

**Workout #7041 - Monday, 17 September 2012**  
**High Performance Group**  
**2 minutes rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
	3:45 PM	1x{1 on 13:00 Stretchs as group				
1,200	4:00 PM	1x{1 x 400 on 6:45 FREE-FORM/STREAMLINES { drill every 4th 25 { 1 x 300 on 5:15 Reverse IM- 50 dr, 25 sw { 5 x 100 on 1:45 50 free/ 50 back work streamlines and underwaters	EN1	S	FR	1:41
			EN1			1:45
			EN1	S	FR	1:45
1,300	4:23 PM	2x{1 x 200 on 3:50 kick 50 each side { 2 x 100 on 2:00 kick/drill x 25 { free drills- shark fin stroke Palm in, fingers { down ,face down, hips parrelel w/wall { head in line with body { 5 x 50 on :55 catchup - focus rotating hip	EN1	K	FR	1:55
			EN1	D	FR	2:00
350	4:50 PM	1x{14 x 25 on :40 15 Yrd Sprint No Breath Really work breakouts/underwaters/streamlines	EN1	S	FR	2:40
550	5:02 PM	1 x 550 on 10:00 Whistle Kick Blow whistle and they kick all out blow again for ez	EN2			1:49
1,000	5:14 PM	1x{1 x 50 on :45 choice { 1 x 100 on 1:30 choice { 1 x 150 on 2:15 choice { Senior Group Out for drylands { 2 x 200 on 2:50 free { 1 x 150 on 2:05 free { 1 x 100 on 1:20 free { 1 x 50 on :40 free	EN1	S	FR	1:30
			EN1	S	FR	1:30
			EN1	S	FR	1:30
			EN1	S	FR	1:25
			EN1	S	FR	1:23
			EN1	S	FR	1:20
			EN1	S	FR	1:20
182	5:31 PM	14 x 13 on :20 world class underwaters	EN2			2:34
50	5:38 PM	2 x 25 on 1:00 All Out Dive Sprints	SP1			4:00
200	5:42 PM	1x{1 x 200 on 3:00 warm down	EN1	S	STK	1:30
	5:45 PM	1 on 45:00 drylands				
	6:30 PM	4,832 Yards				