

Workout #7453 - Tuesday, 17 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			L DRY	
2,500	3:45 PM	1x{2 x 200 on 3:15 FREE- fingertip every 4th 25	EN1	S	FR	1:38
		{1 on 10:00 Freestyle and fundamentals				
		{16 x 25 on :30 streamline for 5 sec each wall	EN1	D	FR	2:00
		{12 x 75 on 1:25 switchers- 25 drill 50 Swim	EN1	S	IM	1:53
		{ Fly - 2 Right 2 Full 2 Left 2 Full (2-2-2-2)				
		{ Back - L Drill - hold for 5 sec on side arm up				
		{ Breast - BB Drill 1 Butterfly 1 Breaststroke				
		{ Free- Catch Up Drill do not touch hands				
		{16 x 50 on :50 4fr4/bk work turn and finish	EN1	S	STK	1:40
		{ 4 DK every wall!!!!!!				
800	4:42 PM	16 x 50 on :55 kick flutter- 25 FAST 25 Mod	EN1	K	FR	1:50
500	4:59 PM	2 x 250 on 4:00 Pull breath 3,4,5,4,3 x 50	EN1	P	FR	1:36
800	5:09 PM	4 x 200 on 3:15 100 Stroke 100 Free	EN1	S	FR	1:38
200	5:24 PM	1x{4 x 50 on :55 25 Fingertip 25 No Splash	REC			1:50
208	5:30 PM	16 x 13 on :25 Dive sprints underwater divewell	EN1			3:12
	5:37 PM	5,008 Yards				