

**Workout #6062 - Thursday, 01 January 2009**

**Beat Penn - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 600 3x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 700 1x{2 x 100 on 1:50 Kick  
 {3 x 50 on 1:00 Kick-descend  
 {2 x 100 on 1:45 Kick  
 {3 x 50 on 1:00 Kick-descend  
 750 1 x 750 on 10:00 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 3x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:03 AM 3,500 Yards - Stress Value = 52

**Workout #6063 - Thursday, 01 January 2009**

**Beat Penn - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 600 3x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 700 1x{2 x 100 on 2:00 Kick  
 {3 x 50 on 1:00 Kick-descend  
 {2 x 100 on 1:55 Kick  
 {3 x 50 on 1:00 Kick-descend  
 650 1 x 650 on 10:00 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 3x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:03 AM 3,400 Yards - Stress Value = 50

**Workout #6064 - Thursday, 01 January 2009**

**Beat Penn - Silver/Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 350 1 x 350 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 600 3x{8 x 25 on :30 1-3, 6-8 Fly 4&5 Free  
 {1 on 1:00 Rest  
 650 1x{2 x 100 on 2:10 Kick  
 {3 x 50 on 1:00 Kick-descend  
 {2 x 100 on 2:05 Kick  
 {2 x 50 on 1:00 Kick-descend  
 600 1 x 600 on 10:00 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 3x{8 x 25 on :30 1-3, 6-8 Fly 4&5 Free

{1 on 1:00 Rest  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:03 AM 3,250 Yards - Stress Value = 49

**Workout #6065 - Thursday, 01 January 2009**

**HS Girls - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 550 1 x 550 on 9:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 600 3x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 1,050 1x{2 x 100 on 2:05 Kick  
 {3 x 50 on 1:05 Kick-descend  
 {2 x 100 on 2:00 Kick  
 {3 x 50 on 1:05 Kick-descend  
 {2 x 100 on 1:55 Kick  
 {3 x 50 on 1:05 Kick-descend  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 3x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 750 1 x 750 on 11:15 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 3x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 4,700 Yards - Stress Value = 71

**Workout #6066 - Thursday, 01 January 2009**

**HS Girls - Silver/Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 500 1 x 500 on 9:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 600 3x{8 x 25 on :30 1-3, 6-8 Fly 4&5 Free  
 {1 on 1:00 Rest  
 1,000 1x{2 x 100 on 2:15 Kick  
 {3 x 50 on 1:05 Kick-descend  
 {2 x 100 on 2:10 Kick  
 {3 x 50 on 1:05 Kick-descend  
 {2 x 100 on 2:00 Kick  
 {2 x 50 on 1:05 Kick-descend  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 3x{8 x 25 on :30 1-3 6-8 Fly 4&5 Free  
 {1 on 1:00 Rest  
 650 1 x 650 on 11:15 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 3x{8 x 25 on :30 1-3 6-8 Fly 4&5 Free  
 {1 on 1:00 Rest  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 4,500 Yards - Stress Value = 68

**Workout #6072 - Friday, 02 January 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 35:00 Physio Balls/Stretch		
750	1 x 750 on 11:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
500	2x{3 x 50 on 1:00 Around the clock drill	EN1	
	{4 x 25 on :45 Kick no board BSLR	EN1	
	1 on 12:00 Techniques-Relay Starts		
	1 on 10:00 Ice		
4:30 PM	1,400 Yards - Stress Value = 11		

**Workout #6067 - Friday, 02 January 2009**

**Beat Penn - Distance**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
400	1 x 400 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:25 Kick
	{4 x 25 on :45 Kick no board BSLR
600	1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{3 x 75 on 1:00 Pulls-nbbf&w + 2 yds
	{1 x 75 on :55 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 300 on 3:50 Freestyle
	{1 x 300 on 3:45 Freestyle
	{1 x 300 on 3:40 Freestyle
	{1 x 300 on 3:35 Freestyle
	{1 x 300 on 3:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1 on 30:00 Ice/Team Mtg
9:21 AM	3,550 Yards - Stress Value = 53

**Workout #6068 - Friday, 02 January 2009**

**Beat Penn - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
400	1 x 400 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:25 Kick
	{4 x 25 on :45 Kick no board BSLR
550	1x{3 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{3 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{1 x 75 on 1:00 Pulls-nbbf&w + 2 yds
	{1 x 25 on :25 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,375	1x{1 x 275 on 3:50 Freestyle
	{1 x 275 on 3:45 Freestyle
	{1 x 275 on 3:40 Freestyle
	{1 x 275 on 3:35 Freestyle
	{1 x 275 on 3:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1 on 30:00 Ice/Team Mtg

9:21 AM 3,375 Yards - Stress Value = 52

**Workout #6069 - Friday, 02 January 2009**

**Beat Penn - Silver/Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
350	1 x 350 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
500	1x{3 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{3 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{1 x 50 on :50 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 250 on 3:50 Freestyle
	{1 x 250 on 3:45 Freestyle
	{1 x 250 on 3:40 Freestyle
	{1 x 225 on 3:35 Freestyle
	{1 x 225 on 3:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1 on 30:00 Ice/Team Mtg
9:21 AM	3,050 Yards - Stress Value = 43

**Workout #6070 - Friday, 02 January 2009**

**HS Girls - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
550	1 x 550 on 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 1:35 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 1:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:25 Kick
1,050	1x{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 300 on 4:45 Freestyle
	{1 x 300 on 4:40 Freestyle
	{1 x 300 on 4:35 Freestyle
	{1 x 300 on 4:30 Freestyle
	{1 x 300 on 4:25 Freestyle
	{1 x 300 on 4:20 Freestyle
	{1 x 300 on 4:15 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1 on 9:00 Ice
9:35 AM	5,300 Yards - Stress Value = 80

**Workout #6071 - Friday, 02 January 2009**

**HS Girls - Silver/Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 9:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:40 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:35 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:05 Kick  
 950 1x{4 x 75 on 1:20 Pulls-nbbf&w + 2 yds  
 {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds  
 {4 x 75 on 1:10 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :50 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,925 1x{1 x 275 on 4:45 Freestyle  
 {1 x 275 on 4:40 Freestyle  
 {1 x 275 on 4:35 Freestyle  
 {1 x 275 on 4:30 Freestyle  
 {1 x 275 on 4:25 Freestyle  
 {1 x 275 on 4:20 Freestyle  
 {1 x 275 on 4:15 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 9:00 Ice  
 9:35 AM 4,925 Yards - Stress Value = 77

**Workout #6073 - Saturday, 03 January 2009**

**Beat Penn - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 400 1 x 400 on 7:00 Choice  
 1 on 10:00 Techniques-Relay starts  
 600 6 x 100 on 1:30 Kick with flippers  
 600 1x{1 x 100 on 1:30 Pulls  
 {1 x 100 on 1:25 Pulls  
 {1 x 100 on 1:20 Pulls  
 {1 x 100 on 1:15 Pulls  
 {1 x 100 on 1:10 Pulls  
 {1 x 100 on 1:05 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 225 on 3:30 IM without the free  
 {3 x 50 on :45 Freestyle-build  
 {1 x 225 on 3:20 IM w/out the breast  
 {3 x 50 on :55 Breaststroke-build  
 {1 x 225 on 3:25 IM w/out the back  
 {3 x 50 on :50 Backstroke-build  
 {1 x 225 on 3:25 IM w/out the fly  
 {3 x 50 on :50 Fly 2-3 build  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 8:51 AM 3,500 Yards - Stress Value = 31

**Workout #6074 - Saturday, 03 January 2009**

**Beat Penn - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 400 1 x 400 on 7:00 Choice

1 on 10:00 Techniques-Relay starts  
 600 6 x 100 on 1:30 Kick with flippers  
 550 1x{1 x 100 on 1:35 Pulls  
 {1 x 100 on 1:30 Pulls  
 {1 x 100 on 1:25 Pulls  
 {1 x 100 on 1:20 Pulls  
 {1 x 100 on 1:15 Pulls  
 {1 x 50 on :35 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,450 1x{1 x 225 on 3:50 IM without the free  
 {3 x 50 on :45 Freestyle-build  
 {1 x 225 on 3:40 IM w/out the breast  
 {3 x 50 on :55 Breaststroke-build  
 {1 x 225 on 3:45 IM w/out the back  
 {3 x 50 on :50 Backstroke-build  
 {1 x 225 on 3:45 IM w/out the fly  
 {2 x 50 on :50 Fly 2-3 build  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 8:52 AM 3,400 Yards - Stress Value = 29

**Workout #6075 - Saturday, 03 January 2009**

**Beat Penn - Silver/Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 350 1 x 350 on 7:00 Choice  
 1 on 10:00 Techniques-Relay starts  
 500 5 x 100 on 1:45 Kick with flippers  
 500 1x{1 x 100 on 1:45 Pulls  
 {1 x 100 on 1:40 Pulls  
 {1 x 100 on 1:35 Pulls  
 {1 x 100 on 1:30 Pulls  
 {1 x 100 on 1:25 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{1 x 225 on 4:00 IM without the free  
 {3 x 50 on :50 Freestyle-build  
 {1 x 225 on 4:00 IM w/out the breast  
 {2 x 50 on 1:00 Breaststroke-build  
 {1 x 225 on 4:00 IM w/out the back  
 {2 x 50 on 1:00 Backstroke-build  
 {1 x 225 on 4:00 IM w/out the fly  
 {2 x 50 on 1:00 Fly 2-3 build  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 8:52 AM 3,100 Yards - Stress Value = 26

**Workout #6076 - Saturday, 03 January 2009**

**HS Girls - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 9:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,100 11 x 100 on 1:30 Kick with flippers-Odds 10C  
 1,000 2x{1 x 100 on 1:35 Pulls  
 {1 x 100 on 1:30 Pulls  
 {1 x 100 on 1:25 Pulls  
 {2 x 100 on 1:20 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,500 1x{1 x 225 on 3:55 IM without the free  
 {1 x 100 on 1:45 Individual Medley  
 {6 x 50 on :45 Freestyle-build  
 {1 x 225 on 3:45 IM w/out the breast  
 {1 x 100 on 1:40 Individual Medley  
 {6 x 50 on :55 Breaststroke-build  
 {1 x 225 on 3:50 IM w/out the back  
 {1 x 100 on 1:35 Individual Medley  
 {6 x 50 on :50 Backstroke-build  
 {1 x 225 on 3:50 IM w/out the fly  
 {1 x 100 on 1:30 Individual Medley  
 {6 x 50 on :50 Fly 2-3 build  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 12:00 Ice  
 9:35 AM 6,000 Yards - Stress Value = 70

**Workout #6077 - Saturday, 03 January 2009**

**HS Girls - Silver/Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 9:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,000 10 x 100 on 1:40 Kick with flippers-Odds 10C  
 900 2x{1 x 100 on 1:40 Pulls  
 {1 x 100 on 1:35 Pulls  
 {1 x 100 on 1:30 Pulls  
 {1 x 100 on 1:25 Pulls  
 {1 x 50 on :50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,250 1x{1 x 225 on 4:15 IM without the free  
 {1 x 100 on 2:00 Individual Medley  
 {5 x 50 on :50 Freestyle-build  
 {1 x 225 on 4:00 IM w/out the breast  
 {1 x 100 on 1:55 Individual Medley  
 {5 x 50 on 1:00 Breaststroke-build  
 {1 x 225 on 4:05 IM w/out the back  
 {1 x 100 on 1:50 Individual Medley  
 {5 x 50 on :55 Backstroke-build  
 {1 x 225 on 4:05 IM w/out the fly  
 {1 x 100 on 1:45 Individual Medley  
 {4 x 50 on :55 Fly 2-3 build  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 12:00 Ice  
 9:34 AM 5,500 Yards - Stress Value = 68

**Workout #6081 - Monday, 05 January 2009**

**Group 2 - Distance**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WC

===== =====  
 1 on 30:00 Stomach/stretch  
 400 1 x 400 on 7:00 Underwater Turn Drill EN1  
 150 10 x 15 on :45 Shooters SP2  
 600 1x{4 x 25 on :45 BSLR EN1  
 {1 x 100 on 1:55 Kick--no board EN1  
 {4 x 25 on :45 BSLR EN1  
 {2 x 100 on 1:50 Kick--no board EN1  
 {4 x 25 on :45 BSLR EN1  
 900 1x{2 x 225 on 4:00 Pull EN1  
 {2 x 225 on 3:55 Pull EN1  
 1 on 4:00 Bathroom Break  
 2,300 2x{3 x 300 on 4:00 Freestyle EN2  
 {1 x 250 on 4:00 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 7:30 PM 4,550 Yards - Stress Value = 74

**Workout #6082 - Monday, 05 January 2009**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 30:00 Stomach/stretch  
 400 1 x 400 on 7:00 Underwater Turn Drill EN1  
 150 10 x 15 on :45 Shooters SP2  
 500 1x{4 x 25 on :45 BSLR EN1  
 {1 x 100 on 2:10 Kick--no board EN1  
 {4 x 25 on :45 BSLR EN1  
 {1 x 100 on 2:05 Kick--no board EN1  
 {4 x 25 on :45 BSLR EN1  
 800 1x{2 x 200 on 4:00 Pull EN1  
 {2 x 200 on 3:55 Pull EN1  
 1 on 4:00 Bathroom Break  
 2,100 2x{3 x 275 on 4:00 Freestyle EN2  
 {1 x 225 on 4:00 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 7:29 PM 4,150 Yards - Stress Value = 69

**Workout #6083 - Monday, 05 January 2009**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 30:00 Stomach/stretch  
 400 1 x 400 on 7:00 Underwater Turn Drill EN1  
 150 10 x 15 on :45 Shooters SP2  
 525 1x{4 x 25 on :45 BSLR EN1  
 {1 x 75 on 1:55 Kick--no board EN1  
 {4 x 25 on :45 BSLR EN1  
 {2 x 75 on 1:50 Kick--no board EN1  
 {4 x 25 on :45 BSLR EN1  
 700 1x{2 x 175 on 4:00 Pull EN1  
 {2 x 175 on 3:55 Pull EN1  
 1 on 4:00 Bathroom Break  
 1,500 2x{3 x 200 on 4:00 Freestyle EN2  
 {1 x 150 on 4:00 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 7:30 PM 3,475 Yards - Stress Value = 60

**Workout #6080 - Monday, 05 January 2009**

**Beat Penn - All**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stretch and Team Meeting  
 800 1 x 800 on 12:00 Choice  
 150 10 x 15 on :45 Shooters  
 500 4 x 125 on 2:30 Kick  
 750 1x{2 x 125 on 1:50 Pulls  
     {2 x 125 on 1:45 Pulls  
     {2 x 125 on 1:40 Pulls  
     1 on 10:00 Techniques-Relay Starts  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :30 12.5 ez 12.5 fast grt finishes  
 500 5 x 100 on 2:00 Choice-keep HR at 25 count f  
     10 seconds  
 500 10 x 50 on 1:00 Stroke Drills  
     1 on 10:00 Ice  
 4:58 PM 3,400 Yards - Stress Value = 23

**Workout #6078 - Monday, 05 January 2009**

**HS Girls - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 37:00 Weights and Stretch  
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 600 1x{2 x 100 on 1:30 Pull no br L.12 yds EN1  
     {2 x 100 on 1:25 Pull no br L.10 yds EN2  
     {2 x 100 on 1:20 Pull no br L.8 yds EN2  
 1,200 4 x 300 on 4:15 Freestyle-Descend EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
     1 on 10:00 Ice  
 7:05 AM 2,550 Yards - Stress Value = 40

**Workout #6079 - Monday, 05 January 2009**

**HS Girls - Silver/Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 37:00 Weights and Stretch  
 350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 550 1x{2 x 100 on 1:40 Pull no br L.12 yds EN1  
     {2 x 100 on 1:35 Pull no br L.10 yds EN2  
     {1 x 100 on 1:30 Pull no br L.8 yds EN2  
     {1 x 50 on :45 Pull no br L.8 yds EN2  
 1,000 4 x 250 on 4:00 Freestyle-Descend EN2  
 200 1 x 200 on 4:00 Stroke Drills REC  
     1 on 10:00 Ice  
 7:05 AM 2,250 Yards - Stress Value = 35

**Workout #6084 - Tuesday, 06 January 2009**

**HS Girls - Freestylers**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 5:00 Stretch  
 400 1 x 400 on 7:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 600 1x{3 x 100 on 2:10 Kick  
     {2 x 100 on 2:05 Kick

{1 x 100 on 2:00 Kick  
 600 1x{1 x 100 on 1:40 Pull no br L.12 yds  
     {2 x 100 on 1:35 Pull no br L.10 yds  
     {3 x 100 on 1:30 Pull no br L.8 yds  
 100 2x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 15 x 100 on 1:25 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
     1 on 10:00 Ice  
 4:28 PM 3,600 Yards - Stress Value = 57

**Workout #6085 - Tuesday, 06 January 2009**

**HS Girls - Silver/Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 5:00 Stretch  
 350 1 x 350 on 7:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 550 1x{3 x 100 on 2:15 Kick  
     {2 x 100 on 2:10 Kick  
     {1 x 50 on 1:05 Kick  
 550 1x{1 x 100 on 1:45 Pull no br L.12 yds  
     {2 x 100 on 1:40 Pull no br L.10 yds  
     {2 x 100 on 1:35 Pull no br L.8 yds  
     {1 x 50 on :50 Freestyle  
 100 2x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 13 x 100 on 1:35 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
     1 on 10:00 Ice  
 4:27 PM 3,250 Yards - Stress Value = 51

**Workout #6089 - Wednesday, 07 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 600 1 x 600 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board BSLR  
     {1 x 50 on :55 Kick  
     {4 x 25 on :40 Kick no board BSLR  
     {2 x 75 on 1:20 Kick  
     {4 x 25 on :35 Kick no board BSLR  
     {3 x 100 on 1:45 Kick  
     {4 x 25 on :30 Kick no board BSLR  
     {4 x 125 on 2:10 Kick  
 1,000 1x{2 x 200 on 2:40 Lungbuster pulls  
     {2 x 150 on 2:00 Lungbuster pulls  
     {2 x 100 on 1:20 Lungbuster pulls  
     {2 x 50 on :40 Lungbuster pulls  
     { Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,300 1x{1 x 1000 on 12:00 Free-hold 1:10 per 100  
     {1 x 800 on 9:30 Free-neg split-1st 400 4:30  
     {1 x 125 on 1:30 Freestyle  
     {1 x 125 on 1:25 Freestyle  
     {1 x 125 on 1:20 Freestyle  
     {1 x 125 on 1:15 Freestyle  
 500 1 x 500 on 7:00 Stroke Drills  
     1 on 10:00 Ice  
 5:35 PM 6,150 Yards - Stress Value = 100

**Workout #6086 - Wednesday, 07 January 2009**

**HighSchl - Backstroke**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 600 1 x 600 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on :55 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 75 on 1:20 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 100 on 1:45 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {4 x 125 on 2:10 Kick  
 1,000 1x{2 x 200 on 2:40 Lungbuster pulls  
 {2 x 150 on 2:00 Lungbuster pulls  
 {2 x 100 on 1:20 Lungbuster pulls  
 {2 x 50 on :40 Lungbuster pulls  
 { Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{1 x 200 on 2:35 Backstroke  
 {4 x 75 on 1:10 Back des 1-3 #4 afa3  
 {1 x 200 on 2:40 Backstroke  
 {4 x 75 on 1:10 Back des 1-3 #4afa3  
 {1 x 200 on 2:45 Backstroke  
 {4 x 75 on 1:10 Back des 1-3 #4 afa3  
 {1 x 200 on 2:50 Backstroke  
 {4 x 75 on 1:10 Back des 1-3 #4 afa3  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,600 Yards - Stress Value = 96

**Workout #6088 - Wednesday, 07 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:35 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 125 on 2:30 Kick  
 850 1x{2 x 200 on 3:20 Lungbuster pulls  
 {2 x 150 on 2:25 Lungbuster pulls  
 {2 x 75 on 1:10 Lungbuster pulls  
 { Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 200 on 3:20 Backstroke  
 {4 x 50 on 1:00 Back des 1-3 #4 afa3  
 {1 x 200 on 3:25 Backstroke  
 {4 x 50 on 1:00 Back des 1-3 #4afa3  
 {1 x 200 on 3:30 Backstroke  
 {4 x 50 on 1:00 Back des 1-3 #4 afa3  
 {1 x 200 on 3:35 Backstroke  
 {4 x 50 on 1:00 Back des 1-3 #4 afa3  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 4,700 Yards - Stress Value = 80

**Workout #6087 - Wednesday, 07 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 550 1 x 550 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:00 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 75 on 1:25 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 1:55 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {4 x 125 on 2:25 Kick  
 950 1x{2 x 200 on 2:55 Lungbuster pulls  
 {2 x 150 on 2:10 Lungbuster pulls  
 {2 x 100 on 1:25 Lungbuster pulls  
 {1 x 50 on :45 Lungbuster pulls  
 { Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{1 x 200 on 2:50 Backstroke  
 {4 x 75 on 1:15 Back des 1-3 #4 afa3  
 {1 x 200 on 2:55 Backstroke  
 {4 x 75 on 1:15 Back des 1-3 #4afa3  
 {1 x 200 on 3:00 Backstroke  
 {4 x 75 on 1:15 Back des 1-3 #4 afa3  
 {1 x 200 on 3:05 Backstroke  
 {3 x 50 on :50 Back des 1-3  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,250 Yards - Stress Value = 90

**Workout #6090 - Thursday, 08 January 2009**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Abs and Stretch  
 600 1 x 600 on 9:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,500 1x{2 x 100 on 1:30 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:25 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:20 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:15 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:10 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 { All 25's are BSLR without the breakouts  
 1,450 1x{1 x 300 on 3:45 Pulls  
 {3 x 50 on 1:00 Pulls  
 {2 x 200 on 2:25 Pulls  
 {3 x 50 on 1:00 Pulls  
 {3 x 100 on 1:10 Pulls  
 {3 x 50 on 1:00 Breaststroke  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,700 1x{1 x 200 on 3:20 Breaststroke  
 {3 x 100 on 1:30 50 breast 50 free  
 {2 x 175 on 2:50 Breaststroke  
 {3 x 100 on 1:25 50 breast 50 free  
 {3 x 150 on 2:20 Breaststroke  
 {3 x 100 on 1:20 50 breast 50 free  
 {4 x 125 on 1:55 Breaststroke  
 {3 x 100 on 1:15 50 breast 50 free  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 6,850 Yards - Stress Value = 121

**Workout #6093 - Thursday, 08 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Abs and Stretch  
 600 1 x 600 on 9:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,500 1x{2 x 100 on 1:30 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:25 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:20 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:15 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:10 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 { All 25's are BSLR without the breakouts  
 1,300 1x{1 x 300 on 3:45 Pulls  
 {3 x 50 on 1:00 Pulls  
 {2 x 200 on 2:25 Pulls  
 {3 x 50 on 1:00 Pulls  
 {3 x 100 on 1:10 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 1x{1 x 250 on 4:00 Parachute and Paddles  
 {4 x 125 on 1:45 Freestyle hold 128  
 {1 x 250 on 4:00 Parachute and Paddles  
 {4 x 125 on 1:45 Freestyle hold 126

{1 x 250 on 4:00 Parachute and Paddles  
 {4 x 125 on 1:45 Freestyle hold 125  
 {1 x 250 on 4:00 Parachute and Paddles  
 {4 x 125 on 1:45 Freestyle hold 124  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 7,000 Yards - Stress Value = 124

**Workout #6091 - Thursday, 08 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Abs and Stretch  
 550 1 x 550 on 9:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,450 1x{2 x 100 on 1:35 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:30 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:25 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:20 Kick with flippers  
 {4 x 25 on :30 Underwater with flippers  
 {2 x 100 on 1:15 Kick with flippers  
 {2 x 25 on :30 Underwater with flippers  
 { All 25's are BSLR without the breakouts  
 1,350 1x{1 x 300 on 4:10 Pulls  
 {3 x 50 on 1:05 Pulls  
 {2 x 200 on 2:45 Pulls  
 {3 x 50 on 1:05 Pulls  
 {3 x 100 on 1:20 Pulls  
 {1 x 50 on 1:05 Breaststroke  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,500 1x{1 x 200 on 3:30 Breaststroke  
 {3 x 100 on 1:40 50 breast 50 free  
 {2 x 175 on 3:00 Breaststroke  
 {3 x 100 on 1:35 50 breast 50 free  
 {3 x 150 on 2:30 Breaststroke  
 {3 x 100 on 1:30 50 breast 50 free  
 {4 x 125 on 2:05 Breaststroke  
 {1 x 100 on 1:25 50 breast 50 free  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 6,450 Yards - Stress Value = 114

**Workout #6092 - Thursday, 08 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Abs and Stretch			
500	1 x 500 on 9:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
1,350	1x{2 x 100 on 1:40 Kick with flippers			
	{4 x 25 on :35 Underwater with flippers			
	{2 x 100 on 1:35 Kick with flippers			
	{4 x 25 on :35 Underwater with flippers			
	{2 x 100 on 1:30 Kick with flippers			
	{4 x 25 on :35 Underwater with flippers			
	{2 x 100 on 1:25 Kick with flippers			
	{4 x 25 on :35 Underwater with flippers			
	{1 x 100 on 1:20 Kick with flippers			
	{2 x 25 on :30 Underwater with flippers			
	{ All 25's are BSLR without the breakouts			
1,200	1x{1 x 300 on 4:50 Pulls			
	{3 x 50 on 1:10 Pulls			
	{2 x 200 on 3:10 Pulls			
	{3 x 50 on 1:10 Pulls			
	{2 x 100 on 1:30 Pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,300	1x{1 x 200 on 3:40 Breaststroke			
	{3 x 100 on 1:50 50 breast 50 free			
	{2 x 175 on 3:10 Breaststroke			
	{3 x 100 on 1:45 50 breast 50 free			
	{3 x 150 on 2:40 Breaststroke			
	{3 x 100 on 1:40 50 breast 50 free			
	{3 x 100 on 1:45 Breaststroke			
	{1 x 100 on 1:35 50 breast 50 free			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
5:35 PM 5,950 Yards - Stress Value = 105				

**Workout #6097 - Friday, 09 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 36:00 Weights and Stretch			L DF
400	1 x 400 on 6:00 Reverse IM drill	RE		D I
150	10 x 15 on :45 Shooters	SE		S E
2,400	1x{1 x 600 on 7:30 Freestyle	EN		S CM
	{2 x 300 on 3:45 Free #1 DPS, #2 build	EN		S CM
	{4 x 150 on 1:55 Free-des 1-3, 4 same as 2	EN		S CM
	{6 x 100 on 1:15 Free start at 1:10 drop	EN		S CM
	{ 1 second on each one			
200	1 x 200 on 1:00 Stroke Drills	RE		S CM
	1 on 10:00 Ice			
7:05 AM 3,150 Yards - Stress Value = 54				

**Workout #6094 - Friday, 09 January 2009**

**HighSchl - Fly**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 36:00 Weights and Stretch			L DF
400	1 x 400 on 6:00 Reverse IM drill	REC		D I
150	10 x 15 on :45 Shooters	SP3		S E
2,025	1x{2 x 50 on :50 Fly/Free	EN1		S CM
	{2 x 75 on 1:10 Fly/Free	EN1		S CM
	{2 x 100 on 1:30 Fly/Free	EN1		S CM
	{3 x 50 on :45 Fly/Free	EN1		S CM

{3 x 75 on 1:05 Fly/Free	EN1	S CM
{3 x 100 on 1:25 Fly/Free	EN1	S CM
{4 x 75 on 1:00 Fly/Free	EN2	S CM
{4 x 50 on :40 Fly/Free	EN1	S CM
{4 x 100 on 1:20 Fly/Free	EN2	S CM
{ All 50's 2 strokes fly off walls, 75's 3 st		
{ 100's 4 strokes		
175 1 x 175 on 3:00 Stroke Drills	REC	D C
1 on 10:00 Ice		M
7:05 AM 2,750 Yards - Stress Value = 34		

**Workout #6095 - Friday, 09 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 36:00 Weights and Stretch			L DF
350	1 x 350 on 6:00 Reverse IM drill	REC		D I
150	10 x 15 on :45 Shooters	SP3		S E
1,875	1x{2 x 50 on :55 Fly/Free	EN1		S CM
	{2 x 75 on 1:15 Fly/Free	EN1		S CM
	{2 x 100 on 1:35 Fly/Free	EN1		S CM
	{3 x 50 on :50 Fly/Free	EN1		S CM
	{3 x 75 on 1:10 Fly/Free	EN1		S CM
	{3 x 100 on 1:30 Fly/Free	EN1		S CM
	{3 x 50 on :45 Fly/Free	EN1		S CM
	{4 x 75 on 1:05 Fly/Free	EN2		S CM
	{3 x 100 on 1:25 Fly/Free	EN2		S CM
	{ All 50's 2 strokes fly off walls, 75's 3 st			
	{ 100's 4 strokes			
175	1 x 175 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
7:05 AM 2,550 Yards - Stress Value = 32				

**Workout #6096 - Friday, 09 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 36:00 Weights and Stretch			L DF
300	1 x 300 on 6:00 Reverse IM drill	REC		D I
150	10 x 15 on :45 Shooters	SP3		S E
1,725	1x{2 x 50 on 1:00 Fly/Free	EN1		S CM
	{2 x 75 on 1:20 Fly/Free	EN1		S CM
	{2 x 100 on 1:40 Fly/Free	EN1		S CM
	{3 x 50 on :55 Fly/Free	EN1		S CM
	{3 x 75 on 1:15 Fly/Free	EN1		S CM
	{3 x 100 on 1:35 Fly/Free	EN1		S CM
	{4 x 50 on :50 Fly/Free	EN1		S CM
	{4 x 75 on 1:10 Fly/Free	EN2		S CM
	{1 x 100 on 1:30 Fly/Free	EN2		S CM
	{ All 50's 2 strokes fly off walls, 75's 3 st			
	{ 100's 4 strokes			
175	1 x 175 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
7:05 AM 2,350 Yards - Stress Value = 28				



**Workout #6098 - Friday, 09 January 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1,000 1 on 35:00 Physio Balls/Stretch  
 1 x 1000 on 15:00 Choice-4th 25 of every 100 closed fist drill  
 200 1 x 200 on 10:00 Sculling Drills in Well  
 250 1 x 250 on 10:00 Techniques-TN Turn Drills  
 150 10 x 15 on :45 Shooters  
 1,500 3x{2 x 25 on 1:00 Backwards Freestyle  
 {3 x 50 on 1:00 Free-Streamline until your feet are past the flags  
 {2 x 25 on :45 Sculling on back hands  
 { by sides  
 {1 x 250 on 3:45 Build 1st 3 50's drill the last 2 50's  
 1 on 12:00 Ice  
 5:04 PM 3,100 Yards - Stress Value = 14

**Workout #6099 - Saturday, 10 January 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 800 1 on 30:00 Stomach and Stretch  
 1 x 800 on 12:00 Choice-Drill  
 150 10 x 15 on :45 Shooters  
 800 4x{1 x 100 on 1:35 Kick  
 {1 x 100 on 2:00 Kick  
 1,000 1x{1 x 400 on 5:20 Pulls  
 {1 x 300 on 4:00 Pulls  
 {1 x 200 on 2:40 Pulls  
 {1 x 100 on 1:20 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 500 1 x 500 on 8:00 Freestyle  
 900 1x{1 x 300 on 6:00 Drill every 5th 25 ScDr  
 {1 x 250 on 5:00 Drill every 4th 25 ScDr  
 {1 x 200 on 4:00 Drill every 3rd 25 ScDr  
 {1 x 150 on 3:00 Drill every 2nd 25 ScDr  
 1 on 13:00 Ice  
 9:35 AM 5,550 Yards - Stress Value = 106

**Workout #6100 - Saturday, 10 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 750 1 on 30:00 Stomach and Stretch  
 1 x 750 on 12:00 Choice-Drill  
 150 10 x 15 on :45 Shooters  
 800 4x{1 x 100 on 1:45 Kick  
 {1 x 100 on 2:10 Kick  
 { 4th Set do a 50@105 instead of easy 100  
 900 1x{1 x 400 on 6:00 Pulls  
 {1 x 300 on 4:30 Pulls  
 {1 x 200 on 3:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 500 1 x 500 on 8:00 Freestyle  
 900 1x{1 x 300 on 6:00 Drill every 5th 25 ScDr  
 {1 x 250 on 5:00 Drill every 4th 25 ScDr  
 {1 x 200 on 4:00 Drill every 3rd 25 ScDr

{1 x 150 on 3:00 Drill every 2nd 25 ScDr  
 1 on 13:00 Ice  
 9:36 AM 5,400 Yards - Stress Value = 105

**Workout #6101 - Saturday, 10 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 700 1 on 30:00 Stomach and Stretch  
 150 1 x 700 on 12:00 Choice-Drill  
 10 x 15 on :45 Shooters  
 800 4x{1 x 100 on 1:55 Kick  
 {1 x 100 on 2:15 Kick  
 { Do not do 100@215 on the 4th set  
 800 1x{1 x 300 on 5:00 Pulls  
 {2 x 200 on 3:20 Pulls  
 {1 x 100 on 1:40 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 450 1 x 450 on 8:00 Freestyle  
 900 1x{1 x 300 on 6:00 Drill every 5th 25 ScDr  
 {1 x 250 on 5:00 Drill every 4th 25 ScDr  
 {1 x 200 on 4:00 Drill every 3rd 25 ScDr  
 {1 x 150 on 3:00 Drill every 2nd 25 ScDr  
 1 on 13:00 Ice  
 9:37 AM 5,200 Yards - Stress Value = 104

**Workout #6105 - Monday, 12 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 35:00 Physio Balls/Stretch  
 1 x 600 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 3 x 400 on 5:15 Freestyle-descend  
 850 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:00 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 75 on 1:30 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 2:00 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 3 x 400 on 5:05 Freestyle  
 500 1x{1 x 125 on 1:50 Pull no br L.10 yds  
 {1 x 125 on 1:45 Pull no br L.10 yds  
 {1 x 125 on 1:40 Pull no br L.10 yds  
 {1 x 125 on 1:35 Pull no br L.10 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 3 x 400 on 4:55 Freestyle-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:34 PM 6,150 Yards - Stress Value = 95

**Workout #6102 - Monday, 12 January 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

Yards	Set Description
5:30 AM	Start
1	on 37:00 Weights and Stretch
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,500	1x{3 x 150 on 2:10 Freestyle
	{3 x 150 on 2:05 Pull-no paddles
	{2 x 150 on 2:00 Freestyle
	{2 x 150 on 1:55 Pull-no paddles
400	4 x 100 on 1:30 Freestyle-descend to ludicrc
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Ice
7:05 AM	2,650 Yards - Stress Value = 39

5:30 AM Start

Yards	Set Description
1	on 37:00 Weights and Stretch
350	1 x 350 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{3 x 150 on 2:30 Freestyle
	{2 x 150 on 2:25 Pull-no paddles
	{2 x 150 on 2:20 Freestyle
	{1 x 150 on 2:15 Pull-no paddles
300	3 x 100 on 1:45 Freestyle-descend to ludicrc
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	2,200 Yards - Stress Value = 31

**Workout #6107 - Monday, 12 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
5:30 AM	Start
1	on 37:00 Weights and Stretch
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{3 x 150 on 2:20 Freestyle
	{3 x 150 on 2:15 Pull-no paddles
	{2 x 150 on 2:10 Freestyle
	{1 x 150 on 2:05 Pull-no paddles
400	4 x 100 on 1:30 Freestyle-descend to ludicrc
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Ice
7:05 AM	2,500 Yards - Stress Value = 36

3:00 PM Start

Yards	Set Description
1	on 35:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	3 x 400 on 6:20 Freestyle-descend
600	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:35 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:05 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	3 x 400 on 6:15 Freestyle
200	1x{1 x 75 on 1:20 Pull no br L.10 yds
	{1 x 75 on 1:15 Pull no br L.10 yds
	{1 x 50 on :50 Pull no br L.10 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	3 x 400 on 6:10 Freestyle-descend
250	1 x 250 on 4:00 Stroke Drills
	1 on 7:00 Ice
5:35 PM	5,500 Yards - Stress Value = 90

**Workout #6106 - Monday, 12 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
1	on 35:00 Physio Balls/Stretch
550	1 x 550 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	3 x 400 on 5:45 Freestyle-descend
750	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:00 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	3 x 400 on 5:35 Freestyle
400	1x{1 x 100 on 1:35 Pull no br L.10 yds
	{1 x 100 on 1:30 Pull no br L.10 yds
	{1 x 100 on 1:25 Pull no br L.10 yds
	{1 x 100 on 1:20 Pull no br L.10 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	3 x 400 on 5:25 Freestyle-descend
250	1 x 250 on 4:00 Stroke Drills
	1 on 9:00 Ice
5:35 PM	5,900 Yards - Stress Value = 93

**Workout #6104 - Monday, 12 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

**Workout #6108 - Tuesday, 13 January 2009**

**HighSchl - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 26:00 Abs and Stretch  
 600 1 x 600 on 9:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 100 on 2:00 Kick  
 {2 x 125 on 2:15 Kick  
 {1 x 100 on 2:00 Kick  
 {2 x 125 on 2:10 Kick  
 {1 x 100 on 2:00 Kick  
 {2 x 125 on 2:05 Kick  
 1,000 1 x 1000 on 12:30 Pull-know every 100 split  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{4 x 125 on 1:50 Backstroke  
 {4 x 25 on :30 Back-descend 10 kow  
 {3 x 100 on 1:25 Backstroke  
 {4 x 25 on :30 Back-descend 9 KOW  
 {2 x 75 on 1:00 Backstroke  
 {4 x 25 on :30 Back-descend 8 KOW  
 {1 x 50 on :40 Backstroke  
 {4 x 25 on :30 Back-descend 7 KOW  
 400 8 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 4,700 Yards - Stress Value = 72

**Workout #6109 - Tuesday, 13 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 26:00 Abs and Stretch  
 550 1 x 550 on 9:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 950 1x{1 x 100 on 2:00 Kick  
 {2 x 125 on 2:25 Kick  
 {1 x 100 on 2:00 Kick  
 {2 x 125 on 2:20 Kick  
 {1 x 100 on 2:00 Kick  
 {2 x 75 on 1:20 Kick  
 900 1 x 900 on 12:30 Pull-know every 100 split  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{4 x 125 on 2:00 Backstroke  
 {4 x 25 on :30 Back-descend 10 kow  
 {3 x 100 on 1:35 Backstroke  
 {4 x 25 on :30 Back-descend 9 KOW  
 {2 x 75 on 1:10 Backstroke  
 {4 x 25 on :30 Back-descend 8 KOW  
 {1 x 50 on :45 Backstroke  
 {2 x 25 on :30 Back-descend 7 KOW  
 400 8 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 4,400 Yards - Stress Value = 67

**Workout #6110 - Tuesday, 13 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 26:00 Abs and Stretch  
 500 1 x 500 on 9:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 100 on 2:10 Kick

{2 x 125 on 2:30 Kick  
 {1 x 100 on 2:10 Kick  
 {2 x 125 on 2:25 Kick  
 {1 x 100 on 2:10 Kick  
 {2 x 50 on 1:00 Kick  
 900 1 x 900 on 12:30 Pull-know every 100 split  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{4 x 125 on 2:10 Backstroke  
 {4 x 25 on :30 Back-descend 10 kow  
 {3 x 100 on 1:45 Backstroke  
 {4 x 25 on :30 Back-descend 9 KOW  
 {2 x 75 on 1:15 Backstroke  
 {4 x 25 on :30 Back-descend 8 KOW  
 400 8 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 4,200 Yards - Stress Value = 64

**Workout #6111 - Thursday, 15 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Stretch  
 800 1 x 800 on 12:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 2,850 1x{1 x 500 on 6:45 Freestyle  
 {1 x 150 on 2:00 Freestyle  
 {1 x 150 on 2:30 Individual Medley w/out free  
 {1 x 150 on 2:30 Non Free  
 {1 x 500 on 6:30 Freestyle  
 {1 x 150 on 1:55 Freestyle  
 {1 x 150 on 2:25 Individual Medley w/out free  
 {1 x 150 on 2:25 Non Free  
 {1 x 500 on 6:15 Freestyle  
 {1 x 150 on 1:50 Freestyle  
 {1 x 150 on 2:20 Individual Medley w/out free  
 {1 x 150 on 2:20 Non Free  
 400 8 x 50 on 1:00 Kick 25 normal 25 fast  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 4,400 Yards - Stress Value = 56

**Workout #6114 - Thursday, 15 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 600 1 x 600 on 9:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 Breast or Fly  
 1,050 1x{2 x 125 on 2:30 Kick  
 {4 x 25 on :45 Sprint kick-no board  
 {2 x 125 on 2:20 Kick  
 {4 x 25 on :45 Sprint kick-no board  
 {2 x 125 on 2:10 Kick  
 {4 x 25 on :45 Sprint kick-no board  
 { only 5 breaths per 25  
 1,350 1x{3 x 150 on 2:00 Lungbuster pulls  
 {3 x 125 on 1:40 Lungbuster pulls  
 {3 x 100 on 1:20 Lungbuster pulls  
 {3 x 75 on 1:00 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 { Finishes are Breast or Fly  
 2,850 1x{4 x 125 on 2:00 Freestyle  
 {3 x 225 on 2:40 Freestyle  
 {4 x 125 on 2:00 Freestyle  
 {2 x 225 on 2:35 Freestyle  
 {4 x 125 on 2:00 Freestyle  
 {1 x 225 on 2:30 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 1 on 12:00 Ice  
 5:35 PM 6,400 Yards - Stress Value = 154

**Workout #6112 - Thursday, 15 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Stretch  
 750 1 x 750 on 12:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 2,650 1x{1 x 500 on 7:15 Freestyle  
 {1 x 150 on 2:10 Freestyle  
 {1 x 150 on 2:40 Individual Medley w/out free  
 {1 x 100 on 1:45 Non Free  
 {1 x 500 on 7:00 Freestyle  
 {1 x 150 on 2:05 Freestyle  
 {1 x 150 on 2:35 Individual Medley w/out free  
 {1 x 100 on 1:40 Non Free  
 {1 x 500 on 6:45 Freestyle  
 {1 x 150 on 2:00 Freestyle  
 {1 x 150 on 2:30 Individual Medley w/out free  
 {1 x 50 on :50 Non Free  
 400 8 x 50 on 1:00 Kick 25 normal 25 fast  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 4,150 Yards - Stress Value = 52

**Workout #6115 - Thursday, 15 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 550 1 x 550 on 9:00 Underwater trn drill  
 Odd 100's free evens 100's back

150 10 x 15 on :45 Shooters  
 Breast or Fly  
 1,000 1x{2 x 125 on 2:40 Kick  
 {4 x 25 on :45 Sprint kick-no board  
 {2 x 125 on 2:30 Kick  
 {4 x 25 on :45 Sprint kick-no board  
 {2 x 125 on 2:20 Kick  
 {2 x 25 on :45 Sprint kick-no board  
 { only 5 breaths per 25  
 1,150 1x{3 x 150 on 2:10 Lungbuster pulls  
 {2 x 125 on 1:50 Lungbuster pulls  
 {3 x 100 on 1:30 Lungbuster pulls  
 {2 x 75 on 1:05 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 { Finishes are Breast or Fly  
 2,500 1x{4 x 125 on 2:10 Freestyle  
 {3 x 200 on 2:45 Freestyle  
 {4 x 125 on 2:10 Freestyle  
 {2 x 200 on 2:40 Freestyle  
 {4 x 125 on 2:10 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 1 on 12:00 Ice  
 5:35 PM 5,800 Yards - Stress Value = 143

**Workout #6113 - Thursday, 15 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Stretch  
 700 1 x 700 on 12:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 2,350 1x{1 x 400 on 6:45 Freestyle  
 {1 x 150 on 2:25 Freestyle  
 {1 x 150 on 2:50 Individual Medley w/out free  
 {1 x 100 on 1:55 Non Free  
 {1 x 400 on 6:30 Freestyle  
 {1 x 150 on 2:20 Freestyle  
 {1 x 150 on 2:45 Individual Medley w/out free  
 {1 x 100 on 1:50 Non Free  
 {1 x 400 on 6:15 Freestyle  
 {1 x 150 on 2:15 Freestyle  
 {1 x 150 on 2:40 Individual Medley w/out free  
 {1 x 50 on :55 Non Free  
 400 8 x 50 on 1:00 Kick 25 normal 25 fast  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 3,800 Yards - Stress Value = 48

**Workout #6116 - Thursday, 15 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 30:00 Abs and Stretch
500	1 x 500 on 9:00 Underwater trn drill Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters Breast or Fly
1,050	1x{2 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick-no board {2 x 100 on 2:05 Kick {4 x 25 on :45 Sprint kick-no board {3 x 100 on 2:00 Kick {6 x 25 on :45 Sprint kick-no board { only 5 breaths per 25
1,000	1x{3 x 150 on 2:30 Lungbuster pulls {2 x 125 on 2:05 Lungbuster pulls {3 x 100 on 1:40 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes { Finishes are Breast or Fly
2,300	1x{4 x 125 on 2:20 Freestyle {2 x 200 on 3:00 Freestyle {4 x 125 on 2:20 Freestyle {2 x 200 on 2:50 Freestyle {4 x 125 on 2:20 Freestyle
400	8 x 50 on 1:00 Stroke Drills 1 on 12:00 Ice
	5:35 PM 5,350 Yards - Stress Value = 135

**Workout #6117 - Friday, 16 January 2009**

**HighSchl - IM'ers**

**1 minute rest between sets**

10:00 AM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
600	1 x 600 on 9:00 300 REV IM Drill 300 Choice
150	10 x 15 on :45 Shooters
750	1x{2 x 100 on 1:30 3 strokes fly off walls {2 x 25 on :30 Fly lup 3down {2 x 100 on 1:25 3 strokes fly off walls {2 x 25 on :30 Fly lup 2down {2 x 100 on 1:20 3 strokes fly off walls {2 x 25 on :30 Fly lup 3down
800	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:30 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:35 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:55 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{4 x 25 on :45 Breast TO drill w/fins {2 x 125 on 2:10 Breaststroke {2 x 100 on 1:40 Breaststroke {2 x 75 on 1:10 Breaststroke {2 x 50 on :45 Breaststroke
750	1 x 750 on 10:00 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{1 x 125 on 1:50 Back w/fins {2 x 100 on 1:25 Back w/fins {3 x 75 on 1:00 Back w/fins {4 x 50 on :40 Back w/fins
250	1 x 250 on 4:00 Stroke Drills

1 on 10:00 Ice  
12:31 PM 5,050 Yards - Stress Value = 62

**Workout #6118 - Friday, 16 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

10:00 AM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
550	1 x 550 on 9:00 300 REV IM Drill 250 Choice
150	10 x 15 on :45 Shooters
750	1x{2 x 100 on 1:35 3 strokes fly off walls {2 x 25 on :30 Fly lup 3down {2 x 100 on 1:30 3 strokes fly off walls {2 x 25 on :30 Fly lup 2down {2 x 100 on 1:25 3 strokes fly off walls {2 x 25 on :30 Fly lup 3down
750	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:50 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{4 x 25 on :45 Breast TO drill w/fins {2 x 125 on 2:20 Breaststroke {2 x 100 on 1:50 Breaststroke {2 x 75 on 1:20 Breaststroke {1 x 50 on :55 Breaststroke
650	1 x 650 on 10:00 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 125 on 1:55 Back w/fins {2 x 100 on 1:30 Back w/fins {3 x 75 on 1:05 Back w/fins {3 x 50 on :45 Back w/fins
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
	12:31 PM 4,750 Yards - Stress Value = 57

**Workout #6119 - Friday, 16 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
	10:00 AM Start
500	1 on 40:00 Weights and Stretch
150	1 x 500 on 9:00 300 REV IM Drill 200 Choice
650	10 x 15 on :45 Shooters
	1x{2 x 100 on 1:45 3 strokes fly off walls
	{2 x 25 on :30 Fly lup 3down
	{2 x 100 on 1:40 3 strokes fly off walls
	{2 x 25 on :30 Fly lup 2down
	{1 x 100 on 1:35 3 strokes fly off walls
	{2 x 25 on :30 Fly lup 3down
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:20 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{4 x 25 on :45 Breast TO drill w/fins
	{2 x 125 on 2:30 Breaststroke
	{2 x 100 on 1:55 Breaststroke
	{2 x 75 on 1:25 Breaststroke
600	1 x 600 on 10:00 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650	1x{1 x 125 on 2:05 Back w/fins
	{2 x 100 on 1:35 Back w/fins
	{3 x 75 on 1:10 Back w/fins
	{2 x 50 on :50 Back w/fins
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	12:31 PM 4,400 Yards - Stress Value = 53

**Workout #6120 - Saturday, 17 January 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
600	1 on 30:00 Stomach and Stretch
180	1 x 600 on 9:00 Choice
1,250	12 x 15 on :45 Start/Shooter/Finish
	2x{1 x 125 on 2:30 Kick L.25 alt kick-100%
	{1 x 125 on 2:25 Kick L.25 alt kick-100%
	{1 x 125 on 2:20 Kick L.25 alt kick-100%
	{1 x 125 on 2:15 Kick L.25 alt kick-100%
	{1 x 125 on 2:10 Kick L.25 alt kick-100%
1,300	1x{1 x 150 on 2:00 Pull-DPS
	{2 x 125 on 1:40 Pull-odd 25's high SR
	{1 x 150 on 2:00 Pull-DPS
	{3 x 100 on 1:20 Pull-odd 25's high SR
	{1 x 150 on 2:00 Pull-DPS
	{4 x 75 on 1:00 Pull-odd 25's high SR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 100 on 1:08 Freestyle
	{3 x 50 on 1:00 Freestyle
	{4 x 100 on 1:07 Freestyle
	{3 x 50 on 1:00 Freestyle
	{4 x 100 on 1:06 Freestyle
	{3 x 50 on 1:00 Freestyle
	{4 x 100 on 1:05 Freestyle
	{3 x 50 on 1:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 13:00 Ice

9:35 AM 6,230 Yards - Stress Value = 141

**Workout #6121 - Saturday, 17 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
550	1 on 30:00 Stomach and Stretch
180	1 x 550 on 9:00 Choice
1,200	12 x 15 on :45 Start/Shooter/Finish
	2x{1 x 125 on 2:35 Kick L.25 alt kick-100%
	{1 x 125 on 2:30 Kick L.25 alt kick-100%
	{1 x 125 on 2:25 Kick L.25 alt kick-100%
	{1 x 125 on 2:20 Kick L.25 alt kick-100%
	{1 x 100 on 1:55 Kick L.25 alt kick-100%
1,200	1x{1 x 150 on 2:15 Pull-DPS
	{2 x 125 on 1:50 Pull-odd 25's high SR
	{1 x 150 on 2:15 Pull-DPS
	{3 x 100 on 1:30 Pull-odd 25's high SR
	{1 x 150 on 2:15 Pull-DPS
	{4 x 50 on :45 Pull-odd 25's high SR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{4 x 100 on 1:16 Freestyle
	{3 x 50 on 1:00 Freestyle
	{4 x 100 on 1:15 Freestyle
	{3 x 50 on 1:00 Freestyle
	{4 x 100 on 1:14 Freestyle
	{3 x 50 on 1:00 Freestyle
	{4 x 100 on 1:13 Freestyle
	{1 x 50 on 1:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 13:00 Ice
	9:35 AM 5,930 Yards - Stress Value = 132

**Workout #6122 - Saturday, 17 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
500	1 on 30:00 Stomach and Stretch
180	1 x 500 on 9:00 Choice
1,150	12 x 15 on :45 Start/Shooter/Finish
	2x{1 x 125 on 2:45 Kick L.25 alt kick-100%
	{1 x 125 on 2:40 Kick L.25 alt kick-100%
	{1 x 125 on 2:35 Kick L.25 alt kick-100%
	{1 x 125 on 2:30 Kick L.25 alt kick-100%
	{1 x 75 on 1:30 Kick L.25 alt kick-100%
1,050	1x{1 x 150 on 2:25 Pull-DPS
	{2 x 125 on 2:05 Pull-odd 25's high SR
	{1 x 150 on 2:25 Pull-DPS
	{3 x 100 on 1:40 Pull-odd 25's high SR
	{1 x 150 on 2:25 Pull-DPS
	{1 x 50 on :55 Pull-odd 25's high SR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{4 x 100 on 1:27 Freestyle
	{3 x 50 on 1:00 Freestyle
	{4 x 100 on 1:26 Freestyle
	{3 x 50 on 1:00 Freestyle
	{3 x 100 on 1:25 Freestyle
	{4 x 50 on 1:00 Freestyle
	{3 x 100 on 1:24 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 13:00 Ice
	9:35 AM 5,480 Yards - Stress Value = 120

**Workout #6123 - Saturday, 17 January 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 9:00 Choice  
 180 12 x 15 on :45 Start/Shooter/Finish  
 1,150 2x{1 x 125 on 2:45 Kick L.25 alt kick-100%  
 {1 x 125 on 2:40 Kick L.25 alt kick-100%  
 {1 x 125 on 2:35 Kick L.25 alt kick-100%  
 {1 x 125 on 2:30 Kick L.25 alt kick-100%  
 {1 x 75 on 1:30 Kick L.25 alt kick-100%  
 1,050 1x{1 x 150 on 2:25 Pull-DPS  
 {2 x 125 on 2:05 Pull-odd 25's high SR  
 {1 x 150 on 2:25 Pull-DPS  
 {3 x 100 on 1:40 Pull-odd 25's high SR  
 {1 x 150 on 2:25 Pull-DPS  
 {1 x 50 on :55 Pull-odd 25's high SR  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{4 x 100 on 1:34 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {4 x 100 on 1:33 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {3 x 100 on 1:32 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 100 on 1:31 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 13:00 Ice  
 9:35 AM 5,330 Yards - Stress Value = 115

9:35 AM 5,350 Yards - Stress Value = 71

**Workout #6127 - Monday, 19 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 600 1 x 600 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 { 10 KOW  
 {2 x 75 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 11 KOW  
 {2 x 75 on 1:15 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 12 KOW  
 {2 x 75 on 1:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 13 KOW  
 {2 x 75 on 1:25 Kick  
 100 1 x 100 on 2:00 Kick for time  
 1,000 1x{1 x 50 on :40 Pull no br L.12 yds  
 {2 x 75 on 1:00 Pull no br L.12 yds  
 {3 x 100 on 1:20 Pull no br L.12 yds  
 {4 x 125 on 1:40 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 300 4 x 75 on 1:10 Free 2bk, 4bk, 6bk by the 25  
 1,650 1x{1 x 400 on 4:20 Freestyle  
 {2 x 200 on 2:20 Freestyle-hold 2:10's  
 {4 x 100 on 1:15 Freestyle hold 1:05's  
 {9 x 50 on :40 Freestyle  
 2@32, 2@31, 2@30, 2@29, 1@24  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,500 Yards - Stress Value = 75

**Workout #6124 - Monday, 19 January 2009**

**HighSchl - Back**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 600 1 x 600 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 { 10 KOW  
 {2 x 75 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 11 KOW  
 {2 x 75 on 1:15 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 12 KOW  
 {2 x 75 on 1:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 13 KOW  
 {2 x 75 on 1:25 Kick  
 100 1 x 100 on 2:00 Kick for time  
 1,000 1x{1 x 50 on :40 Pull no br L.12 yds  
 {2 x 75 on 1:00 Pull no br L.12 yds  
 {3 x 100 on 1:20 Pull no br L.12 yds  
 {4 x 125 on 1:40 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 150 on 2:30 Backstroke  
 {3 x 100 on 1:30 Back-descend 7 KOW  
 {1 x 150 on 2:25 125 back 25 free  
 {3 x 100 on 1:25 Back-descend 5 KOW  
 {1 x 150 on 2:20 100 back 50 free  
 {3 x 100 on 1:20 Back-descend 3 KOW  
 {1 x 150 on 2:15 75 back 75 free  
 {3 x 100 on 1:15 Back-all great effort  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice

**Workout #6128 - Monday, 19 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WORK SI  
 =====  
 1 on 34:00 Physio Balls/Stretch L DF  
 400 1 x 400 on 7:00 Swim-kick-pull-swim REC S F  
 150 10 x 15 on :45 Shooters SP3 S FI  
 2,000 10 x 200 on 3:00 Challenge Set EN2 S E  
 200 1 x 200 on 3:00 Stroke Drills REC D C  
 1 on 10:00 Ice M  
 4:35 PM 2,750 Yards - Stress Value = 46

**Workout #6125 - Monday, 19 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 550 1 x 550 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :45 Kick no board BSLR  
 { 10 KOW  
 {2 x 75 on 1:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 11 KOW  
 {2 x 75 on 1:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 12 KOW  
 {2 x 75 on 1:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 13 KOW  
 {2 x 50 on :55 Kick  
 100 1 x 100 on 2:00 Kick for time  
 900 1x{1 x 50 on :45 Pull no br L.12 yds  
 {2 x 75 on 1:05 Pull no br L.12 yds  
 {2 x 100 on 1:30 Pull no br L.12 yds  
 {4 x 125 on 1:55 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 150 on 2:40 Backstroke  
 {3 x 100 on 1:40 Back-descend 7 KOW  
 {1 x 150 on 2:35 125 back 25 free  
 {3 x 100 on 1:35 Back-descend 5 KOW  
 {1 x 150 on 2:30 100 back 50 free  
 {3 x 100 on 1:30 Back-descend 3 KOW  
 {1 x 50 on :55 25 back 25 free  
 {2 x 100 on 1:25 Back-all great effort  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 4,950 Yards - Stress Value = 65

**Workout #6129 - Monday, 19 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WORK ST  
 =====  
 1 on 34:00 Physio Balls/Stretch L DF  
 400 1 x 400 on 7:00 Swim-kick-pull-swim REC S F  
 150 10 x 15 on :45 Shooters SP3 S FI  
 2,000 10 x 200 on 3:00 Challenge Set EN2 S F  
 200 1 x 200 on 3:00 Stroke Drills REC D C  
 1 on 10:00 Ice M  
 4:35 PM 2,750 Yards - Stress Value = 46

**Workout #6126 - Monday, 19 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :45 Kick no board BSLR  
 { 10 KOW  
 {2 x 75 on 1:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 11 KOW  
 {2 x 75 on 1:30 Kick  
 {4 x 25 on :45 Kick no board BSLR

{ 12 KOW  
 {2 x 75 on 1:35 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 { 13 KOW  
 {2 x 50 on 1:00 Kick  
 100 1 x 100 on 2:00 Kick for time  
 850 1x{1 x 50 on :50 Pull no br L.12 yds  
 {2 x 75 on 1:15 Pull no br L.12 yds  
 {4 x 100 on 1:40 Pull no br L.12 yds  
 {2 x 125 on 1:50 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 150 on 2:50 Backstroke  
 {3 x 100 on 1:50 Back-descend 7 KOW  
 {1 x 150 on 2:45 125 back 25 free  
 {3 x 100 on 1:45 Back-descend 5 KOW  
 {1 x 150 on 2:40 100 back 50 free  
 {3 x 100 on 1:40 Back-descend 3 KOW  
 {1 x 50 on 1:00 25 back 25 free  
 {1 x 100 on 1:35 Back-great effort  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 9:36 AM 4,750 Yards - Stress Value = 62

**Workout #6130 - Monday, 19 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WORK ST  
 =====  
 1 on 34:00 Physio Balls/Stretch L DF  
 350 1 x 350 on 7:00 Swim-kick-pull-swim REC S F  
 150 10 x 15 on :45 Shooters SP3 S FI  
 1,750 10 x 175 on 3:00 Challenge Set EN2 S F  
 200 1 x 200 on 3:00 Stroke Drills REC D C  
 1 on 10:00 Ice M  
 4:35 PM 2,450 Yards - Stress Value = 41

**Workout #6131 - Monday, 19 January 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WORK ST  
 =====  
 1 on 34:00 Physio Balls/Stretch L DF  
 350 1 x 350 on 7:00 Swim-kick-pull-swim REC S F  
 150 10 x 15 on :45 Shooters SP3 S FI  
 1,500 10 x 150 on 3:00 Challenge Set EN2 S F  
 200 1 x 200 on 3:00 Stroke Drills REC D C  
 1 on 10:00 Ice M  
 4:35 PM 2,200 Yards - Stress Value = 36



**Workout #6132 - Wednesday, 21 January 2009**

**HighSchl - Fly**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Weights and Stretch
800	1 x 800 on 12:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board B
	{3 x 50 on :50 Kick
	{4 x 25 on :45 Kick no board -S--
	{4 x 50 on :55 Kick
	{4 x 25 on :45 Kick no board --L-
	{5 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board ---R
1,000	1x{2 x 125 on 1:50 Lungbuster pulls
	{2 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{2 x 125 on 1:35 Lungbuster pulls
	{ Breathe 2-3-4-5-Choice by the 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 50 on 1:00 Fly 2-5
	{4 x 25 on :30 Butterfly lup 1down
	{1 x 100 on 1:30 Freestyle
	{2 x 50 on :55 Fly 2-4
	{4 x 25 on :30 Butterfly lup 2down
	{2 x 100 on 1:30 Freestyle
	{3 x 50 on :50 Fly 2-3
	{4 x 25 on :30 Butterfly lup3down
	{3 x 100 on 1:30 Freestyle
	{4 x 50 on :45 Fly 2-2
	{4 x 25 on :30 Butterfly lup4down
	{4 x 100 on 1:30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 5,250 Yards - Stress Value = 60

**Workout #6133 - Wednesday, 21 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Weights and Stretch
750	1 x 750 on 12:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board B
	{3 x 50 on :55 Kick
	{4 x 25 on :45 Kick no board -S--
	{4 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board --L-
	{4 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board ---R
900	1x{2 x 125 on 2:00 Lungbuster pulls
	{2 x 125 on 1:55 Lungbuster pulls
	{2 x 125 on 1:50 Lungbuster pulls
	{2 x 75 on 1:05 Lungbuster pulls
	{ Breathe 2-3-4-5-Choice by the 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 50 on 1:00 Fly 2-5
	{4 x 25 on :35 Butterfly lup 1down
	{1 x 100 on 1:35 Freestyle
	{2 x 50 on 1:00 Fly 2-4
	{4 x 25 on :35 Butterfly lup 2down
	{2 x 100 on 1:35 Freestyle
	{3 x 50 on 1:00 Fly 2-3
	{4 x 25 on :35 Butterfly lup3down
	{3 x 100 on 1:35 Freestyle

{4 x 50 on 1:00 Fly 2-2  
 {4 x 25 on :35 Butterfly lup4down  
 {2 x 100 on 1:35 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 4,850 Yards - Stress Value = 54

**Workout #6134 - Wednesday, 21 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Weights and Stretch
700	1 x 700 on 12:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board B
	{3 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board -S--
	{4 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board --L-
	{4 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board ---R
850	1x{2 x 125 on 2:10 Lungbuster pulls
	{2 x 125 on 2:05 Lungbuster pulls
	{2 x 125 on 2:00 Lungbuster pulls
	{1 x 100 on 1:30 Lungbuster pulls
	{ Breathe 2-3-4-5-Choice by the 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 50 on 1:05 Fly 2-5
	{4 x 25 on :40 Butterfly lup 1down
	{1 x 100 on 1:45 Freestyle
	{2 x 50 on 1:05 Fly 2-4
	{4 x 25 on :40 Butterfly lup 2down
	{2 x 100 on 1:45 Freestyle
	{3 x 50 on 1:05 Fly 2-3
	{4 x 25 on :40 Butterfly lup3down
	{3 x 100 on 1:45 Freestyle
	{4 x 50 on 1:05 Fly 2-2
	{4 x 25 on :40 Butterfly lup4down
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 4,550 Yards - Stress Value = 49

**Workout #6135 - Thursday, 22 January 2009**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
800	1 on 30:00 Abs and Stretch 1 x 800 on 12:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
900	1x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 100 on 1:50 Kick {1 x 150 on 2:45 Kick {1 x 150 on 2:30 Kick {1 x 100 on 1:40 Kick {1 x 50 on :50 Kick
1,500	1x{1 x 200 on 2:45 Pulls {2 x 175 on 2:25 Pulls {3 x 150 on 2:05 Pulls {4 x 125 on 1:45 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 50 on 1:00 Breaststroke-build {1 x 200 on 3:30 Breast 2k1p {4 x 50 on :55 Breaststroke-build {2 x 150 on 2:35 Breast 2k1p {4 x 50 on :50 Breaststroke-build {3 x 100 on 1:45 Breast 2k1p {4 x 50 on :45 Breaststroke-build
500	10 x 50 on 1:00 Stroke Drills 1 on 15:00 Ice
5:33 PM	5,650 Yards - Stress Value = 52

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
750	1 on 30:00 Abs and Stretch 1 x 750 on 12:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
850	1x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 100 on 1:55 Kick {1 x 150 on 2:55 Kick {1 x 150 on 2:50 Kick {1 x 100 on 1:50 Kick
1,300	1x{1 x 200 on 3:00 Pulls {2 x 175 on 2:40 Pulls {3 x 150 on 2:20 Pulls {3 x 100 on 1:35 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{4 x 50 on 1:05 Breaststroke-build {1 x 200 on 3:40 Breast 2k1p {4 x 50 on 1:00 Breaststroke-build {2 x 150 on 2:45 Breast 2k1p {4 x 50 on :55 Breaststroke-build {2 x 100 on 1:50 Breast 2k1p {3 x 50 on :50 Breaststroke-build
500	10 x 50 on 1:00 Stroke Drills 1 on 15:00 Ice
5:33 PM	5,200 Yards - Stress Value = 47

**Workout #6137 - Thursday, 22 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
800	1 on 30:00 Abs and Stretch 1 x 800 on 12:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
900	1x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 100 on 1:50 Kick {1 x 150 on 2:45 Kick {1 x 150 on 2:30 Kick {1 x 100 on 1:40 Kick {1 x 50 on :50 Kick
1,500	1x{1 x 200 on 2:45 Pulls {2 x 175 on 2:25 Pulls {3 x 150 on 2:05 Pulls {4 x 125 on 1:45 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{5 x 100 on 2:00 Free-hold pace {1 x 150 on 2:15 Freestyle {5 x 100 on 1:45 Free-hold pace {1 x 150 on 2:15 Freestyle {5 x 100 on 1:30 Free-hold pace
400	1 x 400 on 7:00 Stroke Drills 1 on 15:00 Ice
5:33 PM	5,750 Yards - Stress Value = 64

Yards	Set Description
3:00 PM	Start
700	1 on 30:00 Abs and Stretch 1 x 700 on 12:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
800	1x{1 x 150 on 3:15 Kick {1 x 100 on 2:10 Kick {1 x 50 on 1:05 Kick {1 x 50 on 1:00 Kick {1 x 100 on 2:05 Kick {1 x 150 on 3:10 Kick {1 x 150 on 3:05 Kick {1 x 50 on 1:00 Kick
1,250	1x{1 x 200 on 3:20 Pulls {2 x 175 on 2:55 Pulls {3 x 150 on 2:30 Pulls {2 x 125 on 2:05 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{4 x 50 on 1:10 Breaststroke-build {1 x 200 on 4:00 Breast 2k1p {3 x 50 on 1:05 Breaststroke-build {2 x 150 on 3:00 Breast 2k1p {3 x 50 on 1:00 Breaststroke-build {2 x 100 on 2:00 Breast 2k1p {3 x 50 on :55 Breaststroke-build
500	10 x 50 on 1:00 Stroke Drills 1 on 15:00 Ice
5:33 PM	4,950 Yards - Stress Value = 45

**Workout #6136 - Thursday, 22 January 2009**

**Workout #6140 - Friday, 23 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
750	1 x 750 on 12:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,050	1x{3 x 100 on 1:30 Freestyle-DPS	EN1	S	
	{2 x 75 on 1:30 IM w/out the free	EN1	S	
	{2 x 100 on 1:30 Freestyle-DPS	EN1	S	
	{2 x 75 on 1:30 IM w/out the free	EN1	S	
	{1 x 100 on 1:30 Freestyle-DPS	EN1	S	
	{2 x 75 on 1:30 IM w/out the free	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:05 AM 2,200 Yards - Stress Value = 18				

Yards	Set Description	EGY	WORK	S
=====				
	1 on 35:00 Physio Balls/Stretch			
700	1 x 700 on 12:00 Choice		RE	
150	10 x 15 on :45 Shooters		SE	
City Relays-do relay starts				
450	2x{4 x 25 on :45 Kick-no board -streamline	EN		
	{1 x 125 on 3:00 Kick-change kick each 25	EN		
600	3x{2 x 75 on 1:20 Pulls breathe on 5	EN		
	{2 x 25 on :45 Sculling drill w/pull buoy	EN		
1,150	1x{1 x 200 on 3:30 Free count your strokes	EN		
	{1 less stroke each 25			
	{4 x 50 on 1:00 Around the clock (5,4,3,2)	EN		
	{3 x 100 on 1:55 Back count your strokes	EN		
	{1 less stroke each 25			
	{3 x 50 on 1:00 Around the clock (5.4, 3)	EN		
	{2 x 100 on 2:05 Breast count your strokes	EN		
	{2 x 50 on 1:00 Around the clock (5,4)	EN		
200	1 x 200 on 4:00 Choice		RE	
	1 on 10:00 Ice			
5:02 PM 3,250 Yards - Stress Value = 28				

**Workout #6143 - Friday, 23 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:00 PM Start				
750	1 x 750 on 12:00 Choice	RE	D	
150	10 x 15 on :45 Shooters	SP3	S	
City Relays-do relay starts				
500	2x{4 x 25 on :45 Kick-no board -streamline	EN		
	{1 x 150 on 3:00 Kick-change kick each 25	EN		
600	4x{1 x 100 on 1:40 Pulls breathe on 5	EN		
	{2 x 25 on :45 Sculling drill w/pull buoy	EN		
1,250	1x{1 x 200 on 3:20 Free count your strokes	EN		
	{1 less stroke each 25			
	{4 x 50 on 1:00 Around the clock (5,4,3,2)	EN		
	{3 x 100 on 1:45 Back count your strokes	EN		
	{1 less stroke each 25			
	{3 x 50 on 1:00 Around the clock (5.4, 3)	EN		
	{3 x 100 on 2:00 Breast count your strokes	EN		
	{2 x 50 on 1:00 Around the clock (5,4)	EN		
200	1 x 200 on 4:00 Choice	RE		
	1 on 10:00 Ice			
5:03 PM 3,450 Yards - Stress Value = 30				

**Workout #6139 - Friday, 23 January 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
800	1 x 800 on 12:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,050	1x{3 x 100 on 1:30 Freestyle-DPS	EN1	S	
	{2 x 75 on 1:30 IM w/out the free	EN1	S	
	{2 x 100 on 1:30 Freestyle-DPS	EN1	S	
	{2 x 75 on 1:30 IM w/out the free	EN1	S	
	{1 x 100 on 1:30 Freestyle-DPS	EN1	S	
	{2 x 75 on 1:30 IM w/out the free	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:05 AM 2,250 Yards - Stress Value = 18				

**Workout #6142 - Friday, 23 January 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:00 PM Start				
800	1 x 800 on 12:00 Choice	RE	D	
150	10 x 15 on :45 Shooters	SP3	S	
City Relays-do relay starts				
500	2x{4 x 25 on :45 Kick-no board -streamline	EN		
	{1 x 150 on 3:00 Kick-change kick each 25	EN		
600	4x{1 x 100 on 1:30 Pulls breathe on 5	EN		
	{2 x 25 on :45 Sculling drill w/pull buoy	EN		
1,250	1x{1 x 200 on 3:00 Free count your strokes	EN		
	{1 less stroke each 25			
	{4 x 50 on 1:00 Around the clock (5,4,3,2)	EN		
	{2 x 150 on 2:30 Back count your strokes	EN		
	{1 less stroke each 25			
	{3 x 50 on 1:00 Around the clock (5.4, 3)	EN		
	{3 x 100 on 1:50 Breast count your strokes	EN		
	{2 x 50 on 1:00 Around the clock (5,4)	EN		
200	1 x 200 on 4:00 Choice	RE		
	1 on 10:00 Ice			
5:01 PM 3,500 Yards - Stress Value = 30				

**Workout #6141 - Friday, 23 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
700	1 x 700 on 12:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
900	1x{3 x 100 on 1:45 Freestyle-DPS	EN1	S	
	{2 x 75 on 1:45 IM w/out the free	EN1	S	
	{2 x 100 on 1:45 Freestyle-DPS	EN1	S	
	{2 x 75 on 1:45 IM w/out the free	EN1	S	
	{1 x 100 on 1:45 Freestyle-DPS	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:05 AM 2,000 Yards - Stress Value = 16				

**Workout #6144 - Friday, 23 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
3:00 PM Start		

**Workout #6145 - Saturday, 24 January 2009**

**HS Girls - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 200 SKPS 200 choice 200 SKF  
 180 12 x 15 on :45 Start/Shooter/Finish  
 1,000 1x{2 x 100 on 1:40 Kick w/fins  
 {2 x 25 on 1:00 Underwater Fly Kick  
 {2 x 100 on 1:35 Kick w/fins  
 {2 x 25 on 1:00 Underwater Fly Kick  
 {2 x 100 on 1:35 Kick w/fins  
 {2 x 25 on 1:00 Underwater Fly Kick  
 {2 x 100 on 1:30 Kick w/fins  
 1,250 1x{1 x 125 on 2:00 Pulls  
 {2 x 125 on 1:55 Pulls  
 {3 x 125 on 1:50 Pulls  
 {4 x 125 on 1:45 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 1x{1 x 100 on 1:40 Individual Medley  
 {3 x 75 on 1:15 IM w/out the free  
 {1 x 75 on 2:00 Freestyle  
 {2 x 100 on 1:35 Individual Medley  
 {3 x 75 on 1:15 IM w/out the free  
 {1 x 75 on 2:00 Freestyle  
 {3 x 100 on 1:30 Individual Medley  
 {3 x 75 on 1:15 IM w/out the free  
 {1 x 75 on 2:00 Freestyle  
 {4 x 100 on 1:25 Individual Medley  
 {3 x 75 on 1:15 IM w/out the free  
 {1 x 75 on 2:00 Freestyle  
 300 6 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,730 Yards - Stress Value = 127

**Workout #6146 - Saturday, 24 January 2009**

**HS Girls - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 200 SKPS 100 choice 200 SKF  
 180 12 x 15 on :45 Start/Shooter/Finish  
 1,000 1x{2 x 100 on 1:40 Kick w/fins  
 {2 x 25 on 1:00 Underwater Fly Kick  
 {2 x 100 on 1:35 Kick w/fins  
 {2 x 25 on 1:00 Underwater Fly Kick  
 {2 x 100 on 1:35 Kick w/fins  
 {2 x 25 on 1:00 Underwater Fly Kick  
 {2 x 100 on 1:30 Kick w/fins  
 {2 x 25 on 1:00 Underwater Fly Kick  
 1,150 1x{1 x 125 on 2:10 Pulls  
 {2 x 125 on 2:05 Pulls  
 {3 x 125 on 1:55 Pulls  
 {4 x 100 on 1:35 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{1 x 100 on 1:50 Individual Medley  
 {3 x 75 on 1:30 IM w/out the free  
 {1 x 75 on 2:00 Freestyle  
 {2 x 100 on 1:45 Individual Medley  
 {3 x 75 on 1:30 IM w/out the free  
 {1 x 75 on 2:00 Freestyle  
 {3 x 100 on 1:40 Individual Medley  
 {3 x 75 on 1:30 IM w/out the free  
 {1 x 75 on 2:00 Freestyle

{1 x 100 on 1:35 Individual Medley  
 {3 x 75 on 1:30 IM w/out the free  
 {1 x 75 on 2:00 Freestyle  
 300 6 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,230 Yards - Stress Value = 119

**Workout #6147 - Monday, 26 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 38:00 Weights and Stretch  
 500 1 x 500 on 7:30 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,800 1x{1 x 300 on 4:15 Pulls EN1  
 {2 x 250 on 3:30 Freestyle EN1  
 {3 x 200 on 2:45 Pulls EN1  
 {4 x 100 on 1:20 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,650 Yards - Stress Value = 24

**Workout #6150 - Monday, 26 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 800 1 x 800 on 12:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick  
 {2 x 75 on 1:30 Kick  
 {2 x 75 on 1:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:00 Kick  
 {3 x 50 on :55 Kick  
 1,000 1x{2 x 25 on :25 Pull no br L.12 yds  
 {3 x 50 on :45 Pull no br L.12 yds  
 {4 x 75 on 1:05 Pull no br L.12 yds  
 {5 x 100 on 1:25 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 500 on 6:40 Free odd 25's DPS,  
 { even 25's breathe 3-5  
 {5 x 50 on 1:00 Stroke Drills  
 {1 x 400 on 5:20 Free odd 25's DPS,  
 { evens 25's breathe 3-5  
 {4 x 50 on 1:00 Stroke Drills  
 {1 x 300 on 4:00 Free odd 25's DPS  
 { evens 25's breathe 3-5  
 {3 x 50 on 1:00 Stroke Drills  
 {1 x 200 on 2:40 Free odd 25's DPS,  
 { even 25's breathe 3-5  
 {2 x 50 on 1:00 Stroke Drills  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 12:00 Ice  
 5:35 PM 5,550 Yards - Stress Value = 50

**Workout #6148 - Monday, 26 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 38:00 Weights and Stretch  
 450 1 x 450 on 7:30 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,700 1x{1 x 300 on 4:30 Pulls EN1  
 {2 x 250 on 3:40 Freestyle EN1  
 {3 x 200 on 2:55 Pulls EN1  
 {3 x 100 on 1:25 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,500 Yards - Stress Value = 23

**Workout #6151 - Monday, 26 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 750 1 x 750 on 12:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick  
 {2 x 75 on 1:35 Kick  
 {2 x 75 on 1:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:05 Kick  
 {2 x 50 on 1:00 Kick  
 900 1x{2 x 25 on :30 Pull no br L.12 yds  
 {3 x 50 on :50 Pull no br L.12 yds  
 {4 x 75 on 1:10 Pull no br L.12 yds  
 {4 x 100 on 1:30 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{1 x 500 on 7:30 Free odd 25's DPS,  
 { even 25's breathe 3-5  
 {5 x 50 on 1:00 Stroke Drills  
 {1 x 400 on 6:00 Free odd 25's DPS,  
 { evens 25's breathe 3-5  
 {4 x 50 on 1:00 Stroke Drills  
 {1 x 300 on 4:30 Free odd 25's DPS  
 { evens 25's breathe 3-5  
 {3 x 50 on 1:00 Stroke Drills  
 {1 x 200 on 3:00 Free odd 25's DPS,  
 { even 25's breathe 3-5  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 12:00 Ice  
 5:35 PM 5,250 Yards - Stress Value = 48

**Workout #6149 - Monday, 26 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 38:00 Weights and Stretch  
 400 1 x 400 on 7:30 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,500 1x{1 x 300 on 5:00 Pulls EN1  
 {2 x 250 on 4:05 Freestyle EN1  
 {3 x 200 on 3:10 Pulls EN1  
 {1 x 100 on 1:30 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC

1 on 10:00 Ice  
 7:05 AM 2,250 Yards - Stress Value = 21

**Workout #6152 - Monday, 26 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 700 1 x 700 on 12:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick  
 {2 x 75 on 1:40 Kick  
 {2 x 75 on 1:35 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:10 Kick  
 {2 x 50 on 1:05 Kick  
 800 1x{2 x 25 on :30 Pull no br L.12 yds  
 {3 x 50 on :55 Pull no br L.12 yds  
 {4 x 75 on 1:20 Pull no br L.12 yds  
 {3 x 100 on 1:40 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{1 x 500 on 8:10 Free odd 25's DPS,  
 { even 25's breathe 3-5  
 {5 x 50 on 1:00 Stroke Drills  
 {1 x 400 on 6:30 Free odd 25's DPS,  
 { evens 25's breathe 3-5  
 {4 x 50 on 1:00 Stroke Drills  
 {1 x 300 on 4:55 Free odd 25's DPS  
 { evens 25's breathe 3-5  
 {3 x 50 on 1:00 Stroke Drills  
 {1 x 50 on :45 Free odd 25's DPS,  
 { even 25's breathe 3-5  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 12:00 Ice  
 5:35 PM 4,900 Yards - Stress Value = 44

**Workout #6153 - Tuesday, 27 January 2009**

**HS Girls - Back**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{2 x 125 on 2:30 Kick  
 {2 x 100 on 2:10 Kick-2nd best kick  
 {2 x 125 on 2:30 Kick  
 {4 x 75 on 1:45 Kick-3rd best kick  
 1,000 1x{1 x 400 on 6:00 Pulls  
 {1 x 300 on 4:30 Pulls  
 {1 x 200 on 3:00 Pulls  
 {1 x 100 on 1:30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,500 1x{4 x 50 on 1:00 Backstroke-descend  
 {1 x 250 on 4:10 Backstroke  
 {4 x 75 on 1:25 Backstroke-descend  
 {2 x 200 on 3:20 Backstroke  
 {4 x 100 on 1:50 Backstroke-descend  
 {3 x 150 on 2:30 Backstroke  
 {4 x 125 on 2:15 Backstroke-descend  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,650 Yards - Stress Value = 76

**Workout #6154 - Tuesday, 27 January 2009**

**HS Girls - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 950 1x{2 x 125 on 2:40 Kick  
 {2 x 100 on 2:15 Kick-2nd best kick  
 {2 x 125 on 2:40 Kick  
 {5 x 50 on 1:10 Kick-3rd best kick  
 900 1x{1 x 400 on 6:30 Pulls  
 {1 x 300 on 4:50 Pulls  
 {1 x 200 on 3:15 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 1x{4 x 50 on 1:05 Backstroke-descend  
 {1 x 250 on 4:40 Backstroke  
 {4 x 75 on 1:30 Backstroke-descend  
 {2 x 200 on 3:40 Backstroke  
 {4 x 100 on 1:55 Backstroke-descend  
 {3 x 150 on 2:40 Backstroke  
 {3 x 125 on 2:10 Backstroke-descend  
 {1 x 25 on 1:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,350 Yards - Stress Value = 72

**Workout #6158 - Wednesday, 28 January 2009**

**HS Girls - Breast**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 550 1 x 550 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR

{2 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:00 Kick  
 600 1x{1 x 100 on 1:30 Lungbuster pulls  
 {2 x 125 on 1:50 Pulls  
 {1 x 100 on 1:30 Lungbuster pulls  
 {1 x 150 on 2:15 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 150 on 2:40 Breast 2X pullouts BH wall  
 {3 x 50 on 1:00 Breast w/fly kick  
 {2 x 125 on 2:10 Breast 2X pullouts BH wall  
 {3 x 50 on 1:00 Breast w/fly kick  
 {3 x 100 on 1:45 Breast 2X pullouts BH wall  
 {2 x 50 on 1:00 Breast w/fly kick  
 {1 x 50 on 1:00 Breaststroke-great effort  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:05 PM 3,350 Yards - Stress Value = 42

**Workout #6159 - Wednesday, 28 January 2009**

**HS Girls - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:05 Kick  
 500 1x{1 x 100 on 1:40 Lungbuster pulls  
 {2 x 125 on 2:05 Pulls  
 {1 x 100 on 1:40 Lungbuster pulls  
 {1 x 50 on :50 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{1 x 150 on 2:55 Breast 2X pullouts BH wall  
 {3 x 50 on 1:00 Breast w/fly kick  
 {2 x 125 on 2:25 Breast 2X pullouts BH wall  
 {3 x 50 on 1:00 Breast w/fly kick  
 {3 x 100 on 1:55 Breast 2X pullouts BH wall  
 {1 x 50 on 1:00 Breast w/fly kick  
 {1 x 50 on 1:00 Breaststroke-great effort  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:05 PM 3,100 Yards - Stress Value = 39

**Workout #6156 - Wednesday, 28 January 2009**

**HS Boys - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 900 1 x 900 on 16:00 400 SKPS 100 Choice 400 SKF  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:05 Kick  
 1,100 1x{1 x 100 on 1:35 Lungbuster pulls  
 {2 x 125 on 2:00 Pulls  
 {1 x 100 on 1:35 Lungbuster pulls  
 {2 x 150 on 2:25 Pulls  
 {1 x 100 on 1:35 Lungbuster pulls  
 {2 x 125 on 2:00 Pulls  
 1,500 3x{1 x 200 on 3:45 Reverse IM drill  
 {4 x 25 on :45 Sculling drills w/snorkels  
 {4 x 50 on 1:05 Stroke Drills Alt #1 and free  
 1 on 15:00 Ice  
 5:35 PM 4,500 Yards - Stress Value = 27

**Workout #6157 - Wednesday, 28 January 2009**

**HS Boys - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 800 1 x 800 on 16:00 300 SKPS 200 Choice 300 SKF  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 1,000 1x{1 x 100 on 1:45 Lungbuster pulls  
 {2 x 125 on 2:10 Pulls  
 {1 x 100 on 1:45 Lungbuster pulls  
 {2 x 150 on 2:35 Pulls  
 {1 x 100 on 1:45 Lungbuster pulls  
 {1 x 150 on 2:35 Pulls  
 1,500 3x{1 x 200 on 4:00 Reverse IM drill  
 {4 x 25 on :45 Sculling drills w/snorkels  
 {4 x 50 on 1:15 Stroke Drills Alt #1 and free  
 1 on 12:00 Ice  
 5:35 PM 4,250 Yards - Stress Value = 27

**Workout #6155 - Wednesday, 28 January 2009**

**HS Boys - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 1,000 1 x 1000 on 16:00 400 SKPS 200 Choice 400 SF  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 1,200 1x{1 x 100 on 1:30 Lungbuster pulls  
 {2 x 125 on 1:50 Pulls

{1 x 100 on 1:30 Lungbuster pulls  
 {2 x 150 on 2:15 Pulls  
 {1 x 100 on 1:30 Lungbuster pulls  
 {2 x 175 on 2:30 Pulls  
 1,650 3x{1 x 200 on 3:30 Reverse IM drill  
 {4 x 25 on :45 Sculling drills w/snorkels  
 {5 x 50 on 1:00 Stroke Drills Alt #1 and free  
 1 on 14:00 Ice  
 5:35 PM 4,900 Yards - Stress Value = 30

**Workout #6160 - Friday, 30 January 2009**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK PF  
 =====  
 1 on 40:00 Weights and Stretch L DRY  
 750 1 x 750 on 11:00 Choice REC S CHO 1:  
 150 10 x 15 on :45 Shooters SP3 S CHO 5:  
 1,500 15 x 100 on 1:20 Freestyle EN1 S FR 1:  
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1:  
 1 on 10:00 Ice M  
 7:05 AM 2,600 Yards - Stress Value = 21

**Workout #6161 - Friday, 30 January 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK PF  
 =====  
 1 on 40:00 Weights and Stretch L DRY  
 700 1 x 700 on 11:00 Choice REC S CHO 1:  
 150 10 x 15 on :45 Shooters SP3 S CHO 5:  
 1,300 13 x 100 on 1:30 Freestyle EN1 S FR 1:  
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1:  
 1 on 10:00 Ice M  
 7:05 AM 2,350 Yards - Stress Value = 19

**Workout #6162 - Friday, 30 January 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK PF  
 =====  
 1 on 40:00 Weights and Stretch L DRY  
 650 1 x 650 on 11:00 Choice REC S CHO 1:  
 150 10 x 15 on :45 Shooters SP3 S CHO 5:  
 1,200 12 x 100 on 1:40 Freestyle EN1 S FR 1:  
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1:  
 1 on 10:00 Ice M  
 7:05 AM 2,200 Yards - Stress Value = 18

**Workout #6163 - Friday, 30 January 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 1,000 1 x 1000 on 15:00 Choice  
 150 10 x 15 on :45 Shooters  
 450 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 250 on 5:00 Kick-#3 kick  
 {4 x 25 on :45 Kick no board BSLR  
 450 1x{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds  
 {2 x 75 on 1:15 Pulls-nbbf&w + 4 yds  
 {2 x 75 on 1:15 Pulls-nbbf&w + 6 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 4x{1 x 50 on :45 Free-count strokes  
 {1 x 50 on 1:00 Hold same time/-2 strokes  
 { #1 & #3 free, #2 & #4 best non free  
 {4 x 50 on 1:00 Stroke Drills  
 1 on 12:00 Ice  
 5:00 PM 3,350 Yards - Stress Value = 26

**Workout #6164 - Monday, 02 February 2009**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 8:00 Swim-kick-drill-swim  
 150 10 x 15 on :45 Shooters  
 1,800 1x{1 x 300 on 4:00 Freestyle  
 {2 x 250 on 3:15 Freestyle  
 {3 x 200 on 2:35 Freestyle  
 {4 x 100 on 1:30 Freestyle-descend to Ludicrc  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 8:00 Ice  
 7:05 AM 2,650 Yards - Stress Value = 28

**Workout #6165 - Monday, 02 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 450 1 x 450 on 8:00 Swim-kick-drill-swim  
 150 10 x 15 on :45 Shooters  
 1,700 1x{1 x 300 on 4:15 Freestyle  
 {2 x 250 on 3:30 Freestyle  
 {3 x 200 on 2:45 Freestyle  
 {3 x 100 on 1:30 Freestyle-descend to Ludicrc  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 8:00 Ice  
 7:04 AM 2,500 Yards - Stress Value = 26

**Workout #6166 - Monday, 02 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 400 1 x 400 on 8:00 Swim-kick-drill-swim  
 150 10 x 15 on :45 Shooters  
 1,500 1x{1 x 300 on 4:50 Freestyle

{2 x 250 on 4:00 Freestyle  
 {2 x 200 on 3:10 Freestyle  
 {3 x 100 on 1:40 Freestyle-descend to Ludicrc  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 8:00 Ice  
 7:05 AM 2,250 Yards - Stress Value = 24

**Workout #6172 - Monday, 02 February 2009**

**HS Girls - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 550 1 x 550 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 400 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:55 Kick  
 600 1x{1 x 200 on 3:00 Pull no br L.12 yds  
 {1 x 200 on 2:55 Pull no br L.12 yds  
 {1 x 200 on 2:50 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{1 x 600 on 9:00 Free hold 125  
 {1 x 400 on 6:00 Free focus on turns 3 KOW  
 {1 x 200 on 3:00 Free-good effort  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 4:54 PM 3,300 Yards - Stress Value = 48

**Workout #6167 - Monday, 02 February 2009**

**HS Girls - All**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 15:00 Stretch L I  
 800 1 x 800 on 14:00 Choice REC S C  
 150 10 x 15 on :45 Shooters SP3 S C  
 600 6 x 100 on 2:00 Alt. Free and Stroke EN1 S C  
 200 1 x 200 on 3:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 7:05 AM 1,750 Yards - Stress Value = 12



**Workout #6173 - Monday, 02 February 2009**

**HS Girls - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 35:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:00 Kick
550	1x{1 x 200 on 3:20 Pull no br L.12 yds {1 x 200 on 3:15 Pull no br L.12 yds {1 x 150 on 2:20 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{1 x 500 on 8:15 Free hold 135 {1 x 300 on 5:00 Free focus on turns 3 KOW {1 x 200 on 3:30 Free-good effort
200	1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice
4:54 PM	2,950 Yards - Stress Value = 42

**Workout #6168 - Monday, 02 February 2009**

**HS Boys - Back**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 35:00 Physio Balls/Stretch
600	1 x 600 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 1:40 Kick {4 x 25 on :40 Kick no board BSLR {2 x 100 on 1:40 Kick {4 x 25 on :35 Kick no board BSLR {2 x 100 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:40 Kick
800	1x{1 x 200 on 2:40 Pull no br L.12 yds {1 x 200 on 2:35 Pull no br L.12 yds {1 x 200 on 2:30 Pull no br L.12 yds {1 x 200 on 2:25 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	2x{1 x 100 on 1:30 Backstroke {4 x 25 on :30 Back 7-8-9-10 KOW {2 x 100 on 1:25 Backstroke {4 x 25 on :30 Back 7-8-9-10 KOW {3 x 100 on 1:20 Backstroke {4 x 25 on :30 Back 7-8-9-10 KOW {4 x 100 on 1:15 Backstroke {4 x 25 on :30 Back 7-8-9-10 KOW
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
5:35 PM	5,950 Yards - Stress Value = 100

**Workout #6171 - Monday, 02 February 2009**

**HS Boys - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 35:00 Physio Balls/Stretch
600	1 x 600 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR

	{2 x 100 on 1:40 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick
800	1x{1 x 200 on 2:40 Pull no br L.12 yds {1 x 200 on 2:35 Pull no br L.12 yds {1 x 200 on 2:30 Pull no br L.12 yds {1 x 200 on 2:25 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,200	2x{1 x 600 on 7:15 Free hold 102-104 {1 x 400 on 4:45 Free focus on turns 3 KOW {3 x 200 on 2:20 Free-descend
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
5:35 PM	6,550 Yards - Stress Value = 108

**Workout #6169 - Monday, 02 February 2009**

**HS Boys - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 35:00 Physio Balls/Stretch
550	1 x 550 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 1:55 Kick {4 x 25 on :40 Kick no board BSLR {2 x 100 on 1:55 Kick {4 x 25 on :35 Kick no board BSLR {2 x 100 on 1:55 Kick {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:55 Kick
750	1x{1 x 200 on 2:55 Pull no br L.12 yds {1 x 200 on 2:50 Pull no br L.12 yds {1 x 200 on 2:45 Pull no br L.12 yds {1 x 150 on 2:00 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	2x{1 x 100 on 1:40 Backstroke {4 x 25 on :30 Back 7-8-9-10 KOW {2 x 100 on 1:35 Backstroke {4 x 25 on :30 Back 7-8-9-10 KOW {3 x 100 on 1:30 Backstroke {4 x 25 on :30 Back 7-8-9-10 KOW {3 x 100 on 1:25 Backstroke {2 x 25 on :30 Back 9-10 KOW
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
5:34 PM	5,450 Yards - Stress Value = 91

**Workout #6170 - Monday, 02 February 2009**

**HS Boys - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 500 1 x 500 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 700 1x{1 x 200 on 3:15 Pull no br L.12 yds  
 {1 x 200 on 3:10 Pull no br L.12 yds  
 {1 x 200 on 3:05 Pull no br L.12 yds  
 {1 x 100 on 1:30 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 2x{1 x 100 on 1:50 Backstroke  
 {4 x 25 on :30 Back 7-8-9-10 KOW  
 {2 x 100 on 1:45 Backstroke  
 {4 x 25 on :30 Back 7-8-9-10 KOW  
 {3 x 100 on 1:40 Backstroke  
 {4 x 25 on :30 Back 7-8-9-10 KOW  
 {2 x 100 on 1:35 Backstroke  
 {4 x 25 on :30 Back 9-10 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,150 Yards - Stress Value = 86

**Workout #6174 - Wednesday, 04 February 2009**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 600 1 x 600 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board B  
 {3 x 100 on 1:45 Kick  
 {1 x 50 on 1:00 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board -S  
 {2 x 100 on 1:45 Kick  
 {1 x 50 on 1:00 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board --L  
 {1 x 100 on 1:45 Kick  
 {1 x 50 on 1:00 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board ---R  
 1,200 1x{4 x 125 on 1:40 Lungbuster pulls  
 { Breathe 3-4-5-6-7 by the 25  
 {4 x 100 on 1:20 Lungbuster pulls  
 { Breathe 3-5-7-9 by the 25  
 {4 x 75 on 1:00 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{2 x 125 on 2:15 Breast 2X pullouts BH wall  
 {6 x 25 on :30 Breaststroke #1-3 drill w/fly  
 { kick #4-6 descend with great finishes  
 {3 x 100 on 1:45 Breast 2X pullouts SB wall  
 {6 x 25 on :30 Breast same as above  
 {4 x 75 on 1:15 Breast 2X pullouts BH wall  
 {6 x 25 on :30 Breast same as above  
 {5 x 50 on :45 Breast 2X pullouts SB wall  
 {6 x 25 on :30 Breast same as above  
 200 1 x 200 on 3:00 Stroke Drills

1 on 10:00 Ice  
 5:35 PM 5,200 Yards - Stress Value = 77

**Workout #6177 - Wednesday, 04 February 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 600 1 x 600 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board B  
 {3 x 100 on 1:45 Kick  
 {1 x 50 on 1:00 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board -S  
 {2 x 100 on 1:45 Kick  
 {1 x 50 on 1:00 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board --L  
 {1 x 100 on 1:45 Kick  
 {1 x 50 on 1:00 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board ---R  
 1,200 1x{4 x 125 on 1:40 Lungbuster pulls  
 { Breathe 3-4-5-6-7 by the 25  
 {4 x 100 on 1:20 Lungbuster pulls  
 { Breathe 3-5-7-9 by the 25  
 {4 x 75 on 1:00 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,250 1x{2 x 225 on 3:00 Freestyle 1 KOW  
 {2 x 225 on 2:55 Free 2 KOW build L.25-100%  
 {2 x 225 on 2:50 Free 3 KOW build L.50-100%  
 {2 x 225 on 2:45 Free 4 KOW build L.75-100%  
 {2 x 225 on 2:40 Free 5 KOW build L.100-100%  
 400 1 x 400 on 6:00 Stroke Drills  
 1 on 10:00 Ice  
 5:36 PM 5,950 Yards - Stress Value = 78

**Workout #6175 - Wednesday, 04 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 550 1 x 550 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board B  
 {3 x 100 on 1:55 Kick  
 {1 x 50 on 1:05 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board -S  
 {2 x 100 on 1:55 Kick  
 {1 x 50 on 1:05 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board --L  
 {1 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board ---R  
 1,050 1x{4 x 125 on 1:50 Lungbuster pulls  
 { Breathe 3-4-5-6-7 by the 25  
 {3 x 100 on 1:30 Lungbuster pulls  
 { Breathe 3-5-7-9 by the 25  
 {5 x 50 on :45 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,625 1x{2 x 125 on 2:25 Breast 2X pullouts BH wall  
 {6 x 25 on :30 Breaststroke #1-3 drill w/fly  
 { kick #4-6 descend with great finishes  
 {3 x 100 on 1:55 Breast 2X pullouts SB wall  
 {6 x 25 on :30 Breast same as above  
 {4 x 75 on 1:20 Breast 2X pullouts BH wall  
 {6 x 25 on :30 Breast same as above  
 {5 x 50 on :50 Breast 2X pullouts SB wall  
 {3 x 25 on :30 Breast-descend w/great finishe  
 225 1 x 225 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 4,900 Yards - Stress Value = 73

**Workout #6176 - Wednesday, 04 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board B  
 {2 x 100 on 2:05 Kick  
 {1 x 50 on 1:10 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board -S  
 {2 x 100 on 2:05 Kick  
 {1 x 50 on 1:10 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board --L  
 {1 x 100 on 2:05 Kick  
 {1 x 50 on 1:10 Kick-your #3 kick  
 {4 x 25 on :45 Kick no board ---R  
 950 1x{4 x 125 on 2:05 Lungbuster pulls  
 { Breathe 3-4-5-6-7 by the 25  
 {3 x 100 on 1:35 Lungbuster pulls  
 { Breathe 3-5-7-9 by the 25  
 {3 x 50 on :45 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,550 1x{2 x 125 on 2:30 Breast 2X pullouts BH wall  
 {6 x 25 on :30 Breaststroke #1-3 drill w/fly  
 { kick #4-6 descend with great finishes  
 {3 x 100 on 1:55 Breast 2X pullouts SB wall  
 {6 x 25 on :30 Breast same as above

{4 x 75 on 1:25 Breast 2X pullouts BH wall  
 {6 x 25 on :30 Breast same as above  
 {5 x 50 on :55 Breast 2X pullouts SB wall  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 4,600 Yards - Stress Value = 70

**Workout #6178 - Wednesday, 04 February 2009**

**HS Girls - All**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretch  
 500 1 x 500 on 9:00 Choice  
 150 10 x 15 on :45 Shooters  
 500 4 x 125 on 3:00 Social Kick  
 750 1x{2 x 125 on 2:10 Pulls  
 {2 x 125 on 2:05 Pulls  
 {2 x 125 on 2:00 Pulls  
 1 on 10:00 Techniques-Relay Starts  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes  
 500 5 x 100 on 2:15 Choice-feel strong not tirec  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 15:00 Ice and Team Meeting  
 4:53 PM 3,000 Yards - Stress Value = 22

**Workout #6179 - Thursday, 05 February 2009**

**HighSchl - Fly**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 600 1 x 600 on 9:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{2 x 100 on 1:35 Kick with flippers  
 {2 x 100 on 1:30 Kick with flippers  
 {2 x 100 on 1:25 Kick with flippers  
 {2 x 100 on 1:20 Kick with flippers  
 {2 x 100 on 1:15 Kick with flippers  
 {2 x 100 on 1:10 Kick with flippers  
 1,200 1 x 1200 on 16:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 1x{4 x 25 on :30 Fly 3 KOW  
 {1 x 100 on 1:15 Freestyle  
 {6 x 25 on :30 Fly 4 KOW luld  
 {2 x 100 on 1:15 Freestyle  
 {8 x 25 on :30 Fly 5 KOW luld NBiF  
 {3 x 100 on 1:15 Freestyle  
 {10 x 25 on :30 Fly 6 KOW lu2d NBiF  
 {4 x 100 on 1:15 Freestyle  
 {10 x 25 on :20 Fr 6 KOW Bo5 NBiF  
 {3 x 100 on 1:25 3 strks fly off walls-openTF  
 {8 x 25 on :20 Fr 5 KOW Bo4 NBiF  
 {2 x 100 on 1:25 3 strks fly off walls-flipTF  
 {6 x 25 on :20 Fr 4 KOW Bo3 NBiF  
 {1 x 100 on 1:25 3 Strks fly off walls-flipTF  
 {4 x 25 on :20 Fr 3 KOW NBiF  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 5:32 PM 6,650 Yards - Stress Value = 108

**Workout #6180 - Thursday, 05 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 550 1 x 550 on 9:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,150 1x{2 x 100 on 1:40 Kick with flippers  
 {2 x 100 on 1:35 Kick with flippers  
 {2 x 100 on 1:30 Kick with flippers  
 {2 x 100 on 1:25 Kick with flippers  
 {2 x 100 on 1:20 Kick with flippers  
 {2 x 75 on 1:00 Kick with flippers  
 1,100 1 x 1100 on 16:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,750 1x{4 x 25 on :30 Fly 3 KOW  
 {1 x 100 on 1:20 Freestyle  
 {6 x 25 on :30 Fly 4 KOW 1uld  
 {2 x 100 on 1:20 Freestyle  
 {8 x 25 on :30 Fly 5 KOW 1uld NBiF  
 {3 x 100 on 1:20 Freestyle  
 {10 x 25 on :30 Fly 6 KOW 1u2d NBiF  
 {4 x 100 on 1:20 Freestyle  
 {10 x 25 on :25 Fr 6 KOW Bo5 NBiF  
 {3 x 100 on 1:35 3 strks fly off walls-openTF  
 {8 x 25 on :25 Fr 5 KOW Bo4 NBiF  
 {2 x 100 on 1:35 3 strks fly off walls-flipTF  
 {4 x 25 on :25 Fr 4 KOW Bo3 NBiF  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 5:32 PM 6,200 Yards - Stress Value = 101

**Workout #6181 - Thursday, 05 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 500 1 x 500 on 9:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,050 1x{2 x 100 on 1:45 Kick with flippers  
 {2 x 100 on 1:40 Kick with flippers  
 {2 x 100 on 1:35 Kick with flippers  
 {2 x 100 on 1:30 Kick with flippers  
 {2 x 100 on 1:25 Kick with flippers  
 {1 x 50 on :45 Kick with flippers  
 1,000 1 x 1000 on 16:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 1x{4 x 25 on :35 Fly 3 KOW  
 {1 x 100 on 1:30 Freestyle  
 {6 x 25 on :35 Fly 4 KOW 1uld  
 {2 x 100 on 1:30 Freestyle  
 {8 x 25 on :35 Fly 5 KOW 1uld NBiF  
 {3 x 100 on 1:30 Freestyle  
 {8 x 25 on :35 Fly 6 KOW 1u2d NBiF  
 {3 x 100 on 1:30 Freestyle  
 {10 x 25 on :30 Fr 6 KOW Bo5 NBiF  
 {2 x 100 on 1:40 3 strks fly off walls-openTF  
 {8 x 25 on :30 Fr 5 KOW Bo4 NBiF  
 {1 x 100 on 1:40 3 strks fly off walls-flipTF  
 {4 x 25 on :25 Fr 4 KOW Bo3 NBiF  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 5:32 PM 5,600 Yards - Stress Value = 92

**Workout #6182 - Friday, 06 February 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 400 1 x 400 on 6:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,350 9 x 150 on 2:00 Fr-dscnd in 3' and sets of 3's  
 300 12 x 25 on :20 IM order  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 2,500 Yards - Stress Value = 93

**Workout #6183 - Friday, 06 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 375 1 x 375 on 6:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,350 9 x 150 on 2:10 Fr-dscnd in 3' and sets of 3's  
 100 4 x 25 on :25 IM order  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 2,275 Yards - Stress Value = 89

**Workout #6186 - Friday, 06 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 750 1 x 750 on 12:00 Choice  
 180 12 x 15 on :45 Start/shooter/finish  
 200 8 x 25 on :45 Kick no board BSLR  
 500 1x{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds  
 {1 x 150 on 2:15 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :45 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 3x{3 x 100 on 1:30 Around the clock drill  
 { #1 5:00, #2 4:00, #3 3:00  
 { Do not break on turns until body has crosse  
 { of the flags  
 {2 x 75 on 1:15 #1 non free drill  
 {4 x 25 on :40 #1 Stroke -count strokes  
 { -1 stroke on each one, -1 to -1.5 seconds c  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:00 PM 3,730 Yards - Stress Value = 34

**Workout #6184 - Friday, 06 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 350 1 x 350 on 6:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,350 9 x 150 on 2:25 Fr-dscnd in 3' and sets of 3's  
 300 1 x 300 on 6:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 2,150 Yards - Stress Value = 87

**Workout #6187 - Friday, 06 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 700 1 x 700 on 12:00 Choice  
 180 12 x 15 on :45 Start/shooter/finish  
 200 8 x 25 on :45 Kick no board BSLR  
 450 1x{1 x 200 on 3:20 Pulls-nbbf&w + 2 yds  
 {1 x 150 on 2:25 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:35 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 3x{3 x 100 on 1:40 Around the clock drill  
 { #1 5:00, #2 4:00, #3 3:00  
 { Do not break on turns until body has crosse  
 { of the flags  
 {2 x 50 on 1:00 #1 non free drill  
 {4 x 25 on :40 #1 Stroke -count strokes  
 { -1 stroke on each one, -1 to -1.5 seconds c  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:00 PM 3,480 Yards - Stress Value = 33

**Workout #6185 - Friday, 06 February 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 800 1 x 800 on 12:00 Choice  
 180 12 x 15 on :45 Start/shooter/finish  
 200 8 x 25 on :45 Kick no board BSLR  
 500 1x{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds  
 {1 x 150 on 2:15 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :45 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 3x{3 x 100 on 1:30 Around the clock drill  
 { #1 5:00, #2 4:00, #3 3:00  
 { Do not break on turns until body has crosse  
 { of the flags  
 {2 x 75 on 1:15 #1 non free drill  
 {4 x 25 on :40 #1 Stroke -count strokes  
 { -1 stroke on each one, -1 to -1.5 seconds c  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:00 PM 3,780 Yards - Stress Value = 34

**Workout #6188 - Friday, 06 February 2009**

**HS Girls - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretch  
 800 1 x 800 on 12:00 Choice  
 150 10 x 15 on :45 Shooters  
 300 12 x 25 on :45 Kick no board BSLR  
 500 1x{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds  
 {1 x 150 on 2:15 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :45 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 300 6 x 50 on 1:00 Choice-descend in 3's to 80%  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 4:24 PM 2,500 Yards - Stress Value = 22

**Workout #6189 - Saturday, 07 February 2009**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Abs and Stretch  
 875 1x{1 x 400 on 7:00 Swim-kick-pull-swim  
 {3 x 50 on :45 Freestyle-descend  
 {1 x 325 on 4:30 Reverse IM drill  
 165 11 x 15 on :45 Cross pool sprints  
 1,200 1x{2 x 125 on 2:20 Kick  
 {2 x 125 on 2:15 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 100 on 1:45 Kick  
 {2 x 75 on 1:15 Kick  
 {2 x 75 on 1:10 Kick  
 1,400 1x{1 x 300 on 3:45 Pulls  
 {1 x 300 on 3:40 Pulls  
 {1 x 300 on 3:35 Pulls  
 {1 x 200 on 2:25 Pulls  
 {1 x 200 on 2:20 Pulls  
 {1 x 100 on 1:10 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,625 1x{5 x 125 on 1:27 Freestyle  
 {1 x 50 on 1:00 Freestyle  
 {4 x 125 on 1:25 Freestyle  
 {2 x 50 on 1:00 Freestyle  
 {3 x 125 on 1:23 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 125 on 1:21 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {1 x 125 on 1:19 Freestyle  
 {5 x 50 on 1:00 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 8:31 AM 6,765 Yards - Stress Value = 143

**Workout #6190 - Saturday, 07 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
	6:00 AM Start
	=====
	1 on 25:00 Abs and Stretch
825	1x{1 x 400 on 7:00 Swim-kick-pull-swim {3 x 50 on :45 Freestyle-descend {1 x 275 on 4:30 Reverse IM drill
165	11 x 15 on :45 Cross pool sprints
1,100	1x{2 x 125 on 2:30 Kick {2 x 125 on 2:25 Kick {2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {2 x 75 on 1:30 Kick {1 x 50 on :55 Kick
1,250	1x{1 x 300 on 4:10 Pulls {1 x 300 on 4:05 Pulls {1 x 300 on 4:00 Pulls {1 x 200 on 2:40 Pulls {1 x 150 on 1:55 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,525	1x{5 x 125 on 1:37 Freestyle {1 x 50 on 1:00 Freestyle {4 x 125 on 1:36 Freestyle {2 x 50 on 1:00 Freestyle {3 x 125 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle {2 x 125 on 1:34 Freestyle {4 x 50 on 1:00 Freestyle {1 x 125 on 1:33 Freestyle {3 x 50 on 1:00 Freestyle
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice
	8:31 AM 6,365 Yards - Stress Value = 132

**Workout #6191 - Saturday, 07 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
	6:00 AM Start
	=====
	1 on 25:00 Abs and Stretch
725	1x{1 x 350 on 7:00 Swim-kick-pull-swim {3 x 50 on :45 Freestyle-descend {1 x 225 on 4:30 Reverse IM drill
165	11 x 15 on :45 Cross pool sprints
1,050	1x{2 x 125 on 2:35 Kick {2 x 125 on 2:30 Kick {2 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {2 x 75 on 1:35 Kick
1,100	1x{1 x 300 on 4:40 Pulls {1 x 300 on 4:35 Pulls {1 x 300 on 4:30 Pulls {1 x 200 on 3:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{5 x 100 on 1:30 Freestyle {1 x 50 on 1:00 Freestyle {4 x 100 on 1:29 Freestyle {2 x 50 on 1:00 Freestyle {3 x 100 on 1:28 Freestyle {3 x 50 on 1:00 Freestyle {2 x 100 on 1:27 Freestyle {4 x 50 on 1:00 Freestyle {1 x 100 on 1:26 Freestyle {4 x 50 on 1:00 Freestyle
300	1 x 300 on 5:00 Stroke Drills

1 on 10:00 Ice  
8:31 AM 5,740 Yards - Stress Value = 124

**Workout #6192 - Monday, 09 February 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	=====	===	===
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 400 on 5:00 Freestyle {1 x 400 on 4:55 Freestyle {1 x 400 on 4:50 Freestyle {1 x 400 on 4:45 Freestyle	EN2	EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,600 Yards - Stress Value = 38		

**Workout #6193 - Monday, 09 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	=====	===	===
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 400 on 5:20 Freestyle {1 x 400 on 5:15 Freestyle {1 x 400 on 5:10 Freestyle {1 x 300 on 3:50 Freestyle	EN2	EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,500 Yards - Stress Value = 36		

**Workout #6194 - Monday, 09 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	=====	===	===
	1 on 40:00 Weights and Stretch		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 400 on 6:00 Freestyle {1 x 400 on 5:55 Freestyle {1 x 400 on 5:50 Freestyle {1 x 150 on 2:05 Freestyle	EN2	EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,250 Yards - Stress Value = 33		

**Workout #6198 - Tuesday, 10 February 2009**

**Group 3 - All**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Stomach and Stretch  
 400 1 x 400 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{1 x 100 on 2:15 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 kICK  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 550 1x{1 x 200 on 3:00 Pulls  
 {2 x 50 on :50 Pulls  
 {1 x 150 on 2:15 Pulls  
 {2 x 50 on :50 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,125 1x{3 x 125 on 1:55 Freestyle  
 {3 x 125 on 1:50 Freestyle  
 {3 x 125 on 1:45 Freestyle  
 #1 of each set L.25 stroke, #2 6bk, #3 thre  
 225 1 x 225 on 5:00 Stroke Drills  
 6:29 PM 3,150 Yards - Stress Value = 32

**Workout #6195 - Tuesday, 10 February 2009**

**HighSchl - Distance**

**1 minute rest between sets**

11:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 400 1 x 400 on 6:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1x{1 x 100 on 1:45 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:35 Kick  
 500 1x{1 x 150 on 2:00 Pulls  
 {2 x 50 on :40 Pulls  
 {1 x 150 on 1:55 Pulls  
 {2 x 50 on :40 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 250 on 3:15 Freestyle  
 {2 x 75 on 1:00 Freestyle  
 {1 x 250 on 3:10 Freestyle  
 {2 x 75 on 1:00 Freestyle  
 {1 x 250 on 3:05 Freestyle  
 {2 x 75 on 1:00 Freestyle  
 {1 x 250 on 3:00 Freestyle  
 {2 x 75 on 1:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 12:44 PM 3,500 Yards - Stress Value = 45

**Workout #6196 - Tuesday, 10 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

11:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 400 1 x 400 on 6:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 450 1x{1 x 100 on 1:55 Kick

{1 x 100 on 2:05 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 50 on :50 Kick  
 450 1x{1 x 150 on 2:10 Pulls  
 {2 x 50 on :45 Pulls  
 {1 x 150 on 2:05 Pulls  
 {1 x 50 on :45 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 250 on 3:30 Freestyle  
 {2 x 75 on 1:05 Freestyle  
 {1 x 250 on 3:25 Freestyle  
 {2 x 75 on 1:05 Freestyle  
 {1 x 250 on 3:20 Freestyle  
 {2 x 75 on 1:05 Freestyle  
 {1 x 250 on 3:15 Freestyle  
 {1 x 50 on :45 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 12:44 PM 3,250 Yards - Stress Value = 41

**Workout #6197 - Tuesday, 10 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

11:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 350 1 x 350 on 6:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1x{1 x 100 on 2:05 Kick  
 {1 x 50 on 1:10 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 50 on 1:10 Kick  
 {1 x 100 on 1:55 Kick  
 400 1x{1 x 150 on 2:20 Pulls  
 {1 x 50 on :50 Pulls  
 {1 x 150 on 2:15 Pulls  
 {1 x 50 on :50 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 200 on 3:10 Freestyle  
 {2 x 75 on 1:15 Freestyle  
 {1 x 200 on 3:05 Freestyle  
 {2 x 75 on 1:15 Freestyle  
 {1 x 200 on 3:00 Freestyle  
 {2 x 75 on 1:15 Freestyle  
 {1 x 200 on 2:55 Freestyle  
 {1 x 50 on :50 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 12:44 PM 2,900 Yards - Stress Value = 36

