

Workout #6711 - Tuesday, 27 December 2011
High Performance Group
2 minutes rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	=====	=====
		WORK YOUR FINISHES ALL PRACTICE LONG!!!!!!				
1,700	7:30 AM	1x{1 x 200 on 3:20 swim	EN1			1:40
		{10 x 25 on :25 Choice mix it up	REC			1:40
		{10 x 25 on :25 Non-Free Drill	EN1			1:40
		{10 x 25 on :35 Scull	EN1			2:20
		{10 x 25 on :35 Underwater Kick	EN1			2:20
		{10 x 25 on :20 Free Build work finish	EN2			1:20
		{10 x 25 on :30 Fly - 4 sw 1 under kick No 1 arm	EN2			2:00
		FINS ON!!!				
1,500	8:04 AM	2x{10 x 25 on :25 Underwater dolphin	EN2			1:40
		{10 x 25 on :20 Fast kick with board	EN2			1:20
		{10 x 25 on :15 Free swim MAKE IT!!!!!!	EN3			1:00
		{1 on :10 rest				
300	8:27 AM	1 x 300 on 6:00 ALL KICK FOR TIME	EN3			2:00
1,250	8:35 AM	1x{10 x 25 on :30 4fly 1 free X 2 Desc 1-4	EN2			2:00
		{10 x 25 on :25 4 back 1 free desc 1-4	EN2			1:40
		{10 x 25 on :30 4 br 1 fr desc 1-4	EN2			2:00
		{10 x 25 on :25 Free desc 1-4 hold 5 FAST	EN2			1:40
		{10 x 25 on :25 Fast Feet 25's	EN3			1:40
		Pull Gear On- FINS Ready to go				
1,600	9:00 AM	2x{8 x 25 on :25 Pull - 4 br/25 only	EN1			1:40
		{8 x 25 on :25 Pull- 3 br/25	EN2			1:40
		{8 x 25 on :25 Pull - 2 br/25 only	EN2			1:40
		{1 on :15 Fins and paddles on				
		{8 x 25 on :15 Swim with full equipment	EN3			1:00
650	9:27 AM	1x{8 x 25 on :25 Choice FAST	EN3			1:40
		{ Odd from Dive				
		{8 x 25 on :30 Partner Sprints	SP1			2:00
		{10 x 25 on :25 Warm down	EN1			1:40
		Must streamline underwater past				
		rest of group every 25!!!				
	9:38 AM	1 on 2:00 25 Pull Ups in Dive Well				
	9:40 AM	7,000 Yards				