

**Workout #6713 - Thursday, 29 December 2011**  
**High Performance Group**  
**2 minutes rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	=====	=====
		Pick Something to Focus on- like walls/underwaters				
500	11:15 AM	1 x 500 on 10:00 Dive Well Warm Up	REC			2:00
		Drill First 25 of each				
1,000	11:27 AM	1x{4 x 250 on 4:10 DESCEND 1-4 CHOICE work finishes	EN1	S	FR	1:40
1,800	11:46 AM	2x{4 x 100 on 1:55 KICK	EN1	K	STK	1:55
		{2 x 25 on :35 all out underwater kick	EN2			2:20
		{1 x 200 on 3:45 KICK MEDIUM	EN2	K	STK	1:52
		{2 x 25 on :35 all out underwater kick	EN3			2:20
		{2 x 100 on 1:50 KICK FAST	EN3	K	STK	1:50
		Heart Rate 16 thru entire set unless noted				
3,350	12:23 PM	1x{3 x 100 on 1:15 SWIM	EN2	S	FR	1:15
		{1 x 550 on 7:00 free	EN2	S	FR	1:16
		{3 x 100 on 1:15 free	EN2	S	FR	1:15
		{1 x 450 on 5:35 free	EN2	S	FR	1:14
		{3 x 100 on 1:20 Choice	EN2	S	FR	1:20
		{1 on :30 regroup/drink/stretch				
		{1 x 350 on 4:15 free	EN2	S	FR	1:13
		{3 x 100 on 1:25 Stroke	EN2	S	FR	1:25
		{1 x 250 on 3:00 free	EN2	S	FR	1:12
		{3 x 100 on 1:30 Stroke - last 25 all out	EN3	S	FR	1:30
		{1 x 150 on 1:45 free	EN3	S	FR	1:10
		{1 x 100 on 2:00 STROKE ALL OUT	SP1	S	FR	2:00
1,350	1:10 PM	1x{4 x 250 on 3:30 PULL 4 br/25 only	EN1	P	FR	1:24
		{7 x 50 on 1:00 25 scull 25 drill warm down	REC			2:00
		Friday Schedule- 5 - 6:30 am at Carmody				
		12:15 for Russell (Freestyle) then practice to 2:30				
	1:31 PM	8,000 Yards				