

Workouts Written By Jon Urbanek

May 28, 2001 AM

Distance Group

| DATE | May 28th AM | TEAM | U of Mich | GROUP | Dist | | |
|----------------------|-------------|--------|---|--------|----------|-----|-------------|
| Rep | Dist | Int | DESCRIPTION | En Cat | S/K or P | Stk | Set Total |
| 1 | X1800 | on | 600 fr/600 150 IM's 600 (by 100) pause/catch up speedplay | S | | MIX | 1800 |
| . | | | | | | | |
| 4 | X100 | on1:40 | 50 ea fl/bk | S | | MIX | 400 |
| 4 | X100 | on1:40 | 50 ea br/fr | S | | MIX | 400 |
| . | | | | | | | |
| 4 | X200 | on3:00 | fin k/s 100/100 sm/6 beat | K/S | | MIX | 800 |
| 4 | X150 | on2:00 | fin k/s 50/100 sm/6 beat | K/S | | MIX | 600 |
| 4 | X100 | on1:30 | fin k/s 50/50 sm/6 beat | K/S | | MIX | 400 |
| . | | | | | | | |
| 8 | X100 | on1:20 | Hypoxic 3/5 50's | P | | FR | 800 |
| 4 | X200 | on2:45 | Hypoxic 3/5 100's | P | | FR | 800 |
| 2 | X800 | on9:30 | Neg/split 400's | P | | FR | 1600 |
| . | | | | | | | |
| 8 | X50 | on:50 | casual recovery | S | | FR | 400 |
| WORKOUT TOTAL | | | | | | | 8000 |

Mid Distance - 1

| DATE | May 28th AM | TEAM | U of Mich | GROUP | fr/bk | | |
|------|-------------|-------------|---|--------|----------|-----|-----------|
| Rep | Dist | Int | DESCRIPTION | En Cat | S/K or P | Stk | Set Total |
| 1 | X1600 | on | 600fr/400im/300fr/200ch/100fr | S | | MIX | 1600 |
| 12 | X50 | on1:00 | one build to fast one by 3rds f/ez/fast | S | | MIX | 600 |
| 3 | X200 | on3:30 | fins | K | | MIX | 600 |
| 6 | X100 | on2:00 | #1 stroke best ave | K | | MIX | 600 |
| 2 | X300 | on4:00/4:20 | Hypoxic 3/5/7 100's Tech | P | | MIX | 600 |
| 8 | X100 | on1:20/1:30 | | P | | STK | 800 |
| 4 | X200 | on2:40/3:00 | | P | | STK | 800 |

| | | | | | | |
|----------------------|------|-------------|------------------------------|---|-----|-------------|
| 2 | X400 | on5:00/6:00 | | P | STK | 800 |
| 4 | X150 | on2:10 | Fins 50's/fl/bk/br | S | MIX | 600 |
| 4 | X100 | on1:20 | Fins alt tech/fast(100's) | S | MIX | 400 |
| 1 | X100 | on0:00 | ez | | | 100 |
| WORKOUT TOTAL | | | | | | 7500 |

Mid Distance - 2

| DATE May 28th AM | | | TEAM | U of Mich | GROUP | breast |
|----------------------|-------|--------------|--|--------------------|-------|--------------|
| Rep | Dist | Int | DESCRIPTION | En S/K Cat or P | Stk | Set Total |
| 1 | X1600 | on | 600fr/400im/300fr/ 200ch/100fr | S | MIX | 1600 |
| 12 | X50 | on 1:00 | one build to fast one by 3rds f/ez/fast | S | MIX | 600 |
| 3 | X200 | on 3:30 | fins | K | MIX | 600 |
| 6 | X100 | on 2:00 | #1 stroke best ave | K | MIX | 600 |
| 2 | X300 | on 4:00/4:20 | Hypoxic 3/5/7 100's Tech | P | MIX | 600 |
| 8 | X100 | on 2:00 | 50 chinup/50 lunge | P | STK | 800 |
| 2 | X200 | on 3:00 | free | S | STK | 400 |
| 8 | X50 | on 1:00 | 2/2 up/down | P | STK | 400 |
| 4 | X100 | on 1:30 | Fins IM | S | MIX | 400 |
| 1 | X100 | on 0:00 | ez | S | | 100 |
| WORKOUT TOTAL | | | | | | 6100 |

