

Workout #6779 - Tuesday, 14 February 2012
High Performance Group
2 minutes rest between sets

| Yards | Time | Set Description | EGY | WORK | STK | PACE |
|-------|---------|--|-----|-------|-------|-------|
| ===== | ===== | ===== | === | ===== | ===== | ===== |
| | 5:15 PM | 1 on 15:00 stretch | | | | |
| 2,000 | 5:30 PM | 1x{2 x 200 on 3:30 Catch-up 25/ fingertip 25 | EN1 | | | 1:45 |
| | | {1 x 300 on 5:00 Reverse IM- drill 1st 25 | EN1 | | | 1:40 |
| | | {4 x 50 on :55 Stroke- 25 dr/25 swim | EN1 | | | 1:50 |
| | | {2 x 200 on 3:40 Stroke Kick | EN1 | | | 1:50 |
| | | {8 x 50 on :55 Kick- desc 1-4, 5-8 4&8 -45 | EN2 | | | 1:50 |
| | | {1 on :15 fins on | | | | |
| | | {12 x 25 on :35 Underwater with fins | EN3 | | | 2:20 |
| | | {1 on 2:00 stretch- DO IT!!!!!! | | | | |
| 1,500 | 6:12 PM | 3x{2 x 75 on 1:05 Pull- Distance Per Stroke-Long | EN1 | | | 1:27 |
| | | {4 x 50 on :45 Pull- Desc 1-4 to hr 17+ | EN2 | | | 1:30 |
| | | {3 x 50 on :55 o-25dr/25bld e-15m fast/ez/15m f | EN2 | | | 1:50 |
| 2,100 | 6:38 PM | 1x{16 x 50 on :45 Every 4th Fast | EN2 | | | 1:30 |
| | | {1 x 50 on 1:00 EZ | EN1 | | | 2:00 |
| | | {12 x 50 on :50 Every 3rd Fast | EN2 | | | 1:40 |
| | | {1 x 50 on 1:00 EZ | EN1 | | | 2:00 |
| | | {8 x 50 on :55 Every Other Fast | EN3 | | | 1:50 |
| | | {4 x 50 on 1:00 All OUT FAST | SP1 | | | 2:00 |
| 400 | 7:16 PM | 1x{8 x 50 on 1:00 scull/drill | EN1 | | | 2:00 |
| | 7:24 PM | 6,000 Yards | | | | |