**Workout #6203 - Wednesday, 11 February 2009**

**Group 3 - Back**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Physio Balls/Stretch  
 400 1 x 400 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:30 Kick  
 600 6 x 100 on 1:30 Lungbuster pulls  
 breathe 3-5-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 200 on 3:10 Backstroke  
 {2 x 50 on :55 Stroke Drills  
 {2 x 175 on 2:50 Backstroke  
 {2 x 50 on :55 Stroke Drills  
 {3 x 150 on 2:25 Backstroke  
 {2 x 50 on :55 Stroke Drills  
 250 1 x 250 on 4:00 Stroke Drills  
 6:32 PM 3,300 Yards - Stress Value = 33

**Workout #6199 - Wednesday, 11 February 2009**

**HighSchl - Back**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on :55 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 600 6 x 100 on 1:25 Lungbuster pulls  
 breathe 3-5-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 200 on 3:00 Backstroke  
 {2 x 50 on :50 Stroke Drills  
 {2 x 175 on 2:40 Backstroke  
 {2 x 50 on :50 Stroke Drills  
 {3 x 150 on 2:15 Backstroke  
 {2 x 50 on :50 Stroke Drills  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:04 PM 3,500 Yards - Stress Value = 35

**Workout #6202 - Wednesday, 11 February 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on :55 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 400 4 x 100 on 1:25 Lungbuster pulls  
 breathe 3-5-7 continuous

100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{1 x 400 on 5:30 Free 3 KOW  
 {1 x 300 on 4:05 Free 4 kow  
 {1 x 200 on 2:45 Free 5 kow  
 {5 x 100 on 1:30 Free EZ speed hold pace  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:00 PM 3,400 Yards - Stress Value = 39

**Workout #6200 - Wednesday, 11 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:35 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 550 1x{5 x 100 on 1:35 Lungbuster pulls  
 {1 x 50 on :45 Lungbuster pulls  
 breathe 3-5-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{1 x 200 on 3:15 Backstroke  
 {2 x 50 on :55 Stroke Drills  
 {2 x 175 on 2:50 Backstroke  
 {2 x 50 on :55 Stroke Drills  
 {3 x 150 on 2:25 Backstroke  
 {1 x 50 on :55 Stroke Drills  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:04 PM 3,350 Yards - Stress Value = 32

**Workout #6201 - Wednesday, 11 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 450 1 x 450 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 500 5 x 100 on 1:45 Lungbuster pulls  
 breathe 3-5-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 200 on 3:30 Backstroke  
 {2 x 50 on 1:00 Stroke Drills  
 {2 x 175 on 3:05 Backstroke  
 {2 x 50 on 1:00 Stroke Drills  
 {2 x 150 on 2:35 Backstroke  
 {2 x 50 on 1:00 Stroke Drills  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:04 PM 3,150 Yards - Stress Value = 32



**Workout #6207 - Thursday, 12 February 2009**

**Group 3 - Breast**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
400	1 on 30:00 Stomach and Stretch 1 x 400 on 7:00 Underwater trn drill Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
500	1x{1 x 150 on 3:00 Kick {1 x 125 on 2:30 Kick {1 x 100 on 2:00 Kick {1 x 75 on 1:30 Kick {1 x 50 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1 x 750 on 11:00 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{6 x 50 on 1:00 Breast-odds 2X pullouts on BF { descend even 50's {4 x 25 on :45 Breast TO drill {5 x 50 on 1:00 Breast-evens 2X pullouts BH { descend even 50's {4 x 25 on :45 Breast TO drill {4 x 50 on 1:00 Breast-descend {4 x 25 on :45 Breast TO drill
300	6 x 50 on 1:00 Stroke Drills
6:49 PM 3,350 Yards - Stress Value = 38	

3:00 PM Start

Yards	Set Description
400	1 on 30:00 Stomach and Stretch 1 x 400 on 7:00 Underwater trn drill Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters Medley Rely practice relay starts
500	1x{1 x 150 on 2:45 Kick {1 x 125 on 2:20 Kick {1 x 100 on 1:55 Kick {1 x 75 on 1:25 Kick {1 x 50 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	1x{1 x 100 on :01 Your Choice {1 x 150 on 4:00 Freestyle {1 x 50 on :01 Your Choice {1 x 150 on 4:00 Freestyle
600	1 x 600 on 8:00 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	2x{1 x 125 on 1:40 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:30 Freestyle {1 x 125 on 1:25 Freestyle { Descend
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
4:53 PM 3,550 Yards - Stress Value = 53	

**Workout #6204 - Thursday, 12 February 2009**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
400	1 on 30:00 Stomach and Stretch 1 x 400 on 7:00 Underwater trn drill Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters Medley Rely practice relay starts
500	1x{1 x 150 on 2:45 Kick {1 x 125 on 2:20 Kick {1 x 100 on 1:55 Kick {1 x 75 on 1:25 Kick {1 x 50 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	1x{1 x 100 on :01 Your Choice {1 x 150 on 4:00 Freestyle {1 x 50 on :01 Your Choice {1 x 150 on 4:00 Freestyle
600	1 x 600 on 8:00 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
950	1x{6 x 50 on 1:00 Breast-odds 2X pullouts on BF { descend even 50's {4 x 25 on :45 Breast TO drill {5 x 50 on 1:00 Breast-evens 2X pullouts BH { descend even 50's {4 x 25 on :45 Breast TO drill {1 x 200 on 4:00 Breast alt. 50 2k1p, 5 sec c
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
5:01 PM 3,500 Yards - Stress Value = 45	

3:00 PM Start

Yards	Set Description
400	1 on 30:00 Stomach and Stretch 1 x 400 on 7:00 Underwater trn drill Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters Medley Rely practice relay starts
500	1x{1 x 150 on 3:00 Kick {1 x 125 on 2:30 Kick {1 x 100 on 2:00 Kick {1 x 75 on 1:30 Kick {1 x 50 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	1x{1 x 100 on :01 Your Choice {1 x 150 on 4:00 Freestyle {1 x 50 on :01 Your Choice {1 x 150 on 4:00 Freestyle
550	1 x 550 on 8:00 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
950	1x{6 x 50 on 1:00 Breast-odds 2X pullouts on BF { descend even 50's {4 x 25 on :45 Breast TO drill {5 x 50 on 1:00 Breast-evens 2X pullouts BH { descend even 50's {4 x 25 on :45 Breast TO drill {1 x 200 on 4:00 Breast alt. 50 2k1p, 5 sec c
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
5:01 PM 3,450 Yards - Stress Value = 45	

**Workout #6208 - Thursday, 12 February 2009**

**HighSchl - Distance**

**1 minute rest between sets**

**Workout #6206 - Thursday, 12 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 350 1 x 350 on 7:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 Medley Rely practice relay starts  
 450 1x{1 x 150 on 3:15 Kick  
 {1 x 125 on 2:40 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 75 on 1:40 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 450 1x{1 x 100 on :01 Your Choice  
 {1 x 150 on 4:00 Freestyle  
 {1 x 50 on :01 Your Choice  
 {1 x 150 on 4:00 Freestyle  
 450 1 x 450 on 8:00 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{6 x 50 on 1:05 Breast-odds 2X pullouts on BF  
 { descend even 50's  
 {4 x 25 on :45 Breast TO drill  
 {5 x 50 on 1:05 Breast-evens 2X pullouts BH  
 { descend even 50's  
 {4 x 25 on :45 Breast TO drill  
 {1 x 150 on 4:00 Breast alt. 50 2k1p, 5 sec c  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:02 PM 3,200 Yards - Stress Value = 43

400 Free Relay work on exchanges  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 1,350 Yards - Stress Value = 6

**Workout #6211 - Friday, 13 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 800 1 x 800 on 14:00 200 Choice 400 Rev IM Dr  
 200 Choice  
 150 10 x 15 on :45 Shooters  
 200 Free Relay work on exchanges  
 500 1 x 500 on 12:00 Vertical Kicking  
 500 1x{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds  
 {1 x 125 on 1:50 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 {1 x 75 on 1:05 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :45 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{1 x 100 on 1:30 Freestyle  
 {1 x 100 on 1:45 Your best non free  
 { Count your strokes  
 {3 x 50 on :55 Your best non free-2 strokes  
 {1 x 200 on 3:30 Individual Medley  
 {1 x 100 on 1:30 Freestyle-count your strokes  
 {3 x 50 on :50 Free -2 strokes hold time  
 400 8 x 50 on 1:00 Stroke Drill  
 1 on 10:00 Ice  
 4:53 PM 3,250 Yards - Stress Value = 30

**Workout #6213 - Friday, 13 February 2009**

**Group 3 - Fly**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 500 1 x 500 on 9:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 650 1x{3 x 50 on 1:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on :55 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on :50 Kick  
 500 1x{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 {3 x 50 on :45 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 6x{8 x 25 on :30 Odds fly evens fr br on 5  
 { w/ a 6bk  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills  
 6:51 PM 3,450 Yards - Stress Value = 38

**Workout #6212 - Friday, 13 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 700 1 x 700 on 14:00 200 Choice 400 Rev IM Dr  
 100 Choice  
 150 10 x 15 on :45 Shooters  
 200 Free Relay work on exchanges  
 500 1 x 500 on 12:00 Vertical Kicking  
 450 1x{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds  
 {1 x 125 on 2:05 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:40 Pulls-nbbf&w + 2 yds  
 {1 x 75 on 1:15 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 1x{1 x 100 on 1:40 Freestyle  
 {1 x 100 on 1:55 Your best non free  
 { Count your strokes  
 {3 x 50 on 1:00 Your best non free-2 strokes  
 {1 x 150 on 3:00 Individual Medley-no free  
 {1 x 100 on 1:40 Freestyle-count your strokes  
 {3 x 50 on :55 Free -2 strokes hold time  
 400 8 x 50 on 1:00 Stroke Drill  
 1 on 10:00 Ice  
 4:53 PM 3,050 Yards - Stress Value = 30

**Workout #6209 - Friday, 13 February 2009**

**HighSchl - All**

**1 minute rest between sets**

6:15 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 10:00 Stretching  
 1,000 1 x 1000 on 17:00 400 SKPS 400 Rev IM Dr REC  
 200 your choice  
 150 10 x 15 on :45 Shooters SP3

**Workout #6210 - Friday, 13 February 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 800 1 on 30:00 Physio Balls/Stretch  
 1 x 800 on 14:00 200 Choice 400 Rev IM Dr  
 200 Choice  
 150 10 x 15 on :45 Shooters  
 200 Free Relay work on exchanges  
 500 1 x 500 on 12:00 Vertical Kicking  
 500 1x{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds  
 {1 x 125 on 1:50 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 {1 x 75 on 1:05 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :45 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{1 x 100 on 1:30 Freestyle  
 {1 x 100 on 1:45 Your best non free  
 { Count your strokes  
 {3 x 50 on :55 Your best non free-2 strokes  
 {1 x 200 on 3:30 Individual Medley  
 {1 x 100 on 1:30 Freestyle-count your strokes  
 {3 x 50 on :50 Free -2 strokes hold time  
 400 8 x 50 on 1:00 Stroke Drill  
 1 on 10:00 Ice  
 4:53 PM 3,250 Yards - Stress Value = 30

**Workout #6214 - Saturday, 14 February 2009**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 35:00 Weights and Stretch  
 1 x 600 on 9:00 Choice  
 150 10 x 15 on :45 Shooters  
 Medley Relay work on exchanges  
 800 1x{2 x 100 on 1:25 Kick with flippers  
 {2 x 100 on 1:30 Kick with flippers  
 {2 x 100 on 1:35 Kick with flippers  
 {2 x 100 on 1:40 Kick with flippers  
 800 4 x 200 on 2:45 Pulls br alt 50's br on 3/4  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 100 1 x 100 on 2:00 Choice-brkn at 50 10 sec res  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 15:00 Ice/Team mtg  
 8:55 AM 3,150 Yards - Stress Value = 36

**Workout #6215 - Saturday, 14 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 35:00 Weights and Stretch  
 1 x 550 on 9:00 Choice  
 150 10 x 15 on :45 Shooters  
 Medley Relay work on exchanges  
 800 1x{2 x 100 on 1:25 Kick with flippers  
 {2 x 100 on 1:30 Kick with flippers  
 {2 x 100 on 1:35 Kick with flippers  
 {2 x 100 on 1:40 Kick with flippers  
 700 4 x 175 on 2:45 Pulls br alt 50's br on 3/4  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 100 1 x 100 on 2:00 Choice-brkn at 50 10 sec res

500 10 x 50 on 1:00 Stroke Drills  
 1 on 15:00 Ice/Team mtg  
 8:55 AM 3,000 Yards - Stress Value = 35

**Workout #6216 - Saturday, 14 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 Weights and Stretch  
 1 x 500 on 9:00 Choice  
 150 10 x 15 on :45 Shooters  
 Medley Relay work on exchanges  
 750 1x{2 x 100 on 1:30 Kick with flippers  
 {2 x 100 on 1:35 Kick with flippers  
 {2 x 100 on 1:40 Kick with flippers  
 {2 x 75 on 1:20 Kick with flippers  
 600 4 x 150 on 2:35 Pulls br alt 50's br on 3/4  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 100 1 x 100 on 2:00 Choice-brkn at 50 10 sec res  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 15:00 Ice/Team mtg  
 8:55 AM 2,800 Yards - Stress Value = 33

**Workout #6217 - Monday, 16 February 2009**

**HighSchl - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 35:00 Weights and Stretch  
 1 x 500 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 200 Free Relay work on exchanges  
 600 2x{4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:00 Kick  
 {1 x 100 on 2:00 Kick  
 500 4 x 125 on 1:50 Pull no br L.10,11,12,13 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 6 x 150 on 2:05 Free-descend in 3's-80-85%  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 8:51 AM 3,000 Yards - Stress Value = 37

**Workout #6218 - Monday, 16 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 450 1 on 35:00 Weights and Stretch  
 1 x 450 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 200 Free Relay work on exchanges  
 600 2x{4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:00 Kick  
 {1 x 100 on 2:00 Kick  
 500 4 x 125 on 1:55 Pull no br L.10,11,12,13 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 6 x 150 on 2:20 Free-descend in 3's-80-85%  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 8:52 AM 2,950 Yards - Stress Value = 37

**Workout #6219 - Monday, 16 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Weights and Stretch  
 400 1 x 400 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 200 Free Relay work on exchanges  
 500 2x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:10 Kick  
 {1 x 100 on 2:15 Kick  
 500 4 x 125 on 2:05 Pull no br L.10,11,12,13 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 6 x 150 on 2:30 Free-descend in 3's-80-85%  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 8:53 AM 2,800 Yards - Stress Value = 36

**Workout #6223 - Tuesday, 17 February 2009**

**Group 3 - Distance**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 500 1 x 500 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 600 1x{1 x 150 on 3:00 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 50 on 1:00 Kick  
 {1 x 50 on :55 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 150 on 2:55 Kick  
 600 1x{2 x 75 on 1:10 Pulls  
 {3 x 75 on 1:05 Freestyle  
 {3 x 75 on 1:00 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 4 x 400 on 5:00 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
 6:36 PM 3,750 Yards - Stress Value = 52

**Workout #6220 - Tuesday, 17 February 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 Medley Relay work on exchanges  
 600 1x{4 x 50 on 1:00 Kick  
 {4 x 50 on :55 Kick  
 {2 x 100 on 1:50 Kick  
 750 2x{1 x 125 on 1:45 Pulls  
 {1 x 100 on 1:25 Pulls  
 {1 x 75 on 1:05 Pulls  
 {1 x 50 on :45 Pulls  
 {1 x 25 on :25 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes  
 100 1 x 100 on 3:00 Broken  
 500 1x{1 x 200 on 3:00 Stroke Drills  
 {1 x 150 on 2:30 Stroke Drills  
 {1 x 100 on 1:50 Stroke Drills  
 {1 x 50 on 1:00 Stroke Drills

1 on 10:00 Ice  
 4:39 PM 2,900 Yards - Stress Value = 30

**Workout #6221 - Tuesday, 17 February 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 Medley Relay work on exchanges  
 600 1x{4 x 50 on 1:00 Kick  
 {4 x 50 on :55 Kick  
 {2 x 100 on 1:55 Kick  
 700 2x{1 x 125 on 1:50 Pulls  
 {1 x 100 on 1:30 Pulls  
 {1 x 75 on 1:10 Pulls  
 {1 x 50 on :50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes  
 100 1 x 100 on 3:00 Broken  
 500 1x{1 x 200 on 3:00 Stroke Drills  
 {1 x 150 on 2:30 Stroke Drills  
 {1 x 100 on 1:50 Stroke Drills  
 {1 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 4:39 PM 2,850 Yards - Stress Value = 30

**Workout #6222 - Tuesday, 17 February 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 Medley Relay work on exchanges  
 550 1x{4 x 50 on 1:05 Kick  
 {3 x 50 on 1:00 Kick  
 {2 x 100 on 2:05 Kick  
 650 2x{1 x 125 on 1:55 Pulls  
 {1 x 100 on 1:35 Pulls  
 {1 x 75 on 1:15 Pulls  
 {1 x 25 on :30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes  
 100 1 x 100 on 3:00 Broken  
 450 1x{1 x 200 on 3:20 Stroke Drills  
 {1 x 150 on 2:45 Stroke Drills  
 {1 x 100 on 2:00 Stroke Drills  
 1 on 10:00 Ice  
 4:39 PM 2,650 Yards - Stress Value = 29

**Workout #6225 - Wednesday, 18 February 2009**

**Group 3 - Breast  
1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Abs and stretch  
 500 1 x 500 on 9:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 750 1x{2 x 125 on 2:30 Kick  
       {2 x 125 on 2:25 Kick  
       {2 x 125 on 2:20 Kick  
 750 1x{2 x 125 on 1:55 Lungbuster pulls  
       {2 x 125 on 1:50 Lungbuster pulls  
       {2 x 125 on 1:45 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 100 on 1:50 Breaststroke  
       {4 x 25 on :45 Breast TO drill  
       {2 x 100 on 1:45 Breaststroke  
       {4 x 25 on :45 Breast TO drill  
       {3 x 100 on 1:40 Breaststroke  
       {4 x 25 on :45 Breast TO drill  
       {4 x 100 on 1:35 Breaststroke  
 300 1 x 300 on 5:00 Stroke Drills  
 6:51 PM 3,950 Yards - Stress Value = 46

**Workout #6224 - Wednesday, 18 February 2009**

**HighSchl - All  
1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Stretch  
 500 1 x 500 on 9:00 Choice  
 150 10 x 15 on :45 Shooters  
       200 Free Relay work on exchanges  
 500 4 x 125 on 3:00 Social Kick  
 750 1x{2 x 125 on 2:00 Pulls  
       {2 x 125 on 1:55 Pulls  
       {2 x 125 on 1:50 Pulls  
 150 3x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :30 12.5 ez 12.5 fast grt finishes  
 500 5 x 100 on 2:00 Choice  
 500 10 x 50 on 1:00 Stroke Drills  
       1 on 1:00 Ice/Team Mtg  
 4:32 PM 3,050 Yards - Stress Value = 23

**Workout #6226 - Thursday, 19 February 2009**

**Group 2 - All  
1 minute rest between sets**

7:00 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 15:00 Stretch  
 400 1 x 400 on 8:00 Underwater Turn Drill EN1  
 150 10 x 15 on :45 Shooters SP2  
 400 1x{4 x 25 on :45 BSLR EN1  
       {1 x 100 on 2:15 Kick EN1  
       {4 x 25 on :45 BSLR EN1  
       {1 x 100 on 2:15 Kick EN1  
 450 1x{1 x 150 on 2:30 Pull breathe 3-5-7 EN1  
       {1 x 150 on 2:25 Pull breathe 3-5-7 EN1  
       {1 x 150 on 2:20 Pull breathe 3-5-7 EN1  
       1 on 3:00 bathroom break  
 1,000 20 x 50 on 1:00 Mid Pool Swims EN1  
       Every 4th one Stroke  
 500 10 x 50 on 1:05 Stroke Drills REC  
 8:29 PM 2,900 Yards - Stress Value = 39

**Workout #6228 - Friday, 20 February 2009**

**Group 3 - Back  
1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 400 1 x 400 on 8:00 Underwater trn drill  
       odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 750 1x{4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on 1:00 Kick  
       {4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on :55 Kick  
       {4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on :50 Kick  
 750 1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds  
       {5 x 50 on :45 Pulls-nbbf&w + 2 yds  
       {5 x 50 on :40 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 200 on 3:20 Backstroke 5 KOW off BH wall  
       {4 x 50 on :40 Backstroke  
       {2 x 175 on 2:50 Backstroke 5 Kow off BH wall  
       {4 x 50 on :45 Backstroke  
       {3 x 150 on 2:20 Backstroke 5 KOW off BH wall  
       {4 x 50 on :50 Backstroke-descend  
 400 1 x 400 on 6:00 Stroke Drills  
 6:54 PM 4,250 Yards - Stress Value = 50

**Workout #6227 - Friday, 20 February 2009**

**HighSchl - All  
1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stretch and Team Mtg  
 800 1 x 800 on 16:00 Choice-25 of each 100  
       must be non free  
 150 10 x 15 on :45 Shooters  
       200 Free Relay work on exchanges  
 500 1 x 500 on 10:00 Kick-3rd 25 of each 100  
       sprint kick for 8-7-6-5-4 seconds  
 400 8 x 50 on 1:00 Pulls-streamline past flags  
       on start and turn before your breakout strc  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5-85% w/ grt fnshs  
 500 1 x 500 on 10:00 Whatever you/coaches think  
       you need  
 550 1 x 550 on 7:30 5:00 easy swim  
       1 on 10:00 Ice  
 4:48 PM 3,000 Yards - Stress Value = 20

**Workout #6232 - Monday, 23 February 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
500	1 on 25:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:40 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:50 Kick
900	1x{4 x 75 on 1:05 Pull no br L.12 yds
	{4 x 75 on 1:05 Pull no br L.14 yds
	{4 x 75 on 1:05 Pull no br L.16 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{2 x 200 on 2:40 Freestyle
	{1 x 200 on 3:00 Individual Medley
	{2 x 200 on 2:35 Freestyle
	{1 x 200 on 2:55 Individual Medley
	{2 x 200 on 2:30 Freestyle
	{1 x 200 on 2:50 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
6:51 PM 4,500 Yards - Stress Value = 73	

**Workout #6233 - Monday, 23 February 2009**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM Start				
	1 on 15:00 Stretch		L	DF
600	12 x 50 on 1:00 Stroke Drills	REC	D	CF
150	10 x 15 on :45 Shooters	SP3	S	CF
600	2x{1 x 150 on 3:15 Kick	EN2	K	CF
	{1 x 100 on 2:05 Kick	EN2	K	CF
	{1 x 50 on 1:00 Kick	EN2	K	CF
600	1x{1 x 200 on 3:40 Pulls	EN1	P	F
	{1 x 200 on 3:35 Pulls	EN1	P	F
	{1 x 200 on 3:30 Pulls	EN1	P	F
	1 on 3:00 bathroom break			
200	8 x 25 on :45 Sweetness	EN2	S	F
800	1x{1 x 100 on :00 Broken at each 25	SP2	S	CF
	{ for 5 seconds			
	{1 x 300 on 10:00 Freestyle	REC	S	F
	{1 x 100 on :00 Broken at each 25	SP2	S	CF
	{ for 10 seconds			
	{1 x 300 on 9:00 Freestyle	REC	S	F
500	10 x 50 on 1:10 Stroke Drills	REC	D	CF
	1 on 15:00 Starts			
7:29 PM 3,450 Yards - Stress Value = 48				

**Workout #6229 - Monday, 23 February 2009**

**HighSchl - All**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK
6:30 AM 1 on 10:00 Stretch					
1,000	6:40 AM	1 x 1000 on 15:00 Choice	REC	S	CHO
	6:55 AM	1 on 10:00 Ice		M	
	7:05 AM	1,000 Yards			

**Workout #6230 - Monday, 23 February 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

Yards	Set Description
3:00 PM Start	
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 150 on 3:00 Kick
500	4 x 125 on 1:50 Pull no br L.12yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
1,800	1x{2 x 225 on 3:10 Freestyle
	{2 x 225 on 3:00 Freestyle
	{2 x 225 on 2:50 Freestyle
	{2 x 225 on 2:45 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Stretch and Ice
4:48 PM 3,550 Yards - Stress Value = 41	

**Workout #6231 - Monday, 23 February 2009**

**HighSchl - Stokers**

**1 minute rest between sets**

Yards	Set Description
3:00 PM Start	
	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 150 on 3:00 Kick
500	4 x 125 on 1:50 Pull no br L.12yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :30 12.5 ez 12.5 fast grt finishes
1,600	1x{2 x 200 on 3:10 Individual Medley
	{2 x 200 on 3:05 Individual Medley
	{2 x 200 on 3:00 Individual Medley
	{2 x 200 on 2:55 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
4:49 PM 3,350 Yards - Stress Value = 39	

**Workout #6237 - Tuesday, 24 February 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{2 x 75 on 1:30 Kick
	{3 x 75 on 1:25 Kick
	{3 x 75 on 1:20 Kick
750	1x{1 x 250 on 3:30 Pulls
	{1 x 250 on 3:25 Pulls
	{1 x 250 on 3:20 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{3 x 100 on 1:30 Backstroke
	{1 x 25 on :30 Back drill
	{1 x 50 on :55 Back Drill
	{1 x 75 on 1:15 Back Drill
	{3 x 100 on 1:25 Backstroke
200	1 x 200 on 3:00 Stroke Drills
6:33 PM 3,050 Yards - Stress Value = 33	

**Workout #6236 - Tuesday, 24 February 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

Yards	Set Description
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{2 x 75 on 1:30 Kick {3 x 75 on 1:25 Kick {3 x 75 on 1:20 Kick
750	1x{1 x 250 on 3:30 Pulls {1 x 250 on 3:25 Pulls {1 x 250 on 3:20 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{4 x 100 on 1:30 Backstroke {1 x 25 on :30 Back drill {1 x 50 on :55 Back Drill {1 x 75 on 1:15 Back Drill {4 x 100 on 1:25 Backstroke {1 x 25 on :30 Back Drill {1 x 50 on :55 Back Drill {1 x 75 on 1:15 Back Drill {4 x 100 on 1:20 Backstroke {1 x 25 on :30 Back Drill {1 x 50 on :55 Back Drill {1 x 75 on 1:15 Back Drill {4 x 100 on 1:15 Backstroke
250	5 x 50 on 1:00 Stroke Drills
	6:56 PM 4,500 Yards - Stress Value = 56

**Workout #6238 - Tuesday, 24 February 2009**

**Group 3 - Boys**

**1 minute rest between sets**

Yards	Set Description
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{2 x 75 on 1:30 Kick {3 x 75 on 1:25 Kick {3 x 75 on 1:20 Kick
750	1x{1 x 250 on 3:30 Pulls {1 x 250 on 3:25 Pulls {1 x 250 on 3:20 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
850	1x{4 x 100 on 1:30 Backstroke {1 x 25 on :30 Back drill {1 x 50 on :55 Back Drill {1 x 75 on 1:15 Back Drill {3 x 100 on 1:25 Backstroke
250	5 x 50 on 1:00 Stroke Drills
	6:39 PM 3,300 Yards - Stress Value = 36

**Workout #6234 - Tuesday, 24 February 2009**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description
	1 on 30:00 Stomach and StretchTm mtg
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters Medley Relay work on exchanges
600	1x{3 x 100 on 2:00 Kick {2 x 100 on 1:50 Kick

	{1 x 100 on 1:40 Kick
550	1x{1 x 125 on 1:50 Pulls {2 x 100 on 1:30 Pulls {3 x 75 on 1:05 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 250 on 3:30 Freestyle {1 x 250 on 3:20 Freestyle {1 x 250 on 3:10 Freestyle {5 x 100 on 1:30 Freestyle-hold 105
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
	4:47 PM 3,250 Yards - Stress Value = 38

**Workout #6235 - Tuesday, 24 February 2009**

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description
	1 on 30:00 Stomach and StretchTm mtg
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters Medley Relay work on exhchanges
600	1x{3 x 100 on 2:00 Kick {2 x 100 on 1:50 Kick {1 x 100 on 1:40 Kick
550	1x{1 x 125 on 1:50 Pulls {2 x 100 on 1:30 Pulls {3 x 75 on 1:05 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :30 12.5 ez 12.5 fast grt finishes
1,050	1x{1 x 250 on 4:00 50fly, 50fr, 50fly, 50fr, 50 {1 x 250 on 4:00 50ba, 50fr, 50ba, 50fr, 50be {1 x 250 on 4:15 50br, 50fr, 50br, 50fr, 50br {3 x 100 on 1:40 IM-build into turns-fast bre
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
	4:47 PM 3,050 Yards - Stress Value = 34

**Workout #6242 - Wednesday, 25 February 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

Yards	Set Description
	1 on 29:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:50 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:00 Kick {4 x 25 on :45 Kick no board BSLR
450	1x{1 x 150 on 2:15 Lungbuster pulls {1 x 125 on 1:55 Lungbuster pulls {1 x 100 on 1:30 Lungbuster pulls {1 x 75 on 1:10 Lungbuster pulls { Breathe 3-5-7 continuous
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{2 x 100 on 1:40 3 strokes fly off walls {2 x 25 on :30 Fly 1 up 1 down {2 x 100 on 1:35 3 strokes fly off walls {2 x 25 on :30 Fly lup 2down {2 x 100 on 1:30 3 strokes fly off walls
250	1 x 250 on 5:00 Stroke Drills
	6:32 PM 2,750 Yards - Stress Value = 29

**Workout #6241 - Wednesday, 25 February 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 29:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:50 Kick  
 900 1x{2 x 150 on 2:15 Lungbuster pulls  
 {2 x 125 on 1:50 Lungbuster pulls  
 {2 x 100 on 1:25 Lungbuster pulls  
 {2 x 75 on 1:00 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{5 x 100 on 1:30 3 strokes fly off walls  
 {2 x 25 on :30 Fly 1 up 1 down  
 {4 x 100 on 1:25 3 strokes fly off walls  
 {2 x 25 on :30 Fly 1up 2down  
 {3 x 100 on 1:20 3 strokes fly off walls  
 {2 x 25 on :30 Fly 1up 3down  
 {2 x 100 on 1:15 3 strokes fly off walls  
 {2 x 25 on :30 Fly 2up 3down  
 {1 x 100 on 1:10 3 strokes fly off walls  
 500 10 x 50 on 1:00 Stroke Drills  
 7:00 PM 4,500 Yards - Stress Value = 51

**Workout #6243 - Wednesday, 25 February 2009**

**Group 3 - Boys**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 29:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 750 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 50 on 1:00 Kick  
 850 1x{2 x 150 on 2:15 Lungbuster pulls  
 {2 x 125 on 1:50 Lungbuster pulls  
 {2 x 100 on 1:25 Lungbuster pulls  
 {2 x 50 on 1:00 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{2 x 100 on 1:40 3 strokes fly off walls  
 {2 x 25 on :30 Fly 1 up 1 down  
 {2 x 100 on 1:35 3 strokes fly off walls  
 {2 x 25 on :30 Fly 1up 2down  
 {2 x 100 on 1:30 3 strokes fly off walls  
 {2 x 25 on :30 Fly 1up 3down  
 {2 x 100 on 1:25 3 strokes fly off walls  
 {2 x 25 on :30 Fly 2up 3down  
 250 1 x 250 on 5:00 Stroke Drills  
 6:47 PM 3,500 Yards - Stress Value = 41

**Workout #6239 - Wednesday, 25 February 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 25 pushups 25 squats/stretch  
 400 1 x 400 on 8:00 L.25 of each 100 non free  
 150 10 x 15 on :45 Shooters  
 400 Free Relay work on exchanges  
 400 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:30 Kick-odds build evens ez  
 500 1 x 500 on 7:30 Lungbuster pulls  
 breathe 3-5-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes  
 1,200 1x{1 x 400 on 6:00 Freestyle-Great Technique  
 {1 x 400 on 5:30 Freestyle-build into walls  
 { explosive breakouts  
 {1 x 400 on 5:00 Free-feel strng/fast-not tir  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 4:43 PM 3,000 Yards - Stress Value = 27

**Workout #6240 - Wednesday, 25 February 2009**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 25 pushups/squats/stretch  
 400 1 x 400 on 8:00 L.25 of each 100 non free  
 150 10 x 15 on :45 Shooters  
 400 Free Relay work on exchanges  
 400 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:30 Kick-odds build evens ez  
 500 1 x 500 on 7:30 Lungbuster pulls  
 breathe 3-5-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes  
 1,050 3x{2 x 100 on 1:30 #1 drill, #2 breathe on 3 w/  
 { great technique  
 {1 x 50 on 1:00 25 easy 25 build  
 {1 x 50 on :50 Freestyle-build into turns  
 { explosive breakouts  
 {1 x 50 on :40 Free-feel strng/fast-not tirec  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 4:43 PM 2,850 Yards - Stress Value = 27



**Workout #6246 - Thursday, 26 February 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 400 1 x 400 on 9:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 400 4 x 100 on 2:05 Kick-odd 100's fast-85-90%  
 450 1x{1 x 200 on 3:10 Pulls  
 {1 x 150 on 2:20 Pulls  
 {1 x 100 on 1:35 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 1x{1 x 100 on 1:35 25 breast 75 free  
 {1 x 100 on 1:40 50 breast 50 free  
 {1 x 100 on 1:45 75 breast 25 free  
 {1 x 150 on 2:20 50 breast 100 free  
 {1 x 150 on 2:25 75 breast 125 free  
 {1 x 150 on 2:30 100 Breast 50 Free  
 250 1 x 250 on 5:00 Stroke Drills  
 6:31 PM 2,500 Yards - Stress Value = 29

**Workout #6245 - Thursday, 26 February 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 9:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 800 8 x 100 on 1:50 Kick-odd 100's fast  
 900 1x{1 x 300 on 4:10 Pulls  
 {1 x 300 on 4:00 Pulls  
 {1 x 300 on 3:50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 2x{1 x 100 on 1:30 25 breast 75 free  
 {1 x 100 on 1:35 50 breast 50 free  
 {1 x 100 on 1:40 75 breast 25 free  
 {1 x 150 on 2:15 50 breast 100 free  
 {1 x 150 on 2:20 75 breast 125 free  
 {1 x 150 on 2:25 100 Breast 50 Free  
 {1 x 150 on 2:30 125 breast 25 free  
 300 1 x 300 on 5:00 Stroke Drills  
 7:00 PM 4,650 Yards - Stress Value = 54

**Workout #6247 - Thursday, 26 February 2009**

**Group 3 - Boys**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 9:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 800 8 x 100 on 1:50 Kick-odd 100's fast  
 850 1x{1 x 300 on 4:15 Pulls  
 {1 x 300 on 4:10 Pulls  
 {1 x 250 on 3:30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{1 x 100 on 1:30 25 breast 75 free  
 {1 x 100 on 1:35 50 breast 50 free  
 {1 x 100 on 1:40 75 breast 25 free

{1 x 150 on 2:15 50 breast 100 free  
 {1 x 150 on 2:20 75 breast 125 free  
 {1 x 150 on 2:25 100 Breast 50 Free  
 {1 x 150 on 2:30 125 breast 25 free  
 300 1 x 300 on 5:00 Stroke Drills  
 6:46 PM 3,700 Yards - Stress Value = 46

**Workout #6244 - Thursday, 26 February 2009**

**HighSchl - All**

**1 minute rest between sets**

4:45 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretch  
 500 1 x 500 on 9:00 Choice  
 150 10 x 15 on :45 Shooters  
 300 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:00 Kick-descend  
 400 8 x 50 on :50 Pulls-nbbf&w  
 1 on 10:00 Techniques-Relay Starts  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :30 12.5 ez 12.5 fast grt finishes  
 400 1x{1 x 100 on 1:45 IM/Stroke-closed fist  
 {1 x 100 on 1:45 IM/Stroke-hook em' horns  
 {1 x 100 on 1:45 IM/Stroke-OK drill  
 {1 x 100 on 1:45 IM/Stroke-swim  
 200 1 x 200 on 3:00 Stroke Drills  
 6:00 PM 2,050 Yards - Stress Value = 17

**Workout #6249 - Monday, 02 March 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 500 1 x 500 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:20 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 75 on 1:25 Kick  
 600 1x{2 x 125 on 1:45 Pull no br L.12 yds  
 {2 x 100 on 1:25 Pull no br L.12 yds  
 {2 x 75 on 1:05 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{3 x 200 on 2:40 Freestyle-descend  
 {3 x 150 on 2:00 Freestyle-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 4:59 PM 3,150 Yards - Stress Value = 43

**Workout #6248 - Monday, 02 March 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 500 1 x 500 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR  
       {2 x 75 on 1:15 Kick  
       {4 x 25 on :40 Kick no board BSLR  
       {2 x 75 on 1:20 Kick  
       {4 x 25 on :35 Kick no board BSLR  
 850 1x{2 x 125 on 1:45 Pull no br L.12 yds  
       {3 x 100 on 1:25 Pull no br L.12 yds  
       {4 x 75 on 1:05 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,700 1x{3 x 300 on 4:00 Freestyle-descend  
       {3 x 250 on 3:20 Freestyle-descend  
       {3 x 200 on 2:40 Freestyle-descend  
       {3 x 150 on 2:00 Freestyle-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 5,250 Yards - Stress Value = 82

**Workout #6251 - Monday, 02 March 2009**

**Group 3 - Boys**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 500 1 x 500 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR  
       {2 x 75 on 1:30 Kick  
       {4 x 25 on :40 Kick no board BSLR  
       {2 x 75 on 1:25 Kick  
 600 1x{2 x 125 on 1:50 Pull no br L.12 yds  
       {2 x 100 on 1:30 Pull no br L.12 yds  
       {2 x 75 on 1:10 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{3 x 250 on 3:45 Freestyle-descend  
       {3 x 200 on 2:55 Freestyle-descend  
       {3 x 150 on 2:10 Freestyle-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 4,000 Yards - Stress Value = 60

**Workout #6250 - Monday, 02 March 2009**

**Group 3 - Divisionals**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 450 1 x 450 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR  
       {2 x 75 on 1:30 Kick  
       {4 x 25 on :40 Kick no board BSLR  
       {2 x 75 on 1:25 Kick  
 600 1x{2 x 125 on 1:50 Pull no br L.12 yds  
       {2 x 100 on 1:30 Pull no br L.12 yds  
       {2 x 75 on 1:10 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 3 x 300 on 4:30 Freestyle-descend  
 300 1 x 300 on 5:00 Stroke Drills

5:00 PM 3,000 Yards - Stress Value = 31

**Workout #6253 - Tuesday, 03 March 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 500 1 x 500 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1x{1 x 100 on 2:00 Kick  
       {1 x 100 on 1:55 Kick  
       {1 x 100 on 1:50 Kick  
       {1 x 100 on 1:45 Kick  
 450 1x{1 x 150 on 2:00 Pulls  
       {1 x 150 on 1:55 Pulls  
       {1 x 150 on 1:50 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,550 1x{3 x 150 on 2:05 Backstroke  
       {1 x 50 on 1:00 Back one arm drill  
       {3 x 125 on 1:45 Backstroke  
       {1 x 50 on 1:00 Back one arm drill  
       {3 x 100 on 1:25 Backstroke  
       {1 x 50 on 1:00 Back one arm drill  
       {3 x 75 on 1:05 Backstroke  
       {1 x 50 on 1:00 Back one arm drill  
 200 1 x 200 on 4:00 Stroke Drills  
 5:01 PM 3,350 Yards - Stress Value = 48

**Workout #6252 - Tuesday, 03 March 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 500 1 x 500 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{1 x 100 on 2:00 Kick  
       {1 x 100 on 1:55 Kick  
       {1 x 100 on 1:50 Kick  
       {1 x 100 on 1:45 Kick  
       {1 x 100 on 1:40 Kick  
       {1 x 100 on 1:35 Kick  
 750 1x{1 x 250 on 3:15 Pulls  
       {1 x 250 on 3:10 Pulls  
       {1 x 250 on 3:05 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,950 1x{3 x 150 on 2:05 Backstroke  
       {1 x 100 on 2:00 Backstroke  
       {1 x 50 on 1:00 Back one arm drill  
       {3 x 125 on 1:45 Backstroke  
       {1 x 100 on 2:00 Backstroke  
       {1 x 50 on 1:00 Back one arm drill  
       {3 x 100 on 1:25 Backstroke  
       {1 x 100 on 2:00 Backstroke  
       {1 x 50 on 1:00 Back one arm drill  
       {3 x 75 on 1:05 Backstroke  
       {1 x 100 on 2:00 Backstroke  
       {1 x 50 on 1:00 Back one arm drill  
 400 4 x 100 on 1:30 Freestyle-descend to ludicrc  
 400 8 x 50 on 1:00 Stroke Drills  
 Speed!!!!!!!!!!  
 5:30 PM 4,950 Yards - Stress Value = 92

**Workout #6254 - Tuesday, 03 March 2009**

**Group 3 - Boys**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 500 1 x 500 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1x{1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 450 1x{1 x 150 on 2:10 Pulls  
 {1 x 150 on 2:05 Pulls  
 {1 x 150 on 2:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{3 x 150 on 2:20 Backstroke  
 {1 x 50 on 1:00 Back one arm drill  
 {3 x 125 on 1:55 Backstroke  
 {1 x 50 on 1:00 Back one arm drill  
 {3 x 100 on 1:30 Backstroke  
 {1 x 50 on 1:00 Back one arm drill  
 {3 x 75 on 1:10 Backstroke  
 200 1 x 200 on 4:00 Stroke Drills  
 5:08 PM 3,500 Yards - Stress Value = 51

**Workout #6255 - Tuesday, 03 March 2009**

**Group 3 - Divisionals**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 450 1 x 450 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1x{1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 450 1x{1 x 150 on 2:20 Pulls  
 {1 x 150 on 2:15 Pulls  
 {1 x 150 on 2:05 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{2 x 150 on 2:30 Backstroke  
 {1 x 50 on 1:00 Back one arm drill  
 {2 x 125 on 2:05 Backstroke  
 {1 x 50 on 1:00 Back one arm drill  
 {2 x 100 on 1:40 Backstroke  
 {1 x 50 on 1:00 Back one arm drill  
 {2 x 75 on 1:15 Backstroke  
 200 1 x 200 on 4:00 Stroke Drills  
 4:57 PM 2,800 Yards - Stress Value = 38

**Workout #6257 - Wednesday, 04 March 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 24:00 Physio Balls/Stretch  
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board B---  
 {2 x 50 on :50 Kick  
 {4 x 25 on :45 Kick no board -S---  
 {1 x 50 on :50 Kick

{4 x 25 on :45 Kick no board --L-  
 {2 x 50 on :50 Kick  
 1,000 1 x 1000 on 13:00 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{1 x 100 on 1:35 Breaststroke  
 {2 x 75 on 1:10 Breaststroke  
 {3 x 50 on :45 Breaststroke  
 {4 x 25 on :30 Breaststroke-descend  
 {1 x 100 on 1:30 Breaststroke  
 {2 x 75 on 1:05 Breaststroke  
 {3 x 50 on :40 Breaststroke  
 {4 x 25 on :30 Breaststroke-descend  
 250 5 x 50 on 1:00 Stroke Drills  
 5:07 PM 3,550 Yards - Stress Value = 57

**Workout #6256 - Wednesday, 04 March 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 24:00 Physio Balls/Stretch  
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board B---  
 {3 x 50 on :50 Kick  
 {4 x 25 on :45 Kick no board -S---  
 {3 x 50 on :50 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 50 on :50 Kick  
 {4 x 25 on :45 Kick no board ---R  
 1,000 1 x 1000 on 13:00 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 100 on 1:40 Breaststroke  
 {2 x 75 on 1:15 Breaststroke  
 {3 x 50 on :50 Breaststroke  
 {4 x 25 on :30 Breaststroke-descend  
 {1 x 100 on 1:35 Breaststroke  
 {2 x 75 on 1:10 Breaststroke  
 {3 x 50 on :45 Breaststroke  
 {4 x 25 on :30 Breaststroke-descend  
 {1 x 100 on 1:30 Breaststroke  
 {2 x 75 on 1:05 Breaststroke  
 {3 x 50 on :40 Breaststroke  
 {4 x 25 on :30 Breaststroke-descend  
 500 10 x 50 on 1:00 Stroke Drills  
 5:30 PM 4,700 Yards - Stress Value = 75

**Workout #6259 - Wednesday, 04 March 2009**

**Group 3 - Boys**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 24:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick no board B--- {1 x 50 on :50 Kick {4 x 25 on :45 Kick no board -S-- {1 x 50 on :50 Kick {4 x 25 on :45 Kick no board --LR
500	1 x 500 on 7:30 Lungbuster pulls Breathe 3-5-7-9 continuous
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	2x{1 x 100 on 1:40 Breaststroke {2 x 75 on 1:15 Breaststroke {3 x 50 on :50 Breaststroke {4 x 25 on :30 Breaststroke-descend
200	1 x 200 on 4:00 Stroke Drills
	5:00 PM 2,750 Yards - Stress Value = 44

**Workout #6258 - Wednesday, 04 March 2009**

**Group 3 - Divisionals**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 24:00 Physio Balls/Stretch
400	1 x 400 on 8:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick no board B--- {1 x 50 on :50 Kick {4 x 25 on :45 Kick no board -S-- {1 x 50 on :50 Kick {4 x 25 on :45 Kick no board --LR
500	1 x 500 on 7:30 Lungbuster pulls Breathe 3-5-7-9 continuous
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	2x{1 x 100 on 1:40 Breaststroke {2 x 75 on 1:15 Breaststroke {3 x 50 on :50 Breaststroke {4 x 25 on :30 Breaststroke-descend
200	1 x 200 on 4:00 Stroke Drills
	5:00 PM 2,750 Yards - Stress Value = 44

**Workout #6261 - Thursday, 05 March 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{2 x 125 on 2:20 Kick {2 x 100 on 1:50 Kick {2 x 75 on 1:20 Kick {2 x 50 on :50 Kick
700	1x{2 x 50 on :45 Pulls {2 x 75 on 1:05 Pulls {2 x 100 on 1:25 Pulls {2 x 125 on 1:45 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,250	1x{4 x 125 on 1:55 Fly 2-2 {3 x 100 on 1:30 Fly 2-3 {4 x 75 on 1:05 Fly 2-4 {3 x 50 on :40 Fly 2-5
300	1 x 300 on 5:00 Stroke Drills
	5:07 PM 3,700 Yards - Stress Value = 41

**Workout #6260 - Thursday, 05 March 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 Stomach and Stretch
500	1 x 500 on 8:00 Underwater trn drill odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{2 x 125 on 2:20 Kick {2 x 100 on 1:50 Kick {2 x 75 on 1:20 Kick {2 x 50 on :50 Kick
700	1x{2 x 50 on :45 Pulls {2 x 75 on 1:05 Pulls {2 x 100 on 1:25 Pulls {2 x 125 on 1:45 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	2x{3 x 125 on 1:55 Fly 2-2 {3 x 100 on 1:30 Fly 2-3 {3 x 75 on 1:05 Fly 2-4 {3 x 50 on :40 Fly 2-5 {1 x 50 on 1:00 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	5:20 PM 4,550 Yards - Stress Value = 51

**Workout #6263 - Thursday, 05 March 2009**

**Group 3 - Boys**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill odd 100's free even 100's back
150	10 x 15 on :45 Shooters
450	1x{2 x 100 on 2:05 Kick {2 x 75 on 1:35 Kick {2 x 50 on 1:05 Kick
450	1x{2 x 50 on :45 Pulls {2 x 75 on 1:10 Pulls {2 x 100 on 1:35 Pulls
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{2 x 125 on 2:05 Alt 25 free 25 non free {2 x 100 on 1:40 Alt 25 free 25 non free {2 x 75 on 1:15 Alt 25 free 25 non free {2 x 50 on :50 Alt 25 free 25 non free
300	1 x 300 on 6:00 Stroke Drills
	4:54 PM 2,500 Yards - Stress Value = 27

**Workout #6262 - Thursday, 05 March 2009**

**Group 3 - Divisionals**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 Stomach and Stretch
400	1 x 400 on 8:00 Underwater trn drill odd 100's free even 100's back
150	10 x 15 on :45 Shooters
450	1x{2 x 100 on 2:05 Kick {2 x 75 on 1:35 Kick {2 x 50 on 1:05 Kick
450	1x{2 x 50 on :45 Pulls {2 x 75 on 1:10 Pulls {2 x 100 on 1:35 Pulls
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{2 x 125 on 2:05 Alt 25 free 25 non free {2 x 100 on 1:40 Alt 25 free 25 non free {2 x 75 on 1:15 Alt 25 free 25 non free {2 x 50 on :50 Alt 25 free 25 non free
300	1 x 300 on 6:00 Stroke Drills
	4:54 PM 2,500 Yards - Stress Value = 27

**Workout #6264 - Friday, 06 March 2009**

**HighSchl - Senior State**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 Stomach and Stretch
500	1 x 500 on 8:00 Choice
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:35 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:55 Kick
900	1x{4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds {4 x 100 on 1:25 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	7x{1 x 100 on 1:30 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on :50 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:16 PM 4,000 Yards - Stress Value = 40

**Workout #6265 - Friday, 06 March 2009**

**HighSchl - Divisionals**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 Stomach and Stretch
400	1 x 400 on 8:00 Choice
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:05 Kick
450	1x{2 x 50 on :45 Pulls-nbbf&w + 2 yds {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds {2 x 100 on 1:25 Pulls-nbbf&w + 2 yds
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	2x{1 x 100 on 1:45 Individual Medley-Drill

{1 x 50 on :45 Freestyle  
{1 x 50 on 1:00 Freestyle  
200 1 x 200 on 4:00 Stroke Drills  
4:48 PM 2,050 Yards - Stress Value = 22

**Workout #6266 - Monday, 09 March 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
500	1x{1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 50 on :50 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on :50 Kick {1 x 50 on :55 Kick {1 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board BSLR
500	1x{1 x 200 on 2:50 Pull no br L.12 yds {1 x 150 on 2:05 Pull no br L.14 yds {1 x 100 on 1:20 Pull no br L.16 yds {1 x 50 on :40 Pull no br L.18 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	6 x 300 on 4:00 Free #1 great technique #2 3 KOW, #3 neg split, #4 des 100's, #5 best effort, #6 great technique
300	1 x 300 on 5:00 Stroke Drills
	5:11 PM 3,950 Yards - Stress Value = 55

**Workout #6267 - Monday, 09 March 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
500	1x{1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 50 on :50 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on :50 Kick {1 x 50 on :55 Kick {1 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board BSLR
500	1x{1 x 200 on 2:50 Pull no br L.12 yds {1 x 150 on 2:05 Pull no br L.14 yds {1 x 100 on 1:20 Pull no br L.16 yds {1 x 50 on :40 Pull no br L.18 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	5 x 300 on 4:00 Free #1 great technique #2 3 KOW, #3 neg split, #4 best effort #5 great technique
200	1 x 200 on 4:00 Stroke Drills
	5:06 PM 3,550 Yards - Stress Value = 49

**Workout #6268 - Tuesday, 10 March 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 500 1 x 500 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 50 on 1:00 Kick  
     {3 x 50 on :55 Kick  
     {2 x 50 on :50 Kick  
     {1 x 50 on :45 Kick  
 500 1x{1 x 50 on :55 Pulls  
     {2 x 50 on :50 Pulls  
     {3 x 50 on :45 Pulls  
     {4 x 50 on :40 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{4 x 75 on 1:10 Backstroke  
     {1 x 100 on 2:00 Backstroke  
     {4 x 75 on 1:05 Backstroke  
     {1 x 100 on 2:00 Backstroke  
     {4 x 75 on 1:00 Backstroke  
 200 1 x 200 on 4:00 Stroke Drills  
 4:29 PM 3,050 Yards - Stress Value = 29

**Workout #6269 - Tuesday, 10 March 2009**

**Group 3 - Sectional**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Stomach and Stretch  
 500 1 x 500 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 50 on 1:00 Kick  
     {3 x 50 on :55 Kick  
     {2 x 50 on :50 Kick  
     {1 x 50 on :45 Kick  
 500 1x{1 x 50 on :55 Pulls  
     {2 x 50 on :50 Pulls  
     {3 x 50 on :45 Pulls  
     {4 x 50 on :40 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{4 x 75 on 1:10 Backstroke  
     {1 x 100 on 2:00 Backstroke  
     {4 x 75 on 1:05 Backstroke  
     {1 x 100 on 2:00 Backstroke  
     {4 x 75 on 1:00 Backstroke  
     {1 x 100 on 2:00 Backstroke  
     {4 x 75 on 1:05 Backstroke  
     {1 x 100 on 2:00 Backstroke  
     {4 x 75 on 1:10 Backstroke  
 400 1 x 400 on 7:00 Stroke Drills  
 4:45 PM 4,050 Yards - Stress Value = 37

**Workout #6270 - Wednesday, 11 March 2009**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Physio Balls/Stretch  
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :30 Kick no board BSLR  
     {1 x 100 on 1:45 Kick  
     {4 x 25 on :35 Kick no board BSLR

{1 x 100 on 1:45 Kick  
 {4 x 25 on :40 Kick  
 {1 x 100 on 1:45 Kick  
 500 4 x 125 on 1:45 Lungbuster pulls  
     Breathe 3-5-7-9-5 by the 25  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 1x{4 x 25 on :30 Butterfly  
     {1 x 100 on 1:50 Breaststroke  
     {3 x 25 on :30 Butterfly  
     {2 x 75 on 1:20 Breaststroke  
     {2 x 25 on :30 Butterfly  
     {3 x 50 on :50 Breaststroke  
     {1 x 25 on :30 Butterfly  
     {4 x 25 on :30 Breaststroke-descend  
 300 1 x 300 on 5:00 Stroke Drills  
 4:57 PM 3,000 Yards - Stress Value = 33

**Workout #6271 - Wednesday, 11 March 2009**

**Group 3 - Sectional**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Physio Balls/Stretch  
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :30 Kick no board BSLR  
     {1 x 100 on 1:45 Kick  
     {4 x 25 on :35 Kick no board BSLR  
     {1 x 100 on 1:45 Kick  
     {4 x 25 on :40 Kick  
     {1 x 100 on 1:45 Kick  
 500 4 x 125 on 1:45 Lungbuster pulls  
     Breathe 3-5-7-9-5 by the 25  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{4 x 25 on :30 Butterfly  
     {1 x 100 on 1:50 Breaststroke  
     {3 x 25 on :30 Butterfly  
     {2 x 75 on 1:20 Breaststroke  
     {2 x 25 on :30 Butterfly  
     {3 x 50 on :50 Breaststroke  
     {1 x 25 on :30 Butterfly  
     {4 x 25 on :30 Breaststroke-descend  
     {1 x 100 on 1:40 Butterfly 2-6  
     {3 x 25 on :30 Breaststroke  
     {2 x 75 on 1:15 Butterfly 2-5  
     {2 x 25 on :30 Breaststroke  
     {3 x 50 on :50 Butterfly 2-4  
     {1 x 25 on :30 Breaststroke  
     {4 x 25 on :30 Butterfly-descend  
 400 1 x 400 on 6:00 IM-25kick 25drill 50build  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 4,000 Yards - Stress Value = 49

**Workout #6272 - Thursday, 12 March 2009**

**Group 3 - All**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretch  
 500 1 x 500 on 9:00 Choice  
 150 10 x 15 on :45 Shooters  
 350 1x{1 x 125 on 2:30 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 75 on 1:30 Kick  
 {1 x 50 on 1:00 Kick  
 300 1x{1 x 50 on :55 Pulls-nbbf&w  
 {2 x 50 on :50 Pulls-nbbf&w  
 {3 x 50 on :45 Pulls-nbbf&w  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 400 4 x 100 on 2:00 Choice-feel strong w/ez spee  
 200 1 x 200 on 4:00 Stroke Drills  
 4:35 PM 2,000 Yards - Stress Value = 16

**Workout #6273 - Monday, 16 March 2009**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 500 1 x 500 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick-odds fast  
 900 1x{2 x 150 on 2:15 Pull no br L.12 yds  
 {2 x 150 on 2:10 Pull no br L.12 yds  
 {2 x 150 on 2:05 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 500 on 6:45 Freestyle  
 {1 x 500 on 6:30 Freestyle  
 {1 x 500 on 6:15 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:00 PM 4,000 Yards - Stress Value = 42

**Workout #6274 - Tuesday, 17 March 2009**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 500 1 x 500 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 450 1x{3 x 25 on :30 Kick-descend  
 {3 x 50 on :55 Kick-descend  
 {3 x 75 on 1:20 Kick-Descend  
 800 4 x 200 on 2:45 Pulls-#1-1st 50 br on 9  
 #2-2nd 50 br on 9, #3 3rd 50 br on 9, #4-4t  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{2 x 125 on 2:00 Backstroke  
 {2 x 125 on 1:55 Backstroke  
 {2 x 125 on 1:50 Backstroke  
 {2 x 125 on 1:45 Freestyle  
 {2 x 125 on 1:40 Backstroke  
 {2 x 125 on 1:35 Backstroke  
 #1 of each set 15 KOW last 25  
 #2 of each set 15 KOW 1st 25  
 400 8 x 50 on 1:00 Stroke Drills  
 5:03 PM 4,000 Yards - Stress Value = 63

**Workout #6275 - Wednesday, 18 March 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 125 on 2:30 Kick  
 {1 x 125 on 2:20 Kick  
 {1 x 125 on 2:10 Kick  
 {1 x 125 on 2:00 Kick  
 700 1x{1 x 100 on 1:30 LB Pulls br 3-5-7-9  
 {1 x 100 on 1:25 LB pulls br 5-7-9-3  
 {1 x 100 on 1:20 LB pulls br 7-9-5-3  
 {1 x 100 on 1:15 LB pulls br 9-7-5-3  
 {1 x 100 on 1:20 LB pulls br 7-9-5-3  
 {1 x 100 on 1:25 LB pulls br 5-7-9-3  
 {1 x 100 on 1:30 LB pulls br 3-5-7-9  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 400 on 6:00 Individual Medley  
 {2 x 100 on 1:20 Freestyle  
 {1 x 300 on 4:30 Individual Medley  
 {2 x 100 on 1:30 Backstroke  
 {1 x 200 on 3:00 Individual Medley  
 {2 x 100 on 1:40 Breaststroke  
 {1 x 100 on 1:30 Individual Medley  
 {2 x 100 on 1:30 Butterfly  
 250 1 x 250 on 4:00 Stroke Drills  
 5:02 PM 4,000 Yards - Stress Value = 53

**Workout #6276 - Thursday, 19 March 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 #2 stroke  
 500 1 x 500 on 8:00 Underwater trn drill  
 odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 600 1x{1 x 100 on 2:00 Kick  
 {2 x 25 on :45 Sprint kick  
 {1 x 100 on 1:55 Kick  
 {2 x 25 on :45 Sprint kick  
 {1 x 100 on 1:50 Kick  
 {2 x 25 on :45 Sprint kick  
 {1 x 100 on 1:45 Kick  
 {2 x 25 on :45 Sprint kick  
 750 1 x 750 on 10:00 Pulls  
 1st 50 build, 2nd 50 br on 5, 3rd 50 90% ef  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 100 on 1:15 Freestyle hold under 1:10/1:  
 {3 x 100 on 1:30 5 strokes fly off walls  
 {1 x 100 on 1:20 Free hold under 1:10/1:05  
 {3 x 100 on 1:25 4 strokes fly off walls  
 {1 x 100 on 1:25 Freestyle hold under 1:10/1:  
 {3 x 100 on 1:20 3 strokes fly off walls  
 {1 x 100 on 1:30 Freestyle hold under 1:10/1:  
 {3 x 100 on 1:15 2 strokes fly off walls  
 200 1 x 200 on 4:00 Stroke Drills  
 5:03 PM 4,000 Yards - Stress Value = 71

**Workout #6277 - Friday, 20 March 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

11:00 AM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 500 1 x 500 on 8:00 Choice  
 150 10 x 15 on :45 Shooters  
 600 1x{1 x 100 on 2:00 Kick  
       {2 x 100 on 1:55 Kick  
       {3 x 100 on 1:50 Kick  
 100 1 x 100 on 2:00 Kick for time  
 750 1x{1 x 125 on 1:55 Pulls-nbbf&w + 2 yds  
       {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds  
       {3 x 125 on 1:45 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 4x{3 x 75 on 1:30 Freestyle  
       {1 x 200 on 3:00 Freestyle  
 12:38 PM 4,000 Yards - Stress Value = 88

**Workout #6278 - Monday, 23 March 2009**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 500 1 x 500 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 500 2x{4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on 1:00 Kick#lunder:50, #2-:48, 3-:46  
 600 2x{1 x 75 on 1:10 Pull no br L.18 yds  
       {1 x 75 on 1:05 Pull no br L.12 yds  
       {1 x 75 on 1:00 Pull no br L.6 yds  
       {1 x 75 on :55 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 400 on 6:00 Free-hold under 4:40/4:52  
       {4 x 100 on 1:30 Freestyle hold 1:10/1:13  
       {1 x 300 on 4:30 Freestyle hold 3:25/3:36  
       {3 x 100 on 1:30 Freestyle hold 1:08/1:12  
       {1 x 200 on 3:00 Freestyle hold 2:12/2:22  
       {2 x 100 on 1:30 Freestyle hold 1:06/1:11  
 250 1 x 250 on 4:00 Stroke Drills  
 5:05 PM 4,000 Yards - Stress Value = 63

**Workout #6279 - Tuesday, 24 March 2009**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 400 1 x 400 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{2 x 50 on 1:00 Kick  
       {1 x 100 on 1:40 Kick  
       {2 x 50 on 1:00 Kick  
       {1 x 100 on 1:45 Kick  
       {2 x 50 on 1:00 Kick  
       {1 x 100 on 1:50 Kick  
       Hold all 100''s 10 seconds faster then inte  
 600 4 x 150 on 2:00 Pulls  
       descend first 3 50's to 90%, build last 50  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 150 on 2:15 Backstroke  
       {1 x 150 on 2:10 Backstroke

{1 x 150 on 2:05 Backstroke  
 {3 x 50 on 1:00 Backstroke 10 KOW-BH  
 {1 x 125 on 1:55 Backstroke  
 {1 x 125 on 1:50 Backstroke  
 {1 x 125 on 1:45 Backstroke  
 {3 x 50 on 1:00 Backstroke 10 KOW-BH  
 {1 x 100 on 1:30 Backstroke  
 {1 x 100 on 1:25 Backstroke  
 {1 x 100 on 1:20 Backstroke  
 {3 x 50 on 1:00 Backstroke-10 KOW-BH  
 {1 x 75 on 1:10 Backstroke  
 {1 x 75 on 1:05 Backstroke  
 {1 x 75 on 1:00 Backstroke  
 { 50's should build into the wall then great  
 250 1 x 250 on 4:00 Stroke Drills  
 5:05 PM 3,925 Yards - Stress Value = 49

**Workout #6280 - Wednesday, 25 March 2009**

**Group 3 - All**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretch  
 1,600 1x{1 x 400 on :01 Free L.25 of each 100 non fre  
       {1 x 400 on :01 Underwater trn drill  
       {1 x 400 on :01 Reverse IM drill  
       {1 x 400 on 24:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 400 8x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 350 7 x 50 on :55 Stroke Drills  
 4:40 PM 2,500 Yards - Stress Value = 10

**Workout #6281 - Monday, 13 April 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Dryland and stretch  
 400 1 x 400 on 7:00 Swim-kick-pull-swim  
 200 1 x 200 on 10:00 Techniques-TN turn drills  
 500 1x{1 x 100 on 2:00 Kick  
       {2 x 75 on 1:30 Kick  
       {3 x 50 on 1:00 Kick  
       {4 x 25 on :30 Kick  
 450 1x{1 x 150 on 2:15 Pull no br L.6 yds  
       {1 x 150 on 2:10 Pull no br L.8 yds  
       {1 x 150 on 2:05 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{1 x 250 on 3:30 Freestyle 3 KOW  
       {1 x 250 on 3:25 Fr build odd 50s/DPS even 50  
       {1 x 250 on 3:20 Freestyle 3 KOW  
       {1 x 250 on 3:15 Fr build odd 50s/DPS even 50  
 250 1 x 250 on 5:00 Stroke Drills  
       1 on 10:00 Team Game  
 5:00 PM 3,000 Yards - Stress Value = 22



**Workout #6282 - Monday, 13 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Dryland and stretch  
 400 1 x 400 on 7:00 Swim-kick-pull-swim  
 200 1 x 200 on 10:00 Techniques-TN turn drills  
 450 1x{1 x 100 on 2:10 Kick  
       {2 x 75 on 1:35 Kick  
       {2 x 50 on 1:05 Kick  
       {4 x 25 on :35 Kick  
 400 1x{1 x 150 on 2:30 Pull no br L.6 yds  
       {1 x 150 on 2:25 Pull no br L.8 yds  
       {1 x 100 on 1:35 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{1 x 250 on 3:50 Freestyle 3 KOW  
       {1 x 250 on 3:45 Fr build odd 50s/DPS even 50  
       {1 x 200 on 3:00 Freestyle 3 KOW  
       {1 x 200 on 2:55 Fr build odd 50s/DPS even 50  
 250 1 x 250 on 5:00 Stroke Drills  
       1 on 10:00 Team Game  
 5:00 PM 2,800 Yards - Stress Value = 20

**Workout #6283 - Monday, 13 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Dryland and stretch  
 350 1 x 350 on 7:00 Swim-kick-pull-swim  
 200 1 x 200 on 10:00 Techniques-TN turn drills  
 400 1x{1 x 100 on 2:20 Kick  
       {2 x 75 on 1:45 Kick  
       {2 x 50 on 1:10 Kick  
       {2 x 25 on :35 Kick  
 350 1x{1 x 150 on 2:40 Pull no br L.6 yds  
       {1 x 100 on 1:45 Pull no br L.8 yds  
       {1 x 100 on 1:40 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 850 1x{1 x 250 on 4:10 Freestyle 3 KOW  
       {1 x 200 on 3:20 Fr build odd 50s/DPS even 50  
       {1 x 200 on 3:15 Freestyle 3 KOW  
       {1 x 200 on 3:10 Fr build odd 50s/DPS even 50  
 250 1 x 250 on 5:00 Stroke Drills  
       1 on 10:00 Team Game  
 5:00 PM 2,600 Yards - Stress Value = 18

**Workout #6284 - Monday, 13 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Dryland and stretch  
 300 1 x 300 on 7:00 Swim-kick-pull-swim  
 200 1 x 200 on 10:00 Techniques-TN turn drills  
 400 1x{1 x 100 on 2:30 Kick  
       {2 x 75 on 1:50 Kick  
       {2 x 50 on 1:15 Kick  
       {2 x 25 on :35 Kick  
 350 1x{1 x 100 on 1:55 Pull no br L.6 yds  
       {1 x 100 on 1:50 Pull no br L.8 yds  
       {1 x 100 on 1:45 Pull no br L.10 yds  
       {1 x 50 on :55 Pull no br L.6 yds  
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 700 1x{1 x 200 on 4:00 Freestyle 3 KOW  
       {1 x 200 on 3:50 Fr build odd 50s/DPS even 50  
       {1 x 200 on 3:40 Freestyle 3 KOW  
       {1 x 100 on 1:50 Fr build odd 50s/DPS even 50  
 250 1 x 250 on 5:00 Stroke Drills  
       1 on 10:00 Team Game  
 5:00 PM 2,400 Yards - Stress Value = 16

**Workout #6285 - Tuesday, 14 April 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Abs and Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 200 1 x 200 on 10:00 Techniques-TN turn drills  
 600 1x{1 x 100 on 1:55 Kick  
       {1 x 100 on 2:00 Kick  
       {1 x 100 on 1:50 Kick  
       {1 x 100 on 2:00 Kick  
       {1 x 100 on 1:45 Kick  
       {1 x 100 on 2:00 Kick  
 600 1 x 600 on 8:40 Pull-2nd 25 of each 100 br c  
       lt side only, 3rd 25 of each 100 br on rt s  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{4 x 125 on 1:50 Freestyle-descend  
       {4 x 125 on 1:45 Freestyle-descend  
 250 5 x 50 on 1:00 Stroke Drills  
 5:00 PM 3,250 Yards - Stress Value = 27

**Workout #6286 - Tuesday, 14 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Abs and Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 200 1 x 200 on 10:00 Techniques-TN turn drills  
 550 1x{1 x 100 on 2:05 Kick  
       {1 x 100 on 2:10 Kick  
       {1 x 100 on 2:00 Kick  
       {1 x 100 on 2:10 Kick  
       {1 x 100 on 1:55 Kick  
       {1 x 50 on 1:05 Kick  
 550 1 x 550 on 8:40 Pull-2nd 25 of each 100 br c  
       lt side only, 3rd 25 of each 100 br on rt s  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{4 x 125 on 2:00 Freestyle-descend  
       {4 x 100 on 1:35 Freestyle-descend  
 250 5 x 50 on 1:00 Stroke Drills  
 5:00 PM 3,050 Yards - Stress Value = 25

**Workout #6287 - Tuesday, 14 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
350	1 x 350 on 7:00 Underwater trn drill
200	1 x 200 on 10:00 Techniques-TN turn drills
550	1x{1 x 100 on 2:10 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:05 Kick
500	1 x 500 on 8:40 Pull-2nd 25 of each 100 br c lt side only, 3rd 25 of each 100 br on rt s
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{4 x 100 on 1:50 Freestyle-descend {4 x 100 on 1:45 Freestyle-descend
250	5 x 50 on 1:00 Stroke Drills
5:00 PM 2,850 Yards - Stress Value = 23	

**Workout #6288 - Tuesday, 14 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
300	1 x 300 on 7:00 Underwater trn drill
200	1 x 200 on 10:00 Techniques-TN turn drills
500	1x{1 x 100 on 2:25 Kick {1 x 100 on 2:30 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:30 Kick {1 x 50 on 1:05 Kick {1 x 50 on 1:10 Kick
450	1 x 450 on 8:40 Pull-2nd 25 of each 100 br c lt side only, 3rd 25 of each 100 br on rt s
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{4 x 100 on 2:00 Freestyle-descend {4 x 75 on 1:35 Freestyle-descend
250	5 x 50 on 1:00 Stroke Drills
5:00 PM 2,600 Yards - Stress Value = 20	

**Workout #6289 - Wednesday, 15 April 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
400	1 x 400 on 7:00 Free L.25 of each 100 non fr
250	1 x 250 on 9:00 Techniques-TN turn drills
600	1x{4 x 50 on 1:20 Kick 25 tombstone25reg {4 x 50 on 1:15 Kick 25tombstone25reg {4 x 50 on 1:10 Kick 25tombstone25reg
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	18 x 100 on 1:20 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:00 PM 3,500 Yards - Stress Value = 50	

**Workout #6290 - Wednesday, 15 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
400	1 on 20:00 Physio Ball Abs and Stretch
250	1 x 400 on 7:00 Free L.25 of each 100 non fr
550	1 x 250 on 9:00 Techniques-TN turn drills
200	1x{4 x 50 on 1:25 Kick 25 tombstone25reg {4 x 50 on 1:20 Kick 25tombstone25reg {3 x 50 on 1:15 Kick 25tombstone25reg
1,600	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 16 x 100 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:00 PM 3,250 Yards - Stress Value = 45	

**Workout #6291 - Wednesday, 15 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
350	1 on 20:00 Physio Ball Abs and Stretch
250	1 x 350 on 7:00 Free L.25 of each 100 non fr
500	1 x 250 on 9:00 Techniques-TN turn drills
200	1x{4 x 50 on 1:30 Kick 25 tombstone25reg {4 x 50 on 1:25 Kick 25tombstone25reg {2 x 50 on 1:20 Kick 25tombstone25reg
1,400	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 14 x 100 on 1:40 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:00 PM 2,950 Yards - Stress Value = 40	

**Workout #6292 - Wednesday, 15 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
300	1 on 20:00 Physio Ball Abs and Stretch
250	1 x 300 on 7:00 Free L.25 of each 100 non fr
450	1 x 250 on 9:00 Techniques-TN turn drills
200	1x{4 x 50 on 1:35 Kick 25 tombstone25reg {4 x 50 on 1:30 Kick 25tombstone25reg {1 x 50 on 1:25 Kick 25tombstone25reg
1,200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 12 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
4:59 PM 2,650 Yards - Stress Value = 35	

**Workout #6293 - Thursday, 16 April 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
400	1 on 20:00 Med Ball Abs/Stretch 1 x 400 on 7:00 Underwater trn drill Odds 100's free even 100's back
150	1 x 150 on 7:00 Techniques-TN turn drills
900	1x{4 x 75 on 1:15 Kick w/fins-odds 100% {4 x 75 on 1:10 Kick w/fins-odds 100% {4 x 75 on 1:05 Kick w/fins odds 100%
750	6 x 125 on 1:45 Lungbuster pulls Breathe 3-5-7-5-3 by the 25
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	3 x 400 on 6:00 400 IM Alt 25 stroke 25 free Start each 25 free w/ 3 fly kicks off wall
250	1 x 250 on 4:00 Stroke Drills
	5:00 PM 3,750 Yards - Stress Value = 57

**Workout #6296 - Thursday, 16 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
300	1 on 20:00 Med Ball Abs/Stretch 1 x 300 on 7:00 Underwater trn drill Odds 100's free even 100's back
150	1 x 150 on 7:00 Techniques-TN turn drills
650	1x{4 x 75 on 1:35 Kick w/fins-odds 100% {4 x 75 on 1:30 Kick w/fins-odds 100% {1 x 50 on :55 Kick w/fins odds 100%
500	4 x 125 on 2:30 Lungbuster pulls Breathe 3-5-7-5-3 by the 25
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	3 x 200 on 5:30 200 IM Alt 25 stroke 25 free Start each 25 free w/ 3 fly kicks off wall
250	1 x 250 on 5:00 Stroke Drills
	4:59 PM 2,550 Yards - Stress Value = 35

**Workout #6294 - Thursday, 16 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
400	1 on 20:00 Med Ball Abs/Stretch 1 x 400 on 7:00 Underwater trn drill Odds 100's free even 100's back
150	1 x 150 on 7:00 Techniques-TN turn drills
800	1x{4 x 75 on 1:20 Kick w/fins-odds 100% {4 x 75 on 1:15 Kick w/fins-odds 100% {2 x 75 on 1:10 Kick w/fins odds 100% {1 x 50 on :45 Kick w/fins-odds 100%
700	1x{4 x 125 on 1:55 Lungbuster pulls {2 x 100 on 1:30 Lungbuster pulls { Breathe 3-5-7-5-3 by the 25
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	3 x 350 on 6:00 350 IM Alt 25 stroke 25 free Start each 25 free w/ 3 fly kicks off wall
250	1 x 250 on 4:00 Stroke Drills
	5:00 PM 3,450 Yards - Stress Value = 49

**Workout #6297 - Friday, 17 April 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
	5:15 AM Start
825	1 on 25:00 Dryland and stretch 1 x 825 on 13:00 Reverse IM drill
105	7 x 15 on :45 Cross pool sprints
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{1 x 300 on 4:00 Freestyle {3 x 50 on :45 Freestyle-Great effort no { breath L.10 yds {2 x 300 on 3:55 Freestyle {3 x 50 on :45 Same as previous 3 {3 x 300 on 3:50 Freestyle {3 x 50 on :45 Same as previous 3
400	8 x 50 on 1:00 Stroke Drills
	6:45 AM 3,680 Yards - Stress Value = 49

**Workout #6298 - Friday, 17 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	5:15 AM Start
775	1 on 25:00 Dryland and stretch 1 x 775 on 13:00 Reverse IM drill
105	7 x 15 on :45 Cross pool sprints
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 300 on 4:30 Freestyle {3 x 50 on :50 Freestyle-Great effort no { breath L.10 yds {2 x 300 on 4:25 Freestyle {3 x 50 on :50 Same as previous 3 {3 x 300 on 4:20 Freestyle
350	7 x 50 on 1:00 Stroke Drills
	6:45 AM 3,430 Yards - Stress Value = 46

**Workout #6295 - Thursday, 16 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
350	1 on 20:00 Med Ball Abs/Stretch 1 x 350 on 7:00 Underwater trn drill Odds 100's free even 100's back
150	1 x 150 on 7:00 Techniques-TN turn drills
750	1x{4 x 75 on 1:25 Kick w/fins-odds 100% {4 x 75 on 1:20 Kick w/fins-odds 100% {2 x 75 on 1:15 Kick w/fins odds 100%
600	1x{4 x 125 on 2:10 Lungbuster pulls {1 x 100 on 1:45 Lungbuster pulls { Breathe 3-5-7-5-3 by the 25
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	3 x 300 on 6:00 300 IM Alt 25 stroke 25 free Start each 25 free w/ 3 fly kicks off wall
250	1 x 250 on 4:00 Stroke Drills
	5:00 PM 3,100 Yards - Stress Value = 44

**Workout #6299 - Friday, 17 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
5:15 AM	Start
675	1 on 25:00 Dryland and stretch
105	1 x 675 on 13:00 Reverse IM drill
100	7 x 15 on :45 Cross pool sprints
100	2x{1 x 25 on :50 Sculling drills
1,800	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 300 on 5:00 Freestyle
	{3 x 50 on :55 Freestyle-Great effort no
	{ breath L.10 yds
	{2 x 300 on 4:55 Freestyle
	{3 x 50 on :55 Same as previous 3
400	{2 x 300 on 4:50 Freestyle
	8 x 50 on 1:00 Stroke Drills
6:44 AM	3,080 Yards - Stress Value = 40

**Workout #6300 - Friday, 17 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
5:15 AM	Start
625	1 on 25:00 Dryland and stretch
105	1 x 625 on 13:00 Reverse IM drill
100	7 x 15 on :45 Cross pool sprints
100	2x{1 x 25 on :50 Sculling drills
1,500	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 300 on 6:00 Freestyle
	{3 x 50 on 1:00 Freestyle-Great effort no
	{ breath L.10 yds
	{2 x 300 on 5:50 Freestyle
	{3 x 50 on 1:00 Same as previous 3
400	{1 x 300 on 5:40 Freestyle
	8 x 50 on 1:00 Stroke Drills
6:44 AM	2,730 Yards - Stress Value = 34

**Workout #6301 - Monday, 20 April 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 25:00 Physio Balls/Stretch
150	1 x 500 on 9:00 Swim-kick-pull-swim
650	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:50 Kick
	{2 x 75 on 1:20 Kick
	{2 x 50 on :50 Kick
	{4 x 25 on :45 Kick no board BSLR
900	1x{2 x 150 on 1:55 Pull no br L.10 yds
	{2 x 150 on 2:00 Pull no br L.14 yds
	{2 x 150 on 2:05 Pull no br L.18 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 300 on 4:15 Freestyle-DPS
	{1 x 300 on 4:10 Free L.30 yds of each 100/100
	{1 x 300 on 4:05 Free-3 KOW
	{1 x 300 on 4:00 Freestyle-descend by 100's
	{1 x 300 on 3:55 Freestyle-Neg split/1st 150
	{ 5-7 seconds faster then best 200
400	8 x 50 on 1:00 Stroke Drills
5:15 PM	4,000 Yards - Stress Value = 54

**Workout #6302 - Monday, 20 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
	1 on 25:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{2 x 75 on 1:30 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR
800	1x{2 x 150 on 2:05 Pull no br L.10 yds
	{2 x 150 on 2:10 Pull no br L.14 yds
	{2 x 100 on 1:30 Pull no br L.18 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 300 on 4:30 Freestyle-DPS
	{1 x 300 on 4:25 Free L.30 yds of each 100/100
	{1 x 250 on 3:35 Free-3 KOW
	{1 x 300 on 4:15 Freestyle-descend by 100's
	{1 x 300 on 4:10 Freestyle-Neg split/1st 150
	{ 5-7 seconds faster then best 200
400	8 x 50 on 1:00 Stroke Drills
5:15 PM	3,800 Yards - Stress Value = 50

**Workout #6303 - Monday, 20 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
	1 on 25:00 Physio Balls/Stretch
450	1 x 450 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:10 Kick
	{2 x 75 on 1:35 Kick
	{4 x 25 on :45 Kick no board BSLR
700	1x{2 x 150 on 2:30 Pull no br L.10 yds
	{2 x 150 on 2:35 Pull no br L.14 yds
	{1 x 100 on 1:45 Pull no br L.18 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 300 on 5:10 Freestyle-DPS
	{1 x 300 on 5:05 Free L.30 yds of each 100/100
	{1 x 100 on 1:40 Free-3 KOW
	{1 x 300 on 5:00 Freestyle-descend by 100's
	{1 x 300 on 4:55 Freestyle-Neg split/1st 150
	{ 5-7 seconds faster then best 200
400	8 x 50 on 1:00 Stroke Drills
5:15 PM	3,450 Yards - Stress Value = 44

**Workout #6304 - Monday, 20 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 400 1 x 400 on 9:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:30 Kick  
 {2 x 75 on 1:50 Kick  
 {2 x 25 on :45 Kick no board BS  
 600 1x{2 x 150 on 3:00 Pull no br L.10 yds  
 {1 x 150 on 2:50 Pull no br L.14 yds  
 {1 x 150 on 2:45 Pull no br L.18 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 250 on 5:00 Freestyle-DPS  
 {1 x 300 on 5:50 Free L.30 yds of each 100/10  
 {1 x 300 on 5:45 Freestyle-descend by 100's  
 {1 x 300 on 5:40 Freestyle-Neg split/1st 150  
 { 5-7 seconds faster then best 200  
 400 8 x 50 on 1:00 Stroke Drills  
 5:15 PM 3,100 Yards - Stress Value = 40

**Workout #6305 - Tuesday, 21 April 2009**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 8 minute abs/stretch  
 500 1 x 500 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 950 1x{1 x 125 on 2:00 Kick  
 {2 x 50 on 1:00 Kick  
 {2 x 125 on 2:05 Kick  
 {2 x 50 on 1:00 Kick  
 {3 x 125 on 2:10 Kick  
 600 4 x 150 on 2:05 Pulls-do not take a stroke u  
 shoulders have passed the flags  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{2 x 25 on :30 Backstroke 1 arm drill  
 {3 x 50 on :50 Backstroke  
 {3 x 100 on 1:15 Freestyle  
 {2 x 25 on :30 Backstroke 1 arm drill  
 {3 x 50 on :45 Backstroke  
 {3 x 100 on 1:15 Backstroke  
 {2 x 25 on :30 Backstroke 1 arm drill  
 {3 x 50 on :40 Backstroke  
 {3 x 100 on 1:15 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 5:15 PM 4,150 Yards - Stress Value = 56

**Workout #6306 - Tuesday, 21 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 8 minute abs/stretch  
 500 1 x 500 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 825 1x{1 x 125 on 2:20 Kick  
 {2 x 50 on 1:05 Kick  
 {2 x 125 on 2:25 Kick  
 {2 x 50 on 1:05 Kick  
 {2 x 125 on 2:30 Kick

550 1x{3 x 150 on 2:20 Pulls  
 {1 x 100 on 1:35 Pulls  
 { do not take a stroke until  
 { shoulders have passed the flags  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{2 x 25 on :35 Backstroke 1 arm drill  
 {3 x 50 on 1:00 Backstroke  
 {3 x 100 on 1:25 Freestyle  
 {2 x 25 on :35 Backstroke 1 arm drill  
 {3 x 50 on :55 Backstroke  
 {3 x 100 on 1:25 Backstroke  
 {2 x 25 on :35 Backstroke 1 arm drill  
 {3 x 50 on :50 Backstroke  
 {1 x 50 on :40 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 5:15 PM 3,725 Yards - Stress Value = 47

**Workout #6307 - Tuesday, 21 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 8 minute abs/stretch  
 450 1 x 450 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 775 1x{1 x 125 on 2:35 Kick  
 {2 x 50 on 1:10 Kick  
 {2 x 125 on 2:40 Kick  
 {2 x 50 on 1:10 Kick  
 {2 x 100 on 2:10 Kick  
 500 1x{3 x 150 on 2:40 Pulls  
 {1 x 50 on :55 Pulls  
 { do not take a stroke until  
 { shoulders have passed the flags  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{2 x 25 on :40 Backstroke 1 arm drill  
 {3 x 50 on 1:05 Backstroke  
 {2 x 100 on 1:40 Freestyle  
 {2 x 25 on :40 Backstroke 1 arm drill  
 {3 x 50 on 1:00 Backstroke  
 {2 x 100 on 1:40 Backstroke  
 {2 x 25 on :40 Backstroke 1 arm drill  
 {3 x 50 on :55 Backstroke  
 {1 x 50 on :50 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 5:15 PM 3,375 Yards - Stress Value = 41

**Workout #6308 - Tuesday, 21 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 8 minute abs/stretch  
 400 1 x 400 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 650 1x{1 x 100 on 2:30 Kick  
       {2 x 50 on 1:15 Kick  
       {2 x 100 on 2:35 Kick  
       {2 x 50 on 1:15 Kick  
       {2 x 75 on 2:00 Kick  
 400 1x{4 x 100 on 2:05 Pulls  
       { do not take a stroke until  
       { shoulders have passed the flags  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{2 x 25 on :45 Backstroke 1 arm drill  
       {3 x 50 on 1:15 Backstroke  
       {2 x 100 on 1:55 Freestyle  
       {2 x 25 on :45 Backstroke 1 arm drill  
       {3 x 50 on 1:10 Backstroke  
       {2 x 100 on 1:55 Backstroke  
       {2 x 25 on :45 Backstroke 1 arm drill  
       {1 x 50 on 1:05 Backstroke  
 250 5 x 50 on 1:00 Stroke Drills  
 5:15 PM 2,950 Yards - Stress Value = 36

{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ  
 {1 x 25 on :30 Freestyle-all fast  
 3,000 1x{1 x 600 on 8:00 Freestyle  
       {2 x 500 on 6:35 Freestyle  
       {3 x 400 on 5:12 Freestyle  
       {1 x 200 on 3:00 Freestyle  
 400 4 x 100 on 1:30 Freestyle-descend to ludicr  
 200 1 x 200 on 3:00 Stroke Drills  
 6:45 AM 4,300 Yards - Stress Value = 65

**Workout #6310 - Wednesday, 22 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

5:15 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Med balls and stretch  
 450 1 x 450 on 8:00 Choice  
 200 2x{1 x 25 on :30 Freestyle-EZ  
       {1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast  
       {1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ  
       {1 x 25 on :30 Freestyle-all fast  
 2,800 1x{1 x 600 on 8:30 Freestyle  
       {2 x 500 on 7:00 Freestyle  
       {3 x 350 on 4:50 Freestyle  
       {1 x 150 on 3:00 Freestyle  
 400 4 x 100 on 1:35 Freestyle-descend to ludicr  
 200 1 x 200 on 3:00 Stroke Drills  
 6:46 AM 4,050 Yards - Stress Value = 62

**Workout #6313 - Wednesday, 22 April 2009**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Shoulders & Stretch  
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,650 1x{4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on 1:20 25Tombstone Kick25reg  
       {3 x 100 on 1:40 Kick  
       {4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on 1:15 25Tombstone Kick25reg  
       {3 x 100 on 1:35 Kick  
       {4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on 1:10 25Tombstone Kick25reg  
       {3 x 100 on 1:30 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{2 x 100 on 2:00 Breast Pull  
       {4 x 25 on :30 Breast w/fly kick  
       {2 x 100 on 2:00 Breast Pull  
       {4 x 25 on :30 Breast 2k1P  
       {2 x 100 on 2:00 Breast Pull  
       {4 x 25 on :30 Breast w/free kick  
       {2 x 100 on 2:00 Breast Pull  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 3,750 Yards - Stress Value = 50

**Workout #6314 - Wednesday, 22 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Shoulders & Stretch  
 500 1 x 500 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on 1:25 25Tombstone Kick25reg  
       {3 x 100 on 1:55 Kick  
       {4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on 1:20 25Tombstone Kick25reg  
       {3 x 100 on 1:50 Kick  
       {4 x 25 on :45 Kick no board BSLR  
       {3 x 50 on 1:15 25Tombstone Kick25reg  
       {2 x 75 on 1:20 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 950 1x{2 x 100 on 2:10 Breast Pull  
       {4 x 25 on :35 Breast w/fly kick  
       {2 x 100 on 2:10 Breast Pull  
       {4 x 25 on :35 Breast 2k1P  
       {2 x 100 on 2:10 Breast Pull  
       {4 x 25 on :35 Breast w/free kick  
       {1 x 50 on 1:05 Breast Pull  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 3,450 Yards - Stress Value = 45

**Workout #6309 - Wednesday, 22 April 2009**

**Group 3 - Distance**

**1 minute rest between sets**

5:15 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Med balls and stretch  
 500 1 x 500 on 8:00 Choice  
 200 2x{1 x 25 on :30 Freestyle-EZ  
       {1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast

**Workout #6311 - Wednesday, 22 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	5:15 AM Start
	1 on 25:00 Med balls and stretch
400	1 x 400 on 8:00 Choice
200	2x{1 x 25 on :30 Freestyle-EZ
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ
	{1 x 25 on :30 Freestyle-all fast
2,350	1x{1 x 500 on 8:20 Freestyle
	{2 x 400 on 6:35 Freestyle
	{3 x 300 on 4:55 Freestyle
	{1 x 150 on 3:00 Freestyle
400	4 x 100 on 1:45 Freestyle-descend to ludicr
200	1 x 200 on 3:00 Stroke Drills
	6:46 AM 3,550 Yards - Stress Value = 53

**Workout #6315 - Wednesday, 22 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 20:00 Shoulders & Stretch
450	1 x 450 on 8:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:30 25Tombstone Kick25reg
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:25 25Tombstone Kick25reg
	{3 x 100 on 2:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:20 25Tombstone Kick25reg
	{1 x 50 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 100 on 2:20 Breast Pull
	{4 x 25 on :40 Breast w/fly kick
	{2 x 100 on 2:20 Breast Pull
	{4 x 25 on :40 Breast 2k1P
	{2 x 100 on 2:20 Breast Pull
	{4 x 25 on :40 Breast w/free kick
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 3,200 Yards - Stress Value = 42

**Workout #6312 - Wednesday, 22 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	5:15 AM Start
	1 on 25:00 Med balls and stretch
350	1 x 350 on 8:00 Choice
200	2x{1 x 25 on :30 Freestyle-EZ
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ
	{1 x 25 on :30 Freestyle-all fast
2,000	1x{1 x 500 on 9:35 Freestyle
	{2 x 400 on 7:20 Freestyle
	{3 x 200 on 3:30 Freestyle
	{1 x 100 on 3:00 Freestyle
300	3 x 100 on 2:00 Freestyle-descend to ludicr
200	1 x 200 on 4:00 Stroke Drills
	6:44 AM 3,050 Yards - Stress Value = 45

**Workout #6316 - Wednesday, 22 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 20:00 Shoulders & Stretch
400	1 x 400 on 8:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:45 25Tombstone Kick25reg
	{3 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:45 25Tombstone Kick25reg
	{3 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:40 25Tombstone Kick25reg
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{2 x 100 on 2:45 Breast Pull
	{4 x 25 on :45 Breast w/fly kick
	{2 x 100 on 2:45 Breast Pull
	{4 x 25 on :45 Breast 2k1P
	{2 x 75 on 2:00 Breast Pull
250	1 x 250 on 5:00 Stroke Drills
	5:15 PM 2,850 Yards - Stress Value = 38

**Workout #6317 - Thursday, 23 April 2009**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 25:00 Abs and Stretch
500	1 x 500 on 8:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,000	1x{1 x 150 on 3:00 Kick
	{2 x 125 on 2:25 Kick
	{3 x 100 on 1:50 Kick
	{4 x 75 on 1:15 Kick
1,000	5x{1 x 100 on 1:20 Lungbuster pulls
	{ Breathe 3-5-7 continuous
	{1 x 100 on 1:20 Lungbuster pulls
	{ Breathe 3-5-7-5 by the 25
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{4 x 25 on :30 Fly 2-2, 8 KOW
	{1 x 150 on 2:00 Freestyle
	{4 x 25 on :30 Fly 2-3, 7 KOW
	{1 x 150 on 2:00 Freestyle
	{4 x 25 on :30 Fly 2-4, 6 KOW
	{1 x 150 on 2:00 Freestyle
	{4 x 25 on :30 Fly 2-5, 5 KOW
	{1 x 150 on 2:00 Freestyle
	{4 x 25 on :30 Fly 2-6, 4 KOW
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 4,100 Yards - Stress Value = 42

**Workout #6318 - Thursday, 23 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Abs and Stretch  
 450 1 x 450 on 8:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 950 1x{1 x 150 on 3:00 Kick  
 {2 x 125 on 2:30 Kick  
 {3 x 100 on 2:00 Kick  
 {5 x 50 on 1:00 Kick  
 1,000 5x{1 x 100 on 1:30 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 {1 x 100 on 1:30 Lungbuster pulls  
 { Breathe 3-5-7-5 by the 25  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 950 1x{4 x 25 on :35 Fly 2-2, 8 KOW  
 {1 x 150 on 2:15 Freestyle  
 {4 x 25 on :35 Fly 2-3, 7 KOW  
 {1 x 150 on 2:15 Freestyle  
 {4 x 25 on :35 Fly 2-4, 6 KOW  
 {1 x 150 on 2:15 Freestyle  
 {4 x 25 on :35 Fly 2-5, 5 KOW  
 {1 x 100 on 1:30 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:16 PM 3,850 Yards - Stress Value = 39

**Workout #6319 - Thursday, 23 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Abs and Stretch  
 400 1 x 400 on 8:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 850 1x{1 x 150 on 3:15 Kick  
 {2 x 125 on 2:40 Kick  
 {3 x 100 on 2:10 Kick  
 {3 x 50 on 1:05 Kick  
 800 4x{1 x 100 on 1:40 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 {1 x 100 on 1:40 Lungbuster pulls  
 { Breathe 3-5-7-5 by the 25  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 850 1x{4 x 25 on :40 Fly 2-2, 8 KOW  
 {1 x 150 on 2:30 Freestyle  
 {4 x 25 on :40 Fly 2-3, 7 KOW  
 {1 x 150 on 2:30 Freestyle  
 {4 x 25 on :40 Fly 2-4, 6 KOW  
 {1 x 150 on 2:30 Freestyle  
 {4 x 25 on :40 Fly 2-5, 5 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:16 PM 3,400 Yards - Stress Value = 34

**Workout #6320 - Thursday, 23 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Abs and Stretch  
 350 1 x 350 on 8:00 Underwater trn drill  
 Odd 100's free evens 100's back

150 10 x 15 on :45 Shooters  
 750 1x{2 x 125 on 3:10 Kick  
 {3 x 100 on 2:30 Kick  
 {2 x 75 on 1:50 Kick  
 {1 x 50 on 1:15 Kick  
 700 4x{1 x 100 on 2:00 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 {1 x 75 on 1:30 Lungbuster pulls  
 { Breathe 3-5-7 by the 25  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 1x{4 x 25 on :45 Fly 2-2, 8 KOW  
 {1 x 150 on 3:00 Freestyle  
 {4 x 25 on :45 Fly 2-3, 7 KOW  
 {1 x 150 on 3:00 Freestyle  
 {4 x 25 on :45 Fly 2-4, 6 KOW  
 {1 x 150 on 3:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 3,050 Yards - Stress Value = 30

**Workout #6322 - Friday, 24 April 2009**

**Group 3 - All**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 800 1 x 800 on 12:00 Choice  
 156 12 x 13 on :45 Start/Shooter/Finish  
 150 10 x 15 on 1:00 Underwater kick in DW w/ WB  
 400 8 x 50 on 1:00 Pulls-nbow +1 stroke  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 2:00 Your choice w/fins  
 250 1 x 250 on 5:00 Stroke Drills  
 5:00 PM 2,456 Yards - Stress Value = 77

**Workout #6321 - Friday, 24 April 2009**

**Group 3 - Sprint**

**1 minute rest between sets**

5:15 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Med balls/stretch  
 625 1 x 625 on 10:00 Choice  
 165 11 x 15 on :45 Cross Pool Sprints  
 600 1 x 600 on 12:00 Vertical Kicking w/WB  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{1 x 100 on 1:30 IM OTB  
 {4 x 25 on :30 Fly-100%  
 {1 x 250 on 5:00 Freestyle  
 {1 x 100 on 1:45 IM OTB  
 {4 x 25 on :30 Backstroke-100%  
 {1 x 250 on 5:00 Freestyle  
 {1 x 100 on 2:00 IM OTB  
 {4 x 25 on :30 Breaststroke-100%  
 {1 x 250 on 5:00 Stroke Drills  
 6:45 AM 2,840 Yards - Stress Value = 57



**Workout #6323 - Monday, 27 April 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY
5:15 AM	Start	
=====	=====	=====
	1 on 30:00 Med balls/stretch	
600	1 x 600 on 10:00 Choice	REC
200	2x{1 x 25 on :30 Freestyle-EZ	REC
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	EN1
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1
	{1 x 25 on :30 Freestyle-all fast	EN2
2,800	4x{1 x 100 on 1:30 Freestyle	EN2
	{1 x 100 on 1:25 Freestyle	EN2
	{1 x 100 on 1:20 Freestyle	EN2
	{1 x 100 on 1:15 Freestyle	EN2
	{1 x 100 on 1:10 Freestyle	EN2
	{ 1st set hold 1:08, 1:07, 106, 105	
	{1 x 200 on 4:00 Freestyle	REC
6:44 AM	3,600 Yards - Stress Value = 41	

{1 x 100 on 1:45 Freestyle	EN2
{1 x 100 on 1:40 Freestyle	EN2
{1 x 100 on 1:35 Freestyle	EN2
{1 x 100 on 1:30 Freestyle	EN2
{1 x 100 on 1:25 Freestyle	EN2
{ 1st set hold 1:25 1:24, 125,	
{1 x 200 on 5:00 Freestyle	REC
6:46 AM	3,100 Yards - Stress Value = 37

**Workout #6327 - Tuesday, 28 April 2009**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 Physio Balls/Stretch
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1x{2 x 100 on 1:35 Kick
	{1 x 50 on 1:00 Kick
	{2 x 100 on 1:40 Kick
	{1 x 50 on 1:00 Kick
	{2 x 100 on 1:45 Kick
	{1 x 50 on 1:00 Kick
150	3 x 50 on :55 Freestyle-build
650	1x{2 x 100 on 1:30 Freestyle
	{2 x 150 on 2:15 Freestyle
	{2 x 75 on 1:30 Freestyle
750	1x{2 x 125 on 1:50 Pulls
	{2 x 125 on 1:45 Pulls
	{2 x 125 on 1:40 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1 x 500 on 10:00 Freestyle-for time
750	1x{1 x 200 on 3:10 Backstroke
	{1 x 175 on 2:45 Backstroke
	{1 x 150 on 2:25 Backstroke
	{1 x 125 on 2:00 Backstroke
	{1 x 100 on 1:35 Backstroke
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	4,650 Yards - Stress Value = 115

**Workout #6326 - Monday, 27 April 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S1
3:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 15:00 Stretch/Tm Mtg		L	DF
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
2,750	1 x 2750 on 30:00 Freestyle T-30	EN2	S	F
500	10 x 50 on 1:00 Stroke Drills	REC	D	C
4:45 PM	4,000 Yards - Stress Value = 61			

**Workout #6324 - Monday, 27 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
5:15 AM	Start	
=====	=====	=====
	1 on 30:00 Med balls/stretch	
600	1 x 600 on 10:00 Choice	REC
200	2x{1 x 25 on :30 Freestyle-EZ	REC
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	EN1
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1
	{1 x 25 on :30 Freestyle-all fast	EN2
2,800	4x{1 x 100 on 1:35 Freestyle	EN2
	{1 x 100 on 1:30 Freestyle	EN2
	{1 x 100 on 1:25 Freestyle	EN2
	{1 x 100 on 1:20 Freestyle	EN2
	{1 x 100 on 1:15 Freestyle	EN2
	{ 1st set hold 1:15 1:14, 113, 112	
	{1 x 200 on 4:00 Freestyle	REC
6:46 AM	3,600 Yards - Stress Value = 41	

**Workout #6325 - Monday, 27 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
5:15 AM	Start	
=====	=====	=====
	1 on 30:00 Med balls/stretch	
500	1 x 500 on 10:00 Choice	REC
200	2x{1 x 25 on :30 Freestyle-EZ	REC
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	EN1
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1
	{1 x 25 on :30 Freestyle-all fast	EN2
2,400	3x{1 x 100 on 1:50 Freestyle	EN2

**Workout #6328 - Tuesday, 28 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 450 1 x 450 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 650 1x{2 x 100 on 1:50 Kick  
       {1 x 50 on 1:05 Kick  
       {2 x 100 on 1:55 Kick  
       {1 x 50 on 1:05 Kick  
       {1 x 100 on 2:00 Kick  
       {1 x 50 on 1:05 Kick  
 150 3 x 50 on :55 Freestyle-build  
 650 1x{2 x 100 on 1:30 Freestyle  
       {2 x 150 on 2:15 Freestyle  
       {2 x 75 on 1:30 Freestyle  
 700 1x{2 x 125 on 2:00 Pulls  
       {2 x 125 on 1:55 Pulls  
       {2 x 100 on 1:30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 500 1 x 500 on 10:00 Freestyle-for time  
 650 1x{1 x 200 on 3:30 Backstroke  
       {1 x 175 on 3:05 Backstroke  
       {1 x 150 on 2:35 Backstroke  
       {1 x 125 on 2:10 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 4,350 Yards - Stress Value = 111

**Workout #6329 - Tuesday, 28 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Physio Balls/Stretch  
 400 1 x 400 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{2 x 100 on 2:00 Kick  
       {1 x 50 on 1:10 Kick  
       {2 x 100 on 2:05 Kick  
       {1 x 50 on 1:10 Kick  
       {1 x 100 on 2:10 Kick  
 150 3 x 50 on :55 Freestyle-build  
 600 1x{2 x 100 on 1:45 Freestyle  
       {2 x 150 on 2:35 Freestyle  
       {1 x 75 on 1:30 Freestyle  
       {1 x 25 on :30 Freestyle  
 600 1x{2 x 125 on 2:15 Pulls  
       {2 x 125 on 2:10 Pulls  
       {1 x 100 on 1:45 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 500 1 x 500 on 10:00 Freestyle-for time  
 600 1x{1 x 200 on 3:45 Backstroke  
       {1 x 175 on 3:20 Backstroke  
       {1 x 150 on 2:50 Backstroke  
       {1 x 75 on 1:25 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 4,050 Yards - Stress Value = 100

**Workout #6330 - Tuesday, 28 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====

1 on 25:00 Physio Balls/Stretch  
 350 1 x 350 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1x{2 x 100 on 2:30 Kick  
       {1 x 50 on 1:15 Kick  
       {2 x 100 on 2:35 Kick  
       {1 x 50 on 1:15 Kick  
 150 3 x 50 on :55 Freestyle-build  
 500 1x{2 x 100 on 2:15 Freestyle  
       {2 x 100 on 2:15 Freestyle  
       {1 x 100 on 2:00 Freestyle  
 550 1x{2 x 125 on 2:30 Pulls  
       {2 x 125 on 2:25 Pulls  
       {1 x 50 on 1:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 500 1 x 500 on 10:00 Freestyle-for time  
 450 1x{1 x 200 on 4:30 Backstroke  
       {1 x 150 on 3:30 Backstroke  
       {1 x 100 on 2:15 Backstroke  
 250 1 x 250 on 5:00 Stroke Drills  
 5:30 PM 3,600 Yards - Stress Value = 95

**Workout #6331 - Wednesday, 29 April 2009**

**Group 3 - Distance**

**1 minute rest between sets**

5:15 AM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 30:00 Med balls/stretch L I  
 600 1 x 600 on 10:00 Reverse IM drill REC S  
 150 10 x 15 on :45 Shooters SP3 S C  
 2,650 1x{3 x 250 on 3:15 Freestyle EN2 S  
       {2 x 100 on 1:30 Freestyle EN1 S  
       {3 x 250 on 3:05 Freestyle EN2 S  
       {2 x 100 on 1:30 Freestyle EN1 S  
       {3 x 250 on 2:55 Freestyle EN2 S  
 300 1 x 300 on 5:00 Stroke Drills REC D  
 6:45 AM 3,700 Yards - Stress Value = 55

**Workout #6334 - Wednesday, 29 April 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch 75
500	1 x 500 on 8:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 3:00 Kick 25 ez, 50 build, 25 ez {1 x 400 on 9:00 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{3 x 100 on 1:35 3 strokes fly off walls { open turn hold breath 1 stroke {4 x 25 on :30 Fly lupldown {1 x 100 on 1:30 Freestyle {3 x 100 on 1:30 3 strokes fly off walls { flip turn hold breath 1 stroke {4 x 25 on :30 Fly lup 2down {1 x 100 on 1:30 Freestyle {3 x 100 on 1:25 3 strokes fly off walls { flip turn hold breath 2 strokes {4 x 25 on :30 Fly 2up 1down {1 x 100 on 1:30 Freestyle
350	7 x 50 on 1:00 Stroke Drills
	5:30 PM 4,100 Yards - Stress Value = 51

**Workout #6332 - Wednesday, 29 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY WORK S
	1 on 30:00 Med balls/stretch	L I
550	1 x 550 on 10:00 Reverse IM drill	REC S
150	10 x 15 on :45 Shooters	SP3 S C
2,200	1x{3 x 250 on 3:50 Freestyle {2 x 100 on 1:35 Freestyle {3 x 250 on 3:45 Freestyle {2 x 100 on 1:35 Freestyle {1 x 250 on 3:40 Freestyle {1 x 50 on :45 Freestyle	EN2 S EN1 S EN2 S EN1 S EN2 S EN2 S
300	1 x 300 on 5:00 Stroke Drills	REC D
	6:45 AM 3,200 Yards - Stress Value = 46	

**Workout #6335 - Wednesday, 29 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch 75
450	1 x 450 on 8:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
1,350	1x{1 x 100 on 3:00 Kick 25 ez, 50 build, 25 ez {1 x 400 on 9:00 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:00 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:55 Kick {2 x 25 on :45 Kick no board BS
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{3 x 100 on 1:45 3 strokes fly off walls

	{ open turn hold breath 1 stroke
	{4 x 25 on :30 Fly lupldown
	{1 x 100 on 1:35 Freestyle
	{3 x 100 on 1:40 3 strokes fly off walls
	{ flip turn hold breath 1 stroke
	{4 x 25 on :30 Fly lup 2down
	{1 x 100 on 1:35 Freestyle
	{3 x 100 on 1:35 3 strokes fly off walls
	{ flip turn hold breath 2 strokes
	{4 x 25 on :30 Fly 2up 1down
	{1 x 100 on 1:35 Freestyle
	5 x 50 on 1:00 Stroke Drills
	5:30 PM 3,900 Yards - Stress Value = 50

**Workout #6333 - Wednesday, 29 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY WORK S
	1 on 30:00 Med balls/stretch	L I
500	1 x 500 on 10:00 Reverse IM drill	REC S
150	10 x 15 on :45 Shooters	SP3 S C
2,000	1x{3 x 250 on 4:10 Freestyle {2 x 100 on 1:40 Freestyle {3 x 250 on 4:05 Freestyle {3 x 100 on 1:40 Freestyle	EN2 S EN1 S EN2 S EN1 S
300	1 x 300 on 5:00 Stroke Drills	REC D
	6:45 AM 2,950 Yards - Stress Value = 41	

**Workout #6336 - Wednesday, 29 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch 75
400	1 x 400 on 8:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 3:00 Kick 25 ez, 50 build, 25 ez {1 x 400 on 9:00 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{3 x 100 on 1:55 3 strokes fly off walls { open turn hold breath 1 stroke {2 x 25 on :35 Fly lupldown {1 x 100 on 1:50 Freestyle {3 x 100 on 1:50 3 strokes fly off walls { flip turn hold breath 1 stroke {2 x 25 on :35 Fly lup 2down {1 x 100 on 1:50 Freestyle {3 x 100 on 1:45 3 strokes fly off walls { flip turn hold breath 2 strokes {2 x 25 on :35 Fly 2up 1down {1 x 100 on 1:50 Freestyle
250	5 x 50 on 1:00 Stroke Drills
	5:30 PM 3,650 Yards - Stress Value = 46

**Workout #6337 - Wednesday, 29 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch 75  
 350 1 x 350 on 8:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,200 1x{1 x 100 on 3:00 Kick 25 ez, 50 build, 25 ez  
 {1 x 400 on 9:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:35 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{2 x 100 on 2:15 3 strokes fly off walls  
 { open turn hold breath 1 stroke  
 {4 x 25 on :40 Fly lupldown  
 {1 x 100 on 2:00 Freestyle  
 {2 x 100 on 2:10 3 strokes fly off walls  
 { flip turn hold breath 1 stroke  
 {4 x 25 on :40 Fly lup 2down  
 {1 x 100 on 2:00 Freestyle  
 {2 x 100 on 2:05 3 strokes fly off walls  
 { flip turn hold breath 2 strokes  
 {2 x 25 on :40 Fly 2up 1down  
 {1 x 100 on 2:00 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 5:30 PM 3,300 Yards - Stress Value = 43

**Workout #6340 - Thursday, 30 April 2009**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 10 min abs and stretch  
 500 1 x 500 on 8:30 Underwater trn drill  
 odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 2,000 1x{1 x 150 on 2:45 Kick  
 {1 x 100 on 1:20 Freestyle  
 {2 x 125 on 2:20 Kick  
 {2 x 100 on 1:20 Freestyle  
 {3 x 100 on 1:50 Kick  
 {3 x 100 on 1:20 Freestyle  
 {4 x 75 on 1:20 Kick  
 {4 x 100 on 1:20 Freestyle  
 600 1x{2 x 50 on 1:00 Pulls  
 {1 x 500 on 9:00 Pulls-for time  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,125 3x{3 x 50 on 1:00 Breast under over  
 {4 x 25 on :30 Breast 2x pullouts  
 {1 x 125 on 1:40 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:30 PM 4,775 Yards - Stress Value = 95

**Workout #6339 - Thursday, 30 April 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 10 min abs and stretch  
 500 1 x 500 on 8:30 Underwater trn drill  
 odd 100's free even 100's back

150 10 x 15 on :45 Shooters  
 1,800 1x{1 x 150 on 3:00 Kick  
 {1 x 100 on 1:30 Freestyle  
 {2 x 125 on 2:30 Kick  
 {2 x 100 on 1:30 Freestyle  
 {3 x 100 on 2:00 Kick  
 {3 x 100 on 1:30 Freestyle  
 {4 x 75 on 1:30 Kick  
 {2 x 100 on 1:30 Freestyle  
 600 1x{2 x 50 on 1:00 Pulls  
 {1 x 500 on 9:00 Pulls-for time  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 975 3x{3 x 50 on 1:10 Breast under over  
 {4 x 25 on :30 Breast 2x pullouts  
 {1 x 75 on 1:05 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:30 PM 4,425 Yards - Stress Value = 91

**Workout #6338 - Thursday, 30 April 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 10 min abs and stretch  
 450 1 x 450 on 8:30 Underwater trn drill  
 odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,600 1x{1 x 150 on 3:15 Kick  
 {1 x 100 on 1:40 Freestyle  
 {2 x 125 on 2:40 Kick  
 {2 x 100 on 1:40 Freestyle  
 {3 x 100 on 2:10 Kick  
 {3 x 100 on 1:40 Freestyle  
 {4 x 75 on 1:40 Kick  
 600 1x{2 x 50 on 1:00 Pulls  
 {1 x 500 on 9:00 Pulls-for time  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 825 3x{3 x 50 on 1:20 Breast under over  
 {3 x 25 on :35 Breast 2x pullouts  
 {1 x 50 on :50 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:30 PM 4,025 Yards - Stress Value = 88

**Workout #6341 - Thursday, 30 April 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:30 PM Start				
400	1 on 25:00 10 min abs and stretch			
	1 x 400 on 8:30 Underwater trn drill			
	odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
1,450	1x{1 x 150 on 3:40 Kick			
	{1 x 100 on 1:55 Freestyle			
	{2 x 125 on 3:00 Kick			
	{2 x 100 on 1:55 Freestyle			
	{3 x 100 on 2:25 Kick			
	{3 x 100 on 1:55 Freestyle			
	{2 x 75 on 1:45 Freestyle			
600	1x{2 x 50 on 1:00 Pulls			
	{1 x 500 on 9:00 Pulls-for time			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
750	3x{2 x 50 on 1:30 Breast under over			
	{4 x 25 on :40 Breast 2x pullouts			
	{1 x 50 on 1:00 Freestyle			
200	1 x 200 on 3:00 Stroke Drills			
5:30 PM 3,750 Yards - Stress Value = 83				

**Workout #6343 - Friday, 01 May 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:30 PM Start				
600	1 on 30:00 Shoulders & Stretch			
	1 x 600 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	1 x 800 on 16:00 Vertical Kicking	EN2	K C	
1,000	5x{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 50 on :40 Freestyle	EN2	S	
	{1 x 50 on :50 Freestyle	REC	S	
350	7 x 50 on 1:00 Stroke Drills	REC	D	
5:00 PM 2,900 Yards - Stress Value = 37				

**Workout #6342 - Friday, 01 May 2009**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STF
5:15 AM Start				
600	1 on 30:00 Med balls/stretch		L	DRY
	1 x 600 on 10:00 Choice	REC	S	CHC
300	6 x 50 on :55 Descend in sets of 3	EN1	S	FF
600	6 x 100 on 6:00 Freestyle	SP2	S	FF
500	1 x 500 on 10:00 Stroke Drills	REC	D	CI
6:50 AM 2,000 Yards - Stress Value = 63				

**Workout #6344 - Friday, 01 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:30 PM Start				
600	1 on 30:00 Shoulders & Stretch		L	I
	1 x 600 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	1 x 800 on 16:00 Vertical Kicking	EN2	K C	
1,000	5x{1 x 100 on 1:40 Individual Medley	EN2	S	
	{1 x 50 on :45 Freestyle	EN2	S	

	{1 x 50 on :55 Freestyle	REC	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
5:00 PM 2,800 Yards - Stress Value = 37			

**Workout #6345 - Friday, 01 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:30 PM Start				
500	1 on 30:00 Shoulders & Stretch		L	I
	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	1 x 800 on 16:00 Vertical Kicking	EN2	K C	
800	4x{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 50 on :50 Freestyle	EN2	S	
	{1 x 50 on 1:05 Freestyle	REC	S	
350	7 x 50 on 1:00 Stroke Drills	REC	D	
5:00 PM 2,600 Yards - Stress Value = 34				

**Workout #6346 - Friday, 01 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:30 PM Start				
450	1 on 30:00 Shoulders & Stretch		L	I
	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	1 x 800 on 16:00 Vertical Kicking	EN2	K C	
800	4x{1 x 100 on 2:10 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Freestyle	EN2	S	
	{1 x 50 on 1:15 Freestyle	REC	S	
200	4 x 50 on 1:00 Stroke Drills	REC	D	
5:00 PM 2,400 Yards - Stress Value = 34				

