

**Workout #2500 - Tuesday, 15 May 2018**  
**Senior**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
	6:15 PM	1 on 45:00 Dryland				
400	7:00 PM	1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
500	7:10 PM	20 x 25 on :30 Fly Kick OYB	EN1	K	FLY	1:00
450	7:21 PM	6x{1 x 50 on :45 SLine Flutter Kick w/FIN {1 x 25 on :45 UW Fly Kick w/FIN	EN1 EN2	K	FR FLY	0:45 1:30
3,000	7:31 PM	1x{3 x 400 on 5:00 Free - STK Count by 25 {3 x 300 on 3:50 Free - Build 50s {3 x 200 on 2:40 Free - Des 1-3 {3 x 100 on 1:30 Free - Best Avg.	EN1 EN1 EN1 EN2	S	FR	0:38 0:38 0:40 0:45
	8:11 PM	1 on 5:00 Potty/Water				
600	8:16 PM	3x{5 x 25 on :30 Fly 1/1 {1 x 75 on 1:00 Free	EN1 EN1	S	FLY FR	1:00 0:40
800	8:28 PM	4x{1 x 125 on 1:45 Back - Build to Fast {3 x 25 on :30 Back - 15m Blast	EN1 EN3	S	BK	0:42 1:00
400	8:42 PM	2x{2 x 50 on 1:10 Breast w/SNO - Double Kick {1 x 100 on 2:10 Breast - Swim	EN1 EN1	D	BR	1:10 1:05
200	8:52 PM	1 x 200 on 5:00 Warm Down	REC	S	YC	1:15
	8:57 PM	6,350 Yards - Stress Value = 77				

**Workout #2501 - Tuesday, 15 May 2018**  
**Junior**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
	6:15 PM	1 on 45:00 Dryland				
400	7:00 PM	1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
500	7:10 PM	20 x 25 on :30 Fly Kick OYB	EN1	K	FLY	1:00
450	7:21 PM	6x{1 x 50 on :45 SLine Flutter Kick w/FIN {1 x 25 on :45 UW Fly Kick w/FIN	EN1 EN2	K	FR FLY	0:45 1:30
3,000	7:31 PM	1x{3 x 400 on 5:20 Free - STK Count by 25 {3 x 300 on 4:10 Free - Build 50s {3 x 200 on 3:00 Free - Des 1-3 {3 x 100 on 1:50 Free - Best Avg.	EN1 EN1 EN1 EN2	S	FR	0:40 0:42 0:45 0:55
	8:15 PM	1 on 5:00 Potty/Water				
900	8:20 PM	2x{3 x 100 on 1:40 IM - Des 1-3 {3 x 50 on :50 Free - 25Fast / 25TEK	EN2 EN2	S	IM FR	0:50 0:50
200	8:36 PM	1 x 200 on 4:00 Warm Down	REC	S	YC	1:00
	8:40 PM	5,450 Yards - Stress Value = 62				

**Workout #2502 - Tuesday, 15 May 2018**  
**Advanced Age Group**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	7:00 PM	1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
500	7:10 PM	20 x 25 on :30 Fly Kick OYB	EN1	K	FLY	1:00
450	7:21 PM	6x{1 x 50 on :45 SLine Flutter Kick w/FIN	EN1	K	FR	0:45
		{1 x 25 on :45 UW Fly Kick w/FIN	EN2	K	FLY	1:30
3,000	7:31 PM	1x{3 x 400 on 5:40 Free - STK Count by 25	EN1	S	FR	0:42
		{3 x 300 on 4:30 Free - Build 50s	EN1	S	FR	0:45
		{3 x 200 on 3:20 Free - Des 1-3	EN1	S	FR	0:50
		{3 x 100 on 2:10 Free - Best Avg.	EN2	S	FR	1:05
300	8:19 PM	3 x 100 on 2:00 IM - Des 1-3	EN1	S	IM	1:00
100	8:26 PM	1 x 100 on 2:00 Warm Down	REC	S	YC	1:00
	8:28 PM	4,750 Yards - Stress Value = 47				