

Workout #7044 - Thursday, 20 September 2012
High Performance Group
2 minutes rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	=====	=====
	3:45 PM	1 on 15:00 Stretch and warm up				
		SWIM WITH A PURPOSE				
1,200	4:00 PM	1x{1 x 400 on 7:00 100free / 100non	EN1	S	FR	1:45
		{ Drill every 4th 25 on above				
		{1 x 300 on 5:15 100IM's- Rotate 25 dr	EN1	S	IM	1:45
		{6 x 50 on :45 Pull- 5 breaths total	EN1			1:30
		{2 x 100 on 1:45 back / breast x 50	EN1	S	IM	1:45
400	4:23 PM	8 x 50 on 1:00 Best Average	EN3			2:00
1,000	4:33 PM	5x{1 x 50 on 1:00 fly- 25 Flutter Fly 25 Swim	EN1	S	FLY	2:00
		{1 x 50 on :55 Back 25 L Drill 25 Swim	EN1	S	FR	1:50
		{1 x 50 on 1:00 breast- 25 dbl pull 25 sw	EN1	S	BR	2:00
		{1 x 50 on :50 free- 25 choice dr 25 build	EN1	S	FR	1:40
500	4:54 PM	1x{5 x 50 on :50 25 false lift / 25 Build BACK	EN1	D	BK	1:40
		{ Work Finish				
		{5 x 50 on 1:00 25 2 kick 1 pull/ 25 3 sec glide	EN1	D	BR	2:00
		2 - 3 Dolphin Kicks every wall or start over				
1,200	5:06 PM	1x{3 x 200 on 2:45 /255/305	EN1	S	FR	1:22
		{2 x 200 on 2:35 /245/255	EN2	S	FR	1:18
		{1 x 200 on 2:25 /235/240 FAST	EN3	S	FR	1:12
350	5:24 PM	7x{1 x 25 on :35 fly FAST	EN2	S	FLY	2:20
		{1 x 25 on :30 choice FAST from Dive	EN2	S	STK	2:00
		Round 4 EZ				
850	5:34 PM	1x{26 x 25 on :30 4 ALL Out 1 smooth FLUTTER KICK	EN3			2:00
		{1 x 200 on 3:00 warm down- dont stop	REC			1:30
	5:50 PM	5,500 Yards				