:00 Lungbuster pulls	EN1	
	Breathe 2-3-4-5-6-7 continuous		
300	12 x 25 on 1:00 3 on each stroke	REC	
	2 drill one build		
1,200	1x{5 x 100 on 1:50 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:50 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:50 Individual Medley	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:50 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 12:00 Techniques-Starts		
2:29 PM 4,150 Yards - Stress Value = 59			

Workout #10337 - Monday, 26 December 2011

HighSchl - Back

1 minute rest between sets

8:40 AM Start

Yards	Set Description	EGY	WORK	STK
2,050	1x{5 x 100 on 1:35 Backstroke	EN1	S	BK
	{6 x 25 on :30 Back 6 KOW +1	EN1	D	BK
	{4 x 100 on 1:30 Backstroke	EN1	S	BK
	{8 x 25 on :30 Back 6 KOW +1	EN1	D	BK
	{3 x 100 on 1:25 Backstroke	EN1	S	BK
	{8 x 25 on :30 Back 6 KOW +1	EN1	D	BK
	{3 x 100 on 1:20 Backstroke	EN1	S	BK
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 AM 2,550 Yards - Stress Value = 21

Workout #10334 - Monday, 26 December 2011

HighSchl - Breast

1 minute rest between sets

8:40 AM Start

Yards	Set Description	EGY	WORK	STK
1,950	1x{1 x 150 on 2:30 Breaststroke	EN1	S	BR
	{4 x 25 on :30 Breast Drill	EN1	D	BR
	{2 x 150 on 2:30 Freestyle	EN1	S	BR
	{6 x 25 on :30 Breast Drill	EN1	D	BR
	{3 x 150 on 2:30 Freestyle	EN1	S	BR
	{8 x 25 on :30 Breast Drill	EN1	D	BR
	{4 x 150 on 2:30 Breaststroke	EN1	S	BR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 AM 2,450 Yards - Stress Value = 20

Workout #10331 - Monday, 26 December 2011

HighSchl - Distance

1 minute rest between sets

8:40 AM Start

Yards	Set Description	EGY	WORK	STK
2,600	1x{1 x 500 on 6:40 Freestyle	EN1	S	FR
	{2 x 400 on 5:15 Freestyle	EN1	S	FR
	{3 x 300 on 3:50 Freestyle	EN1	S	FR
	{2 x 200 on 2:30 Freestyle	EN1	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 AM 3,100 Yards - Stress Value = 26

Workout #10332 - Monday, 26 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:40 AM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{1 x 500 on 7:35 Freestyle	EN1	S	FR
	{2 x 400 on 6:00 Freestyle	EN1	S	FR
	{3 x 300 on 4:25 Freestyle	EN1	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:34 AM 2,700 Yards - Stress Value = 22

Workout #10335 - Monday, 26 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:40 AM Start

Yards	Set Description	EGY	WORK	STK
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1,700

1x{1 x 150 on 2:45 Breaststroke	EN1	S	BR
{6 x 25 on :35 Breast Drill	EN1	D	BR
{2 x 150 on 2:45 Breaststroke	EN1	S	BR
{6 x 25 on :35 Breast Drill	EN1	D	BR
{3 x 150 on 2:45 Freestyle	EN1	S	BR
{8 x 25 on :35 Breast Drill	EN1	D	BR
{2 x 150 on 2:45 Breaststroke	EN1	S	BR
10 x 50 on 1:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice		M	

9:35 AM 2,200 Yards - Stress Value = 18

Workout #10338 - Monday, 26 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:40 AM Start

Yards	Set Description	EGY	WORK	STK
1,850	1x{5 x 100 on 1:45 Backstroke	EN1	S	BK
	{6 x 25 on :35 Back 6 KOW +1	EN1	D	BK
	{4 x 100 on 1:40 Backstroke	EN1	S	BK
	{6 x 25 on :35 Back 6 KOW +1	EN1	D	BK
	{3 x 100 on 1:35 Backstroke	EN1	S	BK
	{6 x 25 on :35 Back 6 KOW +1	EN1	D	BK
	{2 x 100 on 1:30 Backstroke	EN1	S	BK
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 AM 2,350 Yards - Stress Value = 20

Workout #10327 - Monday, 26 December 2011

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,200	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 200 on 3:25 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{1 x 200 on 3:20 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{1 x 200 on 3:15 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{1 x 200 on 3:10 Kick			
1,000	1x{2 x 125 on 1:40 Pulls-no br L.6 yds			
	{2 x 125 on 1:40 Pulls-no br L.8 yds			
	{2 x 125 on 1:40 Pulls-no br L.10 yds			
	{2 x 125 on 1:40 Pulls-no br L.12 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

8:39 AM 3,150 Yards - Stress Value = 40

Workout #10328 - Monday, 26 December 2011
HighSchl - Gold
1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 35:00 DS/Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:50 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on :55 Kick
850	1x{2 x 125 on 1:55 Pulls-no br L.6 yds
	{2 x 125 on 1:55 Pulls-no br L.8 yds
	{2 x 125 on 1:55 Pulls-no br L.10 yds
	{1 x 100 on 1:35 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:39 AM 2,850 Yards - Stress Value = 36

Workout #10329 - Monday, 26 December 2011
HighSchl - Silver
1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 35:00 DS/Weights
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:20 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:15 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:05 Kick
800	1x{2 x 125 on 2:05 Pulls-no br L.6 yds
	{2 x 125 on 2:05 Pulls-no br L.8 yds
	{2 x 100 on 1:40 Pulls-no br L.10 yds
	{1 x 100 on 1:40 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:39 AM 2,600 Yards - Stress Value = 33

Workout #10330 - Monday, 26 December 2011
HighSchl - Bronze
1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 35:00 DS/Weights
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:35 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
750	1x{2 x 125 on 2:15 Pulls-no br L.6 yds
	{2 x 125 on 2:15 Pulls-no br L.8 yds
	{2 x 100 on 1:50 Pulls-no br L.10 yds
	{1 x 50 on :55 Pulls-no br L.12 yds

200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:39 AM 2,400 Yards - Stress Value = 30

Workout #10333 - Monday, 26 December 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:40 AM	Start			
=====	=====	=====	=====	=====
1,900	1x{1 x 500 on 8:20 Freestyle	EN1	S	FR
	{1 x 400 on 6:40 Freestyle	EN1	S	FR
	{2 x 300 on 5:00 Freestyle	EN1	S	FR
	{2 x 200 on 3:20 Freestyle	EN1	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:33 AM 2,400 Yards - Stress Value = 19			