**Workout #6349 - Monday, 04 May 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:15 AM Start				
625	1 on 30:00 Med balls/stretch		L	I
	1 x 625 on 10:00 Choice	REC	S	C
165	11 x 15 on :45 Cross pool sprints	SP3	S	
600	8 x 75 on 1:00 Pulls	EN1	P	
1,500	3x{3 x 125 on 2:00 Free, EN2, -1. -2	EN2	S	
	{1 x 125 on 2:30 Freestyle	EN3	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:45 AM 3,090 Yards - Stress Value = 57				

**Workout #6351 - Monday, 04 May 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM Start			
525	1 on 30:00 Med balls/stretch		
165	1 x 525 on 10:00 Choice	REC	S C
450	11 x 15 on :45 Cross pool sprints	SP3	S
1,200	6 x 75 on 1:05 Pulls	EN1	P
2,000	3x{3 x 100 on 2:00 Free, EN2, -1. -2	EN2	S
1,400	1 x 100 on 2:30 Freestyle	EN3	S
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,000	4 x 500 on 6:15 Free, +2, EN2, -2, -4	EN2	
1,400	1x{4 x 50 on 1:10 25Tombstone 25 Regular	EN2	
	{4 x 50 on 1:00 Kick w/ weight belt	EN2	
	{1 x 100 on 2:00 Kick-Great Effort	EN3	
	{3 x 50 on 1:05 25Tombstone 25Regular	EN2	
	{3 x 50 on 1:00 Kick w/ weight belt	EN2	
	{1 x 100 on 1:50 Kick-Great Effort	EN2	
	{2 x 50 on 1:00 25Tombstone 25Regular	EN2	
	{2 x 50 on 1:00 Kick w/ weight belt	EN2	
	{1 x 100 on 1:40 Kick-Great Effort	EN2	
	{1 x 50 on :55 25Tombstone 25Regular	EN2	
	{1 x 50 on 1:00 Kick w/ weight belt	EN2	
100	1 x 100 on 1:30 Kick-Great Effort	EN2	
1,600	1 x 100 on 1:30 Freestyle	REC	
400	4 x 400 on 5:00 Free +2, EN2, -2. -4	EN2	
	1 x 400 on 6:00 Stroke Drills	REC	
5:45 PM 6,250 Yards - Stress Value = 110			

**Workout #6348 - Monday, 04 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:15 AM Start			
100	1 on 30:00 Med balls/stretch		
1,200	1 x 100 on 10:00 Choice	REC	S C
350	11 x 15 on :45 Cross pool sprints	SP3	S
525	8 x 75 on 1:05 Pulls	EN1	P
1,500	3x{3 x 125 on 2:00 Free, EN2, -1. -2	EN2	S
200	1 x 125 on 2:30 Freestyle	EN3	S
	1 x 200 on 3:00 Stroke Drills	REC	D
6:46 AM 3,090 Yards - Stress Value = 57			

**Workout #6352 - Monday, 04 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM Start			
600	1 on 30:00 Physio Ball Abs//Stretch		
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
2,000	10 x 15 on :45 Shooters	SP3	
1,050	1x{4 x 50 on 1:15 25Tombstone 25 Regular	EN2	
	{4 x 50 on 1:05 Kick w/ weight belt	EN2	
	{1 x 100 on 2:05 Kick-Great Effort	EN3	
	{3 x 50 on 1:10 25Tombstone 25Regular	EN2	
	{3 x 50 on 1:05 Kick w/ weight belt	EN2	
	{1 x 100 on 2:00 Kick-Great Effort	EN2	
	{1 x 50 on 1:05 25Tombstone 25Regular	EN2	
	{1 x 50 on 1:05 Kick w/ weight belt	EN2	
	{1 x 50 on :55 Kick-Great Effort	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
1,600	4 x 400 on 5:40 Free +2, EN2, -2. -4	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:45 PM 5,700 Yards - Stress Value = 103			

**Workout #6347 - Monday, 04 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:15 AM Start			
525	1 on 30:00 Med balls/stretch		
165	1 x 525 on 10:00 Choice	REC	S C
450	11 x 15 on :45 Cross pool sprints	SP3	S
1,200	6 x 75 on 1:15 Pulls	EN1	P
200	3x{3 x 100 on 2:00 Free, EN2, -1. -2	EN2	S
	{1 x 100 on 2:30 Freestyle	EN3	S
	1 x 200 on 3:00 Stroke Drills	REC	D
6:45 AM 2,540 Yards - Stress Value = 47			

**Workout #6353 - Monday, 04 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM Start			
550	1 on 30:00 Physio Ball Abs//Stretch		
150	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
1,500	10 x 15 on :45 Shooters	SP3	
1,150	3 x 500 on 8:20 Free, +2, EN2, -2	EN2	
	1x{4 x 50 on 1:20 25Tombstone 25 Regular	EN2	
	{4 x 50 on 1:10 Kick w/ weight belt	EN2	
	{1 x 100 on 2:15 Kick-Great Effort	EN3	
	{3 x 50 on 1:15 25Tombstone 25Regular	EN2	
	{3 x 50 on 1:10 Kick w/ weight belt	EN2	
	{1 x 100 on 2:10 Kick-Great Effort	EN2	
	{2 x 50 on 1:10 25Tombstone 25Regular	EN2	
	{2 x 50 on 1:10 Kick w/ weight belt	EN2	
	{1 x 50 on 1:00 Kick-Great Effort	EN2	
100	1 x 100 on 1:45 Freestyle	REC	
1,200	3 x 400 on 6:40 Free +2, EN2, -2	EN2	
350	1 x 350 on 6:00 Stroke Drills	REC	
5:45 PM 5,000 Yards - Stress Value = 87			

**Workout #6350 - Monday, 04 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:15 AM Start			
525	1 on 30:00 Med balls/stretch		
165	1 x 525 on 10:00 Choice	REC	S C
400	11 x 15 on :45 Cross pool sprints	SP3	S
1,200	8 x 50 on 1:00 Pulls	EN1	P
200	3x{3 x 100 on 2:00 Free, EN2, -1. -2	EN2	S
	{1 x 100 on 2:30 Freestyle	EN3	S
	1 x 200 on 3:00 Stroke Drills	REC	D
6:45 AM 2,490 Yards - Stress Value = 47			

**Workout #6354 - Monday, 04 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Ball Abs//Stretch		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	3 x 400 on 8:00 Free, +2, EN2, -2	EN2	
1,050	1x{4 x 50 on 1:30 25Tombstone 25 Regular	EN2	
	{4 x 50 on 1:20 Kick w/ weight belt	EN2	
	{1 x 100 on 2:30 Kick-Great Effort	EN3	
	{3 x 50 on 1:25 25Tombstone 25Regular	EN2	
	{3 x 50 on 1:20 Kick w/ weight belt	EN2	
	{1 x 100 on 2:20 Kick-Great Effort	EN2	
	{1 x 50 on 1:20 25Tombstone 25Regular	EN2	
	{1 x 50 on 1:20 Kick w/ weight belt	EN2	
	{1 x 50 on 1:05 Kick-Great Effort	EN2	
50	1 x 50 on 1:30 Freestyle	REC	
900	3 x 300 on 6:00 Free +2, EN2, -2	EN2	
400	1 x 400 on 8:00 Stroke Drills	REC	
5:45 PM 4,250 Yards - Stress Value = 73			

1,150	1x{1 x 100 on 1:50 Kick		
	{2 x 50 on 1:10 Kick		
	{2 x 100 on 1:55 Kick		
	{2 x 50 on 1:10 Kick		
	{3 x 100 on 2:00 Kick		
	{2 x 50 on 1:10 Kick		
	{1 x 100 on 1:55 Kick		
	{1 x 50 on 1:10 Kick		
	{1 x 100 on 1:50 Kick		
650	1x{5 x 125 on 1:55 Pull no br L.10, -2		
	{1 x 25 on :01 Pull no br L.10 yds, -2		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,250	1x{1 x 125 on 2:10 Backstroke		
	{1 x 125 on 2:05 Backstroke		
	{1 x 125 on 2:00 Backstroke		
	{1 x 125 on 1:55 Backstroke		
	{6 x 25 on :30 Back-Descend in 3's		
	{1 x 100 on 1:35 Backstroke 2 kow		
	{2 x 100 on 1:40 Backstroke 3 kow		
	{3 x 100 on 1:45 Backstroke-4 kow		
300	6 x 50 on 1:00 Stroke Drills		
5:45 PM 4,850 Yards - Stress Value = 93			

**Workout #6357 - Tuesday, 05 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Abs and Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
150	3 x 50 on :45 Freestyle-build
400	1 x 400 on 8:00 Backstroke for time
1,300	1x{1 x 100 on 1:30 Kick
	{2 x 50 on 1:10 Kick
	{2 x 100 on 1:35 Kick
	{2 x 50 on 1:10 Kick
	{3 x 100 on 1:40 Kick
	{2 x 50 on 1:10 Kick
	{2 x 100 on 1:35 Kick
	{2 x 50 on 1:10 Kick
	{1 x 100 on 1:30 Kick
750	6 x 125 on 1:40 Pull no br L.10 yds, -2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{1 x 125 on 2:00 Backstroke
	{1 x 125 on 1:55 Backstroke
	{1 x 125 on 1:50 Backstroke
	{1 x 125 on 1:45 Backstroke
	{1 x 125 on 1:40 Backstroke
	{7 x 25 on :30 Back-Descend in 3's #7-100%
	{1 x 100 on 1:20 Backstroke 2 kow
	{2 x 100 on 1:25 Backstroke 3 kow
	{3 x 100 on 1:30 Backstroke-4 kow
300	6 x 50 on 1:00 Stroke Drills
5:45 PM 5,250 Yards - Stress Value = 100	

3:30 PM Start

Yards	Set Description
	1 on 30:00 Abs and Stretch
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
150	3 x 50 on :55 Freestyle-build
400	1 x 400 on 8:00 Backstroke for time
1,100	1x{1 x 100 on 2:00 Kick
	{2 x 50 on 1:10 Kick
	{2 x 100 on 2:05 Kick
	{2 x 50 on 1:10 Kick
	{2 x 100 on 2:10 Kick
	{1 x 50 on 1:10 Kick
	{2 x 100 on 2:05 Kick
	{1 x 50 on 1:10 Kick
	{1 x 100 on 2:00 Kick
550	1x{4 x 125 on 2:05 Pull no br L.10, -2
	{1 x 50 on :50 Pull no br L.10 yds, -2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150	1x{1 x 125 on 2:25 Backstroke
	{1 x 125 on 2:20 Backstroke
	{1 x 125 on 2:15 Backstroke
	{1 x 125 on 2:10 Backstroke
	{6 x 25 on :40 Back-Descend in 3's
	{1 x 100 on 1:45 Backstroke 2 kow
	{2 x 100 on 1:50 Backstroke 3 kow
	{2 x 100 on 1:55 Backstroke-4 kow
300	6 x 50 on 1:00 Stroke Drills
5:46 PM 4,550 Yards - Stress Value = 90	

**Workout #6356 - Tuesday, 05 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Abs and Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
150	3 x 50 on :50 Freestyle-build
400	1 x 400 on 8:00 Backstroke for time





**Workout #6364 - Wednesday, 06 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 150 on 2:50 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 200 on 3:50 Kick  
 100 1 x 100 on 3:00 Kick for time  
 1,000 1x{2 x 200 on 3:05 Lungbuster pulls  
 {2 x 200 on 3:00 Lungbuster pulls  
 {1 x 200 on 2:55 Lungbuster pulls  
 { breathe 3-5-7-choice by the 50  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 150 on 2:50 Breast 2X pullouts  
 {4 x 25 on :45 Alt. Breast TO drill/4 sec gli  
 {3 x 50 on :55 Breaststroke  
 {1 x 150 on 2:45 Breast 2X pullouts  
 {4 x 25 on :45 Alt. Breast TO drill/4 sec gli  
 {3 x 50 on :55 Breaststroke  
 {1 x 150 on 2:40 Breast 2X pullouts  
 {4 x 25 on :45 Alt. Breast TO drill/4 sec gli  
 {2 x 50 on 1:00 Breaststroke-both fast  
 400 8 x 50 on 1:00 Stroke Drills  
 5:46 PM 4,600 Yards - Stress Value = 71

**Workout #6361 - Wednesday, 06 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

5:15 AM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 30:00 Med balls/stretch I  
 550 1 x 550 on 10:00 Reverse IM drill REC I  
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S  
 1,900 1x{1 x 400 on 6:40 Freestyle EN1 S  
 {2 x 100 on 1:40 Freestyle EN1 S  
 {1 x 100 on 1:40 Freestyle EN2 S  
 {1 x 100 on 1:55 Freestyle EN3 S  
 {1 x 300 on 5:00 Freestyle EN1 S  
 {1 x 100 on 1:40 Freestyle EN1 S  
 {1 x 100 on 1:40 Freestyle EN2 S  
 {1 x 100 on 1:55 Freestyle EN3 S  
 {1 x 250 on 4:10 Freestyle EN1 S  
 {1 x 100 on 1:40 Freestyle EN2 S  
 {1 x 100 on 1:55 Freestyle EN3 S  
 {1 x 50 on 1:00 Freestyle EN3 S  
 250 5 x 50 on 1:00 Stroke Drills REC I  
 6:45 AM 2,880 Yards - Stress Value = 46

**Workout #6365 - Wednesday, 06 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board BSLR

{2 x 150 on 3:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 150 on 3:10 Kick  
 100 1 x 100 on 3:00 Kick for time  
 900 1x{2 x 200 on 3:30 Lungbuster pulls  
 {2 x 200 on 3:25 Lungbuster pulls  
 {1 x 100 on 1:40 Lungbuster pulls  
 { breathe 3-5-7-choice by the 50  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{1 x 150 on 3:05 Breast 2X pullouts  
 {4 x 25 on :45 Alt. Breast TO drill/4 sec gli  
 {3 x 50 on :55 Breaststroke  
 {1 x 150 on 3:00 Breast 2X pullouts  
 {4 x 25 on :45 Alt. Breast TO drill/4 sec gli  
 {3 x 50 on 1:00 Breaststroke  
 {1 x 150 on 2:55 Breast 2X pullouts  
 {4 x 25 on :45 Alt. Breast TO drill/4 sec gli  
 {1 x 50 on 1:00 Breaststroke-100%  
 400 8 x 50 on 1:00 Stroke Drills  
 5:46 PM 4,350 Yards - Stress Value = 67

**Workout #6362 - Wednesday, 06 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

5:15 AM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 30:00 Med balls/stretch I  
 500 1 x 500 on 10:00 Reverse IM drill REC I  
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S  
 1,650 1x{1 x 400 on 8:20 Freestyle EN1 S  
 {2 x 100 on 1:50 Freestyle EN1 S  
 {1 x 100 on 1:50 Freestyle EN2 S  
 {1 x 100 on 2:15 Freestyle EN3 S  
 {1 x 300 on 5:30 Freestyle EN1 S  
 {1 x 100 on 1:50 Freestyle EN1 S  
 {1 x 100 on 1:50 Freestyle EN2 S  
 {1 x 100 on 2:15 Freestyle EN3 S  
 {1 x 200 on 3:40 Freestyle EN1 S  
 {1 x 50 on 1:00 Freestyle EN3 S  
 250 5 x 50 on 1:00 Stroke Drills REC I  
 6:45 AM 2,580 Yards - Stress Value = 38

**Workout #6366 - Wednesday, 06 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 150 on 3:45 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 200 on 5:00 Kick  
 100 1 x 100 on 3:00 Kick for time  
 800 1x{2 x 200 on 4:00 Lungbuster pulls  
 {1 x 200 on 3:55 Lungbuster pulls  
 {1 x 200 on 3:50 Lungbuster pulls  
 { breathe 3-5-7-choice by the 50  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 950 1x{1 x 150 on 3:30 Breast 2X pullouts  
 {4 x 25 on 1:00 Alt. Breast TO drill/4 sec gl  
 {2 x 50 on 1:00 Breaststroke  
 {1 x 150 on 3:25 Breast 2X pullouts  
 {4 x 25 on 1:00 Alt. Breast TO drill/4 sec gl  
 {2 x 50 on 1:05 Breaststroke  
 {1 x 150 on 3:20 Breast 2X pullouts  
 {2 x 50 on 1:10 Breaststroke-both fast  
 400 8 x 50 on 1:00 Stroke Drills  
 5:46 PM 3,950 Yards - Stress Value = 61

**Workout #6367 - Thursday, 07 May 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,200 12 x 100 on 1:45 Kick-odds fast  
 1,000 1 x 1000 on 13:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{4 x 25 on :30 Butterfly  
 {1 x 100 on 1:15 Freestyle  
 {6 x 25 on :30 Butterfly  
 {2 x 100 on 1:20 Freestyle  
 {8 x 25 on :30 Freestyle  
 {3 x 100 on 1:25 Freestyle  
 {8 x 25 on :25 Butterfly  
 {3 x 100 on 1:30 Freestyle-Red 30  
 {6 x 25 on :25 Butterfly  
 {2 x 100 on 1:35 Freestyle-Red 30  
 {4 x 25 on :25 Butterfly  
 {1 x 100 on 1:40 Freestyle-Red 30  
 400 8 x 50 on 1:00 Stroke Drills  
 5:46 PM 5,650 Yards - Stress Value = 84

**Workout #6368 - Thursday, 07 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill

Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,100 11 x 100 on 1:55 Kick-odds fast  
 only do a 50 on #11  
 900 1 x 900 on 13:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{4 x 25 on :30 Butterfly  
 {1 x 100 on 1:25 Freestyle  
 {6 x 25 on :30 Butterfly  
 {2 x 100 on 1:30 Freestyle  
 {8 x 25 on :30 Freestyle  
 {3 x 100 on 1:35 Freestyle  
 {6 x 25 on :30 Butterfly  
 {3 x 100 on 1:40 Freestyle-Red 30  
 {4 x 25 on :30 Butterfly  
 {2 x 100 on 1:45 Freestyle-Red 30  
 {2 x 25 on :30 Butterfly  
 {1 x 50 on 1:00 Freestyle-Red 30  
 400 8 x 50 on 1:00 Stroke Drills  
 5:47 PM 5,250 Yards - Stress Value = 77

**Workout #6369 - Thursday, 07 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,000 10 x 100 on 2:05 Kick-odds fast  
 800 1 x 800 on 13:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{2 x 25 on :35 Butterfly  
 {1 x 100 on 1:35 Freestyle  
 {4 x 25 on :35 Butterfly  
 {2 x 100 on 1:40 Freestyle  
 {6 x 25 on :35 Freestyle  
 {3 x 100 on 1:45 Freestyle  
 {6 x 25 on :35 Butterfly  
 {3 x 100 on 1:50 Freestyle-Red 30  
 {4 x 25 on :35 Butterfly  
 {2 x 100 on 1:55 Freestyle-Red 30  
 {2 x 25 on :35 Butterfly  
 400 8 x 50 on 1:00 Stroke Drills  
 5:46 PM 4,800 Yards - Stress Value = 70

**Workout #6370 - Thursday, 07 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
500	1 on 30:00 Stomach and Stretch 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:45 Kick-odds fast
650	1 x 650 on 13:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{2 x 25 on :40 Butterfly {1 x 100 on 1:50 Freestyle {4 x 25 on :40 Butterfly {2 x 100 on 1:55 Freestyle {6 x 25 on :40 Freestyle {3 x 100 on 2:00 Freestyle {6 x 25 on :40 Butterfly {3 x 100 on 2:05 Freestyle-Red 30 {2 x 25 on :40 Butterfly {1 x 100 on 2:10 Freestyle-Red 30
400	8 x 50 on 1:00 Stroke Drills
5:45 PM 4,100 Yards - Stress Value = 58	

**Workout #6371 - Friday, 08 May 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	E
5:15 AM Start					
600	1 on 30:00 Med balls/stretch			L DRY	
150	1 x 600 on 10:00 Choice	REC		S CHO	1
2,000	10 x 15 on :45 Shooters	SP3		S CHO	5
1x{	1 x 400 on 5:20 Pulls	EN1		P FR	1
{2 x	300 on 4:00 Freestyle	EN1		S FR	1
{3 x	200 on 2:40 Pulls	EN1		P FR	1
{4 x	100 on 1:20 Freestyle	EN1		S FR	1
400 1x{	4 x 25 on :30 Freestyle	EN1		S FR	2
{4 x	25 on :25 Freestyle	EN1		S FR	1
{4 x	25 on :20 Freestyle	EN2		S FR	1
{4 x	25 on :15 Freestyle	EN2		S FR	1
250	5 x 50 on 1:00 Stroke Drills	REC		D CD	2
6:45 AM 3,400 Yards - Stress Value = 32					

**Workout #6372 - Friday, 08 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	E
5:15 AM Start					
600	1 on 30:00 Med balls/stretch			L DRY	
150	1 x 600 on 10:00 Choice	REC		S CHO	1
1,800	10 x 15 on :45 Shooters	SP3		S CHO	5
1x{	1 x 400 on 6:00 Pulls	EN1		P FR	1
{2 x	300 on 4:25 Freestyle	EN1		S FR	1
{3 x	200 on 2:55 Pulls	EN1		P FR	1
{2 x	100 on 1:30 Freestyle	EN1		S FR	1
350 1x{	4 x 25 on :30 Freestyle	EN1		S FR	2
{5 x	25 on :25 Freestyle	EN1		S FR	1
{5 x	25 on :20 Freestyle	EN2		S FR	1
250	5 x 50 on 1:00 Stroke Drills	REC		D CD	2
6:45 AM 3,150 Yards - Stress Value = 28					

**Workout #6376 - Friday, 08 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
800	1 on 30:00 Shoulders & Stretch 1 x 800 on 15:00 200 SKPS 400 Choice 200 SKI
200	1 x 200 on 10:00 Techniques-Stanford Turn Dr
850	1x{1 x 100 on 2:05 Kick {1 x 150 on 2:25 Pulls {1 x 200 on 3:10 Freestyle {1 x 200 on 4:10 Kick {1 x 150 on 2:25 Pulls {1 x 50 on :50 Freestyle
450	9 x 50 on 1:15 Start at mid/shooter/build 25 with great finish/easy back to mid pool 1-3 fly to back, 4-6 back to breast, 5-9 br
300	1 x 300 on 5:00 Stroke Drills
5:02 PM 2,600 Yards - Stress Value = 35	

**Workout #6373 - Friday, 08 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	E
5:15 AM Start					
550	1 on 30:00 Med balls/stretch			L DRY	
150	1 x 550 on 10:00 Choice	REC		S CHO	1
1,600	10 x 15 on :45 Shooters	SP3		S CHO	5
1x{	1 x 400 on 6:40 Pulls	EN1		P FR	1
{2 x	300 on 4:55 Freestyle	EN1		S FR	1
{3 x	200 on 3:15 Pulls	EN1		P FR	1
300 1x{	4 x 25 on :35 Freestyle	EN1		S FR	2
{4 x	25 on :30 Freestyle	EN1		S FR	2
{4 x	25 on :25 Freestyle	EN2		S FR	1
250	5 x 50 on 1:00 Stroke Drills	REC		D CD	2
6:45 AM 2,850 Yards - Stress Value = 26					

**Workout #6377 - Friday, 08 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
750	1 on 30:00 Shoulders & Stretch 1 x 750 on 15:00 200 SKPS 350 Choice 200 SKI
200	1 x 200 on 10:00 Techniques-Stanford Turn Dr
750	1x{1 x 100 on 2:20 Kick {1 x 150 on 2:40 Pulls {1 x 100 on 1:45 Freestyle {1 x 200 on 4:30 Kick {1 x 150 on 2:40 Pulls {1 x 50 on :55 Freestyle
450	9 x 50 on 1:15 Start at mid/shooter/build 25 with great finish/easy back to mid pool 1-3 fly to back, 4-6 back to breast, 5-9 br
300	1 x 300 on 5:00 Stroke Drills
5:01 PM 2,450 Yards - Stress Value = 34	

**Workout #6374 - Friday, 08 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY	WORK	STK	I
	1 on 30:00 Med balls/stretch			L DRY	
500	1 x 500 on 10:00 Choice	REC	S	CHO	2
150	10 x 15 on :45 Shooters	SP3	S	CHO	5
1,350	1x{1 x 400 on 8:00 Pulls	EN1	P	FR	2
	{2 x 300 on 5:50 Freestyle	EN1	S	FR	1
	{3 x 100 on 1:55 Pulls	EN1	P	FR	1
	{1 x 50 on :55 Freestyle	EN1	S	FR	1
300	1x{4 x 25 on :35 Freestyle	EN1	S	FR	2
	{4 x 25 on :30 Freestyle	EN1	S	FR	2
	{4 x 25 on :25 Freestyle	EN2	S	FR	1
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
6:45 AM 2,550 Yards - Stress Value = 23					

**Workout #6378 - Friday, 08 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	I
	1 on 30:00 Shoulders & Stretch				
600	1 x 600 on 15:00 200 SKPS 200 Choice 200 SKI				
200	1 x 200 on 10:00 Techniques-Stanford Turn Dr				
650	1x{1 x 100 on 2:30 Kick				
	{1 x 100 on 2:00 Pulls				
	{1 x 100 on 2:05 Freestyle				
	{1 x 150 on 3:45 Kick				
	{1 x 150 on 3:00 Pulls				
	{1 x 50 on 1:00 Freestyle				
450	9 x 50 on 1:15 Start at mid/shooter/build 25				
	with great finish/easy back to mid pool				
	1-3 fly to back, 4-6 back to breast, 5-9 br				
300	1 x 300 on 5:00 Stroke Drills				
5:01 PM 2,200 Yards - Stress Value = 33					

**Workout #6375 - Friday, 08 May 2009**

**Group 3 - Recovery/Technique Day**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	I
	1 on 30:00 Shoulders & Stretch				
800	1 x 800 on 15:00 200 SKPS 400 Choice 200 SKI				
200	1 x 200 on 10:00 Techniques-Stanford Turn Dr				
900	1x{1 x 100 on 2:00 Kick				
	{1 x 150 on 2:15 Pulls				
	{1 x 200 on 3:00 Freestyle				
	{1 x 200 on 4:00 Kick				
	{1 x 150 on 2:15 Pulls				
	{1 x 100 on 1:30 Freestyle				
450	9 x 50 on 1:15 Start at mid/shooter/build 25				
	with great finish/easy back to mid pool				
	1-3 fly to back, 4-6 back to breast, 5-9 br				
300	1 x 300 on 5:00 Stroke Drills				
5:01 PM 2,650 Yards - Stress Value = 36					

**Workout #6383 - Monday, 11 May 2009**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	I
	1 on 30:00 12 min abs/pushups/Stretch				

600	1 x 600 on 10:00 Swim-kick-pull-swim				
150	10 x 15 on :45 Shooters				
1,100	1x{4 x 25 on :45 Kick no board BSLR				
	{2 x 125 on 2:05 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 1:40 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 75 on 1:15 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 50 on :50 Kick				
1,350	1x{2 x 50 on :40 Pull no br L.12 yds				
	{2 x 75 on 1:00 Pull no br L.12 yds				
	{2 x 100 on 1:20 Pull no br L.12 yds				
	{2 x 125 on 1:40 Pull no br L.12 yds				
	{2 x 150 on 2:00 Pull no br L.12 yds				
	{2 x 175 on 2:20 Pull no br L.12 yds				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
2,500	1x{1 x 250 on 3:20 Freestyle				
	{5 x 50 on 1:00 Freestyle				
	{1 x 250 on 3:15 Freestyle				
	{5 x 50 on 1:00 Freestyle				
	{1 x 250 on 3:10 Freestyle				
	{5 x 50 on 1:00 Freestyle				
	{1 x 250 on 3:05 Freestyle				
	{5 x 50 on 1:00 Freestyle				
	{1 x 250 on 3:00 Freestyle				
	{5 x 50 on 1:00 Freestyle				
350	7 x 50 on 1:00 Stroke Drills				
6:00 PM 6,250 Yards - Stress Value = 144					

**Workout #6379 - Monday, 11 May 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY	WORK	STK	I
	1 on 30:00 Med balls/stretch				
600	1 x 600 on 10:00 Choice	REC			
300	3x{1 x 25 on :30 Freestyle-EZ	REC			
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	EN1			
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1			
	{1 x 25 on :30 Freestyle-all fast	EN2			
	{ on #2 and #4 of each set concentrate on gre				
600	8 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1			
1,800	1x{1 x 150 on 2:00 Freestyle	EN1			
	{1 x 150 on 2:00 Freestyle	EN2			
	{1 x 150 on 2:00 Freestyle -1	EN2			
	{1 x 150 on 2:00 Freestyle	EN1			
	{1 x 150 on 2:00 Freestyle	EN2			
	{1 x 150 on 2:00 Freestyle -2	EN2			
	{1 x 150 on 2:00 Freestyle	EN2			
	{1 x 150 on 2:00 Freestyle -1	EN2			
	{1 x 150 on 2:00 Freestyle -2	EN2			
	{1 x 150 on 2:00 Freestyle-1	EN2			
	{1 x 150 on 2:00 Freestyle -2	EN2			
	{1 x 150 on 2:00 Freestyle Blue 2	EN3			
400	8 x 50 on 1:00 Stroke Drills	REC			
6:46 AM 3,700 Yards - Stress Value = 50					

**Workout #6380 - Monday, 11 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY
	1 on 30:00 Med balls/stretch	
600	1 x 600 on 10:00 Choice	REC
300	3x{1 x 25 on :30 Freestyle-EZ	REC
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	EN1
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1
	{1 x 25 on :30 Freestyle-all fast	EN2
	{ on #2 and #4 of each set concentrate on gre	
550	1x{6 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1
	{2 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1
1,800	1x{1 x 150 on 2:15 Freestyle	EN1
	{1 x 150 on 2:15 Freestyle	EN2
	{1 x 150 on 2:15 Freestyle -1	EN2
	{1 x 150 on 2:15 Freestyle	EN1
	{1 x 150 on 2:15 Freestyle	EN2
	{1 x 150 on 2:15 Freestyle -2	EN2
	{1 x 150 on 2:15 Freestyle	EN2
	{1 x 150 on 2:15 Freestyle -1	EN2
	{1 x 150 on 2:15 Freestyle -2	EN2
	{1 x 150 on 2:15 Freestyle-1	EN2
	{1 x 150 on 2:15 Freestyle -2	EN2
	{1 x 150 on 2:15 Freestyle Blue 2	EN3
250	5 x 50 on 1:00 Stroke Drills	REC
	6:46 AM 3,500 Yards - Stress Value = 49	

**Workout #6384 - Monday, 11 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
	1 on 30:00 12 min abs/pushups/Stretch	
600	1 x 600 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,000	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 125 on 2:25 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 1:55 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 75 on 1:25 Kick	
	{4 x 25 on :45 Kick no board BSLR	
1,250	1x{2 x 75 on 1:05 Pull no br L.12 yds	
	{2 x 100 on 1:25 Pull no br L.12 yds	
	{2 x 125 on 1:50 Pull no br L.12 yds	
	{2 x 150 on 2:10 Pull no br L.12 yds	
	{2 x 175 on 2:30 Pull no br L.12 yds	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,400	1x{1 x 250 on 3:45 Freestyle	
	{5 x 50 on 1:00 Freestyle	
	{1 x 250 on 3:40 Freestyle	
	{5 x 50 on 1:00 Freestyle	
	{1 x 250 on 3:35 Freestyle	
	{5 x 50 on 1:00 Freestyle	
	{1 x 250 on 3:30 Freestyle	
	{5 x 50 on 1:00 Freestyle	
	{1 x 250 on 3:25 Freestyle	
	{3 x 50 on 1:00 Freestyle	
350	7 x 50 on 1:00 Stroke Drills	
	6:00 PM 5,950 Yards - Stress Value = 135	

**Workout #6381 - Monday, 11 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY
	1 on 30:00 Med balls/stretch	
550	1 x 550 on 10:00 Choice	REC
300	3x{1 x 25 on :30 Freestyle-EZ	REC
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	EN1
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1
	{1 x 25 on :30 Freestyle-all fast	EN2
	{ on #2 and #4 of each set concentrate on gre	
500	1x{6 x 75 on 1:20 Pulls-nbbf&w + 2 yds	EN1
	{1 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1
1,500	1x{1 x 150 on 2:35 Freestyle	EN1
	{1 x 150 on 2:35 Freestyle	EN2
	{1 x 150 on 2:35 Freestyle -1	EN2
	{1 x 150 on 2:35 Freestyle	EN1
	{1 x 150 on 2:35 Freestyle	EN2
	{1 x 150 on 2:35 Freestyle -2	EN2
	{1 x 150 on 2:35 Freestyle	EN2
	{1 x 150 on 2:35 Freestyle -1	EN2
	{1 x 150 on 2:35 Freestyle -2	EN2
	{1 x 150 on 2:35 Freestyle Blue 2	EN3
300	6 x 50 on 1:00 Stroke Drills	REC
	6:46 AM 3,150 Yards - Stress Value = 42	

**Workout #6385 - Monday, 11 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
	1 on 30:00 12 min abs/pushups/Stretch	
550	1 x 550 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
950	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 125 on 2:40 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:05 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 75 on 1:35 Kick	
	{2 x 25 on :45 Kick no board BS	
1,050	1x{1 x 50 on :50 Pull no br L.12 yds	
	{1 x 100 on 1:40 Pull no br L.12 yds	
	{2 x 125 on 2:05 Pull no br L.12 yds	
	{2 x 150 on 2:30 Pull no br L.12 yds	
	{2 x 175 on 2:55 Pull no br L.12 yds	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,250	1x{1 x 200 on 3:20 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:20 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:15 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:15 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:10 Freestyle	
	{4 x 50 on 1:00 Freestyle	
	{1 x 200 on 3:10 Freestyle	
	{1 x 50 on 1:00 Freestyle	
350	7 x 50 on 1:00 Stroke Drills	
	6:00 PM 5,500 Yards - Stress Value = 124	

**Workout #6382 - Monday, 11 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

5:15 AM Start  
 Yards Set Description EGY  
 =====  
 1 on 30:00 Med balls/stretch  
 500 1 x 500 on 10:00 Choice REC  
 300 3x{1 x 25 on :30 Freestyle-EZ REC  
 {1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast EN1  
 {1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ EN1  
 {1 x 25 on :30 Freestyle-all fast EN2  
 { on #2 and #4 of each set concentrate on gre  
 400 8 x 50 on 1:05 Pulls-nbbf&w + 2 yds EN1  
 1,200 1x{1 x 100 on 2:00 Freestyle EN1  
 {1 x 100 on 2:00 Freestyle EN2  
 {1 x 100 on 2:00 Freestyle -1 EN2  
 {1 x 100 on 2:00 Freestyle EN1  
 {1 x 100 on 2:00 Freestyle EN2  
 {1 x 100 on 2:00 Freestyle -2 EN2  
 {1 x 100 on 2:00 Freestyle EN2  
 {1 x 100 on 2:00 Freestyle -1 EN2  
 {1 x 100 on 2:00 Freestyle -2 EN2  
 {1 x 100 on 2:00 Freestyle-1 EN2  
 {1 x 100 on 2:00 Freestyle -2 EN2  
 {1 x 100 on 2:00 Freestyle Blue 2 EN3  
 400 8 x 50 on 1:00 Stroke Drills REC  
 6:46 AM 2,800 Yards - Stress Value = 34

**Workout #6386 - Monday, 11 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 12 min abs/pushups/Stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:45 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:35 Kick  
 {2 x 25 on :45 Kick no board BS  
 950 1x{1 x 50 on :55 Pull no br L.12 yds  
 {2 x 125 on 2:20 Pull no br L.12 yds  
 {2 x 150 on 2:45 Pull no br L.12 yds  
 {2 x 175 on 3:15 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,050 1x{1 x 200 on 4:00 Freestyle  
 {5 x 50 on 1:00 Freestyle  
 {1 x 200 on 3:55 Freestyle  
 {5 x 50 on 1:00 Freestyle  
 {1 x 200 on 3:50 Freestyle  
 {5 x 50 on 1:00 Freestyle  
 {1 x 200 on 3:45 Freestyle  
 {5 x 50 on 1:00 Freestyle  
 {1 x 200 on 3:40 Freestyle  
 {1 x 50 on 1:00 Freestyle  
 350 7 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,050 Yards - Stress Value = 117

**Workout #6387 - Tuesday, 12 May 2009**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====

1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 10:00 Breast for time  
 1,400 14 x 100 on 1:20 Kick w/fins evens 100%  
 1,500 1x{1 x 500 on 6:15 Pulls  
 {1 x 400 on 5:00 Pulls  
 {1 x 300 on 3:45 Pulls  
 {1 x 200 on 2:30 Pulls  
 {1 x 100 on 1:15 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,250 1x{1 x 200 on 3:30 Alt 25 DPS, 25 build  
 {5 x 50 on :45 Backstroke 3 KOW  
 {3 x 100 on 1:30 75 free 25 back  
 {1 x 200 on 3:30 Alt 25 DPS 25 build  
 {5 x 50 on :45 Backstroke 4 KOW  
 {3 x 100 on 1:30 50 free 50 back  
 {1 x 200 on 3:30 Alt 25 DPS 25 build  
 {5 x 50 on :45 Backstroke 5 KOW  
 {3 x 100 on 1:30 25 free 75 back  
 250 1 x 250 on 5:00 Stroke Drills  
 6:00 PM 6,750 Yards - Stress Value = 130

**Workout #6388 - Tuesday, 12 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 10:00 Breast for time  
 1,200 12 x 100 on 1:30 Kick w/fins evens 100%  
 1,350 1x{1 x 500 on 7:05 Pulls  
 {1 x 400 on 5:20 Pulls  
 {1 x 300 on 4:15 Pulls  
 {1 x 150 on 2:10 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,150 1x{1 x 200 on 3:30 Alt 25 DPS, 25 build  
 {5 x 50 on :50 Backstroke 3 KOW  
 {3 x 100 on 1:35 75 free 25 back  
 {1 x 200 on 3:30 Alt 25 DPS 25 build  
 {5 x 50 on :50 Backstroke 4 KOW  
 {3 x 100 on 1:35 50 free 50 back  
 {1 x 200 on 3:30 Alt 25 DPS 25 build  
 {3 x 50 on :50 Backstroke 5 KOW  
 {3 x 100 on 1:35 25 free 75 back  
 250 1 x 250 on 5:00 Stroke Drills  
 5:59 PM 6,300 Yards - Stress Value = 123

**Workout #6389 - Tuesday, 12 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 10:00 Breast for time  
 1,000 10 x 100 on 1:45 Kick w/fins evens 100%  
 1,100 1x{1 x 500 on 8:15 Pulls  
 {1 x 400 on 6:40 Pulls  
 {1 x 200 on 3:20 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,950 1x{1 x 200 on 4:00 Alt 25 DPS, 25 build  
 {5 x 50 on :55 Backstroke 3 KOW  
 {3 x 100 on 1:45 75 free 25 back  
 {1 x 200 on 4:00 Alt 25 DPS 25 build  
 {5 x 50 on :55 Backstroke 4 KOW  
 {3 x 100 on 1:45 50 free 50 back  
 {1 x 200 on 4:00 Alt 25 DPS 25 build  
 {5 x 50 on :55 Backstroke 5 KOW  
 250 1 x 250 on 5:00 Stroke Drills  
 6:00 PM 5,600 Yards - Stress Value = 112

**Workout #6390 - Tuesday, 12 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 10:00 Breast for time  
 900 9 x 100 on 2:00 Kick w/fins evens 100%  
 950 1x{1 x 400 on 8:00 Pulls  
 {1 x 300 on 5:50 Pulls  
 {1 x 200 on 3:50 Pulls  
 {1 x 50 on 1:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{1 x 150 on 3:30 Alt 25 DPS, 25 build  
 {4 x 50 on 1:05 Backstroke 3 KOW  
 {3 x 100 on 2:10 75 free 25 back  
 {1 x 150 on 3:30 Alt 25 DPS 25 build  
 {4 x 50 on 1:05 Backstroke 4 KOW  
 {3 x 100 on 2:10 50 free 50 back  
 {1 x 150 on 3:30 Alt 25 DPS 25 build  
 {4 x 50 on 1:05 Backstroke 5 KOW  
 250 1 x 250 on 5:00 Stroke Drills  
 6:00 PM 5,000 Yards - Stress Value = 105

**Workout #6392 - Wednesday, 13 May 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 900 1x{3 x 100 on 1:30 2 strokes fly off walls-desc  
 {3 x 100 on 1:25 2 strokes fly off walls-desc  
 {3 x 100 on 1:20 2 strokes fly off walls-desc  
 1,150 1x{1 x 50 on :50 Kick  
 {4 x 25 on :45 Kick no board B---  
 {2 x 50 on :50 Kick

{4 x 25 on :45 Kick no board -S--  
 {3 x 50 on :50 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {4 x 50 on :50 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {5 x 50 on :50 Kick

100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{3 x 100 on 1:30 3 strokes fly off walls-desc  
 {3 x 100 on 1:25 3 strokes fly off walls-desc  
 {3 x 100 on 1:20 3 strokes fly off walls-desc  
 1,200 1x{2 x 225 on 3:00 Pulls  
 {2 x 175 on 2:20 Pulls  
 {2 x 125 on 1:40 Pulls  
 {2 x 75 on 1:00 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{3 x 100 on 1:30 4 strokes fly off walls-desc  
 {3 x 100 on 1:25 4 strokes fly off walls-desc  
 {3 x 100 on 1:20 4 strokes fly off walls-desc  
 400 8 x 50 on 1:00 Stroke Drills  
 6:01 PM 6,400 Yards - Stress Value = 89

**Workout #6391 - Wednesday, 13 May 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

5:15 AM Start  
 Yards Set Description EGY WORK SI  
 =====  
 1 on 30:00 Med balls/stretch L DF  
 600 1 x 600 on 10:00 Reverse IM drill REC D I  
 500 10 x 50 on :45 Pulls-nbbf&w + 2 yds EN1 P F  
 150 10 x 15 on :45 Shooters SP3 S I  
 1,200 16 x 75 on 1:30 Freestyle EN3 S F  
 300 6 x 50 on 1:00 Stroke Drills REC D C  
 6:45 AM 2,750 Yards - Stress Value = 83

**Workout #6393 - Wednesday, 13 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 800 1x{3 x 100 on 1:35 2 strokes fly off walls-desc  
 {3 x 100 on 1:30 2 strokes fly off walls-desc  
 {2 x 100 on 1:25 2 strokes fly off walls-#2 f  
 1,100 1x{1 x 50 on :55 Kick  
 {4 x 25 on :45 Kick no board B---  
 {2 x 50 on :55 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {3 x 50 on :55 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {4 x 50 on :55 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {4 x 50 on :55 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{3 x 100 on 1:35 3 strokes fly off walls-desc  
 {3 x 100 on 1:30 3 strokes fly off walls-desc  
 {2 x 100 on 1:25 3 strokes fly off walls-#2 f  
 1,050 1x{2 x 225 on 3:20 Pulls  
 {2 x 175 on 2:35 Pulls  
 {2 x 125 on 1:50 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{3 x 100 on 1:35 4 strokes fly off walls-desc  
 {3 x 100 on 1:30 4 strokes fly off walls-desc  
 {2 x 100 on 1:25 4 strokes fly off walls-#2 f  
 400 8 x 50 on 1:00 Stroke Drills  
 6:01 PM 5,900 Yards - Stress Value = 80

**Workout #6394 - Wednesday, 13 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 750 1x{3 x 100 on 1:45 2 strokes fly off walls-desc  
 {3 x 100 on 1:40 2 strokes fly off walls-desc  
 {3 x 50 on :50 2 strokes fly off wall-descenc  
 1,000 1x{1 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board B---  
 {2 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {3 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {4 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {2 x 50 on 1:05 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 1x{3 x 100 on 1:45 3 strokes fly off walls-desc  
 {3 x 100 on 1:40 3 strokes fly off walls-desc  
 {3 x 50 on :50 3 strokes fly off walls-descer  
 950 1x{2 x 200 on 3:20 Pulls  
 {2 x 175 on 2:50 Pulls  
 {2 x 100 on 1:40 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 1x{3 x 100 on 1:45 4 strokes fly off walls-desc  
 {3 x 100 on 1:40 4 strokes fly off walls-desc  
 {3 x 50 on :50 4 strokes fly off walls-descer

400 8 x 50 on 1:00 Stroke Drills  
 6:01 PM 5,500 Yards - Stress Value = 75

**Workout #6395 - Wednesday, 13 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 650 1x{3 x 100 on 2:00 2 strokes fly off walls-desc  
 {3 x 100 on 1:55 2 strokes fly off walls-desc  
 {1 x 50 on :55 2 strokes fly off wall  
 900 1x{1 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board B---  
 {2 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {3 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {4 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board ---R  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 650 1x{3 x 100 on 2:00 3 strokes fly off walls-desc  
 {3 x 100 on 1:55 3 strokes fly off walls-desc  
 {1 x 50 on :55 3 strokes fly off walls  
 800 1x{2 x 175 on 3:30 Pulls  
 {2 x 150 on 2:55 Pulls  
 {3 x 50 on :55 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 650 1x{3 x 100 on 2:00 4 strokes fly off walls-desc  
 {3 x 100 on 1:55 4 strokes fly off walls-desc  
 {1 x 50 on :55 4 strokes fly off walls  
 400 8 x 50 on 1:00 Stroke Drills  
 6:01 PM 4,900 Yards - Stress Value = 66

**Workout #6396 - Thursday, 14 May 2009**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,600 1x{4 x 50 on 1:20 25Tombstone 25Regular  
 {2 x 100 on 1:35 Kick  
 {4 x 50 on 1:15 25Tombstone 25Regular  
 {2 x 100 on 1:30 Kick  
 {4 x 50 on 1:10 25Tombstone 25Regular  
 {2 x 100 on 1:25 Kick  
 {4 x 50 on 1:05 25Tombstone 25Regular  
 {2 x 100 on 1:20 Kick  
 1,050 1x{3 x 125 on 2:30 Pulls  
 {3 x 100 on 2:00 Pulls  
 {3 x 75 on 1:30 Pulls  
 {3 x 50 on 1:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 5x{1 x 100 on 1:45 Breaststroke  
 {1 x 100 on 1:45 Breast 2X pullouts  
 {1 x 100 on 2:30 Alt 25 under 25 w/fly kick  
 400 8 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,500 Yards - Stress Value = 71



**Workout #6402 - Thursday, 14 May 2009**

**Group 3 - Gold/Silver**

**1 minute rest between sets**

Yards	Set Description
5:15 AM	Start
625	1 on 30:00 Med Balls/Stretch
165	1 x 625 on 10:00 200 SKPS 200 REV IM DR 225
1,900	11 x 15 on :45 Cross pool sprints
	1x{1 x 200 on 3:20 Individual Medley
	{3 x 100 on 1:30 Freestyle
	{2 x 150 on 2:30 IM without the free
	{3 x 100 on 1:29 Freestyle
	{2 x 100 on 1:40 Individual Medley
	{3 x 100 on 1:28 Freestyle
	{4 x 50 on :50 IM-50 of each stroke
400	{1 x 100 on 1:27 Freestyle
	8 x 50 on 1:00 Stroke Drills
6:45 AM	3,090 Yards - Stress Value = 45

**Workout #6397 - Thursday, 14 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 Abs and Stretch
150	1 x 600 on 10:00 Underwater trn drill
1,450	odd 100's free even 100's back
	10 x 15 on :45 Shooters
	1x{3 x 50 on 1:25 25Tombstone 25Regular
	{2 x 100 on 1:55 Kick
	{3 x 50 on 1:20 25Tombstone 25Regular
	{2 x 100 on 1:50 Kick
	{3 x 50 on 1:15 25Tombstone 25Regular
	{2 x 100 on 1:45 Kick
	{4 x 50 on 1:10 25Tombstone 25Regular
	{2 x 100 on 1:40 Kick
900	1x{3 x 125 on 2:50 Pulls
	{3 x 100 on 2:15 Pulls
	{3 x 75 on 1:40 Pulls
200	4x{1 x 25 on :50 Sculling drills
1,375	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	5x{1 x 100 on 1:55 Breaststroke
	{1 x 75 on 1:25 Breast 2X pullouts
	{1 x 100 on 2:45 Alt 25 under 25 w/fly kick
400	8 x 50 on 1:00 Stroke Drills
6:01 PM	5,075 Yards - Stress Value = 65

**Workout #6403 - Thursday, 14 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
5:15 AM	Start
575	1 on 30:00 Med Balls/Stretch
165	1 x 575 on 10:00 200 SKPS 200 REV IM DR 225
1,750	11 x 15 on :45 Cross pool sprints
	1x{1 x 200 on 3:30 Individual Medley
	{3 x 100 on 1:40 Freestyle
	{2 x 150 on 2:40 IM without the free
	{3 x 100 on 1:39 Freestyle
	{2 x 100 on 1:50 Individual Medley
	{3 x 100 on 1:38 Freestyle
	{3 x 50 on :55 IM-50 of each stroke-no free
400	8 x 50 on 1:00 Stroke Drills
6:46 AM	2,890 Yards - Stress Value = 42

**Workout #6398 - Thursday, 14 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 Abs and Stretch
150	1 x 550 on 10:00 Underwater trn drill
1,250	odd 100's free even 100's back
	10 x 15 on :45 Shooters
	1x{3 x 50 on 1:35 25Tombstone 25Regular
	{2 x 100 on 2:05 Kick
	{3 x 50 on 1:30 25Tombstone 25Regular
	{2 x 100 on 2:00 Kick
	{3 x 50 on 1:25 25Tombstone 25Regular
	{2 x 100 on 1:55 Kick
	{4 x 50 on 1:20 25Tombstone 25Regular
850	1x{2 x 125 on 3:00 Pulls
	{3 x 100 on 2:25 Pulls
	{2 x 75 on 1:50 Pulls
	{3 x 50 on 1:15 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	4x{1 x 100 on 2:10 Breaststroke
	{1 x 100 on 2:10 Breast 2X pullouts
	{1 x 100 on 3:00 Alt 25 under 25 w/fly kick
400	8 x 50 on 1:00 Stroke Drills
6:00 PM	4,600 Yards - Stress Value = 58

**Workout #6404 - Thursday, 14 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
5:15 AM	Start
525	1 on 30:00 Med Balls/Stretch
165	1 x 525 on 10:00 200 SKPS 200 REV IM DR 225
1,500	11 x 15 on :45 Cross pool sprints
	1x{1 x 200 on 4:30 Individual Medley
	{3 x 100 on 2:00 Freestyle
	{2 x 150 on 3:20 IM without the free
	{3 x 100 on 1:55 Freestyle
	{2 x 100 on 2:10 Individual Medley
	{2 x 100 on 1:50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
6:46 AM	2,590 Yards - Stress Value = 37

**Workout #6399 - Thursday, 14 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Abs and Stretch
500	1 x 500 on 10:00 Underwater trn drill odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,100	1x{3 x 50 on 1:45 25Tombstone 25Regular {2 x 100 on 2:30 Kick {3 x 50 on 1:40 25Tombstone 25Regular {2 x 100 on 2:25 Kick {3 x 50 on 1:35 25Tombstone 25Regular {2 x 100 on 2:20 Kick {1 x 50 on 1:30 25Tombstone 25Regular
800	1x{2 x 125 on 3:15 Pulls {3 x 100 on 2:35 Pulls {2 x 75 on 1:55 Pulls {2 x 50 on 1:15 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	4x{1 x 100 on 2:30 Breaststroke {1 x 100 on 2:30 Breast 2X pullouts {1 x 50 on 2:30 Alt 25 under 25 w/fly kick
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 4,150 Yards - Stress Value = 50

**Workout #6400 - Friday, 15 May 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

Yards	Set Description
	5:15 AM Start
	1 on 30:00 Med Balls/Stretch
625	1 x 625 on 10:00 200 SKPS 200 REV IM DR 225
165	11 x 15 on :45 Cross pool sprints
2,200	1x{1 x 200 on 3:00 Individual Medley {3 x 100 on 1:15 Freestyle {2 x 150 on 2:15 IM without the free {3 x 100 on 1:14 Freestyle {3 x 100 on 1:30 Individual Medley {3 x 100 on 1:13 Freestyle {4 x 50 on :45 IM-50 of each stroke {3 x 100 on 1:12 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	6:45 AM 3,390 Yards - Stress Value = 51

**Workout #6401 - Friday, 15 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	5:15 AM Start
	1 on 30:00 Med Balls/Stretch
625	1 x 625 on 10:00 200 SKPS 200 REV IM DR 225
165	11 x 15 on :45 Cross pool sprints
2,000	1x{1 x 200 on 3:20 Individual Medley {3 x 100 on 1:25 Freestyle {2 x 150 on 2:30 IM without the free {3 x 100 on 1:24 Freestyle {2 x 100 on 1:40 Individual Medley {3 x 100 on 1:23 Freestyle {4 x 50 on :50 IM-50 of each stroke {2 x 100 on 1:22 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	6:46 AM 3,190 Yards - Stress Value = 47

**Workout #6405 - Friday, 15 May 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 25:00 Dryland and stretch
800	1 x 800 on 12:00 Choice-I want to see variet
150	10 x 15 on :45 Shooters
400	2x{1 x 25 on :30 Freestyle {1 x 25 on :40 Freestyle {1 x 25 on :50 Freestyle {1 x 25 on 1:00 Freestyle {1 x 100 on 2:00 Freestyle
250	10 x 25 on 1:00 10sec kick 25 sprint kick w/
500	5x{1 x 50 on :01 Freestyle w/fins { #1-4 breaths, #2 10 KOW on turn, #3 no brea { #4 BO after feet have passed the flags, #5- {1 x 50 on 2:59 Freestyle
300	1 x 300 on 5:00 Stroke Drills
	5:00 PM 2,400 Yards - Stress Value = 40

**Workout #6410 - Monday, 18 May 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:15 Kick {4 x 25 on :40 Kick no board BSLR {4 x 75 on 1:10 Kick {4 x 25 on :35 Kick no board BSLR {4 x 75 on 1:05 Kick {4 x 25 on :30 Kick no board BSLR {4 x 75 on 1:00 Kick
1,800	6 x 300 on 4:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	3 x 800 on 10:00 Freestyle-descend
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 7,150 Yards - Stress Value = 124

**Workout #6406 - Monday, 18 May 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY
	5:15 AM Start	
	1 on 30:00 Med balls/stretch	
600	1 x 600 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{1 x 200 on 2:50 Pull no br L.12 yds {1 x 200 on 2:45 Pull no br L.14 yds {1 x 200 on 2:40 Pull no br L.16 yds {1 x 200 on 2:35 Pull no br L.18 yds	EN1 EN1 EN1 EN1
200	2x{1 x 25 on :30 Freestyle-EZ {1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	REC EN1
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1
	{1 x 25 on :30 Freestyle-all fast	EN2
1,500	1x{5 x 100 on 1:15 Freestyle {5 x 100 on 1:13 Freestyle {5 x 100 on 1:10 Freestyle	EN2 EN2 EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	6:45 AM 3,450 Yards - Stress Value = 45	

**Workout #6407 - Monday, 18 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
	1 on 30:00 Med balls/stretch	
600	1 x 600 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{1 x 200 on 3:00 Pull no br L.12 yds	EN1
	{1 x 200 on 2:55 Pull no br L.14 yds	EN1
	{1 x 200 on 2:50 Pull no br L.16 yds	EN1
	{1 x 150 on 2:10 Pull no br L.18 yds	EN1
200	2x{1 x 25 on :30 Freestyle-EZ	REC
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	EN1
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1
	{1 x 25 on :30 Freestyle-all fast	EN2
1,300	1x{5 x 100 on 1:25 Freestyle	EN2
	{5 x 100 on 1:23 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
6:44 AM 3,200 Yards - Stress Value = 41		

**Workout #6411 - Monday, 18 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
	1 on 30:00 Physio Balls/Stretch	
600	1 x 600 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,350	1x{4 x 25 on :45 Kick no board BSLR	
	{4 x 75 on 1:30 Kick	
	{4 x 25 on :40 Kick no board BSLR	
	{4 x 75 on 1:25 Kick	
	{4 x 25 on :35 Kick no board BSLR	
	{4 x 75 on 1:20 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{1 x 50 on :45 Kick	
1,650	1x{5 x 300 on 4:15 Pulls	
	{1 x 150 on 2:10 Freestyle	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,250	3 x 750 on 10:30 Freestyle-descend	
300	6 x 50 on 1:00 Stroke Drills	
6:00 PM 6,500 Yards - Stress Value = 98		

**Workout #6408 - Monday, 18 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
	1 on 30:00 Med balls/stretch	
550	1 x 550 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{1 x 200 on 3:20 Pull no br L.12 yds	EN1
	{1 x 200 on 3:15 Pull no br L.14 yds	EN1
	{1 x 200 on 3:10 Pull no br L.16 yds	EN1
	{1 x 50 on :50 Pull no br L.18 yds	EN1
200	2x{1 x 25 on :30 Freestyle-EZ	REC
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	EN1
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1
	{1 x 25 on :30 Freestyle-all fast	EN2
1,100	1x{5 x 100 on 1:40 Freestyle	EN2
	{5 x 100 on 1:38 Freestyle	EN2
	{1 x 100 on 1:35 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
6:45 AM 2,850 Yards - Stress Value = 35		

**Workout #6412 - Monday, 18 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
	1 on 30:00 Physio Balls/Stretch	
550	1 x 550 on 10:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
1,150	1x{4 x 25 on :45 Kick no board BSLR	
	{4 x 75 on 1:35 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{4 x 75 on 1:30 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 75 on 1:25 Kick	
	{4 x 25 on :45 Kick no board BSLR	
1,400	1x{5 x 250 on 4:10 Pulls	
	{1 x 150 on 2:30 Freestyle	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,800	3 x 600 on 10:00 Freestyle-descend	
400	8 x 50 on 1:00 Stroke Drills	
6:00 PM 5,650 Yards - Stress Value = 82		

**Workout #6409 - Monday, 18 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
	1 on 30:00 Med balls/stretch	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
550	1x{1 x 200 on 4:00 Pull no br L.12 yds	EN1
	{1 x 200 on 3:55 Pull no br L.14 yds	EN1
	{1 x 150 on 2:45 Pull no br L.16 yds	EN1
200	2x{1 x 25 on :30 Freestyle-EZ	REC
	{1 x 25 on :30 Freestyle 1/2 EZ 1/2 Fast	EN1
	{1 x 25 on :30 Freestyle 1/2 fast 1/2 EZ	EN1
	{1 x 25 on :30 Freestyle-all fast	EN2
900	1x{3 x 100 on 2:00 Freestyle	EN2
	{3 x 100 on 1:55 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
6:45 AM 2,500 Yards - Stress Value = 31		

**Workout #6413 - Monday, 18 May 2009**

**1 minute rest between sets**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start		3:30 PM Start	
Yards	Set Description	Yards	Set Description
	1 on 30:00 Shoulders & Stretch		1 on 30:00 Shoulders & Stretch
500	1 x 500 on 10:00 Swim-kick-pull-swim	600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :45 Kick no board BSLR	1,200	1x{1 x 150 on 2:15 Kick with flippers
	{4 x 75 on 1:50 Kick		{1 x 100 on 1:30 Kick with flippers
	{4 x 25 on :45 Kick no board BSLR		{1 x 50 on :45 Kick with flippers
	{4 x 75 on 1:45 Kick		{1 x 150 on 2:10 Kick with flippers
	{4 x 25 on :45 Kick no board BSLR		{1 x 100 on 1:25 Kick with flippers
	{4 x 75 on 1:45 Kick		{1 x 50 on :40 Kick with flippers
	{4 x 25 on :45 Kick no board BSLR		{1 x 150 on 2:05 Kick with flippers
	{2 x 50 on 1:10 Kick		{1 x 100 on 1:20 Kick with flippers
	{2 x 25 on :45 Kick no board BS		{1 x 50 on :35 Kick with flippers
1,200	6 x 200 on 4:00 Pulls		{1 x 150 on 2:00 Kick with flippers
200	4x{1 x 25 on :50 Sculling drills		{1 x 100 on 1:15 Kick with flippers
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	1,300	1x{4 x 125 on 1:50 Pulls
1,500	3 x 500 on 10:00 Freestyle-descend		{4 x 125 on 1:45 Pulls
400	8 x 50 on 1:00 Stroke Drills		{4 x 75 on 1:05 Pulls
	6:00 PM 5,000 Yards - Stress Value = 83	200	4x{1 x 25 on :50 Sculling drills
			{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

**Workout #6414 - Tuesday, 19 May 2009**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start		3:30 PM Start	
Yards	Set Description	Yards	Set Description
	1 on 30:00 Shoulders & Stretch		1 on 30:00 Shoulders & Stretch
600	1 x 600 on 10:00 Underwater trn drill	2,450	1x{4 x 25 on :45 Back TO/6 kick switch
150	10 x 15 on :45 Shooters		{1 x 100 on 1:45 Backstroke
1,200	1x{1 x 150 on 2:15 Kick with flippers		{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:30 Kick with flippers		{1 x 100 on 1:35 Backstroke
	{1 x 50 on :45 Kick with flippers		{2 x 50 on 1:00 Back-Great Effort
	{1 x 150 on 2:10 Kick with flippers		{6 x 25 on :45 Back TO/6 kick switch
	{1 x 100 on 1:25 Kick with flippers		{2 x 100 on 1:40 Backstroke
	{1 x 50 on :40 Kick with flippers		{2 x 100 on 1:35 Backstroke
	{1 x 150 on 2:05 Kick with flippers		{2 x 100 on 1:30 Backstroke
	{1 x 100 on 1:20 Kick with flippers		{2 x 50 on 1:00 Back-Great Effort
	{1 x 50 on :35 Kick with flippers		{ 2nd 100 of each set 3 KOW
	{1 x 150 on 2:00 Kick with flippers		{8 x 25 on :45 Back TO/6 kick switch
	{1 x 100 on 1:20 Kick with flippers		{3 x 100 on 1:35 Backstroke
	{1 x 50 on :35 Kick with flippers		{3 x 100 on 1:30 Backstroke
	{1 x 150 on 2:00 Kick with flippers		{2 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Kick with flippers		{2 x 50 on 1:00 Back-Great Effort
	{1 x 50 on :30 Kick with flippers		{ 2nd of each set 3 KOW, 3rd of each set 5 KC
1,500	1x{4 x 125 on 1:40 Pulls	400	1 x 400 on 8:00 Stroke Drills
	{4 x 125 on 1:35 Pulls		6:00 PM 6,300 Yards - Stress Value = 100
	{4 x 125 on 1:30 Pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,550	1x{4 x 25 on :45 Back TO/6 kick switch		
	{1 x 100 on 1:40 Backstroke		
	{1 x 100 on 1:35 Backstroke		
	{1 x 100 on 1:30 Backstroke		
	{2 x 50 on 1:00 Back-Great Effort		
	{6 x 25 on :45 Back TO/6 kick switch		
	{2 x 100 on 1:35 Backstroke		
	{2 x 100 on 1:30 Backstroke		
	{2 x 100 on 1:25 Backstroke		
	{2 x 50 on 1:00 Back-Great Effort		
	{ 2nd 100 of each set 3 KOW		
	{8 x 25 on :45 Back TO/6 kick switch		
	{3 x 100 on 1:30 Backstroke		
	{3 x 100 on 1:25 Backstroke		
	{3 x 100 on 1:20 Backstroke		
	{2 x 50 on 1:00 Back-Great Effort		
	{ 2nd of each set 3 KOW, 3rd of each set 5 KC		
400	1 x 400 on 8:00 Stroke Drills		
	6:00 PM 6,600 Yards - Stress Value = 106		

**Workout #6415 - Tuesday, 19 May 2009**

**Group 3 - Gold**

**Workout #6416 - Tuesday, 19 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{1 x 150 on 2:40 Kick with flippers  
 {1 x 100 on 1:45 Kick with flippers  
 {1 x 50 on :55 Kick with flippers  
 {1 x 150 on 2:35 Kick with flippers  
 {1 x 100 on 1:40 Kick with flippers  
 {1 x 50 on :50 Kick with flippers  
 {1 x 150 on 2:30 Kick with flippers  
 {1 x 100 on 1:35 Kick with flippers  
 {1 x 50 on :45 Kick with flippers  
 {1 x 100 on 1:30 Kick with flippers  
 1,100 1x{4 x 125 on 2:10 Pulls  
 {4 x 125 on 2:05 Pulls  
 {2 x 50 on :50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{4 x 25 on :45 Back TO/6 kick switch  
 {1 x 100 on 2:00 Backstroke  
 {1 x 100 on 1:55 Backstroke  
 {1 x 100 on 1:50 Backstroke  
 {1 x 50 on 1:15 Back-Great Effort  
 {6 x 25 on :45 Back TO/6 kick switch  
 {2 x 100 on 1:55 Backstroke  
 {2 x 100 on 1:50 Backstroke  
 {2 x 100 on 1:45 Backstroke  
 {1 x 50 on 1:15 Back-Great Effort  
 { 2nd 100 of each set 3 KOW  
 {8 x 25 on :45 Back TO/6 kick switch  
 {3 x 100 on 1:50 Backstroke  
 {3 x 100 on 1:45 Backstroke  
 {1 x 50 on 1:15 Back-Great Effort  
 { 2nd of each set 3 KOW, 3rd of each set 5 KC  
 400 1 x 400 on 9:00 Stroke Drills  
 6:00 PM 5,500 Yards - Stress Value = 79

{2 x 100 on 2:10 Backstroke  
 {2 x 100 on 2:05 Backstroke  
 {2 x 100 on 2:00 Backstroke  
 {1 x 50 on 1:15 Back-Great Effort  
 { 2nd 100 of each set 3 KOW  
 {8 x 25 on :45 Back TO/6 kick switch  
 {3 x 100 on 2:05 Backstroke  
 {1 x 100 on 2:00 Backstroke  
 {1 x 50 on 1:15 Back-Great Effort  
 { 2nd of each set 3 KOW, 3rd of each set 5 KC  
 400 1 x 400 on 9:00 Stroke Drills  
 6:00 PM 4,900 Yards - Stress Value = 70

**Workout #6422 - Wednesday, 20 May 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:30 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 50 on 1:30 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 50 on 1:30 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 1,500 1x{5 x 100 on 1:30 Lungbuster pulls  
 {4 x 100 on 1:25 Lungbuster pulls  
 {3 x 100 on 1:20 Lungbuster pulls  
 {2 x 100 on 1:15 Lungbuster pulls  
 {1 x 100 on 1:10 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 8x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 800 8 x 100 on 1:45 Stroke Drills  
 6:00 PM 5,400 Yards - Stress Value = 66

**Workout #6418 - Wednesday, 20 May 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 850 1x{1 x 150 on 3:00 Kick with flippers  
 {1 x 100 on 2:00 Kick with flippers  
 {1 x 50 on 1:00 Kick with flippers  
 {1 x 150 on 2:55 Kick with flippers  
 {1 x 100 on 1:55 Kick with flippers  
 {1 x 50 on :55 Kick with flippers  
 {1 x 150 on 2:50 Kick with flippers  
 {1 x 100 on 1:50 Kick with flippers  
 900 1x{3 x 100 on 2:10 Pulls  
 {3 x 100 on 2:05 Pulls  
 {3 x 100 on 2:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{4 x 25 on :45 Back TO/6 kick switch  
 {1 x 100 on 2:15 Backstroke  
 {1 x 100 on 2:10 Backstroke  
 {1 x 100 on 2:05 Backstroke  
 {1 x 50 on 1:15 Back-Great Effort  
 {6 x 25 on :45 Back TO/6 kick switch

5:15 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Med balls/stretch  
 800 1 x 800 on 14:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 400 4 x 100 on 2:00 Kick-odds good effort  
 400 8 x 50 on :45 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 5x{1 x 100 on 1:30 Individual Medley  
 {4 x 25 on :30 Odds stroke evens free  
 200 1 x 200 on 3:00 Stroke Drills  
 6:46 AM 3,050 Yards - Stress Value = 24

**Workout #6419 - Wednesday, 20 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description
	1 on 25:00 Med balls/stretch
800	1 x 800 on 14:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick-odds good effort
350	7 x 50 on :50 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{1 x 100 on 1:40 Individual Medley
	{4 x 25 on :30 Odds stroke evens free
200	1 x 200 on 3:00 Stroke Drills
	6:47 AM 3,000 Yards - Stress Value = 24

**Workout #6423 - Wednesday, 20 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
1,300	1x{5 x 100 on 1:40 Lungbuster pulls
	{4 x 100 on 1:35 Lungbuster pulls
	{3 x 100 on 1:30 Lungbuster pulls
	{1 x 100 on 1:25 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
800	8 x 100 on 1:45 Stroke Drills
	6:00 PM 5,200 Yards - Stress Value = 62

**Workout #6420 - Wednesday, 20 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description
	1 on 25:00 Med balls/stretch
700	1 x 700 on 14:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
300	4 x 75 on 2:00 Kick-odds good effort
300	6 x 50 on :55 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
875	5x{1 x 100 on 1:55 Individual Medley
	{3 x 25 on :30 Odds stroke evens free
200	1 x 200 on 3:00 Stroke Drills
	6:46 AM 2,625 Yards - Stress Value = 21

**Workout #6424 - Wednesday, 20 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
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Yards	Set Description
	1 on 30:00 Stomach and Stretch
550	1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
1,150	1x{4 x 100 on 1:55 Lungbuster pulls
	{3 x 100 on 1:50 Lungbuster pulls
	{2 x 100 on 1:45 Lungbuster pulls
	{1 x 100 on 1:40 Lungbuster pulls
	{3 x 50 on :50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{8 x 25 on :30 Alt 1 fly 1 free
	{1 on 1:00 Rest
600	8 x 75 on 1:45 Stroke Drills
	6:00 PM 4,800 Yards - Stress Value = 62

**Workout #6421 - Wednesday, 20 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description
	1 on 25:00 Med balls/stretch
600	1 x 600 on 14:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
300	4 x 75 on 2:00 Kick-odds good effort
300	6 x 50 on 1:00 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	5x{1 x 100 on 2:15 Individual Medley
	{2 x 25 on :30 Odds stroke evens free
200	1 x 200 on 3:00 Stroke Drills
	6:45 AM 2,400 Yards - Stress Value = 19

**Workout #6425 - Wednesday, 20 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
1,000	1x{4 x 100 on 2:10 Lungbuster pulls
	{3 x 100 on 2:05 Lungbuster pulls
	{2 x 100 on 2:00 Lungbuster pulls
	{1 x 100 on 1:55 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{8 x 25 on :30 Alt 1 fly 1 free
	{1 on 1:00 Rest
600	8 x 75 on 1:45 Stroke Drills
	6:00 PM 4,600 Yards - Stress Value = 59

**Workout #6426 - Thursday, 21 May 2009**

**Group 3 - Recovery/Technique Day**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1,000 1 on 30:00 Physio Balls/Stretch  
 1 x 1000 on 16:00 Choice  
 Not straight freestyle, mix in kick, pull,  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick on left side face down  
 {4 x 25 on :45 Kick on right side face down  
 {4 x 25 on :45 Kick on left side face up  
 {4 x 25 on :45 Kick on right side face up  
 {4 x 25 on :45 Kick on stomach hands up  
 {4 x 25 on :45 Kick on stomach hands up  
 600 12 x 50 on :50 Pulls-no strokes until feet a  
 past the flags  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{3 x 50 on 1:00 Stroke Drills  
 {1 x 50 on 1:00 Butterfly-build to great fini  
 {3 x 50 on 1:00 Stroke Drills  
 {1 x 50 on 1:00 Back-build to great finish  
 {3 x 50 on 1:00 Stroke Drills  
 {1 x 50 on 1:00 Breast-build to great finish  
 {3 x 50 on 1:00 Stroke Drills  
 {1 x 50 on 1:00 Free-build to great finish  
 1 on 20:00 Techniques-Starts-optional  
 5:39 PM 3,350 Yards - Stress Value = 24

{2 x 100 on 2:00 Kick  
 {2 x 100 on 1:55 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 75 on 1:25 Kick  
 950 1x{1 x 150 on 2:15 Pulls  
 {2 x 125 on 1:55 Pulls  
 {3 x 100 on 1:30 Pulls  
 {5 x 50 on :50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,100 1x{1 x 500 on 7:30 Freestyle-DPS  
 {2 x 400 on 6:00 Free-break as feet pass flaç  
 {3 x 300 on 4:30 Freestyle 3 KOW  
 {4 x 200 on 3:00 Freestyle #1&#3 br on 3  
 { #2 and #4 breathe on 2 or 4  
 {1 x 100 on 1:30 Freestyle-fast  
 450 9 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,400 Yards - Stress Value = 68

**Workout #6429 - Tuesday, 26 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 Stomach and Stretch  
 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 1x{2 x 100 on 2:15 Kick  
 {2 x 100 on 2:10 Kick  
 {2 x 100 on 2:05 Kick  
 {2 x 100 on 2:00 Kick  
 {2 x 50 on 1:00 Kick  
 850 1x{1 x 150 on 2:30 Pulls  
 {2 x 125 on 2:05 Pulls  
 {3 x 100 on 1:40 Pulls  
 {2 x 75 on 1:15 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,800 1x{1 x 500 on 8:20 Freestyle-DPS  
 {2 x 400 on 6:40 Free-break as feet pass flaç  
 {3 x 300 on 5:00 Freestyle 3 KOW  
 {3 x 200 on 3:20 Freestyle-descend  
 450 9 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,900 Yards - Stress Value = 69

**Workout #6427 - Tuesday, 26 May 2009**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 Stomach and Stretch  
 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{2 x 100 on 2:00 Kick  
 {2 x 100 on 1:55 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 100 on 1:45 Kick  
 {2 x 100 on 1:40 Kick  
 1,000 1x{1 x 150 on 2:10 Pulls  
 {2 x 125 on 1:50 Pulls  
 {3 x 100 on 1:25 Pulls  
 {4 x 75 on 1:05 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,500 1x{1 x 500 on 6:40 Freestyle-DPS  
 {2 x 400 on 5:20 Free-break as feet pass flaç  
 {3 x 300 on 4:00 Freestyle 3 KOW  
 {4 x 200 on 2:40 Free #1&#3 br on 3  
 { #4 and #6 breathe on 2  
 {5 x 100 on 1:20 Freestyle-descend  
 450 9 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,900 Yards - Stress Value = 70

**Workout #6428 - Tuesday, 26 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 Stomach and Stretch  
 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 950 1x{2 x 100 on 2:05 Kick

**Workout #6430 - Tuesday, 26 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 800 1x{2 x 100 on 2:30 Kick  
       {2 x 100 on 2:25 Kick  
       {2 x 100 on 2:20 Kick  
       {2 x 100 on 2:15 Kick  
 750 1x{1 x 150 on 2:55 Pulls  
       {2 x 125 on 2:25 Pulls  
       {3 x 100 on 1:55 Pulls  
       {1 x 50 on :55 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,600 1x{1 x 500 on 9:10 Freestyle-DPS  
       {2 x 400 on 7:20 Free-break as feet pass flag  
       {3 x 300 on 5:30 Freestyle 3 KOW  
       {2 x 200 on 3:40 Freestyle-descend  
 450 9 x 50 on 1:00 Stroke Drills  
 9:31 AM 5,450 Yards - Stress Value = 61

{4 x 125 on 1:55 Backstroke L.25 100%  
 {1 x 150 on 2:15 Backstroke-DPS  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,250 Yards - Stress Value = 88

**Workout #6434 - Wednesday, 27 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :45 Kick no board BSLR-13 KOW  
       {3 x 100 on 2:00 Kick  
       {4 x 25 on :40 Kick no board BSLR-11 KOW  
       {3 x 100 on 1:55 Kick  
       {4 x 25 on :35 Kick no board BSLR 9 KOW  
       {3 x 100 on 1:50 Kick  
       {4 x 25 on :30 Kick no board BSLR 7 KOW  
       {2 x 100 on 1:45 Kick  
 1,250 10 x 125 on 1:55 Lungbuster pulls  
       Odds br 3-5-7-9 continuous, evens br 2 or  
       to the same side of the pool  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{2 x 25 on :45 BathTub Drill  
       {4 x 75 on 1:20 Backstroke L.25 100%  
       {1 x 150 on 2:30 Backstroke-DPS  
       {2 x 25 on :45 BathTub Drill  
       {4 x 100 on 1:45 Backstroke L.25 100%  
       {1 x 150 on 2:30 Backstroke-DPS  
       {2 x 25 on :45 BathTub Drill  
       {4 x 125 on 2:10 Backstroke L.25 100%  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,750 Yards - Stress Value = 81

**Workout #6431 - Tuesday, 26 May 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 28:00 Med balls/stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim REC  
 180 12 x 15 on :45 Start/shooter/finish SP3  
 960 12x{2 x 20 on :30 Running Pit Sprint SP2  
       {1 on :01 1-12 pushups EN2  
       {1 x 40 on 1:59 Tombstone Kicking EN2  
 200 1 x 200 on 4:00 Stroke Drills REC  
 6:30 PM 1,940 Yards - Stress Value = 65

**Workout #6435 - Wednesday, 27 May 2009**

**Group 3 - Back**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,600 1x{4 x 25 on :45 Kick no board BSLR-13 KOW  
       {3 x 100 on 1:50 Kick  
       {4 x 25 on :40 Kick no board BSLR-11 KOW  
       {3 x 100 on 1:45 Kick  
       {4 x 25 on :35 Kick no board BSLR 9 KOW  
       {3 x 100 on 1:40 Kick  
       {4 x 25 on :30 Kick no board BSLR 7 KOW  
       {3 x 100 on 1:35 Kick  
 1,500 12 x 125 on 1:40 Lungbuster pulls  
       Odds br 3-5-7-9 continuous, evens br 2 or  
       to the same side of the pool  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{2 x 25 on :45 BathTub Drill  
       {4 x 75 on 1:15 Backstroke L.25 100%  
       {1 x 150 on 2:15 Backstroke-DPS  
       {2 x 25 on :45 BathTub Drill  
       {4 x 100 on 1:35 Backstroke L.25 100%  
       {1 x 150 on 2:15 Backstroke-DPS  
       {2 x 25 on :45 BathTub Drill



**Workout #6433 - Wednesday, 27 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Physio Ball Abs/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
550	1 on 30:00 Abs and Stretch 1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no board BSLR-13 KOW {3 x 100 on 2:10 Kick {4 x 25 on :40 Kick no board BSLR-11 KOW {3 x 100 on 2:05 Kick {4 x 25 on :35 Kick no board BSLR 9 KOW {3 x 100 on 2:00 Kick {4 x 25 on :30 Kick no board BSLR 7 KOW {1 x 100 on 1:55 Kick
1,200	12 x 100 on 1:40 Lungbuster pulls Odds br 3-5-7-9 continuous, evens br 2 or to the same side of the pool
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{2 x 25 on :45 BathTub Drill {4 x 75 on 1:30 Backstroke L.25 100% {1 x 150 on 2:45 Backstroke-DPS {2 x 25 on :45 BathTub Drill {4 x 100 on 1:55 Backstroke L.25 100% {1 x 150 on 2:45 Backstroke-DPS {2 x 25 on :45 BathTub Drill {3 x 100 on 1:50 Backstroke L.25 100% {1 x 50 on :55 Backstroke-DPS
400	8 x 50 on 1:00 Stroke Drills
9:30 AM	5,400 Yards - Stress Value = 75

**Workout #6432 - Wednesday, 27 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
500	1 on 30:00 Abs and Stretch 1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no board BSLR-13 KOW {3 x 100 on 2:10 Kick with flippers {4 x 25 on :40 Kick no board BSLR-11 KOW {3 x 100 on 2:05 Kick with flippers {4 x 25 on :35 Kick no board BSLR 9 KOW {3 x 100 on 2:00 Kick with flippers {4 x 25 on :30 Kick no board BSLR 7 KOW {1 x 100 on 1:55 Kick with flippers
1,000	10 x 100 on 1:55 Lungbuster pulls Odds br 3-5-7-9 continuous, evens br 2 or to the same side of the pool
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{2 x 25 on :45 BathTub Drill {4 x 75 on 1:40 Backstroke L.25 100% {1 x 150 on 3:00 Backstroke-DPS {2 x 25 on :45 BathTub Drill {3 x 100 on 2:10 Backstroke L.25 100% {1 x 150 on 3:00 Backstroke-DPS {2 x 25 on :45 BathTub Drill {2 x 125 on 2:35 Backstroke L.25 100% {1 x 100 on 2:00 Backstroke-DPS
400	8 x 50 on 1:00 Stroke Drills
9:30 AM	5,050 Yards - Stress Value = 71

**Workout #6436 - Thursday, 28 May 2009**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Physio Ball Abs/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,600	4x{1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 50 on :50 Kick {1 x 50 on :45 Kick {1 x 100 on 2:30 Kick {1 x 100 on 1:20 Kick
2,000	5 x 400 on 5:20 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 125 on 2:10 Breaststroke {3 x 50 on 1:00 Breast under/over {2 x 125 on 2:05 Breaststroke {3 x 50 on 1:00 Breast under/pver {3 x 125 on 2:00 Breaststroke {3 x 50 on 1:00 Breast under/over {4 x 125 on 1:55 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
9:30 AM	6,500 Yards - Stress Value = 80

**Workout #6437 - Thursday, 28 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Physio Ball Abs/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,400	4x{1 x 50 on 1:00 Kick {3rd & 4th set do 2-50's on the 1:00 {1 x 50 on :55 Kick {1 x 50 on :50 Kick {1 x 100 on 2:30 Kick {1 x 100 on 1:35 Kick
1,900	1x{4 x 400 on 6:00 Pulls {1 x 300 on 4:30 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 125 on 2:20 Breaststroke {2 x 50 on 1:00 Breast under/over {2 x 125 on 2:15 Breaststroke {2 x 50 on 1:00 Breast under/pver {3 x 125 on 2:10 Breaststroke {3 x 50 on 1:00 Breast under/over {4 x 125 on 2:05 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
9:30 AM	6,100 Yards - Stress Value = 73

**Workout #6438 - Thursday, 28 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	1 on 30:00 Physio Ball Abs/Stretch
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,400	4x{1 x 50 on 1:10 Kick {1 x 50 on 1:05 Kick {1 x 50 on 1:00 Kick {1 x 100 on 2:30 Kick {1 x 100 on 1:45 Kick
1,600	4 x 400 on 6:45 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 125 on 2:30 Breaststroke {2 x 50 on 1:05 Breast under/over {2 x 125 on 2:25 Breaststroke {2 x 50 on 1:05 Breast under/pver {3 x 125 on 2:20 Breaststroke {1 x 50 on 1:05 Breast under/over {4 x 125 on 2:15 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 5,650 Yards - Stress Value = 68

**Workout #6439 - Thursday, 28 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	1 on 30:00 Physio Ball Abs/Stretch
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,400	4x{1 x 50 on 1:10 Kick w/flippers {1 x 50 on 1:05 Kick with flippers {1 x 50 on 1:00 Kick with flippers {1 x 100 on 2:30 Kick with flippers {1 x 100 on 1:45 Kick with flippers
1,500	5 x 300 on 5:20 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 100 on 2:15 Breaststroke {2 x 50 on 1:10 Breast under/over {2 x 100 on 2:10 Breaststroke {2 x 50 on 1:10 Breast under/pver {3 x 100 on 2:05 Breaststroke {2 x 50 on 1:10 Breast under/over {4 x 100 on 2:00 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	9:29 AM 5,300 Yards - Stress Value = 64

**Workout #6440 - Thursday, 28 May 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
	5:00 PM Start				
	1 on 30:00 Scooter Boards			L	DRY
1,200	1 x 1200 on 20:00 Choice	REC		S	CHO 1:4
	Make sure you do some up tempo swimming				
600	6 x 100 on 6:00 Freestyle	SP1		S	FR 6:0
250	1 x 250 on 4:00 Stroke Drills	REC		D	CD 1:3
	6:32 PM 2,050 Yards - Stress Value = 48				

**Workout #6441 - Friday, 29 May 2009**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	1 on 25:00 10 min abs/stretch
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,400	1x{6 x 25 on :45 Kick no board B--- 13 KOW {4 x 50 on 1:00 Kick-OTL {6 x 25 on :45 Kick no board -S-- 11 KOW {4 x 50 on 1:00 Kick-OTL {6 x 25 on :45 Kick no board --L- 5 KOW {4 x 50 on 1:00 Kick OTL {6 x 25 on :45 Kick no board ---R 5 KOW {4 x 50 on 1:00 Kick-OTL
750	1x{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds {2 x 125 on 1:40 Pulls-nbbf&w + 3 yds {2 x 125 on 1:35 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 200 on 4:00 Fly w/fins {1 x 150 on 2:15 Freestyle {2 x 175 on 3:25 Fly w/fins {1 x 150 on 2:15 Freestyle {3 x 150 on 2:50 Fly w/fins {1 x 150 on 2:15 Freestyle {4 x 125 on 2:20 Fly w/fins {1 x 150 on 2:15 Freestyle
200	1 x 200 on 5:00 Fly broken at 50's rest 10, 20, and 30 seconds
350	7 x 50 on 1:00 Stroke Drills
	9:30 AM 5,750 Yards - Stress Value = 90

**Workout #6442 - Friday, 29 May 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	1 on 25:00 10 min abs/stretch
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,400	1x{6 x 25 on :45 Kick no board B--- 13 KOW {4 x 50 on 1:00 Kick-OTL {6 x 25 on :45 Kick no board -S-- 11 KOW {4 x 50 on 1:00 Kick-OTL {6 x 25 on :45 Kick no board --L- 5 KOW {4 x 50 on 1:00 Kick OTL {6 x 25 on :45 Kick no board ---R 5 KOW {4 x 50 on 1:00 Kick-OTL
650	1x{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds {2 x 125 on 1:50 Pulls-nbbf&w + 3 yds {2 x 75 on 1:05 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 200 on 4:00 Fly w/fins {1 x 150 on 2:15 Freestyle {2 x 175 on 3:25 Fly w/fins {1 x 150 on 2:15 Freestyle {3 x 150 on 2:50 Fly w/fins {1 x 150 on 2:15 Freestyle {4 x 125 on 2:20 Fly w/fins {1 x 150 on 2:15 Freestyle
200	1 x 200 on 5:00 Fly broken at 50's rest 10, 20, and 30 seconds
350	7 x 50 on 1:00 Stroke Drills
	9:30 AM 5,650 Yards - Stress Value = 88

**Workout #6443 - Friday, 29 May 2009**

**Group 3 - Silver**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
1 on 25:00 10 min abs/stretch
550 1 x 550 on 10:00 Reverse IM drill
150 10 x 15 on :45 Shooters
1,250 1x{6 x 25 on :45 Kick no board B--- 13 KOW
      {4 x 50 on 1:10 Kick-OTL
      {6 x 25 on :45 Kick no board -S-- 11 KOW
      {4 x 50 on 1:10 Kick-OTL
      {6 x 25 on :45 Kick no board --L- 5 KOW
      {4 x 50 on 1:10 Kick OTL
      {6 x 25 on :45 Kick no board ---R 5 KOW
      {1 x 50 on 1:10 Kick-OTL
550 1x{2 x 100 on 1:50 Pulls-nbbf&w + 2 yds
      {2 x 100 on 1:45 Pulls-nbbf&w + 3 yds
      {2 x 75 on 1:15 Pulls-nbbf&w + 4 yds
200 4x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700 1x{1 x 200 on 4:30 Fly w/fins
      {1 x 100 on 2:15 Freestyle
      {2 x 175 on 3:50 Fly w/fins
      {1 x 100 on 2:15 Freestyle
      {3 x 150 on 3:15 Fly w/fins
      {1 x 100 on 2:15 Freestyle
      {3 x 100 on 2:05 Fly w/fins
      {1 x 100 on 2:15 Freestyle
200 1 x 200 on 5:00 Fly broken at 50's
      rest 10, 20, and 30 seconds
350 7 x 50 on 1:00 Stroke Drills
9:30 AM 4,950 Yards - Stress Value = 83
    
```

**Group 3 - Distance**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
1 on 30:00 Physio Balls/Stretch
600 1 x 600 on 10:00 Swim-kick-pull-swim
150 10 x 15 on :45 Shooters
1,500 1x{4 x 25 on :45 Kick no board BSLR 13 KOW
      {2 x 125 on 2:00 Kick
      {4 x 25 on :45 Kick no board BSLR 11 KOW
      {3 x 100 on 1:35 Kick
      {4 x 25 on :45 Kick no board BSLR 9 KOW
      {4 x 75 on 1:05 Kick
      {4 x 25 on :45 Kick no board BSLR 7 KOW
      {5 x 50 on :45 Kick
1,400 1x{1 x 100 on 1:20 Pulls
      {4 x 50 on :45 Pull no br L.12/14/16/18 yds
      {2 x 125 on 1:40 Pulls
      {4 x 50 on :45 Pull no br L.12/14/16/18 yds
      {3 x 150 on 2:00 Pulls
      {4 x 50 on :45 Pull no br L.12/14/16/18 yds
200 4x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250 1x{1 x 200 on 2:40 Freestyle
      {1 x 200 on 2:40 Freestyle
      {1 x 200 on 3:00 Freestyle
      {1 x 250 on 3:20 Freestyle
      {1 x 250 on 3:20 Freestyle
      {1 x 250 on 3:45 Freestyle
      {1 x 300 on 4:00 Freestyle
      {1 x 300 on 4:00 Freestyle
      {1 x 300 on 4:30 Freestyle
450 9 x 50 on 1:00 Stroke Drills
9:30 AM 6,550 Yards - Stress Value = 118
    
```

**Workout #6444 - Friday, 29 May 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
1 on 25:00 10 min abs/stretch
500 1 x 500 on 10:00 Reverse IM drill
150 10 x 15 on :45 Shooters
1,250 1x{6 x 25 on :45 Kick no board B--- 13 KOW
      {4 x 50 on 1:10 Kick-OTL
      {6 x 25 on :45 Kick no board -S-- 11 KOW
      {4 x 50 on 1:10 Kick-OTL
      {6 x 25 on :45 Kick no board --L- 5 KOW
      {4 x 50 on 1:10 Kick OTL
      {6 x 25 on :45 Kick no board ---R 5 KOW
      {1 x 50 on 1:10 Kick-OTL
500 1x{2 x 100 on 2:00 Pulls-nbbf&w + 2 yds
      {2 x 100 on 1:55 Pulls-nbbf&w + 3 yds
      {1 x 100 on 1:50 Pulls-nbbf&w + 4 yds
200 4x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700 1x{1 x 200 on 4:30 Fly w/fins
      {1 x 100 on 2:15 Freestyle
      {2 x 175 on 3:50 Fly w/fins
      {1 x 100 on 2:15 Freestyle
      {3 x 150 on 3:15 Fly w/fins
      {1 x 100 on 2:15 Freestyle
      {3 x 100 on 2:05 Fly w/fins
      {1 x 100 on 2:15 Freestyle
200 1 x 200 on 5:00 Fly broken at 50's
      rest 10, 20, and 30 seconds
350 7 x 50 on 1:00 Stroke Drills
9:30 AM 4,850 Yards - Stress Value = 82
    
