

**Workout #3262 - Monday, 28 March 2011**  
**High Performance Group**  
**2 minutes rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
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		National Team Camp in San Diego				
2,000	10:00 AM	1x{2 x 400 on 6:45 mix x 50- drill every 4th 25	EN1	S	FRM	1:41
		{5 x 200 on 3:10 Descend 1-5 work underwaters	EN2	S	FRM	1:35
		{8 x 25 on :40 Scull- stop in middle				2:40
	10:37 AM	1 on 5:00 Group Stretch				
180	10:42 AM	12 x 15 on :30 Dive Sprints	SP1			3:20
		Evens- Sprint work Finishes				
2,800	10:50 AM	1x{8 x 50 on 1:00 kick fly	EN2	K	FLY	2:00
		{6 x 50 on 1:05 Desc 1-4 Stroke HOLD 5 6	EN2	S	FR	2:10
		{ Fr 38.5,35.5,33.0,28.7,28.3,28.0				
		{8 x 50 on :55 kick back	EN2	K	BK	1:50
		{6 x 50 on 1:05 Stroke HR 16 or Goal 200 PACE	EN2	S	FR	2:10
		{ Fr 29.7,28.7,28.5,29.1,28.3,28.9				
		{8 x 50 on 1:00 kick breast	EN2	K	BR	2:00
		{6 x 50 on 1:05 Stroke desc 1-4 HOLD 5 6	EN3	S	FR	2:10
		{ Back 37.5,36.7,34.3,31.5,31.3,31.5				
		{8 x 50 on 1:00 kick flutter	EN2	K	FR	2:00
		{6 x 50 on 1:05 CHOICE FAST	SP1	S	FR	2:10
		Back 30.4,30.2,30.3,30.2,30.0,30.0				
200	11:50 AM	1x{4 x 50 on :55 Lowest stroke count possible	REC			1:50
	11:54 AM	5,180 Meters				