Workout #10336 - Monday, 26 December 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:40 AM	Start			
=====	=====	=====	=====	=====
1,550	1x{1 x 150 on 3:00 Breaststroke	EN1	S	BR
	{4 x 25 on :40 Breast Drill	EN1	D	BR
	{2 x 150 on 3:00 Breaststroke	EN1	S	BR
	{6 x 25 on :40 Breast Drill	EN1	D	BR
	{3 x 150 on 3:00 Breaststroke	EN1	S	BR
	{8 x 25 on :40 Breast Drill	EN1	D	BR
	{2 x 100 on 2:00 Breaststroke	EN1	S	BR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:35 AM 2,050 Yards - Stress Value = 16			

Workout #10339 - Monday, 26 December 2011
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:40 AM	Start			
=====	=====	=====	=====	=====
1,650	1x{5 x 100 on 1:55 Backstroke	EN1	S	BK
	{6 x 25 on :40 Back 6 KOW +1	EN1	D	BK
	{4 x 100 on 1:50 Backstroke	EN1	S	BK
	{6 x 25 on :40 Back 6 KOW +1	EN1	D	BK
	{3 x 100 on 1:45 Backstroke	EN1	S	BK
	{2 x 25 on :40 Back 6 KOW +1	EN1	D	BK
	{1 x 100 on 1:40 Backstroke	EN1	S	BK
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:35 AM 2,150 Yards - Stress Value = 17			

Workout #10348 - Tuesday, 27 December 2011
HS Girls - Distance
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:49 AM	Start			
=====	=====	=====	=====	=====
2,250	1x{3 x 225 on 3:00 Freestyle-descend	EN2	S	
	{3 x 200 on 2:40 Freestyle-descend	EN2	S	
	{3 x 175 on 2:20 Freestyle-descend	EN2	S	
	{3 x 150 on 2:00 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	9:35 AM 2,550 Yards - Stress Value = 45			

Workout #10349 - Tuesday, 27 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:49 AM	Start			
2,025	1x{3 x 225 on 3:30 Freestyle-descend	EN2	S	
	{3 x 200 on 3:00 Freestyle-descend	EN2	S	
	{3 x 150 on 2:15 Freestyle-descend	EN2	S	
	{3 x 100 on 1:30 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
9:36 AM	2,325 Yards - Stress Value = 41			

{2 x 50 on 1:00 Vertical Kick 35/25
{4 x 30 on :55 15 underwater 15 sprint free
{3 x 50 on 1:00 Vertical Kick 40/20
{4 x 30 on :50 15 underwater 15 sprint free
{4 x 50 on 1:00 Vertical Kick 45/15
{4 x 30 on :45 15 underwater 15 sprint free
1,000 1x{2 x 100 on 1:35 Lungbuster pulls
{2 x 100 on 1:30 Lungbuster pulls
{2 x 100 on 1:25 Lungbuster pulls
{2 x 100 on 1:20 Lungbuster pulls
{2 x 100 on 1:15 Lungbuster pulls
breathe 3-4-5-6 by the 25
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:48 AM 3,430 Yards - Stress Value = 50

Workout #10352 - Tuesday, 27 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:49 AM	Start			
1,800	1x{3 x 200 on 3:20 IM-descend	EN2	S	FR
	{3 x 200 on 3:15 IM-descend	EN2	S	FR
	{3 x 200 on 3:10 IM-descend	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:34 AM	2,050 Yards - Stress Value = 36			

Workout #10345 - Tuesday, 27 December 2011

HS Girls - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
1 on 30:00	DS/Core/Vis
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
980 1x{1 x 50 on 1:00 Vertical Kick-30/30	
{4 x 30 on 1:00 15 underwater 15 sprint free	
{2 x 50 on 1:00 Vertical Kick 35/25	
{4 x 30 on :55 15 underwater 15 sprint free	
{3 x 50 on 1:00 Vertical Kick 40/20	
{4 x 30 on :50 15 underwater 15 sprint free	
{4 x 50 on 1:00 Vertical Kick 45/15	
{4 x 30 on :45 15 underwater 15 sprint free	
900 1x{1 x 100 on 1:45 Lungbuster pulls	
{2 x 100 on 1:40 Lungbuster pulls	
{2 x 100 on 1:35 Lungbuster pulls	
{2 x 100 on 1:30 Lungbuster pulls	
{2 x 100 on 1:25 Lungbuster pulls	
breathe 3-4-5-6 by the 25	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:48 AM 3,330 Yards - Stress Value = 49	

Workout #10355 - Tuesday, 27 December 2011

HS Girls - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:49 AM	Start			
1,600	1x{4 x 100 on 1:55 Freestyle-descend	EN2	S	
	{4 x 100 on 1:50 Freestyle-descend	EN2	S	
	{4 x 100 on 1:45 Freestyle-descend	EN2	S	
	{4 x 100 on 1:40 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
9:34 AM	1,900 Yards - Stress Value = 32			

Workout #10346 - Tuesday, 27 December 2011

HS Girls - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
1 on 30:00	DS/Core/Vis
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
980 1x{1 x 50 on 1:00 Vertical Kick-30/30	
{4 x 30 on 1:00 15 underwater 15 sprint free	
{2 x 50 on 1:00 Vertical Kick 35/25	
{4 x 30 on :55 15 underwater 15 sprint free	
{3 x 50 on 1:00 Vertical Kick 40/20	
{4 x 30 on :50 15 underwater 15 sprint free	
{4 x 50 on 1:00 Vertical Kick 45/15	
{4 x 30 on :45 15 underwater 15 sprint free	
800 1x{1 x 100 on 1:50 Lungbuster pulls	
{1 x 100 on 1:45 Lungbuster pulls	
{2 x 100 on 1:40 Lungbuster pulls	
{2 x 100 on 1:35 Lungbuster pulls	
{2 x 100 on 1:30 Lungbuster pulls	
breathe 3-4-5-6 by the 25	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:47 AM 3,180 Yards - Stress Value = 47	

Workout #10351 - Tuesday, 27 December 2011

HS Girls - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:49 AM	Start			
2,100	1x{3 x 200 on 3:00 IM-descend	EN2	S	FR
	{3 x 200 on 2:55 IM-descend	EN2	S	FR
	{3 x 200 on 2:50 IM-descend	EN2	S	FR
	{3 x 100 on 1:30 IM-descend	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:35 AM	2,350 Yards - Stress Value = 42			

Workout #10344 - Tuesday, 27 December 2011

HS Girls - Platinum

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
1 on 30:00	DS/Core/Vis
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
980 1x{1 x 50 on 1:00 Vertical Kick-30/30	
{4 x 30 on 1:00 15 underwater 15 sprint free	