```

**Workout #6445 - Monday, 01 June 2009**

**Workout #6446 - Monday, 01 June 2009**

9:30 AM 5,500 Yards - Stress Value = 97

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board BSLR 13 KOW  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {3 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board BSLR 9 KOW  
 {4 x 75 on 1:25 Kick  
 {4 x 25 on :45 Kick no board BSLR 7 KOW  
 {1 x 50 on :45 Kick  
 1,250 1x{1 x 100 on 1:30 Pulls  
 {4 x 50 on :50 Pull no br L.12/14/16/18 yds  
 {2 x 125 on 1:50 Pulls  
 {4 x 50 on :50 Pull no br L.12/14/16/18 yds  
 {3 x 150 on 2:15 Pulls  
 {1 x 50 on :50 Pull no br L.18 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,050 1x{1 x 200 on 3:00 Freestyle  
 {1 x 200 on 3:00 Freestyle  
 {1 x 200 on 3:30 Freestyle  
 {1 x 250 on 3:45 Freestyle  
 {1 x 250 on 3:45 Freestyle  
 {1 x 250 on 4:15 Freestyle  
 {1 x 300 on 4:30 Freestyle  
 {1 x 300 on 4:30 Freestyle  
 {1 x 100 on 1:45 Freestyle  
 450 9 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,000 Yards - Stress Value = 100

**Workout #6448 - Monday, 01 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board BSLR 13 KOW  
 {2 x 125 on 2:40 Kick w/fins  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {3 x 100 on 2:05 Kick w/fins  
 {4 x 25 on :45 Kick no board BSLR 9 KOW  
 {4 x 75 on 1:30 Kick w/fins  
 {2 x 25 on :45 Kick no board LR 7 KOW  
 1,000 1x{1 x 100 on 1:55 Pulls  
 {4 x 50 on 1:00 Pull no br L.12/14/16/18 yds  
 {2 x 125 on 2:25 Pulls  
 {4 x 50 on 1:00 Pull no br L.12/14/16/18 yds  
 {1 x 150 on 2:50 Pulls  
 {2 x 50 on 1:00 Pull no br L.16/18 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 150 on 2:50 Freestyle  
 {1 x 150 on 2:50 Freestyle  
 {1 x 150 on 3:20 Freestyle  
 {1 x 200 on 3:45 Freestyle  
 {1 x 200 on 3:45 Freestyle  
 {1 x 200 on 4:30 Freestyle  
 {1 x 250 on 4:40 Freestyle  
 {1 x 250 on 4:40 Freestyle  
 {1 x 50 on 1:00 Freestyle  
 450 9 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,100 Yards - Stress Value = 84

**Workout #6447 - Monday, 01 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board BSLR 13 KOW  
 {2 x 125 on 2:40 Kick  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {3 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board BSLR 9 KOW  
 {4 x 75 on 1:30 Kick  
 {2 x 25 on :45 Kick no board LR 7 KOW  
 1,150 1x{1 x 100 on 1:40 Pulls  
 {4 x 50 on :55 Pull no br L.12/14/16/18 yds  
 {2 x 125 on 2:05 Pulls  
 {4 x 50 on :55 Pull no br L.12/14/16/18 yds  
 {2 x 150 on 2:30 Pulls  
 {2 x 50 on :50 Pull no br L.16/18 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 150 on 2:30 Freestyle  
 {1 x 150 on 2:30 Freestyle  
 {1 x 150 on 3:00 Freestyle  
 {1 x 200 on 3:20 Freestyle  
 {1 x 200 on 3:20 Freestyle  
 {1 x 200 on 4:00 Freestyle  
 {1 x 250 on 4:10 Freestyle  
 {1 x 250 on 4:10 Freestyle  
 {1 x 250 on 5:00 Freestyle  
 450 9 x 50 on 1:00 Stroke Drills

**Workout #6449 - Tuesday, 02 June 2009**

**Group 3 - Back**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Shoulders & Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:30 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:00 Kick
100	1 x 100 on 3:00 Kick
1,500	1 x 1500 on 20:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,125	1x{3 x 25 on :40 Back -6 kick switch {3 x 50 on :50 Back-descend 3/5/7 KOW {1 x 200 on 3:00 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on :50 Back-descend 3/5/7/ KOW {1 x 200 on 2:50 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on :50 Back-descend 3/5/7 KOW {1 x 200 on 2:40 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on :50 Back-descend 3/5/7 KOW {1 x 200 on 2:35 Backstroke {3 x 25 on :40 Back-6 kick switch {3 x 50 on :50 Back-descend 3/5/7 KOW {1 x 200 on 2:30 Backstroke
325	1 x 325 on 6:00 Stroke Drills
9:30 AM 6,300 Yards - Stress Value = 88	

{1 x 100 on 1:50 Kick	
{1 x 100 on 1:45 Kick	
{1 x 100 on 1:50 Kick	
{1 x 100 on 1:55 Kick	
{1 x 100 on 2:00 Kick	
{1 x 100 on 2:05 Kick	
{1 x 100 on 2:10 Kick	
{1 x 50 on 1:00 Kick	
100 1 x 100 on 3:00 Kick	
1,400 1 x 1400 on 20:00 Pulls	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,975 1x{3 x 25 on :40 Back -6 kick switch	
{3 x 50 on :55 Back-descend 3/5/7 KOW	
{1 x 200 on 3:15 Backstroke	
{3 x 25 on :40 Back-6 kick switch	
{3 x 50 on :55 Back-descend 3/5/7/ KOW	
{1 x 200 on 3:10 Backstroke	
{3 x 25 on :40 Back-6 kick switch	
{3 x 50 on :55 Back-descend 3/5/7 KOW	
{1 x 200 on 3:05 Backstroke	
{3 x 25 on :40 Back-6 kick switch	
{3 x 50 on :55 Back-descend 3/5/7 KOW	
{1 x 200 on 3:00 Backstroke	
{3 x 25 on :40 Back 6 kick switch	
{1 x 200 on 2:50 Backstroke	
325 1 x 325 on 6:00 Stroke Drills	
9:30 AM 5,900 Yards - Stress Value = 82	

**Workout #6451 - Tuesday, 02 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Shoulders & Stretch
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick
100	1 x 100 on 3:00 Kick
1,200	1 x 1200 on 20:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,875	1x{3 x 25 on :40 Back -6 kick switch
{3 x 50 on 1:00 Back-descend 3/5/7 KOW	
{1 x 200 on 3:30 Backstroke	
{3 x 25 on :40 Back-6 kick switch	
{3 x 50 on 1:00 Back-descend 3/5/7/ KOW	
{1 x 200 on 3:25 Backstroke	
{3 x 25 on :40 Back-6 kick switch	
{3 x 50 on 1:00 Back-descend 3/5/7 KOW	
{1 x 200 on 3:20 Backstroke	
{3 x 25 on :40 Back-6 kick switch	
{3 x 50 on 1:00 Back-descend 3/5/7 KOW	
{1 x 200 on 3:15 Backstroke	
{3 x 25 on :40 Back 6 kick switch	
{1 x 100 on 1:30 Backstroke	
325 1 x 325 on 6:00 Stroke Drills	
9:30 AM 5,450 Yards - Stress Value = 76	

**Workout #6453 - Tuesday, 02 June 2009**

**Group 3 - Distance**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
	1 on 10:00 Stretch
550	1x{1 x 400 on 6:00 Choice
{3 x 50 on :50 Freestyle-descend	
3,000	1 x 3000 on 30:00 Timed 30 min swim (T-30)
250	1 x 250 on 5:00 Stroke Drills
5:56 PM 3,800 Yards - Stress Value = 66	

**Workout #6450 - Tuesday, 02 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Shoulders & Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick

**Workout #6452 - Tuesday, 02 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Shoulders & Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:00 Kick
	{ entire set with fins
100	1 x 100 on 3:00 Kick
1,100	1 x 1100 on 20:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,575	1x{3 x 25 on :45 Back -6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 150 on 3:15 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7/ KOW
	{1 x 150 on 3:10 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 150 on 3:05 Backstroke
	{3 x 25 on :45 Back-6 kick switch
	{3 x 50 on 1:05 Back-descend 3/5/7 KOW
	{1 x 150 on 3:00 Backstroke
	{3 x 25 on :45 Back 6 kick switch
275	1 x 275 on 6:00 Stroke Drills
	9:29 AM 5,100 Yards - Stress Value = 71

**Workout #6454 - Wednesday, 03 June 2009**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,200	2x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 Tombstone Kicking
	{1 x 50 on 1:05 Tombstone Kicking
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:05 Tombstone Kicking
	{1 x 50 on 1:00 Tombstone Kicking
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:00 Tombstone Kicking
	{1 x 50 on :55 Tombstone Kicking
1,600	1x{2 x 200 on 2:50 Lungbuster pulls
	{2 x 200 on 2:45 Lungbuster pulls
	{2 x 200 on 2:40 Lungbuster pulls
	{2 x 200 on 2:35 Lungbuster pulls
	{ First 150 breathe 3-5-7 continuous, Last 50
	{ to one side of pool
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,575	1x{1 x 25 on :30 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 25 on :30 Butterfly

	{2 x 50 on :50 Freestyle
	{3 x 25 on :30 Butterfly
	{3 x 50 on :50 Freestyle
	{4 x 25 on :30 Butterfly
	{4 x 50 on :50 Freestyle
	{5 x 25 on :30 Butterfly
	{5 x 50 on :50 Freestyle
	{6 x 25 on :30 Butterfly
	{6 x 50 on :50 Freestyle
50	1 x 50 on 1:00 Butterfly OTB for time
500	5 x 100 on 2:00 Stroke Drills
	9:31 AM 5,875 Yards - Stress Value = 84

**Workout #6455 - Wednesday, 03 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,200	2x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Tombstone Kicking
	{1 x 50 on 1:10 Tombstone Kicking
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:10 Tombstone Kicking
	{1 x 50 on 1:05 Tombstone Kicking
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:05 Tombstone Kicking
	{1 x 50 on 1:00 Tombstone Kicking(1st set onl
1,450	1x{2 x 200 on 3:05 Lungbuster pulls
	{2 x 200 on 3:00 Lungbuster pulls
	{2 x 200 on 2:55 Lungbuster pulls
	{1 x 250 on 3:30 Lungbuster pulls
	{ First 150 breathe 3-5-7 continuous, Last 50
	{ to one side of pool
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,575	1x{1 x 25 on :30 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 25 on :30 Butterfly
	{2 x 50 on :50 Freestyle
	{3 x 25 on :30 Butterfly
	{3 x 50 on :50 Freestyle
	{4 x 25 on :30 Butterfly
	{4 x 50 on :50 Freestyle
	{5 x 25 on :30 Butterfly
	{5 x 50 on :50 Freestyle
	{6 x 25 on :30 Butterfly
	{6 x 50 on :50 Freestyle
50	1 x 50 on 1:00 Butterfly OTB for time
500	5 x 100 on 2:00 Stroke Drills
	9:32 AM 5,725 Yards - Stress Value = 81

**Workout #6456 - Wednesday, 03 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
550	1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,100	2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:20 Tombstone Kicking {1 x 50 on 1:15 Tombstone Kicking {4 x 25 on :40 Kick no board BSLR {1 x 50 on 1:15 Tombstone Kicking {1 x 50 on 1:10 Tombstone Kicking {4 x 25 on :35 Kick no board BSLR {1 x 50 on 1:10 Tombstone Kicking
1,200	1x{2 x 200 on 3:40 Lungbuster pulls {2 x 200 on 3:35 Lungbuster pulls {2 x 200 on 3:30 Lungbuster pulls { First 150 breathe 3-5-7 continuous, Last 50 { to one side of pool
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,375	1x{1 x 25 on :30 Butterfly {1 x 50 on 1:00 Freestyle {2 x 25 on :30 Butterfly {2 x 50 on 1:00 Freestyle {3 x 25 on :30 Butterfly {3 x 50 on 1:00 Freestyle {4 x 25 on :30 Butterfly {4 x 50 on 1:00 Freestyle {5 x 25 on :30 Butterfly {5 x 50 on 1:00 Freestyle {6 x 25 on :30 Butterfly {2 x 50 on 1:00 Freestyle
50	1 x 50 on 1:00 Butterfly OTB for time
500	5 x 100 on 2:00 Stroke Drills
	9:31 AM 5,125 Yards - Stress Value = 72

**Workout #6457 - Wednesday, 03 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,100	2x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:20 Tombstone Kicking {1 x 50 on 1:15 Tombstone Kicking {4 x 25 on :40 Kick no board BSLR {1 x 50 on 1:15 Tombstone Kicking {1 x 50 on 1:10 Tombstone Kicking {4 x 25 on :35 Kick no board BSLR {1 x 50 on 1:10 Tombstone Kicking
1,100	1x{2 x 200 on 4:00 Lungbuster pulls {2 x 200 on 3:55 Lungbuster pulls {1 x 200 on 3:50 Lungbuster pulls {1 x 100 on 1:50 Lungbuster pulls { First 150 breathe 3-5-7 continuous, Last 50 { to one side of pool
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,225	1x{1 x 25 on :40 Butterfly {1 x 50 on 1:00 Freestyle {2 x 25 on :40 Butterfly {2 x 50 on 1:00 Freestyle {3 x 25 on :40 Butterfly {3 x 50 on 1:00 Freestyle

	{4 x 25 on :40 Butterfly
	{4 x 50 on 1:00 Freestyle
	{5 x 25 on :40 Butterfly
	{5 x 50 on 1:00 Freestyle
	{2 x 25 on :40 Butterfly
	{1 x 50 on 1:00 Freestyle
50	1 x 50 on 1:00 Butterfly OTB for time
500	5 x 100 on 2:00 Stroke Drills
	9:31 AM 4,825 Yards - Stress Value = 67

**Workout #6458 - Thursday, 04 June 2009**

**Group 3 - Breast**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Abs and Stretch
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free, even 100's back
150	10 x 15 on :45 Shooters
1,850	1x{1 x 100 on 1:30 Kick with flippers {2 x 125 on 2:15 Kick with flippers {1 x 100 on 1:25 Kick with flippers {2 x 125 on 2:15 Kick with flippers {1 x 100 on 1:20 Kick with flippers {2 x 125 on 2:15 Kick with flippers {1 x 100 on 1:15 Kick with flippers {2 x 125 on 2:15 Kick with flippers {1 x 100 on 1:10 Kick with flippers {2 x 125 on 2:15 Kick with flippers {1 x 100 on 1:05 Kick with flippers
1,400	1x{1 x 300 on 4:00 Pulls-no break until shoulde {2 x 250 on 3:20 Pulls-no break until hips pa {3 x 200 on 2:40 Pulls-no break until knees p
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{4 x 25 on :30 Breast TO drill w/fins {4 x 75 on 1:20 Breast 2X pullouts BHW {1 x 100 on 2:00 Breast Drill (put fins on) {4 x 25 on :35 Breast TO drill w/fins {4 x 75 on 1:15 Breast 2X pullouts BHW {1 x 100 on 2:00 Breast Drill (put fins on) {4 x 25 on :40 Breast TO drill w/fins {4 x 75 on 1:10 Breast 2X pullouts BHW {1 x 100 on 2:00 Breast Drill (put fins on) {4 x 25 on :45 Breast TO drill w/fins {4 x 75 on 1:05 Breast 2X pullouts BHW
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 6,350 Yards - Stress Value = 89

**Workout #6459 - Thursday, 04 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Abs and Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free, even 100's back
150	10 x 15 on :45 Shooters
1,750	1x{1 x 100 on 1:40 Kick with flippers 2 x 125 on 2:20 Kick with flippers 1 x 100 on 1:35 Kick with flippers 2 x 125 on 2:20 Kick with flippers 1 x 100 on 1:30 Kick with flippers 2 x 125 on 2:20 Kick with flippers 1 x 100 on 1:25 Kick with flippers 2 x 125 on 2:20 Kick with flippers 1 x 100 on 1:20 Kick with flippers 2 x 75 on 1:20 Kick with flippers 1 x 100 on 1:15 Kick with flippers
1,250	1x{1 x 300 on 4:20 Pulls-no break until shoulde 2 x 250 on 3:40 Pulls-no break until hips pa 3 x 150 on 2:10 Pulls-no break until knees p
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{4 x 25 on :30 Breast TO drill w/fins 4 x 75 on 1:25 Breast 2X pullouts BHW 1 x 100 on 2:00 Breast Drill (put fins on) 4 x 25 on :35 Breast TO drill w/fins 4 x 75 on 1:20 Breast 2X pullouts BHW 1 x 100 on 2:00 Breast Drill (put fins on) 4 x 25 on :40 Breast TO drill w/fins 4 x 75 on 1:15 Breast 2X pullouts BHW 1 x 100 on 2:00 Breast Drill (put fins on) 4 x 25 on :45 Breast TO drill w/fins 4 x 50 on :50 Breast 2X pullouts BHW
250	1 x 250 on 4:00 Stroke Drills
9:30 AM	6,000 Yards - Stress Value = 84

**Workout #6460 - Thursday, 04 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 30:00 Abs and Stretch 1 x 550 on 10:00 Underwater trn drill Odd 100's free, even 100's back
150	10 x 15 on :45 Shooters
1,650	1x{1 x 100 on 1:50 Kick with flippers 2 x 125 on 2:25 Kick with flippers 1 x 100 on 1:45 Kick with flippers 2 x 125 on 2:25 Kick with flippers 1 x 100 on 1:40 Kick with flippers 2 x 125 on 2:25 Kick with flippers 1 x 100 on 1:35 Kick with flippers 2 x 125 on 2:25 Kick with flippers 1 x 100 on 1:30 Kick with flippers 2 x 75 on 1:25 Kick with flippers
1,100	1x{1 x 300 on 5:00 Pulls-no break until shoulde 2 x 250 on 4:10 Pulls-no break until hips pa 3 x 100 on 1:40 Pulls-no break until knees p
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 25 on :30 Breast TO drill w/fins 4 x 75 on 1:40 Breast 2X pullouts BHW 1 x 50 on 1:30 Breast Drill (put fins on) 4 x 25 on :35 Breast TO drill w/fins 4 x 75 on 1:35 Breast 2X pullouts BHW 1 x 50 on 1:30 Breast Drill (put fins on)

4 x 25 on :40 Breast TO drill w/fins
4 x 75 on 1:25 Breast 2X pullouts BHW
1 x 50 on 1:30 Breast Drill (put fins on)
4 x 25 on :45 Breast TO drill w/fins
3 x 50 on :55 Breast 2X pullouts BHW
1 x 250 on 4:00 Stroke Drills
9:30 AM 5,500 Yards - Stress Value = 79

**Workout #6461 - Thursday, 04 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
500	1 on 30:00 Abs and Stretch 1 x 500 on 10:00 Underwater trn drill Odd 100's free, even 100's back
150	10 x 15 on :45 Shooters
1,650	1x{1 x 100 on 1:50 Kick with flippers 2 x 125 on 2:25 Kick with flippers 1 x 100 on 1:45 Kick with flippers 2 x 125 on 2:25 Kick with flippers 1 x 100 on 1:40 Kick with flippers 2 x 125 on 2:25 Kick with flippers 1 x 100 on 1:35 Kick with flippers 2 x 125 on 2:25 Kick with flippers 1 x 100 on 1:30 Kick with flippers 2 x 75 on 1:25 Kick with flippers
1,000	1x{1 x 300 on 5:30 Pulls-no break until shoulde 2 x 250 on 4:35 Pulls-no break until hips pa 2 x 100 on 1:50 Pulls-no break until knees p
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{4 x 25 on :30 Breast TO drill w/fins 4 x 75 on 1:50 Breast 2X pullouts BHW 1 x 50 on 1:30 Breast Drill (put fins on) 4 x 25 on :35 Breast TO drill w/fins 4 x 75 on 1:45 Breast 2X pullouts BHW 1 x 50 on 1:30 Breast Drill (put fins on) 4 x 25 on :40 Breast TO drill w/fins 4 x 75 on 1:40 Breast 2X pullouts BHW 1 x 50 on 1:30 Breast Drill (put fins on) 4 x 25 on :45 Breast TO drill w/fins
250	1 x 250 on 4:00 Stroke Drills
9:30 AM	5,200 Yards - Stress Value = 74

**Workout #6462 - Thursday, 04 June 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
775	1 on 15:00 Stretching 1 x 775 on 10:00 Free 2 min easy, 10/50, 15/45. 20/40, 25/35, 30/30, 35/25, 40/20 1 min easy
165	11 x 15 on :45 Cross Pool Sprints
900	1 x 900 on 16:00 Vertical Kicking
500	1 x 500 on 30:00 Killer Relays
400	1 x 400 on 6:00 Stroke Drills
6:30 PM	2,740 Yards - Stress Value = 73



**Workout #6463 - Friday, 05 June 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 Use SCUBA weights if shoulders feel good  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :45 Kick no board B--- 13 KOW  
 {1 x 150 on 3:00 Kick-OTL  
 {4 x 25 on :45 Kick no board -S-- 11 KOW  
 {2 x 125 on 2:30 Kick-OTL  
 {4 x 25 on :45 Kick no board --L- 5 KOW  
 {3 x 100 on 2:00 Kick-OTL  
 {4 x 25 on :45 Kick no board ---R 5 KOW  
 {4 x 75 on 1:30 Kick-OTL  
 {4 x 25 on :45 Kick no board choice  
 1,500 1x{1 x 100 on 1:35 Pulls-nbbf&w + 5 yds  
 {2 x 100 on 1:30 Pulls-nbbf&w + 4 yds  
 {3 x 100 on 1:25 Pulls-nbbf&w + 3 yds  
 {4 x 100 on 1:20 Pulls-nbbf&w + 2 yds  
 {5 x 100 on 1:15 Pulls-nbbf&w + 1 yd  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{1 x 400 on 6:00 Individual Medley  
 {1 x 100 on 1:15 Freestyle  
 {1 x 300 on 4:15 Individual Medley  
 {1 x 200 on 2:30 Freestyle  
 {1 x 200 on 2:40 Individual Medley  
 {1 x 300 on 3:45 Freestyle  
 {1 x 100 on 1:15 Individual Medley  
 {1 x 400 on 5:00 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:31 AM 6,350 Yards - Stress Value = 102

400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,900 Yards - Stress Value = 93

**Workout #6465 - Friday, 05 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 Use SCUBA weights if shoulders feel good  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,350 1x{4 x 25 on :45 Kick no board B--- 13 KOW  
 {1 x 150 on 3:30 Kick-OTL  
 {4 x 25 on :45 Kick no board -S-- 11 KOW  
 {2 x 125 on 2:55 Kick-OTL  
 {4 x 25 on :45 Kick no board --L- 5 KOW  
 {3 x 100 on 2:20 Kick-OTL  
 {4 x 25 on :45 Kick no board ---R 5 KOW  
 {3 x 50 on 1:10 Kick-OTL  
 1,200 1x{1 x 100 on 1:55 Pulls-nbbf&w + 5 yds  
 {2 x 100 on 1:50 Pulls-nbbf&w + 4 yds  
 {3 x 100 on 1:45 Pulls-nbbf&w + 3 yds  
 {4 x 100 on 1:40 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:35 Pulls-nbbf&w + 1 yd  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 400 on 7:20 Individual Medley  
 {1 x 100 on 1:35 Freestyle  
 {1 x 300 on 5:25 Individual Medley  
 {1 x 200 on 3:10 Freestyle  
 {1 x 200 on 3:30 Individual Medley  
 {1 x 300 on 4:45 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,350 Yards - Stress Value = 83

**Workout #6464 - Friday, 05 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 Use SCUBA weights if shoulders feel good  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board B--- 13 KOW  
 {1 x 150 on 3:15 Kick-OTL  
 {4 x 25 on :45 Kick no board -S-- 11 KOW  
 {2 x 125 on 2:40 Kick-OTL  
 {4 x 25 on :45 Kick no board --L- 5 KOW  
 {3 x 100 on 2:10 Kick-OTL  
 {4 x 25 on :45 Kick no board ---R 5 KOW  
 {4 x 50 on 1:05 Kick-OTL  
 {4 x 25 on :45 Kick no board choice  
 1,400 1x{1 x 100 on 1:40 Pulls-nbbf&w + 5 yds  
 {2 x 100 on 1:35 Pulls-nbbf&w + 4 yds  
 {3 x 100 on 1:30 Pulls-nbbf&w + 3 yds  
 {4 x 100 on 1:25 Pulls-nbbf&w + 2 yds  
 {4 x 100 on 1:20 Pulls-nbbf&w + 1 yd  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{1 x 400 on 6:40 Individual Medley  
 {1 x 100 on 1:20 Freestyle  
 {1 x 300 on 4:45 Individual Medley  
 {1 x 200 on 2:40 Freestyle  
 {1 x 200 on 3:00 Individual Medley  
 {1 x 300 on 4:00 Freestyle  
 {1 x 100 on 1:20 Individual Medley  
 {1 x 150 on 2:00 Freestyle

**Workout #6466 - Friday, 05 June 2009**

9:30 AM 6,650 Yards - Stress Value = 108

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 Use SCUBA weights if shoulders feel good  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,350 1x{4 x 25 on :45 Kick no board B--- 13 KOW  
 {1 x 150 on 3:30 Kick-OTL  
 {4 x 25 on :45 Kick no board -S-- 11 KOW  
 {2 x 125 on 2:55 Kick-OTL  
 {4 x 25 on :45 Kick no board --L- 5 KOW  
 {3 x 100 on 2:20 Kick-OTL  
 {4 x 25 on :45 Kick no board ---R 5 KOW  
 {3 x 50 on 1:10 Kick-OTL  
 {4 x 25 on :45 Kick no board choice  
 1,150 1x{1 x 100 on 2:00 Pulls-nbbf&w + 5 yds  
 {2 x 100 on 1:55 Pulls-nbbf&w + 4 yds  
 {3 x 100 on 1:50 Pulls-nbbf&w + 3 yds  
 {4 x 100 on 1:45 Pulls-nbbf&w + 2 yds  
 {3 x 50 on :50 Pulls-nbbf&w + 1 yd  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 300 on 6:00 Individual Medley  
 {2 x 100 on 1:45 Freestyle  
 {1 x 200 on 4:00 Individual Medley  
 {1 x 200 on 3:30 Freestyle  
 {1 x 100 on 2:00 Individual Medley  
 {1 x 300 on 5:15 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:29 AM 5,050 Yards - Stress Value = 78

**Workout #6468 - Monday, 08 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,550 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {6 x 25 on :45 Kick no board BSLRBS  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 {8 x 25 on :45 Kick no board BSLRBSLR  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {6 x 25 on :45 Kick no board BSLRLR  
 {1 x 50 on :45 Kick  
 750 1x{2 x 75 on 1:10 Pull no br L.5 yds  
 {2 x 75 on 1:10 Pull no br L.6 yds  
 {2 x 75 on 1:10 Pull no br L.7 yds  
 {2 x 75 on 1:10 Pull no br L.8 yds  
 {2 x 75 on 1:10 Pull no br L.9 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 1x{3 x 400 on 5:40 Freestyle  
 {3 x 300 on 4:15 Freestyle  
 {3 x 100 on 1:25 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,050 Yards - Stress Value = 97

**Workout #6467 - Monday, 08 June 2009**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,700 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:30 Kick  
 {6 x 25 on :45 Kick no board BSLRBS  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:25 Kick  
 {8 x 25 on :45 Kick no board BSLRBSLR  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 {6 x 25 on :45 Kick no board BSLRLR  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:20 Kick  
 {1 x 100 on 1:15 Kick  
 900 1x{2 x 75 on 1:00 Pull no br L.5 yds  
 {2 x 75 on 1:00 Pull no br L.6 yds  
 {2 x 75 on 1:00 Pull no br L.7 yds  
 {2 x 75 on 1:00 Pull no br L.8 yds  
 {2 x 75 on 1:00 Pull no br L.9 yds  
 {2 x 75 on 1:00 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,700 1x{3 x 400 on 5:00 Freestyle  
 {3 x 300 on 3:45 Freestyle  
 {3 x 200 on 2:30 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills

**Workout #6469 - Monday, 08 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	1 on 30:00 Shoulders & Stretch
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{6 x 25 on :45 Kick no board BSLRBS
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{8 x 25 on :45 Kick no board BSLRBSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{6 x 25 on :45 Kick no board BSLRLR
650	1x{2 x 75 on 1:20 Pull no br L.5 yds
	{2 x 75 on 1:20 Pull no br L.6 yds
	{2 x 75 on 1:20 Pull no br L.7 yds
	{2 x 75 on 1:20 Pull no br L.8 yds
	{1 x 50 on 1:00 Pull no br L.9 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{3 x 400 on 6:40 Freestyle
	{3 x 300 on 4:50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:32 AM 5,500 Yards - Stress Value = 87

**Workout #6470 - Monday, 08 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	1 on 30:00 Shoulders & Stretch
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{6 x 25 on :45 Kick no board BSLRBS
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{8 x 25 on :45 Kick no board BSLRBSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on :55 Kick
	{1 x 100 on :50 Kick
	{6 x 25 on :45 Kick no board BSLRLR
	{1 x 50 on :50 Kick
600	1x{2 x 50 on 1:00 Pull no br L.5 yds
	{2 x 50 on 1:00 Pull no br L.6 yds
	{2 x 50 on 1:00 Pull no br L.7 yds
	{2 x 50 on 1:00 Pull no br L.8 yds
	{2 x 50 on 1:00 Pull no br L.9 yds
	{2 x 50 on 1:00 Pull no br L.10 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{3 x 300 on 5:30 Freestyle
	{3 x 200 on 3:40 Freestyle
	{3 x 100 on 1:50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:29 AM 5,200 Yards - Stress Value = 81

**Workout #6471 - Tuesday, 09 June 2009**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	1 on 29:00 Abs and stretch
600	1 x 600 on 10:00 Underwater trn drill
100	1 x 100 on 2:00 Backstroke for time
150	10 x 15 on :45 Shooters
1,650	1x{3 x 100 on 2:00 Kick-descend
	{1 x 150 on 3:00 Kick 50 fly/brst/free
	{3 x 100 on 1:50 Kick-descend
	{1 x 150 on 3:00 Kick 50/fly/brst/free
	{3 x 100 on 1:40 Kick-descend
	{1 x 150 on 3:00 Kick 50 fly/brst/free
	{3 x 100 on 1:30 Kick-descend
1,500	1x{4 x 125 on 1:45 Pulls
	{4 x 125 on 1:40 Pulls
	{4 x 125 on 1:35 Pulls
	{ Odds breathe towards stands/BH wall break c
	{ hips pass the flags/evens are opposite
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{3 x 150 on 2:20 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 10 secs
	{3 x 150 on 2:15 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 8 secs
	{3 x 150 on 2:10 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 6 secs
	{3 x 150 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 4 secs
200	1 x 200 on 3:00 Stroke Drills
	9:30 AM 6,600 Yards - Stress Value = 129

**Workout #6472 - Tuesday, 09 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	1 on 29:00 Abs and stretch
600	1 x 600 on 10:00 Underwater trn drill
100	1 x 100 on 2:00 Backstroke for time
150	10 x 15 on :45 Shooters
1,450	1x{3 x 100 on 2:05 Kick-descend
	{1 x 150 on 3:15 Kick 50 fly/brst/free
	{3 x 100 on 2:00 Kick-descend
	{1 x 150 on 3:15 Kick 50/fly/brst/free
	{3 x 100 on 1:55 Kick-descend
	{1 x 150 on 3:15 Kick 50 fly/brst/free
	{1 x 100 on 1:50 Kick-100%
1,300	1x{4 x 125 on 1:55 Pulls
	{4 x 125 on 1:45 Pulls
	{3 x 100 on 1:25 Pulls
	{ Odds breathe towards stands/BH wall break c
	{ hips pass the flags/evens are opposite
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{3 x 150 on 2:30 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 10 secs
	{3 x 150 on 2:25 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 8 secs
	{3 x 150 on 2:20 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 6 secs
	{3 x 100 on 1:30 Backstroke
	{1 x 100 on 2:00 Backstroke w/in 4 secs
200	1 x 200 on 3:00 Stroke Drills
	9:29 AM 6,050 Yards - Stress Value = 118

**Workout #6473 - Tuesday, 09 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 29:00 Abs and stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 100 1 x 100 on 2:00 Backstroke for time  
 150 10 x 15 on :45 Shooters  
 1,350 1x{3 x 100 on 2:15 Kick-descend  
 {1 x 150 on 3:20 Kick 50 fly/brst/free  
 {3 x 100 on 2:10 Kick-descend  
 {1 x 150 on 3:20 Kick 50/fly/brst/free  
 {3 x 100 on 2:05 Kick-descend  
 {1 x 150 on 3:20 Kick 50 fly/brst/free  
 1,200 1x{4 x 100 on 1:45 Pulls  
 {4 x 100 on 1:40 Pulls  
 {4 x 100 on 1:35 Pulls  
 { Odds breathe towards stands/BH wall break c  
 { hips pass the flags/evens are opposite  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{3 x 150 on 2:40 Backstroke  
 {1 x 100 on 2:10 Backstroke w/in 10 secs  
 {3 x 150 on 2:35 Backstroke  
 {1 x 100 on 2:10 Backstroke w/in 8 secs  
 {3 x 150 on 2:30 Backstroke  
 {1 x 100 on 2:10 Backstroke w/in 6 secs  
 {1 x 150 on 2:25 Backstroke  
 {1 x 100 on 2:10 Backstroke w/in 4 secs  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 5,650 Yards - Stress Value = 113

**Workout #6474 - Tuesday, 09 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 29:00 Abs and stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 100 1 x 100 on 2:00 Backstroke for time  
 150 10 x 15 on :45 Shooters  
 1,300 1x{3 x 100 on 2:20 Kick-descend  
 {1 x 150 on 3:30 Kick 50 fly/brst/free  
 {3 x 100 on 2:15 Kick-descend  
 {1 x 150 on 3:30 Kick 50/fly/brst/free  
 {3 x 100 on 2:10 Kick-descend  
 {1 x 100 on 2:20 Kick 25 fly/brst 50free  
 1,050 1x{4 x 100 on 1:55 Pulls  
 {4 x 100 on 1:50 Pulls  
 {5 x 50 on :55 Pulls  
 { Odds breathe towards stands/BH wall break c  
 { hips pass the flags/evens are opposite  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{2 x 150 on 3:00 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 10 secs  
 {2 x 150 on 2:55 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 8 secs  
 {2 x 150 on 2:50 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 6 secs  
 {2 x 150 on 2:45 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 4 secs  
 200 1 x 200 on 4:00 Stroke Drills  
 9:29 AM 5,150 Yards - Stress Value = 103

**Workout #6475 - Tuesday, 09 June 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 525 1 x 525 on 8:00 Choice  
 300 6 x 50 on :50 Freestyle-descend  
 210 14 x 15 on :45 Cross pool sprints  
 500 1 x 500 on 15:00 Med Ball Partner Kicking  
 640 8x{1 x 15 on :45 Pit Sprint/turn drill  
 { with explosive jump to bulkhead  
 {1 x 25 on 1:00 12.5 yards under/12.5 yards  
 { super fast w/great breakouts & finishes, ex  
 {1 x 25 on :01 Your best non free stroke OTB  
 { with explosive jump to bulkhead  
 {1 x 15 on 1:29 Sculling drill  
 250 1 x 250 on 5:00 Choice  
 6:30 PM 2,425 Yards - Stress Value = 71

**Workout #6476 - Wednesday, 10 June 2009**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,000 1x{1 x 200 on 3:00 Fly w/fins  
 {1 x 200 on 2:55 175 Fly 25 Free w/fins  
 {1 x 200 on 2:50 150 Fly 50 Free w/fins  
 {1 x 200 on 2:45 125 Fly 75 Free w/fins  
 {1 x 200 on 2:40 100 Fly 100 Free w/fins  
 1,500 1x{4 x 75 on 1:30 Kick  
 {4 x 125 on 2:20 Kick  
 {4 x 175 on 3:10 Kick  
 1,000 1x{1 x 200 on 2:50 Fly w/fins  
 {1 x 200 on 2:45 175 Fly 25 Free w/fins  
 {1 x 200 on 2:40 150 Fly 50 Free w/fins  
 {1 x 200 on 2:35 125 Fly 75 Free w/fins  
 {1 x 200 on 2:30 100 Fly 100 Free w/fins  
 1,600 1x{2 x 200 on 2:40 Lungbuster pulls  
 {2 x 200 on 2:35 Lungbuster pulls  
 {2 x 200 on 2:30 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 1,000 1x{1 x 200 on 2:40 Fly w/fins  
 {1 x 200 on 2:35 175 Fly 25 Free w/fins  
 {1 x 200 on 2:30 150 Fly 50 Free w/fins  
 {1 x 200 on 2:25 125 Fly 75 Free w/fins  
 {1 x 200 on 2:20 100 Fly 100 Free w/fins  
 250 1 x 250 on 4:00 Stroke Drills  
 9:30 AM 7,100 Yards - Stress Value = 112

**Workout #6477 - Wednesday, 10 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 200 on 3:20 Fly w/fins  
 {1 x 200 on 3:15 175 Fly 25 Free w/fins  
 {1 x 200 on 3:10 150 Fly 50 Free w/fins  
 {1 x 200 on 3:05 125 Fly 75 Free w/fins  
 {1 x 100 on 1:30 Fly  
 1,400 1x{4 x 75 on 1:30 Kick  
 {4 x 125 on 2:25 Kick  
 {4 x 150 on 3:00 Kick  
 900 1x{1 x 200 on 3:10 Fly w/fins  
 {1 x 200 on 3:05 175 Fly 25 Free w/fins  
 {1 x 200 on 3:00 150 Fly 50 Free w/fins  
 {1 x 200 on 2:55 125 Fly 75 Free w/fins  
 {1 x 100 on 1:25 Fly  
 1,400 1x{2 x 200 on 3:00 Lungbuster pulls  
 {2 x 200 on 2:55 Lungbuster pulls  
 {2 x 200 on 2:50 Lungbuster pulls  
 {1 x 200 on 2:40 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 900 1x{1 x 200 on 2:50 Fly w/fins  
 {1 x 200 on 2:45 175 Fly 25 Free w/fins  
 {1 x 200 on 2:40 150 Fly 50 Free w/fins  
 {1 x 200 on 2:35 125 Fly 75 Free w/fins  
 {1 x 100 on 1:15 fly  
 250 1 x 250 on 4:00 Stroke Drills  
 9:30 AM 6,500 Yards - Stress Value = 100

**Workout #6481 - Wednesday, 10 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,300 13 x 100 on 2:00 Challenge Kick set with fir  
 1,400 1x{1 x 100 on 1:35 Pulls  
 {2 x 100 on 1:30 Pulls  
 {3 x 100 on 1:25 Pulls  
 {4 x 100 on 1:20 Pulls  
 {4 x 100 on 1:15 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 100 on 1:45 Breaststroke  
 {8 x 25 on 1:00 From dive/10 pushups  
 {2 x 100 on 1:40 Breaststroke  
 {8 x 25 on 1:00 From dive/10 pushups  
 {3 x 100 on 1:35 75 Breast 25 free  
 {8 x 25 on 1:00 From dive/10 pushups  
 {4 x 100 on 1:30 75 breast 25 free  
 250 1 x 250 on 4:00 Stroke Drills  
 9:30 AM 5,500 Yards - Stress Value = 91

**Workout #6478 - Wednesday, 10 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f

150 10 x 15 on :45 Shooters  
 850 1x{1 x 200 on 3:30 Fly w/fins  
 {1 x 200 on 3:25 175 Fly 25 Free w/fins  
 {1 x 200 on 3:20 150 Fly 50 Free w/fins  
 {1 x 200 on 3:15 125 Fly 75 Free w/fins  
 {1 x 50 on :50 Fly  
 1,300 1x{4 x 75 on 1:35 Kick  
 {4 x 125 on 2:40 Kick  
 {3 x 150 on 3:15 Kick  
 {1 x 50 on 1:00 Kick  
 850 1x{1 x 200 on 3:20 Fly w/fins  
 {1 x 200 on 3:15 175 Fly 25 Free w/fins  
 {1 x 200 on 3:10 150 Fly 50 Free w/fins  
 {1 x 200 on 3:05 125 Fly 75 Free w/fins  
 {1 x 50 on :50 Fly  
 1,300 1x{2 x 200 on 3:20 Lungbuster pulls  
 {2 x 200 on 3:15 Lungbuster pulls  
 {2 x 200 on 3:10 Lungbuster pulls  
 {1 x 100 on 1:30 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 850 1x{1 x 200 on 3:10 Fly w/fins  
 {1 x 200 on 3:05 175 Fly 25 Free w/fins  
 {1 x 200 on 3:00 150 Fly 50 Free w/fins  
 {1 x 200 on 2:55 125 Fly 75 Free w/fins  
 {1 x 50 on :50 fly  
 250 1 x 250 on 4:00 Stroke Drills  
 9:30 AM 6,100 Yards - Stress Value = 93

**Workout #6482 - Wednesday, 10 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,300 13 x 100 on 2:00 Challenge Kick set with fir  
 1,200 1x{1 x 100 on 1:50 Pulls  
 {2 x 100 on 1:45 Pulls  
 {3 x 100 on 1:40 Pulls  
 {4 x 100 on 1:35 Pulls  
 {2 x 100 on 1:30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 100 on 1:45 75 Breast 25 free  
 {8 x 25 on 1:00 From dive/10 pushups  
 {2 x 100 on 1:40 75 Breast 25 free  
 {8 x 25 on 1:00 From dive/10 pushups  
 {3 x 100 on 1:35 50 Breast 50 free  
 {8 x 25 on 1:00 From dive/10 pushups  
 {4 x 100 on 1:30 25 breast 75 free  
 250 1 x 250 on 4:00 Stroke Drills  
 9:30 AM 5,250 Yards - Stress Value = 87

**Workout #6479 - Wednesday, 10 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 800 1x{1 x 200 on 3:50 Fly w/fins  
 {1 x 200 on 3:45 175 Fly 25 Free w/fins  
 {1 x 200 on 3:40 150 Fly 50 Free w/fins  
 {1 x 200 on 3:35 125 Fly 75 Free w/fins  
 1,200 1x{4 x 75 on 1:45 Kick  
 {4 x 125 on 2:50 Kick  
 {2 x 150 on 3:25 Kick  
 {2 x 50 on 1:10 Kick  
 750 1x{1 x 200 on 3:40 Fly w/fins  
 {1 x 200 on 3:35 175 Fly 25 Free w/fins  
 {1 x 200 on 3:30 150 Fly 50 Free w/fins  
 {1 x 150 on 2:40 125 Fly 25 Free w/fins  
 1,150 1x{2 x 200 on 3:40 Lungbuster pulls  
 {2 x 200 on 3:35 Lungbuster pulls  
 {1 x 200 on 3:30 Lungbuster pulls  
 {1 x 150 on 2:35 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 750 1x{1 x 200 on 3:30 Fly w/fins  
 {1 x 200 on 3:25 175 Fly 25 Free w/fins  
 {1 x 200 on 3:20 150 Fly 50 Free w/fins  
 {1 x 150 on 2:25 125 Fly 25 Free w/fins  
 250 1 x 250 on 4:00 Stroke Drills  
 9:30 AM 5,550 Yards - Stress Value = 83

**Workout #6483 - Wednesday, 10 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,300 13 x 100 on 2:00 Challenge Kick set with fir  
 1,050 1x{1 x 100 on 2:00 Pulls  
 {2 x 100 on 1:55 Pulls  
 {3 x 100 on 1:50 Pulls  
 {4 x 100 on 1:45 Pulls  
 {1 x 50 on :50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 100 on 1:45 Freestyle  
 {8 x 25 on 1:00 From dive/10 pushups  
 {2 x 100 on 1:40 Freestyle  
 {8 x 25 on 1:00 From dive/10 pushups  
 {3 x 100 on 1:35 Freestyle  
 {8 x 25 on 1:00 From dive/10 pushups  
 {4 x 100 on 1:30 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 9:30 AM 5,050 Yards - Stress Value = 83

**Workout #6488 - Wednesday, 10 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board BSLR

{1 x 100 on 2:30 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:35 Tombstone Kick #2 faster  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:40 Tombstone Kicking-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:45 Tombstone Kicking descend  
 4 x 350 on 6:30 Pull-odds fast evens just me  
 1,400 4x{1 x 25 on :50 Sculling drills  
 200 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 13 x 100 on 1:55 Individual Medley  
 300 1 x 300 on 5:00 Stroke Drills  
 9:30 AM 5,050 Yards - Stress Value = 86

**Workout #6480 - Thursday, 11 June 2009**

**Group 3 - Breast**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,300 13 x 100 on 2:00 Challenge Kick set with fir  
 1,500 1x{1 x 100 on 1:30 Pulls  
 {2 x 100 on 1:25 Pulls  
 {3 x 100 on 1:20 Pulls  
 {4 x 100 on 1:15 Pulls  
 {5 x 100 on 1:10 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 100 on 1:45 Breaststroke  
 {8 x 25 on 1:00 From dive/10 pushups  
 {2 x 100 on 1:40 Breaststroke  
 {8 x 25 on 1:00 From dive/10 pushups  
 {3 x 100 on 1:35 Breaststroke  
 {8 x 25 on 1:00 From dive/10 pushups  
 {4 x 100 on 1:30 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills  
 9:30 AM 5,600 Yards - Stress Value = 93

**Workout #6484 - Thursday, 11 June 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 500 1 x 500 on 10:00 Too complicated to type ou  
 96 12 x 8 on :45 Spinners  
 400 16 x 25 on 1:00 4 on each stroke-under wate  
 until you reach the false start rope-super  
 600 12x{1 x 25 on :01 1/3 each of streamline kick  
 { tarzan, no breath sprint rest/rest 5 secur  
 {1 x 25 on 1:29 Kick no board BSLR  
 450 9 x 50 on 1:00 Freestyle-Hold time I give y  
 400 8 x 50 on 1:00 Stroke Drills  
 6:30 PM 2,446 Yards - Stress Value = 86

**Workout #6485 - Friday, 12 June 2009**

9:30 AM 5,600 Yards - Stress Value = 96

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:05 Tombstone Kick #2 faster  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:10 Tombstone Kicking-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 100 on 2:15 Tombstone Kicking des1-3, hc  
 2,000 4 x 500 on 6:30 Pull-odds fast evens just ma  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 20 x 100 on 1:15 Individual Medley  
 300 1 x 300 on 5:00 Stroke Drills  
 9:30 AM 6,650 Yards - Stress Value = 116

**Workout #6491 - Monday, 15 June 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board B---  
 {1 x 150 on 2:55 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 1:50 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {4 x 75 on 1:25 Kick  
 1,500 1x{1 x 150 on 2:05 Pull no br L.10 yds  
 {2 x 150 on 2:05 Pull no br L.12 yds  
 {3 x 150 on 2:05 Pull no br L.14 yds  
 {4 x 150 on 2:05 Pull no br L.16 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{6 x 100 on 1:10 Freestyle  
 {1 on 1:00 Rest  
 {5 x 100 on 1:10 Freestyle  
 {1 on 1:00 Rest  
 {4 x 100 on 1:10 Freestyle  
 {1 on 1:00 Rest  
 {3 x 100 on 1:10 Freestyle  
 {1 on 1:00 Rest  
 {2 x 100 on 1:10 Freestyle  
 {1 on 1:00 Rest  
 {1 x 100 on 1:10 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,350 Yards - Stress Value = 92

**Workout #6486 - Friday, 12 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:10 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:15 Tombstone Kick #2 faster  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:20 Tombstone Kicking-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:25 Tombstone Kicking descend  
 1,800 4 x 450 on 6:30 Pull-odds fast evens just ma  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 18 x 100 on 1:25 Individual Medley  
 300 1 x 300 on 5:00 Stroke Drills  
 9:30 AM 6,150 Yards - Stress Value = 106

**Workout #6487 - Friday, 12 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:15 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:20 Tombstone Kick #2 faster  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:25 Tombstone Kicking-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:30 Tombstone Kicking descend  
 1,600 4 x 400 on 6:30 Pull-odds fast evens just ma  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 15 x 100 on 1:40 Individual Medley  
 300 1 x 300 on 5:00 Stroke Drills

**Workout #6490 - Monday, 15 June 2009**

**1 minute rest between sets**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Physio Ball Abs/Stretch 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board B--- {1 x 150 on 3:05 Kick {4 x 25 on :45 Kick no board -S-- {2 x 125 on 2:35 Kick {4 x 25 on :45 Kick no board --L- {3 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board ---R {4 x 50 on 1:05 Kick
1,350	1x{1 x 150 on 2:20 Pull no br L.10 yds {2 x 150 on 2:20 Pull no br L.12 yds {3 x 150 on 2:20 Pull no br L.14 yds {3 x 150 on 2:20 Pull no br L.16 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{6 x 100 on 1:20 Freestyle {1 on 1:00 Rest {5 x 100 on 1:20 Freestyle {1 on 1:00 Rest {4 x 100 on 1:20 Freestyle {1 on 1:00 Rest {3 x 100 on 1:20 Freestyle {1 on 1:00 Rest {2 x 100 on 1:20 Freestyle
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	6,000 Yards - Stress Value = 86

Yards	Set Description
7:00 AM	Start
500	1 on 30:00 Physio Ball Abs/Stretch 1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board B--- {1 x 150 on 3:30 Kick {4 x 25 on :45 Kick no board -S-- {2 x 125 on 3:00 Kick {4 x 25 on :45 Kick no board --L- {3 x 100 on 2:30 Kick {4 x 25 on :45 Kick no board ---R {1 x 50 on 1:15 Kick
1,050	1x{1 x 150 on 3:00 Pull no br L.10 yds {2 x 150 on 3:00 Pull no br L.12 yds {3 x 150 on 3:00 Pull no br L.14 yds {1 x 150 on 3:00 Pull no br L.16 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{6 x 100 on 1:40 Freestyle {1 on 1:00 Rest {5 x 100 on 1:40 Freestyle {1 on 1:00 Rest {4 x 100 on 1:40 Freestyle {1 on 1:00 Rest {1 x 100 on 1:40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
9:30 AM	5,050 Yards - Stress Value = 73

**Workout #6495 - Tuesday, 16 June 2009**

**Group 3 - Back**

**1 minute rest between sets**

**Workout #6489 - Monday, 15 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 30:00 Physio Ball Abs/Stretch 1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :45 Kick no board B--- {1 x 150 on 3:15 Kick {4 x 25 on :45 Kick no board -S-- {2 x 125 on 2:45 Kick {4 x 25 on :45 Kick no board --L- {3 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board ---R {2 x 75 on 1:45 Kick
1,150	1x{1 x 150 on 2:40 Pull no br L.10 yds {2 x 150 on 2:40 Pull no br L.12 yds {3 x 150 on 2:40 Pull no br L.14 yds {1 x 150 on 2:40 Pull no br L.16 yds {1 x 100 on 1:45 Pull no br L.16 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{6 x 100 on 1:30 Freestyle {1 on 1:00 Rest {5 x 100 on 1:30 Freestyle {1 on 1:00 Rest {4 x 100 on 1:30 Freestyle {1 on 1:00 Rest {3 x 100 on 1:30 Freestyle
400	8 x 50 on 1:00 Stroke Drills
9:30 AM	5,500 Yards - Stress Value = 80

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,500	1x{1 x 100 on 2:00 Kick {1 x 50 on :50 Kick {1 x 100 on 2:00 Kick {2 x 75 on 1:15 Kick {1 x 100 on 2:00 Kick {3 x 100 on 1:40 Kick {1 x 100 on 2:00 Kick {4 x 125 on 2:05 Kick {1 x 100 on 2:00 Kick
100	1 x 100 on 2:00 Kick for time
1,200	1x{8 x 50 on :50 Pulls {8 x 50 on :45 Pulls {8 x 50 on :40 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{3 x 125 on 2:05 Backstroke-descend {1 x 25 on :30 Backstroke-100% {1 on 1:00 put fins on {4 x 50 on 1:00 Back 15m off each wall under {3 x 125 on 2:00 Backstroke-descend {1 x 25 on :30 Backstroke-100% {1 on 1:00 Put fins on {4 x 50 on 1:00 Back 15m off each wall under {3 x 125 on 1:55 Backstroke-descend {1 x 25 on :30 Backstroke-100% {1 on 1:00 Put fins on {4 x 50 on 1:00 Back 15m off each wall under
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	5,950 Yards - Stress Value = 96

**Workout #6492 - Monday, 15 June 2009**

**Group 3 - Bronze**



**Workout #6494 - Tuesday, 16 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,350	1x{1 x 100 on 2:00 Kick {1 x 50 on :55 Kick {1 x 100 on 2:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 2:00 Kick {3 x 100 on 1:50 Kick {1 x 100 on 2:00 Kick {3 x 125 on 2:20 Kick {1 x 75 on 2:00 Kick
100	1 x 100 on 2:00 Kick for time
1,050	1x{5 x 50 on :55 Pulls {8 x 50 on :50 Pulls {8 x 50 on :45 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{3 x 125 on 2:15 Backstroke-descend {1 x 25 on :30 Backstroke-100% {1 on 1:00 put fins on {4 x 50 on 1:00 Back 15m off each wall under {3 x 125 on 2:10 Backstroke-descend {1 x 25 on :30 Backstroke-100% {1 on 1:00 Put fins on {4 x 50 on 1:00 Back 15m off each wall under {3 x 100 on 1:40 Backstroke-descend {1 on 1:00 Put fins on {4 x 50 on 1:00 Back 15m off each wall under
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,550 Yards - Stress Value = 88

**Workout #6493 - Tuesday, 16 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,250	1x{1 x 100 on 2:10 Kick {1 x 50 on 1:00 Kick {1 x 100 on 2:10 Kick {2 x 75 on 1:30 Kick {1 x 100 on 2:10 Kick {3 x 100 on 2:00 Kick {1 x 100 on 2:10 Kick {2 x 125 on 2:30 Kick {1 x 100 on 3:00 Kick
100	1 x 100 on 2:00 Kick for time
1,000	1x{4 x 50 on 1:00 Pulls {8 x 50 on :55 Pulls {8 x 50 on :50 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{3 x 125 on 2:30 Backstroke-descend {1 x 25 on :30 Backstroke-100% {1 on 1:00 put fins on {4 x 50 on 1:00 Back 15m off each wall under {3 x 125 on 2:25 Backstroke-descend {1 x 25 on :30 Backstroke-100% {1 on 1:00 Put fins on {4 x 50 on 1:00 Back 15m off each wall under {3 x 75 on 1:25 Backstroke-descend

	{1 x 25 on :30 Backstroke-100%
	{1 on 1:00 Put fins on
	{3 x 50 on 1:00 Back 15m off each wall under
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,250 Yards - Stress Value = 84

**Workout #6496 - Tuesday, 16 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:20 Kick {1 x 50 on 1:05 Kick {1 x 100 on 2:20 Kick {2 x 75 on 1:40 Kick {1 x 100 on 2:20 Kick {3 x 100 on 2:10 Kick {1 x 100 on 2:20 Kick {2 x 125 on 2:45 Kick {1 x 50 on 1:15 Kick
100	1 x 100 on 2:00 Kick for time
900	1x{4 x 50 on 1:05 Pulls {6 x 50 on 1:00 Pulls {8 x 50 on :55 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{3 x 100 on 2:15 Backstroke-descend {2 x 25 on :30 Backstroke-100% {1 on 1:00 put fins on {4 x 50 on 1:00 Back 15m off each wall under {3 x 100 on 2:10 Backstroke-descend {2 x 25 on :30 Backstroke-100% {1 on 1:00 Put fins on {4 x 50 on 1:00 Back 15m off each wall under {2 x 100 on 2:05 Backstroke-descend {2 x 25 on :30 Backstroke-100% {1 on 1:00 Put fins on {3 x 50 on 1:00 Back 15m off each wall under
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 4,950 Yards - Stress Value = 82

**Workout #6501 - Tuesday, 16 June 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description
	1 on 10:00 Stretching
500	1 x 500 on 10:00 100 drill 100 DD 100 run 100 k 100 drill
180	12 x 15 on :45 Start/shooter/finish
100	1 x 100 on 5:00 IM for time from a push
250	5 x 50 on 1:00 Stroke Drills
500	1 x 500 on 24:00 IM Relay Game
1,000	10 x 100 on 1:50 Kick-choose your interval
200	1 x 200 on 3:00 Stroke Drills
	6:31 PM 2,730 Yards - Stress Value = 82

**Workout #6497 - Wednesday, 17 June 2009**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:00 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:30 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 100 on 2:00 Tombstone Kick  
 1,400 1x{1 x 100 on 1:30 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls 5 breaths total  
 {2 x 100 on 1:25 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls 4 breaths total  
 {3 x 100 on 1:20 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls-3 breaths total  
 {4 x 100 on 1:15 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls-2 breaths total  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 8x{8 x 25 on :25 Butterfly  
 {1 on 1:00 Rest  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,450 Yards - Stress Value = 91

**Workout #6498 - Wednesday, 17 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:05 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:35 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:10 Tombstone Kick  
 1,350 1x{1 x 100 on 1:35 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls 5 breaths total  
 {2 x 100 on 1:30 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls 4 breaths total  
 {3 x 100 on 1:25 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls-3 breaths total  
 {4 x 100 on 1:20 Lungbuster pulls  
 {1 x 50 on 1:00 Pulls-2 breaths total  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 7x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,100 Yards - Stress Value = 84

**Workout #6499 - Wednesday, 17 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board BSLR

{3 x 50 on 1:10 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:45 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:20 Tombstone Kick  
 1,200 1x{1 x 100 on 1:50 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls 5 breaths total  
 {2 x 100 on 1:45 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls 4 breaths total  
 {3 x 100 on 1:40 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls-3 breaths total  
 {3 x 100 on 1:35 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 6x{8 x 25 on :35 Butterfly  
 {1 on 1:00 Rest  
 300 6 x 50 on 1:00 Stroke Drills  
 9:29 AM 4,650 Yards - Stress Value = 76

**Workout #6500 - Wednesday, 17 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:20 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 2:00 Tombstone Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:40 Tombstone Kick  
 1,150 1x{1 x 100 on 2:00 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls 5 breaths total  
 {2 x 100 on 1:55 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls 4 breaths total  
 {3 x 100 on 1:50 Lungbuster pulls  
 {2 x 50 on 1:00 Pulls-3 breaths total  
 {2 x 100 on 1:45 Lungbuster pulls  
 {1 x 50 on 1:00 Pulls 2 breaths total  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 6x{8 x 25 on :40 Butterfly  
 {1 on 1:00 Rest  
 300 6 x 50 on 1:00 Stroke Drills  
 9:33 AM 4,450 Yards - Stress Value = 73

**Workout #6502 - Thursday, 18 June 2009**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Shoulders & Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,500 1x	{ 1 x 150 on 2:15 Kick with flippers 1 x 150 on 2:15 Kick with flippers 1 x 150 on 2:10 Kick with flippers 1 x 150 on 2:10 Kick with flippers 1 x 150 on 2:05 Kick with flippers 1 x 150 on 2:05 Kick with flippers 1 x 150 on 2:00 Kick with flippers 1 x 150 on 2:00 Kick with flippers 1 x 150 on 1:55 Kick with flippers 1 x 150 on 1:55 Kick with flippers
1,250	5 x 250 on 3:20 Pulls #1 break after shoulder pass the flags, #2 hips, #3 knees, #4 feet #5 shoulders
200 4x	{ 1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000 5x	{ 1 x 200 on 3:10 Breaststroke 1 x 100 on 1:25 25 breast 75 free 1 x 100 on 1:25 50 breast 50 free 1 x 100 on 1:25 75 breast 25 free 2 x 50 on 1:00 25 2k1p, 25 4 sec glide
250	1 x 250 on 4:00 Stroke Drills
9:30 AM 6,950 Yards - Stress Value = 113	

7:00 AM Start

Yards	Set Description
550	1 on 30:00 Shoulders & Stretch 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,250 1x	{ 1 x 150 on 2:35 Kick with flippers 1 x 150 on 2:35 Kick with flippers 1 x 150 on 2:30 Kick with flippers 1 x 150 on 2:30 Kick with flippers 1 x 150 on 2:25 Kick with flippers 1 x 150 on 2:25 Kick with flippers 1 x 150 on 2:20 Kick with flippers 1 x 150 on 2:20 Kick with flippers 1 x 50 on :45 Kick with flippers 25fly25free
1,000	5 x 200 on 3:20 Pulls #1 break after shoulder pass the flags, #2 hips, #3 knees, #4 feet #5 shoulders
200 4x	{ 1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600 4x	{ 1 x 200 on 3:40 Breaststroke 1 x 100 on 1:45 25 breast 75 free 1 x 100 on 1:45 50 breast 50 free 1 x 100 on 1:45 75 breast 25 free 3 x 50 on 1:00 25 2k1p, 25 4 sec glide
250	1 x 250 on 4:00 Stroke Drills
9:30 AM 6,000 Yards - Stress Value = 93	

**Workout #6505 - Thursday, 18 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

**Workout #6503 - Thursday, 18 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Shoulders & Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,350 1x	{ 1 x 150 on 2:25 Kick with flippers 1 x 150 on 2:25 Kick with flippers 1 x 150 on 2:20 Kick with flippers 1 x 150 on 2:20 Kick with flippers 1 x 150 on 2:15 Kick with flippers 1 x 150 on 2:15 Kick with flippers 1 x 150 on 2:10 Kick with flippers 1 x 150 on 2:10 Kick with flippers 1 x 75 on 1:05 Kick with flippers 1 x 75 on 1:05 Kick with flippers
1,150 1x	{ 5 x 225 on 3:15 Pulls #1 break after shoulder pass the flags, #2 hips, #3 knees, #4 feet #5 shoulders 1 x 25 on :30 Pulls
200 4x	{ 1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000 5x	{ 1 x 200 on 3:20 Breaststroke 1 x 100 on 1:35 25 breast 75 free 1 x 100 on 1:35 50 breast 50 free 1 x 100 on 1:35 75 breast 25 free 2 x 50 on 1:00 25 2k1p, 25 4 sec glide The odd number sets only do one 50 drill
250	1 x 250 on 4:00 Stroke Drills
9:33 AM 6,700 Yards - Stress Value = 108	

7:00 AM Start

Yards	Set Description
500	1 on 30:00 Shoulders & Stretch 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200 1x	{ 1 x 150 on 2:45 Kick with flippers 1 x 150 on 2:45 Kick with flippers 1 x 150 on 2:40 Kick with flippers 1 x 150 on 2:40 Kick with flippers 1 x 150 on 2:35 Kick with flippers 1 x 150 on 2:35 Kick with flippers 1 x 150 on 2:30 Kick with flippers 1 x 150 on 2:30 Kick with flippers
900 1x	{ 5 x 175 on 3:10 Pulls #1 break after shoulder pass the flags, #2 hips, #3 knees, #4 feet #5 shoulders 1 x 25 on :30 Pulls
200 4x	{ 1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400 4x	{ 1 x 200 on 4:00 Breaststroke 1 x 100 on 2:00 25 breast 75 free 1 x 100 on 2:00 50 breast 50 free 1 x 100 on 2:00 75 breast 25 free 2 x 50 on 1:10 25 2k1p, 25 4 sec glide Do not do 50 drills on the last set
250	1 x 250 on 4:00 Stroke Drills
9:22 AM 5,200 Yards - Stress Value = 90	

**Workout #6504 - Thursday, 18 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

**Workout #6506 - Thursday, 18 June 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Stretching  
 500 1 x 500 on 10:00 100 closed fist, 100 hooken  
 100 ok, 100 build to 100%, 100 Rev IM Drill  
 1,800 2x{4 x 25 on :30 Freestyle  
 {4 x 25 on :25 Freestyle  
 {4 x 25 on :20 Freestyle  
 {4 x 25 on :15 Freestyle  
 {1 x 100 on 3:00 Freestyle  
 {12 x 25 on :30 Cross Pool Underwater Kick w/ f  
 {1 x 100 on 3:00 Freestyle  
 900 3x{1 x 50 on 1:00 Freestyle OTB finish to the f  
 {2 x 50 on 1:00 Free FAP finish to the feet  
 {1 x 50 on 1:00 Freestyle FAP great finish  
 {1 x 100 on 2:00 Freestyle  
 50 1 x 50 on 3:00 Relay w/ teammates in your la  
 250 1 x 250 on 4:00 Stroke Drills  
 300 6 x 50 on 1:00 Stroke Drills  
 6:32 PM 3,800 Yards - Stress Value = 86

**Workout #6507 - Friday, 19 June 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 800 4x{1 x 100 on 1:15 Individual Medley  
 {1 x 50 on :35 Freestyle  
 {1 x 50 on :45 Freestyle  
 1,600 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:00 Kick-descend  
 {4 x 25 on :40 Kick no board BSLR  
 {3 x 100 on 1:55 Kick-descend  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 100 on 1:50 Kick-descend  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 100 on 1:45 Kick-descend  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 4x{1 x 100 on 1:15 Individual Medley  
 {1 x 50 on :35 Freestyle  
 {1 x 50 on :45 Freestyle  
 900 1x{3 x 75 on 1:05 Pulls-nbbf&w  
 {3 x 75 on 1:05 Pulls-nbbf&w + 1 yd`  
 {3 x 75 on 1:00 Pulls-nbbf&w + 2 yds  
 {3 x 75 on 1:00 Pulls-nbbf&w + 3 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 5x{1 x 100 on 1:15 Individual Medley  
 {1 x 50 on :35 Freestyle  
 {1 x 50 on :45 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 9:29 AM 6,350 Yards - Stress Value = 85

**Workout #6508 - Friday, 19 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Choice

150 10 x 15 on :45 Shooters  
 750 3x{1 x 100 on 1:25 Individual Medley  
 {2 x 50 on :40 Freestyle  
 {1 x 50 on :50 Freestyle  
 1,500 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:10 Kick-descend  
 {4 x 25 on :40 Kick no board BSLR  
 {3 x 100 on 2:05 Kick-descend  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 100 on 2:00 Kick-descend  
 {4 x 25 on :30 Kick no board BSLR  
 {4 x 50 on 1:00 Kick-descend  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 3x{1 x 100 on 1:25 Individual Medley  
 {2 x 50 on :40 Freestyle  
 {1 x 50 on :50 Freestyle  
 850 1x{3 x 75 on 1:10 Pulls-nbbf&w  
 {3 x 75 on 1:10 Pulls-nbbf&w + 1 yd`  
 {3 x 75 on 1:05 Pulls-nbbf&w + 2 yds  
 {2 x 75 on 1:05 Pulls-nbbf&w + 3 yds  
 {1 x 25 on :30 Pulls-nbbf&w + 3 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 4x{1 x 100 on 1:25 Individual Medley  
 {2 x 50 on :40 Freestyle  
 {1 x 50 on :50 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 9:31 AM 6,100 Yards - Stress Value = 84

**Workout #6509 - Friday, 19 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 600 3x{1 x 100 on 1:35 Individual Medley  
 {1 x 50 on :45 Freestyle  
 {1 x 50 on 1:05 Freestyle  
 1,450 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:15 Kick-descend  
 {4 x 25 on :40 Kick no board BSLR  
 {3 x 100 on 2:10 Kick-descend  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 100 on 2:05 Kick-descend  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 50 on 1:05 Kick-descend  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 3x{1 x 100 on 1:35 Individual Medley  
 {1 x 50 on :45 Freestyle  
 {1 x 50 on 1:05 Freestyle  
 750 1x{3 x 75 on 1:20 Pulls-nbbf&w  
 {3 x 75 on 1:20 Pulls-nbbf&w + 1 yd`  
 {2 x 75 on 1:15 Pulls-nbbf&w + 2 yds  
 {2 x 75 on 1:15 Pulls-nbbf&w + 3 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 4x{1 x 100 on 1:35 Individual Medley  
 {1 x 50 on :45 Freestyle  
 {1 x 50 on 1:05 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 9:30 AM 5,400 Yards - Stress Value = 73

**Workout #6510 - Friday, 19 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
600	3x{1 x 100 on 1:45 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:05 Freestyle
1,350	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:25 Kick-descend
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:20 Kick-descend
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:15 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on 1:10 Kick-fast
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	3x{1 x 100 on 1:45 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:05 Freestyle
700	1x{3 x 75 on 1:25 Pulls-nbbf&w
	{3 x 75 on 1:25 Pulls-nbbf&w + 1 yd`
	{2 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{2 x 50 on :55 Pulls-nbbf&w + 3 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	4x{1 x 100 on 1:45 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:05 Freestyle
300	1 x 300 on 5:00 Stroke Drills
	9:31 AM 5,200 Yards - Stress Value = 70

**Workout #6511 - Monday, 22 June 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,500	1x{2 x 25 on :45 Kick no board BS
	{1 x 100 on 1:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:35 Kick
	{6 x 25 on :45 Kick no board BSLRLR
	{3 x 100 on 1:35 Kick
	{8 x 25 on :45 Kick no board BSLR X2
	{4 x 100 on 1:40 Kick
1,250	1x{1 x 250 on 3:30 Pull no br L.5 yds of each 2
	{1 x 250 on 3:25 Pull no br L.5 yds of each 2
	{1 x 250 on 3:20 Pull no br L.5 yds of each 2
	{1 x 250 on 3:15 Pull no br L.5 yds of each 2
	{1 x 250 on 3:10 Pull no br L.5 yds of each 2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:45 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 6,100 Yards - Stress Value = 154

**Workout #6512 - Monday, 22 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{2 x 25 on :45 Kick no board BS
	{1 x 100 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:50 Kick
	{6 x 25 on :45 Kick no board BSLRLR
	{3 x 100 on 1:55 Kick
	{8 x 25 on :45 Kick no board BSLR X2
	{2 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
1,100	1x{1 x 250 on 3:55 Pull no br L.5 yds of each 2
	{1 x 250 on 3:50 Pull no br L.5 yds of each 2
	{1 x 250 on 3:45 Pull no br L.5 yds of each 2
	{1 x 250 on 3:40 Pull no br L.5 yds of each 2
	{1 x 100 on 1:25 Pull no br L.5 yds of each 2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:45 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 5,800 Yards - Stress Value = 148

**Workout #6513 - Monday, 22 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Physio Balls/Stretch
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{2 x 25 on :45 Kick no board BS
	{1 x 100 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{6 x 25 on :45 Kick no board BSLRLR
	{3 x 100 on 2:05 Kick
	{8 x 25 on :45 Kick no board BSLR X2
	{2 x 100 on 2:10 Kick
1,000	1x{1 x 250 on 4:20 Pull no br L.5 yds of each 2
	{1 x 250 on 4:15 Pull no br L.5 yds of each 2
	{1 x 250 on 4:10 Pull no br L.5 yds of each 2
	{1 x 250 on 4:05 Pull no br L.5 yds of each 2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 100 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:45 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 5,200 Yards - Stress Value = 125

**Workout #6514 - Monday, 22 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start	
Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{2 x 25 on :45 Kick no board BS {1 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:10 Kick {6 x 25 on :45 Kick no board BSLRLR {3 x 100 on 2:15 Kick {8 x 25 on :45 Kick no board BSLR X2 {1 x 100 on 2:20 Kick
950	1x{1 x 250 on 4:40 Pull no br L.5 yds of each 2 {1 x 250 on 4:35 Pull no br L.5 yds of each 2 {1 x 250 on 4:30 Pull no br L.5 yds of each 2 {1 x 200 on 3:30 Pull no br L.5 yds of each 2
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 100 on 2:00 Freestyle {1 on 1:00 Rest {4 x 100 on 1:55 Freestyle {1 on 1:00 Rest {4 x 100 on 1:50 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle
400	8 x 50 on 1:00 Stroke Drills
9:30 AM 5,000 Yards - Stress Value = 122	

**1 minute rest between sets**

7:00 AM Start	
Yards	Set Description
	1 on 30:00 Abs and Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,500	1x{3 x 50 on 1:00 Kick #1fly #2 brst #3 free {1 x 100 on 2:05 Tombstone Kick {3 x 50 on 1:00 Kick #1fly #2brst #3free {2 x 100 on 2:10 Tombstone Kick-Both fst thn {3 x 50 on 1:00 Kick #1fly #2brst #3free {3 x 100 on 2:15 Tombstone kick-All fstr thn {3 x 50 on 1:00 Kick #1fly #2brst #3free {3 x 100 on 2:20 Tombstone Kick-all fastr thr
1,100	1x{2 x 125 on 2:00 Pulls 2 fst brkout strokes {2 x 125 on 1:55 Pulls 3 fst brkout strokes {2 x 125 on 1:50 Pulls 4 fst brkout strokes {2 x 125 on 1:45 Pulls 5 fst brkout strokes {1 x 100 on 1:25 Pulls 6 fst brkout strokes
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{1 x 200 on 3:20 Alt 25 DPS, 25 build {5 x 50 on :50 Backstroke 3 KOW {3 x 100 on 1:30 75 free 25 back {1 x 200 on 3:20 Alt 25 DPS 25 build {5 x 50 on :45 Backstroke 4 KOW {3 x 100 on 1:30 50 free 50 back {1 x 200 on 3:20 Alt 25 DPS 25 build {3 x 50 on :45 Backstroke 5 KOW {3 x 100 on 1:30 25 free 75 back
300	6 x 50 on 1:00 Stroke Drills
9:30 AM 6,000 Yards - Stress Value = 88	

**Workout #6515 - Tuesday, 23 June 2009**

**Group 3 - Back**

**1 minute rest between sets**

7:00 AM Start	
Yards	Set Description
	1 on 30:00 Abs and Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,600	1x{3 x 50 on 1:00 Kick #1fly #2 brst #3 free {1 x 100 on 1:55 Tombstone Kick {3 x 50 on 1:00 Kick #1fly #2brst #3free {2 x 100 on 2:00 Tombstone Kick-Both fst thn {3 x 50 on 1:00 Kick #1fly #2brst #3free {3 x 100 on 2:05 Tombstone kick-All fstr thn {3 x 50 on 1:00 Kick #1fly #2brst #3free {4 x 100 on 2:10 Tombstone Kick-all fastr thr
1,250	1x{2 x 125 on 1:50 Pulls 2 fst brkout strokes {2 x 125 on 1:45 Pulls 3 fst brkout strokes {2 x 125 on 1:40 Pulls 4 fst brkout strokes {2 x 125 on 1:35 Pulls 5 fst brkout strokes {2 x 125 on 1:30 Pulls 6 fst brkout strokes
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{1 x 200 on 3:20 Alt 25 DPS, 25 build {5 x 50 on :45 Backstroke 3 KOW {3 x 100 on 1:20 75 free 25 back {1 x 200 on 3:20 Alt 25 DPS 25 build {5 x 50 on :45 Backstroke 4 KOW {3 x 100 on 1:20 50 free 50 back {1 x 200 on 3:20 Alt 25 DPS 25 build {5 x 50 on :45 Backstroke 5 KOW {3 x 100 on 1:20 25 free 75 back
300	6 x 50 on 1:00 Stroke Drills
9:30 AM 6,350 Yards - Stress Value = 95	

**Workout #6517 - Tuesday, 23 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start	
Yards	Set Description
	1 on 30:00 Abs and Stretch
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,450	1x{3 x 50 on 1:05 Kick #1fly #2 brst #3 free {1 x 100 on 2:10 Tombstone Kick {3 x 50 on 1:05 Kick #1fly #2brst #3free {2 x 100 on 2:15 Tombstone Kick-Both fst thn {3 x 50 on 1:05 Kick #1fly #2brst #3free {3 x 100 on 2:20 Tombstone kick-All fstr thn {4 x 50 on 1:05 Kick #1fly #2brst #3&#4free {2 x 100 on 2:25 Tombstone Kick-all fastr thr
1,000	1x{2 x 100 on 1:50 Pulls 2 fst brkout strokes {2 x 100 on 1:45 Pulls 3 fst brkout strokes {2 x 100 on 1:40 Pulls 4 fst brkout strokes {2 x 100 on 1:35 Pulls 5 fst brkout strokes {2 x 100 on 1:35 Pulls 6 fst brkout strokes
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 200 on 3:45 Alt 25 DPS, 25 build {5 x 50 on :55 Backstroke 3 KOW {3 x 100 on 1:40 75 free 25 back {1 x 200 on 3:45 Alt 25 DPS 25 build {5 x 50 on :55 Backstroke 4 KOW {3 x 100 on 1:40 50 free 50 back {1 x 200 on 3:45 Alt 25 DPS 25 build {4 x 50 on :50 Backstroke 5 KOW
300	6 x 50 on 1:00 Stroke Drills
9:30 AM 5,550 Yards - Stress Value = 83	

**Workout #6516 - Tuesday, 23 June 2009**

**Group 3 - Gold**

**Workout #6518 - Tuesday, 23 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Abs and Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,300 1x{3 x 50 on 1:15 Kick #1fly #2 brst #3 free  
 {1 x 100 on 2:25 Tombstone Kick  
 {3 x 50 on 1:10 Kick #1fly #2brst #3free  
 {2 x 100 on 2:30 Tombstone Kick-Both fst thn  
 {3 x 50 on 1:15 Kick #1fly #2brst #3free  
 {3 x 100 on 2:30 Tombstone kick-All fstr thn  
 {3 x 50 on 1:15 Kick #1fly #2brst #3free  
 {1 x 100 on 2:40 Tombstone Kick-all fastr thr  
 900 1x{2 x 100 on 2:00 Pulls 2 fst brkout strokes  
 {2 x 100 on 1:55 Pulls 3 fst brkout strokes  
 {2 x 100 on 1:50 Pulls 4 fst brkout strokes  
 {2 x 100 on 1:45 Pulls 5 fst brkout strokes  
 {1 x 100 on 1:40 Pulls 6 fst brkout strokes  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 150 on 3:20 Alt 25 DPS, 25 build  
 {4 x 50 on 1:00 Backstroke 3 KOW  
 {3 x 100 on 2:05 75 free 25 back  
 {1 x 150 on 3:20 Alt 25 DPS 25 build  
 {4 x 50 on 1:00 Backstroke 4 KOW  
 {3 x 100 on 2:05 50 free 50 back  
 {1 x 150 on 3:20 Alt 25 DPS 25 build  
 {3 x 50 on 1:00 Backstroke 5 KOW  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 4,950 Yards - Stress Value = 75

**Workout #6519 - Tuesday, 23 June 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 560 1 x 560 on 12:00 25 free drill/explosive jun  
 15 underwater fly kick/15 streamline kick/  
 25 non free drill-X8  
 150 10 x 15 on :45 Shooters  
 90 6 x 15 on 1:15 Backwards Freestyle  
 360 6x{2 on :15 Resistance Kicking w/partner  
 {2 x 7 on :01 Y kicking  
 {2 x 15 on :01 Underwater kick on back  
 { This set is done with fins  
 {2 x 8 on 1:13 Streamline to center of DW  
 400 8x{1 x 25 on :01 10 sec vert kick/sprint 25  
 {1 x 25 on 1:59 Sculling Drill  
 100 1 x 100 on 2:00 Your choice-100% OTB  
 300 1 x 300 on 5:00 Stroke Drill  
 6:30 PM 1,960 Yards - Stress Value = 39

**Workout #6520 - Wednesday, 24 June 2009**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board B---  
 {1 x 200 on 3:30 Kick  
 {4 x 25 on :45 Kick no board -S--

{2 x 150 on 2:35 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 1:45 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {4 x 50 on :50 Kick  
 100 1 x 100 on 2:00 Kick for time  
 1,500 1x{1 x 500 on 6:45 Lungbuster pulls  
 {1 x 400 on 5:25 Lungbuster pulls  
 {1 x 300 on 4:05 Lungbuster pulls  
 {1 x 200 on 2:45 Lungbuster pulls  
 {1 x 100 on 1:25 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{3 x 100 on 1:30 3 strokes fly off walls  
 {2 x 25 on :30 Fly lup 2 down-GREAT EFFORT  
 {1 x 50 on 1:00 Freestyle  
 {3 x 100 on 1:25 3 strokes fly off walls  
 {4 x 25 on :35 Fly lup 2down-GREAT EFFORT  
 {1 x 50 on 1:00 Freestyle  
 {3 x 100 on 1:20 3 strokes fly off walls  
 {6 x 25 on :40 Fly lup2down-GREAT EFFORT  
 {1 x 50 on 1:00 Freestyle  
 {3 x 100 on 1:15 3 strokes fly off walls  
 {8 x 25 on :45 Fly lup2down-GREAT EFFORT  
 {1 x 50 on 1:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 6,050 Yards - Stress Value = 95

**Workout #6521 - Wednesday, 24 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,350 1x{4 x 25 on :45 Kick no board B---  
 {1 x 200 on 3:50 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 150 on 2:50 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {3 x 50 on :55 Kick  
 100 1 x 100 on 2:00 Kick for time  
 1,400 1x{1 x 500 on 7:30 Lungbuster pulls  
 {1 x 400 on 6:00 Lungbuster pulls  
 {1 x 300 on 4:30 Lungbuster pulls  
 {1 x 200 on 3:00 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{3 x 100 on 1:35 3 strokes fly off walls  
 {2 x 25 on :30 Fly lup 2 down-GREAT EFFORT  
 {1 x 50 on 1:00 Freestyle  
 {3 x 100 on 1:30 3 strokes fly off walls  
 {4 x 25 on :35 Fly lup 2down-GREAT EFFORT  
 {1 x 50 on 1:00 Freestyle  
 {3 x 100 on 1:25 3 strokes fly off walls  
 {6 x 25 on :40 Fly lup2down-GREAT EFFORT  
 {1 x 50 on 1:00 Freestyle  
 {3 x 100 on 1:20 3 strokes fly off walls  
 {6 x 25 on :45 Fly lup2down-GREAT EFFORT  
 {1 x 50 on 1:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 5,850 Yards - Stress Value = 92

**Workout #6522 - Wednesday, 24 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :45 Kick no board B---  
 {1 x 200 on 4:10 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 150 on 3:10 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 50 on 1:05 Kick  
 100 1 x 100 on 2:00 Kick for time  
 1,250 1x{1 x 500 on 8:10 Lungbuster pulls  
 {1 x 400 on 6:30 Lungbuster pulls  
 {1 x 300 on 4:55 Lungbuster pulls  
 {1 x 50 on :55 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{3 x 100 on 1:50 3 strokes fly off walls  
 {2 x 25 on :30 Fly lup 2 down-GREAT EFFORT  
 {1 x 50 on 1:10 Freestyle  
 {3 x 100 on 1:45 3 strokes fly off walls  
 {4 x 25 on :35 Fly lup 2down-GREAT EFFORT  
 {1 x 50 on 1:10 Freestyle  
 {3 x 100 on 1:40 3 strokes fly off walls  
 {4 x 25 on :40 Fly lup2down-GREAT EFFORT  
 {1 x 50 on 1:10 Freestyle  
 {3 x 100 on 1:35 3 strokes fly off walls  
 {2 x 25 on :45 Fly lup2down-GREAT EFFORT  
 {1 x 50 on 1:10 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 5,400 Yards - Stress Value = 85

**Workout #6523 - Wednesday, 24 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board B---  
 {1 x 200 on 5:00 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 150 on 3:45 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {2 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board ---R  
 100 1 x 100 on 2:00 Kick for time  
 1,150 1x{1 x 500 on 9:00 Lungbuster pulls  
 {1 x 400 on 7:10 Lungbuster pulls  
 {1 x 250 on 4:30 Lungbuster pulls  
 { Breathe 3-5-7 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{2 x 100 on 2:05 3 strokes fly off walls  
 {2 x 25 on :30 Fly lup 2 down-GREAT EFFORT  
 {1 x 50 on 1:10 Freestyle  
 {2 x 100 on 2:00 3 strokes fly off walls  
 {4 x 25 on :35 Fly lup 2down-GREAT EFFORT  
 {1 x 50 on 1:10 Freestyle  
 {2 x 100 on 1:55 3 strokes fly off walls  
 {6 x 25 on :40 Fly lup2down-GREAT EFFORT

{1 x 50 on 1:10 Freestyle  
 {2 x 100 on 1:50 3 strokes fly off walls  
 {8 x 25 on :45 Fly lup2down-GREAT EFFORT  
 {1 x 50 on 1:10 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 4,900 Yards - Stress Value = 77

**Workout #6524 - Thursday, 25 June 2009**

**Group 3 - Breast**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 28:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,600 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:00 Kick-all under 1:30  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 1:55 Kick-all under 1:30  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 1:50 Kick-all under 1:30  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 1:45 Kick-all under 1:30  
 1,000 1 x 1000 on 17:00 Odd 100's free-start end k  
 when hips pass flags BH wall brkout when st  
 the flags even 100s breast pull  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{1 x 125 on 2:10 Breaststroke  
 {4 x 50 on 1:00 Breast under/over  
 {2 x 125 on 2:05 Breaststroke  
 {3 x 50 on 1:00 Breast under/over  
 {3 x 125 on 2:00 Breaststroke  
 {2 x 50 on 1:00 Breast under/over  
 {4 x 125 on 1:55 Breaststroke-descend  
 {1 x 50 on 1:00 Breast under/over  
 { All 125's 2X pullouts on bulkhead wall  
 400 4 x 100 on 1:30 Freestyle-Descend to  
 Ludicrous Speed  
 200 1 x 200 on 3:00 Stroke Drills  
 9:29 AM 5,850 Yards - Stress Value = 76



**Workout #6525 - Thursday, 25 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 28:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,500 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:10 Kick-all under 1:45  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:05 Kick-all under 1:45  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:00 Kick-all under 1:45  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {2 x 100 on 1:55 Kick-all under 1:45  
 950 1 x 950 on 17:00 Odd 100's free-start end br  
 when hips pass flags BH wall brkout when st  
 the flags even 100s breast pull  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 125 on 2:20 Breaststroke  
 {2 x 50 on 1:05 Breast under/over  
 {2 x 125 on 2:15 Breaststroke  
 {2 x 50 on 1:05 Breast under/over  
 {3 x 125 on 2:10 Breaststroke  
 {2 x 50 on 1:05 Breast under/over  
 {4 x 125 on 2:05 Breaststroke-descend  
 {1 x 50 on 1:05 Breast under/over  
 { All 125's 2X pullout on BH wall  
 400 4 x 100 on 1:30 Freestyle-Descend to  
 Ludicrous Speed  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 5,600 Yards - Stress Value = 72

{1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:10 Kick-all under 2:00  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {1 x 100 on 2:05 Kick-under 2:00  
 850 1 x 850 on 17:00 Odd 100's free-start end br  
 when hips pass flags BH wall brkout when st  
 the flags even 100s breast pull  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{1 x 100 on 2:10 Breaststroke  
 {2 x 50 on 1:10 Breast under/over  
 {2 x 100 on 2:05 Breaststroke  
 {2 x 50 on 1:10 Breast under/over  
 {3 x 100 on 2:00 Breaststroke  
 {2 x 50 on 1:10 Breast under/over  
 {4 x 100 on 1:55 Breaststroke-descend  
 {2 x 50 on 1:10 Breast under/over  
 { All 125's 2X pullout on BH wall  
 300 3 x 100 on 1:45 Freestyle-Descend to  
 Ludicrous Speed  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 5,050 Yards - Stress Value = 64

**Workout #6526 - Thursday, 25 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 28:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,400 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:20 Kick-all under 2:00  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:15 Kick-all under 2:00  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down

**Workout #6527 - Thursday, 25 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 28:00 Stomach and Stretch
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,300	1x{1 x 25 on :45 Kick on left side face down 1 x 25 on :45 Kick on right side face down 1 x 25 on :45 Kick on left side face up 1 x 25 on :45 Kick on right side face up 2 x 100 on 2:45 Kick-all under 2:15 1 x 25 on :45 Kick on left side face down 1 x 25 on :45 Kick on right side face down 1 x 25 on :45 Kick on left side face up 1 x 25 on :45 Kick on right side face up 2 x 100 on 2:40 Kick-all under 2:15 1 x 25 on :45 Kick on left side face down 1 x 25 on :45 Kick on right side face down 1 x 25 on :45 Kick on left side face up 1 x 25 on :45 Kick on right side face up 2 x 100 on 2:35 Kick-all under 2:15 1 x 25 on :45 Kick on left side face down 1 x 25 on :45 Kick on right side face down 1 x 25 on :45 Kick on left side face up 1 x 25 on :45 Kick on right side face up 3 x 100 on 2:20 Kick-under 2:15
750	1 x 750 on 17:00 Odd 100's free-start end br when hips pass flags BH wall brkout when sf the flags even 100s breast pull
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 100 on 2:30 Breaststroke 1 x 50 on 1:15 Breast under/over 2 x 100 on 2:25 Breaststroke 2 x 50 on 1:10 Breast under/over 3 x 100 on 2:20 Breaststroke 2 x 50 on 1:15 Breast under/over 4 x 100 on 2:15 Breaststroke-descend All 100's 2X pullout on BH wall
300	3 x 100 on 1:55 Freestyle-Descend to Ludicrous Speed
200	1 x 200 on 3:00 Stroke Drills

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch
150	1 x 600 on 10:00 Choice
1,300	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR 13-11-9-7 2 x 75 on 1:30 Kick-2 different kicks 4 x 25 on :45 Kick no board BSLR 11-9-7-13 4 x 75 on 1:25 Kick-2 different kicks 4 x 25 on :45 Kick no board BSLR 9-7-13-11 6 x 75 on 1:20 Kick-2 different kicks 4 x 25 on :45 Kick no board BSLR 7-13-11-9
1,400	1x{4 x 50 on :40 Pulls-nbbf&w + 2 yds 4 x 75 on 1:00 Pulls-nbbf&w + 2 yds 4 x 100 on 1:20 Pulls-nbbf&w + 2 yds 4 x 125 on 1:40 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{1 x 200 on 3:00 Individual Medley 5 x 50 on :37 Freestyle 2 x 175 on 2:30 Individual Medley 5 x 50 on :36 Freestyle 3 x 150 on 2:05 Individual Medley 5 x 50 on :35 Freestyle 4 x 125 on 1:40 Individual Medley 5 x 50 on :34 Freestyle
500	10 x 50 on 1:00 Stroke Drills

9:31 AM 6,650 Yards - Stress Value = 98

**Workout #6530 - Friday, 26 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 100 on 2:30 Breaststroke 1 x 50 on 1:15 Breast under/over 2 x 100 on 2:25 Breaststroke 2 x 50 on 1:10 Breast under/over 3 x 100 on 2:20 Breaststroke 2 x 50 on 1:15 Breast under/over 4 x 100 on 2:15 Breaststroke-descend All 100's 2X pullout on BH wall
300	3 x 100 on 1:55 Freestyle-Descend to Ludicrous Speed
200	1 x 200 on 3:00 Stroke Drills

9:30 AM 4,650 Yards - Stress Value = 59

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch
150	1 x 600 on 10:00 Choice
1,300	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR 13-11-9-7 2 x 75 on 1:30 Kick-2 different kicks 4 x 25 on :45 Kick no board BSLR 11-9-7-13 4 x 75 on 1:25 Kick-2 different kicks 4 x 25 on :45 Kick no board BSLR 9-7-13-11 6 x 75 on 1:20 Kick-2 different kicks 4 x 25 on :45 Kick no board BSLR 7-13-11-9
1,250	1x{3 x 50 on :45 Pulls-nbbf&w + 2 yds 4 x 75 on 1:05 Pulls-nbbf&w + 2 yds 3 x 100 on 1:30 Pulls-nbbf&w + 2 yds 4 x 125 on 1:50 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{1 x 200 on 3:15 Individual Medley 5 x 50 on :42 Freestyle 2 x 175 on 2:45 Individual Medley 5 x 50 on :41 Freestyle 3 x 150 on 2:20 Individual Medley 5 x 50 on :40 Freestyle 2 x 125 on 1:50 Individual Medley 3 x 50 on :39 Freestyle
500	10 x 50 on 1:00 Stroke Drills

9:30 AM 6,150 Yards - Stress Value = 90

**Workout #6528 - Thursday, 25 June 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
750	1 on 15:00 Stretching
750	1 x 750 on 10:00 2 min easy-10/50-20/40-30/3 40/20-30/30-20/40-20/50-1 min easy
180	12 x 15 on :45 Start/shooter/finish
600	1 x 600 on 12:00 Vertical Kicking
500	5x{1 x 50 on :01 Freestyle w/fins #1-4 breaths, #2 10 KOW on turn, #3 15m unde #4 BO after feet have passed the flags, #5 1 x 50 on 2:59 Freestyle
450	1x{6 x 25 on :45 Freestyle 1 x 300 on 15:00 Rabbit game
250	1 x 250 on 4:00 Stroke Drill

6:30 PM 2,730 Yards - Stress Value = 64

**Workout #6529 - Friday, 26 June 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

**Workout #6531 - Friday, 26 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 550 1 x 550 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board BSLR 13-11-9-7  
 {2 x 75 on 1:40 Kick-2 different kicks  
 {4 x 25 on :45 Kick no board BSLR 11-9-7-13  
 {4 x 75 on 1:35 Kick-2 different kicks  
 {4 x 25 on :45 Kick no board BSLR 9-7-13-11  
 {4 x 75 on 1:30 Kick-2 different kicks  
 {4 x 25 on :45 Kick no board BSLR 7-13-11-9  
 {1 x 50 on 1:00 Kick-2 different kicks  
 1,100 1x{3 x 50 on :50 Pulls-nbbf&w + 2 yds  
 {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds  
 {4 x 100 on 1:40 Pulls-nbbf&w + 2 yds  
 {2 x 125 on 2:00 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{1 x 200 on 3:40 Individual Medley  
 {5 x 50 on :49 Freestyle  
 {2 x 175 on 3:10 Individual Medley  
 {5 x 50 on :48 Freestyle  
 {2 x 150 on 2:40 Individual Medley  
 {5 x 50 on :47 Freestyle  
 {2 x 125 on 2:10 Individual Medley  
 500 10 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,550 Yards - Stress Value = 80

**Workout #6532 - Friday, 26 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board BSLR 13-11-9-7  
 {2 x 75 on 2:00 Kick-2 different kicks  
 {4 x 25 on :45 Kick no board BSLR 11-9-7-13  
 {4 x 75 on 1:55 Kick-2 different kicks  
 {4 x 25 on :45 Kick no board BSLR 9-7-13-11  
 {2 x 75 on 1:50 Kick-2 different kicks  
 {4 x 25 on :45 Kick no board BSLR 7-13-11-9  
 {1 x 50 on 1:10 Kick-2 different kicks  
 1,000 1x{3 x 50 on :55 Pulls-nbbf&w + 2 yds  
 {4 x 75 on 1:25 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 1:50 Pulls-nbbf&w + 2 yds  
 {2 x 125 on 2:20 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 200 on 4:15 Individual Medley  
 {5 x 50 on :54 Freestyle  
 {2 x 175 on 3:35 Individual Medley  
 {5 x 50 on :53 Freestyle  
 {2 x 150 on 3:00 Individual Medley  
 {5 x 50 on :52 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 9:29 AM 5,000 Yards - Stress Value = 71

**Workout #6533 - Tuesday, 30 June 2009**

**Group 3 - Back**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description

=====  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,500 1x{2 x 125 on 2:00 Kick with flippers  
 {2 x 125 on 1:55 Kick with flippers  
 {2 x 125 on 1:50 Kick with flippers  
 {2 x 125 on 1:45 Kick with flippers  
 {2 x 125 on 1:40 Kick with flippers  
 {2 x 125 on 1:35 Kick with flippers  
 1,600 1x{1 x 400 on 5:00 Pulls  
 {1 x 400 on 4:50 Pulls  
 {1 x 400 on 4:40 Pulls  
 {1 x 400 on 4:30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,900 2x{8 x 100 on 1:30 Backstroke  
 { 1&5 L.25 fast, 2&6 L.50 fast  
 { 3&7 L.75 fast, 4&8 all fast  
 {6 x 25 on :40 Backstroke-DPS  
 {2 x 50 on :50 Backstroke  
 {2 x 50 on :45 Backstroke  
 {2 x 50 on :40 Backstroke  
 {2 x 50 on :35 Backstroke  
 {1 x 100 on 1:30 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 7,150 Yards - Stress Value = 116

**Workout #6534 - Tuesday, 30 June 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,500 1x{2 x 125 on 2:00 Kick with flippers  
 {2 x 125 on 1:55 Kick with flippers  
 {2 x 125 on 1:50 Kick with flippers  
 {2 x 125 on 1:45 Kick with flippers  
 {2 x 125 on 1:40 Kick with flippers  
 {2 x 125 on 1:35 Kick with flippers  
 1,400 1x{1 x 400 on 5:30 Pulls  
 {1 x 400 on 5:20 Pulls  
 {1 x 400 on 5:10 Pulls  
 {1 x 200 on 2:35 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,700 2x{8 x 100 on 1:40 Backstroke  
 { 1&5 L.25 fast, 2&6 L.50 fast  
 { 3&7 L.75 fast, 4&8 all fast  
 {6 x 25 on :40 Backstroke-DPS  
 {1 x 50 on :55 Backstroke  
 {2 x 50 on :50 Backstroke  
 {2 x 50 on :45 Backstroke  
 {1 x 50 on :40 Backstroke  
 {1 x 100 on 1:30 Freestyle  
 Dont do 100 free in the second set  
 200 1 x 200 on 3:00 Stroke Drills  
 9:32 AM 6,750 Yards - Stress Value = 108

**Workout #6535 - Tuesday, 30 June 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{2 x 75 on 1:20 Kick with flippers  
 {2 x 125 on 2:05 Kick with flippers  
 {2 x 125 on 2:00 Kick with flippers  
 {2 x 125 on 1:55 Kick with flippers  
 {2 x 125 on 1:50 Kick with flippers  
 {2 x 125 on 1:45 Kick with flippers  
 1,200 1x{1 x 400 on 6:30 Pulls  
 {1 x 400 on 6:20 Pulls  
 {1 x 400 on 6:10 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 2x{8 x 100 on 1:50 Backstroke  
 { 1&5 L.25 fast, 2&6 L.50 fast  
 { 3&7 L.75 fast, 4&8 all fast  
 {6 x 25 on :40 Backstroke-DPS  
 {1 x 50 on 1:00 Backstroke  
 {1 x 50 on :55 Backstroke  
 {2 x 50 on :50 Backstroke  
 {1 x 50 on 1:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 6,100 Yards - Stress Value = 98

**Workout #6536 - Tuesday, 30 June 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{2 x 75 on 1:20 Kick with flippers  
 {2 x 125 on 2:05 Kick with flippers  
 {2 x 125 on 2:00 Kick with flippers  
 {2 x 125 on 1:55 Kick with flippers  
 {2 x 125 on 1:50 Kick with flippers  
 {2 x 125 on 1:45 Kick with flippers  
 1,050 1x{1 x 300 on 5:30 Pulls  
 {1 x 300 on 5:20 Pulls  
 {1 x 300 on 5:10 Pulls  
 {1 x 150 on 2:35 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 2x{8 x 100 on 2:00 Backstroke  
 { 1&5 L.25 fast, 2&6 L.50 fast  
 { 3&7 L.75 fast, 4&8 all fast  
 {4 x 25 on :40 Backstroke-DPS  
 {1 x 50 on 1:05 Backstroke  
 {1 x 50 on 1:00 Backstroke  
 {1 x 50 on :55 Backstroke  
 {1 x 50 on 1:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 5,700 Yards - Stress Value = 94

**Workout #6537 - Tuesday, 30 June 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretch

600 1 x 600 on 10:00 Choice F  
 150 10 x 15 on :45 Shooters S  
 1,000 10 x 100 on 2:00 Challenge Kick Set w/fins F  
 1,200 1x{8 x 30 on 1:00 Freestyle S  
 {1 x 120 on 3:00 Freestyle (8 LAPS) F  
 {6 x 30 on 1:00 Freestyle S  
 {1 x 120 on 3:00 Freestyle F  
 {4 x 30 on 1:00 Freestyle S  
 {1 x 120 on 3:00 Freestyle F  
 {2 x 30 on 1:00 Freestyle S  
 {1 x 240 on 6:00 Stroke Drills F  
 6:31 PM 2,950 Yards - Stress Value = 86

**Workout #6538 - Wednesday, 01 July 2009**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 12 min abs/Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,800 1x{1 x 200 on 3:30 Kick  
 {2 x 100 on 1:50 Kick  
 {4 x 50 on 1:00 Kick-100%  
 {1 x 200 on 3:25 Kick  
 {2 x 100 on 1:45 Kick  
 {4 x 50 on 1:00 Kick-100%  
 {1 x 200 on 3:20 Kick  
 {2 x 100 on 1:40 Kick  
 {4 x 50 on 1:00 Kick-100%  
 1,500 1x{1 x 100 on 1:35 Lungbuster pulls  
 {2 x 100 on 1:30 Lungbuster pulls  
 {3 x 100 on 1:25 Lungbuster pulls  
 {4 x 100 on 1:20 Lungbuster pulls  
 {5 x 100 on 1:15 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 1x{4 x 75 on 1:15 Fly-25L-25B-25L  
 {1 x 100 on 1:15 Freestyle  
 {4 x 75 on 1:10 Fly-25L-25B-25R  
 {2 x 100 on 1:15 Freestyle  
 {4 x 75 on 1:05 Fly-25L-25B-25R  
 {3 x 100 on 1:15 Freestyle  
 {4 x 75 on 1:00 Fly-25L-25B-25R  
 {4 x 100 on 1:15 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 9:30 AM 6,750 Yards - Stress Value = 133

**Workout #6542 - Wednesday, 01 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 12 min abs/Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
800	10 x 15 on :45 Shooters
1,500	1x{1 x 200 on 3:50 Kick {1 x 100 on 2:00 Kick {2 x 50 on 1:05 Kick-100% {1 x 200 on 3:45 Kick {1 x 100 on 1:55 Kick {2 x 50 on 1:05 Kick-100%
600	1x{1 x 100 on 1:40 Lungbuster pulls {2 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{2 x 75 on 1:20 Fly-25L-25B-25L {1 x 100 on 1:20 Freestyle {2 x 75 on 1:15 Fly-25L-25B-25R {1 x 100 on 1:20 Freestyle {2 x 75 on 1:10 Fly-25L-25B-25R {1 x 100 on 1:20 Freestyle {2 x 75 on 1:05 Fly-25L-25B-25R {1 x 100 on 1:20 Freestyle
300	1 x 300 on 5:00 Stroke Drills
8:46 AM 3,650 Yards - Stress Value = 57	

7:00 AM Start

Yards	Set Description
550	1 on 30:00 12 min abs/Stretch
150	1 x 550 on 10:00 Free L.25 of each 100 non f
1,500	10 x 15 on :45 Shooters
1,400	1x{1 x 150 on 3:20 Kick {2 x 100 on 2:10 Kick {4 x 50 on 1:10 Kick-100% {1 x 150 on 3:15 Kick {2 x 100 on 2:05 Kick {4 x 50 on 1:10 Kick-100% {1 x 150 on 3:10 Kick {2 x 100 on 2:00 Kick {1 x 50 on 1:10 Kick-100%
1,400	1x{1 x 100 on 1:40 Lungbuster pulls {2 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {4 x 100 on 1:25 Lungbuster pulls {4 x 100 on 1:20 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{4 x 75 on 1:35 Fly-25L-25B-25L {1 x 100 on 1:45 Freestyle {4 x 75 on 1:30 Fly-25L-25B-25R {2 x 100 on 1:40 Freestyle {4 x 75 on 1:25 Fly-25L-25B-25R {3 x 100 on 1:35 Freestyle {2 x 75 on 1:20 Fly-25L-25B-25R {1 x 100 on 1:30 Freestyle
300	1 x 300 on 5:00 Stroke Drills
9:31 AM 5,850 Yards - Stress Value = 110	

**Workout #6539 - Wednesday, 01 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 12 min abs/Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
1,650	10 x 15 on :45 Shooters
1,400	1x{1 x 200 on 3:50 Kick {2 x 100 on 2:00 Kick {3 x 50 on 1:05 Kick-100% {1 x 200 on 3:45 Kick {2 x 100 on 1:55 Kick {3 x 50 on 1:05 Kick-100% {1 x 200 on 3:40 Kick {2 x 100 on 1:50 Kick {3 x 50 on 1:05 Kick-100%
1,400	1x{1 x 100 on 1:40 Lungbuster pulls {2 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {4 x 100 on 1:25 Lungbuster pulls {4 x 100 on 1:20 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{4 x 75 on 1:20 Fly-25L-25B-25L {1 x 100 on 1:20 Freestyle {4 x 75 on 1:15 Fly-25L-25B-25R {2 x 100 on 1:20 Freestyle {4 x 75 on 1:10 Fly-25L-25B-25R {3 x 100 on 1:20 Freestyle {4 x 75 on 1:05 Fly-25L-25B-25R {3 x 100 on 1:20 Freestyle
300	1 x 300 on 5:00 Stroke Drills
9:31 AM 6,400 Yards - Stress Value = 120	

**Workout #6541 - Wednesday, 01 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 30:00 12 min abs/Stretch
150	1 x 500 on 10:00 Free L.25 of each 100 non f
1,350	10 x 15 on :45 Shooters
1,200	1x{1 x 150 on 3:40 Kick {2 x 100 on 2:25 Kick {3 x 50 on 1:15 Kick-100% {1 x 150 on 3:35 Kick {2 x 100 on 2:20 Kick {2 x 50 on 1:15 Kick-100% {1 x 150 on 3:30 Kick {2 x 100 on 2:15 Kick {1 x 50 on 1:15 Kick-100%
1,200	1x{1 x 100 on 2:00 Lungbuster pulls {2 x 100 on 1:55 Lungbuster pulls {3 x 100 on 1:50 Lungbuster pulls {4 x 100 on 1:45 Lungbuster pulls {2 x 100 on 1:40 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 75 on 1:45 Fly-25L-25B-25L {1 x 100 on 1:55 Freestyle {4 x 75 on 1:40 Fly-25L-25B-25R {2 x 100 on 1:50 Freestyle {2 x 75 on 1:35 Fly-25L-25B-25R {2 x 100 on 1:45 Freestyle {2 x 75 on 1:30 Fly-25L-25B-25R {1 x 100 on 1:40 Freestyle
300	1 x 300 on 5:00 Stroke Drills
9:31 AM 5,200 Yards - Stress Value = 92	

**Workout #6540 - Wednesday, 01 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

**Workout #6543 - Thursday, 02 July 2009**

**Group 3 - Breast**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,400	1x{1 x 250 on 4:30 Kick {5 x 50 on 1:00 Tombstone Kicking {1 x 200 on 3:35 Kick {4 x 50 on 1:00 Tombstone Kicking {1 x 150 on 2:40 Kick {3 x 50 on 1:00 Tombstone Kicking {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Tombstone Kicking
100	1 x 100 on 2:00 Kick for time
1,500	1 x 1500 on 20:00 Pulls-odd 100's breakouts shoulder have passed the flags even 100's DPS/each 100 take less strokes
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{4 x 50 on 1:00 Breaststroke-2X Pullouts {3 x 125 on 1:50 Individual Medley w/50 brea {4 x 50 on :55 Breaststroke-2X pullouts {2 x 250 on 3:40 Individual Medley-w/100 brea {4 x 50 on :50 Breaststroke-2X pullouts {1 x 375 on 5:30 Individual Medley w/150 brea {4 x 50 on :45 Breaststroke 2X pullouts
350	7 x 50 on 1:00 Stroke Drills
9:30 AM 6,350 Yards - Stress Value = 93	

**Workout #6547 - Thursday, 02 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 3:50 Kick {4 x 50 on 1:05 Tombstone Kicking {1 x 150 on 2:55 Kick {3 x 50 on 1:05 Tombstone Kicking
600	1 x 600 on 8:30 Pulls-odd 100's breakouts af shoulder have passed the flags even 100's DPS/each 100 take less strokes
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,175	1x{2 x 50 on 1:05 Breaststroke-2X Pullouts {3 x 125 on 2:00 Individual Medley w/50 brea {2 x 50 on 1:00 Breaststroke-2X pullouts {2 x 250 on 4:00 Individual Medley-w/100 brea {2 x 50 on :55 Breaststroke-2X pullouts
225	1 x 225 on 4:00 Stroke Drills
8:48 AM 3,650 Yards - Stress Value = 51	

**Workout #6544 - Thursday, 02 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back

150	10 x 15 on :45 Shooters
1,300	1x{1 x 250 on 4:50 Kick {5 x 50 on 1:05 Tombstone Kicking {1 x 200 on 3:50 Kick {4 x 50 on 1:05 Tombstone Kicking {1 x 150 on 2:55 Kick {3 x 50 on 1:05 Tombstone Kicking {1 x 100 on 1:55 Kick
100	1 x 100 on 2:00 Kick for time
1,400	1 x 1400 on 20:00 Pulls-odd 100's breakouts shoulder have passed the flags even 100's DPS/each 100 take less strokes
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{4 x 50 on 1:05 Breaststroke-2X Pullouts {3 x 125 on 2:00 Individual Medley w/50 brea {4 x 50 on 1:00 Breaststroke-2X pullouts {2 x 250 on 4:00 Individual Medley-w/100 brea {4 x 50 on :55 Breaststroke-2X pullouts {1 x 375 on 6:00 Individual Medley w/150 brea {1 x 50 on :50 Breaststroke 2X pullouts
350	7 x 50 on 1:00 Stroke Drills
9:30 AM 6,000 Yards - Stress Value = 87	

**Workout #6545 - Thursday, 02 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 30:00 Physio Balls/Stretch 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 250 on 5:20 Kick {5 x 50 on 1:10 Tombstone Kicking {1 x 200 on 4:15 Kick {4 x 50 on 1:10 Tombstone Kicking {1 x 150 on 3:10 Kick {3 x 50 on 1:10 Tombstone Kicking
100	1 x 100 on 2:00 Kick for time
1,250	1 x 1250 on 20:00 Pulls-odd 100's breakouts shoulder have passed the flags even 100's DPS/each 100 take less strokes
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{3 x 50 on 1:05 Breaststroke-2X Pullouts {3 x 125 on 2:15 Individual Medley w/50 brea {3 x 50 on 1:00 Breaststroke-2X pullouts {2 x 250 on 4:35 Individual Medley-w/100 brea {3 x 50 on :55 Breaststroke-2X pullouts {1 x 375 on 7:00 Individual Medley w/150 brea {1 x 50 on :50 Breaststroke 2X pullouts
350	7 x 50 on 1:00 Stroke Drills
9:30 AM 5,550 Yards - Stress Value = 81	

**Workout #6546 - Thursday, 02 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 250 on 6:00 Kick  
 {4 x 50 on 1:20 Tombstone Kicking  
 {1 x 200 on 4:50 Kick  
 {3 x 50 on 1:20 Tombstone Kicking  
 {1 x 150 on 3:45 Kick  
 {2 x 50 on 1:20 Tombstone Kicking  
 100 1 x 100 on 2:00 Kick for time  
 1,100 1 x 1100 on 20:00 Pulls-odd 100's breakouts  
 shoulder have passed the flags  
 even 100's DPS/each 100 take less strokes  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{3 x 50 on 1:10 Breaststroke-2X Pullouts  
 {3 x 125 on 2:30 Individual Medley w/50 brea  
 {2 x 50 on 1:05 Breaststroke-2X pullouts  
 {2 x 250 on 5:00 Individual Medley-w/100 brea  
 {2 x 50 on 1:00 Breaststroke-2X pullouts  
 {1 x 375 on 7:30 Individual Medley w/150 brea  
 350 7 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,050 Yards - Stress Value = 74

**Workout #6548 - Thursday, 02 July 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Stretching  
 600 1 x 600 on 10:00 Reverse IM drill  
 180 12 x 15 on :45 Start/Shooter/Finish  
 1,250 1x{4 x 50 on 1:00 Freestyle-all out!!!  
 {1 x 150 on 3:00 Freestyle  
 {4 x 50 on :55 Freestyle-all out!!!  
 {1 x 150 on 3:00 Freestyle  
 {4 x 50 on :50 Freestyle-all out!!!  
 {1 x 150 on 3:00 Freestyle  
 {4 x 50 on :45 Freestyle-all out!!!  
 500 1 x 500 on 10:00 Social Kick  
 900 3x{1 x 200 on :01 Broken at 50 10-20-30 sec res  
 { #1 Fly, #2 Brst or Back, #3 Free  
 {1 x 100 on 6:59 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 6:31 PM 3,630 Yards - Stress Value = 131

**Workout #6549 - Friday, 03 July 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 200 choice/200 Rev IM Drill  
 200 build  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board B---13,11,9,7  
 {2 x 125 on 2:10 Kick  
 {4 x 25 on :45 Kick no board -S-- 13,11,9, 7  
 {2 x 125 on 2:05 Kick  
 {4 x 25 on :45 Kick no board --L- 13,11,9.7  
 {2 x 125 on 2:00 Kick

{4 x 25 on :45 Kick no board ---R 13,11,9,7  
 {2 x 125 on 1:55 Kick  
 300 1x{1 x 75 on 1:10 Pull no br L.25 yds  
 {1 x 75 on 1:05 Pull no br L.20 yds  
 {1 x 75 on 1:00 Pull no br L.15 yds  
 {1 x 75 on :55 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,800 1x{6 x 25 on :30 Freestyle  
 {1 x 100 on 1:30 Individual Medley  
 {6 x 25 on :30 odds free evens fly  
 {1 x 200 on 3:00 Individual Medley  
 {6 x 25 on :30 odds free evens back  
 {1 x 300 on 4:30 Individual Medley  
 {6 x 25 on :30 odds free evens brst  
 {1 x 400 on 6:00 Individual Medley  
 {6 x 25 on :25 odds free evens fly  
 {1 x 300 on 4:15 Individual Medley  
 {6 x 25 on :25 odds free evens back  
 {1 x 200 on 2:50 Individual Medley  
 {6 x 25 on :25 odds free evens brst  
 {1 x 100 on 1:25 Individual Medley  
 {6 x 25 on :25 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,950 Yards - Stress Value = 98

**Workout #6553 - Friday, 03 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 200 choice/200 Rev IM Drill  
 200 build  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :45 Kick no board BSLR 13,11,9,7  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :45 Kick no board BSLR 13,11,9, 7  
 {2 x 125 on 2:20 Kick  
 {4 x 25 on :45 Kick no board BSLR 13,11,9.7  
 300 1x{1 x 75 on 1:15 Pull no br L.25 yds  
 {1 x 75 on 1:10 Pull no br L.15 yds  
 {1 x 75 on 1:05 Pull no br L.20 yds  
 {1 x 75 on 1:00 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{6 x 25 on :30 Freestyle  
 {1 x 100 on 1:40 Individual Medley  
 {6 x 25 on :30 odds free evens fly  
 {1 x 200 on 3:15 Individual Medley  
 {6 x 25 on :30 odds free evens back  
 {1 x 300 on 4:50 Individual Medley  
 {6 x 25 on :30 odds free evens brst  
 300 1 x 300 on 5:00 Stroke Drills  
 8:51 AM 3,550 Yards - Stress Value = 55

**Workout #6550 - Friday, 03 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 Physio Ball Abs/Stretch  
 1 x 600 on 10:00 200 choice/200 Rev IM Drill 500  
 200 build  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board B---13,11,9,7  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :45 Kick no board -S-- 13,11,9, 7  
 {2 x 125 on 2:20 Kick  
 {4 x 25 on :45 Kick no board --L- 13,11,9.7  
 {2 x 125 on 2:15 Kick  
 {4 x 25 on :45 Kick no board ---R 13,11,9,7  
 {3 x 50 on :50 Kick  
 300 1x{1 x 75 on 1:15 Pull no br L.25 yds  
 {1 x 75 on 1:10 Pull no br L.15 yds  
 {1 x 75 on 1:05 Pull no br L.20 yds  
 {1 x 75 on 1:00 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,650 1x{6 x 25 on :30 Freestyle  
 {1 x 100 on 1:40 Individual Medley  
 {6 x 25 on :30 odds free evens fly  
 {1 x 200 on 3:15 Individual Medley  
 {6 x 25 on :30 odds free evens back  
 {1 x 300 on 4:50 Individual Medley  
 {6 x 25 on :30 odds free evens brst  
 {1 x 400 on 6:30 Individual Medley  
 {6 x 25 on :30 odds free evens fly  
 {1 x 300 on 4:45 Individual Medley  
 {6 x 25 on :30 odds free evens back  
 {1 x 200 on 3:05 Individual Medley  
 {6 x 25 on :30 odds free evens brst  
 {1 x 100 on 1:30 Individual Medley  
 500 10 x 50 on 1:00 Stroke Drills  
 9:31 AM 5,700 Yards - Stress Value = 94

{4 x 25 on :35 odds free evens brst  
 {1 x 400 on 7:40 Individual Medley  
 {4 x 25 on :30 odds free evens fly  
 {1 x 300 on 5:30 Individual Medley  
 {4 x 25 on :30 odds free evens back  
 {1 x 200 on 3:40 Individual Medley  
 {4 x 25 on :30 odds free evens brst  
 {1 x 100 on 1:50 Individual Medley  
 10 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,150 Yards - Stress Value = 83

**Workout #6552 - Friday, 03 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 Physio Ball Abs/Stretch  
 1 x 500 on 10:00 150 choice/200 Rev IM Drill  
 150 build  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board B---13,11,9,7  
 {2 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board -S-- 13,11,9, 7  
 {2 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board --L- 13,11,9.7  
 {2 x 100 on 2:15 Kick  
 {4 x 25 on :45 Kick no board ---R 13,11,9,7  
 {2 x 50 on 1:05 Kick  
 250 1x{1 x 75 on 1:30 Pull no br L.25 yds  
 {1 x 75 on 1:25 Pull no br L.15 yds  
 {1 x 50 on 1:00 Pull no br L.20 yds  
 {1 x 50 on :55 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{4 x 25 on :35 Freestyle  
 {1 x 100 on 2:05 Individual Medley  
 {6 x 25 on :35 odds free evens fly  
 {1 x 200 on 4:10 Individual Medley  
 {6 x 25 on :35 odds free evens back  
 {1 x 300 on 6:15 Individual Medley  
 {6 x 25 on :35 odds free evens brst  
 {4 x 25 on :35 odds free evens fly  
 {1 x 300 on 6:00 Individual Medley  
 {4 x 25 on :35 odds free evens back  
 {1 x 200 on 4:00 Individual Medley  
 {4 x 25 on :35 odds free evens brst  
 {1 x 100 on 2:00 Individual Medley  
 {2 x 25 on :35 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 9:30 AM 4,800 Yards - Stress Value = 75

**Workout #6551 - Friday, 03 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 Physio Ball Abs/Stretch  
 1 x 550 on 10:00 150 choice/200 Rev IM Drill  
 200 build  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board B---13,11,9,7  
 {2 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board -S-- 13,11,9, 7  
 {2 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board --L- 13,11,9.7  
 {2 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board ---R 13,11,9,7  
 {2 x 100 on 1:55 Kick  
 250 1x{1 x 75 on 1:20 Pull no br L.25 yds  
 {1 x 75 on 1:15 Pull no br L.15 yds  
 {1 x 50 on :50 Pull no br L.20 yds  
 {1 x 50 on :45 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,300 1x{4 x 25 on :35 Freestyle  
 {1 x 100 on 1:55 Individual Medley  
 {4 x 25 on :35 odds free evens fly  
 {1 x 200 on 3:50 Individual Medley  
 {4 x 25 on :35 odds free evens back  
 {1 x 300 on 5:45 Individual Medley



**Workout #6554 - Monday, 06 July 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Shoulders & Stretch
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,600	10 x 15 on :45 Shooters
1x{	4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 2:45 Kick Alt kicks every 25
	{1 x 100 on 1:50 Kick-Alt kicks every 25
	{1 x 50 on :55 Kick Alt kicks every 25
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 2:40 Kick Alt kicks every 25
	{1 x 100 on 1:45 Kick-Alt kicks every 25
	{1 x 50 on :50 Kick Alt kicks every 25
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:35 Kick-Alt kicks every 25
	{1 x 100 on 1:40 Kick Alt kicks every 25
	{1 x 50 on :45 Kick Alt kicks every 25
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick Alt kicks every 25
	{1 x 100 on 1:35 Kick-Alt kicks every 25
	{1 x 50 on :40 Kick Alt kicks every 25
1,200	1x{4 x 100 on 1:30 Pull no br L.12 yds/100%
	{4 x 100 on 1:25 Pull no br L.15 yds/100%
	{4 x 100 on 1:20 Pull no br L.18 yds/100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 500 on 6:15 Freestyle
	{5 x 100 on 1:20 Freestyle-hold time I give y
	{1 x 400 on 4:55 Freestyle
	{4 x 100 on 1:20 Freestyle-hold time I give y
	{1 x 300 on 3:40 Freestyle
	{3 x 100 on 1:20 Freestyle-hold time I give y
	{1 x 200 on 2:25 Freestyle
	{2 x 100 on 1:20 Freestyle-hold time I give y
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	6,850 Yards - Stress Value = 120

**Workout #6558 - Monday, 06 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Shoulders & Stretch
150	1 x 600 on 10:00 Swim-kick-pull-swim
600	10 x 15 on :45 Shooters
1x{	4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:00 Kick Alt kicks every 25
	{1 x 100 on 2:00 Kick-Alt kicks every 25
	{1 x 50 on 1:05 Kick Alt kicks every 25
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:55 Kick-Alt kicks every 25
600	1x{2 x 100 on 1:35 Pull no br L.12 yds/100%
	{2 x 100 on 1:30 Pull no br L.15 yds/100%
	{2 x 100 on 1:25 Pull no br L.18 yds/100%
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{1 x 500 on 6:50 Freestyle
	{5 x 100 on 1:30 Freestyle-hold time I give y
	{1 x 400 on 5:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
8:44 AM	3,650 Yards - Stress Value = 58

**Workout #6555 - Monday, 06 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Shoulders & Stretch
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,450	10 x 15 on :45 Shooters
1x{	4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:00 Kick Alt kicks every 25
	{1 x 100 on 2:00 Kick-Alt kicks every 25
	{1 x 50 on 1:05 Kick Alt kicks every 25
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 2:55 Kick Alt kicks every 25
	{1 x 100 on 1:55 Kick-Alt kicks every 25
	{1 x 50 on 1:00 Kick Alt kicks every 25
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:50 Kick-Alt kicks every 25
	{1 x 100 on 1:50 Kick Alt kicks every 25
	{1 x 50 on :55 Kick Alt kicks every 25
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:45 Kick Alt kicks every 25
1,100	1x{4 x 100 on 1:35 Pull no br L.12 yds/100%
	{4 x 100 on 1:30 Pull no br L.15 yds/100%
	{3 x 100 on 1:25 Pull no br L.18 yds/100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{1 x 500 on 6:50 Freestyle
