

**Workout #7455 - Thursday, 19 September 2013**  
**High Performance Group**  
**2 minutes rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	=====	=====
	3:35 PM	1 on 10:00 stretch and warm up				
2,200	3:45 PM	1x{1 x 300 on 5:00 Choice every 3rd 25 Favorite dr	EN1	S	FR	1:40
		{4 x 100 on 1:45 6 kick roll / swim x 25	EN1	K	FR	1:45
		{4 x 25 on :35 underwater kick	EN1			2:20
		{8 x 50 on :50 5 breaths total 5 dolphins/wall	EN2	S	FR	1:40
		{8 x 25 on :40 human stroke-keep it long	EN1	D	FR	2:40
		{5 x 100 on 1:25 Free HR 15 3 DK every wall	EN1			1:25
		{12 x 25 on :35 0-15 yards fast 10 yards ez	SP3	S	STK	2:20
		E-10yards ez 15 fast work finish				
300	4:28 PM	1x{3 x 100 on 2:15 Swim for 30 strokes and see	REC	S	FR	2:15
		how far you can get keep good strokes				
		and form see who can get the farthest				
		#3 no kicking at all off walls just streamline				
		Below Rd 1 Free Rd 2 Back				
800	4:37 PM	2x{8 x 50 on 1:00	EN1	D	FR	2:00
		1,2 - 8 kick roll (axel kick)				
		3,4 - 6 kick roll				
		5,6 - 4 kick roll				
		7,8 - swim regular with good form				
750	4:55 PM	1x{3 x 150 on 2:10 pull dec 1- 4 FOCUS - DPS	EN2	P	FR	1:27
		{6 x 50 on :50 pull choice HR@17	EN2	P	STK	1:40
900	5:09 PM	3x{1 x 150 on 2:50 flutter kick - desc x sets	EN2	K	FR	1:53
		{1 x 100 on 1:50 choice kick-desc x sets	EN2	K	FR	1:50
		{1 x 50 on :50 choice kick - desc x sets	EN2	K	FR	1:40
50	5:28 PM	1 x 50 on 1:00 ez warm down	REC	S	FR	2:00
		4 Groups one on each wall				
368	5:31 PM	4x{4 x 13 on :25 Fast underwaters	EN2			3:12
		{4 x 10 on :25 Sprint no breath	EN2			4:10
	5:45 PM	5,368 Yards				