Workout #10347 - Tuesday, 27 December 2011

HS Girls - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
500	1 on 30:00 DS/Core/Vis			
150	1 x 500 on 10:00 Underwater trn drill			
500	10 x 15 on :45 Shooters			
980	5 x 100 on 2:00 Kick @ fastest interval			
1x{	1 x 50 on 1:00 Vertical Kick-30/30			
	{4 x 30 on 1:00 15 underwater 15 sprint free			
	{2 x 50 on 1:00 Vertical Kick 35/25			
	{4 x 30 on :55 15 undwater 15 sprint free			
	{3 x 50 on 1:00 Vertical Kick 40/20			
	{4 x 30 on :50 15 underwater 15 sprint free			
	{4 x 50 on 1:00 Vertical Kick 45/15			
	{4 x 30 on :45 15 underwater 15 sprint free			
800	1x{1 x 100 on 1:50 Lungbuster pulls			
	{1 x 100 on 1:45 Lungbuster pulls			
	{2 x 100 on 1:40 Lungbuster pulls			
	{2 x 100 on 1:35 Lungbuster pulls			
	{2 x 100 on 1:30 Lungbuster pulls			
	breathe 3-4-5-6 by the 25			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:47 AM 3,130 Yards - Stress Value = 47			

Workout #10350 - Tuesday, 27 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:49 AM	Start			
1,800	1x{3 x 225 on 3:45 Freestyle-descend	EN2	S	
	{3 x 200 on 3:20 Freestyle-descend	EN2	S	
	{3 x 100 on 1:40 Freestyle-descend	EN2	S	
	{3 x 75 on 1:15 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	9:35 AM 2,100 Yards - Stress Value = 36			

Workout #10353 - Tuesday, 27 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:49 AM	Start			
1,800	1x{3 x 200 on 3:40 IM-descend	EN2	S	FR
	{3 x 200 on 3:35 IM-descend	EN2	S	FR
	{3 x 200 on 3:30 IM-descend	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:37 AM 2,050 Yards - Stress Value = 36			

Workout #10356 - Tuesday, 27 December 2011

HS Girls - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:49 AM	Start			
1,500	1x{4 x 100 on 2:05 Freestyle-descend	EN2	S	
	{4 x 100 on 2:00 Freestyle-descend	EN2	S	
	{4 x 100 on 1:55 Freestyle-descend	EN2	S	
	{3 x 100 on 1:50 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	9:35 AM 1,800 Yards - Stress Value = 30			

Workout #10354 - Tuesday, 27 December 2011

HS Girls - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:49 AM	Start			
2,000	1x{4 x 100 on 1:40 Freestyle-descend	EN2	S	
	{4 x 100 on 1:35 Freestyle-descend	EN2	S	
	{4 x 100 on 1:30 Freestyle-descend	EN2	S	
	{4 x 100 on 1:25 Freestyle-descend	EN2	S	
300	{4 x 100 on 1:20 Freestyle-descend	EN2	S	
	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	9:35 AM 2,300 Yards - Stress Value = 40			

Workout #10357 - Tuesday, 27 December 2011

HS Boys - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
600	1 on 30:00 DS/Core/Vis			
150	1 x 600 on 10:00 Underwater trn drill	REC		
400	10 x 15 on :45 Shooters			SP3
	1x{4 x 25 on :30 Kick no board BSLR	EN2		
	{4 x 75 on 1:15 Kick-descend	EN2		
900	9 x 100 on 1:20 Free-10 sec rest	EN1		
250	1 x 250 on 4:00 Stroke Drills	REC		
	8:15 AM 2,300 Yards - Stress Value = 23			

Workout #10358 - Tuesday, 27 December 2011

HS Boys - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
600	1 on 30:00 DS/Core/Vis			
150	1 x 600 on 10:00 Underwater trn drill	REC		
325	10 x 15 on :45 Shooters			SP3
	1x{4 x 25 on :35 Kick no board BSLR	EN2		
	{3 x 75 on 1:30 Kick-descend	EN2		
800	8 x 100 on 1:30 Free-10 sec rest	EN1		
250	1 x 250 on 4:00 Stroke Drills	REC		
	8:15 AM 2,125 Yards - Stress Value = 20			

Workout #10359 - Tuesday, 27 December 2011

HS Boys - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
550	1 on 30:00 DS/Core/Vis			
150	1 x 550 on 10:00 Underwater trn drill	REC		
300	10 x 15 on :45 Shooters			SP3
	1x{4 x 25 on :40 Kick no board BSLR	EN2		
	{4 x 50 on 1:05 Kick-descend	EN2		
700	7 x 100 on 1:40 Free-10 sec rest	EN1		
250	1 x 250 on 4:00 Stroke Drills	REC		
	8:15 AM 1,950 Yards - Stress Value = 19			

Workout #10360 - Tuesday, 27 December 2011

HS Boys - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 30:00 DS/Core/Vis		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
250	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
600	6 x 100 on 1:50 Free-10 sec rest	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
8:14 AM 1,750 Yards - Stress Value = 17			

1,475	1x{1 x 75 on 1:20 Backstroke	EN1	S	F
	{1 x 25 on :45 Back-10 KOW	EN2	S	F
	{2 x 75 on 1:20 Backstroke	EN1	S	F
	{2 x 25 on :45 Back-11 KOW	EN2	S	F
	{3 x 75 on 1:20 Backstroke	EN1	S	F
	{3 x 25 on :45 Back 12 KOW	EN2	S	F
	{4 x 75 on 1:20 Backstroke	EN1	S	F
	{4 x 25 on :45 Back-13 KOW	EN2	S	F
	{5 x 75 on 1:20 Backstroke	EN1	S	F
	{4 x 25 on :45 Back-14 KOW	EN2	S	F
	1 on 13:00 Game			S
2:30 PM 4,375 Yards - Stress Value = 56				

Workout #10376 - Wednesday, 28 December 2011

Group 2 - Silver

1 minute rest between sets

12:00 PM Start

Workout #10374 - Wednesday, 28 December 2011

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
=====	=====	====	====	==
	1 on 30:00 DS/Core/Tm Mtg		L	DF
600	1 x 600 on 12:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
1,150	1x{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 2:30 Kick	EN2	K	F
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 2:25 Kick	EN2	K	F
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 2:20 Kick	EN2	K	F
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
1,000	1x{1 x 300 on 5:00 Pull-Back	EN1	P	F
	{3 x 100 on 1:40 Pull-Back	EN1	P	F
	{1 x 200 on 3:20 Pull-Back	EN1	P	F
	{4 x 50 on :50 Pull-Back	EN1	P	F
200	8 x 25 on 1:00 Back Drill	REC	D	F
1,500	1x{1 x 75 on 1:15 Backstroke	EN1	S	F
	{1 x 25 on :45 Back-10 KOW	EN2	S	F
	{2 x 75 on 1:15 Backstroke	EN1	S	F
	{2 x 25 on :45 Back-11 KOW	EN2	S	F
	{3 x 75 on 1:15 Backstroke	EN1	S	F
	{3 x 25 on :45 Back 12 KOW	EN2	S	F
	{4 x 75 on 1:15 Backstroke	EN1	S	F
	{4 x 25 on :45 Back-13 KOW	EN2	S	F
	{5 x 75 on 1:15 Backstroke	EN1	S	F
	{5 x 25 on :45 Back-14 KOW	EN2	S	F
	1 on 13:00 Game			S
2:30 PM 4,600 Yards - Stress Value = 58				

