

Workout #7042 - Tuesday, 18 September 2012
High Performance Group
2 minutes rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
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	3:45 PM	1x{1 on 13:00 Stretch lead by Zach				
1,600	4:00 PM	1x{2 x 400 on 7:00 ALT 200FR/200NON	EN1	S	FRM	1:45
		{8 x 100 on 1:35 PULL BREATH 3'S	EN1	P	FR	1:35
300	4:29 PM	1x{12 x 25 on :40 6- Flutter Fly/ 6- BB Drill	EN1	D	FLY	2:40
		Flutter Fly- fly arms with flutter kick breath every st				
		bb- two fly strokes two breaststrokes				
1,400	4:39 PM	1x{6 x 50 on 1:05 25 3-sec glide/25doublepullout	EN1	D	BR	2:10
		{4 x 150 on 3:05 FLY3-3-3,2-2-2,1-1-1X50	EN1	D	FLY	2:03
		{5 x 100 on 2:10 BREAST 5STK PER LENGTH	EN1	D	BR	2:10
		Really workouts underwaters on above set				
1,200	5:11 PM	2x{1 x 300 on 4:45 IM- 25 Dr/50 Sw	EN1	S	IM	1:35
		{2 x 150 on 2:05 free- work walls/streamlines	EN2	S	FR	1:23
		2 Dolphin kicks per wall or start over				
600	5:31 PM	1x{12 x 50 on :55 KICK	EN1	K	STK	1:50
208	5:44 PM	16 x 13 on :25 world class underwaters				3:12
125	5:53 PM	5 x 25 on 1:10 Dive sprints walk arounds	SP1			4:40
	5:59 PM	5,433 Yards				