	{5 x 100 on 1:30 Freestyle-hold time I give y
	{1 x 400 on 5:30 Freestyle
	{4 x 100 on 1:30 Freestyle-hold time I give y
	{1 x 300 on 4:05 Freestyle
	{3 x 100 on 1:30 Freestyle-hold time I give y
	{1 x 100 on 1:20 Freestyle
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	6,300 Yards - Stress Value = 109

**Workout #6556 - Monday, 06 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 30:00 Shoulders & Stretch
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,350	10 x 15 on :45 Shooters
1x{	4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:20 Kick Alt kicks every 25
	{1 x 100 on 2:15 Kick-Alt kicks every 25
	{1 x 50 on 1:10 Kick Alt kicks every 25
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:15 Kick Alt kicks every 25
	{1 x 100 on 2:10 Kick-Alt kicks every 25
	{1 x 50 on 1:05 Kick Alt kicks every 25
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 3:10 Kick-Alt kicks every 25
	{1 x 100 on 2:05 Kick Alt kicks every 25
	{1 x 50 on 1:00 Kick Alt kicks every 25
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :55 Kick Alt kicks every 25
1,000	1x{3 x 100 on 1:45 Pull no br L.12 yds/100%
	{3 x 100 on 1:40 Pull no br L.15 yds/100%
	{4 x 100 on 1:35 Pull no br L.18 yds/100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 500 on 8:00 Freestyle
	{5 x 100 on 1:40 Freestyle-hold time I give y
	{1 x 400 on 6:25 Freestyle
	{4 x 100 on 1:40 Freestyle-hold time I give y
	{1 x 300 on 4:50 Freestyle
	{1 x 100 on 1:40 Freestyle-hold time I give y
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	5,750 Yards - Stress Value = 99

**Workout #6557 - Monday, 06 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
500	1 on 30:00 Shoulders & Stretch
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,250	10 x 15 on :45 Shooters
1x{4 x 25 on :45 Kick no board BSLR	
{1 x 150 on 3:45 Kick Alt kicks every 25	
{1 x 100 on 2:30 Kick-Alt kicks every 25	
{1 x 50 on 1:15 Kick Alt kicks every 25	
{4 x 25 on :40 Kick no board BSLR	
{1 x 150 on 3:40 Kick Alt kicks every 25	
{1 x 100 on 2:25 Kick-Alt kicks every 25	
{1 x 50 on 1:10 Kick Alt kicks every 25	
{4 x 25 on :35 Kick no board BSLR	
{1 x 150 on 3:35 Kick-Alt kicks every 25	
{1 x 100 on 2:20 Kick Alt kicks every 25	
{4 x 25 on :30 Kick no board BSLR	
900 1x{3 x 100 on 1:55 Pull no br L.12 yds/100%	
{3 x 100 on 1:50 Pull no br L.15 yds/100%	
{3 x 100 on 1:45 Pull no br L.18 yds/100%	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,000 1x{1 x 500 on 8:45 Freestyle	
{5 x 100 on 1:50 Freestyle-hold time I give y	
{1 x 400 on 7:00 Freestyle	
{4 x 100 on 1:50 Freestyle-hold time I give y	
{1 x 200 on 3:30 Freestyle	
300 6 x 50 on 1:00 Stroke Drills	
9:30 AM 5,300 Yards - Stress Value = 91	

**Workout #6559 - Tuesday, 07 July 2009**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Abs and Stretch
150	1 x 600 on 10:00 Underwater trn drill
1,200	10 x 15 on :45 Shooters
2x{1 x 100 on 2:00 Kick	
{1 x 100 on 1:30 Kick	
{1 x 100 on 2:00 Kick	
{1 x 100 on 1:25 Kick	
{1 x 100 on 2:00 Kick	
{1 x 100 on 1:20 Kick	
1,350 1x{3 x 150 on 1:50 Pulls brk after shldrs pass	
{3 x 150 on 1:55 Pulls brk after hips pass fl	
{3 x 150 on 2:00 Pulls #1 brth only twrds blc	
{ #2 breathe only toward pace clock, #3 choic	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,600 1x{6 x 75 on 1:10 Backstroke	
{1 x 200 on 3:20 Back-odd 25's 10 KOW even 25	
{ 12.5 yds DPS/12.5 yds build to 100%	
{6 x 75 on 1:05 Backstroke	
{1 x 200 on 3:20 Backstroke same as previous	
{6 x 75 on 1:00 Backstroke	
{1 x 200 on 3:20 Backstroke same as previous	
{6 x 75 on :55 Backstroke	
{1 x 200 on 3:20 Backstroke same as previous	
250 1 x 250 on 5:00 Stroke Drills	
9:23 AM 6,350 Yards - Stress Value = 73	

**Workout #6563 - Tuesday, 07 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Abs and Stretch
150	1 x 600 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
1x{1 x 100 on 2:05 Kick	
{1 x 100 on 1:50 Kick	
{1 x 100 on 2:05 Kick	
{1 x 100 on 1:45 Kick	
{1 x 100 on 2:05 Kick	
600 1x{1 x 150 on 2:05 Pulls brk after shldrs pass	
{1 x 150 on 2:10 Pulls brk after hips pass fl	
{2 x 150 on 2:15 Pulls #1 brth only twrds blc	
{ #2 breathe only toward pace clock	
100 2x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,150 1x{1 x 75 on 1:15 Backstroke	
{1 x 100 on 1:45 Back-odd 25's 10 KOW even 25	
{ 12.5 yds DPS/12.5 yds build to 100%	
{2 x 75 on 1:10 Backstroke	
{1 x 100 on 1:45 Backstroke same as previous	
{3 x 75 on 1:05 Backstroke	
{1 x 100 on 1:45 Backstroke same as previous	
{4 x 75 on 1:00 Backstroke	
{1 x 100 on 1:45 Backstroke same as previous	
400 1 x 400 on 8:00 Stroke Drills	
8:42 AM 3,500 Yards - Stress Value = 38	

**Workout #6564 - Tuesday, 07 July 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
500	1 on 30:00 Abs and Stretch
150	1 x 500 on 10:00 Underwater trn drill
450	10 x 15 on :45 Shooters
1x{1 x 100 on 2:15 Kick	
{1 x 75 on 1:35 Kick	
{1 x 100 on 2:15 Kick	
{1 x 75 on 1:30 Kick	
{1 x 100 on 2:15 Kick	
500 1x{1 x 150 on 2:25 Pulls brk after shldrs pass	
{1 x 150 on 2:30 Pulls brk after hips pass fl	
{2 x 100 on 1:45 Pulls #1 brth only twrds blc	
{ #2 breathe only toward pace clock	
100 2x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,000 1x{2 x 75 on 1:25 Backstroke	
{1 x 100 on 1:55 Back-odd 25's 10 KOW even 25	
{ 12.5 yds DPS/12.5 yds build to 100%	
{2 x 75 on 1:20 Backstroke	
{1 x 100 on 1:55 Backstroke same as previous	
{2 x 75 on 1:15 Backstroke	
{1 x 100 on 1:55 Backstroke same as previous	
{2 x 75 on 1:10 Backstroke	
{1 x 100 on 1:55 Backstroke same as previous	
400 1 x 400 on 8:00 Stroke Drills	
8:42 AM 3,100 Yards - Stress Value = 33	

**Workout #6560 - Tuesday, 07 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Abs and Stretch 1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,050	2x{1 x 100 on 2:05 Kick {1 x 100 on 1:50 Kick {1 x 100 on 2:05 Kick {1 x 100 on 1:45 Kick {1 x 100 on 2:05 Kick {1 x 25 on :25 Kick
1,200	1x{3 x 150 on 2:05 Pulls brk after shldrs pass {3 x 150 on 2:10 Pulls brk after hips pass fl {2 x 150 on 2:15 Pulls #1 brth only twrds blc { #2 breathe only toward pace clock
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{6 x 75 on 1:15 Backstroke {1 x 200 on 3:30 Back-odd 25's 10 KOW even 25 { 12.5 yds DPS/12.5 yds build to 100% {6 x 75 on 1:10 Backstroke {1 x 200 on 3:30 Backstroke same as previous {6 x 75 on 1:05 Backstroke {1 x 200 on 3:30 Backstroke same as previous {4 x 75 on 1:00 Backstroke {1 x 200 on 3:30 Backstroke same as previous
250	1 x 250 on 5:00 Stroke Drills
9:23 AM 5,900 Yards - Stress Value = 64	

**Workout #6561 - Tuesday, 07 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 30:00 Abs and Stretch 1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
950	2x{1 x 100 on 2:15 Kick {1 x 75 on 1:35 Kick {1 x 100 on 2:15 Kick {1 x 75 on 1:30 Kick {1 x 100 on 2:15 Kick {1 x 25 on :30 Kick
1,050	1x{2 x 150 on 2:25 Pulls brk after shldrs pass {3 x 150 on 2:30 Pulls brk after hips pass fl {2 x 150 on 2:35 Pulls #1 brth only twrds blc { #2 breathe only toward pace clock
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{6 x 75 on 1:25 Backstroke {1 x 200 on 3:45 Back-odd 25's 10 KOW even 25 { 12.5 yds DPS/12.5 yds build to 100% {4 x 75 on 1:20 Backstroke {1 x 200 on 3:45 Backstroke same as previous {4 x 75 on 1:15 Backstroke {1 x 200 on 3:45 Backstroke same as previous {4 x 75 on 1:10 Backstroke {1 x 200 on 3:45 Backstroke same as previous
250	1 x 250 on 5:00 Stroke Drills
9:23 AM 5,300 Yards - Stress Value = 57	

**Workout #6562 - Tuesday, 07 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 30:00 Abs and Stretch 1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
850	2x{1 x 75 on 2:00 Kick {1 x 75 on 1:45 Kick {1 x 75 on 2:00 Kick {1 x 75 on 1:40 Kick {1 x 75 on 2:00 Kick {1 x 50 on 1:05 Kick
900	1x{2 x 150 on 2:40 Pulls brk after shldrs pass {2 x 150 on 2:45 Pulls brk after hips pass fl {2 x 150 on 2:50 Pulls #1 brth only twrds blc { #2 breathe only toward pace clock
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 75 on 1:35 Backstroke {1 x 200 on 4:00 Back-odd 25's 10 KOW even 25 { 12.5 yds DPS/12.5 yds build to 100% {4 x 75 on 1:30 Backstroke {1 x 200 on 4:00 Backstroke same as previous {4 x 75 on 1:25 Backstroke {1 x 200 on 4:00 Backstroke same as previous {4 x 75 on 1:20 Backstroke {1 x 200 on 4:00 Backstroke same as previous
250	1 x 250 on 5:00 Stroke Drills
9:23 AM 4,850 Yards - Stress Value = 56	

**Workout #6566 - Tuesday, 07 July 2009**

**Group 3 - Recovery/Technique Day**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	
600	1 on 15:00 Stretching 1 x 600 on 10:00 100 Drill 50 build X 4	E
1,000	1 on 15:00 Techniques-TN Turn Drills 4x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {1 x 50 on 1:00 25 build 25-100% {1 x 100 on 2:00 Freestyle	F E E E S
400	1 on 15:00 Techniques-Starts 8 x 50 on 1:15 Stroke Drill 12.5 closed fist 12.5 sculling drill 12.5 right arm 12.5 left arm	S F
6:31 PM 2,000 Yards - Stress Value = 30		

**Workout #6565 - Tuesday, 07 July 2009**

**Group 3 - Taper 3**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
500	1 on 30:00 Abs and Stretch
150	1 x 500 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
1x{	1 x 75 on 2:00 Kick
	{1 x 75 on 1:45 Kick
	{1 x 75 on 2:00 Kick
	{1 x 75 on 1:40 Kick
	{1 x 75 on 2:00 Kick
	{1 x 25 on :35 Kick
450	1x{1 x 150 on 2:40 Pulls brk after shldr pass
	{1 x 150 on 2:45 Pulls brk after hips pass fl
	{1 x 150 on 2:50 Pulls #1 brth only twrds blc
	{ #2 breathe only toward pace clock
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
850	1x{2 x 75 on 1:35 Backstroke
	{1 x 100 on 2:05 Back-odd 25's 10 KOW even 25
	{ 12.5 yds DPS/12.5 yds build to 100%
	{2 x 75 on 1:30 Backstroke
	{1 x 100 on 2:05 Backstroke same as previous
	{1 x 75 on 1:25 Backstroke
	{1 x 100 on 2:05 Backstroke same as previous
	{1 x 75 on 1:20 Backstroke
	{1 x 100 on 2:05 Backstroke same as previous
400	1 x 400 on 8:00 Stroke Drills
8:42 AM	2,850 Yards - Stress Value = 30

**Workout #6567 - Wednesday, 08 July 2009**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Stomach and Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
1,400	10 x 15 on :45 Shooters
1x{	8 x 25 on :45 Kick no board BSLRBSLR
	{4 x 75 on 1:30 Kick-descend 1-3, 4 EZ
	{6 x 25 on :45 Kick no board BSLRBS
	{4 x 75 on 1:25 Kick-descend 1-3, 4 EZ
	{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 1:20 Kick-descend 1-3, 4 EZ
	{2 x 25 on :45 Kick no board BS
1,200	1x{1 x 200 on 3:00 Lungbuster pulls
	{1 x 200 on 2:55 Lungbuster pulls
	{1 x 200 on 2:50 Lungbuster pulls
	{1 x 200 on 2:45 Lungbuster pulls
	{1 x 200 on 2:40 Lungbuster pulls
	{1 x 200 on 2:35 Lungbuster pulls
	{ Breathe 2-3-4-5 by the 50's
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{2 x 25 on :30 Fly 2-2, 8 KOW
	{1 x 150 on 2:00 Freestyle
	{4 x 25 on :30 Fly 2-3, 7 KOW
	{2 x 150 on 2:00 Freestyle
	{6 x 25 on :30 Fly 2-4, 6 KOW
	{3 x 150 on 2:00 Freestyle
	{8 x 25 on :30 Fly 2-5, 5 KOW
	{4 x 150 on 2:00 Freestyle
	{10 x 25 on :30 Fly 2-6, 4 KOW
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	6,100 Yards - Stress Value = 74

**Workout #6571 - Wednesday, 08 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Stomach and Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
650	10 x 15 on :45 Shooters
1x{	4 x 25 on :45 Kick no board BSLR
	{3 x 75 on 1:35 Kick-descend 1-3
	{4 x 25 on :45 Kick no board BSLR
	{3 x 75 on 1:30 Kick-descend 1-3
600	1x{1 x 200 on 3:10 Lungbuster pulls
	{1 x 200 on 3:05 Lungbuster pulls
	{1 x 200 on 3:00 Lungbuster pulls
	{ Breathe 2-3-4-5 by the 50's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{2 x 25 on :30 Fly 2-2, 8 KOW
	{1 x 150 on 2:10 Freestyle
	{4 x 25 on :30 Fly 2-3, 7 KOW
	{2 x 150 on 2:10 Freestyle
	{6 x 25 on :30 Fly 2-4, 6 KOW
	{3 x 150 on 2:10 Freestyle
250	1 x 250 on 5:00 Stroke Drills
8:47 AM	3,550 Yards - Stress Value = 40

**Workout #6572 - Wednesday, 08 July 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 30:00 Stomach and Stretch
150	1 x 550 on 10:00 Free L.25 of each 100 non f
600	10 x 15 on :45 Shooters
1x{	4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:10 Kick-descend 1-3, 4 EZ
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:05 Kick-descend 1-4
600	1x{1 x 200 on 3:25 Lungbuster pulls
	{1 x 200 on 3:20 Lungbuster pulls
	{1 x 200 on 3:15 Lungbuster pulls
	{ Breathe 2-3-4-5 by the 50's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
950	1x{2 x 25 on :35 Fly 2-2, 8 KOW
	{1 x 100 on 1:40 Freestyle
	{4 x 25 on :35 Fly 2-3, 7 KOW
	{2 x 100 on 1:40 Freestyle
	{6 x 25 on :35 Fly 2-4, 6 KOW
	{3 x 100 on 1:40 Freestyle
	{2 x 25 on :35 Fly 2-5, 5 KOW
250	1 x 250 on 5:00 Stroke Drills
8:46 AM	3,200 Yards - Stress Value = 33

**Workout #6568 - Wednesday, 08 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,350 1x{8 x 25 on :45 Kick no board BSLRBSLR  
 {4 x 75 on 1:35 Kick-descend 1-3, 4 EZ  
 {6 x 25 on :45 Kick no board BSLRBS  
 {4 x 75 on 1:30 Kick-descend 1-3, 4 EZ  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:25 Kick-descend 1-3, 4 EZ  
 1,100 1x{1 x 200 on 3:10 Lungbuster pulls  
 {1 x 200 on 3:05 Lungbuster pulls  
 {1 x 200 on 3:00 Lungbuster pulls  
 {1 x 200 on 2:55 Lungbuster pulls  
 {1 x 200 on 2:50 Lungbuster pulls  
 {1 x 100 on 1:20 Lungbuster pulls  
 { Breathe 2-3-4-5 by the 50's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{2 x 25 on :30 Fly 2-2, 8 KOW  
 {1 x 150 on 2:10 Freestyle  
 {4 x 25 on :30 Fly 2-3, 7 KOW  
 {2 x 150 on 2:10 Freestyle  
 {6 x 25 on :30 Fly 2-4, 6 KOW  
 {3 x 150 on 2:10 Freestyle  
 {8 x 25 on :30 Fly 2-5, 5 KOW  
 {3 x 150 on 2:10 Freestyle  
 {10 x 25 on :30 Fly 2-6, 4 KOW  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,800 Yards - Stress Value = 70

**Workout #6570 - Wednesday, 08 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,175 1x{8 x 25 on :45 Kick no board BSLRBSLR  
 {3 x 75 on 1:55 Kick-descend 1-3  
 {6 x 25 on :45 Kick no board BSLRBS  
 {3 x 75 on 1:50 Kick-descend 1-3  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 75 on 1:45 Kick-descend 1-3  
 {2 x 25 on :45 Kick no board BS  
 950 1x{1 x 200 on 3:40 Lungbuster pulls  
 {1 x 200 on 3:35 Lungbuster pulls  
 {1 x 200 on 3:30 Lungbuster pulls  
 {1 x 200 on 3:25 Lungbuster pulls  
 {1 x 150 on 2:30 Lungbuster pulls  
 { Breathe 2-3-4-5 by the 50's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,550 1x{2 x 25 on :40 Fly 2-2, 8 KOW  
 {1 x 100 on 1:50 Freestyle  
 {4 x 25 on :40 Fly 2-3, 7 KOW  
 {2 x 100 on 1:50 Freestyle  
 {6 x 25 on :40 Fly 2-4, 6 KOW  
 {3 x 100 on 1:50 Freestyle  
 {8 x 25 on :40 Fly 2-5, 5 KOW  
 {2 x 100 on 1:50 Freestyle  
 {10 x 25 on :40 Fly 2-6, 4 KOW  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 4,825 Yards - Stress Value = 59

**Workout #6569 - Wednesday, 08 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,250 1x{8 x 25 on :45 Kick no board BSLRBSLR  
 {4 x 75 on 1:45 Kick-descend 1-3, 4 EZ  
 {6 x 25 on :45 Kick no board BSLRBS  
 {4 x 75 on 1:40 Kick-descend 1-3, 4 EZ  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:35 Kick-fast  
 {1 x 50 on 1:00 Kick-Fast  
 1,000 1x{1 x 200 on 3:25 Lungbuster pulls  
 {1 x 200 on 3:20 Lungbuster pulls  
 {1 x 200 on 3:15 Lungbuster pulls  
 {1 x 200 on 3:10 Lungbuster pulls  
 {1 x 200 on 3:05 Lungbuster pulls  
 { Breathe 2-3-4-5 by the 50's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{2 x 25 on :35 Fly 2-2, 8 KOW  
 {1 x 100 on 1:40 Freestyle  
 {4 x 25 on :35 Fly 2-3, 7 KOW  
 {2 x 100 on 1:40 Freestyle  
 {6 x 25 on :35 Fly 2-4, 6 KOW  
 {3 x 100 on 1:40 Freestyle  
 {8 x 25 on :35 Fly 2-5, 5 KOW  
 {4 x 100 on 1:40 Freestyle  
 {10 x 25 on :35 Fly 2-6, 4 KOW  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,200 Yards - Stress Value = 64

**Workout #6573 - Wednesday, 08 July 2009**

**Group 3 - Taper 3**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 575 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 75 on 1:55 Kick-descend 1-3  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:10 Kick-descend 1-3  
 550 1x{1 x 200 on 3:40 Lungbuster pulls  
 {1 x 200 on 3:35 Lungbuster pulls  
 {1 x 150 on 2:40 Lungbuster pulls  
 { Breathe 2-3-4-5 by the 50's  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{2 x 25 on :40 Fly 2-2, 8 KOW  
 {1 x 100 on 1:50 Freestyle  
 {4 x 25 on :40 Fly 2-3, 7 KOW  
 {2 x 100 on 1:50 Freestyle  
 {6 x 25 on :40 Fly 2-4, 6 KOW  
 {3 x 100 on 1:50 Freestyle  
 300 6 x 50 on 1:00 Stroke Drills  
 8:48 AM 3,075 Yards - Stress Value = 35

**Workout #6574 - Thursday, 09 July 2009**

**Group 3 - Breast**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,000	10 x 100 on 2:00 Kick-odd 100's good effort, NOT all out
1,200	1x{4 x 50 on 1:00 Pull 25 DPS 25 3 breaths {1 x 150 on 2:00 Pulls {3 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 125 on 1:40 Pulls {2 x 50 on 1:00 Pull 25 DPS 25 3 breaths {3 x 100 on 1:20 Pulls {1 x 50 on 1:00 Pull 25 DPS 25 3 breaths
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 200 on 3:45 Breast w/ fly kick {1 x 200 on 4:00 Breast w/ free kick {1 x 200 on 4:15 Breaststroke Pull {1 x 200 on 3:30 Breaststroke {1 x 150 on 2:45 Breast w/ fly kick {1 x 150 on 2:55 Breast w/ free kick {1 x 150 on 3:05 Breaststroke Pull {1 x 150 on 2:30 Breaststroke {1 x 100 on 1:45 Breast w/ fly kick {1 x 100 on 1:55 Breast w/ free kick {1 x 100 on 2:00 Breaststroke Pull {1 x 100 on 1:35 Breaststroke {1 x 50 on :50 Breast w/ fly kick {1 x 50 on :55 Breast w/free kick {1 x 50 on 1:00 Breaststroke Pull {1 x 50 on :45 Breaststroke
400	1 x 400 on 12:00 Stroke Drills
9:30 AM 5,550 Yards - Stress Value = 52	

200 1 x 200 on 4:00 Stroke Drills  
8:47 AM 3,500 Yards - Stress Value = 32

**Workout #6579 - Thursday, 09 July 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 30:00 Physio Balls/Stretch 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:20 Kick-odd 100's good effort, NOT all out
700	1x{3 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 125 on 2:05 Pulls {2 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 100 on 1:40 Pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{1 x 150 on 2:55 Breast w/ fly kick {1 x 150 on 3:10 Breast w/ free kick {1 x 150 on 3:10 Breaststroke Pull {1 x 150 on 2:50 Breaststroke {1 x 100 on 1:55 Breast w/ fly kick {1 x 100 on 2:05 Breast w/ free kick {1 x 100 on 2:05 Breaststroke Pull {1 x 100 on 1:50 Breaststroke {1 x 50 on :55 Breast w/ fly kick {1 x 50 on :50 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
8:48 AM 3,300 Yards - Stress Value = 32	

**Workout #6578 - Thursday, 09 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:05 Kick-odd 100's good effort, NOT all out
750	1x{3 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 125 on 1:55 Pulls {2 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 100 on 1:30 Pulls {1 x 50 on 1:00 Pull 25 DPS 25 3 breaths
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 150 on 2:45 Breast w/ fly kick {1 x 150 on 2:55 Breast w/ free kick {1 x 150 on 3:05 Breaststroke Pull {1 x 150 on 2:30 Breaststroke {1 x 100 on 1:45 Breast w/ fly kick {1 x 100 on 1:55 Breast w/ free kick {1 x 100 on 2:00 Breaststroke Pull {1 x 100 on 1:35 Breaststroke {1 x 50 on :50 Breast w/ fly kick {1 x 50 on :55 Breast w/free kick {1 x 50 on 1:00 Breaststroke Pull {1 x 50 on :45 Breaststroke

**Workout #6575 - Thursday, 09 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
900	9 x 100 on 2:05 Kick-odd 100's good effort, NOT all out
1,100	1x{4 x 50 on 1:00 Pull 25 DPS 25 3 breaths {1 x 150 on 2:15 Pulls {3 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 125 on 1:55 Pulls {2 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 100 on 1:30 Pulls {1 x 50 on 1:00 Pull 25 DPS 25 3 breaths
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 200 on 3:45 Breast w/ fly kick {1 x 200 on 4:00 Breast w/ free kick {1 x 200 on 4:15 Breaststroke Pull {1 x 200 on 3:30 Breaststroke {1 x 150 on 2:45 Breast w/ fly kick {1 x 150 on 2:55 Breast w/ free kick {1 x 150 on 3:05 Breaststroke Pull {1 x 150 on 2:30 Breaststroke {1 x 100 on 1:45 Breast w/ fly kick {1 x 100 on 1:55 Breast w/ free kick {1 x 100 on 2:00 Breaststroke Pull {1 x 100 on 1:35 Breaststroke {1 x 50 on :50 Breast w/ fly kick {1 x 50 on :55 Breast w/free kick {1 x 50 on 1:00 Breaststroke Pull {1 x 50 on :45 Breaststroke
400	1 x 400 on 12:00 Stroke Drills
	9:29 AM 5,350 Yards - Stress Value = 40

**Workout #6576 - Thursday, 09 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
800	8 x 100 on 2:20 Kick-odd 100's good effort, NOT all out
1,100	1x{4 x 50 on 1:00 Pull 25 DPS 25 3 breaths {1 x 150 on 2:30 Pulls {3 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 125 on 2:05 Pulls {2 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 100 on 1:40 Pulls {1 x 50 on 1:00 Pull 25 DPS 25 3 breaths
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{1 x 200 on 4:00 Breast w/ fly kick {1 x 200 on 4:20 Breast w/ free kick {1 x 200 on 4:20 Breaststroke Pull {1 x 200 on 3:50 Breaststroke {1 x 150 on 2:55 Breast w/ fly kick {1 x 150 on 3:10 Breast w/ free kick {1 x 150 on 3:10 Breaststroke Pull {1 x 150 on 2:50 Breaststroke {1 x 100 on 1:55 Breast w/ fly kick {1 x 100 on 2:05 Breast w/ free kick

	{1 x 100 on 2:05 Breaststroke Pull
	{1 x 100 on 1:50 Breaststroke
	{1 x 50 on :55 Breast w/ fly kick
400	1 x 400 on 12:00 Stroke Drills
	9:29 AM 5,050 Yards - Stress Value = 48

**Workout #6577 - Thursday, 09 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
800	8 x 100 on 2:30 Kick-odd 100's good effort, NOT all out
1,000	1x{4 x 50 on 1:00 Pull 25 DPS 25 3 breaths {1 x 100 on 1:50 Pulls {3 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 100 on 1:50 Pulls {2 x 50 on 1:00 Pull 25 DPS 25 3 breaths {2 x 100 on 1:50 Pulls {1 x 50 on 1:00 Pull 25 DPS 25 3 breaths
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 200 on 4:15 Breast w/ fly kick {1 x 200 on 4:30 Breast w/ free kick {1 x 200 on 4:30 Breaststroke Pull {1 x 200 on 4:00 Breaststroke {1 x 150 on 3:05 Breast w/ fly kick {1 x 150 on 3:20 Breast w/ free kick {1 x 150 on 3:20 Breaststroke Pull {1 x 150 on 3:00 Breaststroke {1 x 100 on 2:00 Breast w/ fly kick {1 x 100 on 2:10 Breast w/ free kick {1 x 100 on 2:10 Breaststroke Pull {1 x 50 on :55 Breaststroke
400	1 x 400 on 12:00 Stroke Drills
	9:30 AM 4,800 Yards - Stress Value = 46

**Workout #6580 - Thursday, 09 July 2009**

**Group 3 - Recovery/Technique Day**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
	1 on 15:00 Stretching
600	1 x 600 on 12:00 25 swim 25 free drill 25 bu 25 12 strokes (-1) X 6
1,000	1x{1 x 200 on 5:00 Social Kick {1 x 200 on 4:00 IM Drill {1 x 150 on 3:45 Social Kick {1 x 150 on 3:00 IM Drillll w/out your weak st {1 x 100 on 2:30 Social Kick {1 x 100 on 2:00 Drill your 2 best strokes {1 x 50 on 1:15 Social Kick {1 x 50 on 1:00 Drill your best stroke
90	6 x 15 on :45 Shooters
250	1 on 10:00 Starts 1 x 250 on 7:00 25 closed fist 25 choice dri
	6:30 PM 1,940 Yards - Stress Value = 4

**Workout #6581 - Monday, 13 July 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
800	1 on 30:00 Stomach and Stretch 1 x 800 on 14:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:00 Kick {2 x 75 on 1:30 Kick {1 x 100 on 2:00 Kick
1,500	1x{1 x 50 on :45 Pulls {2 x 100 on 1:30 Pulls {3 x 150 on 2:15 Pulls {4 x 200 on 3:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 400 on 4:45 Freestyle {1 x 400 on 6:00 Freestyle {1 x 300 on 3:40 Freestyle {1 x 300 on 4:30 Freestyle {1 x 200 on 2:30 Freestyle {1 x 200 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:30 Freestyle
600	12 x 50 on 1:00 Stroke Drills
9:29 AM 6,250 Yards - Stress Value = 65	

**Workout #6582 - Monday, 13 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
800	1 on 30:00 Stomach and Stretch 1 x 800 on 14:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:05 Kick {2 x 75 on 1:35 Kick {3 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:05 Kick {2 x 75 on 1:35 Kick {1 x 100 on 2:05 Kick
1,400	1x{1 x 50 on :50 Pulls {1 x 100 on 1:40 Pulls {3 x 150 on 2:25 Pulls {4 x 200 on 3:15 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 400 on 5:20 Freestyle {1 x 400 on 6:40 Freestyle {1 x 300 on 4:05 Freestyle {1 x 300 on 5:00 Freestyle {1 x 200 on 2:45 Freestyle {1 x 200 on 3:20 Freestyle {1 x 100 on 1:25 Freestyle
600	12 x 50 on 1:00 Stroke Drills
9:30 AM 6,000 Yards - Stress Value = 62	

**Workout #6583 - Monday, 13 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
750	1 on 30:00 Stomach and Stretch 1 x 750 on 14:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Kick {2 x 75 on 1:40 Kick {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:10 Kick {2 x 75 on 1:40 Kick {1 x 100 on 2:15 Kick
1,300	1x{2 x 100 on 1:45 Pulls {2 x 150 on 2:40 Pulls {4 x 200 on 3:30 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 400 on 6:20 Freestyle {1 x 400 on 7:20 Freestyle {1 x 300 on 4:50 Freestyle {1 x 300 on 5:30 Freestyle {1 x 200 on 3:15 Freestyle
600	12 x 50 on 1:00 Stroke Drills
9:29 AM 5,500 Yards - Stress Value = 57	

**Workout #6584 - Monday, 13 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
700	1 on 30:00 Stomach and Stretch 1 x 700 on 14:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Kick {2 x 75 on 1:50 Kick {1 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:15 Kick {2 x 75 on 1:50 Kick {1 x 100 on 2:30 Kick
1,150	1x{1 x 50 on 1:00 Pulls {2 x 100 on 2:00 Pulls {2 x 150 on 3:00 Pulls {3 x 200 on 4:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 400 on 6:45 Freestyle {1 x 400 on 8:00 Freestyle {1 x 300 on 5:15 Freestyle {1 x 300 on 6:00 Freestyle {1 x 200 on 3:35 Freestyle
600	12 x 50 on 1:00 Stroke Drills
9:30 AM 5,200 Yards - Stress Value = 53	



**Workout #6585 - Tuesday, 14 July 2009**

**Group 3 - Back**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,500 1x{1 x 150 on 2:15 Kick with flippers  
 {1 x 100 on 1:30 Kick with flippers  
 {1 x 50 on :45 Kick with flippers  
 {1 x 150 on 2:10 Kick with flippers  
 {1 x 100 on 1:25 Kick with flippers  
 {1 x 50 on :40 Kick with flippers  
 {1 x 150 on 2:05 Kick with flippers  
 {1 x 100 on 1:20 Kick with flippers  
 {1 x 50 on :35 Kick with flippers  
 {1 x 150 on 2:00 Kick with flippers  
 {1 x 100 on 1:15 Kick with flippers  
 {1 x 50 on :30 Kick with flippers  
 {1 x 150 on 1:55 Kick with flippers  
 {1 x 100 on 1:10 Kick  
 {1 x 50 on :25 Kick with flippers  
 1,500 1x{4 x 125 on 1:45 Pull break after feet pass f  
 {4 x 125 on 1:40 Pull break after hips pass f  
 {4 x 125 on 1:35 Pull brk afer shldrs pass fl  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,550 1x{4 x 25 on :45 Back TO/6 kick switch  
 {1 x 100 on 1:35 Backstroke  
 {1 x 100 on 1:30 Backstroke  
 {1 x 100 on 1:25 Backstroke  
 {2 x 50 on 1:00 Back-Great Effort  
 {6 x 25 on :45 Back TO/6 kick switch  
 {2 x 100 on 1:30 Backstroke  
 {2 x 100 on 1:25 Backstroke  
 {2 x 100 on 1:20 Backstroke  
 {2 x 50 on 1:00 Back-Great Effort  
 { 2nd 100 of each set 3 KOW  
 {8 x 25 on :45 Back TO/6 kick switch  
 {3 x 100 on 1:25 Backstroke  
 {3 x 100 on 1:20 Backstroke  
 {3 x 100 on 1:15 Backstroke  
 {2 x 50 on 1:00 Back-Great Effort  
 { 2nd of each set 3 KOW, 3rd of each set 5 KC  
 300 1 x 300 on 6:00 Stroke Drills  
 9:31 AM 6,800 Yards - Stress Value = 112

**Workout #6586 - Tuesday, 14 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,300 1x{1 x 150 on 2:25 Kick with flippers  
 {1 x 100 on 1:40 Kick with flippers  
 {1 x 50 on :55 Kick with flippers  
 {1 x 150 on 2:20 Kick with flippers  
 {1 x 100 on 1:35 Kick with flippers  
 {1 x 50 on :50 Kick with flippers  
 {1 x 150 on 2:15 Kick with flippers  
 {1 x 100 on 1:30 Kick with flippers  
 {1 x 50 on :45 Kick with flippers  
 {1 x 150 on 2:10 Kick with flippers  
 {1 x 100 on 1:25 Kick with flippers  
 {1 x 50 on :40 Kick with flippers  
 {1 x 100 on 1:20 Kick with flippers

1,400 1x{4 x 125 on 1:50 Pull break after feet pass f  
 {4 x 125 on 1:45 Pull break after hips pass f  
 {4 x 100 on 1:25 Pull brk afer shldrs pass fl  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,350 1x{4 x 25 on :45 Back TO/6 kick switch  
 {1 x 100 on 1:40 Backstroke  
 {1 x 100 on 1:35 Backstroke  
 {1 x 100 on 1:30 Backstroke  
 {2 x 50 on 1:00 Back-Great Effort  
 {6 x 25 on :45 Back TO/6 kick switch  
 {2 x 100 on 1:35 Backstroke  
 {2 x 100 on 1:30 Backstroke  
 {2 x 100 on 1:25 Backstroke  
 {2 x 50 on 1:00 Back-Great Effort  
 { 2nd 100 of each set 3 KOW  
 {8 x 25 on :45 Back TO/6 kick switch  
 {3 x 100 on 1:30 Backstroke  
 {3 x 100 on 1:25 Backstroke  
 {1 x 100 on 1:20 Backstroke  
 {2 x 50 on 1:00 Back-Great Effort  
 { 2nd of each set 3 KOW, 3rd of each set 5 KC  
 300 1 x 300 on 6:00 Stroke Drills  
 9:30 AM 6,300 Yards - Stress Value = 102

**Workout #6587 - Tuesday, 14 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,150 1x{1 x 150 on 2:40 Kick with flippers  
 {1 x 100 on 1:55 Kick with flippers  
 {1 x 50 on :55 Kick with flippers  
 {1 x 150 on 2:35 Kick with flippers  
 {1 x 100 on 1:50 Kick with flippers  
 {1 x 50 on :50 Kick with flippers  
 {1 x 150 on 2:30 Kick with flippers  
 {1 x 100 on 1:45 Kick with flippers  
 {1 x 50 on :45 Kick with flippers  
 {1 x 150 on 2:25 Kick with flippers  
 {1 x 100 on 1:40 Kick with flippers  
 1,200 1x{4 x 125 on 2:05 Pull break after feet pass f  
 {4 x 125 on 2:00 Pull break after hips pass f  
 {2 x 100 on 1:35 Pull brk afer shldrs pass fl  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,150 1x{4 x 25 on :45 Back TO/6 kick switch  
 {1 x 100 on 1:55 Backstroke  
 {1 x 100 on 1:50 Backstroke  
 {1 x 100 on 1:45 Backstroke  
 {2 x 50 on 1:00 Back-Great Effort  
 {6 x 25 on :45 Back TO/6 kick switch  
 {2 x 100 on 1:50 Backstroke  
 {2 x 100 on 1:45 Backstroke  
 {2 x 100 on 1:40 Backstroke  
 {2 x 50 on 1:00 Back-Great Effort  
 { 2nd 100 of each set 3 KOW  
 {8 x 25 on :45 Back TO/6 kick switch  
 {3 x 100 on 1:45 Backstroke  
 {2 x 100 on 1:40 Backstroke  
 {1 x 100 on 1:35 Backstroke  
 { 2nd of each set 3 KOW, 3rd of each set 5 KC  
 300 1 x 300 on 6:00 Stroke Drills  
 9:30 AM 5,700 Yards - Stress Value = 87

**Workout #6588 - Tuesday, 14 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Shoulders & Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,150 1x{1 x 150 on 2:40 Kick with flippers  
 {1 x 100 on 1:55 Kick with flippers  
 {1 x 50 on :55 Kick with flippers  
 {1 x 150 on 2:35 Kick with flippers  
 {1 x 100 on 1:50 Kick with flippers  
 {1 x 50 on :50 Kick with flippers  
 {1 x 150 on 2:30 Kick with flippers  
 {1 x 100 on 1:45 Kick with flippers  
 {1 x 50 on :45 Kick with flippers  
 {1 x 150 on 2:25 Kick with flippers  
 {1 x 100 on 1:40 Kick with flippers  
 1,050 1x{3 x 125 on 2:20 Pull break after feet pass f  
 {3 x 125 on 2:15 Pull break after hips pass f  
 {3 x 100 on 1:45 Pull brk afer shldr pass fl  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,950 1x{4 x 25 on :45 Back TO/6 kick switch  
 {1 x 100 on 2:10 Backstroke  
 {1 x 100 on 2:05 Backstroke  
 {1 x 100 on 2:00 Backstroke  
 {1 x 50 on 1:30 Back-Great Effort  
 {6 x 25 on :45 Back TO/6 kick switch  
 {2 x 100 on 2:05 Backstroke  
 {2 x 100 on 2:00 Backstroke  
 {2 x 100 on 1:55 Backstroke  
 {1 x 50 on 1:30 Back-Great Effort  
 { 2nd 100 of each set 3 KOW  
 {8 x 25 on :45 Back TO/6 kick switch  
 {3 x 100 on 1:55 Backstroke  
 {2 x 100 on 1:50 Backstroke  
 { 2nd of each set 3 KOW, 3rd of each set 5 KC  
 300 1 x 300 on 6:00 Stroke Drills  
 9:30 AM 5,300 Yards - Stress Value = 79

150 10 x 15 on :45 Shooters  
 1,200 2x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:10 Tombstone Kicking  
 {1 x 50 on 1:05 Tombstone Kicking  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 50 on 1:05 Tombstone Kicking  
 {1 x 50 on 1:00 Tombstone Kicking  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 50 on 1:00 Tombstone Kicking  
 {1 x 50 on :55 Tombstone Kicking  
 1,600 1x{2 x 200 on 2:50 Lungbuster pulls  
 {2 x 200 on 2:45 Lungbuster pulls  
 {2 x 200 on 2:40 Lungbuster pulls  
 {2 x 200 on 2:35 Lungbuster pulls  
 { First 150 breathe 3-5-7 continuous, Last 50  
 { to one side of pool  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,775 1x{1 x 25 on :30 Butterfly  
 {1 x 50 on :45 Freestyle  
 {2 x 25 on :30 Butterfly  
 {2 x 50 on :45 Freestyle  
 {3 x 25 on :30 Butterfly  
 {3 x 50 on :45 Freestyle  
 {4 x 25 on :30 Butterfly  
 {4 x 50 on :45 Freestyle  
 {5 x 25 on :30 Butterfly  
 {5 x 50 on :45 Freestyle  
 {6 x 25 on :30 Butterfly  
 {6 x 50 on :45 Freestyle  
 {8 x 25 on :30 Butterfly  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,925 Yards - Stress Value = 81

**Workout #6589 - Tuesday, 14 July 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 1,400 4x{1 x 250 on 3:30 3:00 swim/:30 to get to a wa  
 {4 x 25 on :45 IM order-100% Effort  
 300 6 x 50 on 1:45 12.5 Tombstone kicking, 25  
 sprint kick w/ super fast turn, 12.5 easy  
 120 6 x 20 on 1:00 Bacwards freestyle  
 1,200 2x{1 x 100 on 3:00 25 Kick 75 Free  
 {1 x 100 on 3:00 25free 25 kick 50free  
 {1 x 100 on 3:00 50free 25kick 25free  
 {1 x 100 on 3:00 75free 25kick  
 {1 x 200 on 3:00 Stroke Drills  
 6:31 PM 3,020 Yards - Stress Value = 127

**Workout #6590 - Wednesday, 15 July 2009**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f

**Workout #6591 - Wednesday, 15 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,200 2x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:10 Tombstone Kicking  
 {1 x 50 on 1:05 Tombstone Kicking  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 50 on 1:05 Tombstone Kicking  
 {1 x 50 on 1:00 Tombstone Kicking  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 50 on 1:00 Tombstone Kicking  
 {1 x 50 on :55 Tombstone Kicking  
 1,500 1x{2 x 200 on 2:55 Lungbuster pulls  
 {2 x 200 on 2:50 Lungbuster pulls  
 {2 x 200 on 2:45 Lungbuster pulls  
 {2 x 150 on 2:05 Lungbuster pulls  
 { First 150 breathe 3-5-7 continuous, Last 50  
 { to one side of pool  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,775 1x{1 x 25 on :30 Butterfly  
 {1 x 50 on :45 Freestyle  
 {2 x 25 on :30 Butterfly  
 {2 x 50 on :45 Freestyle  
 {3 x 25 on :30 Butterfly  
 {3 x 50 on :45 Freestyle  
 {4 x 25 on :30 Butterfly  
 {4 x 50 on :45 Freestyle  
 {5 x 25 on :30 Butterfly  
 {5 x 50 on :45 Freestyle  
 {6 x 25 on :30 Butterfly  
 {6 x 50 on :45 Freestyle  
 {8 x 25 on :30 Butterfly  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,825 Yards - Stress Value = 79

**Workout #6592 - Wednesday, 15 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,100 2x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:20 Tombstone Kicking  
 {1 x 50 on 1:15 Tombstone Kicking  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:15 Tombstone Kicking  
 {1 x 50 on 1:10 Tombstone Kicking  
 {4 x 25 on :45 Kick no board BS/LR  
 {1 x 50 on 1:00 Tombstone Kicking  
 { 2nd time through the set do not do last 50  
 1,350 1x{2 x 200 on 3:20 Lungbuster pulls  
 {2 x 200 on 3:15 Lungbuster pulls  
 {2 x 200 on 3:10 Lungbuster pulls  
 {1 x 150 on 2:20 Lungbuster pulls  
 { First 150 breathe 3-5-7 continuous, Last 50  
 { to one side of pool  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,525 1x{1 x 25 on :35 Butterfly  
 {1 x 50 on :55 Freestyle  
 {2 x 25 on :35 Butterfly

{2 x 50 on :55 Freestyle  
 {3 x 25 on :35 Butterfly  
 {3 x 50 on :55 Freestyle  
 {4 x 25 on :35 Butterfly  
 {4 x 50 on :55 Freestyle  
 {5 x 25 on :35 Butterfly  
 {5 x 50 on :55 Freestyle  
 {6 x 25 on :35 Butterfly  
 {5 x 50 on :55 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:31 AM 5,275 Yards - Stress Value = 71

**Workout #6593 - Wednesday, 15 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,100 2x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:30 Tombstone Kicking  
 {1 x 50 on 1:25 Tombstone Kicking  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:25 Tombstone Kicking  
 {1 x 50 on 1:20 Tombstone Kicking  
 {4 x 25 on :45 Kick no board BS/LR  
 {1 x 50 on 1:20 Tombstone Kicking  
 { 2nd time through the set do not do last 50  
 1,250 1x{2 x 200 on 3:35 Lungbuster pulls  
 {2 x 200 on 3:30 Lungbuster pulls  
 {2 x 200 on 3:25 Lungbuster pulls  
 {1 x 50 on :45 Lungbuster pulls  
 { First 150 breathe 3-5-7 continuous, Last 50  
 { to one side of pool  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,375 1x{1 x 25 on :40 Butterfly  
 {1 x 50 on :55 Freestyle  
 {2 x 25 on :40 Butterfly  
 {2 x 50 on :55 Freestyle  
 {3 x 25 on :40 Butterfly  
 {3 x 50 on :55 Freestyle  
 {4 x 25 on :40 Butterfly  
 {4 x 50 on :55 Freestyle  
 {5 x 25 on :40 Butterfly  
 {5 x 50 on :55 Freestyle  
 {6 x 25 on :40 Butterfly  
 {2 x 50 on :55 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 4,875 Yards - Stress Value = 66

**Workout #6594 - Thursday, 16 July 2009**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 12 min abs/stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{2 x 100 on 2:00 Kick #2 fast {2 x 100 on 1:55 Kick #2 fast {2 x 100 on 1:50 Kick #2 fast {2 x 100 on 1:45 Kick #2 fast {2 x 100 on 1:40 Kick #2 fast {2 x 100 on 1:35 Kick #2 fast
1,200	4 x 300 on 4:00 Pulls #1 breathe towards pace clock, #2 toward bleachers #3 hold bre +1 strokes off wall, #4 DPS -2 strokes ever
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{2 x 50 on 1:00 Drill #1fly kick #2 DPS {3 x 100 on 1:50 Breast-descend {2 x 75 on 1:30 Drill-#1 free kick #2 DPS {3 x 100 on 1:45 Breaststroke-descend {2 x 100 on 2:00 Drill-#1 2K1P #2 DPS {3 x 100 on 1:40 Breaststroke-descend {2 x 125 on 2:30 Drill-#1 closed fist #2 DPS {3 x 100 on 1:35 Breaststroke-descend {2 x 150 on 3:00 Drill-#1 choice #2 DPS {3 x 100 on 1:30 Breaststroke-descend {100's=#1 2X pullouts SB wall, #2 2X pullout { #3 2X pullouts both walls
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	6,250 Yards - Stress Value = 84

7:00 AM Start

Yards	Set Description
600	1 on 30:00 12 min abs/stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,150	1x{2 x 100 on 2:05 Kick #2 fast {2 x 100 on 2:00 Kick #2 fast {2 x 100 on 1:55 Kick #2 fast {2 x 100 on 1:50 Kick #2 fast {2 x 100 on 1:45 Kick #2 fast {2 x 75 on 1:20 Kick #2 fast
1,100	1x{3 x 300 on 4:15 Pulls {1 x 200 on 2:45 Pulls { #1 breathe towards { pace clock, #2 toward bleachers #3 hold bre { +1 strokes off wall, #4 DPS -2 strokes ever
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,350	1x{2 x 50 on 1:00 Drill #1fly kick #2 DPS {3 x 100 on 2:00 Breast-descend {2 x 75 on 1:30 Drill-#1 free kick #2 DPS {3 x 100 on 1:55 Breaststroke-descend {2 x 100 on 2:00 Drill-#1 2K1P #2 DPS {3 x 100 on 1:50 Breaststroke-descend {2 x 125 on 2:30 Drill-#1 closed fist #2 DPS {3 x 100 on 1:45 Breaststroke-descend {2 x 150 on 3:00 Drill-#1 choice #2 DPS {3 x 50 on :50 Breast-dscnd (same as 100's) {100's=#1 2X pullouts SB wall, #2 2X pullout { #3 2X pullouts both walls
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	5,950 Yards - Stress Value = 79

**Workout #6596 - Thursday, 16 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 12 min abs/stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
600	1x{2 x 100 on 2:05 Kick #2 fast {2 x 100 on 2:00 Kick #2 fast {2 x 100 on 1:55 Kick #2 fast
600	1x{2 x 150 on 2:15 Pulls {2 x 150 on 2:10 Pulls { #1 breathe towards { pace clock, #2 toward bleachers #3 hold bre { +1 strokes off wall, #4 DPS -2 strokes ever
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{2 x 50 on 1:00 Drill #1fly kick #2 DPS {3 x 100 on 2:00 Breast-descend {2 x 50 on 1:00 Drill-#1 free kick #2 DPS {3 x 100 on 1:55 Breaststroke-descend {2 x 50 on 1:00 Drill-#1 2K1P #2 DPS {3 x 100 on 1:50 Breaststroke-descend {100's=#1 2X pullouts SB wall, #2 2X pullout { #3 2X pullouts both walls
250	1 x 250 on 4:00 Stroke Drills
8:46 AM	3,500 Yards - Stress Value = 45

7:00 AM Start

Yards	Set Description
550	1 on 30:00 12 min abs/stretch 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,050	1x{2 x 100 on 2:15 Kick #2 fast {2 x 100 on 2:10 Kick #2 fast {2 x 100 on 2:05 Kick #2 fast {2 x 100 on 2:00 Kick #2 fast {2 x 100 on 1:55 Kick #2 fast {2 x 25 on :30 Kick #2 fast
950	1x{2 x 250 on 4:10 Pulls {2 x 225 on 3:35 Pulls { #1 breathe towards { pace clock, #2 toward bleachers #3 hold bre { +1 strokes off wall, #4 DPS -2 strokes ever
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{2 x 50 on 1:05 Drill #1fly kick #2 DPS {3 x 100 on 2:05 Breast-descend {2 x 75 on 1:35 Drill-#1 free kick #2 DPS {3 x 100 on 2:00 Breaststroke-descend {2 x 100 on 2:10 Drill-#1 2K1P #2 DPS {3 x 100 on 1:55 Breaststroke-descend {2 x 100 on 2:10 Drill-#1 closed fist #2 DPS {3 x 100 on 1:50 Breaststroke-descend {2 x 100 on 2:10 Drill-#1 choice #2 DPS {3 x 50 on :55 Breast-dscnd (same as 100's) {100's=#1 2X pullouts SB wall, #2 2X pullout { #3 2X pullouts both walls
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	5,500 Yards - Stress Value = 74

**Workout #6595 - Thursday, 16 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

**Workout #6597 - Thursday, 16 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 12 min abs/stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 900 1x{2 x 100 on 2:30 Kick #2 fast  
 {2 x 100 on 2:25 Kick #2 fast  
 {2 x 100 on 2:20 Kick #2 fast  
 {2 x 100 on 2:15 Kick #2 fast  
 {2 x 50 on 1:05 Kick #2 fast  
 850 1x{1 x 250 on 4:30 Pulls  
 {3 x 200 on 3:40 Pulls  
 { #1 breathe towards  
 { pace clock, #2 toward bleachers #3 hold bre  
 { +1 strokes off wall, #4 DPS -2 strokes ever  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{2 x 50 on 1:15 Drill #1fly kick #2 DPS  
 {3 x 100 on 2:20 Breast-descend  
 {2 x 50 on 1:15 Drill-#1 free kick #2 DPS  
 {3 x 100 on 2:15 Breaststroke-descend  
 {2 x 50 on 1:15 Drill-#1 2K1P #2 DPS  
 {3 x 100 on 2:10 Breaststroke-descend  
 {2 x 50 on 1:15 Drill-#1 closed fist #2 DPS  
 {3 x 100 on 2:05 Breaststroke-descend  
 {2 x 50 on 1:15 Drill-#1 choice #2 DPS  
 {3 x 100 on 2:00 Breaststroke-descend  
 { 100's=#1 2X pullouts SB wall, #2 2X pullout  
 { #3 2X pullouts both walls  
 400 8 x 50 on 1:00 Stroke Drills  
 9:31 AM 5,000 Yards - Stress Value = 69

{1 x 75 on 1:20 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 125 on 2:10 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {1 x 50 on :55 Kick  
 {1 x 75 on 1:30 Kick-100%  
 {1 x 100 on 1:45 Kick  
 {1 x 125 on 2:10 Kick  
 {4 x 25 on :45 Kick no board ---L-  
 {1 x 50 on :55 Kick  
 {1 x 75 on 1:20 Kick  
 {1 x 100 on 2:00 Kick-100%  
 {1 x 125 on 2:10 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 50 on :55 Kick  
 {1 x 75 on 1:20 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 125 on 2:30 Kick-100%  
 1,000 20 x 50 on :45 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 1x{1 x 200 on 3:00 Individual Medley  
 {1 x 100 on 1:30 Individual Medley  
 {1 x 100 on 1:05 Freestyle  
 {1 x 100 on 1:25 Individual Medley  
 {1 x 100 on 1:10 Freestyle  
 {1 x 100 on 1:20 Individual Medley  
 {1 x 100 on 1:15 Freestyle  
 {1 x 100 on 1:15 Individual Medley  
 {1 x 100 on 1:20 Freestyle  
 {1 x 200 on 3:00 Individual Medley  
 {1 x 100 on 1:25 Individual Medley  
 {1 x 100 on 1:05 Freestyle  
 {1 x 100 on 1:20 Individual Medley  
 {1 x 100 on 1:10 Freestyle  
 {1 x 100 on 1:15 Individual Medley  
 {1 x 100 on 1:15 Freestyle  
 {1 x 200 on 3:00 Individual Medley  
 {1 x 100 on 1:20 Individual Medley  
 {1 x 100 on 1:05 Freestyle  
 {1 x 100 on 1:15 Freestyle  
 {1 x 100 on 1:10 Freestyle  
 {1 x 100 on 1:15 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 9:30 AM 6,450 Yards - Stress Value = 114

**Workout #6599 - Thursday, 16 July 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 600 1 x 600 on 10:00 Odd 100's 2 strks free 2 ba  
 even 100's 2 strks fly 2 brst +1  
 180 12 x 15 on :45 Start/Shooter/Finish  
 150 1x{2 x 25 on :30 Freestyle-2bk  
 {2 x 25 on :30 Freestyle-4bk  
 {2 x 25 on :30 Freestyle-6bk  
 1,200 1x{4 x 50 on 2:00 15m under/back  
 {4 x 50 on 2:00 15m under/stomach  
 {4 x 50 on 2:00 15m under/back/zoomers  
 {4 x 50 on 2:00 15m under/stomach/zoomers  
 {4 x 50 on 2:00 15m under/back/fins  
 {4 x 50 on 2:00 15m under/stomach/fins  
 200 1 x 200 on 3:00 Stroke Drills  
 6:32 PM 2,330 Yards - Stress Value = 31

**Workout #6600 - Friday, 17 July 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs//Stretch  
 600 1 x 600 on 10:00 Alt 100 choice 100 Rev IM I  
 150 10 x 15 on :45 Shooters  
 1,800 1x{4 x 25 on :45 Kick no board B----  
 {1 x 50 on 1:00 Kick-100%

**Workout #6604 - Friday, 17 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Physio Ball Abs//Stretch 1 x 600 on 10:00 Alt 100 choice 100 Rev IM I
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:00 Kick-100% {1 x 75 on 1:25 Kick {1 x 100 on 1:55 Kick {1 x 125 on 2:25 Kick {4 x 25 on :45 Kick no board BSLR
600	12 x 50 on :45 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
1,000	1x{1 x 200 on 3:15 Individual Medley {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:15 Freestyle {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:20 Freestyle {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:25 Freestyle {1 x 100 on 1:25 Individual Medley {1 x 100 on 1:30 Freestyle
500	1 x 500 on 10:00 Stroke Drills
8:44 AM	3,500 Yards - Stress Value = 43

**Workout #6601 - Friday, 17 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Physio Ball Abs//Stretch 1 x 600 on 10:00 Alt 100 choice 100 Rev IM I
150	10 x 15 on :45 Shooters
1,750	1x{4 x 25 on :45 Kick no board B---- {1 x 50 on 1:00 Kick-100% {1 x 75 on 1:25 Kick {1 x 100 on 1:55 Kick {1 x 125 on 2:25 Kick {4 x 25 on :45 Kick no board -S-- {1 x 50 on :55 Kick {1 x 75 on 1:30 Kick-100% {1 x 100 on 1:55 Kick {1 x 125 on 2:25 Kick {4 x 25 on :45 Kick no board ---L- {1 x 50 on :55 Kick {1 x 75 on 1:25 Kick {1 x 100 on 2:00 Kick-100% {1 x 125 on 2:25 Kick {4 x 25 on :45 Kick no board ---R {1 x 75 on 1:25 Kick {1 x 100 on 1:55 Kick {1 x 125 on 2:30 Kick-100%
1,000	20 x 50 on :45 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
2,050	1x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 200 on 3:15 Individual Medley {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:15 Freestyle {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:20 Freestyle {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:25 Freestyle {1 x 100 on 1:25 Individual Medley {1 x 100 on 1:30 Freestyle {1 x 200 on 3:15 Individual Medley

{1 x 100 on 1:35 Individual Medley
{1 x 100 on 1:15 Freestyle
{1 x 100 on 1:30 Individual Medley
{1 x 100 on 1:20 Freestyle
{1 x 100 on 1:25 Individual Medley
{1 x 100 on 1:25 Freestyle
{1 x 200 on 3:15 Individual Medley
{1 x 50 on :35 Freestyle
1 x 300 on 5:00 Stroke Drills
9:30 AM 6,050 Yards - Stress Value = 106

**Workout #6602 - Friday, 17 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 30:00 Physio Ball Abs//Stretch 1 x 550 on 10:00 Alt 100 choice 100 Rev IM I
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :45 Kick no board B---- {1 x 50 on 1:10 Kick-100% {1 x 75 on 1:35 Kick {1 x 100 on 2:05 Kick {1 x 125 on 2:40 Kick {4 x 25 on :45 Kick no board -S-- {1 x 50 on 1:05 Kick {1 x 75 on 1:45 Kick-100% {1 x 100 on 2:05 Kick {1 x 125 on 2:40 Kick {4 x 25 on :45 Kick no board ---L- {1 x 50 on 1:05 Kick {1 x 75 on 1:45 Kick {1 x 100 on 2:20 Kick-100% {1 x 125 on 2:40 Kick {4 x 25 on :45 Kick no board ---R {1 x 50 on 1:05 Kick {1 x 100 on 3:00 Kick-100%
900	18 x 50 on :50 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
1,750	1x{1 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 x 200 on 3:40 Individual Medley {1 x 100 on 1:50 Individual Medley {1 x 100 on 1:30 Freestyle {1 x 100 on 1:45 Individual Medley {1 x 100 on 1:35 Freestyle {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:40 Freestyle {1 x 200 on 3:40 Individual Medley {1 x 100 on 1:45 Individual Medley {1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:35 Freestyle {1 x 200 on 3:40 Individual Medley {1 x 100 on 1:40 Individual Medley {1 x 50 on :45 Freestyle
300	1 x 300 on 5:00 Stroke Drills
9:29 AM	5,450 Yards - Stress Value = 94

**Workout #6603 - Friday, 17 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs//Stretch  
 500 1 x 500 on 10:00 Alt 100 choice 100 Rev IM I  
 150 10 x 15 on :45 Shooters  
 1,600 1x{ Kick set is all with fins  
 {4 x 25 on :45 Kick no board B----  
 {1 x 50 on 1:10 Kick-100%  
 {1 x 75 on 1:35 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 125 on 2:40 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {1 x 50 on 1:05 Kick  
 {1 x 75 on 1:45 Kick-100%  
 {1 x 100 on 2:05 Kick  
 {1 x 125 on 2:40 Kick  
 {4 x 25 on :45 Kick no board ---L-  
 {1 x 50 on 1:05 Kick  
 {1 x 75 on 1:45 Kick  
 {1 x 100 on 2:20 Kick-100%  
 {1 x 125 on 2:40 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 50 on 1:05 Kick  
 {1 x 100 on 3:00 Kick-100%  
 800 16 x 50 on :55 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{1 x 200 on 4:00 Individual Medley  
 {1 x 100 on 2:00 Individual Medley  
 {1 x 100 on 1:40 Freestyle  
 {1 x 100 on 1:55 Individual Medley  
 {1 x 100 on 1:45 Freestyle  
 {1 x 200 on 4:00 Individual Medley  
 {1 x 100 on 1:55 Individual Medley  
 {1 x 100 on 1:40 Freestyle  
 {1 x 100 on 1:50 Individual Medley  
 {1 x 100 on 1:45 Freestyle  
 {1 x 200 on 4:00 Individual Medley  
 {1 x 100 on 1:45 Individual Medley  
 {1 x 100 on 1:40 Freestyle  
 {1 x 50 on :45 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 9:30 AM 5,200 Yards - Stress Value = 91

**Workout #6605 - Monday, 20 July 2009**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on :45 Kick  
 {1 x 50 on 1:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 75 on 1:10 Kick  
 {1 x 75 on 1:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 125 on 1:55 Kick  
 {1 x 125 on 2:30 Kick  
 100 1 x 100 on 2:00 Kick for time  
 1,200 1x{1 x 400 on 5:20 Pulls

{1 x 400 on 5:10 Pulls  
 {1 x 400 on 5:00 Pulls  
 { +1 to 9 strokes then -1 repeat  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,800 1x{1 x 500 on 6:15 Freestyle  
 {5 x 100 on 1:30 Freestyle  
 {1 x 400 on 5:00 Freestyle  
 {4 x 100 on 1:30 Freestyle  
 {1 x 300 on 3:45 Freestyle  
 {3 x 100 on 1:30 Freestyle  
 {1 x 200 on 2:30 Freestyle  
 {2 x 100 on 1:30 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:31 AM 6,550 Yards - Stress Value = 161

**Workout #6606 - Monday, 20 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on :50 Kick  
 {1 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 75 on 1:15 Kick  
 {1 x 75 on 1:35 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 125 on 2:10 Kick  
 {1 x 75 on 1:35 Kick  
 100 1 x 100 on 2:00 Kick for time  
 1,100 1x{1 x 400 on 5:45 Pulls  
 {1 x 400 on 5:30 Pulls  
 {1 x 300 on 4:00 Pulls  
 { +1 to 9 strokes then -1 repeat  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,600 1x{1 x 500 on 6:50 Freestyle  
 {5 x 100 on 1:30 Freestyle  
 {1 x 400 on 5:30 Freestyle  
 {4 x 100 on 1:30 Freestyle  
 {1 x 300 on 4:10 Freestyle  
 {3 x 100 on 1:30 Freestyle  
 {1 x 200 on 2:45 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,200 Yards - Stress Value = 147

**Workout #6607 - Monday, 20 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:00 Kick  
 {1 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 75 on 1:30 Kick  
 {1 x 75 on 1:45 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 125 on 2:30 Kick  
 {1 x 25 on :35 Kick  
 100 1 x 100 on 2:00 Kick for time  
 1,000 1x{1 x 300 on 4:50 Pulls  
 {1 x 300 on 4:40 Pulls  
 {1 x 400 on 6:10 Pulls  
 { +1 to 9 strokes then -1 repeat  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,300 1x{1 x 500 on 8:00 Freestyle  
 {5 x 100 on 1:50 Freestyle  
 {1 x 400 on 6:20 Freestyle  
 {4 x 100 on 1:45 Freestyle  
 {1 x 300 on 4:50 Freestyle  
 {2 x 100 on 1:45 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:31 AM 5,700 Yards - Stress Value = 135

**Workout #6608 - Monday, 20 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 { Bronze group use fins until kick for time  
 {1 x 50 on 1:00 Kick  
 {1 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 75 on 1:30 Kick  
 {1 x 75 on 1:45 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 125 on 2:30 Kick  
 {1 x 25 on :35 Kick  
 100 1 x 100 on 2:00 Kick for time  
 900 1x{1 x 300 on 5:30 Pulls  
 {1 x 300 on 5:20 Pulls  
 {1 x 300 on 5:10 Pulls  
 { +1 to 9 strokes then -1 repeat  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{1 x 400 on 7:00 Freestyle  
 {4 x 100 on 2:00 Freestyle  
 {1 x 300 on 5:15 Freestyle  
 {3 x 100 on 2:00 Freestyle  
 {1 x 200 on 3:30 Freestyle

{2 x 100 on 2:00 Freestyle  
 {1 x 100 on 1:45 Freestyle  
 {1 x 100 on 2:00 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,250 Yards - Stress Value = 123

**Workout #6609 - Tuesday, 21 July 2009**

**Group 3 - Back**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 29:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 100 1 x 100 on 2:00 Backstroke for time  
 150 10 x 15 on :45 Shooters  
 1,650 1x{3 x 100 on 2:00 Kick-descend  
 {1 x 150 on 3:00 Kick 50 fly/brst/free  
 {3 x 100 on 1:50 Kick-descend  
 {1 x 150 on 3:00 Kick 50/fly/brst/free  
 {3 x 100 on 1:40 Kick-descend  
 {1 x 150 on 3:00 Kick 50 fly/brst/free  
 {3 x 100 on 1:30 Kick-descend  
 1,500 1x{4 x 125 on 1:45 Pulls  
 {4 x 125 on 1:40 Pulls  
 {4 x 125 on 1:35 Pulls  
 { Odds breathe towards stands/BH wall break c  
 { hips pass the flags/evens are opposite  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 1x{3 x 150 on 2:20 Backstroke  
 {1 x 100 on 2:00 Backstroke w/in 10 secs  
 {3 x 150 on 2:15 Backstroke  
 {1 x 100 on 2:00 Backstroke w/in 8 secs  
 {3 x 150 on 2:10 Backstroke  
 {1 x 100 on 2:00 Backstroke w/in 6 secs  
 {3 x 150 on 2:05 Backstroke  
 {1 x 100 on 2:00 Backstroke w/in 4 secs  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 6,600 Yards - Stress Value = 129



**Workout #6610 - Tuesday, 21 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 x 600 on 10:00 Underwater trn drill
100	1 x 100 on 2:00 Backstroke for time
150	10 x 15 on :45 Shooters
1,450	1x{3 x 100 on 2:05 Kick-descend {1 x 150 on 3:15 Kick 50 fly/brst/free {3 x 100 on 2:00 Kick-descend {1 x 150 on 3:15 Kick 50/fly/brst/free {3 x 100 on 1:55 Kick-descend {1 x 150 on 3:15 Kick 50 fly/brst/free {1 x 100 on 1:50 Kick-100%
1,300	1x{4 x 125 on 1:55 Pulls {4 x 125 on 1:45 Pulls {3 x 100 on 1:25 Pulls { Odds breathe towards stands/BH wall break c { hips pass the flags/evens are opposite
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{3 x 150 on 2:30 Backstroke {1 x 100 on 2:00 Backstroke w/in 10 secs {3 x 150 on 2:25 Backstroke {1 x 100 on 2:00 Backstroke w/in 8 secs {3 x 150 on 2:20 Backstroke {1 x 100 on 2:00 Backstroke w/in 6 secs {3 x 100 on 1:30 Backstroke {1 x 100 on 2:00 Backstroke w/in 4 secs
200	1 x 200 on 3:00 Stroke Drills
9:29 AM	6,050 Yards - Stress Value = 118

**Workout #6611 - Tuesday, 21 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 x 550 on 10:00 Underwater trn drill
100	1 x 100 on 2:00 Backstroke for time
150	10 x 15 on :45 Shooters
1,350	1x{3 x 100 on 2:15 Kick-descend {1 x 150 on 3:20 Kick 50 fly/brst/free {3 x 100 on 2:10 Kick-descend {1 x 150 on 3:20 Kick 50/fly/brst/free {3 x 100 on 2:05 Kick-descend {1 x 150 on 3:20 Kick 50 fly/brst/free
1,200	1x{4 x 100 on 1:45 Pulls {4 x 100 on 1:40 Pulls {4 x 100 on 1:35 Pulls { Odds breathe towards stands/BH wall break c { hips pass the flags/evens are opposite
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{3 x 150 on 2:40 Backstroke {1 x 100 on 2:10 Backstroke w/in 10 secs {3 x 150 on 2:35 Backstroke {1 x 100 on 2:10 Backstroke w/in 8 secs {3 x 150 on 2:30 Backstroke {1 x 100 on 2:10 Backstroke w/in 6 secs {1 x 150 on 2:25 Backstroke {1 x 100 on 2:10 Backstroke w/in 4 secs
200	1 x 200 on 3:00 Stroke Drills
9:30 AM	5,650 Yards - Stress Value = 113

**Workout #6612 - Tuesday, 21 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 29:00 Physio Balls/Stretch 1 x 550 on 10:00 Underwater trn drill
100	1 x 100 on 2:00 Backstroke for time
150	10 x 15 on :45 Shooters
1,300	1x{3 x 100 on 2:20 Kick-descend {1 x 150 on 3:30 Kick 50 fly/brst/free {3 x 100 on 2:15 Kick-descend {1 x 150 on 3:30 Kick 50/fly/brst/free {3 x 100 on 2:10 Kick-descend {1 x 100 on 2:20 Kick 25 fly/brst 50free
1,050	1x{4 x 100 on 1:55 Pulls {4 x 100 on 1:50 Pulls {5 x 50 on :55 Pulls { Odds breathe towards stands/BH wall break c { hips pass the flags/evens are opposite
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{2 x 150 on 3:00 Backstroke {1 x 100 on 2:30 Backstroke w/in 10 secs {2 x 150 on 2:55 Backstroke {1 x 100 on 2:30 Backstroke w/in 8 secs {2 x 150 on 2:50 Backstroke {1 x 100 on 2:30 Backstroke w/in 6 secs {2 x 150 on 2:45 Backstroke {1 x 100 on 2:30 Backstroke w/in 4 secs
200	1 x 200 on 4:00 Stroke Drills
9:29 AM	5,150 Yards - Stress Value = 103

**Workout #6613 - Tuesday, 21 July 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
500	1 on 10:00 Stretching 1 x 500 on 10:00 100 drill 100 DD 100 run 100 k 100 drill
180	12 x 15 on :45 Start/shooter/finish
100	1 x 100 on 5:00 IM for time from a push
250	5 x 50 on 1:00 Stroke Drills
500	1 x 500 on 24:00 IM Relay Game
1,000	10 x 100 on 1:50 Kick-choose your interval
200	1 x 200 on 3:00 Stroke Drills
6:31 PM	2,730 Yards - Stress Value = 82

**Workout #6614 - Wednesday, 22 July 2009**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 10 min abs/stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,400 1x{6 x 25 on :45 Kick no board B--- 13 KOW  
 {4 x 50 on 1:00 Kick-OTL  
 {6 x 25 on :45 Kick no board -S-- 11 KOW  
 {4 x 50 on 1:00 Kick-OTL  
 {6 x 25 on :45 Kick no board --L- 5 KOW  
 {4 x 50 on 1:00 Kick OTL  
 {6 x 25 on :45 Kick no board ---R 5 KOW  
 {4 x 50 on 1:00 Kick-OTL  
 750 1x{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds  
 {2 x 125 on 1:40 Pulls-nbbf&w + 3 yds  
 {2 x 125 on 1:35 Pulls-nbbf&w + 4 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 200 on 4:00 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 {2 x 175 on 3:25 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 {3 x 150 on 2:50 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 {4 x 125 on 2:20 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 200 1 x 200 on 5:00 Fly broken at 50's  
 rest 10, 20, and 30 seconds  
 350 7 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,750 Yards - Stress Value = 40

**Workout #6618 - Wednesday, 22 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 10 min abs/stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 500 1x{6 x 25 on :45 Kick no board B--- 13 KOW  
 {4 x 50 on 1:00 Kick-OTL  
 {6 x 25 on :45 Kick no board -S-- 11 KOW  
 400 1x{1 x 125 on 1:55 Pulls-nbbf&w + 2 yds  
 {1 x 125 on 1:50 Pulls-nbbf&w + 3 yds  
 {2 x 75 on 1:05 Pulls-nbbf&w + 4 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 200 on 4:00 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 {2 x 175 on 3:25 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 {1 x 150 on 2:50 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 200 1 x 200 on 5:00 Fly broken at 50's  
 rest 10, 20, and 30 seconds  
 400 8 x 50 on 1:00 Stroke Drills  
 8:46 AM 3,500 Yards - Stress Value = 55

**Workout #6615 - Wednesday, 22 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 10 min abs/stretch

600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,400 1x{6 x 25 on :45 Kick no board B--- 13 KOW  
 {4 x 50 on 1:00 Kick-OTL  
 {6 x 25 on :45 Kick no board -S-- 11 KOW  
 {4 x 50 on 1:00 Kick-OTL  
 {6 x 25 on :45 Kick no board --L- 5 KOW  
 {4 x 50 on 1:00 Kick OTL  
 {6 x 25 on :45 Kick no board ---R 5 KOW  
 {4 x 50 on 1:00 Kick-OTL  
 650 1x{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds  
 {2 x 125 on 1:50 Pulls-nbbf&w + 3 yds  
 {2 x 75 on 1:05 Pulls-nbbf&w + 4 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 200 on 4:00 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 {2 x 175 on 3:25 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 {3 x 150 on 2:50 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 {4 x 125 on 2:20 Fly w/fins  
 {1 x 150 on 2:15 Freestyle  
 200 1 x 200 on 5:00 Fly broken at 50's  
 rest 10, 20, and 30 seconds  
 350 7 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,650 Yards - Stress Value = 88

**Workout #6616 - Wednesday, 22 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 10 min abs/stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,250 1x{6 x 25 on :45 Kick no board B--- 13 KOW  
 {4 x 50 on 1:10 Kick-OTL  
 {6 x 25 on :45 Kick no board -S-- 11 KOW  
 {4 x 50 on 1:10 Kick-OTL  
 {6 x 25 on :45 Kick no board --L- 5 KOW  
 {4 x 50 on 1:10 Kick OTL  
 {6 x 25 on :45 Kick no board ---R 5 KOW  
 {1 x 50 on 1:10 Kick-OTL  
 550 1x{2 x 100 on 1:50 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:45 Pulls-nbbf&w + 3 yds  
 {2 x 75 on 1:15 Pulls-nbbf&w + 4 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{1 x 200 on 4:30 Fly w/fins  
 {1 x 100 on 2:15 Freestyle  
 {2 x 175 on 3:50 Fly w/fins  
 {1 x 100 on 2:15 Freestyle  
 {3 x 150 on 3:15 Fly w/fins  
 {1 x 100 on 2:15 Freestyle  
 {3 x 100 on 2:05 Fly w/fins  
 {1 x 100 on 2:15 Freestyle  
 200 1 x 200 on 5:00 Fly broken at 50's  
 rest 10, 20, and 30 seconds  
 350 7 x 50 on 1:00 Stroke Drills  
 9:30 AM 4,950 Yards - Stress Value = 83

**Workout #6617 - Wednesday, 22 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
500	1 on 25:00 10 min abs/stretch 1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,250	1x{6 x 25 on :45 Kick no board B--- 13 KOW {4 x 50 on 1:10 Kick-OTL {6 x 25 on :45 Kick no board -S-- 11 KOW {4 x 50 on 1:10 Kick-OTL {6 x 25 on :45 Kick no board --L- 5 KOW {4 x 50 on 1:10 Kick OTL {6 x 25 on :45 Kick no board ---R 5 KOW {1 x 50 on 1:10 Kick-OTL
500	1x{2 x 100 on 2:00 Pulls-nbbf&w + 2 yds {2 x 100 on 1:55 Pulls-nbbf&w + 3 yds {1 x 100 on 1:50 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 200 on 4:30 Fly w/fins {1 x 100 on 2:15 Freestyle {2 x 175 on 3:50 Fly w/fins {1 x 100 on 2:15 Freestyle {3 x 150 on 3:15 Fly w/fins {1 x 100 on 2:15 Freestyle {3 x 100 on 2:05 Fly w/fins {1 x 100 on 2:15 Freestyle
200	1 x 200 on 5:00 Fly broken at 50's rest 10, 20, and 30 seconds
350	7 x 50 on 1:00 Stroke Drills
9:30 AM	4,850 Yards - Stress Value = 82

**Workout #6619 - Thursday, 23 July 2009**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,250	5x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:20 Kick-odds 100%
1,250	1x{2 x 125 on 1:50 Lungbuster pulls {2 x 125 on 1:45 Lungbuster pulls {2 x 125 on 1:40 Lungbuster pulls {2 x 125 on 1:35 Lungbuster pulls {2 x 125 on 1:30 Lungbuster pulls Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 125 on 2:10 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 2:05 Breaststroke {3 x 50 on 1:00 Breast under/over {3 x 125 on 2:00 Breaststroke {2 x 50 on 1:00 Breast under/over {4 x 125 on 1:55 Breaststroke-descend {1 x 50 on 1:00 Breast unde/over
400	4 x 100 on 1:30 Freestyle-descend to ludicrc Speed
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	6,000 Yards - Stress Value = 84

**Workout #6628 - Thursday, 23 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:00 Kick-odds 100%
500	1x{1 x 125 on 2:00 Lungbuster pulls {1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{1 x 125 on 2:20 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 2:15 Breaststroke {3 x 50 on 1:00 Breast under/over {3 x 125 on 2:10 Breaststroke
400	4 x 100 on 1:30 Freestyle-descend to ludicrc Speed
250	1 x 250 on 4:00 Stroke Drills
8:44 AM	3,400 Yards - Stress Value = 40

**Workout #6620 - Thursday, 23 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	4x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:00 Kick-odds 100%
1,100	1x{2 x 125 on 2:00 Lungbuster pulls {2 x 125 on 1:55 Lungbuster pulls {2 x 125 on 1:50 Lungbuster pulls {2 x 125 on 1:45 Lungbuster pulls {1 x 100 on 1:25 Lungbuster pulls Odds breathe 3-5-7-9 by 25's, evens 2-4-6-
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 125 on 2:20 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 2:15 Breaststroke {3 x 50 on 1:00 Breast under/over {3 x 125 on 2:10 Breaststroke {2 x 50 on 1:00 Breast under/over {4 x 125 on 2:05 Breaststroke-descend
400	4 x 100 on 1:30 Freestyle-descend to ludicrc Speed
400	8 x 50 on 1:00 Stroke Drills
9:31 AM	5,750 Yards - Stress Value = 81

**Workout #6621 - Thursday, 23 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,200 3x{4 x 25 on :45 Kick no board BSLR  
 {6 x 50 on 1:05 Kick-odds 100%  
 1,000 1x{2 x 100 on 1:50 Lungbuster pulls  
 {2 x 100 on 1:45 Lungbuster pulls  
 {2 x 100 on 1:40 Lungbuster pulls  
 {2 x 100 on 1:35 Lungbuster pulls  
 {2 x 100 on 1:30 Lungbuster pulls  
 Odds breathe 3-5-7-9 by 25's, evens 2-4-6-  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,450 1x{1 x 125 on 2:30 Breaststroke  
 {4 x 50 on 1:05 Breast under/over  
 {2 x 125 on 2:25 Breaststroke  
 {3 x 50 on 1:05 Breast under/over  
 {3 x 125 on 2:20 Breaststroke  
 {2 x 50 on 1:05 Breast under/over  
 {2 x 125 on 2:15 Breaststroke-descend  
 400 4 x 100 on 1:40 Freestyle-descend to ludicrc  
 Speed  
 400 8 x 50 on 1:00 Stroke Drills  
 9:31 AM 5,350 Yards - Stress Value = 75

**Workout #6622 - Thursday, 23 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,000 5x{4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:05 Kick-odds 100%  
 Last 2 sets do 3 X 50's  
 900 1x{2 x 100 on 2:00 Lungbuster pulls  
 {2 x 100 on 1:55 Lungbuster pulls  
 {2 x 100 on 1:50 Lungbuster pulls  
 {2 x 100 on 1:45 Lungbuster pulls  
 {1 x 100 on 1:40 Lungbuster pulls  
 Odds breathe 3-5-7-9 by 25's, evens 2-4-6-  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{1 x 100 on 2:20 Breaststroke  
 {4 x 50 on 1:10 Breast under/over  
 {2 x 100 on 2:15 Breaststroke  
 {3 x 50 on 1:10 Breast under/over  
 {3 x 100 on 2:10 Breaststroke  
 {2 x 50 on 1:10 Breast under/over  
 {2 x 100 on 2:05 Breaststroke-descend  
 300 3 x 100 on 1:50 Freestyle-descend to ludicrc  
 Speed  
 400 8 x 50 on 1:00 Stroke Drills  
 9:26 AM 4,700 Yards - Stress Value = 66

**Workout #6623 - Thursday, 23 July 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description

=====  
 =====  
 1 on 15:00 Stretching  
 600 1 x 600 on 10:00 25 swim 25 ScD, 50 swim 25  
 75swim 25ScD, 100swim 25ScD, 125swim 25Sc  
 180 12 x 15 on :45 Start/shooter/finish  
 960 12x{2 x 20 on 1:00 Running Pit Sprint  
 {1 on :01 1-12 pushups  
 {1 x 40 on 1:59 Tombstone Kicking  
 250 1 x 250 on 5:00 Stroke Drills  
 6:30 PM 1,990 Yards - Stress Value = 65

**Workout #6624 - Friday, 24 July 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:00 Kick-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on :55 Kick-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on :50 Kick-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on :45 Kick-descend  
 100 1 x 100 on 3:00 Kick for time  
 1,200 1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds  
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds  
 {4 x 75 on :55 Pulls-nbbf&w + 2 yds  
 {4 x 75 on :50 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 1x{4 x 100 on 1:20 Individual Medley  
 {1 on 1:00 Rest  
 {4 x 125 on 1:40 IM w/50 free  
 {1 on 1:00 Rest  
 {4 x 150 on 2:00 IM 25,25 50, 50  
 {1 on 1:00 Rest  
 {4 x 175 on 2:20 IM 25, 50, 50, 50  
 {1 on 1:00 Rest  
 {4 x 200 on 2:40 Individual Medley  
 200 1 x 200 on 3:00 Stroke Drills  
 9:33 AM 6,650 Yards - Stress Value = 123

**Workout #6629 - Friday, 24 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:05 Kick-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:00 Kick-descend  
 450 1x{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds  
 {2 x 75 on 1:10 Pulls-nbbf&w + 2 yds  
 {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 3x{4 x 100 on 1:35 Individual Medley  
 {1 on 1:00 Rest  
 500 1 x 500 on 10:00 Stroke Drills  
 8:49 AM 3,500 Yards - Stress Value = 48

**Workout #6625 - Friday, 24 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 600 on 10:00 Choice
1,100	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:00 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on :55 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:00 Kick lez lfast
100	1 x 100 on 3:00 Kick for time
1,050	1x{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{4 x 100 on 1:35 Individual Medley
	{1 on 1:00 Rest
	{4 x 125 on 2:00 IM w/50 free
	{1 on 1:00 Rest
	{4 x 150 on 2:20 IM 25,25 50, 50
	{1 on 1:00 Rest
	{4 x 175 on 2:45 IM 25, 50, 50, 50
	{1 on 1:00 Rest
	{2 x 200 on 3:10 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
9:34 AM	6,000 Yards - Stress Value = 110

**Workout #6626 - Friday, 24 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 550 on 10:00 Choice
1,050	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:10 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:00 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
100	1 x 100 on 3:00 Kick for time
950	1x{4 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{1 x 50 on :45 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{4 x 100 on 1:50 Individual Medley
	{1 on 1:00 Rest
	{4 x 125 on 2:15 IM w/50 free
	{1 on 1:00 Rest
	{4 x 150 on 2:45 IM 25,25 50, 50
	{1 on 1:00 Rest
	{4 x 175 on 3:10 IM 25, 50, 50, 50
	{1 on 1:00 Rest
	{1 x 200 on 3:30 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
9:37 AM	5,600 Yards - Stress Value = 103

**Workout #6627 - Friday, 24 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
500	1 on 30:00 Physio Ball Abs/Stretch
150	1 x 500 on 10:00 Choice
1,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:15 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:10 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
100	1 x 100 on 3:00 Kick for time
900	1x{4 x 75 on 1:25 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{4 x 100 on 2:15 Individual Medley
	{1 on 1:00 Rest
	{4 x 125 on 2:45 IM w/50 free
	{1 on 1:00 Rest
	{4 x 150 on 3:20 IM 25,25 50, 50
	{1 on 1:00 Rest
	{2 x 175 on 3:45 IM 25, 50, 50, 50
200	1 x 200 on 3:00 Stroke Drills
9:33 AM	4,900 Yards - Stress Value = 90

**Workout #6630 - Sunday, 26 July 2009**

**Group 3 - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description
12:00 PM	Start
800	1 on 15:00 Stretching
150	1 x 800 on 12:00 Swim-kick-pull-swim
750	10 x 15 on :45 Shooters
	1x{3 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
	{2 x 100 on 2:05 Kick
	{1 x 50 on 1:00 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:00 Kick
1,000	1 x 1000 on 15:00 Pull-Breathe on 3-odd 100'
	break when hips pass flags, even 100's
	break when shoulders pass flags
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	2x{3 x 50 on 1:00 Your #1 drill-with fast turns
	{3 x 200 on 3:00 Free #1 easy speed, #2 builc
	{ concentrate on great streamlines
	{3 x 50 on 1:00 Your #4 drill w/great turns
300	1 x 300 on 5:00 Stroke Drills
1:53 PM	5,000 Yards - Stress Value = 45

**Workout #6631 - Monday, 27 July 2009**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{2 x 100 on 2:00 Kick  
 {2 x 100 on 1:55 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 100 on 1:45 Kick  
 {2 x 100 on 1:40 Kick  
 {2 x 100 on 1:35 Kick  
 {2 x 100 on 1:30 Kick  
 1,250 1x{1 x 150 on 2:10 Pulls  
 {2 x 125 on 1:50 Pulls  
 {3 x 100 on 1:25 Pulls  
 {4 x 75 on 1:05 Pulls  
 {5 x 50 on :45 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 1x{1 x 500 on 6:40 Freestyle-DPS  
 {2 x 400 on 5:20 Free-break as feet pass flaç  
 {3 x 300 on 4:00 Freestyle 3 KOW  
 {4 x 200 on 2:40 Free #1&#3 br on 3  
 { #2 and #4 breathe on 2  
 300 1 x 300 on 6:00 Stroke Drills  
 9:30 AM 6,900 Yards - Stress Value = 70

**Workout #6636 - Monday, 27 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{2 x 100 on 2:05 Kick  
 {2 x 100 on 2:00 Kick  
 {2 x 100 on 1:55 Kick  
 500 1x{1 x 150 on 2:10 Pulls  
 {1 x 125 on 1:50 Pulls  
 {1 x 100 on 1:25 Pulls  
 {1 x 75 on 1:05 Pulls  
 {1 x 50 on :45 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{1 x 500 on 7:00 Freestyle-DPS  
 {1 x 400 on 5:40 Free-break as feet pass flaç  
 {1 x 300 on 4:20 Freestyle 3 KOW  
 {1 x 200 on 2:55 Free #1&#3 br on 3  
 { #2 breathe on 2  
 200 1 x 200 on 3:00 Stroke Drills  
 8:40 AM 3,550 Yards - Stress Value = 35

**Workout #6635 - Monday, 27 July 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{2 x 100 on 2:00 Kick  
 {2 x 100 on 1:55 Kick  
 {2 x 100 on 1:50 Kick

600 1x{2 x 125 on 1:50 Pulls  
 {2 x 100 on 1:25 Pulls  
 {2 x 75 on 1:05 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{1 x 500 on 6:40 Freestyle-DPS  
 {1 x 400 on 5:20 Free-break as feet pass flaç  
 {1 x 300 on 4:00 Freestyle 3 KOW  
 {1 x 200 on 2:40 Free #1&#3 br on 3  
 { #2 and #4 breathe on 2  
 200 1 x 200 on 3:00 Stroke Drills  
 8:40 AM 3,650 Yards - Stress Value = 36

**Workout #6632 - Monday, 27 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,300 1x{2 x 100 on 2:05 Kick  
 {2 x 100 on 2:00 Kick  
 {2 x 100 on 1:55 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 100 on 1:45 Kick  
 {2 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 1,250 1x{1 x 150 on 2:10 Pulls  
 {2 x 125 on 1:50 Pulls  
 {3 x 100 on 1:25 Pulls  
 {4 x 75 on 1:05 Pulls  
 {5 x 50 on :45 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,800 1x{1 x 500 on 7:00 Freestyle-DPS  
 {2 x 400 on 5:40 Free-break as feet pass flaç  
 {3 x 300 on 4:20 Freestyle 3 KOW  
 {3 x 200 on 2:55 Free #1&#3 br on 3  
 { #2 breathe on 2  
 300 1 x 300 on 6:00 Stroke Drills  
 9:31 AM 6,600 Yards - Stress Value = 68

**Workout #6633 - Monday, 27 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{2 x 100 on 2:15 Kick  
 {2 x 100 on 2:10 Kick  
 {2 x 100 on 2:05 Kick  
 {2 x 100 on 2:00 Kick  
 {2 x 100 on 1:55 Kick  
 {2 x 100 on 1:50 Kick  
 1,150 1x{1 x 150 on 2:25 Pulls  
 {2 x 125 on 2:05 Pulls  
 {3 x 100 on 1:35 Pulls  
 {4 x 75 on 1:15 Pulls  
 {3 x 50 on :50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,500 1x{1 x 500 on 8:00 Freestyle-DPS  
 {2 x 400 on 6:25 Free-break as feet pass flag  
 {3 x 300 on 4:50 Freestyle 3 KOW  
 {3 x 100 on 1:35 Free #1&#3 br on 3  
 { #2 breathe on 2  
 300 1 x 300 on 6:00 Stroke Drills  
 9:31 AM 6,050 Yards - Stress Value = 66

**Workout #6634 - Monday, 27 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,050 1x{2 x 100 on 2:30 Kick  
 {2 x 100 on 2:25 Kick  
 {2 x 100 on 2:20 Kick  
 {2 x 100 on 2:15 Kick  
 {2 x 100 on 2:10 Kick  
 {1 x 50 on 1:05 Kick  
 1,050 1x{1 x 150 on 2:45 Pulls  
 {2 x 125 on 2:15 Pulls  
 {3 x 100 on 1:45 Pulls  
 {4 x 75 on 1:20 Pulls  
 {1 x 50 on :50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,300 1x{1 x 500 on 8:45 Freestyle-DPS  
 {2 x 400 on 7:00 Free-break as feet pass flag  
 {2 x 300 on 5:15 Freestyle 3 KOW  
 {2 x 200 on 3:30 Free #1 br on 3  
 { #2 breathe on 2  
 300 1 x 300 on 6:00 Stroke Drills  
 9:31 AM 5,550 Yards - Stress Value = 62

**Workout #6637 - Tuesday, 28 July 2009**

**Group 3 - Back**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board BSLR

{1 x 100 on 1:20 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 100 on 1:25 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 100 on 1:30 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {4 x 100 on 1:35 Kick  
 1,500 1x{1 x 250 on 3:05 Pulls  
 {2 x 200 on 2:30 Pulls  
 {3 x 150 on 1:50 Pulls  
 {4 x 100 on 1:15 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 4x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 1:35 Backstroke  
 {1 x 100 on 1:30 Backstroke  
 {1 x 100 on 1:25 Backstroke  
 {1 x 100 on 1:30 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 6,250 Yards - Stress Value = 102

**Workout #6641 - Tuesday, 28 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:45 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 100 on 1:50 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 650 1x{3 x 150 on 2:05 Pulls  
 {2 x 100 on 1:20 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 2x{4 x 25 on :45 Bathtub Drill  
 {1 x 100 on 1:45 Backstroke  
 {1 x 100 on 1:40 Backstroke  
 {1 x 100 on 1:35 Backstroke  
 {1 x 50 on 1:00 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 400 1 x 400 on 6:00 Stroke Drills  
 8:48 AM 3,500 Yards - Stress Value = 49

**Workout #6642 - Tuesday, 28 July 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:20 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 100 on 1:25 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 650 1x{1 x 250 on 3:05 Pulls  
 {2 x 200 on 2:30 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 2x{4 x 25 on :45 Bathtub Drill  
 {1 x 100 on 1:35 Backstroke  
 {1 x 100 on 1:30 Backstroke  
 {1 x 100 on 1:25 Backstroke  
 {1 x 100 on 1:30 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 300 1 x 300 on 5:00 Stroke Drills  
 8:46 AM 3,500 Yards - Stress Value = 49

**Workout #6638 - Tuesday, 28 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:45 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 100 on 1:50 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 100 on 1:55 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 50 on 1:00 Kick  
 1,300 1x{1 x 250 on 3:40 Pulls  
 {2 x 200 on 2:50 Pulls  
 {3 x 150 on 2:05 Pulls  
 {2 x 100 on 1:20 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 4x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 1:45 Backstroke  
 {1 x 100 on 1:40 Backstroke  
 {1 x 100 on 1:35 Backstroke  
 {1 x 50 on 1:00 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 5,600 Yards - Stress Value = 93

**Workout #6639 - Tuesday, 28 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:55 Kick

{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 1,150 1x{2 x 200 on 3:20 Pulls  
 {3 x 150 on 2:25 Pulls  
 {3 x 100 on 1:35 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 4x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 1:55 Backstroke  
 {1 x 100 on 1:50 Backstroke  
 {1 x 50 on :55 Backstroke  
 {1 x 50 on 1:15 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 5,050 Yards - Stress Value = 83

**Workout #6640 - Tuesday, 28 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick  
 1,050 1x{2 x 200 on 3:40 Pulls  
 {3 x 150 on 2:40 Pulls  
 {2 x 100 on 1:45 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 3x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 2:15 Backstroke  
 {1 x 100 on 2:10 Backstroke  
 {1 x 100 on 2:05 Backstroke  
 {1 x 100 on 3:00 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 4,650 Yards - Stress Value = 74

**Workout #6643 - Tuesday, 28 July 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 800 1 x 800 on 14:00 Alt. 50 kick 50 closed fist  
 Reverse IM order  
 180 12 x 15 on :45 Start/Shooter/finish  
 600 6 x 100 on 1:45 Kick-hold fastest interval  
 300 6 x 50 on 1:00 2 drill 1 build to 100%-alt free  
 and #1 non free  
 600 6 x 100 on 1:20 Free-hold fast possible interval  
 300 6 x 50 on 1:00 2 drill 1 build to 100%-alt free  
 and #1 non free  
 600 6 x 100 on 1:30 IM-hold fastest interval  
 250 5 x 50 on 1:00 Stroke Drills  
 6:30 PM 3,630 Yards - Stress Value = 55



**Workout #6648 - Wednesday, 29 July 2009**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch Use SCUBA weights if shoulders feel good
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR 9 KOW {1 x 150 on 3:00 Kick {4 x 25 on :45 Kick no board BSLR 8 KOW {2 x 125 on 2:30 Kick
600	1x{1 x 100 on 1:30 Pulls-nbbf&w +1 yd {2 x 100 on 1:25 Pulls-nbbf&w + 2 yds {3 x 100 on 1:20 Pulls-nbbf&w + 3 yds
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 300 on 4:45 Individual Medley {1 x 200 on 2:40 Freestyle {1 x 200 on 3:10 Individual Medley {1 x 300 on 4:00 Freestyle {1 x 100 on 1:35 Individual Medley {1 x 150 on 2:00 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	8:43 AM 3,500 Yards - Stress Value = 48

**Workout #6649 - Wednesday, 29 July 2009**

**Group 3 - Taper 2**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch Use SCUBA weights if shoulders feel good
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR 9 KOW {1 x 150 on 3:00 Kick {4 x 25 on :45 Kick no board BSLR 8 KOW {2 x 125 on 2:30 Kick
600	1x{1 x 100 on 1:30 Pulls-nbbf&w +1 yd {2 x 100 on 1:25 Pulls-nbbf&w + 2 yds {3 x 100 on 1:20 Pulls-nbbf&w + 3 yds
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 300 on 4:30 Individual Medley {1 x 200 on 2:35 Freestyle {1 x 200 on 3:00 Individual Medley {1 x 300 on 3:55 Freestyle {1 x 100 on 1:30 Individual Medley {1 x 150 on 1:55 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	8:42 AM 3,500 Yards - Stress Value = 48

**Workout #6644 - Wednesday, 29 July 2009**

**Group 3 - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
1,000	1 x 1000 on 16:40 200 SKPS 200UndWtrTrnDrl 200 L.25 of each 100 non free, 200 UndrWtrTrnI 200 Rev IM Drill
1,000	10 x 100 on 2:00 Kick-odds social evens build E
1,000	10 x 100 on 1:30 Pull-odds lungbuster 3-5-7-9 E evens breathe toward scoreboard
100	4 x 25 on 1:30 Choice OTB-walk back

200	1 x 200 on 4:00 Freestyle-EZ	F
100	1 x 100 on 5:00 Your Choice -OTB for time	S
500	10 x 50 on 1:00 Stroke Drills	F
	1 on 30:00 Water Polo	
	9:23 AM 3,900 Yards - Stress Value = 34	

**Workout #6645 - Wednesday, 29 July 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
1,000	1 x 1000 on 16:40 200 SKPS 200UndWtrTrnDrl 200 L.25 of each 100 non free, 200 UndrWtrTrnI 200 Rev IM Drill
1,000	10 x 100 on 2:00 Kick-odds social evens build E
1,000	10 x 100 on 1:30 Pull-odds lungbuster 3-5-7-9 E evens breathe toward scoreboard
100	4 x 25 on 1:30 Choice OTB-walk back
200	1 x 200 on 4:00 Freestyle-EZ
100	1 x 100 on 5:00 Your Choice -OTB for time
500	10 x 50 on 1:00 Stroke Drills
	1 on 30:00 Water Polo
	9:23 AM 3,900 Yards - Stress Value = 34

**Workout #6646 - Wednesday, 29 July 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
900	1 x 900 on 16:40 200 SKPS 200UndWtrTrnDrl 200 L.25 of each 100 non free, 200 UndrWtrTrnI 100 Rev IM Drill
900	9 x 100 on 2:10 Kick-odds social evens build EN
800	8 x 100 on 1:50 Pull-odds lungbuster 3-5-7-9 EN evens breathe toward scoreboard
100	4 x 25 on 1:30 Choice OTB-walk back
200	1 x 200 on 4:00 Freestyle-EZ
100	1 x 100 on 5:00 Your Choice -OTB for time
500	10 x 50 on 1:00 Stroke Drills
	1 on 30:00 Water Polo
	9:23 AM 3,500 Yards - Stress Value = 31

**Workout #6647 - Wednesday, 29 July 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
800	1 x 800 on 16:40 200 SKPS 200UndWtrTrnDrl 200 L.25 of each 100 non free 200 Rev IM Drill
900	9 x 100 on 2:10 Kick-odds social evens build EN with fins
800	8 x 100 on 1:50 Pull-odds lungbuster 3-5-7-9 EN evens breathe toward scoreboard
100	4 x 25 on 1:30 Choice OTB-walk back
200	1 x 200 on 4:00 Freestyle-EZ
100	1 x 100 on 5:00 Your Choice -OTB for time
500	10 x 50 on 1:00 Stroke Drills
	1 on 30:00 Water Polo
	9:23 AM 3,400 Yards - Stress Value = 31

**Workout #6650 - Monday, 03 August 2009**

**Group 3 - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM Start		
600	1 on 45:00 Dryland and stretch	REC
200	1 x 600 on 10:00 Swim-kick-pull-swim	SP2
2,150	8 x 25 on 2:00 Freestyle OTB-walkbacks	EN1
	{1 x 50 on 1:00 Kick	EN3
	{1 x 100 on 2:30 Kick-100%	EN1
	{2 x 75 on 1:25 Kick	EN3
	{1 x 100 on 2:30 Kick-100%	EN2
	{3 x 100 on 1:50 Kick	EN3
	{1 x 100 on 2:30 Kick-100%	EN2
	{4 x 125 on 2:15 Kick	EN3
	{1 x 100 on 2:30 Kick-100%	EN2
	{5 x 150 on 2:40 Kick	REC
250	1 x 250 on 4:00 Stroke Drills	
9:00 AM 3,200 Yards - Stress Value = 77		

**Workout #6651 - Monday, 03 August 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM Start		
600	1 on 45:00 Dryland and stretch	REC
200	1 x 600 on 10:00 Swim-kick-pull-swim	SP2
2,000	8 x 25 on 2:00 Freestyle OTB-walkbacks	EN1
	{1 x 50 on 1:00 Kick	EN3
	{1 x 100 on 2:30 Kick-100%	EN1
	{2 x 75 on 1:30 Kick	EN3
	{1 x 100 on 2:30 Kick-100%	EN2
	{3 x 100 on 1:55 Kick	EN3
	{1 x 100 on 2:30 Kick-100%	EN2
	{4 x 125 on 2:25 Kick	EN3
	{1 x 100 on 2:30 Kick-100%	EN2
	{4 x 150 on 2:55 Kick	REC
250	1 x 250 on 4:00 Stroke Drills	
9:00 AM 3,050 Yards - Stress Value = 74		

**Workout #6652 - Monday, 03 August 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM Start		
550	1 on 45:00 Dryland and stretch	REC
200	1 x 550 on 10:00 Swim-kick-pull-swim	SP2
1,850	8 x 25 on 2:00 Freestyle OTB-walkbacks	EN1
	{1 x 50 on 1:10 Kick	EN3
	{1 x 100 on 2:45 Kick-100%	EN1
	{2 x 75 on 1:40 Kick	EN3
	{1 x 100 on 2:45 Kick-100%	EN2
	{3 x 100 on 2:10 Kick	EN3
	{1 x 100 on 2:45 Kick-100%	EN2
	{4 x 125 on 2:40 Kick	EN3
	{1 x 100 on 2:45 Kick-100%	EN2
	{3 x 150 on 3:05 Kick	REC
250	1 x 250 on 4:00 Stroke Drills	
9:00 AM 2,850 Yards - Stress Value = 71		

**Workout #6653 - Monday, 03 August 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM Start		

Yards	Set Description	EGY
7:00 AM Start		
500	1 on 45:00 Dryland and stretch	REC
200	1 x 500 on 10:00 Swim-kick-pull-swim	SP2
1,550	8 x 25 on 2:00 Freestyle OTB-walkbacks	EN1
	{1 x 50 on 1:15 Kick	EN3
	{1 x 100 on 3:00 Kick-100%	EN1
	{2 x 75 on 1:50 Kick	EN3
	{1 x 100 on 3:00 Kick-100%	EN2
	{3 x 100 on 2:30 Kick	EN3
	{1 x 100 on 3:00 Kick-100%	EN2
	{4 x 125 on 3:05 Kick	EN3
	{1 x 100 on 3:00 Kick-100%	EN2
	{1 x 150 on 3:45 Kick	REC
250	1 x 250 on 5:00 Stroke Drills	
9:00 AM 2,500 Yards - Stress Value = 65		

**Workout #6654 - Tuesday, 04 August 2009**

**Group 3 - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM Start		
600	1 on 45:00 Circuit and Stretch	REC
160	1 x 600 on 10:00 Underwater trn drill	SP2
2,000	8 x 20 on 2:00 Running pit sprints w/ turn	EN1
	5x{4 x 25 on :45 Kick no board BSLR	EN3
	{1 x 50 on :50 Kick	EN1
	{1 x 50 on :49 Kick	EN3
	{1 x 50 on :48 Kick	EN2
	{1 x 50 on :47 Kick	EN3
	{1 x 50 on :46 Kick	EN2
	{1 x 50 on 2:00 25 streamline kick/no breath	EN3
	{ between flags and wall-25 100% breathe on 6	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
9:02 AM 2,960 Yards - Stress Value = 63		

**Workout #6655 - Tuesday, 04 August 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM Start		
600	1 on 45:00 Circuit and Stretch	REC
160	1 x 600 on 10:00 Underwater trn drill	SP2
1,750	8 x 20 on 2:00 Running pit sprints w/ turn	EN1
	5x{4 x 25 on :45 Kick no board BSLR	EN3
	{1 x 50 on :55 Kick	EN1
	{1 x 50 on :54 Kick	EN3
	{1 x 50 on :53 Kick	EN2
	{1 x 50 on :52 Kick	EN3
	{1 x 50 on 2:24 25 streamline kick/no breath	EN2
	{ between flags and wall-25 100% breathe on 6	EN3
200	1 x 200 on 3:00 Stroke Drills	REC
9:02 AM 2,710 Yards - Stress Value = 58		

**Workout #6656 - Tuesday, 04 August 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Circuit and Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 160 8 x 20 on 2:00 Running pit sprints w/ turn  
 1,750 5x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:00 Kick  
 {1 x 50 on :59 Kick  
 {1 x 50 on :58 Kick  
 {1 x 50 on :57 Kick  
 {1 x 50 on 2:06 25 streamline kick/no breath  
 { between flags and wall-25 100% breathe on f  
 200 1 x 200 on 3:00 Stroke Drills  
 9:02 AM 2,660 Yards - Stress Value = 58

1 on 45:00 Circuit and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill REC  
 odd 100's free even 100's back  
 400 8 x 50 on 2:00 15yds jump/10 yds fly SP2  
 25 yds backstroke-10 KOW  
 2,200 1x{1 x 125 on 2:30 Kick EN1  
 {1 x 125 on 2:20 Kick EN2  
 {1 x 125 on 2:10 Kick EN2  
 {1 x 75 on 1:30 Freestyle REC  
 {1 x 100 on 2:30 IM OTB SP2  
 {1 x 125 on 2:25 Kick EN2  
 {1 x 125 on 2:15 Kick EN2  
 {1 x 125 on 2:05 Kick EN2  
 {1 x 75 on 1:30 Freestyle REC  
 {1 x 100 on 2:30 Freestyle OTB SP2  
 {1 x 125 on 2:20 Kick EN2  
 {1 x 125 on 2:10 Kick EN2  
 {1 x 125 on 2:00 Kick EN2  
 {1 x 75 on 1:30 Freestyle REC  
 {1 x 100 on 2:30 IM OTB SP2  
 {1 x 125 on 2:15 Kick EN2  
 {1 x 125 on 2:05 Kick EN2  
 {1 x 125 on 1:55 Kick EN2  
 {1 x 75 on 1:30 Freestyle REC  
 {1 x 100 on 2:30 Choice OTB SP2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 9:00 AM 3,400 Yards - Stress Value = 103

**Workout #6657 - Tuesday, 04 August 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Circuit and Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 160 8 x 20 on 2:00 Running pit sprints w/ turn  
 1,500 5x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:15 Kick  
 {1 x 50 on 1:14 Kick  
 {1 x 50 on 1:13 Kick  
 {1 x 50 on 2:17 25 streamline kick/no breath  
 { between flags and wall-25 100% breathe on f  
 200 1 x 200 on 3:00 Stroke Drills  
 9:02 AM 2,360 Yards - Stress Value = 53

**Workout #6660 - Thursday, 06 August 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 45:00 Circuit and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill REC  
 odd 100's free even 100's back  
 400 8 x 50 on 2:00 15yds jump/10 yds fly SP2  
 25 yds backstroke-10 KOW  
 2,125 1x{1 x 125 on 2:30 Kick EN1  
 {1 x 125 on 2:25 Kick EN2  
 {1 x 100 on 1:55 Kick EN2  
 {1 x 75 on 1:40 Freestyle REC  
 {1 x 100 on 2:30 IM OTB SP2  
 {1 x 125 on 2:25 Kick EN2  
 {1 x 125 on 2:20 Kick EN2  
 {1 x 100 on 1:55 Kick EN2  
 {1 x 75 on 1:35 Freestyle REC  
 {1 x 100 on 2:30 Freestyle OTB SP2  
 {1 x 125 on 2:20 Kick EN2  
 {1 x 125 on 2:15 Kick EN2  
 {1 x 100 on 1:50 Kick EN2  
 {1 x 75 on 1:35 Freestyle REC  
 {1 x 100 on 2:30 IM OTB SP2  
 {1 x 125 on 2:15 Kick EN2  
 {1 x 125 on 2:10 Kick EN2  
 {1 x 125 on 1:45 Kick EN2  
 {1 x 75 on 1:25 Freestyle REC  
 {1 x 100 on 2:30 Choice OTB SP2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 9:00 AM 3,325 Yards - Stress Value = 103

**Workout #6658 - Wednesday, 05 August 2009**

**Group 3 - All**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Dryland and stretch  
 625 1 x 625 on 10:00 Free L.25 of each 100 non f  
 240 8 x 30 on 2:00 15 undrwr fly kick/15 fly  
 2,800 1x{7 x 100 on 1:05 Kick w/fins  
 {1 on 1:00 Rest  
 {6 x 100 on 1:05 Kick w/fins  
 {1 on 1:00 Rest  
 {5 x 100 on 1:05 Kick w/fins  
 {1 on 1:00 Rest  
 {4 x 100 on 1:05 Kick w/fins  
 {1 on 1:00 Rest  
 {3 x 100 on 1:05 Kick w/fins  
 {1 on 1:00 Rest  
 {2 x 100 on 1:05 Kick w/fins  
 {1 on 1:00 Rest  
 {1 x 100 on 1:05 Kick w/fins  
 450 9 x 50 on 1:00 Stroke Drills  
 9:00 AM 4,115 Yards - Stress Value = 80

**Workout #6659 - Thursday, 06 August 2009**

**Group 3 - Platinum**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WC  
 =====

**Workout #6661 - Thursday, 06 August 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM Start			
550	1 on 45:00 Circuit and Stretch 1 x 550 on 10:00 Underwater trn drill odd 100's free even 100's back	REC	
400	8 x 50 on 2:00 15yds jump/10 yds fly 25 yds backstroke-10 KOW	SP2	
2,000	1x{1 x 125 on 2:45 Kick {1 x 125 on 2:40 Kick {1 x 75 on 1:35 Kick {1 x 75 on 1:30 Freestyle {1 x 100 on 2:30 IM OTB {1 x 125 on 2:40 Kick {1 x 125 on 2:35 Kick {1 x 75 on 1:30 Kick {1 x 75 on 1:30 Freestyle {1 x 100 on 2:30 Freestyle OTB {1 x 125 on 2:35 Kick {1 x 125 on 2:30 Kick {1 x 75 on 1:25 Kick {1 x 75 on 1:30 Freestyle {1 x 100 on 2:30 IM OTB {1 x 125 on 2:30 Kick {1 x 125 on 2:25 Kick {1 x 75 on 1:25 Kick {1 x 75 on 1:25 Freestyle {1 x 100 on 2:30 Choice OTB	EN1 EN2 EN2 REC SP2 EN2 EN2 EN2 REC SP2 EN2 EN2 EN2 REC SP2 EN2 EN2 REC SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM 3,150 Yards - Stress Value = 103			

**Workout #6662 - Thursday, 06 August 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM Start			
500	1 on 45:00 Circuit and Stretch 1 x 500 on 10:00 Underwater trn drill odd 100's free even 100's back	REC	
400	8 x 50 on 2:00 15yds jump/10 yds fly 25 yds backstroke-10 KOW	SP2	
1,700	1x{1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:15 Freestyle {1 x 100 on 2:30 IM OTB {1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:00 Freestyle {1 x 100 on 2:30 Freestyle OTB {1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 on :45 Rest {1 x 100 on 2:30 IM OTB {1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 on :30 Rest {1 x 100 on 2:30 Choice OTB	EN1 EN2 EN2 REC SP2 EN2 EN2 EN2 EN2 REC SP2 EN2 EN2 EN2 REC SP2 EN2 EN2 EN2 SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM 2,800 Yards - Stress Value = 103			

**Workout #6663 - Friday, 07 August 2009**

**Group 3 - All**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY
7:00 AM Start		
600	1 on 45:00 Med ball/Stretch 1 x 600 on 10:00 Reverse IM drill	REC
240	8 x 30 on 2:00 Relay Start Sprints	SP2
900	1 x 900 on 16:00 Vertical Kicking	EN2
800	4x{1 x 200 on 4:00 Med ball partner Kicking {1 on 2:00 Pushups	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
9:00 AM 2,790 Yards - Stress Value = 58		

**Workout #6664 - Monday, 10 August 2009**

**Group 3 - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM Start		
7:00 AM Start		
600	1 on 45:00 Dryland and stretch 1 x 600 on 10:00 Swim-kick-pull-swim	REC
200	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
2,200	1x{1 x 150 on 2:45 Kick {1 x 50 on 1:00 Kick-100% {2 x 150 on 2:40 Kick {2 x 50 on 1:00 Kick-100% {3 x 150 on 2:35 Kick {3 x 50 on 1:00 Kick-100% {4 x 150 on 2:30 Kick {4 x 50 on 1:00 Kick-100% {1 x 200 on 3:00 Freestyle-EZ	EN1 EN3 EN1 EN3 EN2 EN3 EN2 EN3 EN2 REC
100	1 x 100 on 2:00 Kick for time	SP2
250	1 x 250 on 4:00 Stroke Drills	REC
9:00 AM 3,350 Yards - Stress Value = 86		

**Workout #6665 - Monday, 10 August 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM Start		
7:00 AM Start		
600	1 on 45:00 Dryland and stretch 1 x 600 on 10:00 Swim-kick-pull-swim	REC
200	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
2,000	1x{1 x 150 on 3:00 Kick {1 x 50 on 1:00 Kick-100% {2 x 150 on 2:55 Kick {2 x 50 on 1:00 Kick-100% {3 x 150 on 2:50 Kick {3 x 50 on 1:00 Kick-100% {4 x 100 on 1:50 Kick {4 x 50 on 1:00 Kick-100% {1 x 200 on 4:00 Freestyle-EZ	EN1 EN3 EN1 EN3 EN2 EN3 EN2 EN3 REC
100	1 x 100 on 2:00 Kick for time	SP2
250	1 x 250 on 4:00 Stroke Drills	REC
9:00 AM 3,150 Yards - Stress Value = 82		

**Workout #6666 - Monday, 10 August 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY  
 =====  
 1 on 45:00 Dryland and stretch  
 550 1 x 550 on 10:00 Swim-kick-pull-swim REC  
 200 8 x 25 on 2:00 Fly or Brst OTB-walk back SP2  
 1,800 1x{1 x 125 on 2:45 Kick EN1  
 {1 x 50 on 1:10 Kick-100% EN3  
 {2 x 125 on 2:40 Kick EN1  
 {2 x 50 on 1:10 Kick-100% EN3  
 {3 x 125 on 2:35 Kick EN2  
 {3 x 50 on 1:10 Kick-100% EN3  
 {4 x 100 on 2:00 Kick EN2  
 {3 x 50 on 1:10 Kick-100% EN3  
 {1 x 200 on 4:00 Freestyle-EZ REC  
 100 1 x 100 on 2:00 Kick for time SP2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 9:00 AM 2,900 Yards - Stress Value = 76

{4 x 25 on :45 Kick no board BSLR 13 KOW  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 50 on 1:30 EZ free put fins on  
 100 1 x 100 on 2:00 Kick for time w/flippers  
 250 1 x 250 on 4:00 Stroke Drills  
 9:00 AM 3,110 Yards - Stress Value = 59

**Workout #6669 - Tuesday, 11 August 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Circuit and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`  
 {1 on 2:00 Rotate put on/remover fins  
 {8 x 20 on 1:00 Cross pool underwater fly kic  
 1,600 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 13 KOW  
 {1 x 100 on 1:45 Kick  
 100 {1 x 50 on 1:30 EZ free put fins on  
 250 1 x 100 on 2:00 Kick for time w/flippers  
 1 x 250 on 4:00 Stroke Drills  
 9:00 AM 2,910 Yards - Stress Value = 55

**Workout #6667 - Monday, 10 August 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY  
 =====  
 1 on 45:00 Dryland and stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC  
 200 8 x 25 on 2:00 Fly or Brst OTB-walk back SP2  
 1,650 1x{1 x 100 on 2:30 Kick EN1  
 {1 x 50 on 1:15 Kick-100% EN3  
 {2 x 100 on 2:25 Kick EN1  
 {2 x 50 on 1:15 Kick-100% EN3  
 {3 x 100 on 2:20 Kick EN2  
 {3 x 50 on 1:15 Kick-100% EN3  
 {4 x 100 on 2:15 Kick EN2  
 {3 x 50 on 1:15 Kick-100% EN3  
 {1 x 200 on 4:00 Freestyle-EZ REC  
 100 1 x 100 on 2:00 Kick for time SP2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 9:00 AM 2,700 Yards - Stress Value = 74

**Workout #6668 - Tuesday, 11 August 2009**

**Group 3 - Platinum**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Circuit and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`  
 {1 on 2:00 Rotate put on/remover fins  
 {8 x 20 on 1:00 Cross pool underwater fly kic  
 1,800 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 50 on 1:30 EZ free put on fins

**Workout #6670 - Tuesday, 11 August 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Circuit and Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`  
 {1 on 2:00 Rotate put on/remover fins  
 {8 x 20 on 1:00 Cross pool underwater fly kic  
 1,550 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 13 KOW  
 {1 x 100 on 1:55 Kick  
 {1 on :30 put fins on  
 100 1 x 100 on 2:00 Kick for time w/flippers  
 250 1 x 250 on 4:00 Stroke Drills  
 9:00 AM 2,810 Yards - Stress Value = 55

**Workout #6671 - Tuesday, 11 August 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Circuit and Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`  
 {1 on 2:00 Rotate put on/remover fins  
 {8 x 20 on 1:00 Cross pool underwater fly kic  
 1,400 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {1 x 100 on 2:30 Kick  
 {1 x 100 on 2:25 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {1 x 100 on 2:25 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:15 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:15 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {2 x 25 on :45 Kick no board BS 13 KOW  
 100 1 x 100 on 2:00 Kick for time w/flippers  
 250 1 x 250 on 4:00 Stroke Drills  
 8:59 AM 2,610 Yards - Stress Value = 52

**Workout #6672 - Wednesday, 12 August 2009**

**Group 3 - Platinum**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====

1 on 45:00 Dryland and stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 240 8 x 30 on 2:00 Running Pit Springs  
 2,000 1x{1 x 50 on 1:15 Tombstone Kicking  
 {1 x 75 on 1:30 Kick  
 {1 x 75 on 1:30 Kick  
 {2 x 50 on 1:10 Tombstone Kicking  
 {2 x 75 on 1:25 Kick  
 {2 x 75 on 1:25 Kick  
 {3 x 50 on 1:05 Tombstone Kicking  
 {3 x 75 on 1:20 Kick  
 {3 x 75 on 1:20 Kick  
 {4 x 50 on 1:00 Tombstone Kicking  
 {4 x 75 on 1:15 Kick  
 {4 x 75 on 1:15 Kick  
 400 8 x 50 on 1:00 Stroke Drills  
 9:00 AM 3,240 Yards - Stress Value = 50

**Workout #6673 - Wednesday, 12 August 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Dryland and stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 240 8 x 30 on 2:00 Running Pit Springs  
 1,850 1x{1 x 50 on 1:20 Tombstone Kicking  
 {1 x 75 on 1:35 Kick  
 {1 x 75 on 1:35 Kick  
 {2 x 50 on 1:15 Tombstone Kicking  
 {2 x 75 on 1:30 Kick  
 {2 x 75 on 1:30 Kick  
 {3 x 50 on 1:10 Tombstone Kicking  
 {3 x 75 on 1:25 Kick  
 {3 x 75 on 1:25 Kick  
 {4 x 50 on 1:05 Tombstone Kicking  
 {3 x 75 on 1:20 Kick  
 {3 x 75 on 1:20 Kick  
 400 8 x 50 on 1:00 Stroke Drills  
 9:00 AM 3,090 Yards - Stress Value = 46

**Workout #6674 - Wednesday, 12 August 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Dryland and stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 240 8 x 30 on 2:00 Running Pit Springs  
 1,650 1x{1 x 50 on 1:25 Tombstone Kicking  
 {1 x 75 on 1:45 Kick  
 {1 x 75 on 1:45 Kick  
 {2 x 50 on 1:20 Tombstone Kicking  
 {2 x 75 on 1:40 Kick  
 {2 x 75 on 1:40 Kick  
 {3 x 50 on 1:15 Tombstone Kicking  
 {3 x 75 on 1:35 Kick  
 {3 x 75 on 1:35 Kick  
 {4 x 50 on 1:10 Tombstone Kicking  
 {2 x 75 on 1:30 Kick  
 {1 x 100 on 2:00 Kick  
 400 8 x 50 on 1:00 Stroke Drills  
 9:00 AM 2,840 Yards - Stress Value = 43

**Workout #6675 - Wednesday, 12 August 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Dryland and stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 240 8 x 30 on 2:00 Running Pit Springs  
 1,400 1x{1 x 50 on 1:40 Tombstone Kicking  
 {1 x 75 on 2:00 Kick  
 {1 x 75 on 2:00 Kick  
 {2 x 50 on 1:35 Tombstone Kicking  
 {2 x 75 on 1:55 Kick  
 {2 x 75 on 1:55 Kick  
 {3 x 50 on 1:30 Tombstone Kicking  
 {3 x 75 on 1:50 Kick  
 {3 x 75 on 1:50 Kick  
 {4 x 50 on 1:25 Tombstone Kicking  
 400 8 x 50 on 1:00 Stroke Drills  
 9:00 AM 2,540 Yards - Stress Value = 38

**Workout #6676 - Thursday, 13 August 2009**

**Group 3 - Platinum**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 45:00 Circuit and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill REC  
 Odd 100s free even 100's back  
 208 8 x 26 on 2:00 Freestyle SP2  
 2,400 1x{3 x 200 on 3:00 Kick EN2  
 {1 x 300 on 6:00 Free -Ez Swim REC  
 {3 x 150 on 2:15 Kick EN2  
 {1 x 300 on 6:00 Free Ez Swim REC  
 {3 x 100 on 1:30 Kick EN2  
 {1 x 300 on 6:00 Free Ez Swim REC  
 {3 x 50 on :45 Kick EN2  
 300 1 x 300 on 5:00 Stroke Drills REC  
 9:00 AM 3,508 Yards - Stress Value = 51

**Workout #6677 - Thursday, 13 August 2009**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 45:00 Circuit and Stretch  
 600 1 x 600 on 10:00 Underwater trn drill REC  
 Odd 100s free even 100's back  
 208 8 x 26 on 2:00 Freestyle SP2  
 2,250 1x{3 x 200 on 3:30 Kick EN2  
 {1 x 250 on 5:00 Free -Ez Swim REC  
 {3 x 150 on 2:35 Kick EN2  
 {1 x 250 on 5:00 Free Ez Swim REC  
 {3 x 100 on 1:45 Kick EN2  
 {1 x 250 on 5:00 Free Ez Swim REC  
 {3 x 50 on :50 Kick EN2  
 300 1 x 300 on 5:00 Stroke Drills REC  
 9:00 AM 3,358 Yards - Stress Value = 51

**Workout #6678 - Thursday, 13 August 2009**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WC  
 =====

1 on 45:00 Circuit and Stretch  
 550 1 x 550 on 10:00 Underwater trn drill REC  
 Odd 100s free even 100's back  
 208 8 x 26 on 2:00 Freestyle SP2  
 2,100 1x{3 x 200 on 3:50 Kick EN2  
 {1 x 200 on 4:00 Free -Ez Swim REC  
 {3 x 150 on 2:50 Kick EN2  
 {1 x 200 on 4:00 Free Ez Swim REC  
 {3 x 100 on 1:55 Kick EN2  
 {1 x 200 on 4:00 Free Ez Swim REC  
 {3 x 50 on :55 Kick EN2  
 300 1 x 300 on 5:00 Stroke Drills REC  
 9:00 AM 3,158 Yards - Stress Value = 51

**Workout #6679 - Thursday, 13 August 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 45:00 Circuit and Stretch  
 500 1 x 500 on 10:00 Underwater trn drill REC  
 Odd 100s free even 100's back  
 208 8 x 26 on 2:00 Freestyle SP2  
 1,850 1x{2 x 200 on 4:30 Kick EN2  
 {1 x 200 on 4:00 Free -Ez Swim REC  
 {3 x 150 on 3:25 Kick EN2  
 {1 x 200 on 4:00 Free Ez Swim REC  
 {3 x 100 on 2:15 Kick EN2  
 {1 x 200 on 4:00 Free Ez Swim REC  
 {2 x 50 on 1:05 Kick EN2  
 300 1 x 300 on 5:00 Stroke Drills REC  
 9:00 AM 2,858 Yards - Stress Value = 46

**Workout #6680 - Friday, 14 August 2009**

**Group 3 - All**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WORK SI  
 =====  
 1 on 20:00 Stretch L DF  
 600 1 x 600 on 10:00 Reverse IM drill REC D I  
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S I  
 100 1 x 100 on 4:00 IM for time OTB SP2 S I  
 750 1 x 750 on 15:00 Social Kick REC K CH  
 500 1 x 500 on 45:00 IM Relay Game SP1 S I  
 400 1 x 400 on 8:00 Stroke Drills REC D C  
 8:56 AM 2,530 Yards - Stress Value = 57

**Workout #6681 - Tuesday, 08 September 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
400	1 on 25:00 Core work/Stretch/Team Mtg
150	1 x 400 on 8:00 Swim-kick-pull-swim
600	10 x 15 on :45 Shooters
600	1x{1 x 50 on 1:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 150 on 3:00 Kick
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
600	12 x 50 on :50 Pulls-nbbf&w
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	4 x 250 on 3:30 3:00 swims :30 sec rest
200	1 x 200 on 4:00 Stroke Drills
5:00 PM 3,050 Yards - Stress Value = 28	

**Workout #6682 - Tuesday, 08 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
400	1 on 25:00 Core work/Stretch/Team Mtg
150	1 x 400 on 8:00 Swim-kick-pull-swim
600	10 x 15 on :45 Shooters
600	1x{1 x 50 on 1:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 150 on 3:00 Kick
	{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
500	10 x 50 on :55 Pulls-nbbf&w
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	4 x 225 on 3:30 3:00 swims :30 sec rest
200	1 x 200 on 4:00 Stroke Drills
5:00 PM 2,850 Yards - Stress Value = 26	

**Workout #6683 - Tuesday, 08 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
350	1 on 25:00 Core work/Stretch/Team Mtg