12:00 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	====	====	=
500	1 on 30:00 DS/Core/Tm Mtg			L
150	1 x 500 on 12:00 Choice	REC	S	C
	10 x 15 on :45 Shooters	SP3	S	
850	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	K	F
	{2 x 100 on 2:45 Kick	EN2	K	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	K	F
	{2 x 100 on 2:40 Kick	EN2	K	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	K	F
	{2 x 75 on 1:55 Kick	EN2	K	
850	1x{1 x 200 on 4:00 Pull-Back	EN1	P	
	{2 x 100 on 2:00 Pull-Back	EN1	P	
	{1 x 250 on 5:00 Pull-Back	EN1	P	
	{4 x 50 on 1:00 Pull-Back	EN1	P	
200	8 x 25 on 1:00 Back Drill	REC	D	
1,375	1x{1 x 75 on 1:30 Backstroke	EN1	S	
	{1 x 25 on :45 Back-10 KOW	EN2	S	
	{2 x 75 on 1:30 Backstroke	EN1	S	
	{2 x 25 on :45 Back-11 KOW	EN2	S	
	{3 x 75 on 1:30 Backstroke	EN1	S	
	{3 x 25 on :45 Back 12 KOW	EN2	S	
	{4 x 75 on 1:30 Backstroke	EN1	S	
	{4 x 25 on :45 Back-13 KOW	EN2	S	
	{5 x 75 on 1:30 Backstroke	EN1	S	
	1 on 13:00 Game			S
2:30 PM 3,925 Yards - Stress Value = 48				

Workout #10375 - Wednesday, 28 December 2011

Group 2 - Gold

1 minute rest between sets

12:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	====	====	==
	1 on 30:00 DS/Core/Tm Mtg		L	DF
550	1 x 550 on 12:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 2:45 Kick	EN2	K	F
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 2:40 Kick	EN2	K	F
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
	{2 x 100 on 2:05 Kick	EN2	K	F
	{4 x 25 on :45 Kick no board BSLR	EN2	K	FI
900	1x{1 x 200 on 3:40 Pull-Back	EN1	P	F
	{3 x 100 on 1:50 Pull-Back	EN1	P	F
	{1 x 200 on 3:40 Pull-Back	EN1	P	F
	{4 x 50 on :55 Pull-Back	EN1	P	F
200	8 x 25 on 1:00 Back Drill	REC	D	F

Workout #10377 - Wednesday, 28 December 2011

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
12:00 PM	Start				
450	1 on 30:00 DS/Core/Tm Mtg	REC	S		
150	1 x 450 on 12:00 Choice	SP3	S		
800	1x{4 x 25 on :45 Shooters	EN2	K	F	
	{2 x 100 on 1:00 Kick no board BSLR	EN2	K	F	
	{2 x 100 on 3:00 Kick	EN2	K		
	{4 x 25 on 1:00 Kick no board BSLR	EN2	K	F	
	{2 x 100 on 2:55 Kick	EN2	K		
	{4 x 25 on 1:00 Kick no board BSLR	EN2	K	F	
	{2 x 50 on 1:25 Kick	EN2	K		
750	1x{1 x 200 on 4:20 Pull-Back	EN1	P		
	{2 x 100 on 2:10 Pull-Back	EN1	P		
	{1 x 150 on 3:10 Pull-Back	EN1	P		
	{4 x 50 on 1:05 Pull-Back	EN1	P		
200	8 x 25 on 1:00 Back Drill	REC	D		
1,300	1x{1 x 75 on 1:40 Backstroke	EN1	S		
	{1 x 25 on :45 Back-10 KOW	EN2	S		
	{2 x 75 on 1:40 Backstroke	EN1	S		
	{2 x 25 on :45 Back-11 KOW	EN2	S		
	{3 x 75 on 1:40 Backstroke	EN1	S		
	{3 x 25 on :45 Back 12 KOW	EN2	S		
	{4 x 75 on 1:40 Backstroke	EN1	S		
	{4 x 25 on :45 Back-13 KOW	EN2	S		
	{4 x 75 on 1:40 Backstroke	EN1	S		
	1 on 13:00 Game		S		
2:30 PM	3,650 Yards - Stress Value = 46				

Workout #10371 - Wednesday, 28 December 2011

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:32 AM	Start				
2,400	1x{2 x 200 on 3:15 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{6 x 25 on :30 Breast TO Drill w/fins	EN2			
	{2 x 175 on 2:45 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{6 x 25 on :30 Breast TO drill w/fins	EN2			
	{2 x 150 on 2:15 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{8 x 25 on :30 Breast TO Drill w/fins	EN2			
	{2 x 125 on 1:50 Breaststroke	EN2			
	{1 on :30 Put fins on				
	{8 x 25 on :30 Breast TO drill w/fins	EN2			
	{2 x 100 on 1:25 Breaststroke	EN2			
	{1 on :30 Put fins on				
400	8 x 25 on :30 Breast TO drill w/fins	EN2			
	8 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		
9:35 AM	2,800 Yards - Stress Value = 48				

Workout #10365 - Wednesday, 28 December 2011

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:32 AM	Start				
3,600	1x{4 x 400 on 4:55 Freestyle #3 100%	EN2	S		
	{4 x 300 on 3:35 Freestyle #3 100%	EN2	S		
	{4 x 200 on 2:20 Freestyle #3 100%	EN2	S		
	{1st 25 of each swim 6bk breathe on 5				
400	8 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		
9:35 AM	4,000 Yards - Stress Value = 72				

Workout #10368 - Wednesday, 28 December 2011

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:32 AM	Start				
3,200	1x{1 x 200 on 2:55 Butterfly	EN2	S	FLY	1
	{2 x 150 on 1:50 Freestyle	EN2	S	FR	1
	{2 x 200 on 2:50 Butterfly	EN2	S	FLY	1
	{2 x 150 on 1:55 Freestyle	EN2	S	FR	1
	{3 x 200 on 2:45 Butterfly	EN2	S	FLY	1
	{2 x 150 on 2:00 Freestyle	EN2	S	FR	1
	{3 x 200 on 2:40 Butterfly	EN2	S	FLY	1
	{2 x 150 on 2:05 Freestyle	EN1	S	FR	1
400	1 x 200 on 2:35 Butterfly	EN2	S	FLY	1
	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM	3,600 Yards - Stress Value = 61				

