

Workout #2709 - Monday, 01 October 2018
Senior - Individual Medalists
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
	5:45 PM	1 on 59:59 Yoga				
	6:45 PM	1 on 15:00 Transition				
600	7:00 PM	1 x 600 on 10:00 Warm Up w/YC Equipment	REC	S	YC	0:50
1,000	7:11 PM	2x{4 x 75 on 1:20 Flutter Kick	EN1	K	FR	0:53
		{3 x 50 on :50 YC Kick	EN1	K	YC	0:50
		{2 x 25 on :35 Fast SLine Fly Kick	EN2	K	FLY	1:10
		{1 on 1:00 Bonus				
3,100	7:32 PM	2x{4 x 125 on 1:50 IM - Add/Sub (50running)	EN1	S	IM	0:44
		{1 on :40 Bonus				
		{3 x 150 on 1:50 Free w/FIN - Last 50 Fast	EN2	S	FR	0:37
		{1 on :30 Bonus				
		{2 x 175 on 2:45 1)100FL/75BK 2)100BR/75FR	EN2	S	IMS	0:47
		{1 on :30 Bonus				
		{1 x 200 on 2:30 Free - Neg.Split (Goal Sub 2:10)	EN2	S	FR	0:38
		{1 x 50 on 1:30 REC	REC	S	YC	1:30
300	8:21 PM	6 x 50 on 1:00 Free 1-2)SingleArm 3)Swim	EN1	D	FR	1:00
500	8:28 PM	4 x 125 on 1:30 Free - Neg.Split Long Stroke	EN2	S	FR	0:36
400	8:35 PM	1 x 400 on 9:00 Warm Down	REC	S	YC	1:08
	8:44 PM	5,900 Yards - Stress Value = 74				

Workout #2710 - Monday, 01 October 2018
Senior - Distance Swimmers
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
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	5:45 PM	1 on 59:59 Yoga				
	6:45 PM	1 on 15:00 Transition				
600	7:00 PM	1 x 600 on 10:00 Warm Up w/YC Equipment	REC	S	YC	0:50
1,000	7:11 PM	2x{4 x 75 on 1:20 Flutter Kick	EN1	K	FR	0:53
		{3 x 50 on :50 YC Kick	EN1	K	YC	0:50
		{2 x 25 on :35 Fast SLine Fly Kick	EN2	K	FLY	1:10
		{1 on 1:00 Bonus				
2,100	7:32 PM	1x{2 x 300 on 3:40 Free - Des 100s	EN1	S	FR	0:37
		{1 x 75 on 1:10 Fly	EN2	S	FLY	0:47
		{1 x 50 on 1:00 Fly - Fast	EN3	S	FLY	1:00
		{1 x 25 on :50 Fly - All Out No Breath	SP2	S	FLY	1:40
		{3 x 200 on 2:30 Free - Neg.Split @ P.1000	EN1	S	FR	0:38
		{1 x 75 on 1:10 Fly	EN2	S	FLY	0:47
		{1 x 50 on 1:00 Fly - Fast	EN3	S	FLY	1:00
		{1 x 25 on :50 Fly - Sprint Head Down	SP2	S	FLY	1:40
		{6 x 100 on 1:30 Free - All P.500 - 1sec	SP1	S	FR	0:45
200	8:03 PM	1 x 200 on 5:00 REC	REC	S	YC	1:15
150	8:09 PM	3 x 50 on 1:20 Free - Front Scull w/BY w/SNO	EN1	D	FR	1:20
300	8:14 PM	6 x 50 on 1:00 Free 1-2)SingleArm 3)Swim	EN1	C	FR	1:00
900	8:21 PM	18 x 50 on :50 Free - 4xAFAP 2xSmooth	EN2	S	FR	0:50
300	8:37 PM	1 x 300 on 5:00 Warm Down	REC	S	YC	0:50
	8:42 PM	5,550 Yards - Stress Value = 108				

Workout #2711 - Monday, 01 October 2018
Senior - Sprinters
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
	5:45 PM	1 on 59:59 Yoga				
	6:45 PM	1 on 15:00 Transition				
600	7:00 PM	1 x 600 on 10:00 Warm Up w/YC Equipment	REC	S	YC	0:50
1,000	7:11 PM	2x{4 x 75 on 1:20 Flutter Kick	EN1	K	FR	0:53
		{3 x 50 on :50 YC Kick	EN1	K	YC	0:50
		{2 x 25 on :35 Fast SLine Fly Kick	EN2	K	FLY	1:10
		{1 on 1:00 Bonus				
1,000	7:32 PM	4x{2 x 50 on 1:15 YCxRND - 1)Scull/Drill 2)BLine S	EN2	D	YC	1:15
		{4 x 25 on :30 15m Blast	EN3	S	YC	1:00
		{1 x 25 on :30 REC	REC	S	YC	1:00
		{1 x 25 on 1:00 Sprint	SP2	S	YC	2:00
350	7:57 PM	2x{4 x 25 on 1:00 Free - 15m Fast w/TENNIS	SP2	D	FR	2:00
		{1 x 25 on :30 REC	REC	S	YC	1:00
		{2 x 25 on :45 Drity 30s	EN2	C	FLY	1:30
450	8:10 PM	6x{1 x 37 on :45 Free - Sprint	SP2	S	FR	1:01
		{1 x 38 on :45 REC	REC	S	YC	0:59
1,200	8:20 PM	3x{3 x 50 on :50 IM Switching	EN1	S	IMS	0:50
		{2 x 75 on 1:00 Free - Last 25 2 Breath	EN1	S	FR	0:40
		{1 x 100 on 2:00 YC STK (No Free)	EN1	S	STK	1:00
150	8:41 PM	1 x 150 on 3:00 Warm Down	REC	S	YC	1:00
	8:44 PM	4,750 Yards - Stress Value = 108				