

Workout #7452 - Monday, 16 September 2013
High Performance Group
2 minutes rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	=====	=====
		Enjoy Today you never get it back!! STREAMLINES!!!!!!				
	3:35 PM	1 on 8:00 Group stretch and warm up				
	3:43 PM	1 on 45:00 Group Talk and Expectations				
1,400	4:28 PM	1x{2 x 250 on 4:15 Fr - fingertip dr every 3rd 25	EN1	S	FR	1:42
		{5 x 100 on 1:55 kick choice	EN1	K	FR	1:55
		{4 x 100 on 1:35 pull free	EN1	P	FR	1:35
		No Breath inside flags!!!!				
600	4:55 PM	1x{12 x 50 on 1:00 Stroke 2 Drill 1 Fast	EN2	S	FR	2:00
1,500	5:09 PM	2x{3 x 100 on 1:30 free	EN2	S	FR	1:30
		{ Work underwaters- 4 DK every wall				
		{3 x 100 on 1:50 FAST KICK	EN2	K	STK	1:50
		{1 x 150 on 2:15 Pull- breath to weak side only	EN1	P	FR	1:30
		No breath inside flags !!!!!				
200	5:36 PM	1 x 200 on 3:00 warm down no equipment	REC			1:30
		Everyday think about what you did to make yourself better and deposit that into your Mental Toughness Bank!!				
	5:39 PM	1 on 5:00 change				
	5:44 PM	1 on 35:00 Drylands				
	6:19 PM	3,700 Yards				