Workout #10366 - Wednesday, 28 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:32 AM	Start				
3,200	1x{4 x 400 on 5:40 Freestyle #3 100%	EN2	S		
	{4 x 250 on 3:30 Freestyle #3 100%	EN2	S		
	{4 x 150 on 2:00 Freestyle #3 100%	EN2	S		
	{1st 25 of each swim 6bk breathe on 5				
400	8 x 50 on 1:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		
9:36 AM	3,600 Yards - Stress Value = 64				

Workout #10369 - Wednesday, 28 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
8:32 AM	Start				
2,900	1x{1 x 200 on 3:15 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{2 x 200 on 3:10 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{3 x 200 on 3:05 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{3 x 200 on 3:00 Butterfly	EN2	S	FLY	1
	{3 x 100 on 1:35 Freestyle	EN1	S	FR	1
	{1 x 200 on 2:55 Butterfly	EN2	S	FLY	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM	3,300 Yards - Stress Value = 55				

Workout #10372 - Wednesday, 28 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

8:32 PM Start
 Yards Set Description EGY WOF
 =====
 2,100 1x{2 x 200 on 3:35 Breaststroke EN2
 {1 on :30 Put fins on
 {6 x 25 on :35 Breast TO Drill w/fins EN2
 {2 x 175 on 3:05 Breaststroke EN2
 {1 on :30 Put fins on
 {6 x 25 on :35 Breast TO drill w/fins EN2
 {2 x 125 on 2:10 Breaststroke EN2
 {1 on :30 Put fins on
 {6 x 25 on :35 Breast TO Drill w/fins EN2
 {2 x 100 on 1:40 Breaststroke EN2
 {1 on :30 Put fins on
 {6 x 25 on :35 Breast TO drill w/fins EN2
 {2 x 75 on 1:10 Breaststroke EN2
 {1 on :30 Put fins on
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 PM 2,500 Yards - Stress Value = 42

Workout #10378 - Wednesday, 28 December 2011

HighSchl - Freestylers

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Abs/Vis
 150 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 900 9 x 100 on 1:45 Kick-odds fast
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:03 PM 4,450 Yards - Stress Value = 68

Workout #10361 - Wednesday, 28 December 2011

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 20:00 DS and Vis
 150 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,500 1x{8 x 25 on :30 Kick no board BSLR 14 KOW
 {3 x 100 on 1:30 Kick
 {8 x 25 on :30 Kick no board BSLR 12 KOW
 {3 x 100 on 1:35 Kick hold under 1:30
 {8 x 25 on :30 Kick no board BSLR 10 KOW
 {3 x 100 on 1:40 Kick hold under 1:30
 1,250 1x{4 x 125 on 1:40 Lungbuster pulls
 { breathe 2-3-4-5-6
 {3 x 125 on 1:35 Lungbuster pulls

{ breathe 3-4-5-6-7
 {2 x 125 on 1:30 Lungbuster pulls
 { breathe 4-5-6-7-8
 {1 x 125 on 1:25 Lungbuster pulls
 { breathe 5-6-7-8-9
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:31 AM 3,700 Yards - Stress Value = 54

Workout #10362 - Wednesday, 28 December 2011

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,300 1x{8 x 25 on :35 Kick no board BSLR 14 KOW
 {3 x 100 on 1:45 Kick
 {8 x 25 on :35 Kick no board BSLR 12 KOW
 {2 x 100 on 1:50 Kick hold under 1:45
 {6 x 25 on :35 Kick no board BSLR 10 KOW
 {2 x 100 on 1:55 Kick hold under 1:45
 {1 x 50 on :50 Kick
 1,125 1x{4 x 125 on 1:50 Lungbuster pulls
 { breathe 2-3-4-5-6
 {3 x 125 on 1:45 Lungbuster pulls
 { breathe 3-4-5-6-7
 {2 x 100 on 1:20 Lungbuster pulls
 { breathe 4-5-6-7
 {1 x 50 on :40 Lungbuster pulls
 { breathe 8-9
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:31 AM 3,375 Yards - Stress Value = 48

Workout #10379 - Wednesday, 28 December 2011

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Vis
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 800 8 x 100 on 2:00 Kick-odds fast
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 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
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:03 PM 4,250 Yards - Stress Value = 64

Workout #10363 - Wednesday, 28 December 2011

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,150 1x{8 x 25 on :40 Kick no board BSLR 14 KOW
 {2 x 100 on 1:55 Kick
 {8 x 25 on :40 Kick no board BSLR 12 KOW
 {2 x 100 on 2:00 Kick hold under 1:55
 {6 x 25 on :40 Kick no board BSLR 10 KOW
 {2 x 100 on 2:05 Kick hold under 1:55
 1,050 1x{4 x 125 on 2:00 Lungbuster pulls
 { breathe 2-3-4-5-6
 {3 x 100 on 1:30 Lungbuster pulls
 { breathe 3-4-5-6
 {2 x 100 on 1:25 Lungbuster pulls
 { breathe 4-5-6-7
 {1 x 50 on :40 Lungbuster pulls
 { breathe 8-9
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:31 AM 3,100 Yards - Stress Value = 44

Workout #10380 - Wednesday, 28 December 2011

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Vis
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 2:15 Kick-odds fast
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 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
 {2 x 100 on 1:25 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:03 PM 3,800 Yards - Stress Value = 56

Workout #10364 - Wednesday, 28 December 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 20:00 DS and Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 1,050 1x{6 x 25 on :45 Kick no board BSLR 14 KOW
 {2 x 100 on 2:10 Kick
 {6 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 100 on 2:15 Kick hold under 2:10
 {6 x 25 on :45 Kick no board BSLR 10 KOW
 {2 x 100 on 2:20 Kick hold under 2:10
 950 1x{4 x 100 on 1:50 Lungbuster pulls
 { breathe 2-3-4-5
 {3 x 100 on 1:45 Lungbuster pulls
 { breathe 3-4-5-6
 {2 x 100 on 1:40 Lungbuster pulls

{ breathe 4-5-6-7
 {1 x 50 on :45 Lungbuster pulls
 { breathe 8-9
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:32 AM 2,850 Yards - Stress Value = 41

Workout #10381 - Wednesday, 28 December 2011

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Abs/Vis
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:30 Kick-odds fast
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 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
 {3 x 100 on 1:40 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:40 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:04 PM 3,550 Yards - Stress Value = 52

Workout #10367 - Wednesday, 28 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

