

**Workout #6719 - Wednesday, 04 January 2012**  
**High Performance Group**  
**2 minutes rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
1,950	6:00 PM	1x{8 x 100 on 1:40 free catch up every 3rd 25	REC	S	FR	1:40
		{8 x 50 on :55 Kick Choice	EN1			1:50
		{4 x 75 on 1:15 Switchers	EN1			1:40
		{6 x 25 on :35 Underwater dolphin kick	EN1			2:20
		{6 x 50 on 1:15 25 dive sprint 25 Drill	EN3			2:30
1,000	6:39 PM	2x{2 x 100 on 1:20 Free- 4 DK every wall!!!!!!!!!!!!!!	EN1	S	FRM	1:20
		{2 x 150 on 2:30 Stroke - 100 Kick 50 Fast Swim	EN2	D	STK	1:40
2,400	6:57 PM	8x{1 x 50 on 1:00 Drill	EN1			2:00
		{1 x 50 on :55 FAST KICK	EN2			1:50
		{1 x 50 on :50 FAST Choice	EN3			1:40
		{1 x 50 on :45 free- 3 br/25	EN2			1:30
		{1 x 50 on :40 free	EN3			1:20
		{1 x 50 on :35 free	EN3			1:10
		{1 on :15 Rest/drink/regroup				
800	7:39 PM	1x{8 x 100 on 1:35 Swim with Fins 1/2 under	EN1	P	FR	1:35
	7:52 PM	6,150 Yards				