150	1 x 350 on 8:00 Swim-kick-pull-swim
550	10 x 15 on :45 Shooters
550	1x{1 x 50 on 1:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 150 on 3:15 Kick
	{1 x 150 on 3:10 Kick
	{1 x 100 on 2:05 Kick
500	10 x 50 on 1:00 Pulls-nbbf&w
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	4 x 200 on 3:30 3:00 swims :30 sec rest
200	1 x 200 on 4:00 Stroke Drills
5:00 PM 2,650 Yards - Stress Value = 25	

**Workout #6684 - Tuesday, 08 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
3:30 PM Start	
300	1 on 25:00 Core work/Stretch/Team Mtg
150	1 x 300 on 8:00 Swim-kick-pull-swim
500	10 x 15 on :45 Shooters
500	1x{1 x 50 on 1:10 Kick
	{1 x 100 on 2:20 Kick
	{1 x 150 on 3:30 Kick
	{1 x 150 on 3:20 Kick
	{1 x 50 on 1:05 Kick
450	9 x 50 on 1:05 Pulls-nbbf&w
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	4 x 200 on 3:30 3:00 swims :30 sec rest
200	1 x 200 on 4:00 Stroke Drills
5:00 PM 2,500 Yards - Stress Value = 23	

**Workout #6685 - Wednesday, 09 September 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
400	1 on 20:00 Physio Ball Abs//Stretch
150	1 x 400 on 7:00 Free L.25 of each 100 non fr
600	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on :55 Kick
500	1x{1 x 125 on 1:50 Lungbuster pulls
	{1 x 125 on 1:45 Lungbuster pulls
	{1 x 125 on 1:40 Lungbuster pulls
	{1 x 125 on 1:35 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	3x{3 x 100 on 1:30 Freestyle on 10 sec rest
	{1 on 1:00 Rest
400	8 x 50 on 1:00 Stroke Drills
5:00 PM 3,050 Yards - Stress Value = 30	

**Workout #6686 - Wednesday, 09 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
400	1 on 20:00 Physio Ball Abs//Stretch
150	1 x 400 on 7:00 Free L.25 of each 100 non fr
600	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:00 Kick
450	1x{1 x 125 on 2:00 Lungbuster pulls
	{1 x 125 on 1:55 Lungbuster pulls
	{1 x 100 on 1:35 Lungbuster pulls
	{1 x 100 on 1:30 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	3x{3 x 100 on 1:30 Freestyle on 10 sec rest
	{1 on 1:00 Rest
400	8 x 50 on 1:00 Stroke Drills
5:00 PM 3,000 Yards - Stress Value = 30	



**Workout #6687 - Wednesday, 09 September 2009**

**Group 3 - Silver**  
**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Physio Ball Abs//Stretch  
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:05 Kick  
 400 1x{1 x 125 on 2:20 Lungbuster pulls  
 {1 x 125 on 2:15 Lungbuster pulls  
 {1 x 75 on 1:20 Lungbuster pulls  
 {1 x 75 on 1:15 Lungbuster pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 3x{3 x 100 on 1:45 Freestyle on 10 sec rest  
 {1 on 1:00 Rest  
 400 8 x 50 on 1:00 Stroke Drills  
 5:03 PM 2,850 Yards - Stress Value = 30

**Workout #6688 - Wednesday, 09 September 2009**

**Group 3 - Bronze**  
**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 20:00 Physio Ball Abs//Stretch  
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 50 on 1:10 Kick  
 400 1x{1 x 100 on 1:55 Lungbuster pulls  
 {1 x 100 on 1:50 Lungbuster pulls  
 {1 x 100 on 1:45 Lungbuster pulls  
 {1 x 100 on 1:40 Lungbuster pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 3x{3 x 100 on 2:00 Freestyle on 10 sec rest  
 {1 on 1:00 Rest  
 400 8 x 50 on 1:00 Stroke Drills  
 5:05 PM 2,750 Yards - Stress Value = 29

**Workout #6689 - Thursday, 10 September 2009**

**Group 3 - Freestylers**  
**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Core and Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{2 x 125 on 2:20 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 75 on 1:25 Kick  
 600 1x{1 x 150 on 2:10 Pull no br L.10 yds  
 {1 x 150 on 2:05 Pull no br L.10 yds  
 {1 x 150 on 2:00 Pull no br L.10 yds  
 {1 x 150 on 1:55 Pull no br L.10 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 250 1 x 250 on 15:00 Killer Relays  
 300 6 x 50 on 1:00 Stroke Drills  
 5:01 PM 2,400 Yards - Stress Value = 47

**Workout #6690 - Thursday, 10 September 2009**

**Group 3 - Gold**  
**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Core and Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 1x{2 x 125 on 2:30 Kick  
 {2 x 100 on 2:00 Kick  
 {2 x 75 on 1:30 Kick  
 600 1x{1 x 150 on 2:20 Pull no br L.10 yds  
 {1 x 150 on 2:15 Pull no br L.10 yds  
 {1 x 150 on 2:10 Pull no br L.10 yds  
 {1 x 150 on 2:05 Pull no br L.10 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 250 1 x 250 on 15:00 Killer Relays  
 300 6 x 50 on 1:00 Stroke Drills  
 5:01 PM 2,400 Yards - Stress Value = 47

**Workout #6691 - Thursday, 10 September 2009**

**Group 3 - Silver**  
**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Core and Stretch  
 350 1 x 350 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 550 1x{2 x 125 on 2:45 Kick  
 {2 x 100 on 2:10 Kick  
 {2 x 50 on 1:05 Kick  
 500 1x{1 x 150 on 2:35 Pull no br L.10 yds  
 {1 x 150 on 2:30 Pull no br L.10 yds  
 {1 x 100 on 1:45 Pull no br L.10 yds  
 {1 x 100 on 1:40 Pull no br L.10 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 250 1 x 250 on 15:00 Killer Relays  
 300 6 x 50 on 1:00 Stroke Drills  
 5:01 PM 2,200 Yards - Stress Value = 44

**Workout #6692 - Thursday, 10 September 2009**

**Group 3 - Bronze**  
**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 Core and Stretch  
 300 1 x 300 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1x{2 x 125 on 2:55 Kick  
 {2 x 100 on 2:20 Kick  
 {1 x 50 on 1:10 Kick  
 450 1x{1 x 150 on 2:50 Pull no br L.10 yds  
 {1 x 100 on 1:55 Pull no br L.10 yds  
 {1 x 100 on 1:50 Pull no br L.10 yds  
 {1 x 100 on 1:45 Pull no br L.10 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 250 1 x 250 on 15:00 Killer Relays  
 300 6 x 50 on 1:00 Stroke Drills  
 5:01 PM 2,050 Yards - Stress Value = 42

**Workout #6693 - Monday, 14 September 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Spotlight
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR {4 x 50 on :45 Kick {4 x 25 on :45 Kick no board BSLR {3 x 50 on :50 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on :55 Kick
750	1 x 750 on 10:00 Pull-hold breath L.10 yds of each 100
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 150 on 2:05 Freestyle {3 x 150 on 2:00 Freestyle {2 x 150 on 1:55 Freestyle {1 x 150 on 1:50 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	5:15 PM 3,850 Yards - Stress Value = 43

**Workout #6694 - Monday, 14 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Spotlight
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR {4 x 50 on :50 Kick {4 x 25 on :45 Kick no board BSLR {3 x 50 on :55 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:00 Kick
700	1 x 700 on 10:00 Pull-hold breath L.10 yds of each 100
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{4 x 150 on 2:15 Freestyle {3 x 150 on 2:10 Freestyle {2 x 150 on 2:05 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	5:15 PM 3,600 Yards - Stress Value = 39

**Workout #6695 - Monday, 14 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Spotlight
350	1 x 350 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on :55 Kick {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:10 Kick
600	1 x 600 on 10:00 Pull-hold breath L.10 yds of each 100
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,200	1x{3 x 150 on 2:30 Freestyle {3 x 150 on 2:25 Freestyle {2 x 150 on 2:20 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	5:15 PM 3,250 Yards - Stress Value = 35

**Workout #6696 - Monday, 14 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Spotlight
300	1 x 300 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:20 Kick
500	1 x 500 on 10:00 Pull-hold breath L.10 yds of each 100
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{3 x 150 on 2:45 Freestyle {2 x 150 on 2:40 Freestyle {2 x 150 on 2:35 Freestyle
200	1 x 200 on 5:00 Stroke Drills
	5:15 PM 2,900 Yards - Stress Value = 32

**Workout #6697 - Tuesday, 15 September 2009**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch/Spotlight
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	7 x 100 on 1:50 Kick-Odds 100%
750	1x{2 x 75 on 1:10 Pull break when hpf {4 x 75 on 1:05 Pull-break when hpf {4 x 75 on 1:00 Pull-break when hpf
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 250 on 3:45 Backstroke {2 x 75 on 1:10 Back-8 KOBHW {1 x 200 on 3:00 Backstroke {2 x 75 on 1:10 Back 8 KOBHW {1 x 150 on 2:15 Backstroke {2 x 75 on 1:10 Back 8 KOBHW {1 x 100 on 1:30 Backstroke {2 x 75 on 1:10 Backstroke
350	7 x 50 on 1:00 Stroke Drills
	5:15 PM 3,750 Yards - Stress Value = 43

**Workout #6698 - Tuesday, 15 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch/Spotlight  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 650 1x{6 x 100 on 2:00 Kick-Odds 100%  
 {1 x 50 on 1:00 Kick-Fast  
 650 1x{2 x 75 on 1:15 Pull break when hpf  
 {4 x 75 on 1:10 Pull-break when hpf  
 {4 x 50 on :45 Pull-break when hpf  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{1 x 250 on 4:00 Backstroke  
 {2 x 75 on 1:15 Back-8 KOBHW  
 {1 x 200 on 3:15 Backstroke  
 {2 x 75 on 1:15 Back 8 KOBHW  
 {1 x 150 on 2:25 Backstroke  
 {2 x 75 on 1:15 Back 8 KOBHW  
 {1 x 100 on 1:35 Backstroke  
 {1 x 50 on :50 Backstroke  
 350 7 x 50 on 1:00 Stroke Drills  
 5:15 PM 3,500 Yards - Stress Value = 39

**Workout #6699 - Tuesday, 15 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch/Spotlight  
 350 1 x 350 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 6 x 100 on 2:10 Kick-Odds 100%  
 600 1x{2 x 75 on 1:25 Pull break when hpf  
 {4 x 75 on 1:20 Pull-break when hpf  
 {3 x 50 on :50 Pull-break when hpf  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{1 x 250 on 4:35 Backstroke  
 {2 x 75 on 1:25 Back-8 KOBHW  
 {1 x 200 on 3:40 Backstroke  
 {2 x 75 on 1:25 Back 8 KOBHW  
 {1 x 150 on 2:45 Backstroke  
 {2 x 75 on 1:25 Back 8 KOBHW  
 350 7 x 50 on 1:00 Stroke Drills  
 5:15 PM 3,200 Yards - Stress Value = 37

**Workout #6700 - Tuesday, 15 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch/Spotlight  
 300 1 x 300 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:30 Kick-Odds 100%  
 550 1x{2 x 75 on 1:30 Pull break when hpf  
 {4 x 75 on 1:25 Pull-break when hpf  
 {2 x 50 on :55 Pull-break when hpf  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{1 x 250 on 5:00 Backstroke  
 {2 x 75 on 1:30 Back-8 KOBHW  
 {1 x 200 on 4:00 Backstroke  
 {2 x 75 on 1:30 Back 8 KOBHW

{1 x 150 on 3:00 Backstroke  
 {2 x 50 on 1:00 Back 8 KOBHW  
 350 7 x 50 on 1:00 Stroke Drills  
 5:15 PM 2,950 Yards - Stress Value = 33

**Workout #6701 - Wednesday, 16 September 2009**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch/Sptlight  
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 1:45 Kick  
 {4 x 25 on :45 Kick no board-S---  
 {1 x 100 on 1:40 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {1 x 100 on 1:35 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 100 on 1:30 Kick  
 600 1x{1 x 200 on 2:50 Lungbuster pulls  
 {1 x 200 on 2:45 Lungbuster pulls  
 {1 x 200 on 2:40 Lungbuster pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{5 x 50 on 1:00 Breast 2X pullouts BHwall  
 {1 x 75 on 1:30 Breast kick on back  
 {4 x 50 on :55 Breast 2X pullouts SBwall  
 {1 x 75 on 1:30 Breast Kick on back  
 {3 x 50 on :50 Breast 2X pullouts BHwall  
 {1 x 75 on 1:30 Breast Kick on back  
 {2 x 50 on :45 Breast 2X pullouts SBwall  
 {1 x 75 on 1:30 Breast Kick on back  
 {1 x 50 on :40 Breast 2X pullouts BHwall  
 200 1 x 200 on 3:00 Stroke Drills  
 5:15 PM 3,300 Yards - Stress Value = 44

**Workout #6702 - Wednesday, 16 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch/Sptlight  
 400 1 x 400 on 7:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 750 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board-S--  
 {1 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {1 x 100 on 1:50 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 50 on :50 Kick  
 600 1x{1 x 200 on 3:00 Lungbuster pulls  
 {1 x 200 on 2:55 Lungbuster pulls  
 {1 x 200 on 2:50 Lungbuster pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{5 x 50 on 1:00 Breast 2X pullouts BHwall  
 {1 x 75 on 1:30 Breast kick on back  
 {4 x 50 on :55 Breast 2X pullouts SBwall  
 {1 x 75 on 1:30 Breast Kick on back  
 {3 x 50 on :50 Breast 2X pullouts BHwall  
 {1 x 75 on 1:30 Breast Kick on back  
 {2 x 50 on :45 Breast 2X pullouts SBwall  
 {1 x 75 on 1:30 Breast Kick on back  
 {1 x 50 on :40 Breast 2X pullouts BHwall  
 200 1 x 200 on 3:00 Stroke Drills  
 5:15 PM 3,250 Yards - Stress Value = 43

**Workout #6703 - Wednesday, 16 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Ball Abs/Stretch/Sptlight  
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 2:15 Kick  
 {4 x 25 on :45 Kick no board-S--  
 {1 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {1 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board ---R  
 550 1x{1 x 200 on 3:20 Lungbuster pulls  
 {1 x 200 on 3:15 Lungbuster pulls  
 {1 x 150 on 2:25 Lungbuster pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 925 1x{5 x 50 on 1:10 Breast 2X pullouts BHwall  
 {1 x 75 on 1:40 Breast kick on back  
 {4 x 50 on 1:05 Breast 2X pullouts SBwall  
 {1 x 75 on 1:40 Breast Kick on back  
 {3 x 50 on 1:00 Breast 2X pullouts BHwall  
 {1 x 75 on 1:40 Breast Kick on back  
 {2 x 50 on :55 Breast 2X pullouts SBwall  
 200 1 x 200 on 3:00 Stroke Drills  
 5:15 PM 2,975 Yards - Stress Value = 39

**Workout #6704 - Wednesday, 16 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description

=====

1 on 30:00 Physio Ball Abs/Stretch/Sptlight  
 300 1 x 300 on 7:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 650 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board-S--  
 {1 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {1 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board ---R  
 500 1x{1 x 200 on 3:40 Lungbuster pulls  
 {1 x 200 on 3:35 Lungbuster pulls  
 {1 x 100 on 1:45 Lungbuster pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 825 1x{5 x 50 on 1:15 Breast 2X pullouts BHwall  
 {1 x 75 on 1:50 Breast kick on back  
 {4 x 50 on 1:10 Breast 2X pullouts SBwall  
 {1 x 75 on 1:50 Breast Kick on back  
 {3 x 50 on 1:05 Breast 2X pullouts BHwall  
 {1 x 75 on 1:50 Breast Kick on back  
 200 1 x 200 on 3:00 Stroke Drills  
 5:15 PM 2,725 Yards - Stress Value = 35

**Workout #6705 - Thursday, 17 September 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach/Stretch/Sptlight  
 400 1 x 400 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 100 on 1:35 Kick  
 {3 x 50 on 1:00 Tombstone Kicking  
 {2 x 100 on 1:40 Kick  
 {2 x 50 on 1:00 Tombstone Kicking  
 {3 x 100 on 1:45 Kick  
 {1 x 50 on 1:00 Tombstone Kicking  
 750 1x{5 x 50 on :40 Pulls-nbbf&w + 2 yds  
 {5 x 50 on :45 Pulls-nbbf&w + 2 yds  
 {5 x 50 on :50 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{1 x 100 on 1:30 Fly 2-2  
 {2 x 50 on :45 Free-3 br down, 4 back  
 {2 x 25 on :30 Butterfly  
 {2 x 75 on 1:10 Fly, #1 2-2, #2 2-3  
 {2 x 50 on :45 Free 3 br down, 4 back  
 {4 x 25 on :30 Butterfly  
 {3 x 50 on :45 Fly, #1 2-2, #2 2-3,  
 { #3 2-4  
 {2 x 50 on :45 Free 3 br down, 4 back  
 {6 x 25 on :30 Butterfly  
 {4 x 25 on :30 Fly #1 2-2, #2 2-3  
 { #3 2-4 #4 2-5  
 200 1 x 200 on 3:00 Stroke Drills  
 5:15 PM 3,600 Yards - Stress Value = 42

**Workout #6706 - Thursday, 17 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
400	1 on 30:00 Stomach/Stretch/Sptlight 1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
850	1x{1 x 100 on 1:45 Kick {3 x 50 on 1:05 Tombstone Kicking {2 x 100 on 1:50 Kick {2 x 50 on 1:05 Tombstone Kicking {2 x 100 on 1:55 Kick {1 x 50 on 1:00 Kick {1 x 50 on 1:05 Tombstone Kicking
700	1x{5 x 50 on :45 Pulls-nbbf&w + 2 yds {5 x 50 on :50 Pulls-nbbf&w + 2 yds {4 x 50 on :55 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{1 x 100 on 1:40 Fly 2-2 {2 x 50 on :50 Free-3 br down, 4 back {2 x 25 on :30 Butterfly {2 x 75 on 1:15 Fly, #1 2-2, #2 2-3 {2 x 50 on :50 Free 3 br down, 4 back {4 x 25 on :30 Butterfly {3 x 50 on :50 Fly, #1 2-2, #2 2-3, { #3 2-4 {2 x 50 on :50 Free 3 br down, 4 back {4 x 25 on :30 Butterfly {4 x 25 on :30 Fly #1 2-2, #2 2-3 { #3 2-4 #4 2-5
200	1 x 200 on 3:00 Stroke Drills
	5:15 PM 3,450 Yards - Stress Value = 39

**Workout #6707 - Thursday, 17 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
350	1 on 30:00 Stomach/Stretch/Sptlight 1 x 350 on 7:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
750	1x{1 x 100 on 2:00 Kick {3 x 50 on 1:15 Tombstone Kicking {2 x 100 on 2:05 Kick {2 x 50 on 1:15 Tombstone Kicking {2 x 100 on 2:10 Kick
650	1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds {4 x 50 on :55 Pulls-nbbf&w + 2 yds {4 x 50 on 1:00 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
950	1x{1 x 100 on 1:50 Fly 2-2 {2 x 50 on :55 Free-3 br down, 4 back {2 x 25 on :35 Butterfly {2 x 75 on 1:20 Fly, #1 2-2, #2 2-3 {2 x 50 on :55 Free 3 br down, 4 back {4 x 25 on :35 Butterfly {3 x 50 on :55 Fly, #1 2-2, #2 2-3, { #3 2-4 {1 x 50 on :55 Free 3 br down, 4 back {4 x 25 on :35 Butterfly {2 x 25 on :35 Fly #1 2-2, #2 2-3
200	1 x 200 on 3:00 Stroke Drills
	5:15 PM 3,150 Yards - Stress Value = 36

**Workout #6708 - Thursday, 17 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
300	1 on 30:00 Stomach/Stretch/Sptlight 1 x 300 on 7:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:15 Kick {3 x 50 on 1:20 Tombstone Kicking {2 x 100 on 2:20 Kick {2 x 50 on 1:20 Tombstone Kicking {1 x 100 on 2:30 Kick
600	1x{4 x 50 on :55 Pulls-nbbf&w + 2 yds {4 x 50 on 1:00 Pulls-nbbf&w + 2 yds {4 x 50 on 1:05 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 100 on 2:00 Fly 2-2 {2 x 50 on :55 Free-3 br down, 4 back {2 x 25 on :45 Butterfly {2 x 75 on 1:30 Fly, #1 2-2, #2 2-3 {2 x 50 on :55 Free 3 br down, 4 back {4 x 25 on :45 Butterfly {3 x 50 on 1:00 Fly, #1 2-2, #2 2-3, { #3 2-4 {2 x 25 on :45 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	5:15 PM 2,800 Yards - Stress Value = 33

**Workout #6709 - Monday, 21 September 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR {2 x 50 on :55 Kick {2 x 75 on 1:20 Kick {2 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on :50 Kick {2 x 75 on 1:15 Kick {2 x 100 on 1:40 Kick
900	1x{2 x 150 on 2:00 Pull no br L.10 yds {2 x 150 on 1:55 Pull no br L.12 yds {2 x 150 on 1:50 Pull no br L.14 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 500 on 6:40 Freestyle { Long and smooth {1 x 500 on 6:30 Freestyle { Neg split {1 x 500 on 6:20 Freestyle { 100% effort
200	1 x 200 on 3:00 Stroke Drills
	1 on 3:00 Gauntlet
	5:30 PM 4,650 Yards - Stress Value = 57

**Workout #6710 - Monday, 21 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:00 Kick  
 {2 x 75 on 1:25 Kick  
 {2 x 100 on 1:50 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on :55 Kick  
 {2 x 75 on 1:20 Kick  
 {2 x 100 on 1:45 Kick  
 850 1x{2 x 150 on 2:10 Pull no br L.10 yds  
 {2 x 150 on 2:05 Pull no br L.12 yds  
 {2 x 125 on 1:40 Pull no br L.14 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{1 x 500 on 7:15 Freestyle  
 { Long and smooth  
 {1 x 400 on 5:50 Freestyle  
 { Neg split  
 {1 x 500 on 6:45 Freestyle  
 { 100% effort  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 3:00 Gauntlet  
 5:30 PM 4,450 Yards - Stress Value = 54

**Workout #6711 - Monday, 21 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:10 Kick  
 {2 x 75 on 1:35 Kick  
 {2 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:05 Kick  
 {2 x 75 on 1:30 Kick  
 {1 x 100 on 2:00 Kick  
 700 1x{2 x 150 on 2:30 Pull no br L.10 yds  
 {2 x 125 on 2:00 Pull no br L.12 yds  
 {1 x 100 on 1:35 Pull no br L.14 yds  
 {1 x 50 on :50 Pull no br L.14 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 400 on 6:40 Freestyle  
 { Long and smooth  
 {1 x 400 on 6:30 Freestyle  
 { Neg split  
 {1 x 500 on 7:30 Freestyle  
 { 100% effort  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 3:00 Gauntlet  
 5:31 PM 4,000 Yards - Stress Value = 51

**Workout #6712 - Monday, 21 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description

=====

1 on 30:00 Physio Balls/Stretch  
 450 1 x 450 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:15 Kick  
 {2 x 75 on 1:50 Kick  
 {2 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:10 Kick  
 {2 x 75 on 1:45 Kick  
 {1 x 50 on 1:05 Kick  
 650 1x{2 x 150 on 2:45 Pull no br L.10 yds  
 {2 x 100 on 1:50 Pull no br L.12 yds  
 {3 x 50 on :55 Pull no br L.14 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{1 x 300 on 5:30 Freestyle  
 { Long and smooth  
 {1 x 300 on 5:20 Freestyle  
 { Neg split  
 {1 x 500 on 9:00 Freestyle  
 { 100% effort  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 3:00 Gauntlet  
 5:30 PM 3,600 Yards - Stress Value = 71

**Workout #6713 - Tuesday, 22 September 2009**

**Group 3 - Backstroke**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core/Stretch/Spotlight  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 200 on 3:40 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 175 on 3:15 Kick  
 {2 x 75 on 1:10 Kick  
 {1 x 150 on 2:45 Kick  
 {3 x 50 on :50 Kick  
 {1 x 125 on 2:20 Kick  
 100 1 x 100 on 2:00 Kick for time  
 700 1x{1 x 250 on 3:20 Pull break when hpf  
 {1 x 200 on 2:40 Pull break when hpf  
 {1 x 150 on 2:00 Pull break when hpf  
 {1 x 100 on 1:20 Break when hpf  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 150 on 2:30 Alt 25 DPS, 25 build  
 {3 x 50 on :50 Backstroke 3 KOW  
 {2 x 100 on 1:20 75 free 25 back  
 {1 x 150 on 2:30 Alt 25 DPS 25 build  
 {3 x 50 on :50 Backstroke 4 KOW  
 {2 x 100 on 1:25 50 free 50 back  
 {1 x 150 on 2:30 Alt 25 DPS 25 build  
 {3 x 50 on :50 Backstroke 5 KOW  
 {2 x 100 on 1:30 25 free 75 Back  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 4,550 Yards - Stress Value = 63

**Workout #6714 - Tuesday, 22 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
600	1 on 30:00 Core/Stretch/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
1,000	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:00 Kick
	{1 x 100 on 1:45 Kick
	{1 x 175 on 3:30 Kick
	{2 x 75 on 1:20 Kick
	{1 x 150 on 3:00 Kick
	{3 x 50 on :50 Kick
	{1 x 75 on 1:30 Kick
100	1 x 100 on 2:00 Kick for time
650	1x{1 x 250 on 3:40 Pull break when hpf
	{1 x 200 on 2:55 Pull break when hpf
	{1 x 150 on 2:10 Pull break when hpf
	{1 x 50 on :45 Break when hpf
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 150 on 2:40 Alt 25 DPS, 25 build
	{3 x 50 on :55 Backstroke 3 KOW
	{2 x 100 on 1:30 75 free 25 back
	{1 x 150 on 2:40 Alt 25 DPS 25 build
	{3 x 50 on :55 Backstroke 4 KOW
	{2 x 100 on 1:35 50 free 50 back
	{1 x 150 on 2:40 Alt 25 DPS 25 build
	{2 x 50 on :55 Backstroke 5 KOW
	{1 x 100 on 1:40 25 free 75 Back
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	4,300 Yards - Stress Value = 59

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Core/Stretch/Spotlight
150	1 x 500 on 10:00 Underwater trn drill
800	10 x 15 on :45 Shooters
	1x{1 x 200 on 5:00 Kick
	{1 x 100 on 2:15 Kick
	{1 x 150 on 3:45 Kick
	{2 x 75 on 1:40 Kick
	{1 x 100 on 2:30 Kick
	{2 x 50 on 1:05 Kick
100	1 x 100 on 2:00 Kick for time
500	1x{1 x 200 on 3:40 Pull break when hpf
	{1 x 150 on 2:45 Pull break when hpf
	{1 x 100 on 1:50 Pull break when hpf
	{1 x 50 on :50 Pull-break when hpf
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{1 x 100 on 2:15 Alt 25 DPS, 25 build
	{3 x 50 on 1:10 Backstroke 3 KOW
	{2 x 100 on 1:55 75 free 25 back
	{1 x 100 on 2:15 Alt 25 DPS 25 build
	{3 x 50 on 1:10 Backstroke 4 KOW
	{2 x 100 on 2:00 50 free 50 back
	{1 x 100 on 2:15 Alt 25 DPS 25 build
	{2 x 50 on 1:10 Backstroke 5 KOW
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	3,600 Yards - Stress Value = 50

**Workout #6717 - Wednesday, 23 September 2009**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
550	1 on 30:00 Core/Stretch/Spotlight
150	1 x 550 on 10:00 Underwater trn drill
900	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:20 Kick
	{1 x 100 on 2:00 Kick
	{1 x 175 on 3:50 Kick
	{2 x 75 on 1:30 Kick
	{1 x 150 on 3:15 Kick
	{2 x 50 on 1:00 Kick
	{1 x 25 on :30 Kick
100	1 x 100 on 2:00 Kick for time
600	1x{1 x 250 on 4:10 Pull break when hpf
	{1 x 200 on 3:20 Pull break when hpf
	{1 x 150 on 2:30 Pull break when hpf
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 150 on 3:00 Alt 25 DPS, 25 build
	{3 x 50 on 1:00 Backstroke 3 KOW
	{2 x 100 on 1:45 75 free 25 back
	{1 x 150 on 3:00 Alt 25 DPS 25 build
	{3 x 50 on 1:00 Backstroke 4 KOW
	{2 x 100 on 1:50 50 free 50 back
	{1 x 150 on 3:00 Alt 25 DPS 25 build
	{1 x 50 on 1:00 Backstroke 5 KOW
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	3,950 Yards - Stress Value = 54

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Physio Ball Abs/Stretch/Sptlght
150	1 x 600 on 10:00 Free L.25 of each 100 non f
1,100	10 x 15 on :45 Shooters
	1x{8 x 25 on :45 Kick no board BSLR X2
	{2 x 75 on 1:20 Kick
	{6 x 25 on :45 Kick no board BSLRBS
	{2 x 75 on 1:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:10 Kick
	{2 x 25 on :45 Kick no board LR
	{2 x 75 on 1:05 Kick
800	1x{1 x 50 on 1:00 Breast Pull
	{1 x 100 on 2:00 Breast Pull
	{1 x 150 on 3:00 Breast Pull
	{1 x 200 on 4:00 Breast Pull
	{1 x 150 on 3:00 Breast Pull
	{1 x 100 on 2:00 Breast Pull
	{1 x 50 on 1:00 Breast Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{1 x 100 on 1:45 Breaststroke
	{2 x 50 on 1:00 Breast Under/over
	{2 x 100 on 1:40 Breaststroke
	{2 x 50 on 1:00 Breast Under/over
	{3 x 100 on 1:35 Breaststroke
	{2 x 50 on 1:00 Breast Under/over
200	1 x 200 on 3:00 Stroke Drills
5:30 PM	3,950 Yards - Stress Value = 52

**Workout #6716 - Tuesday, 22 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

**Workout #6718 - Wednesday, 23 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Physio Ball Abs/Stretch/Sptlght 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,000	1x{8 x 25 on :45 Kick no board BSLR X2 {2 x 75 on 1:35 Kick {6 x 25 on :45 Kick no board BSLRBS {2 x 75 on 1:30 Kick {4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:25 Kick {2 x 25 on :45 Kick no board LR {1 x 50 on :55 Kick
800	1x{1 x 50 on 1:00 Breast Pull {1 x 100 on 2:00 Breast Pull {1 x 150 on 3:00 Breast Pull {1 x 200 on 4:00 Breaststroke {1 x 150 on 3:00 Breast Pull {1 x 100 on 2:00 Breast Pull {1 x 50 on 1:00 Breast Pull
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
850	1x{1 x 100 on 1:50 Breaststroke {2 x 50 on 1:00 Breast Under/over {2 x 100 on 1:45 Breaststroke {2 x 50 on 1:00 Breast Under/over {3 x 100 on 1:40 Breaststroke {1 x 50 on 1:00 Breast Under/over
200	1 x 200 on 3:00 Stroke Drills
5:30 PM 3,800 Yards - Stress Value = 49	

**Workout #6719 - Wednesday, 23 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 Physio Ball Abs/Stretch/Sptlght 1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
950	1x{8 x 25 on :45 Kick no board BSLR X2 {2 x 75 on 1:40 Kick {6 x 25 on :45 Kick no board BSLRBS {2 x 75 on 1:35 Kick {4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:30 Kick {2 x 25 on :45 Kick no board LR
700	1x{1 x 50 on 1:10 Breast Pull {1 x 100 on 2:15 Breast Pull {1 x 150 on 3:20 Breast Pull {1 x 200 on 4:30 Breaststroke {1 x 150 on 3:20 Breast Pull {1 x 50 on 1:10 Breast Pull
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 100 on 2:00 Breaststroke {2 x 50 on 1:10 Breast Under/over {2 x 100 on 1:55 Breaststroke {2 x 50 on 1:10 Breast Under/over {3 x 100 on 1:50 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
5:30 PM 3,550 Yards - Stress Value = 46	

**Workout #6720 - Wednesday, 23 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Physio Ball Abs/Stretch/Sptlght 1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
900	1x{8 x 25 on :45 Kick no board BSLR X2 {2 x 75 on 1:50 Kick {6 x 25 on :45 Kick no board BSLRBS {2 x 75 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:10 Kick {2 x 25 on :45 Kick no board LR
650	1x{1 x 50 on 1:15 Breast Pull {1 x 100 on 2:30 Breast Pull {1 x 150 on 3:45 Breast Pull {1 x 200 on 5:00 Breaststroke {1 x 100 on 2:30 Breast Pull {1 x 50 on 1:00 Breast Pull
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{1 x 100 on 2:10 Breaststroke {1 x 50 on 1:15 Breast Under/over {2 x 100 on 2:05 Breaststroke {2 x 50 on 1:15 Breast Under/over {3 x 100 on 2:00 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
5:31 PM 3,350 Yards - Stress Value = 43	

**Workout #6721 - Thursday, 24 September 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Stomach/Stretch/Sptlght 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,100	1x{1 x 100 on 1:45 Kick {1 x 100 on 1:40 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:35 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick {1 x 100 on 1:30 Kick {1 x 100 on 1:25 Kick
1,000	1x{1 x 200 on 2:55 Pulls breath toward blchrs {1 x 200 on 2:50 Pull breathe toward scbrd {1 x 200 on 2:45 Pulls breathe toward blchr {1 x 200 on 2:40 Pulls breathe toward scbrd {1 x 200 on 2:35 Pull breathe toward blchr
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{2 x 25 on :30 Butterfly {1 on 1:00 Rest {4 x 25 on :30 Butterfly {1 on 1:00 Rest {6 x 25 on :30 Butterfly {1 on 1:00 Rest {8 x 25 on :30 Butterfly {1 on 1:00 Rest {6 x 25 on :30 Butterfly {1 on 1:00 Rest {4 x 25 on :30 Butterfly {1 on 1:00 Rest {2 x 25 on :30 Butterfly
300	1 x 300 on 5:00 Stroke Drills
5:30 PM 4,150 Yards - Stress Value = 43	



**Workout #6722 - Thursday, 24 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Stomach/Stretch/Sptlight 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
950 1x	{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {2 x 50 on 1:05 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {2 x 50 on 1:05 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick {2 x 50 on 1:05 Kick {1 x 50 on :50 Kick
950 1x	{1 x 200 on 3:05 Pulls breath toward blchrs {1 x 200 on 3:00 Pull breathe toward scbrd {1 x 200 on 2:55 Pulls breathe toward blchr {1 x 200 on 2:50 Pulls breathe toward scbrd {1 x 150 on 2:05 Pull breathe toward blchr
200 4x	{1 x 25 on :50 Sculling drills
800 1x	{2 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 on 1:00 Rest {4 x 25 on :30 Butterfly {1 on 1:00 Rest {6 x 25 on :30 Butterfly {1 on 1:00 Rest {8 x 25 on :30 Butterfly {1 on 1:00 Rest {6 x 25 on :30 Butterfly {1 on 1:00 Rest {4 x 25 on :30 Butterfly {1 on 1:00 Rest {2 x 25 on :30 Butterfly
300	1 x 300 on 5:00 Stroke Drills
5:30 PM 3,950 Yards - Stress Value = 39	

**Workout #6723 - Thursday, 24 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 Stomach/Stretch/Sptlight 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
850 1x	{1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {2 x 50 on 1:10 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {2 x 50 on 1:10 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 50 on 1:10 Kick
800 1x	{1 x 200 on 3:30 Pulls breath toward blchrs {1 x 200 on 3:25 Pull breathe toward scbrd {1 x 200 on 3:20 Pulls breathe toward blchr {1 x 200 on 3:15 Pulls breathe toward scbrd
200 4x	{1 x 25 on :50 Sculling drills
650 1x	{2 x 25 on :40 12.5 ez 12.5 fast grt finishes {1 on 1:00 Rest {4 x 25 on :40 Butterfly

{1 on 1:00 Rest
{6 x 25 on :40 Butterfly
{1 on 1:00 Rest
{8 x 25 on :40 Butterfly
{1 on 1:00 Rest
{4 x 25 on :40 Butterfly
{1 on 1:00 Rest
{2 x 25 on :40 Butterfly
300 1 x 300 on 5:00 Stroke Drills
5:31 PM 3,500 Yards - Stress Value = 32

**Workout #6724 - Thursday, 24 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Stomach/Stretch/Sptlight 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
750 1x	{1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {2 x 50 on 1:15 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {2 x 50 on 1:15 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:05 Kick
750 1x	{1 x 200 on 3:50 Pulls breath toward blchrs {1 x 200 on 3:45 Pull breathe toward scbrd {1 x 200 on 3:40 Pulls breathe toward blchr {1 x 150 on 2:40 Pulls breathe toward scbrd
200 4x	{1 x 25 on :50 Sculling drills
650 1x	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes {2 x 25 on :40 Butterfly {1 on 1:00 Rest {4 x 25 on :40 Butterfly {1 on 1:00 Rest {6 x 25 on :40 Butterfly {1 on 1:00 Rest {8 x 25 on :40 Butterfly {1 on 1:00 Rest {4 x 25 on :40 Butterfly {1 on 1:00 Rest {2 x 25 on :40 Butterfly
300	1 x 300 on 5:00 Stroke Drills
5:31 PM 3,300 Yards - Stress Value = 31	

**Workout #6726 - Friday, 25 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 Stretch/Spotlight 1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 15:00 Social Kick
50 1x	{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400 1x	{2 x 100 on 1:20 Freestyle {4 x 50 on 1:00 Free-100% Lmtd Breathing
500	10 x 50 on 1:00 Stroke Drills
1 on 8:00 Start Drills	
5:00 PM 2,450 Yards - Stress Value = 30	

**Workout #6727 - Friday, 25 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 25:00 Stretch/Spotlight
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
650	1 x 650 on 15:00 Social Kick
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	1x{2 x 100 on 1:30 Freestyle
	{4 x 50 on 1:00 Free-100% Lmtd Breathing
500	10 x 50 on 1:00 Stroke Drills
	1 on 8:00 Start Drills
	5:00 PM 2,300 Yards - Stress Value = 30

**Workout #6728 - Friday, 25 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 25:00 Stretch/Spotlight
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 15:00 Social Kick
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	1x{2 x 100 on 1:45 Freestyle
	{4 x 50 on 1:00 Free-100% Lmtd Breathing
450	9 x 50 on 1:00 Stroke Drills
	1 on 8:00 Start Drills
	5:00 PM 2,150 Yards - Stress Value = 30

**Workout #6725 - Friday, 25 September 2009**

**Group 3 - Sprint**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 25:00 Stretch/Spotlight
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 15:00 Social Kick
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	1x{2 x 100 on 1:15 Freestyle
	{4 x 50 on 1:00 Free-100% Lmtd Breathing
500	10 x 50 on 1:00 Stroke Drills
	1 on 8:00 Start Drills
	5:00 PM 2,450 Yards - Stress Value = 30

**Workout #6729 - Monday, 28 September 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	3:30 PM Start			
	1 on 30:00 Stomach and Stretch		L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	E
150	10 x 15 on :45 Shooters	SP3	S	E
3,000	1 x 3000 on 30:00 Freestyle	EN2	S	E
400	8 x 50 on 1:00 Stroke Drills	REC	D	C
	4:56 PM 3,950 Yards - Stress Value = 66			

**Workout #6730 - Tuesday, 29 September 2009**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Freestyle for time
900	1x{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
500	1 x 500 on 10:00 Freestyle
400	1 x 400 on 10:00 Kick For Time
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{4 x 75 on 1:10 Backstroke
	{1 x 50 on 1:30 Back w/great breakouts
	{4 x 75 on 1:05 Backstroke
	{2 x 50 on 1:30 Back w/great breakouts
	{4 x 75 on 1:00 Backstroke
	{3 x 50 on 1:30 Back w/great breakouts
200	1 x 200 on 3:00 Stroke Drills
	5:45 PM 4,650 Yards - Stress Value = 146

**Workout #6731 - Tuesday, 29 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Freestyle for time
900	1x{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
500	1 x 500 on 10:00 Freestyle
400	1 x 400 on 10:00 Kick For Time
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150	1x{4 x 75 on 1:15 Backstroke
	{1 x 50 on 1:30 Back w/great breakouts
	{4 x 75 on 1:10 Backstroke
	{2 x 50 on 1:30 Back w/great breakouts
	{4 x 75 on 1:05 Backstroke
	{2 x 50 on 1:30 Back w/great breakouts
200	1 x 200 on 3:00 Stroke Drills
	5:45 PM 4,600 Yards - Stress Value = 142

**Workout #6732 - Tuesday, 29 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1 x 500 on 10:00 Freestyle for time  
 800 1x{2 x 100 on 2:20 Kick  
       {2 x 100 on 2:15 Kick  
       {2 x 100 on 2:10 Kick  
       {1 x 100 on 2:20 Kick  
       {2 x 50 on 1:05 Kick  
 500 1 x 500 on 10:00 Freestyle  
 400 1 x 400 on 10:00 Kick For Time  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{4 x 75 on 1:25 Backstroke  
       {1 x 50 on 1:30 Back w/great breakouts  
       {4 x 75 on 1:20 Backstroke  
       {2 x 50 on 1:30 Back w/great breakouts  
       {2 x 75 on 1:15 Backstroke  
       {3 x 50 on 1:30 Back w/great breakouts  
 200 1 x 200 on 3:00 Stroke Drills  
 5:46 PM 4,350 Yards - Stress Value = 142

{1 x 100 on 1:45 Kick  
 {4 x 25 on :45 Kick no board BSLR 13 KOW  
 1,000 1x{2 x 50 on 1:10 Breast Pulls  
       {4 x 25 on :45 Breast Drill 2 klp  
       {2 x 50 on 1:10 Breaststroke  
       {4 x 25 on :45 Breast Drill 4 sec glide  
       {2 x 50 on 1:10 Breast Pull  
       {4 x 25 on :45 Breast Drill Fly Kick  
       {2 x 50 on 1:10 Breast Pull  
       {4 x 25 on :45 Breast Drill-Free Kick  
       {2 x 50 on 1:10 Breast Pull  
       {4 x 25 on :45 Breast Drill-Cldsd fst  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{1 x 200 on 4:00 Breast 2X PO 1st wall  
       {1 x 175 on 3:30 Breast 2X PO 1st 2 walls  
       {1 x 150 on 3:00 Breast 2X PO 1st 3 walls  
       {1 x 125 on 2:30 Breast 2X PO 1st 4 walls  
       {1 x 100 on 2:00 Breast 2X PO 1st 3 walls  
       {1 x 75 on 1:30 Breast 2X PO 1st 2 walls  
       {1 x 50 on 1:00 Breast 2X PO 1st wall  
       {1 x 25 on :30 Breast PO the whole 25  
 400 8 x 50 on 1:00 Stroke Drills  
 5:46 PM 4,250 Yards - Stress Value = 42

**Workout #6735 - Wednesday, 30 September 2009**

**Group 3 - Gold**

**1 minute rest between sets**

**Workout #6733 - Tuesday, 29 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1 x 500 on 10:00 Freestyle for time  
 700 1x{2 x 100 on 2:35 Kick  
       {2 x 100 on 2:30 Kick  
       {2 x 100 on 2:25 Kick  
       {1 x 50 on 1:10 Kick  
       {1 x 50 on 1:05 Kick  
 500 1 x 500 on 10:00 Freestyle  
 400 1 x 400 on 10:00 Kick For Time  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{4 x 75 on 1:35 Backstroke  
       {1 x 50 on 1:30 Back w/great breakouts  
       {2 x 75 on 1:30 Backstroke  
       {2 x 50 on 1:30 Back w/great breakouts  
       {2 x 75 on 1:25 Backstroke  
       {3 x 50 on 1:30 Back w/great breakouts  
 200 1 x 200 on 3:00 Stroke Drills  
 5:45 PM 4,050 Yards - Stress Value = 137

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core/Stretch/Splight  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
       {3 x 100 on 1:55 Kick  
       {4 x 25 on :45 Kick no board BSLR 11 KOW  
       {2 x 100 on 1:55 Kick  
       {4 x 25 on :45 Kick no board BSLR 12 KOW  
       {1 x 50 on :55 Kick  
       {4 x 25 on :45 Kick no board BSLR 13 KOW  
 1,000 1x{2 x 50 on 1:10 Breast Pulls  
       {4 x 25 on :45 Breast Drill 2 klp  
       {2 x 50 on 1:10 Breaststroke  
       {4 x 25 on :45 Breast Drill 4 sec glide  
       {2 x 50 on 1:10 Breast Pull  
       {4 x 25 on :45 Breast Drill Fly Kick  
       {2 x 50 on 1:10 Breast Pull  
       {4 x 25 on :45 Breast Drill-Free Kick  
       {2 x 50 on 1:10 Breast Pull  
       {4 x 25 on :45 Breast Drill-Cldsd fst  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{1 x 200 on 4:00 Breast 2X PO 1st wall  
       {1 x 175 on 3:30 Breast 2X PO 1st 2 walls  
       {1 x 150 on 3:00 Breast 2X PO 1st 3 walls  
       {1 x 125 on 2:30 Breast 2X PO 1st 4 walls  
       {1 x 100 on 2:00 Breast 2X PO 1st 3 walls  
       {1 x 75 on 1:30 Breast 2X PO 1st 2 walls  
       {1 x 50 on 1:00 Breast 2X PO 1st wall  
       {1 x 25 on :30 Breast PO the whole 25  
 400 8 x 50 on 1:00 Stroke Drills  
 5:46 PM 4,200 Yards - Stress Value = 41

**Workout #6734 - Wednesday, 30 September 2009**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core/Stretch/Splight  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
       {3 x 100 on 1:45 Kick  
       {4 x 25 on :45 Kick no board BSLR 11 KOW  
       {2 x 100 on 1:45 Kick  
       {4 x 25 on :45 Kick no board BSLR 12 KOW

**Workout #6736 - Wednesday, 30 September 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Sptlght
550	1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR 10 KOW {2 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR 11 KOW {2 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {1 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR 13 KOW
950	1x{2 x 50 on 1:20 Breast Pulls {4 x 25 on :45 Breast Drill 2 klp {2 x 50 on 1:20 Breaststroke {4 x 25 on :45 Breast Drill 4 sec glide {2 x 50 on 1:20 Breast Pull {4 x 25 on :45 Breast Drill Fly Kick {2 x 50 on 1:20 Breast Pull {4 x 25 on :45 Breast Drill-Free Kick {2 x 50 on 1:20 Breast Pull {2 x 25 on :45 Breast Drill-Clsd fst
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
775	1x{1 x 200 on 4:30 Breast 2X PO 1st wall {1 x 175 on 3:55 Breast 2X PO 1st 2 walls {1 x 150 on 3:25 Breast 2X PO 1st 3 walls {1 x 125 on 2:50 Breast 2X PO 1st 4 walls {1 x 75 on 1:40 Breast 2X PO 1st 2 walls {1 x 50 on 1:05 Breast 2X PO 1st wall
400	8 x 50 on 1:00 Stroke Drills
	5:46 PM 3,925 Yards - Stress Value = 39

**Workout #6737 - Wednesday, 30 September 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Sptlght
500	1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR 10 KOW {2 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR 11 KOW {2 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {1 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board BSLR 13 KOW
900	1x{2 x 50 on 1:30 Breast Pulls {4 x 25 on :45 Breast Drill 2 klp {2 x 50 on 1:30 Breaststroke {4 x 25 on :45 Breast Drill 4 sec glide {2 x 50 on 1:30 Breast Pull {4 x 25 on :45 Breast Drill Fly Kick {2 x 50 on 1:30 Breast Pull {4 x 25 on :45 Breast Drill-Free Kick {2 x 50 on 1:30 Breast Pull
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 5:00 Breast 2X PO 1st wall {1 x 175 on 4:20 Breast 2X PO 1st 2 walls {1 x 150 on 3:45 Breast 2X PO 1st 3 walls {1 x 125 on 3:05 Breast 2X PO 1st 4 walls {1 x 50 on 1:15 Breast 2X PO 1st 2 walls
400	8 x 50 on 1:00 Stroke Drills
	5:46 PM 3,700 Yards - Stress Value = 37

**Workout #6738 - Thursday, 01 October 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Sptlght
600	1x{1 x 200 on :01 Underwater trn drill {4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 breaths) {1 x 200 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 10:00 Backstroke for time
1,000	1x{2 x 125 on 2:20 Kick {2 x 125 on 2:15 Kick {2 x 125 on 2:10 Kick {2 x 125 on 2:05 Kick
200	1 x 200 on 4:00 Free -EZ
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	1 x 400 on 10:00 Breast for time
200	1 x 200 on 4:00 Freestyle
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{1 x 100 on 1:40 Fly 2-2 {4 x 25 on :30 Fly lup ldown {1 x 50 on 1:00 Fly {1 x 100 on 1:20 Freestyle {1 x 100 on 1:35 Fly 2-2 {4 x 25 on :30 Fly lup 2down {1 x 50 on 1:00 Fly {1 x 100 on 1:20 Freestyle {1 x 100 on 1:30 Fly 2-2 {4 x 25 on :30 Fly lup 3down {1 x 50 on 1:00 Fly {1 x 100 on 1:20 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 4,500 Yards - Stress Value = 120

**Workout #6739 - Thursday, 01 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core/Stretch/Sptlght
600 1x	{1 x 200 on :01 Underwater trn drill
	{4 x 50 on :01 Free #1 Kick, #2 build, #3
	{ drill, #4 great effort (6bk/6 breaths)
	{1 x 200 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 10:00 Backstroke for time
900 1x	{2 x 125 on 2:35 Kick
	{2 x 125 on 2:30 Kick
	{2 x 125 on 2:25 Kick
	{2 x 75 on 1:25 Kick
200	1 x 200 on 4:00 Free -EZ
100 2x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	1 x 400 on 10:00 Breast for time
200	1 x 200 on 4:00 Freestyle
100 2x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000 1x	{1 x 100 on 1:45 Fly 2-2
	{4 x 25 on :30 Fly lup 1down
	{1 x 50 on 1:00 Fly
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:40 Fly 2-2
	{4 x 25 on :30 Fly lup 2down
	{1 x 50 on 1:00 Fly
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:35 Fly 2-2
	{4 x 25 on :30 Fly lup 3down
	{1 x 50 on 1:00 Fly
	{1 x 50 on :45 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 4,350 Yards - Stress Value = 117

**Workout #6740 - Thursday, 01 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core/Stretch/Sptlght
550 1x	{1 x 200 on :01 Underwater trn drill
	{4 x 50 on :01 Free #1 Kick, #2 build, #3
	{ drill, #4 great effort (6bk/6 breaths)
	{1 x 150 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 10:00 Backstroke for time
850 1x	{2 x 125 on 2:45 Kick
	{2 x 125 on 2:40 Kick
	{2 x 125 on 2:35 Kick
	{2 x 50 on :55 Kick
200	1 x 200 on 4:00 Free -EZ
100 2x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	1 x 400 on 10:00 Breast for time
200	1 x 200 on 4:00 Freestyle
100 2x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900 1x	{1 x 100 on 1:55 Fly 2-2
	{4 x 25 on :35 Fly lup 1down
	{1 x 50 on 1:10 Fly
	{1 x 100 on 1:45 Freestyle
	{1 x 100 on 1:50 Fly 2-2
	{4 x 25 on :35 Fly lup 2down
	{1 x 50 on 1:10 Fly
	{1 x 100 on 1:45 Freestyle

{1 x 100 on 1:45 Fly 2-2

{4 x 25 on :35 Fly lup 3down

300 6 x 50 on 1:00 Stroke Drills

5:46 PM 4,150 Yards - Stress Value = 116

**Workout #6741 - Thursday, 01 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core/Stretch/Sptlght
500 1x	{1 x 150 on :01 Underwater trn drill
	{4 x 50 on :01 Free #1 Kick, #2 build, #3
	{ drill, #4 great effort (6bk/6 breaths)
	{1 x 150 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 10:00 Backstroke for time
800 1x	{2 x 100 on 2:30 Kick
	{2 x 100 on 2:25 Kick
	{2 x 100 on 2:20 Kick
	{2 x 100 on 2:15 Kick
150	1 x 150 on 4:00 Free -EZ
100 2x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	1 x 400 on 10:00 Breast for time
150	1 x 150 on 4:00 Freestyle
100 2x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750 1x	{1 x 100 on 2:10 Fly 2-2
	{4 x 25 on :40 Fly lup 1down
	{1 x 50 on 1:15 Fly
	{1 x 100 on 1:50 Freestyle
	{1 x 100 on 2:05 Fly 2-2
	{4 x 25 on :40 Fly lup 2down
	{1 x 50 on 1:15 Fly
	{1 x 50 on :55 Freestyle
	{4 x 25 on :40 Fly lup 3down
300	6 x 50 on 1:00 Stroke Drills
	5:46 PM 3,800 Yards - Stress Value = 113

**Workout #6742 - Friday, 02 October 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core/Stretch/Sptlght
800	1 x 800 on 13:00 Alt 100 Rev IM Drill/100 Fr
150	10 x 15 on :45 Shooters
1,300 1x	{1 x 200 on 4:00 Kick
	{4 x 50 on 1:00 Stroke Drills
	{1 x 150 on 3:00 Kick
	{4 x 50 on 1:00 Stroke Drills
	{1 x 100 on 2:00 Kick
	{4 x 50 on 1:00 Stroke Drills
	{1 x 50 on 1:00 Kick
	{4 x 50 on 1:00 Stroke Drills
	1 on 10:00 Team Building Game
	4:59 PM 2,250 Yards - Stress Value = 11

**Workout #6743 - Friday, 02 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core/Stretch/Sptlght
750	1 x 750 on 13:00 Alt 100 Rev IM Drill/100 Fr
150	10 x 15 on :45 Shooters
1,300	1x{1 x 200 on 4:00 Kick
	{4 x 50 on 1:00 Stroke Drills
	{1 x 150 on 3:00 Kick
	{4 x 50 on 1:00 Stroke Drills
	{1 x 100 on 2:00 Kick
	{4 x 50 on 1:00 Stroke Drills
	{1 x 50 on 1:00 Kick
	{4 x 50 on 1:00 Stroke Drills
	1 on 10:00 Team Building Game
4:59 PM	2,200 Yards - Stress Value = 11

400	1 x 400 on 10:00 Breaststroke for time
1,200	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:20 Kick
	{8 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:30 Kick
	{12 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:40 Kick
1,050	1x{1 x 225 on 3:00 Pull no br L.10 yds
	{1 x 200 on 2:40 Pull no br L.12 yds
	{1 x 175 on 2:20 Pull no br L.14 yds
	{1 x 150 on 2:00 Pull no br L.16 yds
	{1 x 125 on 1:40 Pull no br L.18 yds
	{1 x 100 on 1:20 Pull no br L.20 yds
	{1 x 75 on 1:00 Pull no br L. 22 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,850 Yards - Stress Value = 203

**Workout #6744 - Friday, 02 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core/Stretch/Sptlght
700	1 x 700 on 13:00 Alt 100 Rev IM Drill/100 Fr
150	10 x 15 on :45 Shooters
1,250	1x{1 x 200 on 4:30 Kick
	{4 x 50 on 1:00 Stroke Drills
	{1 x 150 on 3:20 Kick
	{4 x 50 on 1:00 Stroke Drills
	{1 x 100 on 2:15 Kick
	{4 x 50 on 1:00 Stroke Drills
	{1 x 50 on 1:05 Kick
	{3 x 50 on 1:00 Stroke Drills
	1 on 10:00 Team Building Game
4:59 PM	2,100 Yards - Stress Value = 11

**Workout #6747 - Monday, 05 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core/Stretch/Sptlght
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
400	1 x 400 on 10:00 Breaststroke for time
1,100	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{8 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:55 Kick
	{12 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
900	1x{1 x 225 on 3:20 Pull no br L.10 yds
	{1 x 200 on 3:00 Pull no br L.12 yds
	{1 x 175 on 2:40 Pull no br L.14 yds
	{1 x 150 on 2:15 Pull no br L.16 yds
	{1 x 125 on 1:50 Pull no br L.18 yds
	{1 x 25 on :30 Pull no br L. 22 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,600 Yards - Stress Value = 199

**Workout #6745 - Friday, 02 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core/Stretch/Sptlght
700	1 x 700 on 13:00 Alt 100 Rev IM Drill/100 Fr
150	10 x 15 on :45 Shooters
1,100	1x{1 x 200 on 5:00 Kick
	{4 x 50 on 1:10 Stroke Drills
	{1 x 150 on 3:45 Kick
	{4 x 50 on 1:10 Stroke Drills
	{1 x 100 on 2:30 Kick
	{4 x 50 on 1:10 Stroke Drills
	{1 x 50 on 1:15 Kick
	1 on 10:00 Team Building Game
4:59 PM	1,950 Yards - Stress Value = 11

**Workout #6746 - Monday, 05 October 2009**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core/Stretch/Sptlght
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters

**Workout #6748 - Monday, 05 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 Core/Stretch/Sptlght 1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
400	1 x 400 on 10:00 Breaststroke for time
1,050	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {8 x 25 on :45 Kick no board BSLR {2 x 100 on 2:05 Kick {12 x 25 on :45 Kick no board BSLR {3 x 50 on 1:05 Kick
850	1x{1 x 225 on 3:40 Pull no br L.10 yds {1 x 200 on 3:20 Pull no br L.12 yds {1 x 175 on 2:55 Pull no br L.14 yds {1 x 150 on 2:25 Pull no br L.16 yds {1 x 100 on 1:35 Pull no br L.18 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 100 on 2:00 Freestyle {1 on 1:00 Rest {4 x 100 on 1:55 Freestyle {1 on 1:00 Rest {4 x 100 on 1:50 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
6:00 PM 5,050 Yards - Stress Value = 174	

**Workout #6749 - Monday, 05 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Core/Stretch/Sptlght 1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
400	1 x 400 on 10:00 Breaststroke for time
1,000	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Kick {8 x 25 on :45 Kick no board BSLR {2 x 100 on 2:25 Kick {12 x 25 on :45 Kick no board BSLR {2 x 50 on 1:10 Kick
750	1x{1 x 225 on 4:00 Pull no br L.10 yds {1 x 200 on 3:40 Pull no br L.12 yds {1 x 175 on 3:10 Pull no br L.14 yds {1 x 100 on 1:50 Pull no br L.16 yds {1 x 50 on :50 Pull no br L.18 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 100 on 2:00 Freestyle {1 on 1:00 Rest {4 x 100 on 1:55 Freestyle {1 on 1:00 Rest {4 x 100 on 1:50 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
6:00 PM 4,850 Yards - Stress Value = 171	

**Workout #6750 - Tuesday, 06 October 2009**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 35:00 Physio Balls/Stretch/Sptlght 1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 10:00 Backstroke for time
1,250	1x{4 x 150 on 2:50 Kick {3 x 125 on 2:20 Kick {2 x 100 on 1:50 Kick {1 x 75 on 1:20 Kick
1,200	1 x 1200 on 16:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 200 on 3:00 Backstroke {4 x 25 on :30 Backstroke-Descend {2 x 175 on 2:35 Backstroke {4 x 25 on :30 Backstroke-descend {3 x 150 on 2:10 Backstroke {4 x 25 on :30 Backstroke-descend {4 x 125 on 1:45 Backstroke {4 x 25 on :30 Backstroke-descend
250	1 x 250 on 4:00 Stroke Drills
6:00 PM 5,950 Yards - Stress Value = 96	

**Workout #6751 - Tuesday, 06 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 35:00 Physio Balls/Stretch/Sptlght 1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 10:00 Backstroke for time
1,200	1x{4 x 150 on 3:00 Kick {3 x 125 on 2:30 Kick {2 x 100 on 1:55 Kick {1 x 25 on :30 Kick
1,100	1 x 1100 on 16:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 200 on 3:20 Backstroke {4 x 25 on :30 Backstroke-Descend {2 x 175 on 2:50 Backstroke {4 x 25 on :30 Backstroke-descend {3 x 150 on 2:20 Backstroke {4 x 25 on :30 Backstroke-descend {4 x 100 on 1:30 Backstroke {4 x 25 on :30 Backstroke-descend
250	1 x 250 on 4:00 Stroke Drills
6:00 PM 5,700 Yards - Stress Value = 93	

**Workout #6752 - Tuesday, 06 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch/Sptlight  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 10:00 Backstroke for time  
 1,100 1x{4 x 150 on 3:10 Kick  
 {3 x 125 on 2:40 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 25 on :30 Kick  
 1,000 1 x 1000 on 16:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,550 1x{1 x 200 on 3:40 Backstroke  
 {4 x 25 on :35 Backstroke-Descend  
 {2 x 175 on 3:10 Backstroke  
 {4 x 25 on :35 Backstroke-descend  
 {3 x 150 on 2:40 Backstroke  
 {4 x 25 on :35 Backstroke-descend  
 {2 x 100 on 1:45 Backstroke  
 {2 x 25 on :35 Backstroke-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 5,200 Yards - Stress Value = 88

**Workout #6753 - Tuesday, 06 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch/Sptlight  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 10:00 Backstroke for time  
 950 1x{3 x 150 on 3:40 Kick  
 {3 x 125 on 3:00 Kick  
 {1 x 100 on 2:25 Kick  
 {1 x 25 on :40 Kick  
 900 1 x 900 on 16:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{1 x 200 on 4:00 Backstroke  
 {4 x 25 on :40 Backstroke-Descend  
 {2 x 175 on 3:25 Backstroke  
 {4 x 25 on :40 Backstroke-descend  
 {3 x 150 on 2:55 Backstroke  
 {4 x 25 on :40 Backstroke-descend  
 {1 x 100 on 1:55 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 4,750 Yards - Stress Value = 83

**Workout #6754 - Wednesday, 07 October 2009**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stomach/Stretch/Sptlight  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board B---  
 {3 x 100 on 1:45 Kick-Descend  
 {4 x 25 on :45 Kick no board -S--  
 {3 x 100 on 1:40 Kick-descend  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 1:35 Kick-descend

{4 x 25 on :45 Kick no board ---R  
 850 1x{2 x 100 on 1:25 Lungbuster pulls  
 {2 x 125 on 1:20 Lungbuster pulls  
 {2 x 100 on 1:15 Lungbuster pulls  
 {1 x 200 on 3:00 Pull-easy  
 500 1 x 500 on 10:00 Pull for time  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{1 x 125 on 2:05 Breaststroke  
 {4 x 50 on 1:00 Breast under/over  
 {2 x 125 on 2:00 Breaststroke  
 {3 x 50 on 1:00 Breast under/over  
 {3 x 125 on 1:55 Breaststroke  
 {2 x 50 on 1:00 Breast under/over  
 {4 x 125 on 1:50 Breaststroke-descend  
 {1 x 50 on 1:00 Breast under/over  
 300 6 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,650 Yards - Stress Value = 117

**Workout #6755 - Wednesday, 07 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stomach/Stretch/Sptlight  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board B---  
 {3 x 100 on 2:00 Kick-Descend  
 {4 x 25 on :45 Kick no board -S--  
 {3 x 100 on 1:55 Kick-descend  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 50 on :55 Kick-descend  
 {4 x 25 on :45 Kick no board ---R  
 800 1x{2 x 100 on 1:30 Lungbuster pulls  
 {2 x 125 on 1:25 Lungbuster pulls  
 {2 x 100 on 1:20 Lungbuster pulls  
 {1 x 150 on 2:30 Pull-easy  
 500 1 x 500 on 10:00 Pull for time  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{1 x 125 on 2:20 Breaststroke  
 {4 x 50 on 1:00 Breast under/over  
 {2 x 125 on 2:15 Breaststroke  
 {3 x 50 on 1:00 Breast under/over  
 {3 x 125 on 2:10 Breaststroke  
 {2 x 50 on 1:00 Breast under/over  
 {4 x 100 on 1:40 Breaststroke-descend  
 {1 x 50 on 1:00 Breast unde/over  
 300 6 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,350 Yards - Stress Value = 112



**Workout #6756 - Wednesday, 07 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
550	1 on 35:00 Stomach/Stretch/Sptlght 1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board B--- {3 x 100 on 2:10 Kick-Descend {4 x 25 on :45 Kick no board -S-- {3 x 100 on 2:05 Kick-descend {4 x 25 on :45 Kick no board --L- {2 x 50 on 1:00 Kick-descend {4 x 25 on :45 Kick no board ---R
700	1x{2 x 100 on 1:45 Lungbuster pulls {2 x 125 on 1:40 Lungbuster pulls {2 x 100 on 1:35 Lungbuster pulls {1 x 50 on 1:00 Pull-easy
500	1 x 500 on 10:00 Pull for time
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{1 x 125 on 2:35 Breaststroke {3 x 50 on 1:10 Breast under/over {2 x 125 on 2:30 Breaststroke {3 x 50 on 1:10 Breast under/over {3 x 125 on 2:25 Breaststroke {2 x 50 on 1:10 Breast under/over {2 x 100 on 1:55 Breaststroke-descend {1 x 50 on 1:10 Breast unde/over
300	6 x 50 on 1:00 Stroke Drills
6:00 PM	4,900 Yards - Stress Value = 106

3:30 PM Start

Yards	Set Description
600	1x{1 on 35:00 Physio Ball Abs//Stretch {1 x 200 on :01 Underwater trn drill {4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br {1 x 200 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	3x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {6 x 50 on 1:00 Kick-Alt free, fly, brst
1,500	1x{4 x 125 on 1:50 Pull br toward blchr {4 x 125 on 1:45 Pull br toward scrbd {4 x 125 on 1:40 Pulls br on 5
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,325	1x{3 x 100 on 1:25 2 strokes fly off walls {3 x 100 on 1:20 2 strokes fly off walls {3 x 100 on 1:15 2 strokes fly off walls {1 x 100 on 1:30 Freestyle 7 KOW {3 x 75 on 1:05 3 strokes fly off walls {3 x 75 on 1:00 3 strokes fly off walls {3 x 75 on :55 3 strokes fly off walls {1 x 100 on 1:30 Freestyle 7 KOW {3 x 50 on :45 4 strokes fly off walls {3 x 50 on :40 4 strokes fly off walls {3 x 50 on :35 4 strokes fly off walls {1 x 100 on 1:30 Freestyle 7 KOW
225	1 x 225 on 3:30 Stroke Drills
6:00 PM	6,200 Yards - Stress Value = 87

**Workout #6757 - Wednesday, 07 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
500	1 on 35:00 Stomach/Stretch/Sptlght 1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board B--- {3 x 100 on 2:30 Kick-Descend {4 x 25 on :45 Kick no board -S-- {3 x 100 on 2:25 Kick-descend {4 x 25 on :45 Kick no board --L- {1 x 50 on 1:15 Kick-descend {2 x 25 on :45 Kick no board ---R
600	1x{2 x 100 on 1:55 Lungbuster pulls {2 x 125 on 1:50 Lungbuster pulls {1 x 100 on 1:45 Lungbuster pulls {1 x 50 on 1:00 Pull-easy
500	1 x 500 on 10:00 Pull for time
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 100 on 2:15 Breaststroke {3 x 50 on 1:10 Breast under/over {2 x 100 on 2:10 Breaststroke {3 x 50 on 1:10 Breast under/over {3 x 100 on 2:05 Breaststroke {2 x 50 on 1:10 Breast under/over {3 x 100 on 2:00 Breaststroke-descend {1 x 50 on 1:10 Breast unde/over
300	6 x 50 on 1:00 Stroke Drills
6:00 PM	4,600 Yards - Stress Value = 104

**Workout #6759 - Thursday, 08 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
600	1x{1 on 35:00 Physio Ball Abs//Stretch {1 x 200 on :01 Underwater trn drill {4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br {1 x 200 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	3x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {6 x 50 on 1:00 Kick-Alt free, fly, brst
1,400	1x{4 x 125 on 1:55 Pull br toward blchr {4 x 125 on 1:50 Pull br toward scrbd {4 x 100 on 1:30 Pulls br on 5
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,075	1x{3 x 100 on 1:35 2 strokes fly off walls {3 x 100 on 1:30 2 strokes fly off walls {3 x 100 on 1:25 2 strokes fly off walls {1 x 100 on 1:35 Freestyle 7 KOW {3 x 75 on 1:15 3 strokes fly off walls {3 x 75 on 1:10 3 strokes fly off walls {3 x 75 on 1:05 3 strokes fly off walls {1 x 100 on 1:35 Freestyle 7 KOW {2 x 50 on :50 4 strokes fly off walls {2 x 50 on :45 4 strokes fly off walls {1 x 50 on :40 4 strokes fly off walls {1 x 50 on :50 Freestyle 7 KOW
225	1 x 225 on 3:30 Stroke Drills
6:00 PM	5,850 Yards - Stress Value = 81

**Workout #6758 - Thursday, 08 October 2009**

**Group 3 - Fly**

**1 minute rest between sets**

**Workout #6760 - Thursday, 08 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 35:00 Physio Ball Abs//Stretch 1x{1 x 200 on :01 Underwater trn drill {4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br 1 x 150 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
1,050	3x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {5 x 50 on 1:10 Kick-Alt free, fly, brst
1,200	1x{4 x 125 on 2:10 Pull br toward blchr {4 x 125 on 2:05 Pull br toward scrbd {2 x 100 on 1:35 Pulls br on 5
200	4x{1 x 25 on :50 Sculling drills
1,800	1x{3 x 100 on 1:50 2 strokes fly off walls {3 x 100 on 1:45 2 strokes fly off walls {3 x 100 on 1:40 2 strokes fly off walls {1 x 100 on 1:40 Freestyle 7 KOW {2 x 75 on 1:25 3 strokes fly off walls {2 x 75 on 1:20 3 strokes fly off walls {2 x 75 on 1:15 3 strokes fly off walls {1 x 100 on 1:40 Freestyle 7 KOW {2 x 50 on :55 4 strokes fly off walls {1 x 50 on :50 4 strokes fly off walls {1 x 50 on :45 4 strokes fly off walls {1 x 50 on :50 Freestyle 7 KOW
200	1 x 200 on 3:30 Stroke Drills

6:00 PM 5,150 Yards - Stress Value = 73

6:00 PM 4,900 Yards - Stress Value = 70

**Workout #6762 - Friday, 09 October 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
1,000	1 on 30:00 Stomach/Stretch/Sptlght	REC	D
150	1 x 1000 on 16:00 Choice	SP3	S
2,000	10 x 15 on :45 Shooters	EN1	S
	1x{1 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	REC	S
	{1 x 50 on :45 Freestyle	EN1	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	REC	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 100 on 1:20 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	REC	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 100 on 1:15 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	REC	S
	{1 x 50 on :45 Freestyle	EN2	S
	{2 x 100 on 1:10 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	REC	S
	{1 x 50 on :45 Freestyle	EN2	S
	{3 x 100 on 1:25 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	REC	S
	{1 x 50 on :45 Freestyle	EN2	S
	{4 x 100 on 1:30 Individual Medley	EN1	S
	{1 x 50 on :35 Freestyle	EN2	S
	{1 x 50 on :45 Freestyle	REC	S
250	1 x 250 on 5:00 Stroke Drills	REC	D

5:00 PM 3,400 Yards - Stress Value = 33

**Workout #6761 - Thursday, 08 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 Physio Ball Abs//Stretch 1x{1 x 150 on :01 Underwater trn drill {4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br 1 x 150 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
1,050	3x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {5 x 50 on 1:10 Kick-Alt free, fly, brst
1,100	1x{4 x 125 on 2:20 Pull br toward blchr {4 x 125 on 2:15 Pull br toward scrbd {1 x 100 on 1:45 Pulls br on 5
200	4x{1 x 25 on :50 Sculling drills
1,700	1x{3 x 100 on 2:00 2 strokes fly off walls {3 x 100 on 1:55 2 strokes fly off walls {3 x 100 on 1:50 2 strokes fly off walls {1 x 100 on 1:50 Freestyle 7 KOW {2 x 75 on 1:30 3 strokes fly off walls {2 x 75 on 1:25 3 strokes fly off walls {2 x 75 on 1:20 3 strokes fly off walls {1 x 100 on 1:50 Freestyle 7 KOW {1 x 50 on :55 4 strokes fly off walls {1 x 50 on :50 4 strokes fly off walls {1 x 50 on :45 4 strokes fly off walls
200	1 x 200 on 3:30 Stroke Drills

**Workout #6763 - Friday, 09 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
950	1 on 30:00 Stomach/Stretch/Sptlght	REC	D
150	1 x 950 on 16:00 Choice	SP3	S
1,850	10 x 15 on :45 Shooters	EN1	S
	1x{1 x 100 on 1:35 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	REC	S
	{1 x 50 on :50 Freestyle	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	REC	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	REC	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 100 on 1:20 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	REC	S
	{1 x 50 on :50 Freestyle	EN2	S
	{2 x 100 on 1:25 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	REC	S
	{1 x 50 on :50 Freestyle	EN2	S
	{3 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	REC	S
	{1 x 50 on :40 Freestyle	EN1	S
	{3 x 100 on 1:35 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	REC	S
250	1 x 250 on 5:00 Stroke Drills	REC	D

5:00 PM 3,200 Yards - Stress Value = 32

**Workout #6764 - Friday, 09 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach/Stretch/Sptlght		L
850	1 x 850 on 16:00 Choice	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,600	1x{1 x 100 on 1:55 Individual Medley	EN1	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
	{1 x 100 on 1:50 Individual Medley	EN1	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
	{1 x 100 on 1:45 Individual Medley	EN2	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
	{1 x 100 on 1:40 Individual Medley	EN2	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
	{2 x 100 on 1:45 Individual Medley	EN2	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
	{3 x 100 on 1:50 Individual Medley	EN2	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
	{1 x 100 on 1:55 Individual Medley	EN1	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	5:01 PM 2,850 Yards - Stress Value = 29		

{1 x 100 on 1:50 Kick			
{1 x 150 on 2:45 Kick			
{4 x 25 on :45 Kick no board BSLR			
{1 x 50 on :50 Kick			
{1 x 100 on 1:40 Kick			
{1 x 150 on 2:30 Kick			
{4 x 25 on :45 Kick no board BSLR			
{1 x 50 on :45 Kick			
{1 x 100 on 1:30 Kick			
{1 x 150 on 2:15 Kick			
1,000 1x{1 x 125 on 2:00 Pull no br L.25 yds			
{1 x 125 on 1:55 Pull no br L.22 yds			
{1 x 125 on 1:50 Pull no br L.19 yds			
{1 x 125 on 1:45 Pull no br L.16 yds			
{1 x 125 on 1:40 Pull no br L.13 yds			
{1 x 125 on 1:35 Pull no br L.10 yds			
{1 x 125 on 1:30 Pull no br L.7 yds			
{1 x 125 on 1:25 Pull no br L.4 yds			
200 4x{1 x 25 on :50 Sculling drills			
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
3,200 1x{1 x 400 on 5:10 Freestyle			
{4 x 100 on 1:10 Freestyle			
{1 x 400 on 5:05 Freestyle			
{4 x 100 on 1:15 Freestyle			
{1 x 400 on 5:00 Freestyle			
{4 x 100 on 1:20 Freestyle			
{1 x 400 on 4:55 Freestyle			
{4 x 100 on 1:25 Freestyle			
300 6 x 50 on 1:00 Stroke Drills			
6:00 PM 6,650 Yards - Stress Value = 108			

**Workout #6767 - Monday, 12 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach/Stretch/Sptlght		L
800	1 x 800 on 16:00 Choice	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,400	1x{1 x 100 on 2:10 Individual Medley	EN1	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 100 on 2:05 Individual Medley	EN1	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 100 on 2:00 Individual Medley	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 100 on 1:55 Individual Medley	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{2 x 100 on 2:00 Individual Medley	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{3 x 100 on 2:05 Individual Medley	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	5:00 PM 2,600 Yards - Stress Value = 27		

Yards	Set Description
	1 on 35:00 Physio Balls/Stretch/Sptlght
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on :55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 150 on 2:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on :50 Kick
	{1 x 100 on 1:45 Kick
900	1x{1 x 125 on 2:10 Pull no br L.25 yds
	{1 x 125 on 2:05 Pull no br L.22 yds
	{1 x 125 on 2:00 Pull no br L.19 yds
	{1 x 125 on 1:55 Pull no br L.16 yds
	{1 x 125 on 1:50 Pull no br L.13 yds
	{1 x 125 on 1:45 Pull no br L.10 yds
	{1 x 125 on 1:40 Pull no br L.7 yds
	{1 x 25 on :30 Pull no br L.4 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,900	1x{1 x 400 on 5:40 Freestyle
	{4 x 100 on 1:20 Freestyle
	{1 x 400 on 5:35 Freestyle
	{4 x 100 on 1:25 Freestyle
	{1 x 400 on 5:30 Freestyle
	{4 x 100 on 1:30 Freestyle
	{1 x 400 on 5:25 Freestyle
	{1 x 100 on 1:35 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 6,100 Yards - Stress Value = 97

**Workout #6766 - Monday, 12 October 2009**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 35:00 Physio Balls/Stretch/Sptlght		L
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,200	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 50 on :55 Kick		

**Workout #6768 - Monday, 12 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch/Sptlght  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:05 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 150 on 3:15 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:00 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 150 on 3:05 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 800 1x{1 x 125 on 2:20 Pull no br L.25 yds  
 {1 x 125 on 2:15 Pull no br L.22 yds  
 {1 x 125 on 2:10 Pull no br L.19 yds  
 {1 x 125 on 2:05 Pull no br L.16 yds  
 {1 x 125 on 2:00 Pull no br L.13 yds  
 {1 x 125 on 1:55 Pull no br L.10 yds  
 {1 x 50 on :45 Pull no br L.7 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,550 1x{1 x 400 on 6:30 Freestyle  
 {4 x 100 on 1:30 Freestyle  
 {1 x 400 on 6:25 Freestyle  
 {4 x 100 on 1:35 Freestyle  
 {1 x 400 on 6:20 Freestyle  
 {4 x 100 on 1:40 Freestyle  
 {1 x 150 on 2:20 Freestyle  
 300 6 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,550 Yards - Stress Value = 88

**Workout #6769 - Monday, 12 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch/Sptlght  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:15 Kick  
 {1 x 100 on 2:30 Kick  
 {1 x 150 on 3:45 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:10 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 150 on 3:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 700 1x{1 x 125 on 2:40 Pull no br L.25 yds  
 {1 x 125 on 2:35 Pull no br L.22 yds  
 {1 x 125 on 2:30 Pull no br L.19 yds  
 {1 x 125 on 2:25 Pull no br L.16 yds  
 {1 x 125 on 2:20 Pull no br L.13 yds  
 {1 x 75 on 1:20 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 1x{1 x 300 on 5:50 Freestyle  
 {3 x 100 on 1:40 Freestyle  
 {1 x 300 on 5:45 Freestyle  
 {3 x 100 on 1:45 Freestyle  
 {1 x 300 on 5:40 Freestyle  
 {3 x 100 on 1:50 Freestyle  
 {1 x 300 on 5:35 Freestyle

{1 x 100 on 1:55 Freestyle  
 300 6 x 50 on 1:00 Stroke Drills  
 6:00 PM 4,950 Yards - Stress Value = 78

**Workout #6770 - Wednesday, 14 October 2009**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Core/Stretch/Sptlght  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 1:15 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 100 on 1:25 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 1:35 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {4 x 100 on 1:45 Kick  
 900 1x{3 x 100 on 1:20 Lungbuster pulls  
 { Breathe 2-4-6-8 by the 25  
 {3 x 100 on 1:20 Lungbuster pulls  
 { Breathe 3-5-7-9 by the 25  
 {3 x 100 on 1:20 Lungbuster pulls  
 { breathe 4-5-6-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 1x{6 x 75 on 1:05 Backstroke  
 {1 x 50 on 1:00 Back 12 KOW/SFBO  
 {4 x 75 on 1:00 Backstroke  
 {1 x 50 on 1:00 Back 12 KOW/SFBO  
 {2 x 75 on :55 Backstroke  
 {1 x 50 on 1:00 Back 12 KOW/SFBO  
 200 1 x 200 on 4:00 Freestyle  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,125 1x{1 x 150 on 2:30 Breaststroke  
 {3 x 75 on 1:05 50 breast 25 free-6bk  
 {1 x 150 on 2:25 Breaststroke  
 {3 x 75 on 1:05 50 breast 25 free-6bk  
 {1 x 150 on 2:20 Breaststroke  
 {3 x 75 on 1:05 50 Breast 25 free-6bk  
 325 1 x 325 on 5:00 Stroke Drills  
 6:00 PM 5,950 Yards - Stress Value = 100

**Workout #6771 - Wednesday, 14 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Core/Stretch/Sptlght  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 1:30 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 100 on 1:40 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 1:50 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {2 x 100 on 2:00 Kick  
 {1 x 50 on 1:00 Kick  
 800 1x{3 x 100 on 1:30 Lungbuster pulls  
 { Breathe 2-4-6-8 by the 25  
 {3 x 100 on 1:30 Lungbuster pulls  
 { Breathe 3-5-7-9 by the 25  
 {2 x 100 on 1:30 Lungbuster pulls  
 { breathe 4-5-6-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 975 1x{5 x 75 on 1:10 Backstroke  
 {1 x 50 on 1:00 Back 12 KOW/SFBO  
 {4 x 75 on 1:05 Backstroke  
 {1 x 50 on 1:00 Back 12 KOW/SFBO  
 {2 x 75 on 1:00 Backstroke  
 {1 x 50 on 1:00 Back 12 KOW/SFBO  
 175 1 x 175 on 4:00 Freestyle  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 975 1x{1 x 150 on 2:45 Breaststroke  
 {3 x 75 on 1:10 50 breast 25 free-6bk  
 {1 x 150 on 2:40 Breaststroke  
 {3 x 75 on 1:10 50 breast 25 free-6bk  
 {1 x 150 on 2:35 Breaststroke  
 {1 x 75 on 1:10 50 Breast 25 free-6bk  
 325 1 x 325 on 5:00 Stroke Drills  
 6:00 PM 5,450 Yards - Stress Value = 92

**Workout #6772 - Wednesday, 14 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Core/Stretch/Sptlght  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 1:50 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {3 x 50 on 1:05 Kick  
 700 1x{3 x 100 on 1:40 Lungbuster pulls  
 { Breathe 2-4-6-8 by the 25  
 {2 x 100 on 1:40 Lungbuster pulls  
 { Breathe 3-5-7-9 by the 25  
 {2 x 100 on 1:40 Lungbuster pulls  
 { breathe 4-5-6-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 850 1x{4 x 75 on 1:25 Backstroke  
 {1 x 50 on 1:10 Back 12 KOW/SFBO

{4 x 75 on 1:20 Backstroke  
 {1 x 50 on 1:10 Back 12 KOW/SFBO  
 {2 x 75 on 1:15 Backstroke  
 150 1 x 150 on 4:00 Freestyle  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{1 x 150 on 3:00 Breaststroke  
 {2 x 75 on 1:20 50 breast 25 free-6bk  
 {1 x 150 on 2:50 Breaststroke  
 {2 x 75 on 1:20 50 breast 25 free-6bk  
 {1 x 150 on 2:40 Breaststroke  
 {2 x 75 on 1:20 50 Breast 25 free-6bk  
 250 1 x 250 on 5:00 Stroke Drills  
 6:00 PM 4,900 Yards - Stress Value = 82

**Workout #6773 - Wednesday, 14 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Core/Stretch/Sptlght  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 50 on 1:15 Kick  
 650 1x{3 x 100 on 1:50 Lungbuster pulls  
 { Breathe 2-4-6-8 by the 25  
 {2 x 100 on 1:50 Lungbuster pulls  
 { Breathe 3-5-7-9 by the 25  
 {3 x 50 on :55 Lungbuster pulls  
 { breathe 4-5-6-7 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 1x{3 x 75 on 1:35 Backstroke  
 {1 x 50 on 1:10 Back 12 KOW/SFBO  
 {3 x 75 on 1:30 Backstroke  
 {1 x 50 on 1:10 Back 12 KOW/SFBO  
 {1 x 50 on 1:10 Back 12 KOW/SFBO  
 {2 x 75 on 1:25 Backstroke  
 150 1 x 150 on 4:00 Freestyle  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{1 x 150 on 3:20 Breaststroke  
 {2 x 75 on 1:30 50 breast 25 free-6bk  
 {1 x 100 on 2:10 Breaststroke  
 {2 x 75 on 1:30 50 breast 25 free-6bk  
 {1 x 100 on 2:05 Breaststroke  
 {2 x 75 on 1:30 50 Breast 25 free-6bk  
 250 1 x 250 on 5:00 Stroke Drills  
 6:00 PM 4,500 Yards - Stress Value = 74

**Workout #6774 - Thursday, 15 October 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 35:00 Physio Ball Abs/Stretch/Sptlght 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,600	8x{1 x 100 on 1:30 Kick {1 x 100 on 2:00 Kick
1,350	1x{6 x 75 on 1:00 Pulls breathe toward blchr {6 x 75 on 1:00 Pulls breathe toward scrbrd {6 x 75 on 1:00 Pull breathe on 5
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 25 on :25 Butterfly {1 x 50 on :40 Freestyle {2 x 25 on :25 Butterfly {2 x 50 on :40 Freestyle {3 x 25 on :25 Butterfly {3 x 50 on :40 Freestyle {4 x 25 on :25 Butterfly {4 x 50 on :40 Freestyle {5 x 25 on :25 Butterfly {5 x 50 on :40 Freestyle {6 x 25 on :25 Butterfly {6 x 50 on :40 Freestyle {7 x 25 on :25 Butterfly {7 x 50 on :40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
6:00 PM	6,400 Yards - Stress Value = 86

Yards	Set Description
550	1 on 35:00 Physio Ball Abs/Stretch/Sptlght 1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,400	7x{1 x 100 on 1:55 Kick {1 x 100 on 2:20 Kick { Only do 13 100's
1,050	1x{6 x 75 on 1:15 Pulls breathe toward blchr {6 x 75 on 1:15 Pulls breathe toward scrbrd {3 x 50 on :50 Pull breathe on 5
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,625	1x{1 x 25 on :35 Butterfly {1 x 50 on :50 Freestyle {2 x 25 on :35 Butterfly {2 x 50 on :50 Freestyle {3 x 25 on :35 Butterfly {3 x 50 on :50 Freestyle {4 x 25 on :35 Butterfly {4 x 50 on :50 Freestyle {5 x 25 on :35 Butterfly {5 x 50 on :50 Freestyle {6 x 25 on :35 Butterfly {6 x 50 on :50 Freestyle {2 x 25 on :35 Butterfly
400	8 x 50 on 1:00 Stroke Drills
6:02 PM	5,375 Yards - Stress Value = 71

**Workout #6777 - Thursday, 15 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 35:00 Physio Ball Abs/Stretch/Sptlght 1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,200	6x{1 x 100 on 2:05 Kick {1 x 100 on 2:30 Kick { Only do 13 100's
1,000	1x{6 x 75 on 1:20 Pulls breathe toward blchr {4 x 75 on 1:20 Pulls breathe toward scrbrd {5 x 50 on :55 Pull breathe on 5
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,425	1x{1 x 25 on :40 Butterfly {1 x 50 on :55 Freestyle {2 x 25 on :40 Butterfly {2 x 50 on :55 Freestyle {3 x 25 on :40 Butterfly {3 x 50 on :55 Freestyle {4 x 25 on :40 Butterfly {4 x 50 on :55 Freestyle {5 x 25 on :40 Butterfly {5 x 50 on :55 Freestyle {6 x 25 on :40 Butterfly {3 x 50 on :55 Freestyle
400	8 x 50 on 1:00 Stroke Drills
6:00 PM	4,875 Yards - Stress Value = 63

**Workout #6775 - Thursday, 15 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 35:00 Physio Ball Abs/Stretch/Sptlght 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,400	7x{1 x 100 on 1:45 Kick {1 x 100 on 2:10 Kick
1,150	1x{6 x 75 on 1:10 Pulls breathe toward blchr {6 x 75 on 1:10 Pulls breathe toward scrbrd {5 x 50 on :45 Pull breathe on 5
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 25 on :30 Butterfly {1 x 50 on :45 Freestyle {2 x 25 on :30 Butterfly {2 x 50 on :45 Freestyle {3 x 25 on :30 Butterfly {3 x 50 on :45 Freestyle {4 x 25 on :30 Butterfly {4 x 50 on :45 Freestyle {5 x 25 on :30 Butterfly {5 x 50 on :45 Freestyle {6 x 25 on :30 Butterfly {6 x 50 on :45 Freestyle {7 x 25 on :30 Butterfly {1 x 50 on :45 Freestyle
400	8 x 50 on 1:00 Stroke Drills
6:00 PM	5,700 Yards - Stress Value = 75

**Workout #6776 - Thursday, 15 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

**Workout #6779 - Friday, 16 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 900 1x{1 x 200 on 3:30 Stroke Drills  
       {3 x 50 on :50 Free-Descend  
       {1 x 150 on 2:30 Stroke Drills  
       {3 x 50 on :45 Freestyle-descend  
       {1 x 100 on 1:35 Stroke Drills  
       {3 x 50 on :40 Freestyle-descend  
 600 1x{1 x 100 on 2:30 25 Tombstone 75 choice  
       {1 x 100 on 2:20 50 Tombstone 50 choice  
       {1 x 100 on 2:10 75 Tomstone 25 choice  
       {1 x 100 on 2:00 Tombstone  
       {4 x 50 on 1:00 Kick no board on side  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 6:00 Freestyle-OTB  
 250 1 x 250 on 4:00 Stroke Drills  
 5:00 PM 2,450 Yards - Stress Value = 60

**Workout #6780 - Friday, 16 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 700 1x{1 x 200 on 4:00 Stroke Drills  
       {3 x 50 on 1:00 Free-Descend  
       {1 x 100 on 2:00 Stroke Drills  
       {2 x 50 on :55 Freestyle-descend  
       {1 x 50 on 1:00 Stroke Drills  
       {2 x 50 on :50 Freestyle-descend  
 550 1x{1 x 100 on 2:50 25 Tombstone 75 choice  
       {1 x 100 on 2:40 50 Tombstone 50 choice  
       {1 x 100 on 2:30 75 Tombstone 25 choice  
       {1 x 100 on 2:20 Tombstone  
       {3 x 50 on 1:10 Kick no board on side  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 6:00 Freestyle-OTB  
 250 1 x 250 on 4:00 Stroke Drills  
 5:00 PM 2,200 Yards - Stress Value = 48

**Workout #6781 - Friday, 16 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 700 1x{1 x 200 on 4:00 Stroke Drills  
       {3 x 50 on 1:00 Free-Descend  
       {1 x 100 on 2:00 Stroke Drills  
       {2 x 50 on :55 Freestyle-descend  
       {1 x 50 on 1:00 Stroke Drills  
       {2 x 50 on :50 Freestyle-descend  
 450 1x{1 x 100 on 3:10 25 Tombstone 75 choice  
       {1 x 100 on 3:00 50 Tombstone 50 choice  
       {1 x 100 on 2:50 75 Tomstone 25 choice  
       {1 x 100 on 2:40 Tombstone  
       {1 x 50 on 1:15 Kick no board on side  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 6:00 Freestyle-OTB  
 250 1 x 250 on 4:00 Stroke Drills

4:59 PM 2,100 Yards - Stress Value = 58

**Workout #6778 - Friday, 16 October 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 900 1x{1 x 200 on 3:30 Stroke Drills  
       {3 x 50 on :50 Free-Descend  
       {1 x 150 on 2:30 Stroke Drills  
       {3 x 50 on :45 Freestyle-descend  
       {1 x 100 on 1:35 Stroke Drills  
       {3 x 50 on :40 Freestyle-descend  
 600 1x{1 x 100 on 2:30 25 Tombstone 75 choice  
       {1 x 100 on 2:20 50 Tombstone 50 choice  
       {1 x 100 on 2:10 75 Tomstone 25 choice  
       {1 x 100 on 2:00 Tombstone  
       {4 x 50 on 1:00 Kick no board on side  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 6:00 Freestyle-OTB  
 250 1 x 250 on 4:00 Stroke Drills  
 5:00 PM 2,450 Yards - Stress Value = 60

**Workout #6782 - Monday, 19 October 2009**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch/Sptlght  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
       {2 x 125 on 2:15 Kick  
       {4 x 25 on :40 Kick no board BSLR 11 KOW  
       {2 x 125 on 2:10 Kick  
       {4 x 25 on :35 Kick no board BSLR 12 KOW  
       {2 x 125 on 2:05 Kick  
       {4 x 25 on :30 Kick no board BSLR 13 KOW  
       {2 x 125 on 2:00 Kick  
 1,350 1x{1 x 50 on :40 Pull no br L.12 yds  
       {1 x 75 on 1:00 Pull no br L.12 yds  
       {1 x 100 on 1:20 Pull no br L.12 yds  
       {1 x 125 on 1:40 Pull no br L.12 yds  
       {1 x 150 on 2:00 Pull no br L.12 yds  
       {1 x 175 on 2:20 Pull no br L.12 yds  
       {1 x 200 on 2:40 Pull no br L.12 yds  
       {1 x 225 on 3:00 Pull no br L.12 yds  
       {1 x 250 on 3:20 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,550 3x{1 x 250 on 3:20 Freestyle 3 KOW  
       {1 x 250 on 3:10 Freestyle 3 KOW  
       {1 x 250 on 3:00 Freestyle 3 KOW  
       {1 x 100 on 2:00 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 6:00 PM 6,500 Yards - Stress Value = 108

**Workout #6783 - Monday, 19 October 2009**

**1 minute rest between sets**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start		3:30 PM Start	
Yards	Set Description	Yards	Set Description
=====	=====	=====	=====
	1 on 35:00 Physio Balls/Stretch/Sptlght		1 on 35:00 Physio Balls/Stretch/Sptlght
600	1 x 600 on 10:00 Swim-kick-pull-swim	500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR 10 KOW	1,100	1x{4 x 25 on :45 Kick no board BSLR 10 KOW
	{2 x 125 on 2:25 Kick		{2 x 125 on 3:00 Kick
	{4 x 25 on :40 Kick no board BSLR 11 KOW		{4 x 25 on :40 Kick no board BSLR 11 KOW
	{2 x 125 on 2:20 Kick		{2 x 125 on 2:55 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW		{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 125 on 2:15 Kick		{2 x 75 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW		{4 x 25 on :30 Kick no board BSLR 13 KOW
	{2 x 125 on 2:15 Kick		{1 x 50 on 1:10 Kick
1,200	1x{1 x 50 on :45 Pull no br L.12 yds	950	1x{1 x 50 on :55 Pull no br L.12 yds
	{1 x 75 on 1:10 Pull no br L.12 yds		{1 x 75 on 1:20 Pull no br L.12 yds
	{1 x 100 on 1:30 Pull no br L.12 yds		{1 x 100 on 1:50 Pull no br L.12 yds
	{1 x 125 on 1:50 Pull no br L.12 yds		{1 x 125 on 2:15 Pull no br L.12 yds
	{1 x 150 on 2:15 Pull no br L.12 yds		{1 x 150 on 2:45 Pull no br L.12 yds
	{1 x 175 on 2:35 Pull no br L.12 yds		{1 x 175 on 3:10 Pull no br L.12 yds
	{1 x 200 on 3:00 Pull no br L.12 yds		{1 x 50 on :55 Pull no br L.12 yds
	{1 x 225 on 3:20 Pull no br L.12 yds		{1 x 225 on 4:05 Pull no br L.12 yds
	{1 x 100 on 1:30 Pull no br L.12 yds	200	4x{1 x 25 on :50 Sculling drills
200	4x{1 x 25 on :50 Sculling drills		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	1,650	3x{1 x 175 on 3:20 Freestyle 3 KOW
2,250	3x{1 x 225 on 3:20 Freestyle 3 KOW		{1 x 175 on 3:10 Freestyle 3 KOW
	{1 x 225 on 3:10 Freestyle 3 KOW		{1 x 175 on 3:00 Freestyle 3 KOW
	{1 x 225 on 3:00 Freestyle 3 KOW		{1 x 25 on 2:00 Freestyle
	{1 x 75 on 2:00 Freestyle	250	5 x 50 on 1:00 Stroke Drills
250	5 x 50 on 1:00 Stroke Drills		6:00 PM 4,800 Yards - Stress Value = 79
	6:00 PM 5,950 Yards - Stress Value = 100		

**Workout #6784 - Monday, 19 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 35:00 Physio Balls/Stretch/Sptlght
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR 10 KOW
	{2 x 125 on 2:40 Kick
	{4 x 25 on :40 Kick no board BSLR 11 KOW
	{2 x 125 on 2:35 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 100 on 2:00 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{2 x 50 on 1:05 Kick
1,050	1x{1 x 50 on :50 Pull no br L.12 yds
	{1 x 75 on 1:15 Pull no br L.12 yds
	{1 x 100 on 1:40 Pull no br L.12 yds
	{1 x 125 on 2:05 Pull no br L.12 yds
	{1 x 150 on 2:30 Pull no br L.12 yds
	{1 x 175 on 2:55 Pull no br L.12 yds
	{1 x 150 on 2:30 Pull no br L.12 yds
	{1 x 225 on 3:45 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	3x{1 x 200 on 3:20 Freestyle 3 KOW
	{1 x 200 on 3:10 Freestyle 3 KOW
	{1 x 200 on 3:00 Freestyle 3 KOW
	{1 x 50 on 2:00 Freestyle
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 5,350 Yards - Stress Value = 89

**Workout #6785 - Monday, 19 October 2009**

**Group 3 - Bronze**



**Workout #6786 - Tuesday, 20 October 2009**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start	
Yards	Set Description
	=====
	1 on 35:00 Core/Stretch/Sptlght
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,300	1x{4 x 100 on 2:00 Kick
	{3 x 25 on :45 Sprint kick
	{3 x 125 on 2:20 Kick
	{3 x 25 on :45 Sprint kick
	{2 x 150 on 2:30 Kick
	{3 x 25 on :45 Sprint kick
1,500	1x{1 x 500 on 6:15 Pulls break aspf
	{1 x 500 on 6:25 Pulls break ahpf
	{1 x 500 on 6:35 Pulls break afpf
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 150 on 2:30 Backstroke 1-6 KOW
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{2 x 50 on 1:00 Back drill
	{1 x 150 on 2:30 Backstroke 1-6 KOW
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{2 x 50 on 1:00 Back Drill
	{1 x 150 on 2:30 Backstroke 1-6 KOW
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{2 x 50 on 1:00 Back Drill
	{1 x 150 on 2:30 Backstroke 1-6 KOW
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{1 x 100 on 1:10 Backstroke
	{2 x 50 on 1:00 Back Drill
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 6,150 Yards - Stress Value = 91

**Workout #6787 - Tuesday, 20 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start	
Yards	Set Description
	=====
	1 on 35:00 Core/Stretch/Sptlght
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,250	1x{4 x 100 on 2:00 Kick
	{3 x 25 on :45 Sprint kick
	{3 x 125 on 2:25 Kick
	{3 x 25 on :45 Sprint kick
	{2 x 125 on 2:20 Kick
	{3 x 25 on :45 Sprint kick
1,350	1x{1 x 500 on 7:00 Pulls break aspf
	{1 x 500 on 7:10 Pulls break ahpf
	{1 x 350 on 5:15 Pulls break afpf
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 150 on 2:35 Backstroke 1-6 KOW
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{2 x 50 on 1:00 Back drill
	{1 x 150 on 2:35 Backstroke 1-6 KOW
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke

	{1 x 100 on 1:30 Backstroke
	{2 x 50 on 1:00 Back Drill
	{1 x 150 on 2:35 Backstroke 1-6 KOW
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{2 x 50 on 1:00 Back Drill
	{1 x 150 on 2:30 Backstroke 1-6 KOW
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 5,850 Yards - Stress Value = 86

**Workout #6788 - Tuesday, 20 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start	
Yards	Set Description
	=====
	1 on 35:00 Core/Stretch/Sptlght
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,150	1x{4 x 100 on 2:10 Kick
	{3 x 25 on :45 Sprint kick
	{3 x 125 on 2:35 Kick
	{3 x 25 on :45 Sprint kick
	{1 x 150 on 3:00 Kick
	{3 x 25 on :45 Sprint kick
1,200	1x{1 x 400 on 6:30 Pulls break aspf
	{1 x 400 on 6:40 Pulls break ahpf
	{1 x 400 on 6:50 Pulls break afpf
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{1 x 150 on 2:55 Backstroke 1-6 KOW
	{1 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 50 on 1:15 Back drill
	{1 x 150 on 2:55 Backstroke 1-6 KOW
	{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 50 on 1:15 Back Drill
	{1 x 150 on 2:55 Backstroke 1-6 KOW
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 50 on 1:15 Back Drill
	{1 x 150 on 2:55 Backstroke 1-6 KOW
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 5,300 Yards - Stress Value = 76

**Workout #6789 - Tuesday, 20 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 35:00 Core/Stretch/Sptlght
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,100	1x{3 x 100 on 2:20 Kick {3 x 25 on :45 Sprint kick {3 x 125 on 2:50 Kick {3 x 25 on :45 Sprint kick {1 x 150 on 3:30 Kick {3 x 25 on :45 Sprint kick {1 x 50 on 1:00 Kick
1,100	1x{1 x 400 on 7:00 Pulls break aspf {1 x 400 on 7:10 Pulls break ahpf {1 x 300 on 5:30 Pulls break afpf
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{1 x 150 on 3:15 Backstroke 1-6 KOW {1 x 100 on 2:10 Backstroke {1 x 100 on 2:05 Backstroke {1 x 100 on 2:00 Backstroke {1 x 50 on 1:15 Back drill {1 x 150 on 3:15 Backstroke 1-6 KOW {1 x 100 on 2:05 Backstroke {1 x 100 on 2:00 Backstroke {1 x 100 on 1:55 Backstroke {1 x 50 on 1:15 Back Drill {1 x 150 on 3:15 Backstroke 1-6 KOW {1 x 100 on 2:00 Backstroke {1 x 100 on 1:55 Backstroke {1 x 100 on 1:50 Backstroke {1 x 50 on 1:15 Back Drill {1 x 150 on 3:15 Backstroke 1-6 KOW
200	1 x 200 on 3:00 Stroke Drills
6:00 PM 4,900 Yards - Stress Value = 70	

**Workout #6790 - Wednesday, 21 October 2009**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 35:00 Physio Ball Abs//Stretch/Sptlght
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no board B--- {1 x 200 on 3:30 Kick {4 x 25 on :45 Kick no board -S-- {2 x 150 on 2:35 Kick {4 x 25 on :45 Kick no board --L- {3 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board ---R {4 x 50 on :50 Kick
1,400	1x{1 x 100 on 1:30 Lungbuster pulls {2 x 50 on 1:00 Breast Pull {2 x 100 on 1:25 Lungbuster pulls {2 x 50 on 1:00 Breast Pull {3 x 100 on 1:20 Lungbuster pulls {2 x 50 on 1:00 Breast Pull {4 x 100 on 1:15 Lungbuster pulls {2 x 50 on 1:00 Breast Pull
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{2 x 50 on 1:00 Breaststroke-2X Pullouts {2 x 125 on 1:50 Individual Medley w/50 brea {2 x 50 on :55 Breaststroke-2X pullouts {2 x 250 on 3:40 Individual Medley-w/100 brea

	{2 x 50 on :50 Breaststroke-2X pullouts
	{2 x 375 on 5:30 Individual Medley w/150 brea
	{2 x 50 on :45 Breaststroke 2X pullouts
250	1 x 250 on 4:00 Stroke Drills
6:00 PM 5,900 Yards - Stress Value = 91	

**Workout #6791 - Wednesday, 21 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 35:00 Physio Ball Abs//Stretch/Sptlght
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board B--- {1 x 200 on 3:50 Kick {4 x 25 on :45 Kick no board -S-- {2 x 150 on 2:50 Kick {4 x 25 on :45 Kick no board --L- {3 x 100 on 1:55 Kick {4 x 25 on :45 Kick no board ---R {2 x 50 on :55 Kick
1,300	1x{1 x 100 on 1:30 Lungbuster pulls {2 x 50 on 1:05 Breast Pull {2 x 100 on 1:30 Lungbuster pulls {2 x 50 on 1:05 Breast Pull {3 x 100 on 1:25 Lungbuster pulls {2 x 50 on 1:05 Breast Pull {3 x 100 on 1:20 Lungbuster pulls {2 x 50 on 1:05 Breast Pull
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{2 x 50 on 1:00 Breaststroke-2X Pullouts {2 x 125 on 2:00 Individual Medley w/50 brea {2 x 50 on :55 Breaststroke-2X pullouts {2 x 250 on 4:00 Individual Medley-w/100 brea {2 x 50 on :50 Breaststroke-2X pullouts {2 x 375 on 6:00 Individual Medley w/150 brea
250	1 x 250 on 4:00 Stroke Drills
6:01 PM 5,600 Yards - Stress Value = 85	

**Workout #6792 - Wednesday, 21 October 2009**

6:01 PM 4,725 Yards - Stress Value = 70

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Ball Abs//Stretch/Sptlght  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :45 Kick no board B---  
 {1 x 200 on 4:10 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 150 on 3:10 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 50 on 1:05 Kick  
 1,150 1x{1 x 100 on 1:45 Lungbuster pulls  
 {2 x 50 on 1:10 Breast Pull  
 {2 x 100 on 1:40 Lungbuster pulls  
 {2 x 50 on 1:10 Breast Pull  
 {3 x 100 on 1:35 Lungbuster pulls  
 {2 x 50 on 1:10 Breast Pull  
 {2 x 100 on 1:30 Lungbuster pulls  
 {1 x 50 on 1:15 Breast Pull  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,525 1x{2 x 50 on 1:05 Breaststroke-2X Pullouts  
 {2 x 125 on 2:15 Individual Medley w/50 breas  
 {2 x 50 on 1:05 Breaststroke-2X pullouts  
 {2 x 250 on 4:30 Individual Medley-w/100 breas  
 {2 x 50 on 1:05 Breaststroke-2X pullouts  
 {1 x 375 on 6:00 Individual Medley w/150 breas  
 {2 x 50 on 1:05 Breaststroke 2X pullouts  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 5,075 Yards - Stress Value = 76

**Workout #6793 - Wednesday, 21 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Ball Abs//Stretch/Sptlght  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board B---  
 {1 x 200 on 4:40 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 150 on 3:30 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {2 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 50 on 1:05 Kick  
 1,050 1x{1 x 100 on 2:00 Lungbuster pulls  
 {2 x 50 on 1:15 Breast Pull  
 {2 x 100 on 1:55 Lungbuster pulls  
 {2 x 50 on 1:15 Breast Pull  
 {3 x 100 on 1:50 Lungbuster pulls  
 {2 x 50 on 1:15 Breast Pull  
 {1 x 100 on 1:45 Lungbuster pulls  
 {1 x 50 on 1:15 Breast Pull  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,425 1x{2 x 50 on 1:10 Breaststroke-2X Pullouts  
 {2 x 125 on 2:30 Individual Medley w/50 breas  
 {2 x 50 on 1:10 Breaststroke-2X pullouts  
 {2 x 250 on 5:00 Individual Medley-w/100 breas  
 {2 x 50 on 1:10 Breaststroke-2X pullouts  
 {1 x 375 on 7:30 Individual Medley w/150 breas  
 250 1 x 250 on 4:00 Stroke Drills

**Workout #6794 - Thursday, 22 October 2009**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stomach /Stretch/Sptlght  
 600 1x{1 x 200 on :01 Underwater trn drill  
 {4 x 50 on :01 Free #1 Kick, #2 build, #3  
 { drill, #4 great effort (6bk/6 br  
 {1 x 200 on 9:58 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 1x{3 x 100 on 1:25 3 strokes fly-descend  
 {3 x 100 on 1:20 3 strokes fly-descend  
 {3 x 100 on 1:15 3 strokes fly-descend  
 1,000 10 x 100 on 1:45 Kick-evens 100%  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{3 x 100 on 1:25 4 strokes fly-descend  
 {3 x 100 on 1:20 4 strokes fly-descend  
 {3 x 100 on 1:15 4 strokes fly-descend  
 1,300 1x{3 x 150 on 2:05 Pulls-breathe toward blchr  
 {3 x 150 on 2:00 Pulls-breathe toward scrbrd  
 {4 x 100 on 1:20 Pulls- breathe on 5  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{3 x 100 on 1:25 5 strokes fly-descend  
 {3 x 100 on 1:20 5 strokes fly-descend  
 {3 x 100 on 1:15 5 strokes fly-descend  
 400 8 x 50 on 1:00 Stroke Drills  
 5:59 PM 6,350 Yards - Stress Value = 94

**Workout #6795 - Thursday, 22 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stomach /Stretch/Sptlght  
 600 1x{1 x 200 on :01 Underwater trn drill  
 {4 x 50 on :01 Free #1 Kick, #2 build, #3  
 { drill, #4 great effort (6bk/6 br  
 {1 x 200 on 9:58 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 750 1x{3 x 100 on 1:35 3 strokes fly-descend  
 {3 x 100 on 1:30 3 strokes fly-descend  
 {3 x 50 on :45 3 strokes fly-descend  
 900 9 x 100 on 1:55 Kick-evens 100%  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 1x{3 x 100 on 1:35 4 strokes fly-descend  
 {3 x 100 on 1:30 4 strokes fly-descend  
 {3 x 50 on :45 4 strokes fly-descend  
 1,200 1x{3 x 150 on 2:15 Pulls-breathe toward blchr  
 {3 x 150 on 2:10 Pulls-breathe toward scrbrd  
 {3 x 100 on 1:25 Pulls- breathe on 5  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 750 1x{3 x 100 on 1:35 5 strokes fly-descend  
 {3 x 100 on 1:30 5 strokes fly-descend  
 {3 x 50 on :45 5 strokes fly-descend  
 400 8 x 50 on 1:00 Stroke Drills  
 5:59 PM 5,700 Yards - Stress Value = 82

**Workout #6796 - Thursday, 22 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1x{1 x 200 on :01 Underwater trn drill {4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br {1 x 150 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
650	1x{3 x 100 on 1:45 3 strokes fly-descend {2 x 100 on 1:40 3 strokes fly-descend {3 x 50 on :50 3 strokes fly-descend
800	8 x 100 on 2:05 Kick-evens 100%
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650	1x{3 x 100 on 1:45 4 strokes fly-descend {2 x 100 on 1:40 4 strokes fly-descend {3 x 50 on :50 4 strokes fly-descend
1,100	1x{3 x 150 on 2:25 Pulls-breathe toward blchr {3 x 150 on 2:20 Pulls-breathe toward scrbrd {4 x 50 on :50 Pulls- breathe on 5
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650	1x{3 x 100 on 1:45 5 strokes fly-descend {2 x 100 on 1:40 5 strokes fly-descend {3 x 50 on :50 5 strokes fly-descend
400	8 x 50 on 1:00 Stroke Drills
	5:58 PM 5,150 Yards - Stress Value = 73

**Workout #6797 - Thursday, 22 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1x{1 x 150 on :01 Underwater trn drill {4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br {1 x 150 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{3 x 100 on 2:00 3 strokes fly-descend {2 x 100 on 1:55 3 strokes fly-descend {2 x 50 on :55 3 strokes fly-descend
700	7 x 100 on 2:20 Kick-evens 100%
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{3 x 100 on 2:00 4 strokes fly-descend {2 x 100 on 1:55 4 strokes fly-descend {2 x 50 on :55 4 strokes fly-descend
950	1x{3 x 150 on 2:50 Pulls-breathe toward blchr {3 x 150 on 2:45 Pulls-breathe toward scrbrd {1 x 50 on :55 Pulls- breathe on 5
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{3 x 100 on 2:00 5 strokes fly-descend {2 x 100 on 1:55 5 strokes fly-descend {2 x 50 on :55 5 strokes fly-descend
400	8 x 50 on 1:00 Stroke Drills
	5:58 PM 4,700 Yards - Stress Value = 66

**Workout #6799 - Friday, 23 October 2009**

**Group 3 - Silver/Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====

	1 on 25:00 Stretch/Spotlight?			L I
750	1x{1 x 200 on 4:00 Reverse IM drill	REC		D
	{3 x 50 on 1:00 Free-Descend	EN1		S
	{1 x 100 on 2:00 Reverse IM drill	REC		D
	{3 x 50 on :55 Freestyle-descend	EN1		S
	{1 x 50 on 1:00 Stroke Drills	REC		D
	{2 x 50 on :50 Freestyle-descend	EN1		S
150	10 x 15 on :45 Shooters	SP3		S
800	1 x 800 on 15:00 Vertical Kicking	EN2		K C
400	1 x 400 on 20:00 Killer Relays	SP1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:00 PM 2,300 Yards - Stress Value = 59			

**Workout #6798 - Friday, 23 October 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 25:00 Stretch/Spotlight?			L I
900	1x{1 x 200 on 3:30 Reverse IM drill	REC		D
	{3 x 50 on :50 Free-Descend	EN1		S
	{1 x 150 on 2:30 Reverse IM drill	REC		D
	{3 x 50 on :45 Freestyle-descend	EN1		S
	{1 x 100 on 1:35 Reverse IM drill	REC		D
	{3 x 50 on :40 Freestyle-descend	EN1		S
150	10 x 15 on :45 Shooters	SP3		S
800	1 x 800 on 15:00 Vertical Kicking	EN2		K C
400	1 x 400 on 20:00 Killer Relays	SP1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:00 PM 2,450 Yards - Stress Value = 60			

**Workout #6800 - Monday, 26 October 2009**

**Group 3 - Back**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
600	1 on 35:00 Core/Stretch/Sptlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,500	10 x 15 on :45 Shooters
	1x{12 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:00 Kick-descend
	{8 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:50 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 1:40 Kick-descend
1,250	1x{1 x 200 on 2:40 Pulls
	{4 x 50 on :45 Pull no br L.15 yds
	{2 x 150 on 2:00 Pulls
	{3 x 50 on :45 Pull no br L.15 yds
	{3 x 100 on 1:20 Pulls
	{2 x 50 on :45 Pull no br L.15 yds
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{2 x 125 on 2:00 Back 15m off last wall
	{4 x 75 on 1:10 Back desc 1-3, hold 4
	{2 x 125 on 2:00 Back 15m off last wall
	{4 x 75 on 1:05 Back desc 1-3, hold 4
	{2 x 125 on 2:00 Back 15m off last wall
	{4 x 75 on 1:00 Back-desc 1-3, 4
	{2 x 125 on 2:00 Back 15m off last wall
	{4 x 75 on :55 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 5,950 Yards - Stress Value = 81

**Workout #6801 - Monday, 26 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
600	1 on 35:00 Core/Stretch/Sptlght
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Shooters
1,400	1x{12 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:05 Kick-descend
	{8 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:00 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 1:55 Kick-descend
1,150	1x{1 x 200 on 3:00 Pulls
	{4 x 50 on :50 Pull no br L.15 yds
	{2 x 150 on 2:15 Pulls
	{3 x 50 on :50 Pull no br L.15 yds
	{2 x 100 on 1:30 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{2 x 125 on 2:10 Back 15m off last wall
	{4 x 75 on 1:20 Back desc 1-3, hold 4
	{2 x 125 on 2:10 Back 15m off last wall
	{4 x 75 on 1:15 Back desc 1-3, hold 4
	{2 x 125 on 2:10 Back 15m off last wall
	{4 x 75 on 1:10 Back-desc 1-3, 4
	{2 x 125 on 2:10 Back 15m off last wall
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 5,450 Yards - Stress Value = 72

**Workout #6802 - Monday, 26 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
550	1 on 35:00 Core/Stretch/Sptlght
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,350	10 x 15 on :45 Shooters
1,350	1x{12 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:15 Kick-descend
	{8 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:10 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:05 Kick-descend
1,000	1x{1 x 200 on 3:20 Pulls
	{4 x 50 on :55 Pull no br L.15 yds
	{2 x 150 on 2:30 Pulls
	{3 x 50 on :55 Pull no br L.15 yds
	{1 x 100 on 1:40 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{2 x 125 on 2:20 Back 15m off last wall
	{4 x 75 on 1:30 Back desc 1-3, hold 4
	{2 x 125 on 2:20 Back 15m off last wall
	{4 x 75 on 1:25 Back desc 1-3, hold 4
	{2 x 125 on 2:20 Back 15m off last wall
	{4 x 75 on 1:20 Back-desc 1-3, 4
	{2 x 50 on 1:00 Back 15m off last wall
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 5,050 Yards - Stress Value = 68

**Workout #6803 - Monday, 26 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
500	1 on 35:00 Core/Stretch/Sptlght
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
1,300	1x{12 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:30 Kick-descend
	{8 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:25 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:20 Kick-descend
950	1x{1 x 200 on 3:40 Pulls
	{4 x 50 on 1:00 Pull no br L.15 yds
	{2 x 150 on 2:45 Pulls
	{3 x 50 on 1:00 Pull no br L.15 yds
	{1 x 100 on 1:50 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{2 x 100 on 2:00 Back 15m off last wall
	{4 x 50 on 1:10 Back desc 1-3, hold 4
	{2 x 100 on 2:00 Back 15m off last wall
	{4 x 50 on 1:05 Back desc 1-3, hold 4
	{2 x 100 on 2:00 Back 15m off last wall
	{4 x 50 on 1:00 Back-desc 1-3, 4
	{2 x 100 on 2:00 Back 15m off last wall
	{4 x 50 on :55 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 4,750 Yards - Stress Value = 66

**Workout #6804 - Tuesday, 27 October 2009**

**Group 3 - Distance**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
600	1 on 35:00 Physio Balls/Stretch/Sptlght
1,500	1 x 600 on 10:00 Underwater trn drill
1,500	1x{1 x 50 on 1:00 Kick-Great effort
	{1 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick-Great effort
	{2 x 100 on 1:35 Kick
	{3 x 50 on 1:00 Kick-Great effort
	{3 x 100 on 1:40 Kick
	{4 x 50 on 1:00 Kick-Great Effort
	{4 x 100 on 1:45 Kick
1,500	1 x 1500 on 20:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{1 x 50 on 2:00 Backstroke
	{3 x 100 on 1:15 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Breaststroke
	{3 x 150 on 1:50 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Butterfly
	{3 x 200 on 2:30 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Freestyle
	{3 x 250 on 3:05 Freestyle
300	12 x 25 on :30 IM order
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 6,750 Yards - Stress Value = 132

**Workout #6805 - Tuesday, 27 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
600	1 on 35:00 Physio Balls/Stretch/Sptlght 1 x 600 on 10:00 Underwater trn drill
1,350	1x{1 x 50 on 1:05 Kick-Great effort {1 x 100 on 1:45 Kick {2 x 50 on 1:05 Kick-Great effort {2 x 100 on 1:50 Kick {3 x 50 on 1:05 Kick-Great effort {3 x 100 on 1:55 Kick {3 x 50 on 1:05 Kick-Great Effot {3 x 100 on 2:00 Kick