8:32 AM Start
 Yards Set Description EGY WORK STK F
 =====
 2,800 1x{4 x 300 on 4:55 Freestyle #3 100% EN2 S
 {4 x 250 on 4:00 Freestyle #3 100% EN2 S
 {4 x 150 on 2:20 Freestyle #3 100% EN2 S
 {1st 25 of each swim 6bk breathe on 5
 350 7 x 50 on 1:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:35 AM 3,150 Yards - Stress Value = 56

Workout #10370 - Wednesday, 28 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

8:32 AM Start
 Yards Set Description EGY WORK STK F
 =====
 2,400 1x{1 x 200 on 3:55 Butterfly EN2 S FLY 1
 {1 x 150 on 2:25 Freestyle EN2 S FR 1
 {2 x 200 on 3:45 Butterfly EN2 S FLY 1
 {1 x 150 on 2:30 Freestyle EN2 S FR 1
 {3 x 200 on 3:40 Butterfly EN2 S FLY 1
 {1 x 150 on 2:35 Freestyle EN2 S FR 1
 {3 x 200 on 3:35 Butterfly EN2 S FLY 1
 {1 x 150 on 2:40 Freestyle EN1 S FR 1
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 9:35 AM 2,800 Yards - Stress Value = 47

Workout #10373 - Wednesday, 28 December 2011

HighSchl - Silver/Bronze

1 minute rest between sets

8:32 AM Start

Yards	Set Description	EGY	WOF
1,900	1x{2 x 175 on 3:25 Breaststroke {1 on :30 Put fins on {6 x 25 on :40 Breast TO Drill w/fins {2 x 150 on 2:50 Breaststroke {1 on :30 Put fins on {6 x 25 on :40 Breast TO drill w/fins {2 x 125 on 2:20 Breaststroke {1 on :30 Put fins on {6 x 25 on :40 Breast TO Drill w/fins {2 x 100 on 1:50 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO drill w/fins {2 x 75 on 1:20 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO drill w/fins	EN2	EN2
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	
9:35 AM 2,300 Yards - Stress Value = 38			

200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,225	1x{1 x 25 on :30 Back w/TB-7KOW {9 x 50 on :45 Back-hold :33 {1 x 25 on :30 Back w/TB-7 KOW {1 x 25 on :30 Back w/TB 8 KOW {8 x 50 on :45 Back hold :33 {1 x 25 on :30 Back w/TB 8KOW {1 x 25 on :30 Back w/TB 9KOW {7 x 50 on :45 Back hold :33 {1 x 25 on :30 Back w/TB 9KOW {1 x 25 on :30 Back w/TB 10KOW {6 x 50 on :45 Back-hold :33 {1 x 25 on :30 Back w/TB 10KOW {1 x 25 on :30 Back w/TB 11KOW {5 x 50 on :45 Back-hold :33 {1 x 25 on :30 Back w/TB 11 KOW {1 x 25 on :30 Back w/TB 12 KOW {4 x 50 on :45 Back hold :33 1st TB 25-DPS/2nd 25 TB TO Drill		
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice		
9:35 AM 6,025 Yards - Stress Value = 85			

Workout #10382 - Thursday, 29 December 2011

HighSchl - Distance

1 minute rest between sets

12:00 PM Start

Yards	Set Description	EGY	WOF
600	1 on 30:00 DS/Physio Ball Abs/Tm Mtg 1 x 600 on 12:00 Underwater trn drill Odd 100's free even 100's back	REC	
400	1 on 20:00 Techniques-TN Turn Drills	REC	
600	8 x 50 on 1:30 Mid pool swims	EN1	
600	3x{4 x 25 on :45 Sprint kick {1 x 100 on 3:00 Kick no board	EN2	EN1
150	6 x 25 on 1:00 Freestyle	REC	
300	1x{1 x 100 on 10:00 Stroke Drills {1 x 100 on 10:00 Stroke Drills {1 x 100 on 10:00 Stroke Drills	REC	REC
150	6 x 25 on 1:00 Perfect Freestyle 1 on 10:00 Techniques-Starts	EN1	
2:29 PM 2,200 Yards - Stress Value = 15			

7:00 AM Start

Yards	Set Description	EGY	WOF
600	1 on 35:00 DS and Weights 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters Your primary stroke or free		
1,800	1x{2 x 100 on 1:45 Kick {1 x 100 on 1:40 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:35 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:30 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:25 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:20 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:15 Kick		
800	1 x 800 on 10:40 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		
2,800	1x{2 x 275 on 3:40 Free 3 KOW/LW 9 {2 x 250 on 3:15 Free 3 KOW/LW 10 {2 x 225 on 2:50 Free 3KOW/LW11 {2 x 200 on 2:25 Free 3KOW/LW12 {2 x 175 on 2:05 Free 3KOW/LW13 {2 x 150 on 1:45 Free 3 KOW/LW14 {2 x 125 on 1:25 Free 3KOW/LW15 L.25 of each SFBO, 6BK, & breathe on 3		
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice		
9:35 AM 6,600 Yards - Stress Value = 101			

Workout #10385 - Thursday, 29 December 2011

HighSchl - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WOF
600	1 on 35:00 DS and Weights 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters Your primary stroke or free		
1,800	1x{2 x 100 on 1:45 Kick {1 x 100 on 1:40 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:35 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:30 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:25 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:20 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:15 Kick		
800	1 x 800 on 10:40 Pulls-alt breakout		

Workout #10393 - Thursday, 29 December 2011

HighSchl - Distance

1 minute rest between sets

4:17 PM Start
 Yards Set Description EGY WORK STP
 =====
 2,400 3 x 800 on 10:00 Freestyle-descend EN2 S FF
 350 7 x 50 on 1:00 Stroke Drills REC D CI
 1 on 10:00 Ice M
 5:05 PM 2,750 Yards - Stress Value = 48

Workout #10383 - Thursday, 29 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS and Weights
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,550 1x{2 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:50 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:45 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:40 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on 1:00 Kick
 700 1 x 700 on 10:40 Pull-alt breakouts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{2 x 275 on 4:00 Free 3 KOW/LW 9
 {2 x 250 on 3:35 Free 3 KOW/LW 10
 {2 x 225 on 3:10 Free 3KOW/LW11
 {2 x 200 on 2:45 Free 3KOW/LW12
 {2 x 175 on 2:20 Free 3KOW/LW13
 {2 x 125 on 1:35 Free 3 KOW/LW14
 L.25 of each SFBO, 6BK, & breathe on 3
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,950 Yards - Stress Value = 98

