

**Workout #7046 - Friday, 21 September 2012**  
**High Performance Group**  
**2 minutes rest between sets**

| Yards | Time    | Set Description                                   | EGY | WORK  | STK   | PACE  |
|-------|---------|---|-----|-------|-------|-------|
| ===== | =====   | =====   | === | ===== | ===== | ===== |
|       | 3:45 PM | 1 on 14:00 Stretch jumping jacks etc              |     |       | L DRY |       |
| 1,100 | 3:59 PM | 1x{4 x 150 on 3:45 Full Pool - no br in dive well | EN1 |       |       | 2:30  |
|       |         | {1 x 300 on 5:15 25 kick/25 drill/50 swim         | REC |       |       | 1:45  |
|       |         | {1 x 200 on 3:15 25 moderate 25 faster            | EN1 |       |       | 1:38  |
| 2,000 | 4:25 PM | 1x{5 x 100 on 1:30 fin kicks                      | EN1 | K     | FIN   | 1:30  |
|       |         | {10 x 50 on :45 25kick/25 swim                    | EN1 |       | FRM   | 1:30  |
|       |         | {1 on 1:00 take off fins                          |     |       |       |       |
|       |         | {5 x 100 on 1:45 75 kick/25 swim Build wk finish  | EN1 | K     | FRM   | 1:45  |
|       |         | {10 x 50 on :50 25 kick/25 swim bld wk finish     | EN1 |       | FRM   | 1:40  |
| 250   | 5:01 PM | 10 x 25 on :35 15 mtr sprint no breath            | EN3 |       |       | 2:20  |
| 2,400 | 5:09 PM | 2x{4 x 100 on 1:30 pull b x 3                     | EN1 | P     | FR    | 1:30  |
|       |         | {1 x 400 on 6:00 how fast can u go? SWIM          | EN3 | S     | FR    | 1:30  |
|       |         | { 2 to 3 DK every wall!!!                         |     |       |       |       |
|       |         | {3 x 100 on 1:30 pull b x 4                       | EN1 | P     | FR    | 1:30  |
|       |         | {1 x 100 on 1:30 Ez                               | REC |       |       | 1:30  |
|       |         | Have a great weekend!!!                           |     |       |       |       |
|       | 5:45 PM | 5,750 Yards                                       |     |       |       |       |