Sprint Group

| DATE May 28th AM | | | TEAM | U of Mich | GROUP | sprint |
|------------------|-------|--------|--|--------------------|-------|--------------|
| Rep | Dist | Int | DESCRIPTION | En S/K Cat or P | Stk | Set Total |
| 1 | X1600 | on | 600fr/400im/300fr/200ch/100fr | S | MIX | 1600 |
| 12 | X50 | on1:00 | one build to fast one by 3rds f/ez/fast | S | MIX | 600 |
| 3 | X200 | on3:30 | fins | K | MIX | 600 |
| 6 | X100 | on2:00 | #1 stroke best ave | K | MIX | 600 |
| 2 | X300 | on4:00 | Hypoxic 3/5/7 100's Tech | P | MIX | 600 |
| 8 | X50 | on1:00 | | P | STK | 400 |

| | | | | | | |
|----------------------|------|-------------------------------------|--|---|-----|-------------|
| 1 | X200 | on3:00ez | | P | STK | 200 |
| 4 | X100 | on1:30 | | P | STK | 400 |
| 1 | X200 | on3:00ez | | S | MIX | 200 |
| 2 | X200 | on3:00 | | S | MIX | 400 |
| 4 | X50 | on1:20speedplay 15/20, 5/10 fast/ez | | | | 200 |
| WORKOUT TOTAL | | | | | | 5800 |

May 28, 2001 PM

Distance Group

| DATE | May 28th PM | | TEAM | U of Mich | GROUP | Dist | |
|----------------------|-------------|--------------------|----------------------------|-----------|----------|-------------|-----------|
| Rep | Dist | Int | DESCRIPTION | En Cat | S/K or P | Stk | Set Total |
| 3 | X500 | on | Continous 300 fr dr/200 sw | | S | FR | 1500 |
| 4 | X50 | on:40 | w/flip | | S | FR | 200 |
| 1 | X200 | on3:00 | casual | | S | FR | 200 |
| 4 | X50 | on:40 | w/flip | | S | FR | 200 |
| 1 | X200 | on3:00 | casual | | S | FR | 200 |
| 4 | X50 | on:40 | w/flip | | S | FR | 200 |
| 1 | X200 | on3:00 | casual | | S | FR | 200 |
| 4 | X200 | on4:00 | 50 ea side.. Back/front | | K | FR | 800 |
| 6 | X150 | on2:00/2:10dec 1-3 | | | P | FR | 900 |
| 4 | X300 | on3:50/4:00 | white too pink | | S | FR | 1200 |
| | X | on:30 | pulse check | | | | 0 |
| 4 | X300 | on3:40/3:50 | red | | S | FR | 1200 |
| | X | on:30 | pulse check | | | | 0 |
| 4 | X300 | on3:30/3:45 | best you can hold | | S | FR | 1200 |
| 1 | X400 | on | recovery swim | | S | FR | 400 |
| WORKOUT TOTAL | | | | | | 8400 | |

Mid Distance - 1

| DATE | May 28th PM | | TEAM | U of Mich | GROUP | fr/bk | |
|------|-------------|-----|-----------------------------|-----------|----------|-------|-----------|
| Rep | Dist | Int | DESCRIPTION | En Cat | S/K or P | Stk | Set Total |
| 3 | X 400 | on | Continous 300 fr dr/ 100 im | | S | MIX | 1200 |