Workout #10386 - Thursday, 29 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS and Weights
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,550 1x{2 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:50 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:45 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:40 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on 1:00 Kick
 700 1 x 700 on 10:40 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
 2,025 1x{1 x 25 on :30 Back w/TB-7KOW
 {9 x 50 on :50 Back-hold :38
 {1 x 25 on :30 Back w/TB-7 KOW
 {1 x 25 on :30 Back w/TB 8 KOW
 {8 x 50 on :50 Back hold :38
 {1 x 25 on :30 Back w/TB 8KOW
 {1 x 25 on :30 Back w/TB 9KOW
 {7 x 50 on :50 Back hold :38
 {1 x 25 on :30 Back w/TB 9KOW
 {1 x 25 on :30 Back w/TB 10KOW
 {5 x 50 on :50 Back-hold :38
 {1 x 25 on :30 Back w/TB 10KOW
 {1 x 25 on :30 Back w/TB 11KOW
 {3 x 50 on :50 Back-hold :38
 {1 x 25 on :30 Back w/TB 11 KOW
 {1 x 25 on :30 Back w/TB 12 KOW
 {3 x 50 on :50 Back hold under :38
 1st TB 25-DPS/2nd 25 TB TO Drill
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,475 Yards - Stress Value = 81

Workout #10389 - Thursday, 29 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS and Weights
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,550 1x{2 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:50 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:45 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:40 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on 1:00 Kick
 600 1 x 600 on 10:40 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{4 x 175 on 2:55 Fr 2nd 25 bld-100%LW3K
 {4 x 150 on 2:25 Fr 2nd 25 bld-100%LW3K
 {4 x 125 on 1:55 Fr 2nd 25 bld-100%LW4K
 {4 x 100 on 1:30 Fr 2nd 25 bld-100%LW5K
 L.25 of each 6bk 4 breaths total
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,550 Yards - Stress Value = 89

Workout #10394 - Thursday, 29 December 2011

HighSchl - Gold/Silver

1 minute rest between sets

4:17 PM Start
 Yards Set Description EGY WORK STP
 =====
 2,100 3 x 700 on 10:00 Freestyle-descend EN2 S FF
 350 7 x 50 on 1:00 Stroke Drills REC D CI
 1 on 10:00 Ice M
 5:05 PM 2,450 Yards - Stress Value = 42

Workout #10390 - Thursday, 29 December 2011
HighSchl - Silver/Bronze
1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 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
 Your primary stroke or free
 1,450 1x{2 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:00 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 1:55 Kick
 {2 x 100 on 2:10 Kick
 {1 x 100 on 1:50 Kick
 {2 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 650 1 x 650 on 10:40 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
 1,950 1x{4 x 175 on 3:10 Fr 2nd 25 bld-100%LW3K
 {4 x 150 on 2:40 Fr 2nd 25 bld-100%LW3K
 {4 x 125 on 2:10 Fr 2nd 25 bld-100%LW4K
 {2 x 75 on 1:15 Fr 2nd 25 bld-100%LW5K
 L.25 of each 6bk 4 breaths total
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 5,200 Yards - Stress Value = 82

Workout #10395 - Thursday, 29 December 2011
HighSchl - Silver/Bronze
1 minute rest between sets

4:17 PM Start
 Yards Set Description EGY WORK STR
 =====
 1,950 3 x 650 on 10:00 Freestyle-descend EN2 S FF
 350 7 x 50 on 1:00 Stroke Drills REC D CI
 1 on 10:00 Ice M
 5:05 PM 2,300 Yards - Stress Value = 39

Workout #10398 - Thursday, 29 December 2011
HighSchl - Silver/Bronze
1 minute rest between sets

4:17 PM Start
 Yards Set Description EGY WORK STR
 =====
 1,600 16 x 100 on 1:50 Freestyle descend in 4's EN2 S FF
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:05 PM 1,950 Yards - Stress Value = 32

Workout #10401 - Thursday, 29 December 2011
HighSchl - Silver/Bronze
1 minute rest between sets

4:17 PM Start
 Yards Set Description EGY WORK STR
 =====
 1,600 1x{3 x 100 on 1:55 Butterfly EN2 S FF
 {1 x 200 on 3:40 Individual Medley EN2 S
 {3 x 100 on 1:50 Backstroke EN2 S
 {1 x 150 on 2:45 Individual Medley EN2 S
 {3 x 100 on 1:55 Breaststroke EN2 S
 {1 x 150 on 2:45 Individual Medley EN2 S
 {2 x 100 on 1:40 Freestyle EN2 S
 350 7 x 50 on 1:00 Stroke Drills REC D

1 on 10:00 Ice M
 5:05 PM 1,950 Yards - Stress Value = 32

Workout #10388 - Thursday, 29 December 2011
HighSchl - Sprint
1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS and Weights
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,800 1x{2 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {2 x 100 on 1:45 Kick
 {1 x 100 on 1:35 Kick
 {2 x 100 on 1:45 Kick
 {1 x 100 on 1:30 Kick
 {2 x 100 on 1:45 Kick
 {1 x 100 on 1:25 Kick
 {2 x 100 on 1:45 Kick
 {1 x 100 on 1:20 Kick
 {2 x 100 on 1:45 Kick
 {1 x 100 on 1:15 Kick
 800 1 x 800 on 10:40 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
 2,350 1x{4 x 175 on 2:35 Fr 2nd 25 bld-100%LW3K
 {4 x 150 on 2:15 Fr 2nd 25 bld-100%LW3K
 {4 x 125 on 1:50 Fr 2nd 25 bld-100%LW4K
 {4 x 100 on 1:25 Fr 2nd 25 bld-100%LW5K
 {2 x 75 on 1:00 Fr 2nd 25 bld-100%LW6K
 L.25 of each 6bk 4 breaths total
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,150 Yards - Stress Value = 97

Workout #10396 - Thursday, 29 December 2011
HighSchl - Sprint
1 minute rest between sets

4:17 PM Start
 Yards Set Description EGY WORK STR
 =====
 2,000 20 x 100 on 1:30 Freestyle descend in 4's EN2
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:05 PM 2,350 Yards - Stress Value = 40

Workout #10402 - Friday, 30 December 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	7:00 AM Start Set Description
600	1 on 30:00 DS/Teds Abs/Vis
150	1 x 600 on 10:00 Reverse IM drill
900	10 x 15 on :45 Shooters
3x{1 x 150 on 2:35 Kick	
{1 x 100 on 1:45 Kick	
{1 x 50 on :50 Kick	
600	8 x 75 on 1:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,600	8x{1 x 100 on 1:15 Individual Medley
{1 x 50 on :35 Freestyle	
{1 x 50 on :45 Freestyle	
250	1 x 250 on 4:00 Stroke Drills
1	on 10:00 Ice
8:59 AM 4,300 Yards - Stress Value = 60	

