

**Workout #7454 - Wednesday, 18 September 2013****High Performance Group****2 minutes 30 seconds rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	===	=====
1,000	3:35 PM	1x{1 on 10:00 Stretch and warm up				
		{2 x 300 on 5:10 Choice	REC	S	FR	1:43
		{1 x 400 on 7:15 REV IM kk/drill	EN1	D	IM	1:49
	4:06 PM	1 on 4:00 Back stroke drills and talk				
600	4:10 PM	4x{2 x 25 on :35 Back- L Drill	EN1			2:20
		{2 x 25 on :35 Back- False Life Drill	EN1			2:20
		{1 x 50 on :55 Back- Perfect Stroke	EN1			1:50
250	4:26 PM	10 x 25 on :35 15 Meter Sprint Back Breakouts	EN3			2:20
1,500	4:35 PM	3x{1 x 100 on 1:55 kick flutter	EN1	K	FR	1:55
		{1 x 100 on 1:50 kick / drill by 50	EN1	D	FR	1:50
		{1 x 100 on 1:40 drill/ Fast by 50	EN2	D	FR	1:40
		{1 x 200 on 3:05 Pull- breath 3 or 5 only	EN1	P	FR	1:32
500	5:03 PM	5x{1 x 50 on 1:10 pencil kick	EN1	K	FR	2:20
		{ pencil kick- hands at side head in rotate				
		{1 x 50 on 1:00 6 kick roll	EN1	K	FR	2:00
1,100	5:17 PM	2x{1 x 250 on 3:45 Free- 3 DK every wall!!!!	EN1	S	FR	1:30
		{1 x 200 on 3:10 Choice 3 DK every wall!!!!	EN1	S	STK	1:35
		{1 x 100 on 1:30 Free- Catch up/Fast by 25	EN2	S	FR	1:30
100	5:37 PM	1x{4 x 25 on :25 free fast feet - finish w/flip	EN2	S	FR	1:40
50	5:42 PM	1 x 50 on 1:00 ez warm down	REC			2:00
	5:43 PM	1 on 6:00 change out				
	5:49 PM	1 on 35:00 drylands				
	6:24 PM	5,100 Yards				