1,350	1 x 1350 on 20:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 50 on 2:00 Backstroke {3 x 100 on 1:25 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Breaststroke {3 x 150 on 2:05 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Butterfly {3 x 200 on 2:45 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Freestyle {2 x 250 on 3:30 Freestyle
300	12 x 25 on :30 IM order
200	1 x 200 on 3:00 Stroke Drills
7:30 PM 6,200 Yards - Stress Value = 121	

5:00 PM Start

Yards	Set Description
500	1 on 35:00 Physio Balls/Stretch/Sptlght 1 x 500 on 10:00 Underwater trn drill
1,100	1x{1 x 50 on 1:15 Kick-Great effort {1 x 100 on 2:15 Kick {2 x 50 on 1:15 Kick-Great effort {2 x 100 on 2:20 Kick {3 x 50 on 1:15 Kick-Great effort {3 x 100 on 2:25 Kick {4 x 50 on 1:15 Kick-Great Effot
1,100	1 x 1100 on 20:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 50 on 2:00 Backstroke {3 x 100 on 1:45 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Breaststroke {3 x 150 on 2:40 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Butterfly {3 x 200 on 3:30 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Freestyle {1 x 100 on 1:45 Freestyle
300	12 x 25 on :30 IM order
200	1 x 200 on 3:00 Stroke Drills
7:30 PM 5,200 Yards - Stress Value = 107	

**Workout #6808 - Wednesday, 28 October 2009**

**Group 3 - Breast**

**1 minute rest between sets**

**Workout #6806 - Tuesday, 27 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
550	1 on 35:00 Physio Balls/Stretch/Sptlght 1 x 550 on 10:00 Underwater trn drill
1,250	1x{1 x 50 on 1:10 Kick-Great effort {1 x 100 on 1:55 Kick {2 x 50 on 1:10 Kick-Great effort {2 x 100 on 2:00 Kick {3 x 50 on 1:10 Kick-Great effort {3 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick-Great Effot {2 x 100 on 2:10 Kick
1,200	1 x 1200 on 20:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{1 x 50 on 2:00 Backstroke {3 x 100 on 1:35 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Breaststroke {3 x 150 on 2:25 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Butterfly {3 x 200 on 3:15 Freestyle {1 x 50 on 1:00 Freestyle {1 x 50 on 2:00 Freestyle {1 x 250 on 4:05 Freestyle
300	12 x 25 on :30 IM order
200	1 x 200 on 3:00 Stroke Drills
7:30 PM 5,650 Yards - Stress Value = 112	

5:00 PM Start

Yards	Set Description
600	1 on 35:00 Stomach/ Stretch/Sptlght 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,200	12 x 100 on 2:00 Challenge Kick Set w/fins
1,200	1x{8 x 50 on 1:00 Lungbuster pulls {8 x 50 on :55 Lungbuster pulls {8 x 50 on :45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 200 on 4:00 Breast Drill {3 x 50 on 1:00 3k1p-2k1p-fast, 25fr-6BK {2 x 150 on 3:00 Breast Drill {3 x 50 on 1:00 3k1p-2k1p-fast, 25fr-6BK {3 x 100 on 2:00 Breast Drill {3 x 50 on 1:00 3k1p-2k1p-fast, 25fr-6BK {4 x 50 on 1:00 Breast Drills {3 x 50 on 1:00 3k1p-2k1p-fast, 25fr-6BK
400	1 x 400 on 7:00 Stroke Drills
7:30 PM 5,350 Yards - Stress Value = 62	

**Workout #6807 - Tuesday, 27 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

**Workout #6809 - Wednesday, 28 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stomach/ Stretch/Sptlght  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,200 12 x 100 on 2:00 Challenge Kick Set w/fins  
 1,200 1x{8 x 50 on 1:00 Lungbuster pulls  
 {8 x 50 on :55 Lungbuster pulls  
 {8 x 50 on :45 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 200 on 4:00 Breast Drill  
 {3 x 50 on 1:00 3k1p-2k1p-fast, 25fr-6BK  
 {2 x 150 on 3:00 Breast Drill  
 {3 x 50 on 1:00 3k1p-2k1p-fast, 25fr-6BK  
 {3 x 100 on 2:00 Breast Drill  
 {3 x 50 on 1:00 3k1p-2k1p-fast, 25fr-6BK  
 {4 x 50 on 1:00 Breast Drills  
 {3 x 50 on 1:00 3k1p-2k1p-fast, 25fr-6BK  
 400 1 x 400 on 7:00 Stroke Drills  
 7:30 PM 5,350 Yards - Stress Value = 62

{3 x 50 on 1:10 3k1p-2k1p-fast, 25fr-6BK  
 {3 x 100 on 2:30 Breast Drill  
 {3 x 50 on 1:10 3k1p-2k1p-fast, 25fr-6BK  
 {1 x 50 on 1:15 Breast Drills  
 300 1 x 300 on 7:00 Stroke Drills  
 7:30 PM 4,700 Yards - Stress Value = 56

**Workout #6812 - Thursday, 29 October 2009**

**Group 3 - Fly**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 8 min abs/stretch/sptlght  
 600 1x{1 x 200 on :01 Underwater trn drill  
 {4 x 50 on :01 Free #1 Kick, #2 build, #3  
 { drill, #4 great effort (6bk/6 br  
 {1 x 200 on 9:58 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{1 x 100 on 1:45 Kick  
 {2 x 50 on 1:00 Kick #2 fast  
 {2 x 100 on 1:45 Kick  
 {2 x 50 on 1:05 Kick #2 fast  
 {3 x 100 on 1:45 Kick  
 {2 x 50 on 1:10 Kick #2 fast  
 {4 x 100 on 1:45 Kick  
 {2 x 50 on 1:15 Kick #2 fast  
 900 1x{1 x 150 on 1:45 Pull breathe toward blchr  
 {1 x 150 on 1:50 Pull breathe toward scrbrd  
 {1 x 150 on 1:55 Pull breathe toward blchr  
 {1 x 150 on 2:00 Pull breathe toward scrbrd  
 {1 x 150 on 2:05 Pull breathe toward blchr  
 {1 x 150 on 2:10 Pull breathe toward scrbrd  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 8x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 300 1 x 300 on 5:00 Stroke Drills  
 7:30 PM 5,150 Yards - Stress Value = 85

**Workout #6810 - Wednesday, 28 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stomach/ Stretch/Sptlght  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,200 12 x 100 on 2:00 Challenge Kick Set w/fins  
 1,050 1x{8 x 50 on 1:05 Lungbuster pulls  
 {8 x 50 on 1:00 Lungbuster pulls  
 {5 x 50 on :55 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{1 x 200 on 4:30 Breast Drill  
 {3 x 50 on 1:05 3k1p-2k1p-fast, 25fr-6BK  
 {2 x 150 on 3:20 Breast Drill  
 {3 x 50 on 1:05 3k1p-2k1p-fast, 25fr-6BK  
 {3 x 100 on 2:15 Breast Drill  
 {3 x 50 on 1:05 3k1p-2k1p-fast, 25fr-6BK  
 {2 x 50 on 1:10 Breast Drills  
 {1 x 50 on 1:05 3k1p-2k1p-fast, 25fr-6BK  
 400 1 x 400 on 7:00 Stroke Drills  
 7:30 PM 4,950 Yards - Stress Value = 57

**Workout #6811 - Wednesday, 28 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stomach/ Stretch/Sptlght  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,200 12 x 100 on 2:00 Challenge Kick Set w/fins  
 1,050 1x{8 x 50 on 1:05 Lungbuster pulls  
 {8 x 50 on 1:00 Lungbuster pulls  
 {5 x 50 on :55 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 200 on 5:00 Breast Drill  
 {3 x 50 on 1:10 3k1p-2k1p-fast, 25fr-6BK  
 {2 x 150 on 3:45 Breast Drill

**Workout #6813 - Thursday, 29 October 2009**

**Group 3 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
600	1x{1 on 35:00 8 min abs/stretch/sptlght 1 x 200 on :01 Underwater trn drill { 4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br 1 x 200 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 1:55 Kick { 2 x 50 on 1:00 Kick #2 fast { 2 x 100 on 1:55 Kick { 2 x 50 on 1:05 Kick #2 fast { 3 x 100 on 1:55 Kick { 2 x 50 on 1:10 Kick #2 fast { 3 x 100 on 1:55 Kick { 2 x 50 on 1:15 Kick #2 fast
800	1x{1 x 150 on 2:00 Pull breathe toward blchr 1 x 150 on 2:05 Pull breathe toward scrbrd 1 x 150 on 2:10 Pull breathe toward blchr 1 x 150 on 2:15 Pull breathe toward scrbrd 1 x 150 on 2:20 Pull breathe toward blchr 1 x 50 on :45 Pull breathe toward scrbrd
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{8 x 25 on :30 Butterfly 1 on 1:00 Rest
300	1 x 300 on 5:00 Stroke Drills
7:30 PM 4,950 Yards - Stress Value = 80	

**Workout #6814 - Thursday, 29 October 2009**

**Group 3 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
550	1x{1 on 35:00 8 min abs/stretch/sptlght 1 x 150 on :01 Underwater trn drill { 4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br 1 x 200 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
1,250	1x{1 x 100 on 2:05 Kick { 2 x 50 on 1:00 Kick #2 fast { 2 x 100 on 2:05 Kick { 2 x 50 on 1:05 Kick #2 fast { 3 x 100 on 2:05 Kick { 2 x 50 on 1:10 Kick #2 fast { 3 x 100 on 2:05 Kick 1 x 50 on 1:15 Kick-fast
700	1x{1 x 150 on 2:15 Pull breathe toward blchr 1 x 150 on 2:20 Pull breathe toward scrbrd 1 x 150 on 2:25 Pull breathe toward blchr 1 x 150 on 2:30 Pull breathe toward scrbrd 1 x 50 on :50 Pull breathe toward blchr 1 x 50 on :55 Pull breathe toward scrbrd
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	7x{8 x 25 on :35 Butterfly 1 on 1:00 Rest
300	1 x 300 on 5:00 Stroke Drills
7:30 PM 4,550 Yards - Stress Value = 73	

**Workout #6815 - Thursday, 29 October 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
500	1x{1 on 35:00 8 min abs/stretch/sptlght 1 x 150 on :01 Underwater trn drill { 4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br 1 x 150 on 9:58 Underwater trn drill
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 2:20 Kick { 2 x 50 on 1:05 Kick #2 fast { 2 x 100 on 2:20 Kick { 2 x 50 on 1:10 Kick #2 fast { 3 x 100 on 2:20 Kick { 2 x 50 on 1:15 Kick #2 fast { 2 x 100 on 2:20 Kick 1 x 50 on 1:20 Kick-fast
650	1x{1 x 150 on 2:30 Pull breathe toward blchr 1 x 150 on 2:35 Pull breathe toward scrbrd 1 x 150 on 2:40 Pull breathe toward blchr 1 x 150 on 2:45 Pull breathe toward scrbrd 1 x 50 on :55 Pull breathe toward blchr
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	7x{8 x 25 on :40 Butterfly 1 on 1:00 Rest
300	1 x 300 on 5:00 Stroke Drills
7:35 PM 4,350 Yards - Stress Value = 71	

**Workout #6817 - Friday, 30 October 2009**

**Group 3 - Silver/Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
750	1x{1 on 30:00 Physio Balls/Stretch/Sptlght 1 x 200 on 4:00 Reverse IM drill { 3 x 50 on 1:00 Free-Descend 1 x 100 on 2:00 Reverse IM drill { 3 x 50 on :55 Freestyle-descend 1 x 50 on 1:00 Stroke Drills 2 x 50 on :50 Freestyle-descend	REC EN1 REC EN1 REC EN1
150	10 x 15 on :45 Shooters	SP3
1,250	5x{1 x 25 on :30 Freestyle 1 x 25 on :40 Freestyle 1 x 25 on :50 Freestyle 1 x 25 on 1:00 Freestyle 1 x 150 on 4:00 Stroke Drills	SP2 SP2 SP2 SP2 REC
6:30 PM 2,150 Yards - Stress Value = 59		

**Workout #6816 - Friday, 30 October 2009**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
900	1x{1 on 30:00 Physio Balls/Stretch/Sptlght 1 x 200 on 3:30 Reverse IM drill { 3 x 50 on :50 Free-Descend 1 x 150 on 2:30 Reverse IM drill { 3 x 50 on :45 Freestyle-descend 1 x 100 on 1:35 Reverse IM drill { 3 x 50 on :40 Freestyle-descend	REC EN1 REC EN1 REC EN1
150	10 x 15 on :45 Shooters	SP3
1,500	5x{1 x 25 on :30 Freestyle 1 x 25 on :40 Freestyle 1 x 25 on :50 Freestyle 1 x 25 on 1:00 Freestyle 1 x 200 on 4:00 Stroke Drills	SP2 SP2 SP2 SP2 REC
6:30 PM 2,550 Yards - Stress Value = 60		



**Workout #6818 - Monday, 02 November 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Core/Stretch/Sptlght  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 100 on 1:45 Kick-dscnd 1-3 hold 4  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 1:45 Kick-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:45 Kick #2 fast  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:45 Kick-for time  
 800 16 x 50 on :40 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 200 1 x 200 on 4:00 Freestyle  
 400 1x{4 x 25 on :30 Freestyle  
 {4 x 25 on :25 Freestyle  
 {4 x 25 on :20 Freestyle  
 {4 x 25 on :15 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 7:30 PM 5,350 Yards - Stress Value = 122

{3 x 100 on 2:05 Kick-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:05 Kick-good effort  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:05 Kick-for time  
 650 13 x 50 on :50 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 200 1 x 200 on 4:00 Freestyle  
 325 1x{3 x 25 on :35 Freestyle  
 {3 x 25 on :30 Freestyle  
 {4 x 25 on :25 Freestyle  
 {3 x 25 on :20 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 7:30 PM 4,925 Yards - Stress Value = 117

**Workout #6821 - Monday, 02 November 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Core/Stretch/Sptlght  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:45 Kick-dscnd 1-3 hold 4  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 75 on 1:45 Kick-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:45 Kick-#2 fast  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 75 on 1:45 Kick-for time  
 550 11 x 50 on :55 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 150 1 x 150 on 4:00 Freestyle  
 300 1x{4 x 25 on :35 Freestyle  
 {4 x 25 on :30 Freestyle  
 {4 x 25 on :25 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 7:30 PM 4,600 Yards - Stress Value = 113

**Workout #6819 - Monday, 02 November 2009**

**Group 3 - Gold**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Core/Stretch/Sptlght  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 100 on 1:55 Kick-dscnd 1-3 hold 4  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 1:55 Kick-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:55 Kick-good effort  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:55 Kick-for time  
 700 14 x 50 on :45 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 200 1 x 200 on 4:00 Freestyle  
 400 1x{4 x 25 on :30 Freestyle  
 {4 x 25 on :25 Freestyle  
 {4 x 25 on :20 Freestyle  
 {4 x 25 on :15 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 7:30 PM 5,150 Yards - Stress Value = 119

**Workout #6820 - Monday, 02 November 2009**

**Group 3 - Silver**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Core/Stretch/Sptlght  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 100 on 2:05 Kick-dscnd 1-3 hold 4  
 {4 x 25 on :45 Kick no board BSLR

**Workout #6822 - Tuesday, 03 November 2009**

7:30 PM 5,825 Yards - Stress Value = 83

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description
	1 on 35:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,800	1x{1 x 100 on 2:00 Kick {2 x 100 on 1:45 Kick {1 x 100 on 2:00 Kick {2 x 100 on 1:40 Kick {1 x 100 on 2:00 Kick {2 x 100 on 1:35 Kick {1 x 100 on 2:00 Kick {2 x 100 on 1:30 Kick {1 x 100 on 2:00 Kick {2 x 100 on 1:25 Kick {1 x 100 on 2:00 Kick {2 x 100 on 1:20 Kick
1,200	16 x 75 on 1:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:10 Freestyle {1 on 1:00 Rest {5 x 100 on 1:10 Freestyle {1 on 1:00 Rest {4 x 100 on 1:10 Freestyle {1 on 1:00 Rest {3 x 100 on 1:10 Freestyle {1 on 1:00 Rest {2 x 100 on 1:10 Freestyle {1 on 1:00 Rest {1 x 100 on 1:10 Freestyle
400	8 x 50 on 1:00 Stroke Drills
7:30 PM 6,450 Yards - Stress Value = 93	

**Workout #6823 - Tuesday, 03 November 2009**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	1 on 35:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,600	1x{1 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {1 x 100 on 2:05 Kick {2 x 100 on 1:55 Kick {1 x 100 on 2:05 Kick {2 x 100 on 1:50 Kick {1 x 100 on 2:05 Kick {2 x 100 on 1:45 Kick {1 x 100 on 2:05 Kick {2 x 100 on 1:40 Kick {1 x 100 on 2:05 Kick
975	13 x 75 on 1:10 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{6 x 100 on 1:20 Freestyle {1 on 1:00 Rest {5 x 100 on 1:20 Freestyle {1 on 1:00 Rest {4 x 100 on 1:20 Freestyle {1 on 1:00 Rest {3 x 100 on 1:20 Freestyle {1 on 1:00 Rest {1 x 100 on 1:20 Freestyle
400	8 x 50 on 1:00 Stroke Drills

**Workout #6824 - Tuesday, 03 November 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	1 on 35:00 Physio Balls/Stretch
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,450	1x{1 x 100 on 2:15 Kick {2 x 100 on 2:10 Kick {1 x 100 on 2:15 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:15 Kick {2 x 100 on 2:00 Kick {1 x 100 on 2:15 Kick {2 x 100 on 1:55 Kick {1 x 100 on 2:15 Kick {1 x 100 on 1:50 Kick {1 x 50 on 1:10 Kick
900	12 x 75 on 1:20 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{6 x 100 on 1:30 Freestyle {1 on 1:00 Rest {5 x 100 on 1:30 Freestyle {1 on 1:00 Rest {4 x 100 on 1:30 Freestyle {1 on 1:00 Rest {3 x 100 on 1:30 Freestyle
400	8 x 50 on 1:00 Stroke Drills
7:30 PM 5,450 Yards - Stress Value = 77	

**Workout #6825 - Tuesday, 03 November 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	1 on 35:00 Physio Balls/Stretch
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 2:30 Kick {2 x 100 on 2:20 Kick {1 x 100 on 2:30 Kick {2 x 100 on 2:15 Kick {1 x 100 on 2:30 Kick {2 x 100 on 2:10 Kick {1 x 100 on 2:30 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:30 Kick
825	11 x 75 on 1:25 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{5 x 100 on 1:45 Freestyle {1 on 1:00 Rest {4 x 100 on 1:45 Freestyle {1 on 1:00 Rest {3 x 100 on 1:45 Freestyle {1 on 1:00 Rest {2 x 100 on 1:45 Freestyle {1 on 1:00 Rest {1 x 50 on :50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
7:30 PM 4,825 Yards - Stress Value = 67	

**Workout #6826 - Wednesday, 04 November 2009**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
600	1 on 35:00 Physio Ball Abs/Stretch/Sptlight
150	1 x 600 on 10:00 Free L.25 of each 100 non f
1,000	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board B---
	{3 x 50 on :55 Kick-descend
	{4 x 25 on :45 Kick no board -S--
	{3 x 50 on :55 Kick-descend
	{4 x 25 on :45 Kick no board --L-
	{3 x 50 on :55 Kick-descend
	{4 x 25 on :45 Kick no board ---R
	{3 x 50 on :55 Kick-descend
1,000	1 x 1000 on 14:00 Lungbuster pulls
	Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,750	1x{3 x 200 on 2:40 Freestyle
	{8 x 25 on :30 IM order-build
	{3 x 50 on 1:00 Stroke Drills
	{3 x 150 on 2:00 Freestyle
	{8 x 25 on :30 IM order-build
	{3 x 50 on 1:00 Stroke Drills
	{3 x 100 on 1:20 Freestyle
	{8 x 25 on :30 IM order-build
	{3 x 50 on 1:00 Stroke Drills
	{3 x 50 on :40 Freestyle
	{8 x 25 on :30 IM order-build
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	5,900 Yards - Stress Value = 61

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
550	1 on 35:00 Physio Ball Abs/Stretch/Sptlight
150	1 x 550 on 10:00 Free L.25 of each 100 non f
900	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board B---
	{3 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board -S--
	{3 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board --L-
	{3 x 50 on 1:05 Kick-descend
	{4 x 25 on :45 Kick no board ---R
	{1 x 50 on 1:05 Kick
850	1 x 850 on 14:00 Lungbuster pulls
	Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,350	1x{3 x 200 on 3:20 Freestyle
	{8 x 25 on :35 IM order-build
	{3 x 50 on 1:00 Stroke Drills
	{3 x 150 on 2:30 Freestyle
	{8 x 25 on :35 IM order-build
	{3 x 50 on 1:00 Stroke Drills
	{3 x 100 on 1:40 Freestyle
	{8 x 25 on :35 IM order-build
	{2 x 50 on 1:00 Stroke Drills
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	5,200 Yards - Stress Value = 53

**Workout #6829 - Wednesday, 04 November 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
600	1 on 35:00 Physio Ball Abs/Stretch/Sptlight
150	1 x 600 on 10:00 Free L.25 of each 100 non f
950	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board B---
	{3 x 50 on 1:00 Kick-descend
	{4 x 25 on :45 Kick no board -S--
	{3 x 50 on 1:00 Kick-descend
	{4 x 25 on :45 Kick no board --L-
	{3 x 50 on 1:00 Kick-descend
	{4 x 25 on :45 Kick no board ---R
	{2 x 50 on 1:00 Kick-descend
900	1 x 900 on 14:00 Lungbuster pulls
	Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{3 x 200 on 2:55 Freestyle
	{8 x 25 on :30 IM order-build
	{3 x 50 on 1:00 Stroke Drills
	{3 x 150 on 2:10 Freestyle
	{8 x 25 on :30 IM order-build
	{3 x 50 on 1:00 Stroke Drills
	{3 x 100 on 1:30 Freestyle
	{8 x 25 on :30 IM order-build
	{2 x 50 on 1:00 Stroke Drills
	{1 x 50 on :45 Freestyle
	{8 x 25 on :30 IM order-build
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	5,600 Yards - Stress Value = 57

Yards	Set Description
5:00 PM Start	
500	1 on 35:00 Physio Ball Abs/Stretch/Sptlight
150	1 x 500 on 10:00 Free L.25 of each 100 non f
850	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board B---
	{3 x 50 on 1:10 Kick-descend
	{4 x 25 on :45 Kick no board -S--
	{3 x 50 on 1:10 Kick-descend
	{4 x 25 on :45 Kick no board --L-
	{3 x 50 on 1:10 Kick-descend
	{4 x 25 on :45 Kick no board ---R
750	1 x 750 on 14:00 Lungbuster pulls
	Breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{3 x 200 on 3:40 Freestyle
	{8 x 25 on :40 IM order-build
	{3 x 50 on 1:00 Stroke Drills
	{3 x 150 on 2:45 Freestyle
	{8 x 25 on :40 IM order-build
	{3 x 50 on 1:00 Stroke Drills
	{3 x 100 on 1:50 Freestyle
	{4 x 25 on :40 IM order-build
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	4,800 Yards - Stress Value = 51

**Workout #6828 - Wednesday, 04 November 2009**

**Workout #6830 - Thursday, 05 November 2009**

**Group 3 - Freestylers**  
**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 600 1x{1 on 35:00 Stomach/Stretch/Sptlight  
 {1 x 200 on :01 Underwater trn drill  
 {4 x 50 on :01 Free #1 Kick, #2 build, #3  
 { drill, #4 great effort (6bk/6 br  
 {1 x 200 on 9:55 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {4 x 50 on 1:00 Kick  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {4 x 75 on 1:30 Kick  
 {1 x 25 on :45 Kick on right side face up  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {4 x 100 on 2:00 Kick  
 1,350 1x{3 x 150 on 2:15 Pulls breathe toward blchr  
 {3 x 150 on 2:10 Pulls breathe toward scrbrd  
 {3 x 150 on 2:05 Pulls breathe on 5  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 22 x 100 on 1:20 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 7:30 PM 6,100 Yards - Stress Value = 53

**Workout #6832 - Thursday, 05 November 2009**

**Group 3 - Silver**  
**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 550 1x{1 on 35:00 Stomach/Stretch/Sptlight  
 {1 x 200 on :01 Underwater trn drill  
 {4 x 50 on :01 Free #1 Kick, #2 build, #3  
 { drill, #4 great effort (6bk/6 br  
 {1 x 150 on 9:55 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,100 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {4 x 50 on 1:10 Kick  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {4 x 75 on 1:40 Kick  
 {1 x 25 on :45 Kick on right side face up  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:10 Kick  
 1,150 1x{3 x 150 on 2:35 Pulls breathe toward blchr  
 {3 x 150 on 2:30 Pulls breathe toward scrbrd  
 {2 x 125 on 2:05 Pulls breathe on 5  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 17 x 100 on 1:45 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 7:30 PM 5,250 Yards - Stress Value = 49

**Workout #6831 - Thursday, 05 November 2009**

**Group 3 - Gold**  
**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 600 1x{1 on 35:00 Stomach/Stretch/Sptlight  
 {1 x 200 on :01 Underwater trn drill  
 {4 x 50 on :01 Free #1 Kick, #2 build, #3  
 { drill, #4 great effort (6bk/6 br  
 {1 x 200 on 9:55 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {4 x 50 on 1:00 Kick  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {4 x 75 on 1:30 Kick  
 {1 x 25 on :45 Kick on right side face up  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {4 x 100 on 2:00 Kick  
 1,350 1x{3 x 150 on 2:15 Pulls breathe toward blchr  
 {3 x 150 on 2:10 Pulls breathe toward scrbrd  
 {3 x 150 on 2:05 Pulls breathe on 5  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 20 x 100 on 1:30 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 7:30 PM 5,900 Yards - Stress Value = 57

**Workout #6833 - Thursday, 05 November 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stomach/Stretch/Sptlght  
 500 1x{1 x 150 on :01 Underwater trn drill  
 {4 x 50 on :01 Free #1 Kick, #2 build, #3  
 { drill, #4 great effort (6bk/6 br  
 {1 x 150 on 9:55 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {4 x 50 on 1:15 Kick  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {4 x 75 on 1:50 Kick  
 {1 x 25 on :45 Kick on right side face up  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {2 x 100 on 2:30 Kick  
 1,150 1x{3 x 150 on 2:35 Pulls breathe toward blchr  
 {3 x 150 on 2:30 Pulls breathe toward scrbrd  
 {2 x 125 on 2:05 Pulls breathe on 5  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 15 x 100 on 2:00 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 7:30 PM 4,900 Yards - Stress Value = 46

**Workout #6834 - Friday, 06 November 2009**

**Group 3 - Recovery/Technique Day**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description E  
 =====  
 1 on 25:00 Stretch and Sptlght  
 800 1 x 800 on 14:00 Choice F  
 250 1 x 250 on 15:00 TN Turn Drills F  
 150 10 x 15 on :45 Shooters S  
 300 3x{1 x 25 on :45 Kick on left side face down E  
 {1 x 25 on :45 Kick on right side face down E  
 {1 x 25 on :45 Kick on left side face up E  
 {1 x 25 on :45 Kick on right side face up E  
 1 on 10:00 Techniques-Starts  
 250 5 x 50 on 1:00 Stroke Drills F  
 6:30 PM 1,750 Yards - Stress Value = 10

**Workout #6839 - Monday, 09 November 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core/Stretch/Sptlght  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,300 1x{1 x 100 on 1:35 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:40 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 1:45 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {4 x 100 on 1:50 Kick

1,250 1x{1 x 125 on 1:25 Pull no br L.12 yds  
 {1 x 125 on 1:30 Pull no br L.12 yds  
 {1 x 125 on 1:35 Pull no br L.12 yds  
 {1 x 125 on 1:40 Pull no br L.12 yds  
 {2 x 125 on 1:45 Pull no br L.12 yds  
 {1 x 125 on 1:40 Pull no br L.12 yds  
 {1 x 125 on 1:35 Pull no br L.12 yds  
 {1 x 125 on 1:30 Pull no br L.12 yds  
 {1 x 125 on 1:25 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,500 1x{1 x 400 on 5:20 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 300 on 4:00 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {3 x 200 on 2:40 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {3 x 100 on 1:20 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 6,250 Yards - Stress Value = 118

**Workout #6835 - Monday, 09 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 40:00 Weights and Stretch  
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,800 1x{1 x 400 on 5:20 Freestyle EN1  
 {4 x 100 on 1:20 Freestyle EN1  
 {1 x 300 on 4:00 Freestyle EN1  
 {3 x 100 on 1:20 Freestyle EN1  
 {1 x 200 on 2:40 Freestyle EN1  
 {2 x 100 on 1:20 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,550 Yards - Stress Value = 24

**Workout #6836 - Monday, 09 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 40:00 Weights and Stretch  
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,600 1x{1 x 400 on 6:00 Freestyle EN1  
 {4 x 100 on 1:30 Freestyle EN1  
 {1 x 300 on 4:30 Freestyle EN1  
 {3 x 100 on 1:30 Freestyle EN1  
 {1 x 200 on 3:00 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,350 Yards - Stress Value = 22

**Workout #6840 - Monday, 09 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core/Stretch/Sptlght  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{1 x 100 on 1:45 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:50 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:00 Kick  
 1,100 1x{1 x 125 on 1:40 Pull no br L.12 yds  
 {1 x 125 on 1:45 Pull no br L.12 yds  
 {1 x 125 on 1:50 Pull no br L.12 yds  
 {1 x 125 on 1:55 Pull no br L.12 yds  
 {1 x 100 on 1:30 Pull no br L.12 yds  
 {1 x 125 on 1:55 Pull no br L.12 yds  
 {1 x 125 on 1:50 Pull no br L.12 yds  
 {1 x 125 on 1:45 Pull no br L.12 yds  
 {1 x 125 on 1:40 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,350 1x{1 x 400 on 6:00 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 300 on 4:25 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {3 x 200 on 2:50 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 75 on 1:00 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,850 Yards - Stress Value = 112

{4 x 25 on :45 Kick no board BSLR  
 {5 x 50 on 1:05 Kick  
 900 1x{1 x 125 on 2:00 Pull no br L.12 yds  
 {1 x 125 on 2:05 Pull no br L.12 yds  
 {1 x 125 on 2:10 Pull no br L.12 yds  
 {1 x 75 on 1:25 Pull no br L.12 yds  
 {1 x 75 on 1:25 Pull no br L.12 yds  
 {1 x 125 on 2:10 Pull no br L.12 yds  
 {1 x 125 on 2:05 Pull no br L.12 yds  
 {1 x 125 on 2:00 Pull no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,050 1x{1 x 300 on 5:00 Freestyle  
 {3 x 50 on 1:10 Freestyle  
 {2 x 250 on 4:10 Freestyle  
 {3 x 50 on 1:10 Freestyle  
 {3 x 200 on 3:20 Freestyle  
 {3 x 50 on 1:10 Freestyle  
 {1 x 100 on 1:40 Freestyle  
 {2 x 50 on 1:10 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,250 Yards - Stress Value = 104

**Workout #6838 - Monday, 09 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 40:00 Weights and Stretch  
 300 1 x 300 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,300 1x{1 x 400 on 7:20 Freestyle EN1  
 {4 x 100 on 1:50 Freestyle EN1  
 {1 x 300 on 5:30 Freestyle EN1  
 {2 x 100 on 1:50 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 1,950 Yards - Stress Value = 19

**Workout #6837 - Monday, 09 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 40:00 Weights and Stretch  
 350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,400 1x{1 x 400 on 6:40 Freestyle EN1  
 {4 x 100 on 1:40 Freestyle EN1  
 {1 x 300 on 5:00 Freestyle EN1  
 {3 x 100 on 1:40 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,100 Yards - Stress Value = 20

**Workout #6841 - Monday, 09 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core/Stretch/Sptlght  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,150 1x{1 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:05 Kick

**Workout #6842 - Monday, 09 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Sptlght
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:15 Kick
800	1x{1 x 100 on 1:45 Pull no br L.12 yds {1 x 100 on 1:50 Pull no br L.12 yds {1 x 100 on 1:55 Pull no br L.12 yds {2 x 100 on 2:10 Pull no br L.12 yds {1 x 100 on 1:55 Pull no br L.12 yds {1 x 100 on 1:50 Pull no br L.12 yds {1 x 100 on 1:45 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 300 on 5:30 Freestyle {3 x 50 on 1:10 Freestyle {2 x 250 on 4:35 Freestyle {3 x 50 on 1:10 Freestyle {3 x 200 on 3:40 Freestyle {4 x 50 on 1:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
5:35 PM 4,850 Yards - Stress Value = 101	

**Workout #6843 - Tuesday, 10 November 2009**

**Group 3 - Backstroke**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,800	1x{1 x 150 on 2:30 Kick {1 x 100 on 1:45 Kick {1 x 50 on :55 Kick {2 x 150 on 2:30 Kick {2 x 100 on 1:45 Kick {2 x 50 on :55 Kick {3 x 150 on 2:30 Kick {3 x 100 on 1:45 Kick {3 x 50 on :55 Kick
1,800	1x{4 x 50 on :50 Pulls breathe toward scrbd {4 x 50 on :50 Pulls breathe toward blchr {4 x 50 on :50 Pulls breathe on 5 {4 x 50 on :45 Pulls breathe toward scrbd {4 x 50 on :45 Pulls breathe toward blchr {4 x 50 on :45 Pulls breathe on 5 {4 x 50 on :40 Pulls breathe toward scrbd {4 x 50 on :40 Pulls breathe toward blchr {4 x 50 on :40 Pulls breathe on 5
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{2 x 150 on 2:30 Backstroke {2 x 125 on 2:05 Backstroke {2 x 100 on 1:40 Backstroke {2 x 75 on 1:15 Backstroke {2 x 50 on :50 Backstroke
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice

5:35 PM 6,050 Yards - Stress Value = 74

**Workout #6844 - Tuesday, 10 November 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,650	1x{1 x 150 on 2:45 Kick {1 x 100 on 1:55 Kick {1 x 50 on 1:00 Kick {2 x 150 on 2:45 Kick {2 x 100 on 1:55 Kick {2 x 50 on 1:00 Kick {3 x 150 on 2:45 Kick {3 x 100 on 1:55 Kick
1,600	1x{4 x 50 on :55 Pulls breathe toward scrbd {4 x 50 on :55 Pulls breathe toward blchr {4 x 50 on :55 Pulls breathe on 5 {4 x 50 on :50 Pulls breathe toward scrbd {4 x 50 on :50 Pulls breathe toward blchr {4 x 50 on :50 Pulls breathe on 5 {4 x 50 on :45 Pulls breathe toward scrbd {4 x 50 on :45 Pulls breathe toward blchr
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 150 on 2:45 Backstroke {2 x 125 on 2:20 Backstroke {2 x 100 on 1:50 Backstroke {2 x 75 on 1:20 Backstroke
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
5:35 PM 5,600 Yards - Stress Value = 68	

**Workout #6845 - Tuesday, 10 November 2009**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
	1 on 30:00 Physio Balls/Stretch
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,450	1x{1 x 150 on 3:05 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:05 Kick
	{2 x 150 on 3:05 Kick
	{2 x 100 on 2:05 Kick
	{2 x 50 on 1:05 Kick
	{3 x 150 on 3:05 Kick
	{2 x 50 on 1:05 Kick
1,400	1x{4 x 50 on 1:00 Pulls breathe toward scrbd
	{4 x 50 on 1:00 Pulls breathe toward blchr
	{4 x 50 on 1:00 Pulls breathe on 5
	{4 x 50 on :55 Pulls breathe toward scrbd
	{4 x 50 on :55 Pulls breathe toward blchr
	{4 x 50 on :55 Pulls breathe on 5
	{2 x 50 on :50 Pulls breathe toward scrbd
	{2 x 50 on :50 Pulls breathe toward blchr
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
850	1x{2 x 150 on 3:00 Backstroke
	{2 x 125 on 2:30 Backstroke
	{2 x 100 on 2:00 Backstroke
	{2 x 50 on 1:00 Backstroke
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 5,100 Yards - Stress Value = 60

**Workout #6846 - Tuesday, 10 November 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
	1 on 30:00 Physio Balls/Stretch
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,300	1x{1 x 150 on 3:25 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 on 1:15 Kick
	{2 x 150 on 3:25 Kick
	{2 x 100 on 2:20 Kick
	{2 x 50 on 1:15 Kick
	{1 x 150 on 3:25 Kick
	{2 x 100 on 2:20 Kick
	{1 x 50 on 1:15 Kick
1,300	1x{3 x 50 on 1:05 Pulls breathe toward scrbd
	{3 x 50 on 1:05 Pulls breathe toward blchr
	{3 x 50 on 1:05 Pulls breathe on 5
	{4 x 50 on 1:00 Pulls breathe toward scrbd
	{4 x 50 on 1:00 Pulls breathe toward blchr
	{4 x 50 on 1:00 Pulls breathe on 5
	{3 x 50 on :55 Pulls breathe toward scrbd
	{2 x 50 on :55 Pulls breathe toward blchr
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 150 on 3:30 Backstroke
	{2 x 125 on 2:55 Backstroke
	{2 x 100 on 2:20 Backstroke
	{2 x 50 on 1:10 Backstroke
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 4,650 Yards - Stress Value = 57

**Workout #6848 - Wednesday, 11 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
	1 on 45:00 Team Pictures/Stretch
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 1:55 Kick
	{3 x 150 on 2:10 Pulls
	{2 x 100 on 1:55 Kick
	{2 x 150 on 2:10 Pulls
	{2 x 100 on 1:55 Kick
	{1 x 150 on 2:10 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 50 on 1:00 Freestyle-100%
	{1 x 100 on 2:00 Freestyle
	{2 x 50 on 1:00 Freestyle-100%
	{1 x 100 on 2:15 Freestyle
	{3 x 50 on 1:00 Freestyle-100%
	{1 x 100 on 2:30 Freestyle
	{4 x 50 on 1:00 Freestyle-100%
400	1 x 400 on 6:00 Stroke Drills
	5:00 PM 3,550 Yards - Stress Value = 72

**Workout #6849 - Wednesday, 11 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:00 PM Start
	1 on 45:00 Team Pictures/Stretch
550	1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,250	1x{1 x 100 on 2:05 Kick
	{3 x 150 on 2:30 Pulls
	{2 x 100 on 2:05 Kick
	{2 x 150 on 2:30 Pulls
	{1 x 100 on 2:05 Kick
	{1 x 100 on 1:40 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650	1x{1 x 50 on 1:00 Freestyle-100%
	{1 x 50 on 2:00 Freestyle
	{2 x 50 on 1:00 Freestyle-100%
	{1 x 50 on 2:15 Freestyle
	{3 x 50 on 1:00 Freestyle-100%
	{1 x 50 on 2:30 Freestyle
	{4 x 50 on 1:00 Freestyle-100%
400	1 x 400 on 6:00 Stroke Drills
	5:00 PM 3,200 Yards - Stress Value = 70



**Workout #6850 - Wednesday, 11 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Team Pictures/Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 100 on 2:30 Kick  
       {3 x 50 on :55 Pulls  
       {2 x 100 on 2:30 Kick  
       {2 x 50 on 1:55 Pulls  
       {3 x 100 on 2:30 Kick  
       {1 x 50 on :55 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 650 1x{1 x 50 on 1:00 Freestyle-100%  
       {1 x 50 on 2:00 Freestyle  
       {2 x 50 on 1:00 Freestyle-100%  
       {1 x 50 on 2:15 Freestyle  
       {3 x 50 on 1:00 Freestyle-100%  
       {1 x 50 on 2:30 Freestyle  
       {4 x 50 on 1:00 Freestyle-100%  
 400 1 x 400 on 6:00 Stroke Drills  
 5:00 PM 2,800 Yards - Stress Value = 67

**Workout #6847 - Wednesday, 11 November 2009**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Team Pictures/Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,500 1x{1 x 100 on 1:45 Kick  
       {3 x 150 on 2:00 Pulls  
       {2 x 100 on 1:45 Kick  
       {2 x 150 on 2:00 Pulls  
       {3 x 100 on 1:45 Kick  
       {1 x 150 on 2:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{1 x 50 on 1:00 Freestyle-100%  
       {1 x 100 on 2:00 Freestyle  
       {2 x 50 on 1:00 Freestyle-100%  
       {1 x 100 on 2:15 Freestyle  
       {3 x 50 on 1:00 Freestyle-100%  
       {1 x 100 on 2:30 Freestyle  
       {4 x 50 on 1:00 Freestyle-100%  
 400 1 x 400 on 6:00 Stroke Drills  
 5:00 PM 3,650 Yards - Stress Value = 73

**Workout #6851 - Thursday, 12 November 2009**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Circuit and Stretch  
 600 1x{1 x 200 on :01 Underwater trn drill  
       {4 x 50 on :01 Free #1 Kick, #2 build, #3  
       { drill, #4 great effort (6bk/6 br  
       {1 x 200 on 9:55 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{1 x 150 on 2:45 Kick  
       {2 x 125 on 2:15 Kick  
       {3 x 100 on 1:45 Kick  
       {4 x 75 on 1:20 Kick

1,200 1x{2 x 75 on 1:00 Pulls  
       {2 x 75 on 1:05 Pulls  
       {2 x 75 on 1:10 Pulls  
       {2 x 125 on 1:40 Pulls  
       {2 x 125 on 1:45 Pulls  
       {2 x 125 on 1:50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{3 x 50 on 1:00 Breast-descend  
       {1 x 200 on 3:00 Breaststroke  
       {3 x 50 on :55 Breaststroke-descend  
       {1 x 200 on 3:00 Breaststroke  
       {2 x 150 on 2:20 Breaststroke  
       {3 x 50 on :50 Breaststroke-descend  
       {1 x 200 on 3:00 Breaststroke  
       {2 x 150 on 2:20 Breaststroke  
       {3 x 100 on 1:40 Breaststroke  
       {3 x 50 on :45 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills  
       1 on 10:00 ice  
 5:33 PM 5,500 Yards - Stress Value = 85

**Workout #6852 - Thursday, 12 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Circuit and Stretch  
 600 1x{1 x 200 on :01 Underwater trn drill  
       {4 x 50 on :01 Free #1 Kick, #2 build, #3  
       { drill, #4 great effort (6bk/6 br  
       {1 x 200 on 9:55 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 150 on 3:00 Kick  
       {2 x 125 on 2:25 Kick  
       {2 x 100 on 1:55 Kick  
       {4 x 75 on 1:25 Kick  
 1,050 1x{2 x 75 on 1:05 Pulls  
       {2 x 75 on 1:10 Pulls  
       {2 x 75 on 1:15 Pulls  
       {2 x 125 on 1:50 Pulls  
       {2 x 100 on 1:35 Pulls  
       {3 x 50 on :50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{3 x 50 on 1:05 Breast-descend  
       {1 x 200 on 3:20 Breaststroke  
       {3 x 50 on 1:00 Breaststroke-descend  
       {1 x 200 on 3:20 Breaststroke  
       {2 x 150 on 2:35 Breaststroke  
       {3 x 50 on :55 Breaststroke-descend  
       {1 x 200 on 3:20 Breaststroke  
       {2 x 150 on 2:35 Breaststroke  
       {1 x 100 on 1:45 Breaststroke  
       {3 x 50 on :50 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills  
       1 on 10:00 ice  
 5:33 PM 5,050 Yards - Stress Value = 79

**Workout #6853 - Thursday, 12 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Circuit and Stretch  
 550 1x{1 x 200 on :01 Underwater trn drill  
 {4 x 50 on :01 Free #1 Kick, #2 build, #3  
 { drill, #4 great effort (6bk/6 br  
 {1 x 150 on 9:55 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 800 1x{1 x 150 on 3:15 Kick  
 {2 x 125 on 2:40 Kick  
 {2 x 100 on 2:05 Kick  
 {4 x 50 on 1:05 Kick  
 1,000 1x{2 x 75 on 1:10 Pulls  
 {2 x 75 on 1:15 Pulls  
 {2 x 75 on 1:20 Pulls  
 {2 x 100 on 1:35 Pulls  
 {2 x 100 on 1:40 Pulls  
 {3 x 50 on :55 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{3 x 50 on 1:10 Breast-descend  
 {1 x 200 on 3:45 Breaststroke  
 {3 x 50 on 1:05 Breaststroke-descend  
 {1 x 200 on 3:45 Breaststroke  
 {2 x 150 on 2:55 Breaststroke  
 {3 x 50 on 1:00 Breaststroke-descend  
 {1 x 200 on 3:45 Breaststroke  
 {2 x 150 on 2:55 Breaststroke  
 {1 x 50 on :55 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 ice  
 5:33 PM 4,650 Yards - Stress Value = 73

**Workout #6854 - Thursday, 12 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Circuit and Stretch  
 500 1x{1 x 150 on :01 Underwater trn drill  
 {4 x 50 on :01 Free #1 Kick, #2 build, #3  
 { drill, #4 great effort (6bk/6 br  
 {1 x 150 on 9:55 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 750 1x{1 x 150 on 3:40 Kick  
 {2 x 125 on 3:00 Kick  
 {2 x 100 on 2:20 Kick  
 {3 x 50 on 1:05 Kick  
 900 1x{2 x 75 on 1:20 Pulls  
 {2 x 75 on 1:25 Pulls  
 {2 x 75 on 1:30 Pulls  
 {2 x 100 on 1:45 Pulls  
 {2 x 100 on 1:50 Pulls  
 {1 x 50 on 1:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,550 1x{3 x 50 on 1:15 Breast-descend  
 {1 x 200 on 4:10 Breaststroke  
 {3 x 50 on 1:10 Breaststroke-descend  
 {1 x 200 on 4:10 Breaststroke  
 {2 x 150 on 3:10 Breaststroke  
 {3 x 50 on 1:05 Breaststroke-descend  
 {1 x 200 on 4:10 Breaststroke  
 {1 x 150 on 3:10 Breaststroke  
 {1 x 50 on :55 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills

1 on 10:00 ice  
 5:33 PM 4,300 Yards - Stress Value = 67

**Workout #6855 - Friday, 13 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 40:00 Weights and Stretch on own  
 400 1 x 400 on 7:00 Reverse IM drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,500 1x{3 x 100 on 1:10 Freestyle EN2  
 {1 x 100 on 1:45 Individual Medley REC  
 {3 x 100 on 1:09 Freestyle EN2  
 {1 x 100 on 1:45 Individual Medley REC  
 {3 x 100 on 1:08 Freestyle EN2  
 {1 x 100 on 1:45 Individual Medley REC  
 {3 x 100 on 1:07 Freestyle EN2  
 450 1 x 450 on 8:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,500 Yards - Stress Value = 30

**Workout #6856 - Friday, 13 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 40:00 Weights and Stretch on own  
 400 1 x 400 on 7:00 Reverse IM drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,350 1x{3 x 100 on 1:18 Freestyle EN2  
 {1 x 100 on 1:45 Individual Medley REC  
 {3 x 100 on 1:17 Freestyle EN2  
 {1 x 100 on 1:45 Individual Medley REC  
 {3 x 100 on 1:16 Freestyle EN2  
 {1 x 100 on 1:45 Individual Medley REC  
 {3 x 50 on :38 Freestyle EN2  
 450 1 x 450 on 8:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,350 Yards - Stress Value = 27

**Workout #6857 - Friday, 13 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 40:00 Weights and Stretch on own  
 350 1 x 350 on 7:00 Reverse IM drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,200 1x{3 x 100 on 1:30 Freestyle EN2  
 {1 x 100 on 2:00 Individual Medley REC  
 {3 x 100 on 1:29 Freestyle EN2  
 {1 x 100 on 2:00 Individual Medley REC  
 {4 x 100 on 1:28 Freestyle EN2  
 400 1 x 400 on 8:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,100 Yards - Stress Value = 26

**Workout #6858 - Friday, 13 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 40:00 Weights and Stretch on own		
350	1 x 350 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{2 x 100 on 1:45 Freestyle	EN2	
	{1 x 100 on 2:30 Individual Medley	REC	
	{2 x 100 on 1:44 Freestyle	EN2	
	{1 x 100 on 2:30 Individual Medley	REC	
	{2 x 100 on 1:43 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	REC	
	{1 x 50 on :50 Freestyle	EN2	
400	1 x 400 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 1,950 Yards - Stress Value = 19

**Workout #6859 - Friday, 13 November 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	E
	1 on 20:00 Stretch and Team Mtg	
1,000	1 x 1000 on 16:00 Choice	F
150	10 x 15 on :45 Shooters	S
250	1 x 250 on 15:00 Techniques-TN turn drills	F
750	1 x 750 on 15:00 Social Kick	F
900	3x{4 x 25 on :30 Your #1 build to 100%	E
	{4 x 50 on 1:00 Stroke Drills	F
	1 on 10:00 Techniques-Relay Starts	
300	1 x 300 on 5:00 Stroke Drills	F
	1 on 10:00 Ice	

5:02 PM 3,350 Yards - Stress Value = 12

**Workout #6860 - Saturday, 14 November 2009**

**HighSchl - IM'ers**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
600	1 x 600 on 10:00 Stroke Drills
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick
	{6 x 50 on 1:00 Kick-descend in 3's
1,000	20 x 50 on :45 Pulls-nbbf&w
	1-5 +1yd, 6-10 +3yds, 11-15 +1 yd, 16-20 +4
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{6 x 25 on :30 Freestyle
	{1 x 100 on 1:30 Individual Medley
	{6 x 25 on :30 odds free evens fly
	{1 x 200 on 3:00 Individual Medley
	{6 x 25 on :30 odds free evens back
	{1 x 300 on 4:30 Individual Medley
	{6 x 25 on :30 odds free evens brst
	{1 x 400 on 5:40 Individual Medley
	{6 x 25 on :25 odds free evens fly
	{1 x 300 on 4:15 Individual Medley
	{6 x 25 on :25 odds free evens back
	{1 x 200 on 2:50 Individual Medley
	{6 x 25 on :25 odds free evens brst
	{1 x 100 on 1:25 Individual Medley
	{6 x 25 on :25 Freestyle
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 5,450 Yards - Stress Value = 77

**Workout #6861 - Saturday, 14 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
600	1 x 600 on 10:00 Stroke Drills
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick
	{6 x 50 on 1:00 Kick-descend in 3's
1,000	20 x 50 on :45 Pulls-nbbf&w
	1-5 +1yd, 6-10 +3yds, 11-15 +1 yd, 16-20 +4
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,550	1x{6 x 25 on :30 Freestyle
	{1 x 100 on 1:40 Individual Medley
	{6 x 25 on :30 odds free evens fly
	{1 x 200 on 3:20 Individual Medley
	{6 x 25 on :30 odds free evens back
	{1 x 300 on 5:00 Individual Medley
	{6 x 25 on :30 odds free evens brst
	{1 x 400 on 6:40 Individual Medley
	{6 x 25 on :30 odds free evens fly
	{1 x 300 on 4:45 Individual Medley
	{4 x 25 on :30 odds free evens back
	{1 x 200 on 3:10 Individual Medley
	{4 x 25 on :30 odds free evens brst
	{1 x 100 on 1:35 Individual Medley
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 5,200 Yards - Stress Value = 73

**Workout #6862 - Saturday, 14 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
550	1 x 550 on 10:00 Stroke Drills
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :45 Kick
	{5 x 50 on 1:05 Kick-descnd 1-4, #5 fast
850	17 x 50 on :50 Pulls-nbbf&w
	1-5 +1yd, 6-10 +3yds, 11-15 +1 yd, 16-17 +2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{6 x 25 on :35 Freestyle
	{1 x 100 on 1:50 Individual Medley
	{6 x 25 on :35 odds free evens fly
	{1 x 200 on 3:40 Individual Medley
	{6 x 25 on :35 odds free evens back
	{1 x 300 on 5:30 Individual Medley
	{6 x 25 on :35 odds free evens brst
	{1 x 300 on 5:15 Individual Medley
	{6 x 25 on :30 odds free evens fly
	{1 x 200 on 3:30 Individual Medley
	{6 x 25 on :30 odds free evens back
	{1 x 100 on 1:45 Individual Medley
	{6 x 25 on :30 odds free evens brst
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice

9:34 AM 4,650 Yards - Stress Value = 84

**Workout #6863 - Saturday, 14 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 500 1 x 500 on 10:00 Stroke Drills  
 150 10 x 15 on :45 Shooters  
 350 1x{4 x 25 on :45 Kick  
 {5 x 50 on 1:10 Kick-descnd 1-4, #5 fast  
 800 16 x 50 on :55 Pulls-nbbf&w  
 1-4 +1yd, 5-8 +3yds, 9-12 +1 yd, 13-16 +2 y  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,050 1x{4 x 25 on :40 Freestyle  
 {1 x 100 on 2:05 Individual Medley  
 {4 x 25 on :40 odds free evens fly  
 {1 x 200 on 4:10 Individual Medley  
 {4 x 25 on :40 odds free evens back  
 {1 x 300 on 6:15 Individual Medley  
 {4 x 25 on :35 odds free evens brst  
 {1 x 300 on 6:00 Individual Medley  
 {4 x 25 on :35 odds free evens fly  
 {1 x 200 on 4:00 Individual Medley  
 {4 x 25 on :35 odds free evens back  
 {1 x 100 on 2:00 Individual Medley  
 {4 x 25 on :30 odds free evens brst  
 {1 x 100 on 1:55 Individual Medley  
 {2 x 25 on :30 Freestyle  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 9:34 AM 4,350 Yards - Stress Value = 60

**Workout #6868 - Monday, 16 November 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core and Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :45 Kick no board B---  
 {2 x 125 on 2:15 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 125 on 2:10 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {2 x 125 on 2:05 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {2 x 125 on 2:00 Kick  
 1,250 1x{2 x 125 on 1:50 Pull no br L.8 yds  
 {2 x 125 on 1:45 Pull no br L.10 yds  
 {2 x 125 on 1:40 Pull no br L.12 yds  
 {2 x 125 on 1:35 Pull no br L.10 yds  
 {2 x 125 on 1:30 Pull no br L.8 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 6 x 400 on 5:00 Freestyle  
 450 9 x 50 on 1:00 Stroke Drills  
 1 on 10:00 ice  
 5:35 PM 6,450 Yards - Stress Value = 100

**Workout #6864 - Monday, 16 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 40:00 Weights and Stretch

400 1 x 400 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,800 1x{1 x 150 on 2:00 Freestyle EN2  
 {1 x 150 on 1:55 Freestyle EN2  
 {1 x 150 on 1:50 Freestyle EN2  
 {1 x 150 on 2:00 Freestyle EN2  
 {1 x 150 on 1:50 Freestyle EN2  
 {1 x 150 on 1:45 Freestyle EN2  
 {1 x 150 on 2:00 Freestyle EN2  
 {1 x 150 on 1:45 Freestyle EN2  
 {1 x 150 on 1:40 Freestyle EN2  
 {1 x 150 on 2:00 Freestyle EN2  
 {1 x 150 on 1:40 Freestyle EN2  
 {1 x 150 on 1:35 Freestyle EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:04 AM 2,600 Yards - Stress Value = 42

**Workout #6865 - Monday, 16 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 40:00 Weights and Stretch  
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,650 1x{1 x 150 on 2:15 Freestyle EN2  
 {1 x 150 on 2:10 Freestyle EN2  
 {1 x 150 on 2:05 Freestyle EN2  
 {1 x 150 on 2:15 Freestyle EN2  
 {1 x 150 on 2:05 Freestyle EN2  
 {1 x 150 on 2:00 Freestyle EN2  
 {1 x 150 on 2:15 Freestyle EN2  
 {1 x 150 on 2:00 Freestyle EN2  
 {1 x 150 on 1:55 Freestyle EN2  
 {1 x 100 on 1:30 Freestyle EN2  
 {1 x 100 on 1:15 Freestyle EN2  
 {1 x 100 on 1:10 Freestyle EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,450 Yards - Stress Value = 39

**Workout #6869 - Monday, 16 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core and Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :45 Kick no board B---  
 {2 x 125 on 2:30 Kick  
 {4 x 25 on :45 Kick no board -S---  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {2 x 125 on 2:20 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 100 on 1:50 Kick  
 1,150 1x{2 x 125 on 2:00 Pull no br L.8 yds  
 {2 x 125 on 1:55 Pull no br L.10 yds  
 {2 x 125 on 1:50 Pull no br L.12 yds  
 {2 x 100 on 1:25 Pull no br L.10 yds  
 {2 x 100 on 1:20 Pull no br L.8 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 6 x 400 on 5:40 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 ice  
 5:35 PM 6,000 Yards - Stress Value = 95

**Workout #6866 - Monday, 16 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 40:00 Weights and Stretch  
 350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,450 1x{1 x 150 on 2:30 Freestyle EN2  
 {1 x 150 on 2:25 Freestyle EN2  
 {1 x 150 on 2:20 Freestyle EN2  
 {1 x 150 on 2:30 Freestyle EN2  
 {1 x 150 on 2:20 Freestyle EN2  
 {1 x 150 on 2:15 Freestyle EN2  
 {1 x 150 on 2:30 Freestyle EN2  
 {1 x 150 on 2:15 Freestyle EN2  
 {1 x 100 on 1:25 Freestyle EN2  
 {1 x 50 on :50 Freestyle EN2  
 {1 x 50 on :45 Freestyle EN2  
 {1 x 50 on :40 Freestyle EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,200 Yards - Stress Value = 35

**Workout #6870 - Monday, 16 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core and Stretch  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board B---  
 {2 x 100 on 2:15 Kick  
 {4 x 25 on :45 Kick no board -S---  
 {2 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {2 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board ---R

{2 x 100 on 2:00 Kick  
 1,000 1x{2 x 125 on 2:15 Pull no br L.8 yds  
 {2 x 125 on 2:10 Pull no br L.10 yds  
 {2 x 100 on 1:40 Pull no br L.12 yds  
 {2 x 100 on 1:35 Pull no br L.10 yds  
 {1 x 100 on 1:30 Pull no br L.8 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 5 x 400 on 6:30 Freestyle  
 300 6 x 50 on 1:00 Stroke Drills  
 1 on 10:00 ice  
 5:35 PM 5,400 Yards - Stress Value = 84

**Workout #6867 - Monday, 16 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 40:00 Weights and Stretch  
 350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,200 1x{1 x 100 on 2:00 Freestyle EN2  
 {1 x 100 on 1:55 Freestyle EN2  
 {1 x 100 on 1:50 Freestyle EN2  
 {1 x 100 on 2:00 Freestyle EN2  
 {1 x 100 on 1:50 Freestyle EN2  
 {1 x 100 on 1:45 Freestyle EN2  
 {1 x 100 on 2:00 Freestyle EN2  
 {1 x 100 on 1:45 Freestyle EN2  
 {1 x 100 on 1:40 Freestyle EN2  
 {1 x 100 on 2:00 Freestyle EN2  
 {1 x 100 on 1:40 Freestyle EN2  
 {1 x 100 on 1:35 Freestyle EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:04 AM 1,950 Yards - Stress Value = 30

**Workout #6871 - Monday, 16 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core and Stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board B---  
 {2 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board -S---  
 {2 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {2 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board ---R  
 {2 x 50 on 1:05 Kick  
 900 1x{2 x 125 on 2:25 Pull no br L.8 yds  
 {2 x 125 on 2:20 Pull no br L.10 yds  
 {2 x 100 on 1:50 Pull no br L.12 yds  
 {1 x 100 on 1:45 Pull no br L.10 yds  
 {1 x 100 on 1:40 Pull no br L.8 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 5 x 400 on 7:00 Freestyle  
 200 4 x 50 on 1:00 Stroke Drills  
 1 on 10:00 ice  
 5:35 PM 5,050 Yards - Stress Value = 80

**Workout #6877 - Tuesday, 17 November 2009**

**HighSchl - Back**

**1 minute rest between sets**

4:53 PM Start

Yards	Set Description	EGY	WORK	STF
1,350	1x{4 x 100 on 1:35 Backstroke	EN2	S	BF
	{1 x 50 on 1:15 Back Drill	REC	D	BF
	{4 x 25 on :40 Backstroke-100%	EN3	S	BF
	{3 x 100 on 1:30 Backstroke	EN2	S	BF
	{1 x 50 on 1:15 Backstroke Drill	REC	D	BF
	{4 x 25 on :40 Backstroke100%	EN3	S	BF
	{2 x 100 on 1:25 Backstroke	EN2	S	BF
	{1 x 50 on 1:15 Backstroke drill	REC	D	BF
	{4 x 25 on :40 Backstroke 100%	EN3	S	BF
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		M	

5:34 PM 1,600 Yards - Stress Value = 36

**Workout #6876 - Tuesday, 17 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

4:53 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{3 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	REC	S	FR
	{1 x 50 on 1:00 Freestyle	EN3	S	FR
	{2 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	REC	S	FR
	{2 x 50 on 1:00 Freestyle	EN3	S	FR
	{1 x 200 on 2:15 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	REC	S	FR
	{3 x 50 on 1:00 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,050 Yards - Stress Value = 42

**Workout #6872 - Tuesday, 17 November 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch
150	1 x 600 on 10:00 Underwater trn drill
1,600	10 x 15 on :45 Shooters
	4x{1 x 25 on :30 Kick on left side face down
	{1 x 25 on :30 Kick on right side face down
	{1 x 25 on :30 Kick on left side face up
	{1 x 25 on :30 Kick on right side face up
	{3 x 50 on 1:00 Fly Kick on back
	{3 x 50 on 1:00 Fly kick on stomach
1,500	1x{4 x 100 on 1:25 Pulls br toward blchr
	{4 x 125 on 1:45 Pulls br toward scrbd
	{4 x 150 on 2:05 Pulls breathe on 5
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:51 PM 4,050 Yards - Stress Value = 39

**Workout #6873 - Tuesday, 17 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch
	1 x 600 on 10:00 Underwater trn drill

150	10 x 15 on :45 Shooters
1,600	4x{1 x 25 on :30 Kick on left side face down
	{1 x 25 on :30 Kick on right side face down
	{1 x 25 on :30 Kick on left side face up
	{1 x 25 on :30 Kick on right side face up
	{3 x 50 on 1:00 Fly Kick on back
	{3 x 50 on 1:00 Fly kick on stomach
1,450	1x{5 x 100 on 1:30 Pulls br toward blchr
	{4 x 125 on 1:55 Pulls br toward scrbd
	{3 x 150 on 2:10 Pulls breathe on 5
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:52 PM 4,000 Yards - Stress Value = 38

**Workout #6874 - Tuesday, 17 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
550	1 on 30:00 Physio Balls/Stretch
150	1 x 550 on 10:00 Underwater trn drill
1,400	10 x 15 on :45 Shooters
	4x{1 x 25 on :35 Kick on left side face down
	{1 x 25 on :35 Kick on right side face down
	{1 x 25 on :35 Kick on left side face up
	{1 x 25 on :35 Kick on right side face up
	{3 x 50 on 1:10 Fly Kick on back
	{2 x 50 on 1:10 Fly kick on stomach
1,250	1x{3 x 100 on 1:40 Pulls br toward blchr
	{4 x 125 on 2:05 Pulls br toward scrbd
	{3 x 150 on 2:30 Pulls breathe on 5
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:52 PM 3,550 Yards - Stress Value = 34

**Workout #6875 - Tuesday, 17 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
500	1 on 30:00 Physio Balls/Stretch
150	1 x 500 on 10:00 Underwater trn drill
1,400	10 x 15 on :45 Shooters
	4x{1 x 25 on :35 Kick on left side face down
	{1 x 25 on :35 Kick on right side face down
	{1 x 25 on :35 Kick on left side face up
	{1 x 25 on :35 Kick on right side face up
	{3 x 50 on 1:10 Fly Kick on back
	{2 x 50 on 1:10 Fly kick on stomach
1,150	1x{2 x 100 on 1:50 Pulls br toward blchr
	{4 x 125 on 2:15 Pulls br toward scrbd
	{3 x 150 on 2:40 Pulls breathe on 5
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:52 PM 3,400 Yards - Stress Value = 33

**Workout #6885 - Wednesday, 18 November 2009**

**HighSchl - Breast**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY  
 =====  
 1,175 1x{4 x 100 on 1:40 Breaststroke EN2  
 {3 x 25 on :40 Breast 3X pullouts SFBO EN2  
 {4 x 75 on 1:15 Breaststroke EN2  
 {3 x 25 on :40 Breast 3X pullouts SFBO EN2  
 {4 x 50 on :50 Breaststroke EN2  
 {3 x 25 on :40 Breast 3X pullouts SFBO EN2  
 {1 x 50 on 1:00 Breaststroke-Great Effort EN3  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:36 PM 1,375 Yards - Stress Value = 27

150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:30 Kick  
 {8 x 25 on :45 Kick no board BSLR X3  
 {4 x 75 on 1:25 Kick  
 {12 x 25 on :45 Kick  
 {4 x 75 on 1:20 Kick  
 { 75's=50 face in water 25 all out kick face  
 1,050 1x{1 x 125 on 2:00 Lungbuster pulls  
 {2 x 125 on 1:55 Lungbuster pulls  
 {3 x 100 on 1:30 Lungbuster pulls  
 {2 x 125 on 1:55 Lungbuster pulls  
 {1 x 125 on 2:00 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 5:00 PM 3,500 Yards - Stress Value = 50

**Workout #6883 - Wednesday, 18 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK ST  
 =====  
 1,350 1x{3 x 125 on 1:40 Freestyle EN1 S F  
 {3 x 25 on :30 Freestyle 1 breath EN2 S F  
 {3 x 100 on 1:20 Freestyle EN1 S F  
 {3 x 25 on :35 Freestyle 1 breath EN2 S F  
 {3 x 75 on 1:00 Freestyle EN1 S F  
 {3 x 25 on :40 Freestyle 1 breath EN2 S F  
 {3 x 50 on :40 Freestyle EN1 S F  
 {3 x 25 on :45 Freestyle 1 breath EN2 S F  
 200 1 x 200 on 3:00 Stroke Drills REC D C  
 1 on 10:00 Ice M  
 5:36 PM 1,550 Yards - Stress Value = 19

5:00 PM Start  
 Yards Set Description EGY WORK ST  
 =====  
 1,300 1x{3 x 125 on 1:50 Freestyle EN1 S F  
 {3 x 25 on :30 Freestyle 1 breath EN2 S F  
 {3 x 100 on 1:30 Freestyle EN1 S F  
 {3 x 25 on :35 Freestyle 1 breath EN2 S F  
 {3 x 75 on 1:05 Freestyle EN1 S F  
 {3 x 25 on :40 Freestyle 1 breath EN2 S F  
 {3 x 50 on :45 Freestyle EN1 S F  
 {1 x 25 on :45 Freestyle 1 breath EN2 S F  
 200 1 x 200 on 3:00 Stroke Drills REC D C  
 1 on 10:00 Ice M  
 5:36 PM 1,500 Yards - Stress Value = 17

**Workout #6886 - Wednesday, 18 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 40:00 Weights and Stretch  
 150 1 x 600 on 10:00 Free L.25 of each 100 non f  
 1,500 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 75 on 1:30 Kick  
 {8 x 25 on :45 Kick no board BSLR X3  
 {4 x 75 on 1:25 Kick  
 {12 x 25 on :45 Kick  
 {4 x 75 on 1:20 Kick  
 { 75's=50 face in water 25 all out kick face  
 1,250 1x{1 x 125 on 1:50 Lungbuster pulls  
 {2 x 125 on 1:40 Lungbuster pulls  
 {4 x 125 on 1:35 Lungbuster pulls  
 {2 x 125 on 1:40 Lungbuster pulls  
 {1 x 125 on 1:50 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 5:00 PM 3,700 Yards - Stress Value = 54

5:00 PM Start  
 Yards Set Description EGY  
 =====  
 1,075 1x{4 x 100 on 1:45 Breaststroke EN2  
 {3 x 25 on :40 Breast 3X pullouts SFBO EN2  
 {4 x 75 on 1:20 Breaststroke EN2  
 {3 x 25 on :40 Breast 3X pullouts SFBO EN2  
 {2 x 50 on :55 Breaststroke EN2  
 {3 x 25 on :40 Breast 3X pullouts SFBO EN2  
 {1 x 50 on 1:00 Breaststroke-Great Effort EN3  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:36 PM 1,275 Yards - Stress Value = 25

**Workout #6879 - Wednesday, 18 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 40:00 Weights and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f

**Workout #6880 - Wednesday, 18 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
550	1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:40 Kick {8 x 25 on :45 Kick no board BSLR X3 {4 x 75 on 1:35 Kick {12 x 25 on :45 Kick {3 x 50 on 1:05 Kick { 75's=50 face in water 25 all out kick face
1,000	1x{1 x 125 on 2:10 Lungbuster pulls {2 x 125 on 2:05 Lungbuster pulls {5 x 50 on :50 Lungbuster pulls {2 x 125 on 2:05 Lungbuster pulls {1 x 125 on 2:10 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	5:00 PM 3,250 Yards - Stress Value = 46

**Workout #6884 - Wednesday, 18 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
1,200	1x{3 x 125 on 2:05 Freestyle {3 x 25 on :30 Freestyle 1 breath {3 x 100 on 1:40 Freestyle {3 x 25 on :35 Freestyle 1 breath {3 x 75 on 1:15 Freestyle {2 x 25 on :40 Freestyle 1 breath {2 x 50 on :50 Freestyle	EN1	S	F
		EN2	S	F
		EN1	S	F
		EN2	S	F
		EN1	S	F
		EN2	S	F
		EN1	S	F
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	C
			M	
	5:36 PM 1,400 Yards - Stress Value = 15			

**Workout #6887 - Wednesday, 18 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
1,075	1x{4 x 100 on 1:50 Breaststroke {3 x 25 on :40 Breast 3X pullouts SFBO {4 x 75 on 1:25 Breaststroke {3 x 25 on :40 Breast 3X pullouts SFBO {2 x 50 on :55 Breaststroke {3 x 25 on :40 Breast 3X pullouts SFBO {1 x 50 on 1:00 Breaststroke-Great Effort	EN2 EN2 EN2 EN2 EN2 EN2 EN3
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC
	5:36 PM 1,275 Yards - Stress Value = 25	

**Workout #6881 - Wednesday, 18 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 40:00 Weights and Stretch
500	1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters

1,300	1x{4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:50 Kick {8 x 25 on :45 Kick no board BSLR X3 {4 x 75 on 1:45 Kick {12 x 25 on :45 Kick {2 x 50 on 1:10 Kick { 75's=50 face in water 25 all out kick face
900	1x{1 x 125 on 2:20 Lungbuster pulls {2 x 125 on 2:15 Lungbuster pulls {3 x 50 on :55 Lungbuster pulls {2 x 125 on 2:15 Lungbuster pulls {1 x 125 on 2:20 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	5:00 PM 3,050 Yards - Stress Value = 43

**Workout #6888 - Wednesday, 18 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
1,025	1x{3 x 100 on 2:00 Breaststroke {3 x 25 on :40 Breast 3X pullouts SFBO {4 x 75 on 1:30 Breaststroke {3 x 25 on :40 Breast 3X pullouts SFBO {3 x 50 on 1:00 Breaststroke {3 x 25 on :40 Breast 3X pullouts SFBO {1 x 50 on 1:00 Breaststroke-Great Effort	EN2 EN2 EN2 EN2 EN2 EN2 EN3
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC
	5:36 PM 1,225 Yards - Stress Value = 24	

**Workout #6896 - Thursday, 19 November 2009**

**HighSchl - Fly**

**1 minute rest between sets**

4:57 PM Start

Yards	Set Description	EGY
1,550	1x{1 x 100 on 1:30 3 strokes fly off walls {4 x 25 on :30 Butterfly 1up 1down {1 x 50 on 1:00 Freestyle {2 x 100 on 1:25 3 strokes fly off walls {4 x 25 on :30 Butterfly 1up2down {1 x 50 on 1:00 Freestyle {3 x 100 on 1:20 3 strokes fly off walls {4 x 25 on :30 Butterfly 2up2down {1 x 50 on 1:00 Freestyle {4 x 100 on 1:15 3 strokes fly off walls {4 x 25 on :30 Butterfly 2up3down	EN1 EN2 REC EN2 EN2 REC EN2 EN2 REC EN2 EN2
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC
	5:36 PM 1,750 Yards - Stress Value = 27	



**Workout #6893 - Thursday, 19 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

4:57 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{1 x 400 on 5:00 Freestyle	EN2	S	FR
	{4 x 100 on 1:30 Freestyle	EN3	S	FR
	{1 x 300 on 3:45 Freestyle	EN2	S	FR
	{3 x 100 on 1:30 Freestyle	EN3	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Freestyle	EN3	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:36 PM 2,000 Yards - Stress Value = 72

**Workout #6889 - Thursday, 19 November 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Circuit and Stretch			
600	1x{1 x 200 on :01 Underwater trn drill			
	{4 x 50 on :01 Free #1 Kick, #2 build, #3			
	{ drill, #4 great effort (6bk/6 br			
	{1 x 200 on 9:55 Underwater trn drill			
150	10 x 15 on :45 Shooters			
1,700	1x{2 x 100 on 1:35 Kick #2 100%			
	{1 x 100 on 2:00 EZ free			
	{2 x 100 on 1:40 Kick #2 100%			
	{1 x 100 on 2:00 EZ free			
	{2 x 100 on 1:45 Kick #2 100%			
	{1 x 100 on 2:00 EZ free			
	{2 x 100 on 1:55 Kick #2 100%			
	{1 x 100 on 2:00 EZ free			
	{2 x 100 on 2:00 Kick-#2 100%			
1,050	3x{1 x 125 on 1:40 Pulls break WSPF			
	{1 x 100 on 1:25 Pulls break WHPF			
	{1 x 75 on 1:10 Pulls break WFPF			
	{1 x 50 on :50 Pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:56 PM 3,700 Yards - Stress Value = 45

**Workout #6890 - Thursday, 19 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Circuit and Stretch			
600	1x{1 x 200 on :01 Underwater trn drill			
	{4 x 50 on :01 Free #1 Kick, #2 build, #3			
	{ drill, #4 great effort (6bk/6 br			
	{1 x 200 on 9:55 Underwater trn drill			
150	10 x 15 on :45 Shooters			
1,600	1x{2 x 100 on 1:45 Kick #2 100%			
	{1 x 100 on 2:00 EZ free			
	{2 x 100 on 1:50 Kick #2 100%			
	{1 x 100 on 2:00 EZ free			
	{2 x 100 on 1:55 Kick #2 100%			
	{1 x 100 on 2:00 EZ free			
	{2 x 100 on 2:00 Kick #2 100%			
	{1 x 100 on 2:00 EZ free			
	{2 x 100 on 2:05 Kick #2 100%			
	{1 x 100 on 2:00 EZ free			
	{2 x 50 on 1:00 Kick-#2 100%			

975	3x{1 x 125 on 1:50 Pulls break WSPF			
	{1 x 100 on 1:30 Pulls break WHPF			
	{1 x 75 on 1:15 Pulls break WFPF			
	{1 x 25 on :30 Pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:56 PM 3,525 Yards - Stress Value = 42

**Workout #6894 - Thursday, 19 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:57 PM Start

Yards	Set Description	EGY	WORK	STK
1,650	1x{1 x 400 on 5:30 Freestyle	EN2	S	FR
	{4 x 100 on 1:40 Freestyle	EN3	S	FR
	{1 x 300 on 4:05 Freestyle	EN2	S	FR
	{3 x 100 on 1:40 Freestyle	EN3	S	FR
	{1 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 50 on :50 Freestyle	EN3	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:36 PM 1,850 Yards - Stress Value = 63

**Workout #6897 - Thursday, 19 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:57 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{1 x 100 on 1:40 3 strokes fly off walls	EN1		
	{4 x 25 on :30 Butterfly lup 1down	EN2		
	{1 x 50 on 1:00 Freestyle	REC		
	{2 x 100 on 1:35 3 strokes fly off walls	EN2		
	{4 x 25 on :30 Butterfly lup2down	EN2		
	{1 x 50 on 1:00 Freestyle	REC		
	{3 x 100 on 1:30 3 strokes fly off walls	EN2		
	{4 x 25 on :30 Butterfly 2up2down	EN2		
	{1 x 50 on 1:00 Freestyle	REC		
	{4 x 100 on 1:25 3 strokes fly off walls	EN2		
	{2 x 25 on :30 Butterfly 2up3down	EN2		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			

5:36 PM 1,700 Yards - Stress Value = 26

**Workout #6891 - Thursday, 19 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
3:00 PM Start	
550	1x{1 on 40:00 Circuit and Stretch 1 x 200 on :01 Underwater trn drill { 4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br 1 x 150 on 9:55 Underwater trn drill
150	10 x 15 on :45 Shooters
1,500	1x{2 x 100 on 1:55 Kick #2 100% { 1 x 100 on 2:15 EZ free { 2 x 100 on 2:00 Kick #2 100% { 1 x 100 on 2:15 EZ free { 2 x 100 on 2:05 Kick #2 100% { 1 x 100 on 2:15 EZ free { 2 x 100 on 2:10 Kick #2 100% { 1 x 100 on 2:15 EZ free { 2 x 100 on 2:15 Kick #2 100% { 1 x 50 on 1:00 EZ free { 1 x 50 on 1:00 Kick 100%
900	3x{1 x 125 on 2:05 Pulls break WSPF 1 x 100 on 1:45 Pulls break WHPF 1 x 75 on 1:20 Pulls break WHPF
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:56 PM	3,300 Yards - Stress Value = 40

**1 minute rest between sets**

Yards	Set Description
3:00 PM Start	
500	1x{1 on 40:00 Circuit and Stretch 1 x 150 on :01 Underwater trn drill { 4 x 50 on :01 Free #1 Kick, #2 build, #3 { drill, #4 great effort (6bk/6 br 1 x 150 on 9:55 Underwater trn drill
150	10 x 15 on :45 Shooters
1,100	1x{2 x 75 on 1:45 Kick #2 100% { 1 x 50 on 2:00 EZ free { 2 x 75 on 1:50 Kick #2 100% { 1 x 50 on 2:00 EZ free { 2 x 75 on 1:55 Kick #2 100% { 1 x 50 on 2:00 EZ free { 2 x 75 on 2:00 Kick #2 100% { 1 x 50 on 2:00 EZ free { 2 x 75 on 2:05 Kick #2 100% { 1 x 50 on 2:00 EZ free { 1 x 100 on 2:15 Kick- 100%
825	3x{1 x 125 on 2:15 Pulls break WSPF 1 x 100 on 1:55 Pulls break WHPF 1 x 50 on 1:00 Pulls break WHPF
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:56 PM	2,775 Yards - Stress Value = 36

**Workout #6899 - Thursday, 19 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:57 PM Start				
1,450	1x{1 x 300 on 4:30 Freestyle { 3 x 100 on 1:50 Freestyle 1 x 250 on 3:45 Freestyle { 2 x 100 on 1:50 Freestyle { 1 x 200 on 3:00 Freestyle { 2 x 100 on 1:50 Freestyle	EN2 EN3 EN2 EN3 EN2 EN3	S S S S S S	FR FR FR FR FR FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:36 PM	1,650 Yards - Stress Value = 57			

Yards	Set Description	EGY
4:57 PM Start		
1,150	1x{1 x 100 on 2:05 3 strokes fly off walls { 2 x 25 on :40 Butterfly lup 1down 1 x 50 on 1:15 Freestyle { 2 x 100 on 2:00 3 strokes fly off walls { 2 x 25 on :40 Butterfly lup2down 1 x 50 on 1:15 Freestyle { 3 x 100 on 1:55 3 strokes fly off walls { 2 x 25 on :40 Butterfly 2up2down 1 x 50 on 1:15 Freestyle { 2 x 100 on 1:50 3 strokes fly off walls { 2 x 25 on :40 Butterfly 2up3down	EN1 EN2 REC EN2 EN2 REC EN2 EN2 REC EN2 EN2
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC
5:36 PM	1,350 Yards - Stress Value = 19	

**Workout #6898 - Thursday, 19 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
4:57 PM Start		
1,300	1x{1 x 100 on 1:50 3 strokes fly off walls { 4 x 25 on :35 Butterfly lup 1down 1 x 50 on 1:00 Freestyle { 2 x 100 on 1:45 3 strokes fly off walls { 4 x 25 on :35 Butterfly lup2down 1 x 50 on 1:00 Freestyle { 3 x 100 on 1:40 3 strokes fly off walls { 4 x 25 on :35 Butterfly 2up2down 1 x 50 on 1:00 Freestyle { 2 x 100 on 1:35 3 strokes fly off walls { 2 x 25 on :35 Butterfly 2up3down	EN1 EN2 REC EN2 EN2 REC EN2 EN2 REC EN2 EN2
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC
5:36 PM	1,500 Yards - Stress Value = 22	

**Workout #6900 - Friday, 20 November 2009**

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 x 400 on 7:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	C
2,000	1x{1 x 100 on 1:10 Individual Medley { 4 x 100 on 1:25 Freestyle { 2 x 100 on 1:15 Individual Medley { 3 x 100 on 1:20 Freestyle { 3 x 100 on 1:20 Individual Medley { 2 x 100 on 1:15 Freestyle { 4 x 100 on 1:25 Individual Medley 1 x 100 on 1:10 Freestyle	EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2	S S S S S S S S	
200	1 x 200 on 3:00 Stroke Drills 1 on 8:00 Ice	REC	D	M
7:06 AM	2,750 Yards - Stress Value = 37			

**Workout #6892 - Thursday, 19 November 2009**

**HighSchl - Bronze**

**Workout #6901 - Friday, 20 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch		L	W
400	1 x 400 on 7:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	C
1,800	1x{1 x 100 on 1:20 Individual Medley	EN2	S	
	{4 x 50 on :45 Freestyle	EN1	S	
	{2 x 100 on 1:25 Individual Medley	EN2	S	
	{3 x 100 on 1:25 Freestyle	EN1	S	
	{3 x 100 on 1:25 Individual Medley	EN2	S	
	{2 x 100 on 1:20 Freestyle	EN1	S	
	{4 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 100 on 1:15 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 8:00 Ice		M	

7:05 AM 2,550 Yards - Stress Value = 35

1,000	1 x 1000 on 15:00 Choice			
150	10 x 15 on :45 Shooters			
1,000	1 x 1000 on 16:00 Vertical Kicking			
	1 on 10:00 Techniques-TN turn drills			
400	8 x 50 on 1:15 Mid pool swims w/great turns!			
1,400	1x{1 x 250 on 5:00 Stroke Drills			
	{5 x 50 on 1:00 Your #1 build to great finish			
	{1 x 200 on 4:00 Stroke Drills			
	{4 x 50 on 1:00 Your #1 build to great finish			
	{1 x 150 on 3:00 Stroke Drills			
	{3 x 50 on 1:00 Your #1 build to great finish			
	{1 x 100 on 2:00 Stroke Drills			
	{2 x 50 on 1:00 Your #1 build to great finish			
100	1 x 100 on 2:00 Freestyle EZ swim			
	1 on 10:00 Ice			

5:04 PM 4,050 Yards - Stress Value = 37

**Workout #6905 - Saturday, 21 November 2009**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch		L	W
600	1 x 600 on 10:00 Reverse IM drill		S	C
150	10 x 15 on :45 Shooters		S	C
1,000	1x{4 x 25 on :45 Kick no board BSLR		S	
	{1 x 100 on 2:00 Kick-100%		S	
	{4 x 25 on :40 Kick no board BSLR		S	
	{2 x 100 on 2:00 Kick both within 3 secs of p		S	
	{4 x 25 on :35 Kick no board BSLR		S	
	{3 x 100 on 2:00 Kick all within 5 sec of 1st		S	
	{4 x 25 on :30 Kick no board BSLR		S	
900	1x{3 x 125 on 1:45 Pulls-nbbf&w + 2 yds		S	
	{3 x 100 on 1:25 Pulls-nbbf&w + 2 yds		S	
	{3 x 75 on 1:05 Pulls-nbbf&w + 2 yds		S	
200	4x{1 x 25 on :50 Sculling drills		S	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S	
600	6 x 100 on 6:00 Freestyle		S	
250	1 x 250 on 4:00 Stroke Drills		D	
	1 on 10:00 Ice		M	

9:35 AM 3,700 Yards - Stress Value = 109

**Workout #6902 - Friday, 20 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch		L	W
350	1 x 350 on 7:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	C
1,550	1x{1 x 100 on 1:30 Individual Medley	EN2	S	
	{4 x 50 on :55 Freestyle	EN1	S	
	{2 x 100 on 1:35 Individual Medley	EN2	S	
	{3 x 50 on :50 Freestyle	EN1	S	
	{3 x 100 on 1:40 Individual Medley	EN2	S	
	{2 x 50 on :45 Freestyle	EN1	S	
	{4 x 100 on 1:45 Individual Medley	EN2	S	
	{1 x 100 on 1:25 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 8:00 Ice		M	

7:05 AM 2,250 Yards - Stress Value = 33

**Workout #6906 - Saturday, 21 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch		L	W
600	1 x 600 on 10:00 Reverse IM drill		S	C
150	10 x 15 on :45 Shooters		S	C
1,000	1x{4 x 25 on :45 Kick no board BSLR		S	
	{1 x 100 on 2:00 Kick-100%		S	
	{4 x 25 on :40 Kick no board BSLR		S	
	{2 x 100 on 2:00 Kick both within 3 secs of p		S	
	{4 x 25 on :35 Kick no board BSLR		S	
	{3 x 100 on 2:00 Kick all within 5 sec of 1st		S	
	{4 x 25 on :30 Kick no board BSLR		S	
800	1x{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds		S	
	{4 x 100 on 1:35 Pulls-nbbf&w + 2 yds		S	
	{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds		S	
200	4x{1 x 25 on :50 Sculling drills		S	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S	
600	6 x 100 on 6:00 Freestyle		S	
250	1 x 250 on 4:00 Stroke Drills		D	
	1 on 10:00 Ice		M	

9:35 AM 3,600 Yards - Stress Value = 108

**Workout #6903 - Friday, 20 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch		L	W
350	1 x 350 on 7:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	C
1,300	1x{1 x 100 on 1:50 Individual Medley	EN2	S	
	{3 x 100 on 2:00 Freestyle	EN1	S	
	{2 x 100 on 1:55 Individual Medley	EN2	S	
	{2 x 100 on 1:55 Freestyle	EN1	S	
	{3 x 100 on 2:00 Individual Medley	EN2	S	
	{2 x 100 on 1:50 Freestyle	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 8:00 Ice		M	

7:05 AM 2,000 Yards - Stress Value = 25

**Workout #6904 - Friday, 20 November 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stretch/Team mtg			

**Workout #6907 - Saturday, 21 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:15 Kick-100%  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:15 Kick both within 3 secs of p  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:15 Kick all within 5 sec of 1st  
 {2 x 25 on :45 Kick no board BS  
 750 1x{3 x 125 on 2:05 Pulls-nbbf&w + 2 yds  
 {3 x 50 on :50 Pulls-nbbf&w + 2 yds  
 {3 x 75 on 1:15 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 6:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 3,350 Yards - Stress Value = 101

{1 x 100 on 1:50 Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board ---R  
 100 1 x 100 on 2:00 Kick for time  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 1x{1 x 500 on 6:40 Freestyle  
 {1 x 400 on 5:20 Freestyle  
 {1 x 400 on 5:00 Freestyle  
 {1 x 300 on 4:00 Freestyle  
 {1 x 300 on 3:45 Freestyle  
 {1 x 300 on 3:40 Freestyle  
 {1 x 200 on 2:40 Freestyle  
 {1 x 200 on 2:30 Freestyle  
 {1 x 200 on 2:25 Freestyle  
 {1 x 200 on 2:20 Freestyle  
 150 3 x 50 on 1:00 Freestyle  
 400 4 x 100 on 1:30 Freestyle-descend to ludicrc  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 6,200 Yards - Stress Value = 104

**Workout #6909 - Monday, 23 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 40:00 Weights and Stretch  
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,950 2x{1 x 125 on 1:45 Free 7 KOW EN1  
 {2 x 100 on 1:25 Free 6 breaths mid 50 EN1  
 {1 x 125 on 1:40 Free 5 KOW EN2  
 {2 x 100 on 1:20 Free 7 breaths mid 50 EN2  
 {1 x 125 on 1:35 Free 3 KOW EN2  
 {2 x 100 on 1:15 Free 8 breaths mid 50 EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 8:00 Ice  
 7:05 AM 2,700 Yards - Stress Value = 38

**Workout #6910 - Monday, 23 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 40:00 Weights and Stretch  
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,750 2x{1 x 125 on 1:55 Free 7 KOW EN1  
 {2 x 100 on 1:35 Free 6 breaths mid 50 EN1  
 {1 x 125 on 1:50 Free 5 KOW EN2  
 {1 x 100 on 1:30 Free 7 breaths mid 50 EN2  
 {1 x 125 on 1:45 Free 3 KOW EN2  
 {2 x 100 on 1:25 Free 8 breaths mid 50 EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 8:00 Ice  
 7:05 AM 2,500 Yards - Stress Value = 34

**Workout #6913 - Monday, 23 November 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core and Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:50 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:55 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {1 x 100 on 1:40 Kick

**Workout #6914 - Monday, 23 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core and Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 2:05 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board ---R  
 100 1 x 100 on 2:00 Kick for time  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,750 1x{1 x 500 on 7:30 Freestyle  
 {1 x 400 on 6:00 Freestyle  
 {1 x 400 on 5:20 Freestyle  
 {1 x 300 on 4:30 Freestyle  
 {1 x 300 on 4:00 Freestyle  
 {1 x 300 on 3:55 Freestyle  
 {1 x 200 on 3:00 Freestyle  
 {1 x 200 on 2:40 Freestyle  
 {1 x 150 on 1:55 Freestyle  
 150 3 x 50 on 1:00 Freestyle  
 400 4 x 100 on 1:30 Freestyle-descend to ludicrc  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,850 Yards - Stress Value = 98

**Workout #6911 - Monday, 23 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 40:00 Weights and Stretch  
 350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,550 2x{1 x 125 on 2:10 Free 7 KOW EN1  
 {1 x 100 on 1:45 Free 6 breaths mid 50 EN1  
 {1 x 125 on 2:05 Free 5 KOW EN2  
 {1 x 100 on 1:40 Free 7 breaths mid 50 EN2  
 {1 x 125 on 2:00 Free 3 KOW EN2  
 {2 x 100 on 1:35 Free 8 breaths mid 50 EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 8:00 Ice  
 7:05 AM 2,250 Yards - Stress Value = 32

**Workout #6915 - Monday, 23 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core and Stretch  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 2:00 Kick

{1 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board ---R  
 100 1 x 100 on 2:00 Kick for time  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 1x{1 x 500 on 8:20 Freestyle  
 {1 x 400 on 6:40 Freestyle  
 {1 x 400 on 6:00 Freestyle  
 {1 x 300 on 5:00 Freestyle  
 {1 x 300 on 4:30 Freestyle  
 {1 x 300 on 4:25 Freestyle  
 {1 x 200 on 3:20 Freestyle  
 150 3 x 50 on 1:00 Freestyle  
 300 3 x 100 on 1:40 Freestyle-descend to ludicrc  
 300 1 x 300 on 6:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,300 Yards - Stress Value = 87

**Workout #6912 - Monday, 23 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 40:00 Weights and Stretch  
 350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,350 2x{1 x 125 on 2:20 Free 7 KOW EN1  
 {1 x 100 on 1:55 Free 6 breaths mid 50 EN1  
 {1 x 125 on 2:15 Free 5 KOW EN2  
 {1 x 100 on 1:50 Free 7 breaths mid 50 EN2  
 {1 x 125 on 2:10 Free 3 KOW EN2  
 {1 x 100 on 1:45 Free 8 breaths mid 50 EN2  
 200 1 x 200 on 4:00 Stroke Drills REC  
 1 on 8:00 Ice  
 7:05 AM 2,050 Yards - Stress Value = 28

**Workout #6916 - Monday, 23 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Core and Stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board B---  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board -S--  
 {1 x 100 on 2:15 Kick  
 {1 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board --L-  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:30 Kick  
 {1 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board ---R  
 100 1 x 100 on 2:00 Kick for time  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 500 on 9:30 Freestyle  
 {1 x 400 on 7:30 Freestyle  
 {1 x 400 on 7:25 Freestyle  
 {1 x 300 on 5:25 Freestyle  
 {1 x 300 on 5:20 Freestyle  
 {1 x 200 on 3:30 Freestyle  
 100 1 x 100 on 2:00 Freestyle  
 300 3 x 100 on 1:50 Freestyle-descend to ludicrc  
 300 1 x 300 on 6:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 4,800 Yards - Stress Value = 81

**Workout #6917 - Tuesday, 24 November 2009**

**Group 3 - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,200 3x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {2 x 50 on 1:10 Streamline kick on back  
 {2 x 50 on 1:05 Streamline Kick on Back  
 {2 x 50 on 1:00 Streamline Kick on Back  
 1,000 1x{1 x 200 on 3:00 Pulls br toward blchr  
 {1 x 200 on 2:55 Pulls br toward scrbd  
 {1 x 200 on 2:50 Pulls br toward blchr  
 {1 x 200 on 2:45 Pulls br toward scrbd  
 {1 x 200 on 2:40 Pulls br toward bchr  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:42 PM 3,150 Yards - Stress Value = 42

**Workout #6918 - Tuesday, 24 November 2009**

**Group 3 - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,200 3x{1 x 25 on :45 Kick on left side face down

{1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {2 x 50 on 1:10 Streamline kick on back  
 {2 x 50 on 1:05 Streamline Kick on back  
 {2 x 50 on 1:00 Streamline kick on back  
 1,000 1x{1 x 200 on 3:15 Pulls br toward blchr  
 {1 x 200 on 3:10 Pulls br toward scrbd  
 {1 x 200 on 3:05 Pulls br toward blchr  
 {1 x 200 on 3:00 Pulls br toward scrbd  
 {1 x 200 on 2:55 Pulls br toward bchr  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:43 PM 3,150 Yards - Stress Value = 42

**Workout #6919 - Tuesday, 24 November 2009**

**Group 3 - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,050 3x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {2 x 50 on 1:20 Streamline kick on back  
 {2 x 50 on 1:15 Streamline kick on back  
 {1 x 50 on 1:05 Streamline kick on back  
 900 1x{1 x 200 on 3:50 Pulls br toward blchr  
 {1 x 200 on 3:45 Pulls br toward scrbd  
 {1 x 200 on 3:40 Pulls br toward blchr  
 {1 x 200 on 3:35 Pulls br toward scrbd  
 {1 x 100 on 1:45 Pulls br toward blchr  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:43 PM 2,850 Yards - Stress Value = 38

**Workout #6920 - Tuesday, 24 November 2009**

**Group 3 - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Physio Balls/Stretch  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 975 3x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {2 x 50 on 1:30 Streamline kick on back  
 {2 x 50 on 1:25 Streamline kick on back  
 {1 x 25 on :40 Streamline kick on back  
 800 1x{1 x 200 on 4:00 Pulls br toward scrbd  
 {1 x 200 on 3:55 Pulls br toward blchr  
 {1 x 200 on 3:50 Pulls br toward scrbd  
 {1 x 200 on 3:45 Pulls br toward bchr  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:43 PM 2,625 Yards - Stress Value = 36

**Workout #6924 - Tuesday, 24 November 2009**

**HighSchl - Back**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EC
1,850	1x{1 x 225 on 3:45 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	{2 x 225 on 3:40 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	{3 x 225 on 3:35 Backstroke	EN
500	10 x 50 on 1:00 Stroke Drills	RE
	1 on 10:00 Ice	
5:36 PM 2,350 Yards - Stress Value = 37		

**Workout #6921 - Tuesday, 24 November 2009**

**HighSchl - Distance**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY
2,100	1x{1 x 300 on 4:15 Freestyle	EN2
	{1 x 200 on 2:50 Free L.50 br on 5	EN2
	{1 x 100 on 1:25 Free L wall 10 KOW	EN2
	{1 x 300 on 4:15 Freestyle	EN2
	{1 x 200 on 2:50 Free L.75 br on 5	EN2
	{1 x 100 on 1:25 Free L.2 wall 10 KOW	EN2
	{1 x 300 on 4:15 Freestyle	EN2
	{1 x 200 on 2:50 Freestyle L.100 br on 5	EN2
	{1 x 100 on 1:25 Free L. 3 wall 10 KOW	EN2
	{1 x 300 on 4:15 Freestyle	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM 2,600 Yards - Stress Value = 42		

**Workout #6922 - Tuesday, 24 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY
1,800	1x{1 x 300 on 4:45 Freestyle	EN2
	{1 x 200 on 3:10 Free L.50 br on 5	EN2
	{1 x 100 on 1:35 Free L wall 10 KOW	EN2
	{1 x 300 on 4:45 Freestyle	EN2
	{1 x 200 on 3:10 Free L.75 br on 5	EN2
	{1 x 100 on 1:35 Free L.2 wall 10 KOW	EN2
	{1 x 300 on 4:45 Freestyle	EN2
	{1 x 200 on 3:10 Freestyle L.100 br on 5	EN2
	{1 x 100 on 1:35 Free L. 3 wall 10 KOW	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:34 PM 2,300 Yards - Stress Value = 36		

**Workout #6925 - Tuesday, 24 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EC
1,575	1x{1 x 225 on 4:00 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{2 x 225 on 3:55 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN

	{2 x 200 on 3:20 Backstroke	EN
500	10 x 50 on 1:00 Stroke Drills	RE
	1 on 10:00 Ice	
5:34 PM 2,075 Yards - Stress Value = 31		

**Workout #6923 - Tuesday, 24 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY
1,700	1x{1 x 300 on 5:15 Freestyle	EN2
	{1 x 200 on 3:30 Free L.50 br on 5	EN2
	{1 x 100 on 1:45 Free L wall 10 KOW	EN2
	{1 x 300 on 5:15 Freestyle	EN2
	{1 x 200 on 3:30 Free L.75 br on 5	EN2
	{1 x 100 on 1:45 Free L.2 wall 10 KOW	EN2
	{1 x 300 on 5:15 Freestyle	EN2
	{1 x 200 on 3:30 Freestyle L.100 br on 5	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM 2,200 Yards - Stress Value = 34		

**Workout #6926 - Tuesday, 24 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EC
1,500	1x{1 x 200 on 4:00 Backstroke	EN
	{4 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:30 Back 10 KOW L. Wall	EN
	{2 x 200 on 3:55 Backstroke	EN
	{4 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:30 Back 10 KOW L. Wall	EN
	{2 x 200 on 3:50 Backstroke	EN
500	10 x 50 on 1:00 Stroke Drills	RE
	1 on 10:00 Ice	
5:36 PM 2,000 Yards - Stress Value = 30		

**Workout #6927 - Tuesday, 24 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EC
1,250	1x{1 x 150 on 3:30 Backstroke	EN
	{4 x 25 on :40 Back-descend Great Finishes	EN
	{2 x 75 on 1:45 Back 10 KOW L. Wall	EN
	{2 x 150 on 3:25 Backstroke	EN
	{4 x 25 on :40 Back-descend Great Finishes	EN
	{2 x 75 on 1:45 Back 10 KOW L. Wall	EN
	{2 x 150 on 3:20 Backstroke	EN
500	10 x 50 on 1:00 Stroke Drills	RE
	1 on 10:00 Ice	
5:35 PM 1,750 Yards - Stress Value = 25		

**Workout #6939 - Wednesday, 25 November 2009**

**HighSchl - Breast**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WOF
2,100	3x{1 x 100 on 1:45 Breaststroke	EN1	
	{1 x 100 on 1:40 Breaststroke	EN1	
	{1 x 100 on 1:35 Breaststroke	EN2	
	{4 x 75 on 1:10 50 Breast 25 Free-6bk	EN2	
	{2 x 50 on 1:00 2K1P, 4 sec glide	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:36 PM 2,600 Yards - Stress Value = 33			

**Workout #6928 - Wednesday, 25 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
	1 on 45:00 Weights and Stretch
400	1 x 400 on 7:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
1,350	1x{1 x 100 on 1:20 Freestyle
	{2 x 75 on 1:00 Freestyle
	{3 x 50 on :40 Freestyle
	{2 x 100 on 1:20 Freestyle
	{3 x 75 on 1:00 Freestyle
	{1 x 50 on :40 Freestyle
	{3 x 100 on 1:20 Freestyle
	{1 x 75 on 1:00 Freestyle
	{2 x 50 on :40 Freestyle
300	1 x 300 on 5:00 Stroke Drills
	1 on 9:00 Ice
7:05 AM 2,200 Yards - Stress Value = 24	

**Workout #6936 - Wednesday, 25 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description
2,500	1x{1 x 500 on 6:40 Freestyle DPS
	{2 x 250 on 3:20 Freestyle Build each 50
	{4 x 125 on 1:40 Freestyle BWHPF
	{5 x 100 on 1:20 Free L wall 9 KOW L.25 100%
	{10 x 50 on :40 Free no breath L.8 yds GF
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
5:35 PM 3,000 Yards - Stress Value = 35	

**Workout #6932 - Wednesday, 25 November 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR 10 KOW
	{4 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR 12 KOW
	{4 x 50 on :55 Kick
	{4 x 25 on :45 Kick no board BSLR 14 KOW
	{4 x 50 on :50 Kick
	{4 x 25 on :45 Kick no board BSLR 16 KOW

1,200	4 x 300 on 4:15 Lungbuster pulls
	#1 and #3, 1st and 3rd 100 of each br 3-5-7
	#2 and #4, 1st and 3rd 100 br 2-4-6-8 by th
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:38 PM 3,150 Yards - Stress Value = 40	

**Workout #6929 - Wednesday, 25 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
	1 on 45:00 Weights and Stretch
400	1 x 400 on 7:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
1,250	1x{1 x 100 on 1:30 Freestyle
	{2 x 75 on 1:05 Freestyle
	{3 x 50 on :45 Freestyle
	{2 x 100 on 1:30 Freestyle
	{3 x 75 on 1:05 Freestyle
	{1 x 50 on :45 Freestyle
	{3 x 100 on 1:30 Freestyle
	{1 x 75 on 1:05 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM 2,000 Yards - Stress Value = 23	

**Workout #6933 - Wednesday, 25 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR 10 KOW
	{4 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR 12 KOW
	{4 x 50 on :55 Kick
	{4 x 25 on :45 Kick no board BSLR 14 KOW
	{4 x 50 on :50 Kick
	{4 x 25 on :45 Kick no board BSLR 16 KOW
1,200	4 x 300 on 4:30 Lungbuster pulls
	#1 and #3, 1st and 3rd 100 of each br 3-5-7
	#2 and #4, 1st and 3rd 100 br 2-4-6-8 by th
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:39 PM 3,150 Yards - Stress Value = 40	

**Workout #6937 - Wednesday, 25 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
2,250	1x{1 x 500 on 7:30 Freestyle DPS
	{2 x 250 on 3:45 Freestyle Build each 50
	{4 x 125 on 1:50 Freestyle BWHPF
	{5 x 100 on 1:30 Free L wall 9 KOW L.25 100%
	{5 x 50 on :45 Free no breath L.8 yds GF
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
5:35 PM 2,750 Yards - Stress Value = 30	



**Workout #6940 - Wednesday, 25 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:40 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1,875 3x{1 x 100 on 1:50 Breaststroke EN1  
 {1 x 100 on 1:45 Breaststroke EN1  
 {1 x 100 on 1:40 Breaststroke EN2  
 {3 x 75 on 1:15 50 Breast 25 Free-6bk EN2  
 {2 x 50 on 1:00 2K1P, 4 sec glide EN1  
 500 10 x 50 on 1:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:34 PM 2,375 Yards - Stress Value = 29

**Workout #6930 - Wednesday, 25 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,125 1x{1 x 100 on 1:40 Freestyle  
 {2 x 75 on 1:15 Freestyle  
 {3 x 50 on :50 Freestyle  
 {2 x 100 on 1:40 Freestyle  
 {3 x 75 on 1:15 Freestyle  
 {1 x 50 on :50 Freestyle  
 {2 x 100 on 1:40 Freestyle  
 {1 x 50 on :50 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 1,825 Yards - Stress Value = 31

**Workout #6934 - Wednesday, 25 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {4 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {3 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board BSLR 14 KOW  
 {3 x 50 on 1:00 Kick  
 {4 x 25 on :45 Kick no board BSLR 16 KOW  
 1,000 1x{3 x 300 on 5:00 Lungbuster pulls  
 { #1 and #3, 1st and 3rd 100 of each br 3-5-7  
 { #2 , 1st and 3rd 100 br 2-4-6-8 by the 25's  
 { breathe 2-4-6-8  
 {1 x 100 on 1:40 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:38 PM 2,800 Yards - Stress Value = 36

**Workout #6938 - Wednesday, 25 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:40 PM Start  
 Yards Set Description  
 =====  
 2,000 1x{1 x 500 on 8:20 Freestyle DPS

{2 x 250 on 4:10 Freestyle Build each 50  
 {4 x 125 on 2:05 Freestyle BWHPF  
 {4 x 100 on 1:40 Free L wall 9 KOW L.25 100%  
 {2 x 50 on :50 Free no breath L.8 yds GF  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,500 Yards - Stress Value = 25

**Workout #6941 - Wednesday, 25 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:40 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1,725 3x{1 x 100 on 2:00 Breaststroke EN1  
 {1 x 100 on 1:55 Breaststroke EN1  
 {1 x 100 on 1:50 Breaststroke EN2  
 {3 x 75 on 1:20 50 Breast 25 Free-6bk EN2  
 {1 x 50 on 1:10 2K1P EN1  
 500 10 x 50 on 1:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:34 PM 2,225 Yards - Stress Value = 28

**Workout #6931 - Wednesday, 25 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 350 1 x 350 on 7:00 Free L.25 of each 100 non fr  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 100 on 1:50 Freestyle  
 {2 x 75 on 1:20 Freestyle  
 {3 x 50 on :55 Freestyle  
 {2 x 100 on 1:50 Freestyle  
 {3 x 75 on 1:20 Freestyle  
 {1 x 50 on :55 Freestyle  
 {1 x 75 on 1:20 Freestyle  
 {2 x 50 on :55 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 1,750 Yards - Stress Value = 31

**Workout #6935 - Wednesday, 25 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {3 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {3 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board BSLR 14 KOW  
 {3 x 50 on 1:05 Kick  
 {4 x 25 on :45 Kick no board BSLR 16 KOW  
 900 1x{3 x 300 on 5:30 Lungbuster pulls  
 { #1 and #3, 1st and 3rd 100 of each br 3-5-7  
 { #2 , 1st and 3rd 100 br 2-4-6-8 by the 25's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:38 PM 2,600 Yards - Stress Value = 34

**Workout #6942 - Wednesday, 25 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WOF
1,650	3x{1 x 100 on 2:10 Breaststroke {1 x 100 on 2:05 Breaststroke {1 x 100 on 2:00 Breaststroke {2 x 75 on 1:30 50 Breast 25 Free-6bk {2 x 50 on 1:10 2K1P	EN1	EN1
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	
5:36 PM 2,150 Yards - Stress Value = 24			

**Workout #6947 - Friday, 27 November 2009**

**HighSchl - IM'ers**

**1 minute rest between sets**

8:55 AM Start

Yards	Set Description	EGY	WOF
1,500	1x{4 x 75 on 1:10 IM minus alt strokes {4 x 25 on :30 Butterfly {4 x 75 on 1:10 IM minus alt strokes {4 x 25 on :30 Backstroke {4 x 75 on 1:10 IM minus alt strokes {4 x 25 on :30 Breaststroke {4 x 75 on 1:10 IM minus alt strokes	EN2	EN1
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	
9:36 AM 1,800 Yards - Stress Value = 27			

**Workout #6951 - Friday, 27 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

8:55 AM Start

Yards	Set Description	EGY	WOF
1,550	1x{2 x 50 on :45 Free 6 strks off walls no bre {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2 {3 x 75 on 1:05 Free 5 strks off walls no bre {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2 {4 x 100 on 1:25 Free 4 strks off walls no br {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2 {5 x 125 on 1:45 Free 3 strks off walls no br {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2	EN2	EN1
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	
9:35 AM 1,850 Yards - Stress Value = 17			

**Workout #6943 - Friday, 27 November 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WOF
600	1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Reverse IM drill by 100's		
150	10 x 15 on :45 Shooters		
1,200	1x{4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:00 Kick no board { on stomach hands by side {4 x 25 on :40 Kick no board BSLR {3 x 100 on 1:55 Kick-same as previous {4 x 25 on :35 Kick no board BSLR {3 x 100 on 1:50 Kick same as previous	EN2	EN1
1,000	1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds {5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN2	EN1

5 x 50 on :40 Pulls-nbbf&w + 2 yds		
5 x 50 on :35 Pulls-nbbf&w + 2 yds		
200 4x{1 x 25 on :50 Sculling drills		
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
8:54 AM 3,150 Yards - Stress Value = 43		

**Workout #6944 - Friday, 27 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WOF
600	1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Reverse IM drill by 100's		
150	10 x 15 on :45 Shooters		
1,200	1x{4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:05 Kick no board { on stomach hands by side {4 x 25 on :40 Kick no board BSLR {3 x 100 on 2:00 Kick-same as previous {4 x 25 on :35 Kick no board BSLR {3 x 100 on 1:55 Kick same as previous	EN2	EN1
900	1x{5 x 50 on :55 Pulls-nbbf&w + 2 yds {5 x 50 on :50 Pulls-nbbf&w + 2 yds {5 x 50 on :45 Pulls-nbbf&w + 2 yds {3 x 50 on :40 Pulls-nbbf&w + 2 yds	EN2	EN1
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2	EN1
8:54 AM 3,050 Yards - Stress Value = 41			

**Workout #6948 - Friday, 27 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

8:55 AM Start

Yards	Set Description	EGY	WOF
1,350	1x{4 x 75 on 1:20 IM minus alt strokes {2 x 25 on :30 Butterfly {4 x 75 on 1:20 IM minus alt strokes {2 x 25 on :30 Backstroke {4 x 75 on 1:20 IM minus alt strokes {2 x 25 on :30 Breaststroke {4 x 75 on 1:20 IM minus alt strokes	EN2	EN1
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	
9:36 AM 1,650 Yards - Stress Value = 24			

**Workout #6952 - Friday, 27 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

8:55 AM Start

Yards	Set Description	EGY	WOF
1,500	1x{2 x 50 on :45 Free 6 strks off walls no bre {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2 {3 x 75 on 1:10 Free 5 strks off walls no bre {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2 {4 x 100 on 1:30 Free 4 strks off walls no br {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2 {5 x 125 on 2:00 Free 3 strks off walls no br	EN2	EN1
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	
9:35 AM 1,800 Yards - Stress Value = 16			

**Workout #6945 - Friday, 27 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 45:00 Weights and Stretch
550	1 x 550 on 10:00 Reverse IM drill by 100's
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:15 Kick no board { on stomach hands by side {4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:10 Kick-same as previous {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:05 Kick same as previous
800	1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds {4 x 50 on :55 Pulls-nbbf&w + 2 yds {4 x 50 on :50 Pulls-nbbf&w + 2 yds {3 x 50 on :45 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:54 AM 2,750 Yards - Stress Value = 38

**Workout #6949 - Friday, 27 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

8:55 AM Start

Yards	Set Description	EGY	WORK
1,100	1x{3 x 75 on 1:30 IM minus alt strokes {2 x 25 on :35 Butterfly {3 x 75 on 1:30 IM minus alt strokes {2 x 25 on :35 Backstroke {3 x 75 on 1:30 IM minus alt strokes {2 x 25 on :35 Breaststroke {3 x 75 on 1:30 IM minus alt strokes {2 x 25 on :35 Freestyle	EN2	S
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	I
	9:34 AM 1,400 Yards - Stress Value = 16		

**Workout #6953 - Friday, 27 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

8:55 AM Start

Yards	Set Description
1,375	1x{2 x 50 on :50 Free 6 strks off walls no bree {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2 {3 x 75 on 1:15 Free 5 strks off walls no bree {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2 {4 x 100 on 1:40 Free 4 strks off walls no bree {1 x 50 on 1:00 12.5 Tarzan 12.5 sprint X 2 {4 x 125 on 2:05 Free 3 strks off walls no bree
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice
	9:35 AM 1,675 Yards - Stress Value = 15

**Workout #6946 - Friday, 27 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 45:00 Weights and Stretch
500	1 x 500 on 10:00 Reverse IM drill by 100's
150	10 x 15 on :45 Shooters

1,000	1x{4 x 25 on :45 Kick no board BSLR {3 x 100 on 2:30 Kick no board { on stomach hands by side {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:25 Kick-same as previous {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:20 Kick same as previous
800	1x{6 x 50 on 1:00 Pulls-nbbf&w + 2 yds {5 x 50 on :55 Pulls-nbbf&w + 2 yds {5 x 50 on :50 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:54 AM 2,650 Yards - Stress Value = 35

**Workout #6950 - Friday, 27 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

8:55 AM Start

Yards	Set Description	EGY	WORK
1,050	1x{4 x 75 on 1:45 IM minus alt strokes {2 x 25 on :35 Butterfly {4 x 75 on 1:45 IM minus alt strokes {2 x 25 on :35 Backstroke {4 x 75 on 1:45 IM minus alt strokes {2 x 25 on :35 Breaststroke	EN2	S
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	I
	9:36 AM 1,350 Yards - Stress Value = 18		

**Workout #6959 - Saturday, 28 November 2009**

**HighSchl**

**1 minute rest between sets**

8:46 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,000	1x{6 x 100 on 1:15 Freestyle {1 on 1:00 Rest {5 x 100 on 1:15 Freestyle {1 on 1:00 Rest {4 x 100 on 1:15 Freestyle {1 on 1:00 Rest {3 x 100 on 1:15 Freestyle {1 on 1:00 Rest {2 x 100 on 1:15 Freestyle	EN2	S	FR	1
450	9 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD	2
	9:35 AM 2,450 Yards - Stress Value = 40				

**Workout #6960 - Saturday, 28 November 2009**

**HighSchl**

**1 minute rest between sets**

8:46 AM Start

Yards	Set Description	EGY	WORK	STK	F
1,900	1x{6 x 100 on 1:20 Freestyle {1 on 1:00 Rest {5 x 100 on 1:20 Freestyle {1 on 1:00 Rest {4 x 100 on 1:20 Freestyle {1 on 1:00 Rest {3 x 100 on 1:20 Freestyle {1 on 1:00 Rest {1 x 100 on 1:20 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD	2
	9:35 AM 2,300 Yards - Stress Value = 38				

**Workout #6961 - Saturday, 28 November 2009**

**HighSchl**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:46 AM	Start				
1,900	1x{6 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:25 Freestyle	EN2	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM	2,250 Yards - Stress Value = 38				

**Workout #6962 - Saturday, 28 November 2009**

**HighSchl**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:46 AM	Start				
1,800	1x{6 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:30 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM	2,200 Yards - Stress Value = 36				

**Workout #6963 - Saturday, 28 November 2009**

**HighSchl**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:46 AM	Start				
1,800	1x{6 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:35 Freestyle	EN2	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM	2,100 Yards - Stress Value = 36				

**Workout #6964 - Saturday, 28 November 2009**

**HighSchl**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:46 AM	Start				
1,500	1x{5 x 100 on 1:45 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:45 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:45 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{2 x 100 on 1:45 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:45 Freestyle	EN2	S	FR	1

350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM	1,850 Yards - Stress Value = 30				

**Workout #6965 - Saturday, 28 November 2009**

**HighSchl**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:46 AM	Start				
1,500	1x{5 x 100 on 1:50 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:50 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:50 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{2 x 100 on 1:50 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:50 Freestyle	EN2	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM	1,800 Yards - Stress Value = 30				

**Workout #6958 - Saturday, 28 November 2009**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:46 AM	Start				
2,100	1x{6 x 100 on 1:05 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:05 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:05 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:05 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{2 x 100 on 1:05 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:05 Freestyle	EN2	S	FR	1
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
9:35 AM	2,600 Yards - Stress Value = 42				

**Workout #6954 - Saturday, 28 November 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Stretch/Physio Ball Shoulders
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 1:50 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:40 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:35 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:25 Kick {2 x 50 on 1:00 Kick no board
1,000	10 x 100 on 1:30 Pulls +1 stroke off walls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:45 AM 3,150 Yards - Stress Value = 37

