

Workout #2081 - Monday, 18 September 2017
Senior - Butterfly
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
	6:00 PM	1 on 59:59 Dryland				
400	7:00 PM	1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
300	7:10 PM	6 x 50 on 1:00 YC Kick	EN1	K	YC	1:00
600	7:17 PM	3 x 200 on 2:50 LAX - Kick / Swim	EN1	C	LAX	0:42
300	7:27 PM	6 x 50 on 1:00 IM Switching	EN1	S	IMS	1:00
600	7:34 PM	6 x 100 on 1:30 Free - 6K 3STK w/FIN	EN1	S	FR	0:45
300	7:44 PM	6 x 50 on 1:00 Free - w/FIN 1PAD on Head	EN1	D	FR	1:00
900	7:51 PM	3x{1 x 150 on 2:00 Free - w/SNO Building	EN1	S	FR	0:40
		{1 x 100 on 1:30 Free - Neg.Split Low BodyBreath	EN2	S	FR	0:45
		{1 x 50 on 1:00 Free - Overkick	EN2	K	FR	1:00
400	8:06 PM	8 x 50 on 1:00 Free - Evens are P.200	EN2	S	FR	1:00
1,500	8:15 PM	2x{2 x 125 on 1:45 Fly - 2/1 Drill w/FIN	EN1	D	FLY	0:42
		{3 x 50 on 1:00 Fly - Shamu / Swim by 25	EN1	C	FLY	1:00
		{2 x 100 on 1:30 Fly - Des 1-2 w/FIN	EN2	S	FLY	0:45
		{3 x 50 on 1:00 Fly - Fast w/FIN	EN3	S	FLY	1:00
200	8:41 PM	1 x 200 on 5:00 Warm Down	REC	S	YC	1:15
	8:46 PM	5,500 Yards - Stress Value = 76				

Workout #2082 - Monday, 18 September 2017
Senior - Backstroke
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
	6:00 PM	1 on 59:59 Dryland				
400	7:00 PM	1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
300	7:10 PM	6 x 50 on 1:00 YC Kick	EN1	K	YC	1:00
600	7:17 PM	3 x 200 on 2:50 LAX - Kick / Swim	EN1	C	LAX	0:42
300	7:27 PM	6 x 50 on 1:00 IM Switching	EN1	S	IMS	1:00
600	7:34 PM	6 x 100 on 1:30 Free - 6K 3STK w/FIN	EN1	S	FR	0:45
300	7:44 PM	6 x 50 on 1:00 Free - w/FIN 1PAD on Head	EN1	D	FR	1:00
900	7:51 PM	3x{1 x 150 on 2:00 Free - w/SNO Building	EN1	S	FR	0:40
		{1 x 100 on 1:30 Free - Neg.Split Low BodyBreath	EN2	S	FR	0:45
		{1 x 50 on 1:00 Free - Overkick	EN2	K	FR	1:00
400	8:06 PM	8 x 50 on 1:00 Free - Evens are P.200	EN2	S	FR	1:00
1,400	8:15 PM	2x{1 x 200 on 4:00 Back - Armless w/FIN (Kickouts)	EN1	D	BK	1:00
		{3 x 50 on 1:00 Back - Single Arm w/FIN	EN1	D	BK	1:00
		{1 x 200 on 3:00 Back - Build w/FIN	EN1	S	BK	0:45
		{3 x 50 on 1:00 Back - Fast w/FIN	EN3	S	BK	1:00
200	8:42 PM	1 x 200 on 5:00 Warm Down	REC	S	YC	1:15
	8:47 PM	5,400 Yards - Stress Value = 71				

Workout #2083 - Monday, 18 September 2017
Senior - Breaststroke
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
	6:00 PM	1 on 59:59 Dryland				
400	7:00 PM	1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
300	7:10 PM	6 x 50 on 1:00 YC Kick	EN1	K	YC	1:00
600	7:17 PM	3 x 200 on 2:50 LAX - Kick / Swim	EN1	C	LAX	0:42
300	7:27 PM	6 x 50 on 1:00 IM Switching	EN1	S	IMS	1:00
600	7:34 PM	6 x 100 on 1:30 Free - 6K 3STK w/FIN	EN1	S	FR	0:45
300	7:44 PM	6 x 50 on 1:00 Free - w/FIN 1PAD on Head	EN1	D	FR	1:00
900	7:51 PM	3x{1 x 150 on 2:00 Free - w/SNO Building	EN1	S	FR	0:40
		{1 x 100 on 1:30 Free - Neg.Split Low BodyBreath	EN2	S	FR	0:45
		{1 x 50 on 1:00 Free - Overkick	EN2	K	FR	1:00
400	8:06 PM	8 x 50 on 1:00 Free - Evens are P.200	EN2	S	FR	1:00
1,300	8:15 PM	2x{1 x 300 on 6:00 Breast - 50TripKick / 25Swim	EN1	C	BR	1:00
		{2 x 50 on 1:15 Breast - 1)Flutter/Swim 2)Cobra/	EN1	C	BR	1:15
		{2 x 75 on 1:15 Breast - Des 1-2	EN2	S	BR	0:50
		{2 x 50 on 1:15 Breast - Fast	EN2	S	BR	1:15
200	8:43 PM	1 x 200 on 5:00 Warm Down	REC	S	YC	1:15
	8:48 PM	5,300 Yards - Stress Value = 60				

Workout #2084 - Monday, 18 September 2017
Advanced Age Group
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
	6:00 PM	1 on 59:59 Dryland				
400	7:00 PM	1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
300	7:10 PM	6 x 50 on 1:00 YC Kick	EN1	K	YC	1:00
450	7:17 PM	3 x 150 on 2:50 LAX - Kick / Swim	EN1	C	LAX	0:57
300	7:27 PM	6 x 50 on 1:00 IM Switching	EN1	S	IMS	1:00
500	7:34 PM	5 x 100 on 1:40 Free - 6K 3STK w/FIN	EN1	S	FR	0:50
300	7:44 PM	6 x 50 on 1:00 Free - w/FIN w/SNO	EN1	S	FR	1:00
900	7:51 PM	3x{1 x 150 on 2:20 Free - w/SNO Building	EN1	S	FR	0:47
		{1 x 100 on 1:40 Free - Neg.Split Low BodyBreath	EN2	S	FR	0:50
		{1 x 50 on 1:00 Free - Overkick	EN2	K	FR	1:00
400	8:07 PM	8 x 50 on 1:05 Free - Evens are P.200	EN2	S	FR	1:05
400	8:17 PM	8x{1 x 25 on :30 IMO - Fast	EN2	S	IM	1:00
		{1 x 25 on :30 Free - TEK	EN1	S	FR	1:00
100	8:26 PM	1 x 100 on 3:00 Warm Down	REC	S	YC	1:30
	8:29 PM	4,050 Yards - Stress Value = 45				