

Workout #2551 - Thursday, 07 June 2018**Senior****1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
	9:30 AM	1 on 10:00 Dynamic				
400	9:40 AM	1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
1,200	9:50 AM	1x{3 x 200 on 4:15 YC Kick	EN1	K	YC	1:04
		{3 x 100 on 2:05 YC 50Drill / 50Swim	EN1	C	YC	1:02
		{6 x 50 on 1:10 YC Bodyline Sprint	EN2	S	YC	1:10
3,300	10:17 AM	1x{5 x 100 on 1:40 Free - Pull w/YC Equip	EN1	P	FR	0:50
		{5 x 100 on 1:20 Free - 3xBuild 2xP.400	EN2	S	FR	0:40
		{4 x 100 on 1:30 Free - Pull w/YC Equip	EN1	P	FR	0:45
		{4 x 100 on 1:15 Free - 2xBuild 2xP.400	EN2	S	FR	0:38
		{5 x 100 on 1:45 50Free / 50Back	EN1	S	LAX	0:52
		{4 x 100 on 1:40 Back - 50Build / 50Fast	EN2	S	BK	0:50
		{3 x 100 on 2:00 50 Breast / 50 Free	EN1	S	FRS	1:00
		{2 x 100 on 2:15 Breast - Des 1-2	EN2	S	BR	1:08
		{1 x 100 on 2:00 Fly - Build to Fast	EN2	S	FLY	1:00
	11:12 AM	1 on 5:00 Potty / Water				
600	11:17 AM	6 x 100 on 2:00 25Shark / 25Dolf / 50SLine F w/F	EN1	K	FRS	1:00
400	11:30 AM	1 x 400 on 9:00 Warm Down	REC	S	YC	1:08
	11:39 AM	5,900 Yards - Stress Value = 70				

Workout #2552 - Thursday, 07 June 2018**Senior - Taper Group****1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
	9:30 AM	1 on 10:00 Dynamic				
1,000	9:40 AM	1x{1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
		{1 x 300 on 4:00 Pull	EN1	P	YC	0:40
		{1 x 200 on 4:00 Kick	EN1	K	YC	1:00
		{1 x 100 on 2:00 IM Drill	EN1	D	IM	1:00
300	10:00 AM	3x{1 x 25 on :30 YC - OTB 15m Blast	SP2	S	YC	1:00
		{1 x 50 on 1:00 YC - Sprint Turn	EN3	S	YC	1:00
		{1 x 25 on :30 Sprint Finish	SP2	S	YC	1:00
		{1 on :30 Bonus				
400	10:09 AM	2x{1 x 100 on 2:30 YC - Bodyline Sprint	EN2	S	YC	1:15
		{2 x 50 on 1:00 YC 1)Perfect TEK 2)Fartlek	EN3	S	YC	1:00
100	10:19 AM	1 x 100 on 5:00 YC OTB - Fast (Timed)	SP2	S	YC	2:30
400	10:25 AM	1 x 400 on 6:00 Warm Down	REC	S	YC	0:45
	10:31 AM	2,200 Yards - Stress Value = 57				