**Workout #6955 - Saturday, 28 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Stretch/Physio Ball Shoulders
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 2:00 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:55 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:50 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:40 Kick {2 x 50 on 1:00 Kick no board {1 x 100 on 1:35 Kick {1 x 50 on 1:00 Kick no board
900	9 x 100 on 1:35 Pulls +1 stroke off walls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:45 AM 3,000 Yards - Stress Value = 35

**Workout #6956 - Saturday, 28 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Stretch/Physio Ball Shoulders
550	1 x 550 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 2:10 Kick {2 x 50 on 1:10 Kick no board {1 x 100 on 2:05 Kick {2 x 50 on 1:10 Kick no board {1 x 100 on 2:00 Kick {2 x 50 on 1:10 Kick no board {1 x 100 on 1:55 Kick {2 x 50 on 1:10 Kick no board {1 x 100 on 1:50 Kick

	{2 x 50 on 1:10 Kick no board
800	8 x 100 on 1:45 Pulls +1 stroke off walls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:44 AM 2,700 Yards - Stress Value = 31

**Workout #6957 - Saturday, 28 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 Stretch/Physio Ball Shoulders
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 2:20 Kick {2 x 50 on 1:10 Kick no board {1 x 100 on 2:15 Kick {2 x 50 on 1:10 Kick no board {1 x 100 on 2:10 Kick {2 x 50 on 1:10 Kick no board {1 x 100 on 2:05 Kick {2 x 50 on 1:10 Kick no board {1 x 100 on 2:00 Kick {1 x 50 on 1:10 Kick no board
700	7 x 100 on 1:55 Pulls +1 stroke off walls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:44 AM 2,500 Yards - Stress Value = 29

**Workout #6970 - Monday, 30 November 2009**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :30 Kick no board BSLR w/fins {1 x 100 on 2:00 Kick no board w/fins {4 x 25 on :30 Kick no board BSLR w/fins {2 x 100 on 1:55 Kick no board w/fins {4 x 25 on :30 Kick no board BSLR w/fins {3 x 100 on 1:50 Kick no board w/fins {4 x 25 on :30 Kick no board BSLR w/fins {4 x 100 on 1:45 Kick no board w/fins {100 kicks-streamline on back
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,500	1x{1 x 75 on 1:30 1 min swim 30 sec rest {2 x 150 on 2:30 2 min swims 30 sec rest {3 x 225 on 3:30 3 min swims 30 sec rest {4 x 350 on 4:30 4 min swims 30 sec rest {3 x 225 on 3:30 3 min swims 30 sec rest {2 x 150 on 2:30 2 min swims 30 sec rest {1 x 75 on 1:30 1 min swim 30 sec rest
350	7 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:35 PM 6,200 Yards - Stress Value = 69

**Workout #6966 - Monday, 30 November 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 45:00 Weights and Stretch  
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,500 1x{1 x 200 on 3:00 Freestyle EN1  
 {2 x 175 on 2:35 Freestyle EN1  
 {3 x 150 on 2:10 Freestyle EN1  
 {4 x 125 on 1:45 Freestyle EN1  
 1 on 12:00 Ice  
 7:05 AM 2,050 Yards - Stress Value = 21

**Workout #6967 - Monday, 30 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 45:00 Weights and Stretch  
 400 1 x 400 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,400 1x{1 x 200 on 3:10 Freestyle EN1  
 {2 x 175 on 2:45 Freestyle EN1  
 {3 x 150 on 2:15 Freestyle EN1  
 {4 x 100 on 1:25 Freestyle EN1  
 1 on 12:00 Ice  
 7:05 AM 1,950 Yards - Stress Value = 20

**Workout #6971 - Monday, 30 November 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 30:00 Stomach and Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,400 1x{4 x 25 on :30 Kick no board BSLR w/fins  
 {1 x 100 on 2:00 Kick no board w/fins  
 {4 x 25 on :30 Kick no board BSLR w/fins  
 {2 x 100 on 1:55 Kick no board w/fins  
 {4 x 25 on :30 Kick no board BSLR w/fins  
 {3 x 100 on 1:50 Kick no board w/fins  
 {4 x 25 on :30 Kick no board BSLR w/fins  
 {4 x 100 on 1:45 Kick no board w/fins  
 { 100 kicks-streamline on back  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,500 1x{1 x 75 on 1:30 1 min swim 30 sec rest  
 {2 x 150 on 2:30 2 min swims 30 sec rest  
 {3 x 225 on 3:30 3 min swims 30 sec rest  
 {4 x 350 on 4:30 4 min swims 30 sec rest  
 {3 x 225 on 3:30 3 min swims 30 sec rest  
 {2 x 150 on 2:30 2 min swims 30 sec rest  
 {1 x 75 on 1:30 1 min swim 30 sec rest  
 350 7 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 6,200 Yards - Stress Value = 69

**Workout #6968 - Monday, 30 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF

===== =====  
 1 on 45:00 Weights and Stretch  
 350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,250 1x{1 x 200 on 3:30 Freestyle EN1  
 {2 x 175 on 3:00 Freestyle EN1  
 {3 x 150 on 2:30 Freestyle EN1  
 {2 x 125 on 2:05 Freestyle EN1  
 1 on 12:00 Ice  
 7:05 AM 1,750 Yards - Stress Value = 18

**Workout #6972 - Monday, 30 November 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 30:00 Stomach and Stretch  
 550 1 x 550 on 10:00 Swim-kick-pull-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,100 1x{4 x 25 on :45 Kick no board BSLR w/fins  
 {1 x 100 on 2:10 Kick no board w/fins  
 {4 x 25 on :45 Kick no board BSLR w/fins  
 {2 x 100 on 2:05 Kick no board w/fins  
 {4 x 25 on :45 Kick no board BSLR w/fins  
 {3 x 100 on 2:00 Kick no board w/fins  
 {4 x 25 on :45 Kick no board BSLR w/fins  
 {1 x 100 on 2:00 Kick no board w/fins  
 { 100 kicks-streamline on back  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,500 1x{1 x 75 on 1:30 1 min swim 30 sec rest  
 {2 x 150 on 2:30 2 min swims 30 sec rest  
 {3 x 225 on 3:30 3 min swims 30 sec rest  
 {4 x 350 on 4:30 4 min swims 30 sec rest  
 {3 x 225 on 3:30 3 min swims 30 sec rest  
 {2 x 150 on 2:30 2 min swims 30 sec rest  
 {1 x 75 on 1:30 1 min swim 30 sec rest  
 350 7 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,850 Yards - Stress Value = 63

**Workout #6969 - Monday, 30 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 45:00 Weights and Stretch  
 350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,100 1x{1 x 200 on 4:00 Freestyle EN1  
 {2 x 175 on 3:25 Freestyle EN1  
 {3 x 150 on 2:50 Freestyle EN1  
 {1 x 100 on 1:50 Freestyle EN1  
 1 on 12:00 Ice  
 7:05 AM 1,600 Yards - Stress Value = 17

**Workout #6973 - Monday, 30 November 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stomach and Stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board BSLR w/fins  
 {1 x 100 on 2:10 Kick no board w/fins  
 {4 x 25 on :45 Kick no board BSLR w/fins  
 {2 x 100 on 2:05 Kick no board w/fins  
 {4 x 25 on :45 Kick no board BSLR w/fins  
 {3 x 100 on 2:00 Kick no board w/fins  
 {4 x 25 on :45 Kick no board BSLR w/fins  
 {1 x 100 on 2:00 Kick no board w/fins  
 { 100 kicks-streamline on back  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,500 1x{1 x 75 on 1:30 1 min swim 30 sec rest  
 {2 x 150 on 2:30 2 min swims 30 sec rest  
 {3 x 225 on 3:30 3 min swims 30 sec rest  
 {4 x 350 on 4:30 4 min swims 30 sec rest  
 {3 x 225 on 3:30 3 min swims 30 sec rest  
 {2 x 150 on 2:30 2 min swims 30 sec rest  
 {1 x 75 on 1:30 1 min swim 30 sec rest  
 350 7 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 5,800 Yards - Stress Value = 63

**Workout #6981 - Wednesday, 02 December 2009**

**HighSchl - IM'ers**

**1 minute rest between sets**

4:53 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1,650 1x{1 x 200 on 3:00 Individual Medley EN2  
 {6 x 25 on :30 Odds fly evens free EN2  
 {2 x 200 on 2:55 Individual Medley EN2  
 {6 x 25 on :30 Odds back evens free EN2  
 {3 x 200 on 2:50 Individual Medley EN2  
 {6 x 25 on :30 Odds breast evens free EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 1,900 Yards - Stress Value = 33

**Workout #6978 - Wednesday, 02 December 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

4:53 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1,800 1x{1 x 200 on 2:40 Freestyle EN2 S  
 {3 x 100 on 1:30 Freestyle-descend EN2 S  
 {2 x 200 on 2:35 Freestyle EN2 S  
 {3 x 100 on 1:30 Freestyle-descend EN2 S  
 {3 x 200 on 2:30 Freestyle EN2 S  
 300 6 x 50 on 1:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 5:35 PM 2,100 Yards - Stress Value = 36

**Workout #6974 - Wednesday, 02 December 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====

1 on 45:00 Weights and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {3 x 50 on 1:00 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {3 x 50 on :55 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {3 x 50 on :50 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 13 KOW  
 {3 x 50 on :45 Kick no board  
 1,200 1 x 1200 on 16:00 Lungbuster pulls  
 Odd 100's br 3-5-7-9 by the 25  
 Even 100's br 2-4-6-8 by the 25's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:52 PM 3,150 Yards - Stress Value = 40

**Workout #6975 - Wednesday, 02 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {3 x 50 on 1:05 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {3 x 50 on 1:00 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {3 x 50 on :55 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 13 KOW  
 {2 x 50 on :50 Kick no board  
 1,100 1 x 1100 on 16:00 Lungbuster pulls  
 Odd 100's br 3-5-7-9 by the 25  
 Even 100's br 2-4-6-8 by the 25's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:52 PM 3,000 Yards - Stress Value = 38

**Workout #6979 - Wednesday, 02 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:53 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1,800 1x{1 x 200 on 2:50 Freestyle EN2 S  
 {3 x 100 on 1:30 Freestyle-descend EN2 S  
 {2 x 200 on 2:45 Freestyle EN2 S  
 {3 x 100 on 1:30 Freestyle-descend EN2 S  
 {3 x 200 on 2:40 Freestyle EN2 S  
 250 5 x 50 on 1:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 5:35 PM 2,050 Yards - Stress Value = 36

**Workout #6982 - Wednesday, 02 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:53 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1,550 1x{1 x 200 on 3:20 Individual Medley EN2  
 {6 x 25 on :30 Odds fly evens free EN2  
 {2 x 200 on 3:15 Individual Medley EN2  
 {4 x 25 on :30 Odds back evens free EN2  
 {3 x 200 on 3:10 Individual Medley EN2  
 {4 x 25 on :30 Odds breast evens free EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 1,800 Yards - Stress Value = 31

**Workout #6976 - Wednesday, 02 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 550 1 on 45:00 Weights and Stretch  
 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {3 x 50 on 1:10 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {3 x 50 on 1:05 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {3 x 50 on 1:00 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 13 KOW  
 {1 x 50 on :55 Kick no board  
 1,000 1 x 1000 on 16:00 Lungbuster pulls  
 Odd 100's br 3-5-7-9 by the 25  
 Even 100's br 2-4-6-8 by the 25's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:52 PM 2,800 Yards - Stress Value = 36

**Workout #6980 - Wednesday, 02 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:53 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,600 1x{1 x 200 on 3:15 Freestyle EN2 S FF  
 {4 x 50 on :50 Freestyle-descend EN2 S FF  
 {2 x 200 on 3:10 Freestyle EN2 S FF  
 {4 x 50 on :50 Freestyle-descend EN2 S FF  
 {3 x 200 on 3:05 Freestyle EN2 S FF  
 250 5 x 50 on 1:00 Stroke Drills REC D CI  
 1 on 10:00 Ice M  
 5:35 PM 1,850 Yards - Stress Value = 32

**Workout #6983 - Wednesday, 02 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:53 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1,300 1x{1 x 200 on 3:40 Individual Medley EN2  
 {4 x 25 on :40 Odds fly evens free EN2  
 {2 x 200 on 3:35 Individual Medley EN2  
 {4 x 25 on :40 Odds back evens free EN2  
 {2 x 200 on 3:30 Individual Medley EN2  
 {4 x 25 on :40 Odds breast evens free EN2  
 250 1 x 250 on 5:00 Stroke Drills REC

1 on 10:00 Ice  
 5:35 PM 1,550 Yards - Stress Value = 26

**Workout #6977 - Wednesday, 02 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 45:00 Weights and Stretch  
 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board BSLR 10 KOW  
 {3 x 50 on 1:20 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 11 KOW  
 {2 x 50 on 1:15 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {2 x 50 on 1:10 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 13 KOW  
 {2 x 50 on 1:05 Kick no board  
 850 1 x 850 on 16:00 Lungbuster pulls  
 Odd 100's br 3-5-7-9 by the 25  
 Even 100's br 2-4-6-8 by the 25's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:52 PM 2,550 Yards - Stress Value = 33

**Workout #6984 - Wednesday, 02 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

4:53 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1,200 1x{1 x 150 on 3:00 IM w/out the free EN2  
 {4 x 25 on :40 Odds fly evens free EN2  
 {2 x 150 on 2:55 IM w/out the free EN2  
 {4 x 25 on :40 Odds back evens free EN2  
 {3 x 150 on 2:50 IM w/out the free EN2  
 {4 x 25 on :40 Odds breast evens free EN2  
 250 1 x 250 on 5:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 1,450 Yards - Stress Value = 24

**Workout #6985 - Friday, 04 December 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 400 1 on 40:00 Weights and Stretch L DRY  
 1 x 400 on 7:00 Choice REC S CHO  
 150 10 x 15 on :45 Shooters SP3 S FR  
 1,800 1x{3 x 100 on 1:10 Freestyle EN2 S FR  
 {3 x 50 on 1:00 Freestyle EN3 S FR  
 {3 x 100 on 1:09 Freestyle EN2 S FR  
 {3 x 50 on 1:00 Freestyle EN3 S FR  
 {3 x 100 on 1:08 Freestyle EN2 S FR  
 {3 x 50 on 1:00 Freestyle EN3 S FR  
 {3 x 100 on 1:07 Freestyle EN2 S FR  
 {3 x 50 on 1:00 Freestyle EN3 S FR  
 200 1 x 200 on 3:00 Stroke Drills REC D CD  
 1 on 8:00 Ice M  
 7:05 AM 2,550 Yards - Stress Value = 66



**Workout #6986 - Friday, 04 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			L DRY
400	1 x 400 on 7:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S FR
1,650	1x{3 x 100 on 1:19 Freestyle	EN2		S FR
	{3 x 50 on 1:00 Freestyle	EN3		S FR
	{3 x 100 on 1:18 Freestyle	EN2		S FR
	{3 x 50 on 1:00 Freestyle	EN3		S FR
	{3 x 100 on 1:17 Freestyle	EN2		S FR
	{3 x 50 on 1:00 Freestyle	EN3		S FR
	{2 x 100 on 1:16 Freestyle	EN2		S FR
	{2 x 50 on 1:00 Freestyle	EN3		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 8:00 Ice			M
7:05 AM 2,400 Yards - Stress Value = 61				

**Workout #6990 - Friday, 04 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 Stretch/Physio Ball Shoulders			
750	1 x 750 on 10:30 Choice			
150	10 x 15 on :45 Shooters			
600	3x{1 x 25 on :45 Kick on left side face down			
	{1 x 25 on :45 Kick on right side face down			
	{1 x 25 on :45 Kick on left side face up			
	{1 x 25 on :45 Kick on right side face up			
	{2 x 50 on 1:10 Kick #1 fly #1 breast			
	{ on stomach hands by side			
1,600	1x{2 x 50 on :50 Pulls-nbbf&w + 2 yds			
	{3 x 100 on 2:00 Stroke Drills fly, back, brs			
	{2 x 50 on :50 Pulls-nbbf&w + 2 yds			
	{3 x 100 on 1:50 Stroke Drills fly, back, bre			
	{2 x 50 on :50 Pulls-nbbf&w + 2 yds			
	{3 x 100 on 1:40 Stroke Drills fly, back, bre			
	{2 x 50 on :50 Pulls-nbbf&w + 2 yds			
	{3 x 100 on 1:30 Stroke Drills fly, back, bre			
	1 on 10:00 Techniques-Relay Starts			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			
5:05 PM 3,300 Yards - Stress Value = 23				

**Workout #6987 - Friday, 04 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			L DRY
350	1 x 350 on 7:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S FR
1,450	1x{3 x 100 on 1:35 Freestyle	EN2		S FR
	{3 x 50 on 1:00 Freestyle	EN3		S FR
	{3 x 100 on 1:34 Freestyle	EN2		S FR
	{3 x 50 on 1:00 Freestyle	EN3		S FR
	{3 x 100 on 1:33 Freestyle	EN2		S FR
	{3 x 50 on 1:00 Freestyle	EN3		S FR
	{1 x 100 on 1:32 Freestyle	EN2		S FR
200	1 x 200 on 4:00 Stroke Drills	REC		D CD
	1 on 8:00 Ice			M
7:05 AM 2,150 Yards - Stress Value = 53				

**Workout #6991 - Friday, 04 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 Stretch/Physio Ball Shoulders			
650	1 x 650 on 10:30 Choice			
150	10 x 15 on :45 Shooters			
450	3x{1 x 25 on :50 Kick on left side face down			
	{1 x 25 on :50 Kick on right side face down			
	{1 x 25 on :50 Kick on left side face up			
	{1 x 25 on :50 Kick on right side face up			
	{1 x 50 on 1:30 Kick fly or breast			
	{ on stomach hands by side			
1,300	1x{2 x 50 on 1:05 Pulls-nbbf&w + 2 yds			
	{3 x 100 on 2:20 Stroke Drills fly, back, brs			
	{2 x 50 on 1:05 Pulls-nbbf&w + 2 yds			
	{3 x 100 on 2:10 Stroke Drills fly, back, bre			
	{2 x 50 on 1:05 Pulls-nbbf&w + 2 yds			
	{3 x 100 on 2:00 Stroke Drills fly, back, bre			
	{2 x 50 on 1:05 Pulls-nbbf&w + 2 yds			
	1 on 10:00 Techniques-Relay Starts			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			
5:05 PM 2,750 Yards - Stress Value = 19				

**Workout #6988 - Friday, 04 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			L DRY
350	1 x 350 on 7:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S FR
1,250	1x{3 x 100 on 1:50 Freestyle	EN2		S FR
	{2 x 50 on 1:15 Freestyle	EN3		S FR
	{3 x 100 on 1:49 Freestyle	EN2		S FR
	{2 x 50 on 1:15 Freestyle	EN3		S FR
	{3 x 100 on 1:48 Freestyle	EN2		S FR
	{3 x 50 on 1:15 Freestyle	EN3		S FR
200	1 x 200 on 4:00 Stroke Drills	REC		D CD
	1 on 8:00 Ice			M
7:06 AM 1,950 Yards - Stress Value = 45				

**Workout #6992 - Friday, 04 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch/Physio Ball Shoulders  
 550 1 x 550 on 10:30 Choice  
 150 10 x 15 on :45 Shooters  
 450 3x{1 x 25 on :50 Kick on left side face down  
 {1 x 25 on :50 Kick on right side face down  
 {1 x 25 on :50 Kick on left side face up  
 {1 x 25 on :50 Kick on right side face up  
 {1 x 50 on 1:30 Kick fly or breast  
 { on stomach hands by side  
 1,300 1x{2 x 50 on 1:05 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 2:20 Stroke Drills fly, back, brs  
 {2 x 50 on 1:05 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 2:10 Stroke Drills fly, back, bre  
 {2 x 50 on 1:05 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 2:00 Stroke Drills fly, back, bre  
 {2 x 50 on 1:05 Pulls-nbbf&w + 2 yds  
 1 on 10:00 Techniques-Relay Starts  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:05 PM 2,650 Yards - Stress Value = 19

**Workout #6989 - Friday, 04 December 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch/Physio Ball Shoulders  
 750 1 x 750 on 10:30 Choice  
 150 10 x 15 on :45 Shooters  
 600 3x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {2 x 50 on 1:10 Kick #1 fly #1 breast  
 { on stomach hands by side  
 1,600 1x{2 x 50 on :50 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 2:00 Stroke Drills fly, back, brs  
 {2 x 50 on :50 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 1:50 Stroke Drills fly, back, bre  
 {2 x 50 on :50 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 1:40 Stroke Drills fly, back, bre  
 {2 x 50 on :50 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 1:30 Stroke Drills fly, back, bre  
 1 on 10:00 Techniques-Relay Starts  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:05 PM 3,300 Yards - Stress Value = 23

**Workout #6993 - Saturday, 05 December 2009**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 34:00 Stretch and Shoulders  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,200 12 x 100 on 2:15 Challenge Kick Set w/fins  
 NO BOARD  
 1,200 1x{4 x 100 on 1:30 Pulls BWSPF  
 {2 x 200 on 3:10 Pulls BWHPF  
 {8 x 50 on :50 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 200 on :01 Freestyle/IM/Stroke  
 {1 x 200 on 7:59 Freestyle  
 {1 x 150 on 4:00 Freestyle/IM/Stroke  
 {1 x 150 on :01 Freestyle/IM/Stroke  
 {1 x 300 on 9:59 Freestyle  
 {1 x 100 on 3:00 Freestyle/IM/Stroke  
 {1 x 100 on 3:00 Freestyle/IM/Stroke  
 {1 x 100 on :01 Freestyle/IM/Stroke  
 {1 x 300 on 8:00 Freestyle  
 1 on 10:00 Ice  
 9:35 AM 4,950 Yards - Stress Value = 124

**Workout #6994 - Saturday, 05 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 34:00 Stretch and Shoulders  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,200 12 x 100 on 2:15 Challenge Kick Set w/fins  
 NO BOARD  
 1,100 1x{4 x 100 on 1:40 Pulls BWSPF  
 {2 x 200 on 3:25 Pulls BWHPF  
 {6 x 50 on :55 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 200 on :01 Freestyle/IM/Stroke  
 {1 x 200 on 7:59 Freestyle  
 {1 x 150 on 4:00 Freestyle/IM/Stroke  
 {1 x 150 on :01 Freestyle/IM/Stroke  
 {1 x 300 on 9:59 Freestyle  
 {1 x 100 on 3:00 Freestyle/IM/Stroke  
 {1 x 100 on 3:00 Freestyle/IM/Stroke  
 {1 x 100 on :01 Freestyle/IM/Stroke  
 {1 x 300 on 8:00 Freestyle  
 1 on 10:00 Ice  
 9:35 AM 4,800 Yards - Stress Value = 123

**Workout #6995 - Saturday, 05 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 34:00 Stretch and Shoulders  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,200 12 x 100 on 2:15 Challenge Kick Set w/fins  
 NO BOARD  
 1,000 1x{4 x 100 on 1:50 Pulls BWSPF  
 {2 x 200 on 3:45 Pulls BWHPF  
 {4 x 50 on 1:00 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 200 on :01 Freestyle/IM/Stroke  
 {1 x 100 on 7:59 Freestyle  
 {1 x 150 on 4:00 Freestyle/IM/Stroke  
 {1 x 150 on :01 Freestyle/IM/Stroke  
 {1 x 200 on 9:59 Freestyle  
 {1 x 100 on 3:00 Freestyle/IM/Stroke  
 {1 x 100 on 3:00 Freestyle/IM/Stroke  
 {1 x 100 on :01 Freestyle/IM/Stroke  
 {1 x 200 on 8:00 Freestyle  
 1 on 10:00 Ice  
 9:35 AM 4,350 Yards - Stress Value = 122

**Workout #6996 - Monday, 07 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
400	1 on 45:00 Weights and Stretch	REC	
150	1 x 400 on 7:00 Swim-kick-drill-swim	SP3	
1,400	10 x 15 on :45 Shooters	EN2	
	1x{1 x 250 on 3:15 Freestyle	EN2	
	{1 x 50 on :30 Freestyle	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 150 on 1:50 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 34		

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{1 x 250 on 3:30 Freestyle	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 32		

**Workout #7001 - Monday, 07 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

**Workout #7000 - Monday, 07 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 35:00 Stretch/Physio Ball Shoulders		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,200	1x{4 x 25 on :45 Kick no board B---		
	{2 x 100 on 2:00 Kick no board		
	{4 x 25 on :45 Kick no board -S--		
	{2 x 100 on 1:55 Kick no board		
	{4 x 25 on :45 Kick no board --L-		
	{2 x 100 on 1:50 Kick no board		
	{4 x 25 on :45 Kick no board ---R		
	{2 x 100 on 1:45 Kick no board		
900	1x{2 x 150 on 2:15 Pull no br L.12 yds		
	{2 x 125 on 1:50 Pull no br L.13 yds		
	{2 x 100 on 1:25 Pull no br L.14 yds		
	{2 x 75 on 1:05 Pull no br L.15 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,400	1x{1 x 200 on 3:00 Freestyle		
	{1 x 200 on 2:30 Freestyle		
	{1 x 200 on 3:00 Freestyle		
	{1 x 200 on 2:35 Freestyle		
	{1 x 200 on 3:00 Freestyle		
	{1 x 200 on 2:40 Freestyle		
	{1 x 200 on 3:00 Freestyle		
	{1 x 200 on 2:45 Freestyle		
	{1 x 200 on 3:00 Freestyle		
	{1 x 200 on 2:50 Freestyle		
	{1 x 200 on 3:00 Freestyle		
	{1 x 200 on 2:55 Freestyle		
250	5 x 50 on 1:00 Stroke Drills		
	1 on 10:00 Ice		
	5:36 PM 5,700 Yards - Stress Value = 71		

**3:00 PM Start**

Yards	Set Description	EGY	WOF
	1 on 35:00 Stretch/Physio Ball Shoulders		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,100	1x{4 x 25 on :45 Kick no board B---		
	{2 x 100 on 2:10 Kick no board		
	{4 x 25 on :45 Kick no board -S--		
	{2 x 100 on 2:05 Kick no board		
	{4 x 25 on :45 Kick no board --L-		
	{2 x 100 on 2:00 Kick no board		
	{4 x 25 on :45 Kick no board ---R		
	{1 x 100 on 1:55 Kick no board		
850	1x{2 x 150 on 2:30 Pull no br L.12 yds		
	{2 x 125 on 2:00 Pull no br L.13 yds		
	{2 x 100 on 1:35 Pull no br L.14 yds		
	{2 x 50 on :45 Pull no br L.15 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,200	1x{1 x 200 on 3:15 Freestyle		
	{1 x 200 on 2:40 Freestyle		
	{1 x 200 on 3:15 Freestyle		
	{1 x 200 on 2:45 Freestyle		
	{1 x 200 on 3:15 Freestyle		
	{1 x 200 on 2:50 Freestyle		
	{1 x 200 on 3:15 Freestyle		
	{1 x 200 on 2:55 Freestyle		
	{1 x 200 on 3:15 Freestyle		
	{1 x 200 on 3:00 Freestyle		
	{1 x 200 on 3:15 Freestyle		
250	5 x 50 on 1:00 Stroke Drills		
	1 on 10:00 Ice		
	5:35 PM 5,350 Yards - Stress Value = 66		

**Workout #6997 - Monday, 07 December 2009**

**Workout #6998 - Monday, 07 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 45:00 Weights and Stretch  
 350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,100 1x{1 x 250 on 4:10 Freestyle EN2  
 {1 x 50 on :40 Freestyle EN2  
 {1 x 50 on :45 Freestyle EN2  
 {1 x 50 on :50 Freestyle EN2  
 {1 x 50 on :55 Freestyle EN2  
 {1 x 50 on 1:00 Freestyle EN2  
 {1 x 200 on 3:15 Freestyle EN2  
 {1 x 50 on :45 Freestyle EN2  
 {1 x 50 on :50 Freestyle EN2  
 {1 x 50 on :55 Freestyle EN2  
 {1 x 50 on 1:00 Freestyle EN2  
 {1 x 150 on 2:25 Freestyle EN2  
 {1 x 50 on :50 Freestyle EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 1,800 Yards - Stress Value = 28

**Workout #7002 - Monday, 07 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch/Physio Ball Shoulders  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board B---  
 {2 x 100 on 2:20 Kick no board  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 100 on 2:15 Kick no board  
 {4 x 25 on :45 Kick no board --L-  
 {1 x 100 on 2:10 Kick no board  
 {4 x 25 on :45 Kick no board ---R  
 {3 x 50 on 1:00 Kick no board  
 750 1x{1 x 150 on 2:50 Pull no br L.12 yds  
 {2 x 125 on 2:15 Pull no br L.13 yds  
 {2 x 100 on 1:50 Pull no br L.14 yds  
 {2 x 75 on 1:20 Pull no br L.15 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{1 x 200 on 3:30 Freestyle  
 {1 x 200 on 3:00 Freestyle  
 {1 x 200 on 3:30 Freestyle  
 {1 x 200 on 3:05 Freestyle  
 {1 x 200 on 3:30 Freestyle  
 {1 x 200 on 3:10 Freestyle  
 {1 x 200 on 3:30 Freestyle  
 {1 x 200 on 3:15 Freestyle  
 {1 x 200 on 3:30 Freestyle  
 {1 x 200 on 3:20 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 4,950 Yards - Stress Value = 63

**Workout #6999 - Monday, 07 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 45:00 Weights and Stretch

350 1 x 350 on 7:00 Swim-kick-drill-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,000 1x{1 x 250 on 4:35 Freestyle EN2  
 {1 x 50 on :45 Freestyle EN2  
 {1 x 50 on :50 Freestyle EN2  
 {1 x 50 on :55 Freestyle EN2  
 {1 x 50 on 1:00 Freestyle EN2  
 {1 x 50 on 1:05 Freestyle EN2  
 {1 x 200 on 3:35 Freestyle EN2  
 {1 x 50 on :50 Freestyle EN2  
 {1 x 50 on :55 Freestyle EN2  
 {1 x 50 on 1:00 Freestyle EN2  
 {1 x 50 on 1:05 Freestyle EN2  
 {1 x 100 on 1:35 Freestyle EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 1,700 Yards - Stress Value = 26

**Workout #7003 - Monday, 07 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch/Physio Ball Shoulders  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board B---  
 {2 x 100 on 2:30 Kick no board  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 100 on 2:25 Kick no board  
 {4 x 25 on :45 Kick no board --L-  
 {2 x 100 on 2:20 Kick no board  
 {4 x 25 on :45 Kick no board ---R  
 700 1x{1 x 150 on 3:00 Pull no br L.12 yds  
 {2 x 125 on 2:25 Pull no br L.13 yds  
 {2 x 100 on 1:55 Pull no br L.14 yds  
 {2 x 50 on :55 Pull no br L.15 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 200 on 4:00 Freestyle  
 {1 x 200 on 3:30 Freestyle  
 {1 x 200 on 4:00 Freestyle  
 {1 x 200 on 3:35 Freestyle  
 {1 x 200 on 4:00 Freestyle  
 {1 x 200 on 3:40 Freestyle  
 {1 x 200 on 4:00 Freestyle  
 {1 x 200 on 3:45 Freestyle  
 {1 x 200 on 4:00 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:36 PM 4,600 Yards - Stress Value = 59

**Workout #7011 - Wednesday, 09 December 2009**

**HighSchl - Breast**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 1,850 1x{2 x 200 on 3:30 Breast 2k1p  
 {4 x 75 on 1:20 Breast SF turns  
 {3 x 150 on 2:35 BR #1-2k1p #2flykick  
 {4 x 50 on 1:00 Breast SF BO  
 {2 x 100 on 1:40 Br #1-2k1p #2flykick #3br or  
 {4 x 75 on 1:20 Breast SF finishes on each wa  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,100 Yards - Stress Value = 18

**Workout #7008 - Wednesday, 09 December 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 2,300 1x{1 x 300 on 4:00 Freestyle DPS  
 {3 x 100 on 1:25 Free 1 SF turn per each  
 {2 x 250 on 3:20 Free #1 DPS #2negsplit  
 {3 x 100 on 1:30 Free 2 SF BO per each  
 {3 x 200 on 2:40 FR #1DPS #2negsplit #3easy s  
 {3 x 100 on 1:35 Free 3 SF finishes  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,550 Yards - Stress Value = 23

{2 x 250 on 3:45 Free #1 DPS #2negsplit  
 {3 x 100 on 1:35 Free 2 SF BO per each  
 {3 x 200 on 3:00 FR #1DPS #2negsplit #3easy s  
 {2 x 100 on 1:40 Free 3 SF finishes  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:36 PM 2,450 Yards - Stress Value = 22

**Workout #7004 - Wednesday, 09 December 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 100 on 2:00 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 10 KOW  
 {3 x 100 on 1:55 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {2 x 100 on 1:50 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 14 KOW  
 800 8 x 100 on 1:20 Lungbuster pulls  
 Odds breathe 3-5-7-9 continuous/  
 evens br 2-4-6-8 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:51 PM 2,950 Yards - Stress Value = 40

**Workout #7012 - Wednesday, 09 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 1,700 1x{2 x 200 on 3:45 Breast 2k1p  
 {4 x 75 on 1:30 Breast SF turns  
 {3 x 150 on 2:45 BR #1-2k1p #2flykick  
 {2 x 50 on 1:00 Breast SF BO  
 {3 x 100 on 1:50 Br #1-2k1p #2flykick #3br or  
 {2 x 75 on 1:30 Breast SF finishes on each wa  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 1,950 Yards - Stress Value = 17

**Workout #7006 - Wednesday, 09 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 550 1 x 550 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 100 on 2:20 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 10 KOW  
 {3 x 100 on 2:15 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {1 x 50 on 1:05 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 14 KOW  
 600 6 x 100 on 1:40 Lungbuster pulls  
 Odds breathe 3-5-7-9 continuous/  
 evens br 2-4-6-8 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:50 PM 2,550 Yards - Stress Value = 35

**Workout #7005 - Wednesday, 09 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 100 on 2:10 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 10 KOW  
 {3 x 100 on 2:05 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {1 x 100 on 2:00 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 14 KOW  
 800 8 x 100 on 1:30 Lungbuster pulls  
 Odds breathe 3-5-7-9 continuous/  
 evens br 2-4-6-8 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:51 PM 2,850 Yards - Stress Value = 38

**Workout #7010 - Wednesday, 09 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 1,900 1x{1 x 250 on 4:15 Freestyle DPS  
 {3 x 100 on 1:40 Free 1 SF turn per each  
 {2 x 200 on 3:20 Free #1 DPS #2negsplit  
 {3 x 100 on 1:45 Free 2 SF BO per each  
 {3 x 150 on 2:30 FR #1DPS #2negsplit #3easy s  
 {2 x 100 on 1:45 Free 3 SF finishes  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,150 Yards - Stress Value = 18

**Workout #7009 - Wednesday, 09 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 2,200 1x{1 x 300 on 4:30 Freestyle DPS  
 {3 x 100 on 1:30 Free 1 SF turn per each

**Workout #7013 - Wednesday, 09 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 1,650 1x{2 x 200 on 4:00 Breast 2k1p  
 {4 x 50 on 1:00 Breast SF turns  
 {3 x 150 on 2:55 BR #1-2k1p #2flykick  
 {4 x 50 on 1:00 Breast SF BO  
 {3 x 100 on 1:55 Br #1-2k1p #2flykick #3br or  
 {2 x 50 on 1:00 Breast SF finishes on each wa  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 1,900 Yards - Stress Value = 16

{4 x 100 on 1:50 Freestyle kick on back-no bc  
 1,000 1x{2 x 200 on 3:30 Pull  
 {4 x 50 on :50 odds br scrbrd evens br blchr  
 {1 x 200 on 3:45 Pull  
 {4 x 50 on :45 odds br blchr evens br scrbrd  
 100 4 x 25 on :45 Sweetness  
 1,800 1x{4 x 125 on 1:55 Backstroke-descend  
 {2 x 50 on 1:00 Backstroke sf turns  
 {4 x 125 on 1:45 Backstroke-descend  
 {2 x 50 on 1:00 Backstroke sf breakouts  
 {4 x 125 on 1:40 Backstroke-descend  
 {2 x 50 on 1:00 Backstroke sf finishes  
 { 1st 3 4kicks, 2nd 3 5kicks, 3rd 3 6kicks 4t  
 200 1 x 200 on 3:00 Stroke Drills  
 7:28 PM 5,050 Yards - Stress Value = 77

**Workout #7020 - Thursday, 10 December 2009**

**HS Girls - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 500 1 x 500 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,050 1x{3 x 100 on 2:30 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 10 KOW  
 {3 x 100 on 2:20 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 12 KOW  
 {1 x 100 on 2:10 Kick no board  
 {4 x 25 on :45 Kick no board BSLR 14 KOW  
 {1 x 50 on 1:00 Kick no board  
 600 6 x 100 on 1:50 Lungbuster pulls  
 Odds breathe 3-5-7-9 continuous/  
 evens br 2-4-6-8 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:51 PM 2,500 Yards - Stress Value = 35

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 stretch  
 600 1x{4 x 50 on 1:10 Catch up drill  
 {4 x 50 on 1:15 Kick  
 {4 x 50 on 1:10 6 Kick switch  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 100 on 1:50 Dolphin kick on back--no bo  
 {4 x 100 on 1:50 Breaststroke kick on back-nc  
 {4 x 100 on 1:50 Freestyle kick on back-no bc  
 1,000 1x{2 x 200 on 3:30 Pull  
 {4 x 50 on :50 odds br scrbrd evens br blchr  
 {1 x 200 on 3:45 Pull  
 {4 x 50 on :45 odds br blchr evens br scrbrd  
 100 4 x 25 on :45 Sweetness  
 1,500 1x{4 x 100 on 1:55 Backstroke-descend  
 {2 x 50 on 1:00 Backstroke sf turns  
 {4 x 100 on 1:45 Backstroke-descend  
 {2 x 50 on 1:00 Backstroke sf breakouts  
 {4 x 100 on 1:40 Backstroke-descend  
 {2 x 50 on 1:00 Backstroke sf finishes  
 { 1st 3 4kicks, 2nd 3 5kicks, 3rd 3 6kicks 4t  
 200 1 x 200 on 3:00 Stroke Drills  
 7:28 PM 4,750 Yards - Stress Value = 71

**Workout #7014 - Wednesday, 09 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 1,500 1x{2 x 200 on 4:20 Breast 2k1p  
 {3 x 50 on 1:10 Breast SF turns  
 {2 x 150 on 3:10 BR #1-2k1p #2flykick  
 {3 x 50 on 1:10 Breast SF BO  
 {3 x 100 on 2:05 Br #1-2k1p #2flykick #3br or  
 {4 x 50 on 1:10 Breast SF finishes on each wa  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 1,750 Yards - Stress Value = 16

**Workout #7023 - Thursday, 10 December 2009**

**HS Girls - Backstroke**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 stretch  
 600 1x{4 x 50 on 1:10 Catch up drill  
 {4 x 50 on 1:15 Kick  
 {4 x 50 on 1:10 6 Kick switch  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 100 on 1:50 Dolphin kick on back--no bo  
 {4 x 100 on 1:50 Breaststroke kick on back-nc

**Workout #7021 - Thursday, 10 December 2009**

**HS Girls - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
	1 on 15:00 Sweetness
600	1x{4 x 50 on 1:10 Catch up drill {4 x 50 on 1:15 Kick {4 x 50 on 1:10 6 Kick switch
150	10 x 15 on :45 Shooters
1,100	1x{4 x 100 on 2:00 Dolphin kick on back--no boe {4 x 100 on 2:00 Breaststroke kick on back-nc {3 x 100 on 2:00 Freestyle kick on back-no bc
1,020	1x{2 x 200 on 3:45 Pull {4 x 55 on :50 odds br scrbrd evens br blchr {1 x 200 on 3:50 Pull {4 x 50 on :50 odds br blchr evens br scbrd
100	4 x 25 on :45 Sweetness
1,500	1x{4 x 100 on 2:00 Backstroke-descend {2 x 50 on 1:00 Backstroke sf turns {4 x 100 on 1:55 Backstroke-descend {2 x 50 on 1:00 Backstroke sf breakouts {4 x 100 on 1:50 Backstroke-descend {2 x 50 on 1:00 Backstroke sf finishes {1st 3 4kicks, 2nd 3 5kicks, 3rd 3 6kicks 4t
200	1 x 200 on 3:00 Stroke Drills
	7:29 PM 4,670 Yards - Stress Value = 70

**Workout #7022 - Thursday, 10 December 2009**

**HS Girls - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
	1 on 15:00 stretch
600	1x{4 x 50 on 1:10 Catch up drill {4 x 50 on 1:15 Kick {4 x 50 on 1:10 6 Kick switch
150	10 x 15 on :45 Shooters
1,000	1x{4 x 100 on 2:15 Dolphin kick on back--no boe {3 x 100 on 2:15 Breaststroke kick on back-nc {3 x 100 on 2:15 Freestyle kick on back-no bc
800	1x{2 x 200 on 4:00 Pull {2 x 50 on 1:00 odds br scrbrd evens br blchr {1 x 200 on 4:00 Pull {2 x 50 on 1:00 odds br blchr evens br scbrd
100	4 x 25 on :45 Sweetness
1,400	1x{4 x 100 on 2:10 Backstroke-descend {2 x 50 on 1:00 Backstroke sf turns {4 x 100 on 2:05 Backstroke-descend {2 x 50 on 1:00 Backstroke sf breakouts {3 x 100 on 2:00 Backstroke-descend {2 x 50 on 1:00 Backstroke sf finishes {1st 3 4kicks, 2nd 3 5kicks, 3rd 3 6kicks 4t
200	1 x 200 on 3:00 Stroke Drills
	7:28 PM 4,250 Yards - Stress Value = 65

**Workout #7015 - Friday, 11 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 Weights and Stretch			L WTS
200	1 x 200 on 4:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S CHO
1,400	1x{4 x 100 on 1:30 Freestyle {1 x 100 on 2:00 Freestyle {4 x 100 on 1:25 Freestyle	EN2		S FR
		REC		S FR
		EN2		S FR

	{1 x 100 on 2:00 Freestyle	REC		S FR
	{4 x 100 on 1:20 Freestyle	EN2		S FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:05 AM 2,000 Yards - Stress Value = 30			

**Workout #7016 - Friday, 11 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 Weights and Stretch			L WTS
200	1 x 200 on 4:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S CHO
1,300	1x{4 x 100 on 1:40 Freestyle {1 x 100 on 2:00 Freestyle {4 x 100 on 1:35 Freestyle {1 x 100 on 2:00 Freestyle {3 x 100 on 1:30 Freestyle	EN2		S FR
		REC		S FR
		EN2		S FR
		REC		S FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:06 AM 1,900 Yards - Stress Value = 28			

**Workout #7017 - Friday, 11 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 Weights and Stretch			L WTS
200	1 x 200 on 4:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S CHO
1,000	1x{4 x 100 on 2:00 Freestyle {1 x 50 on 1:30 Freestyle {3 x 100 on 1:55 Freestyle {1 x 50 on 1:30 Freestyle {2 x 100 on 1:50 Freestyle	EN2		S FR
		REC		S FR
		EN2		S FR
		REC		S FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:05 AM 1,600 Yards - Stress Value = 24			

**Workout #7018 - Friday, 11 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 Weights and Stretch			L WTS
200	1 x 200 on 4:00 Choice	REC		S CHO
150	10 x 15 on :45 Shooters	SP3		S CHO
900	1x{3 x 100 on 2:10 Freestyle {1 x 50 on 1:30 Freestyle {3 x 100 on 2:05 Freestyle {1 x 50 on 1:30 Freestyle {2 x 100 on 2:00 Freestyle	EN2		S FR
		REC		S FR
		EN2		S FR
		REC		S FR
250	1 x 250 on 5:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:05 AM 1,500 Yards - Stress Value = 22			

**Workout #7019 - Friday, 11 December 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Stretch/PB Shoulders/Team Mtg.  
 1,000 1 x 1000 on 16:00 Reverse IM drill  
 150 10 x 15 on :45 Spinners-GREAT FINISHES!!!  
 800 1 x 800 on 15:00 Vertical Kicking  
 450 9 x 50 on 1:00 Pull-break when ? pass the flags  
 1 on 20:00 Technique-Relay Starts/Open  
 Turns/Free and Back Breakouts  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:05 PM 2,600 Yards - Stress Value = 26

=====  
 1 on 35:00 Stretch and Shoulders  
 550 1 x 550 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,300 13 x 100 on 2:00 Challenge Kick Set w/fins  
 1,100 1x{2 x 100 on 1:40 Pulls-nbbf&w + 1 yd  
 {2 x 150 on 2:30 Pulls-nbbf&w + 2 yds  
 {3 x 200 on 3:20 Pulls-nbbf&w + 3 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{12 x 50 on :50 Freestyle every 4th one 100%  
 {12 x 50 on :55 Freestyle every 3rd one 100%  
 {8 x 50 on :50 Freestyle every 2nd one 100%  
 {4 x 50 on 1:05 Freestyle all 100%  
 250 1 x 250 on 2:00 Stroke Drills  
 1 on 10:00 Ice  
 8:34 AM 5,350 Yards - Stress Value = 95

**Workout #7024 - Saturday, 12 December 2009**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch and Shoulders  
 600 1 x 600 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,300 13 x 100 on 2:00 Challenge Kick Set w/fins  
 1,350 1x{3 x 100 on 1:30 Pulls-nbbf&w + 1 yd  
 {3 x 150 on 2:05 Pulls-nbbf&w + 2 yds  
 {3 x 200 on 2:40 Pulls-nbbf&w + 3 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%  
 {12 x 50 on :50 Freestyle every 3rd one 100%  
 {8 x 50 on :55 Freestyle every 2nd one 100%  
 {4 x 50 on 1:00 Freestyle all 100%  
 250 1 x 250 on 2:00 Stroke Drills  
 1 on 10:00 Ice  
 8:36 AM 5,850 Yards - Stress Value = 101

**Workout #7027 - Saturday, 12 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch and Shoulders  
 500 1 x 500 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,300 13 x 100 on 2:00 Challenge Kick Set w/fins  
 1,000 1x{3 x 100 on 1:55 Pulls-nbbf&w + 1 yd  
 {2 x 150 on 2:45 Pulls-nbbf&w + 2 yds  
 {2 x 200 on 3:40 Pulls-nbbf&w + 3 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{12 x 50 on :55 Freestyle every 4th one 100%  
 {12 x 50 on :50 Freestyle every 3rd one 100%  
 {8 x 50 on :55 Freestyle every 2nd one 100%  
 {4 x 50 on 1:10 Freestyle all 100%  
 250 1 x 250 on 2:00 Stroke Drills  
 1 on 10:00 Ice  
 8:35 AM 5,200 Yards - Stress Value = 92

**Workout #7025 - Saturday, 12 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch and Shoulders  
 600 1 x 600 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,300 13 x 100 on 2:00 Challenge Kick Set w/fins  
 1,250 1x{2 x 100 on 1:30 Pulls-nbbf&w + 1 yd  
 {3 x 150 on 2:15 Pulls-nbbf&w + 2 yds  
 {3 x 200 on 3:00 Pulls-nbbf&w + 3 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%  
 {12 x 50 on :50 Freestyle every 3rd one 100%  
 {8 x 50 on :55 Freestyle every 2nd one 100%  
 {4 x 50 on 1:00 Freestyle all 100%  
 250 1 x 250 on 2:00 Stroke Drills  
 1 on 10:00 Ice  
 8:36 AM 5,750 Yards - Stress Value = 100

**Workout #7040 - Monday, 14 December 2009**

**HighSchl - Back**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY  
 =====  
 1,800 1x{2 x 125 on 1:55 Backstroke EN2  
 {1 x 200 on 3:30 Backstroke-Great effort EN2  
 {2 x 125 on 1:50 Backstroke EN2  
 {2 x 200 on 3:30 Backstroke-Great Effort EN2  
 {2 x 125 on 1:45 Backstroke EN2  
 {1 x 200 on 3:30 Backstroke-Great effort EN2  
 {2 x 125 on 1:40 Backstroke EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 4:59 PM 2,050 Yards - Stress Value = 36

**Workout #7026 - Saturday, 12 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description



**Workout #7028 - Monday, 14 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 44:00 Weights and Stretch  
 400 1 x 400 on 6:00 Swim-kick-drill-swim  
 150 10 x 15 on :45 Shooters  
 1,600 1x{2 x 200 on 2:30 Freestyle 3 KOW  
 {2 x 200 on 2:35 Freestyle 3 KOW-5 off last w  
 {2 x 200 on 2:40 Freestyle-3 KOW 7 off last w  
 {2 x 200 on 2:45 Freestyle 3 KOW 9 off last w  
 hold all 200's faster then 1st interval  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 2,350 Yards - Stress Value = 38

**Workout #7036 - Monday, 14 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,400 1x{1 x 400 on 5:00 Freestyle EN2 S FR  
 {1 x 400 on 4:55 Freestyle EN2 S FR  
 {1 x 400 on 4:50 Freestyle EN2 S FR  
 {1 x 400 on 4:45 Freestyle EN2 S FR  
 {1 x 400 on 4:40 Freestyle EN2 S FR  
 {1 x 400 on 4:35 Freestyle EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 4:59 PM 2,650 Yards - Stress Value = 48

**Workout #7032 - Monday, 14 December 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

2:45 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 800 1 x 800 on 13:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:00 Kick no board  
 {8 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:55 Kick no board  
 {12 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:50 Kick no board  
 1,000 10 x 100 on 1:20 Pull no brth +1 strk off L.  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:15 PM 3,350 Yards - Stress Value = 52

**Workout #7029 - Monday, 14 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 44:00 Weights and Stretch  
 400 1 x 400 on 6:00 Swim-kick-drill-swim  
 150 10 x 15 on :45 Shooters  
 1,550 1x{2 x 200 on 2:40 Freestyle 3 KOW  
 {2 x 200 on 2:45 Freestyle 3 KOW-5 off last w  
 {2 x 200 on 2:50 Freestyle-3 KOW 7 off last w  
 {2 x 175 on 2:30 Freestyle 3 KOW 9 off last w  
 hold all 200's faster then 1st interval

200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:06 AM 2,300 Yards - Stress Value = 37

**Workout #7033 - Monday, 14 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

2:45 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 750 1 x 750 on 13:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:05 Kick no board  
 {8 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:00 Kick no board  
 {12 x 25 on :45 Kick no board BSLR  
 {1 x 50 on :55 Kick no board  
 900 9 x 100 on 1:30 Pull no brth +1 strk off L.w  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:15 PM 3,150 Yards - Stress Value = 49

**Workout #7037 - Monday, 14 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,300 1x{1 x 400 on 5:20 Freestyle EN2 S FR  
 {1 x 400 on 5:15 Freestyle EN2 S FR  
 {1 x 400 on 5:10 Freestyle EN2 S FR  
 {1 x 400 on 5:05 Freestyle EN2 S FR  
 {1 x 400 on 5:00 Freestyle EN2 S FR  
 {1 x 300 on 3:40 Freestyle EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:00 PM 2,550 Yards - Stress Value = 46

**Workout #7041 - Monday, 14 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY  
 =====  
 1,750 1x{2 x 125 on 2:05 Backstroke EN2  
 {1 x 200 on 3:45 Backstroke-Great effort EN2  
 {2 x 125 on 2:00 Backstroke EN2  
 {2 x 200 on 3:45 Backstroke-Great Effort EN2  
 {2 x 125 on 1:55 Backstroke EN2  
 {1 x 200 on 3:45 Backstroke-Great effort EN2  
 {2 x 100 on 1:30 Backstroke EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:00 PM 2,000 Yards - Stress Value = 35

**Workout #7030 - Monday, 14 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 44:00 Weights and Stretch  
 350 1 x 350 on 6:00 Swim-kick-drill-swim  
 150 10 x 15 on :45 Shooters  
 1,400 1x{2 x 200 on 3:00 Freestyle 3 KOW  
 {2 x 200 on 3:05 Freestyle 3 KOW-5 off last w  
 {2 x 200 on 3:10 Freestyle-3 KOW 7 off last w  
 {1 x 200 on 3:15 Freestyle 3 KOW 9 off last w  
 hold all 200's faster then 1st interval  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:06 AM 2,100 Yards - Stress Value = 34

**Workout #7034 - Monday, 14 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

2:45 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 700 1 x 700 on 13:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:15 Kick no board  
 {8 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:10 Kick no board  
 {12 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:05 Kick no board  
 {1 x 50 on 1:00 Kick no board  
 800 8 x 100 on 1:40 Pull no brth +1 strk off L.w  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:15 PM 3,000 Yards - Stress Value = 47

**Workout #7038 - Monday, 14 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,850 1x{1 x 400 on 6:30 Freestyle EN2 S FR  
 {1 x 400 on 6:25 Freestyle EN2 S FR  
 {1 x 400 on 6:20 Freestyle EN2 S FR  
 {1 x 400 on 6:15 Freestyle EN2 S FR  
 {1 x 250 on 3:50 Freestyle EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:00 PM 2,100 Yards - Stress Value = 37

**Workout #7042 - Monday, 14 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY  
 =====  
 1,600 1x{2 x 100 on 1:55 Backstroke EN2  
 {1 x 200 on 4:00 Backstroke-Great effort EN2  
 {2 x 100 on 1:50 Backstroke EN2  
 {2 x 200 on 4:00 Backstroke-Great Effort EN2  
 {2 x 100 on 1:45 Backstroke EN2  
 {1 x 200 on 4:00 Backstroke-Great effort EN2  
 {2 x 100 on 1:40 Backstroke EN2  
 200 1 x 200 on 3:00 Stroke Drills REC

1 on 10:00 Ice  
 5:00 PM 1,800 Yards - Stress Value = 32

**Workout #7031 - Monday, 14 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 44:00 Weights and Stretch  
 300 1 x 300 on 6:00 Swim-kick-drill-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{1 x 200 on 3:35 Freestyle 3 KOW  
 {2 x 200 on 3:40 Freestyle 3 KOW-5 off last w  
 {2 x 200 on 3:45 Freestyle-3 KOW 7 off last w  
 {1 x 200 on 3:50 Freestyle 3 KOW 9 off last w  
 hold all 200's faster then 1st interval  
 100 1 x 100 on 1:30 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 1,750 Yards - Stress Value = 30

**Workout #7035 - Monday, 14 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

2:45 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 650 1 x 650 on 13:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:30 Kick no board  
 {8 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:25 Kick no board  
 {12 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:20 Kick no board  
 700 7 x 100 on 1:50 Pull no brth +1 strk off L.w  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:14 PM 2,800 Yards - Stress Value = 44

**Workout #7039 - Monday, 14 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,600 1x{1 x 400 on 7:30 Freestyle EN2 S FR  
 {1 x 400 on 7:25 Freestyle EN2 S FR  
 {1 x 400 on 7:20 Freestyle EN2 S FR  
 {1 x 400 on 7:15 Freestyle EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:00 PM 1,850 Yards - Stress Value = 32

**Workout #7043 - Monday, 14 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

4:15 PM Start

Yards	Set Description	EGY
1,400	1x{2 x 100 on 2:15 Backstroke	EN2
	{1 x 150 on 3:30 Backstroke-Great effort	EN2
	{2 x 100 on 2:10 Backstroke	EN2
	{2 x 150 on 3:30 Backstroke-Great Effort	EN2
	{2 x 100 on 2:05 Backstroke	EN2
	{1 x 150 on 3:30 Backstroke-Great effort	EN2
	{2 x 100 on 2:00 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:00 PM 1,600 Yards - Stress Value = 28		

**Workout #7052 - Wednesday, 16 December 2009**

**HighSchl - Breast**

**1 minute rest between sets**

4:48 PM Start

Yards	Set Description	EGY	WORF
1,600	1x{1 x 200 on 4:00 Breaststroke DPS	EN1	§
	{4 x 50 on :50 Breaststroke-descend	EN2	§
	{1 x 200 on 3:55 Breaststroke DPS	EN1	§
	{4 x 50 on :55 Breaststroke-descend	EN2	§
	{1 x 200 on 3:50 Breaststroke DPS	EN2	§
	{4 x 50 on 1:00 Breaststroke-descend	EN2	§
	{1 x 200 on 3:45 Breaststroke-DPS	EN2	§
	{4 x 50 on 1:05 Breaststroke-descend	EN2	§
	{ Double pullouts on the 50's		
300	1 x 300 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
5:35 PM 1,900 Yards - Stress Value = 28			

**Workout #7049 - Wednesday, 16 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

4:48 PM Start

Yards	Set Description	EGY	WC
1,900	1x{1 x 250 on 3:20 Freestyle	EN1	
	{4 x 25 on :45 Free lmtd breathing 4-1	EN2	
	{2 x 200 on 2:40 Freestyle	EN1	
	{4 x 25 on :45 Free lmtd breathing 4-1	EN2	
	{3 x 150 on 2:00 Freestyle	EN1	
	{4 x 25 on :45 Free lmtd breathing 4-1	EN2	
	{4 x 100 on 1:20 Freestyle	EN1	
	{4 x 25 on :45 Free lmtd breathing 4-1	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 2,150 Yards - Stress Value = 22			

**Workout #7044 - Wednesday, 16 December 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 45:00 Weights and Stretch		
600	1 x 600 on 10:00 Free L.25 of each 100 non f		
150	10 x 15 on :45 Shooters		
1,300	1x{1 x 100 on 1:30 Kick		
	{1 x 100 on 2:00 Kick no board		
	{2 x 100 on 1:35 Kick		
	{1 x 100 on 2:00 Kick no board		
	{3 x 100 on 1:40 Kick		

	{1 x 100 on 2:00 Kick no board		
	{4 x 100 on 1:45 Kick		
800	4 x 200 on 2:40 Lungbuster pulls		
	breathe 3-5-7-9 continous		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:47 PM 3,050 Yards - Stress Value = 47			

**Workout #7045 - Wednesday, 16 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 45:00 Weights and Stretch		
600	1 x 600 on 10:00 Free L.25 of each 100 non f		
150	10 x 15 on :45 Shooters		
1,200	1x{1 x 100 on 1:40 Kick		
	{1 x 100 on 2:05 Kick no board		
	{2 x 100 on 1:45 Kick		
	{1 x 100 on 2:05 Kick no board		
	{3 x 100 on 1:50 Kick		
	{1 x 100 on 2:05 Kick no board		
	{3 x 100 on 1:55 Kick		
700	1x{3 x 200 on 2:55 Lungbuster pulls		
	{1 x 100 on 1:25 Lungbuster pulls		
	{ breathe 3-5-7-9 continous		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:47 PM 2,850 Yards - Stress Value = 42			

**Workout #7050 - Wednesday, 16 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:48 PM Start

Yards	Set Description	EGY	WC
1,700	1x{1 x 250 on 3:40 Freestyle	EN1	
	{4 x 25 on :45 Free lmtd breathing 4-1	EN2	
	{2 x 200 on 2:55 Freestyle	EN1	
	{4 x 25 on :45 Free lmtd breathing 4-1	EN2	
	{3 x 150 on 2:10 Freestyle	EN1	
	{4 x 25 on :45 Free lmtd breathing 4-1	EN2	
	{2 x 100 on 1:30 Freestyle	EN1	
	{4 x 25 on :45 Free lmtd breathing 4-1	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 1,950 Yards - Stress Value = 20			

**Workout #7046 - Wednesday, 16 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 45:00 Weights and Stretch		
550	1 x 550 on 10:00 Free L.25 of each 100 non f		
150	10 x 15 on :45 Shooters		
1,050	1x{1 x 100 on 1:55 Kick {1 x 100 on 2:15 Kick no board {2 x 100 on 2:00 Kick {1 x 100 on 2:15 Kick no board {3 x 100 on 2:05 Kick {1 x 100 on 2:15 Kick no board {3 x 50 on 1:05 Kick		
650	1x{3 x 200 on 3:15 Lungbuster pulls {1 x 50 on :50 Lungbuster pulls { breathe 3-5-7-9 continous		
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:47 PM 2,600 Yards - Stress Value = 38		

**Workout #7051 - Wednesday, 16 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:48 PM Start

Yards	Set Description	EGY	WC
1,600	1x{1 x 250 on 4:00 Freestyle {4 x 25 on :45 Free lmted breathing 4-1 {2 x 200 on 3:15 Freestyle {4 x 25 on :45 Free lmted breathing 4-1 {3 x 150 on 2:25 Freestyle {4 x 25 on :45 Free lmted breathing 4-1 {1 x 100 on 1:35 Freestyle {4 x 25 on :45 Free lmted breathing 4-1	EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
	5:35 PM 1,850 Yards - Stress Value = 19		

**Workout #7053 - Wednesday, 16 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:48 PM Start

Yards	Set Description	EGY	WORK
1,450	1x{1 x 200 on 4:15 Breaststroke DPS {4 x 50 on 1:00 Breaststroke-descend {1 x 200 on 4:10 Breaststroke DPS {4 x 50 on 1:05 Breaststroke-descend {1 x 200 on 4:05 Breaststroke DPS {4 x 50 on 1:10 Breaststroke-descend {1 x 200 on 4:00 Breaststroke-DPS {1 x 50 on 1:15 Breaststroke-FAST { Double pullouts on the 50's	EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 EN2	§ § § § § § § § §
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	I M
	5:35 PM 1,750 Yards - Stress Value = 25		

**Workout #7047 - Wednesday, 16 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
500	1 on 45:00 Weights and Stretch 1 x 500 on 10:00 Free L.25 of each 100 non f

150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 2:10 Kick {1 x 100 on 2:30 Kick no board {2 x 100 on 2:15 Kick {1 x 100 on 2:30 Kick no board {3 x 100 on 2:20 Kick {1 x 100 on 2:30 Kick no board {1 x 50 on 1:10 Kick
600	1x{3 x 200 on 3:40 Lungbuster pulls { breathe 3-5-7-9 continous
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:47 PM 2,400 Yards - Stress Value = 36

**Workout #7054 - Wednesday, 16 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

4:48 PM Start

Yards	Set Description	EGY	WORK
1,200	1x{1 x 150 on 3:30 Breaststroke DPS {3 x 50 on 1:10 Breaststroke-descend {1 x 150 on 3:30 Breaststroke DPS {3 x 50 on 1:15 Breaststroke-descend {1 x 150 on 3:30 Breaststroke DPS {3 x 50 on 1:20 Breaststroke-descend {1 x 150 on 3:30 Breaststroke-DPS {3 x 50 on 1:30 Breaststroke-FAST { Double pullouts on the 50's	EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2	§ § § § § § § §
300	1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice	REC	I M
	5:35 PM 1,500 Yards - Stress Value = 22		

**Workout #7048 - Wednesday, 16 December 2009**

**HighSchl - Sprint**

**1 minute rest between sets**

4:48 PM Start

Yards	Set Description	EGY	WORK	STP
2,200	2x{1 x 100 on 1:30 10 strokes fast SP2 {1 x 100 on 1:30 11 strokes fast SP2 {1 x 100 on 1:30 12 strokes fast SP2 {1 x 100 on 1:30 13 strokes fast SP2 {1 x 100 on 1:30 14 strokes fast EN2 {1 x 100 on 1:30 15 strokes fast SP2 {1 x 100 on 1:30 16 strokes fast EN2 {1 x 100 on 1:30 17 strokes fast SP2 {1 x 100 on 1:30 18 strokes fast EN2 {1 x 100 on 1:30 19 strokes fast SP2 {1 x 100 on 1:30 20 strokes fast SP2	SP2 SP2 SP2 SP2 EN2 SP2 EN2 SP2 EN2 SP2 SP2	S S S S S S S S S S S	FF FF FF FF FF FF FF FF FF FF FF
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CI M
	5:35 PM 2,400 Yards - Stress Value = 172			

**Workout #7060 - Thursday, 17 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{4 x 125 on 2:00 Freestyle {1 on 1:00 Rest {1 x 50 on 1:00 Freestyle {4 x 125 on 1:55 Freestyle {1 on 1:00 Rest {1 x 50 on 1:00 Freestyle {4 x 125 on 1:50 Freestyle {1 on 1:00 Rest {4 x 125 on 1:45 Freestyle {1 x 100 on 1:00 Rest {1 x 50 on 1:00 Freestyle	EN3	S	FR
			M	
		SP2	S	FR
		EN3	S	FR
			M	
		SP2	S	FR
		EN3	S	FR
			M	
		EN3	S	FR
			M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,500 Yards - Stress Value = 135

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 30:00 Stretch and Core 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
1,200	1x{1 x 125 on 2:35 Kick L.25 100% {2 x 125 on 2:30 Kick L.25 100% {3 x 125 on 2:25 Kick L.25 100% {4 x 100 on 1:55 Kick L.25 100% {1 x 50 on :55 Kick L.25 100%			
1,250	1x{6 x 75 on 1:15 Pulls {6 x 75 on 1:10 Pulls {4 x 75 on 1:05 Pulls {1 x 50 on :45 Pulls { Shallow end wall push off on left side { Bulkhead wall push off on right side			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:42 PM 3,400 Yards - Stress Value = 43

**Workout #7063 - Thursday, 17 December 2009**

**HighSchl - Fly**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{3 x 100 on 1:30 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {2 x 100 on 1:25 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {2 x 100 on 1:20 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {1 x 200 on 4:00 Freestyle {2 x 100 on 1:20 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {2 x 100 on 1:25 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {3 x 100 on 1:30 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down	EN2		
		EN2		
		EN2		
		EN2		
		EN2		
		REC		
		EN2		
		EN2		
		EN2		
		EN2		
		EN2		
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			

5:35 PM 2,500 Yards - Stress Value = 40

**Workout #7061 - Thursday, 17 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{4 x 125 on 2:00 Freestyle {1 on 1:00 Rest {1 x 50 on 1:00 Freestyle {4 x 125 on 1:55 Freestyle {1 on 1:00 Rest {1 x 50 on 1:00 Freestyle {4 x 125 on 1:50 Freestyle {1 on 1:00 Rest {4 x 125 on 1:45 Freestyle {1 x 100 on 1:00 Rest {1 x 50 on 1:00 Freestyle	EN3	S	FR
			M	
		SP2	S	FR
		EN3	S	FR
			M	
		SP2	S	FR
		EN3	S	FR
			M	
		EN3	S	FR
			M	
		SP2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			

5:35 PM 2,500 Yards - Stress Value = 135

**Workout #7055 - Thursday, 17 December 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 30:00 Stretch and Core 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
1,250	1x{1 x 125 on 2:30 Kick L.25 100% {2 x 125 on 2:25 Kick L.25 100% {3 x 125 on 2:20 Kick L.25 100% {4 x 125 on 2:15 Kick L.25 100%			
1,350	1x{6 x 75 on 1:10 Pulls {6 x 75 on 1:05 Pulls {6 x 75 on 1:00 Pulls { Shallow end wall push off on left side { Bulkhead wall push off on right side			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:42 PM 3,550 Yards - Stress Value = 45

**Workout #7064 - Thursday, 17 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{3 x 100 on 1:35 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {2 x 100 on 1:30 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {2 x 100 on 1:25 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {1 x 200 on 4:00 Freestyle {2 x 100 on 1:25 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {2 x 100 on 1:30 3 strokes fly off walls {4 x 25 on :30 Butterfly lup1-4down {3 x 100 on 1:35 3 strokes fly off walls	EN2		
		EN2		
		EN2		
		EN2		
		EN2		
		REC		
		EN2		
		EN2		
		EN2		
		EN2		
		EN2		
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			

5:35 PM 2,400 Yards - Stress Value = 38

**Workout #7056 - Thursday, 17 December 2009**

**HighSchl - Gold**

**Workout #7057 - Thursday, 17 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stretch and Core  
 550 1 x 550 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,150 1x{1 x 125 on 2:45 Kick L.25 100%  
 {2 x 125 on 2:40 Kick L.25 100%  
 {3 x 125 on 2:35 Kick L.25 100%  
 {4 x 100 on 2:00 Kick L.25 100%  
 1,150 1x{6 x 75 on 1:20 Pulls  
 {4 x 75 on 1:15 Pulls  
 {4 x 75 on 1:10 Pulls  
 {2 x 50 on :45 Pulls  
 { Shallow end wall push off on left side  
 { Bulkhead wall push off on right side  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:42 PM 3,200 Yards - Stress Value = 42

**Workout #7066 - Thursday, 17 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description EGY  
 =====  
 1,600 1x{2 x 100 on 2:00 3 strokes fly off walls EN2  
 {4 x 25 on :40 Butterfly lup1-4down EN2  
 {2 x 100 on 1:55 3 strokes fly off walls EN2  
 {4 x 25 on :40 Butterfly lup1-4down EN2  
 {1 x 100 on 1:50 3 strokes fly off walls EN2  
 {4 x 25 on :40 Butterfly lup1-4down EN2  
 {1 x 150 on 4:00 Freestyle REC  
 {1 x 100 on 1:50 3 strokes fly off walls EN2  
 {4 x 25 on :40 Butterfly lup1-4down EN2  
 {2 x 100 on 1:55 3 strokes fly off walls EN2  
 {4 x 25 on :40 Butterfly lup1-4down EN2  
 {3 x 50 on 1:00 3 strokes fly off walls EN2  
 300 1 x 300 on 5:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 1,900 Yards - Stress Value = 29

**Workout #7065 - Thursday, 17 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description EGY  
 =====  
 1,850 1x{2 x 100 on 1:45 3 strokes fly off walls EN2  
 {4 x 25 on :35 Butterfly lup1-4down EN2  
 {2 x 100 on 1:40 3 strokes fly off walls EN2  
 {4 x 25 on :35 Butterfly lup1-4down EN2  
 {2 x 100 on 1:35 3 strokes fly off walls EN2  
 {4 x 25 on :35 Butterfly lup1-4down EN2  
 {1 x 150 on 4:00 Freestyle REC  
 {2 x 100 on 1:35 3 strokes fly off walls EN2  
 {4 x 25 on :35 Butterfly lup1-4down EN2  
 {2 x 100 on 1:40 3 strokes fly off walls EN2  
 {4 x 25 on :35 Butterfly lup1-4down EN2  
 {2 x 100 on 1:45 3 strokes fly off walls EN2  
 300 1 x 300 on 5:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 2,150 Yards - Stress Value = 34

**Workout #7062 - Thursday, 17 December 2009**

**HighSchl - Silver/Bronze**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,850 1x{4 x 100 on 2:00 Freestyle EN3 S FR  
 {1 on 1:00 Rest M  
 {1 x 50 on 1:00 Freestyle SP2 S FR  
 {4 x 100 on 1:55 Freestyle EN3 S FR  
 {1 on 1:00 Rest M  
 {1 x 50 on 1:00 Freestyle SP2 S FR  
 {4 x 100 on 1:50 Freestyle EN3 S FR  
 {1 on 1:00 Rest M  
 {4 x 100 on 1:45 Freestyle EN3 S FR  
 {1 x 100 on 1:00 Rest M  
 {1 x 50 on 1:00 Freestyle SP2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:35 PM 2,100 Yards - Stress Value = 111

**Workout #7058 - Thursday, 17 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 Stretch and Core  
 500 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 125 on 3:00 Kick L.25 100%  
 {2 x 125 on 2:55 Kick L.25 100%  
 {3 x 125 on 2:50 Kick L.25 100%  
 {4 x 75 on 1:40 Kick L.25 100%  
 1,100 1x{5 x 75 on 1:25 Pulls  
 {5 x 75 on 1:20 Pulls  
 {4 x 75 on 1:15 Pulls  
 {1 x 50 on :55 Pulls  
 { Shallow end wall push off on left side  
 { Bulkhead wall push off on right side  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:42 PM 3,000 Yards - Stress Value = 40

**Workout #7059 - Thursday, 17 December 2009**

**HighSchl - Sprint**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,850 1x{1 x 125 on 2:30 Freestyle SP1 S FR  
 {1 x 100 on 2:00 Freestyle REC S FR  
 {2 x 125 on 2:30 Freestyle SP1 S FR  
 {2 x 100 on 1:55 Freestyle REC S FR  
 {3 x 125 on 2:30 Freestyle SP1 S FR  
 {3 x 100 on 1:50 Freestyle REC S FR  
 {4 x 125 on 2:30 Freestyle SP1 S FR  
 { Build each 125 to 100% at the 100 rest  
 { for 30/25/20/15 seconds then no breath L.25  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:35 PM 2,100 Yards - Stress Value = 100

**Workout #7067 - Friday, 18 December 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :30 Kick no board BSLR  
 {3 x 50 on 1:00 Kick no board-descend  
 {4 x 25 on :35 Kick no board BSLR  
 {6 x 50 on 1:00 Kick no board-descend in 3's  
 {4 x 25 on :40 Kick no board BSLR  
 {9 x 50 on 1:00 Kick no board-descend in 3's  
 1,200 3 x 400 on 5:20 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 12 x 150 on 2:00 Freestyle  
 Descend in 3's and descend avg. set time  
 250 5 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,400 Yards - Stress Value = 80

**Workout #7068 - Friday, 18 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :30 Kick no board BSLR  
 {3 x 50 on 1:05 Kick no board-descend  
 {4 x 25 on :35 Kick no board BSLR  
 {6 x 50 on 1:05 Kick no board-descend in 3's  
 {4 x 25 on :40 Kick no board BSLR  
 {7 x 50 on 1:05 Kick no board-descend in 3's  
 1,050 3 x 350 on 5:20 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 12 x 150 on 2:10 Freestyle  
 Descend in 3's and descend avg. set time  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,100 Yards - Stress Value = 76

**Workout #7069 - Friday, 18 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :40 Kick no board BSLR  
 {3 x 50 on 1:10 Kick no board-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {6 x 50 on 1:10 Kick no board-descend in 3's  
 {4 x 25 on :50 Kick no board BSLR  
 {4 x 50 on 1:10 Kick no board-descend  
 975 3 x 325 on 5:20 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 11 x 150 on 2:25 Freestyle  
 Descend in 3's and descend avg. set time  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice

9:36 AM 4,675 Yards - Stress Value = 70

**Workout #7070 - Friday, 18 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :40 Kick no board BSLR  
 {3 x 50 on 1:15 Kick no board-descend  
 {4 x 25 on :45 Kick no board BSLR  
 {6 x 50 on 1:15 Kick no board-descend in 3's  
 {4 x 25 on :50 Kick no board BSLR  
 {3 x 50 on 1:15 Kick no board-descend  
 900 3 x 300 on 5:20 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 9 x 150 on 2:45 Freestyle  
 Descend in 3's and descend avg. set time  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:34 AM 4,200 Yards - Stress Value = 62

**Workout #7071 - Friday, 18 December 2009**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 35:00 Stretch/Shoulder Rehab led by TM  
 600 1 x 600 on 10:00 Stroke Drills REC  
 150 10 x 15 on :45 Spinners SP3  
 1 on 30:00 Techniques-Open turn drills/  
 freestyle breakouts/relay starts  
 1 on 10:00 Ice  
 4:33 PM 750 Yards - Stress Value = 6

**Workout #7072 - Saturday, 19 December 2009**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch and Rotator Cuff  
 600 1 x 600 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,300 1x{1 x 300 on 5:30 Kick  
 {1 x 100 on 2:00 Kick for time  
 {1 x 250 on 4:35 Kick  
 {1 x 100 on 2:15 Kick for time  
 {1 x 200 on 3:40 Kick  
 {1 x 100 on 2:30 Kick for time  
 {1 x 150 on 2:45 Kick  
 {1 x 100 on 2:45 Kick for time  
 1,000 1 x 1000 on 13:30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 12 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,900 Yards - Stress Value = 109

**Workout #7073 - Saturday, 19 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch and Rotator Cuff  
 600 1 x 600 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,250 1x{1 x 300 on 6:00 Kick  
 {1 x 100 on 2:00 Kick for time  
 {1 x 250 on 5:00 Kick  
 {1 x 100 on 2:15 Kick for time  
 {1 x 200 on 4:00 Kick  
 {1 x 100 on 2:30 Kick for time  
 {1 x 150 on 2:00 Kick  
 {1 x 50 on 2:00 Kick for time  
 900 1 x 900 on 13:30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 12 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,750 Yards - Stress Value = 103

**Workout #7074 - Saturday, 19 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch and Rotator Cuff  
 550 1 x 550 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,100 1x{1 x 250 on 5:30 Kick  
 {1 x 100 on 2:15 Kick for time  
 {1 x 200 on 4:25 Kick  
 {1 x 100 on 2:30 Kick for time  
 {1 x 150 on 3:20 Kick  
 {1 x 100 on 2:45 Kick for time  
 {1 x 100 on 2:15 Kick  
 {1 x 100 on 3:00 Kick for time  
 800 1 x 800 on 13:30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 12 x 175 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,150 Yards - Stress Value = 98

**Workout #7075 - Saturday, 19 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch and Rotator Cuff  
 500 1 x 500 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 250 on 6:00 Kick  
 {1 x 100 on 2:15 Kick for time  
 {1 x 200 on 4:50 Kick  
 {1 x 100 on 2:30 Kick for time  
 {1 x 150 on 3:35 Kick  
 {1 x 100 on 2:45 Kick for time  
 {1 x 100 on 2:25 Kick  
 {1 x 50 on 1:00 Kick for time  
 700 1 x 700 on 13:30 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

1,800 12 x 150 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 4,650 Yards - Stress Value = 86

**Workout #7076 - Monday, 21 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board B---  
 {3 x 100 on 1:50 Kick no board descend  
 {4 x 25 on :45 Kick no board -S--  
 {3 x 100 on 1:55 Kick no board descend  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 2:00 Kick no board-descend  
 {4 x 25 on :45 Kick no board ---R  
 1,000 1x{1 x 100 on 1:40 Pull no br L.16 yds  
 {2 x 100 on 1:35 Pull no br L.14 yds  
 {3 x 100 on 1:30 Pull no br L.12 yds  
 {4 x 100 on 1:25 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{3 x 200 on 2:30 Freestyle  
 {3 x 200 on 2:25 Freestyle  
 {3 x 200 on 2:20 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,250 Yards - Stress Value = 80

**Workout #7081 - Monday, 21 December 2009**

**HighSchl - Lane 2**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 20:00 Stretch  
 600 1 x 600 on 10:00 Swim-kick-drill-swim REC  
 180 12 x 15 on :45 Start/Shooter/Finish SP3  
 2,100 1x{6 x 100 on 1:10 Freestyle EN2  
 {1 on 1:00 Rest  
 {5 x 100 on 1:10 Freestyle EN2  
 {1 on 1:00 Rest  
 {4 x 100 on 1:10 Freestyle EN2  
 {1 on 1:00 Rest  
 {3 x 100 on 1:10 Freestyle EN2  
 {1 on 1:00 Rest  
 {2 x 100 on 1:10 Freestyle EN2  
 {1 on 1:00 Rest  
 {1 x 100 on 1:10 Freestyle EN2  
 400 8 x 50 on 1:00 Stroke Drills REC  
 1 on 10:00 Ice  
 4:30 PM 3,280 Yards - Stress Value = 49



**Workout #7082 - Monday, 21 December 2009**

**HighSchl - Lane 3**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 20:00 Stretch		
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
2,100	1x{6 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
300	{1 x 100 on 1:15 Freestyle	EN2	
	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:30 PM 3,180 Yards - Stress Value = 49			

**Workout #7085 - Monday, 21 December 2009**

**HighSchl - Lane 6**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 20:00 Stretch		
550	1 x 550 on 10:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
1,900	1x{6 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:30 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:30 PM 2,880 Yards - Stress Value = 45			

**Workout #7083 - Monday, 21 December 2009**

**HighSchl - Lane 4**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 20:00 Stretch		
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
2,100	1x{6 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
250	{1 x 100 on 1:20 Freestyle	EN2	
	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:30 PM 3,130 Yards - Stress Value = 49			

**Workout #7086 - Monday, 21 December 2009**

**HighSchl - Lane 7**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 20:00 Stretch		
500	1 x 500 on 10:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
1,600	1x{6 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
300	{1 x 100 on 1:45 Freestyle	EN2	
	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:30 PM 2,580 Yards - Stress Value = 39			

**Workout #7084 - Monday, 21 December 2009**

**HighSchl - Lane 5**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 20:00 Stretch		
550	1 x 550 on 10:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
2,000	1x{6 x 100 on 1:25 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:25 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:25 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:25 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:25 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:30 PM 2,980 Yards - Stress Value = 47			

**Workout #7087 - Monday, 21 December 2009**

**HighSchl - Lane 8**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 20:00 Stretch		
500	1 x 500 on 10:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
1,500	1x{5 x 100 on 1:55 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:55 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:55 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:55 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:55 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:30 PM 2,430 Yards - Stress Value = 37			

**Workout #7080 - Monday, 21 December 2009**

**HighSchl - Freestylers**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 20:00 Stretch  
 600 1 x 600 on 10:00 Swim-kick-drill-swim REC  
 180 12 x 15 on :45 Start/Shooter/Finish SP3  
 2,100 1x{6 x 100 on 1:05 Freestyle EN2  
 {1 on 1:00 Rest  
 {5 x 100 on 1:05 Freestyle EN2  
 {1 on 1:00 Rest  
 {4 x 100 on 1:05 Freestyle EN2  
 {1 on 1:00 Rest  
 {3 x 100 on 1:05 Freestyle EN2  
 {1 on 1:00 Rest  
 {2 x 100 on 1:05 Freestyle EN2  
 {1 on 1:00 Rest  
 {1 x 100 on 1:05 Freestyle EN2  
 500 10 x 50 on 1:00 Stroke Drills REC  
 1 on 10:00 Ice  
 4:30 PM 3,380 Yards - Stress Value = 49

**Workout #7077 - Monday, 21 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board B---  
 {3 x 100 on 1:55 Kick no board descend  
 {4 x 25 on :45 Kick no board -S--  
 {3 x 100 on 2:00 Kick no board descend  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 2:05 Kick no board-descend  
 {4 x 25 on :45 Kick no board ---R  
 850 1x{1 x 100 on 1:50 Pull no br L.16 yds  
 {2 x 100 on 1:45 Pull no br L.14 yds  
 {3 x 100 on 1:40 Pull no br L.12 yds  
 {2 x 100 on 1:35 Pull no br L.10 yds  
 {1 x 50 on :45 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{3 x 200 on 2:45 Freestyle  
 {3 x 200 on 2:40 Freestyle  
 {2 x 200 on 2:35 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 4,900 Yards - Stress Value = 74

**Workout #7078 - Monday, 21 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board B---  
 {3 x 100 on 2:05 Kick no board descend  
 {4 x 25 on :45 Kick no board -S--  
 {3 x 100 on 2:10 Kick no board descend  
 {4 x 25 on :45 Kick no board --L-  
 {2 x 100 on 2:15 Kick no board-descend  
 {4 x 25 on :45 Kick no board ---R

800 1x{1 x 100 on 2:00 Pull no br L.16 yds  
 {2 x 100 on 1:55 Pull no br L.14 yds  
 {3 x 100 on 1:50 Pull no br L.12 yds  
 {2 x 100 on 1:45 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{3 x 200 on 3:05 Freestyle  
 {2 x 200 on 3:00 Freestyle  
 {2 x 200 on 2:55 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 4,500 Yards - Stress Value = 68

**Workout #7079 - Monday, 21 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,150 1x{4 x 25 on :45 Kick no board B---  
 {2 x 100 on 2:15 Kick no board descend  
 {4 x 25 on :45 Kick no board -S--  
 {2 x 100 on 2:20 Kick no board descend  
 {4 x 25 on :45 Kick no board --L-  
 {3 x 100 on 2:25 Kick no board-descend  
 {4 x 25 on :45 Kick no board ---R  
 {1 x 50 on 1:00 Kick no board  
 700 1x{1 x 100 on 2:10 Pull no br L.16 yds  
 {2 x 100 on 2:05 Pull no br L.14 yds  
 {3 x 100 on 2:00 Pull no br L.12 yds  
 {1 x 100 on 1:55 Pull no br L.10 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{2 x 200 on 3:40 Freestyle  
 {2 x 200 on 3:35 Freestyle  
 {2 x 200 on 3:30 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 4,100 Yards - Stress Value = 62

**Workout #7101 - Tuesday, 22 December 2009**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
500	1 x 500 on 8:00 Underwater trn drill	REC	
750	1x{2 x 125 on 2:00 Breaststroke	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Breaststroke	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
1,200	4x{1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN1	
	{1 x 50 on :50 Kick	EN1	
100	4 x 25 on :40 Sweetness	SP3	
750	1x{2 x 125 on 2:00 Breaststroke	EN1	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Breaststroke	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
1,500	1x{4 x 50 on :50 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :45 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
100	4 x 25 on :40 Sweetness	EN1	
750	1x{2 x 125 on 2:00 Breaststroke	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Breaststroke	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1:59 PM 5,850 Yards - Stress Value = 74		

**Workout #7102 - Tuesday, 22 December 2009**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
500	1 x 500 on 8:00 Underwater trn drill	REC	
600	1x{2 x 100 on 2:00 Breaststroke	EN2	
	{2 x 75 on 1:35 Breaststroke	EN2	
	{2 x 50 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Freestyle	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
900	4x{1 x 125 on 2:45 Kick	EN1	
	{1 x 75 on 1:45 Kick	EN1	
	{1 x 25 on :50 Kick	EN1	
100	4 x 25 on :40 Sweetness	SP3	
600	1x{2 x 100 on 2:00 Breaststroke	EN1	
	{2 x 75 on 1:35 Breaststroke	EN2	
	{2 x 50 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Freestyle	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
1,275	1x{4 x 50 on :50 Pulls	EN1	
	{3 x 75 on 1:20 Pulls	EN1	
	{4 x 50 on :45 Pulls	EN1	
	{3 x 75 on 1:20 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	
	{3 x 75 on 1:20 Pulls	EN1	
100	4 x 25 on :40 Sweetness	EN1	
600	1x{2 x 100 on 2:00 Breaststroke	EN2	
	{2 x 75 on 1:35 Breaststroke	EN2	
	{2 x 50 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Freestyle	EN2	
	{2 x 25 on :25 Breaststroke	EN2	

200 1 x 200 on 3:00 Stroke Drills REC  
1:59 PM 4,875 Yards - Stress Value = 60

**Workout #7103 - Tuesday, 22 December 2009**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
500	1 x 500 on 8:00 Underwater trn drill	REC	
500	1x{2 x 75 on 2:00 Breaststroke	EN2	
	{2 x 50 on 1:35 Breaststroke	EN2	
	{2 x 50 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Freestyle	EN2	
	{2 x 25 on :25 Freestyle	EN2	
700	4x{1 x 100 on 2:45 Kick	EN1	
	{1 x 50 on 1:45 Kick	EN1	
	{1 x 25 on :50 Kick	EN1	
100	4 x 25 on :40 Sweetness	SP3	
450	1x{2 x 75 on 2:00 Breaststroke	EN1	
	{2 x 50 on 1:35 Breaststroke	EN2	
	{2 x 25 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Freestyle	EN2	
	{2 x 25 on :25 Freestyle	EN2	
750	1x{4 x 25 on :50 Pulls	EN1	
	{3 x 50 on 1:20 Pulls	EN1	
	{4 x 25 on :45 Pulls	EN1	
	{3 x 50 on 1:20 Pulls	EN1	
	{4 x 25 on :40 Pulls	EN1	
	{3 x 50 on 1:20 Pulls	EN1	
100	4 x 25 on :40 Sweetness	EN1	
450	1x{2 x 75 on 2:00 Breaststroke	EN2	
	{2 x 50 on 1:35 Breaststroke	EN2	
	{2 x 25 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Freestyle	EN2	
	{2 x 25 on :25 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1:59 PM 3,750 Yards - Stress Value = 48		

**Workout #7097 - Tuesday, 22 December 2009**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description
	8:48 PM Start
1,950	1x{1 x 150 on 2:15 Backstroke w/fins
	{3 x 50 on 1:00 Backstroke 15m off each wall
	{2 x 150 on 2:10 Backstroke w/fins
	{3 x 50 on 1:00 Backstroke 15m off each wall
	{3 x 150 on 2:05 Backstroke w/fins
	{3 x 50 on 1:00 Backstroke 15m off each wall
	{3 x 150 on 2:00 Backstroke
	{3 x 50 on 1:00 Backstroke 15m off each wall
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
	9:35 PM 2,250 Yards - Stress Value = 39

**Workout #7093 - Tuesday, 22 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:48 AM	Start				
1,800	4x{1 x 75 on :01 IM order {1 x 25 on 1:59 Freestyle {1 x 250 on 2:50 Freestyle {1 x 100 on 2:00 Freestyle	SP2	S	STK	C
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	S	FR	7
9:35 AM	2,200 Yards - Stress Value = 50	EN2	S	FR	1
		REC	S	FR	2
		REC	D	CD	2
					M

{1 x 250 on 3:00 Freestyle	EN2	S	FR	1
{1 x 100 on 2:00 Freestyle	REC	S	FR	2
8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
1 on 10:00 Ice				M
9:35 AM	2,200 Yards - Stress Value = 50			

**Workout #7088 - Tuesday, 22 December 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
7:00 AM	Start				
600	1 x 600 on 10:00 Underwater trn drill				
150	10 x 15 on :45 Shooters				
1,200	2x{1 x 150 on 3:00 Kick no board {1 x 100 on 2:00 Kick no board {1 x 50 on 1:00 Kick no board {1 x 150 on 2:30 Kick {1 x 100 on 1:40 Kick {1 x 50 on :50 Kick				
1,450	1x{2 x 150 on 2:15 Pulls br toward scrbd {3 x 125 on 1:50 Pulls br toward blchr {4 x 100 on 1:25 Pulls br toward scrbd {5 x 75 on 1:05 Pulls br toward blchr				
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
8:47 AM	3,600 Yards - Stress Value = 47				

**Workout #7098 - Tuesday, 22 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:48 PM	Start				
1,950	1x{1 x 150 on 2:15 Backstroke w/fins {3 x 50 on 1:00 Backstroke 15m off each wall {2 x 150 on 2:10 Backstroke w/fins {3 x 50 on 1:00 Backstroke 15m off each wall {3 x 150 on 2:05 Backstroke w/fins {3 x 50 on 1:00 Backstroke 15m off each wall {3 x 150 on 2:00 Backstroke {3 x 50 on 1:00 Backstroke 15m off each wall				
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice				
9:35 PM	2,250 Yards - Stress Value = 39				

**Workout #7090 - Tuesday, 22 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
7:00 AM	Start				
550	1 x 550 on 10:00 Underwater trn drill				
150	10 x 15 on :45 Shooters				
1,000	2x{1 x 150 on 3:25 Kick no board {1 x 100 on 2:15 Kick no board {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 50 on :55 Kick				
1,300	1x{2 x 150 on 2:30 Pulls br toward scrbd {3 x 125 on 2:10 Pulls br toward blchr {4 x 100 on 1:40 Pulls br toward scrbd {3 x 75 on 1:15 Pulls br toward blchr				
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
8:46 AM	3,200 Yards - Stress Value = 41				

**Workout #7089 - Tuesday, 22 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
7:00 AM	Start				
600	1 x 600 on 10:00 Underwater trn drill				
150	10 x 15 on :45 Shooters				
1,100	2x{1 x 150 on 3:15 Kick no board {1 x 100 on 2:10 Kick no board {1 x 50 on 1:05 Kick no board {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick {1 x 50 on :55 Kick				
1,375	1x{2 x 150 on 2:20 Pulls br toward scrbd {3 x 125 on 1:55 Pulls br toward blchr {4 x 100 on 1:35 Pulls br toward scrbd {4 x 75 on 1:10 Pulls br toward blchr				
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
8:47 AM	3,425 Yards - Stress Value = 44				

**Workout #7095 - Tuesday, 22 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:48 AM	Start				
1,600	4x{1 x 75 on :01 IM order {1 x 25 on 2:29 Freestyle {1 x 250 on 3:30 Freestyle {1 x 50 on 1:00 Freestyle	SP2	S	STK	C
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	S	FR	9
9:35 AM	2,000 Yards - Stress Value = 50	EN2	S	FR	1
		REC	S	FR	2
		REC	D	CD	2
					M

**Workout #7094 - Tuesday, 22 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
8:48 AM	Start				
1,800	4x{1 x 75 on :01 IM order {1 x 25 on 1:59 Freestyle	SP2	S	STK	C
		REC	S	FR	7

**Workout #7099 - Tuesday, 22 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

8:48 PM Start  
 Yards Set Description  
 =====  
 1,800 1x{1 x 150 on 2:30 Backstroke w/fins  
 {3 x 50 on 1:00 Backstroke 15m off each wall  
 {2 x 150 on 2:25 Backstroke w/fins  
 {3 x 50 on 1:00 Backstroke 15m off each wall  
 {3 x 150 on 2:20 Backstroke w/fins  
 {3 x 50 on 1:00 Backstroke 15m off each wall  
 {3 x 150 on 2:15 Backstroke  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 PM 2,100 Yards - Stress Value = 36

**Workout #7091 - Tuesday, 22 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Stretch and Physio Balls  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 2x{1 x 150 on 3:45 Kick no board  
 {1 x 100 on 2:30 Kick no board  
 {1 x 100 on 2:15 Kick  
 {1 x 100 on 2:10 Kick  
 1,150 1x{2 x 150 on 2:45 Pulls br toward scrbd  
 {3 x 125 on 2:15 Pulls br toward blchr  
 {4 x 100 on 1:50 Pulls br toward scrbd  
 {1 x 75 on 1:20 Pulls br toward blchr  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:46 AM 2,900 Yards - Stress Value = 38

**Workout #7096 - Tuesday, 22 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

8:48 AM Start  
 Yards Set Description EGY WORK STK E  
 =====  
 1,400 4x{1 x 50 on :01 IM order SP2 S STK C  
 {1 x 50 on 1:59 Freestyle REC S FR 3  
 {1 x 200 on 3:20 Freestyle EN2 S FR 1  
 {1 x 50 on 1:30 Freestyle REC S FR 3  
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2  
 1 on 10:00 Ice M  
 9:35 AM 1,800 Yards - Stress Value = 36

**Workout #7100 - Tuesday, 22 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

8:48 PM Start  
 Yards Set Description  
 =====  
 1,650 1x{1 x 150 on 2:45 Backstroke w/fins  
 {3 x 50 on 1:00 Backstroke 15m off each wall  
 {2 x 150 on 2:40 Backstroke w/fins  
 {3 x 50 on 1:00 Backstroke 15m off each wall  
 {3 x 150 on 2:35 Backstroke w/fins  
 {3 x 50 on 1:00 Backstroke 15m off each wall  
 {2 x 150 on 2:30 Backstroke  
 300 1 x 300 on 6:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 PM 1,950 Yards - Stress Value = 33

**Workout #7092 - Tuesday, 22 December 2009**

**HighSchl - Sprint**

**1 minute rest between sets**

8:48 AM Start  
 Yards Set Description E  
 =====  
 1,800 2x{1 x 100 on 2:00 75 SKw/S 25 sprint br on 5 F  
 {1 x 100 on 2:00 Freestyle F  
 {2 x 100 on 2:00 50 SKw/S 50 sprint br on 5 F  
 {1 x 100 on 2:00 Freestyle F  
 {3 x 100 on 2:00 25 SKw/S 75 sprint br on 5 F  
 {1 x 100 on 2:00 Freestyle F  
 100 1 x 100 on 2:00 Stroke Drills F  
 1 on 10:00 Ice  
 9:37 AM 1,900 Yards - Stress Value = 24

**Workout #7108 - Wednesday, 23 December 2009**

**HighSchl - IM'ers**

**1 minute rest between sets**

8:53 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1,550 1x{1 x 100 on 1:30 Individual Medley EN1 S  
 {12 x 25 on :30 Alt fly and breast EN1 S S  
 {2 x 125 on 1:50 IM with 50 free EN1 S  
 {10 x 25 on :30 Alt fly and breast EN1 S S  
 {3 x 150 on 2:10 IM w/75 free EN1 S  
 250 {8 x 25 on :30 Alt fly and breast EN1 S  
 1 x 250 on 4:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 9:35 PM 1,800 Yards - Stress Value = 14

**Workout #7104 - Wednesday, 23 December 2009**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 800 1 x 800 on 14:00 Free L.25 of each non free  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board BSLR-9  
 {5 x 50 on 1:00 Kick w/ or w/out board  
 {4 x 25 on :45 Kick no board BSLR-11  
 {4 x 50 on 1:00 Kick w/ or w/out board  
 {4 x 25 on :45 Kick no board BSLR-13  
 {3 x 50 on 1:00 Kick w/ or w/out board  
 900 1x{3 x 100 on 1:35 Lungbuster pulls  
 {3 x 100 on 1:30 Lungbuster pulls  
 {3 x 100 on 1:25 Lungbuster pulls  
 { odds breathe 3-5-7-5 by the 25  
 { evens breathe 2-4-6-4 by the 25  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:52 AM 2,950 Yards - Stress Value = 29

**Workout #7105 - Wednesday, 23 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	STK	PACE
	1 on 45:00 Weights and Stretch				
800	1 x 800 on 14:00 Free L.25 of each non free				
150	10 x 15 on :45 Shooters				
900	1x{4 x 25 on :45 Kick no board BSLR-9 {5 x 50 on 1:00 Kick w/ or w/out board {4 x 25 on :45 Kick no board BSLR-11 {4 x 50 on 1:00 Kick w/ or w/out board {4 x 25 on :45 Kick no board BSLR-13 {3 x 50 on 1:00 Kick w/ or w/out board				
900	1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds breathe 3-5-7-5 by the 25 { evens breathe 2-4-6-4 by the 25				
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
8:52 AM 2,950 Yards - Stress Value = 29					

**Workout #7109 - Wednesday, 23 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

8:53 PM Start

Yards	Set Description	EGY	WORK	STK	PACE
1,500	1x{1 x 100 on 1:40 Individual Medley {12 x 25 on :30 Alt fly and breast {2 x 125 on 2:00 IM with 50 free {10 x 25 on :30 Alt fly and breast {3 x 150 on 2:20 IM w/75 free {6 x 25 on :30 Alt fly and breast	EN1	S		
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D		M
9:35 PM 1,750 Yards - Stress Value = 14					

**Workout #7106 - Wednesday, 23 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	STK	PACE
	1 on 45:00 Weights and Stretch				
750	1 x 750 on 14:00 Free L.25 of each non free				
150	10 x 15 on :45 Shooters				
800	1x{4 x 25 on :45 Kick no board BSLR-9 {4 x 50 on 1:10 Kick w/ or w/out board {4 x 25 on :45 Kick no board BSLR-11 {3 x 50 on 1:10 Kick w/ or w/out board {4 x 25 on :45 Kick no board BSLR-13 {3 x 50 on 1:10 Kick w/ or w/out board				
750	1x{3 x 100 on 1:50 Lungbuster pulls {2 x 100 on 1:45 Lungbuster pulls {2 x 100 on 1:40 Lungbuster pulls {1 x 50 on :50 Lungbuster pulls { odds breathe 3-5-7-5 by the 25 { evens breathe 2-4-6-4 by the 25				
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
8:52 AM 2,650 Yards - Stress Value = 27					

**Workout #7110 - Wednesday, 23 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

8:53 PM Start

Yards	Set Description	EGY	WORK	STK	PACE
1,300	1x{1 x 100 on 1:55 Individual Medley {8 x 25 on :35 Alt fly and breast {2 x 125 on 2:20 IM with 50 free {8 x 25 on :35 Alt fly and breast {3 x 150 on 2:45 IM w/75 free {4 x 25 on :35 Alt fly and breast	EN1	S		
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D		M
9:35 PM 1,550 Yards - Stress Value = 12					

**Workout #7107 - Wednesday, 23 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	STK	PACE
	1 on 45:00 Weights and Stretch				
700	1 x 700 on 14:00 Free L.25 of each non free				
150	10 x 15 on :45 Shooters				
750	1x{4 x 25 on :45 Kick no board BSLR-9 {4 x 50 on 1:15 Kick w/ or w/out board {4 x 25 on :45 Kick no board BSLR-11 {3 x 50 on 1:15 Kick w/ or w/out board {4 x 25 on :45 Kick no board BSLR-13 {2 x 50 on 1:15 Kick w/ or w/out board				
700	1x{2 x 100 on 2:00 Lungbuster pulls {2 x 100 on 1:55 Lungbuster pulls {3 x 100 on 1:50 Lungbuster pulls { odds breathe 3-5-7-5 by the 25 { evens breathe 2-4-6-4 by the 25				
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
8:52 AM 2,500 Yards - Stress Value = 26					

**Workout #7111 - Wednesday, 23 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

8:53 PM Start

Yards	Set Description	EGY	WORK	STK	PACE
1,100	1x{1 x 100 on 2:15 Individual Medley {8 x 25 on :40 Alt fly and breast {2 x 125 on 2:45 IM with 50 free {6 x 25 on :40 Alt fly and breast {2 x 150 on 3:15 IM w/75 free {4 x 25 on :40 Alt fly and breast	EN1	S		
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D		M
9:35 PM 1,350 Yards - Stress Value = 11					

**Workout #7112 - Thursday, 24 December 2009**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	STK	PACE
10,000	100 x 100 on 1:20 Freestyle	EN2	S	FR	1:20
9:14 AM 10,000 Yards - Stress Value = 200					

**Workout #7113 - Saturday, 26 December 2009**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 600 1 x 600 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,000 1x{1 x 100 on 1:40 Kick with flippers  
       {2 x 100 on 1:35 Kick with flippers  
       {3 x 100 on 1:30 Kick with flippers  
       {4 x 100 on 1:25 Kick with flippers  
 1,000 1x{1 x 100 on 1:40 Pulls-nbbf&w + 2 yds  
       {2 x 100 on 1:35 Pulls-nbbf&w + 2 yds  
       {3 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
       {4 x 100 on 1:25 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%  
       {12 x 50 on :50 Freestyle every 3rd one 100%  
       {8 x 50 on :55 Freestyle every 2nd one 100%  
       {4 x 50 on 1:00 Freestyle all 100%  
 250 1 x 250 on 4:00 Stroke Drills  
       1 on 12:00 Ice  
 9:35 AM 5,200 Yards - Stress Value = 86

**Workout #7114 - Saturday, 26 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 550 1 x 550 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 100 on 1:45 Kick with flippers  
       {2 x 100 on 1:40 Kick with flippers  
       {3 x 100 on 1:35 Kick with flippers  
       {3 x 100 on 1:30 Kick with flippers  
 900 1x{1 x 100 on 1:45 Pulls-nbbf&w + 2 yds  
       {2 x 100 on 1:40 Pulls-nbbf&w + 2 yds  
       {3 x 100 on 1:35 Pulls-nbbf&w + 2 yds  
       {3 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{16 x 50 on :50 Freestyle every 4th one 100%  
       {9 x 50 on :55 Freestyle every 3rd one 100%  
       {8 x 50 on 1:00 Freestyle every 2nd one 100%  
       {4 x 50 on 1:05 Freestyle all 100%  
 250 1 x 250 on 4:00 Stroke Drills  
       1 on 12:00 Ice  
 9:35 AM 4,800 Yards - Stress Value = 80

**Workout #7115 - Saturday, 26 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 45:00 Weights and Stretch  
 500 1 x 500 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 800 1x{1 x 100 on 1:55 Kick with flippers  
       {2 x 100 on 1:50 Kick with flippers  
       {3 x 100 on 1:50 Kick with flippers  
       {2 x 100 on 1:45 Kick with flippers  
 800 1x{1 x 100 on 1:55 Pulls-nbbf&w + 2 yds  
       {2 x 100 on 1:50 Pulls-nbbf&w + 2 yds  
       {3 x 100 on 1:45 Pulls-nbbf&w + 2 yds

{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{12 x 50 on :55 Freestyle every 4th one 100%  
       {9 x 50 on 1:00 Freestyle every 3rd one 100%  
       {8 x 50 on 1:05 Freestyle every 2nd one 100%  
       {4 x 50 on 1:10 Freestyle all 100%  
 250 1 x 250 on 4:00 Stroke Drills  
       1 on 12:00 Ice  
 9:35 AM 4,350 Yards - Stress Value = 73

**Workout #7116 - Monday, 28 December 2009**

**HighSchl - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 400 1 x 400 on 6:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR  
       {2 x 50 on 1:00 Kick  
       {4 x 25 on :40 Kick no board BSLR  
       {2 x 50 on :55 Kick  
       {4 x 25 on :35 Kick no board BSLR  
 350 1x{1 x 125 on 1:50 Pull no br L.12 yds  
       {1 x 100 on 1:25 Pull no br L.12 yds  
       {1 x 75 on 1:00 Pull no br L.12 yds  
       {1 x 50 on :40 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 250 on 3:20 Freestyle  
       {2 x 75 on 1:00 Freestyle  
       {1 x 250 on 3:15 Freestyle  
       {2 x 75 on 1:00 Freestyle  
       {1 x 250 on 3:10 Freestyle  
       {2 x 75 on 1:00 Freestyle  
       {1 x 250 on 3:05 Freestyle  
       {2 x 75 on 1:00 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
       1 on 10:00 Ice  
 8:55 AM 3,300 Yards - Stress Value = 42

**Workout #7117 - Monday, 28 December 2009**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 400 1 x 400 on 6:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR  
       {2 x 50 on 1:05 Kick  
       {4 x 25 on :40 Kick no board BSLR  
       {2 x 50 on 1:00 Kick  
       {4 x 25 on :35 Kick no board BSLR  
 300 1x{1 x 125 on 2:00 Pull no br L.12 yds  
       {1 x 100 on 1:35 Pull no br L.12 yds  
       {1 x 75 on 1:10 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{1 x 250 on 3:45 Freestyle  
       {2 x 75 on 1:10 Freestyle  
       {1 x 250 on 3:40 Freestyle  
       {2 x 75 on 1:10 Freestyle  
       {1 x 250 on 3:35 Freestyle  
       {2 x 75 on 1:10 Freestyle  
       {1 x 200 on 2:45 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
       1 on 10:00 Ice  
 8:56 AM 3,050 Yards - Stress Value = 39

**Workout #7118 - Monday, 28 December 2009**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 350 1 x 350 on 6:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 450 1x{4 x 25 on :45 Kick no board BSLR  
       {2 x 50 on 1:10 Kick  
       {4 x 25 on :45 Kick no board BSLR  
       {2 x 50 on 1:05 Kick  
       {2 x 25 on :45 Kick no board BS  
 250 1x{1 x 125 on 2:10 Pull no br L.12 yds  
       {1 x 75 on 1:15 Pull no br L.12 yds  
       {1 x 50 on 1:10 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 250 on 4:00 Freestyle  
       {2 x 75 on 1:15 Freestyle  
       {1 x 250 on 3:55 Freestyle  
       {2 x 75 on 1:15 Freestyle  
       {1 x 250 on 3:50 Freestyle  
       {2 x 75 on 1:15 Freestyle  
       {1 x 100 on 1:30 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
       1 on 10:00 Ice  
 8:55 AM 2,800 Yards - Stress Value = 35

**Workout #7119 - Monday, 28 December 2009**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 Weights and Stretch  
 300 1 x 300 on 6:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 400 1x{4 x 25 on :45 Kick no board BSLR

{2 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:10 Kick  
 250 1x{1 x 100 on 2:00 Pull no br L.12 yds  
       {1 x 75 on 1:25 Pull no br L.12 yds  
       {1 x 50 on :55 Pull no br L.12 yds  
       {1 x 25 on :25 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
       {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 200 on 3:45 Freestyle  
       {2 x 50 on 1:00 Freestyle  
       {1 x 200 on 3:40 Freestyle  
       {2 x 50 on 1:00 Freestyle  
       {1 x 200 on 3:35 Freestyle  
       {2 x 50 on 1:00 Freestyle  
       {1 x 200 on 3:30 Freestyle  
       {1 x 50 on 1:00 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
       1 on 10:00 Ice  
 8:55 AM 2,550 Yards - Stress Value = 31

**Workout #7126 - Tuesday, 29 December 2009**

**Beat Penn - Back**

**1 minute rest between sets**

8:15 PM Start  
 Yards Set Description  
 =====  
 1,425 1x{4 x 25 on :45 Back alt 4 strks TO/10kow sfbc  
       {3 x 125 on 1:50 Backstroke  
       {4 x 25 on :45 Same as previous  
       {3 x 125 on 1:45 Backstroke  
       {4 x 25 on :45 Same as previous  
       {3 x 125 on 1:40 Backstroke  
 225 1 x 225 on 4:00 Stroke Drills  
       1 on 10:00 Ice  
 8:55 PM 1,650 Yards - Stress Value = 26

**Workout #7125 - Tuesday, 29 December 2009**

**Beat Penn - Distance**

**1 minute rest between sets**

8:15 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,500 1x{1 x 300 on 3:45 Freestyle EN2 S FR  
       {3 x 100 on 1:30 Freestyle EN2 S FR  
       {1 x 300 on 3:50 Freestyle EN2 S FR  
       {3 x 100 on 1:25 Freestyle EN2 S FR  
       {1 x 300 on 3:55 Freestyle EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
       1 on 10:00 Ice M  
 8:51 PM 1,750 Yards - Stress Value = 30



**Workout #7120 - Tuesday, 29 December 2009**

**Beat Penn - Platinum**  
**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1x{1 x 125 on 2:30 Kick  
 {1 x 125 on 2:25 Kick  
 {1 x 125 on 2:20 Kick  
 {1 x 125 on 2:15 Kick  
 500 1 x 500 on 7:00 Pulls-odd 100's breathe  
 toward scrbd, even 100's toward blchr  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:14 AM 1,650 Yards - Stress Value = 16

**Workout #7121 - Tuesday, 29 December 2009**

**Beat Penn - Gold**  
**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 450 1x{1 x 125 on 2:40 Kick  
 {1 x 125 on 2:35 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 450 1 x 450 on 7:00 Pulls-odd 100's breathe  
 toward scrbd, even 100's toward blchr  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:14 AM 1,550 Yards - Stress Value = 15

**Workout #7127 - Tuesday, 29 December 2009**

**Beat Penn - Gold**  
**1 minute rest between sets**

8:15 PM Start  
 Yards Set Description  
 =====  
 1,425 1x{4 x 25 on :45 Back alt 4 strks TO/10kow sfbc  
 {3 x 125 on 1:50 Backstroke  
 {4 x 25 on :45 Same as previous  
 {3 x 125 on 1:45 Backstroke  
 {4 x 25 on :45 Same as previous  
 {3 x 125 on 1:40 Backstroke  
 225 1 x 225 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:55 PM 1,650 Yards - Stress Value = 26

**Workout #7122 - Tuesday, 29 December 2009**

**Beat Penn - Silver**  
**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 350 1 x 350 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 450 1x{1 x 125 on 2:45 Kick  
 {1 x 125 on 2:40 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 400 1 x 400 on 7:00 Pulls-odd 100's breathe

toward scrbd, even 100's toward blchr  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:14 AM 1,450 Yards - Stress Value = 15

**Workout #7123 - Tuesday, 29 December 2009**

**Beat Penn - Bronze**  
**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 300 1 x 300 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1x{1 x 100 on 2:30 Kick  
 {1 x 100 on 2:25 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:15 Kick  
 350 1 x 350 on 7:00 Pulls-odd 100's breathe  
 toward scrbd, even 100's toward blchr  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:14 AM 1,300 Yards - Stress Value = 15

**Workout #7124 - Tuesday, 29 December 2009**

**Beat Penn - Sprint**  
**1 minute rest between sets**

8:15 AM Start  
 Yards Set Description EGY WC  
 =====  
 1,400 2x{1 x 100 on 1:30 Free L.25 6bk EN2  
 {1 x 100 on 1:35 Free L.25 6bk br on 5 EN2  
 {1 x 100 on 1:40 Free L.25 3 kow, 6bk EN2  
 { br on 5  
 {1 x 100 on 1:45 Fr L.25 3kow, 6bk, EN2  
 { br on 5, no br finish  
 {1 x 100 on 1:50 Fr L.25 3kow, 6bk EN2  
 { br on 5, no br finish  
 { no breath flags to wall last turn  
 {1 x 200 on 4:00 Easy Free REC  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 8:54 AM 1,600 Yards - Stress Value = 20

**Workout #7133 - Thursday, 31 December 2009**

**Beat Penn - Breast**  
**1 minute rest between sets**

8:20 AM Start  
 Yards Set Description  
 =====  
 850 1x{1 x 100 on 1:45 Breaststroke 2k1p  
 {3 x 50 on 1:00 Breast-descend  
 {3 x 50 on 1:00 Breast-descend  
 {2 x 75 on 1:20 Breaststroke 2k1p  
 {3 x 50 on :55 Breaststroke-2k1p  
 {3 x 50 on 1:00 Breast-descend  
 { 2X pullouts on the turn for the 50's descer  
 300 3 x 100 on 1:30 Free-descend to ludicrous sp  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:58 AM 1,400 Yards - Stress Value = 20

**Workout #7132 - Thursday, 31 December 2009**

**Beat Penn - Distance**

**1 minute rest between sets**

8:20 AM Start  
 Yards Set Description  
 =====  
 1,150 1x{1 x 225 on 3:15 Freestyle  
 {2 x 200 on 2:50 Freestyle  
 {3 x 175 on 2:25 Freestyle  
 300 3 x 100 on 1:30 Free-descend to ludicrous sp  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:58 AM 1,700 Yards - Stress Value = 22

**Workout #7128 - Thursday, 31 December 2009**

**Beat Penn - Platinum**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 500 1x{1 x 50 on 1:00 kick  
 {2 x 50 on :55 Kick  
 {3 x 50 on :50 Kick  
 {4 x 50 on :45 Kick  
 500 1x{1 x 50 on :40 Pulls BWSPF  
 {2 x 50 on :45 Pulls BWHPF  
 {3 x 50 on :50 Pulls BWKPF  
 {4 x 50 on :55 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:18 AM 1,750 Yards - Stress Value = 22

**Workout #7129 - Thursday, 31 December 2009**

**Beat Penn - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 400 1 x 400 on 7:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 450 1x{1 x 50 on 1:05 Kick  
 {2 x 50 on 1:00 Kick  
 {3 x 50 on :55 Kick  
 {3 x 50 on :50 Kick  
 500 1x{1 x 50 on :40 Pulls BWSPF  
 {2 x 50 on :45 Pulls BWHPF  
 {3 x 50 on :50 Pulls BWKPF  
 {4 x 50 on :55 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:18 AM 1,700 Yards - Stress Value = 21

**Workout #7130 - Thursday, 31 December 2009**

**Beat Penn - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 350 1 x 350 on 7:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters

400 1x{1 x 50 on 1:10 Kick  
 {2 x 50 on 1:05 Kick  
 {3 x 50 on 1:00 Kick  
 {2 x 50 on :55 Kick  
 450 1x{1 x 50 on :45 Pulls BWSPF  
 {2 x 50 on :50 Pulls BWHPF  
 {3 x 50 on :55 Pulls BWKPF  
 {3 x 50 on 1:00 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:18 AM 1,550 Yards - Stress Value = 20

**Workout #7131 - Thursday, 31 December 2009**

**Beat Penn - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 Physio Balls/Stretch  
 300 1 x 300 on 7:00 Underwater trn drill  
 Odd 100's free evens 100's back  
 150 10 x 15 on :45 Shooters  
 350 1x{1 x 50 on 1:20 Kick  
 {2 x 50 on 1:15 Kick  
 {3 x 50 on 1:10 Kick  
 {1 x 50 on 1:05 Kick  
 450 1x{1 x 50 on :50 Pulls BWSPF  
 {2 x 50 on :55 Pulls BWHPF  
 {3 x 50 on 1:00 Pulls BWKPF  
 {3 x 50 on 1:05 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:18 AM 1,450 Yards - Stress Value = 19

**Workout #7134 - Thursday, 31 December 2009**

**Beat Penn - Sprint**

**1 minute rest between sets**

8:20 AM Start  
 Yards Set Description  
 =====  
 1,000 1x{1 x 100 on 1:30 Free 3 kow/7kolw  
 {1 x 100 on 1:20 Free build into turns  
 {1 x 100 on 1:10 Free max 2 brths L.25  
 {1 x 100 on 2:30 EZ Free  
 {1 x 75 on 1:10 Free 3kow/7kolw  
 {1 x 75 on 1:00 Free build into turns  
 {1 x 75 on :50 Free max 2 brths L.25  
 {1 x 100 on 2:30 EZ Free  
 {1 x 50 on :45 Free 3kow/7kolw  
 {1 x 50 on :40 Free build into turn  
 {1 x 50 on :35 Free max 2 brths L.25  
 {1 x 125 on 2:30 EZ Free  
 300 3 x 100 on 1:30 Free-descend to ludicrous sp  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:58 AM 1,550 Yards - Stress Value = 18