| | | | | | |
|----------------------|-----------------------|-------------------------|---|-----|-------------|
| 8 | X 100 on 2:00 | 25 fast/50 casual/25 bu | S | FR | 800 |
| 1 | X 400 on 8:00 | casual | K | MIX | 400 |
| 4 | X 200 on 4:00 | Dec #1 stroke | K | MIX | 800 |
| 1 | X 300 on r :15 - 20 | easy | S | MIX | 300 |
| 1 | X 200 on r :15 - 20 | medium | S | MIX | 200 |
| 1 | X 100 on r :15 - 20 | hard | S | MIX | 100 |
| 6 | X 50 on r :15 - 20 | e/m/h | S | MIX | 300 |
| 8 | X 100 on 1:20/:30/:40 | 4 white 4 pink | S | MIX | 800 |
| | X on :30 | pulse check | | | 0 |
| 3 | X 300 on 4:00/:10/:20 | hold red | S | MIX | 900 |
| | X on :30 | pulse check | | | 0 |
| 4 | X 300 on 3:50/:00/:10 | best you can hold | S | MIX | 1200 |
| 1 | X 400 on | recovery swim | | | 400 |
| WORKOUT TOTAL | | | | | 7400 |

Mid Distance - 2

| DATE | May 28th PM | TEAM | U of Mich | GROUP | br | | |
|------|---------------------|------|----------------------------|--------|----------|-----|-----------|
| Rep | Dist | Int | DESCRIPTION | En Cat | S/K or P | Stk | Set Total |
| 3 | X 400 on | | Continous 300 fr dr/100 im | S | | MIX | 1200 |
| 8 | X 100 on 2:00 | | 25 fast/50 casual/25 bu | S | | FR | 800 |
| 1 | X 400 on 8:00 | | casual | K | | MIX | 400 |
| 4 | X 200 on 4:00 | | Dec #1 stroke | K | | MIX | 800 |
| 1 | X 300 on r :15 - 20 | | easy | S | | MIX | 300 |
| 1 | X 200 on r :15 - 20 | | medium | S | | MIX | 200 |
| 1 | X 100 on r :15 - 20 | | hard | S | | MIX | 100 |
| 6 | X 50 on r :15 - 20 | | e/m/h | S | | MIX | 300 |
| 2 | X 300 on 6:00 | | 100 3/3 100 2/2 100 reg | S | | BR | 600 |
| | X on :30 | | pulse check | | | | 0 |

| | | | | | | |
|---|-------|---------|-------------------|---|----|-----|
| 2 | X 200 | on 4:00 | hold red | S | BR | 400 |
| | X | on :30 | pulse check | | | 0 |
| 6 | X 100 | on 2:00 | best you can hold | S | BR | 600 |
| 1 | X 100 | on | recovery swim | S | | 100 |

WORKOUT TOTAL 5800

Sprint Group

| DATE | May 28th PM | TEAM | U of Mich | GROUP | sprint | | |
|------|-------------|------------------|--------------------------------|--------|----------|-----|-----------|
| Rep | Dist | Int | DESCRIPTION | En Cat | S/K or P | Stk | Set Total |
| 3 | X400 | on | Continous 300 fr dr/ 100 im | S | | MIX | 1200 |
| 8 | X100 | on 2:00 | 25 fast/50 casual/25 bu | S | | FR | 800 |
| 1 | X400 | on 8:00 | casual | | K | FR | 400 |
| 4 | X200 | on 4:00 | Dec #1 stroke | | K | MIX | 800 |
| 1 | X300 | on r :15 - 20 | easy | | S | MIX | 300 |
| 1 | X200 | on r :15 - 20 | medium | | S | MIX | 200 |
| 1 | X100 | on r :15 - 20 | hard | | S | MIX | 100 |
| 6 | X50 | on r :15 - 20 | e/m/h | | S | MIX | 300 |
| 2 | X300 | on 4:00 | 4 white 4 pink | | S | MIX | 600 |
| | X | on :30 | pulse check | | | | 0 |
| 3 | X200 | on 2:45 | hold red | | S | MIX | 600 |
| | X | on :30 | pulse check | | | | 0 |
| 8 | X100 | on 1:30 | best you can hold | | S | MIX | 800 |
| 1 | X200 | on | recovery swim | | | | 200 |