HighSchl - Bronze

1 minute rest between sets

Yards	7:00 AM Start Set Description
500	1 on 30:00 DS/Teds Abs/Vis
150	1 x 500 on 10:00 Reverse IM drill
900	10 x 15 on :45 Shooters
3x{1 x 150 on 3:30 Kick	
{1 x 100 on 2:20 Kick	
{1 x 50 on 1:10 Kick	
{ only do the 100 in the 3rd set	
450	6 x 75 on 1:25 Pulls-nbbf&w + 2 yds
Do a 50 on the 6th one	
200	4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,200	6x{1 x 100 on 1:55 Individual Medley
{1 x 50 on :50 Freestyle	
{1 x 50 on 1:00 Freestyle	
250	1 x 250 on 4:00 Stroke Drills
1	on 10:00 Ice
9:07 AM 3,650 Yards - Stress Value = 51	

Workout #10403 - Friday, 30 December 2011

HighSchl - Gold

1 minute rest between sets

Yards	7:00 AM Start Set Description
600	1 on 30:00 DS/Teds Abs/Vis
150	1 x 600 on 10:00 Reverse IM drill
900	10 x 15 on :45 Shooters
3x{1 x 150 on 2:55 Kick	
{1 x 100 on 1:55 Kick	
{1 x 50 on 1:00 Kick	
{ do not do the 100 in the 3rd set	
525	7 x 75 on 1:10 Pulls-nbbf&w + 2 yds
Do a 50 on the 7th one	
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 1:25 Individual Medley
{1 x 50 on :40 Freestyle	
{1 x 50 on :50 Freestyle	
250	1 x 250 on 4:00 Stroke Drills
1	on 10:00 Ice
9:02 AM 4,025 Yards - Stress Value = 56	

Workout #10406 - Saturday, 31 December 2011

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	7:00 AM Start Set Description
600	1 on 40:00 DS and Weights
150	1 x 600 on 10:00 Reverse IM drill
10 x 15 on :45 Shooters	
Your primary stroke or free	
1,600	2x{1 x 100 on 1:30 Kick
{1 x 100 on 1:50 Kick	
{1 x 100 on 1:25 Kick	
{1 x 100 on 1:50 Kick	
{1 x 100 on 1:20 Kick	
{1 x 100 on 1:50 Kick	
{1 x 100 on 1:15 Kick	
{1 x 100 on 1:50 Kick	
300	6x{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 1:28 Freestyle
{1 x 50 on 1:00 Freestyle	
{4 x 125 on 1:27 Freestyle	
{2 x 50 on 1:00 Freestyle	
{3 x 125 on 1:26 Freestyle	
{3 x 50 on 1:00 Freestyle	
{2 x 125 on 1:25 Freestyle	
{4 x 50 on 1:00 Freestyle	
{1 x 125 on 1:24 Freestyle	
{5 x 50 on 1:00 Freestyle	
500	10 x 50 on 1:00 Stroke Drills
1	on 10:00 Ice
9:35 AM 5,775 Yards - Stress Value = 116	

Workout #10404 - Friday, 30 December 2011

HighSchl - Silver

1 minute rest between sets

Yards	7:00 AM Start Set Description
550	1 on 30:00 DS/Teds Abs/Vis
150	1 x 550 on 10:00 Reverse IM drill
900	10 x 15 on :45 Shooters
3x{1 x 150 on 3:10 Kick	
{1 x 100 on 2:05 Kick	
{1 x 50 on 1:05 Kick	
{ do not do the 150 in the 3rd set	
450	6 x 75 on 1:15 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,200	6x{1 x 100 on 1:40 Individual Medley
{1 x 50 on :45 Freestyle	
{1 x 50 on :55 Freestyle	
250	1 x 250 on 4:00 Stroke Drills
1	on 10:00 Ice
9:01 AM 3,700 Yards - Stress Value = 51	

Workout #10405 - Friday, 30 December 2011

Workout #10407 - Saturday, 31 December 2011

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	Yards	Set Description
7:00 AM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Weights		1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill	500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters
	Your primary stroke or free		Your primary stroke or free
1,400	2x{1 x 100 on 1:50 Kick	1,300	2x{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick		{1 x 100 on 2:15 Kick
	{1 x 100 on 1:45 Kick		{1 x 100 on 2:00 Kick
	{1 x 100 on 2:00 Kick		{1 x 100 on 2:15 Kick
	{1 x 100 on 1:40 Kick		{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick		{1 x 100 on 2:15 Kick
	{1 x 50 on :50 Kick		{1 x 25 on :25 Kick(Dont do this 2nd round)
	{1 x 50 on 1:00 Kick(Dont do this 50 2nd rour		{1 x 25 on :40 Kick(Dont do this 2nd round)
300	6x{1 x 25 on :50 Sculling drills	300	6x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,425	1x{5 x 125 on 1:42 Freestyle	1,800	1x{4 x 125 on 2:15 Freestyle
	{1 x 50 on 1:00 Freestyle		{2 x 50 on 1:15 Freestyle
	{4 x 125 on 1:41 Freestyle		{3 x 125 on 2:14 Freestyle
	{2 x 50 on 1:00 Freestyle		{2 x 50 on 1:15 Freestyle
	{3 x 125 on 1:40 Freestyle		{2 x 125 on 2:13 Freestyle
	{3 x 50 on 1:00 Freestyle		{3 x 50 on 1:15 Freestyle
	{2 x 125 on 1:39 Freestyle		{1 x 125 on 2:12 Freestyle
	{4 x 50 on 1:00 Freestyle		{4 x 50 on 1:15 Freestyle
	{1 x 125 on 1:38 Freestyle		
	{1 x 50 on 1:00 Freestyle	500	10 x 50 on 1:00 Stroke Drills
500	10 x 50 on 1:00 Stroke Drills		1 on 10:00 Ice
	1 on 10:00 Ice		9:37 AM 4,550 Yards - Stress Value = 87
9:36 AM	5,375 Yards - Stress Value = 101		

Workout #10408 - Saturday, 31 December 2011

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 40:00 DS and Weights
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,300	2x{1 x 100 on 2:00 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 2:10 Kick
	{1 x 25 on :25 Kick(Dont do this 2nd round)
	{1 x 25 on :40 Kick(Dont do this 2nd round)
300	6x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{5 x 125 on 1:56 Freestyle
	{1 x 50 on 1:15 Freestyle
	{4 x 125 on 1:55 Freestyle
	{2 x 50 on 1:15 Freestyle
	{3 x 125 on 1:54 Freestyle
	{3 x 50 on 1:15 Freestyle
	{2 x 125 on 1:53 Freestyle
	{2 x 50 on 1:15 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
9:36 AM	4,950 Yards - Stress Value = 88

Workout #10409 - Saturday, 31 December 2011

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start